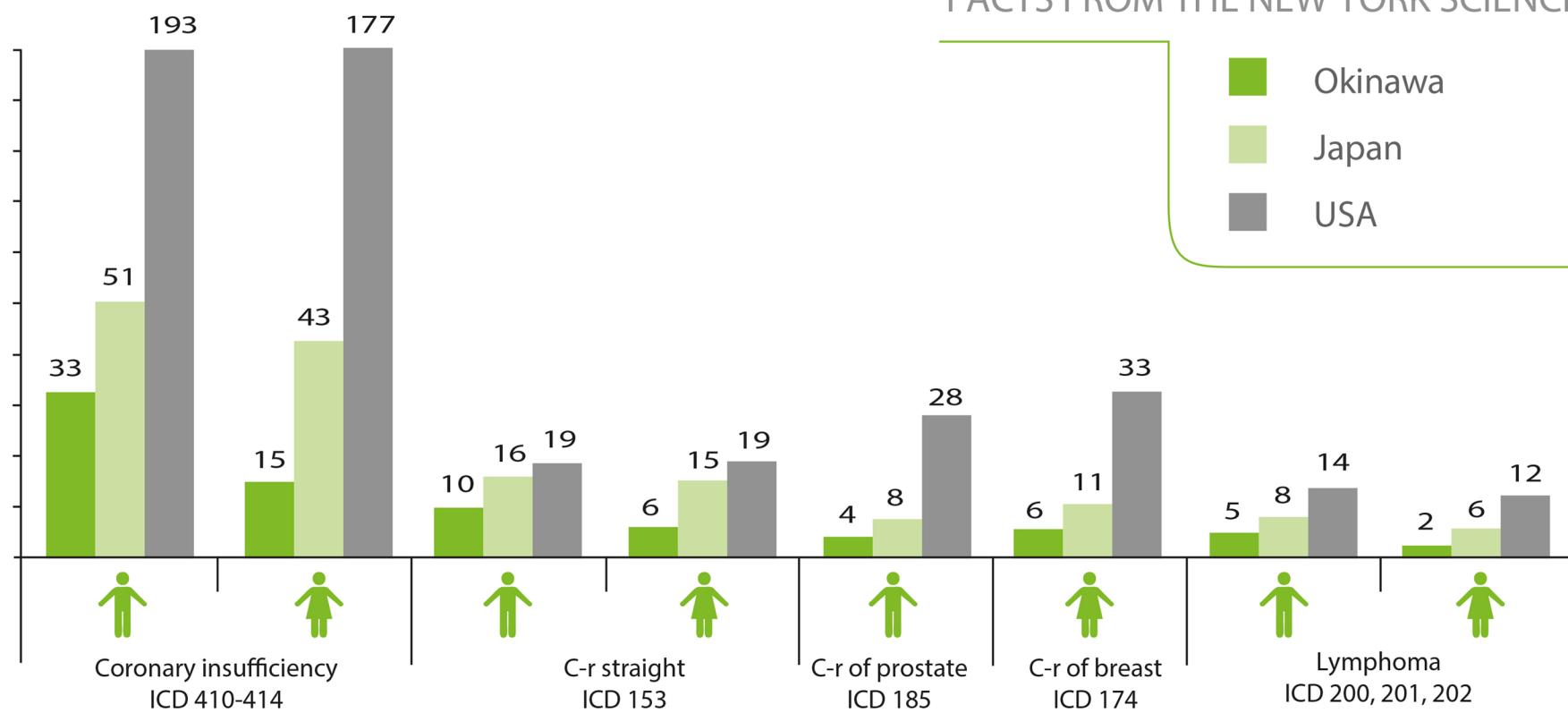


PUBLICATION OF THE ANALYSIS OF MORTALITY RELATED TO AGE. ILLNESSES PER YEAR PER 100,000 RESIDENTS IN THE US, JAPAN, AND OKINAWA. THE BEGINNING OF THE STUDY OF THE DIET AND NUTRITIONAL CULTURE OF THE OKINAWANS

FACTS FROM THE NEW YORK SCIENCE ACADEMY



Mortality from diagnoses associated with age-related diseases according to Americans. The numbers represent the percentage of deaths per 100,000 in 1995, adjusted for age. Classification of diseases according to the ICD-9. Age classification according to the standard world population. These data illustrate a marked reduction in the risk of mortality from age-related diseases in Okinawa compared to the rest of the Japanese population and Americans.

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Format: Abstract

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Implications from and for food cultures for cardiovascular diseases: Japanese food, particularly Okinawan diets.

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Abstract
Okinawans, who have a different ethnicity and food cultural history to other Japanese nationals, and an exceptional longevity have been studied at home and as migrant groups in Hawaii and Brazil. Biomarkers for fish and soy intake and intervention studies indicate that these foods, along with seaweed and green vegetables are candidates for chronic non-communicable disease prevention.

- 1. Fewer calories, denser in nutrients** - the Okinawans consumed 10 to 15 percent fewer calories than what they needed, but their food was highly nutritious and dense with antioxidants and flavonoids. Calorie-restricted diets change patterns in insulin signaling, which reduces the risk of diabetes
- 2. Rich in fish and soy** - although the overall diets of the Okinawans are low in fat, they tend to eat fatty fish, their diet is also rich in soy, which is dense in protein and other vital nutrients (one important caveat is that all soy in Japan is GMO-free). Research indicates that taken together, fish and soy both contribute to the low rate of cardiovascular disease among the Okinawans
- 3. Seaweed** - brown seaweed contains fucoidans, which are chemicals that fight cancer, viruses, inflammation and prevent blood clots that lead to cancer and strokes
- 4. Green tea and antioxidant dense vegetables** - green tea, which contains epigallocatechin gallate (EGCG), reduces the risk of many types of cancer, diabetes, and cardiovascular disease, additionally, their diets contains orange yellow roots vegetables, such as sweet potatoes, and dark green vegetables, which are filled with powerful antioxidants