

5 Reasons Why The Japanese Don't Get Fat

Did you know that the Japanese have the longest life expectancy in the world? It's no coincidence that with good health, an ideal weight is also easily achieved. The Japanese have a 3% obesity rate compared to a whopping 35% in the USA.

So what do the Japanese do to stay healthy and slim?

1 Why The Japanese Diet Is Perfect For Staying Slim

1. The Japanese make their meals themselves. Traditionally they don't eat processed ready meals or fast food. They cook their own meals. They eat simple food such as fish, rice and vegetables, soup and fruit.
2. Most people generally return to their ideal weight once they start making all their own meals cooked with local fresh food regardless of the diet.

The Japanese also eat a good amount of omega 3 fatty acids which is essential for a long healthy life. They also eat 5 times the amount of cruciferous vegetables that Americans do.

2 How The Japanese Squeeze In Regular Exercise Even With A Busy Lifestyle



