











| 食品番号<br>Item No. | 食品名<br>Food and description                       | 脂質 1g 当たり脂肪酸<br>Fatty acids per g lipid |                     |  |  | 総脂肪酸 100g 当たり脂肪酸<br>Fatty acids per 100 g total fatty acids |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |   |                   |                                 |                                 |  |                                 |                                      | 未<br>同<br>定<br>Unidentified | 備<br>考<br>Remarks |   |                            |   |                                      |                                 |   |   |   |   |                             |         |                                 |
|------------------|---|---|---------------------|--|--|---|-----------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|----------------------------|------------------|---------------------------------|------------------|--------------------------------------|--|--------------------------------------|---------------------------------|-----------------------|-----------------------|-----------------------|---------------------------------|---|--|---|-------------------|---------------------------------|---------------------------------|--|---------------------------------|--------------------------------------|-----------------------------|-------------------|---|----------------------------|---|--------------------------------------|---------------------------------|---|---|---|---|-----------------------------|---------|---------------------------------|
|                  |   | 総<br>量<br>Total                         | 飽<br>和<br>Saturated | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated | 飽<br>和<br>Saturated   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated |                                      |                                 |                       |                       |                       |                                 |   | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated       |   |                   |                                 |                                 |  |                                 |                                      |                             |                   |   |                            |   |                                      |                                 |   |   |   |   |                             |         |                                 |
|                  |   |   |                     |  |  | 10:0  | 12:0                  | 14:0                       | 15:0                            | 16:0                       | 17:0                            | 18:0                       | 20:0                       | 22:0             | 24:0                            | 10:1             | 14:1                                 | 15:1                                     | 16:1                                 | 17:1                            | 18:1                  | 20:1                  | 22:1                  | 24:1                            | 16:2                                      | 16:3   | 16:4                                      | 18:2<br>n-6       | 18:3<br>n-3                     | 18:3<br>n-6                     | 18:4<br>n-3                                    | 20:2<br>n-6                     | 20:3<br>n-6                          |                             |                   | 20:4<br>n-3                               | 20:4<br>n-6                | 20:5<br>n-3                               | 21:5<br>n-3                          | 22:2                            | 22:4<br>n-6                               | 22:5<br>n-3                               | 22:5<br>n-6                               | 22:6<br>n-3                               |                             |         |                                 |
|                  |   |   |                     |  |  | デ<br>カ<br>ン<br>酸  | ラ<br>ウ<br>リ<br>ン<br>酸 | ミ<br>リ<br>ス<br>チ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>カ<br>ン<br>酸 | パ<br>ル<br>ミ<br>チ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>カ<br>ン<br>酸 | ス<br>テ<br>ア<br>リ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ジ<br>ン<br>酸 | ベ<br>ヘ<br>ン<br>酸 | リ<br>グ<br>ノ<br>セ<br>リ<br>ン<br>酸 | デ<br>セ<br>ン<br>酸 | ミ<br>リ<br>ス<br>ト<br>レ<br>イ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>セ<br>ン<br>酸          | パ<br>ル<br>ミ<br>ト<br>レ<br>イ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>セ<br>ン<br>酸 | オ<br>レ<br>イ<br>ン<br>酸 | イ<br>コ<br>セ<br>ン<br>酸 | ド<br>コ<br>セ<br>ン<br>酸 | テ<br>ト<br>ラ<br>コ<br>セ<br>ン<br>酸 | ヘ<br>キ<br>サ<br>デ<br>カ<br>ジ<br>エ<br>ン<br>酸 | ト<br>リ<br>キ<br>エ<br>サ<br>エ<br>ン<br>デ<br>ン<br>酸 | テ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>デ<br>ン<br>酸 | リ<br>ノ<br>ール<br>酸 | α<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 | γ<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 | テ<br>オ<br>ト<br>ク<br>ラ<br>エ<br>ン<br>デ<br>ン<br>酸 | イ<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | イ<br>コ<br>サ<br>ト<br>リ<br>エ<br>ン<br>酸 |                             |                   | イ<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ド<br>ン<br>酸 | イ<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ペ<br>ヘ<br>ン<br>タ<br>イ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>酸 |                             |         |                                 |
|                  |   | (..... mg .....)                        |                     |  |  | (..... g .....)   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |   |                   |                                 |                                 |  |                                 |                                      |                             |                   |   |                            |   |                                      |                                 |   |   |   |   |                             |         |                                 |
| 11094            | 第一胃<br>Rumen<br>ゆで<br>Boiled                      | 785                                     | 325                 | 399                                      | 61                                       | 0   | Tr                    | 1.8                        | 0.4                             | 19.9                       | 1.5                             | 17.7                       | 0.2                        | 0                | 0                               | 0                | 0.4                                  | 0  | 2.4                                  | 1.2                             | 46.2                  | 0.6                   | 0                     | 0                               | 0.7                                       | 0  | 0   | 3.6               | 0.4                             | 0                               | 0  | 0.4                             | 0                                    | 1.9                         | 0                 | 0   | 0                          | 0.8                                       | 0                                    | 0                               | 0   | 市販品 <sup>1)</sup>                         | 別名：みの                                     |   |                             |         |                                 |
| 11095            | 第二胃<br>Reticulum<br>ゆで<br>Boiled                  | 895                                     | 362                 | 499                                      | 34                                       | 0   | 0                     | 1.6                        | 0.4                             | 20.6                       | 1.6                             | 16.2                       | 0.1                        | 0                | 0                               | 0                | 0.3                                  | 0  | 2.0                                  | 1.2                             | 51.6                  | 0.6                   | 0                     | 0                               | 0.6                                       | 0  | 0   | 2.2               | 0.2                             | 0                               | 0  | 0.1                             | 0                                    | 0.5                         | 0                 | 0   | 0                          | 0.1                                       | 0                                    | 0                               | 0   | 市販品 <sup>1)</sup>                         | 別名：はちのす                                   |   |                             |         |                                 |
| 11096            | 第三胃<br>Omasum<br>生<br>Raw                         | 681                                     | 289                 | 315                                      | 77                                       | 0   | Tr                    | 1.7                        | 0.5                             | 22.6                       | 1.5                             | 15.8                       | 0.2                        | 0.1              | 0                               | 0                | 0.3                                  | 0  | 1.9                                  | 1.0                             | 42.6                  | 0.5                   | 0                     | 0                               | 0.7                                       | 0  | 0   | 6.3               | 0.2                             | 0                               | 0  | 0.1                             | 0.8                                  | 0                           | 2.8               | 0   | 0                          | 0   | 0.3                                  | 0                               | 0   | 0   | 0   | 別名：せんまい                                   |                             |         |                                 |
| 11097            | 第四胃<br>Abomasum<br>ゆで<br>Boiled                   | 913                                     | 426                 | 458                                      | 30                                       | 0   | Tr                    | 2.1                        | 0.3                             | 24.2                       | 1.1                             | 18.8                       | 0.1                        | 0                | 0                               | 0                | 0.3                                  | 0  | 2.0                                  | 0.7                             | 46.7                  | 0.4                   | 0                     | 0                               | 0.5                                       | 0  | 0   | 2.1               | 0.2                             | 0                               | 0  | 0.1                             | 0                                    | 0.3                         | 0                 | 0   | 0                          | 0   | Tr                                   | 0                               | 0   | 0   | 市販品 <sup>1)</sup>                         | 別名：あかせんまい                                 |                             |         |                                 |
| 11098            | 小腸<br>Small intestine<br>生<br>Raw                 | 905                                     | 453                 | 430                                      | 22                                       | Tr  | 0.1                   | 2.9                        | 0.3                             | 24.4                       | 1.1                             | 21.1                       | 0.2                        | 0                | 0                               | 0                | 0.3                                  | 0  | 2.4                                  | 0.7                             | 44.1                  | 0                     | 0                     | 0                               | 0.8                                       | 0  | 0   | 0.9               | 0.3                             | 0                               | 0  | 0.1                             | 0                                    | 0.2                         | 0                 | 0   | 0                          | 0   | Tr                                   | 0                               | 0   | 0   | 0   | 別名：ひも                                     |                             |         |                                 |
| 11099            | 大腸<br>Large intestine<br>生<br>Raw                 | 901                                     | 303                 | 562                                      | 36                                       | Tr  | Tr                    | 1.3                        | 0.2                             | 17.2                       | 1.0                             | 13.7                       | 0.1                        | 0                | 0                               | 0                | 0.3                                  | 0  | 2.5                                  | 1.1                             | 57.8                  | 0.6                   | 0                     | 0                               | 0.6                                       | 0  | 0   | 2.5               | 0.4                             | 0                               | 0  | 0.1                             | 0                                    | 0.4                         | 0                 | 0   | 0                          | 0   | 0.1                                  | 0                               | 0   | 0   | 0   | 別名：しまちよう                                  |                             |         |                                 |
| 11100            | 直腸<br>Rectum<br>生<br>Raw                          | 869                                     | 305                 | 529                                      | 35                                       | 0   | 0.1                   | 1.9                        | 0.3                             | 20.6                       | 1.1                             | 11.0                       | 0.1                        | 0                | 0                               | 0                | 0.6                                  | 0  | 3.5                                  | 1.3                             | 54.9                  | 0.5                   | 0                     | 0                               | 0.5                                       | 0  | 0   | 2.5               | 0.1                             | 0                               | 0  | 0.1                             | 0                                    | 0.7                         | 0                 | 0   | 0                          | 0   | 0.1                                  | 0                               | 0   | 0   | 0   | 別名：てっぽう                                   |                             |         |                                 |
| 11101            | 腱<br>Sinew<br>ゆで<br>Boiled                        | 836                                     | 191                 | 626                                      | 20                                       | 0   | 0                     | 1.1                        | 0.1                             | 17.3                       | 0.3                             | 3.9                        | 0                          | 0                | 0                               | 0                | 0.9                                  | 0  | 6.7                                  | 0.9                             | 65.6                  | 0.7                   | 0                     | 0                               | 0.3                                       | 0  | 0   | 1.4               | 0.1                             | 0                               | 0  | 0.1                             | 0                                    | 0.4                         | 0                 | 0   | 0                          | 0   | 0                                    | 0                               | 0   | 0   | 0   | 市販品 <sup>1)</sup>                         | 別名：すじ                       |         |                                 |
| 11102            | 子宮<br>Uterus<br>ゆで<br>Boiled                      | 768                                     | 330                 | 385                                      | 53                                       | 0   | 0                     | 2.3                        | 0.3                             | 24.1                       | 0.8                             | 15.3                       | 0.2                        | 0                | 0                               | 0                | 0.6                                  | 0  | 3.0                                  | 0.6                             | 45.5                  | 0.4                   | 0                     | 0                               | 0.6                                       | 0  | 0   | 3.3               | 0.3                             | 0                               | 0  | 0.1                             | 0.3                                  | 0                           | 2.0               | 0   | 0                          | 0   | 0                                    | 0.3                             | 0   | 0   | 0   | 0   | 市販品 <sup>1)</sup>           | 別名：こぶくろ |                                 |
| 11103            | 尾<br>Tail<br>生<br>Raw                             | 901                                     | 280                 | 578                                      | 28                                       | Tr  | Tr                    | 2.4                        | 0.4                             | 21.6                       | 0.8                             | 5.7                        | 0                          | -                | -                               | -                | 1.8                                  | 0  | 8.2                                  | 1.7                             | 52.1                  | 0.4                   | 0                     | 0                               | -   | -  | -   | 2.9               | 0                               | -                               | 0  | 0.1                             | 0                                    | 0.1                         | 0                 | -   | -                          | -   | 0                                    | 0                               | 0   | 1.6                                       | 皮及び骨を除いたもの <sup>2)</sup>                  |   |                             |         |                                 |
| 11104            | [加工品]<br>[Beef products]<br>ローストビーフ<br>Roast beef | 871                                     | 366                 | 471                                      | 34                                       | Tr  | 0.1                   | 3.4                        | 0.6                             | 26.7                       | 1.1                             | 10.0                       | 0.1                        | 0                | 0                               | 0                | 1.2                                  | 0  | 5.0                                  | 1.2                             | 46.4                  | 0.3                   | 0                     | 0                               | 0   | 0  | 0   | 3.0               | 0.4                             | 0                               | 0  | 0.1                             | 0                                    | 0.2                         | 0.1               | 0   | 0                          | 0   | 0.1                                  | 0                               | 0   | 0   | 0   | 市販品 <sup>1)</sup>                         | 別名：さくら肉                     |         |                                 |
| 11105            | コンビーフ缶詰<br>Corned beef, canned                    | 927                                     | 488                 | 414                                      | 25                                       | 0.1   | 0.1                   | 2.7                        | 0.8                             | 23.8                       | 2.3                             | 22.7                       | 0.2                        | Tr               | 0                               | 0                | 0.4                                  | 0  | 2.4                                  | 0.6                             | 40.7                  | 0.5                   | 0                     | 0                               | 0   | 0  | 0   | 1.8               | 0.4                             | 0                               | 0  | 0.1                             | 0.1                                  | Tr                          | 0.1               | 0.1                                       | 0                          | Tr  | Tr                                   | 0.1                             | 0   | 0   | 0   | 0   | 別名：さくら肉<br>皮下脂肪及び筋間脂肪を除いたもの |         |                                 |
| 11106            | 味付け缶詰<br>Canned with seasoning                    | 896                                     | 416                 | 444                                      | 36                                       | 0.1   | 0.1                   | 2.8                        | 1.1                             | 25.4                       | 2.5                             | 14.4                       | 0.1                        | Tr               | 0                               | 0                | 0.9                                  | 0  | 4.1                                  | 1.1                             | 43.1                  | 0.5                   | 0                     | 0                               | 0   | 0  | 0   | 2.1               | 0.7                             | 0                               | 0  | Tr                              | 0.1                                  | 0.1                         | 0.3               | 0.1                                       | 0                          | Tr  | 0.1                                  | 0.3                             | 0   | Tr  | 0   | 0   | 0                           | 0       | 大和煮缶詰<br>液汁を含んだもの <sup>3)</sup> |
| 11107            | ビーフジャーキー<br>Beefjerky                             | 706                                     | 271                 | 346                                      | 89                                       | 0   | 0.1                   | 1.8                        | 0.4                             | 22.2                       | 0.9                             | 12.9                       | 0.1                        | 0                | 0                               | 0                | 0.8                                  | 0  | 3.3                                  | 1.0                             | 43.6                  | 0.3                   | 0                     | 0                               | 0.6                                       | 0  | 0   | 7.1               | 1.5                             | 0                               | 0  | Tr                              | 0.5                                  | 0.2                         | 1.4               | 0.4                                       | 0                          | 0   | 0                                    | 0.8                             | 0   | 0   | 0   | 0   |                             |         |                                 |
| 11108            | スモークタン<br>Smoked tongue                           | 874                                     | 390                 | 443                                      | 41                                       | Tr  | 0.1                   | 3.5                        | 0.6                             | 24.8                       | 1.7                             | 13.9                       | 0.1                        | 0                | 0                               | 0                | 0.9                                  | 0  | 3.7                                  | 1.3                             | 44.6                  | 0.3                   | 0                     | 0                               | 0.6                                       | 0  | 0   | 3.0               | 0.6                             | 0                               | 0  | 0.1                             | 0                                    | 0.3                         | 0                 | 0   | 0                          | 0   | 0                                    | 0.1                             | 0   | 0   | 0   | 0   |                             |         |                                 |
| 11109            | うま<br>Horse<br>肉、赤肉、生<br>Meat, lean, raw          | 834                                     | 319                 | 397                                      | 115                                      | 0.1   | 0.2                   | 4.7                        | 0.2                             | 29.3                       | 0.2                             | 3.6                        | 0                          | -                | -                               | -                | 0.7                                  | 0  | 10.5                                 | 0.4                             | 35.4                  | 0.5                   | 0                     | 0                               | -   | -  | -   | 8.6               | 4.4                             | -                               | 0  | 0.2                             | 0.1                                  | 0                           | 0.6               | 0   | -                          | -   | -                                    | 0                               | 0   | 0   | 0.3                                       | 別名：さくら肉<br>皮下脂肪及び筋間脂肪を除いたもの               |                             |         |                                 |









| 食品番号<br>Item No. | 食品名<br>Food and description           | 脂質1g当たり脂肪酸<br>Fatty acids per g lipid |                     |  |  | 総脂肪酸100g当たり脂肪酸<br>Fatty acids per 100 g total fatty acids |                       |                        |                                 |                            |                                 |                            |                            |  |                                 |                  |                                  |                                 |                                      |                                 |                       |  |                       |                                 |                                       |  |   | 未<br>同<br>定<br>Unidentified | 備<br>考<br>Remarks |                   |                             |                             |  |                             |                                  |   |                            |                                       |                             |                             |                                       |                                       |                                       |   |                         |  |
|------------------|---------------------------------------|---------------------------------------|---------------------|--|--|---|-----------------------|------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|----------------------------|--|---------------------------------|------------------|----------------------------------|---------------------------------|--------------------------------------|---------------------------------|-----------------------|--|-----------------------|---------------------------------|---------------------------------------|--|---|-----------------------------|-------------------|-------------------|-----------------------------|-----------------------------|--|-----------------------------|----------------------------------|---|----------------------------|---------------------------------------|-----------------------------|-----------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---|-------------------------|--|
|                  |                                       | 総<br>量<br>Total                       | 飽<br>和<br>Saturated | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated | 飽<br>和<br>Saturated                                       |                       |                        |                                 |                            |                                 |                            |                            | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated |                                 |                  |                                  |                                 |                                      |                                 |                       | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated |                       |                                 |                                       |  |   |                             |                   |                   |                             |                             |  |                             |                                  |   |                            |                                       |                             |                             |                                       |                                       |                                       |   |                         |  |
|                  |                                       |                                       |                     |  |  | 10:0  | 12:0                  | 14:0                   | 15:0                            | 16:0                       | 17:0                            | 18:0                       | 20:0                       | 22:0                                     | 24:0                            | 10:1             | 14:1                             | 15:1                            | 16:1                                 | 17:1                            | 18:1                  | 20:1                                     | 22:1                  | 24:1                            | 16:2                                  | 16:3   | 16:4                                      |                             |                   | 18:2<br>n-6       | 18:3<br>n-3                 | 18:3<br>n-6                 | 18:4<br>n-3                                    | 20:2<br>n-6                 | 20:3<br>n-6                      | 20:4<br>n-3                               | 20:4<br>n-6                | 20:5<br>n-3                           | 21:5<br>n-3                 | 22:2                        | 22:4<br>n-6                           | 22:5<br>n-3                           | 22:5<br>n-6                           | 22:6<br>n-3                                   |                         |  |
|                  |                                       |                                       |                     |  |  | デ<br>カ<br>ン<br>酸  | ラ<br>ウ<br>リ<br>ン<br>酸 | ミ<br>リス<br>チ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>カ<br>ン<br>酸 | パ<br>ル<br>ミ<br>チ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>カ<br>ン<br>酸 | ス<br>テ<br>ア<br>リ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ジ<br>ン<br>酸 | ベ<br>ヘ<br>ン<br>酸                         | リ<br>グ<br>ノ<br>セ<br>リ<br>ン<br>酸 | デ<br>セ<br>ン<br>酸 | ミ<br>リス<br>ト<br>レ<br>イ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>セ<br>ン<br>酸 | パ<br>ル<br>ミ<br>ト<br>レ<br>イ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>セ<br>ン<br>酸 | オ<br>レ<br>イ<br>ン<br>酸 | イ<br>コ<br>セ<br>ン<br>酸                    | ド<br>コ<br>セ<br>ン<br>酸 | テ<br>ト<br>ラ<br>コ<br>セ<br>ン<br>酸 | ヘ<br>キ<br>サ<br>デ<br>カ<br>ジ<br>エン<br>酸 | ト<br>ヘ<br>リ<br>キ<br>エ<br>サ<br>ン<br>デ<br>ン<br>酸 | テ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>デ<br>ン<br>酸 |                             |                   | リ<br>ノ<br>ール<br>酸 | α<br>・<br>リ<br>ノ<br>レン<br>酸 | γ<br>・<br>リ<br>ノ<br>レン<br>酸 | テ<br>オ<br>ク<br>ウ<br>ラ<br>エ<br>ン<br>デ<br>ン<br>酸 | イ<br>コ<br>サ<br>ジ<br>エン<br>酸 | イ<br>コ<br>サ<br>ト<br>リ<br>エン<br>酸 | イ<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ド<br>ン<br>酸 | イ<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エン<br>酸 | ペ<br>ン<br>タ<br>イ<br>エン<br>酸 | ド<br>コ<br>サ<br>ジ<br>エン<br>酸 | ド<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エン<br>酸 | ド<br>コ<br>サ<br>ヘ<br>キ<br>サ<br>エン<br>酸         |                         |  |
|                  |                                       |                                       |                     |  |  | (..... mg .....)  | (..... g .....        |                        |                                 |                            |                                 |                            |                            |  |                                 |                  |                                  |                                 |                                      |                                 |                       |  |                       |                                 |                                       |  |   |                             |                   |                   |                             |                             |  |                             |                                  |   |                            |                                       |                             |                             |                                       |                                       |                                       |   |                         |  |
| 11169            | 小腸<br>Small intestine<br>ゆで<br>Boiled | 895                                   | 498                 | 326                                      | 71                                       | 0.1   | 0.2                   | 2.0                    | Tr                              | 29.6                       | 0.3                             | 23.2                       | 0.2                        | 0  | 0                               | 0                | 0                                | 0                               | 1.9                                  | 0.2                             | 33.8                  | 0.6                                      | 0                     | 0                               | 0.1                                   | 0  | 0   | 6.3                         | 0.4               | 0                 | 0                           | Tr                          | 0.1  | 0                           | 0.7                              | Tr  | 0                          | 0                                     | 0                           | 0.1                         | 0                                     | 0.1                                   | 0                                     | 市販品 <sup>1)</sup>                             | 別名：ひも                   |  |
| 11170            | 大腸<br>Large intestine<br>ゆで<br>Boiled | 893                                   | 484                 | 320                                      | 89                                       | 0.1   | 0.1                   | 1.4                    | 0                               | 27.7                       | 0.9                             | 23.8                       | 0.2                        | 0  | 0                               | 0                | 0                                | 0                               | 1.2                                  | 0.3                             | 33.6                  | 0.8                                      | 0                     | 0                               | 0.1                                   | 0  | 0   | 7.7                         | 0.6               | 0                 | 0                           | 0.4                         | 0.1  | 0                           | 0.6                              | 0   | 0                          | 0                                     | 0                           | 0.2                         | 0                                     | 0.2                                   | 0                                     | 市販品 <sup>1)</sup>                             |                         |  |
| 11171            | 子宮<br>Uterus<br>生<br>Raw              | 482                                   | 200                 | 165                                      | 118                                      | 0   | 0                     | 0.8                    | 0.1                             | 20.8                       | 0.6                             | 18.6                       | 0.3                        | 0.2                                      | 0                               | 0                | 0                                | 0                               | 1.1                                  | 0.3                             | 32.2                  | 0.6                                      | 0                     | 0                               | 0.2                                   | 0  | 0   | 8.8                         | 0.3               | 0                 | 0                           | 0.6                         | 1.1  | 0                           | 11.0                             | 0   | 0                          | 0                                     | 0                           | 1.1                         | 0                                     | 1.1                                   | 0                                     |   | 別名：こぶくろ                 |  |
| 11172            | 豚足<br>Feet<br>ゆで<br>Boiled            | 926                                   | 297                 | 548                                      | 81                                       | 0.1   | 0.1                   | 1.3                    | 0.1                             | 21.7                       | 0.2                             | 8.5                        | 0.2                        | 0  | 0                               | 0                | 0                                | 0                               | 3.5                                  | 0.3                             | 54.2                  | 1.2                                      | 0                     | 0                               | Tr                                    | 0  | 0   | 6.9                         | 0.5               | 0                 | 0                           | 0.4                         | 0.1  | 0                           | 0.3                              | 0   | 0                          | 0                                     | 0                           | 0.2                         | 0                                     | 0.2                                   | 0                                     | 皮付きのもの <sup>2)</sup><br>骨を除いたもの <sup>3)</sup> |                         |  |
| 11173            | 軟骨<br>Cartilage<br>ゆで<br>Boiled       | 923                                   | 397                 | 409                                      | 117                                      | 0.1   | 0.1                   | 1.2                    | 0.1                             | 23.9                       | 0.5                             | 17.0                       | 0.2                        | 0  | 0                               | 0                | 0                                | 0                               | 1.8                                  | 0.3                             | 41.2                  | 1.0                                      | 0                     | 0                               | 0.1                                   | 0  | 0   | 10.3                        | 0.7               | 0                 | 0                           | 0.6                         | 0.1  | 0                           | 0.5                              | 0   | 0                          | 0                                     | 0                           | 0.1                         | 0                                     | 0.2                                   | 0                                     | 市販品 <sup>1)</sup>                             |                         |  |
| 11174            | [ハム類]<br>[Hams]<br>骨付<br>Bone-in      | 827                                   | 310                 | 415                                      | 102                                      | 0.1   | 0.1                   | 1.4                    | 0.1                             | 23.2                       | 0.3                             | 12.1                       | 0.2                        | Tr                                       | Tr                              | 0                | Tr                               | 0                               | 2.7                                  | 0.3                             | 46.1                  | 1.0                                      | 0.1                   | Tr                              | 0                                     | 0  | 0   | 10.4                        | 0.5               | Tr                | Tr                          | 0.5                         | 0.1  | Tr                          | 0.4                              | Tr  | Tr                         | 0                                     | Tr                          | 0.1                         | Tr                                    | 0.2                                   | 0                                     | 皮及び骨を除いたもの <sup>4)</sup>                      |                         |  |
| 11175            | ボンレス<br>Boneless                      | 806                                   | 294                 | 372                                      | 140                                      | 0.2   | 0.3                   | 1.6                    | 0.1                             | 22.8                       | 0.3                             | 11.0                       | 0.2                        | Tr                                       | 0                               | 0                | Tr                               | 0                               | 3.1                                  | 0.3                             | 41.9                  | 0.8                                      | 0.1                   | 0                               | 0                                     | 0  | 0   | 13.1                        | 0.6               | Tr                | 0                           | 0.6                         | 0.3  | 0                           | 1.6                              | 0.3                                       | 0                          | 0                                     | 0                           | 0.4                         | Tr                                    | 0.5                                   | 0                                     |   |                         |  |
| 11176            | ロース<br>Loin                           | 867                                   | 359                 | 408                                      | 99                                       | 0.1   | 0.1                   | 1.7                    | Tr                              | 25.0                       | 0.3                             | 14.1                       | 0.1                        | -  | -                               | -                | Tr                               | 0                               | 3.0                                  | 0.3                             | 42.9                  | 1.0                                      | 0                     | 0                               | -                                     | -  | -   | 9.5                         | 1.1               | -                 | 0                           | 0.3                         | 0  | 0                           | 0.5                              | 0   | -                          | -                                     | -                           | 0                           | 0                                     | 0                                     | 0                                     | Tr  |                         |  |
| 11177            | ショルダー<br>Shoulder                     | 853                                   | 325                 | 407                                      | 121                                      | 0.1   | 0.1                   | 1.4                    | 0.1                             | 23.4                       | 0.3                             | 12.5                       | 0.2                        | Tr                                       | Tr                              | 0                | Tr                               | 0                               | 2.7                                  | 0.3                             | 43.9                  | 0.8                                      | Tr                    | Tr                              | 0                                     | 0  | 0   | 11.8                        | 0.6               | Tr                | 0                           | 0.5                         | 0.2  | Tr                          | 0.7                              | 0.1                                       | Tr                         | 0                                     | Tr                          | 0.2                         | Tr                                    | 0.2                                   | 0                                     |   |                         |  |
| 11178            | プレス<br>Pressed                        | 781                                   | 336                 | 347                                      | 98                                       | 0.1   | 0.1                   | 1.9                    | 0.3                             | 23.1                       | 0.9                             | 16.2                       | 0.2                        | 0.1                                      | 0.1                             | 0                | 0.1                              | 0                               | 2.0                                  | 0.6                             | 41.3                  | 0.4                                      | 0.1                   | Tr                              | 0                                     | 0  | 0   | 8.8                         | 1.4               | Tr                | 0                           | 0.2                         | 0.2  | Tr                          | 0.9                              | 0.3                                       | 0                          | 0                                     | Tr                          | 0.5                         | Tr                                    | 0.2                                   | 0                                     |   |                         |  |
| 11179            | 混合プレス<br>Mixed pressed                | 801                                   | 322                 | 337                                      | 142                                      | 0.1   | 0.1                   | 1.7                    | 0.4                             | 20.5                       | 1.0                             | 15.8                       | 0.2                        | 0.2                                      | 0.1                             | 0                | 0.1                              | 0                               | 1.6                                  | 0.5                             | 39.3                  | 0.5                                      | Tr                    | 0.1                             | 0                                     | 0  | 0   | 12.9                        | 2.3               | Tr                | 0                           | 0.1                         | 0.1  | 0.1                         | 0.5                              | 0.4                                       | 0                          | 0                                     | Tr                          | 0.4                         | 0.1                                   | 0.9                                   | 0                                     | 主原料：マトン <sup>5)</sup>                         |                         |  |
| 11180            | チョップド<br>Chopped                      | 828                                   | 272                 | 371                                      | 186                                      | 0.2   | 0.1                   | 1.1                    | 0.1                             | 20.3                       | 0.3                             | 10.3                       | 0.2                        | 0.1                                      | 0.1                             | 0                | Tr                               | 0                               | 2.3                                  | 0.3                             | 41.2                  | 0.8                                      | 0.2                   | Tr                              | 0                                     | 0  | 0   | 19.3                        | 1.6               | Tr                | 0                           | 0.4                         | 0.1  | Tr                          | 0.6                              | Tr  | 0                          | 0                                     | Tr                          | 0.1                         | Tr                                    | 0.1                                   | 0                                     |   |                         |  |
| 11181            | 生ハム<br>Uncooked ham<br>促成<br>Fresh    | 922                                   | 390                 | 416                                      | 116                                      | 0.1   | 0.1                   | 1.5                    | 0.1                             | 25.1                       | 0.4                             | 14.9                       | 0.2                        | 0  | 0                               | 0                | 0                                | 0                               | 2.2                                  | 0.3                             | 41.9                  | 0.8                                      | 0                     | 0                               | 0.1                                   | 0  | 0   | 10.8                        | 0.6               | 0                 | 0                           | 0.4                         | 0.1  | 0                           | 0.4                              | 0   | 0                          | 0                                     | 0                           | 0                           | 0.1                                   | 0                                     | 0.1                                   | 0   | ラックスハムを含む <sup>6)</sup> |  |
| 11182            | 長期熟成<br>Ripened                       | 934                                   | 354                 | 485                                      | 95                                       | 0.1   | 0.1                   | 1.1                    | 0.1                             | 23.6                       | 0.4                             | 12.5                       | 0.2                        | 0  | 0                               | 0                | Tr                               | 0                               | 2.5                                  | 0.4                             | 48.1                  | 0.9                                      | 0                     | 0                               | Tr                                    | 0  | 0   | 8.4                         | 0.5               | 0                 | 0                           | 0.4                         | 0.1  | 0                           | 0.5                              | 0   | 0                          | 0                                     | 0                           | 0                           | 0.1                                   | 0                                     | 0.1                                   | 0   | プロシュートを含む <sup>7)</sup> |  |
| 11183            | [ベーコン類]<br>[Bacon]<br>ベーコン<br>Bacon   | 932                                   | 379                 | 460                                      | 91                                       | 0.1   | 0.1                   | 1.6                    | 0.1                             | 24.8                       | 0.3                             | 13.5                       | 0.2                        | -  | -                               | -                | Tr                               | 0                               | 3.1                                  | 0.4                             | 44.8                  | 1.0                                      | 0                     | 0                               | -                                     | -  | -   | 8.4                         | 0.8               | -                 | 0                           | 0.3                         | 0  | 0                           | 0.3                              | 0   | -                          | -                                     | -                           | 0                           | 0                                     | 0                                     | 0                                     | 0.2   |                         |  |
| 11184            | ロース<br>Loin                           | 837                                   | 337                 | 350                                      | 151                                      | 0.1   | 0.1                   | 1.5                    | 0.1                             | 23.7                       | 0.4                             | 14.0                       | 0.2                        | Tr                                       | Tr                              | 0                | Tr                               | 0                               | 2.0                                  | 0.2                             | 38.5                  | 0.9                                      | 0.1                   | Tr                              | 0                                     | 0  | 0   | 15.2                        | 0.7               | Tr                | 0.1                         | 0.6                         | 0.1  | 0.1                         | 0.4                              | 0.1                                       | Tr                         | 0                                     | Tr                          | 0.3                         | Tr                                    | 0.3                                   | 0                                     |   |                         |  |
| 11185            | ショルダー<br>Shoulder                     | 834                                   | 323                 | 409                                      | 102                                      | 0.1   | 0.1                   | 1.5                    | 0.1                             | 24.2                       | 0.3                             | 12.1                       | 0.2                        | Tr                                       | Tr                              | 0                | Tr                               | 0                               | 2.7                                  | 0.3                             | 44.9                  | 1.0                                      | 0.1                   | Tr                              | 0                                     | 0  | 0   | 10.2                        | 0.6               | Tr                | 0                           | 0.5                         | 0.1  | Tr                          | 0.4                              | 0.1                                       | 0                          | 0                                     | Tr                          | 0.2                         | Tr                                    | 0.2                                   | 0                                     |   |                         |  |

| 食品番号<br>Item No. | 食品名<br>Food and description   | 脂質1gあたり脂肪酸<br>Fatty acids per g lipid |                     |  |  | 総脂肪酸100gあたり脂肪酸<br>Fatty acids per 100 g total fatty acids |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |                                      | 未<br>同<br>定<br>Unidentified | 備<br>考<br>Remarks |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                      |                                 |   |   |   |   |      |     |
|------------------|---|---------------------------------------|---------------------|--|--|---|-----------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|----------------------------|------------------|---------------------------------|------------------|--------------------------------------|--|--------------------------------------|---------------------------------|-----------------------|-----------------------|-----------------------|---------------------------------|---|--|--------------------------------------|-----------------------------|-------------------|-------------------|---------------------------------|---------------------------------|---|---------------------------------|--------------------------------------|---|----------------------------|---|--------------------------------------|---------------------------------|---|---|---|---|------|-----|
|                  |   | 総<br>量<br>Total                       | 飽<br>和<br>Saturated | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated | 飽<br>和<br>Saturated                                       |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated |                                      |                                 |                       |                       |                       |                                 |   | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated       |                                      |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                      |                                 |   |   |   |   |      |     |
|                  |   |                                       |                     |  |  | 10:0  | 12:0                  | 14:0                       | 15:0                            | 16:0                       | 17:0                            | 18:0                       | 20:0                       | 22:0             | 24:0                            | 10:1             | 14:1                                 | 15:1                                     | 16:1                                 | 17:1                            | 18:1                  | 20:1                  | 22:1                  | 24:1                            | 16:2                                      | 16:3   | 16:4                                 |                             |                   | 18:2              | 18:3                            | 18:3                            | 18:4                                      | 20:2                            | 20:3                                 | 20:4                                      | 20:4                       | 20:5                                      | 21:5                                 | 22:2                            | 22:4                                      | 22:5                                      | 22:5                                      | 22:6                                      | 22:6 |     |
|                  |   |                                       |                     |  |  | デ<br>カ<br>ン<br>酸  | ラ<br>ウ<br>リ<br>ン<br>酸 | ミ<br>リ<br>ス<br>チ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>カ<br>ン<br>酸 | パ<br>ル<br>ミ<br>チ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>カ<br>ン<br>酸 | ス<br>テ<br>ア<br>リ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ジ<br>ン<br>酸 | ベ<br>ヘ<br>ン<br>酸 | リ<br>グ<br>ノ<br>セ<br>リ<br>ン<br>酸 | デ<br>セ<br>ン<br>酸 | ミ<br>リ<br>ス<br>ト<br>レ<br>イ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>セ<br>ン<br>酸          | パ<br>ル<br>ミ<br>ト<br>レ<br>イ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>セ<br>ン<br>酸 | オ<br>レ<br>イ<br>ン<br>酸 | イ<br>コ<br>セ<br>ン<br>酸 | ド<br>コ<br>セ<br>ン<br>酸 | テ<br>ト<br>ラ<br>コ<br>セ<br>ン<br>酸 | ヘ<br>キ<br>サ<br>デ<br>カ<br>ジ<br>エ<br>ン<br>酸 | ト<br>ヘ<br>リ<br>キ<br>エ<br>サ<br>エ<br>ン<br>酸<br>力 | テ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>酸<br>力 |                             |                   | リ<br>ノ<br>ール<br>酸 | α<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 | γ<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 | テ<br>オ<br>ク<br>ウ<br>ラ<br>エ<br>ン<br>酸<br>力 | イ<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | イ<br>コ<br>サ<br>ト<br>リ<br>エ<br>ン<br>酸 | イ<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ド<br>ン<br>酸 | イ<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ペ<br>ン<br>タ<br>イ<br>エ<br>ン<br>酸<br>力 | ド<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>酸 |      |     |
| (..... mg .....) |   |                                       |                     | (..... g .....)                          |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |                                      |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                      |                                 |   |   |   |   |      |     |
| 11186            | [ソーセージ類]<br>[Sausages]<br>ウインナー<br>Vienna   | 926                                   | 355                 | 444                                      | 125                                      | 0.1   | 0.1                   | 1.4                        | 0.1                             | 23.5                       | 0.4                             | 12.6                       | 0.2                        | -                | -                               | -                | 0.1                                  | 0  | 2.8                                  | 0.3                             | 43.8                  | 0.9                   | 0                     | 0                               | -   | -  | -                                    | 12.0                        | 0.7               | -                 | 0                               | 0.5                             | 0   | 0                               | 0.3                                  | 0   | -                          | -   | -                                    | 0                               | 0   | 0   | 0.2                                       |   |      |     |
| 11187            | セミドライ<br>Semi-dry   | 930                                   | 376                 | 435                                      | 119                                      | 0.1   | 0.1                   | 1.6                        | 0.2                             | 23.5                       | 0.6                             | 14.3                       | 0.2                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.2                                  | 0.4                             | 43.2                  | 0.8                   | 0                     | 0                               | 0.2                                       | 0  | 0                                    | 10.3                        | 1.1               | 0                 | 0                               | 0.5                             | 0.1                                       | Tr                              | 0.3                                  | 0.1                                       | 0                          | 0   | 0                                    | 0.2                             | 0   | 0.2                                       | 0   | 0.2                                       | 0    | 0.2 |
| 11188            | ドライ<br>Dry  | 907                                   | 372                 | 429                                      | 107                                      | 0.1   | 0.1                   | 1.7                        | 0.2                             | 24.0                       | 0.6                             | 14.2                       | 0.2                        | 0                | 0                               | 0                | 0.1                                  | 0  | 2.4                                  | 0.5                             | 43.4                  | 0.8                   | 0                     | 0                               | 0.2                                       | 0  | 0                                    | 9.3                         | 1.2               | 0                 | 0                               | 0.4                             | 0.1                                       | 0                               | 0.3                                  | Tr  | 0                          | 0   | 0                                    | 0.2                             | 0   | 0.1                                       | 0   | 0.1                                       | 0    | 0   |
| 11189            | フランクフルト<br>Frankfurter  | 936                                   | 356                 | 456                                      | 124                                      | 0.1   | 0.1                   | 1.4                        | 0.1                             | 23.4                       | 0.4                             | 12.3                       | 0.2                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.6                                  | 0.4                             | 44.9                  | 0.8                   | 0                     | 0                               | 0.1                                       | 0  | 0                                    | 11.2                        | 0.8               | 0                 | 0                               | 0.5                             | 0.1                                       | Tr                              | 0.3                                  | Tr  | 0                          | 0   | 0                                    | 0.1                             | 0   | 0.1                                       | 0   | 0.1                                       | 0    | 0   |
| 11190            | ボロニア<br>Bologna   | 934                                   | 367                 | 453                                      | 114                                      | 0.1   | 0.1                   | 1.4                        | 0.1                             | 23.8                       | 0.4                             | 13.2                       | 0.2                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.5                                  | 0.4                             | 44.8                  | 0.9                   | 0                     | 0                               | 0.1                                       | 0  | 0                                    | 10.1                        | 0.8               | 0                 | 0                               | 0.5                             | 0.1                                       | 0                               | 0.3                                  | Tr  | 0                          | 0   | 0                                    | 0.1                             | 0   | 0.2                                       | 0   | 0   | 0    |     |
| 11191            | リオナ<br>Lyoner   | 901                                   | 347                 | 414                                      | 140                                      | 0.1   | 0.2                   | 1.4                        | 0.1                             | 23.4                       | 0.4                             | 12.8                       | 0.2                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.3                                  | 0.3                             | 42.4                  | 0.8                   | 0                     | 0                               | 0.1                                       | 0  | 0                                    | 12.8                        | 1.0               | 0                 | 0                               | 0.5                             | 0.1                                       | Tr                              | 0.4                                  | 0.1                                       | 0                          | 0   | 0                                    | 0.2                             | 0   | 0.3                                       | 0   | 0   | 0    |     |
| 11192            | レバー<br>Liver  | 706                                   | 281                 | 325                                      | 99                                       | 0.1   | 0.1                   | 1.3                        | 0.1                             | 23.3                       | 0.4                             | 14.3                       | 0.2                        | Tr               | Tr                              | 0                | Tr                                   | 0  | 2.0                                  | 0.4                             | 42.8                  | 1.0                   | 0                     | 0                               | 0   | 0  | Tr                                   | 11.7                        | 0.6               | Tr                | 0                               | 0.6                             | 0.1                                       | 0                               | 0.6                                  | Tr  | 0                          | 0   | 0                                    | 0.1                             | 0   | 0.2                                       | 0   | 0   | 0    |     |
| 11193            | 混合<br>Mixed   | 699                                   | 297                 | 319                                      | 83                                       | 0.1   | 0.1                   | 1.7                        | 0.3                             | 22.7                       | 0.9                             | 16.2                       | 0.2                        | 0.2              | Tr                              | 0                | 0.1                                  | 0  | 2.1                                  | 0.6                             | 42.2                  | 0.7                   | Tr                    | 0                               | 0   | 0  | 0                                    | 8.8                         | 1.3               | 0.1               | 0                               | 0.3                             | 0.1                                       | 0                               | 0.4                                  | 0.3                                       | 0                          | 0   | 0                                    | 0.3                             | 0   | 0.2                                       | 0   | 0   | 0    |     |
| 11194            | 生ソーセージ<br>Fresh sausage   | 940                                   | 365                 | 458                                      | 117                                      | 0.1   | 0.1                   | 1.4                        | 0.1                             | 23.7                       | 0.5                             | 12.8                       | 0.2                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.5                                  | 0.4                             | 45.0                  | 0.9                   | 0                     | 0                               | 0.1                                       | 0  | 0                                    | 10.5                        | 0.7               | 0                 | 0                               | 0.5                             | 0.1                                       | 0                               | 0.3                                  | 0   | 0                          | 0   | 0                                    | 0.2                             | 0   | 0.2                                       | 0   | 0.2                                       | 0    | 0.2 |
| 11195            | [その他]<br>[Others]<br>焼き豚<br>Roast pork  | 834                                   | 306                 | 404                                      | 124                                      | 0.1   | 0.1                   | 1.4                        | 0.1                             | 22.9                       | 0.3                             | 11.5                       | 0.2                        | Tr               | Tr                              | 0                | Tr                                   | 0  | 2.6                                  | 0.3                             | 44.4                  | 0.9                   | 0.1                   | Tr                              | 0   | 0  | 0                                    | 12.6                        | 0.7               | Tr                | 0                               | 0.5                             | 0.1                                       | Tr                              | 0.3                                  | 0.1                                       | 0                          | 0   | Tr                                   | 0.2                             | Tr  | 0.2                                       | 0   | 0.2                                       | 0    | 0.2 |
| 11196            | レバーペースト<br>Liver paste  | 912                                   | 373                 | 412                                      | 127                                      | 0.1   | 0.1                   | 1.4                        | 0.1                             | 24.0                       | 0.5                             | 14.4                       | 0.3                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.1                                  | 0.4                             | 41.8                  | 0.9                   | 0                     | 0                               | 0.1                                       | 0  | 0                                    | 11.3                        | 0.8               | 0                 | 0                               | 0.5                             | 0.1                                       | Tr                              | 0.6                                  | 0.1                                       | 0                          | 0   | 0                                    | 0.2                             | 0   | 0.3                                       | 0   | 0   | 0    |     |
| 11197            | スモークレバー<br>Smoked liver   | 560                                   | 242                 | 104                                      | 214                                      | 0   | 0                     | 0.4                        | 0.1                             | 16.3                       | 1.2                             | 25.1                       | 0                          | 0                | 0                               | 0                | 0                                    | 0  | 0.7                                  | 0.3                             | 17.3                  | 0.2                   | 0                     | 0                               | Tr  | 0  | 0                                    | 15.2                        | 0.5               | 0                 | 0                               | 0.4                             | 0.9                                       | 0                               | 15.5                                 | 0.6                                       | 0                          | 0   | 0.2                                  | 2.0                             | 0   | 3.0                                       | 0   | 0   | 0    |     |
| 11199            | めんよう<br>Sheep<br>[マトン]<br>[Muttons]<br>ロース<br>Loin<br>脂身つき、生<br>Lean and fat, raw | 791                                   | 384                 | 341                                      | 44                                       | 0.1   | 0.1                   | 2.6                        | 0.6                             | 26.0                       | 1.1                             | 17.8                       | 0.2                        | -                | -                               | -                | 0.3                                  | 0  | 2.2                                  | 0.3                             | 40.1                  | 0.1                   | 0                     | 0                               | -   | -  | -                                    | 4.1                         | 1.2               | -                 | 0                               | Tr                              | 0   | 0                               | 0.3                                  | 0   | -                          | -   | -                                    | 0                               | 0   | 0   | 0   | 0   | 2.8  |     |
| 11200            | もも<br>Leg<br>脂身つき、生<br>Lean and fat, raw  | 848                                   | 449                 | 361                                      | 37                                       | 0.1   | 0.1                   | 2.1                        | 0.7                             | 24.7                       | 1.8                             | 23.3                       | 0.2                        | 0                | 0                               | 0                | 0.2                                  | 0  | 1.2                                  | 0.6                             | 40.4                  | 0.2                   | 0                     | 0                               | 0   | 0  | 0                                    | 2.6                         | 1.1               | 0                 | 0                               | 0.1                             | 0   | 0                               | 0.3                                  | 0.1                                       | 0                          | 0   | 0                                    | 0.2                             | 0   | 0   | 0   | 0   | 0    | 0   |
| 11201            | [ラム]<br>[Lambs]<br>かた<br>Shoulder<br>脂身つき、生<br>Lean and fat, raw                  | 853                                   | 446                 | 372                                      | 35                                       | 0.1   | 0.2                   | 3.8                        | 0.7                             | 24.1                       | 1.6                             | 21.5                       | 0.2                        | 0                | 0                               | 0                | 0.1                                  | 0  | 1.6                                  | 0.7                             | 40.9                  | 0.2                   | 0                     | 0                               | 0   | 0  | 0                                    | 2.4                         | 0.9               | 0                 | 0                               | 0.1                             | 0   | 0                               | 0.3                                  | 0.1                                       | 0                          | 0   | 0                                    | 0.3                             | 0   | 0   | 0   | 0   | 0    | 0   |
| 11202            | ロース<br>Loin<br>脂身つき、生<br>Lean and fat, raw  | 779                                   | 358                 | 342                                      | 47                                       | 0.1   | 0.2                   | 3.0                        | 0.5                             | 21.8                       | 1.1                             | 18.9                       | 0.3                        | -                | -                               | -                | 0.4                                  | 0  | 2.2                                  | 0.6                             | 40.7                  | 0.1                   | 0                     | 0                               | -   | -  | -                                    | 4.0                         | 1.6               | -                 | 0                               | 0.1                             | 0   | 0                               | 0.4                                  | 0   | -                          | -   | -                                    | 0                               | 0   | 0   | 0   | 0   | 0    | 4.0 |
| 11203            | もも<br>Leg<br>脂身つき、生<br>Lean and fat, raw  | 829                                   | 399                 | 399                                      | 31                                       | 0.2   | 0.3                   | 4.4                        | 0.7                             | 24.5                       | 1.8                             | 16.0                       | 0.1                        | 0                | 0                               | 0                | 0.2                                  | 0  | 2.2                                  | 1.1                             | 44.6                  | 0.2                   | 0                     | 0                               | 0   | 0  | 0                                    | 2.0                         | 1.0               | 0                 | 0                               | 0.1                             | 0   | 0                               | 0.2                                  | 0.1                                       | 0                          | 0   | 0                                    | 0.2                             | 0.1                                       | 0   | 0   | 0   | 0    | 0   |





| 食品番号<br>Item No. | 食品名<br>Food and description  | 脂質 1g 当たり脂肪酸<br>Fatty acids per g lipid |                     |  |  | 総脂肪酸 100g 当たり脂肪酸<br>Fatty acids per 100 g total fatty acids |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |   |   |                   |                                 |                                 |  |                                 |                                      | 未<br>同<br>定<br>Unidentified | 備<br>考<br>Remarks |   |                            |   |                                      |                                 |   |   |   |   |   |                         |
|------------------|--|---|---------------------|--|--|---|-----------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|----------------------------|------------------|---------------------------------|------------------|--------------------------------------|--|--------------------------------------|---------------------------------|-----------------------|-----------------------|-----------------------|---------------------------------|---|---|---|-------------------|---------------------------------|---------------------------------|--|---------------------------------|--------------------------------------|-----------------------------|-------------------|---|----------------------------|---|--------------------------------------|---------------------------------|---|---|---|---|---|-------------------------|
|                  |  | 総<br>量<br>Total                         | 飽<br>和<br>Saturated | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated | 飽<br>和<br>Saturated   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      | 一<br>価<br>不<br>飽<br>和<br>Monounsaturated |                                      |                                 |                       |                       |                       |                                 |   | 多<br>価<br>不<br>飽<br>和<br>Polyunsaturated            |   |                   |                                 |                                 |  |                                 |                                      |                             |                   |   |                            |   |                                      |                                 |   |   |   |   |   |                         |
|                  |  |   |                     |  |  | 10:0  | 12:0                  | 14:0                       | 15:0                            | 16:0                       | 17:0                            | 18:0                       | 20:0                       | 22:0             | 24:0                            | 10:1             | 14:1                                 | 15:1                                     | 16:1                                 | 17:1                            | 18:1                  | 20:1                  | 22:1                  | 24:1                            | 16:2                                      | 16:3  | 16:4  | 18:2<br>n-6       | 18:3<br>n-3                     | 18:3<br>n-6                     | 18:4<br>n-3                                    | 20:2<br>n-6                     | 20:3<br>n-6                          |                             |                   | 20:4<br>n-3                               | 20:4<br>n-6                | 20:5<br>n-3                               | 21:5<br>n-3                          | 22:2                            | 22:4<br>n-6                               | 22:5<br>n-3                               | 22:5<br>n-6                               | 22:6<br>n-3                                     |   |                         |
|                  |  |   |                     |  |  | デ<br>カ<br>ン<br>酸  | ラ<br>ウ<br>リ<br>ン<br>酸 | ミ<br>リ<br>ス<br>チ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>カ<br>ン<br>酸 | パ<br>ル<br>ミ<br>チ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>カ<br>ン<br>酸 | ス<br>テ<br>ア<br>リ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ジ<br>ン<br>酸 | ベ<br>ヘ<br>ン<br>酸 | リ<br>グ<br>ノ<br>セ<br>リ<br>ン<br>酸 | デ<br>セ<br>ン<br>酸 | ミ<br>リ<br>ス<br>ト<br>レ<br>イ<br>ン<br>酸 | ペ<br>ン<br>タ<br>デ<br>セ<br>ン<br>酸          | パ<br>ル<br>ミ<br>ト<br>レ<br>イ<br>ン<br>酸 | ヘ<br>プ<br>タ<br>デ<br>セ<br>ン<br>酸 | オ<br>レ<br>イ<br>ン<br>酸 | イ<br>コ<br>セ<br>ン<br>酸 | ド<br>コ<br>セ<br>ン<br>酸 | テ<br>ト<br>ラ<br>コ<br>セ<br>ン<br>酸 | ヘ<br>キ<br>サ<br>デ<br>カ<br>ジ<br>エ<br>ン<br>酸 | ト<br>ヘ<br>リ<br>キ<br>エ<br>サ<br>エ<br>ン<br>デ<br>ン<br>酸 | テ<br>ヘ<br>ト<br>キ<br>ラ<br>サ<br>エ<br>ン<br>デ<br>ン<br>酸 | リ<br>ノ<br>ール<br>酸 | α<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 | γ<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 | テ<br>オ<br>ト<br>ク<br>ラ<br>エ<br>ン<br>デ<br>ン<br>酸 | イ<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | イ<br>コ<br>サ<br>ト<br>リ<br>エ<br>ン<br>酸 |                             |                   | イ<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | ア<br>ラ<br>キ<br>ド<br>ン<br>酸 | イ<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ペ<br>ヘ<br>ン<br>タ<br>イ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸       | ド<br>コ<br>サ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>酸 |                         |
|                  |  | (..... mg .....)                        |                     |  |  | (..... g .....)   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |   |   |                   |                                 |                                 |  |                                 |                                      |                             |                   |   |                            |   |                                      |                                 |   |   |   |   |   |                         |
| 11237            | 【その他】<br>[Others]<br>焼き鳥缶詰<br>Roast meat, canned with seasonings           | 928                                     | 266                 | 443                                      | 218                                      | Tr  | Tr                    | 0.8                        | 0.2                             | 21.5                       | 0.5                             | 5.6                        | 0.1                        | Tr               | 0                               | 0                | 0.2                                  | 0  | 5.9                                  | 0.1                             | 41.1                  | 0.4                   | Tr                    | 0                               | 0   | 0   | 0   | 21.0              | 0.9                             | 0.3                             | 0  | 0.1                             | 0.1                                  | Tr                          | 0.6               | 0.1                                       | 0                          | Tr  | 0.1                                  | 0.1                             | Tr  | 0.2                                       | 0   | 液汁を含んだもの <sup>1)</sup>                          |   |                         |
| 11238            | はと<br>Pigeon<br>肉、皮なし、生<br>Meat, without skin, raw                         | 829                                     | 242                 | 373                                      | 214                                      | 0   | 0                     | 0.3                        | 0.1                             | 18.6                       | 0.1                             | 10.0                       | 0.1                        | 0                | 0                               | 0                | 0.3                                  | 0  | 7.2                                  | 0                               | 37.4                  | 0.2                   | 0                     | 0                               | 0   | 0   | 0   | 19.0              | 0.2                             | 0                               | 0  | 0.4                             | 0.2                                  | 0                           | 4.3               | 0.1                                       | 0                          | 0   | 0.6                                  | 0.6                             | 0   | 0.3                                       | 0   | 輸入冷凍品 <sup>2)</sup><br>皮下脂肪を除いたもの <sup>3)</sup> |   |                         |
| 11239            | フォアグラ<br>Foie gras<br>ゆで<br>Boiled   | 929                                     | 367                 | 550                                      | 12                                       | 0   | 0                     | 0.6                        | 0                               | 23.6                       | 0                               | 15.2                       | 0.1                        | 0                | 0                               | 0                | 0                                    | 0  | 2.2                                  | 0                               | 56.5                  | 0.4                   | 0                     | 0                               | 0   | 0   | 0   | 0.9               | 0                               | 0                               | 0  | 0                               | 0                                    | 0                           | 0.5               | 0   | 0                          | 0   | 0                                    | 0                               | 0   | 0   | 0   | 0   | 調味料無添加輸入品 <sup>4)</sup>                   |                         |
| 11240            | ほろほろちょう<br>Guinea fowl<br>肉、皮なし、生<br>Meat, without skin, raw               | 657                                     | 213                 | 185                                      | 260                                      | 0   | 0                     | 0.5                        | 0.1                             | 17.5                       | 0.3                             | 13.8                       | 0.1                        | 0                | 0                               | 0                | 0.8                                  | 0  | 1.5                                  | 0.1                             | 25.4                  | 0.3                   | 0                     | 0                               | 0   | 0   | 0   | 26.2              | 0.8                             | 0                               | 0  | 0.6                             | 0.4                                  | 0                           | 7.6               | 0.2                                       | 0                          | 0   | 1.2                                  | 0.8                             | 0   | 1.7                                       | 0   | 輸入冷凍品 <sup>2)</sup><br>皮下脂肪を除いたもの <sup>3)</sup> |   |                         |
| 11241            | <その他><br><OTHERS><br>いなご<br>Rice hopper<br>つくだ煮 <sup>5)</sup><br>Tsukudani | 392                                     | 79                  | 85                                       | 227                                      | 0   | 0.1                   | 0.4                        | 0.2                             | 8.0                        | 1.0                             | 10.1                       | 0.2                        | 0.1              | 0.2                             | 0                | 0                                    | 0  | 0.9                                  | 0.4                             | 19.9                  | 0.4                   | 0                     | 0                               | 0   | 0   | 0   | 14.1              | 43.9                            | 0                               | 0  | 0                               | 0                                    | 0                           | 0                 | 0   | 0                          | 0   | 0                                    | 0                               | 0   | 0   | 0   | 0   | 0   | うしがえる                   |
| 11242            | かえる<br>Bullfrog<br>肉、生<br>Meat, raw  | 541                                     | 163                 | 142                                      | 236                                      | 0   | 0                     | 0.5                        | 0.2                             | 21.1                       | 0.4                             | 8.0                        | 0                          | 0                | 0                               | 0                | 0.5                                  | 0  | 2.9                                  | 0.3                             | 21.5                  | 1.0                   | 0                     | 0                               | 0   | 0   | 0   | 9.6               | 0.5                             | 0                               | 0  | 0.7                             | 0.8                                  | 0.5                         | 2.6               | 7.9                                       | 0                          | 0   | 0                                    | 3.9                             | 0   | 17.0                                      | 0   | 輸入冷凍品 <sup>2)</sup>                             |   |                         |
| 11243            | すっぽん<br>Snapping turtle<br>肉、生<br>Meat, raw                                | 854                                     | 198                 | 405                                      | 251                                      | 0   | 0                     | 2.2                        | 0.2                             | 15.5                       | 0.6                             | 4.6                        | 0.2                        | 0                | 0                               | 0                | 0.1                                  | 0  | 6.3                                  | 0.2                             | 31.3                  | 5.3                   | 3.9                   | 0.3                             | 0.2                                       | 0   | 0   | 7.9               | 4.8                             | 0                               | 0.6  | 0.2                             | 0                                    | 0.4                         | 0.8               | 5.5                                       | 0.3                        | 0   | 0                                    | 1.2                             | 0   | 7.5                                       | 0   | 甲殻、頭部、脚、内臓、皮等を除いたもの <sup>6)</sup>               |   |                         |
| 11244            | はち<br>Wasp<br>はちの子缶詰<br>Maggot, canned with seasoning                      | 896                                     | 340                 | 362                                      | 193                                      | 0.1   | 1.8                   | 3.8                        | 0.1                             | 25.3                       | 0.3                             | 6.2                        | 0.3                        | 0.1              | 0                               | 0                | 0.1                                  | 0  | 3.3                                  | 0.2                             | 36.5                  | 0.3                   | 0.1                   | 0                               | 0   | 0   | 0   | 13.5              | 7.7                             | 0                               | 0  | Tr                              | 0                                    | 0                           | 0.1               | 0.2                                       | 0                          | 0   | 0                                    | 0                               | 0   | 0   | 0   | 0   | 0   | 原材料：主として地ばち（くろすずめばち）の幼虫 |