Welcome to

Japan Nutrition University

For Future Leaders
in Nutrition and Health Sciences Professions

Kagawa
Education Institute of Nutrition

Graduate School of Japan Nutrition University
Japan Nutrition University
Junior College of Japan Nutrition University
Kagawa College of Culinary and Confectionery Arts

Mission and Education Goal

Our Mission and Value

To maintain and improve health through a balanced diet and proper nutrition.

Education Goals

1. Provide support for students to become specialized in nutrition, health, and food, which are closely interlinked, and help translate the knowledge they acquire into practical skills in order to contribute to the wellbeing of the general public.

2. Provide support for all graduates to succeed in passing the national exams to become certified registered dietitians, and to help them secure related and fulfilling jobs.

President's Message

President
Akio Kagawa

Currently, Japan is the world's top country for longevity, but the abundant modern diet has given birth to a new problem: an increase in the number of elderly people requiring care for lifestyle-related diseases such as diabetes, cerebral infarction and myocardial infarction.

Since its founding, the Kagawa Education Institute of Nutrition has concentrated its efforts on nutritional science and health science education and research based on the theme of “Nutrition and Health.” In order to contribute to maintaining and improving Japanese health, we have educated many registered dietitians, nutritionists, clinical laboratory technologists, school nurses, home economics teachers and nutrition teachers.

The Nutrition and health issue will be paid more attention to and the social role our institute fulfills will also be paid more attention to accordingly in light of the increase in the aging population and decreasing birthrate in Japan. We educate nutrition and health specialists needed in society, while continuing to improve our quality of education and research based on our history and traditions that we have cultivated.

History

1933	Shozo and Aya Kagawa initiate private classes (“Katei Shokuyo Kenkyukai”) , focusing on nutrition education from a perspective of preventive medicine
1935	Monthly magazine “Eiyo to Ryori (Nutrition and Cookery)” launches
1948	“Kagawa Eiyo Gakuen (Kagawa Education Foundation)” is founded
1950	**Kagawa Nutrition Junior College** is established
1959	**Kagawa Culinary College** is established as the first culinary school in Tokyo
1961	**Kagawa Nutrition University** is established
1969	**The Graduate School** of Nutrition Sciences (for **Master’s Degree Program**) is established
1989	**Doctoral Program** is established within the Graduate School of Nutrition Sciences
2026	**Kagawa Nutrition University was renamed Japan Nutrition University in April 2026n**

Shozo and Aya Kagawa

2026

With more than **90 years** of tradition and achievements, Kagawa Education Institute of Nutrition has been committed to educating students as future experts of nutrition/health science and specialists to engage in various fields.

Shozo and Aya Kagawa – Dedication to Balanced Diet for Health

Shozo Kagawa (1895-1945) and his wife Aya (1899-1997) first met each other at Shimazono Department of Internal Medicine at Tokyo Imperial University (The University of Tokyo). In those days, nutrition condition of the Japanese was very poor, and many people suffered from beriberi, a disease caused by vitamin B1 deficiency. For Shozo and Aya, researching remedies for beriberi was the most important challenge, and it was natural for both of them to start to realize “medical doctors rather should strive to prevent disease.” This precious maxim they gained through their prodigious studies inevitably became their underlying belief in their treatment of beriberi patients, and in prevention of the disease through diets as well, without help of medicine, to include rice with germ containing a lot of vitamin B1.

The couple’s enthusiasm for striving to enhance people’s interest in nutrition was thus so remarkable. It is in fact that they have contributed greatly in the establishment and development of the foundation of modern nutrition science in Japan.

Shozo kagawa

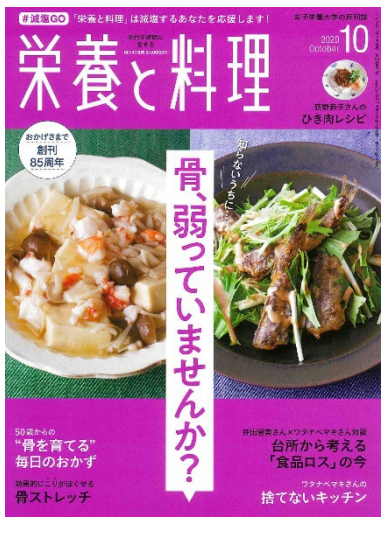
Aya kagawa

▲ Experimenting at Tokyo Imperial University

Monthly issued magazine
“ Eiyo to Ryori”
(“Nutrition and Cookery”)

In addition to information and updates on nutrition science, Shozo and Aya introduced recipes as well showing technically how to cook variety of dishes, providing with precise data such as the appropriate amount of ingredients and seasonings for dishes. Each recipe and numerical instruction appeared on the individual page of “Cooking Cards”, provided as the appendix to each issue. The magazine has consistently been the bestseller since its launch in 1935.

The inaugural issue of the magazine “ Eiyo to Ryori” (1935)



The recent issue (2020)

Integrating the Fields of Nutrition and Health

Gain Insight into Variety of Nutrition Science at Kagawa
for Human Health and Wellbeing

JNU offers a wide range of academic degree programs
including Bachelor of Science, Master of Science and Doctor of Philosophy.

Undergraduate School of Nutrition Sciences

Campus Sakado

Department of Applied Nutrition

Department of Health and Nutrition

Division of Nutrition Innovation

Division of Health and School Nursing

Department of Food Culture and Nutrition

The Faculty of Nutrition offers an interdisciplinary approach to the study and application of the relationship between food, diet and health. JNU's academic courses help students:

- Gain insight into the science behind what we eat and how
- Look at the latest science to analyze the link between food and health
- Develop nutritional strategies to improve health of the individual or the community
- Understand consumer food behavior and develop strategies to improve food habits
- Prepare for career in various nutrition and health sectors, such as Registered Dietitians, Dietitians, nutrition advisors, sports nutritionists, teachers and researchers

Graduate School of Nutrition Sciences

Master's Course / Doctoral Course

Campus Sakado

The most comprehensive courses provided in Japan to enhance students' innovative spirit of inquiry and competency in Nutrition Sciences

Nutrition Sciences Program

Master's Course

- Human Growth and Development
- Fundamental Nutrition
- Nutritional Physioloy
- Clinical Nutrition

- Medical Nutrition
- Nutrition Management
- Nutrition Education
- Community Nutrition
- Health Management at School

- Molecular Nutrition
- Biochemistry
- Physiology

- Food Science
- Food Functions
- Food Preparation Science
- Cookery & Dietary Life

- Food Cultural Anthropology
- Environmental Education

Doctoral (Ph.D.) Course

Health Sciences Program

Master's Course

- Environmental Health
- Community Health
- Biostatics and epidemiology
- Kinanthropometry
- Practical Exercise

- Exercise and Pathophysiology
- Integrative Physiology Medical Science
- Clinical Biochemistry
- Molecular Biology

- Health education in Nursing
- Health at School
- Physical Development and Health
- School Nursing Teacher Theory

Doctoral (Ph.D.) Course

Junior College

Campus | Komagome

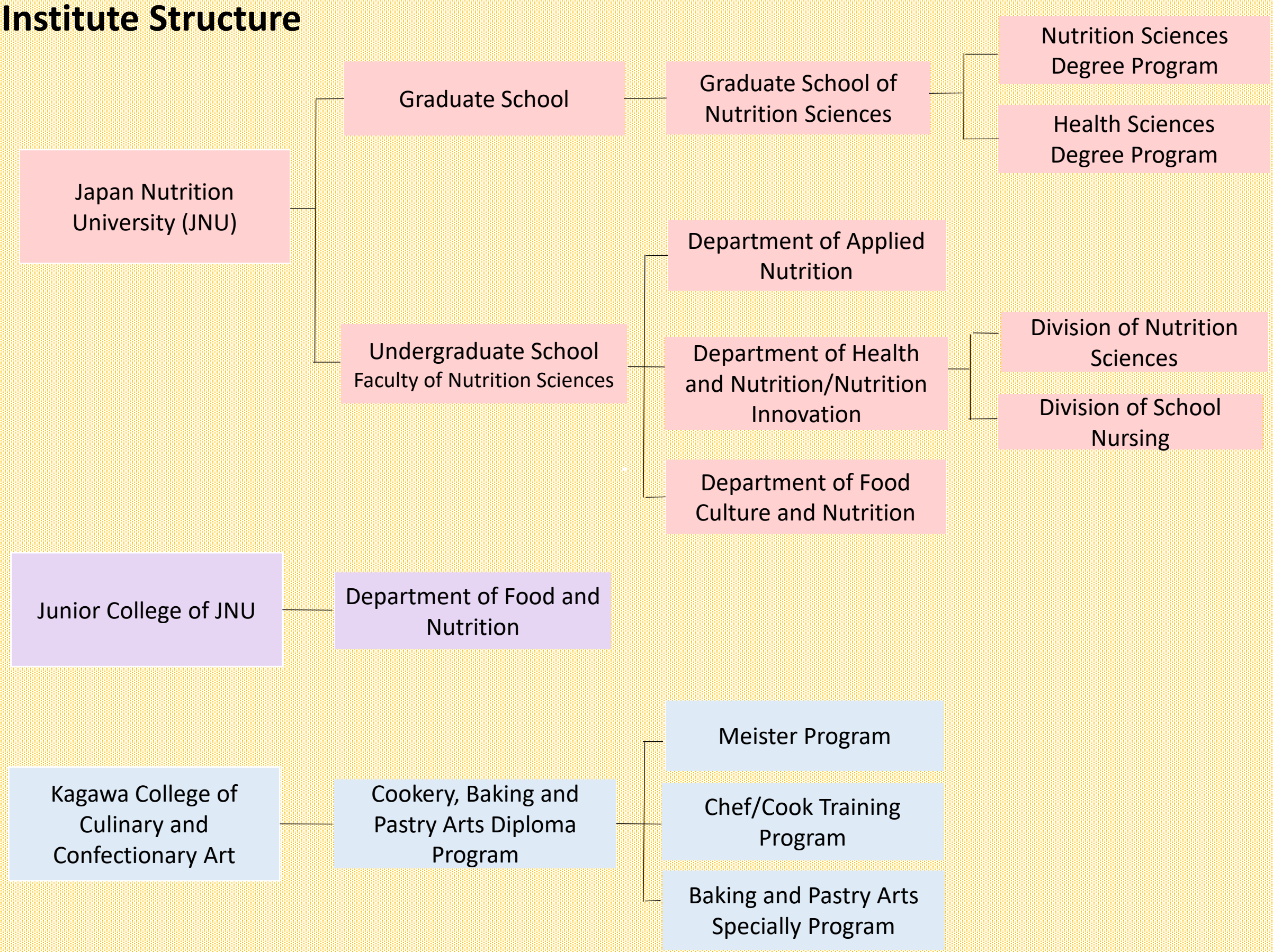
Learn the basics of food and nutrition
to obtain Dietitian license
(2-year courses)

College of Culinary and Confectionary Art

Campus | Komagome

Master practical skills to become cooking
and confectionery professionals
(1-year / 2-year courses)

Institute Structure



Statistics and Facts

50,000+
Graduates

Japan's First and Only
Private university
specialized in nutrition science

No.1 in Japan

206
Students have passed National Examination for Registered Dietitians In 2025

More than
2,100
Students

99.8%
of graduates in work or further study
(As of 2025)

15%+
of Master's Course Students are international students
(As of 2026)

Aya's Lifetime*
(1899-1997)
the age of 98

*cf.
Average life expectancy of Japanese women:
82 years old
(in 1995)

▲ Aya at the age of 93

Aya and Nutrition Science – Linking Theory and Practices

"Measuring Cups and Spoons"

Aya invented "cooking cards", which eventually became the pioneering and basic form of recipes in Japan. During those periods cooking instructions were obscure and confusing, for example, "stew until the ingredients are cooked" for stewing, and for seasoning "add an appropriate amount of seasoning". To consistently support people to cook delicious dishes, Aya started to measure the amount of all ingredients and seasoning, recorded entire process of cooking, and described how to serve the dishes. She then developed innovative sets of measuring cups and spoons with units standardized in cubic centimeters, and finally popularized the use of them for general home cooking.

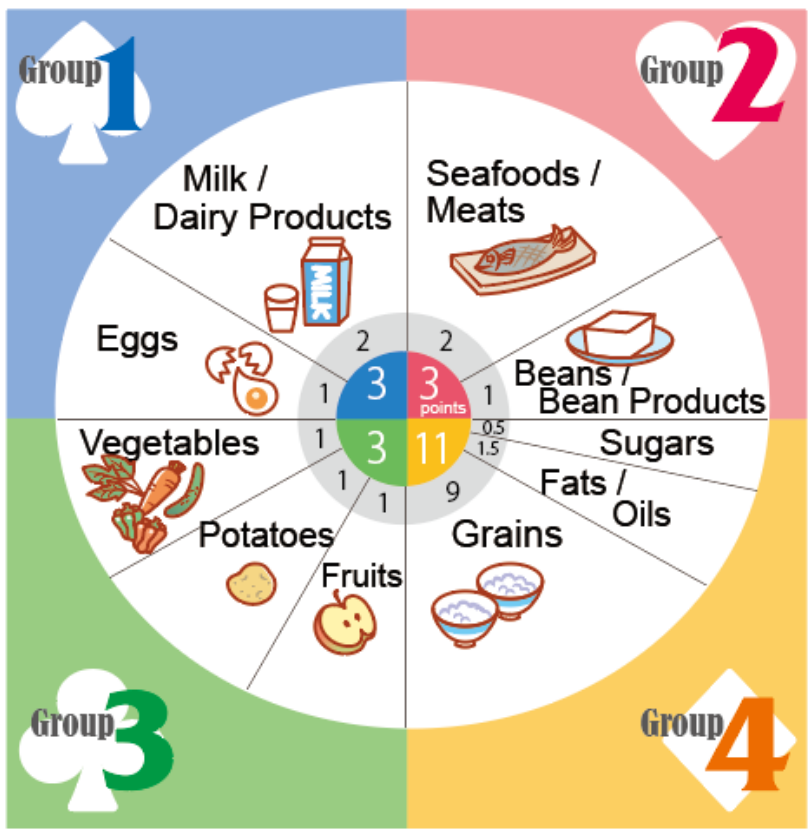
▲ Measuring Cups and Spoons Aya invented (1948)

"Four Basic Food Groups"

Aya also developed a practical guide to healthy eating style for everyone by establishing the breakthrough method "Numerical Method for Four Basic Food Groups". The method shows the ideal amount of foods to be consumed each day out of four basic food groups : 1) dairy products and eggs; 2) seafoods, meats and beans/ bean products; 3) vegetables and fruits; and 4) Grains.

It suggests eating three points of food chosen from each of the three food groups, other than grains, and 11 points shows for the grain group. A total of 20 points shows a nutritionally balanced eating style (1 point represents 80 kcal).

Guide to Healthy Eating Style
Four Food Groups Scoring Method that Aya Developed



A total of 20 points shows a nutritionally balanced eating style (1 point represents 80 kcal).

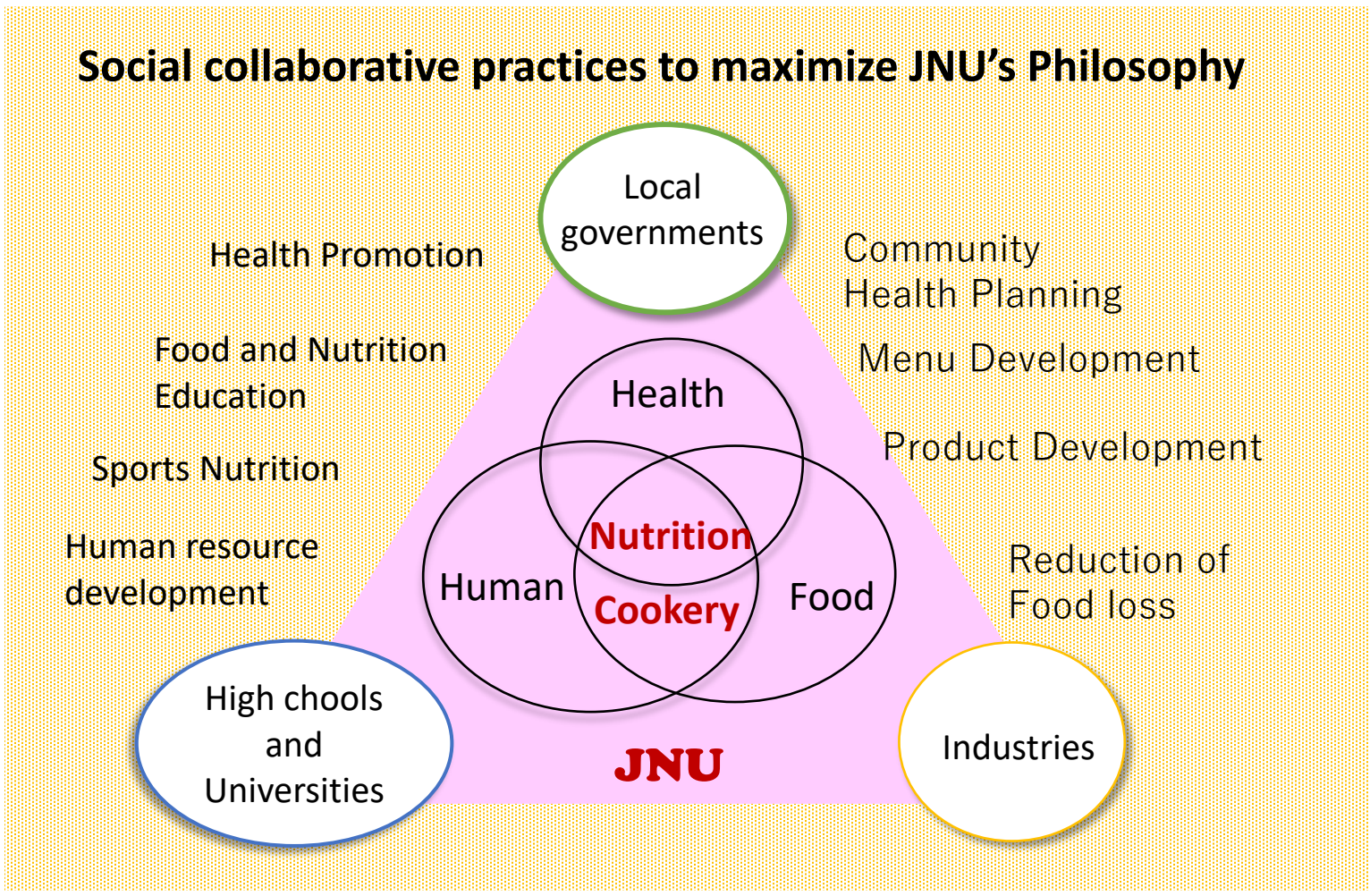
Industry-Government-Academia Collaboration

JNU has extended its external collaborative activities since 2006 to maximize “nutrition science for real life”, the philosophy of the Institute. More than 200 practices(*) have been already realized throughout various fields.

Collaborative activities and projects should focus on facilitating nutrition practice and cookery for health. As the pioneer in nutrition practices, JNU continues to respect and encourage devotion and commitment to manufacturing, community development, and health promotion of each of the partners.

Cooperating with variable project partners from different fields, JNU students and faculty members also share valuable experiences through each program. The students attain comprehensive knowledge and skills, and after graduating from the institute they start to play the important roles as food and nutrition experts in the society.

(*) as of December 2020



▲ “Quick Breakfast Recipe Series” developed for younger generations

Supporting health promotion projects for local residents (Misato City, Saitama)

▲ Cooking class for elderlies to learn balanced diet

Recipe development using locally grown foods and specialty products (Kagawa Prefecture)

▲ Prototype cooking for recipe development by JNU students

Dessert cooking class for children and parents (Toshima Ward, Tokyo)

▲ Practical lessons provided by teachers of Kagawa Confectionery School

Development of healthy menus using locally grown vegetables (Miyoshi Town, Saitama)

▲ Special “Bento” menu developed by JNU students using 10 different kinds of vegetables

Nutritional support for high school athletes (Akita Prefectural Board of Education)

▲ Nutrition Seminar for high school athletes coordinated by JNU

Kagawa Education Institute of Nutrition

https://www.eiyo.ac.jp/english/

Sakado Campus

Japan Nutrition University

Graduate School
Undergraduate School of Nutrition

3-9-21 Chiyoda, Sakado City, Saitama 350-0288 Japan

Komagome Campus

Junior College
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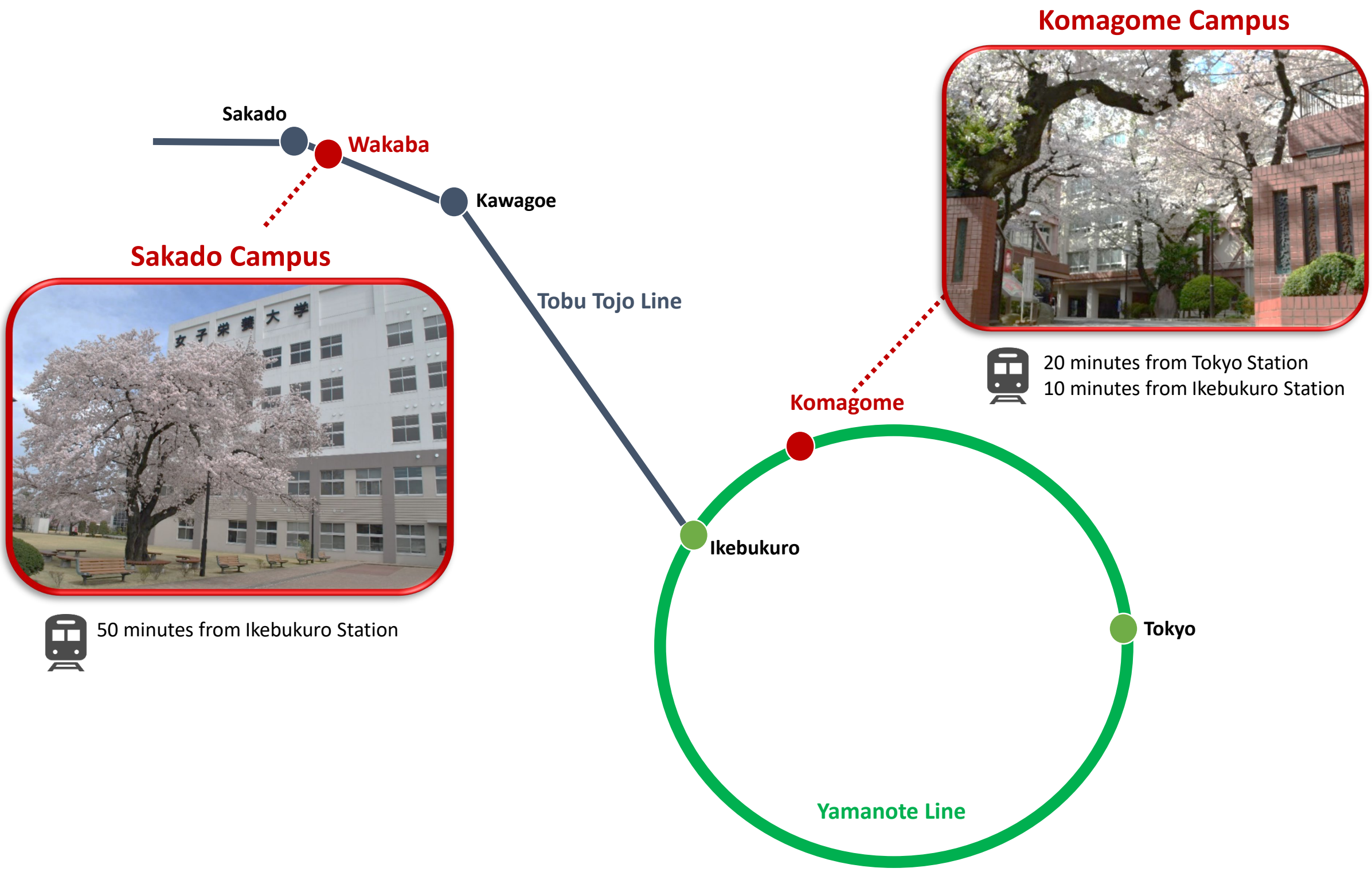
Kagawa College of Culinary and Confectionary Art

3-24-3 Komagome, Toshima-ku, Tokyo 170-8481 Japan



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Face Book

Published by the JNU