

Department of Asian Dietetics 2019

Activities (2019.4.1 – 2020.3.31)

Since there was no nutrition education program in Vietnam, this research department fully supported the establishment of a dietitian course at Ha Noi Medical University eight years ago, and the first three classes have graduated. From the first class, two top students have entered the graduate school of our university, and currently there are two first-year doctoral students and four master's students. The department also supports the study of four students from other developing countries. The cooperation so far has expanded to the establishment of the Vietnam Dietetic Association last year.

Last year, the department's soy protein research was evaluated, and Professor. Yamamoto gave an invited talk at the Tokyo International Conference on African Development hosted by the Ministry of Foreign Affairs of Japan. Research on the use of soy protein meat has been conducted and is underway in Indonesia and Vietnam. This is the first study in the world to improve health with soy protein meat.

With the aging society in Thailand, nutrition for the elderly has become an important issue. In this department, we have started research on the use of umami to improve nutrition in the elderly. We believe that if successful, we can contribute to the health of society in general around the world.

Although there is no nutrition education in Myanmar yet, as the first step of development, we are developing food composition tables, nutrition survey software, etc. in cooperation with doctors who are interested in nutrition.

For the development of Asian dietitians, the Asian Journal of Dietetics was launched in January 2019 as the journal of the 12 Asian Dietitians Federation [maybe 'of the Dietitians Federations of 12 Asian countries?']. We hope that it will help improve the research and information dissemination capabilities of Asian dietitians.

Publications in 2019 academic year (April 2019-March 2020)

Articles:

1. Nguyen HG, Ta TN, Nguyen MPH, Ngo TTH, Nguyen TL, Vu TTH, Iizuka H, Yamamoto S, C
2. Nguyen MP, Nguyen HG, Nguyen TL, Vu TTH, Le TH, Yamamoto S. Effects of High Protein and High Carbohydrate Diets on Body Weight were Similar in Healthy Young Vietnamese Women with Normal Body Weight *Nutrition Today* 54, 271-276, 2019
3. Tran TP, Linh TN, Kayashita J, Shimura F, Yamamoto S. Nutritional status and feeding practice among dysphagic older adult inpatients in Vietnam. *J Nutr Sci Vit.* 66. 1-5. 2020.
4. Linh VA, Nhung BT, Tuyen LD, Nguyen DVA, Ito Y, Yui K, Yamamoto S. Substituting Pre-Germinated Brown Rice for White Rice Reduced Body Weight in Healthy Overweight Vietnamese Women, *Asian Journal of Dietetics* 1, 81-89, 2019
5. Tran TP, Nguyen LT, Kayashita J, Shimura F, Yamamoto S. Dysphagia Prevalence among Elderly in Some Vietnamese Hospitals. *Asian Journal of Dietetics* 48-52, 2019
6. Nguyen MP, Nguyen HG, Nguyen TL, Vu TTH, Le TH, Yamamoto S. Effects of High Protein and High Carbohydrate Diets on Body Weight were Similar in Healthy Young Vietnamese Women with Normal Body Weight *Nutrition Today* 54, 271-276, 2019
7. Tran TP, Linh TN, Kayashita J, Shimura F, Yamamoto S. Nutritional status and feeding practice among dysphagic older adult inpatients in Vietnam. *J Nutr Sci Vit.* 66. 1-5. 2020.
8. Linh VA, Nhung BT, Tuyen LD, Nguyen DVA, Ito Y, Yui K, Yamamoto S. Substituting Pre-Germinated Brown Rice for White Rice Reduced Body Weight in Healthy Overweight Vietnamese Women, *Asian Journal of Dietetics* 1, 81-89, 2019
9. Tran TP, Nguyen LT, Kayashita J, Shimura F, Yamamoto S. Dysphagia Prevalence among Elderly in Some Vietnamese Hospitals. *Asian Journal of Dietetics* 48-52, 2019
10. Vietnamese Textbook: Basic Nutrition pp1-230. Publisher: Medical Publishing House, 2019
11. Determination of sugar composition of selected sugar sweetened beverages (ssbs) and snack foods in Kelantan. Noor Fadzlina Hamid*, Rohana Abdul Jalil, Roziyani Hashim, Amira Suriyati Mohd, Wan Rosli Wan Ishak1, Nyi Nyi Naing, Chanida Pachotikarn, Lukkamol Prapkee, Narisa Rueangsri and Shigeru Yamamoto
12. Development and Validation of the Beverages and Snacks Questionnaire for Malaysian Schoolchildren (BSQ-C). Noor Fadzlina Hamid, Nyi Nyi Naing, Rohana Abdul Jalil, Shigeru Yamamoto. *Environment and Behavior Journal 8th Asian Conference in Malaysia* pp 1-7, Dec 2019
13. 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. *J Nutr Sci Vitaminol*;65(1):60-65. 2019

14. Sumiko Kamoshita, Indri Kartiko Sari, Diah Mulyawati Utari, Saiko Shikanai and Shigeru Yamamoto , Indonesian Tempeh from Soybeans Can Be Included in Japanese Main Dishes and Can Increase Fiber Intake. *Asian J Dietetics* 1, 12-17, 2019.
15. Sumiko Kamoshita, Yuriko Ichimura, S Shikanai, H Takeichi, D Kunii, S Yamamoto. Acceptability of Fish Meat with Okara as School Lunch, *Asian J Dietetics* 1, 34-39, 2019
16. Okazaki City Children's and School Children's Nutrition Survey Implementation Report 2018. 2019. 3.31

Presentation and poster presentation:

17. Tokyo International Conference on African Development sponsored by the Ministry of Foreign Affairs of Japan (Lecture by Yamamoto) Nutritional improvement with soybeans-Possibilities in Africa-Yokohama, August 28-30, 2019.
18. Yamamoto S, What is dietitian in the world? Speech at the opening ceremony of Vietnam Dietetic Association) 2019.11.7
19. Completion of the reliability test of the nutrition survey / guidance software Calorie Smile Vietnam version, and the effect was proved by the nutrition guidance intervention for 3 months with 60 diabetic subjects.
20. 3 students from Ha Noi Medical University and 2 students from Nam Dinh Nursing University (both are dietitian students) were invited.