Healthy Message
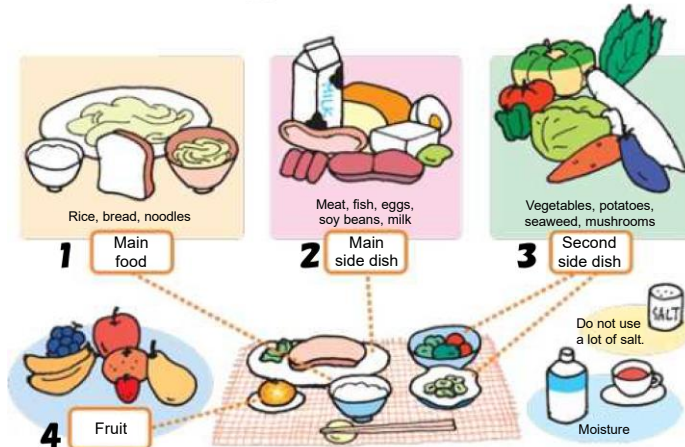
☆Please read this with your parent or guardian.

There are three key points of technique for healthy meals.
Get a good grasp of these points so you can eat wisely.

Point 1. Breakfast

1 Main food — Rice, bread, noodles
2 Main side dish — Meat, fish, eggs, soy beans, milk
3 Second side dish — Vegetables, potatoes, seaweed, mushrooms
4 Fruit
Do not use a lot of salt.
Moisture

As shown in the picture at left, it is best if you eat foods from categories 1 – 4. Once you learn how to eat foods in Category 1, add a food from Category 2. Once you can do this, add a food from Category 3, and so on. Try to eat an assortment of foods from these categories.

To get off to a good start in the morning....
Make sure to eat a good breakfast.

Point 2. Between-meal snacks

The snack eaten between lunch and dinner is important for replenishing nutriments and liquids that are liable to be deficient if we eat only three meals a day, but we have to be careful not to eat too much snack food.

★Things to be careful when eating a between-meal snack★

(1) Amount

Consult your parent or guardian, and make sure not to eat more than the prescribed amount.

(2) Time

It is not good to keep snacking indefinitely, without setting a time limit. Please set a limit for the duration of the between-meal snack.

(3) Read the list of ingredients

The nutritional ingredients are noted on the bag of snacks.
The guideline for the intake of energy by grade-schoolers
in between-meal snacks is 200 kilocalories per day.
Make sure to check this when it is time to snack.

Point 3. Beverages

Beverages also have calories. Water and other liquids perform a very important action in the bodies of grade-schoolers in the growth phase. Select the proper types of beverages and drink them wisely.

🟥 Beverages
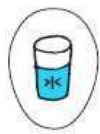
Water	Milk	Green tea	Black tea (with sugar)	Juice (from concentrate)	Carbonated beverages (with fruit coloring)
200 milliliters	200 milliliters	500 milliliters	500 milliliters	500 milliliters	500 milliliters
0 kilocalories	141 kilocalories	0 calories	80 kilocalories	210 kilocalories	255 kilocalories

Do plenty of walking every day. Walking is very good exercise.

It would be a good idea to sometimes use a pedometer and see how many paces you take.
Let's walk every day, with the goal of taking 10,000 paces per day.

50 calories in one day

○ When eating, you can cut your calorie intake by 50 calories just by eating a little less.
○ In the case of exercise, you can consume 50 calories with a little brisk physical activity.

Food...

Rice
About 1/3rd of a bowlful

Miso soup
About 1 bowl

Potato chips
About 5 chips

Cookies
About 1 cookie

Apples
About 1/4th of one apple

50 calories worth of food

Amount of exercise...

Jogging
About 7 minutes

Brisk walk
About 10 minutes

Cycling
About 11 minutes

Swimming (crawl)
About 10 minutes

Golfing (driving range)
About 24 minutes

50 calories worth of exercise↑

50 calories worth of chores→

In everyday life...

Walking at ordinary speed
About 25 minutes

Car-washing
About 12 minutes

Hanging clothes out to dry
About 30 minutes

Cleaning the bathtub
About 11 minutes

Sweeping the floor
About 14 minutes

Cleaning by wiping
About 12 minutes

* In the case of a 50 kg woman.