

Keynote lecture 3

Development of functional foods through seamless research from basic to application, and future research on healthy foods

Dr. MAEDA-YAMAMOTO Mari
Food Research Institute, NARO, Tsukuba, Japan

Summary

This article will introduce the development of functional food products through seamless research from basic to application, especially anti-allergic green tea as a case study. In the future, in order to extend healthy life expectancy, it will be necessary to build a system that can recommend meals that match the individual's physical condition by linking the nutritional and functional component data in foods with personal health data. How to acquire highly accurate data and how to integrate and analyze it, and the construction of such a system are important for achieving future health care through food.