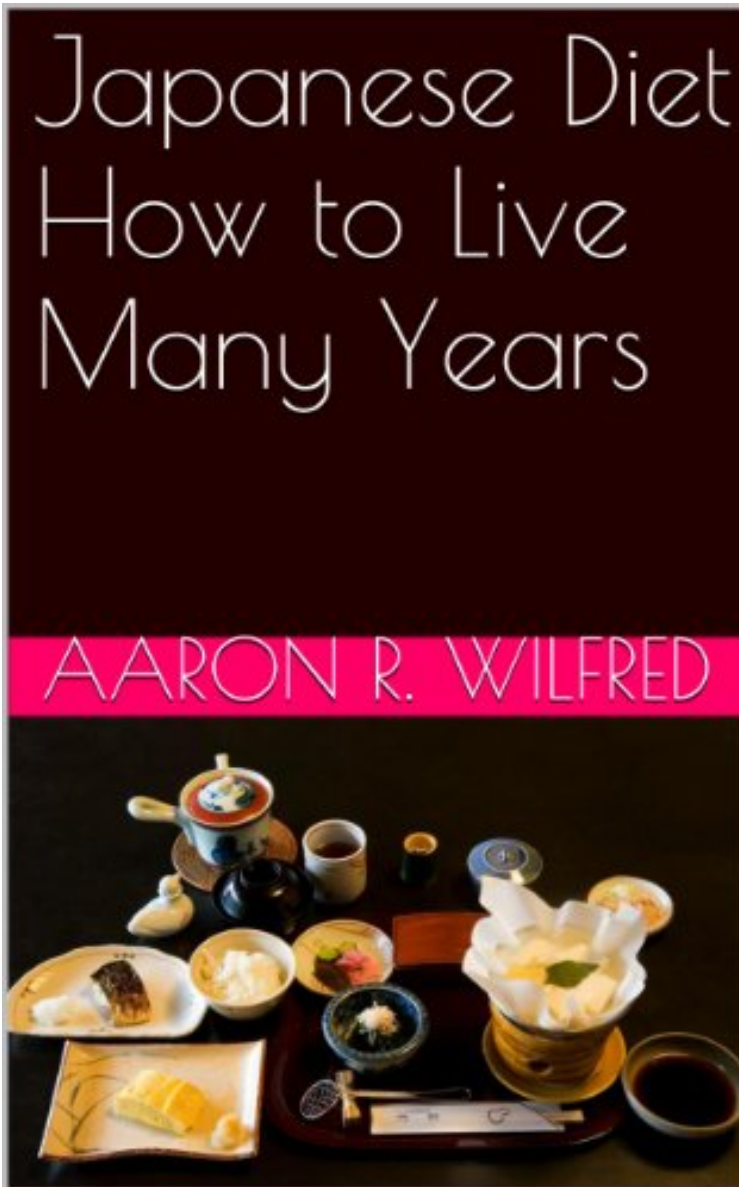


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Japanese Diet How to Live Many Years (English Edition)



Par Aaron R. Wilfred
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Description :

Prsentation de l'diteurEating well to live longer and eating healthy is equivalent to eating right. Japanese cuisine is an expert on both subjects. The inhabitants of the Land of the Rising have long enjoyed a diet that ensures flavor, nutrition and longevity insurance. Before the Meiji Revolution of 1868, when Japan opened its doors to foreign countries, the Japanese people did not eat meat. Whole grains like millet, barnyard grass (or hounds tooth), common millet (more or cornbread or millet), millet minor (or minor or major foxtail

millet Italian), sorghum and buckwheat (or buckwheat) were grown in rotation with barley and legumes. People ate whole grains mainly those with miso (fermented soybean paste with salt), pickles, vegetables, sea vegetables and some fish. The leaves and stems of these millets are used as food for animals whose droppings were used to fertilize the growing field where various types of millet. Presentation de l'diteur Eating well to live longer and eating healthy is equivalent to eating right. Japanese cuisine is an expert on both subjects. The inhabitants of the Land of the Rising have long enjoyed a diet that ensures flavor, nutrition and longevity insurance. Before the Meiji Revolution of 1868, when Japan opened its doors to foreign countries, the Japanese people did not eat meat. Whole grains like millet, barnyard grass (or hounds tooth), common millet (more or cornbread or millet), millet minor (or minor or major foxtail millet Italian), sorghum and buckwheat (or buckwheat) were grown in rotation with barley and legumes. People ate whole grains mainly those with miso (fermented soybean paste with salt), pickles, vegetables, sea vegetables and some fish. The leaves and stems of these millets are used as food for animals whose droppings were used to fertilize the growing field where various types of millet.