

研究業績 英文表記

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Title	Energy and nutrient composition of meals one month after the Kumamoto earthquake and comparison results by region
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Abstract	<p>Background and Objectives: The Kumamoto earthquake, which occurred in April 2016, registered a magnitude of 7 on the Japanese seismic intensity scale. When a disaster occurs, the shutdown of lifelines forces residents to relocate to evacuation centers and other locations. In Japan, emergency relief efforts include providing drinking water and food to disaster victims. However, previous reports have indicated that the food provided often lacks adequate nutritional value. Therefore, we calculated the energy and nutritional content of meals served one month after the Kumamoto earthquake and examined nutritional deficiencies.</p> <p>Subjects and Methods: Energy and nutrient contents were calculated for meals served for one day at 37 evacuation centers in Kumamoto Prefecture in May 2016, one month after the Kumamoto earthquake. The dietary survey was based on the records kept by dietitians, including names of the ingredients, approximate portions, and photographic records of the meals. The shelters were categorized into different areas to facilitate the comparison of energy and nutritional components.</p> <p>Results: Significant differences were observed in the median values of saturated fatty acid, dietary fiber, sodium, potassium, calcium, vitamins A and B2, and other nutrients between the two regions. Based on the Dietary Reference Intakes for the Japanese (2020), nutritional deficiencies were identified. We found that calcium, magnesium, and vitamin B1 and C levels were below the estimated average requirements in all shelters. Regional comparisons revealed differences in nutritional deficiencies in the two areas.</p> <p>Conclusion: Meals served after the disaster were deficient in certain nutrients. Differences in nutritional deficiencies were observed between the two areas. Addressing these nutritional deficiencies is crucial, especially in the event of prolonged evacuation.</p>
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