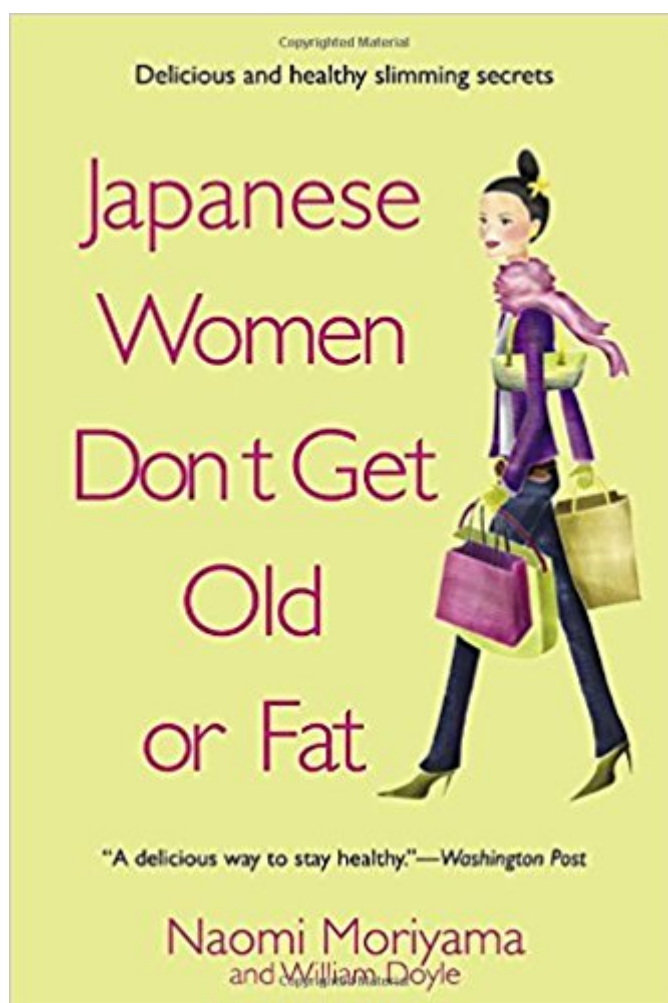


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# Japanese Women Don't Get Old Or Fat: Secrets Of My Mother's Tokyo Kitchen



## Synopsis

What if there were a land where people lived longer than anywhere else on earth, the obesity rate was the lowest in the developed world, and women in their forties still looked like they were in their twenties? Wouldn't you want to know their extraordinary secret? Japanese-born Naomi Moriyama reveals the secret to her own high-energy, successful lifestyle—and the key to the enduring health and beauty of Japanese women—in this exciting new book. The Japanese have the pleasure of eating one of the most delicious, nutritious, and naturally satisfying cuisines in the world without denial, without guilt—and, yes, without getting fat or looking old. As a young girl living in Tokyo, Naomi Moriyama grew up in the food utopia of the world, where fresh, simple, wholesome fare is prized as one of the greatest joys of life. She also spent much time basking in that other great center of Japanese food culture: her mother Chizuko's Tokyo kitchen. Now she brings the traditional secrets of her mother's kitchen to you in a book that embodies the perfect marriage of nature and culinary wisdom—Japanese home-style cooking. If you think you've eaten Japanese food, you haven't tasted anything yet. Japanese home-style cooking isn't just about sushi and raw fish but good, old-fashioned everyday-Japanese-mom's cooking that's stood the test of time—and waistlines—for decades. Reflected in this unique way of cooking are the age-old traditional values of family and the abiding Japanese love of simplicity, nature, and good health. It's the kind of food that millions of Japanese women like Naomi eat every day to stay healthy, slim, and youthful while pursuing an energetic, successful, on-the-go lifestyle. Even better, it's fast, it's easy, and you can start with something as simple as introducing brown rice to your diet. You'll begin feeling the benefits that keep Japanese women among the youngest-looking in the world after your very next meal! If you're tired of counting calories, counting carbs, and counting on being disappointed with diets that don't work and don't satisfy, it's time to discover one of the best-kept and most delicious secrets for a healthier, slimmer, and long-living lifestyle. It's time to discover the Japanese fountain of youth. From the Hardcover edition.

## Book Information

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## Customer Reviews

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'x12' 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. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"A DELICIOUS WAY TO STAY HEALTHY." — Washington Post "[A] well-organized, persuasive introduction to a non-Western everyday cooking plan." — Publishers Weekly "One-upping a certain French woman who boasted about staying thin, Moriyama reveals seven secrets of how Japanese women avoid adding pounds and prolong their life." — GoodHousekeeping.com "Thanks to Moriyama and Doyle, readers can learn from an insider raised in Japan. . . . Even the most hesitant readers will find their passion for the wonderful taste and aroma of Japanese dishes irresistible." — The Cleveland Plain Dealer

Great book! Very informative...with many excellent ideas for Japanese cooking and food selections.

good information and inspiration

We have recently acquired this book and having made almost all the recipes, I love it! The author does a superb job describing the home life/food life of Japanese cooking rather than the American stylized version or the sushi bar. I have had a very easy time making all the recipes and I am a complete convert to the Japanese Country Breakfast. My 5 year old and my 1 year old eat the breakfast of egg, rice, broth and veggies. I think it depends on what they ate prior to trying these dishes. Certainly a child who has been used to more "typical" American breakfast of cold cereal and the like will find this vastly different. However, we have always controlled processed sugar intake and not infrequently had veggies for breakfast so this was not that much of a stretch. I definitely find with incorporating the recipes and principles into our diet that I am more satisfied with each meal and find myself searching for "something sweet" or "feeling munchy" less often. We live in Michigan so not ethnic center that New York is and I am still able to find an Asian grocery with most or all of the ingredients I am looking for. Do yourself a favor - get an asian rice cooker. It makes all the difference! I am off to find more Japanese home recipes!

interesting

I love this book just for the recipes. Everything I have made has been quick, easy and really good. The writing is repetitive but just skim through it if you think you've seen it before. I definitely feel good when I eat this food.

Was an interesting read

Yes, interesting and true! I've been slowly losing weight since reading this...and eating a more veggie diet with rice. Love that food!

Great Advice.

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