

In case you want to know how many servings (SV) you should take with the amount of nutrition that is contained in the ingredients

Category	Dish category	Standard quantity of nutrition for one serving	Utilization of a guide for intake
Grain dishes	Dishes whose main ingredient is rice, bread, or noodles that supplies carbohydrates	Carbohydrates contained in the main ingredient is about 40 g.	The Grain dish is indispensable for every meal. Choose a Grain dish, such as rice, bread, or noodles, which matches well with a Vegetable dish (or dishes) and a Fish and Meat dish (or dishes). In case you cannot have a Grain dish for all three meals, make up for shortage with snack between meals.
Vegetable dishes	Dishes whose main ingredients are vegetables, potatoes, beans (except for soybeans), mushrooms, and seaweed that supply various vitamin, mineral, and dietary fiber.	The weight of the main ingredients is about 70 g.	In our daily dietary life, we tend to mainly consume Fish and Meat dishes, resulting in shortage of vegetables. Try to consciously take sufficient Vegetable dishes (almost double amounts of Fish and Meat dishes: one or two SV(s) for every

			meal) .
Fish and Meat dishes	Dishes whose main ingredients are meats, fish, eggs, soybeans, or soybean products that supply protein.	Protein contained in the main ingredient is about 6 g.	Be careful not to take too much. Especially, excessive intake of oily dishes is apt to result in excessive amounts of lipids and energy.
Milk and Milk products	Milk, yogurt, and cheese that supply calcium.	Calcium contained in the main ingredient is about 100 mg.	Take a glass of milk as a standard every day.
Fruits	Fruits and fruity vegetables that supply vitamin C and potassium.	The weight of the main ingredients is about 100 g.	Try to eat the proper quantity every day without fail.
Snacks, Confection and Beverages	Up to 200 kcal per day is the standard. 3 – 4 pieces of rice cracker, one piece of small shortcake, A glass of sake (200 ml), one and half cans of beer (500 ml), a glass of wine (260 ml), a half glass of distilled spirit (straight) (100 ml)		

Note: Excessive intake of snacks, confection and beverages results in excessive intake of energy that may cause obesity. Do not forget “happily and moderately” and take them with restraint.

◆ As for count of “SV”, by the above standards, the one that is more than two thirds and less than 1.5 is counted as one SV while others are rounded off to two or more SVs.