

The secret to keeping the body slender thanks to the diet of Japanese women

Let's TipsMake.com refer to the secret to keep the body slender thanks to the diet of Japanese women below!

Japanese women are always appreciated as having a youthful, charming appearance and a slim, most balanced body in the world. Despite turning 30, many people still look like girls 18 and a 40-year-old woman who looks like a 25-year-old is perfectly normal. In particular, they are the longest living people.

The Bright Side page decides to learn interesting secrets about the diet as well as the lifestyle of Japanese people to be able to live healthy and keep their own freshness. Here is the **secret to keeping the body slender thanks to the diet of Japanese women**. Invite you to consult!

A nutritious and balanced diet



A misconception that many of us still think Japanese people only eat sushi. In fact, their diet is quite diverse. They like to eat fish, seaweed, vegetables, soybeans, rice, fruits and green tea. Their daily meals are always flexible and balanced in nutrition, avoiding foods that are high in calories as well as snacks.

For Japanese people, the food must be fresh and suitable for each season is the most important thing. They usually only eat ripe fruit products at the right time. Seasonal fish is also the first choice. Besides, the weather also plays an important role: in winter, Japanese people have a tradition of eating meat, fish, drinking warm quiz and soup, while in summer, they switch to cold soups and seafood, cold ramen noodles and salad.

See also: [25 cheap nutritious foods and vitamins you need to know](#)

Cooking method



Usually, dishes in Japan are usually prepared by stewed, grilled, steamed or fried in special pans with very little oil. Vegetables are often sliced off to be able to ripen quickly and look more beautiful. Moreover, these processing methods make food retain high nutrient levels.

Vegetable soup is an integral part of every meal. Japanese women are very careful in the selection of spices, always trying to keep the taste mild, so that the people do not feel heavy stomach, which affects the stomach, liver and kidneys. Typical Japanese dishes often accentuate natural flavors and colors.

Culture in eating



Eating is also a culture of Japanese people. They often eat slowly, small pieces are available on the plate. The dishes are usually kept in the same natural taste and shape so they rarely decorate them. Different dishes should not be placed on the same plate, but different plates must be displayed. In addition, never fill up the food up to the wall so that when eating, it will not spill out.

Eat rice instead of bread



Rice is an integral part of every meal. Usually rice is cooked only without adding salt or butter. Not using spices in the main ingredient of a meal does not require the body to absorb too many substances that are likely to cause obesity.

Breakfast is the main meal of the day



In Japan, breakfast is the most important meal of the day. It is the main meal including some dishes - usually fish, rice, fried eggs, miso soup, a soy dish with vegetables, seaweed and green tea.

See also: 6 bad things will happen if you regularly skip meals

Limit too sweet desserts



Dessert is usually not popular in Japan, often fruit. Japanese people do not use too much sugar in desserts, even rice-based ice cream (*mochi*). Japanese desserts are usually low in fat, low in sugar and quite different from Western tastes. However, you won't get fat and leave any marks on your belly.

Refer to some more articles:

1. Plan to remove sugar from your daily meals in just 3 weeks
2. 12 healthy habits but extremely harmful to health
3. 9 types of foods that help you improve your mood quickly

Having fun!

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