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Research on *Complete Nutrition Meal* to Avoid the Metabolic Domino Effect, Realizing Mibyou Prevention (Disease-Free State)

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While the modern diet has become richer and more abundant, many diet-related problems exist, including obesity due to excessive calories and hidden malnutrition due to inappropriate dieting. NISSIN FOOD PRODUCTS is engaged in research on Complete Nutrition Meals of the future, leveraging independent and cutting-edge food technologies cultivated through the development of instant foods and other products. Complete Nutrition Meals offer the same appearance and taste as regular means, but control calories, salt, sugar, fat, etc., embodying the concept of food that satisfies all necessary nutrient needs and referencing various nutritional perspectives. In pursuing Complete Nutrition Meals, NISSIN FOOD PRODUCTS aims to create a world where anyone can enjoy whatever they want, as much as they want, whenever they want.

In this presentation, we will introduce the background behind research on Complete Nutrition Meals and the results of clinical trials. We will also cover efforts aimed at preventing frailty and improving quality of life for hypertensive and diabetic patients through Complete Nutrition Meals.