



**U.S. Dairy
Export Council.**

Ingredients | Products | Global Markets

2101 Wilson Boulevard
Suite 400
Arlington, Virginia 22201-3061
USA

Tel 703.528.3049
Fax 703.528.3705
www.usdec.org

USDEC Asian Congress of Nutrition Seminar

Did you know that starting as early as 40 years of age, the prevalence of muscle loss is approximately 0.5-1% per year,ⁱ which, if progresses, may lead to a syndrome called sarcopenia?

U.S. Dairy Export Council (USDEC) invites you to an evening seminar at the Asian Congress of Nutrition featuring leaders in nutrition research from U.S. and Asian universities who will discuss the life altering impacts of progressive muscle loss and how dietary approaches can help reduce the risk for sarcopenia. Special attention will be placed on the impacts of sarcopenia among Asia's growing aging population, and empowering the region's health and nutrition community to help educate people on ways to optimize their daily diets to reduce the risk of muscle loss and maintain a high quality of life as they age.

Evening Seminar title: "Aging and Muscle Loss: Dietary Approaches to Reduce Sarcopenia Risk"

Date & Time: Friday, May 15, 2015 (Door open 5:50pm) 6:00 pm – 8:00 pm

Venue: Pacifico Yokohama - Conference Center 5F, Room 503

Admission: Free. Seats and meals are available on first comes first served basis (we request a business card at the entrance, and provide the meal coupons in exchange for a questioner at the end of the seminar). If you want to secure a seat, please send your name and company name to usdecjapan@marketmakers.co.jp for an early registration.

Language: English

Meal Service: Sandwiches and meal coupons will be provided to all participants (The coupon can be used in 190 restaurants in Minato Mirai area after the seminar). Vegetarian and Haral sandwich option is available upon request, but the number is limited and it is on first comes first served basis.

Session Chair: Opening remarks and Q&A session

Dr. Motoni Kadowaki, Niigata University

Session Presenters: Research overview on the role of protein in sarcopenia risk reduction

Dr. Douglas Paddon-Jones, The University of Texas Medical Branch, USA

Dr. Shuichi Machida, Juntendo University, Japan

Session Panelists: International perspectives on dietary guidance and protein intakes

Dr. Moon-Jeong Chang, The College of Natural Science, Kookmin University, Korea

Dr. Cuiqing Chang, Peking University Third Hospital, China

Dr. Kazuko Ishikawa-Takata, National Institute of Health and Nutrition, Japan

USDEC Booth: While at the conference, please stop by the USDEC booth to learn more about the many health and wellness benefits of high quality whey and milk proteins. USDEC booth number is 4 in the exhibition area.

ⁱ Paddon-Jones D, Short KR, Campbell WW, et al. Role of dietary protein in the sarcopenia of aging. *Am J Clin Nutr.* 2008; 87(suppl): 1562S-1566S.