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ONE DAY'S FOOD

IN JUNE

EARLY WORKOUT Water (sipped ritually between bouts)

LUNCH AT THE SUMO STABLE Fried chicken, 6.2 oz • Chanko nabe (traditional sumo wrestlers' stew) with pork (2), 1.7 lb • Vegetable tempura, 2.7 oz • Cabbage, egg, and stewed chicken, 4.5 oz • White rice, 14.3 oz

DINNER AT THE SUMO STABLE Grilled hokke (atka mackerel, a saltwater fish), 3.5 oz • Scrambled egg with chives, 2.3 oz • Tuna, somen noodles, cucumber, and onion in a water broth, 1 lb • White radish and chicken in a water broth, 7.6 oz • Miso soup with chives, 10.9 oz • White rice, 15.1 oz • White radish, 1.8 oz • Pickled cucumber, 1.3 oz

THROUGHOUT THE DAY Roots Aroma Black Original bottled coffee (4), 1.3 qt • So Ken Bi Cha roasted barley tea, 2.1 qt • Rokko No Oisii Mizu bottled water, 1.6 gal

PROFILE

AGE 29

HEIGHT 6'2"

WEIGHT 400 pounds

As an amateur fighter at age 15, Miyabiyama, like his fellows, force-fed himself to achieve fighting weight, but he now eats only enough to maintain his 400-pound frame. Conscious of the threat of high cholesterol and diabetes, he avoids junk food and eats mainly rice, pasta, and a high-protein vegetable stew with meat or fish, prepared by lower-ranked wrestlers, and lectures the younger wrestlers about what he thinks is an increasingly poor diet.

GENERAL AND FOOD-RELATED STATISTICS FOR JAPAN

LIFE EXPECTANCY (F/M) (years) 85.6/78.8

GROSS NATIONAL INCOME (per capita, PPP\$) 35,220

OVERWEIGHT (F/M) (% of pop. >15 yrs. of age) 18.1/27.0

UNDERNOURISHED (% of pop.) <5

MEAT CONSUMPTION (annual, per capita, in lbs.) 96.8

The portrait above is a composite, taken on two consecutive days: the sumo association wouldn't allow Miyabiyama to be photographed during practice.

Food portraits do not show average daily caloric intake, but serve as "snapshots in time," directly reflecting each individual's circumstances at the time of the photograph. For more information, please see www.socialstudies.com/whatleat

Photos © Peter Menzel • From the book *What I Eat: Around the World in 80 Diets* by Peter Menzel and Faith D'Aluisio • www.whatleat.org

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