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 Caloric Restriction
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 Summary: Both caloric restriction and traditional Okinawan functional foods with caloric restriction-mimetic properties likely had roles in the extended healthspan and lifespan of the Okinawans. Caloric restriction, caloric restriction mimetics, and ... The Okinawan sweet potato, with a caloric density of 1.0 kcal/gram [rice is more caloric at 1.5

<p>kcal/gram], has been the main carbohydrate of the Okinawan diet from the 1600s until approximately 1960, accounting for more than 50% of calories. 1 The foods they weren't eating?The Diet Of Okinawa, 1949: Low-Fat, High-Carb, Very Little ...Caloric restriction (CR) or dietary restriction (DR) are helpful tools in understanding age and diet related health complications.</p>	<p>In the 1972 Japan National Nutrition Survey it was determined that Okinawan adults consumed 83% of what Japanese adults did and that Okinawan children consumed 62% of what Japanese children consumed. [19]Okinawa diet - WikipediaCaloric Restriction, the Traditional Okinawan Diet, and Healthy Aging The Diet of the World's Longest-Lived People and Its Potential Impact on</p>	<p>Morbidity and Life Span The older cohort of Okinawans (aged 65-plus) is remarkable in many ways.Caloric Restriction, the Traditional Okinawan Diet, and ...The plant-based nature of the diet may trump the caloric restriction, though, since the one population that lives even longer than the Okinawa Japanese don't just eat a 98% meat-free diet, they eat 100% meat-free. The Adventist vegetarians in</p>
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Caloric Restriction

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