Standard Tables of Food Composition in Japan

Office for Resources
Policy Division, Science and Technology Policy Bureau
Ministry of Education, Culture, Sports, Science and Technology (MEXT), Japan

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1. History

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

a. Standard Tables of Food Composition in Japan -2010-
b. Amino Acid Composition of Foods -2010-
c. Fatty Acid Composition of Foods -2005-

PDF files (Japanese with English) are available at http://www.mext.go.jp/english/science_technology/

- Lists 2,191 foods
  - Concentrates on foods consumed in Japan

- Covers 52 basic nutrients
  Water, protein, lipids, triglyceride equivalents of fatty acids, carbohydrates, ash, minerals, vitamins, fatty acids, cholesterol, dietary fibers and energy
4. Three Supplements
a. Amino Acid Composition of Foods -2015-

• Lists 1,558 foods
• Covers 19 amino acids
  Ile, Leu, Lys, Met, Cys, Phe, Tyr, Thr, Trp, Val, His, Arg, Ala, Asp, Glu, Gly, Pro, Ser, Hyp
• Includes “protein calculated as the sum of amino acid residues”
b. Fatty Acid Composition of Foods -2015-

- Covers 47 fatty acids
  - 18 saturated
  - 11 monounsaturated
  - 18 polyunsaturated
- Includes “fatty acids expressed as triacylglycerol equivalents”
- Lists 1,782 foods
  - 418 fish and fish products
c. Carbohydrate Composition of Foods -2015-

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

Excel data files in English will be available at http://www.mext.go.jp/english/science_technology/ (hopefully soon)

<table>
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<tr>
<th>Food Group</th>
<th>Item No.</th>
<th>Index No.</th>
<th>Food and Description</th>
<th>Refuse</th>
<th>Energy (kcal)</th>
<th>Energy (kJ)</th>
<th>Water (g)</th>
<th>Unit</th>
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