

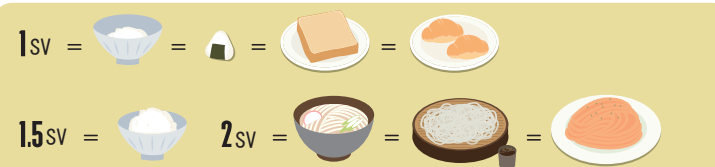
Japanese Food Guide Spinning Top

Do you have a well-balanced diet?

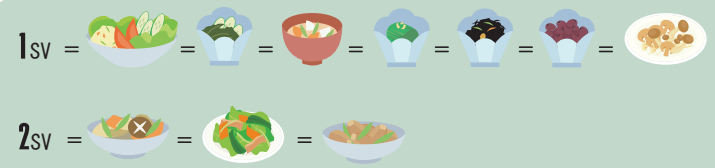
for one day

Example of dishes or food

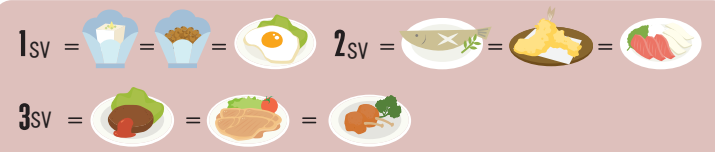
5~7
SV
Grain dishes
(Rice, Bread, Noodles, and Pasta)



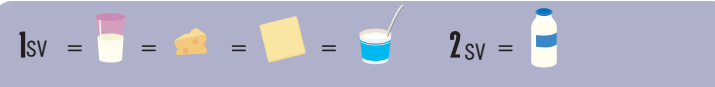
5~6
SV
Vegetable dishes



3~5
SV
Fish and Meat dishes
(Meat, Fish, Egg and Soy-bean dishes)



2
SV
Milk
(Milk and Milk products)



2
SV
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

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