

“Dietary guidelines for Japanese” was revised in June 2016.

What is “Dietary guidelines for Japanese”?

- * These guidelines were drawn up cooperatively by the Ministry of Education, the Ministry of Health and Welfare, and the Ministry of Agriculture, Forestry and Fisheries in 2000.
- * What is preferable to be practiced is organized into 10 items.

Why is revision necessary now?

- * Sixteen years have passed since these guidelines were drawn up in 2000, during which time there have been some significant government initiatives related to food as follows:
 - Enactment of Basic Law on Shokuiku (2005)
 - “Health Japan 21 (the second term)”, a ten-year plan for promotion of the general public’s health, was started (in 2013).
 - “Washoku ; Traditional Dietary Cultures of the Japanese” was designated as a UNESCO’s Intangible Cultural Heritage (in December 2013).
 - “The Third Basic Program for Shokuiku Promotion”, a five-year program, was started (in April 2016).
- Based on these initiatives, the revision of the dietary guidelines was implemented in June 2016.

What part of the guidelines was revised? [Main points of the revision]

Maintain a healthy body weight and balance the calories you eat with physical activity.

Revised to

Maintain the proper weight with adequate exercise and well-balanced meals.

- As the rate of obesity is around 30% of men among all men in their 30s – 60s, it is necessary to continue to take up prevention of obesity. On the other hand, around 19.5% of young women among all young women are thin (whose BMI is less than 18.5). Also, prevention from undernutrition is important especially for aged people.
- In order to maintain the proper weight, it is important to weigh yourself diligently and to find any change at an early stage. You should pay attention not only to your weight but also to other health conditions, and refrain from unreasonable reduction of weight.

Avoid too much salt and fat.

Revised to

Avoid too much salt. Attention should be paid to the quality and quantity of fat ingested.

- According to the “Dietary Reference Intakes for Japanese” (revised in 2015), the targeted values of daily intake of salt for men is less than 8 g, and for women is less than 7 g from the viewpoint of prevention of hypertension. If you are taking an excessive amount of salt, you should try to reduce your intake of salt by reducing foods and dishes that contain a lot of salt.
- As for fat, you should be careful about excessive fat intake as well as giving an extra consideration to quality of fat as the fatty acid varies among animals, plants, and fish.

Take advantage of your dietary culture and local food products, while incorporating new and different dishes.

Revised to

Take advantage of Japanese dietary culture and local food products. Preserve local dishes.

- It is important to deepen one’s comprehension of Japanese traditional food culture, keeping in mind the fact that “Washoku; Traditional Dietary Cultures of the Japanese” is designated as a UNESCO’s Intangible Cultural Heritage.
- It is desirable to add local dishes that contain some traditional ingredients to your home dishes for the sake of wider variation of foods, intake of various nutrition and foods, and enjoyment of meals. Let’s learn about Japanese food culture, have knowledge of ingredients, culinary skills, and manners at meals and positively utilize them in your daily diet.

Reduce leftovers and waste through proper cooking and storage methods.

Revised to

Conserve food resources and practice dietary habits for minimizing leftovers and food waste.

- Given the conditions of the world, there are allegedly about 800 million people with seriously poor health due to malnutrition caused by food shortage. On the other hand, the quantity of “food loss” that is discharged from households is estimated to be approximately 3 million tons in Japan. It is important for every single person to be careful not to buy or cook too much, and to consider the proper quantity of food. This should be considered also from the viewpoint of burden on the environment caused by leftovers and food waste.

Dietary guidelines for Japanese

- 1) Enjoy your meals.
- 2) Establish a healthy rhythm by keeping regular hours for meals.
- 3) Maintain the proper weight with adequate exercise and well-balanced meals.
- 4) Eat well-balanced meals with staple food, as well as main and side dishes.
- 5) Eat enough grains such as rice and other cereals.
- 6) Combine vegetables, fruits, milk products, beans and fish in your diet.
- 7) Avoid too much salt. Attention should be paid to the quality and quantity of fat ingested.
- 8) Take advantage of Japanese dietary culture and local food products. Preserve local dishes.
- 9) Conserve food resources and practice dietary habits for minimizing leftovers and food waste.
- 10) Develop your understanding of food and review your dietary life.

(Underlined areas indicate revised parts)