

Contents

<i>Introduction</i>	ix
PART 1: THE WAY THE WORLD EATS AND LIVES	1
1. The World's Fattest People	3
2. The World's Healthiest People	12
PART 2: THE 5-FACTOR WORLD DIET'S TOP 10 COUNTRIES	21
3. Japan	23
4. Singapore	34
5. China	39
6. Sweden	51
7. France	56
8. Italy	63
9. Spain	71

10. South Korea	80
11. Israel	85
12. Greece	91
PART 3: THE 5-FACTOR WORLD DIET ACTION PLAN	97
13. Understanding the 5-Factor Edge	99
14. Understanding Ingredients and Planning Your Shopping List	105
15. Getting Familiar with 5-Factor Cooking Techniques and Tools	115
16. The 5-Factor Lifestyle	119
PART 4: THE 5-FACTOR WORLD DIET RECIPES	127
PART 5: THE 5-FACTOR WORLD DIET MENUS	255
<i>Appendix: Shopping Suggestions</i>	267
<i>Notes</i>	273
<i>Index</i>	277
<i>Recipe Index</i>	285
<i>Acknowledgments</i>	295