CURRICULUM VITAE

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**Birth Date:** 17th, June, 1984

**Position:** Postdoctoral Scholar

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**Education:**

2003-2007 School of Nursing and Nutrition, Tenshi College. (B.S. in Nutrition)

2008-2010 Graduate School of Nursing and Nutrition, Tenshi College. (M.S. in Nutrition)

2010-2013 Graduate School of Medicine, Hokkaido University. (Ph.D. in Medicine)

**Certificates:**

2007 Dietitian Nutritionist

2008 Registered Dietitian Nutritionist

**Positions and Employment:**

2012-2014 Research Fellow/Postdoctoral Fellow, Department of Anatomy, Graduate School of Medicine, Hokkaido University, Japan.

2014-2016 Postdoctoral Fellow, Department of Biomedical Sciences, Graduate School of Veterinary Medicine, Hokkaido University, Japan.

2016-present Postdoctoral Fellow, Department of Cell and Tissue Biology, University of California, San Francisco, USA.

**Honors and Awards:**

2010 2010 Award for Outstanding Journal Research Article Published in Obesity, The Obesity Society

2012-2013 JSPS Research Fellowship, The Japan Society for the Promotion of Science

2013 Award for Outstanding Presentation, 36th Naito Conference

2013-2017 JSPS Postdoctoral Fellowship, The Japan Society for the Promotion of Science

2014 2013 Best Article Award, Graduate School of Medicine, Hokkaido University

2014-2016 Grant-in-Aid for Young Scientists (B), The Japan Society for the Promotion of Science

2014 Young Investigator Award, The 3rd International Conference on Recent Advances and Controversies in Measuring Energy Metabolism

**Peer Reviewed Publications**

1. **Yoneshiro T**, Matsushita M, Nakae S, Kameya T, Sugie H, Tanaka S, Saito M. Brown adipose tissue is involved in diet-induced thermogenesis and whole-body fat utilization in healthy humans. ***Am J Physiol Regul Integr Comp Physiol***, Epub ahead of print

2. Saito M, **Yoneshiro T**, Matsushita M. Activation and recruitment of brown adipose tissue by cold exposure and food ingredients in humans. ***Best Pract Res Clin Endoc Metab***, in press

3. Hibi M, Oishi S, Matsushita M, **Yoneshiro T**, Yamaguchi T, Usui C, Yasunaga K, Kubota K, Tanaka S, Saito M. Brown adipose tissue is involved in diet-induced thermogenesis and whole-body fat utilization in healthy humans. ***Int J Obesity***, in press

4. Nirengi S, Amagasa S, Homma T, **Yoneshiro T**, Matsumiya S, Kurosawa Y, Sakane N, Ebi K, Saito M, Hamaoka T. Catechin-rich beverage intake for 12 weeks increases brown adipose tissue density and decreases extramyocellular lipids in healthy young women: a randomized controlled trial. ***SplingerPlus***, in press

5. Nirengi S, Homma T, Inoue N, Sato H, **Yoneshiro T**, Tsuzaki K, Saito M, Sakane N, Kurosawa Y, Hamaoka T. Near-infrared time resolved spectroscopy assessment of changes in human brown adipose tissue density during repeated capsiate intake and intake cessation. ***J Biomed Opt*** 21: 091305, 2016

6. Nirengi S, **Yoneshiro T**, Saiki T, Aita S, Matsushita M, Sugie H, Saito M, Hamaoka T. Evaluation of brown adipose tissue using near-infrared time-resolved spectroscopy. ***Adv Exp Med Biol*** 876: 371-376, 2016

7. **Yoneshiro T**, Saito M. Activation and recruitment of brown adipose tissue as anti- obesity regimens in humans. ***Ann Med*** 47: 133-141, 2015

8. Saito M, **Yoneshiro T**, Matsushita M. Food ingredients as anti-obesity agents. ***Trends Endocrinol Metab*** 26: 585-587, 2015

9. Nirengi S, **Yoneshiro T**, Sugie H, Saito M, Hamaoka T. A novel simple method for detecting brown adipose tissue using near-infrared time-resolved spectroscopy. ***Obesity*** 23: 973-980, 2015

10. Matsushita M, **Yoneshiro T**, Aita S, Kamiya T, Kusaba N, Yamaguchi K, Takagaki K, Kameya T, Sugie H, Saito M. Kaempferia parviflora extract increases whole-body energy expenditure in humans: roles of brown adipose tissue. ***J Nutr Sci Vitaminol*** 61: 79-83, 2015

11. Matsushita M, **Yoneshiro T**, Aita S, Kameya T, Sugie H, Saito M. Impact of brown adipose tissue on body fatness and glucose metabolism in healthy humans. ***Int J Obesity*** 38: 812-817, 2014

12. Sugita J, **Yoneshiro T**, Sugishima Y, Ikemoto T, Uchiwa H, Iwanaga T, Suzuki I, Saito M. Daily ingestion of Grains of Paradise (Aframomum melegueta) extract increases whole-body energy expenditure and decreases visceral fat in humans. ***J Nutr Sci Vitaminol*** 60: 22-27, 2014

13. **Yoneshiro T**, Aita S, Matsushita M, Kayahara T, Kameya T, Kawai Y, Iwanaga T, Saito M. Recruited brown adipose tissue as an anti-obesity agent in humans. ***J Clin Invest*** 123: 3404-3408, 2013

14. **Yoneshiro T**, Ogawa T, Okamoto N, Matsushita M, Aita S, Kameya T, Kawai Y, Iwanaga T, Saito M. Impact of UCP1 and β3AR gene polymorphisms on age-related changes in brown adipose tissue and adiposity in humans. ***Int J Obesity*** 37: 993-998, 2013

15. **Yoneshiro T**, Saito M. TRP-activated brown fat thermogenesis as a target of food ingredients for obesity management. ***Curr Opin Clin Nutr Metab Care*** 16: 625-631, 2013

16. Saito M, **Yoneshiro T**. Capsinoids and related food ingredients activating brown fat thermogenesis and reducing body fat in humans. ***Curr Opin Lipidol*** 24: 71-77, 2013

17. Sugita J, **Yoneshiro T**, Hatano T, Aita S, Ikemoto T, Uchiwa H, Iwanaga T, Kameya T, Kawai Y, Saito M. Grains of paradise (Aframomum melegueta) extract increase energy expenditure through the activation of brown adipose tissue in men. ***Br J Nutr*** 110: 733-738, 2013

18. **Yoneshiro T**, Aita S, Kawai Y, Iwanaga T, Saito M. Non-pungent capsaicin analogs (capsinoids) increase energy expenditure through the activation of brown adipose tissue in humans. ***Am J Clin Nutr*** 95: 845-850, 2012

19. Nishio M, **Yoneshiro T**, Nakahara M, Suzuki S, Saeki K, Hasegawa M, Kawai Y, Akutsu H, Umezawa A, Yasuda K, et al. Production of functional classical brown adipocytes from human pluripotent stem cells using specific hemopoietin cocktail without gene transfer. ***Cell Metab*** 16: 394-406, 2012

20. **Yoneshiro T**, Aita S, Matsushita M, Okamatsu-Ogura Y, Kameya T, Kawai Y, Miyagawa M, Tsujisaki M, Saito M. Age-related decrease in cold-activated brown adipose tissue and accumulation of body fat in healthy humans. ***Obesity*** 19: 1755-1760, 2011

21. **Yoneshiro T**, Aita S, Matsushita M, Kameya T, Nakada K, Kawai Y, Saito M. Brown adipose tissue, whole-body energy expenditure and thermogenesis in healthy adult men. ***Obesity*** 19: 13-16, 2011

22. Saito M, Okamatsu-Ogura Y, Matsushita M, Watanabe K, **Yoneshiro T**, Nio-Kobayashi J, Iwanaga T, Miyagawa M, Kameya T, Nakada K, et al. High incidence of metabolically active brown adipose tissue in healthy adult humans: effects of cold exposure and adiposity. ***Diabetes*** 58: 1526-1531, 2009