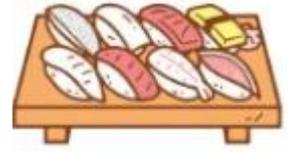


WASHOKU -Japanese Cuisine-



On December 4, 2013, UNESCO recognized the traditional Japanese Cuisine to be listed on the UNESCO's intangible Cultural Heritage List, after the proposal was made in March 2012, in the hope of regaining global trust in their food safety after the Fukushima nuclear crisis.

Below are the four factors of Washoku which was accepted by UNESCO:

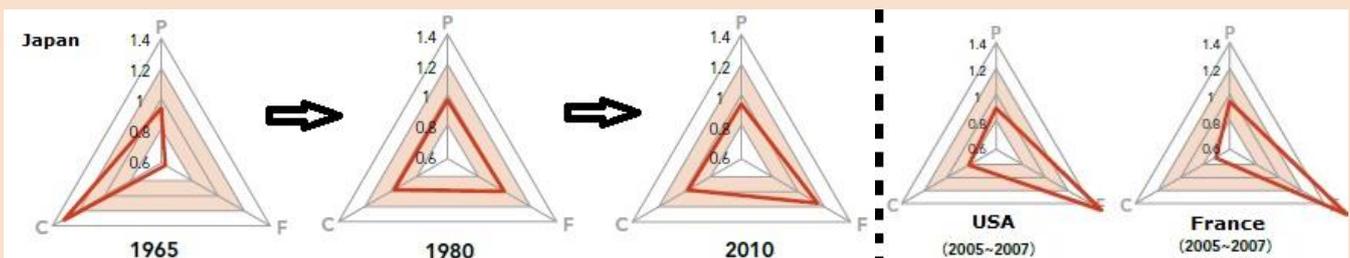
1. **TASTE** Variety of fresh food and how they are efficiently cooked
2. **QUALITY** Balanced nutrition in a healthy diet perspective
3. **VISUAL** The presentation of the natural beauty and seasonal transitions
4. **SEASONAL** Food culture closely related to yearly events such as New Year



This time we would like to learn the 2nd factor, Quality, in more details!

It's often said that Washoku is one of the healthiest food not only because for holding a world-class life expectancy, but also for its PFC balance (Protein-Fat-Carbohydrate Balance). The ideal percentage of nutrition to be taken is P: 9-20%, F: 20-25% and C: 50-70%- this range is shown by the light-red colored triangle in the figures below.

In 1980, Japan used to form the ideal PFC balance when good source of proteins and fats became available. Before then, when people had less access to fat/protein consumed more carbohydrates (e.g. rice) to sustain the daily energy intake. However, after 1980, the westernization started to make a change in the PFC balance as well- will there be some day when fat portion will go beyond the normal range just like USA and France...? To bring back the adequate PFC balance trend was actually another reason applying Washoku for UNESCO heritage.



Now, could you describe what the standard Washoku is composed with? It's the combination of 6 dishes- rice, *tsukemono* (pickled vegetables), soup, main dish (meat or fish), and 2 side dishes (vegetables, tofu, etc.). The first two (rice and *tsukemono*) are thought to be the very standard dishes from the Edo period.

Adding the rest of the 4 dishes are described as 一汁三菜 *ichiju-sansai*, which literally means composed with a soup and 3 dishes- thus total of these 6 dishes were considered to be reasonable both nutritionally and visually, like you can see in the picture above.

Hopefully you can learn and experience more about Washoku while you are in Japan! ☺



Tips for Winter Health – Mandarin Mikan —



As winter deepens, you'll have more chance to see Mandarin (or Mikan in Japanese) sold in supermarkets. The top-three prefectures famous for mandarin are from warm, southern areas- Wakayama in Western Honshu Island, Ehime in Shikoku Island, and Shizuoka in Eastern Honshu Island. They are even sold in boxes of 5-10kg (11.02-22.05 lbs.). Eating mandarin is one of the ways to keep away from getting a cold thanks to the following 4 substances richly contained in mandarin pulp.

1. **Vitamin C** – essential for strengthening your immune system
2. **Citric Acid** – contained in mandarin, lemon, grapefruits, kiwi, strawberry, plum as the sour taste. It hinders the production of lactic acid which causes fatigue and also prevents stiff shoulders, muscle ache, and liver diseases.
3. **Beta-Cryptoxanthin** – carcinoid contained in orange pigment which works as a strong tumor suppresser and is especially found in the pulp of Unshu Mikan 温州みかん, one of the brand of mandarin. Unshu contains 60-100 times of Beta-Cryptoxanthin compare to other brands of oranges/grapefruits.
4. **Fiber** - albedo, the white tissue which is adhering to the pulp is rich in fiber.

Aside from nutrition perspective, mandarin could be more creative and artistic!

Flower, turtle, elephant, snake, and bicycle- anything can be made out of mandarin peels and pulp!!

Even how-to [books](#) are sold as well as [video](#) on YouTube, so why not try making some to enjoy mandarin in many different ways for this winter season?



See the variety of pieces of work could be made out of Mandarin!!



Bringing a peeled Mikan for his friend?



Happy Holidays and Best Wishes for the Coming New Year!!

来年もよろしくお願ひします。

UCEAP Tokyo Study Center