

Figure S1: Thematic Map: Environmental factors influencing post-migration dietary changes

Factors	Why?	How?	Associated factors
Affordability of foods and ingredients	<ol style="list-style-type: none"> 1. Higher prices of some foods and ingredients 2. Considerably lower prices of Japanese local foods 3. Cost of eating outside 	<ol style="list-style-type: none"> 1. Opt for cheaper foods 2. Buying smaller quantities 3. Purchase only when the prices are lower 4. Start to prepare own meals 	Duration of stay Employment status
Availability and accessibility of foods and ingredients	<ol style="list-style-type: none"> 1. Less/ non-availability of foods and ingredients 2. Difficulty to procure in the same quantities or qualities as in the home country 3. Limited number of foreign food restaurants 4. Challenges in accessing traditional foods and ingredients 5. Wide availability and easy accessibility to Japanese local foods 	<ol style="list-style-type: none"> 1. Use of substitute ingredients for unavailable traditional ingredients 2. Fusion of Japanese and traditional cuisines 3. Ignoring the non-availability of ingredients that do not affect the flavour of traditional dishes significantly 4. Giving up the preparation of some traditional dishes 4. Driving to other cities where international stores are available 5. Ordering online 6. Acquiring the skills to prepare and cook traditional/ international dishes independently 	Duration of stay Language proficiency
Food safety and related information	<ol style="list-style-type: none"> 1. Perceived safety/ unsafety about foods and ingredients in Japan 2. Lack of food-related information or knowledge 	<ol style="list-style-type: none"> 1. Buying food without the fear of expiration or cleanliness 2. Reluctant to buy products without detailed information 3. Not preparing foods that are unavailable in the home country without related information on preparation methods 	
Climate	Cold weather in Niigata	Changes in food intake and preparation methods	

Figure S2: Thematic Map: Individual factors influencing post-migration dietary changes

Factors	Why?	How?
Family structure/ living status in Japan	<ol style="list-style-type: none"> 1. The burden of preparing complicated or time-consuming meals for one person 2. Japanese-foreign households 3. The newfound responsibility of procuring and preparing foods 4. Changes in meal-associated family traditions 	<ol style="list-style-type: none"> 1. Opt for simple and non-complicated meals 2. Bi-cultural meal patterns (traditional cuisines of the foreign resident, and Japanese cuisines) 3. Start to procure and prepare own food 4. Not following meal-associated practices that enjoyed with the family at the home country such as tea time
Food preferences and limitations	<ol style="list-style-type: none"> 1. Preference for traditional foods/ tastes 2. Newfound preference for Japanese foods/ tastes 3. Willingness to try new foods 4. Ingrained habits and beliefs 5. Health-related factors 	<ol style="list-style-type: none"> 1. Avoiding Japanese products with flavors different from traditional products 2. Choosing foods with similar tastes or qualities to traditional foods 3. Increased intake of Japanese food associated with newfound preference for Japanese foods/ tastes, health related factors 4. Limited intake of Japanese foods due to taste preferences, health-related factors or ingrained beliefs 5. Fusion of Japanese and traditional cuisines
Post-migration lifestyle	<ol style="list-style-type: none"> 1. Time restrictions and busy lifestyle 2. Contrast between pre- and post-migration lifestyles 	<ol style="list-style-type: none"> 1. Opting for simple foods that do not require much preparation time 2. Bulk food preparation and storing 3. Choosing foods that do not spoil quickly 4. Fusion of traditional and Japanese cuisines 5. Missing meals (breakfast) 6. Start to prepare and procure own food

Figure S3: Thematic Map: Socio-cultural factors Influencing post-migration dietary changes

Factors	Why?	How?	Associated factors
Contrast between traditional and Japanese food culture	<div>1. Influence of the characteristic features of Japanese food culture</div> <div>2. Positive effects of Japanese food culture</div> <div>3. Problems encountered with Japanese food culture</div> <div>4. Notions regarding the Japanese (food) culture</div>	<div>1. Incorporating characteristic features of Japanese food culture into their diet</div> <div>2. Eating healthier/ unhealthier than in the home country</div> <div>3. Frequent meals</div> <div>4. Pre-migration changes in the diet in preparation for adapting to Japanese (food) culture</div>	
Relationships with Japanese people	<div>1. Broadened view of Japanese traditional food culture</div> <div>2. The effect of COVID-19 pandemic</div>	<div>1. Experience and learn about authentic tastes, ingredients, preparation methods</div> <div>2. Limited opportunities to eat together</div>	Language proficiency
Religious influence	Religion-associated food restrictions	<div>1. Checking the ingredients of foods before purchasing</div> <div>2. Preparing own meals</div> <div>3. Limit eating out</div>	

Figure S4: Thematic Map: Factors influencing post-migration PA changes

Factors	Why?	How?
Climate	<ol style="list-style-type: none">1. Cold winter and heavy snowfall in Niigata	<ol style="list-style-type: none">1. Reduced outdoor PA (going out, cardio workouts) in winter2. Opt for indoor PA (ex: weight-lifting, push-ups) in winter
Post-migration lifestyle	<ol style="list-style-type: none">1. Changes in social life compared to the home country2. Changes in work environment	<ol style="list-style-type: none">1. Going out less often than in home country2. Sedentary lifestyle associated with the type of work
Japanese culture	<ol style="list-style-type: none">1. Health-conscious lifestyle in Japan2. Perceived safety3. Small apartment rooms	<ol style="list-style-type: none">1. Engage in PA (riding bicycles, jogging)2. Going out even at night3. Limited movements inside the home