Keisuke Sakurai 1,+, Chutong Shen 1,+, Yuri Ezaki 1, Noriko Inamura 2,3, Yoichi Fukushima 4 , Nobutaka Masuoka 1 and Tatsuhiro Hisatsune 1,* 1 Department of Integrated Biosciences, Graduate School of Frontier Sciences, The University of Tokyo, Kashiwa 277-8562, Japan; 3647306978@edu.k.u-tokyo.ac.jp (K.S.); qazwszmxn@gmail.com (C.S.); yuri8211@gmail.com (Y.E.); nbtkmska@gmail.com (N.M.) 2 3 4 * Community Health Promotion Laboratory, Mitsui Fudosan, Co., Ltd., Kashiwa 277-8519, Japan; inamura@udck.jp Urban Design Center Kashiwanoha (UDCK), Kashiwa 277-0871, Japan Marketing & Communications Division, Nestle Japan Ltd., Tokyo 140-0002, Japan; Yoichi.Fukushima@jp.nestle.com Correspondence: hisatsune@edu.k.u-tokyo.ac.jp; Tel.: +81-4-7136-3632 + Theseauthors contributed equally to this work.Furthermore, green tea has improved memory and attention [8,9], and activated working memory seen in functional magnetic resonance imaging (MRI) [10,11].Received: 27 October 2020; Accepted: 24 November 2020; Published: 26 November 2020Abstract: Matcha Green Tea Powder contains a variety of active ingredients beneficial to health, such as tea catechins, lutein and vitamin K. It is also known that these ingredients confer benefits upon cognitive functions of elderly people.In the gender-specific analysis, a significant cognitive enhancement was observed in the Montreal Cognitive Assessment (MoCA) score in the active group of women.Daily food intake was assessed by a Brief-type Self-administered Diet History Questionnaire ((BDHQ).