



OKINAWA ASSOCIATION OF AMERICA, INC. (aka 北米沖縄県人会)

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For Immediate Release

Secrets to the Okinawan Diet and Longevity Revealed

Event to feature a sampling of Okinawan food products and a Sata Andagii (Okinawan doughnut) contest!

Gardena, CA--(March 3, 2009)--As part of the Okinawa Association of America's (OAA) Centennial calendar of events, the organization is hosting an event on the Okinawan diet and its key role in longevity. An expert from Okinawa University will discuss the uniqueness of the Okinawan diet and lifestyle and Okinawan companies will provide samplings of their products. In addition, a sata andagii (Okinawan doughnut) contest will finish the event.

It has been widely reported around the world that Okinawa has the largest number of centenarians and the lowest rates of heart disease, Alzheimer's Disease and cancer. Researchers conclude that these facts are due to a diet low in fat, salt and sugar. Professor Fujio Ueda of Okinawa University will present an introduction to the fundamentals of the daily diet and way of life in Okinawa.

The event will take place on March 9th from 6:30pm to 8:30pm at the OAA Center in the Yamauchi Building, located at 16500 S. Western Avenue in Gardena. An English interpreter will provide translation throughout the program.

The event is free to OAA members but there is a \$2.00 cover charge for non-members. Light appetizers will be served.

Representatives from Okinawa Kaien Kenkyuusho (Okinawan sea salt), the Coral Biotech Company (coral calcium supplements), Southproduct Company (Okinawan mozuku, or seaweed), Okinawa Kaisei Buttsan Company (Shikwaasa or Okinawan citrus juice), Okineshia Company (brown sugar products) and the Okinawa Flour Milling Company will participate in the event. Each company will have samples for tasting and their products will be available for sale.

The Okinawa Flour Milling Company is also co-sponsoring the sata andagii contest. The contest is open to anyone with a recipe to share. The winner will receive a prize from the Okinawan delegation. People interested in participating in the contest, can register with the OAA office. The phone number is (310) 532-1929.

For more information on the Okinawan diet and longevity, please visit the OAA Centennial Group on Facebook or MySpace.

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About the Okinawa Association of America (OAA)

This year, the OAA is celebrating its 100th Anniversary. It is a 501c(3) nonprofit corporation. Its purpose is to preserve and perpetuate, as well as to promote the appreciation of Okinawan culture through education and local and international exchanges. It also promotes mutual friendship and aid to its members.