

Session II Lecture 2-2

Toward the Realization of a Palatable and Healthy Personalized Japanese-style Diet

Dr. KOBORI Masuko

Manager, Division of Food Function Research, NFRI, NARO

Summary

The Japanese-style diet is a nutritionally balanced and sustainable diet prepared from seasonal ingredients and reduces the risk of cardiovascular disease mortality. Therefore, we are developing a visualizing and optimizing method of dietary balance by noninvasive measurement of biomarkers in urine. We also elucidate the health functions of ingredients through intervention trials and systematic reviews. Recently developed visualizing technology of the texture, taste, and aroma during eating is expected to be used for the palatable 3D print foods. We integrate these results and technologies and aim to realize a system that provides a palatable and healthy personalized Japanese-style diet.