

Eating more vegetables helps to prevent overeating!

A large-scale study conducted by the National Cancer Center Japan found a relationship between increased vegetable intake and body weight. According to the study, **body weight was reduced by 25 g for every 100 g in increased vegetable intake per day.**

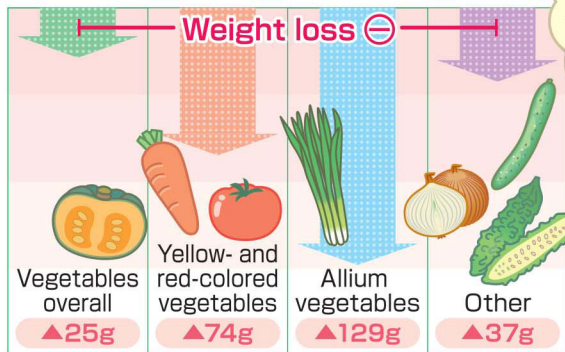
Despite the slight variation among the types of vegetables, for yellow- and red-colored vegetables and allium vegetables, participants respectively lost 74 g and 129 g of body weight by increasing their daily intake by 100 g.

This once again proves the importance of proactively eating vegetables.

Try to eat at least another 100 g!

100 more grams of vegetables per day changes body weight

Results of 5-year survey with about 50,000 persons



A total of 29 vegetables were used in the study. View the source website for more information!



Increasing vegetable intake is believed to decrease the consumption of rice and side dishes, leading to weight loss!

Source: 5-year study of relationship between changes in vegetable and fruit intake and changes in body weight (National Cancer Center Japan: June 8, 2020)

Even though the weight loss benefits may be slight, increasing your vegetable intake by at least 100 g a day is something you can easily continue to do! Here is a guide using your hands. A small plate of vegetables is about 100 g, so start out by adding one.



Amount of additional vegetables to consume per meal (120g)



Two handfuls of raw vegetables



One handful of cooked vegetables

Stewed vegetables 100g



Chilled tomato salad 100g

Blanched spinach salad 80g



Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

