

## Review

# Nutritional policies and dietary guidelines in Japan

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The national government settled on "Healthy Japan 21" as the premier preventive policy of lifestyle related diseases in 2000. In 2005, the effectiveness of the campaign was conducted, but the results did not turn out as expected. The Ministry of Health, Labor and Welfare made the "Japanese Food Guide Spinning Top (JFG-ST)" as a practical and easy way to improve eating habits for all of the people. The JFG-ST falls down when the balance of the diets worsens and expresses a stable thing in what a turn (exercise) does. Eyes down quantity to take out of each group per day is shown in the basic form by the 5 distinction from grain dishes, vegetable dishes, fish and meat dishes, milk, and fruits. In 2005, the Basic Law on Dietary Education was enacted to promote the dietary education about the importance of eating proper meals in order to solve problems such as inappropriate eating habits and nutrition intake, disturbances in diets, increases in lifestyle-related diseases, a fall in the rate of food self-sufficiency and so forth. The Ministry of Education and Science started a program to train people to become "diet and nutrition teacher" in primary school. JFG-ST is developed in a dietary education campaign as a standard method of the dietary education. In May, 2011, the government has announced the second dietary education promotional basic plan to assume five years.

**Key Words: nutritional policies, dietary guidelines, Healthy Japan 21, Japanese Food Guide Spinning Top, Basic Law on Dietary Education**

### THENUTRITIONAL POLICIES IN JAPAN

The problem of malnutrition by the food shortage following World War II was solved by substantially improving everyone's nutritional state in a short period. School lunch programs and nutrition education took on an important role in this. In various regions, dietitians provided nutrition education, for example with the use of the "kitchen car", which was really a bus with its rear converted into a kitchen that was used to provide lessons on various cooking practices.

Japanese people subsequently began to develop an interest in nutrition and this brought with it modernization and westernization of Japanese eating habits. After the malnutrition problem was solved, nutritionists and dietitians faced the overwhelmingly negative public perception that their services were no longer necessary. Issues involving western-style dietary habits have been brought to people's attention more and more since the 1980's because of overeating and the obesity epidemic.

In the 1990's, the prevention and treatment of lifestyle-related diseases such as diabetes, hyperlipidemia, hypertension and arteriosclerosis became a key objective for the nation. About 20 % of people over 20 years of age have already become obese and people with the Metabolic Syndrome are increasing<sup>1)</sup>. On the other hand, the newly malnutrition in the sick person and the elderly person were seen; and so the nutrition environment of our country has become complex and diversified.

The government settled on "Healthy Japan 21" as the premier preventive policy of lifestyle related diseases in 2000. In 2005, another survey on the effectiveness of the campaign was conducted, but the results did not turn out

as expected. The Ministry of Health, Labor and Welfare focused on the important items, and they made the "Japanese Food Guide Spinning Top (JFG-ST)" as a practical and easy way to improve eating habits for all. The JFG-ST has been used to develop new standards for nutrition education.

### JAPANESE FOOD GUIDE SPINNING TOP

What kind of diets should the human practice in order to maintain life, and live long with good health?" Nutrition science have discovered the nutrients to answer this question and determined the Dietary Reference Intake (DRI) to prevent deficiency diseases and a surplus of energy and nutrients. DRI digitized appropriate quantities scientifically, but people in general are unable to determine the specific quantity of the food which should be consumed based on these numerical values. On the other hand, the dietary guideline that assumed concrete aim slogans to improve eating habits has been announced, people are finding it difficult to understand "what" and "eats how much" concretely from these slogans.

JFG-SP expresses the contents of the diets which should be consumed per day in terms of dish and foods unit; based on the DRI and the dietary guideline. JFG-ST comes to be used for a game sense clearly in men of old

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and middle age, because they are low about consciousness and knowledge in the nutrition and diets. JFG- ST comes to be used for a game sense clearly. A shape of a top is selected for the JFG-ST to indicate that the JFG-ST falls down when the diet is unbalanced, but stabilizes when it turns to symbolize the role of regular exercise in the maintenance of good health. The each group per day is shown in the basic form by the 5 distinction from grain dishes, vegetable dishes, fish and meat dishes, milk, and fruits. For example, healthy women and men with low physical activity require energy intakes of around 2000 – 2400 kcal per day; this corresponds to 5- 7 serving size(sv) from the grain dishes, 5-6 sv from the vegetable dishes, 4-6 sv from the fish and meat dishes, 2 sv from the milk and milk products, and 2 sv from fruits. In addition, water assumes the axis of the top, and it is said that water is indispensable for a meal.

Suggested quantities of energy and nutrients intake per day is dependent on the sex, age, an activity level and is devised to match a personal characteristic. It is the message of this top that there is no single food that is superior, and that the important thing is to follow a diet that is balanced and comprises of a variety of different foods.

#### **BASIC LAW ON DIETARY EDUCATION; “SHOKU-IKU” AND DIETARY EDUCATION**

In 2005, the Basic Law on Dietary Education: “Shoku-Iku”, was enacted to promote dietary education. This law was drawn up with the intent to educate people about the importance of eating proper meals in order to solve problems such as inappropriate eating habits nutrition intake, disturbances in diets, decline in physical strength, increases in lifestyle-related diseases, a fall in the rate of food self-sufficiency, the lowering of a sense of gratitude for food, and so forth. In other words, the concepts on the basis of eating, such as: agriculture, food, education, environment, and culture are included this dietary education as same as a health problem. The Ministry of Education and Science started a program to train people to become "diet and nutrition teachers" in primary schools, utilizing professional registered dietician programs in universities. The national campaign of dietary education in Japan has spread widely as a result of a law called the Basic Law on Dietary Education. JFG- ST is developed in a dietary education campaign as a standard method for nutrition education.

In May, 2011, the Japanese government announced the second dietary education promotional basic plan to be conducted for five years, from 2011 to 2016. In these five years, a dietary education promotional plan in all metropolis and districts have been carried out and the ratios of people who recognized the metabolic syndrome have increased. In addition, the dietary education campaign for the home, schools, and nursery schools progressed, but the lifestyle-related disease patients, the breakfast under-nourishment of the child and the eating alone existed have still increased. So the need of the dietary education have increased.

#### ***The important point of new dietary education***

(1) Promotion of continuous dietary education depending on the different life stage for life.

- (2) Promotion of dietary education to lead to the prevention and improvement of lifestyle-related disease.
- (3) Promotion of dietary education to the child meal with together in the home

#### ***Aim on promoting the second dietary education***

- (1) Increase the ratio of the Japanese population interested in dietary education.

About a ratio of person interested in dietary education speaking of with the interest or either becoming more than 90%.

- (2) Increase frequency of "the co meal" when family members eat breakfast or supper together.

Increase the number of times per week families have "co meals: meal with together" from nine times to ten times of things.

- (3) Decrease the ratio of the Japanese population that do not breakfast.

With regard to children, the aim is to decrease the percentage of children not eating breakfast from 1.6% in 2000 to 0%. In men aged 20 and 30 year, the aim is to decrease this percentage from 28.7% to 15%.

- (4) Increase of the ratio using the local product in the school meal

About a ratio (food base) aim at the thing more than 30% from 21%.

- (5) Increase of the ratio of the nation sending the eating habits in consideration for nourishment balance

It is necessary to take the meal suitable for an individual. By the use of JFG- ST, the aim is the increase of the ratio of nation sending the eating habits that considered nourishment balance. Specifically, aim is at 60% of things by 2010, but aim at 60% of things because I do not achieve an aim.

- (6) Increase in the percentage of the Japanese population practicing a reasonable dietary habits for the sustainable prevention and improvement of the metabolic syndrome.

In a ratio is 41.5% (people who practice it, and continues for more than half a year) in 2010, aim at 50% or higher by 2016.

- (7) Increase in the percentage of the Japanese population interested in how to eat, such as: chewing well and tasting food.

The ratio is 70.2% (ratio of nation interested in how to eat) in 2010, and the aim is for 80% by 2016.

- (8) Numerical increase of the volunteer concerned with promotion of the dietary education

Increase in the number of individuals in volunteer groups for dietary education to 370,000 people, from 345,000 people, from 2009 to 2016.

- (9) Increase the ratio of the Japanese population who experienced agriculture and forestry fishery

Aiming at the increase of the ratio of "people who participated in agriculture and forestry fishery", to more than 30% from 27%, from 2010 to 2016.

- (10) Increase of the ratio of the Japanese population who has basic knowledge on the safety of the foods.

The aim is to increase the ratio of the Japanese population with basic knowledge on the safety of the foods to higher than 60% by 2010, and higher than 90% by 2016.

- (11) Increase of the ratio of cities, towns and villages formulating and implementing promotion plans. Aim from 40% in 2010 to 100% by 2015.

#### REFERENCES

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## 日本營養政策與飲食指南

日本政府在 2000 年訂定“健康日本 21”，做為預防生活型態相關疾病的主要政策。在 2005 年評估此政策實行的效益，但結果並不如預期。日本厚生勞働省以實際又簡單的模型-“日本食物指南陀螺(JFG-ST)”來改善全國人民的飲食習慣。若陀螺傾倒，則表示飲食失衡；陀螺轉動可保持穩定，突顯運動維持健康的重要。陀螺從上往下標示五大類食物，及每日建議份量，分別為穀類、蔬菜、魚肉類、奶類和水果。於 2005 年制定飲食教育基本法，提昇飲食教育，教導民眾適當飲食的重要性，以解決下列問題：不當的飲食習慣和營養攝取、混亂的飲食、生活型態相關疾病的增加、糧食自足率下降等類似問題。文部科學省計劃訓練“飲食營養教師”教導小學生。推動以“日本食物指南陀螺”為飲食教育的標準教材。在 2011 年 5 月，政府宣布接下來將進行為期五年的第二期飲食教育計畫。

**關鍵字：**營養政策、飲食指南、健康日本 21、日本食物指南陀螺、飲食教育基本法