



Healthy Message

No. 2

☆Please read this with your parent or guardian.

We are counting on your cooperation again this year.

Thank you for setting goals and filling out the check card during winter vacation. We are grateful for your cooperation. In January, Healthy Club activities started during the morning period. For five minutes every morning, there will be some exercising with Funahashi-sensei!! We want everyone to have fun in this activity!

Salads are healthy! But there is a surprising pitfall...

Even with salads made of vegetables, the energy you get differs quite a bit, depending on the dressing.

You can adjust the calorie intake by making your own dressing once in a while.

Basic Japanese-style dressing

[Ingredients]

- 2 tablespoons of vinegar (rice vinegar)
- 1 tablespoon of oil (salad oil)
- 1/4 teaspoon of salt
- 1 teaspoon of sugar
- 1 teaspoon of soy sauce

Salad: 35 kilocalories



Non-oil dressing
10 grams:

13 kilocalories

Mayonnaise
(half-calorie)
10 grams:

33 kilocalories

Dressing
(Japanese-style)
10 grams:

45 kilocalories

Dressing
(tartar sauce)
10 grams:

63 kilocalories)

Be careful about what you order at restaurants.

Restaurant food can be delicious, but is also cause for concern, because many dishes have a high number of calories.

As far as possible, try to order dishes with less energy (fewer calories).



Let's compare!

Kitsune udon
362 kilocalories

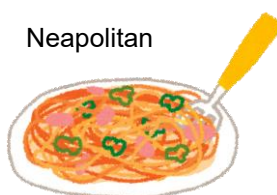
<Spaghetti>

Carbonara



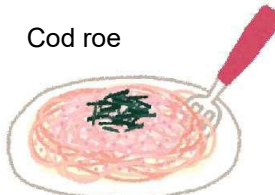
841 kilocalories

Neapolitan



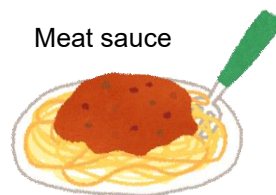
692 kilocalories

Cod roe



517 kilocalories

Meat sauce



620 kilocalories

<Set meals>

Roasted fish
set meal



425 kilocalories

Deep-fried shrimp set meal:

530 kilocalories

Stir-fried pork with ginger

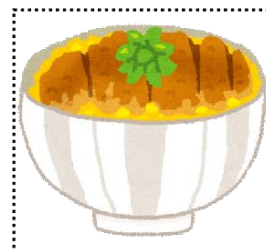
set meal:

707 kilocalories

Salisbury (hamburger)

steak set meal:

766 kilocalories



Let's compare!

Deep-fried pork
cutlet over rice
950 kilocalories

Green tea, apples, or yogurt?



What is very important in your diet is...
 What you eat and drink after dinner and before going to bed.
 If you eat a lot of snacks after dinner, your weight will increase the next morning.
 You may become very hungry if you eat dinner early or attend after-school classes or lessons.
 In such cases, if you have to eat or drink something, drink green tea, or eat apples (or citrus fruits) or yogurt (or drink milk).
 In such cases, there are foods you should avoid. These are foods that contain fat, such as hamburgers, chicken, potatoes, snack foods, doughnuts, Western pastries, and ice cream.
 Please avoid these foods, because they can cause not only obesity but also hyperlipidemia.
 (If you want to eat these snack foods, do so when you are physically active during the daytime, as far as possible.)

If you have simple Japanese-style food for dinner and strictly follow the rules about eating after dinner (although you should avoid eating before bed), your cholesterol and neutral fat levels will go down.

Extra: Exercising ingenuity in preparing meals

Chicken cutlet
 (Battered and deep-fried)
 About **400** kilocalories



Chicken thigh meat, raw; 100 grams
211 kilocalories



Deep-fried chunks of chicken
 About **300** kilocalories



Teriyaki
 About **300** kilocalories



Yakitori (with sauce)
 About **250** kilocalories



Results of the January Healthy Class _____ Grade Name: _____

Height _____ cm

Obesity degree _____ %

Weight _____ kg

