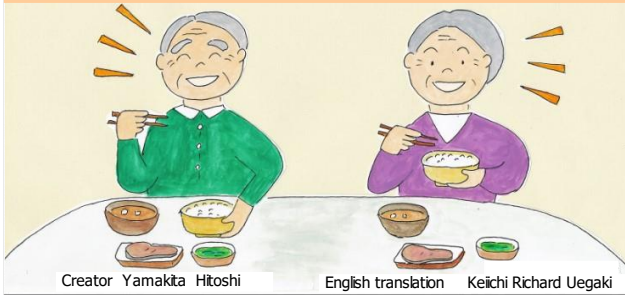


Meals for longevity

(General Tokugawa's meal)



Creator Yamakita Hitoshi

English translation Keichi Richard Uegaki



Tokugawa Ieyasu

Tokugawa Iemochi

Died at the age of 75

Died at the age of 21

Tokugawa Ieyasu (first shogun)



Tokugawa Iemochi (14th Shogun)



① Are you not being picky with food?

Today, let's think about the relationship between longevity and diet from the diet of General Tokugawa.

② "The general on the left is Ieyasu Tokugawa, the first shogun. The shogun on the right is Iemochi Tokugawa, the 14th shogun. The average life expectancy in the Edo period was around 40 years old, but Ieyasu lived long until 75 years old. Iemochi died at the young age of 21. Let's take a look at the meals that the two generals were eating.

③ The following is first shogun Tokugawa Ieyasu's meal: (1) Barley rice, (2) Grilled sea bream with salt, (3) Steamed clams with salt, (4) Natto, (5) Simmered Taro and Burdock, (6) Pickled oriental pickling melon (7) Turnip miso soup.

Ieyasu valued his diet very much. The diet was simple, but he ate a lot of nutritionally balanced food. He ate lots of hard foods, so he had a very strong chin. The jaw muscles have developed, the teeth are firmly attached to the jaw, and the teeth are well aligned. "

④ The following is 14th shogun Tokugawa Iemochi's meal: (1) Rice, (2) Simmered Flatfish, (3) Fish paste, (4) Whitefish soup, (5) Pickled turnip and oriental pickling melon, (6) Tofu miso.

Compared to Ieyasu's diet from about 200 years ago, Iemochi's diet was cooked softer and had less chewy food. Iemochi avoided eating many kinds of seafoods and vegetables because they easily deteriorated.

Tokugawa Ieyasu (first shogun)

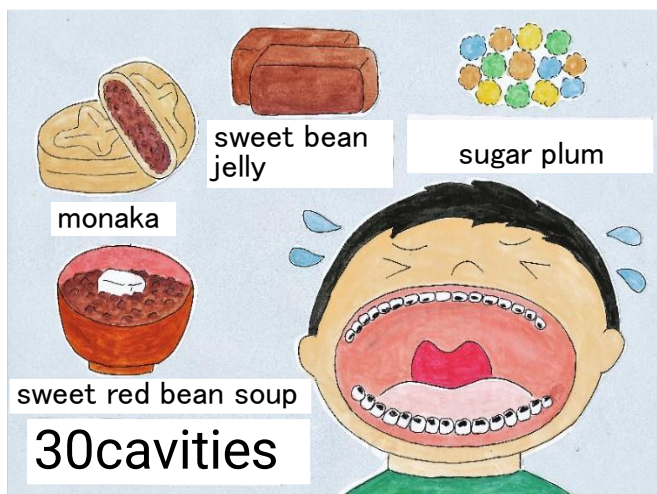


⑤ Ieyasu's meal was divided into yellow, red, and green foods. Barley rice is yellow, grilled sea bream with salt, steamed clams with salt, nato are red, taro and burdock are yellow and green, pickled oriental pickling melon,, and turnip miso soup are green. His diet had a good balance of yellow, red, and green foods. You can see that it was a well-balanced diet.

Tokugawa Iemochi(14th Shogun)



⑥ Iemochi's meal was divided into yellow, red, and green foods. The rice is yellow, flatfish, fish paste white fish soup, tofu miso are red, pickled turnip and oriental pickling melon are green. There are many red foods, and the only green foods are pickled turnip and oriental pickling melon,



⑦ Iemochi loved sweets such as a sweet red bean soup, sweet bean jelly, sugar plum, and monaka, and took a lot of sugar.

Because he ate sweets a lot, he had a lot of cavities. 30 out of the 31 teeth had cavities.

Beriberi

general fatigue

loss of appetite

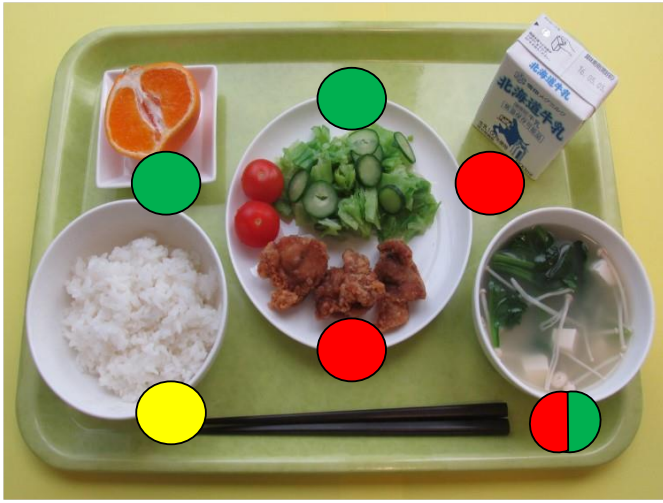
numbness

swelling of limbs



⑧ In addition, there is a theory that he was suffering from a disease called beriberi, which is caused by a lack of vitamin B1 necessary to convert sugar into energy because he took a lot of sugar from sweets in an unbalanced diet.

If one becomes beriberi, he or she may experience symptoms such as general fatigue, loss of appetite, numbness and swelling of limbs.



⑨ School lunch has a good balance of yellow, red, and green foods. Eat a nutritionally balanced school lunch and stay healthy so that you can live as healthy and long as Ieyasu.