Efforts Relating to "Smile Care Food"
- Introduction of New Mark System -

Ministry of Agriculture, Forestry and Fisheries
According to a survey, more than 70% of home-care patients aged 65 or older are categorized as "undernutrition" or "at risk of undernutrition."

<table>
<thead>
<tr>
<th>Undernutrition</th>
<th>At risk of undernutrition</th>
<th>Good nutrient condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>37.4%</td>
<td>35.2%</td>
<td>27.3%</td>
</tr>
<tr>
<td>72.7%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: National Center for Geriatrics and Gerontology
"FY2012 Elderly People Health Promotion Project: Research Report on Eating and Nutrition of Home-care Patients"
30% of home-care patients aged 65 or older have problems chewing.

Source: National Center for Geriatrics and Gerontology
"FY2012 Elderly People Health Promotion Project: Research Report on Eating and Nutrition of Home-care Patients"
Challenges of Nursing Care Food (2) - Chewing

People with problems chewing solid food tend to have low BMI.

Source: National Center for Geriatrics and Gerontology
"FY2012 Elderly People Health Promotion Project: Research Report on Eating and Nutrition of Home-care Patients"
50% of home-care patients aged 65 or older have problems swallowing.

Source: National Center for Geriatrics and Gerontology
"FY2012 Elderly People Health Promotion Project: Research Report on Eating and Nutrition of Home-care Patients"
Challenges of Nursing Care Food (3) - Swallowing

Aspiration-prone people tend to have low BMI.

Source: National Center for Geriatrics and Gerontology
"FY2012 Elderly People Health Promotion Project: Research Report on Eating and Nutrition of Home-care Patients"
In 2020, sale of nutrition supplement food will be double, and food for dysphagia patients is expected to see a threefold increase compared to 2010.

<table>
<thead>
<tr>
<th>Nutritional supplement food</th>
<th>2010</th>
<th>2020 (Estimate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutritional supplement food</td>
<td>JPY8.2 billion</td>
<td>JPY16 billion</td>
</tr>
<tr>
<td>Food for dysphagia patients</td>
<td>JPY8.8 billion</td>
<td>JPY25.1 billion</td>
</tr>
</tbody>
</table>

Source: Fuji Keizai Co., Ltd., "Future Prospect of Market of Food for Elderly People 2015"
70% of people know nursing care food, but only 30% have actually used it.

Source: NHK Promotions Inc., "FY2014 Report on Project for Creating Environment for Promotion of Collaboration Among Medical Care, Welfare, Food and Agricultural Sectors (Support for Dissemination of Nursing Care Food)"
MAFF established a council in 2013 to clarify the future efforts necessary for the dissemination of nursing care food in 2014.

(1) Reclassified nursing care food into the following three categories:
   (i) Food for people without eating functions but need to supplement nutrition so as to maintain a healthy body
   (ii) Food for people with problems with swallowing functions
   (iii) Food for people with problems with chewing functions

(2) Created a mark to be a reference for choosing a new nursing care food.

(3) Created a name "smile care food."
Food for people without chewing/swallowing problems but need to supplement nutrition so as to maintain their health

Declaration of Conformity

Food for people with problems chewing

JAS System

Food for people with problems swallowing

Labeling Permission for Special-Purpose Food
Smile Care Food: Blue Mark

(1) In order for a business to use a blue mark, it must make a "declaration for conformity" to affirm that its product satisfies the standard for energy and protein content of food.

(2) As of August 2017, 64 products from 16 companies are permitted to use the blue mark.

[Standard]
- Energy: Not less than 100kcal (per 100g or 100ml)
- Protein: Not less than 8.1g (per 100g) or 4.1g (per 100ml or 100kcal)
In 2015, the Smile Care Food Promotion Council integrated existing private-sector standards.

<table>
<thead>
<tr>
<th>Academic society classification 2013</th>
<th>Dysphagia diet pyramid</th>
<th>Soft food for Elderly People</th>
<th>UDF Classifications</th>
<th>Integrated Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>—</td>
<td>—</td>
<td>Soft food for Elderly People 1</td>
<td>Class 1</td>
<td>5</td>
</tr>
<tr>
<td>Dysphagia diet 4</td>
<td>L4</td>
<td>Soft food for Elderly People 2</td>
<td>Class 2</td>
<td>4</td>
</tr>
<tr>
<td>Dysphagia diet 3</td>
<td></td>
<td>Soft food for Elderly People 3</td>
<td>Class 3</td>
<td>3</td>
</tr>
<tr>
<td>Dysphagia diet 2-2</td>
<td>L3</td>
<td>—</td>
<td>Class 4</td>
<td>2</td>
</tr>
<tr>
<td>Dysphagia diet 2-1</td>
<td></td>
<td>—</td>
<td>—</td>
<td>2</td>
</tr>
<tr>
<td>Dysphagia diet 1j</td>
<td>L1/L2</td>
<td>—</td>
<td>—</td>
<td>1</td>
</tr>
<tr>
<td>Dysphagia training food 0j</td>
<td>A part of L3</td>
<td>—</td>
<td>—</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>L0</td>
<td>—</td>
<td>—</td>
<td>0</td>
</tr>
</tbody>
</table>

**Having problems chewing:**
- Dysphagia diet 4: Class 2
- Dysphagia diet 3: Class 3
- Dysphagia diet 2-2: Class 4

**Having problems swallowing:**
- Dysphagia diet 1j: Class 1
- Dysphagia training food 0j: Class 0

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### Discussion Towards Dissemination of Nursing Care Food (III)

Newly created "Japanese Agricultural Standards (JAS) for Dysphagia-friendly Food" for people with problems chewing.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Quality standard (hardness)</th>
<th>Labeling standard</th>
<th>Integrated Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy-to-chew food</td>
<td>Easy to bite, crush or mash (with moderately chewy texture)</td>
<td>Easy-to-chew</td>
<td>5</td>
</tr>
<tr>
<td>Food that can be crushed with gums</td>
<td>Between easy-to-chew food and food that can be crushed with tongue</td>
<td>Can be crushed with gums</td>
<td>4</td>
</tr>
<tr>
<td>Food that can be crushed with tongue</td>
<td>Can be crushed by tongue and palate</td>
<td>Can be crushed with tongue</td>
<td>3</td>
</tr>
<tr>
<td>No-chew food</td>
<td>Can be swallowed without chewing</td>
<td>No chew</td>
<td>2</td>
</tr>
</tbody>
</table>
Smile Care Food: Yellow Mark

(1) In order for a business to use a yellow mark, it must affix a JAS mark for dysphagia-friendly food.

(2) As of August 2017, three products from one company are permitted to use the yellow mark.

Provided by Kewpie Corporation
For food for people having problems swallowing, integrated the classification with the special purpose labeling permission system under the Health Promotion Act.

<table>
<thead>
<tr>
<th>Categories of Permission Standard</th>
<th>Description of Categories of Permission Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permission Standard III</td>
<td>Food that can be swallowed after some chewing (including sol-gel mixed food, such as food in the form of cohesive porridge)</td>
</tr>
<tr>
<td>Permission Standard II</td>
<td>Food in a form that can be swallowed after some crushing in the mouth (food in the form of homogeneous jelly, pudding, mousse, etc.)</td>
</tr>
<tr>
<td>Permission Standard I</td>
<td>Food in a form that can be swallowed at once (food in the form of homogeneous jelly)</td>
</tr>
</tbody>
</table>
**Smile Care Food: Red Mark**

(1) In order for a business to use a red mark, it must obtain a labeling permission for food for people with problems swallowing under a special-purpose labeling permission system.

(2) As of August 2017, nine products from one company are permitted to use the red mark.

Provided by NUTRI Co., Ltd.
Summary: How to choose smile care food

You have trouble in diet. → You are eating less or losing weight recently. → Consultation

You have trouble swallowing. → You have trouble chewing. → Consultation

Start

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In spite of the above chart, consult with a professional (e.g. doctor, dentist, dietitian) if you have any question regarding your diet. Select the food according to the instruction of your doctor or other professional. Dental treatment and mouth/throat training may enable people with problems swallowing to eat different categories of food.

Classification

- Easy-to-chew food (e.g. yaki dofu)
- Food that can be crushed with the gums (e.g. momen dofu)
- Food that can be crushed with the tongue (e.g. kinugoshi dofu)
- No-chew food (e.g. food in paste form containing solids)
- Food that can be swallowed after some chewing
- Food that can be swallowed after some crushing in the mouth
- Food that can be swallowed at once
Information on Smile Care Food

Website of Smile Care Food

Application for marks (blue, yellow and red)

List of Smile Care Food Products

History of discussions