

18+ Алексей Сабадырь

Slim and fit with the Korean diet



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«Издательские решения»

Сабадырь А.

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Delves into the characteristics of the traditional Korean diet, discussing its richness in vitamins, minerals and antioxidants, as well as its unique cooking methods. Offers readers accessible and delicious recipes that will help use the principles of the Korean diet to achieve a slim figure and fit. The author of the book are not responsible for the information provided. The book is for informational purposes only and does not call for action. Please contact your healthcare provider.

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A doctor's consultation is required before using the recommendations

Иллюстрация обложки Leonardo ai

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Chapter 1: Introduction to the Korean Diet: History, Traditions and Principles

Korean cuisine is one of the most exquisite and diverse in the world. Its unique taste and unique culinary traditions make the Korean diet attractive not only to gourmets, but also to those who strive for a healthy lifestyle and a slim figure. In this book, we will dive into the world of the Korean diet, learn its history, traditions and principles, and also look at methods of using the Korean diet to achieve the desired results.

The history of Korean cuisine goes back to ancient times. For centuries, Korean chefs have cultivated unique flavors using local ingredients, seasonings and cooking techniques. Korean cuisine is distinguished by its richness of flavors and aromas, as well as the ability to preserve the beneficial properties of ingredients. The traditional Korean diet includes a variety of vegetables, fermented foods, seafood, rice and meat, making it rich and healthy.

The principles of the Korean diet are based on a balance of proteins, fats and carbohydrates, as well as the use of fresh and natural ingredients. Koreans pay great attention to cooking, preferring steaming, boiling or frying without adding oil. They also avoid over-salted, over-sweetened and over-spiced foods, which helps maintain health and a slim figure.

In this book, we will look in detail at the basic principles of the Korean diet, study menus, recipes and culinary traditions, and also find out how the Korean diet affects lifestyle and achieving the desired results. If you want to learn more about Korean cuisine and its health and beauty benefits, then this is the book for you. Let's dive into the fascinating world of the Korean diet together and open up new perspectives for achieving a slim and fit body.

Chapter 2: Basic Principles of the Korean Diet: What You Can and Cannot Eat

Korean cuisine is famous for its variety, but is also known for its healthy and wholesome dishes. The Korean diet is based on healthy eating principles, including moderate consumption of meat, plenty of vegetables, legumes and rice. In this chapter, we will look at the basic principles of the Korean diet and what you can and cannot eat.

What you can eat:

Vegetables – Koreans eat a large amount of vegetables, including cabbage, carrots, zucchini, radishes, cucumbers, tomatoes and more. Vegetables play an important role in the Korean diet and it is preferable to eat them raw or cooked without oil.

Beans and soy products – Beans, tofu and other soy products are the mainstay of the Korean diet. They are rich in protein and other nutrients such as iron and calcium.

Rice – Rice is the main source of carbohydrates in the Korean diet. The main reason why rice is a preferred source of carbohydrates is that it contains less fat and calories than other grains.

Seafood – Seafood such as seaweed, mussels, octopus, sea bass and oysters are a mainstay of the Korean diet. They are rich in protein, iron and other nutrients and contain minimal amounts of fat.

What not to eat:

Processed food – Koreans avoid processed food and prefer fresh and natural foods.

Sweets and sugary drinks – Eating too much sugar increases blood glucose levels, which can lead to obesity and other diseases.

Fried and fatty foods – Koreans prefer to cook food without oil and oily slurry. They also avoid fatty meat products.

Too salty food – Avoid eating too salty food as it can lead to high blood pressure and other diseases.

Koreans follow these principles to maintain a healthy lifestyle and maintain good physical condition. Along with those who adhere to the Korean diet, they should emphasize physical activity and bring lifestyle activity into balance with nutrition.

Chapter 3: Basic Principles of the Korean Diet

Korean cuisine is known for its variety of dishes and unique flavors. One of the principles of the Korean diet is to eat plenty of vegetables, fruits and grains. Traditional Korean cuisine is dominated by low-calorie, nutrient-rich dishes.

The main component of the Korean diet is rice. It is the main source of energy for Koreans and is used in most dishes. Rice is rich in fiber and healthy vitamins, making it an excellent choice for those who are watching their health.

Another important food in the Korean diet is vegetables. Vegetables play a key role in Korean cuisine and are a source of vitamins, minerals and fiber. They can be used in soups, boiled, fried dishes, and all kinds of snacks.

Seafood also plays a significant role in Korean cuisine. Close to the sea, Korean cuisine has a rich variety of seafood. Various fish, squid, shrimp – all this is used in Korean cuisine and provides the body with protein, nutrients and microelements.

The preparation of Korean dishes is very diverse and includes many cooking methods, such as frying, boiling, stewing, and baking. It is also worth noting that there are few processed foods in Korean cuisine, which means that the recipes are based on fresh and natural ingredients.

The Korean diet is healthy and balanced, and involves eating a variety of nutrient-rich foods. In this book you will find many delicious and healthy Korean recipes that will help you enjoy the taste and maintain your health.

Chapter 4: Korean Diet Recipes

Kimchi – vegetable cabbage salad with seasonings and spicy sauce

Ingredients:

- 1 medium head of cabbage
- 2—3 carrots
- 2—3 radishes
- 4 cloves garlic
- 1 onion
- 1 tablespoon salt
- 1 tablespoon sugar
- 2 tablespoons minced ginger
- 3 tablespoons red cayenne pepper
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon fish sauce

Preparation:

Let's start by preparing the vegetables. Cut the cabbage into quarters and remove the hard core. Cut the cabbage into strips about 2.5 cm thick.

Peel the carrots and cut into thin slices or grate. Cut the radish into thin slices or thin strips.

In a large bowl, combine the chopped vegetables along with the chopped onion and garlic.

In a separate bowl, combine salt, sugar, ginger, cayenne pepper, soy sauce, rice vinegar and fish sauce. Add this mixture to the vegetables and mix everything well.

Place the vegetables and spice mixture in a glass jar and place it in the refrigerator for 1—2 days.

Kimchi is ready to eat after 1—2 days, when the vegetables are saturated with the taste and aroma of the spices.

Kimchi can be stored in the refrigerator for up to several weeks and only gets better with time. This cabbage salad is great as a stand-alone dish or as an addition to main dishes.

Kimbap – rice rolls baked in seaweed, filled with meat, vegetables and eggs.

Ingredients:

2 cups cooked rice
4 sheets of seaweed for gimbap (nori)
150 g minced pork
1 carrot, thinly sliced
1 cucumber, thinly sliced
2 eggs
2 tbsp. l. vegetable oil
1 tbsp. l. Sahara
1 tbsp. l. rice vinegar
1 tsp salt
1 tsp black pepper

Instructions:

Let's start by preparing the filling. Heat 1 tbsp in a frying pan. vegetable oil and fry the minced pork until cooked. Add carrots and cucumber, fry for another 5—7 minutes. Add salt, pepper, sugar and rice vinegar, stir and remove from heat.

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