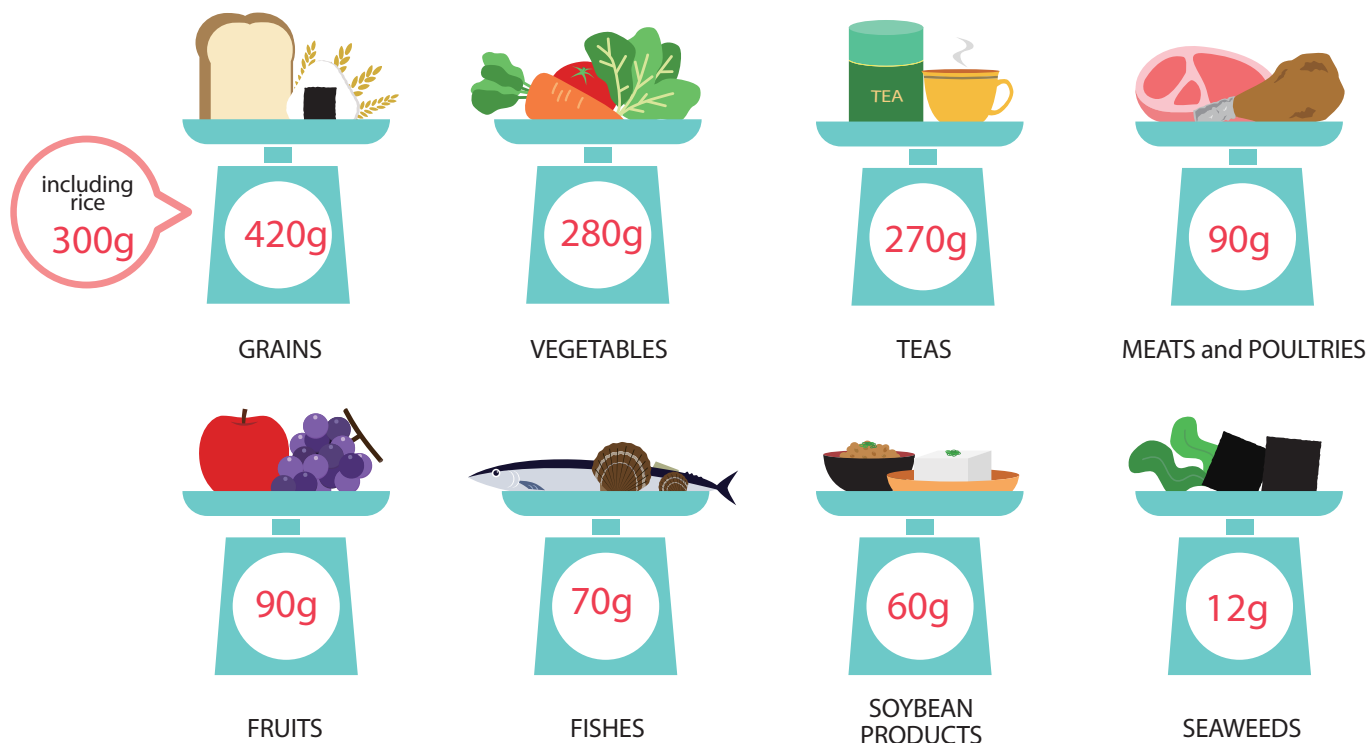


What do Japanese people eat?

-from NHNS 2016-

The amount Japanese adults eat in a day



The older, the better in diet

Older Japanese people tend to eat healthier than younger people do.



For example, intake of vegetables...

