

## CURRICULUM VITAE

NAME: Ayami Sano

TITLE: Research Assistant Professor

AFFILIATION: Laboratory of Food Management,  
School of Food and Nutritional Sciences / Graduate Division of Nutritional and  
Environmental Sciences, University of Shizuoka, Japan

### MAJOR RESEARCH INTERESTS:

Foods and diet patterns for preventing postprandial hyperglycemia,  
Relation of high-flavonoid diet and antioxidant biomarkers,  
Healthier home-meal replacement, Food environmental arrangement, Evaluation of body image

### EDUCATION:

- 2002 Graduated from Department of Food and Health Sciences, Faculty of Human Life Sciences,  
Jissen Women's University
- 2004 Completed Master Program of Graduate School of Nutrition, The University of Tokushima
- 2007 Completed Doctoral Program of Nutrition, Graduate School of Nutrition and Bioscience,  
The University of Tokushima, under supervision of Prof. Shigeru Yamamoto
- 2008 Received Ph.D. Degree (Nutritional Science), Graduate School of Nutrition and Bioscience,  
The University of Tokushima

### CAREER HISTORY:

- 2006-2009 Laboratory Assistant (Adjunct), School of Food and Nutritional Sciences, University of  
Shizuoka
- 2008-2009 Lecturer (Adjunct), Tokai University Junior College
- 2009-present Research Assistant Professor, School of Food and Nutritional Sciences / Graduate  
Division of Nutritional and Environmental Sciences, University of Shizuoka

### SELECTED PUBLICATIONS:

- Yusuke Wakasugi, Sakurako Hashizume, [Ayami Sano](#), Kazuki Mochizuki, Toshinao Goda and Yoko Ichikawa: Glycemic response in healthy Japanese subjects after consuming potatoes and white rice. *J.ARAHE*, 23, 1-8, 2016
- Sugawara Ayumi, Yanagishita Jun, [Sano Ayami](#), Wong Yueching, Le Duc Son N.T, Martin Jeanne B., Yamamoto Shigeru, Sone Hirohito: Body Image: International Comparisons From the Symposium Held at the 15th International Congress of Dietetics. *Nutrition Today*, 45(3): 113-117, 2010

- Ayami Sano, Duc Son Nguyen Trung Le, Tran Thi Minh Hanh, Pham Thi Ngan Ha, Masayo Kaneda, Eiko Murai, Hisao Kamiyama, Yumiko Oota, Shigeru Yamamoto: Study on Factors of Body Image In Japanese and Vietnamese Adolescents. *Journal of Nutritional Science and Vitaminology* 54(2), 169-175, 2008