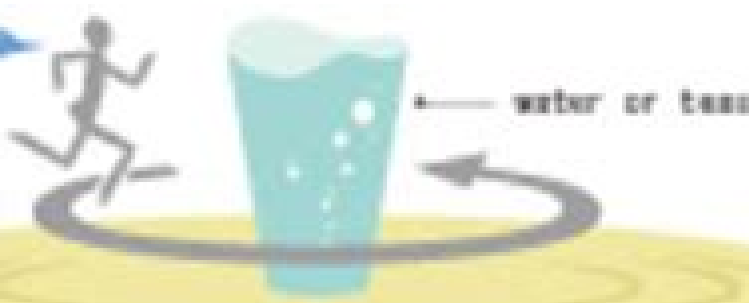


Physical Activity



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!

Decided by Ministry of Health, Labour and Welfare
and Ministry of Agriculture, Forestry and Fisheries.



Japans Food Guide Pyramid

Junko Ishihara

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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