

Standard Tables of Food Composition in Japan

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[http://www.mext.go.jp/en/policy/scie
nce_technology/policy/title01/detail0
1/1374030.htm](http://www.mext.go.jp/en/policy/science_technology/policy/title01/detail01/1374030.htm)

1. History

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

2. Latest Editions

[Main tables]

Standard Tables of Food Composition in Japan
-2015- (Seventh Revised Edition)

[Supplements]

- a. Amino Acids
- b. Fatty Acids
- c. Available Carbohydrates, Polyols and Organic Acids

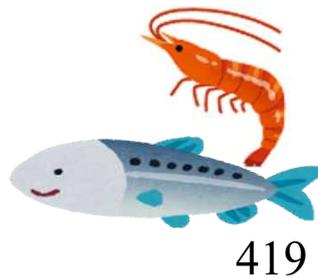
Published simultaneously on December 25, 2015



3. New Standard Tables of Food Composition in Japan -2015- (Seventh Edition)



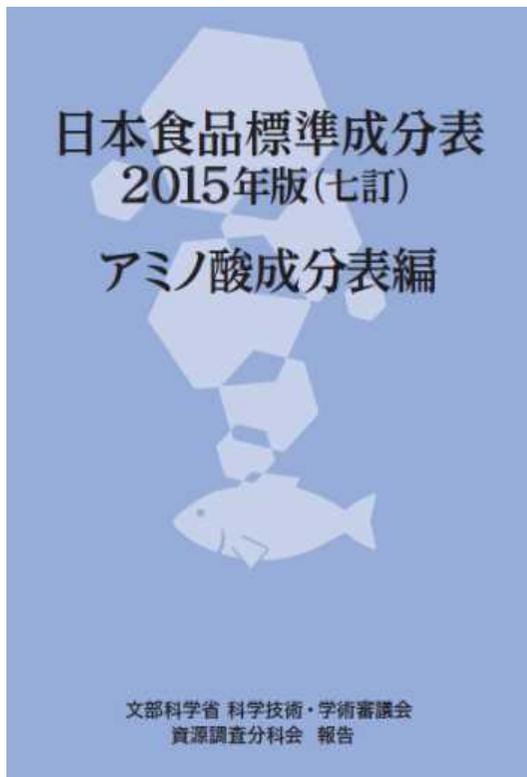
- Lists 2191 foods
 - Concentrates on foods consumed in Japan



- Covers 52 basic nutrients
 - Water, protein, lipids, carbohydrates, ash, minerals, vitamins, fatty acids, cholesterol, dietary fibers and energy

4. Three Supplements

a. Amino Acids



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

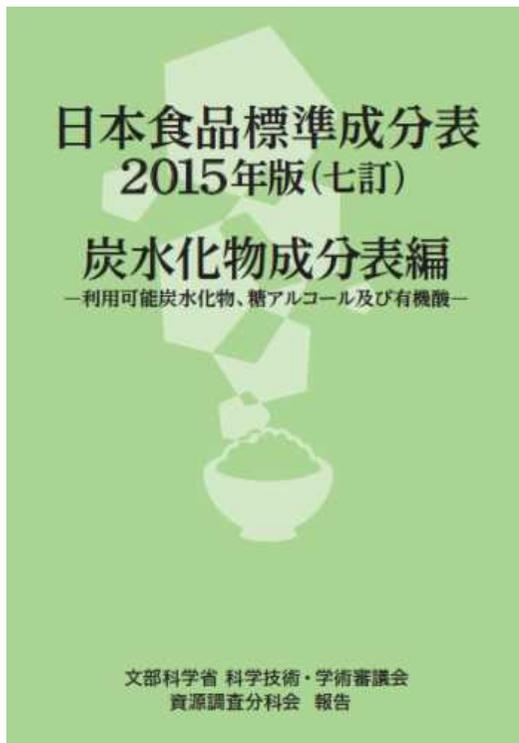
b. Fatty Acids



- Covers 47 fatty acids
 - 18 saturated
 - 11 monounsaturated
 - 18 polyunsaturated
- Includes “fatty acids expressed as triacylglycerol equivalents”
- Lists 1782 foods

**418 fish and
fish products**

c. Available Carbohydrates, Polyols and Organic Acids



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

5. Web Service

Excel data files in English are available at

http://www.mext.go.jp/en/policy/science_technology/policy/title01/detail01/1374030.htm

Food Group	Item No.	Index No.	Food and Description	Refuse	Energy (kcal)	Energy (kJ)	Water	...
Unit				%	kcal	kJ	g	...
Tagnames				REFUSE	ENERC_KCAL	ENERC	WATER	...
01	01001	1	Amaranth, whole grain, raw	0	359	1498	13.5	...
01	01002	2	Foxtail millet, milled grain, raw	0	344	1523	12.5	...
01	01003	3	Foxtail millet, glutinous cake	0	211	883	48.0	...
01	01004	4	Common oats*, oatmeal, raw [*Syn. Oats]	0	380	1590	10.0	...
01	01005	5	Barley, under-milled pressed grain, raw	0	341	1427	14.0	...
01	01006	6	Barley, pressed grain, raw	0	340	1423	14.0	...