

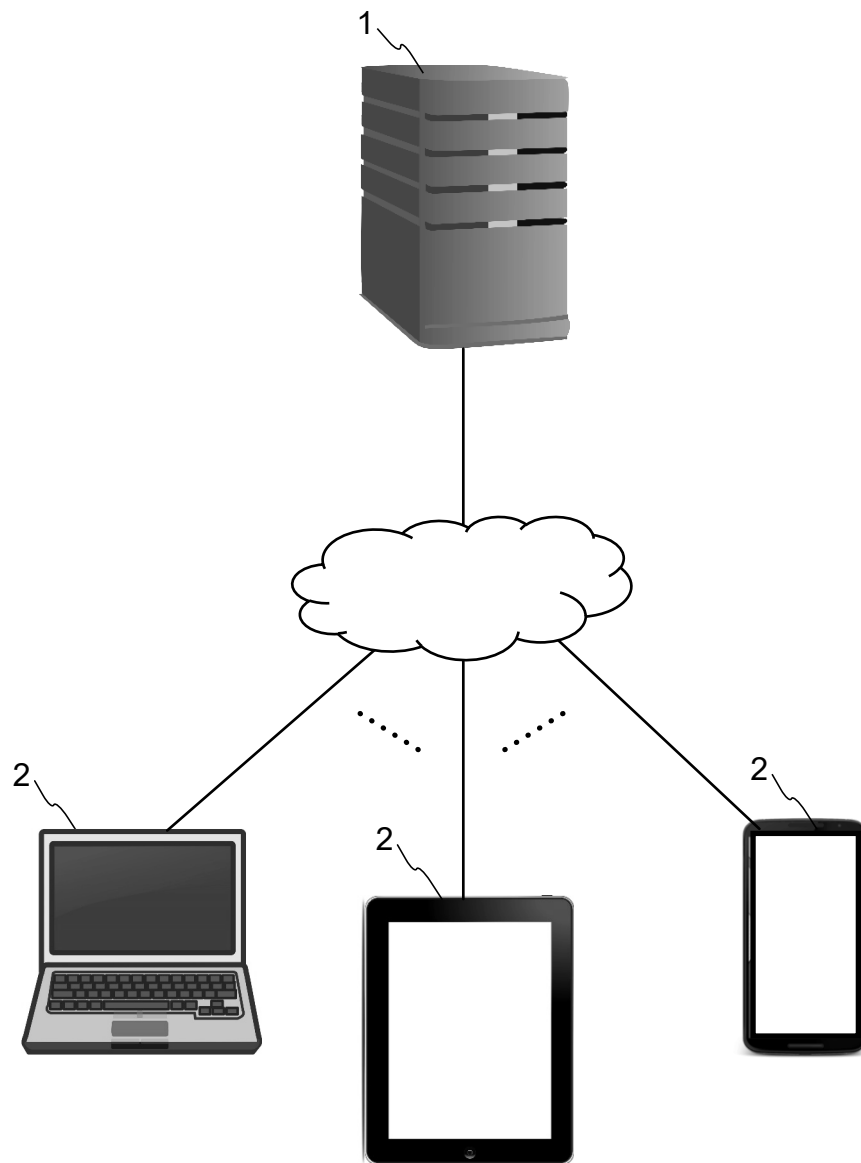
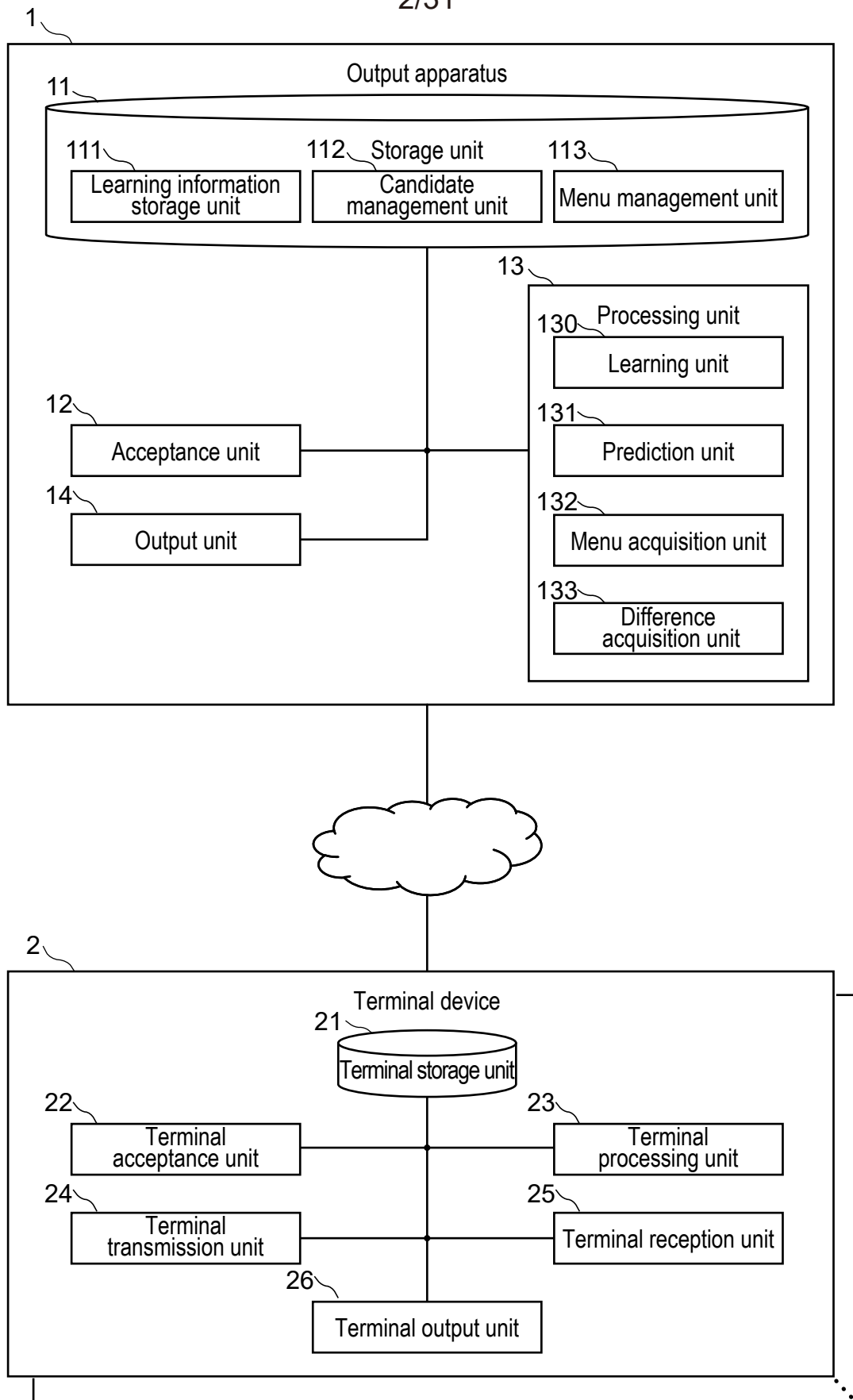
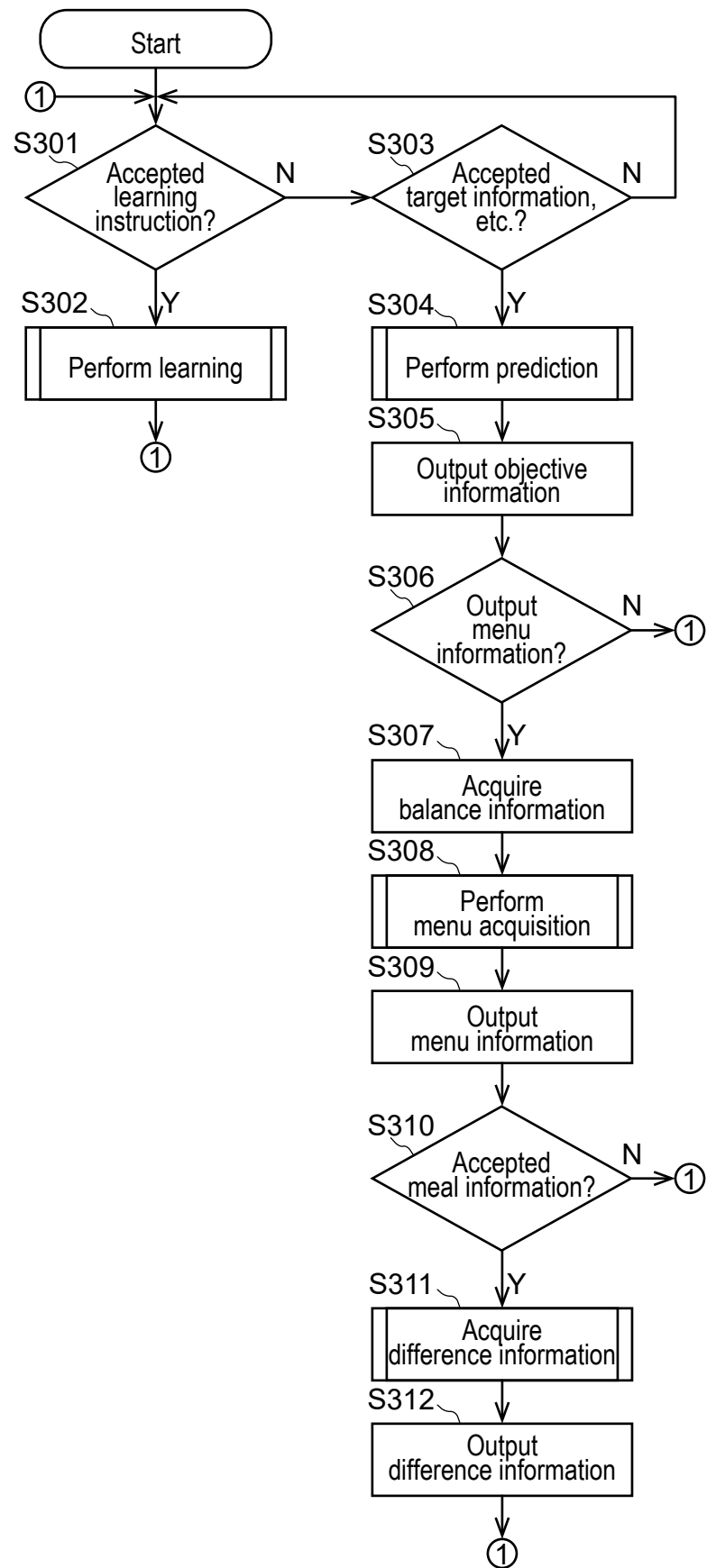
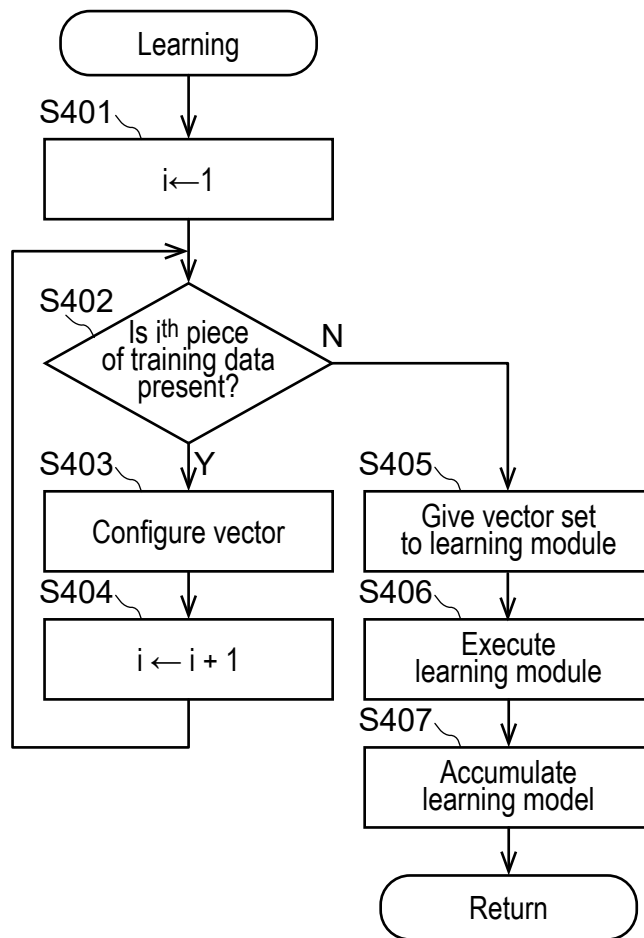
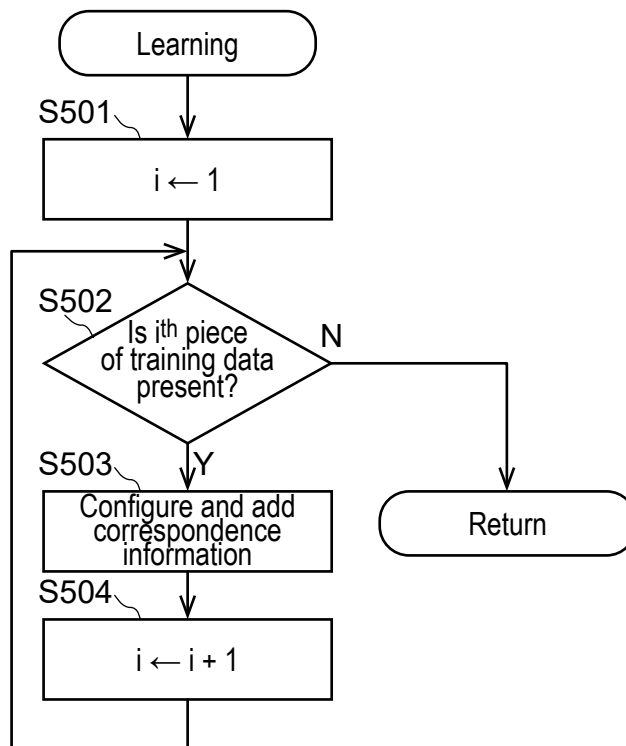


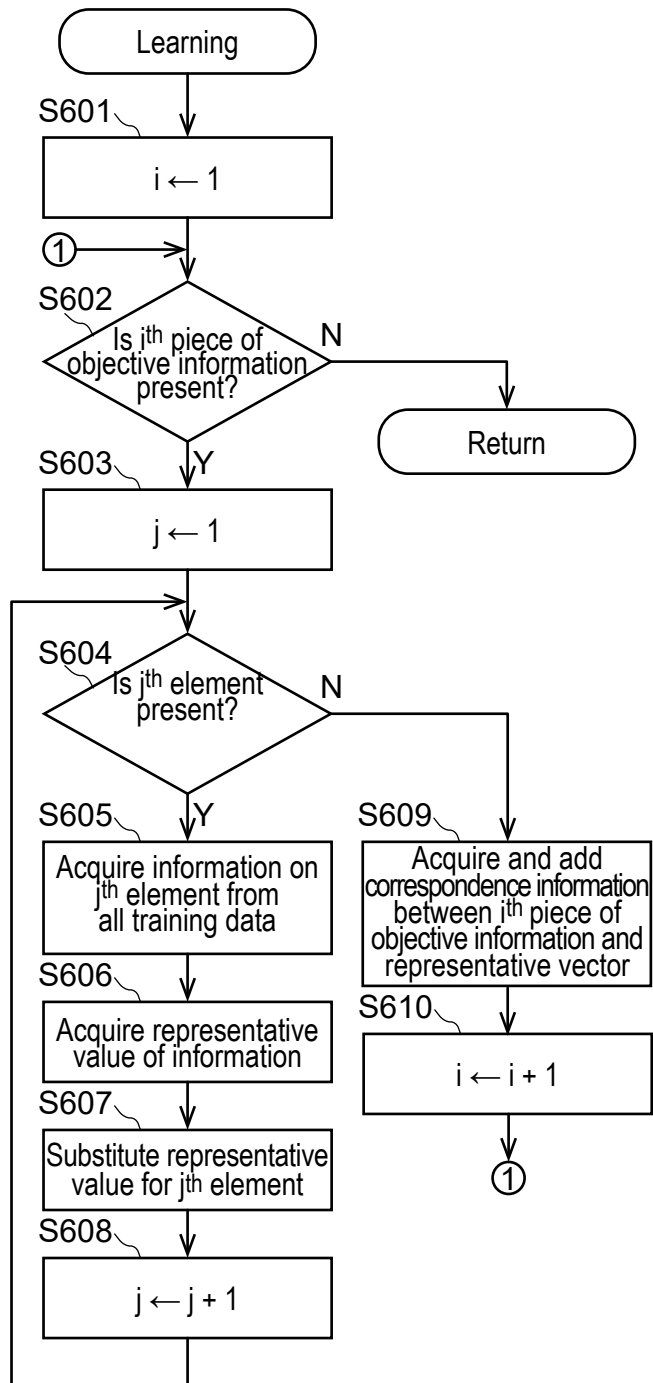
FIG. 1

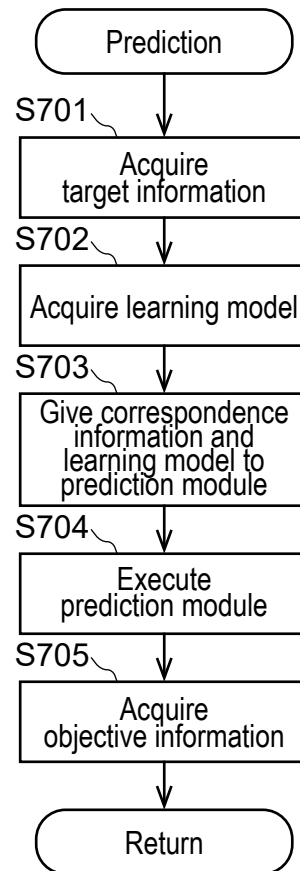
**FIG. 2**

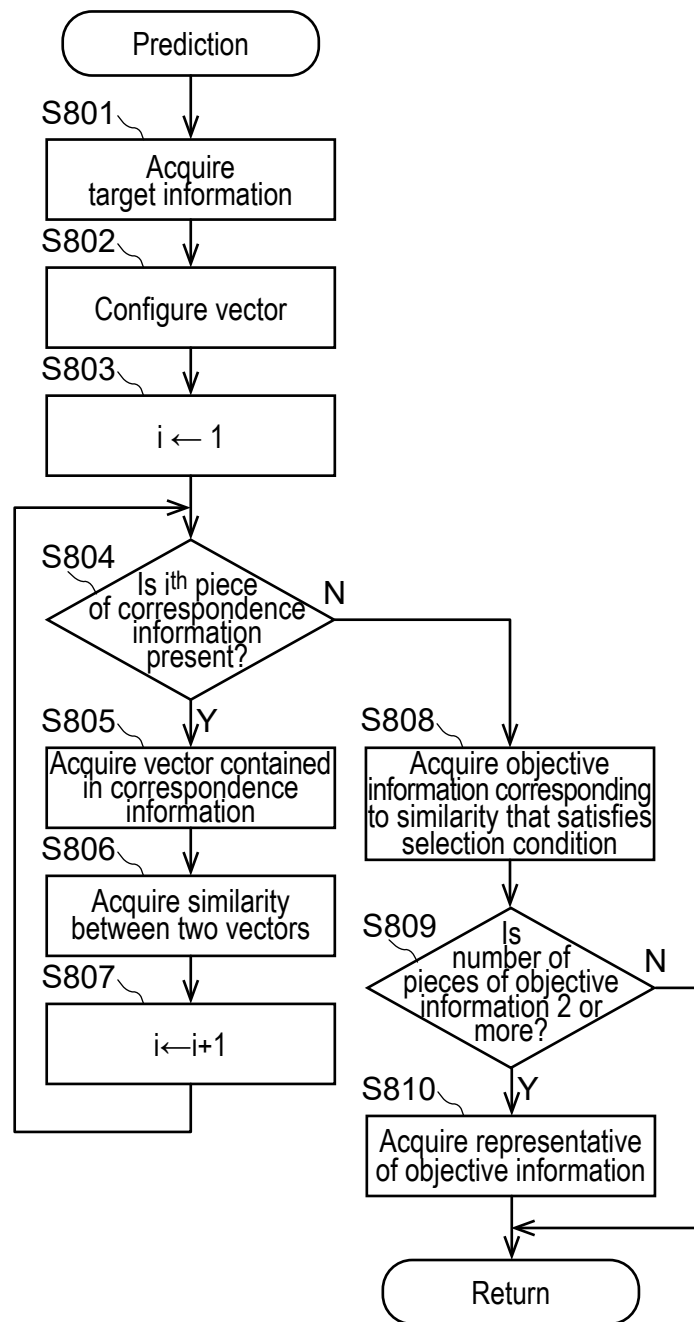
**FIG. 3**

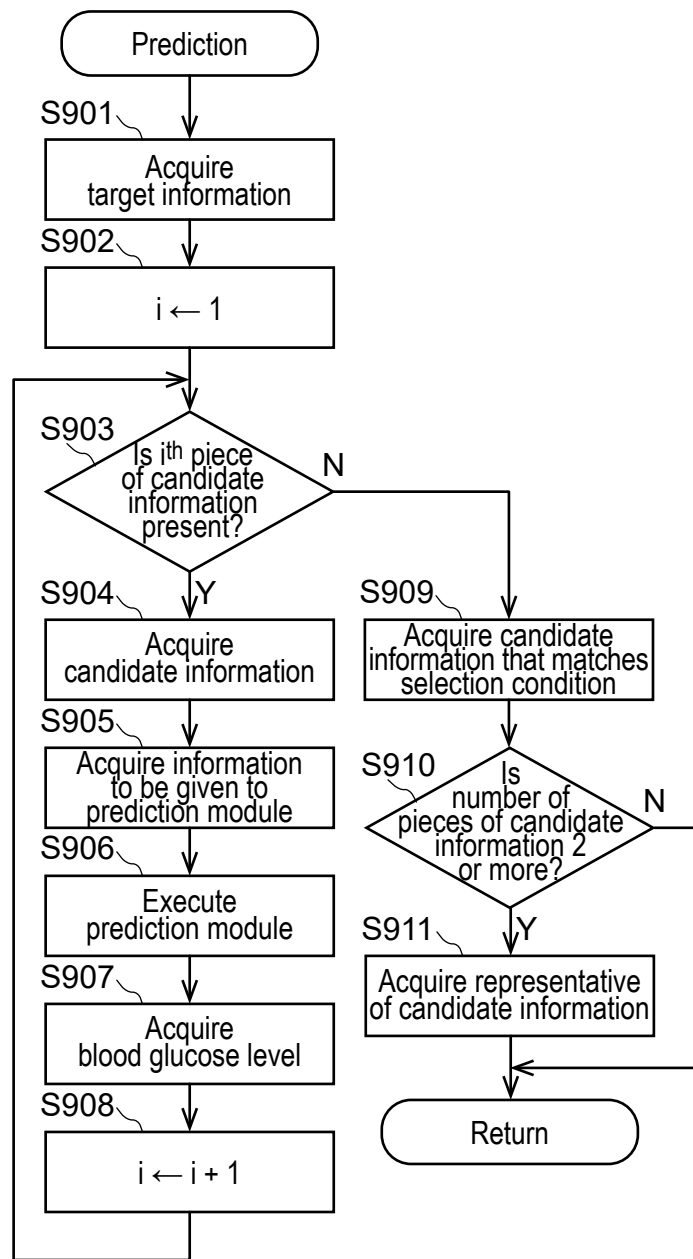
**FIG. 4**

**FIG. 5**

**FIG. 6**

**FIG. 7**

**FIG. 8**

**FIG. 9**

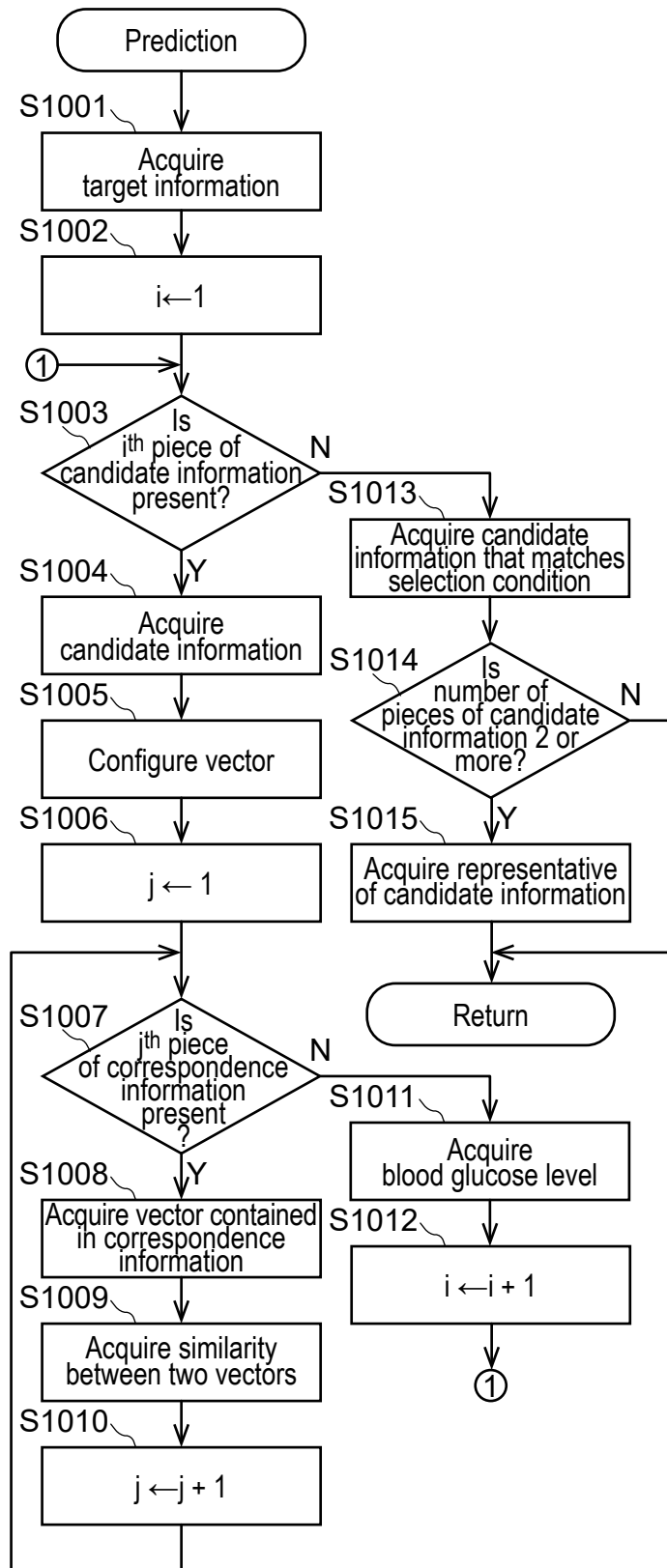
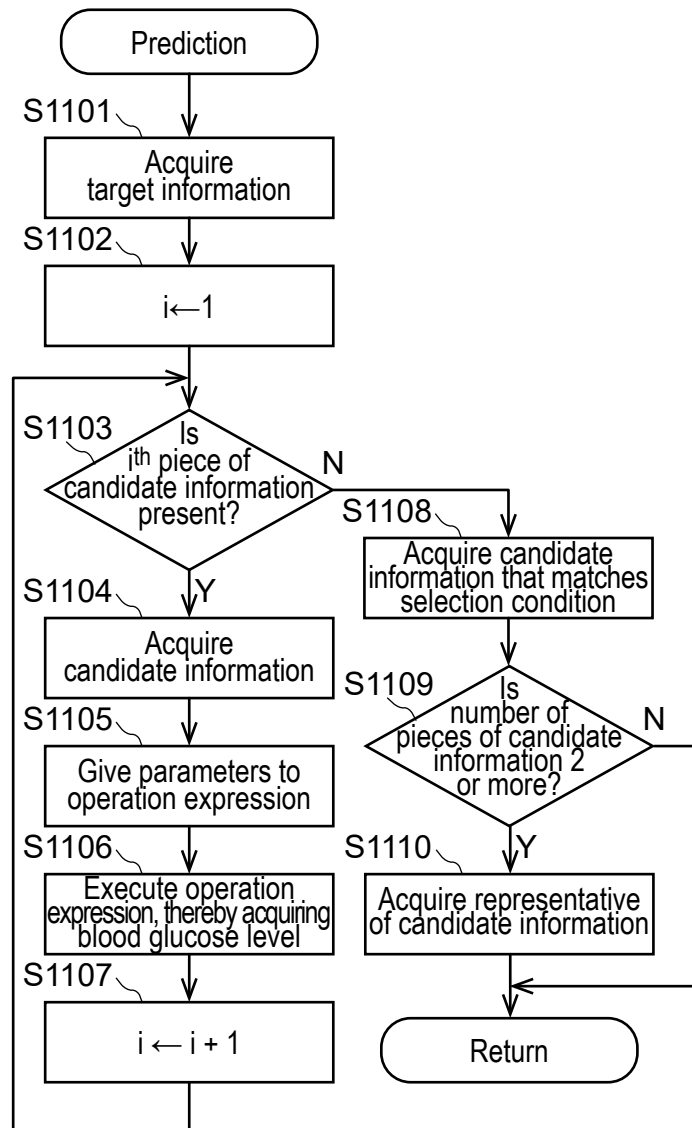
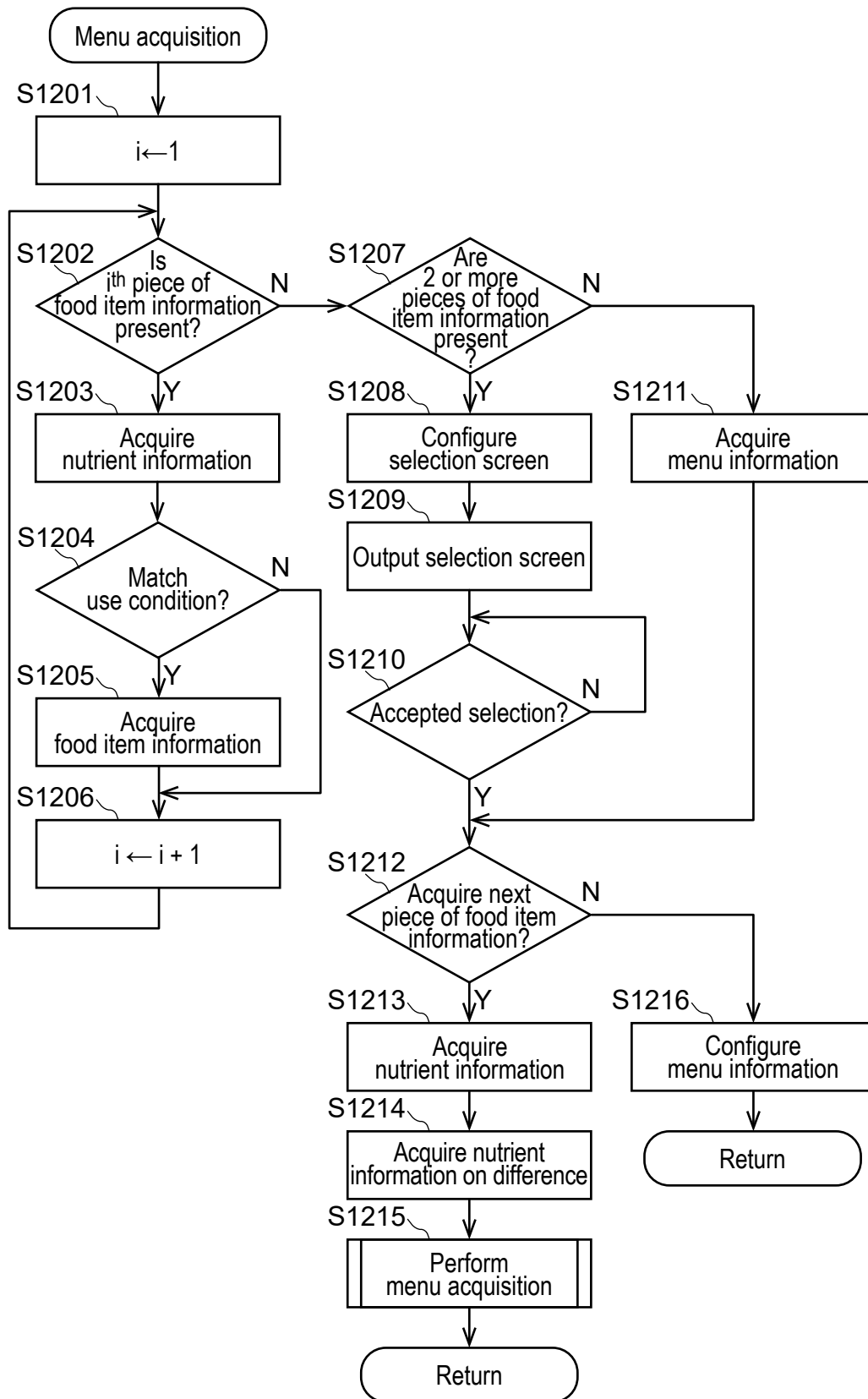
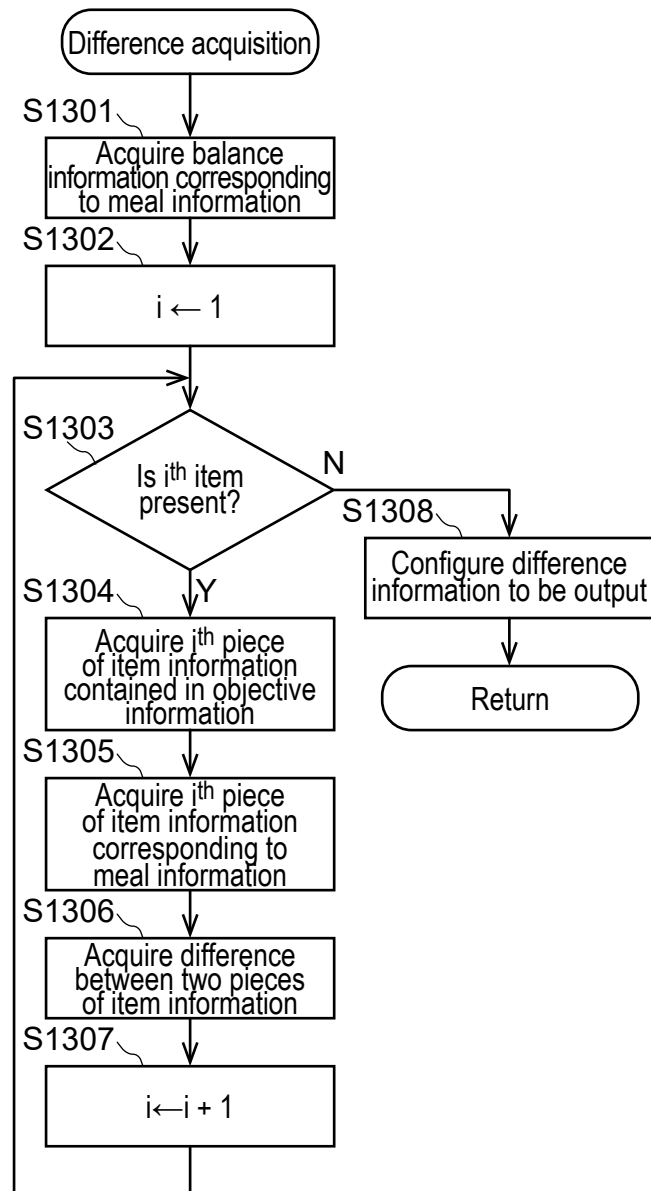


FIG. 10

**FIG. 11**

**FIG. 12**

**FIG. 13**

Evaluation of Dinner on June 23 and Health Advice
for Mr./Ms. X

To know the nutrients in your current home meals

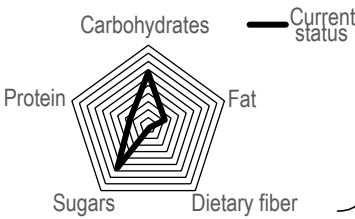
Meal records you sent



- Grilled lean beef
- Potato
- Macaroni with cod roe
- Boiled broccoli
- Grilled king oyster mushrooms
- Tofu
- Miso soup (with onion and wakame seaweed)
- Steamed white rice with pickled plum and sesame salt

Nutrients

Total 560kcal



Know the difference from your personalized optimal nutritional composition

Compared with the optimal nutrients

kcal	-52 kcal
Carbohydrates	-30.5g
Fat	+3.4g
Dietary fiber	-2.2g
Sugars	-26.1g
Protein	+3.4g

Ideal calories

Total 612kcal

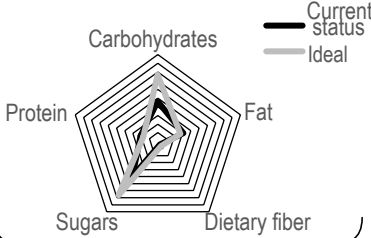
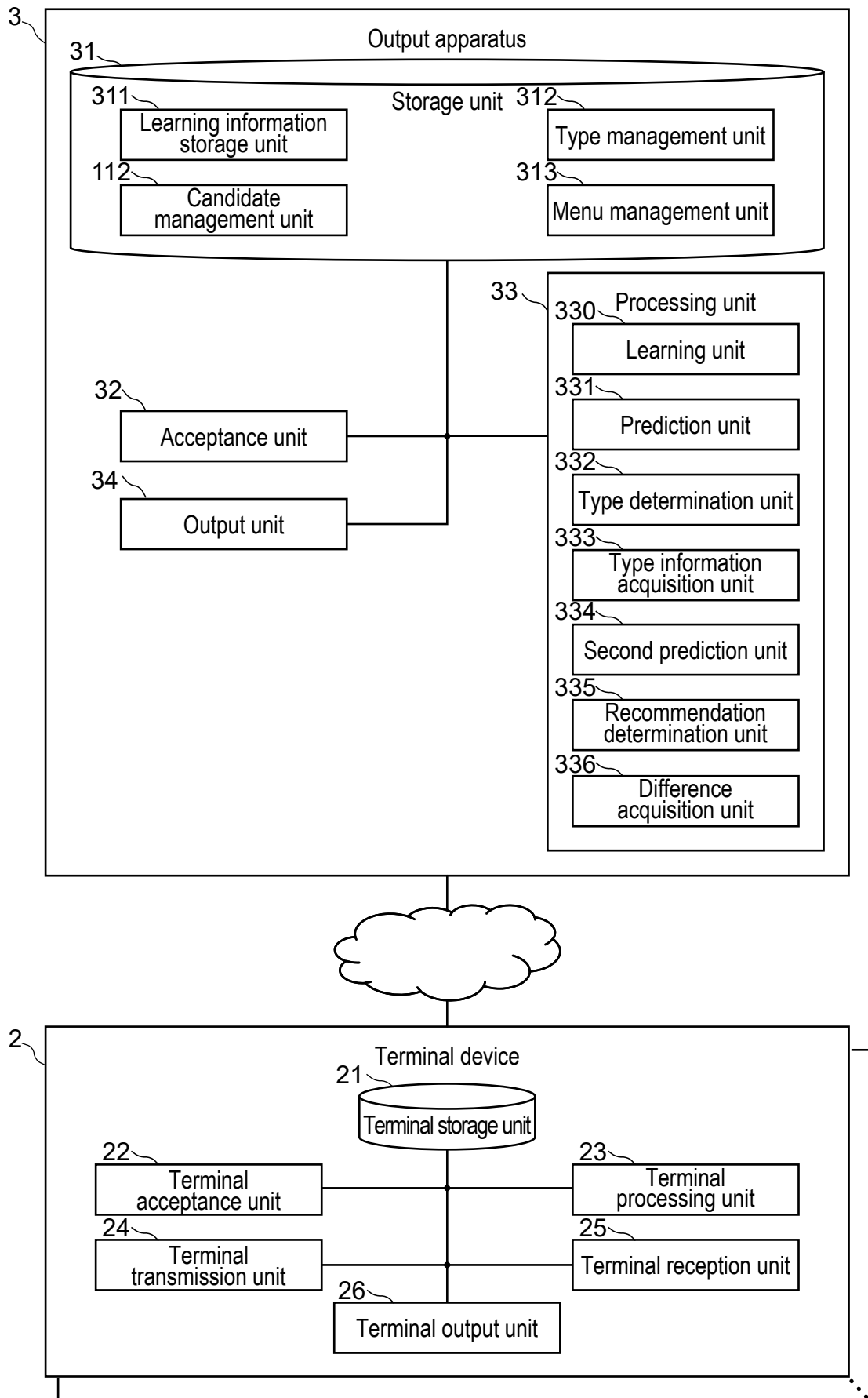
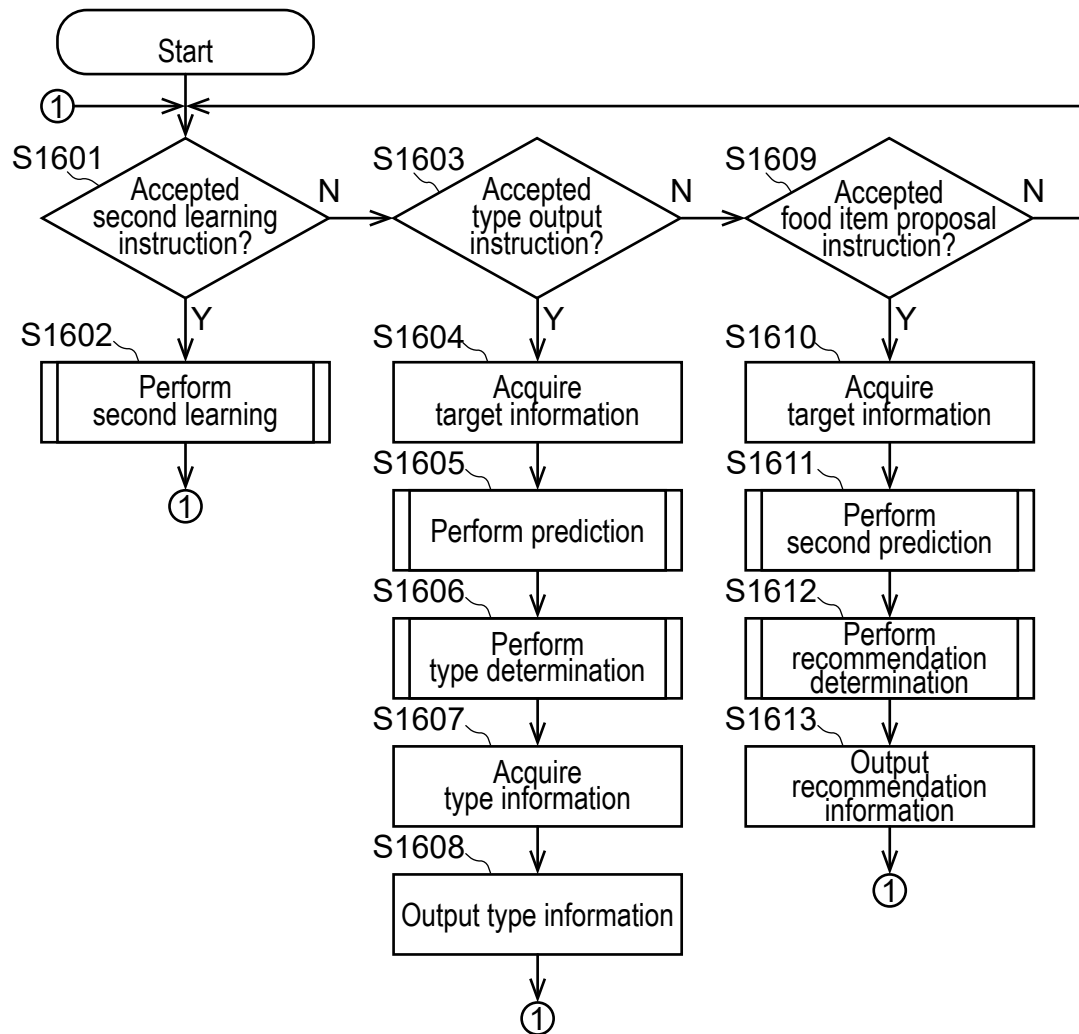
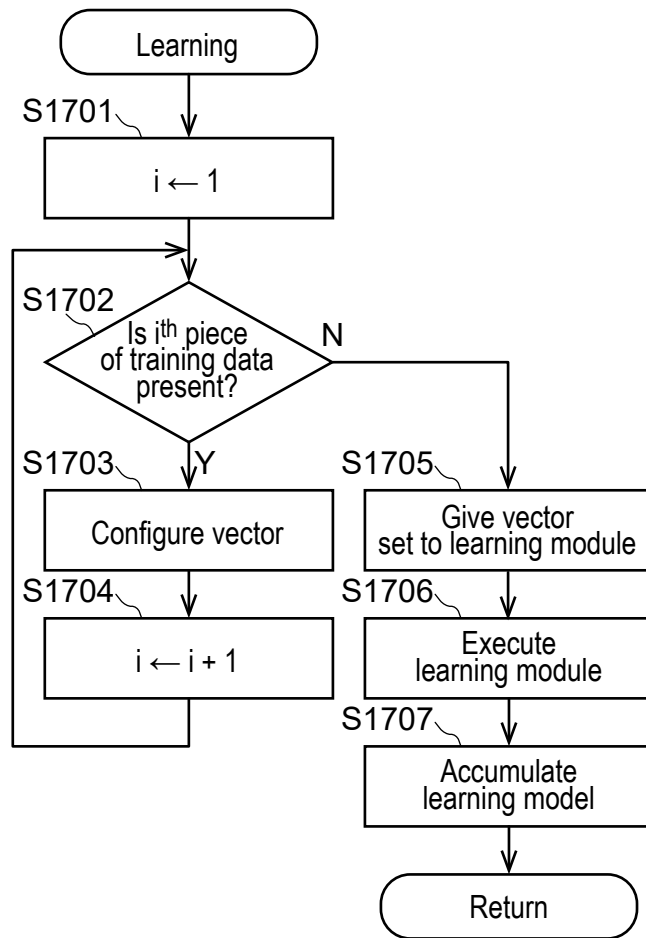
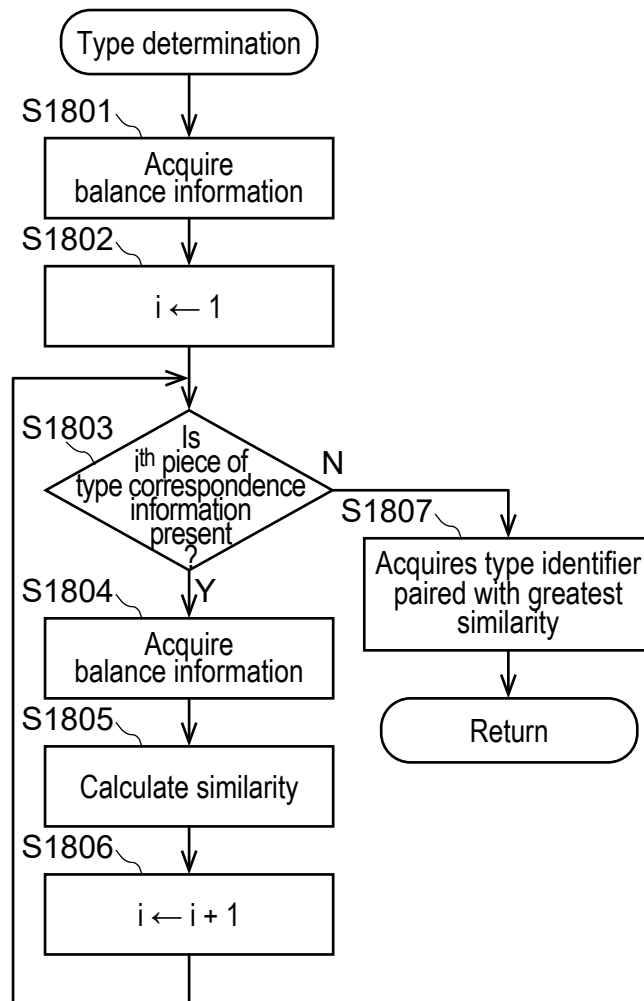


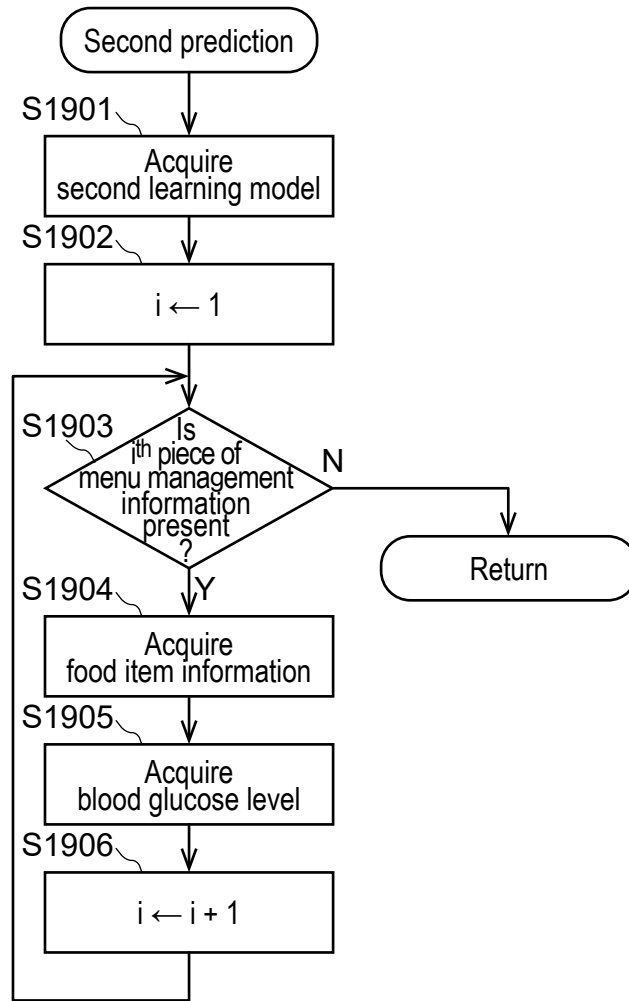
FIG. 14

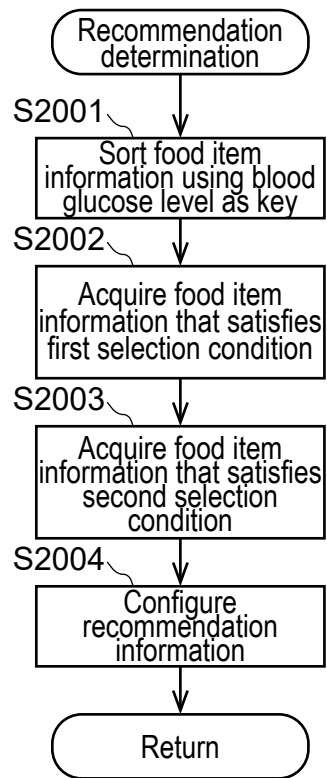
**FIG. 15**

**FIG. 16**

**FIG. 17**

**FIG. 18**

**FIG. 19**

**FIG. 20**

ID	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary fiber (g)	Type identifier
1	500	18.8	11.1	81.3	66.3	15	1
2	500	18.8	13.9	75	60	15	4
:	:	:	:	:	:	:	:
22	600	30	13.3	90	75	15	10
23	600	30	16.7	82.5	67.5	15	13
:	:	:	:	:	:	:	:
43	700	26.3	15.6	113.8	103.8	10	2
44	700	26.3	19.4	105	95	10	5
:	:	:	:	:	:	:	:

FIG. 21

Type identifier	Type detail information	Advice information
A		
:	:	:
G	The golden nutritional balance that can suppress the rise in your post-meal blood glucose level is a diet with slightly less protein, moderately reduced carbohydrates, more fats, and plenty of dietary fiber. 20% of Japanese people share the same blood glucose level management type as you.	Recommended "small add-on" dish White rice Carbohydrates Frozen edamame Dietary fiber
:	:	:

FIG. 22

ID	Display name	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary fiber (g)
1	Japanese stir-fried noodles	483	12.4	18.5	63.7	57.5	6.1
2	Keema curry (spiced minced meat curry)	658	30.2	31.0	64.0	58.1	5.9
3	Chicken gratin	637	33.9	25.0	65.0	58.9	6.1
4	Shrimp gratin	586	31.6	20.5	65.2	59.0	6.1
5	Stir-fried noodles with thick starchy sauce	500	18.5	16.6	66.0	59.2	6.8
:	:	:	:	:	:	:	:

FIG. 23

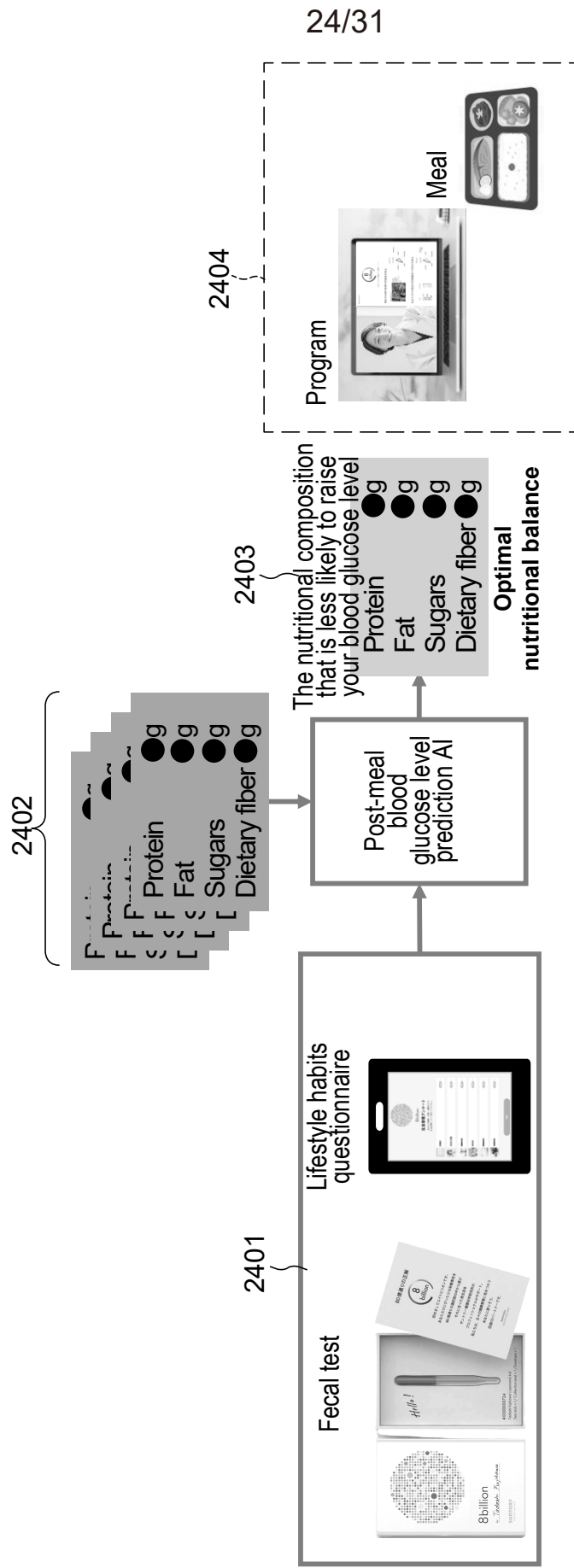


FIG. 24

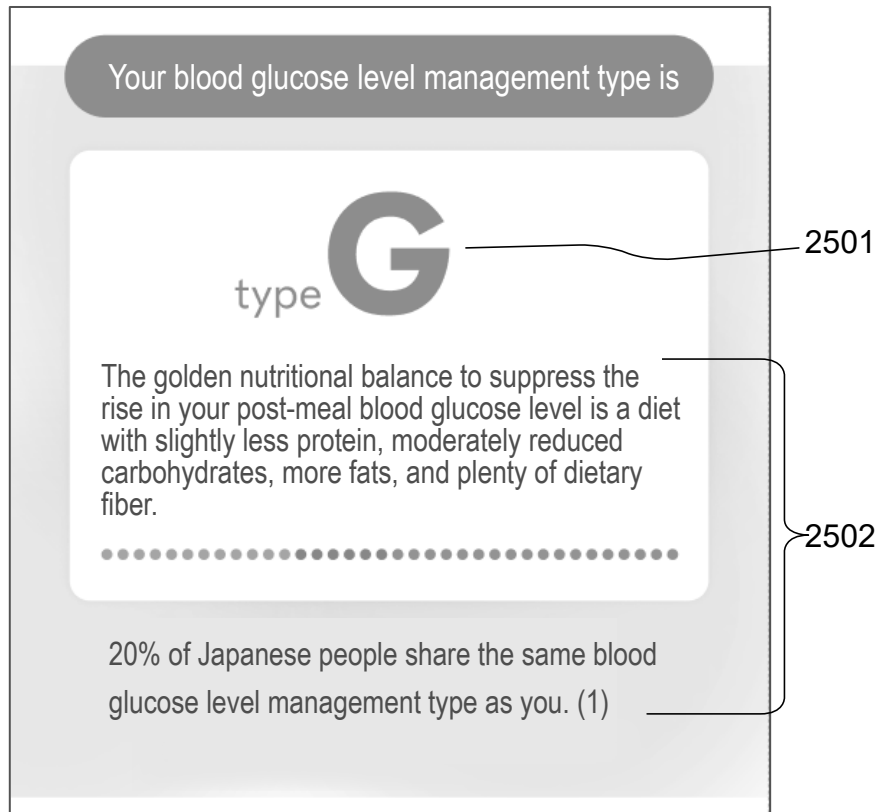


FIG. 25

Blood glucose level management advice

to suppress the rise in your blood glucose level

Here is an example of a menu close to the golden nutritional balance that can suppress the rise in your post-meal blood glucose level. Please make use of it in your daily diet.

Recommended "small add-on" dish

Vegetable tempura



Fat

Mozuku seaweed in vinegar



Dietary fiber

Meal plan close to the golden nutritional balance

Staple food



Mountain vegetable rice

Main dish



Simmered pork and Chinese cabbage

Side dishes



Stir-fried komatsuna and deep-fried tofu

Side dishes



Chinese-style salad of wood ear mushrooms and cucumber

Others



Cabbage miso soup

Curry plan close to the golden nutritional balance

To achieve your ideal golden balance with a curry made from familiar ingredients, the following are recommended:



Recommended ingredients

Chicken thigh (with skin) • Okra
Broccoli • Maitake mushrooms • Burdock root
Potato

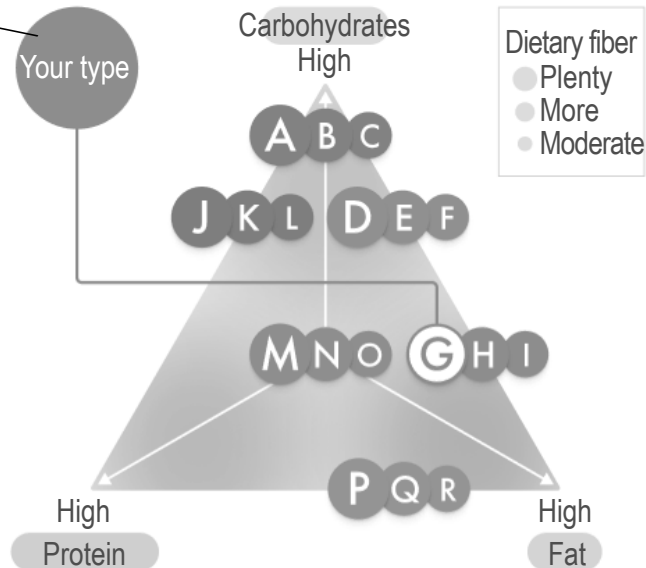
Recommended rice

Germinated brown rice

FIG. 26

2701

Relationship with other blood glucose



The diagram illustrates the differences in nutritional composition from the other types.

Out of all 18 types, those located closer together share more similar nutritional characteristics. For example, Types A, B, and C differ only in dietary fiber intake and therefore appear at the same coordinates.

Please note that there is no superiority or inferiority among the types; the purpose is simply to help you understand your own dietary type and use it as a guide for improving your lifestyle habits, etc.

FIG. 27

The golden nutritional balance per meal

to suppress the rise in your blood glucose level

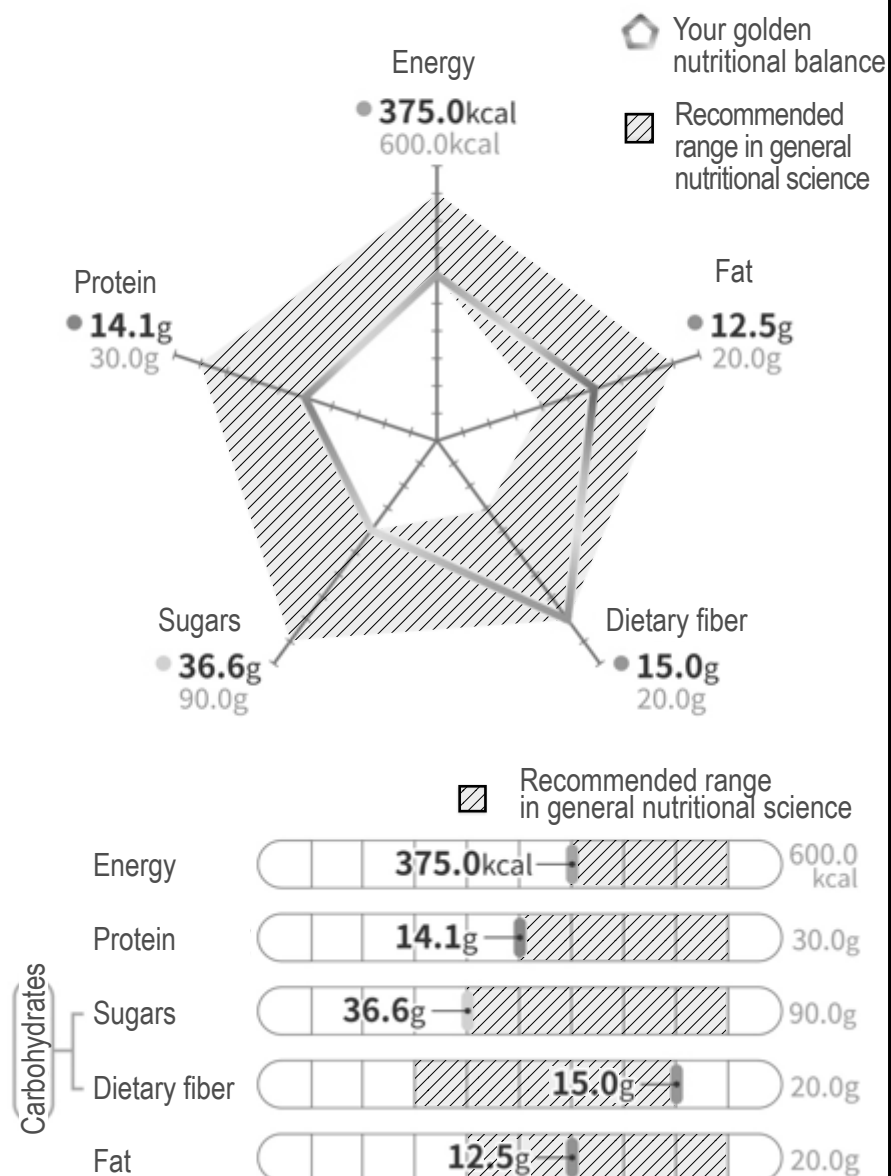


FIG. 28

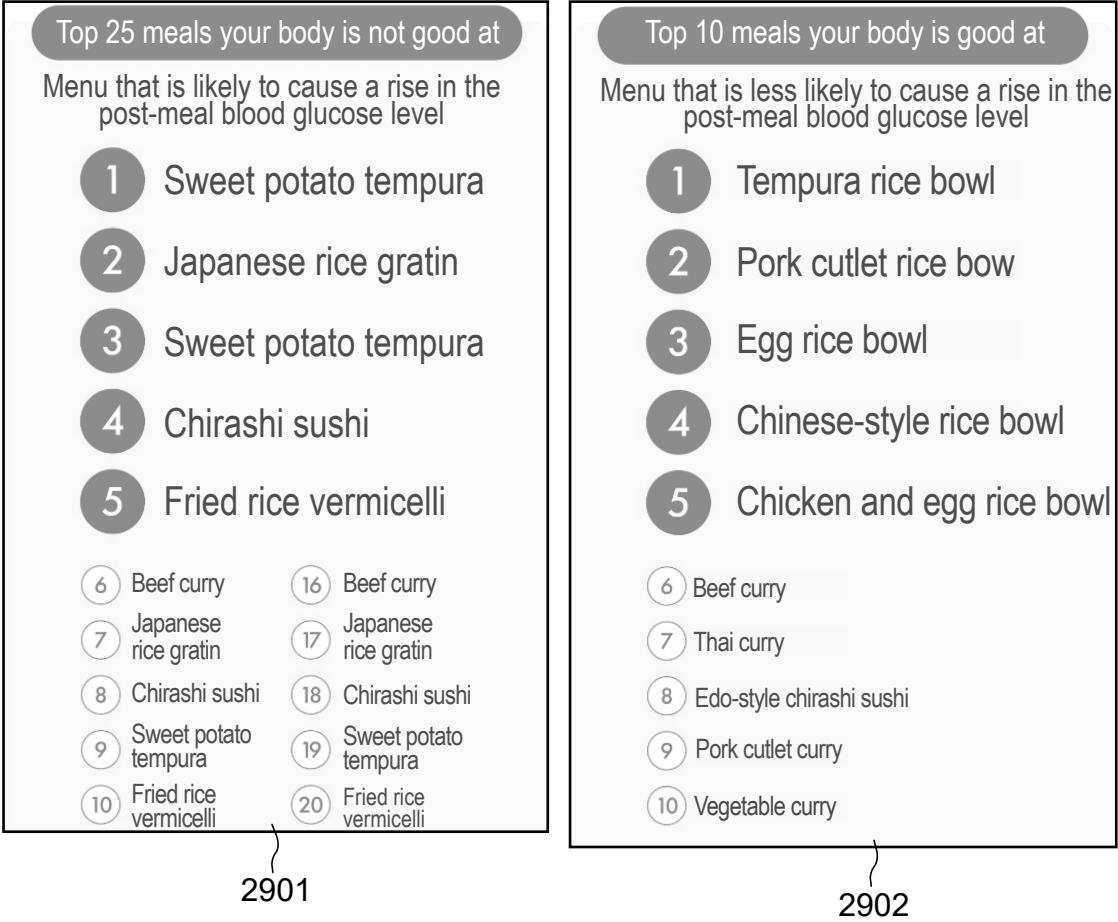


FIG. 29

30/31

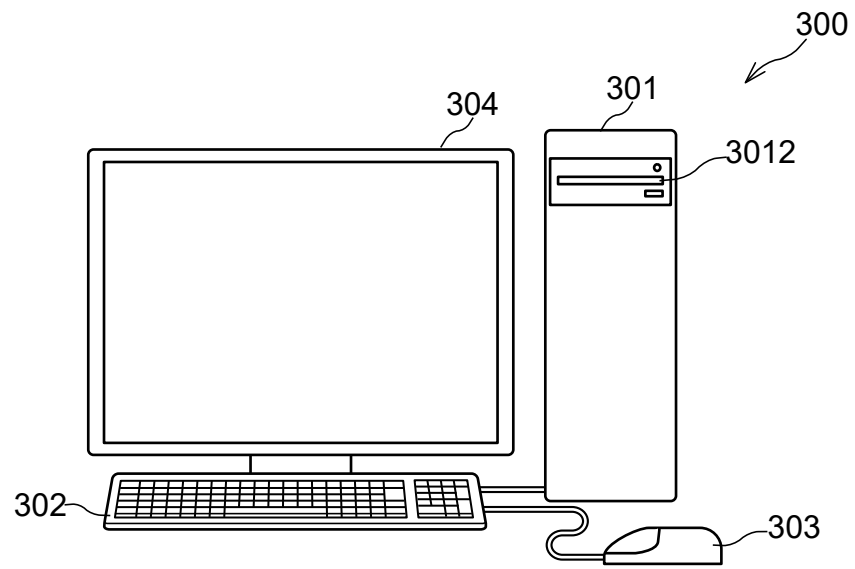


FIG. 30

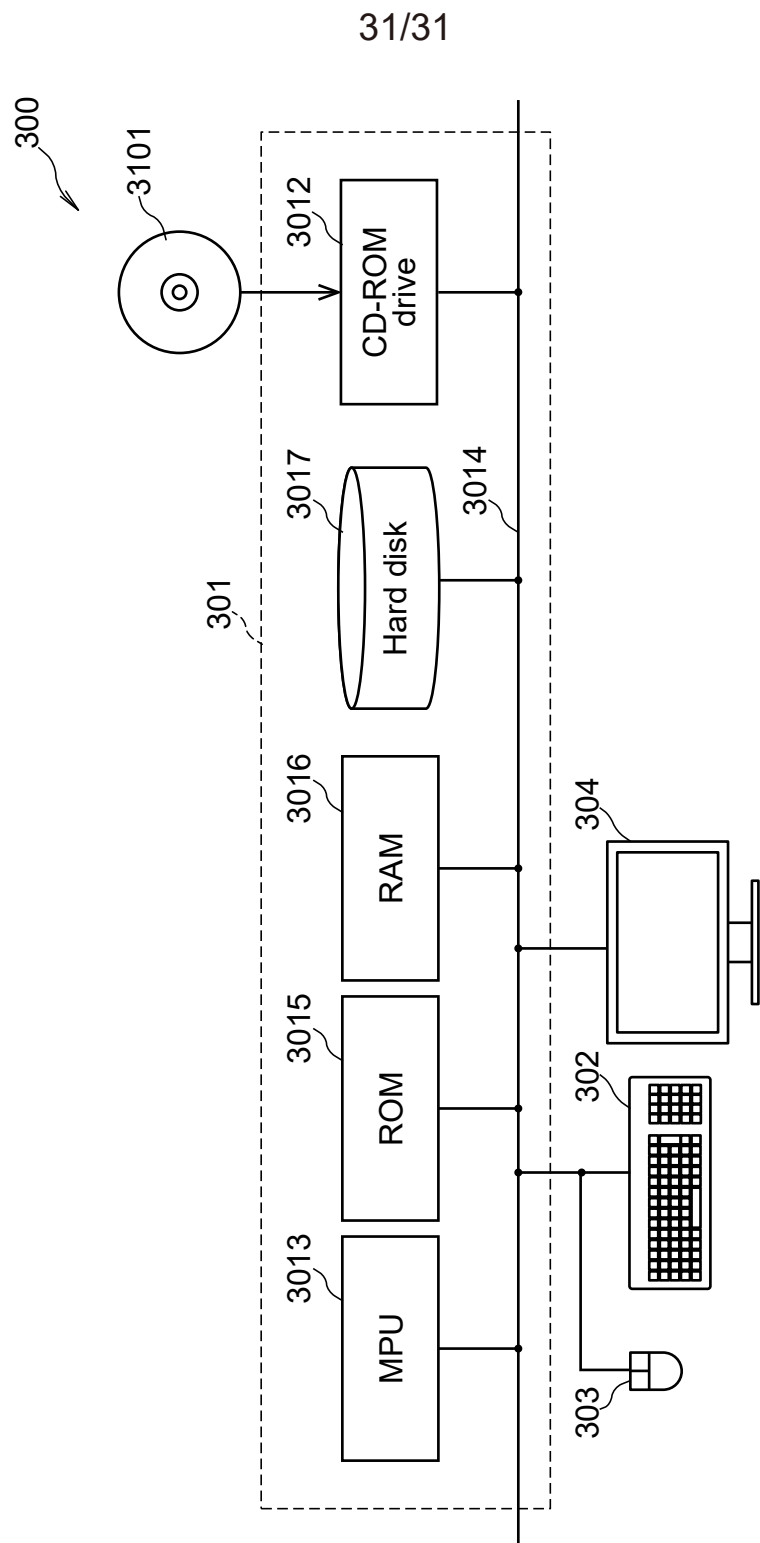


FIG. 31