PRESS RELEASE

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Eat Well, Live Well.

AJINOMOTO

Using Daily Dietary Assessments to Provide Dietary Recommendations and Support Nutrition

Ajinomoto Co. Confirms Association Between Higher Scores on Its ANPS-Day Nutrient Profiling System and Lower Future Risk of Metabolic Syndrome and Locomotive Syndrome

Findings Presented at the 47th Annual Meeting of the Japan Society for the Study of Obesity and the 13th Annual Meeting of the Japanese Association on Sarcopenia and Frailty

TOKYO, November 17, 2026 – Ajinomoto Co., Inc. ("Ajinomoto Co.") announced today that it has confirmed, through a joint research program with Hirosaki University (President: Shinsaku Fukuda), that higher scores on its proprietary nutrient profiling system ANPS-Day*1, which scientifically evaluates the nutritional quality of an entire day's diet, are associated with a lower risk of new onset of metabolic syndrome or locomotive syndrome*2 within three years. The findings suggest that ANPS-Day can serve not only as a tool for assessing the nutritional quality of daily diets but also as a practical indicator that supports consumers in adopting healthier eating habits and improving their nutrition. The system is expected to contribute to extending healthy life expectancy.

In recent years, health issues rooted in diet and lifestyle have been growing worldwide. Improving the nutritional balance of daily meals is widely recognized as central to addressing these challenges, and the development and use of nutrient profiling systems (NPSs), which scientifically assess the nutritional value of foods and meals, are advancing globally. The Ajinomoto Group has developed its own suite of NPSs, comprising ANPS-Product (for a single product), ANPS-Dish (for a single dish), ANPS-Meal (for a single meal), and ANPS-Day (for a full day's diet). ANPS-Day expresses the nutritional quality of an entire day's diet as a numerical score, with higher scores indicating a more nutritionally desirable intake. To date, the Group has published findings on the relationship between ANPS-Day scores and the urinary sodium-to-potassium (Na/K) ratio in an international peer-reviewed journal, among other work to validate the system scientifically. However, the relationship between ANPS-Day scores and future health risks had not previously been clarified.

In this study, the Group analyzed data from the Iwaki Health Promotion Project (a large-scale community-wide health checkup)—an initiative of Hirosaki University's COI-NEXT site,*3 with which Ajinomoto Co. has partnered since 2020—to examine the relationship between ANPS-Day scores*4 and the risk of future onset of metabolic syndrome and locomotive syndrome, two conditions that have drawn attention as factors affecting healthy life expectancy. Analyses covered 890 adults who participated in the health checkups in 2015 and 2016 for metabolic syndrome, and 848 adults who participated in the checkups between 2015 and 2019 for locomotive syndrome. In both cases, higher ANPS-Day scores were confirmed to be associated with a significantly lower three-year risk of new onset. Machine learning analyses further identified indicative target scores on ANPS-Day associated with reduced onset risk: 78 points or higher for metabolic syndrome and 74 points or higher for locomotive syndrome.

These results indicate that ANPS-Day can be used not only to evaluate the overall nutritional quality of a day's diet, but also to support more practical nutrition improvement, for example by offering concrete dietary recommendations tailored to each person's eating patterns with a view to preventing future health issues. Ajinomoto Co. reported these findings at the 47th Annual Meeting of the Japan Society for the Study of Obesity, as well as at the 13th Annual Meeting of the Japanese Association on Sarcopenia and Frailty.

Guided by its Nutrition Without Compromise approach, the Ajinomoto Group will continue to share ANPS findings in Japan and overseas while advancing the development and provision of products and services with high nutritional value. Through these efforts, and under its purpose of "contributing to the well-being of all human beings, our society, and our planet with 'AminoScience,'" the Group aims to support healthy eating, and help extend the healthy life expectancy, of people around the world.

*1 ANPS stands for the Ajinomoto Group Nutrient Profiling System.

*2 Metabolic syndrome (MetS) refers to a cluster of cardiovascular risk factors, including high blood glucose, abnormal lipid metabolism, and high blood pressure, associated with the accumulation of visceral fat ("Guidelines for the Management of Obesity Disease 2022"). Locomotive syndrome (Locomo) refers to a condition in which mobility functions, such as standing and walking, are impaired due to disorders of the musculoskeletal system ("Locomotive Syndrome Clinical Practice Guide 2021").

*3 Hirosaki University COI-NEXT site:
Since October 2022, Hirosaki University has operated a site under the Program on Open Innovation Platforms for Industry-Academia Co-Creation (COI-NEXT), a program run by the Ministry of Education, Culture, Sports, Science and Technology (MEXT) and the Japan Science and Technology Agency (JST). Centered on health, the project aims to realize a well-being-oriented regional society model by creating an attractive healthcare industry that serves as a growth sector where young people want to build careers in the region. The goal is to grow the local economy while improving residents' health, enabling people of all generations to continue to work with a sense of purpose, and extending healthy life expectancy with a high physical and mental quality of life. Building on and extending the outcomes of Hirosaki University's earlier Center of Innovation site, the project aims to establish a self-sustaining industry-academia-government co-creation hub that continues to deliver results.

*4 ANPS-Day scores were calculated based on dietary intake assessed using the Brief-Type Self-Administered Diet History Questionnaire (BDHQ).

Reference

Press release dated June 30, 2026
Ajinomoto Co. Develops a Nutrient Profiling System for Assessing an Entire Day's Diet
https://www.ajinomoto.com/cms_wp_ajnmt_global/wp-content/uploads/pdf/2026_06_30E.pdf

Press release dated May 27, 2025
Ajinomoto Group Develops Japan's First Nutrient Profiling System for Meals
https://www.ajinomoto.com/cms_wp_ajnmt_global/wp-content/uploads/pdf/2025_05_27E.pdf

Press release dated December 24, 2021
The Ajinomoto Group Develops the Ajinomoto Group Nutrient Profiling System for Menu
https://www.ajinomoto.com/cms_wp_ajnmt_global/wp-content/uploads/pdf/2021_12_24E.pdf

Press release dated May 14, 2020
The Ajinomoto Group Introduces a Nutrient Profiling System
https://www.ajinomoto.com/cms_wp_ajnmt_global/wp-content/uploads/pdf/2020_05_14E.pdf

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