

Being Vegetarian/Vegan in Japan

General Advice: Although it isn't always easy, maintaining a vegetarian or vegan diet is definitely possible in Japan! Tell your schools about your diet as soon as possible. Be clear about what you can and cannot eat! You may end up bringing your own lunches to school, but every situation is different. Also, be careful to check the ingredients on packaged foods; a lot of food is made with meat or fish stock (even for foods like potato chips), gelatin, or lard.

Online Resources:

The Foreign Buyer's Club: <http://www.fbcusa.com/>

Have food shipped to you! They also sell non-food items. You can buy items from the USA, or from the Kobe store. Some items can be shipped within a week, other items may take about a month.

Alishan: <https://store.alishan.jp/>

Have food shipped to you! An organic vegetarian company based in Japan.

Rakuten: <https://global.rakuten.com/en/>

Have food shipped to you! There is a good selection of vegetarian and vegan food here, as well as many other goods.

Kobe Halal Food: <http://halal.shop-pro.jp/>

Have food shipped to you! This website sells Halal foods and meats. This website is almost entirely in Japanese.

Vegans Cafe and Restaurant: <https://www.veganscafe.com/online-shop/>

Have food shipped to you! This website sells all vegan foods. This website is almost entirely in Japanese.

The VegeFoods Company Karuna: <https://www.karuna.co.jp/index.html>

Have food shipped to you! This website sells all vegan foods, as well as a lot of fake-meat. This website is almost entirely in Japanese.

Vegetarian and Vegan Restaurant Navigation: <http://vege-navi.jp/>

Find vegan and/or vegetarian restaurants, or vegan/vegetarian friendly restaurants, around Japan!

Happy Cow (mobile app)

Find vegan/vegetarian restaurants, or vegan/vegetarian friendly restaurants, around Japan (and elsewhere)!

Is It Vegan? Japan: <https://isitveganjapan.com/>

This website is no longer updated, but there is still a lot of useful information here, including tips for reading food labels, ordering food, and more!

VegJet (Facebook Group)

This is a Facebook group for vegetarian and vegan JET participants to discuss, share, give advice, ask questions, and more!

Also, I recommend checking out international food stores, such as Kaldi Coffee Farm and LandMarche! And, of course, check out local farms or fruit/veggie shops! Kumamoto has a lot of farmland, so you should be able to find a lot of these! :)



Kanji	Katakana	Hiragana	English
肉		にく	Meat
鶏	チキン	とり	Chicken
豚		ぶた	Pork
馬		ばさし / うま	Horse
牛	ビーフ	うし	Beef
魚		さかな	Fish
海老	エビ	えび	Shrimp
玉子 / 卵	エッグ	たまご	Egg
牛乳	ミルク	ぎゅうにゅう	Milk
	ゼラチン		Gelatin
	バター		Butter
刺身		さしみ	Sashimi
蜂蜜	ハニー	はちみつ	Honey
蟹	カニ	かに	Crab
鰹節		かつぶし	Fish Flakes/ Bonito
	チーズ		Cheese
	ベーコン		Bacon
	ハム		Ham
蛸		たこ	Octopus

