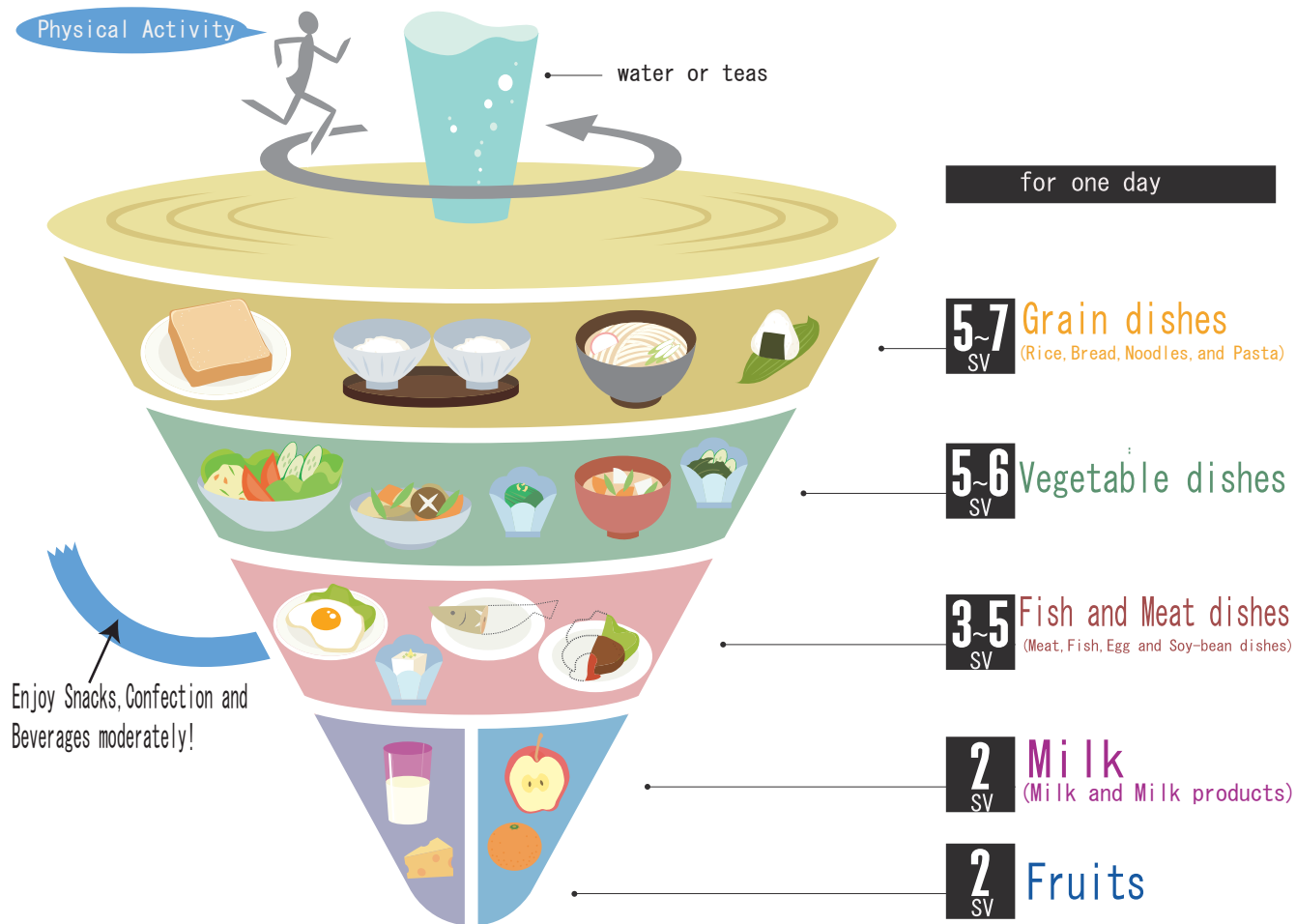


Japanese Food Guide Spinning Top

Do you have a well-balanced diet?



※ 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

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