

研究業績 英文表記

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表題	Factors in Low Prevalence of Child Obesity in Japan
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Title	Factors in Low Prevalence of Child Obesity in Japan
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Abstract	<p><i>Background and Objectives:</i> Sugars, as well as lipids, are tasty and likely to be consumed in excess. Since until recently there was no sugar composition table for Japan, therefore few reports about sugar intake has been existed. Lipid intakes in children are inconsistent. Since a dietary pattern of high sugar and high lipid intakes can become habitual and a factor for life-style-related diseases in adulthood, knowing the facts of dietary intakes of sugars and lipid is important. To determine the sugar and lipid intakes in children as factors in the low obesity prevalence in Japanese children.</p> <p><i>Method:</i> A 3-day nutrition survey was conducted by the weighing and 24-hour recall method at a school in Tokyo, involving 58 children aged 8 and 10 years from average families. Sugars and lipid were calculated using the Japanese sugar composition and food composition tables.</p> <p><i>Results and Conclusion:</i> Sugar and lipid intakes were not different among the ages and genders ($p < 0.05$). Average sugar intake was 25.7 g/day was within World Health Organization recommendation (less than 10% of energy; about 45g) for more than 90% of the children and within the newly proposed World Health Organization guideline (less than 5% of energy intake; 22.4g) for almost 43% of them. Lipid and saturated fatty acid intakes were within normal levels for about 75% of the children. Sugar and lipid intakes were normal at a school in Tokyo. Low sugar and lipid intakes may be considered as factors for a low prevalence of obesity.</p>
keyword	Sugar, lipid, obesity, school children, nutrition survey

※本データの英文表記は実際の論文上の表記とは異なります。