

What Did You Eat Yesterday?

What Did You Eat Yesterday? Let's make a record of that.

Check what category of food you ate: staple dish (rice, bread, pasta, etc.), main dish, side dish(es).

Woke up time

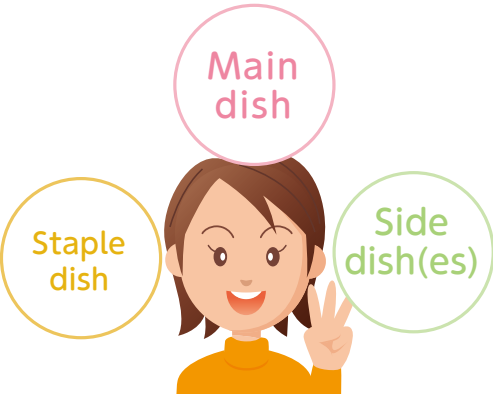
時 分

Went to sleep time

時 分

Physical condition

good • not so good



Breakfast

time :
ate what

☐ Staple dish

☐ Main dish

☐ Side dish(es)

Lunch

time :
ate what

☐ Staple dish

☐ Main dish

☐ Side dish(es)

Supper

time :
ate what

☐ Staple dish

☐ Main dish

☐ Side dish(es)

Snack

time :
ate what

Bedtime snack

time :
ate what

Did your 3 meals yesterday each have a staple dish, main dish, and side dish(es)?

3 meals had 3 dishes

2 meals had 3 dishes

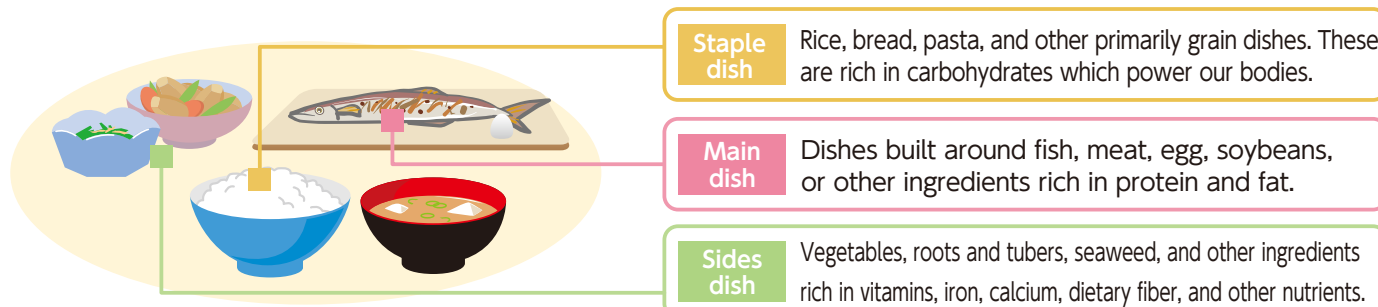
1 meal had 3 dishes

No meals had 3 dishes

7

About Staple, Main, and Side Dishes

When planning or choosing a meal, if you are sure to include staple main, and side dishes, you are more likely to have a nutritionally balanced meal that is also pleasing to the eye.



What type of food should we eat?

Let's look at the Japanese Food Guide Spinning Top to see what proportion of staple, main, and side dishes we should eat daily.



※ SV is an abbreviation of "Serving", which is a simply countable number describing the approximated amount of each dish or food served to one person

Decided by Ministry of Health, Labour and Welfare and Ministry of Agriculture, Forestry and Fisheries.

Indicator of food intake by user's character and type of dishes

<User>	<Energy> kcal	Unit(s): SV				
		Grain dishes	Vegetable dishes	Fish and Meat dishes	Milk	Fruits
• 6-9 years male/female • 10-11 years female • Low amount of exercise • 12-69 years female • Over 70 years female • Low amount of exercise • over 70 years male	1400 1600 1800 2000	4~5	5~6	3~4	2	2
• 10-11 years male • Low amount of exercise 12-69 years male • Above average of amount of exercise 12-69 years female • Above average of amount of exercise over 70 years male	2200 2400	5~7	5~6	3~5	2	2
• Above average of amount of exercise 12-69 years male	2600 2800 3000	6~8	6~7	4~6	2~3	2~3

- To decide daily meal size, enter into consideration of amount of activity (energy), and refer to the indicator of food intake (SV) on each type of dishes.
- For 2200±200 kcal, although amount of Vegetable dishes (5 to 6 SV), Fish and Meat dishes (3 to 5 SV), Milk (2 SV), and Fruits (2 SV) is the same, moderate amount of Grain dishes and type (ingredient and recipe) of Fish and Meat dishes to eat a well-balanced diet.

For more information

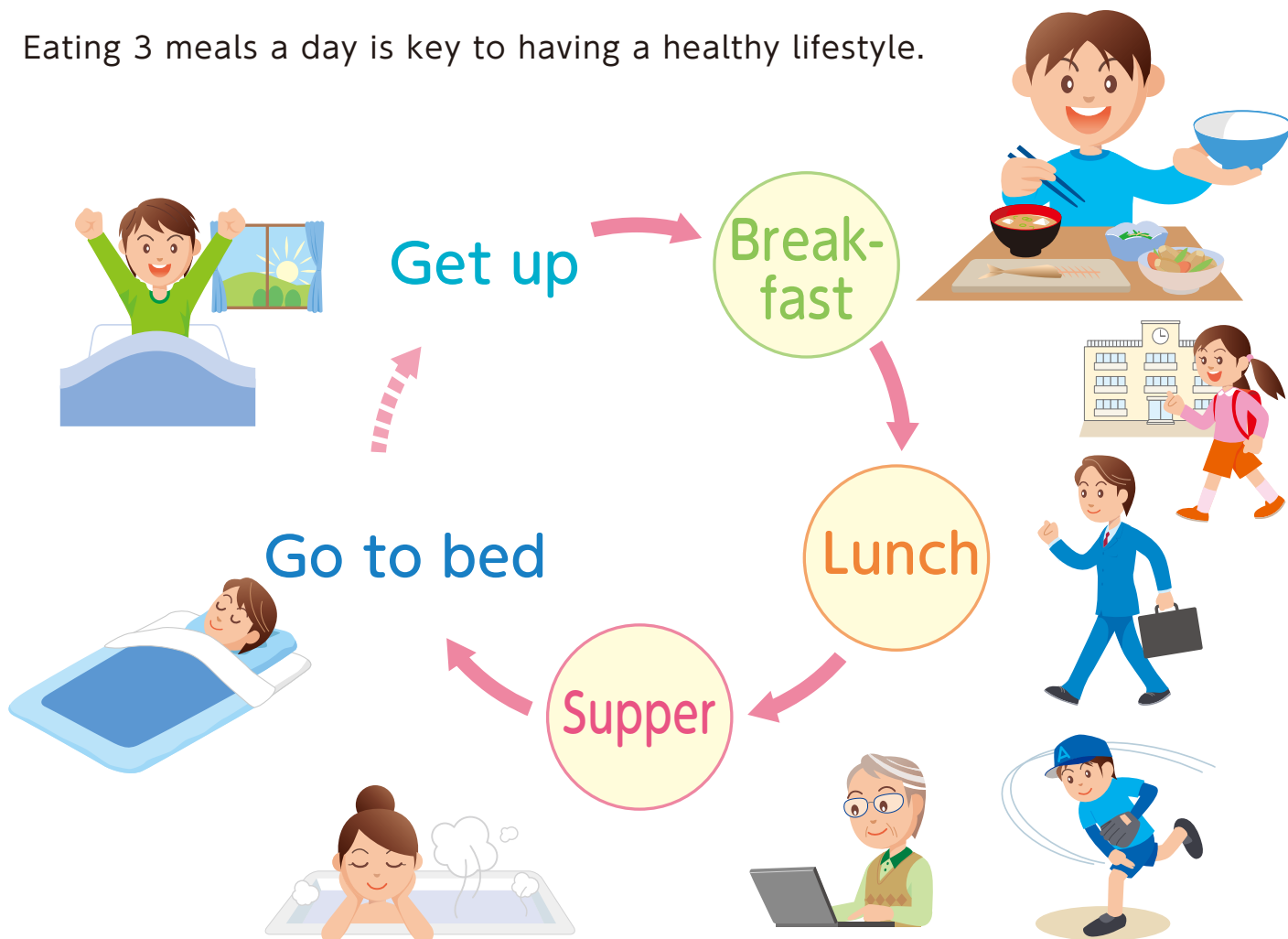


- Japanese Food Guide Spinning Top
[MAFF] [MHLW]

Did You Eat Breakfast?

Did you eat breakfast, the first meal of the day?

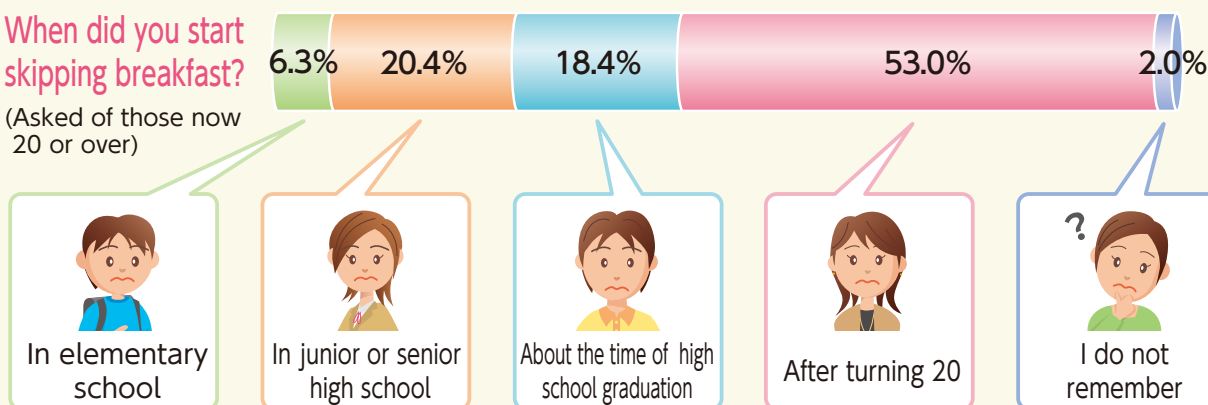
Eating 3 meals a day is key to having a healthy lifestyle.



Of people 20 or over who skip breakfast, about 1/3 developed this habit during their school years.

When did you start skipping breakfast?

(Asked of those now 20 or over)



Source: "The Survey of Attitude toward Shokuiku" (MAFF) (FY 2016)

Eating breakfast gets you off to a good start.

Breakfast gets you fueled up for starting your day.

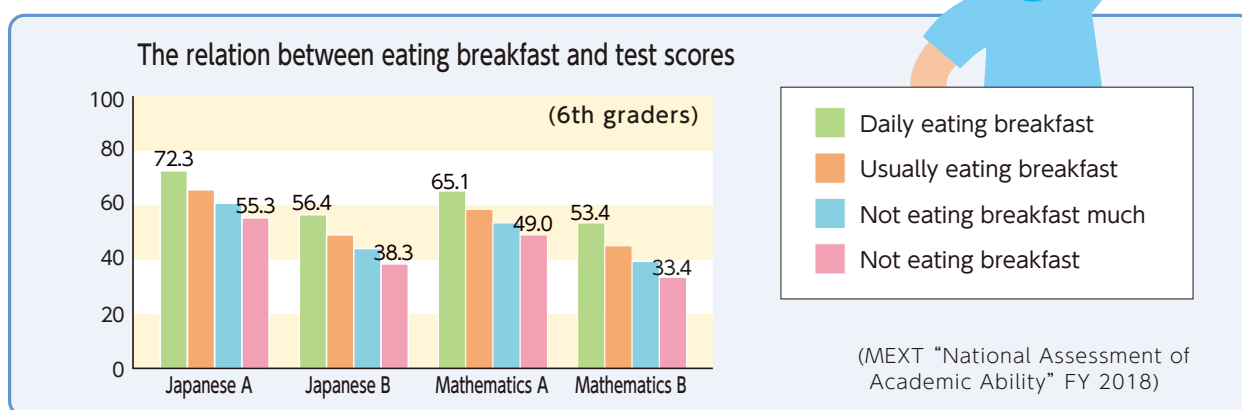
Eating breakfast causes your lower nighttime temperature to rise, and gets your body ready to go.

Your body does not store glucose well, an important fuel for your brain which our body prepares by breaking down carbohydrates in rice, bread, pasta, and so on. If we don't eat breakfast, a lack of energy makes us easily irritated, and makes it difficult for us to concentrate.



Eating breakfast improves our ability to learn.

If we compare children who eat breakfast regularly with those who don't, we can see that the scores of the former are higher.



Skipping breakfast can lead to becoming overweight

By skipping breakfast, we are likely to overeat during our other meals.

This is likely to lead to becoming overweight and developing lifestyle related diseases.



Improving my lifestyle

Eating supper late at night, or having a bedtime snack can lead to a poor appetite the next morning, and no desire for breakfast.

Let's take a look at when you eat breakfast, supper, and bedtime snacks, what time you go to bed, and when you are most active during your day.

From tomorrow, what points would you like to be careful about concerning breakfast, bedtime, and so on?

For more information:



- Early to bed, early to rise, breakfast [MEXT]
- "Mezamashi Gohan" campaign [MAFF]

Improving Each Life Stage's

Combining staple, main, and side dishes for creating a balanced meal, being sure to eat breakfast, and so on, there are different points to be careful about depending on our age.

For expectant mothers

Expectant mothers need to care for their nutritional needs in different ways depending upon their condition. Whether experiencing morning sickness or not, eat as you are able.

- Have good health before becoming pregnant
- Be sure to get most of your calories from staple dish
- Eat enough side dishes for maintaining a good vitamin and mineral intake
- Have enough main dishes for getting sufficient protein
- Have enough dairy products with meals to get enough calcium
- Naturally, your weight will increase as your pregnancy progresses
- Breast feeding mothers need proper nutrition for raising healthy infants

(MHLW "Dietary Guidelines for Pregnant and Lactating Women" 2006)



For families with infants

- Infants gradually develop, acquiring many skills.
Keep a record of your child's height and weight on the growth chart in your Maternal and Child Health Handbook.
- When nursing or bottle-feeding your baby, try to be in a quiet setting, holding your child carefully, and talking gently.
- Show your child different foods, letting him/her touch and taste.
- For more about introducing baby food to your infant, refer to the article about that in your Maternal and Child Health Handbook.
- If you have concerns about feeding your baby, bring up the matter during one of your baby's regular checkups sponsored by your community.



For more information:

- Dietary Guidelines for Pregnant and Lactating Women [MHLW]
- Guidelines for nursing/bottle feeding, and for baby food [MHLW]
- Helping your child develop a love for mealtimes [MHLW]

Dietary Habits Leads to a Healthy Life

For families with elementary or junior high school students

- Eat a good breakfast daily, along with developing other good daily life patterns.
- Manage well the timing, content, and quantity of between meal snacks.



How Our Diet Evolves with Age

For the younger generation (adolescents and young adults)



- A large proportion of young people skip breakfast. Reflect on how healthy your daily habits are.
- Be sure to eat enough vegetables. For example, eat one more side dishes more than you normally would.
- Too many young women are underweight. Dieting without need can invite irregular menstruation, or even result in osteoporosis later in life. Maintain your ideal weight by eating and exercising well.

Dining

For adults who are worried about their expanding waistlines

- It may be a good time to reexamine what you eat and how much, including snacking and alcoholic consumption, and to find what you can best revise.
- Be sure to get enough regular exercise in your daily life.
- Check your weight regularly.
- Keep a record of your diet and weight in the Shokuiku Diary (p. 26).



From Fields/Sea/Etc. to Our Tables

For families with senior citizens

- Take notice if your weight is falling. Your weight will fall if you are not eating enough. Weigh yourself regularly.
- Get enough main dishes and dairy products with your meals.
- Get enough fluids.
- Keep track of your meals and weight using the Shokuiku Diary (p. 26)



Preparing for Disasters

For more information:



- Handbook of Education in the Home [MEXT]
- Smart Life Project [MHLW]

For Further Study

Let's Chew Our Food

How many times do you chew a mouthful of food before you swallow?

Write the guessed and actual numbers below. In the parentheses, write what you were chewing.



Rice

Guessed times

Actual times

Impressions



Main Dishes

()

Guessed times

Actual times

Impressions



Side Dishes

()

Guessed times

Actual times

Impressions

**Chew your food well.
It has many benefits!**



**You can
taste your
food better!**

**The longer you chew
rice, the sweeter
it becomes!**

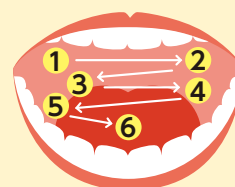
Jaw
develop-
ment

Prevention
of tooth
decay

Less likely
to become
overweight

- ① Chew with your right molars while tasting your food
 - ② Chew with your left molars while tasting your food
 - ③ Chew again with your right molars while tasting your food
 - ④ Chew again with your left molars while tasting your food
 - ⑤ Chew again with your right molars while tasting your food
 - ⑥ Taste your food well with your tongue
- Enjoy the taste while chewing well.

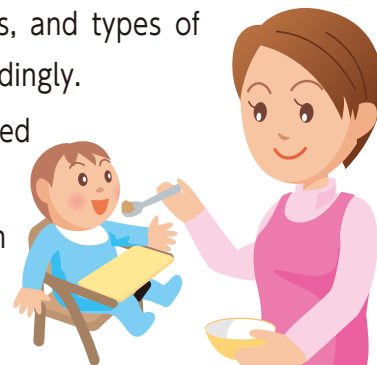
OK! Swallow.



Well While Enjoying Its Taste

Families with infants and preschoolers

- Create a pleasurable eating experience. Having the entire family eat together models the ideal eating environment.
- During infancy, an infant's mind and body are developing markedly. Mouth use and teeth growth vary widely with the infant. The hardness of foods, size of bites, and types of spoons or forks used need to be adjusted to each infant's situation accordingly.
- When it comes time to wean your infant, refer to "Indication of how to proceed weaning" in your Maternal and Child Health Handbook for guidance.
- As a child's sense of taste develops, food likes and dislikes begin appearing. Try to encourage like of all foods without being too forceful.



Chewing food well contributes to weight control

◎Benefits of chewing your food well:

- Easier to feel full
- Your body will better release hormones that suppress your appetite
- Feeling satisfied with more lightly seasoned food, and with less food

Prevent children and the seniors from choking on their food.

Some foods cause choking more easily than others

At risk are children, since their mouths and throats are still developing, and seniors, since their chewing and swallowing ability may be in decline.

How to avoid choking on food

Choose bite sizes appropriate to each food, and chew carefully. Eat with others who can keep an eye out for trouble. Notice any warnings on food packaging concerning choking danger (see illustration).



Causes of choking

- Bite sizes too big (1~5cm in diameter)
- Foods difficult to chew
- Slippery foods
- Foods labeled as bite-sized that are actually too big



Foods that most commonly cause choking

Mochi rice cake, Rice, Candies, Breads, Sushi, Rice gruels, Apples, Mitarashi-dango, Bananas, Jelly with cup

(Foods in red can be hazardous for children under 12 years old)

For more information:

- "Take time to eat" focusing on Middle-Aged and Senior Males; Topics by lifestyle and generation, Shokuiku for All [MAFF]

Food Is Even More Delicious

Do you eat any of your meals alone?

Whether due to the increase in 2-generation households, or due to the many demands of our lifestyle, the number of meals eaten together as a family are declining.



It isn't just eating meals together that benefit us, but also the resulting conversations such as "What menu shall we prepare?", "This tastes good!", and so on. Eating together with someone is more fun than eating alone! **Let's take steps to achieve that.**

Please check the boxes that apply to things you would like to do together with family or friends.



- ☐ Meal planning
- ☐ Preparing ingredients (shopping, harvesting, etc.)
- ☐ Cooking (cooking, dishing out food, etc.)
- ☐ Setting out dishes, getting the table ready, calling people to sit down
- ☐ Eating
- ☐ Cleaning up (Taking dishes to the sink, washing, throwing away scraps, putting away leftovers, etc.)
- ☐ Reflecting together about the just finished meal, asking others about meals (doing what for the next meal, liking or disliking what, etc.)

When Eating Together With Others

To Families with Preschoolers or Children Going to School



One in five elementary school children eat breakfast alone. For junior high students it is one in three.*

Many children who eat alone seem not to be healthy either mentally or physically.

There does not seem to be enough family time at the table. Let's talk together more.

※FY 2010 Survey on Dietary Conditions of School Children (Japan Sport Council)

To Seniors

Do you find that eating alone decreases your appetite?

Is shopping or cooking troublesome for you?

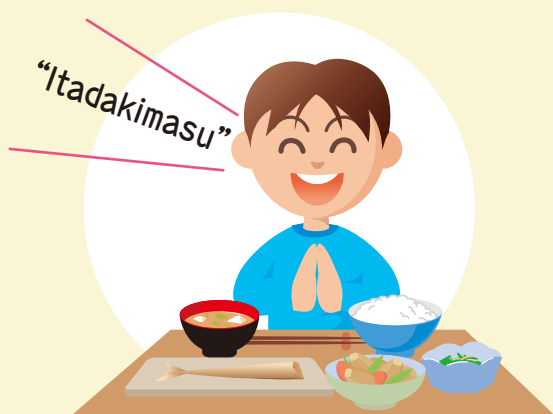
Even if you live alone, how about eating with friends, or even eating with others at local events?



Meal parties/Meal events

Do You Begin and End Your Meals Properly?

"Itadakimasu"



"Itadakimasu"

Itadaku originally meant "to put on your head," but the meaning has changed to "to receive" or "to partake." It expresses our thanks to nature, the farmers who grow our rice, vegetables, and other foods, the people who prepared our food, and so on.

"Gochisosama"

Chiso refers to someone busily preparing a meal. Therefore "Gochisosama" expresses thanks for a meal.

Did You Know?

June is Shokuiku month, and the 19th of each month is Shokuiku Day. On Shokuiku Day, how about reflecting on your food habits, and being sure to dine with your family?

Also, how about participating in local Shokuiku events?

For more information



- How good is Shokuiku for us? [MAFF]
- Shokuiku Promotion in the Community; Collaborating with "Children's Cafeteria" [MAFF]