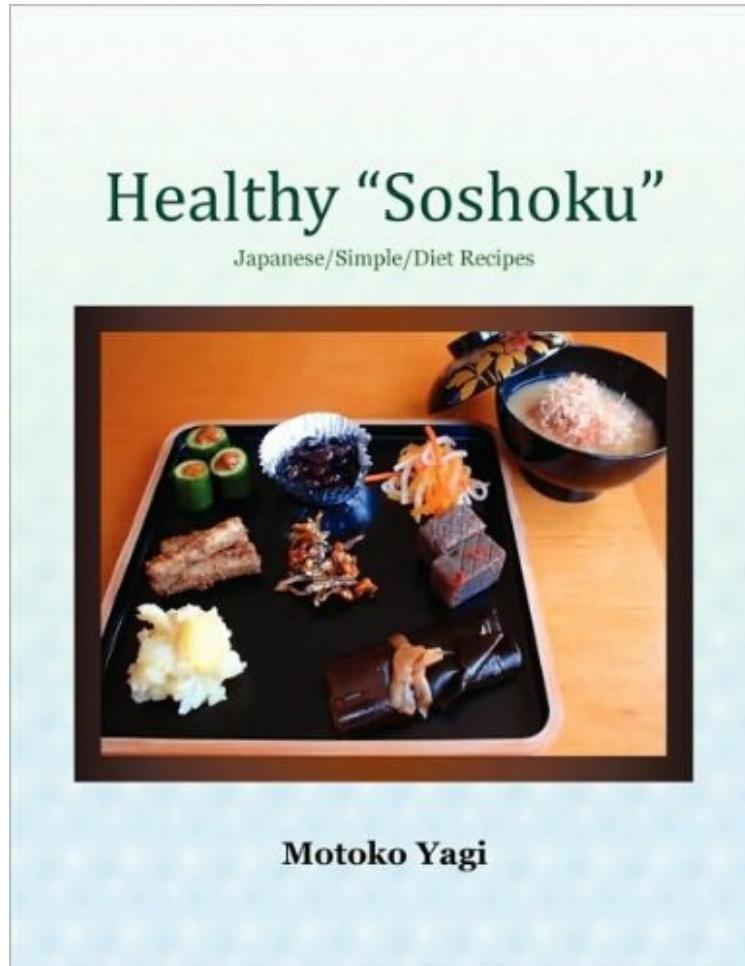


Healthy "Soshoku"

Motoko Yagi

*ePub / *DOC / audiobook / ebooks / Download PDF*



#12667345 in Books Xlibris Corporation 2010-06-10 Original language: English PDF # 1 11.02 x .18 x 8.50l, .40 #File Name: 145005494368 pages | File size: 58.Mb

Motoko Yagi : Healthy "Soshoku" before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthy "Soshoku":

2 of 2 people found the following review helpful. Quintessential to understand Japanese diet By Michiya Matsuo This highly elaborate guidebook to Japanese traditional diet tells you how Japanese culinary art is deeply associated with the country's own history and philosophy. You will find "Shoshoku," which means austere meal, is actually the result of pursuance for a balanced, environmentally friendly and health life style. Though the Japanese food has been a big boom in US, it is still quite unusual to see the real essence of the Japanese diet, that you could take a glimpse in this book. Many pictures of authentic Japanese dishes are other attraction of the book, whereas these pictures might have been too simplistic in the eyes of Americans. Again, these are actually the real thing.

Soshoku = Plain (simple) Diet Since the Kamakura era (1185-1333) in Japan, the word Soshoku has come to mean

"frugal meal" in the Zen temple. A sample menu is "One soup with one side dish and rice." Over time, Soshoku became the general home diet in Japan and led to the establishment as of the traditional Japanese diet. Now we need to prevent the lifestyle diseases associated with the eating habit of western culture. Japanese Soshoku is recognized as the balanced healthier diet and will help to prevent lifestyle diseases. Because Japanese Soshoku is low-fat and high-fiber diet which will help followings; - To take out bodily waste and enhance a good blood circulation - To enhance excess weight loss - To lower blood-sugar level - To lower LDL cholesterol level - To lower blood pressure - To lower neutral fat level Using the following ingredients such as; Kelp, Seaweeds, Root vegetables (Pumpkin, Potato, Burdock, Daikon, Lotus root, Turnip), Beans, Mushrooms, Green leafy vegetables, Brown rice, Grains(Coarse Cereal), Soy bean products (Tofu, Miso, Tofu Lees), Nuts, and Agar-Agar Additional tips for a healthy sustainable diet; - Use seasonal-, local-, organic-grown fresh products - Use less processed food - Eat a variety of foods for each meal - Use whole vegetables as much as you can.