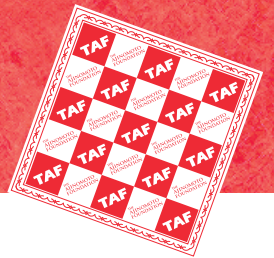


Cook together, Eat together!  
Red Apron Project

ARIGATO (Gratitude)

# Recipe Collection

Supporting Reconstruction  
through the Power of Food



Energy  
Approx.  
**500**kcal

Salt  
**3**g  
or less

Protein  
Approx.  
**20**g

Healthy and tasty

The Ajinomoto Foundation

# “Red Apron Project” Recipes



## ● About The Ajinomoto Foundation (TAF)

The foundation was established by Ajinomoto Co., Inc. in 2017.

With the support and cooperation of society at large, it aims to help solve important social issues in Japan and around the world through projects aimed at improving nutrition through food.

## ● About the Red Apron Project

The Ajinomoto Group launched this project in October 2011 in the three prefectures of Iwate, Miyagi, and Fukushima, which were devastated by the Great East Japan Earthquake.

The project's main activity is a participation-based cooking class designed around the concept of “cook together and eat together.”

The class was held in collaboration with various local partners, including local governments, dietary improvement promotion groups, social welfare councils, consumer co-operatives, and NPOs.

In 2017, the project was transferred from Ajinomoto Co., Inc. to TAF, with direct staffing support concluding at the end of February 2020. Over the past eight and a half years, the project has organized a total of 3,771 cooking classes in 51 municipalities in Iwate, Miyagi, and Fukushima prefectures, with a total of 54,434 people living in emergency temporary housing and public housing for disaster victims taking part.

The goal of the project was to improve dietary habits and revitalize the local community. Not only did people lose the desire to cook meals in the cramped, unfamiliar kitchens of their temporary housing, but some lost their appetites and withdrew from the community after the loss of family members. There were also those whose entire towns were swept





away by the tsunami, and those who had to evacuate in pieces due to the nuclear power plant accident. As such, there was a need for somewhere that people could gather together outside of their temporary housing.

As opposed to food handouts where those who cook and those who eat are separated, settings where everyone “cooks and eats together” naturally give rise to communication. The beauty of cooking classes is that because there is nobody who has no relationship with food, everyone, young and old, men and women, can participate, and everyone has a role to play no matter their level of skill.

These eight and a half years of activities have been an important time for rejuvenating the minds and bodies of all involved, both organizers and participants, and have contributed to the revival of destroyed local communities and the ties between people. Moreover, the fact that the activities have continued for this long has led to greater awareness of salt reduction, improved enthusiasm for cooking, and better recognition of safety and sanitation management.

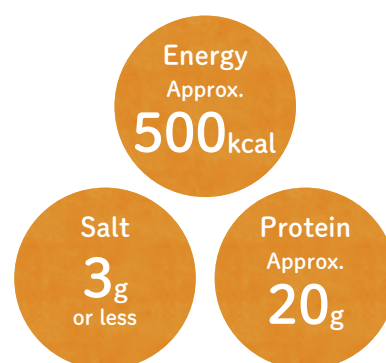


## ● About this Recipe Collection

To mark 2021, the 10th anniversary of the Great East Japan Earthquake, TAF has published a collection of “ARIGATO (Gratitude)” recipes as a way of saying thank you once again to everyone who participated in and supported this project.

Accumulating our expertise based on over eight and a half years of experience on the ground, and cooking and eating approximately 500 meals each month, we have developed this recipe collection with the following principles.

- To ensure that even those who are not used to cooking can easily make delicious food
- Targeting mainly the elderly, to give consideration to health and nutritional balance, with approximately 500kcal of energy, 3g or less of salt, and about 20g of protein per meal
- To make the recipe budget-friendly with an ingredient costs of no more than 300 yen per meal, using seasonal and accessible ingredients



Currently, the recipes have been well received and widely used by local groups that voluntarily hold cooking classes even after the Foundation’s direct staffing support has ended, dietary improvement promotion groups, children’s cafeterias, nutritionists, and others.

Although this represents only a small sample, the wide range of distinctively Japanese meal recipes, ingredients, cooking methods, and salt reduction techniques are given. We hope you enjoy.





# Winter Menu

Energy  
**535kcal**

Salt  
Protein **2.5g**  
**22.9g**

Ingredient  
costs per meal  
**298yen**

These meals offer delicious and easy ways to incorporate vegetables into your diet. By devising different combination of seasonings and cooking methods, you can enjoy a variety of vegetable dishes without getting tired of them.



## Aromatic Mixed Rice with Chrysanthemum Greens

Energy **215kcal**  
Salt **0.3g**

Sautéing in sesame oil softens the bitterness and acidity of the chrysanthemum greens, so this recipe comes recommended even for people who do not normally like them. The flavor of the greens is further enhanced by the dashi stock powder.

- 1 Finely chop the stems of the chrysanthemum greens and cut the leaves into 1 cm pieces.
- 2 Heat sesame oil in a frying pan, add 1, and sauté until everything is soft and well coated with oil.
- 3 Add warm cooked rice, the sautéed chrysanthemum greens, white sesame seeds, and the dashi stock powder to a bowl and mix together well.

### Ingredients (4 servings)

½ bunch chrysanthemum greens  
2 tsp roasted white sesame seeds  
1.3 cups rice (195g)  
½ tbsp sesame oil  
1 tsp dashi stock powder



## Stewed Chicken and Daikon

Energy **236kcal**  
Salt **1.5g**

The daikon (Japanese radish) can be microwaved in advance to save cooking time. The Umami from the kombu kelp and the flavors of miso (soybean paste), soy sauce, and ginger give the dish a comforting taste.

- 1 Place water and the kombu in a bowl and soak for about 30 minutes. When the kombu becomes soft, cut it into 3 cm thin rectangles with kitchen shears (set aside the water the kombu was soaked in for later).
- 2 Peel the daikon radish, cut into quarter slices 1cm thick, place in a heatproof bowl, cover loosely with plastic wrap, and microwave (500W) for about 4 minutes.
- 3 Cut chicken into bite-size pieces and carrots into half-circle slices, 1cm thick with the skin intact. Tear the *konnyaku* (konjak) into bite-size pieces and soak them in boiling water to remove the harshness.
- 4 Place the *konnyaku* in a frying pan and lightly sauté over medium heat, then add the chicken and keep cooking. When the meat browns, add the daikon, carrot, kombu, and the kombu water, then cover and simmer over high medium heat for about 15 minutes.
- 5 Add the seasonings in A mixed in advance, braise over high heat until all the liquid is absorbed, place in a bowl, and sprinkle with chopped chives.

### Ingredients (4 servings)

360g chicken thigh  
½ daikon (Japanese radish)  
½ carrot  
100g *konnyaku* (konjak)  
3 chives  
1 sheet kombu, 5cm square  
200ml water  
A 1 tbsp miso (soybean paste)  
1 tbsp soy sauce  
1 tbsp mirin (sweet cooking rice wine)  
1 tbsp sake  
1 tsp grated ginger



## Potatoes dressed in Dashi Vinegar

Energy **84kcal**  
Salt **0.7g**

Just dress shredded boiled potatoes and bell peppers with ham and seasonings.

- 1 Peel the potatoes and shred them. Cut the peppers in half lengthwise, remove the stems and seeds, and cut them into thin strips. Shred carrots and ham.
- 2 Boil water in a pot, add carrots and potatoes and boil for 1.5 minutes, add green pepper and boil for another 30 seconds, then drain in a colander.
- 3 Mix ingredients A in a bowl, add 2 and the ham, and mix together well.

### Ingredients (4 servings)

2 potatoes  
2 green bell peppers  
¼ carrot  
2 slices of loin ham  
A 2 tbsp *Mentsuyu* (noodle soup base)  
2 tbsp vinegar  
2 tsp sesame oil





# Spring Menu

Energy  
**570kcal**

Salt **2.6g**  
Protein **23.4g**

Ingredient  
costs per meal  
**228yen**

Using canned food that can be stored at room temperature makes preparation and cooking easier, and hygiene is assured. This set of recipes includes salad that gives nutritional balance and a popular, easy dessert.



## Tomato Curry Using Canned Mackerel

Energy **395kcal**  
Salt **1.5g**

A simple curry made in no time using a can of boiled mackerel!

The flavors of curry, tomatoes, and ginger soften the fishy smell of the mackerel.

- 1 Peel and finely chop the onion and ginger.
- 2 Heat salad oil in a frying pan, add 1 and grated garlic, then sauté. When the onions have softened, add the diced tomatoes and lightly drained mackerel, break up the flesh, and bring to a simmer.
- 3 Add A and curry roux to 2 and mix. When the curry roux is well dissolved, turn off the heat. Serve with rice and sprinkle with dried parsley to taste.

### Ingredients (4 servings)

1 can of boiled mackerel  
 1 can of diced tomatoes  
 ½ onion  
 1 piece ginger  
 ½ tsp grated garlic  
 2 tsp salad oil  
 A 1 tsp consommé granules  
 1 tbsp medium-thick sauce  
 20g curry roux  
 1.5 cups rice (225g)  
 dried parsley (to taste)



## Japanese Salad with Pea Sprouts, Whitebait, and Deep-Fried Tofu

Energy **69kcal**  
Salt **1.0g**

The key is the fragrance produced by browning the deep-fried tofu in the pan! Drizzle with lemon to taste ♪



- 1 Cut off the roots off the pea sprouts, rinse briefly, and cut into half-lengths. Cut the tofu in half lengthwise and chop into 1 cm pieces.
- 2 Place the pea sprouts and 2 tbsp water (not included in ingredients) into a heatproof bowl, cover loosely with plastic wrap, microwave (500W) for about 2 minutes, then drain.
- 3 Place the deep-fried tofu in a hot frying pan and cook until just browned.
- 4 Add the tofu to 2, then mix in A.

### Ingredients (4 servings)

1 bag pea sprouts  
 1 sheet deep-fried tofu  
 A 30g whitebait  
 1 tsp roasted white sesame seeds  
 ½ tbsp sesame oil  
 ½ tsp salt



## Milk Rice Cake Covered with Sweetened Soybean Powder

Energy **106kcal**  
Salt **0.1g**

Use potato starch and milk to produce a mochi-like texture! Stir while adjusting the heat level to prevent burning.

### Ingredients (4 servings)

A 200ml milk  
 3 tbsp sugar  
 4 tbsp potato starch  
 B 1 tbsp kinako soybean powder  
 1 tbsp sugar

- 1 Place A in a saucepan and stir well. Heat over medium heat, stirring constantly, until the mixture becomes sticky and holds together, then turn off the heat and transfer to a flat container that has been moistened with water to cool.
- 2 Combine B in a bowl, toss with 1, cut into bite-size pieces, and serve.



# Autumn Menu

Energy  
**517**kcal

Salt  
Protein **24.6g**

Ingredient  
costs per meal  
**297**yen

※ Includes 110g (185kcal) of rice

Saury Fish Ball Soup is a local dish from the Tohoku region. Cooking a familiar dish like this together with others encourages conversation. These recipes include dried foods that are nutritious and can be stored at room temperature for extended periods of time.



## Freeze-Dried Tofu Mixed with Beaten Egg

Energy **115**kcal  
Salt **1.0**g

High in protein, iron, and calcium, freeze-dried tofu is a wonderful health food! Tearing into pieces by hand allows the flavor to soak in easily.



### Ingredients (4 servings)

2 blocks freeze-dried tofu  
½ onion  
2 beaten eggs  
2 shiitake mushrooms  
*mitsuba* (Japanese honewort), as needed  
**A** 3 tbsp *mentsuyu* (noodle soup base) (2x concentrated)  
150ml water  
1 tbsp mirin (sweet cooking rice wine)

- 1 Soak the freeze-dried tofu in lukewarm water for about 10 minutes, use both hands to squeeze out the water, then tear into bite-size pieces.
- 2 Cut onion in half lengthwise and slice thinly across the grain. Thinly slice the shiitake mushrooms and cut the *mitsuba* (Japanese honewort) into 3 cm-long pieces.
- 3 Put **A**, onion, and shiitake mushrooms in a frying pan, cover and simmer. When the onions have softened, add the tofu and cook over low heat for another 3 minutes.
- 4 Pour the beaten egg all over and keep simmering until the egg is half-cooked. Arrange in a serving bowl and top with *mitsuba* leaves.



## Greens and Sakura Shrimp Dressed in Dashi Vinegar

Energy **16**kcal  
Salt **0.5**g

The sakura shrimps are full of Umami and produce a good broth ♪

### Ingredients (4 servings)

1 bunch *komatsuna* greens  
3 tbsp sakura shrimp  
2 tsp vinegar  
2 tbsp *mentsuyu* (noodle soup base) (2x concentrated)

- 1 Cut the *komatsuna* greens into 3–4 cm long pieces, place in a heatproof bowl, cover loosely with plastic wrap, and microwave (600W) for about 3 minutes. Leave to cool slightly, then squeeze out the water.
- 2 Pour the vinegar and *mentsuyu* (noodle soup base) into a bowl, add the *komatsuna* and sakura shrimp from 1, then mix everything together thoroughly.



## Saury Fish Ball Soup

Energy **201**kcal  
Salt **1.5**g

Enjoy this seasonal flavor using commercially available saury fish paste.

### Ingredients (4 servings)

2 fishes worth of saury fish paste  
**A** 1 tsp miso (soybean paste)  
1 tbsp potato starch  
2 tbsp water  
½ burdock  
¼ daikon (Japanese radish)  
¼ carrot  
½ chives  
1 tsp dashi stock powder  
700ml water  
1 and ½ tbsp miso

- 1 Combine **A** in a bowl and mix well.
- 2 Add the fish paste to 1 and mix until sticky.
- 3 Cut the daikon (Japanese radish) and carrots into quarter slices, and slice the chives diagonally. Scrape off the skin of burdock root, cut diagonally into thin slices, and soak in water for about 10 minutes.
- 4 Put the daikon, carrot, burdock, water, and dashi stock powder in a pot and simmer until the vegetables are cooked.
- 5 Form 2 into balls using a spoon, add them to the pot, and when they float to the surface, dissolve the miso (soybean paste) into the broth, add the green onions, and bring to a simmer.



# Autumn Menu

Energy  
**444kcal**

Salt **2.9g**  
Protein **20.0g**

Ingredient  
costs per meal  
**299yen**



Energy **219kcal**  
Salt **0.5g**



## Inari Sushi with Sweet Pickled Ginger

The spiciness, acidity, and crispy texture of the pickled ginger produces delicious *inari* sushi.



### Ingredients (4 servings)

8 seasoned *inari* tofu skins  
30g sweet pickled ginger  
1 tbsp sweet pickled ginger juice  
½ tsp roasted white sesame seeds  
1 cup rice (150g)

\*Seasoned *inari* tofu skins that weigh 12g each and contain 0.1g of salt are used.

- 1 Shred the pickled ginger.
- 2 Add 1, the juice from the pickled ginger, and white sesame seeds to warm rice, and mix together with a cutting motion.
- 3 Form 2 into 8 equal cylinder-shaped pieces and stuff into the seasoned tofu skins.



## Yamagata Imoni Soup

A local dish of Yamagata containing taro, beef, chives, and *konnyaku* (konjak).



Energy **180kcal**  
Salt **2.0g**

### Ingredients (4 servings)

150g chopped beef  
3 taro  
⅓ burdock  
½ chives  
½ *konnyaku* (konjak)  
A 800ml water  
2 tbsp sake  
2 tsp dashi stock powder  
2 tbsp soy sauce  
2 tsp sugar

- 1 Peel the taro and cut into bite-size pieces (if you are worried about the sliminess, rub with salt and rinse in cold water).
- 2 Scrape the surface of burdock with the back of a knife, cut diagonally into thin slices, and soak in water to remove the harshness.
- 3 Tear the *konnyaku* into pieces by hand and slice the chives diagonally.
- 4 Put A, the taro, burdock root, and *konnyaku* in a pot and simmer until the taro is cooked (add more water if it runs out).
- 5 Add the beef cut into bite-size pieces, skim off the scum, add soy sauce and sugar, and simmer for about 5 minutes. Finally, add the chives and bring to a boil.



## Greens and Mushrooms Mixed with Tuna

A well-balanced side dish recipe with vegetables, mushrooms, and fish.



Energy **45kcal**  
Salt **0.4g**

### Ingredients (4 servings)

1 bunch *komatsuna* greens  
1 can of canned tuna  
½ pack of *shimeji* mushrooms  
2 tsp sesame oil  
1 tsp dashi stock powder

- 1 Cut the *komatsuna* greens into 3–4 cm long pieces. Cut the root off the *shimeji* mushrooms, cut into half-lengths and break them apart.
- 2 Boil water in a pot, add the *komatsuna*, cook for about 1 minute, add the *shimeji*, and cook for another minute. Drain in a colander, allow to cool slightly, and squeeze out the water.
- 3 Put 2 and tuna with juice from the can in a bowl, add sesame oil and dashi stock powder, and mix all together.





# Autumn Menu

Energy  
**476kcal**

Salt **2.8g**  
Protein **24.6g**

Ingredient  
costs per meal  
**297yen**

※ Includes 110g (185kcal) of rice

These recipes allow you to experience Japanese food culture by making dashi stock from kombu kelp and dried bonito flakes. The stock leavings are also used to make side dishes, ensuring nothing is wasted. You can also appreciate a sense of the season with a combination of dishes using autumn salmon.



## Salmon and Lotus Root Teriyaki

This combination of autumn salmon, lotus root, and *maitake* mushrooms really makes it feel like autumn.

Energy **171kcal**  
Salt **1.1g**



### Ingredients (4 servings)

- 3 fillets of raw salmon
- 1 tbsp potato starch
- 1 piece of lotus root
- 1 pack of *maitake* mushrooms
- ½ pack of daikon sprouts
- 1 tbsp sesame oil
- A** 1 and ½ tbsp Mirin (sweet cooking rice wine)
- 1 and ½ tbsp soy sauce
- 1 and ½ tbsp sake

- 1 Cut the salmon into thirds and dust with potato starch.
- 2 Peel and cut the lotus root in half vertically, then cut into 5 mm-thick quarter slices. Break up the *maitake* by hand, cut the roots of the daikon sprouts and cut them into half-lengths.
- 3 Grease a frying pan with ½ tbsp sesame oil, place salmon skin side down, cook over medium heat until browned on both sides, then remove from the pan.
- 4 Add another ½ tbsp sesame oil to the pan from 3, add the lotus root, and when it begins to turn transparent, add the *maitake* and sauté further. Put the salmon back in, coat with the seasonings in **A**, and turn off the heat. Arrange in a serving plate and top with the daikon sprouts.



## Miso Soup with Nori Seaweed — Blended Dashi Stock Using Kombu Kelp and Dried Bonito Flakes

By taking advantage of the Umami of the ingredients, the dish tastes great despite its low salt content.

Energy **43kcal**  
Salt **1.0g**



### Ingredients (4 servings)

- 1 sheet toasted nori seaweed
- ½ block silk-strained tofu
- 2 chives
- 800ml water
- 2 sheets kombu, 5cm square
- 15g dried bonito flakes
- 1 and ½ tbsp miso (soybean paste)

- 1 Place water and kombu in a pot and soak in water for 30 about minutes, then heat over low heat for about 30 minutes before removing the kombu (be careful not to let the water come to a boil with the kombu in it).
- 2 Turn off the heat just before 1 comes to a boil, add bonito flakes, and when they sink to the bottom of the pot after about 2 to 3 minutes, strain out the flakes using a colander lined with cooking paper (do not squeeze them, as it will produce acidity).
- 3 Add the tofu, drained and cut into bite-size pieces, to 2, and turn off the heat when brought to a boil again. Dissolve the miso (soybean paste) into the broth, then add the nori seaweed, torn into bite-size pieces, and the chopped chives.

\* 1 sheet toasted nori → 19 cm wide x 21 cm long



## Nagaimo Yam and Kombu Kelp Mixed with *Nametake* Mushrooms

Another dish using kombu from the miso soup's stock leavings!  
A simple recipe of chopped kombu mixed with crushed *nagaimo* and *nametake*.

Energy **77kcal**  
Salt **0.7g**

### Ingredients (4 servings)

- 200g *nagaimo* yam
- 2 sheets kombu from the stock leavings, 5cm square
- 3 tbsp *nametake* mushrooms (from a jar)
- 1 tbsp vinegar
- grated wasabi(to taste)

- 1 Cut the kombu used to make the dashi stock into thin strips, place in a bowl, toss with vinegar, and let sit for about 10 minutes.
- 2 Peel the *nagaimo* and cut it into quarters, place in a plastic bag, and pound into bite-size pieces with a rolling pin.
- 3 Add the *nagaimo* and *nametake* to 1 and mix all together. Add grated wasabi to taste.

\* The kombu from stock leavings is that which has been used to make dashi stock.



**Ingredients** (4~6 servings)  
(easy-to-make quantities)

1 sweet potato  
3 tbsp salad oil  
3 tbsp sugar  
1 tbsp roasted black sesame seeds

## Crunchy Candied Sweet Potatoes

Energy 112kcal  
Salt 0.0g

Cut the sweet potatoes into 4 to 6 equal pieces lengthwise, then chop them into thin chunks so that the sugar can coat them easily and produce that crunchy texture!

- 1 Wash the sweet potatoes well, cut them into thin chunks with the skin intact, soak them in water for about 10 minutes, and drain.
- 2 Grease a frying pan with salad oil and sprinkle sugar on top. After thoroughly drying the sweet potatoes with kitchen paper, place them in the pan, cover with a lid, and cook over medium heat.
- 3 When it starts to crackle, turn the heat down to low and let it steam for about 10 minutes. When the sweet potatoes are cooked, roast them until they are coated with sugar all over, and sprinkle over black sesame seeds to finish.

\*Nutritional values when divided into 6 equal pieces, not including oil remaining in the pan.



**Ingredients** (4~5 servings)  
(easy-to-make quantities)

100g marshmallows  
100ml milk  
150g yogurt (unsweetened)  
lemon (to taste)

## Marshmallow Yogurt Mousse

Energy 101kcal  
Salt 0.1g

Marshmallows contain gelatin, which gives them a mousse-like texture ♪

- 1 Place the marshmallows and milk in a saucepan and heat over low-medium heat, stirring constantly, until the marshmallows are melted (they burn easily, so be careful with the heat level).
- 2 Remove from the heat, add the yogurt, mix well, allow to cool slightly, pour into a container, and then refrigerate for at least 1 hour. For a tart and refreshing flavor, squeeze over some lemon juice to taste.

\*Nutritional values when divided into 5 portions.



**Ingredients** (2 servings)

2 kiwi fruits  
2 tbsp honey  
a pinch of salt  
300ml soda water

## Fizzy Kiwi Drink

Energy 117kcal  
Salt 0.2g

Kiwi fruit are full of nutrients that are easy to miss out on, such as vitamins C and E, dietary fiber, and potassium ♪

- 1 Peel the kiwi, place in a plastic bag and crush by hand.
- 2 Put the honey and salt into the bag from 1, and mix everything together by hand. Put half of the mixture into a glass, pour in 300 ml of soda water and mix all together.

\*Either golden kiwis or green kiwis can be used! Choose fruit that are soft and ripe.

\*Adjust the amount of honey to your preferred sweetness.

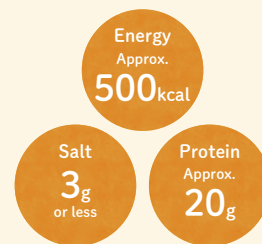
\*A pinch of salt (about 1/8 tsp) pinched between thumb and forefinger

# Features of the Recipes

## 1 Nutritionally balanced, healthy, and delicious!

The recipes are nutritionally balanced and designed with health in mind, with approximately 500 kcal of energy, less than 3g of salt, and about 20g of protein per meal.

Particular care is taken to reduce the amount of salt, and every meal is designed to use ingredients and cooking methods in a way that cuts salt while maintaining flavor.



## 2 Easy to cook

Even in a cooking class for about 30 people, three to four dishes can be prepared in less than one hour, including preparation, cooking, and cleanup. To achieve this, simple cooking methods and waste-free procedures have been developed, and the ingredients, seasonings, and cooking utensils used have been kept to a minimum.

\*The Ajinomoto Foundation website also includes a cooking process chart, so please use it if you would find it useful.



## 3 Easy to make with accessible ingredients and also budget-friendly

The dishes use ingredients that are readily available anywhere and with seasonings that people already have at home, making them easy and inexpensive to make. (less than 300 yen per meal)

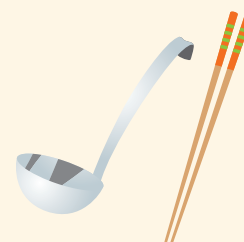
## 4 Provide stimulation with new things to discover

Given that the recipes were made for a cooking class, it would be boring if they were only simple to make! As such, we have included new ways to combine ingredients and seasonings, new cooking methods, and a bit of information about nutrition.

Those who participated in the classes gave a great deal of positive feedback, like “I didn’t know there was such a simple way to make this!” and “Eating this way is good for your health, isn’t it?”

## 5 Pleasing to the eye and fun to make

The seasonal ingredients and the coloring of the dishes give a sense of the season. We also try to incorporate cooking processes that allow everyone to feel the joy of working together to create the dishes: the sound of sizzling food, the aroma that wafts out when the lid is opened, rolling, kneading, stuffing, and so on, all leading up to the finished article.



## 6 Learning from feedback from the community, working to create recipes that anyone can make and will want to make at home

The recipes are packed with know-how developed by actually cooking and eating about 500 meals together every month.

We have learned from the comments we have received from many people over the past eight and a half years, like “this part was hard to understand,” “it’s better to cook it this way!” “I want to eat rice bowl dishes,” and the recipes have been continually improved to reflect these.





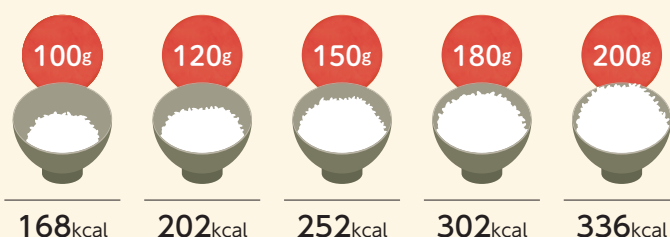
# Nutritional aspects

- 1 **Ingredient costs and nutritional values** such as energy, salt content, protein, etc. are shown per serving for one person.

Because the cooking class was held in an area with high levels of salt intake, the amount of salt was set so that participants would gradually become aware of the need to reduce salt intake, rather than raising the bar suddenly. We tried to make reasonable suggestions to help people keep reducing salt intake and to make it an ongoing habit.

- 2 **The meal recipes are intended for lunches for people 65 years of age and older, and aim to provide well-balanced nutrition in quantities that older people can eat.**

As we held successive cooking classes, we adjusted the amounts for subsequent recipes in response to the amount of food left over. Meal recipes that result in few leftovers are not only good for your body, but also easy on your wallet and the environment.



## “Now, let’s have a lively meal” Checklist

(Saa, Nigiyaka ni Itadaku)

It’s important to have nutritionally balanced meals! If you’re wondering what to eat to get that balance, here’s what we recommend. This checklist allows you to look back on a week’s worth of meals, using the initials of 10 food groups that should be eaten in the daily diet, with the catchphrase “saa, nigiyaka ni itadaku” (“now, let’s have a lively meal”) to make it easy to remember them.

### Dietary checklist

## 「Saa, Nigiyaka ni Itadaku」



Try to remember what you ate during the day and check it off.

Circle anything that you ate, even just once. The number of circles represents your score for that day.

	sa = fish (sakana)	a = oil (abura)	ni = meat (niku)	gi = dairy (gyuunyuu, yuuseihin)	ya = vegetables (yasai)	ka = seaweed (kaisou)	i = potatoes (imo)	ta = eggs (tamago)	da = soy (daisu)	ku = fruit (くだもの)	Total
Day1 ( )											
Day2 ( )											
Day3 ( )											
Day4 ( )											
Day5 ( )											
Day6 ( )											
Day7 ( )											

Looking at all the groups you have checked off over the week will tell you what foods you are eating and what foods you are eating less of. Use this checklist to ensure you are eating balanced meals.

\* “Saa, nigiyaka ni itadaku” is a catchphrase created by the Japan Locomo Challenge Promotion Conference. It consists of acronyms for the 10 food groups that make up the food intake diversity score developed by the Tokyo Metropolitan Institute of Gerontology.

THE  
AJINOMOTO  
FOUNDATION



# Cook together, Eat together! Red Apron Project



Contact

**The Ajinomoto Foundation**

Disaster reconstruction assistance project : Manager Yuriko SAITOH

HP : <http://www.theajinomotofoundation.org/>

E-Mail : [taf\\_information@aji-foundation.org](mailto:taf_information@aji-foundation.org)

