

Chapter 1 : | Cooking Light

12 Easy & Healthy Japanese Recipes Start your New Year with these 12 inspiring, healthy Japanese recipes, with a focus on seasonal & wholesome ingredients. The start of a new year is a time of reset and renewal.

They expect to live 86 and 79 years respectively compared to 80 and 75 years for Americans ,and according to the World Health Organization, they can anticipate an average of 75 years lived healthy and disability-free. On top of that, Japanese people enjoy the No. Their ways of preparing foods are extremely healthy: Just make sure not to drown the food in sodium filled soy sauce, and remember that portion size is important. Miso is made from fermented soybeans, which means that every bowl brings a wholesome serving of isoflavones. These powerful compounds have anticarcinogenic properties protect you from cancer , and several studies show that they prevent your body from overproducing fat cells. Are fresh soybeans, and they make a great start to your meal. Working them free from their pods keeps you from eating too quickly, and each bean provides a nourishing mix of protein, fiber, and omega-3 fats. Starting your meal with a vegetable will make you feel more full by the time the main course comes and will keep you from overeating. Soba Noodles in Soups: Soba noodles are native Japanese noodles made of buckwheat flour. Nutritionally buckwheat provides vitamins B1 and B2, several minerals, and nearly twice the amount of proteins found in rice. Are slabs of raw fish fastened to ice cube-size blocks of rice with pieces of seaweed. Seafood in its purest form, this dish consists of nothing but thin slices of raw salmon, tuna, squid, or whatever else is fresh. Used in asian medicine for centuries, studies have shown that shiitake mushrooms protect again cardiovascular disease and high cholesterol. This food is a nutritional powerhouse when it comes to consuming the right amount of minerals. Seaweed contains several things our bodies need, including zinc, selenium, iodine, and vitamin B Seaweed also helps to lower blood pressure and cholesterol. This unique-tasting food contains the same anti-cancer chemicals that are found in broccoli and cabbage. Wasabi is also thought to reduce the risk of heart attack. This food is extremely versatile and a stable in asian cuisine. Just as with the shiitake mushroom, tofu is high in protein and low on the calories. It can be served with almost anything and it provides a very efficient way of getting your protein. The scientific community is split on whether soy products are good or bad for health, with half of studies praising soy products and the other half disagreeing- we will let you decide for yourself how you feel about them. A powerful antioxidant, green tea assists your body with relaxation and weight loss. This yummy Japanese favorite also contributes to maintaining normal cholesterol levels. For all the health benefits associated with green tea , read our article here.

Chapter 2 : Why is the Japanese diet so healthy? | BBC Good Food

Healthy Japanese Recipes for Weeknights Enjoy Japanese food in the comfort of your own home with these easy and delicious recipes that are perfect for busy weeknights. From soups and noodles to stir-frys and fried-rice, these recipes are loaded with flavor, fiber-rich veggies and lean proteins.

A lot of people who come to this site or JustBento are here because they think Japanese cooking is very healthy. The bad news first: Some people think soba noodles are healthier than other types of noodles, and while buckwheat soba may have some beneficial qualities, most of the soba you can get, especially the dried kind, contains a lot of white wheat flour buckwheat on its own is pretty hard to form into thin noodles. Japanese cuisine is quite high in salt. Condiments like soy sauce are quite salty of course, but there are lots of salt-preserved foods like umeboshi , pickled, salt-cured vegetables and fish. Until fairly recently the leading cause of death in Japan was by diseases related to high blood pressure, such as stroke. Both my maternal grandparents died of stroke-related complications. Modern Japanese cuisine, from the Meiji period on, has quite a lot of battered, breaded and deep fried foods. Sugar is used quite a lot in savory dishes. One reason for could be that traditionally, Japanese meals did not have a dessert course; sweet things were eaten as in-between meal snacks. Although a spoonful at a time of budo mame will not hurt me too much, I do have to limit my intake of it severely. Some of the most popular Japanese dishes around the world are sadly not that healthy. Besides the issues with sushi , ramen for example is wheat noodles in a fairly fatty but oh so tasty broth; tonkatsu is, as mentioned above, breaded and deep-fried; and Japanese curry is basically a hearty European style stew served over a big mound of white rice. The slightly dubious news: Tofu is a great source of vegetable based protein, that has been eaten for hundreds if not thousands of years in East Asian countries. However, when people take the idea behind tofu and consume massive amounts of it, in the form of soy protein isolate and so on, it may or may not cause some problems. Green tea has also been consumed in East Asia for quite a long time. Green tea has been given all kinds of amazing health benefits - mainly in the West. This applies to almost any place. For instance, in Japan green tea it too common to be miraculous, but pu-erh tea is supposed to lower your cholesterol, make you lose weight, and grow hair on your head. I just made the last part up, but you get the point. Green tea probably does have some health benefits, but drinking green tea while maintaining an otherwise unhealthy lifestyle is not going to make you healthy. The wide variety of vegetables and legumes beans consumed is a good thing. The Japanese diet includes quite a few land and sea vegetables seaweed. Not that many cuisines are into sea vegetables, but they are very low in calories, pretty high in fiber and packed with minerals. Beans are a big part of Japanese cooking too. Seafood is mostly good too. The biggest things we have to be concerned about regarding fish consumption these days are the near-extinction of some species, and the amount of mercury. Fermented products add various kinds of beneficial flora to our digestive systems, which are critical to their er, smooth functioning. Miso is the best known fermented food in Japan, but there are also a wide variety of fermented preserved foods, as well as rice malt or koji, both sweet and salty. People have been using sakekasu or sake lees in cooking for a long time too. Soy sauce is too salty to be taken in amounts big enough to take advantage of its fermented nature. Japanese cuisine also uses quite a few things that are naturally high in fiber and low in calories. Shirataki noodles is the best known of these: There are other foods like that too, such as konnyaku which is made from the same substance as shirataki. I described some of these foods in a mini-series a while back: The healthiest aspects of Japanese food culture The best, healthiest parts of Japanese cuisine have little to do with individual food items. It has to do with the way food is consumed: During a typical day, a Japanese person consumes about 15 to 20 types of food if not more; nutritionists in Japan urge everyone to eat at least 30 different types of food a day. If you eat a lot of different foods, you are much more inclined to eat a healthy balanced diet. Of course you can cheat and choose 30 types of snack foods and candies, but that would be silly. And the other part of Japanese cuisine, or Japanese food culture, that makes it relatively healthy is small portions and moderation. If you go to Japan you will see that the streets of its cities, especially Tokyo, are just filled with restaurants and various food related establishments. French pastries for example are tremendously popular,

despite reports to the contrary. All kinds of junk food abound in stores. Yet, most Japanese people manage to stay pretty slim. But, I aspire to.

Chapter 3 : Healthy Japanese Recipes - EatingWell

Shoku-Iku is the way that Japanese people are taught about healthy food. This book reveals the secrets to how the Japanese stay so healthy in easy-to-follow principles so you, too, can learn to eat mindfully, the Shoku-Iku way.

However, it is also possible to end up eating salt- and oil-laden dishes that can make a triple bacon cheeseburger seem benign. Sushi has soared in popularity in the United States. The very first sushi restaurants appeared in the s; now, there are about 4, Five worst Japanese dishes: Miso soup sounds quite benign: However, miso soup is a sodium bomb: A single cup contains to milligrams of sodium, or one-third to one-half the amount you should have in a day. The sauce that comes on spicy sushi rolls is almost always mayonnaise-based, so the calories add up quickly. If that spicy tuna or spicy salmon roll is a must, order one and split it with a dinner companion. Like miso soup, udon contributes significant amounts of sodium to your day. The broth is made from soy sauce. Additionally, this soup contains udon noodles, which are made from refined flour and less healthful than some other Asian noodles. An exception is if the restaurant uses whole-grain udon noodles; ask your server. In theory, cooking vegetables and fish on a hot flat grill sounds like a gold-star nutrition choice. Five best Japanese dishes: One of the healthiest appetizers offered in any cuisine, these baby soybeans start you off with a nice hit of filling fiber and protein. But watch out for offerings that stir-fry the edamame in copious amounts of oil, such as garlic ginger edamame. Whereas sushi rolls can include mayonnaise, cream cheese, and sugary sauces, sashimi simply consists of plain, thin-sliced pieces of fish. Part of the fun of eating shishito peppers is that you never know which ones deliver a super spicy kick. As a bonus, shishito peppers deliver many nutrients in a low-calorie package. This cold and refreshing appetizer pairs chilled tofu with toppings like daikon, grated ginger, or mustard. Leafy greens are scarce at most Japanese restaurants, but this blanched spinach salad saves the day.

Chapter 4 : Japanese Food: Healthiest and Least Healthy Dishes | Berkeley Wellness

Enjoy our healthy versions of traditional Japanese recipes along with modern takes on the classics. Enjoy our healthy versions of traditional Japanese recipes along with modern takes on the classics.

May 4, Tempura veggies and tofu are great as long as you prepare it yourself. I often have a little bit of cold tofu "yakko" each day but I hear conflicting reports about it. Plus a lot of salt and sugar is added to Japanese cuisine. Sushi is said to be healthy - but we all know the mercury content is high. Oh natto must be healthy - I think. What constitutes "Japanese cuisine" these days? Is it the rice ball, sandwich, danish and energy drink that salary guys eat as their breakfast? Or is it all the diet supplements that women scarf down? The processing of brown rice into white strips away the husk and the kernel of the rice grain - both of which contain good nutrients and vitamins - leaving the starchy, near nutrient-free left over, which makes processed rice white. And ditch the white bread, which like white rice, is nearly nutrient-free. Otherwise, generally, J cuisine is very healthy. After the war it also had far too much sugar. Today the typical Japanese diet has far too much meat, fat, salt, sugar and not enough veggies or complex carbohydrates. Sushi is mercury-laden fish on polished-to-death white rice in sweet vinegar with nary a veggie in sight. Whoever decided that was a healthy choice must have been eating really badly. The pros and cons of the different styles should cancel each other out over the long term. I would love to Eat like a Japanese Shinto Priest. Also, many of the elderly in Okinawa eat a diet that has become world famous for health and longevity. Never thought Mayo and rice could taste so good. I'm almost tempted to take a little bottle to my local sushi train. Sushi is the best fast food. Not enough red meat in it for me though. That "mercury laden" part was that veganosity showing. All fish are hardly "mercury laden" and you know that. Agree more veggies could help. Really good Indian usually has a pool of oil on top and a salt content that could burst your arteries. Mexican is considered the ultimate for the sodium, fat and cholesterol lover. The healthiest way is to eat a balanced diet. And by balanced I mean one that includes animal proteins. A diet can be balanced without having dead bodies in it. My veggie chili beans has very little cholesterol. The occasional fatty, salty, sugary meal will do little harm, if daily fare is kept simple. I guess the thing that makes cuisine healthy for Japanese people is the fact they generally eat a third less than Europeans. Still probably on the healthier side but servings have increased, fried food has increased too. Not as healthy as Korean food is my guess. It sounds like your only experience of these foods is Indian all you can eat buffet, and Taco Bell. Mexican food and Indian mediterranean food shares something in common with healthier Japanese food. The use of delicious and nutrient rich beans. Another question, why is it that you can only find white bread here? And why is it that Japanese versions of Western food use less healthy ingredients? Tokyo is very European with food. I would say the Japanese body actual muscle which they lack and blood pressure differs from westerners. I believe the young Japanese live off conbini and McDs To me personally the food here is overrated, like everything else here. The Japanese are similar to Europeans So freshness gets an A, however. That's partly why people shop most days. I try to cook with tons of fruit and veg but it is very expensive here. Recently a super-healthy form of brown rice, called "hatsuga-genmai" has started to become widely available. For example, I was in a cheap chain izakaya last night and we ate bamboo shoots, edamame, a seafood salad, fried chicken sorry Cleo and onigiri. I think that probably compares pretty favourably to what I would probably have eaten in a similar price range British pub - fish and chips, lasagne and chips, pie and chips, sausage and mash, or American bar - buffalo wings, french fries, ribs. Western diets minus the fast food are very healthy. Organic vegetables, and organic breads, cereals, rice. The problem is, fast food has become an acceptable form of nourishment in, well, English speaking countries. The truth is, Japan is plagued with the same problems. Truth is, American food goes beyond just hamburgers and fries. Meat has only recently become the large portions you see now. As well, America offers more variety in food available, than Japan. Go ahead, just try it. Modern cuisine, IMHO, is Not healthy at all, not saying old cuisine was healthier as many food sources were not commonly available. But than the medical profession gets paid now by interest groups to scare us in to NOT eating X or Y or even worse to increase our uptake of W or Z. One reason why Humans became the dominant species is that like Pigs very intelligent we are omnivores, thus designed to

survive on a variety of foods. Which gave us the edge when shortage of other food-stuff drove other species into extinction. So anything in moderation is good, IMHO. Pukey2 May 5, Can anyone tell me if tofu is healthy? Of course it is. And be very careful of cookies made in Japan - trans-fat shortening is in practically all the products. I do think that the Japanese know far less about nutrition than others - in the US and UK, you get a lot of obese people, but you also have access to a wide variety of healthy food. White bread, white sticky rice, white pasta are the staples here. Japanese white rice is so over-rated. Good luck finding wholemeal bread. Do you have proof that osteoporosis is just as prevalent or more in East Asia, compared to western countries? I prefer the term omnivorousness myself. I eat dead animal bodies and dead plant bodies equally. Certainly can not disagree with that. Almost all restaurant foods place a priority on taste over health. And pre-made foods in the supermarkets place a priority on shelf life over health. Just about anything you can make at home from fresh ingredients with yourself in control is healthier for you. Never been in either my entire life. Mexican food and Indian mediterranean OK, I give up. Fried meat in everything? The only "fried meat" I can think of in Japanese cuisine is the ubiquitous Tonkatsu and the Chicken Kara age. Never seen Karaage on Curry but sure some fast food place like go-go curry might do something like that. But you can find a lot of other breads in Japanese bakeries and depachikas. White rice was the highest form of rice that Japanese could eat prior to the Meiji era. It was eaten by the nobles and wealthy. The average peasant ate mixed rice and in many cases not even rice; millet. Perhaps you could provide some examples? I guess that must be why their average lifespan is much higher than the west. The average lifespan in Japan was due to their mostly vegetarian diet supplemented by oily fish in certain regions. Until recently Soy Sauce was not so widely used, this is one of the downsides of Japanese foods with its high salt content. Luckily I hate it, unless only a small amount used. As for the main topic, traditional homemade Japanese food is very healthy compared to other nations and the fact that probably half or more Japanese still eat homemade food of this type means obesity, diabetes and other mainly Western problems are still low. Looking at what is happening with "modern" Japanese food, we see too many additives, fried foods, MSG and other nasty things. The amount eating this junk is growing and Japan's health problems will increase if there is not an effort to promote healthy eating in the young and "busy" housewives. The biggest change in the Japanese diet occurred under the Meiji government late 19th century which literally "forced" people to eat meat and dairy products. What you describe is the Japanese diet up to and including the Edo period.

Chapter 5 : The Japanese Diet: Healthy Oriental Food for Weight Loss

Weeknight Meal Ideas: 15 Easy Japanese Recipes *Weeknight Meal Ideas: Easy Japanese recipes for a quick, reliable dinner you can make for the family at the end of a long day. What do you make on those nights when you're tired but still just want something nourishing & healthy for the family?*

July 10, Tweet 8 Healthy Japanese Food Gems to Add to Your Diet The reputation of traditional Japanese cuisine as one of the healthiest world cuisines precedes it “ and with good reason. Why does Japan have the lowest obesity rate in the developed world and why do its people live longer than everyone else? A traditional Japanese diet is well balanced, featuring more fish than red meat, plenty of vegetables, pickled and fermented foods, and small portions of rice. It involves little highly processed food and lower overall sugar intake. Basically, the Japanese diet is low in calories and extremely nutritious. Healthy Japanese Food Guide: From Umeboshi to Seaweed Varieties Umeboshi Unripe ume Japanese plums are cured in salt and shiso leaves for a few months, then dried in the sun, producing a sour and salty little pickle that is a real kick for the tastebuds. Legend has it they were given to samurai on the battlefield as a pick-me-up! Maybe because it packs a punch of citric acid, umeboshi has also long been used for liver health in Japan. Citric acid has an alkalizing effect on the body as well as antibacterial properties; it also helps your body absorb minerals. Finally, ume plums also contain substances that protect against stomach ulcers, the hardening of arteries and gum disease. These pickled pink treats are usually eaten with rice. Miso Made from fermented soybeans, this healthy Japanese food is full of beneficial bacteria, enzymes, antioxidants and important vitamins and minerals. Nutritionists across the world have caught onto its benefits “ it plays a part in boosting immunity, strengthening digestion, lowering cholesterol, preventing osteoporosis, aiding memory and stress, and supporting healthy skin. There are hundreds of regional varieties of miso in Japan, ranging in color from white and yellow to brown and red, and in taste from mild to strong and salty. Miso is most commonly eaten in soup, but there are many different ways to use it. Natto contains a unique enzyme that is good for heart health, as well as vitamins K1 and K2, which together aid blood clotting and heart health. Vitamin K2 is less available in Western diets and tends to be more effective than K1. Natto delivers a list of other vitamins and minerals and is high in protein and dietary fiber. Natto may be an acquired taste, but it has long been a breakfast staple in Japan that is especially delicious when mixed with green onions and soy sauce and served on rice. Like other fermented foods, much of the health benefits of amazake come from the enzymes and bacteria it contains, plus a rich serving of the vitamins and minerals already present in rice. Made from koji fermented rice, amazake contains kojic acid, B vitamins and several other elements that nourish the skin, hair and nails, and even more importantly, it is high in dietary fibre and certain digestive enzymes that aid digestion. Amazake can be drunk by anyone, including babies, and is delicious served warm in cold weather. In the Edo period, amazake was seen as such an essential energy source that it was price-controlled. With little flavor itself, it takes on that of other ingredients. It has also been found to normalize cholesterol levels and blood sugar and prevent high blood pressure. Daikon supports digestion by breaking down fats, animal proteins and dairy, not to mention being rich in dietary fiber “ it is often served alongside meat. Loaded with minerals including copper and iron to make red blood cells, daikon can help lower cholesterol and blood pressure. It improves kidney and liver function, has antibacterial and antiviral properties, and supports respiratory decongestion. An amino acid called theanine or L-theanine unique to tea leaves helps create a relaxed but focused mental state and tempers the effects of caffeine in tea. The tannins in green tea also have numerous beneficial effects, particularly on cardiovascular health and by being rich in antioxidants. Each variety “ such as sencha, hojicha and matcha “ is rich in vitamins C and E and contains potassium, manganese and calcium. However, since the whole leaf is used, matcha is estimated to provide 10 times the antioxidants of brewed leaves. Green tea also has antibacterial properties for the gums and teeth. This nutritional powerhouse is loaded with minerals like zinc, selenium, iodine for thyroid health , magnesium and calcium working together for bone health , copper and iron some types have more iron than chicken liver , plus vitamins B12 and K, and heaps of dietary fiber. Nori seaweed contains plenty of omega-3 fatty acids and is up to 50 percent protein. This all-round wonder

food even helps lower blood pressure and cholesterol and balance glucose and insulin levels. Wherever you live, incorporating them into your diet is getting easier all the time as Japanese restaurants and stores spread around the world. Of course, eating these foods is not only about the health benefits—you might also discover a new favorite food!

Chapter 6 : Japanese Cooking - Easy and Delicious Japanese Recipes & Cooking Videos

If light, simply prepared food is what you're after, look no further than Japanese cuisine, where a variety of thin slabs of raw fish (sashimi) topped with wasabi and pickled ginger can make a meal.

Chapter 7 : 12 Easy & Healthy Japanese Recipes – Just One Cookbook

The slightly dubious news: things that may not be as healthy as claimed Two foods that are integral part of Japanese cooking are tofu and green tea. Tofu is a great source of vegetable based protein, that has been eaten for hundreds if not thousands of years in East Asian countries. However, when.

Chapter 8 : 10 Healthy Japanese Foods – Health Fitness Revolution

Japanese home cooking is full of flavor, light on ingredients, good for you, and surprisingly quick to make. In other words, the holy grail of weeknight meals.

Chapter 9 : Japanese Recipes: How to Eat Healthy, the Shoku Iku Way | Shape Magazine

Find healthy, delicious Asian recipes including Asian soup, dumpling, rice and noodle recipes. Healthier Recipes, from the food and nutrition experts at EatingWell. One bite of this healthy stir-fry recipe and you'll start thinking about what else you can stir miso butter into.