“Japanese dietary pattern” means a nutritionally-balanced diet with a staple dish which is mainly cooked rice combined with other dishes including fish, meat, milk and milk products, vegetables, seaweed, beans, fruits, and tea.

**Staple dish**
Cooked rice is easy to match with various dishes. As its digestion is slow, it produces a long-lasting feeling of satiety.

**Side dish**
Dishes whose main ingredient is vegetables, mushrooms, seaweed, or potatoes. They mainly contain nutrition that maintains bodily functions.

[Side dishes are apt to be insufficient.]
When you eat out or buy some delicatessen, eat or buy one more salad or vegetable dish.

**Main dish**
Dishes whose main ingredient is meat, fish, or soybeans. They mainly contain nutrition that builds the body.

[Be careful with oil and salt!]
Though the main dish is joyful, be careful with excessive intake of oily food and salt content.

**Milk and Milk products**
Have some of them as a snack or dessert after a meal sometime during the day.

**Fruits**
Add a seasonal flavor with some seasonal fruits.