

## Department of Asian Dietetics 2014

<p><b>Activities (2014.4.1 - 2015.3.31)</b></p> <ol style="list-style-type: none"> <li>1. List of sugar components in Southeast Asian countries</li> <li>2. Study on diabetes prevention in Vietnam (comparison of effects of white rice and germinated brown rice)</li> <li>3. Export of whole education program to nutrition course at Hanoi Medical University</li> <li>4. Development of healthy and delicious fish soy sauce with a lot of fiber with a main dish using fish and okara</li> <li>5. Establishment of Umami Research Institute at Thai Mahidol University</li> <li>6. Campaign to promote the use of soybeans by the Thai Dietetic Association</li> <li>7. Research on how to increase vegetable intake in Vietnam / Formulation of school lunch intake standards</li> </ol>
<p><b>Publications in 2014 academic year (April 2014-March 2015)</b></p> <ol style="list-style-type: none"> <li>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. Tables are under construction because there is no sugar composition table. To date, it has been completed in 5 countries and is currently being implemented in Malaysia, Indonesia and the Philippines.</li> <li>2. Research on diabetes prevention in Vietnam: Research on the causes of diabetes even though BMI is in the normal range. Success in germinated brown rice is becoming a national project.</li> <li>3. Establishment of Department of Nutrition at Hanoi University School of Medicine and Export of Whole Education</li> <li>4. Using fish and okara, we made a delicious fish soy sauce that is a main dish but has a lot of fiber (hamburger type, chicken nugget type, fish ball type, etc.) It was decided to commercialize it from Maruha Nichiro.</li> <li>5. 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.</li> <li>6. 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.</li> <li>6. Research on how to increase vegetable intake in Vietnam ...</li> <li>7. In ASEAN countries, work is underway to reduce fast food intake and obesity when there is no or inappropriate school lunch (based on the experience of the chairman of the Japanese school lunch standard).</li> </ol>
<p><b>3. 研究成果の公表の予定（年月日、方法）</b></p>

1. 魚とおから主体の美味しいお魚ソイソイがマルハニチロから近く販売予定。
  2. Pre-germinated brown rice reduced both blood glucose concentration and body weight in Vietnamese women with impaired glucose tolerance. J Nutr Sci Vitaminol (Tokyo). 2014;60(3):183-7.
  3. Sugar intake and body weight in cambodian and Japanese children. J Med Invest. 2014;61(1-2):72-8
  4. Application of diet-derived taste active components for clinical nutrition: perspectives from ancient Ayurvedic medical science, space medicine, and modern clinical nutrition. Curr Pharm Des. 2014;20(16):2791-6. Review.
  5. Dietary Salt and Health: UMAMI Seasoning as an Attempt to Reduce Salt Intake. Journal of Nutrition and Food Sciences ISSN: 2155-9600 JNFS, Open access journal
  6. Concentration of glucose, fructose, sucrose, lactose and maltose in Vietnamese snacks/beverages. Vietnam Journal of Food and Nutrition Science 9(4),75-79
  7. Overintake, not white rice per se, is to blame in type-2 diabetes, Current Nutrition Reports(印刷中)
  8. Sugar Intake and Body Weight in Cambodian and Japanese Children.日本栄養士会雑誌
  9. 8<sup>th</sup> Asia Pacific Conference on clinical Nutrition, Tokyo アジア大洋州臨床栄養学会  
Why Japanese children been able to avoid prevalence of obesity and over intakes of energy, lipids and sugar
  10. インドネシア肥満学会招待講演 : The 8<sup>th</sup> Obesity Seminar and Practical Case Study: Does MSG cause obesity?
  11. 国際シンポジウム SenseAsia アジアの味覚研究-Umami and Obesity-旨味と肥満
  12. ホーチミン栄養会議招待講演 Open Nutrition Conference of Ho Chi Minh City : Sugar intakes and health of Vietnamese, Cambodian and Japanese children
  13. 国際シンポジウム4 演題 日本代表 Asian Congress of Dietetics アジア栄養士会議台北シ
    - 1) How dietitians use DRI for perotein 栄養士は如何にタンパク質摂取基準値を活用すべきか
    - 2) “WASHOKU”, the Memorial Symposium of UNESCO World Food Cultural Heritage 和食のユネスコ世界文化遺産登録を記念して
  - 3) Discretionary treatment and workplace research capability of dietitians 栄養士の職場における裁量について
  - 4) Rice and type 2 diabetes in Asia アジア人の米と糖尿病について
14. 国際シンポジウム2 演題 The First Global Summit Forum of Wellness and Nutrition Business ,Yixing City, China 福祉と栄養産業に関する国際サミットフォーラム
- Topic 1: The nutrition and dietetics industry now and into the future - trends and challenges as seen in Japan 栄養と食品産業の現在と未来—日本でみられる取組
- Topic 2: Strategies for modifying diet as a risk factor in chronic disease prevention and management - Japan 食事で生活習慣病を防ぐ日本の取り組み
15. 国際シンポジウム閉会式前ディベート Rice blamed to be blamed as a cause of diabetes.米は糖尿病の原因になるか。Asia Pacific Congress of Clinical Nutrition, アジア大洋州臨床栄養学会議