

Healthy Life with Cooking and Food Processing

Development of Novel Health-based Cooking and Food Processing Strategies

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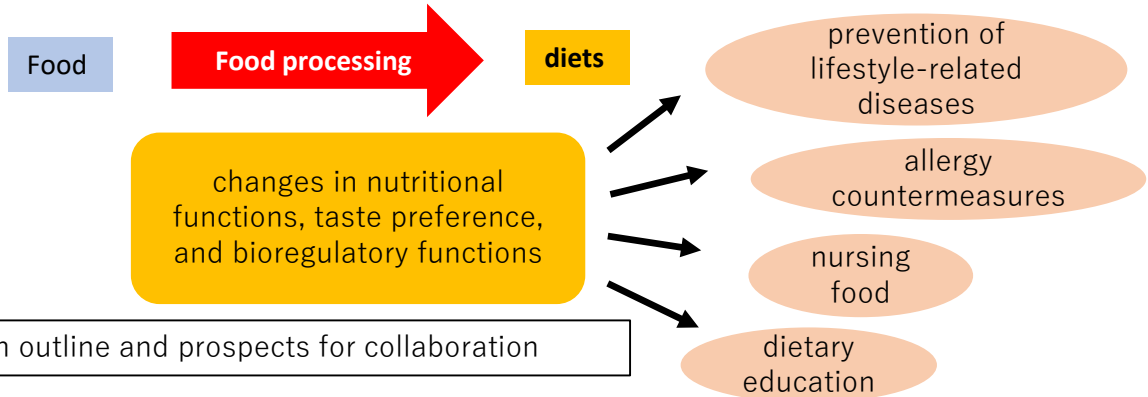
Research topics

Background

- In addition to fulfilling the criteria of “nutrition” and “taste,” “maintenance of good health” is also an expectation from modern food.
- Humans use a variety of processing and cooking methods with various ingredients to produce meals.
- The foods that we eat provide nutrition, cater to our taste preferences, and help our body with bioregulation; these functions can vary greatly based on different cooking methods.

Objective

- The effects of various cooking conditions and seasonings on the nutrition, taste factors, and bioregulatory functions of food ingredients are explored.
- The objective of our study is to contribute to the food industry by developing products that are beneficial for the human body, such as supplements, to improve the quality of life (QOL).



Prospects for collaboration

Cooperation with the agricultural and food industries

With an aim of maintaining the health of people in an aging society with a declining birth rate, we are working to develop cooking methods that produce high-quality foods, focusing on the development of new nursing foods, and on meals that cater to those with allergies.

Activities to disseminate healthy cooking

We would like to tackle this challenge by providing dietary and food science education, as well as disseminating information regarding global environmental problems and food to local health managers.



Research features

Cooking is a part of everyday life and can be used directly to address various concerns, such as improvement of people's health.