

Basic  
guide

Eat deliciously  
and  
stay healthy

# Self-care Book for Women

True “Beauty”  
is only achievable through good health,  
so let’s learn about food,  
nutrition and our body.

Eat Well, Live Well.

**Aj**  
AJINOMOTO

# Women's Body: Changes Throughout a Lifetime

A women's body is strongly influenced by female hormones and continues to change throughout her life. Irregular lifestyles, stress and other factors can cause various physical and mental issues. By understanding the daily fluctuations and generational changes in a woman's body (life stages of the female body) you can better manage these changes.

## The Teens

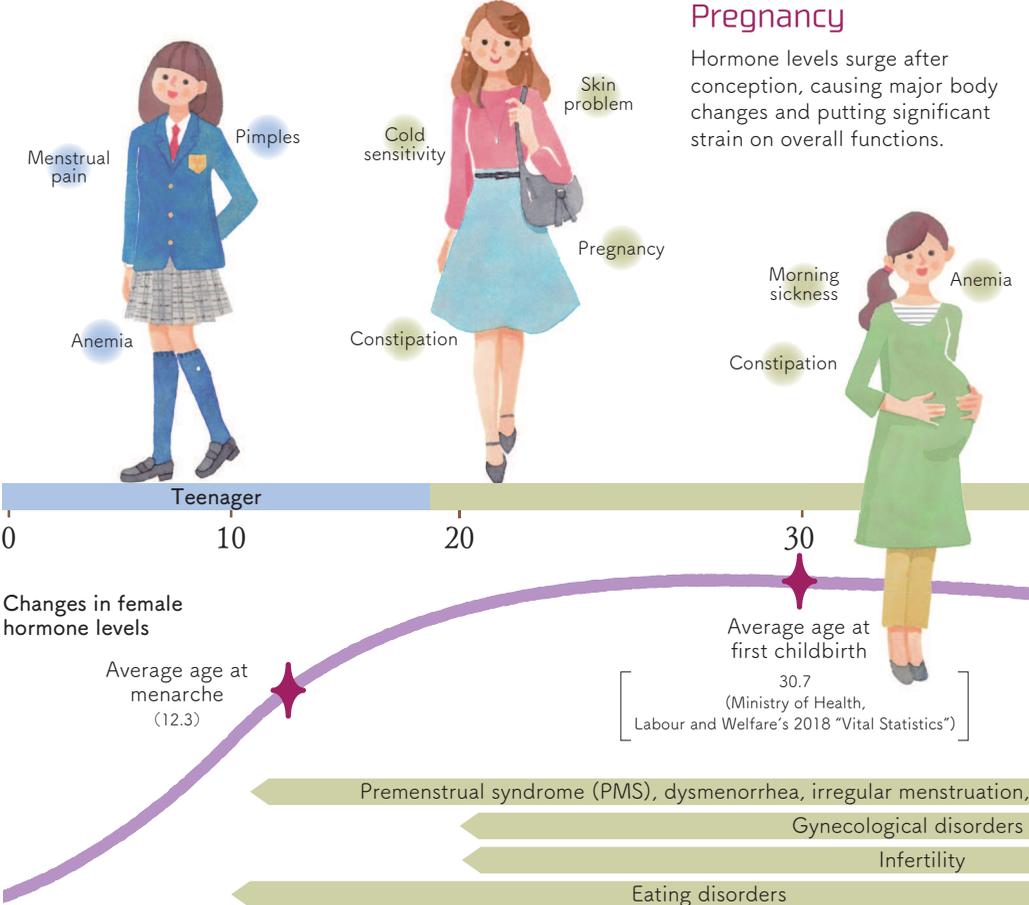
Unstable menstrual cycles and a tendency for extreme eating habits like overeating or excessive dieting.

## 20s - 40s

Menstrual cycle stabilizes and the body matures. Increase social roles and busyness can lead to poor eating habits, stress, and a higher risk for women's health issues.

## Pregnancy

Hormone levels surge after conception, causing major body changes and putting significant strain on overall functions.



Good health requires three things:

A well-balanced diet

Moderate exercise

Adequate sleep

Modern women often have irregular eating habits

## Middle age

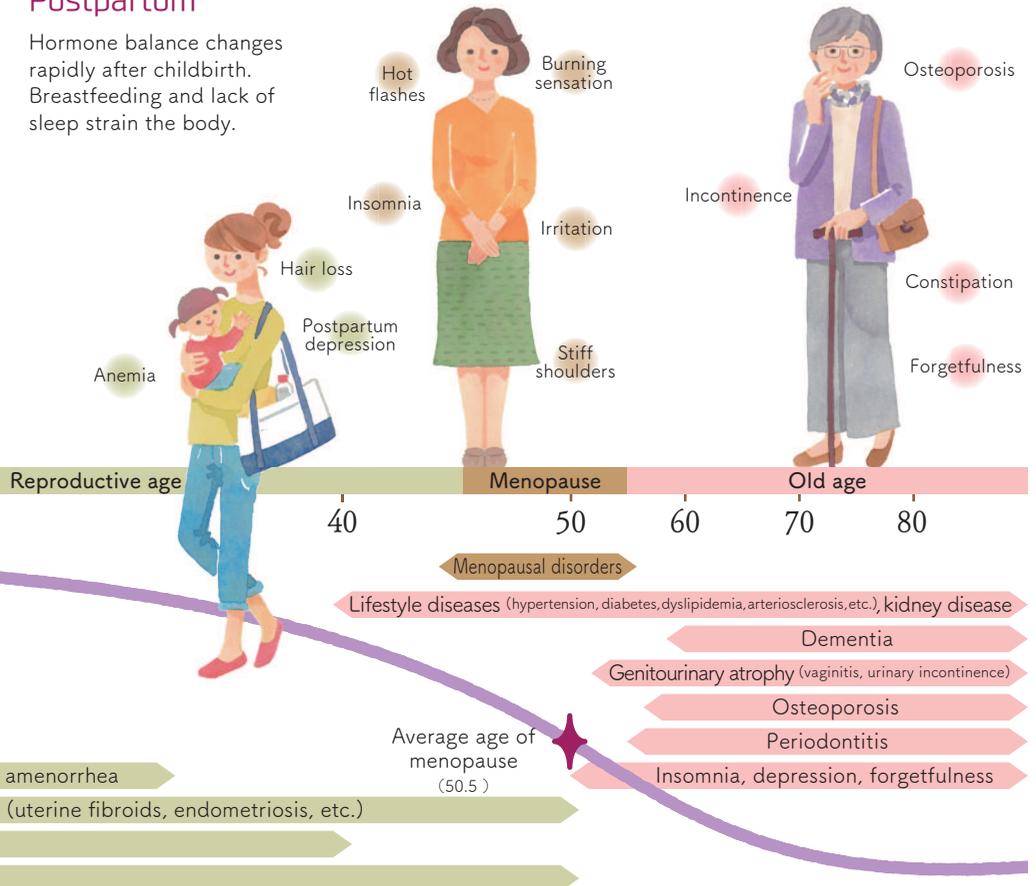
From around age 45 to 55, during menopause, female hormone levels drop sharply, increasing the risk of illness.

## Senior

As female hormone levels decline, aging progresses. Muscle strength and bone density decrease, increasing the risk of injury and illness.

## Postpartum

Hormone balance changes rapidly after childbirth. Breastfeeding and lack of sleep strain the body.



# Start by Learning About Your Own Body

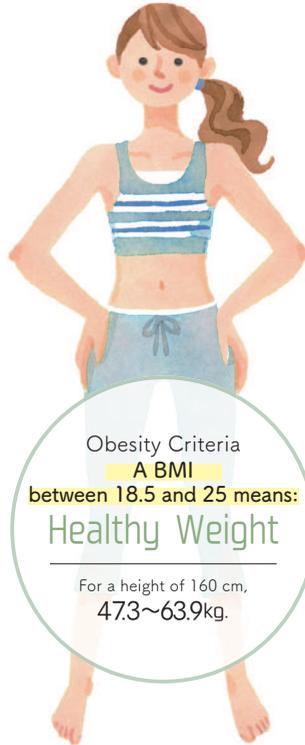
BMI stands for Body Mass Index.

It is a measure that calculates obesity levels based on weight and height.

Both a low and high BMI can have various impacts on your body.

Health is the first step to beauty. Be mindful of your BMI and aim for a healthy weight.

$$\text{BMI} = \frac{\text{Bodyweight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$



Obesity Criteria  
**A BMI of less than 18.5 means:**  
**Underweight**  
 For a height of 160 cm, this is under 47.3kg.

Obesity Criteria  
**A BMI of over 25 means:**  
**Overweight**  
 For a height of 160 cm, this is 64.0kg and above.

Obesity Criteria  
**A BMI between 18.5 and 25 means:**  
**Healthy Weight**  
 For a height of 160 cm, 47.3~63.9kg.

Risks occur with malnutrition:

- Muscular weakness
- Increased risk of fractures
- Decreased immunity
- Decline in memory and comprehension
- Reduce vitality etc.

Risks occur with overweight:

- Increase blood sugar
- Increase blood pressure
- Develop heart disease
- Elevated blood cholesterol etc.



Write your own numbers here and calculate your BMI and healthy weight.

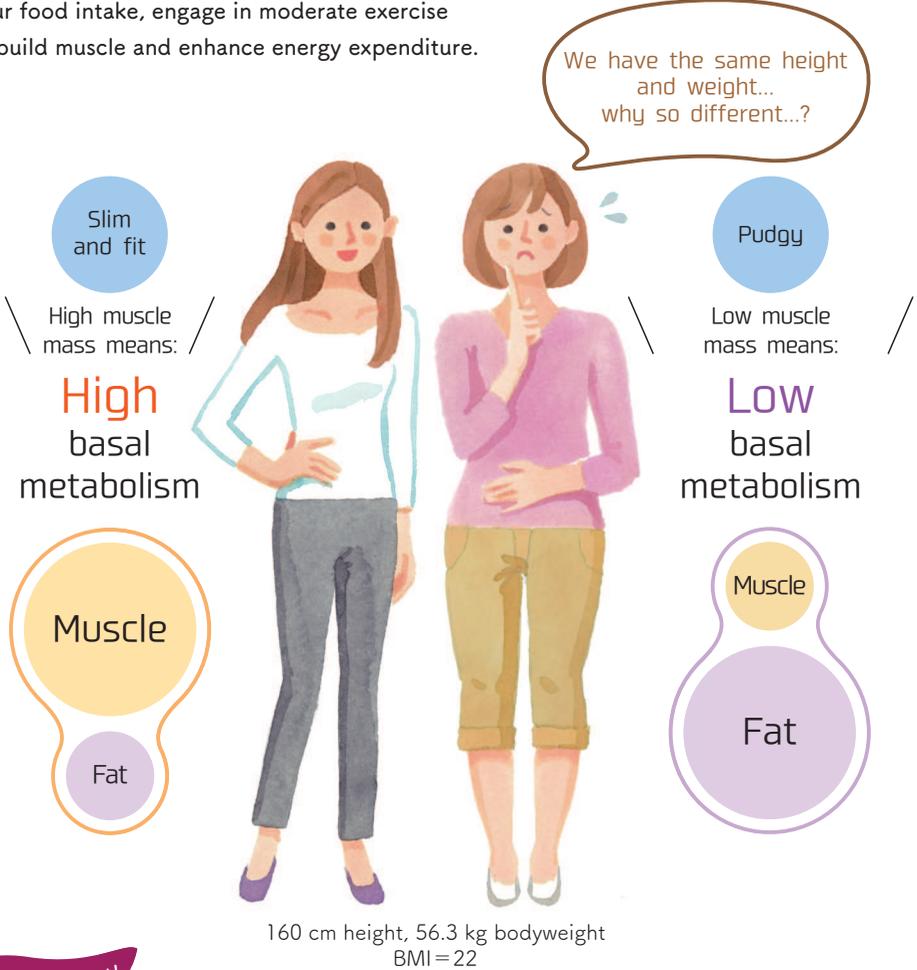
Your BMI =  $\frac{\text{Weight (kg)}}{\left[ \frac{\text{Height (m)}}{\text{m}} \times \frac{\text{Height (m)}}{\text{m}} \right]}$

Your healthy weight =  $22 \times \left[ \frac{\text{Height (m)}}{\text{m}} \times \frac{\text{Height (m)}}{\text{m}} \right]$

Weigh yourself every morning after going to the bathroom.

# Build Muscle for a High-quality Body

Building muscle increases your basal metabolic rate, which means you can burn more calories with the same amount of physical activity. Losing muscle increases risks of health issues and lifestyle diseases as you get older. To maintain your figure, rather than reducing your food intake, engage in moderate exercise to build muscle and enhance energy expenditure.

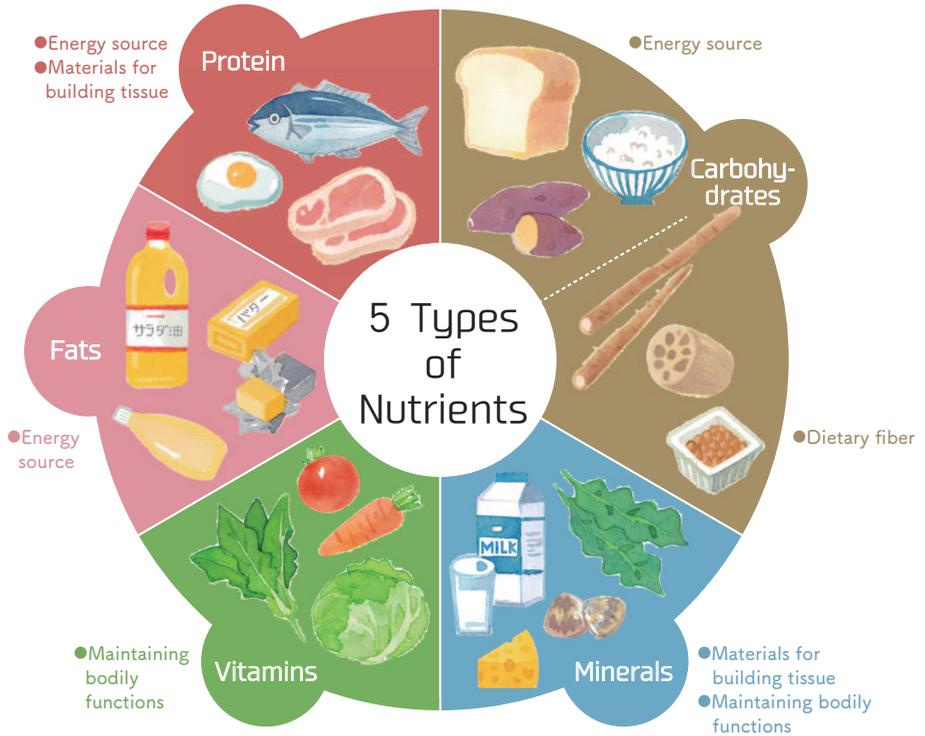


Make a habit of doing little things each day to get more exercise.

- Walk 1,000 extra steps than now
- Don't sit on the train
- Use the stairs instead of the elevator
- Try standing on one leg while doing some housework
- Stretch during work breaks
- Walk to a farther store to shop

# Let's take the 5 major nutrients in a balance way

The 5 nutrients have the following functions: (1) providing energy, (2) providing materials for building tissues, and (3) support to regulate bodily functions. Skipping meals or eating too much of specific foods can lead to nutrient imbalance. Strive for a good balance of nutrients in three meals per day.



To get a balanced intake of nutrients, it's important to use a variety of foods. Mark what you ate today with a X and check what you might be lacking.

Seafood	Oils	Meat	Dairy products	Vegetables	Seaweed	Tubers	Eggs	Soy	Fruit

# Let's Use Umami to Enjoy Delicious Meals Every Day

Many elements affect flavor such as color, temperature, shape, and texture.

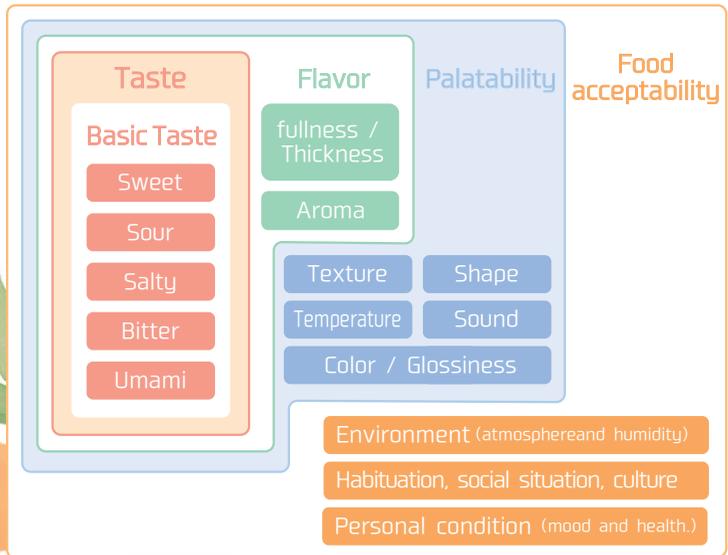
Umami is one of the 5 basic tastes which is in the Japanese dashi stock.

This taste helps to enhance flavor and balance the taste.

Using the umami skillful to make every meal delicious and enjoyable is the key to good health.

Delicious food is made up of many elements.

## Good Food and the Basic Taste



Let's try it out!  
Self care

Boost your meals' flavor with umami-rich ingredients!

- Kelp
- Tomato
- Broccoli
- Green peas
- Dried shiitake mushrooms
- Asparagus
- Shimeji mushrooms
- Scallops
- Cheese
- Natto
- Green tea

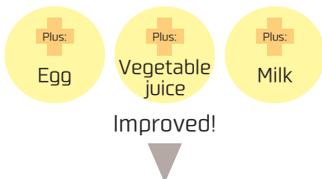
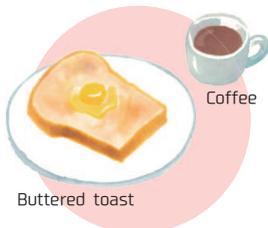
Let's Experience umami!

Chewing a tomato 30 times releases a subtle taste that envelops your tongue. This is 'umami'

# Little Additions to Level-Up Your Meals

Just add a little of extra to your usual meals  
and boost your nutritional balance!

## Breakfast

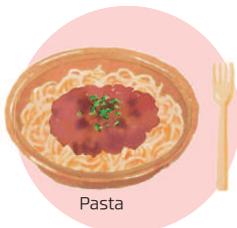


Vitamins  
UP

Minerals  
UP

Protein  
UP

## Lunch



Vitamins  
UP

Minerals  
UP

Protein  
UP

## Dinner



Vitamins  
UP

Minerals  
UP

Eat Well, Live Well.

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