

Session I Lecture 1

**Health Promotion and R&D in Japan for Healthy
Longevity
-Research toward developing and proposing healthy
functional, palatable and healthy Japanese foods and
the constituents (agricultural products) -**

Dr. KOBORI Masuko,
Manager, Division of Food Function Research, NFRI, NARO

Summary

Japanese diet is a well-balanced diet that combined various side dishes. We elucidated the suppressive effect of postprandial blood glucose levels by traditional fermented soy food natto, and other health functions of agricultural products in Japan. The agricultural products with health functions can be used as ingredients of a personalized diet for increasing longevity and quality of life. We also conduct research projects on optimization for a well-balanced diet and on the design and reproduction of a diet that suits the personal preference aim to realize a delicious and healthy personalized diet.