

| 別 表 | | 可食部 100 g 当たり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|-------------|---------------|-------|------|-------|----------------|------|------------|-------|-------|------|-------|-------|---------|-----|------|-----|-----|----------------|-----|-----|-----|----|-----|-------|-----|------|------|----|--|--|--|
| | | 廃棄率 | エネルギー | 水分 | たんぱく質 | アミノ酸組成によるたんぱく質 | 脂質 | トリアルグリセロール | | | 脂肪酸 | | | コレステロール | | 炭水化物 | | | 利用可能炭水化物(単糖相当) | | | 灰分 | | | 食塩相当量 | 無機質 | | | | | | |
| | | | | | | | | 飽和 | 一価不飽和 | 多価不飽和 | 飽和 | 一価不飽和 | 多価不飽和 | mg | g | g | g | g | g | g | g | mg | mg | mg | mg | mg | mg | mg | mg | | | |
| | 食品名 | % | kcal | g | g | g | g | g | g | g | g | g | g | mg | g | g | g | g | g | g | mg | mg | mg | mg | mg | mg | mg | mg | | | | |
| | いも類 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | (さつまいも類) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さつまいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02045 | 塊根 皮つき 生 | 2 | 140 | 64.6 | 0.9 | 0.7 | 0.5 | 0.1 | 0.06 | Tr | 0.05 | (0) | 33.1 | 31.0 | 0.9 | 1.8 | 2.8 | 0.9 | 0.1 | 23 | 380 | 40 | 24 | 46 | 0.5 | 0.2 | 0.13 | | | | | |
| 参考値 | 塊根 皮むき 生 | 15 | 145 | 63.0 | 1.0 | 0.8 | 0.2 | 0.1 | 0.03 | Tr | 0.03 | (0) | 35.0 | 33.3 | 0.8 | 1.5 | 2.4 | 0.8 | 0.1 | 22 | 370 | 23 | 23 | 46 | 0.4 | 0.2 | 0.13 | | | | | |
| | 野菜類 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | (なす類) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なす | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06343 | 果実 天ぷら | 0 | 180 | 71.9 | 1.6 | (1.1) | 14.0 | 13.1 | 0.97 | 8.13 | 3.39 | 1 | 12.0 | 10.4 | 0.7 | 1.3 | 1.9 | 0.5 | 0.1 | 21 | 200 | 31 | 14 | 41 | 0.2 | 0.2 | 0.07 | | | | | |
| 参考値 | 果実 生 | 9 | 20 | 94.0 | 0.8 | — | 0.2 | — | — | — | — | — | 1 | 4.5 | — | 0.4 | 1.4 | 1.8 | 0.5 | 0 | 0 | 220 | 15 | 15 | 29 | 0.2 | 0.1 | 0.08 | | | | |
| | (にんじん類) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06347 | 根 皮 生 | 0 | 31 | 0.7 | — | 0.2 | — | — | — | — | — | (0) | 7.3 | — | 1.3 | 2.5 | 3.8 | 1.5 | 0 | 16 | 630 | 45 | 20 | 43 | 0.3 | 0.2 | 0.08 | | | | | |
| 参考値 | 根 皮むき 生 | 0 | 42 | 0.6 | — | 0.2 | — | — | — | — | — | (0) | 10.1 | — | 1.3 | 1.5 | 2.8 | 0.6 | 0.1 | 40 | 230 | 23 | 10 | 25 | 0.2 | 0.1 | 0.03 | | | | | |
| | 魚類 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | (あじ類) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | まあじ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10389 | 皮なし 刺身 | 0 | 123 | 75.6 | 19.7 | 16.1 | 4.1 | 3.0 | 0.97 | 0.90 | 1.01 | 56 | 0.2 | — | (0) | (0) | (0) | 1.2 | 0.3 | 110 | 360 | 12 | 31 | 220 | 0.9 | 0.6 | 0.09 | | | | | |
| 参考値 | 皮つき 生 | 55 | 133 | 74.2 | 19.9 | 16.5 | 5.1 | 3.8 | 1.24 | 1.15 | 1.25 | 65 | 0.2 | — | (0) | (0) | (0) | 1.3 | 0 | 110 | 360 | 40 | 30 | 230 | 0.9 | 1.0 | 0.10 | | | | | |
| | (さけ・ます類) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にじます | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10402 | 海面養殖 皮なし 刺身 | 0 | 189 | 67.5 | 20.5 | 17.4 | 10.8 | 10.1 | 1.65 | 4.67 | 3.31 | 52 | 0.2 | — | (0) | (0) | (0) | 1.2 | 0.1 | 50 | 420 | 8 | 29 | 250 | 0.3 | 0.4 | 0.04 | | | | | |
| 参考値 | 海面養殖 皮つき 生 | 35 | 200 | 66.1 | 21.1 | 18.1 | 11.7 | 10.7 | 1.73 | 4.97 | 3.52 | 59 | 0.2 | — | (0) | (0) | (0) | 1.2 | 0 | 55 | 400 | 15 | 28 | 240 | 0.3 | 0.5 | 0.04 | | | | | |
| | (たい類) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | まだい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10408 | 養殖 皮なし 刺身 | 0 | 146 | 71.9 | 21.2 | 17.9 | 5.9 | 4.8 | 1.29 | 1.78 | 1.52 | 60 | 0.2 | — | (0) | (0) | (0) | 1.3 | 0.1 | 43 | 490 | 7 | 33 | 260 | 0.2 | 0.4 | 0.02 | | | | | |
| 参考値 | 養殖 皮つき 生 | 70 | 155 | 71.2 | 21.2 | 18.3 | 6.9 | 5.8 | 1.55 | 2.14 | 1.81 | 68 | 0.2 | — | (0) | (0) | (0) | 1.3 | 0 | 46 | 470 | 16 | 32 | 250 | 0.2 | 0.6 | 0.02 | | | | | |
| | ひらめ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10410 | 養殖 皮なし 刺身 | 0 | 113 | 76.0 | 21.2 | 17.1 | 2.5 | 1.9 | 0.49 | 0.57 | 0.72 | 53 | 0.1 | — | (0) | (0) | (0) | 1.2 | 0.1 | 41 | 470 | 8 | 31 | 230 | 0.1 | 0.3 | 0.02 | | | | | |
| 参考値 | 養殖 皮つき 生 | 45 | 125 | 74.1 | 21.2 | 17.9 | 3.7 | 3.1 | 0.80 | 0.96 | 1.18 | 61 | 0.1 | — | (0) | (0) | (0) | 1.3 | 0 | 42 | 440 | 48 | 31 | 240 | 0.1 | 0.6 | 0.02 | | | | | |
| | ぶり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | はまち | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10411 | 養殖 皮なし 刺身 | 0 | 203 | 66.4 | 21.0 | 17.2 | 12.0 | 9.9 | 2.81 | 4.11 | 2.57 | 78 | 0.3 | — | (0) | (0) | (0) | 1.1 | 0.1 | 36 | 390 | 5 | 29 | 220 | 1.1 | 0.5 | 0.10 | | | | | |
| 参考値 | 養殖 皮つき 生 | 0 | 209 | 65.7 | 21.3 | 17.9 | 12.6 | 9.8 | 2.90 | 4.26 | 2.23 | 80 | 0.3 | — | (0) | (0) | (0) | 1.2 | 0 | 37 | 380 | 34 | 28 | 230 | 1.1 | 1.1 | 0.10 | | | | | |
| | 畜肉類 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶた | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | [大型種肉] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ロース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11276 | 脂身つき とんかつ | 0 | 450 | 31.2 | 22.0 | 18.6 | 35.9 | 35.1 | 8.90 | 18.60 | 6.03 | 60 | 9.8 | 9.6 | 0.1 | 0.6 | 0.7 | 1.1 | 0.3 | 110 | 340 | 14 | 27 | 200 | 0.6 | 1.9 | 0.07 | | | | | |
| 参考値 | 脂身つき 生 | 0 | 282 | 59.7 | 18.6 | 16.1 | 21.5 | 20.6 | 8.81 | 9.07 | 1.81 | 59 | 0.2 | — | (0) | (0) | (0) | 0.9 | 0 | 46 | 310 | 3 | 20 | 170 | 0.5 | 1.6 | 0.04 | | | | | |

別表 調理後の食品と同一試料の「生」等の成分値(参考値)

表中の「刺身」等の調理後の食品の分析においては、収載されている「生」等とは別の試料を用いている
このため、参考値として、これらの食品と同一試料の「生」等の分析値を示した

| 可食部 100g 当たり | | | | | | | | | | | | | | | | | | | 備考 | | | | | | |
|--------------|-----|-----|-----|-------|-------|------|-------------|----------|------|---------|-----|-----|-----|-----|----------------|----------------|-------|----------------|-----------------|------|--------|------|------|-----|----|
| 無機質 | | | | | ビタミン | | | | | | | | | | | | | | | | | | | | |
| マンガン | ヨウ素 | セレン | クロム | モリブデン | A | | | | D | E | | | | K | B ₁ | B ₂ | ナイアシン | B ₆ | B ₁₂ | 葉酸 | パントテン酸 | ビオチン | C | | |
| | | | | | レチノール | カロテン | β-クリプトキサンチン | β-カロテン当量 | | トコフェロール | α | β | γ | | | | | | | | | | | | |
| mg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | mg | mg | mg | mg | μg | mg | mg | mg | μg | mg | μg | mg | mg | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.37 | 1 | 0 | 0 | 5 | (0) | 0 | 40 | 0 | 40 | 3 | (0) | 1.0 | 0 | Tr | 0 | (0) | 0.10 | 0.02 | 0.6 | 0.20 | (0) | 49 | 0.48 | 4.8 | 25 |
| 0.33 | Tr | 0 | 0 | 5 | (0) | 0 | 44 | 0 | 44 | 4 | (0) | 1.2 | 0 | 0 | 0 | (0) | 0.11 | 0.02 | 0.6 | 0.21 | (0) | 52 | 0.48 | 4.5 | 26 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.16 | — | — | — | 7 | — | Tr | 110 | 3 | 110 | 9 | — | 2.6 | 0 | 5.5 | 0.1 | 22 | 0.05 | 0.07 | 0.6 | 0.04 | 0 | 28 | 0.16 | 2.3 | 2 |
| 0.12 | — | — | — | 7 | (0) | 0 | 60 | 2 | 61 | 5 | (0) | 0.2 | (0) | (0) | (0) | 5 | 0.05 | 0.03 | 0.5 | 0.04 | (0) | 12 | 0.16 | 2.3 | 5 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.13 | 1 | 0 | 1 | 1 | (0) | 3800 | 6700 | 0 | 8600 | 720 | (0) | 0.5 | 0 | 0 | 0 | 12 | 0.05 | 0.05 | 1.1 | 0.12 | (0) | 46 | 0.31 | 6.4 | 4 |
| 0.14 | 1 | 0 | 0 | Tr | (0) | 4200 | 7700 | 0 | 9800 | 820 | (0) | 0.5 | 0 | 0 | 0 | 7 | 0.04 | 0.03 | 0.5 | 0.09 | (0) | 19 | 0.12 | 2.9 | 3 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.01 | 20 | 42 | 0 | (0) | 7 | (0) | (0) | (0) | (0) | 7 | 7.9 | 0.9 | 0 | 0 | 0 | (Tr) | 0.14 | 0.20 | 6.4 | 0.41 | 9.8 | 9 | 0.53 | 4.7 | Tr |
| | Tr | 20 | 45 | 0 | (0) | 9 | (0) | (0) | (0) | 9 | 8.7 | 1.1 | 0 | 0 | 0 | (Tr) | 0.14 | 0.21 | 6.5 | 0.39 | 9.2 | 9 | 0.59 | 4.5 | Tr |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.01 | 3 | 21 | 0 | (0) | 27 | (0) | (0) | (0) | (0) | 27 | 7.0 | 3.8 | 0 | 0.9 | 0 | — | 0.21 | 0.12 | 6.7 | 0.59 | 3.8 | 9 | 1.74 | 5.5 | 3 |
| 0.01 | 3 | 20 | 0 | (0) | 27 | (0) | (0) | (0) | (0) | 27 | 8.2 | 4.2 | 0 | 1 | 0 | — | 0.20 | 0.12 | 6.9 | 0.51 | 3.4 | 11 | 1.63 | 5.0 | 3 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0 | 9 | 32 | Tr | — | 10 | (0) | (0) | (0) | (0) | 10 | 4.5 | 2.6 | 0 | 0 | 0 | — | 0.31 | 0.08 | 7.2 | 0.56 | 1.8 | 4 | 1.40 | 9.0 | 3 |
| 0 | 9 | 34 | 1 | — | 12 | (0) | (0) | (0) | (0) | 12 | 4.8 | 2.9 | 0 | 0 | 0 | — | 0.29 | 0.09 | 6.7 | 0.53 | 1.9 | 5 | 1.34 | 8.7 | 3 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.01 | 11 | 41 | 0 | (0) | 9 | (0) | (0) | (0) | (0) | 9 | 2.3 | 1.6 | 0 | 0 | 0 | — | 0.22 | 0.07 | 6.7 | 0.48 | 1.1 | 12 | 0.86 | 8.4 | 10 |
| 0.09 | 14 | 42 | Tr | (0) | 13 | (0) | (0) | (0) | (0) | 13 | 1.9 | 2.1 | 0 | 0 | 0 | — | 0.23 | 0.34 | 6.3 | 0.43 | 1.5 | 14 | 1.01 | 9.5 | 10 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.01 | 14 | 35 | 0 | (0) | 41 | (0) | (0) | (0) | (0) | 41 | 4.4 | 5.5 | 0 | 0.2 | 0 | — | 0.17 | 0.23 | 7.9 | 0.53 | 6.6 | 9 | 0.99 | 6.4 | 3 |
| 0.02 | 20 | 35 | 1 | (0) | 40 | (0) | (0) | (0) | (0) | 40 | 4.6 | 5.2 | 0 | 0.2 | 0 | — | 0.16 | 0.25 | 7.8 | 0.50 | 7.1 | 10 | 0.94 | 6.6 | 2 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0.12 | Tr | 23 | Tr | 4 | 11 | (0) | 6 | 0 | 6 | 11 | 0.7 | 3.5 | 0 | 7.5 | 0.2 | 16 | 0.75 | 0.15 | 7.0 | 0.31 | 0.5 | 6 | 0.79 | 5.0 | 1 |
| 0 | 0 | 18 | 0 | 1 | 14 | (0) | 0 | — | (0) | 14 | 0.8 | 0.4 | 0 | 0.1 | 0 | 5 | 0.87 | 0.12 | 6.8 | 0.44 | 0.5 | 2 | 0.79 | 4.4 | 1 |