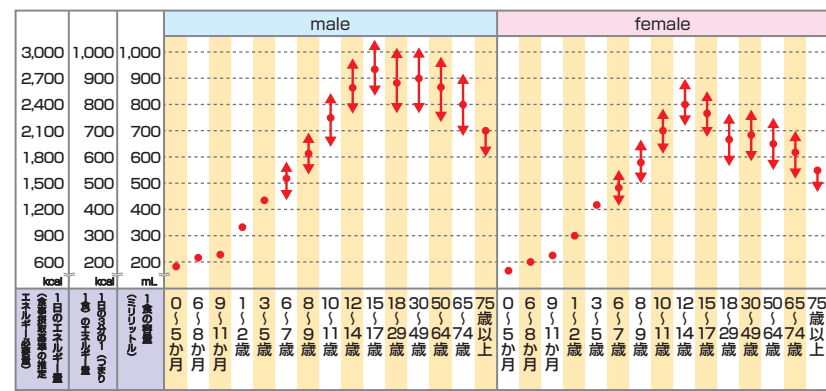


# “The 3·1·2 Meal Box Magic” for your QOL and QOE

## 1 Select a meal box!



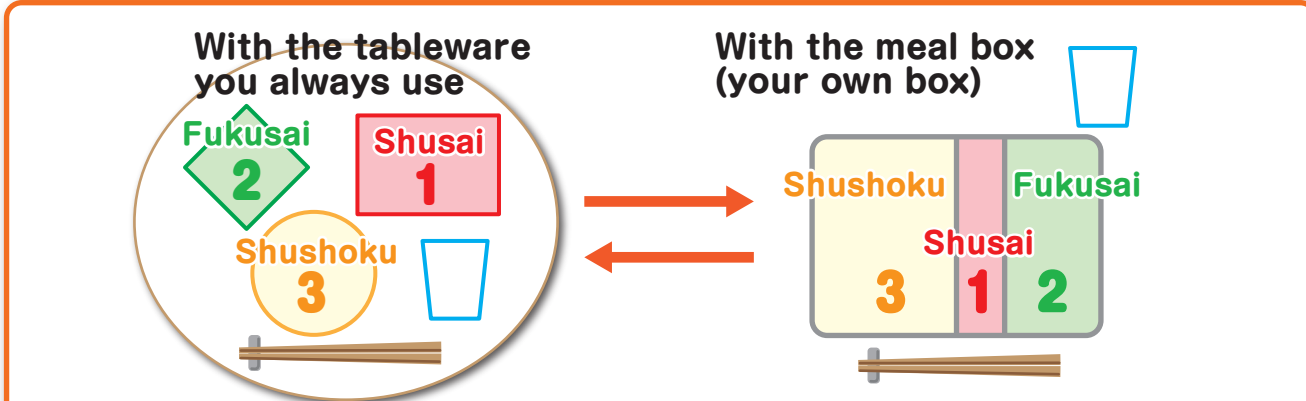
- 1) Your sex
- 2) Age
- 3) Physical activities and lifestyle
- 4) Health status
- 5) Appetite and . . . .

My Box is  ml

※ If you know the estimated energy requirement from your own country, you could refer to it.

## 3 What's Shushoku, Shusai, Fukusai?

<nutrients>	<foodstuffs>	<dishes>
<b>Energy</b>	Cereals (Rice, Wheat, Whole grains), In my country	<b>Shushoku (staple food)</b> Rice Very mild with almost no taste (Boiled) In my country
<b>Carbohydrate (Dietary fibers)</b>		
<b>Lipids</b>	Fat, Oil, In my country	<b>Shusai (main dish)</b> Rich taste with many flavors and satisfying (Grill) In my country
<b>Protein</b>	Fish and Shellfish, Meats, Eggs, Pulses(Soybeans), Milks, In my country	<b>Fukusai (side dish)</b> Colorful with varieties of flavors and texture (Boiled, Stewed) In my country
<b>Minerals</b> Sodium, Potassium, Calcium, Magnesium, Phosphorus, Iron, Zinc, Copper, Manganese, Iodine, Selenium, Chromium, Molybdenum	Vegetables, Potatoes, Mushrooms, Algae, In my country	<b>Water, Green tea, etc...</b> Warm and liquid In my country
<b>Vitamins</b> Vitamin A, D, E, K, B <sub>1</sub> , B <sub>2</sub> , Niacin, Vitamin B <sub>6</sub> , B <sub>12</sub> , Folic acid, Biotin, Vitamin C	Fruits, Water, (Tea, Soup stock,) In my country	
<b>Water</b>		



### Five steps

- 1 Select a meal box whose volume is most suitable to the amount of a meal you eat. (For example, select a box whose volume is 700 ml if you need 700 kcal for one meal.)
- 2 Fill the meal box with dishes firmly so that they do not move inside the box.
- 3 Fill the box, according to the ratio of **3 (staple food): 1 (main dish): 2 (side dish)**.
- 4 Do not select two similar dishes for which the same cooking method is used (especially a dish for which much oil is used).
- 5 Check to see that the overall appearance is attractive and inviting.

## 2 Will the lid close?



## 4 Dishes for which much oil is used.

	油を使わない、または少ししか使わない料理	油を多く使う料理
<b>主菜</b>	● 焼き物、ゆで物、煮物、蒸し物など 魚の照り焼き、卵焼き	● 炒め物、から揚げ、フライ、てんぷらなど 鶏肉のから揚げ、魚のフライ
<b>副菜</b>	● おひたし、あえ物、煮物、ノンオイルドレッシングのサラダなど 青菜のこまあえ、根菜の煮物	● 炒め物、揚げ物、マヨネーズや油を使ったサラダなど 野菜炒め、ポテトサラダ

## 5 Let's enjoy your meal!



## For your QOL and QOE

### Health

The research of 49 housewives who performed one month of “3·1·2 Meal Box Magic” shows that this diet method improved their physiques and health conditions. It also shows the improvement of the glucose intolerance of the slender and young female group.

### Environment (with self-sufficiency level as an index)

With the model menu (700kcal type), the self-sufficiency level 61%. Rice (100%) in shushoku which is half of the whole meal contributes to this result.

### Dietary behavior

From infant to aged groups, the educational effect of meal preparation, especially the positive attitudes toward the dietary life, has been clearly seen with teaching “The 3·1·2 Meal Box Magic”.

This page is a reconstruction of: Miyuki Adachi. Discover the expanding “Japanese food” to worldwide: Japanese Food is Healthy and Beautiful! Let's enjoy to preparer and eat Japanese meal based on “The 3·1·2 Meal Box Magic” as a nutrition educational tool on Japan's culture.(2015) and <https://shokuseitaigaku.com/2014/wp-content/uploads/2021/07/fa7af79e9879ec0bfa53a21d3c0c8771.pdf> (in Japanese)