Do you have a well-balanced diet?

Physical Activity

Enjoy Snacks, Confection and Beverages moderately!

water or teas

Grain dishes
(Rice, Bread, Noodles, and Pasta)

Vegetable dishes

Fish and Meat dishes
(Meat, Fish, Egg and Soy-bean dishes)

Milk
(Milk and Milk products)

Fruits

※ 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