

MY BENTO PROMOTES LONG LIVES



LONG LIVES IN JAPAN

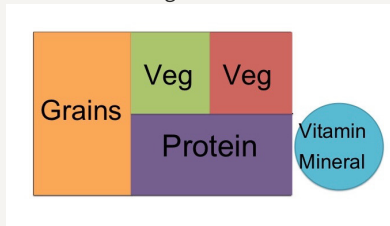
My grandmas have been enjoying their life by healthiest Japanese food style which name is "ICHI-ju-SAN-sai: 1 soup and 3 side dishes".



WHY IT PROMOTES LONG LIVES?

By my Bento, you will get

- Grains / Protein / Vitamin / Mineral
- Good nutrition balance
- less fat and sugar



My Bento model



Chef Maki Yasunaga from Japan

BY CHEF MAKI

The key of living a long life is to get enough well-balanced nutrients you need in a day. My bento has all the nutrient required because it is designed in the "ICHI-ju-SAN-sai" which is traditional Japanese meal style.



ICHI-ju-SAN-sai style

In fact, through eating like this, Japan has the world's 2nd longest life span.

Men: 82 years old

Women: 86 years old

My Bento is sold by
Fed 12th through 16th
@BentOn cafe

123 William St, New York, NY and
156 E 45th St, New York, NY

Two kind of bento are available!
1) Stay well Bento ~Anti oxidant boost~
2) Happy tommy Bento for digestive health

Maki made it to support your health.
Enjoy promoting health!

**Benton cafe:
123 william st, NY.
156 E 45st, NY**

