



## Athlete Food Meister to Launch Training Course "Athlete Food Meister - Basic" in English via the Internet on March 1

Tokyo, Feb. 25, 2021

Athlete Food Meister Inc., certifies the qualification of "Athlete Food Meister" to develop a person who plans the best food programs to maximize sports performance, announced that a training course of "Athlete Food Meister - Basic" in English will be launched via the internet on March 1.

### About Athlete Food Meister

Athlete Food Meister is a person who provides the best food programs by age, sport and timing in order to maximize the performance of athletes. It is a private qualification certified by the Japan Athlete Food Association.

The Athlete Food Meister Basic Course aims to use the knowledge you have acquired for your and your family's eating habits.

Wide range of sports:

Football, Tennis, Futsal, Golf, Boxing, Track & Field, Baseball, Volleyball, Basketball, Snowboard, Skate, Swimming, Marathon, Martial arts, Ballet, Dance, Rugby, Triathlon, cycling, etc.

Number of qualification holders (as of the end of December 2020):

[Cumulative number of students: 20,120]

- Athletes Food Meister - Basic: 16,689 people
- Athletes Food Meister - Standard: 616 people
- Athletes Food Meister - Advance: 60 people
- Athletes Body Care Management: 680 people



■ **Contact:** Japan Athlete Food Association PR Division

Tsukiji Square Bldg.7F 3-11-6 Tsukiji, Chuo-ku, Tokyo, JAPAN

Phone : 03-6278-8629 FAX : 03-3541-1337

URL : <https://fooddiscoveryacademy.com> E-MAIL : [koho@athlete-food.jp](mailto:koho@athlete-food.jp)



Voice of Athlete Food Meister:



**Megumi OSHIMA**

**Olympic athlete in Sydney and Athene**

I've known very well that food leads performance with my long athlete's experience. With this course, I additionally learned the importance of when to eat, not only what to eat.

After getting the knowledge of this Athlete Food Meister Basic, more chances have come up to my career.



**Ai KUNIEDA**

**Wife of Shingo KUNIEDA,  
Professional wheelchair tennis player**

After taking this course, I've become more confident to prepare proper food based on husband's body condition and the amount of practice. Even at the world championships, we often pick hotels with small kitchen and make well-balanced food for my husband as usual, since we know

food can control performance.

Thanks to this Athlete Food Meister course, I know what I should choose at anywhere anytime.

**Contribute to overseas with our methods incorporated by top athletes**

Athlete Food Meister has been selected by both athletes themselves and supporters such as partners, parents or team staffs in Japan so far. Then numerous sports related people have achieved improvement in quality of their food choice.

This course can be completed whole process of the application, learning and completion of exam in English via the internet, so Athlete Food Meister Inc. will meet the demand for human resource development to support athletes in overseas.

**Overview of "Athlete Food Meister - Basic" course**

Learn the basic skills of nutrition for sports. The goal of this course is to use your knowledge for your family and also yourself to improve food style.

Start date:

March 1, 2021

---

■ **Contact:** Japan Athlete Food Association PR Division  
Tsukiji Square Bldg.7F 3-11-6 Tsukiji, Chuo-ku, Tokyo, JAPAN  
Phone : 03-6278-8629 FAX : 03-3541-1337

URL : <https://fooddiscoveryacademy.com> E-MAIL : [koho@athlete-food.jp](mailto:koho@athlete-food.jp)



Online course:

This course is all in English.

All textbooks and supplementary audio of the courses are accessible anywhere and anytime.

The final completion exam will be also held online.

Curriculum:

Athlete Food Basic	Learn the foundational concepts of food for athletes; how important food is, and what to focus on.
Food Choice	Understand the best ingredients on the basis of nutrition in order to make best body condition.
Food Planning	Client assessment tools to make best meal plan according to when, what and how to eat.
Athlete Recipes	High level secrets to maximize their performance by best food.

\* The curriculum may be changed.

Tuition fee:

¥73,700 (tax included)

You can pay through PayPal with the exchange rate of the payment day.

\* The final completion exam (one chance) is included.

Application / Details:

<https://fooddiscoveryacademy.com>

### **About Athlete Food Meister Inc.**

Officer      CEO: Eiji Fukui

Location    Tsukiji Square Bldg.7F 3-11-6 Tsukiji, Chuo-ku, Tokyo, JAPAN 104-0045

**Source:** Athlete Food Meister Inc.

---

■ **Contact:** Japan Athlete Food Association PR Division

Tsukiji Square Bldg.7F 3-11-6 Tsukiji, Chuo-ku, Tokyo, JAPAN

Phone : 03-6278-8629 FAX : 03-3541-1337

URL : <https://fooddiscoveryacademy.com> E-MAIL : [koho@athlete-food.jp](mailto:koho@athlete-food.jp)