

# **Standard Tables of Food Composition in Japan-the Past, the Present and the Future-**

Hirokadzu Taira

Japan Resources Association

5-29-19, Shiba, Minato-ku, Tokyo 108, Japan

## **Summary**

About 100 years ago, the data table of food analysis was first published in Japan. After the 2nd World War, Tentative Standard Tables of Nutritional Values of Foods were compiled in 1947. After the tentative publication, Standard Tables of Food Composition were published as 1<sup>st</sup> edition in 1951, 2nd edition in 1954, 3rd edition in 1963, 4th edition in 1986 and Amino Acid Composition of Foods in 1966. In addition, 4 follow-up tables of 4th edition were published as Amino Acid Composition of Foods revised edition in 1986, Fatty Acid, Cholesterol and Vitamin E in 1989, Minerals (magnesium, zinc and copper) in 1991 and Dietary Fiber in 1992. Further, tables for vitamin D are compiled and analysis for tables of vitamin K, B<sub>6</sub> and B<sub>12</sub> was started this year. Analysis and survey for a 5th edition are scheduled to start next year, or 1994.