

Outline of the Survey

1. Purpose of the National Health and Nutrition Survey (NHNS)

The current survey, based on the Health Promotion Law (Law No. 103, enacted in 2002), aims to ascertain the status of health, intakes of foods and nutrients, and lifestyles of the Japanese people and to obtain basic data for implementing effective measures for health improvement. The original survey was conducted in 1946.

2. Participants

Participants were family members aged 1 year and over (as of November 1, 2011) of households living in the survey district, based on Comprehensive Survey of Living Conditions (CSLC) in June and July 2011. The number of survey districts were 300, and 5,422 households lived in the districts; 127 households were excluded from the enrollment because they moved out from the district after the CSLC before NHNS. A total of 3,412 households participated in the survey.

Participants

Number of Households Surveyed

A total of 3,412 households in the randomly selected 300 survey district participated in the survey.

Number of the Participants by Age Group

| | Total | Age class | | | | | | | | |
|-------------------------|-------|-----------|--------|---------|---------|---------|---------|---------|---------|-------------|
| | | 1 – 6 | 7 – 14 | 15 – 19 | 20 – 29 | 30 – 39 | 40 – 49 | 50 – 59 | 60 – 69 | 70 and over |
| Physical examination | 6,914 | 304 | 531 | 278 | 473 | 827 | 826 | 926 | 1,220 | 1,529 |
| Blood test | 3,557 | - | - | - | 200 | 454 | 431 | 543 | 850 | 1,079 |
| Pedometer measurement | 6,712 | - | - | 343 | 557 | 945 | 995 | 1,047 | 1,299 | 1,526 |
| Dietary survey | 8,247 | 394 | 720 | 380 | 587 | 1,004 | 1,038 | 1,076 | 1,349 | 1,699 |
| Lifestyle questionnaire | 7,047 | - | - | - | 629 | 1,032 | 1,090 | 1,128 | 1,392 | 1,776 |

| Male | Total | Age class | | | | | | | | |
|-------------------------|-------|-----------|--------|---------|---------|---------|---------|---------|---------|-------------|
| | | 1 – 6 | 7 – 14 | 15 – 19 | 20 – 29 | 30 – 39 | 40 – 49 | 50 – 59 | 60 – 69 | 70 and over |
| Physical examination | 3,159 | 156 | 258 | 135 | 206 | 377 | 372 | 437 | 547 | 671 |
| Blood test | 1,463 | - | - | - | 73 | 181 | 154 | 215 | 356 | 484 |
| Pedometer measurement | 3,052 | - | - | 173 | 246 | 439 | 448 | 496 | 573 | 677 |
| Dietary survey | 3,839 | 209 | 352 | 193 | 259 | 479 | 480 | 521 | 600 | 746 |
| Lifestyle questionnaire | 3,230 | - | - | - | 279 | 490 | 510 | 547 | 619 | 785 |

| Female | Total | Age class | | | | | | | | |
|-------------------------|-------|-----------|--------|---------|---------|---------|---------|---------|---------|-------------|
| | | 1 – 6 | 7 – 14 | 15 – 19 | 20 – 29 | 30 – 39 | 40 – 49 | 50 – 59 | 60 – 69 | 70 and over |
| Physical examination | 3,755 | 148 | 273 | 143 | 267 | 450 | 454 | 489 | 673 | 858 |
| Blood test | 2,094 | - | - | - | 127 | 273 | 277 | 328 | 494 | 595 |
| Pedometer measurement | 3,660 | - | - | 170 | 311 | 506 | 547 | 551 | 726 | 849 |
| Dietary survey | 4,408 | 185 | 368 | 187 | 328 | 525 | 558 | 555 | 749 | 953 |
| Lifestyle questionnaire | 3,817 | - | - | - | 350 | 542 | 580 | 581 | 773 | 991 |

Number of the Participants by Regional Block (Participants for a dietary intake survey)

| Total Number | Hokkaido | Tohoku | Kanto I | Kanto II | Hokuriku | Tokai | Kinki I | Kinki II | Chugoku | Shikoku | Kita-Kyushu | Minami-Kyushu |
|--------------|----------|--------|---------|----------|----------|-------|---------|----------|---------|---------|-------------|---------------|
| 8,247 | 491 | 247 | 2,039 | 816 | 419 | 1,208 | 1,055 | 196 | 582 | 245 | 548 | 401 |

Number of the Participants by Occupation (Participants for a dietary intake survey)

| | Total Number | Professional / Technician | Management | Clerk | Sales | Services | Security Services | Agriculture |
|--------|--------------|---------------------------|------------|-------|-------|----------|-------------------|-------------|
| Total | 8,247 | 752 | 262 | 646 | 425 | 632 | 69 | 201 |
| Male | 3,839 | 378 | 232 | 241 | 192 | 208 | 67 | 129 |
| Female | 4,408 | 374 | 30 | 405 | 233 | 424 | 2 | 72 |

| | Forestry | Fisheries | Transportation / Communications | Manufacture | Housekeeper or Domestic Helper | Other (Unemployed) | Day-care Center Infant | Kindergarten Child |
|--------|----------|-----------|---------------------------------|-------------|--------------------------------|--------------------|------------------------|--------------------|
| Total | 2 | 27 | 131 | 748 | 1,586 | 1,187 | 162 | 89 |
| Male | 2 | 21 | 126 | 566 | 87 | 793 | 86 | 50 |
| Female | 0 | 6 | 5 | 182 | 1,499 | 394 | 76 | 39 |

| | Other Child | Elementary School Student, 1st – 2nd Grade | Elementary School Student, 3rd – 4th Grade | Elementary School Student, 5th – 6th Grade | Junior High School Student | Other Student | Unknown |
|--------|-------------|--|--|--|----------------------------|---------------|---------|
| Total | 110 | 169 | 197 | 191 | 252 | 402 | 7 |
| Male | 57 | 79 | 107 | 90 | 123 | 203 | 2 |
| Female | 53 | 90 | 90 | 101 | 129 | 199 | 5 |

Regional Block

Twelve regional blocks

| Regional Block | Name of Prefecture |
|--------------------------|---|
| Hokkaido | Hokkaido |
| Tohoku | Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima |
| Kanto I | Saitama, Chiba, Tokyo, Kanagawa |
| Kanto II | Ibaraki, Tochigi, Gunma, Yamanashi, Nagano |
| Hokuriku | Niigata, Toyama, Ishikawa, Fukui |
| Tokai | Gifu, Aichi, Mie, Shizuoka |
| Kinki I | Kyoto, Osaka, Hyogo |
| Kinki II | Nara, Wakayama, Shiga |
| Chugoku | Tottori, Shimane, Okayama, Hiroshima, Yamaguchi |
| Shikoku | Tokushima, Kagawa, Ehime, Kochi |
| Kita (Northern) Kyushu | Fukuoka, Saga, Nagasaki, Oita |
| Minami (Southern) Kyushu | Kumamoto, Miyazaki, Kagoshima, Okinawa. |

The figures of the 2011 National Health and Nutrition Survey do not include Iwate, Miyagi and Fukushima Prefectures, due to the effect of the Great East Japan Earthquake.

3. Schedule of the Survey and Survey Staff

- Physical Examination: one day in November 2011, at a designated place near participants' homes.
- Dietary Intake Survey: one day in November 2011 (excluding Sundays and public holidays).
- Lifestyle Questionnaire: one day in November 2011, the same day as the dietary survey.

- A team of survey included physician(s), registered dietitians, public health nurses, clinical laboratory technicians and clerks.

4. Outline of survey content

- **Physical Examination**
 - A. Height (aged 1 year and over)
 - B. Body weight (aged 1 year and over)
 - C. Abdominal circumference (aged 6 years and over)
 - D. Blood pressure: Systolic blood pressure and diastolic blood pressure (aged 15 years and over) measured twice
 - E. Blood test (aged 20 years and over)
 - F. Number of Steps in a day (aged 15 years and over)
 - G. Use of medication (aged 20 years and over):
 - Anti-hypertensive drug
 - Anti-arrhythmic drug
 - Treatment of diabetes mellitus using either insulin or oral drug
 - Cholesterol-lowering drug
 - Anti-hyperlipidemia drug
 - Anti-anemic agent (iron pill)
 - H. Habit of regular exercise (aged 20 years and over):
 - Definition of participants with a habit of regular exercise included two or more days in a week, thirty minutes or more in a day, and he/she had continued the exercise over 1 year or more.

- **Dietary Survey (aged 1 year and over)**

- A. Household composition including sex, date of birth, pregnancy/lactation for women, and occupation of each family member
- B. Meal classification of the survey day of each family member (eating out, home-meal replacement, meals provided at school/workplace, meals cooked at home, etc.).
- C. Semi-weighing one-day dietary records of household with proportional distribution within the house. Trained dietitians visited participants, and the participants were asked to weight and record all foods and beverages that any of the household members consumed on the day of survey.

- **Lifestyle Questionnaire (aged 20 year and over)**

Participants provided self-administered questionnaire, in which they answered questions asking eating habits, physical activity, exercise, resting (sleep), alcohol intake, smoking, and dental health, etc.

5. Details of measurements

- **Anthropometries**

- A. **Height:** The participants took off their socks, placed their heels closely together, stood upright so that his/her back, buttocks, and both heels were in touch with the pillar of the height measuring device, let both upper arms hang down alongside the body, and the head was held in its normal position. When measuring the height of an infant younger than three years old, the infantometer (length measuring scale) was used.
- B. **Body weight:** Participants were requested to wear minimum clothes only and then stand still on the center of platform of the scales. It is preferable to weigh the participant completely naked. When a participant was weighed with clothes, the staff asked them to weigh the clothes at home in advance, and the weight of the clothes was subtracted from the measured value shown by the scales.
- C. **Abdominal Circumference:** Participants were requested to stand upright, put their feet together, and let both arms hang down alongside the body to keep their abdominal wall relaxed. Then, abdominal circumference was measured at the level of the navel. Measurement immediately after eating was avoided as much as possible. The measuring staff stood in front of the subject and put a measuring tape directly around the abdomen. After confirming that the measuring tape was properly placed around the abdomen horizontally, the measuring staff read the tape to the nearest 0.5 cm at the end of the exhalation of a normal breath. It is preferable for participants not to wear underwear for an accurate measurement. Participants were, therefore, allowed to wear underwear if they preferred.
- D. **Blood Pressure (BP):** The Riva-Rocci mercurial sphygmomanometer, as the measuring instrument, and the JIS manchette (BP cuff) were used.

BP was measured by the following procedures:

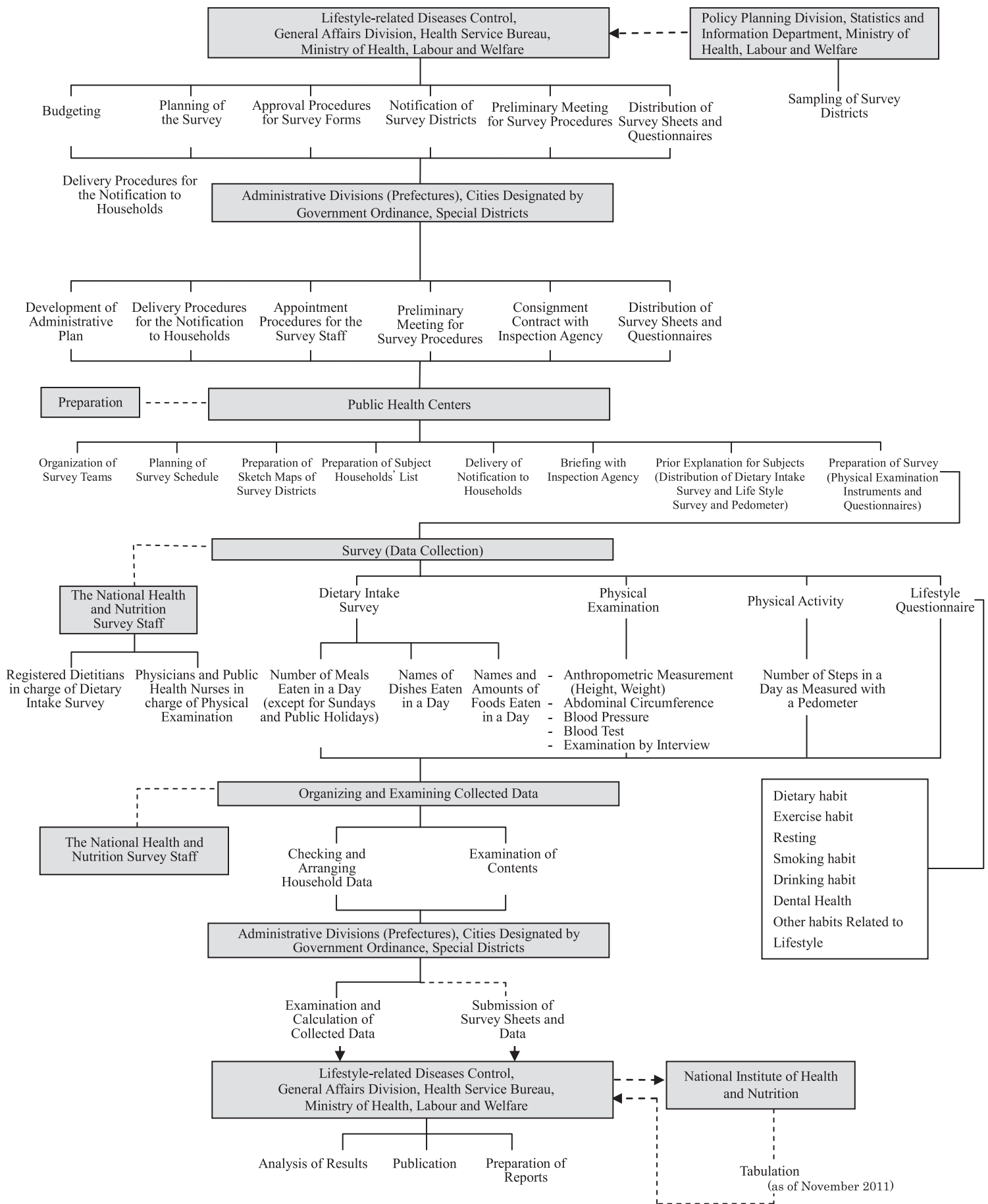
1. Instructions were given to the participants that activities that might affect BP, such as physical exercise, eating, smoking, exposure to cold and others, should be avoided before measurement.
2. Participant was instructed to void and then to take a rest quietly and calmly for 5 minutes or longer before the measurement.
3. BP was measured on a sitting position (on a chair preferably with a backrest).
4. The BP was measured with the right upper arm. When it was impossible, the measurement was done with the left arm.
5. Any clothes constricting the upper arm were taken off before the manchette was placed around the arm.

[First Measurement]*1)

1. The staff placed the mercurial sphygmomanometer in the vertical position.
2. The staff squeezed all the air out from the manchette. Then he/she placed the rubber bladder of the manchette carefully around the right upper arm of the subject to cover the brachial artery. The staff was instructed to wrap the arm in such a way that the manchette would not touch the bladder when the diaphragm of the stethoscope is placed on the inner part of the elbow. The manchette was placed around the arm loosely enough to allow one or two fingers to be placed under it, so that the lower edge of the manchette would come to about 2 to 3cm above the bend in the elbow.
3. The subject was instructed to straighten the arm so that the center of the manchette would be on the same level as the heart of the subject.
4. The staff estimated the systolic BP by the palpation method, then dropped the pressure in the manchette to zero (0) for a short while by deflating it, then got the pressure up again to a level more than 30mmHg higher than the BP estimated by the palpation method (= targeted pressure), and finally measured the systolic BP and the diastolic BP with the aid of a stethoscope.
5. If Korotkov's sound was already heard at the targeted pressure, the pressure was immediately reduced, and the following procedures*2) were followed.
6. The speed at which the mercury was going down was set at one graduation (2mmHg) per second.
7. The point at which the Korotkov's sound was first heard was regarded as the systolic BP, and the point at which the Korotkov's sound disappeared, was the diastolic BP value. If the diastolic BP value was determined to be the midpoint between markings, the value of the next marking after the last sound was regarded as the diastolic BP.
8. The staff's eyes were kept level with the value displayed on the manometer.
9. The minimum reading unit of the graduation was required to be an even number, and when it was in-between two numbers, the nearest value was adopted.

[Second Measurement]*2)

1. After the first measurement, the manchette around the subject's arm was removed for a short while, and the air in the manchette was completely removed.
 2. After one or two minutes, the staff placed the manchette around the participant's arm again, and then measured the BP for the second time, following the steps 2 to 9 given in the above *1).
 3. The following two points were especially noted for the second measurement:
 - Do not use the palpation method.
 - Do not allow the subject to breathe deeply between the first measurement and the second one.
- E. Blood Test: Blood was drawn from an elbow vein using a tourniquet at least 4 hours after the last meal.
- F. Number of steps in a day was measured by a pedometer (Arnes200S, AS200). Each participant set the device on his/her belt or another suitable place with the clip as soon as he/she got up in the morning, and continued measuring steps until he/she went to bed.



◆ Blood Test Methods ◆

| Item to be Checked | Method of Measurement | Measuring Instrument | Reagent | Standard Reference Material |
|------------------------------------|--|----------------------|---|---|
| Total protein | Biuret method | BM8060 | Clinimate TP reagent | Seronorm Human |
| Total cholesterol | Cholesterol Dehydrogenase (UV) method | BM8060 | T-CHO-reagent KL “KOKUSAI” | Lipid Calibrator (KL) |
| Triglyceride | Enzyme method (GK-GPO, Free Glycerol Elimination) | BM8060 | Pure Auto S TG-N | Choles-test N Calibrator |
| HDL-cholesterol | Direct method | BM8060 | Choles-test-NHDL | Choles-test N Calibrator |
| LDL-cholesterol | Direct method | BM8060 | Choles-test-LDL | Choles-test N Calibrator |
| Blood glucose | Hexokinase UV Method | BM9030 | Quick Auto Neo GLU-HK | Glucose standard solution |
| Red blood corpuscles (RBC) | Sheath flow DC detection method (Automatic method) | XE – 2100 | Cellpack II | — |
| White blood corpuscles (WBC) | Flow Cytometry Method (Automatic method) | XE – 2100 | SE Sheath (II) Stromatolyser FB (II) Stromatolyser 4DS Stromatolyser 4DL | — |
| Platelet (PLT) | Sheath flow DC detection method (Automatic method) | XE – 2100 | Cellpack II SE Sheath (II) Stromatolyser SNR RET Search (II) RED | — |
| Hemoglobin (Hb) | SLS-Hb method (Automatic method) | XE – 2100 | Cellpack II Sulfolizer | — |
| Hematocrit (HCT) | Sheath flow DC detection method (Automatic method) | XE – 2100 | Cellpack II SE Sheath (II) | — |
| Hemoglobin A1c | Latex agglutination nephelometry method | BM – 9030 | Rapidia Auto HbA1c-L | Rapidia Auto HbA1c HbA1c set for control |
| Serum iron (SI) | Nitroso-PSAP method | BM8060 | Quick Auto Neo FE | |
| Total iron binding capacity (TIBC) | Nitroso-PSAP method (Calculation method) | BM8060 | Quick Auto Neo FE Quick Auto Neo UIBC | |
| AST (GOT) | Reference standard-JSCC method | BM8060 | CicaLiquid AST | |
| ALT (GPT) | Reference standard-JSCC method | BM8060 | CicaLiquid ALT | |
| γ -GT (γ -GTP) | Reference standard-JSCC method | BM8060 | CicaLiquid γ -GT | |
| Albumin | BCG method | BM8060 | Clinimate ALB reagent | Seronorm Human |
| Creatinine | Enzyme method | BM8060 | Pure Auto S CRE-L | Anaceram CRE standard solution |
| Uric acid (UA) | Enzyme method (Uricase · POD method) | BM8060 | Pure Auto S UA | |

• Procedure for Dietary Survey

The survey was undertaken on the days when people would take normal diets, with excluding the public holidays or ceremonial days when special meals could be taken. Before implementation of the survey, the purpose and methods of the survey were explained to the participants. After the questionnaire for Dietary Survey was distributed to each household, the subjected were explained how to fill out the questionnaire and how to weigh the food they used with scales during the survey. If the amount of food used was too small to weigh, an estimated quantity was recorded.

In addition, the survey staff (registered dietitian and others) visited each target household in person to ensure that participants had filled out the questionnaire properly and to make necessary correction and instruction.

Confidentiality

Since some questions in this survey might be perceived intrusive, all possible measures and special care were taken to ensure protection and management of personal information, so that the participants would not feel anxious on this matter.

6. Organizations Involved in the Survey

- The Ministry of Health, Labour and Welfare established the Committee for the Planning and Analysis of the National Health and Nutrition Survey in Japan, 2011 which provided opinions on the design and analysis of this survey from technical standpoints.
- Ministry of Health, Labour and Welfare planned the survey and the regulating public health centers of each district conducted it under the supervision of the health departments and offices of the prefectures, government ordinance-designated cities, or special wards.
- Each public health center organized the National Health and Nutrition Survey Team, for which the Director of the public health center served as the team leader. The survey was implemented by the survey staff composed of physicians, registered dietitians, public health nurses, clinical laboratory technicians, and clerks.
- National Institute of Health and Nutrition entered, calculated and tabulated the data on survey sheets which had been submitted to the Ministry of Health, Labour and Welfare.

7. Notes

Calculation of Nutrient Intakes

“The Standard Tables of Food Composition in Japan, 2010” (STFC 2010) completed by the Resources Council of the Science and Technology Agency was used to calculate nutrient intakes. For some foods, food codes for cooked foods (i.e., vegetables, fish, and meat) were published in STFC 2010. In case a participant reported cooked food intake and the code for cooked food was available in STFC 2010, corresponding nutrient values were used. For those foods the cooked codes were not available, nutrient intakes were calculated considering yield factor through cooking referring those values in STFC 2010”.

Food Groups

The classification of food groups is shown in Table 1 on Pages 10-15. Please note: “Butter (small classification 76)” and “animal oils and fats (small classification 79)” are handled as “animal food” in this report. There have been several changes from the National Nutrition Survey, 2001, as below:

A. Classification

Classification of “jams” was changed from “sugars” to “fruits”, that of “miso” was changed from “pulses” to “seasonings and spices”, and that of “mayonnaise” was changed from “fats and oils” to “seasonings and spices”.

B. Amount of food intake

The amount of food items were entered as cooked weight for some foods. For example, the “rice” of “rice/rice products” was calculated as “cooked paddy rice”, or “paddy rice gruels”, “dried buckwheat noodles” of “other cereals/other cereal products” was calculated as “boiled buckwheat noodles”, “wakame (dried products)” of “algae” was calculated as “wakame (soaked in water)” and “tea leaves” of “beverages” was calculated as “tea infusions”.

◆Table 1◆ Food Groups Used for the National Health and Nutrition Survey

| Large Classification | No. | Medium Classification | No. | Small Classification | No. | Foods |
|------------------------------------|---|-------------------------------|--|---|---|---|
| Cereals | 1 | Rice/ Rice products | 1 | Rice | 1 | <Paddy rice grain> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice, Well-milled rice with embryo <Cooked paddy rice> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice, Well-milled rice with embryo <Paddy rice gruels> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice (rice:water = 1:5 in volume) <Paddy rice diluted gruels> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice <Paddy rice thin gruels> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice <Upland rice grain> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice <Cooked upland rice> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice |
| | | | | Rice products | 2 | Quick-cooking rice, <i>Onigiri</i> (rice ball), <i>Yaki-onigiri</i> (rice ball baked), <i>Kiritanpo</i> (baked tube-shaped cooked rice), Rice flour, Nonglutinous rice product (noodles), Rice-koji, Rice cake, <i>Sekihan</i> (steamed with adzuki beans or cowpeas), <i>Akumaki</i> (Iye-soaked and cooked rice in bamboo leaf wrapping), <i>Shiratamako</i> (flour milled in water), <i>Domyojiko</i> (steamed flour) |
| | Wheat flour/ Wheat products | 2 | Wheat flour | 3 | Soft flour, Medium flour, Hard flour, Hard flour (whole), Premixed flour (for hot cake), Premixed flour (for <i>Tempura</i>) | |
| | | | Breads (except Japanese buns) | 4 | White table bread, Bread type rolls, Hardtack, French bread, Rye bread, Raisin bread, Soft rolls, Croissants, English muffins, Nan | |
| | | | Japanese buns | 5 | Bean jam bun, Custard cream bun, Jam bun, Cornet with chocolate cream | |
| | | | Japanese noodles/Chinese noodles | 6 | <i>Udon</i> (raw), <i>Udon</i> (boiled), <i>Hoshi-udon</i> , <i>Hoshi-udon</i> (boiled), <i>Somen</i> and <i>Hiyamugi</i> (dry form), <i>Somen</i> and <i>Hiyamugi</i> (boiled), <i>Tenobe-somen</i> and <i>Tenobe-hiyamugi</i> (dry form), <i>Tenobe-somen</i> and <i>Tenobe-hiyamugi</i> (boiled), Chinese noodles (raw), Chinese noodles (boiled), Steamed Chinese noodles, Dried Chinese noodles, Dried Chinese noodles (boiled), <i>Okinawa</i> noodles (raw), <i>Okinawa</i> noodles (boiled), Dried <i>Okinawa</i> noodles, Dried <i>Okinawa</i> noodles (boiled) | |
| | | | Precooked noodles | 7 | Chinese noodles (dried by frying, seasoned), Chinese noodles (dried by frying), Chinese noodles (dried by hot air), Chinese style instant cup noodles (dried by frying), Chinese style instant cup noodles (dried by frying, chow mein type), Chinese style instant cup noodles (dried by hot air), Japanese style instant cup noodles (dried by frying) | |
| | | | Macaroni and spaghetti | 8 | Macaroni and spaghetti, Macaroni and spaghetti (boiled) | |
| | Other cereals/ Other cereal products | 3 | Buckwheat/ Buckwheat products | 10 | Buckwheat flour (straight), Buckwheat flour (inner layer), Buckwheat flour (middle layer), Buckwheat flour (outer layer), Parboiled grain, Buckwheat noodles (raw), Buckwheat noodles (boiled), Dried buckwheat noodles, Dried buckwheat noodles (boiled) | |
| | | | Corn/Corn products | 11 | Corn (whole grain), Corn (Cultivar: Cuzco, oil-roasted and salted), Popcorn, Cornflakes | |
| | | | Other cereals | 12 | Amaranth, Foxtail millet, Foxtail millet (glutinous cake), Oatmeal, <Barley> Under-milled pressed grain; Pressed grain; Splited grain; Noodles (dry form); Noodles (boiled), Roasted flour, Proso millet, Proso millet (glutinous cake), Job's tears, Japanese barnyard millet, Sorghum (milled grain), Rye (whole flour), Rye (Flour) | |
| | Potatoes and Starches | 2 | Potatoes/ Potato products | 4 | Sweet potatoes/ Sweet potato products | 13 |
| Potatoes/ Potato products | | | | | 14 | Potatoes, Potatoes (steamed), Potatoes (boiled), Dehydrated mashed potato |
| Other potatoes/ Potato products | | | | | 15 | Jerusalem-artichoke, Konjac (fine powder), Konjac (block), Konjac (made from corn), Konjac (noodles), <i>Satoimo</i> , <i>Satoimo</i> (boiled), <i>Satoimo</i> (frozen), <i>Mizuimo</i> , <i>Mizuimo</i> (boiled), <i>Yatsugashira</i> , <i>Yatsugashira</i> (boiled), <i>Ichioimo</i> , <i>Nagaimo</i> , <i>Nagaimo</i> (boiled), <i>Yamatoimo</i> , Japanese yam, White yam |
| Starches / Starch products | 5 | Starches / Starch products | 16 | Cassava starch, Kudzu starch, Rice starch, Wheat starch, Sweet potato starch, Potato starch, Corn starch, Kudzu starch noodles (dried), Kudzu starch noodles (boiled), Tapioca pearls, <i>Ryokuto-harusame</i> (made from mung bean starch), <i>Harusame</i> (made from potato and sweet potato starches) | | |
| Sugars and Sweeteners | 3 | Sugars and Sweeteners | 6 | Sugars and Sweeteners | 17 | Brown sugar lump, <i>Wasanbonto</i> (traditional non-centrifugal soft white cane sugar), Soft sugars (white), Soft sugars (yellow), Granulated sugar, Soft sugars (coarse crystal, superior), Soft sugars (coarse crystal, medium), Soft sugars (cubes), <i>Korizato</i> : crystal candy sugar, Candy sugar for coffee, Powdered sugar, Glucose syrup, Honey, Maple syrup |
| Pulses | 4 | Soybeans and Soybean products | 7 | Soybeans (whole beans and its products) | 18 | Soybeans (domestic, dried), Soybeans (boiled), Soybeans (U.S.A., dried), Soybeans (China, dried), Soybeans (Brazil, dried), Soybeans (canned in water), <i>Kinako</i> (whole bean type: roasted and ground beans), <i>Kinako</i> (hulled bean type: roasted and ground beans), <i>Budo-mame</i> (bean cooked with sugar and salt) |
| | | | | Tofu (Bean curd) | 19 | <i>Momen-tofu</i> (regular tofu), <i>Kinugoshi-tofu</i> (tofu with whey), <i>Soft-tofu</i> , <i>Packed-tofu</i> , <i>Okinawa-tofu</i> , <i>Yushi-dofu</i> , <i>Yaki-tofu</i> (grilled tofu), <i>Kori-dofu</i> (frozen, thawed and dried tofu), <i>Tofu-yo</i> , <i>Tofu-chikuwa</i> (steamed type), <i>Tofu-chikuwa</i> (baked type) |
| | | | | <i>Abura-age</i> | 20 | <i>Nama-age</i> (fried slices of drained tofu), <i>Abura-age</i> (fried thin slices of pressed tofu), <i>Ganmodoki</i> (fried mixture of crushed tofu, vegetables and ground yam) |
| | | | | <i>Natto</i> (Fermented soybeans) | 21 | <i>Itohiki-natto</i> (fermented whole soybean), <i>Hikiwari-natto</i> (fermented dehulled and split soybean), <i>Goto-natto</i> , <i>Tera-natto</i> (<i>Shiokara-natto</i> , <i>Hama-natto</i>) |
| | Other soybean products | 22 | <i>Okara</i> (traditional product: insoluble residue from soy milk processing), <i>Okara</i> (modern product: insoluble residue from soy milk processing), Soy milk (regular type), Soy milk (reconstituted type), Soy milk (drink type, coffee flavored), <i>Yuba</i> (wet type: film formed on surface of boiling soy milk), <i>Yuba</i> (dried type), <i>Kinzanji-miso</i> , <i>Hishio-miso</i> | | | |
| | Other pulses and pulse products | 8 | Other pulses and pulse products | 23 | Adzuki beans (dried), Adzuki beans (boiled), Adzuki beans (boiled, canned in syrup), <i>Koshi-an</i> (strained <i>An</i> (bean paste)), <i>Sarashi-an</i> (powder of strained <i>An</i> (bean paste)), <i>Tsubushi-an</i> (whole bean <i>An</i> (bean paste) with sugar), Kidney beans (dried), Kidney beans (boiled), <i>Uzura-mame</i> (beans cooked with sugar and salt), Kidney beans (<i>Koshi-an</i>), <i>Mame-kinton</i> (sweetened whole beans with bean paste), Peas (dried), Peas (boiled), Peas (oil-roasted and salted), <i>Shio-mame</i> (roasted and salted), <i>Uguisu-mame</i> (green peas cooked with sugar and salt), Cowpeas (dried), Cowpeas (boiled), Broad beans (dried), Broad beans (oil-roasted and salted), <i>Otafuku-mame</i> (beans cooked with sugar and salt or soy sauce), <i>Fuki-mame</i> (hulled beans cooked with sugar and salt), Rice beans (dried), Chickpeas (dried), Chickpeas (boiled), Chickpeas (oil-roasted and salted), Scarlet runner beans (dried), Scarlet runner beans (boiled), Lima beans (dried), Mung beans (dried), Mung beans (boiled), Lentils (dried) | |

| Large Classification | No. | Medium Classification | No. | Small Classification | No. | Foods | | | | |
|----------------------|-----|-----------------------------------|-----|--|-----|---|----|---|----|--|
| Nuts and Seeds | 5 | Nuts and Seeds | 9 | Nuts and Seeds | 24 | Almonds, Almonds (oil-roasted and salted), Hemp seeds, Perilla seeds, Cashew nuts (oil-roasted and salted), Pumpkin seeds (roasted and salted), Japanese torreyia seeds (roasted), Ginkgo nuts, Ginkgo nuts (boiled), Japanese chestnuts, Japanese chestnuts (boiled), Japanese chestnuts (<i>kanroni</i> : boiled and sweetened), Chinese chestnuts (roasted), Walnuts (roasted), Poppy seeds, Coconut powder, Sesame seeds (dried), Sesame seeds (roasted), Sesame seeds (hulled), Sweet acorn, Watermelon seeds (roasted and salted), Japanese horse chestnuts (steamed), Lotus seeds (raw), Lotus seeds (dried), Water chestnuts, Pistachio nuts (roasted and salted), Sunflower seeds (oil-roasted and salted), Brazil nuts (oil-roasted and salted), Hazel nuts (oil-roasted and salted), Pecan nuts (oil-roasted and salted), Macadamia nuts (roasted and salted), Pine nuts, Pine nuts (roasted), Peanuts (dried), Peanuts (roasted), Peanuts (oil-roasted and salted), Peanut butter, Peanuts, Peanuts (boiled) | | | | |
| Vegetables | 6 | Green and yellow vegetables | 10 | Tomatoes | 25 | Tomatoes, Cherry tomatoes, Tomatoes (canned products, whole) | | | | |
| | | | | Carrots | 26 | <i>Ha-ninjin</i> (cultivar for leaf use), Carrot (regular: European type), Carrot (boiled), Carrot (without skin), Carrot (without skin, boiled), Carrot (frozen), <i>Kintoki</i> (oriental type), <i>Kintoki</i> (boiled), <i>Kintoki</i> (without skin), <i>Kintoki</i> (without skin, boiled), <i>Minikyarotto</i> | | | | |
| | | | | Spinach | 27 | Spinach, Spinach (boiled), Spinach (frozen) | | | | |
| | | | | Sweet peppers | 28 | Green sweet pepper, Green sweet pepper (sauteed), Red sweet pepper, Red sweet pepper (sauteed), Yellow sweet pepper, Yellow sweet pepper (sauteed), <i>Tomapi</i> | | | | |
| | | Other green and yellow vegetables | 29 | <i>Asatsuki</i> , <i>Asatsuki</i> (boiled), <i>Ashitaba</i> , <i>Ashitaba</i> (boiled), Asparagus, Asparagus (boiled), <i>Sayaingen</i> , <i>Sayaingen</i> (boiled), Endive, Domiao (young stems and leaves of garden peas), <i>Sayaendo</i> (immature pods of garden peas), <i>Sayaendo</i> (boiled), <i>Osaka-shirona</i> , <i>Osaka-shirona</i> (boiled), Saltwort, Saltwort (boiled), Okra, Okra (boiled), Turnip (leaves), Turnip (leaves, boiled), Pumpkin (<i>cucurbita moschata</i>), Pumpkin (boiled), Pumpkin (<i>cucurbita maxima</i>), Pumpkin (boiled), Pumpkin (frozen), Spaghetti squash, Leaf mustard, <i>Gyoja-ninniku</i> , <i>Kyona</i> , <i>Kyona</i> (boiled), Qin cai, Qin cai (boiled), Watercress, Kale, <i>Kogomi</i> , <i>Komatsuna</i> , <i>Komatsuna</i> (boiled), Shandong cai, Shandong cai (boiled), Sweet pepper, Perilla (leaves), Perilla (seeds), Yard beans, Yard beans (boiled), Garland chrysanthemum, Garland chrysanthemum (boiled), Water shield (bottled in water), <i>Sugukina</i> , Water dropwort, Water dropwort (boiled), Ta cai, Ta cai (boiled), <i>Kaiware-daikon</i> , <i>Ha-daikon</i> (cultivar for leaf use), <i>Daikon</i> (leaves), <i>Daikon</i> (leaves, boiled), <i>Tsumamina</i> , Taisai, <i>Takana</i> (broad leaf mustard), Japanese angelica-tree, Japanese angelica-tree (boiled), Qing gin cai, Qing gin cai (boiled), Field horsetail, Field horsetail (boiled), New Zealand spinach, Malabar nightshade, Malabar nightshade (boiled), Red peppers (leaves), Red peppers (leaves, sauteed), Red peppers (raw), Red peppers (dried), Summer cypress seeds (boiled), <i>Nagasaki-hakusai</i> , <i>Nagasaki-hakusai</i> (boiled), Shepherds' purse, Turnip rape (flower buds and stems), Turnip rape (flower buds and stems, boiled), Rape (stems and leaves), Rape (stems and leaves, boiled), Chinese chive, Chinese chive (boiled), <i>Hana-nira</i> , <i>Ki-nira</i> (blanching cultured), <i>Kuki-ninniku</i> , <i>Kuki-ninniku</i> (boiled), <i>Ha-negi</i> , <i>Konegi</i> , <i>Nozawana</i> , Red garlic, Bai cai, Basil, Parsley, <i>Hinona</i> , <i>Hiroshimana</i> , Swiss chard, Swiss chard (boiled), Broccoli, Broccoli (boiled), <i>Mizukakena</i> , <i>Kiri-mitsuba</i> (without roots), <i>Kiri-mitsuba</i> (boiled), <i>Ne-mitsuba</i> (with roots), <i>Ne-mitsuba</i> (boiled), <i>Ito-mitsuba</i> (young leaves), <i>Ito-mitsuba</i> (boiled), Brussels sprouts, Brussels sprouts (boiled), Water pepper spouts, Tossa jute, Tossa jute (boiled), Water convolvulus, Water convolvulus (boiled), <i>Yomena</i> , Mugwort, Mugwort (boiled), Leeks, Leeks (boiled), Head lettuce (butter type), Leaf lettuce, Red-tip leaf lettuce, Rocket salad, Turfed stone leeks, Turfed stone leeks (boiled) | | | | | | |
| | | | | Cabbages | 30 | Cabbage, Cabbage (boiled), Green ball, Red cabbage | | | | |
| | | | | Cucumber | 31 | Cucumber | | | | |
| | | | | <i>Daikon</i> (Japanese radishes) | 32 | <i>Daikon</i> (Japanese radishes), <i>Daikon</i> (boiled), <i>Daikon</i> (without skin), <i>Daikon</i> (without skin, boiled), <i>Kiriboshi-daikon</i> (cut and dried root) | | | | |
| | | | | Onions | 33 | Onions, Onions (leached in water), Onions (boiled), Red onions | | | | |
| | | | | Chinese Cabbage | 34 | Chinese cabbage, Chinese cabbage (boiled) | | | | |
| | | | | Other vegetables | 11 | Artichoke, Artichoke (boiled), Asparagus (canned in brine), Asparagus (white), <i>Udo</i> , <i>Yama-udo</i> , <i>Edamame</i> (immature soybeans), <i>Edamame</i> (boiled), <i>Edamame</i> (frozen), Snap peas, Green peas, Green peas (boiled), Green peas (frozen), Green peas (canned in brine), Turnip, Turnip (boiled), Turnip (without skin), Turnip (without skin, boiled), Cauliflower, Cauliflower (boiled), <i>Kanpyo</i> (dried shavings of immature bottle gourd fruit), <i>Kanpyo</i> (boiled), Chrysanthemum, Chrysanthemum (boiled), <i>Kikunori</i> (dried petal board after steaming), Arrowhead, Arrowhead (boiled), Kohlrabi, Kohlrabi (boiled), Edible burdock, Edible burdock (boiled), Winged beans, <i>Ha-shoga</i> (young rhizome with leaves), Ginger, Oriental pickling melon, <i>Zuiki</i> (petiole of taro), <i>Zuiki</i> (boiled), Dried <i>Zuiki</i> , Dried <i>Zuiki</i> (boiled), <i>Sugukina</i> (root), Zucchini, Celery, Royal fern, Royal fern (boiled), <i>Hoshi-zenmai</i> , <i>Hoshi-zenmai</i> (boiled), Broad beans, Broad beans (boiled), Bamboo shoots, Bamboo shoots (boiled), Bamboo shoots (canned in water), Chicory, Japanese silverleaf, Japanese silverleaf (boiled), Wax gourd, Wax gourd (boiled), Sweet corn, Sweet corn (boiled), Sweet corn (Immature kernels on cob, frozen), Sweet corn (immature kernels, frozen), Sweet corn (canned product, cream style), Sweet corn (canned product, whole kernel style), Young sweet corn, Red chicory, Eggplant, Eggplant (boiled), Eggplant (western type), Eggplant (western type, fried), Bitter gourd, Bitter gourd (sauteed), Garlic, <i>Nebuka-negi</i> (sheaths blanched by covering with soil), Radish, Chayote, Table beet, Table beet (boiled), Japanese butterbur, Japanese butterbur (boiled), <i>Fukinoto</i> , <i>Fukinoto</i> (boiled), Hyacinth beans, Sponge gourd, Sponge gourd (boiled), Horseradish, Manchurian wild rice, <i>Myoga</i> , <i>Myoga-take</i> (blanching-cultured young stems and leaves), <i>Mukago</i> (aerial bulbils of yams), Alfalfa sprouts, Soybean sprouts, Soybean sprouts (boiled), Black gram sprouts, Black gram sprouts (boiled), Mung bean sprouts, Mung bean sprouts (boiled), Lily bulb, Lily bulb (boiled), <i>Esharotto</i> , Rhubarb, Rhubarb (boiled), Lettuce, Cos lettuce, East Indian lotus root, East Indian lotus root (boiled), <i>Wasabi</i> (raw), Bracken (raw), Bracken (boiled), Bracken (dried) | | | | |
| | | | | | | Vegetable juices | 12 | Vegetable juices | 36 | Tomato juice (canned product), Tomato juice cocktail (canned product), Carrot juice (canned) |
| | | | | Pickles | 13 | Leaf pickles | 37 | <i>Osaka-shirona</i> (salted pickles), Turnip leaves (salted pickles), Turnip leaves (<i>Nukamiso-zuke</i> : pickled in salty rice bran paste), Leaf mustard (salted pickles), <i>Kyona</i> (salted pickles), Shandong cai (salted pickles), <i>Taisai</i> (salted pickles), <i>Takana</i> : broad leaf mustard (salted pickles), <i>Nozawana</i> (salted pickles), <i>Nozawana</i> (pickles, seasoned), Chinese cabbage (salted pickles), Kim chee, <i>Hinona</i> (pickles, sweetened), <i>Hiroshimana</i> (salted pickles), <i>Mizukakena</i> (salted pickles) | | |

| Large Classification | No. | Medium Classification | No. | Small Classification | No. | Foods |
|---|-----|---|-----|---|-----|---|
| Vegetables | 6 | Pickles | 13 | Other pickles | 38 | Turnip (salted pickles), Turnip (without skin, salted pickles), Turnip (<i>Nukamiso-zuke</i> : pickled in salty rice bran paste), Turnip (without skin, <i>Nukamiso-zuke</i>), Cucumber (salted pickles), Cucumber (pickled in soy sauce), Cucumber (<i>Nukamiso-zuke</i> : pickled in salty rice bran paste), Cucumber (pickles, sweet type), Cucumber (pickles, sour type), Zha Cai, Ginger (pickles), Ginger (pickles, sweetened), Oriental pickling melon (salted pickles), Oriental pickling melon (<i>Nara-zuke</i> : pickled with <i>sake</i> lees), <i>Sugukina</i> (pickles), <i>Daikon</i> (<i>Nukamiso-zuke</i> : pickled in salty rice bran paste), <i>Shiooshidaikon-zuke</i> (produced by new processing), <i>Hoshidaikon-zuke</i> (produced by traditional processing), <i>Moriguchi-zuke</i> (slender root cultivar pickled with <i>sake</i> lees), <i>Daikon</i> (<i>Bettara-zuke</i> : pickled with rice koji), <i>Daikon</i> (<i>Miso-zuke</i> : pickled with miso), <i>Fukujin-zuke</i> (pickled with <i>dai-kon</i> , eggplant, immature sword pods, east Indian lotus root), <i>Shinachiku</i> (desalted: boiled, fermented and salted shoots), Eggplant (salted pickles), Eggplant (<i>Nukamiso-zuke</i> : pickled in salty rice bran paste), Eggplant (<i>Koji-zuke</i> : pickled small oval type with rice koji), Eggplant (<i>Karashi-zuke</i> : pickled small oval type with mustard), Eggplant (<i>Shiba-zuke</i> : pickled with perilla leaf, cucumber, <i>Myoga</i> , etc.), Chayote (salted pickles), <i>Yamagobo</i> (<i>Miso-zuke</i> : pickled with miso), Scallion (raw), Scallion (pickles, sweetened), <i>Wasabi-zuke</i> (pickled with <i>sake</i> lees), <i>Ume-zuke</i> (salted pickles), <i>Ume-zuke</i> (pickles, seasoned), <i>Umeboshi</i> , <i>Umeboshi</i> (pickles, seasoned), <i>Umebishio</i> (sweetened puree), Green olives (pickles), Ripe olives (pickles), Stuffed olives (pickles) |
| Fruits | 7 | Fruits | 14 | Strawberries | 39 | Strawberries |
| | | | | Citrus fruits | 40 | <i>Iyokan</i> (<i>Iyo</i>), Satsuma mandarins (early ripening type), Satsuma mandarin, Satsuma mandarins (early ripening type, juice sacs), Satsuma mandarin (juice sacs), Satsuma mandarins (canned in light syrup, solids), Navel, Valencia, Oroblanco, Kumquats, Grapefruit, Grapefruit (canned in light syrup), <i>Sanbokan</i> , <i>Sudachi</i> (peel), Tangors, Tangelos, <i>Natsumikan</i> , <i>Natsumikan</i> (canned in heavy syrup), <i>Hassaku</i> , <i>Hyuganatsu</i> , <i>Hyuganatsu</i> (juice sacs), Pummelo, Pummelo (candied peel), <i>Ponkan</i> , <i>Yuzu</i> (peel), Lemons (whole) |
| | | | | Bananas | 41 | Bananas, Bananas (dried) |
| | | | | Apples | 42 | Apples, Apples (canned in heavy syrup) |
| | | | | Other fruits | 43 | Akebia (flesh), Akebia (peel), Acerolas, Atemoya, Avocados, Apricots, Apricot (dried), Apricots (canned in heavy syrup), Figs, Figs (dried), Figs (canned in heavy syrup), Mume (Japanese apricots), <i>Kaki</i> (Japanese persimmon, nonastringent), <i>Kaki</i> (astringency removed), <i>Kaki</i> (dried), Chinese quinces, Kiwifruit, Kiwano, Guava, Gooseberries, Oleasters, Coconut milk, Carambola, Cherries, Cherries (U.S.A.), Cherries (canned in heavy syrup), Pomegranates, Watermelon, Japanese plums, European plums (raw), European plums (dried), Cherimoya, Durian, Japanese pears, Japanese pears (canned in heavy syrup), Chinese pears, European pears, European pears (canned in heavy syrup), Jujube (dried), Dates (dried), Pineapple, Pineapple (canned in heavy syrup), Pineapple (candied), Blue-berried honeysuckle, Papayas, Papayas (unripe), Pitaya, Loquats, Loquats (canned in heavy syrup), Grapes, Raisins, Grapes (canned in heavy syrup), Blueberries, White sapote, Oriental melon, Quinces, Mangoes, Mangosteen, Melon (greenhouse culture), Melon (open culture), Peaches, Peaches (canned in heavy syrup, solids), Nectarines, Chinese bayberries, Lychees, Raspberries, Longans (dried) |
| Jams | 15 | Jams | 44 | Apricot jam (heavily sweetened), Apricot jam (lightly sweetened), Strawberry jam (heavily sweetened), Strawberry jam (lightly sweetened), Marmalade (heavily sweetened), Marmalade (lightly sweetened), Grape jam, Blueberry jam, Apple jam | | |
| Fruit juices/ fruit juice beverages | 16 | Fruit juices/ fruit juice beverages | 45 | Acerolas (10% fruit juice beverage), Mume (Japanese apricots, 20% fruit juice beverage), Satsuma mandarins (straight fruit juice), Satsuma mandarins (reconstituted fruit juice), Satsuma mandarins (juice with juice sacs), Satsuma mandarins (50% fruit juice beverage), Satsuma mandarins (20% fruit juice beverage), Satsuma mandarins (canned in light syrup, liquid), Valencia (straight fruit juice), Valencia (reconstituted fruit juice), Valencia (50% fruit juice beverage), Valencia (30% fruit juice beverage), <i>Kabosu</i> (juice), Guava (20% fruit juice beverage (nectar)), Guava (10% fruit juice beverage), Grapefruit (straight fruit juice), Grapefruit (reconstituted fruit juice), Grapefruit (50% fruit juice beverage), Grapefruit (20% fruit juice beverage), <i>Shiikawasha</i> (juice), <i>Shiikawasha</i> (10% fruit juice beverage), <i>Sudachi</i> (juice), Sour oranges (juice), Pineapples (straight fruit juice), Pineapples (reconstituted fruit juice), Pineapples (50% fruit juice beverage), Pineapples (10% fruit juice beverage), Passion fruit (juice), Grapes (straight fruit juice), Grapes (reconstituted fruit juice), Grapes (70% fruit juice beverage), Grapes (10% fruit juice beverage), Peaches (30% fruit juice beverage (nectar)), Peaches (canned in heavy syrup, liquid), <i>Yuzu</i> (juice), Limes (juice), Apples (straight fruit juice), Apples (reconstituted fruit juice), Apples (50% fruit juice beverage), Apples (30% fruit juice beverage), Lemons (juice) | | |
| Mushrooms | 8 | Mushrooms | 17 | Mushrooms | 46 | Winter mushrooms, Winter mushrooms (boiled), Winter mushrooms (bottled in seasoning), <i>Arage-kikurage</i> (dried), <i>Arage-kikurage</i> (dried, boiled), <i>Kikurage</i> (dried), <i>Kikurage</i> (dried, boiled), <i>Shiro-kikurage</i> (dried), <i>Shiro-kikurage</i> (dried, boiled), <i>Kuroawabitate</i> , <i>Nama-shiitake</i> , <i>Nama-shiitake</i> (boiled), <i>Hoshi-shiitake</i> , <i>Hoshi-shiitake</i> (boiled), <i>Hatakeshimeji</i> , <i>Bunashimeji</i> , <i>Bunashimeji</i> (boiled), <i>Honshimeji</i> , <i>Tamogitake</i> , <i>Nameko</i> , <i>Nameko</i> (boiled), <i>Nameko</i> (canned in brine), <i>Numerisugitake</i> , <i>Usuhiratake</i> , Eringii, Oyster mushroom, Oyster mushroom (boiled), <i>Maitake</i> , <i>Maitake</i> (boiled), <i>Maitake</i> (dried), Common mushrooms, Common mushrooms (boiled), Common mushrooms (canned in brine, solids), <i>Matsutake</i> , <i>Matsutake</i> (canned in water), <i>Yanagimatsutake</i> |
| Algae | 9 | Algae | 18 | Algae | 47 | Sea lettuce (dried), Green laver, Purple laver, Purple laver (toasted)/Unknown type of laver, Purple laver (seasoned and toasted), <i>Arame</i> (steamed and dried), <i>Iwa-nori</i> (dried), <i>Ego-nori</i> (dried), <i>Okuyoto</i> (algae cake), <i>Ogo-nori</i> (salted, desalted), <i>Kawa-nori</i> (dried), Green caviar, <i>Enaga-oni-kombu</i> , <i>Gagome-kombu</i> (dried), <i>Naga-kombu</i> , <i>Matsumae-kombu</i> , <i>Ma-kombu</i> (dried)/Unknown type of kombu (dried), <i>Mitsuishi-kombu</i> , <i>Rishiri-kombu</i> , <i>Kizami-kombu</i> , <i>Kezuri-kombu</i> , <i>Shio-kombu</i> , Kombu (<i>tsukudani</i> : simmered in soy sauce and sugar), <i>Suizenji-nori</i> (dried, soaked in water), <i>Tengusa</i> (dried), <i>Tokoroten</i> (gelidium jelly), Agar-agar, Agar jelly, <i>Tosaka-nori</i> (red, salted, desalted), <i>Tosaka-nori</i> (green, salted, desalted), <i>Hijiki</i> (boiled and dried), <i>Hitoegusa</i> (dried), <i>Hitoegusa</i> (<i>tsukudani</i> : simmered in soy sauce and sugar), <i>Fu-nori</i> , <i>Matsumo</i> (dried), <i>Mukade-nori</i> (salted, desalted), <i>Okinawa-mozuku</i> (salted, desalted), <i>Mozuku</i> (salted, desalted), <i>Wakame</i> (raw), <i>Wakame</i> (dried products), <i>Wakame</i> (dried, soaked in water), <i>Ita-wakame</i> (made into sheets and dried), <i>Wakame</i> (Haiboshi, soaked in water), <i>Wakame</i> (cut and dried), <i>Wakame</i> (stipe and center vein, salted, desalted), <i>Wakame</i> (fruit-bearing leaves, raw) |
| Fishes and Shellfishes | 10 | | 19 | Horse mackerels and Sardines | 48 | Horse mackerel, Horse mackerel (boiled), Horse mackerel (baked), Atlantic horse mackerel, Atlantic horse mackerel (boiled), Atlantic horse mackerel (baked), Brownstriped mackerel scad, Brownstriped mackerel scad (baked), Big-eye sardine, Japanese anchovy, Japanese pilchard, Japanese pilchard (boiled), Japanese pilchard (baked), <i>Mezashi</i> (skewered, salted and semi-dried whole), <i>Mezashi</i> (baked), Mackerel, Mackerel (boiled), Mackerel (baked), Atlantic mackerel, Atlantic mackerel (boiled), Atlantic mackerel (baked), <i>Shimesaba</i> (vinegar marinated fillet), Pacific saury, Pacific saury (baked), Striped jack (cultured), Pacific herring, Pacific herring (ovary) |
| | | | | Salmons and Trouts | 49 | Pink salmon, Pink salmon (baked), Coho salmon (cultured), Coho salmon (cultured, baked), Masu salmon, Masu salmon (baked), Chum salmon, Chum salmon (boiled), Chum salmon (baked), Atlantic salmon (cultured), Atlantic salmon (cultured, baked), Rainbow trout (cultured in sea), Rainbow trout (cultured in sea, baked), Rainbow trout (cultured in freshwater), Sockeye salmon, Sockeye salmon (baked), Chinook salmon, Chinook salmon (baked) |

| Large Classification | No. | Medium Classification | No. | Small Classification | No. | Foods | |
|------------------------|-----|----------------------------|-----------------------------|-----------------------------------|--|---|---|
| Fishes and Shellfishes | 10 | Raw fishes and shellfishes | 19 | Sea breams and Righteye flounders | 50 | Matsubara's red rockfish, Tile fish, Tile fish (boiled), Tile fish (baked), Japanese parrot fish, Golden-thread, Golden-thread (surimi), Butterfish, Pacific halibut, Brown sole, Brown sole (boiled), Brown sole (baked), Marbled sole, Righteye flounder (with ovary), Righteye flounder (with ovary, boiled), Sablefish, Alfonsino, Yellow sea bream, Black sea bream, Crimson sea bream, Red sea bream (wild), Red sea bream (cultured), Red sea bream (cultured, boiled), Red sea bream (cultured, baked), Walleye pollack, Walleye pollack (surimi), <i>Sukimidara</i> (skinned, salted and dried fillet), Pacific cod, Pacific cod (baked), Pacific cod (milt), Bastard halibut (wild), Bastard halibut (cultured), Southern blue whiting | |
| | | | | Tunas and Marlins and swordfishes | 51 | Blue marlin, Striped marlin, Swordfish, Skipjack (caught in spring), Skipjack (caught in autumn), Frigate mackerel, Skipjack (<i>Namari-bushi</i> : boiled and semi-dried fillet), Yellowfin tuna, Bluefin tuna (lean meat), Bluefin tuna (fatty meat), Albacore, Southern bluefin tuna (lean meat), Southern bluefin tuna (fatty meat), Young bluefin tuna, Big-eye tuna | |
| | | | | Other fishes | 52 | Fat greenling, Common Japanese conger, Common Japanese conger (steamed), Amago salmon (cultured), Ayu sweetfish (wild), Ayu sweetfish (wild, baked), Ayu sweetfish (viscera), Ayu sweetfish (viscera, baked), Ayu sweetfish (cultured), Ayu sweetfish (cultured, baked), Ayu sweetfish (cultured, viscera), Ayu sweetfish (cultured, viscera, baked), Pacific ocean perch, Anglerfish, Anglerfish (liver: viscera), Japanese sand lance, Three-line grunt, Char (cultured), Japanese dace, Eel (cultured), Eel (liver: viscera), Eel (<i>Shirayaki</i> : mild-baked and steamed fillet), Eel (<i>Kabayaki</i> : mild-baked, steamed, seasoned and baked fillet), Filefish, Rays, Lizardfish, Pale chub, Angry rockfish, Devil stinger, Scorpionfish, Japanese sculpin, Japanese sculpin (boiled), Barracuda, Barracuda (baked), Leatherjackets, Amberjack, Japanese whiting, Kichiji rockfish, Blue sprat, Pink cuskeel, Croaker, Croaker (baked), Carp (cultured), Carp (cultured, boiled), Carp (cultured, viscera), Bar-tailed flathead, Big-eye flathead, Gizzard shad, Dogfish, Blue shark, Dried shark fin, Halfbeak, Spanish mackerel, Spanish mackerel (baked), Dolphinfin, Sole, Japanese icefish, Silver warehou, Japanese seaperch, Black-tipped fusilier, Yellowstriped butterfish, Hairtail, Japanese surfmelt, Tilapia, Loach, Loach (boiled), Flying fish, Catfish, Japanese Argentine, Yellowfin goby, Sandfish, Spangled emperor, Conger pike, Barracouta, Goldstriped amberjack, Ocellate puffer (cultured), Purple puffer, Crucian carp, Crucian carp (boiled), Yellowtail, Yellowtail (baked), Yellowtail (young, cultured), Gurnard, Hoki, Atka mackerel, Striped mullet, Willow shiner, Southern black cod, Silver pomfret, Gnomefish, Gnomefish (boiled), Girella, Japanese stingfish, Hake, Lamprey, Seema (cultured), Pond smelt | |
| | | | | Shellfishes | 53 | Bloody clams, Jackknife clams, Short-necked clams, Abalone, Mussels (Blue mussels), Japanese scallops (cultured), Oysters (cultured), Oysters (cultured, boiled), Turban shell, Turban shell (baked), Freshwater clams, Pen shells (adductor muscle), Pond snails, Whelks, Japanese abalone, Cockles (foot), Ivory shells, Hen clams, Hard clams, Hard clams (boiled), Hard clams (baked), Common shield-clams, Scallops, Scallops (boiled), Scallops (adductor muscle), Surf clams, Keen's gaper (siphon), Sea urchin | |
| | | | | Cephalopods | 54 | Neon flying squid, Swordtip squid, Cuttlefish, Japanese common squid, Japanese common squid (boiled), Japanese common squid (baked), Firefly squids, Firefly squids (boiled), Spear squid, Ocellated octopuses, Common octopus, Common octopus (boiled), Sea cucumber, Sea squirt | |
| | | | | Prawns, shrimps and crabs | 55 | Northern shrimp, Japanese spiny lobster, Kuruma prawn (cultured), Kuruma prawn (cultured, boiled), Kuruma prawn (cultured, baked), Sakura shrimps (dried, boiled), Chinese prawn, Shiba shrimp, Giant tiger prawn (cultured), Blue crab, Horsehair crab, Horsehair crab (boiled), Tanner crab, Tanner crab (boiled), King crab, King crab (boiled), Antarctic krills, Antarctic krills (boiled), Mantis shrimp (boiled) | |
| | | | Seafood, processed products | 20 | Seafood (salted, semi-dried and dried) | 56 | Horse mackerel (<i>Hirakiboshi</i> : salted and semi-dried split), Horse mackerel (<i>Hirakiboshi</i> , baked), Brownstriped mackerel scad (<i>Hirakiboshi</i> : salted and semi-dried split), Brownstriped mackerel scad (<i>Kusaya</i> : brien-soaked and dried scad), Ayu sweetfish (<i>Uruka</i> : salted and fermented viscera), Japanese sand lance (<i>Niboshi</i> : boiled and dried whole), Big-eye sardine (<i>Maruboshi</i> : salted and dried whole), Japanese anchovy (<i>Niboshi</i> : boiled and dried whole), Japanese pilchard (<i>Shioiwashi</i> : salted whole body), Japanese pilchard (<i>Namaboshi</i> : mild salted and semi-dried whole), Japanese pilchard (<i>Maruboshi</i> : salted and dried whole), <i>Shirasuboshi</i> (boiled and dried whitebait), <i>Shirasuboshi</i> (Chirimen: semi-dried type), <i>Tatamiwashi</i> (sheet of dried larvae), Japanese anchovy (<i>Mirinboshi</i> : split seasoned with <i>Mirin</i> and dried), Japanese pilchard (<i>Mirinboshi</i> : split seasoned with <i>Mirin</i> and dried), Filefish (<i>Ajitsuke-hirakiboshi</i> : seasoned and dried fillet), Skipjack (<i>Namari-bushi</i> : boiled and semi-dried fillet), <i>Katsuo-bushi</i> (boiled, smoke-dried and molded fillet), Skipjack (<i>Kezuri-bushi</i> : shaved <i>Katsuo-bushi</i>), Skipjack (<i>Kezuri-bushi tsukudani</i> : simmered <i>Katsuo-bushi</i> in soy sauce and sugar), Skipjack (<i>Shiokara</i> : salted and fermented viscera, <i>syutou</i>), Righteye flounders (dried), Blue sprat (seasoned and dried), Caviar (salted product), Gizzard shad (<i>Amazuzuke</i> : marinated in vinegar and sugar), Pink salmon (salted), Chum salmon (<i>Aramaki</i> : mild salted whole body), Chum salmon (<i>Aramaki</i> , baked), Chum salmon (<i>Shiozake</i>), <i>Ikura</i> (salted roe), <i>Sujiko</i> (salted ovary), <i>Mefun</i> (salted and fermented kidney), Sockeye salmon (smoked), <i>Saba-bushi</i> (boiled, smoke-dried and molded fillet), <i>Shiosaba</i> (plain salted fillet), Atlantic mackerel (<i>Hirakiboshi</i> : Mild salted and semi-dried split), Pacific saury (<i>Hirakiboshi</i> : Mild salted and semi-dried split), Pacific saury (<i>Mirinboshi</i> : seasoned with <i>Mirin</i> and dried fillet), Shishamo smelt (semi-dried), Shishamo smelt (semi-dried, baked), Atlantic capelin (semi-dried), Atlantic capelin (semi-dried, baked), <i>Tarako</i> (salted roe), <i>Tarako</i> (baked), <i>Karashi-mentaiko</i> (salted roe with red pepper powder), Pacific cod (salted fillet), Pacific cod (dried split), <i>Denbu</i> (mashed and seasoned meat), <i>Migaki-nishin</i> (dried fillet), Pacific herring (<i>Hirakiboshi</i> : dried split), Pacific herring (smoked), Pacific herring (ovary, dried), Pacific herring (ovary, salted, desalted), Sandfish (<i>Namaboshi</i> : salted and semi-dried whole), Atka mackerel (salted), Atka mackerel (<i>Hirakiboshi</i> : Mild salted and semi-dried split), <i>Karasumi</i> (salted and dried roe), Lamprey (dried), Abalone (steamed and dried), Abalone (<i>Shiokara</i> : salted and fermented), Scallops (adductor muscle, dried), Sakura shrimps (dried), Sakura shrimps (<i>Niboshi</i> : boiled and dried), Boiled and dried shrimps, <i>Ganzuke</i> (salted and fermented fiddler crabs), Firefly squids (seasoned and smoked), <i>Surume</i> (dried squid), <i>Saki-ika</i> (baked and slender cut <i>Surume</i>), Spear squid (seasoned and smoked), Spear squid (<i>Shiokara</i> , <i>Akazukuri</i> : salted and fermented meat and liver), Opossum shrimps (<i>Shiokara</i> : salted and fermented), <i>Tsubu-uni</i> (salted whole gonads), <i>Neri-uni</i> (salted whole gonad paste), Jellyfish (salted, desalted), Sea cucumber (<i>Konowata</i> : salted and fermented viscera), Sea squirt (<i>Shiokara</i> : salted and fermented viscera) |
| | | | | | Seafood (canned) | 57 | Sardines (canned in brine), Sardines (canned with seasoning), Sardine (canned in tomato sauce), Sardine (canned in oil), Sardine (canned, <i>Kabayaki</i> : baked and seasoned fillet), Skipjack (canned with seasoning), Skipjack (canned in oil), Pink salmon (canned in brine), Chum salmon (canned in brine), Mackerels (canned in brine), Mackerels (canned, <i>Miso-ni</i> : canned with miso), Mackerels (canned with seasoning), Pacific saury (canned with seasoning), Pacific saury (canned, <i>Kabayaki</i>), Tunas (canned light meat in brine), Tunas (canned white meat in brine), Tunas (canned meat with seasoning), Tunas (canned light meat in oil), Tunas (canned white meat in oil), Short-necked clams (canned in brine), Short-necked clams (canned with seasoning), Abalone (canned in brine), Apple snails (canned in brine), Oysters (canned in oil, smoked), Topshells (canned with seasoning), Scallops (adductor muscle, canned in brine), Ark shells (canned with seasoning), Tanner crab (canned in brine), King crab (canned in brine), Squid and cuttlefishes (canned with seasoning) |

| Large Classification | No. | Medium Classification | No. | Small Classification | No. | Foods | |
|------------------------|-----|------------------------------------|-----|---|-----|---|--|
| Fishes and Shellfishes | 10 | Seafood, processed products | 20 | Seafood (Tsukudani) | 58 | Japanese sand lance (<i>Tsukudani</i> : simmered whole in soy sauce and sugar), Japanese sand lance (<i>Ameni</i> : simmered whole in glucose syrup and soy sauce), Japanese anchovy (<i>Tazukuri</i> : dried young anchovy), Japanese sculpin (<i>Tsukudani</i> : simmered whole in soy sauce and sugar), Skipjack (<i>Kakuni</i> : cut <i>Namari</i> boiled in soy sauce and sugar), Yellowfin goby (<i>Tsukudani</i> : boiled whole in soy sauce), Yellowfin goby (<i>Kanroni</i> : simmered whole in soy sauce and sugar), Crucian carp (<i>Kanroni</i> : simmered whole in soy sauce, sugar and glucose syrup), Pond smelt (<i>Tsukudani</i> : simmered whole in soy sauce and sugar), Pond smelt (<i>Ameni</i> : simmered whole in glucose syrup and soy sauce), Short-necked clams (<i>Tsukudani</i> : simmered meat in soy sauce and sugar), Hard clams (<i>Tsukudani</i> : simmered meat in soy sauce and sugar), Shrimps (<i>Tsukudani</i> : simmered whole in soy sauce and sugar), Firefly squids (<i>Tsukudani</i> : simmered meat in soy sauce and sugar), <i>Kiriika-ameni</i> (boiled slender cut <i>Srume</i> in glucose syrup and soy sauce), <i>Ika-arare</i> , Opossum shrimps (<i>Tsukudani</i> : simmered whole in soy sauce and sugar) | |
| | | | | Seafood (Fish paste products) | 59 | <i>Kanifumi-kamaboko</i> (steamed kamaboko given crab flavor), <i>Kobumaki-kamaboko</i> (steamed kamaboko rapped with kombu), <i>Sumaki-kamaboko</i> (steamed kamaboko covered with straw), <i>Mushi-kamaboko</i> (steamed kamaboko), <i>Yakinuki-kamaboko</i> (baked kamaboko), <i>Yaki-chikuwa</i> (baked tubular kamaboko), <i>Datemaki</i> (rolled up baked kamaboko of surimi and egg), <i>Tsumire</i> (boiled red meat fish paste), <i>Naruto</i> (boiled stick kamaboko with cross section of red swirl), <i>Hanpen</i> (boiled kamaboko of surimi and yam paste), <i>Satsuma-age</i> (fried surimi) | |
| | | | | Fish hams and Sausages | 60 | Fish ham, Fish sausage | |
| Meats | 11 | Animal meats | 21 | Beefs | 61 | <Beefs, Japanese beef cattle> Chuck; Chuck (without subcutaneous fat); Chuck (lean); Chuck (fat); Chuck loin; Chuck loin (without subcutaneous fat); Chuck loin (fat); Chuck loin (lean); Rib loin (without subcutaneous fat); Rib loin (fat); Rib loin (lean); Rib loin (fat); Sirloin; Sirloin (without subcutaneous fat); Sirloin (lean); Flank or short plate; Inside round; Inside round (without subcutaneous fat); Inside round (lean); Inside round (fat); Outside round; Outside round (without subcutaneous fat); Outside round (lean); Rump; Rump (without subcutaneous fat); Rump (lean); Fillet, <Beefs, dairy fattened steer> Chuck/Unknown part; Chuck (without subcutaneous fat)/Unknown part (lean); Chuck (lean); Chuck (fat); Chuck loin; Chuck loin (without subcutaneous fat); Chuck loin (lean); Rib loin; Rib loin (baked); Rib loin (boiled); Rib loin (without subcutaneous fat); Rib loin (lean); Rib loin (fat); Sirloin; Sirloin (without subcutaneous fat); Sirloin (lean); Flank or short plate; Inside round; Inside round (without subcutaneous fat); Inside round (lean); Inside round (fat); Outside round; Outside round (without subcutaneous fat); Outside round (lean); Rump; Rump (without subcutaneous fat); Fillet, <Imported beefs> Chuck; Chuck (without subcutaneous fat); Chuck (lean); Chuck (fat); Chuck loin; Chuck loin (without subcutaneous fat); Chuck loin (lean); Rib loin (lean); Rib loin (fat); Sirloin; Sirloin (without subcutaneous fat); Sirloin (lean); Flank or short plate; Inside round; Inside round (without subcutaneous fat); Inside round (lean); Inside round (fat); Outside round; Outside round (without subcutaneous fat); Outside round (lean); Rump; Rump (without subcutaneous fat); Fillet, <Veals> Rib loin; Flank or short plate; Inside round, Ground meat, <Offals> Tongue; Sinew; Tail, <Beef products> Roast beef; Corned beef (canned); Beef (canned with seasoning); Beefjerky; Smoked tongue | |
| | | | | Porks | 62 | <Porks, large type, breeds> Picnic shoulder; Picnic shoulder (without subcutaneous fat); Picnic shoulder (lean); Picnic shoulder (fat); Boston butt; Boston butt (without subcutaneous fat); Boston butt (lean); Boston butt (fat); Loin; Loin (without subcutaneous fat, baked); Loin (boiled); Loin (without subcutaneous fat); Loin (lean); Loin (fat); Belly; Inside ham; Inside ham (without subcutaneous fat); Inside ham (without subcutaneous fat, baked); Inside ham (without subcutaneous fat, lean); Outside ham (without subcutaneous fat); Outside ham (lean); Outside ham (fat); Fillet (lean), <Porks, medium type, breeds> Picnic shoulder; Picnic shoulder (without subcutaneous fat); Picnic shoulder (lean); Picnic shoulder (fat); Boston butt; Boston butt (without subcutaneous fat); Boston butt (lean); Boston butt (fat); Loin; Loin (without subcutaneous fat); Loin (lean); Loin (fat); Belly; Inside ham; Inside ham (without subcutaneous fat); Inside ham (lean); Inside ham (fat); Outside ham; Outside ham (without subcutaneous fat); Outside ham (lean); Outside ham (fat); Fillet (lean), Ground meat, <Offals> Tongue, Feet (boiled), Cartilage (boiled) | |
| | | | | Hams and sausages | 63 | <Hams> Bone-in; Boneless; Loin; Shoulder; Pressed; Mixed pressed; Chopped; Uncooked (fresh); Uncooked (ripened), <Bacon> Bacon; Loin; Shoulder, <Sausages> Vienna; Semi-dry; Dry; Frankfurter; Bologna; Lyoner; Liver; Mixed; Fresh sausage, <Others> Roast pork | |
| | | | | Other animal meats | 64 | Wild boar, <i>Inobuta</i> (crossbred pig (domesticated × wild)), Rabbit (meat, lean), Horse (meat), Deer (meat), Mutton (loin), Mutton (leg), <Lams> Shoulder; Loin; Leg, Goat (meat, lean) | |
| | | Poultry | 22 | Chickens | 65 | <Fowl meats> Wing; Breast; Breast (without skin); Thigh; Thigh (without skin); <i>Sasami</i> (deep pectoral muscle), <Broiler meats> Wing; Breast; Breast (without skin); Thigh; Thigh (baked); Thigh (boiled); Thigh (without skin); Thigh (without skin, baked); Thigh (without skin, boiled); <i>Sasami</i> ; <i>Sasami</i> (baked); <i>Sasami</i> (boiled), Ground meat, <Offals> Skin (breast); Skin (thigh); Cartilage bone, <Others> Roast meat (canned with seasoning) | |
| | | | | Others | 66 | <i>Aigamo</i> (crossbred duck (domesticated × wild)), Duck (domesticated), Japanese quail, Duck (without skin), Common pheasant (without skin), Turkey (without skin), Sparrow, Pigeon (without skin), Guinea fowl (without skin) | |
| | | Others | 24 | Offals | 23 | 67 | <Beefs> Heart; Liver; Kidney; Rumen/Unknown offal parts; Reticulum; Omasum; Abomasum; Small intestine; Large intestine; Rectum; Uterus, <Porks> Heart; Liver; Kidney; Stomach (boiled); Small intestine (boiled); Large intestine (boiled); Uterus; Liver paste; Smoked liver, <Poultry> Heart; Liver; Gizzard; Foie gras (boiled) |
| | | | | Whale meat | 68 | Whale (meat), Whale (ventral groove meat), Whale (blubber), <i>Sarashi-kujira</i> (salted, sliced and boiled tail fluke) | |
| | | Other meats and processed products | 69 | Rice hopper (<i>tsukudani</i> : simmered whole without wings and legs in soy sauce and sugar), Bullfrog, Snapping turtle, Maggot (canned with seasoning) | | | |
| | | Eggs | 12 | Eggs | 25 | Eggs | 70 |
| Milks | 13 | Milk and dairy products | 26 | Milk | 71 | Raw milk (Jersey), Raw milk (Holstein), Ordinary liquid milk, Milk containing recombinant milk (high fat), Milk containing recombinant milk (low-fat), Skimmed milk | |
| | | | | Cheeses | 72 | <Natural cheeses> Edam, Emmental, Cottage, Camembert, Cream, Gouda, Cheddar, Parmesan, Blue <Other cheeses> Process cheese, Cheese spread | |

| Large Classification | No. | Medium Classification | No. | Small Classification | No. | Foods |
|----------------------------|-----|---|-----|---|-----|--|
| Milks | 13 | Milk and dairy products | 26 | Fermented milk and lactic acid bacteria beverages | 73 | Yogurt (whole milk, unsweetened), Yogurt (skimmed, sweetened), Yogurt (liquid type), Lactic acid bacteria beverage (ordinary milk-solids, nonfat), Lactic acid bacteria beverage (pasteurized after fermentation, used by dilution), Lactic acid bacteria beverage (low milk-solids, nonfat) |
| | | | | Other dairy products | 74 | Milk beverage (coffee flavored), Milk beverage (fruit flavored), Whole milk powder, Skimmed milk powder, Modified milk powder, Evaporated whole milk, Condensed whole milk (sweetened), Cream (milk fat), Cream (milk and vegetable fats), Cream (vegetable fat), Whipped cream (milk fat), Whipped cream (milk and vegetable fats), Whipped cream (vegetable fat), Coffee whitener (liquid, milk fat), Coffee whitener (liquid, milk and vegetable fats), Coffee whitener (liquid, vegetable fat), Coffee whitener (powder, milk fat), Coffee whitener (powder, vegetable fat), Ice cream (high fat), Ice cream (regular), Ice milk, Lactic ice (regular), Lactic ice (low fat), Ice cream (soft type), Sherbet, Cheese whey powder |
| | | Others | 27 | Others | 75 | Human milk, Goat milk |
| Fats and Oils | 14 | Fats and oils | 28 | Butters | 76 | Salted butter, Unsalted butter, Fermented butter |
| | | | | Margarines | 77 | Margarine (soft type), Margarine (fat spread) |
| | | | | Vegetable fats and oils | 78 | Olive oil, Sesame oil, Rice bran oil, Safflower oil, Soybean oil, Vegetable oil (blend), Corn oil, Rapeseed oil, Sunflower oil, Cottonseed oil, Peanut oil |
| | | | | Animal fats | 79 | Beef tallow, Lard |
| | | | | Others | 80 | Palm oil, Palm kernel oil, Coconut oil, Shortening |
| Confectioneries | 15 | Confectioneries | 29 | Traditional confectioneries | 81 | <i>Amanatto</i> : glazed beans (Azuki beans), <i>Amanatto</i> (Kidney beans), <i>Amanatto</i> (Green beans), <i>Aniri-namayatsuhashi</i> (<i>Nikkei</i> (<i>Cinnamomum okinawaense</i>) – flavored rice ravioli filled with <i>An</i> (adzuki bean paste)), <i>Imagawayaki</i> (baked sweet dough stuffed with <i>An</i> (adzuki bean paste)), <i>Uiro</i> (steamed rice sweet dough), <i>Uguisu-mochi</i> (Adzuki bean paste-stuffed rice cake covered with roasted and ground soybean), <i>Kashiwa-mochi</i> (<i>An</i> (Adzuki bean paste)-stuffed steamed rice cake wrapped in white oak leaf), <i>Kasutera</i> (sponge cake), <i>Kanoko</i> (<i>Neri-yokan</i> -centered <i>An</i> (adzuki bean paste) coated with glazed adzuki bean and agar), <i>Karukan</i> (steamed sweet dough made from rice flour and mashed yam), <i>Kibi-dango</i> (sugar coated <i>Gyūhi</i>), <i>Gyūhi</i> (Kneaded steamed glutinous rice dough with sugar), <i>Kirizansyo</i> (Japanese pepper-seasoned kneaded rice sweet dough), <i>Kingyokuto</i> (sweat agar jelly), <i>Kintsuba</i> (baked dough-covered <i>An</i> (adzuki bean paste)), <i>Kusa-mochi</i> (mugwort-seasoned rice cake stuffed with <i>An</i> (adzuki bean paste)), <i>Kushi-dango</i> : skewered steamed rice dumpling (Adzuki bean paste), <i>Kushi-dango</i> (Soy sauce), <i>Geppai</i> (Chinese style baked dough stuffed with <i>An</i> (adzuki bean paste)), <i>Sakura-mochi</i> : <i>An</i> (adzuki bean paste)-stuffed dough in a salted cherry leaf (Kanto style), <i>Sakura-mochi</i> (Kansai-style), <i>Daifuku-mochi</i> (rice cake stuffed with <i>An</i> (adzuki bean paste)), <i>Taruto</i> (<i>An</i> (adzuki bean paste)-centered rolled sponge cake), <i>Chimaki</i> (steamed rice dough wrapped in green bamboo leaves), <i>Chatsu</i> (baked tea leaf-seasoned sweet dough stuffed with <i>An</i> (adzuki bean paste)), <i>Dorayaki</i> (a pair of baked round sweet dough filled with <i>An</i> (adzuki bean paste)), <i>Nerikiri</i> (molded kneaded <i>gyūhi</i> and <i>An</i> (adzuki bean paste)), <i>Kasutera-manju</i> (sponge cake stuffed with <i>An</i> (adzuki bean paste)), <i>Kuzu-zakura</i> (steamed kudzu starch dough stuffed with <i>An</i> (adzuki bean paste)), <i>Kuri-manju</i> (baked sweet dough stuffed with <i>An</i> (adzuki bean paste) and chopped glazed chestnuts), <i>To-manju</i> (baked sweet dough stuffed with <i>An</i> (adzuki bean paste)), <i>Mushi-manju</i> (steamed sweet dough stuffed with <i>An</i> (adzuki bean paste)), <i>Manju</i> (steamed bread, Chinese style, adzuki bean paste), <i>Manju</i> (steamed bread, Chinese style, meat and vegetable), <i>Monaka</i> (glutinous rice wafer cups stuffed with <i>An</i> (adzuki bean paste)), <i>Yubeshi</i> (steamed sweet rice dough seasoned with soy sauce), <i>Neri-yokan</i> (agar-mixed <i>An</i> (adzuki bean paste) pudding), <i>Mizu-yokan</i> (agar-mixed <i>An</i> (adzuki bean paste) jelly), <i>Mushi-yokan</i> (wheat flour-mixed <i>An</i> (adzuki bean paste)), <i>Amedama</i> (drops), <i>Imokarinto</i> (fried and sugar-coated sweet potato bar), <i>Okoshi</i> (molded roasted rice with syrup), <i>Onoroke-mame</i> (baked rice dough-coated roasted peanuts), <i>Karinto</i> : fried and sugar-coated dough cake (brown sugar), <i>Karinto</i> (sugar), <i>Gokabo</i> (roasted glutinous rice stick covered with sweetened roasted soybean flour paste), <i>Tansan-senbei</i> , <i>Kawara-senbei</i> (regular), <i>Maki-senbei</i> (rolled), <i>Nanbu-senbei</i> : mixed with seeds or nuts (with sesame seeds), <i>Shiogama</i> (molded-sugar mixed roasted glutinous rice flour with perilla leaf powder), Chinese style cookie, <i>Hina-arare</i> : mixed Arare (roasted rice dough) with glazed adzuki beans and roasted soybeans for Doll's Festival (<i>Kanto</i> style), <i>Hina-arare</i> (<i>Kansai</i> -style), <Rice crackers> <i>Age-senbei</i> (fried and salted), <i>Amakara-senbei</i> (seasoned with sweetened soy sauce); <i>Arare</i> (glutinous rice cracker); <i>Shio-senbei</i> (seasoned with soy sauce), <i>Eisei-boro</i> (made from starch dough), <i>Soba-boro</i> (made from buckwheat and wheat flour dough), <i>Matsukaze</i> (baked sweet dough), <i>Mishima-mame</i> (sugar-coated roasted soybeans), <i>Yatsuhashi</i> (baked <i>Nikkei</i> (<i>cinnamomum okinawaense</i>)-flavored rice sweet dough in Japanese harp shape), <i>Rakugan</i> : molded sugar-mixed grain or bean flour (regular), <i>Mugi-rakugan</i> , <i>Morokoshi-rakugan</i> , Wheat flower snack |
| | | | | Cakes, buns and pastries | 82 | Custard cream puffs (Éclairs), Sponge cake, Short cake, Danish pastry, Doughnut (yeast leavened), Doughnut (cake type), Pie pastry, Apple pie, Meat pie, Butter cake, Hot cake, Waffle (custard cream), Waffle (jam) |
| | | | | Biscuits | 83 | Wafers, Cracker (oil-sprayed), Cracker (soda), Sablé, Puff pie, Biscuit (hard), Biscuit (soft), Pretzels, Russian cake |
| | | | | Candies | 84 | Caramel, Tablet candy (fruit juice type), Jelly candy, Jelly beans, China marble, Drops, Butterscotch, Brittles (with roasted peanuts), Marshmallows |
| | | | | Others | 85 | Custard pudding, <Jellies> Orange; Coffee; Milk; Wine, Bavarian cream, Corn snack, Potato chips (regular), Potato chips (fabricated), Chocolate biscuits, White chocolate, Milk chocolate, Marrons glacés, <Chewing gums> Stick; Sugar-coated; Bubble |
| | | | | Beverages | 16 | Alcoholic beverages |
| Beer | 87 | Beer (pale), Beer (black), Beer (stout), <i>Happoshu</i> (sparkling beverage brewed with less than 25% malt) | | | | |
| Wines, spirits, and others | 88 | <wine> White; Red; Rose, Shaoxing <i>giu</i> , <i>Shochu</i> (35% alcohol, <i>Ko-ru</i> : distilled through a continuous still), <i>Shochu</i> (25% alcohol, <i>Otsu-ru</i> : distilled through a pot still), Whiskey, Brandy, Vodka, Gin, Rum, Maotai <i>giu</i> , <i>Umeshu</i> (liqueur made from Japanese apricots), Synthetic <i>sake</i> , Medicinal liqueur, Curacao, Fortified wine, Peppermint, Vermouth (sweet type), Vermouth (dry type) | | | | |
| Other beverages | 31 | Teas | 89 | | | <i>Gyokuro</i> : high grade tea (tea), <i>Gyokuro</i> (infusion), <i>Maccha</i> : finely ground tea (powder), <i>Sencha</i> : common grade tea (tea), <i>Sencha</i> (infusion), <i>Kamairi-cha</i> : pan-fired tea (infusion), <i>Ban-cha</i> : coarse grade tea (infusion), <i>Hoji-cha</i> : roasted tea (infusion), <i>Genmai-cha</i> : mixture of tea and roasted rice (infusion), Oolong tea (infusion), Black tea (tea), Black tea (infusion) |
| | | Coffees and cocoas | 90 | | | Coffee (filter method, infusion), Instant coffee (powder), Coffee drink, Pure cocoa (powder), Milk cocoa (powder) |
| Others | 91 | <i>Ama-zake</i> (sweet beverage made from rice koji), <i>Kobu-cha</i> : kombu powder for drink (powder), Fruit flavored and colored drink (not containing fruit juice), Cola drink, Clear soft drink, <i>Mugi-cha</i> : roasted barley (infusion) | | | | |

| Large Classification | No. | Medium Classification | No. | Small Classification | No. | Foods |
|-----------------------|-----|-----------------------|-----|---|-----|---|
| Seasonings and spices | 17 | Seasonings | 32 | Sources | 92 | Worcester sauce (common type), Worcester sauce (semi-thick type), Worcester sauce (thick type) |
| | | | | Shoyu: soy sauces | 93 | Koikuchi-syoyu (common type), Usukuchi-syoyu (light color type), Tamari-syoyu (full-bodied type), Saishikomi-syoyu (refermented type), Shiro-syoyu (extra light color type) |
| | | | | Edible salts | 94 | Syokuen (common salt), Namien (common salt), Refined salt |
| | | | | Mayonnaise | 95 | Mayonnaise (whole egg type), Mayonnaise (egg yolk type) |
| | | Miso | 96 | Rice-koji miso (sweet type), Rice-koji miso (light yellow type), Rice-koji miso (dark yellow type), Barley-koji miso, Soy-bean-koji miso, Rice-koji miso (light yellow type, powder type), Instant miso (paste type) | | |
| | | Other seasonings | 97 | Mirin: sweetened shochu by rice koji (<i>Hon-mirin</i>), <i>Mirin</i> (<i>Honnaosi</i>), Doubanjiang, Hot pepper sauce, Cayenne pepper oil, Grain vinegar, Rice vinegar, Wine vinegar, Cider vinegar, <i>Katsuo-bushi</i> extract, Kombu extract, <i>Katsuo-bushi</i> and kombu extract, <i>Shiitake</i> extract, <i>Niboshi</i> extract, Chicken bone stock, Soup stock (chicken, pork and vegetable extract), Soup stock (beef and vegetables extract), Consomme (cubes), Seasoning mix (granule), <i>Mentsuyu</i> : seasoned soy sauce for Japanese noodles (straight), <i>Mentsuyu</i> (triple strength), Oyster sauce extract, Ma Po dow fu sauce, Meat sauce, <Tomato processed goods> Puree; Paste; Ketchup; Tomato sauce; Chili sauce, Japanese style dressing (oil-free), French dressing, Thousand Island dressing, Curry roux, Hash roux, <i>Sakekasu</i> (<i>Sake</i> less), <i>Mirinfu-chomiryō</i> (sweet cooking seasoning) | | |
| | | Spices and others | 33 | Spices and others | 98 | Gelatin, Allspice, Onion powder, Mustard (powder), Mustard (paste), Mustard (prepared, French type), Mustard (grain), Curry powder, Clove, <Peppers> Black; White; Mixed, Japanese pepper, Cinnamon, Ginger (dried, ground), Ginger (paste), Sage, Thyme, Chili powder, Red pepper, Nutmeg, Garlic powder, Garlic (paste), Basil (ground), Parsley (dried), Paprika, <i>Wasabi</i> (powder, mixed with mustard powder), <i>Wasabi</i> (paste), Yeast (baker's yeast, compressed), Yeast (baker's yeast, dried), Yeast (baking powder) |

Classification of Meals

A. Eating Out

Meals ate at restaurants or delivered meal ate at outside of the home, e.g. workplace.

| | | |
|---|---|--|
| 1 | Buckwheat noodles and wheat flour noodles | Buckwheat noodles, <i>Udon</i> , Chinese noodles, chow meins, and others |
| 2 | Sushi | Hand-rolled sushi, <i>chirashi-zushi</i> , sushi rolled in laver, fried-bean curd stuffed with rice, and others |
| 3 | Rice bowl dishes | Rice bowl with pork cutlet, Rice bowl with deep-fried prawns, Chinese rice bowl, Rice bowl with chicken-and-egg, Rice bowl with eel, and others. |
| 4 | Curried rice | Curried rice, Rice omelet, fried rice, and others. |
| 5 | Pasta | Gratin, lasagna, spaghetti, macaroni, and others. |
| 6 | Bread | Toast, sandwich, burger, and others. |
| 7 | Other Japanese dishes | Japanese style set menu, Japanese style bento, rice ball, and others. |
| 8 | Other European dishes | European style set menu, European style bento, and others. |
| 9 | Other Chinese dishes | Chinese style set menu, Chinese style bento, and others. |

B. Ready-made Meals

Delivered meals ate at home or ready-made meals ate at home

Categories for eating out (A), and ready-made meals(B)

C. Meals Provided at School, Worksite etc.

- School lunch
- Meals provided at day-care center or kindergarten
- Meals provided at worksite

D. Home cooked meals

- Meals cooked and ate at home or bento (bag lunch) prepared at home

E. Others

- Only sweets, chips, fruits, dairy products, or beverages without staple foods
- Supplements only (tablet, drink)
- No meal at all (skipping)

Classification of Blood Pressure Levels

| | Systolic blood pressure (mmHg) | | Diastolic blood pressure (mmHg) |
|----------------------------|--------------------------------|-----|---------------------------------|
| Optimum blood pressure | < 120 | and | < 80 |
| Normal blood pressure | < 130 | and | < 85 |
| High normal blood pressure | 130~139 | or | 85~89 |
| Mild hypertension | 140~159 | or | 90~99 |
| Moderate hypertension | 160~179 | or | 100~109 |
| Serious hypertension | ≥ 180 | or | ≥ 110 |
| Systolic hypertension | ≥ 140 | and | < 90 |

The numerical values in the table are averages of duplicated measurements.

(Source: “Classification of Blood Pressure Levels, 2009” by the Japan Hypertension Society)

Criteria for Obesity

Body mass index (BMI) was calculated as body weight (kg) divided by height (m) squared. Obesity and underweight are classified as below:

| | Thin (Underweight) | Normal | Obesity |
|-------------------------|--------------------|-----------------|--------------|
| BMI(kg/m ²) | Less than 18.5 | ≥18.5 and <25.0 | 25.0 or more |

(Source: “Standard Criteria for Assessment of Obesity, 2000” by the Japan Obesity Society)

Assessment of Obesity by School Health Statistical Survey Method

The obesity of individuals aged 6 – 14 years were assessed by the standard weight by height and age.

| | Underweight | | Normal | Overweight | | |
|---------------|--------------------|--------------------|----------------|-------------------|---------------------|-------------------|
| | -20% or less | | | 20% or more | | |
| | Severe Underweight | Slight Underweight | | Slight Overweight | Moderate Overweight | Severe Overweight |
| Obesity Level | -30% or less | >-30% and ≤-20% | >-20% and <20% | ≥20% and <30% | ≥30% and <50% | 50% or more |

Degree of Obesity (degree of over/under weight) = (Observed Weight (kg) - Standard Weight by height (kg)) ÷ Standard Weight by height (kg) × 100

Standard Weight by height (kg) = a × Observed height (cm) - b

| Age | Coefficient | | | |
|-----|-------------|--------|--------|--------|
| | Male | | Female | |
| | A | b | a | B |
| 6 | 0.461 | 32.382 | 0.458 | 32.079 |
| 7 | 0.513 | 38.878 | 0.508 | 38.367 |
| 8 | 0.592 | 48.804 | 0.561 | 45.006 |
| 9 | 0.687 | 61.390 | 0.652 | 56.992 |
| 10 | 0.752 | 70.461 | 0.730 | 68.091 |
| 11 | 0.782 | 75.106 | 0.803 | 78.846 |
| 12 | 0.783 | 75.642 | 0.796 | 76.934 |
| 13 | 0.815 | 81.348 | 0.655 | 54.234 |
| 14 | 0.832 | 83.695 | 0.594 | 43.264 |

(References)

Japan School Health Society: *Jido Seito no Kenko Shindan Manual*. (Manual of Health Checkups for School Children), Daiichi Hoki Shuppan, Tokyo; (2006)

Assessment of Possible Metabolic Syndrome

Fasting blood glucose and triglyceride was not measured in the survey, and were not included in assessment of possible metabolic syndrome in the report. Therefore, possible metabolic syndrome in this report is defined as below.

Those who are highly suspected to have metabolic syndrome (visceral adiposity).

Those who have abdominal circumference of ≥ 85 cm (male) or ≥ 90 cm (female) and meet more than 2 of the following 3 indexes (blood lipid, blood pressure, and blood glucose).

Those who have a possibility to develop metabolic syndrome (visceral adiposity).

Those who have abdominal circumference of ≥ 85 cm (male) or ≥ 90 cm (female) and 1 of the following 3 indexes (blood lipid, blood pressure, and blood glucose).

* “meet conditions” implies when one meets the following “Level” and/or is taking “Medicines” the following medicines.

| Abdominal Circumference | Abdominal circumference (Circumference of one’s waist) Male: 85cm or more Female 90cm or more | | |
|-------------------------|---|--|--|
| Index | Blood Lipid | Blood Pressure | Blood glucose |
| Level | <ul style="list-style-type: none"> HDL Cholesterol Level Less than 40mg/dl | <ul style="list-style-type: none"> Systolic Blood Pressure: 130mmHg or more Diastolic blood pressure: 85mmHg or more | <ul style="list-style-type: none"> Hemoglobin A1c Level: 5.5% or more* |
| Medication | <ul style="list-style-type: none"> Cholesterol-lowering drug Anti-hyperlipidemia drug | <ul style="list-style-type: none"> Anti-hypertensive drug | <ul style="list-style-type: none"> Hemoglobin A1c Level: Treatment of diabetes mellitus using either insulin or oral drug |

*Hemoglobin A1c value of 5.5% was a standard value with which participants needs medical observation were judged in health checkups provided by Health and Medical Service Act for the Aged till 2007.

Assessment of “Those Who are Highly Suspected to Have Diabetes” and “Those With a Possibility to Have Diabetes.”

Those who are highly suspected to have diabetes.

Those who have hemoglobin Alc level of 6.1% or more, or those who answered “to be on medication of diabetes” in a questionnaire.

Those with a possibility to have diabetes.

Those who have hemoglobin Alc level of more than 5.6% but less than 6.1%, and do not meet the criteria of “those who are highly suspected to have diabetes”.

* The same criteria as the ones in “Actual Situation of Diabetes (1995 and 2002)”.

Table 2 ◆ Occupation Classification

| No. | Category | Examples |
|--|---|--|
| People engaged in jobs that generate income (wages, salaries, operating profits, and others.), including side jobs and part-time works | | |
| 01 | Professional or Technical Work | Scientific researchers, Engineers and Technicians, Physicians, Dentists, Veterinarians, Pharmacists, Public health nurses, Midwives, Nurses, Medical Technologists, Dental hygienists, Dietitians, Acupuncturists, Moxibustionists, Judo therapists, Social welfare staff (e.g. nursery staff), Legal workers (e.g. Judges, Prosecutors, Lawyers), Certified Public Accountants, Certified tax accountants, Teachers, Religious workers, Writers, Reporters, Editors, Artists, Photographers, Designers, Illustrators, Cartoonists, Musicians, Stage artists, Other professional and technical workers (e.g. Private teachers, Professional athletes) |
| 02 | Management | Government officials (ex. Prefectural assembly members, Governors, Mayors), Executives of companies or corporations, Directors of companies or corporations (ex. Factory managers, General managers, Stationmasters, Section chiefs), Other managerial workers |
| 03 | Clerks | General clerks (ex. Clerks in general affairs departments, Receptionists, Information clerks, Secretaries), Accounting clerks, Outside clerical workers (e.g. Bill collectors), Clerical workers in transportation and communication, Other clerical workers (ex. Stenographers, Typists, Key punchers, Operators of electronic machinery) |
| 04 | Sales | Sales workers of commodities (e.g. Retail dealers, Restaurant managers, Salespersons, Traveling salespersons, Commodity brokers), Sales related workers (e.g. Real estate agents, Insurance agents, Pawn brokers) |
| 05 | Services | Life-supporting service workers (e.g. Housekeepers, Domestic helpers, Home helpers), Environmental health service workers (e.g. Barbers, Beauticians, Launderers and dry cleaners), Food service workers, Serving workers, Superintendents of residences and buildings, Other service workers (ex. Travel attendants, Temporary keepers) |
| 06 | Security services | Self-Defense officials, Police officers, Prison guards, Fire fighters, Security guards |
| 07 | Agriculture | Farmers, Sericulturists, Poultry breeders, Apiculturist, Livestock farmers, Gardeners, Landscape gardeners |
| 08 | Forestry | Forest managers, Timber fellers and loggers, Timber collectors and log transporters, Charcoal makers and firewood choppers |
| 09 | Fisheries | Fishermen, Seaweed and shell gatherers, Captains, chief engineers and engineers of fishing boat, Aquiculture workers |
| 10 | Transportation/Communications | Car drivers, Train drivers, Ship pilots, Aircraft pilots, Workers operating other transportation (e.g. Conductors, Railway transportation-related workers, Deckhands, Ship engineers, Train inspectors), Communication workers (e.g. Radiotelegraphists, Wiretelegraphists, Telephone operators, Mail and telegram deliverers) |
| 11 | Manufacture | Manufacturers (e.g. Metal material, Chemical products, Ceramic products, Stone and clay products, Foods, Beverages, Tobaccos, Clothing, Textile, Wood, bamboo, grass and vine products, Pulp, paper and paper products, Rubber and plastic products, Leather and leather products), Assembling and repairing workers (ex. General machine, Electric machine, Transportation equipment, Measuring and optical instrument), Metal processing workers, Welders and frame cutter, Spinners, Printing and book-binding products, Boiler operators, Construction machinery operators, Electric workers, Mining workers, Construction assistants (<i>Tobishoku</i>), Reinforcing workers, Construction workers, Construction labourers, Carrying labourers, Other labourers (ex. Sweepers, garbage collectors and others) |
| People not engaged in the above mentioned jobs (01 - 11) | | |
| 12 | Housekeepers/Domestic Helpers | People engaged in daily housekeeping (housewives of ordinary households) |
| 13 | Others | Inoccupation (People who are unemployed due to their old age, illness, disabilities, or other reasons.) |
| 14 | Day-care Center Children | Children who go to day-care center on weekdays |
| 15 | Kindergarten Children | Children who go to kindergarten on weekdays |
| 16 | Other Children | Children who do not go to day-care center or kindergarten |
| 17 | Elementary School Students 1st – 2nd Grade | Pupils at elementary school (1st - 2nd grade) |
| 18 | Elementary School Students 3rd – 4th Grade | Pupils at elementary school (3rd – 4th grade) |
| 19 | Elementary School Students 5th – 6th Grade | Pupils at elementary school (5th – 6th grade) |
| 20 | Junior High School Students | Pupils at junior high school (1st – 3rd grade) |
| 21 | Other Students | Students at high school, college, graduate school, vocational school, and others. |