

| 食品番号 Item No. | 食品名 Food and description | 廃棄率 Refuse % | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | |
|------------------|--|-----------------|--|-------------|------------------|-------------|----------------------|-----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|------------------|-------------------|----------------------------|----------------------------------|--------------------|------------------------|--------------------|-------------------------------|----------------------------------|-----------------|--------------------|-----------------------------|-----------------------------|---------------|------------------------|----------------|------------------|---------------------------|-------------|--|--|--------------|----------------------------|--------------------------|-----|-----|------|------|---------------------------------------|---|
| | | | エネルギー Energy | 水分 Water | たんぱく質 Protein | 脂質 Lipid | 炭水化物 Carbohydrate | 灰分 Ash | 無機質 Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | 脂肪酸 Fatty acids | | | 食物繊維 Dietary fibers | | | 食塩相当量 Salt equivalents | | | | | | | | | | | | |
| | | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | A | | | | | E | | | | | 飽和脂肪酸 Saturated | 一価不飽和脂肪酸 Monounsaturated | 多価不飽和脂肪酸 Polyunsaturated | | コレステロール Cholesterol | 水溶性 Soluble | 不溶性 Insoluble | | 総量 Total | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | レチノール Retinol | カロチン Carotenes | クリプトキサンチン Cryptoxanthin | β-カロチン β-Carotene equivalents | ビタミンD Vitamin D | トコフェロール Tocopherols | ビタミンK Vitamin K | ビタミンB ₁ Thiamin | ビタミンB ₂ Riboflavin | ナイアシン Niacin | | | | | | | | | | ビタミンB ₆ Vitamin B ₆ | ビタミンB ₁₂ Vitamin B ₁₂ | 葉酸 Folate | パントテン酸 Pantothenic acid | アスコルビク酸 Ascorbic acid | | | | | | |
| 01001 | 穀類 CEREALS アマランサス Amaranth 玄穀 Whole grain, raw | 0 | 358 | 1498 | 13.5 | 12.7 | 6.0 | 64.9 | 2.9 | 1 | 600 | 160 | 270 | 540 | 9.4 | 5.8 | 0.92 | 6.14 | (0) | 0 | 2 | 0 | 2 | Tr | (0) | 1.3 | 2.3 | 0.2 | 0.7 | (0) | 0.04 | 0.14 | 1.0 | 0.58 | (0) | 130 | 1.69 | (0) | 1.18 | 1.48 | 2.10 | (0) | 1.1 | 6.3 | 7.4 | 0 | |
| 01002 | あわ Foxtail millet 精白粒 Milled grain, raw | 0 | 364 | 1523 | 12.5 | 10.5 | 2.7 | 73.1 | 1.2 | 1 | 280 | 14 | 110 | 280 | 4.8 | 2.7 | 0.45 | 0.89 | (0) | - | - | (0) | (0) | (0) | (0) | 0.6 | 0 | 2.2 | 0 | (0) | 0.20 | 0.07 | 1.7 | 0.18 | (0) | 29 | 1.84 | (0) | - | - | - | (0) | 0.4 | 3.0 | 3.4 | 0 | 歩留り ²⁾ : 70~80% |
| 01003 | あわもち Glutinous cake | 0 | 211 | 883 | 48.0 | 4.4 | 0.8 | 46.5 | 0.3 | 1 | 77 | 7 | 26 | 87 | 0.4 | 1.1 | 0.19 | 0.48 | (0) | 0 | (0) | 0 | (0) | (0) | (0) | 0.1 | Tr | 1.4 | 0 | (0) | 0.05 | 0.03 | 0.3 | 0.03 | (0) | 7 | 0.61 | (0) | - | - | - | (0) | 0 | 1.5 | 1.5 | 0 | 原材料配合割合: もちあわ50, もち米50 ³⁾ |
| 01004 | えんぱく Oats オートミール Oatmeal, raw | 0 | 380 | 1590 | 10.0 | 13.7 | 5.7 | 69.1 | 1.5 | 3 | 260 | 47 | 100 | 370 | 3.9 | 2.1 | 0.28 | - | (0) | - | - | (0) | (0) | (0) | (0) | 0.6 | 0.1 | 0 | 0 | (0) | 0.20 | 0.08 | 1.1 | 0.11 | (0) | 30 | 1.29 | (0) | - | - | - | (0) | 3.2 | 6.2 | 9.4 | 0 | |
| 01005 | おおむぎ Barley 七分つき押麦 Under-milled pressed grain, raw | 0 | 341 | 1427 | 14.0 | 10.9 | 2.1 | 72.1 | 0.9 | 2 | 220 | 23 | 46 | 180 | 1.3 | 1.4 | 0.32 | 0.85 | (0) | - | - | (0) | (0) | (0) | (0) | 0.2 | Tr | 0.1 | 0 | (0) | 0.22 | 0.07 | 3.2 | 0.14 | (0) | 17 | 0.43 | (0) | 0.58 | 0.20 | 0.91 | (0) | 6.3 | 4.0 | 10.3 | 0 | 歩留り: 玄皮麦 80~65%, 玄標麦 65~70% ⁴⁾ |
| 01006 | 押麦 Pressed grain, raw | 0 | 340 | 1423 | 14.0 | 6.2 | 1.3 | 77.8 | 0.7 | 2 | 170 | 17 | 25 | 110 | 1.0 | 1.2 | 0.40 | - | (0) | - | - | (0) | (0) | (0) | (0) | 0.1 | 0 | 0 | 0 | (0) | 0.06 | 0.04 | 1.6 | 0.14 | (0) | 9 | 0.46 | (0) | 0.36 | 0.12 | 0.56 | (0) | 6.0 | 3.6 | 9.6 | 0 | 歩留り: 玄皮麦45~55%, 玄標麦 55~65% ⁵⁾ |
| 01007 | 米粒麦 Splitted grain, raw | 0 | 343 | 1435 | 14.0 | 7.0 | 2.1 | 76.2 | 0.7 | 2 | 170 | 17 | 25 | 140 | 1.2 | 1.2 | 0.37 | - | (0) | - | - | (0) | (0) | (0) | (0) | 0.1 | 0 | 0 | 0 | (0) | 0.19 | 0.05 | 2.3 | 0.19 | (0) | 10 | 0.64 | (0) | 0.58 | 0.20 | 0.91 | (0) | 6.0 | 2.7 | 8.7 | 0 | 別名: 切断麦, 白麦を含む 歩留り: 玄皮麦 40~50%, 玄標麦 50~60% ⁶⁾ |
| 01008 | 大麦めん Noodles 乾 Dry form, raw | 0 | 339 | 1418 | 14.0 | 12.9 | 1.7 | 68.0 | 3.4 | 1100 | 240 | 27 | 63 | 200 | 2.1 | 1.5 | 0.33 | 0.90 | (0) | - | - | (0) | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.21 | 0.04 | 3.5 | 0.09 | (0) | 19 | 0.64 | (0) | 0.42 | 0.16 | 0.82 | (0) | 3.6 | 2.7 | 6.3 | 2.8 | 原材料配合割合: 大麦粉 50, 小麦粉 50 ⁷⁾ | |
| 01009 | ゆで Dry form, boiled | 0 | 122 | 510 | 70.0 | 4.8 | 0.6 | 24.3 | 0.3 | 64 | 10 | 12 | 18 | 61 | 0.9 | 0.6 | 0.13 | 0.27 | (0) | - | - | (0) | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.04 | 0.01 | 1.0 | 0.01 | (0) | 5 | 0.26 | (0) | 0.15 | 0.05 | 0.29 | (0) | 1.2 | 1.3 | 2.5 | 0.2 | | |
| 01010 | 麦こがし Roasted flour | 0 | 391 | 1636 | 3.5 | 12.5 | 5.0 | 77.1 | 1.9 | 2 | 490 | 43 | 130 | 340 | 3.1 | 3.8 | 0.41 | 1.81 | (0) | - | - | (0) | (0) | (0) | (0) | 0.5 | 0.1 | 0.2 | 0 | (0) | 0.09 | 0.10 | 7.6 | 0.09 | (0) | 24 | 0.28 | (0) | 1.39 | 0.47 | 2.17 | (0) | 5.2 | 10.3 | 15.5 | 0 | 別名: こうせん, はったい粉 |
| 01011 | (01004) オートミール えんぱく きび Proso millet 精白粒 Milled grain, raw | 0 | 356 | 1490 | 14.0 | 10.6 | 1.7 | 73.1 | 0.6 | 2 | 170 | 9 | 84 | 160 | 2.1 | 2.7 | 0.38 | - | (0) | - | - | (0) | (0) | (0) | Tr | Tr | 0.5 | 0.3 | (0) | 0.15 | 0.05 | 2.0 | 0.20 | (0) | 13 | 0.94 | 0 | - | - | - | (0) | 0.1 | 1.6 | 1.7 | 0 | 歩留り ²⁾ : 70~80% | |
| 01012 | こむぎ Wheat [玄穀] [Whole grain] 国産 Domestic 普通 Medium, raw | 0 | 337 | 1410 | 12.5 | 10.6 | 3.1 | 72.2 | 1.6 | 2 | 470 | 26 | 80 | 350 | 3.2 | 2.6 | 0.35 | 3.90 | (0) | - | - | (0) | (0) | (0) | (0) | 1.2 | 0.6 | 0 | 0 | (0) | 0.41 | 0.09 | 6.3 | 0.35 | (0) | 38 | 1.03 | (0) | 0.56 | 0.35 | 1.53 | (0) | 0.7 | 10.1 | 10.8 | 0 | |

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|------------------|--|-----------------|---------------------------------------|-------------|------------------|-------------|----------------------|-----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|------------------|-------------------|----------------------------|----------------------------------|---|--------------------|------------------------|--------------------|-------------------------------|----------------------------------|--------------------|-----------------------------|-----------------------------|---------------|------------------------|----------------|------------------|---------------------------|-------------|-----------------|--|--|--------------|----------------------------|--------------------------|-----|-----|------|-----|---|
| | | | エネルギー Energy | 水分 Water | たんぱく質 Protein | 脂質 Lipid | 炭水化物 Carbohydrate | 灰分 Ash | 無機質 Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | 脂肪酸 Fatty acids | | | 食物繊維 Dietary fibers | | | 食塩相当量 Salt equivalents | | | | | | | | | | | | |
| | | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | A | | | | | E | | | | | 飽和脂肪酸 Saturated | 一価不飽和脂肪酸 Monounsaturated | 多価不飽和脂肪酸 Polyunsaturated | | コレステロール Cholesterol | 水溶性 Soluble | 不溶性 Insoluble | | 総量 Total | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | レチノール Retinol | カロチン Carotenes | クリプトキサンチン Cryptoxanthin | β-カロチン β-Carotene equivalents | レチノール当量 Retinol activity equivalents | ビタミンD Vitamin D | トコフェロール Tocopherols | ビタミンK Vitamin K | ビタミンB ₁ Thiamin | ビタミンB ₂ Riboflavin | | | | | | | | | | ナイアシン Niacin | ビタミンB ₆ Vitamin B ₆ | ビタミンB ₁₂ Vitamin B ₁₂ | 葉酸 Folate | パントテン酸 Pantothenic acid | アスコルビク酸 Ascorbic acid | mg | mg | mg | mg | mg |
| g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | | | | | | | | | | | | | | | |
| 01013 | 輸入 軟質 Imported Soft, raw | 0 | 348 | 1456 | 10.0 | 10.1 | 3.3 | 75.2 | 1.4 | 2 | 390 | 36 | 110 | 290 | 2.9 | 1.7 | 0.32 | 3.79 | (0) | - | - | - | (0) | (0) | (0) | 1.2 | 0.6 | 0 | 0 | (0) | 0.49 | 0.09 | 5.0 | 0.34 | (0) | 40 | 1.07 | (0) | 0.60 | 0.38 | 1.63 | (0) | 1.4 | 9.8 | 11.2 | 0 | |
| 01014 | 硬質 Hard, raw | 0 | 334 | 1397 | 13.0 | 13.0 | 3.0 | 69.4 | 1.6 | 2 | 340 | 26 | 140 | 320 | 3.2 | 3.1 | 0.43 | 4.09 | (0) | - | - | - | (0) | (0) | (0) | 1.2 | 0.6 | 0 | 0 | (0) | 0.35 | 0.09 | 5.8 | 0.34 | (0) | 49 | 1.29 | (0) | 0.54 | 0.34 | 1.49 | (0) | 1.5 | 9.9 | 11.4 | 0 | |
| 01015 | [小麦粉] 薄力粉 1等 [Wheat flour] Soft flour First grade | 0 | 368 | 1540 | 14.0 | 8.0 | 1.7 | 75.9 | 0.4 | 2 | 120 | 23 | 12 | 70 | 0.6 | 0.3 | 0.09 | 0.50 | (0) | - | - | - | (0) | (0) | (0) | 0.3 | 0.2 | 0 | 0 | (0) | 0.13 | 0.04 | 0.7 | 0.03 | (0) | 9 | 0.53 | (0) | 0.39 | 0.15 | 0.86 | (0) | 1.2 | 1.3 | 2.5 | 0 | |
| 01016 | 2等 Second grade | 0 | 369 | 1544 | 14.0 | 8.8 | 2.1 | 74.6 | 0.5 | 2 | 150 | 27 | 30 | 90 | 1.1 | 0.7 | 0.18 | 0.77 | (0) | - | - | - | (0) | (0) | (0) | 1.0 | 0.6 | 0 | 0 | (0) | 0.24 | 0.05 | 1.2 | 0.09 | (0) | 14 | 0.62 | (0) | 0.48 | 0.19 | 1.07 | (0) | 1.2 | 1.5 | 2.7 | 0 | |
| 01017 | (欠番) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01018 | 中力粉 1等 Medium flour First grade | 0 | 368 | 1540 | 14.0 | 9.0 | 1.8 | 74.8 | 0.4 | 2 | 100 | 20 | 18 | 74 | 0.6 | 0.5 | 0.11 | 0.50 | (0) | - | - | - | (0) | (0) | (0) | 0.3 | 0.2 | 0 | 0 | (0) | 0.12 | 0.04 | 0.7 | 0.05 | (0) | 8 | 0.47 | (0) | 0.41 | 0.16 | 0.92 | (0) | 1.2 | 1.6 | 2.8 | 0 | |
| 01019 | 2等 Second grade | 0 | 369 | 1544 | 14.0 | 9.7 | 2.1 | 73.7 | 0.5 | 2 | 130 | 28 | 26 | 93 | 1.3 | 0.6 | 0.14 | 0.77 | (0) | - | - | - | (0) | (0) | (0) | 0.8 | 0.4 | 0 | 0 | (0) | 0.26 | 0.05 | 1.4 | 0.07 | (0) | 12 | 0.66 | (0) | 0.48 | 0.19 | 1.07 | (0) | 1.2 | 1.7 | 2.9 | 0 | |
| 01020 | 強力粉 1等 Hard flour First grade | 0 | 366 | 1531 | 14.5 | 11.7 | 1.8 | 71.6 | 0.4 | 2 | 80 | 20 | 23 | 75 | 1.0 | 0.8 | 0.15 | 0.38 | (0) | - | - | - | (0) | (0) | (0) | 0.3 | 0.2 | 0 | 0 | (0) | 0.10 | 0.05 | 0.9 | 0.07 | (0) | 15 | 0.77 | (0) | 0.41 | 0.16 | 0.92 | (0) | 1.2 | 1.5 | 2.7 | 0 | |
| 01021 | 2等 Second grade | 0 | 367 | 1536 | 14.5 | 12.4 | 2.1 | 70.5 | 0.5 | 2 | 100 | 25 | 36 | 100 | 1.2 | 1.0 | 0.19 | 0.58 | (0) | - | - | - | (0) | (0) | (0) | 0.5 | 0.2 | 0 | 0 | (0) | 0.15 | 0.05 | 1.3 | 0.08 | (0) | 18 | 0.93 | (0) | 0.48 | 0.19 | 1.07 | (0) | 1.2 | 1.6 | 2.8 | 0 | |
| 01022 | (欠番) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01023 | 全粒粉 Whole | 0 | 328 | 1372 | 14.5 | 12.8 | 2.9 | 68.2 | 1.6 | 2 | 330 | 26 | 140 | 310 | 3.1 | 3.0 | 0.42 | 4.02 | (0) | - | - | - | (0) | (0) | (0) | 1.0 | 0.5 | 0 | 0 | (0) | 0.34 | 0.09 | 5.7 | 0.33 | (0) | 48 | 1.27 | (0) | 0.53 | 0.33 | 1.44 | (0) | 1.5 | 9.7 | 11.2 | 0 | |
| 01024 | ブレミックス粉 ホットケーキ用 Premixed flour For hot cake | 0 | 366 | 1531 | 11.1 | 7.6 | 4.2 | 74.4 | 2.1 | 390 | 240 | 100 | 12 | 180 | 0.5 | 0.3 | 0.07 | 0.36 | 8 | Tr | 1 | 3 | 3 | 9 | 0.1 | 0.3 | 0.1 | 0.1 | Tr | 1 | 0.11 | 0.09 | 0.6 | 0.04 | 0.1 | 10 | 0.48 | Tr | 1.23 | 1.38 | 0.98 | 31 | 0.9 | 1.0 | 1.9 | 1.0 | 加熱によりベーキングパウダーから発生する二酸化炭素等 ³⁾ 0.6g |
| 01025 | てんぷら用 For Tempura | 0 | 349 | 1460 | 13.8 | 7.5 | 1.6 | 76.1 | 0.8 | 77 | 150 | 45 | 11 | 100 | 0.6 | 0.3 | 0.08 | 0.44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.2 | 0.1 | 0 | 0 | Tr | 0.12 | 0.05 | 0.6 | 0.03 | 0 | 8 | 0.47 | 0 | 0.35 | 0.14 | 0.77 | Tr | 1.1 | 1.2 | 2.3 | 0.2 | 加熱によりベーキングパウダーから発生する二酸化炭素等 ³⁾ 0.2g |
| 01026 | [パン類] 食パン [Breads] White table bread | 0 | 264 | 1105 | 38.0 | 9.3 | 4.4 | 46.7 | 1.6 | 500 | 97 | 29 | 20 | 83 | 0.6 | 0.8 | 0.11 | 0.24 | (0) | 0 | 2 | 0 | 2 | Tr | (0) | 0.5 | 0.1 | 0.7 | Tr | (0) | 0.07 | 0.04 | 1.2 | 0.03 | (Tr) | 32 | 0.47 | (0) | 1.33 | 1.50 | 1.04 | (0) | 0.4 | 1.9 | 2.3 | 1.3 | |
| 01027 | (欠番) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01028 | コッペパン Bread type rolls | 0 | 265 | 1109 | 37.0 | 8.5 | 3.8 | 49.1 | 1.6 | 520 | 95 | 37 | 24 | 75 | 1.0 | 0.7 | 0.12 | 0.39 | (0) | - | - | - | (0) | (0) | (0) | 0.4 | 0.1 | 0.8 | 0.2 | (Tr) | 0.08 | 0.08 | 0.7 | 0.04 | (Tr) | 45 | 0.63 | (0) | 1.14 | 1.30 | 0.89 | (Tr) | 1.0 | 1.0 | 2.0 | 1.3 | |
| 01029 | (欠番) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01030 | 乾パン Hardtack | 0 | 393 | 1644 | 5.5 | 9.5 | 4.4 | 78.8 | 1.8 | 490 | 160 | 30 | 27 | 95 | 1.2 | 0.6 | 0.18 | 0.82 | (0) | - | - | - | (0) | (0) | (0) | 1.1 | 0.3 | 0.7 | 0.1 | (Tr) | 0.14 | 0.06 | 0.9 | 0.06 | (0) | 20 | 0.41 | (0) | - | - | - | (Tr) | 1.8 | 1.3 | 3.1 | 1.2 | |

| 食品番号 Item No. | 食品名 Food and description | 水分 % | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | | |
|------------------|---|---------|--|-------------|------------------|-------------|----------------------|-----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|------------------|-------------------|----------------------------|----------------------------------|---|---------------------|------------------------|-----|-----|-----|---------------------|--------------------------------|---------------|-----------------------------------|------------------------|---|---|---------------------------|--------------|----------------------------|-------------------------|--------------------|-----------------------------|-----------------------------|------------------------|----------------|------------------|-------------|-----|------------------------------|
| | | | エネルギー Energy | 水分 Water | たんぱく質 Protein | 脂質 Lipid | 炭水化物 Carbohydrate | 灰分 Ash | 無機質 Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | 脂肪酸 Fatty acids | | | 食物繊維 Dietary fibers | | | 食塩相当量 Salt equivalents | | | | | | | | | | | | |
| | | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | A | | | | | E | | | | | ビタミン K Vitamin K | ビタミン B ₁ Thiamin | | ビタミン B ₂ Riboflavin | ナイアシン Niacin | ビタミン B ₆ Vitamin B ₆ | ビタミン B ₁₂ Vitamin B ₁₂ | | 葉酸 Folate | パントテン酸 Pantothenic acid | ビタミン C Ascorbic acid | 飽和脂肪酸 Saturated | 一価不飽和脂肪酸 Monounsaturated | 多価不飽和脂肪酸 Polyunsaturated | コレステロール Cholesterol | 水溶性 Soluble | 不溶性 Insoluble | 総量 Total | | |
| | | | | | | | | | | | | | | | | | | レチノール Retinol | カロチン Carotenes | クリプトキサンチン Cryptoxanthin | β-カロチン β-Carotene equivalents | レチノール当量 Retinol activity equivalents | ビタミン D Vitamin D | トコフェロール Tocopherols | | | | | | | | | | | | | | | | | | | | | | | |
| 01031 | フランスパン French bread | 0 | 279 | 1167 | 30.0 | 9.4 | 1.3 | 57.5 | 1.8 | 620 | 110 | 16 | 22 | 72 | 0.9 | 0.8 | 0.14 | 0.39 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | 0.1 | 0.1 | Tr | (0) | 0.08 | 0.05 | 1.1 | 0.04 | (0) | 33 | 0.45 | (0) | 0.30 | 0.12 | 0.66 | (0) | 1.2 | 1.5 | 2.7 | 1.6 | |
| 01032 | ライ麦パン Rye bread | 0 | 264 | 1105 | 35.0 | 8.4 | 2.2 | 52.7 | 1.7 | 470 | 190 | 16 | 40 | 130 | 1.4 | 1.3 | 0.18 | 0.87 | (0) | 0 | 0 | 0 | 0 | (0) | Tr | 0.3 | 0.1 | 0.2 | 0.1 | (0) | 0.16 | 0.06 | 1.3 | 0.09 | (0) | 34 | 0.46 | (0) | 0.34 | 0.20 | 0.84 | (0) | 2.0 | 3.6 | 5.6 | 1.2 | 主原料配合：ライ麦粉 ²⁾ 50% |
| 01033 | ぶどうパン Raisin bread | 0 | 269 | 1125 | 35.7 | 8.2 | 3.5 | 51.1 | 1.5 | 400 | 210 | 32 | 23 | 86 | 0.9 | 0.6 | 0.15 | 0.32 | Tr | 0 | 1 | 0 | 1 | Tr | Tr | 0.4 | 0.1 | 0.4 | 0.2 | (Tr) | 0.11 | 0.05 | 1.2 | 0.07 | (Tr) | 33 | 0.42 | (Tr) | - | - | - | (Tr) | 0.9 | 1.3 | 2.2 | 1.0 | |
| 01034 | ロールパン Soft rolls | 0 | 316 | 1322 | 30.7 | 10.1 | 9.0 | 48.6 | 1.6 | 490 | 110 | 44 | 22 | 97 | 0.7 | 0.8 | 0.12 | 0.29 | (0) | 0 | 15 | 0 | 15 | 1 | 0.1 | 0.5 | 0.1 | 0.7 | 0.2 | (Tr) | 0.10 | 0.06 | 1.3 | 0.03 | (Tr) | 38 | 0.61 | (0) | - | - | - | (Tr) | 1.0 | 1.0 | 2.0 | 1.2 | |
| 01035 | クロワッサン Croissants | 0 | 448 | 1874 | 20.0 | 7.9 | 26.8 | 43.9 | 1.4 | 470 | 90 | 21 | 17 | 67 | 0.6 | 0.6 | 0.10 | 0.29 | (0) | 5 | 66 | 0 | 69 | 6 | 0.1 | 1.9 | 0.2 | 5.3 | 1.2 | (Tr) | 0.08 | 0.03 | 1.0 | 0.03 | (Tr) | 33 | 0.44 | (0) | - | - | - | (Tr) | 0.9 | 0.9 | 1.8 | 1.2 | |
| 01036 | イングリッシュマフィン English muffins | 0 | 228 | 954 | 46.0 | 8.1 | 3.6 | 40.8 | 1.5 | 480 | 84 | 53 | 19 | 96 | 0.9 | 0.8 | 0.12 | 0.28 | (0) | Tr | 1 | 0 | 1 | Tr | (0) | 0.3 | 0.1 | 0.3 | 0.1 | (Tr) | 0.15 | 0.08 | 1.2 | 0.05 | (0) | 23 | 0.32 | (0) | - | - | - | (Tr) | 0.2 | 1.0 | 1.2 | 1.2 | |
| 01037 | ナン Nan | 0 | 262 | 1096 | 37.2 | 10.3 | 3.4 | 47.6 | 1.5 | 530 | 97 | 11 | 22 | 77 | 0.8 | 0.7 | 0.11 | 0.30 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.6 | 0.1 | 0.7 | 0 | (0) | 0.13 | 0.06 | 1.3 | 0.05 | (0) | 36 | 0.55 | (0) | 0.53 | 1.45 | 1.00 | (0) | 0.8 | 1.2 | 2.0 | 1.3 | |
| (15069 ~ 072) | [菓子パン類] 菓子類・ <菓子・パン類> [うどん・そうめん類] [Japanese noodles] うどん Udon 生 Wet form, raw ゆで Wet form, boiled (欠番) 干しうどん Hoshi-udon 乾 Dry form, raw ゆで Dry form, boiled そうめん・ひやむぎ Somen and Hiyamugi 乾 Dry form, raw ゆで Dry form, boiled 手延そうめん・手延ひやむぎ Tanabe-somen and Tanabe- hiyamugi 乾 Dry form, raw ゆで Dry form, boiled | 0 | 270 | 1130 | 33.5 | 6.1 | 0.6 | 56.8 | 3.0 | 1000 | 90 | 18 | 13 | 49 | 0.3 | 0.3 | 0.08 | 0.39 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.2 | 0.2 | 0 | 0 | (0) | 0.09 | 0.03 | 0.6 | 0.03 | (0) | 5 | 0.36 | (0) | 0.14 | 0.05 | 0.31 | (0) | 0.5 | 0.7 | 1.2 | 2.5 | きしめん、ひもかわを含む |
| 01038 | 生 Wet form, raw | 0 | 270 | 1130 | 33.5 | 6.1 | 0.6 | 56.8 | 3.0 | 1000 | 90 | 18 | 13 | 49 | 0.3 | 0.3 | 0.08 | 0.39 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.2 | 0.2 | 0 | 0 | (0) | 0.09 | 0.03 | 0.6 | 0.03 | (0) | 5 | 0.36 | (0) | 0.14 | 0.05 | 0.31 | (0) | 0.5 | 0.7 | 1.2 | 2.5 | |
| 01039 | ゆで Wet form, boiled | 0 | 105 | 439 | 75.0 | 2.6 | 0.4 | 21.6 | 0.4 | 120 | 9 | 6 | 6 | 18 | 0.2 | 0.1 | 0.04 | 0.12 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | 0.1 | 0 | 0 | (0) | 0.02 | 0.01 | 0.2 | 0.01 | (0) | 2 | 0.13 | (0) | 0.09 | 0.04 | 0.20 | (0) | 0.2 | 0.6 | 0.8 | 0.3 | |
| 01040 | (欠番) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01041 | 干しうどん Hoshi-udon 乾 Dry form, raw | 0 | 348 | 1456 | 13.5 | 8.5 | 1.1 | 71.9 | 5.0 | 1700 | 130 | 17 | 19 | 70 | 0.6 | 0.4 | 0.11 | 0.50 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.3 | 0.2 | 0 | 0 | (0) | 0.08 | 0.02 | 0.9 | 0.04 | (0) | 9 | 0.45 | (0) | 0.25 | 0.10 | 0.56 | (0) | 0.6 | 1.8 | 2.4 | 4.3 | |
| 01042 | ゆで Dry form, boiled | 0 | 126 | 527 | 70.0 | 3.1 | 0.5 | 25.8 | 0.6 | 210 | 14 | 7 | 4 | 24 | 0.2 | 0.1 | 0.04 | 0.14 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | 0.1 | 0 | 0 | (0) | 0.02 | 0.01 | 0.2 | 0.01 | (0) | 2 | 0.14 | (0) | 0.11 | 0.04 | 0.25 | (0) | 0.3 | 0.4 | 0.7 | 0.5 | |
| 01043 | そうめん・ひやむぎ Somen and Hiyamugi 乾 Dry form, raw | 0 | 356 | 1490 | 12.5 | 9.5 | 1.1 | 72.7 | 4.2 | 1500 | 120 | 17 | 22 | 70 | 0.6 | 0.4 | 0.12 | 0.44 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.3 | 0.2 | 0 | 0 | (0) | 0.08 | 0.02 | 0.9 | 0.03 | (0) | 8 | 0.70 | (0) | 0.25 | 0.10 | 0.56 | (0) | 0.7 | 1.8 | 2.5 | 3.8 | |
| 01044 | ゆで Dry form, boiled | 0 | 127 | 531 | 70.0 | 3.5 | 0.4 | 25.8 | 0.3 | 85 | 5 | 6 | 5 | 24 | 0.2 | 0.2 | 0.05 | 0.12 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | 0.1 | 0 | 0 | (0) | 0.02 | 0.01 | 0.2 | Tr | (0) | 2 | 0.25 | (0) | 0.09 | 0.04 | 0.20 | (0) | 0.3 | 0.6 | 0.9 | 0.2 | |
| 01045 | 手延そうめん・手延ひやむぎ Tanabe-somen and Tanabe- hiyamugi 乾 Dry form, raw | 0 | 342 | 1431 | 14.0 | 9.3 | 1.5 | 68.9 | 6.3 | 2300 | 110 | 20 | 23 | 70 | 0.6 | 0.4 | 0.14 | 0.43 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | 0.1 | 0.1 | 0 | (0) | 0.06 | 0.02 | 0.9 | 0.03 | (0) | 10 | 0.52 | (0) | - | - | - | (0) | 1.2 | 0.6 | 1.8 | 5.8 | |
| 01046 | ゆで Dry form, boiled | 0 | 127 | 531 | 70.0 | 3.5 | 0.6 | 25.5 | 0.4 | 130 | 5 | 6 | 4 | 23 | 0.2 | 0.1 | 0.05 | 0.12 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.03 | 0.01 | 0.2 | 0 | (0) | 2 | 0.16 | (0) | - | - | - | (0) | 0.5 | 0.5 | 1.0 | 0.3 | |

| 食品番号 Item No. | 食品名 Food and description | 廃 棄 率 % | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 備 考 Remarks | | | | | | | | | | | | | | | |
|------------------|--|------------------|--|-----------------|------------------------------|-----------------|----------------------------------|---------------|-------------------------|---------------------------|------------------------------|-------------------------------------|---------------------------|-----------|----------------|-------------|---------------------------------|------------------------------|-------------------------------|--------------------------------------|--|---|--|-----|----------------|----------------|-------------------------|----------------|-----------------|------------------|--|-------------------|-----|------------------------------------|--|--|--|--------------------------------|-------------------------|---------------------------|-----------------|-----------|-----------|---------|------------|------------------------|-------------------------|
| | | | エ ネ ル ギ ー Energy | 水 分 Water | たん ぱ く 質 Protein | 脂 質 Lipid | 炭 水 化 物 Carbohydrate | 灰 分 Ash | 無機質 Minerals | | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | | 脂肪酸 Fatty acids | | | 食物繊維 Dietary fibers | | | 食 塩 相当 量 Salt equivalents | | | | | | | | | | |
| | | | | | | | | | ナ トリ ウム Sodium | カ リ ウム Potassium | カ ル シ ウム Calcium | マ グ ネ シ ウム Magnesium | リ ン 酸 Phosphorus | 鉄 Iron | 亜 鉛 Zinc | 銅 Copper | マン ガン グ ン Manganese | A | | | E | | | K | B ₁ | B ₂ | ナイ ア シン Niacin | B ₆ | B ₁₂ | 葉 酸 Folate | パン ト チ ン 酸 Pantothenic acid | | C | 飽 和 脂 肪 酸 Saturated | 一 不 飽 和 脂 肪 酸 Monounsaturated | 多 不 飽 和 脂 肪 酸 Polyunsaturated | | コレ ステ ロール Cholesterol | 水 溶性 性 Soluble | 不 溶性 性 Insoluble | 総 量 Total | | | | | | |
| | | | | | | | | | | | | | | | | | | レ チ ノ ール Retinol | カ ロ チ ン Carotenes | ク リ ノ チ ン Crypsanthin | β- カ ロ チ ン β-Carotene equivalents | レ チ ノ ール 当 量 Retinol activity equivalents | ト コ フ エ ロ ール Tocopherols | | | | | | | | | | | | | | | | | | | Vitamin D | Vitamin K | Thiamin | Riboflavin | Vitamin B ₆ | Vitamin B ₁₂ |
| g | g | g | g | g | g | g | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | | | | | | | | | | |
| | [中華めん類] [Chinese noodles] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01047 | 中華めん 生 Wet form, raw | 0 | 281 | 1176 | 33.0 | 8.6 | 1.2 | 55.7 | 1.5 | 410 | 350 | 21 | 13 | 60 | 0.5 | 0.4 | 0.09 | 0.35 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.2 | 0.1 | 0 | 0 | (0) | 0.02 | 0.02 | 0.6 | 0.02 | (0) | 8 | 0.55 | (0) | 0.28 | 0.11 | 0.61 | (0) | 0.7 | 1.4 | 2.1 | 1.0 | |
| 01048 | ゆで Wet form, boiled | 0 | 149 | 623 | 65.0 | 4.9 | 0.6 | 29.2 | 0.3 | 70 | 60 | 20 | 7 | 31 | 0.3 | 0.2 | 0.05 | 0.18 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | 0.1 | 0 | 0 | (0) | 0.01 | 0.01 | 0.2 | 0 | Tr | 3 | 0.25 | (0) | 0.14 | 0.05 | 0.31 | (0) | 0.5 | 0.8 | 1.3 | 0.2 | |
| 01049 | 蒸し中華めん Steamed Chinese noodles | 0 | 198 | 828 | 54.0 | 5.3 | 1.7 | 38.4 | 0.6 | 170 | 86 | 9 | 10 | 100 | 0.3 | 0.2 | 0.07 | 0.29 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | 0.1 | 0 | 0 | (0) | 0.01 | 0.01 | 0.4 | 0.02 | (0) | 4 | 0.27 | (0) | 0.39 | 0.15 | 0.86 | (0) | 0.7 | 1.2 | 1.9 | 0.4 | |
| 01050 | 干し中華めん Dried Chinese noodles | 0 | 365 | 1527 | 13.0 | 10.5 | 1.6 | 73.0 | 1.9 | 500 | 310 | 18 | 24 | 120 | 0.7 | 0.6 | 0.16 | 0.45 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.2 | 0.1 | 0 | 0 | (0) | 0.03 | 0.03 | 1.0 | 0.05 | (0) | 11 | 0.78 | (0) | 0.37 | 0.14 | 0.81 | (0) | 1.6 | 1.3 | 2.9 | 1.3 | |
| 01051 | ゆで Dry form, boiled | 0 | 140 | 586 | 67.0 | 4.1 | 0.5 | 28.1 | 0.3 | 75 | 40 | 10 | 9 | 39 | 0.3 | 0.2 | 0.05 | 0.17 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.01 | 0.01 | 0.2 | 0 | Tr | 2 | 0.24 | (0) | 0.11 | 0.04 | 0.25 | (0) | 0.7 | 0.8 | 1.5 | 0.2 | |
| 01052 | 沖縄そば Okinawa noodles | 0 | 284 | 1188 | 32.3 | 9.2 | 2.0 | 54.2 | 2.3 | 810 | 340 | 11 | 50 | 65 | 0.7 | 1.1 | 0.18 | 0.69 | (0) | - | - | - | (0) | (0) | (0) | 0.3 | 0.2 | 0 | 0 | (0) | 0.02 | 0.04 | 0.8 | 0.11 | (0) | 15 | 0.63 | (0) | 0.46 | 0.18 | 1.02 | (0) | 1.3 | 0.8 | 2.1 | 2.1 | |
| 01053 | ゆで Wet form, boiled | 0 | 147 | 615 | 65.5 | 5.2 | 0.8 | 28.0 | 0.5 | 170 | 80 | 9 | 28 | 28 | 0.4 | 0.6 | 0.10 | 0.37 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0.1 | 0 | 0 | (0) | 0.01 | 0.02 | 0.2 | 0.03 | (0) | 6 | 0.23 | (0) | 0.18 | 0.07 | 0.41 | (0) | 0.8 | 0.7 | 1.5 | 0.4 | |
| 01054 | 干し沖縄そば Dried Okinawa noodles | 0 | 351 | 1469 | 13.7 | 12.0 | 1.7 | 67.8 | 4.8 | 1700 | 130 | 23 | 22 | 100 | 1.5 | 0.4 | 0.11 | 0.38 | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0.1 | 0 | 0 | (0) | 0.12 | 0.05 | 1.1 | 0.05 | (0) | 8 | 0.49 | (0) | 0.39 | 0.15 | 0.86 | (0) | 1.3 | 0.8 | 2.1 | 4.3 | |
| 01055 | ゆで Dry form, boiled | 0 | 148 | 619 | 65.0 | 5.2 | 0.6 | 28.6 | 0.6 | 200 | 10 | 11 | 8 | 36 | 0.5 | 0.1 | 0.05 | 0.16 | (0) | - | - | - | (0) | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.02 | 0.02 | 0.2 | 0.01 | (0) | 3 | 0.18 | (0) | 0.14 | 0.05 | 0.31 | (0) | 0.6 | 0.9 | 1.5 | 0.5 | |
| | [即席めん類] [Precooked noodles] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01056 | 即席中華めん 油揚げ味付け Dried by frying, seasoned | 0 | 445 | 1862 | 2.0 | 10.1 | 16.7 | 63.5 | 7.7 | 2500 | 260 | 430 | 29 | 110 | 1.0 | 0.5 | 0.13 | 0.82 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3.1 | 0.3 | 3.1 | 2.5 | 1 | 1.46 | 1.67 | 1.0 | 0.06 | 0 | 12 | 0.41 | 0 | 7.31 | 6.02 | 2.25 | 7 | 1.6 | 0.9 | 2.5 | 6.4 | |
| 01057 | 油揚げ Dried by frying | 0 | 458 | 1916 | 3.0 | 10.1 | 19.1 | 61.4 | 6.4 | 2200 | 150 | 230 | 25 | 110 | 0.9 | 0.5 | 0.16 | 0.53 | 0 | 0 | 13 | 1 | 14 | 1 | 0 | 2.2 | 0.3 | 2.3 | 2.5 | 3 | 0.55 | 0.83 | 0.9 | 0.05 | Tr | 10 | 0.44 | Tr | 8.46 | 7.15 | 2.20 | 3 | 1.4 | 1.0 | 2.4 | 5.6 | |
| 01058 | 非油揚げ Dried by hot air | 0 | 356 | 1490 | 10.0 | 10.3 | 5.2 | 67.1 | 7.4 | 2700 | 260 | 110 | 25 | 110 | 0.8 | 0.4 | 0.11 | 0.66 | Tr | 0 | 5 | 0 | 5 | 1 | 0 | 1.3 | 0.3 | 3.8 | 2.2 | 3 | 0.21 | 0.04 | 1.0 | 0.05 | Tr | 14 | 0.37 | 0 | 1.26 | 1.86 | 1.55 | 2 | 1.4 | 0.9 | 2.3 | 6.9 | |
| 01059 | 中華スタイル即席カップめん Chinese style instant cup noodles | 0 | 448 | 1874 | 5.0 | 10.7 | 19.7 | 56.9 | 7.7 | 2700 | 210 | 190 | 27 | 120 | 1.3 | 0.6 | 0.15 | 0.57 | 3 | 61 | 270 | 6 | 300 | 28 | Tr | 2.4 | 0.4 | 3.5 | 3.6 | 7 | 0.68 | 0.53 | 1.0 | 0.07 | 0.2 | 21 | 0.52 | 1 | 8.72 | 7.42 | 2.28 | 34 | 1.3 | 1.0 | 2.3 | 6.9 | |
| 01060 | 油揚げ、焼きそば Dried by frying, chow main type | 0 | 436 | 1824 | 10.0 | 8.4 | 18.9 | 58.1 | 4.6 | 1500 | 190 | 190 | 28 | 74 | 1.1 | 0.4 | 0.13 | 0.69 | 0 | 6 | 75 | 0 | 78 | 7 | 0 | 2.2 | 0.4 | 2.4 | 2.0 | 14 | 0.56 | 0.72 | 0.8 | 0.04 | Tr | 13 | 0.40 | 1 | 5.36 | 6.92 | 2.86 | 1 | 0.9 | 1.5 | 2.4 | 3.8 | |
| 01061 | 非油揚げ Dried by hot air | 0 | 342 | 1431 | 15.0 | 9.0 | 6.4 | 62.2 | 7.4 | 2700 | 270 | 95 | 29 | 110 | 1.0 | 0.5 | 0.13 | 0.80 | 1 | 24 | 100 | 2 | 110 | 10 | 0 | 0.9 | 0.1 | 2.5 | 1.6 | 8 | 0.22 | 0.24 | 1.5 | 0.07 | 0.1 | 23 | 0.41 | 1 | 1.66 | 2.68 | 1.38 | 5 | 1.6 | 1.3 | 2.9 | 6.9 | |

市販通称名：インスタントラーメン

市販通称名：カップめん

| 食品番号 Item No. | 食品名 Food and description | 水分 % | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | |
|------------------|--|---------|--|-------------|------------------|-------------|----------------------|-----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|------------------|-------------------|----------------------------|----------------------------------|---|------------------------|------------------------|------------------------|------------------------|------------------------|--------------------|-----------------------------|-----------------------------|---------------|------------------------|----------------|------------------|---------------------------|-------------|-----------|----------------|----------------|-----------------|----------------|-----------------|--------------|----------------------------|--------------------------|-----|-----------------------------|
| | | | エネルギー Energy | 水分 Water | たんぱく質 Protein | 脂質 Lipid | 炭水化物 Carbohydrate | 灰分 Ash | 無機質 Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | 脂肪酸 Fatty acids | | | 食物繊維 Dietary fibers | | | 食塩相当量 Salt equivalents | | | | | | | | | | | | |
| | | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | A | | | | | E | | | | | 飽和脂肪酸 Saturated | 一価不飽和脂肪酸 Monounsaturated | 多価不飽和脂肪酸 Polyunsaturated | | コレステロール Cholesterol | 水溶性 Soluble | 不溶性 Insoluble | | 総量 Total | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | レチノール Retinol | カロチン Carotenes | クリプトキサンチン Cryptoxanthin | β-カロチン β-Carotene equivalents | レチノール当量 Retinol activity equivalents | トコフェロール Tocopherols | トコフェロール Tocopherols | トコフェロール Tocopherols | トコフェロール Tocopherols | トコフェロール Tocopherols | | | | | | | | | | Vitamin K | B ₁ | B ₂ | ナイアシン Niacin | B ₆ | B ₁₂ | 葉酸 Folate | パントチン酸 Pantothenic acid | アスコルビク酸 Ascorbic acid | | |
| g | g | g | g | g | g | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | | | | | | | | | | | | |
| 01062 | 和風スタイル即席カップめん Japanese style instant cup noodles 油揚げ Dried by frying [マカロニ・スパゲッティ類] [Macaroni and spaghetti] マカロニ・スパゲッティ Macaroni and spaghetti | 0 | 451 | 1887 | 5.0 | 10.9 | 20.1 | 56.6 | 7.4 | 2700 | 180 | 180 | 32 | 230 | 1.1 | 0.6 | 0.12 | 0.66 | 0 | 0 | 56 | 0 | 56 | 5 | 0.2 | 2.2 | 0.2 | 3.1 | 2.4 | 7 | 0.24 | 0.30 | 1.1 | 0.05 | 0.2 | 15 | 0.41 | 1 | 9.08 | 7.15 | 2.27 | 6 | 1.3 | 0.6 | 1.9 | 6.9 | 市販通称名：カップめん |
| 01063 | 乾 Dry form, raw | 0 | 378 | 1582 | 12.0 | 13.0 | 2.2 | 72.2 | 0.6 | 2 | 200 | 18 | 55 | 130 | 1.4 | 1.5 | 0.28 | - | (0) | - | - | - | 9 | 1 | (0) | 0.3 | 0.2 | 0 | 0 | (0) | 0.19 | 0.06 | 2.3 | 0.11 | (0) | 13 | 0.65 | (0) | 0.51 | 0.20 | 1.12 | (0) | 0.7 | 2.0 | 2.7 | 0 | |
| 01064 | ゆで Dry form, boiled | 0 | 149 | 623 | 65.0 | 5.2 | 0.9 | 28.4 | 0.5 | 170 | 12 | 7 | 18 | 46 | 0.6 | 0.6 | 0.12 | - | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0.1 | 0 | 0 | (0) | 0.05 | 0.03 | 0.5 | 0.02 | (0) | 4 | 0.25 | (0) | 0.21 | 0.08 | 0.46 | (0) | 0.4 | 1.1 | 1.5 | 0.4 | 1.5%食塩水でゆでた場合 ¹⁾ |
| 01065 | [ふ類] [Fu: gluten products] 生ふ Steamed type | 0 | 163 | 682 | 60.0 | 12.7 | 0.8 | 26.2 | 0.3 | 7 | 30 | 13 | 18 | 60 | 1.3 | 1.8 | 0.25 | 1.04 | (0) | - | - | - | (0) | (0) | (0) | Tr | 0.1 | Tr | Tr | (0) | 0.08 | 0.03 | 0.5 | 0.02 | (0) | 7 | 0.12 | (0) | 0.18 | 0.07 | 0.41 | (0) | 0.2 | 0.3 | 0.5 | 0 | |
| 01066 | 焼きふ Baked type 饅世ふ Kanze-fu | 0 | 385 | 1611 | 11.3 | 28.5 | 2.7 | 56.9 | 0.6 | 6 | 120 | 33 | 43 | 130 | 3.3 | 2.2 | 0.32 | - | (0) | - | - | - | (0) | (0) | (0) | 0.5 | 0.4 | 2.6 | 2.3 | (0) | 0.16 | 0.07 | 3.5 | 0.08 | (0) | 16 | 0.58 | (0) | 0.62 | 0.24 | 1.37 | (0) | 1.1 | 2.6 | 3.7 | 0 | 小町ふを含む |
| 01067 | 板ふ Ita-fu | 0 | 379 | 1586 | 12.5 | 25.6 | 3.3 | 57.3 | 1.3 | 190 | 220 | 31 | 90 | 220 | 4.9 | 2.9 | 0.49 | 1.54 | (0) | - | - | - | (0) | (0) | (0) | 0.6 | 0.5 | 0.6 | 0.6 | (0) | 0.20 | 0.08 | 3.6 | 0.16 | (0) | 22 | 0.79 | (0) | 0.76 | 0.29 | 1.68 | (0) | 1.5 | 2.3 | 3.8 | 0.5 | |
| 01068 | 車ふ Kuruma-fu | 0 | 387 | 1619 | 11.4 | 30.2 | 3.4 | 54.2 | 0.8 | 110 | 130 | 25 | 53 | 130 | 4.2 | 2.7 | 0.42 | 1.23 | (0) | - | - | - | (0) | (0) | (0) | 0.4 | 0.4 | 0 | 0 | (0) | 0.12 | 0.07 | 2.9 | 0.07 | (0) | 11 | 0.47 | (0) | 0.78 | 0.30 | 1.73 | (0) | 1.1 | 1.5 | 2.6 | 0.3 | |
| 01069 | 竹輪ふ Steamed tubular type | 0 | 171 | 715 | 60.4 | 7.1 | 1.2 | 31.1 | 0.2 | 1 | 3 | 8 | 6 | 31 | 0.5 | 0.2 | 0.07 | 0.08 | (0) | - | - | - | (0) | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.01 | 0.02 | 0.3 | 0.01 | (0) | 4 | 0.25 | (0) | 0.28 | 0.11 | 0.61 | (0) | 0.6 | 0.9 | 1.5 | 0 | |
| 01070 | [その他] [Others] 小麦はいが Wheat germ 小麦たんぱく Wheat gluten | 0 | 426 | 1782 | 3.6 | 32.0 | 11.6 | 48.3 | 4.5 | 3 | 1100 | 42 | 310 | 1100 | 9.4 | 15.9 | 0.89 | - | (0) | 0 | 61 | 4 | 63 | 5 | (0) | 28.3 | 10.8 | 0 | 0 | 2 | 1.82 | 0.71 | 4.2 | 1.24 | (0) | 390 | 1.34 | (0) | 1.84 | 1.65 | 6.50 | (0) | 0.7 | 13.6 | 14.3 | 0 | 0 焙焼品 ²⁾ |
| 01071 | 粉末状 Powdered type | 0 | 437 | 1828 | 6.5 | 72.0 | 9.7 | 10.6 | 1.2 | 60 | 90 | 75 | 75 | 180 | 6.6 | 5.0 | 0.75 | 2.67 | (0) | - | - | - | 12 | 1 | (0) | 1.1 | 1.1 | 0 | 0 | (0) | 0.03 | 0.12 | 3.5 | 0.10 | (0) | 34 | 0.61 | 0 | - | - | - | (0) | 0.5 | 1.9 | 2.4 | 0.2 | |
| 01072 | 粒状 Textured type | 0 | 111 | 464 | 76.0 | 20.0 | 2.0 | 1.8 | 0.2 | 36 | 3 | 14 | 16 | 54 | 1.8 | 1.4 | 0.22 | 0.62 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.5 | 0.5 | 0 | 0 | (0) | 0.02 | 0.01 | 1.2 | 0.01 | (0) | 5 | 0 | (0) | - | - | - | (0) | 0 | 0.4 | 0.4 | 0.1 | 0.1 冷凍品 ³⁾ |
| 01073 | ペースト状 Paste type | 0 | 159 | 665 | 66.0 | 25.0 | 4.1 | 3.9 | 1.0 | 230 | 39 | 30 | 54 | 160 | 3.0 | 2.4 | 0.36 | 1.57 | (0) | 0 | 6 | 0 | 6 | 1 | (0) | 1.7 | 1.1 | 0.4 | 0.1 | (0) | 0.20 | 0.03 | 2.7 | 0.04 | (0) | 17 | 0.45 | (0) | - | - | - | (0) | 0 | 0.5 | 0.5 | 0.6 | 0.6 冷凍品 ³⁾ |
| 01074 | ぎょうざの皮 Chio tzu pastry | 0 | 291 | 1218 | 32.0 | 9.3 | 1.4 | 57.0 | 0.3 | 2 | 64 | 16 | 18 | 60 | 0.8 | 0.6 | 0.12 | 0.28 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0.2 | 0 | 0 | 0 | 0.08 | 0.04 | 0.7 | 0.06 | (0) | 12 | 0.61 | 0 | 0.32 | 0.13 | 0.71 | 0 | 1.0 | 1.2 | 2.2 | 0 | |
| 01075 | しゅうまいの皮 Shao mai pastry | 0 | 295 | 1234 | 31.1 | 8.3 | 1.4 | 58.9 | 0.3 | 2 | 72 | 16 | 17 | 60 | 0.6 | 0.5 | 0.10 | 0.28 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0.1 | 0 | 0 | (0) | 0.09 | 0.04 | 0.6 | 0.05 | (0) | 9 | 0.50 | 0 | 0.32 | 0.13 | 0.71 | (0) | 1.0 | 1.2 | 2.2 | 0 | |
| 01076 | ピザクラスト Pizza crust | 0 | 268 | 1121 | 35.3 | 9.1 | 3.0 | 51.1 | 1.5 | 510 | 91 | 13 | 22 | 77 | 0.8 | 0.6 | 0.09 | 0.50 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.3 | 0.2 | 0.4 | 0.2 | (0) | 0.15 | 0.11 | 1.0 | 0.05 | (0) | 20 | 0.54 | (0) | 0.49 | 0.70 | 1.37 | (0) | 0.8 | 1.5 | 2.3 | 1.3 | |
| 01077 | パン粉 Bread crumbs 生 Wet form | 0 | 280 | 1172 | 35.0 | 11.0 | 5.1 | 47.6 | 1.3 | 350 | 110 | 25 | 29 | 97 | 1.1 | 0.7 | 0.15 | 0.47 | (0) | 0 | 3 | 0 | 3 | Tr | (0) | 0.3 | 0.2 | 0.4 | 0.3 | (Tr) | 0.11 | 0.02 | 1.2 | 0.05 | (0) | 40 | 0.41 | (0) | 1.54 | 1.74 | 1.20 | (0) | 1.2 | 1.8 | 3.0 | 0.9 | |

| 食品番号 Item No. | 食品名 Food and description | 水分 % Refuse | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | |
|------------------|---|-------------------|--|------------|------------------|-------------|----------------------|-----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|------------------|-------------------|----------------------------|----------------------------------|---|-----------|------------------------|-----|-----|-----|---------------------|---------------------------|---------------|------------------------------|------------------------|--|--|---------------------------|--------------|----------------------------|--------------------|--------------------|-----------------------------|-----------------------------|------------------------|----------------|------------------|-------------|-----|
| | | | エネルギー Energy | 水 Water | たんぱく質 Protein | 脂質 Lipid | 炭水化物 Carbohydrate | 灰分 Ash | 無機質 Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | 脂肪酸 Fatty acids | | | 食物繊維 Dietary fibers | | | 食塩相当量 Salt equivalents | | | | | | | | | | | |
| | | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | A | | | | | E | | | | | ビタミン K Vitamin K | B ₁ Thiamin | | B ₂ Riboflavin | ナイアシン Niacin | B ₆ Vitamin B ₆ | B ₁₂ Vitamin B ₁₂ | | 葉酸 Folate | パントテン酸 Pantothenic acid | C Ascorbic acid | 飽和脂肪酸 Saturated | 一価不飽和脂肪酸 Monounsaturated | 多価不飽和脂肪酸 Polyunsaturated | コレステロール Cholesterol | 水溶性 Soluble | 不溶性 Insoluble | 総量 Total | |
| | | | | | | | | | | | | | | | | | | レチノール Retinol | カロチン Carotenes | クリプトキサンチン Cryptoxanthin | β-カロチン β-Carotene equivalents | レチノール当量 Retinol activity equivalents | Vitamin D | トコフェロール Tocopherols | | | | | | | | | | | | | | | | | | | | | | |
| 01078 | 半生 Semi-dry form | 0 | 319 | 1335 | 26.0 | 12.5 | 5.8 | 54.3 | 1.4 | 400 | 130 | 28 | 34 | 110 | 1.2 | 0.8 | 0.17 | 0.53 | (0) | 0 | 4 | 0 | 4 | Tr | (0) | 0.4 | 0.2 | 0.4 | 0.3 | (Tr) | 0.13 | 0.03 | 1.4 | 0.06 | (0) | 46 | 0.47 | (0) | 1.75 | 1.98 | 1.37 | (0) | 1.4 | 2.1 | 3.5 | 1.0 |
| 01079 | 乾燥 Dry form | 0 | 373 | 1561 | 13.5 | 14.6 | 6.8 | 63.4 | 1.7 | 460 | 150 | 33 | 39 | 130 | 1.4 | 0.9 | 0.20 | 0.62 | (0) | 0 | 4 | 0 | 4 | Tr | (0) | 0.4 | 0.2 | 0.5 | 0.4 | (0) | 0.15 | 0.03 | 1.6 | 0.07 | (0) | 54 | 0.54 | (0) | 2.05 | 2.32 | 1.60 | (0) | 1.6 | 2.4 | 4.0 | 1.2 |
| 01080 | こめ Rice [水稲穀粒] [Paddy rice grain] 玄米 Brown rice, raw | 0 | 350 | 1464 | 15.5 | 6.8 | 2.7 | 73.8 | 1.2 | 1 | 230 | 9 | 110 | 290 | 2.1 | 1.8 | 0.27 | 2.05 | (0) | 0 | 1 | 0 | 1 | Tr | (0) | 1.2 | 0.1 | 0.1 | 0 | (0) | 0.41 | 0.04 | 6.3 | 0.45 | (0) | 27 | 1.36 | (0) | 0.62 | 0.82 | 0.90 | (0) | 0.7 | 2.3 | 3.0 | 0 |
| 01081 | 半つき米 Half-milled rice, raw | 0 | 353 | 1477 | 15.5 | 6.5 | 1.8 | 75.4 | 0.8 | 1 | 150 | 7 | 64 | 210 | 1.5 | 1.6 | 0.24 | 1.39 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | 0.8 | Tr | 0.1 | 0 | (0) | 0.30 | 0.03 | 3.5 | 0.28 | (0) | 18 | 0.99 | (0) | 0.57 | 0.42 | 0.62 | (0) | 0.4 | 1.0 | 1.4 | 0 |
| 01082 | 七分つき米 Under-milled rice, raw | 0 | 357 | 1494 | 15.5 | 6.3 | 1.5 | 76.1 | 0.6 | 1 | 120 | 6 | 45 | 180 | 1.3 | 1.5 | 0.23 | 1.04 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | 0.4 | Tr | 0 | 0 | (0) | 0.24 | 0.03 | 1.7 | 0.20 | (0) | 15 | 0.83 | (0) | 0.48 | 0.35 | 0.52 | (0) | 0.2 | 0.7 | 0.9 | 0 |
| 01083 | 精白米 Well-milled rice, raw | 0 | 356 | 1490 | 15.5 | 6.1 | 0.9 | 77.1 | 0.4 | 1 | 88 | 5 | 23 | 94 | 0.8 | 1.4 | 0.22 | 0.80 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | Tr | 0 | 0 | 0 | 0.08 | 0.02 | 1.2 | 0.12 | (0) | 12 | 0.66 | (0) | 0.29 | 0.21 | 0.31 | (0) | Tr | 0.5 | 0.5 | 0 |
| 01084 | はいが精米 Well-milled rice with embryo, raw | 0 | 354 | 1481 | 15.5 | 6.5 | 2.0 | 75.3 | 0.7 | 1 | 150 | 7 | 51 | 150 | 0.9 | 1.6 | 0.22 | 1.53 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | 0.9 | Tr | 0.1 | 0 | (0) | 0.23 | 0.03 | 3.1 | 0.22 | (0) | 18 | 0.99 | (0) | 0.55 | 0.52 | 0.69 | (0) | 0.3 | 1.0 | 1.3 | 0 |
| 01085 | [水稲めし] [Cooked paddy rice] 玄米 Brown rice | 0 | 165 | 690 | 60.0 | 2.8 | 1.0 | 35.6 | 0.6 | 1 | 95 | 7 | 49 | 130 | 0.6 | 0.8 | 0.12 | 1.04 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.5 | Tr | 0.1 | 0 | (0) | 0.16 | 0.02 | 2.9 | 0.21 | (0) | 10 | 0.65 | (0) | 0.23 | 0.30 | 0.33 | (0) | 0.2 | 1.2 | 1.4 | 0 |
| 01086 | 半つき米 Half-milled rice | 0 | 167 | 699 | 60.0 | 2.7 | 0.6 | 36.4 | 0.3 | 1 | 43 | 4 | 22 | 53 | 0.2 | 0.7 | 0.11 | 0.60 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | 0.2 | Tr | 0 | 0 | (0) | 0.08 | 0.01 | 1.6 | 0.07 | (0) | 6 | 0.35 | (0) | 0.19 | 0.14 | 0.21 | (0) | 0.2 | 0.6 | 0.8 | 0 |
| 01087 | 七分つき米 Under-milled rice | 0 | 168 | 703 | 60.0 | 2.6 | 0.5 | 36.7 | 0.2 | 1 | 35 | 4 | 13 | 44 | 0.2 | 0.7 | 0.11 | 0.46 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | 0.1 | 0 | 0 | 0 | (0) | 0.06 | 0.01 | 0.8 | 0.03 | (0) | 5 | 0.26 | (0) | 0.16 | 0.12 | 0.17 | (0) | 0.1 | 0.4 | 0.5 | 0 |
| 01088 | 精白米 Well-milled rice | 0 | 168 | 703 | 60.0 | 2.5 | 0.3 | 37.1 | 0.1 | 1 | 29 | 3 | 7 | 34 | 0.1 | 0.6 | 0.10 | 0.35 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.02 | 0.01 | 0.2 | 0.02 | (0) | 3 | 0.25 | (0) | 0.10 | 0.07 | 0.10 | (0) | 0 | 0.3 | 0.3 | 0 |
| 01089 | はいが精米 Well-milled rice with embryo | 0 | 167 | 699 | 60.0 | 2.7 | 0.6 | 36.4 | 0.3 | 1 | 51 | 5 | 24 | 68 | 0.2 | 0.7 | 0.10 | 0.68 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | 0.4 | Tr | Tr | 0 | (0) | 0.08 | 0.01 | 0.8 | 0.09 | (0) | 6 | 0.44 | (0) | 0.16 | 0.15 | 0.21 | (0) | 0.2 | 0.6 | 0.8 | 0 |
| 01090 | [水稲全かゆ] [Paddy rice gruels] 玄米 Brown rice | 0 | 70 | 293 | 83.0 | 1.2 | 0.4 | 15.2 | 0.2 | 1 | 41 | 3 | 21 | 55 | 0.2 | 0.3 | 0.05 | 0.44 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0 | 0 | 0 | 0 | (0) | 0.07 | 0.01 | 1.2 | 0.09 | (0) | 4 | 0.28 | (0) | 0.09 | 0.12 | 0.13 | (0) | 0.1 | 0.5 | 0.6 | 0 |
| 01091 | 半つき米 Half-milled rice | 0 | 71 | 297 | 83.0 | 1.1 | 0.3 | 15.5 | 0.1 | Tr | 18 | 2 | 9 | 23 | 0.1 | 0.3 | 0.05 | 0.26 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | 0 | 0 | 0 | 0 | 0 | 0.03 | Tr | 0.7 | 0.03 | (0) | 2 | 0.15 | (0) | 0.10 | 0.07 | 0.10 | (0) | 0.1 | 0.2 | 0.3 | 0 |
| 01092 | 七分つき米 Under-milled rice | 0 | 71 | 297 | 83.0 | 1.1 | 0.2 | 15.6 | 0.1 | Tr | 15 | 2 | 6 | 19 | 0.1 | 0.3 | 0.04 | 0.19 | (0) | (0) | (0) | (0) | (0) | (0) | (0) | Tr | Tr | Tr | 0 | 0 | 0.03 | Tr | 0.3 | 0.01 | (0) | 2 | 0.11 | (0) | 0.06 | 0.05 | 0.07 | (0) | Tr | 0.2 | 0.2 | 0 |
| 01093 | 精白米 Well-milled rice | 0 | 71 | 297 | 83.0 | 1.1 | 0.1 | 15.7 | 0.1 | Tr | 12 | 1 | 3 | 14 | Tr | 0.3 | 0.04 | 0.15 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | Tr | Tr | 0 | 0 | 0 | 0.01 | Tr | 0.1 | 0.01 | (0) | 1 | 0.11 | (0) | 0.03 | 0.02 | 0.03 | (0) | 0 | 0.1 | 0.1 | 0 |
| 01094 | [水稲五分かゆ] [Paddy rice diluted gruels] 玄米 Brown rice | 0 | 35 | 146 | 91.5 | 0.6 | 0.2 | 7.6 | 0.1 | Tr | 20 | 1 | 10 | 28 | 0.1 | 0.2 | 0.03 | 0.22 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0 | 0 | 0 | 0 | 0 | 0.03 | Tr | 0.6 | 0.05 | (0) | 2 | 0.14 | (0) | 0.05 | 0.06 | 0.07 | (0) | Tr | 0.3 | 0.3 | 0 |

うるち、もちを含む¹⁾

歩留り²⁾: 95~96%

歩留り²⁾: 93~94%

輸入米を含む³⁾

歩留り²⁾: 90~92%

歩留り²⁾: 91~93%

玄米47g相当量を含む⁴⁾

半つき米47g相当量を含む⁵⁾

七分つき米47g相当量を含む⁶⁾

精白米47g相当量を含む⁷⁾

はいが精白米47g相当量を含む⁸⁾

20%がゆ

玄米20g相当量を含む⁹⁾

半つき米20g相当量を含む¹⁰⁾

七分つき米20g相当量を含む¹⁾

精白米20g相当量を含む²⁾

玄米10g相当量を含む³⁾

| 食品番号 Item No. | 食品名 Food and description | 水分 % | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|----------------------------------|---------|---------------------------------------|------------|------------------|-------------|----------------------|-----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|------------------|-------------------|----------------------------|----------------------------------|---|--------------------|------------------------|-----|-----|-----|--------------------|---------------------------|------------------------------|---------------|---------------------|--|--|---------------------------|--------------|----------------------------|--------------------|--------------------|-----------------------------|-----------------------------|------------------------|----------------|------------------|-------------|-----|--|--|--|--|--|--|
| | | | エネルギー Energy | 水 Water | たんぱく質 Protein | 脂質 Lipid | 炭水化物 Carbohydrate | 灰分 Ash | 無機質 Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | 脂肪酸 Fatty acids | | | 食物繊維 Dietary fibers | | | 食塩相当量 Salt equivalents | | | | | | | | | | | | | | | | | |
| | | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | A | | | | | E | | | | | ビタミンK Vitamin K | B ₁ Thiamin | B ₂ Riboflavin | | ナイアシン Niacin | B ₆ Vitamin B ₆ | B ₁₂ Vitamin B ₁₂ | | 葉酸 Folate | パントチン酸 Pantothenic acid | C Ascorbic acid | 飽和脂肪酸 Saturated | 一価不飽和脂肪酸 Monounsaturated | 多価不飽和脂肪酸 Polyunsaturated | コレステロール Cholesterol | 水溶性 Soluble | 不溶性 Insoluble | 総量 Total | | | | | | | |
| | | | | | | | | | | | | | | | | | | レチノール Retinol | カロチン Carotenes | クリプトキサンチン Cryptoxanthin | β-カロチン β-Carotene equivalents | レチノール当量 Retinol activity equivalents | ビタミンD Vitamin D | トコフェロール Tocopherols | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01114 | 上新粉 Flour | 0 | 362 | 1515 | 14.0 | 6.2 | 0.9 | 78.5 | 0.4 | 2 | 89 | 5 | 23 | 96 | 0.8 | 1.0 | 0.19 | 0.75 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0 | 0 | 0 | (0) | 0.09 | 0.02 | 1.3 | 0.12 | (0) | 12 | 0.67 | (0) | 0.29 | 0.21 | 0.31 | (0) | Tr | 0.6 | 0.6 | 0 | | | | | | |
| 01115 | ビーフン Noodles, raw | 0 | 377 | 1577 | 11.1 | 7.0 | 1.6 | 79.9 | 0.4 | 2 | 33 | 14 | 13 | 59 | 0.7 | 0.6 | 0.06 | 0.33 | (0) | - | - | - | (0) | (0) | (0) | 0 | 0 | 0 | (0) | 0.06 | 0.02 | 0.6 | 0 | (0) | 4 | 0.09 | (0) | 0.51 | 0.37 | 0.55 | (0) | 0 | 0.9 | 0.9 | 0 | | | | | | | |
| 01116 | 米こうじ Rice-koji | 0 | 286 | 1197 | 33.0 | 5.8 | 1.7 | 59.2 | 0.3 | 3 | 61 | 5 | 16 | 83 | 0.3 | 0.9 | 0.16 | 0.74 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0 | 0 | (0) | 0.11 | 0.13 | 1.5 | 0.11 | (0) | 71 | 0.42 | (0) | - | - | - | (0) | 0.2 | 1.2 | 1.4 | 0 | | | | | | | |
| 【もち米製品】 [Glutinous rice products] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01117 | もち Rice cake | 0 | 235 | 983 | 44.5 | 4.2 | 0.8 | 50.3 | 0.2 | 2 | 66 | 7 | 16 | 78 | 0.2 | 1.4 | 0.22 | 0.81 | (0) | 0 | 0 | 0 | (0) | (0) | (0) | 0.1 | Tr | 0 | 0 | 0 | 0.05 | 0.02 | 0.5 | 0.04 | (0) | 7 | 0.57 | (0) | 0.25 | 0.19 | 0.28 | (0) | 0 | 0.8 | 0.8 | 0 | | | | | | |
| 01118 | 赤飯 Sekihan ⁹⁾ | 0 | 189 | 791 | 53.0 | 3.9 | 0.4 | 42.4 | 0.3 | 1 | 79 | 7 | 14 | 54 | 0.4 | 0.8 | 0.13 | 0.38 | (0) | 0 | Tr | 0 | Tr | (0) | (0) | Tr | Tr | 0.3 | 0.6 | 1 | 0.05 | 0.02 | 0.2 | 0.02 | (0) | 9 | 0.30 | 0 | 0.12 | 0.08 | 0.14 | 0 | 0.1 | 1.6 | 1.7 | 0 | 別名：おこわ、こわめし、原材料配合割合：もち米100、ささげ10 ⁹⁾ | | | | | |
| 01119 | あくまき Akumaki ⁷⁾ | 0 | 132 | 552 | 69.5 | 2.3 | 1.8 | 25.7 | 0.7 | 16 | 300 | 6 | 6 | 10 | 0.1 | 0.7 | 0.05 | 0.39 | (0) | - | - | - | (0) | (0) | (0) | Tr | 0 | 0 | (0) | Tr | Tr | Tr | 0.01 | (0) | 1 | 0 | (0) | 0.57 | 0.42 | 0.62 | (0) | 0 | 0.2 | 0.2 | 0 | | | | | | | |
| 01120 | 白玉粉 Shiratamako ⁸⁾ | 0 | 369 | 1544 | 12.5 | 6.3 | 1.0 | 80.0 | 0.2 | 2 | 3 | 5 | 6 | 45 | 1.1 | 1.2 | 0.17 | 0.55 | (0) | - | - | - | (0) | (0) | (0) | 0 | 0 | 0 | (0) | 0.03 | 0.01 | 0.4 | 0.01 | (0) | 14 | 0 | (0) | 0.32 | 0.23 | 0.34 | (0) | Tr | 0.5 | 0.5 | 0 | | | | | | | |
| 01121 | 道明寺粉 Domyojiko ⁹⁾ | 0 | 372 | 1556 | 11.6 | 7.1 | 0.7 | 80.4 | 0.2 | 4 | 45 | 6 | 9 | 41 | 0.4 | 1.5 | 0.22 | 0.90 | (0) | 0 | 0 | 0 | (0) | (0) | (0) | Tr | 0 | 0 | (0) | 0.04 | 0.01 | 0.4 | 0.04 | (0) | 6 | 0.22 | (0) | 0.22 | 0.12 | 0.15 | (0) | 0 | 0.7 | 0.7 | 0 | | | | | | | |
| そば Buckwheat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| そば粉 Buckwheat flour | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01122 | 全層粉 Straight | 0 | 361 | 1510 | 13.5 | 12.0 | 3.1 | 69.6 | 1.8 | 2 | 410 | 17 | 190 | 400 | 2.8 | 2.4 | 0.54 | 1.09 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0 | 6.8 | 0.3 | 0 | 0.46 | 0.11 | 4.5 | 0.30 | (0) | 51 | 1.56 | (0) | 0.60 | 1.11 | 1.02 | (0) | 0.8 | 3.5 | 4.3 | 0 | 表層粉の一部を除いたもの ¹⁰⁾ | | | | | |
| 01123 | 内層粉 Inner layer | 0 | 359 | 1502 | 14.0 | 6.0 | 1.6 | 77.6 | 0.8 | 1 | 190 | 10 | 83 | 130 | 1.7 | 0.9 | 0.37 | 0.49 | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0 | 2.7 | 0.2 | (0) | 0.16 | 0.07 | 2.2 | 0.20 | (0) | 30 | 0.72 | (0) | 0.31 | 0.57 | 0.53 | (0) | 0.5 | 1.3 | 1.8 | 0 | | | | | | |
| 01124 | 中層粉 Middle layer | 0 | 360 | 1506 | 13.5 | 10.2 | 2.7 | 71.6 | 2.0 | 2 | 470 | 19 | 220 | 390 | 3.0 | 2.2 | 0.58 | 1.17 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0 | 7.2 | 0.4 | (0) | 0.35 | 0.10 | 4.1 | 0.44 | (0) | 44 | 1.54 | (0) | 0.53 | 0.97 | 0.89 | (0) | 1.3 | 3.1 | 4.4 | 0 | | | | | | |
| 01125 | 表層粉 Outer layer | 0 | 358 | 1498 | 13.0 | 15.0 | 3.6 | 65.1 | 3.3 | 2 | 750 | 32 | 340 | 700 | 4.2 | 4.6 | 0.91 | 2.42 | (0) | - | - | - | (0) | (0) | (0) | 0.4 | Tr | 11.0 | 0.7 | (0) | 0.50 | 0.14 | 7.1 | 0.76 | (0) | 84 | 2.60 | (0) | 0.70 | 1.29 | 1.19 | (0) | 1.1 | 6.0 | 7.1 | 0 | | | | | | |
| 01126 | そば米 Parboiled grain | 0 | 364 | 1523 | 12.8 | 9.6 | 2.5 | 73.7 | 1.4 | 1 | 390 | 12 | 150 | 260 | 1.6 | 1.4 | 0.38 | 0.76 | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0 | 1.9 | 0.1 | (0) | 0.42 | 0.10 | 4.3 | 0.35 | (0) | 23 | 1.53 | 0 | - | - | - | (0) | 1.0 | 2.7 | 3.7 | 0 | 別名：そばごめ、むきそば | | | | | |
| そば Buckwheat noodles | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01127 | 生 Wet form, raw | 0 | 274 | 1146 | 33.0 | 9.8 | 1.9 | 54.5 | 0.8 | 1 | 160 | 18 | 65 | 170 | 1.4 | 1.0 | 0.21 | 0.86 | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0.1 | 1.9 | 0.1 | (0) | 0.19 | 0.09 | 3.4 | 0.15 | (0) | 19 | 1.09 | (0) | 0.40 | 0.42 | 0.80 | (0) | 1.0 | 1.7 | 2.7 | 0 | 原材料配合割合：小麦粉65、そば粉35 ¹¹⁾ | | | | | |
| 01128 | ゆで Wet form, boiled | 0 | 132 | 552 | 68.0 | 4.8 | 1.0 | 26.0 | 0.2 | 2 | 34 | 9 | 27 | 80 | 0.8 | 0.4 | 0.10 | 0.38 | (0) | - | - | - | (0) | (0) | (0) | 0.1 | Tr | 0.8 | Tr | (0) | 0.05 | 0.02 | 0.5 | 0.04 | (0) | 8 | 0.33 | (0) | 0.21 | 0.22 | 0.42 | (0) | 0.5 | 1.5 | 2.0 | 0 | | | | | | |
| 干しそば Dried buckwheat noodles | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01129 | 乾 Dry form, raw | 0 | 344 | 1439 | 14.0 | 14.0 | 2.3 | 66.7 | 3.0 | 850 | 260 | 24 | 100 | 230 | 2.6 | 1.5 | 0.34 | 1.11 | (0) | - | - | - | (0) | (0) | (0) | 0.3 | 0.2 | 1.3 | 0.1 | (0) | 0.37 | 0.08 | 3.2 | 0.24 | (0) | 25 | 1.15 | (0) | 0.49 | 0.50 | 0.97 | (0) | 1.6 | 2.1 | 3.7 | 2.2 | 原材料配合割合：小麦粉65、そば粉35 ¹¹⁾ | | | | | |
| 01130 | ゆで Dry form, boiled | 0 | 114 | 477 | 72.0 | 4.8 | 0.7 | 22.1 | 0.4 | 50 | 13 | 12 | 33 | 72 | 0.9 | 0.4 | 0.10 | 0.33 | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0.1 | 0.5 | 0 | (0) | 0.08 | 0.02 | 0.6 | 0.05 | (0) | 5 | 0.22 | (0) | 0.15 | 0.15 | 0.30 | (0) | 0.5 | 1.0 | 1.5 | 0.1 | | | | | | |

