

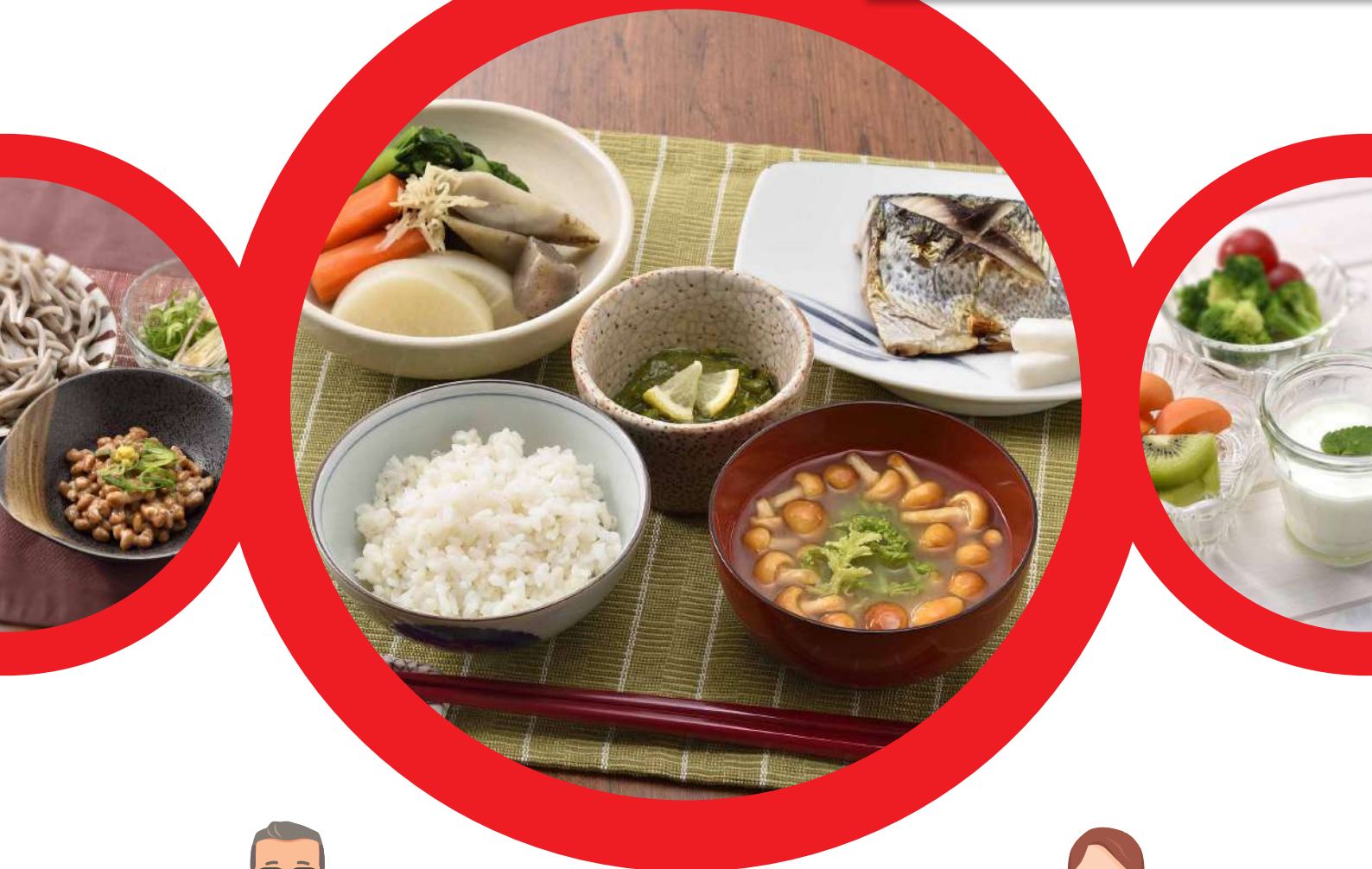


動脈硬化の予防のために

The Japan Diet

ザ・ジャパン・ダイエット

Digest edition



The Japan Diet
- Diet for the Prevention of ASCVD

For Patients, Dietitians, and Doctors



Japan Atherosclerosis Society



I wonder
if I can stay
like this.



CHOLERIS;
Mascot of
the Japan Atherosclerosis Society

The Japan Atherosclerosis Society recommends a diet based on the **Japanese food pattern, named as "The Japan Diet"**, for preventing atherosclerotic cardiovascular disease (ASCVD). If your doctor points out that you have some risk factors of ASCVD, consult your doctor or registered dietitian and go on a diet, referring to "The Japan Diet".



動脈硬化の予防のために

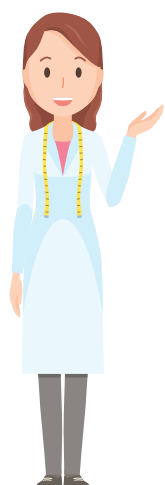
The Japan Diet

ザ・ジャパン・ダイエット

"Washoku: Japanese traditional food culture", registered as an intangible cultural heritage by UNESCO, means a "social custom" that embodies the Japanese spirit of "respect for nature" with food. Japanese traditional food culture is characterized by utilizing fresh various ingredients and the natural taste of materials, the nutritional balance that supports basics of health, the expression of the beauty of nature in four seasons, and the close relationship with annual events such as celebrating New Year's Day.

However, many traditional Japanese cuisines in various places in Japan are highly seasoned, especially high in salt, which elevates blood pressure and increases the risk of cardiovascular disease. Thus, traditional Japanese foods are not necessarily healthy. Outside of Japan, certain dishes are recognized as Japanese dishes such as *ramen* and *okonomiyaki*, in addition to *sushi*, *tempura*, *sukiyaki*, and *sashimi* as Japanese cuisine, some of which should be treated with cautions to be aware of health.

On the other hand, **"The Japan Diet"** recommended by the Japan Atherosclerosis Society is a healthy eating style, which is as follows



1. **Reduce fatty meat, animal fats, eggs, processed foods containing sugar or fructose such as soft drinks and confectionery, and alcoholic beverages.**
2. **Eat more fish, soybeans and soybean products, vegetables including green and yellow vegetables, seaweed, mushrooms and konjac (konnyaku).**
3. **Eat less refined grains and more unrefined grains, millet, and barley.**
4. **Eat moderate amounts of less sweet fruits and dairy products.**
5. **Reduce salt and have light tastes.**



I wonder if I should eat more vegetables.



If you follow the above, you can have "The Japan Diet" even with dishes and flavors other than the traditional Japanese style.

With the help of a doctor or registered dietitian, determine the amount of food you should eat according to your physique and disease condition, and enjoy a variety of Japanese or any other country-style dishes. (see page 6, Recommended daily intake),

This book is intended for people under 65 years old. If you are 65 or older, please consult your doctor and make sure to eat appropriately.

Foods to be recommended or avoided in "The Japan Diet"

In "The Japan Diet", there are recommended foods that you should eat enough of and foods that you should avoid as much as possible to prevent ASCVD as shown in the following examples.

Let us eat the recommended foods every day and choose dishes with an awareness of the foods to be avoided.

Let's learn together how to make delicious dishes using recommended foods.



Recommended foods



•**Unrefined grains/millet** (brown rice, under-milled rice, barley rice, millet, rye bread, whole wheat bread, buckwheat)



•**Fish** (especially fatty fish)



•**Soybeans, soybean products** (natto, tofu, freeze-dried tofu)



•**Green and yellow vegetables, other vegetables**



•**Seaweed, mushrooms, konjac (konnyaku)**



•**Fruits with little sweetness** (low sugar content)

Foods to be avoided



•**Animal fat** (beef tallow, lard, butter), **coconut oil**



•**Fatty meat and poultry** (marbled meat, ground meat, chicken skin)



•**Processed meat products** (bacon, fatty hams, sausages)



•**Viscera, egg yolk**



•**Fresh cream, natural cheese**



•**Confectioneries and snacks**



•**Sugar-sweetened beverages, alcoholic beverages**

The basics of combinations of dishes to be able to continue without strain.

Now, let's start the diet!

1. See what to eat and how much to eat.

To get the energy and various nutrients instructed by the doctor without any excess or deficiency with "The Japan Diet", ask your doctor or registered dietitian to give you a guideline of what foods and how much you should eat in a day (see page 6, Recommended daily intake).

2. Eat a balanced breakfast, lunch and dinner with a variety of staple foods, main dishes and side dishes.

Breakfast, lunch, and dinner should contain [staple food: carbohydrates], [main dish: protein], and [side dish: vitamins, minerals, and dietary fiber]. Use less salt and a lighter taste.



- ①**Decide on the staple food**>>>Among grains (rice, bread, noodles, etc.), try to choose unrefined grains such as brown rice or a mixture of barley and millet. Aim for 1/3 of your daily intake.



- ②**Decide on the main dish**>>>Eat a balanced diet with fish, soybeans, soy products, lean meats, and egg.

For example, you can divide these to breakfast (soybeans and egg), lunch (fish), and dinner (lean meat), or take any combination of breakfast (soybeans and half fish), lunch (half fish and egg), and dinner (lean meat). However, be careful not to exceed the recommended daily amount of each. Eat them raw (e.g. *sashimi*), steamed, grilled, boiled, or sautéed in dishes with less oil.



- ③**Decide on the side dish**>>>Eat a sufficient amount of green and yellow vegetables, other vegetables, seaweed, mushrooms, and konjac (konnyaku), giving satiety with low calorie intake.

- Eat two small bowls at each of your three meals (breakfast, lunch, and dinner). Eat at least five servings of vegetables and one serving of seaweed, mushrooms, or konjac (konnyaku) per day to get the benefits from your diet.
- If the main dish has a lot of garnish, it can be considered as a side dish.
- If the soup contains a lot of vegetables, it can be considered a side dish.
- Choose cooking methods that require less oil, such as raw, steaming, dressing, boiling, baking, and sautéing.
- Use less sesame sauce, mayonnaise, and dressing!



- ④**Decide on the soup**>>>It helps to replenish soybeans, soy products, vegetables, seaweed, and mushrooms.

- Choose a soup that goes well with your main dishes and side dishes, such as clear soup, miso soup, or thick (rich) soup.
- If you have enough vegetables in other dishes, tea can be a good choice to reduce salt.

- ⑤**Select some less sweet fruit and dairy products as needed for dessert and snacks.**

Learn the basics of combination of dishes.

A typical combination of **"The Japan Diet"** includes a staple food, a main dish, two side dishes, and soup. Please refer to the following examples of combination of dishes to learn them visually and intuitively.



● Examples of combination of dishes

It looks well-balanced, doesn't it? Typical combinations are a staple food, a main dish, two side dishes, and soup.

When eating out or eating ready-made meal, try to decide and choose dishes the same way, and eat the desired amount of food.

It looks well balanced and so delicious!



Recommended daily intake

The following is the recommended amount of each food group that should be eaten daily according to the amount of energy instructed by the doctor. Divide these foods between breakfast, lunch, dinner, and snacks if necessary.

Ask your registered dietitian how to do this without difficulty.

(g)

Food groups		1,400kcal		1,600kcal		1,800kcal		2,000kcal		2,200kcal	
		If your LDL cholesterol is high	If your triglycerides are high	If your LDL cholesterol is high	If your triglycerides are high	If your LDL cholesterol is high	If your triglycerides are high	If your LDL cholesterol is high	If your triglycerides are high	If your LDL cholesterol is high	If your triglycerides are high
Grains	rice ¹⁾	280		320		360		400		440	
	soba noodles (buckwheat)	160		180		200		220		250	
Fish ²⁾ and shellfish (excluding fish liver)		60		70		80		90		100	
Soybeans, soybean products ³⁾		60		70		80		90		100	
Meat and poultry ⁴⁾ (excluding chicken skin and fat on meat)		50	60	60	70	70	80	75	90	80	100
Eggs		10	40	10	40	10	40	10	40	10	40
Potatoes ⁵⁾		70	55	80	65	90	75	100	80	110	90
Vegetables	green and yellow vegetables ⁶⁾	150		150		170		170		170	
	other vegetables ⁷⁾	200		200		230		230		230	
Seaweed / Mushrooms /Konjac (konnyaku) ⁸⁾ (Mix together)		50		50		55		55		60	
Fruits ⁹⁾		175	90	200	100	225	110	250	125	275	140
Milk, dairy products ¹⁰⁾ (Milk or yogurt)		130	180	150	200	170	230	190	250	210	270
Fats and oils (vegetable oil ¹¹⁾)		18	13	20	15	22	16	25	18	27	20
Sugar and sweetener		10		10		10		12		12	14
Seasoning (salt/miso/soy sauce ¹²⁾)		14		16		18		20		22	

Composition of foods used in nutritional value calculations

- 1) White rice: pressed barley (7:3)
- 2) Horse mackerel: Japanese pilchard: Skipjack tuna: Splendid alfonso: Pacific cod: Chum salmon: Chinook salmon: Atlantic mackerel: Atka mackerel: Red sea bream (1:1:1:1:1:1:1:1:1)
- 3) Natto: Tofu (2:5)
- 4) Broiler chicken, breast (without skin): Pork, loin, without subcutaneous fat: beef, round, without subcutaneous fat (1:1:1)
- 5) Potatoes: Sweet potatoes: Taros (2:1:1)
- 6) Tomatoes: Green sweet pepper: Spinach: Red leaf lettuce: Carrot (3:2:6:1:3)
- 7) Cabbage: Nebuka-negi (Welsh onion): Onions: Chinese cabbage: Mung bean sprouts: Japanese radishes (4:2:3:5:3:3)
- 8) Boiled and dried hijiki (rehydrated and boiled): Bunashimeji (Beech mushrooms): Konjac (konnyaku), block type (1:2:2)
- 9) Apples: Satsuma mandarin: Oranges (2:1:1)
- 10) Liquid milk (whole milk): Yogurt (whole milk, unsweetened) (1:1)
- 11) Vegetable oil, mix
- 12) Salt: Miso: Soy sauce (3:8:5)

How to prepare a menu toward aiming at 1,600 kcal intake for a person with high LDL cholesterol level.


















①Decide which foods to eat from each food group.

Distribute the recommended daily intake (see page 6) as evenly as possible among the three meals.




②With selected foods, make up the staple foods (grains), main dishes (fish and shellfish, meat and poultry, soybeans and soybean products, egg), and side dishes (vegetables, seaweed, mushrooms, konjac (konnyaku), potatoes).

Keep the amount of cooking oils, sugars, and seasonings used to make dishes within limits.

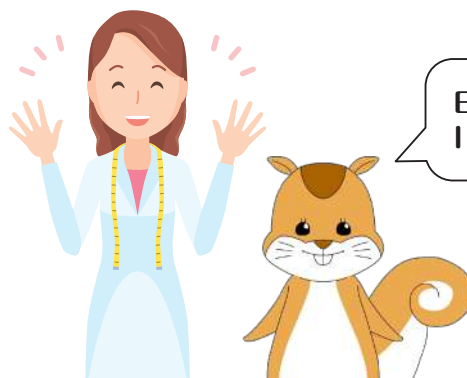
(g)

	Breakfast	Lunch	Dinner
Grains	 Rye bread 90	 Boiled buckwheat noodles 180	 Boiled rice 150 (rice with embryo buds)
Fish and shellfish, Soybeans and Soybean product, Meat and poultry, Eggs	 Broiler chicken thighs (without skin) 60	 Natto 40	 Quail egg 10 Spanish mackerel 70
Potatoes			 Yamatoimo Yams 80
Vegetables	 Lettuce 30 Celery 30 Light-colored vegetables 60 Parsley 1 Broccoli 30 Tomatoes 20 Green and yellow vegetables 51	 Eggplant 60 Ginger 5 Light-colored Vegetables 65 Okra 20 Sweet pepper (yellow) 15 Sweet pepper (red) 20 Green and yellow vegetables 55	 Welsh onion 20 Japanese radish 40 Burdock 15 Light-colored vegetables 75 Carrot 30 String beans 15 Green and yellow vegetables 45
Seaweed, Mushrooms, Konjac (konnyaku)			 Toasted laver 0.5 Wakame seaweed (rehydrated) 5 Konjac (konnyaku) 30 Dried shiitake mushroom(rehydrated) 15 50.5
Fruits	 Banana 25 Kiwifruit 25 Fruits 50		 Lemon 10 Strawberries 60 Fruits 70
Milk and Dairy Products	 Yogurt 150		
Fats and Oils	 Vegetable oil 10	 Vegetable oil 10	
Sugars and sweetener	 Honey 10		

Example of menus to aim at 1,600 kcal intake for a person with a high LDL cholesterol level.

Breakfast	Lunch	Dinner
 <p>Bread</p> <ul style="list-style-type: none"> • Rye Bread <p>Sautéed chicken</p> <ul style="list-style-type: none"> • Broiler chicken thighs (without skin) • Parsley • Salt • Pepper • Vegetable oil <p>Salad</p> <ul style="list-style-type: none"> • Lettuce • Broccoli • Tomatoes • Celery <p>Dressing</p> <ul style="list-style-type: none"> • Vinegar • Vegetable oil • Ginger juice <p>Fruit yogurt</p> <ul style="list-style-type: none"> • Banana • Kiwifruit • Full-fat unsweetened yogurt • Honey <p>Black tea</p>	 <p>Soba noodles (buckwheat) with natto</p> <ul style="list-style-type: none"> • Boiled buckwheat noodle • Natto • Okra • Mustard paste • Low-sodium soy sauce • Sake • Mirin <p>Grilled eggplant and sweet pepper flavored with seven-flavor chili pepper</p> <ul style="list-style-type: none"> • Eggplant • Green pepper (yellow) • Green pepper (red) • Ginger • Shichimi-togarashi (seven-flavor chili pepper) • Vegetable oil 	 <p>Boiled Rice</p> <ul style="list-style-type: none"> • Boiled rice (rice with embryo buds) <p>Miso soup</p> <ul style="list-style-type: none"> • Welsh onion • Wakame seaweed • Low-sodium miso <p>Grilled fish</p> <ul style="list-style-type: none"> • Spanish mackerel • Japanese radish • Shiso (green perilla leaves) • Lemon <p>Fruits</p> <ul style="list-style-type: none"> • Strawberries <p>Grated yam</p> <ul style="list-style-type: none"> • Yamato Yams • Quail egg • Dried bonito soup stock • Low-sodium soy sauce • Toasted laver <p>Simmered dish</p> <ul style="list-style-type: none"> • Burdock • Carrots • Konjac (konnyaku) • Dried Shiitake mushroom • String beans • Low-sodium soy sauce • Mirin
<p>1,640 kcal, 45 g fat (24.7% fat energy ratio), 74.2 g protein, 238 g carbohydrate, 9.0 g saturated fatty acid, 14.6 g monounsaturated fatty acid, 14.2 g polyunsaturated fatty acids (3.0 g n-3 polyunsaturated fatty acids, 11.2 g n-6 polyunsaturated fatty acids), 7.1 g soluble dietary fiber, 20.3 g insoluble dietary fiber, 27.4 g total dietary fiber, 151 mg cholesterol, 5.2 g salt equivalent</p>		

It is important to choose foods from each food group with a good balance. Let's take a satisfying dietary life!



Even 1,600 kcal, I can eat so much.

Assessment

- 1 Keep a record of what you eat in a day (try to remember what you ate yesterday).
- 2 Mark the column of the food that was included in each dish. If you ate any of the foods in parentheses (), mark them in that column.
- 3 Let us count up the number of marks of each food.
- 4 ☐ indicates foods that you should eat more, and ☐ indicates foods that you should eat less. Let's see what's more and what's less. The recommended amount of food to eat per day is the amount shown in "Recommended daily intake" on page 6. If you are unsure of the weight of a food item, consult a registered dietitian.

Time																				
Dish name																				
Boiled rice																				
(Barley, brown rice, millet)																				
Bread and wheat flour products																				
Noodles																				
Fish																				
(Fatty fish)																				
Soybeans and soybean products																				
Lean meats																				
Fatty meats and processed meat products	(Fatty meat, chicken skin, ground meat)																			
	(Liver and other viscera)																			
	(Bacon, sausage)																			
Egg and fish eggs																				
Potatoes																				
Green and yellow vegetables																				
Other vegetables																				
Seaweed, mushrooms, konjac (konnyaku)																				
Fruits																				
Milk and dairy products																				
Vegetable oils and dressings																				
Beef tallow, butter, lard, coconut oil																				
Sugar and jam																				
Confectioneries and snacks																				
Sugar-sweetened beverages																				
Alcoholic beverages																				

Total number

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How to handle favorite treats. - Sweets and sugary drinks (especially those with added sugar)

- Confectioneries and snacks are high in energy, carbohydrates, and fat, so be careful.
- If you have high triglyceride level or diabetes, reduce confectioneries, snacks, and sugary drinks (especially those with added sugar).
- If you have high LDL cholesterol level, reduce sweets containing butter or cream, and commercial sweets and snacks.

Pastries made with butter or cream

- Pie
- Tart
- Cakes
- Mille-feuille
- Doughnuts
- Danish
- Sweet bread
- Cookies
- Biscuits



Confectionery with a high fat content

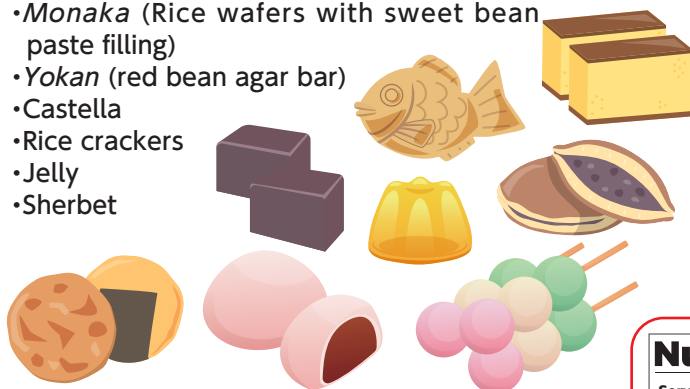
- Snacks
- Chocolate
- Ice cream
- Pudding



※ Industrially made trans fatty acids are contained in pastries and snacks, including breads and cakes, produced with raw materials, including margarine, fat spread and shortening.

Sweets with high sugar content

- *Daifuku-mochi* (Rice cake filled with sweet bean paste)
- *Manju* (bun filled with sweet bean paste)
- *Dorayaki* (pancake sandwich with sweet bean paste filling)
- *Monaka* (Rice wafers with sweet bean paste filling)
- *Yokan* (red bean agar bar)
- Castella
- Rice crackers
- Jelly
- Sherbet



Sugar-sweetened drink

- Juice
- Carbonated beverages
- Coffee and tea
- Milk and soy beverages
- Sports drinks



Check the Nutrition Facts label.



Nutrition Facts

Serving Size :	2 cookies(1oz/28g)
Serving per container :	7
Amount per Serving	
Calories 150	Calories from Fat 80
%Daily Value	
Total Fat 9g	14%
Saturated Fat 4.5g	22%
Trans Fat	0%
Cholesterol 20mg	7%
Sodium 140mg	6%
Total Carbohydrates 16g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 2g	3%
Vitamin A 4% • Vitamin C 0%	
Calcium A 2% • Iron 2%	
Percent Daily Values are based on a 2,000 calorie diet.	



Let us see the reverse side of the package. Compare with the instructed energy and nutrient levels for you.

Alcohol



• Consume **no more than 25 grams** of pure alcohol per day from alcoholic beverages.



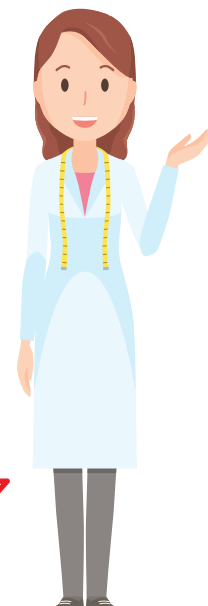
● How to calculate the amount of pure alcohol.

The amount of pure alcohol (g) = intake (mL) × **alcohol content** (alcohol by volume or %) ÷ 100 × 0.8 (specific gravity)

Approximate amount of pure alcohol in various beverages

Beer 1 medium bottle / 1 long can (500 mL)  19 g	Wine 2 glasses (240 mL)  22 g	Plum liquor 1 glass (180 mL)  18 g	Japanese Sake 1 gou (180 mL)  22 g
Shochu 1/2 gou (90 mL) (Single distilled / group Otsu / 25°) (Continuous distilled / group Kou / 35°)  19 g  26 g		Whiskey, Brandy, Vodka, Rum Double 1 glass (60 mL)  20 g	

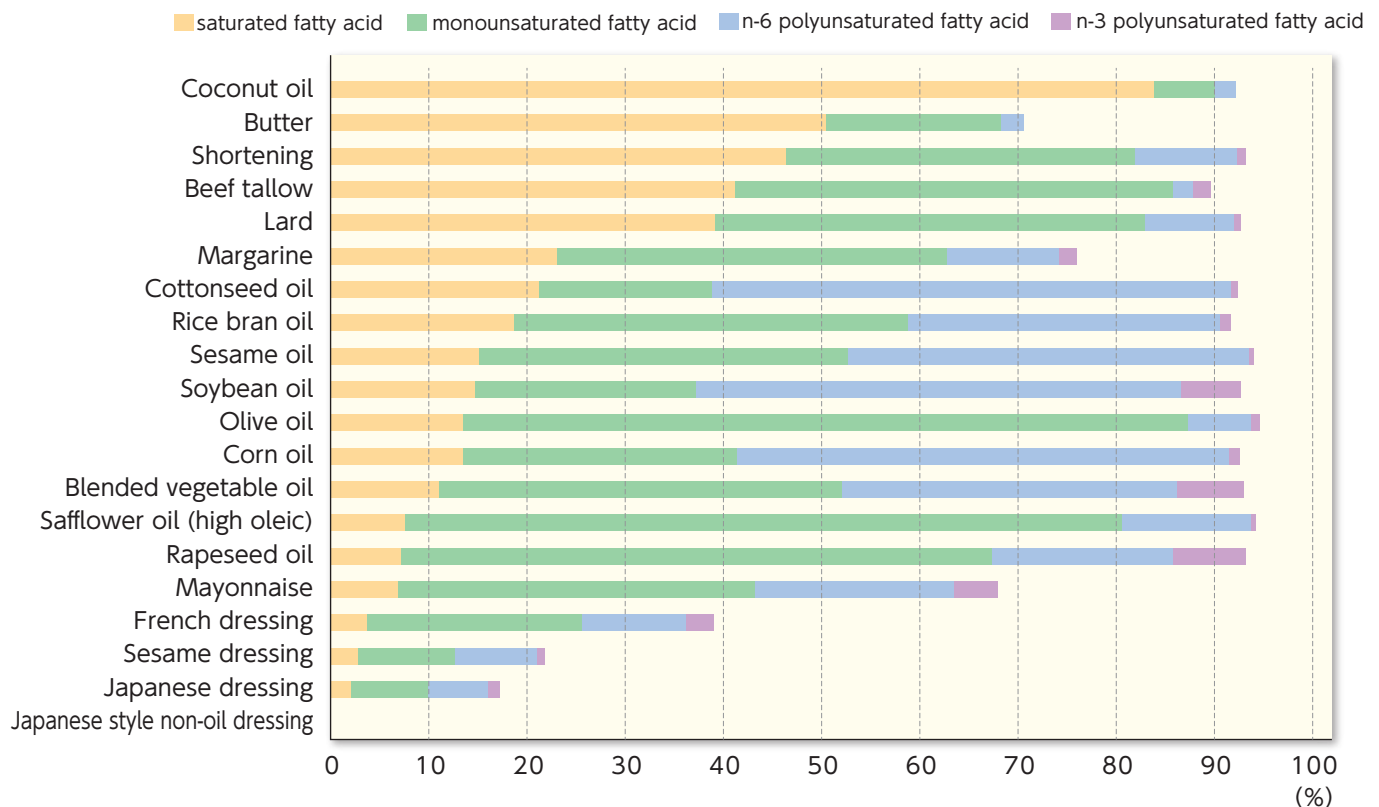
Using this guide,
Please plan how much you will drink per day.



How to Use Fats and Oils

Fats and oils are high in energy even in small amounts, so they should be used sparingly in the diet to prevent ASCVD. Different types of fats and oils contain different amounts of fatty acids. In particular, reduce lard, beef tallow and butter, which are high in saturated fatty acids.

Fatty acid content in 100% of the edible portion of fats and oils

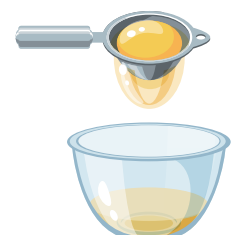


Standard Tables of Food Composition in Japan 2015 (seventh revised edition))

● Maximum recommended daily amount of saturated fatty acid intake

Daily energy intake (kcal)	Maximum daily amount of saturated fatty acid intake (g)
1,200	9
1,400	10
1,600	12
1,800	14
2,000	15

If you eat lean meat + fatty fish + natto (fermented soybeans) + chicken egg (for your main dish) and drink a glass of regular milk in a day, you will have 10-13 grams of saturated fatty acids. If this is the case, use vegetable oil (1g of saturated fat in 10g) for cooking. If you want to use 10g of butter, replace regular milk with low-fat milk and use only egg white for the whole egg.



How to use seasonings and spices

Some seasonings contain a lot of salt. To reduce salt, pay attention to decreasing the amount of seasonings or choosing foods with less salt.



Seasoning	Weight (g)	Salt content (g)	Seasoning	Weight (g)	Salt content (g)
Salt	6	6.0	Worcester sauce	18	1.5
Light soy sauce	6	1.0	Semi-thick type worcester sauce	18	0.9
Dark soy sauce	6	0.9	Tomato ketchup	18	0.6
Low-sodium soy sauce	6	0.5	Barbecue sauce (based on soy sauce)	18	1.5
Rice miso	6	0.7	Mayonnaise (egg yolk type)	12	0.3
Barley miso	6	0.5	Mayonnaise (whole egg type)	12	0.2
Sweet miso	6	0.4	Japanese style dressing	10	0.4
Low-sodium miso	6	0.6	French dressing	10	0.3



1 tsp.



1 tbsp.

Tips for reducing salt

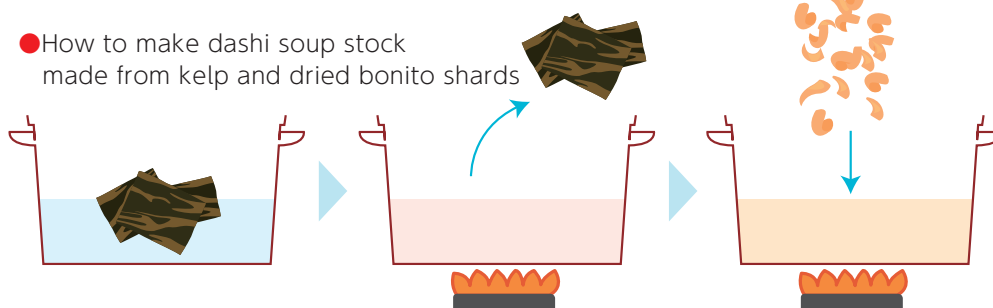
- **Use dashi soup stock to increase *umami* flavor:** It is easy to use commercially available dashi packs, granulated *dashi*, or soup stock (granulated or cubed). However, many commercially available *dashi* (stock granules) contain salt. Thus, when seasoning, use salt, miso, soy sauce, and other seasonings sparingly.
- **Enjoying the aroma:** Adding aromatic vegetables and spices to dishes can make them taste better even with less seasoning.

Aromatic vegetables and fruits	Spices
<i>Shiso</i> (green perilla leaves), <i>myoga</i> , ginger, garlic, mitsuba, scallion, parsley, basil, <i>yuzu</i> , <i>sudachi</i> , lemon, lime	black pepper, white pepper, <i>wasabi</i> , Japanese mustard, <i>shichimi</i> pepper, mustard, oregano, paprika, curry powder

- **Use vinegar:** Even low-sodium dishes taste better when vinegar is used.
- **Reduce pickles and salted foods (dried and salted fish, ham and sausage).**
- **Avoid drinking noodle soup or broth:** One cup of ordinary soup contains 1 to 1.5 grams of salt. Use a low-salt flavor of soup or drink only a few of sips.

Let's make dashi soup stock made from dried kombu kelp and dried bonito shards for soup and simmered dish, or from boiled-dried fish for miso-soup and noodle-soup.

- How to make dashi soup stock made from kelp and dried bonito shards



Put the kelp in water and leave for 30 minutes.

Place over heat and remove kelp just before boiling.

Add dried bonito shards and bring to a boil, then turn off the heat.



Dietary therapy for preventing ASCVD is based on a combination of staple, main and side dishes as a Japanese food pattern with an attempts to reduce salt.

Even if you think you can't cook, or that cooking is burdensome, this document will help you enjoy your meals with a little extra effort every day.

If you want to know more, please consult a registered dietitian.

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