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## food based dietary guidelines japan food and agriculture Jan 20 2024

the order of the food groups is given by the recommended daily servings at the top there are grain based dishes rice bread noodles and pasta followed by vegetable based dishes including salads cooked vegetables and soups and fish eggs and meat dishes at the bottom are milk and fruit

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the local food culture is diverse and ranges from aristocratic kaiseki course dinners to vegetarian shojin ryori of monks and the simple obanzai home style cooking while some restaurants look to the past for inspiration others experiment with new flavors



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