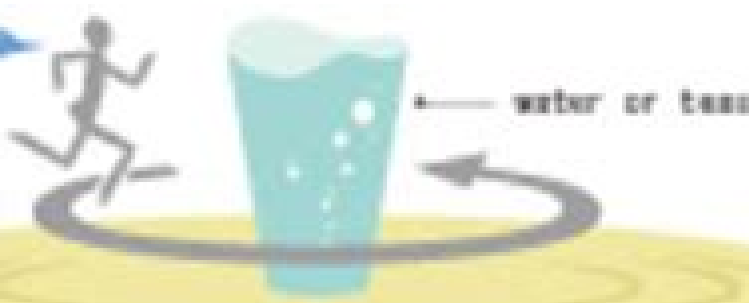


Physical Activity



# 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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