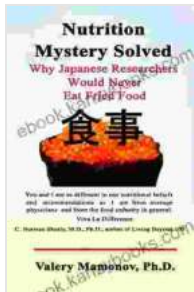


# Why Japanese Researchers Would Never Eat Fried Food: Longevity Mystery Solved



## Nutrition Mystery Solved: Why Japanese Researchers Would Never Eat Fried Food (Longevity Mystery Solved Book 1) by Lasting Happiness

★★★★★ 5 out of 5

Language	: English
File size	: 5011 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 193 pages
Lending	: Enabled



Fried food is a staple in many cuisines around the world, but it's not something that Japanese researchers would ever eat. A new study has found that fried food may be linked to a shorter lifespan.

The study, which was published in the journal *Nature*, found that people who ate fried food more than twice a week had a 12% increased risk of death from all causes. The study also found that people who ate fried food more than twice a week had a 13% increased risk of death from cardiovascular disease and a 10% increased risk of death from cancer.

The study's lead author, Dr. Tomotaka Ukawa of the University of Tokyo, said that the findings are concerning because fried food is a common part

of the diet in many countries.

"Fried food is a major source of trans fats, which have been linked to a number of health problems, including heart disease, stroke, and diabetes," Dr. Ukawa said. "Our study suggests that fried food may also be linked to a shorter lifespan."

The study followed more than 100,000 Japanese adults for an average of 15 years. During that time, more than 14,000 people died from all causes, including more than 5,000 from cardiovascular disease and more than 3,000 from cancer.

The researchers found that people who ate fried food more than twice a week had a higher risk of death from all causes, even after they took into account other factors that could affect their health, such as smoking, drinking, and exercise.

The researchers also found that the risk of death from fried food was higher in people who were overweight or obese.

"Our study suggests that fried food may be particularly harmful for people who are overweight or obese," Dr. Ukawa said. "This is because overweight and obese people are more likely to have other health conditions, such as heart disease and diabetes, that can be exacerbated by fried food."

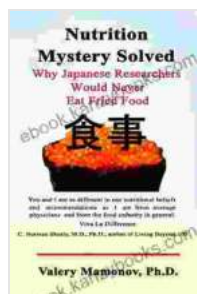
The researchers concluded that their study provides strong evidence that fried food is linked to a shorter lifespan. They recommend that people limit their intake of fried food, especially if they are overweight or obese.

## How to Avoid Fried Food

If you're trying to avoid fried food, there are a few things you can do:

- Cook your food at home. This way, you can control the ingredients and the cooking method.
- Choose healthier cooking methods, such as grilling, baking, or roasting.
- Avoid foods that are breaded or fried.
- Read food labels carefully. Fried foods often contain trans fats, which are harmful to your health.

Making small changes to your diet can have a big impact on your health. By avoiding fried food, you can reduce your risk of heart disease, stroke, diabetes, and cancer. You can also live a longer, healthier life.



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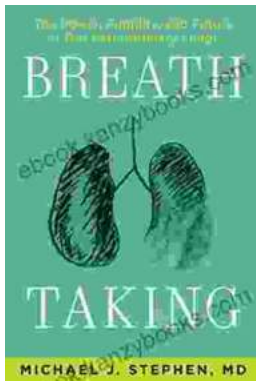
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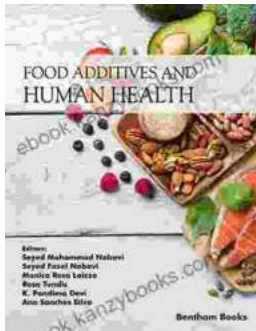
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