

Health Bulletin

Got a rough day? Just drink it away
That's the salaryman life!

You keep doing that,
and it's going to hurt you.
Physically and mentally.
You know that, right?

How much alcohol is considered a healthy amount?

A moderate drinking level is **roughly 20g of pure alcohol per day for men, and about half of that for women.**

types of alcohol	Beer	Wine	Sake	Shochu	Whisky
					
Approximately 20 grams of pure alcohol	500ml	200ml	180ml	100ml	60ml
alcohol percentage	5%	12%	15%	25%	40%
carbohydrate content	15~20g	3~4g	8g	0g	0g
purines (mg)	4.4~6.9	0.4	1.2	0.03	0.1

Did you know? "Sober Curious"

It's a lifestyle in which people who *can* drink and have no problems with alcohol intentionally choose *not* to drink.

The term "**Sober Curious**" combines "*sober*" (meaning being alcohol-free) and "*curious*", meaning having an interest or curiosity.

It refers to having curiosity about staying sober and exploring enjoyment without alcohol.

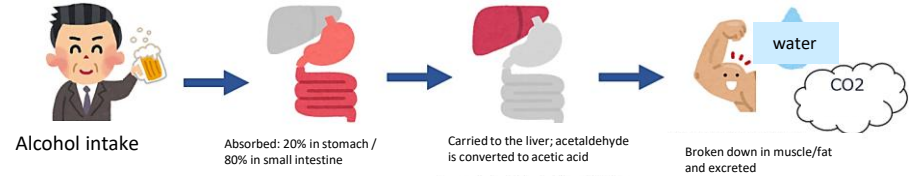
Bicycling after drinking

If 0.15 mg or more of alcohol per liter of breath is detected, it constitutes a driving-under-the-influence violation.

Penalties: up to 3 years' imprisonment (custodial sentence) or a fine of up to ¥500,000.

Please note that penalties may also apply to those who provide the bicycle/vehicle, those who serve/provide alcohol, and any accompanying riders/passengers.

Watch your drinking and your diet.



Alcohol Consumption Self-Check

Results may differ based on age, gender, and individual body chemistry.

By selecting the illustration of what you drank, you can easily see how long it takes for your body to break down the alcohol. SNAPPY-PANDA <https://snappy.udb.jp/drink-check>

Diagnostic Criteria for Alcohol Dependence 「ICD-11」

If two or more of the following are clearly present.

Although this typically continues for 12 months or longer, a diagnosis may be made if drinking occurs almost daily for at least 3 months.

● Impaired Control

Difficulty controlling the initiation, termination, or amount of drinking.

● Drinking-Centered Lifestyle

An increasing amount of time is spent drinking, leading to reduced interest in other activities or pleasures.

● Physiological Symptoms

Withdrawal symptoms such as irritability, nausea, tremors, insomnia, palpitations, fever, or hallucinations may occur when drinking is stopped.

Additionally, tolerance may develop, requiring larger amounts of alcohol to achieve the same effect.

The Relationship Between Alcohol and Dopamine

Dopamine is involved in pleasure, motivation, and learning.

When alcohol is consumed, dopamine is released, making it easier to experience pleasure.

However, with repeated drinking, the nerve cells in the brain begin to change.

As a result, the same amount of alcohol brings less pleasure, and the person begins to need more alcohol to achieve the same effect.

Let's Reconsider Our Relationship with Alcohol

- Understand your current drinking pattern
- Set a limit before you start drinking
- Have meals before and during drinking
- Drink water between alcoholic drinks
- Take at least one or more alcohol-free days per week

Avoid the Following Behaviors

- Binge drinking (large amounts in a short time)
- Forcing others to drink
- Drinking to relieve anxiety or insomnia
- Drinking during illness or after medication
- Intense exercise or hot baths after drinking



Are you getting enough? Try a nutrition check.

- ☐ I often feel tired or low on energy.
- ☐ I have little appetite or tend to skip meals.
- ☐ I usually eat quickly or irregularly.
- ☐ I tend to eat mostly carbohydrates (rice, noodles, bread, etc.).
- ☐ I don't eat much meat, fish, eggs, or soy products.
- ☐ I don't eat many vegetables.
- ☐ I often rely on convenience foods or ready-made meals.
- ☐ I drink alcohol instead of eating meals.

Instead of eating just because you feel hungry, it's important to eat with the awareness of giving your body the nutrients it needs.



If you tend to overeat at lunch or dinner, it may be because you're skipping breakfast.

The 6 Basic Food Groups



Carbohydrates & Fats
Provide energy (body temperature, physical activity)



Vitamins & Dietary Fiber
Regulate body functions (skin & mucous membrane health, immunity, digestion)

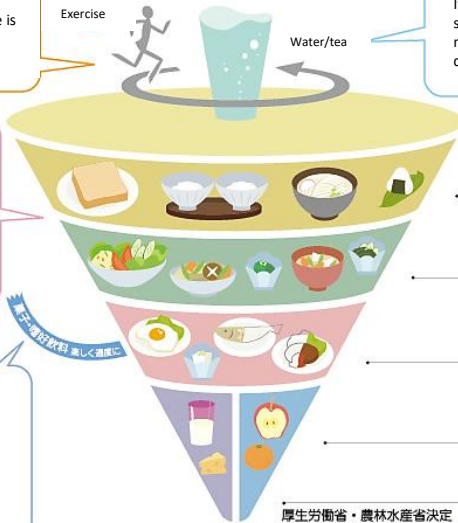


Protein & Minerals
Build the body (muscles, skin, bones, etc.)

A top remains stable only when it spins. This represents how exercise is essential, together with a balanced diet.

The spinning top represents the main meal divided into five food groups, showing what a well-balanced meal looks like with concrete examples.

The string part represents enjoyable foods and drinks, such as sweets and alcoholic beverages. It reminds us to keep these in moderation, considering the overall balance of our meals.



The axis of the spinning top represents water and tea. It shows the importance of staying well-hydrated during meals and throughout the day.

Daily Meal Balance Guide

5-7 servings Staple Foods
(rice, bread, noodles)

5-6 servings Vegetable Dishes
(vegetables, mushrooms, potatoes, seaweed)

3-5 servings Protein Dishes
(meat, fish, eggs, tofu/soy products)

2 servings Dairy Products
(milk, yogurt, cheese)

2 servings Fruits
(e.g., orange, banana)

We use a standard unit called "1 serving (SV)" to measure meal portions. The guide shows how many servings of each food group you should aim for in a day.

SV means "serving," and it indicates the general standard amount for one helping of food.

Benefits of Eating Breakfast Every Day

- Replenishes energy used during sleep
- Warms the body and activates metabolism
- Helps regulate daily body rhythm
- Supports stable concentration and performance throughout the day
- Helps prevent overeating later in the day

A well-balanced diet may also have a positive impact on mental well-being. Don't you think?



<https://www.maff.go.jp/j/syokuiku/kensyo/nintei.html>

How to Count Staple Food Servings

How to Count Staple Food Servings

Small bowl of rice = One rice ball = One slice of bread = Two rolls = 1 serving

Udon = Ramen = Zaru soba = Noodles count as 2 servings

Medium bowl of rice = 1.5 servings

Side dishes - How to Count Staple Food Servings

spinach ohitashi = One small bowl / one small plate = 1 side-dish serving

edamame = 1 side-dish serving

salad = A large plate of vegetable salad = 1 side-dish serving

Simmered veggies = Vegetable main = 2 side-dish serving

Stir-fried veggies = Vegetable-rich miso soup = 1 side-dish serving

Main dishes - How to Count Staple Food Servings

One-egg dishes = 1 main-dish serving

1/3 block of tofu = 1 main-dish serving

One pack of natto = 1 main-dish serving

grilled fish = Teriyaki fish = Sashimi = 2 Main-dish serving

Exceptions in Meat Dishes

One serving of meat = 3 Main-dish serving

One serving of beef steak = 5 main-dish servings

Hamburger steak = Pork ginger sauté = Fried chicken

How to Count 1 Serving of Milk & Dairy Products

Half a cup of milk = 1 container of yogurt = 1 slice of cheese = a small piece of cheese = 1 serving of Milk / Dairy Products

1 bottle of milk = 2 servings of milk / dairy products

Fruits - How to Count Staple Food Servings

orange = Persimmon = peach = kiwi = A small-sized fruit counts as 1 serving.

apple = pear = grapes = A large fruit counts as 1 serving when eaten as half.

Estimated Energy Requirement (kcal/day)

	Men (Low)	Men (Moderate)	Men (High)	Women ¹ (Low)	Women (Moderate)	Women (High)
18-29 years	2300	2650	3050	1850	1950	2200
30-49 years	2300	2650	3050	1750	2000	2300
50-69 years	2150	2450	2800	1650	1900	2200
70+ years ^{2,3}	1850	2200	2500	1500	1750	2000

1: Women, excluding those who are pregnant or breastfeeding.

2: Low = Most daily activities are sedentary or stationary.

Moderate = Mainly sedentary, but includes some walking or standing at work, commuting, housework, or light exercise habits.

High = Engages in work with frequent movement or standing, or has a habit of regular vigorous physical activity.

3: Calculated based on reports mainly from individuals aged 70-75 who maintain independent daily living.

Prioritize a balance that fits your lifestyle.



Add scallions & an onsen-egg to cup soup

Load up your soup —load up on veggies.



Make use of convenient frozen and pre-cut vegetables.



Chew well to feel more satisfied.

This "Dietary Balance Guide" is based on a daily total energy intake of approximately 2,000-2,400 kcal.

厚生労働省・農林水産省決定