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[et al.] ; contributions by hidemi todoriki ; recipes by sayaka mitsuhashi.

Originally published: New York : Clarkson Potter/Publishers, 2004.

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Diets for body weight control and health: the potential of changing the Suzuki M. The Okinawa Diet Plan: Get Leaner, Live Longer, and Never Feel Hungry.

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## **Key 1 - eat regular, balanced meals - smart health diet**

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