

## Department of Asian Dietetics 2015

### Activities (2015.4.1 - 2016.3.31)

1. Export of whole education program to nutrition course at Hanoi University School of Medicine. In June, the highest grade students will finish the third year and will be in the fourth year from September. Jumonji Gakuen is planning to invite the two most talented students for about two months to teach them.
2. Improvement of food culture in Southeast Asian countries: The diet in this region is surprisingly high in oil and meat and low in vegetables and fish. The obesity rate is also higher than in Japan. We have international students learn about Japanese eating habits and culture and develop ways to use them in their own countries (Vietnam, Cambodia, Indonesia, Taiwan, Malaysia, Thailand, Philippines, Myanmar).
3. Completion of sugar composition tables for Southeast Asian countries (Japan, Taiwan, Vietnam, Cambodia, Thailand) and survey of children's intake (Japan, Taiwan, Vietnam, Cambodia, Thailand)
4. Study on diabetes prevention in Vietnam (comparison of effects of white rice and germinated brown rice)
5. Development of healthy and delicious fish soy sauce with a lot of fiber as a main dish using fish and okara
6. Establishment of Umami Research Institute at Thai Mahidol University (4th year)
7. Campaign to promote the use of soybeans by the Thai Dietetic Association (4th year)
8. Research on how to increase vegetable intake in Vietnam / Formulation of school lunch intake standards

### Publications in 2015 academic year (April 2015-March 2016)

1. Over-intake, not White Rice per se, is to Blame in Type-2 Diabetes. S Yamamoto, S Shikanai  
Current Nutrition Reports 4 (2), 111-113, 2015
2. Shigeru Yamamoto Educational Academic Newspaper Export of Professional Human Resources  
Development Scheme "Nutrition Management Human Resources Development in Asia" April 22,  
2015
4. Kaneda M, Yamamoto .S. Japanese school lunch and its contribution to health. Nutrition Today  
2015;50:268-272.
5. Over-intake, not White Rice per se, is to Blame in Type-2 Diabetes. S Yamamoto, S Shikanai -  
Current Nutrition Reports, 2015 - Springer
6. Application of Diet-derived Taste Active Components for Clinical Nutrition: Perspectives from  
Ancient AyurvedicMedical Science, Space Medicine, and Modern Clinical Nutrition A D  
Kulkarni, A Sundaresan, M J Rashid, S Yamamoto, F Karkow. Current pharmaceutical design 20  
(16), 2791-2796
7. Sugar intake and body weight in Cambodian and Japanese children S Shikanai, L Koung Ry, H  
Takeichi, S Emiko, P San, N Sarukura, ... The Journal of Medical Investigation 61 (1.2), 72-78