Setsunan University

Food Science and Human Nutrition

Health and Nutrition Sciences to Explore Food Functions

Associate Professor

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Keywords Polyphenols; Carotenoids; Food function
Atherosclerosis; Non-communicable diseases

Research Topics

1. Effects of dietary antioxidants (e.g. polyphenols, carotenoids) on atherosclerosis risk factors

Oxidative stress, inflammation, and endothelial dysfunction are associated with the pathogenesis of atherosclerosis. We reported that some polyphenols and carotenoids had the inhibitory effects on LDL oxidation and improved vascular endothelial function both in vitro and in humans.

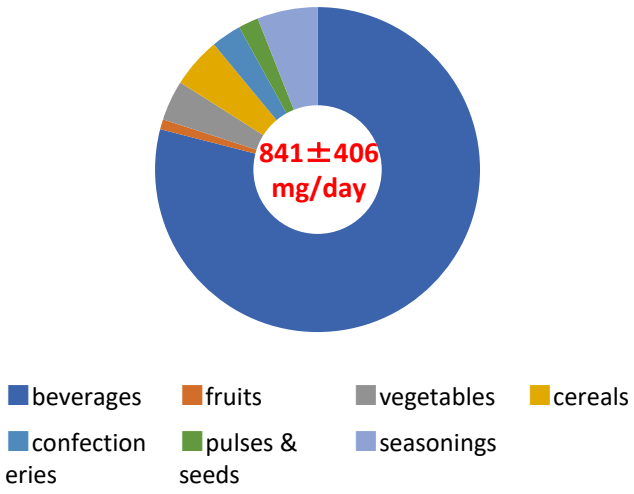
2. Estimation of the dietary intake and major sources of polyphenols among Japanese

We have developed an original polyphenol content database, and estimated the total polyphenol intake in several Japanese populations. The results showed that coffee and green tea were the major sources of dietary polyphenol in Japanese adults.

3. Relationships between dietary polyphenol intake and the risk of cardiovascular disease (CVD)

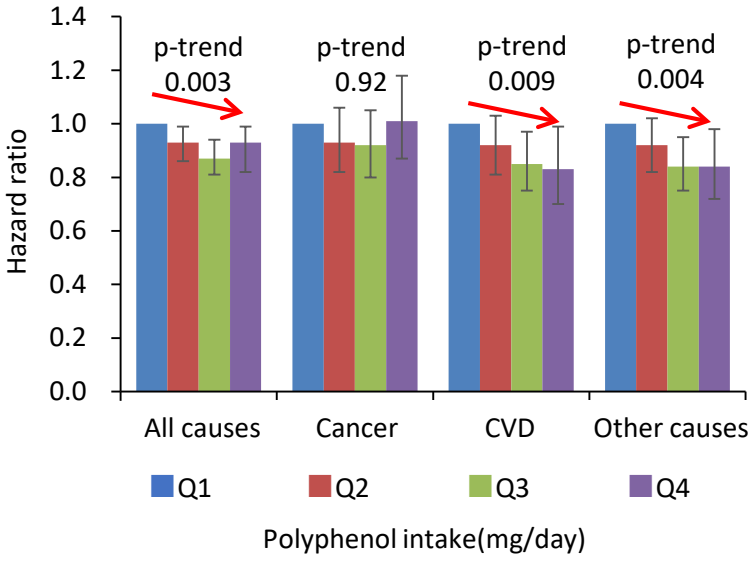
We examined the relationships between dietary total polyphenol intake and all-cause and cause-specific mortalities in a population-based cohort in Japan. The results showed that the total polyphenol intake was associated with a lower risk of all-cause mortality and mortality from CVD.

Topic 2 Dietary intake and source of polyphenols among Japanese women



Fukushima Y, Kishimoto Y et al. ***J. Nutr. Sci.***, 2014

Topic 3 Dietary intake of total polyphenols and the risk of mortality in Japanese adults



Taguchi C, Kishimoto Y et al. ***Eur. J. Nutr.***, 2020

Selling point

My research focuses on polyphenols and carotenoids, and I am conducting multifaceted research from basic to clinical and epidemiological studies to clarify their effects on disease prevention and the maintenance and promotion of health.