可食部 100 g 当たり　per 100 g edible portion

| 食品番号 Item No. | 食品名 Food and description | 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエサン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **魚介類**<br>FISHES AND SHELLFISHES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **＜魚類＞**<br>＜FISHES＞ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **あいなめ**<br>Fat greenling | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：あぶらめ、あぶらこ |
| 10001 | 生<br>Raw | 76.0 | 3.4 | 2.80 | 0.76 | 1.05 | 0.99 | 0.85 | 0.11 | 0 | 2 | 71 | 12 | 540 | 14 | 100 | 5 | 2 | 2 | 0 | 4 | 0 | 310 | 13 | 630 | 63 | 25 | 12 | 12 | 7 | 9 | 22 | 12 | 2 | 28 | 10 | 2 | 10 | 64 | 350 | 13 | 0 | 2 | 53 | 10 | 380 | 0 | 三枚下ろし[1] |
| | **あこうだい**<br>Matsubara's red rockfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10002 | 生<br>Raw | 79.8 | 2.3 | 1.72 | 0.23 | 1.19 | 0.27 | 0.23 | 0.04 | - | - | 39 | 2 | 140 | 9 | 37 | 3 | - | - | - | Tr | - | 74 | 4 | 270 | 360 | 420 | 69 | - | - | - | 14 | 2 | - | 1 | 5 | 2 | 4 | 25 | 41 | - | 0 | - | 19 | 0 | 160 | 23 | 切り身[2] |
| | **(あじ類)**<br>(Horse mackerels) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **まあじ**<br>Horse mackerel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：あじ |
| 10003 | 生<br>Raw | 74.4 | 3.5 | 2.62 | 0.86 | 0.81 | 0.95 | 0.81 | 0.10 | 0 | 1 | 91 | 12 | 520 | 19 | 190 | 10 | 6 | 5 | 0 | 3 | 0 | 160 | 8 | 490 | 57 | 66 | 29 | 13 | 9 | 8 | 24 | 14 | 3 | 21 | 6 | 4 | 14 | 47 | 230 | 10 | 0 | 3 | 80 | 15 | 440 | 0 | 三枚下ろし[1] |
| 10004 | 水煮<br>Boiled | 70.4 | 4.6 | 3.26 | 1.07 | 1.02 | 1.17 | 1.00 | 0.13 | 0 | 2 | 110 | 14 | 660 | 23 | 230 | 12 | 7 | 6 | 0 | 3 | 0 | 200 | 9 | 620 | 74 | 80 | 36 | 16 | 11 | 9 | 30 | 17 | 4 | 26 | 8 | 5 | 18 | 58 | 290 | 13 | 0 | 4 | 100 | 18 | 540 | 0 | 内臓等を除き水煮した後、頭部、骨、ひれ等を除いたもの[3] |
| 10005 | 焼き<br>Baked | 65.6 | 5.0 | 3.71 | 1.21 | 1.15 | 1.36 | 1.17 | 0.15 | 0 | 2 | 130 | 17 | 740 | 26 | 260 | 14 | 8 | 7 | 0 | 4 | 0 | 230 | 10 | 690 | 83 | 92 | 39 | 19 | 12 | 11 | 35 | 20 | 4 | 31 | 9 | 6 | 20 | 68 | 330 | 14 | 0 | 4 | 110 | 21 | 640 | 0 | 内臓等を除き焼いた後、頭部、骨、ひれ等を除いたもの[4] |
| 10006 | 開き干し、生<br>*Hirakiboshi*[5], raw | 68.4 | 8.8 | 6.44 | 2.35 | 2.23 | 1.78 | 1.59 | 0.19 | - | - | 240 | 29 | 1400 | 78 | 540 | 22 | - | - | - | 0 | - | 450 | 55 | 1300 | 140 | 190 | 89 | - | - | - | 67 | 34 | - | 42 | 12 | 17 | 27 | 98 | 400 | - | 0 | - | 130 | 0 | 950 | 71 | 頭部、骨、ひれ等を除いたもの[6] |
| 10007 | 開き干し、焼き<br>*Hirakiboshi*[5], baked | 60.0 | 12.3 | 8.89 | 3.23 | 3.10 | 2.47 | 2.21 | 0.26 | - | - | 330 | 41 | 2000 | 110 | 740 | 31 | - | - | - | 0 | - | 630 | 77 | 1800 | 190 | 270 | 120 | - | - | - | 87 | 47 | - | 59 | 17 | 23 | 37 | 130 | 560 | - | 0 | - | 190 | 0 | 1300 | 100 | 頭部、骨、ひれ等を除いたもの[6] |
| | **たいせいようあじ**<br>Atlantic horse mackerel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 市販通称名：ドーバーあじ等<br>輸入品[7] |
| 10008 | 生<br>Raw | 69.9 | 9.1 | 7.11 | 2.16 | 3.07 | 1.89 | 1.64 | 0.19 | 0 | 5 | 430 | 40 | 1300 | 46 | 330 | 22 | 12 | 5 | 0 | 14 | 0 | 350 | 21 | 1200 | 480 | 880 | 100 | 23 | 12 | 17 | 94 | 56 | 10 | 120 | 19 | 7 | 50 | 39 | 410 | 19 | 0 | 7 | 100 | 18 | 890 | 0 | 三枚下ろし[1] |
| 10009 | 水煮<br>Boiled | 68.0 | 8.8 | 6.16 | 1.96 | 2.51 | 1.68 | 1.48 | 0.17 | 0 | 4 | 350 | 33 | 1200 | 40 | 320 | 19 | 10 | 6 | 0 | 13 | 0 | 320 | 20 | 1200 | 330 | 530 | 80 | 18 | 9 | 14 | 75 | 46 | 8 | 87 | 16 | 6 | 41 | 38 | 370 | 18 | 0 | 5 | 110 | 17 | 810 | 0 | 内臓等を除き水煮した後、頭部、骨、ひれ等を除いたもの[3] |
| 10010 | 焼き<br>Baked | 63.0 | 10.4 | 7.64 | 2.39 | 3.11 | 2.15 | 1.89 | 0.20 | 0 | 5 | 480 | 36 | 1400 | 48 | 370 | 25 | 12 | 7 | 0 | 17 | 0 | 400 | 24 | 1300 | 470 | 770 | 98 | 27 | 12 | 20 | 89 | 54 | 11 | 110 | 21 | 7 | 51 | 46 | 490 | 24 | 0 | 8 | 130 | 22 | 1000 | 0 | 内臓等を除き焼いた後、頭部、骨、ひれ等を除いたもの[4] |
| | **むろあじ**<br>Brownstriped mackerel scad | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10011 | 生<br>Raw | 67.7 | 6.9 | 4.56 | 1.79 | 1.11 | 1.66 | 1.45 | 0.21 | 0 | 0 | 170 | 45 | 1100 | 64 | 340 | 24 | 0 | 0 | 0 | 2 | 0 | 280 | 23 | 680 | 51 | 25 | 45 | 0 | 0 | 0 | 52 | 40 | 0 | 46 | 15 | 7 | 23 | 82 | 350 | 0 | - | 0 | 88 | 57 | 900 | 0 | 三枚下ろし[1] |
| 10012 | 焼き<br>Baked | 61.9 | 6.2 | 3.97 | 1.60 | 0.94 | 1.42 | 1.23 | 0.19 | 0 | 0 | 160 | 43 | 1000 | 59 | 300 | 21 | 0 | 0 | 0 | 2 | 0 | 250 | 21 | 560 | 48 | 25 | 39 | 0 | 0 | 0 | 46 | 34 | 0 | 40 | 13 | 6 | 19 | 73 | 300 | 0 | - | 0 | 74 | 51 | 770 | 0 | 内臓等を除き焼いた後、頭部、骨、ひれ等を除いたもの[3] |
| 10013 | 開き干し<br>*Hirakiboshi*[5] | 67.9 | 6.2 | 4.49 | 1.60 | 1.36 | 1.53 | 1.31 | 0.20 | 0 | 2 | 210 | 39 | 960 | 52 | 300 | 18 | 10 | 8 | 0 | 2 | 0 | 240 | 18 | 740 | 130 | 190 | 47 | 10 | 3 | 2 | 59 | 40 | 8 | 56 | 14 | 6 | 24 | 64 | 310 | 8 | 0 | 2 | 79 | 49 | 800 | 0 | 頭部、骨、ひれ等を除いたもの[6] |
| 10014 | くさや<br>*Kusaya*[8] | 38.6 | 3.0 | 1.94 | 0.80 | 0.37 | 0.77 | 0.64 | 0.13 | 0 | 2 | 65 | 23 | 430 | 39 | 210 | 9 | 8 | 9 | 0 | 3 | 0 | 67 | 11 | 240 | 20 | 7 | 23 | 4 | Tr | Tr | 27 | 15 | 3 | 13 | 9 | 4 | 9 | 43 | 100 | 4 | 0 | 2 | 34 | 41 | 460 | 0 | 頭部、骨、ひれ等を除いたもの[6] |
| | **あなご**<br>Common Japanese conger | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10015 | 生<br>Raw | 72.2 | 9.3 | 7.61 | 2.26 | 3.70 | 1.65 | 1.42 | 0.21 | 1 | 68 | 330 | 34 | 1400 | 58 | 320 | 21 | 30 | 4 | 0 | 11 | 0 | 650 | 45 | 2700 | 200 | 49 | 6 | 0 | 0 | 28 | 52 | 18 | 3 | 40 | 29 | 17 | 44 | 81 | 560 | 0 | 0 | 5 | 200 | 19 | 550 | 0 | 頭部、内臓、骨、ひれ等を除いたもの[9] |
| 10016 | 蒸し<br>Steamed | 68.5 | 12.7 | 9.92 | 3.00 | 4.99 | 1.93 | 1.69 | 0.24 | 0 | 80 | 450 | 44 | 1900 | 76 | 420 | 27 | 0 | 4 | 0 | 15 | 0 | 880 | 49 | 3700 | 260 | 32 | 8 | 0 | 0 | 0 | 63 | 25 | 5 | 55 | 27 | 20 | 61 | 99 | 760 | 0 | 0 | 7 | 280 | 24 | 510 | 0 | 切り身[2] |
| | **あまご**<br>Amago salmon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10017 | 養殖、生<br>Cultured, raw | 76.8 | 3.6 | 2.65 | 0.68 | 1.03 | 0.94 | 0.52 | 0.42 | 0 | 0 | 64 | 7 | 480 | 8 | 120 | 4 | 0 | 0 | 0 | 2 | 0 | 160 | 7 | 750 | 68 | 36 | 14 | 0 | 0 | 0 | 350 | 32 | 0 | 10 | 17 | 12 | 11 | 27 | 76 | 0 | 0 | 0 | 30 | 9 | 360 | 0 | 三枚下ろし[1] |
| | **あまだい**<br>Tile fish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10018 | 生<br>Raw | 76.5 | 3.6 | 2.44 | 0.80 | 0.81 | 0.83 | 0.68 | 0.13 | 0 | 4 | 110 | 17 | 490 | 26 | 140 | 11 | 8 | 0 | 0 | 3 | 0 | 210 | 17 | 470 | 67 | 29 | 17 | 0 | 0 | 10 | 18 | 7 | 1 | 9 | 10 | 4 | 12 | 74 | 180 | 9 | 2 | 1 | 130 | 19 | 330 | 0 | 三枚下ろし[1] |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | |

可食部 100 g 当たり　per 100 g edible portion

| 食品番号 Item No. | 食品名 Food and description | 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **いぼだい** Butterfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：えばだい |
| 10041 | 生 Raw | 74.0 | 8.5 | 6.19 | 2.24 | 2.68 | 1.22 | 0.96 | 0.26 | - | - | 250 | 62 | 1500 | 0 | 370 | 48 | - | - | - | 0 | - | 320 | 57 | 1800 | 190 | 170 | 120 | - | - | - | 44 | 20 | - | 22 | 11 | 23 | 17 | 120 | 220 | - | 0 | - | 83 | 59 | 590 | 46 | 三枚下ろし[1] |
| | **(いわし類)** (Sardines) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **うるめいわし** Big-eye sardine | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10042 | 生 Raw | 71.7 | 4.8 | 3.56 | 1.39 | 0.94 | 1.14 | 1.04 | 0.10 | - | - | 170 | 28 | 900 | 68 | 210 | 10 | - | - | - | 0 | - | 220 | 36 | 500 | 42 | 80 | 63 | - | - | - | 36 | 16 | - | 22 | 5 | 2 | 13 | 58 | 290 | - | 0 | - | 34 | 0 | 660 | 89 | 三枚下ろし[1] |
| 10043 | 丸干し *Maruboshi*[2] | 40.1 | 5.1 | 3.42 | 1.40 | 0.74 | 1.27 | 1.09 | 0.13 | 0 | 4 | 210 | 28 | 870 | 33 | 220 | 17 | 8 | 4 | 0 | 1 | 0 | 220 | 10 | 310 | 69 | 96 | 38 | 21 | 15 | 15 | 39 | 28 | 6 | 44 | 9 | 4 | 14 | 57 | 340 | 11 | 0 | 2 | 40 | 16 | 620 | 0 | 頭部、ひれ等を除いたもの[3] |
| | **かたくちいわし** Japanese anchovy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：しこいわし、ひしこ、せぐろ |
| 10044 | 生 Raw | 68.2 | 12.1 | 9.22 | 3.79 | 2.65 | 2.78 | 2.24 | 0.30 | 0 | 8 | 770 | 68 | 2100 | 76 | 490 | 250 | 25 | 19 | 0 | 4 | 0 | 950 | 24 | 1600 | 43 | 11 | 9 | 85 | 120 | 37 | 78 | 45 | 21 | 84 | 7 | 15 | 43 | 140 | 1100 | 32 | 0 | 0 | 120 | 33 | 770 | 0 | 三枚下ろし[1] |
| 10045 | 煮干し *Niboshi*[4] | 15.7 | 6.2 | 2.71 | 1.27 | 0.61 | 0.83 | 0.66 | 0.10 | Tr | 6 | 270 | 28 | 710 | 29 | 180 | 18 | 10 | 21 | 0 | 1 | 0 | 290 | 9 | 260 | 19 | 8 | 20 | 25 | 24 | 18 | 29 | 19 | 5 | 26 | 5 | 3 | 8 | 46 | 260 | 8 | 0 | 0 | 26 | 12 | 320 | 0 | 別名：いりこ、ちりめん 魚体全体[5] |
| 10046 | 田作り *Tazukuri*[6] | 14.9 | 5.7 | 2.65 | 1.18 | 0.45 | 1.01 | 0.90 | 0.10 | 0 | 1 | 120 | 24 | 730 | 35 | 210 | 26 | 9 | 29 | 0 | Tr | 0 | 130 | 13 | 270 | 14 | 8 | 24 | 7 | 5 | 5 | 28 | 13 | 3 | 20 | 7 | 3 | 5 | 43 | 220 | 4 | 0 | 0 | 19 | 12 | 620 | 0 | 別名：ごまめ |
| | **まいわし** Japanese pilchard | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10047 | 生 Raw | 64.4 | 13.9 | 10.45 | 3.84 | 2.80 | 3.81 | 3.16 | 0.42 | 1 | 11 | 700 | 81 | 2300 | 75 | 520 | 78 | 21 | 16 | 0 | 4 | 0 | 610 | 23 | 1600 | 320 | 190 | 73 | 65 | 74 | 90 | 140 | 90 | 26 | 180 | 24 | 24 | 82 | 160 | 1200 | 53 | 0 | 11 | 260 | 41 | 1300 | 0 | 三枚下ろし[1] |
| 10048 | 水煮 Boiled | 61.7 | 13.1 | 9.83 | 3.55 | 2.61 | 3.66 | 3.05 | 0.41 | Tr | 9 | 630 | 77 | 2200 | 73 | 490 | 77 | 19 | 15 | 0 | 4 | 0 | 540 | 22 | 1500 | 330 | 190 | 68 | 58 | 67 | 79 | 130 | 84 | 23 | 170 | 23 | 23 | 77 | 150 | 1100 | 49 | 0 | 11 | 250 | 43 | 1400 | 0 | 頭部、内臓等を除き水煮した後、骨、ひれ等を除いたもの[7] |
| 10049 | 焼き Baked | 57.7 | 14.0 | 10.49 | 3.79 | 2.72 | 3.97 | 3.32 | 0.43 | 1 | 10 | 670 | 79 | 2300 | 77 | 530 | 84 | 20 | 17 | 0 | 4 | 0 | 590 | 23 | 1500 | 320 | 190 | 74 | 63 | 73 | 85 | 140 | 88 | 25 | 190 | 24 | 24 | 86 | 160 | 1200 | 54 | 0 | 12 | 270 | 46 | 1500 | 0 | 内臓等を除き焼いた後、頭部、骨、ひれ等を除いたもの[8] |
| 10050 | 塩いわし *Shioiwashi*[9] | 66.3 | 9.6 | 6.88 | 2.43 | 1.64 | 2.80 | 2.39 | 0.22 | 0 | 6 | 430 | 38 | 1500 | 46 | 310 | 100 | 12 | 8 | 0 | 2 | 0 | 360 | 17 | 770 | 230 | 220 | 39 | 44 | 51 | 92 | 84 | 41 | 15 | 190 | 11 | 9 | 48 | 76 | 830 | 39 | 0 | 5 | 120 | 24 | 1100 | 0 | 頭部、内臓、骨、ひれ等を除いたもの[10] |
| 10051 | 生干し *Namaboshi*[11] | 59.6 | 16.0 | 12.59 | 5.02 | 3.65 | 3.93 | 3.12 | 0.36 | 0 | 12 | 1100 | 69 | 2900 | 72 | 670 | 170 | 28 | 31 | 0 | 5 | 0 | 1200 | 24 | 1800 | 350 | 220 | 57 | 140 | 190 | 130 | 110 | 66 | 30 | 210 | 14 | 22 | 65 | 140 | 1400 | 56 | 0 | 6 | 240 | 34 | 1100 | 0 | 頭部、内臓、骨、ひれ等を除いたもの[10] |
| 10052 | 丸干し *Maruboshi*[2] | 54.6 | 5.5 | 4.22 | 1.48 | 1.11 | 1.50 | 1.36 | 0.14 | - | - | 310 | 27 | 880 | 57 | 190 | 13 | - | - | - | 9 | - | 320 | 60 | 460 | 110 | 83 | 60 | - | - | - | 81 | 53 | - | 130 | 6 | 13 | 44 | 40 | 540 | - | 0 | - | 91 | 0 | 510 | 120 | 頭部、ひれ等を除いたもの[3] |
| | **めざし** *Mezashi*[12] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 原材料：かたくちいわし、まいわし等[13] |
| 10053 | 生 Raw | 59.0 | 18.9 | 10.81 | 4.33 | 3.05 | 3.17 | 2.85 | 0.32 | - | - | 910 | 72 | 2600 | 160 | 610 | 31 | - | - | - | 0 | - | 920 | 130 | 1200 | 350 | 290 | 150 | - | - | - | 190 | 88 | - | 250 | 18 | 11 | 75 | 110 | 930 | - | 0 | - | 160 | 0 | 1400 | 250 | 頭部、ひれ等を除いたもの[3] |
| 10054 | 焼き Baked | 56.2 | 15.0 | 8.20 | 3.40 | 2.38 | 2.26 | 2.02 | 0.24 | - | - | 730 | 52 | 2000 | 120 | 470 | 24 | - | - | - | 0 | - | 730 | 100 | 950 | 300 | 180 | 120 | - | - | - | 150 | 65 | - | 190 | 11 | 6 | 57 | 76 | 650 | - | 0 | - | 110 | 0 | 940 | 160 | 頭部、ひれ等を除いたもの[3] |
| | **しらす干し** *Shirasuboshi*[14] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 原材料：かたくちいわし、まいわし等[13] |
| 10055 | 微乾燥品 Mild dried | 69.9 | 1.6 | 0.82 | 0.26 | 0.10 | 0.46 | 0.42 | 0.03 | 0 | Tr | 28 | 5 | 170 | 7 | 44 | 1 | 1 | 3 | 0 | 0 | 0 | 33 | 2 | 59 | 3 | 1 | 7 | 3 | 1 | 2 | 11 | 9 | 1 | 17 | 2 | 1 | 4 | 12 | 120 | 3 | 0 | 1 | 11 | 4 | 260 | 0 | 主として関東向け |
| 10056 | 半乾燥品 Semi-dried | 46.0 | 3.5 | 1.69 | 0.54 | 0.20 | 0.95 | 0.88 | 0.07 | 0 | 1 | 57 | 14 | 350 | 15 | 86 | 3 | 3 | 8 | 0 | 0 | 0 | 48 | 4 | 120 | 5 | 2 | 15 | 4 | 2 | 3 | 29 | 28 | 3 | 50 | 3 | 2 | 10 | 21 | 200 | 6 | 0 | 2 | 17 | 8 | 570 | 0 | 主として関西向け |
| 10057 | **たたみいわし** *Tatamiiwashi*[15] | 10.7 | 5.6 | 4.29 | 1.53 | 1.41 | 1.35 | 1.14 | 0.20 | 0 | 69 | 250 | 29 | 880 | 45 | 230 | 14 | 15 | 0 | 0 | 6 | 0 | 410 | 22 | 850 | 87 | 36 | 0 | 0 | 0 | 10 | 24 | 11 | 0 | 16 | 16 | 12 | 18 | 130 | 380 | 28 | 0 | 0 | 260 | 25 | 420 | 0 | |
| | **みりん干し** *Mirinboshi*[16] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10058 | かたくちいわし Anchovy | 18.5 | 7.0 | 4.77 | 1.40 | 1.34 | 2.03 | 1.07 | 0.94 | 2 | 38 | 230 | 24 | 800 | 35 | 230 | 29 | 8 | 0 | 0 | 2 | 0 | 200 | 27 | 950 | 58 | 97 | 0 | 0 | 0 | 25 | 860 | 28 | 6 | 36 | 8 | 4 | 13 | 47 | 360 | 12 | 0 | 0 | 38 | 19 | 580 | 0 | |
| 10059 | まいわし Japanese pilchard | 33.5 | 15.7 | 11.56 | 3.64 | 3.22 | 4.70 | 3.34 | 1.20 | 3 | 67 | 740 | 56 | 2100 | 74 | 490 | 97 | 17 | 0 | 0 | 4 | 0 | 720 | 0 | 1800 | 370 | 290 | 0 | 0 | 0 | 160 | 1000 | 68 | 24 | 230 | 19 | 15 | 79 | 110 | 1400 | 57 | 0 | 0 | 200 | 32 | 1300 | 0 | |
| | **缶詰** Canned products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10060 | 水煮 In brine | 66.3 | 10.6 | 8.31 | 2.71 | 2.22 | 3.17 | 2.92 | 0.24 | - | - | 620 | 35 | 1600 | 91 | 310 | 72 | - | - | - | 0 | - | 620 | 93 | 920 | 280 | 200 | 120 | - | - | - | 110 | 76 | - | 210 | 8 | 21 | 74 | 100 | 1200 | - | 0 | - | 200 | 0 | 1200 | 220 | まいわし製品[17] 液汁を除いたもの[18] |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | |

| 食品番号 Item No. | 食品名 Food and description | 可食部100g当たり per 100 g edible portion 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 トヘリキエサンデカ | 16:4 テトラヘキサエンデカ酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **かさご** Scorpionfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10079 | 生 Raw | 79.1 | 0.3 | 0.20 | 0.07 | 0.06 | 0.08 | 0.06 | 0.02 | 0 | 0 | 7 | 1 | 43 | 1 | 13 | 1 | 0 | 0 | 0 | Tr | 0 | 14 | 1 | 38 | 3 | 1 | 1 | 0 | 0 | 0 | 2 | 1 | 0 | 1 | 1 | Tr | Tr | 12 | 15 | 0 | - | 0 | 6 | 2 | 37 | 0 | 三枚下ろし[1] |
| | **かじか** Japanese sculpin | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ごり |
| 10080 | 生 Raw | 76.4 | 5.0 | 3.27 | 0.86 | 1.25 | 1.17 | 0.74 | 0.40 | 0 | 4 | 72 | 17 | 590 | 26 | 140 | 5 | 2 | 2 | 0 | 6 | 0 | 410 | 30 | 750 | 42 | 6 | 7 | 14 | 8 | 4 | 170 | 120 | 17 | 32 | 21 | 13 | 14 | 150 | 240 | 7 | 0 | 3 | 110 | 30 | 220 | 0 | 魚体全体[2] |
| 10081 | 水煮 Boiled | 73.5 | 5.8 | 3.89 | 1.01 | 1.51 | 1.36 | 0.86 | 0.47 | 0 | 4 | 87 | 16 | 730 | 22 | 150 | 4 | 1 | 1 | 0 | 5 | 0 | 500 | 35 | 920 | 42 | 6 | 8 | 17 | 10 | 5 | 190 | 130 | 21 | 34 | 20 | 14 | 17 | 180 | 270 | 8 | 0 | 4 | 130 | 37 | 270 | 0 | 魚体全体を水煮したもの[3] |
| 10082 | つくだ煮 *Tsukudani*[4] | 23.8 | 5.5 | 3.47 | 0.85 | 0.98 | 1.63 | 1.10 | 0.51 | 0 | 2 | 100 | 20 | 500 | 23 | 180 | 5 | 4 | 5 | 0 | 5 | 0 | 240 | 27 | 610 | 65 | 24 | 13 | 15 | 10 | 4 | 140 | 120 | 12 | 90 | 36 | 11 | 24 | 240 | 450 | 14 | 0 | 3 | 130 | 55 | 270 | 0 | |
| | **(かじき類)** (Marlins and swordfishes) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **くろかじき** Blue marlin | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：くろかわ |
| 10083 | 生 Raw | 75.6 | 0.2 | 0.12 | 0.04 | 0.02 | 0.05 | 0.04 | 0.01 | 0 | 0 | 2 | 1 | 24 | 1 | 12 | Tr | 0 | 0 | 0 | - | 0 | 3 | 1 | 15 | 1 | Tr | 1 | 0 | 0 | 0 | 1 | Tr | 0 | Tr | Tr | Tr | Tr | 6 | 4 | 0 | - | 0 | 1 | 5 | 36 | 0 | 切り身 (皮なし)[5] |
| | **まかじき** Striped marlin | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10084 | 生 Raw | 73.8 | 1.8 | 1.34 | 0.47 | 0.35 | 0.52 | 0.44 | 0.09 | 0 | 0 | 55 | 12 | 250 | 17 | 130 | 5 | 0 | 0 | 0 | 1 | 0 | 60 | 9 | 240 | 27 | 4 | 10 | 0 | 0 | 0 | 16 | 6 | 0 | 6 | 6 | 2 | 8 | 39 | 61 | 0 | - | 0 | 46 | 24 | 310 | 0 | 輸入品[6] 切り身 (皮なし)[5] |
| | **めかじき** Swordfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：めか |
| 10085 | 生 Raw | 73.6 | 6.7 | 5.23 | 1.44 | 2.84 | 0.94 | 0.80 | 0.14 | 0 | 0 | 130 | 32 | 940 | 41 | 290 | 15 | 0 | 0 | 0 | 4 | 0 | 230 | 48 | 2100 | 370 | 49 | 73 | 0 | 0 | 0 | 40 | 12 | 0 | 6 | 16 | 5 | 22 | 58 | 110 | 0 | - | 0 | 120 | 24 | 530 | 0 | 輸入品[6] 切り身 (皮なし)[5] |
| (10222～224) | **かずのこ→にしん** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **(かつお類)** (Skipjacks and frigate mackerels) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **かつお** Skipjack | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ほんがつお、まがつお |
| 10086 | 春獲り、生 Caught in spring, raw | 72.2 | 0.5 | 0.33 | 0.12 | 0.07 | 0.14 | 0.12 | 0.02 | Tr | Tr | 8 | 3 | 74 | 4 | 28 | 1 | 1 | 1 | 0 | Tr | 0 | 11 | 2 | 46 | 4 | 1 | 2 | 1 | Tr | Tr | 4 | 2 | Tr | 2 | 1 | Tr | 1 | 8 | 24 | 1 | 0 | Tr | 3 | 6 | 88 | 0 | 通称名：初がつお 三枚下ろし[1] |
| 10087 | 秋獲り、生 Caught in autumn, raw | 67.3 | 6.2 | 4.67 | 1.50 | 1.33 | 1.84 | 1.57 | 0.24 | Tr | 3 | 230 | 46 | 930 | 44 | 230 | 15 | 7 | 2 | 0 | 4 | 0 | 240 | 31 | 770 | 140 | 120 | 29 | 13 | 5 | 10 | 85 | 41 | 10 | 80 | 14 | 6 | 22 | 84 | 400 | 12 | 0 | 2 | 55 | 40 | 970 | 0 | 通称名：戻りがつお 三枚下ろし[1] |
| | **そうだがつお** Frigate mackerel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | まるそうだ、ひらそうだ |
| 10088 | 生 Raw | 69.9 | 2.8 | 2.08 | 0.74 | 0.48 | 0.84 | 0.74 | 0.10 | - | - | 96 | 22 | 440 | 36 | 130 | 8 | - | - | - | 2 | - | 140 | 24 | 260 | 19 | 18 | 20 | - | - | - | 28 | 16 | - | 25 | 3 | 6 | 9 | 39 | 180 | - | 0 | - | 32 | 25 | 470 | 24 | 三枚下ろし[1] |
| | **加工品** Processed products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10089 | なまり *Namari*[7] | 66.9 | 0.7 | 0.42 | 0.16 | 0.09 | 0.17 | 0.14 | 0.03 | 0 | Tr | 11 | 4 | 100 | 6 | 39 | 2 | 1 | 1 | 0 | Tr | 0 | 14 | 3 | 68 | 3 | 1 | 3 | 1 | 0 | 0 | 6 | 2 | 1 | 2 | 1 | 1 | 1 | 12 | 19 | Tr | 0 | 0 | 3 | 10 | 110 | 0 | |
| 10090 | なまり節 *Namari-bushi*[8] | 58.8 | 1.1 | 0.66 | 0.27 | 0.16 | 0.22 | 0.17 | 0.06 | 0 | Tr | 14 | 6 | 170 | 9 | 66 | 2 | 2 | 2 | 0 | Tr | 0 | 23 | 4 | 120 | 5 | 1 | 4 | 1 | 0 | 0 | 8 | 2 | 1 | 2 | 2 | 2 | 1 | 24 | 22 | 1 | 0 | 0 | 4 | 18 | 130 | 0 | |
| 10091 | かつお節 *Katsuo-bushi*[9] | 15.2 | 2.9 | 1.78 | 0.62 | 0.33 | 0.81 | 0.70 | 0.10 | - | - | 37 | 17 | 350 | 44 | 170 | 5 | - | - | - | 1 | - | 56 | 18 | 210 | 18 | 10 | 15 | - | - | - | 22 | 6 | - | 11 | 5 | 4 | 6 | 40 | 99 | - | 0 | - | 22 | 33 | 560 | 19 | |
| 10092 | 削り節 *Kezuri-bushi*[10] | 17.2 | 3.2 | 1.86 | 0.71 | 0.35 | 0.79 | 0.63 | 0.16 | 0 | 1 | 45 | 17 | 410 | 28 | 190 | 7 | 5 | 6 | 0 | Tr | 0 | 57 | 11 | 250 | 18 | 6 | 12 | 3 | 0 | Tr | 25 | 7 | 4 | 8 | 6 | 3 | 5 | 63 | 86 | 2 | 0 | 1 | 18 | 59 | 500 | 0 | 包装品[11] |
| 10093 | 削り節つくだ煮 *Kezuri-bushi tsukudani*[12] | 36.1 | 3.3 | 2.49 | 0.60 | 0.80 | 1.09 | 0.31 | 0.77 | 0 | Tr | 18 | 8 | 360 | 14 | 180 | 13 | 5 | 5 | 0 | Tr | 0 | 31 | 6 | 750 | 10 | 3 | 7 | 1 | 0 | 0 | 710 | 9 | 1 | 3 | 3 | 1 | 2 | 29 | 38 | 1 | 0 | 0 | 8 | 28 | 250 | 0 | |
| 10094 | 角煮 *Kakuni*[13] | 41.4 | 1.6 | 1.02 | 0.35 | 0.28 | 0.39 | 0.31 | 0.09 | 0 | Tr | 22 | 9 | 210 | 12 | 83 | 5 | 3 | 4 | 0 | Tr | 0 | 33 | 5 | 220 | 10 | 6 | 6 | 2 | Tr | Tr | 38 | 15 | 2 | 6 | 2 | 1 | 2 | 23 | 42 | 1 | 0 | 0 | 7 | 21 | 230 | 0 | |
| 10095 | 塩辛 *Shiokara*[14] | 72.9 | 1.5 | 0.71 | 0.33 | 0.14 | 0.24 | 0.18 | 0.06 | 0 | Tr | 16 | 8 | 190 | 13 | 89 | 3 | 2 | 3 | 0 | Tr | 0 | 21 | 4 | 95 | 4 | 3 | 9 | 1 | 0 | Tr | 16 | 3 | 1 | 3 | 2 | 1 | 1 | 27 | 28 | 1 | 0 | 0 | 6 | 15 | 140 | 0 | 別名：酒盗 |

| 食品番号 Item No. | 食品名 Food and description | 可食部100g当たり per 100 g edible portion 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **缶詰** Canned products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10096 | 味付け、フレーク Flaked meat with seasoning | 65.8 | 2.7 | 2.30 | 0.78 | 0.58 | 0.94 | 0.83 | 0.11 | 0 | 1 | 87 | 28 | 460 | 56 | 130 | 7 | 3 | 4 | 0 | 1 | 0 | 110 | 15 | 340 | 58 | 51 | 7 | 4 | 0 | 0 | 40 | 22 | 0 | 39 | 6 | 3 | 12 | 35 | 180 | 6 | 0 | 4 | 23 | 18 | 540 | 0 | 液汁を含んだもの[1] |
| 10097 | 油漬、フレーク Flaked meat in oil | 55.5 | 24.2 | 22.40 | 3.48 | 5.45 | 13.44 | 1.99 | 11.44 | - | - | 35 | 8 | 2400 | 46 | 910 | 73 | - | - | - | 0 | - | 59 | 12 | 5300 | 65 | 22 | 0 | - | - | - | 11000 | 1600 | - | 16 | 4 | 84 | 10 | 14 | 60 | - | 0 | - | 0 | 0 | 290 | 35 | 液汁を含んだもの[1] |
| | **かます** Barracuda | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | あかかます |
| 10098 | 生 Raw | 72.7 | 7.2 | 6.12 | 2.09 | 2.23 | 1.80 | 1.50 | 0.26 | 0 | 5 | 240 | 31 | 1400 | 35 | 340 | 21 | 9 | 13 | 0 | 9 | 0 | 500 | 25 | 1500 | 85 | 69 | 40 | 20 | 17 | 9 | 56 | 32 | 8 | 41 | 12 | 7 | 21 | 130 | 340 | 16 | 0 | 3 | 110 | 41 | 940 | 0 | 三枚下ろし[2] |
| 10099 | 焼き Baked | 70.3 | 4.9 | 3.90 | 1.36 | 1.32 | 1.23 | 1.03 | 0.17 | 0 | 2 | 140 | 19 | 890 | 23 | 250 | 13 | 6 | 10 | 0 | 5 | 0 | 280 | 16 | 920 | 44 | 30 | 26 | 11 | 12 | 5 | 35 | 19 | 5 | 24 | 7 | 5 | 12 | 83 | 190 | 8 | 0 | 2 | 67 | 32 | 710 | 0 | 内臓等を除き焼いた後、頭部、骨、ひれ等を除いたもの[3] |
| (10204) | **からしめんたいこ→すけとうだら** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (10250) | **からすみ→ぼら** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **(かれい類)** (Righteye flounders) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **まがれい** Brown sole | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10100 | 生 Raw | 77.8 | 1.3 | 0.83 | 0.25 | 0.26 | 0.32 | 0.24 | 0.08 | 0 | 0 | 20 | 9 | 150 | 12 | 51 | 5 | 0 | 0 | 0 | 0 | 0 | 60 | 2 | 140 | 49 | 9 | 1 | 3 | 0 | 1 | 10 | 8 | 2 | 7 | 11 | 3 | 5 | 51 | 100 | 2 | 0 | 1 | 39 | 5 | 72 | 0 | 五枚下ろし[4] |
| 10101 | 水煮 Boiled | 75.6 | 1.7 | 1.01 | 0.30 | 0.32 | 0.40 | 0.30 | 0.10 | 0 | 0 | 26 | 10 | 180 | 13 | 66 | 5 | 0 | 0 | 0 | 0 | 0 | 69 | 1 | 170 | 60 | 12 | 1 | 3 | 0 | 2 | 13 | 11 | 2 | 8 | 11 | 3 | 7 | 61 | 140 | 3 | 0 | 0 | 51 | 6 | 78 | 0 | 内臓等を除き水煮した後、頭部、骨、ひれ等を除いたもの[5] |
| 10102 | 焼き Baked | 73.9 | 1.2 | 0.72 | 0.21 | 0.21 | 0.30 | 0.22 | 0.08 | 0 | 0 | 14 | 7 | 130 | 10 | 49 | 4 | 0 | 0 | 0 | 0 | 0 | 35 | 1 | 110 | 44 | 10 | 1 | 1 | 0 | 0 | 9 | 8 | 1 | 7 | 10 | 2 | 5 | 52 | 98 | 2 | 0 | 0 | 36 | 4 | 66 | 0 | 内臓等を除き焼いた後、頭部、骨、ひれ等を除いたもの[3] |
| | **まこがれい** Marbled sole | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10103 | 生 Raw | 77.6 | 1.8 | 1.17 | 0.32 | 0.36 | 0.50 | 0.44 | 0.05 | 0 | 0 | 53 | 10 | 190 | 9 | 53 | 2 | 0 | 0 | 0 | 1 | 0 | 120 | 7 | 170 | 50 | 10 | 3 | 0 | 0 | 0 | 8 | 4 | 0 | 12 | 8 | 1 | 5 | 29 | 250 | 0 | 0 | 0 | 66 | 6 | 110 | 0 | 五枚下ろし[4] |
| | **子持ちがれい** With ovary | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | あかがれい及びばばがれい |
| 10104 | 生 Raw | 72.7 | 6.2 | 4.56 | 1.13 | 1.72 | 1.70 | 1.51 | 0.13 | Tr | 3 | 190 | 23 | 730 | 16 | 160 | 5 | 4 | 0 | 0 | 6 | 0 | 450 | 18 | 940 | 220 | 67 | 20 | 21 | 16 | 26 | 34 | 16 | 3 | 40 | 11 | 3 | 18 | 68 | 800 | 27 | 0 | 2 | 230 | 10 | 380 | 0 | 頭部、内臓、骨、ひれ等を除いたもの[6] |
| 10105 | 水煮 Boiled | 69.3 | 7.2 | 5.04 | 1.33 | 1.97 | 1.74 | 1.52 | 0.15 | 0 | 3 | 250 | 27 | 840 | 19 | 190 | 6 | 4 | 0 | 0 | 7 | 0 | 510 | 20 | 1000 | 280 | 86 | 24 | 23 | 18 | 30 | 35 | 18 | 3 | 51 | 13 | 3 | 20 | 81 | 760 | 29 | 0 | 2 | 220 | 11 | 420 | 0 | 頭部、内臓等を除き水煮した後、骨、ひれ等を除いたもの[7] |
| 10106 | **干しかれい** Dried | 74.6 | 3.4 | 2.43 | 0.73 | 0.85 | 0.85 | 0.73 | 0.09 | 0 | 2 | 100 | 18 | 470 | 18 | 110 | 7 | 4 | 2 | 0 | 3 | 0 | 220 | 14 | 400 | 140 | 65 | 13 | 10 | 6 | 7 | 17 | 8 | 2 | 13 | 14 | 2 | 8 | 48 | 310 | 14 | 0 | 0 | 98 | 10 | 280 | 0 | やなぎむしがれい及びむしがれい 生干しひと塩品[8]。頭部、骨、ひれ等を除いたもの[9] |
| | **かわはぎ** Filefish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10107 | 生 Raw | 79.9 | 0.1 | 0.06 | 0.02 | 0.01 | 0.03 | 0.02 | 0.01 | 0 | 0 | Tr | Tr | 10 | Tr | 5 | Tr | 0 | 0 | 0 | - | 0 | 1 | Tr | 8 | 1 | Tr | Tr | 0 | 0 | 0 | Tr | Tr | 0 | Tr | Tr | Tr | Tr | 6 | 8 | 0 | - | 0 | 3 | 1 | 11 | 0 | 三枚下ろし[2] |
| | **かんぱち** Amberjack | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10108 | 生 Raw | 73.3 | 4.2 | 3.39 | 1.12 | 1.03 | 1.24 | 1.07 | 0.15 | 0 | 1 | 90 | 18 | 710 | 26 | 260 | 13 | 6 | 7 | 0 | 1 | 0 | 170 | 18 | 740 | 47 | 26 | 28 | 8 | 6 | 4 | 33 | 18 | 5 | 21 | 7 | 4 | 14 | 68 | 190 | 9 | 0 | 2 | 92 | 31 | 730 | 0 | 三枚下ろし[2] |
| | **きす** Japanese whiting | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | しろぎす |
| 10109 | 生 Raw | 79.0 | 0.4 | 0.20 | 0.06 | 0.04 | 0.09 | 0.08 | 0.02 | - | - | 5 | 1 | 37 | 3 | 16 | 1 | - | - | - | Tr | - | 15 | 1 | 18 | 4 | 1 | 4 | - | - | - | 2 | 0 | - | 1 | 1 | 1 | 2 | 11 | 28 | - | 0 | - | 9 | 2 | 36 | 2 | 三枚下ろし[2] |
| | **きちじ** Kichiji rockfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：きんきん |
| 10110 | 生 Raw | 63.9 | 21.7 | 18.92 | 4.04 | 10.65 | 4.13 | 3.63 | 0.50 | - | - | 780 | 48 | 2500 | 130 | 560 | 31 | - | - | - | 16 | - | 1700 | 140 | 5700 | 1700 | 1200 | 280 | - | - | - | 240 | 100 | - | 160 | 51 | 21 | 160 | 190 | 1500 | - | 0 | - | 260 | 0 | 1500 | 96 | 三枚下ろし[2] |
| | **きびなご** Blue sprat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10111 | 生 Raw | 78.2 | 1.4 | 0.75 | 0.33 | 0.18 | 0.24 | 0.21 | 0.03 | Tr | Tr | 30 | 7 | 210 | 9 | 67 | 5 | 2 | 2 | 0 | 0 | 0 | 41 | 2 | 65 | 23 | 40 | 12 | 3 | 2 | 1 | 9 | 5 | 1 | 6 | 2 | 1 | 3 | 10 | 59 | 2 | 0 | 0 | 7 | 3 | 130 | 0 | 三枚下ろし[2] |
| 10112 | 調味干し Seasoned and dried | 32.2 | 7.4 | 3.47 | 1.74 | 0.77 | 0.95 | 0.78 | 0.12 | 2 | 7 | 290 | 44 | 1000 | 54 | 290 | 23 | 17 | 20 | 0 | 1 | 0 | 260 | 11 | 370 | 42 | 35 | 49 | 21 | 16 | 8 | 42 | 34 | 10 | 33 | 7 | 4 | 12 | 40 | 250 | 9 | 0 | 1 | 47 | 20 | 400 | 0 | |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **ぎんざけ** Coho salmon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ぎんます |
| 10130 | 養殖、生 Cultured, raw | 66.0 | 12.8 | 8.65 | 0.87 | 4.86 | 2.92 | 2.56 | 0.36 | 0 | 0 | 430 | 35 | 0 | 29 | 360 | 17 | 0 | 0 | 0 | 6 | 1400 | 540 | 26 | 1900 | 550 | 420 | 60 | 0 | 0 | 0 | 200 | 75 | 0 | 130 | 21 | 16 | 97 | 100 | 740 | 0 | - | 0 | 340 | 25 | 1200 | 0 | 切り身[1] |
| 10131 | 養殖、焼き Cultured, baked | 56.7 | 15.8 | 9.22 | 1.11 | 4.37 | 3.73 | 3.27 | 0.46 | 0 | 0 | 550 | 45 | 0 | 38 | 460 | 22 | 0 | 0 | 0 | 7 | 0 | 690 | 34 | 2400 | 690 | 520 | 74 | 0 | 0 | 0 | 250 | 94 | 0 | 170 | 27 | 20 | 120 | 130 | 940 | 0 | - | 0 | 430 | 31 | 1500 | 0 | 切り身[1] |
| | **さくらます** Masu salmon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ます |
| 10132 | 生 Raw | 69.8 | 7.7 | 5.91 | 1.60 | 2.42 | 1.89 | 1.72 | 0.17 | 0 | 0 | 250 | 30 | 1000 | 27 | 250 | 10 | 0 | 0 | 0 | 5 | 0 | 380 | 23 | 1300 | 370 | 250 | 33 | 0 | 0 | 0 | 80 | 64 | 0 | 71 | 15 | 8 | 84 | 49 | 390 | 0 | 1 | 0 | 160 | 19 | 960 | 0 | 切り身[1] |
| 10133 | 焼き Baked | 57.4 | 12.0 | 8.72 | 2.42 | 3.58 | 2.73 | 2.48 | 0.25 | 0 | 0 | 360 | 45 | 1600 | 39 | 360 | 14 | 0 | 0 | 0 | 7 | 0 | 580 | 24 | 2000 | 530 | 350 | 51 | 0 | 0 | 0 | 120 | 92 | 0 | 99 | 23 | 10 | 120 | 71 | 570 | 0 | 0 | 0 | 240 | 27 | 1400 | 0 | 切り身[1] |
| | **しろさけ** Chum salmon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：さけ。別名：あきさけ、あきあじ |
| 10134 | 生 Raw | 72.3 | 4.1 | 3.22 | 0.66 | 1.64 | 0.91 | 0.81 | 0.08 | 0 | 6 | 180 | 10 | 360 | 10 | 94 | 6 | 2 | 0 | 0 | 2 | 0 | 210 | 7 | 600 | 450 | 350 | 25 | 12 | 6 | 7 | 40 | 21 | 4 | 45 | 10 | 4 | 34 | 14 | 210 | 8 | 0 | 3 | 86 | 7 | 400 | 0 | 切り身[1] |
| 10135 | 水煮 Boiled | 68.5 | 4.7 | 3.67 | 0.76 | 1.89 | 1.02 | 0.90 | 0.09 | 0 | 6 | 200 | 12 | 410 | 11 | 110 | 7 | 2 | 0 | 0 | 3 | 0 | 250 | 8 | 680 | 510 | 410 | 29 | 14 | 7 | 8 | 46 | 24 | 5 | 51 | 11 | 5 | 39 | 16 | 240 | 9 | 0 | 3 | 99 | 8 | 440 | 0 | 切り身[1] |
| 10136 | 焼き Baked | 64.2 | 5.1 | 3.96 | 0.82 | 2.01 | 1.14 | 1.01 | 0.10 | 0 | 7 | 220 | 13 | 440 | 12 | 120 | 7 | 2 | 0 | 0 | 3 | 0 | 260 | 7 | 740 | 540 | 430 | 32 | 15 | 7 | 9 | 49 | 26 | 6 | 55 | 12 | 5 | 42 | 17 | 260 | 10 | 0 | 3 | 110 | 8 | 510 | 0 | 切り身[1] |
| 10137 | 新巻き、生 *Aramaki*[2], raw | 67.0 | 6.1 | 4.27 | 0.98 | 1.83 | 1.43 | 1.35 | 0.08 | - | - | 180 | 8 | 570 | 28 | 180 | 6 | - | - | - | 0 | - | 290 | 35 | 990 | 260 | 220 | 42 | - | - | - | 44 | 21 | - | 31 | 5 | 5 | 40 | 29 | 360 | - | 0 | - | 160 | 0 | 730 | 35 | 切り身[1] |
| 10138 | 新巻き、焼き *Aramaki*[2], baked | 59.5 | 7.9 | 5.33 | 1.22 | 2.32 | 1.74 | 1.64 | 0.10 | - | - | 230 | 10 | 720 | 36 | 230 | 7 | - | - | - | 0 | - | 360 | 44 | 1200 | 330 | 280 | 54 | - | - | - | 52 | 26 | - | 37 | 6 | 7 | 49 | 37 | 440 | - | 0 | - | 200 | 0 | 890 | 43 | 切り身[1] |
| 10139 | 塩ざけ *Shiozake* | 63.6 | 11.1 | 9.63 | 2.56 | 4.41 | 2.58 | 2.42 | 0.16 | - | - | 730 | 34 | 1300 | 100 | 340 | 47 | - | - | - | 0 | - | 500 | 74 | 2200 | 660 | 810 | 140 | - | - | - | 76 | 100 | - | 180 | 24 | 6 | 150 | 54 | 710 | - | 0 | - | 160 | 0 | 1100 | 79 | 切り身[1] |
| 10140 | イクラ *Ikura*[3] | 48.4 | 15.6 | 11.21 | 2.42 | 3.82 | 4.97 | 4.70 | 0.27 | 0 | 0 | 510 | 48 | 1400 | 30 | 460 | - | 0 | 0 | 0 | 6 | 0 | 950 | 40 | 2600 | 190 | 53 | 15 | 0 | 0 | 0 | 110 | 83 | 0 | 93 | 18 | 16 | 220 | 110 | 1600 | 0 | - | 0 | 670 | 19 | 2000 | 0 | 卵を塩蔵したもの |
| 10141 | すじこ *Sujiko*[4] | 45.7 | 17.4 | 12.97 | 2.72 | 4.02 | 6.17 | 5.83 | 0.35 | - | - | 570 | 43 | 1500 | 110 | 530 | 4 | - | - | - | 1 | - | 910 | 120 | 2700 | 210 | 70 | 55 | - | - | - | 140 | 110 | - | 200 | 9 | 19 | 290 | 180 | 2100 | - | 0 | - | 720 | 0 | 2400 | 51 | 卵巣を塩蔵したもの |
| 10142 | めふん *Mefun*[5] | 65.4 | 0.9 | 0.48 | 0.18 | 0.13 | 0.18 | 0.16 | 0.02 | 0 | Tr | 15 | 3 | 120 | 3 | 33 | Tr | Tr | Tr | 0 | Tr | 0 | 10 | 2 | 85 | 10 | 8 | 16 | Tr | Tr | Tr | 4 | 2 | Tr | 1 | 1 | Tr | 3 | 12 | 53 | 1 | 0 | Tr | 11 | 1 | 85 | 0 | 腎臓を塩辛にしたもの |
| 10143 | 水煮缶詰 Canned in brine | 68.2 | 8.5 | 7.13 | 1.79 | 3.76 | 1.59 | 1.37 | 0.19 | Tr | 18 | 400 | 38 | 1000 | 58 | 220 | 11 | 3 | 7 | 0 | 7 | 0 | 440 | 40 | 1800 | 740 | 740 | 3 | 22 | 0 | 0 | 99 | 71 | 0 | 100 | 28 | 16 | 87 | 23 | 500 | 18 | 0 | 17 | 86 | 7 | 510 | 0 | 液汁を除いたもの[6] |
| | **たいせいようさけ** Atlantic salmon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：アトランティックサーモン |
| 10144 | 養殖、生 Cultured, raw | 62.1 | 16.1 | 12.31 | 3.16 | 5.36 | 3.79 | 3.24 | 0.54 | 0 | 0 | 670 | 55 | 2000 | 36 | 430 | 17 | 0 | 0 | 0 | 8 | 0 | 850 | 36 | 2400 | 980 | 1000 | 86 | 0 | 0 | 0 | 380 | 140 | 0 | 250 | 52 | 23 | 220 | 68 | 850 | 0 | 5 | 0 | 400 | 25 | 1400 | 0 | 輸入品[7] 切り身[1] |
| 10145 | 養殖、焼き Cultured, baked | 52.8 | 20.0 | 15.16 | 3.95 | 6.62 | 4.60 | 3.93 | 0.66 | 0 | 0 | 840 | 69 | 2400 | 46 | 530 | 22 | 0 | 0 | 0 | 10 | 0 | 1100 | 45 | 3000 | 1200 | 1200 | 110 | 0 | 0 | 0 | 460 | 170 | 0 | 310 | 63 | 26 | 260 | 82 | 1000 | 0 | 6 | 0 | 480 | 30 | 1700 | 0 | 輸入品[7] 切り身[1] |
| | **にじます** Rainbow trout | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10146 | 海面養殖、生 Cultured in sea, raw | 63.2 | 14.7 | 11.58 | 3.20 | 5.21 | 3.17 | 2.64 | 0.53 | 0 | 0 | 520 | 49 | 2100 | 35 | 520 | 14 | 0 | 0 | 0 | 8 | 0 | 850 | 39 | 3100 | 680 | 530 | 35 | 0 | 0 | 0 | 380 | 81 | 0 | 130 | 37 | 20 | 140 | 74 | 620 | 0 | 2 | 0 | 300 | 24 | 1400 | 0 | 輸入品[7] 切り身[1] |
| 10147 | 海面養殖、焼き Cultured in sea, baked | 55.4 | 16.3 | 13.07 | 3.68 | 5.91 | 3.48 | 2.90 | 0.58 | 0 | 0 | 590 | 55 | 2400 | 38 | 590 | 16 | 0 | 0 | 0 | 10 | 0 | 980 | 42 | 3500 | 770 | 590 | 44 | 0 | 0 | 0 | 420 | 92 | 0 | 140 | 40 | 19 | 140 | 82 | 690 | 0 | 0 | 0 | 320 | 27 | 1500 | 0 | 輸入品[7] 切り身[1] |
| 10148 | 淡水養殖、生 Cultured in freshwater, raw | 74.5 | 4.6 | 3.57 | 0.94 | 1.36 | 1.26 | 0.85 | 0.41 | - | - | 120 | 11 | 640 | 12 | 150 | 4 | - | - | - | 0 | - | 200 | 20 | 790 | 210 | 110 | 37 | - | - | - | 360 | 38 | - | 34 | 20 | 13 | 26 | 26 | 140 | - | 0 | - | 52 | 0 | 550 | 12 | 国産品[8] 三枚下ろし[9] |
| | **べにざけ** Sockeye salmon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10149 | 生 Raw | 71.4 | 4.5 | 3.59 | 0.81 | 1.75 | 1.03 | 0.92 | 0.11 | 0 | 0 | 160 | 16 | 520 | 11 | 96 | 5 | 0 | 0 | 0 | 2 | 0 | 170 | 11 | 570 | 570 | 390 | 40 | 0 | 0 | 0 | 56 | 26 | 0 | 36 | 14 | 7 | 35 | 20 | 270 | 0 | 1 | 0 | 73 | 9 | 480 | 0 | 輸入品[7] 切り身[1] |
| 10150 | 焼き Baked | 63.4 | 6.0 | 4.65 | 1.06 | 2.29 | 1.30 | 1.16 | 0.14 | 0 | 0 | 210 | 20 | 690 | 14 | 120 | 7 | 0 | 0 | 0 | 3 | 0 | 230 | 13 | 770 | 730 | 480 | 51 | 0 | 0 | 0 | 73 | 33 | 0 | 42 | 18 | 8 | 43 | 25 | 350 | 0 | 1 | 0 | 89 | 12 | 600 | 0 | 輸入品[7] 切り身[1] |
| 10151 | くん製 Smoked | 64.0 | 5.5 | 4.23 | 0.97 | 2.04 | 1.23 | 1.09 | 0.12 | 0 | 2 | 180 | 22 | 620 | 15 | 120 | 6 | 2 | 0 | 0 | 2 | 0 | 150 | 16 | 760 | 590 | 480 | 39 | 8 | 3 | 3 | 67 | 43 | 3 | 72 | 18 | 4 | 51 | 21 | 290 | 13 | 0 | 3 | 81 | 7 | 540 | 0 | 切り身[1] |

| 食品番号 Item No. | 食品名 Food and description | 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **ますのすけ** Chinook salmon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：キングサーモン |
| 10152 | 生 Raw | 66.5 | 12.5 | 9.25 | 2.50 | 4.78 | 1.97 | 1.59 | 0.37 | 0 | 0 | 450 | 37 | 1600 | 28 | 410 | 15 | 0 | 0 | 0 | 10 | 0 | 590 | 38 | 2700 | 830 | 570 | 74 | 0 | 0 | 0 | 280 | 95 | 0 | 130 | 30 | 14 | 96 | 45 | 400 | 0 | 2 | 0 | 130 | 8 | 740 | 0 | 輸入品[1] 切り身[2] |
| 10153 | 焼き Baked | 54.9 | 16.7 | 12.57 | 3.44 | 6.57 | 2.56 | 2.06 | 0.50 | 0 | 0 | 620 | 51 | 2100 | 39 | 560 | 21 | 0 | 0 | 0 | 14 | 0 | 810 | 52 | 3700 | 1100 | 780 | 100 | 0 | 0 | 0 | 380 | 130 | 0 | 170 | 40 | 15 | 130 | 60 | 520 | 0 | 2 | 0 | 180 | 11 | 930 | 0 | 輸入品[1] 切り身[2] |
| | **(さば類)** (Mackerels) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **まさば** Mackerel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10154 | 生 Raw | 65.7 | 12.1 | 8.82 | 3.29 | 3.62 | 1.91 | 1.53 | 0.31 | 0 | 5 | 350 | 62 | 2100 | 76 | 590 | 49 | 22 | 13 | 0 | 4 | 0 | 470 | 42 | 2400 | 350 | 310 | 55 | 32 | 26 | 18 | 98 | 55 | 13 | 99 | 22 | 8 | 35 | 130 | 500 | 22 | 0 | 8 | 120 | 31 | 700 | 0 | 三枚下ろし[3] |
| 10155 | 水煮 Boiled | 59.1 | 16.4 | 11.34 | 4.30 | 4.61 | 2.43 | 1.93 | 0.41 | 0 | 6 | 470 | 88 | 2800 | 100 | 720 | 68 | 31 | 17 | 0 | 5 | 0 | 620 | 55 | 2900 | 500 | 440 | 77 | 41 | 33 | 23 | 130 | 67 | 18 | 120 | 29 | 11 | 45 | 170 | 620 | 27 | 0 | 11 | 150 | 43 | 900 | 0 | 切り身[2] |
| 10156 | 焼き Baked | 55.2 | 17.1 | 12.12 | 4.54 | 4.93 | 2.64 | 2.11 | 0.43 | 0 | 6 | 500 | 88 | 2900 | 110 | 820 | 72 | 31 | 18 | 0 | 5 | 0 | 640 | 58 | 3200 | 520 | 450 | 73 | 42 | 34 | 23 | 140 | 77 | 18 | 140 | 30 | 11 | 48 | 180 | 660 | 28 | 0 | 11 | 160 | 44 | 1000 | 0 | 切り身[2] |
| 10157 | さば節 *Saba-bushi*[4] | 14.6 | 5.1 | 2.69 | 1.02 | 0.77 | 0.90 | 0.73 | 0.16 | 0 | 1 | 110 | 29 | 580 | 34 | 230 | 19 | 8 | 8 | 0 | 1 | 0 | 120 | 12 | 440 | 95 | 74 | 29 | 5 | 3 | 2 | 41 | 18 | 4 | 17 | 10 | 4 | 11 | 67 | 160 | 6 | 0 | 1 | 39 | 31 | 480 | 0 | |
| | **たいせいようさば** Atlantic mackerel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 市販通称名：ノルウェーさば 輸入品[1] |
| 10158 | 生 Raw | 54.5 | 26.8 | 21.36 | 4.31 | 10.29 | 6.76 | 5.88 | 0.68 | 27 | 9 | 1300 | 94 | 2400 | 60 | 450 | 35 | 0 | 0 | 0 | 12 | 0 | 840 | 66 | 2400 | 2700 | 4100 | 250 | 68 | 35 | 98 | 340 | 320 | 46 | 1000 | 68 | 26 | 240 | 110 | 1600 | 110 | 0 | 34 | 290 | 57 | 2300 | 0 | 三枚下ろし[3] |
| 10159 | 水煮 Boiled | 51.4 | 28.5 | 22.48 | 4.55 | 10.56 | 7.38 | 6.44 | 0.73 | 27 | 7 | 1300 | 100 | 2500 | 68 | 450 | 36 | 0 | 0 | 0 | 13 | 0 | 880 | 74 | 2500 | 2800 | 4100 | 260 | 72 | 36 | 100 | 370 | 360 | 52 | 1100 | 75 | 27 | 270 | 110 | 1700 | 120 | 0 | 36 | 310 | 52 | 2500 | 0 | 切り身[2] |
| 10160 | 焼き Baked | 47.0 | 29.3 | 22.79 | 4.59 | 10.78 | 7.42 | 6.50 | 0.73 | 27 | 6 | 1400 | 99 | 2500 | 70 | 480 | 39 | 0 | 0 | 0 | 15 | 0 | 870 | 78 | 2500 | 2800 | 4200 | 260 | 72 | 35 | 87 | 360 | 350 | 52 | 1100 | 71 | 27 | 260 | 120 | 1700 | 110 | 0 | 36 | 320 | 64 | 2700 | 0 | 切り身[2] |
| | **加工品** Processed products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10161 | 塩さば *Shiosaba*[5] | 52.1 | 19.1 | 14.84 | 3.93 | 6.51 | 4.41 | 3.77 | 0.49 | 0 | 10 | 1100 | 99 | 2100 | 76 | 410 | 44 | 15 | 5 | 0 | 8 | 0 | 620 | 51 | 1700 | 1600 | 2500 | 130 | 54 | 33 | 58 | 240 | 230 | 27 | 750 | 41 | 12 | 140 | 100 | 910 | 61 | 0 | 19 | 170 | 48 | 1500 | 0 | 原料：輸入魚[6] 切り身[2] |
| 10162 | 開き干し *Hirakiboshi*[7] | 50.1 | 28.5 | 24.46 | 6.89 | 10.01 | 7.42 | 6.78 | 0.64 | - | - | 1100 | 78 | 4300 | 260 | 1000 | 47 | - | - | - | 0 | - | 1300 | 230 | 5700 | 1400 | 1000 | 300 | - | - | - | 300 | 250 | - | 580 | 53 | 27 | 200 | 260 | 2200 | - | 0 | - | 440 | 0 | 3100 | 140 | 頭部、骨、ひれ等を除いたもの[8] |
| 10163 | しめさば *Shimesaba*[9] | 50.6 | 26.9 | 21.53 | 5.92 | 8.56 | 7.05 | 6.03 | 0.80 | 0 | 13 | 1500 | 160 | 3400 | 130 | 670 | 61 | 26 | 13 | 0 | 14 | 0 | 1100 | 90 | 2900 | 1800 | 2500 | 140 | 84 | 54 | 73 | 350 | 330 | 41 | 880 | 71 | 29 | 190 | 200 | 1600 | 91 | 0 | 20 | 300 | 82 | 2600 | 0 | |
| | **缶詰** Canned products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10164 | 水煮 In brine | 66.0 | 10.7 | 9.01 | 2.42 | 3.47 | 3.03 | 2.73 | 0.30 | - | - | 430 | 32 | 1500 | 92 | 380 | 18 | - | - | - | 1 | - | 480 | 89 | 1900 | 470 | 400 | 120 | - | - | - | 150 | 72 | - | 180 | 20 | 13 | 68 | 120 | 930 | - | 0 | - | 180 | 0 | 1300 | 86 | 液汁を除いたもの[10] |
| 10165 | みそ煮 *Miso-ni*[11] | 61.0 | 13.9 | 12.00 | 3.70 | 4.41 | 3.88 | 3.33 | 0.52 | 0 | 6 | 490 | 110 | 2200 | 220 | 630 | 39 | 13 | 6 | 0 | 5 | 0 | 580 | 68 | 2800 | 600 | 340 | 30 | 34 | 0 | 0 | 230 | 130 | 0 | 230 | 30 | 13 | 80 | 170 | 1100 | 42 | 2 | 28 | 200 | 41 | 1500 | 0 | 液汁を含んだもの[12] |
| 10166 | 味付け With seasoning | 59.6 | 12.6 | 10.75 | 3.35 | 3.87 | 3.53 | 3.08 | 0.42 | 0 | 6 | 420 | 83 | 2000 | 210 | 610 | 38 | 13 | 6 | 0 | 4 | 0 | 530 | 62 | 2500 | 450 | 250 | 29 | 33 | 0 | 0 | 140 | 98 | 0 | 160 | 26 | 13 | 65 | 180 | 1100 | 37 | 0 | 28 | 190 | 41 | 1500 | 0 | 液汁を除いたもの[10] |
| | **(さめ類)** (Sharks) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ふか |
| | **あぶらつのざめ** Dogfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：あぶらざめ |
| 10167 | 生 Raw | 72.4 | 9.4 | 6.36 | 1.72 | 2.88 | 1.76 | 1.43 | 0.30 | 0 | 0 | 97 | 18 | 1300 | 25 | 230 | 9 | 2 | 0 | 0 | 3 | 0 | 370 | 27 | 1700 | 490 | 280 | 25 | 13 | 7 | 7 | 71 | 28 | 7 | 34 | 23 | 9 | 42 | 160 | 430 | 21 | 0 | 4 | 190 | 25 | 690 | 0 | 切り身[2] |
| | **よしきりざめ** Blue shark | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10168 | 生 Raw | 79.2 | 0.6 | 0.22 | 0.07 | 0.05 | 0.10 | 0.07 | 0.02 | - | - | 2 | Tr | 36 | 0 | 30 | 0 | - | - | - | Tr | - | 3 | 0 | 36 | 3 | 0 | 7 | - | - | - | 2 | 0 | - | Tr | 1 | 1 | Tr | 17 | 8 | - | 0 | - | 13 | 3 | 51 | 5 | 切り身[2] C17:2 3mg |
| 10169 | **ふかひれ** Dried shark fin | 13.0 | 1.6 | 0.46 | 0.17 | 0.12 | 0.16 | 0.11 | 0.05 | 0 | 0 | 4 | 1 | 96 | 2 | 70 | Tr | 0 | 0 | 0 | 0 | 0 | 17 | Tr | 92 | 9 | 2 | 2 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 | 2 | Tr | 38 | 35 | 0 | 0 | 0 | 21 | 5 | 54 | 0 | 別名：さめひれ、きんし |
| | **さより** Halfbeak | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10170 | 生 Raw | 77.9 | 1.3 | 0.90 | 0.26 | 0.21 | 0.42 | 0.37 | 0.05 | 0 | Tr | 17 | 4 | 190 | 5 | 46 | 2 | 1 | 1 | 0 | Tr | 0 | 46 | 3 | 130 | 18 | 11 | 4 | 3 | 2 | 1 | 12 | 5 | 1 | 4 | 2 | 1 | 6 | 22 | 53 | 3 | 0 | 1 | 63 | 7 | 240 | 0 | 三枚下ろし[3] |

| 食品番号 Item No. | 食品名 Food and description | 可食部100g当たり per 100 g edible portion 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキトン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **さわら** Spanish mackerel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10171 | 生 Raw | 68.6 | 9.7 | 7.70 | 2.14 | 3.26 | 2.30 | 1.64 | 0.60 | 0 | 3 | 260 | 30 | 1300 | 45 | 420 | 83 | 21 | 24 | 0 | 4 | 0 | 440 | 39 | 2300 | 270 | 160 | 85 | 25 | 24 | 15 | 86 | 33 | 15 | 62 | 12 | 11 | 23 | 430 | 380 | 15 | 0 | 3 | 180 | 44 | 940 | 0 | 切り身[1] |
| 10172 | 焼き Baked | 63.8 | 10.8 | 7.59 | 2.27 | 3.31 | 2.01 | 1.69 | 0.25 | 0 | 3 | 290 | 33 | 1400 | 42 | 400 | 60 | 15 | 13 | 0 | 4 | 0 | 490 | 36 | 2200 | 300 | 180 | 74 | 28 | 27 | 16 | 87 | 37 | 15 | 69 | 13 | 10 | 26 | 87 | 430 | 17 | 0 | 3 | 170 | 32 | 940 | 0 | 切り身[1] |
| | **さんま** Pacific saury | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：さいら |
| 10173 | 生 Raw | 55.8 | 24.6 | 19.25 | 4.23 | 10.44 | 4.58 | 3.95 | 0.53 | 1 | 8 | 1400 | 140 | 2200 | 83 | 360 | 42 | 5 | 1 | 0 | 17 | 0 | 630 | 49 | 1100 | 3400 | 5000 | 240 | 41 | 20 | 41 | 270 | 210 | 30 | 750 | 58 | 15 | 170 | 87 | 890 | 62 | 0 | 25 | 220 | 42 | 1700 | 0 | 三枚下ろし[2] |
| 10174 | 焼き Baked | 53.2 | 20.6 | 15.56 | 3.45 | 8.67 | 3.45 | 2.96 | 0.41 | 0 | 6 | 1000 | 110 | 1800 | 72 | 340 | 36 | 2 | Tr | 0 | 12 | 0 | 470 | 38 | 950 | 2700 | 4300 | 190 | 32 | 14 | 30 | 210 | 150 | 20 | 460 | 47 | 12 | 130 | 62 | 650 | 44 | 0 | 21 | 170 | 38 | 1400 | 0 | 魚体全体を焼いた後、頭部、内臓、骨、ひれ等を除いたもの[3] |
| 10175 | 開き干し *Hirakiboshi*[4] | 59.7 | 19.0 | 15.17 | 3.49 | 7.66 | 3.94 | 3.54 | 0.41 | - | - | 1200 | 60 | 1700 | 160 | 300 | 55 | - | - | - | 0 | - | 660 | 110 | 990 | 2600 | 3000 | 290 | - | - | - | 240 | 170 | - | 620 | 57 | 13 | 160 | 92 | 900 | - | 0 | - | 200 | 0 | 1500 | 67 | 頭部、骨、ひれ等を除いたもの[5] |
| 10176 | みりん干し *Mirinboshi*[6] | 25.1 | 25.8 | 19.50 | 4.56 | 10.28 | 4.65 | 3.90 | 0.63 | 0 | 10 | 1500 | 140 | 2400 | 84 | 410 | 49 | 27 | 9 | 0 | 17 | 0 | 710 | 46 | 1200 | 3300 | 4800 | 240 | 43 | 24 | 58 | 390 | 200 | 27 | 730 | 54 | 16 | 150 | 87 | 1000 | 54 | 0 | 19 | 200 | 36 | 1600 | 0 | 骨、ひれ等を除いたもの[7] |
| | 缶詰 Canned products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10177 | 味付け With seasoning | 53.9 | 18.9 | 16.46 | 3.77 | 7.98 | 4.70 | 4.16 | 0.49 | 0 | 7 | 1200 | 160 | 1800 | 220 | 320 | 32 | 9 | 4 | 0 | 13 | 0 | 670 | 60 | 1000 | 2800 | 3300 | 130 | 36 | 0 | 0 | 240 | 220 | 41 | 760 | 55 | 18 | 180 | 81 | 1000 | 59 | 9 | 20 | 210 | 36 | 1700 | 0 | 液汁を除いたもの[8] |
| 10178 | かば焼 *Kabayaki*[9] | 57.0 | 13.0 | 11.24 | 2.55 | 5.65 | 3.04 | 2.67 | 0.34 | 0 | 5 | 800 | 110 | 1200 | 150 | 230 | 24 | 6 | 3 | 0 | 8 | 0 | 450 | 42 | 710 | 2000 | 2300 | 90 | 24 | 0 | 0 | 170 | 140 | 28 | 320 | 35 | 12 | 110 | 55 | 700 | 42 | 3 | 17 | 150 | 26 | 1200 | 0 | 液汁を含んだもの[10] |
| | **しいら** Dolphinfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：まんびき |
| 10179 | 生 Raw | 75.5 | 1.9 | 1.39 | 0.50 | 0.33 | 0.55 | 0.47 | 0.07 | 0 | 1 | 55 | 11 | 300 | 14 | 110 | 7 | 2 | 5 | 0 | 1 | 0 | 77 | 6 | 200 | 19 | 14 | 8 | 5 | 3 | 2 | 16 | 8 | 2 | 10 | 3 | 2 | 6 | 33 | 97 | 3 | 0 | 1 | 29 | 15 | 320 | 0 | 切り身[1] |
| | **(ししゃも類)** (*Shishamo*) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **ししゃも** Shishamo smelt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10180 | 生干し、生 Semi-dried, raw | 67.6 | 8.1 | 6.75 | 1.62 | 3.40 | 1.73 | 1.47 | 0.15 | 0 | 9 | 430 | 20 | 1000 | 11 | 120 | 6 | 3 | 0 | 0 | 11 | 0 | 620 | 23 | 2600 | 81 | 37 | 19 | 39 | 27 | 39 | 51 | 23 | 6 | 63 | 11 | 4 | 28 | 68 | 670 | 25 | 0 | 0 | 120 | 8 | 550 | 0 | ひと塩品[11] 頭部及び尾を除いたもの[12] |
| 10181 | 生干し、焼き Semi-dried, baked | 64.1 | 7.8 | 6.27 | 1.53 | 3.11 | 1.63 | 1.41 | 0.14 | 0 | 9 | 400 | 18 | 980 | 11 | 110 | 5 | 3 | 0 | 0 | 10 | 0 | 530 | 22 | 2400 | 76 | 35 | 18 | 33 | 22 | 28 | 47 | 20 | 5 | 55 | 10 | 4 | 24 | 66 | 650 | 23 | 0 | 0 | 110 | 7 | 530 | 0 | ひと塩品[11] 頭部及び尾を除いたもの[12] |
| | **からふとししゃも** Atlantic capelin | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：カペリン 輸入品[13] |
| 10182 | 生干し、生 Semi-dried, raw | 69.3 | 11.6 | 9.50 | 1.95 | 5.52 | 2.03 | 1.73 | 0.19 | 0 | 8 | 600 | 29 | 1200 | 8 | 120 | 11 | 5 | 0 | 0 | 13 | 0 | 890 | 14 | 1400 | 1400 | 1700 | 69 | 44 | 26 | 45 | 120 | 39 | 13 | 160 | 18 | 6 | 38 | 30 | 740 | 25 | 0 | 4 | 72 | 5 | 650 | 0 | ひと塩品[11] 魚体全体[14] |
| 10183 | 生干し、焼き Semi-dried, baked | 66.4 | 11.3 | 9.52 | 2.01 | 5.45 | 2.06 | 1.76 | 0.20 | 0 | 8 | 600 | 28 | 1200 | 7 | 130 | 11 | 5 | 0 | 0 | 13 | 0 | 860 | 14 | 1500 | 1400 | 1700 | 67 | 42 | 23 | 42 | 120 | 42 | 10 | 170 | 19 | 7 | 40 | 32 | 750 | 26 | 0 | 2 | 68 | 5 | 670 | 0 | ひと塩品[11] 魚体全体[14] |
| | **したびらめ** Sole | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | くろうしのした、あかしたびらめ |
| 10184 | 生 Raw | 78.0 | 1.6 | 1.11 | 0.34 | 0.33 | 0.45 | 0.38 | 0.06 | 0 | 2 | 48 | 10 | 200 | 9 | 54 | 5 | 3 | 1 | 0 | 2 | 0 | 110 | 10 | 170 | 18 | 8 | 3 | 4 | 3 | 2 | 12 | 6 | 2 | 9 | 4 | 2 | 4 | 38 | 110 | 4 | 0 | 1 | 69 | 7 | 170 | 0 | 五枚下ろし[15] |
| | **しまあじ** Striped jack | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10185 | 養殖、生 Cultured, raw | 68.9 | 8.0 | 6.29 | 1.88 | 2.37 | 2.04 | 1.63 | 0.41 | 0 | 0 | 260 | 29 | 1200 | 31 | 300 | 18 | 0 | 0 | 0 | 4 | 0 | 430 | 26 | 1400 | 250 | 220 | 49 | 0 | 0 | 0 | 280 | 50 | 0 | 71 | 13 | 8 | 35 | 78 | 400 | 0 | 0 | 0 | 170 | 30 | 900 | 0 | 三枚下ろし[2] |
| | **しらうお** Japanese icefish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10186 | 生 Raw | 82.6 | 2.0 | 1.33 | 0.34 | 0.30 | 0.69 | 0.62 | 0.05 | 0 | Tr | 38 | 6 | 250 | 5 | 42 | 1 | 2 | 1 | 0 | Tr | 0 | 75 | 5 | 150 | 27 | 35 | 13 | 8 | 5 | 6 | 21 | 13 | 2 | 30 | 4 | 1 | 13 | 12 | 180 | 6 | 0 | 2 | 18 | 4 | 360 | 0 | |
| | **シルバー** Silver warehou | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10187 | 生 Raw | 72.4 | 7.9 | 6.28 | 1.85 | 2.85 | 1.49 | 1.36 | 0.13 | - | - | 310 | 55 | 1100 | 110 | 260 | 3 | - | - | - | 10 | - | 330 | 43 | 1500 | 530 | 330 | 110 | - | - | - | 38 | 36 | - | 110 | 9 | 6 | 58 | 76 | 420 | - | 0 | - | 120 | 0 | 620 | 97 | 輸入品[13] 切り身[1] |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 水分 Water | 脂質 Lipid | 脂肪酸 Fatty acids 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | |
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **ぶり** Yellowtail | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 成魚 Mature | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10241 | 生 Raw | 59.6 | 17.6 | 12.71 | 4.42 | 4.35 | 3.72 | 3.35 | 0.37 | - | - | 740 | 79 | 2600 | 200 | 750 | 34 | - | - | - | 0 | - | 910 | 120 | 2400 | 470 | 300 | 170 | - | - | - | 190 | 97 | - | 200 | 7 | 14 | 86 | 160 | 940 | - | 0 | - | 320 | 0 | 1700 | 220 | 切り身[1] |
| 10242 | 焼き Baked | 51.8 | 20.4 | 14.10 | 4.87 | 4.83 | 4.15 | 3.73 | 0.41 | - | - | 820 | 90 | 2900 | 220 | 830 | 33 | - | - | - | 0 | - | 1000 | 140 | 2600 | 520 | 330 | 190 | - | - | - | 210 | 110 | - | 220 | 9 | 16 | 96 | 180 | 1000 | - | 0 | - | 360 | 0 | 1900 | 250 | 切り身[1] |
| | はまち Young | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10243 | 養殖、生 Cultured, raw | 60.8 | 18.2 | 13.67 | 3.98 | 5.17 | 4.52 | 3.63 | 0.73 | 0 | 5 | 690 | 88 | 2500 | 80 | 580 | 52 | 16 | 10 | 0 | 26 | 0 | 820 | 56 | 2600 | 880 | 700 | 72 | 61 | 47 | 55 | 440 | 140 | 23 | 280 | 33 | 16 | 110 | 140 | 980 | 54 | 0 | 11 | 330 | 60 | 1700 | 0 | 切り身[1] |
| | **ほうぼう** Gurnard | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10244 | 生 Raw | 74.9 | 4.2 | 2.88 | 0.96 | 1.04 | 0.85 | 0.73 | 0.12 | - | - | 89 | 14 | 630 | 34 | 190 | 7 | - | - | - | 1 | - | 250 | 25 | 690 | 36 | 6 | 34 | - | - | - | 16 | 6 | - | 25 | 1 | 5 | 9 | 77 | 190 | - | 0 | - | 84 | 21 | 420 | 35 | 三枚下ろし[2] |
| | **ホキ** Hoki | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10245 | 生 Raw | 80.4 | 1.3 | 0.96 | 0.24 | 0.42 | 0.29 | 0.26 | 0.03 | - | - | 32 | 7 | 170 | 0 | 31 | 1 | - | - | - | 1 | - | 55 | 12 | 240 | 67 | 29 | 18 | - | - | - | 14 | 6 | - | 7 | 2 | 1 | 9 | 14 | 58 | - | 0 | - | 14 | 0 | 170 | 6 | 切り身[1] |
| | **ほっけ** Atka mackerel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10246 | 生 Raw | 77.1 | 4.4 | 3.14 | 0.70 | 1.21 | 1.19 | 1.09 | 0.10 | - | - | 120 | 6 | 470 | 10 | 94 | 4 | - | - | - | 0 | - | 240 | 33 | 550 | 180 | 170 | 42 | - | - | - | 37 | 17 | - | 45 | 5 | 2 | 16 | 57 | 450 | - | 0 | - | 27 | 0 | 530 | 44 | 三枚下ろし[2] |
| 10247 | 塩ほっけ Salted | 72.4 | 4.9 | 3.92 | 1.03 | 1.76 | 1.14 | 0.97 | 0.11 | 0 | 3 | 240 | 15 | 650 | 37 | 79 | 4 | 2 | 2 | 0 | 9 | 0 | 380 | 11 | 860 | 240 | 220 | 28 | 28 | 12 | 25 | 51 | 32 | 5 | 65 | 9 | 3 | 15 | 37 | 470 | 16 | 0 | Tr | 22 | 4 | 350 | 0 | 骨、ひれ、皮等を除いたもの[3] |
| 10248 | 開き干し *Hirakiboshi*[4] | 71.9 | 6.9 | 5.29 | 1.39 | 2.39 | 1.50 | 1.26 | 0.16 | 0 | 6 | 340 | 20 | 880 | 45 | 93 | 6 | 4 | 2 | 0 | 13 | 0 | 510 | 12 | 1100 | 380 | 390 | 38 | 30 | 18 | 31 | 62 | 45 | 7 | 110 | 10 | 4 | 20 | 73 | 640 | 23 | 0 | 0 | 26 | 6 | 390 | 0 | 頭部、骨、ひれ等を除いたもの[5] |
| | **ぼら** Striped mullet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10249 | 生 Raw | 74.7 | 5.0 | 4.26 | 1.18 | 1.40 | 1.56 | 1.37 | 0.19 | - | - | 290 | 17 | 730 | 22 | 100 | 17 | - | - | - | 1 | - | 550 | 69 | 600 | 100 | 42 | 40 | - | - | - | 130 | 42 | - | 80 | 2 | 8 | 40 | 48 | 370 | - | 0 | - | 240 | 0 | 590 | 120 | 三枚下ろし[2] |
| 10250 | からすみ *Karasumi*[6] | 25.9 | 28.9 | 14.23 | 2.68 | 5.71 | 5.83 | 4.47 | 1.10 | 0 | 1 | 240 | 110 | 1700 | 71 | 500 | 28 | 16 | 13 | 0 | 3 | 0 | 3000 | 250 | 2300 | 43 | 24 | 17 | 140 | 38 | 85 | 320 | 150 | 130 | 180 | 27 | 78 | 230 | 470 | 1100 | 65 | 0 | 16 | 850 | 71 | 1900 | 0 | |
| | **ほんもろこ** Willow shiner | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：もろこ |
| 10251 | 生 Raw | 75.1 | 4.1 | 3.10 | 0.82 | 1.23 | 1.06 | 0.69 | 0.36 | 0 | 0 | 130 | 22 | 510 | 20 | 120 | 7 | 0 | 0 | 0 | 8 | 0 | 410 | 24 | 750 | 33 | 3 | 5 | 0 | 0 | 0 | 140 | 140 | 0 | 36 | 19 | 19 | 76 | 160 | 200 | 0 | 0 | 0 | 75 | 25 | 170 | 0 | 魚体全体[7] |
| | **(まぐろ類)** (Tunas) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **きはだ** Yellowfin tuna | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：きはだまぐろ、きわだ |
| 10252 | 生 Raw | 74.0 | 0.4 | 0.24 | 0.08 | 0.05 | 0.11 | 0.08 | 0.03 | 0 | 0 | 3 | 2 | 45 | 3 | 22 | 1 | 1 | 1 | 0 | Tr | 0 | 6 | 2 | 34 | 3 | 1 | 3 | Tr | 0 | 0 | 3 | 1 | Tr | 1 | 1 | 1 | 1 | 12 | 10 | 1 | 0 | Tr | 4 | 8 | 65 | 0 | 切り身 (皮なし)[8] |
| | **くろまぐろ** Bluefin tuna | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：まぐろ、ほんまぐろ、しび |
| 10253 | 赤身、生 Lean meat, raw | 70.4 | 1.4 | 0.78 | 0.25 | 0.29 | 0.19 | 0.17 | 0.03 | - | - | 20 | 3 | 140 | 11 | 69 | 2 | - | - | - | 0 | - | 26 | 7 | 190 | 33 | 33 | 9 | - | - | - | 8 | 3 | - | 6 | 1 | 1 | 4 | 16 | 27 | - | 0 | - | 11 | 0 | 120 | 50 | 切り身 (皮なし)[8] |
| 10254 | 脂身、生 Fatty meat, raw | 51.4 | 27.5 | 22.65 | 5.91 | 10.20 | 6.41 | 5.81 | 0.60 | - | - | 900 | 90 | 3500 | 270 | 1100 | 52 | - | - | - | 23 | - | 990 | 200 | 4700 | 1800 | 2200 | 330 | - | - | - | 340 | 210 | - | 460 | 72 | 16 | 170 | 170 | 1400 | - | 0 | - | 310 | 0 | 3200 | 120 | 別名：とろ 切り身 (皮なし)[8] |
| | **びんなが** Albacore | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：びんちょう、とんぼ |
| 10255 | 生 Raw | 71.8 | 0.7 | 0.50 | 0.15 | 0.11 | 0.23 | 0.21 | 0.03 | 0 | 0 | 10 | 3 | 96 | 5 | 37 | 1 | 0 | 0 | 0 | Tr | 0 | 14 | 3 | 72 | 11 | 7 | 5 | 0 | 0 | 0 | 5 | 3 | 0 | 3 | 2 | 1 | 3 | 11 | 37 | 0 | 0 | 0 | 6 | 6 | 150 | 0 | 切り身 (皮なし)[8] |

| 食品番号 Item No. | 食品名 Food and description | 可食部100g当たり per 100 g edible portion 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **みなみまぐろ** Southern bluefin tuna | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：インドまぐろ |
| 10256 | 赤身、生 Lean meat, raw | 77.0 | 0.1 | 0.06 | 0.02 | 0.03 | 0.01 | 0.01 | Tr | - | - | 2 | Tr | 10 | 1 | 4 | Tr | - | - | - | 0 | - | 2 | 1 | 10 | 5 | 7 | 1 | - | - | - | 1 | Tr | - | 1 | Tr | Tr | Tr | Tr | 2 | - | 0 | - | 1 | 0 | 7 | Tr | 切り身（皮なし）[1] |
| 10257 | 脂身、生 Fatty meat, raw | 50.3 | 28.3 | 22.83 | 5.79 | 11.27 | 5.63 | 5.01 | 0.63 | - | - | 1000 | 88 | 3300 | 260 | 1000 | 58 | - | - | - | 13 | - | 1200 | 220 | 4400 | 2300 | 2800 | 370 | - | - | - | 330 | 190 | - | 370 | 80 | 26 | 180 | 190 | 1300 | - | 0 | - | 320 | 0 | 2700 | 140 | 別名：とろ 切り身（皮なし）[1] |
| | **めじまぐろ** Young bluefin tuna | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | くろまぐろの幼魚 別名：まめじ |
| 10258 | 生 Raw | 68.7 | 4.8 | 3.63 | 1.09 | 0.99 | 1.55 | 1.36 | 0.17 | 0 | 1 | 130 | 28 | 640 | 36 | 230 | 12 | 7 | 4 | 0 | 3 | 0 | 150 | 15 | 530 | 140 | 120 | 34 | 10 | 6 | 8 | 51 | 34 | 9 | 57 | 10 | 5 | 23 | 61 | 310 | 14 | 2 | 4 | 69 | 27 | 850 | 0 | 切り身（皮なし）[1] |
| | **めばち** Big-eye tuna | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ばち |
| 10259 | 生 Raw | 74.4 | 1.2 | 0.87 | 0.25 | 0.31 | 0.31 | 0.25 | 0.05 | 0 | 0 | 17 | 6 | 160 | 8 | 53 | 3 | 0 | 0 | 0 | Tr | 0 | 35 | 8 | 230 | 26 | 6 | 8 | 0 | 0 | 0 | 7 | 2 | 0 | 2 | 3 | 1 | 3 | 27 | 40 | 0 | - | 0 | 12 | 16 | 190 | 0 | 切り身（皮なし）[1] |
| | **缶詰** Canned products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10260 | 水煮、フレーク、ライト Flaked light meat in brine | 82.0 | 0.7 | 0.48 | 0.18 | 0.11 | 0.18 | 0.15 | 0.03 | 0 | Tr | 10 | 5 | 110 | 14 | 38 | 2 | 1 | 1 | 0 | Tr | 0 | 19 | 3 | 85 | 6 | 1 | 1 | 1 | 0 | 0 | 5 | 2 | 0 | 2 | 1 | 1 | 2 | 13 | 20 | 1 | 0 | 2 | 6 | 11 | 120 | 0 | 原材料：きはだ[2] 液汁を含んだもの[3] |
| 10261 | 水煮、フレーク、ホワイト Flaked white meat in brine | 77.6 | 2.5 | 2.08 | 0.64 | 0.71 | 0.73 | 0.62 | 0.11 | 1 | 1 | 67 | 14 | 420 | 27 | 100 | 6 | 4 | 1 | 0 | 1 | 0 | 85 | 13 | 420 | 99 | 92 | 1 | 3 | 0 | 0 | 41 | 12 | 0 | 20 | 6 | 3 | 10 | 29 | 110 | 4 | 0 | 11 | 21 | 17 | 440 | 0 | 原材料：びんなが[4] 液汁を含んだもの[3] |
| 10262 | 味付け、フレーク Flaked meat with seasoning | 65.7 | 2.3 | 1.75 | 0.58 | 0.49 | 0.68 | 0.57 | 0.11 | Tr | 1 | 50 | 16 | 350 | 35 | 120 | 5 | 3 | 1 | 0 | 1 | 0 | 74 | 11 | 300 | 61 | 42 | 3 | 2 | 0 | 0 | 44 | 14 | 0 | 22 | 5 | 2 | 10 | 33 | 100 | 4 | 0 | 5 | 21 | 23 | 400 | 0 | 液汁を含んだもの[3] |
| 10263 | 油漬、フレーク、ライト Flaked light meat in oil | 59.1 | 21.7 | 20.40 | 3.37 | 4.86 | 12.16 | 1.40 | 10.76 | 0 | 0 | 23 | 10 | 2300 | 27 | 870 | 74 | 68 | 19 | 0 | 0 | 0 | 40 | 16 | 4700 | 76 | 17 | 0 | 2 | 0 | 0 | 11000 | 1300 | 0 | 16 | 13 | 0 | 0 | 11 | 14 | 0 | 0 | 0 | 10 | 6 | 65 | 0 | 原材料：きはだ[2] 液汁を含んだもの[3] |
| 10264 | 油漬、フレーク、ホワイト Flaked white meat in oil | 56.0 | 23.6 | 20.96 | 4.85 | 4.24 | 11.73 | 0.55 | 11.18 | - | - | 160 | 10 | 4100 | 40 | 560 | 0 | - | - | - | 0 | - | 160 | 9 | 4000 | 31 | 0 | 0 | - | - | - | 11000 | 79 | - | 19 | 0 | 0 | 0 | 0 | 77 | - | 0 | - | 0 | 0 | 370 | 150 | 原材料：びんなが[4] 液汁を含んだもの[3] |
| | **マジェランあいなめ** Southern black cod | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：メロ |
| 10265 | 生 Raw | 62.8 | 22.9 | 18.79 | 4.15 | 13.33 | 1.31 | 1.00 | 0.31 | 0 | 0 | 800 | 54 | 2500 | 30 | 760 | 35 | 0 | 0 | 0 | 44 | 0 | 1600 | 76 | 8000 | 2000 | 1300 | 320 | 0 | 0 | 0 | 190 | 59 | 0 | 110 | 37 | 17 | 67 | 63 | 340 | 0 | 7 | 0 | 62 | - | 360 | 0 | 輸入品[5] 切り身[6] |
| (10126～153) | **ます類→(さけ・ます類)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **まながつお** Silver pomfret | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10266 | 生 Raw | 70.8 | 10.9 | 9.30 | 3.80 | 3.98 | 1.52 | 1.23 | 0.28 | 0 | 6 | 500 | 60 | 2600 | 61 | 520 | 45 | 19 | 6 | 0 | 10 | 0 | 510 | 39 | 3000 | 250 | 120 | 66 | 8 | 3 | 1 | 39 | 28 | 6 | 10 | 15 | 7 | 30 | 140 | 240 | 12 | 0 | 4 | 250 | 73 | 650 | 0 | 三枚下ろし[7] |
| | **みなみだら** Southern blue whiting | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10267 | 生 Raw | 81.9 | 0.3 | 0.20 | 0.05 | 0.04 | 0.11 | 0.10 | 0.01 | 0 | 0 | 2 | 1 | 40 | Tr | 7 | Tr | 0 | Tr | 0 | 0 | 0 | 3 | Tr | 24 | 4 | 1 | 1 | Tr | Tr | Tr | 3 | 1 | Tr | 2 | Tr | Tr | 1 | 5 | 26 | 1 | 0 | 0 | 3 | 1 | 69 | 0 | 切り身[6] |
| | **むつ** Japanese bluefish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10268 | 生 Raw | 69.7 | 12.6 | 11.09 | 1.69 | 8.59 | 0.81 | 0.63 | 0.16 | 0 | 1 | 270 | 23 | 980 | 79 | 300 | 30 | 10 | 6 | 0 | 8 | 0 | 470 | 31 | 2800 | 2200 | 2800 | 270 | 9 | 9 | 5 | 69 | 26 | 3 | 23 | 17 | 6 | 40 | 49 | 140 | 11 | 0 | 3 | 74 | 12 | 320 | 0 | 切り身[6] |
| 10269 | 水煮 Boiled | 68.3 | 8.4 | 7.35 | 1.14 | 5.65 | 0.56 | 0.43 | 0.11 | 0 | 1 | 180 | 16 | 660 | 53 | 200 | 20 | 7 | 4 | 0 | 5 | 0 | 300 | 20 | 1900 | 1400 | 1800 | 180 | 6 | 6 | 3 | 46 | 17 | 2 | 14 | 11 | 4 | 26 | 36 | 91 | 6 | 0 | 2 | 50 | 8 | 230 | 0 | 切り身[6] |
| | **めじな** Girella | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ぐれ |
| 10270 | 生 Raw | 74.7 | 4.5 | 3.27 | 1.17 | 1.09 | 1.01 | 0.84 | 0.17 | 0 | 0 | 150 | 25 | 770 | 25 | 180 | 21 | 0 | 0 | 0 | 3 | 0 | 270 | 17 | 700 | 55 | 28 | 22 | 0 | 0 | 0 | 23 | 16 | 0 | 13 | 10 | 5 | 20 | 84 | 200 | 0 | 0 | 0 | 150 | 43 | 450 | 0 | 切り身[6] |
| | **めばる** Black rockfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10271 | 生 Raw | 77.2 | 3.5 | 2.68 | 0.79 | 0.92 | 0.95 | 0.87 | 0.08 | - | - | 130 | 14 | 520 | 3 | 120 | 5 | - | - | - | 4 | - | 280 | 24 | 490 | 55 | 25 | 35 | - | - | - | 26 | 9 | - | 26 | 6 | 3 | 16 | 42 | 370 | - | 0 | - | 53 | 0 | 390 | 23 | 三枚下ろし[7] |
| | **メルルーサ** Hake | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ヘイク |
| 10272 | 生 Raw | 81.1 | 0.6 | 0.45 | 0.11 | 0.15 | 0.19 | 0.17 | 0.01 | - | - | 11 | 1 | 77 | 2 | 17 | 1 | - | - | - | Tr | - | 26 | 5 | 87 | 22 | 8 | 7 | - | - | - | 6 | 3 | - | 5 | 1 | 1 | 3 | 7 | 47 | - | 0 | - | 8 | 0 | 110 | 3 | 輸入品[5] 切り身[6]。皮を除いたもの[8] |

| 食品番号 Item No. | 食品名 Food and description | 可食部 100 g 当たり per 100 g edible portion | | |

| 食品番号 Item No. | 食品名 Food and description | 可食部100g当たり per 100 g edible portion 水分 Water | 脂質 Lipid | 脂肪酸 Fatty acids 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエンデカ | 16:4 ヘトラキエンデカ | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **いたやがい** Japanese scallops | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：しゃくしがい |
| 10290 | 養殖、生 Cultured, raw | 84.9 | 0.8 | 0.42 | 0.13 | 0.07 | 0.21 | 0.18 | 0.03 | 0 | 0 | 17 | 3 | 75 | 6 | 31 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 32 | Tr | 31 | 7 | 1 | Tr | 0 | 0 | 0 | 8 | 8 | 0 | 18 | 3 | 2 | 3 | 11 | 73 | 0 | 0 | 0 | 4 | 3 | 76 | 0 | 貝殻を除いたもの[1] |
| | **エスカルゴ** Apple snails | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10291 | 水煮缶詰 Canned in brine | 79.9 | 1.0 | 0.34 | 0.07 | 0.06 | 0.21 | 0.03 | 0.17 | 0 | 0 | 1 | 1 | 21 | 5 | 40 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | Tr | 1 | 50 | 9 | 1 | 0 | 3 | 0 | 0 | 63 | 13 | 0 | 0 | 48 | 5 | 1 | 57 | 13 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 輸入品[2]<br>液汁を除いたもの[3] |
| | **かき** Oysters | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10292 | 養殖、生 Cultured, raw | 85.0 | 1.4 | 0.78 | 0.23 | 0.18 | 0.32 | 0.29 | 0.04 | - | - | 35 | 5 | 150 | 11 | 30 | 1 | - | - | - | 0 | - | 35 | 10 | 83 | 22 | 2 | 27 | - | - | - | 18 | 9 | - | 45 | 3 | 5 | 29 | 12 | 120 | - | 0 | - | 7 | 0 | 71 | 42 | 貝殻を除いたもの[1] |
| 10293 | 養殖、水煮 Cultured, boiled | 78.7 | 2.2 | 1.18 | 0.35 | 0.27 | 0.50 | 0.44 | 0.05 | - | - | 53 | 8 | 230 | 16 | 43 | 1 | - | - | - | 0 | - | 54 | 15 | 130 | 32 | 2 | 43 | - | - | - | 26 | 14 | - | 69 | 3 | 7 | 45 | 18 | 190 | - | 0 | - | 11 | 0 | 110 | 62 | むき身[4] |
| 10294 | くん製油漬缶詰 Canned in oil, smoked | 51.2 | 22.6 | 20.77 | 6.18 | 3.94 | 10.66 | 1.09 | 9.51 | 0 | 11 | 510 | 53 | 5000 | 51 | 470 | 28 | 5 | 16 | 0 | 4 | 0 | 420 | 38 | 3300 | 120 | 24 | 0 | 0 | 0 | 59 | 9500 | 240 | 0 | 120 | 0 | 0 | 6 | 39 | 540 | 0 | 0 | 0 | 0 | 0 | 190 | 0 | 液汁を含んだもの[5] |
| | **さざえ** Turban shell | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10295 | 生 Raw | 78.0 | 0.4 | 0.14 | 0.05 | 0.02 | 0.06 | 0.03 | 0.03 | 0 | 0 | 5 | 3 | 35 | 3 | 8 | Tr | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 14 | 5 | 1 | 0 | 0 | 1 | 0 | 7 | 2 | Tr | 1 | Tr | 1 | Tr | 24 | 6 | 1 | 0 | Tr | 16 | 1 | 1 | 0 | 貝殻及び内臓を除いたもの[6] |
| 10296 | 焼き Baked | 75.6 | 0.4 | 0.13 | 0.05 | 0.02 | 0.06 | 0.02 | 0.03 | 0 | 0 | 4 | 3 | 32 | 3 | 7 | Tr | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 13 | 4 | Tr | 0 | 0 | Tr | 0 | 6 | 2 | Tr | 1 | Tr | 1 | Tr | 23 | 5 | 1 | 0 | Tr | 15 | Tr | Tr | 0 | 貝殻及び内臓を除いたもの[6] |
| | **しじみ** Freshwater clams | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10297 | 生 Raw | 88.3 | 1.0 | 0.41 | 0.13 | 0.12 | 0.14 | 0.12 | 0.03 | - | - | 14 | 3 | 79 | 12 | 21 | 1 | - | - | - | Tr | - | 42 | 3 | 40 | 29 | Tr | 7 | - | - | - | 11 | 14 | - | 10 | 5 | 1 | 10 | 9 | 28 | - | 0 | - | 13 | 0 | 44 | 13 | 貝殻を除いたもの[1] |
| | **たいらがい** Pen shells | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：たいらぎ |
| 10298 | 貝柱、生 Adductor muscle, raw | 75.2 | 0.2 | 0.07 | 0.02 | 0.01 | 0.04 | 0.03 | 0.01 | 0 | 0 | 1 | Tr | 13 | 1 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | Tr | 3 | 3 | Tr | 0 | 0 | 1 | 0 | 1 | Tr | Tr | 1 | 1 | Tr | Tr | 3 | 12 | 2 | 0 | 0 | 2 | 1 | 17 | 0 | |
| | **たにし** Pond snails | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | まるたにし、ひめたにし |
| 10299 | 生 Raw | 78.8 | 1.1 | 0.33 | 0.08 | 0.10 | 0.14 | 0.05 | 0.10 | 0 | 0 | 6 | 7 | 41 | 8 | 19 | 1 | Tr | 0 | 0 | 0 | 0 | 13 | 7 | 39 | 43 | 3 | 0 | 0 | 0 | 0 | 29 | 24 | 1 | 1 | 16 | 2 | 2 | 43 | 12 | 0 | 0 | 0 | 3 | 6 | 5 | 0 | 貝殻を除いたもの[1] |
| | **つぶ** Whelks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ひめえぞぼら、えぞぼら等 |
| 10300 | 生 Raw | 78.2 | 0.2 | 0.08 | 0.02 | 0.01 | 0.05 | 0.04 | 0.01 | 0 | 0 | 2 | Tr | 7 | 1 | 9 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | Tr | 8 | 5 | 1 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | Tr | 4 | 0 | 1 | 3 | 21 | 1 | 0 | 0 | 8 | 0 | 7 | 0 | むき身[7] |
| | **とこぶし** Japanese abalone | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10301 | 生 Raw | 78.9 | 0.4 | 0.12 | 0.04 | 0.03 | 0.05 | 0.02 | 0.02 | - | - | 5 | 1 | 25 | 2 | 9 | Tr | - | - | - | 0 | - | 2 | Tr | 17 | 5 | 0 | 7 | - | - | - | 1 | 1 | - | 1 | 1 | Tr | 0 | 16 | 7 | - | 9 | - | 11 | 0 | Tr | 2 | 貝殻及び内臓を除いたもの[6] |
| | **トップシェル** Topshells | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | あかにし等を含む |
| 10302 | 味付け缶詰 Canned with seasoning | 74.0 | 0.8 | 0.24 | 0.06 | 0.05 | 0.13 | 0.07 | 0.04 | 0 | 0 | 3 | 1 | 19 | 3 | 25 | 5 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 20 | 23 | 0 | 0 | 0 | 0 | 4 | 6 | 0 | 0 | 0 | 7 | 0 | 0 | 25 | 30 | 0 | 24 | 2 | 22 | 0 | 15 | 0 | 輸入品[2]、さざえの缶詰といわれていたもの<br>液汁を除いたもの[3] |
| | **とりがい** Cockles | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10303 | 斧足、生 Foot, raw | 78.6 | 0.3 | 0.08 | 0.04 | 0.02 | 0.02 | 0.01 | Tr | 0 | 0 | 6 | 1 | 19 | 2 | 13 | Tr | Tr | 0 | 0 | 0 | 0 | 6 | Tr | 7 | 6 | Tr | 0 | Tr | Tr | 0 | Tr | Tr | 0 | 1 | 1 | Tr | 1 | 1 | 7 | 1 | 0 | 0 | 1 | Tr | 4 | 0 | |
| | **ばいがい** Ivory shells | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ばい、えっちゅうばい等 |
| 10304 | 生 Raw | 78.5 | 0.6 | 0.25 | 0.06 | 0.04 | 0.15 | 0.12 | 0.03 | 0 | 0 | 8 | 1 | 21 | 3 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | Tr | 20 | 16 | 1 | 0 | 0 | 0 | 0 | 5 | 1 | 0 | Tr | 13 | 0 | 1 | 17 | 73 | 0 | 0 | 0 | 21 | 0 | 22 | 0 | 貝殻及び内臓を除いたもの[6] |
| | **ばかがい** Hen clams | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：あおやぎ |
| 10305 | 生 Raw | 84.6 | 0.5 | 0.18 | 0.06 | 0.04 | 0.08 | 0.06 | 0.02 | 0 | 0 | 5 | 1 | 35 | 3 | 18 | 1 | 0 | 0 | 0 | 0 | 0 | 8 | 1 | 13 | 15 | 1 | 0 | Tr | 1 | 0 | 1 | Tr | Tr | 1 | 6 | 1 | 1 | 7 | 18 | 2 | 0 | 0 | 7 | 3 | 32 | 0 | 貝殻及び内臓を除いたもの[6] |

可食部 100 g 当たり　per 100 g edible portion

| 食品番号 Item No. | 食品名 Food and description | 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 脂肪酸 Fatty acids 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **(はまぐり類)** (Hard clams) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **はまぐり** Hard clams | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10306 | 生 Raw | 88.8 | 0.5 | 0.23 | 0.08 | 0.04 | 0.11 | 0.09 | 0.02 | 0 | Tr | 6 | 1 | 52 | 4 | 13 | 1 | 1 | Tr | 0 | Tr | 0 | 16 | 1 | 17 | 9 | 1 | 0 | 1 | 1 | Tr | 3 | 4 | Tr | 5 | 5 | 1 | 2 | 10 | 27 | 5 | 0 | Tr | 6 | 2 | 38 | 0 | 貝殻を除いたもの [1] |
| 10307 | 水煮 Boiled | 78.6 | 1.3 | 0.52 | 0.17 | 0.09 | 0.26 | 0.20 | 0.05 | 0 | 0 | 12 | 3 | 110 | 10 | 31 | 1 | 1 | Tr | 0 | Tr | 0 | 32 | 2 | 36 | 22 | 3 | 0 | 1 | 2 | 1 | 5 | 7 | 1 | 10 | 11 | 2 | 4 | 24 | 63 | 11 | 0 | Tr | 15 | 6 | 92 | 0 | 貝殻を除いたもの [1] |
| 10308 | 焼き Baked | 79.8 | 1.0 | 0.40 | 0.13 | 0.07 | 0.19 | 0.15 | 0.04 | 0 | 0 | 10 | 2 | 87 | 7 | 25 | 1 | 1 | Tr | 0 | Tr | 0 | 25 | 1 | 29 | 17 | 2 | 0 | 1 | 2 | Tr | 4 | 5 | 1 | 8 | 8 | 2 | 3 | 18 | 48 | 8 | 0 | Tr | 11 | 5 | 66 | 0 | 液汁を含んだもの [2] 貝殻を除いたもの [1] |
| 10309 | つくだ煮 *Tsukudani* [3] | 40.1 | 2.8 | 1.20 | 0.41 | 0.28 | 0.51 | 0.41 | 0.09 | Tr | Tr | 37 | 7 | 270 | 17 | 70 | 2 | 1 | 1 | 0 | 2 | 0 | 130 | 3 | 88 | 47 | 2 | 0 | 5 | 3 | 3 | 12 | 13 | 2 | 20 | 19 | 6 | 10 | 39 | 180 | 15 | 0 | Tr | 26 | 9 | 150 | 0 | |
| | **ちょうせんはまぐり** Common shield-clams | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10310 | 生 Raw | 88.1 | 0.4 | 0.17 | 0.06 | 0.03 | 0.08 | 0.06 | 0.01 | 0 | Tr | 6 | 1 | 39 | 3 | 10 | Tr | Tr | 0 | 0 | Tr | 0 | 15 | 1 | 13 | 5 | 1 | 0 | 1 | 1 | 1 | 1 | 2 | Tr | 4 | 3 | 1 | 2 | 8 | 26 | 3 | 0 | 0 | 4 | 1 | 21 | 0 | 貝殻を除いたもの [1] |
| | **ほたてがい** Scallops | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10311 | 生 Raw | 82.3 | 0.9 | 0.42 | 0.18 | 0.09 | 0.15 | 0.12 | 0.01 | 0 | Tr | 41 | 2 | 100 | 4 | 25 | Tr | 1 | 0 | 0 | 1 | 0 | 41 | 1 | 37 | 10 | 2 | 0 | 4 | 4 | 8 | 2 | 3 | 1 | 10 | 1 | 1 | 2 | 4 | 82 | 4 | 0 | 0 | 1 | 2 | 21 | 0 | 貝殻を除いたもの [1] |
| 10312 | 水煮 Boiled | 76.8 | 1.9 | 0.73 | 0.27 | 0.15 | 0.30 | 0.26 | 0.02 | 0 | 1 | 59 | 4 | 160 | 5 | 44 | 1 | 1 | 0 | 0 | 1 | 0 | 64 | 2 | 63 | 19 | 5 | 0 | 6 | 9 | 16 | 4 | 2 | 1 | 20 | 2 | 1 | 4 | 8 | 170 | 8 | 0 | 0 | 3 | 2 | 45 | 0 | 貝殻を除いたもの [1] |
| | 貝柱 Adductor muscle | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10313 | 生 Raw | 75.7 | 0.1 | 0.03 | 0.01 | Tr | 0.02 | 0.01 | Tr | - | - | 1 | Tr | 4 | Tr | 2 | Tr | - | - | - | 0 | - | 1 | 0 | 1 | 1 | Tr | Tr | - | - | - | Tr | Tr | - | Tr | Tr | Tr | Tr | 1 | 7 | - | 0 | - | Tr | 0 | 7 | 1 | |
| 10314 | 煮干し *Niboshi* [4] | 17.1 | 1.4 | 0.45 | 0.13 | 0.05 | 0.26 | 0.23 | 0.03 | 0 | 0 | 13 | 4 | 82 | 3 | 33 | Tr | 0 | Tr | 0 | 0 | 0 | 10 | Tr | 29 | 13 | 1 | Tr | Tr | 1 | Tr | 4 | 1 | Tr | 3 | 2 | 1 | 1 | 17 | 110 | 5 | 0 | 0 | 4 | 2 | 100 | 0 | |
| 10315 | 水煮缶詰 Canned in brine | 76.4 | 0.6 | 0.19 | 0.06 | 0.03 | 0.10 | 0.09 | 0.01 | 0 | Tr | 5 | 2 | 33 | 3 | 15 | Tr | Tr | Tr | 0 | 0 | 0 | 5 | 1 | 11 | 10 | 1 | 0 | Tr | 0 | 0 | 2 | 1 | Tr | 2 | 1 | Tr | 1 | 7 | 43 | 2 | 2 | 1 | 2 | 1 | 37 | 0 | 液汁を除いたもの [5] |
| | **ほっきがい** Surf clams | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：うばがい |
| 10316 | 生 Raw | 82.1 | 1.1 | 0.31 | 0.10 | 0.10 | 0.10 | 0.08 | 0.02 | - | - | 9 | 3 | 51 | 4 | 33 | 1 | - | - | - | 0 | - | 13 | 1 | 18 | 58 | Tr | 14 | - | - | - | Tr | 1 | - | 4 | 4 | 1 | 2 | 12 | 38 | - | 0 | - | 11 | 0 | 24 | 7 | 貝殻を除いたもの [5] |
| | **みるがい** Keen's gaper | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：みるくい |
| 10317 | 水管、生 Siphon, raw | 78.9 | 0.4 | 0.12 | 0.04 | 0.02 | 0.05 | 0.04 | 0.01 | 0 | 0 | 5 | 1 | 27 | Tr | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 2 | Tr | 8 | 9 | 1 | 0 | 0 | 0 | 0 | 1 | Tr | Tr | 1 | 3 | 1 | Tr | 5 | 8 | 2 | 0 | 0 | 7 | 2 | 22 | 0 | 貝殻、内臓等を除いたもの [6] |
| | **もがい** Ark shells | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：さるぼうがい |
| 10318 | 味付け缶詰 Canned with seasoning | 66.1 | 2.2 | 1.28 | 0.37 | 0.32 | 0.58 | 0.48 | 0.06 | 0 | 1 | 64 | 4 | 200 | 28 | 66 | 3 | 2 | 1 | 0 | 2 | 0 | 150 | 25 | 83 | 61 | 4 | Tr | 9 | 0 | 0 | 26 | 25 | 4 | 67 | 1 | 0 | 6 | 24 | 250 | 13 | 33 | 1 | 9 | 5 | 110 | 0 | 市販通称名：赤貝（さるぼう）味付け缶詰 液汁を除いたもの [5] |
| | **<えび・かに類>** <PRAWNS, SHRIMPS AND CRABS> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **(えび類)** (Prawns and shrimps) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **あまえび** Northern shrimp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：ほっこくあかえび |
| 10319 | 生 Raw | 78.2 | 0.3 | 0.14 | 0.03 | 0.05 | 0.06 | 0.06 | Tr | - | - | 3 | Tr | 27 | Tr | 2 | Tr | - | - | - | 0 | - | 9 | Tr | 32 | 3 | 1 | 1 | - | - | - | 1 | Tr | - | Tr | Tr | Tr | Tr | 3 | 31 | - | 0 | - | 1 | 0 | 25 | 1 | 頭部、殻、内臓、尾部等を除いたもの [7] |
| | **いせえび** Japanese spiny lobster | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10320 | 生 Raw | 76.6 | 0.4 | 0.13 | 0.03 | 0.03 | 0.07 | 0.05 | 0.02 | - | - | 1 | 1 | 15 | 2 | 11 | Tr | - | - | - | 0 | - | 5 | Tr | 20 | 2 | Tr | 1 | - | - | - | 2 | Tr | - | Tr | 1 | Tr | Tr | 15 | 27 | - | 0 | - | 1 | 0 | 17 | 2 | 頭部、殻、内臓、尾部等を除いたもの [7] |
| | **くるまえび** Tiger prawn | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10321 | 養殖、生 Cultured, raw | 76.1 | 0.6 | 0.25 | 0.08 | 0.05 | 0.12 | 0.08 | 0.04 | 0 | Tr | 2 | 1 | 47 | 3 | 20 | Tr | 1 | 1 | 0 | 0 | 0 | 7 | 1 | 40 | 4 | 1 | 1 | Tr | Tr | 0 | 27 | 2 | Tr | Tr | 2 | Tr | 1 | 9 | 35 | Tr | 0 | 0 | 2 | 1 | 44 | 0 | 頭部、殻、内臓、尾部等を除いたもの [7] |

| 食品番号 Item No. | 食品名 Food and description | 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10322 | 養殖、ゆで Cultured, boiled | 69.3 | 0.5 | 0.21 | 0.06 | 0.05 | 0.11 | 0.07 | 0.03 | 0 | Tr | 2 | 1 | 39 | 3 | 19 | Tr | Tr | Tr | 0 | 0 | 0 | 5 | 1 | 34 | 4 | 1 | 1 | Tr | Tr | 0 | 23 | 2 | Tr | Tr | 1 | Tr | Tr | 8 | 29 | Tr | 0 | 0 | 2 | 1 | 39 | 0 | 頭部、殻、内臓、尾部等を除いたもの [1] |
| 10323 | 養殖、焼き Cultured, baked | 74.4 | 0.4 | 0.19 | 0.06 | 0.04 | 0.09 | 0.06 | 0.03 | 0 | 0 | 1 | 1 | 34 | 3 | 17 | 1 | 1 | Tr | 0 | 0 | 0 | 5 | 1 | 30 | 3 | 1 | 1 | Tr | Tr | 0 | 19 | 2 | 0 | Tr | 1 | Tr | Tr | 7 | 25 | Tr | 0 | 0 | 1 | 1 | 32 | 0 | 頭部、殻、内臓、尾部等を除いたもの [1] |
| | **さくらえび** Sakura shrimps | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10324 | ゆで Boiled | 75.6 | 1.5 | 0.67 | 0.19 | 0.22 | 0.25 | 0.21 | 0.04 | - | - | 13 | 4 | 130 | 8 | 37 | 2 | - | - | - | 1 | - | 54 | 15 | 120 | 14 | 6 | 11 | - | - | - | 11 | 6 | - | 3 | 3 | 3 | 2 | 22 | 89 | - | 0 | - | 6 | 0 | 100 | 8 | 殻つき [2] |
| 10325 | 素干し Dried | 19.4 | 4.0 | 1.97 | 0.59 | 0.63 | 0.75 | 0.60 | 0.14 | 0 | 0 | 41 | 13 | 380 | 20 | 110 | 7 | 13 | 6 | 0 | 0 | 0 | 170 | 14 | 370 | 51 | 9 | 14 | 4 | 1 | 0 | 32 | 22 | 3 | 12 | 10 | 3 | 9 | 74 | 240 | 5 | 0 | 0 | 12 | 17 | 310 | 0 | 殻つき [2] |
| 10326 | 煮干し *Niboshi* [3] | 23.2 | 2.5 | 1.06 | 0.35 | 0.33 | 0.38 | 0.31 | 0.06 | 0 | 0 | 20 | 8 | 240 | 14 | 58 | 4 | 6 | 3 | 0 | 0 | 0 | 74 | 9 | 200 | 29 | 9 | 9 | 2 | 0 | 1 | 19 | 15 | 1 | 7 | 6 | 1 | 4 | 29 | 130 | 2 | 0 | 0 | 6 | 5 | 150 | 0 | 殻つき [2] |
| | **大正えび** Oriental shrimp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：こうらいえび<br>輸入品 [4] |
| 10327 | 生 Raw | 76.3 | 0.3 | 0.14 | 0.04 | 0.04 | 0.06 | 0.04 | 0.01 | 0 | Tr | 2 | 1 | 23 | 3 | 12 | Tr | 1 | Tr | 0 | Tr | 0 | 14 | 2 | 22 | 2 | Tr | Tr | Tr | 0 | Tr | 2 | 1 | Tr | Tr | 1 | Tr | Tr | 10 | 21 | Tr | 0 | 0 | 2 | 1 | 18 | 0 | 頭部、殻、内臓、尾部等を除いたもの [1] |
| | **しばえび** Shiba shrimp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10328 | 生 Raw | 79.3 | 0.4 | 0.19 | 0.06 | 0.04 | 0.08 | 0.07 | 0.01 | 0 | Tr | 3 | 2 | 36 | 3 | 17 | 1 | 1 | Tr | 0 | 0 | 0 | 12 | 1 | 23 | 2 | Tr | Tr | Tr | Tr | Tr | 2 | 2 | Tr | 1 | 1 | Tr | 1 | 9 | 32 | 1 | 0 | 0 | 2 | 1 | 30 | 0 | 頭部、殻、内臓、尾部等を除いたもの [1] |
| | **ブラックタイガー** Giant tiger shrimp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：うしえび |
| 10329 | 養殖、生 Cultured, raw | 79.9 | 0.3 | 0.13 | 0.04 | 0.03 | 0.06 | 0.04 | 0.02 | 0 | 0 | 1 | Tr | 26 | 1 | 13 | Tr | 0 | 0 | 0 | - | 0 | 2 | Tr | 22 | 2 | Tr | Tr | 0 | 0 | 0 | 17 | 1 | 0 | Tr | 1 | Tr | Tr | 5 | 17 | 0 | - | 0 | 1 | Tr | 21 | 0 | 輸入品 [4]。無頭、殻つき [5]<br>殻及び尾部を除いたもの [6] |
| | **加工品** Processed products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10330 | 干しえび Boiled and dried shrimps | 24.2 | 2.8 | 1.17 | 0.45 | 0.33 | 0.40 | 0.29 | 0.11 | Tr | 1 | 27 | 15 | 240 | 25 | 120 | 7 | 9 | 4 | 0 | Tr | 0 | 75 | 13 | 200 | 26 | 5 | 5 | 2 | 2 | 0 | 12 | 5 | 1 | 3 | 12 | 3 | 4 | 70 | 120 | 3 | 0 | 0 | 18 | 9 | 140 | 0 | 原材料：さるえび<br>殻つき [2] |
| 10331 | つくだ煮 *Tsukudani* [7] | 31.8 | 2.2 | 1.20 | 0.36 | 0.35 | 0.49 | 0.28 | 0.20 | 0 | 0 | 31 | 9 | 220 | 14 | 73 | 5 | 4 | 2 | 0 | 1 | 0 | 97 | 9 | 230 | 12 | 4 | 2 | 5 | 3 | 1 | 140 | 21 | 2 | 3 | 7 | 2 | 3 | 47 | 150 | 2 | 0 | 0 | 12 | 7 | 86 | 0 | |
| | **(かに類)** (Crabs) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **がざみ** Blue crab | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：わたりがに |
| 10332 | 生 Raw | 83.1 | 0.3 | 0.13 | 0.04 | 0.04 | 0.05 | 0.04 | 0.01 | - | - | 4 | 2 | 19 | 2 | 9 | Tr | - | - | - | Tr | - | 14 | 3 | 22 | 3 | Tr | 2 | - | - | - | 2 | 1 | - | Tr | 1 | Tr | 1 | 8 | 19 | - | 0 | - | 2 | 0 | 14 | 3 | 殻、内臓等を除いたもの [8] |
| | **毛がに** Horsehair crab | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10333 | 生 Raw | 81.9 | 0.5 | 0.26 | 0.05 | 0.06 | 0.15 | 0.14 | 0.01 | 0 | Tr | 1 | 1 | 36 | 2 | 10 | Tr | Tr | 0 | 0 | Tr | 0 | 8 | 1 | 47 | 3 | 1 | 0 | Tr | Tr | Tr | 2 | 1 | Tr | 1 | 2 | Tr | 1 | 8 | 100 | 1 | 0 | 0 | 2 | Tr | 31 | 0 | 殻、内臓等を除いたもの [8] |
| 10334 | ゆで Boiled | 79.2 | 0.5 | 0.25 | 0.05 | 0.06 | 0.14 | 0.13 | 0.01 | 0 | Tr | 1 | 1 | 34 | 1 | 8 | Tr | Tr | 0 | 0 | Tr | 0 | 6 | 1 | 46 | 2 | Tr | 0 | Tr | Tr | Tr | 2 | 1 | Tr | 1 | 1 | Tr | 1 | 6 | 98 | 1 | 0 | 0 | 2 | Tr | 31 | 0 | 殻つきでゆでた後、殻、内臓等を除いたもの [9] |
| | **ずわいがに** Snow crab | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：まつばがに |
| 10335 | 生 Raw | 84.0 | 0.4 | 0.22 | 0.03 | 0.06 | 0.13 | 0.11 | 0.02 | 0 | Tr | Tr | Tr | 24 | 2 | 6 | Tr | Tr | 0 | 0 | Tr | 0 | 7 | 1 | 46 | 2 | 1 | Tr | Tr | Tr | Tr | 2 | Tr | Tr | Tr | 1 | Tr | Tr | 14 | 68 | 1 | 0 | 0 | 4 | 1 | 33 | 0 | 殻、内臓等を除いたもの [8] |
| 10336 | ゆで Boiled | 82.5 | 0.6 | 0.33 | 0.05 | 0.09 | 0.19 | 0.16 | 0.03 | 0 | Tr | 1 | 1 | 39 | 2 | 9 | Tr | Tr | 0 | 0 | Tr | 0 | 10 | 2 | 75 | 4 | 1 | Tr | Tr | Tr | Tr | 3 | 1 | Tr | 1 | 2 | Tr | Tr | 22 | 100 | 1 | 0 | 0 | 5 | 2 | 50 | 0 | 殻つきでゆでた後、殻、内臓等を除いたもの [9] |
| 10337 | 水煮缶詰 Canned in brine | 81.1 | 0.4 | 0.18 | 0.04 | 0.05 | 0.09 | 0.08 | 0.02 | 0 | Tr | 1 | Tr | 25 | 3 | 8 | Tr | 1 | Tr | 0 | Tr | 0 | 4 | 1 | 38 | 5 | 1 | 0 | Tr | 0 | 0 | 1 | 1 | 0 | Tr | 2 | Tr | Tr | 10 | 43 | 1 | 2 | 1 | 2 | 1 | 30 | 0 | 液汁を除いたもの [10] |
| | **たらばがに** King crab | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10338 | 生 Raw | 84.7 | 0.3 | 0.16 | 0.03 | 0.05 | 0.08 | 0.07 | 0.01 | 0 | Tr | 1 | 1 | 20 | 1 | 6 | Tr | Tr | 0 | 0 | Tr | 0 | 7 | 1 | 36 | 2 | 1 | 0 | Tr | Tr | Tr | 2 | Tr | Tr | Tr | Tr | Tr | Tr | 10 | 48 | 1 | 0 | 0 | 2 | 1 | 19 | 0 | 殻、内臓等を除いたもの [8] |
| 10339 | ゆで Boiled | 80.0 | 0.5 | 0.26 | 0.05 | 0.08 | 0.13 | 0.12 | 0.01 | 0 | Tr | 2 | 1 | 35 | 1 | 11 | Tr | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 61 | 4 | 1 | 0 | Tr | Tr | Tr | 2 | Tr | Tr | 0 | 1 | Tr | Tr | 5 | 81 | 2 | 0 | 0 | 4 | 1 | 33 | 0 | 殻つきでゆでた後、殻、内臓等を除いたもの [9] |
| 10340 | 水煮缶詰 Canned in brine | 77.0 | 0.3 | 0.13 | 0.03 | 0.04 | 0.07 | 0.06 | 0.01 | Tr | Tr | 1 | 1 | 17 | 2 | 5 | Tr | Tr | Tr | 0 | Tr | 0 | 6 | Tr | 26 | 4 | Tr | Tr | Tr | 0 | 0 | 2 | Tr | 0 | Tr | 1 | Tr | Tr | 5 | 38 | 1 | Tr | Tr | 1 | Tr | 16 | 0 | 液汁を除いたもの [10] |

| 食品番号 Item No. | 食品名 Food and description | 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-6 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g | | | | | | | ) | (mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ) | | |
| | **加工品** Processed products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10341 | がん漬 *Ganzuke* [1] | 54.7 | 0.4 | 0.21 | 0.07 | 0.05 | 0.09 | 0.04 | 0.05 | 0 | 0 | 6 | 4 | 39 | 9 | 10 | Tr | Tr | Tr | 0 | 0 | 0 | 22 | 7 | 17 | 1 | Tr | 0 | 2 | 0 | 0 | 39 | 4 | Tr | Tr | 1 | Tr | Tr | 9 | 22 | 0 | 0 | 1 | Tr | Tr | 11 | 0 | しおまねきの塩辛 |
| | **<いか・たこ類>** <CUTTLEFISHES> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **(いか類)** (Squids) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **あかいか** Flying squid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ばかいか、むらさきいか |
| 10342 | 生 Raw | 79.3 | 1.4 | 0.63 | 0.25 | 0.07 | 0.31 | 0.28 | 0.03 | 0 | Tr | 21 | 4 | 180 | 6 | 43 | 1 | Tr | Tr | 0 | 1 | 0 | 6 | 1 | 29 | 23 | 4 | 2 | Tr | Tr | 0 | 1 | Tr | 0 | Tr | 1 | Tr | 1 | 20 | 76 | 1 | 0 | 0 | 7 | 3 | 200 | 0 | 内臓等を除いたもの [2] |
| | **けんさきいか** Swordtip squid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10343 | 生 Raw | 80.0 | 1.0 | 0.42 | 0.16 | 0.04 | 0.22 | 0.19 | 0.03 | 0 | Tr | 11 | 3 | 110 | 5 | 31 | 1 | Tr | Tr | 0 | Tr | 0 | 4 | Tr | 19 | 12 | 1 | 1 | 0 | 0 | 0 | 1 | Tr | Tr | Tr | 1 | Tr | Tr | 18 | 52 | Tr | 0 | 0 | 3 | 5 | 140 | 0 | 内臓等を除いたもの [2] |
| | **こういか** Cuttlefish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：すみいか、まいか |
| 10344 | 生 Raw | 83.4 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 内臓等を除いたもの [2] |
| | **するめいか** Japanese common squid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10345 | 生 Raw | 79.0 | 1.2 | 0.50 | 0.16 | 0.05 | 0.29 | 0.27 | 0.02 | 0 | 0 | 6 | 3 | 120 | 4 | 27 | Tr | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 16 | 25 | 2 | 1 | 0 | 0 | 0 | 2 | Tr | 0 | Tr | 1 | 0 | 1 | 12 | 64 | 1 | 0 | 0 | 3 | 3 | 200 | 0 | 内臓等を除いたもの [2] |
| 10346 | 水煮 Boiled | 75.6 | 1.3 | 0.50 | 0.16 | 0.05 | 0.30 | 0.28 | 0.02 | 0 | 0 | 6 | 3 | 120 | 4 | 29 | 1 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 18 | 26 | 3 | 1 | 0 | 0 | 0 | 1 | Tr | 0 | Tr | 2 | 0 | 1 | 13 | 65 | 1 | 0 | 0 | 3 | 3 | 200 | 0 | 内臓等を除き水煮したもの [3] |
| 10347 | 焼き Baked | 72.2 | 1.5 | 0.56 | 0.18 | 0.05 | 0.33 | 0.31 | 0.02 | 0 | 0 | 7 | 3 | 130 | 4 | 30 | 1 | 0 | 0 | 0 | 0 | 0 | 3 | Tr | 18 | 28 | 3 | 1 | 0 | 0 | 0 | 1 | Tr | 0 | Tr | 2 | 0 | 1 | 13 | 73 | 1 | 0 | 0 | 4 | 3 | 230 | 0 | 内臓等を除き焼いたもの [4] |
| | **ほたるいか** Firefly squids | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10348 | 生 Raw | 83.0 | 3.5 | 2.21 | 0.58 | 0.69 | 0.94 | 0.83 | 0.10 | 0 | 0 | 100 | 9 | 380 | 11 | 69 | 4 | 2 | 1 | 0 | 2 | 0 | 76 | 6 | 380 | 160 | 54 | 17 | 5 | 1 | 0 | 22 | 14 | 2 | 14 | 13 | 2 | 12 | 58 | 310 | 10 | 0 | 1 | 16 | 5 | 450 | 0 | 内臓等を含んだもの [5] |
| 10349 | ゆで Boiled | 78.1 | 2.9 | 1.41 | 0.36 | 0.31 | 0.74 | 0.67 | 0.07 | 0 | 0 | 45 | 5 | 250 | 8 | 51 | 3 | 1 | Tr | 0 | 2 | 0 | 27 | 3 | 160 | 95 | 18 | 6 | 1 | Tr | 0 | 9 | 5 | 1 | 5 | 8 | 1 | 5 | 45 | 240 | 5 | 0 | 0 | 9 | 4 | 400 | 0 | 内臓等を含んだもの [5] |
| 10350 | くん製 Seasoned and smoked | 23.0 | 7.5 | 3.27 | 1.15 | 1.29 | 0.83 | 0.68 | 0.13 | 0 | 2 | 230 | 18 | 760 | 19 | 120 | 5 | 1 | 2 | 0 | 4 | 0 | 160 | 12 | 700 | 270 | 120 | 28 | 8 | 3 | 3 | 39 | 19 | 2 | 17 | 20 | 2 | 9 | 63 | 290 | 11 | 0 | 0 | 14 | 4 | 320 | 0 | |
| 10351 | つくだ煮 *Tsukudani* [6] | 39.8 | 6.7 | 3.60 | 1.02 | 1.29 | 1.29 | 1.13 | 0.15 | 0 | 1 | 200 | 17 | 670 | 19 | 110 | 5 | 3 | 2 | 0 | 4 | 0 | 130 | 11 | 580 | 350 | 180 | 28 | 7 | 3 | 2 | 48 | 25 | 2 | 30 | 19 | 2 | 16 | 70 | 440 | 12 | 0 | 1 | 19 | 8 | 590 | 0 | |
| | **やりいか** Spear squid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10352 | 生 Raw | 79.7 | 1.0 | 0.49 | 0.18 | 0.05 | 0.26 | 0.25 | 0.01 | 0 | Tr | 17 | 3 | 130 | 4 | 19 | Tr | Tr | Tr | 0 | 1 | 0 | 5 | 1 | 24 | 17 | 1 | 1 | Tr | Tr | Tr | 2 | 1 | Tr | 1 | 1 | Tr | 1 | 9 | 75 | 1 | 0 | 0 | 3 | 3 | 170 | 0 | 内臓等を除いたもの [2] |
| | **加工品** Processed products | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10353 | するめ *Surume* [7] | 20.2 | 4.3 | 1.64 | 0.60 | 0.12 | 0.89 | 0.80 | 0.09 | - | - | 29 | 12 | 420 | 21 | 120 | 2 | - | - | - | 0 | - | 14 | 0 | 62 | 38 | 1 | 5 | - | - | - | 3 | 2 | - | 1 | 4 | 0 | 2 | 88 | 160 | - | 0 | - | 12 | 0 | 620 | 29 | |
| 10354 | さきいか *Saki-ika* [8] | 26.4 | 3.1 | 0.76 | 0.25 | 0.08 | 0.43 | 0.41 | 0.02 | - | - | 6 | 2 | 190 | 5 | 47 | 0 | - | - | - | 0 | - | 2 | 0 | 34 | 39 | 1 | 0 | - | - | - | 9 | 4 | - | 0 | 1 | 0 | 0 | 8 | 91 | - | 0 | - | 3 | 0 | 310 | 9 | |
| 10355 | くん製 Seasoned and smoked | 43.5 | 1.5 | 0.70 | 0.24 | 0.07 | 0.40 | 0.39 | 0.01 | 0 | 0 | 9 | 2 | 180 | 5 | 39 | Tr | Tr | 3 | 0 | 0 | 0 | 3 | Tr | 22 | 36 | 3 | 2 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | Tr | 1 | 5 | 93 | 1 | 0 | 0 | 3 | 2 | 290 | 0 | |
| 10356 | 切りいかあめ煮 *Kiriika-ameni* [9] | 22.8 | 4.7 | 2.97 | 0.71 | 0.78 | 1.48 | 0.69 | 0.79 | 0 | 0 | 13 | 5 | 480 | 11 | 190 | 11 | 3 | 2 | 0 | Tr | 0 | 7 | 2 | 710 | 56 | 6 | 3 | 0 | 0 | 0 | 770 | 7 | 0 | 1 | 3 | Tr | 1 | 19 | 160 | 2 | 0 | 0 | 5 | 4 | 510 | 0 | |
| 10357 | いかあられ *Ika-arare* | 26.7 | 1.8 | 0.97 | 0.28 | 0.12 | 0.57 | 0.40 | 0.17 | 0 | 0 | 12 | 3 | 210 | 5 | 44 | 1 | Tr | 1 | 0 | 0 | 0 | 3 | Tr | 83 | 25 | 3 | 1 | 0 | 0 | 0 | 160 | 9 | 0 | 1 | 1 | 0 | 1 | 9 | 98 | 2 | 0 | 0 | 3 | 2 | 280 | 0 | |
| 10358 | 塩辛 *Shiokara* [10] | 67.3 | 3.4 | 2.57 | 0.74 | 0.57 | 1.24 | 1.15 | 0.08 | - | - | 97 | 15 | 520 | 26 | 82 | 6 | - | - | - | 4 | - | 89 | 20 | 270 | 110 | 44 | 31 | - | - | - | 35 | 28 | - | 64 | 8 | 3 | 15 | 38 | 330 | - | 0 | - | 24 | 0 | 690 | 19 | 赤作り |
| 10359 | 味付け缶詰 Canned with seasoning | 66.9 | 1.8 | 0.68 | 0.25 | 0.07 | 0.37 | 0.35 | 0.02 | 0 | Tr | 14 | 5 | 190 | 8 | 31 | Tr | Tr | Tr | 0 | Tr | 0 | 7 | 1 | 31 | 28 | 3 | Tr | Tr | 0 | 0 | 2 | 1 | 0 | 2 | 3 | 0 | 1 | 9 | 94 | 3 | 3 | 1 | 3 | 2 | 240 | 0 | 液汁を除いたもの [11] |

| 食品番号 Item No. | 食品名 Food and description | 水分 Water | 脂質 Lipid | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | n-3系多価不飽和 n-3 Polyunsaturated | n-6系多価不飽和 n-6 Polyunsaturated | 飽和 Saturated 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 一価不飽和 Monounsaturated 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 多価不飽和 Polyunsaturated 16:2 ヘキサデカジエン酸 | 16:3 ヘリキエサン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンタイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | 未同定 Unidentified | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (g) | | | | | | | | (mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **(たこ類)** (Octopuses) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **いいだこ** Ocellated octopuses | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10360 | 生 Raw | 83.2 | 0.8 | 0.37 | 0.11 | 0.06 | 0.20 | 0.17 | 0.03 | 0 | Tr | 9 | 2 | 66 | 5 | 26 | 1 | Tr | Tr | 0 | Tr | 0 | 11 | 1 | 27 | 13 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | Tr | 1 | 2 | Tr | 1 | 22 | 77 | 2 | 0 | Tr | 6 | 2 | 82 | 0 | 内臓等を含んだもの [1] |
| | **まだこ** Common octopus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10361 | 生 Raw | 81.1 | 0.7 | 0.24 | 0.07 | 0.03 | 0.14 | 0.11 | 0.02 | - | - | 2 | 1 | 37 | 4 | 23 | 0 | - | - | - | Tr | - | 3 | 0 | 11 | 10 | Tr | 4 | - | - | - | 1 | Tr | - | Tr | 1 | 0 | Tr | 21 | 40 | - | 0 | - | 6 | 0 | 68 | 11 | 内臓等を除いたもの [2] |
| 10362 | ゆで Boiled | 76.2 | 0.7 | 0.20 | 0.06 | 0.02 | 0.12 | 0.10 | 0.02 | - | - | 2 | 1 | 32 | 3 | 21 | 0 | - | - | - | 0 | - | 1 | 0 | 8 | 8 | Tr | 1 | - | - | - | Tr | Tr | - | Tr | 1 | 0 | Tr | 15 | 35 | - | 0 | - | 5 | 0 | 63 | 7 | 内臓等を除きゆでたもの [3] |
| | **＜その他＞** ＜OTHERS＞ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **あみ** Opossum shrimps | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 標準和名：にほんいさざあみ |
| 10363 | つくだ煮 *Tsukudani* [4] | 35.0 | 1.8 | 1.09 | 0.30 | 0.24 | 0.55 | 0.46 | 0.06 | 0 | 1 | 37 | 5 | 220 | 6 | 25 | 2 | 1 | 3 | 0 | 1 | 0 | 70 | 3 | 150 | 9 | 4 | 3 | 11 | 6 | 11 | 22 | 17 | 2 | 25 | 4 | 1 | 4 | 23 | 250 | 8 | 0 | 0 | 6 | 7 | 150 | 0 | |
| 10364 | 塩辛 *Shiokara* [5] | 63.7 | 1.1 | 0.58 | 0.18 | 0.15 | 0.25 | 0.21 | 0.04 | 0 | 0 | 11 | 3 | 120 | 5 | 33 | 4 | 5 | 2 | 0 | Tr | 0 | 50 | 3 | 79 | 7 | 1 | 4 | 1 | 1 | Tr | 10 | 5 | 1 | 4 | 3 | 1 | 3 | 19 | 100 | 3 | 0 | 0 | 4 | 4 | 91 | 0 | |
| | **うに** Sea urchin | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10365 | 生うに Raw gonads | 73.8 | 4.8 | 2.54 | 0.63 | 0.77 | 1.02 | 0.73 | 0.29 | - | - | 150 | 17 | 360 | 13 | 77 | 21 | - | - | - | 5 | - | 250 | 31 | 180 | 210 | 18 | 76 | - | - | - | 56 | 38 | - | 190 | 45 | 16 | 59 | 180 | 400 | - | 0 | - | 15 | 0 | 25 | 110 | 生殖巣のみ [6] |
| 10366 | 粒うに *Tsubu-uni* [7] | 51.8 | 5.8 | 3.33 | 1.40 | 1.04 | 0.89 | 0.49 | 0.39 | 0 | 5 | 460 | 55 | 720 | 11 | 140 | 12 | 0 | 0 | 0 | 1 | 0 | 260 | 9 | 560 | 180 | 28 | 0 | 0 | 0 | 6 | 150 | 51 | 0 | 110 | 31 | 17 | 37 | 180 | 260 | 1 | 0 | 6 | 6 | 2 | 25 | 0 | |
| 10367 | 練りうに *Neri-uni* [8] | 53.1 | 2.9 | 2.00 | 0.96 | 0.65 | 0.39 | 0.17 | 0.21 | 0 | 5 | 420 | 18 | 440 | 4 | 67 | 4 | 0 | 0 | 0 | 35 | 0 | 170 | 4 | 340 | 84 | 8 | 0 | 2 | 0 | 6 | 110 | 21 | 0 | 42 | 18 | 12 | 12 | 71 | 85 | 0 | 0 | 1 | 1 | 0 | 10 | 0 | |
| | **おきあみ** Antarctic krills | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | なんきょくおきあみ |
| 10368 | 生 Raw | 78.5 | 3.2 | 2.08 | 0.70 | 0.66 | 0.70 | 0.65 | 0.05 | - | - | 230 | 4 | 430 | 0 | 32 | 3 | - | - | - | 0 | - | 170 | 21 | 400 | 30 | 21 | 15 | - | - | - | 38 | 16 | - | 65 | 0 | 5 | 7 | 8 | 350 | - | 0 | - | 8 | 0 | 200 | 26 | 冷凍品（殻つき） [9] |
| 10369 | ゆで Boiled | 79.8 | 3.0 | 1.99 | 0.69 | 0.50 | 0.80 | 0.70 | 0.06 | 0 | 5 | 220 | 10 | 430 | 0 | 24 | 1 | 2 | 1 | 0 | 4 | 0 | 110 | 6 | 350 | 13 | 11 | 2 | 12 | 5 | 21 | 40 | 40 | 4 | 110 | 2 | 2 | 9 | 8 | 320 | 11 | 0 | Tr | 9 | 1 | 200 | 0 | 海水でゆでた後冷凍したもの [10] |
| | **くらげ** Jellyfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10370 | 塩蔵，塩抜き Salted, desalted | 94.2 | 0.1 | 0.04 | 0.03 | 0.01 | Tr | Tr | Tr | 0 | Tr | 6 | 1 | 20 | 1 | 6 | Tr | 0 | Tr | 0 | 0 | 0 | 5 | 0 | 3 | Tr | Tr | 1 | 0 | 0 | 0 | Tr | Tr | 0 | 0 | 0 | 0 | 0 | Tr | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| (10373) | **このわた→なまこ** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **しゃこ** Mantis shrimp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10371 | ゆで Boiled | 77.2 | 1.7 | 0.81 | 0.25 | 0.23 | 0.32 | 0.26 | 0.06 | - | - | 43 | 12 | 130 | 11 | 45 | 3 | - | - | - | Tr | - | 75 | 10 | 100 | 24 | 8 | 14 | - | - | - | 10 | 2 | - | 5 | 6 | 4 | 7 | 34 | 110 | - | 0 | - | 16 | 7 | 120 | 7 | ゆでしゃこ（むきみ） [11] |
| | **なまこ** Sea cucumber | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | まなまこ |
| 10372 | 生 Raw | 92.2 | 0.3 | 0.13 | 0.04 | 0.04 | 0.05 | 0.03 | 0.02 | 0 | Tr | 5 | 1 | 16 | 2 | 10 | 2 | 1 | Tr | 0 | 1 | 0 | 20 | Tr | 12 | 7 | 1 | 2 | 1 | Tr | Tr | 2 | 1 | 1 | 1 | 1 | Tr | Tr | 14 | 16 | 1 | 0 | 0 | 1 | 1 | 6 | 0 | 内臓を除いたもの [2] |
| 10373 | このわた *Konowata* [12] | 80.2 | 1.8 | 0.65 | 0.10 | 0.19 | 0.35 | 0.23 | 0.10 | 0 | 0 | 8 | 1 | 20 | 5 | 43 | 14 | 11 | 3 | 0 | 9 | 0 | 37 | 1 | 58 | 43 | 12 | 32 | 4 | 2 | 20 | 5 | 1 | 2 | 4 | 11 | 2 | 3 | 70 | 160 | 6 | 0 | 0 | 7 | 9 | 44 | 0 | 内臓を塩辛にしたもの |
| | **ほや** Sea squirt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | まぼや、あかぼや |
| 10374 | 生 Raw | 88.8 | 0.8 | 0.47 | 0.14 | 0.11 | 0.23 | 0.21 | 0.01 | 0 | Tr | 50 | 5 | 64 | 1 | 13 | 1 | 1 | Tr | 0 | Tr | 0 | 32 | 1 | 65 | 8 | 1 | 1 | 2 | 1 | 1 | 7 | 4 | 0 | 10 | 1 | 1 | 2 | 5 | 130 | 7 | 0 | Tr | 3 | 1 | 55 | 0 | 外皮及び内臓を除いたもの [13] |
| 10375 | 塩辛 *Shiokara* [14] | 79.7 | 1.1 | 0.61 | 0.16 | 0.16 | 0.29 | 0.25 | 0.03 | 0 | 1 | 62 | 8 | 67 | 2 | 20 | 2 | 1 | Tr | 0 | 1 | 0 | 44 | 1 | 94 | 15 | 3 | 1 | 5 | 2 | 1 | 15 | 4 | 1 | 15 | 2 | 1 | 2 | 13 | 140 | 8 | 0 | Tr | 5 | 1 | 67 | 0 | |

| 食品番号 Item No. | 食品名 Food and description | 可食部100g当たり per 100 g edible portion | | |