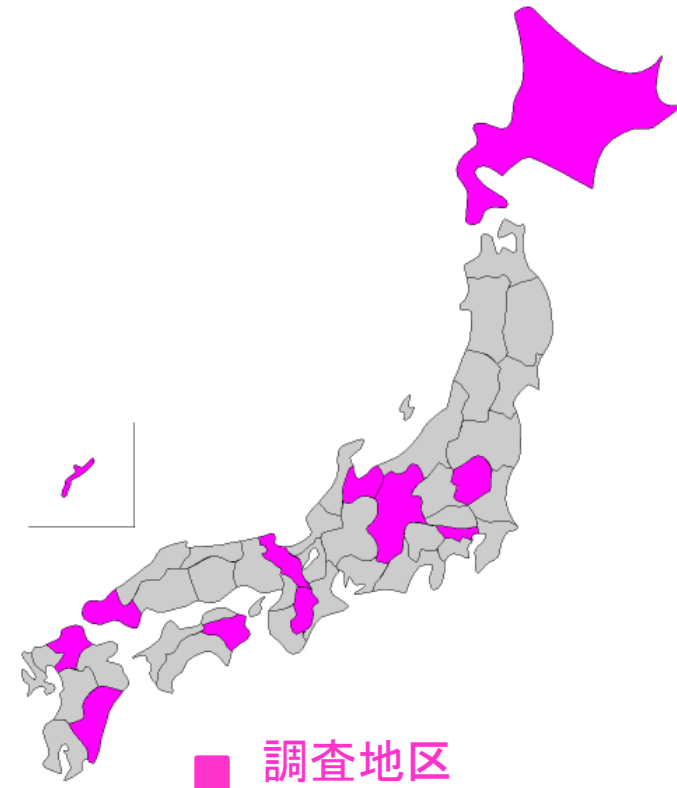


Nutrition in Japanese Children

-Food, energy and nutrient intakes-

900 school children

3 non-consecutive day survey



Energy intake (kcal)

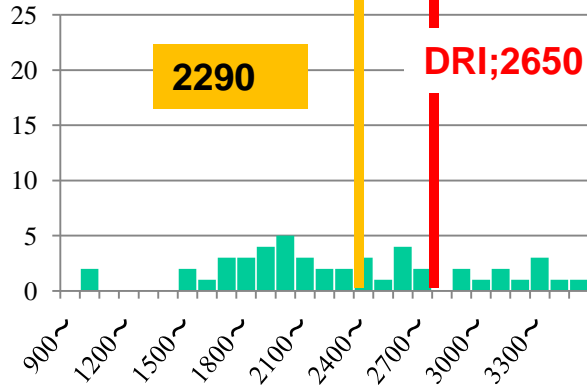
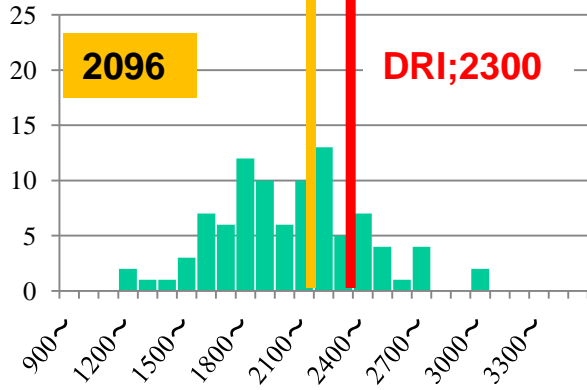
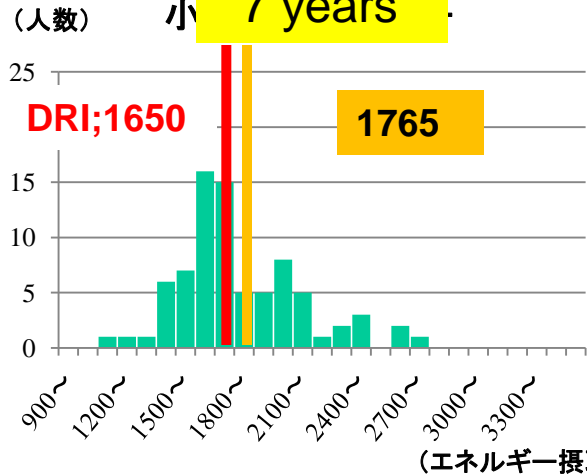
survey

DRI

7 years

10 years

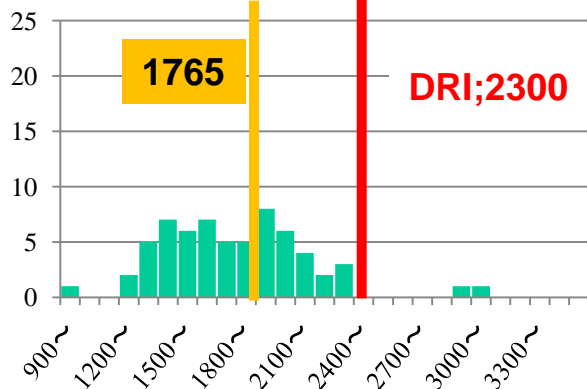
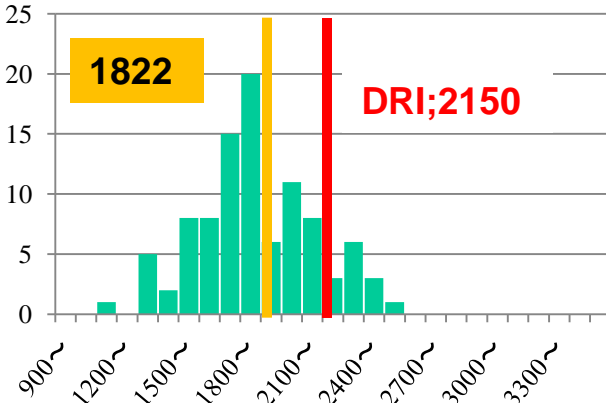
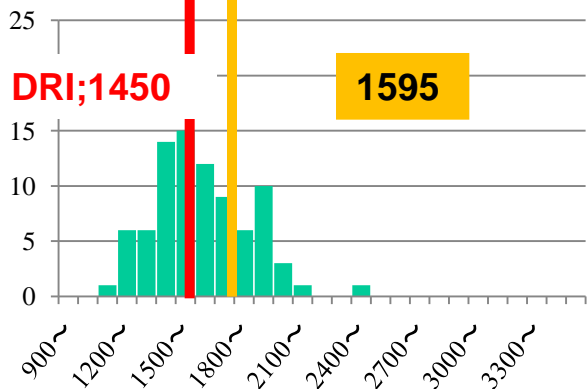
13 years



小学校2年生 女子

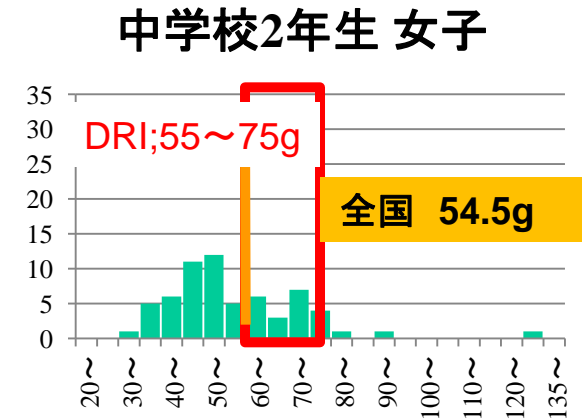
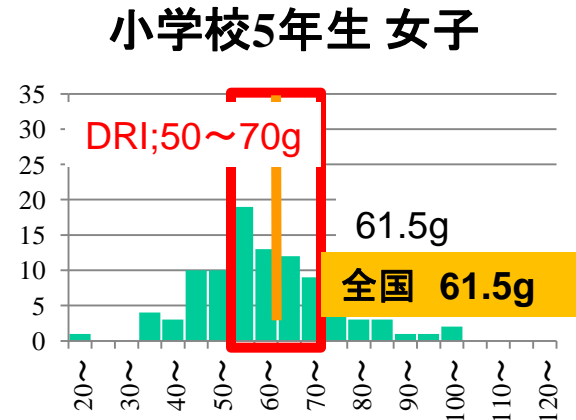
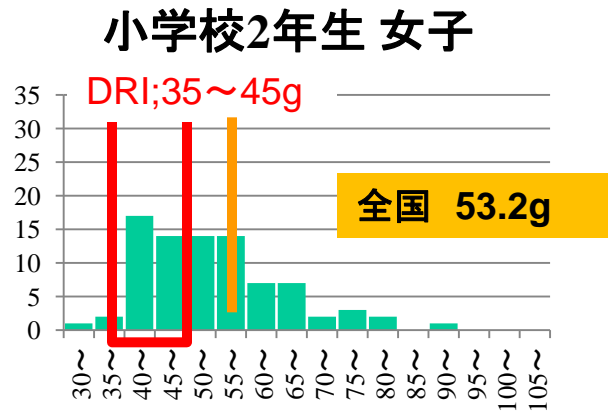
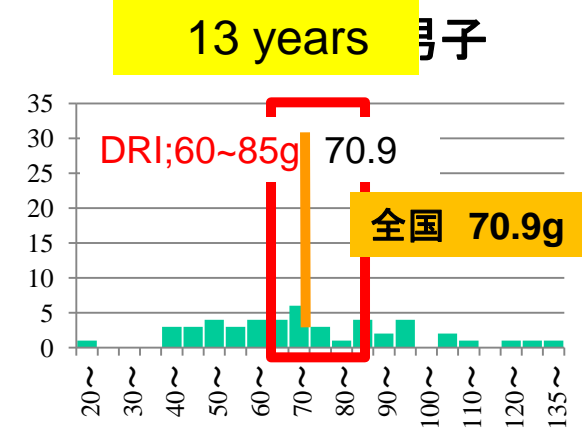
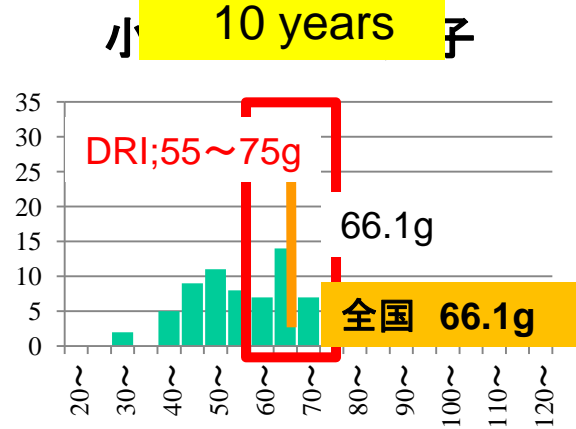
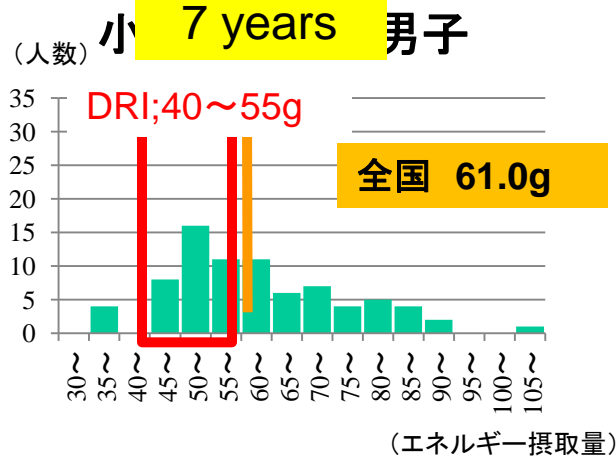
小学校5年生 女子

中学校2年生 女子



Energy intake was lower than DRI in adolescents

Lipid intake



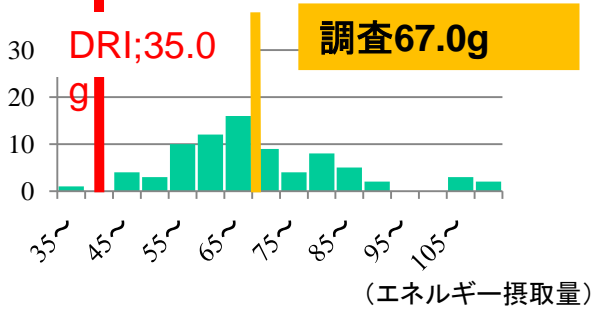
DRI

survey

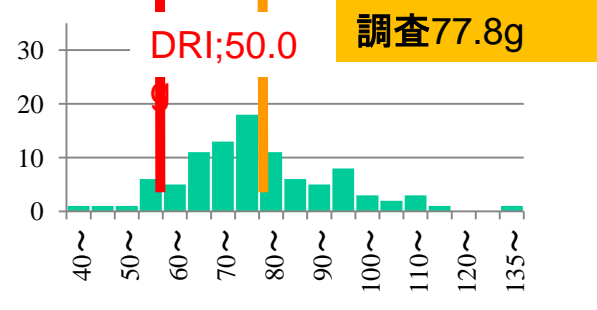
Lipid intake was small in adolescents.

Protein intake (g)

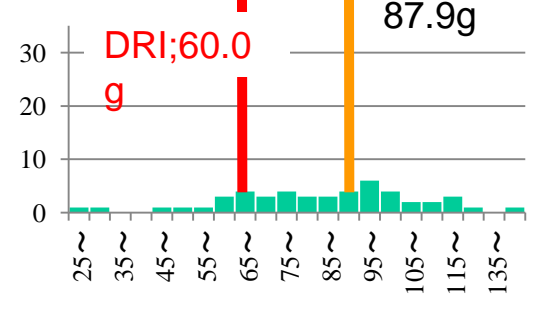
(人数) 小学校2年生 男子



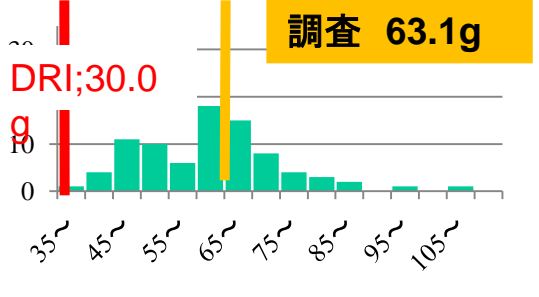
小学校5年生 男子



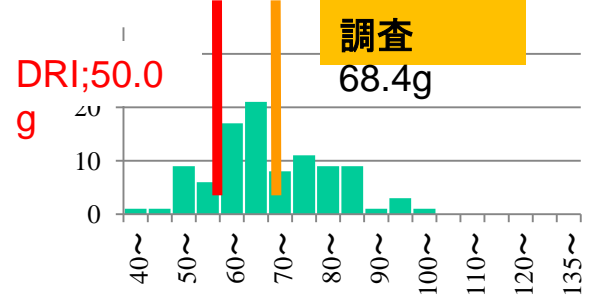
中学校2年生 男子



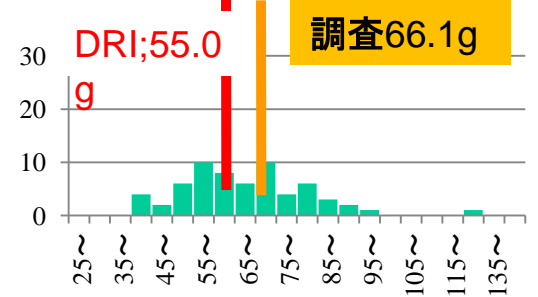
小学校2年生 女子



小学校5年生 女子



中学校2年生 女子



DRI
survey

Protein intake was sufficient for most of the children.

Sugar intakes in various countries

Intakes of Japanese children was low,
only 1/4 -1/5 of Americans

Country	[g/day]
USA *₁	124-142
UK *₂	84
Holland *₃	135
South Africa *₄	42—59
Japanese children*₅	25

*₁ National Health and Nutrition Examination Survey 2005-2006

*₂ Family Food 2007

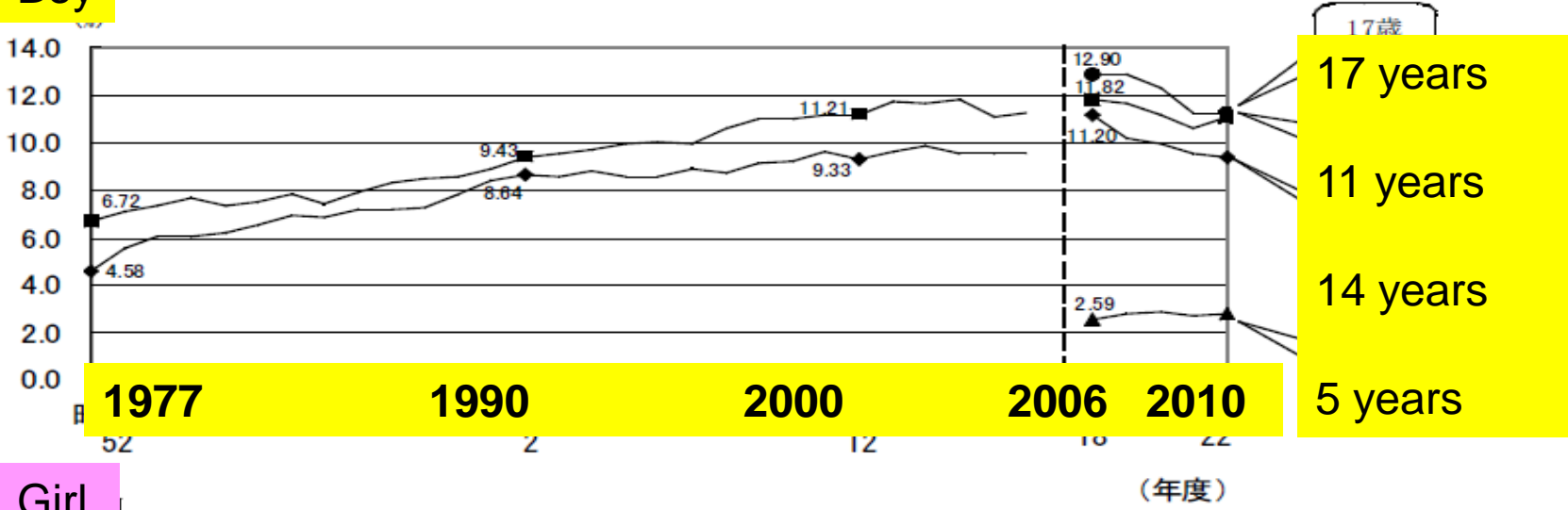
*₃ Dutch National Food Consumption Survey-Young children 2005/2006

*₄ The National Food Consumption Survey; children aged 1-9 years 1999

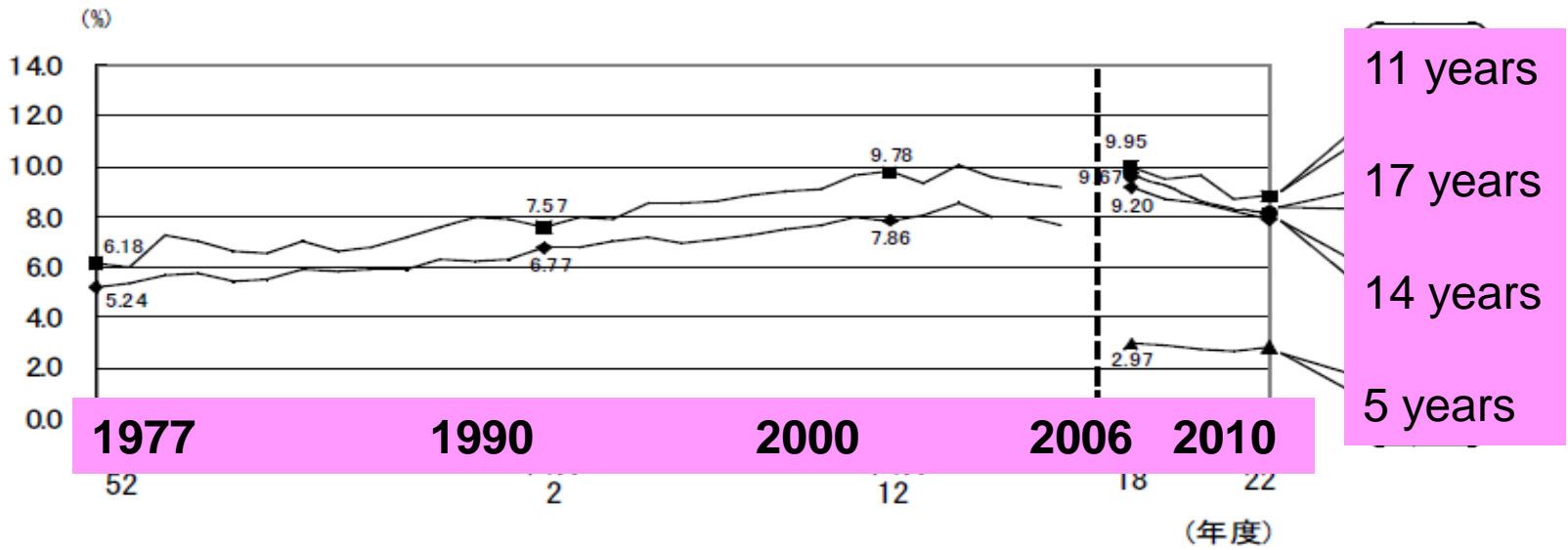
*₅ From our study (J Nutr Sci Vitaminol 2012;58(2):113-7.)

Obesity ratio has been decreasing In last 10 years in Japanese children.

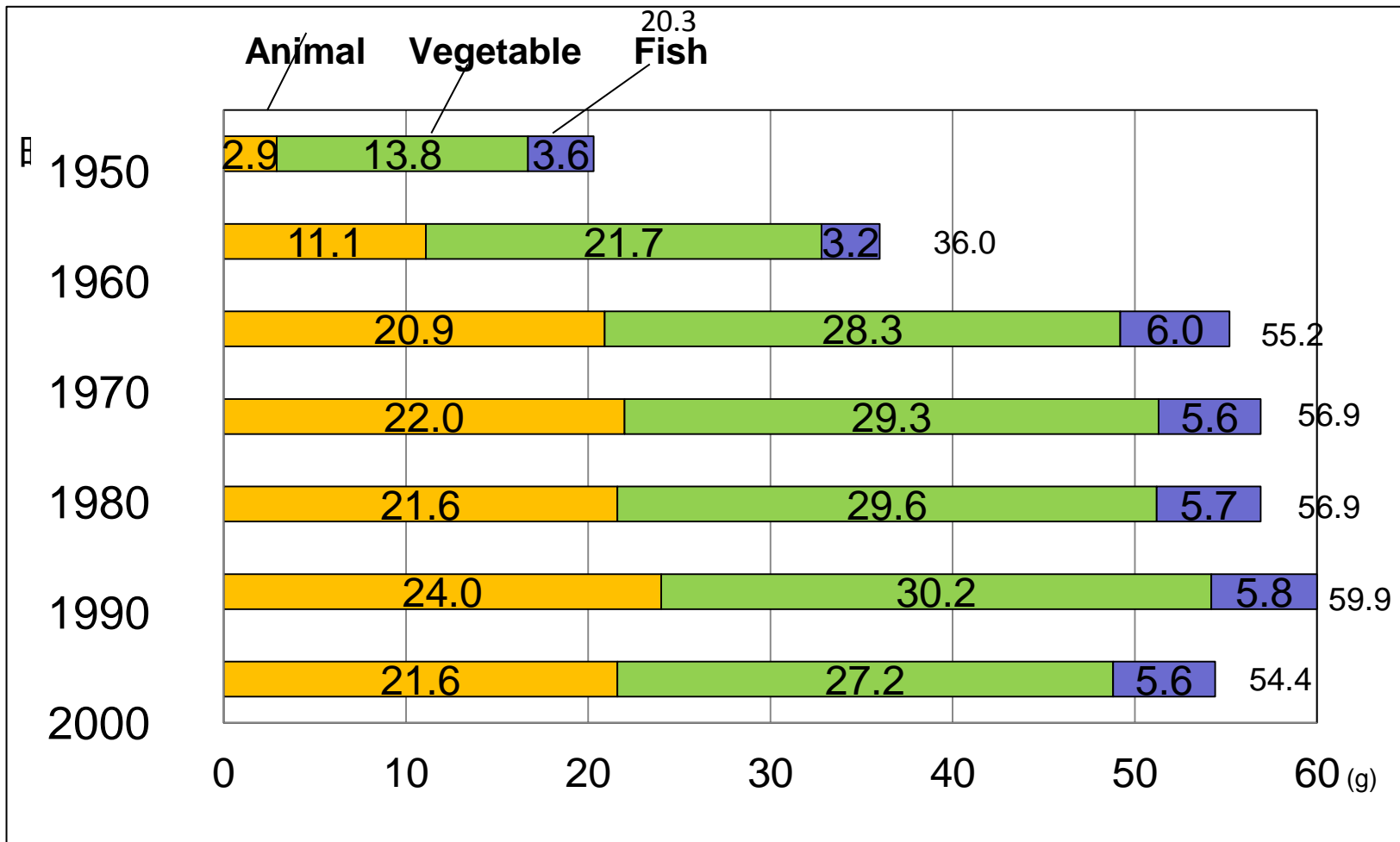
Boy



Girl

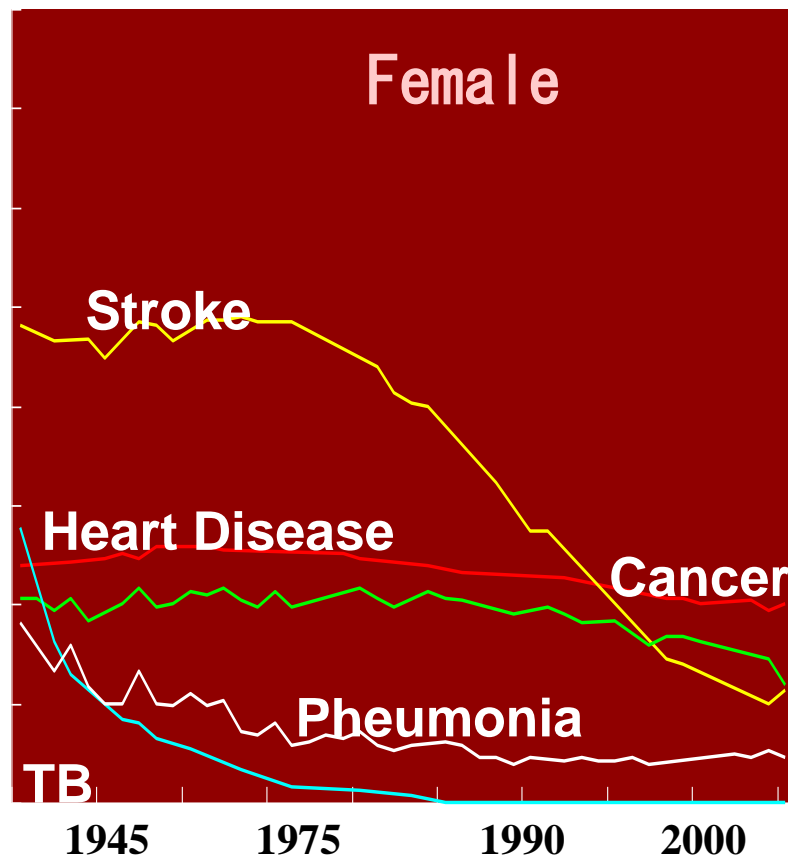
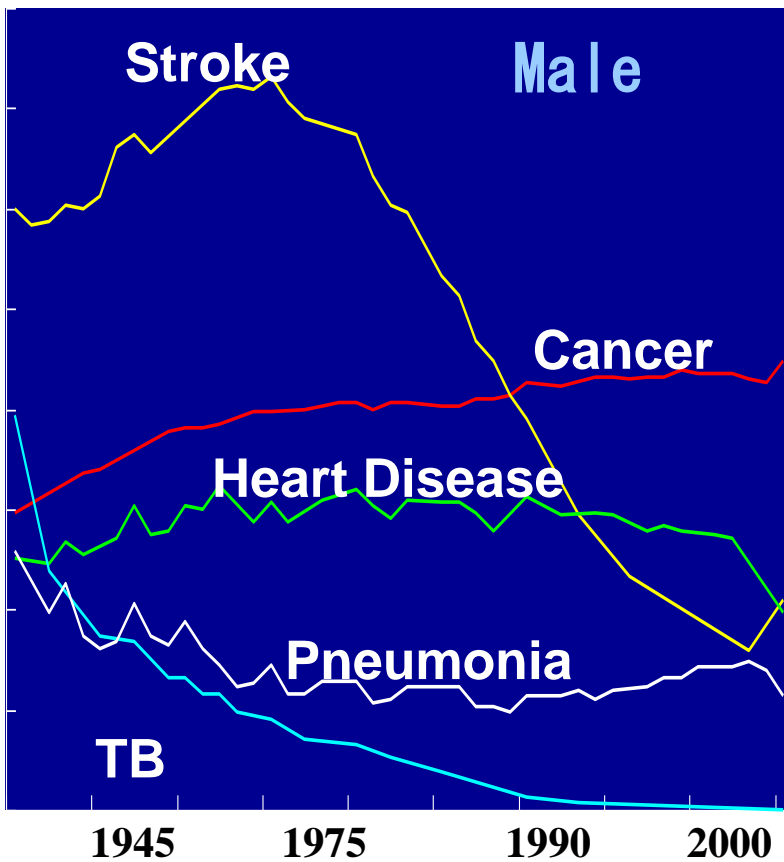


Why could Japanese maintain the lipid intake for 40 years?

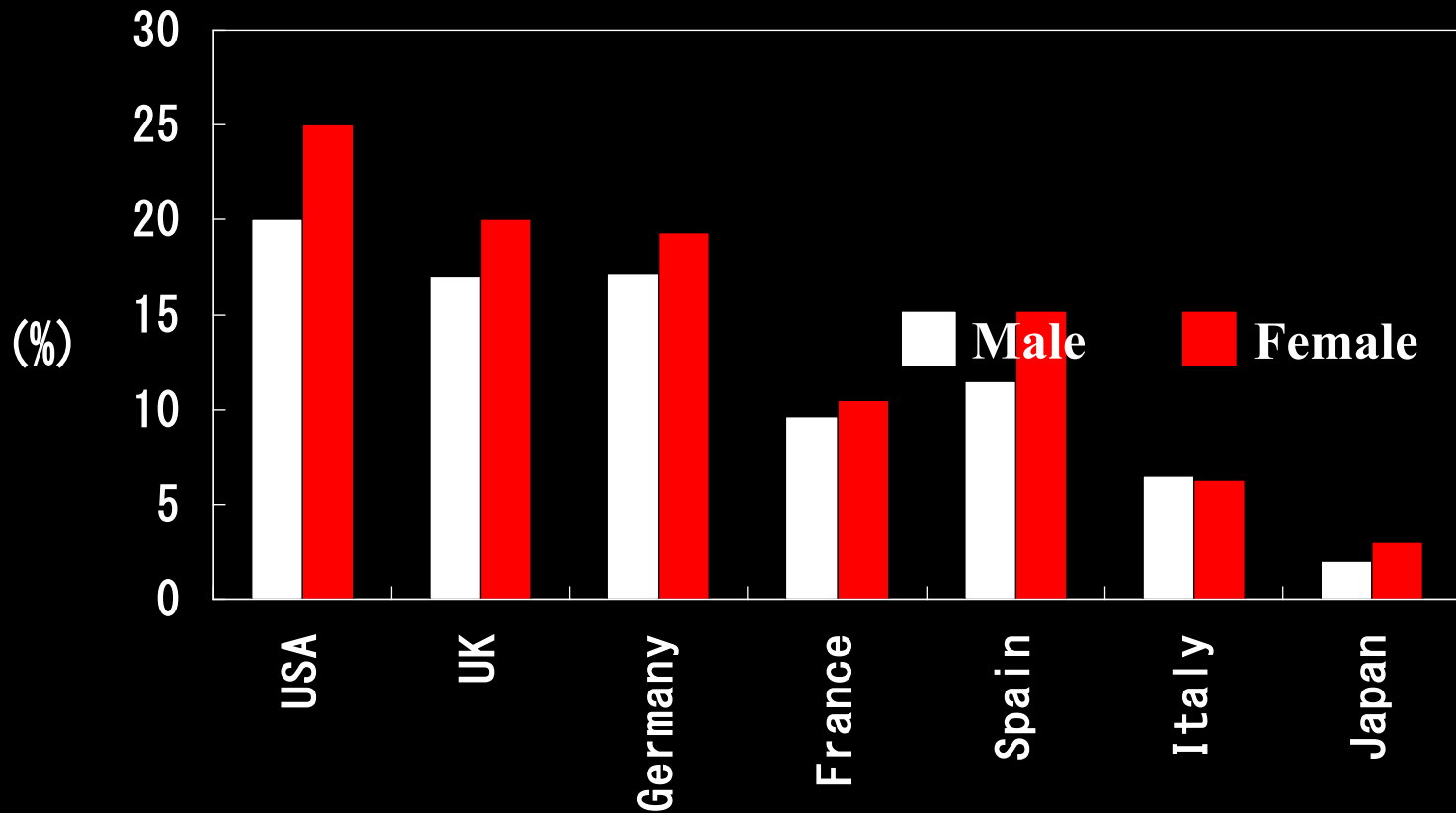


From Japanese National Nutrition Survey

Trends in age adjusted death rates for leading causes of death in Japan (1950-1995)



Although the numbers of death rates by cancer and heart disease have been increasing, it is mainly caused by the increase of the aged



International Comparison of Obesity (BMI ≥ 30)

Is the international definition of obesity correct?

Asians have to re-consider this and find the best strategy for their own health



In conclusion, different areas and countries have different problems. They have to identify their own problems and find ways to solve them. To do this, just following the directions of other countries is often not advisable. **They need to conduct their own research.**