

# Sawayaka Health Plan for 45-years old people



## Regarding dentistry



**Q. Can secondary caries be cured?**

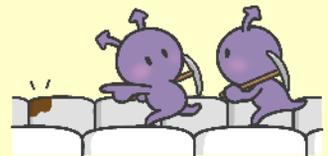


**A.** Yes, it can be cured.  
When a once-treated tooth get's decayed again, it is called secondary caries, and it is also a decayed tooth.



At the age of 45, most people have experienced dental treatment at least once in the past. You are expected to take notice of the feature about the secondary caries "It is difficult to notice" and it is hidden in places you cannot see" and to get

recommended to have regular dental check-ups.

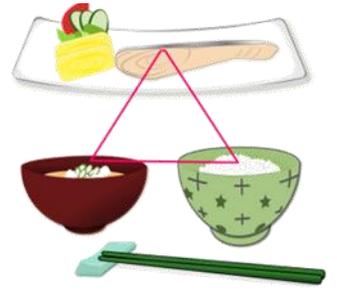


## Regarding nutrition



- Q. In the lecture on meals, it was said good to eat in the order of vegetables → side dishes → staple food. I remember being taught “Sankaku-tabe (triangular eating) ※” a long time ago, but do you recommend “Bakkari-tabe (opposite way of eating exclusively same food on a dish at a time)”? Due to my work schedule, it is unavoidable that dinner time becomes always late.

### Triangular eating (Sankaku-tabe)



[※When you eat rice, side dishes, and soup alternately, the chopsticks move in a triangular shape, so it is called 'triangular eating.']

- A. In early childhood, as a result of eating the favorite side dish only first, rice and miso soup may not be eaten, so there is concern about nutritional imbalance. However, in the case of adults who can eat the entire amount, “Bakkari-tabe” is recommendable for the purpose of slowing down the rise in blood sugar levels upon paying attention to the eating order.



Since we talked about vegetables, we introduced the eating order of vegetables-first (it means eating vegetables first). However, for blood sugar control, it is said that the most useful is practicing carbohydrate-last (eating carbohydrates last).



But, eating white rice only at the end is so plain, and there are some dishes that are so difficult to divide for eating. It is said that, when 5 to 10 minutes elapse after eating something else, even if you eat carbohydrates, your blood sugar level will not rise sharply. So, start with a small bowl of vegetables, then eat the main dish, and again return to small bowls. In this way, if you eat more than half of the side dishes while slowly chewing and savoring them, and can start eating rice little by little. If you practice this way, even if you don't “Bakkari-tabe”, you can get the same blood sugar control effect as vegetables-first & carbohydrate-last, and you can also enjoy eating.

If you know in advance that you will be late, we recommend that you eat a little at work first, and then, you eat deducting the portion which you already ate when you get home. By doing this way, you can maintain your performance during overtime, and can reduce carbohydrate intake during the time when your blood sugar level tends to rise.

If you have a late dinner regularly due to work, try to eat early at least on weekends.

