

# 第1部

## 栄養素等摂取状況調査の結果



第1表の1 栄養素等摂取量 平均値、標準偏差 (1歳以上、総数、年齢階級別)

| 対象者数            | 総数     | 1-6歳  |       | 7-14歳 |      | 15-19歳 |       | 20-29歳 |       | 30-39歳 |       | 40-49歳 |       | 50-59歳 |       | 60-69歳 |       | 70歳以上 |       | (再掲)<br>20歳以上 |       | (再掲)<br>75歳以上 |       |
|-----------------|--------|-------|-------|-------|------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|---------------|-------|---------------|-------|
|                 |        | 平均値   | 標準偏差  | 平均値   | 標準偏差 | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値   | 標準偏差  | 平均値           | 標準偏差  | 平均値           | 標準偏差  |
|                 |        | 19    | 372   | 482   | 494  | 26     | 570   | 44     | 483   | 47     | 565   | 83     | 508   | 88     | 593   | 149    | 454   | 259   | 1,802 | 670           | 1,856 | 513           | 1,772 |
| 人               | 757    | 1,849 | 515   | 1,882 | 484  | 1,916  | 570   | 1,659  | 483   | 1,911  | 565   | 1,773  | 1,992 | 593    | 1,958 | 454    | 259   | 1,802 | 670   | 1,856         | 513   | 1,772         | 177   |
| エネルギー           | kcal   | 69.9  | 23.2  | 68.1  | 17.5 | 70.4   | 24.1  | 61.2   | 14.4  | 70.3   | 26.9  | 62.8   | 20.2  | 73.4   | 23.8  | 74.1   | 24.9  | 71.4  | 24.9  | 70.5          | 23.4  | 69.3          | 25.8  |
| たんぱく質           | g      | 37.7  | 18.5  | 37.4  | 12.6 | 40.9   | 18.9  | 36.2   | 13.8  | 40.0   | 22.3  | 33.6   | 16.2  | 40.1   | 18.8  | 38.2   | 19.7  | 37.1  | 19.7  | 37.4          | 18.9  | 35.8          | 20.6  |
| うち動物性           | g      | 52.2  | 21.0  | 52.5  | 17.4 | 55.1   | 18.1  | 51.4   | 16.9  | 58.0   | 25.2  | 50.9   | 20.1  | 59.5   | 22.6  | 53.9   | 20.9  | 46.8  | 19.6  | 51.6          | 21.2  | 44.5          | 18.8  |
| 脂質              | g      | 28.5  | 14.7  | 32.7  | 16.0 | 34.5   | 17.8  | 27.8   | 12.4  | 29.0   | 18.0  | 24.8   | 13.8  | 30.1   | 15.9  | 26.8   | 14.8  | 23.1  | 13.0  | 25.8          | 14.5  | 21.9          | 12.0  |
| うち動物性           | g      | 14.02 | 6.81  | 16.00 | 6.42 | 18.31  | 9.57  | 14.97  | 6.37  | 14.84  | 7.21  | 13.22  | 6.40  | 16.02  | 6.91  | 14.16  | 6.19  | 12.48 | 6.37  | 13.65         | 6.52  | 11.70         | 5.94  |
| 飽和脂肪酸           | g      | 17.32 | 7.86  | 19.07 | 6.83 | 19.06  | 6.16  | 18.71  | 6.67  | 20.67  | 9.89  | 17.68  | 8.29  | 20.15  | 8.53  | 17.57  | 7.41  | 14.76 | 6.99  | 17.13         | 7.96  | 14.09         | 6.86  |
| 一価不飽和脂肪酸        | g      | 11.62 | 5.21  | 10.02 | 3.34 | 10.78  | 3.47  | 12.18  | 4.52  | 10.58  | 4.15  | 10.94  | 4.95  | 12.72  | 4.86  | 12.71  | 6.16  | 11.06 | 5.10  | 11.70         | 5.35  | 10.66         | 5.09  |
| 多価不飽和脂肪酸        | g      | 321   | 190   | 236   | 118  | 362    | 162   | 411    | 201   | 336    | 178   | 329    | 199   | 339    | 179   | 322    | 191   | 309   | 185   | 318           | 191   | 302           | 189   |
| コレステロール         | mg     | 258.3 | 77.8  | 182.2 | 46.4 | 264.2  | 81.4  | 274.6  | 87.0  | 228.8  | 90.6  | 245.7  | 79.3  | 261.4  | 78.9  | 273.8  | 75.0  | 260.6 | 72.4  | 259.4         | 76.7  | 289.6         | 76.7  |
| 炭水化物            | g      | 15.1  | 6.9   | 9.9   | 3.6  | 13.3   | 4.7   | 11.9   | 4.0   | 11.3   | 4.9   | 12.7   | 4.8   | 15.0   | 6.4   | 17.2   | 6.7   | 16.6  | 7.7   | 15.5          | 7.1   | 15.6          | 7.0   |
| 食物繊維            | g      | 3.4   | 1.6   | 2.5   | 1.0  | 3.2    | 1.2   | 2.9    | 1.2   | 3.2    | 1.8   | 3.0    | 1.2   | 3.3    | 1.4   | 3.8    | 1.6   | 3.6   | 1.8   | 3.5           | 1.7   | 3.4           | 1.5   |
| うち水溶性           | g      | 11.2  | 5.3   | 7.2   | 2.6  | 9.7    | 3.5   | 8.8    | 3.0   | 8.5    | 3.8   | 9.3    | 3.6   | 11.3   | 5.1   | 12.6   | 5.1   | 12.4  | 5.9   | 11.5          | 5.4   | 11.7          | 5.4   |
| うち不溶性           | g      | 483   | 579   | 387   | 158  | 500    | 234   | 413    | 167   | 423    | 261   | 484    | 475   | 346    | 471   | 296    | 497   | 349   | 488   | 611           | 478   | 478           | 325   |
| ビタミンA           | μgRE*1 | 8.90  | 9.60  | 7.72  | 6.24 | 6.12   | 5.80  | 6.37   | 5.33  | 7.23   | 10.25 | 7.16   | 8.02  | 9.93   | 10.02 | 10.08  | 10.97 | 9.97  | 10.11 | 9.21          | 9.92  | 10.06         | 10.30 |
| ビタミンD           | μg     | 6.55  | 3.34  | 5.72  | 2.13 | 6.23   | 1.88  | 5.91   | 2.78  | 5.86   | 6.50  | 6.21   | 3.52  | 6.94   | 3.43  | 7.08   | 3.48  | 6.52  | 3.53  | 6.62          | 3.45  | 6.34          | 3.56  |
| ビタミンE           | mg*2   | 221   | 166   | 120   | 55   | 164    | 101   | 197    | 105   | 175    | 114   | 223    | 131   | 233    | 178   | 242    | 172   | 246   | 179   | 229           | 171   | 243           | 177   |
| ビタミンK           | μg     | 0.84  | 0.35  | 0.69  | 0.20 | 0.89   | 0.24  | 0.82   | 0.24  | 0.74   | 0.32  | 0.85   | 0.37  | 0.95   | 0.44  | 0.86   | 0.32  | 0.83  | 0.35  | 0.84          | 0.37  | 0.79          | 0.34  |
| ビタミンB1          | mg     | 11.7  | 7.0   | 11.2  | 4.7  | 12.9   | 6.7   | 12.5   | 4.6   | 12.0   | 4.7   | 15.9   | 8.4   | 13.8   | 5.2   | 16.1   | 7.3   | 15.8  | 7.4   | 15.0          | 7.1   | 13.9          | 7.1   |
| ビタミンB2          | mgNE*3 | 1.2   | 0.5   | 0.9   | 0.4  | 1.1    | 0.5   | 1.0    | 0.4   | 0.9    | 0.3   | 1.1    | 0.5   | 1.0    | 0.4   | 1.2    | 0.5   | 1.2   | 0.5   | 1.2           | 0.5   | 1.2           | 0.5   |
| ビタミンB6          | mg     | 6.6   | 6.6   | 6.3   | 6.9  | 5.8    | 4.0   | 5.4    | 4.4   | 6.2    | 5.3   | 6.8    | 7.9   | 5.8    | 5.8   | 7.4    | 7.6   | 7.0   | 6.4   | 6.7           | 6.8   | 7.1           | 6.8   |
| ビタミンB12         | μg     | 273   | 128   | 182   | 56   | 224    | 71    | 223    | 70    | 210    | 83    | 242    | 170   | 282    | 123   | 298    | 110   | 301   | 129   | 281           | 131   | 297           | 128   |
| 葉酸              | μg     | 5.46  | 1.99  | 4.70  | 1.49 | 5.81   | 1.77  | 5.42   | 1.84  | 4.52   | 1.25  | 5.26   | 2.25  | 4.90   | 1.91  | 5.73   | 2.04  | 5.55  | 2.06  | 5.46          | 2.02  | 5.32          | 1.90  |
| パントテン酸          | mg     | 21.1  | 16.0  | 15.8  | 5.8  | 17.4   | 7.3   | 14.3   | 7.1   | 15.3   | 7.0   | 20.0   | 10.3  | 22.2   | 8.9   | 23.5   | 10.3  | 22.3  | 10.4  | 21.7          | 16.7  | 21.1          | 8.9   |
| ビタミンC           | mg     | 90    | 65    | 69    | 33   | 80     | 42    | 62     | 46    | 66     | 43    | 68     | 48    | 78     | 49    | 107    | 74    | 106   | 74    | 92            | 67    | 104           | 74    |
| ナトリウム           | mg     | 3,824 | 1,529 | 2,359 | 527  | 3,342  | 1,159 | 3,375  | 1,257 | 3,309  | 1,392 | 3,533  | 1,441 | 3,816  | 1,406 | 4,274  | 1,446 | 3,986 | 1,630 | 3,913         | 1,549 | 3,904         | 1,607 |
| 食塩相当量           | g*4    | 9.7   | 3.9   | 6.0   | 1.3  | 8.5    | 2.9   | 8.6    | 3.2   | 8.4    | 3.5   | 9.0    | 3.7   | 9.7    | 3.6   | 10.9   | 3.7   | 10.1  | 4.1   | 9.9           | 3.9   | 9.9           | 4.1   |
| カルシウム           | mg     | 2329  | 936   | 1815  | 571  | 2233   | 738   | 1855   | 588   | 1757   | 602   | 2115   | 1130  | 1958   | 654   | 2386   | 912   | 2562  | 880   | 2532          | 1016  | 2464          | 994   |
| カリウム            | mg     | 494   | 237   | 494   | 205  | 566    | 264   | 442    | 235   | 360    | 160   | 391    | 244   | 383    | 180   | 476    | 195   | 545   | 231   | 540           | 248   | 513           | 238   |
| マグネシウム          | mg     | 251   | 94    | 174   | 50   | 220    | 68    | 205    | 71    | 184    | 57    | 230    | 103   | 215    | 71    | 260    | 84    | 286   | 97    | 271           | 97    | 257           | 95    |
| リン              | mg     | 1000  | 343   | 853   | 268  | 1022   | 278   | 983    | 332   | 822    | 211   | 951    | 418   | 869    | 294   | 1031   | 327   | 1069  | 329   | 1041          | 363   | 1004          | 348   |
| 鉄               | mg     | 7.6   | 3.0   | 4.8   | 1.5  | 6.2    | 1.9   | 6.6    | 2.1   | 6.1    | 2.1   | 6.8    | 2.8   | 6.5    | 2.5   | 7.7    | 2.7   | 8.4   | 2.9   | 8.3           | 3.3   | 8.1           | 3.2   |
| 亜鉛              | mg     | 7.8   | 2.5   | 6.1   | 1.7  | 8.1    | 2.4   | 8.2    | 3.0   | 7.2    | 2.3   | 8.0    | 2.9   | 7.1    | 2.4   | 8.3    | 2.6   | 8.1   | 2.6   | 7.9           | 2.3   | 7.7           | 2.4   |
| 銅               | mg     | 1.17  | 0.39  | 0.77  | 0.18 | 1.05   | 0.32  | 1.15   | 0.42  | 0.97   | 0.31  | 1.13   | 0.40  | 1.04   | 0.37  | 1.20   | 0.37  | 1.24  | 0.39  | 1.19          | 0.39  | 1.24          | 0.39  |
| たんぱく質エネルギー-比率*5 | %      | 15.3  | 3.3   | 15.4  | 2.4  | 14.6   | 2.4   | 14.7   | 2.8   | 15.4   | 3.5   | 14.7   | 3.2   | 14.4   | 3.2   | 15.2   | 3.0   | 15.9  | 3.4   | 15.3          | 3.3   | 15.7          | 3.4   |
| 脂肪エネルギー-比率*5    | %      | 25.3  | 7.0   | 32.5  | 6.1  | 28.3   | 8.2   | 26.0   | 4.7   | 28.3   | 7.9   | 27.1   | 6.7   | 25.9   | 7.0   | 26.9   | 6.8   | 24.6  | 6.7   | 24.9          | 6.9   | 22.4          | 6.1   |
| 炭水化物エネルギー-比率*5  | %      | 59.4  | 8.4   | 52.2  | 7.8  | 57.0   | 9.2   | 59.3   | 5.8   | 56.3   | 10.0  | 58.2   | 8.3   | 59.7   | 8.1   | 58.1   | 8.5   | 60.2  | 8.0   | 61.1          | 7.8   | 59.8          | 7.7   |
| 動物性たんぱく質-比率*5   | %      | 52.2  | 13.5  | 62.7  | 8.0  | 60.1   | 8.8   | 55.5   | 11.9  | 58.2   | 14.9  | 54.2   | 11.3  | 53.0   | 11.6  | 49.1   | 14.6  | 50.1  | 13.1  | 51.2          | 13.6  | 49.7          | 13.0  |
| 穀類エネルギー-比率*5    | %      | 42.0  | 12.6  | 34.8  | 13.8 | 39.7   | 11.3  | 47.5   | 8.8   | 43.9   | 14.8  | 46.1   | 13.3  | 44.1   | 12.8  | 41.0   | 11.2  | 40.6  | 11.5  | 41.6          | 12.8  | 42.5          | 13.4  |
| 飽和脂肪酸エネルギー-比率*5 | %      | 6.8   | 2.5   | 9.8   | 2.5  | 8.7    | 3.0   | 6.9    | 1.9   | 7.5    | 2.4   | 6.7    | 2.6   | 7.2    | 2.4   | 6.5    | 2.2   | 6.1   | 2.3   | 6.5           | 2.4   | 6.5           | 2.2   |

\*1 RE:リチウム当量 \*2 g:エネルギー以外のドメインEは含んでいない。  
 \*3 NE:ナイオン当量 \*4 食塩相当量=ナトリウム量(mg)×2.54/1000で算出。  
 \*5 これらの比率は個々人の計算値を平均したものである。

第1表の2 栄養素等摂取量 平均値、標準偏差 (1歳以上、男性、年齢階級別)

| 対象者数            | 総数    |       | 1-6歳  |      | 7-14歳 |       | 15-19歳 |       | 20-29歳 |       | 30-39歳 |       | 40-49歳 |       | 50-59歳 |       | 60-69歳 |       | 70歳以上 |       | (再掲)<br>20歳以上 |       | (再掲)<br>75歳以上 |       |
|-----------------|-------|-------|-------|------|-------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|---------------|-------|---------------|-------|
|                 | 平均値   | 標準偏差  | 平均値   | 標準偏差 | 平均値   | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値   | 標準偏差  | 平均値           | 標準偏差  | 平均値           | 標準偏差  |
|                 | 346   | 11    | 20    | 14   | 24    | 24    | 25     | 40    | 40     | 40    | 40     | 64    | 108    | 301   | 75     |       |        |       |       |       |               |       |               |       |
| 対象者数            | 346   | 11    | 20    | 14   | 24    | 24    | 25     | 40    | 40     | 40    | 64     | 108   | 301    | 75    |        |       |        |       |       |       |               |       |               |       |
| エネルギー           | 2,069 | 529   | 1,636 | 344  | 2,055 | 508   | 2,106  | 642   | 1,878  | 424   | 2,113  | 628   | 2,045  | 517   | 2,330  | 617   | 2,170  | 417   | 1,996 | 483   | 2,085         | 523   | 1,935         | 506   |
| たんぱく質           | 76.8  | 25.0  | 64.1  | 17.4 | 73.4  | 18.0  | 79.7   | 22.8  | 65.0   | 14.9  | 76.6   | 31.1  | 70.6   | 22.0  | 80.9   | 24.8  | 79.7   | 21.0  | 80.1  | 28.4  | 77.3          | 25.5  | 78.5          | 30.4  |
| うち動物性           | 42.2  | 20.8  | 41.9  | 13.3 | 45.5  | 12.8  | 48.1   | 17.1  | 36.4   | 14.3  | 44.7   | 25.5  | 37.6   | 17.3  | 43.9   | 22.2  | 41.9   | 20.4  | 42.9  | 23.2  | 41.8          | 21.5  | 41.7          | 25.5  |
| 脂質              | 57.7  | 22.7  | 60.9  | 14.9 | 67.5  | 21.4  | 60.0   | 20.9  | 56.9   | 17.2  | 64.5   | 29.9  | 56.6   | 20.7  | 65.2   | 23.9  | 58.0   | 23.0  | 51.3  | 21.1  | 56.8          | 23.0  | 48.3          | 21.1  |
| うち動物性           | 30.2  | 16.1  | 41.6  | 15.0 | 40.3  | 19.5  | 31.1   | 11.7  | 30.5   | 14.0  | 33.2   | 20.2  | 27.3   | 13.9  | 33.5   | 17.5  | 29.5   | 16.8  | 26.5  | 13.3  | 29.0          | 15.7  | 24.7          | 12.9  |
| 飽和脂肪酸           | 15.44 | 7.37  | 19.75 | 5.36 | 21.92 | 11.68 | 16.83  | 7.37  | 15.23  | 5.44  | 16.07  | 7.95  | 13.89  | 6.15  | 17.26  | 7.47  | 15.12  | 6.31  | 13.60 | 6.61  | 14.78         | 6.77  | 12.57         | 6.26  |
| 一価不飽和脂肪酸        | 19.39 | 8.58  | 20.64 | 6.08 | 22.19 | 7.15  | 20.22  | 7.14  | 20.52  | 6.78  | 23.58  | 11.68 | 19.85  | 8.41  | 22.16  | 9.15  | 19.30  | 8.38  | 16.27 | 7.52  | 19.12         | 8.76  | 15.21         | 7.77  |
| 多価不飽和脂肪酸        | 12.82 | 5.64  | 10.65 | 2.52 | 11.89 | 3.37  | 13.36  | 5.16  | 11.46  | 4.37  | 13.95  | 6.39  | 12.53  | 5.72  | 14.07  | 5.26  | 13.64  | 6.53  | 12.35 | 5.64  | 12.94         | 5.84  | 11.99         | 5.94  |
| アルコール           | 352   | 203   | 238   | 89   | 418   | 170   | 423    | 217   | 319    | 172   | 368    | 253   | 325    | 208   | 376    | 195   | 358    | 194   | 343   | 205   | 348           | 204   | 335           | 210   |
| 炭水化物            | 282.1 | 79.5  | 204.6 | 43.5 | 282.1 | 81.9  | 299.2  | 100.1 | 263.9  | 83.5  | 273.9  | 65.8  | 285.5  | 86.8  | 298.1  | 85.7  | 295.2  | 83.7  | 278.8 | 65.8  | 284.1         | 77.7  | 270.2         | 65.0  |
| 食物繊維            | 15.5  | 7.3   | 11.1  | 3.4  | 14.1  | 4.8   | 11.4   | 3.1   | 11.1   | 4.3   | 14.5   | 9.3   | 13.9   | 5.3   | 15.2   | 5.9   | 17.1   | 7.2   | 17.5  | 8.3   | 15.9          | 7.5   | 16.0          | 7.1   |
| うち水溶性           | 3.5   | 1.7   | 2.8   | 0.9  | 3.5   | 1.3   | 2.6    | 0.9   | 2.5    | 1.2   | 3.4    | 2.2   | 3.2    | 1.3   | 3.4    | 1.3   | 3.8    | 1.7   | 3.8   | 1.9   | 3.5           | 1.7   | 3.4           | 1.5   |
| うち不溶性           | 11.5  | 5.6   | 8.1   | 2.6  | 10.2  | 3.6   | 8.4    | 2.2   | 8.3    | 3.2   | 10.7   | 7.0   | 10.3   | 4.1   | 11.5   | 4.9   | 12.6   | 5.6   | 13.1  | 6.3   | 11.8          | 5.8   | 12.0          | 5.4   |
| ビタミンA           | 494   | 361   | 437   | 107  | 528   | 249   | 476    | 136   | 391    | 246   | 485    | 530   | 426    | 285   | 496    | 383   | 504    | 341   | 538   | 406   | 494           | 380   | 483           | 341   |
| ビタミンD           | 9.13  | 9.73  | 8.69  | 8.02 | 6.14  | 4.68  | 6.38   | 5.58  | 6.49   | 4.71  | 5.90   | 9.38  | 7.63   | 8.83  | 9.74   | 10.92 | 10.32  | 11.06 | 11.06 | 10.27 | 9.48          | 10.12 | 10.34         | 9.58  |
| ビタミンE           | 7.05  | 3.74  | 6.34  | 2.25 | 6.78  | 1.55  | 6.42   | 3.20  | 5.75   | 2.11  | 7.15   | 4.21  | 6.94   | 4.09  | 7.32   | 3.88  | 7.52   | 3.77  | 7.20  | 4.06  | 7.13          | 3.90  | 6.67          | 4.09  |
| ビタミンK           | 229   | 170   | 125   | 44   | 169   | 117   | 206    | 87    | 157    | 87    | 256    | 234   | 198    | 134   | 241    | 165   | 245    | 189   | 261   | 178   | 238           | 176   | 254           | 175   |
| ビタミンB1          | 0.92  | 0.37  | 0.76  | 0.15 | 0.95  | 0.25  | 0.89   | 0.24  | 0.77   | 0.29  | 0.93   | 0.49  | 0.95   | 0.40  | 1.03   | 0.45  | 0.94   | 0.32  | 0.90  | 0.36  | 0.92          | 0.39  | 0.86          | 0.35  |
| ビタミンB2          | 1.1   | 0.5   | 1.1   | 0.3  | 1.3   | 0.4   | 1.1    | 0.4   | 0.9    | 0.4   | 1.1    | 0.6   | 1.1    | 0.5   | 1.1    | 0.4   | 1.2    | 0.5   | 1.2   | 0.5   | 1.1           | 0.5   | 1.1           | 0.5   |
| ビタミンB3          | 16.3  | 7.6   | 13.0  | 5.3  | 14.9  | 8.4   | 13.9   | 3.7   | 12.7   | 4.1   | 17.1   | 8.8   | 15.2   | 5.0   | 17.9   | 8.1   | 16.9   | 7.0   | 17.3  | 8.6   | 16.6          | 7.6   | 16.4          | 8.6   |
| ビタミンB6          | 1.2   | 0.5   | 1.0   | 0.4  | 1.3   | 0.5   | 1.0    | 0.3   | 0.9    | 0.3   | 1.2    | 0.6   | 1.1    | 0.4   | 1.3    | 0.5   | 1.3    | 0.5   | 1.4   | 0.5   | 1.3           | 0.5   | 1.3           | 0.6   |
| ビタミンB12         | 7.4   | 7.0   | 8.2   | 8.4  | 6.0   | 3.3   | 7.4    | 4.8   | 8.1    | 5.3   | 7.2    | 9.1   | 5.8    | 4.9   | 5.3    | 4.7   | 9.2    | 9.6   | 7.9   | 6.4   | 7.5           | 7.2   | 8.0           | 6.9   |
| 葉酸              | 281   | 127   | 201   | 47   | 239   | 65    | 221    | 60    | 208    | 81    | 266    | 168   | 253    | 97    | 297    | 116   | 307    | 122   | 312   | 142   | 289           | 132   | 308           | 139   |
| パント酸            | 5.85  | 2.03  | 5.37  | 1.39 | 6.53  | 1.81  | 5.83   | 1.62  | 4.42   | 1.10  | 5.82   | 2.55  | 5.38   | 1.96  | 6.06   | 1.83  | 6.05   | 1.85  | 6.07  | 2.22  | 5.82          | 2.07  | 5.78          | 2.09  |
| ビオチン            | 21.8  | 10.6  | 17.9  | 5.2  | 19.1  | 7.3   | 15.0   | 6.7   | 17.4   | 6.6   | 21.4   | 11.3  | 20.1   | 8.9   | 20.3   | 8.0   | 23.7   | 10.9  | 24.7  | 12.4  | 22.4          | 10.9  | 23.4          | 10.0  |
| ビタミンC           | 87    | 61    | 72    | 24   | 88    | 46    | 55     | 49    | 57     | 30    | 68     | 55    | 83     | 53    | 75     | 42    | 101    | 71    | 103   | 69    | 89            | 63    | 97            | 65    |
| カリウム            | 4,205 | 1,686 | 2,577 | 473  | 3,564 | 1,357 | 3,675  | 1,486 | 3,559  | 1,425 | 3,967  | 1,948 | 3,965  | 1,608 | 4,403  | 1,538 | 4,726  | 1,593 | 4,465 | 1,741 | 4,332         | 1,697 | 4,329         | 1,777 |
| 食塩相当量           | 10.7  | 4.3   | 6.5   | 1.2  | 9.1   | 3.4   | 9.3    | 3.8   | 9.0    | 3.6   | 10.1   | 4.9   | 10.1   | 4.1   | 11.2   | 3.9   | 12.0   | 4.0   | 11.3  | 4.4   | 11.0          | 4.3   | 11.0          | 4.5   |
| カルシウム           | 2440  | 1005  | 2052  | 523  | 2506  | 700   | 1965   | 483   | 1723   | 549   | 2294   | 1380  | 2167   | 743   | 2466   | 910   | 2622   | 947   | 2707  | 1121  | 2472          | 1045  | 2629          | 1122  |
| カリウム            | 513   | 244   | 602   | 158  | 619   | 292   | 521    | 260   | 382    | 156   | 403    | 292   | 412    | 206   | 475    | 193   | 557    | 215   | 563   | 252   | 502           | 239   | 540           | 238   |
| マグネシウム          | 269   | 97    | 197   | 46   | 239   | 66    | 229    | 69    | 194    | 63    | 248    | 121   | 241    | 80    | 280    | 79    | 301    | 88    | 295   | 105   | 275           | 99    | 290           | 106   |
| 鉄               | 1087  | 356   | 998   | 228  | 1107  | 266   | 1125   | 318   | 878    | 228   | 1030   | 488   | 974    | 324   | 1117   | 321   | 1149   | 283   | 1141  | 403   | 1087          | 367   | 1114          | 410   |
| 亜鉛              | 8.0   | 3.0   | 5.4   | 1.5  | 6.7   | 1.9   | 7.0    | 2.1   | 6.2    | 2.3   | 7.1    | 3.5   | 7.1    | 2.3   | 8.2    | 2.7   | 8.7    | 2.8   | 8.9   | 3.4   | 8.2           | 3.1   | 8.6           | 3.4   |
| 銅               | 8.7   | 2.6   | 7.0   | 1.5  | 8.8   | 2.7   | 9.4    | 2.9   | 7.9    | 2.4   | 8.9    | 3.2   | 8.2    | 2.3   | 9.3    | 2.7   | 9.1    | 2.7   | 8.7   | 2.3   | 8.7           | 2.6   | 8.6           | 2.4   |
| 錳               | 1.26  | 0.40  | 0.86  | 0.17 | 1.11  | 0.32  | 1.32   | 0.43  | 1.04   | 0.32  | 1.20   | 0.44  | 1.18   | 0.39  | 1.32   | 0.38  | 1.33   | 0.39  | 1.35  | 0.40  | 1.28          | 0.40  | 1.34          | 0.41  |
| たんぱく質エネルギー-比率*5 | 15.0  | 3.2   | 15.7  | 2.1  | 14.4  | 2.4   | 15.6   | 2.8   | 14.0   | 2.5   | 14.3   | 3.0   | 13.9   | 3.3   | 14.2   | 3.5   | 14.7   | 2.9   | 16.0  | 3.4   | 14.9          | 3.3   | 16.1          | 3.4   |
| 脂肪エネルギー-比率*5    | 25.0  | 6.9   | 33.4  | 3.5  | 29.8  | 5.7   | 25.5   | 4.1   | 27.6   | 8.1   | 26.7   | 6.5   | 25.3   | 7.6   | 25.1   | 5.8   | 23.9   | 7.3   | 22.7  | 5.8   | 24.3          | 6.9   | 22.1          | 6.0   |
| 炭水化物エネルギー-比率*5  | 60.1  | 8.3   | 50.9  | 5.0  | 55.8  | 6.4   | 58.9   | 5.2   | 58.3   | 9.6   | 58.9   | 7.9   | 60.8   | 9.3   | 60.7   | 7.9   | 61.4   | 8.8   | 61.3  | 7.5   | 60.7          | 8.3   | 61.8          | 7.9   |
| 動物性たんぱく質比*5     | 53.2  | 13.0  | 64.8  | 5.5  | 62.0  | 7.4   | 59.1   | 10.0  | 54.7   | 13.5  | 55.4   | 11.1  | 51.0   | 11.3  | 51.6   | 13.5  | 50.1   | 16.1  | 52.0  | 11.6  | 51.9          | 13.1  | 51.0          | 12.1  |
| 穀類エネルギー-比率*5    | 42.6  | 12.4  | 34.8  | 9.7  | 34.8  | 9.3   | 50.2   | 6.9   | 49.5   | 10.9  | 45.1   | 14.8  | 45.1   | 13.9  | 42.4   | 9.9   | 41.7   | 12.4  | 41.4  | 12.1  | 43.0          | 12.5  | 42.1          | 12.8  |
| 飽和脂肪酸エネルギー-比率*5 | 6.7   | 2.4   | 10.9  | 1.9  | 9.3   | 2.8   | 7.0    | 2.1   | 7.3    | 2.5   | 6.7    | 1.9   | 6.1    | 2.0   | 6.6    | 2.0   | 6.2    | 2.2   | 6.0   | 2.1   | 6.3           | 2.1   | 6.3           | 2.1   |

\*1 RE:1リチノール当量 \*2 α-トコフェロール以外のビタミンEは含んでいない。  
 \*3 NE:ナイアシン当量 \*4 食塩相当量=ナトリウム量(mg)×2.54/1000で算出。  
 \*5 これらの比率は個々人の計算値を平均したものである。

第1表の3 栄養素等摂取量 平均値、標準偏差（1歳以上、女性、年齢階級別）

| 対象者数            | 総数    |       | 1-6歳  |      | 7-14歳 |      | 15-19歳 |      | 20-29歳 |       | 30-39歳 |       | 40-49歳 |       | 50-59歳 |       | 60-69歳 |       | 70歳以上 |       | (再掲)<br>20歳以上 |       | (再掲)<br>75歳以上 |       |  |
|-----------------|-------|-------|-------|------|-------|------|--------|------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|---------------|-------|---------------|-------|--|
|                 | 平均値   | 標準偏差  | 平均値   | 標準偏差 | 平均値   | 標準偏差 | 平均値    | 標準偏差 | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値    | 標準偏差  | 平均値   | 標準偏差  | 平均値           | 標準偏差  | 平均値           | 標準偏差  |  |
|                 | 411   | 8     | 22    | 12   | 20    | 20   | 22     | 43   | 48     | 85    | 151    | 369   | 102    |       |        |       |        |       |       |       |               |       |               |       |  |
| 対象者数            | 411   |       |       |      |       |      |        |      |        |       |        |       |        |       |        |       |        |       |       |       |               |       |               |       |  |
| エネルギー           | 1,664 | 422   | 1,161 | 190  | 1,724 | 402  | 1,694  | 363  | 1,395  | 414   | 1,682  | 367   | 1,520  | 342   | 1,710  | 389   | 1,799  | 413   | 1,663 | 434   | 1,670         | 422   | 1,652         | 468   |  |
| たんぱく質           | 64.2  | 19.8  | 43.4  | 9.2  | 63.2  | 15.6 | 59.5   | 20.7 | 56.6   | 12.3  | 63.1   | 18.6  | 55.6   | 14.9  | 67.2   | 20.9  | 69.9   | 20.8  | 65.2  | 19.9  | 64.8          | 19.9  | 62.5          | 19.2  |  |
| うち動物性           | 33.9  | 15.4  | 26.5  | 8.5  | 36.9  | 11.0 | 32.5   | 17.4 | 35.8   | 13.2  | 34.7   | 16.2  | 29.9   | 14.1  | 36.9   | 14.7  | 35.3   | 16.7  | 32.9  | 15.5  | 33.9          | 15.6  | 31.4          | 14.5  |  |
| 脂質              | 47.5  | 18.1  | 40.9  | 13.5 | 50.1  | 15.4 | 49.4   | 11.8 | 44.7   | 13.8  | 50.6   | 15.5  | 45.7   | 17.9  | 54.7   | 20.3  | 50.9   | 18.6  | 43.5  | 17.8  | 47.4          | 18.5  | 41.7          | 16.5  |  |
| うち動物性           | 23.4  | 12.7  | 20.5  | 6.1  | 29.3  | 11.4 | 24.2   | 10.8 | 24.6   | 9.1   | 24.2   | 13.5  | 22.5   | 13.3  | 27.2   | 13.9  | 24.7   | 12.7  | 20.7  | 12.1  | 23.1          | 12.8  | 19.9          | 10.9  |  |
| 飽和脂肪酸           | 12.82 | 6.05  | 10.85 | 3.54 | 15.02 | 5.29 | 12.81  | 3.98 | 11.83  | 4.38  | 13.45  | 5.98  | 12.59  | 6.57  | 14.98  | 6.23  | 13.43  | 5.99  | 11.67 | 6.07  | 12.73         | 6.16  | 11.06         | 5.60  |  |
| 一価不飽和脂肪酸        | 15.58 | 6.72  | 14.12 | 5.94 | 16.24 | 5.84 | 17.71  | 4.40 | 16.55  | 5.84  | 17.37  | 5.79  | 15.66  | 7.64  | 18.48  | 7.59  | 16.27  | 6.27  | 13.68 | 6.37  | 15.51         | 6.84  | 13.26         | 5.97  |  |
| 多価不飽和脂肪酸        | 10.61 | 4.57  | 9.16  | 4.05 | 9.77  | 3.24 | 10.80  | 3.10 | 9.53   | 3.60  | 10.80  | 3.74  | 9.47   | 3.51  | 11.59  | 4.18  | 12.01  | 5.77  | 10.14 | 4.44  | 10.69         | 4.68  | 9.68          | 4.08  |  |
| ホスホール           | 296   | 174   | 235   | 148  | 311   | 136  | 397    | 180  | 357    | 184   | 284    | 194   | 273    | 187   | 309    | 157   | 295    | 184   | 285   | 166   | 293           | 175   | 277           | 168   |  |
| 炭水化物            | 238.2 | 70.3  | 151.4 | 29.6 | 248.0 | 77.5 | 245.9  | 56.5 | 186.7  | 80.3  | 236.0  | 68.9  | 208.7  | 47.6  | 230.9  | 56.7  | 257.6  | 63.0  | 247.6 | 74.1  | 239.2         | 69.7  | 251.8         | 83.5  |  |
| 食物繊維            | 14.8  | 6.6   | 8.2   | 3.1  | 12.6  | 4.4  | 12.5   | 4.8  | 11.5   | 5.6   | 12.9   | 4.8   | 11.7   | 3.9   | 14.7   | 6.8   | 17.2   | 6.3   | 15.9  | 7.2   | 15.2          | 6.7   | 15.4          | 6.8   |  |
| うち水溶性           | 3.3   | 1.5   | 2.1   | 1.1  | 2.9   | 1.1  | 3.3    | 1.4  | 2.5    | 1.2   | 3.0    | 1.1   | 2.8    | 1.0   | 3.3    | 1.5   | 3.8    | 1.5   | 3.5   | 1.7   | 3.4           | 1.6   | 3.4           | 1.5   |  |
| うち不溶性           | 11.0  | 5.1   | 5.9   | 2.1  | 9.3   | 3.4  | 9.2    | 3.6  | 8.8    | 4.4   | 9.5    | 3.8   | 8.4    | 2.8   | 11.1   | 5.4   | 12.6   | 4.8   | 11.9  | 5.5   | 11.3          | 5.1   | 11.5          | 5.4   |  |
| ビタミンA           | 475   | 712   | 318   | 188  | 474   | 216  | 340    | 169  | 461    | 274   | 412    | 233   | 687    | 2035  | 457    | 311   | 445    | 254   | 467   | 299   | 483           | 748   | 474           | 313   |  |
| ビタミンD           | 8.71  | 9.49  | 6.11  | 7.01 | 6.32  | 5.87 | 5.83   | 6.04 | 6.22   | 5.98  | 6.71   | 7.15  | 10.10  | 10.10 | 9.20   | 9.90  | 10.90  | 9.20  | 9.93  | 9.00  | 9.75          | 9.86  | 10.79         |       |  |
| ビタミンE           | 6.12  | 2.91  | 4.88  | 1.62 | 5.72  | 2.01 | 5.32   | 2.02 | 6.00   | 2.62  | 5.77   | 2.28  | 5.53   | 2.71  | 6.63   | 2.97  | 6.75   | 3.21  | 6.04  | 3.00  | 6.20          | 2.99  | 6.09          | 3.08  |  |
| ビタミンK           | 215   | 163   | 112   | 67   | 158   | 85   | 187    | 122  | 197    | 137   | 185    | 136   | 160    | 125   | 227    | 187   | 240    | 158   | 236   | 178   | 222           | 167   | 234           | 178   |  |
| ビタミンB1          | 0.78  | 0.33  | 0.58  | 0.20 | 0.83  | 0.21 | 0.74   | 0.22 | 0.69   | 0.33  | 0.76   | 0.31  | 0.70   | 0.29  | 0.87   | 0.41  | 0.80   | 0.30  | 0.78  | 0.33  | 0.78          | 0.33  | 0.75          | 0.32  |  |
| ビタミンB2          | 1.0   | 0.4   | 0.7   | 0.3  | 1.0   | 0.3  | 1.0    | 0.4  | 1.0    | 0.4   | 0.9    | 0.4   | 0.9    | 0.4   | 1.1    | 0.4   | 1.1    | 0.5   | 1.0   | 0.4   | 1.0           | 0.4   | 1.0           | 0.4   |  |
| ビタミンB3          | 13.4  | 6.2   | 8.8   | 2.1  | 11.1  | 3.8  | 10.9   | 5.0  | 11.2   | 5.3   | 14.6   | 7.8   | 12.6   | 5.0   | 14.6   | 6.1   | 15.0   | 7.0   | 13.1  | 5.9   | 13.7          | 6.3   | 12.1          | 5.0   |  |
| ビタミンB6          | 1.1   | 0.4   | 0.8   | 0.3  | 0.9   | 0.3  | 1.0    | 0.4  | 0.9    | 0.3   | 1.0    | 0.4   | 0.9    | 0.3   | 1.1    | 0.5   | 1.2    | 0.5   | 1.1   | 0.4   | 1.1           | 0.5   | 1.1           | 0.4   |  |
| ビタミンB12         | 5.9   | 6.3   | 3.8   | 2.1  | 5.6   | 4.5  | 3.0    | 2.3  | 4.0    | 4.4   | 6.2    | 6.4   | 5.8    | 9.7   | 6.2    | 5.8   | 6.1    | 5.4   | 6.4   | 6.3   | 6.1           | 6.5   | 6.4           | 6.6   |  |
| 葉酸              | 267   | 128   | 157   | 56   | 210   | 73   | 226    | 80   | 212    | 84    | 231    | 75    | 233    | 216   | 269    | 127   | 291    | 100   | 293   | 119   | 274           | 131   | 289           | 120   |  |
| パント酸            | 1.89  | 3.78  | 1.07  | 1.07 | 1.56  | 1.45 | 1.95   | 1.95 | 1.45   | 1.39  | 1.62   | 1.62  | 1.45   | 1.75  | 1.46   | 2.16  | 1.98   | 1.98  | 1.85  | 1.57  | 1.92          | 1.92  | 1.92          | 1.74  |  |
| ビオチン            | 20.5  | 19.4  | 13.0  | 5.5  | 15.9  | 7.0  | 13.5   | 7.5  | 12.8   | 6.5   | 18.3   | 8.6   | 24.1   | 53.7  | 21.1   | 9.5   | 23.3   | 9.7   | 20.5  | 8.2   | 21.1          | 20.3  | 19.3          | 7.5   |  |
| ビタミンC           | 92    | 68    | 66    | 42   | 73    | 36   | 71     | 39   | 77     | 53    | 62     | 35    | 55     | 38    | 81     | 54    | 112    | 75    | 108   | 78    | 95            | 71    | 110           | 78    |  |
| カリウム            | 3,502 | 1,300 | 2,060 | 446  | 3,141 | 897  | 3,024  | 788  | 3,009  | 1,289 | 3,560  | 1,136 | 3,132  | 1,126 | 3,327  | 1,060 | 3,834  | 1,219 | 3,644 | 1,452 | 3,571         | 1,321 | 3,592         | 1,389 |  |
| 食塩相当量           | 8.9   | 3.3   | 5.2   | 1.1  | 8.0   | 2.3  | 7.7    | 2.0  | 7.6    | 3.3   | 9.0    | 2.9   | 8.0    | 2.9   | 8.5    | 2.7   | 10.0   | 3.1   | 9.3   | 3.7   | 9.1           | 3.4   | 9.1           | 3.5   |  |
| カルシウム           | 2,236 | 863   | 1,489 | 462  | 1,985 | 682  | 1,728  | 667  | 1,796  | 657   | 1,913  | 688   | 1,764  | 485   | 2,319  | 909   | 2,517  | 824   | 2,407 | 913   | 2,284         | 869   | 2,343         | 868   |  |
| カリウム            | 478   | 231   | 346   | 167  | 518   | 226  | 350    | 157  | 334    | 161   | 377    | 173   | 356    | 145   | 477    | 197   | 536    | 242   | 525   | 244   | 482           | 232   | 494           | 236   |  |
| マグネシウム          | 237   | 90    | 143   | 38   | 202   | 66   | 177    | 64   | 172    | 47    | 209    | 73    | 191    | 51    | 243    | 85    | 275    | 102   | 254   | 87    | 243           | 90    | 244           | 81    |  |
| 鉄               | 928   | 313   | 654   | 173  | 945   | 265  | 817    | 265  | 755    | 166   | 860    | 296   | 771    | 220   | 960    | 316   | 1,009  | 348   | 969   | 312   | 936           | 316   | 929           | 296   |  |
| 亜鉛              | 7.2   | 2.9   | 4.1   | 1.2  | 5.8   | 1.8  | 6.3    | 1.9  | 5.9    | 2.5   | 6.4    | 1.7   | 5.9    | 2.5   | 7.2    | 2.6   | 8.1    | 3.0   | 7.9   | 3.1   | 7.4           | 2.9   | 7.7           | 3.0   |  |
| 銅               | 7.1   | 2.2   | 4.8   | 0.9  | 7.4   | 1.8  | 6.7    | 2.2  | 6.3    | 1.7   | 6.9    | 2.0   | 6.1    | 1.9   | 7.5    | 2.2   | 7.4    | 2.3   | 7.3   | 2.2   | 7.1           | 2.2   | 7.1           | 2.2   |  |
| 錳               | 1.09  | 0.36  | 0.65  | 0.09 | 1.01  | 0.31 | 0.94   | 0.29 | 0.88   | 0.27  | 1.04   | 0.33  | 0.91   | 0.30  | 1.10   | 0.34  | 1.18   | 0.36  | 1.18  | 0.36  | 1.11          | 0.36  | 1.17          | 0.36  |  |
| たんぱく質エネルギー-比率*5 | 15.5  | 3.3   | 15.0  | 2.8  | 14.8  | 2.5  | 13.8   | 2.5  | 17.0   | 3.8   | 15.1   | 3.4   | 14.8   | 3.2   | 15.6   | 2.9   | 15.5   | 3.0   | 15.8  | 3.5   | 15.6          | 3.3   | 15.3          | 3.3   |  |
| 脂肪エネルギー-比率*5    | 25.6  | 7.1   | 31.1  | 8.3  | 27.0  | 9.7  | 26.5   | 5.2  | 29.1   | 7.6   | 27.5   | 6.9   | 26.5   | 6.4   | 28.5   | 7.2   | 25.2   | 6.2   | 23.3  | 6.4   | 25.3          | 6.9   | 22.6          | 6.1   |  |
| 炭水化物エネルギー-比率*5  | 58.9  | 8.4   | 53.9  | 10.3 | 58.2  | 11.0 | 59.7   | 6.5  | 53.8   | 10.0  | 57.4   | 8.7   | 58.6   | 6.7   | 55.9   | 8.3   | 59.3   | 7.2   | 60.9  | 8.1   | 59.0          | 8.2   | 62.1          | 7.6   |  |
| 動物性たんぱく質-比率*5   | 51.3  | 13.8  | 59.9  | 9.8  | 58.3  | 9.6  | 51.2   | 12.5 | 62.4   | 15.3  | 52.8   | 11.4  | 51.5   | 15.9  | 54.2   | 9.5   | 48.3   | 13.4  | 48.8  | 14.0  | 50.7          | 14.0  | 48.7          | 13.6  |  |
| 穀類エネルギー-比率*5    | 41.4  | 12.7  | 34.8  | 18.1 | 44.2  | 11.1 | 44.3   | 9.7  | 37.0   | 15.9  | 47.2   | 11.1  | 43.2   | 11.5  | 39.9   | 12.0  | 39.7   | 10.7  | 41.8  | 13.3  | 41.3          | 12.6  | 42.9          | 13.9  |  |
| 飽和脂肪酸エネルギー-比率*5 | 6.8   | 2.5   | 8.3   | 2.4  | 8.0   | 3.0  | 6.8    | 1.6  | 7.6    | 2.3   | 7.1    | 2.3   | 7.3    | 2.9   | 7.8    | 2.5   | 6.6    | 2.2   | 6.2   | 2.4   | 6.7           | 2.5   | 5.9           | 2.3   |  |

\*1 RE:エネルギー当量 \*2 α-トコフェロール量、α-トコフェロール以外のビタミンEは含んでいない。  
 \*3 NE:ナイアシン当量 \*4 食塩相当量=ナトリウム量(mg)×2.54/1000で算出。  
 \*5 これらの比率は個々人の計算値を平均したものである。

第2表 食塩摂取量の分布（20歳以上、性・年齢階級別）

|        | 総数  |       | 5g未満 |      | 5-6g未満 |      | 6-7g未満 |      | 7-8g未満 |      | 8-9g未満 |      | 9-10g未満 |      | 10-11g未満 |      | 11-12g未満 |      | 12-13g未満 |      | 13-14g未満 |      | 14-15g未満 |     | 15-16g未満 |     | 16-17g未満 |     | 17-18g未満 |     | 18-19g未満 |     | 19-20g未満 |     | 20-21g未満 |     | 21g以上 |     |     |     |
|--------|-----|-------|------|------|--------|------|--------|------|--------|------|--------|------|---------|------|----------|------|----------|------|----------|------|----------|------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|-------|-----|-----|-----|
|        | 人数  | %     | 人数   | %    | 人数     | %    | 人数     | %    | 人数     | %    | 人数     | %    | 人数      | %    | 人数       | %    | 人数       | %    | 人数       | %    | 人数       | %    | 人数       | %   | 人数       | %   | 人数       | %   | 人数       | %   | 人数       | %   | 人数       | %   | 人数       | %   | 人数    | %   |     |     |
| 総数     | 670 | 100.0 | 48   | 7.2  | 46     | 6.9  | 57     | 8.5  | 80     | 11.9 | 75     | 11.2 | 80      | 11.9 | 60       | 9.0  | 49       | 7.3  | 45       | 6.7  | 37       | 5.5  | 27       | 4.0 | 20       | 3.0 | 14       | 2.1 | 9        | 1.3 | 6        | 0.9 | 3        | 0.4 | 4        | 0.6 | 10    | 1.5 |     |     |
| 20-29歳 | 44  | 100.0 | 7    | 15.9 | 7      | 15.9 | 3      | 6.8  | 5      | 11.4 | 7      | 15.9 | 1       | 2.3  | 5        | 11.4 | 2        | 4.5  | -        | -    | 2        | 4.5  | 2        | 4.5 | 2        | 4.5 | -        | -   | 1        | 2.3 | -        | -   | -        | -   | -        | -   | -     | -   |     |     |
| 30-39歳 | 47  | 100.0 | 5    | 10.6 | 3      | 6.4  | 7      | 14.9 | 3      | 6.4  | 5      | 10.6 | 5       | 10.6 | 5        | 10.6 | 4        | 8.5  | 4        | 8.5  | 2        | 4.3  | 1        | 2.1 | 1        | 2.1 | -        | -   | -        | -   | -        | -   | -        | -   | -        | -   | 2     | 4.3 |     |     |
| 40-49歳 | 83  | 100.0 | 9    | 10.8 | 5      | 6.0  | 9      | 10.8 | 10     | 12.0 | 13     | 15.7 | 14      | 16.9 | 8        | 9.6  | 3        | 3.6  | 5        | 6.0  | 1        | 1.2  | 1        | 1.2 | 1        | 1.2 | 1        | 1.2 | -        | -   | 2        | 2.4 | -        | -   | -        | -   | 1     | 1.2 |     |     |
| 50-59歳 | 88  | 100.0 | 4    | 4.5  | 8      | 9.1  | 10     | 11.4 | 13     | 14.8 | 6      | 6.8  | 13      | 14.8 | 3        | 3.4  | 7        | 8.0  | 10       | 11.4 | 6        | 6.8  | 2        | 2.3 | 1        | 1.1 | 2        | 2.3 | -        | -   | 1        | 1.1 | -        | -   | 1        | 1.1 | 1     | 1.1 |     |     |
| 60-69歳 | 149 | 100.0 | 2    | 1.3  | 7      | 4.7  | 10     | 6.7  | 20     | 13.4 | 14     | 9.4  | 18      | 12.1 | 18       | 12.1 | 9        | 6.0  | 9        | 6.0  | 11       | 7.4  | 10       | 6.7 | 9        | 6.0 | 4        | 2.7 | 3        | 2.0 | 2        | 1.3 | 1        | 0.7 | -        | -   | 2     | 1.3 |     |     |
| 70歳以上  | 259 | 100.0 | 21   | 8.1  | 16     | 6.2  | 18     | 6.9  | 29     | 11.2 | 30     | 11.6 | 29      | 11.2 | 21       | 8.1  | 24       | 9.3  | 17       | 6.6  | 15       | 5.8  | 11       | 4.2 | 6        | 2.3 | 7        | 2.7 | 5        | 1.9 | 1        | 0.4 | 2        | 0.8 | 3        | 1.2 | 4     | 1.5 |     |     |
| 総数     | 301 | 100.0 | 14   | 4.7  | 18     | 6.0  | 21     | 7.0  | 25     | 8.3  | 28     | 9.3  | 31      | 10.3 | 29       | 9.6  | 25       | 8.3  | 27       | 9.0  | 21       | 7.0  | 15       | 5.0 | 13       | 4.3 | 9        | 3.0 | 7        | 2.3 | 4        | 1.3 | 2        | 0.7 | 3        | 1.0 | 9     | 3.0 |     |     |
| 20-29歳 | 24  | 100.0 | 2    | 8.3  | 4      | 16.7 | 3      | 12.5 | 3      | 12.5 | 3      | 12.5 | -       | -    | 1        | 4.2  | 2        | 8.3  | -        | -    | 2        | 8.3  | 2        | 8.3 | 2        | 8.3 | -        | -   | -        | -   | -        | -   | -        | -   | -        | -   | -     | -   | -   |     |
| 30-39歳 | 25  | 100.0 | 3    | 12.0 | 1      | 4.0  | 4      | 16.0 | 1      | 4.0  | 4      | 16.0 | 2       | 8.0  | 1        | 4.0  | 2        | 8.0  | 3        | 12.0 | 1        | 4.0  | 1        | 4.0 | 1        | 4.0 | -        | -   | -        | -   | -        | -   | -        | -   | -        | -   | -     | 2   | 8.0 |     |
| 40-49歳 | 40  | 100.0 | 3    | 7.5  | 3      | 7.5  | 3      | 7.5  | -      | -    | 7      | 17.5 | 8       | 20.0 | 5        | 12.5 | 2        | 5.0  | 3        | 7.5  | 1        | 2.5  | 1        | 2.5 | 1        | 2.5 | 1        | 2.5 | 1        | 2.5 | -        | -   | 1        | 2.5 | -        | -   | -     | -   | 1   | 2.5 |
| 50-59歳 | 40  | 100.0 | 2    | 5.0  | 2      | 5.0  | 2      | 5.0  | 5      | 12.5 | -      | -    | 4       | 10.0 | 2        | 5.0  | 5        | 12.5 | 8        | 20.0 | 4        | 10.0 | 1        | 2.5 | 1        | 2.5 | 1        | 2.5 | 1        | 2.5 | -        | -   | 1        | 2.5 | -        | -   | 1     | 2.5 | 1   | 2.5 |
| 60-69歳 | 64  | 100.0 | -    | -    | -      | -    | 4      | 6.3  | 3      | 4.7  | 5      | 7.8  | 3       | 4.7  | 6        | 9.4  | 5        | 7.8  | 4        | 6.3  | 6        | 9.4  | 5        | 7.8 | 4        | 6.3 | 4        | 6.3 | 3        | 4.7 | 1        | 1.6 | 1        | 1.6 | 1        | 1.6 | 1     | 1.6 | 2   | 3.1 |
| 70歳以上  | 108 | 100.0 | 4    | 3.7  | 4      | 3.7  | 6      | 5.6  | 11     | 10.2 | 11     | 10.2 | 11      | 10.2 | 11       | 10.2 | 9        | 8.3  | 9        | 8.3  | 7        | 6.5  | 5        | 4.6 | 5        | 4.6 | 4        | 3.7 | 4        | 3.7 | 1        | 0.9 | 1        | 0.9 | 2        | 1.9 | 3     | 2.8 |     |     |
| 総数     | 369 | 100.0 | 34   | 9.2  | 28     | 7.6  | 36     | 9.8  | 55     | 14.9 | 47     | 12.7 | 49      | 13.3 | 31       | 8.4  | 24       | 6.5  | 18       | 4.9  | 16       | 4.3  | 12       | 3.3 | 7        | 1.9 | 5        | 1.4 | 2        | 0.5 | 2        | 0.5 | 1        | 0.3 | 1        | 0.3 | 1     | 0.3 |     |     |
| 20-29歳 | 20  | 100.0 | 5    | 25.0 | 3      | 15.0 | -      | -    | 2      | 10.0 | 4      | 20.0 | 1       | 5.0  | 4        | 20.0 | -        | -    | -        | -    | -        | -    | -        | -   | -        | -   | -        | -   | -        | -   | -        | -   | -        | -   | -        | -   | -     | -   | -   |     |
| 30-39歳 | 22  | 100.0 | 2    | 9.1  | 2      | 9.1  | 3      | 13.6 | 2      | 9.1  | 1      | 4.5  | 3       | 13.6 | 4        | 18.2 | 2        | 9.1  | 1        | 4.5  | 1        | 4.5  | -        | -   | 1        | 4.5 | -        | -   | -        | -   | -        | -   | -        | -   | -        | -   | -     | -   | -   |     |
| 40-49歳 | 43  | 100.0 | 6    | 14.0 | 2      | 4.7  | 6      | 14.0 | 10     | 23.3 | 6      | 14.0 | 6       | 14.0 | 3        | 7.0  | 1        | 2.3  | 2        | 4.7  | -        | -    | -        | -   | -        | -   | -        | -   | -        | -   | -        | 1   | 2.3      | -   | -        | -   | -     | -   |     |     |
| 50-59歳 | 48  | 100.0 | 2    | 4.2  | 6      | 12.5 | 8      | 16.7 | 8      | 16.7 | 6      | 12.5 | 9       | 18.8 | 1        | 2.1  | 2        | 4.2  | 2        | 4.2  | 2        | 4.2  | 2        | 4.2 | 1        | 2.1 | -        | 1   | 2.1      | -   | -        | -   | -        | -   | -        | -   | -     | -   |     |     |
| 60-69歳 | 85  | 100.0 | 2    | 2.4  | 3      | 3.5  | 7      | 8.2  | 15     | 17.6 | 11     | 12.9 | 12      | 14.1 | 9        | 10.6 | 4        | 4.7  | 5        | 5.9  | 5        | 5.9  | 5        | 5.9 | 5        | 5.9 | 5        | 5.9 | 1        | 1.2 | -        | -   | 1        | 1.2 | -        | -   | -     | -   |     |     |
| 70歳以上  | 151 | 100.0 | 17   | 11.3 | 12     | 7.9  | 12     | 7.9  | 18     | 11.9 | 19     | 12.6 | 18      | 11.9 | 10       | 6.6  | 15       | 9.9  | 8        | 5.3  | 8        | 5.3  | 6        | 4.0 | 1        | 0.7 | 1        | 0.7 | 3        | 2.0 | 1        | 0.7 | -        | -   | 1        | 0.7 | 1     | 0.7 |     |     |
| 女性     |     |       |      |      |        |      |        |      |        |      |        |      |         |      |          |      |          |      |          |      |          |      |          |     |          |     |          |     |          |     |          |     |          |     |          |     |       |     |     |     |

第3表の1 食品群別摂取量 平均値、標準偏差（1歳以上、総数、年齢階級別）

| 食品群番号      | 総数      | 1-6歳  |         | 7-14歳 |         | 15-19歳 |         | 20-29歳 |         | 30-39歳 |         | 40-49歳 |         | 50-59歳 |         | 60-69歳 |         | 70歳以上 |         | (再掲)<br>20歳以上 |         | (再掲)<br>75歳以上 |       |
|------------|---------|-------|---------|-------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|-------|---------|---------------|---------|---------------|-------|
|            |         | 平均値   | 標準偏差    | 平均値   | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値   | 標準偏差    | 平均値           | 標準偏差    | 平均値           | 標準偏差  |
| 対象者数(人)    | 757     | 19    | 42      | 26    | 44      | 47     | 83      | 88     | 149     | 259    | 670     | 177    |         |        |         |        |         |       |         |               |         |               |       |
| 総量         | 1,976.1 | 704.7 | 1,745.6 | 589.3 | 1,660.9 | 445.4  | 1,609.8 | 672.4  | 1,827.9 | 850.4  | 1,787.2 | 625.2  | 2,130.7 | 768.2  | 2,164.6 | 635.2  | 2,067.4 | 685.8 | 2,022.8 | 708.6         | 2,020.1 | 709.3         |       |
| 動物性食品      | 306.9   | 167.5 | 389.5   | 183.0 | 338.8   | 184.4  | 274.3   | 127.2  | 294.9   | 176.6  | 251.0   | 145.7  | 307.1   | 159.0  | 318.4   | 171.5  | 292.7   | 152.2 | 294.1   | 158.6         | 274.3   | 147.4         |       |
| 植物性食品      | 1,669.2 | 655.1 | 1,291.7 | 487.7 | 1,322.1 | 347.9  | 1,335.5 | 651.8  | 1,633.1 | 731.6  | 1,536.2 | 598.4  | 1,823.6 | 732.5  | 1,846.2 | 567.8  | 1,774.7 | 634.7 | 1,726.7 | 654.2         | 1,745.8 | 656.3         |       |
| 穀類         | 436.4   | 179.0 | 260.7   | 107.9 | 421.0   | 154.1  | 512.0   | 210.0  | 418.1   | 215.5  | 184.7   | 440.4  | 178.5   | 438.3  | 450.3   | 175.5  | 431.0   | 170.5 | 439.4   | 177.6         | 431.0   | 170.4         |       |
| 米・加工品      | 327.3   | 188.8 | 181.5   | 90.9  | 341.0   | 158.5  | 420.2   | 238.1  | 342.1   | 354.8  | 196.1   | 316.5  | 193.4   | 334.5  | 317.2   | 191.8  | 325.7   | 172.6 | 327.0   | 187.9         | 342.5   | 177.8         |       |
| (再掲)米      | 325.1   | 189.3 | 181.5   | 90.9  | 337.4   | 160.8  | 416.3   | 237.4  | 340.7   | 353.9  | 196.7   | 314.1  | 194.3   | 330.2  | 315.4   | 191.7  | 324.1   | 172.8 | 324.9   | 188.5         | 340.3   | 178.1         |       |
| 小麦・加工品     | 100.4   | 106.3 | 79.2    | 69.0  | 87.8    | 75.8   | 103.6   | 103.9  | 94.4    | 118.6  | 124.1   | 100.0  | 100.0   | 91.8   | 120.0   | 110.1  | 93.4    | 108.5 | 102.9   | 108.5         | 82.3    | 97.6          |       |
| その他の穀類・加工品 | 8.7     | 39.5  | 0.0     | 0.0   | 1.9     | 8.6    | 3.4     | 11.9   | 0.1     | 0.6    | 12.4    | 45.9   | 5.3     | 26.5   | 13.1    | 49.3   | 11.9    | 48.8  | 9.5     | 41.8          | 6.2     | 35.0          |       |
| いも類        | 64.7    | 67.2  | 39.5    | 38.5  | 79.6    | 62.5   | 64.6    | 69.4   | 50.3    | 54.8   | 49.3    | 60.9   | 61.3    | 68.3   | 66.8    | 72.0   | 68.6    | 71.6  | 64.5    | 67.8          | 68.1    | 71.7          |       |
| 砂糖・甘味料類    | 6.1     | 7.8   | 2.1     | 2.9   | 6.4     | 5.4    | 5.1     | 6.2    | 3.0     | 3.3    | 4.9     | 5.5    | 5.5     | 6.6    | 7.8     | 6.6    | 7.1     | 8.9   | 6.2     | 8.1           | 7.2     | 9.1           |       |
| 豆類         | 69.3    | 80.8  | 25.1    | 21.9  | 35.3    | 33.1   | 34.8    | 42.3   | 29.1    | 50.9   | 41.9    | 39.7   | 59.8    | 67.5   | 89.8    | 98.5   | 91.5    | 83.4  | 74.0    | 83.8          | 93.3    | 83.8          |       |
| 種実類        | 2.7     | 7.9   | 2.5     | 5.7   | 1.4     | 2.8    | 0.5     | 1.3    | 0.4     | 1.2    | 2.0     | 4.0    | 3.2     | 10.1   | 3.7     | 10.9   | 2.5     | 6.6   | 2.8     | 8.3           | 2.3     | 6.2           |       |
| 野菜類        | 274.2   | 155.1 | 163.4   | 79.2  | 256.7   | 114.6  | 234.3   | 110.3  | 259.6   | 155.7  | 264.0   | 194.0  | 134.1   | 298.0  | 176.3   | 295.7  | 282.0   | 145.9 | 280.0   | 158.8         | 276.2   | 145.6         |       |
| 緑黄色野菜      | 85.0    | 82.5  | 62.1    | 34.3  | 72.4    | 55.9   | 64.7    | 48.0   | 77.0    | 80.0   | 100.4   | 70.0   | 60.0    | 93.8   | 114.6   | 85.5   | 93.9    | 77.6  | 87.3    | 85.6          | 92.5    | 78.8          |       |
| その他の野菜     | 174.5   | 106.7 | 101.3   | 69.4  | 87.9    | 169.3  | 94.5    | 166.8  | 95.5    | 163.9  | 108.9   | 162.6  | 102.3   | 188.3  | 102.2   | 194.3  | 123.2   | 171.2 | 103.5   | 176.7         | 108.4   | 167.2         |       |
| 野菜ジュース     | 7.3     | 38.9  | 0.0     | 0.0   | 6.9     | 24.9   | 0.0     | 9.0    | 41.3    | 13.1   | 65.6    | 9.6    | 42.7    | 8.5    | 7.4     | 35.0   | 5.9     | 37.1  | 7.8     | 40.8          | 6.1     | 41.5          |       |
| 漬け物        | 7.4     | 16.3  | 0.0     | 0.0   | 2.8     | 6.6    | 0.4     | 1.1    | 5.9     | 12.0   | 7.0     | 3.8    | 8.7     | 7.4    | 7.4     | 17.3   | 10.9    | 20.2  | 8.2     | 17.1          | 10.5    | 20.9          |       |
| 果実類        | 118.5   | 133.1 | 122.0   | 93.4  | 127.0   | 138.7  | 92.0    | 113.3  | 60.3    | 98.0   | 65.0    | 65.0   | 96.5    | 77.1   | 86.9    | 148.3  | 154.7   | 141.8 | 120.1   | 134.2         | 155.1   | 145.5         |       |
| きのこ類       | 20.1    | 34.3  | 13.9    | 11.8  | 13.7    | 18.6   | 13.2    | 16.1   | 13.8    | 32.3   | 17.2    | 24.5   | 19.2    | 25.8   | 44.4    | 20.4   | 23.8    | 43.2  | 20.9    | 35.9          | 18.3    | 27.5          |       |
| 藻類         | 9.8     | 16.9  | 5.9     | 6.5   | 8.6     | 9.5    | 4.7     | 6.0    | 4.3     | 9.0    | 7.3     | 12.7   | 6.0     | 6.2    | 9.2     | 13.4   | 12.5    | 20.4  | 10.1    | 17.7          | 11.1    | 18.9          |       |
| 魚介類        | 85.3    | 77.6  | 58.0    | 50.2  | 61.1    | 38.4   | 60.8    | 61.4   | 57.2    | 81.5   | 75.5    | 64.4   | 51.2    | 83.9   | 71.9    | 94.9   | 98.1    | 93.6  | 88.5    | 80.0          | 98.6    | 102.8         |       |
| 肉類         | 73.3    | 59.6  | 81.8    | 50.0  | 89.9    | 64.1   | 93.5    | 63.9   | 89.3    | 58.2   | 106.6   | 73.1   | 82.2    | 91.4   | 72.5    | 68.1   | 53.3    | 44.7  | 71.3    | 59.0          | 48.3    | 43.4          |       |
| 卵類         | 38.1    | 35.7  | 19.0    | 22.0  | 40.8    | 32.1   | 57.0    | 36.9   | 45.3    | 32.0   | 32.3    | 37.3   | 38.6    | 43.0   | 36.3    | 37.7   | 36.9    | 33.4  | 37.8    | 35.8          | 35.3    | 32.1          |       |
| 乳類         | 109.1   | 131.2 | 230.2   | 139.8 | 260.7   | 204.6  | 126.5   | 152.0  | 65.4    | 91.1   | 111.9   | 66.2   | 104.4   | 87.4   | 110.4   | 116.5  | 130.7   | 104.7 | 109.9   | 95.5          | 115.5   | 91.4          | 103.2 |
| 油脂類        | 8.9     | 8.0   | 7.7     | 7.2   | 10.1    | 6.7    | 10.3    | 8.8    | 10.4    | 8.1    | 12.6    | 7.7    | 9.1     | 10.7   | 11.4    | 9.2    | 8.8     | 7.0   | 6.3     | 8.8           | 8.2     | 6.3           | 5.4   |
| 菓子類        | 23.2    | 39.3  | 28.3    | 21.6  | 31.1    | 44.0   | 23.8    | 40.0   | 15.9    | 43.2   | 14.0    | 25.2   | 16.2    | 18.6   | 32.2    | 25.3   | 39.8    | 26.9  | 44.3    | 22.5          | 39.3    | 28.2          | 45.9  |
| 嗜好飲料類      | 527.3   | 498.0 | 150.5   | 203.2 | 218.0   | 274.2  | 294.4   | 377.3  | 469.3   | 567.0  | 534.2   | 472.8  | 720.6   | 680.1  | 580.8   | 449.5  | 547.9   | 468.7 | 566.4   | 507.3         | 538.3   | 494.5         |       |
| 調味料・香辛料類   | 109.2   | 110.3 | 60.4    | 45.6  | 66.7    | 66.0   | 59.9    | 79.1   | 79.6    | 121.5  | 106.1   | 98.0   | 102.6   | 83.8   | 74.5    | 137.9  | 136.4   | 117.4 | 113.9   | 114.3         | 113.1   | 103.7         |       |
| 調味料        | 109.0   | 110.2 | 60.4    | 45.7  | 66.8    | 66.0   | 59.9    | 79.0   | 79.5    | 121.4  | 106.1   | 97.9   | 102.7   | 83.6   | 74.4    | 137.7  | 136.5   | 117.2 | 113.7   | 114.2         | 112.8   | 103.6         |       |
| 香辛料・その他    | 0.2     | 0.7   | 0.1     | 0.2   | 0.2     | 0.7    | 0.1     | 0.1    | 0.4     | 0.1    | 0.4     | 0.2    | 0.5     | 0.2    | 0.5     | 0.2    | 0.8     | 0.9   | 0.2     | 0.7           | 0.2     | 0.7           |       |

第3表の2 食品群別摂取量 平均値、標準偏差 (1歳以上、男性、年齢階級別)

| 食品群番号      | 総数      | 1-6歳  |         | 7-14歳 |         | 15-19歳 |         | 20-29歳 |         | 30-39歳 |         | 40-49歳  |         | 50-59歳 |         | 60-69歳 |         | 70歳以上 |         | (再掲)<br>75歳以上 |         |       |         |       |
|------------|---------|-------|---------|-------|---------|--------|---------|--------|---------|--------|---------|---------|---------|--------|---------|--------|---------|-------|---------|---------------|---------|-------|---------|-------|
|            |         | 平均値   | 標準偏差    | 平均値   | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値     | 標準偏差    | 平均値    | 標準偏差    | 平均値    | 標準偏差    | 平均値   | 標準偏差    | 平均値           | 標準偏差    |       |         |       |
| 対象者数(人)    | 346     | 11    |         | 20    |         | 14     |         | 24     |         | 25     |         | 40      |         | 40     |         | 64     |         | 108   |         | 301           |         | 75    |         |       |
| 総量         | 2,155.3 | 788.4 | 1,449.6 | 355.8 | 1,922.5 | 624.2  | 1,685.7 | 515.2  | 1,816.9 | 712.7  | 2,168.7 | 1,000.2 | 2,061.9 | 681.6  | 2,380.7 | 921.8  | 2,352.2 | 628.9 | 2,237.6 | 799.8         | 2,218.4 | 797.3 | 2,209.1 | 853.1 |
| 動物性食品      | 334.0   | 181.0 | 483.1   | 174.7 | 512.5   | 218.7  | 401.2   | 180.8  | 273.6   | 121.4  | 325.7   | 209.0   | 274.1   | 160.8  | 302.1   | 162.4  | 341.7   | 172.3 | 321.9   | 164.0         | 313.6   | 168.1 | 298.3   | 164.0 |
| 植物性食品      | 1,821.3 | 741.4 | 966.5   | 257.3 | 1,410.0 | 538.4  | 1,284.5 | 406.7  | 1,543.3 | 679.7  | 1,843.0 | 842.8   | 1,787.8 | 646.9  | 2,078.6 | 899.9  | 2,010.4 | 595.7 | 1,915.8 | 728.8         | 1,904.8 | 737.6 | 1,910.8 | 779.6 |
| 穀類         | 495.2   | 188.4 | 283.7   | 86.8  | 396.6   | 136.2  | 603.6   | 231.6  | 510.9   | 196.1  | 502.1   | 183.8   | 528.3   | 191.8  | 532.9   | 182.6  | 513.2   | 189.4 | 479.1   | 172.2         | 504.5   | 184.1 | 464.8   | 159.2 |
| 米・加工品      | 382.5   | 198.3 | 196.4   | 95.6  | 330.7   | 144.5  | 527.5   | 226.0  | 402.1   | 247.5  | 392.0   | 197.4   | 399.8   | 200.5  | 423.8   | 217.5  | 384.0   | 203.7 | 363.3   | 164.1         | 386.0   | 196.6 | 367.3   | 156.0 |
| (再掲)米      | 380.9   | 198.6 | 196.4   | 95.6  | 330.7   | 144.5  | 524.0   | 225.7  | 399.6   | 250.3  | 391.2   | 198.1   | 399.8   | 200.5  | 417.1   | 220.6  | 382.1   | 203.2 | 362.7   | 164.0         | 384.3   | 197.1 | 368.4   | 155.8 |
| 小麦・加工品     | 103.5   | 106.4 | 87.3    | 51.6  | 62.0    | 56.2   | 76.0    | 66.6   | 108.9   | 120.2  | 106.9   | 106.5   | 119.7   | 122.1  | 108.2   | 99.1   | 117.7   | 111.1 | 98.2    | 108.7         | 108.1   | 111.0 | 90.1    | 96.0  |
| その他の穀類・加工品 | 9.2     | 43.3  | 0.0     | 0.0   | 3.9     | 12.2   | 0.0     | 0.0    | 0.0     | 0.0    | 3.2     | 10.3    | 8.8     | 35.2   | 0.9     | 3.8    | 11.5    | 49.7  | 17.7    | 62.3          | 10.3    | 46.3  | 7.5     | 41.4  |
| いも類        | 63.9    | 70.3  | 43.0    | 36.9  | 84.5    | 79.9   | 55.8    | 49.9   | 43.4    | 52.9   | 38.3    | 39.6    | 70.0    | 68.9   | 73.3    | 84.4   | 58.1    | 69.1  | 71.3    | 74.1          | 63.6    | 71.0  | 64.8    | 73.2  |
| 砂糖・甘味料類    | 6.4     | 8.2   | 2.3     | 2.8   | 7.1     | 6.0    | 3.7     | 2.1    | 3.3     | 3.0    | 5.0     | 5.6     | 5.2     | 6.2    | 7.7     | 9.3    | 7.1     | 10.4  | 7.6     | 8.8           | 6.6     | 8.5   | 7.5     | 9.3   |
| 豆類         | 70.7    | 76.5  | 33.1    | 22.8  | 36.6    | 33.3   | 44.8    | 48.3   | 32.5    | 54.4   | 47.2    | 51.4    | 42.2    | 48.6   | 75.2    | 85.9   | 89.4    | 90.0  | 96.0    | 80.3          | 75.6    | 79.6  | 107.4   | 84.0  |
| 雑実類        | 2.7     | 8.8   | 3.6     | 7.1   | 1.1     | 2.5    | 0.4     | 0.9    | 0.6     | 1.6    | 1.2     | 3.0     | 4.5     | 13.5   | 2.7     | 9.5    | 4.2     | 12.2  | 2.5     | 6.7           | 2.9     | 9.3   | 2.8     | 7.6   |
| 野菜類        | 284.8   | 167.4 | 183.1   | 54.4  | 243.4   | 114.1  | 217.2   | 99.7   | 242.3   | 141.1  | 293.7   | 240.7   | 269.0   | 139.4  | 324.9   | 188.4  | 313.2   | 183.4 | 293.3   | 147.8         | 294.5   | 173.2 | 280.3   | 149.2 |
| 緑黄色野菜      | 86.7    | 86.6  | 72.4    | 20.9  | 74.4    | 51.5   | 66.6    | 45.3   | 66.4    | 50.7   | 89.0    | 125.1   | 77.2    | 63.3   | 95.8    | 119.0  | 93.3    | 101.7 | 92.9    | 76.5          | 88.8    | 91.1  | 83.1    | 73.9  |
| その他の野菜     | 179.7   | 112.5 | 110.6   | 51.4  | 160.1   | 88.8   | 147.9   | 91.3   | 159.4   | 95.5   | 181.2   | 130.6   | 176.9   | 111.1  | 207.9   | 112.3  | 198.2   | 129.9 | 178.4   | 105.9         | 185.1   | 115.1 | 177.2   | 113.0 |
| 野菜ジュース     | 9.0     | 47.5  | 0.0     | 0.0   | 5.0     | 21.8   | 0.0     | 0.0    | 7.9     | 38.0   | 16.4    | 80.3    | 10.3    | 44.8   | 11.6    | 50.9   | 11.7    | 45.0  | 7.5     | 48.9          | 10.1    | 50.6  | 7.0     | 54.1  |
| 漬け物        | 9.4     | 19.4  | 0.0     | 0.0   | 3.9     | 7.5    | 0.7     | 1.5    | 8.6     | 14.3   | 7.1     | 10.1    | 4.7     | 10.8   | 9.6     | 20.3   | 10.0    | 22.1  | 14.6    | 24.1          | 10.5    | 20.5  | 13.1    | 24.3  |
| 果実類        | 109.2   | 129.8 | 136.1   | 99.2  | 180.2   | 157.6  | 37.7    | 113.1  | 67.3    | 85.1   | 66.3    | 110.1   | 78.9    | 110.5  | 52.3    | 66.3   | 126.1   | 158.5 | 144.0   | 125.8         | 106.8   | 127.1 | 136.6   | 118.6 |
| きのこ類       | 20.1    | 35.3  | 13.7    | 12.1  | 14.1    | 20.3   | 15.2    | 19.1   | 8.2     | 17.0   | 15.9    | 22.4    | 15.4    | 20.4   | 25.0    | 38.3   | 20.4    | 24.1  | 25.8    | 50.4          | 21.0    | 37.2  | 19.4    | 29.2  |
| 藻類         | 10.5    | 17.7  | 5.9     | 6.9   | 8.0     | 9.0    | 7.0     | 6.3    | 5.4     | 10.3   | 9.5     | 15.6    | 6.0     | 11.7   | 7.0     | 8.2    | 11.8    | 19.1  | 15.4    | 23.7          | 11.0    | 18.7  | 13.2    | 22.1  |
| 魚介類        | 96.0    | 93.1  | 70.5    | 57.2  | 58.1    | 28.5   | 84.1    | 70.5   | 87.2    | 66.1   | 79.9    | 78.3    | 72.0    | 58.1   | 84.5    | 84.8   | 106.5   | 84.2  | 119.9   | 121.6         | 100.1   | 97.0  | 123.2   | 137.4 |
| 肉類         | 87.1    | 67.8  | 94.7    | 48.6  | 109.2   | 76.4   | 98.8    | 61.9   | 84.5    | 64.2   | 133.0   | 79.3    | 95.5    | 55.8   | 113.1   | 85.5   | 80.6    | 71.1  | 61.9    | 46.5          | 84.8    | 67.8  | 54.9    | 45.0  |
| 卵類         | 40.4    | 37.1  | 14.2    | 16.9  | 47.8    | 34.0   | 50.9    | 37.9   | 36.4    | 31.1   | 35.9    | 34.5    | 42.6    | 41.8   | 49.1    | 41.5   | 41.1    | 40.6  | 37.9    | 33.2          | 40.4    | 37.4  | 35.8    | 29.9  |
| 乳類         | 109.4   | 141.5 | 302.9   | 125.6 | 295.3   | 233.9  | 166.9   | 179.2  | 64.9    | 90.8   | 76.3    | 127.1   | 63.3    | 117.2  | 53.1    | 85.3   | 112.4   | 123.0 | 101.5   | 111.9         | 87.3    | 114.0 | 83.8    | 99.6  |
| 油脂類        | 10.0    | 9.1   | 7.4     | 4.8   | 12.6    | 7.7    | 10.8    | 7.8    | 10.6    | 9.0    | 14.0    | 7.6     | 10.1    | 7.5    | 13.0    | 14.1   | 10.2    | 9.6   | 7.2     | 6.9           | 9.8     | 9.3   | 5.9     | 5.1   |
| 菓子類        | 20.5    | 38.6  | 26.7    | 15.7  | 36.5    | 47.6   | 18.4    | 33.6   | 22.4    | 55.1   | 13.2    | 26.0    | 6.2     | 19.3   | 12.5    | 27.5   | 22.6    | 45.9  | 25.5    | 38.6          | 19.3    | 38.5  | 24.5    | 38.5  |
| 嗜好飲料類      | 607.5   | 597.9 | 158.9   | 219.2 | 293.6   | 329.9  | 215.2   | 261.5  | 516.3   | 558.9  | 695.4   | 679.2   | 621.2   | 507.9  | 861.4   | 895.0  | 682.4   | 533.1 | 618.7   | 533.8         | 663.0   | 612.1 | 651.7   | 591.1 |
| 調味料・香辛料類   | 120.8   | 107.4 | 69.8    | 46.3  | 97.7    | 84.3   | 55.4    | 23.2   | 80.8    | 75.0   | 141.9   | 97.3    | 131.4   | 122.7  | 92.9    | 72.9   | 152.9   | 127.4 | 130.0   | 111.2         | 127.2   | 111.0 | 132.3   | 115.3 |
| 調味料        | 120.5   | 107.4 | 69.8    | 46.3  | 97.5    | 84.4   | 55.4    | 23.2   | 80.7    | 75.0   | 141.7   | 97.4    | 131.3   | 122.7  | 92.6    | 72.7   | 152.6   | 127.5 | 129.7   | 111.1         | 127.0   | 111.0 | 132.1   | 115.2 |
| 香辛料・その他    | 0.2     | 0.7   | 0.0     | 0.0   | 0.2     | 0.4    | 0.0     | 0.1    | 0.1     | 0.3    | 0.1     | 0.4     | 0.2     | 0.5    | 0.3     | 0.7    | 0.3     | 0.9   | 0.3     | 0.9           | 0.2     | 0.8   | 0.3     | 0.7   |

第3表の3 食品群別摂取量 平均値、標準偏差 (1歳以上、女性、年齢階級別)

| 食品群番号      | 総数      |       | 1-6歳    |       | 7-14歳   |       | 15-19歳  |       | 20-29歳  |       | 30-39歳  |       | 40-49歳  |       | 50-59歳  |       | 60-69歳  |       | 70歳以上   |       | (再掲)<br>75歳以上 |       | 1人1日当たり(g) |       |
|------------|---------|-------|---------|-------|---------|-------|---------|-------|---------|-------|---------|-------|---------|-------|---------|-------|---------|-------|---------|-------|---------------|-------|------------|-------|
|            | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値     | 標準偏差  | 平均値           | 標準偏差  |            |       |
|            |         |       |         |       |         |       |         |       |         |       |         |       |         |       |         |       |         |       |         |       |               |       |            | 411   |
| 総量         | 1,825.3 | 584.5 | 1,025.5 | 340.5 | 1,584.7 | 504.5 | 1,632.0 | 344.3 | 1,361.2 | 521.5 | 1,654.4 | 517.0 | 1,531.6 | 432.1 | 1,922.4 | 527.5 | 2,023.4 | 602.6 | 1,945.6 | 560.4 | 1,863.2       | 582.2 | 1,881.1    | 540.7 |
| 動物性食品      | 284.0   | 151.6 | 260.8   | 94.7  | 400.5   | 166.2 | 266.1   | 160.3 | 275.2   | 133.7 | 259.8   | 121.3 | 229.4   | 126.2 | 311.4   | 156.0 | 300.8   | 168.7 | 271.9   | 140.3 | 278.2         | 148.5 | 256.6      | 131.1 |
| 植物性食品      | 1,541.2 | 540.2 | 764.7   | 318.5 | 1,184.2 | 407.7 | 1,365.9 | 256.4 | 1,086.0 | 516.0 | 1,394.5 | 478.8 | 1,302.2 | 433.7 | 1,611.0 | 457.7 | 1,722.6 | 512.2 | 1,673.7 | 534.4 | 1,585.0       | 535.9 | 1,624.5    | 515.6 |
| 穀類         | 386.8   | 154.1 | 229.1   | 124.7 | 443.2   | 165.5 | 405.2   | 108.8 | 306.6   | 182.5 | 436.0   | 179.4 | 358.6   | 115.9 | 359.4   | 116.3 | 402.9   | 147.5 | 396.6   | 160.2 | 386.2         | 152.8 | 406.2      | 174.1 |
| 米・加工品      | 280.8   | 166.9 | 161.1   | 79.7  | 350.3   | 169.7 | 294.9   | 187.3 | 270.1   | 156.7 | 312.5   | 185.8 | 239.0   | 149.4 | 280.0   | 131.9 | 286.9   | 165.4 | 298.9   | 173.7 | 278.8         | 165.5 | 324.2      | 190.2 |
| (再掲)米      | 278.2   | 167.3 | 161.1   | 79.7  | 343.5   | 174.1 | 290.8   | 182.9 | 270.1   | 156.7 | 311.6   | 186.2 | 234.3   | 149.2 | 257.8   | 135.3 | 285.1   | 165.7 | 296.5   | 173.8 | 276.5         | 166.1 | 321.2      | 190.6 |
| 小麦・加工品     | 97.8    | 106.2 | 68.1    | 86.3  | 92.8    | 111.4 | 102.9   | 105.6 | 36.2    | 58.0  | 100.5   | 78.3  | 117.5   | 126.0 | 93.2    | 84.8  | 121.8   | 109.3 | 89.9    | 108.1 | 98.6          | 106.2 | 76.6       | 98.3  |
| その他の穀類・加工品 | 8.2     | 36.0  | 0.0     | 0.0   | 0.0     | 0.0   | 7.4     | 16.6  | 0.3     | 0.8   | 22.9    | 64.5  | 2.1     | 13.6  | 6.1     | 22.6  | 14.2    | 49.0  | 7.7     | 35.4  | 8.9           | 37.8  | 5.3        | 29.4  |
| いも類        | 65.4    | 64.4  | 34.6    | 40.1  | 75.2    | 40.2  | 75.0    | 85.7  | 58.7    | 58.9  | 61.7    | 57.9  | 52.4    | 51.9  | 64.1    | 46.9  | 72.1    | 73.5  | 66.6    | 69.4  | 65.2          | 65.0  | 70.5       | 70.5  |
| 砂糖・甘味料類    | 5.8     | 7.5   | 1.8     | 2.9   | 5.7     | 4.7   | 6.8     | 8.5   | 2.8     | 3.7   | 4.8     | 5.3   | 3.9     | 4.7   | 5.7     | 6.1   | 6.3     | 8.1   | 6.8     | 8.9   | 5.9           | 7.6   | 7.0        | 9.0   |
| 豆類         | 68.0    | 84.2  | 14.2    | 14.6  | 34.2    | 32.8  | 23.0    | 30.1  | 25.1    | 46.0  | 35.9    | 42.7  | 37.3    | 68.6  | 61.2    | 78.6  | 90.1    | 104.4 | 88.2    | 85.2  | 72.7          | 87.1  | 82.9       | 82.2  |
| 種実類        | 2.7     | 7.1   | 1.1     | 2.4   | 1.7     | 2.9   | 0.7     | 1.6   | 0.3     | 0.7   | 3.0     | 4.8   | 2.0     | 5.0   | 4.5     | 8.9   | 3.3     | 9.8   | 2.5     | 6.4   | 2.8           | 7.4   | 2.0        | 5.0   |
| 野菜類        | 265.2   | 143.2 | 136.3   | 97.8  | 268.8   | 113.7 | 254.3   | 118.4 | 280.3   | 169.2 | 230.2   | 111.4 | 224.7   | 125.3 | 275.6   | 162.1 | 282.6   | 141.8 | 273.9   | 144.0 | 268.1         | 145.1 | 273.2      | 142.7 |
| 緑黄色野菜      | 83.7    | 78.9  | 47.9    | 42.9  | 70.6    | 59.5  | 60.0    | 50.5  | 91.6    | 98.1  | 69.7    | 59.5  | 63.4    | 56.0  | 92.1    | 110.8 | 81.5    | 70.4  | 94.7    | 79.4  | 86.0          | 80.8  | 98.4       | 81.5  |
| その他の野菜     | 170.0   | 101.4 | 88.4    | 86.7  | 187.7   | 84.8  | 194.3   | 92.0  | 175.7   | 94.7  | 144.2   | 72.2  | 149.3   | 91.3  | 171.9   | 89.7  | 191.5   | 117.8 | 166.1   | 101.2 | 170.0         | 102.0 | 159.8      | 101.8 |
| 野菜ジュース     | 5.7     | 29.6  | 0.0     | 0.0   | 8.6     | 27.4  | 0.0     | 0.0   | 10.3    | 44.9  | 9.4     | 42.9  | 9.0     | 40.7  | 6.0     | 29.1  | 4.2     | 24.5  | 4.8     | 25.4  | 5.9           | 30.5  | 5.4        | 28.9  |
| 漬け物        | 5.7     | 13.0  | 0.0     | 0.0   | 1.8     | 5.5   | 0.0     | 0.0   | 2.7     | 7.3   | 6.9     | 11.3  | 2.9     | 5.9   | 5.6     | 12.0  | 5.5     | 12.1  | 8.3     | 16.5  | 6.3           | 13.5  | 8.6        | 17.8  |
| 果実類        | 126.3   | 135.4 | 102.8   | 80.9  | 78.7    | 95.9  | 84.4    | 83.2  | 84.7    | 139.3 | 53.5    | 81.6  | 52.1    | 79.3  | 97.9    | 96.1  | 164.9   | 140.0 | 162.4   | 151.3 | 131.0         | 138.9 | 168.7      | 161.0 |
| きのこ類       | 20.1    | 33.4  | 14.1    | 11.5  | 13.3    | 16.9  | 11.0    | 11.3  | 20.6    | 43.2  | 18.6    | 26.7  | 12.1    | 17.9  | 26.4    | 48.9  | 20.3    | 23.9  | 22.4    | 37.5  | 20.9          | 34.8  | 17.5       | 26.2  |
| 藻類         | 9.2     | 16.2  | 5.8     | 5.9   | 9.2     | 10.0  | 2.0     | 4.2   | 3.0     | 7.0   | 4.8     | 7.6   | 6.1     | 11.4  | 5.4     | 9.9   | 14.6    | 21.4  | 10.4    | 17.8  | 9.5           | 16.8  | 9.5        | 16.0  |
| 魚介類        | 76.2    | 60.1  | 40.9    | 31.1  | 63.8    | 45.4  | 33.7    | 31.7  | 56.3    | 37.8  | 83.3    | 72.1  | 57.3    | 42.5  | 83.4    | 59.0  | 86.2    | 66.9  | 82.5    | 61.8  | 79.1          | 61.2  | 80.5       | 60.8  |
| 肉類         | 61.7    | 48.6  | 64.2    | 46.4  | 72.3    | 43.5  | 87.3    | 65.7  | 95.1    | 49.3  | 76.6    | 50.9  | 70.0    | 42.1  | 73.3    | 53.1  | 58.7    | 47.8  | 47.2    | 42.3  | 60.2          | 48.0  | 43.5       | 41.6  |
| 卵類         | 36.2    | 34.3  | 25.5    | 26.1  | 34.5    | 28.9  | 64.2    | 34.3  | 56.0    | 46.9  | 27.6    | 29.0  | 32.3    | 34.6  | 37.9    | 30.4  | 35.1    | 33.6  | 34.5    | 33.6  | 35.6          | 34.3  | 34.9       | 33.6  |
| 乳類         | 108.9   | 122.0 | 130.2   | 86.4  | 229.3   | 167.6 | 79.4    | 92.3  | 66.1    | 91.4  | 71.3    | 91.5  | 68.9    | 90.8  | 116.0   | 120.3 | 119.6   | 136.0 | 106.9   | 111.5 | 102.2         | 116.2 | 96.9       | 105.4 |
| 油脂類        | 8.1     | 6.9   | 8.2     | 9.6   | 7.9     | 4.7   | 9.6     | 5.4   | 10.2    | 6.9   | 11.0    | 7.4   | 8.1     | 5.6   | 8.7     | 8.0   | 8.5     | 8.1   | 6.8     | 5.9   | 8.0           | 7.0   | 6.6        | 5.6   |
| 菓子類        | 25.4    | 39.8  | 30.4    | 27.5  | 26.2    | 39.7  | 30.1    | 45.6  | 8.1     | 18.7  | 14.9    | 24.4  | 25.6    | 33.2  | 23.6    | 34.9  | 27.4    | 34.4  | 28.0    | 47.9  | 25.1          | 39.8  | 27.4       | 50.7  |
| 嗜好飲料類      | 459.7   | 381.7 | 138.9   | 178.4 | 149.2   | 186.2 | 386.9   | 292.9 | 210.5   | 242.5 | 422.7   | 350.6 | 453.3   | 421.9 | 603.2   | 318.0 | 504.3   | 355.9 | 497.3   | 407.2 | 487.6         | 384.5 | 454.9      | 388.6 |
| 調味料・香辛料類   | 99.6    | 111.7 | 47.5    | 41.3  | 71.7    | 41.5  | 78.5    | 82.9  | 77.0    | 84.7  | 98.4    | 110.8 | 67.0    | 65.8  | 76.3    | 75.0  | 126.6   | 141.7 | 112.6   | 120.8 | 103.0         | 115.8 | 98.9       | 91.8  |
| 調味料        | 99.3    | 111.7 | 47.4    | 41.4  | 71.5    | 41.5  | 78.4    | 82.9  | 78.8    | 84.5  | 98.4    | 110.9 | 66.9    | 65.8  | 76.1    | 75.0  | 126.4   | 141.8 | 112.4   | 120.6 | 102.8         | 115.7 | 98.7       | 91.8  |
| 香辛料・その他    | 0.2     | 0.7   | 0.1     | 0.3   | 0.3     | 0.9   | 0.1     | 0.2   | 0.2     | 0.5   | 0.1     | 0.3   | 0.2     | 0.5   | 0.1     | 0.3   | 0.2     | 0.8   | 0.3     | 0.8   | 0.2           | 0.7   | 0.2        | 0.7   |

第4表 食品群別栄養素等摂取量 平均値 (1歳以上、総数)

|              | 食品群番号            | 摂取量<br>g | エネルギー<br>kcal | たんぱく質 g |       | 脂質 g |      | 飽和脂肪酸 |      | 一価不飽和脂肪酸 | 多価不飽和脂肪酸 | コレステロール<br>mg | 炭水化物<br>g | 食物繊維 g |      |   |
|--------------|------------------|----------|---------------|---------|-------|------|------|-------|------|----------|----------|---------------|-----------|--------|------|---|
|              |                  |          |               | うち動物性   | うち植物性 | g    | g    | g     | g    | うち水溶性    | うち不溶性    |               |           |        |      |   |
|              |                  |          |               |         |       |      |      |       |      |          |          |               |           | g      | g    | g |
| 総量           | 1-98             | 1,976.1  | 1,849         | 69.9    | 37.7  | 52.2 | 26.5 | 14.0  | 17.3 | 11.6     | 321.3    | 258.3         | 15.1      | 3.4    | 11.2 |   |
| 動物性食品        | 48-76.79         | 306.9    | 439           | 37.6    | 37.6  | 26.2 | 26.2 | 9.1   | 9.0  | 3.2      | 301.3    | 9.4           | 0.0       | 0.0    | 0.0  |   |
| 植物性食品        | 1-47.77,78.80-98 | 1,669.2  | 1,411         | 32.3    | 0.1   | 26.0 | 0.3  | 4.9   | 8.3  | 8.4      | 20.0     | 248.8         | 15.1      | 3.4    | 11.2 |   |
| 穀類           | 1-12             | 436.4    | 765           | 14.8    | 0.0   | 4.3  | 0.0  | 1.2   | 1.0  | 1.0      | 2.1      | 160.4         | 2.9       | 0.6    | 2.3  |   |
| 米・加工品        | 1.2              | 327.3    | 546           | 8.2     | 0.0   | 1.0  | 0.0  | 0.3   | 0.2  | 0.3      | 0.0      | 120.5         | 1.1       | 0.0    | 1.0  |   |
| 米            | 1                | 325.1    | 541           | 8.1     | 0.0   | 1.0  | 0.0  | 0.3   | 0.2  | 0.3      | 0.0      | 119.4         | 1.0       | 0.0    | 1.0  |   |
| 米加工品         | 2                | 2.2      | 5             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 1.1           | 0.0       | 0.0    | 0.0  |   |
| 小麦・加工品       | 3-9              | 100.4    | 206           | 6.2     | 0.0   | 3.2  | 0.0  | 0.8   | 0.8  | 0.6      | 2.1      | 37.1          | 1.6       | 0.5    | 1.1  |   |
| 小麦粉類         | 3                | 2.9      | 11            | 0.2     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 2.2           | 0.1       | 0.0    | 0.0  |   |
| パン類          | 4                | 32.5     | 89            | 3.0     | 0.0   | 1.7  | 0.0  | 0.4   | 0.4  | 0.3      | 0.0      | 15.4          | 0.7       | 0.2    | 0.6  |   |
| 菓子パン類        | 5                | 3.9      | 12            | 0.3     | 0.0   | 0.3  | 0.0  | 0.1   | 0.1  | 0.0      | 1.6      | 1.9           | 0.1       | 0.0    | 0.0  |   |
| うどん、中華めん類    | 6                | 46.1     | 59            | 1.6     | 0.0   | 0.3  | 0.0  | 0.1   | 0.0  | 0.1      | 0.0      | 11.8          | 0.5       | 0.2    | 0.3  |   |
| 即席中華めん類      | 7                | 3.9      | 16            | 0.4     | 0.0   | 0.6  | 0.0  | 0.3   | 0.2  | 0.1      | 0.5      | 2.2           | 0.1       | 0.1    | 0.0  |   |
| パスタ類         | 8                | 7.4      | 11            | 0.4     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 2.1           | 0.1       | 0.0    | 0.1  |   |
| その他の小麦加工品    | 9                | 3.6      | 8             | 0.3     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 1.5           | 0.1       | 0.0    | 0.1  |   |
| その他の穀類・加工品   | 10-12            | 8.7      | 13            | 0.4     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 2.8           | 0.2       | 0.1    | 0.1  |   |
| そば・加工品       | 10               | 6.0      | 8             | 0.3     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 1.5           | 0.1       | 0.0    | 0.1  |   |
| とうもろこし・加工品   | 11               | 0.8      | 3             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.7           | 0.0       | 0.0    | 0.0  |   |
| その他の穀類       | 12               | 1.9      | 3             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.6           | 0.1       | 0.1    | 0.0  |   |
| いも類          | 13-16            | 64.7     | 44            | 0.8     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 10.3          | 1.3       | 0.3    | 0.9  |   |
| いも・加工品       | 13-15            | 63.1     | 40            | 0.8     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 9.4           | 1.3       | 0.3    | 0.9  |   |
| さつまいも・加工品    | 13               | 7.1      | 9             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 2.1           | 0.2       | 0.0    | 0.1  |   |
| じゃがいも・加工品    | 14               | 28.1     | 21            | 0.4     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 4.8           | 0.4       | 0.1    | 0.3  |   |
| その他のいも・加工品   | 15               | 27.9     | 11            | 0.3     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 2.5           | 0.6       | 0.1    | 0.5  |   |
| でんぷん・加工品     | 16               | 1.5      | 4             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.9           | 0.0       | 0.0    | 0.0  |   |
| 砂糖・甘味料類      | 17               | 6.1      | 23            | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 5.9           | 0.0       | 0.0    | 0.0  |   |
| 豆類           | 18-23            | 69.3     | 85            | 6.2     | 0.0   | 5.3  | 0.0  | 0.9   | 1.1  | 2.7      | 0.0      | 3.3           | 1.3       | 0.3    | 1.0  |   |
| 大豆・加工品       | 18-22            | 66.8     | 81            | 6.0     | 0.0   | 5.2  | 0.0  | 0.9   | 1.1  | 2.7      | 0.0      | 2.5           | 1.0       | 0.3    | 0.7  |   |
| 大豆(全粒)・加工品   | 18               | 2.3      | 5             | 0.4     | 0.0   | 0.2  | 0.0  | 0.0   | 0.0  | 0.1      | 0.0      | 0.3           | 0.2       | 0.0    | 0.2  |   |
| 豆腐           | 19               | 37.9     | 26            | 2.3     | 0.0   | 1.5  | 0.0  | 0.3   | 0.3  | 0.7      | 0.0      | 0.7           | 0.1       | 0.0    | 0.1  |   |
| 油揚げ類         | 20               | 12.1     | 30            | 1.7     | 0.0   | 2.5  | 0.0  | 0.5   | 0.5  | 1.3      | 0.0      | 0.2           | 0.1       | 0.0    | 0.1  |   |
| 納豆           | 21               | 8.4      | 17            | 1.4     | 0.0   | 0.8  | 0.0  | 0.1   | 0.2  | 0.5      | 0.0      | 1.0           | 0.6       | 0.2    | 0.4  |   |
| その他の大豆加工品    | 22               | 6.1      | 4             | 0.2     | 0.0   | 0.2  | 0.0  | 0.0   | 0.0  | 0.1      | 0.0      | 0.3           | 0.0       | 0.0    | 0.0  |   |
| その他の豆・加工品    | 23               | 2.5      | 4             | 0.2     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.8           | 0.3       | 0.0    | 0.2  |   |
| 種実類          | 24               | 2.7      | 11            | 0.3     | 0.0   | 0.9  | 0.0  | 0.1   | 0.3  | 0.4      | 0.0      | 0.7           | 0.2       | 0.0    | 0.2  |   |
| 野菜類          | 25-38            | 274.2    | 73            | 2.8     | 0.0   | 0.4  | 0.0  | 0.0   | 0.0  | 0.1      | 0.2      | 16.3          | 5.3       | 1.5    | 3.9  |   |
| 緑黄色野菜        | 25-29            | 85.0     | 28            | 1.1     | 0.0   | 0.2  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 6.2           | 2.1       | 0.5    | 1.6  |   |
| トマト          | 25               | 17.5     | 4             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.9           | 0.2       | 0.1    | 0.1  |   |
| にんじん         | 26               | 18.7     | 6             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 1.5           | 0.5       | 0.2    | 0.3  |   |
| ほうれん草        | 27               | 9.8      | 2             | 0.2     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.3           | 0.2       | 0.0    | 0.2  |   |
| ピーマン         | 28               | 3.4      | 1             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.2           | 0.1       | 0.0    | 0.1  |   |
| その他の緑黄色野菜    | 29               | 35.5     | 15            | 0.7     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 3.3           | 1.1       | 0.2    | 0.9  |   |
| その他の野菜       | 30-35            | 174.5    | 39            | 1.5     | 0.0   | 0.3  | 0.0  | 0.0   | 0.0  | 0.1      | 0.2      | 8.7           | 2.9       | 0.8    | 2.1  |   |
| キャベツ         | 30               | 28.4     | 6             | 0.3     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 1.3           | 0.5       | 0.1    | 0.4  |   |
| きゅうり         | 31               | 9.6      | 1             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.3           | 0.1       | 0.0    | 0.1  |   |
| 大根           | 32               | 34.4     | 6             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 1.4           | 0.5       | 0.2    | 0.3  |   |
| たまねぎ         | 33               | 32.9     | 9             | 0.2     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 2.2           | 0.5       | 0.2    | 0.3  |   |
| はくさい         | 34               | 15.7     | 2             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.3           | 0.2       | 0.0    | 0.1  |   |
| その他の淡色野菜     | 35               | 53.5     | 15            | 0.6     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.2      | 3.1           | 1.1       | 0.3    | 0.9  |   |
| 野菜ジュース       | 36               | 7.3      | 3             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.7           | 0.0       | 0.0    | 0.0  |   |
| 漬け物          | 37,38            | 7.4      | 3             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.8           | 0.2       | 0.0    | 0.2  |   |
| 葉類漬け物        | 37               | 2.4      | 1             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.1           | 0.1       | 0.0    | 0.0  |   |
| たくあん・その他の漬け物 | 38               | 5.0      | 3             | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.7           | 0.2       | 0.0    | 0.1  |   |
| 果実類          | 39-45            | 118.5    | 73            | 0.7     | 0.0   | 0.2  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 19.0          | 1.6       | 0.3    | 1.2  |   |
| 生果           | 39-43            | 108.9    | 67            | 0.6     | 0.0   | 0.2  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 17.5          | 1.5       | 0.3    | 1.2  |   |
| イチゴ          | 39               | 0.0      | 0             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.0           | 0.0       | 0.0    | 0.0  |   |
| 柑橘類          | 40               | 22.5     | 10            | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 2.6           | 0.2       | 0.1    | 0.1  |   |
| バナナ          | 41               | 19.0     | 16            | 0.2     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 4.3           | 0.2       | 0.0    | 0.2  |   |
| りんご          | 42               | 28.4     | 15            | 0.1     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 4.2           | 0.4       | 0.1    | 0.3  |   |
| その他の生果       | 43               | 38.9     | 25            | 0.2     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 6.4           | 0.7       | 0.1    | 0.6  |   |
| ジャム          | 44               | 1.0      | 2             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.6           | 0.0       | 0.0    | 0.0  |   |
| 果汁・果汁飲料      | 45               | 8.6      | 4             | 0.0     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 0.9           | 0.0       | 0.0    | 0.0  |   |
| きのこ類         | 46               | 20.1     | 4             | 0.5     | 0.0   | 0.1  | 0.0  | 0.0   | 0.0  | 0.0      | 0.0      | 1.3           | 0.8       | 0.1    | 0.7  |   |
| 藻類           | 47               | 9.8      | 2             | 0.3     | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0      | 0.1      | 0.8           | 0.5       | 0.0    | 0.0  |   |

第1部 栄養素等摂取状況調査の結果

|              | 食品群番号            | ビタシA  | ビタシD | ビタシE | ビタシK  | ビタシB1 | ビタシB2 | ナイアシン | ビタシB6 | ビタシB12 | 葉酸    | パントテン酸 | ビオチン | ビタシC | ナトリウム   |
|--------------|------------------|-------|------|------|-------|-------|-------|-------|-------|--------|-------|--------|------|------|---------|
|              |                  | μgRE  | μg   | mg   | μg    | mg    | mg    | mgNE  | mg    | μg     | μg    | mg     | mg   | μg   | mg      |
| 総量           | 1-98             | 483.5 | 8.9  | 6.5  | 221.5 | 0.84  | 1.07  | 14.7  | 1.15  | 6.63   | 273.4 | 5.46   | 21.1 | 90.1 | 3,823.7 |
| 動物性食品        | 48-76,79         | 143.2 | 8.3  | 1.8  | 13.5  | 0.37  | 0.56  | 7.7   | 0.43  | 6.20   | 33.2  | 2.17   | 4.9  | 5.5  | 546.4   |
| 植物性食品        | 1-47,77,78,80-98 | 340.3 | 0.6  | 4.7  | 208.0 | 0.47  | 0.51  | 7.0   | 0.72  | 0.42   | 240.3 | 3.29   | 16.2 | 84.6 | 3,277.2 |
| 穀類           | 1-12             | 2.5   | 0.0  | 0.4  | 0.4   | 0.14  | 0.08  | 1.5   | 0.10  | 0.01   | 25.8  | 1.19   | 2.7  | 0.0  | 326.0   |
| 米・加工品        | 1.2              | 0.0   | 0.0  | 0.0  | 0.0   | 0.07  | 0.03  | 0.8   | 0.08  | 0.00   | 10.3  | 0.84   | 1.7  | 0.0  | 3.6     |
| 米            | 1                | 0.0   | 0.0  | 0.0  | 0.0   | 0.07  | 0.03  | 0.8   | 0.07  | 0.00   | 10.1  | 0.83   | 1.7  | 0.0  | 3.2     |
| 米加工品         | 2                | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.2   | 0.01   | 0.0  | 0.0  | 0.4     |
| 小麦・加工品       | 3-9              | 2.5   | 0.0  | 0.4  | 0.4   | 0.07  | 0.05  | 0.6   | 0.02  | 0.01   | 15.0  | 0.33   | 0.9  | 0.0  | 315.2   |
| 小麦粉類         | 3                | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.3   | 0.02   | 0.0  | 0.0  | 0.3     |
| パン類          | 4                | 0.1   | 0.0  | 0.2  | 0.0   | 0.02  | 0.01  | 0.4   | 0.01  | 0.00   | 10.9  | 0.16   | 0.6  | 0.0  | 162.3   |
| 菓子パン類        | 5                | 1.8   | 0.0  | 0.0  | 0.1   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 1.1   | 0.02   | 0.0  | 0.0  | 10.5    |
| うどん、中華めん類    | 6                | 0.0   | 0.0  | 0.0  | 0.0   | 0.01  | 0.00  | 0.1   | 0.00  | 0.00   | 1.1   | 0.08   | 0.1  | 0.0  | 52.7    |
| 即席中華めん類      | 7                | 0.6   | 0.0  | 0.1  | 0.2   | 0.02  | 0.02  | 0.0   | 0.00  | 0.00   | 0.5   | 0.02   | 0.0  | 0.0  | 69.6    |
| パスタ類         | 8                | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.3   | 0.02   | 0.1  | 0.0  | 12.7    |
| その他の小麦加工品    | 9                | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.8   | 0.01   | 0.0  | 0.0  | 7.2     |
| その他の穀類・加工品   | 10-12            | 0.1   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.5   | 0.02   | 0.1  | 0.0  | 7.2     |
| そば・加工品       | 10               | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.4   | 0.02   | 0.1  | 0.0  | 0.7     |
| とうもろこし・加工品   | 11               | 0.1   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.0   | 0.00   | 0.0  | 0.0  | 6.5     |
| その他の穀類       | 12               | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.0   | 0.00   | 0.0  | 0.0  | 0.0     |
| いも類          | 13-16            | 0.1   | 0.0  | 0.2  | 0.0   | 0.03  | 0.01  | 0.4   | 0.09  | 0.00   | 12.2  | 0.24   | 0.8  | 8.0  | 2.1     |
| いも・加工品       | 13-15            | 0.1   | 0.0  | 0.2  | 0.0   | 0.03  | 0.01  | 0.4   | 0.09  | 0.00   | 12.2  | 0.24   | 0.8  | 8.0  | 2.0     |
| さつまいも・加工品    | 13               | 0.1   | 0.0  | 0.1  | 0.0   | 0.01  | 0.00  | 0.0   | 0.02  | 0.00   | 2.9   | 0.06   | 0.3  | 1.3  | 0.3     |
| じゃがいも・加工品    | 14               | 0.0   | 0.0  | 0.0  | 0.0   | 0.02  | 0.01  | 0.2   | 0.05  | 0.00   | 5.1   | 0.10   | 0.1  | 5.8  | 0.4     |
| その他のいも・加工品   | 15               | 0.0   | 0.0  | 0.1  | 0.0   | 0.01  | 0.00  | 0.1   | 0.02  | 0.00   | 4.2   | 0.07   | 0.4  | 0.9  | 1.3     |
| でんぷん・加工品     | 16               | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.0   | 0.00   | 0.0  | 0.0  | 0.0     |
| 砂糖・甘味料類      | 17               | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.0   | 0.00   | 0.0  | 0.0  | 0.1     |
| 豆類           | 18-23            | 0.0   | 0.0  | 0.4  | 62.2  | 0.06  | 0.07  | 0.2   | 0.06  | 0.00   | 20.7  | 0.38   | 2.1  | 0.0  | 11.5    |
| 大豆・加工品       | 18-22            | 0.0   | 0.0  | 0.4  | 62.1  | 0.06  | 0.07  | 0.2   | 0.06  | 0.00   | 20.0  | 0.37   | 2.1  | 0.0  | 10.8    |
| 大豆(全粒)・加工品   | 18               | 0.0   | 0.0  | 0.0  | 0.2   | 0.01  | 0.00  | 0.0   | 0.00  | 0.00   | 1.2   | 0.01   | 0.2  | 0.0  | 1.1     |
| 豆腐           | 19               | 0.0   | 0.0  | 0.1  | 4.7   | 0.03  | 0.01  | 0.1   | 0.02  | 0.00   | 4.4   | 0.03   | 0.1  | 0.0  | 3.8     |
| 油揚げ類         | 20               | 0.0   | 0.0  | 0.1  | 5.3   | 0.01  | 0.00  | 0.0   | 0.01  | 0.00   | 2.6   | 0.02   | 0.1  | 0.0  | 3.8     |
| 納豆           | 21               | 0.0   | 0.0  | 0.0  | 51.5  | 0.01  | 0.05  | 0.1   | 0.02  | 0.00   | 10.1  | 0.31   | 1.5  | 0.0  | 0.2     |
| その他の大豆加工品    | 22               | 0.0   | 0.0  | 0.1  | 0.3   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 1.7   | 0.02   | 0.1  | 0.0  | 2.0     |
| その他の豆・加工品    | 23               | 0.0   | 0.0  | 0.0  | 0.1   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.7   | 0.01   | 0.1  | 0.0  | 0.7     |
| 種実類          | 24               | 0.1   | 0.0  | 0.1  | 0.1   | 0.01  | 0.01  | 0.1   | 0.01  | 0.00   | 2.3   | 0.03   | 0.1  | 0.3  | 0.9     |
| 野菜類          | 25-38            | 282.2 | 0.1  | 1.6  | 118.4 | 0.09  | 0.08  | 1.0   | 0.21  | 0.02   | 104.5 | 0.57   | 2.1  | 36.5 | 140.7   |
| 緑黄色野菜        | 25-29            | 244.3 | 0.0  | 1.4  | 77.5  | 0.04  | 0.05  | 0.5   | 0.09  | 0.00   | 41.2  | 0.25   | 1.1  | 16.7 | 13.5    |
| トマト          | 25               | 9.1   | 0.0  | 0.2  | 0.8   | 0.01  | 0.00  | 0.1   | 0.02  | 0.00   | 4.3   | 0.03   | 0.4  | 3.1  | 5.1     |
| にんじん         | 26               | 120.3 | 0.0  | 0.1  | 0.5   | 0.01  | 0.01  | 0.1   | 0.02  | 0.00   | 3.4   | 0.06   | 0.3  | 0.4  | 3.5     |
| ほうれん草        | 27               | 31.6  | 0.0  | 0.2  | 22.2  | 0.00  | 0.01  | 0.0   | 0.01  | 0.00   | 7.8   | 0.01   | 0.2  | 1.3  | 1.1     |
| ピーマン         | 28               | 1.2   | 0.0  | 0.0  | 0.5   | 0.00  | 0.00  | 0.0   | 0.01  | 0.00   | 0.9   | 0.01   | 0.0  | 1.9  | 0.0     |
| その他の緑黄色野菜    | 29               | 82.0  | 0.0  | 0.9  | 53.4  | 0.02  | 0.03  | 0.3   | 0.04  | 0.00   | 24.9  | 0.15   | 0.1  | 10.1 | 3.8     |
| その他の野菜       | 30-35            | 7.4   | 0.0  | 0.2  | 38.3  | 0.05  | 0.03  | 0.4   | 0.11  | 0.00   | 59.3  | 0.29   | 1.0  | 18.3 | 11.4    |
| キャベツ         | 30               | 1.2   | 0.0  | 0.0  | 20.5  | 0.01  | 0.01  | 0.0   | 0.02  | 0.00   | 16.9  | 0.04   | 0.4  | 7.9  | 1.1     |
| きゅうり         | 31               | 2.7   | 0.0  | 0.0  | 3.3   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 2.4   | 0.03   | 0.1  | 1.3  | 0.1     |
| 大根           | 32               | 0.0   | 0.0  | 0.0  | 0.0   | 0.01  | 0.00  | 0.1   | 0.01  | 0.00   | 10.3  | 0.03   | 0.1  | 2.9  | 5.0     |
| たまねぎ         | 33               | 0.0   | 0.0  | 0.0  | 0.0   | 0.01  | 0.00  | 0.0   | 0.03  | 0.00   | 3.4   | 0.05   | 0.1  | 1.5  | 0.9     |
| はくさい         | 34               | 1.2   | 0.0  | 0.0  | 9.8   | 0.00  | 0.00  | 0.0   | 0.01  | 0.00   | 5.0   | 0.03   | 0.0  | 1.2  | 0.6     |
| その他の淡色野菜     | 35               | 2.3   | 0.0  | 0.1  | 4.8   | 0.02  | 0.02  | 0.2   | 0.03  | 0.00   | 21.3  | 0.10   | 0.2  | 3.3  | 3.8     |
| 野菜ジュース       | 36               | 29.8  | 0.1  | 0.0  | 0.5   | 0.00  | 0.00  | 0.0   | 0.00  | 0.02   | 0.9   | 0.01   | 0.0  | 0.3  | 1.1     |
| 漬け物          | 37,38            | 0.7   | 0.0  | 0.0  | 2.1   | 0.01  | 0.00  | 0.0   | 0.01  | 0.00   | 3.1   | 0.02   | 0.0  | 1.1  | 114.7   |
| 葉類漬け物        | 37               | 0.4   | 0.0  | 0.0  | 1.6   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 1.6   | 0.01   | 0.0  | 0.6  | 21.3    |
| たくあん・その他の漬け物 | 38               | 0.3   | 0.0  | 0.0  | 0.5   | 0.00  | 0.00  | 0.0   | 0.01  | 0.00   | 1.5   | 0.02   | 0.0  | 0.5  | 93.4    |
| 果実類          | 39-45            | 30.3  | 0.0  | 0.4  | 0.0   | 0.05  | 0.03  | 0.4   | 0.12  | 0.00   | 20.0  | 0.28   | 1.1  | 33.6 | 1.0     |
| 生果           | 39-43            | 30.1  | 0.0  | 0.3  | 0.0   | 0.05  | 0.03  | 0.3   | 0.12  | 0.00   | 18.6  | 0.27   | 1.1  | 31.5 | 0.7     |
| イチゴ          | 39               | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.0   | 0.00   | 0.0  | 0.0  | 0.0     |
| 柑橘類          | 40               | 18.5  | 0.0  | 0.1  | 0.0   | 0.02  | 0.01  | 0.1   | 0.01  | 0.00   | 5.1   | 0.05   | 0.1  | 7.6  | 0.2     |
| バナナ          | 41               | 0.9   | 0.0  | 0.1  | 0.0   | 0.01  | 0.01  | 0.1   | 0.07  | 0.00   | 4.9   | 0.08   | 0.3  | 3.0  | 0.0     |
| りんご          | 42               | 0.6   | 0.0  | 0.1  | 0.0   | 0.01  | 0.00  | 0.0   | 0.01  | 0.00   | 1.4   | 0.03   | 0.2  | 1.1  | 0.0     |
| その他の生果       | 43               | 10.1  | 0.0  | 0.1  | 0.0   | 0.01  | 0.01  | 0.1   | 0.03  | 0.00   | 7.1   | 0.11   | 0.6  | 19.8 | 0.5     |
| ジャム          | 44               | 0.0   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 0.1   | 0.00   | 0.0  | 0.1  | 0.0     |
| 果汁・果汁飲料      | 45               | 0.2   | 0.0  | 0.0  | 0.0   | 0.00  | 0.00  | 0.0   | 0.00  | 0.00   | 1.3   | 0.01   | 0.0  | 2.0  | 0.2     |
| きのこ類         | 46               | 0.0   | 0.4  | 0.0  | 0.0   | 0.02  | 0.03  | 0.8   | 0.01  | 0.00   | 6.6   | 0.21   | 0.3  | 0.0  | 4.4     |
| 藻類           | 47               | 9.6   | 0.0  | 0.0  | 8.2   | 0.00  | 0.01  | 0.1   | 0.00  | 0.15   | 6.0   | 0.01   | 0.2  | 0.7  | 63.3    |

|              | 食品群番号            | 食塩相当量<br>g | カリウム    | カルシウム | マグネシウム | リン      | 鉄   | 亜鉛  | 銅    |
|--------------|------------------|------------|---------|-------|--------|---------|-----|-----|------|
|              |                  |            | mg      | mg    | mg     | mg      | mg  | mg  | mg   |
| 総量           | 1-98             | 9.7        | 2,329.3 | 493.7 | 251.4  | 1,000.5 | 7.6 | 7.8 | 1.17 |
| 動物性食品        | 48-76.79         | 1.4        | 590.5   | 197.8 | 55.2   | 475.6   | 2.0 | 3.1 | 0.19 |
| 植物性食品        | 1-47.77,78,80-98 | 8.3        | 1,738.8 | 295.8 | 196.3  | 524.9   | 5.5 | 4.8 | 0.98 |
| 穀類           | 1-12             | 0.8        | 167.0   | 36.2  | 41.1   | 179.5   | 0.9 | 2.4 | 0.42 |
| 米・加工品        | 1.2              | 0.0        | 98.5    | 10.0  | 25.3   | 116.3   | 0.4 | 2.0 | 0.33 |
| 米            | 1                | 0.0        | 97.1    | 9.9   | 25.0   | 114.8   | 0.3 | 1.9 | 0.32 |
| 米加工品         | 2                | 0.0        | 1.4     | 0.1   | 0.3    | 1.5     | 0.0 | 0.0 | 0.00 |
| 小麦・加工品       | 3-9              | 0.8        | 65.5    | 25.4  | 13.9   | 57.4    | 0.5 | 0.4 | 0.08 |
| 小麦粉類         | 3                | 0.0        | 3.6     | 0.7   | 0.4    | 2.1     | 0.0 | 0.0 | 0.00 |
| パン類          | 4                | 0.4        | 33.3    | 9.9   | 6.7    | 27.1    | 0.2 | 0.3 | 0.04 |
| 菓子パン類        | 5                | 0.0        | 4.3     | 1.7   | 0.7    | 3.6     | 0.0 | 0.0 | 0.00 |
| うどん、中華めん類    | 6                | 0.1        | 13.9    | 4.6   | 3.0    | 14.1    | 0.1 | 0.1 | 0.02 |
| 即席中華めん類      | 7                | 0.2        | 7.2     | 7.4   | 1.0    | 4.7     | 0.0 | 0.0 | 0.01 |
| パスタ類         | 8                | 0.0        | 0.9     | 0.5   | 1.3    | 3.4     | 0.0 | 0.0 | 0.01 |
| その他の小麦加工品    | 9                | 0.0        | 2.3     | 0.6   | 0.7    | 2.4     | 0.0 | 0.0 | 0.00 |
| その他の穀類・加工品   | 10-12            | 0.0        | 3.1     | 0.8   | 2.0    | 5.7     | 0.1 | 0.0 | 0.01 |
| そば・加工品       | 10               | 0.0        | 1.8     | 0.6   | 1.7    | 4.7     | 0.0 | 0.0 | 0.01 |
| とうもろこし・加工品   | 11               | 0.0        | 0.7     | 0.0   | 0.1    | 0.4     | 0.0 | 0.0 | 0.00 |
| その他の穀類       | 12               | 0.0        | 0.5     | 0.2   | 0.2    | 0.7     | 0.0 | 0.0 | 0.00 |
| いも類          | 13-16            | 0.0        | 216.9   | 11.7  | 9.8    | 18.3    | 0.3 | 0.1 | 0.06 |
| いも・加工品       | 13-15            | 0.0        | 216.6   | 11.5  | 9.7    | 17.9    | 0.3 | 0.1 | 0.06 |
| さつまいも・加工品    | 13               | 0.0        | 28.8    | 2.9   | 1.6    | 2.7     | 0.0 | 0.0 | 0.01 |
| じゃがいも・加工品    | 14               | 0.0        | 95.3    | 0.6   | 5.1    | 7.1     | 0.1 | 0.1 | 0.02 |
| その他のいも・加工品   | 15               | 0.0        | 92.5    | 8.0   | 3.1    | 8.0     | 0.1 | 0.1 | 0.02 |
| でんぷん・加工品     | 16               | 0.0        | 0.3     | 0.2   | 0.1    | 0.4     | 0.0 | 0.0 | 0.00 |
| 砂糖・甘味料類      | 17               | 0.0        | 0.4     | 0.1   | 0.0    | 0.0     | 0.0 | 0.0 | 0.00 |
| 豆類           | 18-23            | 0.0        | 152.2   | 74.2  | 40.0   | 85.8    | 1.2 | 0.7 | 0.16 |
| 大豆・加工品       | 18-22            | 0.0        | 142.7   | 73.1  | 39.0   | 82.8    | 1.2 | 0.7 | 0.15 |
| 大豆(全粒)・加工品   | 18               | 0.0        | 14.2    | 2.0   | 2.6    | 4.9     | 0.1 | 0.0 | 0.01 |
| 豆腐           | 19               | 0.0        | 51.0    | 29.6  | 15.8   | 36.1    | 0.4 | 0.2 | 0.06 |
| 油揚げ類         | 20               | 0.0        | 10.8    | 32.3  | 10.9   | 22.7    | 0.4 | 0.2 | 0.03 |
| 納豆           | 21               | 0.0        | 55.8    | 7.5   | 8.4    | 16.2    | 0.3 | 0.2 | 0.05 |
| その他の大豆加工品    | 22               | 0.0        | 11.0    | 1.7   | 1.3    | 2.9     | 0.1 | 0.0 | 0.01 |
| その他の豆・加工品    | 23               | 0.0        | 9.5     | 1.1   | 1.0    | 3.0     | 0.0 | 0.0 | 0.01 |
| 種実類          | 24               | 0.0        | 13.9    | 9.0   | 4.7    | 7.9     | 0.1 | 0.1 | 0.02 |
| 野菜類          | 25-38            | 0.4        | 511.6   | 89.6  | 33.9   | 77.1    | 1.1 | 0.5 | 0.12 |
| 緑黄色野菜        | 25-29            | 0.0        | 217.7   | 37.7  | 13.5   | 28.7    | 0.5 | 0.2 | 0.05 |
| トマト          | 25               | 0.0        | 39.9    | 1.4   | 1.8    | 4.6     | 0.0 | 0.0 | 0.01 |
| にんじん         | 26               | 0.0        | 41.1    | 5.0   | 1.6    | 4.2     | 0.0 | 0.0 | 0.01 |
| ほうれん草        | 27               | 0.0        | 33.5    | 5.0   | 2.9    | 3.0     | 0.1 | 0.0 | 0.01 |
| ピーマン         | 28               | 0.0        | 5.9     | 0.4   | 0.3    | 0.7     | 0.0 | 0.0 | 0.00 |
| その他の緑黄色野菜    | 29               | 0.0        | 97.3    | 25.9  | 6.9    | 16.0    | 0.4 | 0.1 | 0.02 |
| その他の野菜       | 30-35            | 0.0        | 261.5   | 45.2  | 17.8   | 43.1    | 0.5 | 0.3 | 0.07 |
| キャベツ         | 30               | 0.0        | 39.8    | 11.1  | 3.1    | 6.4     | 0.1 | 0.0 | 0.01 |
| きゅうり         | 31               | 0.0        | 19.2    | 2.5   | 1.4    | 3.5     | 0.0 | 0.0 | 0.01 |
| 大根           | 32               | 0.0        | 72.9    | 8.6   | 3.3    | 5.3     | 0.1 | 0.0 | 0.01 |
| たまねぎ         | 33               | 0.0        | 33.5    | 5.4   | 2.1    | 7.6     | 0.1 | 0.0 | 0.01 |
| はくさい         | 34               | 0.0        | 18.9    | 5.0   | 1.0    | 3.8     | 0.0 | 0.0 | 0.00 |
| その他の淡色野菜     | 35               | 0.0        | 77.2    | 12.6  | 6.8    | 16.6    | 0.2 | 0.2 | 0.03 |
| 野菜ジュース       | 36               | 0.0        | 13.1    | 3.3   | 0.6    | 1.2     | 0.0 | 0.0 | 0.00 |
| 漬け物          | 37,38            | 0.3        | 19.3    | 3.5   | 1.9    | 4.1     | 0.1 | 0.0 | 0.00 |
| 葉類漬け物        | 37               | 0.1        | 6.5     | 1.2   | 0.4    | 1.1     | 0.0 | 0.0 | 0.00 |
| たくあん・その他の漬け物 | 38               | 0.2        | 12.7    | 2.2   | 1.5    | 3.0     | 0.0 | 0.0 | 0.00 |
| 果実類          | 39-45            | 0.0        | 218.4   | 11.1  | 13.2   | 18.9    | 0.2 | 0.1 | 0.06 |
| 生果           | 39-43            | 0.0        | 206.9   | 10.5  | 12.4   | 17.7    | 0.2 | 0.1 | 0.06 |
| イチゴ          | 39               | 0.0        | 0.0     | 0.0   | 0.0    | 0.0     | 0.0 | 0.0 | 0.00 |
| 柑橘類          | 40               | 0.0        | 32.3    | 4.0   | 2.4    | 3.3     | 0.0 | 0.0 | 0.01 |
| バナナ          | 41               | 0.0        | 68.4    | 1.1   | 6.1    | 5.1     | 0.1 | 0.0 | 0.02 |
| りんご          | 42               | 0.0        | 31.2    | 0.9   | 0.9    | 2.8     | 0.0 | 0.0 | 0.01 |
| その他の生果       | 43               | 0.0        | 75.0    | 4.4   | 3.1    | 6.4     | 0.1 | 0.0 | 0.02 |
| ジャム          | 44               | 0.0        | 0.7     | 0.1   | 0.1    | 0.1     | 0.0 | 0.0 | 0.00 |
| 果汁・果汁飲料      | 45               | 0.0        | 10.8    | 0.6   | 0.7    | 1.1     | 0.0 | 0.0 | 0.00 |
| きのこ類         | 46               | 0.0        | 47.7    | 0.5   | 2.0    | 16.1    | 0.1 | 0.1 | 0.02 |
| 藻類           | 47               | 0.2        | 48.2    | 10.4  | 7.4    | 4.8     | 0.2 | 0.0 | 0.00 |

第1部 栄養素等摂取状況調査の結果

|               | 食品群番号 | 摂取量<br>g | エネルギー |      | たんぱく質 g |       | 脂質 g  |       | 飽和脂肪酸<br>g | 一価不飽和<br>脂肪酸<br>g | 多価不飽和<br>脂肪酸<br>g | コレステロール<br>mg | 炭水化物<br>g | 食物繊維 g |       |
|---------------|-------|----------|-------|------|---------|-------|-------|-------|------------|-------------------|-------------------|---------------|-----------|--------|-------|
|               |       |          | kcal  |      | うち動物性   | うち動物性 | うち動物性 | うち動物性 |            |                   |                   |               |           | うち水溶性  | うち不溶性 |
|               |       |          |       |      |         |       |       |       |            |                   |                   |               |           |        |       |
| 魚介類           | 48-60 | 85.3     | 134   | 16.6 | 16.6    | 6.2   | 6.2   | 1.3   | 1.9        | 1.4               | 77.7              | 1.6           | 0.0       | 0.0    | 0.0   |
| 生魚介類          | 48-55 | 60.3     | 92    | 11.5 | 11.5    | 4.6   | 4.6   | 0.9   | 1.4        | 0.9               | 57.2              | 0.2           | 0.0       | 0.0    | 0.0   |
| あじ、いわし類       | 48    | 12.5     | 27    | 2.5  | 2.5     | 1.7   | 1.7   | 0.3   | 0.6        | 0.3               | 8.7               | 0.0           | 0.0       | 0.0    | 0.0   |
| さけ、ます         | 49    | 7.2      | 12    | 1.5  | 1.5     | 0.6   | 0.6   | 0.1   | 0.2        | 0.1               | 4.6               | 0.0           | 0.0       | 0.0    | 0.0   |
| たい、かれい類       | 50    | 8.8      | 8     | 1.6  | 1.6     | 0.2   | 0.2   | 0.0   | 0.0        | 0.0               | 6.4               | 0.0           | 0.0       | 0.0    | 0.0   |
| まぐろ、かじき類      | 51    | 2.6      | 3     | 0.6  | 0.6     | 0.1   | 0.1   | 0.0   | 0.0        | 0.0               | 1.3               | 0.0           | 0.0       | 0.0    | 0.0   |
| その他の生魚        | 52    | 15.3     | 31    | 3.0  | 3.0     | 1.9   | 1.9   | 0.5   | 0.5        | 0.4               | 10.7              | 0.0           | 0.0       | 0.0    | 0.0   |
| 貝類            | 53    | 2.5      | 1     | 0.2  | 0.2     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 1.5               | 0.1           | 0.0       | 0.0    | 0.0   |
| いか、たこ類        | 54    | 6.5      | 5     | 1.1  | 1.1     | 0.1   | 0.1   | 0.0   | 0.0        | 0.0               | 15.6              | 0.0           | 0.0       | 0.0    | 0.0   |
| えび、かに類        | 55    | 4.9      | 4     | 1.0  | 1.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 8.4               | 0.0           | 0.0       | 0.0    | 0.0   |
| 魚介加工品         | 56-60 | 25.0     | 42    | 5.1  | 5.1     | 1.6   | 1.6   | 0.4   | 0.5        | 0.4               | 20.6              | 1.4           | 0.0       | 0.0    | 0.0   |
| 魚介(塩蔵、生干し、乾物) | 56    | 12.8     | 27    | 3.5  | 3.5     | 1.2   | 1.2   | 0.3   | 0.4        | 0.3               | 16.8              | 0.1           | 0.0       | 0.0    | 0.0   |
| 魚介(缶詰)        | 57    | 1.1      | 2     | 0.2  | 0.2     | 0.2   | 0.2   | 0.0   | 0.0        | 0.1               | 0.5               | 0.0           | 0.0       | 0.0    | 0.0   |
| 魚介(佃煮)        | 58    | 0.2      | 1     | 0.1  | 0.1     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.8               | 0.1           | 0.0       | 0.0    | 0.0   |
| 魚介(練り製品)      | 59    | 10.6     | 12    | 1.3  | 1.3     | 0.3   | 0.3   | 0.0   | 0.1        | 0.1               | 2.4               | 1.2           | 0.0       | 0.0    | 0.0   |
| 魚肉ハム、ソーセージ    | 60    | 0.2      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.1               | 0.0           | 0.0       | 0.0    | 0.0   |
| 肉類            | 61-69 | 73.3     | 152   | 11.8 | 11.8    | 10.8  | 10.8  | 3.6   | 4.4        | 1.0               | 47.2              | 0.4           | 0.0       | 0.0    | 0.0   |
| 畜肉            | 61-64 | 55.2     | 125   | 8.8  | 8.8     | 9.4   | 9.4   | 3.2   | 3.7        | 0.9               | 31.8              | 0.4           | 0.0       | 0.0    | 0.0   |
| 牛肉            | 61    | 9.2      | 21    | 1.5  | 1.5     | 1.6   | 1.6   | 0.5   | 0.6        | 0.0               | 5.6               | 0.0           | 0.0       | 0.0    | 0.0   |
| 豚肉            | 62    | 33.7     | 71    | 5.5  | 5.5     | 5.1   | 5.1   | 1.7   | 1.9        | 0.5               | 20.0              | 0.0           | 0.0       | 0.0    | 0.0   |
| ハム、ソーセージ類     | 63    | 12.3     | 34    | 1.9  | 1.9     | 2.8   | 2.8   | 1.0   | 1.2        | 0.3               | 6.3               | 0.3           | 0.0       | 0.0    | 0.0   |
| その他の畜肉        | 64    | 0.0      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| 鳥肉            | 65,66 | 17.9     | 26    | 2.9  | 2.9     | 1.4   | 1.4   | 0.4   | 0.6        | 0.2               | 14.6              | 0.0           | 0.0       | 0.0    | 0.0   |
| 鶏肉            | 65    | 17.9     | 26    | 2.9  | 2.9     | 1.4   | 1.4   | 0.4   | 0.6        | 0.2               | 14.6              | 0.0           | 0.0       | 0.0    | 0.0   |
| その他の鳥肉        | 66    | 0.0      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| 肉類(内臓)        | 67    | 0.2      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.8               | 0.0           | 0.0       | 0.0    | 0.0   |
| その他の肉類        | 68,69 | 0.0      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| 鯨肉            | 68    | 0.0      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| その他の肉・加工品     | 69    | 0.0      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| 卵類            | 70    | 38.1     | 58    | 4.9  | 4.9     | 3.8   | 3.8   | 1.0   | 1.4        | 0.6               | 160.6             | 0.1           | 0.0       | 0.0    | 0.0   |
| 乳類            | 71-75 | 109.1    | 87    | 4.3  | 4.3     | 4.4   | 4.4   | 2.7   | 1.1        | 0.1               | 13.8              | 7.3           | 0.0       | 0.0    | 0.0   |
| 牛乳・乳製品        | 71-74 | 109.1    | 87    | 4.3  | 4.3     | 4.4   | 4.4   | 2.7   | 1.1        | 0.1               | 13.8              | 7.3           | 0.0       | 0.0    | 0.0   |
| 牛乳            | 71    | 69.3     | 45    | 2.3  | 2.3     | 2.5   | 2.5   | 1.5   | 0.6        | 0.1               | 8.0               | 3.4           | 0.0       | 0.0    | 0.0   |
| チーズ類          | 72    | 2.9      | 10    | 0.6  | 0.6     | 0.8   | 0.8   | 0.5   | 0.2        | 0.0               | 2.3               | 0.0           | 0.0       | 0.0    | 0.0   |
| 発酵乳・乳酸菌飲料     | 73    | 31.2     | 20    | 1.1  | 1.1     | 0.5   | 0.5   | 0.3   | 0.1        | 0.0               | 2.3               | 2.8           | 0.0       | 0.0    | 0.0   |
| その他の乳製品       | 74    | 5.8      | 12    | 0.2  | 0.2     | 0.7   | 0.7   | 0.4   | 0.2        | 0.0               | 1.2               | 1.1           | 0.0       | 0.0    | 0.0   |
| その他の乳類        | 75    | 0.0      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| 油脂類           | 76-80 | 8.9      | 79    | 0.0  | 0.0     | 8.6   | 8.6   | 1.5   | 3.7        | 2.7               | 2.1               | 0.0           | 0.0       | 0.0    | 0.0   |
| バター           | 76    | 0.8      | 6     | 0.0  | 0.0     | 0.7   | 0.7   | 0.4   | 0.2        | 0.0               | 1.8               | 0.0           | 0.0       | 0.0    | 0.0   |
| マーガリン         | 77    | 0.8      | 5     | 0.0  | 0.0     | 0.6   | 0.6   | 0.1   | 0.2        | 0.1               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| 植物性油脂         | 78    | 7.2      | 66    | 0.0  | 0.0     | 7.2   | 7.2   | 0.8   | 3.3        | 2.6               | 0.1               | 0.0           | 0.0       | 0.0    | 0.0   |
| 動物性油脂         | 79    | 0.1      | 1     | 0.0  | 0.0     | 0.1   | 0.1   | 0.1   | 0.1        | 0.0               | 0.1               | 0.0           | 0.0       | 0.0    | 0.0   |
| その他の油脂        | 80    | 0.0      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| 菓子類           | 81-85 | 23.2     | 76    | 1.4  | 0.0     | 2.3   | 0.0   | 1.0   | 0.8        | 0.3               | 13.2              | 12.4          | 0.4       | 0.1    | 0.3   |
| 和菓子類          | 81    | 11.5     | 36    | 0.7  | 0.0     | 0.4   | 0.0   | 0.1   | 0.1        | 0.1               | 3.7               | 7.5           | 0.2       | 0.0    | 0.2   |
| ケーキ・ペストリー類    | 82    | 3.7      | 12    | 0.3  | 0.0     | 0.5   | 0.0   | 0.2   | 0.2        | 0.1               | 5.9               | 1.5           | 0.0       | 0.0    | 0.0   |
| ビスケット類        | 83    | 1.5      | 8     | 0.1  | 0.0     | 0.4   | 0.0   | 0.2   | 0.1        | 0.0               | 0.6               | 1.0           | 0.0       | 0.0    | 0.0   |
| キャンデー類        | 84    | 0.2      | 1     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.2           | 0.0       | 0.0    | 0.0   |
| その他の菓子類       | 85    | 6.3      | 20    | 0.3  | 0.0     | 1.1   | 0.0   | 0.5   | 0.4        | 0.1               | 2.9               | 2.3           | 0.1       | 0.0    | 0.1   |
| 嗜好飲料類         | 86-91 | 527.3    | 79    | 0.7  | 0.0     | 0.1   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 7.3           | 0.0       | 0.0    | 0.0   |
| アルコール飲料       | 86-88 | 102.1    | 59    | 0.2  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 3.1           | 0.0       | 0.0    | 0.0   |
| 日本酒           | 86    | 14.1     | 15    | 0.1  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.7           | 0.0       | 0.0    | 0.0   |
| ビール           | 87    | 66.6     | 26    | 0.1  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 2.0           | 0.0       | 0.0    | 0.0   |
| 洋酒・その他        | 88    | 21.4     | 18    | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.4           | 0.0       | 0.0    | 0.0   |
| その他の嗜好飲料類     | 89-91 | 425.2    | 19    | 0.5  | 0.0     | 0.1   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 4.2           | 0.0       | 0.0    | 0.0   |
| 茶             | 89    | 182.3    | 1     | 0.2  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.2           | 0.0       | 0.0    | 0.0   |
| コーヒー・ココア      | 90    | 138.2    | 9     | 0.3  | 0.0     | 0.1   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 1.8           | 0.0       | 0.0    | 0.0   |
| その他の嗜好飲料      | 91    | 104.7    | 8     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 2.1           | 0.0       | 0.0    | 0.0   |
| 調味料・香辛料類      | 92-98 | 109.2    | 105   | 3.9  | 0.1     | 4.7   | 0.3   | 0.7   | 1.5        | 1.1               | 4.2               | 11.3          | 0.8       | 0.1    | 0.7   |
| 調味料           | 92-97 | 109.0    | 105   | 3.9  | 0.1     | 4.6   | 0.3   | 0.7   | 1.5        | 1.1               | 4.2               | 11.2          | 0.8       | 0.1    | 0.6   |
| ソース           | 92    | 1.6      | 2     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.5           | 0.0       | 0.0    | 0.0   |
| しょうゆ          | 93    | 13.7     | 10    | 1.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 1.4           | 0.0       | 0.0    | 0.0   |
| 塩             | 94    | 1.2      | 0     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.0           | 0.0       | 0.0    | 0.0   |
| マヨネーズ         | 95    | 2.8      | 17    | 0.1  | 0.0     | 1.8   | 0.2   | 0.2   | 0.9        | 0.5               | 3.4               | 0.1           | 0.0       | 0.0    | 0.0   |
| 味噌            | 96    | 12.2     | 23    | 1.5  | 0.0     | 0.7   | 0.0   | 0.1   | 0.1        | 0.4               | 0.0               | 2.8           | 0.6       | 0.1    | 0.5   |
| その他の調味料       | 97    | 77.5     | 53    | 1.3  | 0.1     | 2.1   | 0.1   | 0.4   | 0.5        | 0.2               | 0.8               | 6.5           | 0.2       | 0.1    | 0.1   |
| 香辛料・その他       | 98    | 0.2      | 1     | 0.0  | 0.0     | 0.0   | 0.0   | 0.0   | 0.0        | 0.0               | 0.0               | 0.1           | 0.0       | 0.0    | 0.0   |

|               | 食品群番号 | ビタミンA | ビタミンD | ビタミンE | ビタミンK | ビタミンB1 | ビタミンB2 | ナイアシン | ビタミンB6 | ビタミンB12 | 葉酸   | パントテン酸 | ビオチン | ビタミンC | ナトリウム   |
|---------------|-------|-------|-------|-------|-------|--------|--------|-------|--------|---------|------|--------|------|-------|---------|
|               |       | μgRE  | μg    | mg    | μg    | mg     | mg     | mgNE  | mg     | μg      | μg   | μg     | mg   | μg    | mg      |
| 魚介類           | 48-60 | 16.5  | 7.2   | 1.1   | 0.2   | 0.08   | 0.14   | 4.6   | 0.20   | 5.01    | 9.1  | 0.57   | 1.9  | 0.7   | 281.9   |
| 生魚介類          | 48-55 | 13.0  | 4.8   | 0.9   | 0.1   | 0.05   | 0.10   | 3.3   | 0.15   | 3.72    | 6.3  | 0.45   | 1.9  | 0.4   | 76.7    |
| あじ、いわし類       | 48    | 1.8   | 1.2   | 0.1   | 0.1   | 0.01   | 0.03   | 0.9   | 0.04   | 1.50    | 1.8  | 0.10   | 0.7  | 0.0   | 12.5    |
| さけ、ます         | 49    | 1.8   | 1.7   | 0.1   | 0.0   | 0.01   | 0.01   | 0.4   | 0.02   | 0.30    | 0.9  | 0.09   | 0.2  | 0.1   | 3.8     |
| たい、かれい類       | 50    | 1.7   | 0.4   | 0.1   | 0.0   | 0.01   | 0.01   | 0.2   | 0.01   | 0.24    | 0.5  | 0.05   | 0.1  | 0.0   | 17.3    |
| まぐろ、かじき類      | 51    | 0.7   | 0.3   | 0.0   | 0.0   | 0.00   | 0.00   | 0.4   | 0.02   | 0.11    | 0.1  | 0.01   | 0.1  | 0.0   | 1.3     |
| その他の生魚        | 52    | 5.6   | 1.2   | 0.3   | 0.0   | 0.02   | 0.03   | 1.0   | 0.05   | 0.46    | 1.0  | 0.12   | 0.3  | 0.2   | 8.7     |
| 貝類            | 53    | 0.4   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.73    | 0.9  | 0.01   | 0.2  | 0.0   | 7.1     |
| いか、たこ類        | 54    | 0.7   | 0.0   | 0.1   | 0.0   | 0.00   | 0.00   | 0.2   | 0.01   | 0.28    | 0.3  | 0.03   | 0.2  | 0.1   | 16.1    |
| えび、かに類        | 55    | 0.1   | 0.0   | 0.1   | 0.0   | 0.00   | 0.00   | 0.2   | 0.00   | 0.08    | 0.9  | 0.03   | 0.0  | 0.0   | 10.0    |
| 魚介加工品         | 56-60 | 3.6   | 2.4   | 0.2   | 0.1   | 0.02   | 0.04   | 1.3   | 0.05   | 1.29    | 2.8  | 0.13   | 0.1  | 0.2   | 205.2   |
| 魚介(塩蔵、生干し、乾物) | 56    | 3.2   | 2.1   | 0.1   | 0.0   | 0.02   | 0.03   | 1.0   | 0.05   | 1.08    | 2.0  | 0.12   | 0.1  | 0.2   | 111.9   |
| 魚介(缶詰)        | 57    | 0.1   | 0.0   | 0.0   | 0.1   | 0.00   | 0.00   | 0.1   | 0.00   | 0.03    | 0.1  | 0.00   | 0.0  | 0.0   | 4.4     |
| 魚介(佃煮)        | 58    | 0.1   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.07    | 0.2  | 0.00   | 0.0  | 0.0   | 4.2     |
| 魚介(練り製品)      | 59    | 0.2   | 0.2   | 0.0   | 0.0   | 0.00   | 0.01   | 0.1   | 0.00   | 0.11    | 0.5  | 0.01   | 0.0  | 0.0   | 82.7    |
| 魚肉ハム、ソーセージ    | 60    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 1.9     |
| 肉類            | 61-69 | 27.9  | 0.2   | 0.2   | 6.8   | 0.23   | 0.10   | 3.0   | 0.17   | 0.48    | 4.3  | 0.53   | 1.1  | 3.9   | 126.7   |
| 畜肉            | 61-64 | 1.8   | 0.1   | 0.1   | 1.8   | 0.22   | 0.08   | 2.1   | 0.12   | 0.36    | 1.1  | 0.34   | 0.2  | 3.7   | 120.3   |
| 牛肉            | 61    | 0.3   | 0.0   | 0.0   | 0.6   | 0.00   | 0.01   | 0.3   | 0.02   | 0.13    | 0.4  | 0.05   | 0.0  | 0.1   | 3.5     |
| 豚肉            | 62    | 1.4   | 0.1   | 0.1   | 0.9   | 0.16   | 0.05   | 1.2   | 0.08   | 0.12    | 0.4  | 0.20   | 0.2  | 0.3   | 9.3     |
| ハム、ソーセージ類     | 63    | 0.1   | 0.1   | 0.0   | 0.3   | 0.06   | 0.02   | 0.7   | 0.02   | 0.11    | 0.2  | 0.08   | 0.0  | 3.3   | 107.4   |
| その他の畜肉        | 64    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| 鳥肉            | 65,66 | 4.7   | 0.0   | 0.0   | 5.0   | 0.01   | 0.02   | 0.8   | 0.05   | 0.03    | 1.0  | 0.18   | 0.3  | 0.2   | 6.3     |
| 鶏肉            | 65    | 4.7   | 0.0   | 0.0   | 5.0   | 0.01   | 0.02   | 0.8   | 0.05   | 0.03    | 1.0  | 0.18   | 0.3  | 0.2   | 6.3     |
| その他の鳥肉        | 66    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| 肉類(内臓)        | 67    | 21.4  | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.09    | 2.2  | 0.01   | 0.6  | 0.0   | 0.1     |
| その他の肉類        | 68,69 | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| 鯨肉            | 68    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| その他の肉・加工品     | 69    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| 卵類            | 70    | 54.2  | 0.7   | 0.4   | 4.6   | 0.02   | 0.15   | 0.0   | 0.03   | 0.35    | 13.6 | 0.52   | 0.1  | 0.0   | 50.3    |
| 乳類            | 71-75 | 40.2  | 0.2   | 0.1   | 1.7   | 0.04   | 0.17   | 0.1   | 0.03   | 0.36    | 6.1  | 0.54   | 1.9  | 0.9   | 81.5    |
| 牛乳・乳製品        | 71-74 | 40.2  | 0.2   | 0.1   | 1.7   | 0.04   | 0.17   | 0.1   | 0.03   | 0.36    | 6.1  | 0.54   | 1.9  | 0.9   | 81.5    |
| 牛乳            | 71    | 25.2  | 0.2   | 0.1   | 1.3   | 0.03   | 0.11   | 0.1   | 0.02   | 0.21    | 3.2  | 0.38   | 1.2  | 0.6   | 29.3    |
| チーズ類          | 72    | 7.4   | 0.0   | 0.0   | 0.1   | 0.00   | 0.01   | 0.0   | 0.00   | 0.09    | 0.8  | 0.00   | 0.0  | 0.0   | 30.4    |
| 発酵乳・乳酸菌飲料     | 73    | 5.0   | 0.0   | 0.0   | 0.1   | 0.01   | 0.04   | 0.0   | 0.01   | 0.05    | 2.0  | 0.13   | 0.6  | 0.1   | 15.2    |
| その他の乳製品       | 74    | 2.6   | 0.0   | 0.0   | 0.1   | 0.00   | 0.01   | 0.0   | 0.00   | 0.01    | 0.2  | 0.03   | 0.1  | 0.1   | 6.7     |
| その他の乳類        | 75    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| 油脂類           | 76-80 | 4.8   | 0.0   | 1.0   | 10.7  | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 9.4     |
| バター           | 76    | 4.4   | 0.0   | 0.0   | 0.1   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 5.9     |
| マーガリン         | 77    | 0.2   | 0.0   | 0.1   | 0.5   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 3.4     |
| 植物性油脂         | 78    | 0.1   | 0.0   | 0.9   | 10.0  | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| 動物性油脂         | 79    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| その他の油脂        | 80    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.0     |
| 菓子類           | 81-85 | 9.9   | 0.1   | 0.2   | 1.0   | 0.02   | 0.03   | 0.1   | 0.01   | 0.03    | 3.2  | 0.14   | 0.5  | 0.2   | 40.6    |
| 和菓子類          | 81    | 1.3   | 0.0   | 0.0   | 0.5   | 0.01   | 0.01   | 0.1   | 0.01   | 0.01    | 1.2  | 0.05   | 0.1  | 0.0   | 23.8    |
| ケーキ・ペストリー類    | 82    | 4.1   | 0.0   | 0.0   | 0.3   | 0.00   | 0.01   | 0.0   | 0.00   | 0.01    | 0.7  | 0.03   | 0.1  | 0.0   | 6.0     |
| ビスケット類        | 83    | 1.6   | 0.0   | 0.0   | 0.1   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.1  | 0.01   | 0.0  | 0.0   | 4.2     |
| キャンデー類        | 84    | 0.1   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.1     |
| その他の菓子類       | 85    | 2.8   | 0.0   | 0.1   | 0.2   | 0.01   | 0.01   | 0.1   | 0.00   | 0.01    | 1.1  | 0.05   | 0.3  | 0.2   | 6.5     |
| 嗜好飲料類         | 86-91 | 1.0   | 0.0   | 0.0   | 1.9   | 0.00   | 0.08   | 1.6   | 0.04   | 0.03    | 23.0 | 0.10   | 3.0  | 5.0   | 17.5    |
| アルコール飲料       | 86-88 | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.01   | 0.3   | 0.03   | 0.03    | 3.4  | 0.06   | 0.3  | 0.0   | 2.3     |
| 日本酒           | 86    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.01   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.3     |
| ビール           | 87    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.01   | 0.3   | 0.02   | 0.03    | 3.4  | 0.06   | 0.2  | 0.0   | 1.3     |
| 洋酒・その他        | 88    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 0.7     |
| その他の嗜好飲料類     | 89-91 | 1.0   | 0.0   | 0.0   | 1.9   | 0.00   | 0.07   | 1.2   | 0.01   | 0.00    | 19.6 | 0.04   | 2.7  | 5.0   | 15.2    |
| 茶             | 89    | 1.0   | 0.0   | 0.0   | 1.9   | 0.00   | 0.06   | 0.3   | 0.01   | 0.00    | 19.4 | 0.03   | 0.6  | 5.0   | 3.4     |
| コーヒー・ココア      | 90    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.01   | 0.9   | 0.00   | 0.00    | 0.1  | 0.01   | 2.1  | 0.0   | 4.1     |
| その他の嗜好飲料      | 91    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.1  | 0.0   | 7.7     |
| 調味料・香辛料類      | 92-98 | 4.2   | 0.0   | 0.4   | 5.3   | 0.04   | 0.08   | 1.0   | 0.06   | 0.19    | 15.8 | 0.16   | 3.2  | 0.4   | 2,665.7 |
| 調味料           | 92-97 | 4.2   | 0.0   | 0.4   | 5.3   | 0.04   | 0.08   | 1.0   | 0.06   | 0.19    | 15.8 | 0.16   | 3.2  | 0.3   | 2,661.7 |
| ソース           | 92    | 0.1   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.1  | 0.0   | 39.3    |
| しょうゆ          | 93    | 0.0   | 0.0   | 0.0   | 0.0   | 0.01   | 0.02   | 0.2   | 0.02   | 0.01    | 4.4  | 0.06   | 1.6  | 0.0   | 772.4   |
| 塩             | 94    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 464.8   |
| マヨネーズ         | 95    | 1.2   | 0.0   | 0.2   | 3.2   | 0.00   | 0.00   | 0.0   | 0.00   | 0.01    | 0.0  | 0.01   | 0.2  | 0.0   | 26.0    |
| 味噌            | 96    | 0.0   | 0.0   | 0.1   | 1.3   | 0.00   | 0.01   | 0.2   | 0.01   | 0.01    | 7.5  | 0.00   | 1.3  | 0.0   | 566.5   |
| その他の調味料       | 97    | 2.9   | 0.0   | 0.1   | 0.7   | 0.02   | 0.04   | 0.6   | 0.02   | 0.16    | 3.9  | 0.08   | 0.1  | 0.3   | 792.7   |
| 香辛料・その他       | 98    | 0.0   | 0.0   | 0.0   | 0.0   | 0.00   | 0.00   | 0.0   | 0.00   | 0.00    | 0.0  | 0.00   | 0.0  | 0.0   | 4.0     |

|               | 食品群番号 | 食塩相当量<br>g | カリウム  | カルシウム | マグネシウム | リン    | 鉄   | 亜鉛  | 銅    |
|---------------|-------|------------|-------|-------|--------|-------|-----|-----|------|
|               |       |            | mg    | mg    | mg     | mg    | mg  | mg  | mg   |
| 魚介類           | 48-60 | 0.7        | 245.1 | 38.3  | 26.9   | 184.5 | 0.8 | 0.7 | 0.11 |
| 生魚介類          | 48-55 | 0.2        | 178.7 | 16.7  | 18.8   | 124.1 | 0.5 | 0.5 | 0.09 |
| あじ、いわし類       | 48    | 0.0        | 31.3  | 4.0   | 3.2    | 24.1  | 0.2 | 0.1 | 0.01 |
| さけ、ます         | 49    | 0.0        | 25.6  | 0.9   | 2.0    | 17.9  | 0.0 | 0.0 | 0.00 |
| たい、かれい類       | 50    | 0.0        | 26.0  | 3.2   | 2.3    | 17.8  | 0.0 | 0.1 | 0.00 |
| まぐろ、かじき類      | 51    | 0.0        | 10.0  | 0.1   | 0.9    | 7.1   | 0.0 | 0.0 | 0.00 |
| その他の生魚        | 52    | 0.0        | 51.2  | 2.6   | 4.1    | 26.5  | 0.2 | 0.1 | 0.01 |
| 貝類            | 53    | 0.0        | 3.9   | 1.3   | 1.1    | 3.2   | 0.1 | 0.1 | 0.01 |
| いか、たこ類        | 54    | 0.0        | 14.4  | 0.9   | 3.0    | 13.4  | 0.0 | 0.1 | 0.02 |
| えび、かに類        | 55    | 0.0        | 16.2  | 3.7   | 2.2    | 14.1  | 0.0 | 0.1 | 0.03 |
| 魚介加工品         | 56-60 | 0.5        | 66.5  | 21.6  | 8.0    | 60.4  | 0.3 | 0.2 | 0.02 |
| 魚介(塩蔵、生干し、乾物) | 56    | 0.3        | 50.8  | 13.1  | 5.8    | 45.6  | 0.2 | 0.1 | 0.01 |
| 魚介(缶詰)        | 57    | 0.0        | 2.4   | 0.5   | 0.3    | 2.4   | 0.0 | 0.0 | 0.00 |
| 魚介(佃煮)        | 58    | 0.0        | 1.7   | 3.0   | 0.3    | 2.6   | 0.0 | 0.0 | 0.00 |
| 魚介(練り製品)      | 59    | 0.2        | 11.3  | 4.7   | 1.6    | 9.3   | 0.1 | 0.0 | 0.01 |
| 魚肉ハム、ソーセージ    | 60    | 0.0        | 0.2   | 0.2   | 0.0    | 0.5   | 0.0 | 0.0 | 0.00 |
| 肉類            | 61-69 | 0.3        | 132.0 | 3.7   | 11.1   | 101.7 | 0.5 | 1.3 | 0.04 |
| 畜肉            | 61-64 | 0.3        | 101.6 | 2.7   | 8.1    | 80.7  | 0.4 | 1.1 | 0.03 |
| 牛肉            | 61    | 0.0        | 14.8  | 0.4   | 1.2    | 9.6   | 0.1 | 0.3 | 0.01 |
| 豚肉            | 62    | 0.0        | 59.4  | 1.3   | 4.9    | 40.5  | 0.2 | 0.6 | 0.02 |
| ハム、ソーセージ類     | 63    | 0.3        | 27.3  | 1.0   | 2.0    | 30.5  | 0.1 | 0.2 | 0.01 |
| その他の畜肉        | 64    | 0.0        | 0.0   | 0.0   | 0.0    | 0.0   | 0.0 | 0.0 | 0.00 |
| 鳥肉            | 65,66 | 0.0        | 29.9  | 1.0   | 3.0    | 20.5  | 0.1 | 0.2 | 0.01 |
| 鶏肉            | 65    | 0.0        | 29.9  | 1.0   | 3.0    | 20.5  | 0.1 | 0.2 | 0.01 |
| その他の鳥肉        | 66    | 0.0        | 0.0   | 0.0   | 0.0    | 0.0   | 0.0 | 0.0 | 0.00 |
| 肉類(内臓)        | 67    | 0.0        | 0.4   | 0.0   | 0.0    | 0.5   | 0.0 | 0.0 | 0.00 |
| その他の肉類        | 68,69 | 0.0        | 0.1   | 0.0   | 0.0    | 0.1   | 0.0 | 0.0 | 0.00 |
| 鯨肉            | 68    | 0.0        | 0.1   | 0.0   | 0.0    | 0.1   | 0.0 | 0.0 | 0.00 |
| その他の肉・加工品     | 69    | 0.0        | 0.0   | 0.0   | 0.0    | 0.0   | 0.0 | 0.0 | 0.00 |
| 卵類            | 70    | 0.1        | 49.4  | 19.5  | 4.2    | 68.8  | 0.7 | 0.5 | 0.03 |
| 乳類            | 71-75 | 0.2        | 163.8 | 136.2 | 13.0   | 120.4 | 0.0 | 0.5 | 0.01 |
| 牛乳・乳製品        | 71-74 | 0.2        | 163.8 | 136.2 | 13.0   | 120.4 | 0.0 | 0.5 | 0.01 |
| 牛乳            | 71    | 0.1        | 105.8 | 77.1  | 7.1    | 64.3  | 0.0 | 0.3 | 0.01 |
| チーズ類          | 72    | 0.1        | 1.8   | 17.6  | 0.6    | 19.8  | 0.0 | 0.1 | 0.00 |
| 発酵乳・乳酸菌飲料     | 73    | 0.0        | 45.5  | 34.3  | 4.5    | 28.1  | 0.0 | 0.1 | 0.00 |
| その他の乳製品       | 74    | 0.0        | 10.7  | 7.2   | 0.8    | 8.2   | 0.0 | 0.0 | 0.00 |
| その他の乳類        | 75    | 0.0        | 0.0   | 0.0   | 0.0    | 0.0   | 0.0 | 0.0 | 0.00 |
| 油脂類           | 76-80 | 0.0        | 0.4   | 0.2   | 0.0    | 0.2   | 0.0 | 0.0 | 0.00 |
| バター           | 76    | 0.0        | 0.2   | 0.1   | 0.0    | 0.1   | 0.0 | 0.0 | 0.00 |
| マーガリン         | 77    | 0.0        | 0.2   | 0.1   | 0.0    | 0.1   | 0.0 | 0.0 | 0.00 |
| 植物性油脂         | 78    | 0.0        | 0.0   | 0.0   | 0.0    | 0.0   | 0.0 | 0.0 | 0.00 |
| 動物性油脂         | 79    | 0.0        | 0.0   | 0.0   | 0.0    | 0.0   | 0.0 | 0.0 | 0.00 |
| その他の油脂        | 80    | 0.0        | 0.0   | 0.0   | 0.0    | 0.0   | 0.0 | 0.0 | 0.00 |
| 菓子類           | 81-85 | 0.1        | 37.8  | 11.8  | 4.7    | 21.9  | 0.2 | 0.2 | 0.03 |
| 和菓子類          | 81    | 0.1        | 12.5  | 2.2   | 2.0    | 8.7   | 0.1 | 0.1 | 0.02 |
| ケーキ・ペストリー類    | 82    | 0.0        | 4.0   | 1.7   | 0.3    | 4.1   | 0.0 | 0.0 | 0.00 |
| ビスケット類        | 83    | 0.0        | 1.7   | 1.0   | 0.2    | 1.2   | 0.0 | 0.0 | 0.00 |
| キャンデー類        | 84    | 0.0        | 0.1   | 0.1   | 0.0    | 0.1   | 0.0 | 0.0 | 0.00 |
| その他の菓子類       | 85    | 0.0        | 19.5  | 6.7   | 2.1    | 7.8   | 0.1 | 0.0 | 0.01 |
| 嗜好飲料類         | 86-91 | 0.0        | 149.1 | 15.2  | 14.4   | 22.8  | 0.3 | 0.1 | 0.02 |
| アルコール飲料       | 86-88 | 0.0        | 16.8  | 3.1   | 3.7    | 8.4   | 0.0 | 0.0 | 0.00 |
| 日本酒           | 86    | 0.0        | 0.7   | 0.4   | 0.1    | 1.0   | 0.0 | 0.0 | 0.00 |
| ビール           | 87    | 0.0        | 14.4  | 2.5   | 3.4    | 7.2   | 0.0 | 0.0 | 0.00 |
| 洋酒・その他        | 88    | 0.0        | 1.7   | 0.1   | 0.1    | 0.2   | 0.0 | 0.0 | 0.00 |
| その他の嗜好飲料類     | 89-91 | 0.0        | 132.4 | 12.1  | 10.8   | 14.3  | 0.3 | 0.1 | 0.02 |
| 茶             | 89    | 0.0        | 45.4  | 5.4   | 2.3    | 3.3   | 0.2 | 0.0 | 0.02 |
| コーヒー・ココア      | 90    | 0.0        | 80.3  | 4.7   | 8.4    | 9.8   | 0.0 | 0.0 | 0.00 |
| その他の嗜好飲料      | 91    | 0.0        | 6.7   | 2.0   | 0.2    | 1.3   | 0.0 | 0.1 | 0.00 |
| 調味料・香辛料類      | 92-98 | 6.8        | 175.4 | 25.8  | 25.2   | 71.7  | 0.9 | 0.4 | 0.06 |
| 調味料           | 92-97 | 6.8        | 174.7 | 25.6  | 25.0   | 71.5  | 0.9 | 0.4 | 0.06 |
| ソース           | 92    | 0.1        | 3.1   | 0.9   | 0.4    | 0.3   | 0.0 | 0.0 | 0.00 |
| しょうゆ          | 93    | 2.0        | 51.7  | 3.8   | 8.5    | 21.8  | 0.2 | 0.1 | 0.00 |
| 塩             | 94    | 1.2        | 1.2   | 0.3   | 0.2    | 0.0   | 0.0 | 0.0 | 0.00 |
| マヨネーズ         | 95    | 0.1        | 0.7   | 0.5   | 0.5    | 1.8   | 0.0 | 0.0 | 0.00 |
| 味噌            | 96    | 1.4        | 46.3  | 11.6  | 8.5    | 20.4  | 0.5 | 0.1 | 0.04 |
| その他の調味料       | 97    | 2.0        | 71.7  | 8.5   | 6.9    | 27.2  | 0.2 | 0.1 | 0.01 |
| 香辛料・その他       | 98    | 0.0        | 0.7   | 0.2   | 0.1    | 0.2   | 0.0 | 0.0 | 0.00 |

第5表 野菜摂取量の分布（1歳以上、性・年齢階級別）

|        |        | 総数    |       | 70g未満 |      | 70-140g未満 |      | 140-210g未満 |      | 210-280g未満 |      | 280-350g未満 |      | 350g以上 |      |
|--------|--------|-------|-------|-------|------|-----------|------|------------|------|------------|------|------------|------|--------|------|
|        |        | 人数    | %     | 人数    | %    | 人数        | %    | 人数         | %    | 人数         | %    | 人数         | %    | 人数     | %    |
| 総<br>数 | 総数     | 757   | 100.0 | 49    | 6.5  | 83        | 11.0 | 142        | 18.8 | 171        | 22.6 | 118        | 15.6 | 194    | 25.6 |
|        | 1-6歳   | 19    | 100.0 | 2     | 10.5 | 5         | 26.3 | 7          | 36.8 | 3          | 15.8 | 2          | 10.5 | -      | -    |
|        | 7-14歳  | 42    | 100.0 | 2     | 4.8  | 3         | 7.1  | 10         | 23.8 | 14         | 33.3 | 3          | 7.1  | 10     | 23.8 |
|        | 15-19歳 | 26    | 100.0 | 1     | 3.8  | 5         | 19.2 | 7          | 26.9 | 3          | 11.5 | 5          | 19.2 | 5      | 19.2 |
|        | 20-29歳 | 44    | 100.0 | 4     | 9.1  | 4         | 9.1  | 12         | 27.3 | 8          | 18.2 | 6          | 13.6 | 10     | 22.7 |
|        | 30-39歳 | 47    | 100.0 | 6     | 12.8 | 6         | 12.8 | 7          | 14.9 | 10         | 21.3 | 8          | 17.0 | 10     | 21.3 |
|        | 40-49歳 | 83    | 100.0 | 10    | 12.0 | 11        | 13.3 | 14         | 16.9 | 13         | 15.7 | 17         | 20.5 | 18     | 21.7 |
|        | 50-59歳 | 88    | 100.0 | 3     | 3.4  | 9         | 10.2 | 19         | 21.6 | 18         | 20.5 | 9          | 10.2 | 30     | 34.1 |
|        | 60-69歳 | 149   | 100.0 | 7     | 4.7  | 13        | 8.7  | 28         | 18.8 | 35         | 23.5 | 22         | 14.8 | 44     | 29.5 |
|        | 70歳以上  | 259   | 100.0 | 14    | 5.4  | 27        | 10.4 | 38         | 14.7 | 67         | 25.9 | 46         | 17.8 | 67     | 25.9 |
|        | (再掲)   |       |       |       |      |           |      |            |      |            |      |            |      |        |      |
| 20歳以上  | 670    | 100.0 | 44    | 6.6   | 70   | 10.4      | 118  | 17.6       | 151  | 22.5       | 108  | 16.1       | 179  | 26.7   |      |
| 75歳以上  | 177    | 100.0 | 10    | 5.6   | 24   | 13.6      | 23   | 13.0       | 47   | 26.6       | 26   | 14.7       | 47   | 26.6   |      |
| 男<br>性 | 総数     | 346   | 100.0 | 22    | 6.4  | 37        | 10.7 | 64         | 18.5 | 75         | 21.7 | 55         | 15.9 | 93     | 26.9 |
|        | 1-6歳   | 11    | 100.0 | -     | -    | 2         | 18.2 | 6          | 54.5 | 2          | 18.2 | 1          | 9.1  | -      | -    |
|        | 7-14歳  | 20    | 100.0 | 1     | 5.0  | 2         | 10.0 | 6          | 30.0 | 5          | 25.0 | 1          | 5.0  | 5      | 25.0 |
|        | 15-19歳 | 14    | 100.0 | 1     | 7.1  | 2         | 14.3 | 4          | 28.6 | 3          | 21.4 | 2          | 14.3 | 2      | 14.3 |
|        | 20-29歳 | 24    | 100.0 | 2     | 8.3  | 2         | 8.3  | 8          | 33.3 | 5          | 20.8 | 4          | 16.7 | 3      | 12.5 |
|        | 30-39歳 | 25    | 100.0 | 4     | 16.0 | 3         | 12.0 | 3          | 12.0 | 5          | 20.0 | 4          | 16.0 | 6      | 24.0 |
|        | 40-49歳 | 40    | 100.0 | 4     | 10.0 | 6         | 15.0 | 4          | 10.0 | 6          | 15.0 | 9          | 22.5 | 11     | 27.5 |
|        | 50-59歳 | 40    | 100.0 | 2     | 5.0  | 3         | 7.5  | 7          | 17.5 | 9          | 22.5 | 3          | 7.5  | 16     | 40.0 |
|        | 60-69歳 | 64    | 100.0 | 2     | 3.1  | 7         | 10.9 | 12         | 18.8 | 15         | 23.4 | 7          | 10.9 | 21     | 32.8 |
|        | 70歳以上  | 108   | 100.0 | 6     | 5.6  | 10        | 9.3  | 14         | 13.0 | 25         | 23.1 | 24         | 22.2 | 29     | 26.9 |
|        | (再掲)   |       |       |       |      |           |      |            |      |            |      |            |      |        |      |
| 20歳以上  | 301    | 100.0 | 20    | 6.6   | 31   | 10.3      | 48   | 15.9       | 65   | 21.6       | 51   | 16.9       | 86   | 28.6   |      |
| 75歳以上  | 75     | 100.0 | 5     | 6.7   | 9    | 12.0      | 10   | 13.3       | 18   | 24.0       | 14   | 18.7       | 19   | 25.3   |      |
| 女<br>性 | 総数     | 411   | 100.0 | 27    | 6.6  | 46        | 11.2 | 78         | 19.0 | 96         | 23.4 | 63         | 15.3 | 101    | 24.6 |
|        | 1-6歳   | 8     | 100.0 | 2     | 25.0 | 3         | 37.5 | 1          | 12.5 | 1          | 12.5 | 1          | 12.5 | -      | -    |
|        | 7-14歳  | 22    | 100.0 | 1     | 4.5  | 1         | 4.5  | 4          | 18.2 | 9          | 40.9 | 2          | 9.1  | 5      | 22.7 |
|        | 15-19歳 | 12    | 100.0 | -     | -    | 3         | 25.0 | 3          | 25.0 | -          | -    | 3          | 25.0 | 3      | 25.0 |
|        | 20-29歳 | 20    | 100.0 | 2     | 10.0 | 2         | 10.0 | 4          | 20.0 | 3          | 15.0 | 2          | 10.0 | 7      | 35.0 |
|        | 30-39歳 | 22    | 100.0 | 2     | 9.1  | 3         | 13.6 | 4          | 18.2 | 5          | 22.7 | 4          | 18.2 | 4      | 18.2 |
|        | 40-49歳 | 43    | 100.0 | 6     | 14.0 | 5         | 11.6 | 10         | 23.3 | 7          | 16.3 | 8          | 18.6 | 7      | 16.3 |
|        | 50-59歳 | 48    | 100.0 | 1     | 2.1  | 6         | 12.5 | 12         | 25.0 | 9          | 18.8 | 6          | 12.5 | 14     | 29.2 |
|        | 60-69歳 | 85    | 100.0 | 5     | 5.9  | 6         | 7.1  | 16         | 18.8 | 20         | 23.5 | 15         | 17.6 | 23     | 27.1 |
|        | 70歳以上  | 151   | 100.0 | 8     | 5.3  | 17        | 11.3 | 24         | 15.9 | 42         | 27.8 | 22         | 14.6 | 38     | 25.2 |
|        | (再掲)   |       |       |       |      |           |      |            |      |            |      |            |      |        |      |
| 20歳以上  | 369    | 100.0 | 24    | 6.5   | 39   | 10.6      | 70   | 19.0       | 86   | 23.3       | 57   | 15.4       | 93   | 25.2   |      |
| 75歳以上  | 102    | 100.0 | 5     | 4.9   | 15   | 14.7      | 13   | 12.7       | 29   | 28.4       | 12   | 11.8       | 28   | 27.5   |      |