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Dr. TAKASE Hideto is a Senior Principal Research Scientist in Biological Science Research at Kao corporation. His original major was theoretical physical chemistry, and he received his PhD from the University of Tsukuba in 1994. After joining Kao, he worked on the development of several consumer products and started food research since 2000. He has mainly been engaged in the evaluation of physiological functions of food ingredients and the development of functional foods. Recent his research interests include the relationship between dietary habits, food, nutrition and health. He developed "Smart Washoku" diet based on epidemiological survey concerning dietary habits and visceral fat obesity in Japanese. In 2017, he received a technical award from Japanese Society of Nutrition and Food Science for the research on energy metabolism of tea catechins. Also, he received the Best Poster Award at the Obesity Society in 2012 and 2013 for development and social implementation of on-line dietary program for diabetes patients.