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What Are the Benefits of Kyōshoku?

How is kyōshoku or avoiding koshoku related to our lives? Here's what we found out based on studies conducted with Japanese people.



Benefits of Kyōshoku



- Kyōshoku is related to a sense of well-being.
.....
- Kyōshoku is related to healthy eating.
.....
- Kyōshoku is related to having a regular eating pattern.
.....
- Kyōshoku is related to having an orderly life.
.....

What Is Kyōshoku?

- The term “kyōshoku” appearing in this pamphlet means to eat with someone. This “someone” can be your whole family or some family members (like parents), friends, or relatives. The scope and number of persons with whom the subjects eat with vary from study to study.

- For details, see the evidence table.

Evidence Table (MAFF website):

<http://www.maff.go.jp/j/syokuiku/evidence/index.html>



Kyōshoku is related to a sense of well-being.

Studies show that kyōshoku is related to a sense of well-being.

Benefits of Kyōshoku

Compared to those who often eat alone (koshoku), people who practice kyōshoku more frequently tend to...



- ① Feel less tired in the morning, get sick less often, and evaluate their own health more positively (studies with elementary school students).^{*1}
- ② Have better mental health (studies with junior high school students).^{*2}
- ③ Feel less stress and see themselves as healthy (studies with adults and older people).^{*3} In addition, studies also report that older people who often eat alone have a higher chance of falling into depression.^{*4}



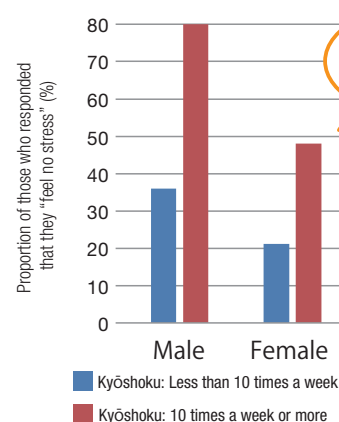
Research Note

Many people who often practice kyōshoku feel no stress!?

Who were the subjects?	935 citizens aged 20 years or older living in City S, Osaka Prefecture
What was this study about?	The relationship between the frequency of eating breakfast or dinner with the family (number of times) and the presence or absence of stress
What was found out?	Among women in their 20s and 30s, the rate for responding “feel no stress” was higher among the group who said that they have breakfast or dinner with someone at least 10 times a week, compared to the other group.

AKARI Yoshihiro, et al. (2015), “The Relationship between the Frequency of Eating with Family, Lifestyles, Societal Participation, and Psychological Health among Adults by Age and Gender,” The Japanese Journal of Nutrition and Dietetics, 73 (6), p. 243-252 [Article No. 50]. (The figure was created based on Table 3.)

Relationship between the number of kyōshoku occasions with family and stress (20s and 30s)



*1 Article No. (Kyōshoku): 12, 17, 18, 23

*2 Article No. (Kyōshoku): 26, 27, 36

*3 Article No. (Kyōshoku): 4, 50, 55, 61, 62

*4 Article No. (Kyōshoku): 55, 59

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>

Kyōshoku is related to healthy eating.

Studies show that kyōshoku is related to healthy eating.

Benefits of Kyōshoku

Compared to those who often eat alone (koshoku), people who practice kyōshoku more frequently tend to...

- ① Eat more healthy food, such as vegetables and fruits, and consume less instant foods, fast foods, and soft drinks.*¹
- ② Eat a more balanced diet consisting of staple food, a main dish and side dishes (studies with infants and elementary school students).^{*2}
- ③ Eat more diverse kinds of food (studies with junior high school students and older people).^{*3}



Research Note

Older people living alone who eat with someone more frequently tend to eat diverse kinds of food!?

Who were the subjects?	2,196 elderly people aged 65-90 (752 males and 1,444 females) living alone in seven municipalities across Japan
What was this study about?	The study examined the relationship between the frequency of kyōshoku (meaning eating with someone, such as friends and relatives), and the food intake diversity score. The score was measured by looking at how many of 10 kinds of food the subjects responded that they eat "every day."
What was found out?	Compared to the subjects who practice kyōshoku less than once a month, males who practice kyōshoku more frequently are more likely to eat meat, brightly colored vegetables, potatoes, fruits and oils and fats, while females tend to have higher diversity scores.

ISHIKAWA Midori et al. (2017), "Eating Together Is Associated with Food Behaviors and Demographic Factors of Older Japanese People Who Live Alone," Journal of Nutrition, Health and Aging, 21 (6), p. 662-672 [Article No. 61].
(The figure was created based on Tables 2-1 and 2-2.)

Relationship between the frequency of kyōshoku and the diversity of food intake



People who practice kyōshoku more than once a month eat more diverse foods than people who do not.

*1 Article No. (Kyōshoku): 3, 21, 22, 25, 30, 37, 39, 51, 57, 58, 61

*2 Article No. (Kyōshoku): 7, 11

*3 Article No. (Kyōshoku): 27, 55, 61

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>

Kyōshoku is related to having a regular eating pattern.

Studies show that kyōshoku is related to having a regular eating pattern.

Benefits of Kyōshoku

Compared to those who often eat alone (koshoku), people who practice kyōshoku more frequently tend to...

- ① Have a regular eating pattern (for meals and snacks) (studies with infants).^{*1}
- ② Skip breakfast less often (studies with elementary school students and elderly people).^{*2}



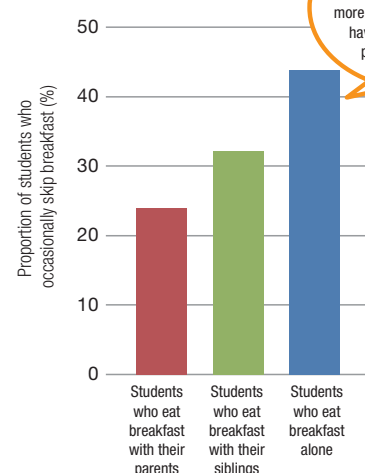
Research Note

Junior high school students who eat alone tend to skip breakfast!?

Who were the subjects?	3,635 junior high school students in Shunan City, Yamaguchi Prefecture
What was this study about?	The study examined whether the subjects eat breakfast and the persons with whom they often eat breakfast on school days (kyōshoku partner).
What was found out?	Students who eat breakfast alone tended to skip breakfast more often than students who have breakfast with their parents and siblings.

SUGIYAMA Shinichi et al. (2012), "Breakfast habits among adolescents and their association with daily energy and fish, vegetable, and fruit intake: a community-based crosssectional study," Environmental Health and Preventive Medicine, 17 (5), p. 408-414 [Article No. 30]. (The figure was created based on Table 1)

Relationship between kyōshoku with family and skipping breakfast



^{*1} Article No. (Kyōshoku): 3, 5, 6

^{*2} Article No. (Kyōshoku): 7, 10, 20, 22, 30, 48, 52

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>

Kyōshoku is related to having an orderly life.

Studies show that kyōshoku is related to having an orderly life.

Benefits of Kyōshoku

Compared to those who often eat alone (koshoku), people who practice kyōshoku more frequently tend to...

- ① Wake up and go to bed earlier.*¹
- ② Sleep for longer (studies with elementary school students).^{*2}



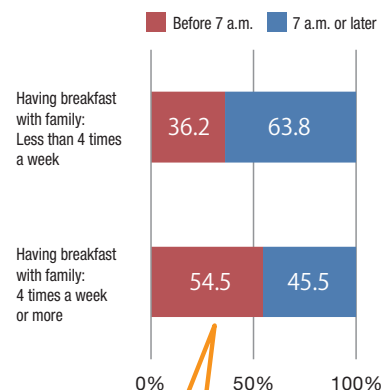
Research Note

Children who often eat with their families go to bed and get up earlier, and eat meals and snacks at regular times!?

Who were the subjects?	524 mothers with children aged 3 years or older at ten kindergartens and ten nursery schools in Tokyo.
What was this study about?	The study examined the relationship between the frequency of having breakfast with family and the children's wake-up time and bedtime.
What was found out?	The group of children who eat breakfast with their family 4 days a week or more included more of those who wake up before 7:00 a.m. and go to bed before 9:00 p.m., compared to those who do not.

AINUKI Tomomi et al. (2011), "Association of Preschool Children's Family Breakfast Habits with Their Lifestyles and Their Families' Childcare Practices," 69 (6), p. 304-311 [Article No. 6]. (The figure was created based on Table 2.)

Relationship between having breakfast with family and the wake-up time



Many children who eat breakfast with their family wake up before 7 a.m.

*1 Article No. (Kyōshoku): 3, 5, 6, 12, 50

*2 Article No. (Kyōshoku): 12, 20, 22

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>