

# Standard Tables of Food Composition in 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/](http://www.mext.go.jp/english/science_technology/)

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

Coming  
Soon!

Dec. 2015 - Jan. 2016



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



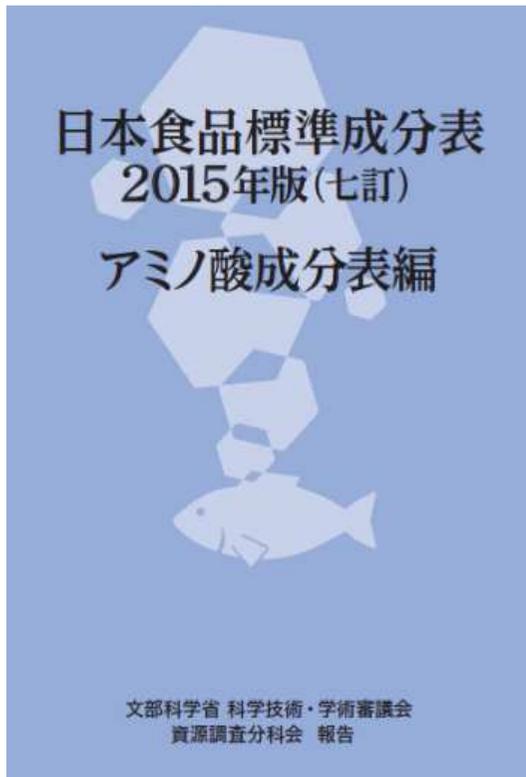
- Covers 52 basic nutrients
  - Water, protein, lipids, triglyceride equivalents of fatty acids, carbohydrates, ash, minerals, vitamins, fatty acids, cholesterol, dietary fibers and energy

## 4. Three Supplements

### a. Amino Acid Composition of Foods -2015-

Coming  
Soon!

Dec. 2015 - Jan. 2016



- 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

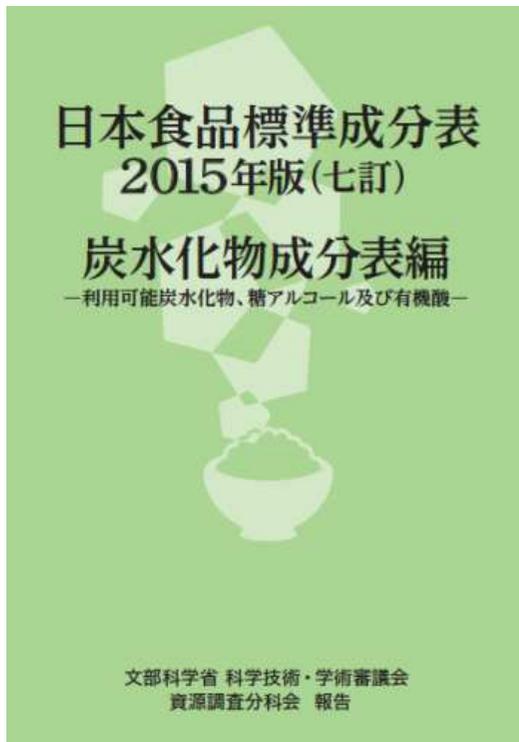


# c. Carbohydrate Composition of Foods -2015-

**NEW!**

Coming  
Soon!

Dec.2015-Jan.2016



- 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/](http://www.mext.go.jp/english/science_technology/)

(hopefully soon)

Food Group	Item No.	Index No.	Food and Description	Refuse	Energy (kcal)	Energy (kJ)	Water	...
Unit				%	kcal	kJ	g	...
Tagnames				REFUSE	ENERC_KCAL	ENERC	WATER	...
01	01001	1	Amaranth, whole grain, raw	0	558	1498	13.5	...
01	01002	2	Foxtail millet, milled grain, raw	0	36	1523	12.5	...
01	01003	3	Foxtail millet, glutinous, raw	0	211	883	48.0	...
01	01004	4	Common oats, oatmeal, raw [*Syn. Oats]	0	380	1590	10.0	...
01	01005	5	Barley, under-milled pressed grain, raw	0	341	1427	14.0	...
01	01006	6	Barley, pressed grain, raw	0	340	1423	14.0	...