

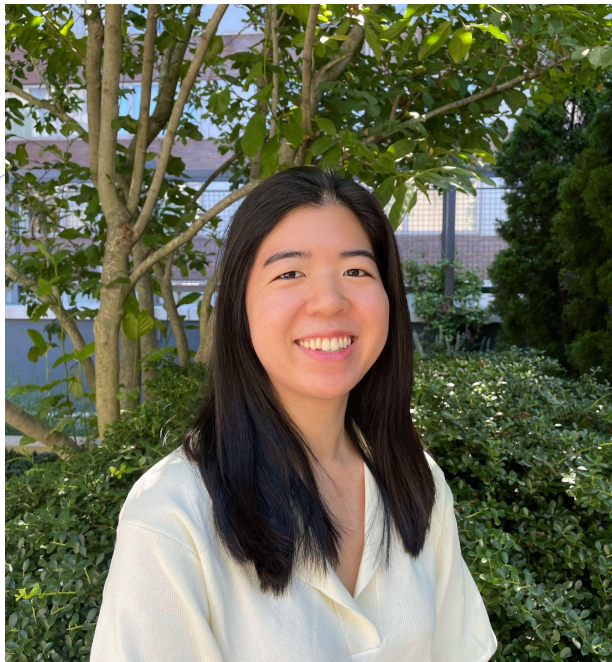
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# Finally Getting in Shape: The Japanese Rule to a Healthy Diet

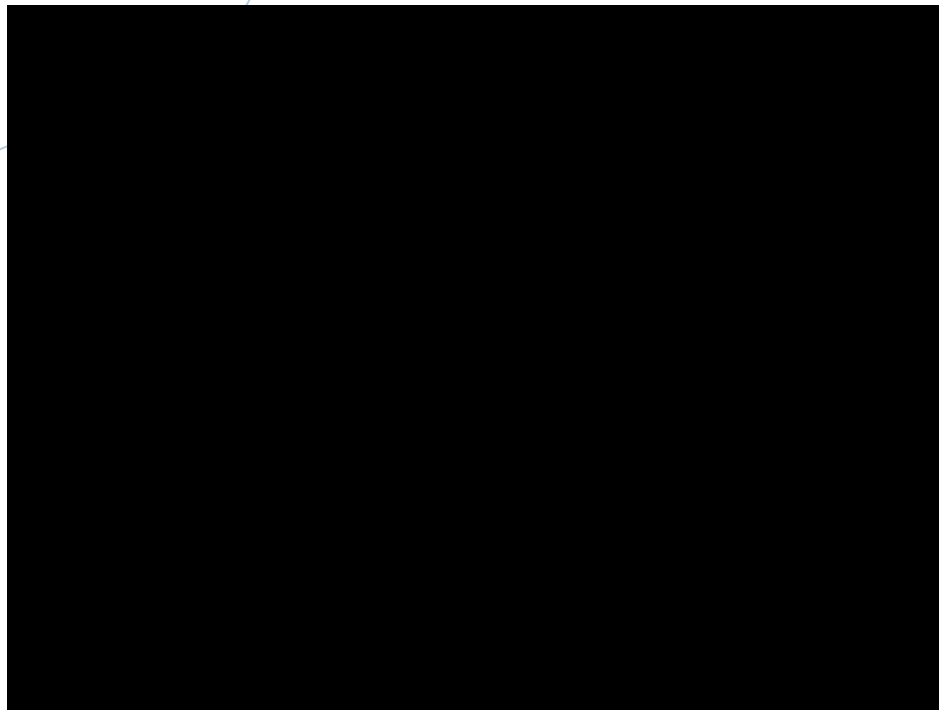
Presented by Kaki Okumura





Hi! I'm Kaki.

# Breathing exercise



# Agenda

- How to make the most of this webinar
- What is challenging about eating well
- The Japanese rule to a healthy diet
- Harahachi-bunme in practice
- Q/A



# To make the most of this webinar

- Close other tabs
- Try not to multi-task
- Take note of any questions!



**What has been challenging for you so far,  
when it comes to eating well?**



*“It’s too expensive”*

*“Not enough time”*

*“Fresh produce goes bad, and I don’t like  
wasting food”*

*“I like going out to eat, or getting takeout”*



The Japanese rule to a healthy diet:  
*Harahachi-bunme* (腹八分目)



# What is harahachi-bunme?

- Eating until you're 80% full
- Extreme lifestyles are neither good for us nor sustainable
- The key is a middle ground



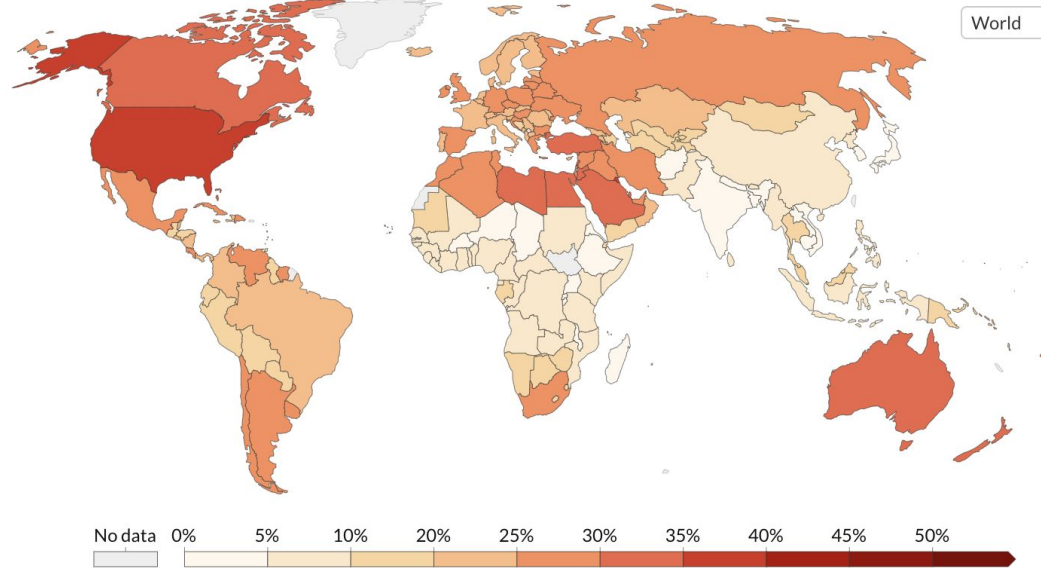
## Today's world:

### Share of adults that are obese, 2016

Obesity is defined as having a body-mass index (BMI) equal to, or greater than, 30. BMI is a person's weight (in kilograms) divided by their height (in meters) squared.

Our World  
in Data

World



Source: WHO, Global Health Observatory

OurWorldInData.org/obesity • CC BY

Japan's obesity rate is about **6%**

- Ranked among the top 3 countries for life expectancy

# Moderation over willpower



Source: Photo: [Okinawa Soba \(Rob\)](#) via [Flickr/CC BY-NC-SA 2.0](#)

## Harahachi-bunme in practice


- Processed foods don't promote satiety
- Nutrient-dense foods can help us feel 80% full



# Examples on how to practice harahachi-bunme

- Pair frozen blueberries with ice cream
- Add broccoli to pad thai takeout
- Add frozen spinach to pasta





*Instead of focusing on elimination,  
focus on how you might add some vegetables  
or fruit to what you already enjoy*



# Harahachi-bunme: Final takeaways

- Focus on what you can add, not what you need to eliminate
- Eat what you enjoy, eat it in moderation



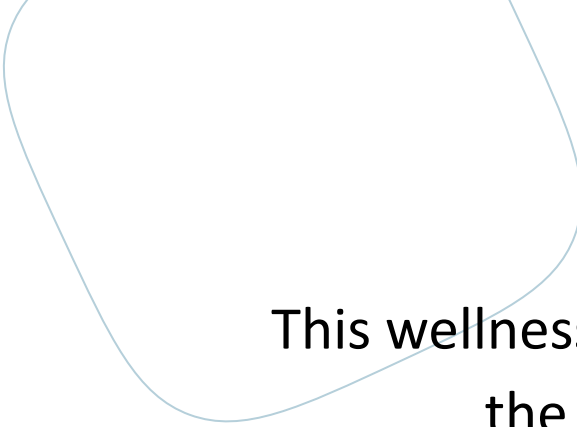


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- Join my newsletter at [www.kakikata.space](http://www.kakikata.space)
- Follow me on Instagram [@kakikata.space](https://www.instagram.com/kakikata.space)
- My book “Wa: The Art of Balance” is available on [Amazon!](https://www.amazon.com/Wa-The-Art-of-Balance/dp/1608831111)
  - Never go on a diet again
  - Find a way to live healthfully, in a way that brings you joy
  - Discover greater physical and mental well-being



**Ask me questions!**



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