

# What is the most healthy food in Asia?

*According to Forbes recently, Japanese food is rated as the most healthy, the third is Chinese food, Korean food ranks fifth. But you may want to know what is the most healthy food in each country? Here, I'd like to introduce them one by one. Let's have a look.*

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Food is a kind of culture, local food inherit the essence of traditional culture. Each country has its representative food, healthy and delicious. When you visit one place, the first thing you might think about is the local food there, isn't it? Now, let's travel around the Asia to enjoy the most healthy food in three countries!

## **China: China tea**

Tea is the most special dietary element for Chinese, it's also recognized worldwide as one of the most healthy drink, which has a high nutritional value and helps with many diseases, such as hypertension, hyperlipidemia, etc. Based on



the analysis, tea contains more than 300 kinds of possibly bioactive chemicals, such as protein, theine, carbohydrate, vitamin, tea polyphenols and amino acid, which is indispensable of human bodies. Drinking tea also help us keep fit, protect our eye-sight, prevent from aging, lower blood pressure, etc. It is said that green and black tea may protect against cancer and cardiovascular disease. That is amazing! A

study led by Dr Kashif Shafique of Glasgow University found a 50% greater risk of cancer among men who drank more than seven cups of tea a day, compared to those with lower tea intake. According to the experiment, individuals who consume between 5 to 10 cups of tea per day have a lower risk of cardiovascular disease. If you want to know more about Chinese tea, please click [here](#)!



### **Japan: Sashimi**

Sashimi is a Japanese delicacy consisting of very fresh raw meat or fish into thin pieces, which originate from the traditional method of harvesting. It's famous for its fantastic shape, fresh material, delicious taste. What's more, it always be considered as the first course, presented with rice and miso soup in separate bowls. Sashimi is the most delicate dish, and you should eat it first in case other strong flavors affect the palate. Fresh sashimi can strengthen body resistance and it has really high nutritional value, it contains rich protein, vitamin, micromineral, etc. Besides, Sashimi is delicious as well as low-fat. If you want some recipes of sashimi, please click [here](#)!

### **Korea: Kimchi**

Kimchi is mostly based on vegetables, with some fruit, sea food, meat as ingredient. It has many functions, such as

losing weight, promoting digestion, etc. First and foremost, Kimchi is low-calorie food helping maintain dietary nutrition balance, it is rich in cellulose, vitamin, a variety of minerals, carbohydrates, amino acids, protein, fat and other nutrients.



Secondly, it can produce lactic acid to promote the digestion of nutriment and improve bowel function.

Lactic acid bacteria takes advantage of sugar fermentation to produce lactic acid, acetic acid, probiotic acid and butyric acid and other organic acids.

What's more, Kimchi helps reduce serum cholesterol levels and blood lipid levels. Kimchi can deter many diseases, such as diabetes, hypertension, tumour, osteoporosis and so on.

Last but not least, it can help lose weight, Korea experts found that not only Kimchi contain a variety of vitamins, minerals and amino acids which is human body need, but there are obvious effect of losing weight. If you are interested in Kimchi, please click [here!](#)

All the food mentioned above is healthy as well as delicious, you can choose by you own taste. In a word, eat healthy, live healthy!