

Recommendation of Japanese dietary pattern

“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

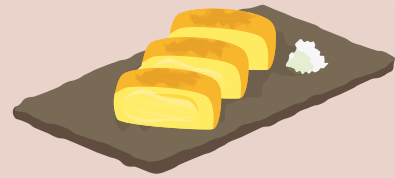


Dishes whose main ingredient is vegetables, mushrooms, seaweed, or potatoes. They mainly contain nutrition that maintains bodily functions.

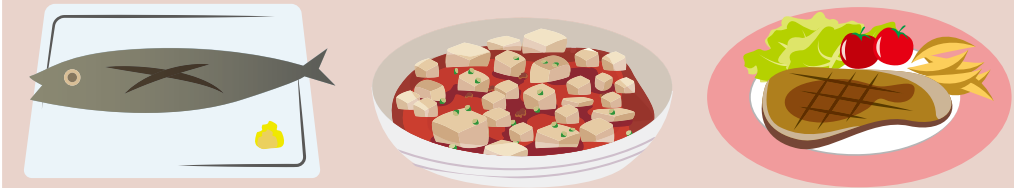
[Side dishes are apt to be insufficient.]

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.

