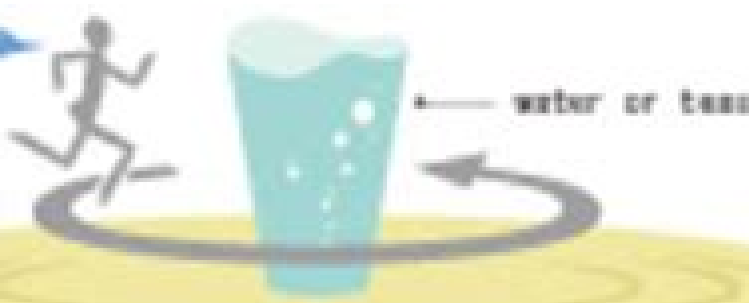


Physical Activity



# Japanese Food Guide Spinning Top

for one day

**5-7**  
SY

Grain dishes

**5-6**  
SY

Vegetable dishes

**3-5**  
SY

Fish and Meat dishes

**2**  
SY

Milk

**2**  
SY

Fruits

Enjoy Snacks, Confection and Beverages moderately!

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



# Japanese Food Guide

**RJ Alexander**



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