

2024 年 8 月 21 日 (水) 17:00~19:00

会場：筑波大学 5C301

世話人：下山 寛之 (3963) 参加費無料

※学外の方は事前の申込みが必要です。【メール】office.arihhp@un.tsukuba.ac.jp

「Methods of assessing metabolic flexibility
and practical applications of continuous
glucose monitoring in the field of nutrition」

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Determining an individual's metabolic flexibility or inflexibility is a good indicator of the future risks of developing metabolic disorders such as type 2 diabetes. In an effort to prevent and reduce the prevalence of these non-communicable diseases we evaluate the current methods used to assess the metabolic state as well as the use of at-home devices that provide an overview of the metabolic state in response to dietary challenges. This seminar will introduce the practical applications of using these methods in the nutrition and sports nutrition field.



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