

Series Foreword vii

Preface ix

List of Abbreviations xiii

1 Japanese Diet, 1900–2010: From Subsistence to Affluence 1

2 Old and New Foodstuffs: A Century of Transitions 7

3 Food Consumption: Continuity and Change 71

4 Diets and Well-being: Health and Longevity 109

5 Environmental Impacts: Land, Water, Nitrogen, and Ocean 131

6 Japanese Diet: Retrospect and Prospect 191

References 203

Index 225