

To actively work on Shokuiku Activities

Adults and children alike,
let's all get involved in food!

Getting involved
in food

Help with preparing meals

Creating opportunities
to get involved in food

Try your hand at growing and harvesting vegetables

Talk about food as a family

Help with the clearing up

What the city is doing to support Shokuiku Activities

Core aims for the measures Shokuiku Activities by residents	Making acquiring good eating habits fun, starting from childhood	Preventing lifestyle-related diseases, starting with food	Eating habits to prevent frailty,* starting from a young age	Activities to support good eating habits among residents
Have breakfast every day	Create opportunities to acquire desirable eating habits	Spread the word about needing to have breakfast	Spread the word about needing to eat three meals a day	With the Shokuiku Promotion Liaison Committee at the helm, widen the circle of putting Shokuiku into practice Strive to create an environment where people can get involved in food in the home, the community, nursery schools, kindergartens, and schools Increase opportunities to eat breakfast and nutritionally balanced meals that are low in salt, and develop an eating environment conducive to preventing the aspects of frailty that begin with eating alone Support people so they can start to choose foods based on the nutritional information labels
Eat based on knowing about staples, mains, and sides	Support learning about nutrition and food so that people can put the knowledge into practice, to improve obesity among children and underweightness among young women	Spread the word about what nutritionally balanced meals are (i.e., that they consist of a staple, main, and side), so that people can picture what they're like	Spread the word about the need to exercise every day and eat nutritionally balanced meals	
Come up with various ways to cut down on salt	Support learning to find subtle flavors tasty, starting from babyhood	Spread the word about the health risks of eating too much salt	Spread the word about ways to make food tasty without being high in salt	

Main measures	Taberu Chikara Club	Edogawa Mainichi Gohan	Edogawaku Shokuiku Suishin Renrakukai
---------------	---------------------	------------------------	---------------------------------------

*Frailty means a state where physical and mental vitality have decreased with age.

Issued by:Edogawa City Public Health Department Health Service Section March 2022

Edogawa City Shokuiku (Food and Nutrition Education) Promotion Plan (2nd)

Overview Version

So that all residents can enjoy rich lives
in good physical and mental health, through food.

Shokuiku Activities by each and
every one of us in Edogawa City

Have
breakfast
every day

Eat based
on knowing
about staples,
mains,
and sides

Come up with
various ways
to cut down
on salt

Let's all widen the circle of Shokuiku together



Edogawa City



Find out more here▼

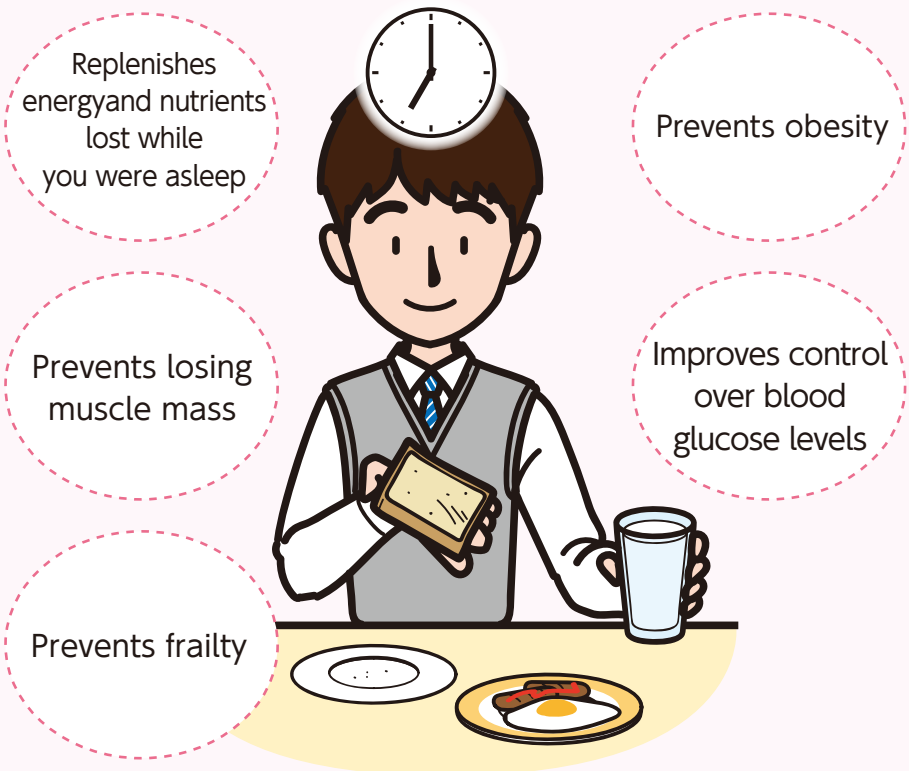


Have breakfast every day

Having breakfast sets a healthy rhythm for your body and your daily life

Our bodies' daily cycle is 25 hours. Having breakfast in the sunlight resets our inner body clock to a 24-hour cycle.

Having breakfast...



Breakfast should include a staple and side, not just a drink and something sweet. People who aren't in the habit of eating it should start with fruit and dairy products, then graduate to having a staple, main, and side.

Eat based on knowing about staples, mains, and sides

What kinds of food are staples, mains, and sides?

Staple, main, and side—having all three of these elements will give you a well-balanced meal. Adding a dairy product and some fruit to this will replenish even more of the nutrients you need.

Side

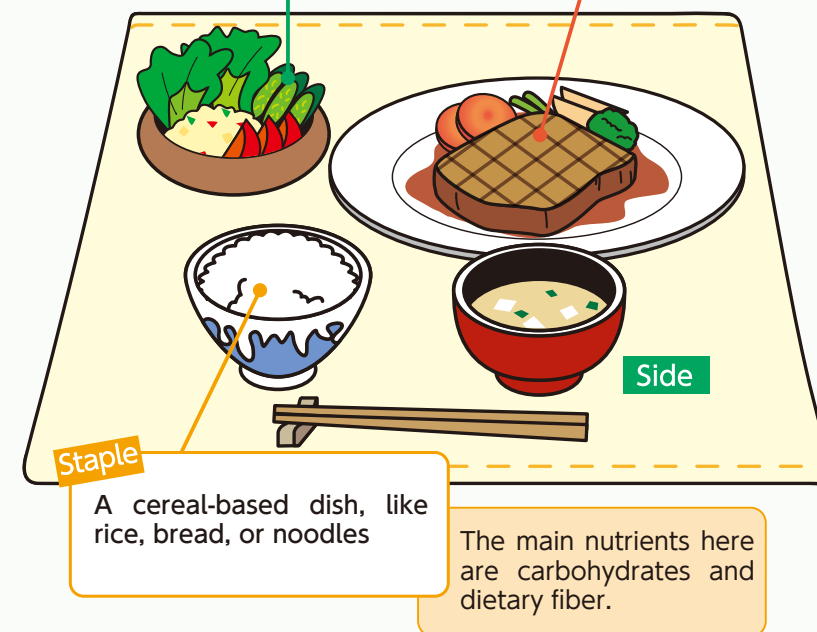
A dish with ingredients like vegetables, seaweed, and mushrooms

The main nutrients here are vitamins, minerals, and dietary fiber.

Main

The main dish, with ingredients like fish, meat, eggs, and soybean products

The main nutrients here are protein and fat.



A good thing about Japanese food culture is that it's about eating a balanced diet by combining a diversity of ingredients in tasty ways. Why not let that be your guide?

Come up with various ways to cut down on salt

Find ways that you can cut down on salt yourself

Edogawa residents are eating too much salt

	Daily intake	Daily target
Men	10.5 g	7.5 g
Women	8.6 g	6.5 g

Let's cut our salt intake by 2g a day!

The important thing here is the combined benefits of little tricks

E.g.) Have less soup by using a smaller bowl

	Amount of soup	400cc	300cc
	Amount of salt	4g	3g

Using a smaller bowl for ramen so you have less soup with it can cut your salt intake by 1g

E.g.) Use less

	Amount of dressing	20g	10g
	Amount of salt	1.3g	0.6g

Halving the amount of dressing you use can cut your salt intake by 0.7g

E.g.) Use low-salt seasonings

	Amount of miso: 12g	Amount of low-salt miso: 12g
	Amount of salt: 1.5g	Amount of salt: 1.1g

Using low-salt miso can cut your salt intake by 0.4g

Products labeled as low-salt are made with at least 25% less salt than their ordinary counterparts.

Target values for the plan

	Specific target	Current figure for the city (FY2021)	Target figure for the city (FY2026)
1	Percentage of residents who skip breakfast	24.2%	13.0%
2	Percentage of residents who eat at least two meals a day that include a staple, main, and side, and do so almost every day	29.9%	At least 50%
3	Vegetable intake per day	197g	350g

	Specific target	Current figure for the city (FY2021)	Target figure for the city (FY2026)
4	Salt intake per day	Men: 10.5g Women: 8.6g	2g less for both men and women
5	Percentage of people who are interested in food education	61.7%	90%
6	Percentage of people who've done something related to healthy eating before	41.1%	70%