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Education

2009 Department of Food sciences, College of Life Sciences, Ibaraki Christian University

2011 Department of Food and Nutritional Sciences in the Graduate School of Nutritional and Environmental Sciences, University of Shizuoka

2019 Graduate School of Integrated Pharmaceutical and Nutritional Sciences, University of Shizuoka (Ph.D)

Employment

Tsukuba Hospital Registered dietitian, 2011-2014

Aomori Jikeikai Hospital Registered dietitian, 2014-2015

Yamagata Prefectural Yonezawa University of Nutrition Sciences Research Assistant, 2015-2019

Sakura no Seibo Junior College Department of Human Life Sciences, Assistant Professor, 2019-2021

Hiroshima International University Department of Clinical Nutrition, Faculty of Health and Wellness Sciences, Lecturer, 2021-2026

University of Shizuoka Graduate Division of Nutritional and Environmental Sciences, Research Assistant Professor, 2026-present

Books

K Takahashi, **Y Saito**, and K Tyosyo. [サクセス管理栄養士・栄養士養成講座 臨床栄養学総論 第7版](#) Dai-ichi shuppan, 2024.

Y Saito, M Kudo, and F Takahashi. [サクセス管理栄養士・栄養士養成講座 疾患・病態別 臨床栄養学 第6版](#) Dai-ichi shuppan, 2024.

Publications

10) T Noma, H Oshita, A Sakamoto, Y Kanda, **Y Saito**, Y Ikeda, and N Yamaoka. [非結核性抗酸菌症専門外来における GLIM 基準に基づいた低栄養診断と栄養介入](#). *Kekkaku*, 101, 55-59, 2026.

09) T Noma, H Oshita, A Sakamoto, Y Kanda, **Y Saito**, Y Ikeda, and N Yamaoka. [非結核性抗酸菌症患者に対するエネルギー充足率を指標とした栄養指導の有効性](#). *日本呼吸ケア・リハビリテーション学会誌*, 34, 165-170, 2025.

08) **Y Saito** and T Sagae. [High leafy and root vegetables and high rice dietary patterns were associated with primary and secondary bile acid levels in the feces](#). *Scientific Reports*, 15, 2092, 2025.

- 07) **Y Saito** and T Sagae. Defecation status, intestinal microbiota, and habitual diet are associated with the fecal bile acid composition: a cross-sectional study in community-dwelling young participants. *European Journal of Nutrition*, 62, 2015-2026, 2023.
- 06) **Y Saito**, N Kobiyama, and M Sagara. Saltiness and Hedonic Liking Rating of Miso Soup Associated with Conscious Salt Reduction Levels: A Consumer Acceptance Study with Gradual Salt Reduction. *Asian Journal of Food Research and Nutrition*, 2, 10-21, 2023.
- 05) **Y Saito**, M Sakuma, Y Narishima, T Yoshida, H Kumagai, and H Arai. Greater consumption of noodle is associated with higher serum phosphorus levels: a cross-sectional study on healthy participants. *Journal of Clinical Biochemistry and Nutrition*. 68, 78-85, 2021.
- 04) **Y Saito**, M Sakuma, Y Narishima, T Yoshida, H Kumagai, and H Arai. Habitual confectionery intake is associated with serum phosphorus levels : A cross-sectional study on healthy subjects. *The Journal of Medical Investigation*. 66, 134-140, 2019.
- 03) **Y Saito**, H Nishimiya, Y Kondo, and T Sagae. The influence of probiotics on individual fecal secondary bile acid levels: a two-case study of schizophrenic patients receiving an atypical antipsychotic drug. *Functional Foods in Health and Disease*, 7, 849-849, 2017.
- 02) M Sugiura, S Ito, **Y Saito**, Y Niwa, A M Koltunow, and O Sugimoto, H Sakai. Molecular Cloning and Characterization of a Linalool Synthase from Lemon Myrtle. *Bioscience, biotechnology, and biochemistry*, 75, 1245-1248, 2011.
- 01) **Y Saito**, S Ito, A M Koltunow, and Hiroshi Sakai. Crystallization and preliminary X-ray analysis of geraniol dehydrogenase from *Backhousia citriodora* (lemon myrtle). *Acta Crystallographica Section F Structural Biology and Crystallization Communications*, 67, 665-667, 2011.

Funding

- 02) **Y Saito**. Elucidating the effects of active vegetable intake on intestinal bile acid metabolism to establish primary prevention strategies for colorectal cancer. Japan Society for the Promotion of Science (No. 25K21091), 2025-2029.
- 01) **Y Saito**. Effects of habitual dietary and life-style factors on bile acid metabolism in the intestinal tract. Japan Society for the Promotion of Science (No. 19K20148), 2019-2023.