

Physical Activity



Japanese Food Guide Spinning Top

Do you have a well-balanced diet?

for one day

5-7 **SV** Grain dishes
(Rice, Bread, Noodles, and Pasta)

5-6 **SV** Vegetable dishes

3-5 **SV** Fish and Meat dishes
(Meat, Fish, Egg and Soy-bean dishes)

2 **SV** Milk
(Milk and Milk products)

2 **SV** Fruits

Enjoy Snacks,
Confection and
Beverages moderately!



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

※SV is an abbreviation of "Serving",
which is a simply countable number describing the approximated
amount of each dish or food served to one person

Japans Food Guide Pyramid

RM Cervero



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