

For those who is bad at Japanese.

日本語が苦手な方へ

「 Let's blow away the fatigue of summer! 」

~Eating together more effectively~

「夏の疲れを吹き飛ばそう ~一緒に食べてより効果的に~」



It's too hot every day so we eat only cold foods.

毎日暑くて冷たいものばかり食べてしまいますね
体調を崩す原因になります。

食べ合わせて、より元気になりましょう

It may cause you to get sick. Eat together and be more energetic!

Get tired faster with onion and pork

Pork has a fatigue recovery effect. (VB1)
Onion speed up the effect of VB1. It's a spicy ingredient called allyl sulfide.

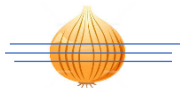


~Eat lightly pork salad~

- shabu-shabu pork
- onion
- Moroheiya



- 1) Moroheiya tears off the leaves.
- 2) Thinly slice the onion.



Break the fiber

- 3) Boil meat with boiling water and finally boil the Moroheiya quickly.
- 4) Drain and cold then add fresh onion.
- 5) With your favorite dressing.

- ★Moroheiya's slippery throat
- ★Onions are soft when cut the fiber.

Using food that recovers from fatigue

Almond (VE) Citric acid in lemon. Honey that becomes energy quickly and egg protein.

~Almond flavor Haney lemon French toast~

- Plain bread
- almond milk
- egg
- haney
- lemon
- butter
- suger



- 1) Mix egg, almond milk, honey and lemon liquid to make egg liquid.
- 2) In a frying pan with butter bread in egg liquid and bake on low heat.
- 3) Sprinkle powdered sugar if you like.

★lemon increased appetite with citric acid.