

## Department of Asian Dietetics 2013

### Activities (April 2013-March 2014)

1. Carbohydrate composition tables for Southeast Asian countries: Although sugar intake is said to be one of the main causes of obesity and diabetes, there are few studies. They are under construction because there is no sugar composition table.
2. Research on diabetes prevention in Vietnam: Research on the causes of diabetes even though BMI is in the normal range. Success with germinated brown rice is becoming a national project.
3. Establishment of Department of Nutrition and Preparation of Textbooks at Hanoi University School of Medicine (3 volumes up to now, 3 volumes completed each year)
4. Establishment of Umami Research Institute at Thai Mahidol University ... Umami is often used in Japanese food culture. Consideration of the use of umami ingredients in Thailand and their health effects.
5. Soybean utilization promotion campaign and research support at the Thai Dietetic Association... Implemented with the support of Japanese companies to introduce Japanese soybean culture and to develop new ways to utilize soybeans in Thailand.
6. Research on how to increase vegetable intake in Vietnam: Increased intake by using healthy mayonnaise and dressings without using saturated fatty acids.
7. Formulation of school lunch intake standards...Formulation of Japanese school lunch intake standards as chairman

### Publications in 2013 academic year (April 2013-March 2014)

1. Shikanai S, Hien VTT, Tuyen LD, Hop LT, Nhung BT, Thuan NT, Suzuki E, Yamamoto S. Concentration of glucose, fructose, sucrose, lactose and maltose in Vietnamese snacks/beverages. Vietnam Journal of Food and Nutrition Science. In press 2013.
2. Limitation of fiber supply from vegetables and a new strategy to increase it in school lunches
3. Study of yellowtail fish burgers for school lunches sugar and lipid intakes in children at a school in Tokyo
4. Sugar intakes and body weight in Vietnamese/Cambodian children
5. The 8<sup>th</sup> Obesity Seminar and Practical Case Study "THE OBESITY ENIGMA" Clinical Management Of Weight Cycling MSG & obesity THE 8<sup>th</sup> OBESITY SEMINAR & PRACTICAL CASE STUDY Borobudur Hotel, Jakarta  
13-14 Sept 2013

Study on MSG and obesity in Vietnam

Asian Food Culture and Health- Discretionary treatment and workplace research capability of dietitians - May 8, 2013 at TDA

6. Preparation of sugar composition table for Vietnam and Cambodia and sugar intake for children Japan-US medicine
7. Chapter 4 4.2 QOL and Amino Acids for the Elderly Shigeru Yamamoto "Forefront of Amino Acid Science" CMC Publishing Co., Ltd.
8. Chapter 5 Pathophysiology and Amino Acids Improvement of Protein Nutrition in Developing Countries Shigeru Yamamoto  
FAO Japanese experiences

Japan-US Medicine January 2013. Japanese Experience in Nutrition Improvement through School Lunch