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Nota di contenuto	Contents; Series Foreword; Preface; Abbreviations; 1 Japanese Diet, 1900 - 2010: From Subsistence to Affluence; 2 Old and New Foodstuffs: A Century of Transitions; 3 Food Consumption: Continuity and Change; 4 Diets and Well-being: Health and Longevity; 5 Environmental Impacts: Land, Water, Nitrogen, and Ocean; 6 Japanese Diet: Retrospect and Prospect; References; Index
Sommario/riassunto	An examination of the transformation of the Japanese diet from subsistence to abundance and an assessment of the consequences for health, longevity, and the environment.