Standard Tables of Food Composition in Japan

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Ministry of Education, Culture, Sports, Science and Technology (MEXT), Japan

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1. History

• The first edition was released in 1950, five years after the end of World War II.
• Revised seven times thus far
• Widely used for:
  – Administration of school lunches and hospital food
  – Nutritional counseling
  – Education
  – Research
  – Government work (e.g. the Dietary Reference Intakes published by the Ministry of Health, Labor and Welfare)
2. Latest Editions

[Main tables]
Standard Tables of Food Composition in Japan -2015- (Seventh Revised Edition)

[Supplements]
a. Amino Acids
b. Fatty Acids
c. Available Carbohydrates, Polyols and Organic Acids

Published simultaneously on December 25, 2015

- Lists 2191 foods
  - Concentrates on foods consumed in Japan
- Covers 52 basic nutrients
  Water, protein, lipids, carbohydrates, ash, minerals, vitamins, fatty acids, cholesterol, dietary fibers and energy
4. Three Supplements

a. Amino Acids

- Covers 19 amino acids
  Ile, Leu, Lys, Met, Cys, Phe, Tyr, Thr, Trp, Val, His, Arg, Ala, Asp, Glu, Gly, Pro, Ser, Hyp
- Includes “protein calculated as the sum of amino acid residues”
- Lists 1558 foods
b. Fatty Acids

- Covers 47 fatty acids
  - 18 saturated
  - 11 monounsaturated
  - 18 polyunsaturated
- Includes “fatty acids expressed as triacylglycerol equivalents”
- Lists 1782 foods
c. Available Carbohydrates, Polyols and Organic Acids

- Covers available carbohydrates, polyols and organic acids
  - Starch and seven sugars (glucose, fructose, galactose, sucrose, maltose, lactose, trehalose)
  - Two polyols (Sorbitol, Mannitol)
  - 20 organic acids (Acetic acid, Lactic acid, Malic acid, Citric acid, etc.)
- Includes “available carbohydrates expressed in mono-saccharide equivalents”
- Lists 854 foods
5. Web Service
Excel data files in English are available at

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Item No.</th>
<th>Index No.</th>
<th>Food and Description</th>
<th>Refuse Unit</th>
<th>Energy (kcal)</th>
<th>Energy (kJ)</th>
<th>Water (g)</th>
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</thead>
<tbody>
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<table>
<thead>
<tr>
<th>Unit Tagnames</th>
<th>REFUSE</th>
<th>ENERC_KCAL</th>
<th>ENERC</th>
<th>WATER</th>
<th>...</th>
</tr>
</thead>
</table>

| 01 | 01001 | 1 | Amaranth, whole grain, raw | 0 | 358 | 1498 | 13.5 | ... |
| 01 | 01002 | 2 | Foxtail millet, milled grain, raw | 0 | 341 | 1427 | 14.0 | ... |
| 01 | 01003 | 3 | Foxtail millet, glutinous cake | 0 | 211 | 883 | 48.0 | ... |
| 01 | 01004 | 4 | Common oat* | 0 | 380 | 1590 | 10.0 | ... |
| 01 | 01005 | 5 | Barley, under-milled pressed grain, raw | 0 | 341 | 1427 | 14.0 | ... |
| 01 | 01006 | 6 | Barley, pressed grain, raw | 0 | 340 | 1423 | 14.0 | ... |