

## Department of Asian Dietetics 2018

## Activities (2018.4.1 – 2019.3.31)

1. Jumonji Gakuen Asian Nutrition and Food Culture Research Institute Hanoi Medical University Laboratory Established
2. With the opening of the Faculty of Nutrition at Nam Dinh Nursing University in the suburbs of Hanoi, Vietnam, both universities established an academic exchange agreement.
3. Established the Asian Journal of Dietetics, a journal of 12 countries of the Asian Dietitian Federation. Editor-in-Chief Shigeru Yamamoto, 2 secretaries (provided by Vietnam Nutrition Research), the secretariat is the University and Vietnam National Institute of Nutrition (with materials) {? Drop?]
4. Established Asian Journal of Dietetics Branch in Vietnam National Institute of Nutrition
5. Established an international emeritus professor system at our university (awarded to 9 people including representatives of Asian Dietitian Federation member countries in FY2018 (materials available)
6. Technology acquisition and research on nutritional care management for people with dysphagia for the first time in Vietnam and Southeast Asia (material available)
7. Study on the effect of using Japanese thinly sliced meat for people with difficulty chewing at Hanoi Medical University
8. Development of nutrition calculation / guidance software "Calorie Smile" in Vietnam (material available)
9. Impact of school lunch on children's eating behavior in Indonesia
10. Research for the realization of puffer fish food culture in Vietnam (material available)
11. Research on the enhancement of hospital nutrition management system in Vietnam (invited by Vice President of Hanoi Medical University, 3 others)
12. Study on the effect of eggshell calcium on bone density in Vietnamese elderly (there is a paper)
13. Completion of sugar composition table for Southeast Asian countries (Malaysia in FY2018, completed so far in Japan, Taiwan, Vietnam, Cambodia, Thailand) and child intake survey (Japan, Taiwan, Vietnam, Cambodia) , Thailand) (with papers)
14. Established Yamamoto Award of the Thai Dietetic Association (with materials)
15. Invitation to the Malaysian Dietetic Association (with materials)
16. Survey of nutritional status of children in Okazaki City (joint research with Okazaki City) (report available)
17. Studies on the effects of a high-protein and high-carbohydrate diet on body weight
18. Research on whether the Indonesian traditional food tempeh can be incorporated into Japanese food culture (there is a paper)
19. A study on the effects of school lunch on children's eating behavior and obesity in Vietnam (there is a paper)
20. Creating a system diagram of a child in Vietnam (the first in the world to create from an actual BMI and body shape photograph)
21. Impact of mothers' thinking on obesity rates in Vietnamese children
22. Effect of diabetic nutrition guidance by Calorie Smile
23. Effect of Vietnam's new food culture Okara diet on blood glucose level of diabetic patients (there is

a paper)

24. Amendment of the law prohibiting puffer fish in Vietnam and development of puffer fish food culture

25. Survey of nutritional conditions in Indonesia (with papers)

26. Preparation for establishment of school lunch, examination of blood glucose level control method by improving diet

27. Book publication of nutritional components of Vietnamese street food (with publication)

### **Publications in 2018 academic year (April 2018-March 2019)**

1. Jumonji Gakuen Asian Nutrition and Food Culture Research Institute Hanoi Medical University Laboratory Established

2. With the opening of the Faculty of Nutrition at Nam Dinh Nursing University in the suburbs of Hanoi, Vietnam, the university and the university established an academic exchange agreement.

ナムディン看護大学に栄養学課程設立（2018年9月）

支援：ベトナム国立栄養研究所、十文字学園女子大学、他2大学



3. Established the Asian Journal of Dietetics, a journal of 12 countries of the Asian Dietitian Federation. Editor-in-Chief Shigeru Yamamoto, 2 secretaries (provided by Vietnam Nutrition Research), the secretariat is the University and Vietnam National Institute of Nutrition (with materials)

Established Asian Journal of Dietetics Branch in Vietnam National Institute of Nutrition

アジア栄養士連盟（12ヶ国＋オーストラリア）Official Journal を立ち上げた。編集委員長 山本 茂  
<http://jnl.calorie-smile.jp/> 事務局は、十文字学園女子大学およびベトナム国立栄養研究所山本研究室（秘書2名が提供された）。



## ハノイ医科大学アジアの栄養食文化研究室分室設立



## アジアの栄養・食文化研究所室内

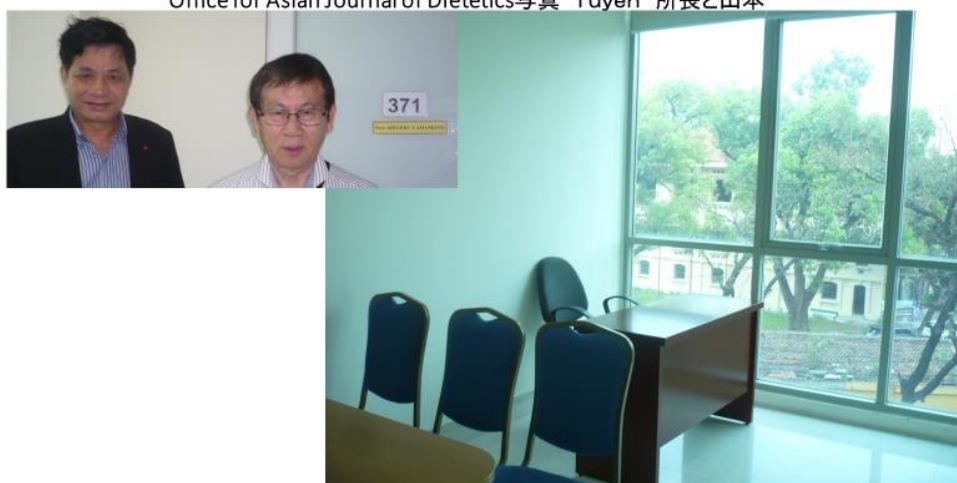


## HMU—十文字アジア栄養研究所と栄養相談所





ベトナム国立栄養研究所 十文字学園分室  
Office for Asian Journal of Dietetics写真 Tuyen 所長と山本



**4. Linh Nguyen Thuy, Thao Tran Phuong, Phuong Duong Thi. The feeding practices of post-operative gastrointestinal patients in Hanoi Medical University Hospital. Vietnam. Journal of Medical Research, 116 (7), 2018**

**\* Nguyễn Thùy Linh, Trần Phương Thảo, Bùi TH, Phạm TTC. Application of thickened liquid on stroke patients with dysphagia. Journal of food and Nutrition sciences 5: 23–28**  
**Linh NT, Thao TP, Vân nb. Effect of nutritional intervention by the high fiber diet of type 2 diabetes mellitus patients, Journal of Medical Research, 113 (4), 2018**

**\* Nguyen Thuy Linh and Tran Phuong Thao. Nutrition support for dysphagia patients, ISBN: 978-604-66-3434-8. (2018)**

**\* Organization of the workshop on 'Nutrition support for dysphagia patients' at Hanoi Medical University on Dec 5, 2018**



- ベトナムで初の嚥下困難者用の栄養指導方法のシンポジウムと出版
- 十文字学園女子大学に留学し、日本で技術と研究法を学んでハノイ医大栄養課程第一期生が中心となり実施した。全国から募集人数を上回る150名以上が参加した。
- 講演者は、日本側から山本茂、他2名、日本のトロミ材開発会社から1名、ベトナム側からはハノイ医大大学長をはじめとする4名が講演した。



**6. Development of nutrition calculation / guidance software "Calorie Smile" in Vietnam (material available)**



## 8. Research for the realization of puffer fish food culture in Vietnam (material available)



## 9. Research on the enhancement of the nutrition management system in Vietnamese hospitals (invited by Vice President of Hanoi Medical University, 3 others)



## 10. Study on the effect of eggshell calcium on bone density in Vietnamese elderly (there is a paper)

## 11. Completion of sugar composition table for Southeast Asian countries (Malaysia in FY2018, completed so far in Japan, Taiwan, Vietnam, Cambodia, Thailand) and child intake survey (Japan, Taiwan, Vietnam, Cambodia, Thailand) (There is a paper)

Narisa Rueangsri, Chanida Pachotikarn, Sunard Taechangam, Ratchanee Kongkachuichai, Pongtorn Sungpuag, Saiko Shikanai, Shigeru Yamamoto Developing a composition and content of sugar database for selected popular commercial snacks. J Med Assoc Thai 2018; 101: 1- 1-7

## The Effect of Limiting Tapioca Milk Tea on Added Sugar Consumption In Taiwanese Young Male and Female Subjects.

Pei YL<sup>1</sup>, Chun Chen T<sup>1,2</sup>, Yu Lin F<sup>1,2</sup>, Yau Doong J<sup>1</sup>, Lee Chen W<sup>1</sup>, Kamoshita S<sup>2</sup>, Kartiko Sari I<sup>2</sup>, Takeichi H<sup>2</sup>, Yamamoto S<sup>2</sup>.

### Author information

#### Abstract

Tapioca milk tea, the most popular beverage in Taiwan, is consumed a lot by Taiwanese which contributed to their daily sugar intake. Our study purpose is to investigate whether limiting intake of tapioca milk tea is useful for the control of sugar intake in Taiwanese. The study was conducted in questionnaires selected 38 subjects, 20-24 y, from 341 university students in Kaohsiung City, Taiwan. Subjects were match-paired by sex, age, department, and randomly divided into two groups for cross-over design in which each group had 1 week with or without tapioca milk tea. Other beverages and foods were allowed freely in both periods. Each group member recorded their own daily sugary intake for two weeks and was confirmed by researchers the next day. The average sugar intakes with or without tapioca milk tea were similar between the two treatments ( $p > 0.05$ ), 58.4 23.2 g/day and 56.5 22.2 g/day (glucose 25%, fructose 19%, sucrose 53%, lactose 3%). With or without tapioca milk tea, 85% of sugar intakes came from beverages. Even by limiting tapioca milk tea, the subjects took the same sugar amount from other beverages, suggesting that an established sugar intake level is hard to change. J. Med. Invest. 65:43-49, February, 2018.

**KEYWORDS:** Taiwan; food habit; sugar intake; tapioca milk tea

## 12. Established Yamamoto Award of the Thai Dietetic Association (with materials)

## 13. Invitation to the Malaysian Dietetic Association (with materials)

Malaysia 2018.6.26

### Japanese school meal program and involvement of dietitian



第4回優秀賞越後日向日子 (宮城県小3) 第4回優秀賞坂根彩妃 (東京都小4)  
(Source: Japan Association for Improving School Lunch 学校給食研究改善協議会)

Shigeru Yamamoto 山本 茂

Asian Nutrition and Food Culture Research Center, Jumonji University

Malaysia DA lecture

### Japanese school program and involvement of dietitian

Director and Professor of Asian Nutrition and Food Culture Research Center at Jumonji University,  
Japan

Currently in Japan, parents work long hours and children study at cram schools until late at night. Under such



conditions, people often eat take-out/ready-made foods from shops, for which one cannot blame them. What we can hope for is 'correct food choices'. The knowledge and habits formed by the school lunch program can play an important role. The program was first introduced in the post-World War II era and almost all public schools are currently included in it,

Central is the role of the licensed school dietitian/nutrition teacher, a specialized profession that has developed in Japan. They are concerned not only with the planning, procurement, and preparation of nutritionally adequate food for the children but also with raising children's awareness of the nutritional aspects of their meal and of its social and cultural interconnections.

A significant feature is its integration of the school meal into children's educational, social, and cultural experience. Meals are served by children themselves in the setting of the classroom. Aspects of the meal are incorporated into instruction, for instance by having students investigate the origins, sources, and traditions of the food they are eating. Children are introduced directly or indirectly to the producers and preparers of their food, making them aware of the agricultural, economic, and social connections of their lunch. The links of their food with cultural traditions are also presented, with distinctive Japanese foods and methods of preparation, regional and seasonal specialties.

#### 14. A study on the effects of school meals on children's eating behavior and obesity in Vietnam (there is a paper)

学校給食を食べない子供は  
おやつと総エネルギー摂取量が高かった

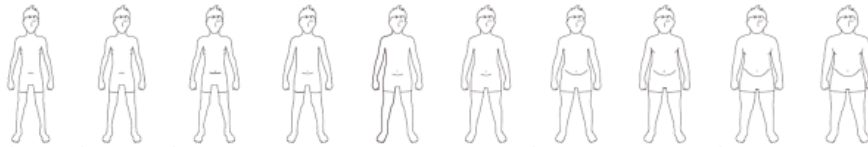


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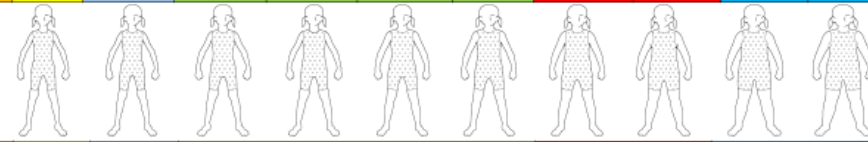
Creating a system diagram of a Vietnamese child (the world's first to create from an actual BMI and body photograph)



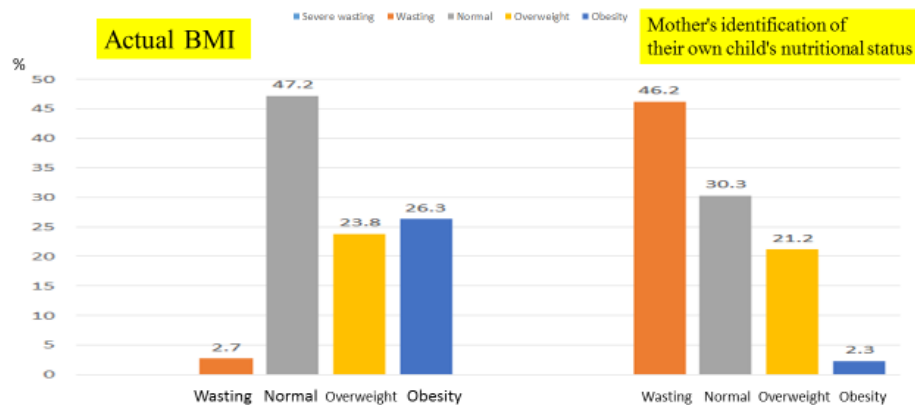
→ This is the body silhouette which we chose to use in the survey.



Boy BMI Group	Severe wasting	Wasting	Normal				Overweight		Obesity	
(kg/m <sup>2</sup> )	<12.4	12.4-13.2	13.3	14.4	15.5	16.6	17.5	18.6	19.8	24.8
(n)	0	7	17	26	18	13	13	12	24	9



Girl BMI Group	Severe wasting	Wasting	Normal				Overweight		Obesity	
(kg/m <sup>2</sup> )	<11.9	11.9-12.9	13.0	14.2	15.4	16.6	17.8	19.0	20.9	22.5
(n)	0	9	16	22	21	11	4	2	4	5



Summary of actual nutrition status and mother's identification of their child's nutrition status of 3 cities

## Effect of diabetic nutrition guidance by calorie smile

Nguyen Thi Lieu, Nguyen Huu Tu, Nguyen Thuy Linh, Sumiko Kamoshita, **Tran Phuong Thao**, Le Thi Huong, Fumio Shimura and Shigeru Yamamoto. Okara improved blood glucose level in Vietnamese with type 2 diabetes mellitus.

Format Abstract +

Send to +

J. Nutr. Sci. Vitaminol. (Tokyo), 2019;65(1):60-65. doi: 10.3177/jnsv.65.60.

### Okara Improved Blood Glucose Level in Vietnamese with Type 2 Diabetes Mellitus.

Nguyen LT<sup>1</sup>, Nguyen TH<sup>2</sup>, Nguyen LT<sup>2</sup>, Kamoshita S<sup>1</sup>, Tran TP<sup>1</sup>, LE HT<sup>2</sup>, Shimura F<sup>1</sup>, Yamamoto S<sup>1</sup>.

@ Author information

#### Abstract

Diabetes mellitus (DM) has been increasing rapidly in Vietnam. We hypothesized that the main reason may be low fiber intake. Regarding sources, fiber comes mainly from vegetables. However, vegetables popular in Vietnam have low fiber (<2 g fiber/100 g vegetable), so it is difficult to supply sufficient fiber only from vegetables. Therefore, in this study we tried to increase fiber intake a day by using 60 g of Okara foods, containing about 6 g of fiber per day, and assess the effects on the blood glucose levels of DM patients. We contacted 300 type 2 DM outpatients at a hospital and selected 60 of them. We formed 30 pairs matched by gender, age, BMI and years with DM and divided them randomly into an intervention group and a control group. The intervention group consumed about 6 g of fiber from Okara per day for 2 wk. At the baseline and final periods, anthropometric measurements, blood withdrawal and a 3-d weighing method nutrition survey were conducted. Dietary fiber intake increased from 6.9 to 12.6 g ( $p < 0.01$ ) in the intervention group, but there was no change in the control group. Fasting blood glucose and fructosamine in the intervention group dropped from 6.3 to 5.4 mmol/L ( $p < 0.05$ ) and from 319 to 301  $\mu$ mol/L ( $p < 0.05$ ), respectively but they remained unchanged in the control group. Vietnamese people consumed about 60 g of Okara per day from various menus and increased fiber intake to 6 g/d in 2 wk, which improved blood glucose in DM patients.

**KEYWORDS:** Okara fiber; Vietnamese; blood glucose; diabetes mellitus; fructosamine

## Amendment of the law prohibiting blowfish in Vietnam and development of blowfish food culture

## Survey on nutritional conditions in Indonesia (with papers)

## Preparation for establishment of school lunch, examination of blood sugar level control method by

**improving diet**

**Book publication of nutritional ingredients of Vietnamese food and food) (with publication)**



**Established an international emeritus professor system at our university (awarded to 9 people including representatives of Asian dietitian federation member countries in FY2018 (materials available)**



## 新座市国際交流協会主催「第 16 回 国際交流デー」に 大学院 国際栄養研究室の留学生が参加

11月11日(日)、新座市役所第2駐車場で開催された「第16回国際交流デー」に、本学大学院 国際栄養研究室(山本茂教授)に在籍するベトナムからの留学生7名が参加しました。

新座市国際交流協会が主催する「国際交流デー」は、異国の文化に気軽に接していただくために開催する、新座市在住の外国の方々によるお国自慢の料理の販売やコンサートなどのアトラクションを中心としたイベントです。

各国の料理を紹介する模擬店では、東京2020オリンピック・パラリンピックで新座市がホストタウンになったブラジルのソーセージやコーヒーのほか、新座市の友好(姉妹)都市であるフィンランド、ドイツの伝統のお菓子が並びました。本学からは留学生がベトナム女性の民族衣装のアオザイを着て、ベトナムの伝統料理、揚げ春巻きを販売しました。

当日は、新座市収穫祭や新座市商工会による「すぐそこ新座」発見ウォーキングも開催され、会場にはたくさんの皆さんが詰めかけて、本場の料理やスイーツを楽しみました。

今年は日本とベトナムの外交関係樹立45周年の節目の年にあたりますが、留学生たちは母国ベトナムの料理を通じて、新座市の皆さんと心の通い合う交流を深めることができました。

### 【Vu Thuy Linh (ヴウ テウイ リン) さんの感想】

ベトナムと日本をはじめ、各国の食文化を通じた交流ができて嬉しかったです。「ベトナムへ行きたい」とか「アオザイが綺麗ですね」と言ってくれました。私たちにとって有意義な国際交流の機会になり、皆さんの沢山の笑顔を見て元気になりました。今後も交流の掛け橋になるように頑張ります。



(左から) Nguyen Thi Thao (グエン ティ タオ) さん、Ngo Thi Thu Hien (ゴ ティ ツ ヒエン) さん、Ma Ngoc Yen (マ ゴック イエン) さん、Vu Thuy Linh (ヴウ テウイ リン) さん、山本茂先生、Nguyen Mai Phuong (グエン マイ フォン) さん、Nguyen Huong Giang (グエン フォン ジャン) さん、Ta Thi Ngoc (タ ティ ゴック) さん





志村学長が来店され、揚げ春巻きを試食



模擬店内で揚げ春巻きを調理



会場内で揚げ春巻きを PR



ケーブルテレビ J:COM がインタビュー



パネルを使って、ベトナムの揚げ春巻きや留学生の大学院での研究活動を紹介、レシピも配布

