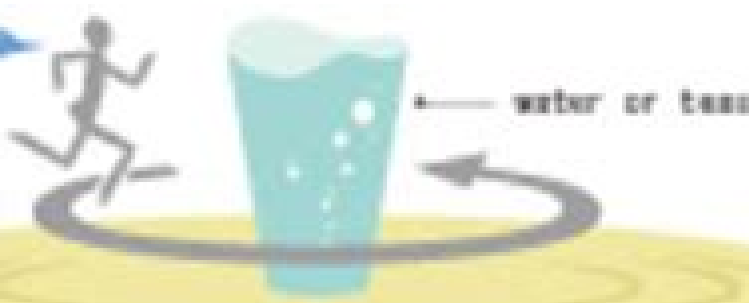


Physical Activity



Japanese Food Guide Spinning Top

for one day

5-7
SY

Grain dishes

5-6
SY

Vegetable
dishes

3-5
SY

Fish and
Meat dishes

2
SY

Milk

2
SY

Fruits

Enjoy Snacks, Confection and
Beverages moderately!

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Japans Food Guide Pyramid

William Shurtleff,Akiko Aoyagi



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