



## **NEWS RELEASE**

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### **NISSIN Explores New Possibilities of Food in the Extension of Healthy Life Expectancy in “Toyota Woven City” Verifying the Effectiveness of “Optimized Nutri-Dense Meals” by Capturing Changes in People Who Eat Them on a Continuous Basis**

NISSIN FOOD PRODUCTS CO., LTD. (President and Representative Director: Noritaka Ando; hereinafter NISSIN FOOD PRODUCTS) will establish an environment where users can eat “Optimized Nutri-Dense Meals<sup>\*1</sup>” anytime, anywhere in “Toyota Woven City,” being developed in Susono City, Shizuoka Prefecture, which will use all forms of mobility by enhancing the movement of people, goods, information, and energy, owned by Toyota Motor Corporation (President and Representative Director: Koji Sato; hereinafter Toyota) and Woven by Toyota, Inc. (CEO and Representative Director: Hajime Kumabe; hereinafter WbyT). NISSIN FOOD PRODUCTS will also verify the effectiveness of “Optimized Nutri-Dense Meals” by confirming changes in the mind, body, and behavior of people who eat them on a continuous basis from both subjective and objective perspectives.

NISSIN FOOD PRODUCTS believes that one of the keys to well-being is for people to be able to eat whatever they want, whenever they want, and as much as they want, and is thus conducting research on “Future Foods” by utilizing proprietary and cutting-edge food technology. In particular, NISSIN FOOD PRODUCTS is conducting research on the physical and mental effects of continuously eating “Optimized Nutri-Dense Meals,” in which calories, salt, sugar, fat, and other nutrients are controlled and the balance of key nutrients is properly balanced while maintaining the appearance or taste of the food. The results have shown improvements in blood glucose control and blood pressure<sup>\*2</sup>, reductions in visceral fat<sup>\*3</sup>, and improvements in mental health indicators such as sleep, stress, and fatigue<sup>\*4</sup>.

To accelerate research on “Optimized Nutri-Dense Meals,” NISSIN FOOD PRODUCTS participated in “Toyota Woven City,” which provides a variety of support for creating products and services that will define “the next generation of movement,” including development support utilizing hardware and software technologies, such as automated driving and AI that Toyota and WbyT have cultivated through car manufacturing, and demonstration support based on various data and real feedback from the residents and visitors of “Toyota Woven City,” who are also known as Weavers.



In “Toyota Woven City,” NISSIN FOOD PRODUCTS will establish an environment where users can eat “Optimized Nutri-Dense Meals” anytime, anywhere, and will verify their effectiveness over the medium to long term by confirming various changes in the mind, body, and behavior of people who eat them on a continuous basis.

Based on the knowledge gained through demonstrations in “Toyota Woven City,” NISSIN FOOD PRODUCTS will work to improve well-being through food, and in the future, it will explore the new possibilities of food in the extension of healthy life expectancy.

\*1 Although NISSIN FOOD PRODUCTS provides meals in accordance with the “Nutritional design criteria of Optimized Nutri-Dense Meals,” not all meals served in “Toyota Woven City” are certified by the Optimized Nutri-Dense Meals Association.

\*2 *Journal of Functional Foods* **2022**, *98*, 105279.

[URL] <https://doi.org/10.1016/j.jff.2022.105279>

\*3 *Nutrients* **2024**, *16* (18), 3202.

[URL] <https://doi.org/10.3390/nu16183202>

\*4 Announced at the 71<sup>st</sup> Annual Meeting of the Japanese Society for Food Science and Technology (Nagoya, August 2024)