

Asia Pacific Clinical Nutrition Society Award for 2025

Prof. Yuexin Yang

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Prof. Yuexin Yang is a renowned nutrition scientist whose work bridges food nutrition, public health, and clinical nutrition. She currently serves as the president of the Chinese Nutrition Society (since 2013) and the president of the Federation of Asian Nutrition Societies (FANS) for the term 2023–2027.

Graduating from Nankai University (China) with a degree in chemistry, Prof. Yang subsequently pursued a postgraduate education in human nutrition at Wageningen Agricultural University (Netherlands) in 1995. She also served as a visiting scholar at the Medical University of Groningen (Netherlands) and the Daniel Carasso Research Institute (France), which significantly shaped her scientific thinking and research interests.

Prof. Yang began her career at the Chinese Academy of Preventive Medicine, focusing on biochemistry research. From 1985 to 2015, she worked at the National Institute for Nutrition and Health, Chinese Center for Disease Control and Prevention, focusing on maternal and child nutrition under the guidance of the renowned Prof. Xuecun Chen. Since then, she has been engaged in research on the relationship between food nutrition and indigestible carbohydrates and health.

She has authored over 300 research articles, 25 scientific books and dietitian textbooks, and more than 20 dietary and nutrition guidelines and standards related to obesity and chronic diseases. She also serves as the chair or member of several national committees related to nutrition.

Her research and contributions span several key fields, including:

1. Health Effects of Dietary Fiber and Carbohydrates: Developed a comprehensive glycemic index database for common Chinese foods and investigated carbohydrate and dietary fiber requirements across various age groups.
2. Food Analysis and Monitoring Systems: Played a pivotal role in developing, revising, and digitalizing the Food Composition Database.
3. Dietary Reference Intakes (DRIs): Led the 2023 revision of DRIs for over 70 nutrients and dietary components, covering 20 distinct age groups.
4. Dietary Guidelines: Spearheaded the development of the 2016 and 2022 Dietary Guidelines for Chinese populations.
5. Nutrition Standards and Policies: Directed the establishment of China's first national nutrition standard, General Principles for Nutrition Labeling (2013 and the forthcoming 2025 version), along with initiatives on front-of-pack labeling, nutrition and functional claims, and dietitian competence standards

Prof. Yang has received more than ten national-level scientific innovation awards and was recognized as a Distinguished Professor by the China Association of Science and Technology in 2012. In 2017, she was named as a Fellow of the International Union of Nutritional Sciences (IUNS). Prof. Yang was elected as one of the first fellows of the Chinese Nutrition Society (CNS) in 2021. In 2023, Prof. Yang has also received the Lifetime Achievement Award from the Federation of Asian Nutrition Societies (FANS). As chair, she has successfully organized 14th Asian Congress of Nutrition (14th ACN) and 11th Asia Pacific Conference on Clinical Nutrition (11th APCCN). Additionally, she contributed as a coordinator to the EASIAFOODS project under the FAO for 20 years (2002–2023).

Prof. Yang has significantly advanced dietary health and overall well-being throughout the Asia-Pacific region and globally, earning the Asia Pacific Nutrition Society's 2025 Award in recognition of these outstanding contributions.

Citation by

Professor Duo Li MD, PhD
Chair of Nomination Committee
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