

## Country food: Ozoni

Ingredients:

Miso, Rice cake, carrot, turnip, chicken, stock made from kelp and dried bonito shavings

2. one day meal

Rice: 180g(dry) :534 kcal

Noodle 120g(dry): 337 kcal

Onion 180g :65 kcal

Sausage 220g 704 kcal

Pork 300g 750 kcal

Multi vitamin juice 700ml 310 kcal

Coca cola zero 0 kcal

3. Report for doping

<https://number.bunshun.jp/articles/-/830966>

Increased number of doping in Japan

Swimming, Fencing, Wrestling in 2016 and 2017

Not only intentional use of drug but also using supplement which includes banned substance.

Athlete who are not financially supported are tend to use such supplement without knowing.

<http://www.cyclingtime.com/culture/3711/>

Article about doping of bicycle race, skying

Transfusion of own healthy blood to get well recovery after exhaustion

