Let's Eat and Stay Healthy!

Japanese food culture, "Washoku", was registered as an intangible cultural heritage by UNESCO (United Nations Educational, Scientific and Cultural Organization) in 2013. It was recognized for its use of fresh and diverse ingredients, its nutritional balance, its expression of natural beauty, and its close connection to annual events.

In Japan, where people eat healthy Japanese food, few people are overweight or underweight, and many people live long, healthy lives.

In particular, Shizuoka Prefecture is home to the highest mountain in Japan, Mt. Fuji, and the deepest ocean in Japan, Suruga Bay, which is full of fresh fish, meat, vegetables, and fruits.

As a result, Shizuoka Prefecture has a large number of people who live long and healthy lives.

We will now introduce you to "How to Eat for Health".

Healthy eating habits

Nutritional balance
Eating habits

Three Tips for Good Health

Exercise enough to not get tired

Keep your body in good shape.
Stress reduction

Moderate rest

Don't get too tired

In order to stay healthy, it is important to move your body, rest well, and eat well every day.
It is especially important to eat well in order to build a strong body.
To eat is to live.
In order to avoid catching bad diseases, eat well and build up your strength to resist them.
When you are injured, eat well to build up the strength to heal your wounds.

Let's eat every day to get the nutrients that our bodies need.

Helps regulate the body

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K
- Vitamin B1
- Vitamin B2
- Niacin
- Vitamin B6
- Vitamin B12
- Folic acid
- Vitamin C

＊There are more.

Energy to build muscles and other parts of the body

- Proteins
- Carbohydrates
- Fat

To regulate the body's condition and to build bones and teeth

- Sodium
- Potassium
- Calcium
- Phosphorus
- Magnesium
- Iron
- Zinc
- Copper

＊There are many more.

The Basics of Eating for Health

Staple food : This is the source of energy and contains a lot of carbohydrates.

Main dish : The main part of the meal, which contains a lot of protein and fat, such as meat, fish, and soy products.

Side dishes : These are dishes made with vegetables, etc., and are rich in vitamins, minerals, and dietary fiber.

Side dishes

Eat lots of vegetables, seaweed, mushrooms, potatoes, beans, etc. (about 2 servings).

Main dishes

Eat fish, soybeans (soybean products), etc. once a day. Meat should be low in fat. Limit oil-based dishes to one per meal.

Soups. Drink it about once a day to reduce the amount of salt you take in.

Rice, bread, noodles, etc.

Staple foods

Side dishes

In addition, milk and dairy products (1 glass of milk, 1 cup of yogurt) and fruits (2 oranges, 1/2 apple) can be taken as meals or snacks to supplement the necessary nutrients.

**Eat a variety of foods to get the nutrients you need.
The freshest and most nutritious foods are seasonal vegetables and fish, eaten close to where they are caught.
Try to choose foods from Shizuoka Prefecture, which is rich in the blessings of the sea and mountains.**

How to Eat for Good Health

☑ Eat fish and soybean products once a day as main dishes.
☑ If you eat meat as a main dish, choose one with less fat.
☑ Eat a variety of vegetables, mushrooms, seaweed, potatoes, beans, etc.
☑ Eat two side dishes.
☑ Always eat breakfast.
☑ Eat dinner by 8 p.m. if possible.
☑ Stop eating at night. On days when you will be home late, eat a little in the evening or try not to eat too much in the evening.

If you eat a variety of foods and live a regular life, you will be less likely to get sick. Let's try it.

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