



JAPANESE LONGEVITY DIET

LIFE EXPECTANCY

Polish



Japanese



PILLARS OF JAPANESE DIET AND ITS BENEFICIAL PROPERTIES



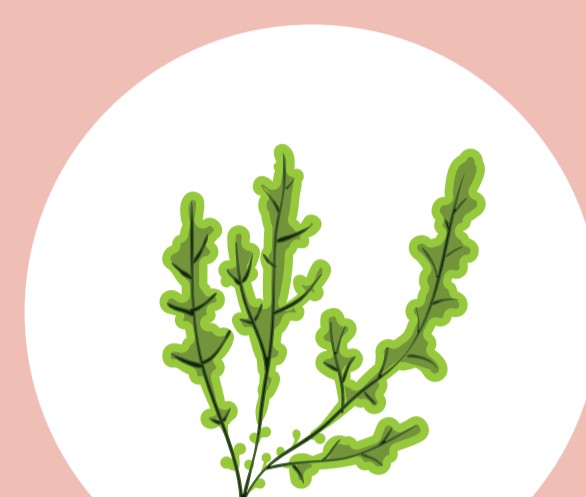
Rice

source of carbohydrates, protein, minerals (especially phosphorus and potassium), E and B-group vitamins, and fibre, which supports digestive system and prolongs satiety.



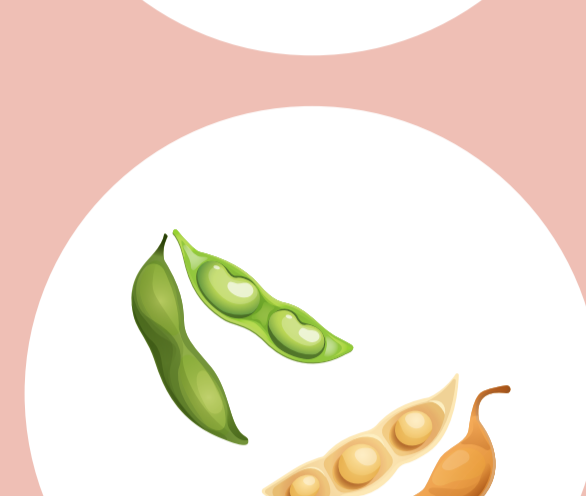
Fish and seafood

source of omega-3 fatty acids necessary for a proper functioning of the nervous, immune and cardiovascular systems, source of minerals - incl. iodine and selenium.



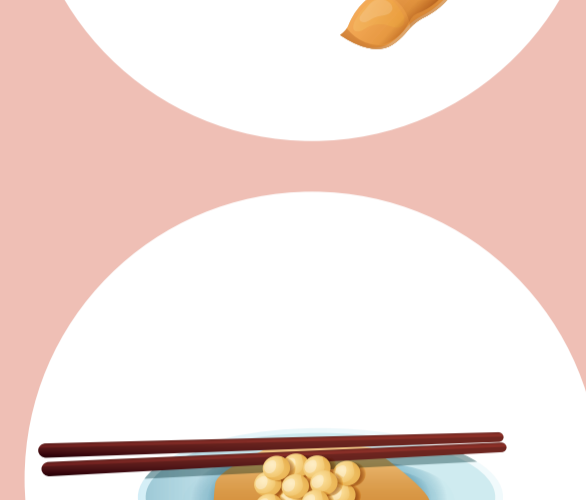
Algae (wakame and nori)

rich source of macro- and micronutrients, vitamins (incl. C and beta-carotene), proteins, fibre and omega-3 fatty acids. They have anti-cancer, anti-bacterial and anti-viral effects.



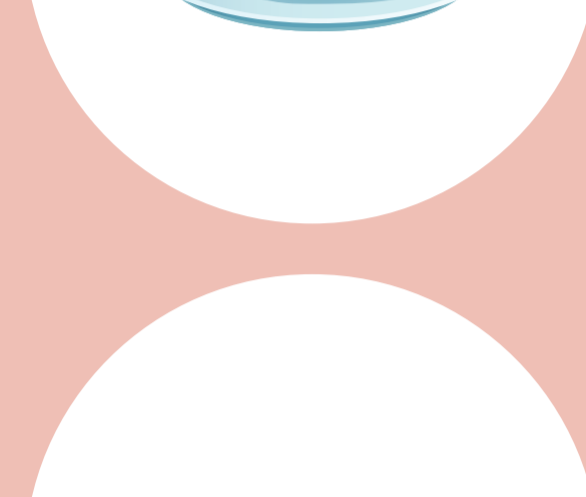
Soy and beans

source of proteins, lecithin, fibre, E, K2 and B vitamins, and minerals. Recommended for malabsorption and bowel diseases.



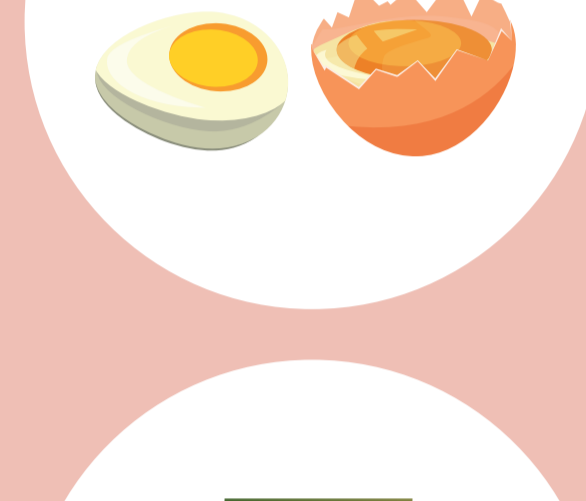
Nattō (fermented soy)

contains nattokinase which regulates blood pressure and coagulation, cholesterol and blood sugar levels, and has anti-cancer properties.



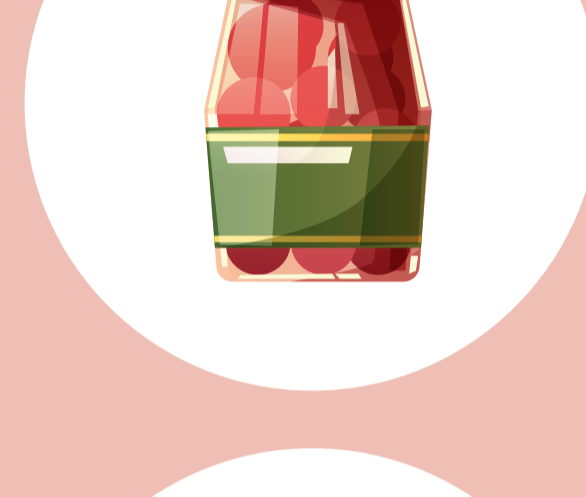
Raw or undercooked eggs

source of proteins, lecithin and fats that improve the functioning of nervous and immune systems.



Tsukemono (pickles and preserved vegetables/fruits)

source of lactic acid bacteria and organic acids, which support digestive and immune systems, as well as intestinal microbiota.



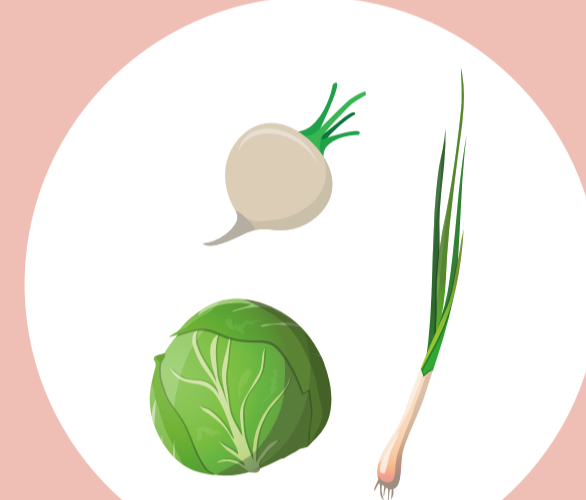
Matcha (powdered green tea)

source of polyphenols and flavonoids. Improves the work of the cardiovascular system and reduces the level of cholesterol.



Vegetables and fresh spices

especially self-cultivated (i.e. turnip, chives and onions, cabbages) - source of fibre, vitamins and minerals.



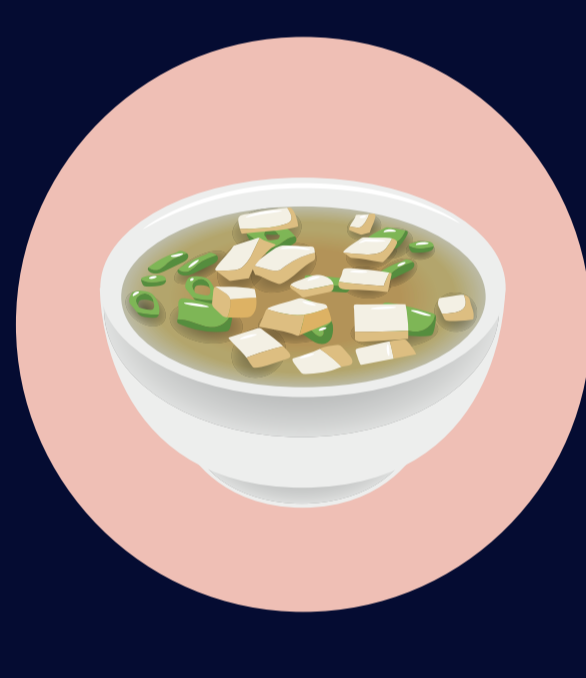
Fungi (e.g. shiitake)

source of enzymes and substances like beta-D-glucan, which support the immune system to fight cancer.

HOW TO SERVE JAPANESE FOOD?

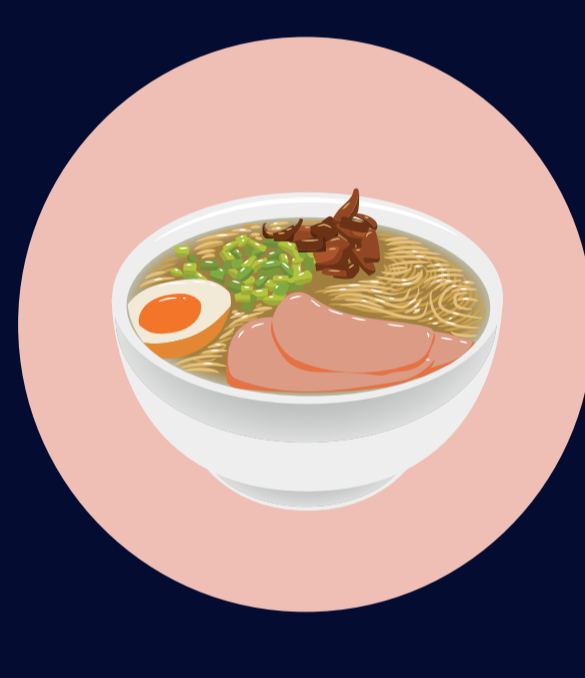
SOUPS

Miso



served in a soy-fish broth with algae

Ramen



wheat noodles served in a meat broth and topped with e.g. sliced pork

Mandu-guk



served with egg noodles and dumplings

Soba



served with buckwheat noodles

SOY

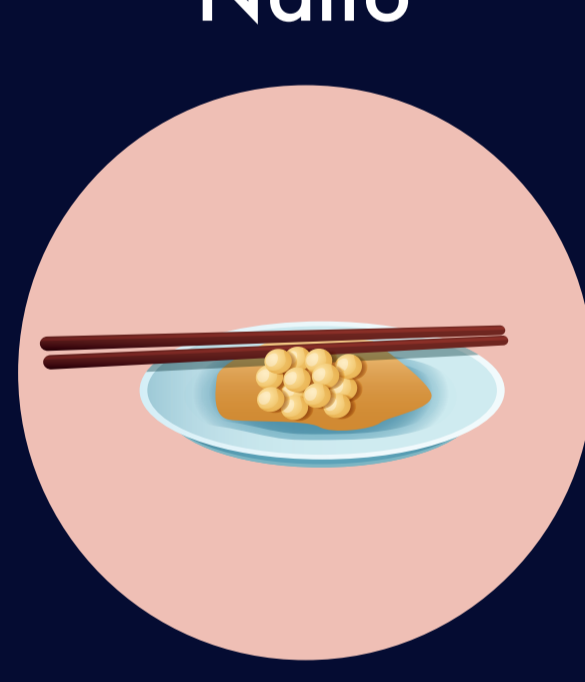
Soy sauce and paste



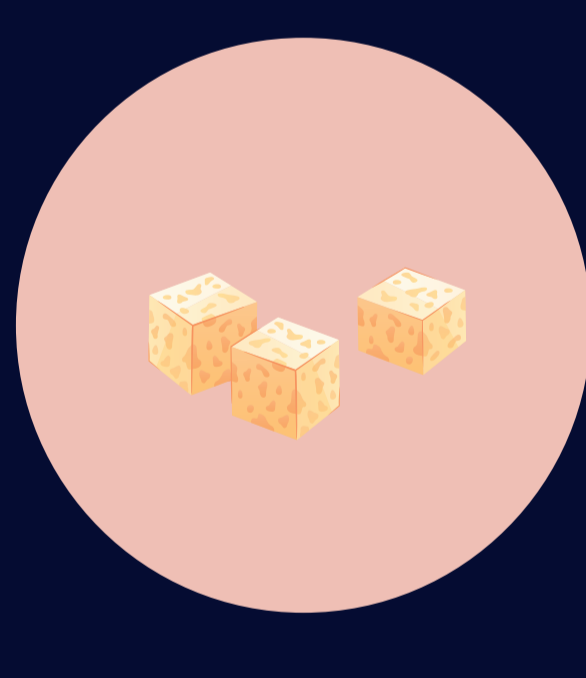
fermented soy used as addition to many dishes

Bacillus subtilis natto served for breakfast, contains nattokinase

Natto



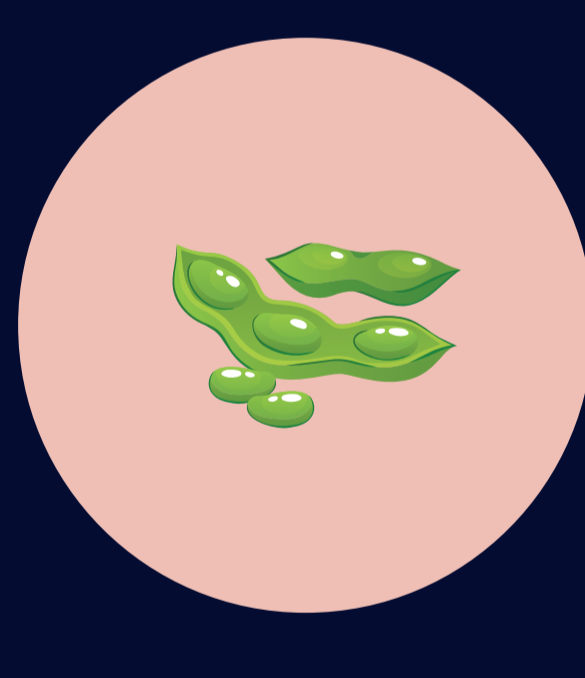
Tofu



obtained from unfermented soy milk

unfermented soy legumes as snack

Edamame



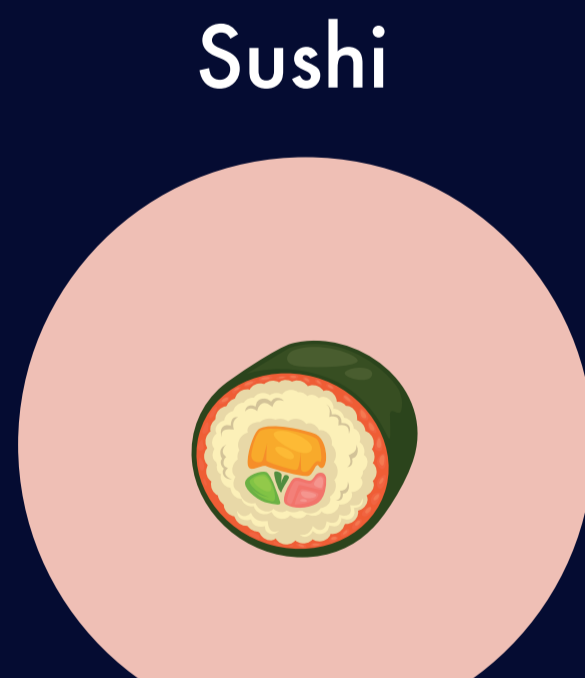
RICE

Onigiri



formed in triangular shapes with fillings, wrapped in nori

Sushi



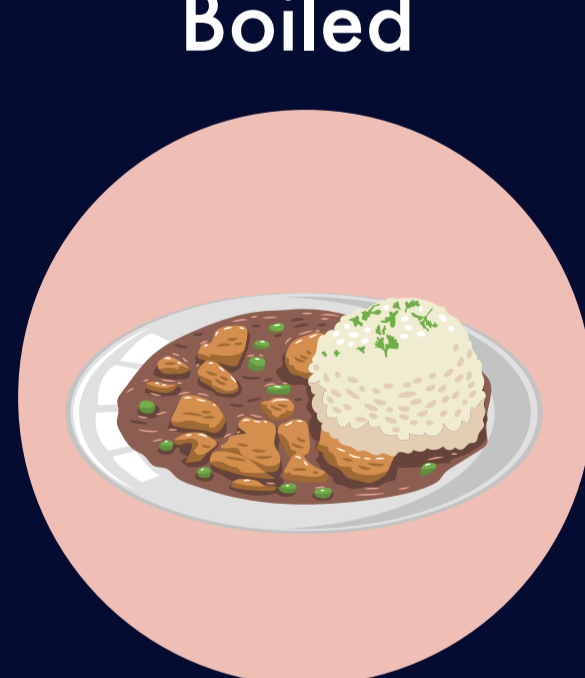
vinegared rice served with raw, boiled or marinated fish and other ingredients

Mochi



rice cakes often with red bean or tea filling, breaded in green tea

Boiled



as a side dish and alternative to potatoes, groats, pasta and bread

DID YOU KNOW?



Japanese eat little of potatoes and bread, as they are a rice-based food culture!

They do not abuse salt and sugar, so their dishes have a mild and natural flavor. Flavors are added with soy sauce, ginger and wasabi.



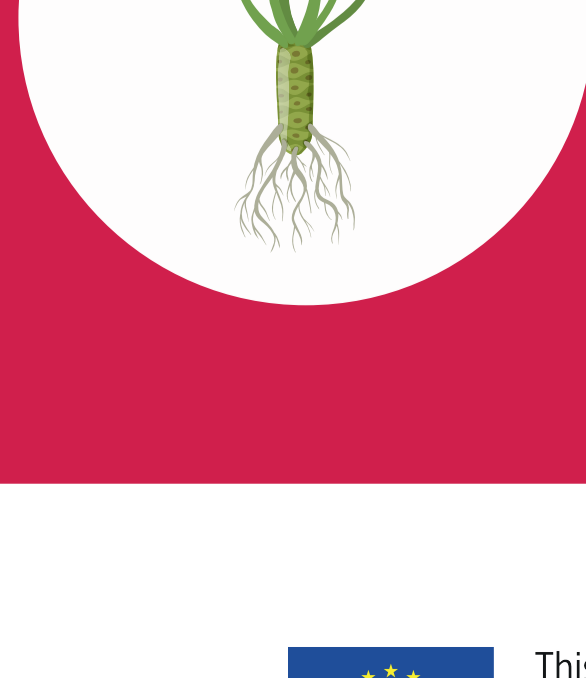
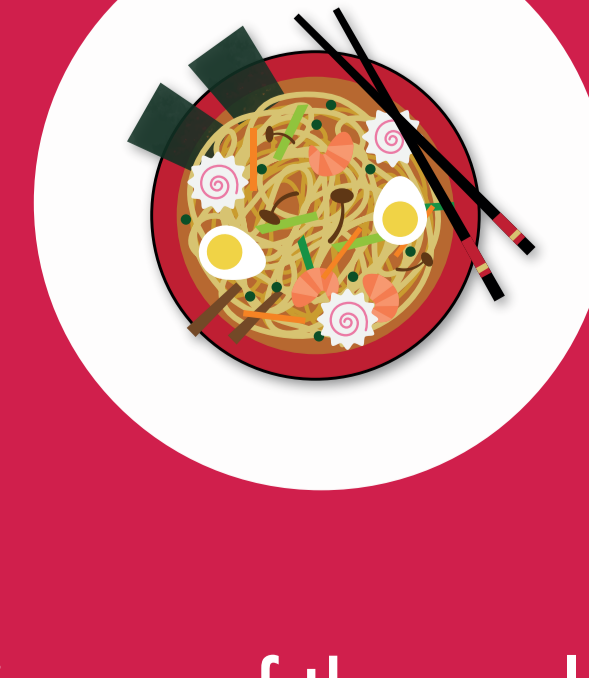
The culture of eating meat in Japan was not born until the 19th century. Earlier, meat consumption was forbidden for religious reasons. The only exception was beef sold in pharmacies as medicine.

Coffee and chocolate are replaced by Matcha green tea (brewed even like caffè latte) and sweets made of it.



Japanese celebrate their meals, e.g. a tea ceremony. Eating in a hurry is inadmissible. Tourists are asked to refrain from eating while walking in public streets - it is unhealthy and unhygienic.

A traditional Japanese diet consists of seasonal and colourful foods served in a variety of small dishes, which are eaten with chopsticks and carefully chewed.



Wasabi (Japanese horseradish) is one of the world's hottest spices. 1 kg of this plant costs 250\$.