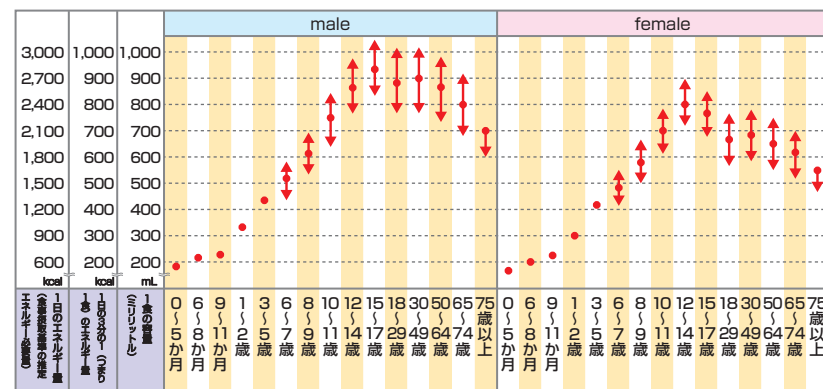


“The 3・1・2 Meal Box Magic” for your QOL and QOE

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>

Energy

Carbohydrate (Dietary fibers)

Lipids

Protein

Minerals

Sodium, Potassium, Calcium, Magnesium, Phosphorus, Iron, Zinc, Copper, Manganese, Iodine, Selenium, Chromium, Molybdenum

Vitamins

Vitamin A, D, E, K, B₁, B₂, Niacin, Vitamin B₆, B₁₂, Folic acid, Biotin, Vitamin C

Water

<foodstuffs>

Cereals (Rice, Wheat, Whole grains),
In my country

Fat, Oil, In my country

Fish and Shellfish, Meats, Eggs, Pulses(Soybeans), Milks,
In my country

Vegetables, Potatoes, Mushrooms, Algae,
In my country

Fruits, Water, (Tea, Soup stock,) In my country

<dishes>

Shushoku (staple food)

Rice
Very mild with almost no taste (Boiled)
In my country

Shusai (main dish)

Rich taste with many flavors and satisfying (Grill)
In my country

Fukusai (side dish)

Colorful with varieties of flavors and texture (Boiled, Stewed)
In my country

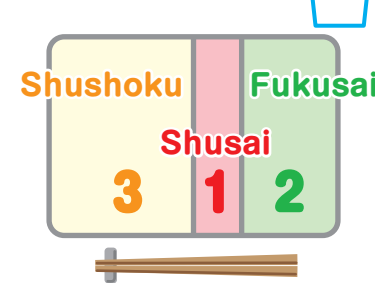
Water, Green tea, etc...

Warm and liquid
In my country

With the tableware you always use



With the meal box (your own box)



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
主菜	● 焼き物、ゆで物、煮物、蒸し物など 魚の照り焼き 鶏肉のから揚げ	● 炒め物、から揚げ、フライ、てんぷらなど 魚のフライ
副菜	● 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 青菜のごまあえ 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

Photo: Yoriko Harigai, Miyuki Adachi. Shushoku, Shusai, and Fukusai, Dish Composition Table for Diet Coordinate. Gunyousha; 2017

5 Let's enjoy your meal!

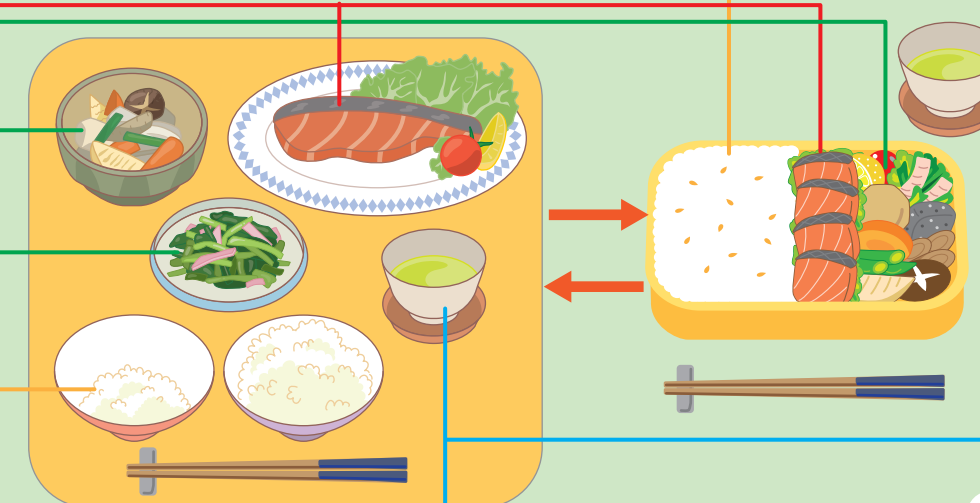


Photo: Miyuki Adachi, Yoriko Harigai. The 3・1・2 Meal Box Magic. Rice Stable Supply Support Organization; 2008 (Public Interest Incorporated Association)

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.



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”.

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.

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)