

[illegible]

1) Including nonglutinous and glutinous grains 2) Milling yield 3) Recipe : glutinous millet 50, glutinous rice 50 4) Milling yield : hulled barley 60-65 %, naked barley 65-70 % 5) Excluding unidentified fatty acids 6) Milling yield : hulled barley 45-55 %, naked barley 55-65 % 7) Milling yield : hulled barley 40-50 %, naked barley 50-60 % 8) Recipe : barley flour 50, wheat flour 50

[illegible]

1) Excluding unidentified fatty acids    2) Carbon dioxide, etc. produced by baking from baking powder    3) Containing *trans* fatty acids    4) Main ingredients : rye flour

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| 食品番号<br>Item No. | 食 品 名<br>Food and description | 農<br>薬<br>Refuse | 可食部 100 g 当たり<br>per 100 g edible portion |                 |                              |                                                        |                 |                                                              |                                  |               |                         |                               |                                  |                                         |                           |           |                |                    |                       |                       |                     |                         |                                     |                              |                   |   |                                                |                              |                                                   |           |                      |                                 | 備 考<br>Remarks |                           |                                                |                            |                                         |                   |                     |                                          |                                          |                                |                    |                      |                 |   |   |   |           |                |                |                |                 |
|------------------|-------------------------------|------------------|-------------------------------------------|-----------------|------------------------------|--------------------------------------------------------|-----------------|--------------------------------------------------------------|----------------------------------|---------------|-------------------------|-------------------------------|----------------------------------|-----------------------------------------|---------------------------|-----------|----------------|--------------------|-----------------------|-----------------------|---------------------|-------------------------|-------------------------------------|------------------------------|-------------------|---|------------------------------------------------|------------------------------|---------------------------------------------------|-----------|----------------------|---------------------------------|----------------|---------------------------|------------------------------------------------|----------------------------|-----------------------------------------|-------------------|---------------------|------------------------------------------|------------------------------------------|--------------------------------|--------------------|----------------------|-----------------|---|---|---|-----------|----------------|----------------|----------------|-----------------|
|                  |                               |                  | エ<br>ネ<br>ル<br>ギ<br>ー                     | 水<br>分<br>Water | たん<br>ぱ<br>く<br>質<br>Protein | アミノ酸<br>の総量<br>Protein: the sum of amino acid residues | 脂<br>質<br>Lipid | トリ<br>アシル<br>グリセ<br>ロール<br>当量<br>Triacylglycerol equivalents | 炭<br>水<br>化<br>物<br>Carbohydrate | 灰<br>分<br>Ash | 無 機 質<br>Minerals       |                               |                                  |                                         |                           |           |                |                    |                       |                       | ビ タ ミ ン<br>Vitamins |                         |                                     |                              |                   |   |                                                |                              |                                                   |           | 脂 肪 酸<br>Fatty acids |                                 |                | 食 物 繊 維<br>Dietary fibers |                                                |                            | 食<br>塩<br>当<br>量<br>Salt<br>equivalents |                   |                     |                                          |                                          |                                |                    |                      |                 |   |   |   |           |                |                |                |                 |
|                  |                               |                  |                                           |                 |                              |                                                        |                 |                                                              |                                  |               | ナ<br>トリ<br>ウム<br>Sodium | カ<br>リ<br>ウ<br>ム<br>Potassium | カ<br>ル<br>シ<br>ウ<br>ム<br>Calcium | マ<br>グ<br>ネ<br>シ<br>ウ<br>ム<br>Magnesium | リ<br>ン<br>酸<br>Phosphorus | 鉄<br>Iron | 亜<br>鉛<br>Zinc | 銅<br>Copper        | マン<br>ガン<br>Manganese | ヨ<br>ウ<br>素<br>Iodine | セ<br>レン<br>Selenium | ク<br>ロ<br>ム<br>Chromium | モ<br>リ<br>ブ<br>ダ<br>ム<br>Molybdenum | A                            |                   |   |                                                | E                            |                                                   |           |                      | ナ<br>イ<br>ア<br>シ<br>ン<br>Niacin |                | 葉<br>酸<br>Folate          | パ<br>ン<br>ト<br>チ<br>ン<br>酸<br>Pantothenic acid | ビ<br>オ<br>チ<br>ン<br>Biotin |                                         | C                 | 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 | コレ<br>ステ<br>ロール<br>Cholesterol | 水<br>溶性<br>Soluble | 不<br>溶性<br>Insoluble | 総<br>量<br>Total |   |   |   |           |                |                |                |                 |
|                  |                               |                  |                                           |                 |                              |                                                        |                 |                                                              |                                  |               |                         |                               |                                  |                                         |                           |           |                |                    |                       |                       |                     |                         |                                     | レ<br>テ<br>ノ<br>ール<br>Retinol | カロテン<br>Carotenes |   | β-<br>クリ<br>プト<br>キサン<br>チン<br>β-Cryptoxanthin | β-<br>カロ<br>チン<br>β-Carotene | レ<br>チ<br>ノ<br>ール<br>Retinol activity equivalents | Vitamin D | α                    |                                 |                |                           |                                                |                            |                                         |                   |                     |                                          |                                          |                                |                    |                      |                 | β | γ | δ | Vitamin K | B <sub>1</sub> | B <sub>2</sub> | B <sub>6</sub> | B <sub>12</sub> |
|                  |                               |                  |                                           |                 |                              |                                                        |                 |                                                              |                                  |               |                         |                               |                                  |                                         |                           |           |                |                    |                       |                       |                     |                         |                                     |                              | α                 | β |                                                |                              |                                                   |           |                      |                                 |                |                           |                                                |                            |                                         |                   |                     |                                          |                                          |                                |                    |                      |                 |   |   |   |           |                |                |                |                 |
| %                | kcal                          | kJ               | ( ..... g ..... )                         |                 |                              |                                                        |                 | ( ..... mg ..... )                                           |                                  |               |                         |                               |                                  |                                         |                           |           |                | ( ..... μg ..... ) |                       |                       |                     |                         |                                     |                              |                   |   |                                                | ( ..... mg ..... )           |                                                   |           |                      | ( ..... μg ..... )              |                |                           | ( ..... mg ..... )                             |                            |                                         | ( ..... g ..... ) |                     |                                          | g                                        |                                |                    |                      |                 |   |   |   |           |                |                |                |                 |

|       |                                                     |   |     |      |      |      |      |      |      |      |     |      |     |     |    |     |     |     |      |      |   |    |   |    |     |    |     |   |     |     |     |     |     |     |     |     |      |      |     |      |     |    |      |     |     |      |      |      |     |     |     |     |     |                                                                |
|-------|-----------------------------------------------------|---|-----|------|------|------|------|------|------|------|-----|------|-----|-----|----|-----|-----|-----|------|------|---|----|---|----|-----|----|-----|---|-----|-----|-----|-----|-----|-----|-----|-----|------|------|-----|------|-----|----|------|-----|-----|------|------|------|-----|-----|-----|-----|-----|----------------------------------------------------------------|
| 01059 | 中華スタイル即席カップめん<br>Chinese style instant cup noodles  | 0 | 448 | 1874 | 5.0  | 10.7 | -    | 19.7 | 19.3 | 56.9 | 7.7 | 2700 | 210 | 190 | 27 | 120 | 1.3 | 0.6 | 0.15 | 0.57 | - | -  | - | -  | 3   | 61 | 270 | 6 | 300 | 28  | Tr  | 2.4 | 0.4 | 3.5 | 3.6 | 7   | 0.68 | 0.53 | 1.0 | 0.07 | 0.2 | 21 | 0.52 | -   | 1   | 8.72 | 7.42 | 2.28 | 34  | 1.3 | 1.0 | 2.3 | 6.9 | 市販通称名：カップめん<br>添付調味料等を含む <sup>1)</sup>                         |
| 01060 | 油揚げ<br>Dried by frying                              | 0 | 436 | 1824 | 10.0 | 8.4  | -    | 18.9 | 15.8 | 58.1 | 4.6 | 1500 | 190 | 190 | 28 | 74  | 1.1 | 0.4 | 0.13 | 0.69 | - | -  | - | -  | 0   | 6  | 75  | 0 | 78  | 7   | 0   | 2.2 | 0.4 | 2.4 | 2.0 | 14  | 0.56 | 0.72 | 0.8 | 0.04 | Tr  | 13 | 0.40 | -   | 1   | 5.36 | 6.92 | 2.86 | 1   | 0.9 | 1.5 | 2.4 | 3.8 |                                                                |
| 01061 | 油揚げ<br>Dried by frying, chow mein type              | 0 | 342 | 1431 | 15.0 | 9.0  | -    | 6.4  | 6.0  | 62.2 | 7.4 | 2700 | 270 | 95  | 29 | 110 | 1.0 | 0.5 | 0.13 | 0.80 | - | -  | - | -  | 1   | 24 | 100 | 2 | 110 | 10  | 0   | 0.9 | 0.1 | 2.5 | 1.6 | 8   | 0.22 | 0.24 | 1.5 | 0.07 | 0.1 | 23 | 0.41 | -   | 1   | 1.66 | 2.68 | 1.38 | 5   | 1.6 | 1.3 | 2.9 | 6.9 |                                                                |
| 01062 | 和風スタイル即席カップめん<br>Japanese style instant cup noodles | 0 | 451 | 1887 | 5.0  | 10.9 | -    | 20.1 | 19.4 | 56.6 | 7.4 | 2700 | 180 | 180 | 32 | 230 | 1.1 | 0.6 | 0.12 | 0.66 | - | -  | - | -  | 0   | 0  | 56  | 0 | 56  | 5   | 0.2 | 2.2 | 0.2 | 3.1 | 2.4 | 7   | 0.24 | 0.30 | 1.1 | 0.05 | 0.2 | 15 | 0.41 | -   | 1   | 8.08 | 7.15 | 2.27 | 6   | 1.3 | 0.6 | 1.9 | 6.9 | 市販通称名：カップめん<br>添付調味料等を含む <sup>1)</sup>                         |
| 01063 | 乾<br>Dry form, raw                                  | 0 | 378 | 1582 | 12.0 | 13.0 | 11.8 | 2.2  | 1.9  | 72.2 | 0.6 | 2    | 200 | 18  | 55 | 130 | 1.4 | 1.5 | 0.28 | -    | 0 | 62 | 1 | 53 | (0) | -  | -   | - | 9   | 1   | (0) | 0.3 | 0.2 | 0   | 0   | (0) | 0.19 | 0.06 | 2.3 | 0.11 | (0) | 13 | 0.65 | 4.0 | (0) | 0.51 | 0.20 | 1.12 | (0) | 0.7 | 2.0 | 2.7 | 0   | *未同定脂肪酸(Tr)を含まない <sup>2)</sup>                                 |
| 01064 | ゆで<br>Dry form, boiled                              | 0 | 149 | 623  | 65.0 | 5.2  | -    | 0.9  | 0.6  | 28.4 | 0.5 | 170  | 12  | 7   | 18 | 46  | 0.6 | 0.6 | 0.12 | -    | 0 | 28 | 1 | 11 | (0) | -  | -   | - | (0) | (0) | (0) | 0.1 | 0.1 | 0   | 0   | (0) | 0.05 | 0.03 | 0.5 | 0.02 | (0) | 4  | 0.25 | 1.4 | (0) | 0.21 | 0.08 | 0.46 | (0) | 0.4 | 1.1 | 1.5 | 0.4 | 1.5 %食塩水でゆでた場合 <sup>3)</sup><br>*未同定脂肪酸(Tr)を含まない <sup>2)</sup> |
| 01065 | 生ふ<br>Steamed type                                  | 0 | 163 | 682  | 60.0 | 12.7 | -    | 0.8  | 0.7  | 26.2 | 0.3 | 7    | 30  | 13  | 18 | 60  | 1.3 | 1.8 | 0.25 | 1.04 | - | -  | - | -  | (0) | -  |     |   |     |     |     |     |     |     |     |     |      |      |     |      |     |    |      |     |     |      |      |      |     |     |     |     |     |                                                                |

With attached seasoning, etc. 2) Excluding unidentified fatty acids 3) Boiled in 1.5 % salt water 4) Roasted product 5) Frozen product 6) Containing  $\geq 10$  g fatty acids

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1) Including nonglutinous and glutinous grains 2) Excluding unidentified fatty acids 3) Milling yield 4) Including imported rice 5) Containing brown rice 47 g 6) Containing half-milled rice 47 g 7) Containing under-milled rice 47 g 8) Containing well-milled rice 47 g 9) Containing well-milled rice with embryo 47 g 10) Containing brown rice 20 g 11) Containing half-milled rice 20 g 12) Containing under-milled rice 20 g 13) Containing well-milled rice 20 g 14) Containing brown rice 10 g 15) Containing half-milled rice 10 g 16) Containing under-milled rice 10 g 17) Containing well-milled rice 10 g 18) Filtered through gauze after slow-fire 19) Containing brown rice 6 g 20) Containing half-milled rice 6 g 21) Containing under-milled rice 6 g 22) Containing well-milled rice 6 g

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14) Lye-soaked and cooked rice in bamboo leaf wrapping    15) Flour milled in water    16) Steamed flour    17) Outer layer flour partly eliminated



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1) Recipe : wheat flour 65, buckwheat flour 35    2) Excluding unidentified fatty acids    3) Yellow type    4) Imported    5) White type    6) Milling yield