

Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-01/msg00069.html>

- *From:* "runnswim@xxxxxxx (Larry Weisenthal)" <runnswim@xxxxxxx>
 - *Date:* 3 Jan 2006 02:52:56 -0800
-

Regarding Okinawans:

1: Asia Pac J Clin Nutr. 2001;10(2):159-64.

History and characteristics of Okinawan longevity food.

Sho H.

University of The Air Okinawa Study Center, Japan.

Okinawan food culture in the Ryukyu island is one of the world's most interesting culture because its consumers have the longest life expectancies and low disability rates. It is a product of cultural synthesis, with a core of Chinese food culture, inputs through food trade with South-East Asia and the Pacific and strong Japanese influences in eating style and presentation. The Satsamu sweet potato provides the largest part of the energy intake (and contributes to self-sufficiency), there is a wide array of plant foods including seaweed (especially konbu) and soy, and of herbaceous plants, accompanied by fish and pork, and by green tea and kohencha tea. Infusing multiple foodstuff and drinking the broth is characteristic. Raw sugar is eaten. The concept that 'food is medicine' and a high regard accorded medical practice are also intrinsic of Okinawan culture. Again, food-centered and ancestral festivities keep the health dimensions well-developed. Pork, konbu and tofu (soy bean-curd) are indispensable ingredients in festival menus, and the combination of tofu and seaweed are used everyday. Okinawan food culture is intimately linked with an

Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes

enduring belief of the system and highly developed social structure and network.

PMID: 11710358

It's important to note that the Okinawan diet has changed. I previously quoted a study done by the Japanese (I have the full text somewhere...don't have the reference as I write this) which looked at what Okinawan centenarians were eating at age 50. It was predominately sweet potatoes, with very little meat. I owe you guys the reference; I'll try to find it.

• ***Follow-Ups:***

- ◆ ***Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes***
◇ From: Joe the Aroma
- ◆ ***Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes***
◇ From: Juhana Harju

• ***References:***

- ◆ ***Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes***
◇ From: runnswim@xxxxxxx (Larry Weisenthal)
- ◆ ***Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes***
◇ From: Susan

• Prev by Date: ***Re: Fat Storage***

• Next by Date: ***Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes***

• Previous by thread: ***Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes***

• Next by thread: ***Re: Researchers Discover Mechanistic Link Between High-Fat Diet and Type 2 Diabetes***

• Index(es):

- ◆ ***Date***
- ◆ ***Thread***