

**Session I    Lecture 3**

**Development and implementation of  
“Smart Washoku” concept for the prevention of  
visceral fat accumulation leveraging healthy Japanese  
dietary habits**

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Summary

Based on an epidemiological study of a Japanese population with healthy food choices and less visceral fat accumulation, a diet that is expected to prevent visceral fat accumulation, “Smart Washoku” concept has been developed. The characteristics of the nutritional balance of Smart Washoku are consistent with the Japanese Diet Index (JDI), and clinical trials suggest that Smart Washoku may prevent visceral fat accumulation through the regulatory mechanism of gastrointestinal hormones. The Smart Washoku is now being implemented as a workforce nutrition program in several companies and local governments in collaboration with food service providers.

If you have interest in our activity, please feel free to contact us at [takase.hideto@kao.com](mailto:takase.hideto@kao.com).