

The World's Healthiest Diets

There are 5 countries with the best diets

(1) Japanese ~ Obesity rate: 1.5% Life expectancy: 82 years

(2) Singapore ~ Obesity rate: 1.8% Life expectancy: 82 years

(3) China ~ Obesity rate: 1.8% Life expectancy: 73 years

(4) Sweden ~ Obesity rate: 11% *(5)*

France...even worst. Why Japanese food is the best diets ??? Japanese cuisine for its focus on cruciferous vegetable like



Cabbage , Broccoli , Bok Choy , and Kale. The main source of Protein in the Japanese diet-fish and soy -are also heart healthy. Finally, the Japanese eat plenty of complex carbohydrates in the form of nutrient-rich Buckwheat noodles. Some Japanese even practice calorie restriction, eating only until they feel 80% full. Above information for your reference. Take good care of health will make you more happy.

Nothing important than your good health.