

## Department of Asian Dietetics 2017

### Activities (2017.4.1 - 2018.3.31)

1. Transfer of entire nutrition course program to Hanoi University School of Medicine. In June, senior students will graduate.
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 are doing work that requires international students to learn about Japanese eating habits and culture and develop methods that can be used in their own countries (Vietnam, Cambodia, Indonesia, Taiwan, Malaysia, Thailand, Philippines, Myanmar)
3. Completion of sugar composition table for Southeast Asian countries (Japan, Taiwan, Vietnam, Cambodia, Thailand) and survey of children's intake (Japan, Taiwan, Vietnam, Cambodia, Thailand)
4. Research on diabetes prevention in Vietnam (promotion of use of vegetables, germinated brown rice and okara)
5. Research on how to increase vegetable intake in Vietnam / Formulation of school lunch intake standards
6. Amendment of the law prohibiting puffer fish in Vietnam and development of puffer fish food culture
7. Established a nutrition teacher food education study group and a journal.
8. Survey of nutritional conditions in Indonesia, preparation for establishment of a school lunch program, examination of blood glucose control method by improving diet
9. Establishment of Umami Research Institute at Thai Mahidol University (5th year)
10. Campaign to promote the use of soybeans by the Thai Dietetic Association (4th year)
11. Public Lecture: The function of soybeans in Tokyo- for the nutrition and health of children

### Publications in 2017 academic year (April 2017-March 2018)

1. Sakai S, Hien VTT, Tuyen LD, Duc HA, Masuda Y, Yamamoto S. Effects of Eggshell Calcium Supplementation on Bone Mass in Postmenopausal Vietnamese Women. *J Nutr Sci Vitaminol (Tokyo)*. 2017;63(2):120-124.
2. Tran Phuong Thao, Nguyen Thuy Linh, Hiroshi Nishiyama, Fumio Shimura and Shigeru Yamamoto, Higher vegetable intake improved blood glucose level in Vietnamese with type 2 Diabetes Mellitus, *Int J Clin Nutri and Diet*, volume 3, 2017, 124
3. Application of Diet-derived Taste Active Components for Clinical Nutrition: Perspectives from Ancient Ayurvedic Medical 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
4. 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