

**Chapter 1 : This is why Japanese women don't get old or fat**

*"A good, functional and healthy body is the ultimate fashion statement." Kiyokazu Washida, fashion critic. Recently I came upon a small, but informative book by Naomi Moriyama entitled, Japanese Women Don't Get Old or Fat.*

To find out, I interviewed three Americans who lived in Japan. Japanese Diet Tips From Americans 1. Jennie Berglund, a middle school teacher from Minnesota who spent 12 days in Izumi City on an exchange program notes, "It is rude to eat, drink and smoke on the street or while walking. Thomas Hilton, a university professor at the University of Wisconsin -- Eau Claire who lived in rural Kyushu for two years, adds, "You never saw someone walking and eating or eating in a car. It was considered the height of impropriety. If you were going to eat, you sat down. One of the main takeaway tips from the book, this fact was brought up in all of my interviews. Fish, rice, veggies, fruit, tea and soy are the main staples. Grant Sunada, who holds a Masters of Public Health and lived in Japan for three years and has visited several times, says, "You might say that the Japanese diet is high in complex carbs and salt -- rice and soy sauce! But fish and veggies are very common and tasty too so maybe that helps. Berglund describes a typical breakfast as, "lettuce, a sliced tomato, tea, small serving of yogurt with these interesting vitamin jell-o like cube in it, 1 egg, whole wheat toast. Lunch was often times soup, always white rice, little packets of dried fish looked like minnows with heads still attached in a saltine packet and, milk. Whether in the large cities like Sunada and Berglund or a rural area like Hilton, the Japanese spend a good portion of their time walking. Sunada says, "In Japan, people rarely drive, so that makes them more active than the average American. Most walk, ride bikes, drive a scooter, or take mass transit. Even when they were inside, they were not separated from the elements much. In the winter, the way they kept warm was they sat at a low table with a koutatsu -- a cylinder holding lit charcoal -- under the table. The people had to be hardy. My host parents mentioned that many times! They view food as a necessity for healthy living and treat meals as sacred TV off time periods. Hilton adds that cleanliness and a beautiful presentation were also of utmost importance to even the poorest Japanese. While all three noticed an increase in their energy and general health while living in Japan, when asked if they had incorporated any of the good Japanese habits into their American lifestyles, the general consensus was no. While Sunada claims a penchant for Japanese food when he eats out here, Hilton sums up his experience with, "I suppose I still prefer a firm mattress. Sunada points out, "The men are workaholics, traditionally speaking. While the traditional Japanese diet may reign supreme, in a stroke of supreme irony, the people that may be the least healthy of all are Japanese who move to America. A recent study showed that Japanese men who switched to a western diet had higher rates of obesity and type II diabetes than both their traditional-diet Japanese counterparts and their western-food eating American neighbors. And the premise of the book? Are Japanese women really that thin? In their experience, yes. If nothing else, it forces you to eat slower.

*Japanese women don't get fat! Why? Naomi Moriyama grew up in Japan, and later moved to Chicago and then New York. When she first moved to the U.S., she was surprised and even shocked by the first item she was served in the U.S.*

These days, the Japanese too are experiencing challenges the modern life brings and are adopting less health-promoting foods. Diet based on fish, soy, rice, vegetables and fruit A home cooked Japanese meal is the key to success. Forget about complicated restaurant meals that take a long time to master – a traditional meal in Japan usually consists of some grilled fish, a bit of steamed rice, simmered vegetables, a bowl of miso soup, and green tea which has 8 amazing health benefits and fruits for dessert. Small portions Have you noticed that the food you get in a Japanese restaurant comes in small, pleasing to the eye bowls, and it satisfies you despite the smaller portions? Presentation is important in Japan and the rule is to enjoy your food slowly. Other things that help you slow down and eat less include: The plates are not completely filled. Each dish is served on its own plate. Food is arranged in a way to show its natural beauty and makes you stop to enjoy its esthetic elements. You can also use the principle of portion control if you want to lose weight. Portion control was one of the 3 simple changes that Amanda did to lose 88 pounds in one year. Japanese cooks choose heart-friendly oils and avoid methods that would expose ingredients to high temperatures for a long time. Also, they enjoy fresh foods and go easy on the dressing, so you are left with a light, yet fulfilled, feeling in your stomach. You can get more information about this secret in my post about the best cooking methods to keep vitamins in food. Instead, steamed rice is served with every meal, which eliminates the consumption of refined wheat flour. Breakfast powered with miso soup In Japan, breakfast is considered an important and big meal and is served as a variety of small dishes. A bowl of probiotic-rich miso soup is often enjoyed with the first meal of the day to give you an extra push. Less desserts Sugary desserts are not customary in Japan. Desserts can be served, but they are smaller and not eaten as frequently as in the sugar-obsessed West. If you are a sugar addict, read my post about the 13 effective ways to quit sugar and also about the 6 things that happen to your body when quitting sugar. Different attitude to food and dieting Japanese women are raised to enjoy food and consume a wide variety of foods; they are not as concerned about dieting as their Western counterparts. The 7 key Foods of the Japanese Diet 1. If you think about the abundance of omega-3 fatty acids present in oily fish, it becomes clear how the Japanese manage to stay disease-free and youthful. Omega 3 has amazing health benefits and it can also prevent breast cancer. Vegetables sea and land Full of antioxidants, vitamins and minerals, vegetables also make you feel fuller. Japanese are known to consume 5 times as much cruciferous vegetables broccoli, cabbage, sprouts, kale, bok choy compared to Americans. Sea vegetables such as sea weed which is great for your health are also an important source of nutrients and feature in many Japanese dishes. Rice Rice is the Japanese staple and makes you avoid sodium salt , saturated fat, trans fat and cholesterol. For a healthier meal, opt for brown or purple rice. You can also make it healthier by adding a certain oil when the water boils. Soybeans Advertisement Japanese consume a lot of soy – about 50 grams per day. A lot of the Japanese traditional dishes are made of soy. Make sure to read my post on what happens to your body when you consume soy. Noodle This Asian staple is low in fats. In Japan, noodles come in many varieties and can be made out of mung beans and buckwheat soba noodles. Make sure to avoid instant noodles as they have a dark side. Green Tea The best way to finish a Japanese meal is to have a small cup of green tea. Rich in antioxidants, it will protect your heart and ward off other chronic diseases. Drinking green tea is also one of the 70 habits featured in my e-book 70 Powerful Habits For A Great Health which will guide you how to take positive steps to improve your wellness and overall health. Fruits The intake of processed foods high in trans fats is further reduced by serving fresh fruit instead of biscuits, cakes and muffins. Decoratively sliced, fruits make for a great dessert option. If you are concerned about pesticides, opt for organic fruits or use this natural method to remove pesticides from fruits and vegetables. Some Important Limitations to Consider Although the Japanese diet had considerable success, there are some limitations and some of the food choices have been recently questioned: Refined white rice – white rice is a source of simple carbs, and has been

associated with some chronic diseases. Replace it with brown rice complex carbs and prevent heart disease and type 2 diabetes also use these 13 foods to control type 2 diabetes. Vegetables preserved in salt might increase your sodium to unhealthy levels when eaten in big amounts. Soy sauce includes sodium as well, so it all adds up. Here are more ideas on how to use food as a medicine for great health:

**Chapter 3 : Reading: Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen | Just**

*In her new book Japanese Women Dont Get Old or Fat, Japanese-born marketing consultant Naomi Moriyama shares the secret behind her youthful, energetic lifestyle and svelte shape. Its not a rigid.*

On the first day of school, a teacher made a speech: Our main theme at this school is to help our students learn how to be giving and loving. One of the ways your daughter learns this is from your love-packed lunch box. Moriyama ended up moving to the U. This book is a combination health book and cookbook. Moriyama includes statistics about how Japanese people live longer and have the lowest obesity rates in the world. They are also extremely active few Japanese people use their cars every day, especially city residents --instead they use mass transit, walk, or bicycle. Moriyama also shares her own personal experiences--for example, when she arrived in the American Midwest to attend college, she gained a great deal of weight right away. When she moved back to Tokyo for awhile, she lost it all without dieting or exercising. The Japanese lifestyle, combined with fresh ingredients and home cooking, is the secret sauce! My friend Debbie and I learned how to make gyoza potstickers and sushi, and the family had a brazier-fired kotatsu where they ate dinner each day. A kotatsu is a wonderful table with a heater underneath it--we had one in our apartment with an electric heater, and the heat was kept under the table with a blanket That weekend was the most traditional Japanese of any time I spent in Japan--it was fantastic. View my blog at [http:](http://) Japanese home cooking is so much more than sushi and sashimi I loved delicacies such as spinach soaked in ground sesame seeds, okonomiyaki Japanese-style pizza , takoyaki octopus balls , yaki soba fried noodles , ramen noodle soup , gyoza, zaru soba cold soba noodles with a dipping sauce , oyakodonburi chicken and egg over rice , clams in sake broth, anything cooked with miso, rice balls with pickled plum seasoning, mochi with red bean paste, broiled mackerel or salmon, nabe a soup that consists of each person dipping his or her own meat and veggies into a broth , traditional Japanese breakfasts, and edamame steamed soybeans, now readily available in the U. Moriyama also unfolds some priceless Japanese history in her pages, including the stories of some kick-ass Japanese women in ancient times: Queen Himiko and Tomoe Gozen. I need to learn more about these two! This book made me miss Japan and Japanese food so much! I made one of the recipes in the book the other night--Eggplant Sauteed with Miso--and it was oishii delicious! Has it been made with love?

**Chapter 4 : Japanese Women Don't Get Old or Fat : Naomi Moriyama :**

*One thing Naomi remembers that drove her to write Japanese Women Don't Get Old or Fat was the love inherent in her mother's cooking. Her mother cooked not just for the pleasure of good food, but for the pleasure of keeping her family safe and healthy.*

Fruit Green Tea 2. The Japanese enjoy home cooked meals on a daily basis. A traditional meal consists of grilled fish, a bowl of rice, simmered vegetables, miso soup , sliced fruit for dessert and green tea. And this daily dose of omega-3 fatty acids may well explain why they live long and healthy lives. That, and the fact they consume 5 times the amount of cruciferous vegetables, broccoli, cabbage, kale, cauliflower and Brussels sprouts, that Americans do. The emphasis of Japanese cooking is to use what is fresh and in season. The Japanese eat small portions of a variety of courses at a meal. According to Moriyama, from childhood they are taught to eat slowly, savoring every bite. And the food is served on plates at least a third the size of American tableware. Moriyama includes the basic foundations of Japanese home-cooked food presentation: Japanese cooking is intentionally light and cooked gently. Most of the work is done on top of the stove using a variation of techniques such as: The Japanese chef uses heart healthy oils and flavored broth to season a dish. And though the meal is light you feel content and satisfied, but not overly full. The Japanese eat rice instead of bread with every meal. This is an important distinction between the East and West way of eating. It is the over consumption of refined wheat flour that is a major cause of obesity in America today. Instead of eating bread with each meal try a serving size half a cup of brown rice or other whole grain times per day. In Japan, breakfast is considered the most important and biggest meal of the day. It can consist of a variety of small courses which include green tea, steamed rice, miso soup with tofu and scallions, small sheets of nori seaweed, an egg omelet or piece of fish. Sweet desserts are eaten less often in Japan and in much smaller portions than in America. That is not to say that chocolate, pastries, cookies, ice cream and red-bean cakes are not treasured. Rather, they are respected for the power they can unleash in the appetite and harm they can do to the body when eaten in excess. The Japanese have a different mind-set about food. While Americans are concerned with dieting and weight issues the Japanese are raised and encouraged to enjoy a more diverse variety of foods without dieting concerns. However, watch out Japan, with the introduction of western style fast foods obesity rates amongst Japanese youth are beginning to climb. Exercise is part of the Japanese daily ritual.

## Chapter 5 : The 7 Secrets of Japanese People for Great Health

*In this book, Japanese Women Don't Get Old or Fat, Naomi Moriyama and William Doyle are keen to reveal their secrets. The traditional Japanese diet, with its emphasis on vegetables, seafood, soy, clear broth, rice, green tea and seaweed, is a semi-vegetarian diet with less fat, less sugar and more antioxidants than ours.*

The secret is Japanese home-style cooking. Moriyama, who now lives in New York, packed 25 pounds onto her tiny 5-foot frame during her college days—courtesy of takeout meals and American cuisine, she says. So she and her American-born husband recently switched to eating the traditional Japanese way. Leaner and more energetic, Moriyama wants to share her strategies. Interspersed with 36 family recipes is a lightweight discussion of scientific findings regarding the health benefits of Asian diets along with some quaint Japanese folk sayings. A few recent studies seem to offer evidence to the contrary. Researchers find college-age Japanese women are some of the most weight-conscious in the world, and older Japanese women are increasingly battling weight problems. First, preferred foods include fish, soy, rice, vegetables, and fruit. Second, portions are small. Third, breakfast is powered by miso soup. Fourth, cooking is light and gentle. Fifth, rice replaces bread. Sixth, desserts are teeny-tiny. How the diet works: So is sushi and Japanese restaurant-style food. This is about cooking simple meals based on fish, vegetables, rice, and produce. In Japanese style, each food is served in its own dish, and when it comes to portions, less is more. The idea is not to stuff yourself but to *hara hachi bunme*, or eat until you are 80 percent full. Exercise is accrued through a walking-intensive lifestyle; the idea is to walk everywhere. What you can eat: Seven foods or food groups. The author describes the seven pillars of Japanese home cooking: Typical ingredients in a Japanese pantry include familiar foods like canola oil, rice, onions, carrots, and bok choy. Less-mainstream items, like bonito flakes dried mackerel and hijiki seaweed, might be difficult to find. Does the diet take and keep weight off? Is the diet healthy? Numerous scientific studies support the health benefits of eating Asian-style, particularly the landmark China Diet Study conducted by Cornell University and lead by respected nutrition researcher T. Colin Campbell. What do the experts say? First, the liberal use of soy sauce and vegetables preserved in salt makes most Japanese diets too high in sodium. Refined white rice is another problem. She also thinks dieters need to broaden their approach to include other Asian cuisines besides Japanese. Cornell University researcher T. Colin Campbell puts it this way: Anyone who likes Japanese cuisine. Not everyone is going to groove on miso soup for breakfast or tofu stir-fries, but for dieters who like Japanese food, the advice here is sound and doable. D Check out at:

## Chapter 6 : Japanese Woman Explains Why Most Japanese Women Don't Get Fat

*The Japanese have the pleasure of eating one of the most delicious, nutritious, and naturally satisfying cuisines in the world without denial, without guilt and, yes, without getting fat or looking old.*

When I first read the title, I laughed. The Secret of Eating For Pleasure. Also and this applies to the French Women book too it makes such a sweeping generalization right there in the title, which borders on the ludicrous. But I was curious about it so I decided to get it for the sake of research. The diet and weight loss points made in this book could be summed up in a few bullet points: Hara hachibunme is a common Japanese term: Okinawa has the most longevity of anyplace in the world. Another term my mother likes to quote to me quite often is hara mo mi no uchi - your stomach is a part of your body. Eat a lot of fresh vegetables. Eat a wide variety of foods. Eat more whole grains - eat brown rice rather than polished white rice. Eat fruit for dessert, or small portions if you must have cake etc. Obviously, it is not necessary to eat Japanese food to accomplish these goals. But I do agree with the point made in this book that traditional Japanese food is inherently healthy. As you probably know if you have been reading this site, I am Japanese but have lived most of my adult life in other countries. So my everyday cooking is a mishmash of various styles. If I could afford to in terms of both time and money though, I would cook and eat Japanese style most of the time. Traditional Japanese food centers around rice gohan, which is also a synonym for a meal, with small portions of okazu, savory things that go well with the plain rice. A typical Japanese dinner would have, besides the rice, 1 small bowl of soup miso or clear, 1 protein dish such as grilled fish, and 2 or 3 other mostly vegetable-based side dishes. A popular dietary guide in Japan that has been around for decades is to try to eat 30 kinds of food items a day for nutritional well-roundedness. But then, there are the French, not to mention the Swiss. If you go to France, most women are not overweight. Many, especially in Paris, are in fact skin-and-bones slim. Whenever I go to the U. Swiss food is a mix of French, German, Italian and native Alpine - featuring loads of butter, cheese, bread and potatoes. The answers I think are the usual: Portions here are quite small compared to those in the U. Swiss people also exercise a lot. The house I live in is on a corner, and I always see couples and families walking or biking past on the weekends. And of course a lot of people participate in winter sports as well as hiking and camping in the summer. Watch TV, play video games, or just sit around and chat and snack some more? I discussed this with some Japanese people and we all seem to agree that in Japan, there is a lot of societal pressure to stay slim. Young girls often starve themselves so they can be fashionable. Older women are also quite pressured to stay thin. The standard clothes size in Japan is junior size 11, which is about a size 6 in the U. As far as Japanese women not getting old - they do of course. Do they look younger than their Western counterparts? Often yes, but I think that all Asian women tend to look younger than European-Caucasian women. As far as the various illnesses related to getting older, while the incidences of heart attacks and diabetes may be low, there are other problems such as a high incidence of osteoporosis amongst older women. So to wrap up, I would recommend this book if you want once with some nice recipes though without pictures of some basic Japanese foods, with some diet advice along the way. The main lesson to be gleaned from it is hara hachibunme. Submitted by maki on

## Chapter 7 : 10 Reasons Japanese Women Don't Get Old or Fat - Curious Mob

*Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen [Naomi Moriyama] on [www.nxgvision.com](http://www.nxgvision.com) \*FREE\* shipping on qualifying offers. What if there were a land where people lived longer than anywhere else on earth, the obesity rate was the lowest in the developed world.*

## Chapter 8 : Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen by Naomi Moriyama

*Japanese Women Don't Get Old Or Fat is a book written by Naomi Moriyama and co-written by her husband William Doyle. First it tells briefly about how an obesity.*

Chapter 9 : 10 Reasons Japanese Women Don't Get Old Or Fat | Care2 Healthy Living

*Naomi Moriyama has decided to share the basic principles of her country's cooking in her book 'Japanese women don't get old or fat'. She argues that going back to her mum's way of food preparation helped her and her husband shed unwanted pounds and increased their energy levels.*