| 食品番号 Item No. | 食品名 Food and description | 脂質1g当たり脂肪酸 Fatty acids per g lipid | | | | 総脂肪酸100g当たり脂肪酸 Fatty acids per 100g total fatty acids | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | 飽和 Saturated | | | | | | | | | | 一価不飽和 Monounsaturated | | | | | | | | | 多価不飽和 Polyunsaturated | | | | | | | | | | | | | | | | | 未同定 Unidentified | |
| | | 総量 Total | 飽和 Saturated | 一価不飽和 Monounsaturated | 多価不飽和 Polyunsaturated | 10:0 デカン酸 | 12:0 ラウリン酸 | 14:0 ミリスチン酸 | 15:0 ペンタデカン酸 | 16:0 パルミチン酸 | 17:0 ヘプタデカン酸 | 18:0 ステアリン酸 | 20:0 アラキジン酸 | 22:0 ベヘン酸 | 24:0 リグノセリン酸 | 10:1 デセン酸 | 14:1 ミリストレイン酸 | 15:1 ペンタデセン酸 | 16:1 パルミトレイン酸 | 17:1 ヘプタデセン酸 | 18:1 オレイン酸 | 20:1 イコセン酸 | 22:1 ドコセン酸 | 24:1 テトラコセン酸 | 16:2 ヘキサデカジエン酸 | 16:3 トヘリキサデカン酸 | 16:4 ヘキサデカテトラエン酸 | 18:2 n-6 リノール酸 | 18:3 n-3 α-リノレン酸 | 18:3 n-6 γ-リノレン酸 | 18:4 n-3 オクタデカテトラエン酸 | 20:2 n-6 イコサジエン酸 | 20:3 n-6 イコサトリエン酸 | 20:4 n-3 イコサテトラエン酸 | 20:4 n-6 アラキドン酸 | 20:5 n-3 イコサペンタエン酸 | 21:5 n-3 ヘンイコサペンタエン酸 | 22:2 ドコサジエン酸 | 22:4 n-6 ドコサテトラエン酸 | 22:5 n-3 ドコサペンタエン酸 | 22:5 n-6 ドコサペンタエン酸 | 22:6 n-3 ドコサヘキサエン酸 | | |
| | | (……mg……) | | | | (……g……) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **きのこ類** MUSHROOMS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **えのきたけ** Winter mushrooms | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08001 | 生 Raw | 497 | 82 | 38 | 378 | 0 | 0 | 0.9 | 0 | 12.6 | 0.3 | 2.1 | 0.1 | 0.3 | 0.2 | 0 | 0 | 0 | 0.8 | 0 | 5.3 | 0.1 | 0 | 1.4 | 0 | 0 | 0 | 51.7 | 24.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄の基部(いしづき)を除いたもの[2] |
| | **(きくらげ類)** (Tree ears) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **きくらげ** *Kikurage* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08006 | 乾 Dried | 591 | 138 | 159 | 294 | 0 | 0 | 0.3 | 1.2 | 15.2 | 0.2 | 4.5 | 0.2 | 0.6 | 1.1 | 0 | 0 | 0 | 0.5 | 0.3 | 25.8 | 0.2 | 0 | 0.1 | 0 | 0 | 0 | 48.7 | 1.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 輸入栽培品[3] |
| | **しいたけ** *Shiitake* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 生しいたけ *Nama-shiitake* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08011 | 生 Raw | 475 | 96 | 20 | 359 | 0 | 0 | 0.4 | 2.1 | 15.1 | 0.2 | 1.8 | 0 | 0 | 0.6 | 0 | 0 | 0 | 0.5 | 0.1 | 3.7 | 0 | 0 | 0 | 0 | 0 | 0 | 75.5 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄全体を除いた傘のみ[4] |
| | **(しめじ類)** (*Shimeji*) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **ぶなしめじ** *Bunashimeji* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08016 | 生 Raw | 398 | 77 | 31 | 290 | 0 | 0 | 0.3 | 1.0 | 13.2 | 0.8 | 3.8 | 0.1 | 0 | 0.1 | 0 | 0 | 0 | 0.3 | 0 | 6.9 | 0 | 0 | 0.6 | 0 | 0 | 0 | 72.6 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄の基部(いしづき)を除いたもの[2] |
| | **なめこ** *Nameko* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08020 | 生 Raw | 527 | 89 | 95 | 343 | 0 | 0 | 0.6 | 1.1 | 12.6 | 0.2 | 1.8 | 0.1 | 0 | 0.3 | 0 | 0 | 0 | 0.5 | 0 | 16.7 | 0.3 | 0 | 0.5 | 0 | 0 | 0 | 65.1 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄の基部(いしづき)を除いたもの[2] |
| | **(ひらたけ類)** (Oyster mushrooms) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **エリンギ** Eringii | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08025 | 生 Raw | 546 | 110 | 101 | 336 | 0 | 0 | 0.7 | 2.1 | 14.3 | 0.2 | 1.8 | 0.1 | 0.3 | 0.6 | 0 | 0 | 0 | 0.5 | 0 | 17.6 | 0 | 0 | 0.4 | 0 | 0 | 0 | 61.3 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄の基部(いしづき)を除いたもの[2] |
| | **ひらたけ** Oyster mushrooms | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08026 | 生 Raw | 377 | 77 | 30 | 269 | 0 | 0 | 0.5 | 2.5 | 14.6 | 0.4 | 1.6 | 0 | 0.4 | 0.4 | 0 | 0 | 0 | 0.8 | 0 | 6.4 | 0.3 | 0 | 0.6 | 0 | 0 | 0 | 71.2 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄の基部(いしづき)を除いたもの[2] |
| | **まいたけ** *Maitake* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08028 | 生 Raw | 456 | 97 | 176 | 183 | 0 | 0 | 0.3 | 1.0 | 18.0 | 0.2 | 1.3 | 0 | 0 | 0.4 | 0 | 0 | 0 | 1.3 | 0.3 | 36.6 | 0.5 | 0 | 0 | 0 | 0 | 0 | 39.6 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄の基部(いしづき)を除いたもの[2] |
| | **マッシュルーム** Common mushrooms | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031 | 生 Raw | 459 | 108 | 14 | 337 | 0 | 0 | 0.6 | 1.2 | 12.5 | 0.8 | 4.5 | 1.9 | 1.3 | 0.7 | 0 | 0 | 0 | 0.8 | 0 | 2.3 | 0 | 0 | 0 | 0 | 0 | 0 | 73.4 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 栽培品[1] 柄の基部(いしづき)を除いたもの[2] |