

49	II	A1 1	Rice	Rice (polished rice)	82.51	125.60	176.80	173.90	168.80	603.9	603.9	538.19	516.32	601.95	629.84	674.01
50		A2 1	Rice cakes	Rice cakes	1.71	2.63	2.09	2.28	3.79	9.9	9.9	11.15	10.81	7.12	8.26	15.13
51		A2 2	Rice flour	"Shiratamako"	0.90	0.08	0.05	0.10	0.16	0.9	0.9	5.87	0.33	0.17	0.36	0.64
52		A2 3	Rice vermicelli	Rice thread	0.01	0.03	0.12	0.07	0.05	0.2	0.2	0.07	0.12	0.41	0.25	0.20
53		A2 4	"Sekihan" steamed rice with red beans	"Sekihan" steamed rice with red beans	0.74	0.26	0.96	1.43	1.49	4.2	4.2	4.83	1.07	3.27	5.18	5.95
54		A3 1	Barley	Pressed barley (added vitamin)	0.01	0.05	0.07	0.12	0.21	0.4	0.4	0.07	0.21	0.24	0.43	0.84
55		A3 2	Wheat flour	Wheat flour (weak)	6.62	7.69	7.44	7.48	3.80	27.1	27.1	43.18	31.61	25.33	27.09	15.17
56		A3 3	Wheat flour mix	Wheat flour mix	1.07	1.19	0.73	0.45	0.24	2.8	2.8	6.98	4.89	2.49	1.63	0.96
57		A3 4	Roasted wheat gluten products	Roasted wheat gluten products	0.16	0.18	0.15	0.20	0.29	0.8	0.8	1.04	0.74	0.51	0.72	1.16
58		A4 1	Bread	Bread	20.37	57.82	31.86	23.72	18.74	118.0	118.0	132.87	237.69	108.47	85.91	74.83
59		1		Roll of bread	2.04	5.78	3.19	2.37	1.87	11.8	11.8	13.31	23.76	10.86	8.58	7.47
60		A4 2	Bread crump powder	Bread crump powder	1.30	1.94	3.86	2.50	1.32	9.0	9.0	8.48	7.98	13.14	9.05	5.27
61		A4 3	Sweet breads	Sweet breads wrapping bean jam	3.07	3.18	5.19	2.69	2.17	12.7	12.7	20.02	13.07	17.67	9.74	8.66
62		3		Sweet breads wrapping custard cream or flour paste	3.07	3.18	5.19	2.69	2.17	12.7	12.7	20.02	13.07	17.67	9.74	8.66
63		A4 4	Chinese buns with ingredient	Pork buns	0.94	2.95	3.00	1.10	0.60	6.5	6.5	6.13	12.13	10.21	3.98	2.40
64		A4 5	Cooked buns · pie	Cooked buns	3.52	5.72	8.41	3.76	2.02	18.2	18.2	22.96	23.51	28.63	13.62	8.07
65		A5 1	Japanese noodle	Japanese noodle (boiled)	10.73	10.01	18.14	25.00	25.51	76.6	76.6	69.99	41.15	61.76	90.55	101.86
66		A5 2	Buckwheat noodle	Buckwheat noodle (raw)	0.75	0.52	1.76	3.57	3.40	9.1	9.1	4.89	2.14	5.99	12.93	13.58
67		A5 3	Chinese noodle	Chinese noodle (steamed)	5.36	4.85	10.26	11.79	5.08	32.9	32.9	34.96	19.94	34.93	42.70	20.28
68		A5 4	Dried Japanese noodle	Dried Japanese noodle (dry)	0.61	0.84	0.95	1.27	2.58	5.0	5.0	3.98	3.45	3.23	4.60	10.30
69		A5 5	Dried buckwheat noodle · other noodles	Dried buckwheat noodle (dry)	0.04	0.16	0.10	0.18	0.64	0.9	0.9	0.26	0.66	0.34	0.65	2.56
70		A5 6	Macaroni · Spaghetti	Macaroni · Spaghetti (dry)	3.73	3.42	6.18	4.34	1.71	15.9	15.9	24.33	14.06	21.04	15.72	6.83
71		A5 7	Instant Chinese noodle	Instant Chinese noodle (fried and preseasoned)	1.59	2.15	3.31	3.08	2.34	10.4	10.4	10.37	8.84	11.27	11.16	9.34
72		A5 8	Instant snack noodle	Snack Chinese noodle (fried and preseasoned)	0.31	0.93	1.72	0.89	0.40	3.4	3.4	2.02	3.82	5.86	3.22	1.60
73		A5 9	Instant Japanese flavor noodle	Instant Japanese flavor noodle (fried and dried)	0.13	0.23	0.53	0.30	0.29	1.2	1.2	0.85	0.95	1.80	1.09	1.16
74		A6 1	Other grains	Corn	0.70	0.93	1.06	0.63	0.72	3.1	3.1	4.57	3.82	3.61	2.28	2.87
75		A6 2	Cereal	Corn flakes	1.04	0.72	0.41	0.15	0.04	1.7	1.7	6.78	2.96	1.40	0.54	0.16
76		A6 3	Pop·corn	Pop·corn	0.28	0.22	0.18	0.04	0.01	0.5	0.5	1.83	0.90	0.61	0.14	0.04
77	III	B1 1	Peanut butter · other nuts	Peanut butter	0.24	0.33	0.13	0.31	0.26	2.0	2.0	2.62	2.24	1.02	2.19	1.63
78		B1 2	Chestnut	Chestnut (sweet-boiled)	1.40	0.19	0.50	0.47	0.64	4.5	4.5	15.29	1.29	3.94	3.32	4.00
79		B1 3	Peanut	Oil-roasted peanut	0.09	0.15	0.13	0.48	0.50	2.3	2.3	0.98	1.02	1.02	3.39	3.13
80		B1 4	Sesam seeds	Sesam seeds	0.59	0.41	0.67	0.91	1.15	5.7	5.7	6.44	2.79	5.28	6.43	7.19
81		C1 1	"Konjac"	Konjac	5.78	9.44	12.48	13.99	13.78	85.9	85.9	63.12	64.13	98.40	98.93	86.15
82		C1 2	Starch	White potato starch	0.35	0.49	0.98	0.70	0.45	4.5	4.5	3.82	3.33	7.73	4.95	2.81
83		C1 3	Starch noodle	Starch noodle	0.24	0.28	0.29	0.32	0.20	2.0	2.0	2.62	1.90	2.29	2.26	1.25
84		C1 4	Processed potaoes	Dried mashed potatoes	0.24	0.32	0.72	0.48	0.46	3.3	3.3	2.62	2.17	5.68	3.39	2.88
85		C1 5	Potatoes	Potatoes (raw)	42.73	72.60	55.06	50.30	57.24	406.0	451.1	466.64	493.24	434.12	355.68	357.86
86		G1 1	"Miso" <soy bean paste>	"Miso", light colored and salty	4.95	5.69	5.29	7.18	8.10	47.5	47.5	54.06	38.66	41.71	50.77	50.64
87		1		Barley miso	2.47	2.84	2.65	3.59	4.05	23.7	23.7	26.97	19.29	20.89	25.39	25.32
88		1		"Miso", red and salty	2.47	2.84	2.65	3.59	4.05	23.7	23.7	26.97	19.29	20.89	25.39	25.32
89		G1 2	"Tofu" <soybean curd>	"Tofu" <soybean curd>	19.67	38.66	32.98	40.26	46.00	269.5	269.5	214.81	262.65	260.03	284.68	287.59
90		G1 3	Fried soybean curds	"Namaage" <fried soy bean curd (thick)>	2.51	3.80	3.25	4.07	4.28	27.2	27.2	27.41	25.82	25.62	28.78	26.76
91		3		"Aburage" <fried soy bean curd (thin)>	2.51	3.80	3.25	4.07	4.28	27.2	27.2	27.41	25.82	25.62	28.78	26.76
92		G1 4	Freezed dried bean curd	Freezed dried bean curd	0.18	0.20	0.56	1.41	1.04	5.9	5.9	1.97	1.36	4.42	9.97	6.50
93		G1 5	"Natto"	"Natto"	3.26	3.77	3.30	5.62	6.98	35.3	35.3	35.60	25.61	26.02	39.74	43.64
94		G1 6	Soy bean	Boiled soy bean	0.35	0.34	0.60	0.88	1.68	5.9	5.9	3.82	2.31	4.73	6.22	10.50
95		G1 7	Soy milks	Soy milk	0.16	0.08	0.05	0.24	0.21	1.2	1.2	1.75	0.54	0.39	1.70	1.31
96		7		Prepared soy milk	0.16	0.08	0.05	0.24	0.21	1.2	1.2	1.75	0.54	0.39	1.70	1.31
97		G1 8	Black soy beans	Boiled black soy beans	0.10	0.08	0.11	0.21	0.46	1.4	1.4	1.09	0.54	0.87	1.48	2.88
98		G1 9	"Okara" · "Yuba"	"Okara"	0.08	0.14	0.13	0.40	0.74	2.3	2.3	0.87	0.95	1.02	2.83	4.63
99		G1 10	"Kinako": roasted and ground soy bean	Soy bean ("Kinako")	0.23	0.05	0.15	0.13	0.29	1.2	1.2	2.51	0.34	1.18	0.92	1.81
100		G2 1	Boiled pulses	Kidney beans (boiled pinto beans)	0.35	0.21	0.35	0.73	1.63	4.9	4.9	3.82	1.43	2.76	5.16	10.19
101		G2 2	"Adzuki" bean jam	"Adzuki" (boiled and canned)	0.21	0.21	0.14	0.30	0.34	1.9	1.9	2.29	1.43	1.10	2.12	2.13
102		G2 3	Other processed beans	Peas (boiled)	0.25	0.19	0.36	0.54	0.93	3.5	3.5	2.73	1.29	2.84	3.82	5.81

103	IV	O1 1	Fishes, fresh or frozen	Tunas (lean)	5.01	8.27	7.80	10.88	11.76	43.8	43.8	39.04	41.29	30.40	46.30	61.19
104		1		Mackerels (fresh)	5.01	8.27	7.80	10.88	11.76	43.8	79.6	39.04	41.29	30.40	46.30	61.19
105		1		Horse mackerels (fresh)	5.01	8.27	7.80	10.88	11.76	43.8	79.6	39.04	41.29	30.40	46.30	61.19
106		1		Salmons (fresh)	5.01	8.27	7.80	10.88	11.76	43.8	73.0	39.04	41.29	30.40	46.30	61.19
107		O1 2	Salted fishes	Salmons (salted salmons)	4.12	6.00	9.56	11.47	12.24	44.0	58.6	32.11	29.95	37.26	48.81	63.69
108		O1 3	"Sujiko": salted salmon whole egg	Salmons ("sujiko")	0.25	0.30	0.48	0.62	0.70	2.4	2.4	1.95	1.50	1.87	2.64	3.64
109		O1 4	Salted cod-roes	Cods (salted cod-roes)	0.35	0.52	1.03	1.28	1.16	4.5	4.5	2.73	2.60	4.01	5.45	6.04
110		O1 5	Cooked and dried whitebait	Cooked and dried whitebait	0.50	0.47	0.65	1.12	1.48	4.3	4.3	3.90	2.35	2.53	4.77	7.70
111		O1 6	Dried fishes	Salted and dried horse mackerels, opened	1.52	1.96	2.47	4.95	6.31	17.8	25.4	11.85	9.78	9.63	21.07	32.83
112		O1 7	"Katsuo-bushi"	Skipjacks ("katsuo-bushi")	0.09	0.22	0.28	0.35	0.52	1.5	1.5	0.70	1.10	1.09	1.49	2.71
113		O1 8	Smoked fishes and cooked fishes	Saury pikes ("mirin-boshi sanma")	0.11	0.22	0.37	0.67	0.95	2.4	2.7	0.86	1.10	1.44	2.85	4.94
114		O1 9	Canned fishes in oil	Canned tuna in oil	0.74	1.36	1.52	1.14	0.64	5.2	5.2	5.77	6.79	5.92	4.85	3.33
115		O1 10	Canned crabs in brine	Canned crab meat	0.05	0.10	0.14	0.20	0.15	0.7	0.7	0.39	0.50	0.55	0.85	0.78
116		O1 11	Other canned fishes in brine	Canned flaked tuna in brine	0.15	0.18	0.24	0.33	0.31	1.2	1.2	1.17	0.90	0.94	1.40	1.61
117		O1 12	Caned salmons in brine	Caned salmons in brine	0.04	0.06	0.14	0.11	0.17	0.5	0.5	0.31	0.30	0.55	0.47	0.88
118		O1 13	Other canned seasoned fishes	Canned boiled eels "kabayaki"	0.19	0.33	0.45	0.53	0.76	2.2	2.2	1.48	1.65	1.75	2.26	3.95
119		13		Canned mackerel in "miso"	0.19	0.33	0.45	0.53	0.76	2.2	2.2	1.48	1.65	1.75	2.26	3.95
120		O1 14	Cooked and dried fishes	Cooked and dried sardine	0.10	0.14	0.18	0.31	0.57	1.3	1.3	0.78	0.70	0.70	1.32	2.97
121		O2 1	Shrimps and prawns, fresh or frozen	Prawn ("kuruma-ebi"), fresh	1.52	2.22	4.26	4.24	2.58	15.3	30.6	11.85	11.08	16.60	18.04	13.42
122		1		Small white shrimp ("shiba-ebi")	0.43	0.63	1.22	1.21	0.74	4.4	7.3	3.35	3.15	4.75	5.15	3.85
123		1		Pink shrimp ("ama-ebi"), fresh	0.22	0.32	0.61	0.61	0.37	2.2	5.5	1.71	1.60	2.38	2.60	1.93
124		O2 2	Boiled or dried shrimps	Spotted shrimp, boiled	0.34	0.26	0.57	0.56	0.34	2.1	2.1	2.65	1.30	2.22	2.38	1.77
125		O2 3	Octopus	Boiled octopus	0.41	0.98	1.16	2.65	1.69	7.6	7.6	3.20	4.89	4.52	11.28	8.79
126		O2 4	Crabs	Fresh king crab	2.65	5.74	6.77	8.90	6.53	31.7	105.5	20.65	28.66	26.38	37.88	33.98
127		O2 5	Boiled crabs	Boiled "zuwai-gani"	0.06	0.15	0.49	0.39	0.36	1.5	4.9	0.47	0.75	1.91	1.66	1.87
128		O2 6	Other processed fishes and shellfishes	"Ika-shiokara": cuttlefish pickled in salt	0.07	0.17	0.20	0.38	0.35	1.2	1.2	0.55	0.85	0.78	1.62	1.82
129		O2 7	"Saki-ika": cut dried cuttlefish	"Saki-ika"	0.04	0.04	0.16	0.07	0.04	0.3	0.3	0.31	0.20	0.62	0.30	0.21
130		O3 1	Shellfishes	Oysters, fresh	1.99	1.41	2.13	2.82	2.92	11.3	45.2	15.51	7.04	8.30	12.00	15.19
131		1		Little neck clams, fresh	1.99	1.41	2.13	2.82	2.92	11.3	28.2	15.51	7.04	8.30	12.00	15.19
132		O3 2	Canned shellfishes	Canned little neck clams, seasoned	0.07	0.10	0.31	0.25	0.15	0.9	0.9	0.55	0.50	1.21	1.06	0.78
133		O4 1	"Chikuwa"	"Chikuwa"	2.14	3.42	4.77	4.70	4.64	19.5	19.5	16.68	17.07	18.59	20.00	24.14
134		O4 2	Fish paste products	"Age-kamaboko": fried "kamaboko"	1.64	3.39	4.32	4.90	4.81	19.2	19.2	12.78	16.92	16.84	20.85	25.03
135		O4 3	"Kamaboko"	"Mushi-kamaboko": steamed "kamaboko"	1.44	2.14	3.60	3.28	3.25	13.6	13.6	11.22	10.68	14.03	13.96	16.91
136		O4 4	"Hampen"	"Hampen"	1.30	1.04	0.97	1.09	1.15	5.3	5.3	10.13	5.19	3.78	4.64	5.98
137		O4 5	Fish meat ham and sausage	Fish meat sausage	0.68	0.49	0.55	0.33	0.28	2.1	2.1	5.30	2.45	2.14	1.40	1.46
138		P1 1	Fresh meats	Chicken	20.47	38.06	50.64	36.94	21.89	164.3	164.3	159.52	190.01	197.36	157.20	113.90
139		1		Beef	10.23	19.03	25.32	18.47	10.94	82.1	82.1	79.72	95.00	98.68	78.60	56.92
140		1		Pork	10.23	19.03	25.32	18.47	10.94	82.1	82.1	79.72	95.00	98.68	78.60	56.92
141		P1 2	Sausage	Vienna sausage	6.01	5.94	8.70	3.93	1.48	24.0	24.0	46.84	29.65	33.91	16.72	7.70
142		P1 3	Ham	Loin ham	1.68	2.46	4.02	2.75	1.63	12.3	12.3	13.09	12.28	15.67	11.70	8.48
143		3		Pressed ham	0.84	1.23	2.01	1.37	0.81	6.1	6.1	6.55	6.14	7.83	5.83	4.21
144		P1 4	Bacon	Bacon	1.48	2.11	3.00	2.13	0.99	9.5	9.5	11.53	10.53	11.69	9.06	5.15
145		P1 5		Whale meat (bacon)	0.01	0.04	0.04	0.03	0.05	0.2	0.2	0.08	0.20	0.16	0.13	0.26
146		P2 1	Corned beef	Corned beef, canned	0.04	0.07	0.02	0.05	0.04	0.2	0.2	0.31	0.35	0.08	0.21	0.21
147		P2 2	Roast pork	Roast pork	0.26	0.35	0.74	1.05	0.55	3.2	3.2	2.03	1.75	2.88	4.47	2.86
148		P2 3	Roast beef	Roast beef	0.02	0.04	0.11	0.10	0.00	0.3	0.3	0.16	0.20	0.43	0.43	0.00
149		P2 4	Processed meat, bee larvae and locusts	Roast chicken	0.22	0.08	0.45	0.33	0.33	1.4	1.4	1.71	0.40	1.75	1.40	1.72
150		Q1 1	Eggs	Eggs	31.25	42.50	52.42	42.86	35.41	198.3	227.9	243.53	212.17	204.29	182.40	184.24
151		Q1 2	Cooked egg products	Japanese omelet	0.15	0.19	0.42	0.17	0.25	1.1	1.1	1.17	0.95	1.64	0.72	1.30
152	V	F1 1	Butter	Butter	1.62	0.83	1.13	1.04	0.67	5.7	5.7	7.87	2.44	6.04	8.36	5.44
153		F1 2	Margarin, shortning	Margarin	1.07	2.96	1.82	1.52	0.95	8.9	8.9	5.20	8.70	9.74	12.22	7.72
154		F1 3	Vegetable oils and fats	Vegetable oils and fats	6.12	8.84	11.50	10.12	6.29	48.0	48.0	29.74	25.97	61.51	81.38	51.10
155		F1 4	Animal oils and fats	Animal oils and fats	0.11	0.14	0.20	0.20	0.13	0.9	0.9	0.53	0.41	1.07	1.61	1.06
156		F1 5	Mayonaise	Mayonaise (contaning whole egg)	2.55	4.17	4.92	4.32	2.75	20.8	20.8	12.39	12.25	26.32	34.74	22.34
157		F1 6	Dressings	French dressing	0.80	0.93	1.23	1.31	0.69	5.7	5.7	3.89	2.73	6.58	10.53	5.61
158		S1 1	Cow's milk	Cow's milk (non-processed)	145.50	268.60	127.90	80.68	89.21	717.3	717.3	706.96	789.05	684.14	648.76	724.81
159		1		Processed milk	14.55	26.86	12.79	8.07	8.92	71.7	71.7	70.70	78.90	68.41	64.89	72.47
160		S1 2	Milk powder	Dried skimmed milk	5.64	0.21	0.39	0.22	0.27	6.3	6.3	27.40	0.62	2.09	1.77	2.19

161	S1 3	Cheese	Processed cheese	2.45	2.17	2.60	2.24	1.29	11.8	11.8	11.90	6.37	13.91	18.01	10.48
162	S1 4	Yoghurt	Yoghurt (contg. fat, sweetened)	16.87	14.54	15.93	11.34	10.42	72.8	72.8	81.97	42.71	85.21	91.19	84.66
163	S1 5	Ice cream	Ice cream (medium fat)	4.21	4.79	3.65	1.31	0.42	14.2	14.2	20.46	14.07	19.52	10.53	3.41
164	S1 6	Lacto-ice	Lacto-ice (medium fat)	3.08	4.05	2.02	0.66	0.26	9.7	9.7	14.97	11.90	10.81	5.31	2.11
165	S1 7	Condensed milk	Sweetened condensed milk	0.02	0.02	0.03	0.02	0.03	0.1	0.1	0.10	0.06	0.16	0.16	0.24
166	S1 8	Coffee whitener	Coffee whitener	0.03	0.05	0.13	0.58	0.33	1.5	1.5	0.15	0.15	0.70	4.66	2.68
167	S1 9	Coffee whitener powder	Coffee cream powder	0.03	0.04	0.10	0.35	0.26	1.0	1.0	0.15	0.12	0.53	2.81	2.11
168	S1 10	Fresh cream	Cream (medium fat)	0.18	0.38	0.47	0.29	0.13	1.6	1.6	0.87	1.12	2.51	2.33	1.06
169	S1 11	Sherbet	Sherbet	0.98	0.83	0.14	0.09	0.06	2.0	2.0	4.76	2.44	0.75	0.72	0.49
170	VI D1 1	Honey	Honey	0.19	0.20	0.28	0.35	0.55	8.3	8.3	4.21	4.28	6.46	10.95	17.08
171	D1 2	Sugar	White soft sugar	5.21	7.64	7.24	8.59	8.70	198.7	198.7	115.42	163.49	166.97	268.69	270.19
172	D1 3	Glucose syrup ("Mizuame")	Glucose syrup ("Mizuame")	0.03	0.03	0.01	0.01	0.01	0.4	0.4	0.66	0.64	0.23	0.31	0.31
173	D1 4	Sweetening	Light calorie sweetener	0.06	0.07	0.04	0.09	0.11	2.0	2.0	1.33	1.50	0.92	2.82	3.42
174	D1 5	Jams, marmalades	Strawberry jam	0.46	0.49	0.68	0.58	0.53	14.3	14.3	10.19	10.49	15.68	18.14	16.46
175	5		Apple jam	0.46	0.49	0.68	0.58	0.53	14.3	14.3	10.19	10.49	15.68	18.14	16.46
176	E1 1	Candy, marshmallow	Othes (candies)	1.27	0.60	0.34	0.23	0.45	13.5	13.5	28.13	12.84	7.84	7.19	13.98
177	E1 2	Caramel, nougat	Caramel	0.28	0.12	0.12	0.03	0.04	2.7	2.7	6.20	2.57	2.77	0.94	1.24
178	E2 1	Rice crackers; "Arare" and "Senbei"	Other rice crackers	2.34	1.74	1.14	1.53	2.01	44.5	44.5	51.84	37.24	26.29	47.86	62.42
179	E2 2	Japanese dry confectioneries, "Hina-arare"	Other Japanese dry confectioneries	0.10	0.12	0.10	0.12	0.29	3.7	3.7	2.22	2.57	2.31	3.75	9.01
180	E2 3	"Senbei" (except rice cracker)	"Senbei" made from wheat flour	0.13	0.14	0.06	0.12	0.19	3.3	3.3	2.88	3.00	1.38	3.75	5.90
181	E2 4	Bean confectionery	Bean confectionery	0.08	0.02	0.01	0.06	0.12	1.5	1.5	1.77	0.43	0.23	1.88	3.73
182	E2 5	Fried "Senbei"	Rice crackers (fried "Senbei")	0.76	0.67	0.31	0.23	0.16	10.2	10.2	16.84	14.34	7.15	7.19	4.97
183	E2 6	"Karinto"	"Karinto"	0.17	0.22	0.31	0.17	0.19	5.3	5.3	3.77	4.71	7.15	5.32	5.90
184	E2 7	"Manju", "Monaka (bean-jam wafer)"	"Manju"	1.59	2.43	2.89	3.63	5.87	86.6	86.6	35.22	52.00	66.65	113.54	182.30
185	E2 8	"Mochi-mono (rice cakes)"	"Daifuku-mochi"	1.62	2.23	2.35	2.50	3.68	64.3	64.3	35.89	47.72	54.20	78.20	114.29
186	E2 9	"Mushi-mono", "Kinyokuto"	Steamed sweetened rice flour paste	0.03	0.02	0.12	0.11	0.22	2.6	2.6	0.66	0.43	2.77	3.44	6.83
187	E2 10	Sweet bean jelly, "Nerikiri"	Sweet bean jelly	0.03	0.18	0.20	0.49	1.11	10.8	10.8	0.66	3.85	4.61	15.33	34.47
188	E3 1	"Kasutera" sponge cake	"Kasutera" sponge cake	0.74	0.93	1.11	0.96	1.15	25.3	25.3	16.39	19.90	25.60	30.03	35.71
189	E3 2	Doughnut, sponge cakes	Doughnut	3.78	3.54	3.76	1.98	1.01	69.4	69.4	83.74	75.75	86.72	61.93	31.37
190	E3 3	Baked cakes	Biscuits	3.58	1.72	1.29	0.88	0.71	39.2	39.2	79.31	36.81	29.75	27.53	22.05
191	3		Other baked cakes	3.58	1.72	1.29	0.88	0.71	39.2	39.2	79.31	36.81	29.75	27.53	22.05
192	E3 4	Dessert	Custard pudding	2.04	2.21	1.77	0.94	0.47	36.2	36.2	45.19	47.29	40.82	29.40	14.60
193	E3 5	Cakes, pies	Short cakes	4.12	5.34	6.08	4.19	2.22	113.0	113.0	91.27	114.27	140.22	131.06	68.94
194	E3 6	Chocolates	Chocolates	4.81	5.26	3.91	1.34	0.55	74.4	74.4	106.56	112.56	90.18	41.91	17.08
195	E3 7	Savory snack foods	Potato (potato chips)	2.35	3.16	2.61	0.39	0.10	38.9	38.9	52.06	67.62	60.19	12.20	3.11
196	7		Other snacks	2.35	3.16	2.61	0.39	0.10	38.9	38.9	52.06	67.62	60.19	12.20	3.11
197	E3 8	Jellies	Jelly	2.72	2.06	1.92	0.57	0.42	35.7	35.7	60.26	44.08	44.28	17.83	13.04
198	E3 9	Chewing-gum and bubble gum	Chewing-gum and bubble gum	0.26	0.22	0.13	0.03	0.00	2.9	2.9	5.76	4.71	3.00	0.94	0.00
199	VII H1 1	Citrus fruits	"Unshu" oranges	24.21	39.74	26.53	29.21	36.74	81.6	108.8	103.19	111.95	73.88	68.26	77.96
200	1		Grape fruits (fresh)	0.81	1.32	0.88	0.97	1.22	2.7	4.4	3.45	3.72	2.45	2.27	2.59
201	1		Valencia oranges	0.81	1.32	0.88	0.97	1.22	2.7	4.2	3.45	3.72	2.45	2.27	2.59
202	H1 2	Other fruits	Apples (fresh)	44.96	57.43	52.01	72.65	99.18	175.3	175.3	191.64	161.78	144.84	169.77	210.46
203	H1 3	Bananas	Bananas (fresh)	9.93	5.98	4.87	7.00	12.33	20.7	20.7	42.33	16.85	13.56	16.36	26.16
204	H2 1	Citrus fruits, canned	"Unshu" oranges (canned)	0.60	0.70	0.47	0.21	0.27	1.1	1.1	2.56	1.97	1.31	0.49	0.57
205	H2 2	Peaches, canned	Peaches (canned)	0.42	0.42	0.42	0.19	0.11	0.8	0.8	1.79	1.18	1.17	0.44	0.23
206	H2 3	Cherries, canned	Cherries (canned)	0.16	0.08	0.00	0.04	0.01	0.1	0.1	0.68	0.23	0.00	0.09	0.02
207	H2 4	Pineapples, canned	Pineapples (canned)	0.63	0.54	0.41	0.33	0.28	1.1	1.1	2.69	1.52	1.14	0.77	0.59
208	H2 5	Other fruits, canned	Apricots (canned)	0.01	0.05	0.05	0.07	0.05	0.1	0.1	0.04	0.14	0.14	0.16	0.11
209	H3 1	Dried grapes, dried persimmon	Grapes (dry)	1.86	0.16	0.03	0.15	0.21	1.1	1.1	7.93	0.45	0.08	0.35	0.45
210	1		Japanese persimmons (fresh and dry)	0.93	0.08	0.02	0.07	0.11	0.6	0.6	3.96	0.23	0.06	0.16	0.23
211	H3 2	Other fruits, dried	Plums (dry)	0.08	0.08	0.10	0.12	0.12	0.3	0.3	0.34	0.23	0.28	0.28	0.25
212	2		Apricots (dry)	0.08	0.08	0.10	0.12	0.12	0.3	0.3	0.34	0.23	0.28	0.28	0.25
213	II 1	Root vegetables	Japanese radishes root (fresh)	18.34	30.24	30.48	34.08	34.75	80.0	88.8	78.17	85.19	84.88	79.64	73.74
214	1		Onions	18.34	30.24	30.48	34.08	34.75	80.0	84.2	78.17	85.19	84.88	79.64	73.74
215	1		Carrots	18.34	30.24	30.48	34.08	34.75	80.0	84.2	78.17	85.19	84.88	79.64	73.74
216	II 2	Leaf vegetables	Chinese cabbagees	17.80	32.18	35.81	39.91	38.12	89.5	99.5	75.87	90.65	99.73	93.26	80.89
217	2		Cabbagees	17.80	32.18	35.81	39.91	38.12	89.5	105.3	75.87	90.65	99.73	93.26	80.89
218	2		Spinaches	17.80	32.18	35.81	39.91	38.12	89.5	94.2	75.87	90.65	99.73	93.26	80.89

219	I1 3	Pumpkins, fruit vegetables	Tomatoes	13.14	18.52	21.11	23.86	23.66	54.6	57.4	56.01	52.17	58.79	55.76	50.21
220	3		Cucumbers	13.14	18.52	21.11	23.86	23.66	54.6	55.7	56.01	52.17	58.79	55.76	50.21
221	I1 4	Sweet corns	Sweet corns (boiled, fresh)	2.06	1.25	1.44	0.98	0.55	3.2	6.4	8.78	3.52	4.01	2.29	1.17
222	I2 1	Processed tomatoes	Tomatoes (canned)	0.33	0.43	0.56	0.37	0.12	1.0	1.0	1.41	1.21	1.56	0.86	0.25
223	I2 2	Bamboo shoots, boiled and canned	Bamboo shoots (boiled and canned)	0.45	0.98	1.07	1.27	0.98	2.6	2.6	1.92	2.76	2.98	2.97	2.08
224	I2 3	Other vegetables, boiled and canned	Asparagus (boiled and canned)	0.09	0.09	0.11	0.12	0.06	0.3	0.3	0.38	0.25	0.31	0.28	0.13
225	I3 1	Mixed vegetables	Mixed vegetables	0.32	0.36	0.35	0.42	0.22	0.9	0.9	1.36	1.01	0.97	0.98	0.47
226	I4 1	Dehydrated vegetables	"Kanpyo"	0.15	0.20	0.40	0.55	0.61	1.1	1.1	0.64	0.56	1.11	1.29	1.29
227	I5 1	Salted pickles	Chinese cabbages (salted pickles)	0.77	1.97	2.85	6.56	9.61	12.4	12.4	3.28	5.55	7.94	15.33	20.39
228	1		Cucumbers (salted pickles)	0.38	0.98	1.42	3.28	4.81	6.2	6.2	1.62	2.76	3.95	7.66	10.21
229	I5 2	Rice-bran pickles	Cucumbers (rice-bran pickles)	0.53	0.94	1.76	3.50	5.60	7.0	7.0	2.26	2.65	4.90	8.18	11.88
230	I5 3	Other pickles	Chinese cabbages (Kimchi pickles)	0.32	0.90	1.55	2.99	2.69	5.0	5.0	1.36	2.54	4.32	6.99	5.71
231	I5 4	"Takuwan"	Japanese radishes root ("Takuanzuke")	0.73	1.34	1.86	3.91	4.56	7.2	7.2	3.11	3.77	5.18	9.14	9.68
232	I5 5	"Fukujinzuke"	Japanese radishes root ("Fukujinzuke")	0.15	0.21	0.38	0.33	0.18	0.7	0.7	0.64	0.59	1.06	0.77	0.38
233	I5 6	Pickled shallots	Shallots (sweet and sour pickles)	0.06	0.09	0.11	0.62	1.51	1.3	1.3	0.26	0.25	0.31	1.45	3.20
234	I5 7	Pickled ume	Pickled ume	0.17	0.40	0.91	1.01	1.40	2.2	2.2	0.72	1.13	2.53	2.36	2.97
235	I5 8	Pickled gingers	Pickled gingers (sour pickles)	0.08	0.11	0.29	0.35	0.27	0.6	0.6	0.34	0.31	0.81	0.82	0.57
236	I5 9	Sake-cake pickles "Narazuke"	Oriental pickling melons ("Narazuke")	0.02	0.04	0.10	0.27	0.72	0.6	0.6	0.09	0.11	0.28	0.63	1.53
237	J1 1	Mushroom	"Shiitake" mushroom (fresh)	2.61	4.12	5.67	6.80	6.29	14.2	20.3	11.12	11.61	15.79	15.89	13.35
238	1		"Enokitake" mushroom (fresh)	2.61	4.12	5.67	6.80	6.29	14.2	17.7	11.12	11.61	15.79	15.89	13.35
239	J2 1	Mushroom, seasoned and canned	"Enokitake" mushroom (seasoned and canned)	0.06	0.09	0.15	0.13	0.10	0.3	0.3	0.26	0.25	0.42	0.30	0.21
240	J2 2	Mushroom, boiled and canned	"Nameko" mushroom (canned)	0.20	0.23	0.27	0.26	0.15	0.6	0.6	0.85	0.65	0.75	0.61	0.32
241	K1 1	Seaweeds	"Wakame" (fresh)	1.88	3.26	3.43	4.46	5.04	9.9	9.9	8.01	9.18	9.55	10.42	10.69
242	1		"Kombu" (shaved)	0.09	0.16	0.17	0.22	0.25	0.5	0.5	0.38	0.45	0.47	0.51	0.53
243	K2 1	"Ajituke-nori" (seasoned and roasted laver)	"Amanori" (seasoned laver)	0.17	0.16	0.14	0.15	0.19	0.4	0.4	0.72	0.45	0.39	0.35	0.40
244	K2 2	"Kombu, prepared	"Kombu" ("Tukudani": prepared with soysauce, "mirin")	0.13	0.21	0.50	0.63	0.99	1.4	1.4	0.55	0.59	1.39	1.47	2.10
245	K2 3	Processed laver, "Nori-tukudani"	"Hitogusa" ("Tukudani")	0.06	0.06	0.06	0.10	0.16	0.2	0.2	0.26	0.17	0.17	0.23	0.34
246	K2 4	Agar-agar	"Tokoroten"	0.00	0.01	0.00	0.06	0.01	0.1	0.1	0.00	0.03	0.00	0.14	0.02