### Wednesday, December 7, 2022

#### Room 7

**09:00-10:30**

**[SY(T5)1] Characteristics of the Japanese diet effective for maintaining health**

**Chairs:** Jiro Nakayama, Kyushu University, Japan  
Yasutake Tomata, Kanagawa University of Human Services, Japan

- **Epidemiological evidence of Japanese diet**  
  Yasutake Tomata  
  Kanagawa University of Human Services, Japan
- **Interaction of diet and gut microbiome in Asians and its effect on their health**  
  Jiro Nakayama  
  Kyushu University, Japan
- **Characterizing the diets consumed by Japanese based on various dietary variables: Are Japanese diets really healthy?**  
  Kentaro Murakami  
  The University of Tokyo, Japan
- **Cognitive health benefits by bioactive compounds in traditional Japanese foods**  
  Shigeru Katayama  
  Shinshu University, Japan

#### Room 15

**13:15-15:15**

**[SY(T5)2] Health disparity and food support among children**

**Chairs:** Aya Abe, Tokyo Metropolitan University, Japan  
Kayo Kurotani, Showa Women’s University, Japan

- **Child poverty, dietary intake and health in Japan**  
  Aya Abe  
  Tokyo Metropolitan University, Japan
- **Triple Burden of Malnutrition among settled populations and Syrian and Palestinian refugees in Jordan**  
  Masako Horino  
  Johns Hopkins Bloomberg School of Public Health / United Nations Relief and Works Agency for the Palestine Refugees in the Near East, Jordan
- **Food support and nutrition management programs for reducing health disparity in Korean children**  
  Yoonna Lee  
  Shingu College, Korea
- **Problem nutrients in the diet of under-five children in stunting priority areas in Indonesia with different food security conditions**  
  Umi Fahmida  
  SEAMEO RECFON Universitas Indonesia, Indonesia

#### Room 4

**18:30-20:00**

**[SY(T5)3] The development of guidelines for nutritionally balanced breakfasts in different global regions. Proposals from the international breakfast research initiative**

**Organized by University College Dublin/ University of Sao Paulo / ELANS Study team / Taylor’s University / FNRI / University of Hamka / EFAD**

**Chair:** Michael J Gibney, University College Dublin, Ireland

- **The International Breakfast Research Initiative: Development of nutrient recommendations for breakfast for Europe and North America**  
  Michael J Gibney  
  University College Dublin, Ireland
- **Proposed nutrient recommendations for breakfast in Latin America**  
  Regina Fisberg  
  University of Sao Paulo, Brazil
- **What will we have for breakfast? Ethno-nutritional perspective of the first meal of the day**  
  Jean-Pierre Poulain  
  Taylor’s University / Universite de Toulouse, France
- **A study of breakfast patterns in Indonesia, Malaysia and Philippines**  
  Imelda Angeles-Agdeppa  
  Food and Nutrition Research Institute, Philippines
- **Translating nutrient recommendations for breakfast into practical advice for individuals and health professionals**  
  Katarzyna Janiszewska  
  European Federation of the Associations of Dietitians, Netherlands
Thursday, December 8, 2022

**[SY(T5)4] Eating to protect our health and our planet**
Organized by The Yogurt in Nutrition Initiative, a collaborative project between the Danone Institute International and the American Society for Nutrition
Chairs: Sharon Donovan, University of Illinois, USA
Olivier Goulet, Hôpital Necker Enfants Malades University Paris Descartes, France
Janet Ranganathan
The World Resources Institute, USA
Frans Kok
Wageningen University, Netherlands
Jess Haines
University of Guelph, Canada

- Creating a Sustainable Food Future
- Balancing nutritional adequacy and environmental sustainability: what do we learn from modeling studies?
- Family-based interventions to promote sustainable healthy diets

**[SY(T5)5] Healthy food environment**
Chairs: Yukari Takemi, Kagawa Nutrition University, Japan
Chizuru Nishida, World Health Organization, Switzerland
Barry Michael Popkin
University of North Carolina at Chapel Hill
Corinna Hawkes
City, University of London, UK
Surasak Kantachuvesiri
Ramathibodi Hospital, Mahidol University, Thailand
Yukari Takemi
Kagawa Nutrition University, Japan

Friday, December 9, 2022

**[SY(T5)6] Health literacy and nutrition education**
Co-organized by Japanese Society of Health Education and Promotion
Chairs: Don Nutbeam, University of Sydney, Australia
Hiroshi Fukuda, Juntendo University, Japan
Don Nutbeam
University of Sydney, Australia
Hiroshi Fukuda
Juntendo University, Japan
Mary Murimi
Texas Tech University, USA

- Critical health literacy in nutrition
- Workplace Health Promotion and Health Literacy
- Health Literacy: An asset for effective nutrition education and communication for behavior change
Friday, December 9, 2022

13:15-15:15   Room 3

[SY(T5)7] Role of school meal service program
Chairs: Jihyun Yoon, Seoul National University, Korea
       Miho Nozue, Tokoha University, Japan

The current situation of school meal organization and solutions to improve the quality of school meals at primary schools in Vietnam
Anh Vinh Le
VNIES, Vietnam

Implementing Malaysia School Nutrition Promotion Programme (MySNPP) during COVID-19 pandemic
Yit-Siew Chin
University of Putra Malaysia, Malaysia

Role of Foodservice Programs for Children in Korea
Jihyun Yoon
Seoul National University, Korea

The Contribution of School Lunch Program to Nutrition Management for Japanese Children
Hiromi Ishida
Kagawa Nutrition University, Japan

Promoting health equity through the National School Lunch Program in the United States
Betty Tomoko Izumi
Portland State University, USA

Saturday, December 10, 2022

09:00-10:30   Room 2

[SY(T5)8] The advantages and challenges of incorporating traditional foods in food-based dietary guidelines (FBDG) for more sustainable and inclusive population guidance
Organized by IUNS Task Force on Traditional and Indigenous Food Systems and Nutrition
Chairs: Gina Kennedy, USAID Advancing Nutrition, JSI, USA
       Anna Lartey, University of Ghana, Ghana

The concepts of Indigenous, traditional, and territorial diets and what they offer toward obtaining sustainable and healthy diets
Harriet V. Kuhnlein
McGill University, USA

Incorporating traditional and indigenous foods into food-based dietary guidelines in Africa: opportunities and challenges
Namukolo Covic
International Livestock Research Institute, International Food Policy Research Institute, Ethiopia

Engaging Indigenous Peoples in Food Based Dietary Guidelines in Canada: Opportunities and challenges
Treena Delormier
McGill University, Canada

An investigation of the sustainability of National FBDGs and challenges of incorporating traditional foods into FBDGs in Iran
Nasrin Omidvar
Shahid Beheshti Medical University, Iran

13:15-15:15   Room 7

[SY(T5)9] Sports nutrition: Connection of research and practice
Co-organized by Japan Sports Nutrition Association
Chairs: Fiona E Pelly, University of the Sunshine Coast, Australia
       Kazuko Ishikawa-Takata, Tokyo University of Agriculture, Japan

Connecting the dots: Sport nutrition knowledge, education and eating behaviors in youth athletes.
Melinda M Manore
Oregon State University, USA

Malaysian perspective: Sports supplement and doping awareness
Wen Jin Chai
National Sports Institute of Malaysia, Malaysia

Prevention and early detection of energy deficiency in free-living athletes
Motoko Taguchi
Waseda University, Japan

Food provision and dietary support at major competition events: The connection between research and practice
Fiona E Pelly
University of the Sunshine Coast, Australia
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<td>[SY(T5)10] The nutritional legacy of Guatemala meets anthropological inquiry</td>
<td>Organized by University of Amsterdam, Vanderbilt, Center for the Study of Sensory Impairment, Aging, and Metabolism</td>
<td>Emily Yates-Doerr, Ted Fischer</td>
<td>Rosario Garcia Meza, Eileen Rivera</td>
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<td>Pathways for Including Social Inquiry Into Nutrition Research: The CeSSIAM Guatemala Experience</td>
<td>The Center for Studies of Sensory Impairment, Aging and Metabolism Guatemala</td>
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<td>TRANSLATING RESEARCH ON BREASTFEEDING BETWEEN ANTHROPOLOGY AND NUTRITION</td>
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<td>Maya and Scientific Cultures of Nutrition in Guatemala</td>
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<td>Anthropology and Nutritional Trial Design in the 21st Century</td>
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<td>09:00-10:30</td>
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<td>[SY(T5)11] Mediterranean and Japanese diets, two healthy gastronomic cultures with a strong umami base</td>
<td>Organized by The Spanish Institute Cervantes (Tokyo) / The Umami Information Center (Tokyo)</td>
<td>Kumiko Ninomiya, Umami Information Center, Japan</td>
<td>Takashi Sasano, J. Alfredo Martinez, Josep Barahona Vines, Chikara Yamada</td>
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<td>The important role of umami taste in oral and overall health</td>
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<td>The Mediterranean diet effects on health outcomes</td>
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<td>Keeping the tradition of healthy Mediterranean ingredients together with culinary innovation</td>
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<td>The Washoku concept in the Mediterranean diet</td>
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