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Education:

1995 Graduated from School of Nutrition, Faculty of Medicine, University of Tokushima.

1997 Completed Master Program of Nutrition, Graduate School of Nutrition, University of Tokushima.

2000 Completed Doctoral Program of Nutrition, Graduate School of Nutrition, University of Tokushima, under supervision of Prof. Eiji Takeda, Doctor of Nutrition (Ph.D)

Faculty Appointments:

2000: Research Assistant Professor, Department of Clinical Nutrition, University of Tokushima

2004: Research Assistant Professor, Department of Clinical Nutrition, Institute of Health Biosciences, University of Tokushima Graduate School

2007: Associate Professor, Chief, Laboratory of Clinical Nutrition and Management, Department of Nutrition, School of Food and Nutritional Sciences, and Graduate School of Nutritional and Environmental Sciences, The University of Shizuoka

2012: Associate Professor, Chief, Laboratory of Clinical Nutrition and Management, Graduate Division of Nutritional and Environmental Sciences, The University of Shizuoka

2018-present: Professor, Chief, Laboratory of Clinical Nutrition and Management, Graduate Division of Nutritional and Environmental Sciences, The University of Shizuoka

Membership in Academic Societies:

Japan Society of Nutrition and Food Science

Japan Society of Metabolism and Clinical Nutrition

Japanese Society of Nutrition and Dietetics

Japanese Society of Gout and Uric & Nucleic Acids

Japanese Association of Nutritional Science Education

Japan Dietetic Association

Publications (articles in peer-reviewed journals)

- 62) Zheng X, Kawakami-Shinoda Y, Takiwaki M, Abe K, **Arai H**. Effects of consuming fish on vitamin D status and use of urinary vitamin D metabolite as a noninvasive biomarker. *J Med Invest.* 72(3.4):308-315 (2025)
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- 60) Kawakami-Shinoda Y, Sato M, Alima B, Zheng X, Kamiya M, Li G, Hosaka T, Goda T, **Arai H**. Adequate Vegetable Intake Improves Metabolic Indices in Healthy Japanese Participants: A Randomized Crossover Study. *J Atheroscler Thromb.*, 32(3): 356-366 (2025)
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- 58) Sato M, Kawakami Y, **Arai H**. Purine content and renal acid load evaluation in healthy Japanese diets. *J Nutr Sci Vitaminol.*, 69(1):7-13 (2023)
- 57) Okamoto H, Kawakami Y, Kaneko M, Ishida E. Sato M, Matsukawa H, Hosaka T, **Arai H**. The urinary excretion of magnesium as an effective magnesium deficiency state indicator: a controlled intervention trial. *J Nutr Sci Vitaminol.*, 69(1):21-27 (2023)
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- 53) Saito Y, Sakuma M, Narishima Y, Yoshida T, Kumagai H, **Arai H**. Greater consumption of noodle is associated with higher serum phosphorus levels: a cross-sectional study on healthy participants. *J Clin Biochem Nutr.*, 68(1):78-85 (2021)
- 52) Sato M, Morishita T, Katayama T, Satomura S, Okuno H, Sumida N, Sakuma M, **Arai H**, Katoh S, Sairyō K, Kawaura A, Takeda E. Relationship between age-related decreases in serum 25-hydroxyvitamin D levels and skeletal muscle mass in Japanese women. *J Med Invest.*, 67(1.2):151-157 (2020)
- 51) Kawamoto K, Sakuma M, Tanaka S, Masuda M, Nakao-Muraoka M, Niida Y, Nakamatsu Y, Ito M, Taketani Y, **Arai H**.: High-fat diets provoke phosphorus absorption from the small intestine in rats. *Nutrition.*, 72:110694 (2020)
- 50) Aoyama T, Yoshitsugu K, Fukaya M, Kume T, Kawashima M, Nakajima K, **Arai H**, Imataki O, Enami T, Tataru R, Ikeda T.: Benefit of Reducing Body Weight Loss with A Nutritional

- Support Pathway in Patients Undergoing Allogeneic Hematopoietic Stem Cell Transplantation. *Med Sci Monit Basic Res.*, 25:187-198 (2019)
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