

4) Notes on Prepared Dishes

The following parts explain prepared dishes listed in this section, proportion of ingredients, foods in the current Composition Tables used for calculations, and water content of cooked products (analytical value). Proportion of ingredient are shown in the weight ratio of ingredients, excluding cooking water.

Proportion of ingredient is indicated as “0.0” when it is less than 0.05 %.

(1) Japanese prepared dishes

(Dressed foods)

- Prepared dish 1 Aona no Shiraae (boiled vegetables dressed with tofu and white sesame seeds)
- Prepared dish 2 Ingen no Gomaae (boiled immature kidney bean pods dressed with sesame seeds)
- Prepared dish 3 Wakame to Negi no Su Miso Ae (Wakame seaweed and Welsh onion dressed with vinegar and miso)

Dressed foods are dishes of pre-cooked seafood, meat, vegetables and other main ingredients dressed with seasoning consisting of auxiliary ingredients such as tofu, eggs, seeds and others and/or various condiments such as vinegar, miso, soy sauce, sake, sugar, and wasabi. Many kinds of dressed foods are present by combining various main ingredients and dressings.

“Aona no Shiraae (boiled vegetables dressed with tofu and white sesame seeds)” is a vegetable dish dressed mainly with tofu, and white sesame. “Ingen no Gomaae (boiled immature kidney bean pods dressed with sesame seeds)” is boiled Sayaingen string beans dressed mainly with sesame, and “Wakame to Negi no Su Miso Ae (Wakame seaweed and Welsh onion dressed with vinegar and miso)” is; spring onion dressed with miso and vinegar, and boiled wakame seaweed, etc.

To calculate listed values, the ingredient blending ratios of six products are used for “Aona no Shiraae (boiled vegetables dressed with tofu and white sesame seeds)”, those three products are used for “Ingen no Gomaae (boiled immature kidney bean pods dressed with sesame seeds)”, and those three products are used for “Wakame to Negi no Su Miso Ae (Wakame seaweed and Welsh onion dressed with vinegar and miso)”.

○Prepared dish 1 “Aona no Shiraae (boiled vegetables dressed with tofu and white sesame seeds)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Konnyaku (jelly made from devil's-tongue starch), Cut konnyaku	6.5	16.1	0	02003	165	Konjac, block, made from fine powder
Konnyaku noodles	4.4	26.6	0	02005	170	Konjac, noodles
Sugar	6.8	13.9	2.0	03003	226	Sugars, soft sugars, white
Firm tofu	32.9	50.5	23.6	04032	292	Soybeans, tofu, "Momen-tofu" (regular tofu)
Roasted sesame, ground white sesame, ground sesame	2.9	6.2	0	05018	363	Sesame seeds, whole, dried and roasted
Shungiku (crown daisy)	3.9	23.6	0	06100	492	Garland chrysanthemum, leaves, boiled
Zenmai (flowering fern) (Boiled in water)	1.7	10.1	0	06123	515	Japanese royal fern, fiddleheads, dried, boiled

Carrot	8.1	11.4	4.0	06215	618	Carrot, regular (European type), root without skin, boiled
Spinach	20.5	30.9	0	06268	683	Spinach, leaves, all season, boiled
Kikurage (cloud ear mushroom) (Dried)	0.0	0.1	0	08007	933	Mushrooms, tree ears, Cloud ear, dried, boiled
Shiitake mushroom	2.7	11.4	0	08040	938	Mushrooms, "Shiitake", bed-log cultivation, fresh, boiled
Sake	0.4	2.2	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Dark soy sauce, soy sauce	2.3	5.1	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	2.3	12.3	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Table salt, salt	0.5	1.1	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Bonito stock	3.1	18.9	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Stock (Stock powder)	0.5	2.2	0	17028	2084	Stock powder, "Katsuo-bushi"
Miso	0.5	2.8	0	17045	2126	Miso, rice-koji miso, light yellow type
Water content after cooking (%)	79.7	84.5	75.5			

○Prepared dish 2 “Ingen no Gomaae (boiled immature kidney bean pods dressed with sesame seeds)”
ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Sugar	2.8	3.8	1.3	03003	226	Sugars, soft sugars, white
Roasted sesame, ground white sesame, ground sesame	5.7	6.7	4.2	05018	363	Sesame seeds, whole, dried and roasted
Long beans	75.9	85.0	66.7	06011	401	Kidney beans, "Sayaingen", immature pods, boiled
Carrot	4.4	13.3	0	06215	618	Carrot, regular (European type), root without skin, boiled
Shirasu (white bait)	2.1	6.3	0	10055	1090	Fish, sardine, "Shirasuboshi" (boiled and dried whitebait), mild dried
Dark soy sauce, soy sauce	6.3	7.6	5.3	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Bonito stock	2.2	6.7	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Stock (Stock powder)	0.5	1.4	0	17028	2084	Stock powder, "Katsuo-bushi"
Water content after cooking (%)	81.4	82.3	80.9			

(Note) Some products use spinach instead. Here it is calculated as Sayaingen string beans.

○Prepared dish 3 “Wakame to Negi no Su Miso Ae (Wakame seaweed and Welsh onion dressed with vinegar and miso)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Konnyaku	8.6	25.7	0	02003	165	Konjac, block, made from fine powder
Sugar	11.0	22.8	3.9	03003	226	Sugars, soft sugars, white
Spring onion, green onion	25.6	51.3	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Scallion	4.2	12.7	0	06321	745	Green onion, "Wakegi", leaves, boiled
Wakame seaweed(Raw)	16.0	25.4	7.6	09045	1024	Algae, "Wakame", blanched and salted products, desalted
Squid	8.5	25.4	0	10346	1400	Mollusks, Japanese common squid*, baked [*Syn. short-finned squid]
Sake	1.3	3.8	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Reduced salt soy sauce	0.8	2.5	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Vinegar	6.4	7.6	3.9	17015	2068	Vinegar, grain vinegar
White miso	6.4	19.1	0	17044	2125	Miso, rice-koji miso, sweet type
Miso	11.0	25.4	0	17045	2126	Miso, rice-koji miso, light yellow type
Mustard (powder)	0.3	0.9	0	17057	2147	Spices, mustard, powder
Water content after cooking (%)	76.3	-	-			

(Note) 1. Some products use cut or fried Wakame seaweed. Here, it is calculated as using Raw Wakame seaweed.

2. The same water content is used for all products.

(Foods marinated in vinegar)

—Prepared dish 4 Koohaku Namasu (Red/white vegetables seasoned in vinegar)

Foods are marinated in vinegar. The ingredients are seasoned with the appropriate vinegar to add sour taste, and fragrance to the ingredients. “Koohaku Namasu (Red/white vegetables seasoned in vinegar)” “is made by cutting carrots, and daikon radish into thin fine strips, dressing with salt, and seasoning with vinegar, and soy sauce, sweet vinegar, etc. This dish is also called Genpei Name, where Genpei is taken from two famous historical figures Genji, and Taira who fought in a war wearing these colors as their symbol colors ¹⁾. The listed values were calculated by using the ingredient blending ratios of five types of products.

○Prepared dish 4 “Koohaku Namasu (Red/white vegetables seasoned in vinegar)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Sugar	6.6	11.6	2.9	03003	226	Sugars, soft sugars, white
Deep fried tofu	1.9	9.6	0	04085	302	Soybeans, tofu, "Abura-age" (fried thin slices of pressed tofu), blanched with boiling water, baked
Roasted sesame	1.0	4.8	0	05018	363	Sesame seeds, whole, dried and roasted
Daikon radish	69.3	82.4	51.6	06134	526	Japanese radishes, Daikon, root without skin, raw
Carrot	8.6	14.3	5.5	06214	617	Carrot, regular (European type), root without skin, raw
Mitsuba (Shaft)	0.2	0.9	0	06278	699	Japanese hornwort, "Ito-mitsuba" (young plants), leaves, raw
Cut yuzu	0.2	1.0	0	07142	835	Citrus, "Yuzu", peel, raw
Mirin (Sweet sake for seasoning)	0.2	0.9	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Reduced salt soy sauce	0.2	0.9	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Table salt, salt	0.8	1.6	0.4	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Grain vinegar, Vinegar	11.1	25.0	5.8	17015	2068	Vinegar, grain vinegar
Others	0.0	0.0	0	-	-	-
Water content after cooking (%)	90.3	93.0	88.7			

(Note) 1. Some products use vinegar mixed with another seasoning. Here, the values are calculated using the ratio table salt 4.2, grain vinegar 42.4, and superfine sugar 8.13.

2. Others : Powder Japanese stock.

(Soups)

— Prepared dish 5 Tonjiru (Miso soup with pork and vegetables)

Miso soup with pork and vegetables is a soup made by boiling pork, daikon radish, carrot, konnyaku, etc. It is garnished with sliced green onion and shichimi (chili). It is called Tonjiru. Listed values were calculated by using the ingredient blending ratios of three types of products.

○ Prepared dish 5 “Tonjiru (Miso soup with pork and vegetables)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Cut konnyaku	5.3	16.0	0	02003	165	Konjac, block, made from fine powder
Sweet potato	8.1	16.8	0	02011	181	Taro, "Satoimo", corm, boiled
Firm tofu	5.6	16.8	0	04032	292	Soybeans, tofu, "Momen-tofu" (regular tofu)
Deep fried tofu	0.6	1.7	0	04086	303	Soybeans, tofu, "Abura-age" (fried thin slices of pressed tofu), blanched with boiling water, boiled
Burdock	4.1	10.6	0	06085	477	Edible burdock, root, boiled
Daikon radish	18.7	31.9	7.2	06135	527	Japanese radishes, Daikon, root without skin, boiled
Carrot	7.6	10.6	3.6	06215	618	Carrot, regular (European type), root without skin, boiled
Spring onion, green onion	1.8	4.2	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Green onion	1.1	3.2	0	06227	637	Welsh onions, "Ha-negi" (large variety, green), leaves, raw
Pork (Shoulder with fat)	6.1	8.4	4.5	11125	1599	Pork, large type breed, loin, lean and fat, boiled
Pork (Belly)	6.1	8.4	4.5	11277	1605	Pork, large type breed, belly, lean and fat, roasted
Salad oil	0.3	0.8	0	14006	1826	Vegetable oil, blend
Mirin (Sweet sake for seasoning)	0.4	1.1	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce	0.7	2.1	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
small dried fish	21.7	65.2	0	17023	2077	Soup stock, "Niboshi dashi" (stock of small dried sardine)
Stock (Stock powder)	0.6	1.1	0	17028	2084	Stock powder, "Katsuo-bushi"
Miso	8.5	12.8	4.3	17045	2126	Miso, rice-koji miso, light yellow type
Miso (Red)	2.8	8.4	0	17046	2127	Miso, rice-koji miso, red type
Water content after cooking (%)	94.4	-	-			

(Note) 1. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (Stock powder, “Katsuo-bushi”1, water 150) .

2. The pork used may be “picnic shoulder, lean and fat”, “picnic shoulder, no fat”, or “belly”. Here, the values are calculated using “picnic shoulder, lean and fat” and “Belly” (1:1).

3. The same water content is used for all products.

(Stewed dishes)

- Prepared dish 6 Uno Hana Iri (Stirred fried okara seasoned in vinegar)
- Prepared dish 7 Oyako Don (Chicken and egg rice bowl) ingredients
- Prepared dish 8 Gyumeshi (Beef rice bowl) ingredients
- Prepared dish 9 Kiriboshi Daikon no Nimono (Thinly sliced and dried strips of daikon)
- Prepared dish 10 Kinpira Gobo (Chopped burdock root cooked in soy sauce and sugar)
- Prepared dish 11 Zenmai no Itameni (Fried royal fern)
- Prepared dish 12 Chikuzenni (Simmered root vegetables with chicken)
- Prepared dish 13 Nikujaga (Meat and potato stew)
- Prepared dish 14 Hijiki no Itameni (Fried simmered hijiki seaweed)

Stewed dishes are basic Japanese dishes. There are various types of stewed dishes, depending on the amount of broth, how the ingredients are prepared (roasted, deep fried, stirred fried), whether the broth is thickened using potato starch. Stewing methods include boiling in water, stewing white ingredients in broth without using soy sauce, stewing in soy sauce, stir frying and stewing, stewing with sugar, stewing with vinegar, stewing with miso, roasting and stewing, deep frying and stewing, and stewing over a long time, etc.¹⁴⁾

“Uno Hana Iri (Stirred fried okara seasoned in vinegar) “is a dish made by stir frying Okara (soy pulp) (it is also called “Uno Hana Okara (Kirazu)”. The prepared Okara (soy pulp) is deep fried and added with deep fried tofu, carrot, burdock, etc., these ingredients are then fried together, added with beaten egg, and finished with seasoning. Listed values were calculated by using the ingredient blending ratios of five types of products.

“Oyako Don (Chicken and egg rice bowl) ingredients “consist of scrambled egg poured over chicken and onion cooked in sweet soy sauce. Oyako don is rice bowl topped with these ingredients. Listed values were calculated by using the ingredient blending ratios of four types of products.

“Gyumeshi (Beef rice bowl) ingredients “consists of beef, green onions, and onions cooked in sweet soy sauce. Gyumeshi is rice topped with these ingredients, garnished with condiments, red ginger, etc. In some cases, raw egg is poured over the beef. Gyumeshi is also called Gyudon. Listed values were calculated by using the ingredient blending ratios of three types of products.

“Kiriboshi Daikon no Nimono (Thinly sliced and dried strips of daikon) “is daikon cut into thin strips soaked in water, then boiled, and fried and seasoned. Generally, Abura-age (fried tofu), carrot, etc. are added. Listed values were calculated by using the ingredient blending ratios of seven types of products.

“Kinpira Gobo (Chopped burdock root cooked in soy sauce and sugar) “is burdock root cut into thin strips or shaved and fried with oil, and stewed in sugar, soy sauce, etc. It is finished by adding chili. Carrot, lotus root, mountain plant (with edible shoot), etc. Listed values were calculated by using the ingredient blending ratios of six types of products.

“Zenmai no Itameni (Fried royal fern) “is dried Zenmai (flowering fern) soaked in water, then cut and fried with seasoning. Abura-age (fried tofu), carrot, etc. are added. Listed values were calculated by using the ingredient blending ratios of three types of products.

“Chikuzenni (Simmered root vegetables with chicken) “is a local specialty of Fukuoka Prefecture. It is also called stewed chicken and vegetables, roasted chicken, Chikuzentaki, and Gameni.¹⁾ Chicken, carrot, burdock, lotus root, sweet potato, bamboo shoots, Shiitake mushroom, and Konnyaku are cut into bite-size chunks, fried, seasoned with sweet soy sauce, and stewed. It is served sprinkled with boiled sweet peas, green beans, Japanese pepper leaf bud, needle enzyme, and Yuzu peel to add aroma. Listed values were calculated by using the ingredient blending ratios of seven types of products.

“Nikujaga (Meat and potato stew) “is made by frying beef and onions, adding sweet soy sauce, and potato

and boiling. It is also added with carrot, Konnyaku (Shirataki), etc. and sprinkled with unripen beans (green peas, Sayaingen string beans, sweet peas). The meat is sometimes replaced with pork or chicken. Listed values were calculated by using the ingredient blending ratios of five types of products.

“Hijiki no Itameni (Fried simmered hijiki seaweed) “made by soaking dried Hijiki seaweed, boiling, frying, and adding flavoring. Generally, Abura-age (fried tofu), carrot, etc. are added. Listed values were calculated by using the ingredient blending ratios of seven types of products.

○Prepared dish 6 “Uno Hana Iri (Stirred fried okara seasoned in vinegar)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Konnyaku, Cut konnyaku	7.1	19.8	0	02003	165	Konjac, block, made from fine powder
Sugar	4.4	8.2	1.7	03003	226	Sugars, soft sugars, white
Deep fried tofu, thin crust	3.3	4.9	0	04086	303	Soybeans, tofu, "Abura-age" (fried thin slices of pressed tofu), blanched with boiling water, boiled
Okara (soy pulp)	48.8	69.8	29.9	04051	315	Soybeans, "Okara" (insoluble residue from soy milk processing), fresh
Burdock	1.1	5.6	0	06085	477	Edible burdock, root, boiled
Carrot	6.5	9.9	3.7	06215	618	Carrot, regular (European type), root without skin, boiled
Spring onion, green onion	4.2	16.7	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Green onion	1.0	4.9	0	06227	637	Welsh onions, "Ha-negi" (large variety, green), leaves, raw
Kikurage (cloud ear mushroom) (Dried)	0.0	0.2	0	08007	933	Mushrooms, tree ears, Cloud ear, dried, boiled
Shiitake mushroom	1.1	5.5	0	08040	938	Mushrooms, "Shiitake", bed-log cultivation, fresh, boiled
Dried Shiitake mushroom	0.2	0.8	0	08014	944	Mushrooms, "Shiitake", dried, boiled
Chikuwa (baked tubular kamaboko)	2.5	9.9	0	10381	1439	Surimi products, "Yaki-chikuwa" (baked tubular kamaboko)
Chicken (Ground meat)	1.5	7.5	0	11291	1724	Chicken, ground meat, stir-fried
Egg	1.1	5.6	0	12005	1745	Eggs, hen, whole, boiled
Salad oil, Oil	2.0	3.0	1.1	14006	1826	Vegetable oil, blend
Sake	0.4	1.9	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Dark soy sauce, soy sauce	2.7	5.9	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	1.9	7.8	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
While soy sauce liquid flavoring	1.6	8.2	0	17011	2059	Soy sauce, "Shiro-shoyu" (extra light color soy sauce)
Table salt, salt	0.2	0.8	0	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Bonito stock	7.5	37.4	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")

Flavoring, Bonito extract, stock (Stock powder)	0.7	2.5	0	17028	2084	Stock powder, "Katsuo-bushi"
Others	0.1	0.3	0	-	-	-
Water content after cooking (%)	79.1	81.1	76.6			

(Note) Others : Roasted sesame, amino acid, chicken bouillon.

○Prepared dish 7 “Oyako Don (Chicken and egg rice bowl) ingredients” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Potato starch	0.4	1.6	0	02034	210	Starch, potato starch
Sugar	0.8	2.0	0	03003	226	Sugars, soft sugars, white
Onion	21.7	26.7	17.7	06155	549	Onions, bulb, boiled
Spring onion	1.8	7.3	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Mitsuba (Cow parsley)	1.8	4.8	0	06279	700	Japanese hornwort, "Ito-mitsuba" (young plants), leaves, boiled
Cut nori (seaweed), ine nori	0.1	0.2	0	09004	977	Algae, purple laver, dried, toasted
Kamaboko	1.7	6.8	0	10379	1437	Surimi products, "Mushi-kamaboko" (steamed kamaboko)
Chicken (Thigh)	24.7	32.0	17.7	11223	1714	Chicken, broiler, thigh, meat with skin, boiled
Egg	28.6	34.0	22.2	12005	1745	Eggs, hen, whole, boiled
Sake	1.6	6.6	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Mirin (Sweet sake for seasoning), Mirin (Sweet sake for seasoning)	3.8	6.6	1.4	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	2.6	6.6	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	2.2	5.3	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Bonito stock	7.8	31.0	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Katsuo-bushi, Bonito Stock (Stock powder)	0.4	1.1	0	17028	2084	Stock powder, "Katsuo-bushi"
Water content after cooking (%)	79.4	79.9	78.1			

- (Note) 1. Some products use chicken thigh, thigh meat without skin, breast, etc. Here, the values are calculated using thigh with skin,
 2. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 140).

○Prepared dish 8 “Gyumeshi (Beef rice bowl) ingredients” blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Konnyaku, Cut konnyaku	13.7	21.5	0	02003	165	Konjac, block, made from fine powder
Konnyaku noodles	4.6	13.9	0	02005	170	Konjac, noodles
Sugar	2.2	3.5	1.4	03003	226	Sugars, soft sugars, white
Onion	25.6	34.7	10.8	06155	549	Onions, bulb, boiled
green onion	4.8	14.3	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Green onion	1.2	3.5	0	06227	637	Welsh onions, "Ha-negi" (large variety, green), leaves, raw
Beef	26.9	31.4	21.5	11252	1497	Beef, dairy fattened steer, flank or short plate, lean and fat, roasted
Oil	0.5	1.4	0	14006	1826	Vegetable oil, blend
Sake	0.4	1.1	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Mirin (Sweet sake for seasoning), Mirin (Sweet sake for seasoning)	4.2	7.8	0.7	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	7.5	11.1	3.6	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Bonito stock	8.4	25.1	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Stock (Stock powder)	0.1	0.2	0	17028	2084	Stock powder, "Katsuo-bushi"
Water content after cooking (%)	78.8	81.1	77.7			

(Note) 1. Some products use beef chuck, without subcutaneous fat, sirloin, inside round, without subcutaneous fat, etc. Here, the values are calculated using sirloin, lean and fat, etc.

2. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 140).

○Prepared dish 9 “Kiriboshi Daikon no Nimono (Thinly sliced and dried strips of daikon)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Superfine sugar, Sugar	9.1	20.7	1.1	03003	226	Sugars, soft sugars, white
Glucose	1.3	8.9	0	03026	245	Starch sweeteners, glucose fructose syrup
Deep fried tofu	12.4	22.0	6.3	04086	303	Soybeans, tofu, "Abura-age" (fried thin slices of pressed tofu), blanched with boiling water, boiled
Sweet peas	0.3	2.3	0	06021	414	Peas, snow peas, immature pods, boiled
Kiriboshi daikon radish(Dried)	21.6	31.7	7.8	06334	529	Japanese radishes, Daikon, "Kiriboshi-daikon" (cut and dried Daikon root), rehydrated and boiled
Carrot	16.9	29.4	7.8	06215	618	Carrot, regular (European type), root without skin, boiled
Salad oil, Oil	3.2	9.5	0	14006	1826	Vegetable oil, blend
Sake	1.2	8.3	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Mirin (Sweet sake for seasoning)	0.9	3.8	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce	10.0	22.4	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	5.8	22.3	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Table salt	0.1	0.9	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Bonito stock	16.1	62.0	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Soup stock · Bonito stock (stock powder), Bonito extract, flavor seasoning	0.9	2.1	0	17028	2084	Stock powder, "Katsuo-bushi"
Others	0.1	1.0	0	-	-	-
Water content after cooking (%)	88.4	91.0	87.0			

(Note) 1. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 150).

2. Others : protein hydrolysate, alcohol, polysaccharide thickener, an amino acid.

○Prepared dish 10 Kinpira Gobo (Chopped burdock root cooked in soy sauce and sugar)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Konnyaku	2.5	12.5	0	02003	165	Konjac, block, made from fine powder
Sugar	3.1	7.5	0	03003	226	Sugars, soft sugars, white
Glucose	0.2	1.0	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Trehalose	0.2	1.0	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Roasted sesame, white sesame	0.7	3.2	0	05018	363	Sesame seeds, whole, dried and roasted
Burdock, shaved burdock root	61.0	73.3	49.5	06085	477	Edible burdock, root, boiled
Carrot	15.2	28.8	6.3	06215	618	Carrot, regular (European type), root without skin, boiled
sesame oil	0.5	3.2	0	14002	1821	Sesame oil
Salad oil, Oil	3.6	10.1	0.5	14006	1826	Vegetable oil, blend
Mirin (Sweet sake for seasoning)	2.1	11.9	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	5.2	7.5	1.6	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	1.5	9.0	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Soup stock broth	3.9	17.2	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Bonito stock (stock powder), Konbu powder, flavor seasoning	0.2	0.9	0	17028	2084	Stock powder, "Katsuo-bushi"
Chili powder	0.1	0.3	0	17073	2163	Spice, red hot pepper, ground
Water content after cooking (%)	81.6	84.7	74.2			

(Note) 1. Some products use tapioca pearls. Here, the values are calculated using Konnyaku.

2. Some products use “Capsicum” chili. Here, the values are calculated by converting to “powder”.

3. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 150).

○Prepared dish 11 “Zenmai no Itameni (Fried royal fern)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Cut konnyaku	5.3	16.0	0	02003	165	Konjac, block, made from fine powder
Sugar	4.6	5.7	3.3	03003	226	Sugars, soft sugars, white
Atsuage (Thick fried tofu)	8.0	23.9	0	04039	299	Soybeans, tofu, "Nama-age" (fried slices of drained tofu)
Deep fried tofu	6.1	11.1	0	04086	303	Soybeans, tofu, "Abura-age" (fried thin slices of pressed tofu), blanched with boiling water, boiled
Long beans	2.7	8.0	0	06011	401	Kidney beans, "Sayaingen", immature pods, boiled
Zenmai (flowering fern) (Boiled in water)	43.5	57.5	23.9	06123	515	Japanese royal fern, fiddleheads, dried, boiled
Carrot	8.5	14.4	0	06215	618	Carrot, regular (European type), root without skin, boiled
Oil	2.4	4.3	0.8	14006	1826	Vegetable oil, blend
Sake	2.1	6.4	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Mirin (Sweet sake for seasoning)	2.7	8.0	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	8.3	10.2	6.7	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Bonito stock	5.5	16.6	0	17019	2073	BSoup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Stock (Stock powder)	0.3	0.7	0	17028	2084	Stock powder, "Katsuo-bushi"
Water content after cooking (%)	82.3	83.5	80.0			

(Note) Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 150).

○Prepared dish 12 “Chikuzenni (Simmered root vegetables with chicken)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Konnyaku	11.7	20.4	0	02003	165	Konjac, block, made from fine powder
Konnyaku noodles	2.5	17.7	0	02005	170	Konjac, noodles
Sweet potato	2.6	18.0	0	02012	182	Taro, "Satoimo", corm, frozen
Potato	4.4	30.5	0	02019	193	Potatoes, tuber, boiled
Sugar	3.0	5.9	0.9	03003	226	Sugars, soft sugars, white
Trehalose	0.1	0.5	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Long beans	1.6	6.7	0	06011	401	Kidney beans, "Sayaingen", immature pods, boiled
Sweet peas, snow pea	0.7	3.2	0	06021	414	Peas, snow peas, immature pods, boiled
Burdock	13.3	20.1	6.3	06085	477	Edible burdock, root, boiled
Bamboo shoot (Boiled in water)	4.3	17.3	0	06151	545	Bamboo shoots, canned in water
Carrot	11.4	18.4	6.1	06215	618	Carrot, regular (European type), root without skin, boiled
Lotus root	10.7	23.5	0	06318	743	East Indian lotus root, rhizome, boiled
Dried Shiitake mushroom	0.4	1.3	0	08014	944	Mushrooms, "Shiitake", dried, boiled
Grilled chikuwa (baked tubular kamaboko)	1.3	9.1	0	10381	1439	Surimi products, "Yaki-chikuwa" (baked tubular kamaboko)
Chicken (Thigh)	21.4	40.5	14.0	11223	1714	Chicken, broiler, thigh, meat with skin, boiled
Salad oil, Oil	1.2	3.0	0	14006	1826	Vegetable oil, blend
Sake	0.8	4.4	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Mirin (Sweet sake for seasoning), Mirin (Sweet sake for seasoning)	1.2	3.7	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	3.3	5.3	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	1.1	7.7	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Salt	0.1	0.6	0	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Fermented seasoning	0.1	0.5	0	17013	2064	Edible salt, common salt, sodium chloride ≥ 95%
Soup stock broth	2.3	15.8	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Soup stock, Bonito Soup stock, Konbu stock (Stock powder), flavor seasoning	0.6	1.6	0	17028	2084	Stock powder, "Katsuo-bushi"
Others	0.0	0.1	0	-	-	-
Water content after cooking (%)	80.6	84.4	77.0			

(Note) 1. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 150).

2. Fermented seasoning (5.5) is converted to a common salt (0.51) and calculated (table shows values after the conversion).

3. Others : amino acid, yeast, sesame oil, chili (powder).

○Prepared dish 13 “Nikujaga (Meat and potato stew)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Cut konnyaku	1.9	9.3	0	02003	165	Konjac, block, made from fine powder
Shirataki, Konnyaku noodles	2.4	6.4	0	02005	170	Konjac, noodles
Potato	38.7	44.2	31.1	02019	193	Potatoes, tuber, boiled
Sugar	2.7	4.1	1.8	03003	226	Sugars, soft sugars, white
Snow pea	0.9	3.2	0	06021	414	Peas, snow peas, immature pods, boiled
Green peas	0.3	1.4	0	06025	418	Peas, green peas, frozen
Onion	21.1	27.3	18.4	06155	549	Onions, bulb, boiled
Carrot	7.9	11.0	5.5	06215	618	Carrot, regular (European type), root without skin, boiled
Meat	15.1	20.9	9.4	11271	1546	Beef, imported beef, inside round, without subcutaneous fat, boiled
Salad oil, Oil	0.2	0.6	0	14006	1826	Vegetable oil, blend
Sake	0.4	0.9	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Mirin (Sweet sake for seasoning)	1.7	4.4	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	5.7	9.9	2.2	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	0.3	1.6	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Stock (Stock powder)	0.7	2.1	0.1	17028	2084	Stock powder, "Katsuo-bushi"
Water content after cooking (%)	79.6	80.4	78.7			

(Note) 1. Some products use beef sirloin, thigh, pork pieces. Here, the values are calculated using beef thigh, no subcutaneous fat,

2. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 150).

○Prepared dish 14 “Hijiki no Itameni (Fried simmered hijiki seaweed)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Sugar	8.3	21.5	1.8	03003	226	Sugars, soft sugars, white
Trehalose	0.7	4.9	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Glucose (monohydrate)	0.6	4.2	0	03018	242	Starch sweeteners, glucose*, monohydrate
Glucose	1.3	8.8	0	03026	245	Starch sweeteners, glucose fructose syrup
Deep fried tofu, thin fried tofu	15.1	27.7	4.2	04086	303	Deep fried tofu, oil removed, boiled
Green peas (frozen)	1.6	11.5	0	06025	418	Peas, green peas, frozen
Carrot	21.2	34.2	12.5	06215	618	Carrot, regular (European type), root without skin, boiled
Dried Shiitake mushroom	0.6	4.5	0	08014	944	Mushrooms, "Shiitake", dried, boiled
Hijiki seaweed (Dried)	16.7	28.6	5.8	09051	1006	Algae, "Hijiki", boiled and dried, stainless steel pot process, rehydrated and boiled
Salad oil, Oil	3.8	8.6	0	14006	1826	Vegetable oil, blend
Mirin (Sweet sake for seasoning), Mirin (Sweet sake for seasoning)	4.3	9.2	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	13.8	27.0	4.4	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Table salt	0.2	1.5	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Bonito stock	9.5	66.7	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Bonito stock (stock powder), Bonito extract, liquid flavor seasoning	2.0	4.4	0	17028	2084	Stock powder, "Katsuo-bushi"
Others	0.4	2.0	0	-	-	-
Water content after cooking (%)	81.0	85.3	76.9			

(Note) 1. Some products are made using Stock powder, “Katsuo-bushi” dissolved in water (calculated as Stock powder, “Katsuo-bushi”1, water 150).

2. Others : yeast, protein hydrolysate, alcohol, polysaccharide thickener, an amino acid.

(Others)

—Prepared dish 15 Aji no Nanbanzuke (Marinated small horse mackerel in vinegar Namban style)

Nanban is the name of dishes made using onions and chili mainly. Nanbanzuke dishes are seafood (mainly small fish) fried in okara (soy pulp), and marinated in vinegar mixed with onions and chili. Listed values were calculated by using the ingredient blending ratios of four types of products.

○Prepared dish 15 “Aji no Nanbanzuke (Marinated small horse mackerel in vinegar Namban style)”
ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	1.6	4.7	0	01015	15	Common wheat, soft flour, first grade
Potato starch	1.2	3.0	0	02034	210	Starch, potato starch
Sugar	1.8	3.1	0.6	03003	226	Sugars, soft sugars, white
Sweet peas	1.5	6.1	0	06021	414	Peas, snow peas, immature pods, boiled
Green pepper	0.9	3.6	0	06093	485	Sweet peppers, "Shishito", fruit, raw
Onion	16.8	23.8	1.8	06154	548	Onions, bulb, bleached in water
Chili powder	0.1	0.3	0.0	06172	569	Hot peppers, fruit, drie
Carrot	5.5	7.9	2.2	06214	617	Carrot, regular (European type), root without skin, raw
White hair onion (White hair green onion)	0.1	0.6	0	06226	634	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, raw
Sweet peppers	1.5	3.9	0	06245	657	Sweet peppers, fruit, green, raw
Mushrooms, winter mushrooms	1.5	5.9	0	08002	926	Mushrooms, winter mushrooms*, boiled
Kikurage (cloud ear mushroom) (Dried)	0.7	3.0	0	08007	933	Mushrooms, tree ears, Cloud ear, dried, boiled
Horse mackerel (cut open and dried, fillet into three pieces)	44.2	48.6	39.5	10005	1033	Fish, horse mackerel, Japanese Jack mackerel, with integument, baked
Salad oil, Oil	4.7	4.9	4.4	14006	1826	Vegetable oil, blend
Sake	2.6	10.6	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Mirin (Sweet sake for seasoning), Mirin (Sweet sake for seasoning)	0.1	0.6	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Dark soy sauce, soy sauce	3.4	6.2	0.2	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	0.1	0.5	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
salt	0.1	0.2	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Vinegar	6.0	10.6	1.8	17015	2068	Vinegar, grain vinegar
Others	5.4	17.6	0	-	-	-
Water content after cooking (%)	78.0	79.6	76.5			

(Note) 1. Some products use “Capsicum” for chili. Here, values are calculated by converting to “powder”.

2. Others : Pepper, stock powder, chicken, pork and vegetable stock.

(2) Korean prepared dish

(Dressed foods)

—Prepared dish 16 Bean sprout Namul

Namul is a Korean dressed dish. Korean dressed dishes consist of Senchu (raw vegetables) and Suchu (boiled cooked vegetables). The latter is more general.¹⁾ Ingredients are seasoned with sesame oil, soy sauce, ground garlic, ground ginger, etc. In this section, “Bean sprout Namul” is listed. Listed values were calculated by using the ingredient blending ratios of four types of products.

○Prepared dish 16 “Bean sprout Namul” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Sugar	1.3	2.7	0	03003	226	Sugars, soft sugars, white
White sesame, ground sesame, roasted sesame	1.6	4.1	0	05018	363	Sesame seeds, whole, dried and roasted
Cucumber	3.4	13.6	0	06065	460	Cucumber, fruit, raw
Spinach mustard, "Komatsuna"	21.2	49.5	0	06087	479	Spinach mustard, "Komatsuna", leaves, boiled
Ginger	0.2	0.9	0	06103	495	Ginger, mature rhizome, raw
Carrot	3.4	13.6	0	06215	618	Carrot, regular (European type), root without skin, boiled
Garlic	0.6	1.4	0	06223	630	Garlic, bulb, raw
Spring onion	0.7	2.6	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Spinach	11.2	44.6	0	06268	683	Spinach, leaves, all season, boiled
Daizu bean sprout, bean sprout	47.8	54.3	39.6	06288	710	Bean sprouts, soybean sprouts, boiled
sesame oil	2.3	4.1	0.5	14002	1821	Sesame oil
Dark soy sauce, soy sauce	3.7	8.2	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
salt	0.5	1.8	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Vinegar	2.2	5.9	0	17015	2068	Vinegar, grain vinegar
Chili powder	0.1	0.1	0	17073	2163	Spice, red hot pepper, ground
Water content after cooking (%)	84.4	-	-			

(Note) 1. Some products use “Capsicum” for chili. Here, values are calculated by converting to “powder”.

2. Some products use ham loin. Here, values are calculated as not use.

3. The same water content is used for all products.

(3) Chinese prepared dish

(Dim sum)

—Prepared dish 17 Gyoza (Fried dumplings)

—Prepared dish 18 Shaomai (Steamed Chinese meat dumpling)

—Prepared dish 19 Chimaki (Sticky rice wrapped in leaf)

Dim sum is a light Chinese brunch like a meal consisting of both sweet and savory dishes. Savory dishes are called xian dian xin and include Gyoza dumplings, Shaomai dumplings, Chimaki sticky rice, noodles, etc.¹⁾

Generally, “Gyoza” is ground meat and vegetables like cabbage, etc. wrapped in Gyoza skin. Gyoza consists of grilled types, boiled types, and steamed types. Some contain shrimp instead of ground meat.

The listed products are grilled Gyoza made of pork, chicken, cabbage, etc. commonly consumed in Japan.

“Shaomai” is dumpling containing ground meat added with spring onion, ginger, etc., wrapped in the skin made of wheat, and steamed. Shrimp or crab may be used instead of ground meat.

“Chimaki” is sticky rice wrapped in reed or bamboo leaves, and steamed or boiled. In Japan, generally Chimaki contains meat, Shiitake mushroom, ginger, etc. and flavored with salt. There are also sweet types filled with sweet boiled seeds, beans, lotus, etc.

Listed values were calculated by using the ingredient blending ratios of four types of Gyoza and Shaomai, and three types of Chimaki. Frozen products are also included.

○Prepared dish 17 “Gyoza (Fried dumplings)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	23.2	27.4	18.2	01015	15	Common wheat, soft flour, first grade
Bread crumbs	0.4	1.5	0	01079	80	Common wheat, bread crumbs, dry
Glutinous rice powder	0.1	0.3	0	01151	86	Rice, paddy rice, glutinous rice, well-milled, raw
Starch	1.4	2.3	0	02034	210	Starch, potato starch
Processed starch	2.6	5.6	0	02035	211	Starch, corn starch
Sugar	0.6	0.8	0.4	03003	226	Sugars, soft sugars, white
Glucose syrup	0.1	0.3	0	03024	239	Starch sweeteners, glucose syrup, enzyme-converted
Glucose	0.1	0.2	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Glucose	0.1	0.4	0	03027	246	Starch sweeteners, fructose glucose syrup
Vegetable protein	2.1	3.3	0.1	04055	320	Soybeans, soy protein, textured
Cabbage	25.4	40.5	14.4	06062	456	Cabbage, common, head, boiled
Stem mustard	0.2	0.7	0	06088	480	Stem mustard, pickles
Ginger	0.2	0.7	0	06103	495	Ginger, mature rhizome, raw
Onion	2.6	4.3	0	06155	549	Onions, bulb, boiled
Chinese chive	2.6	4.4	1.1	06208	610	Chinese chive, leaves, boiled
Garlic	0.9	2.3	0	06223	630	Garlic, bulb, raw
Green onion	0.3	1.1	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Shiitake mushroom	0.5	1.9	0	08040	938	Mushrooms, "Shiitake", bed-log cultivation, fresh, boiled
Pork (Ground meat)	14.6	24.3	5.7	11280	1642	Pork, ground meat, stir-fried
Chicken (Ground meat)	8.3	11.4	5.7	11291	1724	Chicken, ground meat, stir-fried
Egg white	0.5	2.0	0	12015	1755	Eggs, hen, white, boiled
Sesame oil	0.3	0.9	0	14002	1821	Sesame oil
Oil	3.5	7.5	0.3	14006	1826	Vegetable oil, blend
Lard	5.4	8.5	2.4	14016	1839	Lard
Sake	0.2	0.7	0	16001	1990	Fermented alcoholic beverage, "Sake", regular
Soy sauce	1.1	2.3	0.1	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Table salt	0.7	1.0	0.3	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Stock powder, chicken, pork and vegetable	0.3	1.3	0	17025	2079	Soup stock, chicken, pork and vegetable stock

Stock powder, "Katsuo-bushi"	0.3	1.2	0	17028	2084	Stock powder, "Katsuo-bushi"
Seasoning (amino acid)	0.6	1.0	0.4	17028	2084	Stock powder, "Katsuo-bushi"
Fermented seasoning (powder)	0.1	0.4	0	17028	2084	Stock powder, "Katsuo-bushi"
Oyster sauce	0.1	0.3	0	17031	2089	Seasoning sauce, oyster sauce
Pepper, spices	0.1	0.2	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	0.6	0.9	0.3	-	-	-
Water content after cooking (%)	57.8	58.8	55.1			

(Note) Others : Tofu fermented seasoning, chicken extract, alcohol, emulsifier, garlic powder, ginger powder, etc.

○Prepared dish 18 “Shaomai (Steamed Chinese meat dumpling)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	13.1	15.0	11.2	01015	15	Common wheat, soft flour, first grade
Bread crumbs	3.1	6.2	0	01079	80	Common wheat, bread crumbs, dry
Starch	1.0	4.1	0	02034	210	Starch, potato starch
Processed starch	4.1	7.7	0.4	02035	211	Starch, corn starch
Sugar	2.4	3.6	1.2	03003	226	Sugars, soft sugars, white
Soy flour	0.1	0.2	0	04023	276	Soybeans, mature seeds, whole, domestic, yellow seed coats, raw
Vegetable protein	6.6	8.8	3.9	04055	320	Soybeans, soy protein, textured
Root ginger	2.8	10.0	0	06103	495	Ginger, mature rhizome, raw
Onion	22.4	26.4	15.6	06155	549	Onions, bulb, boiled
Pork (Ground meat)	15.3	41.7	0	11280	1642	Pork, ground meat, stir-fried
Chicken (Ground meat)	14.8	19.3	11.2	11291	1724	Chicken, ground meat, stir-fried
Eggs, hen	1.2	4.6	0	12005	1745	Eggs, hen, whole, boiled
Egg white	1.1	3.1	0	12015	1755	Eggs, hen, white, boiled
sesame oil	0.4	1.0	0	14002	1821	Sesame oil
Oil	0.2	0.5	0	14006	1826	Vegetable oil, blend
Lard	6.1	10.3	0	14016	1839	Lard
Shaoxing wine	0.3	0.7	0	16013	2002	Fermented alcoholic beverage, Shaoxing wine
Soy sauce	1.7	4.6	0.5	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Table salt	0.6	0.8	0.4	17012	2063	Edible salt, common salt, sodium chloride \geq 99%
Soup stock, beef and vegetable stock	0.6	1.6	0	17027	2081	Stock cubes, meat and vegetable
Fermented seasoning (powder)	0.4	1.0	0	17028	2084	Stock powder, "Katsuo-bushi"
Seasoning (amino acid)	0.5	0.9	0.2	17028	2084	Stock powder, "Katsuo-bushi"
Oyster sauce	0.4	0.7	0	17031	2089	Seasoning sauce, oyster sauce
Fish sauce	0.1	0.3	0	17107	2101	Seasoning sauce, Nam pla (fish sauce)
Pepper	0.6	2.2	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	0.2	0.4	0	-	-	-
Water content after cooking (%)	60.2	64.3	58.6			

(Note) Others : Sorbitol, wheat gluten, Konbu extract.

○Prepared dish 19 “Chimaki (Sticky rice wrapped in leaf)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Glutinous rice	42.7	46.3	40.9	01154	94	Rice, short grain, paddy rice, glutinous rice, well-milled, "meshi" (cooked rice)
Starch	0.6	0.9	0	02034	210	Starch, potato starch
Sugar	2.2	3.4	1.6	03003	226	Sugars, soft sugars, white
Glucose syrup	1.6	2.3	0	03024	239	Starch sweeteners, glucose syrup, enzyme-converted
Glucose	1.3	2.0	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Carrot	1.0	1.6	0	06215	618	Carrot, regular (European type), root without skin, boiled
Shiitake mushroom	8.8	10.4	8.0	08040	938	Mushrooms, "Shiitake", bed-log cultivation, fresh, boiled
Chicken (Ground meat)	28.3	29.3	26.4	11291	1724	Chicken, ground meat, stir-fried
sesame oil	0.5	1.5	0	14002	1821	Sesame oil
Oil	2.0	2.4	1.0	14006	1826	Vegetable oil, blend
Lard	1.2	3.5	0	14016	1839	Lard
Sake	0.6	0.9	0.4	16001	1990	Fermented alcoholic beverage, "Sake", regular
Mirin (Sweet sake for seasoning)	0.7	1.0	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Soy sauce	7.3	8.3	5.4	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Table salt	0.2	0.3	0.1	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Bonito stock	0.2	0.3	0	17019	2073	Soup stock, "Katsuo-bushi dashi" (stock of "Katsuo-bushi")
Kombu dashi (stock of dried kombu)	0.2	0.3	0	17020	2074	Soup stock, "kombu dashi" (stock of dried kombu)
Consommé	0.1	0.2	0	17027	2081	Stock cubes, meat and vegetable
Seasoning (amino acid)	0.5	0.6	0.5	17028	2084	Stock powder, "Katsuo-bushi"
Others	0.1	0.1	0.1	-	-	-
Water content after cooking (%)	59.5	-	-			

(Note) 1. Others : Phosphoric acid salt, pepper.

2. Water is calculated using the same value for all products.

(Chinese dishes)

- Prepared dish 20 Subuta (Sweet and sour pork)
- Prepared dish 21 Happosai (Chop suey)
- Prepared dish 22 Mabo tofu bean curd with minced meat

Chinese dishes yànxí (banquet dishes) means “dim sum” and all other dishes are side dishes. In this section, all Chinese dishes other than dim sum dishes are classified as side dishes¹⁾.

“Subuta (Sweet and sour pork) “is a standard dish served at hospitals and office canteens²⁾. The meat is cut into bite-size portions, seasoned with salt and pepper, coated with potato starch and fried. Vegetables such as onion, carrot,

sweet peppers, etc. are added and fried. The thick sauce is made using seasoning and potato starch dissolved in water. The meat and vegetables are added to the sauce and mixed. Listed values were calculated by using the ingredient blending ratios of four types of products.

Products include frozen products.

“Happosai (Chop suey) “is also called Gomoku Umani. It is a type of Cantonese dish. Hoppo means includes many ingredients. Ingredients such as pork, chicken, ham, Shiba shrimp, quail egg, Chinese cabbage, Shiitake mushroom, bamboo shoot, carrot, sweet peas, etc. are fried and seasoned, and the sauce is thickened with potato starch. Listed values were calculated by using the ingredient blending ratios of six types of products.

Products include frozen foods.

“Mabo tofu “is a dish made by frying tofu, ground meat, chili, and miso. It is a Szechuan dish. Seasoning such as sweet soybean paste (Tianmenjiang), ground chili (Tobanjan), and black bean paste (Dochi), etc. are used. Listed values were calculated by using the ingredient blending ratios of five types of products.

○Prepared dish 20 “Subuta (Sweet and sour pork)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Potato	4.0	16.0	0	02019	193	Potatoes, tuber, boiled
Potato starch	3.9	6.4	2.3	02034	210	Starch, potato starch
Sugar	3.1	5.4	1.9	03003	226	Sugars, soft sugars, white
Ginger	0.2	0.4	0	06103	495	Ginger, mature rhizome, raw
Bamboo shoot (Boiled in water)	9.3	10.3	8.2	06151	545	Bamboo shoots, canned in water
Onion	15.5	20.5	8.9	06155	549	Onions, bulb, boiled
Carrot	10.3	12.3	8.9	06215	618	Carrot, regular (European type), root without skin, boiled
Garlic	0.2	0.7	0	06223	630	Garlic, bulb, raw
Sweet peppers	5.3	8.2	3.2	06245	657	Sweet peppers, fruit, green, raw
Paprika (Red)	0.9	3.6	0	06247	659	Sweet peppers, fruit, red, raw
Paprika (Yellow)	0.9	3.6	0	06249	661	Sweet peppers, fruit, yellow, raw
Pineapple (Can)	2.1	8.2	0	07102	877	Pineapple, canned in heavy syrup
Kikurage (cloud ear mushroom) (Dried)	0.1	0.3	0	08007	933	Mushrooms, tree ears, Cloud ear, dried, boiled
Shiitake mushroom	0.9	3.6	0	08040	938	Mushrooms, "Shiitake", bed-log cultivation, fresh, boiled
Dried Shiitake mushroom	0.4	0.8	0	08014	944	Mushrooms, "Shiitake", dried, boiled
Pork	25.4	28.6	20.6	11132	1608	Pork, large type breed, inside ham, without subcutaneous fat, roasted
Egg	1.7	3.6	0	12005	1745	Eggs, hen, whole, boiled
Salad oil, Oil	3.3	4.5	2.5	14006	1826	Vegetable oil, blend
Sake	0.5	1.6	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Worcestershire sauce	0.3	1.2	0	17001	2048	Japanese Worcester sauce, common type
Dark soy sauce, soy sauce	3.3	5.7	1.2	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	0.9	3.7	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Vinegar	3.4	4.8	2.0	17015	2068	Vinegar, grain vinegar

Chicken, pork and vegetable stock(Soup)	2.6	10.3	0	17025	2079	Soup stock, chicken, pork and vegetable stock
Chicken, pork and vegetable stock (Stock powder)	0.1	0.4	0	17093	2083	Stock powder, chicken, pork and vegetable
Tomato paste	0.5	1.9	0	17035	2113	Tomato products, paste
Tomato ketchup	1.1	2.5	0	17036	2114	Tomato products, ketchup
Others	0.0	0.1	0	-	-	-
Water content after cooking (%)	83.4	84.4	82.5			

(Note) 1. Some products use “thigh, without subcutaneous fat “, “thigh, without subcutaneous fat “, etc. for the pork. Here, the values are calculated using “thigh without subcutaneous fat “.

2. Sweet and sour pork sauce : Calculated as grain vinegar 11.4, superfine sugar 5.8, tomato paste 6, dark soy sauce 3, table salt 0.2, and Worcestershire sauce 3.6.

3. Others : salt, pepper.

○Prepared dish 21 “Happosai (Chop suey)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Potato starch	1.6	4.2	0.5	02034	210	Starch, potato starch
Sugar	0.2	0.6	0	03003	226	Sugars, soft sugars, white
snow pea, Sweet peas	1.4	4.0	0	06021	414	Peas, snow peas, immature pods, boiled
Cabbage	3.5	21.1	0	06062	456	Cabbage, common, head, boiled
Ginger, root ginger	0.7	2.1	0	06103	495	Ginger, mature rhizome, raw
Bamboo shoot (, boiled · Boiled in water)	7.6	10.7	4.2	06151	545	Bamboo shoots, canned in water
Onion	1.4	8.4	0	06155	549	Onions, bulb, boiled
Young corn	1.3	4.0	0	06181	579	Corn, sweet corn, young ear, raw
Carrot	5.7	8.0	4.0	06215	618	Carrot, regular (European type), root without skin, boiled
Garlic	0.1	0.6	0	06223	630	Garlic, bulb, raw
Spring onion, green onion	0.8	3.0	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Chinese cabbage	30.8	43.1	12.6	06234	645	Chinese cabbage, head, boiled
Sweet peppers	0.6	3.5	0	06245	657	Sweet peppers, fruit, green, raw
Paprika (Red)	0.6	3.5	0	06247	659	Sweet peppers, fruit, red, raw
Paprika (Yellow)	0.6	3.5	0	06249	661	Sweet peppers, fruit, yellow, raw
Kikurage (cloud ear mushroom) (Dried)	0.2	0.4	0	08007	933	Mushrooms, tree ears, Cloud ear, dried, boiled
Dried Shiitake mushroom	0.2	0.8	0	08014	944	Mushrooms, "Shiitake", dried, boiled
Shelled shrimp	9.5	29.5	0	10329	1383	Crustacean, giant tiger prawn, cultured, raw
Squid, roll squid	4.1	12.0	0	10342	1396	Mollusks, neon flying squid, raw
Pork	13.8	21.6	6.3	11132	1608	Pork, large type breed, inside ham, without subcutaneous fat, roasted
Quail egg (Boiled in water)	3.3	8.1	0	12003	1743	Eggs, Japanese quail, boiled, canned in brine
Sesame oil	0.1	0.4	0	14002	1821	Sesame oil
Salad oil, Oil	2.0	4.9	0.9	14006	1826	Vegetable oil, blend
Sake	1.1	3.8	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Dark soy sauce, soy sauce	0.9	3.5	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Reduced salt soy sauce	0.3	1.5	0	17008	2056	Soy sauce, "Usukuchi-shoyu" (light color soy sauce)
Table salt, salt	0.4	0.8	0.1	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Chicken, pork and vegetable stock(Soup)	6.7	30.2	0	17025	2079	Soup stock, chicken, pork and vegetable stock
Chicken, pork and vegetable stock (Stock powder)	0.3	1.1	0	17093	2083	Stock powder, chicken, pork and vegetable
Oyster sauce	0.3	1.8	0	17031	2089	Seasoning sauce, oyster sauce
Others	0.0	0.0	0	-	-	-
Water content after cooking (%)	86.0	89.9	76.9			

(Note) 1. For the bamboo shoot, some products use raw, cooked, boiled in water, can, etc. Here, the values are calculated using bamboo shoot boiled in water.

2. Shelled shrimp include Shiba shrimp, whiteleg shrimp, Black Tiger, etc. Here, the values are calculated using Black Tiger.

3. For pork, some products use thigh meat, shoulder meat, diced meat, etc. Here, the values are calculated using thigh meat.
4. Some products use the sauce for frying and Chop suey sauce. (Calculated as chicken, pork and vegetable stock 91, salt9).
5. Others : pepper.

○Prepared dish 22 “Mabo tofu bean curd with minced meat” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Potato starch	1.1	1.5	0.7	02034	210	Starch, potato starch
Sugar	0.4	1.4	0	03003	226	Sugars, soft sugars, white
Firm tofu	66.8	72.4	59.0	04032	292	Soybeans, tofu, "Momen-tofu" (regular tofu)
Green peas	0.7	2.0	0	06025	418	Peas, green peas, frozen
Ginger, Ginger	0.6	1.2	0	06103	495	Ginger, mature rhizome, raw
Onion	2.3	11.5	0	06155	549	Onions, bulb, boiled
Garlic	0.3	0.7	0	06223	630	Garlic, bulb, raw
Spring onion, green onion	1.8	3.4	0	06350	635	Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, boiled
Green onion	0.5	2.4	0	06227	637	Welsh onions, "Ha-negi" (large variety, green), leaves, raw
Dried Shiitake mushroom	0.1	0.6	0	08014	944	Mushrooms, "Shiitake", dried, boiled
Beef (Ground meat)	1.4	7.0	0	11272	1560	Beef, ground meat, stir-fried
Pork (Ground meat)	14.8	19.7	3.0	11280	1642	Pork, ground meat, stir-fried
sesame oil	0.5	1.6	0	14002	1821	Sesame oil
Salad oil, Oil	0.8	1.4	0	14006	1826	Vegetable oil, blend
Sake	0.9	3.4	0	16023	2012	Compound alcoholic beverage, synthetic "Sake"
Ground chili (Tobanjan)	0.5	1.0	0	17004	2052	Hot seasoning, Doubanjiang
Dark soy sauce, soy sauce	2.5	5.3	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Chicken, pork and vegetable stock (Stock powder)	0.5	1.7	0	17093	2083	Stock powder, chicken, pork and vegetable
Sweet soybean paste (Tianmenjiang)	0.1	0.4	0	17106	2100	Seasoning sauce, Tian Mian Jiang (sweet soybean paste)
Mabo tofu sauce	1.5	7.4	0	17032	2105	Seasoning sauce, Mapo tofu sauce
Miso	1.0	3.8	0	17045	2126	Miso, rice-koji miso, light yellow type
Miso (Red Soup stock)	0.8	4.0	0	17046	2127	Miso, rice-koji miso, red type
Others	0.0	0.0	0	-	-	-
Water content after cooking (%)	80.0	81.2	78.8			

(Note) 1. Calculated using ground meat beef 7 and pork 3.

2. For stock powder, some products use dissolved soup stock. (Calculated using stock powder, chicken, pork and vegetable : water= 1.2 : 98.8).

3. Others : Sichuan pepper.

(4) Western prepared dishes

(Curry)

—Prepared dish 23 Chicken curry

—Prepared dish 24 Beef curry

—Prepared dish 25 Pork curry

In the south Indian dialect Tamil, curry (kari) means sauce, and is also the general name of spice mix curry powder, Indian dish curry, and curry disges¹⁾. In this section, curry dishes generally consumed Japan are listed. “Chicken curry “is made using chicken, “Beef curry “using beef, and “Pork curry “using pork. The meat is fried in strong heat and boiled with vegetables and curry sauce. Listed values were calculated by using the ingredient blending ratios of five types of products for chicken curry, and three types of products for pork curry.

These products include pouched products.

○Prepared dish 23 “Chicken curry” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	1.4	3.4	0	01015	15	Common wheat, soft flour, first grade
Mashed potato (Dried)	0.2	0.6	0	02021	195	Potatoes, dehydrated mashed potato
Starch	0.3	1.1	0	02034	210	Starch, potato starch
Sugar	0.6	1.3	0	03003	226	Sugars, soft sugars, white
Coconut	0.1	0.3	0	05016	361	Coconut, powder
Ginger	1.0	2.3	0	06103	495	Ginger, mature rhizome, raw
Onion	17.9	50.7	0	06155	549	Onions, bulb, boiled
Sautéed onion	5.0	12.2	0	06336	550	Onions, bulb, sautéed
Tomato juice	13.6	54.3	0	06185	583	Tomatoes, canned products, juice, with salt
Carrot	6.2	20.8	0	06215	618	Carrot, regular (European type), root without skin, boiled
Garlic	0.7	1.4	0	06223	630	Garlic, bulb, raw
Raisin	0.1	0.2	238 40	07117	888	Garlic, bulb, raw
Mango	0.5	1.6	0	07132	902	Mangoes, raw
Apple puree	0.5	1.6	0	07148	917	Apples, without skin, raw
Mushroom	3.9	15.6	0	08033	971	Mushrooms, button mushrooms, canned in brine, solids
Chicken (Thigh)	30.9	39.0	23.6	11223	1714	Chicken, broiler, thigh, meat with skin, boiled
Whipping cream	0.4	1.6	0	13019	1778	Whipping cream substitute, vegetable fat, with added sugar
Butter milk powder	0.3	1.1	0	13023	1782	Coffee whitener, powder, milk fat
Yoghurt	2.0	5.6	0	13026	1787	Yogurt, skimmed, sweetened
Oil	2.1	6.4	0	14006	1826	Vegetable oil, blend
Beef tallow	1.0	3.9	0	14015	1838	Beef tallow
Lard	1.2	3.9	0	14016	1839	Lard
Butter	0.3	1.1	0	14017	1840	Butter, salted butter
White wine	0.1	0.2	0	16010	1999	Fermented alcoholic beverage, wine, white
Salt	0.5	1.1	0.0	17012	2063	Edible salt, common salt, sodium

						chloride \geq 99%
Soup stock, beef and vegetable stock	0.7	1.3	0	17027	2081	Stock cubes, meat and vegetable
Seasoning (Amino acid, etc.)	0.3	1.1	0	17028	2084	Stock powder, "Katsuo-bushi"
Tomato ketchup	0.5	1.9	0	17036	2114	Tomato products, ketchup
Curry flake	5.8	23.4	0	17051	2138	Roux, Japanese curry roux, instant
Curry powder	0.7	1.3	0	17061	2151	Spices, curry powder
Pepper	0.7	2.2	0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	0.6	2.3	0	-	-	-
Water content after cooking (%)	75.2	-	-			

(Note) 1. Some products use Chutney (Calculated as Apple 100, Mango 100, Raisin 12, Ginger 5, Cinnamon 3, Superfine sugar 9, White wine 15, Table salt 0.1).

2. Others : Yeast, sour flavoring, Ichimi chili, Cinnamon.

3. The same water content is used for all products.

○Prepared dish 24 “Beef curry” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	1.9	7.8	0	01015	15	Common wheat, soft flour, first grade
Sugar	0.3	1.2	0	03003	226	Sugars, soft sugars, white
Ginger	0.3	1.1	0	06103	495	Ginger, mature rhizome, raw
Onion	25.7	40.1	14.0	06155	549	Onions, bulb, boiled
Sautéed onion	1.0	4.1	0	06336	550	Onions, bulb, sautéed
Carrot	2.1	8.2	0	06215	618	Carrot, regular (European type), root without skin, boiled
Garlic	0.3	1.1	0	06223	630	Garlic, bulb, raw
Mango	0.2	0.8	0	07132	902	Mangoes, raw
Apple puree	1.9	7.7	0	07148	917	Apples, without skin, raw
Beef (Belly)	18.8	28.7	14.0	11252	1497	Beef, dairy fattened steer, flank or short plate, lean and fat, roasted
Milk	2.1	8.6	0	13003	1762	Liquid milk, whole milk
Whole skimmed milk powder	0.3	1.3	0	13010	1769	Milk powder, skimmed milk powder
Salad oil	1.1	2.9	0	14006	1826	Vegetable oil, blend
Lard	2.4	7.8	0	14016	1839	Lard
Red wine	2.1	8.6	0	16011	2000	Fermented alcoholic beverage, wine, red
salt	0.3	1.3	0	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Soup stock, beef and vegetable stock	1.4	5.3	0	17027	2081	Stock cubes, meat and vegetable
Stock powder, chicken, pork and vegetable	0.1	0.2	0	17093	2083	Stock powder, chicken, pork and vegetable
Oyster sauce	0.4	1.7	0	17031	2089	Seasoning sauce, oyster sauce
Tomato paste	0.5	2.0	0	17035	2113	Tomato products, paste
Curry roux	35.3	70.1	4.0	17051	2138	Roux, Japanese curry roux, instant
Curry powder	1.0	2.9	0.0	17061	2151	Spices, curry powder
Pepper	0.3	1.1	0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	0.1	0.2	0	-	-	-
Water content after cooking (%)	78.5	-	-			

(Note) 1. Some products use Chutney (Calculated as Apple 100, Mango 100, Raisin 12, Ginger 5, Cinnamon 3, Superfine sugar 9, White wine 15, Table salt 0.1).

2. Others : White wine, Raisin, Cinnamon.

3. The same water content is used for all products.

○Prepared dish 25 “Pork curry” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Potato	9.4	28.2	0	02019	193	Potatoes, tuber, boiled
Sugar	0.2	0.5	0	03003	226	Sugars, soft sugars, white
Honey	0.1	0.4	0	03022	249	Honey
Ginger	0.4	1.2	0	06103	495	Ginger, mature rhizome, raw
Onion	19.0	33.6	0	06155	549	Onions, bulb, boiled
Sautéed onion	2.6	7.8	0	06336	550	Onions, bulb, sautéed
Carrot	7.8	14.0	3.9	06215	618	Carrot, regular (European type), root without skin, boiled
Garlic	0.5	1.4	0	06223	630	Garlic, bulb, raw
Raisin	0.1	0.2	0	07117	888	Garlic, bulb, raw
Mango	1.0	1.6	0	07132	902	Mangoes, raw
Apple puree	1.0	1.6	0	07148	917	Apples, without skin, raw
Mushroom	5.2	15.6	0	08033	971	Mushrooms, button mushrooms, canned in brine, solids
Pork (small pieces)	25.0	39.0	12.5	11277	1605	Pork, large type breed, belly, lean and fat, roasted
Salad oil	1.6	1.9	1.4	14006	1826	Vegetable oil, blend
White wine	0.2	0.2	0	16010	1999	Fermented alcoholic beverage, wine, white
Worcestershire sauce	0.2	0.7	0	17001	2048	Japanese Worcester sauce, common type
Soy sauce	0.1	0.4	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Soup stock, beef and vegetable stock	0.6	1.9	0	17027	2081	Stock cubes, meat and vegetable
Tomato ketchup	1.3	1.9	0	17036	2114	Tomato products, ketchup
Curry flake	23.5	29.2	17.8	17051	2138	Roux, Japanese curry roux, instant
Others	0.0	0.1	0	-	-	-
Water content after cooking (%)	79.2	-	-			

(Note) 1. Some products use Chutney (Calculated as Apple 100, Mango100, Raisin 12, Ginger 5, Cinnamon 3, Superfine sugar 9, White wine 15, Table salt 0.1).

2. Others : Cinnamon, Table salt.

3. The same water content is used for all products.

(Coquette)

– Prepared dish 26 Crab cream croquette

– Prepared dish 27 Corn cream croquette

– Prepared dish 28 Potato croquette

Coquette is a type of fried dish. The ingredients are mixed into the desired shape, coated with wheat flour, beaten egg, and bread crumbs and fried. Cream croquette is a hard white sauce, coated, and fried. Crab cream croquette is cream croquette added with crab, while corn cream croquette is that added with corn. Potato croquette is boiled mashed potato added with ground meat, coated, and fried. Listed values were calculated by using the ingredient blending ratios of three types of products for each type of croquette.

These products include frozen products.

○ Prepared dish 26 “Crab cream croquette” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	10.5	13.6	6.6	01015	15	Common wheat, soft flour, first grade
Bread crumbs	24.9	31.9	21.3	01079	80	Common wheat, bread crumbs, dry
Starch	0.2	0.7	0	02034	210	Starch, potato starch
Processed starch	5.1	6.2	4.3	02035	211	Starch, corn starch
Sugar	1.0	2.1	0.2	03003	226	Sugars, soft sugars, white
Trehalose	3.0	6.1	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Vegetable protein	0.7	1.1	0	04055	320	Soybeans, soy protein, textured
Onion	6.1	12.3	0	06155	549	Onions, bulb, boiled
Sautéed onion	1.6	4.8	0	06336	550	Onions, bulb, sautéed
Crab (boiled)	9.0	12.5	2.5	10336	1390	Crustacean, snow crab*, boiled
Gelatin	0.7	1.0	0.0	11198	1676	Pork, gelatin
Powder egg white	0.5	1.2	0	12016	1756	Eggs, hen, white, dried
Milk	1.0	3.0	0	13003	1762	Liquid milk, whole milk
Condensed milk	2.7	8.2	0	13004	1763	Liquid milk, containing recombined milk, high fat
Non-fat milk	0.7	2.1	0	13006	1765	Liquid milk, skimmed milk
Milk powder	1.7	3.1	0	13009	1768	Milk powder, whole milk powder
Raw cream	1.6	4.8	0	13014	1773	Cream, milk fat
Oil	19.7	22.6	18.0	14006	1826	Vegetable oil, blend
Butter	1.1	3.3	0	14017	1840	Butter, salted butter
Margarine	1.4	3.5	0	14020	1843	Margarine, soft type, home use
Fat spread	0.7	2.0	0	14021	1845	Fat spread
Shortening	1.0	3.1	0	14022	1846	Shortening, home use
White wine	1.1	1.9	0	16010	1999	Fermented alcoholic beverage, wine, white
Table salt	0.5	0.6	0.4	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Consommé	0.8	1.0	0.7	17027	2081	Stock cubes, meat and vegetable
Others	2.7	4.6	1.5	-	-	-
Water content after cooking (%)	54.6	58.2	50.7			

(Note) Others : Crab extract, dextrin, crab shell powder, glycerin, emulsifier, fish oil, polysaccharide thickener, etc.

○Prepared dish 27 “Corn cream croquette” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	6.4	9.4	4.8	01015	15	Common wheat, soft flour, first grade
Bread crumbs	20.5	21.5	19.9	01079	80	Common wheat, bread crumbs, dry
Starch	0.2	0.5	0	02034	210	Starch, potato starch
Processed starch	3.9	5.5	1.6	02035	211	Starch, corn starch
Sugar	1.3	2.8	0.5	03003	226	Sugars, soft sugars, whit
Trehalose	2.5	6.1	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Fructose	0.2	0.7	0	03020	244	Starch sweeteners, fructose
Vegetable protein	0.2	0.3	0	04055	320	Soybeans, soy protein, textured
Onion	4.4	7.5	0	06155	549	Onions, bulb, boiled
Sautéed onion	1.3	3.9	0	06336	550	Onions, bulb, sautéed
Corn	24.2	24.8	23.1	06176	573	Corn, sweet corn, immature kernels, boiled
Gelatin	0.4	0.7	0.0	11198	1676	Pork, gelatin
Powder egg white	0.5	1.1	0	12016	1756	Eggs, hen, white, dried
Milk	4.4	13.2	0	13003	1762	Liquid milk, whole milk
Non-fat milk	3.0	9.0	0	13006	1765	Liquid milk, skimmed milk
Milk powder	3.4	5.8	2.0	13009	1768	Milk powder, whole milk powder
Raw cream	0.1	0.3	0	13014	1773	Cream, milk fat
Cheese	1.4	3.9	0	13038	1799	Cheese, Parmesan
Oil	16.7	20.3	10.4	14006	1826	Vegetable oil, blend
Butter	1.7	3.2	0	14017	1840	Butter, salted butter
Margarine	0.5	1.4	0	14020	1843	Margarine, soft type, home use
Fat spread	0.6	1.8	0	14021	1845	Fat spread
Table salt	0.5	0.6	0.4	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Chicken bouillon	0.7	1.2	0	17027	2081	Stock cubes, meat and vegetable
Others	1.0	1.5	0.1	-	-	-
Water content after cooking (%)	54.1	57.7	51.6			

(Note) Others : Dextrin, glycerin, emulsifier, polysaccharide thickener, Sodium acetate, pepper, etc.

○Prepared dish 28 “Potato croquette” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	4.2	8.0	1.6	01015	15	Common wheat, soft flour, first grade
Bread crumbs	15.2	20.0	6.4	01079	80	Common wheat, bread crumbs, dry
Potato	48.5	49.8	47.8	02019	193	Potatoes, tuber, boiled
Starch	0.2	0.6	0	02034	210	Starch, potato starch
Sugar	1.0	1.6	0.4	03003	226	Sugars, soft sugars, white
Soy flour	0.1	0.2	0	04023	276	Soybeans, mature seeds, whole, domestic, yellow seed coats, raw
Vegetable protein	0.4	1.0	0	04055	320	Soybeans, soy protein, textured
Green peas	1.0	3.1	0	06026	419	Peas, green peas, canned in brine
Onion	10.0	16.0	2.7	06155	549	Onions, bulb, boiled
Corn	1.0	3.1	0	06180	578	Corn, sweet corn, canned products, whole kernel style
Carrot	0.8	2.5	0	06215	618	Carrot, regular (European type), root without skin, boiled
Pork (Ground meat)	4.3	8.0	0	11280	1642	Pork, ground meat, stir-fried
Egg	2.1	6.4	0	12005	1745	Eggs, hen, whole, boiled
egg white	0.2	0.6	0	12015	1755	Eggs, hen, white, boiled
Skimmed milk powder	0.1	0.3	0	13010	1769	Milk powder, skimmed milk powder
Oil	9.4	10.7	6.8	14006	1826	Vegetable oil, blend
Margarine	0.3	0.9	0	14020	1843	Margarine, soft type, home use
salt	0.5	0.7	0.2	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Pepper	0.1	0.1	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	0.6	1.8	0	-	-	-
Water content after cooking (%)	55.5	-	-			

(Note) 1. Others : Dextrin, seaweed mineral, polysaccharide thickener, Pork extract, Processed starch, a carotenoid pigment.
 2. The same water content is used for all products.

(Stew)

— Prepared dish 29 Chicken stew (White stew)

— Prepared dish 30 Beef stew (Brown stew)

Stew is the general name for stewed dishes. Beef, etc. is stewed in brown sauce, while chicken, veal, seafood, etc. are stewed in white sauce. Chicken stew (white sauce) and beef stew (brown sauce) are listed. Listed values were calculated by using the ingredient blending ratios of three types of products for chicken stew, and five types for beef stew.

These products include pouched products.

○ Prepared dish 29 “Chicken stew (White stew)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Potato	5.8	17.5	0	02019	193	Potatoes, tuber, boiled
Green peas	2.0	6.0	0	06026	419	Peas, green peas, canned in brine
Cauliflower (Boiled)	2.4	7.3	0	06055	449	Cauliflower, inflorescence, boiled
Onion	15.5	18.0	11.0	06155	549	Onions, bulb, boiled
Corn	2.0	6.0	0	06180	578	Corn, sweet corn, canned products, whole kernel style
Carrot (Raw)	1.9	5.8	0	06215	618	Carrot, regular (European type), root without skin, boiled
Carrot (boiled)	2.0	6.0	0	06215	618	Carrot, regular (European type), root without skin, boiled
Parsley	0.2	0.4	0	06239	650	Parsley, leaves, raw
Frozen broccoli	3.9	11.7	0	06264	676	Broccoli, inflorescence, boiled
Mushroom (Can)	0.6	1.8	0	08033	971	Mushrooms, button mushrooms, canned in brine, solids
Chicken (Thigh)	24.2	29.2	21.6	11223	1714	Chicken, broiler, thigh, meat with skin, boiled
Milk	14.8	18.0	11.7	13003	1762	Liquid milk, whole milk
Raw cream (Vegetable)	0.6	1.8	0	13016	1775	Cream substitute, vegetable fat
Salad oil	1.6	2.9	0.9	14006	1826	Vegetable oil, blend
Margarine	0.1	0.4	0	14020	1843	Margarine, soft type, home use
White wine	1.8	3.6	0	16010	1999	Fermented alcoholic beverage, wine, white
Salt	0.1	0.4	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Chicken bouillon	2.4	7.3	0	17026	2080	Soup stock, beef and vegetable stock
Soup stock, beef and vegetable stock	0.2	0.7	0	17027	2081	Stock cubes, meat and vegetable
White sauce	15.7	29.3	0	17109	2103	Seasoning sauce, white sauce
Cream stew roux	1.9	5.8	0	Calculation	-	White stew roux
Others	0.0	0.0	0	-	-	-
Water content after cooking (%)	76.7	-	-			

(Note) 1. Some products use mixed vegetables (Calculated as carrot 1, green peas 1, corn 1.)

2. White stew roux is calculated separately based on ingredient blending ratio of 3 types of products.

3. Others : pepper.

4. The same water content is used for all products.

○Prepared dish 30 “Beef stew (Brown stew)” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	0.3	1.3	0	01015	15	Common wheat, soft flour, first grade
Potato	12.0	21.7	0	02019	193	Potatoes, tuber, boiled
Processed starch	0.1	0.5	0	02034	210	Starch, potato starch
Sugar	0.4	1.2	0	03003	226	Sugars, soft sugars, white
Green peas	0.4	2.2	0	06026	419	Peas, green peas, canned in brine
Celery	0.1	0.4	0	06119	511	Celery, petiole, raw
Onion	13.6	22.8	0	06155	549	Onions, bulb, boiled
Sautéed onion	2.3	10.5	0	06336	550	Onions, bulb, sautéed
Carrot	9.2	17.0	0	06215	618	Carrot, regular (European type), root without skin, boiled
Garlic	0.1	0.5	0	06223	630	Garlic, bulb, raw
Broccoli (boiled)	2.7	13.7	0	06264	676	Broccoli, inflorescence, boiled
Spinach	3.0	15.0	0	06268	683	Spinach, leaves, all season, boiled
Mushroom	2.2	7.5	0	08032	969	Mushrooms, button mushrooms, fresh, boiled
Beef (Belly, chuck roll)	31.3	37.4	18.3	11252	1497	Beef, dairy fattened steer, flank or short plate, lean and fat, roasted
Raw cream	1.4	4.9	0	13014	1773	Cream, milk fat
Milk powder	0.4	2.2	0	13023	1782	Coffee whitener, powder, milk fat
Salad oil	3.2	11.0	0	14006	1826	Vegetable oil, blend
Unsalted butter	0.1	0.7	0	14018	1841	Butter, unsalted butter
Margarine	0.3	1.5	0	14020	1843	Margarine, soft type, home use
Red wine	0.1	0.4	0	16011	2000	Fermented alcoholic beverage, wine, red
Mirin (Sweet sake for seasoning)	0.5	2.6	0	16025	2014	Compound alcoholic beverage, "Mirin" (sweet liquor made from rice, rice koji and Shochu or distilled alcohol), regular
Worcestershire sauce	0.3	1.4	0	17001	2048	Japanese Worcester sauce, common type
Soy sauce	0.1	0.5	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Table salt	0.2	0.5	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Soup stock, beef and vegetable stock	0.2	1.1	0	17027	2081	Stock cubes, meat and vegetable
Stock powder, chicken, pork and vegetable	0.1	0.7	0	17093	2083	Stock powder, chicken, pork and vegetable
Seasoning (amino acid, etc.)	0.1	0.4	0	17028	2084	Stock powder, "Katsuo-bushi"
Demi-glace sauce	8.7	43.7	0	17105	2099	Seasoning sauce, demi-glace sauce
Tomato paste	0.3	1.6	0	17035	2113	Tomato products, paste
Tomato ketchup	1.0	4.9	0	17036	2114	Tomato products, ketchup
Beef stew roux	4.6	9.1	0	Calculation	-	Beef stew roux
Others	0.4	2.1	0	-	-	-
Water content after cooking (%)	74.9	-	-			

(Note) 1. Beef stew roux is calculated separately based on ingredient blending ratio of 5 ingredients.

2. Some products used paste mixed seasoning (Salted, and calculated by converting to stock cubes, meat and vegetable).

3. Others : Liquid mixed seasoning, caramel pigment, pepper, yeast.

4. The same water content is used for all products.

(Fried dishes)

— Prepared dish 31 Meat balls

Fried dishes are made by coating and frying ingredients. This section lists “meat balls”.

Meat balls are made by mixing ground meat, onions fried in butter, bread crumbs, beaten egg, and seasoning into round balls and frying them. They can be seasoned in various flavors such as Chinese, Japanese, etc. Listed values were calculated by using the ingredient blending ratios of three types of products.

These products include frozen products.

○ Prepared dish 31 “Meat balls” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Bread crumbs	8.7	11.1	4.6	01079	80	Common wheat, bread crumbs, dry
Potato starch	0.9	2.8	0	02034	210	Starch, potato starch
Processed starch	2.5	7.4	0	02035	211	Starch, corn starch
Sugar	2.1	4.8	0.1	03003	226	Sugars, soft sugars, white
Glucose syrup	0.5	1.5	0	03024	239	Starch sweeteners, glucose syrup, enzyme-converted
Fructose syrup	1.3	3.9	0	03026	245	Starch sweeteners, glucose fructose syrup
Vegetable protein	5.1	10.3	0	04055	320	Soybeans, soy protein, textured
Long beans	1.5	4.6	0	06011	401	Kidney beans, "Sayaingen", immature pods, boiled
Burdock	0.7	2.0	0	06085	477	Edible burdock, root, boiled
Ginger paste	0.1	0.3	0	06103	495	Ginger, mature rhizome, raw
Onion	12.7	17.5	6.6	06155	549	Onions, bulb, boiled
Carrot	2.5	7.6	0	06215	618	Carrot, regular (European type), root without skin, boiled
Pork (Ground meat)	11.7	25.4	0	11280	1642	Pork, ground meat, stir-fried
Gelatin	1.8	5.5	0	11198	1676	Pork, gelatin
Chicken (Ground meat)	20.9	41.8	0	11291	1724	Chicken, ground meat, stir-fried
Egg white	1.5	4.6	0	12015	1755	Eggs, hen, white, boiled
Oil	7.8	9.1	6.8	14006	1826	Vegetable oil, blend
Lard	0.8	2.4	0	14016	1839	Lard
Soy sauce	3.4	7.6	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Table salt	0.3	0.5	0	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Vinegar	1.8	5.4	0	17015	2068	Vinegar, grain vinegar
Soup stock broth	8.5	25.5	0	17021	2075	Soup stock, "Katsuo-bushi and kombu dashi" (stock of "Katsuo-bushi" and dried kombu)
Seasoning (amino acid)	0.6	1.7	0	17028	2084	Stock powder, "Katsuo-bushi"
spices	0.1	0.2	0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	2.1	3.0	1.3	-	-	-
Water content after cooking (%)	62.1	-	-			

(Note) 1. Others : Soluble edible fiber, sodium acetate, seasoning extract, pH regulator, caramel pigment, etc.
2. The same water content is used for all products.

(Soup)

— Prepared dish 32 Pumpkin cream soup

— Prepared dish 33 Corn cream soup

“Pumpkin cream soup “and “Corn cream soup “are thick cream soup. Listed values were calculated by using the ingredient blending ratios of three types of products for both kinds of soup.

These products include pouched products.

○ Prepared dish 32 “Pumpkin cream soup” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	1.5	2.5	0	01015	15	Common wheat, soft flour, first grade
Non-glutinous rice products, fine flour	1.1	3.4	0	01158	124	Rice, non-glutinous rice products, fine flour
Sugar	0.6	1.8	0	03003	226	Sugars, soft sugars, white
Pumpkin paste	41.7	45.1	35.4	06049	442	Pumpkin and squash, winter squash*, fruit, boiled
Celery	0.8	2.5	0	06119	511	Celery, petiole, raw
Onion	12.8	20.2	0	06155	549	Onions, bulb, boiled
Milk	31.7	41.7	18.0	13003	1762	Liquid milk, whole milk
Raw cream	1.3	2.8	0	13014	1773	Cream, milk fat
Butter	2.8	4.5	1.8	14017	1840	Butter, salted butter
Margarine	1.5	4.5	0	14020	1843	Margarine, soft type, home use
Salt	0.7	1.0	0.4	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Soup stock, beef and vegetable stock	0.3	1.0	0	17027	2081	Stock cubes, meat and vegetable
Seasoning (Amino acid, etc.)	0.1	0.3	0	17028	2084	Stock powder, "Katsuo-bushi"
Pepper	0.1	0.3	0	17065	2155	Spices, pepper, black and white pepper mix, ground
White stew roux	3.0	9.0	0	Calculation	-	White stew roux
Others	0.0	0.0	0	-	-	-
Water content after cooking (%)	83.3	-	-			

(Note) 1. Compound butter is calculated using salted butter 1, margarine, soft type1.

2. Some products use powder pumpkin. Here, the values are calculated using boiled pumpkin.

3. White stew roux is calculated separately based on the ingredient blending ratio of 3 ingredients.

4. Others : Parsley.

5. The same water content is used for all products.

○Prepared dish 33 “Corn cream soup” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	1.1	3.2	0	01015	15	Common wheat, soft flour, first grade
Non-glutinous rice products, fine flour	1.4	4.1	0	01158	124	Rice, non-glutinous rice products, fine flour
Potato starch	0.5	1.0	0	02034	210	Starch, potato starch
Sugar	0.6	1.5	0	03003	226	Sugars, soft sugars, white
Onion	10.7	32.1	0	06155	549	Onions, bulb, boiled
Cream corn	17.2	32.1	0	06179	577	Corn, sweet corn, canned products, cream style
Sweet corn	16.5	49.4	0	06180	578	Corn, sweet corn, canned products, whole kernel style
Parsley	0.1	0.2	0	06239	650	Parsley, leaves, raw
Egg	0.8	2.4	0	12005	1745	Eggs, hen, whole, boiled
Milk	42.2	73.0	16.1	13003	1762	Liquid milk, whole milk
Butter	1.2	2.1	0	14017	1840	Butter, salted butter
Margarine	1.0	1.6	0	14020	1843	Margarine, soft type, home use
salt	0.7	0.9	0.3	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Soup stock, beef and vegetable stock	0.3	1.0	0	17027	2081	Stock cubes, meat and vegetable
Seasoning (amino acid, etc.)	0.1	0.4	0	17028	2084	Stock powder, "Katsuo-bushi"
White pepper	0.2	0.5	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
Corn cream soup stock	5.4	16.1	0	18004	2180	Cream of corn soup, powdered
Water content after cooking (%)	86.0	-	-			

(Note) 1. Compound butter is calculated using salted butter 1, margarine, soft type1.
2. The same water content is used for all products.

(Hamburg steak) Grilled ground meat patty

- Prepared dish 34 Beef and pork hamburger
- Prepared dish 35 Chicken hamburger
- Prepared dish 36 Tofu hamburger

Hamburg steak is also called hamburger or German steak. It is made by adding ground meat with onion, bread crumbs, egg, etc. into round shapes, cooking with a frying pan or in the oven. Some products substitute all or some of the meat with tofu. This section lists “Beef and pork hamburger“, “Chicken hamburger“, and “Tofu hamburger“. Listed values were calculated by using the ingredient blending ratios of five types of products for “Beef and pork hamburger“, and four types of products for “Chicken hamburger“ and “Tofu hamburger“. These products include pouched and frozen products.

○Prepared dish 34 “Beef and pork hamburger” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Bread crumbs	6.6	12.8	2.4	01079	80	Common wheat, bread crumbs, dry
Starch	0.7	3.2	0	02034	210	Starch, potato starch
Processed starch	0.1	0.4	0	02035	211	Starch, corn starch
Glucose syrup	0.9	4.6	0	03024	239	Starch sweeteners, glucose syrup, enzyme-converted
Glucose	0.6	3.2	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Trehalose	0.1	0.5	0	03017	241	Starch sweeteners, glucose*, total sugar type, powdered
Vegetable protein	2.3	11.3	0	04055	320	Soybeans, soy protein, textured
Onion	21.9	34.0	11.7	06155	549	Onions, bulb, boiled
Sautéed onion	2.3	9.7	0	06336	550	Onions, bulb, sautéed
Carrot	0.8	3.8	0	06215	618	Carrot, regular (European type), root without skin, boiled
Beef (Ground meat)	25.6	30.5	21.3	11272	1560	Beef, ground meat, stir-fried
Pork (Ground meat)	23.8	30.5	19.2	11280	1642	Pork, ground meat, stir-fried
Chicken (Ground meat)	2.9	14.6	0	11291	1724	Chicken, ground meat, stir-fried
Egg	2.2	4.3	0	12005	1745	Eggs, hen, whole, boiled
Dried egg white	0.2	0.6	0	12016	1756	Eggs, hen, white, dried
Milk	2.4	8.2	0	13003	1762	Liquid milk, whole milk
Milk powder	0.9	4.3	0	13009	1768	Milk powder, whole milk powder
Milk protein	0.3	1.7	0	13048	1813	Casein
Salad oil	1.6	5.1	0	14006	1826	Vegetable oil, blend
Beef tallow	0.4	2.0	0	14015	1838	Beef tallow
Lard	0.8	2.4	0	14016	1839	Lard
soy sauce	0.6	2.1	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Salt	0.5	0.8	0.2	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Seasoning (amino acid, etc.)	0.3	1.3	0	17028	2084	Stock powder, "Katsuo-bushi"
Tomato ketchup	0.3	1.2	0	17036	2114	Tomato products, ketchup
Pepper spices	0.1	0.2	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
Garlic powder	0.1	0.3	0	17075	2165	Spice, garlic, powder, without salt
Others	0.9	2.4	0	-	-	-
Water content after cooking (%)	62.8	62.8	62.6-			

(Note) Others : Grace de viande, protein hydrolysate, beef extract, edible fiber, pH regulator, yeast powder, etc.

○Prepared dish 35 “Chicken hamburger” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Bread crumbs	6.7	12.5	3.1	01079	80	Common wheat, bread crumbs, dry
Starch	0.5	1.8	0	02034	210	Starch, potato starch
Sugar	0.5	0.9	0	03003	226	Sugars, soft sugars, white
Vegetable protein	1.5	5.8	0	04055	320	Soybeans, soy protein, textured
Onion	26.8	36.1	21.7	06155	549	Onions, bulb, boiled
Tomato	0.2	0.9	0	06184	582	Tomatoes, canned products, whole, without salt
Carrot	1.1	4.5	0	06215	618	Carrot, regular (European type), root without skin, boiled
Boiled in water lotus root	1.3	5.2	0	06318	743	East Indian lotus root, rhizome, boiled
Pork (Ground meat)	1.5	5.8	0	11280	1642	Pork, ground meat, stir-fried
Chicken (breast)	10.3	41.2	0	11288	1711	Chicken, broiler, breast, meat without skin, roasted
Chicken (Ground meat)	38.4	56.2	0	11291	1724	Chicken, ground meat, stir-fried
Egg	2.2	4.5	0	12005	1745	Eggs, hen, whole, boiled
Milk	1.1	4.5	0	13003	1762	Liquid milk, whole milk
Skimmed milk powder	0.1	0.5	0	13010	1769	Milk powder, skimmed milk powder
Salad oil	2.2	7.7	0	14006	1826	Vegetable oil, blend
Lard	2.9	11.6	0	14016	1839	Lard
Soy sauce	0.4	1.5	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Salt	0.9	2.6	0.1	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Seasoning (amino acid)	0.1	0.2	0	17028	2084	Stock powder, "Katsuo-bushi"
Tomato ketchup	0.6	2.6	0	17036	2114	Tomato products, ketchup
Pepper	0.1	0.3	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	0.6	2.5	0	-	-	-
Water content after cooking (%)	67.0	-	-	-	-	-

(Note) 1. Others : Soluble edible fiber, Ginger paste, liquid mixed seasoning, seaweed mineral.

2. The same water content is used for all products.

○Prepared dish 36 “Tofu hamburger” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Bread crumbs	5.5	7.5	4.0	01079	80	Common wheat, bread crumbs, dry
Processed starch	0.6	2.3	0	02035	211	Starch, corn starch
Sugar	0.1	0.2	0	03003	226	Sugars, soft sugars, white
Pressed tofu	37.5	59.4	22.5	04032	292	Soybeans, tofu, "Momen-tofu" (regular tofu)
Okara (soy pulp)	1.8	7.1	0	04051	315	Soybeans, "Okara" (insoluble residue from soy milk processing), fresh
Vegetable protein	0.7	2.7	0	04055	320	Soybeans, soy protein, textured
Onion	21.2	23.8	16.1	06155	549	Onions, bulb, boiled
Carrot	3.8	7.5	0	06215	618	arrot, regular (European type), root without skin, boiled
Beef (Ground meat)	3.0	12.1	0	11272	1560	Beef, ground meat, stir-fried
Pork (Ground meat)	3.0	12.1	0	11280	1642	Pork, ground meat, stir-fried
Chicken (Breast)	8.6	22.5	0	11228	1721	Chicken, broiler, tender, roasted
Egg	5.9	12.1	0	12005	1745	Eggs, hen, whole, boiled
Milk	3.2	9.0	0	13003	1762	Liquid milk, whole milk
Salad oil	4.3	14.0	0.8	14006	1826	Vegetable oil, blend
Soy sauce	0.1	0.6	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Salt	0.4	0.8	0.2	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Others	0.2	0.8	0.0	-	-	-
Water content after cooking (%)	71.2	-	-	-	-	-

(Note) 1. Mixed ground meat is calculated as beef 1 and pork 1.

2. Others : Seaweed mineral, solidifier, ginger paste, liquid mixed seasoning, pepper.

3. The same water content is used for all products.

(Breaded deep-fried dishes)

— Prepared dish 37 Deep-fried squid

— Prepared dish 38 Deep-fried shrimp

— Prepared dish 39 Minced meat cutlet

In Japan, breaded deep-fried dishes are made by coating meat, cut seafood, etc. with wheat flour, beaten egg, and bread crumbs. Breaded deep-fried meat is called cutlet. “Minced meat cutlet “called Menchi katsu in Japanese is an English word with Japanese origin. It is ground meat added with onion, seasoned, coated, and fried. Frying is cooking by heating with oil. Deep frying is frying by submerging in hot oil.

Listed values were calculated by using the ingredient blending ratios of five types of products for

“Deep-fried squid “ and “Deep-fried shrimp”, and five types of products for “Minced meat cutlet “. These products include frozen products.

○Prepared dish 37 “Deep-fried squid” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	3.2	9.7	0	01015	15	Common wheat, soft flour, first grade
Hard flour	2.5	7.4	0	01020	19	Common wheat, hard flour, first grade
Bread crumbs	16.7	30.8	8.1	01079	80	Common wheat, bread crumbs, dry
Processed starch	3.8	11.3	0	02035	211	Starch, corn starch
Cut squid	63.5	72.6	51.4	10342	1396	Mollusks, neon flying squid, raw
Egg	3.0	7.4	0	12005	1745	Eggs, hen, whole, boiled
Oil	7.2	8.1	6.2	14006	1826	Vegetable oil, blend
Table salt	0.1	0.2	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Others	0.1	0.2	0	-	-	-
Water content after cooking (%)	54.9	-	-			

- (Note) 1. Some products use neon flying squid or golden squid, etc. Here, the values are calculated using neon flying squid.
 2. Others : Amino acid, pepper, a carotenoid pigment, pH regulator.
 3. The same water content is used for all products.

○Prepared dish 38 “Deep-fried shrimp” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	6.8	10.5	4.9	01015	15	Common wheat, soft flour, first grade
Bread crumbs	21.5	38.6	8.8	01079	80	Common wheat, bread crumbs, dry
Processed starch	2.1	6.4	0	02035	211	Starch, corn starch
Sugar	0.1	0.3	0	03003	226	Sugars, soft sugars, white
Shrimp	53.5	70.2	35.3	10329	1383	Crustacean, giant tiger prawn, cultured, raw
Egg	6.3	17.1	0	12005	1745	Eggs, hen, whole, boiled
Egg white powder	0.2	0.5	0	12016	1756	Eggs, hen, white, dried
Oil	9.0	13.1	5.1	14006	1826	Vegetable oil, blend
Salt	0.3	0.5	0	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Others	0.2	0.5	0	-	-	-
Water content after cooking (%)	50.5	-	-			

- (Note) 1. Others : Amino acid, starch, wheat gluten, a carotenoid pigment, pepper.
 2. The same water content is used for all products.

○Prepared dish 39 “Minced meat cutlet” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	3.3	6.2	0.4	01015	15	Common wheat, soft flour, first grade
Bread crumbs	18.7	26.6	10.3	01079	80	Common wheat, bread crumbs, dry
Processed starch	1.8	4.3	0	02035	211	Starch, corn starch
Sugar	1.2	2.4	0	03003	226	Sugars, soft sugars, white
Vegetable protein	5.8	25.2	0	04055	320	Soybeans, soy protein, textured
Onion	16.7	24.9	11.5	06155	549	Onions, bulb, boiled
Sautéed onion	0.2	1.1	0	06336	550	Onions, bulb, sautéed
Carrot	0.6	3.0	0	06215	618	Carrot, regular (European type), root without skin, boiled
Beef (Ground meat)	18.0	35.1	0	11272	1560	Beef, ground meat, stir-fried
Pork (Ground meat)	10.1	24.2	0	11280	1642	Pork, ground meat, stir-fried
Gelatin	0.1	0.3	0	11198	1676	Pork, gelatin
Chicken (Ground meat)	4.0	20.1	0	11291	1724	Chicken, ground meat, stir-fried
Egg	0.8	4.2	0	12005	1745	Eggs, hen, whole, boiled
Egg white	0.3	1.4	0	12015	1755	Eggs, hen, white, boiled
Egg white powder	0.2	1.0	0	12016	1756	Eggs, hen, white, dried
Milk	0.6	3.0	0	13003	1762	Liquid milk, whole milk
Oil	10.2	14.8	6.7	14006	1826	Vegetable oil, blend
Beef tallow	1.6	4.2	0	14015	1838	Beef tallow
Lard	2.3	3.9	0	14016	1839	Lard
Soy sauce	0.7	2.8	0	17007	2055	Soy sauce, "Koikuchi-shoyu" (common soy sauce)
Salt	0.5	0.7	0.1	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Seasoning (amino acid, etc.)	0.3	1.1	0	17028	2084	Stock powder, "Katsuo-bushi"
Tomato ketchup	0.1	0.6	0	17036	2114	Tomato products, ketchup
Pepper, spices	0.3	0.4	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	1.6	4.1	0	-	-	-
Water content after cooking (%)	50.3	55.2	41.7			

(Note) Others : Beef extract, protein hydrolysate, pH regulator, onion extract, dextrin, gelatinizer, pork extract, etc.

(Others)

—Prepared dish 40 Shrimp gratin

—Prepared dish 41 Shrimp pilaf (fried rice)

The gratin is ingredients (meat, fish, vegetables, etc.) seasoned, sprinkled with cheese and bread crumbs, and baked in the oven. The sauce is white sauce, demi-glace sauce, etc. There are various kinds of gratin dishes depending on the ingredients used such as macaroni gratin, chicken gratin, shrimp gratin, etc. This section lists “shrimp gratin”.

Shrimp pilaf (fried rice) is a Turkish rice dish originating in the Middle East. Onion is finely chopped and fried with butter, this is added with rice, bouillon, and cooked. The rice is added with a small piece of butter at the end. This dish can be made with meat, seafood, and vegetables. Generally, pilaf means rice fried in butter and added with ingredients. This section lists “Shrimp pilaf“. Listed values were calculated by using the ingredient blending ratios of five types of products for Shrimp gratin, and four types of products for Shrimp pilaf.

These products include frozen products.

○Prepared dish 40 “Shrimp gratin” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Wheat flour	2.4	3.9	0	01015	15	Common wheat, soft flour, first grade
Pasta, penne	3.2	8.0	0	01064	64	Durum wheat, macaroni and spaghetti, dry pasta, boiled
Macaroni (Boiled)	17.3	48.9	0	01064	64	Durum wheat, macaroni and spaghetti, dry pasta, boiled
Bread crumbs	0.2	0.6	0	01079	80	Common wheat, bread crumbs, dry
Processed starch	1.3	3.2	0	02035	211	Starch, corn starch
Sugar	0.4	1.0	0	03003	226	Sugars, soft sugars, white
Green peas	0.8	2.0	0	06026	419	Peas, green peas, canned in brine
Onion	7.5	17.3	0	06155	549	Onions, bulb, boiled
Sautéed onion	0.1	0.7	0	06336	550	Onions, bulb, sautéed
Sweet corn	1.1	2.7	0	06180	578	Corn, sweet corn, canned products, whole kernel style
Carrot	1.1	2.7	0	06215	618	Carrot, regular (European type), root without skin, boiled
Spinach	5.4	27.1	0	06269	687	Spinach, leaves, frozen
Mushroom	3.3	13.5	0	08032	969	Mushrooms, button mushrooms, fresh, boiled
Shrimp	7.5	13.5	5.0	10329	1383	Crustacean, giant tiger prawn, cultured, raw
Milk	26.3	52.5	0	13003	1762	Liquid milk, whole milk
Non-fat milk	1.3	6.5	0	13006	1765	Liquid milk, skimmed milk
Powder milk	2.4	3.2	0	13009	1768	Milk powder, whole milk powder
Raw cream	3.3	16.3	0	13014	1773	Cream, milk fat
Natural cheese	0.8	3.3	0	13038	1799	Cheese, Parmesan
Cheese	5.0	11.1	0	13040	1805	Cheeses, processed
Oil	1.3	2.0	0	14006	1826	Vegetable oil, blend
Butter	0.4	1.0	0	14017	1840	Butter, salted butter
Margarine	0.8	1.6	0	14020	1843	Margarine, soft type, home use
White wine	2.4	10.8	0	16010	1999	Fermented alcoholic beverage, wine, white
Table salt	0.4	0.7	0.2	17012	2063	Edible salt, common salt, sodium chloride $\geq 99\%$
Soup stock, beef and vegetable stock	0.2	0.8	0	17027	2081	Stock cubes, meat and vegetable
Seasoning (amino acid, etc.)	0.1	0.3	0	17028	2084	Stock powder, "Katsuo-bushi"
White sauce	1.4	7.1	0	17109	2103	Seasoning sauce, white sauce
Pepper	0.1	0.1	0.0	17065	2155	Spices, pepper, black and white pepper mix, ground
White roux	1.4	6.8	0	Calculation	-	White roux
Others	0.7	1.5	0	-	-	-
Water content after cooking (%)	74.1	79.7	72.1			

(Note) 1. White roux is calculated separately based on the ingredient blending ratio of three types of products.

2. Others : Emulsifier, pH regulator, oil processed product, cellulose, scallop extract, thickener, etc.

○Prepared dish 41 “Shrimp gratin” ingredient blending ratio

Ingredient name	Proportion of ingredients (%)			Food used for calculation		
	Ave.	Max.	Min.	Item No.	Index No.	Food name
Rice	57.9	70.6	42.5	01088	93	Rice, short grain, paddy rice, nonglutinous rice, well-milled, "meshi" (cooked rice)
Sugar	0.2	0.8	0	03003	226	Sugars, soft sugars, white
Long beans	0.9	2.6	0	06011	401	Kidney beans, "Sayaingen", immature pods, boiled
Onion	12.0	22.3	6.9	06155	549	Onions, bulb, boiled
Sautéed onion	0.1	0.6	0	06336	550	Onions, bulb, sautéed
Corn	1.1	4.5	0	06180	578	Corn, sweet corn, canned products, whole kernel style
Carrot	5.0	6.0	4.2	06215	618	Carrot, regular (European type), root without skin, boiled
Sweet peppers	3.9	6.0	1.4	06245	657	Sweet peppers, fruit, green, raw
Mushroom (Raw)	1.7	4.5	0	08032	969	Mushrooms, button mushrooms, fresh, boiled
Mushroom (Can)	1.9	7.4	0	08033	971	Mushrooms, button mushrooms, canned in brine, solids
Shrimp	7.8	9.7	6.0	10329	1383	Crustacean, giant tiger prawn, cultured, raw
Gelatin	0.3	1.1	0	11198	1676	Pork, gelatin
Oil	2.4	3.2	1.5	14006	1826	Vegetable oil, blend
Butter	0.4	0.7	0	14017	1840	Butter, salted butter
Margarine	0.6	2.2	0	14020	1843	Margarine, soft type, home use
Shortening	0.1	0.2	0	14022	1846	Shortening, home use
White wine	0.1	0.3	0	16010	1999	Fermented alcoholic beverage, wine, white
Salt	1.5	1.7	1.2	17012	2063	Edible salt, common salt, sodium chloride ≥ 99%
Soup stock, beef and vegetable stock	0.7	1.9	0	17027	2081	Stock cubes, meat and vegetable
Seasoning (Amino acid, etc.)	0.8	2.8	0	17028	2084	Stock powder, "Katsuo-bushi"
Tomato paste	0.1	0.3	0	17035	2113	Tomato products, paste
Pepper	0.1	0.2	0	17065	2155	Spices, pepper, black and white pepper mix, ground
Others	0.5	1.9	0	-	-	Others
Water content after cooking (%)	62.9	63.9	61.6			

(Note) 1. Compound butter is calculated using salted butter 1, margarine, soft type 1.

2. Others : Sauce Américaine, milk powder, egg white, starch, yeast, paprika.

5) List of component alteration rate due to cooking by food group/category

Table 25 on the next page shows the “List of component alteration rate due to cooking by food group/category” used in the calculations in this section. In compiling this table, first the “component alteration rate due to cooking” was calculated (equation 4) based on the methods in references ⁵⁾⁸⁾ for the cooked foods listed in Chapter 1 Table 15 Food Yield after Cooking of the current composition tables. Next the component alteration rates were categorized by the food types and cooking methods of food groups, etc. based on the methods in references ^{6)~8)}. From this table, the residual rate after cooking of ingredients can be checked for different cooking methods of different food groups.

【Equation 4】 Component alteration rate due to cooking (%)

= Component value per 100 g of edible portion of cooked food × food yield after cooking

÷ Component value per 100 g of edible portion of before cooking food

(The values listed in the current composition tables are indicated for both component values and food yield after cooking.)

If the component alteration rate due to cooking exceeds 100 % and if there is no rational explanation, they were corrected to 100% in accordance with the methods in references ^{6)~8)} .

In the following cases, since the alteration rate cannot be calculated or because there is a problem with the precision of the calculation results, the component alteration rate is indicated as “—” .

- ① When the listed values before cooking/after cooking/or both in the composition tables are “—”
- ② When the listed values before cooking/after cooking/or both in the composition tables are “0”
- ③ When the listed values before cooking/after cooking/or both in the composition tables are “Tr”

Energy, β-carotene equivalent, active retinol equivalent, and table salt equivalent were not listed as they are calculated from other components. Protein from amino acids, triacylglycerol equivalent, fatty acid, and monosaccharide equivalent was also not listed as they are calculated in a different way.

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