

The Mediterranean-styled Japanese Diet for the Anti-Ageing

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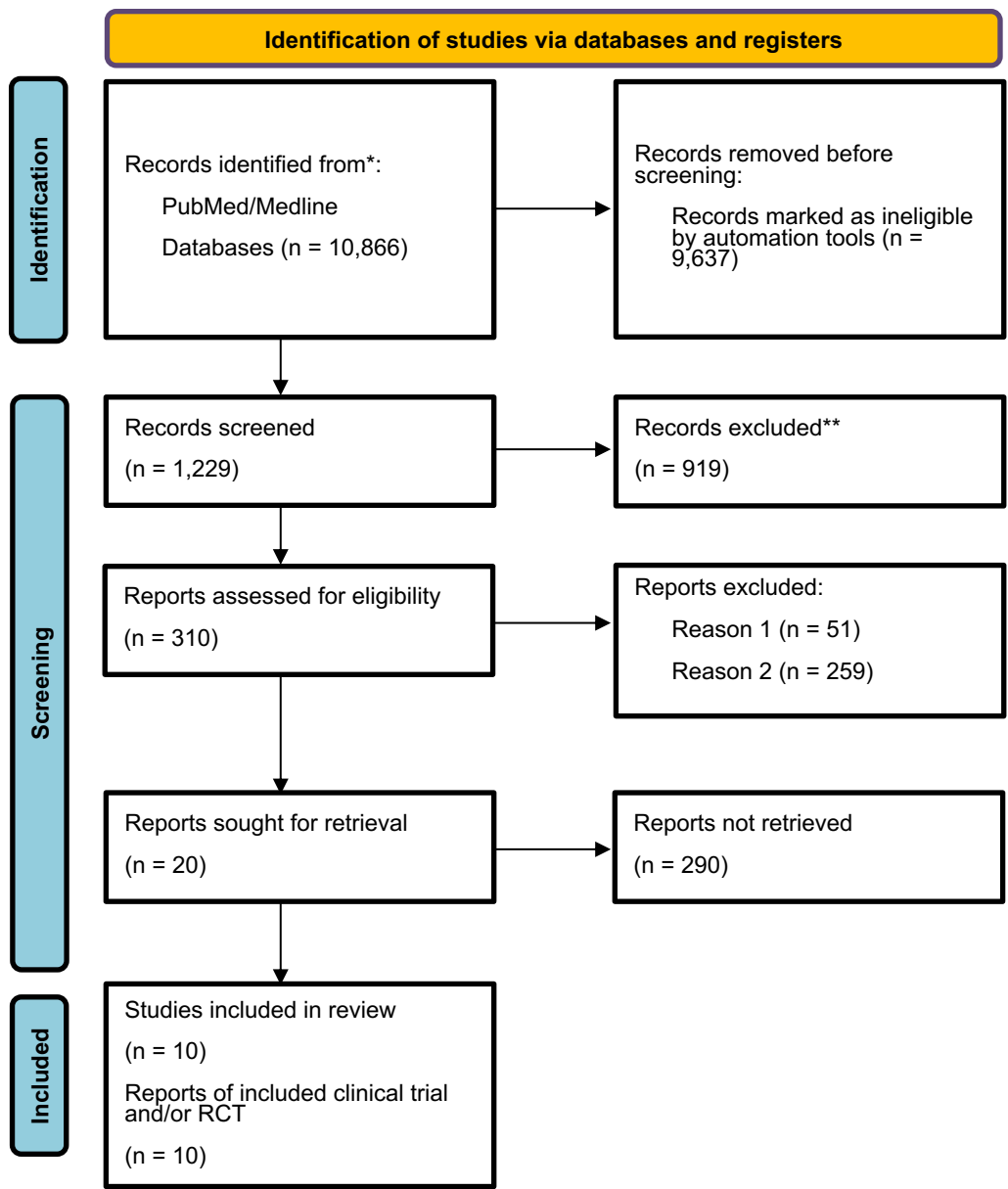
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INTRODUCTION & AIM

The Mediterranean diet and the Japanese diet, listed as the intangible cultural heritage of humanity by UNESCO, are healthy diets consumed worldwide. This research compares the two diets, finds the differences and similarities, and thinks about healthy diets with regard to anti-aging.

METHOD

This research follows the Cochrane guidelines and uses Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). The keywords used in this systematic review include Mediterranean diet, Japanese diet, and anti-aging with the PubMed search engine.



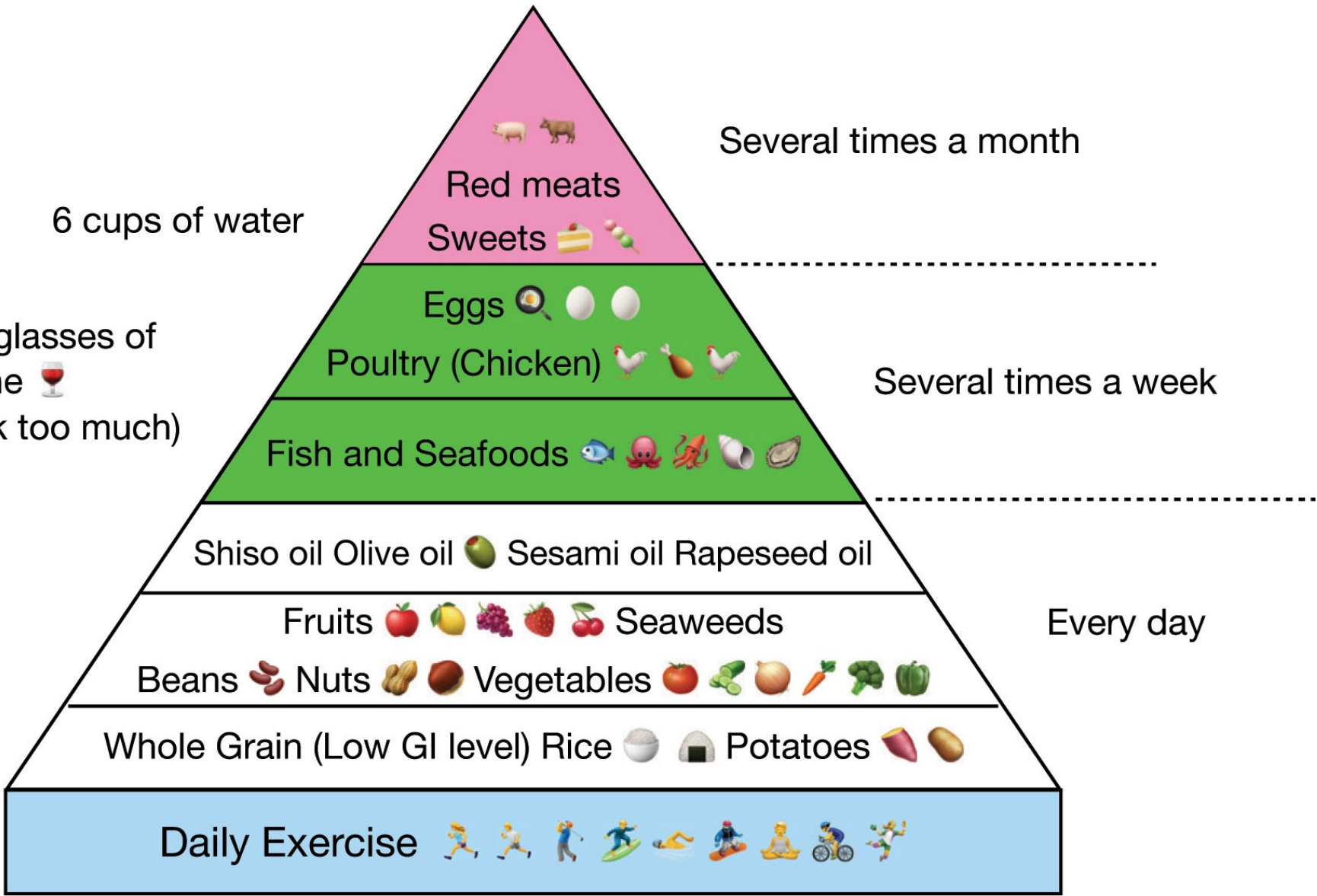
PubMed keyword search of “Mediterranean diet” showed 10,866 articles. After the application of publication date “1 year” there were 1,229 articles. Then, when text availability were not abstract, not free full text, there were 903 articles reminded. There were 259 articles with the article type “Review”, and 51 articles in “Randomized Controlled Trial”. The sum of the both article types were 310. This systematic review summarised each 10 articles. RCT will be shown in extended preceding paper.

RESULTS & DISCUSSION

Mediterranean countries including Italy and Greece have one-third the mortality ratio with cardiovascular diseases compared to America and North European countries. Since diets are deeply associated with this outcome, the Mediterranean diet is regarded as healthy. A typical Western diet is high in fat, sugar, and calories, causing chronic inflammation-related diseases including cardiovascular diseases, metabolic syndrome, and obesity, which shorten the life span. However, Mediterranean and Japanese diets are usually low in these, with the mass consumption of vegetables, beans, and fish, and the daily consumption of cereals. Differences include a greater consumption of polyphenol-rich extra virgin olive oil, dairy products, and a lower amount of meat consumption in the Mediterranean diet, and less use of oil, the abundant consumption of fermented foods, and the consumption of seaweeds in the Japanese diet. In addition, Sirtuin genes activated by these diets are associated with anti-aging. Since Japan has the longest lifespan in the world, people are familiar with the idea of “Me-Byo”, finding non-disease conditions and curing them before they manifest.

Table 1. Mediterranean diet associated “review articles” within 1 year (10 best match).

Research	Main findings and markers	First author	Publication date	PMID
Mediterranean diet and osteoarthritis (OA)	Adherence of Mediterranean diet (rich in antioxidants and anti-inflammatory compounds and omega-3 fatty acids) improves pain, function, and QOL of OA patients	Veronese N	2024	39625615
Mediterranean diet and spirituality/religion	Influence of Mediterranean diet in spirituality and religion	Dominguez LJ	2024	39560850
Mediterranean diet nourish the brain effectively	Prevention of neurodegenerative disorders by consumption of Mediterranean diet (rich in antioxidant, vitamin, and polyphenol; characterised by healthy, plant-based foods fats and moderate consumption of animal products)	Picone P	2024	39664911
Role of Mediterranean diet in reducing cognitive impairment, dementia and Alzheimer's disease	Effects of Mediterranean diet in cognitive impairment, dementia and Alzheimer's disease; meta-analysis	Fekete M	2024	39797935
Effects of prebiotics and Mediterranean diet on gut microbiota composition in diabetes patients	Intervention with prebiotics and Mediterranean diet improves gut microbiota composition of <i>Firmicutes</i> , <i>Bacteroidetes</i> , and <i>Bifidobacteria</i> in patients with pre-diabetes or T2DM	Dimba NR	2024	39408238
Influence of Mediterranean diet on sexual function in people with metabolic syndrome	Improvement of sexual function with Mediterranean diet: improved fertility in men, and recover several sexual dysfunctions in women	Oteri V	2024	39408364
Role of Mediterranean diet for cardiovascular outcome and mortality in older adults	Reduction of mortality and cardiovascular risks by Mediterranean diet: meta-analysis including 28 research	Furbatto M	2024	39599734
Influence of Mediterranean diet, DASH diet, and MIND diet to sleep duration and quality	Beneficial association between duration and/or quality sleep and diets including Mediterranean diet, DASH diet, and MIND diet	Rózańska D	2024	39683584
Relationship of Mediterranean diet and quality of life in adults	Significant relationship were observed between Mediterranean diet and QOL: systematic review consists of 28 research	Godos J	2025	39940436
Key nutrients of Mediterranean diet in inflammatory bowel disease	Mediterranean diet (consuming fruits, vegetables, olive oil, whole grain, legumes, and nuts everyday) reduce the risk of chronic inflammation associated diseases including IBD	Deleu S	2024	39683595



Mediterranean-styled Japanese diet

Figure 1. Mediterranean-styled Japanese diet pyramid: A diet prevent ME-BYO (non-disease condition) and more suited to healthy long life.

As well as Mediterranean diet, PubMed keyword search of “Japanese diet” showed 309 articles. When text availability were not abstract, not free full text, there were 302 articles reminded. There were 17 articles with the article type “Review”, and 10 articles in “Randomized Controlled Trial” and “Clinical Trial”. The sum of the both article types were 27. This systematic review summarised each 10 articles. RCT will be shown in extended preceding paper.

Table 3 Japanese diet associated “review articles” in past 10 years (Best match top 10).

Research	Main findings and markers	First author	Publication date	PMID
Osaki cohort study: Dietary habits, mortality, disability, and dementia in Japan	Cohort study in Osaki, Miyagi: Disability↓, Dementia↓ with Japanese diet	Matsuyama S	2022	35631172
Systemic review and meta-analysis of cardiovascular disease (CVD) death and Japanese diet	CVD death↓ with high dietary fibres and plant-proteins: CVD↑ with high salt intake	Shirota M	2022	35631146
Epidemiological characteristics of Japanese diet	Japanese diet was mainly consists of dietary staple, side dishes, and soup, and the components were categorised into 16 groups	Suzuki N	2018	29710030
Advantages of Indo-Mediterranean diet including comparison with Japanese diet	Indo-Mediterranean diet diversify food variety and rich in antioxidant as well as Japanese diet	Singh RB	2022	35215548
Comparison of cardiovascular health in verity of diet model	Comparison of Mediterranean, vegetarian, ketogenic and Japanese diet: recommendation of vegetables, fruits, whole grain and legumes	Migliaccio S	2020	32714512
Insight regarding long life expectancy and polyphenols; derived from Mediterranean and Japanese diets.	Mediterranean and Japanese diets consists of large amounts of polyphenols but small amounts of aging accelerating processed foods, sugar, and fats.	Fiore M	2025	40649401
Introduction of Japanese diet in the comparison of Indo-Mediterranean and DASH diet	High blood pressure↓, Metabolic syndrome↓ by soybeans, whole rice, vegetables, fish oil and taurine in Japanese diet	Singh RB	2022	36615704
Nutrition and dietary interventions in oncology	Chronic malnutrition and excess calorie intake influence the risk of cancer	Gray A	2020	32537159
Analysis of food and nutrition: why Japan became the longest-lived country in the world	Low obesity ratio and decrease of high-salt foods are correlated with the low ischemic heart disease and cancer death	Tsugane S	2021	32661353
Iodine intake for healthy thyroid	Seafood rich Japanese diet can ingest high iodine and selenium	Dijk-Brouwer DAJ	2022	36235539

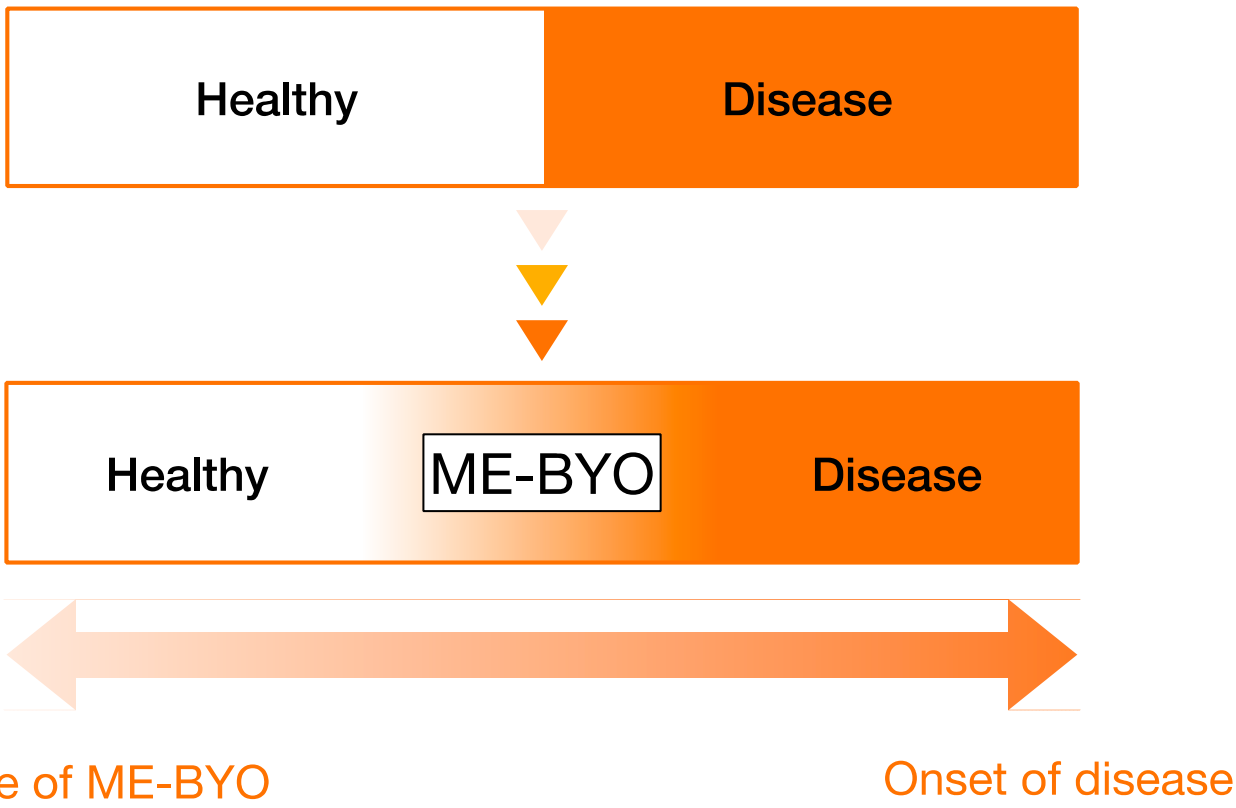


Figure 2. Schematic view of ME-BYO. We cannot distinguish between a healthy state and disease. ME-BYO (non-disease state) is the state continuously changing from healthy state to disease. Generally, ME-BYO is considered to be a state in which there are no subjective symptoms but abnormalities in examinations, or a state in which there are subjective symptoms, but no abnormalities in examinations. The importance of ME-BYO has been increasing because the prevention of ME-BYO in the younger generation will reduce medical expenses and prolong healthy longevity.

CONCLUSION

In conclusion, the Mediterranean-style Japanese diet, a well-balanced diet, reduces the risk of a variety of diseases by preventing chronic inflammation. This dietary method prevents the manifestation of “Me-Byo” and has anti-aging properties, and it might contribute to healthy and long lives not only for Japanese people but also for people around the world.