

Getting started with harahachi-bunme

by Kaki Okumura



The Japanese phrase 'harahachi-bunme' roughly translates to 8/10ths your stomach in English. Harahachi-bunme means that no food is necessarily off-limits-- we can enjoy our favorite foods in moderation-- but we still need to be mindful of incorporating nutrient-dense foods such as fruit and vegetables to reach 80% full, as we can't meet this with only processed foods.

Instructions:

1. In the left column, write down meals or snacks you have regularly that could benefit from an adaptation, or foods that you tend to overeat.
2. From the idea bank, choose an adaptation you could apply to the meal or snack. You may also choose to write in your own!
3. Next time you have the food, pull out this list and try the small adaptation 😊. Remember, focus on what you can add to a meal, rather than what you need to eliminate.

Idea Bank

- Add microwaved broccoli florets (about 1 min)
- Add frozen spinach
- Add frozen edamame
- Add frozen peas
- Add a can of diced tomatoes
- Add some sliced mushrooms
- Add some grape tomatoes
- Add a can of black beans
- Add a side of carrot sticks
- Add a side of hummus
- Add frozen blueberries or strawberries
- Add frozen pineapple
- Add sliced bananas
- Have some orange slices beforehand
- Have some apple slices beforehand
- Add some chopped nuts

Example: Pad thai take out



Add microwaved broccoli florets

