

The 3rd volume of "Views of those who Experienced Cancer" Series

Everything You Need to Know about Cancer Care Collection of Q&A No.3

Meals and side-effects of
chemotherapy and radiotherapy



Joint Study Group on "the Sociology of Cancer"

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Foreword

Cancer patients and their families are forced to experience a variety of anxieties and burdens during cancer treatment. In 2003, the “Joint Study Group on the Sociology of Cancer” conducted “The Research into the Anxieties and Burdens of Cancer Sufferers” and clarified some of these anxieties and burdens. The interim report on the survey was published, entitled “The Views of 7,885 People Who Faced Cancer” which is also available on the website of Shizuoka Cancer Center. (<http://www.scchr.jp/>)

In order to alleviate various anxieties and burdens, the Joint Study Group has also worked on booklets about solutions based on the views of patients and their families. This booklet is the 3rd edition.

The survey dealt with the anxieties about “symptoms, side-effects and after-effects” which was ranked second among the anxieties and burdens of patients. Side-effects and after-effects in daily live (diet, excretions, etc.), which patients and their families constantly struggle face and cope with by themselves, will cause severe stress along with other anxieties which they already deal with. While books about diet after surgery are easily available in bookstores, few books focus on “diet” which suits a variety of symptoms caused by anti-cancer drugs and irradiation therapy. Thus, the 3rd edition discusses dietary problems caused by anti-cancer drugs and irradiation therapy in order to provide patients and their families with useful daily information including menus.

On making this book, we brought in nutrition and meal consultants for patients and their families from the staff members of Shizuoka Cancer Center nutrition room and used support examples from the nutrition room when patients had an eating problem. At the same time, we referred to the result from a survey conducted by the study group and discussions at meetings in the study group. In addition, Nihon University Junior College, Department of Food and Nutrition participated in creating the menus.

We hope that you use this booklet for hints in “coping with meals”

Moreover, the content of this pamphlet is not always for all patients.

If you have any concerns or difficulties regarding diet and nutrition, please communicate your situation and consult with your doctors, nurses or nutritionists at your medical care center.

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For users of this booklet:

The content of this pamphlet is not always suitable for all patients.

The condition will differ by illness status, kinds of anti-cancer drugs used, the combinations of drugs used, and area of irradiation therapy and so on. Also, menus, recipes, devices for diet are not the definitive answer but just a sample answer. If you have concerns or difficulties regarding diet and nutrition, please communicate your situation and consult with your doctors, nurses or nutritionists at your medical care center.

Symptom

Cause

Anti-cancer Drug Treatment

Can not eat because of nausea
Nothing tastes good
No appetite
Have trouble eating meals
Decreased strength
Loss of weight

Can be caused by various reasons

Central nerve origin

Caused by suppression of appetite center by psychological causes or neurological disorder

Toxic origin

Caused by stimulation of hypothalamic area and effect on mucous of digestive tract

Viscera origin

Caused by decline in function of intestines, stomach, liver, kidney and so on

Deficiency origin

Caused by decline of digestive function or disorder of endocrine secretion caused by deficiency of vitamins (especially B-complex)

Heartburn and/or Indigestion
Can not eat due to vomiting
Nausea
Remembering feelings of nausea and thinking this might happen again

Can be caused by various reasons

Central nerve origin

Caused by stimulation of vomiting center by psychological reasons or oral discomfort, smelling disorder and so on

Toxic origin

Caused by stimulation of hypothalamic area and effect on mucous of digestive tract

Viscera origin

Caused by stimulation toward digestive tract, constipation, retention of content of stomach and so on

Taste too Bland	Unexplainable bad taste cannot be explained
Everything tastes sweet	Always a strange taste in the mouth
No taste	Tastes like a prescription drug
As if eating sand	Can not taste sweetness
Taste different from real taste	Everything tastes salty
Salt and soy sauce tastes bitter	Taste is too strong
Metallic Taste	Dislikes the taste of chemical additives

Oral receptors which communicate information of taste and smell of food become out of order by the drug

Caused by disorder of mucous in the mouth

Cause

Measures

Irradiation therapy

*Identify radiated body parts that may cause each symptom

wide/high volume	Head and neck	Chest and Mediastinum	Abdominal and pelvic
---------------------	------------------	--------------------------	-------------------------

wide/high volume	Chest and Mediastinum	Abdominal and pelvic
---------------------	--------------------------	-------------------------

Caused by stimulation of
apapite center and mucous of
digestive tract

Caused by later listed
symptoms, disorder of
digestive organs and
psychological reasons

Loss of appetite

- If the cause of the appetite loss is clear, try to deal with it
- Eat whatever you can when you feel better
- Use nutrition supplements
- Find high protein foods that suits your taste

P.95

wide/high volume	Abdominal and pelvic
---------------------	-------------------------

Caused by stimulation of
vomiting center and mucous
of digestive tract

Caused by later listed
symptoms, disorder of
digestive organs and
psychological reasons

Nausea/ vomiting

- Learn nausea and vomiting patterns and eat using that sense of timing
- Eat small portions over several times
- Eat soft and easy-to-digest food
- Eat a light meal before treatment and avoid solid food right after the treatment for few hours
- Abstain from eating for 1-2 hours when vomiting
- Supply considering loss of water and potassium when vomiting
- Be aware of smells in food and the environment

P.103

Head and neck

Caused by change and
damage of mucous of tongue
and taste buds

Change of taste

- Adjust seasoning according to the change in tastes and symptoms
- Gargle or suck on candy

P.111

Symptoms

Cause

Anti-cancer drug treatment

Start to feel sick from smells
Disturbed by various smells

Oral receptors which communicate information on taste and smell of food are out of order because of drugs

Decrease of saliva production, dry mouth

Mouth feels sticky	Dentures became instable
Mouth feels dry	Can not bite because of
Difficult to eat because	cavity
food seems dry	Can not swallow easily

Caused by change of production of saliva

Oral and throat inflammation

Burns inside of mouth and throat
Hot/tart food hurts mouth
Feels bump in throat
Painful to swallow
Can not swallow

Anti-cancer drug attacks cell division so it damages mucous cells which frequently divide and causes inflammation

Infection in the mouth when white cells count is decreased, it will cause inflammation

Heart burn, feeling of indigestion
Burning sensation in stomach
Feels heavy around stomach

Caused by stimulation of mucous in stomach

Get full easily
Suffering flatulence
Food can not go down
Feel heaviness on the stomach

Can not digest because of the effect on the stomach and intestine lining, they can not digest well and food doesn't get through efficiently and induce fullness or flatulence

Causes

Measure

Irradiation therapy

*Identify radiated body parts can be cause each symptom

wide/high volume	Head and neck	Chest and Mediastinum	Abdominal and pelvic
------------------	---------------	-----------------------	----------------------

Change of smell

- try to reduce smells in the environment
- do not cook for yourself and stay away while cooking

P.117

Head and neck

Saliva production decreases and saliva get thicker

Inflammation of mouth and throat/ dry mouth

- Try to cook food that is easy to eat and swallow
- Take water often or lick ice cubes
- Try to keep the mouth clean

P.121

Head and neck Chest and Mediastinum

Anti-cancer drug attacks cell division so it harms mucous cells which frequently divide and causes inflammation. The inflammation induces swelling on the surface of mouth, throat and esophagus.

Stomach discomfort

- Eat soft and easy-to-digest food
- Do not eat a big portion at once. Eat several times
- Eat easy- to-digest and high protein foods little by little over many sittings
- Avoid strong foods

P.125

Chest and Mediastinum Abdominal and pelvic

Induced by the effect on the stomach lining, stomach can not digest well and food doesn't get through efficiently.

Bloating

- Eat easy-to-digest and high protein foods little by little
 - Eat carbohydrate foods mainly
 - Abstain from eating high fat foods and foods that produce gas
- * May be caused by intestinal obstruction or ascites. Please be cautious

P.131

Chest and Mediastinum Abdominal and pelvic

Induced by effect for the stomach lining, stomach can not digest well and food doesn't get through efficiently.

Symptom

Cause

Anti-cancer drug treatment

Can not eliminate stool and gas
Pain from flatulence

Caused by the delay of
neurotransmission to intestine

Often have diarrhea after eating
Losing strength from diarrhea

Caused by damage to the mucous
lining of digestive tract

Breathing difficulty

Difficult to breath while eating

Caused by damage to lung tissue

Opening mouth difficulty

Difficult to open mouth
Can not eat because mouth will not open

White cells in bone marrow are
damaged and decrease

Cause

Measure

Irradiation therapy

* Identify radiated body parts can be cause each symptom

wide/high
volume

Head and
neck

Chest and
Mediastinum

Abdominal
and pelvic

Constipation

- Try to intake food with high dietary fiber
 - Try to taking in more water
 - Avoid fattening food
 - Take food containing lactic acid bacteria
- * May be caused by intestinal obstruction. Please Be Cautious

P.137

wide/high
volume

Abdominal
and pelvic

Caused by stimulation to and damage of the mucous of digestive tract

Diarrhea

- Take enough potassium and water at about room temperature
- Try to eat low fat and high protein food

P.143

Chest and
Mediastinum

Caused by damage to lung tissue

Breathing difficulty/opening mouth difficulty

- Eat bite-sized and easy to swallow food. Try to make food easy to bite and swallow down
- Drink as much water as possible

P.147

Head and
neck

Caused by disorder of biting and opening mouth by inflammation of mouth and so on

wide/high
volume


White cells in bone marrow are damaged and decrease

Leucopenia

- *If you don't have a radical decrease in white cells (neutrophil), you can use usual hygiene control
- *Please consult your doctor concerning leucopenia

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Meal intake impediment caused by anti-cancer drug treatment or irradiation therapy



Part 1

Cooking Devices

[Content]

1. Quick reference chart for each menu to symptoms	13
2. Menus	19
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In this section, suitability of each menu for a person with particular symptoms and points of consideration and also how to make meals for one person easily.

Quick reference chart for each menu to symptoms

Each menu is introduced with how it is suited for different symptoms so that you can choose menu according to your symptoms.

[How to read the chart]

The chart shows how the menu is suited for symptoms by signs below



Suitable



**Comparatively
suitable**




**Need
consideration**



Not suitable

Recipes of the menus indicated in **yellow** appear in the latter part of the book.

For those menus with “ (Need consideration)”, considerations are explained in detail in the latter part of the book.

For those menus without recipe, please refer to the pages of each symptom in part 2.

Menu	Recipe page	(How to read the marks)										
		Loss of appetite	Nausea, vomiting	Change of taste	Change of smell	Oral or throat infection/ dry mouth	Stomach discomfort	Bloating	Constipation	Diarrhea	Breathing difficulty/ mouth opening difficulty	Leucopenia
Kayu	P.42	●	●	●	▲	◎	◎	◎	●	◎	◎	●
Pastry		◎	◎	●	◎	!	!	●	●	!	!	●
Nyu-men		◎	◎	!	!	!	◎	◎	●	◎	◎	◎
Cold somen	P.57	◎	◎	!	◎	!	●	●	●	●	◎	●
Soba		◎	●	!	!	!	!	●	●	!	●	●
Yaki-onigiri		◎	◎	◎	●	!	●	●	●	●	!	●
Ume-chazuke	P.54	◎	◎	●	!	!	!	●	●	●	●	●
Ojiya		●	●	!	!	◎	◎	◎	●	◎	◎	◎
Yaki-onigiri chazuke	P.56	◎	◎	●	!	!	!	●	●	●	●	●
Onigiri		◎	●	!	●	!	●	●	◎	●	!	!
Cold chazuke	P.55	●	●	●	◎	●	!	●	●	!	●	!
Tsukemono-zushi	P.46	◎	◎	!	◎	!	!	●	●	!	!	!
Inari-zushi	P.48	◎	◎	!	◎	!	!	●	●	!	!	●
Temari-zushi		◎	●	!	◎	!	!	●	●	!	!	▲
French toast	P.61	●	●	!	!	◎	◎	●	●	◎	◎	●
Bread pudding	P.62	●	●	!	!	◎	◎	●	●	◎	◎	●
Egg drop udon	P.58	●	●	!	!	●	◎	◎	●	◎	!	●

Menu	Recipe page	(How to read the marks)										
		Loss of appetite	Nausea, vomiting	Change of taste	Change of smell	Oral or throat infection/ dry mouth	Stomach discomfort	Bloating	Constipation	Diarrhea	Breathing difficulty/ mouth opening difficulty	Leucopenia
Zosui	P.45	●	●	●	✓	⊙	⊙	⊙	●	⊙	⊙	●
Takikomi rice	P.50	⊙	●	✓	✓	✓	✓	✓	●	✓	✓	●
Chirashi-zushi	P.47	⊙	⊙	✓	⊙	✓	✓	●	●	✓	✓	✓
Sandwich	P.59	⊙	●	✓	⊙	✓	●	●	●	●	✓	✓
Rolled sandwich	P.60	⊙	●	✓	⊙	✓	⊙	●	●	●	✓	✓
Ramen		⊙	●	●	●	●	✓	✓	●	●	✓	●
Sauce yakisoba		⊙	●	⊙	●	✓	✓	✓	●	✓	✓	●
Cold chinese noodle		⊙	●	⊙	⊙	✓	✓	✓	●	✓	✓	✓
Spaghetti		⊙	●	●	●	●	●	✓	●	●	✓	●
Beef curry	P.52	⊙	●	⊙	●	▲	▲	▲	●	▲	▲	●
Scrambled egg		●	●	✓	●	●	⊙	●	●	●	●	●
Tamago-dofu		●	●	✓	⊙	⊙	⊙	⊙	●	●	⊙	●
Onsen-tamago	P.80	●	●	●	●	⊙	●	●	●	●	⊙	▲
Cyawan-mushi	P.77	⊙	⊙	●	✓	⊙	⊙	⊙	●	⊙	⊙	⊙
Sashimi		⊙	⊙	●	⊙	✓	✓	⊙	●	✓	✓	▲
Miso boiled mackerel	P.64	⊙	●	✓	✓	✓	●	●	●	●	●	⊙
Salmon cheese meuniere		●	●	✓	✓	●	●	●	●	●	✓	⊙

Menu	Recipe page	(How to read the marks)										
		Loss of appetite	Nausea, vomiting	Change of taste	Change of smell	Oral or throat infection/ dry mouth	Stomach discomfort	Bloating	Constipation	Diarrhea	Breathing difficulty/ mouth opening difficulty	Leucopenia
Broiled eel		●	●	✓	✓	●	●	●	●	●	✓	●
Boiled hanpen		●	●	✓	✓	⊙	⊙	⊙	●	⊙	●	⊙
Grilled chicken with yuzu-miso	P.66	⊙	●	✓	✓	✓	●	●	●	●	✓	⊙
Odamaki-mushi	P.79	●	●	✓	✓	⊙	⊙	⊙	●	⊙	⊙	⊙
Cold chawan-mushi	P.78	●	⊙	✓	⊙	●	⊙	⊙	●	●	⊙	●
White fish with thick sauce	P.63	●	●	✓	✓	⊙	⊙	●	●	●	●	⊙
Steamed foil wrapped white fish		●	●	✓	✓	●	●	●	●	●	✓	⊙
Sukiyaki	P.67	⊙	●	✓	✓	●	●	●	●	●	✓	⊙
Steamed hamburger Japanese style		●	●	✓	✓	●	⊙	●	●	●	✓	⊙
Cold syabu-syabu		⊙	⊙	✓	⊙	●	●	●	●	●	✓	✓
Hiya-yakko	P.76	⊙	⊙	⊙	⊙	⊙	●	⊙	⊙	●	⊙	✓
Boiled koya-dofu	P.75	●	●	✓	✓	●	●	●	●	●	●	⊙
Fresh vegetable salad		⊙	●	✓	⊙	▲	✓	✓	⊙	✓	✓	✓
Spinach ohitashi	P.74	⊙	●	✓	●	●	●	●	⊙	●	●	●
Boiled ging-geng-cai		●	●	✓	●	●	●	●	⊙	⊙	✓	⊙
Boiled daikon	P.70	●	●	✓	✓	●	●	●	⊙	⊙	✓	⊙
Chinese cabbage gomaae		●	●	✓	●	●	●	●	●	●	✓	●

Menu	Recipe page	(How to read the marks)										
		Loss of appetite	Nausea, vomiting	Change of taste	Change of smell	Oral or throat infection/ dry mouth	Stomach discomfort	Bloating	Constipation	Diarrhea	Breathing difficulty/ mouth opening difficulty	Leucopenia
Eggplant dengaku	P.71	●	●	✓	●	●	●	●	●	●	✓	●
Plain broth soup		⊙	⊙	●	●	⊙	⊙	●	⊙	⊙	✓	⊙
Tororo-kobu soup		●	●	✓	●	⊙	●	✓	⊙	⊙	●	⊙
Consomme soup		●	●	●	●	●	●	●	⊙	⊙	✓	⊙
Potage soup		⊙	●	✓	✓	⊙	⊙	●	⊙	⊙	⊙	⊙
Niku-jyaga	P.68	●	●	✓	✓	●	⊙	●	●	⊙	✓	●
Mashed potatoes		●	●	✓	✓	⊙	⊙	✓	●	●	●	●
Harusame soup		⊙	●	✓	✓	⊙	⊙	⊙	●	⊙	●	●
Sunomono	P.72	⊙	⊙	✓	⊙	▲	✓	●	●	▲	✓	✓
Boiled chinese cabbage and itafu		●	●	✓	✓	●	⊙	⊙	⊙	⊙	✓	⊙
Egg drop soup		⊙	⊙	⊙	✓	⊙	⊙	⊙	●	⊙	✓	⊙
Miso soup with littleneck		⊙	⊙	●	●	⊙	⊙	●	⊙	⊙	✓	⊙
Chicken dumpling soup		●	●	✓	✓	⊙	⊙	●	⊙	⊙	✓	⊙
Pot-au-feu		●	●	✓	✓	⊙	⊙	●	⊙	⊙	✓	⊙
Wonton soup		●	●	✓	●	⊙	⊙	●	●	●	●	●
Fruit cocktail		⊙	⊙	●	⊙	✓	●	●	⊙	✓	✓	●
Fruit		⊙	⊙	✓	⊙	✓	●	●	⊙	✓	✓	●

Menu	Recipe page	(How to read the marks)										
		Loss of appetite	Nausea, vomiting	Change of taste	Change of smell	Oral or throat infection/ dry mouth	Stomach discomfort	Bloating	Constipation	Diarrhea	Breathing difficulty/ mouth opening difficulty	Leucopenia
Fresh fruit juice		⊙	⊙	✓	⊙	✓	✓	⊙	⊙	✓	●	✓
Fruit compote		●	●	●	●	●	●	●	●	●	✓	●
Jello		⊙	⊙	✓	⊙	⊙	⊙	●	⊙	●	●	●
Lemon sorbet	P.83	⊙	⊙	●	⊙	●	✓	⊙	⊙	✓	⊙	✓
Tomato sorbet	P.84	⊙	⊙	●	⊙	●	✓	⊙	⊙	✓	⊙	✓
Carrot juice	P.90	●	●	✓	●	●	●	●	●	●	✓	⊙
Honey lemon	P.91	⊙	⊙	✓	⊙	▲	✓	●	⊙	✓	✓	●
Kuzu-yu	P.85	●	●	✓	●	⊙	⊙	⊙	●	⊙	⊙	●
Pudding		⊙	⊙	✓	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙
Ice-cream	P.82	⊙	⊙	●	⊙	⊙	✓	⊙	⊙	✓	⊙	●
Strawberry milk	P.87	⊙	●	✓	⊙	⊙	●	●	⊙	▲	✓	✓
Kinako milk	P.86	⊙	●	✓	⊙	⊙	●	●	⊙	▲	✓	✓
Milk shake	P.88	⊙	●	✓	⊙	⊙	●	●	⊙	▲	✓	▲
Yogurt shake	P.89	⊙	●	✓	⊙	⊙	●	●	⊙	▲	✓	✓
Yogurt with fruit		⊙	●	✓	⊙	✓	⊙	⊙	⊙	✓	✓	✓
Mashed sweet potato	P.81	●	●	✓	●	●	●	▲	⊙	⊙	●	●

Menus

Here, we introduce some menus that may be comparatively easy-to-eat for those who have side effects from their treatments and some menus that we have frequent requests.

You may find some dishes that you feel that “This dish, I may be able to eat,” “It’s looks good” or “I would like to cook this”. Please look at the photos and use as an assistance for finding dishes that you may be able to eat.



For menus with this sign, recipe and some devices are introduced in latter pages (from P.41)

Major nutrient are introduced in the

Carbohydrate

Source of energy

Protein

Construct body

Vitamin/ minerals

Adjust body condition

Kayu



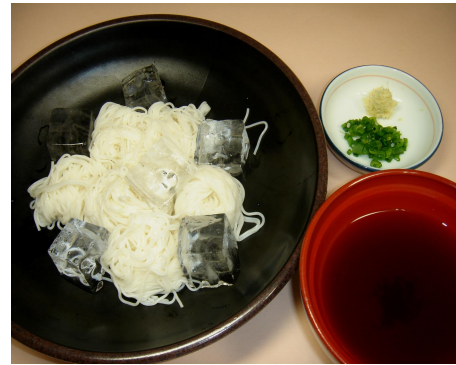
Recipe &
Arrangement
P. 42

Carbohydrate

Add salt, umeboshi, pickles, tsukudani-kobu and so on as you like!

* If you are sensitive to smell, you may want to avoid this dish

Cold somen



Recipe &
Arrangement
P. 57

Carbohydrate

Pleasing to swallow, popular noodle

Pastry



Carbohydrate

Choose any kind as you like...
You can intake calories handy

Soba



Carbohydrate

Popular noodle as well as somen

Nyu-men



Carbohydrate

Easy-to-eat and easy-to-digest dish
You may drop an egg or add various ingredients and add more nutrition!

Yaki-onigiri



Carbohydrate

Golden brown and savory aroma induce your appetite

Ume-chazuke



Recipe &
Arrangement
P. 54

Carbohydrate

Put your favorite ingredients such as salmon and wasabi and so on
You may keep ready-to-use ochazuke-no-moto

Onigiri



Carbohydrate

Popular food for Japanese
Choose your favorite ingredients or wrapping materials

Ojiya



Carbohydrate

Invent your favorite ingredients and taste

Cold chazuke



Recipe &
Arrangement
P. 55

Carbohydrate

Protein

Cold chazuke?
You may wonder but it is taste good
Please try especially when you are sensitive to smell

Yaki-onigiri chazuke



Recipe &
Arrangement
P. 56

Carbohydrate

Savory aroma and salt from onigiri are refreshing to eat

Tsukemono-zushi



Recipe &
Arrangement
P. 46

Carbohydrate

Vitamin/ minerals

Popular combination of rice and pickles is converted to favorite one bite sushi...
Refreshing taste and texture is attractive

Inari-zushi



Recipe &
Arrangement
P. 48

Carbohydrate
Protein

It's handy and popular with a clear taste
Add your favorite ingredients such as ginger, sesame, renkon and so on

Bread pudding



Recipe &
Arrangement
P. 62

Carbohydrate
Protein

Convert bread into dessert...
Good hot or chilled

Temari-zushi



Carbohydrate
Protein

Easy-to-eat and fun looking, popular dish
*It is not suitable when your white blood cell count is low

Egg drop udon



Recipe &
Arrangement
P. 58

Carbohydrate
Protein

Udon is easy-to-eat and good-to-digest
Cook udon and drop egg and add more nutrition!

French toast



Recipe &
Arrangement
P. 61

Carbohydrate
Protein

Turns dry bread moist and adds nutrient value
Top with cinnamon, cocoa or honey

Zosui



Recipe &
Arrangement
P. 45

Carbohydrate
Protein
Vitamin/ minerals

Add your favorite protein food such as salmon, crab, egg and so on and add more nutrition!

Takikomi-gohan



Recipe & Arrangement
P. 50

Carbohydrate
Protein
Vitamin/ minerals

You can intake various ingredients just from this one staple food dish

Rolled sandwich



Recipe & Arrangement
P. 60

Carbohydrate
Protein
Vitamin/ minerals

A fun looking and want-to-bite dish

Chirashi-zushi



Recipe & Arrangement
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Carbohydrate
Protein
Vitamin/ minerals

Top with your vivid favorite ingredients...

Ramen



Carbohydrate
Protein
Vitamin/ minerals

Popular easy-to-eat dish with clear taste and easy to swallow!
Add ingredients to improve nutrition balance

Sandwich



Recipe & Arrangement
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Carbohydrate
Protein
Vitamin/ minerals

Handy. You can intake various nutrient at one time
You may arrange with kind of bread or what to put in

Sauce yakisoba



Carbohydrate
Protein
Vitamin/ minerals

Clear taste and flavor of sauce induce appetite

Cold Chinese noodle



Carbohydrate
Protein
Vitamin/ minerals

Coldness and refreshing sour taste induce appetite...

Scrambled egg



Protein

You may add butter or cheese to make this dish western
You may sauce with thickened sauce with starch to make it easier-to-eat and give accent to the taste

Spaghetti



Carbohydrate
Protein
Vitamin/ minerals

Popular among young people as a light meal!

Tamago-dofu



Protein

Easy-to-eat food
Handy to use commercially prepared product

Beef curry



Recipe & Arrangement
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Carbohydrate
Protein
Vitamin/ minerals

Popular for its clear taste and fragrance
*it is not suitable for some people because stimulation is too strong

Onsen-tamago



Recipe & Arrangement
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Protein

It is handy to use commercially prepared product
*It is not suitable when your blood cell count is low

Cyawan-mushi



Recipe &
Arrangement
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Protein

Cool to eat in hot weather or when you are sensitive to smell
Keep commercially prepared products on hand for convenience

Salmon cheese meuniere



Protein

Popular salmon dish with calcium and increase calories from cheese

Sashimi

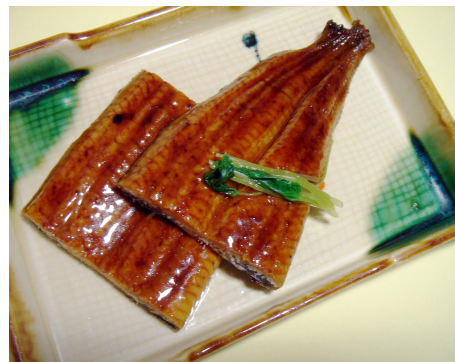


Protein

No problem, if you are sensitive to smell.
Essential for Japanese

* It is not suitable when your white blood cell count is low

Broiled eel



Protein

Very nourishing food
Good for sushi or ochazuke

Miso boiled mackerel



Recipe &
Arrangement
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Protein

Fishy taste is disappeared by miso
Infiltrate taste of miso induce appetite

Boiled hanpen



Protein

Characteristics by its fluffy texture and infiltrate taste

Grilled chicken with yuzu-miso



Recipe &
Arrangement
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Protein

Smell of meat is covered
Its clear taste is good even when cooled off and
it will induce appetite

White fish with thick sauce



Recipe &
Arrangement
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Protein

Vitamin/ minerals

Thickened sauce covers dryness of fish and makes
taste clear
You may try different ingredients or different tastes

Odamaki-mushi



Recipe &
Arrangement
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Carbohydrate

Protein

Filling dish with udon

Steamed foil wrapped white fish



Protein

Vitamin/ minerals

How about cooking vegetable or mushrooms
together? Chicken is also taste good as
substitution to fish!

Cold chawan-mushi



Recipe &
Arrangement
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Protein

Vitamin/ minerals

Cool to eat in hot weather or when you are sensitive
to smell
Top with thickened sauce to enjoy different taste

Sukiyaki



Recipe &
Arrangement
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Protein

Vitamin/ minerals

Its clear taste induces appetite
If you are sensitive to smell, avoid garland
chrysanthemum or use less fattening meat

Steamed hamburger Japanese style



Protein
Vitamin/ minerals

You can eat meat without tasting greasy
Because this dish uses ground meat, it is rather easy to eat for those who have difficulty biting

Boiled koya-dofu



Recipe &
Arrangement
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Protein
Vitamin/ minerals

Characteristics by its texture and infiltrate taste
Rich in protein and handy to keep on hand

Cold syabu-syabu



Protein
Vitamin/ minerals

Suppress smell and greasy taste of meat
Eat as a salad dish with easy-to-eat vegetables

Fresh vegetable salad



Vitamin/ minerals

Enjoy bland taste of materials
Use your favorite dressing
Add more calories with egg, ham and cheese and so on!
* It is not suitable when you have oral or throat inflammation

Hiya-yakko



Recipe &
Arrangement
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Protein
Vitamin/ minerals

Soft and pleasant to the taste and full of protein
Use different relish and sauce...

Spinach ohitashi



Recipe &
Arrangement
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Vitamin/ minerals

Popular dish
Sprinkle shavings of dried bonito

Boiled ging-geng-cai



Vitamin/ minerals

You can intake lot of plain green and yellow vegetables

Eggplant dengaku



Recipe &
Arrangement
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Vitamin/ minerals

It is also taste good that you may add ginger, hot pepper and sesame into dengaku-miso and sauce over satoimo, konjac, daikon and tofu

Boiled daikon



Recipe &
Arrangement
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Vitamin/ minerals

Cooked with protein foods such as pork, amberjack, bacon, squid, daikon observe good flavor

Plain broth soup



Vitamin/ minerals

It is suitable for most of physical conditions
You may put different ingredients in it

Chinese cabbage gomaae



Vitamin/ minerals

Fragrant flavor of sesame add taste to plane vegetables

Tororo-kobu soup



Vitamin/ minerals

It is convenient to keep tororo-kobu on hand
You can make soup very easily at any time

Consomme soup



Vitamin/ minerals

Representative dish of western soup
Handy to use soup stock cube

Mashed potatoes



Carbohydrate

Vitamin/ minerals

Convert ordinary potato into smooth and high calorie dish

Potage soup



Vitamin/ minerals

Easy-to-eat and full of nutrition!
If you are sensitive to smell, please eat chilled
You may put various vegetables in it!

Harusame soup



Carbohydrate

Vitamin/ minerals

You may eat as light meal

Niku-jyaga



Recipe &
Arrangement
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Carbohydrate

Vitamin/ minerals

Homemade taste and stable stew dish
If you are sensitive to smell, eat after cool off

Sunomono



Recipe &
Arrangement
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Vitamin/ minerals

Add some protein food such as crab and white chicken meat and elevate nutrition balance!
* Taste may be too strong and not suitable when you have diarrhea or oral or throat inflammation

Boiled Chinese cabbage and itafu



Protein

Vitamin/ minerals

Chinese cabbage is popular as pickles or for nabe
It is soft and simple dish

Chicken dumpling soup



Protein

Vitamin/ minerals

Soup with full of protein

Egg drop soup



Protein

Vitamin/ minerals

Easy to swallow soup, high nutrient with egg.
You may drop egg on commercially prepared soups

Pot-au-feu



Carbohydrate

Protein

Vitamin/ minerals

Convenient dish to intake various ingredients
Vegetables, potatoes and meat as you like

Miso soup with littleneck



Protein

Vitamin/ minerals

It is suitable for most of physical conditions

Wonton soup



Carbohydrate

Protein

Vitamin/ minerals

Smooth, soft and filling soup
You may put gyoza (not fried) instead of wonton

Fruit cocktail

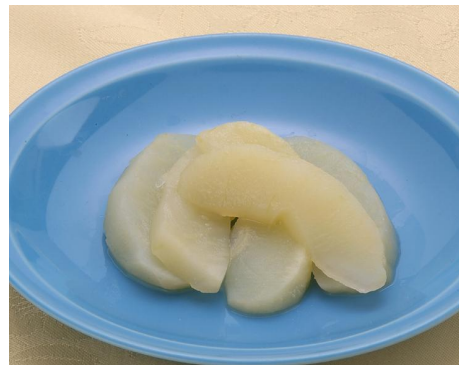


Carbohydrate

Vitamin/ minerals

Adding your choice of canned fruits or carbonated beverage...

Fruit compote

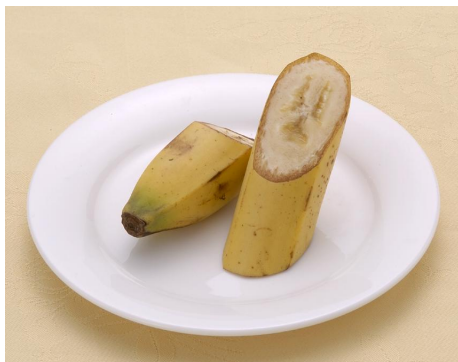


Carbohydrate

Vitamin/ minerals

Cook your choice of fruit with sugar and butter and supply calories!

Fruit



Carbohydrate

Vitamin/ minerals

Most popular! Fresh juice is also popular
Try high energy canned fruits with yogurt...

Jello



Carbohydrate

You may enjoy different texture by freeze jello at once and half defrost before eating

Fresh fruit juice



Carbohydrate

Vitamin/ minerals

Try luxury of squeezing seasonal fresh fruits to make fresh juice

Lemon sorbet



Recipe & Arrangement
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Carbohydrate

Almost as popular as fresh fruits
Try it when you want to refresh your mouth!

Tomato sorbet



Recipe &
Arrangement
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Vitamin/ minerals

Little strange but unexpectedly good taste
Sorbet made by carbonated drink is also fresh and popular

Kuzu-yu



Recipe &
Arrangement
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Carbohydrate

It is good when you start eating or as in between meals
There are varieties of flavors you may purchase at stores

Carrot juice



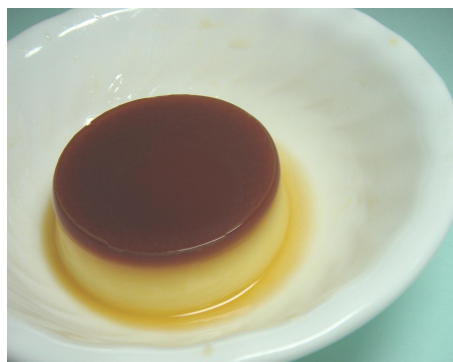
Recipe &
Arrangement
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Carbohydrate

Vitamin/ minerals

Juice with full of vitamin A
You may add fruits, honey or dairy products

Pudding



Carbohydrate

Protein

There are many kinds of products in various flavors and firmness
You may purchase your favorite one at stores

Honey lemon



Recipe &
Arrangement
P. 91

Carbohydrate

This drink gives fresh sense to mouth
* It is not suitable if you have oral or throat inflammation for it might smart

Ice-cream



Recipe &
Arrangement
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Carbohydrate

Protein

Palatable and high calorie desert
There is a rich variety of ice-creams sold at stores...

Strawberry milk



Recipe &
Arrangement
P. 87

Protein
Vitamin/ minerals

Somehow bring up good old memory
Try other fruits with milk
*Milk is not suitable when you have diarrhea

Yogurt shake



Recipe &
Arrangement
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Protein

Even those who don't care for tartness of yogurt
may like this drink
* Milk is not suitable when you have diarrhea

Kinako milk



Recipe &
Arrangement
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Protein

Drink full of protein and dietary fiber
* Milk is not suitable when you have diarrhea

Yogurt with fruit



Carbohydrate
Protein
Vitamin/ minerals

Add some yogurt to supply protein to fruits
which contains Carbohydrate and vitamins!

Milk shake



Recipe &
Arrangement
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Protein

Staple milk drink
* Milk is not suitable when you have diarrhea

Mashed sweet potato



Recipe &
Arrangement
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Carbohydrate
Vitamin/ minerals

Sweet potato, butter and milk, rich in dietary fiber
and calories
* Potatoes are not suitable when you have
abdominal distention

Cooking Devices

[How to prepare a small portion]

If you “want to make dish separately from other families”
Or “Living by yourself and want to take balanced meals easily”,
There are some devices for making your cooking easier.

[Basic devices suit for physical conditions]

Introduce devices to help you “when you choke or have difficulty to swallow...”

Or “when you can not eat well because of your disability with hands and so on ...”.

How to prepare a small portion

When you have to cook separately from other families
If you are living by yourself and want to prepare balanced meal easily

Arrangements on cooking process

When you eat differently from other families, let's make arrangement while cooking!

Change seasoning

- Cook together and season separately.
- Don't put so much seasoning on to start with and adjust the seasoning when you eat.
- To adjust taste of stews, utilize mixed condiment such as mentsuyu.

Change forms or texture

- Change how to cut or slice material while preparation or after cooking to make it easier to eat.
- If you want to make food soft, save portion for other families and cook more for yourself.
- Change ways of preparation or materials and cook together.

Easy cooking using "Poli-bukuro"

Put ingredients and seasoning into a plastic bag and cook with rice in rice cooker so you can make rice and other dishes at the same time.

- ① Put prepared ingredients and seasonings into a plastic bag.
 - ② Draw out air from the plastic bag using such device as straw.
 - ③ Tie top of the bag without leaving air in the bag.
 - ④ Lie flat in rice cooker and cook with rice and water.
- If you don't cook rice, put some hot water that the bag can soak in and cook accordingly.

[Caution] If you are not cooking rice, cook about 30 minutes because some rice-cookers will keep cooking till all the water evaporates.

- Basically, water doesn't evaporate. So, you should add less water than ordinary cooking and add thicker seasoned liquid with ingredients. If need to use broth, use powder broth. Adjust to taste.

[Caution] If you use too much oil, it may create high temperature and the bag might break.

What is "Poli-bukuro"?

Rolled form polyethylene-made bags that you see at stuffing counters of supermarkets. Please note that other vinyl bags (made from vinyl chloride resin) or freezer bags are not suitable because they may melt at high temperature.

Freezing Small portions

If you freeze food divide into small portions, then you can prepare a dish at once very conveniently with no waste. Point is to put a little additional labor when you buy in foods.

Rice

Wrap in plastic wrap while hot and freeze after cooling off. To prevent dehydration, wrap two layers.



Thaw by microwave oven with wrapping.

Put into hot water as frozen, when making rice gruel or hodgepodge.

Noodles

If you buy from store, freeze as it is (with bag). If cooked, drain and wrap with plastic wrap and put in freezing bag to freeze.



Put into hot water or soup as frozen.

Meat

Spread fresh meat without touching by hand as much as possible. Wrap with plastic wrap and put into freezing bag and freeze. (Take out from Styrofoam package)



Thaw in refrigerator with wrap.

Fish

Sprinkle cuts with salt and sake and let sit for 20 minutes. Wrap with plastic wrap and put in freezing bag and freeze. It is good to marinade in miso or sake lees and freeze.



Thaw in refrigerator with wrap.

Vegetable

Cook firm most of vegetables. Wrap with plastic wrap and freeze.



Thaw according to cooking method.

Broth/ Soup

Let's make large portion of broth, chicken soup, vegetable soup, and so on and keep in freezer. Freeze broth and soups in ice cube maker. Take out freeze cubes and put in a freezer bag. Draw out air and keep in freezer. (They can be kept for 1 month)



When used, put into a pan freeze.

Use of home delivery service

Let's make use of home delivery service!

*There are diverse services. Find service suitable for you!

Home delivery meals

Confirm items below and find service suitable for you.

- Three meals or only for lunch and supper. Minimum number of meals for delivery
- Ready-to-eat or need to heat or some cooking
- Staple food included with the meal or not
- Detail: Healthy menu/ for elderly and so on



Mail order foods

Such as special foodstuff used in hospitals

Eat out (or delivery)

Use commercially prepared foods

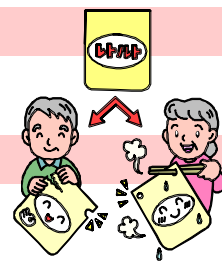
Many useful prepared foods are available at the market.

Let's make use of them according to various situations

*Completely no "additive" is not possible at present situations. Make effort to choose less additive foods as much as possible or make habit of try to pay attention to displays of genetically modified food or allergenic substances.

Retort pack foods

Rice gruel, soups, curry, stews, raw materials, and so on



Prepared foods

Onsen-tamago, Chawanmushi, Goma-dofu, Tamago-dofu, and so on

Freeze foods

Noodle, Yaki-onigiri, Inari-zushi, raw materials and so on

[Caution] When you thaw, heat up thoroughly. Do not refreeze.

Canned foods



Basic devices to suit for your physical conditions

When you choke or find it hard to swallow

If you can not eat well because of your disability with hands and so on

Cautions and devices when you have deglutition disorder

De-glutition disorder can cause choking or make it hard to swallow and difficult to eat. The Deglutition disorder happens by aging, decline physical strength and effect of medical treatment. If you can not swallow and food gets caught in the trachea or lungs (aspiration), it may cause suffocation or pneumonia and is very dangerous.

If you have such symptoms, you should take time to prepare safe meal.

- Choke while eating
- Get tired while eating
- Slight fever continues
- Dull feeling in throat
- Voice change after having meals



may be deglutition disorder

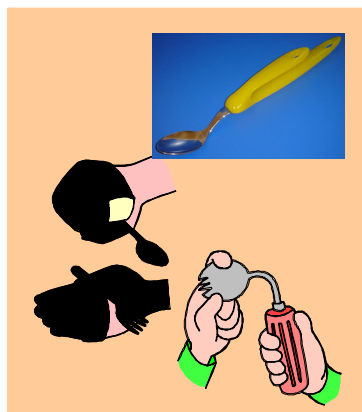


Difficult to swallow items	Measure to make it easier to eat
Liquid <ul style="list-style-type: none">WaterJuiceSoup	Thicken <ul style="list-style-type: none">● Use commercially available thickenings● Use starches● Use sticky ingredients
Crumble items <ul style="list-style-type: none">Break into small peaces in the mouth* Not always OK to cut in small peaces	To make together <ul style="list-style-type: none">● Bound together with sauce or thicken with starch● Utilize fat and oil● To harden with gelatin or agar● Bond with something
Dry items <ul style="list-style-type: none">BreadSteamed potatoBoiled egg yolkGrilled fish	Add moderate water and oil <ul style="list-style-type: none">● Stew or steam● Bound together with thick sauce● add oil such as mayonnaise

Difficult-to-swallow items	Measures to make easy to eat
<div data-bbox="264 394 695 427">Hard and difficult to chew items</div> <div data-bbox="288 443 679 568"> <div>Konjac Beans</div> <div>Squid Green vegetable</div> <div>Gobo Meat</div> </div> <div data-bbox="264 607 349 640">Sticky</div> <div data-bbox="288 656 421 784"> <div>Laver</div> <div>Wakame</div> <div>Rice cake</div> </div>	<ul style="list-style-type: none"> ● Try to find better ways to cut and slice such as to cut fivers ● Prepare to make food soft ● Mix with other easy-to-swallow ingredients ● For meat, consider using ground meat ● Abstain from eating something that you can not eat.

About self-help tableware (Tableware assistance for meals)

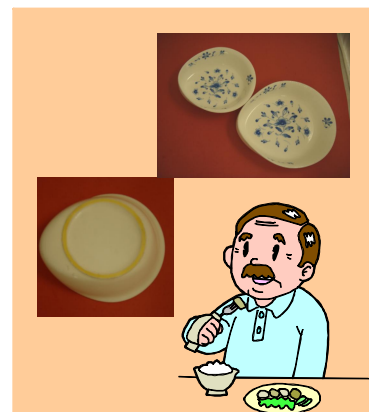
If you can not move your hands as you wish, and find it difficult to take meals, some devices may help you eating.



Twist to adjust for easy use.
Fix to hands for easy use.



There are handles at the side of cup and can be supported by hands.



They are deeper than ordinary dishes and help preventing spilling over. Slip stopper at the back fix the dish on the table and make it easy to scoop.

Utilize what you have at home

You can wind a handkerchief or towel around a spoon or folk to grasp to make them easier to get a hold or fix them to hands by handkerchief or magic tape.

You may put slip stoppers under dishes or choose heavy dishes with wide bottoms or deeper dishes with wide opening for easy scooping.

Recipes

Some recipes and arrangements of menus are introduced here.

Let's make dishes you like and that suit your condition.



Kayu (full thickness)

100minutes 142kcal

Ingredients (for one person)

(to make 200g of kayu)

Rice 1/4 cup (40g)

Water 250 cc

1. Rinse rice and soak in water for 30 minutes.
2. Simmer over low heat for about 1 hour and turn off the heat and settle for 5 to 10 minutes.

* If you use a rice cooker with a kayu cooking function, cook according to the setup of the cooker.

If you are sensitive to smell

This dish is not suitable for you may feel sick by the smell



Different types of Kayu

There are different levels of Kayu by proportion of rice and soup. You may choose them according to your condition.

Eating same amount, zen-gayu (full thickness kayu) has most energy and gradually lessens to sanbu-gayu.

[Approximate ingredients to make about 400g (two bowls)]

Calories



Zen-gayu



Shichibu-gayu



Gobu-gayu



Sanbu-bayu

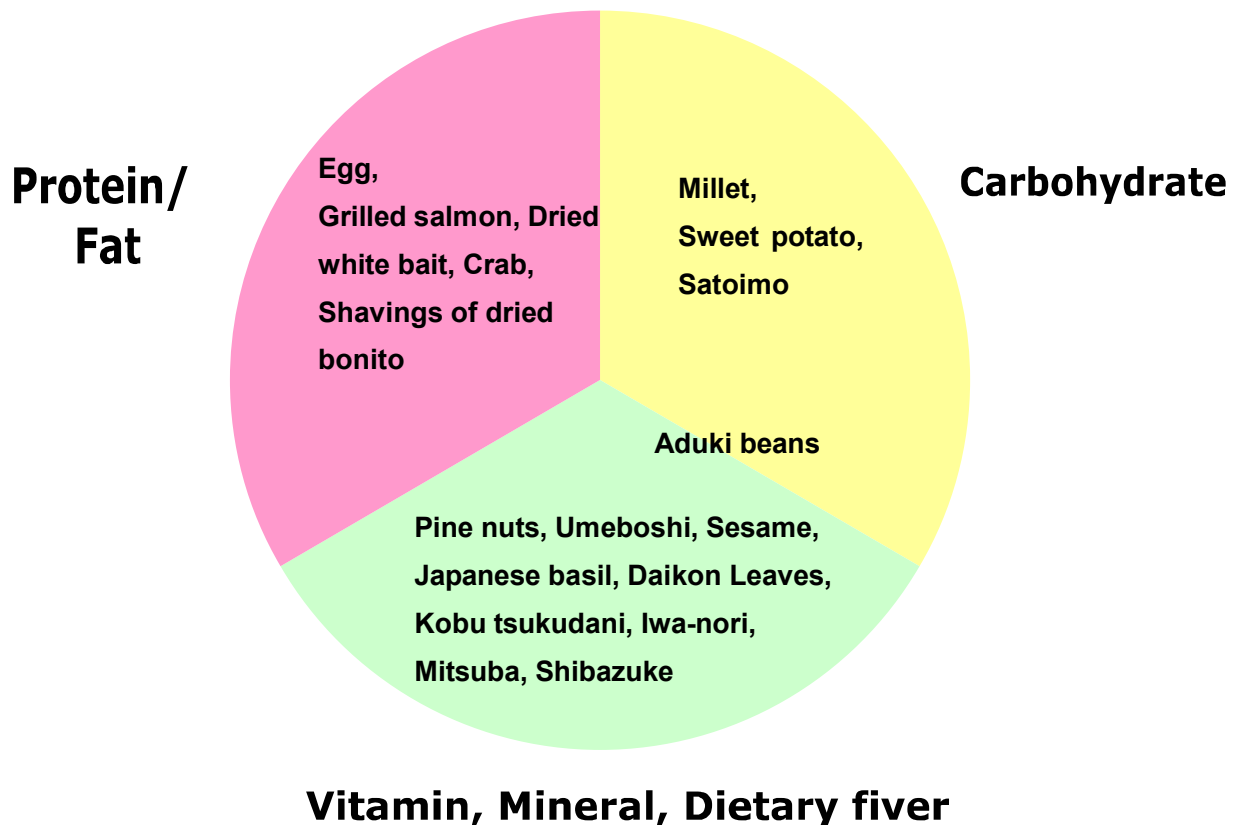
1c of rice 1c= 200 ml, 160g

	Zen-gayu	Shichibu-gayu	Gobu-gayu	Sanbu-gayu
Rice	1/2 cup	1/3 cup	1/4 cup	1/6 cup
Water	500cc	500cc	500cc	500cc
Water to rice proportion	5 times	7times	10 times	15 times

Arrangement

Let's put different ingredients in the kayu.

For example, egg, grilled salmon, potato, vegetable and so on.



You may use broth or tea to cook kayu !



ice is one of three major grains in the world.



- Brown rice** Rice without shell. It contains more protein, mineral and dietary fiver than polished rice but digestibility is lower.
- Half polished rice** Rice removed bran and 50% of germ from brown rice. Digestibility is low but contains lot of vitamin B.
- Polished rice** Rice removed bran and almost all of germ. Taste good but contains only about 1/5 of vitamin B of brown rice.
- Polished rice with germ** Rice with special processing remains more than 80% of germ. Taste like polished rice but contains more vitamin B1 and E.

Useful memo



When you want to have kayu just for one person.

* Use commercially prepared retort kayu.

* Put about same amount of water into frozen rice and heat till softened.
(It is handy to divide rice into portions and freeze.)

- * ① Put rice and water for kayu on the large side heat-resistant container (*1).
② Put rice and water for regular rice cooking in the rice cooker as usual.
③ Put 1. in the middle of rice cooker putting the rice aside.



(*1) You must use heat-resistant container.
The size of the container is approximately twice the volume of kayu you need. The lid of the rice cooker must be shut with the container for kayu inside (You may purchase container made for exclusively this use)

- * ① Put rice and water for kayu in a poli-bukuro (*2) and draw out air from the plastic bag using such device as straw. Tie top of the bag (Don't tie too close to ingredients. It may cause blowout by heating).
② Lie the bag flat in rice cooker and cook rice as usual. (The bag must be under the water).



(*2) You must use polyethylene resin bag.
Do not use vinyl bags or freezer bags.



Zosui



15 minutes



204kcal



Ingredients



(for one person)

Cooked rice	1/2 bowl	Shimeji	1/4 pack
Egg	1	Spinach	to taste
Welsh onion	to taste	Broth	1 cup
Sake	1/2tablespoon	Soy sauce	a little
Salt	a little		

1. Wash rice with water in a strainer and break into grains and drain.
2. Beat egg lightly. Cut out the bottom of Shimeji and break into pieces.
3. Cut spinach into about 4cm length. Cut welsh onion into about 4cm length and cut to long thin strips.
4. Put broth in a pan and heat and season. when start to boil, put rice in.
5. When boiling again, put shimeji in. When shimeji is cooked, pour the egg quickly.
6. When egg got half cooked, put spinach and onion and cook slightly.

When you are sensitive for smell

Select ingredients carefully. Allow to cool off a little before eating



Arrangement

Let's try different ingredients in zosui.

Try to put protein foods such as egg, fish, shellfish, crab and shavings of dried bonito, carbohydrate foods such as sweet potato and satoimo, vitamin and mineral food such as mushrooms, wakame and vegetables as you like.

Risotto is also recommended.

Useful memo



Let's make use of commercially prepared retort kayu and zosui.

You can make zosui easily by putting some rice into instant egg soup.



Let's make zosui using leftovers and broth after eating nabe (pan cooking).



Tsukemono-zushi

15 minutes 339kcal

Ingredients (for one person) three kinds, two of each

Cooked rice	1 bowl	Sushi vinegar	to taste
Sesame	to taste	Sweet vinegar	to taste
Pickled eggplant to taste	Myoga	1piece	
(small eggplant is preferred)	Leaf ginger	1piece	
Pickled turnip 2 pieces	Mitsuba	2pieces	
(sliced)			

1. Cut the Myoga into half and boil and marinade in sweet vinegar.
2. Add vinegar into rice as you like and combine with sesame. Blanch mitsuba in boiling water without cutting.
3. Cut pickled eggplant and pickled turnip into thin slices suited for the portion of the sushi rice.
4. Cut leaf ginger into rectangles.
5. Divide sushi rice into 6 pieces and make sushi rice balls.
6. Put marinated pieces of Myoga half each on the rice balls.
7. Put leaf ginger on the rice balls and lay pickled eggplant skin side up.
8. Put turnip on the rice balls and tie with the blanched mitsuba.

When you have taste disorder

Adjust taste according to symptoms

When you have oral inflammation

Need caution for vinegered rice or pickles may be smarting

When you have stomach discomfort

Need caution for vinegar and sodium of the pickles may irritate the mucous

When you have diarrhea

When you have mouth opening difficulty

Pay attention to make them into easy-to-eat size and easy-to-chew texture

When your white blood cell count is low

Need to take particular care of hygiene of ingredients and hands while preparation



Arrangement

Let's put your favorite pickles.



Chirashi-zushi

🕒 30 minutes 🍷 326kcal

🍴 Ingredients 1 (for one person)

Cooked rice	1 bowl	Dried shiitake	1 piece
Carrot	20g	Renkon	to taste
Kinshi-tamago	to taste	Imitation crab	1 piece
Green peas	to taste	Red vinegared ginger	to taste
Daikon sprouts	to taste	Ama-zu	to taste

[Sushi-zu]

Vinegar	1/2 tablespoon	Sugar	1 teaspoon
Salt	a little		

[Cooking liquid]

Broth+ water of soaked dried shiitake	to taste
Sugar	1/2 teaspoon
Mirin	1/2 teaspoon
Soy sauce	1/2 teaspoon

1. Cut carrot in long thin strips. Soak dried shiitake in water and soften and cut in thin strips.
2. Lightly boil green peas. Boil renkon in vinegared water and marinade in ama-zu.
3. Boil 1 in a pan with cooking liquid.
4. Add sushi-zu into rice and make sushi-meshi and mix 3.
5. Fill rice in a dish and decorate top with kinshi-tamago and so on.

When you have taste disorder

Adjust taste according to symptoms

When you have oral inflammation

When you have stomach discomfort

When you have diarrhea

Need caution for vinegar and sodium of the pickles may irritate the mucous

When you have mouth opening difficulty

Pay attention to make it to easy-to-eat and easy-to-swallow

When your white blood cell count is low

Pay attention to hygiene Avoid ingredients that are raw or insufficient sterilization



Arrangement



How about adding hijiki, shirasuboshi, koya-dofu cut into small pieces, and so on into sushi-rice. You may make innovations such as to top the sushi with sashimi, tuna flake, and so on or make sarad-zushi using fresh vegetables.



Inari-zushi

30 minutes 537kcal

Ingredients (for one person)

Abura-age 2 pieces Cooked rice 1 bowl
Sesame 1/2 tablespoon Sushi-zu to taste

[Cooking liquid]

Broth 1 cup
Sugar little less than 1tablespoon
Mirin 1/2 tablespoon
Soy sauce 1tablespoon and a little more
Sake 1/2 tablespoon

1. Cut abura-age into half and open as bags. Pour hot water to wash away oil and drain.
2. Heat the cooking liquid to boil and put 1 into the liquid and cook till almost all water evaporated.
3. Mix sesame into sushi-rice and put into cooled abura-age and pull into shape.

When you have taste disorder

Adjust taste according to symptoms

When you have oral inflammation

When you have stomach discomfort

When you have diarrhea

Need caution for vinegar-rice or other ingredients may irritate the mucous

When you have mouth opening difficulty

Pay attention to make it to easy-to-eat and easy-to-swallow



Arrangement

- Let's put some other ingredients you like into sushi-meshi.
(scrambled egg, jyako, tuna, renkon(marinated in sweet-vinegar),hijiki, Japanese basil, ginger (marinated in sweet-vinegar) , and so on)
- Together with rolls, you may make colorful "Sukeroku-zushi"

Useful memo



- * You may use commercially prepared seasoned abura-age to make cooking easier.
- * If you have seasoned abra-age leftover, freeze in tight sealed container for convenience.
- * You may keep mixed prepared sushi-zu on hand so you can use any time.
- * You can keep inari-zushi freeze in a freezer bag with a tight seal and eat whenever you like.
Heat about 2 minutes and 30 seconds (ex. if two pieaces, 5 minutes) by microwave oven and turn over once while cooking.
- * You may buy commercially prepared, ready-to-eat frozen inari-zushi on market.



What is Sukeroku-zushi?



Sukeroku-zushi is a traditional box assortment of Inari-zushi and Rolled-sushi. “Sukeroku” is a name of a main character of a famous Kabuki program, “Sukeroku Yuen Edo Zakura(Edo Cherryblossom related to Sukeroku)” and also the nickname of the program. This assortment is called “Sukeroku” may be from the name of Sukeroku’s lover, “Maki-age”. Inari-zushi wrapped with “Abura-age” implies “Age” of “Maki-age” and rolled “maki-zushi” implies “Maki” and people started to call this assortment with the name of this program. Another theory is that seaweed roll “makizushi” implies purple bandanna of Sukeroku and inari-zushi which use abura-age implies “Age-maki”



Takikomi rice

🕒 60 minutes 🍷 319kcal

🍴 Ingredients 🍴 (for one person)

Rice	1/2 cup	Kinusaya	to taste
Chicken meat	30g	Gobo	to taste
Dried shiitake	to taste	Carrot	to taste

[Cooking liquid]

Sake	1/2 tablespoon
Soy sauce	1/2 tablespoon
Mirin	1/2 tablespoon
Broth	to taste

1. Cut chicken into pieces, whittle gobo, cut carrot and shiitake(reconstitute in water) into stripes.
2. Cook ingredients (1) with seasonings lightly and separate ingredients and cooking liquid and cool off.
(You may skip this process and put raw ingredients and liquid water together in rice cooker and cook.)
3. Set rinsed rice and pour cooking liquid of 2 and put water in to the rice cooker accordingly.
4. Cook rice with cooked ingredients.
5. After rice is done, sprinkle boiled and cut kinusaya (thin stripes) on the rice.

When you have taste disorder

Adjust seasoning according to symptoms

When you are sensitive for smell

You may sensitive to the smell of rice cooked Pay attention to ingredients and cool off with the lid off before eating

When you have oral inflammation

Ingredient and seasonings may irritate mucosa Please pay attention

When you have stomach discomfort

Avoid difficult-to-digest ingredients such as foods with rich dietary fiber Choose easy-to digest ingredients

When you have diarrhea

When you have abdominal bloating

Abstain from difficult-to-digest ingredients and ingredients cause producing gas

When you have mouth opening difficulty

Use easy-to-digest ingredients and cut into easy-to-eat pieces



Useful memo



How to make "Easy! Takikomi rice for one person"

While cooking white rice, cook takikomi rice just for one person very easily



* Poli-bukuro (pack cooking) recipe

- ① Put all ingredients and seasonings into poli-bukuro and take out air as much as possible by using straw or something and tie the end of the bag.
*Use powder broth 1/2 teaspoon. Do not put rice in the bag.
- ② Set rice and water in the rice cooker and put the bag on top flatten and cook rice.



You must use polyethylene resin bag.

Do not use vinyl bags or freezer bags.

- ③ When rice is cooked, mix one bowl of rice and ingredients in the bag. Sprinkle boiled and cut kinusaya.



* Microwave oven recipe

- ① In a heat resistant container, put vegetable ingredients (put ingredients that are difficult to cook through, down bottom). Put meat marinated with mixed seasoning on top of the vegetable (Do not put meat in the middle). If there are some seasoning liquid left, add them in the heat resistance container.
- ② Place cooking paper on top of the container. Make a hole at the center of the paper. Cook 4 minutes by microwave oven. Mix with white rice adjusting amount of cooking liquid.



* Freezing It is convenient to keep takikomi rice frozen. You can freeze takikomi rice no problem.

- ① Wrap one bowl of rice with plastic wrap while warm. Cool off and put in a freezing bag and freeze.
- ② Heat 3 minutes with microwave oven and you can eat takikomi rice any time you want.

You may arrange ingredients or use commercially prepared takikomi rice-no-moto as you like.



Easy! Beef curry

30 minutes 461kcal

Ingredients (for one person)

Cooke rice	1 bowl	Beef (thin slice)	1 piece
Potato	1/2	Carrot	1/4
(May Queen)		Mushroom	3 pieces
Onion	1/4	Water	100 cc
White wine	2 tablespoons		



Easy 1 portion curry made by microwave oven

1. Cut potato into one bite pieces. Cut onion in pieces. Cut beef in 3 cm length.
2. Put onion, potato, carrot, mushroom in order in heat-resistant container and pour water.
3. Cut curry roux chopped and put in 2. Combine with water.
4. Spread up beef on top of 3., in the container around the side. (Do not put at the center). At this time if you have white wine on hand, sprinkle. (If you don't have white wine, use water).
5. Cover with heat-resistant dish and heat 6 minutes with microwave oven.
6. Take out and stir well.

When you have oral inflammation

When you have stomach discomfort

When you have abdominal bloating

When you have diarrhea

When you have mouth opening difficulty

Not suitable because taste is too strong



Arrangement

Try different ingredients.

- You may make arrangements such as summer vegetable curry (eggplant, tomato, okra, zucchini, red sweet pepper, yellow sweet pepper, and so on), mushroom curry, pork curry, seafood curry, ground meat curry, and so on.
- You may top rice with fried onion slices, raisin, pine nuts, and so on



Useful memo



How to make “Easy! Chicken curry for one person”



(for one person)

Potato (May Queen) 1/2 Carrot 1/8 Onion 1/4 Chicken breast 40g Tomato ketchup 1 tablespoon Commercially soled curry roux 15g
Water 50 cc Rice 1 bowl



* Poli-bukuro (pack cooking) recipe

- ① Cut potato and carrot into 1cm square pieces. Slice onion and cut chicken meat into 3cm square pieces.
- ② Soak ingredients in 1 into water and drain.
- ③ Put prepared ingredients 2 and finely shred roux, tomato ketchup and water in to a poli-bukuro. Draw out air from the bag as much as possible using such device as straw. Tie end of the bag.
- ④ Lie flat 3 in rice cooker and cook with rice.
- ⑤ When cooked, pour on top of rice.

* It is handy to make curry in large portion and freeze and keep on hand

- Divided curry in to portions and put in poli-bukuro and make flat and freeze. Thaw when eat by freezing.

*Take out potatoes when freeze. Potato tends to melt when thaw.

* There are many commercially prepared different retort curries on market!

- To prepare meal more easily, use commercially prepared roux. If you are sensitive to the unique smell of retort products, ask others to open the package and let the food stay for a while and eat after cool off a little.





Ume-chazuke

10 minutes 261kcal

Ingredients (for one person)

Rice	1 bowl	
Umeboshi	1 piece	Shavings of dried bonito
Kaiware daikon	to taste	to taste
Shred nori	to taste	Sesame
		Tea
		to taste

1. Put rice in a bowl.
2. Top with umeboshi, sesame, shavings of dried bonito, shred nori, kaiware daikon and so on.

*You may use your favorite tea such as sen-cha, hoji-cha, oolong tea, and so on.

When you are sensitive for smell

Please care that you may sensitive to smell of hot ingredients.
Cold ingredients would be better

When you have oral inflammation

Umeboshi and other ingredients may be smarting, please
pay attention to ingredients

When you have stomach discomfort

Please pay attention that it may cause bad digestion if
you swallow food without enough chewing



Arrangement

Let's put various ingredients in chazuke.

Salmon, steamed chicken (white meat), beef tsukudani, beef shigureni, onsen tamago, and so on as you like.



Citric acid is the main ingredient of sourness of Umeboshi. It increases secretion of saliva and gastric fluid and other digestive enzymes as well as increases appetite. It also activates metabolism and helps recovery from fatigue as well as regulating the functions of the intestine and promoting appetite, embalmment and sterilization.





Cold chazuke

15 minutes 286kcal

Ingredients (for one person)

Cooked rice	1 bowl	Grilled salmon	1/3 piece
Sesame	to taste		(20g)
Shred nori	to taste	Kaiware daikon	to taste
		Tea	to taste

1. Put rice in a bowl and top with grilled salmon (flaked).
2. Cut kaiware daikon into 1/3 length.
3. Pour cold tea and sprinkle with kaiware daikon, sesame and shred nori.

*You may use your favorite tea such as sen-cha, hoji-cha, oolong tea, and so on.

When you have stomach discomfort

Please pay attention that it may cause bad digestion if you swallow food without enough chewing

When you have diarrhea

Also, do not make it too cold

Don't make it too cold

When your white blood cell count is low

Pay attention to the hygiene of ingredients



Useful memo



You may keep commercially prepared retort rice on hand for convenience.

When you cook rice and have leftover, wrap with plastic wrap divided into a portion (one bowl of rice is about 150g).

Cool off and put in a freezing bag and freeze, preventing dryness. When you thaw, heat about 3 minutes for a bowl of rice by microwave oven.





Yaki-onigiri chiyazuke

10 minutes 141kcal

Ingredients (for one person)

Cooked rice	1/2 bowl		
Umeboshi	1 piece	Sesame	to taste
Kaiware-daikon		Tea	to taste
	to taste		
Soy sauce	to taste		

1. Make rice ball and grill with soy sauce and make yaki-onigiri.
2. Put onigiri in a dish and top with umeboshi and sesame.
3. Pour tea and top with kaiware-daikon

When you are sensitive for smell

Please care that you may sensitive to the smell of hot food

When you have oral inflammation

Please careful that ingredients and seasoning may irritate mucous

When you have stomach discomfort

Please pay attention that it may cause bad digestion if you swallow food without enough chewing



Arrangement

If you put dried ingredients such as white bite and shavings of dried bonito and pour hot water, juice came out from these ingredients and you can make dashi-chazuke. You may use commercially prepared ochazuke-no-moto(instant ochazuke) for easy cooking.

Useful memo



- Try to use different relish to enjoy different tastes (such as nori, asatsuki, oba, and so on)
- You may use commercially prepared frozen yaki-onigiri or onigiri from convenience-stores.
- You may keep home-made yaki onigiri in the freezer. Grill and wrap with plastic wrap while hot and freeze after cooling off. When you want to eat, heat in microwave oven. You should make onigiri in small size when freezing.



Cold somen

🕒 15 minutes 🍷 191kcal

🍴 Ingredients 🍴 (for one person)

Dried somen 50g
Tsuyu (dipping sauce) 100cc
Relish to taste

1. Boil somen. Cool and drain.
2. Put boiled somen on a dish with relish.

When you have taste disorder

Adjust to taste by making tsuyu thicker or less sweet or thin down

When you have oral inflammation

If tsuyu is too thick, it may smart so that you need to adjust seasoning



Arrangement

- Let's arrange ingredients to go with somen.
- How about adding kinshitamago or make tamagotoji somen?
- Try to put some ingredients with animal protein such as shrimp. If you can eat it, eel is suitable for this dish as well.
- As dipping sauce, you may use miso soup with ingen or eggplant and add some grated ginger for some change.



Add salt and water into the flour and spread thinly and make noodle. From width to thin, called Kishimen (Himokawa), Udon, Hiyamugi, and somen. All-purpose flour is used most often. For udon, Sanuki-udon of Kagawa, Inaniwa-udon of Akita, Kishimen of Nagoya are famous. For Somen, Miwa of Nara, Shimabara of Nagasaki, Syodoshima of Kagawa are famous.



Egg drop udon

15 minutes 351kcal

Ingredients (for one person)

Boiled udon	1 portion	Mentsuyu (dipping sauce)
Egg	1	to taste
		Scallion
		to taste

1. Put mentsuyu into a pan and heat to boil.
2. Put boiled udon into the pan and warm up. Drop lightly beaten egg on top and sprinkle scallion.

When you have taste disorder

Adjust taste by making tsuyu thicker or less sweet or thin down

When you are sensitive for smell

Pay attention to ingredients Cool off a little before eating

When you have mouth opening difficulty

Cut udon into easy-to-eat pieces or thicken soup by starch



Arrangement

- Topping with various ingredients such as chicken meat, kamaboko and boiled spinach to increase nutrition.
- Nabeyaki udon is also good.

Useful memo



- * You can freeze boiled udon sold at stores as it is with the package. Frozen udon is also sold at stores.
- * If you have leftover boiled udon, drain well and wrap with plastic wrap by one portion and put in a freezing bag and freeze.
- * There are different kinds of mentsuyu sold at stores. It is handy to keep them on hand for use for other dishes such as stews or use as cooking liquid for various dishes as well as noodles.



Sandwich

30 minutes 501kcal

Ingredients (for one person)

Bread (8 sliced)	2 pieces	Cucumber	1/4
Boiled egg	1	Butter	to taste
Ham	1 piece	Mayonnaise	to taste
[Potato salad]			
Cucumber	1/4	Mayonnaise	to taste
Potato (small)	1	Salt	a little
Carrot	1/4	Pepper	a little

1. Soften butter at room temperature.
2. Wrap potato with plastic wrap and heat by microwave oven and mash with fork.
3. Slice carrot and cucumber for potato salad. Boil carrot.
4. Mix 3 and salt, pepper and mayonnaise into mashed potato.
5. Mash egg with fork and add mayonnaise, salt, pepper.
6. Spread butter on bread and make potato salad, ham& cucumber& mayonnaise, and egg sandwiches.
7. Cut edge of the bread. Cut the sandwiches into easy-to-bite size.
(for convenience, you may use bread specially cut for making sandwiches.)

When you have taste disorder

Adjust taste according to symptoms

When you have oral inflammation

Bread may feel dry and difficult to eat Some ingredients
may smart mouth

Use ingredient soft and to make bread moist Avoid mustard

When you have mouth opening difficulty

Make sandwiches easy-to-bite adjusting thickness and size

When your white blood cell count is low

Pay attention to the hygiene of ingredients and hands
while preparation



Arrangement



You may put various ingredients such as tuna, bacon, steamed white chicken meat, crab (canned), salmon, and cheese into sandwiches besides ham. You may use various kind of bread such as butter-roll and croissant. You may toast the bread and make hot sandwich.

Rolled Sandwich

 20 minutes  221kcal

 Ingredients  (for one person)

Bread (8 sliced)	1 piece	Butter	to taste
Ham	1 piece		
Sliced cheese	1 piece		
Lettuce	to taste		
Mini tomato	1 piece		



1. Soften butter at room temperature.
2. Spread butter on the bread and cut out the edges.
3. Put 2 on plastic wrap. Put sliced ham and cheese and tightly roll up. Cut into bite size.
(Cut wrapped, to keep shape).
4. Cut tomato into quarter. Cut lettuce by hand as you like. Decorate them with the sandwiches.

When you have taste disorder

Adjust taste according to symptoms

When you have oral inflammation

Bread may feel dry and difficult to eat. Some ingredients may smart mouth

Use ingredient soft and to make bread moist Avoid mustard

When you have mouth opening difficulty

Make sandwiches easy-to-bite adjusting thickness and size

When your white blood cell count is low

Pay attention to hygiene of ingredients and hands while preparation



Arrangement

- Use thinly sliced or sandwich bread.
- Put your favorite ingredients. How about use fruit and whipped cream to make dessert sandwiches.
- You may wrap the sandwich with plastic wrap like candies. It looks good and is easy to carry.





French toast

 10 minutes  376kcal

 **Ingredients**  (for one person)

Bread (8 sliced)	2 pieces	Milk	1/3 cup
Egg	1/2	Sugar	1 tablespoon
Vanilla essence (optional)	a little	Cinnamon (optional)	a little

1. Cut edges of bread.
2. Mix egg, milk and sugar and add vanilla essence (optional).
3. Soak 1 into 2.
4. Melt butter in a frying pan and fry the bread. Sprinkle cinnamon on top (optional).

When you have taste disorder

Adjust according to symptoms such as to decrease sugar and/or change toppings

When you are sensitive for smell

Allow time to cool off before eating or adjust toppings



Arrangement

- You may sprinkle cinnamon, cocoa and green tea powder to enjoy a different taste.
- You can make coffee French toast by adding some coffee into milk.
- It is good to put cold ice-cream on top of warm French toast.

Useful memo

 Don't keep bread in refrigerator as this dries the bread.

Wrap with plastic wrap slice by slice and put in a freezer bag and keep in freezer.

You can toast as frozen. If you use them for making French toast, thaw in room temperature before cook.





Bread pudding

 60 minutes  264kcal

 **Ingredients**  (for one person)

Bread (8 sliced)	1/2 piece	Milk	1/2 cup
Egg	1/2	Sugar	1/2 tablespoon
Vanilla essence	a little		
(optional)			

1. Mix egg, milk and sugar and strain. Add some vanilla essence (optional).
2. Cut bread into pieces and put in a heat-resistant dish.
3. Pour liquid 1 on 2 and place the dish on oven tray.
4. Pour warm water (about 50 degrees) into the oven tray about 1 cm high.
5. Preheat oven at 140 degree. Bake for about 40-50 minutes.

When you have taste disorder

Adjust according to symptoms such as to decrease sugar

When you are sensitive for smell

Better to be chilled



Arrangement

- You may enjoy adding raisin or sliced banana.
- You may sprinkle some liqueur such as rum for sophisticated taste.
- Good warm or chilled.
- You may sprinkle some sugar on top and bake with high flame to make the surface crunchy to enjoy different texture.



White fish with thick sauce

30 minutes 188kcal

Ingredients (for one person)

White fish	1piece (70g)	Salt	a little
Salad oil	a little	Sake	a little
[A]		[B]	
Onion	1/8	Soy sauce	1 teaspoon
Carrot	to taste	Vinegar	1/2 teaspoon
Boiled bamboo shoot	to taste	Sugar	1 teaspoon
(slice thin)		Sake	1/2 teaspoon
Dried shiitake(small)	1 piece	Sesame oil	a little
Kinusaya	2 pieces	Chinese soup stock	a little
Salad oil	a little	Starch with water	to taste

1. Sprinkle salt on white fish and sit for a while.
2. Slice onion into 5 mm thin slices.
3. Cut carrot, kinusaya, and rehydrated shiitake into thin pieces.
4. Wipe water out from the fish 1 and bake in fry pan with some oil.
5. When brown lightly, turn over, sprinkle sake and put lid on and steam cook.
6. Stir ingredients in A in another frying pan and stew with some water.
7. Add seasonings in B into 6 and bring to boil. Add starch with water and adjust thickness.
8. Add little sesame oil into 7 for flavor.
9. Pour 8 on top of the steam roasted fish. Sprinkle boiled kinusaya.

When you have taste disorder

Change seasoning on fish or taste of sauce according to symptoms

When you are sensitive for smell

Use other kinds of fish Use relish and sake for flavor

Allow to cool off for a while before eating





Miso boiled mackerel

20 minutes 214kcal

Ingredients (for one person)

Mackerel	80g	Miso	1/2 tablespoon
Sake	1 teaspoon	Soy sauce	to taste
Mirin	a little	Ginger	a little
Sugar	2 teaspoons		

1. Soak mackerel in **tate-shio*** for about 2 minutes and wipe off water. Cut the skin of the fish.
2. Put broth, sake, sugar, soy sauce, and mirin into a pan and heat on a high heat to boil. Put mackerel in the pan skin side up.
3. Boil again and put ginger and mix half of miso with water in the pan. Cook with medium heat with otoshibuta (put lid into the pan) for about 10 minutes.
4. When mackerel half cooked, mix other half of miso and cook 7-8 minutes more.

***Tate-shio**: Dissolve 1 tablespoon of salt into 1 cup of cold water (by using tate-shio, the fishy taste is lessened and the fish will become firmer and the skin stays together better).

When you have taste disorder

Adjust taste according to symptoms

When you are sensitive for smell

Allow to cool off for a while before eating

When you have oral inflammation

It may give irritation to mucosa depending on seasoning



Arrangement

It also tastes good to use the same seasonings (but without broth and ginger) to paste on piece of fish and roast.

Useful memo



Let's make "Miso boiled Mackerel" by poly-bukuro easily!



1. Prepare mackerel and put all seasonings (but without broth) and mackerel into poly-bukuro. Vacuum as much as possible and tie end of the bag.
2. Set the poly-bukuro on top of rice and water in the rice cooker flat and cook.



It is convenient to have fish misozuke or kasuzuke and freeze!



1. Prepare miso-doko and put half of miso-doko flat in a tray. Wrap fish with kitchen paper and put on miso-doko and put rest of miso on top of the fish.
2. Let the fish sit for 2-3 days to soak in the taste. Take out the fish and wrap with plastic wrap and freeze. Thaw half way in refrigerator to broil and eat.

Miso-doko

Mix miso 1 cup and sugar 1/2 to 1/4 cup

*Reusable 2-3 times

Sake-kasu

Sakekasu	300g	Sugar	2 tablespoons
Salt	2 teaspoons	Mirin	3 tablespoons



Grilled chicken with yuzu-miso

🕒 20 minutes 🍷 120kcal

🍴 Ingredients 🍴 (for one person)

Chicken leg meat	70g	Sugar	1 tablespoon
Miso	1/2 tablespoon	Sake	1/2 teaspoon
Mirin	1/2 teaspoon		
Yuzu (minced)	a little		

1. Mix miso, sugar, mirin, sake and yuzu. Marinade chicken (cut in easy-to-eat pieces) in the mixed ingredients. Let the meat stay a while.
2. Wrap meat with aluminum foil (to avoid burning) and cook in an oven toaster till cooked through the center of the meat. (approximately 10 minutes, depend on the size of the meat or the power of the oven toaster)
3. When done, take out from aluminum foil and put in a dish.

*If you are cooking by frying pan, put a piece of cooking paper in the pan and place the meat on top of it. Put lid on and roast.

When you have taste disorder

Adjust taste according to symptoms

When you are sensitive for smell

Allow to cool off for a while before eating

When you have oral inflammation

It may give irritation to mucosa depending on seasoning

When you have mouth opening difficulty

Pay attention not to overcook the meat as it will become hard Cut into easy-to-eat pieces



Useful memo



- ✳️ Marinade meat or fish in miso-doko and roast after seasoning (about 2-3 days later). You may freeze pieces separately if there are many.



Suki-yaki

30 minutes 319kcal

Ingredients (for one person)

Thinly sliced beef	80g	[Warishita]
Leak	1/4	Broth from Kobu
Yaki-dofu	1/4 package	1 tablespoon
Garlandchrysanthemum		Soy sauce 1 tablespoon
	1/4 package	Sugar 2 teaspoons
Salad oil	a little	Mirin 1 tablespoon

1. Mix warishita ingredients and bring to boil.
2. Cut beef into easy-to-eat pieces. Slice leak on the bias, Yaki-dofu into half, garland chrysanthemum about 3 cm lengths.
3. Put a pan over a fire and fry leak and beef with some salad oil. Pour some warishita (not too much) and bring to boil. Add other ingredients and cook.

When you have taste disorder

Adjust taste according to symptoms

When you are sensitive for smell

Avoid ingredients with strong flavor such as garland chrysanthemum
Allow to cool off for a while before eating

When you have mouth opening difficulty

Select soft and easy-to-digest ingredients and cut them
into easy-to-chew pieces



Useful memo



Let's make easy "Suki-yaki" by using poli-bukuro



Put all ingredients except garland chrysanthemum (replace powdered broth to liquid kobu broth) into poli-bukuro. Remove air from the bag and tie the end of the bag. Cook in rice cooker with rice. Dip boiled garland chrysanthemum into cooking liquid and assort. You may use condensed mentsuyu instead of warishita for convenience.



Nikujaga

🕒 40 minutes 🍷 284kcal

Ingredients (for one person)

Thinly sliced beef	50g	Carrot	1/4
Potato (small)	1	Broth	to taste
Onion	1/4	Salad oil	a little
[A]			
Soy sauce	1 tablespoon	Sugar	2 teaspoons
Sake	1 tablespoon	Mirin	1 teaspoon

1. Cut potato into 4 pieces, carrot into smaller pieces.
2. Slice onion about 2 cm wide, beef about 3 cm wide.
3. Heat some oil in a pan and put onion, carrot, beef and potato in that order and fry. Add broth and cook with high heat. Remove fat and cook about 5 minutes with medium heat.
4. Add sugar, sake, soy sauce and mirin in that order and stew 10-15 minutes (turn over ingredients in process). Cook until liquid evaporates and ingredients become soft.

When you have taste disorder

Adjust taste according to symptoms

When you are sensitive for smell

Use microwave oven or buy ready-made dish and prevent smell while cooking. Allow to cool off for a while before eating

When you have mouth opening difficulty

For easy swallowing, thicken sauce with starch or you may mash ingredients



Arrangement

- You may use commercially prepared mentuyu. However, they may not taste sweet enough. Adjust to taste.
- You may use ready-cut (for curry) vegetables on market to save some work.

Useful memo



How to make “Easy! Nikujaga”



* Poli-bukuro (pack cooking) recipe

- ① Put prepared ingredients and seasonings A in a poli-bukuro. Remove air from the bag as much as possible and tie the end of the bag.
- ② Place the bag flat on top of rice and water and cook in rice cooker with rice.



* Recipe using microwave oven

- ① Put prepared potato, carrot and onion into a heat-resistant dish.
- ② Place meat mixed with seasonings A on top of 1. (put in donuts shape. Do not place meat in the middle).
- ③ Put cooking paper on the dish and make a hole at the center.
- ④ Wrap with plastic wrap and heat 7 minutes by microwave oven. Mix well.



or Nikujaga meat, pork is used in east Japan and beef is used in west Japan. For potato, Dansyaku (baron) potato in east Japan and May Queen in west Japan. The origin of this dish is that in Meiji period, Mr. Heihachiro Togo liked beef stew while he was studying in Great Britain. After returning Japan, he tried to introduce beef stew as a meal for warship. However, the chef did not know beef stew and made similar dish using soy sauce and sugar.

So, this dish was started in the Japanese navy and with its high food value and good nutrition balance, was introduced nationally as a meal for marines.



Boiled daikon

🕒 30 minutes 🍷 49kcal

🍴 Ingredients 🍴 (for one person)

Daikon	50g	(about 2 cm long)		
Carrot	15g	(about 1 cm long)		
Green peas		to taste		
Soy sauce	1 teaspoon		Sugar	1 teaspoon
Broth	to taste		Mirin	1 teaspoon

1. Chop daikon and carrot into chunks.
2. Boil daikon at once (*Yudekoboshi).
3. Put daikon and carrot in a pan. Pour broth and put on heat.
4. Add sugar and soy sauce. Stew for 10-15 minutes till daikon get soft. Add boiled green peas. Add mirin to give glazing.

*Yudekoboshi: On cooking preparation, to boil vegetable well and drain on strainer.

When you have taste disorder

Adjust taste according to symptoms

When you are sensitive for smell

Allow to cool off for a while before eating

When you have mouth opening difficulty

Cut into easy-to-eat pieces and cook till ingredients become soft



Arrangement

Stew daikon with some protein food such as pork, amberjack, bacon, squid and so on, daikon taste get better observing their flavor.

* Not recommended for those who are sensitive for smell.



Eggplant dengaku

30 minutes 78kcal

Ingredients (for one person)

Eggplant 1

[dengaku-miso]

Miso 1 tablespoon

Zarame sugar 1 tablespoon

Grated ginger to taste

1. Broil eggplant well rolling on iron grid with high flame till skin of the eggplant get completely black.
2. Rinse under running water and strip skin of eggplant (if cooked well, easily peeled).
3. Add a little water in zarame and put on heat. Add miso after zarame dissolve and stir for not to stick to the bottom.
4. Bring to boil. Add grated ginger and sauce on the eggplant.

When you have taste disorder

Adjust taste according to symptoms

When you have mouth opening difficulty

Choose ingredients easy-to-digest

Cut ingredients into easy-to-eat pieces



Arrangement

- In addition to eggplant, it is delicious to stew such ingredients as daikon, konjac, vegetable, tofu and so on with broth and eat with dengaku-miso.
- You may arrange dengaku-miso to many dishes.
 - Add some peanut butter into dengaku-miso and paste on nama-bu or gohei-mochi (mix some starch with leftover rice and lightly mash and roll in oval figure and grill by toaster oven)
 - For tofu steak, add some minced long onion and shaving of dried bonito and pour over grilled tofu.
- You can keep dengaku-miso refrigerated. It is convenient to make a large amount to keep on hand.



Sunomono

15 minutes 37kcal

Ingredients (for one person)

Cucumber	1/2	Wakame	(salted)
Ginger	5g		25g
[Awase-zu]			
Vinegar	1 tablespoon	Sugar	to taste
Soy sauce	a little		(optional)
Salt	a little		

1. Wash wakame well (remove salt) and cut into appropriate size. Cut ginger into thin slices.
2. Slice cucumber thin and rub with a little salt. Drain water after a while.
3. Make awase-zu and mix with cucumber, wakame and ginger.

When you have taste disorder

Adjust seasoning or kind of awase-zu according to symptoms

When you have stomach discomfort

Vinegar and other ingredients may irritate mucosa Choose easy-to-digest ingredients and adjust awase-zu by stretching by broth and so on

When you have mouth opening difficulty

Choose soft and easy-to-digest ingredients and cut into easy-to-eat size

When your white blood cell count is low

Pay attention to the hygiene of ingredients

When you have oral inflammation

When you have diarrhea

It is not suitable for vinegar may irritate mucosa



V

inegar is often used for various dishes as a seasoning with refreshing flavor. Its major component is acetic acid that has major functions as follows.

(1) Stimulate secretion of saliva and gastric fluid and increase appetite and promote digestion and absorption of food. (2) Prevent degradation of vitamin C. If you use vinegar when you eat vegetable and fruits, it will protect vitamin C. (3) In your body, it degrades lactic acid so called "fatigue substance" so that makes you feel fresh and adjust body function. (4) It has strong antibacterial power and antiseptic effect so if you wash or marinate fish by vinegar, you can keep fish fresh for longer period.

Arrangement

It is said that vinegar is good for your health. Let's take vinegar with dishes like "sunomono".

Here, we will introduce you various Awase-zu (mixed vinegar) from basic Sanbai-zu to more varieties.

[How to make Awase-zu]

Nihai-zu	Mixed vinegar good with seaweed and seafood	Vinegar 2 tablespoons Soy sauce 1 tablespoon Broth 2 tablespoons Salt a little
Sanbai-zu	Mixed vinegar good for almost anything (less sweet mixed vinegar)	Vinegar 1 tablespoon Mirin 2 teaspoons Salt a little Soy sauce 1 teaspoon Broth 1 teaspoon
Ama-zu	Mixed vinegar used for marinated dishes	Vinegar 3 tablespoons Sugar 1 tablespoon Mirin 1 tablespoon Broth 1 tablespoon Salt 1/2 teaspoon
Sushi-zu	Mixed vinegar for sushi rice	(for 3 cups of uncooked rice) Vinegar 4 1/2 tablespoons Sugar 2 tablespoons Salt 1/2 tablespoon
Ume-zu	Mixed vinegar with tart flavor of ume	Vinegar 1/2 teaspoon Sugar 1/2 teaspoon Umebshi purred 1/2 piece Mirin 1/2 teaspoon.
Kimi-zu	Thick mixed vinegar with egg yolk	Vinegar 1 tablespoon Sugar 1 teaspoon Egg yolk 1 Mirin 1/2 teaspoon Broth 1 teaspoon
Mizore-zu	Mixture of sanbai vinegar and grated daikon or grated cucumber drained	Grated daikon 3/4 cup Sanbai-zu 3/4 cup
Nuts-zu	Sanbai vinegar with nuts	Walnuts or peanuts finely mashed 4 tablespoons Sanbai-zu 5 tablespoons

There are many more types of mixed vinegars



Spinach ohitashi

10 minutes 21kcal

Ingredients (for one person)

Spinach	1/2 package
Shavings of dried bonito	to taste
Soy sauce	to taste

1. Boil spinach and put into running water to cool off. Drain and cut into easy-to-eat pieces. Put shavings of dried bonito and soy sauce on top.

When you have taste disorder

Adjust seasonings or put some ingredients with flavor such as jyako according to symptoms



Arrangement

- Besides shavings of dried bonito, try ingredients to combine such as nori, kama-age-shirasu, jyako, Sakura-ebi and so on.
- Try various mixing seasonings to change taste such as wasabi soy sauce, vinegar soy sauce, soy sauce with broth, sesame paste, peanuts paste, and so on.

Useful memo



*** Easy ! "Boiled spinach" by microwave oven.**

Wash spinach with water and put into freezer bag wet. Keep the bag open and heat about 1 minute 20 seconds (for 100g spinach, about 8 pieces) and put into water and drain.



*** Frozen storage**

Put the boiled spinach into freezer bag and freeze in freezer. Heat about 3 minutes by microwave oven (weak) when use.



Boiled koya-dofu

🕒 30 minutes 🍷 63kcal

🍴 Ingredients 🍴 (for one person)

Koya-dofu	10g	Sake	1/4 teaspoon
Ging-geng-cai	20g	Salt	a little
Sugar	1/2 teaspoon	Broth	a little
Soy sauce	1/3 teaspoon	Mirin	1/4 teaspoon

1. Prepare hot water (about 50 degree) in a big bowl.
2. Float koya-dofu on the hot water. (1-2 minutes)
3. When koya-dofu absorbed hot water fully, drain water.
4. Cut koya-dofu into one-bite size. Mix broth and seasonings in a pan and boil, put koya-dofu and ging-gen-cai into the pan and cook about 20 minutes in simmer.

When you have taste disorder

Adjust taste according to symptoms

When you are sensitive for smell

How to cool off a while before eating



What is Koya-dofu?

Koya-dofu is a freeze-dried nonperishable food made from tofu. The process was invented accidentally when somebody left tofu outside during winter.

Frozen tofu produced at Mt. Koya was widespread nationally as a vegetarian dish. There is another nonperishable food with same making process called “Shimi-dofu” around Tohoku area.

It is called “Koya-dofu” because it was popular as a souvenir of Mt. Koya in Edo era.



Hiya-yakko



10 minutes



59kcal



Ingredients

(for one person)

Tofu	to taste		
Ginger	a little	Green onion	a little
Dried bonito shavings		Sauce of your choice	
	a little		to taste

1. Put tofu on a dish. Grate ginger. Shredded green onion and sprinkle on top of the tofu.
2. Sauce soy sauce or ponzu or something else as you like.

When your white blood cell count is low

Pay attention to hygiene of toppings and other ingredients



Arrangement



You may put steamed chicken on top to arrange like Chinese hot sesame chicken or put niku-miso to make mabo-hiyayakko, put your favorite ingredients such as okra or tuna.

You may use ponzu, goma-dare, mayonnaise, commercially prepared dressings and so on as sauce.

- Try hot dishes such as yu-dofu and ni-yakko.
- Try various recipes with tofu such as tofu salad, tofu with thick sauce, shiraae and so on.



Soybeans contain much protein and fat. As substitution for animal-source foods, soy beans are called "meat of field".

Hypocholesterolemic effect by soy protein and anti-arteriosclerosis action by soy saponin, prevention of osteoporosis and anti-cancer action by functional component such as isoflapon.

Combination of soybeans and rice makes good balance of essential amino acid because soy protein contains sufficient essential amino acid such as lysine and threonine which lack in rice protein.



Chyawan-mushi Ready-made products are also convenient!

30 minutes 65kcal

Ingredients (for one person)

Egg	25g	Chicken white meat	10g
Broth	75 cc	Sake	a little
Salt	a little	Soy sauce	a little
Mitsuba	to taste		

1. Put broth, salt and soy sauce in a pan and bring to a boil. Stop heating and cool off a while.
2. Put lightly beaten egg into broth and strain to make egg liquid.
3. Put Chicken white meat into soy sauce with sake.
4. Put 3 in a dish and pour egg liquid (2) over. Sprinkle mitsuba.
5. Put 4 into a boiling steamer and put towel on top and put lid. Steam in high heat for 1-2 minutes and then low heat for 10 minutes. (Put toothpicks and if clear liquid comes out, it is done.)

When you are sensitive for smell

Allow to cool off a while before eating



Arrangement

Let's put various ingredients such as chicken, shrimp, crab, seaweed, vegetable and so on.
Or you may put various ingredients in starch thickened sauce and pour on top of chawan-mushi.



Chawan-mushi is a typical egg dish. However, it required labor and time for cooking.

Lately, there are ready- to-eat chawan-mushi on market just to be heated up by hot water or microwave oven.



Cold Chawan-mushi

50 minutes 46kcal

Ingredients (for one person)

Egg	25g	Soy sauce	to taste
Sake	1 tablespoon	Green vegetable	a little
Salt	a little	Broth	75cc
[Sauce]			
Shimeji	to taste	Salt	a little
Broth	1 tablespoon	Mirin	a little
Starch with water		Soy sauce	1/2 teaspoon
		to taste	

1. Mix broth, sake, soy sauce and salt together into lightly beaten egg to make egg liquid and strain.
2. Pour the egg liquid 1 into a dish and steam in boiling steamer about 10 minutes.
3. Cook ingredients for the sauce bring to a boil. When shimeji is cooked, thicken the sauce a little with starch with water.
4. Cool off the chawan-mushi and chilled well in refrigerator.
5. Pour sauce on top and decoration with green vegetable.

When you have taste disorder

Adjust taste according to symptoms

If you can not adjust only by seasoning to egg, you may use stronger taste sauce



E

gg is called the perfect nutritional food containing many nutrients in good balance except vitamin C and dietary fiber. Egg white contains phosphatide called lecithin which eliminates blood cholesterol. Protein of egg has characteristic easy to coagulate by heating. Boiled-egg and poached-egg are cooking methods using this characteristic. The temperature of coagulation for egg yolk is 65-70 degree and for egg white is 70-80 degree. We can make onsen-tamago using this characteristic.





Odamaki-mushi

🕒 20 minutes 🍷 161kcal

Ingredients 1 (for one person)

Boiled udon	1/3 portion	Chicken white meat	10g
Boiled shrimp	2 pieces	Green Veg.	to taste
Egg	1/2	Broth	1/2 cup
Salt	a little	Soy sauce	1 teaspoon
		Sake	1/2 tablespoon

1. Take out “line (suji)” from chicken white meat (sasami) and cut into 1 cm wide pieces. Boil green vegetable.
2. Heat broth and seasonings mixed.
3. Cool off 2 a little and add lightly beaten eggs and strain.
4. Put udon, boiled shrimp and chicken in a dish and pour egg liquid (3).
5. Put 4 into a steamer and steam for 10 minutes in simmer.
6. Decorate boiled green after steamed over.

When you have taste disorder

Adjust taste according to symptoms

If you can not adjust only by seasoning to egg, you may use stronger taste sauce

When you are sensitive for smell

Allow to cool off a while before eating



What is Odamaki-mushi?

Odamaki-mushi is a home cooking dish used to be popularly eaten at wholesaler streets around Osaka harbor. It is also called “steamed odamaki (roll of hemp fiber thread)” and was essential for ceremonial occasions.



Onsen-tamago

Ready-made products are also convenient!



30 minutes



76kcal



Ingredients

(for one person)

Egg	1
Broth	to taste
Soy sauce	to taste
Mirin	to taste

Heat retaining container with lid
(Enough size to hold an egg)

1. Pour hot water in the container. Put an egg in hot water and seal with the lid.
2. Keep temperature of hot water about 70 degrees and leave about 20 minutes.
3. Break the egg (2) open into a bowl and pour seasonings mixed.

*If the temperature goes down while cooking, you may add hot water or keep a little longer.

When your white blood cell count is low

is not suitable for egg is not cooked thoroughly



Useful memo



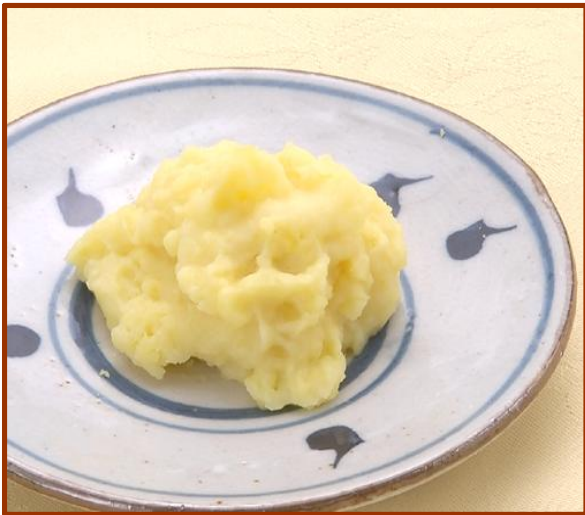
* It is handy to keep commercially made onsen-tamago on hand.

* Put 150 cc water and an egg break to open into a heat resistant cup.



In order to avoid bursting, put a little hole on egg yolk by a pick and wrap with plastic wrap and heat 1 minute by microwave (500W).

* Be careful for cooking too long for egg yolk may burst.



Mashed sweet potato

20 minutes 283 kcal

Ingredients (for one person)

Sweet potato	100g	Butter	1 tablespoon
Sugar	1 tablespoon	Milk	40cc

1. Steam sweet potato and puree while hot.
2. Put 1 into a pan. Add butter and sugar. Add milk little by little and make it smooth.

*You may use the skin of sweet potato for decoration. It would add seasonal taste and visually makes it look delicious.

When you have taste disorder

Adjust taste according to symptoms such as to reduce sugar

When you have abdominal bloating

Potatoes tend to produce gas easily and are not suitable



Useful memo



Wash sweet potato with water and wrap with plastic wrap with water and microwave for 10 minutes. Turn up-side-down while cooking and heat evenly, you can steam sweet potato easily by microwave.



However, with this method, sweetness is a little less than when steamed.



Ice-cream



Ingredients

(for one person)

Ready -to-eat ice-cream on the market

There are many kinds and flavors of ice-creams sold at stores. Let's arrange them a little bit!

When you have stomach discomfort

When you have diarrhea

For it is cold, take precaution and eat slowly



Arrangement

- You may put some ice-cream on drinks such as coffee, tea and green tea and make ice-cream-float.
- If you put ice-cream with fruit such as banana into mixer and process, you can make a shake easily.
- If you put ice-cream with adzuki or sweetly boiled chestnuts into mixer and mix lightly, you can make Japanese taste dessert.
- You may put ice-cream on top of French toast or hot-cake.
- You may arrange to put ice-cream with canned fruits, seasonal fruits such as strawberry and banana, cookies and sponge cakes or may put in drinks.

You may decorate to make it look fancy.



"I

ce" is made by mixing air into milk or other dairy products and freeze. It contains more than 3% milk solid. It is called Ice-cream if contains 8 to 12% milk fat. It is called Ice-milk if contains about 6% milk fat and substituted some of the milk fat into vegetable fat. With about 3% of milk fat and mainly using vegetable fat, it is called Lactic-ice.



Lemon sorbet

🕒 180 minutes 🍷 205 kcal

🍴 Ingredients 🍴 (for one person)

Lemon juice	50cc
Sugar	50g
Water	200cc

1. Put water and sugar into a pan. Heat and dissolve sugar. Chill.
2. Mix lemon juice into 1. Pour into a container and put in the freezer.
3. While freeze a little, mix all part well. Repeat the process 3 to 4 times.

When you have stomach discomfort

When you have diarrhea

When your white blood cell count is low

For it is cold, take precautions and eat slowly

Pay attention to the hygiene of preparation and storage



Arrangement

- You can make sorbet easily by pour juice or cider into a container and freezing.
- If you don't let the sorbet become too frozen and finish softly, it is like a smoothie drink smoother than shake.
- You may put some liquor in it to enjoy a different taste.
- You may change lemon into other fruit as you like.
- Adding more sugar or liquor prevents the sorbet from getting too hard
- You may add some fruit to ready-made sorbet.
- Store in freezer in airtight container to prevent drying.
Eat as soon as possible.



Tomato sorbet

🕒 180 minutes 🍷 84 kcal

🍴 Ingredients 🍴 (for one person)

Tomato (ripe)	1
Granulated sugar	1 tablespoon
Lemon juice	1/2 teaspoon

1. Make a cut on the skin of a tomato and put the tomato in boiling water for about 10 seconds. Chill in cold water and peel the skin. Cut in peaces.
2. Put the tomato and granulated sugar and lemon juice into mixer and mix well until it get smooth.
3. Pour 2 into container and freeze in the freezer.
4. While frozen a little, mix all part well. Repeat the process 3 to 4 times.

When you have stomach discomfort

When you have diarrhea

When your white blood cell count is low

For it is cold, take precautions and eat slowly

Pay attention to hygiene of preparation and storage



Tomato is a plant belongs to solanaceous family, tomato genus. It may be originally from table land of Andes mountain range such as around Peru and Ecuador.

It came to Japan for the first time in Kanbun period of Edo era at Nagasaki. People kept it at distance because of it's grassy-smell and deep red color and it was only for ornamental use at that time and was called a "foreign persimmon". In Japan, it was grown for food after the Meiji era. In addition, only after the beginning of the Showa era that they started to grow a brand that suits the taste of Japanese. The red color of a Tomato is from the coloring of lycopene that said to have power to prevent cancer. Sourness stimulates secretion of gastric juice and assists digestion of protein and contains potassium that prevents high blood pressure and evacuates excessive salt inside the body. Also, vitamin C helps formation of collagen and makes cells strong.



Kuzu-yu



10 minutes



72kcal



Ingredients

(for one person)

Kuzu flour	1 tablespoon
Sugar	1 tablespoon
Water	1 cup
Juice	1/2 tablespoon
(any kind you like)	

1. Dissolve sugar and kuzu flour into water. Stir simmer till it thickens
2. Add juice to taste.

When you have taste disorder

Adjust taste or ingredients according to symptoms



Arrangement

You may add coffee or green tea powder instead of juice

Various flavored ready-made kuzu-yu are on market.

K

uzuyu is a thick drink made from powdered arrowroot. It stays warm for long time because of the thickness and makes body warm and is easy-to-digest. Arrowroot (*puerariae radix*) contains minute isoflavone derivative such as daidzein, puerarin and daidzin and said to help perspiration, decline of fever and antispasmo action. However, refinement powdered arrowroot doesn't contain these components so much.

Even though, it is traditionally used as a folklore remedy to relief chilliness of beginning of cold, declines fever, comfort dryness of throat and stop diarrhea.



Kinako milk

5 minutes 202kcal

Ingredients (for one person)

Milk	150cc
Honey	1 tablespoon
Kinako	1 tablespoon

1. Add all the ingredients in mixer and mix well until smooth.

When you have taste disorder

Adjust taste according to symptoms such as to reduce sweetness

When you have mouth opening difficulty

Need care such as to use a straw to drink easily

When your white blood cell count is low

Pay attention to hygiene of preparation process and ingredients

When you have diarrhea

In general, milk is not suitable



Arrangement

You may add green tea powder or cocoa powder to enjoy different flavors.



inako (toasted soybean flour) has been eaten since ancient time. In a book written in the Nara Period, the word “Kinako” is already used. It is used for making sweets also from very early times. Famous Japanese sweets with kinako, “Abekawamochi” was already introduced and popular in 1800s Edo period as a “specialty of Fuchu”

Nutrition value of Kinako is very high containing all nutrients of soybeans which called “meat from field”. It is also very easy-to digest.



Strawberry milk

5 minutes 162kcal

Ingredients (for one person)

Milk 150cc
Strawberry about 5 pieces
Sugar or honey 1 tablespoon

1. Add all the ingredients in mixer and mix well until it became smooth.
- * If you use frozen strawberries, you can make the drink chilled.

When you have taste disorder

Adjust taste according to symptoms such as to reduce sweetness

When you have mouth opening difficulty

Need care such as to use a straw to drink easily

When your white blood cell count is low

Pay attention to hygiene of preparation process and ingredients

When you have diarrhea

In general, milk is not suitable



Arrangement

You may use different kind of fruit such as banana or mango instead of strawberry.



Milk is easy-to digest and good nutrition balanced food for intake calcium handy.

100g of milk contain 100mg of calcium which Japanese people tend to lack most. Calcium is a nutrient that difficult to observe but rate of absorption of milk calcium is quite high as 40 to 70%. Milk is good for relaxation and dissolves irritation. It is also good to make bones strong, make palpitation and heart beat stable.

There are many Japanese people who are milk intolerant and these people may suffer from diarrhea or constipation when drinking milk. It is because those people don't have enough enzymes to degrade the lactose in milk.

It may be helpful to boil milk before drinking or drink lactose-hydrolysed milk (low lactose milk) which lactose is already degraded, little by little.



Milkshake



5 minutes



227kcal



Ingredients

(for one person)

Milk	120cc
Banana	1/4 (optional)
Sugar	1 tablespoon
Egg yolk	1 (sanitary)
Vanilla essence	to taste

1. Add all the ingredients in mixer and mix well until smooth.

When you have taste disorder

Adjust taste according to symptoms such as to reduce sweetness

When you have mouth opening difficulty

Need care such as to use a straw to drink easily

When you have diarrhea

In general, milk is not suitable

When your white blood cell count is low

It is not suitable for it contains raw egg



Arrangement

- You may use strawberry or peach (canned) instead of banana as you like.
- You may add green tea powder instead of banana to make it Japanese flavor

A

s name indicate, Milkshake is a kind of drink made from milk.

If made by milk, egg yolk, sugar and vanilla essence, it is called "French style". If it is made with milk, ice cream, sugar and vanilla essence, it is called "American style" and if made by warmed milk, it is called "hot milkshake".



Yogurt shake

5 minutes 191kcal

Ingredients (for one person)

Milk	50cc
Yogurt	50cc
Banana	1/4
Vanilla	1 package
ice-cream(small)	

1. Add all the ingredients in mixer and mix well until smooth.

When you have taste disorder

Adjust taste according to symptoms such as to reduce sweetness

When you have mouth opening difficulty

Need care such as to use a straw to drink easily

When your white blood cell count is low

Pay attention to hygiene of preparation process and ingredients

When you have diarrhea

In general, milk is not suitable



Arrangement

You may use strawberry or peach (canned) instead of banana or may use orange juice instead of milk to enjoy a different taste.



Lactic acid bacterium in yogurt increases good bacterium and keep intestine healthy.

Yogurt famous for "Bulgaria" is popular macrobiotic food in Bulgaria. There are many kinds of yogurt on market from plain type which is used as an ingredient of cakes and dressings and sweetened type and with flesh of fruit and so on. Yogurt is made from milk or skim milk with 2 to 3 percentage of lactic acid bacterium added and fermented around 4 degrees.



Carrot juice

🕒 5 minutes 🍷 169kcal

🍴 Ingredients 🍴 (for one person)

Carrot	2
Honey	to taste

1. Wash carrot well and cut into 3-4 cm pieces and put them into juicer and juice.
Add honey as you like.
- * You may add apple and/or orange juice if you like or, when you use mixer.

When you have taste disorder

Adjust taste or ingredients according to symptoms

When you have mouth opening difficulty

Need care such as to use a straw to drink easily



Arrangement

- Try to put vegetables such as celery and tomato, fruits such as orange, and honey and sugar adjusting to your symptoms. How about making a milkshake using milk or soymilk?
- You may use marc of carrot for tamagoyaki, curry, cakes, cookies, muffins and so on to intake dietary fiber.



Orange color of carrot is from carotin (origin of the word is carrot) and red is from lycopene. They are both with high antioxidant potential and said to be good for preventing lifestyle-related diseases. Carotin is also called provitamin A and converted to vitamin A in human body. There is rich carotin just under coat so when cooking, it would be better to peel thinly or cook with coat if clean. Carrot with thick color contains more carotin and the coat is with glaze and fitness, so try to choose one with smooth surface.



Honey Lemon



 5 minutes  73kcal

 Ingredients  (for one person)



Lemon juice 2 tablespoons
(it is convenient to use ready-made lemon juice)
Honey to taste
Hot water 150cc

1. Put lemon juice and honey in a glass.
 2. Pour hot water and dissolve honey.
- * Chilled, it may be more refreshing and easy to drink.

When you have taste disorder

Adjust sourness and sweetness according to symptoms

When you have stomach discomfort

Citrus such as lemon may be irritation Drink slowly

When you have diarrhea

Make with hot water or add more water and thin down

When you have mouth opening difficulty

Need care such as to use a straw to drink easily

When you have oral inflammation

It is not suitable Citrus such as lemon may cause smarting



Arrangement

- Citrus (lemon, grapefruits and so on) are refreshing.
- Freshly squeezed juice should be drunk at once. It may change the color after a while.
- Use ready-made fruit juice or ready-to-eat products for convenience.

Caution) Avoid grapefruits juice if you are prescribing IRESSA.

