

CURRICULUM VITAE

NAME: **Toshiko KUWANO, PhD**

POSITION: Professor

AFFILIATION: Laboratory of Nutrition education
Graduate Division of Nutritional and Environmental Sciences
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ACADEMIC CAREER HISTORY:

2014.12-present: Professor, University of Shizuoka
2007-2014.11: Associate Professor, University of Shizuoka
2002-2007: Associate Professor, Gifu Women's University
2001-2002: Lecturer, Gifu Women's University
1989-2001: Assistant Professor, Gifu Women's University

Education:

Ph.D. (Doctor of Medicine), Gifu University Graduate School of Medicine, 2000

M.S. Graduate school of Human Life Science, Japan Women's University

B.S. Department of Food and Nutrition of Japan Women's University

MEMBERSHIP IN ACADEMIC SOCIETIES

Academy of Nutrition and Dietetics
Japanese Society of Nutrition and Dietetics
Japan Society of Nutrition and Food Science
Japanese Society for Mastication Science and Health Promotion

SELECTED PUBLICATIONS (articles in peer-reviewed journals)

1. Hashimoto A, Nozaki A, Inoue H, Kuwano T: Article Source: High masticatory ability attenuates psychosocial stress: A cross-sectional study. PLOS ONE. 18(1): e0279891, (2023)
2. Noriko Kameyama, Yukina Morimoto, Ayako Hashimoto, Hiroko Inoue, Ikuko Nagaya, Kozue Nakamura, Toshiko Kuwano: The Relationship between Family Meals and Mental Health Problems in Japanese Elementary School Children: A Cross-Sectional Study. Int J Environ Res Public Health. 18, 9281, (2021)
3. Ayako Hashimoto, Hiroko Inoue, **Toshiko Kuwano**: Low energy intake and dietary quality are associated with low objective sleep quality in young Japanese women. Nutr Res. 80, 44-54, (2020)
4. Ayako HASHIMOTO, Hiroko INOUE, **Toshiko KUWANO**: The effects of chewing and histidine intake in obese and pre-obese men: a before-after pilot study, J. Masticat. & Health Soc. 29 (2), 71-79, (2019).
5. Hiroko Inoue, Ryosuke Sasaki and **Toshiko Kuwano**: Intake of a Japanese-style Healthy Lunch has Possibilities of Contributing to the Normalization of Serum Lipids and Adipokines: A Non-Randomized Controlled Trial Pilot Study. IJNFS., 18 (1), 1-9, (2019).
6. Inoue H., **Kuwano T***, Yamakawa-Kobayashi K., Waguri T., Nakano T., Suzuki Y.: Perceived 6-n-Propylthiouracil (PROP) Bitterness Is Associated with Dietary Sodium Intake in Female Japanese College Students. J Nutr Sci Vitaminol., 63 (3), 167-173, (2017). * Equal

contributors

7. Hiroko INOUE, **Toshiko KUWANO**. : Effect of ongoing Gum Chewing before Food Intake in Obese/Overweight Young Adult Japanese Women: A Before-After Trial. *J. Masticat. & Health Soc.* 26 (2), 62-69, (2016)
8. Aiso I, Inoue H*, Seiyama Y and **Kuwano T.**: Compared with the intake of commercial vegetable juice, the intake of fresh fruit and komatsuna (*Brassica rapa L. var. perviridis*) juice mixture reduces serum cholesterol in middle-aged men: a randomized controlled pilot study. *Lipids Health Dis.*13:102, (2014). * Equal contributors
9. Hiroko Inoue, Ryosuke Sasaki, Izumi Aiso, **Toshiko Kuwano**. Short-term intake of a Japanese-style healthy lunch menu contributes to prevention and/or improvement in metabolic syndrome among middle-aged men: a non-randomized controlled trial. *Lipids Health Dis.* 13: **57**, (2014).
10. Hiroko Inoue, Kimiko Kobayashi-Yamakawa, Yuichi Suzuki, Teruyo Nakano, Hisayoshi Hayashi and **Toshiko Kuwano**. A case study on the association of variation of bitter-taste receptor gene TAS2R38 with the height, weight and energy intake in Japanese female college students. *J Nutr Sci Vitaminol*, **59**, 16-21, (2013).
11. Hiroko Inoue and **Toshiko Kuwano**. Relationship of spot urinary cortisol concentration and stress evaluation of infants and the parents. *J Educ Health Sci*, **58**, 264-273, (2013).
12. Hiroko Inoue and **Toshiko Kuwano**. Effects of Blood Parameters and Dietary Intake on Japanese Female College Students Showing Normal BMI with High Body Fat. *J. Home Econ. J.*, **63**, 421-430, (2012).
13. Hiroko Inoue and **Toshiko Kuwano**. Relationship between eating attitude and body image or dietary intake in Japanese adolescent girls: Review for establishment of the effective education program. *J Educ Health Sci*, **56**, 153-159, (2010).
14. Yoko Kubo, Hiroko Inoue, **Toshiko Kuwano**. Notes for nutrition education for pregnant women, obtained from the nutrition assessment of the women who gave birth in a hospital in Shizuoka prefecture. *J Educ Health Sci*, **53**, 341-349, (2008).

-Text Books-

1. **Toshiko Kuwano**, Maruyama Chizuko, Adachi Yoshiko, Takemi Yukari, et al. Nutrition Education. Nankodo Publishers,Inc. (2013).
2. **Toshiko Kuwano**, Takemi Yukari, Akamatu Rie, et al. Based on the Model Core Curriculum for Registered Dietitian Course in Japan-Nutrition Education. Ishiyaku Publishers,Inc. (2013).
3. **Toshiko Kuwano**, Hiroko Inoue, Toshinao Goda, Yasuko Kainuma, Norio Ohashi, Tatsuo Watanabe, et al. Companion of Registered dietitian & Dietitian Terminological dictionary of Health & Nutrition. Chuohoki Publishing Co., Ltd. (2012).
4. **Toshiko Kuwano**, Hiroko Inoue, et al. The revised third edition. Practice of nutrition education. Supported by Dietary reference intakes for Japanese, 2010. Mirai Co., Ltd. (2010)
5. **Toshiko Kuwano**, Hiroko Inoue, et al. Wellness Nutrition Education & Nutritional guidance. Ishiyaku Publishers,Inc. (2008).