



Helping People,  
Building Community

For the week of January 29, 2008

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### **Washoku Please**

“Washoku” or “Japanese food” traditionally complies with five principles: five colors, five flavors, five cooking techniques, engaging the five senses, and preparing and receiving the food with a sense of place, an appreciation for what it took to prepare the meal, and an intention to eat for both spiritual and physical well-being.

If we applied these principles to our daily meals, we would more often than not end up with a nutritious diet. The different colors indicate a diversity of nutrients, the attention to texture can help us get our daily dose of fiber, the five cooking techniques forces us to include a raw vegetable or two, and the mental activity invested into each meal will increase our appreciation for the food as well as our level of satisfaction.

Whether you decide to utilize the principles of Washoku or not, starting your child on a nutritious diet early can help ensure a nutritious diet in adulthood. Good habits at home, at restaurants, at school, and at basketball practice can prevent chronic health problems such as type II diabetes, heart disease, and cancer further down the road.

The Little Tokyo Service Center (LTSC) is holding free, fun, interactive workshops entitled “Communities for Healthy, Active Living.” Come learn more about our American eating and exercise habits, chronic disease health risks, tips on how to integrate a healthy lifestyle into a busy schedule, and what you can do in your community to fight and/or prevent chronic disease. All attendees will receive a free pedometer, a Nijiya gift certificate, and a free bento lunch or sushi snack. To find a location near you and RSVP, contact Monica: 213.473.1614 or [msakata@ltsc.org](mailto:msakata@ltsc.org). Our next workshop will be on Saturday,



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February 9<sup>th</sup>, from 9am-1pm at the Pasadena JCI located at 595 Lincoln Ave., Pasadena.

Space is limited to 30 attendees. Please RSVP by Thursday, February 9.