

[PDF] Japanese Women Don't Get Old Or Fat: Delicious Slimming And Anti-Ageing Secrets

Naomi Moriyama, William Doyle - pdf download free book



Books Details:

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Description:

From Publishers Weekly It's well known that Japanese women have the lowest obesity rate in the industrialized world (3%) and the highest life expectancy (85 years), and that their cuisine is based on simplicity. Tokyo native Moriyama puts a human face on this phenomenon, that of her mother, Chizuko, in this well-organized, persuasive introduction to a non-Western everyday cooking plan. Just as Moriyama reconstructed Chizuko's cooking practices for herself and her coauthor husband,

Doyle (*Inside the Oval Office*), she shows readers the elements of Chizuko's 6'×12' Tokyo kitchen. She details its pantry ingredients, including bonito (fish) flakes and daikon (radish) and tools such as a rice cooker and wok. Most recipes are based on at least one of the "seven pillars"—fish, vegetables, rice, soy, noodles, tea, fruit—and are familiar and easy to make (Shrimp and Vegetable Tempura, Teriyaki Fish, etc.). Cooking tips abound, but what adds a *French Women Don't Get Fat* angle is the useful eating advice, such as "*Hara hachi bunme*," or "Eat until you are 80 percent full." It's a call for moderation that occurs throughout other cultures, and if it's the Japanese version that speaks to readers, good for Moriyama.

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Review "Sensational" Daily Mail "Excellent! A Diet that's anti ageing, slimming and fills you up - where do we sign up?" Grazia "Moriyama dishes up tasty recipes, along with portions of memoir that capture her childhood in Tokyo" You magazine "...actually much more about the differences between Western and Eastern cultures, more memoir than diet book...surprisingly fascinating" Sunday Express "The book's message is simple. I started off a cynic, but found it easy and enjoyed exploring my local Asian supermarket for new ingredients" Olive magazine

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