

Efforts of our hospital 《Metaboless Menu》

Providing a menu at the Sky Restaurant that was made in collaboration with a hotel chef to prevent and combat “metabolic syndrome”

- Calories: 500 kcal
- Sodium: less than 3.0 g
- Fiber: 7.0 g or more (35% of the Dietary Reference Intake for adults)
- Vitamin C: 80 mg or more (80% of the Dietary Reference Intake for adults)
- Vegetables: 150 g or more (40% of the daily value suggested by Health Japan 21)
- Considers fat and carbohydrate calorie ratios
- Does not include trans fat

Reduced sodium and calories

Abundant in fiber, minerals and vitamins

The nutritional balance is good, and

it is easy on the body, delicious and enjoyable

