



Efforts Relating to "Smile Care Food"

- Introduction of New Mark System -



Ministry of Agriculture, Forestry and Fisheries

Challenges of Nursing Care Food (1) - Nutrition

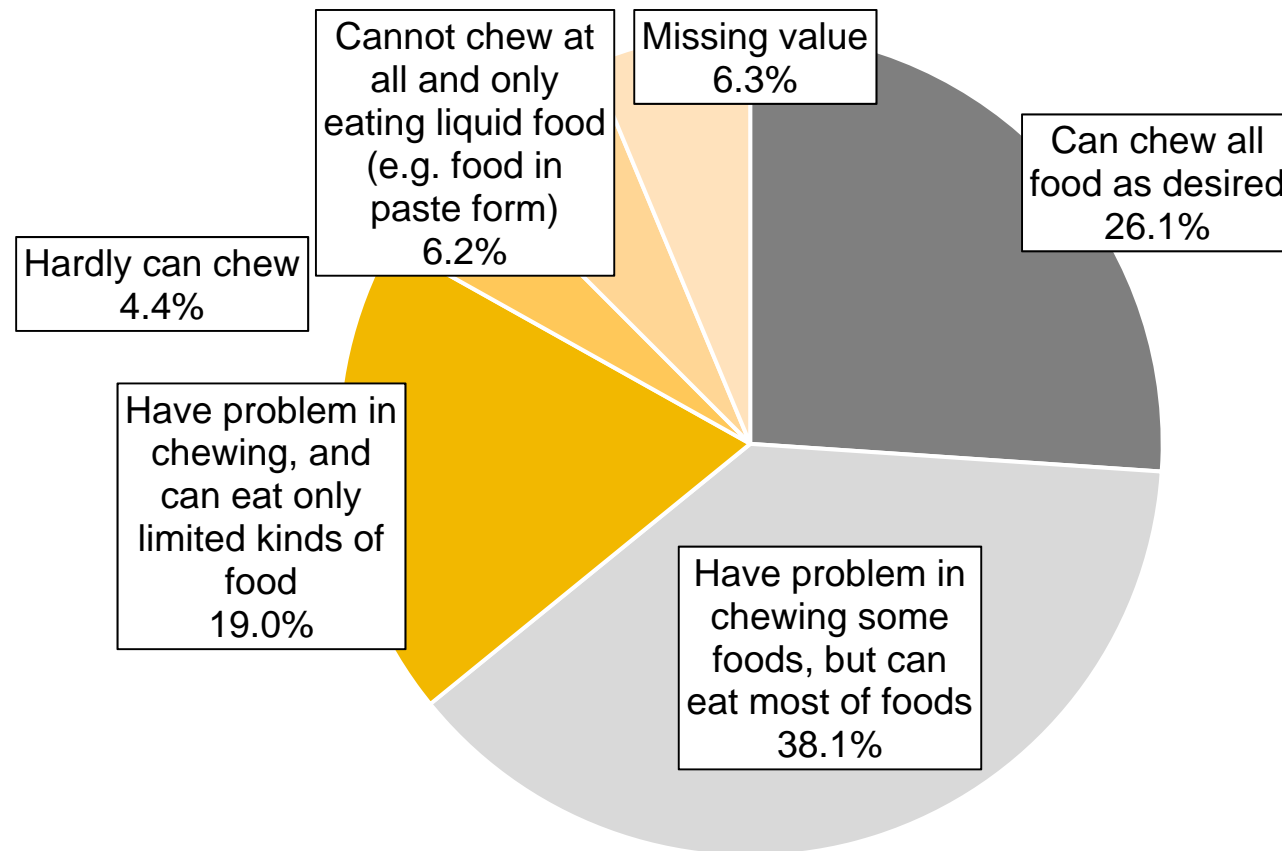
According to a survey, more than 70% of home-care patients aged 65 or older are categorized as "undernutrition" or "at risk of undernutrition."

Undernutrition	At risk of undernutrition	Good nutrient condition
37.4%	35.2%	27.3%
72.7%		

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

30% of home-care patients aged 65 or older have problems chewing.

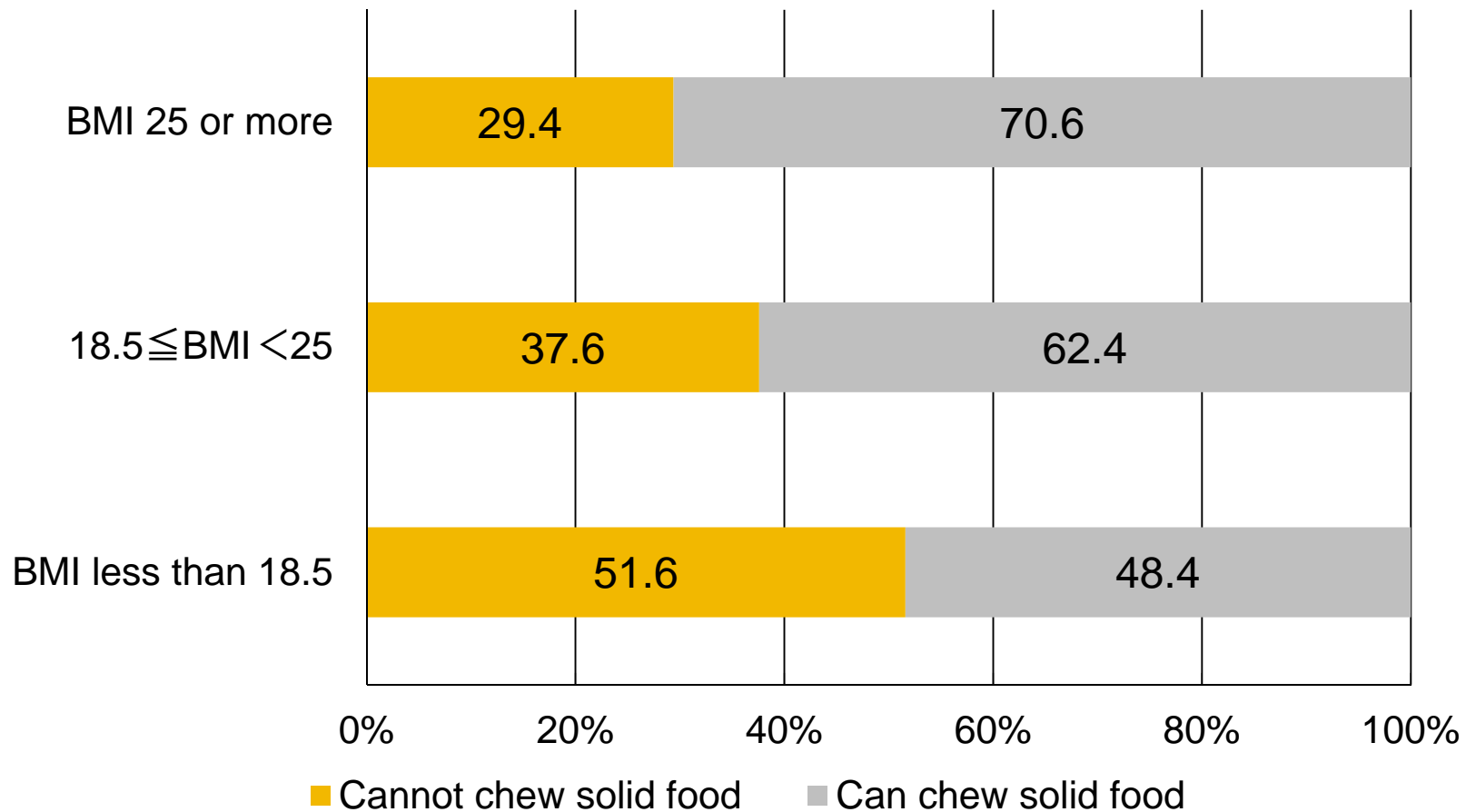


Source: National Center for Geriatrics and Gerontology

"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.

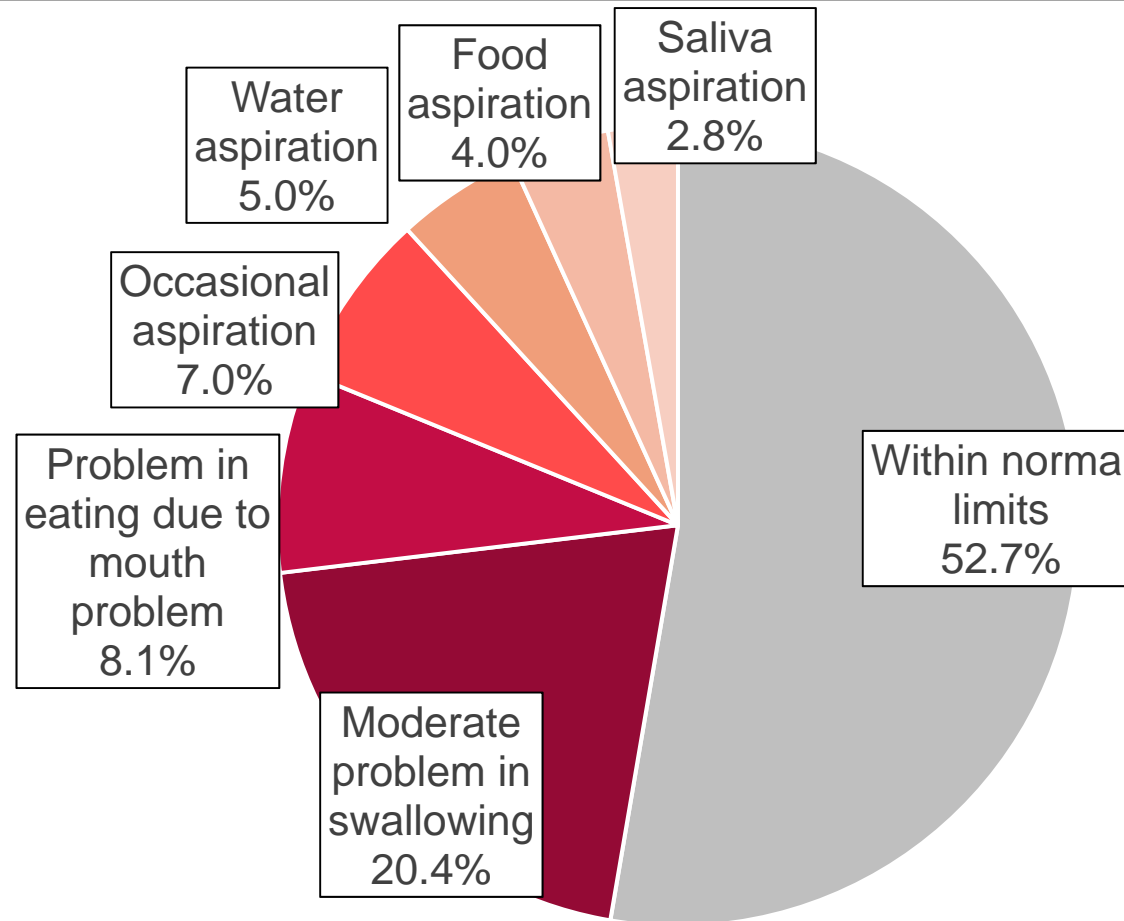


Source: National Center for Geriatrics and Gerontology

"FY2012 Elderly People Health Promotion Project: Research Report on Eating and Nutrition of Home-care Patients"

Challenges of Nursing Care Food (3) - Swallowing

50% of home-care patients aged 65 or older have problems swallowing.

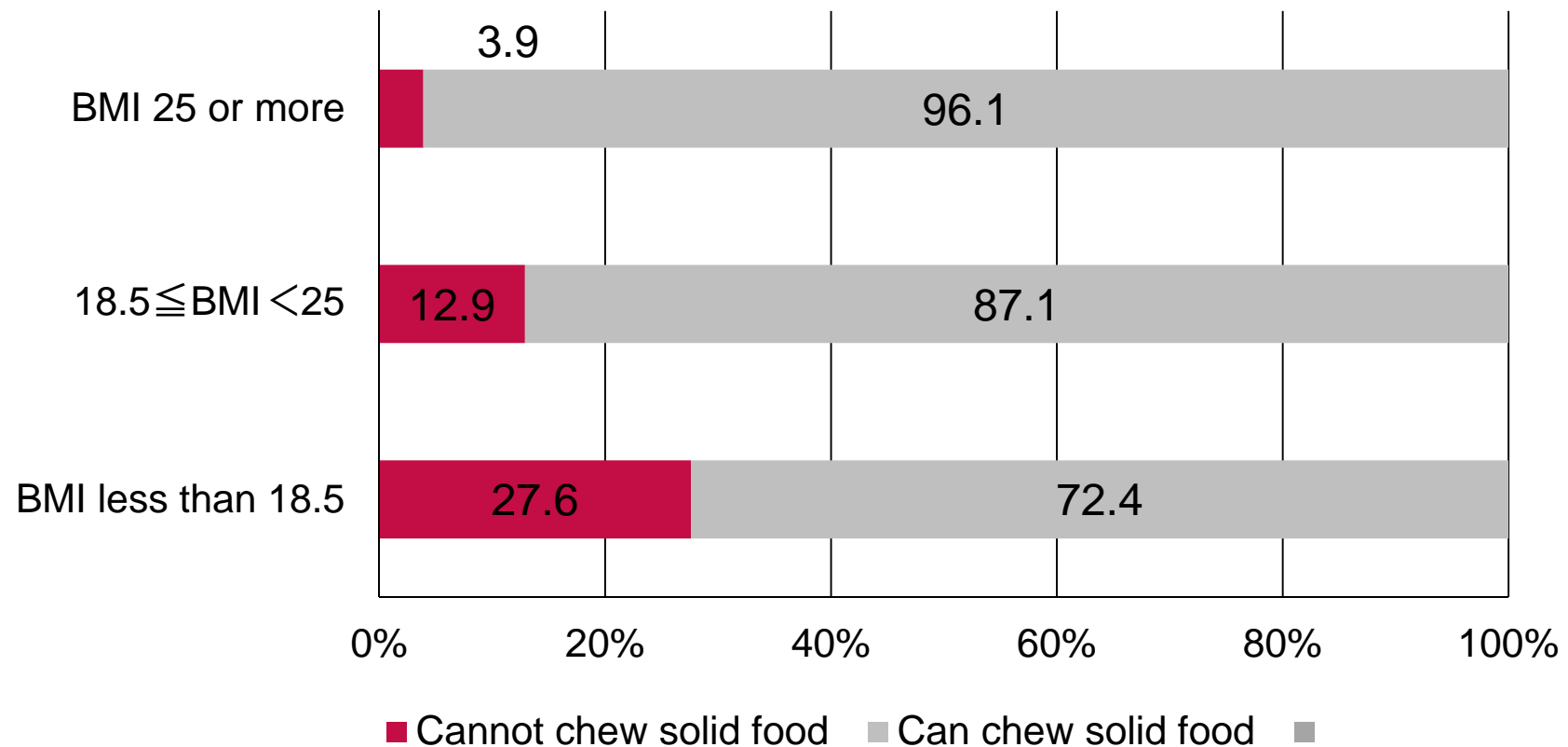


Source: National Center for Geriatrics and Gerontology

"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"

Nursing Care Food Market on the Rise

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.

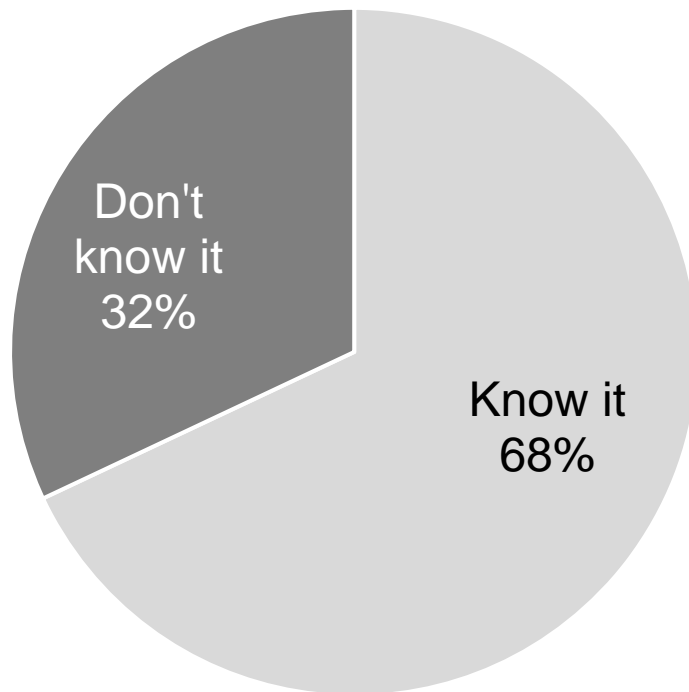
	2010	2020 (Estimate)
Nutritional supplement food	JPY8.2 billion	JPY16 billion
Food for dysphagia patients	JPY8.8 billion	JPY25.1 billion

Source: Fuji Keizai Co., Ltd., "Future Prospect of Market of Food for Elderly People 2015"

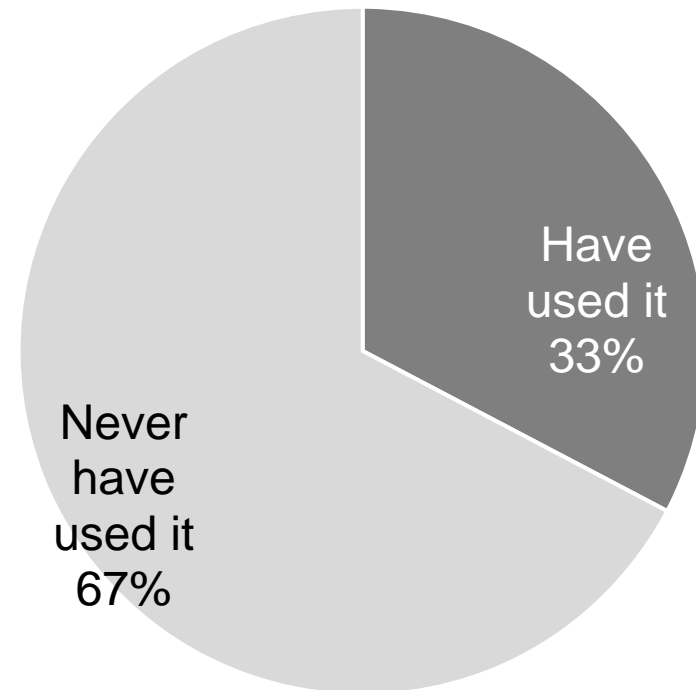
Level of Recognition and Frequency of Using Nursing Care Food

70% of people know nursing care food, but only 30% have actually used it.

Level of Recognition of Nursing Care Food



Use of Nursing Care Food



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)"

Discussion Towards Dissemination of Nursing Care Food (I)

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."



Smile Care Foods



Smile Care Foods



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)

Discussion Towards Dissemination of Nursing Care Food (II)

In 2015, the Smile Care Food Promotion Council integrated existing private-sector standards.

Academic society classification 2013	Dysphagia diet pyramid	Soft food for Elderly People	UDF Classifications	Integrated Classification	
—	—	Soft food for Elderly People 1	Class 1	5	Having problems chewing
Dysphasia diet 4	L4	Soft food for Elderly People 2	Class 2	4	
Dysphasia diet 3		Soft food for Elderly People 3	Class 3	3	
Dysphasia diet 2-2	L3	—	Class 4	2	
Dysphasia diet 2-1		—		2	Having problems swallowing
Dysphasia diet 1j	L1/L2	—	1		
Dysphasia training food 0j	A part of L3	—	—	0	
	L0	—	—	0	

Discussion Towards Dissemination of Nursing Care Food (III)

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

Categories	Quality standard (hardness)	Labeling standard	Integrated Classification
Easy-to-chew food	Easy to bite, crush or mash (with moderately chewy texture)	Easy-to-chew	Smile Care Food 5
Food that can be crushed with gums	Between easy-to-chew food and food that can be crushed with tongue	Can be crushed with gums	Smile Care Food 4
Food that can be crushed with tongue	Can be crushed by tongue and palate	Can be crushed with tongue	Smile Care Food 3
No-chew food	Can be swallowed without chewing	No chew	Smile Care Food 2

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

Discussion Towards Dissemination of Nursing Care Food (IV)

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

Special purpose labeling permission system (for food for people having problems swallowing)		Integrated Classification
Categories of Permission Standard	Description of Categories of Permission Standard	
Permission Standard III	Food that can be swallowed after some chewing (including sol-gel mixed food, such as food in the form of cohesive porridge)	Smile Care Food 
Permission Standard II	Food in a form that can be swallowed after some crushing in the mouth (food in the form of homogeneous jelly, pudding, mousse, etc.)	Smile Care Food 
Permission Standard I	Food in a form that can be swallowed at once (food in the form of homogeneous jelly)	Smile Care Food 

Smile Care Food: Red Mark

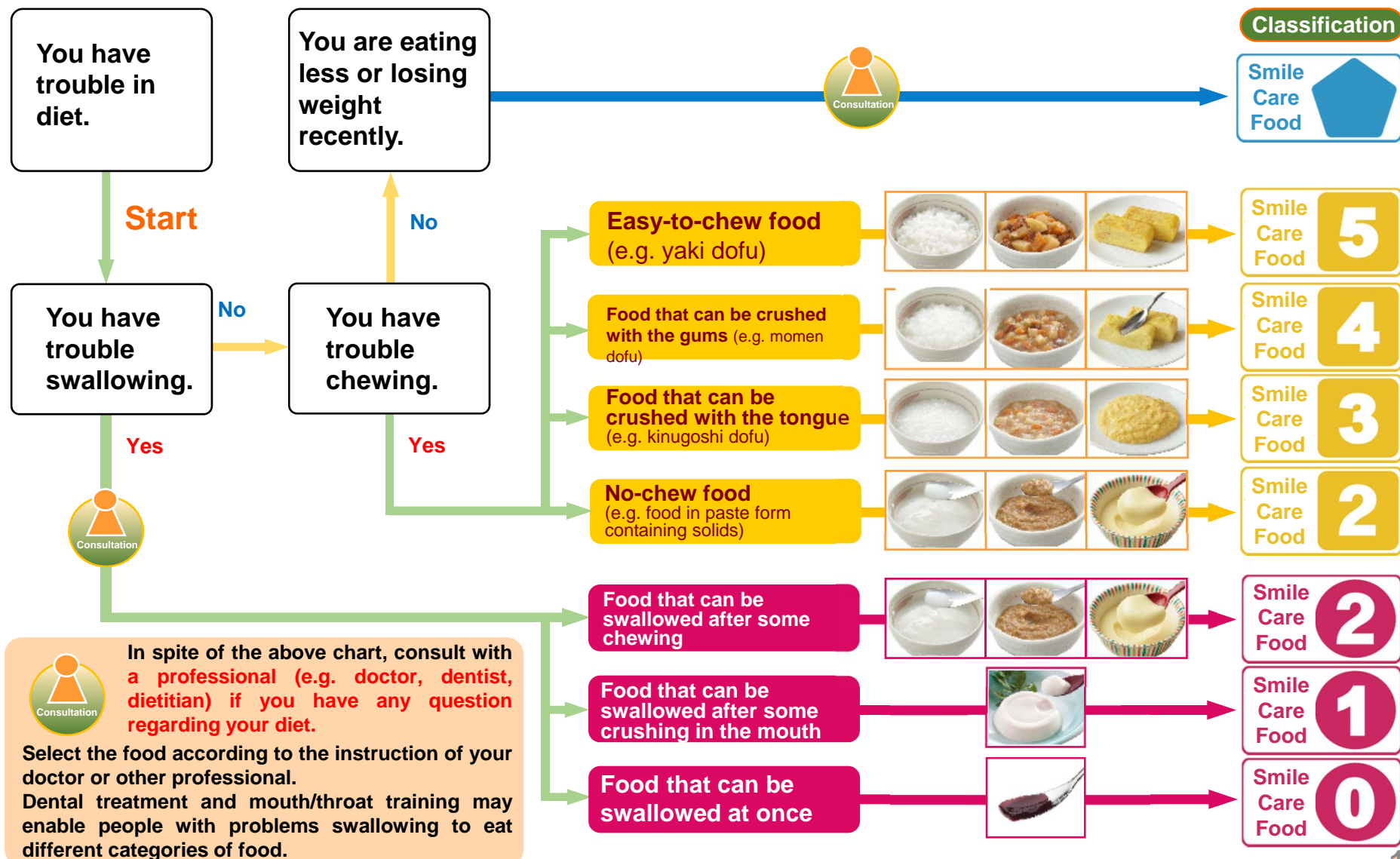
- (1) In order for a business to use a red mark, it must obtain a labeling permission for food for people with problems swallowing under a special-purpose labeling permission system.
- (2) As of August 2017, nine products from one company are permitted to use the red mark.



Provided by NUTRI Co., Ltd.

Summary: How to choose smile care food

How to choose smile care food



Information on Smile Care Food

Website of Smile Care Food

<http://www.maff.go.jp/j/shokusan/seizo/kaigo.html>

Application for marks (blue, yellow and red)

https://www.contactus.maff.go.jp/j/form/shokusan/seizo/161130_5.html

List of Smile Care Food Products

Blue: <http://www.maff.go.jp/j/shokusan/seizo/attach/pdf/kaigo-40.pdf>

Yellow: <http://www.maff.go.jp/j/shokusan/seizo/attach/pdf/kaigo-34.pdf>

Red: <http://www.maff.go.jp/j/shokusan/seizo/attach/pdf/kaigo-29.pdf>

History of discussions

<http://www.maff.go.jp/j/shokusan/seizo/kaigo/kaigi.html>