

FOOD INTAKE PATTERNS OF JAPANESE WOMEN LIVING IN MELBOURNE AND GEELONG

Yoshimitsu Horie*, Kazuyo Horie** and Mark L. Wahlqvist
Department of Human Nutrition,
Deakin University, Victoria

Background

Australia is a country which has been subject to repeated waves of migration, each contributing to Australian food habits.

Increasing numbers of Japanese are now coming to Australia to live (there are now about 2 000 first-generation Japanese in Melbourne).

Japanese foods and cuisine have remained fairly distinctive as opposed to other food cultures (like Chinese, Italian) which have been incorporated into the Australian way of eating.

Thus the food habits of Japanese subjects in Australia provide a unique opportunity to study food acculturation.

The survival of Japanese food culture among Japanese in Australia could have significant implications for Japanese and non-Japanese Australians. This is because Japanese now have the longest life expectancy in the world and an understanding of the food-health relationships in Japanese is of critical importance.

* *Now of Nagoya Municipal Junior Women's College, Nagoya, Aichi, Japan, and*

** *Faculty of Home Economics, Aichi Gakusen College, Aichi, Japan.*

Methods

In 1986, we selected a random sample from available records of the Japanese community in Geelong and Melbourne. Japanese-born women currently living in these two Australian cities were studied.

Sixteen were identified and all participated in the study. Their ages ranged from 26 to 57. They had been in Australia for two to 28 years.

The subjects were asked to record all dishes and foods eaten in one week. Dishes which were regarded as in the Japanese style are shown in Table 1. Beverages and alcoholic foods were included, but seasonings were not.

Scores for Japanese dishes and total foods eaten per week were obtained and the percentages of Japanese dishes or foods calculated. An analysis of beverages was made separately. The percentage of 'kinds of foods' used per week was also calculated because some foods were used many times in a week.

Results and Discussion

The proportion of dishes used that were Japanese was 39 per cent, foods 29 per cent and beverages 9 per cent (see Tables 1 and 2).

The total 'kinds of foods' eaten per week (60) is of particular interest. Current Japanese dietary guidelines advocate more than 30 different kinds of foods each day. In this study, the total was nine per day. On average 35 per cent of the food preparation was Japanese. All indices of Japanese food and beverage improved with duration of stay (Figures 1-3). This probably reflects increased access to Japanese food sources, along with retention of Japanese food orientation, the longer the subjects remained in Australia.

TABLE 1**LIST OF DISHES REGARDED AS JAPANESE-STYLE**

Soup
Miso soup (fermented soybean paste soup) Clear soup
Cereal dishes
Gohan (boiled rice) Mugi gohan (boiled rice with barley) Origiri (boiled rice ball wrapped with Nori) Gomokugohan (boiled rice with several vegetables) Zosui (gruel-like rice mixed with some foods) Ochazuke (boiled rice in Japanese tea with a few foods) Ohagi (boiled rice balls with red bean jam and soybean powder) Sekihan (boiled rice mixed with red beans) Mochi (glutinous rice cake) Oyakodonburi (chicken and egg rice bowl) Nabeyaki udon (Udon noodle in small casseroles) Somen (fine noodle of white flour) Sopba (buckwheat noodle) Anpan (bread with redbean jam) Okonomiyaki (baked cake of wheat flour with some foods)
Fish and meat dishes
Grilled fish Mentaiko (salted pollack roe with red pepper) Sashimi (raw fishes) Simmered fish Sukiyaki Yakitori (grilled chicken) Yudofu (soybean curd in hot water) Odem (simmered meats and vegetables)
Vegetable dishes
Sunomono or Aemono (Japanese salad with vinegar or miso) Simmered Hijiki with carrot and soybean Toasted Nori
Pickles
Tsukemono (salted and fermented vegetables)

TABLE 2

DISHER AND FOODS EATEN PER WEEK BY JAPANESE-BORN WOMEN LIVING IN MELBOURNE AND GEELONG

Subject No.	Japanese dishes (A)	Other countries' dishes (B)	Total (A) + (B)	Japanese score (%)	Japanese foods (C)	Other countries' foods (D)	Total (C) + (D)	Japanese score (%)
1	28	22	50	56.0	51	123	174	29.3
2	16	37	53	30.2	47	124	171	27.5
3	10	21	31	32.3	30	104	134	22.4
4	15	28	43	34.9	31	139	170	18.2
5	26	29	55	48.3	53	97	150	35.3
6	3	44	47	6.4	5	115	120	4.2
7	21	25	46	45.7	55	112	167	32.9
8	8	37	45	17.8	20	180	200	10.0
9	7	34	41	17.1	18	186	204	8.8
10	14	28	42	50.0	58	77	135	43.0
11	5	33	38	13.2	10	63	73	13.7
12	19	27	46	41.3	34	111	145	23.3
13	25	19	44	56.8	133	82	215	61.9
14	11	23	34	32.4	41	100	141	29.1
15	36	21	57	63.2	149	122	271	55.0
16	39	17	56	70.0	107	95	202	53.0
Mean	18	28	46	38.5	53	114	167	29.2

TABLE 3

BEVERAGES CONSUMED PER WEEK BY JAPANESE WOMEN LIVING IN MELBOURNE AND GEELONG

Subject No.	Coffee and tea	Japanese tea	Others	Total	Japanese Score (%)
1	9	0	0	9	0
2	16	0	0	16	0
3	23	0	0	23	0
4	17	1	6	24	4
5	8	6	10	24	25
6	9	0	3	12	0
7	11	0	7	18	0
8	17	0	3	20	0
9	24	0	4	28	0
10	16	2	0	18	11
11	28	0	0	28	0
12	15	1	4	20	5
13	8	3	0	11	27
14	28	0	4	32	0
15	5	5	2	12	42
16	21	7	2	30	23
Mean	16	2	3	20	9

TABLE 4

'KINDS OF FOODS' EATEN PER WEEK BY JAPANESE WOMEN LIVING IN MELBOURNE AND GEELONG

Subject No.	Age (year)	Duration after marriage	Duration of stay in Australia	Japanese foods*	Other countries' foods*	Total foods*	Score (%)
1	32	5	2	31	44	75	41.3
2	35	6	2	21	32	53	39.6
3	29	1	2	19	36	55	34.5
4	31	6	3	17	48	65	26.2
5	26	3	3	24	32	56	42.9
6	44	18	4	6	40	46	13.0
7	41	19	4	36	43	79	45.6
8	38	10	4	13	60	73	17.8
9	42	16	4	12	46	58	20.7
10	46	7	7	34	26	60	56.7
11	37	10	10	4	39	43	9.3
12	45	12	14	15	35	50	30.0
13	44	23	15	39	26	65	58.5
14	57	17	17	22	37	59	37.3
15	51	11	18	31	37	68	45.6
16	53	28	28	24	29	53	45.3
Mean	40.7 ± 8.8	12.0 ± 7.7	8.6 ± 7.6	21.8 ± 10.5	38.1 ± 8.8	59.9 ± 10.3	35.4 ± 14.8

*Beverages and alcoholic foods were included but seasonings were not.

FIGURE 1

PERCENTAGE OF JAPANESE DISHES EATEN PER WEEK

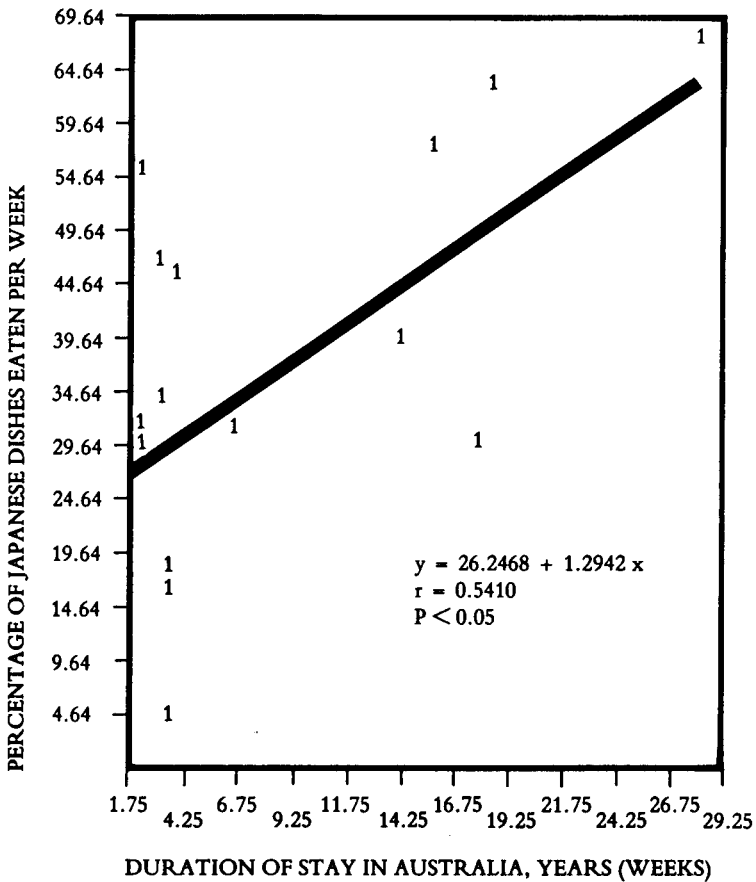
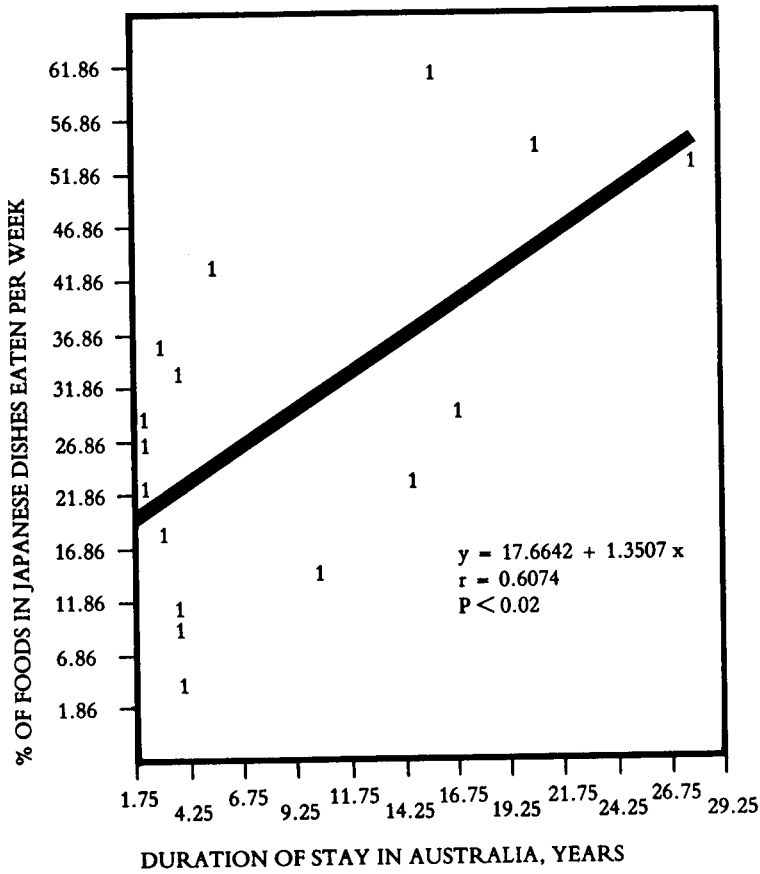


FIGURE 2

PERCENTAGE OF FOODS IN JAPANESE DISHES EATEN PER WEEK



FOOD HABITS IN AUSTRALIA

Proceedings of the First
Deakin/Sydney Universities Symposium on
Australian Nutrition

Editors

**Professor A. Stewart Truswell, MB, ChB, MD,
FRCP, FRACP, FFCM**

**Professor Mark L. Wahlqvist, B.MedSc,
MD(Adelaide), MD(Uppsala), FRACP, FAIFST**

Professional conference management services
provided by

Buzz McCarthy, Bloomsbury Conference Services Pty Ltd



Published by
René Gordon Pty Ltd
29 Ferdinand Avenue
North Balwyn
Victoria 3104
Australia

Available from the publisher and from
Heinemann Publishers Australia Pty Ltd
85 Abinger Street
Richmond
Victoria 3121
Australia

First edition: 1988

Copyright © of each article remains the property of the original writer.

Designed by Green Poles Design, Melbourne
Typeset by Savage Type Pty Ltd, Brisbane
Printed and bound by the Australian Print Group, Melbourne

National Library of Australia
Cataloguing in Publication data
Food habits in Australia

Bibliography.

Includes index.

ISBN 0 949208 29 0.

1. Food habits — Australia — Congresses.

2. Nutrition — Psychological aspects — Congresses.

I. Truswell, A. Stewart. II. Wahlqvist, Mark L. III. Deakin University.

IV. University of Sydney.

394.1'2'0994

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, recording or otherwise, without the written permission of the copyright owners.