

Japan revises standard tables of food composition

The fifth revised edition of the “Standard Tables of Food Composition in Japan” comprises 1,882 foodstuffs and 36 composition items. This is 261 foodstuffs and 17 composition items more than that present in the fourth revised edition. In Japan, the Standard Tables of Food Composition is used widely in the areas of education, research and administration as well as in the fields of collective provision of food such as school meals or nutrition guidance.

Standard composition values of food used regularly are shown by values per 100 g of edible part with one value of standard composition for each foodstuff as a rule. Though values of foodstuff composition have a wide range of variety in general due to their species, production environments and processing methods, standard composition values are decided from the viewpoint of national average when taken ordinarily throughout the year. *Contact: Office of Resources, Policy Division, Science and Technology Policy Bureau, Resources Council of the Science and Technology Agency, Japan. Tel: +81 (3) 3581 5271, ext. 361. (STA Today, December 2000)*