

Variation in Nutritive Value of Marketed Prepared Foods in Japan

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Summary

Variation in nutritive values from published data for marketed prepared Foods in Japan was assessed using 12 frozen items (breaded raw shrimp, curry, gyouza, gratin, croquette, breaded raw fish, shumai, harumaki, hamburg, pilaf, meat ball, and cutlet) and 5 packed foods (curry, gratin, soup, stew, and sauce). As compared with the standard table of food composition in Japan (4th revised edition), no considerable differences were observed for energy, water, protein, non-fibrous carbohydrate, phosphorus, sodium, and riboflavin in any of the foods. Furthermore, low sodium values were consistently observed. On the other hand, large differences were observed in lipid, iron, retinol, carotene, retinol potency, and thiamin. In each of the foods, considerable differences were not observed for gyoza, stew, shumai, hamburg, and sauce. On the other hand, large differences were observed for breaded raw shrimp, breaded raw fish, curry, soup, croquette, meat ball, and cutlet. With regard to variation in nutritive value of marketed prepared foods, small coefficient of variation (C.V.) values were observed for energy, water, protein, lipid, non-fibrous carbohydrate, potassium, and sodium for all foods. Large C.V. values were observed for fiber, ash, phosphorus, iron, riboflavin, niacin, calcium, retinol, carotene, retinol potency, thiamin, and ascorbic acid. Regarding individual foodstuffs, small C.V. values were obtained for gyouza, soup, shumai, meatball, curry, croquette, breaded raw shrimp, pilaf, sauce, harumaki, and cutlet. Whereas, large and remarkable large C.V. values were observed for hamburg, stew, gratin, and breaded raw fish (non-fried product).