

The Katsumi Kitchen (whh)(Chinese Edition)



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Reviews

I actually began reading this article pdf. It really is filled with wisdom and knowledge You wont sense monotony at at any time of the time (that's what catalogues are for concerning should you request me).

(Ena Klein MD)

THE KATSUMI KITCHEN (WHH)(CHINESE EDITION)



paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2002-05-01 Publisher: Guangxi Science and Technology Information Title: the Katsumi Kitchen (whh) Price: 12 yuan Author: Dong Moon phase Publisher: Guangxi Science and Technology Publication Date :2002-5-1ISBN: 9787806661475 Words: Page: Revision: Binding: Folio: Weight: Editor's Summary Beijing fat quantity first in the country. this startling statistics does not accidental. Beijing health education intake of animal fat and grease on the structure of city residents dietary survey shows that over 30 years. the daily food of Beijing residents. the proportion of grain. potatoes and beans decreased. greatly rise. even more than the body needs. The survey showed that the proportion of grain. potatoes and beans from Beijing on the table has dropped to 13 from the past 23. A meal can be eaten in the past half a catty of grain a day to eat less than half a catty. But the intake of animal fat and grease from the past accounted for only 2.8% of the total food rose to 23.1%. This is a direct result of Beijingers spent hypertension. coronary heart disease. diabetes. gout and other chronic diseases treatment costs accounted for the largest proportion of the medical expenses. The experts pointed out that improved living standards and one of the reasons for the rise in health care costs. because the excessive intake of meat. eggs. milk. coupled with less exercise somewhat acidic. the pH of human blood. which is including tumor chronic diseases including a hotbed. The experts suggest that the people of Beijing. the old saying tofu cabbage security and peace. saying in effect: vegetarian blood can indulge in alkaline. avoid the troubles caused by the acidic objectively. Catalog a cool the Four Seasons...



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