

For those who is bad at Japanese.

日本語が苦手な方へ



「To improve blood glucose level」

～Let's overcome why you can't do it!～

「血糖値を改善するために」

～できない理由を克服しよう～



There are three points you need to improve your blood glucose level.

1. Don't eat too much glucose (Rice, bread, noodle, sweets and sweet drink.
2. Eat a lot of fiber.
3. Exercise



If you finish your meal easily for various reasons, it is easy to be biased towards easy-to-eat foods soft foods, and that fill you up quickly.

But even if you know the reason, you may not be possible. Especially common among the elderly and caregiver. Some people have difficulty walking, chewing, or preparing food and busy.

Barbohydrates(glucose) are high in calories

Metabolism declines with age. Glucose turns into our energy, but excess become fat. You have to adjust how much to eat according to age. It's so soft that you can eat a lot. because we feel full when we chew, you can eat soft food without chewing.

If you can't chew hard things

Vegetables, mushrooms, and seaweeds are high in dietary fiber. It's a food that is difficult to eat for people with week chewing ability.

Boil softly, Grate in a mortar without chopping(important!) and mix. If it's too smooth, it's to eat, so there is a device to make it gel. Be sure to eat with every meal.

If you can't exercise in a wheelchair or bedridden

Would you like to increase metabolism with abdominal breathing? When you inhale, your stomach swells, when you exhale, your stomach swells. If you continue, your body will become warmer. It's good idea to gradually increase the time.



There are different reasons for people to people. If you have any problems, please feel free to contact us.