

Department of Asian Dietetics 2020

Activities (2020.4.1 – 2021.3.31)

1. **Research on puffer fish food culture in Vietnam:** We are conducting research on the safety of puffer fish in Vietnam in order to create a new puffer fish food culture in Vietnam, where puffer fish are abundant.
2. **Research on nutrition for the elderly:** In Vietnam, dietary methods for people with dysphagia, use of Japanese-style sliced meat for people who have difficulty chewing and swallowing, cautions on low-salt diets for inpatients in Japan, and research on improvement of malnutrition in Thailand. Is being carried out.
3. **Research on the best practices for hospital nutrition during the corona pandemic:** published as a special article in an international magazine and taken up as news by the International Dietitian Federation.
4. **Research on the formation of food culture of soy protein meat (Vietnam, Indonesia):** This is called for by the need to reduce the use of animal foods to prevent global warming. The research resulted in a delicious cooking method with soy protein meat and its effect on obese and diabetic patients.
5. **School lunch:** Clarified the difficulty of including dietary fiber from vegetables in Japanese school lunches. Although there is no school lunch in Indonesia, it has been clarified those lunches can improve children's eating behavior and nutritional intake, so we are working with the Ministry of Education to propose the implementation of school lunch.
6. **Study on obesity of children in Vietnam:** The obesity rate of children in Vietnam is more than three times that of Japan. In order to investigate the cause, we made a silhouette questionnaire of body image and used it to investigate mothers and children. Since this questionnaire was created based on the height and weight of the actual child, it would be the first to be able to describe BMI unlike silhouettes created by an artist. Using this silhouette, I investigated the cause of obesity and found that there is an idea of mother that a fat child is healthier and cute.
7. **Development of nutrition research software in Vietnam:** We pioneered a method for easily calculating energy and nutrient intake from photographs of what is eaten, and clarified its reliability and its effect on diabetic patients.
8. **Study on nutrition improvement in Indonesia:** More than half of Indonesian housewives are obese. It was shown that obesity can be improved by ingesting 400 g of vegetables a day.
9. **Support for nutrition education in Vietnam:** Since there was no nutrition education in Vietnam, we fully supported the establishment of a dietitian program at Hanoi Medical University eight years ago and have graduated the 4th class. Currently, there are 3 doctoral students and 4 master's students at our graduate school. Three people from other developing countries are also studying at our university.
10. This has led to the establishment of the Vietnam Dietetic Association. In the department, the establishment of the Jumonji-Yamamoto Scholarship for students of the Department of Nutrition, Hanoi Medical University (10 students per year)
11. Established Quest-Yamamoto Award of the Vietnamese Dietetic Association. The Quest-Yamamoto Award was established in the Vietnamese Dietetic Association to encourage research by its members.

Publications in the 2020 academic year (April 2020-March 2021)

1. Linh Vu Thuy, Shigeru Yamamoto, Rika Kawaura, Naoki Takemura, Kohei Yamaki, Ko Yasumoto, Kentaro Takada, Shugo Watabe, Shigeru Sato, Tissue distribution of tetrodotoxin and its analogs in Lagocephalus pufferfish collected in Vietnam, *Fish Science*, 86: 1101-1110, 2020.
2. Thao Phuong Tran*, Linh Thuy Nguyen, Jun Kayashita, Shigeru Yamamoto. Nutritional status and feeding practice among dysphagic older adult inpatients in Vietnam. *J. Nutr. Sci. Vitaminol.* 66: 224-228. 2020.
3. Thao Phuong Tran*, Linh Nguyen Thuy, Keiko Hirose, Shigeru Yamamoto, Oral function, handgrip strength and aspiration pneumonia in dysphagia older adult inpatients in Vietnam. *Asian Journal of Dietetic.* 2: 45-48. 2020
4. Effects of Thinly Sliced Meat on Time, Number of Chews, and Food Intake in Elderly People with Tooth Loss Hien Ngo Thi Thu, Ngoc Ta Thi, Yen Ma Ngoc, Phuong Nguyen Mai, Thao Tran Phuong, Thu Truong Thi, Hang Dinh Thi Dieu, Linh Nguyen Thuy, Khan Nguyen Cong Yoshihiro Tanaka, Shigeru Yamamoto. Effects of thinly sliced meat on time, number of chews and food intake in elderly people with tooth loss. *Asian Journal of Dietetic.* 2: 121-127. 2020.
5. Jukkrit Wungrath, Pussadee Mongkol, and Yupa Chanwikrai. Nutrition Education Using Nutrition Handbook and Tele-Counselling Improved Nutritional Knowledge and Behaviour of Elderly in Northern Thailand, *Asian Journal of Dietetics* 2(4),165-170, 2020
6. Yupa Chanwikrai, Naritsara Phanthurat, Chomnard Singhan, Natthaphon Thatsanasuwan, Wittawat Sajjapong, Puksiri Sinchaiyakit, Jukkrit Wangrath, Undernutrition in older adults Northern Thailand may be improved by increasing lipid consumption, *Asian Journal of Dietetics* 2(3),135-138. 2020
7. Shigeru Yamamoto, Keiko Hirose, Thao Phuong Tran. Dietetics activities related to food supply system in a Japanese hospital during COVID-19 pandemic. *News from Japanese Dietetic Association. International Confederation of Dietetic Associations.* 2020.
8. Keiko Hirose, Thao Phuong Tran*, Shigeru Yamamoto. Nutrition management in a Japanese acute-care hospital during the COVID-19 Pandemic. *Asian Journal of Dietetic.* 2: 45-48. 2020.
9. Keiko Hirose, Thao Phuong Tran*, Shigeru Yamamoto. Impact of changing Foodservice system on Japanese hospital kitchen staff's labor time during COVID-19 pandemic. *Asian Journal of Dietetic.* 2: 191-192. 2020.
10. Bui Thi Nhung, Nguyen Thuy Anh, Le Danh Tuyen, Nguyen Huu Chinh, Bui Van Tuoc, Nguyen Mai Phuong, Tran Thanh Nam, Shigeru Yamamoto. Establishment of Child Body Image and Study on Mother's Perception for Child Body Weight *Asian Journal of Dietetics.* 2, 155-164, 2020
11. Nguyen Huong Giang, Nguyen Trong Hung, Vu Thi Thu Hien, Tran ThiNguyet Nga, Bui Thu Hien, Ta Thi Ngoc, Le Danh Tuyen, Nguyen Dinh Phuc, Phan Huong Duong, Hitoshi Iizuka, Sumiko Kamoshita, Shigeru Yamamoto. Fiber-focused Nutrition Counseling Through Nutrition Software Improved HbA1c of Vietnamese Type 2 Diabetes Mellitus Patients *Asian Journal of Dietetics* 2, 65-70, 2020
12. Nguyen Huong Giang¹, Ta Thi Ngoc¹, Nguyen Mai Phuong¹, Ngo Thi Thu Hien¹, Nguyen Thuy Linh, Vu Thi Thu Hien³, Hitoshi Iizuka¹, Fumio Shimura¹, Shigeru Yamamoto¹, Validation of Calorie Smile Vietnam software for measuring food intake. *Asian Journal of Dietetics* 2, 83-89, 2020
13. Analysis of fiber intake and its sources in a year school lunches at a school in Japan Noriko Sumida, Saiko Shikanai, Nobuko Sarukura, Hitomi Takeich, Miho Nunokawa, Nguyen Mai Phuong. *Asian Journal of Dietetics* 2 (1) 97-103, 2020
14. Indri Kartiko Sari, Diah Mulyawati Utari, Sumiko Kamoshita, Shigeru Yamamoto. School Lunch Program Could Control Snacking Habits and Decreased Energy and Lipid Intakes of 11-year-old Students in Jakarta, *Asian Journal of Dietetics*, 2(3). 89-96, 2020
15. Ta Thi Ngoc, Ngo Thi Thu Hien, Nguyen Mai Phuong, Truong Thi Thu, Nguyen Huong Giang, Dinh Thi Dieu Hang, Nguyen Thuy Linh, Le Thi Huong, Nguyen Cong Khan, Shigeru Yamamoto, Vietnam's New Food Culture with Textured Soybean Protein Can Save the Earth. *Asian Journal of Dietetics* 3, 97-103, 2020

- 16. Indri Kartiko Sari, Diah Mulyawati Utari, Mitsutaka Kohno, Ryuji Yamaguchi, Shigeru Yamamoto Acceptance of Textured Soybean Protein in Indonesian Dishes and Its Effects on Energy in Overweight Women, Asian Journal of Dietetics. Asian Journal of Dietetics 2(4),171-177. 2020.**
- 17. Indri Kartiko Sari, Diah Mulyawati Utari, Sumiko Kamoshita, Dwi Oktaviana, Seigo Sakai, Hiroshi Nishiyama, Yasunobu Masuda, Shigeru Yamamoto. Increasing vegetable intake 400 g/day to control body weight and lipid profile in overweight hyperlipidemia menopausal women, Journal of Public Health Research, 9(3) p.264-270, 2020**
- 18. Ta Thi Ngoc, Ngo Thi Thu Hien, Nguyen Mai Phuong Link, Dietary Reference Intake Level for Protein is not a Point but a Range. Asian Journal of Dietetics 2(2),85-86,2020**