

| 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>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>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 .....)   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |                       |  |   |   |  |                             |                   |                   |                                 |                                 |  |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10001            | 魚介類<br>FISHES AND SHELLFISHES<br>＜魚類＞<br>＜FISHES＞<br>あいなめ<br>Fat greenling<br>生<br>Raw | 822                                     | 223                 | 309                                      | 291                                      | 0   | 0.1                   | 2.5                        | 0.4                             | 19.5                       | 0.5                             | 3.7                        | 0.2                        | 0.1              | 0.1                             | 0  | 0.2                                  | 0                               | 10.9                                 | 0.5                             | 22.4                  | 2.3                   | 0.9                   | 0.4                                      | 0.4                                       | 0.3   | 0.3  | 0.8                         | 0.4               | 0.1               | 1.0                             | 0.4                             | 0.1  | 0.4                             | 2.3                                  | 12.5                                      | 0.5                        | 0   | 0.1                             | 1.9                             | 0.4                                       | 13.6                                      | 0   | 三枚下ろし <sup>1)</sup>                       |
| 10002            | あこうだい<br>Matsubara's red rockfish<br>生<br>Raw  | 748                                     | 101                 | 518                                      | 119                                      | -   | -                     | 2.3                        | 0.1                             | 8.3                        | 0.5                             | 2.1                        | 0.2                        | -                | -                               | -  | Tr                                   | -                               | 4.3                                  | 0.3                             | 15.9                  | 20.6                  | 24.2                  | 4.0                                      | -   | -   | -  | 0.8                         | 0.1               | -                 | Tr                              | 0.3                             | 0.1  | 0.2                             | 1.4                                  | 2.4                                       | -                          | 0   | -                               | 1.1                             | 0   | 9.5                                       | 1.3                                       | 切り身 <sup>2)</sup>                         |
| 10003            | (あじ類)<br>(Horse mackerels)<br>まあじ<br>Horse mackerel<br>生<br>Raw                        | 747                                     | 245                 | 232                                      | 270                                      | 0   | 0.1                   | 3.5                        | 0.5                             | 19.9                       | 0.7                             | 7.3                        | 0.4                        | 0.2              | 0.2                             | 0  | 0.1                                  | 0                               | 6.1                                  | 0.3                             | 18.8                  | 2.2                   | 2.5                   | 1.1                                      | 0.5                                       | 0.3   | 0.3  | 0.9                         | 0.5               | 0.1               | 0.8                             | 0.2                             | 0.2  | 0.5                             | 1.8                                  | 8.8                                       | 0.4                        | 0   | 0.1                             | 3.1                             | 0.6                                       | 17.0                                      | 0   | 三枚下ろし <sup>1)</sup>                       |
| 10006            | 開き干し、生<br>Hirakiboshi <sup>3)</sup> , raw<br>にしまあじ<br>Atlantic horse mackerel          | 732                                     | 267                 | 254                                      | 203                                      | -   | -                     | 3.7                        | 0.5                             | 22.5                       | 1.2                             | 8.4                        | 0.3                        | -                | -                               | -  | 0                                    | -                               | 7.0                                  | 0.9                             | 20.3                  | 2.2                   | 3.0                   | 1.4                                      | -   | -   | -  | 1.0                         | 0.5               | -                 | 0.7                             | 0.2                             | 0.3  | 0.4                             | 1.5                                  | 6.2                                       | -                          | 0   | -                               | 2.1                             | 0   | 14.8                                      | 1.1                                       | 頭部、骨、ひれ等を除いたもの <sup>4)</sup>              |
| 10008            | むろあじ<br>Brownstriped mackerel scad<br>生<br>Raw   | 782                                     | 237                 | 337                                      | 208                                      | 0   | 0.1                   | 6.0                        | 0.6                             | 17.9                       | 0.6                             | 4.6                        | 0.3                        | 0.2              | 0.1                             | 0  | 0.2                                  | 0                               | 4.9                                  | 0.3                             | 17.2                  | 6.7                   | 12.3                  | 1.4                                      | 0.3                                       | 0.2   | 0.2  | 1.3                         | 0.8               | 0.1               | 1.6                             | 0.3                             | 0.1  | 0.7                             | 0.6                                  | 5.7                                       | 0.3                        | 0   | 0.1                             | 1.5                             | 0.3                                       | 12.5                                      | 0   | 三枚下ろし <sup>1)</sup>                       |
| 10011            | 生<br>Raw   | 660                                     | 259                 | 161                                      | 241                                      | 0   | 0                     | 3.8                        | 1.0                             | 24.9                       | 1.4                             | 7.5                        | 0.5                        | 0                | 0                               | 0  | Tr                                   | 0                               | 6.2                                  | 0.5                             | 15.0                  | 1.1                   | 0.6                   | 1.0                                      | 0   | 0   | 0  | 1.1                         | 0.9               | 0                 | 1.0                             | 0.3                             | 0.1  | 0.5                             | 1.8                                  | 7.7                                       | 0                          | -   | 0                               | 1.9                             | 1.3                                       | 19.8                                      | 0   | 三枚下ろし <sup>1)</sup>                       |
| 10013            | 開き干し<br>Hirakiboshi <sup>3)</sup>  | 724                                     | 259                 | 219                                      | 246                                      | 0   | Tr                    | 4.6                        | 0.9                             | 21.4                       | 1.2                             | 6.8                        | 0.4                        | 0.2              | 0.2                             | 0  | Tr                                   | 0                               | 5.3                                  | 0.4                             | 16.5                  | 2.8                   | 4.2                   | 1.1                                      | 0.2                                       | 0.1   | Tr   | 1.3                         | 0.9               | 0.2               | 1.3                             | 0.3                             | 0.1  | 0.5                             | 1.4                                  | 6.8                                       | 0.2                        | 0   | Tr                              | 1.8                             | 1.1                                       | 17.8                                      | 0   | 頭部、骨、ひれ等を除いたもの <sup>4)</sup>              |
| 10014            | くさや<br>Kusaya <sup>6)</sup>  | 646                                     | 267                 | 123                                      | 257                                      | 0   | 0.1                   | 3.4                        | 1.2                             | 22.4                       | 2.0                             | 10.8                       | 0.5                        | 0.4              | 0.5                             | 0  | 0.2                                  | 0                               | 3.5                                  | 0.6                             | 12.2                  | 1.1                   | 0.4                   | 1.2                                      | 0.2                                       | Tr  | Tr   | 1.4                         | 0.8               | 0.2               | 0.7                             | 0.4                             | 0.2  | 0.5                             | 2.2                                  | 5.3                                       | 0.2                        | 0   | 0.1                             | 1.7                             | 2.1                                       | 23.7                                      | 0   | 頭部、骨、ひれ等を除いたもの <sup>4)</sup>              |
| 10015            | あなご<br>Common Japanese conger<br>生<br>Raw  | 818                                     | 243                 | 398                                      | 178                                      | Tr  | 0.9                   | 4.3                        | 0.4                             | 18.3                       | 0.8                             | 4.2                        | 0.3                        | 0.4              | 0.1                             | 0  | 0.1                                  | 0                               | 8.5                                  | 0.6                             | 36.0                  | 2.6                   | 0.6                   | 0.1                                      | 0   | 0   | 0.4  | 0.7                         | 0.2               | Tr                | 0.5                             | 0.4                             | 0.2  | 0.6                             | 1.1                                  | 7.4                                       | 0                          | 0   | 0.1                             | 2.7                             | 0.3                                       | 7.3                                       | 0   | 頭部、内臓、骨、ひれ等を除いたもの <sup>7)</sup>           |
| 10017            | あまご<br>Amago salmon<br>養殖、生<br>Cultured, raw   | 736                                     | 190                 | 286                                      | 260                                      | 0   | 0                     | 2.4                        | 0.3                             | 18.2                       | 0.3                             | 4.5                        | 0.2                        | 0                | 0                               | 0  | 0.1                                  | 0                               | 5.9                                  | 0.3                             | 28.1                  | 2.6                   | 1.4                   | 0.5                                      | 0   | 0   | 0  | 13.3                        | 1.2               | 0                 | 0.4                             | 0.6                             | 0.5  | 0.4                             | 1.0                                  | 2.9                                       | 0                          | 0   | 0                               | 1.1                             | 0.3                                       | 13.5                                      | 0   | 三枚下ろし <sup>1)</sup>                       |
| 10018            | あまだい<br>Tile fish<br>生<br>Raw  | 678                                     | 223                 | 225                                      | 229                                      | 0   | 0.2                   | 4.4                        | 0.7                             | 20.0                       | 1.1                             | 5.8                        | 0.4                        | 0.3              | 0                               | 0  | 0.1                                  | 0                               | 8.5                                  | 0.7                             | 19.3                  | 2.7                   | 1.2                   | 0.7                                      | 0   | 0   | 0.4  | 0.7                         | 0.3               | 0.1               | 0.4                             | 0.4                             | 0.2  | 0.5                             | 3.1                                  | 7.4                                       | 0.4                        | 0.1                                       | 0.1                             | 5.5                             | 0.8                                       | 13.6                                      | 0   | 三枚下ろし <sup>1)</sup>                       |
| 10021            | あゆ<br>Ayu sweetfish<br>天然、生<br>Wild, raw   | 764                                     | 269                 | 253                                      | 226                                      | -   | -                     | 4.4                        | 0.5                             | 26.8                       | 0.8                             | 2.2                        | 0.4                        | -                | -                               | -  | 0.3                                  | -                               | 14.6                                 | 1.5                             | 16.0                  | 0.3                   | 0.1                   | 0.4                                      | -   | -   | -  | 3.4                         | 13.2              | -                 | 1.4                             | 0                               | 0.3  | 0.7                             | 0.8                                  | 4.8                                       | -                          | 0   | -                               | 1.9                             | 0   | 3.2                                       | 2.1                                       | 三枚下ろし <sup>1)</sup>                       |
| 10023            | 天然、内臓、生<br>Wild, viscera, raw  | 772                                     | 337                 | 242                                      | 193                                      | 0   | 0                     | 5.4                        | 0.5                             | 33.5                       | 1.1                             | 3.0                        | 0.1                        | 0.1              | 0.1                             | 0  | 0.1                                  | 0                               | 16.4                                 | 0.4                             | 14.0                  | 0.3                   | 0.1                   | Tr                                       | 1.5                                       | 1.1   | 0.5  | 2.0                         | 11.0              | 0.3               | 1.0                             | 0.1                             | 0.2  | 0.6                             | 0.5                                  | 3.4                                       | 0.1                        | 0   | Tr                              | 0.9                             | Tr  | 1.7                                       | 0   |   |
| 10025            | 養殖、生<br>Cultured, raw  | 802                                     | 309                 | 314                                      | 177                                      | -   | -                     | 4.3                        | 0.1                             | 30.7                       | 0                               | 3.3                        | 0.1                        | -                | -                               | -  | Tr                                   | -                               | 11.2                                 | 0.2                             | 22.2                  | 3.4                   | 1.6                   | 0.6                                      | -   | -   | -  | 8.4                         | 0.9               | -                 | 0.6                             | 0.1                             | 0.2  | 0.4                             | 0.4                                  | 2.8                                       | -                          | 0   | -                               | 1.4                             | 0   | 6.9                                       | 0.3                                       | 三枚下ろし <sup>1)</sup>                       |
| 10027            | 養殖、内臓、生<br>Cultured, viscera, raw  | 813                                     | 317                 | 315                                      | 181                                      | 0   | 0.1                   | 5.0                        | 0.4                             | 28.9                       | 0.3                             | 3.7                        | 0.5                        | 0.1              | 0.1                             | 0  | 0.1                                  | 0                               | 7.9                                  | 0.2                             | 22.7                  | 4.5                   | 2.9                   | 0.4                                      | 0.3                                       | 0.2   | 0.3  | 8.9                         | 1.0               | 0.1               | 0.6                             | 0.2                             | 0.1  | 0.4                             | 0.4                                  | 3.5                                       | 0.2                        | 0   | Tr                              | 1.4                             | 0.1                                       | 4.5                                       | 0   |   |
| 10029            | うるか<br>Uruka <sup>8)</sup>   | 754                                     | 283                 | 301                                      | 170                                      | 0   | 0.1                   | 4.7                        | 0.3                             | 27.2                       | 0.3                             | 4.6                        | 0.2                        | 0.1              | 0                               | 0  | 0.1                                  | 0                               | 7.9                                  | 0.3                             | 26.7                  | 2.9                   | 1.4                   | 0.6                                      | 0.2                                       | 0.1   | 0.1  | 11.7                        | 1.0               | 0.1               | 0.2                             | 0.3                             | 0.2  | 0.3                             | 0.6                                  | 1.7                                       | 0.1                        | 0   | Tr                              | 1.2                             | 0.2                                       | 4.6                                       | 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>リ<br>キ<br>エ<br>サ<br>エ<br>ン<br>デ<br>酸<br>力 | テ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>デ<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>ラ<br>エ<br>ン<br>デ<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>ヘ<br>ン<br>タ<br>イ<br>エ<br>ン<br>酸<br>サ | 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 .....)                          |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |                       |  |   |  |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |   |                                 |   |   |   |   |
| 10030            | アラスカめゆげ<br>Pacific Ocean perch<br>生<br>Raw        | 744                                     | 143                 | 428                                      | 173                                      | 0   | 0                     | 3.7                        | 0.4                             | 12.0                       | 0.3                             | 2.7                        | 0.2                        | 0                | 0                               | 0  | 0.1                                  | 0                               | 6.3                                  | 0.3                             | 17.5                  | 14.3                  | 17.6                  | 1.5                                      | 0   | 0  | 0   | 1.1                         | 0.4               | 0                 | 1.2                             | 0.3                             | 0.1                                       | 0.5                             | 0.9                                  | 7.8                                       | 0                          | 0   | 0   | 1.0                             | 0.2                                       | 9.8                                       | 0   | 輸入品 <sup>1)</sup><br>切り身 <sup>2)</sup>    |
| 10031            | あんこう<br>Anglerfish<br>生<br>Raw                    | 407                                     | 108                 | 104                                      | 196                                      | 0   | Tr                    | 0.8                        | 0.2                             | 15.3                       | 1.2                             | 8.6                        | 0.2                        | 0.1              | 0                               | 0  | Tr                                   | 0                               | 3.6                                  | 0.5                             | 18.8                  | 1.7                   | 0.4                   | 0.4                                      | 0   | 0  | 0.6                                       | 0.9                         | 0.2               | 0                 | 0.1                             | 0.2                             | 0.2                                       | 0.2                             | 6.2                                  | 7.3                                       | 0.1                        | 0   | 0   | 2.3                             | 1.4                                       | 28.5                                      | 0   | 切り身 <sup>2)</sup>                         |
| 10032            | きも、生<br>Liver, raw<br>いかなご<br>Japanese sand lance | 851                                     | 196                 | 440                                      | 202                                      | -   | -                     | 4.6                        | 0.3                             | 14.5                       | 0.6                             | 2.9                        | 0.2                        | -                | -                               | -  | 0.1                                  | -                               | 11.0                                 | 0.9                             | 17.7                  | 10.9                  | 9.7                   | 1.3                                      | -   | -  | -   | 1.3                         | 0.7               | -                 | 2.2                             | 0.1                             | Tr  | 0.6                             | 0.7                                  | 6.5                                       | -                          | 0   | -   | 1.3                             | 0   | 10.2                                      | 1.5                                       | 肝臓<br>別名：こうなご                             |
| 10033            | 生<br>Raw  | 684                                     | 205                 | 187                                      | 292                                      | Tr  | 0.1                   | 4.7                        | 0.5                             | 19.9                       | 0.6                             | 3.7                        | 0.2                        | 0.1              | 0.2                             | 0  | 0.1                                  | 0                               | 7.8                                  | 0.2                             | 13.3                  | 2.1                   | 2.5                   | 1.3                                      | 0.8                                       | 0.6  | 0.9                                       | 0.9                         | 0.8               | 0.1               | 2.1                             | 0.2                             | 0.1                                       | 0.5                             | 1.3                                  | 15.2                                      | 0.6                        | 0   | 0.1                                       | 1.0                             | 0.3                                       | 17.2                                      | 0   | 小型魚全体 <sup>3)</sup>                       |
| 10034            | 煮干し<br>Niboshi <sup>4)</sup>                      | 485                                     | 141                 | 95                                       | 250                                      | Tr  | Tr                    | 3.4                        | 0.7                             | 20.5                       | 0.5                             | 3.6                        | 0.1                        | 0.1              | 0.1                             | 0  | Tr                                   | 0                               | 6.7                                  | 0.1                             | 8.9                   | 1.2                   | 1.7                   | 0.9                                      | 0.8                                       | 0.6  | 0.7                                       | 1.0                         | 0.7               | 0.1               | 2.4                             | 0.2                             | 0.1                                       | 0.5                             | 0.7                                  | 16.2                                      | 0.5                        | 0   | 0.1                                       | 1.0                             | 0.2                                       | 25.9                                      | 0   |   |
| 10035            | つくだ煮<br>Tsukudani <sup>5)</sup>                   | 506                                     | 144                 | 103                                      | 260                                      | 0.1   | 0.1                   | 4.1                        | 0.6                             | 19.4                       | 0.4                             | 3.3                        | 0.2                        | 0.1              | 0.1                             | 0  | Tr                                   | 0                               | 7.3                                  | 0.2                             | 9.4                   | 1.1                   | 1.4                   | 0.9                                      | 0.8                                       | 0.5  | 0.9                                       | 0.9                         | 1.0               | 0.1               | 2.6                             | 0.3                             | 0.1                                       | 0.5                             | 0.7                                  | 19.5                                      | 0.5                        | 0   | 0.1                                       | 1.1                             | 0.2                                       | 21.5                                      | 0   |   |
| 10036            | あめ煮<br>Ameni <sup>3)</sup>                        | 409                                     | 129                 | 91                                       | 190                                      | 0.1   | 0.1                   | 4.5                        | 0.7                             | 21.2                       | 0.5                             | 3.9                        | 0.2                        | 0.1              | 0.1                             | 0  | Tr                                   | 0                               | 7.8                                  | 0.2                             | 8.7                   | 1.9                   | 2.6                   | 0.9                                      | 1.0                                       | 0.6  | 1.0                                       | 0.9                         | 0.8               | 0.1               | 2.5                             | 0.2                             | 0.1                                       | 0.6                             | 0.6                                  | 15.6                                      | 0.5                        | 0   | 0.1                                       | 0.9                             | 0.2                                       | 20.7                                      | 0   |   |
| (10140)          | イクラ→(さけ・ます類)・しろさけ                                 |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |                       |  |   |  |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |   |                                 |   |   |   |   |
| 10037            | いさき<br>Three-line grunt<br>生<br>Raw               | 802                                     | 286                 | 226                                      | 290                                      | 0.1   | 0.5                   | 5.2                        | 0.7                             | 22.0                       | 0.9                             | 5.7                        | 0.4                        | 0.2              | 0                               | 0  | 0.1                                  | 0                               | 7.4                                  | 0.3                             | 16.0                  | 2.2                   | 2.1                   | Tr                                       | 0   | 0  | 0.2                                       | 1.0                         | 0.9               | 0.2               | 0.8                             | 0.2                             | 0.2                                       | 1.0                             | 1.7                                  | 7.6                                       | 0.4                        | 0   | Tr  | 3.9                             | 0.7                                       | 17.6                                      | 0   | 三枚下ろし <sup>7)</sup>                       |
| 10038            | いしだい<br>Japanese parrot fish<br>生<br>Raw          | 698                                     | 243                 | 275                                      | 181                                      | 0   | 0                     | 4.8                        | 0.7                             | 21.2                       | 0.9                             | 6.7                        | 0.5                        | 0                | 0                               | 0  | 0.3                                  | 0                               | 11.9                                 | 0.3                             | 22.2                  | 3.3                   | 0.7                   | 0.6                                      | 0   | 0  | 0   | 0.7                         | 0.3               | 0                 | 0.5                             | 0.5                             | 0.3                                       | 0.6                             | 3.4                                  | 9.2                                       | 0                          | 0   | 0   | 4.7                             | 0.4                                       | 5.4                                       | 0   | 別名：くちぐる<br>三枚下ろし <sup>7)</sup>            |
| 10039            | いとよりだい<br>Golden-thread<br>生<br>Raw               | 707                                     | 236                 | 201                                      | 270                                      | 0   | 1.0                   | 2.7                        | 0.6                             | 20.1                       | 1.1                             | 6.9                        | 0.5                        | 0.2              | 0                               | 0  | 0.1                                  | 0                               | 6.9                                  | 0                               | 17.7                  | 2.6                   | 1.0                   | 0.2                                      | 0   | 0  | 0.2                                       | 0.9                         | 0.5               | 0.2               | 0.6                             | 0.4                             | 0.3                                       | 0.6                             | 3.4                                  | 6.7                                       | 0                          | 0.2                                       | Tr  | 4.5                             | 1.0                                       | 18.8                                      | 0   | 三枚下ろし <sup>7)</sup>                       |
| 10040            | すり身<br>Surimi<br>いぼだい<br>Butterfish               | 672                                     | 284                 | 137                                      | 251                                      | 0   | 0                     | 2.4                        | 1.0                             | 25.4                       | 1.8                             | 11.1                       | 0.5                        | 0                | 0                               | 0  | Tr                                   | 0                               | 4.1                                  | 0.6                             | 14.0                  | 1.1                   | 0.2                   | 0.4                                      | 0   | 0  | 0   | 1.3                         | 0.4               | 0                 | 0.2                             | 0.4                             | 0.2                                       | 0.3                             | 4.4                                  | 4.4                                       | 0                          | 0   | 0   | 2.2                             | 2.5                                       | 21.0                                      | 0   | 輸入品 <sup>1)</sup><br>別名：えぼだい              |
| 10041            | 生<br>Raw<br>(いわし類)<br>(Sardines)                  | 728                                     | 264                 | 316                                      | 143                                      | -   | -                     | 4.1                        | 1.0                             | 24.4                       | 0                               | 5.9                        | 0.8                        | -                | -                               | -  | 0                                    | -                               | 5.1                                  | 0.9                             | 29.5                  | 3.1                   | 2.8                   | 1.9                                      | -   | -  | -   | 0.7                         | 0.3               | -                 | 0.3                             | 0.2                             | 0.4                                       | 0.3                             | 2.0                                  | 3.6                                       | -                          | 0   | -   | 1.3                             | 1.0                                       | 9.6                                       | 0.7                                       | 三枚下ろし <sup>7)</sup>                       |
| 10042            | うるめいわし<br>Big-eye sardine<br>生<br>Raw             | 741                                     | 289                 | 196                                      | 237                                      | -   | -                     | 4.8                        | 0.8                             | 25.3                       | 1.9                             | 6.0                        | 0.3                        | -                | -                               | -  | 0                                    | -                               | 6.1                                  | 1.0                             | 14.1                  | 1.2                   | 2.3                   | 1.8                                      | -   | -  | -   | 1.0                         | 0.4               | -                 | 0.6                             | 0.1                             | 0.1                                       | 0.4                             | 1.6                                  | 8.1                                       | -                          | 0   | -   | 1.0                             | 0   | 18.7                                      | 2.5                                       | 三枚下ろし <sup>7)</sup>                       |
| 10043            | 丸干し<br>Maruboshi <sup>8)</sup>                    | 671                                     | 275                 | 146                                      | 250                                      | 0   | 0.1                   | 6.1                        | 0.8                             | 25.6                       | 1.0                             | 6.5                        | 0.5                        | 0.2              | 0.1                             | 0  | Tr                                   | 0                               | 6.4                                  | 0.3                             | 9.1                   | 2.0                   | 2.8                   | 1.1                                      | 0.6                                       | 0.4  | 0.4                                       | 1.1                         | 0.8               | 0.2               | 1.3                             | 0.3                             | 0.1                                       | 0.4                             | 1.7                                  | 9.8                                       | 0.3                        | 0   | 0.1                                       | 1.2                             | 0.5                                       | 18.1                                      | 0   | 頭部、ひれ等を除いたもの <sup>9)</sup>                |
| 10044            | かたくちいわし<br>Japanese anchovy<br>生<br>Raw           | 762                                     | 313                 | 219                                      | 230                                      | 0   | 0.1                   | 8.3                        | 0.7                             | 22.6                       | 0.8                             | 5.3                        | 2.7                        | 0.3              | 0.2                             | 0  | Tr                                   | 0                               | 10.3                                 | 0.3                             | 17.4                  | 0.5                   | 0.1                   | 0.1                                      | 0.9                                       | 1.3  | 0.4                                       | 0.8                         | 0.5               | 0.2               | 0.9                             | 0.1                             | 0.2                                       | 0.5                             | 1.5                                  | 12.4                                      | 0.4                        | 0   | 0   | 1.3                             | 0.4                                       | 8.3                                       | 0   | 三枚下ろし <sup>7)</sup>                       |
| 10045            | 煮干し<br>Niboshi <sup>4)</sup>                      | 438                                     | 205                 | 99                                       | 134                                      | Tr  | 0.2                   | 10.0                       | 1.0                             | 26.1                       | 1.1                             | 6.6                        | 0.7                        | 0.4              | 0.8                             | 0  | Tr                                   | 0                               | 10.7                                 | 0.3                             | 9.7                   | 0.7                   | 0.3                   | 0.7                                      | 0.9                                       | 0.9  | 0.7                                       | 1.1                         | 0.7               | 0.2               | 0.9                             | 0.2                             | 0.1                                       | 0.3                             | 1.7                                  | 9.5                                       | 0.3                        | 0   | 0   | 0.9                             | 0.5                                       | 11.8                                      | 0   | 別名：いりこ、ちりめん<br>魚体全体 <sup>10)</sup>        |
| 10046            | 田作り<br>Tazukuri <sup>11)</sup>                    | 465                                     | 208                 | 79                                       | 178                                      | 0   | 0.1                   | 4.5                        | 0.9                             | 27.5                       | 1.3                             | 8.0                        | 1.0                        | 0.3              | 1.1                             | 0  | Tr                                   | 0                               | 4.8                                  | 0.5                             | 10.0                  | 0.5                   | 0.3                   | 0.9                                      | 0.2                                       | 0.2  | 0.2                                       | 1.1                         | 0.5               | 0.1               | 0.8                             | 0.2                             | 0.1                                       | 0.2                             | 1.6                                  | 8.3                                       | 0.1                        | 0   | 0   | 0.7                             | 0.5                                       | 23.4                                      | 0   | 別名：ごまめ                                    |

| 食品番号<br>Item No. | 食品名<br>Food and description          | 脂質 1 g 当たり脂肪酸<br>Fatty acids per g lipid |                     |  |  | 総脂肪酸 100 g 当たり脂肪酸<br>Fatty acids per 100 g total fatty acids |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |   |                   |                                 |                                 |                                      |                                 | 備考<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 和<br>Saturated   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      | 一 価 不 飽 和<br>Monounsaturated    |                                      |                                 |                       |                       |                       |                                 |   | 多 価 不 飽 和<br>Polyunsaturated              |   |                   |                                 |                                 |                                      |                                 |               | 未<br>同<br>定<br>Unidentified |                                      |   |                            |   |                                      |                                 |   |   |   |   |      |
|                  |                                      |  |                     |  |  | 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 | テ<br>ヘ<br>ト<br>キ<br>ラ<br>サ<br>エ<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>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 .....) )                        |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |   |                   |                                 |                                 |                                      |                                 |               |                             |                                      |   |                            |   |                                      |                                 |   |   |   |   |      |
| 10047            | まいわし<br>Japanese pilchard            | 752                                      | 276                 | 202                                      | 274                                      | Tr   | 0.1                   | 6.7                        | 0.8                             | 22.4                       | 0.7                             | 5.0                        | 0.7                        | 0.2              | 0.2                             | 0                | Tr                                   | 0                               | 5.9                                  | 0.2                             | 15.1                  | 3.1                   | 1.8                   | 0.7                             | 0.6                                       | 0.7                                       | 0.9                                       | 1.3               | 0.9                             | 0.2                             | 1.8                                  | 0.2                             | 0.2           | 0.8                         | 1.5                                  | 11.2                                      | 0.5                        | 0   | 0.1                                  | 2.5                             | 0.4                                       | 12.6                                      | 0   | 三枚下ろし <sup>1)</sup>   |      |
| 10050            | 塩いわし<br>Shioiwashi <sup>2)</sup>     | 716                                      | 254                 | 171                                      | 291                                      | 0  | 0.1                   | 6.2                        | 0.6                             | 21.5                       | 0.7                             | 4.5                        | 1.5                        | 0.2              | 0.1                             | 0                | Tr                                   | 0                               | 5.3                                  | 0.2                             | 11.2                  | 3.3                   | 3.3                   | 0.6                             | 0.6                                       | 0.7                                       | 1.3                                       | 1.2               | 0.6                             | 0.2                             | 2.7                                  | 0.2                             | 0.1           | 0.7                         | 1.1                                  | 12.1                                      | 0.6                        | 0   | 0.1                                  | 1.8                             | 0.4                                       | 16.3                                      | 0   | 頭部、内臓、骨、ひれ等を除いたもの <sup>3)</sup>                               |      |
| 10051            | 生干し<br>Namaboshi <sup>4)</sup>       | 787                                      | 314                 | 228                                      | 245                                      | 0  | 0.1                   | 8.7                        | 0.6                             | 22.8                       | 0.6                             | 5.3                        | 1.4                        | 0.2              | 0.2                             | 0                | Tr                                   | 0                               | 9.5                                  | 0.2                             | 14.2                  | 2.8                   | 1.7                   | 0.4                             | 1.1                                       | 1.5                                       | 1.0                                       | 0.9               | 0.5                             | 0.2                             | 1.6                                  | 0.1                             | 0.2           | 0.5                         | 1.1                                  | 11.2                                      | 0.4                        | 0   | 0.1                                  | 1.9                             | 0.3                                       | 8.5                                       | 0   | 頭部、内臓、骨、ひれ等を除いたもの <sup>3)</sup>                               |      |
| 10052            | 丸干し<br>Maruboshi <sup>5)</sup>       | 767                                      | 270                 | 202                                      | 274                                      | -  | -                     | 7.4                        | 0.6                             | 20.8                       | 1.3                             | 4.6                        | 0.3                        | -                | -                               | -                | 0.2                                  | -                               | 7.7                                  | 1.4                             | 11.0                  | 2.7                   | 2.0                   | 1.4                             | -   | -   | -   | 1.9               | 1.2                             | -                               | 3.1                                  | 0.1                             | 0.3           | 1.1                         | 0.9                                  | 12.7                                      | -                          | 0   | -                                    | 2.2                             | 0   | 12.1                                      | 2.8                                       | 頭部、ひれ等を除いたもの <sup>6)</sup>                                    |      |
| 10053            | めざし<br>Mezashi <sup>7)</sup>         | 572                                      | 229                 | 161                                      | 168                                      | -  | -                     | 8.4                        | 0.7                             | 23.7                       | 1.5                             | 5.6                        | 0.3                        | -                | -                               | -                | 0                                    | -                               | 8.5                                  | 1.2                             | 11.2                  | 3.2                   | 2.7                   | 1.4                             | -   | -   | -   | 1.7               | 0.8                             | -                               | 2.3                                  | 0.2                             | 0.1           | 0.7                         | 1.0                                  | 8.6                                       | -                          | 0   | -                                    | 1.5                             | 0   | 12.6                                      | 2.3                                       | 頭部、ひれ等を除いたもの <sup>6)</sup>                                    |      |
| 10055            | しらす干し<br>Shirasuboshi <sup>9)</sup>  | 515                                      | 162                 | 65                                       | 287                                      | 0  | Tr                    | 3.4                        | 0.7                             | 20.5                       | 0.9                             | 5.4                        | 0.2                        | 0.2              | 0.4                             | 0                | 0                                    | 0                               | 4.0                                  | 0.2                             | 7.2                   | 0.3                   | 0.1                   | 0.8                             | 0.3                                       | 0.2                                       | 0.2                                       | 1.4               | 1.1                             | 0.2                             | 2.1                                  | 0.2                             | 0.1           | 0.5                         | 1.4                                  | 14.1                                      | 0.3                        | 0   | 0.1                                  | 1.4                             | 0.4                                       | 31.7                                      | 0   | 主として関東向け  |      |
| 10056            | 半乾燥品<br>Semi-dried                   | 482                                      | 153                 | 56                                       | 273                                      | 0  | Tr                    | 3.4                        | 0.8                             | 20.7                       | 0.9                             | 5.1                        | 0.2                        | 0.2              | 0.5                             | 0                | 0                                    | 0                               | 2.9                                  | 0.3                             | 7.2                   | 0.3                   | 0.1                   | 0.9                             | 0.2                                       | 0.1                                       | 0.2                                       | 1.7               | 1.7                             | 0.2                             | 3.0                                  | 0.2                             | 0.1           | 0.6                         | 1.2                                  | 11.9                                      | 0.4                        | 0   | 0.1                                  | 1.0                             | 0.5                                       | 33.6                                      | 0   | 主として関西向け  |      |
| 10057            | たたみいわし<br>Tatamiwashi <sup>10)</sup> | 766                                      | 273                 | 252                                      | 241                                      | 0  | 1.6                   | 5.7                        | 0.7                             | 20.5                       | 1.1                             | 5.4                        | 0.3                        | 0.3              | 0                               | 0                | 0.1                                  | 0                               | 9.5                                  | 0.5                             | 19.8                  | 2.0                   | 0.8                   | 0                               | 0   | 0   | 0.2                                       | 0.6               | 0.3                             | 0                               | 0.4                                  | 0.4                             | 0.3           | 0.4                         | 2.9                                  | 9.0                                       | 0.7                        | 0   | 0                                    | 6.0                             | 0.6                                       | 9.8                                       | 0   |   |      |
| 10058            | みりん干し<br>Mirinboshi <sup>11)</sup>   | 681                                      | 200                 | 191                                      | 290                                      | 0.1  | 0.8                   | 4.8                        | 0.5                             | 16.8                       | 0.7                             | 4.8                        | 0.6                        | 0.2              | 0                               | 0                | Tr                                   | 0                               | 4.2                                  | 0.6                             | 19.9                  | 1.2                   | 2.0                   | 0                               | 0   | 0   | 0.5                                       | 18.0              | 0.6                             | 0.1                             | 0.8                                  | 0.2                             | 0.1           | 0.3                         | 1.0                                  | 7.4                                       | 0.3                        | 0   | 0                                    | 0.8                             | 0.4                                       | 12.2                                      | 0   |   |      |
| 10059            | かたくちいわし<br>Anchovy                   | 736                                      | 232                 | 205                                      | 299                                      | Tr   | 0.6                   | 6.4                        | 0.5                             | 18.1                       | 0.6                             | 4.3                        | 0.8                        | 0.1              | 0                               | 0                | Tr                                   | 0                               | 6.3                                  | 0                               | 15.9                  | 3.2                   | 2.5                   | 0                               | 0   | 0   | 1.3                                       | 8.6               | 0.6                             | 0.2                             | 2.0                                  | 0.2                             | 0.1           | 0.7                         | 1.0                                  | 11.9                                      | 0.5                        | 0   | 0                                    | 1.7                             | 0.3                                       | 11.5                                      | 0   |   |      |
| 10060            | 缶詰<br>Canned products                | 784                                      | 255                 | 209                                      | 299                                      | -  | -                     | 7.5                        | 0.4                             | 19.0                       | 1.1                             | 3.7                        | 0.9                        | -                | -                               | -                | 0                                    | -                               | 7.5                                  | 1.1                             | 11.0                  | 3.3                   | 2.4                   | 1.4                             | -   | -   | -   | 1.3               | 0.9                             | -                               | 2.5                                  | 0.1                             | 0.3           | 0.9                         | 1.2                                  | 13.9                                      | -                          | 0   | -                                    | 2.4                             | 0   | 14.5                                      | 2.6                                       | まいわし製品 <sup>12)</sup><br>液汁を除いたもの <sup>13)</sup>              |      |
| 10061            | 味付け<br>With seasoning                | 824                                      | 299                 | 214                                      | 311                                      | 0  | 0.1                   | 7.2                        | 0.9                             | 20.3                       | 1.6                             | 4.9                        | 1.0                        | 0.1              | 0.1                             | 0                | Tr                                   | 0                               | 7.8                                  | 1.1                             | 13.1                  | 2.2                   | 1.5                   | 0.3                             | 0.8                                       | 0   | 0   | 1.1               | 0.7                             | 0.3                             | 1.6                                  | 0.3                             | 0.2           | 0.9                         | 2.0                                  | 14.6                                      | 0.5                        | 0   | 0.3                                  | 2.4                             | 0.4                                       | 11.7                                      | 0   | まいわし製品 <sup>12)</sup><br>液汁を除いたもの <sup>13)</sup>              |      |
| 10062            | トマト漬<br>In tomato sauce              | 854                                      | 307                 | 233                                      | 314                                      | Tr   | 0.1                   | 7.1                        | 0.9                             | 20.5                       | 1.6                             | 4.6                        | 1.0                        | 0.1              | 0.1                             | 0                | Tr                                   | 0                               | 7.9                                  | 1.0                             | 12.8                  | 3.0                   | 2.3                   | 0.3                             | 0.8                                       | 0   | 0   | 1.5               | 0.8                             | 0.3                             | 1.8                                  | 0.3                             | 0.2           | 0.8                         | 1.7                                  | 13.7                                      | 0.5                        | 0   | 0.3                                  | 2.3                             | 0.3                                       | 11.5                                      | 0   | まいわし製品 <sup>12)</sup><br>液汁を除いたもの <sup>13)</sup>              |      |
| 10063            | 油漬<br>In oil                         | 907                                      | 230                 | 222                                      | 455                                      | Tr   | 0.1                   | 2.5                        | 0.3                             | 18.6                       | 0.5                             | 2.9                        | 0.3                        | 0.2              | 0.1                             | 0                | Tr                                   | 0                               | 2.2                                  | 0.4                             | 18.5                  | 1.8                   | 1.4                   | 0.1                             | 0.2                                       | 0   | 0   | 40.5              | 1.3                             | 0.1                             | 0.8                                  | 0.1                             | 0.1           | 0.2                         | 0.2                                  | 3.1                                       | 0.2                        | 0   | Tr                                   | 0.4                             | 0.1                                       | 2.9                                       | 0   | 別名：オイルサーディン<br>まいわし製品 <sup>12)</sup> 。液汁を含んだもの <sup>14)</sup> |      |
| 10064            | かば焼<br>Kabayaki <sup>15)</sup>       | 856                                      | 296                 | 248                                      | 312                                      | Tr   | 0.1                   | 7.1                        | 0.9                             | 19.8                       | 1.5                             | 4.2                        | 0.7                        | 0.1              | 0.1                             | 0                | Tr                                   | 0                               | 8.1                                  | 0.9                             | 13.6                  | 3.5                   | 2.5                   | 0.3                             | 0.7                                       | 0   | 0   | 1.2               | 1.0                             | 0.3                             | 2.3                                  | 0.3                             | 0.2           | 0.9                         | 1.6                                  | 13.8                                      | 0.5                        | 0   | 0.3                                  | 2.3                             | 0.3                                       | 10.8                                      | 0   | まいわし製品 <sup>12)</sup><br>液汁を含んだもの <sup>14)</sup>              |      |
| 10065            | いわな<br>Char                          | 735                                      | 192                 | 290                                      | 253                                      | 0  | 0                     | 3.2                        | 0.3                             | 18.2                       | 0.3                             | 3.9                        | 0.2                        | 0                | 0                               | 0                | 0.1                                  | 0                               | 6.6                                  | 0.3                             | 25.6                  | 3.9                   | 2.4                   | 0.7                             | 0   | 0   | 0   | 10.9              | 1.1                             | 0                               | 0.8                                  | 0.5                             | 0.4           | 0.4                         | 1.2                                  | 4.1                                       | 0                          | 0   | 0                                    | 1.5                             | 0.3                                       | 13.1                                      | 0   | 三枚下ろし <sup>1)</sup>   |      |
| 10066            | うぐい<br>Japanese dace                 | 749                                      | 195                 | 268                                      | 286                                      | 0  | Tr                    | 2.1                        | 0.3                             | 18.0                       | 0.3                             | 4.8                        | 0.3                        | 0.1              | Tr                              | 0                | 0.1                                  | 0                               | 6.1                                  | 0.3                             | 24.6                  | 3.2                   | 1.2                   | 0.3                             | 0.2                                       | 0.2                                       | 0.1                                       | 11.1              | 1.1                             | 0.1                             | 0.3                                  | 1.0                             | 0.5           | 0.6                         | 1.8                                  | 4.3                                       | 0.1                        | 0   | Tr                                   | 1.6                             | 0.4                                       | 14.8                                      | 0   | 三枚下ろし <sup>1)</sup>   |      |
| 10067            | うなぎ<br>Eel                           | 800                                      | 214                 | 437                                      | 150                                      | 0  | 0                     | 3.6                        | 0.2                             | 18.0                       | 0.1                             | 4.6                        | 0.2                        | 0                | 0                               | 0                | 0.1                                  | 0                               | 6.3                                  | 0.2                             | 38.1                  | 6.9                   | 2.8                   | 0.2                             | 0.3                                       | 0.1                                       | 0.1                                       | 1.4               | 0.4                             | Tr                              | 0.4                                  | 0.2                             | 0.1           | 1.0                         | 0.5                                  | 3.8                                       | 0.3                        | 0   | 0.1                                  | 2.9                             | 0.1                                       | 6.9                                       | 0   | 頭部、内臓、骨、ひれ等を除いたもの <sup>3)</sup>                               |      |
| 10068            | きも、生<br>Viscera, raw                 | 742                                      | 227                 | 339                                      | 176                                      | 0  | Tr                    | 2.4                        | 0.2                             | 20.1                       | 0.2                             | 7.4                        | 0.1                        | 0.1              | 0                               | 0                | 0.1                                  | 0                               | 4.7                                  | 0.2                             | 35.9                  | 3.5                   | 1.0                   | 0.3                             | 0.1                                       | 0.1                                       | 0.1                                       | 1.3               | 0.3                             | Tr                              | 0.1                                  | 0.2                             | 0.2           | 0.7                         | 1.3                                  | 3.9                                       | 0.2                        | 0   | 0                                    | 3.1                             | 0.2                                       | 12.0                                      | 0   | 内臓  |      |

| 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 |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      | 備考<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 |      |      |      |      |      |      |      |               | 未<br>同<br>定<br>Unidentified |      |      |      |      |      |      |      |                    |  |                       |         |
|                                     |   |   |                     |  |  | 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   |                       |         |
|                                     |   |   |                     |  |  | 酸   | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    |               |                             | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸                  | 酸  | 酸                     |         |
| 10069                               | 白焼き<br>Shirayaki <sup>1)</sup>                | 839                                     | 256                 | 463                                      | 120                                      | 0   | 0.1  | 4.6  | 0.2  | 21.5 | 0.1  | 3.7  | 0.1  | Tr   | 0    | 0  | 0.3  | 0    | 9.2  | 0.2  | 41.3 | 2.9  | 1.0  | 0.3  | 0.2  | 0.1                                      | 0.1  | 2.5  | 0.4  | 0.1  | 0.2  | 0.2  | 0.2  | 0.6           | 0.4                         | 2.3  | 0.1  | 0    | 0.1  | 1.6  | 0.1  | 5.2  | 0                  |  |                       |         |
| 10070                               | かば焼<br>Kabayaki <sup>2)</sup>                 | 886                                     | 253                 | 469                                      | 162                                      | -   | -    | 4.6  | 0.2  | 19.3 | 0.2  | 4.2  | 0.1  | -    | -    | -  | 0.1  | -    | 7.3  | 0.6  | 34.9 | 6.9  | 2.7  | 0.5  | -    | -  | -    | 2.4  | 0.5  | -    | 0.9  | Tr   | 0.1  | 0.9           | 0.3                         | 4.0  | -    | 0    | -    | 2.3  | 0    | 6.9  | 0.2                |  |                       |         |
| 10071                               | うまづらはぎ<br>Filefish<br>生<br>Raw                | 630                                     | 175                 | 99                                       | 355                                      | 0   | 0    | 0.3  | 0.3  | 18.9 | 0.7  | 7.5  | 0.2  | 0    | 0    | 0  | 0    | 0    | 2.8  | 0.4  | 11.6 | 0.7  | 0.3  | 0.1  | 0.1  | 0  | 0    | 0.7  | 0.1  | 0.1  | 0.1  | 0.2  | 0.1  | 0.2           | 8.5                         | 11.2 | 0.1  | 0    | 0    | 3.9  | 2.1  | 29.0 | 0                  | 三枚下ろし <sup>3)</sup>                          |                       |         |
| 10072                               | 味付け開き干し<br>Ajitsuke-hirakiboshi <sup>4)</sup> | 675                                     | 224                 | 93                                       | 358                                      | 0   | Tr   | 0.8  | 0.6  | 21.2 | 1.1  | 8.9  | 0.3  | 0.1  | 0.2  | 0  | 0    | 0    | 2.2  | 0.4  | 9.8  | 0.6  | 0.4  | 0.3  | 0.1  | 0.1                                      | Tr   | 0.8  | 0.3  | 0.1  | 0.2  | 0.3  | 0.1  | 0.3           | 5.1                         | 11.1 | 0.2  | 0    | Tr   | 1.5  | 1.9  | 31.0 | 0                  | 骨、ひれ等を除いたもの <sup>9)</sup>                    |                       |         |
| (10029)                             | うるか→あゆ<br>えい<br>Rays                          |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |               |                             |      |      |      |      |      |      |      |                    |  | あかえい、がんぎえい等<br>別名：かすべ |         |
| 10073                               | 生<br>Raw<br>えぞ<br>Lizardfish                  | 462                                     | 166                 | 84                                       | 211                                      | 0   | 0    | 0.6  | 0.2  | 21.9 | 0.9  | 12.0 | 0.1  | 0.2  | 0.1  | 0  | Tr   | 0    | 2.7  | 0.5  | 13.3 | 0.9  | 0.3  | 0.5  | 0.2  | 0.1                                      | 0    | 0.9  | 0.1  | 0    | 0.1  | 0.3  | 0.5  | 0.2           | 11.0                        | 4.8  | 0.1  | 0    | 0    | 4.1  | 1.5  | 21.8 | 0                  | 切り身 <sup>6)</sup>                            |                       |         |
| 10074                               | 生<br>Raw<br>おいかわ<br>Pale chub                 | 680                                     | 252                 | 148                                      | 280                                      | 0   | 0.1  | 4.9  | 0.8  | 22.3 | 0.8  | 7.0  | 0.5  | 0.2  | 0.4  | 0  | Tr   | 0    | 7.1  | 0.4  | 11.9 | 1.1  | 0.6  | 0.6  | 0.4  | 0.5                                      | 0.2  | 1.1  | 0.6  | 0.2  | 0.9  | 0.3  | 0.2  | 0.4           | 2.5                         | 9.0  | 0.3  | 0    | Tr   | 1.8  | 0.7  | 22.1 | 0                  | 三枚下ろし <sup>3)</sup><br>別名：はや、やまべ             |                       |         |
| 10075                               | 生<br>Raw<br>おおさが<br>Angry rockfish            | 776                                     | 208                 | 325                                      | 243                                      | 0.6   | 0.8  | 5.0  | 0.3  | 17.6 | 0.2  | 2.1  | 0.1  | 0.1  | Tr   | 0  | 0.3  | 0    | 21.2 | 0.4  | 19.5 | 0.4  | 0.1  | 0    | 2.6  | 2.3                                      | 0.8  | 2.6  | 5.1  | 0.4  | 0.9  | 0.1  | 0.2  | 0.6           | 0.9                         | 8.0  | 0.1  | 0    | Tr   | 2.9  | Tr   | 3.8  | 0                  | 三枚下ろし <sup>3)</sup><br>別名：こうじんめぬけ            |                       |         |
| 10076                               | 生<br>Raw<br>おこぜ<br>Devil stinger              | 794                                     | 133                 | 562                                      | 99                                       | 0   | 0    | 4.0  | 0.3  | 9.8  | 0.1  | 2.3  | 0.2  | 0    | 0    | 0  | 0.1  | 0    | 5.4  | 0.2  | 17.5 | 20.7 | 23.5 | 3.3  | 0    | 0  | 0    | 0.7  | 0.3  | 0    | 0.4  | 0.3  | 0.1  | 0.4           | 0.6                         | 3.3  | 0    | 0    | 0    | 1.2  | 0.2  | 5.1  | 0                  | 切り身 <sup>6)</sup><br>おにおこぜ                   |                       |         |
| 10077                               | 生<br>Raw<br>おひょう<br>Pacific halibut           | 502                                     | 156                 | 108                                      | 238                                      | 0   | 0    | 1.2  | 0.4  | 20.7 | 0.5  | 7.9  | 0.4  | 0    | 0    | 0  | 0    | 0    | 4.4  | 0.5  | 14.0 | 1.6  | 0.5  | 0.5  | 0    | 0  | 0    | 0.9  | 0.2  | 0    | 0.3  | 0.2  | 0.1  | 0.2           | 7.7                         | 8.7  | 0    | 0    | 0    | 2.0  | 1.9  | 25.1 | 0                  | 三枚下ろし <sup>3)</sup><br>別名：おおひらめ              |                       |         |
| 10078                               | 生<br>Raw<br>かさご<br>Scorpionfish               | 700                                     | 158                 | 311                                      | 231                                      | 0   | 0    | 3.3  | 0.3  | 14.9 | 0.2  | 3.7  | 0.1  | 0    | 0    | 0  | 0.2  | 0    | 9.5  | 0.3  | 21.7 | 7.7  | 4.0  | 0.8  | 0    | 0  | 0    | 0.8  | 0.3  | 0    | 0.8  | 0.4  | 0.1  | 0.5           | 1.8                         | 11.8 | 0    | 0    | 0    | 2.2  | 0.3  | 14.2 | 0                  | 輸入品 <sup>7)</sup><br>切り身 <sup>6)</sup>       |                       |         |
| 10079                               | 生<br>Raw<br>かじか<br>Japanese sculpin           | 666                                     | 219                 | 194                                      | 252                                      | 0   | 0    | 3.6  | 0.4  | 21.6 | 0.6  | 6.3  | 0.4  | 0    | 0    | 0  | 0.1  | 0    | 7.2  | 0.4  | 19.2 | 1.3  | 0.4  | 0.5  | 0    | 0  | 0    | 0.8  | 0.3  | 0    | 0.3  | 0.3  | 0.2  | 0.2           | 5.9                         | 7.4  | 0    | -    | 0    | 3.0  | 1.1  | 18.4 | 0                  | 三枚下ろし <sup>3)</sup><br>別名：ごり                 |                       |         |
| 10080                               | 生<br>Raw                                      | 655                                     | 172                 | 250                                      | 233                                      | 0   | 0.1  | 2.2  | 0.5  | 18.2 | 0.8  | 4.2  | 0.2  | 0.1  | 0.1  | 0  | 0.2  | 0    | 12.4 | 0.9  | 22.9 | 1.3  | 0.2  | 0.2  | 0.4  | 0.3                                      | 0.1  | 5.1  | 3.5  | 0.5  | 1.0  | 0.6  | 0.4  | 4.6           | 7.4                         | 0.2  | 0    | 0.1  | 3.3  | 0.9  | 6.7  | 0    | 魚体全体 <sup>8)</sup> |  |                       |         |
| 10082                               | つくだ煮<br>Tsukudani <sup>9)</sup>               | 631                                     | 155                 | 179                                      | 297                                      | 0   | Tr   | 3.0  | 0.6  | 14.5 | 0.7  | 5.3  | 0.1  | 0.1  | 0.2  | 0  | 0.1  | 0    | 7.0  | 0.8  | 17.5 | 1.9  | 0.7  | 0.4  | 0.4  | 0.3                                      | 0.1  | 4.2  | 3.5  | 0.4  | 2.6  | 1.0  | 0.3  | 0.7           | 7.0                         | 13.1 | 0.4  | 0    | 0.1  | 3.7  | 1.6  | 7.8  | 0                  |  |                       |         |
| (かじき類)<br>(Marlins and swordfishes) |   |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |               |                             |      |      |      |      |      |      |      |                    |  |                       | 別名：くろかわ |
| 10083                               | くろかじき<br>Blue marlin<br>生<br>Raw              | 576                                     | 201                 | 102                                      | 273                                      | 0   | 0    | 1.9  | 0.7  | 20.9 | 1.1  | 10.0 | 0.2  | 0    | 0    | 0  | -    | 0    | 2.3  | 0.5  | 13.2 | 0.8  | 0.2  | 0.7  | 0    | 0  | 0    | 1.1  | 0.2  | 0    | 0.2  | 0.3  | 0.2  | 0.3           | 4.9                         | 3.6  | 0    | -    | 0    | 1.3  | 4.1  | 31.3 | 0                  | 切り身(皮なし) <sup>10)</sup>                      |                       |         |
| 10084                               | まかじき<br>Striped marlin<br>生<br>Raw            | 744                                     | 259                 | 194                                      | 290                                      | 0   | 0    | 4.1  | 0.9  | 18.6 | 1.3  | 9.6  | 0.3  | 0    | 0    | 0  | 0.1  | 0    | 4.5  | 0.7  | 17.9 | 2.0  | 0.3  | 0.8  | 0    | 0  | 0    | 1.2  | 0.4  | 0    | 0.5  | 0.4  | 0.2  | 0.6           | 2.9                         | 4.6  | 0    | -    | 0    | 3.4  | 1.8  | 23.0 | 0                  | 輸入品 <sup>7)</sup><br>切り身(皮なし) <sup>10)</sup> |                       |         |

| 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 | 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   |
|                  |   |                                       |                     |  |  | 酸   | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    |                             |                   | 酸    | 酸             | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  |
|                  |   | (..... mg .....)                      |                     |  |  | (..... g .....)   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   |      |               |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10085            | めかじき<br>Swordfish                                       | 780                                   | 216                 | 424                                      | 140                                      | 0   | 0    | 2.4  | 0.6  | 17.9 | 0.8  | 5.6  | 0.3  | 0    | 0    | 0  | 0.1  | 0    | 4.4  | 0.9  | 39.6 | 7.0  | 0.9  | 1.4                                      | 0    | 0    | 0    | 0.8                         | 0.2               | 0    | 0.1           | 0.3  | 0.1  | 0.4  | 1.1  | 2.0  | 0    | -    | 0    | 2.3  | 0.5  | 10.1 | 0    | 別名：めか<br>輸入品 <sup>1)</sup><br>切り身(皮なし) <sup>2)</sup> |
| (10222)          | かずのこ→にしん<br>(かつお類)<br>(Skipjacks and frigate mackerels) |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    | 別名：ほんがっお、まがっお |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10086            | かつお<br>Skipjack   | 655                                   | 239                 | 131                                      | 284                                      | Tr  | Tr   | 2.5  | 0.8  | 22.7 | 1.3  | 8.7  | 0.3  | 0.2  | 0.2  | 0  | Tr   | 0    | 3.4  | 0.6  | 14.0 | 1.1  | 0.4  | 0.5                                      | 0.2  | Tr   | 0.1  | 1.2                         | 0.7               | 0.1  | 0.7           | 0.3  | 0.1  | 0.4  | 2.5  | 7.4  | 0.2  | 0    | Tr   | 0.9  | 1.8  | 27.0 | 0    | 通称名：初がっお<br>三枚下ろし <sup>3)</sup>                      |
| 10087            | 春獲り、生<br>Caught in spring, raw                          | 754                                   | 242                 | 215                                      | 297                                      | Tr  | 0.1  | 4.9  | 1.0  | 19.8 | 0.9  | 4.8  | 0.3  | 0.1  | Tr   | 0  | 0.1  | 0    | 5.2  | 0.7  | 16.5 | 2.9  | 2.6  | 0.6                                      | 0.3  | 0.1  | 0.2  | 1.8                         | 0.9               | 0.2  | 1.7           | 0.3  | 0.1  | 0.5  | 1.8  | 8.5  | 0.2  | 0    | Tr   | 1.2  | 0.9  | 20.7 | 0    | 通称名：戻りがっお<br>三枚下ろし <sup>3)</sup>                     |
| 10088            | 秋獲り、生<br>Caught in autumn, raw                          |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    | まるそうだ、ひらそうだ   |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10088            | そうだがっお<br>Frigate mackerel                              | 743                                   | 263                 | 172                                      | 299                                      | -   | -    | 4.6  | 1.0  | 21.3 | 1.7  | 6.3  | 0.4  | -    | -    | -  | 0.1  | -    | 6.6  | 1.2  | 12.6 | 0.9  | 0.9  | 1.0                                      | -    | -    | -    | 1.4                         | 0.8               | -    | 1.2           | 0.2  | 0.3  | 0.4  | 1.9  | 8.8  | -    | 0    | -    | 1.5  | 1.2  | 22.6 | 1.2  | 三枚下ろし <sup>3)</sup>                                  |
| 10089            | 加工品<br>Processed products                               |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    |               |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10089            | なまり<br>Namari <sup>4)</sup>                             | 607                                   | 235                 | 133                                      | 239                                      | 0   | 0.1  | 2.5  | 1.0  | 23.5 | 1.5  | 9.1  | 0.4  | 0.3  | 0.3  | 0  | 0.1  | 0    | 3.4  | 0.7  | 16.0 | 0.7  | 0.3  | 0.8                                      | 0.2  | 0    | 0    | 1.3                         | 0.4               | 0.2  | 0.6           | 0.3  | 0.1  | 0.3  | 2.8  | 4.5  | 0.1  | 0    | 0    | 0.8  | 2.4  | 25.4 | 0    |  |
| 10090            | なまり節<br>Namari-bushi <sup>5)</sup>                      | 597                                   | 249                 | 147                                      | 202                                      | 0   | Tr   | 2.1  | 0.9  | 26.3 | 1.4  | 10.0 | 0.3  | 0.3  | 0.3  | 0  | Tr   | 0    | 3.5  | 0.7  | 18.8 | 0.7  | 0.2  | 0.6                                      | 0.1  | 0    | 0    | 1.3                         | 0.3               | 0.1  | 0.3           | 0.4  | 0.2  | 0.2  | 3.7  | 3.4  | 0.1  | 0    | 0    | 0.6  | 2.7  | 20.3 | 0    |  |
| 10091            | かつお節<br>Katsuo-bushi <sup>6)</sup>                      | 613                                   | 215                 | 113                                      | 278                                      | -   | -    | 2.1  | 0.9  | 19.7 | 2.5  | 9.6  | 0.3  | -    | -    | -  | Tr   | -    | 3.1  | 1.0  | 11.8 | 1.0  | 0.6  | 0.8                                      | -    | -    | -    | 1.2                         | 0.3               | -    | 0.6           | 0.3  | 0.2  | 0.4  | 2.3  | 5.6  | -    | 0    | -    | 1.2  | 1.8  | 31.4 | 1.0  |  |
| 10092            | 削り節<br>Kezuri-bushi <sup>7)</sup>                       | 580                                   | 222                 | 111                                      | 248                                      | 0   | Tr   | 2.4  | 0.9  | 22.2 | 1.5  | 10.1 | 0.4  | 0.3  | 0.3  | 0  | Tr   | 0    | 3.1  | 0.6  | 13.5 | 1.0  | 0.3  | 0.7                                      | 0.2  | 0    | Tr   | 1.3                         | 0.4               | 0.2  | 0.4           | 0.3  | 0.2  | 0.3  | 3.4  | 4.6  | 0.1  | 0    | Tr   | 1.0  | 3.2  | 27.1 | 0    | 包装品 <sup>8)</sup>                                    |
| 10093            | 削り節つくだ煮<br>Kezuri-bushi tsukudani <sup>9)</sup>         | 753                                   | 180                 | 244                                      | 329                                      | 0   | Tr   | 0.7  | 0.3  | 14.4 | 0.6  | 7.1  | 0.5  | 0.2  | 0.2  | 0  | Tr   | 0    | 1.3  | 0.2  | 30.1 | 0.4  | 0.1  | 0.3                                      | 0.1  | 0    | 0    | 28.5                        | 0.3               | Tr   | 0.1           | 0.1  | 0.1  | 0.1  | 1.1  | 1.5  | Tr   | 0    | 0    | 0.3  | 1.1  | 10.1 | 0    |  |
| 10094            | 角煮<br>Kakuni <sup>10)</sup>                             | 640                                   | 220                 | 173                                      | 247                                      | 0   | Tr   | 2.2  | 0.9  | 20.9 | 1.2  | 8.1  | 0.5  | 0.3  | 0.4  | 0  | Tr   | 0    | 3.2  | 0.5  | 21.1 | 1.0  | 0.6  | 0.6                                      | 0.2  | Tr   | Tr   | 3.8                         | 1.5               | 0.2  | 0.6           | 0.2  | 0.1  | 0.2  | 2.2  | 4.1  | 0.1  | 0    | 0    | 0.7  | 2.0  | 22.7 | 0    |  |
| 10095            | 塩辛<br>Shiokara <sup>11)</sup>                           | 474                                   | 219                 | 91                                       | 163                                      | 0   | Tr   | 2.3  | 1.2  | 27.2 | 1.8  | 12.5 | 0.5  | 0.3  | 0.5  | 0  | Tr   | 0    | 3.0  | 0.6  | 13.4 | 0.6  | 0.4  | 1.2                                      | 0.1  | 0    | Tr   | 2.3                         | 0.4               | 0.1  | 0.4           | 0.2  | 0.1  | 0.2  | 3.7  | 4.0  | 0.1  | 0    | 0    | 0.8  | 2.1  | 19.8 | 0    | 別名：酒盜  |
| 10096            | 缶詰<br>Canned products                                   |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    |               |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10096            | 味付け、フレーク<br>Flaked meat with seasoning                  | 852                                   | 289                 | 216                                      | 347                                      | 0   | 0.1  | 3.8  | 1.2  | 20.1 | 2.4  | 5.7  | 0.3  | 0.2  | 0.2  | 0  | Tr   | 0    | 4.7  | 0.6  | 14.9 | 2.5  | 2.2  | 0.3                                      | 0.2  | 0    | 0    | 1.7                         | 1.0               | 0    | 1.7           | 0.3  | 0.1  | 0.5  | 1.5  | 7.9  | 0.2  | 0    | 0.2  | 1.0  | 0.8  | 23.6 | 0    | 液汁を含んだもの <sup>12)</sup>                              |
| 10097            | 油漬、フレーク<br>Flaked meat in oil                           | 925                                   | 144                 | 225                                      | 555                                      | -   | -    | 0.2  | Tr   | 10.8 | 0.2  | 4.0  | 0.3  | -    | -    | -  | 0    | -    | 0.3  | 0.1  | 23.6 | 0.3  | 0.1  | 0  | -    | -    | -    | 50.6                        | 7.2               | -    | 0.1           | Tr   | 0.4  | Tr   | 0.1  | 0.3  | -    | 0    | -    | 0    | 0    | 1.3  | 0.2  | 液汁を含んだもの <sup>12)</sup>                              |
| 10098            | かます<br>Barracuda  |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    | あかかます         |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10098            | 生<br>Raw  | 850                                   | 291                 | 309                                      | 250                                      | 0   | 0.1  | 3.9  | 0.5  | 22.8 | 0.6  | 5.5  | 0.3  | 0.1  | 0.2  | 0  | 0.1  | 0    | 8.2  | 0.4  | 24.5 | 1.4  | 1.1  | 0.6                                      | 0.3  | 0.3  | 0.2  | 0.9                         | 0.5               | 0.1  | 0.7           | 0.2  | 0.1  | 0.4  | 2.1  | 5.6  | 0.3  | 0    | 0.1  | 1.7  | 0.7  | 15.3 | 0    | 三枚下ろし <sup>3)</sup>                                  |
| (10204)          | からしめんたいこ→すけとうだら   |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    |               |      |      |      |      |      |      |      |      |      |      |      |      |  |
| (10250)          | からすみ→ぼら<br>(かれい類)<br>(Righteye flounders)               |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    |               |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10100            | まがれい<br>Brown sole                                      |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    |               |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10100            | 生<br>Raw  | 641                                   | 189                 | 204                                      | 249                                      | 0   | 0    | 2.3  | 1.0  | 17.9 | 1.4  | 6.2  | 0.6  | 0    | 0    | 0  | 0    | 0    | 7.1  | 0.2  | 17.2 | 5.9  | 1.1  | 0.2                                      | 0.4  | 0    | 0.1  | 1.2                         | 1.0               | 0.2  | 0.8           | 1.4  | 0.3  | 0.6  | 6.1  | 12.3 | 0.3  | 0    | 0.1  | 4.6  | 0.6  | 8.6  | 0    | 五枚下ろし <sup>13)</sup>                                 |
| 10103            | まごがれい<br>Marbled sole                                   |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |      |      |                             |                   | 0    |               |      |      |      |      |      |      |      |      |      |      |      |      |  |
| 10103            | 生<br>Raw  | 650                                   | 176                 | 198                                      | 275                                      | 0   | 0    | 4.5  | 0.9  | 16.3 | 0.7  | 4.5  | 0.2  | 0    | 0    | 0  | 0.1  | 0    | 9.9  | 0.6  | 14.5 | 4.3  | 0.8  | 0.2                                      | 0    | 0    | 0    | 0.7                         | 0.3               | 0    | 1.0           | 0.7  | 0.1  | 0.4  | 2.5  | 21.1 | 0    | 0    | 0    | 5.6  | 0.5  | 9.3  | 0    | 五枚下ろし <sup>13)</sup>                                 |

| 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>ル<br>酸 | ヘ<br>キ<br>サ<br>デ<br>カ<br>ジ<br>エ<br>ン<br>デ<br>ル<br>酸 |                             |                   | リ<br>ノ<br>レ<br>ン<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>ラ<br>エ<br>ン<br>デ<br>ル<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>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 .....)   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |   |                             |                   |                       |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |  |
| 10104            | 子持ちがれい<br>With ovary<br>生<br>Raw            | 735                                     | 183                 | 278                                      | 274                                      | Tr  | 0.1                   | 4.2                        | 0.5                             | 16.1                       | 0.4                             | 3.5                        | 0.1                        | 0.1              | 0                               | 0                | 0.1                                  | 0  | 9.9                                  | 0.4                             | 20.7                  | 4.7                   | 1.5                   | 0.4                             | 0.5                                       | 0.3  | 0.6   | 0.7                         | 0.3               | 0.1                   | 0.9                             | 0.2                             | 0.1                                       | 0.4                             | 1.5                                  | 17.4                                      | 0.6                        | 0   | Tr                              | 5.0                             | 0.2                                       | 8.4                                       | 0   | あかがれい及びばばがれい<br>0 頭部、内臓、骨、ひれ等を除いたもの <sup>1)</sup>                          |
| 10106            | 干しかれい<br>Dried                              | 714                                     | 215                 | 250                                      | 250                                      | 0   | 0.1                   | 4.2                        | 0.7                             | 19.4                       | 0.7                             | 4.5                        | 0.3                        | 0.1              | 0.1                             | 0                | 0.1                                  | 0  | 9.0                                  | 0.6                             | 16.4                  | 5.6                   | 2.7                   | 0.5                             | 0.4                                       | 0.2  | 0.3   | 0.7                         | 0.3               | 0.1                   | 0.5                             | 0.6                             | 0.1                                       | 0.3                             | 2.0                                  | 12.8                                      | 0.6                        | 0   | 0                               | 4.0                             | 0.4                                       | 11.5                                      | 0   | やなぎむしがれい及びむしがれい<br>生干しひと塩品 <sup>2)</sup> 。頭部、骨、ひれ等を除いた<br>もの <sup>3)</sup> |
| 10107            | かわはぎ<br>Leatherjackets<br>生<br>Raw          | 563                                     | 162                 | 105                                      | 296                                      | 0   | 0                     | 0.5                        | 0.4                             | 18.1                       | 0.8                             | 8.7                        | 0.2                        | 0                | 0                               | 0                | -                                    | 0  | 2.4                                  | 0.5                             | 14.4                  | 1.0                   | 0.2                   | 0.2                             | 0   | 0  | 0   | 0.6                         | 0.2               | 0                     | 0.2                             | 0.3                             | 0.3                                       | 0.3                             | 11.0                                 | 13.9                                      | 0                          | -   | 0                               | 5.4                             | 1.3                                       | 19.1                                      | 0   | 三枚下ろし <sup>4)</sup>  |
| 10108            | かんばち<br>Amberjack<br>生<br>Raw               | 808                                     | 268                 | 246                                      | 294                                      | 0   | Tr                    | 2.7                        | 0.5                             | 20.8                       | 0.8                             | 7.6                        | 0.4                        | 0.2              | 0.2                             | 0                | Tr                                   | 0  | 5.0                                  | 0.5                             | 21.8                  | 1.4                   | 0.8                   | 0.8                             | 0.2                                       | 0.2  | 0.1   | 1.0                         | 0.5               | 0.1                   | 0.6                             | 0.2                             | 0.1                                       | 0.4                             | 2.0                                  | 5.5                                       | 0.3                        | 0   | 0.1                             | 2.7                             | 0.9                                       | 21.6                                      | 0   | 三枚下ろし <sup>4)</sup>  |
| 10109            | きす<br>Japanese whiting<br>生<br>Raw          | 505                                     | 158                 | 108                                      | 234                                      | -   | -                     | 2.4                        | 0.7                             | 18.5                       | 1.6                             | 7.7                        | 0.3                        | -                | -                               | -                | 0.1                                  | -  | 7.2                                  | 0.7                             | 8.9                   | 2.2                   | 0.5                   | 1.9                             | -   | -  | -   | 0.8                         | 0                 | -                     | 0.7                             | 0.5                             | 0.3                                       | 1.1                             | 5.4                                  | 13.9                                      | -                          | 0   | -                               | 4.4                             | 1.2                                       | 18.0                                      | 1.0                                       | しろぎす<br>三枚下ろし <sup>4)</sup>  |
| 10110            | きちじ<br>Kichiji rockfish<br>生<br>Raw         | 872                                     | 186                 | 491                                      | 190                                      | -   | -                     | 4.1                        | 0.3                             | 13.2                       | 0.7                             | 3.0                        | 0.2                        | -                | -                               | -                | 0.1                                  | -  | 9.2                                  | 0.8                             | 29.9                  | 8.8                   | 6.1                   | 1.5                             | -   | -  | -   | 1.2                         | 0.5               | -                     | 0.9                             | 0.3                             | 0.1                                       | 0.9                             | 1.0                                  | 7.8                                       | -                          | 0   | -                               | 1.4                             | 0   | 7.8                                       | 0.5                                       | 三枚下ろし <sup>4)</sup>  |
| 10111            | きびなご<br>Blue sprat<br>生<br>Raw              | 539                                     | 236                 | 131                                      | 172                                      | Tr  | 0.1                   | 4.0                        | 0.9                             | 27.6                       | 1.2                             | 8.9                        | 0.6                        | 0.2              | 0.3                             | 0                | 0                                    | 0  | 5.4                                  | 0.2                             | 8.6                   | 3.1                   | 5.3                   | 1.6                             | 0.4                                       | 0.3  | 0.2   | 1.2                         | 0.6               | 0.1                   | 0.8                             | 0.2                             | 0.1                                       | 0.4                             | 1.4                                  | 7.9                                       | 0.3                        | 0   | 0                               | 1.0                             | 0.4                                       | 16.7                                      | 0   | 三枚下ろし <sup>4)</sup>  |
| 10112            | 調味干し<br>Seasoned and dried                  | 469                                     | 235                 | 104                                      | 129                                      | Tr  | 0.2                   | 8.2                        | 1.3                             | 28.7                       | 1.6                             | 8.5                        | 0.7                        | 0.5              | 0.6                             | 0                | Tr                                   | 0  | 7.5                                  | 0.3                             | 10.8                  | 1.2                   | 1.0                   | 1.4                             | 0.6                                       | 0.5  | 0.2   | 1.2                         | 1.0               | 0.3                   | 1.0                             | 0.2                             | 0.1                                       | 0.3                             | 1.1                                  | 7.1                                       | 0.3                        | 0   | Tr                              | 1.4                             | 0.6                                       | 11.6                                      | 0   |  |
| 10113            | キャビア<br>Caviar<br>塩蔵品<br>Salted product     | 726                                     | 184                 | 372                                      | 170                                      | 0   | 0                     | 0.7                        | 0.4                             | 21.1                       | 0.4                             | 2.7                        | Tr                         | 0                | 0                               | 0                | -                                    | 0  | 6.8                                  | 0.8                             | 42.2                  | 1.3                   | 0.1                   | 0.1                             | 0   | 0  | 0   | 0.9                         | 0.5               | 0                     | 0.5                             | 0.2                             | 0.1                                       | 0.3                             | 2.6                                  | 3.8                                       | 0                          | -   | 0                               | 1.2                             | 0.6                                       | 12.8                                      | 0   | 輸入品 <sup>5)</sup>  |
| 10114            | キングクリップ<br>Pink cuskeel<br>生<br>Raw         | 573                                     | 145                 | 139                                      | 290                                      | 0   | Tr                    | 1.0                        | 0.3                             | 16.5                       | 0.4                             | 6.9                        | 0.1                        | 0                | Tr                              | 0                | Tr                                   | 0  | 1.9                                  | 0.4                             | 16.7                  | 3.3                   | 0.9                   | 0.9                             | Tr  | Tr   | Tr  | 0.7                         | 0.1               | 0                     | 0.1                             | 0.4                             | 0.3                                       | 0.3                             | 5.6                                  | 7.0                                       | 0.1                        | 0   | 0                               | 2.2                             | 1.1                                       | 32.7                                      | 0   | 切り身 <sup>6)</sup>  |
| 10115            | ぎんだら<br>Sablefish<br>生<br>Raw               | 818                                     | 182                 | 555                                      | 81                                       | 0   | Tr                    | 5.2                        | 0.3                             | 13.6                       | 0.1                             | 2.7                        | 0.2                        | Tr               | Tr                              | 0                | 0.2                                  | 0  | 7.6                                  | 0.3                             | 33.8                  | 14.3                  | 10.5                  | 1.1                             | 0.5                                       | 0.2  | 0.3   | 0.8                         | 0.4               | 0.1                   | 0.9                             | 0.1                             | Tr  | 0.3                             | 0.4                                  | 2.7                                       | 0.2                        | 0   | Tr                              | 0.5                             | Tr  | 2.5                                       | 0   | 切り身 <sup>6)</sup>  |
| 10116            | きんめだい<br>Alfonsino<br>生<br>Raw              | 846                                     | 239                 | 422                                      | 177                                      | -   | -                     | 3.0                        | 0.5                             | 17.0                       | 1.3                             | 6.1                        | 0.2                        | -                | -                               | -                | Tr                                   | -  | 4.7                                  | 1.0                             | 34.5                  | 5.3                   | 2.7                   | 1.6                             | -   | -  | -   | 1.0                         | 0.6               | -                     | 0.3                             | 0.2                             | 0.2                                       | 0.6                             | 1.5                                  | 3.5                                       | -                          | 0   | -                               | 1.6                             | 0   | 11.4                                      | 0.9                                       | 三枚下ろし <sup>4)</sup>  |
| (10014)          | くさや→(あじ類)・むろあじ<br>ぐち<br>Croaker<br>生<br>Raw | 688                                     | 226                 | 214                                      | 249                                      | 0   | 0.1                   | 2.8                        | 0.4                             | 22.3                       | 0.5                             | 5.9                        | 0.4                        | 0.1              | 0.2                             | 0                | 0.1                                  | 0  | 10.1                                 | 0.3                             | 15.7                  | 2.6                   | 1.6                   | 0.6                             | 0.4                                       | 0.3  | 0.3   | 0.8                         | 0.3               | 0.1                   | 0.5                             | 0.3                             | 0.1                                       | 0.4                             | 2.9                                  | 7.6                                       | 0.2                        | 0   | Tr                              | 2.0                             | 0.9                                       | 19.1                                      | 0   | いしもち(しろぐち)、にべ<br>三枚下ろし <sup>4)</sup>                                       |
| 10119            | こい<br>Carp<br>養殖、生<br>Cultured, raw         | 838                                     | 199                 | 458                                      | 181                                      | 0   | Tr                    | 2.4                        | 0.3                             | 17.4                       | 0.2                             | 3.3                        | 0.1                        | Tr               | Tr                              | 0                | 0.2                                  | 0  | 11.9                                 | 0.3                             | 36.2                  | 4.1                   | 1.8                   | 0.2                             | 0.2                                       | 0.1  | 0.2   | 7.4                         | 0.9               | 0.1                   | 0.6                             | 0.3                             | 0.2                                       | 0.5                             | 0.5                                  | 3.1                                       | 0.2                        | 0   | Tr                              | 1.1                             | 0.2                                       | 5.9                                       | 0   | 三枚下ろし <sup>4)</sup>  |
| 10121            | 養殖、内臓、生<br>Cultured, viscera, raw           | 838                                     | 202                 | 388                                      | 243                                      | -   | -                     | 2.5                        | 0.2                             | 17.8                       | 0.2                             | 3.4                        | Tr                         | -                | -                               | -                | Tr                                   | -  | 7.3                                  | 0.6                             | 33.1                  | 3.7                   | 1.4                   | 0.2                             | -   | -  | -   | 17.0                        | 3.3               | -                     | 0.4                             | 0.6                             | 0.2                                       | 0.4                             | 0.5                                  | 2.6                                       | -                          | 0   | -                               | 0.7                             | 0   | 3.5                                       | 0.5                                       | 胆のうを除いたもの <sup>7)</sup>  |

| 食品番号<br>Item No. | 食品名<br>Food and description          | 総脂肪酸 100g 当たり脂肪酸 Fatty acids per 100 g total fatty acids |                 |                          |                          |                      |                               |                                    |   |                                    |   |                                    |                                    |                          |   |                          |  |   |  |   |                               |                               |                               |   |   |   |   |                          |   | 備考<br>Remarks |   |  |   |  |   |                                    |   |   |   |   |   |   |   |   |  |  |  |  |
|------------------|--------------------------------------|--|-----------------|--------------------------|--------------------------|----------------------|-------------------------------|------------------------------------|---|------------------------------------|---|------------------------------------|------------------------------------|--------------------------|---|--------------------------|--|---|--|---|-------------------------------|-------------------------------|-------------------------------|---|---|---|---|--------------------------|---|---------------|---|--|---|--|---|------------------------------------|---|---|---|---|---|---|---|---|--|--|--|--|
|                  |                                      | 脂質 1g 当たり脂肪酸<br>Fatty acids per g lipid                  |                 |                          |                          | 飽和 Saturated         |                               |                                    |   |                                    |   |                                    |                                    |                          |   |                          |  |   |  |   |                               |                               |                               |   |   |   |   |                          |   |               | 一価不飽和 Monounsaturated                   |  |   |  |   |                                    |   |   | 多価不飽和 Polyunsaturated                   |   |   |   |   |   |  |  |  |  |
|                  |                                      | 総<br>Total   | 飽和<br>Saturated | 一価不飽和<br>Monounsaturated | 多価不飽和<br>Polyunsaturated | 10:0<br>デ<br>カン<br>酸 | 12:0<br>ラ<br>ウ<br>リ<br>ン<br>酸 | 14:0<br>ミ<br>リ<br>ス<br>チ<br>ン<br>酸 | 15:0<br>ペ<br>ン<br>タ<br>デ<br>カ<br>ン<br>酸 | 16:0<br>パ<br>ル<br>ミ<br>チ<br>ン<br>酸 | 17:0<br>ヘ<br>プ<br>タ<br>デ<br>カ<br>ン<br>酸 | 18:0<br>ス<br>テ<br>ア<br>リ<br>ン<br>酸 | 20:0<br>ア<br>ラ<br>キ<br>ジ<br>ン<br>酸 | 22:0<br>ベ<br>ヘ<br>ン<br>酸 | 24:0<br>リ<br>グ<br>ノ<br>セ<br>リ<br>ン<br>酸 | 10:1<br>デ<br>セ<br>ン<br>酸 | 14:1<br>ミ<br>リ<br>ス<br>ト<br>レ<br>イ<br>ン<br>酸 | 15:1<br>ペ<br>ン<br>タ<br>デ<br>セ<br>ン<br>酸 | 16:1<br>パ<br>ル<br>ミ<br>ト<br>レ<br>イ<br>ン<br>酸 | 17:1<br>ヘ<br>プ<br>タ<br>デ<br>セ<br>ン<br>酸 | 18:1<br>オ<br>レ<br>イ<br>ン<br>酸 | 20:1<br>イ<br>コ<br>セ<br>ン<br>酸 | 22:1<br>ド<br>コ<br>セ<br>ン<br>酸 | 24:1<br>テ<br>ト<br>ラ<br>コ<br>セ<br>ン<br>酸 | 16:2<br>ヘ<br>キ<br>サ<br>デ<br>カ<br>ジ<br>エ<br>ン<br>酸 | 18:2<br>ト<br>ヘ<br>リ<br>キ<br>エ<br>サ<br>エ<br>ン<br>酸 | 16:4<br>テ<br>ヘ<br>ラ<br>キ<br>エ<br>ン<br>酸 | 18:2<br>リ<br>ノ<br>ル<br>酸 | 18:3<br>α<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 |               | 18:3<br>γ<br>・<br>リ<br>ノ<br>レ<br>ン<br>酸 | 18:4<br>テ<br>オ<br>ト<br>ク<br>ラ<br>エ<br>ン<br>酸 | 20:2<br>イ<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | 20:3<br>イ<br>コ<br>サ<br>ト<br>リ<br>エ<br>ン<br>酸 | 20:4<br>イ<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | 20:4<br>ア<br>ラ<br>キ<br>ド<br>ン<br>酸 | 20:5<br>イ<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | 21:5<br>ペ<br>ン<br>タ<br>イ<br>エ<br>ン<br>酸 | 22:2<br>ド<br>コ<br>サ<br>ジ<br>エ<br>ン<br>酸 | 22:4<br>ド<br>コ<br>サ<br>テ<br>ト<br>ラ<br>エ<br>ン<br>酸 | 22:5<br>ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | 22:5<br>ド<br>コ<br>サ<br>ベ<br>ン<br>タ<br>エ<br>ン<br>酸 | 22:6<br>ド<br>コ<br>サ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>酸 | 22:6<br>ド<br>コ<br>サ<br>ヘ<br>キ<br>サ<br>エ<br>ン<br>酸         |  |  |  |  |
|                  | (こち類)<br>(Flatheads)                 | (..... mg .....)   |                 |                          |                          |                      |                               |                                    |   |                                    |   |                                    |                                    |                          |   |                          |  |   |  |   |                               |                               |                               |   |   |   |   |                          |   |               |   |  |   |  |   |                                    |   |   |   |   |   |   |   |   |  |  |  |  |
|                  | こち<br>Bar-tailed flathead            | (..... g .....)  |                 |                          |                          |                      |                               |                                    |   |                                    |   |                                    |                                    |                          |   |                          |  |   |  |   |                               |                               |                               |   |   |   |   |                          |   |               |   |  |   |  |   |                                    |   |   |   |   |   |   |   |   |  |  |  |  |
| 10122            | 生<br>Raw                             | 627  | 190             | 150                      | 286                      | 0                    | 0                             | 2.5                                | 0.5                                     | 20.3                               | 0.6                                     | 6.1                                | 0.3                                | 0                        | 0                                       | 0                        | 0.1  | 0                                       | 6.6  | 0.5                                     | 15.3                          | 1.0                           | 0.2                           | 0.4                                     | 0   | 0   | 0                                       | 0.9                      | 0.4                                     | 0             | 0.7                                     | 0.4  | 0.2                                     | 0.4  | 4.7   | 9.0                                | 0   | -                                       | 0                                       | 3.8   | 1.5   | 23.7  | 0   | 別名：からこち、ぜにこち、ほんこち、まごち<br>三枚下ろし <sup>1)</sup>              |  |  |  |  |
| 10123            | めごち<br>Big-eye flathead              | 451  | 159             | 73                       | 219                      | 0                    | 0                             | 1.4                                | 0.5                                     | 21.0                               | 1.0                                     | 11.0                               | 0.3                                | 0                        | 0                                       | 0                        | -  | 0                                       | 2.8  | 0.4                                     | 11.0                          | 1.1                           | 0.4                           | 0.6                                     | 0   | 0   | 0                                       | 0.8                      | 0.2                                     | 0             | 0.3                                     | 0.4  | -                                       | -  | 7.4   | 13.1                               | 0   | -                                       | 0                                       | 3.5   | 1.8   | 21.1  | 0   | 別名：こはだ(小型魚)、つなし<br>三枚下ろし <sup>1)</sup>                    |  |  |  |  |
| 10124            | このしろ<br>Gizzard shad                 | 816  | 275             | 303                      | 235                      | -                    | -                             | 8.5                                | 0.3                                     | 21.8                               | Tr                                      | 2.6                                | 0.4                                | -                        | -                                       | -                        | Tr   | -                                       | 11.1   | 1.9                                     | 22.1                          | 1.1                           | 0.2                           | 0.7                                     | -   | 2.8   | 2.6                                     | 0.4                      | 0.7                                     | -             | 2.4                                     | 0  | 0.2                                     | 0.6  | 0.7   | 10.7                               | -   | 0                                       | -                                       | 1.6   | 0   | 6.1   | 0.4   | 三枚下ろし <sup>1)</sup>                                       |  |  |  |  |
| 10125            | 甘酢漬<br>Amazu-zuke <sup>2)</sup>      | 779  | 297             | 273                      | 209                      | 0                    | 0.1                           | 9.7                                | 0.6                                     | 23.5                               | 0.4                                     | 2.9                                | 0.6                                | 0.1                      | 0.1                                     | 0                        | 0.1  | 0                                       | 11.9   | 0.3                                     | 21.3                          | 1.0                           | 0.2                           | 0.2                                     | 1.3   | 2.2   | 0.9                                     | 0.8                      | 0.4                                     | 0.3           | 1.3                                     | 0.1  | 0.2                                     | 0.5  | 1.3   | 10.0                               | 0.5   | 0                                       | Tr                                      | 1.4   | 0.2   | 5.4   | 0   | 別名：こはだ(小型魚)、つなし   |  |  |  |  |
|                  | (さけ・ます類)<br>(Salmons and trouts)     | (..... mg .....)   |                 |                          |                          |                      |                               |                                    |   |                                    |   |                                    |                                    |                          |   |                          |  |   |  |   |                               |                               |                               |   |   |   |   |                          |   |               |   |  |   |  |   |                                    |   |   |   |   |   |   |   |   |  |  |  |  |
|                  | からふとます<br>Pink salmon                | (..... g .....)  |                 |                          |                          |                      |                               |                                    |   |                                    |   |                                    |                                    |                          |   |                          |  |   |  |   |                               |                               |                               |   |   |   |   |                          |   |               |   |  |   |  |   |                                    |   |   |   |   |   |   |   |   |  |  |  |  |
| 10126            | 生<br>Raw                             | 747  | 187             | 321                      | 239                      | 0                    | 0                             | 4.7                                | 0.5                                     | 16.0                               | 0.4                                     | 3.3                                | 0.1                                | 0                        | 0                                       | 0                        | 0.1  | 0                                       | 4.9  | 0.4                                     | 18.6                          | 10.4                          | 7.9                           | 0.7                                     | 0   | 0   | 0                                       | 1.6                      | 1.1                                     | 0             | 1.7                                     | 0.4  | 0.2                                     | 1.6  | 0.6   | 8.2                                | 0   | Tr                                      | 0                                       | 2.3   | 0.2   | 14.1  | 0   | 別名：せつばります<br>輸入品 <sup>3)</sup><br>切り身 <sup>4)</sup>       |  |  |  |  |
| 10128            | 塩ます<br>Salted                        | 793  | 204             | 351                      | 237                      | 0                    | 0.1                           | 4.7                                | 0.4                                     | 17.8                               | 0.2                                     | 2.3                                | 0.1                                | Tr                       | Tr                                      | 0                        | 0.1  | 0                                       | 6.4  | 0.2                                     | 17.1                          | 8.3                           | 11.0                          | 1.2                                     | 0.5   | 0.3   | 0.7                                     | 1.3                      | 0.8                                     | 0.2           | 2.4                                     | 0.2  | 0.1                                     | 1.1  | 0.4   | 11.2                               | 0.4   | 0                                       | Tr                                      | 1.8   | 0.1   | 8.3   | 0   | 頭部、骨、ひれ等を除いたもの <sup>5)</sup>                              |  |  |  |  |
| 10129            | 水煮缶詰<br>Canned in brine              | 871  | 180             | 441                      | 250                      | 0                    | Tr                            | 4.1                                | 0.7                                     | 12.2                               | 1.3                                     | 2.1                                | 0.1                                | 0.1                      | Tr                                      | 0                        | 0.1  | 0                                       | 6.0  | 0.5                                     | 14.0                          | 12.6                          | 16.3                          | 1.2                                     | 0.4   | 0   | 0                                       | 1.3                      | 0.9                                     | 0             | 2.6                                     | 0.4  | 0.2                                     | 1.2  | 0.5   | 10.0                               | 0.5   | 0.1                                     | 0.1                                     | 2.0   | 0.1   | 8.4   | 0   | 液汁を除いたもの <sup>6)</sup>                                    |  |  |  |  |
| 10130            | ぎんざけ<br>Coho salmon                  | 676  | 68              | 380                      | 228                      | 0                    | 0                             | 5.0                                | 0.4                                     | 0                                  | 0.3                                     | 4.1                                | 0.2                                | 0                        | 0                                       | 0                        | 0.1  | 15.7                                    | 6.3  | 0.3                                     | 21.8                          | 6.4                           | 4.9                           | 0.7                                     | 0   | 0   | 0                                       | 2.3                      | 0.9                                     | 0             | 1.5                                     | 0.2  | 0.2                                     | 1.1  | 1.2   | 8.6                                | 0   | -                                       | 0                                       | 3.9   | 0.3   | 13.6  | 0   | 別名：ぎんます<br>切り身 <sup>4)</sup>                              |  |  |  |  |
| 10132            | さくらます<br>Masu salmon                 | 767  | 207             | 314                      | 246                      | 0                    | 0                             | 4.3                                | 0.5                                     | 17.5                               | 0.5                                     | 4.2                                | 0.2                                | 0                        | 0                                       | 0                        | 0.1  | 0                                       | 6.5  | 0.4                                     | 22.8                          | 6.3                           | 4.3                           | 0.6                                     | 0   | 0   | 0                                       | 1.4                      | 1.1                                     | 0             | 1.2                                     | 0.3  | 0.1                                     | 1.4  | 0.8   | 6.5                                | 0   | Tr                                      | 0                                       | 2.7   | 0.3   | 16.2  | 0   | 別名：ます<br>切り身 <sup>4)</sup>                                |  |  |  |  |
| 10134            | しろさけ<br>Chum salmon                  | 785  | 162             | 401                      | 223                      | 0                    | 0.2                           | 5.5                                | 0.3                                     | 11.2                               | 0.3                                     | 2.9                                | 0.2                                | 0.1                      | 0                                       | 0                        | 0.1  | 0                                       | 6.7  | 0.2                                     | 18.5                          | 13.9                          | 10.9                          | 0.8                                     | 0.4   | 0.2   | 0.2                                     | 1.2                      | 0.7                                     | 0.1           | 1.4                                     | 0.3  | 0.1                                     | 1.1  | 0.4   | 6.5                                | 0.3   | 0                                       | 0.1                                     | 2.7   | 0.2   | 12.5  | 0   | 標準和名：さけ。別名：あきさけ、あきあじ<br>切り身 <sup>4)</sup>                 |  |  |  |  |
| 10137            | 新巻き、生<br>Aramaki <sup>7)</sup> , raw | 700  | 180             | 301                      | 234                      | -                    | -                             | 4.3                                | 0.2                                     | 13.4                               | 0.7                                     | 4.2                                | 0.1                                | -                        | -                                       | -                        | 0  | -                                       | 6.7  | 0.8                                     | 23.1                          | 6.1                           | 5.2                           | 1.0                                     | -   | -   | -                                       | 1.0                      | 0.5                                     | -             | 0.7                                     | 0.1  | 0.1                                     | 0.9  | 0.7   | 8.5                                | -   | 0                                       | -                                       | 3.7   | 0   | 17.1  | 0.8   | 切り身 <sup>4)</sup>   |  |  |  |  |
| 10139            | 塩ざけ<br>Shiozake                      | 868  | 231             | 397                      | 232                      | -                    | -                             | 7.5                                | 0.3                                     | 13.6                               | 1.1                                     | 3.6                                | 0.5                                | -                        | -                                       | -                        | 0  | -                                       | 5.2  | 0.8                                     | 23.2                          | 6.8                           | 8.4                           | 1.4                                     | -   | -   | -                                       | 0.8                      | 1.0                                     | -             | 1.9                                     | 0.3  | 0.1                                     | 1.6  | 0.6   | 7.4                                | -   | 0                                       | -                                       | 1.6   | 0   | 11.5  | 0.8   | 切り身 <sup>4)</sup>   |  |  |  |  |
| 10140            | イクラ<br>Ikura <sup>8)</sup>           | 718  | 155             | 245                      | 319                      | 0                    | 0                             | 4.5                                | 0.4                                     | 12.2                               | 0.3                                     | 4.1                                | -                                  | 0                        | 0                                       | 0                        | 0.1  | 0                                       | 8.5  | 0.4                                     | 22.9                          | 1.7                           | 0.5                           | 0.1                                     | 0   | 0   | 0                                       | 1.0                      | 0.7                                     | 0             | 0.8                                     | 0.2  | 0.1                                     | 2.0  | 1.0   | 14.4                               | 0   | -                                       | 0                                       | 6.0   | 0.2   | 18.1  | 0   | 卵を塩蔵したもの  |  |  |  |  |
| 10141            | すじこ<br>Sujiko <sup>9)</sup>          | 746  | 157             | 231                      | 355                      | -                    | -                             | 4.4                                | 0.3                                     | 11.3                               | 0.8                                     | 4.1                                | Tr                                 | -                        | -                                       | -                        | Tr   | -                                       | 7.0  | 0.9                                     | 20.5                          | 1.6                           | 0.5                           | 0.4                                     | -   | -   | -                                       | 1.1                      | 0.9                                     | -             | 1.5                                     | 0.1  | 0.1                                     | 2.2  | 1.4   | 16.2                               | -   | 0                                       | -                                       | 5.5   | 0   | 18.6  | 0.4   | 卵巣を塩蔵したもの   |  |  |  |  |
| 10142            | めふん<br>Mefun <sup>10)</sup>          | 537  | 197             | 145                      | 195                      | 0                    | Tr                            | 3.1                                | 0.6                                     | 25.3                               | 0.6                                     | 6.7                                | 0.1                                | 0.1                      | 0.1                                     | 0                        | Tr   | 0                                       | 2.1  | 0.3                                     | 17.5                          | 2.0                           | 1.7                           | 3.3                                     | 0.1   | 0.1   | Tr                                      | 0.8                      | 0.5                                     | Tr            | 0.2                                     | 0.2  | 0.1                                     | 0.7  | 2.4   | 11.0                               | 0.1   | 0                                       | Tr                                      | 2.3   | 0.2   | 17.5  | 0   | 腎臓を塩辛にしたもの  |  |  |  |  |
| 10143            | 水煮缶詰<br>Canned in brine              | 839  | 210             | 443                      | 186                      | Tr                   | 0.3                           | 5.6                                | 0.5                                     | 14.5                               | 0.8                                     | 3.1                                | 0.2                                | Tr                       | 0.1                                     | 0                        | 0.1  | 0                                       | 6.2  | 0.6                                     | 25.2                          | 10.3                          | 10.3                          | Tr                                      | 0.3   | 0   | 0                                       | 1.4                      | 1.0                                     | 0             | 1.4                                     | 0.4  | 0.2                                     | 1.2  | 0.3   | 7.0                                | 0.2   | 0                                       | 0.2                                     | 1.2   | 0.1   | 7.1   | 0   | 液汁を除いたもの <sup>6)</sup>                                    |  |  |  |  |
| 10144            | たいせいやうさけ<br>Atlantic salmon          | 765  | 196             | 333                      | 236                      | 0                    | 0                             | 5.4                                | 0.4                                     | 15.9                               | 0.3                                     | 3.5                                | 0.1                                | 0                        | 0                                       | 0                        | 0.1  | 0                                       | 6.9  | 0.3                                     | 19.3                          | 8.0                           | 8.3                           | 0.7                                     | 0   | 0   | 0                                       | 3.1                      | 1.1                                     | 0             | 2.1                                     | 0.4  | 0.2                                     | 1.8  | 0.6   | 6.9                                | 0   | Tr                                      | 0                                       | 3.2   | 0.2   | 11.2  | 0   | 別名：アトランティックサーモン<br>輸入品 <sup>3)</sup><br>切り身 <sup>4)</sup> |  |  |  |  |

| 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 和 Saturated   |      |      |      |      |      |      |      |      |      |      |      | 一 価 不 飽 和 Monounsaturated |      |      |      |      |      |      |      | 多 価 不 飽 和 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                                      |             |                                    |  |
| (..... mg .....  | g   |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |                           |      |                             |                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |   |             |                                    |  |
| 10146            | にじます<br>Rainbow trout                           | 788                                     | 217                 | 355                                      | 216                                      | 0   | 0    | 4.5  | 0.4  | 17.8 | 0.3  | 4.5  | 0.1  | 0    | 0    | 0    | 0.1  | 0                         | 7.3  | 0.3  | 26.5 | 5.9  | 4.6  | 0.3  | 0    | 0                         | 0    | 3.2                         | 0.7               | 0    | 1.1  | 0.3  | 0.2  | 1.2  | 0.6  | 5.4  | 0    | Tr   | 0    | 2.6  | 0.2  | 11.8 | 0    | 輸入品 <sup>1)</sup><br>切り身 <sup>2)</sup>    |             |                                    |  |
| 10148            | 海面養殖、生<br>Cultured in sea, raw                  | 777                                     | 204                 | 296                                      | 274                                      | -   | -    | 3.3  | 0.3  | 18.0 | 0.3  | 4.1  | 0.1  | -    | -    | -    | 0    | -                         | 5.6  | 0.6  | 22.2 | 5.8  | 3.0  | 1.0  | -    | -                         | -    | 10.0                        | 1.1               | -    | 1.0  | 0.5  | 0.4  | 0.7  | 0.7  | 3.9  | -    | 0    | -    | 1.5  | 0    | 15.5 | 0.3  | 国産品 <sup>3)</sup><br>三枚下ろし <sup>4)</sup>  |             |                                    |  |
| 10149            | べにざけ<br>Sockeye salmon                          | 798                                     | 180                 | 388                                      | 229                                      | 0   | 0    | 4.5  | 0.4  | 14.5 | 0.3  | 2.7  | 0.2  | 0    | 0    | 0    | 0.1  | 0                         | 4.8  | 0.3  | 15.8 | 15.8 | 10.8 | 1.1  | 0    | 0                         | 0    | 1.6                         | 0.7               | 0    | 1.0  | 0.4  | 0.2  | 1.0  | 0.5  | 7.6  | 0    | Tr   | 0    | 2.0  | 0.3  | 13.4 | 0    | 輸入品 <sup>1)</sup><br>切り身 <sup>2)</sup>    |             |                                    |  |
| 10151            | 生<br>Raw  | 769                                     | 176                 | 370                                      | 223                                      | 0   | Tr   | 4.2  | 0.5  | 14.8 | 0.3  | 2.8  | 0.1  | Tr   | 0    | 0    | 0.1  | 0                         | 3.5  | 0.4  | 18.0 | 13.9 | 11.4 | 0.9  | 0.2  | 0.1                       | 0.1  | 1.6                         | 1.0               | 0.1  | 1.7  | 0.4  | 0.1  | 1.2  | 0.5  | 6.8  | 0.3  | 0    | 0.1  | 1.9  | 0.2  | 12.8 | 0    | 切り身 <sup>2)</sup>                         |             |                                    |  |
| 10152            | くん製<br>Smoked                                   |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |                           |      |                             |                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |   | 別名：キングサーモン  |                                    |  |
| 10152            | ますのすけ<br>Chinook salmon                         | 740                                     | 200                 | 382                                      | 157                                      | 0   | 0    | 4.9  | 0.4  | 16.9 | 0.3  | 4.4  | 0.2  | 0    | 0    | 0    | 0.1  | 0                         | 6.4  | 0.4  | 28.9 | 9.0  | 6.2  | 0.8  | 0    | 0                         | 0    | 3.0                         | 1.0               | 0    | 1.4  | 0.3  | 0.2  | 1.0  | 0.5  | 4.3  | 0    | Tr   | 0    | 1.4  | 0.1  | 8.0  | 0    | 輸入品 <sup>1)</sup><br>切り身 <sup>2)</sup>    |             |                                    |  |
| 10154            | (さば類)<br>(Mackerels)                            |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |                           |      |                             |                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |   |             |                                    |  |
| 10154            | まさば<br>Mackerel                                 | 729                                     | 272                 | 299                                      | 158                                      | 0   | 0.1  | 4.0  | 0.7  | 24.0 | 0.9  | 6.7  | 0.6  | 0.2  | 0.1  | 0    | Tr   | 0                         | 5.3  | 0.5  | 27.0 | 4.0  | 3.5  | 0.6  | 0.4  | 0.3                       | 0.2  | 1.1                         | 0.6               | 0.1  | 1.1  | 0.2  | 0.1  | 0.4  | 1.5  | 5.7  | 0.2  | 0    | 0.1  | 1.3  | 0.4  | 7.9  | 0    | 三枚下ろし <sup>4)</sup>                       |             |                                    |  |
| 10157            | 生<br>Raw  | 527                                     | 200                 | 150                                      | 176                                      | 0   | 0.1  | 4.3  | 1.1  | 21.5 | 1.3  | 8.6  | 0.7  | 0.3  | 0.3  | 0    | Tr   | 0                         | 4.4  | 0.5  | 16.3 | 3.5  | 2.7  | 1.1  | 0.2  | 0.1                       | 0.1  | 1.5                         | 0.7               | 0.1  | 0.6  | 0.4  | 0.1  | 0.4  | 2.5  | 5.8  | 0.2  | 0    | Tr   | 1.5  | 1.2  | 18.0 | 0    |   |             |                                    |  |
| 10158            | さば節 <sup>5)</sup><br>Saba-bushi <sup>5)</sup>   |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |                           |      |                             |                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |   |             | 市販通称名：ノルウェーさば<br>輸入品 <sup>1)</sup> |  |
| 10158            | たいせいようさば<br>Atlantic mackerel                   | 797                                     | 161                 | 384                                      | 252                                      | 0.1   | Tr   | 5.9  | 0.4  | 11.1 | 0.3  | 2.1  | 0.2  | 0    | 0    | 0    | 0.1  | 0                         | 3.9  | 0.3  | 11.0 | 12.7 | 19.0 | 1.2  | 0.3  | 0.2                       | 0.5  | 1.6                         | 1.5               | 0.2  | 4.7  | 0.3  | 0.1  | 1.1  | 0.5  | 7.7  | 0.5  | 0    | 0.2  | 1.4  | 0.3  | 10.6 | 0    | 三枚下ろし <sup>4)</sup>                       |             |                                    |  |
| 10161            | 加工品<br>Processed products                       |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |                           |      |                             |                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |   |             |                                    |  |
| 10161            | 塩さば <sup>6)</sup><br>Shiosaba <sup>6)</sup>     | 777                                     | 206                 | 341                                      | 231                                      | 0   | 0.1  | 7.6  | 0.7  | 14.4 | 0.5  | 2.8  | 0.3  | 0.1  | Tr   | 0    | 0.1  | 0                         | 4.2  | 0.3  | 11.2 | 10.6 | 16.5 | 0.9  | 0.4  | 0.2                       | 0.4  | 1.6                         | 1.6               | 0.2  | 5.0  | 0.3  | 0.1  | 0.9  | 0.7  | 6.1  | 0.4  | 0    | 0.1  | 1.1  | 0.3  | 10.2 | 0    | 原料：輸入魚 <sup>7)</sup><br>切り身 <sup>2)</sup> |             |                                    |  |
| 10162            | 開き干し <sup>8)</sup><br>Hirakiboshi <sup>8)</sup> | 858                                     | 242                 | 351                                      | 261                                      | -   | -    | 4.7  | 0.3  | 17.8 | 1.1  | 4.2  | 0.2  | -    | -    | -    | 0    | -                         | 5.3  | 0.9  | 23.5 | 5.7  | 4.3  | 1.2  | -    | -                         | -    | 1.2                         | 1.0               | -    | 2.4  | 0.2  | 0.1  | 0.8  | 1.1  | 9.1  | -    | 0    | -    | 1.8  | 0    | 12.6 | 0.6  | 頭部、骨、ひれ等を除いたもの <sup>9)</sup>              |             |                                    |  |
| 10163            | しめさば <sup>10)</sup><br>Shimesaba <sup>10)</sup> | 800                                     | 220                 | 318                                      | 262                                      | 0   | 0.1  | 6.8  | 0.8  | 15.7 | 0.6  | 3.1  | 0.3  | 0.1  | 0.1  | 0    | 0.1  | 0                         | 4.9  | 0.4  | 13.6 | 8.5  | 11.6 | 0.7  | 0.4  | 0.3                       | 0.3  | 1.6                         | 1.5               | 0.2  | 4.1  | 0.3  | 0.1  | 0.9  | 1.0  | 7.6  | 0.4  | 0    | 0.1  | 1.4  | 0.4  | 12.1 | 0    |   |             |                                    |  |
| 10164            | 缶詰<br>Canned products                           |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |                           |      |                             |                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |   |             |                                    |  |
| 10164            | 水煮<br>In brine                                  | 842                                     | 227                 | 325                                      | 283                                      | -   | -    | 4.7  | 0.4  | 16.4 | 1.0  | 4.2  | 0.2  | -    | -    | -    | Tr   | -                         | 5.3  | 1.0  | 21.2 | 5.2  | 4.4  | 1.3  | -    | -                         | -    | 1.6                         | 0.8               | -    | 2.1  | 0.2  | 0.1  | 0.8  | 1.3  | 10.4 | -    | 0    | -    | 2.0  | 0    | 14.3 | 1.0  | 液汁を除いたもの <sup>11)</sup>                   |             |                                    |  |
| 10165            | みそ煮 <sup>12)</sup><br>Miso-ni <sup>12)</sup>    | 863                                     | 266                 | 317                                      | 279                                      | 0   | 0.1  | 4.0  | 0.9  | 18.3 | 1.8  | 5.2  | 0.3  | 0.1  | Tr   | 0    | Tr   | 0                         | 4.8  | 0.6  | 23.2 | 5.0  | 2.8  | 0.3  | 0.3  | 0                         | 0    | 1.9                         | 1.1               | 0    | 1.9  | 0.3  | 0.1  | 0.7  | 1.4  | 9.4  | 0.4  | Tr   | 0.2  | 1.7  | 0.3  | 12.7 | 0    | 液汁を含んだもの <sup>13)</sup>                   |             |                                    |  |
| 10166            | 味付け<br>With seasoning                           | 853                                     | 266                 | 307                                      | 280                                      | 0   | 0.1  | 3.9  | 0.8  | 18.4 | 1.9  | 5.6  | 0.3  | 0.1  | 0.1  | 0    | Tr   | 0                         | 5.0  | 0.6  | 23.6 | 4.2  | 2.3  | 0.3  | 0.3  | 0                         | 0    | 1.3                         | 0.9               | 0    | 1.5  | 0.2  | 0.1  | 0.6  | 1.6  | 9.8  | 0.3  | 0    | 0.3  | 1.8  | 0.4  | 13.6 | 0    | 液汁を除いたもの <sup>11)</sup>                   |             |                                    |  |
| 10167            | (さめ類)<br>(Sharks)                               |   |                     |  |  |   |      |      |      |      |      |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |                           |      |                             |                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |   |             |                                    |  |
| 10167            | あぶらつのだめ<br>Dogfish                              | 676                                     | 183                 | 306                                      | 187                                      | 0   | 0    | 1.5  | 0.3  | 21.1 | 0.4  | 3.6  | 0.1  | Tr   | 0    | 0    | Tr   | 0                         | 5.8  | 0.4  | 26.4 | 7.8  | 4.5  | 0.4  | 0.2  | 0.1                       | 0.1  | 1.1                         | 0.4               | 0.1  | 0.5  | 0.4  | 0.1  | 0.7  | 2.5  | 6.7  | 0.3  | 0    | 0.1  | 3.0  | 0.4  | 10.8 | 0    | 切り身 <sup>2)</sup>                         |             |                                    |  |
| 10168            | よしきりざめ<br>Blue shark                            | 370                                     | 114                 | 83                                       | 164                                      | -   | -    | 1.0  | Tr   | 16.3 | 0    | 13.4 | 0    | -    | -    | -    | 0.1  | -                         | 1.6  | 0    | 16.2 | 1.5  | 0    | 3.2  | -    | -                         | -    | 0.8                         | 0                 | -    | Tr   | 0.3  | 0.4  | 0.2  | 7.5  | 3.6  | -    | 0    | -    | 6.1  | 1.3  | 23.0 | 2.3  | 切り身 <sup>2)</sup><br>C17:2 1.3g           |             |                                    |  |
| 10169            | ふかひれ<br>Dried shark fin                         | 285                                     | 109                 | 76                                       | 100                                      | 0   | 0    | 1.0  | 0.2  | 21.2 | 0.4  | 15.4 | 0.1  | 0    | 0    | 0    | 0    | 0                         | 3.8  | 0.1  | 20.1 | 1.9  | 0.4  | 0.4  | 0    | 0                         | 0    | 0.9                         | 0                 | 0    | 0    | 0    | 0    | 0.4  | 0.1  | 8.4  | 7.8  | 0    | 0    | 0    | 4.6  | 1.1  | 11.9 | 0   | 別名：さめひれ、きんし |                                    |  |



| 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>酸<br>力 | テ<br>ト<br>ラ<br>キ<br>エ<br>ン<br>デ<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>ト<br>ク<br>ラ<br>エ<br>ン<br>デ<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>サ | 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 .....)   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |                       |  |   |  |   |                             |                   |                   |                                 |                                 |  |                                 |                                      |   |                            |   |                                      |                                 |   |   |   |   |
| 10170            | さより<br>Halfbeak<br>生<br>Raw   | 690                                     | 201                 | 164                                      | 325                                      | 0   | Tr                    | 1.9                        | 0.4                             | 20.7                       | 0.5                             | 5.1                        | 0.2                        | 0.1              | 0.1                             | 0  | 0.1                                  | 0                               | 5.1                                  | 0.4                             | 14.6                  | 2.0                   | 1.3                   | 0.4                                      | 0.3                                       | 0.2  | 0.1                                       | 1.4                         | 0.5               | 0.1               | 0.4                             | 0.2                             | 0.1  | 0.6                             | 2.4                                  | 5.9                                       | 0.4                        | 0   | 0.1                                  | 7.1                             | 0.8                                       | 26.3                                      | 0   | 三枚下ろし <sup>1)</sup>                               |
| 10171            | さわら<br>Spanish mackerel<br>生<br>Raw                                       | 794                                     | 221                 | 336                                      | 237                                      | 0   | Tr                    | 3.4                        | 0.4                             | 16.3                       | 0.6                             | 5.4                        | 1.1                        | 0.3              | 0.3                             | 0  | 0.1                                  | 0                               | 5.7                                  | 0.5                             | 29.4                  | 3.5                   | 2.1                   | 1.1                                      | 0.3                                       | 0.3  | 0.2                                       | 1.1                         | 0.4               | 0.2               | 0.8                             | 0.2                             | 0.1  | 0.3                             | 5.6                                  | 5.0                                       | 0.2                        | 0   | Tr                                   | 2.3                             | 0.6                                       | 12.2                                      | 0   | 切り身 <sup>2)</sup><br>別名：さいら                       |
| 10173            | さんま<br>Pacific saury<br>生<br>Raw  | 782                                     | 172                 | 424                                      | 186                                      | Tr  | Tr                    | 7.3                        | 0.7                             | 11.4                       | 0.4                             | 1.9                        | 0.2                        | Tr               | Tr                              | 0  | 0.1                                  | 0                               | 3.3                                  | 0.3                             | 5.8                   | 17.6                  | 26.0                  | 1.2                                      | 0.2                                       | 0.1  | 0.2                                       | 1.4                         | 1.1               | 0.2               | 3.9                             | 0.3                             | 0.1  | 0.9                             | 0.5                                  | 4.6                                       | 0.3                        | 0   | 0.1                                  | 1.1                             | 0.2                                       | 8.6                                       | 0   | 三枚下ろし <sup>1)</sup>                               |
| 10175            | 開き干し<br>Hirakiboshi <sup>3)</sup>   | 798                                     | 184                 | 403                                      | 207                                      | -   | -                     | 8.2                        | 0.4                             | 11.1                       | 1.1                             | 2.0                        | 0.4                        | -                | -                               | -  | 0                                    | -                               | 4.4                                  | 0.7                             | 6.5                   | 17.1                  | 20.0                  | 1.9                                      | -   | -  | -   | 1.6                         | 1.1               | -                 | 4.1                             | 0.4                             | 0.1  | 1.1                             | 0.6                                  | 6.0                                       | -                          | 0   | -                                    | 1.3                             | 0   | 9.8                                       | 0.4                                       | 頭部、骨、ひれ等を除いたもの <sup>9)</sup>                      |
| 10176            | みりん干し<br>Mirinboshi <sup>5)</sup>   | 756                                     | 177                 | 399                                      | 180                                      | 0   | Tr                    | 7.5                        | 0.7                             | 12.1                       | 0.4                             | 2.1                        | 0.2                        | 0.1              | Tr                              | 0  | 0.1                                  | 0                               | 3.6                                  | 0.2                             | 6.0                   | 17.1                  | 24.4                  | 1.2                                      | 0.2                                       | 0.1  | 0.3                                       | 2.0                         | 1.1               | 0.1               | 3.8                             | 0.3                             | 0.1  | 0.8                             | 0.4                                  | 5.2                                       | 0.3                        | 0   | 0.1                                  | 1.0                             | 0.2                                       | 8.0                                       | 0   | 骨、ひれ等を除いたもの <sup>9)</sup>                         |
| 10177            | 缶詰<br>Canned products<br>味付け<br>With seasoning                            | 871                                     | 200                 | 422                                      | 249                                      | 0   | Tr                    | 7.3                        | 1.0                             | 11.0                       | 1.3                             | 2.0                        | 0.2                        | 0.1              | Tr                              | 0  | 0.1                                  | 0                               | 4.1                                  | 0.4                             | 6.2                   | 17.1                  | 19.9                  | 0.8                                      | 0.2                                       | 0  | 0   | 1.5                         | 1.3               | 0.2               | 4.6                             | 0.3                             | 0.1  | 1.1                             | 0.5                                  | 6.3                                       | 0.4                        | 0.1                                       | 0.1                                  | 1.3                             | 0.2                                       | 10.3                                      | 0   | 液汁を除いたもの <sup>7)</sup>                            |
| 10178            | かば焼<br>Kabayaki <sup>8)</sup>   | 864                                     | 196                 | 435                                      | 234                                      | 0   | Tr                    | 7.1                        | 1.0                             | 10.9                       | 1.4                             | 2.0                        | 0.2                        | 0.1              | Tr                              | 0  | 0.1                                  | 0                               | 4.0                                  | 0.4                             | 6.3                   | 18.0                  | 20.7                  | 0.8                                      | 0.2                                       | 0  | 0   | 1.5                         | 1.3               | 0.2               | 2.8                             | 0.3                             | 0.1  | 1.0                             | 0.5                                  | 6.3                                       | 0.4                        | Tr  | 0.2                                  | 1.4                             | 0.2                                       | 10.6                                      | 0   | 液汁を含んだもの <sup>9)</sup><br>別名：まんびき                 |
| 10179            | しいら<br>Dolphinfish<br>生<br>Raw  | 729                                     | 265                 | 173                                      | 291                                      | 0   | 0.1                   | 4.0                        | 0.8                             | 21.5                       | 1.0                             | 7.9                        | 0.5                        | 0.2              | 0.3                             | 0  | 0.1                                  | 0                               | 5.6                                  | 0.4                             | 14.7                  | 1.4                   | 1.0                   | 0.6                                      | 0.3                                       | 0.2  | 0.2                                       | 1.1                         | 0.5               | 0.1               | 0.8                             | 0.2                             | 0.1  | 0.4                             | 2.3                                  | 7.0                                       | 0.2                        | 0   | 0.1                                  | 2.1                             | 1.1                                       | 23.0                                      | 0   | 切り身 <sup>2)</sup>                                 |
| 10180            | (ししゃも類)<br>Shishamo<br>ししゃも<br>Shishamo smelt<br>生干し、生<br>Semi-dried, raw | 833                                     | 200                 | 420                                      | 213                                      | 0   | 0.1                   | 6.3                        | 0.3                             | 15.2                       | 0.2                             | 1.8                        | 0.1                        | Tr               | 0                               | 0  | 0.2                                  | 0                               | 9.2                                  | 0.3                             | 38.6                  | 1.2                   | 0.5                   | 0.3                                      | 0.6                                       | 0.4  | 0.6                                       | 0.8                         | 0.3               | 0.1               | 0.9                             | 0.2                             | 0.1  | 0.4                             | 1.0                                  | 9.9                                       | 0.4                        | 0   | 0                                    | 1.7                             | 0.1                                       | 8.1                                       | 0   | ひと塩品 <sup>10)</sup><br>頭部及び尾を除いたもの <sup>11)</sup> |
| 10182            | からふとししゃも<br>Atlantic capelin<br>生干し、生<br>Semi-dried, raw                  | 819                                     | 168                 | 476                                      | 175                                      | 0   | 0.1                   | 6.3                        | 0.3                             | 12.4                       | 0.1                             | 1.3                        | 0.1                        | Tr               | 0                               | 0  | 0.1                                  | 0                               | 9.4                                  | 0.1                             | 14.5                  | 15.1                  | 18.1                  | 0.7                                      | 0.5                                       | 0.3  | 0.5                                       | 1.2                         | 0.4               | 0.1               | 1.7                             | 0.2                             | 0.1  | 0.4                             | 0.3                                  | 7.8                                       | 0.3                        | 0   | Tr                                   | 0.8                             | 0.1                                       | 6.9                                       | 0   | ひと塩品 <sup>10)</sup><br>魚体全体 <sup>13)</sup>        |
| 10184            | したびらめ<br>Sole<br>生<br>Raw   | 696                                     | 211                 | 205                                      | 281                                      | 0   | 0.2                   | 4.3                        | 0.9                             | 18.3                       | 0.8                             | 4.9                        | 0.4                        | 0.2              | 0.1                             | 0  | 0.2                                  | 0                               | 10.1                                 | 0.9                             | 15.7                  | 1.6                   | 0.7                   | 0.3                                      | 0.4                                       | 0.3  | 0.2                                       | 1.0                         | 0.5               | 0.2               | 0.8                             | 0.4                             | 0.1  | 0.4                             | 3.4                                  | 9.8                                       | 0.4                        | 0   | 0.1                                  | 6.2                             | 0.7                                       | 15.6                                      | 0   | 五枚下ろし <sup>14)</sup>                              |
| 10185            | しまあじ<br>Striped jack<br>養殖、生<br>Cultured, raw                             | 786                                     | 235                 | 297                                      | 254                                      | 0   | 0                     | 4.1                        | 0.5                             | 19.7                       | 0.5                             | 4.8                        | 0.3                        | 0                | 0                               | 0  | 0.1                                  | 0                               | 6.8                                  | 0.4                             | 22.2                  | 3.9                   | 3.6                   | 0.8                                      | 0   | 0  | 0   | 4.5                         | 0.8               | 0                 | 1.1                             | 0.2                             | 0.1  | 0.6                             | 1.2                                  | 6.4                                       | 0                          | 0   | 0                                    | 2.7                             | 0.5                                       | 14.3                                      | 0   | 三枚下ろし <sup>1)</sup>                               |
| 10186            | しらうお<br>Japanese icefish<br>生<br>Raw                                      | 664                                     | 170                 | 151                                      | 343                                      | 0   | Tr                    | 2.9                        | 0.4                             | 18.5                       | 0.3                             | 3.2                        | 0.1                        | 0.1              | 0.1                             | 0  | Tr                                   | 0                               | 5.6                                  | 0.4                             | 11.0                  | 2.0                   | 2.6                   | 1.0                                      | 0.6                                       | 0.4  | 0.4                                       | 1.6                         | 1.0               | 0.1               | 2.2                             | 0.3                             | 0.1  | 1.0                             | 0.9                                  | 13.6                                      | 0.5                        | 0   | 0.2                                  | 1.4                             | 0.3                                       | 27.1                                      | 0   |   |
| 10187            | シルバー<br>Silver warehou<br>生<br>Raw  | 795                                     | 235                 | 360                                      | 188                                      | -   | -                     | 4.9                        | 0.9                             | 17.7                       | 1.8                             | 4.2                        | Tr                         | -                | -                               | -  | 0.2                                  | -                               | 5.3                                  | 0.7                             | 23.5                  | 8.5                   | 5.3                   | 1.8                                      | -   | -  | -   | 0.6                         | 0.6               | -                 | 1.7                             | 0.1                             | 0.1  | 0.9                             | 1.2                                  | 6.7                                       | -                          | 0   | -                                    | 1.8                             | 0   | 9.9                                       | 1.5                                       | 輸入品 <sup>12)</sup><br>切り身 <sup>2)</sup>           |
| 10188            | すずき<br>Japanese seaperch<br>生<br>Raw                                      | 790                                     | 247                 | 286                                      | 256                                      | 0   | 0.1                   | 5.1                        | 0.5                             | 20.4                       | 0.5                             | 4.1                        | 0.4                        | 0.1              | 0.1                             | 0  | 0.2                                  | 0                               | 11.5                                 | 0.4                             | 18.8                  | 2.8                   | 1.9                   | 0.6                                      | 0.9                                       | 0.8  | 0.5                                       | 1.4                         | 0.7               | 0.2               | 1.3                             | 0.2                             | 0.1  | 0.6                             | 1.7                                  | 9.0                                       | 0.4                        | 0   | Tr                                   | 2.2                             | 0.4                                       | 11.9                                      | 0   | 切り身 <sup>2)</sup>                                 |



| 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 100g total fatty acids |      |      |      |      |      |      |      |      |      |                          |      |      |      |      |      |      |      |                          |      |      |      |          |          |          |          |          | 備考<br>Remarks |                             |          |          |          |          |          |      |          |          |          |
|------------------|---------------------------------------|---|-----------------|--------------------------|--------------------------|--|------|------|------|------|------|------|------|------|------|--------------------------|------|------|------|------|------|------|------|--------------------------|------|------|------|----------|----------|----------|----------|----------|---------------|-----------------------------|----------|----------|----------|----------|----------|------|----------|----------|----------|
|                  |                                       | 総<br>量<br>Total                         | 飽和<br>Saturated | 一価不飽和<br>Monounsaturated | 多価不飽和<br>Polyunsaturated | 飽和<br>Saturated  |      |      |      |      |      |      |      |      |      | 一価不飽和<br>Monounsaturated |      |      |      |      |      |      |      | 多価不飽和<br>Polyunsaturated |      |      |      |          |          |          |          |          |               | 未<br>同<br>定<br>Unidentified |          |          |          |          |          |      |          |          |          |
|                  |                                       |   |                 |                          |                          | 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 n-6 | 18:3 n-3 | 18:3 n-6 | 18:4 n-3 | 20:2 n-6 |               |                             | 20:3 n-6 | 20:4 n-3 | 20:4 n-6 | 20:5 n-3 | 21:5 n-3 | 22:2 | 22:4 n-6 | 22:5 n-3 | 22:5 n-6 |
| 10209            | 干しだら<br>Dried split                   | 673                                     | 201             | 167                      | 305                      | 0  | Tr   | 1.2  | 0.2  | 21.9 | 0.2  | 6.1  | 0.1  | 0.1  | 0.1  | 0                        | 0    | 0    | 2.1  | 0.1  | 18.1 | 2.9  | 0.8  | 0.8                      | 0.1  | 0.1  | Tr   | 0.6      | 0.2      | Tr       | 0.3      | 0        | 0.1           | 0.4                         | 2.5      | 13.6     | 0.3      | 0        | 0.8      | 1.8  | 0.3      | 24.3     | 0        |
| 10210            | でんぶ<br>Denbu <sup>3)</sup>            | 569                                     | 152             | 136                      | 281                      | 0  | 0    | 1.7  | 0.2  | 20.2 | 0.1  | 4.1  | Tr   | 0    | 0.2  | 0                        | 0    | 0    | 2.4  | 0.1  | 15.5 | 3.6  | 1.6  | 0.8                      | 0.1  | 0.1  | 0.1  | 0.8      | 0.2      | 0.1      | 0.5      | 0.2      | 0.1           | 0.4                         | 1.8      | 17.4     | 0.4      | 0        | 0        | 1.3  | 0.2      | 25.7     | 0        |
| 10211            | ちか<br>Japanese surfsmelt              | 821                                     | 158             | 134                      | 329                      | 0  | 0    | 2.6  | 0.4  | 19.4 | 0.3  | 2.7  | Tr   | 0    | 0    | 0                        | 0.1  | 0    | 5.1  | 0.2  | 13.1 | 1.5  | 1.1  | 0.6                      | 0    | 0    | 0    | 1.0      | 0.9      | 0        | 1.0      | 0.2      | Tr            | 0.3                         | 1.5      | 12.5     | 0        | -        | 0        | 1.1  | 0.4      | 34.0     | 0        |
| 10212            | テラピア<br>Tilapia                       | 826                                     | 265             | 356                      | 201                      | -  | -    | 3.2  | 0.2  | 22.0 | 0.3  | 5.9  | 0.5  | -    | -    | -                        | 0.1  | -    | 6.6  | 0.2  | 32.7 | 2.3  | 0.5  | 0.7                      | -    | -    | -    | 11.9     | 0.8      | -        | 0.5      | 0.4      | 0.5           | 0.2                         | 1.1      | 0.7      | -        | 0        | -        | 1.9  | 0        | 6.2      | 0.5      |
| 10213            | どじょう<br>Loach                         | 461                                     | 137             | 137                      | 187                      | 0  | 0.1  | 1.0  | 1.0  | 17.0 | 1.9  | 7.6  | 0.5  | 0.4  | 0.3  | 0                        | Tr   | 0    | 8.9  | 1.2  | 15.9 | 2.8  | 0.7  | 0.2                      | 0.5  | 0.3  | 0.1  | 6.4      | 1.9      | 0.5      | 0        | 1.3      | 0.9           | 0.3                         | 12.6     | 4.2      | 0.2      | 0        | 0.1      | 3.7  | 1.5      | 6.1      | 0        |
| 10215            | とびうお<br>Flying fish                   | 631                                     | 207             | 102                      | 318                      | -  | -    | 2.7  | 1.5  | 20.8 | 0    | 7.4  | 0.5  | -    | -    | -                        | 0    | -    | 3.5  | 0.8  | 9.9  | 0.9  | 0.2  | 0.7                      | -    | -    | -    | 1.3      | 0.9      | -        | 1.1      | 0.2      | 0.2           | 0.5                         | 1.6      | 5.7      | -        | 0        | -        | 2.2  | 2.2      | 34.5     | 0.6      |
| 10216            | なまず<br>Catfish                        | 813                                     | 205             | 404                      | 204                      | 0  | 0.1  | 2.2  | 0.4  | 17.5 | 0.4  | 4.2  | 0.2  | 0.1  | Tr   | 0                        | 0.1  | 0    | 8.2  | 0.4  | 36.2 | 3.4  | 1.2  | 0.2                      | 0.3  | 0.1  | 0.1  | 7.6      | 1.8      | 0.1      | 0.3      | 0.6      | 0.4           | 0.5                         | 1.7      | 3.0      | 0.2      | 0        | Tr       | 1.7  | 0.3      | 6.3      | 0        |
| 10217            | にぎす<br>Japanese argentine             | 701                                     | 211             | 195                      | 296                      | 0  | 0.1  | 2.9  | 0.4  | 22.1 | 0.4  | 4.0  | 0.2  | 0.1  | 0    | 0                        | Tr   | 0    | 3.3  | 0.3  | 21.4 | 1.4  | 0.8  | 0.5                      | 0.2  | 0.1  | 0.1  | 1.0      | 0.6      | Tr       | 0.5      | 0.2      | 0.1           | 0.9                         | 2.2      | 9.7      | 0.4      | 0        | 0        | 2.2  | 0.6      | 23.2     | 0        |
| 10218            | にしん<br>Pacific herring                | 839                                     | 197             | 476                      | 158                      | -  | -    | 7.9  | 0.2  | 13.9 | 0.1  | 1.3  | 0.1  | -    | -    | -                        | 0    | -    | 6.5  | 0.8  | 22.3 | 12.0 | 14.0 | 1.1                      | -    | -    | -    | 1.3      | 0.8      | -        | 2.1      | 0.1      | Tr            | 0.3                         | 0.7      | 6.9      | -        | 0        | -        | 0.6  | 0        | 6.1      | 1.0      |
| 10219            | 身欠きにしん<br>Migaki-nishin <sup>7)</sup> | 844                                     | 207             | 499                      | 130                      | -  | -    | 6.1  | 0.1  | 16.4 | 0    | 1.8  | 0.1  | -    | -    | -                        | 0    | -    | 7.9  | 0.7  | 32.2 | 8.9  | 8.6  | 0.8                      | -    | -    | -    | 2.9      | 1.1      | -        | 0.9      | 0.1      | 0.1           | 0.2                         | 0.3      | 5.4      | -        | 0        | -        | 0.3  | 0        | 4.2      | 0.9      |
| 10220            | 開き干し<br>Hirakiboshi <sup>9)</sup>     | 833                                     | 196             | 468                      | 170                      | 0  | 0.1  | 6.5  | 0.4  | 14.8 | 0.1  | 1.3  | 0.2  | 0.1  | Tr   | 0                        | 0.1  | 0    | 9.5  | 0.2  | 18.0 | 11.6 | 15.8 | 0.8                      | 0.7  | 0.5  | 0.8  | 0.8      | 0.4      | 0.1      | 1.5      | 0.1      | 0.1           | 0.3                         | 0.3      | 8.5      | 0.3      | 0        | 0.1      | 0.6  | 0.1      | 5.3      | 0        |
| 10221            | くん製<br>Smoked                         | 864                                     | 205             | 517                      | 142                      | 0  | 0.1  | 7.4  | 0.4  | 14.2 | 0.1  | 1.2  | 0.2  | 0.1  | 0    | 0                        | 0.1  | 0    | 6.4  | 0.2  | 15.3 | 15.5 | 21.4 | 1.0                      | 0.5  | 0.2  | 0.5  | 1.0      | 0.3      | 0.3      | 1.5      | 0.2      | 0.1           | 0.3                         | 0.3      | 5.8      | 0.2      | 0        | Tr       | 0.5  | 0.1      | 4.6      | 0        |
| 10222            | かずのこ<br>Ovary                         | 483                                     | 126             | 139                      | 217                      | -  | -    | 2.9  | 0.3  | 20.5 | Tr   | 2.3  | 0.1  | -    | -    | -                        | 0    | -    | 5.9  | 1.0  | 19.9 | 1.2  | 0.4  | 0.2                      | -    | -    | -    | 0.9      | 0.8      | -        | 0.6      | Tr       | 0             | 0.4                         | 1.7      | 12.7     | -        | 0        | -        | 1.0  | 0        | 26.8     | 0.2      |
| 10223            | 乾<br>Dried                            | 590                                     | 175             | 153                      | 262                      | 0  | 0    | 4.4  | 0.3  | 22.2 | 0.1  | 2.4  | Tr   | 0    | 0    | 0                        | Tr   | 0    | 5.5  | 0.3  | 16.8 | 2.2  | 0.7  | 0.6                      | 0.3  | 0.1  | 0.1  | 0.8      | 0.4      | Tr       | 0.5      | 0.1      | Tr            | 0.6                         | 0.5      | 16.6     | 0.2      | 0        | Tr       | 2.1  | 0.1      | 21.8     | 0        |
| 10224            | 塩蔵、水戻し<br>Salted, desalted            | 497                                     | 173             | 151                      | 173                      | 0  | Tr   | 3.0  | 0.4  | 28.4 | 0.2  | 2.8  | Tr   | 0.1  | Tr   | 0                        | Tr   | 0    | 5.8  | 0.4  | 22.4 | 0.8  | 0.3  | 0.6                      | 0.2  | 0.1  | 0.1  | 0.9      | 0.5      | Tr       | 0.6      | 0.1      | 0.1           | 0.4                         | 1.0      | 11.8     | 0.1      | 0        | 0        | 1.0  | 0.1      | 17.9     | 0        |
| 10225            | はぜ<br>Yellowfin goby                  | 446                                     | 128             | 87                       | 220                      | -  | -    | 1.1  | 0.6  | 17.6 | 1.6  | 7.8  | 0.1  | -    | -    | -                        | 0.2  | -    | 4.1  | 1.1  | 10.1 | 1.2  | 0.3  | 2.6                      | -    | -    | -    | 0.7      | 0.5      | -        | 0.3      | 0.2      | 0.2           | 0.5                         | 8.6      | 18.4     | -        | 0        | -        | 4.3  | 1.9      | 13.7     | 2.6      |
| 10226            | つくだ煮<br>Tsukudani <sup>11)</sup>      | 509                                     | 177             | 105                      | 226                      | 0  | 0.2  | 3.5  | 0.8  | 20.0 | 1.5  | 7.6  | 0.3  | 0.3  | 0.5  | 0                        | 0.3  | 0    | 1.6  | 0.9  | 16.2 | 0.9  | 0.3  | 0.4                      | 0.6  | 0.5  | 0.2  | 4.7      | 4.3      | 0.5      | 0.9      | 0.6      | 0.5           | 0.6                         | 5.0      | 11.3     | 0.3      | 0        | 0.1      | 3.2  | 1.4      | 9.9      | 0        |
| 10227            | 甘露煮<br>Kanroni <sup>12)</sup>         | 463                                     | 173             | 116                      | 174                      | 0  | 0.1  | 3.4  | 1.0  | 21.0 | 1.4  | 9.2  | 0.3  | 0.3  | 0.6  | 0                        | 0.1  | 0    | 7.3  | 0.8  | 14.6 | 1.5  | 0.6  | 0.2                      | 0.4  | 0.3  | 0.1  | 3.6      | 2.8      | 0.3      | 1.2      | 0.5      | 0.3           | 0.5                         | 4.1      | 9.7      | 0.4      | 0        | Tr       | 3.0  | 1.0      | 9.5      | 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                               | 20:5<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>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>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>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 .....)                          |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |  |                   |                                 |                                 |   |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |  |        |
| 10228            | はたはた<br>Sandfish<br>生<br>Raw                     | 783                                     | 179                 | 335                                      | 262                                      | -   | -                     | 2.4                        | 0.3                             | 16.2                       | 0.7                             | 3.1                        | 0.1                        | -                | -                               | -                | 0                                    | -  | 8.6                                  | 1.0                             | 28.7                  | 2.7                   | 1.1                   | 0.7                             | -   | -  | -  | 1.3               | 0.6                             | -                               | 0.8                                       | 0.1                             | 0.1                                  | 0.5                         | 1.8               | 11.5                                      | -                          | 0   | -                               | 1.0                             | 0   | 15.8                                      | 0.7                                       | 三枚下ろし <sup>1)</sup>                       |  |        |
| 10229            | 生干し<br>Namaboshi <sup>2)</sup>                   | 828                                     | 194                 | 378                                      | 256                                      | 0   | 0.1                   | 2.8                        | 0.4                             | 17.4                       | 0.4                             | 2.2                        | 0.1                        | Tr               | Tr                              | 0                | 0.1                                  | 0  | 9.4                                  | 0.6                             | 30.9                  | 2.9                   | 1.4                   | 0.4                             | 0.3                                       | 0.1  | 0.1  | 1.2               | 0.7                             | 0.1                             | 0.9                                       | 0.3                             | 0.1                                  | 0.5                         | 2.2               | 9.7                                       | 0.3                        | 0   | Tr                              | 0.9                             | 0.3                                       | 13.1                                      | 0   | 頭部、骨、ひれ等を除いたもの <sup>3)</sup>              |  |        |
| (10243)          | はまち→ぶり<br>はまふえふき<br>Spangled emperor             |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |  |                   |                                 |                                 |   |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |  | 別名：たまみ |
| 10230            | 生<br>Raw   | 610                                     | 229                 | 164                                      | 218                                      | 0   | 0                     | 1.9                        | 0.8                             | 24.3                       | 1.1                             | 9.0                        | 0.4                        | 0                | 0                               | 0                | Tr                                   | 0  | 3.9                                  | 0.7                             | 19.5                  | 1.9                   | 0.3                   | 0.4                             | 0   | 0  | 0  | 1.1               | 0.3                             | 0                               | 0.2                                       | 0.4                             | 0.4                                  | 0.2                         | 10.9              | 2.7                                       | 0                          | 0   | 0                               | 3.2                             | 2.1                                       | 14.2                                      | 0   | 三枚下ろし <sup>1)</sup>                       |  |        |
| 10231            | はも<br>Conger pike<br>生<br>Raw                    | 785                                     | 257                 | 242                                      | 274                                      | -   | -                     | 3.8                        | 0.8                             | 20.4                       | 1.8                             | 5.4                        | 0.5                        | -                | -                               | -                | 0.1                                  | -  | 8.0                                  | 1.1                             | 17.5                  | 1.8                   | 0.8                   | 1.4                             | -   | -  | -  | 1.5               | 1.9                             | -                               | 1.4                                       | 0.2                             | 0.4                                  | 2.1                         | 2.8               | 5.2                                       | -                          | 0   | -                               | 4.0                             | 0   | 15.4                                      | 1.5                                       | 切り身 <sup>4)</sup>                         |  |        |
| 10232            | バラクーダ<br>Barracouta<br>生<br>Raw                  | 829                                     | 249                 | 231                                      | 344                                      | -   | -                     | 5.7                        | 0.8                             | 19.0                       | 0.9                             | 3.4                        | 0.2                        | -                | -                               | -                | 0.5                                  | -  | 4.6                                  | 1.5                             | 18.8                  | 1.0                   | 0.5                   | 0.9                             | -   | -  | -  | 2.3               | 1.3                             | -                               | 3.6                                       | 0.1                             | 0.1                                  | 1.3                         | 0.9               | 12.6                                      | -                          | 0   | -                               | 2.7                             | 0   | 16.6                                      | 0.6                                       | 切り身 <sup>4)</sup>                         |  |        |
| 10233            | ひらまさ<br>Goldstriped amberjack<br>生<br>Raw        | 699                                     | 223                 | 235                                      | 240                                      | 0   | 0                     | 3.6                        | 0.6                             | 20.0                       | 0.8                             | 6.6                        | 0.4                        | 0                | 0                               | 0                | Tr                                   | 0  | 5.9                                  | 0.5                             | 21.0                  | 2.9                   | 2.6                   | 0.9                             | 0   | 0  | 0  | 1.1               | 0.6                             | 0                               | 0.9                                       | 0.2                             | 0.1                                  | 0.5                         | 1.8               | 6.3                                       | 0                          | 0   | 0                               | 2.5                             | 0.7                                       | 19.5                                      | 0   | 切り身 <sup>4)</sup>                         |  |        |
| 10234            | ひらめ<br>Bastard halibut<br>天然、生<br>Wild, raw      | 760                                     | 216                 | 240                                      | 304                                      | 0   | 0.1                   | 5.6                        | 0.5                             | 17.7                       | 0.4                             | 3.7                        | 0.3                        | 0.1              | 0.1                             | 0                | 0.1                                  | 0  | 6.8                                  | 0.4                             | 15.0                  | 4.8                   | 3.6                   | 0.8                             | 0.5                                       | 0.4  | 0.4  | 1.0               | 0.5                             | 0.2                             | 1.1                                       | 0.3                             | 0.1                                  | 0.5                         | 2.9               | 8.2                                       | 0.4                        | 0   | 0.1                             | 3.8                             | 0.7                                       | 19.0                                      | 0   | 五枚下ろし <sup>5)</sup>                       |  |        |
| 10235            | 養殖、生<br>Cultured, raw                            | 769                                     | 225                 | 271                                      | 273                                      | 0   | 0.1                   | 5.9                        | 0.7                             | 18.8                       | 0.5                             | 3.1                        | 0.2                        | 0.1              | 0.1                             | 0                | 0.1                                  | 0  | 7.6                                  | 0.4                             | 16.6                  | 5.5                   | 4.4                   | 0.6                             | 0.6                                       | 0.4  | 0.5  | 2.1               | 0.8                             | 0.1                             | 1.8                                       | 0.2                             | 0.1                                  | 0.3                         | 1.1               | 7.7                                       | 0.4                        | 0   | 0.1                             | 2.8                             | 0.4                                       | 15.9                                      | 0   | 五枚下ろし <sup>5)</sup>                       |  |        |
| (10169)          | ふかひれ→(さめ類)<br>(ふぐ類)<br>(Puffers)                 |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |  |                   |                                 |                                 |   |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |  |        |
| 10236            | とらふぐ<br>Ocellate puffer<br>養殖、生<br>Cultured, raw | 653                                     | 190                 | 125                                      | 338                                      | 0   | 0                     | 0.8                        | 0.3                             | 19.3                       | 0.5                             | 7.9                        | 0.3                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.1                                  | 0.3                             | 13.5                  | 1.6                   | 1.0                   | 0.6                             | 0   | 0  | 0  | 1.7               | 0.3                             | 0                               | 0.2                                       | 0.3                             | 0.2                                  | 0.3                         | 4.8               | 9.5                                       | 0                          | 0   | 0                               | 5.0                             | 1.4                                       | 28.1                                      | 0   | 切り身(皮なし) <sup>6)</sup>                    |  |        |
| 10237            | まふぐ<br>Purple puffer<br>生<br>Raw                 | 615                                     | 189                 | 110                                      | 335                                      | 0   | 0                     | 0.4                        | 0.3                             | 17.1                       | 0.5                             | 9.0                        | 0.2                        | 0                | 0                               | 0                | 0.1                                  | 0  | 1.4                                  | 0.3                             | 13.1                  | 1.8                   | 0.6                   | 0.6                             | 0   | 0  | 0  | 1.1               | 0.2                             | 0                               | 0.1                                       | 0.4                             | 0.1                                  | 0.3                         | 6.2               | 5.8                                       | 0                          | 0   | 0                               | 5.1                             | 1.2                                       | 34.0                                      | 0   | 切り身(皮なし) <sup>6)</sup>                    |  |        |
| 10238            | ふな<br>Crucian carp<br>生<br>Raw                   | 773                                     | 207                 | 289                                      | 277                                      | Tr  | 0.1                   | 3.6                        | Tr                              | 18.3                       | 0.6                             | 3.9                        | 0.1                        | 0.1              | 0                               | 0                | 0.2                                  | 0  | 12.9                                 | 0.8                             | 21.1                  | 1.9                   | 0.4                   | 0.1                             | 1.6                                       | 1.7  | 0.4  | 2.5               | 3.8                             | 0.3                             | 2.3                                       | 0.3                             | 0.3                                  | 1.1                         | 2.1               | 9.7                                       | 0.5                        | 0   | Tr                              | 3.0                             | 0.6                                       | 5.6                                       | 0   | 三枚下ろし <sup>1)</sup>                       |  |        |
| 10240            | 甘露煮<br>Kanroni <sup>7)</sup>                     | 637                                     | 167                 | 178                                      | 293                                      | 0   | 0.1                   | 1.8                        | 0.8                             | 16.2                       | 1.3                             | 5.3                        | 0.3                        | 0.2              | 0.1                             | 0                | 0.1                                  | 0  | 4.9                                  | 0.9                             | 19.7                  | 1.9                   | 0.4                   | 0.1                             | 0.3                                       | 0.2  | 0.1  | 26.2              | 6.2                             | 0.5                             | 0.9                                       | 0.6                             | 0.5                                  | 0.5                         | 2.6               | 2.5                                       | 0.1                        | 0   | Tr                              | 0.9                             | 0.7                                       | 3.1                                       | 0   |   |  |        |
| 10241            | ぶり<br>Yellowtail<br>成魚<br>Mature<br>生<br>Raw     | 722                                     | 251                 | 247                                      | 211                                      | -   | -                     | 5.8                        | 0.6                             | 20.6                       | 1.6                             | 5.9                        | 0.3                        | -                | -                               | -                | 0                                    | -  | 7.1                                  | 1.0                             | 18.7                  | 3.7                   | 2.4                   | 1.4                             | -   | -  | -  | 1.5               | 0.8                             | -                               | 1.5                                       | 0.1                             | 0.1                                  | 0.7                         | 1.2               | 7.4                                       | -                          | 0   | -                               | 2.5                             | 0   | 13.5                                      | 1.7                                       | 切り身 <sup>4)</sup>                         |  |        |
| 10243            | はまち<br>Young<br>養殖、生<br>Cultured, raw            | 751                                     | 219                 | 284                                      | 248                                      | 0   | Tr                    | 5.1                        | 0.6                             | 18.0                       | 0.6                             | 4.3                        | 0.4                        | 0.1              | 0.1                             | 0                | 0.2                                  | 0  | 6.0                                  | 0.4                             | 19.2                  | 6.4                   | 5.1                   | 0.5                             | 0.4                                       | 0.3  | 0.4  | 3.2               | 1.0                             | 0.2                             | 2.0                                       | 0.2                             | 0.1                                  | 0.8                         | 1.0               | 7.2                                       | 0.4                        | 0   | 0.1                             | 2.4                             | 0.4                                       | 12.8                                      | 0   | 切り身 <sup>4)</sup>                         |  |        |

| 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>ト<br>ラ<br>キ<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>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>ペ<br>ン<br>タ<br>エ<br>ン<br>酸 | ペ<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>ペ<br>ン<br>タ<br>エ<br>ン<br>酸 | ド<br>コ<br>サ<br>ペ<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 .....)                          |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |  |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10244            | ほうぼう<br>Gurnard<br>生<br>Raw                               | 687                                     | 229                 | 247                                      | 203                                      | -   | -                     | 3.1                        | 0.5                             | 21.8                       | 1.2                             | 6.6                        | 0.2                        | -                | -                               | -                | Tr                                   | -  | 8.6                                  | 0.9                             | 23.8                  | 1.2                   | 0.2                   | 1.2                             | -   | -  | -   | 0.6                         | 0.2               | -                 | 0.9                             | Tr                              | 0.2                                       | 0.3                             | 2.7                                  | 6.4                                       | -                          | 0   | -                               | 2.9                             | 0.7                                       | 14.6                                      | 1.2                                       | 三枚下ろし <sup>1)</sup>                       |
| 10245            | ホキ<br>Hoki<br>生<br>Raw                                    | 738                                     | 182                 | 325                                      | 226                                      | -   | -                     | 3.4                        | 0.7                             | 17.3                       | 0                               | 3.2                        | 0.1                        | -                | -                               | -                | 0.1                                  | -  | 5.8                                  | 1.2                             | 25.0                  | 7.0                   | 3.1                   | 1.9                             | -   | -  | -   | 1.5                         | 0.7               | -                 | 0.7                             | 0.2                             | 0.1                                       | 1.0                             | 1.5                                  | 6.1                                       | -                          | 0   | -                               | 1.4                             | 0   | 17.5                                      | 0.7                                       | 切り身 <sup>2)</sup>                         |
| 10246            | ほっけ<br>Atka mackerel<br>生<br>Raw                          | 715                                     | 160                 | 275                                      | 270                                      | -   | -                     | 3.8                        | 0.2                             | 14.9                       | 0.3                             | 3.0                        | 0.1                        | -                | -                               | -                | 0                                    | -  | 7.5                                  | 1.0                             | 17.4                  | 5.7                   | 5.4                   | 1.3                             | -   | -  | -   | 1.2                         | 0.5               | -                 | 1.4                             | 0.2                             | 0.1                                       | 0.5                             | 1.8                                  | 14.4                                      | -                          | 0   | -                               | 0.8                             | 0   | 16.8                                      | 1.4                                       | 三枚下ろし <sup>1)</sup>                       |
| 10247            | 塩ほっけ<br>Salted  | 801                                     | 210                 | 358                                      | 233                                      | 0   | 0.1                   | 6.0                        | 0.4                             | 16.5                       | 1.0                             | 2.0                        | 0.1                        | 0.1              | Tr                              | 0                | 0.2                                  | 0  | 9.8                                  | 0.3                             | 21.9                  | 6.2                   | 5.7                   | 0.7                             | 0.7                                       | 0.3  | 0.6                                       | 1.3                         | 0.8               | 0.1               | 1.7                             | 0.2                             | 0.1                                       | 0.4                             | 0.9                                  | 12.0                                      | 0.4                        | 0   | Tr                              | 0.6                             | 0.1                                       | 8.8                                       | 0   | 骨、ひれ、皮等を除いたもの <sup>3)</sup>               |
| 10248            | 開き干し<br>Hirakiboshi <sup>4)</sup>                         | 766                                     | 202                 | 347                                      | 217                                      | 0   | 0.1                   | 6.4                        | 0.4                             | 16.6                       | 0.8                             | 1.8                        | 0.1                        | 0.1              | Tr                              | 0                | 0.2                                  | 0  | 9.6                                  | 0.2                             | 20.0                  | 7.3                   | 7.3                   | 0.7                             | 0.6                                       | 0.3  | 0.6                                       | 1.2                         | 0.9               | 0.1               | 2.0                             | 0.2                             | 0.1                                       | 0.4                             | 1.4                                  | 12.1                                      | 0.4                        | 0   | 0                               | 0.5                             | 0.1                                       | 7.5                                       | 0   | 頭部、骨、ひれ等を除いたもの <sup>5)</sup>              |
| 10249            | ぼら<br>Striped mullet<br>生<br>Raw                          | 851                                     | 235                 | 280                                      | 312                                      | -   | -                     | 6.9                        | 0.4                             | 17.1                       | 0.5                             | 2.4                        | 0.4                        | -                | -                               | -                | Tr                                   | -  | 12.9                                 | 1.6                             | 14.1                  | 2.4                   | 1.0                   | 0.9                             | -   | -  | -   | 3.1                         | 1.0               | -                 | 1.9                             | Tr                              | 0.2                                       | 0.9                             | 1.1                                  | 8.7                                       | -                          | 0   | -                               | 5.7                             | 0   | 13.9                                      | 2.9                                       | 三枚下ろし <sup>1)</sup>                       |
| 10250            | からすみ<br>Karasumi <sup>6)</sup>                            | 492                                     | 93                  | 198                                      | 202                                      | 0   | Tr                    | 1.7                        | 0.7                             | 12.0                       | 0.5                             | 3.5                        | 0.2                        | 0.1              | 0.1                             | 0                | Tr                                   | 0  | 21.3                                 | 1.8                             | 16.5                  | 0.3                   | 0.2                   | 0.1                             | 1.0                                       | 0.3  | 0.6                                       | 2.2                         | 1.1               | 0.9               | 1.3                             | 0.2                             | 0.5                                       | 1.6                             | 3.3                                  | 7.4                                       | 0.5                        | 0   | 0.1                             | 6.0                             | 0.5                                       | 13.6                                      | 0   | 別名：もろこ                                    |
| 10251            | ほんもろこ<br>Willow shiner<br>生<br>Raw                        | 757                                     | 199                 | 300                                      | 257                                      | 0   | 0                     | 4.3                        | 0.7                             | 16.5                       | 0.6                             | 4.0                        | 0.2                        | 0                | 0                               | 0                | 0.2                                  | 0  | 13.1                                 | 0.8                             | 24.3                  | 1.1                   | 0.1                   | 0.1                             | 0   | 0  | 0   | 4.4                         | 4.5               | 0                 | 1.1                             | 0.6                             | 0.6                                       | 2.4                             | 5.2                                  | 6.4                                       | 0                          | 0   | 0                               | 2.4                             | 0.8                                       | 5.5                                       | 0   | 魚体全体 <sup>7)</sup>                        |
| 10252            | (まぐろ類)<br>(Tunas)<br>きはだ<br>Yellowfin tuna<br>生<br>Raw    | 591                                     | 195                 | 121                                      | 274                                      | 0   | 0                     | 1.3                        | 0.8                             | 18.9                       | 1.3                             | 9.3                        | 0.4                        | 0.5              | 0.5                             | 0                | 0.1                                  | 0  | 2.6                                  | 0.7                             | 14.2                  | 1.1                   | 0.3                   | 1.4                             | 0.2                                       | 0  | 0   | 1.3                         | 0.3               | 0.2               | 0.4                             | 0.6                             | 0.4                                       | 0.4                             | 4.9                                  | 4.2                                       | 0.5                        | 0   | 0.1                             | 1.9                             | 3.4                                       | 27.7                                      | 0   | 切り身(皮なし) <sup>8)</sup>                    |
| 10253            | くろまぐろ<br>Bluefin tuna<br>赤身、生<br>Lean meat, raw           | 560                                     | 175                 | 210                                      | 139                                      | -   | -                     | 2.5                        | 0.4                             | 18.0                       | 1.5                             | 8.8                        | 0.2                        | -                | -                               | -                | 0                                    | -  | 3.4                                  | 0.8                             | 23.7                  | 4.1                   | 4.2                   | 1.2                             | -   | -  | -   | 1.0                         | 0.4               | -                 | 0.8                             | 0.2                             | 0.1                                       | 0.6                             | 2.0                                  | 3.4                                       | -                          | 0   | -                               | 1.4                             | 0   | 15.0                                      | 6.4                                       | 切り身(皮なし) <sup>8)</sup>                    |
| 10254            | 脂身、生<br>Fatty meat, raw                                   | 824                                     | 215                 | 371                                      | 233                                      | -   | -                     | 4.0                        | 0.4                             | 15.4                       | 1.2                             | 4.9                        | 0.2                        | -                | -                               | -                | 0.1                                  | -  | 4.4                                  | 0.9                             | 20.6                  | 7.9                   | 9.8                   | 1.5                             | -   | -  | -   | 1.5                         | 0.9               | -                 | 2.0                             | 0.3                             | 0.1                                       | 0.7                             | 0.8                                  | 6.4                                       | -                          | 0   | -                               | 1.4                             | 0   | 14.1                                      | 0.5                                       | 別名：とろ<br>切り身(皮なし) <sup>8)</sup>           |
| 10255            | びんが<br>Albacore<br>生<br>Raw                               | 707                                     | 217                 | 159                                      | 331                                      | 0   | 0                     | 2.1                        | 0.6                             | 19.4                       | 1.0                             | 7.5                        | 0.2                        | 0                | 0                               | 0                | Tr                                   | 0  | 2.8                                  | 0.7                             | 14.5                  | 2.2                   | 1.4                   | 0.9                             | 0   | 0  | 0   | 1.0                         | 0.5               | 0                 | 0.7                             | 0.4                             | 0.2                                       | 0.7                             | 2.3                                  | 7.5                                       | 0                          | 0   | 0                               | 1.3                             | 1.2                                       | 31.1                                      | 0   | 切り身(皮なし) <sup>8)</sup>                    |
| 10256            | みなみまぐろ<br>Southern bluefin tuna<br>赤身、生<br>Lean meat, raw | 562                                     | 173                 | 258                                      | 128                                      | -   | -                     | 3.5                        | 0.7                             | 17.2                       | 1.2                             | 7.9                        | 0.3                        | -                | -                               | -                | 0                                    | -  | 3.8                                  | 0.9                             | 17.7                  | 9.2                   | 11.7                  | 2.5                             | -   | -  | -   | 1.4                         | 0.6               | -                 | 1.1                             | 0.4                             | 0.2                                       | 0.5                             | 0.8                                  | 3.9                                       | -                          | 0   | -                               | 1.2                             | 0   | 12.5                                      | 0.8                                       | 切り身(皮なし) <sup>8)</sup>                    |
| 10257            | 脂身、生<br>Fatty meat, raw                                   | 807                                     | 205                 | 398                                      | 199                                      | -   | -                     | 4.6                        | 0.4                             | 14.5                       | 1.1                             | 4.5                        | 0.3                        | -                | -                               | -                | 0.1                                  | -  | 5.3                                  | 1.0                             | 19.2                  | 10.1                  | 12.1                  | 1.6                             | -   | -  | -   | 1.5                         | 0.8               | -                 | 1.6                             | 0.4                             | 0.1                                       | 0.8                             | 0.8                                  | 5.5                                       | -                          | 0   | -                               | 1.4                             | 0   | 11.8                                      | 0.6                                       | 別名：とろ<br>切り身(皮なし) <sup>8)</sup>           |
| 10258            | めじまぐろ<br>Young bluefin tuna<br>生<br>Raw                   | 756                                     | 227                 | 206                                      | 323                                      | 0   | Tr                    | 3.7                        | 0.8                             | 17.7                       | 1.0                             | 6.2                        | 0.3                        | 0.2              | 0.1                             | 0                | 0.1                                  | 0  | 4.0                                  | 0.4                             | 14.7                  | 3.9                   | 3.2                   | 0.9                             | 0.3                                       | 0.2  | 0.2                                       | 1.4                         | 0.9               | 0.2               | 1.6                             | 0.3                             | 0.1                                       | 0.6                             | 1.7                                  | 8.6                                       | 0.4                        | Tr  | 0.1                             | 1.9                             | 0.7                                       | 23.4                                      | 0   | 切り身(皮なし) <sup>8)</sup>                    |
| 10259            | めばち<br>Big-eye tuna<br>生<br>Raw                           | 723                                     | 208                 | 258                                      | 256                                      | 0   | 0                     | 2.0                        | 0.6                             | 18.7                       | 0.9                             | 6.1                        | 0.3                        | 0                | 0                               | 0                | 0.1                                  | 0  | 4.1                                  | 0.9                             | 26.1                  | 3.0                   | 0.7                   | 1.0                             | 0   | 0  | 0   | 0.8                         | 0.2               | 0                 | 0.2                             | 0.4                             | 0.2                                       | 0.3                             | 3.1                                  | 4.6                                       | 0                          | -   | 0                               | 1.4                             | 1.9                                       | 22.4                                      | 0   | 切り身(皮なし) <sup>8)</sup>                    |

| 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>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>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>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 .....)   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 缶詰<br>Canned products           |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10260                           | 水煮、フレーク、ライト<br>Flaked light meat in brine  | 687                                     | 259                 | 164                                      | 264                                      | 0   | Tr                    | 2.1                        | 1.0                             | 22.9                       | 3.0                             | 8.0                        | 0.3                        | 0.2              | 0.2                             | 0  | Tr                                   | 0                               | 3.9                                  | 0.7                             | 17.6                  | 1.2                   | 0.3                                      | 0.3                             | 0.1                                       | 0   | 0   | 1.0                         | 0.3               | 0                 | 0.5                             | 0.3                             | 0.2                                       | 0.4                             | 2.7                                  | 4.1                                       | 0.1                        | 0   | 0.4                             | 1.2                             | 2.3                                       | 24.8                                      | 0   | 原材料：きはだ <sup>1)</sup><br>液汁を含んだもの <sup>2)</sup>                             |
| 10261                           | 水煮、フレーク、ホワイト<br>Flaked white meat in brine | 833                                     | 258                 | 284                                      | 291                                      | Tr  | Tr                    | 3.2                        | 0.7                             | 20.2                       | 1.3                             | 4.9                        | 0.3                        | 0.2              | Tr                              | 0  | Tr                                   | 0                               | 4.1                                  | 0.6                             | 20.2                  | 4.7                   | 4.4                                      | Tr                              | 0.2                                       | 0   | 0   | 2.0                         | 0.6               | 0                 | 1.0                             | 0.3                             | 0.1                                       | 0.5                             | 1.4                                  | 5.4                                       | 0.2                        | 0   | 0.5                             | 1.0                             | 0.8                                       | 21.0                                      | 0   | 原材料：びんなが <sup>3)</sup><br>液汁を含んだもの <sup>2)</sup>                            |
| 10262                           | 味付け、フレーク<br>Flaked meat with seasoning     | 760                                     | 251                 | 212                                      | 297                                      | Tr  | Tr                    | 2.9                        | 0.9                             | 20.0                       | 2.0                             | 6.6                        | 0.3                        | 0.2              | 0.1                             | 0  | Tr                                   | 0                               | 4.2                                  | 0.7                             | 16.9                  | 3.5                   | 2.4                                      | 0.2                             | 0.1                                       | 0   | 0   | 2.5                         | 0.8               | 0                 | 1.3                             | 0.3                             | 0.1                                       | 0.6                             | 1.9                                  | 5.8                                       | 0.2                        | 0   | 0.3                             | 1.2                             | 1.3                                       | 22.7                                      | 0   | 液汁を含んだもの <sup>2)</sup>  |
| 10263                           | 油漬、フレーク、ライト<br>Flaked light meat in oil    | 940                                     | 155                 | 224                                      | 560                                      | 0   | 0                     | 0.1                        | Tr                              | 11.2                       | 0.1                             | 4.3                        | 0.4                        | 0.3              | 0.1                             | 0  | 0                                    | 0                               | 0.2                                  | 0.1                             | 23.1                  | 0.4                   | 0.1                                      | 0                               | Tr  | 0   | 0   | 52.6                        | 6.4               | 0                 | 0.1                             | 0.1                             | 0   | 0                               | 0.1                                  | 0.1                                       | 0                          | 0   | Tr                              | Tr                              | 0.3                                       | 0   | 原材料：きはだ <sup>1)</sup><br>液汁を含んだもの <sup>2)</sup> |   |
| 10264                           | 油漬、フレーク、ホワイト<br>Flaked white meat in oil   | 888                                     | 205                 | 179                                      | 497                                      | -   | -                     | 0.8                        | Tr                              | 19.4                       | 0.2                             | 2.7                        | 0                          | -                | -                               | -  | 0                                    | -                               | 0.8                                  | Tr                              | 19.2                  | 0.1                   | 0  | 0                               | -   | -   | -   | 53.4                        | 0.4               | -                 | 0.1                             | 0                               | 0   | 0                               | 0                                    | 0.4                                       | -                          | 0   | -                               | 0                               | 0   | 1.8                                       | 0.7   | 原材料：びんなが <sup>3)</sup><br>液汁を含んだもの <sup>2)</sup><br>別名：メロ                   |
| マジェランあいなめ<br>Southern black cod |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10265                           | 生<br>Raw                                   | 820                                     | 181                 | 582                                      | 57                                       | 0   | 0                     | 4.3                        | 0.3                             | 13.1                       | 0.2                             | 4.1                        | 0.2                        | 0                | 0                               | 0  | 0.2                                  | 0                               | 8.3                                  | 0.4                             | 42.8                  | 10.8                  | 6.7                                      | 1.7                             | 0   | 0   | 0   | 1.0                         | 0.3               | 0                 | 0.6                             | 0.2                             | 0.1                                       | 0.4                             | 0.3                                  | 1.8                                       | 0                          | Tr  | 0                               | 0.3                             | -   | 1.9                                       | 0   | 輸入品 <sup>4)</sup><br>切り身 <sup>5)</sup>                                      |
| (10126<br>~153)<br>ます類→(さけ・ます類) |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| まながつお<br>Silver pomfret         |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10266                           | 生<br>Raw                                   | 853                                     | 348                 | 365                                      | 139                                      | 0   | 0.1                   | 5.4                        | 0.6                             | 27.7                       | 0.7                             | 5.6                        | 0.5                        | 0.2              | 0.1                             | 0  | 0.1                                  | 0                               | 5.4                                  | 0.4                             | 32.3                  | 2.7                   | 1.3                                      | 0.7                             | 0.1                                       | Tr  | Tr  | 0.4                         | 0.3               | 0.1               | 0.1                             | 0.2                             | 0.1                                       | 0.3                             | 1.5                                  | 2.6                                       | 0.1                        | 0   | Tr                              | 2.7                             | 0.8                                       | 7.0                                       | 0   | 三枚下ろし <sup>6)</sup>   |
| みなみだら<br>Southern blue whiting  |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10267                           | 生<br>Raw                                   | 665                                     | 169                 | 117                                      | 379                                      | 0   | 0                     | 1.1                        | 0.3                             | 20.3                       | 0.2                             | 3.5                        | Tr                         | 0                | Tr                              | 0  | 0                                    | 0                               | 1.6                                  | 0.2                             | 12.2                  | 2.2                   | 0.7                                      | 0.7                             | 0.1                                       | Tr  | Tr  | 1.7                         | 0.6               | 0.1               | 0.9                             | 0.2                             | 0.1                                       | 0.7                             | 2.4                                  | 13.0                                      | 0.3                        | 0   | 0                               | 1.6                             | 0.5                                       | 34.8                                      | 0   | 切り身 <sup>5)</sup>   |
| むつ<br>Gnomefish                 |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10268                           | 生<br>Raw                                   | 880                                     | 134                 | 682                                      | 64                                       | 0   | Tr                    | 2.4                        | 0.2                             | 8.8                        | 0.7                             | 2.7                        | 0.3                        | 0.1              | 0.1                             | 0  | 0.1                                  | 0                               | 4.2                                  | 0.3                             | 25.6                  | 19.9                  | 24.9                                     | 2.5                             | 0.1                                       | 0.1   | Tr  | 0.6                         | 0.2               | Tr                | 0.2                             | 0.1                             | 0.1                                       | 0.4                             | 0.4                                  | 1.2                                       | 0.1                        | 0   | Tr                              | 0.7                             | 0.1                                       | 2.9                                       | 0   | 切り身 <sup>5)</sup>   |
| めじな<br>Girella                  |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10270                           | 生<br>Raw                                   | 727                                     | 260                 | 242                                      | 224                                      | 0   | 0                     | 4.7                        | 0.8                             | 23.5                       | 0.8                             | 5.4                        | 0.6                        | 0                | 0                               | 0  | 0.1                                  | 0                               | 8.1                                  | 0.5                             | 21.5                  | 1.7                   | 0.9                                      | 0.7                             | 0   | 0   | 0   | 0.7                         | 0.5               | 0                 | 0.4                             | 0.3                             | 0.2                                       | 0.6                             | 2.6                                  | 6.1                                       | 0                          | 0   | 0                               | 4.5                             | 1.3                                       | 13.7                                      | 0   | 切り身 <sup>5)</sup><br>別名：ぐれ  |
| めばる<br>Japanese stingfish       |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10271                           | 生<br>Raw                                   | 766                                     | 226                 | 262                                      | 271                                      | -   | -                     | 4.8                        | 0.5                             | 19.6                       | 0.1                             | 4.3                        | 0.2                        | -                | -                               | -  | 0.1                                  | -                               | 10.5                                 | 0.9                             | 18.5                  | 2.1                   | 1.0                                      | 1.3                             | -   | -   | -   | 1.0                         | 0.3               | -                 | 1.0                             | 0.2                             | 0.1                                       | 0.6                             | 1.6                                  | 13.9                                      | -                          | 0   | -                               | 2.0                             | 0   | 14.7                                      | 0.9   | 三枚下ろし <sup>6)</sup>   |
| メルルーサ<br>Hake                   |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10272                           | 生<br>Raw                                   | 758                                     | 181                 | 257                                      | 315                                      | -   | -                     | 2.4                        | 0.3                             | 17.0                       | 0.4                             | 3.7                        | 0.1                        | -                | -                               | -  | Tr                                   | -                               | 5.7                                  | 1.0                             | 19.1                  | 4.8                   | 1.7                                      | 1.5                             | -   | -   | -   | 1.3                         | 0.6               | -                 | 1.1                             | 0.2                             | 0.1                                       | 0.7                             | 1.6                                  | 10.3                                      | -                          | 0   | -                               | 1.9                             | 0   | 23.6                                      | 0.7   | 輸入品 <sup>4)</sup><br>切り身 <sup>5)</sup> 。皮を除いたもの <sup>7)</sup><br>標準和名：かわやつめ |
| やつめうなぎ<br>Lamprey               |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10273                           | 生<br>Raw                                   | 825                                     | 172                 | 439                                      | 213                                      | 0   | 0.2                   | 3.7                        | 0.4                             | 14.2                       | 0.2                             | 2.1                        | Tr                         | 0                | 0                               | 0  | 0.1                                  | 0                               | 9.1                                  | 0.7                             | 37.3                  | 4.8                   | 1.1                                      | 0.1                             | 0.3                                       | 0.2   | 0.2                                       | 1.6                         | 0.9               | 0.1               | 1.1                             | 0.2                             | 0.1                                       | 0.6                             | 1.8                                  | 8.6                                       | 0.4                        | 0   | Tr                              | 1.3                             | 0.1                                       | 8.3                                       | 0   | 頭部、内臓、骨、ひれ等を除いたもの <sup>8)</sup>   |
| 10274                           | 干しやつめ<br>Dried                             | 752                                     | 211                 | 293                                      | 240                                      | -   | -                     | 7.5                        | 0.4                             | 17.2                       | 0.7                             | 2.1                        | 0.1                        | -                | -                               | -  | 0                                    | -                               | 11.1                                 | 1.3                             | 22.7                  | 3.0                   | 0.5                                      | 0.5                             | -   | -   | -   | 2.4                         | 1.0               | -                 | 2.4                             | Tr                              | 0.1                                       | 1.0                             | 1.0                                  | 9.4                                       | -                          | 0   | -                               | 2.4                             | 0   | 12.1                                      | 0.9   | 内臓を含んだもの <sup>9)</sup><br>頭部、皮等を除いたもの <sup>10)</sup><br>別名：やまべ              |
| やまめ<br>Seema                    |  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |  |                                      |                                 |                                      |                                 |                       |                       |  |                                 |   |   |   |                             |                   |                   |                                 |                                 |   |                                 |                                      |   |                            |   |                                 |                                 |   |   |   |   |
| 10275                           | 養殖、生<br>Cultured, raw                      | 814                                     | 213                 | 323                                      | 278                                      | 0   | Tr                    | 3.1                        | 0.3                             | 17.8                       | 0.2                             | 4.4                        | 0.1                        | 0.1              | 0.1                             | 0  | 0.1                                  | 0                               | 6.4                                  | 0.3                             | 27.2                  | 3.3                   | 2.0                                      | 0.5                             | 0.2                                       | 0.1   | 0.2                                       | 10.7                        | 1.0               | 0.1               | 0.5                             | 0.5                             | 0.3                                       | 0.6                             | 0.8                                  | 3.6                                       | 0.3                        | 0   | Tr                              | 1.6                             | 0.2                                       | 13.3                                      | 0   | 三枚下ろし <sup>6)</sup>   |

| 食品番号<br>Item No. | 食品名<br>Food and description                              | 脂質 1 g 当たり脂肪酸<br>Fatty acids per g lipid |                     |  |  | 総脂肪酸 100 g 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 和 Saturated  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      | 一 価 不 飽 和 Monounsaturated       |                                      |                                 |                       |                       |                       |                                 |   | 多 価 不 飽 和 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>酸 | テ<br>ヘ<br>ラ<br>キ<br>サ<br>エ<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>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>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 .....)                          |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |                                      |                   |                                 |                                 |                                      |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |                            |   |  |  |  |
| 10276            | わかさぎ<br>Pond smelt<br>生 Raw                              | 683                                      | 170                 | 186                                      | 328                                      | 0  | 0.1                   | 3.3                        | 0.5                             | 17.0                       | 0.4                             | 3.1                        | 0.1                        | 0.1              | 0.1                             | 0                | 0.1                                  | 0                               | 8.2                                  | 0.5                             | 16.4                  | 0.8                   | 0.5                   | 0.7                             | 0.5                                       | 0.3                                       | 0.4                                  | 2.6               | 2.1                             | 0.2                             | 1.5                                  | 0.3                             | 0.1                                  | 0.6                         | 3.5               | 11.5                                      | 0.3                        | 0   | 0.1                             | 2.2                             | 1.0                                       | 20.9                                      | 0   |   |                            |   |  |  |  |
| 10277            | つくだ煮<br>Tsukudani <sup>1)</sup>                          | 624                                      | 185                 | 152                                      | 287                                      | Tr   | 0.1                   | 3.9                        | 0.6                             | 19.0                       | 1.0                             | 4.5                        | 0.2                        | 0.2              | 0.2                             | 0                | 0.1                                  | 0                               | 6.7                                  | 0.6                             | 15.6                  | 0.4                   | 0.1                   | 0.7                             | 0.5                                       | 0.2                                       | 0.1                                  | 4.8               | 4.0                             | 0.2                             | 1.4                                  | 0.4                             | 0.2                                  | 0.8                         | 5.2               | 9.0                                       | 0.3                        | 0   | 0                               | 2.6                             | 2.9                                       | 13.3                                      | 0   |   |                            |   |  |  |  |
| 10278            | あめ煮<br>Ameni <sup>2)</sup>                               | 523                                      | 171                 | 98                                       | 254                                      | 0  | 0                     | 4.3                        | 0.6                             | 21.2                       | 0.9                             | 5.0                        | 0.2                        | 0.2              | 0.2                             | 0                | 0.1                                  | 0                               | 5.2                                  | 0.5                             | 11.5                  | 0.6                   | 0.1                   | 0.8                             | 0.3                                       | 0.2                                       | 0.1                                  | 5.2               | 3.5                             | 0.2                             | 1.6                                  | 0.5                             | 0.2                                  | 0.7                         | 4.6               | 9.6                                       | 0.4                        | 0   | Tr                              | 2.4                             | 3.5                                       | 15.7                                      | 0   |   |                            |   |  |  |  |
| (10305)          | <貝類><br><SHELLFISHES><br>あおやぎ→ばかがい                       |  |                     |  |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |                                      |                   |                                 |                                 |                                      |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |                            |   |  |  |  |
| 10279            | あかがい<br>Bloody clams<br>生 Raw                            | 287                                      | 100                 | 50                                       | 137                                      | Tr   | 0                     | 1.6                        | 0.4                             | 19.6                       | 2.2                             | 10.1                       | 0.4                        | 0.2              | 0.2                             | 0                | 0.2                                  | 0                               | 2.9                                  | 0.4                             | 6.1                   | 6.9                   | 0.8                   | 0.1                             | 0.3                                       | 0   | 0.2                                  | 1.3               | 0.4                             | 0.1                             | 0.8                                  | 0.2                             | 0.3                                  | 0.3                         | 5.1               | 16.4                                      | 1.3                        | 0   | 0                               | 2.3                             | 0.8                                       | 18.1                                      | 0   | 貝殻及び内臓を除いたもの <sup>3)</sup>                  |                            |   |  |  |  |
| (10318)          | 味付け缶詰→もがいら<br>味付け缶詰                                      |  |                     |  |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |                                      |                   |                                 |                                 |                                      |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |                            |   |  |  |  |
| 10280            | あげまき<br>Jackknife clams<br>生 Raw                         | 534                                      | 170                 | 124                                      | 240                                      | 0  | 0                     | 3.7                        | 1.0                             | 20.1                       | 1.1                             | 5.7                        | 0.2                        | 0                | 0                               | 0                | 0                                    | 0                               | 10.7                                 | 0.4                             | 8.3                   | 3.1                   | 0.3                   | 0.3                             | 0   | 0   | 0                                    | 1.1               | 1.2                             | 0                               | 2.6                                  | 1.0                             | 0.4                                  | 1.2                         | 2.4               | 22.2                                      | 0                          | 0   | 0                               | 1.8                             | 0.7                                       | 10.5                                      | 0   | 貝殻を除いたもの <sup>4)</sup>                      |                            |   |  |  |  |
| 10281            | あさり<br>Short-necked clams<br>生 Raw                       | 251                                      | 75                  | 48                                       | 127                                      | 0  | 0                     | 0.9                        | 0.6                             | 14.8                       | 1.9                             | 11.4                       | 0.3                        | 0                | 0                               | 0                | 0                                    | 0                               | 2.8                                  | 0.3                             | 7.8                   | 8.4                   | 0                     | 0                               | 0   | 0   | 0                                    | 1.0               | 0.7                             | 0                               | 0.9                                  | 2.6                             | 0.3                                  | 0.6                         | 5.9               | 7.9                                       | 0.6                        | 0   | 0                               | 4.3                             | 2.3                                       | 23.7                                      | 0   | 貝殻を除いたもの <sup>4)</sup>                      |                            |   |  |  |  |
| 10282            | つくだ煮<br>Tsukudani <sup>5)</sup><br>缶詰<br>Canned products | 416                                      | 132                 | 89                                       | 195                                      | 0  | Tr                    | 3.2                        | 0.6                             | 19.7                       | 1.1                             | 6.4                        | 0.3                        | 0.1              | 0.1                             | 0                | Tr                                   | 0                               | 8.4                                  | 0.2                             | 8.6                   | 3.5                   | 0.4                   | 0.1                             | 0.7                                       | 0.8                                       | 0.4                                  | 1.1               | 0.8                             | 0.2                             | 2.0                                  | 1.6                             | 0.4                                  | 0.9                         | 2.9               | 17.5                                      | 1.6                        | 0   | 0                               | 1.9                             | 0.7                                       | 13.4                                      | 0   |   |                            |   |  |  |  |
| 10283            | 水煮<br>In brine   | 403                                      | 154                 | 95                                       | 142                                      | -  | -                     | 3.9                        | 1.6                             | 21.4                       | 2.4                             | 8.3                        | 0.5                        | -                | -                               | -                | 0                                    | -                               | 7.0                                  | 1.3                             | 7.7                   | 4.9                   | Tr                    | 2.5                             | -   | -   | -                                    | 1.0               | 0.7                             | -                               | 1.3                                  | 2.2                             | 0.4                                  | 3.9                         | 4.2               | 8.9                                       | -                          | 0   | -                               | 1.5                             | 1.4                                       | 9.6                                       | 3.2                                       | 液汁を除いたもの <sup>6)</sup>                      |                            |   |  |  |  |
| 10284            | 味付け<br>With seasoning                                    | 444                                      | 124                 | 122                                      | 198                                      | 0  | Tr                    | 2.3                        | 0.7                             | 17.2                       | 1.8                             | 5.6                        | 0.3                        | 0.1              | 0.1                             | 0                | Tr                                   | 0                               | 10.6                                 | 0.8                             | 9.5                   | 6.2                   | 0.3                   | 0                               | 0.8                                       | 0   | 0                                    | 1.7               | 1.1                             | 0.2                             | 2.5                                  | 1.8                             | 0.5                                  | 1.0                         | 1.7               | 16.3                                      | 1.5                        | 2.1                                       | 0.5                             | 1.4                             | 0.6                                       | 10.9                                      | 0   | 液汁を除いたもの <sup>6)</sup>                      |                            |   |  |  |  |
| (10319)          | あわび<br>Abalone   |  |                     |  |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |                                      |                   |                                 |                                 |                                      |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |                            |   |  |  |  |
| 10285            | 生 Raw  | 357                                      | 128                 | 86                                       | 143                                      | 0  | Tr                    | 4.8                        | 1.1                             | 21.5                       | 1.3                             | 6.8                        | 0.2                        | Tr               | 0                               | 0                | Tr                                   | 0                               | 1.6                                  | 0.5                             | 17.0                  | 4.4                   | 0.6                   | 0                               | Tr  | Tr  | 0                                    | 1.3               | 1.4                             | 0.1                             | 0.7                                  | 0.3                             | 0.2                                  | 0.2                         | 16.6              | 8.2                                       | 0                          | 0   | 0                               | 10.7                            | 0   | 0.5                                       | 0   | 貝殻及び内臓を除いたもの <sup>9)</sup>                  |                            |   |  |  |  |
| 10286            | 干し<br>Steamed and dried                                  | 368                                      | 139                 | 85                                       | 144                                      | 0  | Tr                    | 5.6                        | 1.1                             | 22.7                       | 1.1                             | 6.9                        | 0.1                        | 0.1              | 0                               | 0                | 0                                    | 0                               | 1.2                                  | 0.3                             | 15.4                  | 5.9                   | 0.3                   | 0                               | Tr  | 0.1                                       | 0                                    | 2.3               | 1.6                             | 0.2                             | 0.4                                  | 0.4                             | 0.3                                  | 0.2                         | 13.9              | 8.7                                       | 0.5                        | 0.4                                       | 0.1                             | 9.9                             | Tr  | 0.2                                       | 0   |   |                            |   |  |  |  |
| 10287            | 塩辛<br>Shiokara <sup>7)</sup>                             | 634                                      | 234                 | 227                                      | 173                                      | 0  | 0.2                   | 8.0                        | 0.8                             | 23.6                       | 0.5                             | 3.7                        | 0.2                        | 0                | 0                               | 0                | 0.4                                  | 0                               | 5.3                                  | 0.3                             | 22.4                  | 7.2                   | 0.3                   | 0                               | 0.1                                       | Tr  | 0                                    | 3.1               | 2.0                             | 0.4                             | 1.0                                  | 0.7                             | 0.5                                  | 0.5                         | 8.4               | 6.8                                       | 0                          | 0   | 0                               | 3.7                             | 0   | 0.2                                       | 0   |   |                            |   |  |  |  |
| 10288            | 水煮缶詰<br>Canned in brine                                  | 654                                      | 178                 | 162                                      | 314                                      | 0  | 0                     | 3.1                        | 0.7                             | 14.1                       | 1.0                             | 6.8                        | 1.6                        | 0                | 0                               | 0                | 0                                    | 0                               | 2.1                                  | 0.5                             | 11.8                  | 3.4                   | 7.1                   | 0                               | 0   | 0   | 10.8                                 | 0.9               | 1.0                             | 0                               | 0.4                                  | 0.5                             | 0.3                                  | 0.2                         | 10.0              | 7.0                                       | 0.7                        | 3.1                                       | 0                               | 11.3                            | 0   | 1.7                                       | 0   | 輸入品 <sup>8)</sup><br>液汁を除いたもの <sup>6)</sup> |                            |   |  |  |  |
| (10320)          | いがい<br>Mussels   |  |                     |  |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |                                      |                   |                                 |                                 |                                      |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |                            |   |  |  |  |
| 10289            | 生 Raw  | 490                                      | 159                 | 100                                      | 232                                      | 0  | 0                     | 3.5                        | 0.8                             | 21.5                       | 1.5                             | 4.7                        | 0.2                        | 0.1              | Tr                              | 0                | Tr                                   | 0                               | 9.3                                  | 0.3                             | 5.8                   | 4.5                   | 0.4                   | 0.1                             | 0.7                                       | 0.3                                       | 0.2                                  | 1.5               | 1.1                             | 0.2                             | 1.9                                  | 0.5                             | 0.2                                  | 0.3                         | 3.0               | 20.1                                      | 1.1                        | 0   | 0                               | 1.4                             | 0.5                                       | 14.3                                      | 0   | 0   | 貝殻、足糸等を除いたもの <sup>9)</sup> |   |  |  |  |
| (10321)          | いたやがい<br>Japanese scallops                               |  |                     |  |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |                                      |                   |                                 |                                 |                                      |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |                            |   |  |  |  |
| 10290            | 養殖、生<br>Cultured, raw                                    | 519                                      | 167                 | 88                                       | 263                                      | 0  | 0                     | 4.0                        | 0.7                             | 18.0                       | 1.3                             | 7.5                        | 0.7                        | 0                | 0                               | 0                | 0                                    | 0                               | 7.6                                  | 0.1                             | 7.4                   | 1.7                   | 0.2                   | 0.1                             | 0   | 0   | 0                                    | 1.9               | 1.9                             | 0                               | 4.4                                  | 0.7                             | 0.5                                  | 0.8                         | 2.7               | 17.7                                      | 0                          | 0   | 0                               | 1.0                             | 0.8                                       | 18.3                                      | 0   | 0   | 貝殻を除いたもの <sup>4)</sup>     |   |  |  |  |
| (10322)          | エスカルゴ<br>Apple snails                                    |  |                     |  |  |  |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |                                 |                                      |                                 |                       |                       |                       |                                 |   |   |                                      |                   |                                 |                                 |                                      |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |                            |   |  |  |  |
| 10291            | 水煮缶詰<br>Canned in brine                                  | 339                                      | 71                  | 61                                       | 208                                      | 0  | 0                     | 0.3                        | 0.4                             | 6.3                        | 1.3                             | 11.9                       | 0.4                        | 0                | 0.3                             | 0                | 0                                    | 0                               | 0.1                                  | 0.2                             | 14.7                  | 2.7                   | 0.2                   | 0                               | 0   | 0   | 0                                    | 18.5              | 3.9                             | 0                               | 0                                    | 14.3                            | 1.5                                  | 0.2                         | 16.7              | 3.8                                       | 0                          | 0   | 0                               | 1.5                             | 0   | 0   | 0   | 0   | 0                          | 輸入品 <sup>8)</sup><br>液汁を除いたもの <sup>6)</sup> |  |  |  |

| 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 | 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   |
|                  |   |   |                     |  |  | 酸   | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    |                             |                   | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸                          | 酸  |
| 10292            | かき<br>Oysters<br>養殖、生<br>Cultured, raw                    | 555                                     | 167                 | 127                                      | 230                                      | -   | -    | 4.5  | 0.6  | 19.7 | 1.4  | 3.8  | 0.1  | -    | -    | -  | 0    | -    | 4.5  | 1.3  | 10.7 | 2.8  | 0.2  | 3.5                                      | -    | -    | -    | 2.3                         | 1.2               | -    | 5.8  | 0.3  | 0.6  | 3.7  | 1.5  | 16.0 | -    | 0    | -    | 0.9  | 0    | 9.2  | 5.4  | 貝殻を除いたもの <sup>1)</sup>     |  |
| 10294            | くん製油漬缶詰<br>Canned in oil, smoked                          | 919                                     | 273                 | 174                                      | 472                                      | 0   | 0.1  | 2.4  | 0.3  | 24.3 | 0.2  | 2.2  | 0.1  | Tr   | 0.1  | 0  | Tr   | 0    | 2.0  | 0.2  | 16.0 | 0.6  | 0.1  | 0  | 0    | 0    | 0.3  | 45.6                        | 1.2               | 0    | 0.6  | 0    | 0    | Tr   | 0.2  | 2.6  | 0    | 0    | 0    | 0    | 0    | 0.9  | 0    | 液汁を含んだもの <sup>2)</sup>     |  |
| 10295            | さざえ<br>Turban shell<br>生<br>Raw                           | 341                                     | 136                 | 53                                       | 151                                      | 0   | 0    | 3.6  | 2.4  | 26.0 | 2.3  | 5.6  | 0.1  | 0    | 0    | 0  | 0    | 0    | 0.9  | 0.6  | 10.4 | 3.3  | 0.4  | 0  | 0    | 0.4  | 0    | 4.9                         | 1.6               | 0.2  | 0.5  | 0.2  | 0.4  | 0.3  | 17.9 | 4.2  | 0.9  | 0    | 0.1  | 11.7 | 0.5  | 0.5  | 0    | 貝殻及び内臓を除いたもの <sup>3)</sup> |  |
| 10297            | しじみ<br>Freshwater clams<br>生<br>Raw                       | 408                                     | 129                 | 121                                      | 143                                      | -   | -    | 3.3  | 0.7  | 19.4 | 2.9  | 5.1  | 0.3  | -    | -    | -  | Tr   | -    | 10.3 | 0.7  | 9.9  | 7.2  | Tr   | 1.6                                      | -    | -    | -    | 2.6                         | 3.3               | -    | 2.5  | 1.1  | 0.3  | 2.4  | 2.2  | 6.9  | -    | 0    | -    | 3.1  | 0    | 10.7 | 3.3  | 貝殻を除いたもの <sup>1)</sup>     |  |
| 10298            | たいらがい<br>Pen shells<br>貝柱、生<br>Adductor muscle, raw       | 335                                     | 96                  | 37                                       | 202                                      | 0   | 0    | 0.9  | 0.7  | 19.0 | 1.9  | 6.1  | 0    | 0    | 0    | 0  | 0    | 0    | 1.0  | 0.3  | 5.0  | 4.7  | 0.1  | 0  | 0    | 0.8  | 0    | 1.2                         | 0.6               | 0.1  | 0.8  | 1.2  | 0.2  | 0.5  | 4.5  | 18.6 | 2.9  | 0    | 0    | 2.4  | 1.5  | 25.2 | 0    | 標準和名：たいらぎ                  |  |
| 10299            | たにし<br>Pond snails<br>生<br>Raw                            | 302                                     | 76                  | 95                                       | 131                                      | 0   | 0    | 1.9  | 2.2  | 12.4 | 2.5  | 5.8  | 0.2  | 0.1  | 0    | 0  | 0    | 0    | 3.8  | 2.2  | 11.6 | 12.9 | 1.0  | 0  | 0    | 0    | 0    | 8.7                         | 7.3               | 0.4  | 0.3  | 4.7  | 0.6  | 0.5  | 13.0 | 3.7  | 0    | 0    | 0    | 0.9  | 1.8  | 1.5  | 0    | 貝殻を除いたもの <sup>1)</sup>     |  |
| 10300            | つば<br>Whelks<br>生<br>Raw                                  | 394                                     | 94                  | 72                                       | 228                                      | 0   | 0    | 2.3  | 0.3  | 8.6  | 0.8  | 11.8 | 0    | 0    | 0    | 0  | 0    | 0    | 0.7  | 0.2  | 9.7  | 6.9  | 0.7  | 0  | 0    | 0    | 0    | 2.0                         | 0.7               | 0    | 0.2  | 4.8  | 0    | 0.7  | 3.7  | 26.2 | 0.8  | 0    | 0    | 10.2 | 0    | 8.6  | 0    | ひめえぞばら、えぞばい等               |  |
| 10301            | とこぶし<br>Japanese abalone<br>生<br>Raw                      | 307                                     | 107                 | 78                                       | 116                                      | -   | -    | 3.7  | 1.0  | 20.5 | 1.9  | 7.6  | 0.2  | -    | -    | -  | 0    | -    | 1.5  | 0.3  | 13.6 | 4.3  | 0    | 5.9                                      | -    | -    | -    | 1.2                         | 0.5               | -    | 0.5  | 0.4  | 0.3  | 0    | 13.3 | 5.5  | -    | 7.3  | -    | 8.7  | 0    | 0.2  | 1.9  | 貝殻及び内臓を除いたもの <sup>3)</sup> |  |
| 10302            | トップシェル<br>Topshells<br>味付け缶詰<br>Canned with seasoning     | 296                                     | 71                  | 57                                       | 169                                      | 0   | 0    | 1.3  | 0.3  | 8.2  | 1.4  | 10.6 | 2.2  | 0    | 0    | 0  | 0    | 0    | 1.2  | 0    | 8.2  | 9.6  | 0    | 0  | 0    | 0    | 0    | 1.5                         | 2.5               | 0    | 0    | 0    | 3.1  | 0    | 0    | 10.7 | 12.6 | 0    | 9.9  | 0.9  | 9.5  | 0    | 6.3  | 0                          | 輸入品 <sup>5)</sup> 。さざえの缶詰といわれていたもの<br>液汁を除いたもの <sup>6)</sup> |
| 10303            | とりがい<br>Cockles<br>斧足、生<br>Foot, raw                      | 258                                     | 134                 | 64                                       | 60                                       | 0   | 0    | 7.3  | 1.1  | 24.1 | 2.2  | 16.6 | 0.3  | 0.2  | 0    | 0  | 0    | 0    | 8.1  | 0.4  | 8.8  | 7.3  | 0.5  | 0  | 0.2  | 0.3  | 0    | 0.4                         | 0.3               | 0    | 0.6  | 1.7  | 0.2  | 0.8  | 1.1  | 8.9  | 1.3  | 0    | 0    | 1.7  | 0.5  | 5.0  | 0    | ばい、えつちゅうばい等                |  |
| 10304            | ばいがい<br>Ivory shells<br>生<br>Raw                          | 418                                     | 98                  | 65                                       | 255                                      | 0   | 0    | 3.1  | 0.3  | 8.5  | 1.0  | 10.6 | 0    | 0    | 0    | 0  | 0    | 0    | 0.5  | 0.2  | 7.9  | 6.4  | 0.5  | 0  | 0    | 0    | 0    | 1.9                         | 0.3               | 0    | Tr   | 5.2  | 0    | 0.3  | 6.7  | 29.0 | 0    | 0    | 0    | 8.5  | 0    | 8.9  | 0    | 貝殻及び内臓を除いたもの <sup>3)</sup> |  |
| 10305            | ばかがい<br>Hen clams<br>生<br>Raw                             | 360                                     | 127                 | 74                                       | 159                                      | 0   | 0    | 2.8  | 0.8  | 19.7 | 1.5  | 10.2 | 0.3  | 0    | 0    | 0  | 0    | 0    | 4.2  | 0.4  | 7.3  | 8.4  | 0.4  | 0  | 0.1  | 0.4  | 0    | 0.8                         | 0.2               | 0.2  | 0.5  | 3.1  | 0.8  | 0.4  | 3.9  | 9.8  | 1.0  | 0    | 0    | 3.7  | 1.5  | 17.7 | 0    | 貝殻及び内臓を除いたもの <sup>3)</sup> |  |
| 10306            | (はまぐり類)<br>(Hard clams)<br>はまぐり<br>Hard clams<br>生<br>Raw | 467                                     | 157                 | 89                                       | 220                                      | 0   | Tr   | 2.7  | 0.6  | 22.1 | 1.9  | 5.8  | 0.3  | 0.2  | 0.1  | 0  | 0.1  | 0    | 6.9  | 0.3  | 7.4  | 3.8  | 0.6  | 0  | 0.2  | 0.4  | 0.1  | 1.1                         | 1.7               | 0.2  | 2.2  | 2.1  | 0.5  | 0.9  | 4.3  | 11.6 | 2.1  | 0    | Tr   | 2.5  | 1.1  | 16.2 | 0    | 貝殻を除いたもの <sup>1)</sup>     |  |
| 10309            | つくだ煮<br>Tsukudani <sup>7)</sup><br>生<br>Raw               | 427                                     | 145                 | 99                                       | 183                                      | Tr  | Tr   | 3.1  | 0.6  | 22.5 | 1.4  | 5.9  | 0.2  | 0.1  | 0.1  | 0  | 0.2  | 0    | 11.2 | 0.3  | 7.3  | 3.9  | 0.2  | 0  | 0.4  | 0.3  | 0.2  | 1.0                         | 1.1               | 0.2  | 1.7  | 1.6  | 0.5  | 0.9  | 3.3  | 15.3 | 1.2  | 0    | Tr   | 2.2  | 0.8  | 12.2 | 0    |                            |  |
| 10310            | ちょうせんはまぐり<br>Common shield-clams<br>生<br>Raw              | 432                                     | 149                 | 86                                       | 197                                      | 0   | Tr   | 3.3  | 0.6  | 22.6 | 1.8  | 5.8  | 0.1  | 0.2  | 0    | 0  | 0.1  | 0    | 8.4  | 0.4  | 7.4  | 3.0  | 0.6  | 0  | 0.5  | 0.7  | 0.4  | 0.9                         | 1.2               | 0.2  | 2.3  | 1.7  | 0.6  | 0.9  | 4.4  | 14.9 | 2.0  | 0    | 0    | 2.3  | 0.8  | 12.0 | 0    | 貝殻を除いたもの <sup>1)</sup>     |  |



| 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 100g total fatty acids |      |      |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      | 備考<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 |      |               |      |      |      |      |      |      |      |      |      | 未<br>同<br>定<br>Unidentified |      |      |      |      |      |   |
|                  |   |   |                     |  |  | 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  |
|                  |   |   |                     |  |  | 酸  | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    |               | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    |                             | 酸    | 酸    | 酸    | 酸    | 酸    | 酸   |
| (..... mg .....) | (..... g .....)   |   |                     |  |  |  |      |      |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |      |  |      |               |      |      |      |      |      |      |      |      |      |                             |      |      |      |      |      |   |
| 10311            | ほたてがい<br>Scallops<br>生<br>Raw   | 464                                     | 197                 | 102                                      | 166                                      | 0  | 0.1  | 9.7  | 0.5  | 24.9 | 0.9  | 6.1  | 0.1  | 0.2  | 0    | 0    | 0.2  | 0  | 9.7  | 0.3  | 8.8  | 2.4  | 0.5  | 0    | 0.8  | 1.0                                      | 1.8  | 0.6           | 0.8  | 0.1  | 2.3  | 0.3  | 0.2  | 0.5  | 0.9  | 19.6 | 0.9  | 0                           | 0    | 0.3  | 0.5  | 5.1  | 0    | 貝殻を除いたもの <sup>1)</sup>  |
| 10313            | 貝柱<br>Adductor muscle<br>生<br>Raw   | 282                                     | 80                  | 37                                       | 160                                      | -  | -    | 2.4  | 0.7  | 14.9 | 1.2  | 7.6  | 1.4  | -    | -    | -    | 0    | -  | 2.9  | 0    | 4.4  | 4.3  | 0.3  | 1.1  | -    | -  | -    | 0.3           | 0.3  | -    | 1.2  | 0.4  | Tr   | 0.4  | 4.5  | 23.8 | -    | 0                           | -    | 0.8  | 0    | 25.0 | 2.1  |   |
| 10314            | 煮干し<br>Niboshi <sup>2)</sup>  | 319                                     | 96                  | 39                                       | 184                                      | 0  | 0    | 2.9  | 0.8  | 18.3 | 0.8  | 7.3  | 0.1  | 0    | Tr   | 0    | 0    | 0  | 2.3  | 0.1  | 6.4  | 3.0  | 0.3  | Tr   | 0.1  | 0.2                                      | 0.1  | 0.8           | 0.2  | 0.1  | 0.7  | 0.5  | 0.1  | 0.2  | 3.9  | 25.1 | 1.0  | 0                           | 0    | 1.0  | 0.5  | 23.1 | 0    |   |
| 10315            | 水煮缶詰<br>Canned in brine   | 312                                     | 96                  | 48                                       | 168                                      | 0  | Tr   | 2.5  | 0.8  | 17.4 | 1.7  | 8.0  | 0.2  | 0.1  | 0.1  | 0    | 0    | 0  | 2.6  | 0.6  | 6.1  | 5.3  | 0.6  | 0    | 0.1  | 0  | 0    | 1.0           | 0.4  | 0.1  | 1.1  | 0.6  | 0.2  | 0.3  | 3.6  | 22.7 | 1.0  | 0.9                         | 0.6  | 0.9  | 0.5  | 20.0 | 0    | 液汁を除いたもの <sup>3)</sup>  |
| 10316            | ほっきがい<br>Surf clams<br>生<br>Raw   | 280                                     | 91                  | 95                                       | 88                                       | -  | -    | 2.8  | 1.1  | 16.5 | 1.3  | 10.6 | 0.3  | -    | -    | -    | 0    | -  | 4.2  | 0.2  | 6.0  | 18.9 | 0.1  | 4.6  | -    | -  | -    | 0.1           | 0.3  | -    | 1.4  | 1.2  | 0.3  | 0.8  | 4.0  | 12.2 | -    | 0                           | -    | 3.4  | 0    | 7.7  | 2.1  | 標準和名：うばがい<br>貝殻を除いたもの <sup>1)</sup>                               |
| 10317            | みるがい<br>Keen's gaper<br>水管、生<br>Siphon, raw   | 292                                     | 110                 | 51                                       | 131                                      | 0  | 0    | 4.1  | 1.2  | 23.4 | Tr   | 8.4  | 0.5  | 0    | 0    | 0    | 0    | 0  | 2.0  | 0.3  | 7.2  | 7.6  | 0.5  | 0    | 0    | 0  | 0    | 0.7           | 0.3  | 0.1  | 0.7  | 2.7  | 0.6  | 0.4  | 3.9  | 7.1  | 1.9  | 0                           | 0    | 6.0  | 1.4  | 19.0 | 0    | 貝殻、内臓を除いたもの <sup>4)</sup>   |
| 10318            | もがい<br>Ark shells<br>味付け缶詰<br>Canned with seasoning   | 580                                     | 170                 | 146                                      | 264                                      | 0  | 0.1  | 5.0  | 0.4  | 15.9 | 2.2  | 5.2  | 0.2  | 0.2  | 0.1  | 0    | 0.1  | 0  | 11.4 | 2.0  | 6.5  | 4.8  | 0.3  | Tr   | 0.7  | 0  | 0    | 2.0           | 2.0  | 0.3  | 5.3  | 0.1  | 0    | 0.5  | 1.8  | 19.4 | 1.0  | 2.6                         | 0.1  | 0.7  | 0.4  | 8.6  | 0    | 標準和名：さるぼうがい<br>市販通称名：赤貝(さるぼう)味付け缶詰<br>液汁を除いたもの <sup>3)</sup>      |
| 10319            | <えび・かに類><br><PRAWNS, SHRIMPS AND CRABS><br>(えび類)<br>(Prawns and shrimps)<br>あまえび<br>Northern shrimp<br>生<br>Raw | 475                                     | 109                 | 154                                      | 208                                      | -  | -    | 2.2  | 0.2  | 18.6 | 0.1  | 1.7  | Tr   | -    | -    | -    | 0    | -  | 6.3  | 0.3  | 22.4 | 1.9  | 0.7  | 0.7  | -    | -  | -    | 1.0           | 0.1  | -    | 0.2  | 0.1  | 0.1  | 0.2  | 1.9  | 21.7 | -    | 0                           | -    | 0.5  | 0    | 17.9 | 0.9  | 標準和名：ほっこくあかえび<br>頭部、殻、内臓、尾部を除いたもの <sup>5)</sup>                   |
| 10320            | いせえび<br>Japanese spiny lobster<br>生<br>Raw  | 319                                     | 77                  | 71                                       | 165                                      | -  | -    | 0.8  | 0.4  | 12.0 | 1.8  | 8.9  | 0.2  | -    | -    | -    | 0    | -  | 4.3  | 0.3  | 15.4 | 1.4  | 0.2  | 0.8  | -    | -  | -    | 1.6           | 0.3  | -    | 0.3  | 1.0  | 0.1  | 0.2  | 12.0 | 21.5 | -    | 0                           | -    | 1.2  | 0    | 13.5 | 1.9  | 頭部、殻、内臓、尾部を除いたもの <sup>5)</sup>                                    |
| 10321            | くるまえび<br>Kuruma prawn<br>養殖、生<br>Cultured, raw  | 421                                     | 126                 | 91                                       | 204                                      | 0  | Tr   | 0.8  | 0.5  | 18.6 | 1.3  | 7.9  | 0.2  | 0.2  | 0.4  | 0    | 0    | 0  | 2.7  | 0.4  | 16.0 | 1.7  | 0.5  | 0.3  | Tr   | Tr                                       | 0    | 10.6          | 1.0  | Tr   | 0.2  | 0.6  | 0.1  | 0.2  | 3.4  | 13.6 | 0.2  | 0                           | 0    | 0.6  | 0.4  | 17.4 | 0    | 頭部、殻、内臓、尾部を除いたもの <sup>5)</sup>                                    |
| 10322            | さくらえび<br>Sakura shrimps<br>ゆで<br>Boiled   | 446                                     | 127                 | 148                                      | 165                                      | -  | -    | 1.9  | 0.6  | 19.0 | 1.2  | 5.5  | 0.3  | -    | -    | -    | 0.1  | -  | 8.1  | 2.2  | 18.3 | 2.1  | 0.9  | 1.6  | -    | -  | -    | 1.6           | 0.9  | -    | 0.4  | 0.4  | 0.4  | 0.4  | 3.3  | 13.4 | -    | 0                           | -    | 0.8  | 0    | 15.3 | 1.2  | 殻つき <sup>6)</sup>   |
| 10325            | 煮干し<br>Dried  | 491                                     | 148                 | 156                                      | 187                                      | 0  | 0    | 2.1  | 0.7  | 19.5 | 1.0  | 5.5  | 0.3  | 0.7  | 0.3  | 0    | 0    | 0  | 8.6  | 0.7  | 18.7 | 2.6  | 0.5  | 0.7  | 0.2  | 0.1                                      | 0    | 1.6           | 1.1  | 0.2  | 0.6  | 0.5  | 0.2  | 0.5  | 3.7  | 12.0 | 0.2  | 0                           | 0    | 0.6  | 0.9  | 15.7 | 0    | 殻つき <sup>6)</sup>   |
| 10326            | 煮干し<br>Niboshi <sup>2)</sup>  | 424                                     | 140                 | 134                                      | 151                                      | 0  | 0    | 1.9  | 0.8  | 22.3 | 1.3  | 5.5  | 0.4  | 0.6  | 0.3  | 0    | 0    | 0  | 6.9  | 0.9  | 19.3 | 2.7  | 0.9  | 0.9  | 0.2  | 0  | 0.1  | 1.8           | 1.4  | 0.1  | 0.7  | 0.5  | 0.1  | 0.4  | 2.7  | 12.0 | 0.2  | 0                           | 0    | 0.5  | 0.5  | 14.3 | 0    | 殻つき <sup>6)</sup>   |
| 10327            | 大正えび<br>Chinese prawn<br>生<br>Raw   | 468                                     | 139                 | 135                                      | 194                                      | 0  | Tr   | 1.2  | 0.9  | 16.7 | 1.8  | 8.4  | 0.2  | 0.4  | 0.1  | 0    | Tr   | 0  | 9.7  | 1.5  | 15.8 | 1.5  | 0.2  | 0.1  | 0.1  | 0  | 0.1  | 1.1           | 0.4  | 0.1  | 0.2  | 0.7  | 0.2  | 0.2  | 7.1  | 15.3 | 0.3  | 0                           | 0    | 1.6  | 1.0  | 13.1 | 0    | 標準和名：こうちえび<br>輸入品 <sup>7)</sup><br>頭部、殻、内臓、尾部を除いたもの <sup>5)</sup> |
| 10328            | しばえび<br>Shiba shrimp<br>生<br>Raw  | 464                                     | 157                 | 100                                      | 207                                      | 0  | Tr   | 1.6  | 0.9  | 19.5 | 1.7  | 9.4  | 0.4  | 0.3  | 0.1  | 0    | 0    | 0  | 6.6  | 0.7  | 12.5 | 1.2  | 0.2  | 0.3  | 0.2  | 0.1                                      | Tr   | 1.3           | 0.9  | 0.1  | 0.8  | 0.7  | 0.1  | 0.4  | 4.9  | 17.0 | 0.3  | 0                           | 0    | 1.2  | 0.4  | 16.2 | 0    | 頭部、殻、内臓、尾部を除いたもの <sup>5)</sup>                                    |

| 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>酸 | ヘ<br>キ<br>サ<br>エ<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>ク<br>ラ<br>エ<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>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 .....)   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |   |                            |                   |                                 |                                 |                                 |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |   |  |  |
| 10329            | ブラックタイガー<br>Giant tiger prawn<br>養殖、生<br>Cultured, raw                      | 443                                     | 140                 | 90                                       | 212                                      | 0   | 0                     | 0.4                        | 0.3                             | 19.8                       | 1.1                             | 9.7                        | 0.3                        | 0                | 0                               | 0                | -                                    | 0  | 1.2                                  | 0.3                             | 16.5                  | 1.8                   | 0.3                   | 0.2                             | 0   | 0   | 0                          | 0                 | 12.7                            | 0.6                             | 0                               | 0.1                             | 0.8                                  | 0.1                         | 0.2               | 3.6                                       | 12.8                       | 0   | -                               | 0                               | 0.6                                       | 0.3                                       | 16.2                                      | 0   | 標準和名：うしえび<br>輸入品 <sup>1)</sup> 。無頭、殻つき <sup>2)</sup><br>殻及び尾部を除いたもの <sup>3)</sup> |  |  |
| 10330            | 加工品<br>Processed products<br>干しえび<br>Boiled and dried shrimps               | 418                                     | 159                 | 117                                      | 142                                      | Tr  | 0.1                   | 2.3                        | 1.3                             | 20.5                       | 2.2                             | 10.1                       | 0.6                        | 0.7              | 0.3                             | 0                | Tr                                   | 0  | 6.4                                  | 1.1                             | 17.4                  | 2.2                   | 0.4                   | 0.4                             | 0.2                                       | 0.1                                       | 0                          | 1.0               | 0.4                             | 0.1                             | 0.2                             | 1.0                             | 0.3                                  | 0.3                         | 6.0               | 9.9                                       | 0.3                        | 0   | 0                               | 1.5                             | 0.8                                       | 11.9                                      | 0   | 原材料：さるえび<br>殻つき <sup>4)</sup>             |   |  |  |
| 10331            | つくだ煮<br>Tsukudani <sup>5)</sup>   | 547                                     | 165                 | 160                                      | 222                                      | 0   | 0                     | 2.6                        | 0.8                             | 18.6                       | 1.2                             | 6.1                        | 0.4                        | 0.3              | 0.2                             | 0                | 0.1                                  | 0  | 8.1                                  | 0.8                             | 18.8                  | 1.0                   | 0.3                   | 0.2                             | 0.4                                       | 0.2                                       | 0.1                        | 11.4              | 1.8                             | 0.2                             | 0.3                             | 0.6                             | 0.2                                  | 0.2                         | 3.9               | 12.5                                      | 0.2                        | 0   | 0                               | 1.0                             | 0.6                                       | 7.2                                       | 0   |   |   |  |  |
|                  | (かに類)<br>(Crabs)  |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |   |                            |                   |                                 |                                 |                                 |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |   |  |  |
| 10332            | がざみ<br>Blue crab<br>生<br>Raw  | 433                                     | 118                 | 149                                      | 156                                      | -   | -                     | 2.9                        | 1.5                             | 14.3                       | 1.6                             | 6.6                        | 0.2                        | -                | -                               | -                | Tr                                   | -  | 10.6                                 | 2.2                             | 17.0                  | 2.4                   | 0.2                   | 1.8                             | -   | -   | -                          | 1.2               | 0.5                             | -                               | 0.4                             | 0.9                             | 0.3                                  | 0.5                         | 5.8               | 14.3                                      | -                          | 0   | -                               | 1.2                             | 0   | 11.0                                      | 2.5                                       | 別名：わたりがに<br>殻、内臓等を除いたもの <sup>6)</sup>     |   |  |  |
| 10333            | 毛がに<br>Horsehair crab<br>生<br>Raw   | 522                                     | 100                 | 118                                      | 304                                      | 0   | Tr                    | 0.4                        | 0.4                             | 13.7                       | 0.6                             | 3.8                        | 0.1                        | 0.1              | 0                               | 0                | Tr                                   | 0  | 2.9                                  | 0.4                             | 18.1                  | 1.0                   | 0.2                   | 0                               | 0.1                                       | 0.1                                       | Tr                         | 1.0               | 0.2                             | 0.1                             | 0.3                             | 0.7                             | Tr                                   | 0.2                         | 3.1               | 39.4                                      | 0.5                        | 0   | 0                               | 0.8                             | 0.1                                       | 11.8                                      | 0   | 殻、内臓等を除いたもの <sup>6)</sup>                 |   |  |  |
| 10335            | ずわいがに<br>Tanner crab<br>生<br>Raw  | 544                                     | 82                  | 145                                      | 317                                      | 0   | Tr                    | 0.2                        | 0.2                             | 11.0                       | 0.8                             | 2.7                        | 0.1                        | Tr               | 0                               | 0                | Tr                                   | 0  | 3.2                                  | 0.6                             | 21.4                  | 1.0                   | 0.4                   | Tr                              | 0.1                                       | Tr  | Tr                         | 0.9               | 0.1                             | 0.1                             | 0.2                             | 0.6                             | 0.1                                  | 0.1                         | 6.6               | 31.4                                      | 0.3                        | 0   | 0                               | 1.8                             | 0.6                                       | 15.3                                      | 0   | 別名：まつばがに<br>殻、内臓等を除いたもの <sup>6)</sup>     |   |  |  |
| 10337            | 水煮缶詰<br>Canned in brine   | 453                                     | 95                  | 123                                      | 235                                      | 0   | Tr                    | 0.3                        | 0.2                             | 14.0                       | 1.6                             | 4.3                        | 0.1                        | 0.3              | Tr                              | 0                | Tr                                   | 0  | 2.2                                  | 0.3                             | 21.3                  | 2.8                   | 0.5                   | 0                               | Tr  | 0   | 0                          | 0.8               | 0.3                             | 0                               | 0.2                             | 1.1                             | Tr                                   | 0.2                         | 5.3               | 23.8                                      | 0.5                        | 1.0                                       | 0.6                             | 1.1                             | 0.4                                       | 16.7                                      | 0   | 液汁を除いたもの <sup>7)</sup>                    |   |  |  |
| 10338            | たらばがに<br>King crab<br>生<br>Raw  | 537                                     | 101                 | 156                                      | 280                                      | 0   | 0.1                   | 0.7                        | 0.5                             | 12.7                       | 0.6                             | 4.0                        | 0.2                        | Tr               | 0                               | 0                | Tr                                   | 0  | 4.6                                  | 0.5                             | 22.2                  | 1.3                   | 0.4                   | 0                               | 0.1                                       | 0.1                                       | Tr                         | 1.0               | 0.1                             | 0.1                             | 0.1                             | 0.3                             | Tr                                   | 0.1                         | 6.1               | 29.8                                      | 0.6                        | 0   | 0                               | 1.3                             | 0.5                                       | 12.0                                      | 0   | 殻、内臓等を除いたもの <sup>6)</sup>                 |   |  |  |
| 10340            | 水煮缶詰<br>Canned in brine   | 427                                     | 85                  | 122                                      | 220                                      | Tr  | Tr                    | 0.9                        | 0.5                             | 12.9                       | 1.2                             | 4.1                        | 0.1                        | 0.1              | 0.1                             | 0                | Tr                                   | 0  | 4.7                                  | 0.4                             | 20.1                  | 3.0                   | 0.2                   | 0.1                             | 0.1                                       | 0   | 0                          | 1.2               | 0.3                             | 0                               | 0.4                             | 0.4                             | 0.1                                  | 0.3                         | 4.0               | 29.8                                      | 0.9                        | 0.1                                       | 0.2                             | 1.0                             | 0.3                                       | 12.5                                      | 0   | 液汁を除いたもの <sup>7)</sup>                    |   |  |  |
| 10341            | 加工品<br>Processed products<br>がん漬<br>Ganzuke <sup>8)</sup>                   | 513                                     | 170                 | 119                                      | 224                                      | 0   | 0                     | 2.7                        | 1.8                             | 18.8                       | 4.4                             | 4.9                        | 0.2                        | 0.2              | 0.2                             | 0                | 0                                    | 0  | 10.9                                 | 3.4                             | 8.1                   | 0.6                   | 0.2                   | 0                               | 1.0                                       | 0   | 0                          | 19.0              | 1.9                             | 0.2                             | 0.1                             | 0.3                             | 0.2                                  | 0.2                         | 4.2               | 10.8                                      | 0                          | 0   | 0.3                             | 0.2                             | 0.2                                       | 5.3                                       | 0   | しおまねきの塩辛                                  |   |  |  |
|                  | <いか・たこ類><br><CEPHALOPODS>   |   |                     |  |  |   |                       |                            |                                 |                            |                                 |                            |                            |                  |                                 |                  |                                      |  |                                      |                                 |                       |                       |                       |                                 |   |   |                            |                   |                                 |                                 |                                 |                                 |                                      |                             |                   |   |                            |   |                                 |                                 |   |   |   |   |   |  |  |
| 10342            | (いか類)<br>(Squids and cuttlefishes)<br>あかいが<br>Neon flying squid<br>生<br>Raw | 447                                     | 182                 | 47                                       | 219                                      | 0   | 0.1                   | 3.4                        | 0.6                             | 28.4                       | 0.9                             | 6.8                        | 0.1                        | 0.1              | 0.1                             | 0                | 0.2                                  | 0  | 1.0                                  | 0.1                             | 4.6                   | 3.7                   | 0.6                   | 0.3                             | Tr  | Tr  | 0                          | 0.2               | 0.1                             | 0                               | 0.1                             | 0.2                             | 0.1                                  | 0.1                         | 3.2               | 12.1                                      | 0.1                        | 0   | 0                               | 1.0                             | 0.6                                       | 31.2                                      | 0   | 別名：ばかいが、むらさきいか<br>内臓等を除いたもの <sup>9)</sup> |   |  |  |
| 10343            | けんさきいか<br>Swordtip squid<br>生<br>Raw  | 422                                     | 164                 | 38                                       | 220                                      | 0   | Tr                    | 2.7                        | 0.7                             | 26.7                       | 1.1                             | 7.2                        | 0.1                        | 0.1              | 0.1                             | 0                | 0.1                                  | 0  | 0.9                                  | 0.1                             | 4.5                   | 3.0                   | 0.2                   | 0.2                             | 0   | 0   | 0                          | 0.2               | 0.1                             | 0.1                             | Tr                              | 0.3                             | Tr                                   | 0.1                         | 4.4               | 12.3                                      | 0.1                        | 0   | 0                               | 0.8                             | 1.3                                       | 32.5                                      | 0   | 内臓等を除いたもの <sup>9)</sup>                   |   |  |  |
| 10345            | するめいか<br>Japanese common squid<br>生<br>Raw                                  | 417                                     | 137                 | 39                                       | 241                                      | 0   | 0                     | 1.2                        | 0.5                             | 24.9                       | 0.8                             | 5.4                        | 0.1                        | 0                | 0                               | 0                | 0                                    | 0  | 0.5                                  | 0.1                             | 3.2                   | 5.0                   | 0.4                   | 0.2                             | 0   | 0   | 0                          | 0.3               | 0.1                             | 0                               | 0.1                             | 0.3                             | 0                                    | 0.1                         | 2.3               | 12.9                                      | 0.2                        | 0   | 0                               | 0.6                             | 0.5                                       | 40.2                                      | 0   | 内臓等を除いたもの <sup>9)</sup>                   |   |  |  |



| 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                        |   |   |
|  |  |                                       |                     |  |  | 酸   | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸  | 酸    | 酸    | 酸    | 酸    |                             |               | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸    | 酸                           | 酸 | 酸 |
| (..... mg .....) (..... g .....) (..... mg .....) (..... g .....) (..... mg .....) (..... g .....) (..... mg .....) (..... g .....) (..... mg .....) (..... g .....) (..... mg .....) (..... g .....) (..... mg .....) (..... g ..%) |  |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |  |      |      |      |      |                             |               |      |      |      |      |      |      |      |      |      |      |      |      |      |      |                             |   |   |
| 10368  | おきあみ<br>Antarctic krills<br>生<br>Raw             | 650                                   | 219                 | 205                                      | 218                                      | -   | -    | 11.2 | 0.2  | 20.6 | 0    | 1.6  | 0.2  | -    | -    | -  | 0    | -    | 8.3  | 1.0  | 19.1 | 1.5  | 1.0                                      | 0.7  | -    | -    | -    | 1.8                         | 0.8           | -    | 3.1  | 0    | 0.2  | 0.3  | 0.4  | 16.9 | -    | 0    | -    | 0.4  | 0    | 9.5  | 1.2  | 冷凍品(殻つき) <sup>1)</sup>      |   |   |
| 10369  | ゆで<br>Boiled                                     | 663                                   | 231                 | 167                                      | 265                                      | 0   | 0.3  | 11.3 | 0.5  | 21.4 | 0    | 1.2  | 0.1  | 0.1  | Tr   | 0  | 0.2  | 0    | 5.7  | 0.3  | 17.6 | 0.7  | 0.6                                      | 0.1  | 0.6  | 0.2  | 1.1  | 2.0                         | 2.0           | 0.2  | 5.5  | 0.1  | 0.1  | 0.5  | 0.4  | 16.0 | 0.5  | 0    | Tr   | 0.5  | 0.1  | 10.3 | 0    | 海水でゆでた後冷凍したもの <sup>2)</sup> |   |   |
| 10370  | くらげ<br>Jellyfish<br>塩蔵、塩抜き<br>Salted, desalted   | 441                                   | 348                 | 91                                       | 3  | 0   | 0.4  | 14.1 | 2.5  | 44.2 | 2.7  | 13.0 | 0.9  | 0    | 1.0  | 0  | 0    | 0    | 11.0 | 0    | 7.7  | 0.7  | 0.1                                      | 1.1  | 0    | 0    | 0    | 0.5                         | 0.1           | 0    | 0    | 0    | 0    | 0    | 0.1  | 0    | 0    | 0    | 0    | 0    | 0    | 0    | 0    | 0                           | 0 | 0 |
| 10371  | このわた→なまこ<br>しやこ<br>Mantis shrimp<br>ゆで<br>Boiled | 474                                   | 146                 | 136                                      | 187                                      | -   | -    | 5.4  | 1.5  | 16.5 | 1.4  | 5.6  | 0.4  | -    | -    | -  | Tr   | -    | 9.3  | 1.2  | 12.5 | 3.0  | 1.0                                      | 1.7  | -    | -    | -    | 1.2                         | 0.2           | -    | 0.7  | 0.8  | 0.5  | 0.9  | 4.2  | 13.4 | -    | 0    | -    | 2.0  | 0.9  | 14.8 | 0.8  | ゆでしやこ(むきみ) <sup>3)</sup>    |   |   |
| 10372  | なまこ<br>Sea cucumber<br>生<br>Raw                  | 426                                   | 123                 | 145                                      | 157                                      | 0   | 0.1  | 3.7  | 0.5  | 12.8 | 1.3  | 7.9  | 1.5  | 1.0  | 0.2  | 0  | 0.5  | 0    | 15.8 | 0.2  | 9.6  | 5.3  | 1.1                                      | 1.6  | 0.9  | 0.4  | 0.2  | 1.6                         | 0.7           | 0.4  | 0.6  | 0.9  | 0.3  | 0.2  | 11.2 | 12.4 | 0.5  | 0    | 0    | 0.7  | 0.9  | 4.8  | 0    | 内臓を除いたもの <sup>4)</sup>      |   |   |
| 10373  | このわた<br>Konowata <sup>5)</sup>                   | 361                                   | 58                  | 107                                      | 197                                      | 0   | 0    | 1.2  | 0.1  | 3.1  | 0.7  | 6.6  | 2.1  | 1.7  | 0.5  | 0  | 1.3  | 0    | 5.7  | 0.2  | 9.0  | 6.7  | 1.9                                      | 4.9  | 0.6  | 0.4  | 3.1  | 0.8                         | 0.1           | 0.3  | 0.6  | 1.8  | 0.3  | 0.4  | 10.7 | 25.1 | 1.0  | 0    | 0    | 1.1  | 1.4  | 6.7  | 0    | 内臓を塩辛にしたもの                  |   |   |
| 10374  | ぼや<br>Sea squirt<br>生<br>Raw                     | 589                                   | 169                 | 136                                      | 284                                      | 0   | Tr   | 10.6 | 1.1  | 13.6 | 0.3  | 2.7  | 0.2  | 0.1  | 0.1  | 0  | Tr   | 0    | 6.9  | 0.1  | 13.8 | 1.8  | 0.3                                      | 0.1  | 0.5  | 0.2  | 0.2  | 1.5                         | 0.8           | 0    | 2.1  | 0.2  | 0.2  | 0.4  | 1.0  | 27.0 | 1.5  | 0    | 0.1  | 0.6  | 0.2  | 11.7 | 0    | 外皮及び内臓を除いたもの <sup>6)</sup>  |   |   |
| 10375  | 塩辛<br>Shiokara <sup>7)</sup>                     | 555                                   | 147                 | 145                                      | 262                                      | 0   | 0.2  | 10.1 | 1.2  | 11.0 | 0.3  | 3.3  | 0.3  | 0.1  | 0.1  | 0  | 0.1  | 0    | 7.3  | 0.2  | 15.5 | 2.5  | 0.5                                      | 0.2  | 0.9  | 0.3  | 0.2  | 2.5                         | 0.7           | 0.2  | 2.5  | 0.3  | 0.2  | 0.4  | 2.1  | 23.5 | 1.4  | 0    | Tr   | 0.8  | 0.2  | 11.0 | 0    |                             |   |   |
| ＜水産練り製品＞<br>＜FISH PASTE PRODUCTS＞  |  |                                       |                     |  |  |   |      |      |      |      |      |      |      |      |      |  |      |      |      |      |      |      |  |      |      |      |      |                             |               |      |      |      |      |      |      |      |      |      |      |      |      |      |      |                             |   |   |
| 10376  | かに風味かまぼこ<br>Kanifumi-kamaboko <sup>8)</sup>      | 722                                   | 218                 | 191                                      | 312                                      | 0.8   | 0.1  | 3.7  | 0.3  | 17.1 | 0.4  | 7.2  | 0.3  | 0.2  | 0.1  | 0  | Tr   | 0    | 2.6  | 0.2  | 20.8 | 1.8  | 0.8                                      | 0.4  | 0.2  | 0.1  | 0.1  | 10.0                        | 1.6           | 0.1  | 0.6  | 0.2  | 0.1  | 0.3  | 1.6  | 9.1  | 0.2  | 0    | 0    | 1.0  | 0.6  | 17.4 | 0    | 市販通称名：かにかま                  |   |   |
| 10377  | 昆布巻かまぼこ<br>Kobumaki-kamaboko <sup>9)</sup>       | 606                                   | 408                 | 78                                       | 120                                      | Tr  | 0.1  | 5.5  | 0.5  | 29.8 | 1.1  | 29.8 | 0.5  | 0.1  | 0    | 0  | 0    | 0    | 2.6  | Tr   | 8.5  | 1.2  | 0.3                                      | 0.2  | 0    | 0    | 0    | 2.3                         | 0.5           | 0.3  | 0.8  | 0.2  | 0.1  | 0.2  | 2.0  | 5.4  | 0.1  | 0    | 0    | 0.4  | 0.1  | 7.5  | 0    | 昆布10%を使用したもの <sup>10)</sup> |   |   |
| 10378  | ず巻かまぼこ<br>Sumaki-kamaboko <sup>11)</sup>         | 776                                   | 310                 | 151                                      | 315                                      | 0   | Tr   | Tr   | 0.3  | 19.6 | 0.7  | 18.6 | 0.4  | 0.3  | 0.1  | 0  | 0    | 0    | 0.9  | 0.1  | 16.6 | 1.1  | 0.6                                      | 0.1  | 0    | 0    | 0    | 20.7                        | 2.3           | Tr   | 0.3  | 0.2  | Tr   | 0.2  | 0.9  | 5.0  | 0.1  | 0    | 0    | 0.5  | 0.3  | 9.9  | 0    |                             |   |   |
| 10379  | 蒸しかまぼこ<br>Mushi-kamaboko <sup>12)</sup>          | 510                                   | 149                 | 105                                      | 252                                      | -   | -    | 1.8  | 0.2  | 19.6 | 0.3  | 7.0  | 0.2  | -    | -    | -  | 0    | -    | 2.2  | 0    | 12.1 | 3.9  | 1.7                                      | 0.7  | -    | -    | -    | 1.5                         | 0.2           | -    | 0.6  | 0.1  | 0.2  | 0.4  | 1.1  | 16.3 | -    | 0    | -    | 1.5  | 0    | 27.4 | 0.9  | 蒸し焼かまぼこを含む <sup>13)</sup>   |   |   |
| 10380  | 焼き抜きかまぼこ<br>Yakinuki-kamaboko <sup>14)</sup>     | 762                                   | 379                 | 183                                      | 200                                      | 0   | 0.1  | 2.7  | 0.5  | 26.4 | 1.0  | 18.3 | 0.4  | 0.2  | 0.1  | 0  | 0.1  | 0    | 8.2  | 0.3  | 13.5 | 1.2  | 0.3                                      | 0.3  | 0.1  | 0.1  | Tr   | 1.1                         | 0.2           | 0.1  | 0.2  | 0.2  | 0.1  | 0.3  | 2.2  | 5.1  | 0.1  | 0    | 0    | 1.2  | 0.7  | 14.5 | 0    |                             |   |   |
| 10381  | 焼き竹輪<br>Yaki-chikuwa <sup>15)</sup>              | 829                                   | 240                 | 229                                      | 359                                      | 0   | 0.2  | 3.8  | 0.2  | 15.3 | 0.3  | 8.3  | 0.4  | 0.2  | 0.3  | 0  | 0    | 0    | 1.5  | 0.1  | 24.4 | 1.1  | 0.7                                      | 0    | 0    | 0    | 0    | 30.3                        | 2.6           | 0    | 0.3  | 0    | 0.1  | 0.1  | 0.7  | 3.2  | 0    | 0    | 0    | 0.5  | 0.3  | 5.2  | 0    |                             |   |   |
| 10382  | だて巻<br>Datemaki <sup>16)</sup>                   | 799                                   | 237                 | 394                                      | 168                                      | 0   | 0    | 1.5  | 0    | 19.4 | 0.2  | 8.2  | 0.2  | 0.1  | 0.1  | 0  | Tr   | 0    | 1.8  | Tr   | 46.6 | 0.6  | 0.1                                      | 0.1  | 0    | 0    | 0    | 15.4                        | 2.1           | 0.1  | Tr   | 0.1  | 0.2  | 0    | 1.2  | 0.3  | 0    | 0    | 0    | 0.1  | 0.3  | 1.4  | 0    |                             |   |   |
| 10383  | つみれ<br>Tsumire <sup>17)</sup>                    | 587                                   | 207                 | 174                                      | 206                                      | 0.1   | 0.1  | 6.0  | 0.6  | 20.7 | 0.7  | 6.6  | 0.4  | 0    | 0.1  | 0  | 0.1  | 0    | 6.1  | 0.2  | 13.8 | 4.2  | 4.4                                      | 0.7  | 0.5  | 0.4  | 0.6  | 3.2                         | 1.0           | 0.2  | 1.7  | 0.2  | 0.1  | 0.6  | 1.2  | 9.8  | 0.3  | 0    | 0.1  | 1.6  | 0.4  | 13.1 | 0    |                             |   |   |
| 10384  | なると<br>Naruto <sup>18)</sup>                     | 654                                   | 378                 | 79                                       | 197                                      | Tr  | 0.1  | 2.3  | 0.3  | 25.4 | 0.9  | 28.2 | 0.5  | 0.2  | 0.1  | 0  | 0    | 0    | 1.5  | 0.1  | 8.7  | 1.2  | 0.4                                      | 0.2  | 0.1  | 0.1  | 0.1  | 2.7                         | 0.3           | Tr   | 0.3  | 0.1  | 0.1  | 0.2  | 1.3  | 8.7  | 0.2  | 0    | 0    | 0.9  | 0.5  | 14.6 | 0    |                             |   |   |
| 10385  | はんぺん<br>Hanpen <sup>19)</sup>                    | 815                                   | 178                 | 193                                      | 444                                      | 0   | Tr   | 0.3  | 0.1  | 12.8 | 0.2  | 7.5  | 0.4  | 0.4  | 0.2  | 0  | Tr   | 0    | 0.3  | 0.1  | 22.7 | 0.5  | 0.1                                      | Tr   | 0    | 0    | 0    | 44.1                        | 5.1           | 0    | 0    | 0.1  | Tr   | Tr   | 0.4  | 1.3  | Tr   | 0    | 0    | 0.4  | 0.1  | 2.9  | 0    |                             |   |   |
| 10386  | さつま揚げ<br>Satsuma-age <sup>20)</sup>              | 774                                   | 138                 | 231                                      | 404                                      | -   | -    | 0.3  | Tr   | 11.8 | 0.1  | 5.2  | 0.3  | -    | -    | -  | 0    | -    | 0.5  | Tr   | 28.3 | 0.7  | 0.2                                      | 0.1  | -    | -    | -    | 41.3                        | 6.0           | -    | 0.2  | 0.1  | 0.4  | Tr   | 0.1  | 1.7  | -    | 0    | -    | 0.1  | 0    | 2.4  | 0.1  | 別名：あげはん                     |   |   |
| 10387  | 魚肉ハム<br>Fish ham                                 | 873                                   | 332                 | 392                                      | 149                                      | 0.1   | 0.1  | 1.6  | 0.1  | 23.1 | 0.5  | 12.2 | 0.2  | Tr   | Tr   | 0  | 0.1  | 0    | 2.4  | 0.4  | 40.5 | 1.2  | 0.3                                      | 0.1  | Tr   | 0    | Tr   | 12.5                        | 0.5           | 0.1  | 0.5  | 0.4  | 0.1  | 0.1  | 0.4  | 0.8  | Tr   | 0    | 0    | 0.2  | 0.1  | 1.5  | 0    | 別名：フィッシュハム                  |   |   |
| 10388  | 魚肉ソーセージ<br>Fish sausage                          | 872                                   | 352                 | 387                                      | 127                                      | -   | -    | 1.5  | 0.1  | 24.0 | 0.5  | 13.6 | 0.6  | -    | -    | -  | 0.1  | -    | 3.1  | 0.4  | 40.3 | 0.4  | 0  | 0    | -    | -    | -    | 12.5                        | 0.4           | -    | Tr   | 0.3  | Tr   | 0    | 0.1  | 0.3  | -    | 0    | -    | 0.1  | 0    | 0.8  | 0.8  | 別名：フィッシュソーセージ               |   |   |