# Ⅳ　参考（重み付けをしていない結果）

# （栄養素等摂取状況調査）

# 表1-1 栄養素等摂取量－エネルギー・栄養素等、年齢階級別、摂取量平均値、標準偏差、中央値－総数、1歳以上

1人1日当たり

| | | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 675 | | | 18 | | | 48 | | | 18 | | | 25 | | | 60 | | | 69 | | | 74 | | | 114 | | | 249 | | |
| エネルギー | kcal | 1,923 | 585 | 1,850 | 1,254 | 364 | 1,193 | 1,958 | 581 | 1,895 | 2,059 | 494 | 1,966 | 1,733 | 569 | 1,625 | 1,935 | 648 | 1,801 | 1,923 | 629 | 1,780 | 1,990 | 618 | 1,899 | 2,000 | 478 | 2,015 | 1,915 | 585 | 1,823 |
| たんぱく質 | g | 71.5 | 24.0 | 69.3 | 43.8 | 12.3 | 45.1 | 69.5 | 19.2 | 67.6 | 74.5 | 22.8 | 66.4 | 66.0 | 18.3 | 68.3 | 70.5 | 25.9 | 62.9 | 68.9 | 23.3 | 64.3 | 71.6 | 25.0 | 71.7 | 75.6 | 21.7 | 74.5 | 73.4 | 25.3 | 70.1 |
| うち動物性 | g | 38.9 | 18.4 | 36.2 | 24.5 | 12.2 | 23.9 | 41.4 | 14.6 | 39.4 | 45.1 | 21.1 | 37.2 | 40.5 | 14.7 | 39.9 | 40.8 | 21.1 | 35.6 | 36.3 | 16.6 | 32.3 | 38.0 | 18.9 | 36.1 | 40.3 | 17.6 | 37.1 | 38.7 | 19.1 | 36.3 |
| 脂質 | g | 60.1 | 25.3 | 55.7 | 37.0 | 17.0 | 34.0 | 67.8 | 26.2 | 65.1 | 67.7 | 21.0 | 66.7 | 57.3 | 22.2 | 54.5 | 65.6 | 37.8 | 54.2 | 62.2 | 25.6 | 56.2 | 63.4 | 24.1 | 59.7 | 61.8 | 20.3 | 59.8 | 56.4 | 23.4 | 53.3 |
| うち動物性 | g | 30.8 | 18.2 | 29.0 | 20.2 | 10.7 | 21.0 | 39.8 | 17.6 | 36.5 | 38.0 | 18.8 | 36.7 | 31.5 | 13.5 | 30.1 | 36.1 | 32.1 | 31.5 | 31.6 | 17.9 | 31.0 | 30.4 | 14.8 | 30.9 | 30.5 | 14.7 | 29.5 | 28.0 | 15.8 | 24.8 |
| 飽和脂肪酸 | g | 17.39 | 8.59 | 15.95 | 12.91 | 7.09 | 11.30 | 23.62 | 10.24 | 21.03 | 20.33 | 7.24 | 20.20 | 16.24 | 7.83 | 14.42 | 19.16 | 13.24 | 15.96 | 17.66 | 8.31 | 16.26 | 17.82 | 7.98 | 17.41 | 17.07 | 6.60 | 15.87 | 15.93 | 7.46 | 15.13 |
| 一価不飽和脂肪酸 | g | 21.83 | 10.47 | 20.52 | 12.53 | 6.20 | 10.94 | 23.86 | 9.93 | 22.68 | 25.55 | 8.66 | 25.28 | 21.33 | 8.02 | 21.10 | 24.99 | 17.15 | 20.71 | 22.78 | 10.20 | 21.91 | 23.42 | 9.48 | 23.04 | 22.38 | 8.53 | 21.91 | 20.13 | 9.62 | 18.98 |
| n-6系脂肪酸 | g | 10.91 | 5.29 | 10.30 | 5.73 | 2.63 | 4.83 | 10.50 | 4.13 | 10.56 | 11.79 | 4.09 | 11.25 | 10.68 | 4.79 | 10.55 | 11.32 | 5.95 | 9.44 | 11.58 | 5.40 | 10.70 | 11.87 | 5.29 | 10.65 | 11.78 | 4.92 | 11.36 | 10.35 | 5.49 | 9.86 |
| n-3系脂肪酸 | g | 2.51 | 1.79 | 1.99 | 1.23 | 0.62 | 1.22 | 1.90 | 1.16 | 1.75 | 2.20 | 1.01 | 2.18 | 2.09 | 1.97 | 1.64 | 2.26 | 1.74 | 1.96 | 2.37 | 1.74 | 1.95 | 2.77 | 2.33 | 1.94 | 2.73 | 1.61 | 2.30 | 2.70 | 1.82 | 2.20 |
| コレステロール | mg | 326 | 198 | 300 | 199 | 134 | 179 | 278 | 148 | 249 | 383 | 223 | 350 | 338 | 205 | 330 | 380 | 238 | 327 | 317 | 209 | 265 | 329 | 218 | 275 | 347 | 204 | 341 | 318 | 179 | 312 |
| 炭水化物 | g | 258.0 | 86.1 | 249.1 | 183.1 | 52.4 | 177.2 | 258.8 | 85.1 | 242.4 | 276.1 | 80.9 | 259.0 | 226.9 | 85.5 | 231.4 | 249.0 | 87.6 | 258.4 | 253.2 | 93.5 | 237.1 | 262.7 | 88.5 | 258.4 | 261.1 | 74.3 | 254.1 | 265.8 | 88.1 | 251.8 |
| 食物繊維 | g | 19.7 | 7.9 | 18.6 | 11.3 | 2.7 | 11.2 | 16.4 | 5.2 | 16.2 | 18.1 | 6.2 | 17.0 | 14.9 | 5.2 | 15.6 | 17.1 | 6.6 | 16.0 | 18.6 | 7.4 | 17.4 | 18.8 | 6.0 | 18.1 | 21.2 | 6.8 | 21.6 | 22.1 | 9.2 | 21.6 |
| うち水溶性 | g | 3.9 | 1.9 | 3.6 | 2.4 | 0.9 | 2.1 | 3.3 | 1.7 | 2.9 | 3.0 | 1.1 | 2.7 | 2.2 | 1.2 | 1.9 | 3.1 | 1.4 | 2.9 | 3.6 | 2.0 | 3.4 | 3.5 | 1.5 | 3.5 | 4.2 | 1.6 | 4.4 | 4.5 | 2.2 | 4.4 |
| うち不溶性 | g | 12.4 | 5.6 | 11.4 | 6.8 | 1.4 | 6.7 | 9.8 | 3.1 | 9.1 | 10.5 | 4.3 | 10.0 | 8.5 | 3.1 | 8.4 | 10.3 | 4.4 | 9.4 | 11.3 | 5.0 | 10.8 | 11.4 | 4.1 | 11.4 | 13.5 | 4.7 | 13.7 | 14.3 | 6.5 | 13.6 |
| ビタミンA | μgRAE[*1] | 491 | 465 | 406 | 487 | 372 | 369 | 462 | 240 | 414 | 371 | 193 | 336 | 270 | 175 | 218 | 428 | 414 | 326 | 447 | 356 | 363 | 399 | 283 | 362 | 509 | 374 | 458 | 575 | 618 | 457 |
| ビタミンD | μg | 7.2 | 8.6 | 3.4 | 7.1 | 7.5 | 4.8 | 4.6 | 4.2 | 2.9 | 4.2 | 3.8 | 2.8 | 3.9 | 5.5 | 1.6 | 7.1 | 8.7 | 2.6 | 5.5 | 6.3 | 3.1 | 6.2 | 10.5 | 2.2 | 7.8 | 8.3 | 4.8 | 8.8 | 9.6 | 5.1 |
| ビタミンE | mg[*2] | 7.0 | 4.0 | 6.4 | 4.1 | 1.6 | 4.1 | 5.7 | 2.6 | 5.5 | 6.4 | 2.2 | 6.5 | 4.9 | 2.5 | 5.2 | 6.7 | 3.8 | 5.7 | 6.4 | 2.8 | 6.1 | 6.7 | 2.7 | 6.8 | 8.0 | 3.8 | 7.2 | 7.5 | 4.9 | 6.9 |
| ビタミンK | μg | 272 | 191 | 217 | 160 | 102 | 139 | 166 | 106 | 146 | 238 | 156 | 221 | 203 | 153 | 175 | 217 | 143 | 177 | 256 | 196 | 198 | 292 | 184 | 260 | 298 | 192 | 275 | 309 | 209 | 262 |
| ビタミン$B_1$ | mg | 0.97 | 0.43 | 0.89 | 0.62 | 0.17 | 0.58 | 1.09 | 0.41 | 1.07 | 0.98 | 0.31 | 1.00 | 0.95 | 0.40 | 0.84 | 1.01 | 0.53 | 0.92 | 0.96 | 0.52 | 0.76 | 0.97 | 0.44 | 0.93 | 0.95 | 0.33 | 0.91 | 0.97 | 0.44 | 0.88 |
| ビタミン$B_2$ | mg | 1.22 | 0.52 | 1.15 | 0.74 | 0.26 | 0.71 | 1.16 | 0.35 | 1.14 | 1.12 | 0.39 | 1.08 | 1.01 | 0.36 | 1.04 | 1.16 | 0.55 | 1.02 | 1.12 | 0.60 | 0.98 | 1.19 | 0.55 | 1.12 | 1.31 | 0.44 | 1.31 | 1.30 | 0.55 | 1.24 |
| ナイアシン | mgNE[*3] | 30.4 | 11.3 | 29.2 | 18.0 | 6.2 | 16.5 | 27.3 | 7.9 | 27.4 | 30.7 | 10.5 | 28.8 | 28.9 | 10.1 | 26.9 | 29.2 | 11.5 | 27.3 | 29.2 | 11.0 | 27.1 | 32.1 | 13.1 | 29.8 | 32.3 | 10.5 | 31.3 | 31.3 | 11.6 | 29.9 |
| ビタミン$B_6$ | mg | 1.21 | 0.51 | 1.15 | 0.83 | 0.19 | 0.82 | 1.04 | 0.40 | 1.02 | 1.12 | 0.37 | 1.06 | 1.01 | 0.35 | 1.11 | 1.07 | 0.46 | 1.01 | 1.05 | 0.41 | 1.03 | 1.19 | 0.51 | 1.19 | 1.31 | 0.44 | 1.29 | 1.33 | 0.57 | 1.29 |
| ビタミン$B_{12}$ | μg | 5.6 | 5.7 | 3.8 | 2.8 | 2.2 | 2.3 | 4.0 | 3.1 | 3.5 | 3.9 | 2.4 | 3.3 | 3.4 | 3.2 | 2.2 | 4.7 | 5.5 | 3.4 | 5.2 | 4.5 | 4.0 | 5.0 | 5.4 | 2.9 | 6.5 | 6.7 | 4.0 | 6.7 | 6.3 | 5.1 |
| 葉酸 | μg | 302 | 148 | 276 | 159 | 46 | 155 | 217 | 73 | 210 | 223 | 65 | 209 | 215 | 92 | 216 | 243 | 114 | 227 | 264 | 110 | 241 | 277 | 117 | 270 | 331 | 110 | 338 | 362 | 179 | 333 |
| パントテン酸 | mg | 5.85 | 2.05 | 5.72 | 4.19 | 0.97 | 4.29 | 5.88 | 1.75 | 5.92 | 6.09 | 1.36 | 5.71 | 4.94 | 1.44 | 4.92 | 5.48 | 1.98 | 5.49 | 5.31 | 2.05 | 4.88 | 5.75 | 2.11 | 5.72 | 6.19 | 1.91 | 6.23 | 6.14 | 2.20 | 6.01 |
| ビタミンC | mg | 102 | 82 | 82 | 62 | 34 | 56 | 69 | 49 | 54 | 70 | 35 | 59 | 59 | 42 | 50 | 65 | 55 | 49 | 81 | 71 | 70 | 89 | 83 | 66 | 105 | 62 | 89 | 136 | 96 | 115 |
| ナトリウム | mg | 4,149 | 1,626 | 3,958 | 2,082 | 931 | 1,819 | 3,500 | 1,307 | 3,194 | 4,518 | 1,433 | 4,124 | 3,472 | 1,412 | 3,232 | 3,725 | 1,233 | 3,480 | 4,049 | 1,478 | 3,823 | 4,116 | 1,539 | 4,071 | 4,392 | 1,551 | 4,291 | 4,495 | 1,752 | 4,338 |
| 食塩相当量 | g[*4] | 10.5 | 4.1 | 10.1 | 5.3 | 2.4 | 4.6 | 8.9 | 3.3 | 8.1 | 11.5 | 3.6 | 10.5 | 8.8 | 3.6 | 8.2 | 9.5 | 3.1 | 8.8 | 10.3 | 3.8 | 9.7 | 10.5 | 3.9 | 10.3 | 11.2 | 3.9 | 10.9 | 11.4 | 4.4 | 11.0 |
| 食塩相当量 | g/1,000kcal | 5.6 | 1.9 | 5.2 | 4.2 | 1.5 | 3.6 | 4.7 | 1.7 | 4.6 | 5.7 | 1.5 | 5.6 | 5.2 | 1.5 | 5.1 | 5.2 | 1.9 | 4.7 | 5.6 | 1.9 | 5.1 | 5.4 | 2.1 | 5.0 | 5.7 | 1.9 | 5.3 | 6.0 | 1.9 | 5.8 |
| カリウム | mg | 2,440 | 1,002 | 2,267 | 1,604 | 422 | 1,484 | 2,133 | 689 | 2,066 | 2,101 | 549 | 2,010 | 1,767 | 612 | 1,751 | 2,052 | 797 | 2,002 | 2,147 | 829 | 1,989 | 2,234 | 741 | 2,188 | 2,676 | 825 | 2,700 | 2,778 | 1,194 | 2,713 |
| カルシウム | mg | 530 | 321 | 493 | 357 | 137 | 371 | 618 | 231 | 534 | 433 | 213 | 416 | 368 | 184 | 359 | 459 | 272 | 385 | 448 | 243 | 404 | 465 | 236 | 437 | 566 | 260 | 538 | 591 | 406 | 560 |
| マグネシウム | mg | 258 | 100 | 245 | 145 | 34 | 145 | 212 | 65 | 201 | 218 | 66 | 195 | 192 | 68 | 196 | 224 | 91 | 222 | 235 | 81 | 231 | 251 | 82 | 238 | 291 | 100 | 289 | 285 | 108 | 278 |
| リン | mg | 1,029 | 382 | 984 | 656 | 197 | 675 | 1,035 | 292 | 996 | 1,003 | 313 | 905 | 863 | 276 | 842 | 987 | 393 | 906 | 945 | 326 | 904 | 1,000 | 357 | 938 | 1,102 | 340 | 1,066 | 1,082 | 433 | 1,049 |
| 鉄 | mg | 7.9 | 3.6 | 7.5 | 4.1 | 1.2 | 3.8 | 6.0 | 1.8 | 5.9 | 7.1 | 3.2 | 6.1 | 6.0 | 2.1 | 6.4 | 7.3 | 3.6 | 6.6 | 7.4 | 2.7 | 7.2 | 7.5 | 2.7 | 7.5 | 8.7 | 3.4 | 8.5 | 8.9 | 4.2 | 8.3 |
| 亜鉛 | mg | 8.2 | 2.9 | 7.9 | 5.3 | 1.4 | 5.2 | 8.4 | 2.2 | 8.5 | 9.6 | 3.7 | 8.8 | 7.6 | 2.4 | 7.8 | 8.6 | 3.5 | 8.2 | 8.0 | 2.9 | 7.5 | 8.2 | 2.7 | 8.0 | 8.4 | 2.6 | 8.2 | 8.1 | 2.9 | 7.7 |
| 銅 | mg | 1.16 | 0.43 | 1.12 | 0.74 | 0.18 | 0.74 | 0.97 | 0.28 | 0.95 | 1.07 | 0.27 | 1.01 | 0.93 | 0.33 | 0.84 | 1.07 | 0.40 | 1.10 | 1.12 | 0.39 | 1.01 | 1.14 | 0.39 | 1.12 | 1.22 | 0.38 | 1.20 | 1.26 | 0.48 | 1.20 |
| 脂肪エネルギー比率 | % | 28.0 | 7.1 | 27.7 | 26.1 | 5.9 | 27.3 | 31.0 | 6.3 | 31.0 | 29.6 | 6.7 | 29.3 | 30.0 | 7.6 | 29.9 | 29.8 | 9.3 | 28.6 | 29.2 | 8.3 | 28.7 | 28.5 | 6.5 | 29.1 | 27.9 | 6.8 | 27.7 | 26.3 | 6.4 | 26.1 |
| 炭水化物エネルギー比率 | % | 57.0 | 8.2 | 57.1 | 59.5 | 6.3 | 58.5 | 54.7 | 7.1 | 55.8 | 56.0 | 8.4 | 55.1 | 54.3 | 10.2 | 56.2 | 55.6 | 10.1 | 56.8 | 56.2 | 9.5 | 55.8 | 56.9 | 8.2 | 57.3 | 57.0 | 8.0 | 57.1 | 58.3 | 7.2 | 57.9 |
| 動物性たんぱく質比率 | %[*5] | 52.9 | 13.4 | 53.6 | 53.7 | 14.9 | 53.8 | 58.8 | 10.0 | 61.8 | 58.1 | 13.3 | 59.3 | 61.0 | 13.5 | 61.2 | 56.0 | 14.3 | 58.9 | 51.5 | 12.2 | 50.5 | 51.2 | 13.1 | 52.3 | 51.8 | 13.8 | 51.8 | 51.2 | 13.1 | 52.3 |
| 穀類ｴﾈﾙｷﾞｰ比率 | % | 37.8 | 12.6 | 37.8 | 35.9 | 8.1 | 35.9 | 39.5 | 10.3 | 39.1 | 42.9 | 10.1 | 45.4 | 41.4 | 14.9 | 43.8 | 41.7 | 13.7 | 40.2 | 41.1 | 14.6 | 40.3 | 40.3 | 12.9 | 41.6 | 34.9 | 10.5 | 35.1 | 35.6 | 12.3 | 35.3 |

[*1] RAE：レチノール活性当量　[*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)×2.54/1,000 で算出。

[*5] 炭水化物エネルギー比率＝100－たんぱく質エネルギー比率－脂肪エネルギー比率 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 591 | | | 154 | | | 162 | | | 157 | | |
| エネルギー | kcal | 1,936 | 582 | 1,857 | 1,897 | 628 | 1,783 | 1,956 | 484 | 1,899 | 1,935 | 636 | 1,847 |
| たんぱく質 | g | 72.5 | 24.2 | 70.5 | 69.1 | 23.6 | 64.3 | 73.7 | 21.7 | 71.4 | 75.0 | 27.1 | 72.4 |
| うち動物性 | g | 38.9 | 18.5 | 36.1 | 38.7 | 18.2 | 35.4 | 39.2 | 17.3 | 36.8 | 39.4 | 20.3 | 36.0 |
| 脂質 | g | 60.0 | 25.1 | 55.3 | 62.7 | 30.5 | 55.6 | 59.0 | 20.5 | 56.6 | 56.3 | 24.6 | 53.0 |
| うち動物性 | g | 30.2 | 18.1 | 28.3 | 33.4 | 23.9 | 30.8 | 29.5 | 15.0 | 27.0 | 27.6 | 16.1 | 24.0 |
| 飽和脂肪酸 | g | 16.93 | 8.29 | 15.70 | 18.01 | 10.44 | 15.93 | 16.56 | 6.96 | 15.94 | 16.01 | 7.56 | 14.96 |
| 一価不飽和脂肪酸 | g | 21.83 | 10.52 | 20.46 | 23.41 | 13.10 | 21.04 | 21.33 | 8.54 | 20.38 | 19.92 | 9.89 | 18.36 |
| n-6系脂肪酸 | g | 11.07 | 5.39 | 10.34 | 11.33 | 5.50 | 10.43 | 10.91 | 4.35 | 10.61 | 10.41 | 6.21 | 9.54 |
| n-3系脂肪酸 | g | 2.61 | 1.85 | 2.08 | 2.28 | 1.77 | 1.93 | 2.67 | 1.72 | 2.19 | 2.67 | 1.82 | 2.22 |
| コレステロール | mg | 332 | 200 | 310 | 345 | 221 | 296 | 328 | 188 | 333 | 323 | 185 | 310 |
| 炭水化物 | g | 259.7 | 86.3 | 251.8 | 247.3 | 89.9 | 243.1 | 264.6 | 73.7 | 258.8 | 269.2 | 95.3 | 255.4 |
| 食物繊維 | g | 20.3 | 8.0 | 19.4 | 17.4 | 6.9 | 16.4 | 21.9 | 7.3 | 22.2 | 22.0 | 9.9 | 20.7 |
| うち水溶性 | g | 4.0 | 2.0 | 3.7 | 3.2 | 1.7 | 2.9 | 4.6 | 2.0 | 4.7 | 4.3 | 2.2 | 4.1 |
| うち不溶性 | g | 12.8 | 5.7 | 12.0 | 10.5 | 4.6 | 9.4 | 14.1 | 5.1 | 14.4 | 14.3 | 7.1 | 12.8 |
| ビタミンA | μgRAE*1 | 498 | 487 | 407 | 411 | 362 | 327 | 509 | 313 | 464 | 615 | 735 | 457 |
| ビタミンD | μg | 7.5 | 9.0 | 3.5 | 5.9 | 7.3 | 2.6 | 7.6 | 7.9 | 4.5 | 9.7 | 10.5 | 6.1 |
| ビタミンE | mg*2 | 7.2 | 4.1 | 6.8 | 6.3 | 3.2 | 5.8 | 7.7 | 3.4 | 7.3 | 7.6 | 5.8 | 6.9 |
| ビタミンK | μg | 285 | 196 | 243 | 232 | 171 | 189 | 311 | 190 | 289 | 304 | 213 | 254 |
| ビタミン$B_1$ | mg | 0.97 | 0.44 | 0.88 | 0.98 | 0.50 | 0.86 | 0.96 | 0.39 | 0.90 | 0.97 | 0.45 | 0.88 |
| ビタミン$B_2$ | mg | 1.24 | 0.54 | 1.17 | 1.12 | 0.55 | 1.00 | 1.31 | 0.47 | 1.28 | 1.33 | 0.58 | 1.28 |
| ナイアシン | mgNE*3 | 31.1 | 11.5 | 29.6 | 29.2 | 11.0 | 27.2 | 31.5 | 10.0 | 30.8 | 31.7 | 12.1 | 30.8 |
| ビタミン$B_6$ | mg | 1.24 | 0.52 | 1.20 | 1.05 | 0.42 | 1.03 | 1.33 | 0.45 | 1.31 | 1.34 | 0.62 | 1.29 |
| ビタミン$B_{12}$ | μg | 5.9 | 5.9 | 4.0 | 4.7 | 4.7 | 3.4 | 6.6 | 7.1 | 4.9 | 6.8 | 6.0 | 5.0 |
| 葉酸 | μg | 316 | 152 | 297 | 248 | 110 | 236 | 343 | 127 | 336 | 370 | 198 | 334 |
| パントテン酸 | mg | 5.89 | 2.09 | 5.77 | 5.32 | 1.93 | 5.14 | 6.28 | 1.92 | 6.19 | 6.11 | 2.32 | 5.90 |
| ビタミンC | mg | 107 | 85 | 88 | 72 | 61 | 63 | 126 | 84 | 107 | 133 | 97 | 112 |
| ナトリウム | mg | 4,254 | 1,618 | 4,047 | 3,829 | 1,385 | 3,554 | 4,464 | 1,581 | 4,299 | 4,543 | 1,812 | 4,405 |
| 食塩相当量 | g*4 | 10.8 | 4.1 | 10.3 | 9.7 | 3.5 | 9.0 | 11.3 | 4.0 | 10.9 | 11.5 | 4.6 | 11.2 |
| 食塩相当量 | g/1,000kcal | 5.7 | 1.9 | 5.4 | 5.3 | 1.8 | 5.0 | 5.9 | 1.8 | 5.9 | 6.1 | 2.0 | 5.7 |
| カリウム | mg | 2,500 | 1,030 | 2,392 | 2,048 | 791 | 1,994 | 2,791 | 898 | 2,804 | 2,772 | 1,323 | 2,720 |
| カルシウム | mg | 531 | 331 | 493 | 440 | 247 | 385 | 566 | 259 | 548 | 619 | 479 | 561 |
| マグネシウム | mg | 266 | 101 | 256 | 224 | 84 | 226 | 286 | 92 | 278 | 291 | 119 | 286 |
| リン | mg | 1,041 | 390 | 998 | 948 | 347 | 900 | 1,079 | 325 | 1,038 | 1,108 | 492 | 1,062 |
| 鉄 | mg | 8.2 | 3.7 | 7.8 | 7.1 | 3.0 | 6.7 | 8.7 | 3.7 | 8.4 | 9.1 | 4.4 | 8.5 |
| 亜鉛 | mg | 8.2 | 2.9 | 7.9 | 8.1 | 3.1 | 7.7 | 8.3 | 2.6 | 8.0 | 8.2 | 3.1 | 7.7 |
| 銅 | mg | 1.19 | 0.43 | 1.14 | 1.07 | 0.39 | 1.05 | 1.24 | 0.38 | 1.21 | 1.27 | 0.52 | 1.21 |
| 脂肪エネルギー比率 | % | 27.7 | 7.2 | 27.4 | 29.6 | 8.5 | 28.9 | 27.1 | 6.5 | 26.5 | 25.9 | 6.2 | 26.3 |
| 炭水化物エネルギー比率 | % | 57.2 | 8.3 | 57.2 | 55.6 | 9.8 | 56.2 | 57.7 | 7.5 | 57.8 | 58.5 | 7.1 | 57.7 |
| 動物性たんぱく質比率 | %*5 | 52.3 | 13.4 | 52.8 | 54.8 | 13.6 | 54.2 | 51.6 | 13.1 | 51.8 | 50.9 | 12.9 | 53.1 |
| 穀類ｴﾈﾙｷﾞｰ比率 | % | 37.6 | 12.9 | 37.3 | 41.4 | 14.2 | 40.5 | 34.4 | 11.7 | 34.3 | 36.3 | 12.4 | 36.6 |

# 表1-2 栄養素等摂取量－エネルギー・栄養素等、年齢階級別、摂取量平均値、標準偏差、中央値－男性、1歳以上

1人1日当たり

| | | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 310 | | | 8 | | | 26 | | | 10 | | | 9 | | | 29 | | | 30 | | | 38 | | | 46 | | | 114 | | |
| エネルギー | kcal | 2,099 | 656 | 2,085 | 1,313 | 467 | 1,284 | 2,067 | 630 | 1,998 | 2,292 | 542 | 2,407 | 1,893 | 635 | 2,088 | 2,149 | 707 | 2,129 | 2,105 | 726 | 2,033 | 2,098 | 702 | 2,072 | 2,278 | 484 | 2,229 | 2,074 | 667 | 2,022 |
| たんぱく質 | g | 76.4 | 26.0 | 74.1 | 45.4 | 14.5 | 46.0 | 71.6 | 20.2 | 73.1 | 81.0 | 24.5 | 79.9 | 69.1 | 18.8 | 71.8 | 76.1 | 27.5 | 64.4 | 74.2 | 27.1 | 71.9 | 75.0 | 26.5 | 74.9 | 85.1 | 20.7 | 83.8 | 77.4 | 28.0 | 73.7 |
| うち動物性 | g | 41.5 | 19.5 | 39.2 | 26.6 | 12.6 | 28.8 | 43.4 | 15.7 | 44.6 | 49.1 | 21.3 | 46.6 | 43.1 | 17.1 | 47.3 | 42.8 | 20.8 | 39.2 | 39.1 | 20.3 | 36.5 | 40.3 | 19.3 | 39.3 | 45.5 | 17.0 | 46.5 | 40.5 | 20.8 | 36.4 |
| 脂質 | g | 63.6 | 28.2 | 58.4 | 40.9 | 21.6 | 37.0 | 69.5 | 25.5 | 65.1 | 69.1 | 23.8 | 66.2 | 61.0 | 25.3 | 56.9 | 73.7 | 44.3 | 58.9 | 62.6 | 30.5 | 56.2 | 65.6 | 26.8 | 62.6 | 67.5 | 18.0 | 69.6 | 58.9 | 26.8 | 53.5 |
| うち動物性 | g | 33.0 | 21.0 | 30.4 | 23.2 | 12.4 | 23.6 | 41.5 | 17.6 | 38.9 | 38.3 | 17.9 | 38.0 | 31.6 | 16.7 | 30.0 | 41.4 | 40.7 | 31.9 | 32.9 | 23.0 | 25.2 | 30.5 | 16.6 | 30.9 | 34.1 | 14.6 | 33.6 | 29.7 | 17.5 | 26.8 |
| 飽和脂肪酸 | g | 18.29 | 9.54 | 16.91 | 14.35 | 9.39 | 13.49 | 24.78 | 9.57 | 22.16 | 20.58 | 7.81 | 20.12 | 17.03 | 9.18 | 14.42 | 20.74 | 15.77 | 16.62 | 18.16 | 10.25 | 15.74 | 17.84 | 8.79 | 16.51 | 18.30 | 6.11 | 17.61 | 16.55 | 8.21 | 15.60 |
| 一価不飽和脂肪酸 | g | 23.23 | 11.74 | 21.31 | 13.93 | 7.11 | 11.72 | 24.63 | 9.47 | 21.76 | 25.43 | 8.91 | 24.54 | 22.79 | 9.30 | 21.20 | 28.62 | 20.53 | 23.64 | 22.60 | 12.01 | 21.50 | 24.51 | 10.45 | 23.78 | 24.53 | 7.28 | 24.41 | 21.26 | 11.12 | 19.69 |
| n-6系脂肪酸 | g | 11.54 | 5.83 | 10.71 | 6.35 | 3.05 | 5.66 | 10.24 | 4.29 | 9.47 | 12.27 | 4.78 | 12.59 | 11.97 | 5.61 | 10.75 | 13.09 | 6.73 | 11.02 | 11.36 | 5.49 | 12.25 | 12.70 | 5.77 | 12.67 | 12.97 | 5.10 | 12.46 | 10.80 | 6.27 | 9.69 |
| n-3系脂肪酸 | g | 2.61 | 1.87 | 2.11 | 1.31 | 0.74 | 1.47 | 1.78 | 1.27 | 1.64 | 2.52 | 1.22 | 2.65 | 1.77 | 0.93 | 1.64 | 2.64 | 2.04 | 2.19 | 2.41 | 1.97 | 1.89 | 2.90 | 2.52 | 2.20 | 3.07 | 1.62 | 2.85 | 2.73 | 1.84 | 2.21 |
| コレステロール | mg | 347 | 219 | 317 | 238 | 177 | 188 | 298 | 161 | 250 | 416 | 258 | 417 | 331 | 196 | 221 | 404 | 279 | 355 | 326 | 258 | 263 | 355 | 234 | 308 | 403 | 225 | 387 | 326 | 192 | 326 |
| 炭水化物 | g | 283.1 | 96.7 | 277.2 | 186.6 | 63.4 | 178.6 | 279.3 | 93.4 | 263.0 | 322.4 | 77.3 | 323.9 | 255.2 | 86.9 | 294.6 | 272.4 | 99.1 | 277.8 | 288.1 | 107.5 | 291.2 | 277.7 | 98.7 | 269.7 | 294.8 | 83.2 | 284.2 | 288.1 | 100.2 | 275.9 |
| 食物繊維 | g | 20.8 | 8.8 | 19.4 | 11.4 | 3.1 | 11.7 | 16.5 | 4.5 | 16.5 | 20.8 | 6.9 | 20.1 | 15.1 | 5.0 | 15.6 | 18.2 | 7.6 | 16.1 | 20.5 | 8.8 | 19.1 | 19.1 | 6.4 | 19.2 | 22.6 | 6.8 | 22.8 | 23.6 | 10.6 | 22.5 |
| うち水溶性 | g | 3.9 | 2.1 | 3.5 | 2.3 | 0.9 | 2.2 | 3.1 | 1.3 | 2.9 | 3.2 | 1.2 | 2.9 | 2.0 | 1.2 | 1.5 | 3.1 | 1.5 | 2.9 | 3.8 | 2.4 | 3.5 | 3.5 | 1.5 | 3.4 | 4.3 | 1.7 | 4.6 | 4.7 | 2.4 | 4.5 |
| うち不溶性 | g | 12.8 | 6.2 | 11.8 | 6.7 | 1.6 | 6.7 | 9.7 | 2.7 | 9.3 | 12.0 | 5.1 | 10.7 | 8.0 | 3.0 | 8.0 | 10.9 | 5.1 | 9.3 | 12.2 | 5.9 | 11.2 | 11.1 | 3.7 | 11.6 | 14.2 | 4.7 | 13.9 | 15.1 | 7.4 | 14.3 |
| ビタミンA | μgRE[*1] | 496 | 407 | 434 | 418 | 217 | 337 | 489 | 233 | 448 | 455 | 206 | 441 | 297 | 193 | 226 | 459 | 545 | 314 | 449 | 387 | 379 | 415 | 310 | 396 | 521 | 297 | 484 | 561 | 492 | 481 |
| ビタミンD | μg | 7.3 | 8.2 | 3.7 | 6.7 | 6.1 | 6.1 | 5.3 | 5.1 | 3.4 | 5.1 | 4.3 | 3.6 | 2.2 | 1.7 | 1.6 | 7.6 | 9.5 | 3.0 | 5.6 | 5.5 | 4.1 | 5.4 | 7.6 | 2.2 | 8.8 | 8.1 | 6.5 | 8.9 | 9.6 | 5.5 |
| ビタミンE | mg[*2] | 7.3 | 4.9 | 6.5 | 4.2 | 1.9 | 4.2 | 5.8 | 2.8 | 5.5 | 6.5 | 2.7 | 6.6 | 4.8 | 2.4 | 6.3 | 7.4 | 4.1 | 6.8 | 6.0 | 2.7 | 6.2 | 6.9 | 2.8 | 7.3 | 8.8 | 4.1 | 8.7 | 8.0 | 6.5 | 7.0 |
| ビタミンK | μg | 277 | 198 | 223 | 170 | 105 | 171 | 158 | 93 | 150 | 213 | 98 | 221 | 204 | 139 | 175 | 211 | 128 | 192 | 269 | 197 | 223 | 277 | 170 | 238 | 324 | 210 | 310 | 323 | 230 | 288 |
| ビタミン$B_1$ | mg | 1.02 | 0.46 | 0.97 | 0.63 | 0.18 | 0.58 | 1.11 | 0.41 | 1.06 | 0.98 | 0.29 | 1.00 | 1.04 | 0.48 | 0.96 | 1.10 | 0.51 | 1.03 | 0.97 | 0.55 | 0.81 | 1.03 | 0.47 | 0.96 | 1.04 | 0.34 | 1.02 | 1.01 | 0.48 | 0.96 |
| ビタミン$B_2$ | mg | 1.26 | 0.55 | 1.22 | 0.81 | 0.37 | 0.87 | 1.21 | 0.34 | 1.23 | 1.17 | 0.46 | 1.23 | 1.07 | 0.35 | 1.13 | 1.19 | 0.59 | 1.00 | 1.12 | 0.64 | 0.99 | 1.21 | 0.64 | 1.08 | 1.48 | 0.40 | 1.57 | 1.32 | 0.57 | 1.28 |
| ナイアシン | mgNE[*3] | 32.8 | 12.3 | 31.5 | 18.3 | 5.6 | 16.2 | 28.2 | 8.5 | 28.4 | 33.9 | 9.2 | 32.7 | 32.7 | 12.5 | 33.7 | 31.3 | 11.8 | 29.8 | 31.8 | 12.9 | 30.7 | 33.7 | 14.5 | 30.7 | 36.6 | 11.0 | 37.2 | 33.6 | 12.4 | 32.2 |
| ビタミン$B_6$ | mg | 1.28 | 0.53 | 1.24 | 0.81 | 0.15 | 0.82 | 1.11 | 0.45 | 1.05 | 1.21 | 0.32 | 1.17 | 1.01 | 0.42 | 0.89 | 1.12 | 0.45 | 1.10 | 1.11 | 0.47 | 1.11 | 1.18 | 0.48 | 1.23 | 1.49 | 0.46 | 1.44 | 1.42 | 0.59 | 1.35 |
| ビタミン$B_{12}$ | μg | 6.1 | 6.0 | 4.3 | 3.4 | 2.8 | 3.3 | 4.3 | 3.1 | 3.5 | 4.8 | 2.6 | 4.5 | 3.4 | 2.7 | 2.9 | 5.7 | 6.9 | 3.7 | 5.0 | 3.6 | 4.2 | 5.4 | 6.3 | 3.6 | 7.0 | 5.1 | 5.0 | 7.2 | 7.1 | 5.2 |
| 葉酸 | μg | 309 | 158 | 283 | 151 | 47 | 168 | 211 | 60 | 202 | 232 | 75 | 227 | 210 | 86 | 211 | 254 | 124 | 235 | 280 | 130 | 272 | 260 | 95 | 263 | 353 | 107 | 354 | 377 | 196 | 353 |
| パントテン酸 | mg | 6.15 | 2.16 | 6.02 | 4.35 | 1.33 | 4.32 | 6.14 | 1.74 | 6.11 | 6.29 | 1.58 | 5.86 | 5.07 | 1.30 | 5.52 | 5.68 | 2.10 | 5.72 | 5.58 | 2.23 | 5.40 | 5.79 | 2.22 | 5.80 | 7.04 | 1.82 | 7.06 | 6.38 | 2.32 | 6.17 |
| ビタミンC | mg | 102 | 83 | 82 | 53 | 25 | 59 | 75 | 49 | 61 | 71 | 25 | 59 | 50 | 19 | 43 | 66 | 64 | 47 | 89 | 87 | 71 | 74 | 50 | 62 | 104 | 52 | 93 | 140 | 103 | 119 |
| ナトリウム | mg | 4,381 | 1,710 | 4,208 | 2,186 | 966 | 2,090 | 3,397 | 1,130 | 3,081 | 4,735 | 1,805 | 4,062 | 3,288 | 1,496 | 2,549 | 3,996 | 1,279 | 3,780 | 4,248 | 1,458 | 4,373 | 4,356 | 1,615 | 4,179 | 4,924 | 1,485 | 4,842 | 4,737 | 1,895 | 4,605 |
| 食塩相当量 | g[*4] | 11.1 | 4.3 | 10.7 | 5.6 | 2.5 | 5.3 | 8.6 | 2.9 | 7.8 | 12.0 | 4.6 | 10.3 | 8.4 | 3.8 | 6.5 | 10.1 | 3.2 | 9.6 | 10.8 | 3.7 | 11.1 | 11.1 | 4.1 | 10.6 | 12.5 | 3.8 | 12.3 | 12.0 | 4.8 | 11.7 |
| 食塩相当量 | g/1,000kcal | 5.4 | 1.8 | 5.0 | 4.2 | 1.1 | 4.3 | 4.3 | 1.3 | 4.3 | 5.3 | 1.7 | 5.0 | 4.5 | 1.3 | 4.2 | 4.9 | 1.7 | 4.5 | 5.4 | 2.1 | 4.9 | 5.6 | 2.2 | 5.3 | 5.6 | 1.7 | 5.5 | 5.9 | 1.8 | 5.5 |
| カリウム | mg | 2,536 | 1,102 | 2,349 | 1,561 | 417 | 1,555 | 2,218 | 680 | 2,109 | 2,184 | 675 | 2,034 | 1,778 | 448 | 1,659 | 2,112 | 814 | 2,053 | 2,207 | 990 | 2,037 | 2,218 | 637 | 2,098 | 2,855 | 825 | 2,830 | 2,939 | 1,369 | 2,880 |
| カルシウム | mg | 548 | 377 | 501 | 377 | 191 | 450 | 644 | 230 | 585 | 473 | 193 | 457 | 381 | 151 | 385 | 493 | 314 | 388 | 442 | 243 | 417 | 463 | 237 | 440 | 599 | 276 | 563 | 608 | 515 | 575 |
| マグネシウム | mg | 271 | 108 | 254 | 145 | 44 | 150 | 219 | 63 | 214 | 237 | 77 | 225 | 189 | 55 | 196 | 242 | 99 | 237 | 245 | 92 | 238 | 250 | 83 | 231 | 324 | 105 | 337 | 302 | 119 | 290 |
| リン | mg | 1,093 | 429 | 1,058 | 683 | 253 | 704 | 1,086 | 301 | 1,121 | 1,108 | 357 | 1,076 | 909 | 258 | 842 | 1,062 | 425 | 908 | 1,001 | 376 | 995 | 1,032 | 382 | 1,014 | 1,230 | 344 | 1,144 | 1,133 | 511 | 1,086 |
| 鉄 | mg | 8.2 | 3.9 | 7.9 | 4.1 | 1.3 | 3.8 | 6.0 | 1.7 | 6.0 | 7.7 | 4.0 | 6.1 | 6.3 | 2.3 | 6.4 | 8.1 | 4.4 | 7.3 | 7.6 | 3.0 | 7.7 | 7.6 | 2.9 | 7.8 | 9.2 | 2.8 | 9.3 | 9.3 | 4.7 | 8.7 |
| 亜鉛 | mg | 8.8 | 3.2 | 8.3 | 5.6 | 2.0 | 5.9 | 8.8 | 2.3 | 8.9 | 10.5 | 4.4 | 9.3 | 8.1 | 2.4 | 8.0 | 9.4 | 3.9 | 8.7 | 8.3 | 3.4 | 7.8 | 8.7 | 3.1 | 8.9 | 9.6 | 2.5 | 9.7 | 8.5 | 3.2 | 8.0 |
| 銅 | mg | 1.24 | 0.46 | 1.21 | 0.73 | 0.21 | 0.73 | 1.03 | 0.29 | 1.01 | 1.17 | 0.31 | 1.19 | 0.97 | 0.36 | 1.08 | 1.18 | 0.46 | 1.19 | 1.20 | 0.41 | 1.23 | 1.22 | 0.44 | 1.27 | 1.38 | 0.39 | 1.37 | 1.33 | 0.53 | 1.23 |
| 脂肪エネルギー比率 | % | 27.1 | 7.3 | 27.2 | 27.8 | 6.8 | 27.8 | 30.3 | 5.8 | 30.5 | 26.7 | 5.5 | 26.9 | 28.6 | 4.6 | 28.1 | 30.0 | 9.9 | 28.6 | 26.3 | 9.0 | 27.3 | 28.1 | 7.4 | 27.5 | 27.0 | 6.1 | 27.3 | 25.3 | 6.9 | 24.8 |
| 炭水化物エネルギー比率 | % | 58.2 | 8.2 | 58.0 | 58.1 | 7.5 | 57.0 | 55.7 | 6.7 | 56.4 | 59.2 | 6.8 | 57.0 | 56.4 | 6.0 | 56.4 | 55.9 | 10.5 | 56.7 | 59.3 | 10.1 | 58.2 | 57.2 | 9.0 | 57.6 | 57.9 | 7.7 | 58.6 | 59.6 | 7.4 | 59.5 |
| 動物性たんぱく質比率 | %[*5] | 53.2 | 13.0 | 53.7 | 56.3 | 12.6 | 57.4 | 59.6 | 9.2 | 61.8 | 58.6 | 11.2 | 59.3 | 61.2 | 14.7 | 64.0 | 55.0 | 13.6 | 58.2 | 51.0 | 13.8 | 50.0 | 52.0 | 12.4 | 52.6 | 52.7 | 12.8 | 53.1 | 51.1 | 13.1 | 51.7 |
| 穀類エネルギー比率 | % | 39.5 | 13.0 | 40.1 | 34.8 | 10.2 | 35.9 | 40.5 | 10.8 | 42.4 | 45.1 | 8.6 | 46.1 | 43.7 | 10.2 | 44.5 | 42.5 | 15.1 | 45.6 | 45.2 | 16.6 | 45.1 | 42.9 | 10.5 | 43.5 | 36.0 | 11.3 | 36.1 | 36.6 | 12.9 | 36.7 |

[*1] RAE：レチノール活性当量　[*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)×2.54/1,000 で算出。

[*5] 炭水化物エネルギー比率＝100－たんぱく質エネルギー比率－脂肪エネルギー比率 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 266 | | | 68 | | | 70 | | | 73 | | |
| エネルギー | kcal | 2,118 | 654 | 2,098 | 2,096 | 702 | 2,067 | 2,138 | 552 | 2,140 | 2,123 | 709 | 2,068 |
| たんぱく質 | g | 77.6 | 26.3 | 75.1 | 74.3 | 26.1 | 71.8 | 78.9 | 23.4 | 78.1 | 79.2 | 29.6 | 74.5 |
| うち動物性 | g | 41.5 | 19.7 | 39.4 | 41.2 | 19.9 | 38.3 | 42.1 | 17.8 | 41.6 | 41.1 | 22.0 | 36.0 |
| 脂質 | g | 63.5 | 28.6 | 58.1 | 67.1 | 36.5 | 57.8 | 62.8 | 22.3 | 65.7 | 58.9 | 28.2 | 53.0 |
| うち動物性 | g | 32.3 | 21.4 | 30.1 | 36.4 | 31.2 | 30.1 | 32.0 | 15.8 | 32.6 | 29.7 | 18.6 | 26.6 |
| 飽和脂肪酸 | g | 17.69 | 9.37 | 16.23 | 19.11 | 12.71 | 16.28 | 17.61 | 7.70 | 18.59 | 16.69 | 8.22 | 15.13 |
| 一価不飽和脂肪酸 | g | 23.29 | 12.05 | 21.31 | 25.19 | 16.05 | 22.34 | 22.64 | 8.78 | 21.93 | 21.10 | 11.76 | 18.13 |
| n-6系脂肪酸 | g | 11.80 | 5.99 | 10.89 | 12.18 | 6.03 | 11.62 | 11.65 | 4.73 | 11.02 | 10.84 | 7.00 | 9.59 |
| n-3系脂肪酸 | g | 2.73 | 1.93 | 2.22 | 2.42 | 1.90 | 1.98 | 2.83 | 1.76 | 2.32 | 2.67 | 1.81 | 2.13 |
| コレステロール | mg | 352 | 223 | 328 | 360 | 259 | 274 | 358 | 218 | 368 | 333 | 192 | 318 |
| 炭水化物 | g | 284.9 | 97.1 | 278.9 | 277.0 | 100.7 | 282.1 | 284.5 | 84.7 | 281.2 | 298.1 | 106.8 | 276.9 |
| 食物繊維 | g | 21.6 | 9.1 | 20.7 | 18.8 | 8.0 | 16.5 | 23.1 | 7.8 | 23.5 | 23.7 | 11.6 | 21.9 |
| うち水溶性 | g | 4.1 | 2.1 | 3.7 | 3.3 | 2.0 | 2.9 | 4.7 | 2.1 | 5.0 | 4.5 | 2.4 | 4.1 |
| うち不溶性 | g | 13.4 | 6.3 | 12.6 | 11.1 | 5.4 | 9.3 | 14.6 | 5.4 | 14.5 | 15.2 | 8.2 | 13.2 |
| ビタミンA | μgRE*1 | 501 | 430 | 431 | 433 | 443 | 329 | 544 | 333 | 502 | 592 | 561 | 458 |
| ビタミンD | μg | 7.6 | 8.6 | 3.7 | 6.0 | 7.3 | 3.1 | 7.2 | 6.5 | 4.0 | 10.0 | 10.8 | 7.9 |
| ビタミンE | mg*2 | 7.6 | 5.1 | 6.9 | 6.4 | 3.4 | 6.3 | 8.0 | 3.6 | 7.7 | 8.2 | 7.8 | 6.9 |
| ビタミンK | μg | 294 | 205 | 256 | 236 | 164 | 201 | 321 | 188 | 310 | 322 | 241 | 258 |
| ビタミン$B_1$ | mg | 1.02 | 0.47 | 0.97 | 1.03 | 0.52 | 0.96 | 1.01 | 0.43 | 1.00 | 1.00 | 0.48 | 0.91 |
| ビタミン$B_2$ | mg | 1.29 | 0.56 | 1.23 | 1.14 | 0.58 | 1.00 | 1.39 | 0.53 | 1.37 | 1.35 | 0.56 | 1.29 |
| ナイアシン | mgNE*3 | 33.7 | 12.5 | 32.3 | 31.7 | 12.2 | 30.7 | 33.8 | 10.7 | 33.5 | 34.3 | 12.6 | 32.3 |
| ビタミン$B_6$ | mg | 1.31 | 0.54 | 1.29 | 1.10 | 0.45 | 1.10 | 1.41 | 0.47 | 1.36 | 1.45 | 0.64 | 1.37 |
| ビタミン$B_{12}$ | μg | 6.4 | 6.3 | 4.5 | 5.1 | 5.2 | 3.4 | 7.0 | 7.2 | 5.0 | 7.2 | 6.3 | 5.4 |
| 葉酸 | μg | 326 | 163 | 306 | 260 | 123 | 253 | 353 | 134 | 347 | 394 | 213 | 376 |
| パントテン酸 | mg | 6.20 | 2.21 | 6.14 | 5.56 | 2.06 | 5.51 | 6.67 | 2.13 | 6.63 | 6.43 | 2.35 | 6.16 |
| ビタミンC | mg | 108 | 87 | 88 | 74 | 72 | 61 | 123 | 82 | 106 | 142 | 107 | 119 |
| ナトリウム | mg | 4,530 | 1,699 | 4,327 | 4,013 | 1,402 | 3,831 | 4,847 | 1,647 | 4,740 | 4,760 | 1,935 | 4,688 |
| 食塩相当量 | g*4 | 11.5 | 4.3 | 11.0 | 10.2 | 3.6 | 9.7 | 12.3 | 4.2 | 12.0 | 12.1 | 4.9 | 11.9 |
| 食塩相当量 | g/1,000kcal | 5.6 | 1.9 | 5.2 | 5.1 | 1.8 | 4.8 | 5.8 | 1.8 | 5.6 | 5.8 | 1.8 | 5.3 |
| カリウム | mg | 2,610 | 1,141 | 2,474 | 2,110 | 863 | 1,992 | 2,948 | 982 | 2,955 | 2,947 | 1,517 | 2,750 |
| カルシウム | mg | 547 | 396 | 500 | 456 | 266 | 409 | 581 | 284 | 579 | 646 | 615 | 592 |
| マグネシウム | mg | 282 | 110 | 268 | 236 | 92 | 232 | 308 | 100 | 325 | 308 | 133 | 288 |
| リン | mg | 1,105 | 441 | 1,069 | 1,015 | 383 | 958 | 1,145 | 353 | 1,140 | 1,169 | 585 | 1,101 |
| 鉄 | mg | 8.6 | 4.0 | 8.3 | 7.6 | 3.6 | 7.3 | 9.1 | 4.0 | 8.8 | 9.5 | 4.8 | 9.0 |
| 亜鉛 | mg | 8.8 | 3.2 | 8.3 | 8.8 | 3.5 | 8.1 | 9.0 | 2.9 | 8.8 | 8.6 | 3.4 | 7.9 |
| 銅 | mg | 1.28 | 0.47 | 1.24 | 1.16 | 0.43 | 1.15 | 1.33 | 0.42 | 1.35 | 1.35 | 0.55 | 1.24 |
| 脂肪エネルギー比率 | % | 26.7 | 7.5 | 26.6 | 28.2 | 9.0 | 27.9 | 26.6 | 7.1 | 25.8 | 24.5 | 6.4 | 24.7 |
| 炭水化物エネルギー比率 | % | 58.4 | 8.4 | 58.3 | 57.5 | 9.9 | 57.2 | 58.6 | 8.0 | 59.0 | 60.3 | 6.8 | 59.9 |
| 動物性たんぱく質比率 | %*5 | 52.3 | 13.2 | 52.9 | 54.0 | 14.0 | 55.1 | 52.1 | 13.3 | 52.4 | 50.7 | 12.2 | 51.1 |
| 穀類ｴﾈﾙｷﾞｰ比率 | % | 39.3 | 13.3 | 39.7 | 43.9 | 15.1 | 45.1 | 35.1 | 13.1 | 34.3 | 37.7 | 12.4 | 38.2 |

# 表1-3 栄養素等摂取量－エネルギー・栄養素等、年齢階級別、摂取量平均値、標準偏差、中央値－女性、1歳以上

1人1日当たり

| | | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 365 | | | 10 | | | 22 | | | 8 | | | 16 | | | 31 | | | 39 | | | 36 | | | 68 | | | 135 | | |
| エネルギー | kcal | 1,774 | 469 | 1,734 | 1,207 | 274 | 1,134 | 1,829 | 501 | 1,806 | 1,768 | 203 | 1,717 | 1,642 | 528 | 1,493 | 1,736 | 524 | 1,672 | 1,782 | 509 | 1,635 | 1,875 | 499 | 1,889 | 1,813 | 374 | 1,776 | 1,782 | 469 | 1,715 |
| たんぱく質 | g | 67.4 | 21.4 | 65.7 | 42.5 | 10.8 | 43.0 | 67.0 | 17.9 | 61.3 | 66.3 | 18.8 | 58.7 | 64.2 | 18.4 | 61.6 | 65.2 | 23.5 | 62.2 | 64.9 | 19.3 | 61.4 | 67.9 | 23.0 | 68.6 | 69.2 | 20.1 | 70.8 | 70.0 | 22.3 | 68.9 |
| うち動物性 | g | 36.7 | 17.1 | 34.8 | 22.7 | 12.1 | 23.1 | 39.1 | 13.1 | 38.0 | 40.1 | 21.0 | 32.7 | 39.1 | 13.5 | 38.6 | 39.0 | 21.5 | 35.0 | 34.2 | 13.0 | 31.7 | 35.7 | 18.4 | 34.7 | 36.8 | 17.2 | 33.6 | 37.2 | 17.5 | 36.1 |
| 脂質 | g | 57.2 | 22.1 | 53.9 | 33.8 | 12.6 | 30.1 | 65.8 | 27.5 | 64.6 | 65.9 | 18.2 | 66.9 | 55.2 | 20.8 | 48.4 | 58.0 | 29.3 | 50.8 | 61.9 | 21.4 | 55.9 | 61.1 | 21.0 | 59.7 | 58.0 | 21.0 | 54.2 | 54.3 | 19.9 | 53.3 |
| うち動物性 | g | 28.9 | 15.1 | 26.9 | 17.8 | 9.1 | 20.1 | 37.8 | 17.8 | 31.4 | 37.6 | 21.0 | 34.9 | 31.5 | 12.0 | 32.6 | 31.1 | 20.5 | 31.2 | 30.6 | 12.9 | 31.2 | 30.4 | 13.0 | 31.1 | 28.1 | 14.4 | 26.1 | 26.5 | 14.1 | 23.5 |
| 飽和脂肪酸 | g | 16.62 | 7.62 | 15.58 | 11.76 | 4.80 | 10.69 | 22.25 | 11.04 | 18.88 | 20.01 | 6.97 | 20.22 | 15.80 | 7.26 | 14.67 | 17.69 | 10.38 | 15.55 | 17.28 | 6.56 | 16.35 | 17.80 | 7.15 | 17.87 | 16.24 | 6.84 | 15.34 | 15.41 | 6.75 | 14.90 |
| 一価不飽和脂肪酸 | g | 20.63 | 9.10 | 19.56 | 11.41 | 5.50 | 9.98 | 22.96 | 10.61 | 23.34 | 25.69 | 8.95 | 25.82 | 20.51 | 7.40 | 19.78 | 21.60 | 12.67 | 17.63 | 22.92 | 8.71 | 21.91 | 22.27 | 8.33 | 22.84 | 20.93 | 9.04 | 19.43 | 19.17 | 8.06 | 18.68 |
| n-6系脂肪酸 | g | 10.37 | 4.72 | 10.10 | 5.24 | 2.30 | 4.65 | 10.80 | 4.02 | 11.13 | 11.19 | 3.25 | 11.25 | 9.96 | 4.28 | 9.41 | 9.65 | 4.62 | 8.34 | 11.75 | 5.40 | 10.44 | 10.99 | 4.64 | 10.06 | 10.98 | 4.67 | 10.60 | 9.97 | 4.72 | 9.91 |
| n-3系脂肪酸 | g | 2.42 | 1.71 | 1.95 | 1.17 | 0.54 | 0.98 | 2.03 | 1.03 | 1.85 | 1.79 | 0.50 | 1.99 | 2.27 | 2.38 | 1.59 | 1.91 | 1.35 | 1.69 | 2.34 | 1.57 | 1.95 | 2.63 | 2.14 | 1.78 | 2.50 | 1.57 | 2.05 | 2.68 | 1.82 | 2.19 |
| コレステロール | mg | 309 | 176 | 289 | 168 | 85 | 173 | 255 | 131 | 242 | 341 | 177 | 350 | 343 | 217 | 338 | 358 | 194 | 319 | 310 | 165 | 274 | 302 | 199 | 261 | 308 | 180 | 295 | 312 | 169 | 300 |
| 炭水化物 | g | 236.7 | 69.3 | 232.4 | 180.3 | 45.1 | 168.1 | 234.6 | 68.6 | 220.8 | 218.2 | 36.1 | 202.6 | 211.0 | 83.3 | 208.7 | 227.0 | 70.0 | 245.2 | 226.4 | 71.6 | 212.9 | 246.9 | 74.4 | 246.1 | 238.3 | 57.9 | 239.4 | 247.1 | 71.5 | 234.8 |
| 食物繊維 | g | 18.7 | 6.9 | 17.8 | 11.2 | 2.5 | 11.2 | 16.3 | 6.1 | 14.4 | 14.8 | 3.0 | 14.9 | 14.8 | 5.5 | 14.6 | 16.0 | 5.4 | 15.9 | 17.1 | 5.9 | 16.3 | 18.4 | 5.6 | 17.1 | 20.2 | 6.6 | 20.5 | 20.8 | 7.6 | 19.9 |
| うち水溶性 | g | 3.8 | 1.8 | 3.6 | 2.4 | 1.0 | 1.9 | 3.6 | 2.0 | 2.9 | 2.9 | 1.1 | 2.4 | 2.4 | 1.2 | 2.3 | 3.2 | 1.4 | 3.0 | 3.5 | 1.7 | 3.2 | 3.5 | 1.5 | 3.6 | 4.1 | 1.6 | 4.2 | 4.4 | 2.0 | 4.3 |
| うち不溶性 | g | 12.0 | 5.0 | 11.0 | 6.9 | 1.4 | 6.9 | 9.9 | 3.6 | 8.9 | 8.6 | 1.8 | 8.4 | 8.7 | 3.3 | 9.2 | 9.9 | 3.7 | 9.4 | 10.6 | 4.1 | 10.4 | 11.8 | 4.5 | 10.9 | 13.1 | 4.7 | 13.4 | 13.6 | 5.5 | 12.8 |
| ビタミンA | μgRE[*1] | 487 | 510 | 383 | 542 | 467 | 369 | 429 | 249 | 345 | 266 | 115 | 237 | 254 | 169 | 216 | 400 | 239 | 376 | 445 | 335 | 329 | 383 | 256 | 343 | 500 | 420 | 443 | 587 | 708 | 443 |
| ビタミンD | μg | 7.1 | 9.0 | 3.0 | 7.5 | 8.8 | 3.0 | 3.7 | 2.8 | 2.8 | 3.1 | 2.9 | 2.2 | 4.8 | 6.6 | 1.5 | 6.7 | 8.1 | 2.6 | 5.4 | 6.9 | 2.6 | 7.1 | 13.0 | 2.2 | 7.2 | 8.4 | 3.0 | 8.8 | 9.6 | 4.9 |
| ビタミンE | mg[*2] | 6.7 | 3.0 | 6.2 | 4.0 | 1.5 | 4.1 | 5.7 | 2.3 | 5.4 | 6.3 | 1.5 | 6.3 | 5.0 | 2.6 | 5.0 | 6.1 | 3.4 | 4.7 | 6.7 | 2.9 | 6.0 | 6.5 | 2.7 | 6.3 | 7.5 | 3.5 | 7.1 | 7.2 | 2.9 | 6.9 |
| ビタミンK | μg | 267 | 184 | 214 | 152 | 104 | 139 | 175 | 120 | 141 | 270 | 212 | 227 | 202 | 165 | 160 | 223 | 158 | 140 | 245 | 198 | 189 | 307 | 199 | 304 | 281 | 179 | 226 | 297 | 190 | 256 |
| ビタミン$B_1$ | mg | 0.92 | 0.41 | 0.84 | 0.61 | 0.16 | 0.59 | 1.07 | 0.41 | 1.07 | 0.96 | 0.35 | 0.92 | 0.91 | 0.35 | 0.82 | 0.92 | 0.55 | 0.82 | 0.96 | 0.50 | 0.75 | 0.92 | 0.41 | 0.86 | 0.89 | 0.30 | 0.86 | 0.94 | 0.40 | 0.86 |
| ビタミン$B_2$ | mg | 1.18 | 0.50 | 1.11 | 0.68 | 0.11 | 0.65 | 1.10 | 0.35 | 0.98 | 1.06 | 0.32 | 0.94 | 0.97 | 0.37 | 1.03 | 1.13 | 0.51 | 1.07 | 1.11 | 0.58 | 0.98 | 1.18 | 0.45 | 1.15 | 1.20 | 0.43 | 1.18 | 1.29 | 0.54 | 1.17 |
| ナイアシン | mgNE[*3] | 28.4 | 10.1 | 27.4 | 17.7 | 6.8 | 17.4 | 26.2 | 7.1 | 27.3 | 26.7 | 11.1 | 22.5 | 26.8 | 8.2 | 26.8 | 27.3 | 11.1 | 25.9 | 27.2 | 9.0 | 25.6 | 30.4 | 11.5 | 29.6 | 29.5 | 9.2 | 28.7 | 29.4 | 10.5 | 29.2 |
| ビタミン$B_6$ | mg | 1.15 | 0.48 | 1.09 | 0.84 | 0.22 | 0.82 | 0.95 | 0.32 | 0.97 | 1.00 | 0.41 | 0.90 | 1.01 | 0.31 | 1.18 | 1.03 | 0.47 | 0.96 | 1.00 | 0.36 | 1.02 | 1.21 | 0.54 | 1.17 | 1.18 | 0.39 | 1.15 | 1.27 | 0.54 | 1.23 |
| ビタミン$B_{12}$ | μg | 5.3 | 5.4 | 3.6 | 2.3 | 1.5 | 1.8 | 3.7 | 3.1 | 3.0 | 2.9 | 1.5 | 2.3 | 3.3 | 3.5 | 2.0 | 3.7 | 3.6 | 2.9 | 5.4 | 5.1 | 3.9 | 4.4 | 4.4 | 2.3 | 6.1 | 7.6 | 3.4 | 6.3 | 5.4 | 4.8 |
| 葉酸 | μg | 296 | 139 | 273 | 165 | 46 | 145 | 223 | 87 | 217 | 211 | 52 | 208 | 218 | 97 | 217 | 233 | 104 | 219 | 253 | 93 | 228 | 295 | 135 | 293 | 317 | 111 | 319 | 349 | 164 | 321 |
| パントテン酸 | mg | 5.59 | 1.92 | 5.46 | 4.07 | 0.59 | 4.26 | 5.58 | 1.75 | 5.15 | 5.84 | 1.08 | 5.58 | 4.88 | 1.56 | 4.86 | 5.30 | 1.88 | 5.46 | 5.11 | 1.89 | 4.74 | 5.71 | 2.02 | 5.64 | 5.61 | 1.76 | 5.73 | 5.94 | 2.07 | 5.73 |
| ビタミンC | mg | 102 | 81 | 82 | 69 | 39 | 51 | 63 | 49 | 46 | 70 | 47 | 55 | 65 | 50 | 74 | 65 | 46 | 53 | 75 | 56 | 69 | 105 | 106 | 73 | 105 | 68 | 83 | 133 | 90 | 113 |
| ナトリウム | mg | 3,953 | 1,525 | 3,702 | 1,998 | 945 | 1,686 | 3,622 | 1,508 | 3,238 | 4,248 | 805 | 4,447 | 3,575 | 1,401 | 3,464 | 3,471 | 1,151 | 3,270 | 3,896 | 1,494 | 3,525 | 3,864 | 1,434 | 3,979 | 4,031 | 1,499 | 3,737 | 4,290 | 1,600 | 4,032 |
| 食塩相当量 | g[*4] | 10.0 | 3.9 | 9.4 | 5.1 | 2.4 | 4.3 | 9.2 | 3.8 | 8.2 | 10.8 | 2.0 | 11.3 | 9.1 | 3.6 | 8.8 | 8.8 | 2.9 | 8.3 | 9.9 | 3.8 | 9.0 | 9.8 | 3.6 | 10.1 | 10.2 | 3.8 | 9.5 | 10.9 | 4.1 | 10.2 |
| 食塩相当量 | g/1,000kcal | 5.7 | 1.9 | 5.4 | 4.2 | 1.8 | 3.3 | 5.2 | 1.9 | 4.8 | 6.1 | 1.1 | 6.2 | 5.6 | 1.5 | 5.4 | 5.4 | 2.1 | 5.0 | 5.7 | 1.7 | 5.5 | 5.3 | 1.9 | 4.9 | 5.7 | 2.0 | 5.3 | 6.2 | 2.0 | 6.0 |
| カリウム | mg | 2,358 | 903 | 2,219 | 1,639 | 445 | 1,440 | 2,033 | 702 | 1,971 | 1,998 | 351 | 1,919 | 1,760 | 701 | 2,033 | 1,997 | 789 | 1,947 | 2,101 | 690 | 1,989 | 2,251 | 846 | 2,278 | 2,556 | 808 | 2,388 | 2,642 | 1,008 | 2,659 |
| カルシウム | mg | 515 | 263 | 486 | 341 | 81 | 361 | 588 | 233 | 511 | 384 | 238 | 266 | 361 | 205 | 336 | 428 | 226 | 384 | 452 | 247 | 376 | 467 | 239 | 419 | 543 | 249 | 537 | 577 | 285 | 540 |
| マグネシウム | mg | 246 | 91 | 239 | 144 | 25 | 144 | 205 | 68 | 182 | 194 | 41 | 191 | 194 | 77 | 199 | 208 | 81 | 214 | 227 | 72 | 227 | 251 | 83 | 244 | 268 | 90 | 264 | 272 | 95 | 270 |
| リン | mg | 975 | 329 | 946 | 635 | 150 | 633 | 975 | 277 | 903 | 873 | 199 | 820 | 838 | 291 | 831 | 918 | 354 | 905 | 902 | 280 | 891 | 966 | 332 | 919 | 1,016 | 312 | 972 | 1,039 | 350 | 1,038 |
| 鉄 | mg | 7.6 | 3.3 | 7.3 | 4.2 | 1.3 | 3.9 | 6.0 | 1.9 | 5.9 | 6.3 | 1.8 | 6.1 | 5.8 | 2.0 | 6.5 | 6.5 | 2.3 | 6.3 | 7.2 | 2.4 | 6.7 | 7.4 | 2.6 | 7.4 | 8.3 | 3.7 | 8.1 | 8.5 | 3.6 | 8.0 |
| 亜鉛 | mg | 7.6 | 2.5 | 7.4 | 5.0 | 0.9 | 4.8 | 8.0 | 2.1 | 7.5 | 8.5 | 2.5 | 7.7 | 7.4 | 2.4 | 6.8 | 7.8 | 2.9 | 7.7 | 7.7 | 2.5 | 7.2 | 7.7 | 2.2 | 7.7 | 7.7 | 2.4 | 7.8 | 7.7 | 2.6 | 7.4 |
| 銅 | mg | 1.09 | 0.38 | 1.06 | 0.74 | 0.16 | 0.75 | 0.91 | 0.27 | 0.87 | 0.95 | 0.17 | 0.96 | 0.90 | 0.32 | 0.81 | 0.97 | 0.32 | 1.05 | 1.06 | 0.37 | 0.97 | 1.07 | 0.32 | 1.03 | 1.12 | 0.33 | 1.10 | 1.19 | 0.43 | 1.14 |
| 脂肪エネルギー比率 | % | 28.7 | 6.9 | 28.5 | 24.8 | 5.1 | 25.3 | 31.8 | 6.8 | 31.1 | 33.2 | 6.6 | 32.5 | 30.8 | 8.9 | 31.5 | 29.7 | 8.9 | 28.5 | 31.5 | 7.0 | 31.2 | 29.0 | 5.6 | 29.6 | 28.4 | 7.2 | 28.2 | 27.1 | 5.8 | 26.7 |
| 炭水化物エネルギー比率 | % | 56.0 | 8.1 | 56.4 | 60.7 | 5.4 | 59.7 | 53.4 | 7.6 | 53.7 | 51.8 | 8.8 | 52.2 | 53.0 | 12.0 | 52.2 | 55.3 | 9.7 | 56.9 | 53.8 | 8.4 | 53.1 | 56.5 | 7.4 | 56.0 | 56.3 | 8.2 | 57.1 | 57.1 | 7.0 | 57.1 |
| 動物性たんぱく質比率 | %[*5] | 52.7 | 13.7 | 53.3 | 51.6 | 16.9 | 50.6 | 57.8 | 11.1 | 61.5 | 57.4 | 16.3 | 59.5 | 60.8 | 13.2 | 59.3 | 56.9 | 15.1 | 59.2 | 52.0 | 11.1 | 50.5 | 50.2 | 14.0 | 51.9 | 51.2 | 14.6 | 51.4 | 51.3 | 13.2 | 53.5 |
| 穀類ｴﾈﾙｷﾞｰ比率 | % | 36.4 | 12.0 | 36.1 | 36.8 | 6.3 | 36.3 | 38.2 | 9.7 | 38.3 | 40.1 | 11.7 | 43.0 | 40.2 | 17.2 | 42.2 | 41.0 | 12.5 | 38.2 | 37.9 | 12.2 | 39.7 | 37.6 | 14.6 | 35.4 | 34.2 | 9.9 | 35.0 | 34.6 | 11.8 | 33.9 |

[*1] RAE：レチノール活性当量　[*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)×2.54/1,000 で算出。

[*5] 炭水化物エネルギー比率＝100－たんぱく質エネルギー比率－脂肪エネルギー比率 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 325 | | | 86 | | | 92 | | | 84 | | |
| エネルギー | kcal | 1,787 | 467 | 1,742 | 1,740 | 514 | 1,624 | 1,818 | 374 | 1,767 | 1,771 | 516 | 1,690 |
| たんぱく質 | g | 68.3 | 21.5 | 66.5 | 64.9 | 20.5 | 62.0 | 69.7 | 19.6 | 69.1 | 71.3 | 24.4 | 69.7 |
| うち動物性 | g | 36.8 | 17.3 | 34.8 | 36.8 | 16.6 | 34.6 | 36.9 | 16.7 | 34.0 | 37.8 | 18.8 | 36.2 |
| 脂質 | g | 57.1 | 21.5 | 53.9 | 59.3 | 24.3 | 52.1 | 56.1 | 18.6 | 54.4 | 54.1 | 20.9 | 53.7 |
| うち動物性 | g | 28.4 | 14.6 | 26.6 | 31.0 | 15.8 | 31.4 | 27.6 | 14.2 | 25.1 | 25.8 | 13.4 | 23.1 |
| 飽和脂肪酸 | g | 16.31 | 7.24 | 15.47 | 17.15 | 8.19 | 15.82 | 15.77 | 6.27 | 15.40 | 15.42 | 6.94 | 14.45 |
| 一価不飽和脂肪酸 | g | 20.63 | 8.92 | 19.56 | 21.99 | 10.06 | 20.24 | 20.33 | 8.27 | 19.29 | 18.90 | 7.83 | 18.83 |
| n-6系脂肪酸 | g | 10.48 | 4.77 | 10.07 | 10.66 | 4.98 | 9.24 | 10.36 | 3.97 | 10.54 | 10.04 | 5.44 | 9.49 |
| n-3系脂肪酸 | g | 2.50 | 1.77 | 1.98 | 2.17 | 1.67 | 1.80 | 2.54 | 1.70 | 2.01 | 2.66 | 1.84 | 2.26 |
| コレステロール | mg | 316 | 179 | 297 | 334 | 185 | 305 | 305 | 159 | 307 | 314 | 179 | 301 |
| 炭水化物 | g | 239.1 | 69.9 | 234.8 | 223.8 | 72.7 | 233.0 | 249.4 | 60.2 | 244.5 | 244.0 | 76.1 | 234.0 |
| 食物繊維 | g | 19.2 | 7.0 | 18.4 | 16.3 | 5.6 | 16.1 | 21.0 | 6.8 | 21.8 | 20.6 | 8.0 | 19.0 |
| うち水溶性 | g | 3.9 | 1.8 | 3.7 | 3.1 | 1.6 | 3.0 | 4.5 | 1.9 | 4.5 | 4.2 | 2.0 | 4.2 |
| うち不溶性 | g | 12.3 | 5.0 | 11.6 | 10.0 | 3.8 | 9.5 | 13.8 | 4.8 | 13.9 | 13.5 | 5.9 | 12.5 |
| ビタミンA | μgRE*1 | 495 | 529 | 391 | 393 | 284 | 315 | 482 | 297 | 419 | 635 | 862 | 457 |
| ビタミンD | μg | 7.5 | 9.3 | 3.0 | 5.8 | 7.3 | 2.4 | 7.9 | 8.8 | 4.6 | 9.4 | 10.4 | 4.7 |
| ビタミンE | mg*2 | 6.9 | 3.1 | 6.5 | 6.2 | 3.1 | 5.3 | 7.4 | 3.1 | 7.0 | 7.1 | 3.1 | 6.9 |
| ビタミンK | μg | 277 | 187 | 230 | 229 | 177 | 176 | 304 | 192 | 270 | 289 | 187 | 250 |
| ビタミン$B_1$ | mg | 0.92 | 0.41 | 0.83 | 0.94 | 0.49 | 0.82 | 0.92 | 0.35 | 0.86 | 0.95 | 0.42 | 0.87 |
| ビタミン$B_2$ | mg | 1.21 | 0.51 | 1.13 | 1.09 | 0.52 | 1.01 | 1.24 | 0.41 | 1.19 | 1.31 | 0.60 | 1.20 |
| ナイアシン | mgNE*3 | 28.9 | 10.1 | 27.8 | 27.1 | 9.6 | 26.1 | 29.7 | 9.1 | 29.3 | 29.5 | 11.3 | 28.5 |
| ビタミン$B_6$ | mg | 1.17 | 0.49 | 1.13 | 1.01 | 0.39 | 1.01 | 1.27 | 0.43 | 1.24 | 1.24 | 0.59 | 1.17 |
| ビタミン$B_{12}$ | μg | 5.5 | 5.6 | 3.6 | 4.4 | 4.4 | 3.4 | 6.4 | 7.1 | 4.2 | 6.5 | 5.7 | 4.7 |
| 葉酸 | μg | 307 | 142 | 287 | 239 | 98 | 223 | 335 | 121 | 321 | 349 | 182 | 305 |
| パントテン酸 | mg | 5.63 | 1.95 | 5.53 | 5.13 | 1.82 | 4.80 | 5.98 | 1.70 | 5.85 | 5.84 | 2.27 | 5.64 |
| ビタミンC | mg | 107 | 83 | 87 | 69 | 51 | 64 | 128 | 87 | 107 | 125 | 87 | 109 |
| ナトリウム | mg | 4,028 | 1,515 | 3,784 | 3,683 | 1,361 | 3,416 | 4,172 | 1,472 | 3,831 | 4,354 | 1,686 | 4,191 |
| 食塩相当量 | g*4 | 10.2 | 3.8 | 9.6 | 9.4 | 3.5 | 8.7 | 10.6 | 3.7 | 9.7 | 11.1 | 4.3 | 10.6 |
| 食塩相当量 | g/1,000kcal | 5.8 | 2.0 | 5.5 | 5.5 | 1.8 | 5.3 | 5.9 | 1.9 | 6.0 | 6.3 | 2.1 | 5.8 |
| カリウム | mg | 2,411 | 921 | 2,325 | 2,000 | 731 | 1,994 | 2,672 | 813 | 2,668 | 2,620 | 1,114 | 2,709 |
| カルシウム | mg | 518 | 266 | 493 | 427 | 232 | 377 | 555 | 240 | 537 | 596 | 318 | 540 |
| マグネシウム | mg | 253 | 91 | 246 | 214 | 76 | 217 | 270 | 82 | 258 | 276 | 105 | 281 |
| リン | mg | 988 | 333 | 955 | 896 | 308 | 893 | 1,028 | 294 | 997 | 1,056 | 390 | 1,058 |
| 鉄 | mg | 7.8 | 3.3 | 7.6 | 6.7 | 2.4 | 6.6 | 8.5 | 3.5 | 8.2 | 8.7 | 4.0 | 7.8 |
| 亜鉛 | mg | 7.7 | 2.5 | 7.5 | 7.6 | 2.6 | 7.2 | 7.7 | 2.3 | 7.5 | 7.9 | 2.9 | 7.5 |
| 銅 | mg | 1.11 | 0.38 | 1.10 | 1.00 | 0.34 | 0.99 | 1.18 | 0.33 | 1.17 | 1.20 | 0.48 | 1.13 |
| 脂肪エネルギー比率 | % | 28.5 | 6.9 | 28.2 | 30.7 | 8.0 | 30.4 | 27.6 | 6.0 | 27.1 | 27.0 | 5.8 | 27.0 |
| 炭水化物エネルギー比率 | % | 56.1 | 8.1 | 56.5 | 54.2 | 9.5 | 54.5 | 57.0 | 7.1 | 57.3 | 56.9 | 7.1 | 56.5 |
| 動物性たんぱく質比率 | %*5 | 52.3 | 13.7 | 52.7 | 55.4 | 13.4 | 53.7 | 51.3 | 13.0 | 51.1 | 51.1 | 13.5 | 53.9 |
| 穀類ｴﾈﾙｷﾞｰ比率 | % | 36.1 | 12.3 | 35.7 | 39.4 | 13.3 | 39.6 | 33.9 | 10.4 | 34.0 | 35.1 | 12.4 | 33.6 |

# 表2-1　栄養素等摂取量－エネルギー・栄養素等、年齢階級別、摂取量平均値、標準偏差、中央値－総数、1歳以上（年齢階級パターン2）

1人1日当たり

| | 総　数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数　人 | 675 | | | 5 | | | 9 | | | 13 | | | 19 | | | 20 | | | 9 | | | 34 | | | 129 | | |
| エネルギー　kcal | 1,923 | 585 | 1,850 | 903 | 270 | 904 | 1,354 | 348 | 1,190 | 1,698 | 419 | 1,587 | 1,809 | 590 | 1,746 | 2,170 | 579 | 2,045 | 2,109 | 493 | 2,006 | 1,806 | 563 | 1,710 | 1,929 | 635 | 1,788 |
| たんぱく質　g | 71.5 | 24.0 | 69.3 | 29.8 | 7.9 | 28.6 | 49.5 | 8.7 | 46.3 | 57.8 | 14.3 | 59.3 | 65.9 | 18.9 | 62.1 | 76.3 | 19.9 | 76.7 | 75.0 | 24.4 | 64.1 | 68.1 | 19.5 | 68.1 | 69.6 | 24.5 | 64.0 |
| うち動物性　g | 38.9 | 18.4 | 36.2 | 15.6 | 7.9 | 13.8 | 28.1 | 10.6 | 27.5 | 36.4 | 13.7 | 36.2 | 39.1 | 13.6 | 39.2 | 44.1 | 17.0 | 44.5 | 46.2 | 21.6 | 38.2 | 41.4 | 16.6 | 39.5 | 38.4 | 18.9 | 35.0 |
| 脂質　g | 60.1 | 25.3 | 55.7 | 27.0 | 9.1 | 28.4 | 42.1 | 20.1 | 34.5 | 58.1 | 25.1 | 55.4 | 63.9 | 25.3 | 64.7 | 71.8 | 28.7 | 68.5 | 71.9 | 20.6 | 72.1 | 58.9 | 21.9 | 57.2 | 63.8 | 31.8 | 55.9 |
| うち動物性　g | 30.8 | 18.2 | 29.0 | 16.9 | 8.6 | 21.0 | 23.2 | 10.9 | 23.6 | 35.2 | 20.2 | 28.8 | 36.2 | 16.5 | 31.2 | 41.9 | 18.8 | 39.4 | 39.7 | 19.0 | 37.5 | 32.8 | 15.2 | 30.3 | 33.7 | 25.5 | 31.2 |
| 飽和脂肪酸　g | 17.39 | 8.59 | 15.95 | 10.09 | 4.29 | 10.37 | 14.98 | 8.85 | 13.24 | 20.88 | 10.53 | 19.54 | 22.41 | 9.99 | 19.23 | 24.18 | 11.00 | 21.82 | 21.37 | 7.04 | 19.12 | 17.05 | 7.80 | 15.29 | 18.36 | 10.86 | 16.09 |
| 一価不飽和脂肪酸　g | 21.83 | 10.47 | 20.52 | 8.70 | 2.75 | 9.24 | 14.19 | 7.59 | 11.03 | 20.62 | 9.01 | 18.90 | 21.94 | 9.24 | 21.28 | 25.74 | 11.08 | 24.06 | 27.10 | 9.05 | 27.29 | 22.04 | 8.10 | 21.24 | 23.81 | 13.86 | 20.99 |
| n-6系脂肪酸　g | 10.91 | 5.29 | 10.30 | 4.02 | 0.93 | 3.86 | 6.39 | 3.03 | 4.79 | 8.62 | 3.43 | 8.10 | 10.21 | 4.38 | 10.93 | 11.17 | 4.28 | 10.94 | 12.52 | 4.22 | 14.64 | 10.78 | 4.55 | 10.60 | 11.46 | 5.64 | 10.30 |
| n-3系脂肪酸　g | 2.51 | 1.79 | 1.99 | 0.75 | 0.38 | 0.68 | 1.48 | 0.54 | 1.65 | 1.35 | 0.63 | 1.35 | 1.68 | 0.74 | 1.75 | 2.33 | 1.51 | 1.78 | 2.42 | 1.06 | 2.21 | 2.06 | 1.75 | 1.77 | 2.32 | 1.73 | 1.95 |
| コレステロール　mg | 326 | 198 | 300 | 132 | 107 | 94 | 208 | 62 | 173 | 282 | 160 | 230 | 273 | 149 | 240 | 277 | 165 | 259 | 378 | 183 | 381 | 351 | 220 | 324 | 347 | 224 | 292 |
| 炭水化物　g | 258.0 | 86.1 | 249.1 | 134.3 | 46.7 | 148.3 | 189.8 | 39.7 | 177.3 | 230.6 | 60.6 | 215.3 | 235.0 | 80.7 | 220.5 | 293.9 | 86.3 | 293.3 | 279.2 | 87.5 | 252.6 | 239.1 | 85.2 | 236.0 | 251.2 | 90.5 | 245.1 |
| 食物繊維　g | 19.7 | 7.9 | 18.6 | 8.9 | 3.2 | 8.8 | 11.9 | 2.2 | 11.0 | 14.2 | 3.9 | 13.3 | 15.4 | 5.0 | 15.5 | 18.1 | 5.5 | 16.7 | 18.4 | 7.9 | 16.7 | 15.7 | 5.1 | 16.1 | 17.9 | 7.1 | 16.5 |
| うち水溶性　g | 3.9 | 1.9 | 3.6 | 2.1 | 0.9 | 1.8 | 2.4 | 1.1 | 2.0 | 3.0 | 1.4 | 2.5 | 3.1 | 1.4 | 2.8 | 3.6 | 1.9 | 3.1 | 3.1 | 1.2 | 2.6 | 2.4 | 1.2 | 2.4 | 3.4 | 1.8 | 3.0 |
| うち不溶性　g | 12.4 | 5.6 | 11.4 | 5.7 | 1.9 | 5.0 | 7.2 | 1.2 | 6.7 | 8.6 | 2.5 | 8.3 | 9.2 | 2.9 | 8.8 | 10.6 | 3.4 | 9.4 | 11.0 | 5.7 | 9.9 | 8.9 | 3.0 | 8.9 | 10.9 | 4.7 | 9.6 |
| ビタミンA　μgRAE[*1] | 491 | 465 | 406 | 363 | 188 | 255 | 433 | 190 | 354 | 580 | 396 | 559 | 473 | 285 | 386 | 434 | 234 | 437 | 334 | 233 | 200 | 306 | 177 | 283 | 438 | 382 | 350 |
| ビタミンD　μg | 7.2 | 8.6 | 3.4 | 3.9 | 5.5 | 1.4 | 10.4 | 8.9 | 7.1 | 2.9 | 1.8 | 2.2 | 4.4 | 4.3 | 2.8 | 5.7 | 4.8 | 3.8 | 4.9 | 3.8 | 3.8 | 3.8 | 5.0 | 1.9 | 6.3 | 7.6 | 2.7 |
| ビタミンE　mg[*2] | 7.0 | 4.0 | 6.4 | 3.7 | 1.7 | 4.2 | 4.2 | 1.7 | 3.7 | 5.0 | 1.9 | 4.8 | 5.3 | 2.9 | 4.2 | 6.3 | 2.5 | 6.3 | 7.2 | 2.0 | 6.8 | 5.1 | 2.4 | 5.4 | 6.6 | 3.3 | 6.0 |
| ビタミンK　μg | 272 | 191 | 217 | 190 | 133 | 169 | 158 | 88 | 161 | 126 | 69 | 117 | 149 | 89 | 131 | 199 | 129 | 170 | 184 | 111 | 166 | 227 | 163 | 183 | 238 | 174 | 192 |
| ビタミンB1　mg | 0.97 | 0.43 | 0.89 | 0.53 | 0.18 | 0.48 | 0.65 | 0.16 | 0.63 | 0.96 | 0.38 | 0.93 | 1.00 | 0.35 | 1.01 | 1.17 | 0.47 | 1.06 | 1.03 | 0.30 | 1.12 | 0.95 | 0.38 | 0.86 | 0.98 | 0.52 | 0.86 |
| ビタミンB2　mg | 1.22 | 0.52 | 1.15 | 0.53 | 0.21 | 0.57 | 0.80 | 0.14 | 0.82 | 1.03 | 0.30 | 1.00 | 1.12 | 0.32 | 1.01 | 1.22 | 0.41 | 1.25 | 1.09 | 0.37 | 0.97 | 1.04 | 0.38 | 1.05 | 1.14 | 0.57 | 1.00 |
| ナイアシン　mgNE[*3] | 30.4 | 11.3 | 29.2 | 11.9 | 1.5 | 12.6 | 20.4 | 6.0 | 18.6 | 23.7 | 6.9 | 22.6 | 25.6 | 7.4 | 25.0 | 29.7 | 8.3 | 29.7 | 30.3 | 11.5 | 26.5 | 29.5 | 10.0 | 28.4 | 29.2 | 11.2 | 27.2 |
| ビタミンB6　mg | 1.21 | 0.51 | 1.15 | 0.70 | 0.10 | 0.74 | 0.91 | 0.22 | 0.90 | 1.03 | 0.47 | 0.88 | 0.95 | 0.36 | 0.89 | 1.08 | 0.37 | 1.11 | 1.11 | 0.43 | 1.03 | 1.04 | 0.34 | 1.12 | 1.06 | 0.43 | 1.03 |
| ビタミンB12　μg | 5.6 | 5.7 | 3.8 | 1.3 | 0.9 | 1.3 | 3.3 | 1.3 | 3.5 | 2.9 | 2.2 | 2.5 | 3.1 | 1.3 | 2.5 | 5.4 | 4.2 | 4.0 | 4.3 | 2.6 | 3.2 | 3.4 | 2.9 | 2.4 | 5.0 | 5.0 | 3.6 |
| 葉酸　μg | 302 | 148 | 276 | 141 | 56 | 135 | 167 | 38 | 175 | 189 | 51 | 196 | 193 | 62 | 188 | 247 | 83 | 248 | 230 | 74 | 215 | 215 | 83 | 215 | 255 | 112 | 239 |
| パントテン酸　mg | 5.85 | 2.05 | 5.72 | 3.27 | 0.84 | 3.38 | 4.52 | 0.49 | 4.38 | 5.33 | 1.23 | 5.63 | 5.60 | 1.80 | 5.10 | 6.25 | 1.94 | 6.16 | 6.02 | 1.36 | 5.66 | 5.26 | 1.52 | 5.42 | 5.39 | 2.01 | 5.24 |
| ビタミンC　mg | 102 | 82 | 82 | 61 | 46 | 48 | 66 | 33 | 60 | 62 | 40 | 48 | 54 | 38 | 44 | 85 | 56 | 64 | 85 | 44.1 | 94 | 58 | 37 | 54 | 74 | 64 | 64 |
| ナトリウム　mg | 4,149 | 1,626 | 3,958 | 1,129 | 320 | 1,174 | 2,382 | 953 | 1,838 | 2,712 | 589 | 2,864 | 3,438 | 1,569 | 3,225 | 3,891 | 1,137 | 3,793 | 4,497 | 1,636 | 4,154 | 3,754 | 1,445 | 3,586 | 3,898 | 1,374 | 3,637 |
| 食塩相当量　g[*4] | 10.5 | 4.1 | 10.1 | 2.9 | 0.8 | 3.0 | 6.1 | 2.4 | 4.7 | 6.9 | 1.5 | 7.3 | 8.7 | 4.0 | 8.2 | 9.9 | 2.9 | 9.6 | 11.4 | 4.2 | 10.6 | 9.5 | 3.7 | 9.1 | 9.9 | 3.5 | 9.2 |
| 食塩相当量　g/1,000kcal | 5.6 | 1.9 | 5.2 | 3.3 | 0.8 | 3.3 | 4.5 | 1.7 | 4.1 | 4.2 | 1.0 | 4.3 | 5.0 | 2.1 | 4.8 | 4.7 | 1.4 | 4.8 | 5.4 | 1.1 | 5.3 | 5.4 | 1.6 | 5.1 | 5.4 | 1.9 | 5.0 |
| カリウム　mg | 2,440 | 1,002 | 2,267 | 1,303 | 264 | 1,420 | 1,658 | 315 | 1,498 | 2,070 | 661 | 2,074 | 1,996 | 657 | 1,983 | 2,250 | 730 | 2,109 | 2,220 | 583 | 2,058 | 1,824 | 589 | 1,910 | 2,103 | 812 | 1,999 |
| カルシウム　mg | 530 | 321 | 493 | 276 | 117 | 347 | 387 | 110 | 378 | 521 | 217 | 462 | 624 | 226 | 544 | 630 | 253 | 534 | 433 | 228 | 456 | 385 | 191 | 375 | 453 | 256 | 387 |
| マグネシウム　mg | 258 | 100 | 245 | 113 | 25 | 122 | 158 | 28 | 157 | 178 | 46 | 164 | 206 | 68 | 193 | 228 | 67 | 214 | 219 | 81 | 188 | 198 | 64 | 196 | 230 | 86 | 230 |
| リン　mg | 1,029 | 382 | 984 | 446 | 139 | 435 | 750 | 96 | 738 | 885 | 257 | 895 | 1,003 | 286 | 931 | 1,098 | 324 | 1,172 | 1,033 | 351 | 884 | 893 | 280 | 887 | 965 | 358 | 905 |
| 鉄　mg | 7.9 | 3.6 | 7.5 | 3.2 | 0.8 | 3.3 | 4.3 | 1.2 | 3.9 | 5.1 | 1.3 | 4.7 | 5.8 | 1.8 | 5.6 | 6.6 | 1.8 | 6.4 | 7.2 | 3.7 | 6.3 | 6.3 | 2.3 | 6.2 | 7.3 | 3.1 | 6.9 |
| 亜鉛　mg | 8.2 | 2.9 | 7.9 | 3.9 | 1.1 | 3.9 | 5.7 | 1.4 | 5.6 | 7.1 | 1.8 | 6.8 | 8.2 | 2.2 | 7.5 | 8.9 | 2.4 | 9.3 | 9.6 | 3.9 | 8.3 | 8.2 | 2.9 | 8.3 | 8.2 | 3.2 | 7.7 |
| 銅　mg | 1.16 | 0.43 | 1.12 | 0.57 | 0.19 | 0.57 | 0.77 | 0.14 | 0.70 | 0.85 | 0.18 | 0.83 | 0.92 | 0.29 | 0.91 | 1.08 | 0.28 | 1.07 | 1.06 | 0.31 | 0.96 | 0.97 | 0.32 | 1.01 | 1.10 | 0.40 | 1.06 |
| 脂肪エネルギー比率　%[*5] | 28.0 | 7.1 | 27.7 | 27.4 | 5.8 | 28.3 | 26.9 | 5.5 | 26.6 | 30.2 | 8.3 | 30.4 | 31.6 | 5.0 | 31.9 | 29.3 | 7.0 | 28.4 | 30.8 | 7.0 | 31.6 | 29.5 | 7.3 | 29.6 | 29.5 | 8.7 | 28.6 |
| 炭水化物エネルギー比率　%[*5、6] | 57.0 | 8.2 | 57.1 | 59.0 | 6.8 | 58.5 | 57.9 | 3.9 | 58.6 | 56.1 | 9.3 | 55.6 | 53.6 | 6.3 | 52.1 | 56.5 | 7.7 | 57.4 | 55.0 | 9.6 | 57.2 | 54.9 | 9.5 | 55.1 | 55.9 | 9.7 | 56.1 |
| 動物性たんぱく質比率　%[*5] | 52.9 | 13.4 | 53.6 | 50.4 | 14.9 | 48.6 | 55.6 | 13.0 | 55.1 | 61.4 | 12.7 | 64.9 | 58.8 | 7.7 | 58.5 | 56.0 | 12.7 | 59.4 | 59.4 | 13.0 | 61.2 | 59.8 | 13.6 | 58.8 | 53.6 | 13.4 | 53.1 |
| 穀類エネルギー比率　%[*5] | 37.8 | 12.6 | 37.8 | 32.8 | 7.3 | 31.0 | 36.1 | 8.5 | 36.8 | 35.0 | 10.1 | 37.6 | 39.4 | 7.0 | 39.0 | 42.4 | 11.9 | 42.8 | 41.9 | 11.4 | 46.8 | 42.1 | 13.5 | 43.5 | 41.4 | 14.2 | 40.3 |

[*1] RAE:レチノール活性当量　[*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)×2.54/1,000 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。

[*6] 炭水化物エネルギー比率＝100－たんぱく質エネルギー比率－脂肪エネルギー比率 で算出。

1人1日当たり

| | 50～69歳 | | | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 188 | | | 164 | | | 85 | | | 591 | | | 162 | | | 157 | | |
| エネルギー kcal | 1,996 | 536 | 1,979 | 1,888 | 515 | 1,820 | 1,968 | 702 | 1,832 | 1,936 | 582 | 1,857 | 1,956 | 484 | 1,899 | 1,935 | 636 | 1,847 |
| たんぱく質 g | 74.0 | 23.1 | 73.5 | 72.5 | 23.2 | 70.0 | 75.2 | 29.0 | 70.3 | 72.5 | 24.2 | 70.5 | 73.7 | 21.7 | 71.4 | 75.0 | 27.1 | 72.4 |
| うち動物性 g | 39.4 | 18.1 | 36.6 | 38.4 | 18.0 | 36.6 | 39.4 | 21.2 | 34.4 | 38.9 | 18.5 | 36.1 | 39.2 | 17.3 | 36.8 | 39.4 | 20.3 | 36.0 |
| 脂質 g | 62.4 | 21.8 | 59.8 | 55.9 | 22.0 | 53.1 | 57.4 | 25.9 | 54.2 | 60.0 | 25.1 | 55.3 | 59.0 | 20.5 | 56.6 | 56.3 | 24.6 | 53.0 |
| うち動物性 g | 30.5 | 14.7 | 30.6 | 27.8 | 14.8 | 26.6 | 28.3 | 17.7 | 22.8 | 30.2 | 18.1 | 28.3 | 29.5 | 15.0 | 27.0 | 27.6 | 16.1 | 24.0 |
| 飽和脂肪酸 g | 17.37 | 7.16 | 16.19 | 15.47 | 6.76 | 14.93 | 16.82 | 8.62 | 15.49 | 16.93 | 8.29 | 15.70 | 16.56 | 6.96 | 15.94 | 16.01 | 7.56 | 14.96 |
| 一価不飽和脂肪酸 g | 22.79 | 8.91 | 22.45 | 19.97 | 9.11 | 18.34 | 20.43 | 10.59 | 19.96 | 21.83 | 10.52 | 20.46 | 21.33 | 8.54 | 20.38 | 19.92 | 9.89 | 18.36 |
| n-6系脂肪酸 g | 11.82 | 5.06 | 11.07 | 10.35 | 5.20 | 9.91 | 10.35 | 6.05 | 9.35 | 11.07 | 5.39 | 10.34 | 10.91 | 4.35 | 10.61 | 10.41 | 6.21 | 9.54 |
| n-3系脂肪酸 g | 2.75 | 1.92 | 2.17 | 2.84 | 1.92 | 2.22 | 2.43 | 1.59 | 2.09 | 2.61 | 1.85 | 2.08 | 2.67 | 1.72 | 2.19 | 2.67 | 1.82 | 2.22 |
| コレステロール mg | 340 | 209 | 318 | 319 | 174 | 317 | 318 | 190 | 290 | 332 | 200 | 310 | 328 | 188 | 333 | 323 | 185 | 310 |
| 炭水化物 g | 261.7 | 80.0 | 255.7 | 259.2 | 74.2 | 251.6 | 278.7 | 109.4 | 251.9 | 259.7 | 86.3 | 251.8 | 264.6 | 73.7 | 258.8 | 269.2 | 95.3 | 255.4 |
| 食物繊維 g | 20.2 | 6.6 | 20.2 | 21.8 | 7.9 | 21.8 | 22.7 | 11.3 | 19.7 | 20.3 | 8.0 | 19.4 | 21.9 | 7.3 | 22.2 | 22.0 | 9.9 | 20.7 |
| うち水溶性 g | 3.9 | 1.6 | 3.8 | 4.6 | 2.1 | 4.5 | 4.4 | 2.5 | 4.0 | 4.0 | 2.0 | 3.7 | 4.6 | 2.0 | 4.7 | 4.3 | 2.2 | 4.1 |
| うち不溶性 g | 12.7 | 4.6 | 12.7 | 14.1 | 5.6 | 14.3 | 14.7 | 8.0 | 12.4 | 12.8 | 5.7 | 12.0 | 14.1 | 5.1 | 14.4 | 14.3 | 7.1 | 12.8 |
| ビタミンA μgRAE[*1] | 466 | 344 | 420 | 524 | 425 | 446 | 675 | 872 | 466 | 498 | 487 | 407 | 509 | 313 | 464 | 615 | 735 | 457 |
| ビタミンD μg | 7.2 | 9.2 | 3.0 | 8.7 | 9.3 | 5.3 | 9.1 | 10.2 | 5.0 | 7.5 | 9.0 | 3.5 | 7.6 | 7.9 | 4.5 | 9.7 | 10.5 | 6.1 |
| ビタミンE mg[*2] | 7.5 | 3.5 | 7.1 | 7.2 | 3.0 | 6.9 | 8.1 | 7.3 | 7.0 | 7.2 | 4.1 | 6.8 | 7.7 | 3.4 | 7.3 | 7.6 | 5.8 | 6.9 |
| ビタミンK μg | 296 | 188 | 270 | 313 | 203 | 279 | 300 | 221 | 254 | 285 | 196 | 243 | 311 | 190 | 289 | 304 | 213 | 254 |
| ビタミンB1 mg | 0.96 | 0.37 | 0.92 | 0.95 | 0.43 | 0.87 | 1.00 | 0.45 | 0.94 | 0.97 | 0.44 | 0.88 | 0.96 | 0.39 | 0.90 | 0.97 | 0.45 | 0.88 |
| ビタミンB2 mg | 1.27 | 0.49 | 1.23 | 1.28 | 0.51 | 1.22 | 1.34 | 0.62 | 1.26 | 1.24 | 0.54 | 1.17 | 1.31 | 0.47 | 1.28 | 1.33 | 0.58 | 1.28 |
| ナイアシン mgNE[*3] | 32.3 | 11.6 | 31.2 | 31.3 | 11.0 | 30.5 | 31.3 | 12.6 | 28.6 | 31.1 | 11.5 | 29.6 | 31.5 | 10.0 | 30.8 | 31.7 | 12.1 | 30.8 |
| ビタミンB6 mg | 1.26 | 0.47 | 1.23 | 1.31 | 0.49 | 1.30 | 1.38 | 0.70 | 1.16 | 1.24 | 0.52 | 1.20 | 1.33 | 0.45 | 1.31 | 1.34 | 0.62 | 1.29 |
| ビタミンB12 μg | 5.9 | 6.2 | 3.7 | 6.8 | 6.5 | 5.1 | 6.6 | 5.8 | 5.0 | 5.9 | 5.9 | 4.0 | 6.6 | 7.1 | 4.9 | 6.8 | 6.0 | 5.0 |
| 葉酸 μg | 310 | 116 | 306 | 361 | 163 | 336 | 363 | 209 | 324 | 316 | 152 | 297 | 343 | 127 | 336 | 370 | 198 | 334 |
| パントテン酸 mg | 6.01 | 2.00 | 6.08 | 6.13 | 2.08 | 6.02 | 6.16 | 2.41 | 5.73 | 5.89 | 2.09 | 5.77 | 6.28 | 1.92 | 6.19 | 6.11 | 2.32 | 5.90 |
| ビタミンC mg | 98 | 71 | 83 | 133 | 90 | 112 | 141 | 107 | 117 | 107 | 85 | 88 | 126 | 84 | 107 | 133 | 97 | 112 |
| ナトリウム mg | 4,283 | 1,548 | 4,183 | 4,535 | 1,779 | 4,325 | 4,417 | 1,706 | 4,346 | 4,254 | 1,618 | 4,047 | 4,464 | 1,581 | 4,299 | 4,543 | 1,812 | 4,405 |
| 食塩相当量 g[*4] | 10.9 | 3.9 | 10.6 | 11.5 | 4.5 | 11.0 | 11.2 | 4.3 | 11.0 | 10.8 | 4.1 | 10.3 | 11.3 | 4.0 | 10.9 | 11.5 | 4.6 | 11.2 |
| 食塩相当量 g/1,000kcal | 5.6 | 1.9 | 5.2 | 6.1 | 1.9 | 6.0 | 5.8 | 1.9 | 5.5 | 5.7 | 1.9 | 5.4 | 5.9 | 1.8 | 5.9 | 6.1 | 2.0 | 5.7 |
| カリウム mg | 2,502 | 820 | 2,463 | 2,761 | 989 | 2,764 | 2,812 | 1,519 | 2,525 | 2,500 | 1,030 | 2,392 | 2,791 | 898 | 2,804 | 2,772 | 1,323 | 2,720 |
| カルシウム mg | 526 | 255 | 518 | 548 | 250 | 548 | 674 | 596 | 575 | 531 | 331 | 493 | 566 | 259 | 548 | 619 | 479 | 561 |
| マグネシウム mg | 275 | 95 | 271 | 281 | 92 | 279 | 294 | 133 | 278 | 266 | 101 | 256 | 286 | 92 | 278 | 291 | 119 | 286 |
| リン mg | 1,062 | 350 | 1,018 | 1,058 | 335 | 1,051 | 1,128 | 576 | 1,049 | 1,041 | 390 | 998 | 1,079 | 325 | 1,038 | 1,108 | 492 | 1,062 |
| 鉄 mg | 8.2 | 3.2 | 8.2 | 8.6 | 3.7 | 8.3 | 9.3 | 4.9 | 8.3 | 8.2 | 3.7 | 7.8 | 8.7 | 3.7 | 8.4 | 9.1 | 4.4 | 8.5 |
| 亜鉛 mg | 8.4 | 2.7 | 8.1 | 7.9 | 2.6 | 7.7 | 8.5 | 3.5 | 7.8 | 8.2 | 2.9 | 7.9 | 8.3 | 2.6 | 8.0 | 8.2 | 3.1 | 7.7 |
| 銅 mg | 1.19 | 0.38 | 1.15 | 1.23 | 0.41 | 1.19 | 1.30 | 0.59 | 1.21 | 1.19 | 0.43 | 1.14 | 1.24 | 0.38 | 1.21 | 1.27 | 0.52 | 1.21 |
| 脂肪エネルギー比率 %[*5] | 28.1 | 6.7 | 28.0 | 26.4 | 6.1 | 25.9 | 26.1 | 6.8 | 26.3 | 27.7 | 7.2 | 27.4 | 27.1 | 6.5 | 26.5 | 25.9 | 6.2 | 26.3 |
| 炭水化物エネルギー比率 %[*5、6] | 56.9 | 8.1 | 57.1 | 58.2 | 7.1 | 58.3 | 58.4 | 7.5 | 57.7 | 57.2 | 8.3 | 57.2 | 57.7 | 7.5 | 57.8 | 58.5 | 7.1 | 57.7 |
| 動物性たんぱく質比率 %[*5] | 51.6 | 13.5 | 52.0 | 51.2 | 13.6 | 52.4 | 51.4 | 12.2 | 52.1 | 52.3 | 13.4 | 52.8 | 51.6 | 13.1 | 51.8 | 50.9 | 12.9 | 53.1 |
| 穀類ｴﾈﾙｷﾞｰ比率 %[*5] | 37.1 | 11.7 | 37.6 | 34.9 | 11.9 | 34.4 | 36.8 | 13.0 | 36.6 | 37.6 | 12.9 | 37.3 | 34.4 | 11.7 | 34.3 | 36.3 | 12.4 | 36.6 |

# 表2-2 栄養素等摂取量－エネルギー・栄養素等、年齢階級別、摂取量平均値、標準偏差、中央値－男性、1歳以上（年齢階級パターン2）

1人1日当たり

| | 総数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 310 | | | 1 | | | 4 | | | 10 | | | 8 | | | 11 | | | 4 | | | 15 | | | 59 | | |
| エネルギー kcal | 2,099 | 656 | 2,085 | 470 | 0 | 470 | 1,430 | 457 | 1,238 | 1,720 | 476 | 1,631 | 1,961 | 765 | 1,722 | 2,288 | 569 | 2,252 | 2,422 | 604 | 2,375 | 2,018 | 599 | 2,092 | 2,126 | 711 | 2,046 |
| たんぱく質 g | 76.4 | 26.0 | 74.1 | 17.9 | 0.0 | 17.9 | 48.2 | 10.3 | 46.0 | 59.1 | 15.4 | 57.4 | 68.8 | 23.4 | 71.1 | 79.3 | 18.9 | 79.0 | 83.1 | 28.2 | 80.2 | 73.3 | 21.0 | 71.8 | 75.1 | 27.1 | 71.8 |
| うち動物性 g | 41.5 | 19.5 | 39.2 | 8.1 | 0.0 | 8.1 | 26.4 | 9.0 | 28.8 | 38.8 | 12.8 | 37.2 | 40.3 | 18.4 | 40.8 | 47.1 | 16.1 | 53.8 | 49.2 | 23.4 | 52.0 | 45.5 | 18.8 | 47.3 | 40.9 | 20.5 | 37.7 |
| 脂質 g | 63.6 | 28.2 | 58.4 | 17.8 | 0.0 | 17.8 | 48.5 | 25.0 | 37.3 | 59.3 | 27.2 | 55.5 | 65.5 | 33.4 | 61.5 | 73.4 | 19.7 | 69.3 | 75.3 | 21.3 | 77.7 | 62.6 | 24.9 | 57.5 | 68.1 | 38.0 | 58.7 |
| うち動物性 g | 33.0 | 21.0 | 30.4 | 13.1 | 0.0 | 13.1 | 26.1 | 15.2 | 26.1 | 38.0 | 19.7 | 31.7 | 36.7 | 22.2 | 31.8 | 43.1 | 13.5 | 44.4 | 35.1 | 17.4 | 35.1 | 35.1 | 17.8 | 30.1 | 37.1 | 32.9 | 30.1 |
| 飽和脂肪酸 g | 18.29 | 9.54 | 16.91 | 6.13 | 0.00 | 6.13 | 18.14 | 11.64 | 14.36 | 21.95 | 11.48 | 19.78 | 23.67 | 13.19 | 19.08 | 24.68 | 5.95 | 23.89 | 22.07 | 7.52 | 23.28 | 18.05 | 8.71 | 18.18 | 19.43 | 13.20 | 16.30 |
| 一価不飽和脂肪酸 g | 23.23 | 11.74 | 21.31 | 6.68 | 0.00 | 6.68 | 15.77 | 8.73 | 11.72 | 20.93 | 9.57 | 19.64 | 22.33 | 11.69 | 21.08 | 26.73 | 7.98 | 25.48 | 26.84 | 7.69 | 27.92 | 23.47 | 9.35 | 21.28 | 25.56 | 16.88 | 22.67 |
| n-6系脂肪酸 g | 11.54 | 5.83 | 10.71 | 2.98 | 0.00 | 2.98 | 7.24 | 3.16 | 6.43 | 8.35 | 3.67 | 7.48 | 9.71 | 5.25 | 8.97 | 11.27 | 4.04 | 10.96 | 13.95 | 4.50 | 15.65 | 11.64 | 5.21 | 10.64 | 12.21 | 6.14 | 12.07 |
| n-3系脂肪酸 g | 2.61 | 1.87 | 2.11 | 0.31 | 0.00 | 0.31 | 1.55 | 0.48 | 1.70 | 1.24 | 0.64 | 1.14 | 1.52 | 0.95 | 1.47 | 2.34 | 1.60 | 1.84 | 2.94 | 1.46 | 3.11 | 1.96 | 0.98 | 2.29 | 2.52 | 1.99 | 1.99 |
| コレステロール mg | 347 | 219 | 317 | 30 | 0 | 30 | 217 | 74 | 215 | 319 | 160 | 257 | 264 | 198 | 174 | 313 | 163 | 318 | 430 | 239 | 417 | 361 | 232 | 221 | 364 | 269 | 278 |
| 炭水化物 g | 283.1 | 96.7 | 277.2 | 57.9 | 0.0 | 57.9 | 196.8 | 44.9 | 177.2 | 231.8 | 67.7 | 218.6 | 265.5 | 100.4 | 238.6 | 315.3 | 90.8 | 305.3 | 341.7 | 92.4 | 341.9 | 276.9 | 83.1 | 297.9 | 280.4 | 102.9 | 280.3 |
| 食物繊維 g | 20.8 | 8.8 | 19.4 | 5.6 | 0.0 | 5.6 | 11.7 | 3.1 | 10.6 | 13.6 | 3.2 | 13.4 | 16.0 | 5.1 | 15.7 | 18.5 | 3.8 | 17.5 | 23.7 | 9.1 | 20.7 | 16.6 | 5.2 | 16.4 | 19.4 | 8.2 | 17.7 |
| うち水溶性 g | 3.9 | 2.1 | 3.5 | 1.5 | 0.0 | 1.5 | 2.6 | 1.2 | 2.3 | 2.7 | 1.2 | 2.4 | 2.9 | 1.4 | 2.7 | 3.3 | 1.3 | 3.1 | 3.7 | 1.5 | 3.8 | 2.3 | 1.1 | 2.4 | 3.4 | 2.0 | 3.0 |
| うち不溶性 g | 12.8 | 6.2 | 11.8 | 3.7 | 0.0 | 3.7 | 7.2 | 1.4 | 6.7 | 8.2 | 2.2 | 8.1 | 9.3 | 3.3 | 8.6 | 10.6 | 2.3 | 9.8 | 14.5 | 7.2 | 11.5 | 8.9 | 3.0 | 8.4 | 11.6 | 5.5 | 9.6 |
| ビタミンA μgRAE[*1] | 496 | 407 | 434 | 255 | 0 | 255 | 459 | 264 | 400 | 488 | 144 | 534 | 532 | 398 | 390 | 440 | 111 | 447 | 506 | 267 | 589 | 347 | 190 | 325 | 454 | 467 | 353 |
| ビタミンD μg | 7.3 | 8.2 | 3.7 | 0.3 | 0.0 | 0.3 | 9.9 | 7.0 | 9.7 | 3.2 | 2.0 | 2.6 | 5.8 | 6.1 | 3.3 | 6.7 | 5.5 | 4.6 | 6.0 | 4.4 | 5.6 | 3.1 | 3.2 | 2.0 | 6.6 | 7.7 | 3.4 |
| ビタミンE mg[*2] | 7.3 | 4.9 | 6.5 | 0.8 | 0.0 | 0.8 | 5.0 | 1.1 | 5.0 | 5.0 | 2.1 | 4.7 | 5.1 | 3.8 | 3.8 | 6.5 | 2.2 | 6.3 | 8.6 | 1.9 | 8.6 | 4.9 | 2.3 | 5.5 | 6.7 | 3.5 | 6.5 |
| ビタミンK μg | 277 | 198 | 223 | 225 | 0 | 225 | 169 | 125 | 147 | 132 | 74 | 126 | 171 | 132 | 126 | 170 | 79 | 177 | 211 | 56 | 236 | 208 | 129 | 175 | 241 | 168 | 205 |
| ビタミンB1 mg | 1.02 | 0.46 | 0.97 | 0.33 | 0.00 | 0.33 | 0.67 | 0.12 | 0.66 | 0.96 | 0.41 | 0.92 | 1.00 | 0.38 | 0.89 | 1.20 | 0.45 | 1.08 | 1.04 | 0.37 | 1.08 | 1.00 | 0.40 | 0.98 | 1.03 | 0.53 | 0.96 |
| ビタミンB2 mg | 1.26 | 0.55 | 1.22 | 0.20 | 0.00 | 0.20 | 0.87 | 0.18 | 0.87 | 1.08 | 0.32 | 1.11 | 1.15 | 0.45 | 1.06 | 1.29 | 0.32 | 1.28 | 1.30 | 0.40 | 1.25 | 1.07 | 0.40 | 1.13 | 1.16 | 0.61 | 1.00 |
| ナイアシン mgNE[*3] | 32.8 | 12.3 | 31.5 | 9.9 | 0.0 | 9.9 | 18.2 | 4.1 | 16.2 | 24.1 | 7.5 | 22.6 | 27.3 | 9.5 | 25.3 | 30.7 | 8.0 | 29.8 | 32.9 | 10.5 | 31.6 | 33.5 | 11.0 | 33.7 | 31.6 | 12.2 | 30.6 |
| ビタミンB6 mg | 1.28 | 0.53 | 1.24 | 0.62 | 0.00 | 0.62 | 0.88 | 0.16 | 0.92 | 1.07 | 0.53 | 0.87 | 1.06 | 0.48 | 0.94 | 1.09 | 0.37 | 1.12 | 1.21 | 0.40 | 1.12 | 1.09 | 0.38 | 1.11 | 1.11 | 0.46 | 1.10 |
| ビタミンB12 μg | 6.1 | 6.0 | 4.3 | 0.2 | 0.0 | 0.2 | 3.3 | 1.0 | 3.7 | 3.0 | 2.4 | 2.5 | 3.4 | 1.5 | 3.1 | 6.1 | 3.9 | 5.1 | 6.1 | 2.7 | 6.0 | 3.6 | 2.5 | 3.3 | 5.3 | 5.4 | 3.8 |
| 葉酸 μg | 309 | 158 | 283 | 74 | 0 | 74 | 174 | 26 | 181 | 178 | 51 | 175 | 190 | 75 | 176 | 240 | 45 | 254 | 284 | 76 | 307 | 205 | 73 | 203 | 267 | 127 | 262 |
| パントテン酸 mg | 6.15 | 2.16 | 6.02 | 1.98 | 0.00 | 1.98 | 4.54 | 0.66 | 4.32 | 5.54 | 1.25 | 5.74 | 6.01 | 2.53 | 5.55 | 6.43 | 1.46 | 6.27 | 6.44 | 1.43 | 5.86 | 5.52 | 1.56 | 5.52 | 5.63 | 2.15 | 5.51 |
| ビタミンC mg | 102 | 83 | 82 | 12 | 0 | 12 | 63 | 5 | 64 | 69 | 43 | 55 | 48 | 30 | 42 | 95 | 55 | 66 | 92 | 25.1 | 94 | 52 | 17 | 52 | 78 | 77 | 64 |
| ナトリウム mg | 4,381 | 1,710 | 4,208 | 820 | 0 | 820 | 2,133 | 1,055 | 1,710 | 2,684 | 634 | 2,710 | 2,931 | 688 | 2,906 | 4,196 | 1,144 | 4,248 | 4,992 | 2,349 | 3,994 | 3,798 | 1,606 | 3,387 | 4,124 | 1,367 | 3,924 |
| 食塩相当量 g[*4] | 11.1 | 4.3 | 10.7 | 2.1 | 0.0 | 2.1 | 5.4 | 2.7 | 4.3 | 6.8 | 1.6 | 6.9 | 7.4 | 1.7 | 7.4 | 10.7 | 2.9 | 10.8 | 12.7 | 6.0 | 10.1 | 9.6 | 4.1 | 8.6 | 10.5 | 3.5 | 10.0 |
| 食塩相当量 g/1,000kcal | 5.4 | 1.8 | 5.0 | 4.4 | 0.0 | 4.4 | 3.7 | 0.7 | 3.6 | 4.1 | 1.1 | 4.0 | 4.1 | 1.1 | 4.1 | 4.9 | 1.6 | 4.8 | 5.2 | 1.4 | 5.2 | 4.9 | 1.6 | 4.3 | 5.2 | 1.9 | 4.8 |
| カリウム mg | 2,536 | 1,102 | 2,349 | 891 | 0 | 891 | 1,695 | 285 | 1,611 | 2,071 | 710 | 1,973 | 2,138 | 879 | 2,025 | 2,242 | 540 | 2,111 | 2,458 | 736 | 2,134 | 1,867 | 518 | 1,854 | 2,160 | 901 | 2,053 |
| カルシウム mg | 548 | 377 | 501 | 103 | 0 | 103 | 429 | 124 | 455 | 554 | 240 | 535 | 640 | 290 | 530 | 661 | 208 | 591 | 499 | 185 | 457 | 411 | 176 | 385 | 467 | 279 | 412 |
| マグネシウム mg | 271 | 108 | 254 | 76 | 0 | 76 | 160 | 41 | 150 | 184 | 51 | 179 | 219 | 82 | 220 | 231 | 56 | 216 | 252 | 105 | 206 | 204 | 59 | 205 | 244 | 95 | 237 |
| リン mg | 1,093 | 429 | 1,058 | 231 | 0 | 231 | 735 | 130 | 704 | 927 | 268 | 966 | 1,067 | 392 | 985 | 1,157 | 264 | 1,182 | 1,203 | 416 | 1,079 | 963 | 289 | 984 | 1,031 | 398 | 993 |
| 鉄 mg | 8.2 | 3.9 | 7.9 | 2.1 | 0.0 | 2.1 | 4.4 | 1.3 | 3.8 | 4.9 | 1.4 | 4.3 | 5.9 | 1.9 | 5.7 | 6.7 | 1.6 | 6.6 | 9.0 | 5.1 | 7.0 | 6.5 | 2.6 | 5.9 | 7.8 | 3.8 | 7.4 |
| 亜鉛 mg | 8.8 | 3.2 | 8.3 | 2.2 | 0.0 | 2.2 | 5.9 | 2.0 | 5.7 | 7.2 | 1.5 | 7.0 | 8.6 | 2.4 | 8.5 | 9.6 | 2.4 | 10.0 | 11.1 | 5.6 | 9.4 | 8.9 | 3.1 | 8.7 | 8.9 | 3.6 | 8.2 |
| 銅 mg | 1.24 | 0.46 | 1.21 | 0.32 | 0.00 | 0.32 | 0.77 | 0.21 | 0.68 | 0.84 | 0.19 | 0.83 | 1.02 | 0.34 | 0.94 | 1.14 | 0.26 | 1.14 | 1.22 | 0.37 | 1.12 | 1.04 | 0.34 | 1.11 | 1.19 | 0.43 | 1.20 |
| 脂肪エネルギー比率 %[*5] | 27.1 | 7.3 | 27.2 | 34.1 | 0.0 | 34.1 | 29.3 | 4.9 | 27.3 | 30.3 | 8.6 | 30.4 | 29.5 | 5.4 | 31.4 | 29.0 | 4.9 | 28.1 | 28.1 | 5.0 | 29.1 | 27.4 | 5.2 | 27.3 | 28.1 | 9.5 | 27.8 |
| 炭水化物エネルギー比率 %[*5、6] | 58.2 | 8.2 | 58.0 | 50.7 | 0.0 | 50.7 | 56.9 | 3.8 | 58.1 | 55.8 | 9.6 | 55.8 | 56.2 | 7.1 | 52.4 | 57.0 | 5.3 | 57.3 | 58.3 | 6.7 | 56.3 | 57.8 | 6.5 | 56.4 | 57.6 | 10.4 | 57.4 |
| 動物性たんぱく質比率 %[*5] | 53.2 | 13.0 | 53.7 | 44.9 | 0.0 | 44.9 | 54.1 | 12.8 | 58.4 | 64.7 | 6.8 | 65.5 | 56.6 | 8.7 | 56.1 | 58.2 | 10.8 | 61.9 | 57.0 | 12.7 | 60.4 | 60.6 | 13.0 | 59.0 | 53.0 | 13.7 | 53.8 |
| 穀類エネルギー比率 %[*5] | 39.5 | 13.0 | 40.1 | 25.3 | 0.0 | 25.3 | 31.8 | 10.2 | 30.8 | 34.6 | 11.5 | 37.2 | 42.5 | 7.2 | 40.6 | 44.8 | 9.8 | 43.5 | 45.9 | 5.9 | 47.1 | 44.1 | 10.0 | 44.5 | 43.9 | 15.8 | 45.6 |

[*1] RAE:レチノール活性当量 [*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)×2.54/1,000 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。

[*6] 炭水化物エネルギー比率＝100－たんぱく質エネルギー比率－脂肪エネルギー比率 で算出。

1人1日当たり

| | | 50～69歳 | | | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 84 | | | 77 | | | 37 | | | 266 | | | 70 | | | 73 | | |
| エネルギー | kcal | 2,196 | 595 | 2,192 | 2,035 | 579 | 2,019 | 2,155 | 823 | 2,068 | 2,118 | 654 | 2,098 | 2,138 | 552 | 2,140 | 2,123 | 709 | 2,068 |
| たんぱく質 | g | 80.5 | 23.9 | 79.5 | 76.7 | 24.0 | 75.4 | 78.8 | 35.2 | 69.8 | 77.6 | 26.3 | 75.1 | 78.9 | 23.4 | 78.1 | 79.2 | 29.6 | 74.5 |
| うち動物性 | g | 43.1 | 18.1 | 42.4 | 40.4 | 17.6 | 39.7 | 40.9 | 26.6 | 33.8 | 41.5 | 19.7 | 39.4 | 42.1 | 17.8 | 41.6 | 41.1 | 22.0 | 36.0 |
| 脂質 | g | 66.7 | 22.3 | 68.0 | 58.8 | 24.4 | 54.1 | 59.1 | 31.7 | 51.5 | 63.5 | 28.6 | 58.1 | 62.8 | 22.3 | 65.7 | 58.9 | 28.2 | 53.0 |
| うち動物性 | g | 32.5 | 15.5 | 32.1 | 29.2 | 14.6 | 29.4 | 30.8 | 22.6 | 22.6 | 32.3 | 21.4 | 30.1 | 32.0 | 15.8 | 32.6 | 29.7 | 18.6 | 26.6 |
| 飽和脂肪酸 | g | 18.09 | 7.40 | 17.30 | 16.17 | 7.35 | 15.73 | 17.33 | 9.84 | 15.13 | 17.69 | 9.37 | 16.23 | 17.61 | 7.70 | 18.59 | 16.69 | 8.22 | 15.13 |
| 一価不飽和脂肪酸 | g | 24.52 | 8.80 | 24.12 | 21.16 | 9.86 | 19.75 | 21.47 | 13.51 | 16.43 | 23.29 | 12.05 | 21.31 | 22.64 | 8.78 | 21.93 | 21.10 | 11.76 | 18.13 |
| n-6系脂肪酸 | g | 12.85 | 5.38 | 12.47 | 10.97 | 5.94 | 9.69 | 10.46 | 6.99 | 9.35 | 11.80 | 5.99 | 10.89 | 11.65 | 4.73 | 11.02 | 10.84 | 7.00 | 9.59 |
| n-3系脂肪酸 | g | 2.99 | 2.06 | 2.36 | 2.94 | 1.95 | 2.32 | 2.29 | 1.50 | 1.98 | 2.73 | 1.93 | 2.22 | 2.83 | 1.76 | 2.32 | 2.67 | 1.81 | 2.13 |
| コレステロール | mg | 381 | 229 | 362 | 320 | 172 | 338 | 340 | 229 | 290 | 352 | 223 | 328 | 358 | 218 | 368 | 333 | 192 | 318 |
| 炭水化物 | g | 287.0 | 90.4 | 282.7 | 275.8 | 83.6 | 267.5 | 313.6 | 125.5 | 313.8 | 284.9 | 97.1 | 278.9 | 284.5 | 84.7 | 281.2 | 298.1 | 106.8 | 276.9 |
| 食物繊維 | g | 21.0 | 6.8 | 21.1 | 23.0 | 8.8 | 22.5 | 24.8 | 13.6 | 22.1 | 21.6 | 9.1 | 20.7 | 23.1 | 7.8 | 23.5 | 23.7 | 11.6 | 21.9 |
| うち水溶性 | g | 4.0 | 1.6 | 3.7 | 4.7 | 2.2 | 4.8 | 4.6 | 2.8 | 4.0 | 4.1 | 2.1 | 3.7 | 4.7 | 2.1 | 5.0 | 4.5 | 2.4 | 4.1 |
| うち不溶性 | g | 12.8 | 4.5 | 13.0 | 14.8 | 6.2 | 14.4 | 15.8 | 9.6 | 12.4 | 13.4 | 6.3 | 12.6 | 14.6 | 5.4 | 14.5 | 15.2 | 8.2 | 13.2 |
| ビタミンA | μgRAE[*1] | 473 | 306 | 446 | 503 | 311 | 484 | 683 | 729 | 466 | 501 | 430 | 431 | 544 | 333 | 502 | 592 | 561 | 458 |
| ビタミンD | μg | 7.3 | 8.0 | 3.3 | 8.8 | 9.4 | 5.0 | 9.2 | 10.3 | 7.6 | 7.6 | 8.6 | 3.7 | 7.2 | 6.5 | 4.0 | 10.0 | 10.8 | 7.9 |
| ビタミンE | mg[*2] | 7.9 | 3.7 | 7.7 | 7.5 | 3.2 | 7.4 | 9.0 | 10.5 | 7.0 | 7.6 | 5.1 | 6.9 | 8.0 | 3.6 | 7.7 | 8.2 | 7.8 | 6.9 |
| ビタミンK | μg | 303 | 193 | 272 | 321 | 208 | 294 | 326 | 273 | 254 | 294 | 205 | 256 | 321 | 188 | 310 | 322 | 241 | 258 |
| ビタミンB1 | mg | 1.03 | 0.40 | 0.99 | 0.97 | 0.46 | 0.91 | 1.08 | 0.51 | 1.04 | 1.02 | 0.47 | 0.97 | 1.01 | 0.43 | 1.00 | 1.00 | 0.48 | 0.91 |
| ビタミンB2 | mg | 1.35 | 0.54 | 1.34 | 1.27 | 0.47 | 1.27 | 1.42 | 0.72 | 1.29 | 1.29 | 0.56 | 1.23 | 1.39 | 0.53 | 1.37 | 1.35 | 0.56 | 1.29 |
| ナイアシン | mgNE[*3] | 35.3 | 12.7 | 34.7 | 33.7 | 11.5 | 32.6 | 33.4 | 14.2 | 29.5 | 33.7 | 12.5 | 32.3 | 33.8 | 10.7 | 33.5 | 34.3 | 12.6 | 32.3 |
| ビタミンB6 | mg | 1.35 | 0.49 | 1.35 | 1.38 | 0.48 | 1.35 | 1.50 | 0.78 | 1.16 | 1.31 | 0.54 | 1.29 | 1.41 | 0.47 | 1.36 | 1.45 | 0.64 | 1.37 |
| ビタミンB12 | μg | 6.3 | 5.7 | 4.4 | 7.5 | 7.6 | 5.2 | 6.7 | 6.2 | 4.7 | 6.4 | 6.3 | 4.5 | 7.0 | 7.2 | 5.0 | 7.2 | 6.3 | 5.4 |
| 葉酸 | μg | 311 | 111 | 304 | 363 | 158 | 336 | 408 | 258 | 397 | 326 | 163 | 306 | 353 | 134 | 347 | 394 | 213 | 376 |
| パントテン酸 | mg | 6.47 | 2.10 | 6.58 | 6.29 | 2.05 | 6.27 | 6.58 | 2.83 | 6.02 | 6.20 | 2.21 | 6.14 | 6.67 | 2.13 | 6.63 | 6.43 | 2.35 | 6.16 |
| ビタミンC | mg | 91 | 53 | 85 | 131 | 94 | 108 | 159 | 120 | 128 | 108 | 87 | 88 | 123 | 82 | 106 | 142 | 107 | 119 |
| ナトリウム | mg | 4,667 | 1,562 | 4,499 | 4,839 | 1,997 | 4,781 | 4,524 | 1,666 | 4,466 | 4,530 | 1,699 | 4,327 | 4,847 | 1,647 | 4,740 | 4,760 | 1,935 | 4,688 |
| 食塩相当量 | g[*4] | 11.9 | 4.0 | 11.4 | 12.3 | 5.1 | 12.1 | 11.5 | 4.2 | 11.3 | 11.5 | 4.3 | 11.0 | 12.3 | 4.2 | 12.0 | 12.1 | 4.9 | 11.9 |
| 食塩相当量 | g/1,000kcal | 5.6 | 1.9 | 5.4 | 6.0 | 1.9 | 6.0 | 5.5 | 1.6 | 5.2 | 5.6 | 1.9 | 5.2 | 5.8 | 1.8 | 5.6 | 5.8 | 1.8 | 5.3 |
| カリウム | mg | 2,567 | 807 | 2,490 | 2,871 | 1,009 | 2,916 | 3,081 | 1,923 | 2,469 | 2,610 | 1,141 | 2,474 | 2,948 | 982 | 2,955 | 2,947 | 1,517 | 2,750 |
| カルシウム | mg | 537 | 266 | 526 | 552 | 236 | 576 | 723 | 833 | 575 | 547 | 396 | 500 | 581 | 284 | 579 | 646 | 615 | 592 |
| マグネシウム | mg | 291 | 102 | 299 | 297 | 96 | 305 | 311 | 157 | 278 | 282 | 110 | 268 | 308 | 100 | 325 | 308 | 133 | 288 |
| リン | mg | 1,141 | 373 | 1,116 | 1,107 | 334 | 1,108 | 1,187 | 761 | 1,011 | 1,105 | 441 | 1,069 | 1,145 | 353 | 1,140 | 1,169 | 585 | 1,101 |
| 鉄 | mg | 8.5 | 2.9 | 8.7 | 9.1 | 4.3 | 8.6 | 9.7 | 5.5 | 8.7 | 8.6 | 4.0 | 8.3 | 9.1 | 4.0 | 8.8 | 9.5 | 4.8 | 9.0 |
| 亜鉛 | mg | 9.2 | 2.8 | 9.1 | 8.5 | 2.9 | 8.2 | 8.7 | 3.9 | 7.8 | 8.8 | 3.2 | 8.3 | 9.0 | 2.9 | 8.8 | 8.6 | 3.4 | 7.9 |
| 銅 | mg | 1.31 | 0.42 | 1.34 | 1.31 | 0.46 | 1.27 | 1.37 | 0.64 | 1.23 | 1.28 | 0.47 | 1.24 | 1.33 | 0.42 | 1.35 | 1.35 | 0.55 | 1.24 |
| 脂肪エネルギー比率 | %[*5] | 27.5 | 6.7 | 27.3 | 25.9 | 6.7 | 25.4 | 24.2 | 7.4 | 24.7 | 26.7 | 7.5 | 26.6 | 26.6 | 7.1 | 25.8 | 24.5 | 6.4 | 24.7 |
| 炭水化物エネルギー比率 | %[*5、6] | 57.6 | 8.2 | 57.9 | 59.0 | 7.3 | 59.1 | 61.0 | 7.4 | 60.5 | 58.4 | 8.4 | 58.3 | 58.6 | 8.0 | 59.0 | 60.3 | 6.8 | 59.9 |
| 動物性たんぱく質比率 | %[*5] | 52.4 | 12.5 | 52.9 | 51.8 | 13.5 | 53.5 | 49.8 | 12.4 | 48.7 | 52.3 | 13.2 | 52.9 | 52.1 | 13.3 | 52.4 | 50.7 | 12.2 | 51.1 |
| 穀類ｴﾈﾙｷﾞｰ比率 | %[*5] | 39.2 | 11.4 | 40.4 | 35.8 | 12.4 | 36.4 | 38.4 | 13.9 | 37.5 | 39.3 | 13.3 | 39.7 | 35.1 | 13.1 | 34.3 | 37.7 | 12.4 | 38.2 |

# 表2-3 栄養素等摂取量－エネルギー・栄養素等、年齢階級別、摂取量平均値、標準偏差、中央値－女性、1歳以上（年齢階級パターン2）

1人1日当たり

| | 総数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 365 | | | 4 | | | 5 | | | 3 | | | 11 | | | 9 | | | 5 | | | 19 | | | 70 | | |
| エネルギー kcal | 1,774 | 469 | 1,734 | 1,011 | 140 | 974 | 1,294 | 276 | 1,168 | 1,623 | 156 | 1,556 | 1,698 | 431 | 1,766 | 2,027 | 590 | 1,888 | 1,859 | 192 | 1,926 | 1,639 | 484 | 1,504 | 1,762 | 512 | 1,641 |
| たんぱく質 g | 67.4 | 21.4 | 65.7 | 32.8 | 4.9 | 32.3 | 50.6 | 8.2 | 46.3 | 53.5 | 10.8 | 59.3 | 63.7 | 15.7 | 60.6 | 72.6 | 21.7 | 70.7 | 68.5 | 21.9 | 57.3 | 64.0 | 17.6 | 60.1 | 65.0 | 21.1 | 62.0 |
| うち動物性 g | 36.7 | 17.1 | 34.8 | 17.5 | 7.7 | 18.9 | 29.5 | 12.7 | 26.6 | 28.4 | 16.1 | 36.2 | 38.3 | 9.7 | 39.2 | 40.3 | 18.2 | 36.7 | 43.8 | 22.5 | 34.8 | 38.2 | 14.3 | 38.0 | 36.3 | 17.3 | 32.6 |
| 脂質 g | 57.2 | 22.1 | 53.9 | 29.3 | 8.7 | 29.8 | 37.1 | 16.3 | 29.0 | 54.4 | 20.6 | 51.0 | 62.8 | 19.1 | 66.4 | 69.8 | 38.2 | 62.8 | 69.1 | 22.0 | 72.1 | 56.1 | 19.5 | 50.1 | 60.2 | 25.1 | 52.7 |
| うち動物性 g | 28.9 | 15.1 | 26.9 | 17.8 | 9.6 | 21.0 | 20.9 | 6.9 | 19.3 | 25.7 | 23.0 | 26.1 | 35.9 | 12.0 | 31.2 | 40.3 | 24.5 | 32.7 | 43.3 | 21.3 | 37.5 | 31.0 | 13.0 | 31.7 | 30.8 | 16.6 | 31.2 |
| 飽和脂肪酸 g | 16.62 | 7.62 | 15.58 | 11.08 | 4.24 | 10.98 | 12.46 | 6.10 | 10.28 | 17.33 | 6.96 | 16.20 | 21.48 | 7.46 | 19.23 | 23.57 | 15.57 | 17.67 | 20.81 | 7.48 | 19.12 | 16.25 | 7.15 | 15.01 | 17.46 | 8.40 | 15.94 |
| 一価不飽和脂肪酸 g | 20.63 | 9.10 | 19.56 | 9.20 | 2.89 | 9.62 | 12.93 | 7.32 | 9.96 | 19.62 | 8.54 | 17.11 | 21.65 | 7.61 | 22.96 | 24.52 | 14.46 | 23.72 | 27.31 | 10.92 | 27.29 | 20.90 | 7.01 | 21.10 | 22.33 | 10.59 | 20.24 |
| n-6系脂肪酸 g | 10.37 | 4.72 | 10.10 | 4.28 | 0.84 | 4.36 | 5.71 | 3.10 | 4.51 | 9.54 | 2.89 | 9.48 | 10.56 | 3.87 | 11.28 | 11.05 | 4.81 | 10.91 | 11.38 | 4.08 | 10.73 | 10.10 | 3.97 | 10.55 | 10.82 | 5.14 | 9.24 |
| n-3系脂肪酸 g | 2.42 | 1.71 | 1.95 | 0.86 | 0.34 | 0.71 | 1.42 | 0.64 | 1.65 | 1.72 | 0.55 | 1.95 | 1.80 | 0.57 | 1.75 | 2.32 | 1.48 | 1.72 | 2.00 | 0.41 | 2.04 | 2.14 | 2.20 | 1.47 | 2.15 | 1.48 | 1.89 |
| コレステロール mg | 309 | 176 | 289 | 157 | 104 | 154 | 200 | 57 | 173 | 160 | 95 | 197 | 280 | 110 | 257 | 234 | 166 | 218 | 337 | 140 | 381 | 343 | 217 | 330 | 332 | 179 | 303 |
| 炭水化物 g | 236.7 | 69.3 | 232.4 | 153.3 | 21.9 | 153.6 | 184.2 | 39.3 | 177.3 | 226.8 | 37.0 | 215.3 | 212.8 | 58.3 | 213.9 | 267.7 | 77.5 | 253.0 | 229.3 | 43.3 | 240.0 | 209.2 | 76.1 | 198.5 | 226.7 | 70.4 | 234.4 |
| 食物繊維 g | 18.7 | 6.9 | 17.8 | 9.7 | 3.0 | 8.9 | 12.0 | 1.7 | 11.4 | 16.3 | 6.0 | 13.2 | 15.0 | 5.0 | 13.3 | 17.7 | 7.2 | 14.8 | 14.2 | 3.7 | 13.8 | 15.0 | 5.0 | 15.7 | 16.6 | 5.6 | 16.1 |
| うち水溶性 g | 3.8 | 1.8 | 3.6 | 2.3 | 0.9 | 2.2 | 2.2 | 1.0 | 1.9 | 3.9 | 1.6 | 3.8 | 3.2 | 1.6 | 2.9 | 4.1 | 2.5 | 2.9 | 2.6 | 0.8 | 2.2 | 2.5 | 1.3 | 2.4 | 3.3 | 1.6 | 3.1 |
| うち不溶性 g | 12.0 | 5.0 | 11.0 | 6.2 | 1.7 | 5.7 | 7.3 | 1.2 | 7.1 | 10.0 | 3.3 | 8.8 | 9.1 | 2.8 | 9.5 | 10.5 | 4.5 | 8.8 | 8.1 | 1.9 | 7.6 | 8.8 | 3.0 | 9.7 | 10.3 | 3.9 | 9.6 |
| ビタミンA μgRAE[*1] | 487 | 510 | 383 | 390 | 206 | 353 | 413 | 137 | 354 | 890 | 812 | 633 | 431 | 175 | 386 | 426 | 338 | 315 | 196 | 47 | 188 | 275 | 165 | 266 | 425 | 296 | 349 |
| ビタミンD μg | 7.1 | 9.0 | 3.0 | 4.8 | 5.9 | 2.8 | 10.8 | 11.0 | 6.5 | 1.9 | 0.3 | 1.8 | 3.4 | 2.0 | 2.8 | 4.5 | 3.7 | 3.4 | 3.9 | 3.5 | 2.3 | 4.4 | 6.1 | 1.6 | 6.0 | 7.5 | 2.6 |
| ビタミンE mg[*2] | 6.7 | 3.0 | 6.2 | 4.4 | 0.6 | 4.2 | 3.5 | 2.0 | 2.7 | 5.0 | 0.6 | 4.8 | 5.4 | 2.2 | 5.7 | 6.1 | 2.9 | 5.2 | 6.0 | 1.3 | 6.7 | 5.3 | 2.5 | 5.3 | 6.4 | 3.1 | 5.6 |
| ビタミンK μg | 267 | 184 | 214 | 181 | 152 | 137 | 149 | 59 | 161 | 107 | 54 | 109 | 133 | 38 | 131 | 235 | 171 | 164 | 162 | 145 | 105 | 242 | 188 | 190 | 235 | 180 | 180 |
| ビタミンB1 mg | 0.92 | 0.41 | 0.84 | 0.59 | 0.15 | 0.59 | 0.64 | 0.19 | 0.63 | 0.95 | 0.36 | 1.05 | 1.00 | 0.34 | 1.09 | 1.14 | 0.52 | 0.91 | 1.01 | 0.28 | 1.12 | 0.90 | 0.36 | 0.82 | 0.94 | 0.52 | 0.81 |
| ビタミンB2 mg | 1.18 | 0.50 | 1.11 | 0.62 | 0.11 | 0.61 | 0.74 | 0.10 | 0.75 | 0.84 | 0.17 | 0.88 | 1.09 | 0.19 | 0.98 | 1.15 | 0.51 | 1.14 | 0.93 | 0.26 | 0.86 | 1.02 | 0.38 | 1.04 | 1.12 | 0.55 | 1.00 |
| ナイアシン mgNE[*3] | 28.4 | 10.1 | 27.4 | 12.4 | 1.1 | 12.7 | 22.2 | 7.1 | 18.7 | 22.4 | 5.6 | 22.6 | 24.4 | 5.7 | 24.4 | 28.5 | 8.9 | 27.7 | 28.2 | 13.0 | 22.1 | 26.4 | 8.1 | 26.7 | 27.2 | 9.9 | 25.8 |
| ビタミンB6 mg | 1.15 | 0.48 | 1.09 | 0.72 | 0.11 | 0.76 | 0.93 | 0.28 | 0.90 | 0.89 | 0.19 | 0.91 | 0.87 | 0.25 | 0.89 | 1.07 | 0.40 | 1.03 | 1.04 | 0.49 | 0.97 | 1.00 | 0.31 | 1.18 | 1.01 | 0.41 | 0.99 |
| ビタミンB12 μg | 5.3 | 5.4 | 3.6 | 1.5 | 0.9 | 1.4 | 3.2 | 1.6 | 2.8 | 2.6 | 1.7 | 2.5 | 2.9 | 1.1 | 2.5 | 4.7 | 4.6 | 3.9 | 2.8 | 1.4 | 2.5 | 3.3 | 3.3 | 2.0 | 4.7 | 4.5 | 3.4 |
| 葉酸 μg | 296 | 139 | 273 | 158 | 48 | 142 | 161 | 49 | 143 | 224 | 34 | 214 | 196 | 55 | 196 | 256 | 116 | 228 | 187 | 40 | 198 | 223 | 91 | 219 | 244 | 98 | 228 |
| パントテン酸 mg | 5.59 | 1.92 | 5.46 | 3.59 | 0.49 | 3.40 | 4.50 | 0.38 | 4.40 | 4.62 | 1.04 | 4.24 | 5.31 | 1.04 | 4.80 | 6.04 | 2.48 | 5.34 | 5.70 | 1.35 | 5.37 | 5.07 | 1.50 | 5.16 | 5.19 | 1.88 | 4.79 |
| ビタミンC mg | 102 | 81 | 82 | 74 | 42 | 58 | 68 | 46 | 39 | 39 | 18 | 44 | 59 | 44 | 44 | 74 | 58 | 60 | 79 | 57.7 | 54 | 63 | 47 | 69 | 71 | 52 | 63 |
| ナトリウム mg | 3,953 | 1,525 | 3,702 | 1,207 | 311 | 1,219 | 2,581 | 933 | 3,026 | 2,805 | 508 | 2,913 | 3,806 | 1,936 | 3,296 | 3,518 | 1,072 | 3,123 | 4,101 | 880 | 4,154 | 3,720 | 1,348 | 3,634 | 3,708 | 1,360 | 3,416 |
| 食塩相当量 g[*4] | 10.0 | 3.9 | 9.4 | 3.1 | 0.8 | 3.1 | 6.6 | 2.4 | 7.7 | 7.1 | 1.3 | 7.4 | 9.7 | 4.9 | 8.4 | 8.9 | 2.7 | 7.9 | 10.4 | 2.2 | 10.6 | 9.4 | 3.4 | 9.2 | 9.4 | 3.5 | 8.7 |
| 食塩相当量 g/1,000kcal | 5.7 | 1.9 | 5.4 | 3.0 | 0.5 | 3.2 | 5.2 | 2.1 | 5.3 | 4.4 | 0.6 | 4.6 | 5.7 | 2.4 | 5.3 | 4.6 | 1.2 | 4.8 | 5.6 | 1.0 | 5.9 | 5.8 | 1.5 | 5.6 | 5.5 | 1.9 | 5.2 |
| カリウム mg | 2,358 | 903 | 2,219 | 1,406 | 149 | 1,440 | 1,629 | 367 | 1,403 | 2,066 | 590 | 2,134 | 1,892 | 456 | 1,968 | 2,259 | 950 | 1,974 | 2,029 | 415 | 1,829 | 1,790 | 651 | 2,031 | 2,055 | 732 | 1,974 |
| カルシウム mg | 515 | 263 | 486 | 319 | 77 | 349 | 353 | 97 | 370 | 410 | 39 | 410 | 612 | 181 | 544 | 592 | 308 | 494 | 381 | 265 | 226 | 365 | 204 | 312 | 442 | 237 | 379 |
| マグネシウム mg | 246 | 91 | 239 | 123 | 17 | 128 | 158 | 19 | 157 | 158 | 10 | 164 | 197 | 58 | 183 | 224 | 83 | 198 | 193 | 55 | 169 | 194 | 70 | 194 | 218 | 76 | 222 |
| リン mg | 975 | 329 | 946 | 500 | 80 | 493 | 762 | 72 | 755 | 744 | 184 | 798 | 957 | 183 | 912 | 1,025 | 389 | 946 | 897 | 253 | 838 | 837 | 267 | 801 | 909 | 313 | 894 |
| 鉄 mg | 7.6 | 3.3 | 7.3 | 3.5 | 0.6 | 3.4 | 4.3 | 1.2 | 4.5 | 5.7 | 1.1 | 6.1 | 5.7 | 1.8 | 5.3 | 6.5 | 2.1 | 6.1 | 5.8 | 1.5 | 6.1 | 6.0 | 2.1 | 6.3 | 6.9 | 2.4 | 6.6 |
| 亜鉛 mg | 7.6 | 2.5 | 7.4 | 4.3 | 0.6 | 4.2 | 5.6 | 0.8 | 5.5 | 7.0 | 3.0 | 6.0 | 7.9 | 2.1 | 7.2 | 8.0 | 2.3 | 8.1 | 8.3 | 1.6 | 8.3 | 7.6 | 2.6 | 6.9 | 7.7 | 2.7 | 7.2 |
| 銅 mg | 1.09 | 0.38 | 1.06 | 0.64 | 0.15 | 0.60 | 0.77 | 0.10 | 0.80 | 0.87 | 0.17 | 0.88 | 0.86 | 0.24 | 0.82 | 1.00 | 0.31 | 1.03 | 0.93 | 0.21 | 0.94 | 0.91 | 0.30 | 0.89 | 1.02 | 0.35 | 1.00 |
| 脂肪エネルギー比率 %[*5] | 28.7 | 6.9 | 28.5 | 25.7 | 5.2 | 27.6 | 24.9 | 5.7 | 23.7 | 29.7 | 8.8 | 30.4 | 33.1 | 4.4 | 32.7 | 29.6 | 9.3 | 28.8 | 33.0 | 8.0 | 31.6 | 31.2 | 8.3 | 31.7 | 30.7 | 7.9 | 28.9 |
| 炭水化物エネルギー比率 %[*5、6] | 56.0 | 8.1 | 56.4 | 61.1 | 5.8 | 59.7 | 58.7 | 4.3 | 58.6 | 57.1 | 10.5 | 53.7 | 51.7 | 5.1 | 51.6 | 56.0 | 10.3 | 57.6 | 52.4 | 11.4 | 57.2 | 52.7 | 11.0 | 51.3 | 54.4 | 9.0 | 55.1 |
| 動物性たんぱく質比率 %[*5] | 52.7 | 13.7 | 53.3 | 51.8 | 16.9 | 55.7 | 56.8 | 14.4 | 52.5 | 50.2 | 22.7 | 60.3 | 60.4 | 6.9 | 62.7 | 53.4 | 15.0 | 57.0 | 61.3 | 14.3 | 66.2 | 59.2 | 14.4 | 57.4 | 54.2 | 13.2 | 53.0 |
| 穀類エネルギー比率 %[*5] | 36.4 | 12.0 | 36.1 | 34.6 | 6.9 | 34.3 | 39.5 | 5.9 | 40.6 | 36.5 | 4.1 | 37.6 | 37.1 | 6.1 | 38.8 | 39.5 | 14.1 | 36.5 | 38.8 | 14.4 | 45.4 | 40.5 | 15.9 | 40.7 | 39.2 | 12.4 | 39.5 |

*1 RAE:レチノール活性当量 *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)×2.54/1,000 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。

*6 炭水化物エネルギー比率＝100－たんぱく質エネルギー比率－脂肪エネルギー比率 で算出。

1人1日当たり

| | 50～69歳 | | | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 104 | | | 87 | | | 48 | | | 325 | | | 92 | | | 84 | | |
| エネルギー kcal | 1,834 | 420 | 1,849 | 1,758 | 412 | 1,678 | 1,824 | 560 | 1,753 | 1,787 | 467 | 1,742 | 1,818 | 374 | 1,767 | 1,771 | 516 | 1,690 |
| たんぱく質 g | 68.8 | 21.1 | 70.3 | 68.7 | 21.9 | 67.3 | 72.5 | 23.1 | 71.3 | 68.3 | 21.5 | 66.5 | 69.7 | 19.6 | 69.1 | 71.3 | 24.4 | 69.7 |
| うち動物性 g | 36.4 | 17.6 | 33.9 | 36.6 | 18.4 | 36.1 | 38.3 | 16.1 | 36.5 | 36.8 | 17.3 | 34.8 | 36.9 | 16.7 | 34.0 | 37.8 | 18.8 | 36.2 |
| 脂質 g | 59.0 | 21.0 | 55.3 | 53.2 | 19.5 | 51.2 | 56.1 | 20.7 | 55.5 | 57.1 | 21.5 | 53.9 | 56.1 | 18.6 | 54.4 | 54.1 | 20.9 | 53.7 |
| うち動物性 g | 28.9 | 13.9 | 27.9 | 26.6 | 14.9 | 23.6 | 26.3 | 12.6 | 23.1 | 28.4 | 14.6 | 26.6 | 27.6 | 14.2 | 25.1 | 25.8 | 13.4 | 23.1 |
| 飽和脂肪酸 g | 16.78 | 6.95 | 15.76 | 14.85 | 6.18 | 14.26 | 16.42 | 7.63 | 15.99 | 16.31 | 7.24 | 15.47 | 15.77 | 6.27 | 15.40 | 15.42 | 6.94 | 14.45 |
| 一価不飽和脂肪酸 g | 21.40 | 8.79 | 19.77 | 18.92 | 8.30 | 18.13 | 19.63 | 7.69 | 20.09 | 20.63 | 8.92 | 19.56 | 20.33 | 8.27 | 19.29 | 18.90 | 7.83 | 18.83 |
| n-6系脂肪酸 g | 10.98 | 4.64 | 10.37 | 9.81 | 4.41 | 10.13 | 10.27 | 5.28 | 9.32 | 10.48 | 4.77 | 10.07 | 10.36 | 3.97 | 10.54 | 10.04 | 5.44 | 9.49 |
| n-3系脂肪酸 g | 2.55 | 1.78 | 1.99 | 2.75 | 1.90 | 2.19 | 2.54 | 1.67 | 2.17 | 2.50 | 1.77 | 1.98 | 2.54 | 1.70 | 2.01 | 2.66 | 1.84 | 2.26 |
| コレステロール mg | 306 | 186 | 283 | 318 | 177 | 302 | 301 | 154 | 295 | 316 | 179 | 297 | 305 | 159 | 307 | 314 | 179 | 301 |
| 炭水化物 g | 241.3 | 63.9 | 243.0 | 244.5 | 61.5 | 233.3 | 251.8 | 87.3 | 235.7 | 239.1 | 69.9 | 234.8 | 249.4 | 60.2 | 244.5 | 244.0 | 76.1 | 234.0 |
| 食物繊維 g | 19.6 | 6.3 | 19.6 | 20.7 | 6.8 | 20.6 | 21.0 | 8.9 | 19.0 | 19.2 | 7.0 | 18.4 | 21.0 | 6.8 | 21.8 | 20.6 | 8.0 | 19.0 |
| うち水溶性 g | 3.9 | 1.6 | 3.9 | 4.4 | 1.9 | 4.3 | 4.2 | 2.2 | 4.0 | 3.9 | 1.8 | 3.7 | 4.5 | 1.9 | 4.5 | 4.2 | 2.0 | 4.2 |
| うち不溶性 g | 12.6 | 4.6 | 12.4 | 13.5 | 4.9 | 13.1 | 13.8 | 6.5 | 12.5 | 12.3 | 5.0 | 11.6 | 13.8 | 4.8 | 13.9 | 13.5 | 5.9 | 12.5 |
| ビタミンA μgRAE*1 | 459 | 374 | 380 | 542 | 506 | 419 | 669 | 976 | 471 | 495 | 529 | 391 | 482 | 297 | 419 | 635 | 862 | 457 |
| ビタミンD μg | 7.1 | 10.2 | 2.7 | 8.7 | 9.2 | 5.7 | 9.0 | 10.3 | 4.5 | 7.5 | 9.3 | 3.0 | 7.9 | 8.8 | 4.6 | 9.4 | 10.4 | 4.7 |
| ビタミンE mg*2 | 7.2 | 3.3 | 6.9 | 7.0 | 2.8 | 6.8 | 7.4 | 3.2 | 7.3 | 6.9 | 3.1 | 6.5 | 7.4 | 3.1 | 7.0 | 7.1 | 3.1 | 6.9 |
| ビタミンK μg | 290 | 185 | 264 | 306 | 201 | 270 | 281 | 170 | 246 | 277 | 187 | 230 | 304 | 192 | 270 | 289 | 187 | 250 |
| ビタミンB1 mg | 0.90 | 0.34 | 0.86 | 0.93 | 0.41 | 0.85 | 0.94 | 0.40 | 0.87 | 0.92 | 0.41 | 0.83 | 0.92 | 0.35 | 0.86 | 0.95 | 0.42 | 0.87 |
| ビタミンB2 mg | 1.20 | 0.44 | 1.17 | 1.30 | 0.55 | 1.17 | 1.28 | 0.52 | 1.23 | 1.21 | 0.51 | 1.13 | 1.24 | 0.41 | 1.19 | 1.31 | 0.60 | 1.20 |
| ナイアシン mgNE*3 | 29.8 | 10.0 | 29.1 | 29.2 | 10.1 | 29.2 | 29.7 | 11.2 | 28.1 | 28.9 | 10.1 | 27.8 | 29.7 | 9.1 | 29.3 | 29.5 | 11.3 | 28.5 |
| ビタミンB6 mg | 1.19 | 0.45 | 1.15 | 1.26 | 0.50 | 1.23 | 1.28 | 0.62 | 1.16 | 1.17 | 0.49 | 1.13 | 1.27 | 0.43 | 1.24 | 1.24 | 0.59 | 1.17 |
| ビタミンB12 μg | 5.5 | 6.7 | 3.2 | 6.1 | 5.4 | 4.4 | 6.5 | 5.6 | 5.0 | 5.5 | 5.6 | 3.6 | 6.4 | 7.1 | 4.2 | 6.5 | 5.7 | 4.7 |
| 葉酸 μg | 309 | 119 | 307 | 360 | 168 | 333 | 328 | 156 | 296 | 307 | 142 | 287 | 335 | 121 | 321 | 349 | 182 | 305 |
| パントテン酸 mg | 5.64 | 1.85 | 5.68 | 5.99 | 2.11 | 5.79 | 5.84 | 2.01 | 5.67 | 5.63 | 1.95 | 5.53 | 5.98 | 1.70 | 5.85 | 5.84 | 2.27 | 5.64 |
| ビタミンC mg | 105 | 83 | 82 | 135 | 87 | 115 | 128 | 96 | 105 | 107 | 83 | 87 | 128 | 87 | 107 | 125 | 87 | 109 |
| ナトリウム mg | 3,973 | 1,472 | 3,801 | 4,266 | 1,522 | 4,035 | 4,335 | 1,749 | 3,979 | 4,028 | 1,515 | 3,784 | 4,172 | 1,472 | 3,831 | 4,354 | 1,686 | 4,191 |
| 食塩相当量 g*4 | 10.1 | 3.7 | 9.7 | 10.8 | 3.9 | 10.2 | 11.0 | 4.4 | 10.1 | 10.2 | 3.8 | 9.6 | 10.6 | 3.7 | 9.7 | 11.1 | 4.3 | 10.6 |
| 食塩相当量 g/1,000kcal | 5.6 | 2.0 | 5.1 | 6.2 | 1.9 | 6.0 | 6.1 | 2.1 | 5.8 | 5.8 | 2.0 | 5.5 | 5.9 | 1.9 | 6.0 | 6.3 | 2.1 | 5.8 |
| カリウム mg | 2,450 | 830 | 2,352 | 2,664 | 966 | 2,659 | 2,604 | 1,089 | 2,648 | 2,411 | 921 | 2,325 | 2,672 | 813 | 2,668 | 2,620 | 1,114 | 2,709 |
| カルシウム mg | 517 | 247 | 514 | 545 | 264 | 518 | 636 | 314 | 581 | 518 | 266 | 493 | 555 | 240 | 537 | 596 | 318 | 540 |
| マグネシウム mg | 262 | 88 | 258 | 266 | 86 | 261 | 282 | 112 | 280 | 253 | 91 | 246 | 270 | 82 | 258 | 276 | 105 | 281 |
| リン mg | 999 | 318 | 953 | 1,016 | 332 | 1,018 | 1,082 | 379 | 1,083 | 988 | 333 | 955 | 1,028 | 294 | 997 | 1,056 | 390 | 1,058 |
| 鉄 mg | 8.0 | 3.4 | 8.0 | 8.2 | 3.0 | 8.1 | 9.0 | 4.5 | 7.4 | 7.8 | 3.3 | 7.6 | 8.5 | 3.5 | 8.2 | 8.7 | 4.0 | 7.8 |
| 亜鉛 mg | 7.7 | 2.4 | 7.7 | 7.4 | 2.2 | 7.2 | 8.3 | 3.1 | 7.7 | 7.7 | 2.5 | 7.5 | 7.7 | 2.3 | 7.5 | 7.9 | 2.9 | 7.5 |
| 銅 mg | 1.10 | 0.33 | 1.10 | 1.16 | 0.34 | 1.18 | 1.25 | 0.55 | 1.10 | 1.11 | 0.38 | 1.10 | 1.18 | 0.33 | 1.17 | 1.20 | 0.48 | 1.13 |
| 脂肪エネルギー比率 %*5 | 28.6 | 6.7 | 28.6 | 26.8 | 5.6 | 26.3 | 27.5 | 6.1 | 27.5 | 28.5 | 6.9 | 28.2 | 27.6 | 6.0 | 27.1 | 27.0 | 5.8 | 27.0 |
| 炭水化物エネルギー比率 %*5、6 | 56.4 | 7.9 | 56.8 | 57.5 | 6.9 | 57.3 | 56.5 | 7.0 | 56.8 | 56.1 | 8.1 | 56.5 | 57.0 | 7.1 | 57.3 | 56.9 | 7.1 | 56.5 |
| 動物性たんぱく質比率 %*5 | 50.9 | 14.3 | 51.7 | 50.7 | 13.8 | 51.9 | 52.5 | 12.1 | 54.8 | 52.3 | 13.7 | 52.7 | 51.3 | 13.0 | 51.1 | 51.1 | 13.5 | 53.9 |
| 穀類ｴﾈﾙｷﾞｰ比率 %*5 | 35.4 | 11.8 | 35.0 | 34.2 | 11.5 | 33.9 | 35.5 | 12.3 | 34.8 | 36.1 | 12.3 | 35.7 | 33.9 | 10.4 | 34.0 | 35.1 | 12.4 | 33.6 |

## 表3-1　栄養素等摂取量－エネルギー・栄養素等、地域ブロック別、平均値、標準偏差、中央値－総数、1歳以上

1人1日当たり

| | 総　数 | | | 桐生保健所 | | | 伊勢崎保健所 | | | 太田保健所 | | | 吾妻保健所 | | | 利根沼田保健所 | | | 館林保健所 | | | 前橋市保健所 | | | 高崎市保健所 | | | 渋川保健所 | | | 藤岡保健所 | | | 富岡保健所 | | | 安中保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数　人 | 675 | | | 72 | | | 99 | | | 38 | | | 36 | | | 46 | | | 40 | | | 94 | | | 44 | | | 48 | | | 47 | | | 30 | | | 81 | | |
| エネルギー　kcal | 1,923 | 585 | 1,850 | 1,992 | 516 | 1,917 | 1,742 | 559 | 1,651 | 2,104 | 630 | 2,041 | 2,211 | 922 | 2,070 | 2,108 | 594 | 2,119 | 1,907 | 601 | 1,737 | 1,899 | 575 | 1,800 | 1,889 | 494 | 1,854 | 2,006 | 626 | 1,949 | 1,898 | 503 | 1,832 | 1,831 | 421 | 1,888 | 1,817 | 492 | 1,788 |
| たんぱく質　g | 71.5 | 24.0 | 69.3 | 74.4 | 22.3 | 71.5 | 64.2 | 21.7 | 61.6 | 72.6 | 26.2 | 75.2 | 78.7 | 39.7 | 66.2 | 77.9 | 25.0 | 77.3 | 68.7 | 21.5 | 64.6 | 75.7 | 23.6 | 73.2 | 72.0 | 22.1 | 72.8 | 68.0 | 23.1 | 66.9 | 73.7 | 24.4 | 70.8 | 65.4 | 14.8 | 62.0 | 70.1 | 21.0 | 68.7 |
| うち動物性　g | 38.9 | 18.4 | 36.2 | 39.4 | 18.2 | 36.4 | 37.2 | 18.6 | 34.4 | 34.8 | 18.8 | 32.0 | 38.4 | 26.6 | 32.0 | 43.4 | 20.1 | 40.6 | 41.5 | 16.8 | 37.7 | 42.3 | 17.6 | 37.8 | 38.2 | 17.8 | 36.8 | 36.0 | 18.4 | 33.0 | 38.8 | 19.5 | 35.2 | 33.3 | 9.9 | 33.1 | 39.1 | 15.8 | 36.0 |
| 脂質　g | 60.1 | 25.3 | 55.7 | 59.6 | 24.0 | 56.2 | 57.8 | 29.2 | 51.8 | 59.6 | 23.5 | 55.6 | 68.8 | 33.3 | 66.9 | 67.1 | 32.1 | 62.2 | 61.8 | 24.2 | 53.0 | 59.6 | 20.0 | 58.4 | 62.2 | 27.1 | 55.8 | 62.1 | 26.6 | 56.3 | 57.6 | 20.8 | 57.0 | 58.0 | 14.3 | 54.8 | 55.6 | 22.8 | 54.1 |
| うち動物性　g | 30.8 | 18.2 | 29.0 | 27.7 | 17.2 | 22.8 | 32.4 | 25.3 | 29.2 | 24.4 | 12.2 | 23.1 | 31.0 | 17.7 | 30.3 | 35.2 | 22.7 | 30.8 | 34.6 | 16.8 | 30.9 | 32.7 | 13.8 | 33.9 | 29.7 | 16.9 | 30.8 | 35.9 | 21.1 | 31.9 | 27.2 | 16.5 | 24.9 | 32.8 | 12.4 | 32.8 | 26.9 | 12.3 | 25.9 |
| 飽和脂肪酸　g | 17.39 | 8.59 | 15.95 | 15.76 | 7.50 | 14.91 | 16.97 | 10.65 | 15.01 | 15.89 | 5.85 | 14.39 | 18.80 | 10.02 | 16.73 | 20.50 | 11.49 | 17.84 | 18.08 | 8.95 | 15.74 | 16.82 | 6.52 | 16.56 | 18.74 | 8.96 | 16.32 | 19.46 | 9.55 | 17.77 | 16.73 | 8.01 | 15.99 | 17.84 | 6.30 | 17.68 | 16.23 | 6.77 | 15.33 |
| 一価不飽和脂肪酸　g | 21.83 | 10.47 | 20.52 | 22.09 | 10.53 | 20.94 | 21.67 | 12.80 | 19.56 | 22.53 | 10.21 | 21.14 | 24.06 | 11.54 | 23.61 | 24.17 | 13.33 | 23.49 | 23.00 | 8.84 | 22.51 | 21.58 | 8.16 | 21.54 | 22.39 | 12.56 | 20.18 | 23.07 | 11.76 | 20.96 | 19.81 | 7.24 | 20.22 | 20.37 | 5.81 | 18.77 | 19.50 | 8.84 | 18.16 |
| n-6系脂肪酸　g | 10.91 | 5.29 | 10.30 | 11.62 | 5.38 | 10.83 | 9.93 | 4.86 | 8.71 | 11.68 | 5.19 | 12.07 | 13.90 | 9.31 | 11.43 | 11.81 | 5.12 | 11.31 | 10.50 | 4.35 | 9.86 | 10.74 | 4.66 | 10.25 | 11.21 | 4.64 | 11.03 | 9.94 | 4.40 | 9.89 | 11.25 | 5.49 | 10.58 | 10.25 | 2.50 | 10.45 | 10.12 | 5.58 | 8.66 |
| n-3系脂肪酸　g | 2.51 | 1.79 | 1.99 | 2.85 | 1.82 | 2.21 | 2.21 | 1.50 | 1.74 | 2.62 | 2.41 | 1.82 | 3.59 | 1.89 | 3.26 | 2.35 | 1.27 | 2.00 | 2.46 | 1.64 | 2.04 | 2.67 | 1.86 | 2.22 | 2.10 | 1.30 | 1.79 | 2.00 | 1.70 | 1.60 | 2.55 | 1.91 | 1.99 | 2.48 | 1.71 | 1.86 | 2.48 | 1.99 | 1.99 |
| コレステロール　mg | 326 | 198 | 300 | 307 | 176 | 284 | 318 | 226 | 283 | 329 | 213 | 330 | 309 | 244 | 228 | 331 | 142 | 344 | 324 | 218 | 288 | 365 | 179 | 341 | 345 | 259 | 236 | 318 | 214 | 275 | 327 | 182 | 302 | 237 | 108 | 249 | 338 | 170 | 324 |
| 炭水化物　g | 258.0 | 86.1 | 249.1 | 272.3 | 76.3 | 273.8 | 230.3 | 79.4 | 221.2 | 308.2 | 97.1 | 294.7 | 303.8 | 127.6 | 266.2 | 279.8 | 88.6 | 274.6 | 248.5 | 79.6 | 234.2 | 249.2 | 87.3 | 238.4 | 241.5 | 64.9 | 233.9 | 272.9 | 85.4 | 268.2 | 264.2 | 71.7 | 259.6 | 249.8 | 77.7 | 242.3 | 237.5 | 74.8 | 242.5 |
| 食物繊維　g | 19.7 | 7.9 | 18.6 | 20.5 | 7.9 | 18.1 | 16.9 | 6.5 | 16.1 | 23.7 | 9.3 | 21.7 | 23.6 | 15.0 | 20.5 | 21.7 | 7.7 | 21.2 | 15.4 | 4.9 | 15.2 | 20.6 | 7.7 | 19.2 | 18.4 | 6.8 | 18.3 | 18.5 | 5.8 | 17.9 | 21.3 | 5.5 | 21.7 | 20.5 | 7.4 | 21.4 | 18.9 | 6.9 | 18.9 |
| うち水溶性　g | 3.9 | 1.9 | 3.6 | 3.9 | 2.1 | 3.4 | 3.2 | 1.5 | 3.0 | 4.7 | 2.9 | 4.0 | 4.5 | 3.0 | 3.7 | 4.3 | 1.9 | 3.9 | 2.8 | 1.4 | 2.6 | 4.1 | 1.8 | 3.8 | 3.7 | 1.5 | 3.3 | 3.6 | 1.9 | 3.2 | 4.5 | 1.3 | 4.5 | 3.8 | 1.6 | 3.6 | 3.8 | 1.7 | 3.8 |
| うち不溶性　g | 12.4 | 5.6 | 11.4 | 12.7 | 5.5 | 11.3 | 10.6 | 4.4 | 10.3 | 14.5 | 6.6 | 13.1 | 15.4 | 11.2 | 12.6 | 13.6 | 5.0 | 13.3 | 9.0 | 3.4 | 8.9 | 13.3 | 5.5 | 11.6 | 11.9 | 4.8 | 11.6 | 11.2 | 3.9 | 10.6 | 13.9 | 4.0 | 13.8 | 12.1 | 4.7 | 12.5 | 11.7 | 4.7 | 11.4 |
| ビタミンA　μgRAE[*1] | 491 | 465 | 406 | 452 | 286 | 385 | 383 | 298 | 301 | 704 | 506 | 609 | 394 | 290 | 320 | 471 | 234 | 481 | 322 | 197 | 309 | 558 | 445 | 460 | 672 | 1059 | 419 | 432 | 299 | 321 | 635 | 762 | 484 | 556 | 457 | 486 | 449 | 205 | 439 |
| ビタミンD　μg | 7.2 | 8.6 | 3.4 | 8.1 | 10.5 | 2.6 | 6.0 | 7.2 | 2.3 | 6.5 | 10.8 | 2.8 | 8.3 | 6.8 | 6.8 | 9.5 | 11.4 | 3.7 | 6.6 | 6.4 | 3.8 | 9.9 | 11.6 | 5.7 | 6.3 | 7.5 | 2.7 | 4.9 | 5.3 | 2.6 | 6.0 | 6.0 | 3.6 | 4.7 | 5.5 | 1.7 | 7.3 | 6.7 | 4.8 |
| ビタミンE　mg[*2] | 7.0 | 4.0 | 6.4 | 7.3 | 3.4 | 6.7 | 6.0 | 2.9 | 5.6 | 7.0 | 3.7 | 6.1 | 8.6 | 10.5 | 7.0 | 7.5 | 2.9 | 7.3 | 5.9 | 3.0 | 5.1 | 8.1 | 3.7 | 7.9 | 6.1 | 2.6 | 5.8 | 7.0 | 4.0 | 6.1 | 6.8 | 2.6 | 6.9 | 6.9 | 4.0 | 5.7 | 6.6 | 2.5 | 6.4 |
| ビタミンK　μg | 272 | 191 | 217 | 333 | 198 | 329 | 232 | 174 | 178 | 268 | 169 | 217 | 264 | 283 | 157 | 276 | 169 | 216 | 200 | 159 | 134 | 303 | 193 | 257 | 265 | 199 | 196 | 230 | 152 | 182 | 288 | 171 | 303 | 325 | 193 | 313 | 266 | 196 | 249 |
| ビタミンB1　mg | 0.97 | 0.43 | 0.89 | 0.88 | 0.41 | 0.73 | 0.92 | 0.48 | 0.82 | 0.94 | 0.37 | 0.86 | 0.95 | 0.44 | 0.91 | 1.07 | 0.37 | 1.08 | 1.06 | 0.56 | 1.00 | 0.98 | 0.42 | 0.88 | 0.95 | 0.45 | 0.86 | 1.02 | 0.54 | 0.88 | 1.06 | 0.42 | 0.99 | 1.05 | 0.27 | 1.07 | 0.91 | 0.33 | 0.87 |
| ビタミンB2　mg | 1.22 | 0.52 | 1.15 | 1.16 | 0.45 | 1.09 | 1.13 | 0.58 | 1.02 | 1.25 | 0.53 | 1.14 | 1.38 | 0.63 | 1.33 | 1.24 | 0.42 | 1.15 | 1.14 | 0.60 | 1.01 | 1.30 | 0.54 | 1.24 | 1.31 | 0.53 | 1.25 | 1.15 | 0.47 | 1.10 | 1.32 | 0.55 | 1.21 | 1.14 | 0.47 | 1.04 | 1.20 | 0.44 | 1.17 |
| ナイアシン　mgNE[*3] | 30.4 | 11.3 | 29.2 | 32.5 | 12.3 | 31.0 | 27.6 | 10.1 | 25.5 | 30.8 | 13.2 | 30.4 | 32.9 | 15.5 | 29.2 | 34.4 | 12.6 | 34.7 | 30.2 | 10.6 | 28.4 | 31.9 | 11.7 | 30.1 | 29.9 | 10.4 | 29.1 | 28.5 | 10.1 | 27.5 | 29.8 | 10.4 | 29.3 | 30.2 | 7.7 | 31.1 | 29.0 | 9.8 | 29.1 |
| ビタミンB6　mg | 1.21 | 0.51 | 1.15 | 1.27 | 0.49 | 1.28 | 1.07 | 0.48 | 0.97 | 1.29 | 0.56 | 1.16 | 1.27 | 0.61 | 1.19 | 1.51 | 0.69 | 1.42 | 1.02 | 0.43 | 0.94 | 1.24 | 0.46 | 1.19 | 1.23 | 0.46 | 1.18 | 1.13 | 0.45 | 1.06 | 1.23 | 0.45 | 1.18 | 1.22 | 0.49 | 1.14 | 1.16 | 0.44 | 1.19 |
| ビタミンB12　μg | 5.6 | 5.7 | 3.8 | 5.1 | 5.3 | 3.5 | 6.6 | 8.4 | 3.4 | 4.4 | 3.6 | 3.4 | 7.6 | 5.9 | 6.4 | 5.3 | 4.3 | 4.4 | 5.0 | 4.3 | 3.6 | 6.0 | 5.2 | 3.9 | 5.6 | 5.6 | 3.2 | 6.0 | 6.3 | 4.5 | 5.6 | 5.3 | 3.8 | 3.5 | 3.0 | 2.5 | 5.4 | 5.0 | 4.1 |
| 葉酸　μg | 302 | 148 | 276 | 296 | 119 | 258 | 248 | 106 | 245 | 331 | 125 | 319 | 349 | 244 | 337 | 318 | 127 | 315 | 215 | 99 | 199 | 322 | 132 | 308 | 361 | 207 | 291 | 289 | 125 | 268 | 363 | 195 | 323 | 303 | 124 | 304 | 289 | 135 | 272 |
| パントテン酸　mg | 5.85 | 2.05 | 5.72 | 5.95 | 1.91 | 5.73 | 5.27 | 1.92 | 5.16 | 6.39 | 2.26 | 6.61 | 6.08 | 2.75 | 5.33 | 6.15 | 1.61 | 6.42 | 5.30 | 2.20 | 4.74 | 6.12 | 2.04 | 5.94 | 6.08 | 2.10 | 6.05 | 5.59 | 1.99 | 5.54 | 6.30 | 1.91 | 6.16 | 5.72 | 1.83 | 5.72 | 5.69 | 2.03 | 5.81 |
| ビタミンC　mg | 102 | 82 | 82 | 113 | 101 | 86 | 100 | 87 | 72 | 111 | 65 | 104 | 112 | 97 | 78 | 116 | 99 | 92 | 61 | 49 | 45 | 113 | 96 | 86 | 96 | 65 | 84 | 96 | 62 | 81 | 122 | 73 | 111 | 89 | 69 | 64 | 89 | 58 | 78 |
| ナトリウム　mg | 4,149 | 1,626 | 3,958 | 4,745 | 1,599 | 4,663 | 3,478 | 1,300 | 3,250 | 3,978 | 1,461 | 3,717 | 5,300 | 2,454 | 5,218 | 4,020 | 1,558 | 3,751 | 3,461 | 1,248 | 3,151 | 4,441 | 1,622 | 4,269 | 4,114 | 1,495 | 3,942 | 4,045 | 1,180 | 4,006 | 4,109 | 1,435 | 3,784 | 4,515 | 1,306 | 4,506 | 4,054 | 1,843 | 3,830 |
| 食塩相当量　g[*4] | 10.5 | 4.1 | 10.1 | 12.1 | 4.1 | 11.8 | 8.8 | 3.3 | 8.3 | 10.1 | 3.7 | 9.4 | 13.5 | 6.2 | 13.3 | 10.2 | 4.0 | 9.5 | 8.8 | 3.2 | 8.0 | 11.3 | 4.1 | 10.8 | 10.4 | 3.8 | 10.0 | 10.3 | 3.0 | 10.2 | 10.4 | 3.6 | 9.6 | 11.5 | 3.3 | 11.4 | 10.3 | 4.7 | 9.7 |
| 食塩相当量　g/1,000kcal | 5.6 | 1.9 | 5.2 | 6.1 | 1.7 | 5.9 | 5.2 | 1.7 | 4.8 | 4.9 | 1.4 | 4.5 | 6.2 | 2.3 | 6.0 | 4.8 | 1.1 | 4.6 | 4.8 | 2.0 | 4.3 | 6.1 | 2.2 | 5.7 | 5.7 | 2.1 | 5.2 | 5.3 | 1.4 | 5.0 | 5.6 | 1.7 | 5.2 | 6.3 | 1.3 | 6.1 | 5.7 | 2.2 | 5.4 |
| カリウム　mg | 2,440 | 1,002 | 2,267 | 2,367 | 849 | 2,120 | 2,126 | 827 | 2,028 | 2,730 | 1,163 | 2,676 | 2,732 | 1,803 | 2,362 | 2,687 | 930 | 2,723 | 2,044 | 736 | 1,834 | 2,568 | 958 | 2,556 | 2,561 | 1,054 | 2,472 | 2,166 | 884 | 1,980 | 2,675 | 892 | 2,573 | 2,558 | 996 | 2,338 | 2,444 | 906 | 2,370 |
| カルシウム　mg | 530 | 321 | 493 | 490 | 240 | 469 | 444 | 284 | 388 | 566 | 333 | 553 | 698 | 816 | 554 | 555 | 259 | 511 | 457 | 243 | 434 | 546 | 260 | 534 | 552 | 266 | 499 | 511 | 221 | 467 | 624 | 280 | 568 | 459 | 251 | 386 | 552 | 242 | 569 |
| マグネシウム　mg | 258 | 100 | 245 | 264 | 92 | 256 | 215 | 73 | 205 | 289 | 121 | 299 | 306 | 170 | 279 | 281 | 110 | 263 | 220 | 83 | 197 | 270 | 96 | 256 | 270 | 94 | 261 | 233 | 68 | 237 | 278 | 83 | 271 | 268 | 102 | 269 | 251 | 93 | 251 |
| リン　mg | 1,029 | 382 | 984 | 1,026 | 315 | 965 | 900 | 311 | 852 | 1,088 | 439 | 1,133 | 1,192 | 788 | 1,036 | 1,103 | 338 | 1,097 | 957 | 320 | 972 | 1,081 | 361 | 1,035 | 1,046 | 340 | 1,020 | 1,000 | 362 | 958 | 1,101 | 350 | 1,092 | 935 | 286 | 904 | 1,026 | 330 | 1,049 |
| 鉄　mg | 7.9 | 3.6 | 7.5 | 8.1 | 3.1 | 7.8 | 6.9 | 4.1 | 6.3 | 8.3 | 3.7 | 8.2 | 10.2 | 6.9 | 8.9 | 8.4 | 3.2 | 8.1 | 6.2 | 2.6 | 5.5 | 8.6 | 3.3 | 8.0 | 8.3 | 2.9 | 8.2 | 7.4 | 2.9 | 7.1 | 8.3 | 3.1 | 7.8 | 7.2 | 2.5 | 6.8 | 7.6 | 2.8 | 7.6 |
| 亜鉛　mg | 8.2 | 2.9 | 7.9 | 7.8 | 2.6 | 7.7 | 7.8 | 3.0 | 7.0 | 9.0 | 3.3 | 9.0 | 8.8 | 4.0 | 8.7 | 8.6 | 2.8 | 8.5 | 7.9 | 2.7 | 7.7 | 8.5 | 2.9 | 7.9 | 8.3 | 2.7 | 8.3 | 8.0 | 2.8 | 7.9 | 8.5 | 2.7 | 8.0 | 7.7 | 2.1 | 8.0 | 7.8 | 2.6 | 7.4 |
| 銅　mg | 1.16 | 0.43 | 1.12 | 1.20 | 0.39 | 1.14 | 0.99 | 0.36 | 0.93 | 1.34 | 0.41 | 1.24 | 1.44 | 0.82 | 1.22 | 1.21 | 0.38 | 1.28 | 0.98 | 0.36 | 0.87 | 1.21 | 0.41 | 1.14 | 1.17 | 0.41 | 1.18 | 1.07 | 0.29 | 1.09 | 1.22 | 0.34 | 1.20 | 1.14 | 0.33 | 1.16 | 1.12 | 0.39 | 1.14 |
| 脂肪エネルギー比率　%[*5] | 28.0 | 7.1 | 27.7 | 26.7 | 7.4 | 25.8 | 29.5 | 7.9 | 28.5 | 25.0 | 4.9 | 24.4 | 27.5 | 7.0 | 27.1 | 28.2 | 9.2 | 28.3 | 28.9 | 5.2 | 29.3 | 28.6 | 7.0 | 28.1 | 29.0 | 8.1 | 28.7 | 27.6 | 6.2 | 27.3 | 27.1 | 6.0 | 26.3 | 28.9 | 5.4 | 29.7 | 27.3 | 7.4 | 27.4 |
| 炭水化物エネルギー比率　%[*5] | 57.0 | 8.2 | 57.1 | 58.2 | 8.2 | 58.7 | 55.6 | 9.3 | 56.6 | 61.2 | 7.1 | 61.6 | 58.3 | 7.4 | 58.6 | 56.8 | 9.7 | 57.0 | 56.6 | 6.0 | 55.9 | 55.3 | 8.1 | 55.5 | 55.6 | 8.9 | 55.8 | 58.8 | 6.6 | 58.8 | 57.4 | 6.4 | 56.9 | 56.5 | 6.7 | 56.3 | 57.1 | 8.7 | 56.4 |
| 動物性たんぱく質比率　%[*5] | 52.9 | 13.4 | 53.6 | 51.5 | 13.5 | 52.9 | 55.9 | 15.8 | 57.9 | 45.1 | 13.4 | 45.4 | 47.5 | 16.7 | 49.2 | 53.7 | 13.0 | 55.5 | 59.2 | 12.4 | 60.8 | 54.8 | 11.9 | 53.7 | 51.1 | 13.5 | 52.3 | 50.7 | 11.6 | 51.7 | 51.1 | 10.4 | 50.2 | 50.5 | 9.1 | 51.5 | 55.0 | 11.7 | 54.8 |
| 穀類エネルギー比率　%[*5] | 37.8 | 12.6 | 37.8 | 41.7 | 11.8 | 41.8 | 39.0 | 14.4 | 40.1 | 39.9 | 15.1 | 37.4 | 38.0 | 12.0 | 39.0 | 34.8 | 11.8 | 34.6 | 40.1 | 10.2 | 40.7 | 35.5 | 11.7 | 34.8 | 32.7 | 13.1 | 32.4 | 39.9 | 12.6 | 37.7 | 37.2 | 9.4 | 35.7 | 38.8 | 11.2 | 41.1 | 36.5 | 12.8 | 35.0 |

[*1] RAE：レチノール活性当量　[*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）×2.54/1,000 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。

## 表3-2 栄養素等摂取量－エネルギー・栄養素等、地域ブロック別、平均値、標準偏差、中央値－総数、20歳以上

1人1日当たり

| | 総数 | | | 桐生保健所 | | | 伊勢崎保健所 | | | 太田保健所 | | | 吾妻保健所 | | | 利根沼田保健所 | | | 館林保健所 | | | 前橋市保健所 | | | 高崎市保健所 | | | 渋川保健所 | | | 藤岡保健所 | | | 富岡保健所 | | | 安中保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 591 | | | 68 | | | 91 | | | 36 | | | 34 | | | 39 | | | 30 | | | 79 | | | 38 | | | 37 | | | 41 | | | 28 | | | 70 | | |
| エネルギー kcal | 1,923 | 585 | 1,850 | 2,011 | 521 | 1,969 | 1,754 | 567 | 1,643 | 2,131 | 636 | 2,106 | 2,212 | 947 | 2,070 | 2,186 | 545 | 2,177 | 1,886 | 541 | 1,742 | 1,922 | 573 | 1,823 | 1,906 | 497 | 1,868 | 1,960 | 586 | 1,927 | 1,902 | 526 | 1,832 | 1,831 | 436 | 1,921 | 1,830 | 466 | 1,788 |
| たんぱく質 g | 71.5 | 24.0 | 69.3 | 75.1 | 22.6 | 72.9 | 64.5 | 21.8 | 61.6 | 74.2 | 25.9 | 75.8 | 79.6 | 40.7 | 68.6 | 80.3 | 24.4 | 81.1 | 69.0 | 21.7 | 65.7 | 77.3 | 23.2 | 74.3 | 73.4 | 21.3 | 72.8 | 67.4 | 22.9 | 67.8 | 75.6 | 25.0 | 70.9 | 65.8 | 15.3 | 64.5 | 70.6 | 20.6 | 68.6 |
| うち動物性 g | 38.9 | 18.4 | 36.2 | 39.7 | 18.3 | 36.7 | 36.9 | 18.7 | 34.4 | 35.8 | 18.7 | 33.6 | 39.0 | 27.3 | 33.3 | 43.7 | 20.5 | 40.7 | 40.8 | 17.0 | 38.6 | 42.8 | 17.5 | 39.2 | 39.1 | 18.3 | 38.8 | 35.8 | 18.6 | 32.3 | 39.2 | 20.4 | 35.2 | 32.9 | 10.2 | 31.4 | 38.5 | 15.0 | 35.3 |
| 脂質 g | 60.1 | 25.3 | 55.7 | 59.1 | 24.2 | 55.8 | 57.7 | 29.7 | 51.3 | 60.6 | 23.7 | 56.1 | 69.4 | 34.2 | 67.4 | 65.8 | 29.6 | 62.2 | 60.6 | 20.5 | 55.1 | 60.6 | 19.5 | 58.1 | 62.7 | 28.2 | 55.8 | 61.3 | 26.0 | 55.3 | 56.2 | 21.4 | 52.6 | 56.6 | 13.9 | 54.4 | 55.9 | 22.8 | 53.6 |
| うち動物性 g | 30.8 | 18.2 | 29.0 | 27.1 | 16.7 | 22.8 | 32.0 | 26.1 | 27.6 | 25.2 | 11.9 | 23.6 | 31.3 | 18.2 | 30.3 | 33.6 | 21.3 | 30.8 | 32.1 | 13.9 | 30.9 | 32.8 | 13.4 | 33.9 | 29.2 | 17.6 | 30.8 | 35.4 | 22.1 | 30.9 | 25.6 | 15.9 | 23.5 | 31.7 | 12.0 | 28.2 | 26.8 | 12.5 | 25.6 |
| 飽和脂肪酸 g | 17.39 | 8.59 | 15.95 | 15.43 | 7.48 | 14.81 | 16.85 | 10.97 | 14.46 | 15.97 | 5.95 | 14.39 | 19.02 | 10.25 | 16.73 | 19.42 | 9.70 | 17.66 | 16.80 | 6.37 | 15.74 | 16.74 | 6.12 | 16.27 | 18.01 | 9.07 | 16.05 | 18.64 | 9.40 | 17.25 | 15.65 | 7.68 | 14.90 | 17.34 | 6.23 | 17.15 | 15.94 | 6.66 | 15.17 |
| 一価不飽和脂肪酸 g | 21.83 | 10.47 | 20.52 | 21.77 | 10.47 | 20.78 | 21.75 | 13.06 | 19.56 | 22.97 | 10.30 | 21.52 | 24.23 | 11.86 | 24.23 | 23.73 | 12.72 | 23.78 | 23.06 | 7.64 | 23.23 | 21.99 | 8.10 | 21.52 | 23.10 | 13.17 | 20.35 | 22.88 | 12.09 | 20.46 | 19.13 | 7.32 | 17.76 | 19.74 | 5.49 | 18.33 | 19.64 | 8.83 | 18.00 |
| n-6系脂肪酸 g | 10.91 | 5.29 | 10.30 | 11.76 | 5.47 | 10.93 | 9.91 | 4.81 | 8.71 | 11.99 | 5.16 | 12.20 | 13.95 | 9.57 | 11.43 | 11.93 | 5.12 | 11.33 | 10.63 | 4.31 | 9.86 | 11.02 | 4.71 | 10.46 | 11.48 | 4.62 | 11.19 | 9.92 | 4.38 | 9.94 | 11.53 | 5.70 | 10.58 | 10.09 | 2.51 | 10.05 | 10.34 | 5.72 | 9.03 |
| n-3系脂肪酸 g | 2.51 | 1.79 | 1.99 | 2.92 | 1.85 | 2.24 | 2.22 | 1.54 | 1.74 | 2.71 | 2.44 | 1.97 | 3.63 | 1.93 | 3.35 | 2.44 | 1.33 | 1.98 | 2.50 | 1.73 | 2.10 | 2.81 | 1.96 | 2.33 | 2.28 | 1.30 | 1.91 | 2.08 | 1.74 | 1.69 | 2.72 | 1.98 | 2.10 | 2.52 | 1.76 | 1.85 | 2.59 | 2.07 | 2.09 |
| コレステロール mg | 326 | 198 | 300 | 312 | 176 | 292 | 315 | 230 | 281 | 341 | 212 | 352 | 314 | 251 | 228 | 349 | 140 | 363 | 307 | 227 | 260 | 372 | 170 | 378 | 369 | 271 | 292 | 342 | 225 | 282 | 332 | 189 | 302 | 240 | 111 | 256 | 347 | 165 | 328 |
| 炭水化物 g | 258.0 | 86.1 | 249.1 | 276.7 | 76.1 | 275.9 | 232.5 | 80.5 | 226.3 | 310.6 | 99.3 | 295.2 | 301.8 | 129.7 | 265.7 | 297.9 | 81.1 | 288.2 | 242.7 | 71.2 | 230.3 | 250.0 | 88.5 | 236.5 | 240.8 | 64.8 | 234.7 | 261.1 | 77.9 | 265.6 | 266.1 | 75.5 | 259.6 | 251.6 | 80.1 | 247.0 | 237.9 | 73.4 | 243.1 |
| 食物繊維 g | 19.7 | 7.9 | 18.6 | 20.9 | 7.9 | 18.8 | 17.3 | 6.5 | 16.4 | 24.2 | 9.2 | 21.9 | 23.8 | 15.4 | 20.5 | 23.3 | 7.1 | 22.4 | 15.5 | 5.2 | 15.2 | 21.4 | 7.7 | 20.4 | 19.0 | 6.7 | 19.3 | 18.3 | 5.6 | 17.8 | 22.1 | 5.3 | 22.4 | 20.3 | 7.6 | 20.6 | 19.5 | 6.9 | 19.5 |
| うち水溶性 g | 3.9 | 1.9 | 3.6 | 4.0 | 2.1 | 3.5 | 3.3 | 1.6 | 3.1 | 4.8 | 3.0 | 4.3 | 4.6 | 3.0 | 3.7 | 4.6 | 1.9 | 4.1 | 2.8 | 1.3 | 3.1 | 4.4 | 1.8 | 4.1 | 3.8 | 1.5 | 3.4 | 3.5 | 1.8 | 3.2 | 4.6 | 1.3 | 4.6 | 3.7 | 1.6 | 3.6 | 4.0 | 1.8 | 4.3 |
| うち不溶性 g | 12.4 | 5.6 | 11.4 | 13.0 | 5.5 | 11.4 | 10.8 | 4.5 | 10.6 | 14.9 | 6.6 | 13.4 | 15.7 | 11.5 | 12.9 | 14.5 | 4.9 | 13.8 | 9.1 | 3.6 | 8.9 | 14.0 | 5.4 | 13.7 | 12.4 | 4.8 | 11.9 | 11.2 | 3.9 | 10.9 | 14.6 | 3.8 | 14.6 | 12.0 | 4.8 | 12.4 | 12.2 | 4.7 | 12.3 |
| ビタミンA μgRAE*1 | 491 | 465 | 406 | 463 | 290 | 398 | 375 | 303 | 300 | 656 | 473 | 596 | 396 | 299 | 320 | 490 | 240 | 488 | 308 | 202 | 306 | 582 | 477 | 466 | 724 | 1132 | 434 | 433 | 302 | 316 | 638 | 816 | 459 | 551 | 473 | 455 | 456 | 209 | 437 |
| ビタミンD μg | 7.2 | 8.6 | 3.4 | 8.2 | 10.8 | 2.5 | 5.8 | 7.3 | 2.2 | 6.8 | 11.0 | 2.8 | 8.5 | 6.9 | 6.8 | 10.8 | 11.9 | 5.0 | 7.2 | 7.0 | 3.9 | 10.3 | 12.2 | 5.9 | 7.0 | 7.8 | 3.8 | 5.3 | 5.8 | 2.6 | 6.7 | 6.2 | 4.7 | 4.9 | 5.7 | 1.8 | 7.4 | 6.7 | 5.0 |
| ビタミンE mg*2 | 7.0 | 4.0 | 6.4 | 7.4 | 3.4 | 6.7 | 6.0 | 2.9 | 5.5 | 7.2 | 3.7 | 6.3 | 8.7 | 10.8 | 7.0 | 7.9 | 2.8 | 7.9 | 6.0 | 2.9 | 5.3 | 8.5 | 3.7 | 8.5 | 6.4 | 2.6 | 6.0 | 7.5 | 4.2 | 6.1 | 7.0 | 2.6 | 6.9 | 7.0 | 4.1 | 6.0 | 6.8 | 2.6 | 7.0 |
| ビタミンK μg | 272 | 191 | 217 | 335 | 201 | 329 | 236 | 179 | 184 | 279 | 167 | 217 | 271 | 289 | 157 | 293 | 177 | 243 | 218 | 169 | 144 | 321 | 196 | 294 | 283 | 202 | 200 | 238 | 158 | 178 | 314 | 167 | 358 | 337 | 194 | 318 | 279 | 203 | 254 |
| ビタミンB1 mg | 0.97 | 0.43 | 0.89 | 0.87 | 0.42 | 0.73 | 0.92 | 0.49 | 0.82 | 0.95 | 0.38 | 0.87 | 0.95 | 0.45 | 0.91 | 1.08 | 0.35 | 1.08 | 1.08 | 0.60 | 1.00 | 1.01 | 0.43 | 0.91 | 0.96 | 0.47 | 0.86 | 0.97 | 0.52 | 0.83 | 1.06 | 0.45 | 0.99 | 1.03 | 0.28 | 1.06 | 0.91 | 0.34 | 0.87 |
| ビタミンB2 mg | 1.22 | 0.52 | 1.15 | 1.16 | 0.46 | 1.12 | 1.14 | 0.60 | 1.02 | 1.28 | 0.53 | 1.26 | 1.41 | 0.64 | 1.38 | 1.27 | 0.40 | 1.15 | 1.14 | 0.66 | 1.05 | 1.34 | 0.55 | 1.29 | 1.33 | 0.55 | 1.25 | 1.17 | 0.46 | 1.12 | 1.35 | 0.58 | 1.26 | 1.15 | 0.49 | 1.09 | 1.24 | 0.45 | 1.21 |
| ナイアシン mgNE*3 | 30.4 | 11.3 | 29.2 | 33.0 | 12.4 | 31.2 | 27.7 | 10.0 | 25.5 | 31.5 | 13.2 | 31.6 | 33.3 | 15.8 | 29.2 | 35.9 | 12.5 | 35.5 | 31.5 | 10.6 | 30.0 | 32.9 | 11.9 | 31.4 | 31.0 | 10.4 | 29.6 | 28.7 | 10.4 | 27.2 | 30.7 | 10.7 | 29.4 | 30.3 | 8.0 | 31.6 | 29.1 | 9.6 | 28.4 |
| ビタミンB6 mg | 1.21 | 0.51 | 1.15 | 1.29 | 0.49 | 1.31 | 1.07 | 0.47 | 1.02 | 1.32 | 0.57 | 1.22 | 1.28 | 0.62 | 1.19 | 1.62 | 0.69 | 1.48 | 1.01 | 0.41 | 0.99 | 1.28 | 0.48 | 1.23 | 1.27 | 0.47 | 1.28 | 1.15 | 0.45 | 1.09 | 1.27 | 0.46 | 1.25 | 1.23 | 0.51 | 1.21 | 1.18 | 0.45 | 1.19 |
| ビタミンB12 μg | 5.6 | 5.7 | 3.8 | 5.2 | 5.4 | 3.5 | 6.8 | 8.7 | 3.4 | 4.6 | 3.6 | 3.5 | 7.9 | 6.0 | 6.8 | 5.6 | 4.5 | 5.1 | 5.2 | 4.3 | 4.1 | 6.3 | 5.5 | 3.8 | 6.2 | 5.9 | 3.7 | 6.7 | 6.7 | 4.7 | 6.1 | 5.5 | 4.4 | 3.5 | 3.1 | 2.8 | 5.7 | 5.3 | 4.3 |
| 葉酸 μg | 302 | 148 | 276 | 302 | 120 | 270 | 253 | 108 | 247 | 339 | 124 | 330 | 358 | 249 | 341 | 338 | 124 | 336 | 222 | 108 | 222 | 340 | 133 | 330 | 388 | 209 | 332 | 304 | 126 | 294 | 386 | 198 | 330 | 306 | 128 | 313 | 307 | 136 | 304 |
| パントテン酸 mg | 5.85 | 2.05 | 5.72 | 5.97 | 1.96 | 5.83 | 5.26 | 1.96 | 5.05 | 6.51 | 2.26 | 6.77 | 6.15 | 2.81 | 5.88 | 6.36 | 1.50 | 6.74 | 5.11 | 2.21 | 4.41 | 6.22 | 2.13 | 6.02 | 6.15 | 2.14 | 6.14 | 5.50 | 1.90 | 5.56 | 6.40 | 1.98 | 6.28 | 5.71 | 1.90 | 5.55 | 5.70 | 2.07 | 5.76 |
| ビタミンC mg | 102 | 82 | 82 | 116 | 103 | 88 | 102 | 90 | 73 | 114 | 65 | 106 | 114 | 99 | 84 | 128 | 101 | 96 | 65 | 55 | 45 | 120 | 101 | 89 | 105 | 66 | 104 | 99 | 65 | 82 | 124 | 76 | 111 | 92 | 71 | 75 | 92 | 61 | 81 |
| ナトリウム mg | 4,149 | 1,626 | 3,958 | 4,807 | 1,616 | 4,700 | 3,494 | 1,266 | 3,253 | 4,048 | 1,465 | 3,770 | 5,205 | 2,429 | 5,218 | 4,153 | 1,572 | 3,753 | 3,601 | 1,311 | 3,398 | 4,539 | 1,567 | 4,370 | 4,365 | 1,429 | 4,213 | 3,990 | 1,271 | 3,807 | 4,234 | 1,456 | 3,990 | 4,605 | 1,306 | 4,605 | 4,314 | 1,802 | 3,949 |
| 食塩相当量 g*4 | 10.5 | 4.1 | 10.1 | 12.2 | 4.1 | 11.9 | 8.9 | 3.2 | 8.3 | 10.3 | 3.7 | 9.6 | 13.2 | 6.2 | 13.3 | 10.5 | 4.0 | 9.5 | 9.1 | 3.3 | 8.6 | 11.5 | 4.0 | 11.1 | 11.1 | 3.6 | 10.7 | 10.1 | 3.2 | 9.7 | 10.8 | 3.7 | 10.1 | 11.7 | 3.3 | 11.7 | 11.0 | 4.6 | 10.0 |
| 食塩相当量 g/1,000kcal | 5.6 | 1.9 | 5.2 | 6.2 | 1.7 | 5.9 | 5.2 | 1.7 | 4.8 | 4.9 | 1.5 | 4.5 | 6.1 | 2.1 | 6.0 | 4.8 | 1.2 | 4.5 | 5.0 | 2.2 | 4.3 | 6.2 | 2.3 | 5.9 | 6.0 | 2.1 | 5.4 | 5.3 | 1.4 | 5.1 | 5.7 | 1.8 | 5.3 | 6.4 | 1.2 | 6.1 | 6.1 | 2.2 | 5.9 |
| カリウム mg | 2,440 | 1,002 | 2,267 | 2,390 | 867 | 2,152 | 2,133 | 849 | 2,028 | 2,753 | 1,189 | 2,818 | 2,780 | 1,845 | 2,431 | 2,816 | 881 | 2,839 | 2,036 | 700 | 1,873 | 2,674 | 969 | 2,702 | 2,651 | 1,091 | 2,584 | 2,201 | 898 | 1,996 | 2,755 | 913 | 2,698 | 2,587 | 1,026 | 2,444 | 2,537 | 922 | 2,494 |
| カルシウム mg | 530 | 321 | 493 | 492 | 243 | 456 | 441 | 291 | 385 | 573 | 341 | 579 | 704 | 840 | 554 | 551 | 248 | 549 | 423 | 240 | 389 | 566 | 262 | 545 | 515 | 252 | 484 | 498 | 195 | 460 | 633 | 293 | 582 | 460 | 261 | 379 | 570 | 248 | 585 |
| マグネシウム mg | 258 | 100 | 245 | 268 | 93 | 262 | 217 | 74 | 206 | 296 | 121 | 310 | 310 | 174 | 286 | 299 | 106 | 268 | 228 | 89 | 206 | 283 | 94 | 272 | 275 | 94 | 270 | 238 | 66 | 238 | 290 | 80 | 276 | 275 | 102 | 281 | 262 | 92 | 277 |
| リン mg | 1,029 | 382 | 984 | 1,036 | 321 | 1,000 | 898 | 316 | 852 | 1,113 | 437 | 1,153 | 1,208 | 809 | 1,061 | 1,132 | 318 | 1,100 | 940 | 310 | 981 | 1,107 | 358 | 1,069 | 1,056 | 344 | 1,020 | 998 | 357 | 953 | 1,124 | 361 | 1,102 | 937 | 296 | 904 | 1,039 | 333 | 1,049 |
| 鉄 mg | 7.9 | 3.6 | 7.5 | 8.2 | 3.1 | 8.2 | 7.0 | 4.2 | 6.3 | 8.4 | 3.7 | 8.3 | 10.3 | 7.0 | 9.2 | 9.0 | 3.1 | 8.8 | 6.3 | 2.7 | 5.8 | 8.9 | 3.1 | 8.2 | 8.7 | 2.8 | 8.6 | 7.8 | 3.0 | 7.4 | 8.8 | 3.0 | 8.3 | 7.3 | 2.6 | 7.1 | 8.0 | 2.8 | 8.0 |
| 亜鉛 mg | 8.2 | 2.9 | 7.9 | 7.8 | 2.7 | 7.7 | 7.8 | 3.1 | 7.0 | 9.2 | 3.3 | 9.5 | 8.9 | 4.1 | 8.7 | 8.9 | 2.7 | 8.8 | 7.8 | 2.9 | 7.7 | 8.4 | 2.6 | 8.0 | 8.5 | 2.7 | 8.3 | 8.0 | 2.8 | 7.9 | 8.5 | 2.8 | 8.0 | 7.6 | 2.0 | 7.6 | 7.8 | 2.6 | 7.4 |
| 銅 mg | 1.16 | 0.43 | 1.12 | 1.22 | 0.39 | 1.14 | 1.00 | 0.36 | 0.93 | 1.36 | 0.41 | 1.25 | 1.46 | 0.85 | 1.23 | 1.30 | 0.34 | 1.31 | 0.98 | 0.39 | 0.87 | 1.25 | 0.42 | 1.18 | 1.20 | 0.41 | 1.20 | 1.08 | 0.28 | 1.10 | 1.27 | 0.34 | 1.26 | 1.16 | 0.33 | 1.18 | 1.16 | 0.39 | 1.17 |
| 脂肪エネルギー比率 %*5 | 28.0 | 7.1 | 27.7 | 26.2 | 7.2 | 25.3 | 29.3 | 8.0 | 28.5 | 25.1 | 4.9 | 24.4 | 27.7 | 7.1 | 27.1 | 26.6 | 8.3 | 27.3 | 28.8 | 5.4 | 29.3 | 28.8 | 7.1 | 28.6 | 28.9 | 8.4 | 28.6 | 28.1 | 6.5 | 27.3 | 26.4 | 6.1 | 25.7 | 28.3 | 5.0 | 29.3 | 27.3 | 7.8 | 27.4 |
| 炭水化物エネルギー比率 %*5 | 57.0 | 8.2 | 57.1 | 58.7 | 8.0 | 59.0 | 55.8 | 9.5 | 56.7 | 61.0 | 7.2 | 60.5 | 58.1 | 7.3 | 58.6 | 58.6 | 9.0 | 58.1 | 56.6 | 6.1 | 55.6 | 54.9 | 8.2 | 55.3 | 55.4 | 9.2 | 55.3 | 58.2 | 6.9 | 58.4 | 57.7 | 6.7 | 57.5 | 57.0 | 6.7 | 57.0 | 57.1 | 9.1 | 56.5 |
| 動物性たんぱく質比率 %*5 | 52.9 | 13.4 | 53.6 | 51.4 | 13.4 | 52.4 | 55.1 | 16.0 | 56.9 | 45.7 | 13.3 | 45.4 | 47.6 | 17.2 | 50.5 | 52.2 | 13.1 | 51.3 | 57.9 | 13.5 | 59.0 | 54.4 | 12.3 | 53.3 | 51.1 | 14.2 | 52.3 | 51.0 | 11.4 | 51.5 | 50.0 | 10.3 | 49.2 | 49.5 | 8.4 | 50.1 | 54.0 | 11.0 | 54.2 |
| 穀類エネルギー比率 %*5 | 37.8 | 12.6 | 37.8 | 41.7 | 12.0 | 42.1 | 39.3 | 14.7 | 40.2 | 39.9 | 15.4 | 37.4 | 37.8 | 12.2 | 39.0 | 36.0 | 11.9 | 36.9 | 39.8 | 10.8 | 40.1 | 34.6 | 12.0 | 34.1 | 32.3 | 13.5 | 32.0 | 37.9 | 12.6 | 37.3 | 37.4 | 9.7 | 35.7 | 38.6 | 11.6 | 41.1 | 35.5 | 12.9 | 33.7 |

*1 RAE：レチノール活性当量　*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）×2.54/1,000 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。

# 表4-1 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－総数、1歳以上、朝食

1人1日当たり

| | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 675 | | | 18 | | | 48 | | | 18 | | | 25 | | | 60 | | | 69 | | | 74 | | | 114 | | | 249 | | |
| エネルギー kcal | 444 | 243 | 444 | 268 | 112 | 275 | 363 | 168 | 352 | 451 | 147 | 427 | 339 | 291 | 407 | 348 | 267 | 388 | 374 | 278 | 422 | 426 | 267 | 446 | 488 | 210 | 480 | 511 | 227 | 477 |
| たんぱく質 g | 17.1 | 11.4 | 16.5 | 8.6 | 4.2 | 7.0 | 11.7 | 6.5 | 10.9 | 14.9 | 6.6 | 12.2 | 11.8 | 11.1 | 13.2 | 13.1 | 10.9 | 13.9 | 13.3 | 9.9 | 13.7 | 14.6 | 10.6 | 14.2 | 19.6 | 10.5 | 19.1 | 21.1 | 12.1 | 19.9 |
| うち動物性 g | 8.1 | 8.0 | 6.6 | 3.4 | 3.2 | 3.2 | 5.7 | 5.3 | 3.7 | 7.7 | 5.0 | 6.8 | 5.8 | 7.9 | 0.0 | 5.9 | 6.3 | 4.1 | 6.4 | 6.2 | 5.2 | 5.8 | 7.2 | 2.9 | 9.2 | 8.0 | 7.6 | 10.3 | 9.2 | 9.7 |
| 脂質 g | 12.7 | 10.2 | 11.1 | 6.6 | 4.6 | 6.6 | 11.6 | 10.2 | 9.7 | 13.3 | 8.0 | 12.4 | 9.4 | 11.6 | 5.6 | 9.9 | 10.0 | 8.2 | 10.5 | 10.3 | 8.3 | 12.3 | 11.8 | 9.1 | 14.9 | 9.1 | 12.9 | 14.1 | 9.9 | 12.1 |
| うち動物性 g | 6.4 | 6.9 | 5.1 | 3.0 | 3.2 | 3.2 | 6.0 | 7.4 | 3.7 | 8.2 | 6.4 | 8.0 | 5.6 | 7.6 | 0.0 | 5.0 | 6.5 | 3.3 | 5.9 | 7.4 | 4.3 | 5.8 | 8.4 | 2.0 | 7.7 | 6.8 | 6.5 | 6.8 | 6.4 | 5.6 |
| 飽和脂肪酸 g | 3.90 | 3.42 | 2.97 | 2.41 | 1.92 | 2.11 | 4.23 | 3.96 | 3.74 | 4.97 | 3.16 | 5.22 | 3.07 | 4.38 | 1.10 | 3.01 | 3.32 | 2.26 | 3.40 | 3.58 | 2.43 | 3.92 | 4.03 | 2.63 | 4.60 | 3.11 | 4.08 | 3.96 | 3.13 | 2.99 |
| 一価不飽和脂肪酸 g | 4.08 | 3.77 | 3.20 | 1.91 | 1.52 | 1.73 | 4.02 | 3.99 | 2.83 | 4.23 | 3.19 | 3.67 | 3.08 | 3.94 | 1.21 | 3.21 | 3.94 | 2.18 | 3.49 | 3.85 | 2.65 | 3.83 | 4.23 | 2.39 | 4.65 | 3.36 | 3.88 | 4.53 | 3.75 | 3.64 |
| n-6系脂肪酸 g | 2.47 | 2.21 | 2.13 | 1.23 | 0.96 | 1.02 | 1.80 | 1.57 | 1.56 | 2.16 | 1.65 | 1.92 | 1.67 | 1.91 | 0.84 | 2.03 | 2.17 | 1.56 | 1.85 | 1.83 | 1.46 | 2.46 | 2.27 | 2.11 | 2.90 | 2.09 | 2.74 | 2.88 | 2.45 | 2.52 |
| n-3系脂肪酸 g | 0.58 | 0.88 | 0.32 | 0.17 | 0.18 | 0.13 | 0.26 | 0.26 | 0.21 | 0.30 | 0.22 | 0.29 | 0.30 | 0.48 | 0.14 | 0.34 | 0.42 | 0.13 | 0.38 | 0.71 | 0.18 | 0.58 | 1.12 | 0.29 | 0.72 | 0.82 | 0.45 | 0.77 | 1.05 | 0.41 |
| コレステロール mg | 97 | 116 | 37 | 39 | 70 | 12 | 70 | 87 | 33 | 109 | 107 | 48 | 58 | 99 | 0 | 97 | 127 | 23 | 83 | 109 | 23 | 60 | 92 | 12 | 117 | 128 | 58 | 116 | 121 | 61 |
| 炭水化物 g | 64.3 | 35.8 | 65.3 | 43.0 | 19.1 | 41.5 | 51.3 | 22.6 | 45.4 | 65.9 | 20.3 | 63.7 | 50.5 | 41.0 | 59.4 | 50.1 | 37.9 | 45.1 | 54.9 | 43.7 | 58.7 | 63.2 | 39.0 | 70.2 | 67.8 | 31.1 | 66.4 | 74.3 | 34.0 | 68.6 |
| 食物繊維 g | 4.9 | 3.8 | 4.2 | 2.2 | 1.2 | 2.2 | 2.7 | 1.5 | 2.5 | 3.5 | 2.1 | 3.2 | 2.9 | 2.7 | 2.8 | 3.4 | 2.9 | 2.6 | 3.6 | 3.3 | 3.0 | 4.0 | 3.1 | 3.5 | 5.3 | 3.3 | 4.9 | 6.5 | 4.4 | 5.8 |
| うち水溶性 g | 0.9 | 0.8 | 0.7 | 0.4 | 0.4 | 0.4 | 0.5 | 0.5 | 0.3 | 0.4 | 0.4 | 0.4 | 0.4 | 0.5 | 0.2 | 0.6 | 0.6 | 0.5 | 0.6 | 0.8 | 0.4 | 0.7 | 0.6 | 0.6 | 1.0 | 0.7 | 1.0 | 1.2 | 1.0 | 1.1 |
| うち不溶性 g | 3.0 | 2.5 | 2.5 | 1.3 | 0.7 | 1.1 | 1.4 | 0.9 | 1.3 | 1.8 | 1.1 | 1.5 | 1.6 | 1.5 | 1.2 | 2.1 | 1.9 | 1.6 | 2.0 | 2.0 | 1.6 | 2.5 | 1.9 | 2.5 | 3.4 | 2.2 | 3.2 | 4.1 | 3.0 | 3.6 |
| ビタミンA μgRAE[*1] | 107 | 128 | 79 | 69 | 102 | 44 | 72 | 126 | 41 | 92 | 61 | 85 | 40 | 65 | 4 | 65 | 68 | 54 | 76 | 128 | 30 | 84 | 179 | 44 | 119 | 102 | 101 | 144 | 131 | 109 |
| ビタミンD μg | 2.1 | 4.5 | 0.6 | 0.6 | 1.2 | 0.1 | 1.2 | 3.0 | 0.4 | 0.8 | 0.7 | 0.8 | 0.7 | 1.4 | 0.0 | 1.6 | 3.5 | 0.4 | 1.5 | 3.2 | 0.3 | 1.5 | 3.6 | 0.3 | 2.3 | 4.2 | 0.9 | 2.9 | 5.8 | 0.9 |
| ビタミンE mg[*2] | 1.5 | 1.7 | 1.2 | 0.6 | 0.4 | 0.4 | 0.9 | 0.8 | 0.8 | 1.0 | 0.6 | 0.9 | 0.6 | 0.9 | 0.3 | 1.0 | 1.1 | 0.8 | 1.0 | 1.2 | 0.7 | 1.2 | 1.3 | 0.8 | 1.9 | 1.4 | 1.6 | 2.0 | 2.2 | 1.6 |
| ビタミンK μg | 95 | 125 | 27 | 50 | 89 | 6 | 31 | 69 | 11 | 64 | 115 | 13 | 55 | 103 | 11 | 64 | 108 | 12 | 61 | 103 | 11 | 88 | 122 | 16 | 115 | 135 | 41 | 126 | 134 | 71 |
| ビタミン$B_1$ mg | 0.18 | 0.14 | 0.16 | 0.10 | 0.04 | 0.10 | 0.14 | 0.10 | 0.11 | 0.16 | 0.08 | 0.14 | 0.14 | 0.17 | 0.09 | 0.13 | 0.12 | 0.11 | 0.14 | 0.12 | 0.13 | 0.14 | 0.12 | 0.12 | 0.20 | 0.11 | 0.19 | 0.22 | 0.15 | 0.19 |
| ビタミン$B_2$ mg | 0.35 | 0.25 | 0.33 | 0.18 | 0.12 | 0.14 | 0.21 | 0.15 | 0.16 | 0.33 | 0.18 | 0.32 | 0.22 | 0.23 | 0.22 | 0.26 | 0.22 | 0.26 | 0.25 | 0.21 | 0.23 | 0.30 | 0.24 | 0.30 | 0.43 | 0.27 | 0.41 | 0.44 | 0.24 | 0.42 |
| ナイアシン mgNE[*3] | 6.6 | 4.8 | 5.9 | 2.8 | 1.2 | 2.5 | 4.0 | 2.3 | 3.5 | 4.8 | 2.2 | 3.7 | 4.6 | 5.0 | 3.8 | 4.6 | 3.9 | 4.4 | 5.2 | 3.9 | 4.7 | 5.8 | 4.7 | 5.2 | 7.6 | 4.3 | 6.9 | 8.3 | 5.2 | 7.4 |
| ビタミン$B_6$ mg | 0.26 | 0.23 | 0.21 | 0.13 | 0.09 | 0.12 | 0.12 | 0.09 | 0.10 | 0.17 | 0.09 | 0.15 | 0.18 | 0.22 | 0.08 | 0.17 | 0.16 | 0.15 | 0.17 | 0.15 | 0.15 | 0.22 | 0.21 | 0.17 | 0.29 | 0.19 | 0.26 | 0.36 | 0.28 | 0.31 |
| ビタミン$B_{12}$ μg | 1.4 | 2.5 | 0.6 | 0.4 | 0.5 | 0.2 | 0.6 | 0.6 | 0.3 | 0.9 | 0.7 | 0.9 | 0.8 | 1.3 | 0.0 | 0.6 | 0.9 | 0.3 | 1.1 | 2.0 | 0.5 | 1.1 | 2.8 | 0.3 | 1.5 | 2.1 | 0.8 | 2.1 | 3.1 | 0.9 |
| 葉酸 μg | 81 | 65 | 70 | 34 | 19 | 29 | 35 | 24 | 29 | 50 | 36 | 41 | 39 | 40 | 24 | 53 | 47 | 45 | 49 | 43 | 42 | 65 | 49 | 61 | 93 | 52 | 90 | 114 | 75 | 101 |
| パントテン酸 mg | 1.66 | 1.11 | 1.59 | 1.01 | 0.64 | 0.84 | 1.07 | 0.67 | 0.91 | 1.60 | 0.71 | 1.47 | 1.11 | 1.05 | 1.14 | 1.28 | 1.12 | 1.09 | 1.22 | 1.02 | 1.06 | 1.46 | 1.07 | 1.45 | 1.96 | 1.15 | 1.88 | 2.02 | 1.08 | 1.85 |
| ビタミンC mg | 23 | 32 | 13 | 9 | 9 | 5 | 9 | 15 | 5 | 10 | 12 | 5 | 7 | 10 | 2 | 12 | 19 | 3 | 10 | 11 | 6 | 18 | 33 | 9 | 24 | 25 | 17 | 37 | 41 | 27 |
| ナトリウム mg | 940 | 790 | 748 | 386 | 312 | 290 | 546 | 440 | 462 | 802 | 624 | 550 | 618 | 610 | 514 | 650 | 669 | 463 | 660 | 620 | 515 | 740 | 639 | 617 | 1,024 | 696 | 853 | 1,267 | 899 | 1,058 |
| 食塩相当量 g[*4] | 2.4 | 2.0 | 1.9 | 1.0 | 0.8 | 0.7 | 1.4 | 1.1 | 1.2 | 2.0 | 1.6 | 1.4 | 1.6 | 1.5 | 1.3 | 1.7 | 1.7 | 1.2 | 1.7 | 1.6 | 1.3 | 1.9 | 1.6 | 1.6 | 2.6 | 1.8 | 2.2 | 3.2 | 2.3 | 2.7 |
| 食塩相当量 g/1,000kcal | 4.9 | 3.5 | 4.2 | 3.7 | 2.6 | 3.1 | 4.0 | 3.0 | 3.2 | 4.2 | 2.8 | 3.3 | 3.3 | 3.3 | 3.2 | 3.7 | 3.6 | 3.2 | 3.7 | 3.2 | 3.3 | 4.0 | 3.5 | 3.4 | 5.1 | 3.1 | 4.4 | 6.1 | 3.5 | 5.4 |
| カリウム mg | 616 | 480 | 520 | 305 | 134 | 294 | 285 | 176 | 234 | 446 | 227 | 405 | 333 | 376 | 221 | 424 | 340 | 411 | 411 | 305 | 408 | 506 | 343 | 510 | 692 | 381 | 681 | 844 | 576 | 766 |
| カルシウム mg | 165 | 187 | 127 | 97 | 58 | 90 | 101 | 85 | 79 | 163 | 136 | 114 | 85 | 123 | 40 | 114 | 124 | 73 | 105 | 97 | 82 | 136 | 126 | 93 | 184 | 137 | 157 | 219 | 254 | 179 |
| マグネシウム mg | 70 | 52 | 62 | 34 | 16 | 30 | 35 | 21 | 33 | 51 | 27 | 47 | 39 | 38 | 27 | 52 | 48 | 39 | 48 | 36 | 44 | 61 | 40 | 58 | 79 | 50 | 75 | 93 | 57 | 82 |
| リン mg | 272 | 202 | 259 | 150 | 70 | 152 | 184 | 102 | 158 | 252 | 121 | 230 | 178 | 184 | 168 | 203 | 175 | 183 | 206 | 147 | 215 | 226 | 162 | 218 | 306 | 168 | 299 | 342 | 241 | 327 |
| 鉄 mg | 2.1 | 1.6 | 1.9 | 0.9 | 0.6 | 0.6 | 1.1 | 0.7 | 1.2 | 1.5 | 1.0 | 1.3 | 1.1 | 1.1 | 1.2 | 1.6 | 1.5 | 1.5 | 1.5 | 1.4 | 1.4 | 1.7 | 1.5 | 1.4 | 2.3 | 1.4 | 2.2 | 2.7 | 1.8 | 2.6 |
| 亜鉛 mg | 2.0 | 1.3 | 2.0 | 1.1 | 0.6 | 0.9 | 1.5 | 0.8 | 1.3 | 2.0 | 0.9 | 1.6 | 1.5 | 1.3 | 1.5 | 1.6 | 1.4 | 1.3 | 1.6 | 1.2 | 1.5 | 1.7 | 1.2 | 1.7 | 2.2 | 1.2 | 2.2 | 2.4 | 1.3 | 2.3 |
| 銅 mg | 0.32 | 0.23 | 0.28 | 0.18 | 0.10 | 0.16 | 0.20 | 0.12 | 0.17 | 0.26 | 0.14 | 0.23 | 0.21 | 0.20 | 0.23 | 0.24 | 0.22 | 0.17 | 0.25 | 0.21 | 0.21 | 0.29 | 0.23 | 0.24 | 0.34 | 0.22 | 0.32 | 0.40 | 0.25 | 0.37 |

[*1] RAE：レチノール活性当量 [*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)×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 591 | | | 154 | | | 162 | | | 157 | | |
| エネルギー | kcal | 456 | 250 | 460 | 358 | 274 | 396 | 492 | 208 | 468 | 534 | 237 | 506 |
| たんぱく質 | g | 17.9 | 11.7 | 17.8 | 13.0 | 10.4 | 13.6 | 19.9 | 11.0 | 18.9 | 22.2 | 12.4 | 21.3 |
| うち動物性 | g | 8.4 | 8.3 | 6.8 | 6.1 | 6.5 | 4.9 | 9.3 | 8.4 | 7.6 | 11.0 | 9.5 | 10.4 |
| 脂質 | g | 13.0 | 10.3 | 11.3 | 10.1 | 10.4 | 8.0 | 14.2 | 9.1 | 12.1 | 14.9 | 10.5 | 13.4 |
| うち動物性 | g | 6.5 | 7.0 | 5.2 | 5.5 | 7.1 | 3.6 | 7.1 | 6.7 | 5.8 | 7.1 | 6.4 | 5.7 |
| 飽和脂肪酸 | g | 3.88 | 3.40 | 2.93 | 3.20 | 3.60 | 2.24 | 4.20 | 3.06 | 3.30 | 4.15 | 3.27 | 3.22 |
| 一価不飽和脂肪酸 | g | 4.15 | 3.81 | 3.31 | 3.31 | 3.87 | 2.49 | 4.47 | 3.45 | 3.58 | 4.79 | 3.91 | 3.91 |
| n-6系脂肪酸 | g | 2.57 | 2.28 | 2.22 | 1.89 | 1.97 | 1.45 | 2.85 | 1.99 | 2.75 | 3.05 | 2.70 | 2.56 |
| n-3系脂肪酸 | g | 0.63 | 0.93 | 0.35 | 0.35 | 0.57 | 0.17 | 0.69 | 0.87 | 0.45 | 0.82 | 1.11 | 0.41 |
| コレステロール | mg | 101 | 119 | 39 | 84 | 115 | 20 | 115 | 128 | 52 | 120 | 118 | 73 |
| 炭水化物 | g | 65.9 | 37.0 | 66.8 | 52.3 | 40.9 | 57.4 | 70.6 | 31.3 | 67.6 | 77.0 | 34.9 | 73.1 |
| 食物繊維 | g | 5.1 | 4.0 | 4.6 | 3.4 | 3.1 | 2.8 | 6.0 | 3.6 | 5.9 | 6.7 | 4.8 | 5.8 |
| うち水溶性 | g | 0.9 | 0.8 | 0.8 | 0.6 | 0.7 | 0.4 | 1.2 | 0.9 | 1.1 | 1.2 | 1.0 | 1.1 |
| うち不溶性 | g | 3.2 | 2.6 | 2.9 | 2.0 | 1.9 | 1.6 | 3.8 | 2.4 | 3.7 | 4.3 | 3.2 | 3.6 |
| ビタミンA | μgRAE*1 | 111 | 129 | 83 | 66 | 99 | 34 | 133 | 110 | 110 | 151 | 141 | 116 |
| ビタミンD | μg | 2.2 | 4.7 | 0.7 | 1.4 | 3.1 | 0.3 | 2.2 | 4.3 | 0.8 | 3.2 | 6.3 | 1.0 |
| ビタミンE | mg*2 | 1.6 | 1.8 | 1.3 | 0.9 | 1.1 | 0.7 | 1.9 | 1.4 | 1.6 | 2.2 | 2.6 | 1.8 |
| ビタミンK | μg | 102 | 128 | 35 | 61 | 104 | 11 | 128 | 141 | 61 | 120 | 125 | 73 |
| ビタミン$B_1$ | mg | 0.19 | 0.14 | 0.17 | 0.14 | 0.13 | 0.12 | 0.21 | 0.14 | 0.19 | 0.23 | 0.14 | 0.20 |
| ビタミン$B_2$ | mg | 0.37 | 0.25 | 0.35 | 0.25 | 0.22 | 0.24 | 0.44 | 0.27 | 0.41 | 0.45 | 0.23 | 0.43 |
| ナイアシン | mgNE*3 | 7.0 | 4.9 | 6.4 | 4.9 | 4.1 | 4.6 | 7.8 | 4.3 | 7.0 | 8.7 | 5.6 | 7.7 |
| ビタミン$B_6$ | mg | 0.28 | 0.24 | 0.23 | 0.17 | 0.17 | 0.15 | 0.32 | 0.21 | 0.29 | 0.38 | 0.30 | 0.31 |
| ビタミン$B_{12}$ | μg | 1.5 | 2.6 | 0.6 | 0.8 | 1.6 | 0.4 | 1.6 | 2.3 | 0.9 | 2.3 | 3.4 | 1.1 |
| 葉酸 | μg | 87 | 66 | 76 | 49 | 44 | 43 | 101 | 55 | 98 | 120 | 81 | 107 |
| パントテン酸 | mg | 1.73 | 1.14 | 1.69 | 1.23 | 1.06 | 1.09 | 2.03 | 1.17 | 1.92 | 2.03 | 1.03 | 1.86 |
| ビタミンC | mg | 25 | 34 | 15 | 10 | 15 | 4 | 30 | 32 | 21 | 38 | 43 | 28 |
| ナトリウム | mg | 993 | 811 | 808 | 649 | 634 | 511 | 1,144 | 812 | 965 | 1,329 | 921 | 1,134 |
| 食塩相当量 | g*4 | 2.5 | 2.1 | 2.1 | 1.6 | 1.6 | 1.3 | 2.9 | 2.1 | 2.5 | 3.4 | 2.3 | 2.9 |
| 食塩相当量 | g/1,000kcal | 5.0 | 3.6 | 4.3 | 3.6 | 3.4 | 3.3 | 5.6 | 3.3 | 5.0 | 6.2 | 3.6 | 5.4 |
| カリウム | mg | 657 | 495 | 582 | 403 | 330 | 398 | 766 | 417 | 732 | 886 | 643 | 795 |
| カルシウム | mg | 172 | 196 | 133 | 105 | 112 | 72 | 188 | 134 | 162 | 243 | 303 | 192 |
| マグネシウム | mg | 74 | 53 | 69 | 48 | 41 | 41 | 86 | 51 | 80 | 98 | 60 | 87 |
| リン | mg | 284 | 209 | 277 | 201 | 164 | 196 | 318 | 177 | 292 | 362 | 270 | 349 |
| 鉄 | mg | 2.2 | 1.7 | 2.0 | 1.5 | 1.4 | 1.4 | 2.4 | 1.5 | 2.4 | 2.9 | 1.8 | 2.8 |
| 亜鉛 | mg | 2.0 | 1.3 | 2.1 | 1.6 | 1.3 | 1.5 | 2.3 | 1.2 | 2.3 | 2.4 | 1.3 | 2.4 |
| 銅 | mg | 0.33 | 0.24 | 0.30 | 0.24 | 0.21 | 0.21 | 0.38 | 0.23 | 0.35 | 0.41 | 0.25 | 0.39 |

# 表4-2 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－男性、1歳以上、朝食

1人1日当たり

| | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 310 | | | 8 | | | 26 | | | 10 | | | 9 | | | 29 | | | 30 | | | 38 | | | 46 | | | 114 | | |
| エネルギー kcal | 471 | 271 | 473 | 262 | 119 | 277 | 404 | 141 | 385 | 493 | 159 | 469 | 331 | 371 | 269 | 369 | 290 | 381 | 415 | 335 | 455 | 399 | 276 | 414 | 544 | 233 | 540 | 544 | 261 | 516 |
| たんぱく質 g | 17.8 | 12.6 | 16.6 | 8.5 | 4.4 | 7.8 | 13.4 | 6.2 | 14.0 | 16.4 | 8.1 | 16.1 | 10.9 | 13.6 | 4.0 | 14.0 | 12.1 | 13.7 | 14.7 | 11.0 | 15.5 | 13.7 | 11.4 | 13.1 | 22.1 | 11.6 | 21.7 | 21.5 | 14.0 | 20.0 |
| うち動物性 g | 8.2 | 8.6 | 6.5 | 4.2 | 4.4 | 3.2 | 6.8 | 5.7 | 6.0 | 7.8 | 5.2 | 6.6 | 5.8 | 8.8 | 0.0 | 5.9 | 6.6 | 4.9 | 7.2 | 6.4 | 6.2 | 5.1 | 7.2 | 1.4 | 10.3 | 8.9 | 7.9 | 10.1 | 10.2 | 9.0 |
| 脂質 g | 12.8 | 10.4 | 11.0 | 7.6 | 6.3 | 7.2 | 12.7 | 9.1 | 12.5 | 13.1 | 8.0 | 12.9 | 9.9 | 13.5 | 0.5 | 10.5 | 10.3 | 7.8 | 11.0 | 11.3 | 8.9 | 10.7 | 11.5 | 6.7 | 16.0 | 9.4 | 13.4 | 13.9 | 10.4 | 12.1 |
| うち動物性 g | 6.3 | 7.0 | 4.4 | 3.2 | 4.2 | 2.0 | 6.9 | 7.5 | 3.8 | 7.9 | 5.8 | 8.0 | 6.2 | 8.5 | 0.0 | 4.9 | 6.1 | 3.6 | 6.0 | 8.1 | 3.5 | 4.6 | 7.9 | 0.3 | 8.0 | 7.3 | 6.0 | 6.6 | 6.4 | 5.6 |
| 飽和脂肪酸 g | 3.82 | 3.43 | 2.96 | 2.67 | 2.51 | 2.46 | 4.39 | 3.39 | 4.11 | 5.06 | 3.18 | 5.11 | 3.18 | 5.08 | 0.16 | 2.85 | 2.73 | 2.24 | 3.62 | 4.30 | 2.66 | 3.03 | 3.81 | 1.33 | 4.68 | 3.19 | 3.90 | 3.94 | 3.18 | 3.07 |
| 一価不飽和脂肪酸 g | 4.13 | 3.80 | 3.34 | 2.33 | 2.07 | 2.11 | 4.57 | 3.72 | 3.74 | 4.03 | 2.85 | 4.19 | 3.57 | 4.74 | 0.08 | 3.54 | 4.14 | 2.49 | 3.72 | 4.35 | 3.11 | 3.40 | 4.09 | 1.41 | 4.92 | 3.24 | 4.21 | 4.39 | 3.77 | 3.65 |
| n-6系脂肪酸 g | 2.58 | 2.41 | 2.16 | 1.33 | 0.93 | 1.26 | 2.02 | 1.39 | 1.73 | 2.11 | 1.82 | 1.39 | 1.53 | 1.88 | 0.13 | 2.30 | 2.43 | 2.17 | 1.96 | 1.84 | 1.67 | 2.42 | 2.53 | 1.52 | 3.27 | 2.11 | 3.29 | 2.93 | 2.81 | 2.60 |
| n-3系脂肪酸 g | 0.58 | 0.85 | 0.34 | 0.20 | 0.22 | 0.14 | 0.30 | 0.26 | 0.24 | 0.29 | 0.26 | 0.22 | 0.21 | 0.26 | 0.00 | 0.34 | 0.40 | 0.13 | 0.34 | 0.35 | 0.23 | 0.58 | 1.05 | 0.24 | 0.86 | 0.87 | 0.53 | 0.75 | 1.03 | 0.41 |
| コレステロール mg | 98 | 119 | 38 | 53 | 96 | 9 | 78 | 94 | 33 | 118 | 107 | 69 | 57 | 88 | 0 | 107 | 143 | 22 | 85 | 119 | 22 | 53 | 87 | 7 | 126 | 135 | 66 | 111 | 120 | 59 |
| 炭水化物 g | 69.6 | 40.5 | 72.9 | 39.1 | 16.7 | 38.8 | 57.2 | 20.4 | 59.1 | 74.5 | 21.3 | 76.2 | 47.1 | 48.2 | 59.4 | 53.5 | 42.1 | 56.2 | 62.7 | 54.9 | 69.3 | 60.4 | 41.0 | 66.3 | 76.2 | 33.2 | 78.7 | 82.3 | 39.1 | 81.0 |
| 食物繊維 g | 5.2 | 4.4 | 4.5 | 1.7 | 0.7 | 1.5 | 2.8 | 1.3 | 3.1 | 4.2 | 2.3 | 4.5 | 2.7 | 3.2 | 2.4 | 3.6 | 3.2 | 2.7 | 4.2 | 4.0 | 3.3 | 3.9 | 3.4 | 3.5 | 5.9 | 3.6 | 6.2 | 7.0 | 5.2 | 6.4 |
| うち水溶性 g | 0.9 | 0.9 | 0.7 | 0.3 | 0.2 | 0.3 | 0.4 | 0.5 | 0.3 | 0.6 | 0.4 | 0.5 | 0.3 | 0.5 | 0.0 | 0.7 | 0.7 | 0.5 | 0.8 | 0.9 | 0.7 | 0.6 | 0.6 | 0.5 | 1.1 | 0.8 | 1.2 | 1.3 | 1.1 | 1.1 |
| うち不溶性 g | 3.1 | 2.8 | 2.7 | 1.0 | 0.3 | 0.9 | 1.5 | 0.8 | 1.5 | 2.2 | 1.3 | 2.1 | 1.3 | 1.7 | 1.0 | 2.3 | 2.1 | 1.6 | 2.4 | 2.5 | 1.7 | 2.3 | 2.0 | 1.7 | 3.7 | 2.3 | 3.6 | 4.4 | 3.4 | 3.8 |
| ビタミンA μgRAE[*1] | 108 | 141 | 77 | 53 | 42 | 45 | 86 | 161 | 50 | 109 | 73 | 91 | 45 | 57 | 0 | 66 | 75 | 48 | 67 | 83 | 33 | 100 | 241 | 41 | 117 | 93 | 109 | 141 | 140 | 108 |
| ビタミンD μg | 2.1 | 4.5 | 0.7 | 1.1 | 1.7 | 0.4 | 1.6 | 3.9 | 0.3 | 0.7 | 0.5 | 0.7 | 0.6 | 1.2 | 0.0 | 1.4 | 3.4 | 0.5 | 1.8 | 3.7 | 0.3 | 1.6 | 4.1 | 0.0 | 2.4 | 4.3 | 1.0 | 2.7 | 5.6 | 0.9 |
| ビタミンE mg[*2] | 1.5 | 2.0 | 1.1 | 0.6 | 0.6 | 0.3 | 0.9 | 0.8 | 0.8 | 0.9 | 0.5 | 0.9 | 0.5 | 0.6 | 0.0 | 1.2 | 1.3 | 1.1 | 1.0 | 1.0 | 0.9 | 0.9 | 1.1 | 0.7 | 1.9 | 1.2 | 1.6 | 2.1 | 2.8 | 1.6 |
| ビタミンK μg | 98 | 130 | 27 | 29 | 64 | 6 | 38 | 74 | 13 | 55 | 93 | 29 | 40 | 98 | 0 | 56 | 98 | 9 | 72 | 108 | 17 | 94 | 128 | 16 | 140 | 151 | 51 | 126 | 140 | 63 |
| ビタミン$B_1$ mg | 0.18 | 0.15 | 0.16 | 0.08 | 0.03 | 0.07 | 0.15 | 0.08 | 0.13 | 0.18 | 0.10 | 0.17 | 0.11 | 0.16 | 0.03 | 0.14 | 0.12 | 0.13 | 0.15 | 0.14 | 0.14 | 0.12 | 0.11 | 0.10 | 0.22 | 0.12 | 0.20 | 0.23 | 0.17 | 0.20 |
| ビタミン$B_2$ mg | 0.36 | 0.25 | 0.35 | 0.17 | 0.14 | 0.13 | 0.23 | 0.13 | 0.18 | 0.35 | 0.22 | 0.31 | 0.20 | 0.25 | 0.02 | 0.27 | 0.24 | 0.25 | 0.27 | 0.22 | 0.25 | 0.27 | 0.22 | 0.29 | 0.50 | 0.29 | 0.45 | 0.43 | 0.24 | 0.43 |
| ナイアシン mgNE[*3] | 6.8 | 5.2 | 6.2 | 2.8 | 1.3 | 2.5 | 4.6 | 2.2 | 4.9 | 5.3 | 2.6 | 6.0 | 4.6 | 6.7 | 1.3 | 4.8 | 4.3 | 3.8 | 5.6 | 4.3 | 5.9 | 5.4 | 4.5 | 4.5 | 8.4 | 4.5 | 7.4 | 8.6 | 6.0 | 7.4 |
| ビタミン$B_6$ mg | 0.27 | 0.25 | 0.21 | 0.11 | 0.09 | 0.09 | 0.14 | 0.08 | 0.12 | 0.17 | 0.09 | 0.18 | 0.13 | 0.22 | 0.03 | 0.18 | 0.18 | 0.15 | 0.19 | 0.16 | 0.18 | 0.19 | 0.20 | 0.17 | 0.33 | 0.20 | 0.27 | 0.37 | 0.30 | 0.31 |
| ビタミン$B_{12}$ μg | 1.5 | 2.7 | 0.6 | 0.5 | 0.7 | 0.3 | 0.7 | 0.6 | 0.5 | 0.9 | 0.9 | 0.8 | 1.0 | 1.4 | 0.0 | 0.5 | 0.8 | 0.3 | 1.1 | 1.9 | 0.6 | 1.3 | 3.3 | 0.3 | 1.9 | 2.6 | 1.0 | 2.1 | 3.4 | 0.8 |
| 葉酸 μg | 82 | 70 | 69 | 24 | 9 | 25 | 37 | 21 | 30 | 56 | 41 | 51 | 35 | 50 | 5 | 57 | 53 | 44 | 54 | 45 | 52 | 60 | 49 | 57 | 100 | 49 | 99 | 116 | 84 | 100 |
| パントテン酸 mg | 1.72 | 1.18 | 1.64 | 0.88 | 0.55 | 0.79 | 1.16 | 0.63 | 0.93 | 1.61 | 0.87 | 1.41 | 0.94 | 1.15 | 0.40 | 1.31 | 1.15 | 1.07 | 1.33 | 1.08 | 1.33 | 1.36 | 1.11 | 1.37 | 2.25 | 1.19 | 2.35 | 2.09 | 1.19 | 1.95 |
| ビタミンC mg | 24 | 33 | 13 | 5 | 8 | 1 | 10 | 14 | 7 | 14 | 15 | 7 | 5 | 9 | 0 | 15 | 24 | 2 | 11 | 13 | 7 | 15 | 27 | 5 | 22 | 17 | 19 | 39 | 44 | 27 |
| ナトリウム mg | 989 | 832 | 755 | 393 | 276 | 370 | 597 | 460 | 518 | 955 | 662 | 974 | 564 | 701 | 80 | 716 | 770 | 397 | 722 | 704 | 551 | 723 | 631 | 636 | 1,186 | 760 | 1,131 | 1,305 | 941 | 1,128 |
| 食塩相当量 g[*4] | 2.5 | 2.1 | 1.9 | 1.0 | 0.7 | 0.9 | 1.5 | 1.2 | 1.3 | 2.4 | 1.7 | 2.5 | 1.4 | 1.8 | 0.2 | 1.8 | 2.0 | 1.0 | 1.8 | 1.8 | 1.4 | 1.8 | 1.6 | 1.6 | 3.0 | 1.9 | 2.9 | 3.3 | 2.4 | 2.9 |
| 食塩相当量 g/1,000kcal | 4.7 | 3.3 | 4.3 | 3.8 | 2.4 | 3.8 | 3.8 | 2.2 | 3.3 | 4.6 | 2.9 | 4.3 | 2.2 | 2.4 | 0.8 | 3.6 | 4.0 | 3.4 | 3.6 | 3.1 | 3.4 | 3.9 | 3.7 | 3.7 | 5.3 | 3.3 | 4.8 | 5.7 | 3.1 | 5.5 |
| カリウム mg | 633 | 547 | 525 | 247 | 96 | 237 | 314 | 161 | 261 | 472 | 247 | 512 | 272 | 410 | 47 | 438 | 377 | 412 | 447 | 369 | 465 | 447 | 295 | 473 | 746 | 391 | 720 | 890 | 699 | 799 |
| カルシウム mg | 170 | 235 | 119 | 91 | 72 | 83 | 104 | 80 | 80 | 184 | 138 | 128 | 66 | 117 | 5 | 121 | 136 | 74 | 112 | 110 | 82 | 118 | 118 | 82 | 204 | 158 | 170 | 230 | 341 | 181 |
| マグネシウム mg | 73 | 58 | 65 | 26 | 9 | 27 | 39 | 21 | 36 | 59 | 32 | 63 | 30 | 41 | 11 | 56 | 54 | 40 | 51 | 40 | 54 | 56 | 40 | 53 | 90 | 60 | 81 | 97 | 65 | 87 |
| リン mg | 282 | 238 | 258 | 143 | 77 | 130 | 204 | 98 | 190 | 275 | 148 | 235 | 161 | 211 | 54 | 214 | 196 | 166 | 225 | 165 | 232 | 207 | 166 | 196 | 340 | 186 | 310 | 352 | 308 | 330 |
| 鉄 mg | 2.1 | 1.8 | 1.9 | 0.7 | 0.4 | 0.6 | 1.2 | 0.6 | 1.3 | 1.8 | 1.2 | 1.6 | 1.0 | 1.3 | 0.2 | 1.7 | 1.7 | 1.4 | 1.6 | 1.6 | 1.4 | 1.6 | 1.5 | 1.1 | 2.6 | 1.7 | 2.4 | 2.8 | 2.0 | 2.5 |
| 亜鉛 mg | 2.1 | 1.4 | 2.1 | 1.0 | 0.6 | 0.9 | 1.7 | 0.7 | 1.8 | 2.2 | 1.0 | 2.3 | 1.4 | 1.6 | 1.0 | 1.7 | 1.6 | 1.3 | 1.7 | 1.4 | 1.6 | 1.6 | 1.3 | 1.6 | 2.6 | 1.4 | 2.7 | 2.5 | 1.5 | 2.4 |
| 銅 mg | 0.34 | 0.26 | 0.31 | 0.14 | 0.05 | 0.13 | 0.22 | 0.12 | 0.19 | 0.30 | 0.16 | 0.33 | 0.19 | 0.21 | 0.16 | 0.25 | 0.24 | 0.17 | 0.28 | 0.25 | 0.23 | 0.28 | 0.25 | 0.20 | 0.41 | 0.23 | 0.42 | 0.43 | 0.28 | 0.42 |

[*1] RAE：レチノール活性当量　[*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)×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 266 | | | 68 | | | 70 | | | 73 | | |
| エネルギー | kcal | 483 | 283 | 485 | 384 | 318 | 403 | 516 | 243 | 513 | 582 | 269 | 560 |
| たんぱく質 | g | 18.6 | 13.2 | 18.1 | 13.9 | 11.7 | 14.1 | 20.2 | 12.2 | 18.7 | 23.2 | 14.9 | 21.9 |
| うち動物性 | g | 8.5 | 9.0 | 6.8 | 6.5 | 6.8 | 5.3 | 9.0 | 8.6 | 7.6 | 11.1 | 11.2 | 10.0 |
| 脂質 | g | 13.0 | 10.7 | 11.0 | 10.7 | 11.0 | 8.3 | 14.1 | 9.0 | 12.8 | 15.1 | 11.6 | 13.6 |
| うち動物性 | g | 6.3 | 7.0 | 4.5 | 5.5 | 7.3 | 3.5 | 7.2 | 7.2 | 5.8 | 6.7 | 6.5 | 5.6 |
| 飽和脂肪酸 | g | 3.76 | 3.46 | 2.90 | 3.23 | 3.79 | 2.31 | 4.24 | 3.26 | 3.14 | 4.08 | 3.33 | 3.16 |
| 一価不飽和脂肪酸 | g | 4.15 | 3.88 | 3.28 | 3.63 | 4.25 | 2.60 | 4.36 | 3.19 | 3.68 | 4.77 | 4.15 | 3.89 |
| n-6系脂肪酸 | g | 2.69 | 2.52 | 2.41 | 2.05 | 2.10 | 1.67 | 2.85 | 1.85 | 2.83 | 3.23 | 3.21 | 2.66 |
| n-3系脂肪酸 | g | 0.63 | 0.90 | 0.37 | 0.32 | 0.36 | 0.18 | 0.64 | 0.71 | 0.45 | 0.89 | 1.21 | 0.42 |
| コレステロール | mg | 100 | 122 | 41 | 91 | 126 | 21 | 116 | 139 | 52 | 118 | 116 | 67 |
| 炭水化物 | g | 71.6 | 42.4 | 74.2 | 56.7 | 48.5 | 59.3 | 76.2 | 36.6 | 80.7 | 87.5 | 39.1 | 83.3 |
| 食物繊維 | g | 5.6 | 4.6 | 5.4 | 3.8 | 3.6 | 3.0 | 6.4 | 4.1 | 6.4 | 7.4 | 5.6 | 6.4 |
| うち水溶性 | g | 1.0 | 1.0 | 0.9 | 0.7 | 0.8 | 0.4 | 1.2 | 0.9 | 1.1 | 1.3 | 1.1 | 1.1 |
| うち不溶性 | g | 3.4 | 3.0 | 3.3 | 2.2 | 2.3 | 1.6 | 4.0 | 2.7 | 4.0 | 4.6 | 3.7 | 3.8 |
| ビタミンA | μgRAE[*1] | 111 | 143 | 83 | 64 | 76 | 39 | 130 | 113 | 109 | 151 | 150 | 115 |
| ビタミンD | μg | 2.2 | 4.7 | 0.7 | 1.5 | 3.3 | 0.3 | 1.6 | 2.6 | 0.8 | 3.2 | 6.5 | 0.9 |
| ビタミンE | mg[*2] | 1.6 | 2.1 | 1.3 | 1.0 | 1.1 | 0.8 | 1.8 | 1.3 | 1.5 | 2.3 | 3.4 | 1.8 |
| ビタミンK | μg | 107 | 134 | 35 | 61 | 102 | 12 | 135 | 152 | 46 | 121 | 129 | 67 |
| ビタミン$B_1$ | mg | 0.19 | 0.15 | 0.17 | 0.14 | 0.13 | 0.13 | 0.22 | 0.18 | 0.19 | 0.24 | 0.15 | 0.20 |
| ビタミン$B_2$ | mg | 0.38 | 0.26 | 0.36 | 0.26 | 0.23 | 0.24 | 0.46 | 0.30 | 0.43 | 0.45 | 0.23 | 0.44 |
| ナイアシン | mgNE[*3] | 7.2 | 5.5 | 6.7 | 5.1 | 4.6 | 4.7 | 7.9 | 4.5 | 7.2 | 9.1 | 6.7 | 7.8 |
| ビタミン$B_6$ | mg | 0.29 | 0.26 | 0.24 | 0.18 | 0.18 | 0.16 | 0.32 | 0.23 | 0.29 | 0.41 | 0.33 | 0.33 |
| ビタミン$B_{12}$ | μg | 1.6 | 2.9 | 0.6 | 0.8 | 1.5 | 0.4 | 1.4 | 2.1 | 0.7 | 2.7 | 4.0 | 0.9 |
| 葉酸 | μg | 89 | 72 | 81 | 53 | 49 | 47 | 100 | 62 | 100 | 127 | 90 | 107 |
| パントテン酸 | mg | 1.81 | 1.22 | 1.78 | 1.27 | 1.11 | 1.09 | 2.15 | 1.32 | 1.99 | 2.11 | 1.12 | 1.96 |
| ビタミンC | mg | 26 | 35 | 15 | 12 | 18 | 3 | 30 | 32 | 20 | 41 | 46 | 30 |
| ナトリウム | mg | 1,046 | 861 | 850 | 699 | 724 | 519 | 1,189 | 906 | 987 | 1,408 | 932 | 1,342 |
| 食塩相当量 | g[*4] | 2.7 | 2.2 | 2.2 | 1.8 | 1.8 | 1.3 | 3.0 | 2.3 | 2.5 | 3.6 | 2.4 | 3.4 |
| 食塩相当量 | g/1,000kcal | 4.8 | 3.5 | 4.5 | 3.4 | 3.5 | 3.4 | 5.4 | 3.3 | 5.0 | 5.9 | 3.1 | 5.4 |
| カリウム | mg | 681 | 572 | 605 | 420 | 377 | 402 | 784 | 475 | 725 | 950 | 784 | 838 |
| カルシウム | mg | 179 | 250 | 129 | 110 | 122 | 73 | 189 | 152 | 154 | 260 | 412 | 196 |
| マグネシウム | mg | 78 | 60 | 72 | 51 | 47 | 40 | 90 | 60 | 85 | 103 | 69 | 90 |
| リン | mg | 294 | 251 | 283 | 212 | 183 | 205 | 320 | 197 | 300 | 382 | 356 | 365 |
| 鉄 | mg | 2.3 | 1.8 | 2.1 | 1.6 | 1.6 | 1.4 | 2.5 | 1.7 | 2.4 | 3.0 | 2.1 | 3.0 |
| 亜鉛 | mg | 2.2 | 1.5 | 2.3 | 1.7 | 1.5 | 1.5 | 2.4 | 1.5 | 2.4 | 2.6 | 1.5 | 2.5 |
| 銅 | mg | 0.36 | 0.27 | 0.35 | 0.26 | 0.24 | 0.20 | 0.40 | 0.26 | 0.39 | 0.45 | 0.29 | 0.43 |

# 表4-3 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－女性、1歳以上、朝食

1人1日当たり

| | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 365 | | | 10 | | | 22 | | | 8 | | | 16 | | | 31 | | | 39 | | | 36 | | | 68 | | | 135 | | |
| エネルギー kcal | 422 | 215 | 426 | 273 | 113 | 272 | 314 | 186 | 280 | 398 | 120 | 340 | 344 | 248 | 424 | 328 | 246 | 396 | 342 | 224 | 383 | 455 | 258 | 471 | 450 | 186 | 453 | 484 | 191 | 448 |
| たんぱく質 g | 16.5 | 10.1 | 16.3 | 8.7 | 4.4 | 6.8 | 9.8 | 6.5 | 8.2 | 12.9 | 3.9 | 11.7 | 12.4 | 9.8 | 14.2 | 12.3 | 9.8 | 14.1 | 12.3 | 8.9 | 12.0 | 15.5 | 9.8 | 14.6 | 17.9 | 9.3 | 17.9 | 20.8 | 10.2 | 19.9 |
| うち動物性 g | 8.0 | 7.5 | 6.6 | 2.8 | 1.9 | 3.2 | 4.3 | 4.6 | 3.1 | 7.4 | 5.2 | 7.7 | 5.8 | 7.6 | 0.2 | 5.8 | 6.1 | 3.0 | 5.8 | 6.0 | 5.1 | 6.4 | 7.1 | 4.0 | 8.5 | 7.4 | 7.2 | 10.5 | 8.2 | 9.8 |
| 脂質 g | 12.6 | 10.0 | 11.2 | 5.8 | 2.8 | 6.6 | 10.4 | 11.4 | 8.3 | 13.5 | 8.6 | 12.4 | 9.0 | 10.9 | 6.5 | 9.5 | 9.9 | 8.4 | 10.1 | 9.6 | 7.7 | 14.0 | 12.1 | 12.7 | 14.2 | 8.9 | 12.2 | 14.2 | 9.6 | 11.7 |
| うち動物性 g | 6.5 | 6.9 | 5.3 | 2.8 | 2.3 | 3.2 | 4.8 | 7.2 | 2.4 | 8.6 | 7.5 | 8.0 | 5.2 | 7.4 | 0.1 | 5.2 | 6.9 | 2.2 | 5.8 | 7.0 | 5.0 | 7.0 | 8.8 | 4.3 | 7.4 | 6.4 | 6.9 | 7.0 | 6.5 | 5.7 |
| 飽和脂肪酸 g | 3.96 | 3.41 | 2.99 | 2.20 | 1.39 | 2.11 | 4.03 | 4.62 | 2.91 | 4.86 | 3.36 | 5.96 | 3.01 | 4.12 | 1.16 | 3.16 | 3.82 | 2.27 | 3.24 | 2.96 | 2.38 | 4.87 | 4.10 | 3.96 | 4.54 | 3.08 | 4.28 | 3.99 | 3.09 | 2.97 |
| 一価不飽和脂肪酸 g | 4.04 | 3.75 | 3.17 | 1.57 | 0.87 | 1.54 | 3.36 | 4.27 | 2.59 | 4.47 | 3.76 | 3.46 | 2.80 | 3.56 | 1.39 | 2.90 | 3.78 | 2.15 | 3.31 | 3.46 | 2.64 | 4.28 | 4.39 | 3.43 | 4.47 | 3.44 | 3.63 | 4.65 | 3.74 | 3.60 |
| n-6系脂肪酸 g | 2.38 | 2.03 | 2.10 | 1.14 | 1.03 | 0.80 | 1.55 | 1.76 | 0.89 | 2.22 | 1.53 | 2.30 | 1.75 | 1.98 | 1.26 | 1.77 | 1.89 | 1.28 | 1.76 | 1.85 | 1.20 | 2.50 | 2.00 | 2.35 | 2.66 | 2.05 | 2.47 | 2.84 | 2.11 | 2.45 |
| n-3系脂肪酸 g | 0.58 | 0.91 | 0.32 | 0.14 | 0.15 | 0.08 | 0.21 | 0.25 | 0.14 | 0.31 | 0.15 | 0.32 | 0.36 | 0.56 | 0.16 | 0.34 | 0.44 | 0.12 | 0.42 | 0.89 | 0.17 | 0.58 | 1.21 | 0.30 | 0.63 | 0.77 | 0.37 | 0.78 | 1.06 | 0.41 |
| コレステロール mg | 97 | 114 | 37 | 28 | 43 | 12 | 60 | 79 | 30 | 98 | 113 | 41 | 59 | 107 | 1 | 88 | 112 | 25 | 81 | 102 | 25 | 69 | 97 | 20 | 112 | 124 | 40 | 120 | 121 | 73 |
| 炭水化物 g | 59.7 | 30.7 | 60.7 | 46.0 | 21.1 | 42.8 | 44.4 | 23.6 | 40.0 | 55.3 | 13.6 | 58.2 | 52.4 | 37.9 | 61.1 | 47.0 | 33.9 | 43.7 | 49.0 | 32.2 | 56.6 | 66.0 | 37.2 | 72.9 | 62.1 | 28.4 | 63.6 | 67.5 | 27.3 | 65.7 |
| 食物繊維 g | 4.6 | 3.3 | 4.0 | 2.6 | 1.4 | 2.6 | 2.5 | 1.8 | 1.8 | 2.6 | 1.4 | 2.3 | 3.0 | 2.5 | 3.2 | 3.2 | 2.7 | 2.6 | 3.0 | 2.5 | 2.5 | 4.1 | 2.9 | 3.7 | 4.9 | 3.1 | 4.5 | 6.1 | 3.6 | 5.5 |
| うち水溶性 g | 0.9 | 0.7 | 0.7 | 0.5 | 0.5 | 0.5 | 0.5 | 0.6 | 0.3 | 0.3 | 0.3 | 0.2 | 0.4 | 0.4 | 0.3 | 0.6 | 0.6 | 0.5 | 0.5 | 0.6 | 0.4 | 0.8 | 0.6 | 0.7 | 1.0 | 0.7 | 0.8 | 1.2 | 0.8 | 1.1 |
| うち不溶性 g | 2.9 | 2.2 | 2.5 | 1.5 | 0.8 | 1.4 | 1.4 | 1.0 | 1.0 | 1.4 | 0.7 | 1.2 | 1.8 | 1.4 | 1.9 | 1.9 | 1.6 | 1.6 | 1.7 | 1.5 | 1.3 | 2.6 | 1.9 | 2.6 | 3.2 | 2.0 | 3.0 | 3.9 | 2.5 | 3.4 |
| ビタミンA μgRAE＊1 | 106 | 115 | 80 | 82 | 134 | 43 | 55 | 63 | 36 | 72 | 35 | 78 | 37 | 71 | 5 | 65 | 61 | 61 | 82 | 154 | 30 | 68 | 72 | 58 | 121 | 108 | 100 | 146 | 123 | 116 |
| ビタミンD μg | 2.1 | 4.5 | 0.6 | 0.2 | 0.2 | 0.1 | 0.8 | 1.2 | 0.4 | 1.0 | 0.8 | 0.8 | 0.7 | 1.5 | 0.1 | 1.7 | 3.7 | 0.3 | 1.2 | 2.8 | 0.3 | 1.3 | 2.9 | 0.3 | 2.2 | 4.1 | 0.8 | 3.0 | 6.1 | 1.0 |
| ビタミンE mg＊2 | 1.5 | 1.4 | 1.2 | 0.6 | 0.4 | 0.6 | 0.8 | 0.8 | 0.6 | 1.1 | 0.7 | 0.8 | 0.7 | 1.1 | 0.3 | 0.9 | 0.8 | 0.7 | 1.0 | 1.4 | 0.5 | 1.5 | 1.4 | 1.2 | 1.9 | 1.5 | 1.7 | 2.0 | 1.5 | 1.6 |
| ビタミンK μg | 92 | 121 | 27 | 66 | 105 | 6 | 24 | 65 | 6 | 75 | 145 | 13 | 64 | 107 | 12 | 72 | 118 | 13 | 53 | 100 | 7 | 81 | 117 | 20 | 98 | 121 | 35 | 126 | 129 | 74 |
| ビタミンB1 mg | 0.17 | 0.13 | 0.16 | 0.11 | 0.05 | 0.11 | 0.12 | 0.11 | 0.09 | 0.13 | 0.05 | 0.12 | 0.16 | 0.18 | 0.10 | 0.12 | 0.12 | 0.09 | 0.13 | 0.11 | 0.12 | 0.17 | 0.14 | 0.15 | 0.18 | 0.10 | 0.18 | 0.22 | 0.13 | 0.19 |
| ビタミンB2 mg | 0.35 | 0.24 | 0.32 | 0.19 | 0.11 | 0.15 | 0.20 | 0.16 | 0.13 | 0.31 | 0.13 | 0.32 | 0.23 | 0.22 | 0.24 | 0.26 | 0.21 | 0.26 | 0.24 | 0.21 | 0.20 | 0.33 | 0.26 | 0.32 | 0.38 | 0.24 | 0.34 | 0.45 | 0.23 | 0.42 |
| ナイアシン mgNE＊3 | 6.4 | 4.4 | 5.7 | 2.9 | 1.2 | 2.7 | 3.4 | 2.4 | 2.9 | 4.1 | 1.4 | 3.5 | 4.6 | 4.0 | 4.4 | 4.5 | 3.6 | 4.5 | 4.9 | 3.6 | 4.7 | 6.2 | 5.0 | 5.7 | 7.1 | 4.1 | 6.6 | 8.1 | 4.5 | 7.4 |
| ビタミンB6 mg | 0.26 | 0.22 | 0.20 | 0.15 | 0.08 | 0.15 | 0.09 | 0.09 | 0.07 | 0.16 | 0.10 | 0.13 | 0.20 | 0.22 | 0.17 | 0.17 | 0.15 | 0.14 | 0.15 | 0.14 | 0.11 | 0.24 | 0.22 | 0.18 | 0.27 | 0.18 | 0.24 | 0.35 | 0.26 | 0.29 |
| ビタミンB12 μg | 1.3 | 2.2 | 0.6 | 0.3 | 0.2 | 0.2 | 0.4 | 0.5 | 0.2 | 0.9 | 0.3 | 0.9 | 0.6 | 1.2 | 0.1 | 0.7 | 1.0 | 0.3 | 1.0 | 2.1 | 0.5 | 0.9 | 2.3 | 0.4 | 1.2 | 1.6 | 0.7 | 2.1 | 2.8 | 0.9 |
| 葉酸 μg | 80 | 61 | 70 | 41 | 22 | 38 | 32 | 27 | 25 | 43 | 29 | 33 | 41 | 36 | 32 | 49 | 42 | 47 | 46 | 42 | 32 | 69 | 49 | 69 | 89 | 54 | 82 | 112 | 66 | 103 |
| パントテン酸 mg | 1.61 | 1.04 | 1.54 | 1.11 | 0.72 | 0.84 | 0.96 | 0.71 | 0.70 | 1.59 | 0.49 | 1.52 | 1.21 | 1.02 | 1.20 | 1.26 | 1.12 | 1.14 | 1.14 | 0.99 | 1.00 | 1.57 | 1.04 | 1.47 | 1.76 | 1.08 | 1.75 | 1.96 | 0.98 | 1.80 |
| ビタミンC mg | 23 | 32 | 13 | 11 | 10 | 9 | 7 | 15 | 0 | 6 | 6 | 5 | 8 | 11 | 2 | 10 | 13 | 5 | 9 | 10 | 5 | 21 | 39 | 10 | 26 | 30 | 16 | 35 | 39 | 27 |
| ナトリウム mg | 899 | 750 | 737 | 381 | 353 | 255 | 486 | 418 | 427 | 611 | 555 | 429 | 648 | 574 | 533 | 589 | 564 | 490 | 611 | 550 | 469 | 758 | 655 | 604 | 915 | 631 | 751 | 1,236 | 864 | 1,020 |
| 食塩相当量 g＊4 | 2.3 | 1.9 | 1.9 | 1.0 | 0.9 | 0.6 | 1.2 | 1.1 | 1.1 | 1.6 | 1.4 | 1.1 | 1.6 | 1.5 | 1.4 | 1.5 | 1.4 | 1.2 | 1.6 | 1.4 | 1.2 | 1.9 | 1.7 | 1.5 | 2.3 | 1.6 | 1.9 | 3.1 | 2.2 | 2.6 |
| 食塩相当量 g/1,000kcal | 5.0 | 3.6 | 4.2 | 3.6 | 2.9 | 2.4 | 4.1 | 3.7 | 2.6 | 3.6 | 2.8 | 3.0 | 3.9 | 3.7 | 3.2 | 3.7 | 3.3 | 2.8 | 3.8 | 3.3 | 3.3 | 4.1 | 3.3 | 3.3 | 5.0 | 3.0 | 4.2 | 6.4 | 3.9 | 5.4 |
| カリウム mg | 601 | 415 | 517 | 351 | 147 | 401 | 249 | 191 | 180 | 412 | 210 | 372 | 368 | 364 | 314 | 410 | 307 | 411 | 383 | 246 | 373 | 568 | 382 | 537 | 655 | 372 | 660 | 805 | 447 | 742 |
| カルシウム mg | 160 | 133 | 130 | 102 | 48 | 102 | 98 | 93 | 77 | 136 | 137 | 57 | 95 | 129 | 46 | 108 | 115 | 73 | 99 | 87 | 82 | 155 | 132 | 120 | 170 | 121 | 155 | 210 | 146 | 174 |
| マグネシウム mg | 67 | 46 | 61 | 40 | 19 | 38 | 31 | 20 | 24 | 41 | 18 | 35 | 43 | 37 | 39 | 48 | 43 | 38 | 46 | 33 | 43 | 65 | 40 | 71 | 71 | 41 | 59 | 89 | 48 | 79 |
| リン mg | 264 | 164 | 259 | 156 | 67 | 160 | 161 | 105 | 123 | 223 | 77 | 224 | 188 | 173 | 182 | 194 | 157 | 186 | 192 | 133 | 196 | 246 | 157 | 255 | 282 | 152 | 276 | 333 | 165 | 325 |
| 鉄 mg | 2.0 | 1.5 | 1.8 | 1.0 | 0.8 | 0.7 | 0.9 | 0.8 | 0.8 | 1.2 | 0.8 | 1.1 | 1.2 | 1.0 | 1.3 | 1.4 | 1.2 | 1.5 | 1.4 | 1.2 | 1.2 | 1.9 | 1.4 | 1.9 | 2.1 | 1.2 | 2.0 | 2.7 | 1.5 | 2.6 |
| 亜鉛 mg | 1.9 | 1.1 | 1.9 | 1.2 | 0.6 | 1.0 | 1.2 | 0.7 | 1.1 | 1.6 | 0.7 | 1.5 | 1.5 | 1.2 | 1.7 | 1.5 | 1.2 | 1.3 | 1.5 | 1.1 | 1.5 | 1.8 | 1.1 | 1.7 | 1.9 | 1.0 | 2.0 | 2.3 | 1.0 | 2.2 |
| 銅 mg | 0.30 | 0.21 | 0.27 | 0.22 | 0.12 | 0.20 | 0.16 | 0.12 | 0.12 | 0.21 | 0.10 | 0.19 | 0.22 | 0.19 | 0.26 | 0.23 | 0.21 | 0.21 | 0.22 | 0.18 | 0.20 | 0.30 | 0.20 | 0.26 | 0.30 | 0.19 | 0.25 | 0.38 | 0.22 | 0.34 |

＊1 RAE：レチノール活性当量　＊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)×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 325 | | | 86 | | | 92 | | | 84 | | |
| エネルギー | kcal | 435 | 218 | 441 | 337 | 234 | 396 | 474 | 175 | 457 | 492 | 198 | 455 |
| たんぱく質 | g | 17.3 | 10.3 | 17.5 | 12.3 | 9.3 | 13.4 | 19.7 | 10.0 | 18.9 | 21.3 | 9.8 | 20.8 |
| うち動物性 | g | 8.4 | 7.7 | 6.9 | 5.8 | 6.3 | 4.5 | 9.6 | 8.2 | 7.6 | 11.0 | 7.8 | 10.5 |
| 脂質 | g | 13.0 | 10.0 | 11.4 | 9.7 | 9.8 | 8.0 | 14.2 | 9.2 | 11.6 | 14.7 | 9.6 | 13.2 |
| うち動物性 | g | 6.7 | 6.9 | 5.5 | 5.5 | 6.9 | 4.5 | 7.0 | 6.4 | 5.9 | 7.3 | 6.3 | 6.6 |
| 飽和脂肪酸 | g | 3.98 | 3.35 | 3.04 | 3.17 | 3.48 | 2.12 | 4.18 | 2.91 | 3.33 | 4.20 | 3.24 | 3.37 |
| 一価不飽和脂肪酸 | g | 4.15 | 3.75 | 3.31 | 3.07 | 3.56 | 2.38 | 4.56 | 3.66 | 3.48 | 4.81 | 3.72 | 4.13 |
| n-6系脂肪酸 | g | 2.48 | 2.06 | 2.16 | 1.76 | 1.87 | 1.24 | 2.85 | 2.10 | 2.73 | 2.90 | 2.17 | 2.48 |
| n-3系脂肪酸 | g | 0.62 | 0.95 | 0.34 | 0.38 | 0.69 | 0.15 | 0.73 | 0.98 | 0.44 | 0.76 | 1.01 | 0.39 |
| コレステロール | mg | 102 | 117 | 39 | 79 | 106 | 18 | 115 | 121 | 53 | 121 | 120 | 80 |
| 炭水化物 | g | 61.3 | 31.3 | 63.3 | 48.9 | 33.6 | 52.9 | 66.3 | 25.9 | 66.0 | 67.8 | 28.0 | 61.3 |
| 食物繊維 | g | 4.8 | 3.4 | 4.2 | 3.1 | 2.5 | 2.7 | 5.7 | 3.1 | 5.5 | 6.1 | 3.8 | 5.2 |
| うち水溶性 | g | 0.9 | 0.8 | 0.8 | 0.5 | 0.6 | 0.4 | 1.1 | 0.8 | 1.0 | 1.1 | 0.8 | 1.1 |
| うち不溶性 | g | 3.1 | 2.3 | 2.7 | 1.8 | 1.5 | 1.6 | 3.7 | 2.1 | 3.6 | 4.0 | 2.7 | 3.2 |
| ビタミンA | μgRAE＊1 | 111 | 118 | 83 | 67 | 114 | 28 | 135 | 109 | 113 | 151 | 132 | 118 |
| ビタミンD | μg | 2.2 | 4.8 | 0.7 | 1.3 | 3.0 | 0.3 | 2.7 | 5.2 | 0.8 | 3.2 | 6.3 | 1.1 |
| ビタミンE | mg＊2 | 1.6 | 1.5 | 1.3 | 0.9 | 1.2 | 0.5 | 1.9 | 1.4 | 1.6 | 2.0 | 1.6 | 1.7 |
| ビタミンK | μg | 98 | 123 | 35 | 62 | 107 | 11 | 123 | 133 | 64 | 119 | 122 | 73 |
| ビタミンB1 | mg | 0.18 | 0.13 | 0.17 | 0.13 | 0.13 | 0.11 | 0.20 | 0.10 | 0.19 | 0.23 | 0.14 | 0.21 |
| ビタミンB2 | mg | 0.37 | 0.25 | 0.34 | 0.24 | 0.21 | 0.23 | 0.42 | 0.24 | 0.38 | 0.46 | 0.23 | 0.43 |
| ナイアシン | mgNE＊3 | 6.8 | 4.5 | 6.3 | 4.7 | 3.6 | 4.6 | 7.7 | 4.2 | 6.9 | 8.3 | 4.4 | 7.4 |
| ビタミンB6 | mg | 0.27 | 0.23 | 0.23 | 0.17 | 0.16 | 0.14 | 0.32 | 0.20 | 0.29 | 0.36 | 0.28 | 0.28 |
| ビタミンB12 | μg | 1.4 | 2.3 | 0.6 | 0.8 | 1.7 | 0.4 | 1.8 | 2.4 | 0.9 | 2.0 | 2.8 | 1.1 |
| 葉酸 | μg | 85 | 62 | 74 | 46 | 40 | 37 | 102 | 51 | 95 | 114 | 72 | 105 |
| パントテン酸 | mg | 1.67 | 1.06 | 1.63 | 1.19 | 1.03 | 1.10 | 1.93 | 1.04 | 1.78 | 1.96 | 0.95 | 1.81 |
| ビタミンC | mg | 25 | 33 | 15 | 9 | 11 | 5 | 30 | 33 | 22 | 35 | 39 | 27 |
| ナトリウム | mg | 950 | 766 | 775 | 610 | 553 | 491 | 1,110 | 737 | 960 | 1,260 | 911 | 992 |
| 食塩相当量 | g＊4 | 2.4 | 1.9 | 2.0 | 1.5 | 1.4 | 1.2 | 2.8 | 1.9 | 2.4 | 3.2 | 2.3 | 2.5 |
| 食塩相当量 | g/1,000kcal | 5.1 | 3.6 | 4.2 | 3.8 | 3.3 | 3.2 | 5.8 | 3.4 | 5.0 | 6.4 | 4.0 | 5.5 |
| カリウム | mg | 638 | 421 | 572 | 390 | 290 | 388 | 752 | 369 | 737 | 831 | 487 | 758 |
| カルシウム | mg | 167 | 136 | 142 | 101 | 105 | 71 | 187 | 119 | 171 | 228 | 159 | 186 |
| マグネシウム | mg | 71 | 46 | 65 | 46 | 37 | 42 | 82 | 43 | 77 | 93 | 51 | 83 |
| リン | mg | 276 | 167 | 274 | 192 | 148 | 191 | 316 | 161 | 290 | 344 | 162 | 346 |
| 鉄 | mg | 2.1 | 1.5 | 2.0 | 1.4 | 1.2 | 1.4 | 2.4 | 1.4 | 2.4 | 2.8 | 1.6 | 2.7 |
| 亜鉛 | mg | 1.9 | 1.1 | 2.0 | 1.5 | 1.1 | 1.5 | 2.2 | 1.0 | 2.1 | 2.3 | 1.0 | 2.3 |
| 銅 | mg | 0.31 | 0.21 | 0.28 | 0.22 | 0.19 | 0.21 | 0.36 | 0.21 | 0.33 | 0.38 | 0.22 | 0.35 |

# 表5-1　朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－総数、1歳以上、昼食

1人1日当たり

| | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数　人 | 675 | | | 18 | | | 48 | | | 18 | | | 25 | | | 60 | | | 69 | | | 74 | | | 114 | | | 249 | | |
| エネルギー　kcal | 580 | 244 | 561 | 369 | 187 | 379 | 652 | 149 | 656 | 742 | 216 | 696 | 520 | 259 | 472 | 585 | 288 | 552 | 632 | 262 | 650 | 618 | 302 | 639 | 563 | 215 | 558 | 555 | 225 | 524 |
| たんぱく質　g | 20.8 | 11.0 | 19.8 | 13.9 | 7.5 | 13.5 | 25.1 | 7.2 | 24.7 | 27.9 | 13.6 | 26.8 | 19.3 | 11.1 | 18.0 | 18.8 | 11.5 | 15.5 | 21.4 | 11.2 | 19.9 | 22.7 | 13.6 | 21.9 | 19.8 | 9.3 | 19.6 | 20.2 | 10.8 | 19.2 |
| うち動物性　g | 10.8 | 9.7 | 9.4 | 8.4 | 4.9 | 8.5 | 15.0 | 6.0 | 14.4 | 17.8 | 12.8 | 18.2 | 11.2 | 10.5 | 8.3 | 9.2 | 8.9 | 7.5 | 10.6 | 9.8 | 8.8 | 12.6 | 12.4 | 11.2 | 9.5 | 7.9 | 8.4 | 10.2 | 9.7 | 8.2 |
| 脂質　g | 17.4 | 12.1 | 16.0 | 9.4 | 9.1 | 7.0 | 21.0 | 7.5 | 21.4 | 24.4 | 12.0 | 23.8 | 15.9 | 12.0 | 13.1 | 18.5 | 14.3 | 16.2 | 19.7 | 13.7 | 19.7 | 18.7 | 13.8 | 17.2 | 16.7 | 11.0 | 15.6 | 16.0 | 11.5 | 13.7 |
| うち動物性　g | 8.4 | 8.3 | 7.2 | 5.1 | 5.4 | 4.3 | 13.0 | 6.4 | 12.2 | 14.2 | 9.8 | 15.1 | 6.9 | 6.8 | 6.0 | 8.3 | 8.4 | 6.7 | 8.1 | 7.9 | 5.7 | 9.3 | 9.3 | 7.5 | 7.3 | 8.4 | 5.1 | 7.9 | 8.2 | 6.8 |
| 飽和脂肪酸　g | 4.95 | 3.95 | 4.14 | 2.64 | 3.23 | 1.75 | 7.87 | 3.15 | 7.56 | 6.58 | 3.63 | 6.94 | 3.50 | 2.78 | 2.92 | 5.01 | 3.80 | 4.57 | 5.22 | 4.34 | 3.94 | 4.90 | 3.92 | 4.17 | 4.43 | 3.75 | 3.49 | 4.74 | 4.00 | 3.92 |
| 一価不飽和脂肪酸　g | 6.35 | 4.97 | 5.49 | 3.54 | 3.50 | 2.53 | 6.51 | 2.48 | 6.12 | 9.63 | 5.02 | 9.08 | 5.80 | 4.31 | 4.64 | 7.19 | 5.99 | 6.15 | 7.12 | 5.11 | 6.41 | 7.19 | 5.59 | 6.37 | 6.18 | 4.58 | 5.48 | 5.76 | 4.99 | 4.88 |
| n-6系脂肪酸　g | 3.25 | 2.60 | 2.80 | 1.55 | 1.51 | 0.85 | 3.27 | 1.45 | 3.38 | 4.17 | 2.25 | 4.34 | 3.77 | 3.08 | 2.11 | 3.51 | 3.57 | 2.70 | 4.20 | 3.30 | 3.28 | 3.47 | 2.67 | 2.96 | 3.42 | 2.43 | 3.12 | 2.77 | 2.20 | 2.53 |
| n-3系脂肪酸　g | 0.72 | 1.00 | 0.46 | 0.44 | 0.36 | 0.39 | 0.60 | 0.31 | 0.60 | 1.04 | 0.87 | 0.89 | 0.92 | 1.54 | 0.57 | 0.67 | 1.24 | 0.36 | 0.75 | 0.76 | 0.64 | 0.98 | 1.69 | 0.47 | 0.70 | 0.64 | 0.59 | 0.66 | 0.90 | 0.39 |
| コレステロール　mg | 102 | 116 | 55 | 54 | 62 | 31 | 99 | 86 | 64 | 154 | 129 | 83 | 131 | 128 | 94 | 106 | 116 | 48 | 112 | 138 | 60 | 131 | 142 | 79 | 92 | 93 | 50 | 91 | 113 | 47 |
| 炭水化物　g | 82.2 | 33.9 | 80.7 | 55.7 | 21.4 | 56.8 | 88.2 | 19.4 | 92.9 | 96.9 | 19.9 | 94.5 | 71.4 | 37.7 | 72.7 | 82.4 | 38.6 | 78.6 | 88.7 | 34.5 | 82.9 | 85.9 | 40.7 | 92.9 | 80.4 | 30.8 | 78.9 | 80.8 | 34.0 | 75.1 |
| 食物繊維　g | 5.8 | 3.2 | 5.4 | 4.1 | 1.9 | 4.0 | 6.3 | 2.2 | 6.3 | 6.1 | 1.9 | 5.6 | 4.5 | 2.8 | 4.8 | 5.1 | 2.8 | 4.6 | 5.9 | 2.7 | 5.7 | 5.8 | 3.2 | 6.0 | 6.0 | 3.3 | 5.5 | 5.9 | 3.6 | 5.4 |
| うち水溶性　g | 1.2 | 0.8 | 1.0 | 0.8 | 0.6 | 0.6 | 1.4 | 0.8 | 1.2 | 0.9 | 0.6 | 0.8 | 0.6 | 0.6 | 0.5 | 0.9 | 0.7 | 0.7 | 1.1 | 0.9 | 1.0 | 1.0 | 0.7 | 0.9 | 1.2 | 0.8 | 1.1 | 1.3 | 0.9 | 1.1 |
| うち不溶性　g | 3.5 | 2.1 | 3.2 | 2.5 | 1.1 | 2.5 | 3.8 | 1.3 | 3.9 | 3.2 | 1.1 | 3.2 | 2.4 | 1.4 | 2.4 | 2.9 | 1.9 | 2.4 | 3.5 | 1.9 | 3.3 | 3.3 | 2.0 | 3.3 | 3.7 | 2.1 | 3.3 | 3.8 | 2.5 | 3.2 |
| ビタミンA　μgRAE[*1] | 147 | 301 | 100 | 147 | 83 | 124 | 220 | 89 | 222 | 125 | 107 | 84 | 86 | 81 | 69 | 83 | 78 | 68 | 151 | 201 | 107 | 121 | 129 | 79 | 148 | 272 | 102 | 163 | 435 | 91 |
| ビタミンD　μg | 1.8 | 3.7 | 0.6 | 2.9 | 4.5 | 0.4 | 1.6 | 1.7 | 1.0 | 1.7 | 2.2 | 1.0 | 1.7 | 3.3 | 0.8 | 1.1 | 2.5 | 0.4 | 1.2 | 1.9 | 0.5 | 1.8 | 5.8 | 0.6 | 1.7 | 3.1 | 0.5 | 2.0 | 4.1 | 0.5 |
| ビタミンE　mg[*2] | 2.0 | 1.6 | 1.8 | 1.2 | 0.8 | 1.1 | 2.0 | 0.8 | 2.0 | 2.4 | 1.1 | 2.5 | 1.8 | 1.5 | 1.3 | 1.9 | 1.9 | 1.6 | 2.2 | 1.6 | 1.8 | 2.1 | 1.7 | 2.0 | 2.2 | 1.5 | 1.9 | 2.0 | 1.7 | 1.7 |
| ビタミンK　μg | 61 | 73 | 39 | 42 | 42 | 30 | 70 | 38 | 77 | 58 | 38 | 59 | 58 | 60 | 46 | 46 | 56 | 27 | 61 | 69 | 51 | 71 | 77 | 53 | 67 | 86 | 38 | 60 | 79 | 29 |
| ビタミン$B_1$　mg | 0.29 | 0.24 | 0.22 | 0.19 | 0.09 | 0.18 | 0.35 | 0.13 | 0.36 | 0.37 | 0.24 | 0.32 | 0.22 | 0.33 | 0.16 | 0.28 | 0.29 | 0.19 | 0.30 | 0.27 | 0.24 | 0.31 | 0.24 | 0.23 | 0.25 | 0.17 | 0.22 | 0.29 | 0.25 | 0.22 |
| ビタミン$B_2$　mg | 0.34 | 0.27 | 0.29 | 0.17 | 0.12 | 0.15 | 0.51 | 0.19 | 0.51 | 0.39 | 0.22 | 0.37 | 0.29 | 0.15 | 0.31 | 0.32 | 0.32 | 0.27 | 0.34 | 0.30 | 0.29 | 0.37 | 0.26 | 0.34 | 0.29 | 0.19 | 0.25 | 0.35 | 0.30 | 0.27 |
| ナイアシン　mgNE[*3] | 8.4 | 5.4 | 7.5 | 5.7 | 3.2 | 5.4 | 8.7 | 2.5 | 8.5 | 12.3 | 7.6 | 11.5 | 8.7 | 7.2 | 6.0 | 7.2 | 4.7 | 5.8 | 8.7 | 5.3 | 7.4 | 9.6 | 7.3 | 7.9 | 7.9 | 4.3 | 7.4 | 8.3 | 5.4 | 7.0 |
| ビタミン$B_6$　mg | 0.31 | 0.21 | 0.28 | 0.26 | 0.13 | 0.23 | 0.33 | 0.10 | 0.32 | 0.39 | 0.22 | 0.36 | 0.23 | 0.13 | 0.22 | 0.25 | 0.19 | 0.20 | 0.30 | 0.23 | 0.23 | 0.30 | 0.23 | 0.27 | 0.31 | 0.16 | 0.29 | 0.33 | 0.25 | 0.28 |
| ビタミン$B_{12}$　μg | 1.5 | 2.6 | 0.7 | 0.9 | 0.9 | 0.6 | 1.5 | 1.3 | 1.1 | 1.6 | 1.5 | 0.9 | 1.1 | 1.2 | 0.6 | 0.8 | 1.1 | 0.6 | 1.6 | 3.7 | 0.7 | 1.6 | 2.7 | 0.7 | 1.8 | 3.2 | 0.7 | 1.6 | 2.7 | 0.7 |
| 葉酸　μg | 79 | 54 | 71 | 44 | 22 | 44 | 84 | 33 | 76 | 67 | 31 | 66 | 67 | 37 | 61 | 62 | 46 | 49 | 77 | 38 | 71 | 73 | 42 | 72 | 83 | 53 | 72 | 87 | 67 | 73 |
| パントテン酸　mg | 1.62 | 0.89 | 1.50 | 1.08 | 0.52 | 1.01 | 2.37 | 0.77 | 2.29 | 2.07 | 0.97 | 2.15 | 1.40 | 0.75 | 1.35 | 1.40 | 0.80 | 1.21 | 1.57 | 0.86 | 1.50 | 1.72 | 0.98 | 1.75 | 1.53 | 0.77 | 1.39 | 1.58 | 0.92 | 1.42 |
| ビタミンC　mg | 27 | 33 | 17 | 21 | 11 | 22 | 21 | 11 | 20 | 27 | 31 | 19 | 17 | 16 | 13 | 15 | 23 | 6 | 21 | 26 | 13 | 22 | 31 | 17 | 29 | 37 | 18 | 33 | 40 | 20 |
| ナトリウム　mg | 1,373 | 805 | 1,224 | 793 | 656 | 662 | 1,160 | 364 | 1,185 | 1,921 | 972 | 1,889 | 1,058 | 654 | 1,032 | 1,291 | 835 | 1,116 | 1,488 | 690 | 1,444 | 1,460 | 977 | 1,395 | 1,394 | 811 | 1,256 | 1,402 | 806 | 1,250 |
| 食塩相当量　g[*4] | 3.5 | 2.0 | 3.1 | 2.0 | 1.7 | 1.7 | 2.9 | 0.9 | 3.0 | 4.9 | 2.5 | 4.8 | 2.7 | 1.7 | 2.6 | 3.3 | 2.1 | 2.8 | 3.8 | 1.8 | 3.7 | 3.7 | 2.5 | 3.5 | 3.5 | 2.1 | 3.2 | 3.6 | 2.0 | 3.2 |
| 食塩相当量　g/1,000kcal | 6.3 | 3.9 | 5.4 | 5.3 | 1.8 | 5.1 | 4.6 | 1.2 | 4.6 | 6.6 | 3.2 | 5.7 | 5.5 | 3.1 | 4.4 | 6.2 | 4.6 | 4.7 | 6.6 | 3.5 | 5.8 | 5.6 | 3.8 | 5.0 | 6.5 | 4.4 | 5.6 | 6.7 | 4.1 | 5.8 |
| カリウム　mg | 619 | 373 | 560 | 436 | 193 | 415 | 800 | 240 | 868 | 636 | 270 | 599 | 434 | 254 | 371 | 467 | 290 | 428 | 597 | 331 | 542 | 560 | 344 | 492 | 614 | 345 | 559 | 676 | 438 | 586 |
| カルシウム　mg | 140 | 123 | 95 | 71 | 76 | 57 | 321 | 128 | 327 | 101 | 85 | 74 | 77 | 54 | 62 | 104 | 106 | 71 | 125 | 109 | 88 | 114 | 103 | 87 | 121 | 82 | 102 | 147 | 129 | 104 |
| マグネシウム　mg | 66 | 36 | 63 | 41 | 20 | 42 | 80 | 28 | 76 | 68 | 25 | 63 | 52 | 33 | 46 | 54 | 34 | 46 | 65 | 31 | 59 | 66 | 35 | 63 | 70 | 43 | 64 | 69 | 36 | 65 |
| リン　mg | 290 | 152 | 275 | 187 | 93 | 188 | 417 | 136 | 420 | 337 | 140 | 341 | 246 | 144 | 219 | 254 | 155 | 203 | 285 | 144 | 267 | 300 | 181 | 299 | 277 | 125 | 275 | 286 | 150 | 269 |
| 鉄　mg | 2.1 | 1.3 | 1.9 | 1.2 | 0.8 | 1.0 | 2.0 | 0.7 | 2.0 | 2.4 | 1.1 | 2.1 | 1.7 | 0.9 | 1.7 | 1.9 | 1.3 | 1.7 | 2.1 | 1.1 | 2.0 | 2.2 | 1.2 | 2.3 | 2.3 | 1.5 | 2.0 | 2.2 | 1.5 | 1.8 |
| 亜鉛　mg | 2.4 | 1.4 | 2.3 | 1.7 | 1.1 | 1.5 | 2.9 | 0.9 | 2.8 | 3.4 | 1.5 | 3.4 | 2.1 | 1.2 | 1.9 | 2.5 | 1.7 | 2.2 | 2.4 | 1.4 | 2.5 | 2.7 | 1.6 | 2.8 | 2.3 | 1.3 | 2.2 | 2.1 | 1.2 | 2.0 |
| 銅　mg | 0.32 | 0.16 | 0.30 | 0.22 | 0.10 | 0.22 | 0.32 | 0.09 | 0.34 | 0.36 | 0.11 | 0.39 | 0.28 | 0.15 | 0.26 | 0.32 | 0.17 | 0.31 | 0.34 | 0.15 | 0.33 | 0.35 | 0.18 | 0.39 | 0.33 | 0.18 | 0.30 | 0.31 | 0.17 | 0.28 |

[*1] RAE：レチノール活性当量　[*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)×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 591 | | | 154 | | | 162 | | | 157 | | |
| エネルギー | kcal | 575 | 248 | 556 | 596 | 273 | 568 | 567 | 220 | 566 | 558 | 235 | 517 |
| たんぱく質 | g | 20.4 | 11.1 | 19.3 | 20.1 | 11.3 | 17.7 | 20.2 | 9.6 | 19.4 | 20.7 | 11.6 | 19.0 |
| うち動物性 | g | 10.3 | 9.7 | 8.8 | 10.2 | 9.5 | 8.5 | 9.8 | 8.4 | 8.8 | 10.5 | 10.5 | 8.1 |
| 脂質 | g | 17.2 | 12.3 | 15.5 | 18.6 | 13.7 | 16.4 | 17.1 | 11.9 | 16.5 | 15.7 | 11.2 | 13.4 |
| うち動物性 | g | 8.0 | 8.3 | 6.1 | 8.0 | 7.9 | 6.0 | 7.9 | 9.0 | 6.1 | 7.9 | 8.2 | 6.8 |
| 飽和脂肪酸 | g | 4.73 | 3.92 | 3.89 | 4.86 | 3.94 | 4.02 | 4.70 | 4.11 | 3.97 | 4.80 | 4.01 | 3.87 |
| 一価不飽和脂肪酸 | g | 6.33 | 5.11 | 5.31 | 6.93 | 5.35 | 6.19 | 6.34 | 5.10 | 5.88 | 5.55 | 4.81 | 4.55 |
| n-6系脂肪酸 | g | 3.27 | 2.68 | 2.80 | 3.86 | 3.37 | 2.80 | 3.29 | 2.30 | 3.18 | 2.65 | 2.26 | 2.37 |
| n-3系脂肪酸 | g | 0.73 | 1.05 | 0.45 | 0.75 | 1.11 | 0.44 | 0.70 | 0.82 | 0.48 | 0.63 | 0.85 | 0.35 |
| コレステロール | mg | 102 | 118 | 52 | 113 | 128 | 58 | 87 | 97 | 50 | 94 | 118 | 47 |
| 炭水化物 | g | 82.0 | 35.1 | 79.3 | 83.4 | 36.9 | 79.0 | 80.4 | 32.1 | 78.7 | 81.8 | 35.2 | 77.8 |
| 食物繊維 | g | 5.8 | 3.3 | 5.4 | 5.4 | 2.8 | 5.1 | 6.1 | 3.2 | 5.8 | 5.8 | 3.6 | 5.0 |
| うち水溶性 | g | 1.2 | 0.9 | 1.0 | 1.0 | 0.8 | 0.8 | 1.4 | 1.0 | 1.1 | 1.2 | 0.8 | 1.0 |
| うち不溶性 | g | 3.5 | 2.2 | 3.1 | 3.1 | 1.9 | 2.7 | 3.8 | 2.2 | 3.4 | 3.8 | 2.6 | 3.0 |
| ビタミンA | μgRAE[*1] | 142 | 320 | 92 | 114 | 150 | 86 | 129 | 132 | 98 | 179 | 536 | 91 |
| ビタミンD | μg | 1.7 | 3.8 | 0.5 | 1.2 | 2.4 | 0.5 | 1.6 | 3.2 | 0.4 | 2.4 | 4.7 | 0.5 |
| ビタミンE | mg[*2] | 2.1 | 1.7 | 1.8 | 2.0 | 1.7 | 1.7 | 2.1 | 1.5 | 1.8 | 2.0 | 1.9 | 1.5 |
| ビタミンK | μg | 61 | 76 | 36 | 55 | 63 | 43 | 65 | 76 | 40 | 59 | 83 | 26 |
| ビタミン$B_1$ | mg | 0.28 | 0.25 | 0.22 | 0.28 | 0.29 | 0.21 | 0.28 | 0.21 | 0.22 | 0.29 | 0.26 | 0.21 |
| ビタミン$B_2$ | mg | 0.33 | 0.27 | 0.27 | 0.32 | 0.29 | 0.29 | 0.30 | 0.19 | 0.26 | 0.37 | 0.34 | 0.27 |
| ナイアシン | mgNE[*3] | 8.3 | 5.5 | 7.2 | 8.1 | 5.4 | 7.0 | 8.2 | 4.7 | 7.1 | 8.4 | 5.7 | 7.0 |
| ビタミン$B_6$ | mg | 0.31 | 0.22 | 0.27 | 0.27 | 0.20 | 0.22 | 0.33 | 0.20 | 0.31 | 0.33 | 0.26 | 0.27 |
| ビタミン$B_{12}$ | μg | 1.5 | 2.8 | 0.7 | 1.2 | 2.6 | 0.6 | 1.6 | 2.9 | 0.6 | 1.8 | 3.0 | 0.8 |
| 葉酸 | μg | 80 | 56 | 71 | 70 | 41 | 64 | 84 | 51 | 76 | 88 | 75 | 73 |
| パントテン酸 | mg | 1.56 | 0.87 | 1.45 | 1.48 | 0.82 | 1.38 | 1.53 | 0.77 | 1.45 | 1.62 | 1.00 | 1.42 |
| ビタミンC | mg | 27 | 35 | 17 | 18 | 23 | 12 | 32 | 39 | 20 | 34 | 41 | 19 |
| ナトリウム | mg | 1,392 | 816 | 1,249 | 1,341 | 756 | 1,226 | 1,434 | 778 | 1,352 | 1,379 | 808 | 1,224 |
| 食塩相当量 | g[*4] | 3.5 | 2.1 | 3.2 | 3.4 | 1.9 | 3.1 | 3.6 | 2.0 | 3.4 | 3.5 | 2.1 | 3.1 |
| 食塩相当量 | g/1,000kcal | 6.4 | 4.1 | 5.6 | 6.3 | 3.9 | 5.0 | 6.6 | 3.9 | 6.0 | 6.6 | 4.1 | 5.6 |
| カリウム | mg | 609 | 384 | 548 | 520 | 310 | 452 | 642 | 354 | 577 | 682 | 466 | 591 |
| カルシウム | mg | 128 | 112 | 93 | 109 | 102 | 80 | 127 | 90 | 102 | 159 | 144 | 107 |
| マグネシウム | mg | 66 | 37 | 62 | 59 | 33 | 53 | 70 | 36 | 68 | 69 | 37 | 63 |
| リン | mg | 281 | 149 | 268 | 266 | 148 | 254 | 275 | 126 | 268 | 299 | 165 | 273 |
| 鉄 | mg | 2.2 | 1.4 | 1.9 | 2.0 | 1.1 | 1.8 | 2.3 | 1.5 | 2.0 | 2.3 | 1.7 | 1.7 |
| 亜鉛 | mg | 2.3 | 1.4 | 2.2 | 2.4 | 1.5 | 2.3 | 2.2 | 1.3 | 2.2 | 2.1 | 1.3 | 1.9 |
| 銅 | mg | 0.32 | 0.17 | 0.31 | 0.32 | 0.16 | 0.32 | 0.33 | 0.17 | 0.30 | 0.31 | 0.17 | 0.27 |

## 表5-2 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－男性、1歳以上、昼食

1人1日当たり

| | 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)20歳以 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 |
| 調査人数 人 | 310 | | | 8 | | | 26 | | | 10 | | | 9 | | | 29 | | | 30 | | | 38 | | | 46 | | | 114 | | | 266 | |
| エネルギー kcal | 624 | 254 | 615 | 441 | 245 | 394 | 646 | 164 | 643 | 792 | 244 | 841 | 583 | 320 | 518 | 611 | 269 | 620 | 681 | 275 | 686 | 678 | 321 | 704 | 643 | 225 | 642 | 582 | 234 | 575 | 621 | 259 |
| たんぱく質 g | 22.0 | 11.4 | 20.5 | 17.1 | 9.3 | 17.3 | 25.2 | 8.7 | 24.2 | 29.9 | 11.2 | 28.9 | 22.8 | 14.8 | 25.1 | 17.8 | 10.2 | 15.6 | 22.8 | 12.8 | 19.1 | 25.0 | 14.5 | 24.1 | 21.5 | 8.5 | 20.9 | 20.9 | 11.2 | 19.7 | 21.5 | 11.6 |
| うち動物性 g | 11.5 | 10.1 | 10.2 | 10.6 | 5.6 | 11.0 | 15.5 | 7.4 | 14.2 | 19.5 | 9.0 | 19.0 | 13.4 | 14.8 | 15.4 | 7.6 | 7.7 | 6.0 | 11.1 | 11.0 | 7.4 | 14.5 | 13.0 | 12.9 | 10.1 | 7.3 | 9.6 | 10.3 | 10.1 | 9.0 | 10.8 | 10.3 |
| 脂質 g | 17.9 | 12.3 | 16.4 | 12.7 | 12.0 | 8.4 | 20.2 | 8.6 | 19.3 | 25.1 | 14.5 | 27.5 | 19.3 | 14.1 | 16.5 | 18.6 | 13.1 | 18.0 | 19.0 | 14.1 | 15.9 | 19.7 | 14.7 | 16.7 | 18.3 | 11.7 | 16.1 | 15.8 | 11.3 | 14.4 | 17.6 | 12.5 |
| うち動物性 g | 8.8 | 8.9 | 7.8 | 7.5 | 7.1 | 6.4 | 12.5 | 7.3 | 11.1 | 15.6 | 10.8 | 15.3 | 7.9 | 8.7 | 8.4 | 7.3 | 8.2 | 6.4 | 7.8 | 7.6 | 5.6 | 9.9 | 10.1 | 7.5 | 8.6 | 10.5 | 6.6 | 7.9 | 8.3 | 6.8 | 8.2 | 8.9 |
| 飽和脂肪酸 g | 5.04 | 4.04 | 4.22 | 3.87 | 4.46 | 2.01 | 7.57 | 3.56 | 6.93 | 6.27 | 4.07 | 6.72 | 4.48 | 3.55 | 4.60 | 4.79 | 3.38 | 4.59 | 5.00 | 4.44 | 3.72 | 5.12 | 4.26 | 4.29 | 4.98 | 4.34 | 3.81 | 4.56 | 3.87 | 3.84 | 4.78 | 3.99 |
| 一価不飽和脂肪酸 g | 6.54 | 5.06 | 5.64 | 4.73 | 4.52 | 3.23 | 6.24 | 2.87 | 5.53 | 9.77 | 5.78 | 10.31 | 6.72 | 5.11 | 6.64 | 7.24 | 5.35 | 7.22 | 6.92 | 5.20 | 6.35 | 7.48 | 5.71 | 6.36 | 6.84 | 4.98 | 5.81 | 5.72 | 5.06 | 4.85 | 6.50 | 5.19 |
| n-6系脂肪酸 g | 3.36 | 2.63 | 2.96 | 1.97 | 1.91 | 1.53 | 3.06 | 1.51 | 2.72 | 4.45 | 2.62 | 4.37 | 4.93 | 3.93 | 3.98 | 3.83 | 3.80 | 2.70 | 4.06 | 3.22 | 3.25 | 3.83 | 2.70 | 3.45 | 3.63 | 2.35 | 3.64 | 2.75 | 2.13 | 2.65 | 3.39 | 2.72 |
| n-3系脂肪酸 g | 0.74 | 1.02 | 0.50 | 0.51 | 0.38 | 0.39 | 0.63 | 0.36 | 0.63 | 1.36 | 1.02 | 1.12 | 0.74 | 0.64 | 0.61 | 0.76 | 1.57 | 0.38 | 0.71 | 0.56 | 0.59 | 0.98 | 1.75 | 0.50 | 0.70 | 0.57 | 0.60 | 0.67 | 0.90 | 0.42 | 0.74 | 1.07 |
| コレステロール mg | 110 | 125 | 61 | 78 | 84 | 40 | 105 | 102 | 67 | 168 | 135 | 104 | 139 | 138 | 111 | 91 | 110 | 35 | 116 | 164 | 66 | 162 | 164 | 131 | 110 | 95 | 78 | 92 | 116 | 51 | 109 | 128 |
| 炭水化物 g | 90.2 | 35.5 | 91.3 | 62.4 | 27.4 | 66.3 | 88.1 | 17.8 | 91.5 | 105.0 | 20.9 | 107.5 | 76.3 | 38.9 | 70.9 | 89.1 | 41.3 | 86.4 | 100.2 | 36.9 | 102.3 | 95.8 | 40.8 | 103.8 | 93.0 | 32.6 | 91.5 | 87.0 | 36.1 | 86.7 | 90.6 | 37.0 |
| 食物繊維 g | 6.0 | 3.2 | 5.8 | 4.9 | 2.3 | 4.5 | 6.0 | 1.7 | 6.3 | 6.9 | 2.0 | 6.6 | 4.3 | 2.8 | 5.1 | 5.1 | 3.0 | 4.6 | 6.3 | 3.2 | 6.1 | 6.2 | 3.3 | 6.5 | 6.1 | 2.9 | 5.6 | 6.2 | 3.7 | 5.8 | 6.0 | 3.4 |
| うち水溶性 g | 1.1 | 0.8 | 1.0 | 1.0 | 0.8 | 0.7 | 1.2 | 0.6 | 1.1 | 0.8 | 0.5 | 0.8 | 0.6 | 0.5 | 0.6 | 0.8 | 0.7 | 0.7 | 1.1 | 1.0 | 0.8 | 1.0 | 0.7 | 1.0 | 1.2 | 0.8 | 1.1 | 1.3 | 0.9 | 1.0 | 1.1 | 0.9 |
| うち不溶性 g | 3.6 | 2.2 | 3.3 | 2.9 | 1.4 | 2.7 | 3.6 | 1.0 | 3.6 | 3.4 | 1.1 | 3.4 | 2.2 | 1.5 | 2.4 | 2.7 | 1.9 | 2.2 | 3.6 | 2.4 | 3.4 | 3.4 | 1.9 | 3.4 | 3.7 | 1.9 | 3.2 | 3.9 | 2.6 | 3.6 | 3.6 | 2.3 |
| ビタミンA μgRAE*1 | 137 | 136 | 104 | 187 | 82 | 179 | 231 | 110 | 237 | 155 | 126 | 86 | 107 | 98 | 73 | 72 | 75 | 58 | 159 | 227 | 110 | 143 | 155 | 92 | 127 | 105 | 106 | 126 | 121 | 93 | 126 | 136 |
| ビタミンD μg | 1.6 | 3.0 | 0.6 | 3.4 | 5.4 | 1.0 | 2.0 | 2.0 | 1.5 | 2.7 | 2.6 | 1.4 | 0.8 | 0.6 | 0.8 | 0.5 | 0.5 | 0.3 | 1.2 | 1.4 | 0.5 | 1.1 | 2.7 | 0.6 | 1.7 | 2.8 | 0.5 | 1.9 | 3.7 | 0.4 | 1.5 | 2.9 |
| ビタミンE mg*2 | 2.1 | 1.7 | 1.8 | 1.5 | 0.9 | 1.3 | 1.9 | 0.8 | 2.0 | 2.2 | 1.1 | 2.5 | 1.9 | 1.7 | 1.3 | 1.8 | 1.5 | 1.8 | 2.1 | 1.5 | 2.0 | 2.3 | 1.8 | 2.1 | 2.3 | 1.7 | 2.0 | 2.0 | 2.0 | 1.7 | 2.1 | 1.8 |
| ビタミンK μg | 59 | 68 | 37 | 50 | 49 | 42 | 69 | 44 | 70 | 65 | 39 | 59 | 82 | 91 | 60 | 41 | 47 | 27 | 54 | 49 | 43 | 67 | 65 | 57 | 55 | 60 | 28 | 61 | 85 | 26 | 58 | 71 |
| ビタミン$B_1$ mg | 0.30 | 0.25 | 0.23 | 0.23 | 0.10 | 0.22 | 0.34 | 0.13 | 0.36 | 0.33 | 0.18 | 0.32 | 0.34 | 0.53 | 0.17 | 0.25 | 0.26 | 0.17 | 0.29 | 0.22 | 0.25 | 0.33 | 0.26 | 0.23 | 0.27 | 0.17 | 0.24 | 0.30 | 0.27 | 0.23 | 0.29 | 0.26 |
| ビタミン$B_2$ mg | 0.34 | 0.26 | 0.30 | 0.23 | 0.15 | 0.22 | 0.52 | 0.24 | 0.50 | 0.42 | 0.24 | 0.45 | 0.32 | 0.18 | 0.31 | 0.29 | 0.29 | 0.22 | 0.29 | 0.18 | 0.25 | 0.40 | 0.29 | 0.36 | 0.30 | 0.15 | 0.26 | 0.33 | 0.29 | 0.27 | 0.33 | 0.26 |
| ナイアシン mgNE*3 | 8.9 | 5.8 | 7.8 | 6.9 | 3.8 | 6.8 | 8.7 | 2.8 | 8.5 | 13.0 | 5.2 | 13.8 | 11.2 | 10.9 | 10.5 | 6.8 | 4.0 | 6.3 | 9.4 | 6.0 | 7.6 | 10.5 | 8.2 | 8.5 | 8.5 | 4.1 | 7.8 | 8.6 | 5.7 | 7.1 | 8.8 | 6.1 |
| ビタミン$B_6$ mg | 0.32 | 0.21 | 0.29 | 0.31 | 0.13 | 0.30 | 0.31 | 0.11 | 0.31 | 0.41 | 0.16 | 0.41 | 0.25 | 0.18 | 0.25 | 0.22 | 0.16 | 0.19 | 0.31 | 0.28 | 0.22 | 0.32 | 0.21 | 0.30 | 0.33 | 0.16 | 0.32 | 0.33 | 0.24 | 0.28 | 0.31 | 0.22 |
| ビタミン$B_{12}$ μg | 1.6 | 2.5 | 0.7 | 1.0 | 1.0 | 0.7 | 1.8 | 1.6 | 1.1 | 2.3 | 1.7 | 1.9 | 0.9 | 1.1 | 0.6 | 0.6 | 0.5 | 0.6 | 1.1 | 1.0 | 0.7 | 1.7 | 2.8 | 0.8 | 1.7 | 2.4 | 0.7 | 1.8 | 3.3 | 0.7 | 1.6 | 2.6 |
| 葉酸 μg | 78 | 52 | 71 | 50 | 23 | 47 | 80 | 36 | 74 | 68 | 28 | 62 | 69 | 41 | 63 | 55 | 44 | 42 | 79 | 42 | 68 | 76 | 38 | 76 | 83 | 45 | 76 | 85 | 67 | 73 | 79 | 55 |
| パントテン酸 mg | 1.67 | 0.90 | 1.58 | 1.39 | 0.60 | 1.30 | 2.36 | 0.94 | 2.24 | 2.18 | 0.75 | 2.23 | 1.50 | 0.97 | 1.51 | 1.25 | 0.70 | 1.08 | 1.55 | 0.92 | 1.38 | 1.85 | 0.99 | 1.97 | 1.70 | 0.71 | 1.66 | 1.57 | 0.90 | 1.43 | 1.59 | 0.88 |
| ビタミンC mg | 25 | 31 | 17 | 22 | 13 | 20 | 19 | 12 | 18 | 16 | 8 | 17 | 15 | 11 | 13 | 14 | 21 | 5 | 20 | 30 | 9 | 23 | 20 | 21 | 28 | 33 | 19 | 31 | 39 | 19 | 26 | 33 |
| ナトリウム mg | 1,447 | 825 | 1,278 | 1,039 | 881 | 877 | 1,090 | 354 | 1,057 | 1,977 | 1,082 | 1,804 | 1,173 | 777 | 1,090 | 1,282 | 808 | 1,128 | 1,590 | 700 | 1,418 | 1,596 | 1,046 | 1,448 | 1,479 | 762 | 1,355 | 1,473 | 824 | 1,324 | 1,474 | 832 |
| 食塩相当量 g*4 | 3.7 | 2.1 | 3.2 | 2.6 | 2.2 | 2.2 | 2.8 | 0.9 | 2.7 | 5.0 | 2.7 | 4.6 | 3.0 | 2.0 | 2.8 | 3.3 | 2.1 | 2.9 | 4.0 | 1.8 | 3.6 | 4.1 | 2.7 | 3.7 | 3.8 | 1.9 | 3.4 | 3.7 | 2.1 | 3.4 | 3.7 | 2.1 |
| 食塩相当量 g/1,000kcal | 6.1 | 3.8 | 5.2 | 5.9 | 1.8 | 5.5 | 4.3 | 1.2 | 4.1 | 6.1 | 2.6 | 5.4 | 5.4 | 2.5 | 5.9 | 5.7 | 4.3 | 4.3 | 6.6 | 3.5 | 5.1 | 5.8 | 4.2 | 4.8 | 6.2 | 4.0 | 5.6 | 6.7 | 4.1 | 6.0 | 6.3 | 4.0 |
| カリウム mg | 621 | 376 | 574 | 534 | 212 | 501 | 778 | 272 | 782 | 648 | 231 | 664 | 440 | 266 | 377 | 427 | 250 | 384 | 588 | 349 | 522 | 612 | 344 | 539 | 618 | 324 | 554 | 665 | 458 | 577 | 607 | 390 |
| カルシウム mg | 139 | 131 | 92 | 95 | 107 | 65 | 321 | 148 | 331 | 105 | 102 | 65 | 91 | 65 | 94 | 97 | 102 | 70 | 104 | 76 | 86 | 120 | 117 | 90 | 116 | 85 | 92 | 142 | 141 | 103 | 124 | 117 |
| マグネシウム mg | 68 | 35 | 64 | 49 | 24 | 45 | 78 | 28 | 76 | 74 | 26 | 79 | 55 | 40 | 48 | 53 | 32 | 47 | 65 | 33 | 56 | 68 | 33 | 67 | 71 | 36 | 65 | 71 | 39 | 66 | 67 | 36 |
| リン mg | 303 | 159 | 284 | 226 | 106 | 220 | 422 | 163 | 413 | 373 | 106 | 385 | 304 | 185 | 315 | 238 | 138 | 199 | 291 | 160 | 256 | 330 | 192 | 319 | 293 | 122 | 274 | 289 | 156 | 276 | 291 | 156 |
| 鉄 mg | 2.2 | 1.3 | 1.9 | 1.5 | 1.1 | 1.3 | 1.9 | 0.7 | 1.8 | 2.6 | 1.4 | 2.3 | 2.0 | 1.1 | 1.8 | 1.8 | 1.3 | 1.7 | 2.0 | 1.1 | 1.8 | 2.2 | 1.1 | 2.2 | 2.3 | 1.0 | 2.1 | 2.3 | 1.6 | 1.8 | 2.2 | 1.3 |
| 亜鉛 mg | 2.5 | 1.4 | 2.5 | 2.2 | 1.4 | 1.9 | 3.0 | 1.1 | 2.8 | 3.9 | 1.6 | 4.0 | 2.3 | 1.5 | 2.8 | 2.5 | 1.3 | 2.3 | 2.5 | 1.3 | 2.6 | 3.0 | 1.8 | 2.8 | 2.5 | 1.1 | 2.5 | 2.2 | 1.3 | 2.1 | 2.4 | 1.3 |
| 銅 mg | 0.34 | 0.18 | 0.33 | 0.27 | 0.12 | 0.26 | 0.33 | 0.09 | 0.35 | 0.40 | 0.11 | 0.41 | 0.31 | 0.20 | 0.33 | 0.32 | 0.17 | 0.30 | 0.35 | 0.16 | 0.34 | 0.39 | 0.18 | 0.40 | 0.37 | 0.22 | 0.31 | 0.33 | 0.19 | 0.30 | 0.35 | 0.19 |

*1 RAE：レチノール活性当量　*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）×2.54/1,000 で算出。

1人1日当たり

| | 以上 | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | | 68 | | | 70 | | | 73 | | |
| エネルギー kcal | 611 | 638 | 277 | 642 | 614 | 225 | 610 | 587 | 249 | 567 |
| たんぱく質 g | 19.8 | 20.7 | 12.1 | 17.4 | 21.3 | 9.7 | 19.7 | 21.3 | 11.8 | 19.9 |
| うち動物性 g | 9.1 | 9.9 | 10.4 | 6.5 | 10.4 | 8.3 | 9.8 | 10.4 | 10.8 | 7.8 |
| 脂質 g | 15.8 | 18.9 | 13.5 | 17.0 | 18.1 | 12.0 | 16.6 | 15.1 | 11.6 | 13.1 |
| うち動物性 g | 6.9 | 7.6 | 7.9 | 5.9 | 8.7 | 9.6 | 7.2 | 7.7 | 8.8 | 5.8 |
| 飽和脂肪酸 g | 3.96 | 4.84 | 3.86 | 4.11 | 5.02 | 4.18 | 4.29 | 4.53 | 4.16 | 3.23 |
| 一価不飽和脂肪酸 g | 5.59 | 7.03 | 5.18 | 6.52 | 6.68 | 4.85 | 6.24 | 5.36 | 5.32 | 4.04 |
| n-6系脂肪酸 g | 2.97 | 4.08 | 3.54 | 3.07 | 3.48 | 2.39 | 3.30 | 2.55 | 2.07 | 2.22 |
| n-3系脂肪酸 g | 0.46 | 0.74 | 1.10 | 0.48 | 0.79 | 0.90 | 0.54 | 0.60 | 0.80 | 0.35 |
| コレステロール mg | 56 | 108 | 139 | 42 | 91 | 99 | 51 | 98 | 124 | 50 |
| 炭水化物 g | 91.5 | 92.3 | 39.4 | 92.6 | 87.8 | 33.3 | 88.3 | 89.2 | 37.7 | 86.8 |
| 食物繊維 g | 5.8 | 5.5 | 3.1 | 5.2 | 6.4 | 3.2 | 6.1 | 5.9 | 3.8 | 5.6 |
| うち水溶性 g | 1.0 | 0.9 | 0.8 | 0.7 | 1.4 | 1.0 | 1.2 | 1.2 | 0.8 | 0.9 |
| うち不溶性 g | 3.2 | 3.1 | 2.1 | 2.7 | 3.9 | 2.1 | 3.6 | 3.8 | 2.8 | 3.2 |
| ビタミンA μgRAE[*1] | 93 | 115 | 166 | 78 | 133 | 106 | 113 | 123 | 127 | 90 |
| ビタミンD μg | 0.5 | 0.8 | 1.0 | 0.5 | 1.6 | 3.4 | 0.3 | 2.2 | 3.7 | 0.5 |
| ビタミンE mg[*2] | 1.8 | 2.0 | 1.5 | 1.8 | 2.1 | 1.4 | 2.0 | 2.0 | 2.2 | 1.5 |
| ビタミンK μg | 34 | 52 | 56 | 36 | 62 | 63 | 44 | 61 | 96 | 24 |
| ビタミン$B_1$ mg | 0.23 | 0.28 | 0.29 | 0.21 | 0.31 | 0.24 | 0.25 | 0.28 | 0.27 | 0.20 |
| ビタミン$B_2$ mg | 0.27 | 0.29 | 0.23 | 0.25 | 0.31 | 0.20 | 0.27 | 0.36 | 0.32 | 0.27 |
| ナイアシン mgNE[*3] | 7.4 | 8.6 | 6.3 | 7.1 | 8.7 | 4.9 | 7.4 | 8.7 | 6.0 | 7.1 |
| ビタミン$B_6$ mg | 0.27 | 0.26 | 0.22 | 0.21 | 0.35 | 0.19 | 0.36 | 0.32 | 0.26 | 0.26 |
| ビタミン$B_{12}$ μg | 0.7 | 0.9 | 0.8 | 0.7 | 1.6 | 2.6 | 0.6 | 2.0 | 3.5 | 0.9 |
| 葉酸 μg | 71 | 67 | 44 | 61 | 84 | 47 | 79 | 87 | 76 | 73 |
| パントテン酸 mg | 1.46 | 1.42 | 0.84 | 1.24 | 1.59 | 0.78 | 1.47 | 1.64 | 0.97 | 1.46 |
| ビタミンC mg | 16 | 17 | 24 | 8 | 29 | 34 | 20 | 32 | 42 | 19 |
| ナトリウム mg | 1,333 | 1,404 | 765 | 1,291 | 1,533 | 792 | 1,503 | 1,415 | 803 | 1,214 |
| 食塩相当量 g[*4] | 3.4 | 3.6 | 1.9 | 3.3 | 3.9 | 2.0 | 3.8 | 3.6 | 2.0 | 3.1 |
| 食塩相当量 g/1,000kcal | 5.6 | 6.1 | 3.7 | 4.9 | 6.5 | 3.6 | 6.0 | 6.5 | 4.1 | 5.6 |
| カリウム mg | 553 | 500 | 306 | 462 | 658 | 355 | 588 | 664 | 499 | 539 |
| カルシウム mg | 90 | 99 | 86 | 82 | 130 | 91 | 106 | 153 | 163 | 93 |
| マグネシウム mg | 63 | 59 | 33 | 53 | 74 | 38 | 72 | 70 | 41 | 61 |
| リン mg | 273 | 270 | 155 | 249 | 288 | 130 | 278 | 301 | 170 | 283 |
| 鉄 mg | 1.9 | 1.9 | 1.2 | 1.7 | 2.3 | 1.3 | 2.1 | 2.4 | 1.7 | 1.8 |
| 亜鉛 mg | 2.3 | 2.5 | 1.3 | 2.5 | 2.3 | 1.2 | 2.4 | 2.2 | 1.3 | 2.0 |
| 銅 mg | 0.33 | 0.33 | 0.17 | 0.33 | 0.35 | 0.19 | 0.32 | 0.33 | 0.18 | 0.30 |

# 表5-3 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－女性、1歳以上、昼食

1人1日当たり

| | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 365 | | | 10 | | | 22 | | | 8 | | | 16 | | | 31 | | | 39 | | | 36 | | | 68 | | | 135 | | |
| エネルギー kcal | 542 | 229 | 525 | 313 | 105 | 317 | 659 | 133 | 683 | 678 | 169 | 630 | 484 | 222 | 469 | 561 | 306 | 530 | 595 | 248 | 643 | 555 | 271 | 571 | 508 | 192 | 518 | 533 | 216 | 493 |
| たんぱく質 g | 19.7 | 10.5 | 19.2 | 11.4 | 4.7 | 11.1 | 25.0 | 5.2 | 25.1 | 25.4 | 16.6 | 20.3 | 17.4 | 8.3 | 16.9 | 19.7 | 12.7 | 15.5 | 20.3 | 9.8 | 21.7 | 20.4 | 12.4 | 19.7 | 18.7 | 9.8 | 19.4 | 19.6 | 10.4 | 18.2 |
| うち動物性 g | 10.3 | 9.2 | 8.9 | 6.6 | 3.6 | 6.3 | 14.5 | 3.8 | 14.4 | 15.8 | 16.9 | 9.8 | 10.0 | 7.4 | 7.6 | 10.7 | 9.8 | 8.8 | 10.3 | 8.8 | 10.1 | 10.6 | 11.5 | 9.7 | 9.1 | 8.3 | 8.2 | 10.0 | 9.4 | 8.1 |
| 脂質 g | 17.0 | 11.9 | 15.5 | 6.7 | 5.3 | 4.7 | 21.9 | 5.9 | 21.9 | 23.5 | 8.8 | 22.6 | 14.0 | 10.6 | 11.6 | 18.3 | 15.5 | 14.6 | 20.2 | 13.6 | 20.4 | 17.7 | 12.9 | 17.6 | 15.6 | 10.5 | 14.5 | 16.2 | 11.6 | 13.4 |
| うち動物性 g | 8.1 | 7.8 | 6.2 | 3.2 | 2.5 | 2.8 | 13.5 | 5.3 | 14.0 | 12.4 | 8.8 | 13.2 | 6.3 | 5.7 | 5.8 | 9.2 | 8.6 | 7.8 | 8.4 | 8.2 | 5.7 | 8.8 | 8.4 | 7.4 | 6.5 | 6.7 | 4.9 | 7.9 | 8.2 | 6.8 |
| 飽和脂肪酸 g | 4.87 | 3.88 | 3.94 | 1.64 | 1.34 | 1.43 | 8.22 | 2.61 | 7.90 | 6.98 | 3.23 | 7.45 | 2.94 | 2.16 | 2.59 | 5.21 | 4.20 | 4.55 | 5.38 | 4.31 | 4.37 | 4.66 | 3.57 | 3.72 | 4.06 | 3.28 | 3.19 | 4.89 | 4.11 | 3.97 |
| 一価不飽和脂肪酸 g | 6.19 | 4.90 | 5.44 | 2.60 | 2.22 | 1.75 | 6.83 | 1.92 | 6.68 | 9.44 | 4.25 | 8.23 | 5.28 | 3.87 | 4.31 | 7.14 | 6.62 | 5.32 | 7.27 | 5.10 | 6.44 | 6.89 | 5.53 | 6.61 | 5.73 | 4.26 | 5.23 | 5.79 | 4.96 | 4.88 |
| n-6系脂肪酸 g | 3.15 | 2.57 | 2.71 | 1.21 | 1.09 | 0.77 | 3.52 | 1.36 | 3.81 | 3.83 | 1.81 | 4.00 | 3.12 | 2.38 | 1.96 | 3.20 | 3.37 | 2.70 | 4.30 | 3.40 | 3.37 | 3.10 | 2.61 | 2.68 | 3.27 | 2.50 | 2.84 | 2.80 | 2.27 | 2.53 |
| n-3系脂肪酸 g | 0.71 | 0.98 | 0.45 | 0.39 | 0.35 | 0.30 | 0.55 | 0.23 | 0.58 | 0.65 | 0.40 | 0.71 | 1.02 | 1.88 | 0.44 | 0.59 | 0.85 | 0.34 | 0.78 | 0.89 | 0.64 | 0.99 | 1.65 | 0.39 | 0.70 | 0.69 | 0.58 | 0.66 | 0.89 | 0.34 |
| コレステロール mg | 95 | 106 | 51 | 34 | 29 | 20 | 91 | 65 | 61 | 136 | 126 | 65 | 127 | 126 | 61 | 119 | 121 | 104 | 109 | 117 | 57 | 98 | 106 | 58 | 80 | 90 | 43 | 91 | 111 | 47 |
| 炭水化物 g | 75.4 | 31.0 | 73.5 | 50.3 | 14.3 | 53.3 | 88.3 | 21.6 | 93.0 | 86.7 | 13.7 | 91.0 | 68.7 | 38.0 | 72.8 | 76.1 | 35.3 | 73.9 | 79.7 | 30.0 | 77.7 | 75.4 | 38.3 | 81.9 | 71.8 | 26.6 | 73.2 | 75.6 | 31.3 | 69.9 |
| 食物繊維 g | 5.6 | 3.1 | 5.2 | 3.4 | 1.2 | 3.4 | 6.6 | 2.6 | 6.3 | 5.2 | 1.5 | 5.2 | 4.7 | 2.8 | 4.6 | 5.1 | 2.7 | 4.7 | 5.6 | 2.3 | 5.3 | 5.5 | 3.2 | 5.8 | 5.9 | 3.5 | 5.5 | 5.7 | 3.4 | 4.9 |
| うち水溶性 g | 1.2 | 0.9 | 1.0 | 0.6 | 0.2 | 0.6 | 1.7 | 1.0 | 1.4 | 1.1 | 0.7 | 0.9 | 0.6 | 0.6 | 0.4 | 1.0 | 0.8 | 0.9 | 1.2 | 0.8 | 1.1 | 1.0 | 0.8 | 0.8 | 1.2 | 0.8 | 1.0 | 1.3 | 0.9 | 1.1 |
| うち不溶性 g | 3.5 | 2.1 | 3.0 | 2.1 | 0.8 | 2.0 | 3.9 | 1.5 | 4.1 | 2.8 | 1.0 | 2.8 | 2.5 | 1.4 | 2.4 | 3.1 | 1.8 | 2.8 | 3.3 | 1.5 | 3.1 | 3.3 | 2.1 | 3.3 | 3.7 | 2.2 | 3.3 | 3.7 | 2.4 | 3.0 |
| ビタミンA μgRAE＊1 | 156 | 391 | 96 | 115 | 73 | 103 | 207 | 54 | 203 | 87 | 66 | 77 | 74 | 69 | 54 | 93 | 81 | 86 | 144 | 181 | 94 | 98 | 91 | 71 | 162 | 342 | 98 | 194 | 580 | 91 |
| ビタミンD μg | 1.9 | 4.3 | 0.6 | 2.6 | 4.0 | 0.3 | 1.2 | 1.2 | 0.9 | 0.5 | 0.5 | 0.2 | 2.2 | 4.1 | 0.8 | 1.7 | 3.4 | 0.5 | 1.2 | 2.3 | 0.5 | 2.5 | 7.8 | 0.6 | 1.8 | 3.3 | 0.5 | 2.1 | 4.5 | 0.6 |
| ビタミンE mg＊2 | 2.0 | 1.5 | 1.8 | 1.0 | 0.7 | 0.8 | 2.0 | 0.7 | 1.9 | 2.7 | 1.0 | 2.7 | 1.7 | 1.4 | 1.3 | 2.0 | 2.2 | 1.4 | 2.3 | 1.7 | 1.8 | 1.9 | 1.5 | 1.8 | 2.1 | 1.4 | 1.8 | 2.1 | 1.5 | 1.7 |
| ビタミンK μg | 63 | 76 | 42 | 36 | 37 | 27 | 71 | 30 | 78 | 49 | 38 | 45 | 44 | 29 | 45 | 52 | 64 | 29 | 66 | 81 | 51 | 75 | 89 | 47 | 75 | 99 | 44 | 60 | 73 | 33 |
| ビタミンB1 mg | 0.28 | 0.23 | 0.22 | 0.16 | 0.07 | 0.16 | 0.37 | 0.13 | 0.36 | 0.41 | 0.30 | 0.29 | 0.15 | 0.08 | 0.15 | 0.31 | 0.33 | 0.21 | 0.30 | 0.31 | 0.23 | 0.28 | 0.23 | 0.24 | 0.24 | 0.16 | 0.21 | 0.28 | 0.24 | 0.21 |
| ビタミンB2 mg | 0.34 | 0.28 | 0.29 | 0.12 | 0.05 | 0.12 | 0.51 | 0.13 | 0.52 | 0.36 | 0.19 | 0.31 | 0.27 | 0.14 | 0.30 | 0.35 | 0.35 | 0.30 | 0.38 | 0.37 | 0.31 | 0.34 | 0.22 | 0.31 | 0.29 | 0.21 | 0.24 | 0.35 | 0.31 | 0.26 |
| ナイアシン mgNE＊3 | 8.0 | 5.0 | 7.0 | 4.8 | 2.5 | 4.7 | 8.7 | 2.0 | 8.6 | 11.3 | 10.2 | 8.0 | 7.3 | 3.8 | 5.9 | 7.6 | 5.3 | 5.6 | 8.0 | 4.7 | 7.0 | 8.7 | 6.2 | 7.8 | 7.5 | 4.3 | 7.0 | 8.1 | 5.1 | 6.8 |
| ビタミンB6 mg | 0.30 | 0.21 | 0.28 | 0.21 | 0.12 | 0.23 | 0.34 | 0.09 | 0.33 | 0.38 | 0.30 | 0.30 | 0.23 | 0.11 | 0.21 | 0.27 | 0.21 | 0.20 | 0.30 | 0.18 | 0.30 | 0.29 | 0.25 | 0.26 | 0.29 | 0.16 | 0.28 | 0.33 | 0.25 | 0.28 |
| ビタミンB12 μg | 1.5 | 2.8 | 0.7 | 0.8 | 0.9 | 0.4 | 1.1 | 0.7 | 1.1 | 0.8 | 0.5 | 0.6 | 1.1 | 1.3 | 0.5 | 1.0 | 1.5 | 0.5 | 2.0 | 4.8 | 0.6 | 1.5 | 2.7 | 0.6 | 1.8 | 3.7 | 0.7 | 1.4 | 2.1 | 0.7 |
| 葉酸 μg | 80 | 55 | 71 | 39 | 21 | 37 | 88 | 30 | 77 | 66 | 36 | 71 | 67 | 37 | 57 | 68 | 47 | 64 | 76 | 35 | 75 | 69 | 47 | 64 | 82 | 58 | 71 | 89 | 67 | 74 |
| パントテン酸 mg | 1.57 | 0.89 | 1.46 | 0.83 | 0.29 | 0.87 | 2.39 | 0.54 | 2.37 | 1.94 | 1.25 | 1.71 | 1.35 | 0.62 | 1.25 | 1.53 | 0.87 | 1.44 | 1.59 | 0.83 | 1.66 | 1.59 | 0.96 | 1.65 | 1.41 | 0.79 | 1.33 | 1.58 | 0.94 | 1.41 |
| ビタミンC mg | 28 | 36 | 18 | 20 | 9 | 22 | 22 | 11 | 21 | 40 | 44 | 26 | 18 | 18 | 15 | 17 | 24 | 8 | 22 | 23 | 21 | 22 | 40 | 10 | 30 | 39 | 16 | 36 | 41 | 20 |
| ナトリウム mg | 1,311 | 783 | 1,199 | 597 | 337 | 472 | 1,244 | 366 | 1,208 | 1,851 | 882 | 1,920 | 993 | 592 | 923 | 1,299 | 873 | 1,104 | 1,410 | 681 | 1,447 | 1,316 | 891 | 1,227 | 1,336 | 842 | 1,156 | 1,341 | 789 | 1,239 |
| 食塩相当量 g＊4 | 3.3 | 2.0 | 3.0 | 1.5 | 0.9 | 1.2 | 3.2 | 0.9 | 3.1 | 4.7 | 2.2 | 4.9 | 2.5 | 1.5 | 2.3 | 3.3 | 2.2 | 2.8 | 3.6 | 1.7 | 3.7 | 3.3 | 2.3 | 3.1 | 3.4 | 2.1 | 2.9 | 3.4 | 2.0 | 3.1 |
| 食塩相当量 g/1,000kcal | 6.4 | 4.0 | 5.5 | 4.8 | 1.8 | 4.0 | 4.9 | 1.3 | 4.7 | 7.2 | 4.1 | 6.1 | 5.6 | 3.4 | 4.2 | 6.7 | 5.0 | 4.7 | 6.5 | 3.5 | 6.0 | 5.4 | 3.5 | 5.6 | 6.7 | 4.6 | 5.7 | 6.7 | 4.1 | 5.7 |
| カリウム mg | 617 | 371 | 550 | 358 | 141 | 387 | 827 | 199 | 911 | 621 | 329 | 540 | 431 | 255 | 365 | 504 | 322 | 441 | 603 | 320 | 542 | 505 | 339 | 455 | 612 | 360 | 566 | 685 | 422 | 589 |
| カルシウム mg | 140 | 116 | 97 | 51 | 32 | 45 | 322 | 103 | 326 | 96 | 64 | 78 | 69 | 48 | 56 | 109 | 112 | 73 | 142 | 128 | 97 | 109 | 86 | 86 | 125 | 80 | 104 | 151 | 119 | 104 |
| マグネシウム mg | 65 | 36 | 62 | 34 | 13 | 36 | 81 | 28 | 76 | 61 | 24 | 58 | 50 | 30 | 38 | 56 | 36 | 46 | 65 | 30 | 60 | 63 | 37 | 60 | 69 | 47 | 64 | 67 | 33 | 63 |
| リン mg | 279 | 145 | 266 | 155 | 72 | 157 | 412 | 100 | 426 | 292 | 170 | 232 | 213 | 108 | 206 | 269 | 170 | 244 | 281 | 132 | 285 | 270 | 165 | 265 | 267 | 127 | 278 | 283 | 146 | 254 |
| 鉄 mg | 2.1 | 1.4 | 1.9 | 0.9 | 0.4 | 0.9 | 2.1 | 0.6 | 2.0 | 2.1 | 0.7 | 1.8 | 1.6 | 0.8 | 1.6 | 2.0 | 1.3 | 1.7 | 2.2 | 1.1 | 2.0 | 2.1 | 1.3 | 2.3 | 2.2 | 1.8 | 2.0 | 2.2 | 1.5 | 1.8 |
| 亜鉛 mg | 2.2 | 1.4 | 2.1 | 1.3 | 0.5 | 1.4 | 2.9 | 0.7 | 2.9 | 2.9 | 1.3 | 2.9 | 2.0 | 1.0 | 1.9 | 2.5 | 2.1 | 2.1 | 2.4 | 1.4 | 2.4 | 2.3 | 1.3 | 2.3 | 2.2 | 1.5 | 2.1 | 2.1 | 1.2 | 1.8 |
| 銅 mg | 0.30 | 0.15 | 0.29 | 0.19 | 0.06 | 0.20 | 0.31 | 0.09 | 0.31 | 0.32 | 0.09 | 0.34 | 0.27 | 0.12 | 0.26 | 0.31 | 0.17 | 0.32 | 0.34 | 0.15 | 0.33 | 0.31 | 0.16 | 0.34 | 0.30 | 0.14 | 0.29 | 0.30 | 0.16 | 0.26 |

＊1 RAE：レチノール活性当量　＊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)×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 325 | | | 86 | | | 92 | | | 84 | | |
| エネルギー | kcal | 538 | 232 | 517 | 562 | 266 | 549 | 531 | 210 | 532 | 533 | 221 | 469 |
| たんぱく質 | g | 19.5 | 10.5 | 18.9 | 19.6 | 10.6 | 18.3 | 19.3 | 9.4 | 19.3 | 20.2 | 11.6 | 18.1 |
| うち動物性 | g | 10.0 | 9.3 | 8.4 | 10.4 | 8.9 | 9.1 | 9.3 | 8.5 | 8.4 | 10.6 | 10.3 | 8.1 |
| 脂質 | g | 16.8 | 12.2 | 14.6 | 18.4 | 13.9 | 15.6 | 16.3 | 11.8 | 15.9 | 16.2 | 11.0 | 13.6 |
| うち動物性 | g | 7.8 | 7.8 | 5.8 | 8.3 | 7.9 | 6.0 | 7.3 | 8.5 | 5.5 | 8.1 | 7.6 | 7.1 |
| 飽和脂肪酸 | g | 4.69 | 3.87 | 3.75 | 4.87 | 4.03 | 3.82 | 4.45 | 4.06 | 3.58 | 5.04 | 3.88 | 4.13 |
| 一価不飽和脂肪酸 | g | 6.18 | 5.05 | 5.18 | 6.85 | 5.51 | 5.31 | 6.08 | 5.30 | 5.74 | 5.72 | 4.34 | 4.76 |
| n-6系脂肪酸 | g | 3.16 | 2.65 | 2.69 | 3.69 | 3.24 | 2.72 | 3.14 | 2.23 | 2.98 | 2.75 | 2.42 | 2.45 |
| n-3系脂肪酸 | g | 0.73 | 1.03 | 0.42 | 0.76 | 1.12 | 0.41 | 0.63 | 0.75 | 0.45 | 0.66 | 0.89 | 0.34 |
| コレステロール | mg | 96 | 109 | 50 | 116 | 119 | 73 | 84 | 96 | 45 | 91 | 113 | 47 |
| 炭水化物 | g | 75.0 | 31.7 | 73.0 | 76.4 | 33.4 | 74.0 | 74.8 | 30.2 | 73.0 | 75.3 | 31.7 | 68.4 |
| 食物繊維 | g | 5.6 | 3.2 | 5.2 | 5.3 | 2.5 | 5.0 | 5.9 | 3.3 | 5.4 | 5.6 | 3.5 | 4.8 |
| うち水溶性 | g | 1.2 | 0.9 | 1.0 | 1.0 | 0.8 | 0.9 | 1.3 | 1.0 | 1.1 | 1.2 | 0.9 | 1.1 |
| うち不溶性 | g | 3.5 | 2.2 | 3.1 | 3.1 | 1.6 | 2.8 | 3.8 | 2.3 | 3.3 | 3.7 | 2.5 | 3.0 |
| ビタミンA | μgRAE＊1 | 155 | 413 | 91 | 113 | 137 | 89 | 127 | 149 | 91 | 228 | 722 | 91 |
| ビタミンD | μg | 1.9 | 4.4 | 0.5 | 1.6 | 3.1 | 0.5 | 1.7 | 3.1 | 0.5 | 2.5 | 5.4 | 0.5 |
| ビタミンE | mg＊2 | 2.1 | 1.6 | 1.7 | 2.1 | 1.8 | 1.5 | 2.0 | 1.5 | 1.8 | 2.1 | 1.6 | 1.7 |
| ビタミンK | μg | 64 | 80 | 37 | 57 | 68 | 45 | 68 | 85 | 37 | 57 | 71 | 26 |
| ビタミンB1 | mg | 0.27 | 0.24 | 0.21 | 0.28 | 0.29 | 0.20 | 0.26 | 0.20 | 0.21 | 0.30 | 0.26 | 0.22 |
| ビタミンB2 | mg | 0.34 | 0.29 | 0.28 | 0.35 | 0.33 | 0.31 | 0.29 | 0.18 | 0.24 | 0.38 | 0.36 | 0.28 |
| ナイアシン | mgNE＊3 | 7.9 | 5.0 | 7.0 | 7.7 | 4.7 | 6.9 | 7.9 | 4.5 | 7.0 | 8.2 | 5.5 | 6.6 |
| ビタミンB6 | mg | 0.30 | 0.22 | 0.27 | 0.27 | 0.18 | 0.22 | 0.31 | 0.20 | 0.28 | 0.34 | 0.26 | 0.29 |
| ビタミンB12 | μg | 1.5 | 2.9 | 0.6 | 1.5 | 3.4 | 0.6 | 1.5 | 3.2 | 0.6 | 1.5 | 2.3 | 0.7 |
| 葉酸 | μg | 81 | 57 | 71 | 72 | 40 | 68 | 84 | 55 | 74 | 89 | 75 | 71 |
| パントテン酸 | mg | 1.53 | 0.87 | 1.42 | 1.53 | 0.80 | 1.56 | 1.48 | 0.77 | 1.38 | 1.61 | 1.03 | 1.37 |
| ビタミンC | mg | 28 | 37 | 17 | 19 | 22 | 14 | 33 | 43 | 20 | 36 | 41 | 20 |
| ナトリウム | mg | 1,324 | 798 | 1,202 | 1,292 | 749 | 1,190 | 1,358 | 763 | 1,173 | 1,347 | 816 | 1,245 |
| 食塩相当量 | g＊4 | 3.4 | 2.0 | 3.1 | 3.3 | 1.9 | 3.0 | 3.4 | 1.9 | 3.0 | 3.4 | 2.1 | 3.2 |
| 食塩相当量 | g/1,000kcal | 6.5 | 4.2 | 5.6 | 6.4 | 4.1 | 5.4 | 6.8 | 4.1 | 5.9 | 6.6 | 4.1 | 5.6 |
| カリウム | mg | 610 | 379 | 544 | 535 | 314 | 444 | 629 | 354 | 567 | 697 | 438 | 619 |
| カルシウム | mg | 132 | 108 | 96 | 117 | 113 | 77 | 124 | 90 | 96 | 164 | 127 | 116 |
| マグネシウム | mg | 65 | 37 | 61 | 59 | 33 | 53 | 67 | 34 | 65 | 68 | 34 | 64 |
| リン | mg | 273 | 143 | 264 | 264 | 144 | 259 | 266 | 122 | 256 | 296 | 161 | 264 |
| 鉄 | mg | 2.1 | 1.4 | 1.9 | 2.0 | 1.1 | 1.8 | 2.3 | 1.6 | 1.9 | 2.2 | 1.6 | 1.7 |
| 亜鉛 | mg | 2.2 | 1.4 | 2.1 | 2.3 | 1.6 | 2.2 | 2.1 | 1.4 | 2.0 | 2.1 | 1.3 | 1.8 |
| 銅 | mg | 0.30 | 0.15 | 0.29 | 0.32 | 0.16 | 0.30 | 0.31 | 0.15 | 0.29 | 0.29 | 0.17 | 0.24 |

# 表6-1 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－総数、1歳以上、夕食

1人1日当たり

| | | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 675 | | | 18 | | | 48 | | | 18 | | | 25 | | | 60 | | | 69 | | | 74 | | | 114 | | | 249 | | |
| エネルギー | kcal | 741 | 317 | 707 | 355 | 105 | 380 | 709 | 289 | 701 | 668 | 200 | 655 | 787 | 269 | 785 | 883 | 448 | 777 | 799 | 347 | 735 | 794 | 328 | 781 | 792 | 287 | 815 | 687 | 271 | 642 |
| たんぱく質 | g | 30.5 | 14.2 | 28.9 | 15.6 | 6.5 | 14.0 | 28.1 | 10.9 | 28.2 | 28.8 | 12.3 | 27.7 | 33.3 | 12.2 | 32.8 | 36.3 | 17.8 | 32.5 | 31.9 | 14.7 | 30.0 | 31.9 | 15.2 | 31.6 | 32.6 | 13.4 | 30.5 | 28.7 | 13.5 | 26.4 |
| うち動物性 | g | 19.1 | 12.6 | 17.7 | 10.2 | 6.3 | 9.1 | 19.0 | 9.5 | 18.8 | 18.9 | 13.0 | 16.6 | 23.2 | 10.4 | 22.4 | 24.8 | 15.8 | 20.3 | 18.7 | 11.9 | 17.9 | 19.2 | 12.7 | 18.0 | 20.3 | 12.5 | 18.9 | 17.4 | 12.5 | 16.0 |
| 脂質 | g | 25.8 | 16.8 | 23.5 | 11.3 | 5.7 | 12.0 | 27.9 | 13.3 | 25.2 | 23.6 | 8.2 | 23.1 | 29.4 | 11.4 | 29.8 | 33.2 | 30.8 | 26.8 | 28.3 | 15.8 | 27.1 | 29.1 | 15.0 | 29.8 | 26.5 | 13.9 | 25.4 | 22.5 | 14.9 | 20.5 |
| うち動物性 | g | 14.8 | 14.1 | 12.6 | 7.0 | 4.4 | 6.9 | 18.8 | 11.3 | 17.2 | 14.7 | 9.8 | 15.3 | 18.7 | 10.2 | 17.3 | 21.3 | 28.6 | 16.1 | 16.9 | 14.7 | 12.6 | 14.6 | 10.5 | 14.2 | 14.3 | 10.7 | 11.3 | 12.5 | 11.4 | 9.8 |
| 飽和脂肪酸 | g | 6.83 | 5.54 | 5.91 | 3.18 | 1.91 | 3.15 | 8.27 | 4.60 | 7.53 | 6.52 | 3.55 | 6.19 | 8.48 | 4.06 | 8.69 | 9.20 | 10.84 | 6.80 | 7.75 | 6.01 | 6.11 | 7.56 | 4.66 | 6.87 | 6.58 | 4.15 | 5.76 | 5.75 | 4.46 | 4.70 |
| 一価不飽和脂肪酸 | g | 10.05 | 7.57 | 8.95 | 4.27 | 2.60 | 4.34 | 11.02 | 5.86 | 9.90 | 9.44 | 3.82 | 8.81 | 11.60 | 4.96 | 11.83 | 13.38 | 14.72 | 10.23 | 10.99 | 6.76 | 9.96 | 11.31 | 6.24 | 12.03 | 10.32 | 6.37 | 9.32 | 8.60 | 6.56 | 7.31 |
| n-6系脂肪酸 | g | 4.63 | 3.28 | 3.86 | 2.04 | 1.23 | 2.13 | 4.62 | 2.63 | 4.14 | 4.26 | 2.47 | 3.59 | 4.94 | 3.05 | 4.18 | 5.44 | 3.77 | 4.05 | 4.91 | 2.76 | 4.94 | 5.58 | 3.69 | 4.96 | 4.93 | 3.32 | 4.21 | 4.12 | 3.29 | 3.35 |
| n-3系脂肪酸 | g | 1.13 | 1.21 | 0.77 | 0.48 | 0.28 | 0.57 | 0.93 | 1.00 | 0.77 | 0.73 | 0.52 | 0.52 | 0.83 | 0.83 | 0.57 | 1.21 | 1.02 | 0.97 | 1.15 | 1.33 | 0.76 | 1.17 | 1.17 | 0.77 | 1.26 | 1.14 | 0.92 | 1.19 | 1.38 | 0.72 |
| コレステロール | mg | 115 | 109 | 80 | 67 | 59 | 44 | 91 | 50 | 90 | 112 | 110 | 61 | 139 | 85 | 124 | 161 | 142 | 110 | 111 | 106 | 84 | 128 | 125 | 97 | 124 | 122 | 79 | 102 | 99 | 70 |
| 炭水化物 | g | 85.2 | 39.9 | 82.5 | 46.0 | 16.7 | 47.7 | 81.3 | 44.0 | 75.8 | 80.7 | 35.8 | 78.0 | 91.9 | 39.9 | 99.8 | 97.6 | 50.0 | 95.4 | 90.8 | 45.6 | 86.5 | 89.1 | 43.1 | 86.8 | 85.9 | 38.2 | 82.5 | 82.5 | 33.8 | 78.6 |
| 食物繊維 | g | 7.9 | 3.8 | 7.4 | 3.8 | 1.1 | 4.0 | 6.1 | 2.8 | 5.1 | 7.2 | 2.6 | 6.5 | 7.2 | 3.2 | 7.0 | 7.9 | 4.3 | 7.3 | 8.3 | 4.3 | 7.1 | 8.3 | 4.1 | 7.4 | 8.7 | 3.4 | 8.8 | 8.2 | 3.7 | 7.8 |
| うち水溶性 | g | 1.6 | 1.0 | 1.3 | 0.7 | 0.3 | 0.6 | 1.0 | 0.8 | 0.8 | 1.4 | 0.8 | 1.1 | 1.1 | 0.8 | 0.8 | 1.4 | 0.9 | 1.1 | 1.6 | 1.2 | 1.4 | 1.7 | 1.2 | 1.4 | 1.8 | 0.9 | 1.6 | 1.6 | 1.0 | 1.5 |
| うち不溶性 | g | 5.0 | 2.6 | 4.7 | 2.3 | 0.8 | 2.4 | 3.6 | 1.8 | 3.2 | 4.5 | 1.8 | 4.6 | 4.3 | 2.3 | 3.6 | 4.8 | 2.8 | 4.6 | 5.2 | 2.9 | 4.8 | 5.1 | 2.8 | 5.0 | 5.6 | 2.4 | 5.4 | 5.3 | 2.5 | 5.0 |
| ビタミンA | μgRAE[*1] | 211 | 298 | 145 | 140 | 92 | 132 | 137 | 152 | 86 | 147 | 131 | 133 | 132 | 106 | 94 | 255 | 345 | 184 | 203 | 220 | 110 | 178 | 172 | 147 | 216 | 226 | 183 | 241 | 396 | 154 |
| ビタミンD | μg | 3.3 | 6.5 | 0.8 | 3.3 | 4.4 | 1.6 | 1.6 | 2.5 | 0.6 | 1.6 | 2.3 | 0.8 | 1.5 | 2.9 | 0.6 | 4.3 | 7.8 | 1.4 | 2.8 | 5.9 | 0.6 | 2.9 | 7.3 | 0.6 | 3.7 | 6.2 | 1.1 | 3.8 | 7.1 | 0.7 |
| ビタミンE | mg[*2] | 2.9 | 2.3 | 2.4 | 1.5 | 0.7 | 1.7 | 2.1 | 1.4 | 1.8 | 2.2 | 1.4 | 2.3 | 2.3 | 1.8 | 1.8 | 3.4 | 2.8 | 2.7 | 2.8 | 1.9 | 2.6 | 3.0 | 2.0 | 2.7 | 3.4 | 2.6 | 2.8 | 2.9 | 2.4 | 2.4 |
| ビタミンK | μg | 113 | 110 | 79 | 64 | 79 | 31 | 61 | 63 | 48 | 116 | 107 | 89 | 88 | 82 | 57 | 104 | 91 | 75 | 132 | 146 | 87 | 130 | 114 | 104 | 112 | 103 | 80 | 121 | 113 | 82 |
| ビタミン$B_1$ | mg | 0.45 | 0.31 | 0.37 | 0.23 | 0.08 | 0.22 | 0.51 | 0.32 | 0.46 | 0.40 | 0.22 | 0.36 | 0.57 | 0.36 | 0.46 | 0.57 | 0.38 | 0.45 | 0.50 | 0.40 | 0.38 | 0.49 | 0.37 | 0.41 | 0.45 | 0.26 | 0.39 | 0.40 | 0.26 | 0.34 |
| ビタミン$B_2$ | mg | 0.41 | 0.26 | 0.37 | 0.20 | 0.07 | 0.21 | 0.31 | 0.13 | 0.30 | 0.32 | 0.13 | 0.32 | 0.42 | 0.18 | 0.41 | 0.49 | 0.29 | 0.41 | 0.44 | 0.40 | 0.39 | 0.44 | 0.33 | 0.40 | 0.46 | 0.21 | 0.44 | 0.39 | 0.22 | 0.34 |
| ナイアシン | mgNE[*3] | 13.7 | 7.4 | 12.7 | 7.3 | 4.7 | 5.6 | 12.8 | 5.3 | 12.9 | 12.3 | 6.4 | 10.9 | 14.8 | 7.2 | 13.2 | 16.2 | 8.3 | 14.1 | 13.9 | 6.9 | 13.2 | 14.8 | 8.7 | 13.3 | 14.6 | 7.0 | 13.7 | 13.0 | 7.3 | 11.3 |
| ビタミン$B_6$ | mg | 0.55 | 0.29 | 0.51 | 0.30 | 0.17 | 0.30 | 0.46 | 0.22 | 0.46 | 0.47 | 0.19 | 0.42 | 0.57 | 0.26 | 0.54 | 0.60 | 0.31 | 0.55 | 0.53 | 0.26 | 0.53 | 0.59 | 0.34 | 0.58 | 0.61 | 0.28 | 0.63 | 0.54 | 0.29 | 0.49 |
| ビタミン$B_{12}$ | μg | 2.6 | 4.3 | 1.0 | 1.3 | 1.7 | 0.6 | 1.8 | 2.8 | 0.9 | 1.4 | 1.3 | 0.8 | 1.5 | 1.8 | 0.9 | 3.1 | 5.5 | 1.2 | 2.5 | 3.0 | 1.4 | 2.1 | 3.0 | 1.0 | 3.0 | 5.3 | 1.3 | 2.9 | 4.8 | 1.1 |
| 葉酸 | μg | 115 | 67 | 105 | 55 | 31 | 42 | 76 | 46 | 63 | 91 | 25 | 92 | 94 | 53 | 87 | 111 | 68 | 90 | 121 | 65 | 117 | 124 | 75 | 115 | 126 | 60 | 115 | 122 | 71 | 107 |
| パントテン酸 | mg | 2.16 | 1.01 | 2.06 | 1.27 | 0.51 | 1.24 | 1.83 | 0.76 | 1.68 | 2.12 | 0.86 | 2.23 | 2.25 | 1.03 | 2.07 | 2.50 | 1.21 | 2.34 | 2.25 | 1.13 | 2.15 | 2.27 | 1.12 | 2.19 | 2.29 | 0.96 | 2.14 | 2.09 | 0.95 | 1.94 |
| ビタミンC | mg | 37 | 34 | 29 | 19 | 22 | 10 | 27 | 32 | 15 | 30 | 22 | 25 | 30 | 31 | 20 | 32 | 28 | 19 | 35 | 27 | 31 | 42 | 42 | 30 | 38 | 28 | 32 | 42 | 37 | 35 |
| ナトリウム | mg | 1,734 | 958 | 1,591 | 738 | 406 | 630 | 1,527 | 735 | 1,374 | 1,642 | 816 | 1,858 | 1,758 | 940 | 1,636 | 1,730 | 872 | 1,533 | 1,826 | 1,104 | 1,630 | 1,833 | 1,043 | 1,730 | 1,880 | 952 | 1,623 | 1,731 | 952 | 1,617 |
| 食塩相当量 | g[*4] | 4.4 | 2.4 | 4.0 | 1.9 | 1.0 | 1.6 | 3.9 | 1.9 | 3.5 | 4.2 | 2.1 | 4.7 | 4.5 | 2.4 | 4.2 | 4.4 | 2.2 | 3.9 | 4.6 | 2.8 | 4.1 | 4.7 | 2.6 | 4.4 | 4.8 | 2.4 | 4.1 | 4.4 | 2.4 | 4.1 |
| 食塩相当量 | g/1,000kcal | 6.2 | 3.4 | 5.6 | 5.6 | 3.8 | 4.3 | 5.7 | 2.4 | 5.1 | 6.6 | 3.6 | 7.1 | 5.6 | 2.8 | 4.7 | 5.7 | 4.1 | 4.7 | 6.0 | 3.2 | 5.5 | 6.1 | 3.7 | 5.2 | 6.4 | 3.4 | 5.8 | 6.6 | 3.4 | 5.8 |
| カリウム | mg | 967 | 448 | 926 | 486 | 190 | 454 | 736 | 308 | 679 | 848 | 314 | 771 | 911 | 432 | 867 | 995 | 485 | 886 | 966 | 448 | 981 | 971 | 446 | 995 | 1,103 | 423 | 1,035 | 991 | 461 | 937 |
| カルシウム | mg | 174 | 122 | 146 | 68 | 29 | 67 | 113 | 75 | 84 | 122 | 70 | 111 | 178 | 119 | 123 | 196 | 156 | 150 | 186 | 149 | 159 | 174 | 130 | 154 | 199 | 122 | 167 | 175 | 110 | 151 |
| マグネシウム | mg | 101 | 47 | 95 | 45 | 16 | 38 | 72 | 27 | 70 | 80 | 24 | 78 | 93 | 37 | 92 | 105 | 49 | 97 | 105 | 48 | 99 | 105 | 50 | 105 | 118 | 49 | 107 | 102 | 45 | 98 |
| リン | mg | 401 | 187 | 375 | 197 | 73 | 179 | 339 | 126 | 345 | 353 | 131 | 323 | 408 | 158 | 369 | 479 | 249 | 421 | 406 | 186 | 389 | 413 | 195 | 407 | 443 | 186 | 410 | 387 | 174 | 358 |
| 鉄 | mg | 3.2 | 1.9 | 2.9 | 1.4 | 0.4 | 1.4 | 2.3 | 0.9 | 2.2 | 2.6 | 1.1 | 2.4 | 2.9 | 1.2 | 2.6 | 3.5 | 2.5 | 3.0 | 3.3 | 1.4 | 3.3 | 3.2 | 1.6 | 3.2 | 3.6 | 2.2 | 3.3 | 3.2 | 1.9 | 2.9 |
| 亜鉛 | mg | 3.4 | 1.7 | 3.1 | 1.7 | 0.5 | 1.8 | 3.4 | 1.4 | 3.2 | 3.7 | 2.0 | 3.3 | 3.9 | 1.6 | 3.8 | 4.2 | 2.4 | 3.6 | 3.6 | 1.7 | 3.3 | 3.6 | 1.7 | 3.5 | 3.5 | 1.4 | 3.6 | 3.2 | 1.7 | 2.8 |
| 銅 | mg | 0.44 | 0.20 | 0.40 | 0.22 | 0.08 | 0.22 | 0.35 | 0.14 | 0.34 | 0.38 | 0.13 | 0.35 | 0.40 | 0.15 | 0.39 | 0.47 | 0.23 | 0.46 | 0.47 | 0.22 | 0.43 | 0.45 | 0.22 | 0.40 | 0.46 | 0.18 | 0.47 | 0.44 | 0.19 | 0.42 |

[*1] RAE：レチノール活性当量　[*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)×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 591 | | | 154 | | | 162 | | | 157 | | |
| エネルギー | kcal | 758 | 318 | 720 | 830 | 380 | 754 | 733 | 295 | 718 | 678 | 267 | 629 |
| たんぱく質 | g | 31.2 | 14.4 | 29.7 | 33.8 | 15.7 | 32.1 | 30.2 | 13.1 | 28.3 | 28.5 | 13.8 | 25.7 |
| うち動物性 | g | 19.3 | 12.9 | 17.8 | 21.8 | 13.6 | 19.1 | 18.9 | 12.0 | 17.9 | 16.9 | 12.7 | 14.6 |
| 脂質 | g | 26.1 | 17.3 | 23.7 | 30.4 | 22.4 | 27.9 | 24.0 | 13.5 | 21.8 | 22.0 | 16.0 | 19.4 |
| うち動物性 | g | 14.8 | 14.5 | 12.4 | 18.9 | 20.8 | 15.2 | 13.4 | 10.1 | 10.8 | 12.0 | 12.2 | 8.4 |
| 飽和脂肪酸 | g | 6.84 | 5.68 | 5.84 | 8.43 | 8.03 | 6.61 | 6.23 | 4.24 | 5.52 | 5.54 | 4.56 | 4.29 |
| 一価不飽和脂肪酸 | g | 10.16 | 7.81 | 9.02 | 12.02 | 10.44 | 10.28 | 9.23 | 5.89 | 8.43 | 8.43 | 7.11 | 7.11 |
| n-6系脂肪酸 | g | 4.72 | 3.37 | 3.97 | 5.12 | 3.22 | 4.40 | 4.24 | 3.02 | 3.57 | 4.15 | 3.57 | 3.19 |
| n-3系脂肪酸 | g | 1.18 | 1.25 | 0.78 | 1.12 | 1.15 | 0.78 | 1.21 | 1.36 | 0.84 | 1.13 | 1.29 | 0.63 |
| コレステロール | mg | 118 | 113 | 81 | 135 | 120 | 99 | 115 | 108 | 78 | 101 | 95 | 70 |
| 炭水化物 | g | 86.9 | 39.6 | 84.5 | 93.6 | 46.4 | 95.8 | 84.8 | 39.0 | 79.3 | 81.7 | 30.5 | 79.8 |
| 食物繊維 | g | 8.2 | 3.8 | 7.7 | 8.0 | 4.1 | 7.1 | 8.4 | 3.8 | 8.2 | 8.1 | 3.5 | 7.7 |
| うち水溶性 | g | 1.6 | 1.0 | 1.4 | 1.5 | 1.1 | 1.2 | 1.8 | 1.0 | 1.6 | 1.6 | 1.0 | 1.3 |
| うち不溶性 | g | 5.2 | 2.6 | 5.0 | 4.9 | 2.7 | 4.6 | 5.4 | 2.5 | 5.2 | 5.2 | 2.4 | 5.0 |
| ビタミンA | μgRAE*1 | 221 | 313 | 152 | 212 | 267 | 138 | 219 | 229 | 159 | 257 | 467 | 155 |
| ビタミンD | μg | 3.5 | 6.8 | 0.8 | 3.2 | 6.4 | 0.9 | 3.6 | 5.8 | 0.9 | 4.1 | 8.0 | 0.6 |
| ビタミンE | mg*2 | 3.1 | 2.4 | 2.5 | 3.0 | 2.3 | 2.4 | 3.1 | 2.3 | 2.6 | 2.9 | 2.5 | 2.2 |
| ビタミンK | μg | 118 | 112 | 84 | 114 | 119 | 78 | 114 | 102 | 85 | 123 | 116 | 73 |
| ビタミン$B_1$ | mg | 0.46 | 0.32 | 0.38 | 0.54 | 0.39 | 0.42 | 0.41 | 0.24 | 0.36 | 0.40 | 0.27 | 0.31 |
| ビタミン$B_2$ | mg | 0.43 | 0.27 | 0.40 | 0.46 | 0.33 | 0.41 | 0.44 | 0.23 | 0.43 | 0.38 | 0.21 | 0.34 |
| ナイアシン | mgNE*3 | 14.0 | 7.5 | 13.0 | 14.9 | 7.5 | 13.4 | 13.4 | 6.6 | 12.3 | 13.0 | 7.5 | 11.6 |
| ビタミン$B_6$ | mg | 0.57 | 0.29 | 0.53 | 0.56 | 0.28 | 0.54 | 0.57 | 0.28 | 0.54 | 0.54 | 0.29 | 0.50 |
| ビタミン$B_{12}$ | μg | 2.7 | 4.5 | 1.1 | 2.6 | 4.0 | 1.2 | 3.3 | 6.2 | 1.4 | 2.6 | 3.7 | 1.0 |
| 葉酸 | μg | 121 | 68 | 110 | 113 | 64 | 100 | 122 | 60 | 112 | 123 | 75 | 107 |
| パントテン酸 | mg | 2.22 | 1.03 | 2.12 | 2.35 | 1.14 | 2.20 | 2.24 | 0.97 | 2.18 | 2.04 | 0.91 | 1.89 |
| ビタミンC | mg | 39 | 34 | 32 | 33 | 28 | 24 | 42 | 35 | 35 | 41 | 36 | 35 |
| ナトリウム | mg | 1,784 | 972 | 1,629 | 1,777 | 988 | 1,605 | 1,805 | 984 | 1,623 | 1,727 | 932 | 1,640 |
| 食塩相当量 | g*4 | 4.5 | 2.5 | 4.1 | 4.5 | 2.5 | 4.1 | 4.6 | 2.5 | 4.1 | 4.4 | 2.4 | 4.2 |
| 食塩相当量 | g/1,000kcal | 6.3 | 3.5 | 5.6 | 5.8 | 3.5 | 5.3 | 6.5 | 3.4 | 5.7 | 6.7 | 3.5 | 5.8 |
| カリウム | mg | 1,004 | 453 | 969 | 968 | 458 | 895 | 1,084 | 475 | 984 | 949 | 431 | 909 |
| カルシウム | mg | 183 | 125 | 156 | 189 | 147 | 147 | 192 | 117 | 163 | 168 | 110 | 140 |
| マグネシウム | mg | 106 | 47 | 100 | 103 | 47 | 97 | 107 | 46 | 100 | 102 | 45 | 98 |
| リン | mg | 414 | 190 | 390 | 435 | 211 | 408 | 413 | 169 | 394 | 380 | 177 | 353 |
| 鉄 | mg | 3.3 | 1.9 | 3.1 | 3.3 | 1.9 | 3.1 | 3.4 | 2.5 | 3.0 | 3.1 | 1.4 | 3.0 |
| 亜鉛 | mg | 3.5 | 1.8 | 3.2 | 3.9 | 2.0 | 3.4 | 3.3 | 1.6 | 3.0 | 3.2 | 1.8 | 2.9 |
| 銅 | mg | 0.45 | 0.20 | 0.43 | 0.46 | 0.21 | 0.43 | 0.45 | 0.18 | 0.42 | 0.45 | 0.19 | 0.43 |

# 表6-2 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－男性、1歳以上、夕食

1人1日当たり

| | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 310 | | | 8 | | | 26 | | | 10 | | | 9 | | | 29 | | | 30 | | | 38 | | | 46 | | | 114 | | |
| エネルギー kcal | 838 | 364 | 799 | 377 | 74 | 381 | 734 | 333 | 684 | 704 | 252 | 687 | 907 | 153 | 967 | 1,076 | 507 | 1,049 | 915 | 404 | 847 | 857 | 388 | 839 | 934 | 298 | 945 | 774 | 310 | 741 |
| たんぱく質 g | 33.3 | 15.7 | 31.3 | 14.6 | 4.8 | 13.7 | 27.4 | 12.2 | 26.8 | 30.3 | 15.3 | 25.5 | 34.2 | 10.2 | 31.8 | 42.3 | 19.6 | 39.2 | 35.0 | 17.4 | 33.6 | 34.0 | 16.8 | 34.6 | 37.7 | 14.2 | 35.8 | 31.4 | 14.2 | 30.2 |
| うち動物性 g | 20.9 | 13.9 | 18.6 | 8.9 | 4.8 | 8.4 | 18.7 | 10.7 | 18.4 | 20.8 | 14.6 | 16.5 | 23.5 | 10.8 | 18.9 | 28.2 | 17.4 | 22.2 | 20.5 | 14.7 | 18.7 | 20.2 | 13.9 | 17.5 | 23.9 | 13.6 | 23.1 | 19.3 | 13.4 | 17.2 |
| 脂質 g | 28.6 | 20.1 | 26.5 | 11.5 | 2.2 | 12.0 | 27.8 | 13.4 | 25.3 | 21.2 | 6.9 | 21.9 | 30.9 | 8.0 | 29.8 | 42.0 | 40.1 | 31.0 | 29.8 | 19.2 | 28.4 | 32.3 | 16.5 | 31.8 | 29.5 | 12.7 | 31.0 | 25.1 | 18.0 | 22.2 |
| うち動物性 g | 16.7 | 17.3 | 13.6 | 6.4 | 3.9 | 6.9 | 18.7 | 12.0 | 17.5 | 13.2 | 6.6 | 15.3 | 16.6 | 8.2 | 13.6 | 28.3 | 38.5 | 20.3 | 18.4 | 18.6 | 11.3 | 15.3 | 11.3 | 14.7 | 16.5 | 11.1 | 15.3 | 14.4 | 13.5 | 11.6 |
| 飽和脂肪酸 g | 7.67 | 6.69 | 6.72 | 3.03 | 1.32 | 2.96 | 8.33 | 4.65 | 8.26 | 5.76 | 2.69 | 6.19 | 8.78 | 2.98 | 8.69 | 11.99 | 14.45 | 9.01 | 8.46 | 7.32 | 7.10 | 8.38 | 5.14 | 7.89 | 7.36 | 3.79 | 6.87 | 6.52 | 5.28 | 5.62 |
| 一価不飽和脂肪酸 g | 11.21 | 9.20 | 9.66 | 4.31 | 1.03 | 4.34 | 11.21 | 5.82 | 10.29 | 8.38 | 3.00 | 8.79 | 12.27 | 3.65 | 11.84 | 17.01 | 19.62 | 13.14 | 11.30 | 8.26 | 9.05 | 12.65 | 6.96 | 12.49 | 11.45 | 5.86 | 11.94 | 9.78 | 8.03 | 8.92 |
| n-6系脂肪酸 g | 5.02 | 3.72 | 3.88 | 2.28 | 0.62 | 2.27 | 4.52 | 2.66 | 3.80 | 3.94 | 2.22 | 3.50 | 5.47 | 3.88 | 3.89 | 6.60 | 4.24 | 6.44 | 5.00 | 2.81 | 5.55 | 6.11 | 4.28 | 4.96 | 5.43 | 3.71 | 4.58 | 4.47 | 3.83 | 3.37 |
| n-3系脂肪酸 g | 1.22 | 1.28 | 0.84 | 0.49 | 0.32 | 0.46 | 0.77 | 1.04 | 0.41 | 0.71 | 0.59 | 0.34 | 0.82 | 0.78 | 0.61 | 1.48 | 1.06 | 1.31 | 1.31 | 1.72 | 0.76 | 1.31 | 1.27 | 0.84 | 1.46 | 1.12 | 1.25 | 1.23 | 1.39 | 0.75 |
| コレステロール mg | 128 | 125 | 91 | 64 | 65 | 37 | 90 | 49 | 93 | 117 | 112 | 78 | 134 | 68 | 127 | 189 | 170 | 103 | 121 | 129 | 88 | 133 | 132 | 97 | 156 | 153 | 98 | 115 | 109 | 79 |
| 炭水化物 g | 96.0 | 45.4 | 93.4 | 52.2 | 18.4 | 50.1 | 88.1 | 51.0 | 77.0 | 92.9 | 38.4 | 91.9 | 116.9 | 34.8 | 116.6 | 114.4 | 54.3 | 110.2 | 109.1 | 49.4 | 109.3 | 96.7 | 50.0 | 91.5 | 100.5 | 43.3 | 101.4 | 89.3 | 39.4 | 91.5 |
| 食物繊維 g | 8.5 | 4.1 | 8.2 | 4.0 | 1.4 | 4.2 | 6.0 | 2.4 | 5.3 | 7.8 | 3.0 | 7.4 | 8.1 | 3.1 | 7.5 | 9.2 | 4.8 | 8.3 | 9.1 | 4.4 | 9.6 | 8.3 | 4.4 | 6.9 | 9.6 | 3.6 | 9.3 | 8.9 | 4.1 | 8.6 |
| うち水溶性 g | 1.6 | 1.1 | 1.4 | 0.7 | 0.3 | 0.6 | 1.0 | 0.5 | 0.9 | 1.4 | 1.0 | 1.0 | 1.0 | 1.0 | 0.6 | 1.5 | 1.0 | 1.6 | 1.7 | 1.2 | 1.7 | 1.8 | 1.4 | 1.3 | 1.9 | 1.0 | 1.7 | 1.8 | 1.1 | 1.6 |
| うち不溶性 g | 5.3 | 2.7 | 4.8 | 2.3 | 0.9 | 2.2 | 3.5 | 1.4 | 3.3 | 4.9 | 2.1 | 4.6 | 4.5 | 2.4 | 3.6 | 5.6 | 3.2 | 4.7 | 5.5 | 2.9 | 5.4 | 4.9 | 2.6 | 4.2 | 6.1 | 2.5 | 6.2 | 5.7 | 2.7 | 5.3 |
| ビタミンA μgRAE[*1] | 226 | 321 | 156 | 107 | 102 | 72 | 126 | 95 | 86 | 182 | 146 | 166 | 138 | 92 | 120 | 303 | 463 | 156 | 205 | 203 | 141 | 157 | 124 | 138 | 256 | 271 | 225 | 263 | 413 | 174 |
| ビタミンD μg | 3.6 | 6.4 | 0.9 | 2.0 | 1.8 | 1.6 | 1.5 | 2.5 | 0.5 | 1.7 | 1.9 | 1.0 | 0.8 | 0.5 | 0.5 | 5.7 | 8.7 | 1.8 | 2.6 | 4.9 | 0.6 | 2.6 | 5.0 | 0.6 | 4.6 | 6.7 | 1.7 | 4.1 | 7.3 | 0.8 |
| ビタミンE mg[*2] | 3.2 | 2.5 | 2.6 | 1.5 | 0.7 | 1.6 | 2.1 | 1.4 | 1.8 | 2.4 | 1.6 | 2.7 | 2.3 | 1.4 | 2.1 | 4.1 | 3.2 | 3.2 | 2.6 | 1.6 | 2.7 | 3.2 | 2.0 | 3.0 | 3.9 | 2.7 | 3.2 | 3.3 | 2.7 | 2.6 |
| ビタミンK μg | 117 | 115 | 82 | 88 | 108 | 43 | 48 | 32 | 35 | 92 | 43 | 92 | 82 | 83 | 57 | 111 | 99 | 80 | 143 | 178 | 104 | 112 | 93 | 99 | 125 | 123 | 80 | 134 | 115 | 99 |
| ビタミン$B_1$ mg | 0.49 | 0.34 | 0.40 | 0.23 | 0.07 | 0.22 | 0.50 | 0.32 | 0.45 | 0.40 | 0.19 | 0.38 | 0.56 | 0.29 | 0.46 | 0.69 | 0.43 | 0.62 | 0.50 | 0.43 | 0.36 | 0.54 | 0.43 | 0.46 | 0.51 | 0.30 | 0.42 | 0.42 | 0.27 | 0.36 |
| ビタミン$B_2$ mg | 0.44 | 0.29 | 0.40 | 0.22 | 0.08 | 0.25 | 0.29 | 0.15 | 0.27 | 0.29 | 0.12 | 0.27 | 0.44 | 0.17 | 0.43 | 0.54 | 0.31 | 0.45 | 0.48 | 0.43 | 0.41 | 0.46 | 0.41 | 0.37 | 0.54 | 0.22 | 0.50 | 0.42 | 0.24 | 0.42 |
| ナイアシン mgNE[*3] | 15.2 | 8.3 | 14.0 | 6.8 | 3.7 | 5.5 | 12.8 | 6.0 | 11.7 | 13.5 | 8.1 | 10.9 | 16.0 | 8.0 | 13.7 | 18.5 | 9.0 | 16.5 | 15.6 | 8.3 | 13.8 | 15.9 | 10.3 | 14.4 | 17.2 | 7.9 | 16.9 | 14.5 | 7.7 | 13.6 |
| ビタミン$B_6$ mg | 0.60 | 0.32 | 0.57 | 0.29 | 0.12 | 0.30 | 0.48 | 0.26 | 0.46 | 0.50 | 0.22 | 0.47 | 0.61 | 0.25 | 0.53 | 0.67 | 0.34 | 0.65 | 0.58 | 0.28 | 0.61 | 0.60 | 0.38 | 0.56 | 0.71 | 0.33 | 0.66 | 0.60 | 0.30 | 0.56 |
| ビタミン$B_{12}$ μg | 2.9 | 4.6 | 1.2 | 1.6 | 2.5 | 0.6 | 1.6 | 2.6 | 0.7 | 1.6 | 1.4 | 0.9 | 1.5 | 2.1 | 0.7 | 4.4 | 7.0 | 1.6 | 2.7 | 3.4 | 1.3 | 2.4 | 3.3 | 1.1 | 3.2 | 3.3 | 2.2 | 3.2 | 5.5 | 1.2 |
| 葉酸 μg | 120 | 69 | 108 | 59 | 36 | 53 | 66 | 30 | 63 | 86 | 27 | 84 | 83 | 42 | 84 | 127 | 73 | 122 | 126 | 74 | 124 | 110 | 56 | 114 | 144 | 67 | 134 | 132 | 74 | 119 |
| パントテン酸 mg | 2.34 | 1.10 | 2.27 | 1.38 | 0.57 | 1.26 | 1.80 | 0.78 | 1.56 | 2.08 | 1.03 | 2.07 | 2.45 | 1.13 | 1.90 | 2.85 | 1.35 | 2.36 | 2.47 | 1.24 | 2.43 | 2.28 | 1.21 | 2.14 | 2.70 | 0.99 | 2.63 | 2.25 | 1.00 | 2.27 |
| ビタミンC mg | 37 | 33 | 29 | 14 | 12 | 10 | 30 | 35 | 19 | 36 | 29 | 28 | 19 | 18 | 17 | 33 | 31 | 24 | 33 | 25 | 34 | 32 | 26 | 25 | 42 | 32 | 33 | 44 | 38 | 37 |
| ナトリウム mg | 1,845 | 1,018 | 1,664 | 594 | 338 | 521 | 1,524 | 926 | 1,164 | 1,574 | 808 | 1,597 | 1,523 | 556 | 1,361 | 1,946 | 852 | 1,927 | 1,876 | 1,164 | 1,727 | 1,950 | 1,160 | 1,824 | 2,150 | 1,024 | 1,851 | 1,862 | 991 | 1,725 |
| 食塩相当量 g[*4] | 4.7 | 2.6 | 4.2 | 1.5 | 0.9 | 1.3 | 3.9 | 2.4 | 3.0 | 4.0 | 2.1 | 4.1 | 3.9 | 1.4 | 3.5 | 4.9 | 2.2 | 4.9 | 4.8 | 3.0 | 4.4 | 5.0 | 2.9 | 4.6 | 5.5 | 2.6 | 4.7 | 4.7 | 2.5 | 4.4 |
| 食塩相当量 g/1,000kcal | 5.8 | 3.2 | 5.1 | 4.1 | 2.2 | 4.0 | 5.4 | 2.9 | 4.4 | 6.2 | 3.9 | 6.3 | 4.4 | 1.9 | 3.6 | 5.0 | 2.6 | 4.6 | 5.2 | 2.7 | 5.0 | 6.0 | 4.1 | 5.2 | 6.1 | 2.9 | 5.7 | 6.3 | 3.2 | 5.7 |
| カリウム mg | 1,028 | 473 | 1,009 | 495 | 140 | 515 | 729 | 305 | 698 | 833 | 388 | 771 | 938 | 363 | 1,047 | 1,097 | 504 | 1,045 | 1,003 | 486 | 1,090 | 961 | 445 | 988 | 1,228 | 423 | 1,193 | 1,088 | 490 | 1,056 |
| カルシウム mg | 185 | 133 | 150 | 69 | 41 | 59 | 106 | 73 | 83 | 111 | 48 | 99 | 194 | 140 | 122 | 229 | 168 | 183 | 202 | 170 | 168 | 186 | 152 | 153 | 219 | 130 | 188 | 187 | 113 | 159 |
| マグネシウム mg | 108 | 51 | 104 | 47 | 18 | 49 | 70 | 26 | 69 | 77 | 27 | 68 | 92 | 20 | 92 | 121 | 55 | 108 | 116 | 57 | 114 | 106 | 52 | 105 | 136 | 54 | 123 | 110 | 46 | 106 |
| リン mg | 439 | 206 | 413 | 190 | 61 | 179 | 336 | 144 | 337 | 370 | 164 | 312 | 413 | 116 | 369 | 562 | 258 | 463 | 446 | 207 | 452 | 438 | 220 | 436 | 520 | 206 | 483 | 422 | 183 | 410 |
| 鉄 mg | 3.4 | 2.1 | 3.1 | 1.4 | 0.4 | 1.4 | 2.2 | 0.8 | 2.2 | 2.4 | 1.4 | 2.0 | 3.0 | 1.0 | 2.5 | 4.3 | 3.2 | 3.6 | 3.5 | 1.7 | 3.6 | 3.4 | 1.7 | 3.6 | 3.8 | 1.3 | 4.0 | 3.5 | 2.3 | 3.1 |
| 亜鉛 mg | 3.7 | 1.9 | 3.4 | 1.7 | 0.4 | 1.9 | 3.3 | 1.3 | 3.3 | 3.6 | 2.1 | 3.0 | 4.3 | 1.1 | 4.2 | 5.0 | 3.0 | 4.7 | 3.9 | 2.1 | 3.4 | 3.7 | 1.9 | 3.7 | 4.1 | 1.4 | 4.1 | 3.4 | 1.8 | 3.2 |
| 銅 mg | 0.48 | 0.21 | 0.46 | 0.25 | 0.09 | 0.25 | 0.35 | 0.13 | 0.34 | 0.38 | 0.15 | 0.34 | 0.46 | 0.12 | 0.40 | 0.57 | 0.26 | 0.55 | 0.52 | 0.24 | 0.55 | 0.49 | 0.25 | 0.45 | 0.52 | 0.17 | 0.51 | 0.47 | 0.20 | 0.44 |

*1 RAE：レチノール活性当量　*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)×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 266 | | | 68 | | | 70 | | | 73 | | |
| エネルギー | kcal | 867 | 364 | 837 | 982 | 433 | 971 | 839 | 335 | 841 | 772 | 298 | 741 |
| たんぱく質 | g | 34.6 | 15.8 | 32.3 | 38.0 | 17.8 | 33.6 | 33.8 | 13.8 | 33.1 | 31.0 | 14.0 | 30.0 |
| うち動物性 | g | 21.5 | 14.2 | 18.9 | 24.2 | 15.7 | 19.8 | 21.4 | 12.6 | 20.4 | 18.8 | 13.4 | 16.9 |
| 脂質 | g | 29.5 | 21.0 | 27.5 | 35.2 | 29.6 | 29.2 | 26.2 | 14.4 | 26.0 | 24.9 | 19.3 | 21.9 |
| うち動物性 | g | 16.9 | 18.2 | 13.3 | 22.4 | 28.3 | 16.4 | 14.9 | 10.5 | 12.6 | 14.4 | 15.0 | 10.8 |
| 飽和脂肪酸 | g | 7.82 | 7.00 | 6.72 | 10.01 | 10.70 | 8.26 | 6.77 | 4.61 | 6.17 | 6.53 | 5.41 | 5.45 |
| 一価不飽和脂肪酸 | g | 11.52 | 9.67 | 10.10 | 13.86 | 14.13 | 11.70 | 10.07 | 6.20 | 9.68 | 9.78 | 8.84 | 8.27 |
| n-6系脂肪酸 | g | 5.20 | 3.87 | 4.01 | 5.75 | 3.65 | 5.78 | 4.61 | 3.32 | 3.62 | 4.50 | 4.20 | 3.35 |
| n-3系脂肪酸 | g | 1.30 | 1.32 | 0.89 | 1.32 | 1.36 | 0.94 | 1.33 | 1.40 | 0.95 | 1.11 | 1.20 | 0.66 |
| コレステロール | mg | 134 | 131 | 93 | 152 | 145 | 102 | 138 | 125 | 84 | 110 | 102 | 77 |
| 炭水化物 | g | 98.2 | 45.1 | 96.3 | 112.4 | 49.4 | 109.8 | 93.3 | 45.0 | 92.6 | 89.5 | 35.2 | 92.2 |
| 食物繊維 | g | 8.9 | 4.1 | 8.8 | 9.0 | 4.4 | 8.7 | 9.1 | 4.3 | 8.8 | 8.8 | 3.8 | 8.9 |
| うち水溶性 | g | 1.7 | 1.1 | 1.5 | 1.5 | 1.1 | 1.5 | 1.9 | 1.1 | 1.7 | 1.7 | 1.0 | 1.4 |
| うち不溶性 | g | 5.6 | 2.7 | 5.3 | 5.4 | 2.9 | 4.9 | 5.7 | 2.7 | 5.4 | 5.7 | 2.7 | 5.4 |
| ビタミンA | μgRAE*1 | 240 | 342 | 173 | 238 | 334 | 150 | 256 | 283 | 193 | 283 | 477 | 177 |
| ビタミンD | μg | 3.9 | 6.8 | 0.9 | 3.7 | 6.7 | 1.1 | 3.8 | 5.4 | 1.4 | 4.5 | 8.1 | 0.7 |
| ビタミンE | mg*2 | 3.4 | 2.6 | 2.7 | 3.2 | 2.5 | 2.7 | 3.4 | 2.2 | 3.0 | 3.3 | 3.0 | 2.4 |
| ビタミンK | μg | 126 | 120 | 90 | 121 | 138 | 80 | 121 | 103 | 97 | 137 | 121 | 93 |
| ビタミン$B_1$ | mg | 0.50 | 0.35 | 0.41 | 0.59 | 0.42 | 0.46 | 0.43 | 0.26 | 0.37 | 0.43 | 0.27 | 0.36 |
| ビタミン$B_2$ | mg | 0.47 | 0.30 | 0.44 | 0.50 | 0.36 | 0.43 | 0.48 | 0.25 | 0.46 | 0.41 | 0.22 | 0.41 |
| ナイアシン | mgNE*3 | 15.8 | 8.4 | 14.3 | 16.9 | 8.6 | 14.7 | 14.9 | 7.0 | 14.8 | 14.6 | 7.7 | 13.8 |
| ビタミン$B_6$ | mg | 0.63 | 0.32 | 0.60 | 0.62 | 0.30 | 0.61 | 0.63 | 0.30 | 0.61 | 0.60 | 0.30 | 0.57 |
| ビタミン$B_{12}$ | μg | 3.1 | 4.8 | 1.3 | 3.3 | 5.2 | 1.3 | 3.7 | 6.4 | 1.9 | 2.4 | 3.1 | 1.0 |
| 葉酸 | μg | 128 | 70 | 118 | 121 | 71 | 117 | 132 | 60 | 121 | 135 | 79 | 115 |
| パントテン酸 | mg | 2.43 | 1.11 | 2.32 | 2.63 | 1.27 | 2.33 | 2.47 | 1.03 | 2.44 | 2.22 | 0.95 | 2.27 |
| ビタミンC | mg | 39 | 33 | 32 | 31 | 27 | 27 | 42 | 33 | 37 | 43 | 39 | 36 |
| ナトリウム | mg | 1,924 | 1,018 | 1,749 | 1,859 | 973 | 1,656 | 2,034 | 1,126 | 1,851 | 1,828 | 866 | 1,741 |
| 食塩相当量 | g*4 | 4.9 | 2.6 | 4.4 | 4.7 | 2.5 | 4.2 | 5.2 | 2.9 | 4.7 | 4.6 | 2.2 | 4.4 |
| 食塩相当量 | g/1,000kcal | 5.9 | 3.2 | 5.3 | 5.0 | 2.5 | 4.6 | 6.3 | 3.4 | 5.6 | 6.3 | 3.1 | 5.8 |
| カリウム | mg | 1,080 | 474 | 1,069 | 1,034 | 477 | 1,065 | 1,202 | 518 | 1,152 | 1,032 | 438 | 1,054 |
| カルシウム | mg | 199 | 136 | 163 | 213 | 164 | 168 | 201 | 115 | 165 | 182 | 119 | 156 |
| マグネシウム | mg | 115 | 51 | 108 | 115 | 53 | 110 | 118 | 50 | 110 | 110 | 46 | 105 |
| リン | mg | 459 | 207 | 427 | 491 | 227 | 443 | 460 | 177 | 462 | 414 | 184 | 386 |
| 鉄 | mg | 3.6 | 2.1 | 3.5 | 3.8 | 2.4 | 3.5 | 3.7 | 2.7 | 3.3 | 3.3 | 1.5 | 3.1 |
| 亜鉛 | mg | 3.8 | 2.0 | 3.5 | 4.4 | 2.4 | 4.0 | 3.8 | 1.9 | 3.4 | 3.4 | 1.6 | 3.2 |
| 銅 | mg | 0.50 | 0.22 | 0.48 | 0.53 | 0.24 | 0.53 | 0.49 | 0.20 | 0.49 | 0.47 | 0.19 | 0.45 |

# 表6-3 朝昼夕別にみた栄養素等摂取量－エネルギー、栄養素等、年齢階級別、摂取量平均、標準偏差、中央値－女性、1歳以上、夕食

1人1日当たり

| | 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 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 人 | 365 | | | 10 | | | 22 | | | 8 | | | 16 | | | 31 | | | 39 | | | 36 | | | 68 | | | 135 | | |
| エネルギー kcal | 659 | 242 | 629 | 336 | 125 | 351 | 679 | 231 | 701 | 623 | 107 | 630 | 720 | 299 | 745 | 703 | 292 | 637 | 709 | 269 | 680 | 727 | 239 | 760 | 696 | 237 | 690 | 614 | 207 | 595 |
| たんぱく質 g | 28.1 | 12.4 | 26.8 | 16.4 | 7.8 | 14.4 | 28.9 | 9.4 | 29.9 | 26.9 | 7.8 | 27.7 | 32.7 | 13.5 | 33.1 | 30.8 | 14.0 | 31.1 | 29.4 | 12.0 | 28.9 | 29.6 | 13.2 | 30.0 | 29.1 | 11.7 | 27.3 | 26.5 | 12.5 | 24.2 |
| うち動物性 g | 17.5 | 11.2 | 16.7 | 11.3 | 7.3 | 10.1 | 19.4 | 8.2 | 19.4 | 16.6 | 11.1 | 16.6 | 23.1 | 10.5 | 23.4 | 21.7 | 13.8 | 18.9 | 17.4 | 9.1 | 17.1 | 18.1 | 11.4 | 18.4 | 17.9 | 11.1 | 17.3 | 15.7 | 11.4 | 12.8 |
| 脂質 g | 23.4 | 13.0 | 22.1 | 11.3 | 7.5 | 11.0 | 28.1 | 13.6 | 24.4 | 26.5 | 9.2 | 24.6 | 28.5 | 13.2 | 29.7 | 25.0 | 14.8 | 22.5 | 27.2 | 12.8 | 26.7 | 25.7 | 12.6 | 24.9 | 24.4 | 14.3 | 22.2 | 20.3 | 11.4 | 18.3 |
| うち動物性 g | 13.3 | 10.3 | 11.6 | 7.4 | 4.9 | 6.9 | 18.8 | 10.7 | 16.6 | 16.5 | 13.1 | 15.7 | 19.8 | 11.2 | 19.8 | 14.7 | 11.4 | 13.1 | 15.8 | 11.0 | 15.1 | 13.9 | 9.8 | 13.2 | 12.9 | 10.3 | 10.1 | 10.9 | 9.1 | 8.4 |
| 飽和脂肪酸 g | 6.11 | 4.20 | 5.33 | 3.29 | 2.34 | 3.39 | 8.19 | 4.64 | 6.88 | 7.47 | 4.42 | 7.17 | 8.31 | 4.64 | 8.69 | 6.59 | 4.68 | 5.95 | 7.21 | 4.79 | 6.02 | 6.69 | 3.99 | 6.31 | 6.06 | 4.32 | 4.75 | 5.10 | 3.51 | 4.09 |
| 一価不飽和脂肪酸 g | 9.06 | 5.67 | 7.99 | 4.24 | 3.46 | 3.74 | 10.81 | 6.05 | 9.47 | 10.75 | 4.51 | 8.87 | 11.22 | 5.64 | 11.30 | 9.99 | 6.48 | 8.20 | 10.75 | 5.45 | 10.24 | 9.91 | 5.11 | 9.98 | 9.56 | 6.63 | 8.25 | 7.61 | 4.82 | 6.83 |
| n-6系脂肪酸 g | 4.30 | 2.82 | 3.82 | 1.84 | 1.56 | 1.34 | 4.74 | 2.65 | 4.48 | 4.67 | 2.85 | 4.34 | 4.64 | 2.56 | 4.26 | 4.36 | 2.95 | 3.43 | 4.84 | 2.75 | 4.57 | 5.01 | 2.91 | 4.76 | 4.59 | 3.01 | 4.13 | 3.83 | 2.73 | 3.30 |
| n-3系脂肪酸 g | 1.06 | 1.15 | 0.75 | 0.48 | 0.26 | 0.58 | 1.12 | 0.95 | 0.89 | 0.76 | 0.45 | 0.73 | 0.83 | 0.88 | 0.57 | 0.95 | 0.93 | 0.71 | 1.04 | 0.94 | 0.76 | 1.03 | 1.05 | 0.76 | 1.12 | 1.14 | 0.81 | 1.16 | 1.37 | 0.67 |
| コレステロール mg | 104 | 93 | 74 | 70 | 58 | 44 | 92 | 52 | 77 | 106 | 115 | 61 | 141 | 95 | 122 | 135 | 107 | 118 | 104 | 86 | 83 | 123 | 120 | 95 | 102 | 91 | 70 | 92 | 88 | 61 |
| 炭水化物 g | 76.1 | 31.9 | 73.0 | 41.0 | 14.3 | 41.8 | 73.2 | 33.4 | 70.2 | 65.5 | 27.2 | 53.9 | 77.8 | 36.3 | 91.9 | 81.8 | 40.5 | 87.0 | 76.7 | 37.2 | 72.7 | 81.1 | 33.3 | 75.0 | 76.0 | 31.0 | 73.6 | 76.8 | 27.2 | 71.9 |
| 食物繊維 g | 7.4 | 3.4 | 7.0 | 3.7 | 0.9 | 4.0 | 6.2 | 3.3 | 4.9 | 6.4 | 1.8 | 6.5 | 6.8 | 3.3 | 6.6 | 6.7 | 3.3 | 6.2 | 7.6 | 4.1 | 6.8 | 8.2 | 3.9 | 7.8 | 8.1 | 3.2 | 7.6 | 7.6 | 3.2 | 7.5 |
| うち水溶性 g | 1.5 | 1.0 | 1.3 | 0.7 | 0.3 | 0.6 | 1.1 | 1.0 | 0.8 | 1.3 | 0.5 | 1.3 | 1.2 | 0.8 | 0.9 | 1.3 | 0.9 | 0.9 | 1.6 | 1.3 | 1.2 | 1.6 | 1.0 | 1.4 | 1.7 | 0.9 | 1.5 | 1.6 | 0.9 | 1.4 |
| うち不溶性 g | 4.8 | 2.4 | 4.6 | 2.4 | 0.8 | 2.4 | 3.8 | 2.1 | 3.1 | 4.0 | 1.2 | 4.4 | 4.2 | 2.3 | 3.9 | 4.1 | 2.2 | 4.2 | 4.9 | 2.8 | 4.3 | 5.4 | 2.9 | 5.2 | 5.2 | 2.2 | 4.8 | 4.9 | 2.3 | 4.9 |
| ビタミンA μgRAE＊1 | 198 | 276 | 140 | 167 | 77 | 166 | 151 | 202 | 85 | 104 | 103 | 61 | 129 | 116 | 83 | 211 | 175 | 196 | 201 | 235 | 109 | 201 | 210 | 165 | 189 | 186 | 143 | 221 | 381 | 143 |
| ビタミンD μg | 3.1 | 6.5 | 0.7 | 4.4 | 5.6 | 2.0 | 1.7 | 2.5 | 0.9 | 1.6 | 2.8 | 0.6 | 1.8 | 3.6 | 0.7 | 3.1 | 6.8 | 0.9 | 2.9 | 6.6 | 0.6 | 3.2 | 9.1 | 0.5 | 3.0 | 5.7 | 0.7 | 3.5 | 7.0 | 0.5 |
| ビタミンE mg＊2 | 2.7 | 2.1 | 2.1 | 1.5 | 0.8 | 1.7 | 2.2 | 1.3 | 1.9 | 2.0 | 1.1 | 1.7 | 2.3 | 2.0 | 1.6 | 2.7 | 2.2 | 2.0 | 2.9 | 2.1 | 2.5 | 2.8 | 1.9 | 2.5 | 3.1 | 2.5 | 2.5 | 2.6 | 2.1 | 2.1 |
| ビタミンK μg | 109 | 105 | 75 | 44 | 41 | 28 | 77 | 84 | 62 | 146 | 154 | 82 | 91 | 84 | 64 | 97 | 84 | 74 | 123 | 118 | 86 | 149 | 130 | 120 | 103 | 86 | 81 | 110 | 110 | 63 |
| ビタミンB1 mg | 0.43 | 0.29 | 0.35 | 0.23 | 0.08 | 0.24 | 0.52 | 0.32 | 0.48 | 0.40 | 0.26 | 0.31 | 0.58 | 0.40 | 0.47 | 0.46 | 0.29 | 0.36 | 0.49 | 0.39 | 0.39 | 0.44 | 0.28 | 0.36 | 0.42 | 0.23 | 0.35 | 0.38 | 0.26 | 0.31 |
| ビタミンB2 mg | 0.38 | 0.23 | 0.34 | 0.19 | 0.06 | 0.19 | 0.33 | 0.11 | 0.34 | 0.36 | 0.14 | 0.36 | 0.41 | 0.19 | 0.41 | 0.43 | 0.26 | 0.39 | 0.41 | 0.37 | 0.36 | 0.42 | 0.21 | 0.44 | 0.40 | 0.19 | 0.38 | 0.37 | 0.20 | 0.33 |
| ナイアシン mgNE＊3 | 12.5 | 6.3 | 11.3 | 7.7 | 5.6 | 6.3 | 12.8 | 4.4 | 13.4 | 10.8 | 3.5 | 10.9 | 14.1 | 6.9 | 13.0 | 14.0 | 7.0 | 13.3 | 12.6 | 5.3 | 12.3 | 13.6 | 6.6 | 13.0 | 12.9 | 5.9 | 12.1 | 11.7 | 6.7 | 10.2 |
| ビタミンB6 mg | 0.51 | 0.26 | 0.48 | 0.31 | 0.21 | 0.28 | 0.45 | 0.17 | 0.47 | 0.43 | 0.16 | 0.40 | 0.55 | 0.27 | 0.58 | 0.53 | 0.28 | 0.48 | 0.50 | 0.23 | 0.52 | 0.57 | 0.29 | 0.59 | 0.54 | 0.23 | 0.56 | 0.49 | 0.28 | 0.43 |
| ビタミンB12 μg | 2.4 | 4.1 | 0.9 | 1.0 | 0.7 | 0.6 | 2.0 | 3.0 | 1.1 | 1.2 | 1.2 | 0.7 | 1.5 | 1.7 | 1.0 | 1.9 | 3.2 | 0.9 | 2.3 | 2.6 | 1.5 | 1.8 | 2.8 | 0.9 | 2.9 | 6.3 | 0.9 | 2.7 | 4.2 | 0.8 |
| 葉酸 μg | 111 | 65 | 101 | 52 | 29 | 42 | 87 | 58 | 70 | 99 | 23 | 103 | 101 | 59 | 93 | 96 | 59 | 72 | 117 | 58 | 109 | 139 | 89 | 122 | 114 | 51 | 107 | 114 | 68 | 103 |
| パントテン酸 mg | 2.01 | 0.90 | 1.90 | 1.18 | 0.47 | 1.20 | 1.86 | 0.76 | 1.69 | 2.17 | 0.66 | 2.23 | 2.14 | 0.98 | 2.10 | 2.17 | 0.98 | 2.23 | 2.09 | 1.02 | 1.93 | 2.25 | 1.03 | 2.32 | 2.02 | 0.83 | 1.98 | 1.95 | 0.88 | 1.85 |
| ビタミンC mg | 38 | 35 | 28 | 23 | 27 | 11 | 24 | 29 | 13 | 22 | 7 | 23 | 37 | 36 | 30 | 31 | 25 | 18 | 36 | 29 | 29 | 52 | 54 | 37 | 36 | 25 | 32 | 41 | 36 | 32 |
| ナトリウム mg | 1,641 | 895 | 1,520 | 853 | 436 | 826 | 1,530 | 435 | 1,535 | 1,727 | 873 | 1,858 | 1,890 | 1,095 | 1,695 | 1,527 | 854 | 1,398 | 1,787 | 1,069 | 1,579 | 1,709 | 902 | 1,707 | 1,698 | 860 | 1,489 | 1,620 | 907 | 1,518 |
| 食塩相当量 g＊4 | 4.2 | 2.3 | 3.9 | 2.2 | 1.1 | 2.1 | 3.9 | 1.1 | 3.9 | 4.4 | 2.2 | 4.7 | 4.8 | 2.8 | 4.3 | 3.9 | 2.2 | 3.6 | 4.5 | 2.7 | 4.0 | 4.3 | 2.3 | 4.3 | 4.3 | 2.2 | 3.8 | 4.1 | 2.3 | 3.9 |
| 食塩相当量 g/1,000kcal | 6.6 | 3.6 | 5.8 | 6.9 | 4.3 | 6.3 | 6.1 | 1.7 | 5.8 | 7.2 | 3.4 | 7.6 | 6.3 | 3.0 | 5.7 | 6.4 | 5.1 | 5.4 | 6.6 | 3.4 | 6.1 | 6.1 | 3.3 | 5.3 | 6.7 | 3.7 | 5.9 | 6.8 | 3.6 | 5.8 |
| カリウム mg | 915 | 421 | 876 | 479 | 231 | 402 | 744 | 319 | 658 | 866 | 214 | 823 | 897 | 477 | 775 | 899 | 454 | 817 | 938 | 420 | 902 | 981 | 454 | 1,048 | 1,019 | 404 | 968 | 909 | 419 | 879 |
| カルシウム mg | 164 | 112 | 142 | 66 | 18 | 71 | 122 | 79 | 89 | 134 | 92 | 122 | 169 | 110 | 141 | 165 | 139 | 146 | 174 | 132 | 148 | 160 | 100 | 154 | 186 | 115 | 163 | 166 | 106 | 138 |
| マグネシウム mg | 95 | 42 | 90 | 43 | 15 | 37 | 74 | 28 | 71 | 84 | 20 | 82 | 93 | 44 | 85 | 90 | 37 | 93 | 97 | 38 | 94 | 105 | 49 | 99 | 105 | 42 | 97 | 95 | 42 | 90 |
| リン mg | 369 | 163 | 345 | 202 | 85 | 200 | 342 | 105 | 345 | 331 | 79 | 323 | 405 | 181 | 385 | 401 | 218 | 368 | 375 | 165 | 357 | 387 | 163 | 385 | 391 | 152 | 357 | 358 | 161 | 330 |
| 鉄 mg | 3.0 | 1.6 | 2.8 | 1.4 | 0.4 | 1.4 | 2.5 | 1.1 | 2.6 | 2.8 | 0.8 | 2.6 | 2.8 | 1.3 | 2.6 | 2.7 | 1.2 | 2.4 | 3.2 | 1.2 | 3.3 | 3.0 | 1.5 | 2.9 | 3.4 | 2.6 | 3.0 | 2.9 | 1.3 | 2.8 |
| 亜鉛 mg | 3.2 | 1.5 | 2.9 | 1.6 | 0.6 | 1.6 | 3.4 | 1.6 | 3.0 | 3.8 | 2.0 | 3.3 | 3.7 | 1.8 | 3.7 | 3.5 | 1.3 | 3.1 | 3.4 | 1.3 | 3.2 | 3.4 | 1.6 | 3.3 | 3.1 | 1.3 | 2.9 | 3.0 | 1.6 | 2.7 |
| 銅 mg | 0.40 | 0.17 | 0.38 | 0.20 | 0.05 | 0.19 | 0.36 | 0.16 | 0.34 | 0.38 | 0.11 | 0.36 | 0.38 | 0.17 | 0.35 | 0.38 | 0.15 | 0.36 | 0.43 | 0.20 | 0.41 | 0.40 | 0.16 | 0.39 | 0.42 | 0.17 | 0.39 | 0.42 | 0.18 | 0.37 |

＊1 RAE：レチノール活性当量　＊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）×2.54/1,000 で算出。

1人1日当たり

| | | (再掲)20歳以上 | | | (再掲)20～49歳 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数 | 人 | 325 | | | 86 | | | 92 | | | 84 | | |
| エネルギー | kcal | 669 | 242 | 637 | 709 | 280 | 679 | 653 | 232 | 611 | 598 | 207 | 589 |
| たんぱく質 | g | 28.5 | 12.6 | 26.8 | 30.6 | 12.9 | 30.3 | 27.5 | 11.9 | 25.8 | 26.4 | 13.2 | 23.8 |
| うち動物性 | g | 17.6 | 11.4 | 16.8 | 20.0 | 11.4 | 18.8 | 16.9 | 11.1 | 15.8 | 15.3 | 11.9 | 12.8 |
| 脂質 | g | 23.4 | 13.0 | 22.3 | 26.6 | 13.5 | 25.3 | 22.3 | 12.5 | 20.4 | 19.5 | 11.9 | 17.3 |
| うち動物性 | g | 13.0 | 10.2 | 11.2 | 16.1 | 11.2 | 14.8 | 12.2 | 9.6 | 10.3 | 9.9 | 8.7 | 7.8 |
| 飽和脂肪酸 | g | 6.03 | 4.15 | 5.21 | 7.19 | 4.70 | 6.13 | 5.82 | 3.90 | 4.76 | 4.68 | 3.47 | 3.76 |
| 一価不飽和脂肪酸 | g | 9.05 | 5.66 | 8.11 | 10.57 | 5.82 | 9.96 | 8.60 | 5.59 | 7.25 | 7.25 | 4.92 | 6.71 |
| n-6系脂肪酸 | g | 4.33 | 2.84 | 3.89 | 4.63 | 2.77 | 4.15 | 3.96 | 2.76 | 3.53 | 3.84 | 2.91 | 3.07 |
| n-3系脂肪酸 | g | 1.09 | 1.18 | 0.74 | 0.97 | 0.92 | 0.69 | 1.12 | 1.33 | 0.76 | 1.15 | 1.37 | 0.62 |
| コレステロール | mg | 106 | 95 | 74 | 122 | 96 | 97 | 97 | 91 | 68 | 93 | 89 | 62 |
| 炭水化物 | g | 77.6 | 31.7 | 74.7 | 78.7 | 37.9 | 84.8 | 78.3 | 32.6 | 71.7 | 75.0 | 23.9 | 71.6 |
| 食物繊維 | g | 7.7 | 3.4 | 7.3 | 7.2 | 3.7 | 6.5 | 7.9 | 3.4 | 7.7 | 7.5 | 3.0 | 7.4 |
| うち水溶性 | g | 1.5 | 1.0 | 1.4 | 1.4 | 1.1 | 1.1 | 1.7 | 1.0 | 1.5 | 1.5 | 0.9 | 1.3 |
| うち不溶性 | g | 4.9 | 2.4 | 4.8 | 4.5 | 2.5 | 4.3 | 5.2 | 2.3 | 5.1 | 4.8 | 2.2 | 4.9 |
| ビタミンA | μgRAE＊1 | 204 | 287 | 143 | 191 | 197 | 113 | 191 | 174 | 143 | 234 | 460 | 138 |
| ビタミンD | μg | 3.2 | 6.8 | 0.6 | 2.8 | 6.2 | 0.8 | 3.5 | 6.2 | 0.6 | 3.7 | 7.8 | 0.5 |
| ビタミンE | mg＊2 | 2.8 | 2.1 | 2.3 | 2.8 | 2.1 | 2.2 | 2.9 | 2.3 | 2.4 | 2.6 | 2.1 | 2.1 |
| ビタミンK | μg | 112 | 106 | 77 | 108 | 101 | 77 | 108 | 102 | 80 | 111 | 111 | 63 |
| ビタミンB1 | mg | 0.43 | 0.29 | 0.35 | 0.49 | 0.36 | 0.39 | 0.40 | 0.23 | 0.35 | 0.38 | 0.28 | 0.28 |
| ビタミンB2 | mg | 0.40 | 0.23 | 0.36 | 0.42 | 0.30 | 0.39 | 0.40 | 0.21 | 0.35 | 0.36 | 0.20 | 0.32 |
| ナイアシン | mgNE＊3 | 12.6 | 6.4 | 11.3 | 13.4 | 6.2 | 12.9 | 12.3 | 6.1 | 10.7 | 11.6 | 7.1 | 9.9 |
| ビタミンB6 | mg | 0.52 | 0.26 | 0.49 | 0.52 | 0.25 | 0.53 | 0.53 | 0.26 | 0.48 | 0.48 | 0.28 | 0.43 |
| ビタミンB12 | μg | 2.5 | 4.3 | 0.9 | 2.0 | 2.7 | 1.0 | 3.0 | 6.1 | 1.0 | 2.8 | 4.2 | 0.7 |
| 葉酸 | μg | 115 | 65 | 105 | 106 | 59 | 92 | 115 | 58 | 105 | 113 | 70 | 104 |
| パントテン酸 | mg | 2.05 | 0.92 | 1.94 | 2.13 | 0.99 | 2.03 | 2.07 | 0.88 | 1.94 | 1.88 | 0.86 | 1.81 |
| ビタミンC | mg | 39 | 35 | 31 | 34 | 29 | 23 | 42 | 37 | 33 | 38 | 32 | 32 |
| ナトリウム | mg | 1,671 | 919 | 1,521 | 1,712 | 1,000 | 1,524 | 1,632 | 826 | 1,516 | 1,639 | 983 | 1,519 |
| 食塩相当量 | g＊4 | 4.2 | 2.3 | 3.9 | 4.3 | 2.5 | 3.9 | 4.1 | 2.1 | 3.9 | 4.2 | 2.5 | 3.9 |
| 食塩相当量 | g/1,000kcal | 6.6 | 3.7 | 5.8 | 6.5 | 4.0 | 5.7 | 6.7 | 3.5 | 5.9 | 7.0 | 3.9 | 6.0 |
| カリウム | mg | 942 | 425 | 898 | 916 | 438 | 839 | 995 | 421 | 950 | 877 | 415 | 839 |
| カルシウム | mg | 170 | 114 | 148 | 170 | 130 | 145 | 185 | 119 | 161 | 156 | 101 | 129 |
| マグネシウム | mg | 98 | 42 | 93 | 94 | 38 | 93 | 98 | 41 | 94 | 95 | 43 | 91 |
| リン | mg | 377 | 167 | 353 | 390 | 187 | 363 | 377 | 154 | 337 | 350 | 166 | 330 |
| 鉄 | mg | 3.1 | 1.7 | 2.9 | 3.0 | 1.2 | 2.9 | 3.2 | 2.4 | 2.7 | 3.0 | 1.3 | 2.9 |
| 亜鉛 | mg | 3.2 | 1.5 | 3.0 | 3.5 | 1.4 | 3.2 | 3.0 | 1.2 | 2.7 | 3.1 | 1.9 | 2.8 |
| 銅 | mg | 0.41 | 0.17 | 0.39 | 0.40 | 0.18 | 0.39 | 0.41 | 0.16 | 0.39 | 0.43 | 0.19 | 0.37 |

表7-1　朝昼夕別にみた食事状況別栄養素等摂取量及びPFC比率－エネルギー、栄養素等、摂取量平均値－総数、20歳以上

〈朝食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 591 | 469 | 36 | 4 | 0 | 1 | 38 | 4 | 39 |
| エネルギー | kcal | 456 | 518 | 498 | 572 | 0 | 671 | 144 | 63 | 0 |
| たんぱく質 | g | 17.9 | 20.7 | 15.8 | 22.9 | 0.0 | 19.6 | 4.6 | 1.0 | 0.0 |
| 脂質 | g | 13.0 | 14.6 | 16.6 | 13.8 | 0.0 | 8.3 | 4.0 | 0.0 | 0.0 |
| 炭水化物 | g | 65.9 | 74.6 | 71.1 | 86.3 | 0.0 | 123.5 | 23.3 | 14.5 | 0.0 |
| カルシウム | mg | 172 | 195 | 171 | 86 | 0 | 107 | 94 | 5 | 0 |
| 鉄 | mg | 2.2 | 2.6 | 1.8 | 2.4 | 0.0 | 2.8 | 0.5 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 111 | 123 | 100 | 439 | 0 | 158 | 61 | 2 | 0 |
| ビタミンB1 | mg | 0.19 | 0.21 | 0.19 | 0.20 | 0.00 | 0.20 | 0.05 | 0.03 | 0.00 |
| ビタミンB2 | mg | 0.37 | 0.43 | 0.33 | 0.41 | 0.00 | 0.39 | 0.16 | 0.01 | 0.00 |
| ビタミンC | mg | 25 | 28 | 31 | 34 | 0 | 10 | 11 | 19 | 0 |
| 食物繊維 | g | 5.1 | 5.9 | 4.7 | 6.1 | 0.0 | 7.7 | 1.4 | 0.1 | 0.0 |
| 食塩相当量 | g | 2.5 | 3.0 | 2.1 | 2.5 | 0.0 | 4.2 | 0.3 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 15.5 | 15.9 | 13.0 | 13.5 | 0.0 | 11.7 | 14.8 | 3.1 | 0.0 |
| 脂質エネルギー比率 | % | 24.4 | 24.7 | 30.7 | 21.6 | 0.0 | 11.1 | 17.8 | 0.3 | 0.0 |
| 炭水化物エネルギー比率 | % | 60.1 | 59.5 | 56.3 | 64.9 | 0.0 | 77.2 | 67.4 | 96.5 | 0.0 |

〈昼食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 591 | 375 | 83 | 69 | 2 | 39 | 9 | 0 | 14 |
| エネルギー | kcal | 575 | 577 | 582 | 631 | 694 | 705 | 320 | 0 | 1 |
| たんぱく質 | g | 20.4 | 20.7 | 20.1 | 21.9 | 33.3 | 25.3 | 9.9 | 0.0 | 0.0 |
| 脂質 | g | 17.2 | 16.8 | 19.0 | 19.6 | 26.5 | 20.4 | 8.3 | 0.0 | 0.0 |
| 炭水化物 | g | 82.0 | 83.5 | 80.2 | 86.8 | 78.1 | 100.1 | 52.9 | 0.0 | 0.2 |
| カルシウム | mg | 128 | 131 | 157 | 100 | 331 | 124 | 139 | 0 | 0 |
| 鉄 | mg | 2.2 | 2.2 | 2.0 | 2.1 | 2.7 | 2.6 | 1.3 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 142 | 143 | 182 | 114 | 199 | 146 | 150 | 0 | 0 |
| ビタミンB1 | mg | 0.28 | 0.29 | 0.27 | 0.29 | 0.55 | 0.32 | 0.11 | 0.00 | 0.00 |
| ビタミンB2 | mg | 0.33 | 0.35 | 0.35 | 0.28 | 0.56 | 0.32 | 0.25 | 0.00 | 0.00 |
| ビタミンC | mg | 27 | 32 | 17 | 22 | 23 | 21 | 15 | 0 | 0 |
| 食物繊維 | g | 5.8 | 6.2 | 4.4 | 6.1 | 5.7 | 6.8 | 3.3 | 0.0 | 0.0 |
| 食塩相当量 | g | 3.5 | 3.6 | 3.5 | 4.1 | 5.0 | 4.2 | 1.4 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 14.2 | 14.3 | 13.7 | 13.7 | 19.1 | 14.8 | 18.0 | 0.0 | 20.4 |
| 脂質エネルギー比率 | % | 25.0 | 24.4 | 28.4 | 25.7 | 35.0 | 25.5 | 14.0 | 0.0 | 0.9 |
| 炭水化物エネルギー比率 | % | 60.7 | 61.3 | 58.0 | 60.7 | 46.0 | 59.7 | 67.9 | 0.0 | 78.6 |

〈夕食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 591 | 521 | 43 | 14 | 0 | 3 | 5 | 1 | 4 |
| エネルギー | kcal | 758 | 762 | 777 | 887 | 0 | 926 | 423 | 0 | 0 |
| たんぱく質 | g | 31.2 | 31.7 | 32.2 | 29.7 | 0.0 | 26.9 | 6.3 | 0.0 | 0.0 |
| 脂質 | g | 26.1 | 26.3 | 25.3 | 39.2 | 0.0 | 31.0 | 9.9 | 0.0 | 0.0 |
| 炭水化物 | g | 86.9 | 87.9 | 84.0 | 94.1 | 0.0 | 130.3 | 49.1 | 0.0 | 0.0 |
| カルシウム | mg | 183 | 189 | 171 | 129 | 0 | 106 | 95 | 0 | 0 |
| 鉄 | mg | 3.3 | 3.4 | 3.4 | 2.6 | 0.0 | 2.4 | 1.0 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 221 | 233 | 160 | 82 | 0 | 165 | 96 | 0 | 0 |
| ビタミンB1 | mg | 0.46 | 0.47 | 0.39 | 0.57 | 0.00 | 0.38 | 0.12 | 0.00 | 0.00 |
| ビタミンB2 | mg | 0.43 | 0.43 | 0.42 | 0.49 | 0.00 | 0.33 | 0.20 | 0.00 | 0.00 |
| ビタミンC | mg | 39 | 40 | 39 | 13 | 0 | 28 | 13 | 0 | 0 |
| 食物繊維 | g | 8.2 | 8.6 | 6.7 | 5.8 | 0.0 | 9.3 | 3.0 | 0.0 | 0.0 |
| 食塩相当量 | g | 4.5 | 4.6 | 4.3 | 4.2 | 0.0 | 4.1 | 0.5 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 16.8 | 17.1 | 16.4 | 13.7 | 0.0 | 10.4 | 9.3 | 0.0 | 0.0 |
| 脂質エネルギー比率 | % | 30.2 | 30.4 | 27.8 | 32.9 | 0.0 | 29.5 | 19.9 | 0.0 | 0.0 |
| 炭水化物エネルギー比率 | % | 53.0 | 52.6 | 55.8 | 53.4 | 0.0 | 60.1 | 70.8 | 0.0 | 0.0 |

表7-2 朝昼夕別にみた食事状況別栄養素等摂取量及びPFC比率－エネルギー、栄養素等、摂取量平均値－男性、20歳以上

〈朝食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 266 | 198 | 19 | 4 | 0 | 1 | 19 | 4 | 21 |
| エネルギー | kcal | 483 | 571 | 471 | 572 | 0 | 671 | 170 | 63 | 0 |
| たんぱく質 | g | 18.6 | 22.4 | 14.9 | 22.9 | 0.0 | 19.6 | 5.2 | 1.0 | 0.0 |
| 脂質 | g | 13.0 | 15.3 | 14.3 | 13.8 | 0.0 | 8.3 | 4.5 | 0.0 | 0.0 |
| 炭水化物 | g | 71.6 | 84.1 | 70.0 | 86.3 | 0.0 | 123.5 | 28.4 | 14.5 | 0.0 |
| カルシウム | mg | 179 | 212 | 164 | 86 | 0 | 107 | 105 | 5 | 0 |
| 鉄 | mg | 2.3 | 2.8 | 1.6 | 2.4 | 0.0 | 2.8 | 0.5 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 111 | 127 | 78 | 439 | 0 | 158 | 50 | 2 | 0 |
| ビタミンB1 | mg | 0.19 | 0.23 | 0.16 | 0.20 | 0.00 | 0.20 | 0.06 | 0.03 | 0.00 |
| ビタミンB2 | mg | 0.38 | 0.45 | 0.31 | 0.41 | 0.00 | 0.39 | 0.19 | 0.01 | 0.00 |
| ビタミンC | mg | 26 | 30 | 25 | 34 | 0 | 10 | 16 | 19 | 0 |
| 食物繊維 | g | 5.6 | 6.7 | 4.2 | 6.1 | 0.0 | 7.7 | 1.9 | 0.1 | 0.0 |
| 食塩相当量 | g | 2.7 | 3.3 | 1.9 | 2.5 | 0.0 | 4.2 | 0.3 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 15.0 | 15.5 | 13.4 | 13.5 | 0.0 | 11.7 | 14.4 | 3.1 | 0.0 |
| 脂質エネルギー比率 | % | 23.4 | 23.6 | 27.3 | 21.6 | 0.0 | 11.1 | 21.2 | 0.3 | 0.0 |
| 炭水化物エネルギー比率 | % | 61.6 | 60.9 | 59.4 | 64.9 | 0.0 | 77.2 | 64.3 | 96.5 | 0.0 |

〈昼食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 266 | 161 | 39 | 34 | 0 | 21 | 4 | 0 | 7 |
| エネルギー | kcal | 621 | 649 | 601 | 618 | 0 | 741 | 162 | 0 | 1 |
| たんぱく質 | g | 21.5 | 22.5 | 22.1 | 20.5 | 0.0 | 25.8 | 2.9 | 0.0 | 0.0 |
| 脂質 | g | 17.6 | 18.0 | 19.6 | 16.3 | 0.0 | 21.4 | 3.0 | 0.0 | 0.0 |
| 炭水化物 | g | 90.6 | 96.1 | 81.2 | 91.6 | 0.0 | 105.8 | 32.3 | 0.0 | 0.2 |
| カルシウム | mg | 124 | 129 | 175 | 85 | 0 | 106 | 44 | 0 | 0 |
| 鉄 | mg | 2.2 | 2.4 | 2.1 | 2.0 | 0.0 | 2.3 | 0.6 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 126 | 143 | 93 | 92 | 0 | 133 | 226 | 0 | 0 |
| ビタミンB1 | mg | 0.29 | 0.30 | 0.31 | 0.27 | 0.00 | 0.37 | 0.04 | 0.00 | 0.00 |
| ビタミンB2 | mg | 0.33 | 0.36 | 0.34 | 0.26 | 0.00 | 0.30 | 0.11 | 0.00 | 0.00 |
| ビタミンC | mg | 26 | 31 | 15 | 23 | 0 | 19 | 9 | 0 | 0 |
| 食物繊維 | g | 6.0 | 6.7 | 4.4 | 6.1 | 0.0 | 6.8 | 1.6 | 0.0 | 0.0 |
| 食塩相当量 | g | 3.7 | 3.8 | 3.6 | 4.1 | 0.0 | 4.7 | 0.4 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 14.0 | 13.8 | 14.6 | 13.2 | 0.0 | 14.3 | 17.3 | 0.0 | 20.4 |
| 脂質エネルギー比率 | % | 23.8 | 23.1 | 29.5 | 21.8 | 0.0 | 26.0 | 6.2 | 0.0 | 0.9 |
| 炭水化物エネルギー比率 | % | 62.2 | 63.1 | 56.0 | 65.0 | 0.0 | 59.7 | 76.5 | 0.0 | 78.6 |

〈夕食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 266 | 224 | 23 | 12 | 0 | 2 | 2 | 1 | 2 |
| エネルギー | kcal | 867 | 880 | 812 | 918 | 0 | 1146 | 768 | 0 | 0 |
| たんぱく質 | g | 34.6 | 35.7 | 32.6 | 30.2 | 0.0 | 37.2 | 6.5 | 0.0 | 0.0 |
| 脂質 | g | 29.5 | 29.9 | 24.1 | 40.2 | 0.0 | 38.7 | 15.2 | 0.0 | 0.0 |
| 炭水化物 | g | 98.2 | 100.1 | 87.9 | 100.5 | 0.0 | 155.4 | 81.5 | 0.0 | 0.0 |
| カルシウム | mg | 199 | 207 | 189 | 142 | 0 | 123 | 89 | 0 | 0 |
| 鉄 | mg | 3.6 | 3.7 | 3.8 | 2.6 | 0.0 | 2.9 | 1.0 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 240 | 258 | 206 | 71 | 0 | 184 | 62 | 0 | 0 |
| ビタミンB1 | mg | 0.50 | 0.51 | 0.39 | 0.56 | 0.00 | 0.48 | 0.16 | 0.00 | 0.00 |
| ビタミンB2 | mg | 0.47 | 0.48 | 0.43 | 0.50 | 0.00 | 0.44 | 0.25 | 0.00 | 0.00 |
| ビタミンC | mg | 39 | 41 | 43 | 13 | 0 | 13 | 18 | 0 | 0 |
| 食物繊維 | g | 8.9 | 9.4 | 7.2 | 6.2 | 0.0 | 10.5 | 4.9 | 0.0 | 0.0 |
| 食塩相当量 | g | 4.9 | 5.1 | 4.4 | 4.5 | 0.0 | 5.3 | 0.6 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 16.3 | 16.6 | 15.6 | 13.3 | 0.0 | 13.1 | 5.5 | 0.0 | 0.0 |
| 脂質エネルギー比率 | % | 29.4 | 30.0 | 24.5 | 31.3 | 0.0 | 30.0 | 12.4 | 0.0 | 0.0 |
| 炭水化物エネルギー比率 | % | 54.3 | 53.4 | 59.9 | 55.4 | 0.0 | 56.9 | 82.1 | 0.0 | 0.0 |

表7-3 朝昼夕別にみた食事状況別栄養素等摂取量及びPFC比率－エネルギー、栄養素等、摂取量平均値－女性、20歳以上

〈朝食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 325 | 271 | 17 | 0 | 0 | 0 | 19 | 0 | 18 |
| エネルギー | kcal | 435 | 480 | 528 | 0 | 0 | 0 | 118 | 0 | 0 |
| たんぱく質 | g | 17.3 | 19.5 | 16.7 | 0.0 | 0.0 | 0.0 | 4.0 | 0.0 | 0.0 |
| 脂質 | g | 13.0 | 14.1 | 19.2 | 0.0 | 0.0 | 0.0 | 3.5 | 0.0 | 0.0 |
| 炭水化物 | g | 61.3 | 67.7 | 72.3 | 0.0 | 0.0 | 0.0 | 18.1 | 0.0 | 0.0 |
| カルシウム | mg | 167 | 183 | 179 | 0 | 0 | 0 | 83 | 0 | 0 |
| 鉄 | mg | 2.1 | 2.4 | 1.9 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 111 | 121 | 125 | 0 | 0 | 0 | 73 | 0 | 0 |
| ビタミンB1 | mg | 0.18 | 0.20 | 0.23 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 |
| ビタミンB2 | mg | 0.37 | 0.41 | 0.35 | 0.00 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 |
| ビタミンC | mg | 25 | 27 | 38 | 0 | 0 | 0 | 7 | 0 | 0 |
| 食物繊維 | g | 4.8 | 5.4 | 5.3 | 0.0 | 0.0 | 0.0 | 0.8 | 0.0 | 0.0 |
| 食塩相当量 | g | 2.4 | 2.7 | 2.3 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 15.9 | 16.2 | 12.6 | 0.0 | 0.0 | 0.0 | 15.1 | 0.0 | 0.0 |
| 脂質エネルギー比率 | % | 25.2 | 25.4 | 34.5 | 0.0 | 0.0 | 0.0 | 14.4 | 0.0 | 0.0 |
| 炭水化物エネルギー比率 | % | 58.9 | 58.4 | 52.9 | 0.0 | 0.0 | 0.0 | 70.5 | 0.0 | 0.0 |

〈昼食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 325 | 214 | 44 | 35 | 2 | 18 | 5 | 0 | 7 |
| エネルギー | kcal | 538 | 523 | 566 | 643 | 694 | 662 | 447 | 0 | 1 |
| たんぱく質 | g | 19.5 | 19.3 | 18.3 | 23.2 | 33.3 | 24.8 | 15.5 | 0.0 | 0.0 |
| 脂質 | g | 16.8 | 15.9 | 18.4 | 22.9 | 26.5 | 19.3 | 12.5 | 0.0 | 0.0 |
| 炭水化物 | g | 75.0 | 73.9 | 79.2 | 82.0 | 78.1 | 93.6 | 69.4 | 0.0 | 0.2 |
| カルシウム | mg | 132 | 132 | 140 | 114 | 331 | 145 | 216 | 0 | 0 |
| 鉄 | mg | 2.1 | 2.1 | 2.0 | 2.3 | 2.7 | 2.9 | 1.9 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 155 | 143 | 260 | 134 | 199 | 162 | 89 | 0 | 0 |
| ビタミンB1 | mg | 0.27 | 0.28 | 0.23 | 0.31 | 0.55 | 0.27 | 0.17 | 0.00 | 0.00 |
| ビタミンB2 | mg | 0.34 | 0.34 | 0.36 | 0.30 | 0.56 | 0.35 | 0.37 | 0.00 | 0.00 |
| ビタミンC | mg | 28 | 33 | 19 | 22 | 23 | 24 | 20 | 0 | 0 |
| 食物繊維 | g | 5.6 | 5.8 | 4.5 | 6.1 | 5.7 | 6.9 | 4.6 | 0.0 | 0.0 |
| 食塩相当量 | g | 3.4 | 3.3 | 3.4 | 4.1 | 5.0 | 3.6 | 2.2 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 14.5 | 14.6 | 12.9 | 14.1 | 19.1 | 15.4 | 18.5 | 0.0 | 20.4 |
| 脂質エネルギー比率 | % | 26.0 | 25.4 | 27.4 | 29.4 | 35.0 | 25.0 | 18.7 | 0.0 | 0.9 |
| 炭水化物エネルギー比率 | % | 59.6 | 60.0 | 59.7 | 56.5 | 46.0 | 59.6 | 62.8 | 0.0 | 78.6 |

〈夕食〉

| 食事状況 | | 総数 | 家庭食 | 調理済み食 | 外食 | 保育所・幼稚園、学校給食 | 職場給食 | 菓子・果物・乳製品 | 錠剤・カプセル等 | 何も口にしなかった場合 |
|---|---|---|---|---|---|---|---|---|---|---|
| 人数 | 人 | 325 | 297 | 20 | 2 | 0 | 1 | 3 | 0 | 2 |
| エネルギー | kcal | 669 | 674 | 737 | 701 | 0 | 486 | 193 | 0 | 0 |
| たんぱく質 | g | 28.5 | 28.7 | 31.7 | 27.1 | 0.0 | 6.2 | 6.3 | 0.0 | 0.0 |
| 脂質 | g | 23.4 | 23.5 | 26.5 | 32.7 | 0.0 | 15.4 | 6.3 | 0.0 | 0.0 |
| 炭水化物 | g | 77.6 | 78.7 | 79.6 | 55.6 | 0.0 | 80.0 | 27.6 | 0.0 | 0.0 |
| カルシウム | mg | 170 | 175 | 152 | 54 | 0 | 70 | 99 | 0 | 0 |
| 鉄 | mg | 3.1 | 3.1 | 3.0 | 2.5 | 0.0 | 1.5 | 1.0 | 0.0 | 0.0 |
| ビタミンA | μgRAE | 204 | 214 | 106 | 150 | 0 | 126 | 119 | 0 | 0 |
| ビタミンB1 | mg | 0.43 | 0.43 | 0.38 | 0.59 | 0.00 | 0.19 | 0.10 | 0.00 | 0.00 |
| ビタミンB2 | mg | 0.40 | 0.40 | 0.40 | 0.46 | 0.00 | 0.09 | 0.17 | 0.00 | 0.00 |
| ビタミンC | mg | 39 | 40 | 35 | 12 | 0 | 59 | 9 | 0 | 0 |
| 食物繊維 | g | 7.7 | 7.9 | 6.1 | 3.6 | 0.0 | 6.7 | 1.8 | 0.0 | 0.0 |
| 食塩相当量 | g | 4.2 | 4.3 | 4.2 | 2.0 | 0.0 | 1.8 | 0.5 | 0.0 | 0.0 |
| たんぱく質エネルギー比率 | % | 17.3 | 17.4 | 17.2 | 15.6 | 0.0 | 5.1 | 11.8 | 0.0 | 0.0 |
| 脂質エネルギー比率 | % | 30.8 | 30.7 | 31.7 | 42.5 | 0.0 | 28.5 | 24.9 | 0.0 | 0.0 |
| 炭水化物エネルギー比率 | % | 52.0 | 51.9 | 51.1 | 42.0 | 0.0 | 66.3 | 63.3 | 0.0 | 0.0 |

## 表8 エネルギー摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 903 | 270 | 488 | 557 | 643 | 902 | 904 | 1,043 | 1,135 | 1,165 | 1,190 |
| | 3～5歳 | 9 | 1,354 | 348 | 1,041 | 1,062 | 1,087 | 1,135 | 1,190 | 1,490 | 1,762 | 1,935 | 2,074 |
| | 6～7歳 | 9 | 1,618 | 469 | 1,090 | 1,157 | 1,240 | 1,356 | 1,511 | 1,675 | 2,112 | 2,393 | 2,617 |
| | 8～9歳 | 11 | 1,701 | 371 | 1,088 | 1,127 | 1,176 | 1,510 | 1,709 | 1,936 | 2,103 | 2,190 | 2,260 |
| | 10～11歳 | 12 | 1,931 | 658 | 1,086 | 1,184 | 1,309 | 1,657 | 1,826 | 2,094 | 2,323 | 2,938 | 3,531 |
| | 12～14歳 | 20 | 2,170 | 579 | 1,202 | 1,330 | 1,361 | 1,869 | 2,045 | 2,568 | 2,831 | 3,100 | 3,337 |
| | 15～17歳 | 9 | 2,109 | 493 | 1,629 | 1,649 | 1,675 | 1,783 | 2,006 | 2,110 | 2,743 | 2,950 | 3,116 |
| | 18～29歳 | 34 | 1,806 | 563 | 889 | 1,022 | 1,176 | 1,333 | 1,710 | 2,256 | 2,533 | 2,662 | 2,889 |
| | 30～49歳 | 129 | 1,929 | 635 | 912 | 1,096 | 1,247 | 1,539 | 1,788 | 2,242 | 2,672 | 3,052 | 4,037 |
| | 50～69歳 | 188 | 1,996 | 536 | 882 | 1,198 | 1,361 | 1,631 | 1,979 | 2,293 | 2,676 | 2,878 | 3,397 |
| | 70歳以上 | 249 | 1,915 | 585 | 864 | 1,217 | 1,305 | 1,512 | 1,823 | 2,215 | 2,623 | 2,919 | 3,664 |
| | (再掲)全年齢 | 675 | 1,923 | 585 | 880 | 1,128 | 1,271 | 1,523 | 1,850 | 2,242 | 2,658 | 2,947 | 3,681 |
| | (再掲)20歳以上 | 591 | 1,936 | 582 | 882 | 1,155 | 1,295 | 1,532 | 1,857 | 2,245 | 2,659 | 2,948 | 3,689 |
| | (再掲)65～74歳 | 162 | 1,956 | 484 | 1,061 | 1,289 | 1,397 | 1,598 | 1,899 | 2,240 | 2,638 | 2,798 | 3,112 |
| | (再掲)75歳以上 | 157 | 1,935 | 636 | 906 | 1,208 | 1,281 | 1,498 | 1,847 | 2,237 | 2,525 | 3,136 | 3,853 |
| 男性 | 1～2歳 | 1 | 470 | 0 | 470 | 470 | 470 | 470 | 470 | 470 | 470 | 470 | 470 |
| | 3～5歳 | 4 | 1,430 | 457 | 1,137 | 1,143 | 1,152 | 1,176 | 1,238 | 1,492 | 1,862 | 1,985 | 2,084 |
| | 6～7歳 | 7 | 1,642 | 539 | 1,086 | 1,136 | 1,199 | 1,319 | 1,459 | 1,824 | 2,252 | 2,463 | 2,631 |
| | 8～9歳 | 6 | 1,735 | 337 | 1,197 | 1,279 | 1,382 | 1,609 | 1,761 | 1,980 | 2,063 | 2,083 | 2,099 |
| | 10～11歳 | 5 | 2,198 | 881 | 1,542 | 1,568 | 1,601 | 1,698 | 1,746 | 2,333 | 3,140 | 3,409 | 3,625 |
| | 12～14歳 | 11 | 2,288 | 569 | 1,396 | 1,626 | 1,914 | 1,978 | 2,252 | 2,448 | 3,085 | 3,241 | 3,365 |
| | 15～17歳 | 4 | 2,422 | 604 | 1,793 | 1,832 | 1,881 | 2,028 | 2,375 | 2,769 | 3,002 | 3,080 | 3,142 |
| | 18～29歳 | 15 | 2,018 | 599 | 982 | 1,176 | 1,300 | 1,505 | 2,092 | 2,475 | 2,668 | 2,821 | 2,925 |
| | 30～49歳 | 59 | 2,126 | 711 | 1,019 | 1,242 | 1,351 | 1,656 | 2,046 | 2,407 | 3,005 | 3,737 | 4,070 |
| | 50～69歳 | 84 | 2,196 | 595 | 880 | 1,261 | 1,475 | 1,746 | 2,192 | 2,638 | 2,859 | 3,281 | 3,454 |
| | 70歳以上 | 114 | 2,074 | 667 | 1,149 | 1,276 | 1,360 | 1,591 | 2,022 | 2,394 | 2,845 | 3,137 | 4,029 |
| | (再掲)全年齢 | 310 | 2,099 | 656 | 890 | 1,217 | 1,331 | 1,641 | 2,085 | 2,458 | 2,874 | 3,245 | 4,039 |
| | (再掲)20歳以上 | 266 | 2,118 | 654 | 898 | 1,251 | 1,360 | 1,644 | 2,098 | 2,467 | 2,889 | 3,256 | 4,055 |
| | (再掲)65～74歳 | 70 | 2,138 | 552 | 1,018 | 1,323 | 1,420 | 1,755 | 2,140 | 2,602 | 2,804 | 2,960 | 3,336 |
| | (再掲)75歳以上 | 73 | 2,123 | 709 | 1,150 | 1,281 | 1,365 | 1,589 | 2,068 | 2,397 | 2,997 | 3,332 | 4,417 |
| 女性 | 1～2歳 | 4 | 1,011 | 140 | 902 | 902 | 902 | 904 | 974 | 1,081 | 1,150 | 1,173 | 1,191 |
| | 3～5歳 | 5 | 1,294 | 276 | 1,039 | 1,049 | 1,062 | 1,100 | 1,168 | 1,490 | 1,601 | 1,639 | 1,668 |
| | 6～7歳 | 2 | 1,534 | 31 | 1,512 | 1,514 | 1,516 | 1,523 | 1,534 | 1,545 | 1,551 | 1,553 | 1,555 |
| | 8～9歳 | 5 | 1,660 | 445 | 1,093 | 1,150 | 1,221 | 1,434 | 1,709 | 1,801 | 2,087 | 2,182 | 2,258 |
| | 10～11歳 | 7 | 1,740 | 419 | 1,075 | 1,128 | 1,195 | 1,525 | 1,885 | 1,976 | 2,122 | 2,176 | 2,219 |
| | 12～14歳 | 9 | 2,027 | 590 | 1,186 | 1,248 | 1,325 | 1,778 | 1,888 | 2,619 | 2,764 | 2,784 | 2,799 |
| | 15～17歳 | 5 | 1,859 | 192 | 1,626 | 1,637 | 1,649 | 1,688 | 1,926 | 2,006 | 2,032 | 2,041 | 2,048 |
| | 18～29歳 | 19 | 1,639 | 484 | 904 | 1,049 | 1,150 | 1,314 | 1,504 | 1,962 | 2,352 | 2,544 | 2,594 |
| | 30～49歳 | 70 | 1,762 | 512 | 920 | 1,030 | 1,122 | 1,449 | 1,641 | 2,082 | 2,392 | 2,609 | 3,176 |
| | 50～69歳 | 104 | 1,834 | 420 | 953 | 1,164 | 1,304 | 1,550 | 1,849 | 2,118 | 2,345 | 2,465 | 2,877 |
| | 70歳以上 | 135 | 1,782 | 469 | 852 | 1,208 | 1,272 | 1,475 | 1,715 | 2,084 | 2,321 | 2,508 | 3,295 |
| | (再掲)全年齢 | 365 | 1,774 | 469 | 878 | 1,078 | 1,208 | 1,467 | 1,734 | 2,079 | 2,350 | 2,548 | 2,976 |
| | (再掲)20歳以上 | 325 | 1,787 | 467 | 871 | 1,101 | 1,227 | 1,478 | 1,742 | 2,090 | 2,357 | 2,535 | 3,010 |
| | (再掲)65～74歳 | 92 | 1,818 | 374 | 1,137 | 1,255 | 1,376 | 1,550 | 1,767 | 2,085 | 2,297 | 2,454 | 2,750 |
| | (再掲)75歳以上 | 84 | 1,771 | 516 | 805 | 1,143 | 1,225 | 1,402 | 1,690 | 2,095 | 2,345 | 2,530 | 3,538 |
| | (再掲)妊婦 | 2 | 2,505 | 164 | 2,392 | 2,401 | 2,413 | 2,448 | 2,505 | 2,563 | 2,598 | 2,610 | 2,619 |
| | (再掲)授乳婦 | 2 | 1,491 | 713 | 1,491 | 1,037 | 1,088 | 1,239 | 1,491 | 1,743 | 1,894 | 1,944 | 1,985 |
| | (再掲)妊婦・授乳婦 | 4 | 1,998 | 722 | 1,998 | 1,138 | 1,289 | 1,743 | 2,192 | 2,448 | 2,552 | 2,586 | 2,614 |

注） 単位：kcal

## 表9 たんぱく質エネルギー比率の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 13.6 | 2.6 | 9.7 | 10.2 | 10.8 | 12.7 | 14.6 | 15.2 | 15.6 | 15.8 | 15.9 |
| | 3～5歳 | 9 | 15.2 | 3.9 | 11.1 | 11.4 | 11.7 | 12.1 | 14.5 | 17.4 | 19.0 | 21.2 | 23.1 |
| | 6～7歳 | 9 | 13.6 | 2.0 | 10.6 | 10.9 | 11.3 | 12.1 | 13.3 | 15.6 | 15.8 | 15.8 | 15.9 |
| | 8～9歳 | 11 | 14.5 | 1.7 | 11.2 | 12.0 | 13.1 | 13.4 | 15.3 | 15.8 | 16.0 | 16.2 | 16.5 |
| | 10～11歳 | 12 | 14.8 | 2.5 | 11.9 | 12.1 | 12.4 | 12.8 | 13.9 | 17.6 | 18.1 | 18.2 | 18.3 |
| | 12～14歳 | 20 | 14.2 | 2.0 | 11.4 | 12.3 | 12.5 | 12.9 | 13.6 | 15.1 | 16.9 | 17.4 | 19.3 |
| | 15～17歳 | 9 | 14.2 | 3.2 | 10.6 | 10.8 | 11.1 | 12.5 | 14.4 | 14.7 | 16.8 | 19.0 | 20.8 |
| | 18～29歳 | 34 | 15.5 | 3.2 | 10.8 | 11.1 | 11.8 | 13.5 | 15.4 | 17.4 | 19.1 | 20.7 | 24.0 |
| | 30～49歳 | 129 | 14.6 | 2.9 | 7.5 | 10.6 | 11.4 | 12.7 | 14.5 | 16.0 | 18.4 | 20.0 | 22.9 |
| | 50～69歳 | 188 | 14.9 | 3.2 | 8.9 | 10.3 | 11.1 | 12.9 | 14.7 | 16.6 | 18.5 | 20.7 | 23.2 |
| | 70歳以上 | 249 | 15.4 | 3.2 | 9.1 | 10.8 | 11.6 | 13.2 | 15.3 | 17.7 | 19.4 | 20.9 | 22.7 |
| | (再掲)全年齢 | 675 | 15.0 | 3.1 | 8.8 | 10.6 | 11.4 | 12.9 | 14.8 | 16.8 | 19.0 | 20.5 | 23.3 |
| | (再掲)20歳以上 | 591 | 15.1 | 3.1 | 8.8 | 10.6 | 11.4 | 13.1 | 14.9 | 17.0 | 19.3 | 20.6 | 23.3 |
| | (再掲)65～74歳 | 162 | 15.2 | 3.0 | 9.3 | 10.6 | 11.5 | 13.2 | 15.0 | 17.2 | 18.9 | 20.9 | 22.8 |
| | (再掲)75歳以上 | 157 | 15.6 | 3.2 | 9.3 | 10.8 | 11.5 | 13.3 | 15.7 | 17.9 | 19.7 | 21.4 | 22.3 |
| 男性 | 1～2歳 | 1 | 15.2 | 0.0 | 15.2 | 15.2 | 15.2 | 15.2 | 15.2 | 15.2 | 15.2 | 15.2 | 15.2 |
| | 3～5歳 | 4 | 13.8 | 1.5 | 11.9 | 12.1 | 12.3 | 13.0 | 14.0 | 14.7 | 15.0 | 15.1 | 15.2 |
| | 6～7歳 | 7 | 13.7 | 1.7 | 11.6 | 11.7 | 11.9 | 12.5 | 13.3 | 15.3 | 15.7 | 15.7 | 15.7 |
| | 8～9歳 | 6 | 14.3 | 2.1 | 11.1 | 11.5 | 12.0 | 13.2 | 14.6 | 15.9 | 16.2 | 16.4 | 16.5 |
| | 10～11歳 | 5 | 14.2 | 2.3 | 11.8 | 11.9 | 12.0 | 12.4 | 13.7 | 15.7 | 16.7 | 17.1 | 17.3 |
| | 12～14歳 | 11 | 13.9 | 1.6 | 12.4 | 12.5 | 12.5 | 12.7 | 13.4 | 14.8 | 15.9 | 16.6 | 17.1 |
| | 15～17歳 | 4 | 13.6 | 2.0 | 10.7 | 11.1 | 11.7 | 13.4 | 14.5 | 14.6 | 14.7 | 14.7 | 14.7 |
| | 18～29歳 | 15 | 14.8 | 2.6 | 10.9 | 11.4 | 12.3 | 13.6 | 14.0 | 15.9 | 18.4 | 19.0 | 20.1 |
| | 30～49歳 | 59 | 14.3 | 2.8 | 8.4 | 10.4 | 11.1 | 12.6 | 14.3 | 15.6 | 17.9 | 19.4 | 20.6 |
| | 50～69歳 | 84 | 14.9 | 3.3 | 9.4 | 10.2 | 10.9 | 13.0 | 14.6 | 16.4 | 18.7 | 20.6 | 24.2 |
| | 70歳以上 | 114 | 15.0 | 2.9 | 9.6 | 11.4 | 11.6 | 12.9 | 15.0 | 17.0 | 18.7 | 20.0 | 22.5 |
| | (再掲)全年齢 | 310 | 14.7 | 2.9 | 9.4 | 10.6 | 11.5 | 12.7 | 14.6 | 16.3 | 18.3 | 19.7 | 22.5 |
| | (再掲)20歳以上 | 266 | 14.8 | 3.0 | 9.4 | 10.3 | 11.4 | 12.8 | 14.7 | 16.5 | 18.6 | 20.3 | 22.7 |
| | (再掲)65～74歳 | 70 | 14.8 | 2.7 | 10.1 | 10.9 | 11.6 | 13.1 | 14.8 | 16.3 | 17.9 | 18.9 | 21.7 |
| | (再掲)75歳以上 | 73 | 15.1 | 3.1 | 9.5 | 10.8 | 11.6 | 12.8 | 15.0 | 17.1 | 19.4 | 20.7 | 21.8 |
| 女性 | 1～2歳 | 4 | 13.2 | 2.8 | 9.6 | 10.0 | 10.5 | 11.9 | 13.6 | 14.9 | 15.5 | 15.7 | 15.8 |
| | 3～5歳 | 5 | 16.4 | 5.0 | 11.1 | 11.3 | 11.5 | 12.1 | 17.4 | 17.8 | 21.2 | 22.4 | 23.3 |
| | 6～7歳 | 2 | 13.2 | 3.8 | 10.6 | 10.8 | 11.1 | 11.9 | 13.2 | 14.5 | 15.3 | 15.6 | 15.8 |
| | 8～9歳 | 5 | 14.8 | 1.2 | 13.2 | 13.3 | 13.5 | 13.9 | 15.3 | 15.7 | 15.8 | 15.9 | 15.9 |
| | 10～11歳 | 7 | 15.3 | 2.8 | 12.6 | 12.6 | 12.7 | 12.9 | 14.1 | 18.1 | 18.2 | 18.3 | 18.3 |
| | 12～14歳 | 9 | 14.5 | 2.5 | 11.3 | 11.9 | 12.6 | 13.3 | 13.7 | 14.9 | 17.5 | 18.6 | 19.6 |
| | 15～17歳 | 5 | 14.7 | 4.1 | 11.2 | 11.4 | 11.7 | 12.5 | 12.7 | 15.7 | 19.0 | 20.2 | 21.1 |
| | 18～29歳 | 19 | 16.1 | 3.6 | 10.9 | 11.2 | 11.9 | 13.4 | 16.1 | 17.4 | 19.8 | 21.6 | 24.6 |
| | 30～49歳 | 70 | 14.9 | 3.0 | 7.7 | 10.8 | 11.7 | 13.1 | 14.7 | 16.0 | 18.8 | 20.0 | 23.8 |
| | 50～69歳 | 104 | 15.0 | 3.1 | 9.0 | 10.7 | 11.3 | 12.9 | 14.8 | 16.6 | 18.3 | 20.5 | 22.8 |
| | 70歳以上 | 135 | 15.8 | 3.3 | 8.8 | 10.7 | 11.1 | 13.6 | 15.7 | 18.2 | 19.9 | 21.3 | 22.9 |
| | (再掲)全年齢 | 365 | 15.3 | 3.2 | 8.8 | 10.7 | 11.2 | 13.1 | 15.1 | 17.3 | 19.4 | 21.0 | 23.8 |
| | (再掲)20歳以上 | 325 | 15.4 | 3.2 | 8.8 | 10.7 | 11.4 | 13.3 | 15.2 | 17.3 | 19.4 | 21.0 | 23.8 |
| | (再掲)65～74歳 | 92 | 15.4 | 3.3 | 8.9 | 10.5 | 11.1 | 13.2 | 15.3 | 17.3 | 19.7 | 21.1 | 22.8 |
| | (再掲)75歳以上 | 84 | 16.1 | 3.3 | 9.1 | 10.8 | 11.3 | 14.1 | 16.3 | 18.2 | 20.2 | 21.4 | 22.8 |
| | (再掲)妊婦 | 2 | 15.4 | 5.3 | 11.7 | 12.0 | 12.4 | 13.5 | 15.4 | 17.3 | 18.4 | 18.8 | 19.1 |
| | (再掲)授乳婦 | 2 | 18.2 | 2.9 | 18.2 | 16.3 | 16.6 | 17.2 | 18.2 | 19.2 | 19.8 | 20.0 | 20.2 |
| | (再掲)妊婦・授乳婦 | 4 | 16.8 | 3.9 | 16.8 | 12.3 | 13.0 | 15.0 | 17.6 | 19.4 | 19.9 | 20.0 | 20.2 |

注) 単位:%

## 表10 たんぱく質摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 29.8 | 7.9 | 18.3 | 20.0 | 22.1 | 28.5 | 28.6 | 35.9 | 37.2 | 37.6 | 37.9 |
| | 3～5歳 | 9 | 49.5 | 8.7 | 38.6 | 40.8 | 43.6 | 45.3 | 46.3 | 50.7 | 63.0 | 63.8 | 64.5 |
| | 6～7歳 | 9 | 54.3 | 14.0 | 39.2 | 39.9 | 40.6 | 42.0 | 50.5 | 62.8 | 68.6 | 74.7 | 79.6 |
| | 8～9歳 | 11 | 61.7 | 15.7 | 43.2 | 44.4 | 45.8 | 48.4 | 59.3 | 72.5 | 82.6 | 85.0 | 86.9 |
| | 10～11歳 | 12 | 69.6 | 19.4 | 45.6 | 46.7 | 48.9 | 59.3 | 65.2 | 75.4 | 92.5 | 103.1 | 112.1 |
| | 12～14歳 | 20 | 76.3 | 19.9 | 39.4 | 41.8 | 49.8 | 63.6 | 76.7 | 89.4 | 103.2 | 104.8 | 106.9 |
| | 15～17歳 | 9 | 75.0 | 24.4 | 51.6 | 52.0 | 52.4 | 55.8 | 64.1 | 96.3 | 105.2 | 110.8 | 115.2 |
| | 18～29歳 | 34 | 68.1 | 19.5 | 36.2 | 40.3 | 44.0 | 52.0 | 68.1 | 79.9 | 96.0 | 100.7 | 105.5 |
| | 30～49歳 | 129 | 69.6 | 24.5 | 31.2 | 38.3 | 43.2 | 52.2 | 64.0 | 84.1 | 104.0 | 116.7 | 135.9 |
| | 50～69歳 | 188 | 74.0 | 23.1 | 30.0 | 38.8 | 45.9 | 56.3 | 73.5 | 88.8 | 101.6 | 116.6 | 130.3 |
| | 70歳以上 | 249 | 73.4 | 25.3 | 25.8 | 40.7 | 46.1 | 57.0 | 70.1 | 85.6 | 103.9 | 120.1 | 132.7 |
| | (再掲)全年齢 | 675 | 71.5 | 24.0 | 28.4 | 38.8 | 43.9 | 53.8 | 69.3 | 85.4 | 101.7 | 115.7 | 133.4 |
| | (再掲)20歳以上 | 591 | 72.5 | 24.2 | 30.1 | 39.1 | 44.5 | 54.8 | 70.5 | 85.6 | 102.1 | 117.4 | 134.7 |
| | (再掲)65～74歳 | 162 | 73.7 | 21.7 | 34.8 | 41.3 | 48.3 | 59.3 | 71.4 | 87.2 | 100.8 | 111.5 | 130.8 |
| | (再掲)75歳以上 | 157 | 75.0 | 27.1 | 26.5 | 41.9 | 46.1 | 57.6 | 72.4 | 87.6 | 105.4 | 126.4 | 134.1 |
| 男性 | 1～2歳 | 1 | 17.9 | 0.0 | 17.9 | 17.9 | 17.9 | 17.9 | 17.9 | 17.9 | 17.9 | 17.9 | 17.9 |
| | 3～5歳 | 4 | 48.2 | 10.3 | 38.3 | 39.2 | 40.3 | 43.5 | 46.0 | 50.7 | 57.9 | 60.2 | 62.2 |
| | 6～7歳 | 7 | 55.4 | 15.0 | 39.2 | 39.9 | 40.8 | 44.5 | 50.5 | 64.2 | 71.6 | 76.2 | 79.9 |
| | 8～9歳 | 6 | 62.1 | 15.9 | 45.9 | 46.1 | 46.4 | 48.2 | 60.3 | 74.4 | 79.5 | 81.0 | 82.3 |
| | 10～11歳 | 5 | 76.3 | 24.9 | 46.2 | 49.9 | 54.5 | 68.3 | 73.9 | 79.8 | 100.5 | 107.4 | 112.9 |
| | 12～14歳 | 11 | 79.3 | 18.9 | 43.9 | 52.0 | 62.0 | 69.3 | 79.0 | 89.5 | 103.1 | 105.3 | 107.0 |
| | 15～17歳 | 4 | 83.1 | 28.2 | 56.0 | 57.0 | 58.3 | 62.1 | 80.2 | 101.3 | 110.3 | 113.3 | 115.7 |
| | 18～29歳 | 15 | 73.3 | 21.0 | 35.6 | 41.3 | 47.4 | 63.6 | 71.8 | 91.0 | 99.0 | 102.4 | 106.4 |
| | 30～49歳 | 59 | 75.1 | 27.1 | 35.7 | 41.7 | 46.1 | 54.7 | 71.8 | 90.7 | 110.6 | 129.4 | 141.3 |
| | 50～69歳 | 84 | 80.5 | 23.9 | 33.2 | 45.8 | 49.9 | 66.0 | 79.5 | 95.5 | 113.7 | 119.8 | 137.4 |
| | 70歳以上 | 114 | 77.4 | 28.0 | 36.7 | 45.5 | 48.7 | 58.3 | 73.7 | 91.3 | 107.3 | 126.6 | 132.7 |
| | (再掲)全年齢 | 310 | 76.4 | 26.0 | 31.8 | 41.9 | 46.7 | 57.0 | 74.1 | 91.2 | 108.3 | 121.6 | 136.8 |
| | (再掲)20歳以上 | 266 | 77.6 | 26.3 | 33.3 | 42.3 | 48.5 | 58.3 | 75.1 | 92.8 | 110.6 | 125.8 | 137.9 |
| | (再掲)65～74歳 | 70 | 78.9 | 23.4 | 29.5 | 48.4 | 51.2 | 63.5 | 78.1 | 94.9 | 103.0 | 115.8 | 135.2 |
| | (再掲)75歳以上 | 73 | 79.2 | 29.6 | 41.3 | 47.0 | 50.5 | 59.4 | 74.5 | 93.4 | 112.8 | 126.6 | 160.5 |
| 女性 | 1～2歳 | 4 | 32.8 | 4.9 | 28.5 | 28.5 | 28.5 | 28.6 | 32.3 | 36.4 | 37.4 | 37.7 | 37.9 |
| | 3～5歳 | 5 | 50.6 | 8.2 | 45.0 | 45.2 | 45.4 | 46.2 | 46.3 | 50.7 | 59.1 | 61.9 | 64.1 |
| | 6～7歳 | 2 | 50.5 | 13.4 | 41.2 | 42.0 | 42.9 | 45.8 | 50.5 | 55.3 | 58.1 | 59.1 | 59.8 |
| | 8～9歳 | 5 | 61.3 | 17.2 | 43.2 | 44.3 | 45.7 | 49.8 | 59.3 | 66.9 | 79.2 | 83.3 | 86.5 |
| | 10～11歳 | 7 | 64.9 | 14.6 | 48.5 | 51.0 | 54.1 | 58.9 | 60.6 | 66.9 | 80.6 | 87.2 | 92.6 |
| | 12～14歳 | 9 | 72.6 | 21.7 | 39.8 | 43.6 | 48.3 | 57.5 | 70.7 | 89.4 | 92.6 | 98.6 | 103.5 |
| | 15～17歳 | 5 | 68.5 | 21.9 | 51.5 | 51.7 | 52.0 | 52.6 | 57.3 | 78.6 | 92.9 | 97.7 | 101.5 |
| | 18～29歳 | 19 | 64.0 | 17.6 | 40.2 | 40.3 | 43.2 | 51.4 | 60.1 | 79.5 | 81.9 | 89.0 | 99.2 |
| | 30～49歳 | 70 | 65.0 | 21.1 | 30.1 | 35.3 | 42.1 | 49.7 | 62.0 | 78.1 | 89.8 | 107.0 | 118.6 |
| | 50～69歳 | 104 | 68.8 | 21.1 | 30.3 | 37.8 | 43.1 | 53.6 | 70.3 | 81.8 | 94.6 | 104.7 | 121.5 |
| | 70歳以上 | 135 | 70.0 | 22.3 | 24.6 | 39.0 | 42.8 | 55.8 | 68.9 | 82.8 | 96.1 | 111.3 | 132.0 |
| | (再掲)全年齢 | 365 | 67.4 | 21.4 | 28.2 | 38.0 | 42.3 | 51.2 | 65.7 | 80.5 | 94.3 | 105.6 | 129.6 |
| | (再掲)20歳以上 | 325 | 68.3 | 21.5 | 28.4 | 38.2 | 42.5 | 52.8 | 66.5 | 80.7 | 94.7 | 108.9 | 130.3 |
| | (再掲)65～74歳 | 92 | 69.7 | 19.6 | 37.7 | 39.5 | 45.8 | 56.7 | 69.1 | 80.0 | 96.7 | 108.3 | 119.1 |
| | (再掲)75歳以上 | 84 | 71.3 | 24.4 | 21.2 | 38.6 | 42.7 | 55.1 | 69.7 | 84.7 | 96.2 | 116.7 | 133.0 |
| | (再掲)妊婦 | 2 | 97.4 | 39.7 | 69.9 | 72.1 | 74.9 | 83.3 | 97.4 | 111.4 | 119.9 | 122.7 | 124.9 |
| | (再掲)授乳婦 | 2 | 65.2 | 21.7 | 65.2 | 51.4 | 52.9 | 57.5 | 65.2 | 72.8 | 77.4 | 79.0 | 80.2 |
| | (再掲)妊婦・授乳婦 | 4 | 81.3 | 32.1 | 81.3 | 52.8 | 55.7 | 64.4 | 74.9 | 91.8 | 112.0 | 118.7 | 124.1 |

注） 単位:g

## 表11 動物性たんぱく質摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 15.6 | 7.9 | 8.1 | 8.1 | 8.2 | 8.4 | 13.8 | 23.9 | 23.9 | 23.9 | 23.9 |
| | 3～5歳 | 9 | 28.1 | 10.6 | 14.1 | 16.0 | 18.4 | 22.4 | 27.5 | 28.9 | 37.9 | 44.7 | 50.1 |
| | 6～7歳 | 9 | 33.5 | 14.3 | 10.8 | 14.1 | 18.3 | 27.9 | 30.2 | 43.3 | 50.1 | 53.2 | 55.6 |
| | 8～9歳 | 11 | 37.5 | 12.3 | 21.7 | 22.8 | 24.3 | 27.4 | 39.2 | 44.6 | 55.8 | 56.5 | 57.0 |
| | 10～11歳 | 12 | 41.9 | 13.8 | 22.0 | 25.3 | 28.8 | 34.9 | 40.3 | 47.6 | 52.8 | 62.6 | 72.0 |
| | 12～14歳 | 20 | 44.1 | 17.0 | 11.0 | 19.1 | 21.9 | 36.3 | 44.5 | 56.4 | 62.6 | 68.8 | 69.7 |
| | 15～17歳 | 9 | 46.2 | 21.6 | 21.7 | 22.3 | 23.0 | 27.2 | 38.2 | 65.8 | 72.3 | 74.7 | 76.5 |
| | 18～29歳 | 34 | 41.4 | 16.6 | 16.0 | 18.6 | 19.5 | 29.3 | 39.5 | 50.1 | 64.3 | 68.1 | 75.0 |
| | 30～49歳 | 129 | 38.4 | 18.9 | 8.9 | 14.7 | 17.7 | 25.4 | 35.0 | 49.6 | 61.6 | 67.5 | 101.0 |
| | 50～69歳 | 188 | 39.4 | 18.1 | 5.3 | 13.6 | 19.3 | 27.1 | 36.6 | 50.3 | 61.5 | 75.0 | 84.8 |
| | 70歳以上 | 249 | 38.7 | 19.1 | 5.1 | 14.8 | 17.1 | 26.4 | 36.3 | 47.7 | 61.2 | 73.7 | 93.4 |
| | (再掲)全年齢 | 675 | 38.9 | 18.4 | 6.0 | 14.3 | 18.1 | 26.2 | 36.2 | 49.2 | 61.6 | 72.3 | 92.7 |
| | (再掲)20歳以上 | 591 | 38.9 | 18.5 | 5.7 | 14.4 | 18.1 | 26.4 | 36.1 | 49.1 | 61.6 | 72.4 | 94.8 |
| | (再掲)65～74歳 | 162 | 39.2 | 17.3 | 7.9 | 14.8 | 17.8 | 26.2 | 36.8 | 50.0 | 63.6 | 70.8 | 80.8 |
| | (再掲)75歳以上 | 157 | 39.4 | 20.3 | 5.4 | 14.7 | 18.0 | 27.4 | 36.0 | 46.9 | 61.3 | 77.8 | 94.9 |
| 男性 | 1～2歳 | 1 | 8.1 | 0.0 | 8.1 | 8.1 | 8.1 | 8.1 | 8.1 | 8.1 | 8.1 | 8.1 | 8.1 |
| | 3～5歳 | 4 | 26.4 | 9.0 | 14.1 | 15.9 | 18.2 | 25.0 | 28.8 | 30.3 | 32.8 | 33.7 | 34.3 |
| | 6～7歳 | 7 | 36.5 | 13.0 | 20.9 | 22.7 | 24.9 | 28.5 | 30.2 | 45.9 | 51.6 | 53.9 | 55.8 |
| | 8～9歳 | 6 | 37.2 | 13.9 | 21.5 | 22.1 | 22.8 | 26.0 | 37.8 | 44.6 | 50.9 | 54.0 | 56.5 |
| | 10～11歳 | 5 | 46.4 | 19.7 | 21.8 | 24.4 | 27.5 | 37.0 | 46.3 | 53.0 | 65.8 | 70.0 | 73.5 |
| | 12～14歳 | 11 | 47.1 | 16.1 | 19.9 | 20.9 | 22.2 | 36.8 | 53.8 | 56.8 | 62.0 | 65.3 | 68.0 |
| | 15～17歳 | 4 | 49.2 | 23.4 | 22.1 | 24.1 | 26.6 | 34.1 | 52.0 | 67.1 | 69.6 | 70.4 | 71.0 |
| | 18～29歳 | 15 | 45.5 | 18.8 | 18.4 | 18.8 | 21.6 | 31.2 | 47.3 | 59.7 | 69.8 | 73.7 | 75.7 |
| | 30～49歳 | 59 | 40.9 | 20.5 | 11.5 | 14.6 | 17.5 | 25.6 | 37.7 | 54.3 | 66.6 | 68.6 | 101.2 |
| | 50～69歳 | 84 | 43.1 | 18.1 | 11.6 | 18.4 | 21.2 | 28.5 | 42.4 | 52.7 | 66.3 | 76.2 | 85.1 |
| | 70歳以上 | 114 | 40.5 | 20.8 | 6.2 | 17.5 | 19.0 | 26.6 | 36.4 | 48.7 | 65.4 | 76.9 | 90.7 |
| | (再掲)全年齢 | 310 | 41.5 | 19.5 | 8.1 | 15.8 | 19.7 | 27.4 | 39.2 | 52.9 | 66.2 | 75.2 | 94.6 |
| | (再掲)20歳以上 | 266 | 41.5 | 19.7 | 7.6 | 15.7 | 19.3 | 27.1 | 39.4 | 51.9 | 66.0 | 76.2 | 96.4 |
| | (再掲)65～74歳 | 70 | 42.1 | 17.8 | 4.4 | 18.0 | 22.4 | 28.0 | 41.6 | 52.4 | 70.2 | 74.5 | 80.4 |
| | (再掲)75歳以上 | 73 | 41.1 | 22.0 | 13.0 | 18.0 | 20.9 | 28.0 | 36.0 | 47.2 | 64.0 | 77.6 | 110.9 |
| 女性 | 1～2歳 | 4 | 17.5 | 7.7 | 8.6 | 9.2 | 10.0 | 12.5 | 18.9 | 23.9 | 23.9 | 23.9 | 23.9 |
| | 3～5歳 | 5 | 29.5 | 12.7 | 19.7 | 20.1 | 20.7 | 22.4 | 26.6 | 27.5 | 41.9 | 46.7 | 50.5 |
| | 6～7歳 | 2 | 23.1 | 18.6 | 10.2 | 11.2 | 12.6 | 16.5 | 23.1 | 29.6 | 33.6 | 34.9 | 35.9 |
| | 8～9歳 | 5 | 37.8 | 11.7 | 26.0 | 26.5 | 27.1 | 28.8 | 39.2 | 39.5 | 49.3 | 52.5 | 55.1 |
| | 10～11歳 | 7 | 38.8 | 8.0 | 28.8 | 29.1 | 29.5 | 33.3 | 39.2 | 42.8 | 47.2 | 49.3 | 51.0 |
| | 12～14歳 | 9 | 40.3 | 18.2 | 10.2 | 15.1 | 21.1 | 35.7 | 36.7 | 44.6 | 63.3 | 66.6 | 69.3 |
| | 15～17歳 | 5 | 43.8 | 22.5 | 23.5 | 24.1 | 24.9 | 27.2 | 34.8 | 56.4 | 68.7 | 72.9 | 76.2 |
| | 18～29歳 | 19 | 38.2 | 14.3 | 15.5 | 18.3 | 20.3 | 29.1 | 38.0 | 47.7 | 57.6 | 62.4 | 63.4 |
| | 30～49歳 | 70 | 36.3 | 17.3 | 8.0 | 15.3 | 17.7 | 24.9 | 32.6 | 48.4 | 57.3 | 61.0 | 91.0 |
| | 50～69歳 | 104 | 36.4 | 17.6 | 0.6 | 12.4 | 15.2 | 25.9 | 33.9 | 48.1 | 60.3 | 68.0 | 84.0 |
| | 70歳以上 | 135 | 37.2 | 17.5 | 5.0 | 14.3 | 16.0 | 26.5 | 36.1 | 46.9 | 56.6 | 67.7 | 93.5 |
| | (再掲)全年齢 | 365 | 36.7 | 17.1 | 4.1 | 13.7 | 16.3 | 25.7 | 34.8 | 47.0 | 57.7 | 66.7 | 90.3 |
| | (再掲)20歳以上 | 325 | 36.8 | 17.3 | 3.9 | 14.1 | 16.5 | 25.8 | 34.8 | 47.7 | 58.4 | 66.7 | 90.8 |
| | (再掲)65～74歳 | 92 | 36.9 | 16.7 | 11.9 | 14.5 | 16.2 | 24.5 | 34.0 | 49.2 | 60.4 | 67.3 | 81.4 |
| | (再掲)75歳以上 | 84 | 37.8 | 18.8 | 3.8 | 12.2 | 16.0 | 27.3 | 36.2 | 46.0 | 56.7 | 77.1 | 94.8 |
| | (再掲)妊婦 | 2 | 71.4 | 42.9 | 41.6 | 44.0 | 47.1 | 56.2 | 71.4 | 86.5 | 95.7 | 98.7 | 101.1 |
| | (再掲)授乳婦 | 2 | 31.2 | 18.6 | 31.2 | 19.4 | 20.7 | 24.6 | 31.2 | 37.8 | 41.7 | 43.0 | 44.1 |
| | (再掲)妊婦・授乳婦 | 4 | 51.3 | 35.6 | 51.3 | 21.5 | 24.9 | 35.3 | 42.7 | 58.7 | 84.5 | 93.1 | 100.0 |

注) 単位:g

## 表12 脂質摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 27.0 | 9.1 | 17.8 | 17.9 | 17.9 | 18.1 | 28.4 | 31.2 | 36.1 | 37.7 | 39.0 |
| | 3～5歳 | 9 | 42.1 | 20.1 | 23.3 | 23.9 | 24.6 | 29.0 | 34.5 | 48.6 | 65.0 | 75.4 | 83.7 |
| | 6～7歳 | 9 | 50.3 | 21.4 | 21.9 | 26.7 | 32.6 | 39.4 | 47.0 | 55.4 | 73.5 | 84.2 | 92.8 |
| | 8～9歳 | 11 | 62.8 | 23.2 | 37.5 | 38.8 | 40.4 | 44.2 | 58.4 | 73.3 | 89.3 | 101.1 | 110.6 |
| | 10～11歳 | 12 | 68.9 | 27.7 | 35.2 | 37.6 | 40.6 | 54.9 | 65.9 | 76.8 | 81.3 | 108.9 | 135.5 |
| | 12～14歳 | 20 | 71.8 | 28.7 | 25.8 | 42.6 | 44.7 | 57.0 | 68.5 | 88.5 | 96.0 | 111.3 | 146.1 |
| | 15～17歳 | 9 | 71.9 | 20.6 | 46.1 | 46.4 | 46.9 | 51.3 | 72.1 | 91.7 | 93.5 | 94.0 | 94.5 |
| | 18～29歳 | 34 | 58.9 | 21.9 | 16.2 | 24.8 | 38.6 | 44.2 | 57.2 | 69.4 | 83.2 | 98.4 | 108.2 |
| | 30～49歳 | 129 | 63.8 | 31.8 | 17.9 | 25.0 | 34.6 | 46.3 | 55.9 | 76.6 | 97.2 | 117.7 | 161.8 |
| | 50～69歳 | 188 | 62.4 | 21.8 | 17.6 | 30.9 | 36.1 | 47.3 | 59.8 | 77.8 | 93.0 | 102.8 | 113.1 |
| | 70歳以上 | 249 | 56.4 | 23.4 | 16.1 | 26.6 | 30.1 | 40.5 | 53.3 | 67.0 | 83.2 | 101.9 | 133.3 |
| | (再掲)全年齢 | 675 | 60.1 | 25.3 | 17.1 | 26.0 | 32.6 | 43.7 | 55.7 | 72.4 | 91.8 | 104.5 | 135.7 |
| | (再掲)20歳以上 | 591 | 60.0 | 25.1 | 14.9 | 26.7 | 33.0 | 43.7 | 55.3 | 72.1 | 90.5 | 104.6 | 134.6 |
| | (再掲)65～74歳 | 162 | 59.0 | 20.5 | 21.9 | 28.5 | 35.3 | 44.7 | 56.6 | 70.1 | 83.4 | 93.8 | 111.9 |
| | (再掲)75歳以上 | 157 | 56.3 | 24.6 | 16.4 | 26.0 | 29.1 | 38.0 | 53.0 | 68.0 | 83.5 | 102.9 | 133.0 |
| 男性 | 1～2歳 | 1 | 17.8 | 0.0 | 17.8 | 17.8 | 17.8 | 17.8 | 17.8 | 17.8 | 17.8 | 17.8 | 17.8 |
| | 3～5歳 | 4 | 48.5 | 25.0 | 33.5 | 33.7 | 33.8 | 34.3 | 37.3 | 51.4 | 72.0 | 78.9 | 84.4 |
| | 6～7歳 | 7 | 52.2 | 23.9 | 21.8 | 26.3 | 31.9 | 39.7 | 47.0 | 61.8 | 78.9 | 86.9 | 93.3 |
| | 8～9歳 | 6 | 64.3 | 25.8 | 42.0 | 43.0 | 44.2 | 48.9 | 57.0 | 67.3 | 91.6 | 102.3 | 110.8 |
| | 10～11歳 | 5 | 73.0 | 40.6 | 35.5 | 39.3 | 44.1 | 58.3 | 64.7 | 65.5 | 111.5 | 126.8 | 139.1 |
| | 12～14歳 | 11 | 73.4 | 19.7 | 45.3 | 47.0 | 49.2 | 61.9 | 69.3 | 88.9 | 93.4 | 101.2 | 107.5 |
| | 15～17歳 | 4 | 75.3 | 21.3 | 51.6 | 53.1 | 55.0 | 60.5 | 77.7 | 92.5 | 93.7 | 94.2 | 94.5 |
| | 18～29歳 | 15 | 62.6 | 24.9 | 23.3 | 24.9 | 32.2 | 49.8 | 57.5 | 75.6 | 94.8 | 105.3 | 109.7 |
| | 30～49歳 | 59 | 68.1 | 38.0 | 15.1 | 24.2 | 32.8 | 47.3 | 58.7 | 86.4 | 111.6 | 123.8 | 184.6 |
| | 50～69歳 | 84 | 66.7 | 22.3 | 19.8 | 34.3 | 40.3 | 50.4 | 68.0 | 81.1 | 96.7 | 104.2 | 113.4 |
| | 70歳以上 | 114 | 58.9 | 26.8 | 14.6 | 27.9 | 30.7 | 40.1 | 53.5 | 68.2 | 100.2 | 111.6 | 134.7 |
| | (再掲)全年齢 | 310 | 63.6 | 28.2 | 17.8 | 25.9 | 33.5 | 45.1 | 58.4 | 77.6 | 101.2 | 111.7 | 135.2 |
| | (再掲)20歳以上 | 266 | 63.5 | 28.6 | 16.5 | 26.2 | 32.8 | 45.1 | 58.1 | 77.5 | 101.3 | 112.0 | 134.8 |
| | (再掲)65～74歳 | 70 | 62.8 | 22.3 | 18.5 | 29.2 | 34.9 | 45.3 | 65.7 | 75.0 | 90.2 | 102.8 | 111.3 |
| | (再掲)75歳以上 | 73 | 58.9 | 28.2 | 17.1 | 28.1 | 30.9 | 38.8 | 53.0 | 66.9 | 100.5 | 119.5 | 141.3 |
| 女性 | 1～2歳 | 4 | 29.3 | 8.7 | 18.4 | 19.7 | 21.2 | 25.9 | 29.8 | 33.2 | 36.9 | 38.1 | 39.1 |
| | 3～5歳 | 5 | 37.1 | 16.3 | 23.3 | 23.5 | 23.9 | 24.9 | 29.0 | 48.6 | 55.3 | 57.6 | 59.4 |
| | 6～7歳 | 2 | 43.3 | 10.9 | 35.8 | 36.4 | 37.2 | 39.5 | 43.3 | 47.2 | 49.5 | 50.3 | 50.9 |
| | 8～9歳 | 5 | 61.1 | 22.5 | 37.3 | 37.8 | 38.5 | 40.4 | 62.1 | 76.4 | 84.1 | 86.7 | 88.8 |
| | 10～11歳 | 7 | 66.0 | 16.8 | 40.4 | 41.5 | 42.8 | 55.5 | 74.9 | 77.1 | 79.3 | 80.5 | 81.4 |
| | 12～14歳 | 9 | 69.8 | 38.2 | 23.4 | 30.5 | 39.3 | 44.9 | 62.8 | 77.6 | 106.6 | 130.7 | 150.0 |
| | 15～17歳 | 5 | 69.1 | 22.0 | 46.0 | 46.2 | 46.4 | 47.1 | 72.1 | 87.2 | 90.8 | 92.0 | 93.0 |
| | 18～29歳 | 19 | 56.1 | 19.5 | 17.3 | 34.8 | 41.7 | 43.5 | 50.1 | 67.4 | 81.7 | 84.7 | 93.7 |
| | 30～49歳 | 70 | 60.2 | 25.1 | 21.7 | 30.1 | 38.1 | 46.3 | 52.7 | 71.8 | 86.2 | 95.9 | 151.5 |
| | 50～69歳 | 104 | 59.0 | 21.0 | 15.2 | 30.3 | 35.6 | 44.5 | 55.3 | 73.7 | 86.6 | 95.4 | 104.7 |
| | 70歳以上 | 135 | 54.3 | 19.9 | 19.4 | 26.4 | 29.1 | 40.5 | 53.3 | 66.3 | 78.8 | 83.6 | 115.6 |
| | (再掲)全年齢 | 365 | 57.2 | 22.1 | 17.0 | 26.6 | 31.2 | 42.9 | 53.9 | 69.5 | 83.9 | 93.2 | 126.9 |
| | (再掲)20歳以上 | 325 | 57.1 | 21.5 | 15.7 | 27.1 | 33.2 | 43.1 | 53.9 | 69.4 | 83.7 | 93.0 | 120.6 |
| | (再掲)65～74歳 | 92 | 56.1 | 18.6 | 24.6 | 29.7 | 35.5 | 42.9 | 54.4 | 65.9 | 80.0 | 84.3 | 107.3 |
| | (再掲)75歳以上 | 84 | 54.1 | 20.9 | 17.6 | 24.1 | 28.6 | 37.8 | 53.7 | 68.6 | 79.8 | 83.9 | 107.6 |
| | (再掲)妊婦 | 2 | 96.2 | 6.1 | 92.0 | 92.3 | 92.8 | 94.0 | 96.2 | 98.3 | 99.6 | 100.1 | 100.4 |
| | (再掲)授乳婦 | 2 | 40.7 | 24.5 | 40.7 | 25.1 | 26.8 | 32.0 | 40.7 | 49.3 | 54.5 | 56.2 | 57.6 |
| | (再掲)妊婦・授乳婦 | 4 | 68.4 | 35.2 | 68.4 | 28.5 | 33.7 | 49.3 | 74.9 | 94.0 | 97.9 | 99.2 | 100.2 |

注） 単位:g

## 表13 動物性脂質摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 16.9 | 8.6 | 4.1 | 5.6 | 7.5 | 13.1 | 21.0 | 21.0 | 23.7 | 24.7 | 25.4 |
| | 3～5歳 | 9 | 23.2 | 10.9 | 8.1 | 10.1 | 12.6 | 16.3 | 23.6 | 26.2 | 34.2 | 39.5 | 43.7 |
| | 6～7歳 | 9 | 30.0 | 19.7 | 3.4 | 6.5 | 10.4 | 21.2 | 26.1 | 34.6 | 60.1 | 61.0 | 61.7 |
| | 8～9歳 | 11 | 37.5 | 17.2 | 16.0 | 18.6 | 21.9 | 27.1 | 28.8 | 46.4 | 60.4 | 65.9 | 70.3 |
| | 10～11歳 | 12 | 38.6 | 17.3 | 18.4 | 20.1 | 22.5 | 28.8 | 33.0 | 46.8 | 48.4 | 64.3 | 79.7 |
| | 12～14歳 | 20 | 41.9 | 18.8 | 10.8 | 17.3 | 25.9 | 29.9 | 39.4 | 50.5 | 55.7 | 69.9 | 90.8 |
| | 15～17歳 | 9 | 39.7 | 19.0 | 17.0 | 17.5 | 18.1 | 21.9 | 37.5 | 51.8 | 62.7 | 65.7 | 68.2 |
| | 18～29歳 | 34 | 32.8 | 15.2 | 8.6 | 11.7 | 14.3 | 22.0 | 30.3 | 40.6 | 51.6 | 57.6 | 71.1 |
| | 30～49歳 | 129 | 33.7 | 25.5 | 5.4 | 9.1 | 13.3 | 18.2 | 31.2 | 42.3 | 50.4 | 69.0 | 114.2 |
| | 50～69歳 | 188 | 30.5 | 14.7 | 3.3 | 9.1 | 12.2 | 21.2 | 30.6 | 38.7 | 48.6 | 53.5 | 78.5 |
| | 70歳以上 | 249 | 28.0 | 15.8 | 3.5 | 7.6 | 11.2 | 17.4 | 24.8 | 36.3 | 47.1 | 52.8 | 85.8 |
| | (再掲)全年齢 | 675 | 30.8 | 18.2 | 3.6 | 8.4 | 12.3 | 18.7 | 29.0 | 39.7 | 49.6 | 58.5 | 86.8 |
| | (再掲)20歳以上 | 591 | 30.2 | 18.1 | 3.6 | 8.3 | 12.0 | 18.2 | 28.3 | 39.0 | 48.5 | 55.6 | 84.2 |
| | (再掲)65～74歳 | 162 | 29.5 | 15.0 | 4.7 | 8.9 | 12.0 | 19.0 | 27.0 | 38.5 | 48.5 | 53.6 | 74.8 |
| | (再掲)75歳以上 | 157 | 27.6 | 16.1 | 3.5 | 7.6 | 11.5 | 17.4 | 24.0 | 34.3 | 46.9 | 51.8 | 84.6 |
| 男性 | 1～2歳 | 1 | 13.1 | 0.0 | 13.1 | 13.1 | 13.1 | 13.1 | 13.1 | 13.1 | 13.1 | 13.1 | 13.1 |
| | 3～5歳 | 4 | 26.1 | 15.2 | 8.1 | 10.4 | 13.1 | 21.4 | 26.1 | 30.8 | 39.2 | 42.0 | 44.2 |
| | 6～7歳 | 7 | 34.5 | 19.2 | 12.9 | 15.1 | 17.7 | 22.1 | 28.8 | 47.1 | 60.5 | 61.2 | 61.8 |
| | 8～9歳 | 6 | 36.7 | 20.0 | 15.7 | 17.0 | 18.6 | 23.7 | 33.8 | 42.9 | 57.8 | 64.6 | 70.0 |
| | 10～11歳 | 5 | 42.3 | 25.2 | 18.4 | 20.2 | 22.5 | 29.2 | 34.4 | 46.7 | 68.8 | 76.1 | 82.0 |
| | 12～14歳 | 11 | 43.1 | 13.5 | 18.9 | 23.9 | 30.1 | 36.5 | 44.4 | 50.3 | 54.3 | 61.4 | 67.1 |
| | 15～17歳 | 4 | 35.1 | 17.4 | 18.6 | 19.0 | 19.5 | 21.0 | 35.1 | 49.1 | 50.7 | 51.3 | 51.7 |
| | 18～29歳 | 15 | 35.1 | 17.8 | 13.1 | 13.4 | 16.6 | 22.8 | 30.1 | 42.4 | 61.6 | 69.4 | 72.0 |
| | 30～49歳 | 59 | 37.1 | 32.9 | 6.7 | 9.0 | 10.6 | 18.1 | 30.1 | 45.3 | 67.5 | 79.0 | 154.7 |
| | 50～69歳 | 84 | 32.5 | 15.5 | 6.6 | 9.6 | 13.3 | 22.2 | 32.1 | 39.9 | 52.1 | 57.9 | 80.8 |
| | 70歳以上 | 114 | 29.7 | 17.5 | 4.2 | 8.6 | 12.4 | 17.4 | 26.8 | 38.0 | 50.2 | 57.2 | 94.1 |
| | (再掲)全年齢 | 310 | 33.0 | 21.0 | 5.2 | 9.1 | 13.0 | 18.5 | 30.4 | 42.3 | 54.0 | 68.3 | 95.8 |
| | (再掲)20歳以上 | 266 | 32.3 | 21.4 | 4.8 | 8.9 | 12.5 | 18.0 | 30.1 | 40.7 | 53.1 | 67.6 | 97.8 |
| | (再掲)65～74歳 | 70 | 32.0 | 15.8 | 2.8 | 7.6 | 12.2 | 21.4 | 32.6 | 41.7 | 51.5 | 56.5 | 73.8 |
| | (再掲)75歳以上 | 73 | 29.7 | 18.6 | 8.7 | 11.5 | 13.1 | 17.5 | 26.6 | 34.3 | 50.2 | 66.3 | 98.6 |
| 女性 | 1～2歳 | 4 | 17.8 | 9.6 | 4.2 | 6.3 | 8.9 | 16.6 | 21.0 | 22.1 | 24.2 | 24.9 | 25.4 |
| | 3～5歳 | 5 | 20.9 | 6.9 | 14.0 | 14.4 | 14.8 | 16.3 | 19.3 | 23.6 | 28.3 | 29.9 | 31.2 |
| | 6～7歳 | 2 | 14.3 | 16.7 | 2.8 | 3.7 | 4.9 | 8.5 | 14.3 | 20.2 | 23.8 | 25.0 | 25.9 |
| | 8～9歳 | 5 | 38.4 | 15.3 | 25.7 | 26.2 | 26.8 | 28.7 | 28.8 | 48.5 | 55.7 | 58.0 | 59.9 |
| | 10～11歳 | 7 | 35.9 | 10.3 | 22.2 | 23.7 | 25.4 | 29.5 | 31.7 | 45.1 | 47.8 | 48.1 | 48.4 |
| | 12～14歳 | 9 | 40.3 | 24.5 | 10.6 | 16.2 | 23.3 | 27.6 | 32.7 | 50.2 | 60.4 | 78.2 | 92.5 |
| | 15～17歳 | 5 | 43.3 | 21.3 | 17.5 | 20.0 | 23.0 | 32.3 | 37.5 | 61.1 | 65.7 | 67.3 | 68.5 |
| | 18～29歳 | 19 | 31.0 | 13.0 | 8.5 | 9.2 | 14.5 | 22.5 | 31.7 | 38.4 | 49.6 | 51.1 | 51.7 |
| | 30～49歳 | 70 | 30.8 | 16.6 | 4.5 | 11.0 | 13.9 | 18.7 | 31.2 | 40.0 | 43.7 | 45.9 | 86.2 |
| | 50～69歳 | 104 | 28.9 | 13.9 | 0.1 | 7.9 | 12.1 | 20.7 | 27.9 | 36.3 | 47.0 | 51.8 | 66.4 |
| | 70歳以上 | 135 | 26.5 | 14.1 | 3.4 | 7.0 | 9.7 | 17.9 | 23.5 | 34.3 | 45.7 | 47.8 | 57.5 |
| | (再掲)全年齢 | 365 | 28.9 | 15.1 | 3.2 | 7.6 | 11.9 | 18.8 | 26.9 | 37.9 | 46.6 | 51.4 | 73.7 |
| | (再掲)20歳以上 | 325 | 28.4 | 14.6 | 3.3 | 7.6 | 11.8 | 18.7 | 26.6 | 37.4 | 45.5 | 49.5 | 70.0 |
| | (再掲)65～74歳 | 92 | 27.6 | 14.2 | 6.5 | 10.4 | 12.0 | 18.6 | 25.1 | 33.9 | 47.3 | 51.6 | 62.0 |
| | (再掲)75歳以上 | 84 | 25.8 | 13.4 | 3.3 | 5.4 | 7.7 | 17.2 | 23.1 | 35.7 | 45.8 | 47.0 | 51.8 |
| | (再掲)妊婦 | 2 | 37.4 | 3.8 | 34.8 | 35.0 | 35.2 | 36.1 | 37.4 | 38.8 | 39.6 | 39.9 | 40.1 |
| | (再掲)授乳婦 | 2 | 21.1 | 15.0 | 21.1 | 11.5 | 12.6 | 15.8 | 21.1 | 26.4 | 29.6 | 30.6 | 31.5 |
| | (再掲)妊婦・授乳婦 | 4 | 29.2 | 13.0 | 29.2 | 13.7 | 16.8 | 26.4 | 33.2 | 36.1 | 38.5 | 39.3 | 40.0 |

注） 単位:g

## 表14 脂肪エネルギー比率の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 27.4 | 5.8 | 18.5 | 19.9 | 21.6 | 26.9 | 28.3 | 29.6 | 32.3 | 33.2 | 33.9 |
| | 3～5歳 | 9 | 26.9 | 5.5 | 19.3 | 19.6 | 20.0 | 23.7 | 26.6 | 29.3 | 33.0 | 34.8 | 36.3 |
| | 6～7歳 | 9 | 27.5 | 6.3 | 14.3 | 16.5 | 19.2 | 27.7 | 29.8 | 31.1 | 32.3 | 32.9 | 33.4 |
| | 8～9歳 | 11 | 32.7 | 6.8 | 24.8 | 24.9 | 25.1 | 28.2 | 32.7 | 34.8 | 38.2 | 43.3 | 47.3 |
| | 10～11歳 | 12 | 32.0 | 5.6 | 20.8 | 22.8 | 25.3 | 29.7 | 32.6 | 36.0 | 37.7 | 38.6 | 39.4 |
| | 12～14歳 | 20 | 29.3 | 7.0 | 17.5 | 21.2 | 22.9 | 26.2 | 28.4 | 31.2 | 35.2 | 41.7 | 48.1 |
| | 15～17歳 | 9 | 30.8 | 7.0 | 22.1 | 23.2 | 24.5 | 25.5 | 31.6 | 32.2 | 41.0 | 41.4 | 41.7 |
| | 18～29歳 | 34 | 29.5 | 7.3 | 11.9 | 18.8 | 20.7 | 26.6 | 29.6 | 33.3 | 35.9 | 38.8 | 47.8 |
| | 30～49歳 | 129 | 29.5 | 8.7 | 11.6 | 14.7 | 20.0 | 24.2 | 28.6 | 34.3 | 39.4 | 45.8 | 54.1 |
| | 50～69歳 | 188 | 28.1 | 6.7 | 13.5 | 17.3 | 20.7 | 24.3 | 28.0 | 31.6 | 36.8 | 39.9 | 44.4 |
| | 70歳以上 | 249 | 26.3 | 6.4 | 11.1 | 15.8 | 18.1 | 22.6 | 26.1 | 30.1 | 34.5 | 36.9 | 40.5 |
| | (再掲)全年齢 | 675 | 28.0 | 7.1 | 11.8 | 16.5 | 19.3 | 23.6 | 27.7 | 32.0 | 36.9 | 39.7 | 48.7 |
| | (再掲)20歳以上 | 591 | 27.7 | 7.2 | 11.3 | 15.9 | 19.2 | 23.4 | 27.4 | 31.8 | 36.9 | 39.7 | 48.3 |
| | (再掲)65～74歳 | 162 | 27.1 | 6.5 | 13.7 | 16.1 | 20.0 | 23.3 | 26.5 | 31.5 | 35.7 | 38.7 | 42.3 |
| | (再掲)75歳以上 | 157 | 25.9 | 6.2 | 11.1 | 15.4 | 17.3 | 22.5 | 26.3 | 29.8 | 33.1 | 36.7 | 39.4 |
| 男性 | 1～2歳 | 1 | 34.1 | 0.0 | 34.1 | 34.1 | 34.1 | 34.1 | 34.1 | 34.1 | 34.1 | 34.1 | 34.1 |
| | 3～5歳 | 4 | 29.3 | 4.9 | 26.1 | 26.2 | 26.3 | 26.5 | 27.3 | 30.1 | 34.0 | 35.3 | 36.4 |
| | 6～7歳 | 7 | 28.1 | 6.6 | 14.6 | 17.9 | 22.1 | 28.4 | 29.8 | 31.5 | 32.6 | 33.1 | 33.5 |
| | 8～9歳 | 6 | 32.9 | 8.6 | 24.8 | 24.8 | 24.9 | 26.8 | 32.5 | 33.9 | 41.3 | 44.8 | 47.6 |
| | 10～11歳 | 5 | 28.9 | 6.2 | 20.4 | 21.2 | 22.1 | 25.0 | 30.9 | 33.8 | 34.4 | 34.6 | 34.7 |
| | 12～14歳 | 11 | 29.0 | 4.9 | 23.2 | 23.8 | 24.6 | 26.4 | 28.1 | 30.7 | 31.7 | 36.5 | 40.4 |
| | 15～17歳 | 4 | 28.1 | 5.0 | 22.0 | 22.5 | 23.2 | 25.1 | 29.1 | 32.2 | 32.2 | 32.2 | 32.2 |
| | 18～29歳 | 15 | 27.4 | 5.2 | 18.3 | 18.9 | 20.3 | 24.9 | 27.3 | 29.8 | 33.7 | 34.7 | 36.4 |
| | 30～49歳 | 59 | 28.1 | 9.5 | 10.8 | 12.7 | 16.6 | 21.1 | 27.8 | 33.3 | 38.7 | 45.5 | 52.7 |
| | 50～69歳 | 84 | 27.5 | 6.7 | 13.5 | 14.9 | 19.8 | 23.7 | 27.3 | 31.0 | 35.6 | 38.7 | 44.1 |
| | 70歳以上 | 114 | 25.3 | 6.9 | 9.8 | 14.0 | 16.1 | 21.2 | 24.8 | 29.9 | 34.5 | 37.1 | 40.3 |
| | (再掲)全年齢 | 310 | 27.1 | 7.3 | 11.1 | 14.1 | 18.1 | 22.6 | 27.2 | 31.4 | 35.8 | 38.8 | 48.1 |
| | (再掲)20歳以上 | 266 | 26.7 | 7.5 | 10.7 | 14.0 | 17.2 | 22.2 | 26.6 | 31.1 | 36.1 | 38.9 | 47.4 |
| | (再掲)65～74歳 | 70 | 26.6 | 7.1 | 11.5 | 14.3 | 17.9 | 22.4 | 25.8 | 31.6 | 36.2 | 38.1 | 40.4 |
| | (再掲)75歳以上 | 73 | 24.5 | 6.4 | 10.6 | 13.7 | 16.0 | 20.1 | 24.7 | 28.8 | 31.8 | 34.0 | 39.2 |
| 女性 | 1～2歳 | 4 | 25.7 | 5.2 | 18.4 | 19.4 | 20.8 | 24.7 | 27.6 | 28.6 | 29.2 | 29.4 | 29.6 |
| | 3～5歳 | 5 | 24.9 | 5.7 | 19.3 | 19.4 | 19.6 | 20.1 | 23.7 | 29.3 | 31.0 | 31.6 | 32.0 |
| | 6～7歳 | 2 | 25.5 | 6.9 | 20.7 | 21.1 | 21.6 | 23.1 | 25.5 | 27.9 | 29.4 | 29.9 | 30.3 |
| | 8～9歳 | 5 | 32.5 | 4.8 | 25.6 | 26.5 | 27.6 | 31.0 | 32.7 | 35.3 | 37.0 | 37.6 | 38.1 |
| | 10～11歳 | 7 | 34.2 | 4.3 | 28.2 | 28.7 | 29.4 | 30.8 | 35.9 | 37.2 | 38.5 | 39.0 | 39.5 |
| | 12～14歳 | 9 | 29.6 | 9.3 | 17.0 | 18.5 | 20.5 | 26.4 | 28.8 | 31.2 | 37.5 | 43.6 | 48.5 |
| | 15～17歳 | 5 | 33.0 | 8.0 | 25.1 | 25.2 | 25.3 | 25.5 | 31.6 | 40.8 | 41.4 | 41.6 | 41.8 |
| | 18～29歳 | 19 | 31.2 | 8.3 | 10.9 | 19.0 | 25.0 | 29.2 | 31.7 | 33.3 | 38.7 | 40.6 | 49.7 |
| | 30～49歳 | 70 | 30.7 | 7.9 | 14.9 | 20.0 | 22.2 | 25.2 | 28.9 | 34.9 | 40.4 | 46.1 | 50.5 |
| | 50～69歳 | 104 | 28.6 | 6.7 | 14.5 | 17.8 | 21.0 | 24.8 | 28.6 | 32.0 | 37.8 | 40.2 | 43.5 |
| | 70歳以上 | 135 | 27.1 | 5.8 | 14.9 | 17.6 | 19.4 | 23.5 | 26.7 | 30.4 | 34.5 | 36.7 | 41.0 |
| | (再掲)全年齢 | 365 | 28.7 | 6.9 | 14.4 | 18.2 | 20.6 | 24.6 | 28.5 | 32.7 | 37.8 | 40.3 | 48.7 |
| | (再掲)20歳以上 | 325 | 28.5 | 6.9 | 14.4 | 18.0 | 20.7 | 24.4 | 28.2 | 32.6 | 37.6 | 40.2 | 47.8 |
| | (再掲)65～74歳 | 92 | 27.6 | 6.0 | 16.0 | 18.2 | 20.7 | 23.6 | 27.1 | 31.0 | 35.5 | 37.6 | 43.6 |
| | (再掲)75歳以上 | 84 | 27.0 | 5.8 | 13.8 | 17.1 | 19.2 | 23.5 | 27.0 | 30.7 | 33.9 | 36.9 | 39.6 |
| | (再掲)妊婦 | 2 | 34.7 | 4.4 | 31.6 | 31.9 | 32.2 | 33.1 | 34.7 | 36.3 | 37.2 | 37.5 | 37.8 |
| | (再掲)授乳婦 | 2 | 23.7 | 3.5 | 23.7 | 21.5 | 21.8 | 22.5 | 23.7 | 24.9 | 25.7 | 25.9 | 26.1 |
| | (再掲)妊婦・授乳婦 | 4 | 29.2 | 7.1 | 29.2 | 22.0 | 22.7 | 24.9 | 28.9 | 33.1 | 36.0 | 36.9 | 37.7 |

注) 単位:%

## 表15 飽和脂肪酸エネルギー比率の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 10.1 | 2.5 | 6.2 | 6.8 | 7.6 | 10.0 | 10.3 | 11.7 | 12.1 | 12.2 | 12.3 |
| | 3～5歳 | 9 | 9.4 | 3.1 | 5.8 | 5.8 | 6.0 | 6.9 | 9.1 | 10.8 | 13.0 | 14.0 | 14.8 |
| | 6～7歳 | 9 | 9.8 | 3.2 | 3.8 | 4.7 | 5.8 | 9.1 | 9.7 | 12.4 | 13.1 | 13.2 | 13.4 |
| | 8～9歳 | 11 | 11.7 | 3.0 | 8.8 | 8.9 | 8.9 | 9.7 | 11.1 | 13.1 | 14.3 | 16.5 | 18.2 |
| | 10～11歳 | 12 | 10.9 | 2.7 | 7.8 | 7.9 | 8.1 | 8.6 | 10.1 | 13.1 | 13.8 | 14.9 | 16.0 |
| | 12～14歳 | 20 | 9.8 | 2.6 | 5.6 | 6.6 | 8.1 | 8.7 | 9.7 | 10.2 | 11.1 | 11.7 | 17.5 |
| | 15～17歳 | 9 | 9.1 | 2.5 | 6.2 | 6.3 | 6.5 | 7.9 | 8.4 | 9.8 | 12.6 | 13.1 | 13.6 |
| | 18～29歳 | 34 | 8.4 | 2.7 | 3.2 | 4.7 | 5.0 | 6.3 | 8.6 | 10.8 | 11.1 | 12.1 | 13.8 |
| | 30～49歳 | 129 | 8.5 | 3.4 | 2.4 | 3.5 | 4.4 | 6.3 | 8.2 | 10.3 | 12.0 | 14.7 | 18.8 |
| | 50～69歳 | 188 | 7.8 | 2.4 | 3.3 | 4.2 | 4.8 | 6.1 | 7.8 | 9.2 | 10.5 | 11.9 | 14.4 |
| | 70歳以上 | 249 | 7.4 | 2.5 | 2.4 | 3.7 | 4.4 | 5.9 | 7.1 | 8.8 | 10.7 | 11.9 | 14.8 |
| | (再掲)全年齢 | 675 | 8.1 | 2.8 | 2.5 | 4.0 | 4.8 | 6.2 | 7.8 | 9.8 | 11.5 | 13.0 | 16.8 |
| | (再掲)20歳以上 | 591 | 7.8 | 2.7 | 2.5 | 3.9 | 4.6 | 6.1 | 7.5 | 9.3 | 11.1 | 12.2 | 15.8 |
| | (再掲)65～74歳 | 162 | 7.6 | 2.5 | 2.5 | 3.9 | 4.4 | 6.0 | 7.5 | 9.2 | 10.5 | 11.8 | 14.7 |
| | (再掲)75歳以上 | 157 | 7.4 | 2.4 | 2.9 | 3.8 | 4.6 | 5.8 | 7.0 | 8.7 | 10.8 | 11.8 | 14.1 |
| 男性 | 1～2歳 | 1 | 11.7 | 0.0 | 11.7 | 11.7 | 11.7 | 11.7 | 11.7 | 11.7 | 11.7 | 11.7 | 11.7 |
| | 3～5歳 | 4 | 10.7 | 3.3 | 7.0 | 7.4 | 7.9 | 9.2 | 10.4 | 11.9 | 13.7 | 14.4 | 14.9 |
| | 6～7歳 | 7 | 10.3 | 3.4 | 3.9 | 5.3 | 6.9 | 9.4 | 11.0 | 12.7 | 13.2 | 13.3 | 13.4 |
| | 8～9歳 | 6 | 12.1 | 3.7 | 8.9 | 9.1 | 9.3 | 9.8 | 10.6 | 13.5 | 16.5 | 17.6 | 18.5 |
| | 10～11歳 | 5 | 10.0 | 1.9 | 8.0 | 8.1 | 8.3 | 8.7 | 9.8 | 10.4 | 12.0 | 12.5 | 12.9 |
| | 12～14歳 | 11 | 9.8 | 0.9 | 8.4 | 8.6 | 8.8 | 9.1 | 9.9 | 10.4 | 10.8 | 10.9 | 11.0 |
| | 15～17歳 | 4 | 8.1 | 1.4 | 6.6 | 6.7 | 6.9 | 7.5 | 8.0 | 8.5 | 9.3 | 9.6 | 9.8 |
| | 18～29歳 | 15 | 7.8 | 2.1 | 4.5 | 5.0 | 5.4 | 6.2 | 7.8 | 9.5 | 10.6 | 10.9 | 10.9 |
| | 30～49歳 | 59 | 7.9 | 3.3 | 2.4 | 2.5 | 4.2 | 5.5 | 7.7 | 10.1 | 11.8 | 12.5 | 16.8 |
| | 50～69歳 | 84 | 7.4 | 2.3 | 3.3 | 3.9 | 4.6 | 5.8 | 7.5 | 8.5 | 10.0 | 10.5 | 14.5 |
| | 70歳以上 | 114 | 7.1 | 2.6 | 2.0 | 3.3 | 4.0 | 5.3 | 7.0 | 8.6 | 10.1 | 11.5 | 15.3 |
| | (再掲)全年齢 | 310 | 7.8 | 2.8 | 2.3 | 3.5 | 4.3 | 5.9 | 7.6 | 9.6 | 10.8 | 12.4 | 15.7 |
| | (再掲)20歳以上 | 266 | 7.4 | 2.7 | 2.3 | 3.4 | 4.2 | 5.6 | 7.2 | 8.9 | 10.6 | 11.9 | 15.5 |
| | (再掲)65～74歳 | 70 | 7.4 | 2.8 | 2.0 | 3.3 | 3.9 | 5.6 | 7.3 | 9.3 | 10.1 | 11.0 | 15.8 |
| | (再掲)75歳以上 | 73 | 7.0 | 2.4 | 2.9 | 3.4 | 4.2 | 5.5 | 6.8 | 8.2 | 9.9 | 11.5 | 13.4 |
| 女性 | 1～2歳 | 4 | 9.7 | 2.6 | 6.1 | 6.6 | 7.2 | 9.0 | 10.2 | 10.8 | 11.7 | 12.0 | 12.2 |
| | 3～5歳 | 5 | 8.4 | 2.8 | 5.7 | 5.8 | 5.8 | 6.0 | 8.4 | 9.1 | 11.2 | 11.8 | 12.4 |
| | 6～7歳 | 2 | 8.0 | 2.3 | 6.4 | 6.5 | 6.7 | 7.2 | 8.0 | 8.8 | 9.3 | 9.5 | 9.6 |
| | 8～9歳 | 5 | 11.3 | 2.0 | 8.9 | 9.0 | 9.2 | 9.8 | 11.7 | 12.4 | 13.2 | 13.5 | 13.8 |
| | 10～11歳 | 7 | 11.6 | 3.1 | 7.8 | 8.0 | 8.2 | 9.1 | 11.9 | 13.6 | 14.8 | 15.6 | 16.2 |
| | 12～14歳 | 9 | 9.8 | 3.9 | 5.5 | 5.9 | 6.4 | 8.2 | 8.9 | 10.0 | 12.8 | 15.9 | 18.3 |
| | 15～17歳 | 5 | 9.9 | 3.0 | 6.3 | 6.6 | 7.1 | 8.4 | 9.1 | 12.3 | 13.1 | 13.4 | 13.6 |
| | 18～29歳 | 19 | 8.9 | 3.0 | 3.0 | 4.7 | 4.9 | 6.9 | 9.4 | 11.0 | 11.7 | 13.6 | 13.8 |
| | 30～49歳 | 70 | 9.0 | 3.4 | 3.1 | 4.3 | 5.3 | 6.5 | 8.6 | 10.6 | 12.4 | 16.3 | 18.2 |
| | 50～69歳 | 104 | 8.1 | 2.4 | 3.9 | 4.2 | 5.1 | 6.4 | 7.9 | 9.5 | 11.1 | 12.1 | 13.2 |
| | 70歳以上 | 135 | 7.7 | 2.4 | 2.9 | 4.2 | 4.9 | 6.2 | 7.3 | 9.0 | 10.9 | 12.0 | 13.9 |
| | (再掲)全年齢 | 365 | 8.3 | 2.8 | 2.8 | 4.3 | 5.1 | 6.4 | 8.0 | 10.0 | 11.8 | 13.2 | 17.2 |
| | (再掲)20歳以上 | 325 | 8.1 | 2.7 | 2.7 | 4.2 | 4.9 | 6.3 | 7.8 | 9.7 | 11.5 | 12.5 | 16.6 |
| | (再掲)65～74歳 | 92 | 7.7 | 2.3 | 3.8 | 4.2 | 5.1 | 6.2 | 7.7 | 9.1 | 10.8 | 11.9 | 13.3 |
| | (再掲)75歳以上 | 84 | 7.7 | 2.4 | 3.2 | 4.3 | 4.9 | 6.2 | 7.2 | 9.2 | 10.9 | 12.0 | 13.5 |
| | (再掲)妊婦 | 2 | 10.1 | 5.6 | 6.2 | 6.5 | 6.9 | 8.1 | 10.1 | 12.1 | 13.3 | 13.7 | 14.0 |
| | (再掲)授乳婦 | 2 | 5.9 | 1.6 | 5.9 | 4.9 | 5.0 | 5.3 | 5.9 | 6.5 | 6.8 | 6.9 | 7.0 |
| | (再掲)妊婦・授乳婦 | 4 | 8.0 | 4.2 | 8.0 | 5.0 | 5.2 | 5.8 | 6.6 | 8.8 | 12.0 | 13.0 | 13.9 |

注) 単位:%

## 表16 ｎ－6系脂肪酸の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 4.02 | 0.93 | 2.99 | 3.04 | 3.11 | 3.31 | 3.86 | 4.87 | 5.00 | 5.04 | 5.08 |
| | 3～5歳 | 9 | 6.39 | 3.03 | 3.73 | 3.95 | 4.24 | 4.38 | 4.79 | 6.71 | 11.32 | 11.53 | 11.69 |
| | 6～7歳 | 9 | 7.47 | 3.03 | 3.90 | 4.34 | 4.90 | 5.39 | 6.67 | 9.48 | 10.65 | 12.14 | 13.33 |
| | 8～9歳 | 11 | 9.18 | 3.48 | 4.85 | 4.97 | 5.12 | 5.85 | 9.31 | 11.72 | 12.64 | 13.81 | 14.74 |
| | 10～11歳 | 12 | 11.48 | 4.54 | 4.73 | 5.14 | 5.84 | 8.90 | 11.47 | 13.89 | 15.61 | 18.12 | 20.46 |
| | 12～14歳 | 20 | 11.17 | 4.28 | 4.65 | 6.06 | 6.66 | 7.42 | 10.94 | 13.41 | 16.52 | 19.19 | 19.79 |
| | 15～17歳 | 9 | 12.52 | 4.22 | 5.41 | 6.07 | 6.89 | 10.70 | 14.64 | 15.57 | 16.13 | 16.67 | 17.11 |
| | 18～29歳 | 34 | 10.78 | 4.55 | 2.77 | 3.53 | 6.06 | 7.22 | 10.60 | 13.65 | 16.44 | 18.83 | 20.55 |
| | 30～49歳 | 129 | 11.46 | 5.64 | 3.54 | 4.44 | 5.30 | 7.08 | 10.30 | 14.78 | 19.51 | 20.23 | 25.87 |
| | 50～69歳 | 188 | 11.82 | 5.06 | 2.98 | 4.96 | 5.96 | 8.15 | 11.07 | 14.98 | 19.05 | 21.60 | 24.31 |
| | 70歳以上 | 249 | 10.35 | 5.49 | 2.32 | 4.17 | 4.91 | 6.91 | 9.86 | 12.31 | 14.84 | 18.60 | 35.37 |
| | (再掲)全年齢 | 675 | 10.91 | 5.29 | 2.52 | 4.32 | 5.03 | 7.06 | 10.30 | 13.52 | 17.61 | 20.09 | 27.00 |
| | (再掲)20歳以上 | 591 | 11.07 | 5.39 | 2.51 | 4.38 | 5.26 | 7.31 | 10.34 | 13.78 | 18.00 | 20.28 | 28.52 |
| | (再掲)65～74歳 | 162 | 10.91 | 4.35 | 2.58 | 5.05 | 6.08 | 8.07 | 10.61 | 13.23 | 16.00 | 19.50 | 23.25 |
| | (再掲)75歳以上 | 157 | 10.41 | 6.21 | 2.33 | 4.07 | 4.69 | 6.51 | 9.54 | 12.59 | 15.46 | 18.98 | 36.76 |
| 男性 | 1～2歳 | 1 | 2.98 | 0.00 | 2.98 | 2.98 | 2.98 | 2.98 | 2.98 | 2.98 | 2.98 | 2.98 | 2.98 |
| | 3～5歳 | 4 | 7.24 | 3.16 | 4.43 | 4.64 | 4.91 | 5.70 | 6.43 | 7.96 | 10.23 | 10.98 | 11.58 |
| | 6～7歳 | 7 | 7.30 | 3.38 | 3.87 | 4.20 | 4.62 | 5.28 | 6.36 | 8.38 | 11.39 | 12.51 | 13.40 |
| | 8～9歳 | 6 | 8.98 | 3.70 | 4.87 | 5.05 | 5.27 | 6.31 | 8.70 | 10.53 | 12.95 | 13.96 | 14.77 |
| | 10～11歳 | 5 | 11.24 | 5.91 | 5.67 | 6.11 | 6.66 | 8.31 | 9.63 | 11.66 | 17.30 | 19.17 | 20.68 |
| | 12～14歳 | 11 | 11.27 | 4.04 | 6.23 | 6.56 | 6.96 | 8.22 | 10.96 | 13.48 | 16.23 | 17.69 | 18.86 |
| | 15～17歳 | 4 | 13.95 | 4.50 | 7.54 | 8.52 | 9.74 | 13.41 | 15.65 | 16.20 | 16.81 | 17.01 | 17.18 |
| | 18～29歳 | 15 | 11.64 | 5.21 | 3.33 | 3.54 | 4.66 | 9.22 | 10.64 | 15.29 | 17.75 | 19.29 | 20.74 |
| | 30～49歳 | 59 | 12.21 | 6.14 | 3.11 | 4.50 | 5.20 | 7.62 | 12.07 | 15.97 | 19.65 | 20.41 | 29.53 |
| | 50～69歳 | 84 | 12.85 | 5.38 | 4.35 | 5.43 | 6.25 | 8.39 | 12.47 | 15.85 | 20.40 | 22.40 | 26.82 |
| | 70歳以上 | 114 | 10.80 | 6.27 | 2.27 | 4.38 | 5.02 | 6.51 | 9.69 | 12.94 | 17.38 | 20.51 | 36.21 |
| | (再掲)全年齢 | 310 | 11.54 | 5.83 | 2.65 | 4.44 | 5.28 | 7.24 | 10.71 | 14.60 | 18.80 | 21.60 | 32.28 |
| | (再掲)20歳以上 | 266 | 11.80 | 5.99 | 2.48 | 4.55 | 5.34 | 7.50 | 10.89 | 14.71 | 19.40 | 22.17 | 33.58 |
| | (再掲)65～74歳 | 70 | 11.65 | 4.73 | 3.82 | 6.10 | 6.28 | 8.13 | 11.02 | 14.09 | 17.68 | 20.13 | 24.79 |
| | (再掲)75歳以上 | 73 | 10.84 | 7.00 | 2.05 | 4.12 | 4.84 | 6.12 | 9.59 | 12.95 | 16.51 | 22.29 | 37.78 |
| 女性 | 1～2歳 | 4 | 4.28 | 0.84 | 3.33 | 3.39 | 3.48 | 3.72 | 4.36 | 4.92 | 5.02 | 5.05 | 5.08 |
| | 3～5歳 | 5 | 5.71 | 3.10 | 3.70 | 3.81 | 3.95 | 4.38 | 4.51 | 4.79 | 8.64 | 9.93 | 10.96 |
| | 6～7歳 | 2 | 8.08 | 1.99 | 6.70 | 6.81 | 6.96 | 7.38 | 8.08 | 8.78 | 9.20 | 9.34 | 9.46 |
| | 8～9歳 | 5 | 9.43 | 3.62 | 5.15 | 5.29 | 5.46 | 5.99 | 10.97 | 12.46 | 12.57 | 12.60 | 12.63 |
| | 10～11歳 | 7 | 11.64 | 3.79 | 4.89 | 5.97 | 7.31 | 10.19 | 12.50 | 14.14 | 15.07 | 15.40 | 15.65 |
| | 12～14歳 | 9 | 11.05 | 4.81 | 4.49 | 5.27 | 6.23 | 6.89 | 10.91 | 13.05 | 16.24 | 18.09 | 19.57 |
| | 15～17歳 | 5 | 11.38 | 4.08 | 5.46 | 6.34 | 7.43 | 10.70 | 10.73 | 14.64 | 15.20 | 15.39 | 15.53 |
| | 18～29歳 | 19 | 10.10 | 3.97 | 3.15 | 5.67 | 6.38 | 6.93 | 10.55 | 12.16 | 14.25 | 16.10 | 18.76 |
| | 30～49歳 | 70 | 10.82 | 5.14 | 3.76 | 4.48 | 5.45 | 6.71 | 9.24 | 13.97 | 18.67 | 20.17 | 23.28 |
| | 50～69歳 | 104 | 10.98 | 4.64 | 2.54 | 4.59 | 5.55 | 7.85 | 10.37 | 13.86 | 17.13 | 20.05 | 22.15 |
| | 70歳以上 | 135 | 9.97 | 4.72 | 2.61 | 4.05 | 4.72 | 7.36 | 9.91 | 11.73 | 14.31 | 15.54 | 29.24 |
| | (再掲)全年齢 | 365 | 10.37 | 4.72 | 2.52 | 4.13 | 4.92 | 6.96 | 10.10 | 12.82 | 15.73 | 19.54 | 22.39 |
| | (再掲)20歳以上 | 325 | 10.48 | 4.77 | 2.52 | 4.19 | 5.06 | 7.21 | 10.07 | 12.90 | 16.03 | 19.62 | 22.63 |
| | (再掲)65～74歳 | 92 | 10.36 | 3.97 | 2.49 | 4.15 | 5.35 | 8.02 | 10.54 | 12.15 | 15.19 | 15.81 | 22.22 |
| | (再掲)75歳以上 | 84 | 10.04 | 5.44 | 2.88 | 4.13 | 4.61 | 7.09 | 9.49 | 12.11 | 14.72 | 17.40 | 34.38 |
| | (再掲)妊婦 | 2 | 14.99 | 7.55 | 9.76 | 10.19 | 10.72 | 12.32 | 14.99 | 17.66 | 19.26 | 19.80 | 20.22 |
| | (再掲)授乳婦 | 2 | 9.04 | 3.60 | 9.04 | 6.75 | 7.01 | 7.77 | 9.04 | 10.31 | 11.08 | 11.33 | 11.53 |
| | (再掲)妊婦・授乳婦 | 4 | 12.02 | 5.93 | 12.02 | 6.97 | 7.44 | 8.86 | 10.62 | 13.77 | 17.71 | 19.02 | 20.07 |

注） 単位:g

## 表17 ｎ－３系脂肪酸の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 0.75 | 0.38 | 0.32 | 0.38 | 0.45 | 0.67 | 0.68 | 0.74 | 1.11 | 1.24 | 1.34 |
| | 3～5歳 | 9 | 1.48 | 0.54 | 0.66 | 0.73 | 0.81 | 0.86 | 1.65 | 1.93 | 1.98 | 1.99 | 1.99 |
| | 6～7歳 | 9 | 1.24 | 0.69 | 0.36 | 0.41 | 0.47 | 0.83 | 1.10 | 1.78 | 2.16 | 2.22 | 2.27 |
| | 8～9歳 | 11 | 1.46 | 0.60 | 0.65 | 0.69 | 0.74 | 1.04 | 1.50 | 1.85 | 1.95 | 2.30 | 2.57 |
| | 10～11歳 | 12 | 1.85 | 0.75 | 0.53 | 0.59 | 0.74 | 1.69 | 1.91 | 2.14 | 2.50 | 2.88 | 3.23 |
| | 12～14歳 | 20 | 2.33 | 1.51 | 0.61 | 0.74 | 1.17 | 1.53 | 1.78 | 2.50 | 4.68 | 5.76 | 6.10 |
| | 15～17歳 | 9 | 2.42 | 1.06 | 1.03 | 1.14 | 1.27 | 1.99 | 2.21 | 2.89 | 3.56 | 4.04 | 4.43 |
| | 18～29歳 | 34 | 2.06 | 1.75 | 0.32 | 0.48 | 0.53 | 1.05 | 1.77 | 2.46 | 3.20 | 4.60 | 8.29 |
| | 30～49歳 | 129 | 2.32 | 1.73 | 0.48 | 0.61 | 0.79 | 1.24 | 1.95 | 2.76 | 3.74 | 6.32 | 8.80 |
| | 50～69歳 | 188 | 2.75 | 1.92 | 0.48 | 0.66 | 0.88 | 1.37 | 2.17 | 3.68 | 5.31 | 6.46 | 9.05 |
| | 70歳以上 | 249 | 2.70 | 1.82 | 0.42 | 0.71 | 0.95 | 1.46 | 2.20 | 3.34 | 5.57 | 6.47 | 8.88 |
| | (再掲)全年齢 | 675 | 2.51 | 1.79 | 0.42 | 0.63 | 0.82 | 1.34 | 1.99 | 3.07 | 4.99 | 6.34 | 8.99 |
| | (再掲)20歳以上 | 591 | 2.61 | 1.85 | 0.46 | 0.64 | 0.84 | 1.36 | 2.08 | 3.25 | 5.15 | 6.47 | 9.06 |
| | (再掲)65～74歳 | 162 | 2.67 | 1.72 | 0.48 | 0.71 | 0.99 | 1.60 | 2.19 | 3.17 | 5.12 | 6.54 | 8.12 |
| | (再掲)75歳以上 | 157 | 2.67 | 1.82 | 0.38 | 0.70 | 0.93 | 1.36 | 2.22 | 3.44 | 5.31 | 6.40 | 8.40 |
| 男性 | 1～2歳 | 1 | 0.31 | 0.00 | 0.31 | 0.31 | 0.31 | 0.31 | 0.31 | 0.31 | 0.31 | 0.31 | 0.31 |
| | 3～5歳 | 4 | 1.55 | 0.48 | 0.88 | 0.97 | 1.08 | 1.42 | 1.70 | 1.83 | 1.89 | 1.91 | 1.92 |
| | 6～7歳 | 7 | 1.14 | 0.70 | 0.36 | 0.39 | 0.44 | 0.66 | 0.90 | 1.56 | 1.98 | 2.13 | 2.25 |
| | 8～9歳 | 6 | 1.15 | 0.50 | 0.65 | 0.67 | 0.69 | 0.79 | 1.04 | 1.42 | 1.73 | 1.84 | 1.93 |
| | 10～11歳 | 5 | 1.92 | 1.00 | 0.56 | 0.77 | 1.02 | 1.79 | 1.88 | 2.11 | 2.84 | 3.08 | 3.27 |
| | 12～14歳 | 11 | 2.34 | 1.60 | 0.79 | 0.98 | 1.22 | 1.52 | 1.84 | 2.22 | 4.56 | 5.37 | 6.02 |
| | 15～17歳 | 4 | 2.94 | 1.46 | 1.06 | 1.29 | 1.57 | 2.42 | 3.11 | 3.62 | 4.17 | 4.35 | 4.49 |
| | 18～29歳 | 15 | 1.96 | 0.98 | 0.30 | 0.46 | 0.64 | 1.13 | 2.29 | 2.71 | 3.09 | 3.17 | 3.21 |
| | 30～49歳 | 59 | 2.52 | 1.99 | 0.47 | 0.71 | 0.92 | 1.34 | 1.99 | 2.84 | 3.78 | 6.43 | 10.11 |
| | 50～69歳 | 84 | 2.99 | 2.06 | 0.50 | 0.71 | 0.90 | 1.54 | 2.36 | 4.16 | 5.46 | 6.74 | 9.90 |
| | 70歳以上 | 114 | 2.73 | 1.84 | 0.49 | 0.81 | 0.94 | 1.54 | 2.21 | 3.27 | 5.48 | 6.55 | 8.64 |
| | (再掲)全年齢 | 310 | 2.61 | 1.87 | 0.36 | 0.67 | 0.83 | 1.38 | 2.11 | 3.21 | 5.00 | 6.42 | 9.35 |
| | (再掲)20歳以上 | 266 | 2.73 | 1.93 | 0.48 | 0.71 | 0.91 | 1.46 | 2.22 | 3.39 | 5.34 | 6.56 | 9.41 |
| | (再掲)65～74歳 | 70 | 2.83 | 1.76 | 0.60 | 0.71 | 0.98 | 1.77 | 2.32 | 3.39 | 5.12 | 6.52 | 7.72 |
| | (再掲)75歳以上 | 73 | 2.67 | 1.81 | 0.58 | 0.86 | 0.94 | 1.41 | 2.13 | 3.34 | 4.97 | 6.37 | 8.31 |
| 女性 | 1～2歳 | 4 | 0.86 | 0.34 | 0.67 | 0.67 | 0.67 | 0.68 | 0.71 | 0.89 | 1.18 | 1.27 | 1.35 |
| | 3～5歳 | 5 | 1.42 | 0.64 | 0.65 | 0.68 | 0.73 | 0.86 | 1.65 | 1.98 | 1.99 | 1.99 | 1.99 |
| | 6～7歳 | 2 | 1.61 | 0.72 | 1.11 | 1.15 | 1.20 | 1.36 | 1.61 | 1.87 | 2.02 | 2.07 | 2.11 |
| | 8～9歳 | 5 | 1.82 | 0.53 | 1.26 | 1.30 | 1.35 | 1.50 | 1.74 | 1.95 | 2.37 | 2.50 | 2.61 |
| | 10～11歳 | 7 | 1.80 | 0.60 | 0.71 | 0.91 | 1.17 | 1.63 | 1.95 | 2.12 | 2.33 | 2.43 | 2.51 |
| | 12～14歳 | 9 | 2.32 | 1.48 | 0.65 | 0.94 | 1.30 | 1.54 | 1.72 | 2.56 | 3.64 | 4.69 | 5.53 |
| | 15～17歳 | 5 | 2.00 | 0.41 | 1.37 | 1.47 | 1.60 | 1.99 | 2.04 | 2.21 | 2.34 | 2.38 | 2.42 |
| | 18～29歳 | 19 | 2.14 | 2.20 | 0.44 | 0.51 | 0.52 | 0.94 | 1.47 | 2.08 | 4.07 | 7.10 | 8.60 |
| | 30～49歳 | 70 | 2.15 | 1.48 | 0.49 | 0.59 | 0.78 | 1.23 | 1.89 | 2.66 | 3.56 | 5.69 | 6.96 |
| | 50～69歳 | 104 | 2.55 | 1.78 | 0.47 | 0.61 | 0.89 | 1.23 | 1.99 | 3.29 | 5.08 | 5.82 | 7.78 |
| | 70歳以上 | 135 | 2.68 | 1.82 | 0.42 | 0.70 | 0.98 | 1.45 | 2.19 | 3.43 | 5.55 | 6.40 | 8.52 |
| | (再掲)全年齢 | 365 | 2.42 | 1.71 | 0.43 | 0.60 | 0.78 | 1.31 | 1.95 | 2.99 | 4.94 | 6.29 | 8.22 |
| | (再掲)20歳以上 | 325 | 2.50 | 1.77 | 0.42 | 0.59 | 0.81 | 1.32 | 1.98 | 3.14 | 5.12 | 6.39 | 8.69 |
| | (再掲)65～74歳 | 92 | 2.54 | 1.70 | 0.49 | 0.72 | 1.14 | 1.59 | 2.01 | 2.93 | 5.08 | 6.20 | 7.67 |
| | (再掲)75歳以上 | 84 | 2.66 | 1.84 | 0.37 | 0.54 | 0.86 | 1.35 | 2.26 | 3.47 | 5.43 | 6.38 | 7.06 |
| | (再掲)妊婦 | 2 | 5.55 | 2.78 | 3.62 | 3.78 | 3.98 | 4.57 | 5.55 | 6.53 | 7.12 | 7.32 | 7.47 |
| | (再掲)授乳婦 | 2 | 1.74 | 0.53 | 1.74 | 1.40 | 1.44 | 1.55 | 1.74 | 1.93 | 2.04 | 2.08 | 2.11 |
| | (再掲)妊婦・授乳婦 | 4 | 3.65 | 2.74 | 3.65 | 1.48 | 1.59 | 1.93 | 2.85 | 4.57 | 6.33 | 6.92 | 7.39 |

注） 単位:g

## 表18 炭水化物摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 134.3 | 46.7 | 60.6 | 71.6 | 85.4 | 126.8 | 148.3 | 159.0 | 171.2 | 175.3 | 178.5 |
| | 3～5歳 | 9 | 189.8 | 39.7 | 143.0 | 146.8 | 151.6 | 169.1 | 177.3 | 211.9 | 241.6 | 252.7 | 261.6 |
| | 6～7歳 | 9 | 231.1 | 66.0 | 134.2 | 149.1 | 167.7 | 196.9 | 223.9 | 263.5 | 287.2 | 325.2 | 355.6 |
| | 8～9歳 | 11 | 217.0 | 50.6 | 140.1 | 144.4 | 149.8 | 195.6 | 213.9 | 241.5 | 271.9 | 290.7 | 305.7 |
| | 10～11歳 | 12 | 249.7 | 92.9 | 121.1 | 142.9 | 167.6 | 203.2 | 230.1 | 274.9 | 341.5 | 401.8 | 457.4 |
| | 12～14歳 | 20 | 293.9 | 86.3 | 180.9 | 186.7 | 190.1 | 230.7 | 293.3 | 343.8 | 389.3 | 456.0 | 477.6 |
| | 15～17歳 | 9 | 279.2 | 87.5 | 173.0 | 183.3 | 196.2 | 228.6 | 252.6 | 332.4 | 371.9 | 413.1 | 446.1 |
| | 18～29歳 | 34 | 239.1 | 85.2 | 70.9 | 127.7 | 142.1 | 176.3 | 236.0 | 305.1 | 346.5 | 354.3 | 399.4 |
| | 30～49歳 | 129 | 251.2 | 90.5 | 84.2 | 120.1 | 146.8 | 190.3 | 245.1 | 301.9 | 349.1 | 406.0 | 544.2 |
| | 50～69歳 | 188 | 261.7 | 80.0 | 102.7 | 142.2 | 166.9 | 209.4 | 255.7 | 301.5 | 369.6 | 419.6 | 457.7 |
| | 70歳以上 | 249 | 265.8 | 88.1 | 128.9 | 153.5 | 174.6 | 204.9 | 251.8 | 311.9 | 371.6 | 417.0 | 543.8 |
| | (再掲)全年齢 | 675 | 258.0 | 86.1 | 99.7 | 138.5 | 160.3 | 200.0 | 249.1 | 302.9 | 368.0 | 413.8 | 509.5 |
| | (再掲)20歳以上 | 591 | 259.7 | 86.3 | 103.3 | 138.4 | 160.9 | 201.7 | 251.8 | 303.3 | 368.4 | 412.6 | 512.6 |
| | (再掲)65～74歳 | 162 | 264.6 | 73.7 | 124.2 | 160.7 | 177.2 | 210.6 | 258.8 | 302.2 | 367.2 | 403.5 | 442.0 |
| | (再掲)75歳以上 | 157 | 269.2 | 95.3 | 129.0 | 149.5 | 172.0 | 203.6 | 255.4 | 315.0 | 374.8 | 447.8 | 615.2 |
| 男性 | 1～2歳 | 1 | 57.9 | 0.0 | 57.9 | 57.9 | 57.9 | 57.9 | 57.9 | 57.9 | 57.9 | 57.9 | 57.9 |
| | 3～5歳 | 4 | 196.8 | 44.9 | 169.3 | 169.9 | 170.7 | 173.0 | 177.2 | 201.0 | 238.7 | 251.3 | 261.3 |
| | 6～7歳 | 7 | 230.7 | 73.4 | 133.3 | 144.5 | 158.4 | 193.5 | 223.9 | 255.0 | 303.4 | 333.3 | 357.3 |
| | 8～9歳 | 6 | 222.7 | 57.1 | 151.3 | 157.5 | 165.2 | 188.7 | 216.9 | 252.0 | 286.0 | 297.7 | 307.1 |
| | 10～11歳 | 5 | 298.2 | 111.5 | 207.6 | 208.1 | 208.8 | 210.8 | 256.7 | 344.9 | 420.7 | 446.0 | 466.2 |
| | 12～14歳 | 11 | 315.3 | 90.8 | 190.3 | 203.3 | 219.4 | 259.8 | 305.3 | 347.9 | 454.6 | 468.8 | 480.1 |
| | 15～17歳 | 4 | 341.7 | 92.4 | 231.8 | 244.2 | 259.8 | 306.5 | 341.9 | 377.1 | 423.4 | 438.8 | 451.2 |
| | 18～29歳 | 15 | 276.9 | 83.1 | 132.6 | 140.1 | 158.5 | 218.2 | 297.9 | 329.6 | 359.0 | 381.2 | 408.8 |
| | 30～49歳 | 59 | 280.4 | 102.9 | 102.3 | 149.1 | 167.6 | 197.1 | 280.3 | 326.8 | 402.3 | 455.7 | 570.0 |
| | 50～69歳 | 84 | 287.0 | 90.4 | 118.8 | 147.1 | 175.7 | 234.6 | 282.7 | 341.4 | 420.1 | 453.8 | 470.6 |
| | 70歳以上 | 114 | 288.1 | 100.2 | 136.2 | 157.1 | 180.4 | 218.1 | 275.9 | 334.1 | 399.8 | 450.1 | 646.5 |
| | (再掲)全年齢 | 310 | 283.1 | 96.7 | 79.8 | 149.1 | 169.9 | 213.3 | 277.2 | 333.6 | 404.3 | 455.0 | 555.6 |
| | (再掲)20歳以上 | 266 | 284.9 | 97.1 | 105.6 | 149.1 | 169.5 | 217.4 | 278.9 | 333.6 | 402.0 | 454.0 | 568.0 |
| | (再掲)65～74歳 | 70 | 284.5 | 84.7 | 125.8 | 159.0 | 179.2 | 239.0 | 281.2 | 331.6 | 400.5 | 424.3 | 472.1 |
| | (再掲)75歳以上 | 73 | 298.1 | 106.8 | 143.1 | 166.0 | 192.5 | 234.8 | 276.9 | 338.6 | 424.5 | 464.2 | 686.0 |
| 女性 | 1～2歳 | 4 | 153.3 | 21.9 | 127.4 | 130.0 | 133.2 | 142.9 | 153.6 | 164.1 | 173.2 | 176.3 | 178.7 |
| | 3～5歳 | 5 | 184.2 | 39.3 | 142.6 | 144.5 | 146.8 | 153.9 | 177.3 | 211.9 | 226.3 | 231.2 | 235.0 |
| | 6～7歳 | 2 | 232.5 | 50.4 | 197.6 | 200.4 | 204.0 | 214.7 | 232.5 | 250.3 | 261.0 | 264.6 | 267.4 |
| | 8～9歳 | 5 | 210.1 | 47.2 | 141.8 | 153.3 | 167.6 | 210.6 | 213.9 | 215.3 | 249.3 | 260.6 | 269.6 |
| | 10～11歳 | 7 | 215.0 | 64.5 | 118.7 | 130.5 | 145.4 | 177.7 | 226.3 | 248.3 | 282.1 | 296.6 | 308.3 |
| | 12～14歳 | 9 | 267.7 | 77.5 | 180.3 | 183.9 | 188.3 | 195.8 | 253.0 | 297.0 | 382.0 | 382.1 | 382.1 |
| | 15～17歳 | 5 | 229.3 | 43.3 | 171.7 | 176.8 | 183.3 | 202.6 | 240.0 | 252.6 | 269.5 | 275.1 | 279.6 |
| | 18～29歳 | 19 | 209.2 | 76.1 | 59.4 | 114.5 | 137.9 | 156.1 | 198.5 | 261.8 | 301.4 | 330.3 | 344.1 |
| | 30～49歳 | 70 | 226.7 | 70.4 | 95.5 | 115.2 | 131.6 | 175.0 | 234.4 | 273.2 | 302.4 | 316.3 | 394.4 |
| | 50～69歳 | 104 | 241.3 | 63.9 | 105.8 | 138.5 | 162.3 | 202.8 | 243.0 | 282.4 | 312.4 | 350.4 | 404.7 |
| | 70歳以上 | 135 | 247.1 | 71.5 | 128.8 | 149.3 | 169.8 | 200.5 | 234.8 | 281.1 | 332.5 | 358.7 | 471.8 |
| | (再掲)全年齢 | 365 | 236.7 | 69.3 | 105.9 | 131.3 | 150.4 | 193.7 | 232.4 | 278.4 | 316.1 | 351.4 | 423.9 |
| | (再掲)20歳以上 | 325 | 239.1 | 69.9 | 105.7 | 131.3 | 151.8 | 195.3 | 234.8 | 281.7 | 319.3 | 351.4 | 428.1 |
| | (再掲)65～74歳 | 92 | 249.4 | 60.2 | 129.6 | 161.3 | 177.2 | 209.8 | 244.5 | 293.4 | 322.8 | 355.2 | 412.9 |
| | (再掲)75歳以上 | 84 | 244.0 | 76.1 | 128.0 | 147.1 | 156.3 | 196.0 | 234.0 | 277.5 | 332.8 | 350.3 | 511.4 |
| | (再掲)妊婦 | 2 | 300.8 | 7.4 | 295.7 | 296.1 | 296.7 | 298.2 | 300.8 | 303.5 | 305.0 | 305.6 | 306.0 |
| | (再掲)授乳婦 | 2 | 206.5 | 96.1 | 206.5 | 145.4 | 152.2 | 172.6 | 206.5 | 240.5 | 260.9 | 267.7 | 273.1 |
| | (再掲)妊婦・授乳婦 | 4 | 253.7 | 77.9 | 253.7 | 159.0 | 179.4 | 240.5 | 285.1 | 298.2 | 302.9 | 304.5 | 305.8 |

注） 単位:g

## 表19 炭水化物エネルギー比率の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 59.0 | 6.8 | 50.9 | 51.7 | 52.7 | 55.8 | 58.5 | 60.9 | 65.9 | 67.5 | 68.9 |
| | 3～5歳 | 9 | 57.9 | 3.9 | 51.6 | 52.0 | 52.5 | 56.8 | 58.6 | 60.0 | 62.3 | 62.9 | 63.3 |
| | 6～7歳 | 9 | 58.8 | 7.8 | 51.0 | 52.0 | 53.1 | 55.2 | 55.9 | 58.1 | 70.0 | 72.4 | 74.3 |
| | 8～9歳 | 11 | 52.7 | 7.7 | 37.2 | 42.3 | 48.6 | 49.3 | 52.1 | 57.3 | 61.7 | 62.8 | 63.7 |
| | 10～11歳 | 12 | 53.2 | 6.8 | 44.3 | 45.0 | 45.8 | 49.5 | 52.2 | 56.3 | 60.9 | 64.3 | 67.2 |
| | 12～14歳 | 20 | 56.5 | 7.7 | 37.1 | 44.0 | 45.6 | 55.5 | 57.4 | 60.1 | 63.3 | 65.3 | 69.1 |
| | 15～17歳 | 9 | 55.0 | 9.6 | 38.3 | 39.8 | 41.6 | 53.2 | 57.2 | 61.8 | 63.4 | 65.5 | 67.1 |
| | 18～29歳 | 34 | 54.9 | 9.5 | 28.2 | 41.6 | 48.7 | 50.1 | 55.1 | 59.0 | 65.1 | 68.7 | 76.0 |
| | 30～49歳 | 129 | 55.9 | 9.7 | 28.3 | 38.2 | 44.7 | 50.7 | 56.1 | 62.2 | 67.0 | 72.2 | 76.3 |
| | 50～69歳 | 188 | 56.9 | 8.1 | 35.0 | 44.5 | 46.9 | 52.6 | 57.1 | 61.9 | 66.4 | 71.7 | 76.3 |
| | 70歳以上 | 249 | 58.3 | 7.2 | 43.0 | 47.2 | 49.5 | 53.3 | 57.9 | 63.0 | 67.9 | 71.0 | 75.2 |
| | (再掲)全年齢 | 675 | 57.0 | 8.2 | 34.5 | 44.1 | 47.7 | 52.0 | 57.1 | 62.1 | 66.9 | 70.8 | 76.3 |
| | (再掲)20歳以上 | 591 | 57.2 | 8.3 | 31.8 | 44.1 | 47.8 | 52.1 | 57.2 | 62.3 | 66.9 | 71.6 | 76.3 |
| | (再掲)65～74歳 | 162 | 57.7 | 7.5 | 42.2 | 44.7 | 48.9 | 52.4 | 57.8 | 62.2 | 66.6 | 72.1 | 76.3 |
| | (再掲)75歳以上 | 157 | 58.5 | 7.1 | 43.1 | 47.4 | 50.3 | 53.5 | 57.7 | 63.0 | 69.1 | 71.2 | 74.9 |
| 男性 | 1～2歳 | 1 | 50.7 | 0.0 | 50.7 | 50.7 | 50.7 | 50.7 | 50.7 | 50.7 | 50.7 | 50.7 | 50.7 |
| | 3～5歳 | 4 | 56.9 | 3.8 | 51.7 | 52.4 | 53.3 | 56.0 | 58.1 | 59.0 | 59.6 | 59.8 | 60.0 |
| | 6～7歳 | 7 | 58.1 | 7.7 | 51.1 | 52.1 | 53.5 | 55.4 | 55.9 | 57.3 | 64.7 | 69.7 | 73.7 |
| | 8～9歳 | 6 | 52.8 | 10.0 | 36.6 | 39.3 | 42.6 | 50.0 | 53.0 | 59.7 | 62.8 | 63.4 | 63.8 |
| | 10～11歳 | 5 | 56.9 | 7.5 | 50.6 | 50.8 | 51.0 | 51.7 | 52.8 | 61.4 | 65.3 | 66.6 | 67.7 |
| | 12～14歳 | 11 | 57.0 | 5.3 | 45.2 | 48.0 | 51.6 | 56.4 | 57.3 | 60.0 | 62.7 | 62.9 | 63.1 |
| | 15～17歳 | 4 | 58.3 | 6.7 | 53.2 | 53.2 | 53.3 | 53.4 | 56.3 | 61.2 | 65.0 | 66.3 | 67.3 |
| | 18～29歳 | 15 | 57.8 | 6.5 | 44.3 | 50.0 | 53.0 | 54.7 | 56.4 | 60.5 | 66.1 | 68.6 | 69.7 |
| | 30～49歳 | 59 | 57.6 | 10.4 | 30.2 | 39.0 | 45.6 | 52.3 | 57.4 | 64.4 | 70.8 | 72.7 | 77.5 |
| | 50～69歳 | 84 | 57.6 | 8.2 | 36.1 | 45.2 | 48.0 | 53.5 | 57.9 | 62.3 | 66.5 | 71.5 | 76.3 |
| | 70歳以上 | 114 | 59.6 | 7.4 | 44.1 | 49.1 | 50.5 | 54.0 | 59.5 | 64.4 | 69.5 | 73.1 | 74.6 |
| | (再掲)全年齢 | 310 | 58.2 | 8.2 | 36.1 | 45.2 | 49.2 | 53.5 | 58.0 | 63.3 | 68.6 | 72.2 | 76.3 |
| | (再掲)20歳以上 | 266 | 58.4 | 8.4 | 35.7 | 45.1 | 48.9 | 53.6 | 58.3 | 63.6 | 69.1 | 72.4 | 76.5 |
| | (再掲)65～74歳 | 70 | 58.6 | 8.0 | 44.1 | 47.7 | 48.8 | 52.3 | 59.0 | 63.3 | 68.6 | 73.3 | 76.5 |
| | (再掲)75歳以上 | 73 | 60.3 | 6.8 | 47.8 | 50.7 | 52.0 | 55.2 | 59.9 | 64.4 | 69.6 | 72.1 | 74.4 |
| 女性 | 1～2歳 | 4 | 61.1 | 5.8 | 55.9 | 56.2 | 56.6 | 57.8 | 59.7 | 63.0 | 66.7 | 68.0 | 69.0 |
| | 3～5歳 | 5 | 58.7 | 4.3 | 52.9 | 53.6 | 54.4 | 56.8 | 58.6 | 62.0 | 62.9 | 63.1 | 63.4 |
| | 6～7歳 | 2 | 61.3 | 10.7 | 53.9 | 54.5 | 55.2 | 57.5 | 61.3 | 65.1 | 67.3 | 68.1 | 68.7 |
| | 8～9歳 | 5 | 52.7 | 4.8 | 48.7 | 48.8 | 48.9 | 49.4 | 51.6 | 53.1 | 57.7 | 59.2 | 60.4 |
| | 10～11歳 | 7 | 50.5 | 5.2 | 44.2 | 44.6 | 45.1 | 46.1 | 50.6 | 54.9 | 56.4 | 56.7 | 56.9 |
| | 12～14歳 | 9 | 56.0 | 10.3 | 36.2 | 39.5 | 43.6 | 54.3 | 57.6 | 59.8 | 66.0 | 68.1 | 69.7 |
| | 15～17歳 | 5 | 52.4 | 11.4 | 38.1 | 38.9 | 39.8 | 42.5 | 57.2 | 61.8 | 62.2 | 62.3 | 62.4 |
| | 18～29歳 | 19 | 52.7 | 11.0 | 25.7 | 37.8 | 46.7 | 49.3 | 51.3 | 57.2 | 62.3 | 67.2 | 76.6 |
| | 30～49歳 | 70 | 54.4 | 9.0 | 27.8 | 37.8 | 42.7 | 49.8 | 55.1 | 60.7 | 64.1 | 65.7 | 72.4 |
| | 50～69歳 | 104 | 56.4 | 7.9 | 35.6 | 44.0 | 45.5 | 52.0 | 56.8 | 61.8 | 65.5 | 70.9 | 73.3 |
| | 70歳以上 | 135 | 57.1 | 7.0 | 42.9 | 47.0 | 47.8 | 52.3 | 57.1 | 61.3 | 65.7 | 69.2 | 75.2 |
| | (再掲)全年齢 | 365 | 56.0 | 8.1 | 34.1 | 42.8 | 46.9 | 51.2 | 56.4 | 61.0 | 65.3 | 69.1 | 74.9 |
| | (再掲)20歳以上 | 325 | 56.1 | 8.1 | 32.7 | 43.4 | 47.1 | 51.3 | 56.5 | 61.1 | 65.4 | 69.1 | 75.1 |
| | (再掲)65～74歳 | 92 | 57.0 | 7.1 | 41.6 | 44.6 | 49.1 | 52.5 | 57.3 | 61.4 | 65.3 | 68.0 | 73.4 |
| | (再掲)75歳以上 | 84 | 56.9 | 7.1 | 43.2 | 47.1 | 47.5 | 52.1 | 56.5 | 60.2 | 66.5 | 69.6 | 75.7 |
| | (再掲)妊婦 | 2 | 49.9 | 0.9 | 49.3 | 49.4 | 49.4 | 49.6 | 49.9 | 50.2 | 50.4 | 50.5 | 50.5 |
| | (再掲)授乳婦 | 2 | 58.1 | 0.6 | 58.1 | 57.7 | 57.8 | 57.9 | 58.1 | 58.3 | 58.4 | 58.5 | 58.5 |
| | (再掲)妊婦・授乳婦 | 4 | 54.0 | 4.8 | 54.0 | 49.5 | 49.7 | 50.2 | 54.1 | 57.9 | 58.3 | 58.4 | 58.5 |

注) 単位:%

## 表20 コレステロール摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 132 | 107 | 31 | 34 | 37 | 48 | 94 | 214 | 250 | 262 | 271 |
| | 3～5歳 | 9 | 208 | 62 | 142 | 150 | 160 | 171 | 173 | 258 | 300 | 301 | 301 |
| | 6～7歳 | 9 | 297 | 187 | 63 | 106 | 160 | 188 | 230 | 379 | 565 | 596 | 622 |
| | 8～9歳 | 11 | 255 | 128 | 87 | 93 | 99 | 181 | 240 | 349 | 364 | 438 | 497 |
| | 10～11歳 | 12 | 282 | 151 | 147 | 156 | 166 | 193 | 234 | 314 | 415 | 543 | 660 |
| | 12～14歳 | 20 | 277 | 165 | 46 | 109 | 118 | 133 | 259 | 358 | 537 | 546 | 578 |
| | 15～17歳 | 9 | 378 | 183 | 113 | 136 | 165 | 292 | 381 | 454 | 575 | 641 | 694 |
| | 18～29歳 | 34 | 351 | 220 | 65 | 89 | 106 | 165 | 324 | 499 | 625 | 702 | 865 |
| | 30～49歳 | 129 | 347 | 224 | 42 | 94 | 128 | 186 | 292 | 444 | 671 | 752 | 1,081 |
| | 50～69歳 | 188 | 340 | 209 | 42 | 73 | 94 | 173 | 318 | 467 | 590 | 742 | 918 |
| | 70歳以上 | 249 | 318 | 179 | 36 | 77 | 91 | 185 | 312 | 420 | 539 | 646 | 769 |
| | (再掲)全年齢 | 675 | 326 | 198 | 35 | 77 | 99 | 173 | 300 | 429 | 584 | 706 | 920 |
| | (再掲)20歳以上 | 591 | 332 | 200 | 37 | 77 | 99 | 177 | 310 | 436 | 590 | 718 | 930 |
| | (再掲)65～74歳 | 162 | 328 | 188 | 41 | 72 | 91 | 182 | 333 | 435 | 557 | 619 | 740 |
| | (再掲)75歳以上 | 157 | 323 | 185 | 37 | 75 | 99 | 192 | 310 | 426 | 543 | 689 | 783 |
| 男性 | 1～2歳 | 1 | 30 | 0 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| | 3～5歳 | 4 | 217 | 74 | 141 | 145 | 149 | 164 | 215 | 268 | 287 | 294 | 299 |
| | 6～7歳 | 7 | 341 | 184 | 187 | 187 | 187 | 189 | 270 | 464 | 581 | 604 | 623 |
| | 8～9歳 | 6 | 218 | 89 | 103 | 116 | 134 | 174 | 217 | 243 | 304 | 334 | 358 |
| | 10～11歳 | 5 | 321 | 235 | 146 | 149 | 153 | 164 | 181 | 424 | 583 | 636 | 679 |
| | 12～14歳 | 11 | 313 | 163 | 120 | 126 | 133 | 159 | 318 | 444 | 537 | 540 | 543 |
| | 15～17歳 | 4 | 430 | 239 | 182 | 196 | 213 | 264 | 417 | 583 | 658 | 683 | 703 |
| | 18～29歳 | 15 | 361 | 232 | 99 | 114 | 126 | 159 | 221 | 560 | 665 | 701 | 714 |
| | 30～49歳 | 59 | 364 | 269 | 52 | 89 | 113 | 166 | 278 | 482 | 701 | 860 | 1,208 |
| | 50～69歳 | 84 | 381 | 229 | 62 | 81 | 136 | 228 | 362 | 474 | 699 | 787 | 1,000 |
| | 70歳以上 | 114 | 326 | 192 | 35 | 71 | 97 | 172 | 326 | 439 | 558 | 633 | 750 |
| | (再掲)全年齢 | 310 | 347 | 219 | 34 | 80 | 102 | 174 | 317 | 473 | 628 | 724 | 1,076 |
| | (再掲)20歳以上 | 266 | 352 | 223 | 38 | 78 | 102 | 179 | 328 | 473 | 627 | 742 | 1,099 |
| | (再掲)65～74歳 | 70 | 358 | 218 | 29 | 81 | 101 | 191 | 368 | 475 | 594 | 639 | 967 |
| | (再掲)75歳以上 | 73 | 333 | 192 | 48 | 82 | 101 | 215 | 318 | 439 | 552 | 667 | 845 |
| 女性 | 1～2歳 | 4 | 157 | 104 | 50 | 55 | 62 | 82 | 154 | 229 | 256 | 265 | 272 |
| | 3～5歳 | 5 | 200 | 57 | 166 | 167 | 169 | 173 | 173 | 185 | 255 | 278 | 297 |
| | 6～7歳 | 2 | 141 | 126 | 54 | 61 | 70 | 97 | 141 | 186 | 212 | 221 | 228 |
| | 8～9歳 | 5 | 299 | 163 | 90 | 108 | 130 | 197 | 347 | 352 | 448 | 480 | 505 |
| | 10～11歳 | 7 | 254 | 52 | 198 | 202 | 207 | 214 | 253 | 281 | 319 | 329 | 337 |
| | 12～14歳 | 9 | 234 | 166 | 37 | 63 | 96 | 119 | 218 | 300 | 394 | 490 | 567 |
| | 15～17歳 | 5 | 337 | 140 | 115 | 148 | 188 | 309 | 381 | 432 | 446 | 450 | 454 |
| | 18～29歳 | 19 | 343 | 217 | 62 | 76 | 95 | 179 | 330 | 463 | 538 | 659 | 883 |
| | 30～49歳 | 70 | 332 | 179 | 59 | 122 | 139 | 211 | 303 | 390 | 584 | 719 | 783 |
| | 50～69歳 | 104 | 306 | 186 | 41 | 62 | 87 | 151 | 283 | 426 | 535 | 618 | 795 |
| | 70歳以上 | 135 | 312 | 169 | 38 | 82 | 91 | 192 | 300 | 402 | 516 | 648 | 771 |
| | (再掲)全年齢 | 365 | 309 | 176 | 37 | 73 | 93 | 173 | 289 | 406 | 528 | 646 | 794 |
| | (再掲)20歳以上 | 325 | 316 | 179 | 38 | 77 | 94 | 177 | 297 | 413 | 537 | 659 | 796 |
| | (再掲)65～74歳 | 92 | 305 | 159 | 42 | 71 | 87 | 181 | 307 | 419 | 511 | 575 | 647 |
| | (再掲)75歳以上 | 84 | 314 | 179 | 37 | 67 | 95 | 184 | 301 | 404 | 521 | 679 | 778 |
| | (再掲)妊婦 | 2 | 716 | 43 | 686 | 688 | 691 | 700 | 716 | 731 | 740 | 743 | 745 |
| | (再掲)授乳婦 | 2 | 163 | 5 | 163 | 160 | 161 | 162 | 163 | 165 | 166 | 167 | 167 |
| | (再掲)妊婦・授乳婦 | 4 | 440 | 320 | 440 | 161 | 162 | 165 | 426 | 700 | 728 | 737 | 744 |

注） 単位：mg

## 表21 食物繊維総量摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 8.9 | 3.2 | 5.7 | 5.9 | 6.2 | 7.0 | 8.8 | 9.1 | 12.0 | 13.0 | 13.7 |
| | 3～5歳 | 9 | 11.9 | 2.2 | 9.4 | 9.8 | 10.2 | 10.5 | 11.0 | 12.4 | 15.0 | 15.6 | 16.1 |
| | 6～7歳 | 9 | 12.7 | 2.7 | 8.6 | 8.8 | 9.0 | 12.4 | 12.7 | 13.3 | 15.0 | 16.4 | 17.5 |
| | 8～9歳 | 11 | 14.5 | 4.4 | 8.1 | 8.6 | 9.2 | 11.9 | 13.7 | 17.1 | 18.0 | 20.6 | 22.7 |
| | 10～11歳 | 12 | 17.0 | 5.1 | 8.9 | 10.5 | 12.3 | 12.7 | 16.4 | 21.1 | 23.5 | 23.8 | 24.0 |
| | 12～14歳 | 20 | 18.1 | 5.5 | 10.2 | 12.2 | 13.3 | 14.6 | 16.7 | 20.4 | 26.4 | 26.9 | 30.9 |
| | 15～17歳 | 9 | 18.4 | 7.9 | 10.2 | 10.7 | 11.4 | 13.8 | 16.7 | 19.5 | 25.4 | 31.1 | 35.7 |
| | 18～29歳 | 34 | 15.7 | 5.1 | 6.3 | 8.5 | 9.4 | 11.9 | 16.1 | 19.8 | 21.7 | 23.2 | 25.4 |
| | 30～49歳 | 129 | 17.9 | 7.1 | 5.6 | 9.2 | 10.5 | 13.4 | 16.5 | 21.6 | 27.7 | 30.8 | 38.0 |
| | 50～69歳 | 188 | 20.2 | 6.6 | 6.9 | 9.6 | 11.8 | 15.3 | 20.2 | 24.0 | 28.8 | 31.1 | 37.2 |
| | 70歳以上 | 249 | 22.1 | 9.2 | 7.2 | 10.6 | 12.3 | 15.5 | 21.6 | 27.5 | 33.3 | 35.1 | 47.6 |
| | (再掲)全年齢 | 675 | 19.7 | 7.9 | 6.7 | 9.2 | 10.7 | 14.0 | 18.6 | 23.9 | 30.4 | 33.4 | 41.1 |
| | (再掲)20歳以上 | 591 | 20.3 | 8.0 | 6.8 | 9.2 | 11.1 | 14.5 | 19.4 | 24.7 | 30.7 | 33.7 | 41.4 |
| | (再掲)65～74歳 | 162 | 21.9 | 7.3 | 7.4 | 10.8 | 12.4 | 16.3 | 22.2 | 27.3 | 31.0 | 33.4 | 38.2 |
| | (再掲)75歳以上 | 157 | 22.0 | 9.9 | 7.3 | 10.2 | 12.4 | 15.4 | 20.7 | 26.4 | 33.5 | 36.5 | 53.1 |
| 男性 | 1～2歳 | 1 | 5.6 | 0.0 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 |
| | 3～5歳 | 4 | 11.7 | 3.1 | 9.3 | 9.5 | 9.6 | 10.2 | 10.6 | 12.0 | 14.5 | 15.4 | 16.1 |
| | 6～7歳 | 7 | 12.6 | 3.1 | 8.6 | 8.7 | 8.9 | 10.9 | 12.7 | 13.8 | 15.7 | 16.7 | 17.5 |
| | 8～9歳 | 6 | 14.3 | 3.5 | 8.2 | 9.3 | 10.7 | 13.6 | 14.9 | 16.3 | 17.2 | 17.6 | 17.9 |
| | 10～11歳 | 5 | 18.0 | 4.8 | 12.7 | 13.2 | 13.8 | 15.5 | 15.8 | 22.7 | 23.2 | 23.4 | 23.6 |
| | 12～14歳 | 11 | 18.5 | 3.8 | 14.5 | 14.6 | 14.6 | 16.6 | 17.5 | 20.1 | 23.4 | 24.9 | 26.0 |
| | 15～17歳 | 4 | 23.7 | 9.1 | 16.7 | 17.0 | 17.3 | 18.3 | 20.7 | 26.1 | 32.5 | 34.7 | 36.4 |
| | 18～29歳 | 15 | 16.6 | 5.2 | 7.9 | 9.6 | 11.5 | 13.1 | 16.4 | 20.1 | 23.6 | 25.3 | 25.5 |
| | 30～49歳 | 59 | 19.4 | 8.2 | 6.4 | 10.0 | 10.6 | 14.2 | 17.7 | 23.5 | 30.8 | 34.8 | 41.2 |
| | 50～69歳 | 84 | 21.0 | 6.8 | 7.2 | 10.2 | 12.3 | 16.2 | 21.1 | 25.1 | 30.5 | 30.9 | 38.4 |
| | 70歳以上 | 114 | 23.6 | 10.6 | 6.9 | 10.2 | 12.4 | 16.0 | 22.5 | 30.1 | 34.5 | 39.8 | 51.0 |
| | (再掲)全年齢 | 310 | 20.8 | 8.8 | 6.3 | 9.2 | 11.1 | 14.6 | 19.4 | 25.8 | 31.3 | 34.7 | 42.4 |
| | (再掲)20歳以上 | 266 | 21.6 | 9.1 | 6.7 | 9.8 | 11.5 | 15.2 | 20.7 | 26.6 | 31.9 | 35.1 | 43.4 |
| | (再掲)65～74歳 | 70 | 23.1 | 7.8 | 8.0 | 11.2 | 12.5 | 16.9 | 23.5 | 28.6 | 33.0 | 34.6 | 39.5 |
| | (再掲)75歳以上 | 73 | 23.7 | 11.6 | 6.4 | 11.1 | 13.3 | 15.9 | 21.9 | 30.4 | 34.6 | 40.6 | 60.9 |
| 女性 | 1～2歳 | 4 | 9.7 | 3.0 | 7.0 | 7.2 | 7.5 | 8.3 | 8.9 | 10.3 | 12.5 | 13.2 | 13.8 |
| | 3～5歳 | 5 | 12.0 | 1.7 | 10.5 | 10.6 | 10.7 | 11.0 | 11.4 | 12.4 | 13.8 | 14.3 | 14.6 |
| | 6～7歳 | 2 | 12.8 | 0.6 | 12.4 | 12.5 | 12.5 | 12.6 | 12.8 | 13.0 | 13.1 | 13.2 | 13.2 |
| | 8～9歳 | 5 | 14.8 | 5.8 | 9.2 | 9.5 | 9.7 | 10.5 | 13.3 | 17.8 | 21.1 | 22.2 | 23.0 |
| | 10～11歳 | 7 | 16.3 | 5.5 | 8.7 | 9.6 | 10.7 | 12.5 | 16.9 | 20.0 | 22.0 | 23.0 | 23.8 |
| | 12～14歳 | 9 | 17.7 | 7.2 | 9.9 | 10.8 | 11.8 | 13.4 | 14.8 | 19.8 | 27.7 | 29.8 | 31.5 |
| | 15～17歳 | 5 | 14.2 | 3.7 | 10.2 | 10.4 | 10.7 | 11.7 | 13.8 | 16.1 | 18.1 | 18.8 | 19.4 |
| | 18～29歳 | 19 | 15.0 | 5.0 | 6.3 | 8.7 | 9.1 | 10.7 | 15.7 | 19.2 | 21.6 | 21.9 | 22.1 |
| | 30～49歳 | 70 | 16.6 | 5.6 | 5.9 | 9.1 | 10.2 | 12.1 | 16.1 | 20.5 | 24.0 | 25.7 | 30.0 |
| | 50～69歳 | 104 | 19.6 | 6.3 | 6.9 | 9.6 | 11.3 | 15.2 | 19.6 | 23.1 | 27.7 | 31.1 | 33.3 |
| | 70歳以上 | 135 | 20.8 | 7.6 | 8.3 | 11.2 | 12.4 | 14.8 | 19.9 | 25.1 | 30.9 | 33.9 | 39.4 |
| | (再掲)全年齢 | 365 | 18.7 | 6.9 | 6.9 | 9.1 | 10.5 | 13.5 | 17.8 | 23.0 | 27.8 | 31.7 | 36.0 |
| | (再掲)20歳以上 | 325 | 19.2 | 7.0 | 6.9 | 9.2 | 10.8 | 14.2 | 18.4 | 23.1 | 28.3 | 31.8 | 36.2 |
| | (再掲)65～74歳 | 92 | 21.0 | 6.8 | 7.7 | 10.9 | 12.4 | 16.0 | 21.8 | 25.9 | 29.8 | 31.7 | 35.2 |
| | (再掲)75歳以上 | 84 | 20.6 | 8.0 | 8.1 | 9.5 | 12.3 | 14.6 | 19.0 | 24.4 | 31.4 | 33.8 | 43.2 |
| | (再掲)妊婦 | 2 | 14.9 | 1.0 | 14.1 | 14.2 | 14.3 | 14.5 | 14.9 | 15.2 | 15.5 | 15.5 | 15.6 |
| | (再掲)授乳婦 | 2 | 16.0 | 7.9 | 16.0 | 10.9 | 11.5 | 13.2 | 16.0 | 18.7 | 20.4 | 21.0 | 21.4 |
| | (再掲)妊婦・授乳婦 | 4 | 15.4 | 4.6 | 15.4 | 11.0 | 11.5 | 13.2 | 14.9 | 17.1 | 19.8 | 20.6 | 21.3 |

注) 単位:g

## 表22 水溶性食物繊維摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 2.1 | 0.9 | 1.2 | 1.3 | 1.4 | 1.5 | 1.8 | 2.6 | 3.0 | 3.2 | 3.3 |
| | 3～5歳 | 9 | 2.4 | 1.1 | 1.5 | 1.5 | 1.5 | 1.8 | 2.0 | 2.4 | 4.0 | 4.2 | 4.4 |
| | 6～7歳 | 9 | 2.5 | 1.1 | 1.2 | 1.3 | 1.6 | 1.8 | 2.3 | 2.5 | 3.9 | 4.3 | 4.6 |
| | 8～9歳 | 11 | 3.0 | 1.4 | 1.2 | 1.2 | 1.3 | 2.0 | 2.7 | 3.8 | 4.8 | 5.2 | 5.5 |
| | 10～11歳 | 12 | 3.5 | 1.5 | 1.6 | 1.8 | 2.0 | 2.5 | 3.1 | 5.0 | 5.6 | 5.7 | 5.7 |
| | 12～14歳 | 20 | 3.6 | 1.9 | 1.6 | 1.9 | 2.0 | 2.4 | 3.1 | 4.1 | 5.9 | 6.5 | 9.1 |
| | 15～17歳 | 9 | 3.1 | 1.2 | 2.1 | 2.1 | 2.2 | 2.2 | 2.6 | 4.0 | 4.8 | 5.0 | 5.1 |
| | 18～29歳 | 34 | 2.4 | 1.2 | 0.3 | 0.4 | 1.0 | 1.5 | 2.4 | 3.3 | 3.9 | 4.3 | 4.9 |
| | 30～49歳 | 129 | 3.4 | 1.8 | 0.8 | 1.1 | 1.3 | 2.3 | 3.0 | 4.4 | 5.6 | 6.4 | 7.8 |
| | 50～69歳 | 188 | 3.9 | 1.6 | 0.8 | 1.3 | 1.9 | 2.8 | 3.8 | 5.1 | 6.0 | 6.8 | 7.3 |
| | 70歳以上 | 249 | 4.5 | 2.2 | 0.8 | 1.5 | 1.9 | 2.8 | 4.4 | 5.8 | 7.1 | 7.9 | 11.8 |
| | (再掲)全年齢 | 675 | 3.9 | 1.9 | 0.7 | 1.3 | 1.6 | 2.5 | 3.6 | 5.1 | 6.3 | 7.1 | 10.2 |
| | (再掲)20歳以上 | 591 | 4.0 | 2.0 | 0.7 | 1.3 | 1.7 | 2.6 | 3.7 | 5.1 | 6.5 | 7.2 | 10.5 |
| | (再掲)65～74歳 | 162 | 4.6 | 2.0 | 0.7 | 1.5 | 2.0 | 3.0 | 4.7 | 5.8 | 7.0 | 7.6 | 10.0 |
| | (再掲)75歳以上 | 157 | 4.3 | 2.2 | 1.0 | 1.5 | 1.8 | 2.8 | 4.1 | 5.3 | 6.7 | 7.9 | 12.4 |
| 男性 | 1～2歳 | 1 | 1.5 | 0.0 | 1.5 | 1.5 | 1.5 | 1.5 | 1.5 | 1.5 | 1.5 | 1.5 | 1.5 |
| | 3～5歳 | 4 | 2.6 | 1.2 | 1.6 | 1.6 | 1.7 | 2.0 | 2.3 | 2.9 | 3.8 | 4.1 | 4.4 |
| | 6～7歳 | 7 | 2.3 | 1.1 | 1.2 | 1.3 | 1.5 | 1.8 | 2.2 | 2.4 | 3.4 | 4.1 | 4.6 |
| | 8～9歳 | 6 | 3.0 | 1.1 | 1.6 | 1.8 | 2.0 | 2.6 | 2.7 | 3.3 | 4.1 | 4.5 | 4.7 |
| | 10～11歳 | 5 | 3.3 | 1.6 | 1.6 | 1.7 | 1.9 | 2.6 | 2.9 | 3.8 | 5.0 | 5.3 | 5.7 |
| | 12～14歳 | 11 | 3.3 | 1.3 | 1.6 | 1.7 | 1.9 | 2.5 | 3.1 | 3.7 | 4.3 | 5.3 | 6.1 |
| | 15～17歳 | 4 | 3.7 | 1.5 | 2.1 | 2.1 | 2.3 | 2.6 | 3.8 | 4.8 | 5.0 | 5.0 | 5.1 |
| | 18～29歳 | 15 | 2.3 | 1.1 | 0.5 | 1.0 | 1.4 | 1.5 | 2.4 | 3.1 | 3.8 | 4.1 | 4.2 |
| | 30～49歳 | 59 | 3.4 | 2.0 | 0.8 | 1.1 | 1.3 | 2.2 | 3.0 | 4.3 | 5.9 | 6.2 | 9.6 |
| | 50～69歳 | 84 | 4.0 | 1.6 | 0.9 | 1.6 | 1.9 | 2.9 | 3.7 | 5.1 | 5.9 | 7.0 | 7.4 |
| | 70歳以上 | 114 | 4.7 | 2.4 | 0.6 | 1.5 | 1.9 | 2.9 | 4.5 | 5.9 | 7.2 | 8.6 | 12.3 |
| | (再掲)全年齢 | 310 | 3.9 | 2.1 | 0.6 | 1.2 | 1.6 | 2.5 | 3.5 | 5.1 | 6.5 | 7.2 | 10.9 |
| | (再掲)20歳以上 | 266 | 4.1 | 2.1 | 0.6 | 1.2 | 1.7 | 2.7 | 3.7 | 5.3 | 6.6 | 7.2 | 11.5 |
| | (再掲)65～74歳 | 70 | 4.7 | 2.1 | 0.7 | 1.4 | 2.0 | 3.0 | 5.0 | 6.0 | 6.9 | 7.9 | 10.4 |
| | (再掲)75歳以上 | 73 | 4.5 | 2.4 | 0.9 | 1.7 | 1.9 | 2.9 | 4.1 | 5.6 | 7.2 | 8.3 | 12.9 |
| 女性 | 1～2歳 | 4 | 2.3 | 0.9 | 1.3 | 1.3 | 1.4 | 1.7 | 2.2 | 2.8 | 3.1 | 3.2 | 3.3 |
| | 3～5歳 | 5 | 2.2 | 1.0 | 1.5 | 1.6 | 1.6 | 1.8 | 1.9 | 2.0 | 3.1 | 3.5 | 3.8 |
| | 6～7歳 | 2 | 3.1 | 0.9 | 2.5 | 2.5 | 2.6 | 2.8 | 3.1 | 3.4 | 3.6 | 3.7 | 3.7 |
| | 8～9歳 | 5 | 3.0 | 1.9 | 1.2 | 1.2 | 1.2 | 1.3 | 2.6 | 4.1 | 5.0 | 5.3 | 5.5 |
| | 10～11歳 | 7 | 3.7 | 1.5 | 2.0 | 2.0 | 2.1 | 2.5 | 3.3 | 5.1 | 5.4 | 5.5 | 5.6 |
| | 12～14歳 | 9 | 4.1 | 2.5 | 2.1 | 2.2 | 2.3 | 2.4 | 2.9 | 5.2 | 6.7 | 8.2 | 9.5 |
| | 15～17歳 | 5 | 2.6 | 0.8 | 2.2 | 2.2 | 2.2 | 2.2 | 2.2 | 2.6 | 3.4 | 3.7 | 3.9 |
| | 18～29歳 | 19 | 2.5 | 1.3 | 0.4 | 0.4 | 0.8 | 1.9 | 2.4 | 3.3 | 3.8 | 4.5 | 5.0 |
| | 30～49歳 | 70 | 3.3 | 1.6 | 0.9 | 1.2 | 1.4 | 2.3 | 3.1 | 4.3 | 5.5 | 6.3 | 7.2 |
| | 50～69歳 | 104 | 3.9 | 1.6 | 0.9 | 1.3 | 1.9 | 2.8 | 3.9 | 4.9 | 6.0 | 6.6 | 7.1 |
| | 70歳以上 | 135 | 4.4 | 2.0 | 1.1 | 1.5 | 1.8 | 2.8 | 4.3 | 5.5 | 6.9 | 7.5 | 10.7 |
| | (再掲)全年齢 | 365 | 3.8 | 1.8 | 0.9 | 1.3 | 1.6 | 2.5 | 3.6 | 4.9 | 6.0 | 6.8 | 9.8 |
| | (再掲)20歳以上 | 325 | 3.9 | 1.8 | 0.9 | 1.3 | 1.6 | 2.6 | 3.7 | 5.0 | 6.1 | 6.9 | 9.4 |
| | (再掲)65～74歳 | 92 | 4.5 | 1.9 | 1.0 | 1.5 | 2.0 | 3.0 | 4.5 | 5.7 | 7.1 | 7.6 | 9.8 |
| | (再掲)75歳以上 | 84 | 4.2 | 2.0 | 1.1 | 1.4 | 1.7 | 2.8 | 4.2 | 5.0 | 6.3 | 7.2 | 11.3 |
| | (再掲)妊婦 | 2 | 3.3 | 0.0 | 3.3 | 3.3 | 3.3 | 3.3 | 3.3 | 3.3 | 3.3 | 3.3 | 3.4 |
| | (再掲)授乳婦 | 2 | 2.9 | 0.6 | 2.9 | 2.5 | 2.5 | 2.7 | 2.9 | 3.1 | 3.3 | 3.3 | 3.3 |
| | (再掲)妊婦・授乳婦 | 4 | 3.1 | 0.4 | 3.1 | 2.6 | 2.7 | 3.1 | 3.3 | 3.4 | 3.4 | 3.4 | 3.4 |

注) 単位:g

## 表23 不溶性食物繊維摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 5.7 | 1.9 | 3.7 | 3.9 | 4.2 | 5.0 | 5.0 | 6.3 | 7.7 | 8.2 | 8.5 |
| | 3～5歳 | 9 | 7.2 | 1.2 | 6.0 | 6.0 | 6.1 | 6.7 | 6.7 | 7.7 | 9.1 | 9.1 | 9.2 |
| | 6～7歳 | 9 | 7.5 | 1.8 | 5.2 | 5.2 | 5.3 | 6.5 | 7.5 | 8.3 | 9.3 | 10.2 | 10.9 |
| | 8～9歳 | 11 | 8.8 | 2.7 | 5.1 | 5.2 | 5.3 | 6.8 | 9.5 | 10.4 | 11.4 | 12.6 | 13.6 |
| | 10～11歳 | 12 | 10.1 | 3.0 | 6.1 | 6.5 | 7.0 | 7.5 | 9.7 | 12.0 | 14.1 | 14.3 | 14.6 |
| | 12～14歳 | 20 | 10.6 | 3.4 | 5.4 | 7.2 | 7.6 | 8.8 | 9.4 | 13.3 | 14.1 | 15.3 | 18.9 |
| | 15～17歳 | 9 | 11.0 | 5.7 | 6.1 | 6.4 | 6.7 | 7.6 | 9.9 | 10.8 | 15.3 | 20.2 | 24.1 |
| | 18～29歳 | 34 | 8.9 | 3.0 | 2.6 | 4.4 | 5.2 | 6.9 | 8.9 | 11.0 | 12.8 | 13.3 | 14.1 |
| | 30～49歳 | 129 | 10.9 | 4.7 | 3.3 | 4.9 | 6.1 | 7.4 | 9.6 | 13.5 | 17.4 | 19.9 | 24.6 |
| | 50～69歳 | 188 | 12.7 | 4.6 | 3.9 | 5.9 | 6.9 | 9.3 | 12.7 | 15.6 | 17.8 | 20.3 | 25.1 |
| | 70歳以上 | 249 | 14.3 | 6.5 | 4.1 | 5.9 | 7.7 | 9.8 | 13.6 | 17.7 | 21.9 | 24.5 | 33.0 |
| | (再掲)全年齢 | 675 | 12.4 | 5.6 | 3.7 | 5.1 | 6.4 | 8.4 | 11.4 | 15.3 | 19.5 | 22.0 | 27.8 |
| | (再掲)20歳以上 | 591 | 12.8 | 5.7 | 3.7 | 5.2 | 6.5 | 8.8 | 12.0 | 16.0 | 19.7 | 22.2 | 27.9 |
| | (再掲)65～74歳 | 162 | 14.1 | 5.1 | 3.9 | 6.8 | 7.7 | 10.4 | 14.4 | 17.4 | 20.4 | 23.0 | 26.9 |
| | (再掲)75歳以上 | 157 | 14.3 | 7.1 | 4.4 | 5.7 | 7.5 | 9.6 | 12.8 | 17.4 | 21.9 | 25.7 | 38.4 |
| 男性 | 1～2歳 | 1 | 3.7 | 0.0 | 3.7 | 3.7 | 3.7 | 3.7 | 3.7 | 3.7 | 3.7 | 3.7 | 3.7 |
| | 3～5歳 | 4 | 7.2 | 1.4 | 6.1 | 6.1 | 6.2 | 6.5 | 6.7 | 7.3 | 8.4 | 8.8 | 9.1 |
| | 6～7歳 | 7 | 7.3 | 2.0 | 5.2 | 5.2 | 5.2 | 5.9 | 7.0 | 8.1 | 9.4 | 10.2 | 10.9 |
| | 8～9歳 | 6 | 8.6 | 2.0 | 5.4 | 5.9 | 6.4 | 7.7 | 8.9 | 9.6 | 10.4 | 10.8 | 11.1 |
| | 10～11歳 | 5 | 10.6 | 3.4 | 7.0 | 7.3 | 7.7 | 8.8 | 8.9 | 13.7 | 14.3 | 14.5 | 14.6 |
| | 12～14歳 | 11 | 10.6 | 2.3 | 7.7 | 8.2 | 8.8 | 9.1 | 9.8 | 12.0 | 13.7 | 14.4 | 15.0 |
| | 15～17歳 | 4 | 14.5 | 7.2 | 9.9 | 10.0 | 10.0 | 10.2 | 11.5 | 15.9 | 21.4 | 23.3 | 24.7 |
| | 18～29歳 | 15 | 8.9 | 3.0 | 2.6 | 4.9 | 6.4 | 7.8 | 8.4 | 10.7 | 12.5 | 13.6 | 14.3 |
| | 30～49歳 | 59 | 11.6 | 5.5 | 3.5 | 5.0 | 6.2 | 8.1 | 9.6 | 14.2 | 19.7 | 22.5 | 26.5 |
| | 50～69歳 | 84 | 12.8 | 4.5 | 4.1 | 6.0 | 7.2 | 9.8 | 13.0 | 15.6 | 17.4 | 19.5 | 27.8 |
| | 70歳以上 | 114 | 15.1 | 7.4 | 3.5 | 6.0 | 7.8 | 10.6 | 14.3 | 18.9 | 22.7 | 26.3 | 36.3 |
| | (再掲)全年齢 | 310 | 12.8 | 6.2 | 3.1 | 5.2 | 6.7 | 8.7 | 11.8 | 15.6 | 20.3 | 23.7 | 28.1 |
| | (再掲)20歳以上 | 266 | 13.4 | 6.3 | 3.1 | 5.2 | 6.7 | 8.9 | 12.6 | 16.3 | 20.6 | 24.2 | 28.4 |
| | (再掲)65～74歳 | 70 | 14.6 | 5.4 | 3.8 | 7.0 | 7.7 | 10.8 | 14.5 | 17.8 | 21.0 | 23.3 | 27.9 |
| | (再掲)75歳以上 | 73 | 15.2 | 8.2 | 3.6 | 6.9 | 8.1 | 10.1 | 13.2 | 19.1 | 23.5 | 26.4 | 43.5 |
| 女性 | 1～2歳 | 4 | 6.2 | 1.7 | 5.0 | 5.0 | 5.0 | 5.0 | 5.7 | 6.9 | 7.9 | 8.3 | 8.6 |
| | 3～5歳 | 5 | 7.3 | 1.2 | 6.1 | 6.2 | 6.3 | 6.7 | 7.1 | 7.7 | 8.5 | 8.8 | 9.0 |
| | 6～7歳 | 2 | 8.2 | 0.9 | 7.5 | 7.6 | 7.6 | 7.8 | 8.2 | 8.5 | 8.7 | 8.7 | 8.8 |
| | 8～9歳 | 5 | 9.2 | 3.6 | 5.1 | 5.3 | 5.5 | 6.0 | 9.5 | 11.4 | 12.8 | 13.3 | 13.7 |
| | 10～11歳 | 7 | 9.7 | 2.8 | 6.1 | 6.5 | 6.9 | 7.5 | 10.5 | 11.1 | 12.5 | 13.3 | 13.9 |
| | 12～14歳 | 9 | 10.5 | 4.5 | 5.2 | 5.9 | 6.9 | 8.2 | 8.8 | 13.9 | 15.2 | 17.5 | 19.3 |
| | 15～17歳 | 5 | 8.1 | 1.9 | 6.1 | 6.2 | 6.4 | 6.9 | 7.6 | 9.2 | 10.2 | 10.5 | 10.8 |
| | 18～29歳 | 19 | 8.8 | 3.0 | 3.9 | 4.7 | 5.0 | 6.1 | 9.7 | 10.8 | 12.8 | 12.9 | 13.2 |
| | 30～49歳 | 70 | 10.3 | 3.9 | 3.6 | 4.9 | 6.1 | 7.3 | 9.6 | 12.8 | 16.3 | 17.5 | 19.8 |
| | 50～69歳 | 104 | 12.6 | 4.6 | 3.9 | 5.9 | 6.7 | 9.1 | 12.4 | 15.3 | 18.7 | 21.8 | 23.3 |
| | 70歳以上 | 135 | 13.6 | 5.5 | 4.7 | 6.0 | 7.4 | 9.2 | 12.8 | 17.0 | 20.5 | 22.8 | 26.2 |
| | (再掲)全年齢 | 365 | 12.0 | 5.0 | 3.9 | 5.1 | 6.3 | 8.3 | 11.0 | 14.8 | 18.7 | 21.0 | 24.7 |
| | (再掲)20歳以上 | 325 | 12.3 | 5.0 | 3.9 | 5.3 | 6.4 | 8.7 | 11.6 | 15.5 | 19.1 | 21.8 | 24.8 |
| | (再掲)65～74歳 | 92 | 13.8 | 4.8 | 4.5 | 6.7 | 7.5 | 10.0 | 13.9 | 17.2 | 19.6 | 22.2 | 24.2 |
| | (再掲)75歳以上 | 84 | 13.5 | 5.9 | 4.9 | 5.5 | 7.2 | 9.2 | 12.5 | 16.8 | 20.8 | 23.4 | 28.6 |
| | (再掲)妊婦 | 2 | 8.9 | 1.1 | 8.2 | 8.2 | 8.3 | 8.5 | 8.9 | 9.3 | 9.6 | 9.7 | 9.7 |
| | (再掲)授乳婦 | 2 | 9.5 | 4.6 | 9.5 | 6.6 | 7.0 | 7.9 | 9.5 | 11.2 | 12.1 | 12.4 | 12.7 |
| | (再掲)妊婦・授乳婦 | 4 | 9.2 | 2.7 | 9.2 | 6.6 | 6.9 | 7.7 | 8.9 | 10.5 | 11.9 | 12.3 | 12.7 |

注) 単位:g

## 表24 ビタミンA摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 363 | 188 | 205 | 212 | 222 | 251 | 255 | 455 | 572 | 612 | 643 |
| | 3～5歳 | 9 | 433 | 190 | 245 | 247 | 249 | 320 | 354 | 549 | 683 | 737 | 781 |
| | 6～7歳 | 9 | 572 | 483 | 210 | 220 | 231 | 355 | 419 | 582 | 860 | 1,329 | 1,705 |
| | 8～9歳 | 11 | 535 | 332 | 131 | 192 | 270 | 303 | 510 | 630 | 803 | 1,063 | 1,272 |
| | 10～11歳 | 12 | 458 | 189 | 231 | 255 | 283 | 309 | 403 | 620 | 724 | 764 | 793 |
| | 12～14歳 | 20 | 434 | 234 | 97 | 190 | 237 | 279 | 437 | 465 | 633 | 727 | 1,106 |
| | 15～17歳 | 9 | 334 | 233 | 141 | 145 | 150 | 165 | 200 | 473 | 705 | 705 | 705 |
| | 18～29歳 | 34 | 306 | 177 | 34 | 65 | 94 | 180 | 283 | 408 | 471 | 677 | 727 |
| | 30～49歳 | 129 | 438 | 382 | 37 | 78 | 105 | 233 | 350 | 527 | 758 | 1,011 | 1,800 |
| | 50～69歳 | 188 | 466 | 344 | 59 | 100 | 136 | 241 | 420 | 595 | 760 | 1,026 | 1,689 |
| | 70歳以上 | 249 | 575 | 618 | 48 | 113 | 178 | 293 | 457 | 638 | 996 | 1,336 | 3,013 |
| | (再掲)全年齢 | 675 | 491 | 465 | 43 | 92 | 148 | 255 | 406 | 600 | 819 | 1,157 | 1,916 |
| | (再掲)20歳以上 | 591 | 498 | 487 | 39 | 86 | 137 | 252 | 407 | 603 | 850 | 1,176 | 1,931 |
| | (再掲)65～74歳 | 162 | 509 | 313 | 111 | 145 | 186 | 290 | 464 | 631 | 821 | 1,112 | 1,799 |
| | (再掲)75歳以上 | 157 | 615 | 735 | 48 | 99 | 150 | 296 | 457 | 656 | 1,138 | 1,390 | 4,048 |
| 男性 | 1～2歳 | 1 | 255 | 0 | 255 | 255 | 255 | 255 | 255 | 255 | 255 | 255 | 255 |
| | 3～5歳 | 4 | 459 | 264 | 244 | 245 | 246 | 249 | 400 | 610 | 719 | 755 | 785 |
| | 6～7歳 | 7 | 445 | 150 | 217 | 252 | 296 | 361 | 419 | 571 | 599 | 612 | 622 |
| | 8～9歳 | 6 | 596 | 405 | 128 | 180 | 245 | 409 | 567 | 627 | 976 | 1,150 | 1,289 |
| | 10～11歳 | 5 | 489 | 263 | 227 | 236 | 247 | 280 | 404 | 734 | 774 | 787 | 798 |
| | 12～14歳 | 11 | 440 | 111 | 243 | 251 | 261 | 430 | 447 | 480 | 550 | 587 | 617 |
| | 15～17歳 | 4 | 506 | 267 | 150 | 190 | 240 | 390 | 589 | 705 | 705 | 705 | 705 |
| | 18～29歳 | 15 | 347 | 190 | 97 | 134 | 166 | 208 | 325 | 422 | 615 | 724 | 729 |
| | 30～49歳 | 59 | 454 | 467 | 34 | 73 | 96 | 218 | 353 | 522 | 741 | 1,048 | 2,399 |
| | 50～69歳 | 84 | 473 | 306 | 58 | 100 | 136 | 257 | 446 | 605 | 769 | 869 | 1,694 |
| | 70歳以上 | 114 | 561 | 492 | 48 | 107 | 161 | 285 | 481 | 631 | 1,071 | 1,305 | 1,900 |
| | (再掲)全年齢 | 310 | 496 | 407 | 40 | 98 | 146 | 256 | 434 | 619 | 802 | 1,158 | 1,903 |
| | (再掲)20歳以上 | 266 | 501 | 430 | 37 | 89 | 131 | 251 | 431 | 619 | 850 | 1,183 | 1,917 |
| | (再掲)65～74歳 | 70 | 544 | 333 | 96 | 151 | 220 | 323 | 502 | 645 | 824 | 1,158 | 1,836 |
| | (再掲)75歳以上 | 73 | 592 | 561 | 51 | 103 | 161 | 298 | 458 | 651 | 1,229 | 1,348 | 2,420 |
| 女性 | 1～2歳 | 4 | 390 | 206 | 204 | 210 | 217 | 239 | 353 | 504 | 592 | 621 | 645 |
| | 3～5歳 | 5 | 413 | 137 | 321 | 326 | 333 | 352 | 354 | 383 | 547 | 601 | 645 |
| | 6～7歳 | 2 | 1,018 | 1,105 | 253 | 315 | 393 | 627 | 1,018 | 1,409 | 1,643 | 1,721 | 1,784 |
| | 8～9歳 | 5 | 463 | 242 | 270 | 271 | 273 | 278 | 329 | 633 | 735 | 769 | 796 |
| | 10～11歳 | 7 | 437 | 135 | 306 | 307 | 308 | 348 | 403 | 510 | 623 | 628 | 632 |
| | 12～14歳 | 9 | 426 | 338 | 84 | 123 | 172 | 268 | 315 | 438 | 802 | 1,001 | 1,160 |
| | 15～17歳 | 5 | 196 | 47 | 153 | 155 | 158 | 165 | 188 | 200 | 244 | 259 | 270 |
| | 18～29歳 | 19 | 275 | 165 | 30 | 50 | 67 | 170 | 266 | 395 | 451 | 495 | 621 |
| | 30～49歳 | 70 | 425 | 296 | 46 | 82 | 123 | 253 | 349 | 544 | 760 | 940 | 1,500 |
| | 50～69歳 | 104 | 459 | 374 | 64 | 102 | 140 | 228 | 380 | 585 | 749 | 1,054 | 1,288 |
| | 70歳以上 | 135 | 587 | 708 | 49 | 120 | 189 | 295 | 443 | 645 | 966 | 1,368 | 3,287 |
| | (再掲)全年齢 | 365 | 487 | 510 | 46 | 87 | 153 | 255 | 383 | 590 | 828 | 1,113 | 1,921 |
| | (再掲)20歳以上 | 325 | 495 | 529 | 45 | 83 | 140 | 253 | 391 | 597 | 849 | 1,113 | 1,968 |
| | (再掲)65～74歳 | 92 | 482 | 297 | 114 | 142 | 180 | 274 | 419 | 598 | 789 | 1,024 | 1,473 |
| | (再掲)75歳以上 | 84 | 635 | 862 | 46 | 86 | 151 | 295 | 457 | 659 | 1,042 | 1,518 | 4,435 |
| | (再掲)妊婦 | 2 | 434 | 168 | 318 | 327 | 339 | 375 | 434 | 493 | 529 | 541 | 550 |
| | (再掲)授乳婦 | 2 | 263 | 256 | 263 | 100 | 118 | 172 | 263 | 354 | 408 | 426 | 440 |
| | (再掲)妊婦・授乳婦 | 4 | 349 | 203 | 349 | 117 | 152 | 257 | 380 | 471 | 520 | 536 | 549 |

注） 単位：μgRAE

## 表25 ビタミンD摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 3.9 | 5.5 | 0.3 | 0.3 | 0.3 | 0.3 | 1.4 | 4.2 | 9.7 | 11.5 | 12.9 |
| | 3～5歳 | 9 | 10.4 | 8.9 | 1.0 | 1.2 | 1.3 | 1.8 | 7.1 | 18.2 | 21.5 | 22.9 | 24.0 |
| | 6～7歳 | 9 | 3.3 | 2.1 | 1.3 | 1.4 | 1.4 | 1.8 | 2.2 | 5.3 | 5.9 | 6.4 | 6.8 |
| | 8～9歳 | 11 | 2.5 | 1.5 | 0.8 | 1.1 | 1.4 | 1.7 | 2.4 | 2.8 | 2.8 | 4.7 | 6.3 |
| | 10～11歳 | 12 | 5.4 | 5.0 | 1.6 | 1.6 | 1.6 | 2.0 | 3.9 | 7.3 | 9.0 | 13.7 | 18.0 |
| | 12～14歳 | 20 | 5.7 | 4.8 | 1.8 | 1.8 | 1.9 | 2.9 | 3.8 | 6.1 | 12.5 | 14.1 | 18.3 |
| | 15～17歳 | 9 | 4.9 | 3.8 | 1.2 | 1.3 | 1.3 | 2.1 | 3.8 | 6.8 | 10.2 | 11.0 | 11.6 |
| | 18～29歳 | 34 | 3.8 | 5.0 | 0.4 | 0.4 | 0.6 | 1.2 | 1.9 | 3.4 | 11.2 | 15.9 | 19.2 |
| | 30～49歳 | 129 | 6.3 | 7.6 | 0.2 | 0.6 | 0.9 | 1.4 | 2.7 | 10.2 | 14.8 | 21.3 | 37.6 |
| | 50～69歳 | 188 | 7.2 | 9.2 | 0.2 | 0.5 | 0.9 | 1.8 | 3.0 | 9.3 | 18.3 | 23.4 | 40.3 |
| | 70歳以上 | 249 | 8.8 | 9.6 | 0.2 | 0.5 | 1.0 | 1.8 | 5.1 | 12.6 | 20.4 | 27.9 | 46.0 |
| | (再掲)全年齢 | 675 | 7.2 | 8.6 | 0.2 | 0.5 | 0.9 | 1.6 | 3.4 | 10.8 | 18.5 | 23.4 | 38.0 |
| | (再掲)20歳以上 | 591 | 7.5 | 9.0 | 0.2 | 0.5 | 0.9 | 1.6 | 3.5 | 11.3 | 18.8 | 24.5 | 38.1 |
| | (再掲)65～74歳 | 162 | 7.6 | 7.9 | 0.3 | 0.7 | 1.0 | 1.9 | 4.5 | 11.3 | 18.5 | 23.1 | 37.1 |
| | (再掲)75歳以上 | 157 | 9.7 | 10.5 | 0.3 | 0.5 | 1.1 | 1.8 | 6.1 | 13.2 | 21.5 | 28.9 | 53.7 |
| 男性 | 1～2歳 | 1 | 0.3 | 0.0 | 0.3 | 0.3 | 0.3 | 0.3 | 0.3 | 0.3 | 0.3 | 0.3 | 0.3 |
| | 3～5歳 | 4 | 9.9 | 7.0 | 2.0 | 2.6 | 3.4 | 5.7 | 9.7 | 13.8 | 16.4 | 17.3 | 18.0 |
| | 6～7歳 | 7 | 3.6 | 2.3 | 1.3 | 1.4 | 1.4 | 1.7 | 2.7 | 5.5 | 6.1 | 6.5 | 6.9 |
| | 8～9歳 | 6 | 1.9 | 0.8 | 0.8 | 0.9 | 1.1 | 1.5 | 2.1 | 2.5 | 2.6 | 2.7 | 2.7 |
| | 10～11歳 | 5 | 8.3 | 6.7 | 1.7 | 2.1 | 2.6 | 4.2 | 7.3 | 9.2 | 15.2 | 17.1 | 18.7 |
| | 12～14歳 | 11 | 6.7 | 5.5 | 1.9 | 1.9 | 2.0 | 3.4 | 4.6 | 9.0 | 12.3 | 15.8 | 18.6 |
| | 15～17歳 | 4 | 6.0 | 4.4 | 1.3 | 1.7 | 2.2 | 3.6 | 5.6 | 8.0 | 10.2 | 11.0 | 11.6 |
| | 18～29歳 | 15 | 3.1 | 3.2 | 0.4 | 0.4 | 0.7 | 1.4 | 2.0 | 3.2 | 5.8 | 8.3 | 12.2 |
| | 30～49歳 | 59 | 6.6 | 7.7 | 0.3 | 0.6 | 1.0 | 1.4 | 3.4 | 9.6 | 15.3 | 22.9 | 30.5 |
| | 50～69歳 | 84 | 7.3 | 8.0 | 0.3 | 0.7 | 1.2 | 2.0 | 3.3 | 10.0 | 19.1 | 22.5 | 33.5 |
| | 70歳以上 | 114 | 8.9 | 9.6 | 0.2 | 0.6 | 1.2 | 2.0 | 5.5 | 12.6 | 19.8 | 24.8 | 50.5 |
| | (再掲)全年齢 | 310 | 7.3 | 8.2 | 0.2 | 0.6 | 1.1 | 1.8 | 3.7 | 11.3 | 18.4 | 22.9 | 37.3 |
| | (再掲)20歳以上 | 266 | 7.6 | 8.6 | 0.2 | 0.6 | 1.1 | 1.8 | 3.7 | 11.4 | 19.0 | 23.7 | 37.6 |
| | (再掲)65～74歳 | 70 | 7.2 | 6.5 | 0.1 | 0.7 | 1.3 | 2.6 | 4.0 | 11.3 | 16.6 | 21.8 | 23.7 |
| | (再掲)75歳以上 | 73 | 10.0 | 10.8 | 0.3 | 1.1 | 1.2 | 2.0 | 7.9 | 12.7 | 19.9 | 28.3 | 53.3 |
| 女性 | 1～2歳 | 4 | 4.8 | 5.9 | 0.4 | 0.5 | 0.7 | 1.1 | 2.8 | 6.5 | 10.6 | 11.9 | 13.0 |
| | 3～5歳 | 5 | 10.8 | 11.0 | 1.0 | 1.1 | 1.2 | 1.4 | 6.5 | 20.8 | 22.9 | 23.6 | 24.1 |
| | 6～7歳 | 2 | 2.0 | 0.3 | 1.8 | 1.8 | 1.9 | 1.9 | 2.0 | 2.1 | 2.2 | 2.2 | 2.2 |
| | 8～9歳 | 5 | 3.2 | 2.0 | 1.7 | 1.8 | 1.9 | 2.3 | 2.8 | 2.8 | 5.1 | 5.9 | 6.6 |
| | 10～11歳 | 7 | 3.3 | 2.1 | 1.6 | 1.6 | 1.7 | 1.9 | 2.6 | 3.9 | 5.4 | 6.4 | 7.3 |
| | 12～14歳 | 9 | 4.5 | 3.7 | 1.8 | 1.9 | 2.1 | 2.3 | 3.4 | 4.3 | 7.6 | 10.7 | 13.2 |
| | 15～17歳 | 5 | 3.9 | 3.5 | 1.4 | 1.5 | 1.7 | 2.1 | 2.3 | 3.8 | 7.5 | 8.7 | 9.6 |
| | 18～29歳 | 19 | 4.4 | 6.1 | 0.4 | 0.5 | 0.7 | 0.9 | 1.6 | 3.5 | 15.8 | 16.6 | 19.9 |
| | 30～49歳 | 70 | 6.0 | 7.5 | 0.4 | 0.6 | 0.8 | 1.4 | 2.6 | 9.7 | 14.5 | 17.3 | 37.0 |
| | 50～69歳 | 104 | 7.1 | 10.2 | 0.2 | 0.5 | 0.7 | 1.5 | 2.7 | 9.1 | 16.8 | 24.2 | 55.0 |
| | 70歳以上 | 135 | 8.8 | 9.6 | 0.3 | 0.5 | 0.8 | 1.6 | 4.9 | 12.6 | 20.9 | 28.9 | 38.6 |
| | (再掲)全年齢 | 365 | 7.1 | 9.0 | 0.3 | 0.5 | 0.8 | 1.5 | 3.0 | 10.3 | 18.5 | 24.1 | 38.3 |
| | (再掲)20歳以上 | 325 | 7.5 | 9.3 | 0.3 | 0.5 | 0.8 | 1.5 | 3.0 | 11.3 | 18.7 | 24.7 | 38.7 |
| | (再掲)65～74歳 | 92 | 7.9 | 8.8 | 0.5 | 0.7 | 0.9 | 1.6 | 4.6 | 11.0 | 19.4 | 26.9 | 38.0 |
| | (再掲)75歳以上 | 84 | 9.4 | 10.4 | 0.3 | 0.5 | 0.7 | 1.6 | 4.7 | 13.8 | 23.1 | 28.9 | 41.7 |
| | (再掲)妊婦 | 2 | 11.6 | 4.5 | 8.4 | 8.7 | 9.0 | 10.0 | 11.6 | 13.2 | 14.2 | 14.5 | 14.7 |
| | (再掲)授乳婦 | 2 | 1.4 | 1.3 | 1.4 | 0.6 | 0.7 | 1.0 | 1.4 | 1.9 | 2.1 | 2.2 | 2.3 |
| | (再掲)妊婦・授乳婦 | 4 | 6.5 | 6.5 | 6.5 | 0.8 | 1.0 | 1.9 | 5.3 | 10.0 | 12.9 | 13.8 | 14.6 |

注） 単位：μg

## 表26 ビタミンE摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 3.7 | 1.7 | 0.9 | 1.4 | 2.1 | 4.0 | 4.2 | 4.2 | 4.9 | 5.1 | 5.3 |
| | 3～5歳 | 9 | 4.2 | 1.7 | 2.1 | 2.2 | 2.4 | 2.7 | 3.7 | 5.1 | 6.5 | 6.8 | 7.0 |
| | 6～7歳 | 9 | 4.7 | 2.2 | 2.7 | 2.9 | 3.1 | 3.5 | 3.7 | 4.8 | 6.9 | 8.4 | 9.5 |
| | 8～9歳 | 11 | 4.8 | 2.0 | 2.3 | 2.5 | 2.6 | 3.0 | 5.6 | 5.9 | 6.2 | 7.4 | 8.4 |
| | 10～11歳 | 12 | 5.9 | 3.0 | 2.8 | 3.0 | 3.2 | 4.1 | 5.5 | 7.2 | 7.8 | 10.7 | 13.4 |
| | 12～14歳 | 20 | 6.3 | 2.5 | 2.0 | 3.4 | 3.7 | 4.5 | 6.3 | 8.0 | 9.7 | 9.9 | 10.8 |
| | 15～17歳 | 9 | 7.2 | 2.0 | 3.9 | 4.6 | 5.5 | 6.3 | 6.8 | 8.5 | 9.2 | 10.0 | 10.7 |
| | 18～29歳 | 34 | 5.1 | 2.4 | 0.9 | 1.5 | 1.8 | 3.3 | 5.4 | 6.8 | 7.7 | 9.2 | 10.1 |
| | 30～49歳 | 129 | 6.6 | 3.3 | 1.3 | 2.6 | 3.1 | 4.2 | 6.0 | 8.5 | 10.9 | 12.9 | 14.8 |
| | 50～69歳 | 188 | 7.5 | 3.5 | 1.7 | 2.9 | 3.6 | 4.9 | 7.1 | 9.4 | 12.0 | 13.0 | 20.1 |
| | 70歳以上 | 249 | 7.5 | 4.9 | 1.8 | 2.8 | 3.6 | 5.0 | 6.9 | 9.0 | 11.5 | 13.1 | 17.1 |
| | (再掲)全年齢 | 675 | 7.0 | 4.0 | 1.3 | 2.5 | 3.2 | 4.5 | 6.4 | 8.7 | 11.3 | 12.7 | 16.8 |
| | (再掲)20歳以上 | 591 | 7.2 | 4.1 | 1.4 | 2.6 | 3.3 | 4.7 | 6.8 | 9.0 | 11.5 | 13.0 | 17.5 |
| | (再掲)65～74歳 | 162 | 7.7 | 3.4 | 2.2 | 3.0 | 3.7 | 5.5 | 7.3 | 9.2 | 12.0 | 12.8 | 18.6 |
| | (再掲)75歳以上 | 157 | 7.6 | 5.8 | 1.5 | 2.8 | 3.5 | 4.9 | 6.9 | 9.0 | 11.9 | 13.3 | 16.7 |
| 男性 | 1～2歳 | 1 | 0.8 | 0.0 | 0.8 | 0.8 | 0.8 | 0.8 | 0.8 | 0.8 | 0.8 | 0.8 | 0.8 |
| | 3～5歳 | 4 | 5.0 | 1.1 | 3.7 | 3.8 | 4.0 | 4.5 | 5.0 | 5.4 | 6.0 | 6.2 | 6.3 |
| | 6～7歳 | 7 | 4.7 | 2.5 | 2.7 | 2.8 | 3.0 | 3.4 | 3.6 | 5.0 | 7.7 | 8.7 | 9.6 |
| | 8～9歳 | 6 | 4.4 | 1.6 | 2.6 | 2.6 | 2.6 | 2.9 | 4.7 | 5.7 | 5.9 | 6.0 | 6.1 |
| | 10～11歳 | 5 | 6.4 | 4.4 | 2.9 | 3.0 | 3.3 | 3.9 | 5.4 | 5.7 | 10.7 | 12.4 | 13.7 |
| | 12～14歳 | 11 | 6.5 | 2.2 | 3.7 | 3.7 | 3.7 | 5.0 | 6.3 | 7.8 | 9.7 | 9.8 | 9.9 |
| | 15～17歳 | 4 | 8.6 | 1.9 | 6.3 | 6.6 | 6.9 | 7.9 | 8.6 | 9.3 | 10.2 | 10.5 | 10.8 |
| | 18～29歳 | 15 | 4.9 | 2.3 | 1.6 | 1.6 | 1.9 | 2.6 | 5.5 | 6.8 | 7.4 | 7.6 | 7.8 |
| | 30～49歳 | 59 | 6.7 | 3.5 | 1.5 | 2.0 | 3.0 | 4.3 | 6.5 | 8.1 | 10.5 | 13.5 | 17.1 |
| | 50～69歳 | 84 | 7.9 | 3.7 | 1.7 | 2.9 | 3.9 | 4.9 | 7.7 | 10.3 | 12.4 | 12.8 | 20.1 |
| | 70歳以上 | 114 | 8.0 | 6.5 | 1.6 | 3.0 | 3.7 | 5.0 | 7.0 | 9.7 | 12.3 | 14.2 | 17.6 |
| | (再掲)全年齢 | 310 | 7.3 | 4.9 | 1.4 | 2.4 | 3.2 | 4.6 | 6.5 | 8.9 | 12.0 | 13.5 | 19.5 |
| | (再掲)20歳以上 | 266 | 7.6 | 5.1 | 1.5 | 2.4 | 3.2 | 4.8 | 6.9 | 9.2 | 12.2 | 13.6 | 19.8 |
| | (再掲)65～74歳 | 70 | 8.0 | 3.6 | 2.2 | 2.4 | 3.6 | 5.5 | 7.7 | 10.6 | 12.5 | 13.2 | 18.4 |
| | (再掲)75歳以上 | 73 | 8.2 | 7.8 | 1.5 | 3.3 | 3.9 | 5.0 | 6.9 | 9.1 | 12.7 | 14.2 | 31.3 |
| 女性 | 1～2歳 | 4 | 4.4 | 0.6 | 4.0 | 4.0 | 4.1 | 4.1 | 4.2 | 4.5 | 5.0 | 5.2 | 5.3 |
| | 3～5歳 | 5 | 3.5 | 2.0 | 2.1 | 2.2 | 2.2 | 2.4 | 2.7 | 3.5 | 5.6 | 6.3 | 6.9 |
| | 6～7歳 | 2 | 4.6 | 0.2 | 4.5 | 4.5 | 4.5 | 4.6 | 4.6 | 4.7 | 4.8 | 4.8 | 4.8 |
| | 8～9歳 | 5 | 5.2 | 2.5 | 2.3 | 2.5 | 2.7 | 3.3 | 5.7 | 6.2 | 7.7 | 8.2 | 8.6 |
| | 10～11歳 | 7 | 5.6 | 1.9 | 3.2 | 3.4 | 3.7 | 4.2 | 5.7 | 7.2 | 7.5 | 7.7 | 7.9 |
| | 12～14歳 | 9 | 6.1 | 2.9 | 1.8 | 2.4 | 3.2 | 4.5 | 5.2 | 7.8 | 9.2 | 10.1 | 10.8 |
| | 15～17歳 | 5 | 6.0 | 1.3 | 3.8 | 4.2 | 4.6 | 5.9 | 6.7 | 6.8 | 6.8 | 6.8 | 6.8 |
| | 18～29歳 | 19 | 5.3 | 2.5 | 0.7 | 1.4 | 2.8 | 3.6 | 5.3 | 6.3 | 9.2 | 9.7 | 10.2 |
| | 30～49歳 | 70 | 6.4 | 3.1 | 1.5 | 2.8 | 3.3 | 4.0 | 5.6 | 8.9 | 10.9 | 12.0 | 13.3 |
| | 50～69歳 | 104 | 7.2 | 3.3 | 1.8 | 3.0 | 3.6 | 5.0 | 6.9 | 8.8 | 11.2 | 13.0 | 15.4 |
| | 70歳以上 | 135 | 7.2 | 2.9 | 2.5 | 2.8 | 3.5 | 5.2 | 6.9 | 8.9 | 11.0 | 11.9 | 16.0 |
| | (再掲)全年齢 | 365 | 6.7 | 3.0 | 1.4 | 2.7 | 3.3 | 4.4 | 6.2 | 8.6 | 10.8 | 12.3 | 15.5 |
| | (再掲)20歳以上 | 325 | 6.9 | 3.1 | 1.3 | 2.8 | 3.3 | 4.7 | 6.5 | 8.9 | 10.9 | 12.3 | 15.7 |
| | (再掲)65～74歳 | 92 | 7.4 | 3.1 | 2.2 | 3.0 | 3.8 | 5.5 | 7.0 | 8.8 | 10.6 | 12.4 | 17.0 |
| | (再掲)75歳以上 | 84 | 7.1 | 3.1 | 2.3 | 2.7 | 2.9 | 4.9 | 6.9 | 8.9 | 11.3 | 12.2 | 15.8 |
| | (再掲)妊婦 | 2 | 9.8 | 2.5 | 8.1 | 8.2 | 8.4 | 8.9 | 9.8 | 10.7 | 11.2 | 11.4 | 11.5 |
| | (再掲)授乳婦 | 2 | 4.2 | 1.5 | 4.2 | 3.2 | 3.3 | 3.6 | 4.2 | 4.7 | 5.0 | 5.2 | 5.2 |
| | (再掲)妊婦・授乳婦 | 4 | 7.0 | 3.7 | 7.0 | 3.4 | 3.7 | 4.7 | 6.7 | 8.9 | 10.5 | 11.0 | 11.4 |

注） 単位：mg

## 表27 ビタミンK摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 190 | 133 | 56 | 64 | 74 | 105 | 169 | 225 | 328 | 363 | 390 |
| | 3～5歳 | 9 | 158 | 88 | 63 | 63 | 63 | 68 | 161 | 213 | 244 | 282 | 311 |
| | 6～7歳 | 9 | 130 | 70 | 52 | 56 | 60 | 89 | 117 | 141 | 201 | 242 | 275 |
| | 8～9歳 | 11 | 108 | 62 | 22 | 35 | 51 | 57 | 92 | 157 | 183 | 195 | 205 |
| | 10～11歳 | 12 | 177 | 94 | 83 | 90 | 98 | 118 | 155 | 185 | 335 | 361 | 374 |
| | 12～14歳 | 20 | 199 | 129 | 32 | 52 | 73 | 112 | 170 | 235 | 435 | 445 | 446 |
| | 15～17歳 | 9 | 184 | 111 | 44 | 60 | 80 | 105 | 166 | 241 | 276 | 342 | 395 |
| | 18～29歳 | 34 | 227 | 163 | 27 | 47 | 75 | 103 | 183 | 295 | 443 | 560 | 642 |
| | 30～49歳 | 129 | 238 | 174 | 24 | 40 | 55 | 117 | 192 | 321 | 448 | 531 | 878 |
| | 50～69歳 | 188 | 296 | 188 | 31 | 62 | 89 | 138 | 270 | 423 | 531 | 607 | 867 |
| | 70歳以上 | 249 | 309 | 209 | 29 | 60 | 78 | 133 | 262 | 456 | 591 | 679 | 830 |
| | (再掲)全年齢 | 675 | 272 | 191 | 26 | 52 | 73 | 122 | 217 | 397 | 529 | 608 | 850 |
| | (再掲)20歳以上 | 591 | 285 | 196 | 26 | 52 | 76 | 129 | 243 | 411 | 552 | 629 | 863 |
| | (再掲)65～74歳 | 162 | 311 | 190 | 43 | 73 | 90 | 142 | 289 | 448 | 598 | 660 | 741 |
| | (再掲)75歳以上 | 157 | 304 | 213 | 24 | 52 | 75 | 133 | 254 | 429 | 588 | 677 | 923 |
| 男性 | 1～2歳 | 1 | 225 | 0 | 225 | 225 | 225 | 225 | 225 | 225 | 225 | 225 | 225 |
| | 3～5歳 | 4 | 169 | 125 | 63 | 64 | 64 | 67 | 147 | 249 | 291 | 305 | 316 |
| | 6～7歳 | 7 | 144 | 72 | 64 | 70 | 78 | 103 | 134 | 161 | 222 | 252 | 277 |
| | 8～9歳 | 6 | 84 | 65 | 20 | 27 | 35 | 53 | 69 | 89 | 149 | 178 | 201 |
| | 10～11歳 | 5 | 236 | 125 | 85 | 98 | 113 | 161 | 215 | 348 | 365 | 371 | 376 |
| | 12～14歳 | 11 | 170 | 79 | 59 | 81 | 108 | 118 | 177 | 190 | 216 | 289 | 346 |
| | 15～17歳 | 4 | 211 | 56 | 131 | 143 | 159 | 205 | 236 | 242 | 242 | 243 | 243 |
| | 18～29歳 | 15 | 208 | 129 | 34 | 60 | 76 | 120 | 175 | 284 | 401 | 434 | 447 |
| | 30～49歳 | 59 | 241 | 168 | 18 | 46 | 54 | 130 | 205 | 339 | 423 | 463 | 729 |
| | 50～69歳 | 84 | 303 | 193 | 41 | 61 | 79 | 135 | 272 | 436 | 533 | 563 | 708 |
| | 70歳以上 | 114 | 323 | 230 | 28 | 53 | 86 | 129 | 288 | 471 | 604 | 707 | 996 |
| | (再掲)全年齢 | 310 | 277 | 198 | 24 | 50 | 68 | 125 | 223 | 410 | 531 | 595 | 932 |
| | (再掲)20歳以上 | 266 | 294 | 205 | 26 | 49 | 71 | 130 | 256 | 429 | 551 | 611 | 967 |
| | (再掲)65～74歳 | 70 | 321 | 188 | 39 | 69 | 88 | 146 | 310 | 448 | 547 | 657 | 739 |
| | (再掲)75歳以上 | 73 | 322 | 241 | 25 | 51 | 76 | 131 | 258 | 456 | 589 | 707 | 1,083 |
| 女性 | 1～2歳 | 4 | 181 | 152 | 55 | 61 | 69 | 92 | 137 | 226 | 329 | 363 | 390 |
| | 3～5歳 | 5 | 149 | 59 | 66 | 74 | 85 | 117 | 161 | 187 | 203 | 208 | 212 |
| | 6～7歳 | 2 | 80 | 41 | 52 | 54 | 57 | 66 | 80 | 95 | 103 | 106 | 109 |
| | 8～9歳 | 5 | 136 | 49 | 59 | 70 | 84 | 125 | 156 | 159 | 174 | 178 | 182 |
| | 10～11歳 | 7 | 134 | 29 | 98 | 99 | 101 | 113 | 131 | 155 | 166 | 171 | 175 |
| | 12～14歳 | 9 | 235 | 171 | 30 | 46 | 66 | 112 | 164 | 434 | 445 | 446 | 447 |
| | 15～17歳 | 5 | 162 | 145 | 42 | 50 | 60 | 90 | 105 | 166 | 311 | 360 | 398 |
| | 18～29歳 | 19 | 242 | 188 | 33 | 55 | 74 | 97 | 190 | 298 | 549 | 613 | 650 |
| | 30～49歳 | 70 | 235 | 180 | 26 | 35 | 75 | 115 | 180 | 321 | 453 | 530 | 818 |
| | 50～69歳 | 104 | 290 | 185 | 26 | 71 | 94 | 143 | 264 | 398 | 504 | 650 | 850 |
| | 70歳以上 | 135 | 297 | 190 | 43 | 61 | 78 | 139 | 256 | 412 | 585 | 657 | 736 |
| | (再掲)全年齢 | 365 | 267 | 184 | 26 | 54 | 77 | 121 | 214 | 388 | 525 | 613 | 764 |
| | (再掲)20歳以上 | 325 | 277 | 187 | 26 | 58 | 79 | 127 | 230 | 395 | 546 | 638 | 793 |
| | (再掲)65～74歳 | 92 | 304 | 192 | 56 | 76 | 94 | 143 | 270 | 443 | 604 | 656 | 749 |
| | (再掲)75歳以上 | 84 | 289 | 187 | 39 | 60 | 79 | 133 | 250 | 402 | 572 | 597 | 713 |
| | (再掲)妊婦 | 2 | 157 | 26 | 139 | 141 | 142 | 148 | 157 | 166 | 172 | 173 | 175 |
| | (再掲)授乳婦 | 2 | 460 | 209 | 460 | 327 | 342 | 386 | 460 | 534 | 578 | 593 | 605 |
| | (再掲)妊婦・授乳婦 | 4 | 309 | 213 | 309 | 144 | 150 | 166 | 244 | 386 | 519 | 564 | 599 |

注） 単位：μg

## 表28 ビタミンB1摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 0.53 | 0.18 | 0.33 | 0.35 | 0.37 | 0.43 | 0.48 | 0.70 | 0.72 | 0.73 | 0.73 |
| | 3～5歳 | 9 | 0.65 | 0.16 | 0.44 | 0.47 | 0.50 | 0.57 | 0.63 | 0.74 | 0.84 | 0.89 | 0.93 |
| | 6～7歳 | 9 | 0.77 | 0.29 | 0.49 | 0.51 | 0.53 | 0.56 | 0.58 | 0.93 | 1.10 | 1.22 | 1.31 |
| | 8～9歳 | 11 | 1.04 | 0.35 | 0.45 | 0.52 | 0.61 | 0.81 | 1.09 | 1.26 | 1.35 | 1.48 | 1.58 |
| | 10～11歳 | 12 | 1.09 | 0.37 | 0.54 | 0.57 | 0.62 | 0.83 | 1.14 | 1.34 | 1.47 | 1.59 | 1.71 |
| | 12～14歳 | 20 | 1.17 | 0.47 | 0.50 | 0.66 | 0.69 | 0.87 | 1.06 | 1.45 | 1.86 | 1.90 | 2.12 |
| | 15～17歳 | 9 | 1.03 | 0.30 | 0.58 | 0.62 | 0.67 | 0.73 | 1.12 | 1.25 | 1.31 | 1.38 | 1.44 |
| | 18～29歳 | 34 | 0.95 | 0.38 | 0.31 | 0.44 | 0.55 | 0.68 | 0.86 | 1.16 | 1.43 | 1.55 | 1.88 |
| | 30～49歳 | 129 | 0.98 | 0.52 | 0.33 | 0.40 | 0.47 | 0.61 | 0.86 | 1.23 | 1.72 | 2.20 | 2.53 |
| | 50～69歳 | 188 | 0.96 | 0.37 | 0.27 | 0.43 | 0.52 | 0.69 | 0.92 | 1.17 | 1.48 | 1.68 | 1.83 |
| | 70歳以上 | 249 | 0.97 | 0.44 | 0.29 | 0.44 | 0.52 | 0.63 | 0.88 | 1.22 | 1.53 | 1.73 | 2.42 |
| | (再掲)全年齢 | 675 | 0.97 | 0.43 | 0.28 | 0.43 | 0.51 | 0.65 | 0.89 | 1.22 | 1.52 | 1.78 | 2.43 |
| | (再掲)20歳以上 | 591 | 0.97 | 0.44 | 0.28 | 0.42 | 0.51 | 0.65 | 0.88 | 1.21 | 1.53 | 1.78 | 2.51 |
| | (再掲)65～74歳 | 162 | 0.96 | 0.39 | 0.31 | 0.50 | 0.53 | 0.68 | 0.90 | 1.17 | 1.48 | 1.59 | 2.17 |
| | (再掲)75歳以上 | 157 | 0.97 | 0.45 | 0.25 | 0.42 | 0.52 | 0.62 | 0.88 | 1.26 | 1.61 | 1.75 | 2.21 |
| 男性 | 1～2歳 | 1 | 0.33 | 0.00 | 0.33 | 0.33 | 0.33 | 0.33 | 0.33 | 0.33 | 0.33 | 0.33 | 0.33 |
| | 3～5歳 | 4 | 0.67 | 0.12 | 0.57 | 0.57 | 0.57 | 0.57 | 0.66 | 0.76 | 0.79 | 0.80 | 0.81 |
| | 6～7歳 | 7 | 0.77 | 0.31 | 0.49 | 0.50 | 0.52 | 0.56 | 0.58 | 0.92 | 1.09 | 1.21 | 1.30 |
| | 8～9歳 | 6 | 1.16 | 0.32 | 0.76 | 0.78 | 0.81 | 0.92 | 1.18 | 1.33 | 1.48 | 1.54 | 1.60 |
| | 10～11歳 | 5 | 1.06 | 0.48 | 0.54 | 0.58 | 0.63 | 0.77 | 0.93 | 1.34 | 1.58 | 1.66 | 1.72 |
| | 12～14歳 | 11 | 1.20 | 0.45 | 0.70 | 0.75 | 0.82 | 0.91 | 1.08 | 1.32 | 1.82 | 2.00 | 2.14 |
| | 15～17歳 | 4 | 1.04 | 0.37 | 0.58 | 0.63 | 0.70 | 0.90 | 1.08 | 1.22 | 1.36 | 1.40 | 1.44 |
| | 18～29歳 | 15 | 1.00 | 0.40 | 0.39 | 0.48 | 0.56 | 0.79 | 0.98 | 1.20 | 1.36 | 1.59 | 1.91 |
| | 30～49歳 | 59 | 1.03 | 0.53 | 0.34 | 0.39 | 0.47 | 0.63 | 0.96 | 1.29 | 1.74 | 2.15 | 2.53 |
| | 50～69歳 | 84 | 1.03 | 0.40 | 0.29 | 0.44 | 0.62 | 0.73 | 0.99 | 1.25 | 1.63 | 1.82 | 1.90 |
| | 70歳以上 | 114 | 1.01 | 0.48 | 0.32 | 0.45 | 0.51 | 0.64 | 0.96 | 1.25 | 1.62 | 1.89 | 2.53 |
| | (再掲)全年齢 | 310 | 1.02 | 0.46 | 0.30 | 0.44 | 0.52 | 0.68 | 0.97 | 1.26 | 1.64 | 1.84 | 2.51 |
| | (再掲)20歳以上 | 266 | 1.02 | 0.47 | 0.29 | 0.42 | 0.51 | 0.68 | 0.97 | 1.26 | 1.65 | 1.85 | 2.53 |
| | (再掲)65～74歳 | 70 | 1.01 | 0.43 | 0.30 | 0.48 | 0.53 | 0.69 | 1.00 | 1.20 | 1.54 | 1.63 | 2.22 |
| | (再掲)75歳以上 | 73 | 1.00 | 0.48 | 0.37 | 0.45 | 0.52 | 0.64 | 0.91 | 1.26 | 1.65 | 1.94 | 2.39 |
| 女性 | 1～2歳 | 4 | 0.59 | 0.15 | 0.43 | 0.44 | 0.45 | 0.47 | 0.59 | 0.71 | 0.73 | 0.73 | 0.73 |
| | 3～5歳 | 5 | 0.64 | 0.19 | 0.44 | 0.45 | 0.47 | 0.51 | 0.63 | 0.67 | 0.83 | 0.89 | 0.93 |
| | 6～7歳 | 2 | 0.80 | 0.35 | 0.56 | 0.58 | 0.61 | 0.68 | 0.80 | 0.92 | 1.00 | 1.02 | 1.04 |
| | 8～9歳 | 5 | 0.90 | 0.35 | 0.44 | 0.47 | 0.50 | 0.61 | 1.09 | 1.10 | 1.19 | 1.22 | 1.25 |
| | 10～11歳 | 7 | 1.12 | 0.31 | 0.62 | 0.68 | 0.75 | 0.93 | 1.26 | 1.31 | 1.39 | 1.44 | 1.47 |
| | 12～14歳 | 9 | 1.14 | 0.52 | 0.47 | 0.54 | 0.62 | 0.80 | 0.91 | 1.60 | 1.87 | 1.87 | 1.88 |
| | 15～17歳 | 5 | 1.01 | 0.28 | 0.70 | 0.70 | 0.71 | 0.73 | 1.12 | 1.25 | 1.26 | 1.27 | 1.27 |
| | 18～29歳 | 19 | 0.90 | 0.36 | 0.32 | 0.46 | 0.57 | 0.67 | 0.82 | 1.05 | 1.45 | 1.50 | 1.63 |
| | 30～49歳 | 70 | 0.94 | 0.52 | 0.36 | 0.41 | 0.46 | 0.61 | 0.81 | 1.19 | 1.60 | 2.09 | 2.54 |
| | 50～69歳 | 104 | 0.90 | 0.34 | 0.26 | 0.44 | 0.51 | 0.67 | 0.86 | 1.06 | 1.40 | 1.50 | 1.69 |
| | 70歳以上 | 135 | 0.94 | 0.40 | 0.24 | 0.44 | 0.52 | 0.63 | 0.86 | 1.20 | 1.47 | 1.63 | 2.08 |
| | (再掲)全年齢 | 365 | 0.92 | 0.41 | 0.27 | 0.43 | 0.50 | 0.63 | 0.84 | 1.18 | 1.47 | 1.65 | 2.30 |
| | (再掲)20歳以上 | 325 | 0.92 | 0.41 | 0.26 | 0.42 | 0.51 | 0.63 | 0.83 | 1.17 | 1.47 | 1.65 | 2.36 |
| | (再掲)65～74歳 | 92 | 0.92 | 0.35 | 0.42 | 0.50 | 0.53 | 0.68 | 0.86 | 1.08 | 1.41 | 1.48 | 1.77 |
| | (再掲)75歳以上 | 84 | 0.95 | 0.42 | 0.21 | 0.42 | 0.51 | 0.61 | 0.87 | 1.24 | 1.52 | 1.69 | 2.00 |
| | (再掲)妊婦 | 2 | 1.72 | 1.11 | 0.95 | 1.01 | 1.09 | 1.32 | 1.72 | 2.11 | 2.35 | 2.43 | 2.49 |
| | (再掲)授乳婦 | 2 | 1.03 | 0.89 | 1.03 | 0.46 | 0.53 | 0.72 | 1.03 | 1.35 | 1.54 | 1.60 | 1.65 |
| | (再掲)妊婦・授乳婦 | 4 | 1.38 | 0.91 | 1.38 | 0.48 | 0.56 | 0.80 | 1.30 | 1.87 | 2.25 | 2.38 | 2.48 |

注） 単位：mg

## 表29 ビタミンB2摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 0.53 | 0.21 | 0.21 | 0.26 | 0.31 | 0.49 | 0.57 | 0.66 | 0.71 | 0.73 | 0.75 |
| | 3～5歳 | 9 | 0.80 | 0.14 | 0.64 | 0.64 | 0.65 | 0.65 | 0.82 | 0.86 | 0.92 | 1.00 | 1.06 |
| | 6～7歳 | 9 | 0.98 | 0.33 | 0.45 | 0.52 | 0.60 | 0.76 | 1.00 | 1.25 | 1.31 | 1.34 | 1.36 |
| | 8～9歳 | 11 | 1.04 | 0.27 | 0.59 | 0.71 | 0.85 | 0.94 | 0.98 | 1.14 | 1.44 | 1.48 | 1.51 |
| | 10～11歳 | 12 | 1.19 | 0.33 | 0.90 | 0.91 | 0.93 | 0.97 | 1.06 | 1.31 | 1.51 | 1.75 | 1.98 |
| | 12～14歳 | 20 | 1.22 | 0.41 | 0.38 | 0.59 | 0.74 | 0.93 | 1.25 | 1.56 | 1.70 | 1.78 | 1.81 |
| | 15～17歳 | 9 | 1.09 | 0.37 | 0.72 | 0.73 | 0.73 | 0.86 | 0.97 | 1.29 | 1.45 | 1.65 | 1.81 |
| | 18～29歳 | 34 | 1.04 | 0.38 | 0.31 | 0.39 | 0.49 | 0.85 | 1.05 | 1.32 | 1.51 | 1.61 | 1.75 |
| | 30～49歳 | 129 | 1.14 | 0.57 | 0.34 | 0.47 | 0.57 | 0.75 | 1.00 | 1.39 | 1.94 | 2.17 | 2.96 |
| | 50～69歳 | 188 | 1.27 | 0.49 | 0.38 | 0.48 | 0.72 | 0.91 | 1.23 | 1.58 | 1.86 | 1.99 | 2.37 |
| | 70歳以上 | 249 | 1.30 | 0.55 | 0.37 | 0.63 | 0.70 | 0.91 | 1.24 | 1.56 | 2.02 | 2.31 | 3.01 |
| | (再掲)全年齢 | 675 | 1.22 | 0.52 | 0.34 | 0.49 | 0.65 | 0.85 | 1.15 | 1.50 | 1.85 | 2.09 | 2.97 |
| | (再掲)20歳以上 | 591 | 1.24 | 0.54 | 0.36 | 0.49 | 0.65 | 0.86 | 1.17 | 1.53 | 1.90 | 2.15 | 2.98 |
| | (再掲)65～74歳 | 162 | 1.31 | 0.47 | 0.37 | 0.57 | 0.74 | 0.96 | 1.28 | 1.60 | 1.98 | 2.09 | 2.45 |
| | (再掲)75歳以上 | 157 | 1.33 | 0.58 | 0.38 | 0.65 | 0.70 | 0.91 | 1.28 | 1.60 | 2.02 | 2.37 | 3.14 |
| 男性 | 1～2歳 | 1 | 0.20 | 0.00 | 0.20 | 0.20 | 0.20 | 0.20 | 0.20 | 0.20 | 0.20 | 0.20 | 0.20 |
| | 3～5歳 | 4 | 0.87 | 0.18 | 0.65 | 0.68 | 0.71 | 0.80 | 0.87 | 0.93 | 1.02 | 1.05 | 1.07 |
| | 6～7歳 | 7 | 1.04 | 0.34 | 0.45 | 0.53 | 0.63 | 0.88 | 1.20 | 1.27 | 1.33 | 1.35 | 1.37 |
| | 8～9歳 | 6 | 1.03 | 0.33 | 0.57 | 0.63 | 0.71 | 0.89 | 1.00 | 1.20 | 1.39 | 1.45 | 1.50 |
| | 10～11歳 | 5 | 1.31 | 0.47 | 0.91 | 0.93 | 0.96 | 1.05 | 1.06 | 1.52 | 1.83 | 1.93 | 2.01 |
| | 12～14歳 | 11 | 1.29 | 0.32 | 0.76 | 0.80 | 0.84 | 1.18 | 1.28 | 1.43 | 1.69 | 1.76 | 1.81 |
| | 15～17歳 | 4 | 1.30 | 0.40 | 0.89 | 0.93 | 0.98 | 1.12 | 1.25 | 1.43 | 1.68 | 1.76 | 1.83 |
| | 18～29歳 | 15 | 1.07 | 0.40 | 0.38 | 0.54 | 0.64 | 0.81 | 1.13 | 1.31 | 1.55 | 1.71 | 1.77 |
| | 30～49歳 | 59 | 1.16 | 0.61 | 0.28 | 0.45 | 0.55 | 0.72 | 1.00 | 1.48 | 2.03 | 2.20 | 2.96 |
| | 50～69歳 | 84 | 1.35 | 0.54 | 0.41 | 0.60 | 0.74 | 0.97 | 1.34 | 1.73 | 1.90 | 2.00 | 2.62 |
| | 70歳以上 | 114 | 1.32 | 0.57 | 0.40 | 0.56 | 0.66 | 0.95 | 1.28 | 1.54 | 1.97 | 2.41 | 2.94 |
| | (再掲)全年齢 | 310 | 1.26 | 0.55 | 0.33 | 0.50 | 0.65 | 0.87 | 1.22 | 1.56 | 1.90 | 2.12 | 2.96 |
| | (再掲)20歳以上 | 266 | 1.29 | 0.56 | 0.35 | 0.52 | 0.66 | 0.89 | 1.23 | 1.62 | 1.96 | 2.17 | 3.02 |
| | (再掲)65～74歳 | 70 | 1.39 | 0.53 | 0.44 | 0.52 | 0.62 | 1.01 | 1.37 | 1.74 | 2.01 | 2.22 | 2.62 |
| | (再掲)75歳以上 | 73 | 1.35 | 0.56 | 0.57 | 0.65 | 0.74 | 1.01 | 1.29 | 1.48 | 1.88 | 2.34 | 3.22 |
| 女性 | 1～2歳 | 4 | 0.62 | 0.11 | 0.49 | 0.50 | 0.51 | 0.55 | 0.61 | 0.68 | 0.72 | 0.74 | 0.75 |
| | 3～5歳 | 5 | 0.74 | 0.10 | 0.64 | 0.64 | 0.64 | 0.65 | 0.75 | 0.82 | 0.84 | 0.85 | 0.86 |
| | 6～7歳 | 2 | 0.76 | 0.17 | 0.65 | 0.66 | 0.67 | 0.70 | 0.76 | 0.82 | 0.86 | 0.87 | 0.88 |
| | 8～9歳 | 5 | 1.06 | 0.21 | 0.92 | 0.93 | 0.93 | 0.96 | 0.98 | 1.01 | 1.27 | 1.35 | 1.42 |
| | 10～11歳 | 7 | 1.10 | 0.18 | 0.93 | 0.94 | 0.95 | 0.97 | 0.98 | 1.22 | 1.33 | 1.36 | 1.39 |
| | 12～14歳 | 9 | 1.15 | 0.51 | 0.35 | 0.44 | 0.55 | 0.79 | 1.14 | 1.59 | 1.63 | 1.70 | 1.76 |
| | 15～17歳 | 5 | 0.93 | 0.26 | 0.72 | 0.72 | 0.73 | 0.74 | 0.86 | 0.97 | 1.20 | 1.27 | 1.34 |
| | 18～29歳 | 19 | 1.02 | 0.38 | 0.32 | 0.40 | 0.43 | 0.90 | 1.04 | 1.29 | 1.50 | 1.52 | 1.56 |
| | 30～49歳 | 70 | 1.12 | 0.55 | 0.38 | 0.53 | 0.61 | 0.78 | 1.00 | 1.29 | 1.81 | 2.00 | 2.91 |
| | 50～69歳 | 104 | 1.20 | 0.44 | 0.38 | 0.42 | 0.59 | 0.91 | 1.17 | 1.48 | 1.72 | 1.94 | 2.24 |
| | 70歳以上 | 135 | 1.29 | 0.54 | 0.36 | 0.65 | 0.71 | 0.90 | 1.17 | 1.59 | 2.03 | 2.24 | 3.02 |
| | (再掲)全年齢 | 365 | 1.18 | 0.50 | 0.36 | 0.48 | 0.64 | 0.84 | 1.11 | 1.47 | 1.79 | 2.06 | 2.91 |
| | (再掲)20歳以上 | 325 | 1.21 | 0.51 | 0.36 | 0.46 | 0.65 | 0.85 | 1.13 | 1.49 | 1.84 | 2.11 | 2.95 |
| | (再掲)65～74歳 | 92 | 1.24 | 0.41 | 0.38 | 0.64 | 0.81 | 0.95 | 1.19 | 1.51 | 1.75 | 2.03 | 2.26 |
| | (再掲)75歳以上 | 84 | 1.31 | 0.60 | 0.35 | 0.63 | 0.70 | 0.85 | 1.20 | 1.68 | 2.10 | 2.35 | 3.08 |
| | (再掲)妊婦 | 2 | 1.64 | 0.54 | 1.27 | 1.30 | 1.33 | 1.45 | 1.64 | 1.83 | 1.94 | 1.98 | 2.01 |
| | (再掲)授乳婦 | 2 | 1.00 | 0.22 | 1.00 | 0.85 | 0.87 | 0.92 | 1.00 | 1.08 | 1.12 | 1.14 | 1.15 |
| | (再掲)妊婦・授乳婦 | 4 | 1.32 | 0.50 | 1.32 | 0.89 | 0.93 | 1.08 | 1.21 | 1.45 | 1.79 | 1.91 | 2.00 |

注） 単位：mg

## 表30 ナイアシン摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 11.9 | 1.5 | 9.9 | 10.0 | 10.2 | 10.7 | 12.6 | 12.7 | 13.1 | 13.3 | 13.4 |
| | 3～5歳 | 9 | 20.4 | 6.0 | 16.0 | 16.0 | 16.1 | 16.2 | 18.6 | 21.2 | 26.4 | 30.5 | 33.8 |
| | 6～7歳 | 9 | 21.6 | 6.8 | 15.3 | 15.5 | 15.7 | 16.7 | 20.0 | 23.5 | 29.5 | 32.7 | 35.2 |
| | 8～9歳 | 11 | 24.1 | 5.9 | 15.6 | 16.4 | 17.3 | 19.4 | 24.4 | 28.6 | 31.0 | 32.1 | 33.0 |
| | 10～11歳 | 12 | 28.0 | 7.7 | 18.3 | 18.6 | 19.2 | 22.2 | 27.8 | 32.1 | 32.7 | 38.9 | 44.9 |
| | 12～14歳 | 20 | 29.7 | 8.3 | 13.9 | 15.9 | 20.5 | 24.9 | 29.7 | 34.4 | 38.0 | 43.4 | 45.2 |
| | 15～17歳 | 9 | 30.3 | 11.5 | 17.8 | 18.5 | 19.5 | 22.1 | 26.5 | 36.7 | 46.5 | 47.9 | 49.0 |
| | 18～29歳 | 34 | 29.5 | 10.0 | 14.5 | 15.4 | 16.0 | 22.7 | 28.4 | 35.6 | 42.1 | 47.6 | 50.8 |
| | 30～49歳 | 129 | 29.2 | 11.2 | 11.6 | 13.8 | 16.2 | 20.5 | 27.2 | 36.2 | 43.5 | 51.8 | 58.5 |
| | 50～69歳 | 188 | 32.3 | 11.6 | 13.2 | 16.8 | 18.9 | 23.5 | 31.2 | 38.9 | 44.5 | 51.8 | 72.8 |
| | 70歳以上 | 249 | 31.3 | 11.6 | 9.3 | 16.3 | 18.8 | 23.6 | 29.9 | 37.3 | 46.9 | 53.2 | 62.3 |
| | (再掲)全年齢 | 675 | 30.4 | 11.3 | 11.0 | 15.2 | 17.6 | 22.1 | 29.2 | 37.1 | 44.8 | 51.7 | 61.7 |
| | (再掲)20歳以上 | 591 | 31.1 | 11.5 | 11.5 | 15.4 | 18.2 | 22.7 | 29.6 | 37.6 | 45.7 | 52.2 | 66.2 |
| | (再掲)65～74歳 | 162 | 31.5 | 10.0 | 14.7 | 18.3 | 19.2 | 23.9 | 30.8 | 38.1 | 44.2 | 50.9 | 57.8 |
| | (再掲)75歳以上 | 157 | 31.7 | 12.1 | 9.2 | 16.5 | 18.6 | 23.6 | 30.8 | 37.6 | 46.5 | 53.7 | 67.5 |
| 男性 | 1～2歳 | 1 | 9.9 | 0.0 | 9.9 | 9.9 | 9.9 | 9.9 | 9.9 | 9.9 | 9.9 | 9.9 | 9.9 |
| | 3～5歳 | 4 | 18.2 | 4.1 | 16.0 | 16.0 | 16.0 | 16.1 | 16.2 | 18.2 | 21.9 | 23.1 | 24.1 |
| | 6～7歳 | 7 | 22.2 | 7.6 | 15.3 | 15.4 | 15.6 | 16.3 | 20.0 | 25.7 | 31.1 | 33.5 | 35.4 |
| | 8～9歳 | 6 | 25.1 | 6.0 | 19.4 | 19.4 | 19.4 | 20.1 | 23.7 | 29.7 | 32.1 | 32.7 | 33.1 |
| | 10～11歳 | 5 | 30.9 | 10.5 | 18.5 | 19.6 | 20.9 | 25.0 | 31.9 | 32.7 | 40.9 | 43.6 | 45.8 |
| | 12～14歳 | 11 | 30.7 | 8.0 | 16.7 | 19.4 | 22.7 | 26.4 | 29.8 | 35.2 | 37.4 | 41.6 | 44.9 |
| | 15～17歳 | 4 | 32.9 | 10.5 | 22.5 | 23.0 | 23.7 | 25.5 | 31.6 | 39.0 | 43.1 | 44.5 | 45.6 |
| | 18～29歳 | 15 | 33.5 | 11.0 | 15.2 | 19.9 | 22.6 | 25.3 | 33.7 | 41.3 | 47.7 | 49.2 | 51.7 |
| | 30～49歳 | 59 | 31.6 | 12.2 | 12.9 | 14.9 | 17.6 | 22.2 | 30.6 | 40.2 | 50.4 | 55.5 | 59.5 |
| | 50～69歳 | 84 | 35.3 | 12.7 | 13.6 | 18.5 | 21.0 | 26.8 | 34.7 | 41.6 | 47.7 | 58.2 | 73.0 |
| | 70歳以上 | 114 | 33.6 | 12.4 | 14.9 | 18.1 | 20.5 | 24.2 | 32.2 | 40.0 | 50.7 | 54.9 | 65.0 |
| | (再掲)全年齢 | 310 | 32.8 | 12.3 | 12.9 | 16.1 | 19.1 | 23.6 | 31.5 | 40.0 | 47.7 | 54.2 | 72.3 |
| | (再掲)20歳以上 | 266 | 33.7 | 12.5 | 13.4 | 17.6 | 20.0 | 23.9 | 32.3 | 40.6 | 49.5 | 56.0 | 72.8 |
| | (再掲)65～74歳 | 70 | 33.8 | 10.7 | 12.8 | 18.0 | 19.7 | 25.7 | 33.5 | 40.1 | 47.1 | 52.5 | 57.9 |
| | (再掲)75歳以上 | 73 | 34.3 | 12.6 | 17.6 | 19.8 | 21.2 | 24.7 | 32.3 | 40.7 | 48.2 | 54.9 | 72.9 |
| 女性 | 1～2歳 | 4 | 12.4 | 1.1 | 10.8 | 11.0 | 11.3 | 12.1 | 12.7 | 12.9 | 13.2 | 13.3 | 13.4 |
| | 3～5歳 | 5 | 22.2 | 7.1 | 18.1 | 18.2 | 18.3 | 18.6 | 18.7 | 21.2 | 29.3 | 32.0 | 34.1 |
| | 6～7歳 | 2 | 19.6 | 4.1 | 16.8 | 17.0 | 17.3 | 18.2 | 19.6 | 21.1 | 22.0 | 22.3 | 22.5 |
| | 8～9歳 | 5 | 22.9 | 6.2 | 15.5 | 15.8 | 16.2 | 17.3 | 24.4 | 27.9 | 28.7 | 29.0 | 29.3 |
| | 10～11歳 | 7 | 26.0 | 5.0 | 19.1 | 19.9 | 20.8 | 22.1 | 27.4 | 29.1 | 31.1 | 31.9 | 32.6 |
| | 12～14歳 | 9 | 28.5 | 8.9 | 14.0 | 16.4 | 19.4 | 23.0 | 27.7 | 33.7 | 37.9 | 40.6 | 42.7 |
| | 15～17歳 | 5 | 28.2 | 13.0 | 17.7 | 18.1 | 18.5 | 20.0 | 22.1 | 32.1 | 42.4 | 45.9 | 48.6 |
| | 18～29歳 | 19 | 26.4 | 8.1 | 15.4 | 15.4 | 15.8 | 19.2 | 26.7 | 34.4 | 36.3 | 36.6 | 37.5 |
| | 30～49歳 | 70 | 27.2 | 9.9 | 11.4 | 13.4 | 16.1 | 19.7 | 25.8 | 32.4 | 40.9 | 45.6 | 51.4 |
| | 50～69歳 | 104 | 29.8 | 10.0 | 13.2 | 15.5 | 18.6 | 22.3 | 29.1 | 36.7 | 42.3 | 47.5 | 57.8 |
| | 70歳以上 | 135 | 29.4 | 10.5 | 8.6 | 15.2 | 17.3 | 22.7 | 29.2 | 34.4 | 42.3 | 48.5 | 56.6 |
| | (再掲)全年齢 | 365 | 28.4 | 10.1 | 10.6 | 14.4 | 16.4 | 21.2 | 27.4 | 34.4 | 41.5 | 48.0 | 56.2 |
| | (再掲)20歳以上 | 325 | 28.9 | 10.1 | 10.6 | 15.2 | 16.7 | 21.6 | 27.8 | 35.5 | 41.8 | 48.2 | 56.8 |
| | (再掲)65～74歳 | 92 | 29.7 | 9.1 | 15.4 | 18.3 | 19.1 | 22.9 | 29.3 | 34.2 | 41.9 | 47.8 | 55.5 |
| | (再掲)75歳以上 | 84 | 29.5 | 11.3 | 7.5 | 14.7 | 16.6 | 22.0 | 28.5 | 36.2 | 42.2 | 50.9 | 59.2 |
| | (再掲)妊婦 | 2 | 38.4 | 17.6 | 26.2 | 27.2 | 28.4 | 32.2 | 38.4 | 44.6 | 48.4 | 49.6 | 50.6 |
| | (再掲)授乳婦 | 2 | 25.9 | 13.7 | 25.9 | 17.2 | 18.2 | 21.1 | 25.9 | 30.8 | 33.7 | 34.6 | 35.4 |
| | (再掲)妊婦・授乳婦 | 4 | 32.2 | 14.8 | 32.2 | 17.7 | 19.2 | 23.5 | 30.8 | 39.4 | 46.3 | 48.6 | 50.4 |

注） 単位：mgNE

## 表31 ビタミンB6摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 0.70 | 0.10 | 0.56 | 0.57 | 0.59 | 0.62 | 0.74 | 0.78 | 0.79 | 0.79 | 0.79 |
| | 3～5歳 | 9 | 0.91 | 0.22 | 0.56 | 0.59 | 0.63 | 0.86 | 0.90 | 0.99 | 1.09 | 1.21 | 1.31 |
| | 6～7歳 | 9 | 0.88 | 0.34 | 0.57 | 0.61 | 0.67 | 0.69 | 0.82 | 0.88 | 1.07 | 1.40 | 1.67 |
| | 8～9歳 | 11 | 0.94 | 0.49 | 0.47 | 0.50 | 0.53 | 0.64 | 0.79 | 1.05 | 1.08 | 1.67 | 2.14 |
| | 10～11歳 | 12 | 1.10 | 0.37 | 0.63 | 0.67 | 0.72 | 0.88 | 1.07 | 1.18 | 1.32 | 1.66 | 1.97 |
| | 12～14歳 | 20 | 1.08 | 0.37 | 0.39 | 0.60 | 0.66 | 0.84 | 1.11 | 1.35 | 1.51 | 1.62 | 1.75 |
| | 15～17歳 | 9 | 1.11 | 0.43 | 0.61 | 0.63 | 0.66 | 0.84 | 1.03 | 1.21 | 1.77 | 1.81 | 1.83 |
| | 18～29歳 | 34 | 1.04 | 0.34 | 0.45 | 0.48 | 0.53 | 0.81 | 1.12 | 1.26 | 1.41 | 1.48 | 1.77 |
| | 30～49歳 | 129 | 1.06 | 0.43 | 0.31 | 0.44 | 0.51 | 0.74 | 1.03 | 1.37 | 1.67 | 1.75 | 1.96 |
| | 50～69歳 | 188 | 1.26 | 0.47 | 0.36 | 0.55 | 0.66 | 0.93 | 1.23 | 1.53 | 1.93 | 2.10 | 2.30 |
| | 70歳以上 | 249 | 1.33 | 0.57 | 0.37 | 0.60 | 0.69 | 0.93 | 1.29 | 1.62 | 1.99 | 2.36 | 3.29 |
| | (再掲)全年齢 | 675 | 1.21 | 0.51 | 0.35 | 0.51 | 0.62 | 0.84 | 1.15 | 1.50 | 1.85 | 2.09 | 2.61 |
| | (再掲)20歳以上 | 591 | 1.24 | 0.52 | 0.35 | 0.50 | 0.62 | 0.86 | 1.20 | 1.52 | 1.89 | 2.12 | 2.65 |
| | (再掲)65～74歳 | 162 | 1.33 | 0.45 | 0.52 | 0.66 | 0.79 | 0.99 | 1.31 | 1.62 | 1.97 | 2.09 | 2.46 |
| | (再掲)75歳以上 | 157 | 1.34 | 0.62 | 0.30 | 0.59 | 0.67 | 0.92 | 1.29 | 1.62 | 2.06 | 2.48 | 3.66 |
| 男性 | 1～2歳 | 1 | 0.62 | 0.00 | 0.62 | 0.62 | 0.62 | 0.62 | 0.62 | 0.62 | 0.62 | 0.62 | 0.62 |
| | 3～5歳 | 4 | 0.88 | 0.16 | 0.66 | 0.69 | 0.72 | 0.84 | 0.92 | 0.96 | 1.00 | 1.01 | 1.02 |
| | 6～7歳 | 7 | 0.90 | 0.38 | 0.57 | 0.60 | 0.64 | 0.72 | 0.82 | 0.87 | 1.22 | 1.48 | 1.68 |
| | 8～9歳 | 6 | 1.07 | 0.62 | 0.48 | 0.55 | 0.63 | 0.79 | 0.92 | 1.05 | 1.66 | 1.96 | 2.20 |
| | 10～11歳 | 5 | 1.29 | 0.46 | 0.87 | 0.90 | 0.92 | 1.01 | 1.17 | 1.34 | 1.76 | 1.91 | 2.02 |
| | 12～14歳 | 11 | 1.09 | 0.37 | 0.62 | 0.64 | 0.66 | 0.77 | 1.12 | 1.28 | 1.50 | 1.64 | 1.76 |
| | 15～17歳 | 4 | 1.21 | 0.40 | 0.84 | 0.87 | 0.89 | 0.98 | 1.12 | 1.35 | 1.59 | 1.67 | 1.74 |
| | 18～29歳 | 15 | 1.09 | 0.38 | 0.49 | 0.58 | 0.69 | 0.81 | 1.11 | 1.37 | 1.50 | 1.65 | 1.83 |
| | 30～49歳 | 59 | 1.11 | 0.46 | 0.38 | 0.50 | 0.55 | 0.77 | 1.10 | 1.41 | 1.76 | 1.89 | 2.07 |
| | 50～69歳 | 84 | 1.35 | 0.49 | 0.40 | 0.63 | 0.73 | 0.98 | 1.35 | 1.71 | 2.00 | 2.13 | 2.61 |
| | 70歳以上 | 114 | 1.42 | 0.59 | 0.49 | 0.65 | 0.77 | 1.00 | 1.35 | 1.66 | 2.17 | 2.51 | 3.54 |
| | (再掲)全年齢 | 310 | 1.28 | 0.53 | 0.41 | 0.56 | 0.65 | 0.88 | 1.24 | 1.55 | 1.97 | 2.17 | 2.70 |
| | (再掲)20歳以上 | 266 | 1.31 | 0.54 | 0.40 | 0.56 | 0.65 | 0.92 | 1.29 | 1.61 | 1.98 | 2.20 | 2.74 |
| | (再掲)65～74歳 | 70 | 1.41 | 0.47 | 0.57 | 0.72 | 0.83 | 1.06 | 1.36 | 1.76 | 2.01 | 2.13 | 2.46 |
| | (再掲)75歳以上 | 73 | 1.45 | 0.64 | 0.53 | 0.65 | 0.76 | 1.03 | 1.37 | 1.64 | 2.28 | 2.55 | 3.70 |
| 女性 | 1～2歳 | 4 | 0.72 | 0.11 | 0.57 | 0.59 | 0.61 | 0.70 | 0.76 | 0.78 | 0.79 | 0.79 | 0.79 |
| | 3～5歳 | 5 | 0.93 | 0.28 | 0.57 | 0.61 | 0.68 | 0.86 | 0.90 | 0.99 | 1.20 | 1.26 | 1.32 |
| | 6～7歳 | 2 | 0.80 | 0.15 | 0.69 | 0.70 | 0.71 | 0.75 | 0.80 | 0.85 | 0.89 | 0.90 | 0.90 |
| | 8～9歳 | 5 | 0.78 | 0.25 | 0.53 | 0.54 | 0.54 | 0.56 | 0.73 | 0.99 | 1.04 | 1.06 | 1.07 |
| | 10～11歳 | 7 | 0.96 | 0.23 | 0.62 | 0.64 | 0.67 | 0.80 | 1.06 | 1.13 | 1.18 | 1.19 | 1.20 |
| | 12～14歳 | 9 | 1.07 | 0.40 | 0.37 | 0.51 | 0.68 | 0.87 | 1.03 | 1.45 | 1.51 | 1.56 | 1.60 |
| | 15～17歳 | 5 | 1.04 | 0.49 | 0.61 | 0.62 | 0.63 | 0.68 | 0.97 | 1.10 | 1.54 | 1.69 | 1.81 |
| | 18～29歳 | 19 | 1.00 | 0.31 | 0.44 | 0.48 | 0.49 | 0.82 | 1.18 | 1.23 | 1.30 | 1.32 | 1.36 |
| | 30～49歳 | 70 | 1.01 | 0.41 | 0.28 | 0.40 | 0.46 | 0.72 | 0.99 | 1.32 | 1.61 | 1.68 | 1.75 |
| | 50～69歳 | 104 | 1.19 | 0.45 | 0.36 | 0.50 | 0.63 | 0.89 | 1.15 | 1.45 | 1.80 | 2.04 | 2.22 |
| | 70歳以上 | 135 | 1.27 | 0.54 | 0.29 | 0.59 | 0.68 | 0.86 | 1.23 | 1.58 | 1.90 | 2.19 | 2.82 |
| | (再掲)全年齢 | 365 | 1.15 | 0.48 | 0.28 | 0.47 | 0.60 | 0.81 | 1.09 | 1.41 | 1.74 | 1.96 | 2.41 |
| | (再掲)20歳以上 | 325 | 1.17 | 0.49 | 0.27 | 0.47 | 0.60 | 0.83 | 1.13 | 1.46 | 1.76 | 2.01 | 2.45 |
| | (再掲)65～74歳 | 92 | 1.27 | 0.43 | 0.54 | 0.64 | 0.76 | 0.95 | 1.24 | 1.54 | 1.84 | 2.00 | 2.36 |
| | (再掲)75歳以上 | 84 | 1.24 | 0.59 | 0.26 | 0.48 | 0.64 | 0.83 | 1.17 | 1.59 | 1.92 | 2.26 | 3.04 |
| | (再掲)妊婦 | 2 | 1.33 | 0.46 | 1.01 | 1.04 | 1.07 | 1.17 | 1.33 | 1.50 | 1.59 | 1.63 | 1.65 |
| | (再掲)授乳婦 | 2 | 1.02 | 0.49 | 1.02 | 0.71 | 0.74 | 0.85 | 1.02 | 1.19 | 1.30 | 1.33 | 1.36 |
| | (再掲)妊婦・授乳婦 | 4 | 1.18 | 0.43 | 1.18 | 0.72 | 0.77 | 0.92 | 1.18 | 1.44 | 1.57 | 1.62 | 1.65 |

注） 単位：mg

## 表32 ビタミンB12摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 1.3 | 0.9 | 0.2 | 0.3 | 0.4 | 0.6 | 1.3 | 1.6 | 2.2 | 2.5 | 2.6 |
| | 3～5歳 | 9 | 3.3 | 1.3 | 1.5 | 1.7 | 1.8 | 2.0 | 3.5 | 4.1 | 4.5 | 4.9 | 5.3 |
| | 6～7歳 | 9 | 3.2 | 2.6 | 0.9 | 0.9 | 1.0 | 1.6 | 2.7 | 3.5 | 5.4 | 7.4 | 9.0 |
| | 8～9歳 | 11 | 2.8 | 1.1 | 1.6 | 1.6 | 1.7 | 1.9 | 2.5 | 3.6 | 4.6 | 4.7 | 4.8 |
| | 10～11歳 | 12 | 3.1 | 1.3 | 1.5 | 1.7 | 1.9 | 2.2 | 2.5 | 3.8 | 4.9 | 5.3 | 5.6 |
| | 12～14歳 | 20 | 5.4 | 4.2 | 1.5 | 1.5 | 1.6 | 3.3 | 4.0 | 5.9 | 10.4 | 15.2 | 16.4 |
| | 15～17歳 | 9 | 4.3 | 2.6 | 1.7 | 1.7 | 1.8 | 2.5 | 3.2 | 5.1 | 7.8 | 8.5 | 9.0 |
| | 18～29歳 | 34 | 3.4 | 2.9 | 0.5 | 0.8 | 0.9 | 1.6 | 2.4 | 4.4 | 7.0 | 8.0 | 12.7 |
| | 30～49歳 | 129 | 5.0 | 5.0 | 0.6 | 1.0 | 1.2 | 1.9 | 3.6 | 6.2 | 8.9 | 12.8 | 22.8 |
| | 50～69歳 | 188 | 5.9 | 6.2 | 0.4 | 0.8 | 1.2 | 1.9 | 3.7 | 7.3 | 14.5 | 18.2 | 26.6 |
| | 70歳以上 | 249 | 6.7 | 6.3 | 0.3 | 0.9 | 1.4 | 2.6 | 5.1 | 9.2 | 14.0 | 21.2 | 28.8 |
| | (再掲)全年齢 | 675 | 5.6 | 5.7 | 0.3 | 0.9 | 1.3 | 2.0 | 3.8 | 6.9 | 12.6 | 16.7 | 26.9 |
| | (再掲)20歳以上 | 591 | 5.9 | 5.9 | 0.3 | 0.9 | 1.2 | 2.0 | 4.0 | 7.3 | 13.3 | 18.0 | 28.4 |
| | (再掲)65～74歳 | 162 | 6.6 | 7.1 | 0.5 | 1.0 | 1.5 | 2.5 | 4.9 | 8.0 | 14.4 | 18.3 | 36.9 |
| | (再掲)75歳以上 | 157 | 6.8 | 6.0 | 0.3 | 0.9 | 1.4 | 2.6 | 5.0 | 9.5 | 15.0 | 21.4 | 22.9 |
| 男性 | 1～2歳 | 1 | 0.2 | 0.0 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 |
| | 3～5歳 | 4 | 3.3 | 1.0 | 2.0 | 2.2 | 2.4 | 3.1 | 3.7 | 3.9 | 4.0 | 4.1 | 4.1 |
| | 6～7歳 | 7 | 3.4 | 2.8 | 0.9 | 1.1 | 1.3 | 2.0 | 2.7 | 3.3 | 5.9 | 7.7 | 9.1 |
| | 8～9歳 | 6 | 2.2 | 0.7 | 1.6 | 1.6 | 1.6 | 1.7 | 1.9 | 2.5 | 3.0 | 3.2 | 3.3 |
| | 10～11歳 | 5 | 4.1 | 1.5 | 2.0 | 2.2 | 2.6 | 3.6 | 4.6 | 5.0 | 5.4 | 5.5 | 5.6 |
| | 12～14歳 | 11 | 6.1 | 3.9 | 1.6 | 1.6 | 1.6 | 4.0 | 5.1 | 7.7 | 9.9 | 12.5 | 14.6 |
| | 15～17歳 | 4 | 6.1 | 2.7 | 3.3 | 3.4 | 3.6 | 4.1 | 6.0 | 7.9 | 8.7 | 8.9 | 9.1 |
| | 18～29歳 | 15 | 3.6 | 2.5 | 0.7 | 0.9 | 1.1 | 1.6 | 3.3 | 4.5 | 7.8 | 7.9 | 8.1 |
| | 30～49歳 | 59 | 5.3 | 5.4 | 0.9 | 1.1 | 1.5 | 2.2 | 3.8 | 6.8 | 9.1 | 12.2 | 25.1 |
| | 50～69歳 | 84 | 6.3 | 5.7 | 0.4 | 1.0 | 1.3 | 2.3 | 4.4 | 8.3 | 15.0 | 18.3 | 23.0 |
| | 70歳以上 | 114 | 7.2 | 7.1 | 0.3 | 1.0 | 1.6 | 2.7 | 5.2 | 9.5 | 15.7 | 21.6 | 30.4 |
| | (再掲)全年齢 | 310 | 6.1 | 6.0 | 0.3 | 1.0 | 1.5 | 2.3 | 4.3 | 7.6 | 13.5 | 17.2 | 28.9 |
| | (再掲)20歳以上 | 266 | 6.4 | 6.3 | 0.4 | 1.0 | 1.4 | 2.3 | 4.5 | 8.1 | 14.5 | 18.4 | 29.7 |
| | (再掲)65～74歳 | 70 | 7.0 | 7.2 | 0.3 | 1.1 | 1.8 | 3.0 | 5.0 | 8.1 | 14.7 | 17.8 | 35.6 |
| | (再掲)75歳以上 | 73 | 7.2 | 6.3 | 0.7 | 1.3 | 1.8 | 2.8 | 5.4 | 10.1 | 16.0 | 21.7 | 24.2 |
| 女性 | 1～2歳 | 4 | 1.5 | 0.9 | 0.6 | 0.7 | 0.8 | 1.1 | 1.4 | 1.8 | 2.3 | 2.5 | 2.6 |
| | 3～5歳 | 5 | 3.2 | 1.6 | 1.5 | 1.6 | 1.7 | 2.0 | 2.8 | 4.3 | 4.9 | 5.2 | 5.3 |
| | 6～7歳 | 2 | 2.7 | 2.4 | 1.0 | 1.2 | 1.3 | 1.8 | 2.7 | 3.5 | 4.0 | 4.2 | 4.3 |
| | 8～9歳 | 5 | 3.6 | 1.1 | 2.5 | 2.5 | 2.5 | 2.5 | 3.8 | 4.6 | 4.7 | 4.8 | 4.8 |
| | 10～11歳 | 7 | 2.4 | 0.6 | 1.5 | 1.6 | 1.8 | 2.1 | 2.4 | 2.5 | 2.9 | 3.2 | 3.5 |
| | 12～14歳 | 9 | 4.7 | 4.6 | 1.5 | 1.7 | 1.9 | 2.5 | 3.9 | 3.9 | 6.6 | 11.7 | 15.7 |
| | 15～17歳 | 5 | 2.8 | 1.4 | 1.7 | 1.7 | 1.7 | 1.8 | 2.5 | 2.9 | 4.2 | 4.7 | 5.0 |
| | 18～29歳 | 19 | 3.3 | 3.3 | 0.5 | 0.8 | 0.9 | 1.5 | 2.0 | 4.1 | 5.5 | 6.5 | 13.3 |
| | 30～49歳 | 70 | 4.7 | 4.5 | 0.5 | 0.9 | 1.2 | 1.9 | 3.4 | 5.6 | 8.6 | 14.5 | 22.3 |
| | 50～69歳 | 104 | 5.5 | 6.7 | 0.5 | 0.7 | 1.1 | 1.7 | 3.2 | 6.3 | 12.4 | 17.6 | 28.5 |
| | 70歳以上 | 135 | 6.3 | 5.4 | 0.3 | 0.9 | 1.3 | 2.5 | 4.8 | 8.4 | 13.2 | 17.0 | 22.9 |
| | (再掲)全年齢 | 365 | 5.3 | 5.4 | 0.4 | 0.9 | 1.2 | 1.9 | 3.6 | 6.2 | 12.1 | 16.4 | 24.3 |
| | (再掲)20歳以上 | 325 | 5.5 | 5.6 | 0.4 | 0.8 | 1.2 | 1.9 | 3.6 | 6.7 | 12.5 | 16.5 | 25.6 |
| | (再掲)65～74歳 | 92 | 6.4 | 7.1 | 0.7 | 1.0 | 1.5 | 2.2 | 4.2 | 7.4 | 12.5 | 18.4 | 30.2 |
| | (再掲)75歳以上 | 84 | 6.5 | 5.7 | 0.3 | 0.6 | 1.2 | 2.5 | 4.7 | 9.2 | 13.4 | 20.8 | 22.8 |
| | (再掲)妊婦 | 2 | 13.4 | 6.9 | 8.7 | 9.0 | 9.5 | 11.0 | 13.4 | 15.8 | 17.3 | 17.8 | 18.1 |
| | (再掲)授乳婦 | 2 | 2.5 | 1.3 | 2.5 | 1.7 | 1.8 | 2.1 | 2.5 | 3.0 | 3.2 | 3.3 | 3.4 |
| | (再掲)妊婦・授乳婦 | 4 | 8.0 | 7.5 | 8.0 | 1.9 | 2.1 | 3.0 | 6.0 | 11.0 | 15.3 | 16.8 | 18.0 |

注) 単位:

## 表33 葉酸摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 141 | 56 | 76 | 83 | 93 | 120 | 135 | 148 | 196 | 212 | 225 |
| | 3～5歳 | 9 | 167 | 38 | 109 | 119 | 132 | 141 | 175 | 188 | 204 | 219 | 231 |
| | 6～7歳 | 9 | 169 | 46 | 92 | 107 | 125 | 136 | 162 | 196 | 219 | 229 | 237 |
| | 8～9歳 | 11 | 191 | 63 | 92 | 98 | 106 | 150 | 198 | 236 | 261 | 269 | 275 |
| | 10～11歳 | 12 | 209 | 58 | 138 | 144 | 152 | 164 | 195 | 241 | 261 | 298 | 333 |
| | 12～14歳 | 20 | 247 | 83 | 102 | 157 | 166 | 202 | 248 | 275 | 327 | 336 | 461 |
| | 15～17歳 | 9 | 230 | 74 | 144 | 145 | 147 | 177 | 215 | 284 | 333 | 339 | 344 |
| | 18～29歳 | 34 | 215 | 83 | 49 | 74 | 118 | 165 | 215 | 266 | 309 | 326 | 397 |
| | 30～49歳 | 129 | 255 | 112 | 69 | 92 | 112 | 186 | 239 | 321 | 402 | 461 | 533 |
| | 50～69歳 | 188 | 310 | 116 | 56 | 136 | 171 | 224 | 306 | 381 | 464 | 506 | 568 |
| | 70歳以上 | 249 | 362 | 179 | 72 | 153 | 188 | 237 | 333 | 437 | 571 | 684 | 903 |
| | (再掲)全年齢 | 675 | 302 | 148 | 59 | 110 | 147 | 202 | 276 | 376 | 490 | 555 | 787 |
| | (再掲)20歳以上 | 591 | 316 | 152 | 58 | 113 | 154 | 215 | 297 | 389 | 501 | 569 | 816 |
| | (再掲)65～74歳 | 162 | 343 | 127 | 143 | 170 | 194 | 259 | 336 | 398 | 504 | 572 | 711 |
| | (再掲)75歳以上 | 157 | 370 | 198 | 72 | 146 | 173 | 237 | 334 | 445 | 578 | 737 | 920 |
| 男性 | 1～2歳 | 1 | 74 | 0 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 |
| | 3～5歳 | 4 | 174 | 26 | 140 | 144 | 149 | 166 | 181 | 190 | 194 | 196 | 197 |
| | 6～7歳 | 7 | 158 | 47 | 91 | 102 | 116 | 135 | 161 | 175 | 209 | 224 | 236 |
| | 8～9歳 | 6 | 186 | 54 | 95 | 112 | 132 | 175 | 189 | 218 | 236 | 243 | 247 |
| | 10～11歳 | 5 | 215 | 80 | 137 | 142 | 147 | 164 | 194 | 240 | 301 | 321 | 338 |
| | 12～14歳 | 11 | 240 | 45 | 168 | 175 | 184 | 202 | 254 | 270 | 275 | 295 | 311 |
| | 15～17歳 | 4 | 284 | 76 | 180 | 193 | 209 | 257 | 307 | 334 | 340 | 343 | 345 |
| | 18～29歳 | 15 | 205 | 73 | 56 | 96 | 130 | 169 | 203 | 258 | 268 | 292 | 334 |
| | 30～49歳 | 59 | 267 | 127 | 76 | 95 | 105 | 183 | 262 | 331 | 452 | 498 | 584 |
| | 50～69歳 | 84 | 311 | 111 | 59 | 159 | 174 | 231 | 304 | 388 | 458 | 500 | 553 |
| | 70歳以上 | 114 | 377 | 196 | 62 | 154 | 196 | 242 | 353 | 445 | 572 | 694 | 919 |
| | (再掲)全年齢 | 310 | 309 | 158 | 58 | 108 | 152 | 203 | 283 | 385 | 492 | 562 | 776 |
| | (再掲)20歳以上 | 266 | 326 | 163 | 57 | 110 | 157 | 224 | 306 | 404 | 505 | 572 | 808 |
| | (再掲)65～74歳 | 70 | 353 | 134 | 112 | 160 | 189 | 268 | 347 | 403 | 502 | 561 | 757 |
| | (再掲)75歳以上 | 73 | 394 | 213 | 76 | 168 | 199 | 248 | 376 | 462 | 576 | 713 | 1,106 |
| 女性 | 1～2歳 | 4 | 158 | 48 | 121 | 123 | 125 | 132 | 142 | 168 | 204 | 216 | 226 |
| | 3～5歳 | 5 | 161 | 49 | 108 | 113 | 120 | 141 | 143 | 182 | 213 | 223 | 232 |
| | 6～7歳 | 2 | 205 | 13 | 196 | 197 | 198 | 201 | 205 | 210 | 212 | 213 | 214 |
| | 8～9歳 | 5 | 197 | 78 | 107 | 110 | 114 | 125 | 217 | 261 | 270 | 273 | 275 |
| | 10～11歳 | 7 | 205 | 41 | 152 | 155 | 158 | 176 | 196 | 235 | 250 | 257 | 262 |
| | 12～14歳 | 9 | 256 | 116 | 94 | 117 | 146 | 203 | 228 | 326 | 361 | 427 | 479 |
| | 15～17歳 | 5 | 187 | 40 | 144 | 145 | 145 | 148 | 198 | 215 | 225 | 228 | 231 |
| | 18～29歳 | 19 | 223 | 91 | 60 | 81 | 113 | 165 | 219 | 292 | 313 | 327 | 404 |
| | 30～49歳 | 70 | 244 | 98 | 69 | 93 | 123 | 187 | 228 | 304 | 389 | 406 | 475 |
| | 50～69歳 | 104 | 309 | 119 | 57 | 136 | 170 | 218 | 307 | 376 | 476 | 506 | 565 |
| | 70歳以上 | 135 | 349 | 164 | 83 | 152 | 175 | 237 | 321 | 419 | 567 | 640 | 881 |
| | (再掲)全年齢 | 365 | 296 | 139 | 69 | 115 | 143 | 201 | 273 | 371 | 487 | 544 | 761 |
| | (再掲)20歳以上 | 325 | 307 | 142 | 68 | 117 | 153 | 208 | 287 | 383 | 496 | 561 | 792 |
| | (再掲)65～74歳 | 92 | 335 | 121 | 153 | 183 | 195 | 252 | 321 | 391 | 512 | 572 | 630 |
| | (再掲)75歳以上 | 84 | 349 | 182 | 73 | 125 | 163 | 233 | 305 | 415 | 576 | 728 | 895 |
| | (再掲)妊婦 | 2 | 211 | 2 | 209 | 209 | 209 | 210 | 211 | 212 | 212 | 212 | 212 |
| | (再掲)授乳婦 | 2 | 252 | 91 | 252 | 194 | 201 | 220 | 252 | 284 | 304 | 310 | 315 |
| | (再掲)妊婦・授乳婦 | 4 | 231 | 58 | 231 | 191 | 194 | 204 | 211 | 239 | 285 | 301 | 314 |

注） 単位：μg

## 表34　パントテン酸摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 3.27 | 0.84 | 2.03 | 2.23 | 2.48 | 3.25 | 3.38 | 3.43 | 3.96 | 4.14 | 4.28 |
| | 3～5歳 | 9 | 4.52 | 0.49 | 4.03 | 4.09 | 4.16 | 4.26 | 4.38 | 4.42 | 5.22 | 5.37 | 5.48 |
| | 6～7歳 | 9 | 5.02 | 1.36 | 3.22 | 3.37 | 3.56 | 3.83 | 5.36 | 5.84 | 6.38 | 6.81 | 7.16 |
| | 8～9歳 | 11 | 5.11 | 1.27 | 2.69 | 3.23 | 3.90 | 4.44 | 5.10 | 6.03 | 6.55 | 6.69 | 6.80 |
| | 10～11歳 | 12 | 6.20 | 1.82 | 4.44 | 4.50 | 4.56 | 4.72 | 6.00 | 6.38 | 8.11 | 9.40 | 10.52 |
| | 12～14歳 | 20 | 6.25 | 1.94 | 2.59 | 3.86 | 4.13 | 4.85 | 6.16 | 7.50 | 9.16 | 9.37 | 9.39 |
| | 15～17歳 | 9 | 6.02 | 1.36 | 4.68 | 4.71 | 4.75 | 5.37 | 5.66 | 5.96 | 8.11 | 8.34 | 8.52 |
| | 18～29歳 | 34 | 5.26 | 1.52 | 2.36 | 2.45 | 3.46 | 4.11 | 5.42 | 6.40 | 7.04 | 7.84 | 7.98 |
| | 30～49歳 | 129 | 5.39 | 2.01 | 2.22 | 2.59 | 2.94 | 3.91 | 5.24 | 6.76 | 8.02 | 8.99 | 10.30 |
| | 50～69歳 | 188 | 6.01 | 2.00 | 2.10 | 2.79 | 3.29 | 4.60 | 6.08 | 7.42 | 8.67 | 9.43 | 10.33 |
| | 70歳以上 | 249 | 6.14 | 2.20 | 2.23 | 3.19 | 3.59 | 4.36 | 6.01 | 7.55 | 8.87 | 9.81 | 11.78 |
| | (再掲)全年齢 | 675 | 5.85 | 2.05 | 2.14 | 2.78 | 3.27 | 4.32 | 5.72 | 7.11 | 8.59 | 9.41 | 10.93 |
| | (再掲)20歳以上 | 591 | 5.89 | 2.09 | 2.15 | 2.77 | 3.26 | 4.29 | 5.77 | 7.22 | 8.65 | 9.57 | 11.31 |
| | (再掲)65～74歳 | 162 | 6.28 | 1.92 | 2.59 | 3.27 | 3.83 | 4.84 | 6.19 | 7.57 | 8.90 | 9.64 | 10.68 |
| | (再掲)75歳以上 | 157 | 6.11 | 2.32 | 2.04 | 3.14 | 3.43 | 4.28 | 5.90 | 7.55 | 8.83 | 10.35 | 11.90 |
| 男性 | 1～2歳 | 1 | 1.98 | 0.00 | 1.98 | 1.98 | 1.98 | 1.98 | 1.98 | 1.98 | 1.98 | 1.98 | 1.98 |
| | 3～5歳 | 4 | 4.54 | 0.66 | 4.02 | 4.05 | 4.09 | 4.20 | 4.32 | 4.66 | 5.17 | 5.34 | 5.47 |
| | 6～7歳 | 7 | 5.30 | 1.42 | 3.21 | 3.32 | 3.46 | 4.51 | 5.63 | 6.00 | 6.60 | 6.92 | 7.18 |
| | 8～9歳 | 6 | 5.12 | 1.43 | 2.67 | 3.10 | 3.64 | 4.82 | 5.30 | 6.08 | 6.41 | 6.48 | 6.53 |
| | 10～11歳 | 5 | 7.14 | 2.46 | 4.49 | 4.74 | 5.05 | 5.99 | 6.24 | 8.26 | 9.79 | 10.29 | 10.70 |
| | 12～14歳 | 11 | 6.43 | 1.46 | 4.19 | 4.34 | 4.54 | 5.84 | 6.27 | 6.99 | 7.98 | 8.67 | 9.23 |
| | 15～17歳 | 4 | 6.44 | 1.43 | 5.47 | 5.51 | 5.55 | 5.68 | 5.86 | 6.61 | 7.78 | 8.17 | 8.49 |
| | 18～29歳 | 15 | 5.52 | 1.56 | 2.55 | 3.24 | 3.67 | 4.87 | 5.52 | 6.36 | 7.66 | 7.96 | 7.99 |
| | 30～49歳 | 59 | 5.63 | 2.15 | 2.14 | 2.71 | 2.92 | 3.97 | 5.51 | 6.83 | 8.62 | 9.78 | 10.43 |
| | 50～69歳 | 84 | 6.47 | 2.10 | 2.09 | 2.89 | 3.66 | 4.98 | 6.58 | 7.96 | 9.18 | 9.66 | 10.14 |
| | 70歳以上 | 114 | 6.38 | 2.32 | 2.43 | 3.23 | 3.72 | 4.72 | 6.17 | 7.86 | 8.97 | 10.12 | 11.81 |
| | (再掲)全年齢 | 310 | 6.15 | 2.16 | 2.10 | 2.81 | 3.50 | 4.45 | 6.02 | 7.53 | 8.92 | 9.74 | 11.50 |
| | (再掲)20歳以上 | 266 | 6.20 | 2.21 | 2.13 | 2.79 | 3.46 | 4.43 | 6.14 | 7.63 | 8.97 | 9.77 | 11.53 |
| | (再掲)65～74歳 | 70 | 6.67 | 2.13 | 2.47 | 3.66 | 3.82 | 5.23 | 6.63 | 8.15 | 9.13 | 9.74 | 11.07 |
| | (再掲)75歳以上 | 73 | 6.43 | 2.35 | 2.72 | 3.37 | 3.72 | 4.90 | 6.16 | 7.72 | 8.84 | 10.41 | 12.87 |
| 女性 | 1～2歳 | 4 | 3.59 | 0.49 | 3.25 | 3.27 | 3.29 | 3.35 | 3.40 | 3.65 | 4.05 | 4.18 | 4.29 |
| | 3～5歳 | 5 | 4.50 | 0.38 | 4.21 | 4.22 | 4.25 | 4.32 | 4.40 | 4.42 | 4.86 | 5.01 | 5.12 |
| | 6～7歳 | 2 | 4.03 | 0.29 | 3.83 | 3.85 | 3.87 | 3.93 | 4.03 | 4.14 | 4.20 | 4.22 | 4.24 |
| | 8～9歳 | 5 | 5.10 | 1.21 | 3.91 | 3.95 | 4.00 | 4.16 | 4.80 | 5.80 | 6.41 | 6.62 | 6.78 |
| | 10～11歳 | 7 | 5.53 | 0.87 | 4.56 | 4.58 | 4.61 | 4.69 | 5.92 | 6.01 | 6.33 | 6.57 | 6.75 |
| | 12～14歳 | 9 | 6.04 | 2.48 | 2.41 | 2.94 | 3.61 | 4.16 | 5.34 | 7.69 | 9.19 | 9.29 | 9.38 |
| | 15～17歳 | 5 | 5.70 | 1.35 | 4.68 | 4.70 | 4.71 | 4.77 | 5.37 | 5.66 | 7.07 | 7.53 | 7.91 |
| | 18～29歳 | 19 | 5.07 | 1.50 | 2.37 | 2.47 | 3.25 | 3.93 | 5.16 | 6.31 | 6.57 | 6.72 | 7.57 |
| | 30～49歳 | 70 | 5.19 | 1.88 | 2.35 | 2.50 | 3.03 | 3.80 | 4.79 | 6.45 | 7.67 | 8.81 | 9.40 |
| | 50～69歳 | 104 | 5.64 | 1.85 | 2.29 | 2.78 | 3.22 | 4.50 | 5.68 | 6.89 | 8.06 | 8.65 | 10.32 |
| | 70歳以上 | 135 | 5.94 | 2.07 | 1.88 | 3.12 | 3.39 | 4.32 | 5.73 | 7.26 | 8.52 | 9.54 | 11.35 |
| | (再掲)全年齢 | 365 | 5.59 | 1.92 | 2.28 | 2.79 | 3.25 | 4.11 | 5.46 | 6.83 | 8.03 | 9.01 | 10.42 |
| | (再掲)20歳以上 | 325 | 5.63 | 1.95 | 2.30 | 2.76 | 3.22 | 4.11 | 5.53 | 6.90 | 8.07 | 9.01 | 10.52 |
| | (再掲)65～74歳 | 92 | 5.98 | 1.70 | 2.87 | 3.26 | 4.03 | 4.83 | 5.85 | 7.07 | 8.08 | 9.08 | 10.09 |
| | (再掲)75歳以上 | 84 | 5.84 | 2.27 | 1.56 | 2.98 | 3.27 | 4.04 | 5.64 | 7.30 | 8.52 | 10.17 | 11.78 |
| | (再掲)妊婦 | 2 | 6.59 | 1.47 | 5.57 | 5.65 | 5.76 | 6.07 | 6.59 | 7.11 | 7.42 | 7.53 | 7.61 |
| | (再掲)授乳婦 | 2 | 5.62 | 1.17 | 5.62 | 4.88 | 4.96 | 5.21 | 5.62 | 6.04 | 6.28 | 6.37 | 6.43 |
| | (再掲)妊婦・授乳婦 | 4 | 6.11 | 1.22 | 6.11 | 4.91 | 5.02 | 5.36 | 6.00 | 6.74 | 7.28 | 7.46 | 7.60 |

注）単位：mg

## 表35 ビタミンC摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 61 | 46 | 13 | 18 | 25 | 44 | 48 | 68 | 108 | 121 | 132 |
| | 3～5歳 | 9 | 66 | 33 | 31 | 33 | 36 | 39 | 60 | 68 | 108 | 120 | 129 |
| | 6～7歳 | 9 | 49 | 28 | 20 | 22 | 24 | 27 | 46 | 62 | 92 | 92 | 92 |
| | 8～9歳 | 11 | 56 | 44 | 16 | 17 | 19 | 22 | 44 | 67 | 112 | 134 | 152 |
| | 10～11歳 | 12 | 65 | 42 | 28 | 28 | 28 | 31 | 52 | 75 | 125 | 139 | 150 |
| | 12～14歳 | 20 | 85 | 56 | 18 | 32 | 38 | 50 | 64 | 106 | 172 | 204 | 205 |
| | 15～17歳 | 9 | 85 | 44 | 26 | 31 | 37 | 54 | 94 | 114 | 129 | 146 | 159 |
| | 18～29歳 | 34 | 58 | 37 | 5 | 8 | 18 | 36 | 54 | 79 | 91 | 103 | 167 |
| | 30～49歳 | 129 | 74 | 64 | 7 | 12 | 13 | 30 | 64 | 98 | 137 | 162 | 338 |
| | 50～69歳 | 188 | 98 | 71 | 7 | 18 | 29 | 53 | 83 | 127 | 182 | 211 | 290 |
| | 70歳以上 | 249 | 136 | 96 | 6 | 22 | 40 | 69 | 115 | 182 | 252 | 354 | 466 |
| | (再掲)全年齢 | 675 | 102 | 82 | 6 | 14 | 24 | 49 | 82 | 130 | 197 | 254 | 406 |
| | (再掲)20歳以上 | 591 | 107 | 85 | 6 | 13 | 24 | 52 | 88 | 134 | 207 | 269 | 423 |
| | (再掲)65～74歳 | 162 | 126 | 84 | 15 | 31 | 42 | 70 | 107 | 161 | 234 | 296 | 390 |
| | (再掲)75歳以上 | 157 | 133 | 97 | 5 | 14 | 39 | 65 | 112 | 182 | 250 | 331 | 466 |
| 男性 | 1～2歳 | 1 | 12 | 0 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 |
| | 3～5歳 | 4 | 63 | 5 | 58 | 58 | 58 | 60 | 64 | 67 | 68 | 68 | 68 |
| | 6～7歳 | 7 | 53 | 29 | 25 | 25 | 26 | 27 | 46 | 77 | 92 | 92 | 92 |
| | 8～9歳 | 6 | 70 | 54 | 20 | 21 | 22 | 30 | 52 | 98 | 134 | 146 | 154 |
| | 10～11歳 | 5 | 57 | 33 | 28 | 28 | 28 | 28 | 60 | 65 | 90 | 99 | 106 |
| | 12～14歳 | 11 | 95 | 55 | 45 | 47 | 49 | 52 | 66 | 126 | 168 | 186 | 200 |
| | 15～17歳 | 4 | 92 | 25 | 60 | 64 | 70 | 85 | 94 | 101 | 112 | 116 | 120 |
| | 18～29歳 | 15 | 52 | 17 | 32 | 34 | 36 | 37 | 52 | 61 | 79 | 79 | 80 |
| | 30～49歳 | 59 | 78 | 77 | 5 | 9 | 12 | 22 | 64 | 102 | 145 | 236 | 353 |
| | 50～69歳 | 84 | 91 | 53 | 10 | 23 | 34 | 53 | 85 | 114 | 179 | 191 | 215 |
| | 70歳以上 | 114 | 140 | 103 | 5 | 23 | 37 | 66 | 119 | 181 | 272 | 379 | 463 |
| | (再掲)全年齢 | 310 | 102 | 83 | 7 | 13 | 24 | 49 | 82 | 129 | 198 | 269 | 418 |
| | (再掲)20歳以上 | 266 | 108 | 87 | 6 | 13 | 23 | 51 | 88 | 132 | 207 | 274 | 430 |
| | (再掲)65～74歳 | 70 | 123 | 82 | 21 | 32 | 39 | 69 | 106 | 154 | 235 | 275 | 381 |
| | (再掲)75歳以上 | 73 | 142 | 107 | 4 | 20 | 43 | 66 | 119 | 183 | 273 | 403 | 466 |
| 女性 | 1～2歳 | 4 | 74 | 42 | 44 | 45 | 45 | 47 | 58 | 85 | 115 | 125 | 133 |
| | 3～5歳 | 5 | 68 | 46 | 30 | 31 | 33 | 38 | 39 | 102 | 120 | 126 | 130 |
| | 6～7歳 | 2 | 37 | 24 | 20 | 21 | 23 | 28 | 37 | 45 | 50 | 52 | 53 |
| | 8～9歳 | 5 | 40 | 25 | 15 | 16 | 17 | 19 | 42 | 44 | 65 | 72 | 77 |
| | 10～11歳 | 7 | 70 | 49 | 31 | 31 | 31 | 38 | 48 | 92 | 137 | 145 | 151 |
| | 12～14歳 | 9 | 74 | 58 | 16 | 22 | 30 | 38 | 60 | 75 | 142 | 174 | 199 |
| | 15～17歳 | 5 | 79 | 58 | 25 | 27 | 31 | 40 | 54 | 114 | 143 | 153 | 160 |
| | 18～29歳 | 19 | 63 | 47 | 5 | 6 | 9 | 26 | 69 | 83 | 101 | 123 | 179 |
| | 30～49歳 | 70 | 71 | 52 | 12 | 14 | 20 | 34 | 63 | 93 | 131 | 158 | 220 |
| | 50～69歳 | 104 | 105 | 83 | 7 | 17 | 29 | 54 | 82 | 135 | 200 | 245 | 352 |
| | 70歳以上 | 135 | 133 | 90 | 7 | 20 | 43 | 72 | 113 | 181 | 228 | 306 | 444 |
| | (再掲)全年齢 | 365 | 102 | 81 | 6 | 15 | 24 | 48 | 82 | 131 | 197 | 245 | 395 |
| | (再掲)20歳以上 | 325 | 107 | 83 | 6 | 14 | 25 | 53 | 87 | 135 | 206 | 251 | 396 |
| | (再掲)65～74歳 | 92 | 128 | 87 | 15 | 27 | 46 | 71 | 107 | 171 | 228 | 299 | 392 |
| | (再掲)75歳以上 | 84 | 125 | 87 | 6 | 13 | 38 | 64 | 109 | 171 | 222 | 253 | 409 |
| | (再掲)妊婦 | 2 | 89 | 28 | 70 | 72 | 74 | 80 | 89 | 99 | 105 | 107 | 109 |
| | (再掲)授乳婦 | 2 | 60 | 48 | 60 | 29 | 33 | 43 | 60 | 77 | 87 | 91 | 93 |
| | (再掲)妊婦・授乳婦 | 4 | 75 | 36 | 75 | 32 | 39 | 59 | 82 | 98 | 105 | 107 | 109 |

注） 単位：mg

## 表36 食塩摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 2.9 | 0.8 | 2.1 | 2.1 | 2.1 | 2.1 | 3.0 | 3.2 | 3.7 | 3.8 | 4.0 |
| | 3～5歳 | 9 | 6.1 | 2.4 | 3.5 | 3.5 | 3.6 | 4.0 | 4.7 | 8.2 | 8.9 | 9.2 | 9.3 |
| | 6～7歳 | 9 | 6.4 | 1.3 | 4.5 | 4.5 | 4.6 | 5.7 | 6.4 | 7.4 | 7.6 | 8.0 | 8.2 |
| | 8～9歳 | 11 | 7.9 | 1.9 | 5.3 | 5.7 | 6.1 | 6.8 | 8.0 | 8.3 | 9.7 | 10.9 | 11.9 |
| | 10～11歳 | 12 | 9.2 | 4.8 | 5.3 | 5.6 | 5.9 | 6.8 | 8.5 | 9.2 | 10.6 | 16.4 | 22.0 |
| | 12～14歳 | 20 | 9.9 | 2.9 | 5.2 | 5.5 | 7.1 | 7.7 | 9.6 | 12.1 | 13.5 | 14.4 | 14.8 |
| | 15～17歳 | 9 | 11.4 | 4.2 | 7.3 | 7.9 | 8.6 | 9.4 | 10.6 | 12.0 | 14.6 | 18.1 | 20.8 |
| | 18～29歳 | 34 | 9.5 | 3.7 | 4.6 | 5.2 | 5.4 | 6.4 | 9.1 | 11.9 | 14.0 | 15.6 | 18.5 |
| | 30～49歳 | 129 | 9.9 | 3.5 | 4.5 | 5.4 | 5.8 | 7.6 | 9.2 | 12.0 | 14.1 | 15.6 | 18.8 |
| | 50～69歳 | 188 | 10.9 | 3.9 | 3.6 | 5.1 | 5.9 | 8.3 | 10.6 | 13.2 | 16.1 | 17.9 | 20.5 |
| | 70歳以上 | 249 | 11.4 | 4.4 | 3.5 | 5.3 | 6.0 | 8.2 | 11.0 | 14.0 | 17.2 | 19.0 | 23.7 |
| | (再掲)全年齢 | 675 | 10.5 | 4.1 | 3.1 | 4.8 | 5.7 | 7.6 | 10.1 | 13.1 | 15.8 | 18.1 | 23.0 |
| | (再掲)20歳以上 | 591 | 10.8 | 4.1 | 3.6 | 5.2 | 5.8 | 7.8 | 10.3 | 13.2 | 16.1 | 18.1 | 23.0 |
| | (再掲)65～74歳 | 162 | 11.3 | 4.0 | 4.0 | 5.6 | 6.8 | 8.5 | 10.9 | 14.3 | 17.1 | 18.2 | 20.6 |
| | (再掲)75歳以上 | 157 | 11.5 | 4.6 | 3.6 | 5.0 | 5.7 | 8.3 | 11.2 | 13.8 | 17.1 | 19.5 | 25.4 |
| 男性 | 1～2歳 | 1 | 2.1 | 0.0 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 |
| | 3～5歳 | 4 | 5.4 | 2.7 | 3.6 | 3.7 | 3.7 | 3.9 | 4.3 | 5.8 | 8.0 | 8.7 | 9.2 |
| | 6～7歳 | 7 | 6.3 | 1.5 | 4.5 | 4.5 | 4.5 | 5.3 | 6.4 | 7.3 | 7.8 | 8.0 | 8.3 |
| | 8～9歳 | 6 | 7.5 | 1.3 | 6.1 | 6.2 | 6.3 | 6.7 | 7.4 | 7.9 | 8.9 | 9.3 | 9.6 |
| | 10～11歳 | 5 | 7.6 | 2.2 | 5.3 | 5.4 | 5.5 | 6.0 | 7.6 | 8.8 | 9.9 | 10.3 | 10.6 |
| | 12～14歳 | 11 | 10.7 | 2.9 | 5.4 | 6.3 | 7.5 | 9.3 | 10.8 | 12.5 | 14.4 | 14.6 | 14.8 |
| | 15～17歳 | 4 | 12.7 | 6.0 | 8.9 | 9.0 | 9.1 | 9.3 | 10.1 | 13.5 | 18.3 | 19.9 | 21.2 |
| | 18～29歳 | 15 | 9.6 | 4.1 | 5.4 | 5.6 | 5.7 | 6.4 | 8.6 | 11.1 | 14.9 | 17.6 | 19.0 |
| | 30～49歳 | 59 | 10.5 | 3.5 | 3.9 | 5.5 | 6.3 | 8.1 | 10.0 | 12.8 | 14.8 | 16.0 | 18.8 |
| | 50～69歳 | 84 | 11.9 | 4.0 | 5.3 | 6.1 | 6.9 | 9.5 | 11.4 | 14.2 | 16.4 | 18.9 | 22.7 |
| | 70歳以上 | 114 | 12.0 | 4.8 | 4.0 | 5.3 | 6.6 | 9.0 | 11.7 | 14.2 | 18.3 | 19.6 | 26.6 |
| | (再掲)全年齢 | 310 | 11.1 | 4.3 | 3.6 | 5.2 | 6.0 | 8.1 | 10.7 | 13.6 | 16.9 | 18.9 | 23.3 |
| | (再掲)20歳以上 | 266 | 11.5 | 4.3 | 4.1 | 5.6 | 6.3 | 8.5 | 11.0 | 13.9 | 17.1 | 18.9 | 23.8 |
| | (再掲)65～74歳 | 70 | 12.3 | 4.2 | 4.5 | 6.5 | 7.0 | 9.5 | 12.0 | 15.2 | 18.2 | 19.0 | 22.1 |
| | (再掲)75歳以上 | 73 | 12.1 | 4.9 | 4.2 | 5.0 | 6.8 | 9.3 | 11.9 | 13.8 | 18.4 | 20.8 | 27.3 |
| 女性 | 1～2歳 | 4 | 3.1 | 0.8 | 2.1 | 2.2 | 2.3 | 2.8 | 3.1 | 3.4 | 3.8 | 3.9 | 4.0 |
| | 3～5歳 | 5 | 6.6 | 2.4 | 3.5 | 3.7 | 3.9 | 4.6 | 7.7 | 8.2 | 8.6 | 8.7 | 8.8 |
| | 6～7歳 | 2 | 6.6 | 1.2 | 5.7 | 5.8 | 5.9 | 6.1 | 6.6 | 7.0 | 7.2 | 7.3 | 7.4 |
| | 8～9歳 | 5 | 8.4 | 2.5 | 5.3 | 5.8 | 6.4 | 8.2 | 8.3 | 8.4 | 10.7 | 11.4 | 12.0 |
| | 10～11歳 | 7 | 10.3 | 5.9 | 6.0 | 6.3 | 6.6 | 7.7 | 9.0 | 9.4 | 15.2 | 19.3 | 22.6 |
| | 12～14歳 | 9 | 8.9 | 2.7 | 5.7 | 6.2 | 7.0 | 7.3 | 7.9 | 10.2 | 13.2 | 13.3 | 13.3 |
| | 15～17歳 | 5 | 10.4 | 2.2 | 7.3 | 7.6 | 8.1 | 9.5 | 10.6 | 12.0 | 12.5 | 12.7 | 12.8 |
| | 18～29歳 | 19 | 9.4 | 3.4 | 4.5 | 5.0 | 5.3 | 6.4 | 9.2 | 12.5 | 13.6 | 14.3 | 14.9 |
| | 30～49歳 | 70 | 9.4 | 3.5 | 4.6 | 5.3 | 5.8 | 7.3 | 8.7 | 11.1 | 13.1 | 14.4 | 20.6 |
| | 50～69歳 | 104 | 10.1 | 3.7 | 3.6 | 4.7 | 5.4 | 7.7 | 9.7 | 12.7 | 15.3 | 16.3 | 18.1 |
| | 70歳以上 | 135 | 10.9 | 4.1 | 3.5 | 5.2 | 5.8 | 7.7 | 10.2 | 13.7 | 15.9 | 17.5 | 21.4 |
| | (再掲)全年齢 | 365 | 10.0 | 3.9 | 3.0 | 4.7 | 5.5 | 7.4 | 9.4 | 12.4 | 15.2 | 16.4 | 20.9 |
| | (再掲)20歳以上 | 325 | 10.2 | 3.8 | 3.6 | 4.8 | 5.7 | 7.5 | 9.6 | 12.7 | 15.4 | 16.9 | 20.2 |
| | (再掲)65～74歳 | 92 | 10.6 | 3.7 | 4.2 | 5.0 | 6.1 | 7.9 | 9.7 | 13.6 | 15.8 | 17.2 | 18.3 |
| | (再掲)75歳以上 | 84 | 11.1 | 4.3 | 3.0 | 5.1 | 5.7 | 7.8 | 10.6 | 13.8 | 16.3 | 18.7 | 22.3 |
| | (再掲)妊婦 | 2 | 13.0 | 2.7 | 11.1 | 11.2 | 11.4 | 12.0 | 13.0 | 13.9 | 14.5 | 14.7 | 14.8 |
| | (再掲)授乳婦 | 2 | 11.8 | 2.1 | 11.8 | 10.4 | 10.6 | 11.0 | 11.8 | 12.5 | 13.0 | 13.1 | 13.2 |
| | (再掲)妊婦・授乳婦 | 4 | 12.4 | 2.1 | 12.4 | 10.4 | 10.5 | 10.9 | 12.2 | 13.7 | 14.4 | 14.6 | 14.8 |

注) 単位:g(食塩相当量＝ナトリウム量(mg)×2.54/1,000で算出)

## 表37 カリウム摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 1,303 | 264 | 904 | 953 | 1,014 | 1,197 | 1,420 | 1,461 | 1,513 | 1,530 | 1,544 |
| | 3～5歳 | 9 | 1,658 | 315 | 1,308 | 1,337 | 1,374 | 1,403 | 1,498 | 1,948 | 2,090 | 2,096 | 2,100 |
| | 6～7歳 | 9 | 1,863 | 679 | 1,072 | 1,092 | 1,118 | 1,444 | 1,797 | 2,074 | 2,725 | 2,938 | 3,108 |
| | 8～9歳 | 11 | 1,954 | 626 | 984 | 1,124 | 1,300 | 1,462 | 1,983 | 2,464 | 2,716 | 2,782 | 2,835 |
| | 10～11歳 | 12 | 2,214 | 655 | 1,471 | 1,593 | 1,719 | 1,909 | 2,073 | 2,248 | 2,671 | 3,275 | 3,852 |
| | 12～14歳 | 20 | 2,250 | 730 | 906 | 1,459 | 1,524 | 1,835 | 2,109 | 2,709 | 3,162 | 3,515 | 3,615 |
| | 15～17歳 | 9 | 2,220 | 583 | 1,698 | 1,736 | 1,784 | 1,829 | 2,058 | 2,210 | 2,888 | 3,221 | 3,488 |
| | 18～29歳 | 34 | 1,824 | 589 | 724 | 920 | 993 | 1,415 | 1,910 | 2,209 | 2,470 | 2,603 | 2,937 |
| | 30～49歳 | 129 | 2,103 | 812 | 696 | 901 | 1,109 | 1,492 | 1,999 | 2,713 | 3,281 | 3,547 | 3,834 |
| | 50～69歳 | 188 | 2,502 | 820 | 835 | 1,230 | 1,525 | 1,941 | 2,463 | 3,050 | 3,569 | 3,952 | 4,559 |
| | 70歳以上 | 249 | 2,778 | 1,194 | 834 | 1,214 | 1,519 | 1,921 | 2,713 | 3,401 | 4,169 | 4,659 | 5,521 |
| | (再掲)全年齢 | 675 | 2,440 | 1,002 | 734 | 1,072 | 1,352 | 1,744 | 2,267 | 3,059 | 3,730 | 4,106 | 5,012 |
| | (再掲)20歳以上 | 591 | 2,500 | 1,030 | 717 | 1,072 | 1,374 | 1,784 | 2,392 | 3,122 | 3,794 | 4,192 | 5,064 |
| | (再掲)65～74歳 | 162 | 2,791 | 898 | 1,155 | 1,474 | 1,745 | 2,021 | 2,804 | 3,327 | 3,980 | 4,328 | 4,930 |
| | (再掲)75歳以上 | 157 | 2,772 | 1,323 | 724 | 1,069 | 1,465 | 1,842 | 2,720 | 3,401 | 4,318 | 4,857 | 5,545 |
| 男性 | 1～2歳 | 1 | 891 | 0 | 891 | 891 | 891 | 891 | 891 | 891 | 891 | 891 | 891 |
| | 3～5歳 | 4 | 1,695 | 285 | 1,470 | 1,474 | 1,478 | 1,491 | 1,611 | 1,815 | 1,978 | 2,033 | 2,076 |
| | 6～7歳 | 7 | 1,815 | 698 | 1,071 | 1,086 | 1,105 | 1,371 | 1,797 | 1,973 | 2,505 | 2,827 | 3,086 |
| | 8～9歳 | 6 | 2,108 | 713 | 987 | 1,140 | 1,330 | 1,779 | 2,211 | 2,647 | 2,782 | 2,815 | 2,842 |
| | 10～11歳 | 5 | 2,493 | 889 | 1,744 | 1,798 | 1,865 | 2,066 | 2,124 | 2,545 | 3,416 | 3,706 | 3,939 |
| | 12～14歳 | 11 | 2,242 | 540 | 1,502 | 1,528 | 1,562 | 1,946 | 2,111 | 2,472 | 3,109 | 3,116 | 3,122 |
| | 15～17歳 | 4 | 2,458 | 736 | 2,012 | 2,018 | 2,025 | 2,046 | 2,134 | 2,546 | 3,151 | 3,353 | 3,514 |
| | 18～29歳 | 15 | 1,867 | 518 | 1,154 | 1,244 | 1,340 | 1,450 | 1,854 | 2,160 | 2,431 | 2,727 | 3,008 |
| | 30～49歳 | 59 | 2,160 | 901 | 700 | 783 | 1,017 | 1,470 | 2,053 | 2,790 | 3,397 | 3,728 | 3,906 |
| | 50～69歳 | 84 | 2,567 | 807 | 1,108 | 1,467 | 1,575 | 1,983 | 2,490 | 3,113 | 3,614 | 3,990 | 4,446 |
| | 70歳以上 | 114 | 2,939 | 1,369 | 1,056 | 1,290 | 1,545 | 1,975 | 2,880 | 3,548 | 4,350 | 4,892 | 5,582 |
| | (再掲)全年齢 | 310 | 2,536 | 1,102 | 793 | 1,122 | 1,411 | 1,801 | 2,349 | 3,210 | 3,825 | 4,218 | 5,287 |
| | (再掲)20歳以上 | 266 | 2,610 | 1,141 | 771 | 1,143 | 1,413 | 1,844 | 2,474 | 3,276 | 3,955 | 4,350 | 5,354 |
| | (再掲)65～74歳 | 70 | 2,948 | 982 | 1,156 | 1,388 | 1,762 | 2,081 | 2,955 | 3,518 | 4,122 | 4,402 | 5,212 |
| | (再掲)75歳以上 | 73 | 2,947 | 1,517 | 1,018 | 1,294 | 1,535 | 1,958 | 2,750 | 3,629 | 4,355 | 4,895 | 7,212 |
| 女性 | 1～2歳 | 4 | 1,406 | 149 | 1,204 | 1,231 | 1,264 | 1,364 | 1,440 | 1,482 | 1,521 | 1,534 | 1,544 |
| | 3～5歳 | 5 | 1,629 | 367 | 1,304 | 1,319 | 1,337 | 1,392 | 1,403 | 1,948 | 2,040 | 2,071 | 2,095 |
| | 6～7歳 | 2 | 2,032 | 830 | 1,456 | 1,503 | 1,562 | 1,738 | 2,032 | 2,325 | 2,501 | 2,560 | 2,607 |
| | 8～9歳 | 5 | 1,769 | 516 | 1,304 | 1,322 | 1,345 | 1,414 | 1,510 | 2,134 | 2,347 | 2,417 | 2,474 |
| | 10～11歳 | 7 | 2,015 | 386 | 1,457 | 1,524 | 1,607 | 1,843 | 2,065 | 2,115 | 2,363 | 2,524 | 2,653 |
| | 12～14歳 | 9 | 2,259 | 950 | 828 | 1,072 | 1,376 | 1,823 | 1,974 | 2,998 | 3,534 | 3,587 | 3,630 |
| | 15～17歳 | 5 | 2,029 | 415 | 1,694 | 1,713 | 1,736 | 1,808 | 1,829 | 2,099 | 2,472 | 2,597 | 2,696 |
| | 18～29歳 | 19 | 1,790 | 651 | 697 | 830 | 936 | 1,107 | 2,031 | 2,374 | 2,439 | 2,505 | 2,622 |
| | 30～49歳 | 70 | 2,055 | 732 | 801 | 1,037 | 1,166 | 1,541 | 1,974 | 2,618 | 3,129 | 3,341 | 3,803 |
| | 50～69歳 | 104 | 2,450 | 830 | 773 | 1,157 | 1,374 | 1,902 | 2,352 | 2,993 | 3,517 | 3,948 | 4,529 |
| | 70歳以上 | 135 | 2,642 | 1,008 | 710 | 1,154 | 1,531 | 1,818 | 2,659 | 3,237 | 3,986 | 4,466 | 5,216 |
| | (再掲)全年齢 | 365 | 2,358 | 903 | 688 | 1,017 | 1,310 | 1,722 | 2,219 | 2,919 | 3,517 | 3,953 | 4,697 |
| | (再掲)20歳以上 | 325 | 2,411 | 921 | 687 | 1,010 | 1,293 | 1,761 | 2,325 | 3,007 | 3,541 | 4,063 | 4,698 |
| | (再掲)65～74歳 | 92 | 2,672 | 813 | 1,212 | 1,530 | 1,711 | 1,984 | 2,668 | 3,166 | 3,883 | 3,982 | 4,696 |
| | (再掲)75歳以上 | 84 | 2,620 | 1,114 | 652 | 976 | 1,411 | 1,736 | 2,709 | 3,273 | 4,207 | 4,554 | 5,388 |
| | (再掲)妊婦 | 2 | 2,579 | 794 | 2,029 | 2,074 | 2,130 | 2,298 | 2,579 | 2,859 | 3,028 | 3,084 | 3,129 |
| | (再掲)授乳婦 | 2 | 1,843 | 370 | 1,843 | 1,607 | 1,633 | 1,712 | 1,843 | 1,974 | 2,052 | 2,078 | 2,099 |
| | (再掲)妊婦・授乳婦 | 4 | 2,211 | 660 | 2,211 | 1,646 | 1,712 | 1,908 | 2,061 | 2,363 | 2,829 | 2,985 | 3,109 |

注） 単位：mg

## 表38 カルシウム摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 276 | 117 | 107 | 123 | 144 | 205 | 347 | 352 | 365 | 369 | 372 |
| | 3～5歳 | 9 | 387 | 110 | 258 | 258 | 258 | 266 | 378 | 484 | 506 | 527 | 544 |
| | 6～7歳 | 9 | 512 | 218 | 143 | 223 | 322 | 410 | 473 | 657 | 728 | 799 | 855 |
| | 8～9歳 | 11 | 567 | 232 | 273 | 305 | 346 | 435 | 462 | 760 | 904 | 919 | 931 |
| | 10～11歳 | 12 | 649 | 224 | 431 | 441 | 451 | 473 | 561 | 761 | 964 | 1,039 | 1,098 |
| | 12～14歳 | 20 | 630 | 253 | 221 | 275 | 393 | 494 | 534 | 818 | 990 | 1,066 | 1,118 |
| | 15～17歳 | 9 | 433 | 228 | 164 | 170 | 177 | 226 | 456 | 613 | 729 | 744 | 757 |
| | 18～29歳 | 34 | 385 | 191 | 107 | 121 | 136 | 219 | 375 | 555 | 631 | 681 | 744 |
| | 30～49歳 | 129 | 453 | 256 | 105 | 147 | 185 | 274 | 387 | 582 | 801 | 910 | 1,155 |
| | 50～69歳 | 188 | 526 | 255 | 79 | 170 | 217 | 325 | 518 | 673 | 872 | 959 | 1,280 |
| | 70歳以上 | 249 | 591 | 406 | 140 | 199 | 231 | 370 | 560 | 727 | 934 | 1,089 | 1,496 |
| | (再掲)全年齢 | 675 | 530 | 321 | 104 | 173 | 208 | 326 | 493 | 675 | 881 | 985 | 1,362 |
| | (再掲)20歳以上 | 591 | 531 | 331 | 103 | 172 | 208 | 322 | 493 | 677 | 887 | 994 | 1,394 |
| | (再掲)65～74歳 | 162 | 566 | 259 | 141 | 208 | 235 | 369 | 548 | 728 | 927 | 965 | 1,302 |
| | (再掲)75歳以上 | 157 | 619 | 479 | 130 | 196 | 240 | 366 | 561 | 740 | 984 | 1,186 | 1,538 |
| 男性 | 1～2歳 | 1 | 103 | 0 | 103 | 103 | 103 | 103 | 103 | 103 | 103 | 103 | 103 |
| | 3～5歳 | 4 | 429 | 124 | 264 | 284 | 309 | 385 | 455 | 500 | 529 | 539 | 547 |
| | 6～7歳 | 7 | 547 | 239 | 141 | 211 | 300 | 445 | 597 | 675 | 763 | 816 | 859 |
| | 8～9歳 | 6 | 565 | 285 | 269 | 285 | 305 | 375 | 472 | 799 | 919 | 926 | 932 |
| | 10～11歳 | 5 | 688 | 286 | 431 | 439 | 449 | 481 | 578 | 841 | 1,004 | 1,059 | 1,102 |
| | 12～14歳 | 11 | 661 | 208 | 433 | 460 | 493 | 523 | 591 | 749 | 881 | 1,006 | 1,106 |
| | 15～17歳 | 4 | 499 | 185 | 327 | 343 | 363 | 423 | 457 | 533 | 669 | 714 | 751 |
| | 18～29歳 | 15 | 411 | 176 | 134 | 161 | 202 | 280 | 385 | 551 | 598 | 656 | 734 |
| | 30～49歳 | 59 | 467 | 279 | 107 | 170 | 181 | 272 | 412 | 607 | 784 | 1,020 | 1,290 |
| | 50～69歳 | 84 | 537 | 266 | 108 | 205 | 249 | 319 | 526 | 696 | 895 | 957 | 1,283 |
| | 70歳以上 | 114 | 608 | 515 | 144 | 189 | 214 | 366 | 575 | 730 | 928 | 1,087 | 1,459 |
| | (再掲)全年齢 | 310 | 548 | 377 | 107 | 176 | 208 | 324 | 501 | 697 | 882 | 1,026 | 1,353 |
| | (再掲)20歳以上 | 266 | 547 | 396 | 107 | 178 | 207 | 311 | 500 | 697 | 884 | 1,029 | 1,396 |
| | (再掲)65～74歳 | 70 | 581 | 284 | 174 | 204 | 225 | 313 | 579 | 773 | 934 | 1,004 | 1,295 |
| | (再掲)75歳以上 | 73 | 646 | 615 | 131 | 183 | 234 | 381 | 592 | 727 | 982 | 1,130 | 2,532 |
| 女性 | 1～2歳 | 4 | 319 | 77 | 209 | 226 | 247 | 311 | 349 | 357 | 367 | 370 | 372 |
| | 3～5歳 | 5 | 353 | 97 | 258 | 259 | 261 | 266 | 370 | 378 | 448 | 472 | 490 |
| | 6～7歳 | 2 | 391 | 28 | 372 | 373 | 375 | 381 | 391 | 401 | 406 | 408 | 410 |
| | 8～9歳 | 5 | 568 | 180 | 433 | 434 | 435 | 437 | 450 | 704 | 772 | 795 | 813 |
| | 10～11歳 | 7 | 621 | 189 | 451 | 451 | 451 | 489 | 544 | 698 | 832 | 905 | 963 |
| | 12～14歳 | 9 | 592 | 308 | 213 | 236 | 265 | 405 | 494 | 878 | 998 | 1,030 | 1,056 |
| | 15～17歳 | 5 | 381 | 265 | 163 | 166 | 170 | 181 | 226 | 613 | 678 | 700 | 717 |
| | 18～29歳 | 19 | 365 | 204 | 106 | 110 | 131 | 201 | 312 | 546 | 643 | 665 | 712 |
| | 30～49歳 | 70 | 442 | 237 | 96 | 149 | 188 | 274 | 379 | 569 | 805 | 896 | 1,117 |
| | 50～69歳 | 104 | 517 | 247 | 68 | 161 | 209 | 335 | 514 | 644 | 822 | 955 | 1,135 |
| | 70歳以上 | 135 | 577 | 285 | 144 | 213 | 246 | 376 | 540 | 721 | 945 | 1,079 | 1,500 |
| | (再掲)全年齢 | 365 | 515 | 263 | 99 | 169 | 209 | 331 | 486 | 644 | 877 | 977 | 1,361 |
| | (再掲)20歳以上 | 325 | 518 | 266 | 93 | 160 | 210 | 331 | 493 | 644 | 884 | 974 | 1,376 |
| | (再掲)65～74歳 | 92 | 555 | 240 | 137 | 221 | 280 | 379 | 537 | 692 | 895 | 955 | 1,202 |
| | (再掲)75歳以上 | 84 | 596 | 318 | 150 | 213 | 246 | 361 | 540 | 778 | 977 | 1,213 | 1,521 |
| | (再掲)妊婦 | 2 | 637 | 396 | 362 | 384 | 412 | 496 | 637 | 777 | 861 | 889 | 911 |
| | (再掲)授乳婦 | 2 | 393 | 48 | 393 | 363 | 366 | 376 | 393 | 410 | 421 | 424 | 427 |
| | (再掲)妊婦・授乳婦 | 4 | 515 | 270 | 515 | 357 | 357 | 358 | 393 | 550 | 770 | 843 | 902 |

注） 単位：mg

## 表39 マグネシウム摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 113 | 25 | 77 | 81 | 85 | 99 | 122 | 133 | 135 | 135 | 136 |
| | 3～5歳 | 9 | 158 | 28 | 123 | 126 | 128 | 137 | 157 | 166 | 188 | 201 | 212 |
| | 6～7歳 | 9 | 163 | 42 | 105 | 110 | 117 | 147 | 163 | 177 | 195 | 224 | 247 |
| | 8～9歳 | 11 | 183 | 54 | 84 | 112 | 146 | 153 | 164 | 228 | 248 | 252 | 255 |
| | 10～11歳 | 12 | 230 | 65 | 126 | 147 | 169 | 189 | 221 | 275 | 310 | 322 | 333 |
| | 12～14歳 | 20 | 228 | 67 | 130 | 141 | 145 | 187 | 214 | 268 | 306 | 355 | 372 |
| | 15～17歳 | 9 | 219 | 81 | 159 | 160 | 160 | 169 | 188 | 214 | 313 | 361 | 399 |
| | 18～29歳 | 34 | 198 | 64 | 105 | 109 | 113 | 134 | 196 | 245 | 283 | 301 | 319 |
| | 30～49歳 | 129 | 230 | 86 | 77 | 104 | 128 | 171 | 230 | 268 | 335 | 389 | 471 |
| | 50～69歳 | 188 | 275 | 95 | 100 | 139 | 166 | 208 | 271 | 334 | 393 | 435 | 535 |
| | 70歳以上 | 249 | 285 | 108 | 100 | 137 | 172 | 208 | 278 | 347 | 404 | 433 | 611 |
| | (再掲)全年齢 | 675 | 258 | 100 | 84 | 122 | 140 | 187 | 245 | 321 | 386 | 419 | 526 |
| | (再掲)20歳以上 | 591 | 266 | 101 | 87 | 124 | 143 | 196 | 256 | 327 | 394 | 429 | 531 |
| | (再掲)65～74歳 | 162 | 286 | 92 | 126 | 151 | 183 | 218 | 278 | 348 | 406 | 424 | 490 |
| | (再掲)75歳以上 | 157 | 291 | 119 | 87 | 136 | 170 | 207 | 286 | 349 | 416 | 459 | 664 |
| 男性 | 1～2歳 | 1 | 76 | 0 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 |
| | 3～5歳 | 4 | 160 | 41 | 123 | 125 | 127 | 133 | 150 | 177 | 199 | 207 | 213 |
| | 6～7歳 | 7 | 166 | 48 | 105 | 109 | 114 | 141 | 163 | 179 | 209 | 231 | 248 |
| | 8～9歳 | 6 | 194 | 68 | 81 | 98 | 118 | 169 | 213 | 243 | 252 | 254 | 256 |
| | 10～11歳 | 5 | 254 | 65 | 191 | 191 | 191 | 193 | 247 | 303 | 323 | 329 | 335 |
| | 12～14歳 | 11 | 231 | 56 | 146 | 165 | 189 | 206 | 216 | 252 | 286 | 320 | 347 |
| | 15～17歳 | 4 | 252 | 105 | 187 | 188 | 190 | 196 | 206 | 262 | 350 | 380 | 403 |
| | 18～29歳 | 15 | 204 | 59 | 112 | 122 | 129 | 163 | 205 | 240 | 272 | 297 | 310 |
| | 30～49歳 | 59 | 244 | 95 | 82 | 101 | 135 | 174 | 237 | 305 | 360 | 437 | 467 |
| | 50～69歳 | 84 | 291 | 102 | 122 | 153 | 176 | 209 | 299 | 351 | 400 | 424 | 560 |
| | 70歳以上 | 114 | 302 | 119 | 110 | 138 | 177 | 218 | 290 | 373 | 412 | 450 | 648 |
| | (再掲)全年齢 | 310 | 271 | 108 | 88 | 128 | 149 | 198 | 254 | 339 | 400 | 429 | 553 |
| | (再掲)20歳以上 | 266 | 282 | 110 | 98 | 135 | 154 | 204 | 268 | 347 | 403 | 443 | 593 |
| | (再掲)65～74歳 | 70 | 308 | 100 | 132 | 153 | 183 | 223 | 325 | 379 | 409 | 421 | 529 |
| | (再掲)75歳以上 | 73 | 308 | 133 | 105 | 151 | 180 | 219 | 288 | 361 | 430 | 502 | 754 |
| 女性 | 1～2歳 | 4 | 123 | 17 | 100 | 103 | 106 | 116 | 128 | 134 | 135 | 136 | 136 |
| | 3～5歳 | 5 | 158 | 19 | 131 | 134 | 139 | 153 | 157 | 166 | 176 | 179 | 181 |
| | 6～7歳 | 2 | 155 | 12 | 147 | 148 | 149 | 151 | 155 | 160 | 162 | 163 | 164 |
| | 8～9歳 | 5 | 169 | 33 | 146 | 147 | 148 | 150 | 157 | 164 | 202 | 214 | 225 |
| | 10～11歳 | 7 | 213 | 64 | 124 | 135 | 149 | 175 | 197 | 256 | 283 | 297 | 308 |
| | 12～14歳 | 9 | 224 | 83 | 128 | 134 | 142 | 170 | 198 | 296 | 316 | 346 | 370 |
| | 15～17歳 | 5 | 193 | 55 | 159 | 159 | 160 | 161 | 169 | 188 | 248 | 268 | 285 |
| | 18～29歳 | 19 | 194 | 70 | 104 | 107 | 111 | 119 | 194 | 254 | 273 | 297 | 317 |
| | 30～49歳 | 70 | 218 | 76 | 87 | 109 | 123 | 171 | 222 | 262 | 292 | 347 | 449 |
| | 50～69歳 | 104 | 262 | 88 | 87 | 137 | 159 | 207 | 258 | 319 | 348 | 433 | 492 |
| | 70歳以上 | 135 | 272 | 95 | 86 | 133 | 169 | 195 | 270 | 335 | 389 | 419 | 517 |
| | (再掲)全年齢 | 365 | 246 | 91 | 83 | 118 | 137 | 183 | 239 | 296 | 358 | 405 | 495 |
| | (再掲)20歳以上 | 325 | 253 | 91 | 79 | 116 | 139 | 189 | 246 | 304 | 365 | 416 | 498 |
| | (再掲)65～74歳 | 92 | 270 | 82 | 126 | 152 | 183 | 216 | 258 | 312 | 382 | 439 | 489 |
| | (再掲)75歳以上 | 84 | 276 | 105 | 75 | 131 | 155 | 188 | 281 | 339 | 394 | 420 | 549 |
| | (再掲)妊婦 | 2 | 252 | 47 | 220 | 222 | 226 | 236 | 252 | 269 | 279 | 282 | 285 |
| | (再掲)授乳婦 | 2 | 233 | 26 | 233 | 216 | 218 | 224 | 233 | 242 | 247 | 249 | 251 |
| | (再掲)妊婦・授乳婦 | 4 | 243 | 33 | 243 | 215 | 216 | 218 | 235 | 260 | 275 | 281 | 285 |

注） 単位：mg

## 表40 リン摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 446 | 139 | 239 | 271 | 310 | 430 | 435 | 551 | 572 | 579 | 585 |
| | 3～5歳 | 9 | 750 | 96 | 622 | 638 | 659 | 680 | 738 | 822 | 861 | 888 | 910 |
| | 6～7歳 | 9 | 839 | 270 | 475 | 497 | 525 | 620 | 798 | 1,041 | 1,140 | 1,203 | 1,254 |
| | 8～9歳 | 11 | 932 | 222 | 644 | 695 | 759 | 763 | 876 | 1,088 | 1,268 | 1,278 | 1,285 |
| | 10～11歳 | 12 | 1,064 | 305 | 727 | 757 | 794 | 899 | 978 | 1,125 | 1,374 | 1,586 | 1,781 |
| | 12～14歳 | 20 | 1,098 | 324 | 472 | 623 | 648 | 858 | 1,172 | 1,272 | 1,534 | 1,552 | 1,555 |
| | 15～17歳 | 9 | 1,033 | 351 | 708 | 714 | 722 | 838 | 884 | 1,182 | 1,422 | 1,608 | 1,757 |
| | 18～29歳 | 34 | 893 | 280 | 465 | 486 | 519 | 663 | 887 | 1,090 | 1,233 | 1,367 | 1,471 |
| | 30～49歳 | 129 | 965 | 358 | 411 | 488 | 551 | 688 | 905 | 1,139 | 1,431 | 1,681 | 1,990 |
| | 50～69歳 | 188 | 1,062 | 350 | 420 | 517 | 668 | 833 | 1,018 | 1,284 | 1,565 | 1,723 | 1,911 |
| | 70歳以上 | 249 | 1,082 | 433 | 349 | 558 | 632 | 813 | 1,049 | 1,266 | 1,508 | 1,668 | 2,027 |
| | (再掲)全年齢 | 675 | 1,029 | 382 | 388 | 512 | 591 | 770 | 984 | 1,229 | 1,498 | 1,675 | 1,976 |
| | (再掲)20歳以上 | 591 | 1,041 | 390 | 388 | 517 | 594 | 778 | 998 | 1,242 | 1,503 | 1,686 | 1,980 |
| | (再掲)65～74歳 | 162 | 1,079 | 325 | 501 | 590 | 681 | 835 | 1,038 | 1,308 | 1,492 | 1,634 | 1,911 |
| | (再掲)75歳以上 | 157 | 1,108 | 492 | 355 | 550 | 620 | 815 | 1,062 | 1,275 | 1,555 | 1,810 | 2,116 |
| 男性 | 1～2歳 | 1 | 231 | 0 | 231 | 231 | 231 | 231 | 231 | 231 | 231 | 231 | 231 |
| | 3～5歳 | 4 | 735 | 130 | 619 | 625 | 633 | 656 | 704 | 782 | 862 | 889 | 910 |
| | 6～7歳 | 7 | 887 | 281 | 478 | 514 | 559 | 701 | 924 | 1,074 | 1,171 | 1,219 | 1,257 |
| | 8～9歳 | 6 | 937 | 259 | 637 | 663 | 696 | 762 | 887 | 1,128 | 1,227 | 1,257 | 1,281 |
| | 10～11歳 | 5 | 1,195 | 419 | 792 | 815 | 844 | 931 | 1,040 | 1,386 | 1,653 | 1,741 | 1,812 |
| | 12～14歳 | 11 | 1,157 | 264 | 655 | 743 | 853 | 1,078 | 1,182 | 1,230 | 1,532 | 1,542 | 1,550 |
| | 15～17歳 | 4 | 1,203 | 416 | 863 | 877 | 894 | 947 | 1,079 | 1,335 | 1,611 | 1,702 | 1,776 |
| | 18～29歳 | 15 | 963 | 289 | 491 | 505 | 592 | 788 | 984 | 1,160 | 1,295 | 1,390 | 1,478 |
| | 30～49歳 | 59 | 1,031 | 398 | 439 | 483 | 551 | 749 | 993 | 1,268 | 1,526 | 1,840 | 2,003 |
| | 50～69歳 | 84 | 1,141 | 373 | 477 | 565 | 686 | 865 | 1,116 | 1,399 | 1,639 | 1,832 | 1,927 |
| | 70歳以上 | 114 | 1,133 | 511 | 455 | 586 | 656 | 828 | 1,086 | 1,383 | 1,535 | 1,641 | 1,993 |
| | (再掲)全年齢 | 310 | 1,093 | 429 | 396 | 536 | 638 | 803 | 1,058 | 1,306 | 1,545 | 1,771 | 1,978 |
| | (再掲)20歳以上 | 266 | 1,105 | 441 | 427 | 546 | 648 | 817 | 1,069 | 1,343 | 1,553 | 1,789 | 1,984 |
| | (再掲)65～74歳 | 70 | 1,145 | 353 | 453 | 623 | 682 | 883 | 1,140 | 1,408 | 1,551 | 1,620 | 1,929 |
| | (再掲)75歳以上 | 73 | 1,169 | 585 | 493 | 628 | 656 | 861 | 1,101 | 1,394 | 1,543 | 1,744 | 2,877 |
| 女性 | 1～2歳 | 4 | 500 | 80 | 430 | 430 | 431 | 433 | 493 | 560 | 576 | 581 | 585 |
| | 3～5歳 | 5 | 762 | 72 | 681 | 685 | 690 | 705 | 755 | 822 | 837 | 843 | 847 |
| | 6～7歳 | 2 | 669 | 183 | 542 | 552 | 565 | 604 | 669 | 734 | 772 | 785 | 796 |
| | 8～9歳 | 5 | 926 | 198 | 762 | 774 | 789 | 833 | 876 | 895 | 1,119 | 1,194 | 1,253 |
| | 10～11歳 | 7 | 970 | 171 | 728 | 762 | 805 | 886 | 971 | 1,031 | 1,153 | 1,209 | 1,253 |
| | 12～14歳 | 9 | 1,025 | 389 | 452 | 520 | 607 | 769 | 946 | 1,319 | 1,512 | 1,534 | 1,552 |
| | 15～17歳 | 5 | 897 | 253 | 707 | 710 | 714 | 726 | 838 | 884 | 1,151 | 1,240 | 1,311 |
| | 18～29歳 | 19 | 837 | 267 | 461 | 481 | 524 | 636 | 801 | 976 | 1,181 | 1,255 | 1,381 |
| | 30～49歳 | 70 | 909 | 313 | 420 | 496 | 570 | 680 | 894 | 1,066 | 1,327 | 1,397 | 1,800 |
| | 50～69歳 | 104 | 999 | 318 | 426 | 498 | 595 | 822 | 953 | 1,141 | 1,432 | 1,629 | 1,754 |
| | 70歳以上 | 135 | 1,039 | 350 | 339 | 548 | 595 | 786 | 1,038 | 1,220 | 1,473 | 1,706 | 2,026 |
| | (再掲)全年齢 | 365 | 975 | 329 | 387 | 499 | 577 | 752 | 946 | 1,147 | 1,413 | 1,611 | 1,914 |
| | (再掲)20歳以上 | 325 | 988 | 333 | 386 | 503 | 580 | 757 | 955 | 1,161 | 1,417 | 1,648 | 1,947 |
| | (再掲)65～74歳 | 92 | 1,028 | 294 | 521 | 600 | 682 | 828 | 997 | 1,175 | 1,420 | 1,629 | 1,774 |
| | (再掲)75歳以上 | 84 | 1,056 | 390 | 308 | 534 | 587 | 765 | 1,058 | 1,244 | 1,562 | 1,791 | 2,080 |
| | (再掲)妊婦 | 2 | 1,528 | 661 | 1,070 | 1,107 | 1,154 | 1,294 | 1,528 | 1,762 | 1,902 | 1,949 | 1,986 |
| | (再掲)授乳婦 | 2 | 876 | 129 | 876 | 794 | 803 | 831 | 876 | 922 | 950 | 959 | 966 |
| | (再掲)妊婦・授乳婦 | 4 | 1,202 | 541 | 1,202 | 812 | 840 | 922 | 1,014 | 1,294 | 1,715 | 1,855 | 1,968 |

注） 単位：mg

## 表41 鉄摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 3.2 | 0.8 | 2.1 | 2.3 | 2.4 | 2.9 | 3.3 | 3.4 | 3.9 | 4.1 | 4.2 |
| | 3～5歳 | 9 | 4.3 | 1.2 | 2.9 | 3.1 | 3.4 | 3.6 | 3.9 | 4.5 | 6.1 | 6.2 | 6.3 |
| | 6～7歳 | 9 | 4.8 | 1.5 | 3.5 | 3.6 | 3.7 | 4.0 | 4.0 | 5.4 | 6.7 | 7.2 | 7.6 |
| | 8～9歳 | 11 | 5.1 | 1.2 | 3.0 | 3.4 | 3.8 | 4.4 | 5.1 | 6.2 | 6.4 | 6.4 | 6.5 |
| | 10～11歳 | 12 | 6.3 | 1.9 | 3.3 | 3.8 | 4.4 | 5.2 | 5.9 | 7.6 | 8.6 | 9.0 | 9.5 |
| | 12～14歳 | 20 | 6.6 | 1.8 | 3.7 | 3.8 | 3.9 | 5.6 | 6.4 | 8.2 | 8.7 | 9.1 | 9.5 |
| | 15～17歳 | 9 | 7.2 | 3.7 | 3.7 | 4.2 | 4.9 | 5.4 | 6.3 | 7.2 | 9.5 | 13.0 | 15.8 |
| | 18～29歳 | 34 | 6.3 | 2.3 | 2.5 | 2.7 | 3.5 | 4.4 | 6.2 | 7.5 | 8.9 | 10.2 | 11.9 |
| | 30～49歳 | 129 | 7.3 | 3.1 | 2.7 | 3.3 | 3.8 | 5.1 | 6.9 | 8.7 | 10.9 | 13.2 | 17.5 |
| | 50～69歳 | 188 | 8.2 | 3.2 | 2.9 | 3.7 | 4.3 | 5.9 | 8.2 | 9.7 | 11.5 | 13.3 | 15.7 |
| | 70歳以上 | 249 | 8.9 | 4.2 | 2.5 | 3.9 | 4.9 | 6.2 | 8.3 | 10.6 | 13.2 | 15.1 | 28.1 |
| | (再掲)全年齢 | 675 | 7.9 | 3.6 | 2.5 | 3.4 | 4.0 | 5.5 | 7.5 | 9.5 | 11.9 | 13.9 | 18.6 |
| | (再掲)20歳以上 | 591 | 8.2 | 3.7 | 2.5 | 3.5 | 4.3 | 5.7 | 7.8 | 9.7 | 12.1 | 14.2 | 19.4 |
| | (再掲)65～74歳 | 162 | 8.7 | 3.7 | 3.1 | 3.9 | 5.0 | 6.6 | 8.4 | 9.8 | 12.4 | 14.6 | 22.8 |
| | (再掲)75歳以上 | 157 | 9.1 | 4.4 | 2.5 | 4.4 | 5.0 | 6.2 | 8.5 | 10.6 | 14.0 | 16.0 | 28.1 |
| 男性 | 1～2歳 | 1 | 2.1 | 0.0 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 | 2.1 |
| | 3～5歳 | 4 | 4.4 | 1.3 | 3.6 | 3.6 | 3.6 | 3.7 | 3.8 | 4.5 | 5.6 | 6.0 | 6.3 |
| | 6～7歳 | 7 | 4.6 | 1.5 | 3.5 | 3.5 | 3.6 | 3.8 | 4.0 | 4.7 | 6.3 | 7.0 | 7.6 |
| | 8～9歳 | 6 | 5.2 | 1.1 | 3.8 | 3.9 | 3.9 | 4.3 | 5.2 | 6.2 | 6.4 | 6.4 | 6.4 |
| | 10～11歳 | 5 | 6.5 | 2.0 | 4.4 | 4.6 | 4.9 | 5.6 | 5.7 | 7.3 | 8.7 | 9.1 | 9.5 |
| | 12～14歳 | 11 | 6.7 | 1.6 | 4.0 | 4.6 | 5.3 | 6.0 | 6.6 | 7.2 | 8.5 | 9.1 | 9.5 |
| | 15～17歳 | 4 | 9.0 | 5.1 | 5.4 | 5.5 | 5.7 | 6.1 | 7.0 | 9.9 | 13.9 | 15.2 | 16.3 |
| | 18～29歳 | 15 | 6.5 | 2.6 | 3.0 | 3.8 | 4.2 | 4.6 | 5.9 | 7.5 | 10.1 | 11.5 | 12.1 |
| | 30～49歳 | 59 | 7.8 | 3.8 | 2.5 | 3.4 | 4.2 | 4.9 | 7.4 | 9.2 | 12.8 | 14.5 | 19.3 |
| | 50～69歳 | 84 | 8.5 | 2.9 | 3.1 | 3.9 | 4.5 | 6.1 | 8.7 | 10.1 | 12.4 | 13.7 | 14.8 |
| | 70歳以上 | 114 | 9.3 | 4.7 | 2.6 | 4.2 | 5.0 | 6.5 | 8.7 | 10.8 | 14.1 | 15.4 | 29.7 |
| | (再掲)全年齢 | 310 | 8.2 | 3.9 | 2.5 | 3.6 | 4.2 | 5.4 | 7.9 | 9.8 | 12.8 | 14.4 | 20.7 |
| | (再掲)20歳以上 | 266 | 8.6 | 4.0 | 2.6 | 3.9 | 4.5 | 5.7 | 8.3 | 10.2 | 13.1 | 14.7 | 23.3 |
| | (再掲)65～74歳 | 70 | 9.1 | 4.0 | 3.1 | 4.2 | 5.0 | 6.6 | 8.8 | 10.9 | 13.8 | 14.9 | 19.9 |
| | (再掲)75歳以上 | 73 | 9.5 | 4.8 | 2.6 | 4.8 | 5.1 | 6.5 | 9.0 | 10.9 | 14.1 | 15.7 | 29.2 |
| 女性 | 1～2歳 | 4 | 3.5 | 0.6 | 2.9 | 2.9 | 3.0 | 3.2 | 3.4 | 3.6 | 4.0 | 4.1 | 4.2 |
| | 3～5歳 | 5 | 4.3 | 1.2 | 2.9 | 3.0 | 3.1 | 3.6 | 4.5 | 4.5 | 5.4 | 5.7 | 5.9 |
| | 6～7歳 | 2 | 5.5 | 1.5 | 4.5 | 4.5 | 4.6 | 5.0 | 5.5 | 6.0 | 6.3 | 6.4 | 6.5 |
| | 8～9歳 | 5 | 5.1 | 1.4 | 3.0 | 3.3 | 3.7 | 4.8 | 5.1 | 6.1 | 6.3 | 6.4 | 6.5 |
| | 10～11歳 | 7 | 6.2 | 1.9 | 3.3 | 3.7 | 4.2 | 5.1 | 6.1 | 7.6 | 8.5 | 8.6 | 8.6 |
| | 12～14歳 | 9 | 6.5 | 2.1 | 3.6 | 3.7 | 3.9 | 4.9 | 6.1 | 8.4 | 8.7 | 8.9 | 9.0 |
| | 15～17歳 | 5 | 5.8 | 1.5 | 3.6 | 3.9 | 4.2 | 5.3 | 6.1 | 7.0 | 7.1 | 7.1 | 7.2 |
| | 18～29歳 | 19 | 6.0 | 2.1 | 2.4 | 2.6 | 3.3 | 4.6 | 6.3 | 7.4 | 8.1 | 9.0 | 9.6 |
| | 30～49歳 | 70 | 6.9 | 2.4 | 3.1 | 3.2 | 3.6 | 5.4 | 6.6 | 7.8 | 10.2 | 10.8 | 13.7 |
| | 50～69歳 | 104 | 8.0 | 3.4 | 2.9 | 3.7 | 4.2 | 5.8 | 8.0 | 9.3 | 10.8 | 11.9 | 19.1 |
| | 70歳以上 | 135 | 8.5 | 3.6 | 2.4 | 3.8 | 5.0 | 6.1 | 8.0 | 9.9 | 12.8 | 14.6 | 17.2 |
| | (再掲)全年齢 | 365 | 7.6 | 3.3 | 2.6 | 3.3 | 3.8 | 5.5 | 7.3 | 9.1 | 11.1 | 13.0 | 17.2 |
| | (再掲)20歳以上 | 325 | 7.8 | 3.3 | 2.5 | 3.4 | 4.0 | 5.7 | 7.6 | 9.4 | 11.5 | 13.1 | 17.2 |
| | (再掲)65～74歳 | 92 | 8.5 | 3.5 | 3.4 | 3.7 | 5.0 | 6.5 | 8.2 | 9.6 | 12.0 | 13.4 | 20.0 |
| | (再掲)75歳以上 | 84 | 8.7 | 4.0 | 2.6 | 4.0 | 4.7 | 5.8 | 7.8 | 10.3 | 13.4 | 15.9 | 19.1 |
| | (再掲)妊婦 | 2 | 7.9 | 0.5 | 7.6 | 7.6 | 7.6 | 7.7 | 7.9 | 8.1 | 8.2 | 8.2 | 8.2 |
| | (再掲)授乳婦 | 2 | 6.9 | 1.1 | 6.9 | 6.3 | 6.3 | 6.6 | 6.9 | 7.3 | 7.5 | 7.6 | 7.7 |
| | (再掲)妊婦・授乳婦 | 4 | 7.4 | 0.9 | 7.4 | 6.4 | 6.6 | 7.2 | 7.6 | 7.8 | 8.1 | 8.1 | 8.2 |

注） 単位：mg

## 表42 亜鉛摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 3.9 | 1.1 | 2.3 | 2.6 | 2.9 | 3.8 | 3.9 | 4.6 | 4.8 | 4.9 | 5.0 |
| | 3～5歳 | 9 | 5.7 | 1.4 | 3.6 | 4.0 | 4.5 | 5.0 | 5.6 | 6.4 | 6.8 | 7.7 | 8.4 |
| | 6～7歳 | 9 | 6.5 | 1.5 | 4.7 | 5.0 | 5.3 | 5.6 | 5.9 | 7.2 | 8.8 | 8.8 | 8.9 |
| | 8～9歳 | 11 | 7.8 | 1.9 | 5.4 | 5.7 | 6.1 | 6.5 | 6.8 | 9.0 | 10.3 | 10.7 | 11.0 |
| | 10～11歳 | 12 | 8.8 | 2.2 | 5.6 | 6.1 | 6.7 | 7.1 | 8.6 | 10.6 | 10.9 | 11.8 | 12.6 |
| | 12～14歳 | 20 | 8.9 | 2.4 | 4.2 | 5.1 | 5.7 | 7.5 | 9.3 | 10.3 | 10.9 | 11.7 | 13.8 |
| | 15～17歳 | 9 | 9.6 | 3.9 | 6.6 | 6.6 | 6.6 | 7.0 | 8.3 | 10.5 | 12.9 | 15.9 | 18.3 |
| | 18～29歳 | 34 | 8.2 | 2.9 | 4.0 | 4.6 | 4.8 | 5.8 | 8.3 | 9.7 | 11.2 | 12.5 | 15.5 |
| | 30～49歳 | 129 | 8.2 | 3.2 | 3.6 | 4.3 | 5.0 | 6.2 | 7.7 | 9.6 | 11.8 | 14.7 | 19.5 |
| | 50～69歳 | 188 | 8.4 | 2.7 | 2.7 | 4.8 | 5.1 | 6.4 | 8.1 | 9.8 | 12.0 | 13.3 | 14.7 |
| | 70歳以上 | 249 | 8.1 | 2.9 | 2.9 | 4.5 | 5.0 | 6.1 | 7.7 | 9.5 | 11.4 | 13.3 | 17.5 |
| | (再掲)全年齢 | 675 | 8.2 | 2.9 | 3.0 | 4.5 | 5.0 | 6.1 | 7.9 | 9.7 | 11.5 | 13.4 | 17.3 |
| | (再掲)20歳以上 | 591 | 8.2 | 2.9 | 3.1 | 4.5 | 5.0 | 6.1 | 7.9 | 9.7 | 11.7 | 13.4 | 17.3 |
| | (再掲)65～74歳 | 162 | 8.3 | 2.6 | 3.7 | 4.6 | 5.1 | 6.3 | 8.0 | 9.9 | 11.7 | 13.1 | 15.0 |
| | (再掲)75歳以上 | 157 | 8.2 | 3.1 | 3.0 | 4.6 | 5.1 | 6.1 | 7.7 | 9.6 | 11.7 | 14.5 | 18.3 |
| 男性 | 1～2歳 | 1 | 2.2 | 0.0 | 2.2 | 2.2 | 2.2 | 2.2 | 2.2 | 2.2 | 2.2 | 2.2 | 2.2 |
| | 3～5歳 | 4 | 5.9 | 2.0 | 3.6 | 3.9 | 4.2 | 5.1 | 5.7 | 6.5 | 7.7 | 8.1 | 8.4 |
| | 6～7歳 | 7 | 6.8 | 1.5 | 5.5 | 5.6 | 5.6 | 5.7 | 5.9 | 8.0 | 8.8 | 8.8 | 8.9 |
| | 8～9歳 | 6 | 7.6 | 1.3 | 6.1 | 6.2 | 6.3 | 6.5 | 7.6 | 8.7 | 9.0 | 9.1 | 9.1 |
| | 10～11歳 | 5 | 9.5 | 2.4 | 6.7 | 7.0 | 7.3 | 8.2 | 9.0 | 11.0 | 12.1 | 12.5 | 12.8 |
| | 12～14歳 | 11 | 9.6 | 2.4 | 5.3 | 6.1 | 7.0 | 8.6 | 10.0 | 10.6 | 10.8 | 12.6 | 14.0 |
| | 15～17歳 | 4 | 11.1 | 5.6 | 6.6 | 6.7 | 6.9 | 7.2 | 9.4 | 13.3 | 16.6 | 17.7 | 18.6 |
| | 18～29歳 | 15 | 8.9 | 3.1 | 4.5 | 4.7 | 4.8 | 7.5 | 8.7 | 10.5 | 11.7 | 13.3 | 15.9 |
| | 30～49歳 | 59 | 8.9 | 3.6 | 3.7 | 4.7 | 5.5 | 6.4 | 8.2 | 10.4 | 12.8 | 16.2 | 20.9 |
| | 50～69歳 | 84 | 9.2 | 2.8 | 3.5 | 5.1 | 5.5 | 7.2 | 9.1 | 11.0 | 12.9 | 14.0 | 14.7 |
| | 70歳以上 | 114 | 8.5 | 3.2 | 3.4 | 4.5 | 5.1 | 6.5 | 8.0 | 10.0 | 12.2 | 14.6 | 18.2 |
| | (再掲)全年齢 | 310 | 8.8 | 3.2 | 3.1 | 4.6 | 5.4 | 6.6 | 8.3 | 10.5 | 12.7 | 14.4 | 18.8 |
| | (再掲)20歳以上 | 266 | 8.8 | 3.2 | 3.3 | 4.6 | 5.3 | 6.6 | 8.3 | 10.5 | 12.7 | 14.4 | 19.2 |
| | (再掲)65～74歳 | 70 | 9.0 | 2.9 | 3.4 | 4.5 | 5.1 | 7.5 | 8.8 | 10.7 | 12.8 | 13.6 | 14.8 |
| | (再掲)75歳以上 | 73 | 8.6 | 3.4 | 3.7 | 4.8 | 5.6 | 6.7 | 7.9 | 9.9 | 12.2 | 14.9 | 20.1 |
| 女性 | 1～2歳 | 4 | 4.3 | 0.6 | 3.8 | 3.8 | 3.8 | 3.9 | 4.2 | 4.7 | 4.9 | 5.0 | 5.0 |
| | 3～5歳 | 5 | 5.6 | 0.8 | 4.7 | 4.7 | 4.8 | 5.0 | 5.5 | 6.4 | 6.4 | 6.4 | 6.4 |
| | 6～7歳 | 2 | 5.3 | 1.0 | 4.6 | 4.7 | 4.8 | 5.0 | 5.3 | 5.7 | 5.9 | 5.9 | 6.0 |
| | 8～9歳 | 5 | 8.0 | 2.5 | 5.4 | 5.6 | 5.8 | 6.5 | 6.6 | 10.3 | 10.7 | 10.9 | 11.0 |
| | 10～11歳 | 7 | 8.2 | 1.9 | 5.6 | 5.9 | 6.4 | 7.1 | 7.5 | 9.9 | 10.6 | 10.6 | 10.6 |
| | 12～14歳 | 9 | 8.0 | 2.3 | 4.1 | 4.7 | 5.4 | 7.2 | 8.1 | 9.4 | 10.1 | 10.8 | 11.4 |
| | 15～17歳 | 5 | 8.3 | 1.6 | 6.6 | 6.7 | 6.8 | 7.0 | 8.3 | 9.3 | 10.0 | 10.2 | 10.4 |
| | 18～29歳 | 19 | 7.6 | 2.6 | 3.9 | 4.7 | 4.8 | 5.8 | 6.9 | 9.3 | 10.9 | 11.4 | 13.0 |
| | 30～49歳 | 70 | 7.7 | 2.7 | 3.6 | 4.3 | 4.8 | 6.1 | 7.2 | 8.8 | 10.3 | 13.7 | 15.7 |
| | 50～69歳 | 104 | 7.7 | 2.4 | 2.8 | 4.4 | 5.0 | 6.0 | 7.7 | 9.1 | 10.3 | 10.8 | 13.7 |
| | 70歳以上 | 135 | 7.7 | 2.6 | 3.1 | 4.7 | 5.1 | 5.9 | 7.4 | 9.0 | 10.5 | 12.2 | 16.3 |
| | (再掲)全年齢 | 365 | 7.6 | 2.5 | 3.2 | 4.3 | 4.9 | 5.9 | 7.4 | 9.2 | 10.5 | 11.8 | 16.0 |
| | (再掲)20歳以上 | 325 | 7.7 | 2.5 | 3.0 | 4.4 | 4.9 | 6.0 | 7.5 | 9.1 | 10.5 | 12.1 | 16.4 |
| | (再掲)65～74歳 | 92 | 7.7 | 2.3 | 4.1 | 4.8 | 5.1 | 5.9 | 7.5 | 9.0 | 10.2 | 11.1 | 13.8 |
| | (再掲)75歳以上 | 84 | 7.9 | 2.9 | 2.5 | 4.5 | 4.9 | 5.9 | 7.5 | 9.4 | 11.3 | 13.0 | 17.0 |
| | (再掲)妊婦 | 2 | 8.9 | 1.1 | 8.2 | 8.2 | 8.3 | 8.5 | 8.9 | 9.3 | 9.5 | 9.6 | 9.6 |
| | (再掲)授乳婦 | 2 | 7.9 | 4.1 | 7.9 | 5.3 | 5.6 | 6.4 | 7.9 | 9.3 | 10.2 | 10.5 | 10.7 |
| | (再掲)妊婦・授乳婦 | 4 | 8.4 | 2.5 | 8.4 | 5.5 | 5.9 | 7.4 | 8.9 | 9.9 | 10.5 | 10.6 | 10.8 |

注） 単位：mg

## 表43 銅摂取量の平均・標準偏差・分布－総数・男性・女性

1人1日あたり

| 性年齢 | | 人数 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 5 | 10 | 25 | 中央値 | 75 | 90 | 95 | 99 |
| 総数 | 1～2歳 | 5 | 0.57 | 0.19 | 0.33 | 0.36 | 0.39 | 0.49 | 0.57 | 0.64 | 0.77 | 0.81 | 0.84 |
| | 3～5歳 | 9 | 0.77 | 0.14 | 0.64 | 0.64 | 0.64 | 0.66 | 0.70 | 0.83 | 0.92 | 1.00 | 1.06 |
| | 6～7歳 | 9 | 0.81 | 0.19 | 0.56 | 0.59 | 0.61 | 0.69 | 0.82 | 0.84 | 1.05 | 1.10 | 1.14 |
| | 8～9歳 | 11 | 0.81 | 0.19 | 0.46 | 0.51 | 0.56 | 0.74 | 0.88 | 0.91 | 0.97 | 1.05 | 1.11 |
| | 10～11歳 | 12 | 1.02 | 0.29 | 0.49 | 0.64 | 0.79 | 0.82 | 0.99 | 1.22 | 1.34 | 1.43 | 1.50 |
| | 12～14歳 | 20 | 1.08 | 0.28 | 0.61 | 0.63 | 0.66 | 0.95 | 1.07 | 1.21 | 1.41 | 1.57 | 1.67 |
| | 15～17歳 | 9 | 1.06 | 0.31 | 0.71 | 0.72 | 0.74 | 0.92 | 0.96 | 1.21 | 1.36 | 1.54 | 1.69 |
| | 18～29歳 | 34 | 0.97 | 0.32 | 0.50 | 0.52 | 0.58 | 0.68 | 1.01 | 1.21 | 1.37 | 1.46 | 1.54 |
| | 30～49歳 | 129 | 1.10 | 0.40 | 0.41 | 0.51 | 0.68 | 0.85 | 1.06 | 1.28 | 1.62 | 1.86 | 2.04 |
| | 50～69歳 | 188 | 1.19 | 0.38 | 0.41 | 0.57 | 0.70 | 0.92 | 1.15 | 1.45 | 1.71 | 1.83 | 2.11 |
| | 70歳以上 | 249 | 1.26 | 0.48 | 0.42 | 0.66 | 0.76 | 0.93 | 1.20 | 1.52 | 1.80 | 1.98 | 2.81 |
| | (再掲)全年齢 | 675 | 1.16 | 0.43 | 0.40 | 0.56 | 0.68 | 0.86 | 1.12 | 1.39 | 1.68 | 1.87 | 2.36 |
| | (再掲)20歳以上 | 591 | 1.19 | 0.43 | 0.41 | 0.58 | 0.69 | 0.89 | 1.14 | 1.43 | 1.71 | 1.90 | 2.38 |
| | (再掲)65～74歳 | 162 | 1.24 | 0.38 | 0.55 | 0.65 | 0.76 | 0.98 | 1.21 | 1.51 | 1.76 | 1.88 | 2.15 |
| | (再掲)75歳以上 | 157 | 1.27 | 0.52 | 0.38 | 0.67 | 0.76 | 0.93 | 1.21 | 1.53 | 1.80 | 2.02 | 3.13 |
| 男性 | 1～2歳 | 1 | 0.32 | 0.00 | 0.32 | 0.32 | 0.32 | 0.32 | 0.32 | 0.32 | 0.32 | 0.32 | 0.32 |
| | 3～5歳 | 4 | 0.77 | 0.21 | 0.64 | 0.64 | 0.65 | 0.65 | 0.68 | 0.79 | 0.96 | 1.02 | 1.06 |
| | 6～7歳 | 7 | 0.80 | 0.19 | 0.56 | 0.58 | 0.60 | 0.70 | 0.82 | 0.83 | 0.97 | 1.06 | 1.13 |
| | 8～9歳 | 6 | 0.85 | 0.23 | 0.46 | 0.54 | 0.63 | 0.82 | 0.89 | 0.95 | 1.05 | 1.09 | 1.12 |
| | 10～11歳 | 5 | 1.16 | 0.30 | 0.83 | 0.84 | 0.85 | 0.89 | 1.22 | 1.36 | 1.45 | 1.48 | 1.51 |
| | 12～14歳 | 11 | 1.14 | 0.26 | 0.69 | 0.82 | 0.98 | 1.01 | 1.14 | 1.22 | 1.39 | 1.54 | 1.66 |
| | 15～17歳 | 4 | 1.22 | 0.37 | 0.92 | 0.93 | 0.93 | 0.95 | 1.12 | 1.38 | 1.59 | 1.66 | 1.71 |
| | 18～29歳 | 15 | 1.04 | 0.34 | 0.58 | 0.58 | 0.59 | 0.70 | 1.11 | 1.27 | 1.43 | 1.49 | 1.56 |
| | 30～49歳 | 59 | 1.19 | 0.43 | 0.48 | 0.66 | 0.72 | 0.86 | 1.20 | 1.36 | 1.84 | 1.95 | 2.30 |
| | 50～69歳 | 84 | 1.31 | 0.42 | 0.50 | 0.67 | 0.72 | 0.97 | 1.34 | 1.58 | 1.83 | 1.96 | 2.18 |
| | 70歳以上 | 114 | 1.33 | 0.53 | 0.47 | 0.65 | 0.73 | 1.01 | 1.23 | 1.59 | 1.89 | 2.03 | 2.85 |
| | (再掲)全年齢 | 310 | 1.24 | 0.46 | 0.44 | 0.61 | 0.70 | 0.92 | 1.21 | 1.51 | 1.82 | 1.96 | 2.45 |
| | (再掲)20歳以上 | 266 | 1.28 | 0.47 | 0.45 | 0.62 | 0.72 | 0.97 | 1.24 | 1.56 | 1.85 | 2.02 | 2.52 |
| | (再掲)65～74歳 | 70 | 1.33 | 0.42 | 0.57 | 0.68 | 0.73 | 1.03 | 1.35 | 1.56 | 1.85 | 1.94 | 2.37 |
| | (再掲)75歳以上 | 73 | 1.35 | 0.55 | 0.45 | 0.69 | 0.81 | 1.03 | 1.24 | 1.61 | 1.89 | 2.03 | 3.29 |
| 女性 | 1～2歳 | 4 | 0.64 | 0.15 | 0.49 | 0.50 | 0.51 | 0.55 | 0.60 | 0.69 | 0.79 | 0.82 | 0.84 |
| | 3～5歳 | 5 | 0.77 | 0.10 | 0.64 | 0.65 | 0.66 | 0.70 | 0.80 | 0.83 | 0.86 | 0.87 | 0.88 |
| | 6～7歳 | 2 | 0.86 | 0.23 | 0.69 | 0.71 | 0.72 | 0.77 | 0.86 | 0.94 | 0.99 | 1.01 | 1.02 |
| | 8～9歳 | 5 | 0.77 | 0.14 | 0.57 | 0.60 | 0.63 | 0.73 | 0.75 | 0.88 | 0.90 | 0.90 | 0.91 |
| | 10～11歳 | 7 | 0.92 | 0.27 | 0.48 | 0.56 | 0.65 | 0.80 | 0.93 | 1.13 | 1.21 | 1.21 | 1.22 |
| | 12～14歳 | 9 | 1.00 | 0.31 | 0.61 | 0.62 | 0.63 | 0.82 | 1.03 | 1.17 | 1.32 | 1.44 | 1.54 |
| | 15～17歳 | 5 | 0.93 | 0.21 | 0.71 | 0.72 | 0.72 | 0.75 | 0.94 | 1.05 | 1.15 | 1.18 | 1.20 |
| | 18～29歳 | 19 | 0.91 | 0.30 | 0.49 | 0.51 | 0.52 | 0.67 | 0.89 | 1.14 | 1.29 | 1.35 | 1.43 |
| | 30～49歳 | 70 | 1.02 | 0.35 | 0.39 | 0.44 | 0.59 | 0.83 | 1.00 | 1.17 | 1.47 | 1.65 | 1.91 |
| | 50～69歳 | 104 | 1.10 | 0.33 | 0.42 | 0.55 | 0.69 | 0.89 | 1.10 | 1.30 | 1.54 | 1.68 | 1.74 |
| | 70歳以上 | 135 | 1.19 | 0.43 | 0.46 | 0.67 | 0.76 | 0.88 | 1.14 | 1.42 | 1.66 | 1.85 | 2.48 |
| | (再掲)全年齢 | 365 | 1.09 | 0.38 | 0.40 | 0.54 | 0.65 | 0.84 | 1.06 | 1.28 | 1.57 | 1.69 | 2.04 |
| | (再掲)20歳以上 | 325 | 1.11 | 0.38 | 0.39 | 0.54 | 0.68 | 0.86 | 1.10 | 1.31 | 1.60 | 1.71 | 2.05 |
| | (再掲)65～74歳 | 92 | 1.18 | 0.33 | 0.56 | 0.62 | 0.78 | 0.92 | 1.17 | 1.37 | 1.63 | 1.75 | 1.96 |
| | (再掲)75歳以上 | 84 | 1.20 | 0.48 | 0.38 | 0.67 | 0.75 | 0.85 | 1.13 | 1.45 | 1.68 | 1.98 | 2.81 |
| | (再掲)妊婦 | 2 | 1.14 | 0.03 | 1.12 | 1.12 | 1.12 | 1.13 | 1.14 | 1.15 | 1.16 | 1.16 | 1.16 |
| | (再掲)授乳婦 | 2 | 1.19 | 0.38 | 1.19 | 0.94 | 0.97 | 1.05 | 1.19 | 1.32 | 1.40 | 1.43 | 1.45 |
| | (再掲)妊婦・授乳婦 | 4 | 1.16 | 0.22 | 1.16 | 0.95 | 0.98 | 1.07 | 1.14 | 1.24 | 1.37 | 1.41 | 1.45 |

注） 単位：mg

表44　脂肪エネルギー比率の区分ごとの人数の割合－脂肪エネルギー比率の区分、年齢階級別、人数、割合－総数・男性・女性、20歳以上

| | | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲)65～74歳 | | (再掲)75歳以上 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % |
| 総数 | 総　数 | 591 | 100.0 | 25 | 4.2 | 60 | 10.2 | 69 | 11.7 | 74 | 12.5 | 114 | 19.3 | 249 | 42.1 | 162 | 27.4 | 157 | 26.6 |
| | 15%未満 | 25 | 100.0 | 1 | 4.0 | 3 | 12.0 | 4 | 16.0 | 2 | 8.0 | 5 | 20.0 | 10 | 40.0 | 6 | 24.0 | 8 | 32.0 |
| | 15～20%未満 | 48 | 100.0 | 0 | 0.0 | 2 | 4.2 | 5 | 10.4 | 4 | 8.3 | 6 | 12.5 | 31 | 64.6 | 11 | 22.9 | 22 | 45.8 |
| | 20～25 | 135 | 100.0 | 3 | 2.2 | 12 | 8.9 | 12 | 8.9 | 17 | 12.6 | 24 | 17.8 | 67 | 49.6 | 45 | 33.3 | 38 | 28.1 |
| | 25～30 | 185 | 100.0 | 9 | 4.9 | 17 | 9.2 | 17 | 9.2 | 20 | 10.8 | 44 | 23.8 | 78 | 42.2 | 53 | 28.6 | 53 | 28.6 |
| | 30～35 | 119 | 100.0 | 9 | 7.6 | 12 | 10.1 | 15 | 12.6 | 20 | 16.8 | 20 | 16.8 | 43 | 36.1 | 29 | 24.4 | 27 | 22.7 |
| | 35%以上 | 79 | 100.0 | 3 | 3.8 | 14 | 17.7 | 16 | 20.3 | 11 | 13.9 | 15 | 19.0 | 20 | 25.3 | 18 | 22.8 | 9 | 11.4 |
| | (再掲)25%未満 | 208 | 100.0 | 4 | 1.9 | 17 | 8.2 | 21 | 10.1 | 23 | 11.1 | 35 | 16.8 | 108 | 51.9 | 62 | 29.8 | 68 | 32.7 |
| | (再掲)30%以上 | 198 | 100.0 | 12 | 6.1 | 26 | 13.1 | 31 | 15.7 | 31 | 15.7 | 35 | 17.7 | 63 | 31.8 | 47 | 23.7 | 36 | 18.2 |
| 男性 | 総　数 | 266 | 100.0 | 9 | 3.4 | 29 | 10.9 | 30 | 11.3 | 38 | 14.3 | 46 | 17.3 | 114 | 42.9 | 70 | 26.3 | 73 | 27.4 |
| | 15%未満 | 19 | 100.0 | 0 | 0.0 | 2 | 10.5 | 4 | 21.1 | 2 | 10.5 | 3 | 15.8 | 8 | 42.1 | 5 | 26.3 | 6 | 31.6 |
| | 15～20%未満 | 25 | 100.0 | 0 | 0.0 | 0 | 0.0 | 4 | 16.0 | 2 | 8.0 | 2 | 8.0 | 17 | 68.0 | 5 | 20.0 | 12 | 48.0 |
| | 20～25 | 65 | 100.0 | 2 | 3.1 | 7 | 10.8 | 4 | 6.2 | 9 | 13.8 | 10 | 15.4 | 33 | 50.8 | 20 | 30.8 | 21 | 32.3 |
| | 25～30 | 76 | 100.0 | 5 | 6.6 | 7 | 9.2 | 8 | 10.5 | 10 | 13.2 | 18 | 23.7 | 28 | 36.8 | 18 | 23.7 | 21 | 27.6 |
| | 30～35 | 50 | 100.0 | 1 | 2.0 | 6 | 12.0 | 5 | 10.0 | 9 | 18.0 | 9 | 18.0 | 20 | 40.0 | 14 | 28.0 | 10 | 20.0 |
| | 35%以上 | 31 | 100.0 | 1 | 3.2 | 7 | 22.6 | 5 | 16.1 | 6 | 19.4 | 4 | 12.9 | 8 | 25.8 | 8 | 25.8 | 3 | 9.7 |
| | (再掲)25%未満 | 109 | 100.0 | 2 | 1.8 | 9 | 8.3 | 12 | 11.0 | 13 | 11.9 | 15 | 13.8 | 58 | 53.2 | 30 | 27.5 | 39 | 35.8 |
| | (再掲)30%以上 | 81 | 100.0 | 2 | 2.5 | 13 | 16.0 | 10 | 12.3 | 15 | 18.5 | 13 | 16.0 | 28 | 34.6 | 22 | 27.2 | 13 | 16.0 |
| 女性 | 総　数 | 325 | 100.0 | 16 | 4.9 | 31 | 9.5 | 39 | 12.0 | 36 | 11.1 | 68 | 20.9 | 135 | 41.5 | 92 | 28.3 | 84 | 25.8 |
| | 15%未満 | 6 | 100.0 | 1 | 16.7 | 1 | 16.7 | 0 | 0.0 | 0 | 0.0 | 2 | 33.3 | 2 | 33.3 | 1 | 16.7 | 2 | 33.3 |
| | 15～20%未満 | 23 | 100.0 | 0 | 0.0 | 2 | 8.7 | 1 | 4.3 | 2 | 8.7 | 4 | 17.4 | 14 | 60.9 | 6 | 26.1 | 10 | 43.5 |
| | 20～25 | 70 | 100.0 | 1 | 1.4 | 5 | 7.1 | 8 | 11.4 | 8 | 11.4 | 14 | 20.0 | 34 | 48.6 | 25 | 35.7 | 17 | 24.3 |
| | 25～30 | 109 | 100.0 | 4 | 3.7 | 10 | 9.2 | 9 | 8.3 | 10 | 9.2 | 26 | 23.9 | 50 | 45.9 | 35 | 32.1 | 32 | 29.4 |
| | 30～35 | 69 | 100.0 | 8 | 11.6 | 6 | 8.7 | 10 | 14.5 | 11 | 15.9 | 11 | 15.9 | 23 | 33.3 | 15 | 21.7 | 17 | 24.6 |
| | 35%以上 | 48 | 100.0 | 2 | 4.2 | 7 | 14.6 | 11 | 22.9 | 5 | 10.4 | 11 | 22.9 | 12 | 25.0 | 10 | 20.8 | 6 | 12.5 |
| | (再掲)25%未満 | 99 | 100.0 | 2 | 2.0 | 8 | 8.1 | 9 | 9.1 | 10 | 10.1 | 20 | 20.2 | 50 | 50.5 | 32 | 32.3 | 29 | 29.3 |
| | (再掲)30%以上 | 117 | 100.0 | 10 | 8.5 | 13 | 11.1 | 21 | 17.9 | 16 | 13.7 | 22 | 18.8 | 35 | 29.9 | 25 | 21.4 | 23 | 19.7 |

表45　食塩摂取量の平均値及び標準偏差－地域ブロック別、平均値、標準偏差、中央値－総数・男性・女性、20歳以上

（g/日）

| | 総数 | | | |
|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 591 | 10.8 | 4.1 | 10.3 |
| 男性 | 266 | 11.5 | 4.3 | 11.0 |
| 女性 | 325 | 10.2 | 3.8 | 11.0 |

| | 桐生保健所 | | | | 伊勢崎保健所 | | | | 太田保健所 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 68 | 12.2 | 4.1 | 11.9 | 91 | 8.9 | 3.2 | 8.3 | 36 | 10.3 | 3.7 | 9.6 |
| 男性 | 35 | 13.1 | 4.6 | 12.4 | 42 | 9.3 | 2.9 | 9.2 | 18 | 10.3 | 4.1 | 9.7 |
| 女性 | 33 | 11.3 | 3.3 | 11.1 | 49 | 8.5 | 3.5 | 7.5 | 18 | 10.3 | 3.4 | 9.4 |

| | 吾妻保健所 | | | | 利根沼田保健所 | | | | 館林保健所 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 34 | 13.2 | 6.2 | 13.3 | 39 | 10.5 | 4.0 | 9.5 | 30 | 9.1 | 3.3 | 8.6 |
| 男性 | 15 | 13.6 | 6.7 | 13.1 | 18 | 12.0 | 4.7 | 11.7 | 16 | 9.6 | 3.4 | 9.1 |
| 女性 | 19 | 12.9 | 5.9 | 13.4 | 21 | 9.3 | 2.9 | 8.7 | 14 | 8.7 | 3.3 | 8.4 |

| | 前橋市保健所 | | | | 高崎市保健所 | | | | 渋川保健所 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 79 | 11.5 | 4.0 | 11.1 | 38 | 11.1 | 3.6 | 10.7 | 37 | 10.1 | 3.2 | 9.7 |
| 男性 | 35 | 12.7 | 3.7 | 12.5 | 18 | 12.6 | 3.7 | 11.5 | 17 | 10.9 | 3.9 | 11.5 |
| 女性 | 44 | 10.6 | 4.0 | 10.5 | 20 | 9.8 | 3.1 | 9.1 | 20 | 9.5 | 2.5 | 8.9 |

| | 藤岡保健所 | | | | 富岡保健所 | | | | 安中保健所 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 41 | 10.8 | 3.7 | 10.1 | 28 | 11.7 | 3.3 | 11.7 | 70 | 11.0 | 4.6 | 10.0 |
| 男性 | 13 | 12.1 | 2.8 | 12.3 | 11 | 10.6 | 3.6 | 10.7 | 28 | 11.6 | 5.2 | 10.4 |
| 女性 | 28 | 10.2 | 3.9 | 9.7 | 17 | 12.4 | 3.0 | 12.6 | 42 | 10.5 | 4.1 | 9.7 |

注）　食塩摂取量はナトリウム量（mg）×2.54/1,000 で算出した値を使用した。

表46-1 食品群別摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－総数、1歳以上

1人1日当たり(g)

| | 食品群番号 | 総数 | | | 1～6歳 | | | 7～14歳 | | | 15～19歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 675 | | | 18 | | | 48 | | | 18 | | |
| 総量 | 1～98 | 2,058.4 | 706.3 | 1,986.6 | 1,222.5 | 328.2 | 1,298.1 | 1,782.4 | 503.9 | 1,690.7 | 1,888.2 | 572.7 | 1,813.3 |
| 動物性食品 | 48～76,79 | 346.9 | 188.3 | 325.0 | 242.0 | 155.8 | 209.0 | 513.6 | 215.6 | 492.3 | 415.9 | 216.8 | 350.3 |
| 植物性食品 | 1～47,77,78,80～98 | 1,711.4 | 648.8 | 1,639.8 | 980.5 | 300.6 | 881.4 | 1,268.8 | 389.5 | 1,186.5 | 1,472.3 | 558.5 | 1,279.4 |
| 穀類 | 1～12 | 415.0 | 169.7 | 395.1 | 273.1 | 78.3 | 275.0 | 424.7 | 155.2 | 403.1 | 497.6 | 157.8 | 503.5 |
| 米・加工品 | 1,2 | 297.2 | 180.7 | 276.0 | 227.5 | 91.0 | 212.0 | 308.3 | 173.0 | 281.0 | 422.4 | 166.4 | 400.0 |
| 米 | 1 | 293.1 | 180.6 | 270.0 | 211.8 | 100.2 | 198.5 | 306.2 | 173.8 | 281.0 | 422.4 | 166.4 | 400.0 |
| 米加工品 | 2 | 4.2 | 25.1 | 0.0 | 15.7 | 35 | 0.0 | 2.1 | 7.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 105.7 | 75.0 | 45.6 | 76.6 | 8.0 | 106.4 | 90.1 | 82.0 | 69.2 | 71.8 | 35.9 |
| 小麦粉類 | 3 | 4.2 | 13.2 | 0.0 | 3.9 | 7.6 | 0.0 | 18.2 | 29.1 | 1.5 | 1.2 | 2.7 | 0.0 |
| パン類(菓子パンを除く) | 4 | 29.5 | 43.7 | 0.0 | 5.9 | 14.3 | 0.0 | 32.6 | 46.2 | 0.0 | 11.9 | 24.5 | 0.0 |
| 菓子パン類 | 5 | 5.5 | 22.1 | 0.0 | 11.1 | 25.6 | 0.0 | 7.1 | 20.6 | 0.0 | 5.6 | 23.6 | 0.0 |
| うどん、中華めん類 | 6 | 44.2 | 84.1 | 0.0 | 3.0 | 12.7 | 0.0 | 40.8 | 58.9 | 0.0 | 16.7 | 38.5 | 0.0 |
| 即席中華めん | 7 | 3.6 | 18.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.8 | 28.8 | 0.0 |
| パスタ類 | 8 | 12.8 | 49.9 | 0.0 | 13.8 | 51.9 | 0.0 | 4.0 | 16.3 | 0.0 | 22.6 | 54.1 | 0.0 |
| その他の小麦加工品 | 9 | 5.3 | 17.1 | 0.0 | 7.8 | 21.0 | 0.0 | 3.6 | 5.7 | 1.0 | 4.3 | 9.6 | 0.0 |
| その他の穀類・加工品 | 10～12 | 12.8 | 48.8 | 0.0 | 0.0 | 0.0 | 0.0 | 10.0 | 36.6 | 0.0 | 6.0 | 23.5 | 0.0 |
| そば・加工品 | 10 | 6.8 | 39.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.8 | 6.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 3.5 | 0.0 | 6.0 | 23.5 | 0.0 |
| その他の穀類 | 12 | 5.1 | 27.9 | 0.0 | 0.0 | 0.0 | 0.0 | 9.5 | 36.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 55.1 | 75.6 | 32.5 | 51.3 | 41.3 | 40.0 | 51.3 | 57.1 | 36.1 | 39.1 | 33.5 | 40.6 |
| いも・加工品 | 13～15 | 53.2 | 75.6 | 30.0 | 48.8 | 39.7 | 39.0 | 49.8 | 55.3 | 35.6 | 36.2 | 34.1 | 36.7 |
| さつまいも・加工品 | 13 | 9.3 | 33.1 | 0.0 | 24.9 | 40.7 | 0.0 | 10.7 | 42.0 | 0.0 | 7.7 | 18.9 | 0.0 |
| じゃがいも・加工品 | 14 | 24.2 | 41.7 | 0.0 | 20.6 | 22.1 | 16.0 | 27.4 | 39.4 | 15.3 | 19.0 | 35.4 | 0.0 |
| その他のいも・加工品 | 15 | 19.7 | 48.9 | 0.0 | 3.3 | 10.3 | 0.0 | 11.7 | 16.9 | 0.0 | 9.5 | 16.8 | 0.0 |
| でんぷん・加工品 | 16 | 1.9 | 6.9 | 0.0 | 2.5 | 4.1 | 0.5 | 1.6 | 2.8 | 0.0 | 3.0 | 5.5 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.5 | 8.9 | 3.0 | 5.5 | 8.5 | 3.5 | 7.1 | 6.6 | 4.3 | 3.5 | 4.2 | 1.4 |
| 豆類 | 18～23 | 64.5 | 81.8 | 43.4 | 31.0 | 29.8 | 30.7 | 41.3 | 52.3 | 27.9 | 37.4 | 42.8 | 20.1 |
| 大豆・加工品 | 18～22 | 62.6 | 76.2 | 42.0 | 30.7 | 30.1 | 30.7 | 41.3 | 52.3 | 27.9 | 37.4 | 42.8 | 20.1 |
| 大豆(全粒)・加工品 | 18 | 2.8 | 16.6 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 3.0 | 0.0 | 1.3 | 3.9 | 0.0 |
| 豆腐 | 19 | 34.8 | 57.2 | 0.0 | 13.5 | 22.0 | 0.0 | 30.0 | 48.4 | 6.4 | 21.9 | 42.3 | 0.0 |
| 油揚げ類 | 20 | 4.7 | 13.7 | 0.0 | 0.5 | 1.3 | 0.0 | 2.5 | 3.9 | 0.0 | 3.5 | 4.8 | 0.0 |
| 納豆 | 21 | 13.5 | 20.3 | 0.0 | 10.1 | 15.9 | 0.0 | 4.3 | 13.0 | 0.0 | 10.6 | 18.7 | 0.0 |
| その他の大豆加工品 | 22 | 6.7 | 31.7 | 0.0 | 6.7 | 15.7 | 0.0 | 3.1 | 13.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 1.8 | 15.3 | 0.0 | 0.3 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 2.9 | 12.0 | 0.0 | 0.4 | 0.5 | 0.0 | 0.2 | 0.6 | 0.0 | 0.4 | 1.2 | 0.0 |
| 野菜類 | 25～38 | 284.7 | 171.2 | 256.2 | 147.0 | 105.1 | 125.6 | 227.9 | 94.0 | 225.3 | 204.7 | 71.2 | 195.7 |
| 緑黄色野菜 | 25～29 | 88.5 | 82.9 | 70.0 | 51.6 | 32.0 | 44.6 | 63.4 | 53.7 | 49.0 | 53.9 | 46.3 | 34.1 |
| トマト | 25 | 21.7 | 47.0 | 0.0 | 8.0 | 17.8 | 0.0 | 2.3 | 6.3 | 0.0 | 6.2 | 16.1 | 0.0 |
| にんじん | 26 | 17.8 | 24.2 | 10.0 | 22.2 | 14.1 | 19.9 | 24.3 | 21.0 | 16.6 | 19.1 | 18.9 | 21.9 |
| ほうれん草 | 27 | 11.2 | 28.8 | 0.0 | 9.9 | 23.1 | 0.0 | 7.0 | 10.1 | 0.0 | 2.4 | 10.1 | 0.0 |
| ピーマン | 28 | 5.8 | 16.2 | 0.0 | 2.8 | 3.5 | 0.0 | 10.4 | 31.0 | 0.0 | 3.4 | 8.8 | 0.0 |
| その他の緑黄色野菜 | 29 | 32.0 | 50.2 | 9.0 | 8.6 | 12.1 | 3.5 | 19.3 | 29.1 | 11.7 | 22.8 | 32.3 | 0.1 |
| その他の野菜 | 30～35 | 169.9 | 117.2 | 149.9 | 73.2 | 33.7 | 64.9 | 156.7 | 69.0 | 155.3 | 145.5 | 62.7 | 153.8 |
| キャベツ | 30 | 30.0 | 51.6 | 0.0 | 15.1 | 19.0 | 8.4 | 27.7 | 30.0 | 22.5 | 42.5 | 41.4 | 46.6 |
| きゅうり | 31 | 13.9 | 29.3 | 0.0 | 4.0 | 6.9 | 0.0 | 13.0 | 15.8 | 8.5 | 3.0 | 8.6 | 0.0 |
| 大根 | 32 | 26.1 | 45.7 | 0.0 | 4.2 | 15.4 | 0.0 | 22.4 | 31.7 | 19.8 | 18.6 | 49.9 | 0.0 |
| たまねぎ | 33 | 30.3 | 38.3 | 12.0 | 30.6 | 19.4 | 31.2 | 32.3 | 35.0 | 20.7 | 21.9 | 21.1 | 25.0 |
| はくさい | 34 | 15.1 | 44.2 | 0.0 | 6.8 | 10.3 | 0.0 | 9.8 | 21.4 | 0.0 | 4.2 | 17.7 | 0.0 |
| その他の淡色野菜 | 35 | 54.4 | 56.9 | 38.0 | 12.6 | 12.8 | 11.0 | 51.6 | 56.2 | 29.6 | 55.2 | 47.3 | 45.6 |
| 野菜ジュース | 36 | 13.5 | 57.7 | 0.0 | 22.2 | 94.3 | 0.0 | 4.2 | 28.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 漬け物 | 37,38 | 12.8 | 25.7 | 0.0 | 0.0 | 0.0 | 0.0 | 3.6 | 13.1 | 0.0 | 5.4 | 9.2 | 0.0 |
| 葉類漬け物 | 37 | 3.9 | 15.2 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 7.2 | 0.0 | 3.2 | 6.8 | 0.0 |
| たくあん・その他の漬け物 | 38 | 8.9 | 20.7 | 0.0 | 0.0 | 0.0 | 0.0 | 2.5 | 11.0 | 0.0 | 2.1 | 7.2 | 0.0 |
| 果実類 | 39～45 | 108.5 | 138.3 | 67.0 | 119.4 | 89.3 | 106.4 | 54.3 | 93.7 | 30.0 | 69.8 | 97.4 | 30.6 |
| 生果 | 39～43 | 100.0 | 129.5 | 60.0 | 93.6 | 80.8 | 84.5 | 51.9 | 93.8 | 30.0 | 41.2 | 58.5 | 20.8 |
| いちご | 39 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 16.5 | 42.8 | 0.0 | 56.7 | 76.5 | 48.7 | 29.1 | 74.7 | 0.0 | 2.8 | 9.6 | 0.0 |
| バナナ | 41 | 16.3 | 42.3 | 0.0 | 11.7 | 30.7 | 0.0 | 12.0 | 53.2 | 0.0 | 4.2 | 17.9 | 0.0 |
| りんご | 42 | 26.0 | 58.2 | 0.0 | 13.1 | 30.4 | 0.0 | 6.8 | 15.9 | 0.0 | 19.0 | 52.1 | 0.0 |
| その他の生果 | 43 | 41.1 | 87.4 | 0.0 | 12.1 | 33.7 | 0.0 | 4.1 | 12.6 | 0.0 | 15.3 | 26.7 | 0.0 |
| ジャム | 44 | 1.4 | 5.1 | 0.0 | 0.8 | 3.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 7.0 | 40.4 | 0.0 | 25.0 | 51.4 | 0.0 | 2.4 | 14.9 | 0.0 | 28.6 | 88.5 | 0.0 |
| きのこ類 | 46 | 16.7 | 23.6 | 6.3 | 9.7 | 13.9 | 2.3 | 13.6 | 18.1 | 7.9 | 11.1 | 12.3 | 10.3 |
| 藻類 | 47 | 11.8 | 24.4 | 2.0 | 3.6 | 7.1 | 0.0 | 6.9 | 11.6 | 0.4 | 9.3 | 16.6 | 2.1 |

1人1日当たり(g)

| | 食品群番号 | 総　数 | | | 1～6歳 | | | 7～14歳 | | | 15～19歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 61.4 | 65.2 | 46.0 | 34.3 | 28.4 | 31.1 | 34.9 | 36.4 | 25.0 | 35.9 | 43.7 | 23.3 |
| 生魚介類 | 48～55 | 27.9 | 47.6 | 0.0 | 20.5 | 24.9 | 0.0 | 21.3 | 33.2 | 0.0 | 11.7 | 31.6 | 0.0 |
| あじ、いわし類 | 48 | 6.5 | 24.7 | 0.0 | 3.3 | 14.1 | 0.0 | 7.9 | 22.5 | 0.0 | 1.9 | 8.0 | 0.0 |
| さけ、ます | 49 | 4.6 | 20.0 | 0.0 | 11.6 | 19.9 | 0.0 | 6.6 | 17.9 | 0.0 | 2.6 | 10.8 | 0.0 |
| たい、かれい類 | 50 | 3.4 | 16.3 | 0.0 | 0.0 | 0.0 | 0.0 | 2.2 | 9.9 | 0.0 | 7.1 | 30.0 | 0.0 |
| まぐろ、かじき類 | 51 | 3.8 | 20.4 | 0.0 | 2.2 | 9.4 | 0.0 | 2.1 | 10.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生魚 | 52 | 5.1 | 22.0 | 0.0 | 3.3 | 8.2 | 0.0 | 2.2 | 12.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 0.8 | 6.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 2.4 | 11.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| えび、かに類 | 55 | 1.4 | 6.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.6 | 0.0 | 0.2 | 0.9 | 0.0 |
| 魚介加工品 | 56～60 | 33.5 | 49.5 | 12.0 | 13.8 | 14.4 | 11.9 | 13.7 | 21.5 | 3.0 | 24.2 | 30.0 | 10.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.9 | 37.7 | 0.0 | 10.2 | 15.7 | 0.0 | 4.7 | 11.9 | 0.0 | 12.4 | 20.4 | 0.3 |
| 魚介(缶詰) | 57 | 3.4 | 14.3 | 0.0 | 0.0 | 0.0 | 0.0 | 3.2 | 8.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(佃煮) | 58 | 0.1 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 8.8 | 25.4 | 0.0 | 3.6 | 5.6 | 0.0 | 5.8 | 16.4 | 0.0 | 11.7 | 26.0 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.3 | 9.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 93.6 | 76.4 | 80.0 | 51.4 | 41.6 | 51.0 | 115.0 | 62.0 | 104.3 | 150.9 | 78.8 | 131.1 |
| 畜肉 | 61～64 | 65.8 | 62.8 | 52.5 | 28.6 | 20.8 | 24.1 | 92.6 | 53.1 | 81.1 | 96.7 | 69.9 | 84.6 |
| 牛肉 | 61 | 9.5 | 30.6 | 0.0 | 3.6 | 11.8 | 0.0 | 6.8 | 18.3 | 0.0 | 31.3 | 53.5 | 0.0 |
| 豚肉 | 62 | 44.3 | 49.4 | 30.4 | 19.2 | 20.9 | 15.0 | 67.3 | 49.1 | 54.0 | 51.9 | 39.2 | 45.2 |
| ハム、ソーセージ類 | 63 | 12.1 | 20.2 | 0.0 | 5.7 | 8.3 | 0.0 | 18.5 | 24.0 | 11.6 | 13.5 | 22.5 | 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 |
| 鳥肉 | 65,66 | 26.8 | 51.7 | 0.0 | 22.8 | 35.8 | 5.0 | 21.2 | 38.1 | 0.0 | 54.2 | 72.2 | 0.0 |
| 鶏肉 | 65 | 26.8 | 51.7 | 0.0 | 22.8 | 35.8 | 5.0 | 21.2 | 38.1 | 0.0 | 54.2 | 72.2 | 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 |
| 肉類(内臓) | 67 | 1.0 | 10.3 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 | 8.2 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 41.1 | 38.5 | 41.5 | 22.7 | 29.6 | 23.5 | 30.5 | 29.9 | 22.4 | 55.1 | 45.5 | 53.0 |
| 乳類 | 71～75 | 149.9 | 156.3 | 109.0 | 130.1 | 120.3 | 118.0 | 332.1 | 185.4 | 258.6 | 172.2 | 163.3 | 194.0 |
| 牛乳・乳製品 | 71～74 | 149.9 | 156.3 | 109.0 | 130.1 | 120.3 | 118.0 | 332.1 | 185.4 | 258.6 | 172.2 | 163.3 | 194.0 |
| 牛乳 | 71 | 86.1 | 121.4 | 0.0 | 93.7 | 100.2 | 63.0 | 265.6 | 118.2 | 206.6 | 98.2 | 130.4 | 1.5 |
| チーズ | 72 | 3.6 | 7.8 | 0.0 | 3.1 | 5.5 | 0.0 | 4.1 | 7.8 | 0.0 | 0.7 | 2.0 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 52.3 | 84.5 | 0.0 | 21.4 | 33.5 | 0.0 | 47.6 | 95.7 | 0.0 | 43.7 | 56.5 | 0.0 |
| その他の乳製品 | 74 | 7.9 | 32.6 | 0.0 | 11.8 | 30.7 | 0.0 | 14.8 | 44.9 | 0.0 | 29.6 | 110.4 | 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 |
| 油脂類 | 76～80 | 11.6 | 9.2 | 10.0 | 8.3 | 7.7 | 5.7 | 10.4 | 6.0 | 9.5 | 14.3 | 7.9 | 16.3 |
| バター | 76 | 0.7 | 2.2 | 0.0 | 3.6 | 5.0 | 0.4 | 0.4 | 1.5 | 0.0 | 1.3 | 2.9 | 0.0 |
| マーガリン | 77 | 1.2 | 3.4 | 0.0 | 0.0 | 0.0 | 0.0 | 1.6 | 2.3 | 0.0 | 0.8 | 2.6 | 0.0 |
| 植物性油脂 | 78 | 9.4 | 8.3 | 7.4 | 4.7 | 4.5 | 4.6 | 7.7 | 5.7 | 6.2 | 11.7 | 8.1 | 12.8 |
| 動物性油脂 | 79 | 0.3 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 3.0 | 0.0 | 0.5 | 1.2 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 24.9 | 43.6 | 0.0 | 43.4 | 40.3 | 37.1 | 38.1 | 55.6 | 20.5 | 20.3 | 29.2 | 6.5 |
| 和菓子類 | 81 | 10.8 | 28.9 | 0.0 | 5.2 | 13.4 | 0.0 | 8.4 | 23.7 | 0.0 | 2.7 | 6.6 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.8 | 17.7 | 0.0 | 3.9 | 11.4 | 0.0 | 0.4 | 2.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビスケット類 | 83 | 2.2 | 10.1 | 0.0 | 3.4 | 8.4 | 0.0 | 0.7 | 3.0 | 0.0 | 4.4 | 18.9 | 0.0 |
| キャンディー類 | 84 | 0.1 | 1.2 | 0.0 | 0.6 | 1.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 7.9 | 24.9 | 0.0 | 30.3 | 41.9 | 16.0 | 28.6 | 53.3 | 9.0 | 13.1 | 21.8 | 0.0 |
| 嗜好飲料類 | 86～91 | 641.5 | 477.0 | 553.5 | 259.1 | 250.6 | 200.7 | 338.5 | 320.8 | 325.5 | 503.1 | 462.0 | 406.1 |
| アルコール飲料 | 86～88 | 85.8 | 241.4 | 0.0 | 0.2 | 0.3 | 0.0 | 1.1 | 1.7 | 0.5 | 2.5 | 4.1 | 0.0 |
| 日本酒 | 86 | 5.5 | 35.0 | 0.0 | 0.1 | 0.2 | 0.0 | 1.1 | 1.7 | 0.5 | 2.3 | 4.1 | 0.0 |
| ビール | 87 | 51.1 | 188.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 29.1 | 121.3 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.3 | 1.2 | 0.0 |
| その他の嗜好飲料 | 89～91 | 555.7 | 410.2 | 500.0 | 259.0 | 250.6 | 200.0 | 337.4 | 320.7 | 325.0 | 500.6 | 461.1 | 405.0 |
| 茶 | 89 | 247.7 | 327.4 | 140.0 | 21.8 | 92.3 | 0.0 | 43.6 | 114.4 | 0.0 | 51.4 | 151.1 | 0.0 |
| コーヒー・ココア | 90 | 140.5 | 187.9 | 80.0 | 8.8 | 35.8 | 0.0 | 13.4 | 50.6 | 0.0 | 11.7 | 32.2 | 0.0 |
| その他の嗜好飲料 | 91 | 167.5 | 284.5 | 0.0 | 228.4 | 238.9 | 182.5 | 280.4 | 310.2 | 200.0 | 437.5 | 470.2 | 275.0 |
| 調味料・香辛料類 | 92～98 | 68.9 | 46.1 | 60.0 | 32.2 | 19.6 | 26.6 | 55.3 | 24.9 | 50.1 | 63.5 | 27.8 | 56.1 |
| 調味料 | 92～97 | 68.4 | 46.1 | 59.2 | 32.0 | 19.7 | 26.6 | 54.9 | 24.9 | 50.1 | 62.8 | 27.6 | 54.9 |
| ソース | 92 | 1.8 | 5.2 | 0.0 | 2.1 | 5.7 | 0.0 | 3.1 | 7.4 | 0.0 | 1.8 | 4.1 | 0.0 |
| しょうゆ | 93 | 11.7 | 11.6 | 9.0 | 5.6 | 6.0 | 3.8 | 9.6 | 7.8 | 7.9 | 14.0 | 11.1 | 15.9 |
| 塩 | 94 | 1.2 | 1.3 | 0.8 | 0.9 | 0.8 | 0.5 | 1.3 | 1.4 | 0.8 | 2.2 | 1.6 | 1.9 |
| マヨネーズ | 95 | 3.8 | 7.4 | 0.0 | 0.7 | 1.5 | 0.0 | 3.6 | 6.4 | 0.2 | 1.7 | 3.0 | 0.0 |
| 味噌 | 96 | 11.0 | 12.5 | 9.0 | 3.7 | 3.9 | 2.3 | 7.7 | 9.0 | 5.1 | 12.3 | 13.9 | 10.1 |
| その他の調味料 | 97 | 38.9 | 41.2 | 28.6 | 19.1 | 14.1 | 14.3 | 29.7 | 25.2 | 23.2 | 30.8 | 25.2 | 26.0 |
| 香辛料・その他 | 98 | 0.5 | 1.5 | 0.0 | 0.1 | 0.3 | 0.0 | 0.3 | 0.6 | 0.0 | 0.7 | 1.3 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 25 | | | 60 | | | 69 | | | 74 | | |
| 総量 | 1～98 | 1,671.8 | 599.7 | 1,579.4 | 1,971.1 | 759.2 | 2,029.0 | 1,955.3 | 681.2 | 1,865.0 | 2,177.8 | 711.7 | 2,017.9 |
| 動物性食品 | 48～76,79 | 324.0 | 179.2 | 257.7 | 349.0 | 220.8 | 294.3 | 287.9 | 137.0 | 289.2 | 310.8 | 171.7 | 288.4 |
| 植物性食品 | 1～47,77,78,80～98 | 1,347.8 | 527.2 | 1,311.0 | 1,622.2 | 683.9 | 1,672.3 | 1,667.4 | 616.7 | 1,559.5 | 1,866.9 | 672.4 | 1,764.7 |
| 穀類 | 1～12 | 421.4 | 193.2 | 404.4 | 446.0 | 190.4 | 432.3 | 451.8 | 204.2 | 420.0 | 448.4 | 183.1 | 447.7 |
| 米・加工品 | 1,2 | 374.5 | 206.9 | 300.0 | 352.5 | 219.7 | 326.5 | 327.5 | 217.8 | 288.0 | 327.5 | 186.2 | 304.0 |
| 米 | 1 | 359.4 | 211.8 | 300.0 | 346.7 | 217.0 | 321.5 | 326.2 | 218.3 | 288.0 | 321.4 | 185.6 | 300.0 |
| 米加工品 | 2 | 15.0 | 41.8 | 0.0 | 5.8 | 38.9 | 0.0 | 1.3 | 7.7 | 0.0 | 6.0 | 25.9 | 0.0 |
| 小麦・加工品 | 3～9 | 46.9 | 65.5 | 9.3 | 85.9 | 89.0 | 63.5 | 118.2 | 123.8 | 85.0 | 109.5 | 132.6 | 68.4 |
| 小麦粉類 | 3 | 1.4 | 4.1 | 0.0 | 3.5 | 12.7 | 0.0 | 3.4 | 7.4 | 0.0 | 3.4 | 10.4 | 0.0 |
| パン類(菓子パンを除く) | 4 | 14.0 | 28.2 | 0.0 | 18.7 | 33.0 | 0.0 | 32.4 | 56.5 | 0.0 | 29.0 | 47.5 | 0.0 |
| 菓子パン類 | 5 | 3.3 | 16.6 | 0.0 | 2.9 | 16.1 | 0.0 | 3.6 | 16.8 | 0.0 | 4.9 | 21.7 | 0.0 |
| うどん、中華めん類 | 6 | 15.1 | 53.5 | 0.0 | 28.5 | 66.8 | 0.0 | 39.2 | 81.7 | 0.0 | 36.6 | 87.9 | 0.0 |
| 即席中華めん | 7 | 0.6 | 2.8 | 0.0 | 7.9 | 24.3 | 0.0 | 8.1 | 29.2 | 0.0 | 6.1 | 25.7 | 0.0 |
| パスタ類 | 8 | 9.9 | 34.5 | 0.0 | 19.3 | 58.9 | 0.0 | 26.5 | 82.7 | 0.0 | 26.2 | 74.8 | 0.0 |
| その他の小麦加工品 | 9 | 2.6 | 5.4 | 0.0 | 5.1 | 12.5 | 0.0 | 5.1 | 13.6 | 0.0 | 3.3 | 11.8 | 0.0 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.0 | 0.0 | 7.6 | 26.5 | 0.0 | 6.2 | 41.2 | 0.0 | 11.4 | 48.7 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.2 | 48.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 2.1 | 10.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 4.6 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 5.6 | 24.9 | 0.0 | 6.2 | 41.2 | 0.0 | 1.7 | 9.4 | 0.0 |
| いも類 | 13～16 | 34.7 | 41.9 | 25.6 | 39.1 | 52.8 | 17.6 | 47.1 | 50.6 | 32.5 | 35.5 | 54.2 | 5.6 |
| いも・加工品 | 13～15 | 32.1 | 42.9 | 5.4 | 37.1 | 52.1 | 17.1 | 44.2 | 49.6 | 32.5 | 31.6 | 54.0 | 0.0 |
| さつまいも・加工品 | 13 | 1.6 | 7.8 | 0.0 | 5.9 | 20.3 | 0.0 | 4.3 | 15.6 | 0.0 | 3.4 | 17.7 | 0.0 |
| じゃがいも・加工品 | 14 | 11.5 | 24.1 | 0.0 | 23.7 | 41.2 | 0.0 | 23.4 | 38.0 | 0.0 | 17.3 | 39.7 | 0.0 |
| その他のいも・加工品 | 15 | 19.0 | 36.3 | 0.0 | 7.5 | 22.4 | 0.0 | 16.5 | 32.9 | 0.0 | 10.9 | 28.9 | 0.0 |
| でんぷん・加工品 | 16 | 2.7 | 6.3 | 0.0 | 2.1 | 5.4 | 0.0 | 2.9 | 8.4 | 0.0 | 3.9 | 14.6 | 0.0 |
| 砂糖・甘味料類 | 17 | 4.2 | 5.7 | 2.7 | 4.1 | 5.9 | 1.1 | 5.2 | 6.4 | 2.8 | 6.3 | 10.0 | 2.9 |
| 豆類 | 18～23 | 39.6 | 46.3 | 20.0 | 63.0 | 94.3 | 31.5 | 65.4 | 78.9 | 48.5 | 65.2 | 66.2 | 50.0 |
| 大豆・加工品 | 18～22 | 39.3 | 46.6 | 20.0 | 62.8 | 94.0 | 31.5 | 65.3 | 78.9 | 46.0 | 64.2 | 66.3 | 50.0 |
| 大豆(全粒)・加工品 | 18 | 2.5 | 8.6 | 0.0 | 3.0 | 17.2 | 0.0 | 2.3 | 9.4 | 0.0 | 1.4 | 6.8 | 0.0 |
| 豆腐 | 19 | 26.4 | 37.4 | 0.0 | 40.3 | 79.1 | 0.0 | 33.6 | 55.4 | 20.0 | 36.4 | 52.2 | 0.0 |
| 油揚げ類 | 20 | 2.4 | 4.3 | 0.0 | 2.1 | 6.7 | 0.0 | 4.9 | 14.4 | 0.0 | 5.4 | 15.9 | 0.0 |
| 納豆 | 21 | 8.0 | 16.6 | 0.0 | 10.6 | 18.7 | 0.0 | 12.5 | 21.9 | 0.0 | 16.1 | 21.2 | 0.0 |
| その他の大豆加工品 | 22 | 0.0 | 0.0 | 0.0 | 6.8 | 29.8 | 0.0 | 11.9 | 47.2 | 0.0 | 5.0 | 25.8 | 0.0 |
| その他の豆・加工品 | 23 | 0.4 | 1.9 | 0.0 | 0.2 | 1.9 | 0.0 | 0.1 | 0.9 | 0.0 | 1.0 | 5.2 | 0.0 |
| 種実類 | 24 | 1.1 | 2.9 | 0.0 | 1.5 | 3.7 | 0.0 | 2.4 | 8.2 | 0.0 | 1.0 | 3.4 | 0.0 |
| 野菜類 | 25～38 | 216.3 | 144.9 | 163.0 | 223.0 | 147.4 | 202.8 | 268.0 | 155.4 | 253.5 | 264.1 | 158.1 | 229.2 |
| 緑黄色野菜 | 25～29 | 50.8 | 56.4 | 40.0 | 67.9 | 78.9 | 42.6 | 81.5 | 81.3 | 55.0 | 75.5 | 67.3 | 56.5 |
| トマト | 25 | 11.9 | 28.2 | 0.0 | 15.6 | 40.2 | 0.0 | 14.2 | 40.2 | 0.0 | 16.7 | 39.3 | 0.0 |
| にんじん | 26 | 8.7 | 15.0 | 0.0 | 15.9 | 20.5 | 5.0 | 22.4 | 33.0 | 12.0 | 14.3 | 18.6 | 10.0 |
| ほうれん草 | 27 | 4.8 | 15.5 | 0.0 | 8.0 | 20.4 | 0.0 | 10.8 | 28.0 | 0.0 | 11.8 | 37.1 | 0.0 |
| ピーマン | 28 | 5.6 | 19.1 | 0.0 | 2.8 | 7.9 | 0.0 | 6.7 | 16.3 | 0.0 | 5.4 | 15.6 | 0.0 |
| その他の緑黄色野菜 | 29 | 19.8 | 24.1 | 4.7 | 25.7 | 40.0 | 1.6 | 27.5 | 44.2 | 4.4 | 27.2 | 38.1 | 3.3 |
| その他の野菜 | 30～35 | 146.7 | 110.4 | 125.7 | 141.2 | 101.9 | 144.0 | 159.4 | 97.8 | 142.5 | 157.5 | 105.5 | 150.0 |
| キャベツ | 30 | 19.7 | 33.8 | 0.0 | 19.8 | 37.7 | 0.0 | 35.9 | 44.9 | 20.0 | 42.0 | 70.7 | 11.9 |
| きゅうり | 31 | 5.7 | 15.8 | 0.0 | 8.4 | 19.6 | 0.0 | 9.2 | 17.5 | 0.0 | 12.3 | 24.4 | 0.0 |
| 大根 | 32 | 18.0 | 41.6 | 0.0 | 17.0 | 27.9 | 0.0 | 25.3 | 50.9 | 0.0 | 20.0 | 42.1 | 0.0 |
| たまねぎ | 33 | 31.6 | 40.8 | 2.6 | 35.9 | 41.9 | 18.8 | 24.4 | 34.1 | 9.1 | 27.9 | 31.1 | 19.9 |
| はくさい | 34 | 36.2 | 97.8 | 0.0 | 10.3 | 30.6 | 0.0 | 11.2 | 44.7 | 0.0 | 9.0 | 42.9 | 0.0 |
| その他の淡色野菜 | 35 | 35.5 | 32.5 | 30.0 | 49.8 | 56.0 | 24.3 | 53.5 | 50.9 | 40.1 | 46.3 | 52.5 | 31.3 |
| 野菜ジュース | 36 | 8.2 | 41.2 | 0.0 | 5.2 | 28.0 | 0.0 | 14.5 | 52.4 | 0.0 | 21.6 | 69.0 | 0.0 |
| 漬け物 | 37,38 | 10.6 | 19.6 | 0.0 | 8.7 | 21.3 | 0.0 | 12.6 | 29.2 | 0.0 | 9.4 | 20.3 | 0.0 |
| 葉類漬け物 | 37 | 3.1 | 11.3 | 0.0 | 3.6 | 12.0 | 0.0 | 3.7 | 14.7 | 0.0 | 3.7 | 14.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 7.4 | 17.5 | 0.0 | 5.2 | 18.6 | 0.0 | 8.8 | 26.4 | 0.0 | 5.7 | 15.5 | 0.0 |
| 果実類 | 39～45 | 36.9 | 69.9 | 0.0 | 54.2 | 75.1 | 0.0 | 56.8 | 98.3 | 0.0 | 86.2 | 141.4 | 35.0 |
| 生果 | 39～43 | 36.4 | 69.0 | 0.0 | 48.1 | 68.7 | 0.0 | 52.7 | 96.5 | 0.0 | 75.3 | 108.0 | 35.0 |
| いちご | 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 |
| 柑橘類 | 40 | 8.3 | 22.7 | 0.0 | 6.6 | 24.2 | 0.0 | 5.6 | 21.2 | 0.0 | 5.7 | 17.8 | 0.0 |
| バナナ | 41 | 12.8 | 37.2 | 0.0 | 10.3 | 32.7 | 0.0 | 4.9 | 20.6 | 0.0 | 14.2 | 35.5 | 0.0 |
| りんご | 42 | 11.8 | 45.9 | 0.0 | 13.7 | 33.0 | 0.0 | 15.4 | 39.3 | 0.0 | 22.7 | 58.1 | 0.0 |
| その他の生果 | 43 | 3.5 | 11.4 | 0.0 | 17.5 | 38.4 | 0.0 | 26.8 | 83.7 | 0.0 | 32.6 | 87.3 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.4 | 2.3 | 0.0 | 0.6 | 3.2 | 0.0 | 0.7 | 4.1 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.5 | 1.7 | 0.0 | 5.8 | 36.6 | 0.0 | 3.4 | 24.2 | 0.0 | 10.2 | 68.3 | 0.0 |
| きのこ類 | 46 | 14.3 | 19.0 | 7.0 | 15.2 | 22.7 | 0.0 | 12.7 | 20.7 | 3.0 | 15.5 | 20.9 | 5.9 |
| 藻類 | 47 | 17.0 | 22.5 | 6.2 | 6.4 | 11.5 | 0.0 | 6.3 | 16.1 | 1.3 | 12.9 | 20.4 | 1.5 |

1人1日当たり(g)

| | 食品群番号 | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 38.2 | 57.0 | 10.0 | 50.3 | 60.1 | 36.0 | 52.3 | 47.0 | 40.0 | 55.3 | 81.3 | 13.2 |
| 生魚介類 | 48～55 | 10.9 | 26.3 | 0.0 | 29.8 | 56.7 | 0.0 | 30.6 | 44.4 | 0.0 | 25.7 | 50.6 | 0.0 |
| あじ、いわし類 | 48 | 0.0 | 0.0 | 0.0 | 5.2 | 18.0 | 0.0 | 8.1 | 26.7 | 0.0 | 3.4 | 20.8 | 0.0 |
| さけ、ます | 49 | 0.0 | 0.0 | 0.0 | 9.2 | 31.2 | 0.0 | 4.5 | 17.0 | 0.0 | 2.9 | 21.6 | 0.0 |
| たい、かれい類 | 50 | 4.0 | 20.0 | 0.0 | 3.0 | 14.4 | 0.0 | 3.1 | 17.1 | 0.0 | 2.5 | 16.0 | 0.0 |
| まぐろ、かじき類 | 51 | 1.8 | 9.0 | 0.0 | 1.4 | 7.9 | 0.0 | 2.4 | 12.9 | 0.0 | 4.7 | 25.7 | 0.0 |
| その他の生魚 | 52 | 3.2 | 16.0 | 0.0 | 8.9 | 33.6 | 0.0 | 5.0 | 21.4 | 0.0 | 4.5 | 22.9 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.6 | 7.1 | 0.0 | 0.7 | 4.9 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.4 | 3.2 | 0.0 | 3.5 | 11.6 | 0.0 | 3.9 | 15.3 | 0.0 |
| えび、かに類 | 55 | 1.9 | 6.8 | 0.0 | 1.6 | 7.3 | 0.0 | 2.4 | 7.4 | 0.0 | 3.0 | 8.3 | 0.0 |
| 魚介加工品 | 56～60 | 27.3 | 54.6 | 0.6 | 20.5 | 30.2 | 3.0 | 21.7 | 33.3 | 7.0 | 29.7 | 58.7 | 2.5 |
| 魚介(塩蔵、生干し、乾物) | 56 | 12.5 | 44.1 | 0.0 | 10.6 | 24.4 | 0.0 | 11.9 | 24.4 | 0.0 | 18.0 | 42.8 | 0.0 |
| 魚介(缶詰) | 57 | 1.5 | 7.0 | 0.0 | 2.9 | 9.4 | 0.0 | 1.6 | 5.5 | 0.0 | 2.4 | 12.0 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 12.0 | 31.8 | 0.0 | 3.7 | 11.1 | 0.0 | 8.2 | 24.9 | 0.0 | 6.7 | 20.0 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.3 | 4.6 | 0.0 | 3.3 | 18.5 | 0.0 | 0.0 | 0.0 | 0.0 | 2.6 | 15.5 | 0.0 |
| 肉類 | 61～69 | 137.9 | 74.5 | 143.8 | 119.0 | 113.8 | 88.8 | 105.4 | 73.4 | 99.8 | 100.3 | 65.2 | 92.5 |
| 畜肉 | 61～64 | 94.5 | 59.8 | 91.3 | 88.1 | 105.3 | 69.0 | 69.8 | 60.0 | 50.0 | 72.9 | 50.8 | 66.0 |
| 牛肉 | 61 | 2.6 | 9.9 | 0.0 | 16.8 | 48.0 | 0.0 | 7.0 | 20.8 | 0.0 | 10.1 | 26.5 | 0.0 |
| 豚肉 | 62 | 71.7 | 54.6 | 75.0 | 55.6 | 63.4 | 37.7 | 47.6 | 59.0 | 25.0 | 49.1 | 47.8 | 46.1 |
| ハム、ソーセージ類 | 63 | 20.3 | 41.1 | 0.0 | 15.6 | 25.0 | 0.0 | 15.3 | 19.5 | 4.0 | 13.7 | 21.8 | 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 |
| 鳥肉 | 65,66 | 43.4 | 63.4 | 12.0 | 31.0 | 58.6 | 0.0 | 33.5 | 56.6 | 0.0 | 25.6 | 47.6 | 0.0 |
| 鶏肉 | 65 | 43.4 | 63.4 | 12.0 | 31.0 | 58.6 | 0.0 | 33.5 | 56.6 | 0.0 | 25.6 | 47.6 | 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 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 12.3 | 0.0 | 1.9 | 16.3 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 45.3 | 41.2 | 45.0 | 52.7 | 46.9 | 44.6 | 39.5 | 44.2 | 26.2 | 41.8 | 42.6 | 35.7 |
| 乳類 | 71～75 | 102.2 | 147.4 | 33.3 | 126.1 | 160.6 | 69.0 | 89.6 | 111.6 | 40.5 | 112.7 | 133.8 | 69.5 |
| 牛乳・乳製品 | 71～74 | 102.2 | 147.4 | 33.3 | 126.1 | 160.6 | 69.0 | 89.6 | 111.6 | 40.5 | 112.7 | 133.8 | 69.5 |
| 牛乳 | 71 | 43.9 | 107.1 | 0.0 | 42.0 | 88.1 | 0.0 | 39.4 | 68.4 | 0.0 | 61.0 | 106.9 | 0.0 |
| チーズ | 72 | 3.5 | 7.9 | 0.0 | 3.3 | 7.0 | 0.0 | 3.1 | 7.5 | 0.0 | 3.2 | 7.8 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 48.8 | 112.8 | 0.0 | 68.2 | 137.8 | 0.0 | 41.8 | 78.3 | 0.0 | 41.1 | 62.7 | 0.0 |
| その他の乳製品 | 74 | 6.1 | 15.5 | 0.0 | 12.7 | 35.0 | 0.0 | 5.3 | 14.7 | 0.0 | 7.4 | 35.0 | 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 |
| 油脂類 | 76～80 | 13.3 | 7.7 | 13.8 | 12.5 | 9.9 | 11.3 | 11.9 | 8.9 | 11.5 | 13.9 | 10.4 | 10.4 |
| バター | 76 | 0.2 | 0.6 | 0.0 | 0.8 | 2.5 | 0.0 | 0.7 | 2.2 | 0.0 | 0.6 | 1.7 | 0.0 |
| マーガリン | 77 | 0.4 | 1.4 | 0.0 | 0.3 | 1.6 | 0.0 | 0.9 | 2.8 | 0.0 | 1.6 | 4.4 | 0.0 |
| 植物性油脂 | 78 | 12.0 | 8.0 | 13.2 | 11.3 | 9.7 | 8.6 | 9.8 | 8.1 | 8.0 | 11.7 | 9.4 | 9.9 |
| 動物性油脂 | 79 | 0.3 | 1.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 1.5 | 0.0 | 0.1 | 0.5 | 0.0 |
| その他の油脂 | 80 | 0.5 | 2.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 10.6 | 24.9 | 0.0 | 18.1 | 42.3 | 0.0 | 21.2 | 32.9 | 0.0 | 25.3 | 46.6 | 0.0 |
| 和菓子類 | 81 | 0.8 | 3.4 | 0.0 | 3.7 | 13.6 | 0.0 | 9.5 | 23.7 | 0.0 | 9.7 | 26.6 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.8 | 19.0 | 0.0 | 4.2 | 20.3 | 0.0 | 3.7 | 17.7 | 0.0 | 7.2 | 26.6 | 0.0 |
| ビスケット類 | 83 | 2.6 | 7.2 | 0.0 | 3.3 | 22.2 | 0.0 | 1.0 | 5.4 | 0.0 | 3.0 | 9.3 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.1 | 0.5 | 0.0 | 0.1 | 0.8 | 0.0 | 0.7 | 3.2 | 0.0 |
| その他の菓子類 | 85 | 3.4 | 14.2 | 0.0 | 6.8 | 25.3 | 0.0 | 7.0 | 16.9 | 0.0 | 4.7 | 14.2 | 0.0 |
| 嗜好飲料類 | 86～91 | 472.4 | 447.2 | 227.5 | 670.6 | 541.6 | 610.5 | 652.6 | 442.7 | 533.3 | 823.3 | 583.0 | 673.3 |
| アルコール飲料 | 86～88 | 18.6 | 71.4 | 0.0 | 76.6 | 307.6 | 0.0 | 112.1 | 315.6 | 0.0 | 151.6 | 376.0 | 0.0 |
| 日本酒 | 86 | 1.3 | 3.1 | 0.0 | 2.0 | 7.5 | 0.0 | 1.1 | 4.2 | 0.0 | 6.0 | 29.3 | 0.0 |
| ビール | 87 | 14.1 | 70.5 | 0.0 | 37.0 | 201.6 | 0.0 | 84.3 | 252.4 | 0.0 | 104.9 | 331.0 | 0.0 |
| 洋酒・その他 | 88 | 3.3 | 16.0 | 0.0 | 37.6 | 228.2 | 0.0 | 26.7 | 106.7 | 0.0 | 40.8 | 144.4 | 0.0 |
| その他の嗜好飲料 | 89～91 | 453.8 | 428.8 | 226.0 | 594.0 | 477.3 | 546.5 | 540.5 | 361.3 | 500.0 | 671.7 | 463.3 | 592.5 |
| 茶 | 89 | 278.3 | 322.1 | 150.0 | 215.3 | 347.7 | 0.0 | 201.7 | 288.2 | 0.0 | 230.8 | 309.8 | 0.0 |
| コーヒー・ココア | 90 | 48.2 | 112.4 | 0.0 | 111.7 | 185.8 | 0.0 | 151.8 | 207.6 | 120.0 | 219.3 | 255.9 | 172.5 |
| その他の嗜好飲料 | 91 | 127.2 | 223.1 | 0.0 | 267.0 | 334.0 | 150.0 | 187.0 | 272.5 | 0.0 | 221.5 | 424.1 | 0.0 |
| 調味料・香辛料類 | 92～98 | 66.2 | 46.4 | 59.9 | 69.4 | 49.4 | 62.5 | 67.1 | 47.6 | 57.6 | 70.1 | 48.1 | 61.3 |
| 調味料 | 92～97 | 66.1 | 46.4 | 59.9 | 69.2 | 49.5 | 62.0 | 66.5 | 47.5 | 56.7 | 69.4 | 48.2 | 59.2 |
| ソース | 92 | 0.3 | 1.2 | 0.0 | 2.3 | 6.8 | 0.0 | 1.2 | 3.1 | 0.0 | 2.1 | 4.6 | 0.0 |
| しょうゆ | 93 | 13.2 | 12.2 | 9.4 | 10.2 | 11.2 | 5.4 | 12.1 | 12.8 | 10.3 | 11.0 | 10.2 | 8.1 |
| 塩 | 94 | 1.1 | 1.0 | 0.8 | 1.2 | 1.4 | 0.6 | 1.4 | 1.4 | 1.1 | 1.5 | 1.5 | 1.1 |
| マヨネーズ | 95 | 3.4 | 7.4 | 0.0 | 3.9 | 7.5 | 0.0 | 3.6 | 6.6 | 0.0 | 4.6 | 7.3 | 0.0 |
| 味噌 | 96 | 8.4 | 8.6 | 8.4 | 7.6 | 9.4 | 3.5 | 10.8 | 11.0 | 9.0 | 8.8 | 11.0 | 4.2 |
| その他の調味料 | 97 | 39.7 | 38.2 | 28.4 | 43.9 | 47.2 | 32.8 | 37.4 | 43.0 | 25.3 | 41.3 | 45.2 | 33.5 |
| 香辛料・その他 | 98 | 0.1 | 0.2 | 0.0 | 0.2 | 0.5 | 0.0 | 0.5 | 1.3 | 0.0 | 0.7 | 1.7 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)20歳以上 | | | (再掲)20～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 114 | | | 249 | | | 591 | | | 154 | | |
| 総量 | 1～98 | 2,239.4 | 652.5 | 2,189.9 | 2,154.3 | 720.7 | 2,073.4 | 2,111.4 | 711.2 | 2,043.9 | 1,915.4 | 704.7 | 1,860.9 |
| 動物性食品 | 48～76,79 | 349.4 | 168.3 | 329.3 | 345.2 | 182.4 | 328.3 | 334.5 | 178.4 | 310.8 | 317.6 | 181.5 | 287.1 |
| 植物性食品 | 1～47,77,78,80～98 | 1,890.0 | 605.4 | 1,812.0 | 1,809.1 | 645.7 | 1,711.5 | 1,776.9 | 647.2 | 1,708.2 | 1597.9 | 636.9 | 1,534.4 |
| 穀類 | 1～12 | 404.2 | 159.1 | 371.1 | 394.2 | 151.9 | 380.0 | 416.0 | 171.0 | 396.5 | 444.6 | 196.1 | 417.5 |
| 米・加工品 | 1,2 | 266.2 | 172.3 | 250.0 | 266.9 | 153.3 | 252.0 | 294.7 | 182.3 | 270.0 | 344.8 | 216.1 | 320.0 |
| 米 | 1 | 265.1 | 173.0 | 250.0 | 262.7 | 152.6 | 247.0 | 290.5 | 181.8 | 270.0 | 339.6 | 215.7 | 310.0 |
| 米加工品 | 2 | 1.0 | 6.8 | 0.0 | 4.2 | 28.7 | 0.0 | 4.1 | 26.0 | 0.0 | 5.3 | 30.1 | 0.0 |
| 小麦・加工品 | 3～9 | 117.0 | 114.9 | 93.0 | 111.7 | 97.1 | 93.0 | 107.8 | 107.9 | 77.0 | 94.0 | 105.8 | 60.0 |
| 小麦粉類 | 3 | 3.7 | 11.0 | 0.0 | 2.8 | 11.3 | 0.0 | 3.1 | 10.7 | 0.0 | 3.1 | 9.5 | 0.0 |
| パン類(菓子パンを除く) | 4 | 37.8 | 48.3 | 0.0 | 31.6 | 40.5 | 0.0 | 30.5 | 44.3 | 0.0 | 24.1 | 45.0 | 0.0 |
| 菓子パン類 | 5 | 3.9 | 18.4 | 0.0 | 7.1 | 26.3 | 0.0 | 5.2 | 22.1 | 0.0 | 3.3 | 16.4 | 0.0 |
| うどん、中華めん類 | 6 | 48.8 | 90.6 | 0.0 | 58.0 | 93.2 | 0.0 | 46.5 | 87.6 | 0.0 | 31.1 | 72.2 | 0.0 |
| 即席中華めん | 7 | 3.3 | 14.4 | 0.0 | 1.7 | 12.8 | 0.0 | 3.9 | 18.8 | 0.0 | 6.8 | 24.8 | 0.0 |
| パスタ類 | 8 | 13.2 | 47.9 | 0.0 | 4.4 | 24.9 | 0.0 | 13.1 | 51.5 | 0.0 | 21.0 | 67.8 | 0.0 |
| その他の小麦加工品 | 9 | 6.4 | 18.3 | 0.0 | 5.9 | 21.5 | 0.0 | 5.4 | 17.8 | 0.0 | 4.7 | 12.2 | 0.0 |
| その他の穀類・加工品 | 10～12 | 21.1 | 63.7 | 0.0 | 15.7 | 53.8 | 0.0 | 13.6 | 50.9 | 0.0 | 5.7 | 32.1 | 0.0 |
| そば・加工品 | 10 | 12.4 | 52.8 | 0.0 | 10.1 | 47.1 | 0.0 | 7.8 | 42.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 1.4 | 7.3 | 0.0 | 0.4 | 4.7 | 0.0 | 0.7 | 5.7 | 0.0 | 0.8 | 6.4 | 0.0 |
| その他の穀類 | 12 | 7.3 | 38.1 | 0.0 | 5.2 | 23.4 | 0.0 | 5.1 | 27.9 | 0.0 | 4.9 | 31.6 | 0.0 |
| いも類 | 13～16 | 56.3 | 66.6 | 44.0 | 70.6 | 99.1 | 45.0 | 56.0 | 78.7 | 31.0 | 42.0 | 50.1 | 26.5 |
| いも・加工品 | 13～15 | 55.2 | 66.9 | 41.6 | 69.4 | 99.1 | 42.8 | 54.1 | 78.7 | 30.0 | 39.4 | 49.5 | 25.6 |
| さつまいも・加工品 | 13 | 9.2 | 27.7 | 0.0 | 12.9 | 42.8 | 0.0 | 8.8 | 32.3 | 0.0 | 4.5 | 16.7 | 0.0 |
| じゃがいも・加工品 | 14 | 27.0 | 40.3 | 0.0 | 26.6 | 47.1 | 0.0 | 24.2 | 42.6 | 0.0 | 21.6 | 37.5 | 0.0 |
| その他のいも・加工品 | 15 | 19.0 | 42.2 | 0.0 | 29.9 | 67.9 | 0.0 | 21.1 | 51.8 | 0.0 | 13.4 | 30.1 | 0.0 |
| でんぷん・加工品 | 16 | 1.1 | 2.9 | 0.0 | 1.2 | 5.1 | 0.0 | 1.8 | 7.3 | 0.0 | 2.5 | 7.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 7.4 | 9.0 | 4.0 | 7.4 | 10.4 | 3.6 | 6.5 | 9.2 | 3.0 | 4.6 | 6.1 | 2.2 |
| 豆類 | 18～23 | 73.4 | 76.3 | 52.1 | 71.6 | 95.6 | 45.0 | 68.2 | 85.1 | 46.0 | 60.3 | 81.3 | 41.3 |
| 大豆・加工品 | 18～22 | 70.9 | 75.8 | 50.6 | 68.2 | 82.5 | 41.5 | 66.1 | 78.9 | 45.0 | 60.1 | 81.2 | 40.5 |
| 大豆(全粒)・加工品 | 18 | 2.3 | 11.1 | 0.0 | 4.2 | 23.9 | 0.0 | 3.1 | 17.7 | 0.0 | 2.6 | 12.8 | 0.0 |
| 豆腐 | 19 | 41.5 | 62.0 | 0.0 | 34.6 | 56.5 | 0.0 | 36.3 | 58.9 | 0.0 | 35.0 | 63.4 | 0.0 |
| 油揚げ類 | 20 | 5.6 | 14.4 | 0.0 | 5.8 | 16.3 | 0.0 | 5.1 | 14.6 | 0.0 | 3.4 | 10.7 | 0.0 |
| 納豆 | 21 | 15.5 | 21.8 | 0.0 | 15.6 | 20.7 | 0.0 | 14.5 | 20.8 | 0.0 | 11.0 | 19.8 | 0.0 |
| その他の大豆加工品 | 22 | 6.0 | 26.8 | 0.0 | 8.0 | 36.3 | 0.0 | 7.2 | 33.6 | 0.0 | 8.0 | 36.8 | 0.0 |
| その他の豆・加工品 | 23 | 2.6 | 9.8 | 0.0 | 3.4 | 24.1 | 0.0 | 2.1 | 16.4 | 0.0 | 0.2 | 1.5 | 0.0 |
| 種実類 | 24 | 5.5 | 22.0 | 0.0 | 3.7 | 11.6 | 0.0 | 3.2 | 12.7 | 0.0 | 1.8 | 6.1 | 0.0 |
| 野菜類 | 25～38 | 317.7 | 176.3 | 317.8 | 328.8 | 187.1 | 288.1 | 296.0 | 176.5 | 270.6 | 242.1 | 151.5 | 222.1 |
| 緑黄色野菜 | 25～29 | 99.3 | 89.2 | 84.5 | 108.2 | 91.2 | 88.0 | 92.7 | 86.0 | 74.9 | 71.2 | 77.2 | 48.8 |
| トマト | 25 | 22.8 | 38.4 | 0.0 | 33.0 | 60.3 | 0.0 | 24.1 | 49.5 | 0.0 | 14.4 | 38.3 | 0.0 |
| にんじん | 26 | 16.9 | 22.7 | 8.0 | 17.8 | 26.0 | 8.0 | 17.1 | 24.7 | 8.4 | 17.6 | 26.6 | 8.5 |
| ほうれん草 | 27 | 13.6 | 31.8 | 0.0 | 13.1 | 31.0 | 0.0 | 11.9 | 30.2 | 0.0 | 8.7 | 23.5 | 0.0 |
| ピーマン | 28 | 6.2 | 15.9 | 0.0 | 5.6 | 14.3 | 0.0 | 5.5 | 14.8 | 0.0 | 5.0 | 14.2 | 0.0 |
| その他の緑黄色野菜 | 29 | 39.8 | 65.8 | 16.0 | 38.7 | 55.1 | 15.0 | 34.0 | 52.3 | 10.0 | 25.5 | 39.8 | 3.0 |
| その他の野菜 | 30～35 | 184.9 | 110.3 | 176.3 | 190.0 | 139.3 | 147.5 | 174.6 | 121.8 | 150.0 | 150.3 | 101.2 | 141.2 |
| キャベツ | 30 | 23.1 | 47.2 | 0.0 | 32.0 | 57.4 | 0.0 | 30.2 | 53.9 | 0.0 | 27.0 | 41.1 | 0.0 |
| きゅうり | 31 | 16.0 | 25.0 | 0.0 | 18.6 | 39.6 | 0.0 | 14.6 | 30.9 | 0.0 | 8.3 | 18.0 | 0.0 |
| 大根 | 32 | 30.4 | 41.8 | 11.0 | 32.1 | 52.8 | 0.0 | 27.3 | 47.0 | 0.0 | 20.9 | 41.7 | 0.0 |
| たまねぎ | 33 | 26.3 | 38.4 | 5.9 | 33.3 | 42.5 | 10.0 | 30.4 | 39.4 | 10.0 | 30.1 | 38.5 | 10.0 |
| はくさい | 34 | 25.3 | 52.8 | 0.0 | 14.8 | 39.5 | 0.0 | 16.1 | 46.7 | 0.0 | 14.9 | 53.3 | 0.0 |
| その他の淡色野菜 | 35 | 63.9 | 54.4 | 52.3 | 59.2 | 63.7 | 45.0 | 55.9 | 57.6 | 41.0 | 49.1 | 50.7 | 30.9 |
| 野菜ジュース | 36 | 21.0 | 83.3 | 0.0 | 12.2 | 50.0 | 0.0 | 14.5 | 58.8 | 0.0 | 9.9 | 42.5 | 0.0 |
| 漬け物 | 37,38 | 12.6 | 20.7 | 0.0 | 18.4 | 31.4 | 2.0 | 14.2 | 26.9 | 0.0 | 10.8 | 24.9 | 0.0 |
| 葉類漬け物 | 37 | 3.2 | 14.4 | 0.0 | 5.2 | 18.7 | 0.0 | 4.2 | 16.1 | 0.0 | 3.6 | 13.1 | 0.0 |
| たくあん・その他の漬け物 | 38 | 9.4 | 16.2 | 0.0 | 13.2 | 24.6 | 0.0 | 9.9 | 21.7 | 0.0 | 7.2 | 22.2 | 0.0 |
| 果実類 | 39～45 | 121.9 | 138.8 | 84.5 | 156.1 | 157.5 | 123.0 | 113.8 | 142.6 | 75.0 | 52.5 | 85.4 | 0.0 |
| 生果 | 39～43 | 109.5 | 132.1 | 70.8 | 149.1 | 150.6 | 120.0 | 105.9 | 133.6 | 68.1 | 48.3 | 82.1 | 0.0 |
| いちご | 39 | 0.1 | 0.9 | 0.0 | 0.1 | 0.7 | 0.0 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 14.1 | 38.9 | 0.0 | 22.8 | 45.9 | 0.0 | 14.7 | 37.5 | 0.0 | 6.4 | 22.5 | 0.0 |
| バナナ | 41 | 22.4 | 43.2 | 0.0 | 21.3 | 49.0 | 0.0 | 17.2 | 42.1 | 0.0 | 8.3 | 28.8 | 0.0 |
| りんご | 42 | 32.8 | 76.6 | 0.0 | 36.5 | 63.7 | 0.0 | 28.2 | 60.9 | 0.0 | 14.2 | 37.9 | 0.0 |
| その他の生果 | 43 | 40.1 | 73.2 | 0.0 | 68.5 | 110.3 | 0.0 | 45.7 | 92.1 | 0.0 | 19.4 | 61.4 | 0.0 |
| ジャム | 44 | 2.2 | 5.3 | 0.0 | 2.4 | 6.8 | 0.0 | 1.6 | 5.4 | 0.0 | 0.4 | 2.6 | 0.0 |
| 果汁・果汁飲料 | 45 | 10.2 | 46.4 | 0.0 | 4.6 | 27.6 | 0.0 | 6.2 | 39.0 | 0.0 | 3.9 | 27.9 | 0.0 |
| きのこ類 | 46 | 20.4 | 26.1 | 9.1 | 18.5 | 26.4 | 6.0 | 17.3 | 24.5 | 6.0 | 13.9 | 21.2 | 1.2 |
| 藻類 | 47 | 11.4 | 23.9 | 2.2 | 15.6 | 31.6 | 3.3 | 12.5 | 25.6 | 2.1 | 8.1 | 16.2 | 1.2 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)20歳以上 | | | (再掲)20～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 70.6 | 70.0 | 60.8 | 75.3 | 67.6 | 65.0 | 65.1 | 67.5 | 53.0 | 49.2 | 53.9 | 35.0 |
| 生魚介類 | 48～55 | 29.6 | 49.4 | 0.0 | 31.3 | 50.3 | 0.0 | 29.2 | 49.4 | 0.0 | 27.1 | 47.7 | 0.0 |
| あじ、いわし類 | 48 | 5.3 | 19.5 | 0.0 | 8.7 | 31.0 | 0.0 | 6.6 | 25.5 | 0.0 | 5.7 | 21.2 | 0.0 |
| さけ、ます | 49 | 4.5 | 18.8 | 0.0 | 3.7 | 19.1 | 0.0 | 4.3 | 20.3 | 0.0 | 5.6 | 22.7 | 0.0 |
| たい、かれい類 | 50 | 5.6 | 21.4 | 0.0 | 2.9 | 13.6 | 0.0 | 3.4 | 16.4 | 0.0 | 3.2 | 16.5 | 0.0 |
| まぐろ、かじき類 | 51 | 4.0 | 18.3 | 0.0 | 5.3 | 26.1 | 0.0 | 4.1 | 21.5 | 0.0 | 1.9 | 10.5 | 0.0 |
| その他の生魚 | 52 | 6.0 | 25.4 | 0.0 | 5.2 | 20.3 | 0.0 | 5.5 | 23.2 | 0.0 | 6.2 | 26.2 | 0.0 |
| 貝類 | 53 | 0.8 | 4.0 | 0.0 | 1.2 | 8.4 | 0.0 | 0.9 | 6.5 | 0.0 | 0.7 | 4.8 | 0.0 |
| いか、たこ類 | 54 | 1.6 | 7.2 | 0.0 | 3.5 | 15.3 | 0.0 | 2.7 | 12.5 | 0.0 | 1.7 | 8.1 | 0.0 |
| えび、かに類 | 55 | 1.7 | 5.7 | 0.0 | 0.8 | 5.4 | 0.0 | 1.6 | 6.4 | 0.0 | 2.0 | 7.2 | 0.0 |
| 魚介加工品 | 56～60 | 41.0 | 51.2 | 20.0 | 44.1 | 56.1 | 23.5 | 36.0 | 51.8 | 14.0 | 22.1 | 36.3 | 5.8 |
| 魚介(塩蔵、生干し、乾物) | 56 | 22.1 | 37.3 | 0.2 | 28.8 | 44.2 | 2.0 | 21.7 | 39.6 | 0.0 | 11.5 | 28.3 | 0.0 |
| 魚介(缶詰) | 57 | 7.2 | 24.0 | 0.0 | 3.4 | 14.0 | 0.0 | 3.6 | 15.1 | 0.0 | 2.1 | 7.5 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.3 | 2.6 | 0.0 | 0.1 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 10.0 | 29.6 | 0.0 | 10.5 | 28.7 | 0.0 | 9.1 | 26.3 | 0.0 | 7.1 | 22.1 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.6 | 9.3 | 0.0 | 1.0 | 7.1 | 0.0 | 1.4 | 10.2 | 0.0 | 1.5 | 11.7 | 0.0 |
| 肉類 | 61～69 | 89.0 | 69.7 | 80.5 | 74.6 | 69.2 | 60.0 | 91.4 | 77.0 | 78.5 | 116.0 | 91.6 | 102.9 |
| 畜肉 | 61～64 | 60.0 | 53.6 | 55.2 | 52.2 | 55.1 | 39.0 | 63.8 | 63.1 | 50.0 | 80.9 | 80.9 | 64.4 |
| 牛肉 | 61 | 10.0 | 31.2 | 0.0 | 8.0 | 29.8 | 0.0 | 9.2 | 30.7 | 0.0 | 10.1 | 33.6 | 0.0 |
| 豚肉 | 62 | 39.5 | 43.0 | 24.3 | 35.4 | 44.3 | 20.0 | 42.9 | 49.7 | 28.9 | 54.6 | 60.3 | 34.5 |
| ハム、ソーセージ類 | 63 | 10.6 | 17.6 | 0.0 | 8.8 | 15.2 | 0.0 | 11.7 | 20.0 | 0.0 | 16.2 | 26.0 | 0.8 |
| 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 |
| 鳥肉 | 65,66 | 27.3 | 51.3 | 0.0 | 21.8 | 49.5 | 0.0 | 26.5 | 52.1 | 0.0 | 34.1 | 58.3 | 0.0 |
| 鶏肉 | 65 | 27.3 | 51.3 | 0.0 | 21.8 | 49.5 | 0.0 | 26.5 | 52.1 | 0.0 | 34.1 | 58.3 | 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 |
| 肉類(内臓) | 67 | 1.8 | 16.9 | 0.0 | 0.6 | 4.6 | 0.0 | 1.1 | 10.7 | 0.0 | 0.9 | 8.3 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 43.6 | 35.6 | 49.0 | 39.3 | 34.9 | 46.3 | 42.1 | 38.9 | 45.0 | 45.6 | 45.0 | 42.9 |
| 乳類 | 71～75 | 145.2 | 147.5 | 103.0 | 155.0 | 148.1 | 138.0 | 135.0 | 145.1 | 90.0 | 105.9 | 138.4 | 52.9 |
| 牛乳・乳製品 | 71～74 | 145.2 | 147.5 | 103.0 | 155.0 | 148.1 | 138.0 | 135.0 | 145.1 | 90.0 | 105.9 | 138.4 | 52.9 |
| 牛乳 | 71 | 82.2 | 117.5 | 0.0 | 87.2 | 118.1 | 0.0 | 70.9 | 109.9 | 0.0 | 41.1 | 82.9 | 0.0 |
| チーズ | 72 | 5.0 | 8.8 | 0.0 | 3.3 | 8.0 | 0.0 | 3.6 | 8.0 | 0.0 | 3.3 | 7.3 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 54.1 | 68.7 | 0.0 | 58.1 | 79.9 | 0.0 | 53.9 | 85.2 | 0.0 | 53.2 | 110.4 | 0.0 |
| その他の乳製品 | 74 | 4.0 | 11.7 | 0.0 | 6.4 | 27.4 | 0.0 | 6.6 | 25.6 | 0.0 | 8.3 | 24.9 | 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 |
| 油脂類 | 76～80 | 12.1 | 9.1 | 10.6 | 10.4 | 9.4 | 8.0 | 11.7 | 9.5 | 10.0 | 12.4 | 9.1 | 11.7 |
| バター | 76 | 0.8 | 2.1 | 0.0 | 0.6 | 2.1 | 0.0 | 0.6 | 2.1 | 0.0 | 0.7 | 2.2 | 0.0 |
| マーガリン | 77 | 1.4 | 3.6 | 0.0 | 1.3 | 3.8 | 0.0 | 1.2 | 3.5 | 0.0 | 0.6 | 2.2 | 0.0 |
| 植物性油脂 | 78 | 9.8 | 8.6 | 8.2 | 8.1 | 7.8 | 6.8 | 9.6 | 8.5 | 7.5 | 10.7 | 8.8 | 9.2 |
| 動物性油脂 | 79 | 0.2 | 0.8 | 0.0 | 0.4 | 2.1 | 0.0 | 0.3 | 1.6 | 0.0 | 0.2 | 1.1 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.6 | 0.0 | 0.1 | 1.1 | 0.0 |
| 菓子類 | 81～85 | 25.1 | 41.1 | 0.0 | 25.1 | 46.0 | 0.0 | 23.4 | 42.7 | 0.0 | 18.3 | 35.8 | 0.0 |
| 和菓子類 | 81 | 14.2 | 28.7 | 0.0 | 14.1 | 36.4 | 0.0 | 11.4 | 30.0 | 0.0 | 5.8 | 18.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.3 | 15.3 | 0.0 | 3.9 | 17.3 | 0.0 | 4.2 | 18.8 | 0.0 | 3.9 | 18.8 | 0.0 |
| ビスケット類 | 83 | 2.0 | 6.8 | 0.0 | 2.2 | 8.3 | 0.0 | 2.2 | 10.2 | 0.0 | 2.1 | 14.6 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.0 | 0.1 | 1.2 | 0.0 | 0.1 | 0.7 | 0.0 |
| その他の菓子類 | 85 | 5.6 | 20.1 | 0.0 | 4.8 | 19.2 | 0.0 | 5.3 | 19.0 | 0.0 | 6.3 | 20.2 | 0.0 |
| 嗜好飲料類 | 86～91 | 762.3 | 476.2 | 701.7 | 635.2 | 429.1 | 552.0 | 682.0 | 479.2 | 600.0 | 630.3 | 486.3 | 541.7 |
| アルコール飲料 | 86～88 | 141.9 | 268.9 | 0.5 | 70.8 | 165.6 | 0.0 | 97.8 | 255.7 | 0.0 | 83.1 | 287.4 | 0.0 |
| 日本酒 | 86 | 15.3 | 63.3 | 0.0 | 4.9 | 34.1 | 0.0 | 6.2 | 37.3 | 0.0 | 1.5 | 5.5 | 0.0 |
| ビール | 87 | 82.1 | 213.5 | 0.0 | 36.2 | 115.9 | 0.0 | 58.4 | 200.9 | 0.0 | 54.5 | 213.5 | 0.0 |
| 洋酒・その他 | 88 | 44.5 | 138.0 | 0.0 | 29.6 | 95.3 | 0.0 | 33.3 | 129.1 | 0.0 | 27.1 | 159.1 | 0.0 |
| その他の嗜好飲料 | 89～91 | 620.4 | 376.7 | 583.3 | 564.5 | 399.9 | 500.0 | 584.2 | 410.6 | 511.0 | 547.3 | 420.8 | 500.0 |
| 茶 | 89 | 259.8 | 294.3 | 180.0 | 334.6 | 366.2 | 250.0 | 277.2 | 336.9 | 180.0 | 219.4 | 317.0 | 58.3 |
| コーヒー・ココア | 90 | 207.4 | 179.4 | 195.0 | 142.9 | 171.7 | 150.0 | 158.8 | 193.3 | 146.0 | 119.4 | 189.2 | 0.0 |
| その他の嗜好飲料 | 91 | 153.3 | 231.5 | 0.0 | 86.9 | 188.2 | 0.0 | 148.2 | 270.3 | 0.0 | 208.5 | 294.0 | 3.3 |
| 調味料・香辛料類 | 92～98 | 73.2 | 50.4 | 64.8 | 72.8 | 46.7 | 63.1 | 71.3 | 47.8 | 62.4 | 67.8 | 47.9 | 60.4 |
| 調味料 | 92～97 | 72.7 | 50.5 | 64.7 | 72.3 | 46.6 | 62.4 | 70.8 | 47.8 | 61.7 | 67.5 | 47.8 | 60.2 |
| ソース | 92 | 2.0 | 6.6 | 0.0 | 1.4 | 4.4 | 0.0 | 1.7 | 5.0 | 0.0 | 1.5 | 4.8 | 0.0 |
| しょうゆ | 93 | 11.8 | 10.6 | 9.5 | 12.7 | 12.9 | 9.0 | 12.0 | 11.9 | 9.0 | 11.6 | 12.1 | 9.0 |
| 塩 | 94 | 1.2 | 1.2 | 0.8 | 1.1 | 1.3 | 0.6 | 1.2 | 1.3 | 0.8 | 1.3 | 1.3 | 0.9 |
| マヨネーズ | 95 | 5.2 | 7.4 | 0.0 | 3.3 | 8.1 | 0.0 | 3.9 | 7.6 | 0.0 | 3.7 | 7.1 | 0.0 |
| 味噌 | 96 | 11.9 | 10.5 | 10.7 | 13.6 | 15.2 | 10.5 | 11.5 | 12.8 | 9.0 | 9.2 | 10.1 | 7.2 |
| その他の調味料 | 97 | 40.6 | 45.1 | 33.4 | 40.3 | 40.9 | 29.6 | 40.5 | 42.9 | 30.0 | 40.3 | 43.8 | 28.7 |
| 香辛料・その他 | 98 | 0.5 | 0.9 | 0.0 | 0.6 | 2.0 | 0.0 | 0.5 | 1.6 | 0.0 | 0.3 | 0.9 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 162 | | | 157 | | |
| 総量 | 1～98 | 2,235.3 | 628.5 | 2,184.1 | 2,142.6 | 769.2 | 2,019.1 |
| 動物性食品 | 48～76,79 | 351.0 | 173.9 | 325.8 | 351.4 | 193.6 | 330.8 |
| 植物性食品 | 1～47,77,78,80～98 | 1884.3 | 573.4 | 1,804.6 | 1791.2 | 678.7 | 1,650.4 |
| 穀類 | 1～12 | 398.9 | 169.1 | 370.4 | 398.5 | 139.9 | 387.5 |
| 米・加工品 | 1,2 | 262.6 | 163.6 | 248.5 | 271.0 | 152.8 | 254.0 |
| 米 | 1 | 261.0 | 163.3 | 245.5 | 265.9 | 152.3 | 250.0 |
| 米加工品 | 2 | 1.6 | 10.0 | 0.0 | 5.2 | 34.7 | 0.0 |
| 小麦・加工品 | 3～9 | 121.8 | 112.9 | 108.5 | 109.6 | 88.0 | 90.6 |
| 小麦粉類 | 3 | 3.5 | 11.2 | 0.0 | 2.3 | 10.2 | 0.0 |
| パン類(菓子パンを除く) | 4 | 31.2 | 44.9 | 0.0 | 37.3 | 42.5 | 28.0 |
| 菓子パン類 | 5 | 3.1 | 14.8 | 0.0 | 9.7 | 31.3 | 0.0 |
| うどん、中華めん類 | 6 | 66.9 | 101.5 | 0.0 | 49.2 | 85.7 | 0.0 |
| 即席中華めん | 7 | 1.9 | 11.1 | 0.0 | 2.3 | 15.4 | 0.0 |
| パスタ類 | 8 | 7.4 | 31.4 | 0.0 | 4.6 | 27.3 | 0.0 |
| その他の小麦加工品 | 9 | 7.9 | 25.2 | 0.0 | 4.2 | 14.1 | 0.0 |
| その他の穀類・加工品 | 10～12 | 14.5 | 51.2 | 0.0 | 17.9 | 58.3 | 0.0 |
| そば・加工品 | 10 | 7.2 | 33.9 | 0.0 | 13.2 | 55.1 | 0.0 |
| とうもろこし・加工品 | 11 | 0.6 | 5.7 | 0.0 | 0.2 | 2.4 | 0.0 |
| その他の穀類 | 12 | 6.7 | 35.0 | 0.0 | 4.5 | 21.3 | 0.0 |
| いも類 | 13～16 | 70.7 | 87.3 | 53.6 | 68.1 | 100.7 | 37.6 |
| いも・加工品 | 13～15 | 69.9 | 87.3 | 48.0 | 66.9 | 100.7 | 34.3 |
| さつまいも・加工品 | 13 | 14.4 | 46.6 | 0.0 | 10.5 | 32.7 | 0.0 |
| じゃがいも・加工品 | 14 | 30.1 | 47.0 | 0.0 | 25.8 | 45.8 | 0.0 |
| その他のいも・加工品 | 15 | 25.3 | 51.4 | 0.0 | 30.6 | 74.6 | 0.0 |
| でんぷん・加工品 | 16 | 0.8 | 2.8 | 0.0 | 1.2 | 6.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.6 | 9.1 | 2.8 | 8.4 | 11.1 | 5.5 |
| 豆類 | 18～23 | 66.2 | 66.6 | 50.5 | 76.4 | 109.4 | 44.0 |
| 大豆・加工品 | 18～22 | 65.2 | 66.0 | 50.0 | 71.3 | 91.2 | 40.0 |
| 大豆(全粒)・加工品 | 18 | 2.4 | 11.5 | 0.0 | 5.6 | 29.1 | 0.0 |
| 豆腐 | 19 | 33.6 | 48.0 | 0.0 | 37.3 | 62.5 | 0.0 |
| 油揚げ類 | 20 | 5.6 | 16.3 | 0.0 | 5.4 | 15.3 | 0.0 |
| 納豆 | 21 | 17.3 | 21.3 | 0.0 | 14.1 | 20.2 | 0.0 |
| その他の大豆加工品 | 22 | 6.3 | 32.4 | 0.0 | 8.9 | 36.9 | 0.0 |
| その他の豆・加工品 | 23 | 1.0 | 5.1 | 0.0 | 5.1 | 30.2 | 0.0 |
| 種実類 | 24 | 5.1 | 19.5 | 0.0 | 3.8 | 11.2 | 0.0 |
| 野菜類 | 25～38 | 336.9 | 193.3 | 314.8 | 312.3 | 183.4 | 278.4 |
| 緑黄色野菜 | 25～29 | 106.4 | 94.2 | 83.3 | 105.2 | 88.3 | 89.2 |
| トマト | 25 | 29.3 | 59.5 | 0.0 | 31.3 | 53.0 | 0.0 |
| にんじん | 26 | 19.5 | 27.3 | 10.0 | 16.4 | 23.5 | 6.1 |
| ほうれん草 | 27 | 17.1 | 36.7 | 0.0 | 11.3 | 27.2 | 0.0 |
| ピーマン | 28 | 8.0 | 18.7 | 0.0 | 3.9 | 9.9 | 0.0 |
| その他の緑黄色野菜 | 29 | 32.5 | 56.9 | 9.6 | 42.4 | 59.3 | 18.0 |
| その他の野菜 | 30～35 | 197.2 | 129.2 | 180.1 | 175.8 | 138.4 | 137.0 |
| キャベツ | 30 | 30.1 | 46.3 | 0.0 | 27.4 | 59.3 | 0.0 |
| きゅうり | 31 | 21.3 | 42.7 | 0.0 | 15.6 | 30.1 | 0.0 |
| 大根 | 32 | 33.9 | 51.0 | 8.3 | 29.8 | 50.0 | 0.0 |
| たまねぎ | 33 | 32.6 | 41.4 | 12.4 | 31.9 | 42.4 | 6.5 |
| はくさい | 34 | 18.9 | 44.8 | 0.0 | 14.8 | 39.6 | 0.0 |
| その他の淡色野菜 | 35 | 60.5 | 54.6 | 48.3 | 56.4 | 67.6 | 37.5 |
| 野菜ジュース | 36 | 17.4 | 79.6 | 0.0 | 12.4 | 43.5 | 0.0 |
| 漬け物 | 37,38 | 15.9 | 25.4 | 0.0 | 18.8 | 33.5 | 2.3 |
| 葉類漬け物 | 37 | 3.4 | 14.6 | 0.0 | 6.3 | 20.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 12.4 | 21.7 | 0.0 | 12.6 | 24.9 | 0.0 |
| 果実類 | 39～45 | 148.5 | 141.0 | 124.8 | 151.0 | 167.2 | 113.0 |
| 生果 | 39～43 | 139.7 | 137.4 | 113.5 | 143.6 | 157.3 | 105.0 |
| いちご | 39 | 0.0 | 0.0 | 0.0 | 0.1 | 0.9 | 0.0 |
| 柑橘類 | 40 | 17.2 | 41.2 | 0.0 | 23.3 | 45.1 | 0.0 |
| バナナ | 41 | 21.3 | 43.3 | 0.0 | 23.5 | 53.9 | 0.0 |
| りんご | 42 | 34.3 | 64.7 | 0.0 | 36.3 | 63.3 | 0.0 |
| その他の生果 | 43 | 66.8 | 110.2 | 0.0 | 60.4 | 99.1 | 0.0 |
| ジャム | 44 | 2.2 | 5.9 | 0.0 | 2.5 | 7.1 | 0.0 |
| 果汁・果汁飲料 | 45 | 6.6 | 31.8 | 0.0 | 5.0 | 30.3 | 0.0 |
| きのこ類 | 46 | 18.5 | 24.9 | 7.3 | 18.6 | 26.8 | 6.0 |
| 藻類 | 47 | 13.5 | 34.8 | 2.3 | 15.8 | 24.3 | 4.5 |

1人1日当たり(g)

| | 食品群番号 | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 70.3 | 66.4 | 61.7 | 76.5 | 68.4 | 66.8 |
| 生魚介類 | 48～55 | 27.9 | 44.7 | 0.0 | 33.4 | 53.8 | 0.0 |
| あじ、いわし類 | 48 | 7.4 | 28.4 | 0.0 | 8.4 | 29.4 | 0.0 |
| さけ、ます | 49 | 3.1 | 14.4 | 0.0 | 4.4 | 22.5 | 0.0 |
| たい、かれい類 | 50 | 3.7 | 17.2 | 0.0 | 3.5 | 15.4 | 0.0 |
| まぐろ、かじき類 | 51 | 2.3 | 13.4 | 0.0 | 7.0 | 30.8 | 0.0 |
| その他の生魚 | 52 | 6.2 | 24.1 | 0.0 | 5.1 | 21.1 | 0.0 |
| 貝類 | 53 | 0.6 | 3.2 | 0.0 | 1.7 | 10.5 | 0.0 |
| いか、たこ類 | 54 | 3.1 | 15.2 | 0.0 | 2.9 | 12.4 | 0.0 |
| えび、かに類 | 55 | 1.6 | 7.2 | 0.0 | 0.4 | 3.2 | 0.0 |
| 魚介加工品 | 56～60 | 42.4 | 50.9 | 27.8 | 43.1 | 57.3 | 19.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 26.5 | 40.6 | 1.6 | 28.0 | 44.1 | 2.0 |
| 魚介(缶詰) | 57 | 4.5 | 19.0 | 0.0 | 3.8 | 15.5 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.5 | 3.2 | 0.0 |
| 魚介(練り製品) | 59 | 9.7 | 26.8 | 0.0 | 10.2 | 27.8 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.6 | 9.6 | 0.0 | 0.6 | 4.1 | 0.0 |
| 肉類 | 61～69 | 83.0 | 70.1 | 70.0 | 74.7 | 69.8 | 60.0 |
| 畜肉 | 61～64 | 60.7 | 58.7 | 47.4 | 49.6 | 52.8 | 36.0 |
| 牛肉 | 61 | 10.8 | 36.8 | 0.0 | 7.9 | 26.0 | 0.0 |
| 豚肉 | 62 | 39.6 | 45.9 | 26.7 | 32.9 | 42.2 | 20.0 |
| ハム、ソーセージ類 | 63 | 10.3 | 16.5 | 0.0 | 8.8 | 15.2 | 0.0 |
| その他の畜肉 | 64 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 22.3 | 49.6 | 0.0 | 24.1 | 51.9 | 0.0 |
| 鶏肉 | 65 | 22.3 | 49.6 | 0.0 | 24.1 | 51.9 | 0.0 |
| その他の鳥肉 | 66 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.9 | 5.7 | 0.0 |
| その他の肉類 | 68,69 | 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 |
| その他の肉・加工品 | 69 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 卵類 | 70 | 42.1 | 36.4 | 49.0 | 39.4 | 34.7 | 45.0 |
| 乳類 | 71～75 | 154.8 | 153.5 | 120.4 | 159.8 | 150.4 | 144.0 |
| 牛乳・乳製品 | 71～74 | 154.8 | 153.5 | 120.4 | 159.8 | 150.4 | 144.0 |
| 牛乳 | 71 | 92.9 | 128.6 | 5.3 | 87.5 | 113.5 | 0.0 |
| チーズ | 72 | 3.6 | 7.7 | 0.0 | 3.5 | 8.1 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 54.7 | 65.8 | 0.0 | 61.4 | 88.7 | 0.0 |
| その他の乳製品 | 74 | 3.6 | 15.2 | 0.0 | 7.4 | 31.4 | 0.0 |
| その他の乳類 | 75 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 10.3 | 8.2 | 8.8 | 10.7 | 10.4 | 8.0 |
| バター | 76 | 0.6 | 1.9 | 0.0 | 0.6 | 2.2 | 0.0 |
| マーガリン | 77 | 1.2 | 3.9 | 0.0 | 1.6 | 4.0 | 0.0 |
| 植物性油脂 | 78 | 8.3 | 7.2 | 7.1 | 8.1 | 8.6 | 6.2 |
| 動物性油脂 | 79 | 0.2 | 1.6 | 0.0 | 0.4 | 2.1 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 |
| 菓子類 | 81～85 | 24.2 | 38.5 | 0.0 | 26.6 | 50.5 | 0.0 |
| 和菓子類 | 81 | 14.0 | 27.8 | 0.0 | 15.8 | 41.7 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.5 | 19.2 | 0.0 | 3.7 | 14.8 | 0.0 |
| ビスケット類 | 83 | 2.5 | 9.3 | 0.0 | 1.8 | 6.1 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.1 | 0.7 | 0.0 |
| その他の菓子類 | 85 | 4.2 | 14.1 | 0.0 | 5.3 | 21.7 | 0.0 |
| 嗜好飲料類 | 86～91 | 712.9 | 458.0 | 690.2 | 629.0 | 425.6 | 532.0 |
| アルコール飲料 | 86～88 | 102.6 | 222.4 | 0.0 | 69.2 | 165.4 | 0.0 |
| 日本酒 | 86 | 9.5 | 51.6 | 0.0 | 6.3 | 40.5 | 0.0 |
| ビール | 87 | 54.5 | 170.9 | 0.0 | 36.8 | 114.3 | 0.0 |
| 洋酒・その他 | 88 | 38.6 | 108.8 | 0.0 | 26.1 | 94.2 | 0.0 |
| その他の嗜好飲料 | 89～91 | 610.3 | 386.9 | 556.7 | 559.8 | 392.8 | 500.0 |
| 茶 | 89 | 275.5 | 309.6 | 192.5 | 358.2 | 383.4 | 270.0 |
| コーヒー・ココア | 90 | 191.5 | 194.0 | 180.5 | 132.1 | 153.8 | 142.0 |
| その他の嗜好飲料 | 91 | 143.3 | 239.6 | 0.0 | 69.5 | 155.5 | 0.0 |
| 調味料・香辛料類 | 92～98 | 72.9 | 41.0 | 65.2 | 73.0 | 49.1 | 62.4 |
| 調味料 | 92～97 | 72.5 | 41.0 | 64.8 | 72.3 | 49.0 | 61.6 |
| ソース | 92 | 1.0 | 3.6 | 0.0 | 1.7 | 5.0 | 0.0 |
| しょうゆ | 93 | 11.9 | 10.7 | 9.0 | 13.3 | 14.1 | 9.0 |
| 塩 | 94 | 1.1 | 1.3 | 0.6 | 1.0 | 1.3 | 0.6 |
| マヨネーズ | 95 | 4.2 | 7.0 | 0.0 | 3.5 | 9.1 | 0.0 |
| 味噌 | 96 | 11.3 | 10.7 | 9.3 | 15.4 | 17.1 | 12.0 |
| その他の調味料 | 97 | 42.9 | 35.2 | 36.0 | 37.3 | 42.7 | 24.5 |
| 香辛料・その他 | 98 | 0.4 | 0.7 | 0.0 | 0.7 | 2.5 | 0.0 |

表46-2 食品群別摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－男性、1歳以上

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 1～6歳 | | | 7～14歳 | | | 15～19歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 310 | | | 8 | | | 26 | | | 10 | | |
| 総量 | 1～98 | 2,196.1 | 768.4 | 2,152.8 | 1,233.6 | 329.0 | 1,215.1 | 1,919.0 | 552.4 | 1,892.9 | 2,095.9 | 593.1 | 2,141.5 |
| 動物性食品 | 48～76,79 | 361.8 | 197.7 | 338.7 | 285.7 | 185.5 | 340.3 | 537.0 | 213.7 | 508.0 | 463.5 | 234.0 | 503.9 |
| 植物性食品 | 1～47,77,78,80～98 | 1,834.4 | 704.5 | 1,789.4 | 947.9 | 206.4 | 850.4 | 1,382.0 | 426.7 | 1,472.6 | 1,632.3 | 598.7 | 1,643.8 |
| 穀類 | 1～12 | 477.8 | 188.6 | 470.0 | 288.1 | 89.4 | 290.0 | 465.1 | 168.5 | 468.5 | 587.2 | 114.5 | 563.9 |
| 米・加工品 | 1,2 | 358.7 | 202.7 | 340.0 | 232.0 | 109.8 | 212.0 | 368.2 | 189.7 | 357.5 | 518.3 | 122.0 | 551.5 |
| 米 | 1 | 354.6 | 203.1 | 330.0 | 216.1 | 116.5 | 179.3 | 365.7 | 191.3 | 349.5 | 518.3 | 122.0 | 551.5 |
| 米加工品 | 2 | 4.1 | 23.9 | 0.0 | 15.9 | 40 | 0.0 | 2.5 | 7.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 113.1 | 70.0 | 56.1 | 99.7 | 8.9 | 93.3 | 82.1 | 67.3 | 58.1 | 59.9 | 54.9 |
| 小麦粉類 | 3 | 4.1 | 13.2 | 0.0 | 4.8 | 9.2 | 0.0 | 14.8 | 28.2 | 1.0 | 1.4 | 3.4 | 0.0 |
| パン類(菓子パンを除く) | 4 | 27.7 | 46.2 | 0.0 | 5.6 | 15.9 | 0.0 | 32.4 | 49.1 | 0.0 | 10.5 | 24.5 | 0.0 |
| 菓子パン類 | 5 | 6.2 | 23.6 | 0.0 | 17.5 | 32.4 | 0.0 | 9.1 | 23.3 | 0.0 | 10.0 | 31.6 | 0.0 |
| うどん、中華めん類 | 6 | 46.3 | 90.5 | 0.0 | 0.0 | 0.0 | 0.0 | 32.0 | 53.8 | 0.0 | 20.1 | 42.4 | 0.0 |
| 即席中華めん | 7 | 4.0 | 18.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| パスタ類 | 8 | 11.4 | 48.2 | 0.0 | 27.5 | 77.8 | 0.0 | 1.7 | 6.0 | 0.0 | 13.9 | 28.2 | 0.0 |
| その他の小麦加工品 | 9 | 5.4 | 18.1 | 0.0 | 0.7 | 2.1 | 0.0 | 3.4 | 6.5 | 1.0 | 2.2 | 5.3 | 0.0 |
| その他の穀類・加工品 | 10～12 | 14.1 | 55.7 | 0.0 | 0.0 | 0.0 | 0.0 | 3.5 | 8.9 | 0.0 | 10.8 | 31.4 | 0.0 |
| そば・加工品 | 10 | 8.1 | 44.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.9 | 8.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 4.7 | 0.0 | 10.8 | 31.4 | 0.0 |
| その他の穀類 | 12 | 5.1 | 32.1 | 0.0 | 0.0 | 0.0 | 0.0 | 2.6 | 7.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 58.4 | 83.4 | 34.6 | 45.1 | 41.9 | 34.0 | 61.7 | 69.2 | 39.6 | 40.4 | 37.2 | 37.3 |
| いも・加工品 | 13～15 | 56.8 | 83.2 | 33.3 | 42.8 | 38.9 | 33.0 | 59.8 | 67.0 | 39.0 | 36.0 | 37.3 | 33.3 |
| さつまいも・加工品 | 13 | 7.8 | 28.4 | 0.0 | 18.3 | 34.7 | 0.0 | 18.1 | 55.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| じゃがいも・加工品 | 14 | 26.7 | 45.1 | 0.0 | 24.5 | 23.6 | 26.0 | 27.2 | 44.3 | 8.4 | 26.4 | 41.4 | 0.0 |
| その他のいも・加工品 | 15 | 22.3 | 58.1 | 0.0 | 0.0 | 0.0 | 0.0 | 14.6 | 20.0 | 0.0 | 9.7 | 15.6 | 0.0 |
| でんぷん・加工品 | 16 | 1.6 | 4.4 | 0.0 | 2.3 | 4.2 | 0.5 | 1.9 | 3.1 | 0.0 | 4.3 | 7.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.6 | 8.7 | 3.0 | 3.8 | 4.8 | 1.9 | 6.9 | 7.0 | 3.0 | 3.0 | 3.5 | 1.7 |
| 豆類 | 18～23 | 65.9 | 88.1 | 40.0 | 27.1 | 24.4 | 31.4 | 36.8 | 45.4 | 23.9 | 36.6 | 52.0 | 15.1 |
| 大豆・加工品 | 18～22 | 63.7 | 82.3 | 40.0 | 27.1 | 24.4 | 31.4 | 36.8 | 45.4 | 23.9 | 36.6 | 52.0 | 15.1 |
| 大豆(全粒)・加工品 | 18 | 3.2 | 18.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 3.2 | 0.0 | 2.4 | 5.1 | 0.0 |
| 豆腐 | 19 | 38.0 | 65.2 | 0.0 | 6.4 | 10.9 | 0.0 | 25.9 | 42.0 | 6.4 | 27.0 | 51.2 | 0.0 |
| 油揚げ類 | 20 | 4.4 | 12.2 | 0.0 | 0.4 | 0.9 | 0.0 | 2.3 | 4.0 | 0.0 | 3.2 | 4.2 | 0.0 |
| 納豆 | 21 | 13.5 | 21.1 | 0.0 | 10.3 | 14.6 | 0.0 | 4.2 | 12.4 | 0.0 | 4.0 | 12.6 | 0.0 |
| その他の大豆加工品 | 22 | 4.6 | 24.3 | 0.0 | 10.0 | 19.3 | 0.0 | 2.9 | 10.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 2.2 | 16.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 2.7 | 10.3 | 0.0 | 0.3 | 0.5 | 0.0 | 0.4 | 0.8 | 0.0 | 0.2 | 0.3 | 0.0 |
| 野菜類 | 25～38 | 291.3 | 179.8 | 255.6 | 132.5 | 46.3 | 130.3 | 208.1 | 84.2 | 221.2 | 225.8 | 72.6 | 222.7 |
| 緑黄色野菜 | 25～29 | 86.1 | 81.1 | 69.0 | 41.6 | 30.0 | 39.5 | 65.0 | 47.6 | 51.9 | 66.9 | 48.4 | 72.3 |
| トマト | 25 | 20.8 | 50.4 | 0.0 | 0.9 | 2.5 | 0.0 | 3.7 | 8.1 | 0.0 | 1.3 | 4.1 | 0.0 |
| にんじん | 26 | 19.0 | 24.9 | 11.2 | 24.0 | 14.5 | 19.9 | 23.5 | 17.2 | 16.9 | 28.8 | 18.8 | 33.3 |
| ほうれん草 | 27 | 10.3 | 26.5 | 0.0 | 11.6 | 29.0 | 0.0 | 8.3 | 12.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ピーマン | 28 | 5.8 | 17.2 | 0.0 | 2.4 | 3.4 | 0.0 | 12.9 | 36.2 | 0.0 | 1.4 | 3.3 | 0.0 |
| その他の緑黄色野菜 | 29 | 30.3 | 47.5 | 7.4 | 2.8 | 3.6 | 1.6 | 16.6 | 16.1 | 12.8 | 35.4 | 35.6 | 32.3 |
| その他の野菜 | 30～35 | 174.2 | 123.6 | 150.8 | 90.9 | 39.2 | 74.3 | 134.0 | 57.2 | 139.7 | 153.0 | 55.0 | 162.7 |
| キャベツ | 30 | 31.1 | 56.6 | 0.0 | 17.5 | 24.3 | 7.5 | 21.1 | 28.5 | 0.0 | 48.4 | 41.0 | 46.6 |
| きゅうり | 31 | 14.6 | 32.8 | 0.0 | 4.4 | 8.2 | 0.0 | 14.3 | 17.7 | 9.4 | 2.0 | 4.8 | 0.0 |
| 大根 | 32 | 24.5 | 44.5 | 0.0 | 0.0 | 0.0 | 0.0 | 23.5 | 39.4 | 16.3 | 13.6 | 27.3 | 0.0 |
| たまねぎ | 33 | 31.7 | 40.4 | 13.2 | 44.2 | 16.9 | 45.0 | 30.5 | 37.6 | 19.1 | 25.7 | 22.6 | 25.0 |
| はくさい | 34 | 15.9 | 47.2 | 0.0 | 9.1 | 12.9 | 0.0 | 8.4 | 17.2 | 0.0 | 7.5 | 23.7 | 0.0 |
| その他の淡色野菜 | 35 | 56.5 | 58.4 | 40.1 | 15.8 | 17.7 | 14.8 | 36.2 | 34.7 | 25.0 | 55.8 | 38.8 | 47.6 |
| 野菜ジュース | 36 | 17.7 | 65.3 | 0.0 | 0.0 | 0.0 | 0.0 | 7.7 | 39.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| 漬け物 | 37,38 | 13.3 | 26.4 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 4.2 | 0.0 | 6.0 | 10.1 | 0.0 |
| 葉類漬け物 | 37 | 3.8 | 16.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.2 | 5.3 | 0.0 |
| たくあん・その他の漬け物 | 38 | 9.4 | 20.8 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 4.2 | 0.0 | 3.8 | 9.5 | 0.0 |
| 果実類 | 39～45 | 106.8 | 149.4 | 59.6 | 103.4 | 58.5 | 106.4 | 66.4 | 104.3 | 39.9 | 53.1 | 61.6 | 37.6 |
| 生果 | 39～43 | 97.3 | 136.3 | 53.7 | 72.1 | 55.2 | 74.0 | 62.0 | 104.9 | 36.0 | 52.0 | 62.3 | 37.6 |
| いちご | 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 |
| 柑橘類 | 40 | 15.5 | 39.9 | 0.0 | 39.0 | 46.6 | 22.0 | 34.3 | 72.5 | 0.0 | 5.0 | 12.7 | 0.0 |
| バナナ | 41 | 17.5 | 49.2 | 0.0 | 12.4 | 34.9 | 0.0 | 18.4 | 69.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| りんご | 42 | 26.8 | 60.9 | 0.0 | 19.5 | 40.9 | 0.0 | 4.6 | 17.2 | 0.0 | 34.1 | 67.4 | 0.0 |
| その他の生果 | 43 | 37.5 | 87.7 | 0.0 | 1.3 | 3.5 | 0.0 | 4.7 | 14.3 | 0.0 | 12.9 | 25.6 | 0.0 |
| ジャム | 44 | 1.2 | 4.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 8.3 | 47.0 | 0.0 | 31.3 | 63.7 | 0.0 | 4.4 | 20.2 | 0.0 | 1.1 | 3.1 | 0.0 |
| きのこ類 | 46 | 16.4 | 24.5 | 6.1 | 7.9 | 7.9 | 7.7 | 9.8 | 9.7 | 8.6 | 14.3 | 11.5 | 16.7 |
| 藻類 | 47 | 12.3 | 27.2 | 2.5 | 6.1 | 9.7 | 0.9 | 6.7 | 11.0 | 0.4 | 12.5 | 19.9 | 3.3 |

1人1日当たり(g)

| | 食品群番号 | 総　数 | | | 1～6歳 | | | 7～14歳 | | | 15～19歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 67.3 | 72.4 | 52.9 | 32.0 | 24.4 | 31.1 | 39.8 | 40.6 | 23.3 | 42.3 | 48.7 | 33.3 |
| 生魚介類 | 48～55 | 32.7 | 52.1 | 0.0 | 19.0 | 28.1 | 0.0 | 26.6 | 35.9 | 0.0 | 20.7 | 41.0 | 0.0 |
| あじ、いわし類 | 48 | 7.3 | 26.2 | 0.0 | 7.5 | 21.2 | 0.0 | 10.4 | 22.2 | 0.0 | 3.4 | 10.8 | 0.0 |
| さけ、ます | 49 | 4.3 | 18.1 | 0.0 | 9.6 | 18.5 | 0.0 | 8.4 | 21.4 | 0.0 | 4.6 | 14.5 | 0.0 |
| たい、かれい類 | 50 | 4.1 | 18.2 | 0.0 | 0.0 | 0.0 | 0.0 | 4.0 | 13.3 | 0.0 | 12.7 | 40.2 | 0.0 |
| まぐろ、かじき類 | 51 | 5.4 | 24.1 | 0.0 | 0.0 | 0.0 | 0.0 | 3.8 | 13.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生魚 | 52 | 6.6 | 26.2 | 0.0 | 1.9 | 5.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 0.6 | 3.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 2.8 | 13.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| えび、かに類 | 55 | 1.7 | 6.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介加工品 | 56～60 | 34.6 | 53.8 | 11.0 | 13.0 | 16.8 | 9.4 | 13.2 | 24.6 | 2.5 | 21.6 | 23.3 | 15.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 20.4 | 37.2 | 0.3 | 9.4 | 18.0 | 0.0 | 2.3 | 7.9 | 0.0 | 17.0 | 24.2 | 3.3 |
| 魚介(缶詰) | 57 | 3.7 | 14.4 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 | 4.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(佃煮) | 58 | 0.2 | 1.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 8.5 | 26.8 | 0.0 | 3.6 | 5.0 | 0.0 | 9.1 | 21.6 | 0.0 | 4.7 | 10.0 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.8 | 12.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 101.4 | 84.9 | 86.4 | 54.2 | 32.9 | 51.0 | 116.5 | 55.0 | 111.3 | 157.2 | 67.1 | 147.1 |
| 畜肉 | 61～64 | 71.6 | 69.8 | 60.0 | 33.3 | 19.9 | 39.8 | 95.6 | 48.2 | 94.7 | 93.3 | 64.9 | 88.7 |
| 牛肉 | 61 | 10.4 | 34.4 | 0.0 | 6.3 | 17.7 | 0.0 | 4.9 | 17.4 | 0.0 | 27.4 | 52.0 | 0.0 |
| 豚肉 | 62 | 48.4 | 54.6 | 36.0 | 23.3 | 22.5 | 23.5 | 66.9 | 45.3 | 57.0 | 55.1 | 40.1 | 45.2 |
| ハム、ソーセージ類 | 63 | 12.8 | 22.8 | 0.0 | 3.8 | 6.9 | 0.0 | 23.8 | 26.2 | 16.3 | 10.8 | 21.1 | 1.0 |
| 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 |
| 鳥肉 | 65,66 | 28.8 | 57.1 | 0.0 | 20.9 | 24.2 | 15.0 | 20.9 | 37.5 | 0.0 | 63.9 | 73.2 | 42.5 |
| 鶏肉 | 65 | 28.8 | 57.1 | 0.0 | 20.9 | 24.2 | 15.0 | 20.9 | 37.5 | 0.0 | 63.9 | 73.2 | 42.5 |
| 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 |
| 肉類(内臓) | 67 | 1.1 | 11.6 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 43.3 | 42.0 | 44.0 | 31.4 | 40.0 | 26.0 | 34.2 | 32.2 | 22.2 | 60.3 | 53.1 | 58.0 |
| 乳類 | 71～75 | 148.7 | 163.3 | 99.6 | 165.0 | 141.3 | 217.5 | 345.2 | 180.3 | 307.9 | 203.7 | 159.4 | 211.5 |
| 牛乳・乳製品 | 71～74 | 148.7 | 163.3 | 99.6 | 165.0 | 141.3 | 217.5 | 345.2 | 180.3 | 307.9 | 203.7 | 159.4 | 211.5 |
| 牛乳 | 71 | 90.2 | 125.5 | 0.0 | 120.9 | 105.9 | 149.0 | 268.0 | 123.0 | 206.6 | 83.5 | 96.3 | 51.5 |
| チーズ | 72 | 2.9 | 7.4 | 0.0 | 1.9 | 5.3 | 0.0 | 4.4 | 9.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 44.9 | 81.2 | 0.0 | 18.1 | 33.6 | 0.0 | 47.7 | 77.9 | 0.0 | 67.1 | 62.7 | 83.0 |
| その他の乳製品 | 74 | 10.8 | 42.2 | 0.0 | 24.1 | 43.8 | 0.0 | 25.0 | 59.1 | 0.0 | 53.1 | 147.1 | 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 |
| 油脂類 | 76～80 | 12.2 | 9.7 | 10.3 | 9.7 | 8.8 | 7.4 | 10.1 | 6.5 | 8.9 | 12.3 | 9.9 | 10.8 |
| バター | 76 | 0.7 | 2.1 | 0.0 | 3.2 | 4.9 | 0.0 | 0.5 | 1.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| マーガリン | 77 | 1.0 | 3.1 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 植物性油脂 | 78 | 10.2 | 8.9 | 8.0 | 6.5 | 5.2 | 5.1 | 7.6 | 6.0 | 5.2 | 12.3 | 9.9 | 10.8 |
| 動物性油脂 | 79 | 0.4 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 3.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 22.7 | 42.3 | 0.0 | 39.6 | 28.4 | 43.5 | 31.9 | 51.7 | 12.0 | 24.2 | 35.1 | 6.5 |
| 和菓子類 | 81 | 9.9 | 29.3 | 0.0 | 7.6 | 19.6 | 0.0 | 5.7 | 25.5 | 0.0 | 2.3 | 6.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.4 | 16.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビスケット類 | 83 | 1.8 | 7.7 | 0.0 | 0.3 | 0.7 | 0.0 | 1.1 | 4.0 | 0.0 | 8.0 | 25.3 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.5 | 0.0 | 0.9 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 7.6 | 24.8 | 0.0 | 30.9 | 31.0 | 24.0 | 25.1 | 47.6 | 7.0 | 13.9 | 23.5 | 0.0 |
| 嗜好飲料類 | 86～91 | 689.8 | 504.7 | 601.3 | 252.7 | 255.4 | 207.5 | 426.8 | 351.2 | 360.3 | 551.6 | 458.2 | 644.7 |
| アルコール飲料 | 86～88 | 127.1 | 289.1 | 0.0 | 0.1 | 0.3 | 0.0 | 1.3 | 2.0 | 1.0 | 4.1 | 4.9 | 1.9 |
| 日本酒 | 86 | 8.2 | 43.8 | 0.0 | 0.1 | 0.3 | 0.0 | 1.3 | 2.1 | 1.0 | 3.6 | 5.1 | 0.7 |
| ビール | 87 | 73.7 | 212.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 45.2 | 156.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.5 | 1.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 562.7 | 419.9 | 500.0 | 252.6 | 255.5 | 207.5 | 425.5 | 351.3 | 358.0 | 547.5 | 456.8 | 637.5 |
| 茶 | 89 | 231.0 | 318.9 | 50.0 | 0.0 | 0.0 | 0.0 | 66.2 | 146.4 | 0.0 | 52.5 | 166.0 | 0.0 |
| コーヒー・ココア | 90 | 147.0 | 212.0 | 4.5 | 0.8 | 2.1 | 0.0 | 12.7 | 55.9 | 0.0 | 20.0 | 42.2 | 0.0 |
| その他の嗜好飲料 | 91 | 184.7 | 286.2 | 0.0 | 251.9 | 256.3 | 207.5 | 346.6 | 351.5 | 253.3 | 475.0 | 455.4 | 350.0 |
| 調味料・香辛料類 | 92～98 | 72.5 | 47.1 | 64.9 | 34.6 | 20.2 | 38.5 | 52.6 | 22.8 | 47.2 | 71.2 | 30.0 | 67.9 |
| 調味料 | 92～97 | 72.0 | 47.0 | 64.1 | 34.6 | 20.2 | 38.5 | 52.3 | 22.9 | 47.2 | 70.4 | 29.8 | 65.4 |
| ソース | 92 | 2.0 | 5.6 | 0.0 | 4.4 | 8.2 | 0.0 | 2.7 | 7.1 | 0.0 | 1.7 | 3.1 | 0.0 |
| しょうゆ | 93 | 12.6 | 12.8 | 9.0 | 3.8 | 1.8 | 4.1 | 10.6 | 8.9 | 9.3 | 15.6 | 11.5 | 17.4 |
| 塩 | 94 | 1.3 | 1.4 | 0.9 | 1.1 | 0.9 | 0.9 | 1.2 | 1.5 | 0.7 | 2.5 | 1.3 | 2.2 |
| マヨネーズ | 95 | 3.8 | 7.7 | 0.0 | 0.5 | 1.1 | 0.0 | 3.1 | 6.1 | 0.2 | 1.7 | 2.8 | 0.0 |
| 味噌 | 96 | 11.9 | 13.0 | 9.3 | 2.5 | 4.1 | 1.0 | 7.6 | 9.8 | 4.7 | 13.4 | 14.7 | 10.1 |
| その他の調味料 | 97 | 40.4 | 41.7 | 30.7 | 22.3 | 15.5 | 21.2 | 27.2 | 26.3 | 19.5 | 35.5 | 32.0 | 29.1 |
| 香辛料・その他 | 98 | 0.5 | 1.9 | 0.0 | 0.0 | 0.1 | 0.0 | 0.3 | 0.7 | 0.0 | 0.8 | 1.6 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 9 | | | 29 | | | 30 | | | 38 | | |
| 総量 | 1～98 | 1,942.7 | 772.6 | 1,847.0 | 2,124.3 | 823.4 | 2,375.1 | 2,064.9 | 813.0 | 1,984.6 | 2,132.7 | 748.1 | 1,989.7 |
| 動物性食品 | 48～76,79 | 374.8 | 228.7 | 337.3 | 343.8 | 205.2 | 296.7 | 284.0 | 144.0 | 275.6 | 308.5 | 179.9 | 284.3 |
| 植物性食品 | 1～47,77,78,80～98 | 1,567.9 | 649.3 | 1,603.3 | 1,780.5 | 741.5 | 1,830.5 | 1,781.0 | 736.4 | 1,732.9 | 1,824.2 | 696.9 | 1,692.9 |
| 穀類 | 1～12 | 489.7 | 200.7 | 521.5 | 516.6 | 217.9 | 475.0 | 534.2 | 229.4 | 481.1 | 510.1 | 198.5 | 487.5 |
| 米・加工品 | 1,2 | 448.6 | 206.3 | 400.0 | 428.9 | 248.0 | 400.0 | 406.8 | 241.6 | 388.0 | 383.2 | 200.5 | 374.0 |
| 米 | 1 | 448.1 | 206.8 | 400.0 | 418.1 | 246.2 | 400.0 | 405.2 | 242.0 | 370.0 | 377.9 | 200.2 | 361.5 |
| 米加工品 | 2 | 0.4 | 1.3 | 0.0 | 10.8 | 55.7 | 0.0 | 1.6 | 8.9 | 0.0 | 5.3 | 25.3 | 0.0 |
| 小麦・加工品 | 3～9 | 41.1 | 56.6 | 14.0 | 79.3 | 87.5 | 67.0 | 114.7 | 141.9 | 65.0 | 116.0 | 136.7 | 78.0 |
| 小麦粉類 | 3 | 1.4 | 2.1 | 0.0 | 1.6 | 3.1 | 0.0 | 2.6 | 5.0 | 0.0 | 5.4 | 13.9 | 0.2 |
| パン類(菓子パンを除く) | 4 | 9.3 | 18.5 | 0.0 | 15.6 | 30.1 | 0.0 | 35.3 | 68.3 | 0.0 | 22.8 | 44.8 | 0.0 |
| 菓子パン類 | 5 | 9.2 | 27.7 | 0.0 | 6.1 | 22.9 | 0.0 | 1.0 | 5.5 | 0.0 | 4.2 | 17.9 | 0.0 |
| うどん、中華めん類 | 6 | 16.7 | 50.0 | 0.0 | 20.8 | 63.4 | 0.0 | 49.0 | 89.9 | 0.0 | 41.4 | 97.5 | 0.0 |
| 即席中華めん | 7 | 0.0 | 0.0 | 0.0 | 10.4 | 27.3 | 0.0 | 7.2 | 27.6 | 0.0 | 8.6 | 30.0 | 0.0 |
| パスタ類 | 8 | 2.5 | 7.5 | 0.0 | 18.9 | 60.6 | 0.0 | 11.0 | 60.2 | 0.0 | 31.6 | 82.9 | 0.0 |
| その他の小麦加工品 | 9 | 2.1 | 3.7 | 0.0 | 6.0 | 13.8 | 0.0 | 8.6 | 19.1 | 0.0 | 2.0 | 3.7 | 0.0 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.0 | 0.0 | 8.4 | 27.4 | 0.0 | 12.7 | 62.3 | 0.0 | 10.9 | 39.8 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.9 | 38.5 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 2.3 | 12.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 6.1 | 25.0 | 0.0 | 12.7 | 62.3 | 0.0 | 1.9 | 11.8 | 0.0 |
| いも類 | 13～16 | 31.6 | 32.5 | 30.0 | 43.5 | 57.8 | 18.1 | 45.9 | 37.2 | 47.3 | 36.6 | 59.1 | 3.0 |
| いも・加工品 | 13～15 | 30.1 | 32.8 | 30.0 | 40.9 | 56.3 | 17.1 | 43.0 | 37.8 | 41.8 | 35.2 | 59.2 | 0.0 |
| さつまいも・加工品 | 13 | 4.3 | 12.9 | 0.0 | 5.8 | 21.5 | 0.0 | 1.7 | 7.5 | 0.0 | 1.0 | 6.3 | 0.0 |
| じゃがいも・加工品 | 14 | 20.5 | 32.8 | 0.0 | 25.7 | 46.2 | 0.0 | 28.9 | 37.0 | 0.0 | 19.9 | 46.8 | 0.0 |
| その他のいも・加工品 | 15 | 5.2 | 10.9 | 0.0 | 9.4 | 26.5 | 0.0 | 12.4 | 26.4 | 0.0 | 14.3 | 37.5 | 0.0 |
| でんぷん・加工品 | 16 | 1.6 | 2.8 | 0.0 | 2.6 | 6.9 | 0.0 | 2.9 | 5.8 | 0.0 | 1.5 | 4.5 | 0.0 |
| 砂糖・甘味料類 | 17 | 2.6 | 5.9 | 0.0 | 2.9 | 4.1 | 1.0 | 6.5 | 7.3 | 4.3 | 5.7 | 9.7 | 2.3 |
| 豆類 | 18～23 | 37.6 | 44.1 | 15.0 | 80.2 | 112.8 | 40.0 | 65.6 | 85.4 | 44.5 | 62.7 | 68.9 | 50.0 |
| 大豆・加工品 | 18～22 | 36.6 | 45.0 | 15.0 | 79.7 | 112.4 | 40.0 | 65.6 | 85.4 | 44.5 | 61.7 | 68.8 | 50.0 |
| 大豆(全粒)・加工品 | 18 | 0.0 | 0.0 | 0.0 | 5.9 | 24.6 | 0.0 | 4.5 | 13.7 | 0.0 | 1.3 | 6.6 | 0.0 |
| 豆腐 | 19 | 27.7 | 40.3 | 15.0 | 53.5 | 95.0 | 0.0 | 40.8 | 76.9 | 18.1 | 39.2 | 55.9 | 0.0 |
| 油揚げ類 | 20 | 1.2 | 2.5 | 0.0 | 3.1 | 8.8 | 0.0 | 2.7 | 10.2 | 0.0 | 4.9 | 13.1 | 0.0 |
| 納豆 | 21 | 7.8 | 15.6 | 0.0 | 9.5 | 17.4 | 0.0 | 13.9 | 23.2 | 0.0 | 14.1 | 20.4 | 0.0 |
| その他の大豆加工品 | 22 | 0.0 | 0.0 | 0.0 | 7.8 | 34.2 | 0.0 | 3.7 | 14.9 | 0.0 | 2.3 | 10.1 | 0.0 |
| その他の豆・加工品 | 23 | 1.0 | 3.1 | 0.0 | 0.5 | 2.8 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 5.0 | 0.0 |
| 種実類 | 24 | 0.2 | 0.4 | 0.0 | 1.5 | 4.1 | 0.0 | 0.8 | 2.5 | 0.0 | 0.5 | 2.2 | 0.0 |
| 野菜類 | 25～38 | 177.6 | 130.0 | 151.5 | 227.4 | 157.0 | 201.5 | 262.5 | 157.3 | 209.6 | 277.2 | 174.9 | 244.3 |
| 緑黄色野菜 | 25～29 | 32.7 | 31.2 | 21.8 | 68.5 | 82.0 | 40.0 | 83.6 | 85.3 | 56.0 | 62.6 | 55.7 | 50.5 |
| トマト | 25 | 0.0 | 0.0 | 0.0 | 16.5 | 42.8 | 0.0 | 12.7 | 32.0 | 0.0 | 16.2 | 42.7 | 0.0 |
| にんじん | 26 | 13.8 | 20.1 | 10.0 | 15.8 | 21.6 | 5.0 | 28.6 | 44.3 | 13.5 | 14.5 | 17.3 | 11.3 |
| ほうれん草 | 27 | 4.4 | 13.3 | 0.0 | 5.8 | 15.2 | 0.0 | 13.2 | 34.2 | 0.0 | 8.6 | 23.3 | 0.0 |
| ピーマン | 28 | 0.7 | 2.2 | 0.0 | 4.0 | 9.7 | 0.0 | 4.9 | 10.0 | 0.0 | 5.9 | 14.8 | 0.0 |
| その他の緑黄色野菜 | 29 | 13.7 | 20.2 | 0.0 | 26.3 | 40.9 | 3.0 | 24.2 | 38.4 | 1.2 | 17.4 | 28.2 | 0.9 |
| その他の野菜 | 30～35 | 137.6 | 125.0 | 103.5 | 145.8 | 106.1 | 147.0 | 160.6 | 107.2 | 148.8 | 165.4 | 120.8 | 154.1 |
| キャベツ | 30 | 7.6 | 15.2 | 0.0 | 17.1 | 39.1 | 0.0 | 43.4 | 48.3 | 36.0 | 47.7 | 88.2 | 0.0 |
| きゅうり | 31 | 2.8 | 8.5 | 0.0 | 5.3 | 16.0 | 0.0 | 10.6 | 18.3 | 0.0 | 12.0 | 23.1 | 0.0 |
| 大根 | 32 | 9.3 | 22.8 | 0.0 | 20.3 | 32.8 | 0.0 | 27.4 | 62.4 | 0.0 | 12.3 | 32.6 | 0.0 |
| たまねぎ | 33 | 35.9 | 50.0 | 0.0 | 33.4 | 40.2 | 20.0 | 24.5 | 37.3 | 7.0 | 30.9 | 33.4 | 20.4 |
| はくさい | 34 | 47.5 | 117.0 | 0.0 | 7.1 | 28.2 | 0.0 | 3.4 | 10.5 | 0.0 | 15.2 | 58.9 | 0.0 |
| その他の淡色野菜 | 35 | 34.4 | 24.7 | 36.0 | 62.5 | 62.5 | 30.5 | 51.3 | 51.0 | 40.3 | 47.3 | 58.0 | 29.0 |
| 野菜ジュース | 36 | 0.0 | 0.0 | 0.0 | 5.3 | 28.7 | 0.0 | 6.3 | 34.7 | 0.0 | 39.5 | 92.0 | 0.0 |
| 漬け物 | 37,38 | 7.4 | 12.6 | 0.0 | 7.8 | 21.0 | 0.0 | 12.0 | 28.5 | 0.0 | 9.7 | 20.5 | 0.0 |
| 葉類漬け物 | 37 | 3.1 | 9.4 | 0.0 | 2.8 | 10.7 | 0.0 | 1.0 | 5.5 | 0.0 | 5.1 | 19.3 | 0.0 |
| たくあん・その他の漬け物 | 38 | 4.2 | 10.0 | 0.0 | 5.1 | 18.8 | 0.0 | 11.0 | 28.3 | 0.0 | 4.6 | 9.9 | 0.0 |
| 果実類 | 39～45 | 22.0 | 42.3 | 0.0 | 41.4 | 69.4 | 0.0 | 61.2 | 112.4 | 0.0 | 75.7 | 149.2 | 5.0 |
| 生果 | 39～43 | 22.0 | 42.3 | 0.0 | 41.4 | 69.4 | 0.0 | 60.3 | 111.7 | 0.0 | 55.7 | 79.3 | 5.0 |
| いちご | 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 |
| 柑橘類 | 40 | 7.4 | 21.2 | 0.0 | 7.6 | 28.5 | 0.0 | 5.9 | 24.9 | 0.0 | 6.6 | 19.2 | 0.0 |
| バナナ | 41 | 0.0 | 0.0 | 0.0 | 11.3 | 38.1 | 0.0 | 3.2 | 17.5 | 0.0 | 9.6 | 28.7 | 0.0 |
| りんご | 42 | 8.3 | 25.0 | 0.0 | 8.5 | 24.6 | 0.0 | 20.9 | 47.9 | 0.0 | 25.5 | 64.2 | 0.0 |
| その他の生果 | 43 | 6.2 | 16.5 | 0.0 | 14.0 | 32.7 | 0.0 | 30.2 | 96.5 | 0.0 | 14.0 | 38.8 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 3.3 | 0.0 | 0.2 | 1.1 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.8 | 0.0 | 19.9 | 94.9 | 0.0 |
| きのこ類 | 46 | 13.3 | 11.8 | 16.2 | 12.6 | 22.9 | 0.0 | 12.0 | 22.0 | 0.0 | 12.3 | 16.2 | 5.4 |
| 藻類 | 47 | 12.6 | 14.7 | 6.2 | 6.4 | 10.3 | 1.0 | 7.2 | 10.5 | 2.3 | 11.4 | 19.2 | 0.6 |

1人1日当たり(g)

| | 食品群番号 | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 26.4 | 34.6 | 0.0 | 57.8 | 65.6 | 36.8 | 56.6 | 49.2 | 54.1 | 65.1 | 96.4 | 9.3 |
| 生魚介類 | 48～55 | 17.3 | 28.9 | 0.0 | 31.4 | 61.8 | 0.0 | 37.1 | 48.6 | 5.0 | 35.3 | 57.3 | 0.0 |
| あじ、いわし類 | 48 | 0.0 | 0.0 | 0.0 | 4.8 | 15.3 | 0.0 | 10.2 | 29.2 | 0.0 | 3.9 | 24.3 | 0.0 |
| さけ、ます | 49 | 0.0 | 0.0 | 0.0 | 6.1 | 24.4 | 0.0 | 4.0 | 11.4 | 0.0 | 0.9 | 5.5 | 0.0 |
| たい、かれい類 | 50 | 0.0 | 0.0 | 0.0 | 2.7 | 14.6 | 0.0 | 3.0 | 12.1 | 0.0 | 4.8 | 22.3 | 0.0 |
| まぐろ、かじき類 | 51 | 5.0 | 15.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.5 | 18.7 | 0.0 | 9.2 | 35.4 | 0.0 |
| その他の生魚 | 52 | 8.9 | 26.7 | 0.0 | 17.3 | 47.0 | 0.0 | 7.5 | 28.3 | 0.0 | 4.1 | 22.4 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 3.8 | 0.0 | 0.3 | 2.1 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 9.2 | 0.0 | 7.4 | 20.9 | 0.0 |
| えび、かに類 | 55 | 3.4 | 10.3 | 0.0 | 0.4 | 1.9 | 0.0 | 3.6 | 9.3 | 0.0 | 4.6 | 10.0 | 0.0 |
| 魚介加工品 | 56～60 | 9.1 | 15.4 | 0.0 | 26.4 | 35.9 | 14.0 | 19.5 | 28.7 | 10.0 | 29.8 | 66.2 | 2.3 |
| 魚介(塩蔵、生干し、乾物) | 56 | 0.0 | 0.0 | 0.0 | 13.2 | 28.3 | 0.0 | 9.8 | 20.3 | 0.5 | 16.1 | 35.9 | 0.0 |
| 魚介(缶詰) | 57 | 3.9 | 11.7 | 0.0 | 4.4 | 12.9 | 0.0 | 0.7 | 3.8 | 0.0 | 4.6 | 16.5 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 4.0 | 12.0 | 0.0 | 3.2 | 9.7 | 0.0 | 9.0 | 22.1 | 0.0 | 4.0 | 20.9 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.2 | 3.5 | 0.0 | 5.6 | 26.2 | 0.0 | 0.0 | 0.0 | 0.0 | 5.0 | 21.5 | 0.0 |
| 肉類 | 61～69 | 166.7 | 88.8 | 166.0 | 126.9 | 127.0 | 93.0 | 114.5 | 86.9 | 111.1 | 100.1 | 72.0 | 85.0 |
| 畜肉 | 61～64 | 107.2 | 64.1 | 120.0 | 106.8 | 124.5 | 75.0 | 71.4 | 69.2 | 40.0 | 76.2 | 55.1 | 74.0 |
| 牛肉 | 61 | 0.0 | 0.0 | 0.0 | 20.4 | 58.9 | 0.0 | 5.6 | 18.6 | 0.0 | 11.3 | 28.3 | 0.0 |
| 豚肉 | 62 | 70.4 | 53.4 | 80.0 | 66.1 | 72.7 | 42.9 | 52.0 | 69.9 | 22.5 | 53.1 | 53.0 | 50.0 |
| ハム、ソーセージ類 | 63 | 36.8 | 63.8 | 21.0 | 20.3 | 30.7 | 0.0 | 13.8 | 17.2 | 8.0 | 11.9 | 20.5 | 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 |
| 鳥肉 | 65,66 | 59.5 | 81.3 | 32.6 | 20.0 | 45.7 | 0.0 | 40.3 | 66.2 | 0.0 | 23.9 | 48.2 | 0.0 |
| 鶏肉 | 65 | 59.5 | 81.3 | 32.6 | 20.0 | 45.7 | 0.0 | 40.3 | 66.2 | 0.0 | 23.9 | 48.2 | 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 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.9 | 15.6 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 38.5 | 41.4 | 20.6 | 57.3 | 53.6 | 50.0 | 41.4 | 55.1 | 23.3 | 44.5 | 45.4 | 41.7 |
| 乳類 | 71～75 | 142.9 | 160.2 | 69.5 | 100.9 | 134.1 | 62.0 | 70.6 | 89.7 | 15.4 | 98.1 | 143.5 | 24.5 |
| 牛乳・乳製品 | 71～74 | 142.9 | 160.2 | 69.5 | 100.9 | 134.1 | 62.0 | 70.6 | 89.7 | 15.4 | 98.1 | 143.5 | 24.5 |
| 牛乳 | 71 | 52.8 | 103.7 | 0.0 | 34.3 | 80.2 | 0.0 | 33.2 | 65.8 | 0.0 | 64.1 | 123.7 | 0.0 |
| チーズ | 72 | 3.1 | 5.6 | 0.0 | 2.0 | 4.9 | 0.0 | 3.9 | 9.4 | 0.0 | 2.0 | 5.9 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 75.1 | 164.1 | 0.0 | 53.0 | 123.6 | 0.0 | 26.8 | 54.6 | 0.0 | 19.8 | 41.4 | 0.0 |
| その他の乳製品 | 74 | 12.0 | 24.0 | 0.0 | 11.6 | 27.7 | 0.0 | 6.8 | 17.8 | 0.0 | 12.2 | 48.3 | 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 |
| 油脂類 | 76～80 | 15.2 | 9.2 | 18.2 | 13.8 | 8.5 | 12.4 | 11.3 | 8.1 | 10.9 | 16.1 | 10.3 | 12.6 |
| バター | 76 | 0.3 | 1.0 | 0.0 | 0.8 | 2.5 | 0.0 | 0.2 | 0.8 | 0.0 | 0.7 | 1.8 | 0.0 |
| マーガリン | 77 | 0.6 | 1.7 | 0.0 | 0.2 | 0.9 | 0.0 | 0.8 | 2.1 | 0.0 | 1.5 | 4.0 | 0.0 |
| 植物性油脂 | 78 | 14.4 | 9.0 | 14.0 | 12.8 | 8.8 | 12.0 | 9.6 | 6.8 | 9.2 | 13.8 | 9.3 | 11.1 |
| 動物性油脂 | 79 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 2.1 | 0.0 | 0.1 | 0.7 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 0.3 | 1.0 | 0.0 | 16.5 | 41.7 | 0.0 | 18.0 | 34.7 | 0.0 | 22.2 | 35.7 | 0.0 |
| 和菓子類 | 81 | 0.3 | 1.0 | 0.0 | 2.2 | 12.1 | 0.0 | 10.5 | 29.6 | 0.0 | 8.2 | 22.0 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.0 | 0.0 | 4.5 | 19.2 | 0.0 | 0.0 | 0.0 | 0.0 | 6.4 | 21.6 | 0.0 |
| ビスケット類 | 83 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 7.7 | 0.0 | 3.4 | 9.7 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 0.0 | 0.0 | 0.0 | 9.8 | 35.6 | 0.0 | 6.0 | 13.7 | 0.0 | 4.1 | 12.5 | 0.0 |
| 嗜好飲料類 | 86～91 | 703.7 | 492.1 | 680.0 | 746.9 | 620.0 | 706.0 | 680.9 | 495.9 | 586.2 | 724.9 | 557.6 | 596.0 |
| アルコール飲料 | 86～88 | 1.7 | 3.9 | 0.0 | 113.8 | 382.2 | 0.0 | 151.1 | 383.8 | 0.0 | 174.4 | 388.3 | 0.0 |
| 日本酒 | 86 | 1.7 | 3.9 | 0.0 | 1.9 | 9.1 | 0.0 | 1.8 | 5.9 | 0.0 | 5.4 | 29.1 | 0.0 |
| ビール | 87 | 0.0 | 0.0 | 0.0 | 34.8 | 187.2 | 0.0 | 119.3 | 279.5 | 0.0 | 110.0 | 314.5 | 0.0 |
| 洋酒・その他 | 88 | 0.0 | 0.0 | 0.0 | 77.1 | 326.5 | 0.0 | 30.1 | 132.0 | 0.0 | 59.0 | 180.8 | 0.0 |
| その他の嗜好飲料 | 89～91 | 702.1 | 493.2 | 680.0 | 633.1 | 517.0 | 593.0 | 529.9 | 398.2 | 465.5 | 550.5 | 430.6 | 480.0 |
| 茶 | 89 | 408.7 | 356.5 | 350.0 | 177.3 | 282.8 | 0.0 | 216.3 | 334.5 | 0.0 | 154.6 | 243.0 | 0.0 |
| コーヒー・ココア | 90 | 92.8 | 169.3 | 0.0 | 166.3 | 213.9 | 0.0 | 163.0 | 264.8 | 91.7 | 213.6 | 289.1 | 146.0 |
| その他の嗜好飲料 | 91 | 200.6 | 331.0 | 0.0 | 289.5 | 339.5 | 150.0 | 150.5 | 204.3 | 0.0 | 182.3 | 342.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 61.6 | 34.7 | 61.2 | 71.7 | 53.6 | 64.9 | 75.8 | 53.6 | 69.4 | 69.4 | 45.9 | 61.1 |
| 調味料 | 92～97 | 61.6 | 34.7 | 61.2 | 71.5 | 53.6 | 64.9 | 75.1 | 53.3 | 67.7 | 68.8 | 45.9 | 57.5 |
| ソース | 92 | 0.6 | 1.8 | 0.0 | 1.9 | 5.5 | 0.0 | 1.0 | 2.6 | 0.0 | 2.4 | 4.6 | 0.0 |
| しょうゆ | 93 | 10.5 | 9.2 | 9.0 | 11.2 | 11.3 | 8.3 | 14.5 | 16.0 | 12.8 | 10.8 | 10.0 | 7.8 |
| 塩 | 94 | 0.7 | 1.0 | 0.2 | 1.4 | 1.5 | 1.0 | 1.3 | 1.4 | 1.0 | 1.7 | 1.5 | 1.1 |
| マヨネーズ | 95 | 4.8 | 6.3 | 0.0 | 4.2 | 7.3 | 0.0 | 3.6 | 7.3 | 0.0 | 5.2 | 8.0 | 0.0 |
| 味噌 | 96 | 8.6 | 7.5 | 9.0 | 9.3 | 9.5 | 9.0 | 12.4 | 12.5 | 11.1 | 9.8 | 11.4 | 6.6 |
| その他の調味料 | 97 | 36.4 | 31.2 | 30.0 | 43.5 | 50.9 | 36.3 | 42.1 | 46.1 | 29.8 | 39.0 | 41.9 | 30.1 |
| 香辛料・その他 | 98 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.8 | 1.7 | 0.0 | 0.6 | 1.5 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)20歳以上 | | | (再掲)20～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 46 | | | 114 | | | 266 | | | 68 | | |
| 総量 | 1～98 | 2,469.9 | 679.8 | 2,408.4 | 2,319.2 | 789.2 | 2,284.7 | 2,256.0 | 778.1 | 2,225.3 | 2,074.1 | 802.6 | 2,017.2 |
| 動物性食品 | 48～76,79 | 384.1 | 179.3 | 348.5 | 351.0 | 189.8 | 341.4 | 343.1 | 185.9 | 317.1 | 321.5 | 184.5 | 303.4 |
| 植物性食品 | 1～47,77,78,80～98 | 2,085.8 | 661.2 | 2,084.6 | 1,968.2 | 700.0 | 1,974.5 | 1,912.9 | 704.8 | 1,865.4 | 1752.6 | 721.2 | 1,750.0 |
| 穀類 | 1～12 | 498.1 | 180.9 | 477.5 | 439.8 | 168.9 | 440.5 | 480.6 | 191.2 | 470.0 | 520.8 | 218.3 | 481.1 |
| 米・加工品 | 1,2 | 347.0 | 203.0 | 326.5 | 310.3 | 176.5 | 300.0 | 355.5 | 205.5 | 325.5 | 421.8 | 237.2 | 400.0 |
| 米 | 1 | 347.0 | 203.0 | 326.5 | 305.9 | 177.0 | 300.0 | 351.5 | 205.4 | 323.0 | 416.4 | 236.6 | 400.0 |
| 米加工品 | 2 | 0.0 | 0.3 | 0.0 | 4.4 | 20.4 | 0.0 | 4.0 | 24.8 | 0.0 | 5.4 | 36.8 | 0.0 |
| 小麦・加工品 | 3～9 | 122.2 | 132.2 | 86.0 | 113.7 | 105.3 | 94.0 | 109.4 | 117.1 | 72.6 | 89.9 | 113.8 | 54.7 |
| 小麦粉類 | 3 | 4.4 | 13.5 | 0.0 | 2.5 | 10.8 | 0.0 | 3.1 | 10.6 | 0.0 | 2.0 | 4.0 | 0.0 |
| パン類(菓子パンを除く) | 4 | 34.5 | 54.8 | 0.0 | 31.1 | 42.0 | 0.0 | 28.6 | 47.0 | 0.0 | 23.5 | 50.5 | 0.0 |
| 菓子パン類 | 5 | 6.1 | 23.4 | 0.0 | 6.2 | 27.0 | 0.0 | 5.4 | 23.1 | 0.0 | 4.3 | 18.3 | 0.0 |
| うどん、中華めん類 | 6 | 56.5 | 107.8 | 0.0 | 60.7 | 99.3 | 0.0 | 50.1 | 95.3 | 0.0 | 32.7 | 75.5 | 0.0 |
| 即席中華めん | 7 | 3.8 | 15.1 | 0.0 | 1.9 | 13.0 | 0.0 | 4.7 | 20.2 | 0.0 | 7.6 | 25.5 | 0.0 |
| パスタ類 | 8 | 11.6 | 46.7 | 0.0 | 4.3 | 26.3 | 0.0 | 11.8 | 50.0 | 0.0 | 13.2 | 56.1 | 0.0 |
| その他の小麦加工品 | 9 | 5.2 | 12.5 | 0.0 | 6.9 | 25.8 | 0.0 | 5.8 | 19.4 | 0.0 | 6.6 | 15.6 | 0.0 |
| その他の穀類・加工品 | 10～12 | 28.9 | 88.9 | 0.0 | 15.8 | 58.2 | 0.0 | 15.7 | 59.7 | 0.0 | 9.2 | 44.8 | 0.0 |
| そば・加工品 | 10 | 20.8 | 74.8 | 0.0 | 10.7 | 49.5 | 0.0 | 9.5 | 47.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.3 | 2.2 | 0.0 | 0.6 | 6.4 | 0.0 | 0.6 | 5.9 | 0.0 | 1.0 | 8.1 | 0.0 |
| その他の穀類 | 12 | 7.7 | 51.5 | 0.0 | 4.5 | 22.9 | 0.0 | 5.6 | 34.5 | 0.0 | 8.2 | 44.3 | 0.0 |
| いも類 | 13～16 | 58.4 | 72.4 | 44.0 | 76.7 | 112.2 | 47.5 | 59.2 | 86.9 | 34.6 | 43.0 | 46.3 | 29.1 |
| いも・加工品 | 13～15 | 57.3 | 72.7 | 43.8 | 75.7 | 111.9 | 44.5 | 57.7 | 86.9 | 32.9 | 40.4 | 45.7 | 29.1 |
| さつまいも・加工品 | 13 | 10.6 | 27.7 | 0.0 | 8.9 | 30.2 | 0.0 | 6.7 | 24.4 | 0.0 | 3.8 | 15.5 | 0.0 |
| じゃがいも・加工品 | 14 | 30.8 | 45.1 | 0.0 | 27.6 | 49.5 | 0.0 | 26.8 | 46.0 | 0.0 | 26.4 | 40.3 | 0.0 |
| その他のいも・加工品 | 15 | 15.8 | 36.6 | 0.0 | 39.2 | 85.3 | 0.0 | 24.2 | 62.1 | 0.0 | 10.2 | 24.8 | 0.0 |
| でんぷん・加工品 | 16 | 1.1 | 2.8 | 0.0 | 1.0 | 3.6 | 0.0 | 1.5 | 4.4 | 0.0 | 2.6 | 5.9 | 0.0 |
| 砂糖・甘味料類 | 17 | 7.5 | 8.4 | 4.3 | 8.4 | 10.3 | 4.9 | 6.8 | 9.1 | 3.2 | 4.4 | 6.2 | 1.1 |
| 豆類 | 18～23 | 83.1 | 92.0 | 50.5 | 70.5 | 98.9 | 40.0 | 71.0 | 92.5 | 45.0 | 68.1 | 94.3 | 40.0 |
| 大豆・加工品 | 18～22 | 80.1 | 93.0 | 50.0 | 66.3 | 84.4 | 40.0 | 68.4 | 86.3 | 43.0 | 67.8 | 94.2 | 40.0 |
| 大豆(全粒)・加工品 | 18 | 2.4 | 11.6 | 0.0 | 4.0 | 24.7 | 0.0 | 3.5 | 19.4 | 0.0 | 4.5 | 18.4 | 0.0 |
| 豆腐 | 19 | 47.4 | 72.5 | 0.0 | 35.8 | 61.8 | 0.0 | 40.5 | 68.2 | 0.0 | 44.5 | 81.2 | 7.5 |
| 油揚げ類 | 20 | 5.8 | 14.0 | 0.0 | 5.5 | 14.7 | 0.0 | 4.7 | 13.0 | 0.0 | 2.6 | 8.9 | 0.0 |
| 納豆 | 21 | 19.2 | 25.8 | 0.0 | 15.6 | 21.7 | 0.0 | 14.9 | 21.9 | 0.0 | 11.2 | 19.8 | 0.0 |
| その他の大豆加工品 | 22 | 5.3 | 27.3 | 0.0 | 5.4 | 29.7 | 0.0 | 4.8 | 25.9 | 0.0 | 4.9 | 24.3 | 0.0 |
| その他の豆・加工品 | 23 | 3.0 | 10.0 | 0.0 | 4.2 | 26.6 | 0.0 | 2.5 | 18.1 | 0.0 | 0.4 | 2.1 | 0.0 |
| 種実類 | 24 | 4.2 | 13.9 | 0.0 | 4.8 | 14.0 | 0.0 | 3.1 | 11.1 | 0.0 | 1.0 | 3.2 | 0.0 |
| 野菜類 | 25～38 | 334.0 | 171.7 | 346.5 | 347.4 | 202.0 | 315.4 | 306.7 | 186.9 | 274.3 | 236.3 | 154.4 | 198.2 |
| 緑黄色野菜 | 25～29 | 100.5 | 74.7 | 88.5 | 107.2 | 95.5 | 80.5 | 90.3 | 85.0 | 75.0 | 70.4 | 79.7 | 47.5 |
| トマト | 25 | 25.6 | 44.5 | 0.0 | 32.2 | 67.1 | 0.0 | 23.8 | 53.8 | 0.0 | 12.7 | 35.1 | 0.0 |
| にんじん | 26 | 17.8 | 24.0 | 6.8 | 17.5 | 23.6 | 7.6 | 18.1 | 25.9 | 9.0 | 21.2 | 33.7 | 9.5 |
| ほうれん草 | 27 | 11.8 | 29.7 | 0.0 | 12.3 | 30.1 | 0.0 | 10.8 | 27.9 | 0.0 | 8.9 | 25.3 | 0.0 |
| ピーマン | 28 | 4.8 | 16.8 | 0.0 | 6.2 | 16.4 | 0.0 | 5.4 | 14.7 | 0.0 | 4.0 | 9.2 | 0.0 |
| その他の緑黄色野菜 | 29 | 40.4 | 54.6 | 16.0 | 39.0 | 58.7 | 11.7 | 32.2 | 50.2 | 6.3 | 23.7 | 37.4 | 1.5 |
| その他の野菜 | 30～35 | 192.0 | 110.1 | 208.3 | 200.5 | 148.7 | 160.0 | 181.4 | 130.0 | 153.7 | 151.2 | 107.8 | 139.9 |
| キャベツ | 30 | 20.4 | 46.7 | 0.0 | 33.7 | 60.5 | 0.0 | 31.8 | 59.7 | 0.0 | 27.4 | 43.5 | 0.0 |
| きゅうり | 31 | 19.8 | 29.1 | 7.2 | 19.5 | 45.9 | 0.0 | 15.4 | 34.8 | 0.0 | 7.3 | 16.4 | 0.0 |
| 大根 | 32 | 25.9 | 37.2 | 8.3 | 32.3 | 51.3 | 0.0 | 25.7 | 46.0 | 0.0 | 22.0 | 47.2 | 0.0 |
| たまねぎ | 33 | 26.5 | 40.7 | 10.2 | 35.1 | 45.6 | 8.0 | 31.7 | 41.7 | 10.8 | 29.8 | 40.0 | 10.1 |
| はくさい | 34 | 24.5 | 56.1 | 0.0 | 18.5 | 46.8 | 0.0 | 17.1 | 50.4 | 0.0 | 10.9 | 47.2 | 0.0 |
| その他の淡色野菜 | 35 | 74.8 | 60.0 | 65.3 | 61.4 | 65.2 | 45.0 | 59.8 | 60.9 | 42.8 | 53.8 | 54.0 | 37.6 |
| 野菜ジュース | 36 | 26.1 | 91.8 | 0.0 | 19.7 | 65.6 | 0.0 | 19.9 | 69.2 | 0.0 | 5.1 | 29.5 | 0.0 |
| 漬け物 | 37,38 | 15.4 | 23.0 | 4.5 | 20.0 | 33.2 | 2.4 | 15.1 | 28.0 | 0.0 | 9.6 | 23.6 | 0.0 |
| 葉類漬け物 | 37 | 2.8 | 12.6 | 0.0 | 6.2 | 22.5 | 0.0 | 4.4 | 17.8 | 0.0 | 2.0 | 8.5 | 0.0 |
| たくあん・その他の漬け物 | 38 | 12.6 | 19.9 | 2.0 | 13.8 | 24.9 | 0.0 | 10.7 | 22.1 | 0.0 | 7.6 | 22.7 | 0.0 |
| 果実類 | 39～45 | 113.7 | 135.0 | 74.5 | 163.8 | 180.3 | 124.3 | 112.8 | 156.4 | 65.0 | 47.5 | 88.8 | 0.0 |
| 生果 | 39～43 | 94.1 | 114.7 | 65.0 | 156.1 | 172.8 | 119.8 | 103.2 | 142.0 | 58.0 | 47.1 | 88.3 | 0.0 |
| いちご | 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 |
| 柑橘類 | 40 | 11.8 | 31.7 | 0.0 | 20.2 | 43.6 | 0.0 | 13.4 | 35.2 | 0.0 | 6.8 | 25.7 | 0.0 |
| バナナ | 41 | 27.7 | 47.2 | 0.0 | 24.5 | 60.2 | 0.0 | 18.2 | 48.1 | 0.0 | 6.2 | 27.6 | 0.0 |
| りんご | 42 | 21.7 | 60.8 | 0.0 | 41.8 | 74.3 | 0.0 | 28.9 | 63.6 | 0.0 | 14.0 | 36.9 | 0.0 |
| その他の生果 | 43 | 32.8 | 67.7 | 0.0 | 69.7 | 118.6 | 0.0 | 42.7 | 93.4 | 0.0 | 20.1 | 67.8 | 0.0 |
| ジャム | 44 | 1.6 | 4.5 | 0.0 | 2.3 | 7.0 | 0.0 | 1.4 | 5.1 | 0.0 | 0.3 | 2.2 | 0.0 |
| 果汁・果汁飲料 | 45 | 18.0 | 65.0 | 0.0 | 5.4 | 29.8 | 0.0 | 8.3 | 49.1 | 0.0 | 0.1 | 1.2 | 0.0 |
| きのこ類 | 46 | 20.7 | 28.7 | 0.0 | 20.6 | 29.5 | 6.9 | 17.3 | 26.0 | 2.3 | 12.4 | 21.1 | 0.0 |
| 藻類 | 47 | 12.2 | 26.0 | 2.8 | 17.1 | 38.1 | 3.1 | 13.0 | 28.8 | 2.5 | 7.6 | 11.0 | 2.4 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)20歳以上 | | | (再掲)20～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 84.8 | 80.7 | 69.6 | 80.4 | 74.3 | 66.1 | 72.0 | 75.5 | 60.0 | 53.1 | 55.7 | 36.4 |
| 生魚介類 | 48～55 | 39.7 | 62.4 | 0.0 | 32.9 | 51.3 | 0.0 | 34.2 | 54.3 | 0.0 | 32.1 | 52.5 | 0.0 |
| あじ、いわし類 | 48 | 6.2 | 19.3 | 0.0 | 8.8 | 33.0 | 0.0 | 7.1 | 27.1 | 0.0 | 6.5 | 21.9 | 0.0 |
| さけ、ます | 49 | 5.9 | 21.7 | 0.0 | 3.4 | 19.2 | 0.0 | 3.7 | 17.9 | 0.0 | 4.4 | 17.6 | 0.0 |
| たい、かれい類 | 50 | 8.1 | 27.5 | 0.0 | 2.7 | 12.9 | 0.0 | 3.9 | 17.6 | 0.0 | 2.5 | 12.4 | 0.0 |
| まぐろ、かじき類 | 51 | 5.8 | 25.3 | 0.0 | 6.8 | 27.4 | 0.0 | 5.9 | 25.6 | 0.0 | 2.6 | 13.5 | 0.0 |
| その他の生魚 | 52 | 9.4 | 33.2 | 0.0 | 5.5 | 20.4 | 0.0 | 7.6 | 28.2 | 0.0 | 11.9 | 37.1 | 0.0 |
| 貝類 | 53 | 1.3 | 5.2 | 0.0 | 0.8 | 4.0 | 0.0 | 0.7 | 3.7 | 0.0 | 0.4 | 2.6 | 0.0 |
| いか、たこ類 | 54 | 0.6 | 4.4 | 0.0 | 4.1 | 16.5 | 0.0 | 3.3 | 14.0 | 0.0 | 1.5 | 6.3 | 0.0 |
| えび、かに類 | 55 | 2.3 | 6.4 | 0.0 | 0.8 | 6.2 | 0.0 | 2.0 | 7.2 | 0.0 | 2.2 | 7.3 | 0.0 |
| 魚介加工品 | 56～60 | 45.1 | 55.1 | 26.5 | 47.5 | 63.4 | 27.1 | 37.8 | 56.7 | 13.7 | 21.1 | 30.9 | 10.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 26.7 | 40.5 | 6.6 | 30.7 | 45.0 | 2.5 | 22.6 | 39.2 | 0.7 | 10.0 | 23.0 | 0.0 |
| 魚介(缶詰) | 57 | 5.9 | 20.0 | 0.0 | 4.1 | 16.0 | 0.0 | 4.1 | 15.5 | 0.0 | 2.7 | 9.8 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.4 | 3.1 | 0.0 | 0.2 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 10.5 | 33.1 | 0.0 | 11.2 | 33.0 | 0.0 | 8.7 | 28.1 | 0.0 | 5.9 | 16.6 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 2.0 | 10.5 | 0.0 | 1.0 | 7.3 | 0.0 | 2.1 | 13.5 | 0.0 | 2.5 | 17.2 | 0.0 |
| 肉類 | 61～69 | 101.5 | 78.5 | 87.7 | 81.8 | 81.1 | 64.2 | 99.3 | 88.0 | 80.2 | 126.7 | 106.0 | 118.1 |
| 畜肉 | 61～64 | 63.8 | 54.9 | 62.6 | 56.8 | 62.8 | 38.4 | 69.6 | 72.0 | 52.7 | 91.2 | 96.8 | 70.8 |
| 牛肉 | 61 | 10.0 | 29.0 | 0.0 | 9.8 | 36.4 | 0.0 | 10.4 | 35.2 | 0.0 | 11.2 | 40.8 | 0.0 |
| 豚肉 | 62 | 43.5 | 51.1 | 20.8 | 38.5 | 49.4 | 20.0 | 47.1 | 56.2 | 29.4 | 60.4 | 68.7 | 39.4 |
| ハム、ソーセージ類 | 63 | 10.3 | 19.4 | 0.0 | 8.5 | 15.1 | 0.0 | 12.1 | 22.6 | 0.0 | 19.6 | 32.6 | 7.0 |
| 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 |
| 鳥肉 | 65,66 | 33.7 | 58.9 | 0.0 | 24.4 | 60.0 | 0.0 | 28.4 | 58.5 | 0.0 | 34.2 | 61.2 | 0.0 |
| 鶏肉 | 65 | 33.7 | 58.9 | 0.0 | 24.4 | 60.0 | 0.0 | 28.4 | 58.5 | 0.0 | 34.2 | 61.2 | 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 |
| 肉類(内臓) | 67 | 3.9 | 26.5 | 0.0 | 0.6 | 4.4 | 0.0 | 1.2 | 12.5 | 0.0 | 1.3 | 10.4 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 49.8 | 35.7 | 52.1 | 38.9 | 36.4 | 44.3 | 43.9 | 42.4 | 45.5 | 47.8 | 52.8 | 35.9 |
| 乳類 | 71～75 | 147.2 | 164.6 | 92.0 | 148.7 | 156.1 | 111.2 | 127.0 | 149.2 | 75.0 | 93.1 | 121.0 | 42.9 |
| 牛乳・乳製品 | 71～74 | 147.2 | 164.6 | 92.0 | 148.7 | 156.1 | 111.2 | 127.0 | 149.2 | 75.0 | 93.1 | 121.0 | 42.9 |
| 牛乳 | 71 | 98.3 | 132.8 | 1.7 | 85.6 | 115.8 | 0.0 | 72.1 | 113.5 | 0.0 | 36.3 | 76.8 | 0.0 |
| チーズ | 72 | 4.8 | 9.0 | 0.0 | 2.3 | 7.1 | 0.0 | 2.9 | 7.4 | 0.0 | 3.0 | 7.3 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 41.5 | 63.7 | 0.0 | 54.4 | 84.0 | 0.0 | 44.6 | 83.1 | 0.0 | 44.3 | 105.8 | 0.0 |
| その他の乳製品 | 74 | 2.5 | 9.5 | 0.0 | 6.4 | 29.3 | 0.0 | 7.4 | 29.2 | 0.0 | 9.5 | 23.1 | 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 |
| 油脂類 | 76～80 | 13.6 | 10.3 | 11.7 | 10.7 | 10.2 | 8.0 | 12.5 | 10.0 | 10.6 | 12.9 | 8.4 | 12.2 |
| バター | 76 | 0.6 | 1.9 | 0.0 | 0.7 | 2.2 | 0.0 | 0.6 | 2.0 | 0.0 | 0.5 | 1.8 | 0.0 |
| マーガリン | 77 | 1.9 | 4.8 | 0.0 | 0.9 | 3.0 | 0.0 | 1.1 | 3.3 | 0.0 | 0.5 | 1.6 | 0.0 |
| 植物性油脂 | 78 | 10.8 | 10.1 | 9.0 | 8.6 | 9.0 | 7.1 | 10.5 | 9.2 | 8.4 | 11.6 | 8.1 | 11.4 |
| 動物性油脂 | 79 | 0.3 | 1.2 | 0.0 | 0.5 | 2.3 | 0.0 | 0.3 | 1.8 | 0.0 | 0.3 | 1.4 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 |
| 菓子類 | 81～85 | 20.0 | 42.7 | 0.0 | 25.1 | 46.6 | 0.0 | 21.2 | 41.9 | 0.0 | 15.0 | 35.8 | 0.0 |
| 和菓子類 | 81 | 12.0 | 28.7 | 0.0 | 13.9 | 37.0 | 0.0 | 10.6 | 30.3 | 0.0 | 5.6 | 21.5 | 0.0 |
| ケーキ・ペストリー類 | 82 | 1.5 | 9.2 | 0.0 | 5.3 | 22.0 | 0.0 | 3.9 | 18.2 | 0.0 | 1.9 | 12.6 | 0.0 |
| ビスケット類 | 83 | 1.0 | 4.4 | 0.0 | 2.1 | 7.1 | 0.0 | 1.7 | 6.7 | 0.0 | 0.6 | 5.1 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.1 | 0.6 | 0.0 |
| その他の菓子類 | 85 | 5.5 | 22.9 | 0.0 | 3.8 | 17.7 | 0.0 | 4.9 | 20.1 | 0.0 | 6.8 | 24.9 | 0.0 |
| 嗜好飲料類 | 86～91 | 835.4 | 522.3 | 738.4 | 708.9 | 470.1 | 633.8 | 733.9 | 511.1 | 650.0 | 712.1 | 545.0 | 648.5 |
| アルコール飲料 | 86～88 | 225.0 | 339.4 | 9.2 | 127.3 | 216.9 | 0.0 | 147.9 | 307.3 | 0.0 | 115.4 | 356.6 | 0.0 |
| 日本酒 | 86 | 23.4 | 75.9 | 0.0 | 9.4 | 50.0 | 0.0 | 9.3 | 47.2 | 0.0 | 1.8 | 7.2 | 0.0 |
| ビール | 87 | 147.0 | 284.4 | 0.0 | 64.3 | 153.1 | 0.0 | 85.9 | 226.7 | 0.0 | 67.4 | 225.2 | 0.0 |
| 洋酒・その他 | 88 | 54.6 | 135.6 | 0.0 | 53.6 | 128.3 | 0.0 | 52.6 | 167.6 | 0.0 | 46.2 | 230.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 610.4 | 357.4 | 635.0 | 581.6 | 427.7 | 507.5 | 586.0 | 424.1 | 539.8 | 596.7 | 462.0 | 500.0 |
| 茶 | 89 | 256.0 | 290.1 | 180.0 | 319.3 | 366.8 | 205.6 | 260.8 | 330.5 | 150.0 | 225.1 | 320.3 | 83.3 |
| コーヒー・ココア | 90 | 188.5 | 195.8 | 181.0 | 155.3 | 195.7 | 144.0 | 169.3 | 220.3 | 142.0 | 155.1 | 231.3 | 1.5 |
| その他の嗜好飲料 | 91 | 165.8 | 225.9 | 0.0 | 107.0 | 217.4 | 0.0 | 155.9 | 261.5 | 0.0 | 216.4 | 289.1 | 1.5 |
| 調味料・香辛料類 | 92～98 | 85.9 | 63.7 | 70.8 | 75.7 | 41.5 | 69.4 | 75.7 | 49.0 | 66.9 | 72.2 | 51.1 | 66.8 |
| 調味料 | 92～97 | 85.4 | 63.9 | 69.3 | 75.1 | 41.3 | 68.5 | 75.1 | 49.0 | 66.8 | 71.8 | 51.0 | 66.8 |
| ソース | 92 | 2.6 | 8.1 | 0.0 | 1.8 | 5.2 | 0.0 | 1.9 | 5.5 | 0.0 | 1.3 | 4.0 | 0.0 |
| しょうゆ | 93 | 14.7 | 12.2 | 11.7 | 13.2 | 14.5 | 8.8 | 12.9 | 13.3 | 9.2 | 12.6 | 13.4 | 9.0 |
| 塩 | 94 | 1.3 | 1.2 | 1.0 | 1.1 | 1.4 | 0.6 | 1.3 | 1.4 | 0.9 | 1.3 | 1.4 | 1.0 |
| マヨネーズ | 95 | 5.6 | 7.5 | 0.0 | 3.0 | 8.7 | 0.0 | 4.0 | 8.0 | 0.0 | 4.0 | 7.1 | 0.0 |
| 味噌 | 96 | 14.5 | 11.4 | 12.4 | 13.8 | 15.5 | 11.0 | 12.5 | 13.2 | 10.6 | 10.6 | 10.7 | 9.3 |
| その他の調味料 | 97 | 46.7 | 59.0 | 34.5 | 42.2 | 34.8 | 35.3 | 42.4 | 43.5 | 33.8 | 41.9 | 46.1 | 31.3 |
| 香辛料・その他 | 98 | 0.5 | 1.0 | 0.0 | 0.6 | 2.8 | 0.0 | 0.5 | 2.1 | 0.0 | 0.4 | 1.2 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 70 | | | 73 | | |
| 総量 | 1～98 | 2,418.9 | 707.2 | 2,318.6 | 2,329.2 | 813.2 | 2,317.6 |
| 動物性食品 | 48～76,79 | 367.8 | 192.7 | 351.2 | 357.7 | 196.1 | 339.5 |
| 植物性食品 | 1～47,77,78,80～98 | 2051.1 | 642.8 | 2,041.5 | 1971.6 | 715.9 | 1,986.0 |
| 穀類 | 1～12 | 455.9 | 198.9 | 448.4 | 450.6 | 150.4 | 452.0 |
| 米・加工品 | 1,2 | 309.5 | 192.9 | 304.0 | 323.0 | 175.0 | 310.0 |
| 米 | 1 | 306.8 | 193.4 | 304.0 | 318.7 | 175.5 | 300.0 |
| 米加工品 | 2 | 2.7 | 14.1 | 0.0 | 4.3 | 21.6 | 0.0 |
| 小麦・加工品 | 3～9 | 129.5 | 124.8 | 110.0 | 109.2 | 94.2 | 90.0 |
| 小麦粉類 | 3 | 3.9 | 13.8 | 0.0 | 1.7 | 5.5 | 0.0 |
| パン類(菓子パンを除く) | 4 | 27.6 | 48.5 | 0.0 | 40.7 | 45.3 | 31.0 |
| 菓子パン類 | 5 | 3.8 | 18.1 | 0.0 | 8.6 | 32.2 | 0.0 |
| うどん、中華めん類 | 6 | 75.5 | 112.6 | 0.0 | 48.0 | 89.5 | 0.0 |
| 即席中華めん | 7 | 2.6 | 12.9 | 0.0 | 2.2 | 14.7 | 0.0 |
| パスタ類 | 8 | 7.2 | 29.0 | 0.0 | 3.6 | 27.0 | 0.0 |
| その他の小麦加工品 | 9 | 8.9 | 30.5 | 0.0 | 4.5 | 14.8 | 0.0 |
| その他の穀類・加工品 | 10～12 | 17.0 | 63.9 | 0.0 | 18.4 | 62.1 | 0.0 |
| そば・加工品 | 10 | 7.8 | 37.1 | 0.0 | 14.4 | 58.5 | 0.0 |
| とうもろこし・加工品 | 11 | 1.0 | 8.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 8.2 | 45.4 | 0.0 | 4.0 | 22.1 | 0.0 |
| いも類 | 13～16 | 67.3 | 80.4 | 49.0 | 80.7 | 126.5 | 40.0 |
| いも・加工品 | 13～15 | 66.4 | 80.3 | 45.5 | 79.7 | 126.3 | 40.0 |
| さつまいも・加工品 | 13 | 9.3 | 26.6 | 0.0 | 9.7 | 33.3 | 0.0 |
| じゃがいも・加工品 | 14 | 28.0 | 43.8 | 0.0 | 30.6 | 54.4 | 0.0 |
| その他のいも・加工品 | 15 | 29.2 | 61.4 | 0.0 | 39.4 | 92.5 | 0.0 |
| でんぷん・加工品 | 16 | 0.9 | 3.2 | 0.0 | 1.0 | 3.8 | 0.0 |
| 砂糖・甘味料類 | 17 | 7.9 | 10.0 | 3.5 | 8.9 | 10.0 | 6.0 |
| 豆類 | 18～23 | 67.2 | 71.9 | 48.5 | 76.6 | 113.8 | 40.0 |
| 大豆・加工品 | 18～22 | 65.9 | 71.1 | 46.0 | 70.4 | 94.5 | 40.0 |
| 大豆(全粒)・加工品 | 18 | 2.3 | 10.9 | 0.0 | 5.6 | 30.3 | 0.0 |
| 豆腐 | 19 | 32.9 | 49.1 | 0.0 | 41.3 | 70.5 | 0.0 |
| 油揚げ類 | 20 | 6.3 | 17.6 | 0.0 | 4.1 | 8.4 | 0.0 |
| 納豆 | 21 | 18.7 | 22.2 | 0.0 | 13.6 | 21.4 | 0.0 |
| その他の大豆加工品 | 22 | 5.7 | 30.3 | 0.0 | 5.7 | 30.7 | 0.0 |
| その他の豆・加工品 | 23 | 1.3 | 6.1 | 0.0 | 6.2 | 33.1 | 0.0 |
| 種実類 | 24 | 4.9 | 14.6 | 0.0 | 4.2 | 11.7 | 0.0 |
| 野菜類 | 25～38 | 365.5 | 212.6 | 330.0 | 317.3 | 185.8 | 278.4 |
| 緑黄色野菜 | 25～29 | 108.0 | 91.7 | 85.7 | 101.0 | 90.2 | 78.8 |
| トマト | 25 | 33.7 | 72.9 | 0.0 | 26.1 | 50.8 | 0.0 |
| にんじん | 26 | 21.8 | 25.5 | 11.5 | 15.7 | 23.0 | 1.8 |
| ほうれん草 | 27 | 15.2 | 34.8 | 0.0 | 11.0 | 27.3 | 0.0 |
| ピーマン | 28 | 8.5 | 21.9 | 0.0 | 3.2 | 7.9 | 0.0 |
| その他の緑黄色野菜 | 29 | 28.8 | 43.6 | 9.8 | 45.0 | 64.9 | 15.0 |
| その他の野菜 | 30～35 | 214.7 | 144.8 | 202.9 | 176.9 | 138.1 | 140.3 |
| キャベツ | 30 | 32.1 | 50.3 | 0.0 | 26.9 | 61.2 | 0.0 |
| きゅうり | 31 | 24.5 | 51.4 | 0.0 | 16.3 | 33.3 | 0.0 |
| 大根 | 32 | 33.9 | 50.5 | 8.3 | 27.3 | 46.8 | 0.0 |
| たまねぎ | 33 | 32.8 | 43.8 | 12.4 | 32.0 | 44.5 | 5.3 |
| はくさい | 34 | 22.5 | 53.4 | 0.0 | 15.9 | 42.3 | 0.0 |
| その他の淡色野菜 | 35 | 68.9 | 61.8 | 49.3 | 58.5 | 67.6 | 43.8 |
| 野菜ジュース | 36 | 24.9 | 94.7 | 0.0 | 18.5 | 53.4 | 0.0 |
| 漬け物 | 37,38 | 17.8 | 27.4 | 1.3 | 20.9 | 35.7 | 3.0 |
| 葉類漬け物 | 37 | 3.3 | 14.9 | 0.0 | 8.1 | 25.8 | 0.0 |
| たくあん・その他の漬け物 | 38 | 14.5 | 24.4 | 0.0 | 12.8 | 24.0 | 0.0 |
| 果実類 | 39～45 | 144.8 | 148.2 | 112.5 | 166.3 | 196.0 | 116.0 |
| 生果 | 39～43 | 135.0 | 141.6 | 96.0 | 156.3 | 184.5 | 116.0 |
| いちご | 39 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 14.1 | 33.3 | 0.0 | 22.1 | 47.9 | 0.0 |
| バナナ | 41 | 22.7 | 44.0 | 0.0 | 30.5 | 70.0 | 0.0 |
| りんご | 42 | 40.5 | 80.2 | 0.0 | 36.8 | 68.4 | 0.0 |
| その他の生果 | 43 | 57.7 | 110.6 | 0.0 | 67.0 | 112.4 | 0.0 |
| ジャム | 44 | 2.1 | 5.6 | 0.0 | 2.4 | 7.4 | 0.0 |
| 果汁・果汁飲料 | 45 | 7.7 | 34.0 | 0.0 | 7.5 | 37.0 | 0.0 |
| きのこ類 | 46 | 18.9 | 27.9 | 0.0 | 21.8 | 30.3 | 9.0 |
| 藻類 | 47 | 17.2 | 46.8 | 3.0 | 15.9 | 23.6 | 4.7 |

1人1日当たり(g)

| | 食品群番号 | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 77.6 | 72.2 | 67.3 | 81.4 | 76.2 | 66.5 |
| 生魚介類 | 48～55 | 32.7 | 48.8 | 0.0 | 34.6 | 54.2 | 0.0 |
| あじ、いわし類 | 48 | 7.7 | 30.1 | 0.0 | 8.2 | 30.4 | 0.0 |
| さけ、ます | 49 | 2.2 | 10.9 | 0.0 | 4.6 | 23.2 | 0.0 |
| たい、かれい類 | 50 | 4.0 | 19.0 | 0.0 | 3.6 | 14.9 | 0.0 |
| まぐろ、かじき類 | 51 | 3.7 | 16.6 | 0.0 | 8.7 | 32.1 | 0.0 |
| その他の生魚 | 52 | 8.6 | 29.8 | 0.0 | 5.2 | 20.1 | 0.0 |
| 貝類 | 53 | 0.8 | 4.2 | 0.0 | 1.1 | 4.9 | 0.0 |
| いか、たこ類 | 54 | 4.0 | 17.8 | 0.0 | 3.0 | 11.9 | 0.0 |
| えび、かに類 | 55 | 1.7 | 8.4 | 0.0 | 0.4 | 3.3 | 0.0 |
| 魚介加工品 | 56～60 | 44.9 | 54.6 | 30.0 | 46.8 | 66.3 | 23.5 |
| 魚介(塩蔵、生干し、乾物) | 56 | 28.3 | 40.2 | 1.8 | 30.6 | 46.9 | 4.0 |
| 魚介(缶詰) | 57 | 3.2 | 12.6 | 0.0 | 4.7 | 17.9 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.7 | 3.9 | 0.0 |
| 魚介(練り製品) | 59 | 11.0 | 29.3 | 0.0 | 10.2 | 31.7 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 2.3 | 11.9 | 0.0 | 0.6 | 4.2 | 0.0 |
| 肉類 | 61～69 | 93.1 | 80.1 | 73.3 | 80.1 | 81.3 | 65.0 |
| 畜肉 | 61～64 | 65.5 | 63.6 | 50.0 | 50.8 | 60.0 | 31.0 |
| 牛肉 | 61 | 11.1 | 40.1 | 0.0 | 10.1 | 31.5 | 0.0 |
| 豚肉 | 62 | 44.0 | 54.1 | 24.2 | 33.2 | 45.4 | 17.2 |
| ハム、ソーセージ類 | 63 | 10.4 | 18.3 | 0.0 | 7.6 | 13.7 | 0.0 |
| その他の畜肉 | 64 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 27.6 | 60.4 | 0.0 | 28.4 | 62.9 | 0.0 |
| 鶏肉 | 65 | 27.6 | 60.4 | 0.0 | 28.4 | 62.9 | 0.0 |
| その他の鳥肉 | 66 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.9 | 5.5 | 0.0 |
| その他の肉類 | 68,69 | 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 |
| その他の肉・加工品 | 69 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 卵類 | 70 | 45.8 | 40.3 | 53.5 | 39.2 | 35.2 | 44.5 |
| 乳類 | 71～75 | 150.4 | 173.7 | 86.0 | 155.6 | 152.6 | 154.2 |
| 牛乳・乳製品 | 71～74 | 150.4 | 173.7 | 86.0 | 155.6 | 152.6 | 154.2 |
| 牛乳 | 71 | 102.9 | 146.3 | 4.4 | 84.2 | 97.8 | 0.0 |
| チーズ | 72 | 3.1 | 6.9 | 0.0 | 2.6 | 8.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 41.4 | 58.0 | 0.0 | 60.6 | 96.4 | 0.0 |
| その他の乳製品 | 74 | 3.0 | 11.2 | 0.0 | 8.1 | 35.6 | 0.0 |
| その他の乳類 | 75 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 10.9 | 9.0 | 9.7 | 11.2 | 11.5 | 7.7 |
| バター | 76 | 0.6 | 1.8 | 0.0 | 0.9 | 2.6 | 0.0 |
| マーガリン | 77 | 1.2 | 3.9 | 0.0 | 1.4 | 3.7 | 0.0 |
| 植物性油脂 | 78 | 8.8 | 7.9 | 7.4 | 8.4 | 10.1 | 6.8 |
| 動物性油脂 | 79 | 0.3 | 2.2 | 0.0 | 0.4 | 2.0 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 |
| 菓子類 | 81～85 | 20.2 | 34.5 | 0.0 | 27.0 | 51.6 | 0.0 |
| 和菓子類 | 81 | 10.2 | 22.1 | 0.0 | 17.1 | 44.4 | 0.0 |
| ケーキ・ペストリー類 | 82 | 5.6 | 23.9 | 0.0 | 3.0 | 14.7 | 0.0 |
| ビスケット類 | 83 | 1.9 | 6.5 | 0.0 | 2.1 | 7.0 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 2.6 | 7.3 | 0.0 | 4.9 | 21.6 | 0.0 |
| 嗜好飲料類 | 86～91 | 790.6 | 511.2 | 712.2 | 719.2 | 452.7 | 632.5 |
| アルコール飲料 | 86～88 | 168.6 | 287.5 | 2.0 | 129.8 | 216.9 | 0.0 |
| 日本酒 | 86 | 15.5 | 62.2 | 0.0 | 11.8 | 58.9 | 0.0 |
| ビール | 87 | 87.2 | 223.8 | 0.0 | 69.4 | 151.4 | 0.0 |
| 洋酒・その他 | 88 | 66.0 | 139.4 | 0.0 | 48.6 | 127.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 622.0 | 415.5 | 583.3 | 589.4 | 402.2 | 511.0 |
| 茶 | 89 | 244.7 | 297.1 | 165.0 | 371.3 | 387.9 | 340.0 |
| コーヒー・ココア | 90 | 216.2 | 231.9 | 195.0 | 130.0 | 154.2 | 100.5 |
| その他の嗜好飲料 | 91 | 161.0 | 252.1 | 0.0 | 88.1 | 174.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 80.6 | 43.1 | 72.4 | 73.2 | 41.9 | 66.9 |
| 調味料 | 92～97 | 80.2 | 43.1 | 71.8 | 72.4 | 41.7 | 65.4 |
| ソース | 92 | 1.4 | 4.0 | 0.0 | 2.0 | 5.8 | 0.0 |
| しょうゆ | 93 | 13.0 | 11.3 | 10.0 | 14.0 | 16.2 | 9.0 |
| 塩 | 94 | 1.2 | 1.3 | 0.7 | 1.1 | 1.4 | 0.6 |
| マヨネーズ | 95 | 4.0 | 6.9 | 0.0 | 3.6 | 10.3 | 0.0 |
| 味噌 | 96 | 12.1 | 11.2 | 10.3 | 15.7 | 17.0 | 12.0 |
| その他の調味料 | 97 | 48.5 | 39.5 | 42.2 | 36.0 | 31.5 | 25.3 |
| 香辛料・その他 | 98 | 0.4 | 0.8 | 0.0 | 0.8 | 3.5 | 0.0 |

表46-3 食品群別摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－女性、1歳以上

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 1～6歳 | | | 7～14歳 | | | 15～19歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 365 | | | 10 | | | 22 | | | 8 | | |
| 総量 | 1～98 | 1,941.3 | 626.5 | 1,850.3 | 1,213.7 | 345.1 | 1,312.6 | 1,621.0 | 393.1 | 1,549.6 | 1,628.6 | 453.4 | 1,601.2 |
| 動物性食品 | 48～76,79 | 334.4 | 179.2 | 310.9 | 207.0 | 126.6 | 181.2 | 486.0 | 219.5 | 412.2 | 356.3 | 190.9 | 314.4 |
| 植物性食品 | 1～47,77,78,80～98 | 1,607.0 | 578.1 | 1,556.0 | 1006.6 | 368.6 | 959.4 | 1,135.0 | 297.0 | 1,150.9 | 1,272.3 | 462.9 | 1,202.5 |
| 穀類 | 1～12 | 361.7 | 130.0 | 350.0 | 261.1 | 70.7 | 250.0 | 377.1 | 125.3 | 371.4 | 385.7 | 133.6 | 370.0 |
| 米・加工品 | 1,2 | 245.1 | 140.1 | 230.0 | 223.9 | 79.0 | 211.0 | 237.6 | 120.3 | 250.0 | 302.6 | 136.1 | 350.0 |
| 米 | 1 | 240.8 | 139.4 | 225.0 | 208.3 | 91.5 | 198.5 | 235.9 | 120.2 | 237.5 | 302.6 | 136.1 | 350.0 |
| 米加工品 | 2 | 4.2 | 26.1 | 0.0 | 15.6 | 33 | 0.0 | 1.6 | 7.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 99.1 | 83.6 | 37.2 | 56.2 | 8.0 | 121.9 | 98.5 | 98.8 | 83.0 | 86.7 | 35.9 |
| 小麦粉類 | 3 | 4.3 | 13.3 | 0.0 | 3.3 | 6.4 | 0.0 | 22.2 | 30.2 | 4.7 | 1.1 | 1.6 | 0.3 |
| パン類(菓子パンを除く) | 4 | 31.0 | 41.5 | 0.0 | 6.2 | 13.7 | 0.0 | 33.0 | 43.6 | 3.0 | 13.8 | 26.0 | 0.0 |
| 菓子パン類 | 5 | 5.0 | 20.6 | 0.0 | 6.0 | 19.0 | 0.0 | 4.8 | 17.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| うどん、中華めん類 | 6 | 42.4 | 78.3 | 0.0 | 5.4 | 17.1 | 0.0 | 51.3 | 64.1 | 23.5 | 12.5 | 35.4 | 0.0 |
| 即席中華めん | 7 | 3.2 | 17.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 15.3 | 43.1 | 0.0 |
| パスタ類 | 8 | 13.9 | 51.4 | 0.0 | 2.8 | 9.0 | 0.0 | 6.7 | 23.2 | 0.0 | 33.4 | 76.4 | 0.0 |
| その他の小麦加工品 | 9 | 5.2 | 16.2 | 0.0 | 13.4 | 27.4 | 0.0 | 3.9 | 4.6 | 1.5 | 7.0 | 13.1 | 0.0 |
| その他の穀類・加工品 | 10～12 | 11.6 | 42.0 | 0.0 | 0.0 | 0.0 | 0.0 | 17.6 | 52.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| そば・加工品 | 10 | 5.7 | 35.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.7 | 5.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 5.2 | 23.9 | 0.0 | 0.0 | 0.0 | 0.0 | 17.6 | 52.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 52.2 | 68.3 | 31.6 | 56.3 | 42.4 | 56.6 | 39.1 | 36.0 | 36.1 | 37.6 | 30.6 | 45.0 |
| いも・加工品 | 13～15 | 50.2 | 68.4 | 30.0 | 53.7 | 41.7 | 52.5 | 37.9 | 35.0 | 35.6 | 36.4 | 32.1 | 45.0 |
| さつまいも・加工品 | 13 | 10.7 | 36.5 | 0.0 | 30.2 | 46.1 | 7.5 | 1.9 | 9.0 | 0.0 | 17.3 | 26.1 | 0.0 |
| じゃがいも・加工品 | 14 | 22.0 | 38.6 | 0.0 | 17.5 | 21.6 | 9.3 | 27.7 | 33.8 | 15.3 | 9.9 | 26.0 | 0.0 |
| その他のいも・加工品 | 15 | 17.5 | 39.4 | 0.0 | 6.0 | 13.5 | 0.0 | 8.3 | 11.9 | 0.0 | 9.3 | 19.4 | 0.0 |
| でんぷん・加工品 | 16 | 2.1 | 8.5 | 0.0 | 2.6 | 4.2 | 0.6 | 1.2 | 2.5 | 0.0 | 1.2 | 2.4 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.3 | 9.0 | 3.0 | 6.9 | 10.7 | 5.1 | 7.3 | 6.3 | 6.3 | 4.0 | 5.2 | 1.4 |
| 豆類 | 18～23 | 63.3 | 76.3 | 46.0 | 34.1 | 34.5 | 30.3 | 46.6 | 60.1 | 28.4 | 38.3 | 31.2 | 45.0 |
| 大豆・加工品 | 18～22 | 61.7 | 70.6 | 45.0 | 33.6 | 35.0 | 30.3 | 46.6 | 60.1 | 28.4 | 38.3 | 31.2 | 45.0 |
| 大豆(全粒)・加工品 | 18 | 2.5 | 15.3 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 | 2.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豆腐 | 19 | 32.2 | 49.4 | 0.0 | 19.1 | 27.3 | 0.0 | 34.9 | 55.6 | 12.5 | 15.6 | 29.7 | 0.0 |
| 油揚げ類 | 20 | 5.0 | 14.9 | 0.0 | 0.5 | 1.5 | 0.0 | 2.8 | 3.8 | 0.0 | 3.8 | 5.8 | 0.0 |
| 納豆 | 21 | 13.5 | 19.7 | 0.0 | 10.0 | 17.6 | 0.0 | 4.3 | 14.0 | 0.0 | 18.9 | 22.5 | 8.0 |
| その他の大豆加工品 | 22 | 8.5 | 36.8 | 0.0 | 4.0 | 12.6 | 0.0 | 3.4 | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 1.5 | 14.0 | 0.0 | 0.5 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 3.0 | 13.2 | 0.0 | 0.4 | 0.5 | 0.0 | 0.1 | 0.3 | 0.0 | 0.7 | 1.8 | 0.0 |
| 野菜類 | 25～38 | 279.1 | 163.6 | 256.9 | 158.6 | 137.3 | 121.7 | 251.3 | 101.4 | 253.6 | 178.3 | 64.1 | 173.4 |
| 緑黄色野菜 | 25～29 | 90.5 | 84.5 | 70.0 | 59.6 | 32.8 | 47.1 | 61.5 | 61.2 | 44.4 | 37.6 | 40.7 | 22.0 |
| トマト | 25 | 22.4 | 43.9 | 0.0 | 13.8 | 22.6 | 0.0 | 0.7 | 2.4 | 0.0 | 12.4 | 23.0 | 0.0 |
| にんじん | 26 | 16.8 | 23.5 | 9.0 | 20.9 | 14.4 | 20.3 | 25.3 | 25.2 | 15.5 | 7.0 | 10.5 | 2.1 |
| ほうれん草 | 27 | 12.1 | 30.6 | 0.0 | 8.5 | 18.7 | 0.0 | 5.6 | 7.4 | 0.0 | 5.3 | 15.1 | 0.0 |
| ピーマン | 28 | 5.7 | 15.3 | 0.0 | 3.2 | 3.8 | 2.0 | 7.3 | 24.0 | 0.0 | 5.9 | 12.7 | 0.0 |
| その他の緑黄色野菜 | 29 | 33.5 | 52.3 | 11.0 | 13.2 | 14.6 | 9.1 | 22.6 | 39.5 | 11.0 | 7.0 | 19.7 | 0.0 |
| その他の野菜 | 30～35 | 166.2 | 111.6 | 147.5 | 59.0 | 21.1 | 59.6 | 183.6 | 73.3 | 174.1 | 136.1 | 74.0 | 136.7 |
| キャベツ | 30 | 29.1 | 47.0 | 0.0 | 13.2 | 14.7 | 8.4 | 35.5 | 30.5 | 23.0 | 35.0 | 43.4 | 25.0 |
| きゅうり | 31 | 13.4 | 26.1 | 0.0 | 3.7 | 6.1 | 0.0 | 11.4 | 13.3 | 8.5 | 4.3 | 12.1 | 0.0 |
| 大根 | 32 | 27.5 | 46.7 | 0.0 | 7.5 | 20.5 | 0.0 | 21.0 | 19.8 | 20.0 | 25.0 | 70.7 | 0.0 |
| たまねぎ | 33 | 29.2 | 36.5 | 10.0 | 19.7 | 13.9 | 17.5 | 34.4 | 32.3 | 31.0 | 17.2 | 19.4 | 13.1 |
| はくさい | 34 | 14.5 | 41.6 | 0.0 | 4.9 | 8.0 | 0.0 | 11.5 | 25.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の淡色野菜 | 35 | 52.5 | 55.6 | 37.5 | 10.0 | 7.2 | 9.0 | 69.7 | 70.7 | 31.9 | 54.6 | 59.1 | 43.1 |
| 野菜ジュース | 36 | 10.0 | 50.1 | 0.0 | 40.0 | 126.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 漬け物 | 37,38 | 12.4 | 25.1 | 0.0 | 0.0 | 0.0 | 0.0 | 6.3 | 18.7 | 0.0 | 4.6 | 8.5 | 0.0 |
| 葉類漬け物 | 37 | 3.9 | 14.1 | 0.0 | 0.0 | 0.0 | 0.0 | 2.5 | 10.7 | 0.0 | 4.6 | 8.5 | 0.0 |
| たくあん・その他の漬け物 | 38 | 8.5 | 20.7 | 0.0 | 0.0 | 0.0 | 0.0 | 3.8 | 15.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果実類 | 39～45 | 110.0 | 128.3 | 83.3 | 132.3 | 109.5 | 117.8 | 40.0 | 79.5 | 25.0 | 90.8 | 131.3 | 12.8 |
| 生果 | 39～43 | 102.4 | 123.6 | 68.1 | 110.9 | 96.0 | 90.2 | 40.0 | 79.5 | 25.0 | 27.8 | 54.4 | 0.0 |
| いちご | 39 | 0.1 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 17.4 | 45.1 | 0.0 | 70.9 | 94.1 | 56.2 | 23.1 | 78.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| バナナ | 41 | 15.3 | 35.4 | 0.0 | 11.1 | 28.9 | 0.0 | 4.3 | 20.3 | 0.0 | 9.5 | 26.9 | 0.0 |
| りんご | 42 | 25.4 | 56.0 | 0.0 | 8.0 | 19.3 | 0.0 | 9.3 | 14.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生果 | 43 | 44.1 | 87.2 | 0.0 | 20.8 | 44.1 | 0.0 | 3.3 | 10.6 | 0.0 | 18.3 | 29.6 | 0.0 |
| ジャム | 44 | 1.7 | 5.4 | 0.0 | 1.4 | 4.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 5.9 | 33.9 | 0.0 | 20.0 | 42.2 | 0.0 | 0.0 | 0.0 | 0.0 | 63.0 | 128.8 | 0.0 |
| きのこ類 | 46 | 17.0 | 23.0 | 7.0 | 11.2 | 17.6 | 0.0 | 18.1 | 24.1 | 7.4 | 7.1 | 12.8 | 0.0 |
| 藻類 | 47 | 11.3 | 21.8 | 1.5 | 1.6 | 3.4 | 0.0 | 7.2 | 12.5 | 0.5 | 5.3 | 11.2 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 総　数 | | | 1～6歳 | | | 7～14歳 | | | 15～19歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 56.3 | 58.1 | 40.0 | 36.2 | 32.4 | 33.9 | 29.1 | 30.7 | 25.0 | 27.8 | 38.1 | 11.9 |
| 生魚介類 | 48～55 | 23.8 | 43.1 | 0.0 | 21.7 | 23.6 | 15.0 | 14.9 | 29.2 | 0.0 | 0.5 | 1.3 | 0.0 |
| あじ、いわし類 | 48 | 5.8 | 23.5 | 0.0 | 0.0 | 0.0 | 0.0 | 4.9 | 23.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| さけ、ます | 49 | 4.8 | 21.4 | 0.0 | 13.2 | 21.8 | 0.0 | 4.6 | 12.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| たい、かれい類 | 50 | 2.7 | 14.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| まぐろ、かじき類 | 51 | 2.5 | 16.5 | 0.0 | 4.0 | 12.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生魚 | 52 | 3.8 | 17.7 | 0.0 | 4.5 | 10.1 | 0.0 | 4.7 | 17.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 1.0 | 7.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 2.0 | 10.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| えび、かに類 | 55 | 1.2 | 5.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 2.3 | 0.0 | 0.5 | 1.3 | 0.0 |
| 魚介加工品 | 56～60 | 32.5 | 45.6 | 13.3 | 14.5 | 13.1 | 16.1 | 14.2 | 17.6 | 8.8 | 27.3 | 38.3 | 10.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.5 | 38.3 | 0.0 | 10.9 | 14.6 | 1.1 | 7.5 | 15.0 | 0.0 | 6.8 | 14.1 | 0.0 |
| 魚介(缶詰) | 57 | 3.2 | 14.3 | 0.0 | 0.0 | 0.0 | 0.0 | 4.9 | 12.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(佃煮) | 58 | 0.1 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 9.0 | 24.1 | 0.0 | 3.6 | 6.3 | 0.0 | 1.8 | 3.7 | 0.0 | 20.6 | 36.8 | 5.0 |
| 魚肉ハム、ソーセージ | 60 | 0.8 | 5.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 86.9 | 67.7 | 78.3 | 49.1 | 49.1 | 36.6 | 113.3 | 70.6 | 87.5 | 143.0 | 95.8 | 114.5 |
| 畜肉 | 61～64 | 60.8 | 55.7 | 50.0 | 24.8 | 21.8 | 18.5 | 89.1 | 59.4 | 75.1 | 101.0 | 80.0 | 83.2 |
| 牛肉 | 61 | 8.7 | 26.9 | 0.0 | 1.5 | 3.2 | 0.0 | 9.0 | 19.5 | 0.0 | 36.3 | 58.5 | 0.0 |
| 豚肉 | 62 | 40.8 | 44.3 | 30.0 | 16.0 | 20.2 | 6.1 | 67.8 | 54.3 | 48.7 | 47.9 | 40.4 | 48.3 |
| ハム、ソーセージ類 | 63 | 11.4 | 17.8 | 0.0 | 7.3 | 9.3 | 2.0 | 12.3 | 20.0 | 4.8 | 16.9 | 25.2 | 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 |
| 鳥肉 | 65,66 | 25.1 | 46.5 | 0.0 | 24.4 | 44.2 | 0.0 | 21.6 | 39.8 | 0.0 | 42.0 | 74.0 | 0.0 |
| 鶏肉 | 65 | 25.1 | 46.5 | 0.0 | 24.4 | 44.2 | 0.0 | 21.6 | 39.8 | 0.0 | 42.0 | 74.0 | 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 |
| 肉類(内臓) | 67 | 1.0 | 9.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.6 | 12.2 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 39.2 | 35.2 | 41.0 | 15.7 | 17.1 | 13.3 | 26.3 | 27.0 | 24.2 | 48.5 | 36.2 | 53.0 |
| 乳類 | 71～75 | 150.9 | 150.4 | 113.0 | 102.2 | 99.3 | 77.7 | 316.7 | 194.3 | 235.3 | 132.9 | 170.1 | 45.5 |
| 牛乳・乳製品 | 71～74 | 150.9 | 150.4 | 113.0 | 102.2 | 99.3 | 77.7 | 316.7 | 194.3 | 235.3 | 132.9 | 170.1 | 45.5 |
| 牛乳 | 71 | 82.7 | 117.8 | 0.0 | 72.0 | 95.2 | 16.5 | 262.7 | 115.1 | 210.2 | 116.7 | 169.4 | 1.5 |
| チーズ | 72 | 4.1 | 8.1 | 0.0 | 4.2 | 5.7 | 0.8 | 3.8 | 5.6 | 0.5 | 1.6 | 2.8 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 58.6 | 86.8 | 0.0 | 24.0 | 34.9 | 0.0 | 47.5 | 115.1 | 0.0 | 14.5 | 30.7 | 0.0 |
| その他の乳製品 | 74 | 5.5 | 21.2 | 0.0 | 2.0 | 6.3 | 0.0 | 2.8 | 8.4 | 0.0 | 0.1 | 0.4 | 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 |
| 油脂類 | 76～80 | 11.0 | 8.8 | 9.6 | 7.2 | 7.0 | 5.0 | 10.8 | 5.6 | 11.8 | 16.8 | 3.7 | 16.6 |
| バター | 76 | 0.8 | 2.3 | 0.0 | 3.9 | 5.4 | 1.9 | 0.3 | 1.0 | 0.0 | 3.0 | 3.9 | 0.7 |
| マーガリン | 77 | 1.3 | 3.6 | 0.0 | 0.0 | 0.0 | 0.0 | 2.2 | 2.6 | 0.0 | 1.9 | 3.7 | 0.0 |
| 植物性油脂 | 78 | 8.7 | 7.7 | 6.8 | 3.3 | 3.4 | 3.0 | 7.9 | 5.4 | 7.2 | 10.9 | 5.6 | 12.8 |
| 動物性油脂 | 79 | 0.2 | 1.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.1 | 0.0 | 1.0 | 1.8 | 0.0 |
| その他の油脂 | 80 | 0.1 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 26.7 | 44.6 | 5.0 | 46.4 | 49.2 | 36.6 | 45.5 | 60.2 | 32.5 | 15.4 | 20.9 | 9.0 |
| 和菓子類 | 81 | 11.6 | 28.7 | 0.0 | 3.2 | 5.7 | 0.0 | 11.7 | 21.5 | 0.0 | 3.3 | 7.4 | 0.0 |
| ケーキ・ペストリー類 | 82 | 4.2 | 18.4 | 0.0 | 7.0 | 14.9 | 0.0 | 0.9 | 4.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビスケット類 | 83 | 2.6 | 11.8 | 0.0 | 6.0 | 10.7 | 0.0 | 0.2 | 1.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャンディー類 | 84 | 0.2 | 1.6 | 0.0 | 0.3 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 8.1 | 25.1 | 0.0 | 29.9 | 50.7 | 7.5 | 32.7 | 60.2 | 14.5 | 12.2 | 21.1 | 0.0 |
| 嗜好飲料類 | 86～91 | 600.5 | 448.8 | 503.8 | 264.2 | 260.4 | 200.7 | 234.0 | 249.7 | 225.0 | 442.4 | 490.7 | 375.0 |
| アルコール飲料 | 86～88 | 50.7 | 185.1 | 0.0 | 0.2 | 0.3 | 0.0 | 0.8 | 1.2 | 0.0 | 0.6 | 1.0 | 0.0 |
| 日本酒 | 86 | 3.2 | 25.0 | 0.0 | 0.1 | 0.2 | 0.0 | 0.8 | 1.2 | 0.0 | 0.6 | 1.0 | 0.0 |
| ビール | 87 | 32.0 | 164.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 15.5 | 78.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 549.8 | 402.1 | 491.7 | 264.0 | 260.4 | 200.0 | 233.2 | 249.7 | 225.0 | 441.9 | 490.9 | 375.0 |
| 茶 | 89 | 261.9 | 334.2 | 150.0 | 39.2 | 123.9 | 0.0 | 16.8 | 49.1 | 0.0 | 50.0 | 141.4 | 0.0 |
| コーヒー・ココア | 90 | 135.0 | 164.8 | 100.5 | 15.2 | 48.1 | 0.0 | 14.2 | 44.9 | 0.0 | 1.3 | 3.5 | 0.0 |
| その他の嗜好飲料 | 91 | 152.9 | 282.6 | 0.0 | 209.7 | 236.2 | 175.0 | 202.2 | 237.7 | 200.0 | 390.6 | 515.5 | 250.0 |
| 調味料・香辛料類 | 92～98 | 65.8 | 45.1 | 56.0 | 30.2 | 19.9 | 22.2 | 58.4 | 27.4 | 51.7 | 53.9 | 23.0 | 51.3 |
| 調味料 | 92～97 | 65.3 | 45.1 | 55.7 | 30.0 | 20.1 | 22.1 | 58.0 | 27.3 | 51.6 | 53.3 | 22.9 | 51.3 |
| ソース | 92 | 1.5 | 4.9 | 0.0 | 0.2 | 0.4 | 0.0 | 3.5 | 7.8 | 0.0 | 1.9 | 5.3 | 0.0 |
| しょうゆ | 93 | 11.0 | 10.5 | 8.2 | 7.0 | 7.8 | 3.5 | 8.3 | 6.3 | 6.7 | 11.9 | 11.0 | 10.5 |
| 塩 | 94 | 1.1 | 1.3 | 0.7 | 0.6 | 0.7 | 0.4 | 1.5 | 1.2 | 1.2 | 1.8 | 2.0 | 1.2 |
| マヨネーズ | 95 | 3.7 | 7.1 | 0.0 | 0.9 | 1.9 | 0.0 | 4.2 | 6.8 | 0.5 | 1.8 | 3.5 | 0.0 |
| 味噌 | 96 | 10.3 | 12.1 | 8.1 | 4.7 | 3.6 | 5.2 | 7.8 | 8.1 | 6.3 | 11.0 | 13.7 | 5.6 |
| その他の調味料 | 97 | 37.6 | 40.8 | 27.8 | 16.6 | 13.1 | 11.2 | 32.7 | 24.1 | 30.3 | 24.9 | 12.4 | 22.4 |
| 香辛料・その他 | 98 | 0.4 | 1.0 | 0.0 | 0.2 | 0.4 | 0.0 | 0.4 | 0.5 | 0.0 | 0.6 | 0.9 | 0.1 |

1人1日当たり(g)

| | 食品群番号 | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 16 | | | 31 | | | 39 | | | 36 | | |
| 総量 | 1～98 | 1,519.5 | 434.0 | 1,509.5 | 1,827.9 | 675.8 | 1,943.2 | 1,870.9 | 556.1 | 1,790.6 | 2,225.4 | 678.6 | 2,201.2 |
| 動物性食品 | 48～76,79 | 295.4 | 145.1 | 242.2 | 353.9 | 237.7 | 291.9 | 290.9 | 133.1 | 289.2 | 313.3 | 165.2 | 294.5 |
| 植物性食品 | 1～47,77,78,80～98 | 1,224.0 | 417.6 | 1,218.0 | 1,474.0 | 599.8 | 1,540.1 | 1,580.0 | 498.6 | 1,515.7 | 1,912.1 | 652.2 | 1,821.3 |
| 穀類 | 1～12 | 383.0 | 184.1 | 402.2 | 379.9 | 132.8 | 350.1 | 388.5 | 158.1 | 381.4 | 383.2 | 140.7 | 395.0 |
| 米・加工品 | 1,2 | 332.8 | 201.6 | 276.0 | 281.0 | 163.2 | 298.0 | 266.5 | 177.6 | 250.0 | 268.6 | 151.2 | 257.5 |
| 米 | 1 | 309.6 | 203.9 | 224.5 | 279.9 | 162.8 | 298.0 | 265.4 | 178.5 | 250.0 | 261.8 | 149.4 | 257.5 |
| 米加工品 | 2 | 23.3 | 51.0 | 0.0 | 1.1 | 6.0 | 0.0 | 1.1 | 6.7 | 0.0 | 6.8 | 26.9 | 0.0 |
| 小麦・加工品 | 3～9 | 50.2 | 71.6 | 1.5 | 92.0 | 91.4 | 60.0 | 120.8 | 109.7 | 95.0 | 102.6 | 129.6 | 49.9 |
| 小麦粉類 | 3 | 1.4 | 5.0 | 0.0 | 5.3 | 17.3 | 0.0 | 3.9 | 8.8 | 0.0 | 1.3 | 3.5 | 0.0 |
| パン類(菓子パンを除く) | 4 | 16.7 | 32.6 | 0.0 | 21.6 | 35.7 | 0.0 | 30.1 | 46.4 | 0.0 | 35.6 | 50.1 | 0.0 |
| 菓子パン類 | 5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.6 | 21.7 | 0.0 | 5.7 | 25.4 | 0.0 |
| うどん、中華めん類 | 6 | 14.3 | 57.0 | 0.0 | 35.7 | 70.2 | 0.0 | 31.6 | 75.2 | 0.0 | 31.4 | 77.6 | 0.0 |
| 即席中華めん | 7 | 0.9 | 3.5 | 0.0 | 5.5 | 21.4 | 0.0 | 8.7 | 30.7 | 0.0 | 3.4 | 20.3 | 0.0 |
| パスタ類 | 8 | 14.1 | 42.7 | 0.0 | 19.7 | 58.3 | 0.0 | 38.4 | 95.6 | 0.0 | 20.5 | 66.0 | 0.0 |
| その他の小麦加工品 | 9 | 2.9 | 6.2 | 0.0 | 4.3 | 11.5 | 0.0 | 2.5 | 6.0 | 0.0 | 4.6 | 16.5 | 0.0 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.0 | 0.0 | 6.9 | 26.0 | 0.0 | 1.2 | 5.1 | 0.0 | 12.0 | 57.2 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.5 | 57.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 1.8 | 7.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 6.7 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 5.1 | 25.2 | 0.0 | 1.2 | 5.1 | 0.0 | 1.4 | 6.0 | 0.0 |
| いも類 | 13～16 | 36.5 | 47.3 | 17.3 | 35.1 | 48.4 | 17.1 | 48.0 | 59.3 | 25.0 | 34.3 | 49.3 | 9.2 |
| いも・加工品 | 13～15 | 33.2 | 48.7 | 2.7 | 33.5 | 48.6 | 17.1 | 45.1 | 57.6 | 25.0 | 27.8 | 48.5 | 0.0 |
| さつまいも・加工品 | 13 | 0.0 | 0.0 | 0.0 | 6.1 | 19.5 | 0.0 | 6.3 | 19.6 | 0.0 | 5.8 | 24.4 | 0.0 |
| じゃがいも・加工品 | 14 | 6.4 | 16.5 | 0.0 | 21.7 | 36.6 | 0.0 | 19.1 | 38.6 | 0.0 | 14.6 | 30.8 | 0.0 |
| その他のいも・加工品 | 15 | 26.8 | 43.2 | 0.0 | 5.7 | 18.1 | 0.0 | 19.7 | 37.2 | 0.0 | 7.4 | 15.2 | 0.0 |
| でんぷん・加工品 | 16 | 3.3 | 7.6 | 0.4 | 1.6 | 3.6 | 0.0 | 2.9 | 10.1 | 0.0 | 6.5 | 20.3 | 0.0 |
| 砂糖・甘味料類 | 17 | 5.2 | 5.5 | 3.9 | 5.3 | 7.0 | 2.0 | 4.3 | 5.4 | 2.7 | 6.8 | 10.5 | 4.4 |
| 豆類 | 18～23 | 40.8 | 48.8 | 22.5 | 46.9 | 71.1 | 31.0 | 65.2 | 74.6 | 50.0 | 67.8 | 64.2 | 52.5 |
| 大豆・加工品 | 18～22 | 40.8 | 48.8 | 22.5 | 46.9 | 71.1 | 31.0 | 65.0 | 74.6 | 50.0 | 66.8 | 64.4 | 50.0 |
| 大豆(全粒)・加工品 | 18 | 3.9 | 10.6 | 0.0 | 0.3 | 1.4 | 0.0 | 0.5 | 2.5 | 0.0 | 1.6 | 7.1 | 0.0 |
| 豆腐 | 19 | 25.7 | 37.0 | 0.0 | 27.9 | 59.7 | 0.0 | 28.1 | 30.3 | 30.0 | 33.4 | 48.5 | 0.0 |
| 油揚げ類 | 20 | 3.0 | 5.0 | 0.0 | 1.2 | 3.8 | 0.0 | 6.7 | 16.9 | 0.0 | 5.9 | 18.5 | 0.0 |
| 納豆 | 21 | 8.1 | 17.6 | 0.0 | 11.5 | 20.1 | 0.0 | 11.4 | 21.1 | 0.0 | 18.1 | 22.1 | 0.0 |
| その他の大豆加工品 | 22 | 0.0 | 0.0 | 0.0 | 5.9 | 25.6 | 0.0 | 18.3 | 61.0 | 0.0 | 7.8 | 35.5 | 0.0 |
| その他の豆・加工品 | 23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 1.2 | 0.0 | 0.9 | 5.6 | 0.0 |
| 種実類 | 24 | 1.6 | 3.5 | 0.0 | 1.5 | 3.4 | 0.0 | 3.6 | 10.6 | 0.0 | 1.5 | 4.2 | 0.0 |
| 野菜類 | 25～38 | 238.1 | 152.3 | 236.6 | 218.9 | 140.4 | 211.0 | 272.3 | 155.9 | 254.0 | 250.3 | 139.2 | 216.8 |
| 緑黄色野菜 | 25～29 | 60.9 | 65.3 | 40.8 | 67.3 | 77.2 | 48.5 | 79.9 | 79.2 | 55.0 | 89.1 | 76.1 | 59.9 |
| トマト | 25 | 18.6 | 33.8 | 0.0 | 14.7 | 38.3 | 0.0 | 15.3 | 45.9 | 0.0 | 17.2 | 35.9 | 0.0 |
| にんじん | 26 | 5.8 | 11.0 | 0.0 | 16.0 | 19.8 | 7.0 | 17.6 | 19.8 | 11.2 | 14.1 | 20.2 | 5.0 |
| ほうれん草 | 27 | 5.0 | 17.1 | 0.0 | 10.0 | 24.4 | 0.0 | 9.0 | 22.4 | 0.0 | 15.3 | 47.6 | 0.0 |
| ピーマン | 28 | 8.4 | 23.7 | 0.0 | 1.6 | 5.7 | 0.0 | 8.0 | 19.8 | 0.0 | 5.0 | 16.6 | 0.0 |
| その他の緑黄色野菜 | 29 | 23.1 | 26.1 | 12.6 | 25.1 | 39.8 | 1.2 | 30.0 | 48.6 | 5.5 | 37.5 | 44.5 | 28.7 |
| その他の野菜 | 30～35 | 151.9 | 105.2 | 156.3 | 137.0 | 99.4 | 125.7 | 158.6 | 91.5 | 142.5 | 149.3 | 87.4 | 141.0 |
| キャベツ | 30 | 26.5 | 39.6 | 0.0 | 22.3 | 36.9 | 0.0 | 30.1 | 41.8 | 3.0 | 36.0 | 46.1 | 16.3 |
| きゅうり | 31 | 7.3 | 18.8 | 0.0 | 11.3 | 22.3 | 0.0 | 8.2 | 17.0 | 0.0 | 12.5 | 26.0 | 0.0 |
| 大根 | 32 | 22.9 | 49.3 | 0.0 | 13.9 | 22.5 | 0.0 | 23.6 | 40.8 | 0.0 | 28.3 | 49.3 | 0.0 |
| たまねぎ | 33 | 29.2 | 36.2 | 6.3 | 38.3 | 44.0 | 17.7 | 24.3 | 32.0 | 10.0 | 24.6 | 28.7 | 19.9 |
| はくさい | 34 | 29.8 | 88.7 | 0.0 | 13.4 | 32.8 | 0.0 | 17.2 | 58.3 | 0.0 | 2.6 | 9.6 | 0.0 |
| その他の淡色野菜 | 35 | 36.1 | 37.0 | 26.5 | 37.9 | 47.0 | 16.0 | 55.2 | 51.5 | 40.1 | 45.2 | 46.7 | 34.2 |
| 野菜ジュース | 36 | 12.9 | 51.5 | 0.0 | 5.0 | 27.7 | 0.0 | 20.8 | 62.4 | 0.0 | 2.8 | 16.7 | 0.0 |
| 漬け物 | 37,38 | 12.4 | 22.8 | 0.0 | 9.6 | 21.9 | 0.0 | 13.0 | 30.2 | 0.0 | 9.1 | 20.4 | 0.0 |
| 葉類漬け物 | 37 | 3.1 | 12.5 | 0.0 | 4.4 | 13.3 | 0.0 | 5.8 | 18.8 | 0.0 | 2.3 | 7.2 | 0.0 |
| たくあん・その他の漬け物 | 38 | 9.2 | 20.6 | 0.0 | 5.2 | 18.7 | 0.0 | 7.2 | 25.0 | 0.0 | 6.8 | 19.9 | 0.0 |
| 果実類 | 39～45 | 45.3 | 81.6 | 0.0 | 66.2 | 79.3 | 50.0 | 53.4 | 87.3 | 3.0 | 97.3 | 133.9 | 65.8 |
| 生果 | 39～43 | 44.5 | 80.4 | 0.0 | 54.4 | 68.6 | 0.0 | 47.0 | 84.0 | 0.0 | 95.9 | 129.7 | 65.8 |
| いちご | 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 |
| 柑橘類 | 40 | 8.8 | 24.2 | 0.0 | 5.7 | 19.9 | 0.0 | 5.4 | 18.2 | 0.0 | 4.8 | 16.5 | 0.0 |
| バナナ | 41 | 19.9 | 45.4 | 0.0 | 9.4 | 27.3 | 0.0 | 6.3 | 22.9 | 0.0 | 19.1 | 41.3 | 0.0 |
| りんご | 42 | 13.8 | 55.0 | 0.0 | 18.5 | 39.1 | 0.0 | 11.2 | 31.1 | 0.0 | 19.8 | 51.6 | 0.0 |
| その他の生果 | 43 | 2.0 | 7.5 | 0.0 | 20.8 | 43.4 | 0.0 | 24.1 | 73.5 | 0.0 | 52.2 | 116.4 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.7 | 3.1 | 0.0 | 0.6 | 3.2 | 0.0 | 1.3 | 5.7 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.8 | 2.2 | 0.0 | 11.1 | 50.8 | 0.0 | 5.8 | 32.1 | 0.0 | 0.0 | 0.3 | 0.0 |
| きのこ類 | 46 | 14.9 | 22.4 | 0.0 | 17.6 | 22.7 | 9.0 | 13.2 | 19.9 | 8.6 | 18.9 | 24.7 | 7.8 |
| 藻類 | 47 | 19.5 | 26.0 | 6.9 | 6.4 | 12.7 | 0.0 | 5.6 | 19.5 | 0.0 | 14.4 | 21.8 | 2.6 |

1人1日当たり(g)

| | 食品群番号 | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 44.8 | 66.5 | 11.7 | 43.3 | 54.6 | 30.0 | 49.0 | 45.5 | 40.0 | 45.0 | 61.3 | 20.2 |
| 生魚介類 | 48～55 | 7.3 | 25.0 | 0.0 | 28.2 | 52.3 | 0.0 | 25.7 | 40.8 | 0.0 | 15.5 | 40.8 | 0.0 |
| あじ、いわし類 | 48 | 0.0 | 0.0 | 0.0 | 5.7 | 20.4 | 0.0 | 6.5 | 24.9 | 0.0 | 2.8 | 16.7 | 0.0 |
| さけ、ます | 49 | 0.0 | 0.0 | 0.0 | 12.1 | 36.6 | 0.0 | 4.9 | 20.5 | 0.0 | 5.1 | 30.6 | 0.0 |
| たい、かれい類 | 50 | 6.3 | 25.0 | 0.0 | 3.2 | 14.4 | 0.0 | 3.3 | 20.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 2.8 | 10.9 | 0.0 | 0.8 | 4.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生魚 | 52 | 0.0 | 0.0 | 0.0 | 1.0 | 5.4 | 0.0 | 3.1 | 14.2 | 0.0 | 4.9 | 23.6 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 8.9 | 0.0 | 1.1 | 6.8 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.8 | 4.4 | 0.0 | 3.7 | 13.3 | 0.0 | 0.3 | 1.7 | 0.0 |
| えび、かに類 | 55 | 1.0 | 3.7 | 0.0 | 2.7 | 10.0 | 0.0 | 1.5 | 5.5 | 0.0 | 1.3 | 5.5 | 0.0 |
| 魚介加工品 | 56～60 | 37.5 | 65.8 | 7.0 | 15.1 | 23.1 | 0.5 | 23.3 | 36.8 | 5.0 | 29.5 | 50.5 | 2.8 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.5 | 54.5 | 0.0 | 8.2 | 20.3 | 0.0 | 13.5 | 27.2 | 0.0 | 19.9 | 49.5 | 0.0 |
| 魚介(缶詰) | 57 | 0.2 | 0.9 | 0.0 | 1.4 | 3.8 | 0.0 | 2.2 | 6.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 16.5 | 38.4 | 0.0 | 4.3 | 12.4 | 0.0 | 7.6 | 27.2 | 0.0 | 9.6 | 18.9 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.3 | 5.3 | 0.0 | 1.2 | 4.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 121.7 | 62.5 | 131.0 | 111.7 | 101.5 | 80.0 | 98.5 | 61.4 | 92.0 | 100.6 | 58.2 | 95.1 |
| 畜肉 | 61～64 | 87.4 | 58.1 | 83.1 | 70.5 | 81.8 | 46.9 | 68.7 | 52.7 | 54.2 | 69.3 | 46.3 | 64.1 |
| 牛肉 | 61 | 4.0 | 12.3 | 0.0 | 13.4 | 35.7 | 0.0 | 8.1 | 22.5 | 0.0 | 8.9 | 24.8 | 0.0 |
| 豚肉 | 62 | 72.4 | 56.9 | 73.0 | 45.9 | 52.7 | 30.0 | 44.2 | 49.8 | 25.8 | 44.8 | 42.0 | 41.6 |
| ハム、ソーセージ類 | 63 | 11.0 | 16.8 | 0.0 | 11.2 | 17.5 | 0.0 | 16.4 | 21.3 | 1.5 | 15.6 | 23.1 | 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 |
| 鳥肉 | 65,66 | 34.3 | 51.7 | 6.0 | 41.2 | 67.6 | 0.0 | 28.3 | 48.3 | 0.0 | 27.3 | 47.6 | 0.0 |
| 鶏肉 | 65 | 34.3 | 51.7 | 6.0 | 41.2 | 67.6 | 0.0 | 28.3 | 48.3 | 0.0 | 27.3 | 47.6 | 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 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 9.2 | 0.0 | 3.9 | 23.3 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 49.1 | 41.9 | 46.5 | 48.3 | 40.0 | 44.0 | 38.0 | 34.4 | 33.3 | 39.0 | 40.0 | 33.3 |
| 乳類 | 71～75 | 79.4 | 139.7 | 10.5 | 149.7 | 180.9 | 80.0 | 104.2 | 125.1 | 69.0 | 128.2 | 122.9 | 102.0 |
| 牛乳・乳製品 | 71～74 | 79.4 | 139.7 | 10.5 | 149.7 | 180.9 | 80.0 | 104.2 | 125.1 | 69.0 | 128.2 | 122.9 | 102.0 |
| 牛乳 | 71 | 38.8 | 112.0 | 0.0 | 49.2 | 95.6 | 0.0 | 44.2 | 70.9 | 0.0 | 57.8 | 87.3 | 0.0 |
| チーズ | 72 | 3.7 | 9.1 | 0.0 | 4.5 | 8.5 | 0.0 | 2.6 | 5.6 | 0.0 | 4.5 | 9.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 34.1 | 73.1 | 0.0 | 82.4 | 150.4 | 5.0 | 53.3 | 91.5 | 0.0 | 63.6 | 73.4 | 51.5 |
| その他の乳製品 | 74 | 2.8 | 6.5 | 0.0 | 13.6 | 41.1 | 0.0 | 4.2 | 12.1 | 0.0 | 2.3 | 5.3 | 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 |
| 油脂類 | 76～80 | 12.3 | 6.8 | 13.4 | 11.2 | 11.0 | 6.5 | 12.4 | 9.6 | 11.7 | 11.6 | 10.1 | 9.9 |
| バター | 76 | 0.1 | 0.3 | 0.0 | 0.8 | 2.5 | 0.0 | 1.0 | 2.9 | 0.0 | 0.4 | 1.5 | 0.0 |
| マーガリン | 77 | 0.3 | 1.3 | 0.0 | 0.5 | 2.0 | 0.0 | 1.1 | 3.3 | 0.0 | 1.8 | 4.8 | 0.0 |
| 植物性油脂 | 78 | 10.6 | 7.3 | 11.6 | 9.9 | 10.5 | 6.0 | 10.0 | 9.1 | 8.0 | 9.4 | 9.0 | 6.1 |
| 動物性油脂 | 79 | 0.4 | 1.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.9 | 0.0 | 0.1 | 0.4 | 0.0 |
| その他の油脂 | 80 | 0.8 | 3.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 16.4 | 29.8 | 0.0 | 19.6 | 43.5 | 0.0 | 23.7 | 31.6 | 10.0 | 28.6 | 56.2 | 0.0 |
| 和菓子類 | 81 | 1.1 | 4.3 | 0.0 | 5.1 | 15.0 | 0.0 | 8.7 | 18.3 | 0.0 | 11.2 | 30.9 | 0.0 |
| ケーキ・ペストリー類 | 82 | 5.9 | 23.8 | 0.0 | 3.9 | 21.6 | 0.0 | 6.6 | 23.3 | 0.0 | 8.1 | 31.4 | 0.0 |
| ビスケット類 | 83 | 4.1 | 8.8 | 0.0 | 6.5 | 30.8 | 0.0 | 0.6 | 2.7 | 0.0 | 2.6 | 8.9 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.1 | 0.7 | 0.0 | 0.1 | 0.8 | 0.0 | 1.5 | 4.5 | 0.0 |
| その他の菓子類 | 85 | 5.3 | 17.7 | 0.0 | 4.0 | 7.7 | 0.0 | 7.7 | 19.1 | 0.0 | 5.3 | 15.8 | 0.0 |
| 嗜好飲料類 | 86～91 | 342.3 | 375.0 | 200.0 | 599.2 | 455.2 | 600.0 | 630.8 | 402.5 | 505.0 | 927.1 | 598.9 | 775.0 |
| アルコール飲料 | 86～88 | 28.2 | 88.8 | 0.0 | 41.8 | 217.0 | 0.0 | 82.1 | 252.4 | 0.0 | 127.6 | 366.5 | 0.0 |
| 日本酒 | 86 | 1.1 | 2.7 | 0.0 | 2.1 | 5.7 | 0.0 | 0.6 | 1.9 | 0.0 | 6.6 | 30.0 | 0.0 |
| ビール | 87 | 22.0 | 88.1 | 0.0 | 39.0 | 217.3 | 0.0 | 57.4 | 229.6 | 0.0 | 99.4 | 352.0 | 0.0 |
| 洋酒・その他 | 88 | 5.1 | 20.0 | 0.0 | 0.7 | 3.8 | 0.0 | 24.1 | 84.1 | 0.0 | 21.6 | 90.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 314.1 | 326.6 | 200.0 | 557.3 | 442.4 | 466.7 | 548.7 | 335.4 | 503.0 | 799.5 | 467.9 | 676.3 |
| 茶 | 89 | 205.0 | 286.8 | 115.0 | 250.9 | 400.4 | 0.0 | 190.4 | 250.9 | 0.0 | 311.3 | 353.3 | 200.0 |
| コーヒー・ココア | 90 | 23.1 | 55.5 | 0.0 | 60.5 | 140.1 | 0.0 | 143.2 | 153.1 | 142.0 | 225.3 | 219.4 | 200.5 |
| その他の嗜好飲料 | 91 | 86.0 | 127.1 | 0.0 | 245.9 | 333.0 | 150.0 | 215.1 | 314.8 | 0.0 | 262.9 | 498.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 68.9 | 52.8 | 51.7 | 67.2 | 45.9 | 54.4 | 60.3 | 41.9 | 47.5 | 70.7 | 50.9 | 61.3 |
| 調味料 | 92～97 | 68.7 | 52.7 | 51.5 | 67.0 | 46.0 | 53.7 | 60.0 | 41.9 | 47.5 | 70.0 | 51.1 | 60.8 |
| ソース | 92 | 0.2 | 0.8 | 0.0 | 2.8 | 8.0 | 0.0 | 1.3 | 3.5 | 0.0 | 1.7 | 4.7 | 0.0 |
| しょうゆ | 93 | 14.8 | 13.6 | 10.4 | 9.2 | 11.2 | 5.0 | 10.3 | 9.3 | 9.1 | 11.3 | 10.5 | 8.1 |
| 塩 | 94 | 1.2 | 1.1 | 1.0 | 0.9 | 1.2 | 0.5 | 1.5 | 1.4 | 1.1 | 1.4 | 1.4 | 1.0 |
| マヨネーズ | 95 | 2.6 | 8.0 | 0.0 | 3.7 | 7.8 | 0.0 | 3.5 | 6.2 | 0.0 | 4.0 | 6.6 | 0.0 |
| 味噌 | 96 | 8.3 | 9.4 | 6.9 | 6.0 | 9.3 | 0.0 | 9.6 | 9.7 | 7.2 | 7.8 | 10.5 | 0.0 |
| その他の調味料 | 97 | 41.5 | 42.5 | 25.7 | 44.4 | 44.3 | 30.0 | 33.8 | 40.7 | 25.0 | 43.8 | 48.8 | 34.5 |
| 香辛料・その他 | 98 | 0.2 | 0.3 | 0.0 | 0.3 | 0.6 | 0.0 | 0.3 | 0.6 | 0.0 | 0.8 | 1.9 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)20歳以上 | | | (再掲)20～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 68 | | | 135 | | | 325 | | | 86 | | |
| 総量 | 1～98 | 2,083.5 | 588.7 | 2,118.3 | 2,015.0 | 627.2 | 1,905.4 | 1,993.1 | 628.3 | 1,922.5 | 1,790.0 | 591.6 | 1,762.6 |
| 動物性食品 | 48～76,79 | 325.9 | 157.5 | 309.7 | 340.3 | 176.4 | 324.0 | 327.5 | 172.1 | 300.0 | 314.4 | 180.2 | 277.5 |
| 植物性食品 | 1～47,77,78,80～98 | 1,757.6 | 529.5 | 1,766.7 | 1,674.7 | 564.6 | 1,598.6 | 1,665.6 | 573.5 | 1,598.9 | 1475.6 | 534.6 | 1,415.1 |
| 穀類 | 1～12 | 340.6 | 102.8 | 328.3 | 355.7 | 123.9 | 345.2 | 363.2 | 130.8 | 350.0 | 384.4 | 152.9 | 382.1 |
| 米・加工品 | 1,2 | 211.5 | 121.9 | 207.0 | 230.3 | 119.5 | 225.0 | 244.8 | 143.0 | 230.0 | 284.0 | 176.8 | 276.0 |
| 米 | 1 | 209.8 | 122.9 | 201.0 | 226.2 | 117.2 | 213.0 | 240.6 | 141.8 | 225.0 | 278.8 | 176.6 | 261.5 |
| 米加工品 | 2 | 1.7 | 8.7 | 0.0 | 4.1 | 34.2 | 0.0 | 4.2 | 27.0 | 0.0 | 5.2 | 23.8 | 0.0 |
| 小麦・加工品 | 3～9 | 113.4 | 102.4 | 93.0 | 109.9 | 90.0 | 93.0 | 106.5 | 99.9 | 87.5 | 97.3 | 99.6 | 64.9 |
| 小麦粉類 | 3 | 3.2 | 9.0 | 0.0 | 3.1 | 11.7 | 0.0 | 3.2 | 10.7 | 0.0 | 3.9 | 12.1 | 0.0 |
| パン類(菓子パンを除く) | 4 | 40.0 | 43.7 | 43.8 | 32.0 | 39.4 | 0.0 | 32.1 | 42.0 | 0.0 | 24.5 | 40.4 | 0.0 |
| 菓子パン類 | 5 | 2.4 | 14.0 | 0.0 | 7.9 | 25.8 | 0.0 | 5.1 | 21.2 | 0.0 | 2.5 | 14.8 | 0.0 |
| うどん、中華めん類 | 6 | 43.5 | 77.3 | 0.0 | 55.8 | 88.1 | 0.0 | 43.7 | 80.7 | 0.0 | 29.9 | 70.0 | 0.0 |
| 即席中華めん | 7 | 2.9 | 13.9 | 0.0 | 1.5 | 12.7 | 0.0 | 3.2 | 17.6 | 0.0 | 6.1 | 24.4 | 0.0 |
| パスタ類 | 8 | 14.2 | 48.9 | 0.0 | 4.4 | 23.9 | 0.0 | 14.3 | 52.8 | 0.0 | 27.1 | 75.6 | 0.0 |
| その他の小麦加工品 | 9 | 7.2 | 21.3 | 0.0 | 5.1 | 17.2 | 0.0 | 5.0 | 16.3 | 0.0 | 3.2 | 8.4 | 0.0 |
| その他の穀類・加工品 | 10～12 | 15.8 | 38.3 | 0.0 | 15.5 | 50.0 | 0.0 | 11.9 | 42.3 | 0.0 | 3.0 | 16.1 | 0.0 |
| そば・加工品 | 10 | 6.8 | 29.3 | 0.0 | 9.6 | 45.0 | 0.0 | 6.4 | 37.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 2.1 | 9.2 | 0.0 | 0.2 | 2.6 | 0.0 | 0.8 | 5.6 | 0.0 | 0.7 | 4.7 | 0.0 |
| その他の穀類 | 12 | 6.9 | 26.0 | 0.0 | 5.7 | 23.8 | 0.0 | 4.6 | 21.1 | 0.0 | 2.3 | 15.5 | 0.0 |
| いも類 | 13～16 | 54.9 | 62.9 | 39.4 | 65.4 | 86.7 | 43.2 | 53.4 | 71.2 | 30.0 | 41.2 | 53.2 | 25.0 |
| いも・加工品 | 13～15 | 53.9 | 63.1 | 32.3 | 64.1 | 86.8 | 42.5 | 51.2 | 71.4 | 29.7 | 38.7 | 52.6 | 18.0 |
| さつまいも・加工品 | 13 | 8.2 | 27.9 | 0.0 | 16.3 | 50.9 | 0.0 | 10.5 | 37.5 | 0.0 | 5.1 | 17.7 | 0.0 |
| じゃがいも・加工品 | 14 | 24.4 | 36.8 | 0.0 | 25.7 | 45.2 | 0.0 | 22.1 | 39.5 | 0.0 | 17.7 | 34.9 | 0.0 |
| その他のいも・加工品 | 15 | 21.2 | 45.8 | 0.0 | 22.1 | 47.6 | 0.0 | 18.6 | 41.4 | 0.0 | 16.0 | 33.6 | 0.0 |
| でんぷん・加工品 | 16 | 1.0 | 3.1 | 0.0 | 1.3 | 6.1 | 0.0 | 2.1 | 9.0 | 0.0 | 2.5 | 7.8 | 0.0 |
| 砂糖・甘味料類 | 17 | 7.4 | 9.4 | 4.0 | 6.6 | 10.4 | 3.0 | 6.3 | 9.2 | 3.0 | 4.8 | 6.0 | 2.8 |
| 豆類 | 18～23 | 66.9 | 63.4 | 54.1 | 72.4 | 93.1 | 45.0 | 65.9 | 78.6 | 47.8 | 54.1 | 69.3 | 42.7 |
| 大豆・加工品 | 18～22 | 64.6 | 61.4 | 52.1 | 69.8 | 81.1 | 44.0 | 64.2 | 72.5 | 45.0 | 54.0 | 69.3 | 41.8 |
| 大豆(全粒)・加工品 | 18 | 2.2 | 10.8 | 0.0 | 4.4 | 23.3 | 0.0 | 2.7 | 16.2 | 0.0 | 1.1 | 5.0 | 0.0 |
| 豆腐 | 19 | 37.6 | 54.1 | 0.0 | 33.5 | 51.9 | 0.0 | 32.8 | 49.9 | 0.0 | 27.6 | 43.7 | 0.0 |
| 油揚げ類 | 20 | 5.4 | 14.8 | 0.0 | 6.0 | 17.5 | 0.0 | 5.3 | 15.8 | 0.0 | 4.0 | 12.0 | 0.0 |
| 納豆 | 21 | 13.0 | 18.4 | 0.0 | 15.6 | 20.0 | 0.0 | 14.1 | 19.9 | 0.0 | 10.8 | 19.9 | 0.0 |
| その他の大豆加工品 | 22 | 6.5 | 26.7 | 0.0 | 10.2 | 41.0 | 0.0 | 9.2 | 38.7 | 0.0 | 10.4 | 44.2 | 0.0 |
| その他の豆・加工品 | 23 | 2.3 | 9.8 | 0.0 | 2.6 | 21.8 | 0.0 | 1.7 | 14.9 | 0.0 | 0.1 | 0.8 | 0.0 |
| 種実類 | 24 | 6.4 | 26.2 | 0.0 | 2.8 | 9.1 | 0.0 | 3.3 | 14.0 | 0.0 | 2.5 | 7.6 | 0.0 |
| 野菜類 | 25～38 | 306.7 | 179.8 | 290.5 | 313.1 | 172.7 | 280.9 | 287.2 | 167.2 | 268.2 | 246.7 | 150.0 | 244.0 |
| 緑黄色野菜 | 25～29 | 98.5 | 98.3 | 73.5 | 109.1 | 87.7 | 90.0 | 94.8 | 86.8 | 74.4 | 71.8 | 75.7 | 48.8 |
| トマト | 25 | 20.8 | 33.9 | 0.0 | 33.7 | 54.2 | 0.0 | 24.4 | 45.8 | 0.0 | 15.7 | 40.8 | 0.0 |
| にんじん | 26 | 16.3 | 22.0 | 8.0 | 18.0 | 28.0 | 8.4 | 16.4 | 23.7 | 8.0 | 14.8 | 18.8 | 7.5 |
| ほうれん草 | 27 | 14.8 | 33.4 | 0.0 | 13.8 | 31.7 | 0.0 | 12.8 | 32.0 | 0.0 | 8.6 | 22.1 | 0.0 |
| ピーマン | 28 | 7.1 | 15.4 | 0.0 | 5.1 | 12.4 | 0.0 | 5.7 | 14.8 | 0.0 | 5.8 | 17.2 | 0.0 |
| その他の緑黄色野菜 | 29 | 39.4 | 72.8 | 16.0 | 38.5 | 52.2 | 17.8 | 35.5 | 54.0 | 12.0 | 26.9 | 41.7 | 4.3 |
| その他の野菜 | 30～35 | 180.0 | 111.0 | 163.4 | 181.2 | 130.7 | 140.5 | 169.0 | 114.5 | 147.3 | 149.6 | 96.3 | 142.0 |
| キャベツ | 30 | 24.9 | 47.8 | 0.0 | 30.6 | 54.9 | 0.0 | 29.0 | 48.6 | 0.0 | 26.6 | 39.4 | 0.0 |
| きゅうり | 31 | 13.4 | 21.6 | 0.0 | 17.9 | 33.5 | 0.0 | 14.0 | 27.2 | 0.0 | 9.1 | 19.2 | 0.0 |
| 大根 | 32 | 33.4 | 44.6 | 12.6 | 31.9 | 54.3 | 0.0 | 28.7 | 47.8 | 0.0 | 20.0 | 37.0 | 0.0 |
| たまねぎ | 33 | 26.1 | 37.1 | 3.9 | 31.8 | 39.8 | 12.0 | 29.4 | 37.5 | 10.0 | 30.3 | 37.6 | 10.0 |
| はくさい | 34 | 25.7 | 50.9 | 0.0 | 11.7 | 31.9 | 0.0 | 15.3 | 43.4 | 0.0 | 18.2 | 57.7 | 0.0 |
| その他の淡色野菜 | 35 | 56.5 | 49.4 | 50.0 | 57.3 | 62.5 | 45.0 | 52.6 | 54.7 | 39.4 | 45.4 | 47.8 | 29.3 |
| 野菜ジュース | 36 | 17.6 | 77.6 | 0.0 | 5.8 | 30.0 | 0.0 | 10.0 | 48.4 | 0.0 | 13.6 | 50.3 | 0.0 |
| 漬け物 | 37,38 | 10.7 | 18.9 | 0.0 | 17.0 | 29.9 | 1.6 | 13.4 | 26.0 | 0.0 | 11.7 | 25.9 | 0.0 |
| 葉類漬け物 | 37 | 3.4 | 15.6 | 0.0 | 4.4 | 14.8 | 0.0 | 4.1 | 14.6 | 0.0 | 4.8 | 15.8 | 0.0 |
| たくあん・その他の漬け物 | 38 | 7.2 | 12.8 | 0.0 | 12.6 | 24.5 | 0.0 | 9.3 | 21.4 | 0.0 | 6.9 | 21.9 | 0.0 |
| 果実類 | 39～45 | 127.4 | 142.1 | 100.5 | 149.6 | 135.6 | 123.0 | 114.5 | 130.3 | 90.0 | 56.5 | 82.9 | 0.8 |
| 生果 | 39～43 | 119.9 | 142.5 | 80.0 | 143.2 | 129.4 | 120.0 | 108.2 | 126.4 | 83.3 | 49.2 | 77.3 | 0.0 |
| いちご | 39 | 0.1 | 1.2 | 0.0 | 0.1 | 1.0 | 0.0 | 0.1 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 15.7 | 43.2 | 0.0 | 25.0 | 47.8 | 0.0 | 15.8 | 39.2 | 0.0 | 6.1 | 19.8 | 0.0 |
| バナナ | 41 | 18.7 | 40.2 | 0.0 | 18.5 | 36.9 | 0.0 | 16.4 | 36.5 | 0.0 | 9.9 | 29.8 | 0.0 |
| りんご | 42 | 40.3 | 85.3 | 0.0 | 32.0 | 52.9 | 0.0 | 27.7 | 58.7 | 0.0 | 14.3 | 38.9 | 0.0 |
| その他の生果 | 43 | 45.0 | 76.8 | 0.0 | 67.6 | 103.2 | 5.0 | 48.3 | 91.1 | 0.0 | 18.8 | 56.2 | 0.0 |
| ジャム | 44 | 2.6 | 5.8 | 0.0 | 2.4 | 6.8 | 0.0 | 1.8 | 5.7 | 0.0 | 0.5 | 2.9 | 0.0 |
| 果汁・果汁飲料 | 45 | 5.0 | 27.0 | 0.0 | 4.0 | 25.7 | 0.0 | 4.5 | 28.1 | 0.0 | 6.8 | 37.2 | 0.0 |
| きのこ類 | 46 | 20.2 | 24.4 | 13.0 | 16.8 | 23.5 | 6.0 | 17.3 | 23.2 | 7.3 | 15.1 | 21.3 | 7.2 |
| 藻類 | 47 | 10.9 | 22.5 | 1.1 | 14.3 | 24.9 | 3.5 | 12.1 | 22.7 | 1.8 | 8.5 | 19.3 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)20歳以上 | | | (再掲)20～49歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 61.0 | 60.6 | 55.7 | 71.0 | 61.4 | 65.0 | 59.5 | 59.8 | 45.5 | 46.2 | 52.6 | 33.7 |
| 生魚介類 | 48～55 | 22.8 | 37.2 | 0.0 | 29.9 | 49.6 | 0.0 | 25.0 | 44.7 | 0.0 | 23.2 | 43.4 | 0.0 |
| あじ、いわし類 | 48 | 4.7 | 19.8 | 0.0 | 8.5 | 29.2 | 0.0 | 6.2 | 24.1 | 0.0 | 5.0 | 20.8 | 0.0 |
| さけ、ます | 49 | 3.5 | 16.7 | 0.0 | 4.0 | 19.1 | 0.0 | 4.7 | 22.1 | 0.0 | 6.6 | 26.1 | 0.0 |
| たい、かれい類 | 50 | 3.9 | 16.2 | 0.0 | 3.0 | 14.2 | 0.0 | 3.1 | 15.4 | 0.0 | 3.8 | 19.3 | 0.0 |
| まぐろ、かじき類 | 51 | 2.8 | 11.4 | 0.0 | 4.1 | 24.9 | 0.0 | 2.7 | 17.3 | 0.0 | 1.3 | 7.3 | 0.0 |
| その他の生魚 | 52 | 3.7 | 18.3 | 0.0 | 4.9 | 20.2 | 0.0 | 3.8 | 18.1 | 0.0 | 1.7 | 10.1 | 0.0 |
| 貝類 | 53 | 0.5 | 3.0 | 0.0 | 1.5 | 10.8 | 0.0 | 1.1 | 8.1 | 0.0 | 0.9 | 6.1 | 0.0 |
| いか、たこ類 | 54 | 2.2 | 8.6 | 0.0 | 3.0 | 14.3 | 0.0 | 2.3 | 11.1 | 0.0 | 1.9 | 9.4 | 0.0 |
| えび、かに類 | 55 | 1.3 | 5.1 | 0.0 | 0.8 | 4.7 | 0.0 | 1.3 | 5.6 | 0.0 | 1.9 | 7.2 | 0.0 |
| 魚介加工品 | 56～60 | 38.2 | 48.5 | 17.0 | 41.1 | 49.1 | 20.3 | 34.4 | 47.4 | 14.0 | 23.0 | 40.3 | 3.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.0 | 35.0 | 0.0 | 27.2 | 43.6 | 2.0 | 20.9 | 40.1 | 0.0 | 12.7 | 31.9 | 0.0 |
| 魚介(缶詰) | 57 | 8.1 | 26.5 | 0.0 | 2.8 | 12.1 | 0.0 | 3.2 | 14.8 | 0.0 | 1.6 | 5.0 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.2 | 2.0 | 0.0 | 0.1 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 9.7 | 27.2 | 0.0 | 10.0 | 24.5 | 0.0 | 9.4 | 24.8 | 0.0 | 8.1 | 25.8 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.4 | 8.5 | 0.0 | 1.0 | 6.9 | 0.0 | 0.9 | 6.1 | 0.0 | 0.7 | 3.6 | 0.0 |
| 肉類 | 61～69 | 80.6 | 62.2 | 77.0 | 68.5 | 56.8 | 58.0 | 84.9 | 66.2 | 75.0 | 107.6 | 78.0 | 91.0 |
| 畜肉 | 61～64 | 57.4 | 53.0 | 51.3 | 48.4 | 47.5 | 40.0 | 59.0 | 54.5 | 50.0 | 72.8 | 65.2 | 60.0 |
| 牛肉 | 61 | 9.9 | 32.8 | 0.0 | 6.5 | 22.9 | 0.0 | 8.2 | 26.4 | 0.0 | 9.2 | 26.7 | 0.0 |
| 豚肉 | 62 | 36.7 | 36.7 | 30.1 | 32.8 | 39.5 | 20.0 | 39.5 | 43.5 | 28.6 | 50.0 | 52.7 | 30.0 |
| ハム、ソーセージ類 | 63 | 10.8 | 16.5 | 0.0 | 9.0 | 15.3 | 0.0 | 11.3 | 17.7 | 0.0 | 13.5 | 19.2 | 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 |
| 鳥肉 | 65,66 | 22.9 | 45.4 | 0.0 | 19.6 | 38.6 | 0.0 | 25.0 | 46.4 | 0.0 | 34.1 | 56.2 | 0.0 |
| 鶏肉 | 65 | 22.9 | 45.4 | 0.0 | 19.6 | 38.6 | 0.0 | 25.0 | 46.4 | 0.0 | 34.1 | 56.2 | 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 |
| 肉類(内臓) | 67 | 0.3 | 2.4 | 0.0 | 0.5 | 4.7 | 0.0 | 0.9 | 9.0 | 0.0 | 0.7 | 6.2 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 39.5 | 35.2 | 43.0 | 39.6 | 33.7 | 48.0 | 40.6 | 35.8 | 44.5 | 43.8 | 37.8 | 43.5 |
| 乳類 | 71～75 | 143.9 | 135.9 | 111.5 | 160.3 | 141.3 | 140.0 | 141.6 | 141.5 | 103.0 | 116.0 | 150.7 | 63.0 |
| 牛乳・乳製品 | 71～74 | 143.9 | 135.9 | 111.5 | 160.3 | 141.3 | 140.0 | 141.6 | 141.5 | 103.0 | 116.0 | 150.7 | 63.0 |
| 牛乳 | 71 | 71.2 | 105.5 | 0.0 | 88.5 | 120.5 | 0.0 | 70.0 | 107.1 | 0.0 | 45.0 | 87.7 | 0.0 |
| チーズ | 72 | 5.0 | 8.7 | 0.0 | 4.2 | 8.6 | 0.0 | 4.2 | 8.4 | 0.0 | 3.5 | 7.4 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 62.6 | 71.0 | 62.5 | 61.2 | 76.4 | 15.0 | 61.5 | 86.3 | 0.0 | 60.2 | 114.0 | 0.0 |
| その他の乳製品 | 74 | 5.0 | 12.9 | 0.0 | 6.4 | 25.9 | 0.0 | 5.9 | 22.3 | 0.0 | 7.3 | 26.3 | 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 |
| 油脂類 | 76～80 | 11.1 | 8.1 | 10.0 | 10.2 | 8.7 | 8.0 | 11.0 | 9.0 | 9.3 | 12.0 | 9.6 | 10.1 |
| バター | 76 | 0.9 | 2.3 | 0.0 | 0.5 | 2.0 | 0.0 | 0.7 | 2.1 | 0.0 | 0.8 | 2.5 | 0.0 |
| マーガリン | 77 | 1.0 | 2.6 | 0.0 | 1.5 | 4.3 | 0.0 | 1.2 | 3.7 | 0.0 | 0.7 | 2.6 | 0.0 |
| 植物性油脂 | 78 | 9.1 | 7.5 | 7.8 | 7.7 | 6.7 | 6.2 | 8.8 | 7.9 | 6.9 | 10.1 | 9.2 | 7.1 |
| 動物性油脂 | 79 | 0.1 | 0.5 | 0.0 | 0.4 | 2.0 | 0.0 | 0.2 | 1.4 | 0.0 | 0.2 | 0.8 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.8 | 0.0 | 0.2 | 1.4 | 0.0 |
| 菓子類 | 81～85 | 28.5 | 39.9 | 14.0 | 25.2 | 45.7 | 3.0 | 25.1 | 43.4 | 0.0 | 20.8 | 35.8 | 0.0 |
| 和菓子類 | 81 | 15.6 | 28.9 | 0.0 | 14.4 | 36.0 | 0.0 | 12.0 | 29.8 | 0.0 | 6.0 | 15.5 | 0.0 |
| ケーキ・ペストリー類 | 82 | 4.5 | 18.3 | 0.0 | 2.8 | 12.1 | 0.0 | 4.4 | 19.3 | 0.0 | 5.5 | 22.5 | 0.0 |
| ビスケット類 | 83 | 2.7 | 8.0 | 0.0 | 2.3 | 9.2 | 0.0 | 2.7 | 12.3 | 0.0 | 3.4 | 19.0 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.1 | 0.8 | 0.0 | 0.2 | 1.7 | 0.0 | 0.1 | 0.7 | 0.0 |
| その他の菓子類 | 85 | 5.6 | 18.1 | 0.0 | 5.7 | 20.4 | 0.0 | 5.7 | 18.2 | 0.0 | 5.9 | 15.5 | 0.0 |
| 嗜好飲料類 | 86～91 | 712.8 | 439.4 | 637.0 | 573.0 | 382.0 | 489.4 | 639.6 | 447.7 | 557.0 | 565.7 | 426.7 | 502.0 |
| アルコール飲料 | 86～88 | 85.6 | 191.3 | 0.0 | 23.1 | 78.1 | 0.0 | 56.9 | 195.3 | 0.0 | 57.6 | 216.8 | 0.0 |
| 日本酒 | 86 | 9.7 | 53.1 | 0.0 | 1.2 | 3.6 | 0.0 | 3.6 | 26.5 | 0.0 | 1.2 | 3.8 | 0.0 |
| ビール | 87 | 38.2 | 133.1 | 0.0 | 12.5 | 62.2 | 0.0 | 35.9 | 174.1 | 0.0 | 44.2 | 204.4 | 0.0 |
| 洋酒・その他 | 88 | 37.7 | 140.2 | 0.0 | 9.4 | 45.1 | 0.0 | 17.4 | 82.4 | 0.0 | 12.1 | 57.9 | 0.0 |
| その他の嗜好飲料 | 89～91 | 627.2 | 391.6 | 546.0 | 550.0 | 375.7 | 450.0 | 582.7 | 399.8 | 503.0 | 508.2 | 383.3 | 500.0 |
| 茶 | 89 | 262.3 | 299.2 | 165.0 | 347.5 | 366.7 | 260.0 | 290.6 | 342.0 | 200.0 | 214.9 | 316.3 | 25.0 |
| コーヒー・ココア | 90 | 220.1 | 167.8 | 200.0 | 132.5 | 148.4 | 150.0 | 150.2 | 167.9 | 150.0 | 91.1 | 142.9 | 0.0 |
| その他の嗜好飲料 | 91 | 144.8 | 236.5 | 0.0 | 69.9 | 158.4 | 0.0 | 142.0 | 277.5 | 0.0 | 202.2 | 299.4 | 51.8 |
| 調味料・香辛料類 | 92～98 | 64.6 | 37.0 | 60.9 | 70.4 | 50.7 | 58.2 | 67.6 | 46.6 | 58.2 | 64.4 | 45.1 | 51.3 |
| 調味料 | 92～97 | 64.2 | 37.1 | 60.0 | 69.9 | 50.6 | 58.1 | 67.2 | 46.6 | 57.3 | 64.1 | 45.1 | 50.7 |
| ソース | 92 | 1.6 | 5.5 | 0.0 | 1.1 | 3.6 | 0.0 | 1.4 | 4.6 | 0.0 | 1.6 | 5.4 | 0.0 |
| しょうゆ | 93 | 9.9 | 9.0 | 9.0 | 12.3 | 11.4 | 9.0 | 11.3 | 10.7 | 9.0 | 10.8 | 10.9 | 8.6 |
| 塩 | 94 | 1.1 | 1.3 | 0.6 | 1.0 | 1.3 | 0.6 | 1.1 | 1.3 | 0.7 | 1.2 | 1.3 | 0.8 |
| マヨネーズ | 95 | 5.0 | 7.4 | 0.0 | 3.5 | 7.6 | 0.0 | 3.8 | 7.3 | 0.0 | 3.4 | 7.0 | 0.0 |
| 味噌 | 96 | 10.1 | 9.5 | 9.1 | 13.3 | 15.1 | 10.0 | 10.7 | 12.4 | 8.4 | 8.0 | 9.5 | 6.0 |
| その他の調味料 | 97 | 36.5 | 32.5 | 31.4 | 38.6 | 45.5 | 24.7 | 38.9 | 42.4 | 27.8 | 39.1 | 42.1 | 27.6 |
| 香辛料・その他 | 98 | 0.5 | 0.9 | 0.0 | 0.5 | 1.1 | 0.0 | 0.5 | 1.1 | 0.0 | 0.3 | 0.6 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 92 | | | 84 | | |
| 総量 | 1～98 | 2,095.6 | 523.4 | 2,115.1 | 1,980.4 | 693.7 | 1,819.7 |
| 動物性食品 | 48～76,79 | 338.2 | 157.9 | 310.8 | 346.0 | 192.4 | 328.3 |
| 植物性食品 | 1～47,77,78,80～98 | 1757.4 | 480.4 | 1,755.1 | 1634.4 | 606.5 | 1,514.3 |
| 穀類 | 1～12 | 355.5 | 127.3 | 337.3 | 353.2 | 112.8 | 353.4 |
| 米・加工品 | 1,2 | 226.9 | 127.2 | 213.9 | 225.9 | 113.5 | 225.0 |
| 米 | 1 | 226.1 | 126.3 | 213.9 | 220.0 | 110.8 | 211.0 |
| 米加工品 | 2 | 0.8 | 4.7 | 0.0 | 5.9 | 43.1 | 0.0 |
| 小麦・加工品 | 3～9 | 116.0 | 103.2 | 106.0 | 110.0 | 82.7 | 93.8 |
| 小麦粉類 | 3 | 3.3 | 8.9 | 0.0 | 2.8 | 13.0 | 0.0 |
| パン類(菓子パンを除く) | 4 | 34.0 | 41.9 | 0.0 | 34.3 | 40.0 | 23.5 |
| 菓子パン類 | 5 | 2.5 | 11.9 | 0.0 | 10.7 | 30.7 | 0.0 |
| うどん、中華めん類 | 6 | 60.3 | 92.2 | 0.0 | 50.2 | 82.7 | 0.0 |
| 即席中華めん | 7 | 1.4 | 9.5 | 0.0 | 2.5 | 16.0 | 0.0 |
| パスタ類 | 8 | 7.5 | 33.3 | 0.0 | 5.5 | 27.6 | 0.0 |
| その他の小麦加工品 | 9 | 7.1 | 20.4 | 0.0 | 3.9 | 13.5 | 0.0 |
| その他の穀類・加工品 | 10～12 | 12.6 | 39.2 | 0.0 | 17.3 | 55.2 | 0.0 |
| そば・加工品 | 10 | 6.9 | 31.4 | 0.0 | 12.1 | 52.4 | 0.0 |
| とうもろこし・加工品 | 11 | 0.3 | 2.5 | 0.0 | 0.4 | 3.3 | 0.0 |
| その他の穀類 | 12 | 5.5 | 24.5 | 0.0 | 4.9 | 20.7 | 0.0 |
| いも類 | 13～16 | 73.3 | 92.5 | 55.0 | 57.3 | 70.3 | 32.6 |
| いも・加工品 | 13～15 | 72.5 | 92.7 | 50.0 | 55.8 | 70.4 | 30.0 |
| さつまいも・加工品 | 13 | 18.4 | 57.2 | 0.0 | 11.1 | 32.3 | 0.0 |
| じゃがいも・加工品 | 14 | 31.8 | 49.5 | 0.0 | 21.6 | 36.4 | 0.0 |
| その他のいも・加工品 | 15 | 22.4 | 42.3 | 0.0 | 23.0 | 54.0 | 0.0 |
| でんぷん・加工品 | 16 | 0.8 | 2.5 | 0.0 | 1.5 | 7.4 | 0.0 |
| 砂糖・甘味料類 | 17 | 5.6 | 8.3 | 2.4 | 8.0 | 12.0 | 4.0 |
| 豆類 | 18～23 | 65.4 | 62.5 | 54.5 | 76.2 | 106.1 | 44.5 |
| 大豆・加工品 | 18～22 | 64.7 | 62.3 | 54.5 | 72.1 | 88.9 | 42.8 |
| 大豆(全粒)・加工品 | 18 | 2.5 | 12.1 | 0.0 | 5.5 | 28.2 | 0.0 |
| 豆腐 | 19 | 34.2 | 47.4 | 0.0 | 33.8 | 54.8 | 0.0 |
| 油揚げ類 | 20 | 5.0 | 15.2 | 0.0 | 6.6 | 19.3 | 0.0 |
| 納豆 | 21 | 16.3 | 20.6 | 0.0 | 14.5 | 19.1 | 0.0 |
| その他の大豆加工品 | 22 | 6.7 | 34.1 | 0.0 | 11.7 | 41.5 | 0.0 |
| その他の豆・加工品 | 23 | 0.7 | 4.2 | 0.0 | 4.1 | 27.6 | 0.0 |
| 種実類 | 24 | 5.2 | 22.7 | 0.0 | 3.4 | 10.8 | 0.0 |
| 野菜類 | 25～38 | 315.1 | 175.3 | 296.3 | 307.9 | 182.3 | 279.4 |
| 緑黄色野菜 | 25～29 | 105.2 | 96.4 | 82.1 | 108.9 | 87.0 | 94.5 |
| トマト | 25 | 25.9 | 47.1 | 0.0 | 35.7 | 54.6 | 0.0 |
| にんじん | 26 | 17.8 | 28.7 | 9.0 | 17.0 | 24.0 | 7.4 |
| ほうれん草 | 27 | 18.5 | 38.2 | 0.0 | 11.5 | 27.3 | 0.0 |
| ピーマン | 28 | 7.6 | 15.9 | 0.0 | 4.5 | 11.4 | 0.0 |
| その他の緑黄色野菜 | 29 | 35.3 | 65.3 | 9.6 | 40.2 | 54.2 | 19.7 |
| その他の野菜 | 30～35 | 183.9 | 114.9 | 163.1 | 174.9 | 139.6 | 133.5 |
| キャベツ | 30 | 28.6 | 43.2 | 0.0 | 27.9 | 58.1 | 0.0 |
| きゅうり | 31 | 18.8 | 34.9 | 0.0 | 15.0 | 27.2 | 0.0 |
| 大根 | 32 | 33.9 | 51.6 | 5.0 | 32.0 | 52.8 | 0.0 |
| たまねぎ | 33 | 32.4 | 39.7 | 15.0 | 31.7 | 40.7 | 9.4 |
| はくさい | 34 | 16.1 | 37.0 | 0.0 | 13.8 | 37.4 | 0.0 |
| その他の淡色野菜 | 35 | 54.1 | 47.8 | 47.9 | 54.6 | 67.8 | 32.5 |
| 野菜ジュース | 36 | 11.7 | 65.9 | 0.0 | 7.1 | 32.0 | 0.0 |
| 漬け物 | 37,38 | 14.4 | 23.9 | 0.0 | 17.0 | 31.5 | 2.0 |
| 葉類漬け物 | 37 | 3.5 | 14.5 | 0.0 | 4.6 | 14.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 10.9 | 19.3 | 0.0 | 12.4 | 25.7 | 0.0 |
| 果実類 | 39～45 | 151.3 | 136.0 | 130.5 | 137.7 | 137.3 | 109.0 |
| 生果 | 39～43 | 143.2 | 134.8 | 126.5 | 132.5 | 129.3 | 102.5 |
| いちご | 39 | 0.0 | 0.0 | 0.0 | 0.2 | 1.2 | 0.0 |
| 柑橘類 | 40 | 19.6 | 46.3 | 0.0 | 24.3 | 42.7 | 0.0 |
| バナナ | 41 | 20.3 | 43.0 | 0.0 | 17.5 | 33.5 | 0.0 |
| りんご | 42 | 29.6 | 49.7 | 0.0 | 35.9 | 58.9 | 0.0 |
| その他の生果 | 43 | 73.7 | 110.0 | 0.0 | 54.6 | 86.1 | 0.0 |
| ジャム | 44 | 2.3 | 6.1 | 0.0 | 2.5 | 6.8 | 0.0 |
| 果汁・果汁飲料 | 45 | 5.8 | 30.3 | 0.0 | 2.7 | 22.9 | 0.0 |
| きのこ類 | 46 | 18.2 | 22.6 | 9.6 | 15.8 | 23.3 | 5.6 |
| 藻類 | 47 | 10.7 | 21.5 | 1.7 | 15.7 | 25.0 | 4.4 |

1人1日当たり(g)

| | 食品群番号 | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 64.8 | 61.5 | 57.3 | 72.2 | 60.9 | 71.4 |
| 生魚介類 | 48～55 | 24.3 | 41.3 | 0.0 | 32.3 | 53.7 | 0.0 |
| あじ、いわし類 | 48 | 7.1 | 27.3 | 0.0 | 8.5 | 28.7 | 0.0 |
| さけ、ます | 49 | 3.7 | 16.6 | 0.0 | 4.3 | 21.9 | 0.0 |
| たい、かれい類 | 50 | 3.5 | 15.8 | 0.0 | 3.5 | 15.9 | 0.0 |
| まぐろ、かじき類 | 51 | 1.2 | 10.5 | 0.0 | 5.5 | 29.7 | 0.0 |
| その他の生魚 | 52 | 4.4 | 18.6 | 0.0 | 5.1 | 22.1 | 0.0 |
| 貝類 | 53 | 0.4 | 2.2 | 0.0 | 2.2 | 13.7 | 0.0 |
| いか、たこ類 | 54 | 2.4 | 12.9 | 0.0 | 2.8 | 12.8 | 0.0 |
| えび、かに類 | 55 | 1.4 | 6.1 | 0.0 | 0.3 | 3.1 | 0.0 |
| 魚介加工品 | 56～60 | 40.5 | 48.1 | 24.5 | 39.9 | 48.3 | 16.3 |
| 魚介(塩蔵、生干し、乾物) | 56 | 25.2 | 41.1 | 1.3 | 25.7 | 41.6 | 1.0 |
| 魚介(缶詰) | 57 | 5.5 | 22.7 | 0.0 | 3.0 | 13.1 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.4 | 2.6 | 0.0 |
| 魚介(練り製品) | 59 | 8.8 | 24.9 | 0.0 | 10.2 | 24.1 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.1 | 7.5 | 0.0 | 0.5 | 4.0 | 0.0 |
| 肉類 | 61～69 | 75.3 | 60.8 | 69.4 | 70.0 | 58.1 | 59.0 |
| 畜肉 | 61～64 | 57.0 | 54.8 | 46.9 | 48.6 | 46.1 | 40.1 |
| 牛肉 | 61 | 10.6 | 34.2 | 0.0 | 6.1 | 20.0 | 0.0 |
| 豚肉 | 62 | 36.2 | 38.5 | 28.7 | 32.6 | 39.5 | 20.0 |
| ハム、ソーセージ類 | 63 | 10.1 | 15.1 | 0.0 | 9.9 | 16.5 | 0.0 |
| その他の畜肉 | 64 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 18.3 | 39.5 | 0.0 | 20.5 | 40.0 | 0.0 |
| 鶏肉 | 65 | 18.3 | 39.5 | 0.0 | 20.5 | 40.0 | 0.0 |
| その他の鳥肉 | 66 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.9 | 6.0 | 0.0 |
| その他の肉類 | 68,69 | 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 |
| その他の肉・加工品 | 69 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 卵類 | 70 | 39.3 | 33.1 | 48.0 | 39.6 | 34.5 | 46.5 |
| 乳類 | 71～75 | 158.1 | 137.0 | 144.0 | 163.5 | 149.3 | 138.8 |
| 牛乳・乳製品 | 71～74 | 158.1 | 137.0 | 144.0 | 163.5 | 149.3 | 138.8 |
| 牛乳 | 71 | 85.4 | 113.6 | 5.3 | 90.4 | 126.0 | 0.0 |
| チーズ | 72 | 4.0 | 8.3 | 0.0 | 4.2 | 8.0 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 64.7 | 69.8 | 70.0 | 62.1 | 81.9 | 9.5 |
| その他の乳製品 | 74 | 4.0 | 17.6 | 0.0 | 6.8 | 27.6 | 0.0 |
| その他の乳類 | 75 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 9.8 | 7.6 | 8.0 | 10.3 | 9.3 | 8.0 |
| バター | 76 | 0.6 | 1.9 | 0.0 | 0.4 | 1.8 | 0.0 |
| マーガリン | 77 | 1.1 | 3.9 | 0.0 | 1.7 | 4.2 | 0.0 |
| 植物性油脂 | 78 | 7.9 | 6.5 | 6.6 | 7.8 | 7.2 | 5.7 |
| 動物性油脂 | 79 | 0.2 | 1.1 | 0.0 | 0.4 | 2.3 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| 菓子類 | 81～85 | 27.1 | 41.1 | 5.0 | 26.3 | 49.8 | 4.0 |
| 和菓子類 | 81 | 16.9 | 31.3 | 0.0 | 14.6 | 39.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 2.0 | 14.5 | 0.0 | 4.3 | 15.0 | 0.0 |
| ビスケット類 | 83 | 2.8 | 11.0 | 0.0 | 1.6 | 5.3 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.1 | 1.0 | 0.0 |
| その他の菓子類 | 85 | 5.4 | 17.5 | 0.0 | 5.8 | 21.8 | 0.0 |
| 嗜好飲料類 | 86～91 | 653.8 | 405.9 | 640.3 | 550.5 | 386.4 | 453.8 |
| アルコール飲料 | 86～88 | 52.3 | 137.6 | 0.0 | 16.5 | 67.4 | 0.0 |
| 日本酒 | 86 | 5.0 | 41.6 | 0.0 | 1.4 | 4.2 | 0.0 |
| ビール | 87 | 29.6 | 110.8 | 0.0 | 8.4 | 54.1 | 0.0 |
| 洋酒・その他 | 88 | 17.8 | 72.0 | 0.0 | 6.6 | 41.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 601.5 | 365.7 | 529.7 | 534.1 | 385.0 | 426.0 |
| 茶 | 89 | 299.0 | 318.4 | 225.0 | 346.7 | 381.4 | 245.0 |
| コーヒー・ココア | 90 | 172.6 | 158.1 | 180.0 | 133.8 | 154.4 | 143.5 |
| その他の嗜好飲料 | 91 | 129.9 | 230.1 | 0.0 | 53.5 | 136.4 | 0.0 |
| 調味料・香辛料類 | 92～98 | 67.0 | 38.6 | 61.9 | 72.8 | 54.8 | 59.2 |
| 調味料 | 92～97 | 66.6 | 38.5 | 61.7 | 72.2 | 54.8 | 58.3 |
| ソース | 92 | 0.7 | 3.1 | 0.0 | 1.5 | 4.2 | 0.0 |
| しょうゆ | 93 | 11.1 | 10.1 | 9.0 | 12.7 | 12.1 | 8.6 |
| 塩 | 94 | 1.0 | 1.3 | 0.6 | 1.0 | 1.2 | 0.6 |
| マヨネーズ | 95 | 4.4 | 7.0 | 0.0 | 3.4 | 8.0 | 0.0 |
| 味噌 | 96 | 10.7 | 10.4 | 9.0 | 15.2 | 17.2 | 12.0 |
| その他の調味料 | 97 | 38.7 | 31.2 | 35.2 | 38.5 | 50.6 | 23.0 |
| 香辛料・その他 | 98 | 0.4 | 0.7 | 0.0 | 0.6 | 1.2 | 0.0 |

表47-1 食品群別摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－総数、1歳以上（年齢階級パターン2）

1人1日当たり(g)

| | 食品群番号 | 総数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 675 | | | 5 | | | 9 | | | 13 | | | 19 | | |
| 総量 | 1～98 | 2,058.4 | 706.3 | 1,986.6 | 1,086.0 | 298.1 | 985.7 | 1,202.1 | 304.7 | 1,294.4 | 1,611.8 | 406.5 | 1,525.7 | 1,604.8 | 482.0 | 1,545.0 |
| 動物性食品 | 48～76,79 | 346.9 | 188.3 | 325.0 | 161.4 | 110.0 | 189.9 | 273.7 | 143.6 | 339.6 | 432.0 | 206.4 | 384.0 | 502.7 | 220.1 | 474.2 |
| 植物性食品 | 1～47,77,78,80～98 | 1,711.4 | 648.8 | 1,639.8 | 924.6 | 285.2 | 804.0 | 928.4 | 248.8 | 863.9 | 1,179.8 | 350.7 | 1,090.8 | 1,102.1 | 347.4 | 1,108.4 |
| 穀類 | 1～12 | 415.0 | 169.7 | 395.1 | 185.8 | 39.6 | 202.0 | 286.1 | 58.4 | 280.0 | 343.1 | 109.8 | 333.6 | 395.2 | 128.5 | 370.8 |
| 米・加工品 | 1,2 | 297.2 | 180.7 | 276.0 | 153.2 | 41.5 | 140.0 | 231.2 | 82.1 | 220.0 | 249.4 | 123.5 | 250.0 | 291.8 | 136.2 | 282.0 |
| 米 | 1 | 293.1 | 180.6 | 270.0 | 138.0 | 59.4 | 140.0 | 209.6 | 93.8 | 210.0 | 246.8 | 123.2 | 250.0 | 287.4 | 137.0 | 282.0 |
| 米加工品 | 2 | 4.2 | 25.1 | 0.0 | 15.2 | 34.0 | 0.0 | 21.6 | 43.6 | 0.0 | 2.5 | 6.3 | 0.0 | 4.3 | 10.8 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 105.7 | 75.0 | 32.6 | 46.0 | 11.9 | 54.9 | 93.1 | 17.9 | 78.8 | 73.0 | 45.0 | 89.7 | 83.0 | 60.0 |
| 小麦粉類 | 3 | 4.2 | 13.2 | 0.0 | 5.6 | 8.8 | 0.0 | 4.7 | 8.6 | 0.0 | 7.9 | 14.9 | 0.0 | 5.5 | 11.7 | 0.0 |
| パン類(菓子パンを除く) | 4 | 29.5 | 43.7 | 0.0 | 4.4 | 9.8 | 0.0 | 9.4 | 18.8 | 0.0 | 18.4 | 25.1 | 0.0 | 41.9 | 52.9 | 6.0 |
| 菓子パン類 | 5 | 5.5 | 22.1 | 0.0 | 0.0 | 0.0 | 0.0 | 15.6 | 30.9 | 0.0 | 8.2 | 18.0 | 0.0 | 4.7 | 15.0 | 0.0 |
| うどん、中華めん類 | 6 | 44.2 | 84.1 | 0.0 | 10.8 | 24.1 | 0.0 | 0.0 | 0.0 | 0.0 | 31.9 | 48.1 | 0.0 | 25.3 | 52.4 | 0.0 |
| 即席中華めん | 7 | 3.6 | 18.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| パスタ類 | 8 | 12.8 | 49.9 | 0.0 | 0.0 | 0.0 | 0.0 | 24.4 | 73.3 | 0.0 | 3.9 | 9.6 | 0.0 | 8.9 | 25.0 | 0.0 |
| その他の小麦加工品 | 9 | 5.3 | 17.1 | 0.0 | 11.8 | 24.2 | 0.0 | 0.8 | 1.9 | 0.0 | 8.4 | 20.2 | 1.1 | 3.4 | 5.0 | 0.0 |
| その他の穀類・加工品 | 10～12 | 12.8 | 48.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 14.9 | 49.8 | 0.0 | 13.7 | 41.6 | 0.0 |
| そば・加工品 | 10 | 6.8 | 39.5 | 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 |
| とうもろこし・加工品 | 11 | 0.8 | 6.7 | 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 |
| その他の穀類 | 12 | 5.1 | 27.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 14.9 | 49.8 | 0.0 | 13.7 | 41.6 | 0.0 |
| いも類 | 13～16 | 55.1 | 75.6 | 32.5 | 41.8 | 54.6 | 29.6 | 65.3 | 37.3 | 70.8 | 51.5 | 57.6 | 40.0 | 47.6 | 62.5 | 32.5 |
| いも・加工品 | 13～15 | 53.2 | 75.6 | 30.0 | 41.5 | 54.7 | 28.0 | 60.5 | 35.3 | 69.6 | 50.2 | 56.3 | 40.0 | 45.8 | 60.5 | 30.0 |
| さつまいも・加工品 | 13 | 9.3 | 33.1 | 0.0 | 27.3 | 61.1 | 0.0 | 32.8 | 36.6 | 15.0 | 20.0 | 56.9 | 0.0 | 13.0 | 47.7 | 0.0 |
| じゃがいも・加工品 | 14 | 24.2 | 41.7 | 0.0 | 14.2 | 14.8 | 12.0 | 23.3 | 24.4 | 20.0 | 25.1 | 32.0 | 16.8 | 21.7 | 39.4 | 0.0 |
| その他のいも・加工品 | 15 | 19.7 | 48.9 | 0.0 | 0.0 | 0.0 | 0.0 | 4.4 | 13.3 | 0.0 | 5.1 | 9.7 | 0.0 | 11.1 | 17.1 | 0.0 |
| でんぷん・加工品 | 16 | 1.9 | 6.9 | 0.0 | 0.3 | 0.7 | 0.0 | 4.7 | 4.9 | 3.0 | 1.3 | 2.4 | 0.0 | 1.8 | 2.8 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.5 | 8.9 | 3.0 | 3.0 | 4.4 | 0.0 | 4.9 | 4.2 | 5.0 | 7.7 | 10.1 | 2.8 | 5.5 | 6.0 | 3.0 |
| 豆類 | 18～23 | 64.5 | 81.8 | 43.4 | 37.1 | 24.4 | 40.0 | 37.0 | 34.9 | 30.9 | 12.6 | 18.6 | 4.9 | 53.9 | 66.5 | 29.0 |
| 大豆・加工品 | 18～22 | 62.6 | 76.2 | 42.0 | 37.1 | 24.4 | 40.0 | 36.5 | 35.5 | 30.9 | 12.6 | 18.6 | 4.9 | 53.9 | 66.5 | 29.0 |
| 大豆(全粒)・加工品 | 18 | 2.8 | 16.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.1 | 0.0 |
| 豆腐 | 19 | 34.8 | 57.2 | 0.0 | 9.0 | 13.4 | 0.0 | 21.9 | 27.6 | 6.4 | 4.1 | 10.2 | 0.0 | 44.3 | 65.5 | 22.8 |
| 油揚げ類 | 20 | 4.7 | 13.7 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 | 3.1 | 3.3 | 2.6 | 3.1 | 4.9 | 0.0 |
| 納豆 | 21 | 13.5 | 20.3 | 0.0 | 14.0 | 21.9 | 0.0 | 8.9 | 13.6 | 0.0 | 2.5 | 8.9 | 0.0 | 4.2 | 13.0 | 0.0 |
| その他の大豆加工品 | 22 | 6.7 | 31.7 | 0.0 | 14.0 | 19.5 | 0.0 | 5.6 | 16.7 | 0.0 | 2.9 | 10.4 | 0.0 | 2.0 | 8.6 | 0.0 |
| その他の豆・加工品 | 23 | 1.8 | 15.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 2.9 | 12.0 | 0.0 | 0.2 | 0.4 | 0.0 | 0.6 | 0.5 | 1.0 | 0.4 | 1.0 | 0.0 | 0.2 | 0.4 | 0.0 |
| 野菜類 | 25～38 | 284.7 | 171.2 | 256.2 | 112.8 | 41.5 | 115.0 | 116.4 | 40.6 | 103.7 | 219.2 | 120.3 | 183.9 | 228.7 | 96.5 | 225.5 |
| 緑黄色野菜 | 25～29 | 88.5 | 82.9 | 70.0 | 61.7 | 39.8 | 47.2 | 52.6 | 34.2 | 49.0 | 45.3 | 23.1 | 39.0 | 54.9 | 43.1 | 40.3 |
| トマト | 25 | 21.7 | 47.0 | 0.0 | 12.0 | 26.8 | 0.0 | 7.1 | 16.7 | 0.0 | 1.6 | 4.1 | 0.0 | 3.5 | 6.9 | 0.0 |
| にんじん | 26 | 17.8 | 24.2 | 10.0 | 20.3 | 17.5 | 14.4 | 22.1 | 15.6 | 18.9 | 27.3 | 18.9 | 21.0 | 21.6 | 18.9 | 15.9 |
| ほうれん草 | 27 | 11.2 | 28.8 | 0.0 | 14.2 | 25.8 | 4.0 | 10.8 | 27.4 | 0.0 | 8.0 | 11.8 | 0.0 | 5.9 | 7.5 | 0.0 |
| ピーマン | 28 | 5.8 | 16.2 | 0.0 | 0.8 | 1.8 | 0.0 | 4.0 | 4.1 | 5.0 | 3.6 | 8.3 | 0.0 | 8.6 | 25.5 | 0.0 |
| その他の緑黄色野菜 | 29 | 32.0 | 50.2 | 9.0 | 14.3 | 18.3 | 10.0 | 8.6 | 9.8 | 4.0 | 4.8 | 8.0 | 0.0 | 15.5 | 21.1 | 8.5 |
| その他の野菜 | 30～35 | 169.9 | 117.2 | 149.9 | 51.1 | 16.5 | 52.0 | 63.9 | 17.0 | 62.5 | 142.9 | 69.0 | 141.5 | 157.7 | 71.3 | 159.8 |
| キャベツ | 30 | 30.0 | 51.6 | 0.0 | 5.4 | 8.7 | 0.0 | 13.3 | 16.4 | 0.0 | 26.7 | 25.8 | 23.0 | 23.2 | 27.8 | 20.0 |
| きゅうり | 31 | 13.9 | 29.3 | 0.0 | 2.4 | 5.4 | 0.0 | 4.4 | 6.8 | 0.0 | 5.5 | 7.8 | 0.0 | 16.3 | 15.7 | 15.0 |
| 大根 | 32 | 26.1 | 45.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 3.3 | 0.0 | 13.9 | 19.1 | 7.6 | 15.8 | 17.0 | 14.2 |
| たまねぎ | 33 | 30.3 | 38.3 | 12.0 | 30.1 | 12.6 | 32.5 | 24.2 | 16.2 | 20.0 | 43.4 | 41.3 | 21.3 | 32.2 | 35.4 | 10.6 |
| はくさい | 34 | 15.1 | 44.2 | 0.0 | 7.4 | 13.0 | 0.0 | 7.3 | 10.2 | 0.0 | 10.7 | 22.5 | 0.0 | 6.1 | 9.3 | 0.0 |
| その他の淡色野菜 | 35 | 54.4 | 56.9 | 38.0 | 5.8 | 5.6 | 7.2 | 13.6 | 8.7 | 14.5 | 42.7 | 58.2 | 15.0 | 64.0 | 66.0 | 40.0 |
| 野菜ジュース | 36 | 13.5 | 57.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 30.8 | 110.9 | 0.0 | 10.5 | 45.9 | 0.0 |
| 漬け物 | 37,38 | 12.8 | 25.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.8 | 0.0 | 5.5 | 17.2 | 0.0 |
| 葉類漬け物 | 37 | 3.9 | 15.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.1 | 0.0 |
| たくあん・その他の漬け物 | 38 | 8.9 | 20.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.8 | 0.0 | 5.2 | 17.3 | 0.0 |
| 果実類 | 39～45 | 108.5 | 138.3 | 67.0 | 122.9 | 117.7 | 91.4 | 121.1 | 97.2 | 143.0 | 118.4 | 131.9 | 80.0 | 55.1 | 84.6 | 30.0 |
| 生果 | 39～43 | 100.0 | 129.5 | 60.0 | 100.1 | 78.4 | 91.4 | 82.2 | 99.8 | 54.0 | 118.3 | 132.0 | 80.0 | 49.4 | 84.7 | 25.5 |
| いちご | 39 | 0.0 | 0.6 | 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 | 16.5 | 42.8 | 0.0 | 32.2 | 46.6 | 0.0 | 63.5 | 99.0 | 44.0 | 59.5 | 100.1 | 0.0 | 37.4 | 83.7 | 0.0 |
| バナナ | 41 | 16.3 | 42.3 | 0.0 | 22.3 | 39.6 | 0.0 | 11.0 | 32.9 | 0.0 | 31.1 | 97.0 | 0.0 | 3.9 | 17.2 | 0.0 |
| りんご | 42 | 26.0 | 58.2 | 0.0 | 4.0 | 8.9 | 0.0 | 6.7 | 20.0 | 0.0 | 25.4 | 36.4 | 5.0 | 2.9 | 8.7 | 0.0 |
| その他の生果 | 43 | 41.1 | 87.4 | 0.0 | 41.6 | 57.5 | 8.0 | 1.1 | 3.3 | 0.0 | 2.3 | 8.3 | 0.0 | 5.2 | 12.8 | 0.0 |
| ジャム | 44 | 1.4 | 5.1 | 0.0 | 2.9 | 6.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 7.0 | 40.4 | 0.0 | 20.0 | 44.7 | 0.0 | 38.9 | 63.9 | 0.0 | 0.2 | 0.6 | 0.0 | 5.6 | 23.6 | 0.0 |
| きのこ類 | 46 | 16.7 | 23.6 | 6.3 | 3.9 | 6.5 | 0.0 | 13.9 | 17.5 | 5.7 | 16.5 | 22.4 | 7.0 | 17.0 | 17.9 | 10.0 |
| 藻類 | 47 | 11.8 | 24.4 | 2.0 | 3.1 | 4.5 | 0.0 | 1.5 | 3.9 | 0.0 | 6.5 | 9.4 | 2.4 | 7.1 | 12.4 | 0.3 |

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 61.4 | 65.2 | 46.0 | 14.8 | 19.9 | 6.0 | 42.7 | 32.2 | 49.6 | 24.5 | 28.7 | 13.0 | 28.1 | 30.7 | 25.0 |
| 生魚介類 | 48～55 | 27.9 | 47.6 | 0.0 | 9.4 | 21.0 | 0.0 | 22.6 | 27.4 | 0.0 | 14.5 | 25.0 | 0.0 | 13.3 | 25.5 | 0.0 |
| あじ、いわし類 | 48 | 6.5 | 24.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.6 | 16.6 | 0.0 | 2.9 | 8.7 | 0.0 |
| さけ、ます | 49 | 4.6 | 20.0 | 0.0 | 6.4 | 14.3 | 0.0 | 16.4 | 24.7 | 0.0 | 2.2 | 8.0 | 0.0 | 5.3 | 15.8 | 0.0 |
| たい、かれい類 | 50 | 3.4 | 16.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 5.5 | 0.0 | 1.2 | 4.6 | 0.0 |
| まぐろ、かじき類 | 51 | 3.8 | 20.4 | 0.0 | 0.0 | 0.0 | 0.0 | 4.4 | 13.3 | 0.0 | 3.8 | 13.9 | 0.0 | 2.6 | 11.5 | 0.0 |
| その他の生魚 | 52 | 5.1 | 22.0 | 0.0 | 3.0 | 6.7 | 0.0 | 1.7 | 5.0 | 0.0 | 2.3 | 8.3 | 0.0 | 1.3 | 5.5 | 0.0 |
| 貝類 | 53 | 0.8 | 6.1 | 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 |
| いか、たこ類 | 54 | 2.4 | 11.7 | 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 |
| えび、かに類 | 55 | 1.4 | 6.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| 魚介加工品 | 56～60 | 33.5 | 49.5 | 12.0 | 5.4 | 9.0 | 0.0 | 20.1 | 16.9 | 20.8 | 10.0 | 12.2 | 8.8 | 14.9 | 21.2 | 5.3 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.9 | 37.7 | 0.0 | 4.2 | 9.3 | 0.0 | 17.6 | 18.9 | 20.8 | 3.8 | 11.9 | 0.0 | 5.9 | 13.2 | 0.0 |
| 魚介(缶詰) | 57 | 3.4 | 14.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 3.8 | 0.0 | 5.5 | 13.3 | 0.0 |
| 魚介(佃煮) | 58 | 0.1 | 1.6 | 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 |
| 魚介(練り製品) | 59 | 8.8 | 25.4 | 0.0 | 1.2 | 2.7 | 0.0 | 2.6 | 5.4 | 0.0 | 4.6 | 5.2 | 2.7 | 3.5 | 7.4 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.3 | 9.5 | 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 | 61～69 | 93.6 | 76.4 | 80.0 | 37.4 | 20.8 | 50.0 | 62.9 | 52.9 | 60.0 | 100.8 | 65.4 | 83.7 | 104.2 | 55.2 | 90.7 |
| 畜肉 | 61～64 | 65.8 | 62.8 | 52.5 | 31.4 | 25.0 | 40.0 | 28.2 | 21.6 | 22.0 | 77.0 | 59.0 | 68.9 | 79.8 | 44.1 | 72.0 |
| 牛肉 | 61 | 9.5 | 30.6 | 0.0 | 1.8 | 4.0 | 0.0 | 6.3 | 16.5 | 0.0 | 4.1 | 13.1 | 0.0 | 11.7 | 24.3 | 0.0 |
| 豚肉 | 62 | 44.3 | 49.4 | 30.4 | 29.7 | 23.4 | 40.0 | 12.1 | 20.9 | 0.0 | 63.0 | 45.2 | 56.9 | 58.8 | 43.4 | 47.4 |
| ハム、ソーセージ類 | 63 | 12.1 | 20.2 | 0.0 | 0.0 | 0.0 | 0.0 | 9.8 | 9.2 | 10.0 | 9.8 | 13.2 | 3.7 | 9.3 | 13.0 | 8.0 |
| 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 26.8 | 51.7 | 0.0 | 6.0 | 8.9 | 0.0 | 34.7 | 46.7 | 20.0 | 23.8 | 27.1 | 32.0 | 21.4 | 42.0 | 0.0 |
| 鶏肉 | 65 | 26.8 | 51.7 | 0.0 | 6.0 | 8.9 | 0.0 | 34.7 | 46.7 | 20.0 | 23.8 | 27.1 | 32.0 | 21.4 | 42.0 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 1.0 | 10.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.0 | 13.1 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 41.1 | 38.5 | 41.5 | 14.9 | 21.0 | 1.6 | 17.8 | 18.2 | 25.0 | 36.8 | 35.5 | 25.9 | 30.0 | 28.1 | 22.5 |
| 乳類 | 71～75 | 149.9 | 156.3 | 109.0 | 88.8 | 80.5 | 118.0 | 146.4 | 124.1 | 206.0 | 269.3 | 173.9 | 227.4 | 339.7 | 186.8 | 243.2 |
| 牛乳・乳製品 | 71～74 | 149.9 | 156.3 | 109.0 | 88.8 | 80.5 | 118.0 | 146.4 | 124.1 | 206.0 | 269.3 | 173.9 | 227.4 | 339.7 | 186.8 | 243.2 |
| 牛乳 | 71 | 86.1 | 121.4 | 0.0 | 51.8 | 56.9 | 23.0 | 113.0 | 110.5 | 144.0 | 216.9 | 132.8 | 207.1 | 285.4 | 134.2 | 239.2 |
| チーズ | 72 | 3.6 | 7.8 | 0.0 | 4.0 | 6.5 | 0.0 | 3.9 | 6.2 | 0.0 | 3.7 | 6.5 | 0.0 | 4.0 | 7.0 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 52.3 | 84.5 | 0.0 | 33.0 | 46.0 | 0.0 | 16.1 | 25.9 | 0.0 | 22.0 | 45.5 | 0.0 | 31.1 | 52.1 | 0.0 |
| その他の乳製品 | 74 | 7.9 | 32.6 | 0.0 | 0.0 | 0.0 | 0.0 | 13.3 | 33.2 | 0.0 | 26.7 | 60.2 | 2.0 | 19.1 | 51.5 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 11.6 | 9.2 | 10.0 | 8.7 | 10.0 | 7.0 | 9.4 | 8.3 | 5.0 | 8.3 | 4.9 | 8.4 | 9.3 | 5.1 | 9.0 |
| バター | 76 | 0.7 | 2.2 | 0.0 | 5.5 | 7.2 | 3.0 | 3.9 | 4.4 | 4.0 | 0.6 | 1.9 | 0.0 | 0.7 | 1.9 | 0.0 |
| マーガリン | 77 | 1.2 | 3.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 1.9 | 0.0 | 1.2 | 2.4 | 0.0 |
| 植物性油脂 | 78 | 9.4 | 8.3 | 7.4 | 3.1 | 3.0 | 4.0 | 5.4 | 5.7 | 4.4 | 6.7 | 4.2 | 4.8 | 7.1 | 5.2 | 5.8 |
| 動物性油脂 | 79 | 0.3 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.0 |
| 菓子類 | 81～85 | 24.9 | 43.6 | 0.0 | 34.4 | 21.6 | 30.0 | 49.2 | 51.1 | 51.0 | 35.4 | 31.4 | 28.0 | 23.6 | 30.5 | 18.8 |
| 和菓子類 | 81 | 10.8 | 28.9 | 0.0 | 3.0 | 4.5 | 0.0 | 0.7 | 2.0 | 0.0 | 10.5 | 20.7 | 0.0 | 5.5 | 15.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.8 | 17.7 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 10.0 | 0.0 | 3.1 | 11.1 | 0.0 | 1.0 | 4.4 | 0.0 |
| ビスケット類 | 83 | 2.2 | 10.1 | 0.0 | 10.0 | 14.1 | 0.0 | 0.2 | 0.7 | 0.0 | 2.2 | 5.5 | 0.0 | 0.5 | 2.3 | 0.0 |
| キャンディー類 | 84 | 0.1 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 2.3 | 0.0 | 0.2 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 7.9 | 24.9 | 0.0 | 21.4 | 30.3 | 0.0 | 44.2 | 52.5 | 24.0 | 19.5 | 24.3 | 17.0 | 16.5 | 23.7 | 6.0 |
| 嗜好飲料類 | 86～91 | 641.5 | 477.0 | 553.5 | 356.9 | 286.6 | 430.0 | 191.3 | 239.5 | 165.0 | 315.7 | 243.1 | 300.0 | 201.5 | 233.9 | 124.9 |
| アルコール飲料 | 86～88 | 85.8 | 241.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.4 | 0.0 | 0.7 | 1.2 | 0.0 | 1.0 | 0.9 | 1.0 |
| 日本酒 | 86 | 5.5 | 35.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.3 | 0.0 | 0.7 | 1.2 | 0.0 | 0.9 | 0.9 | 1.0 |
| ビール | 87 | 51.1 | 188.9 | 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 |
| 洋酒・その他 | 88 | 29.1 | 121.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| その他の嗜好飲料 | 89～91 | 555.7 | 410.2 | 500.0 | 356.9 | 286.6 | 430.0 | 191.0 | 239.6 | 165.0 | 315.0 | 243.0 | 300.0 | 200.5 | 233.9 | 123.9 |
| 茶 | 89 | 247.7 | 327.4 | 140.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 39.4 | 110.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| コーヒー・ココア | 90 | 140.5 | 187.9 | 80.0 | 0.0 | 0.0 | 0.0 | 0.7 | 2.0 | 0.0 | 27.0 | 56.8 | 0.0 | 23.1 | 72.2 | 0.0 |
| その他の嗜好飲料 | 91 | 167.5 | 284.5 | 0.0 | 356.9 | 286.6 | 430.0 | 190.3 | 240.1 | 165.0 | 248.5 | 230.1 | 250.0 | 177.3 | 224.0 | 123.9 |
| 調味料・香辛料類 | 92～98 | 68.9 | 46.1 | 60.0 | 19.4 | 14.2 | 13.1 | 35.7 | 20.2 | 37.4 | 44.9 | 19.3 | 46.3 | 58.2 | 28.9 | 49.9 |
| 調味料 | 92～97 | 68.4 | 46.1 | 59.2 | 19.4 | 14.2 | 13.1 | 35.5 | 20.5 | 37.4 | 44.6 | 19.1 | 46.3 | 58.0 | 28.9 | 49.9 |
| ソース | 92 | 1.8 | 5.2 | 0.0 | 0.2 | 0.5 | 0.0 | 1.8 | 5.0 | 0.0 | 3.3 | 5.7 | 0.5 | 1.5 | 2.5 | 0.0 |
| しょうゆ | 93 | 11.7 | 11.6 | 9.0 | 2.1 | 2.0 | 2.8 | 8.5 | 7.4 | 4.8 | 7.4 | 6.0 | 5.0 | 9.3 | 8.3 | 7.0 |
| 塩 | 94 | 1.2 | 1.3 | 0.8 | 0.4 | 0.4 | 0.4 | 0.7 | 0.8 | 0.4 | 1.3 | 1.0 | 1.0 | 1.0 | 1.0 | 0.7 |
| マヨネーズ | 95 | 3.8 | 7.4 | 0.0 | 0.4 | 0.9 | 0.0 | 1.1 | 2.1 | 0.0 | 3.2 | 4.6 | 0.0 | 5.1 | 9.1 | 0.0 |
| 味噌 | 96 | 11.0 | 12.5 | 9.0 | 3.0 | 3.5 | 2.0 | 3.7 | 3.6 | 3.0 | 3.3 | 4.6 | 0.0 | 7.2 | 7.5 | 4.9 |
| その他の調味料 | 97 | 38.9 | 41.2 | 28.6 | 13.2 | 13.2 | 7.3 | 19.8 | 13.3 | 15.1 | 26.1 | 14.6 | 24.4 | 34.0 | 28.6 | 27.8 |
| 香辛料・その他 | 98 | 0.5 | 1.5 | 0.0 | 0.0 | 0.1 | 0.0 | 0.2 | 0.4 | 0.0 | 0.3 | 0.5 | 0.0 | 0.2 | 0.4 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | | 50～69歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 20 | | | 9 | | | 34 | | | 129 | | | 188 | | |
| 総量 | 1～98 | 1,993.4 | 503.7 | 2,022.2 | 1,948.5 | 623.4 | 1,833.3 | 1,713.1 | 582.4 | 1,581.0 | 1,962.7 | 715.7 | 1,910.7 | 2,215.2 | 675.3 | 2,160.3 |
| 動物性食品 | 48～76,79 | 528.5 | 240.3 | 506.7 | 417.1 | 196.2 | 355.5 | 348.0 | 199.7 | 284.4 | 316.3 | 182.7 | 289.2 | 334.2 | 170.3 | 307.2 |
| 植物性食品 | 1～47,77,78,80～98 | 1,464.8 | 374.0 | 1,472.6 | 1,531.3 | 610.5 | 1,272.9 | 1,365.1 | 521.0 | 1,298.5 | 1,646.4 | 646.6 | 1,581.8 | 1,880.9 | 630.9 | 1,802.2 |
| 穀類 | 1～12 | 491.5 | 165.9 | 480.5 | 494.5 | 172.9 | 486.8 | 442.4 | 184.4 | 409.0 | 449.1 | 197.1 | 420.0 | 421.6 | 169.9 | 401.0 |
| 米・加工品 | 1,2 | 363.1 | 205.6 | 356.5 | 403.4 | 161.7 | 400.0 | 392.2 | 199.4 | 400.0 | 339.1 | 218.2 | 320.0 | 290.3 | 179.9 | 271.0 |
| 米 | 1 | 363.1 | 205.6 | 356.5 | 403.4 | 161.7 | 400.0 | 381.1 | 204.2 | 380.0 | 335.7 | 217.1 | 320.0 | 287.3 | 179.7 | 270.0 |
| 米加工品 | 2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 11.1 | 36.3 | 0.0 | 3.4 | 27.1 | 0.0 | 3.0 | 17.2 | 0.0 |
| 小麦・加工品 | 3～9 | 127.2 | 104.4 | 96.0 | 80.0 | 85.5 | 36.8 | 50.0 | 63.0 | 18.2 | 103.1 | 109.8 | 70.0 | 114.0 | 121.9 | 80.3 |
| 小麦粉類 | 3 | 33.3 | 37.7 | 3.3 | 2.2 | 3.6 | 0.5 | 1.1 | 3.6 | 0.0 | 3.4 | 10.1 | 0.0 | 3.6 | 10.7 | 0.0 |
| パン類(菓子パンを除く) | 4 | 26.6 | 46.8 | 0.0 | 18.9 | 30.7 | 0.0 | 11.6 | 25.5 | 0.0 | 26.0 | 47.4 | 0.0 | 34.3 | 48.1 | 0.0 |
| 菓子パン類 | 5 | 10.3 | 27.7 | 0.0 | 0.0 | 0.0 | 0.0 | 5.4 | 22.0 | 0.0 | 3.3 | 16.4 | 0.0 | 4.3 | 19.7 | 0.0 |
| うどん、中華めん類 | 6 | 53.3 | 66.3 | 0.0 | 22.4 | 44.4 | 0.0 | 14.1 | 48.5 | 0.0 | 34.2 | 75.1 | 0.0 | 44.0 | 89.5 | 0.0 |
| 即席中華めん | 7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.0 | 21.0 | 0.0 | 8.0 | 26.9 | 0.0 | 4.4 | 19.6 | 0.0 |
| パスタ類 | 8 | 0.0 | 0.0 | 0.0 | 28.3 | 72.3 | 0.0 | 11.8 | 33.1 | 0.0 | 23.1 | 72.5 | 0.0 | 18.3 | 60.1 | 0.0 |
| その他の小麦加工品 | 9 | 3.8 | 6.9 | 0.5 | 8.3 | 12.6 | 1.0 | 2.0 | 4.7 | 0.0 | 5.1 | 13.1 | 0.0 | 5.2 | 16.1 | 0.0 |
| その他の穀類・加工品 | 10～12 | 1.2 | 5.4 | 0.0 | 11.1 | 33.3 | 0.0 | 0.2 | 1.4 | 0.0 | 6.8 | 35.0 | 0.0 | 17.3 | 58.3 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 11.2 | 50.9 | 0.0 |
| とうもろこし・加工品 | 11 | 1.2 | 5.4 | 0.0 | 11.1 | 33.3 | 0.0 | 0.2 | 1.4 | 0.0 | 1.0 | 7.0 | 0.0 | 1.0 | 6.4 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.9 | 34.5 | 0.0 | 5.1 | 30.4 | 0.0 |
| いも類 | 13～16 | 50.9 | 49.4 | 31.3 | 34.4 | 25.7 | 41.2 | 37.2 | 41.2 | 30.0 | 43.4 | 51.6 | 26.8 | 48.1 | 62.7 | 24.5 |
| いも・加工品 | 13～15 | 49.7 | 47.5 | 31.3 | 33.3 | 27.2 | 41.2 | 33.9 | 42.0 | 25.0 | 40.9 | 50.7 | 26.8 | 45.9 | 63.0 | 20.0 |
| さつまいも・加工品 | 13 | 1.0 | 4.5 | 0.0 | 10.9 | 23.7 | 0.0 | 2.3 | 9.4 | 0.0 | 5.1 | 17.9 | 0.0 | 6.9 | 24.4 | 0.0 |
| じゃがいも・加工品 | 14 | 33.4 | 42.2 | 23.0 | 10.5 | 19.6 | 0.0 | 15.7 | 31.4 | 0.0 | 23.5 | 39.4 | 0.0 | 23.2 | 40.2 | 0.0 |
| その他のいも・加工品 | 15 | 15.3 | 18.8 | 4.5 | 11.9 | 19.8 | 0.0 | 15.8 | 32.2 | 0.0 | 12.3 | 28.8 | 0.0 | 15.8 | 37.7 | 0.0 |
| でんぷん・加工品 | 16 | 1.2 | 2.9 | 0.0 | 1.1 | 2.3 | 0.0 | 3.2 | 6.5 | 0.0 | 2.5 | 7.2 | 0.0 | 2.2 | 9.5 | 0.0 |
| 砂糖・甘味料類 | 17 | 8.8 | 7.3 | 8.4 | 4.2 | 5.1 | 1.2 | 3.8 | 5.2 | 2.0 | 4.7 | 6.1 | 2.0 | 6.9 | 9.4 | 3.7 |
| 豆類 | 18～23 | 41.8 | 43.3 | 30.0 | 25.1 | 31.3 | 10.0 | 42.3 | 46.9 | 22.6 | 64.3 | 86.0 | 45.0 | 70.2 | 72.4 | 51.0 |
| 大豆・加工品 | 18～22 | 41.8 | 43.3 | 30.0 | 25.1 | 31.3 | 10.0 | 42.0 | 47.2 | 22.6 | 64.1 | 85.9 | 44.0 | 68.3 | 72.1 | 50.0 |
| 大豆(全粒)・加工品 | 18 | 3.1 | 3.9 | 0.0 | 1.3 | 4.0 | 0.0 | 2.2 | 7.6 | 0.0 | 2.6 | 13.5 | 0.0 | 1.9 | 9.6 | 0.0 |
| 豆腐 | 19 | 27.3 | 34.3 | 16.4 | 15.0 | 27.8 | 0.0 | 27.1 | 41.5 | 0.0 | 36.7 | 67.3 | 0.0 | 39.5 | 58.3 | 0.0 |
| 油揚げ類 | 20 | 1.5 | 2.7 | 0.0 | 4.3 | 5.6 | 0.0 | 2.4 | 4.2 | 0.0 | 3.6 | 11.6 | 0.0 | 5.5 | 15.0 | 0.0 |
| 納豆 | 21 | 6.3 | 15.6 | 0.0 | 4.4 | 13.3 | 0.0 | 10.3 | 18.2 | 0.0 | 11.6 | 20.4 | 0.0 | 15.7 | 21.5 | 0.0 |
| その他の大豆加工品 | 22 | 3.8 | 16.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.6 | 40.0 | 0.0 | 5.6 | 26.4 | 0.0 |
| その他の豆・加工品 | 23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.6 | 0.0 | 0.2 | 1.5 | 0.0 | 1.9 | 8.4 | 0.0 |
| 種実類 | 24 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 1.0 | 2.6 | 0.0 | 2.0 | 6.5 | 0.0 | 3.8 | 17.4 | 0.0 |
| 野菜類 | 25～38 | 239.0 | 96.8 | 232.7 | 204.4 | 77.1 | 199.4 | 213.3 | 128.3 | 169.8 | 247.1 | 152.8 | 228.0 | 296.6 | 170.9 | 273.4 |
| 緑黄色野菜 | 25～29 | 77.9 | 68.5 | 52.3 | 47.1 | 51.5 | 20.0 | 53.4 | 52.7 | 40.8 | 75.1 | 80.2 | 50.1 | 89.9 | 81.9 | 72.0 |
| トマト | 25 | 2.3 | 7.0 | 0.0 | 3.7 | 7.5 | 0.0 | 11.1 | 26.4 | 0.0 | 14.8 | 40.0 | 0.0 | 20.4 | 38.8 | 0.0 |
| にんじん | 26 | 25.1 | 22.9 | 17.8 | 14.3 | 21.5 | 3.0 | 12.7 | 16.4 | 5.4 | 19.4 | 28.0 | 10.0 | 15.9 | 21.2 | 8.9 |
| ほうれん草 | 27 | 6.6 | 10.9 | 0.0 | 0.0 | 0.0 | 0.0 | 4.8 | 15.0 | 0.0 | 9.5 | 24.7 | 0.0 | 12.9 | 33.9 | 0.0 |
| ピーマン | 28 | 15.0 | 40.9 | 0.0 | 6.4 | 12.0 | 0.0 | 4.3 | 16.5 | 0.0 | 4.8 | 13.2 | 0.0 | 5.9 | 15.8 | 0.0 |
| その他の緑黄色野菜 | 29 | 28.9 | 38.0 | 25.9 | 22.8 | 34.5 | 0.1 | 20.5 | 25.9 | 4.0 | 26.6 | 42.2 | 3.0 | 34.9 | 56.7 | 11.9 |
| その他の野菜 | 30～35 | 157.8 | 65.2 | 160.2 | 153.2 | 66.1 | 152.3 | 144.3 | 99.0 | 129.4 | 151.0 | 99.8 | 142.5 | 174.1 | 109.0 | 160.8 |
| キャベツ | 30 | 33.4 | 33.7 | 24.5 | 40.1 | 42.6 | 50.0 | 26.4 | 37.4 | 0.0 | 28.4 | 42.3 | 0.0 | 30.5 | 58.2 | 0.0 |
| きゅうり | 31 | 13.1 | 17.9 | 3.5 | 3.8 | 11.4 | 0.0 | 4.8 | 13.8 | 0.0 | 8.8 | 18.4 | 0.0 | 14.5 | 24.7 | 0.0 |
| 大根 | 32 | 32.9 | 44.1 | 24.0 | 29.5 | 67.5 | 0.0 | 15.3 | 37.4 | 0.0 | 21.4 | 41.9 | 0.0 | 26.3 | 42.1 | 0.0 |
| たまねぎ | 33 | 27.7 | 28.5 | 30.5 | 18.2 | 18.5 | 25.0 | 30.1 | 36.8 | 11.0 | 29.8 | 38.2 | 11.0 | 26.9 | 35.6 | 9.2 |
| はくさい | 34 | 11.7 | 27.0 | 0.0 | 0.0 | 0.0 | 0.0 | 28.8 | 85.2 | 0.0 | 10.8 | 38.6 | 0.0 | 18.9 | 49.7 | 0.0 |
| その他の淡色野菜 | 35 | 39.0 | 38.6 | 25.0 | 61.6 | 60.6 | 50.0 | 39.0 | 32.4 | 33.4 | 51.8 | 53.2 | 32.0 | 57.0 | 54.2 | 42.1 |
| 野菜ジュース | 36 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.1 | 35.3 | 0.0 | 10.2 | 42.9 | 0.0 | 21.3 | 77.8 | 0.0 |
| 漬け物 | 37,38 | 3.3 | 11.6 | 0.0 | 4.1 | 8.1 | 0.0 | 9.5 | 17.6 | 0.0 | 10.8 | 25.8 | 0.0 | 11.3 | 20.5 | 0.0 |
| 葉類漬け物 | 37 | 2.5 | 11.2 | 0.0 | 4.1 | 8.1 | 0.0 | 2.9 | 10.0 | 0.0 | 3.7 | 13.5 | 0.0 | 3.4 | 14.4 | 0.0 |
| たくあん・その他の漬け物 | 38 | 0.8 | 1.9 | 0.0 | 0.0 | 0.0 | 0.0 | 6.6 | 15.8 | 0.0 | 7.1 | 23.1 | 0.0 | 7.9 | 16.0 | 0.0 |
| 果実類 | 39～45 | 23.3 | 32.0 | 0.0 | 93.5 | 122.9 | 35.3 | 39.3 | 67.0 | 0.0 | 55.6 | 87.9 | 0.0 | 107.9 | 140.6 | 69.0 |
| 生果 | 39～43 | 23.0 | 31.8 | 0.0 | 54.2 | 77.3 | 25.5 | 34.2 | 60.8 | 0.0 | 50.6 | 84.4 | 0.0 | 96.0 | 124.0 | 62.5 |
| いちご | 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 | 0.1 | 0.7 | 0.0 |
| 柑橘類 | 40 | 10.2 | 24.1 | 0.0 | 0.0 | 0.0 | 0.0 | 7.6 | 20.5 | 0.0 | 6.1 | 22.6 | 0.0 | 10.8 | 32.5 | 0.0 |
| バナナ | 41 | 4.8 | 21.2 | 0.0 | 8.4 | 25.3 | 0.0 | 9.4 | 32.2 | 0.0 | 7.4 | 27.0 | 0.0 | 19.2 | 40.4 | 0.0 |
| りんご | 42 | 4.8 | 11.7 | 0.0 | 27.3 | 69.5 | 0.0 | 11.5 | 41.5 | 0.0 | 14.6 | 36.4 | 0.0 | 28.8 | 69.9 | 0.0 |
| その他の生果 | 43 | 3.3 | 14.0 | 0.0 | 18.5 | 31.1 | 0.0 | 5.8 | 15.4 | 0.0 | 22.5 | 66.5 | 0.0 | 37.1 | 78.9 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 2.8 | 0.0 | 1.6 | 4.9 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.2 | 1.0 | 0.0 | 39.3 | 118.0 | 0.0 | 5.1 | 25.7 | 0.0 | 4.5 | 30.5 | 0.0 | 10.2 | 55.9 | 0.0 |
| きのこ類 | 46 | 7.4 | 12.3 | 4.0 | 8.2 | 12.4 | 0.0 | 14.2 | 17.3 | 15.6 | 13.9 | 21.6 | 0.4 | 18.5 | 24.2 | 7.9 |
| 藻類 | 47 | 7.4 | 12.6 | 0.7 | 10.2 | 18.0 | 2.3 | 14.7 | 21.1 | 4.7 | 6.4 | 14.1 | 0.0 | 12.0 | 22.5 | 1.9 |

1人1日当たり(g)

| | 食品群番号 | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | | 50～69歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 49.2 | 40.0 | 38.3 | 50.7 | 55.4 | 32.7 | 33.6 | 50.4 | 11.7 | 51.4 | 53.3 | 36.8 | 64.6 | 74.8 | 40.0 |
| 生魚介類 | 48～55 | 34.9 | 39.2 | 21.5 | 14.5 | 42.3 | 0.0 | 10.4 | 24.1 | 0.0 | 30.2 | 50.3 | 0.0 | 28.0 | 49.8 | 0.0 |
| あじ、いわし類 | 48 | 16.2 | 32.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 5.8 | 0.0 | 6.8 | 23.0 | 0.0 | 4.5 | 20.0 | 0.0 |
| さけ、ます | 49 | 11.0 | 22.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 7.9 | 0.0 | 6.7 | 24.7 | 0.0 | 3.9 | 19.9 | 0.0 |
| たい、かれい類 | 50 | 3.2 | 14.2 | 0.0 | 14.1 | 42.4 | 0.0 | 2.9 | 17.1 | 0.0 | 3.1 | 15.9 | 0.0 | 4.4 | 19.5 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 | 7.7 | 0.0 | 1.9 | 10.8 | 0.0 | 4.3 | 21.4 | 0.0 |
| その他の生魚 | 52 | 4.0 | 17.9 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 | 13.7 | 0.0 | 6.8 | 27.7 | 0.0 | 5.4 | 24.4 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 5.3 | 0.0 | 0.8 | 4.4 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 8.9 | 0.0 | 2.5 | 11.2 | 0.0 |
| えび、かに類 | 55 | 0.6 | 2.5 | 0.0 | 0.4 | 1.2 | 0.0 | 1.4 | 5.8 | 0.0 | 2.0 | 7.4 | 0.0 | 2.2 | 6.8 | 0.0 |
| 魚介加工品 | 56～60 | 14.3 | 24.9 | 2.0 | 36.2 | 34.4 | 32.7 | 23.3 | 48.1 | 0.6 | 21.1 | 31.8 | 6.6 | 36.5 | 54.4 | 11.5 |
| 魚介(塩蔵、生干し、乾物) | 56 | 3.5 | 9.7 | 0.0 | 17.9 | 21.1 | 10.0 | 11.0 | 38.9 | 0.0 | 11.3 | 24.3 | 0.0 | 20.5 | 39.5 | 0.0 |
| 魚介(缶詰) | 57 | 1.4 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 6.0 | 0.0 | 2.2 | 7.6 | 0.0 | 5.3 | 20.2 | 0.0 |
| 魚介(佃煮) | 58 | 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 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 9.4 | 24.1 | 0.0 | 18.3 | 35.1 | 0.0 | 10.2 | 27.7 | 0.0 | 6.1 | 19.8 | 0.0 | 8.7 | 26.2 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 4.0 | 0.0 | 1.5 | 12.7 | 0.0 | 2.0 | 12.1 | 0.0 |
| 肉類 | 61～69 | 120.1 | 69.9 | 109.3 | 139.5 | 83.1 | 119.1 | 144.3 | 74.9 | 142.9 | 111.8 | 94.2 | 92.0 | 93.5 | 68.0 | 83.3 |
| 畜肉 | 61～64 | 101.7 | 59.3 | 89.3 | 104.7 | 70.8 | 102.0 | 93.0 | 62.2 | 87.6 | 78.3 | 84.3 | 60.0 | 65.0 | 52.7 | 60.0 |
| 牛肉 | 61 | 2.5 | 11.2 | 0.0 | 31.0 | 45.4 | 0.0 | 10.3 | 34.9 | 0.0 | 11.6 | 36.3 | 0.0 | 10.0 | 29.4 | 0.0 |
| 豚肉 | 62 | 69.1 | 57.1 | 50.5 | 60.1 | 45.6 | 56.7 | 64.3 | 50.7 | 48.7 | 51.3 | 61.0 | 30.0 | 43.2 | 45.1 | 38.1 |
| ハム、ソーセージ類 | 63 | 30.0 | 30.6 | 22.0 | 13.6 | 23.8 | 0.0 | 18.5 | 36.9 | 0.0 | 15.4 | 22.1 | 1.5 | 11.8 | 19.4 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 18.5 | 38.9 | 0.0 | 34.8 | 71.6 | 0.0 | 51.3 | 66.0 | 18.8 | 32.3 | 57.3 | 0.0 | 26.6 | 49.8 | 0.0 |
| 鶏肉 | 65 | 18.5 | 38.9 | 0.0 | 34.8 | 71.6 | 0.0 | 51.3 | 66.0 | 18.8 | 32.3 | 57.3 | 0.0 | 26.6 | 49.8 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 9.0 | 0.0 | 1.8 | 16.6 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 29.5 | 33.2 | 21.8 | 54.5 | 41.4 | 54.0 | 48.0 | 43.6 | 46.5 | 45.6 | 45.8 | 42.8 | 42.9 | 38.4 | 46.5 |
| 乳類 | 71～75 | 328.4 | 204.7 | 284.9 | 169.8 | 155.4 | 206.0 | 121.4 | 157.3 | 43.8 | 106.6 | 137.2 | 62.0 | 132.4 | 142.8 | 88.0 |
| 牛乳・乳製品 | 71～74 | 328.4 | 204.7 | 284.9 | 169.8 | 155.4 | 206.0 | 121.4 | 157.3 | 43.8 | 106.6 | 137.2 | 62.0 | 132.4 | 142.8 | 88.0 |
| 牛乳 | 71 | 245.8 | 109.6 | 206.0 | 139.3 | 155.3 | 103.0 | 47.4 | 101.9 | 0.0 | 40.6 | 77.9 | 0.0 | 73.8 | 113.6 | 0.0 |
| チーズ | 72 | 3.7 | 8.8 | 0.0 | 0.9 | 2.3 | 0.0 | 2.7 | 6.9 | 0.0 | 3.2 | 7.2 | 0.0 | 4.3 | 8.4 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 74.2 | 133.0 | 0.0 | 29.6 | 53.5 | 0.0 | 51.2 | 100.5 | 0.0 | 54.1 | 110.4 | 0.0 | 49.0 | 66.5 | 0.0 |
| その他の乳製品 | 74 | 4.7 | 16.9 | 0.0 | 0.1 | 0.3 | 0.0 | 20.1 | 80.9 | 0.0 | 8.7 | 26.3 | 0.0 | 5.3 | 23.7 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 11.9 | 7.1 | 11.3 | 16.1 | 8.4 | 17.3 | 13.1 | 7.5 | 13.9 | 12.2 | 9.4 | 11.3 | 12.8 | 9.7 | 10.6 |
| バター | 76 | 0.0 | 0.0 | 0.0 | 2.0 | 3.7 | 0.0 | 0.3 | 1.1 | 0.0 | 0.7 | 2.4 | 0.0 | 0.7 | 2.0 | 0.0 |
| マーガリン | 77 | 2.1 | 2.3 | 1.5 | 0.6 | 1.7 | 0.0 | 0.6 | 2.0 | 0.0 | 0.7 | 2.3 | 0.0 | 1.5 | 3.9 | 0.0 |
| 植物性油脂 | 78 | 8.4 | 6.6 | 7.7 | 13.0 | 8.1 | 12.9 | 11.6 | 8.0 | 13.1 | 10.5 | 8.9 | 8.0 | 10.5 | 9.0 | 8.7 |
| 動物性油脂 | 79 | 1.3 | 4.5 | 0.0 | 0.6 | 1.5 | 0.0 | 0.3 | 1.0 | 0.0 | 0.2 | 1.1 | 0.0 | 0.1 | 0.7 | 0.0 |
| その他の油脂 | 80 | 0.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 2.2 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 54.3 | 76.6 | 26.4 | 22.9 | 27.5 | 10.0 | 12.5 | 26.7 | 0.0 | 19.8 | 37.4 | 0.0 | 25.1 | 43.2 | 0.0 |
| 和菓子類 | 81 | 11.7 | 31.6 | 0.0 | 2.3 | 7.0 | 0.0 | 1.4 | 4.5 | 0.0 | 6.8 | 19.8 | 0.0 | 12.4 | 27.9 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.8 | 16.3 | 0.0 | 3.9 | 18.9 | 0.0 | 4.8 | 20.5 | 0.0 |
| ビスケット類 | 83 | 0.3 | 1.1 | 0.0 | 0.0 | 0.0 | 0.0 | 4.3 | 14.8 | 0.0 | 2.1 | 15.6 | 0.0 | 2.4 | 7.9 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.7 | 0.0 | 0.3 | 2.0 | 0.0 |
| その他の菓子類 | 85 | 42.4 | 76.2 | 9.0 | 20.6 | 28.5 | 0.0 | 4.0 | 12.9 | 0.0 | 6.9 | 21.1 | 0.0 | 5.2 | 18.0 | 0.0 |
| 嗜好飲料類 | 86～91 | 473.7 | 370.6 | 408.1 | 561.1 | 547.8 | 412.1 | 465.2 | 425.4 | 288.8 | 661.0 | 489.3 | 600.0 | 786.3 | 520.2 | 694.2 |
| アルコール飲料 | 86～88 | 1.2 | 2.4 | 0.0 | 1.7 | 3.5 | 0.0 | 14.6 | 61.3 | 0.0 | 95.6 | 311.2 | 0.0 | 145.7 | 314.5 | 0.0 |
| 日本酒 | 86 | 1.2 | 2.4 | 0.0 | 1.7 | 3.5 | 0.0 | 1.7 | 3.6 | 0.0 | 1.5 | 5.9 | 0.0 | 11.6 | 52.7 | 0.0 |
| ビール | 87 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 10.4 | 60.5 | 0.0 | 62.3 | 230.6 | 0.0 | 91.0 | 265.4 | 0.0 |
| 洋酒・その他 | 88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.5 | 13.7 | 0.0 | 31.8 | 173.5 | 0.0 | 43.1 | 140.2 | 0.0 |
| その他の嗜好飲料 | 89～91 | 472.5 | 370.6 | 407.5 | 559.4 | 546.5 | 410.0 | 450.6 | 411.1 | 288.0 | 565.4 | 418.5 | 500.0 | 640.6 | 412.5 | 585.8 |
| 茶 | 89 | 98.5 | 161.9 | 0.0 | 58.3 | 175.0 | 0.0 | 216.4 | 301.2 | 100.8 | 208.0 | 316.0 | 0.0 | 248.4 | 300.0 | 150.0 |
| コーヒー・ココア | 90 | 0.3 | 1.3 | 0.0 | 12.2 | 33.1 | 0.0 | 38.4 | 98.7 | 0.0 | 133.1 | 198.0 | 3.0 | 212.1 | 212.3 | 180.0 |
| その他の嗜好飲料 | 91 | 373.7 | 378.5 | 253.3 | 488.9 | 548.2 | 350.0 | 195.7 | 298.7 | 0.0 | 224.2 | 304.1 | 100.0 | 180.1 | 322.1 | 0.0 |
| 調味料・香辛料類 | 92～98 | 56.2 | 23.2 | 53.3 | 59.3 | 21.6 | 50.9 | 66.6 | 42.9 | 63.5 | 68.1 | 48.3 | 60.9 | 72.0 | 49.4 | 64.5 |
| 調味料 | 92～97 | 55.7 | 23.3 | 53.3 | 58.7 | 21.1 | 50.9 | 66.3 | 42.9 | 61.0 | 67.8 | 48.2 | 60.4 | 71.4 | 49.5 | 63.4 |
| ソース | 92 | 4.9 | 10.9 | 0.0 | 2.7 | 5.5 | 0.0 | 0.5 | 1.4 | 0.0 | 1.7 | 5.2 | 0.0 | 2.0 | 5.9 | 0.0 |
| しょうゆ | 93 | 10.0 | 8.3 | 10.1 | 12.1 | 12.0 | 14.9 | 13.9 | 11.7 | 10.9 | 11.2 | 12.0 | 8.3 | 11.5 | 10.4 | 9.0 |
| 塩 | 94 | 1.7 | 1.7 | 1.1 | 2.0 | 1.9 | 1.3 | 1.4 | 1.3 | 1.1 | 1.3 | 1.4 | 0.9 | 1.3 | 1.3 | 1.0 |
| マヨネーズ | 95 | 1.7 | 2.3 | 0.5 | 2.6 | 3.6 | 0.0 | 2.7 | 6.4 | 0.0 | 3.7 | 7.0 | 0.0 | 5.0 | 7.4 | 0.0 |
| 味噌 | 96 | 10.4 | 10.9 | 7.2 | 16.7 | 14.7 | 18.0 | 8.3 | 9.5 | 6.9 | 9.3 | 10.4 | 7.2 | 10.7 | 10.8 | 9.0 |
| その他の調味料 | 97 | 27.1 | 26.1 | 21.5 | 22.6 | 10.4 | 19.3 | 39.5 | 36.4 | 29.2 | 40.5 | 44.9 | 28.7 | 40.9 | 45.0 | 33.4 |
| 香辛料・その他 | 98 | 0.5 | 0.8 | 0.0 | 0.6 | 0.9 | 0.0 | 0.3 | 0.9 | 0.0 | 0.4 | 1.0 | 0.0 | 0.6 | 1.3 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 164 | | | 85 | | | 591 | | | 162 | | | 157 | | |
| 総量 | 1～98 | 2,155.6 | 658.9 | 2,103.0 | 2,151.7 | 831.4 | 2,019.1 | 2,111.4 | 711.2 | 2,043.9 | 2,235.3 | 628.5 | 2,184.1 | 2,142.6 | 769.2 | 2,019.1 |
| 動物性食品 | 48～76,79 | 333.5 | 170.2 | 316.3 | 367.7 | 203.0 | 351.0 | 334.5 | 178.4 | 310.8 | 351.0 | 173.9 | 325.8 | 351.4 | 193.6 | 330.8 |
| 植物性食品 | 1～47,77,78,80～98 | 1,822.1 | 603.0 | 1,755.1 | 1,783.9 | 724.2 | 1,643.4 | 1,776.9 | 647.2 | 1,708.2 | 1,884.3 | 573.4 | 1,804.6 | 1,791.2 | 678.7 | 1,650.4 |
| 穀類 | 1～12 | 389.3 | 163.9 | 378.3 | 403.7 | 125.7 | 387.5 | 416.0 | 171.0 | 396.5 | 398.9 | 169.1 | 370.4 | 398.5 | 139.9 | 387.5 |
| 米・加工品 | 1,2 | 261.3 | 157.6 | 245.5 | 277.6 | 145.0 | 263.0 | 294.7 | 182.3 | 270.0 | 262.6 | 163.6 | 248.5 | 271.0 | 152.8 | 254.0 |
| 米 | 1 | 258.0 | 156.6 | 235.0 | 271.7 | 145.0 | 260.0 | 290.5 | 181.8 | 270.0 | 261.0 | 163.3 | 245.5 | 265.9 | 152.3 | 250.0 |
| 米加工品 | 2 | 3.4 | 17.4 | 0.0 | 5.8 | 42.9 | 0.0 | 4.1 | 26.0 | 0.0 | 1.6 | 10.0 | 0.0 | 5.2 | 34.7 | 0.0 |
| 小麦・加工品 | 3～9 | 110.1 | 100.1 | 90.0 | 114.7 | 91.7 | 99.4 | 107.8 | 107.9 | 77.0 | 121.8 | 112.9 | 108.5 | 109.6 | 88.0 | 90.6 |
| 小麦粉類 | 3 | 2.8 | 10.3 | 0.0 | 2.9 | 13.1 | 0.0 | 3.1 | 10.7 | 0.0 | 3.5 | 11.2 | 0.0 | 2.3 | 10.2 | 0.0 |
| パン類(菓子パンを除く) | 4 | 29.4 | 40.4 | 0.0 | 35.8 | 40.7 | 24.0 | 30.5 | 44.3 | 0.0 | 31.2 | 44.9 | 0.0 | 37.3 | 42.5 | 28.0 |
| 菓子パン類 | 5 | 5.1 | 20.8 | 0.0 | 11.1 | 34.3 | 0.0 | 5.2 | 22.1 | 0.0 | 3.1 | 14.8 | 0.0 | 9.7 | 31.3 | 0.0 |
| うどん、中華めん類 | 6 | 61.1 | 96.5 | 0.0 | 52.1 | 86.9 | 0.0 | 46.5 | 87.6 | 0.0 | 66.9 | 101.5 | 0.0 | 49.2 | 85.7 | 0.0 |
| 即席中華めん | 7 | 1.6 | 12.4 | 0.0 | 1.9 | 13.7 | 0.0 | 3.9 | 18.8 | 0.0 | 1.9 | 11.1 | 0.0 | 2.3 | 15.4 | 0.0 |
| パスタ類 | 8 | 3.5 | 20.5 | 0.0 | 6.1 | 31.9 | 0.0 | 13.1 | 51.5 | 0.0 | 7.4 | 31.4 | 0.0 | 4.6 | 27.3 | 0.0 |
| その他の小麦加工品 | 9 | 6.5 | 24.2 | 0.0 | 4.8 | 15.1 | 0.0 | 5.4 | 17.8 | 0.0 | 7.9 | 25.2 | 0.0 | 4.2 | 14.1 | 0.0 |
| その他の穀類・加工品 | 10～12 | 17.8 | 59.2 | 0.0 | 11.4 | 41.6 | 0.0 | 13.6 | 50.9 | 0.0 | 14.5 | 51.2 | 0.0 | 17.9 | 58.3 | 0.0 |
| そば・加工品 | 10 | 12.4 | 53.0 | 0.0 | 5.7 | 32.4 | 0.0 | 7.8 | 42.1 | 0.0 | 7.2 | 33.9 | 0.0 | 13.2 | 55.1 | 0.0 |
| とうもろこし・加工品 | 11 | 0.4 | 5.4 | 0.0 | 0.4 | 3.3 | 0.0 | 0.7 | 5.7 | 0.0 | 0.6 | 5.7 | 0.0 | 0.2 | 2.4 | 0.0 |
| その他の穀類 | 12 | 5.1 | 21.2 | 0.0 | 5.4 | 27.2 | 0.0 | 5.1 | 27.9 | 0.0 | 6.7 | 35.0 | 0.0 | 4.5 | 21.3 | 0.0 |
| いも類 | 13～16 | 70.3 | 90.0 | 50.0 | 71.1 | 115.2 | 34.3 | 56.0 | 78.7 | 31.0 | 70.7 | 87.3 | 53.6 | 68.1 | 100.7 | 37.6 |
| いも・加工品 | 13～15 | 69.2 | 90.0 | 45.3 | 69.8 | 115.1 | 30.0 | 54.1 | 78.7 | 30.0 | 69.9 | 87.3 | 48.0 | 66.9 | 100.7 | 34.3 |
| さつまいも・加工品 | 13 | 12.7 | 46.7 | 0.0 | 13.3 | 34.2 | 0.0 | 8.8 | 32.3 | 0.0 | 14.4 | 46.6 | 0.0 | 10.5 | 32.7 | 0.0 |
| じゃがいも・加工品 | 14 | 26.1 | 45.7 | 0.0 | 27.6 | 50.0 | 0.0 | 24.2 | 42.6 | 0.0 | 30.1 | 47.0 | 0.0 | 25.8 | 45.8 | 0.0 |
| その他のいも・加工品 | 15 | 30.4 | 61.3 | 0.0 | 28.9 | 79.6 | 0.0 | 21.1 | 51.8 | 0.0 | 25.3 | 51.4 | 0.0 | 30.6 | 74.6 | 0.0 |
| でんぷん・加工品 | 16 | 1.1 | 3.7 | 0.0 | 1.3 | 7.1 | 0.0 | 1.8 | 7.3 | 0.0 | 0.8 | 2.8 | 0.0 | 1.2 | 6.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 7.5 | 11.2 | 3.1 | 7.4 | 8.6 | 4.0 | 6.5 | 9.2 | 3.0 | 6.6 | 9.1 | 2.8 | 8.4 | 11.1 | 5.5 |
| 豆類 | 18～23 | 65.5 | 83.4 | 40.8 | 83.2 | 115.2 | 50.0 | 68.2 | 85.1 | 46.0 | 66.2 | 66.6 | 50.5 | 76.4 | 109.4 | 44.0 |
| 大豆・加工品 | 18～22 | 63.4 | 72.0 | 40.0 | 77.4 | 99.5 | 45.0 | 66.1 | 78.9 | 45.0 | 65.2 | 66.0 | 50.0 | 71.3 | 91.2 | 40.0 |
| 大豆(全粒)・加工品 | 18 | 3.5 | 21.4 | 0.0 | 5.5 | 28.1 | 0.0 | 3.1 | 17.7 | 0.0 | 2.4 | 11.5 | 0.0 | 5.6 | 29.1 | 0.0 |
| 豆腐 | 19 | 30.5 | 47.4 | 0.0 | 42.5 | 70.6 | 0.0 | 36.3 | 58.9 | 0.0 | 33.6 | 48.0 | 0.0 | 37.3 | 62.5 | 0.0 |
| 油揚げ類 | 20 | 5.2 | 14.4 | 0.0 | 6.9 | 19.4 | 0.0 | 5.1 | 14.6 | 0.0 | 5.6 | 16.3 | 0.0 | 5.4 | 15.3 | 0.0 |
| 納豆 | 21 | 17.6 | 21.2 | 0.0 | 11.8 | 19.4 | 0.0 | 14.5 | 20.8 | 0.0 | 17.3 | 21.3 | 0.0 | 14.1 | 20.2 | 0.0 |
| その他の大豆加工品 | 22 | 6.6 | 34.0 | 0.0 | 10.7 | 40.4 | 0.0 | 7.2 | 33.6 | 0.0 | 6.3 | 32.4 | 0.0 | 8.9 | 36.9 | 0.0 |
| その他の豆・加工品 | 23 | 2.1 | 19.7 | 0.0 | 5.8 | 30.9 | 0.0 | 2.1 | 16.4 | 0.0 | 1.0 | 5.1 | 0.0 | 5.1 | 30.2 | 0.0 |
| 種実類 | 24 | 3.6 | 11.3 | 0.0 | 3.9 | 12.3 | 0.0 | 3.2 | 12.7 | 0.0 | 5.1 | 19.5 | 0.0 | 3.8 | 11.2 | 0.0 |
| 野菜類 | 25～38 | 338.7 | 181.6 | 306.2 | 309.7 | 196.9 | 275.5 | 296.0 | 176.5 | 270.6 | 336.9 | 193.3 | 314.8 | 312.3 | 183.4 | 278.4 |
| 緑黄色野菜 | 25～29 | 108.5 | 88.8 | 89.0 | 107.7 | 96.1 | 85.0 | 92.7 | 86.0 | 74.9 | 106.4 | 94.2 | 83.3 | 105.2 | 88.3 | 89.2 |
| トマト | 25 | 33.9 | 62.5 | 0.0 | 31.2 | 56.2 | 0.0 | 24.1 | 49.5 | 0.0 | 29.3 | 59.5 | 0.0 | 31.3 | 53.0 | 0.0 |
| にんじん | 26 | 17.0 | 26.0 | 7.3 | 19.3 | 26.1 | 10.0 | 17.1 | 24.7 | 8.4 | 19.5 | 27.3 | 10.0 | 16.4 | 23.5 | 6.1 |
| ほうれん草 | 27 | 14.9 | 34.5 | 0.0 | 9.6 | 22.4 | 0.0 | 11.9 | 30.2 | 0.0 | 17.1 | 36.7 | 0.0 | 11.3 | 27.2 | 0.0 |
| ピーマン | 28 | 6.8 | 16.5 | 0.0 | 3.3 | 8.5 | 0.0 | 5.5 | 14.8 | 0.0 | 8.0 | 18.7 | 0.0 | 3.9 | 9.9 | 0.0 |
| その他の緑黄色野菜 | 29 | 35.9 | 49.8 | 10.1 | 44.2 | 64.2 | 21.0 | 34.0 | 52.3 | 10.0 | 32.5 | 56.9 | 9.6 | 42.4 | 59.3 | 18.0 |
| その他の野菜 | 30～35 | 199.8 | 142.2 | 158.8 | 171.2 | 132.2 | 136.0 | 174.6 | 121.8 | 150.0 | 197.2 | 129.2 | 180.1 | 175.8 | 138.4 | 137.0 |
| キャベツ | 30 | 31.7 | 50.5 | 0.0 | 32.6 | 69.2 | 0.0 | 30.2 | 53.9 | 0.0 | 30.1 | 46.3 | 0.0 | 27.4 | 59.3 | 0.0 |
| きゅうり | 31 | 19.6 | 41.6 | 0.0 | 16.8 | 35.5 | 0.0 | 14.6 | 30.9 | 0.0 | 21.3 | 42.7 | 0.0 | 15.6 | 30.1 | 0.0 |
| 大根 | 32 | 33.8 | 55.6 | 0.0 | 29.0 | 47.2 | 0.0 | 27.3 | 47.0 | 0.0 | 33.9 | 51.0 | 8.3 | 29.8 | 50.0 | 0.0 |
| たまねぎ | 33 | 34.9 | 43.3 | 12.8 | 30.1 | 41.0 | 5.3 | 30.4 | 39.4 | 10.0 | 32.6 | 41.4 | 12.4 | 31.9 | 42.4 | 6.5 |
| はくさい | 34 | 13.8 | 37.7 | 0.0 | 16.7 | 42.9 | 0.0 | 16.1 | 46.7 | 0.0 | 18.9 | 44.8 | 0.0 | 14.8 | 39.6 | 0.0 |
| その他の淡色野菜 | 35 | 66.0 | 68.3 | 48.5 | 46.0 | 51.4 | 34.0 | 55.9 | 57.6 | 41.0 | 60.5 | 54.6 | 48.3 | 56.4 | 67.6 | 37.5 |
| 野菜ジュース | 36 | 13.7 | 55.6 | 0.0 | 9.1 | 37.0 | 0.0 | 14.5 | 58.8 | 0.0 | 17.4 | 79.6 | 0.0 | 12.4 | 43.5 | 0.0 |
| 漬け物 | 37,38 | 16.7 | 25.9 | 0.8 | 21.7 | 40.0 | 3.0 | 14.2 | 26.9 | 0.0 | 15.9 | 25.4 | 0.0 | 18.8 | 33.5 | 2.3 |
| 菜類漬け物 | 37 | 4.0 | 15.2 | 0.0 | 7.6 | 23.9 | 0.0 | 4.2 | 16.1 | 0.0 | 3.4 | 14.6 | 0.0 | 6.3 | 20.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 12.7 | 22.2 | 0.0 | 14.1 | 28.9 | 0.0 | 9.9 | 21.7 | 0.0 | 12.4 | 21.7 | 0.0 | 12.6 | 24.9 | 0.0 |
| 果実類 | 39～45 | 148.5 | 133.3 | 128.5 | 170.7 | 195.9 | 102.5 | 113.8 | 142.6 | 75.0 | 148.5 | 141.0 | 124.8 | 151.0 | 167.2 | 113.0 |
| 生果 | 39～43 | 142.5 | 130.7 | 122.0 | 161.9 | 183.3 | 102.5 | 105.9 | 133.6 | 68.1 | 139.7 | 137.4 | 113.5 | 143.6 | 157.3 | 105.0 |
| いちご | 39 | 0.0 | 0.4 | 0.0 | 0.1 | 1.1 | 0.0 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.9 | 0.0 |
| 柑橘類 | 40 | 23.3 | 48.9 | 0.0 | 21.9 | 39.7 | 0.0 | 14.7 | 37.5 | 0.0 | 17.2 | 41.2 | 0.0 | 23.3 | 45.1 | 0.0 |
| バナナ | 41 | 16.1 | 36.1 | 0.0 | 31.2 | 66.4 | 0.0 | 17.2 | 42.1 | 0.0 | 21.3 | 43.3 | 0.0 | 23.5 | 53.9 | 0.0 |
| りんご | 42 | 34.8 | 58.9 | 0.0 | 39.6 | 72.4 | 0.0 | 28.2 | 60.9 | 0.0 | 34.3 | 64.7 | 0.0 | 36.3 | 63.3 | 0.0 |
| その他の生果 | 43 | 68.3 | 110.3 | 1.0 | 69.0 | 110.9 | 0.0 | 45.7 | 92.1 | 0.0 | 66.8 | 110.2 | 0.0 | 60.4 | 99.1 | 0.0 |
| ジャム | 44 | 2.0 | 5.9 | 0.0 | 3.1 | 8.4 | 0.0 | 1.6 | 5.4 | 0.0 | 2.2 | 5.9 | 0.0 | 2.5 | 7.1 | 0.0 |
| 果汁・果汁飲料 | 45 | 4.1 | 23.1 | 0.0 | 5.7 | 34.8 | 0.0 | 6.2 | 39.0 | 0.0 | 6.6 | 31.8 | 0.0 | 5.0 | 30.3 | 0.0 |
| きのこ類 | 46 | 20.3 | 28.8 | 6.6 | 15.2 | 20.8 | 5.7 | 17.3 | 24.5 | 6.0 | 18.5 | 24.9 | 7.3 | 18.6 | 26.8 | 6.0 |
| 藻類 | 47 | 14.8 | 35.9 | 2.1 | 17.1 | 21.1 | 11.5 | 12.5 | 25.6 | 2.1 | 13.5 | 34.8 | 2.3 | 15.8 | 24.3 | 4.5 |

1人1日当たり(g)

| | 食品群番号 | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 76.3 | 67.7 | 64.0 | 73.5 | 67.8 | 66.8 | 65.1 | 67.5 | 53.0 | 70.3 | 66.4 | 61.7 | 76.5 | 68.4 | 66.8 |
| 生魚介類 | 48～55 | 29.5 | 46.8 | 0.0 | 34.6 | 56.4 | 0.0 | 29.2 | 49.4 | 0.0 | 27.9 | 44.7 | 0.0 | 33.4 | 53.8 | 0.0 |
| あじ、いわし類 | 48 | 9.1 | 32.2 | 0.0 | 7.9 | 28.7 | 0.0 | 6.6 | 25.5 | 0.0 | 7.4 | 28.4 | 0.0 | 8.4 | 29.4 | 0.0 |
| さけ、ます | 49 | 2.0 | 9.8 | 0.0 | 7.1 | 29.5 | 0.0 | 4.3 | 20.3 | 0.0 | 3.1 | 14.4 | 0.0 | 4.4 | 22.5 | 0.0 |
| たい、かれい類 | 50 | 3.3 | 13.9 | 0.0 | 2.0 | 13.0 | 0.0 | 3.4 | 16.4 | 0.0 | 3.7 | 17.2 | 0.0 | 3.5 | 15.4 | 0.0 |
| まぐろ、かじき類 | 51 | 4.1 | 18.8 | 0.0 | 7.8 | 36.3 | 0.0 | 4.1 | 21.5 | 0.0 | 2.3 | 13.4 | 0.0 | 7.0 | 30.8 | 0.0 |
| その他の生魚 | 52 | 4.8 | 18.9 | 0.0 | 5.9 | 22.8 | 0.0 | 5.5 | 23.2 | 0.0 | 6.2 | 24.1 | 0.0 | 5.1 | 21.1 | 0.0 |
| 貝類 | 53 | 0.6 | 3.4 | 0.0 | 2.4 | 13.6 | 0.0 | 0.9 | 6.5 | 0.0 | 0.6 | 3.2 | 0.0 | 1.7 | 10.5 | 0.0 |
| いか、たこ類 | 54 | 4.5 | 17.2 | 0.0 | 1.7 | 10.8 | 0.0 | 2.7 | 12.5 | 0.0 | 3.1 | 15.2 | 0.0 | 2.9 | 12.4 | 0.0 |
| えび、かに類 | 55 | 1.2 | 6.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.6 | 6.4 | 0.0 | 1.6 | 7.2 | 0.0 | 0.4 | 3.2 | 0.0 |
| 魚介加工品 | 56～60 | 46.7 | 55.6 | 29.3 | 38.9 | 57.0 | 15.0 | 36.0 | 51.8 | 14.0 | 42.4 | 50.9 | 27.8 | 43.1 | 57.3 | 19.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 31.8 | 48.1 | 4.0 | 23.0 | 35.0 | 1.0 | 21.7 | 39.6 | 0.0 | 26.5 | 40.6 | 1.6 | 28.0 | 44.1 | 2.0 |
| 魚介(缶詰) | 57 | 4.1 | 14.6 | 0.0 | 1.9 | 12.7 | 0.0 | 3.6 | 15.1 | 0.0 | 4.5 | 19.0 | 0.0 | 3.8 | 15.5 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 1.0 | 4.3 | 0.0 | 0.1 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 3.2 | 0.0 |
| 魚介(練り製品) | 59 | 9.3 | 26.0 | 0.0 | 12.9 | 33.2 | 0.0 | 9.1 | 26.3 | 0.0 | 9.7 | 26.8 | 0.0 | 10.2 | 27.8 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.4 | 8.6 | 0.0 | 0.1 | 1.1 | 0.0 | 1.4 | 10.2 | 0.0 | 1.6 | 9.6 | 0.0 | 0.6 | 4.1 | 0.0 |
| 肉類 | 61～69 | 75.2 | 73.2 | 62.1 | 73.3 | 61.1 | 60.0 | 91.4 | 77.0 | 78.5 | 83.0 | 70.1 | 70.0 | 74.7 | 69.8 | 60.0 |
| 畜肉 | 61～64 | 52.2 | 55.7 | 38.4 | 52.2 | 54.3 | 42.5 | 63.8 | 63.1 | 50.0 | 60.7 | 58.7 | 47.4 | 49.6 | 52.8 | 36.0 |
| 牛肉 | 61 | 7.5 | 30.9 | 0.0 | 8.9 | 27.7 | 0.0 | 9.2 | 30.7 | 0.0 | 10.8 | 36.8 | 0.0 | 7.9 | 26.0 | 0.0 |
| 豚肉 | 62 | 36.4 | 46.4 | 16.3 | 33.5 | 40.1 | 26.8 | 42.9 | 49.7 | 28.9 | 39.6 | 45.9 | 26.7 | 32.9 | 42.2 | 20.0 |
| ハム、ソーセージ類 | 63 | 8.3 | 14.1 | 0.0 | 9.7 | 17.0 | 0.0 | 11.7 | 20.0 | 0.0 | 10.3 | 16.5 | 0.0 | 8.8 | 15.2 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 22.6 | 54.9 | 0.0 | 20.3 | 37.2 | 0.0 | 26.5 | 52.1 | 0.0 | 22.3 | 49.6 | 0.0 | 24.1 | 51.9 | 0.0 |
| 鶏肉 | 65 | 22.6 | 54.9 | 0.0 | 20.3 | 37.2 | 0.0 | 26.5 | 52.1 | 0.0 | 22.3 | 49.6 | 0.0 | 24.1 | 51.9 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.4 | 3.6 | 0.0 | 0.9 | 6.0 | 0.0 | 1.1 | 10.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 5.7 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 39.9 | 36.4 | 44.8 | 38.2 | 31.9 | 48.0 | 42.1 | 38.9 | 45.0 | 42.1 | 36.4 | 49.0 | 39.4 | 34.7 | 45.0 |
| 乳類 | 71～75 | 141.0 | 142.0 | 112.0 | 181.9 | 156.6 | 175.0 | 135.0 | 145.1 | 90.0 | 154.8 | 153.5 | 120.4 | 159.8 | 150.4 | 144.0 |
| 牛乳・乳製品 | 71～74 | 141.0 | 142.0 | 112.0 | 181.9 | 156.6 | 175.0 | 135.0 | 145.1 | 90.0 | 154.8 | 153.5 | 120.4 | 159.8 | 150.4 | 144.0 |
| 牛乳 | 71 | 80.9 | 123.9 | 0.0 | 99.3 | 105.8 | 51.0 | 70.9 | 109.9 | 0.0 | 92.9 | 128.6 | 5.3 | 87.5 | 113.5 | 0.0 |
| チーズ | 72 | 2.7 | 7.1 | 0.0 | 4.5 | 9.4 | 0.0 | 3.6 | 8.0 | 0.0 | 3.6 | 7.7 | 0.0 | 3.5 | 8.1 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 52.8 | 68.6 | 0.0 | 68.2 | 97.7 | 0.0 | 53.9 | 85.2 | 0.0 | 54.7 | 65.8 | 0.0 | 61.4 | 88.7 | 0.0 |
| その他の乳製品 | 74 | 4.6 | 22.1 | 0.0 | 9.9 | 35.5 | 0.0 | 6.6 | 25.6 | 0.0 | 3.6 | 15.2 | 0.0 | 7.4 | 31.4 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 10.2 | 9.0 | 8.0 | 10.7 | 10.3 | 8.0 | 11.7 | 9.5 | 10.0 | 10.3 | 8.2 | 8.8 | 10.7 | 10.4 | 8.0 |
| バター | 76 | 0.7 | 2.1 | 0.0 | 0.5 | 2.0 | 0.0 | 0.6 | 2.1 | 0.0 | 0.6 | 1.9 | 0.0 | 0.6 | 2.2 | 0.0 |
| マーガリン | 77 | 0.9 | 3.3 | 0.0 | 1.9 | 4.5 | 0.0 | 1.2 | 3.5 | 0.0 | 1.2 | 3.9 | 0.0 | 1.6 | 4.0 | 0.0 |
| 植物性油脂 | 78 | 8.2 | 7.6 | 7.0 | 8.0 | 8.2 | 5.0 | 9.6 | 8.5 | 7.5 | 8.3 | 7.2 | 7.1 | 8.1 | 8.6 | 6.2 |
| 動物性油脂 | 79 | 0.5 | 2.3 | 0.0 | 0.3 | 1.7 | 0.0 | 0.3 | 1.6 | 0.0 | 0.2 | 1.6 | 0.0 | 0.4 | 2.1 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.2 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 |
| 菓子類 | 81～85 | 21.2 | 35.0 | 0.0 | 32.6 | 61.5 | 0.0 | 23.4 | 42.7 | 0.0 | 24.2 | 38.5 | 0.0 | 26.6 | 50.5 | 0.0 |
| 和菓子類 | 81 | 10.8 | 23.0 | 0.0 | 20.7 | 53.1 | 0.0 | 11.4 | 30.0 | 0.0 | 14.0 | 27.8 | 0.0 | 15.8 | 41.7 | 0.0 |
| ケーキ・ペストリー類 | 82 | 4.1 | 18.9 | 0.0 | 3.7 | 14.0 | 0.0 | 4.2 | 18.8 | 0.0 | 3.5 | 19.2 | 0.0 | 3.7 | 14.8 | 0.0 |
| ビスケット類 | 83 | 2.2 | 9.1 | 0.0 | 2.1 | 6.4 | 0.0 | 2.2 | 10.2 | 0.0 | 2.5 | 9.3 | 0.0 | 1.8 | 6.1 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.1 | 1.0 | 0.0 | 0.1 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.7 | 0.0 |
| その他の菓子類 | 85 | 4.2 | 16.2 | 0.0 | 6.1 | 24.0 | 0.0 | 5.3 | 19.0 | 0.0 | 4.2 | 14.1 | 0.0 | 5.3 | 21.7 | 0.0 |
| 嗜好飲料類 | 86～91 | 658.4 | 440.4 | 601.0 | 590.5 | 405.2 | 500.0 | 682.0 | 479.2 | 600.0 | 712.9 | 458.0 | 690.2 | 629.0 | 425.6 | 532.0 |
| アルコール飲料 | 86～88 | 85.4 | 182.1 | 0.0 | 42.5 | 124.3 | 0.0 | 97.8 | 255.7 | 0.0 | 102.6 | 222.4 | 0.0 | 69.2 | 165.4 | 0.0 |
| 日本酒 | 86 | 4.2 | 23.3 | 0.0 | 6.4 | 48.8 | 0.0 | 6.2 | 37.3 | 0.0 | 9.5 | 51.6 | 0.0 | 6.3 | 40.5 | 0.0 |
| ビール | 87 | 44.2 | 129.0 | 0.0 | 20.8 | 83.7 | 0.0 | 58.4 | 200.9 | 0.0 | 54.5 | 170.9 | 0.0 | 36.8 | 114.3 | 0.0 |
| 洋酒・その他 | 88 | 37.0 | 108.0 | 0.0 | 15.3 | 62.2 | 0.0 | 33.3 | 129.1 | 0.0 | 38.6 | 108.8 | 0.0 | 26.1 | 94.2 | 0.0 |
| その他の嗜好飲料 | 89～91 | 573.0 | 410.9 | 502.0 | 547.9 | 379.6 | 450.0 | 584.2 | 410.6 | 511.0 | 610.3 | 386.9 | 556.7 | 559.8 | 392.8 | 500.0 |
| 茶 | 89 | 319.6 | 364.3 | 236.7 | 363.7 | 370.3 | 281.0 | 277.2 | 336.9 | 180.0 | 275.5 | 309.6 | 192.5 | 358.2 | 383.4 | 270.0 |
| コーヒー・ココア | 90 | 158.7 | 184.6 | 152.0 | 112.4 | 139.6 | 61.0 | 158.8 | 193.3 | 146.0 | 191.5 | 194.0 | 180.5 | 132.1 | 153.8 | 142.0 |
| その他の嗜好飲料 | 91 | 94.8 | 192.2 | 0.0 | 71.8 | 180.5 | 0.0 | 148.2 | 270.3 | 0.0 | 143.3 | 239.6 | 0.0 | 69.5 | 155.5 | 0.0 |
| 調味料・香辛料類 | 92～98 | 74.9 | 45.0 | 65.3 | 68.9 | 49.8 | 56.2 | 71.3 | 47.8 | 62.4 | 72.9 | 41.0 | 65.2 | 73.0 | 49.1 | 62.4 |
| 調味料 | 92～97 | 74.5 | 44.8 | 64.7 | 68.1 | 49.8 | 56.2 | 70.8 | 47.8 | 61.7 | 72.5 | 41.0 | 64.8 | 72.3 | 49.0 | 61.6 |
| ソース | 92 | 1.3 | 3.9 | 0.0 | 1.7 | 5.2 | 0.0 | 1.7 | 5.0 | 0.0 | 1.0 | 3.6 | 0.0 | 1.7 | 5.0 | 0.0 |
| しょうゆ | 93 | 13.4 | 14.1 | 9.0 | 11.4 | 10.3 | 8.7 | 12.0 | 11.9 | 9.0 | 11.9 | 10.7 | 9.0 | 13.3 | 14.1 | 9.0 |
| 塩 | 94 | 1.1 | 1.4 | 0.6 | 0.9 | 1.1 | 0.5 | 1.2 | 1.3 | 0.8 | 1.1 | 1.3 | 0.6 | 1.0 | 1.3 | 0.6 |
| マヨネーズ | 95 | 3.2 | 7.2 | 0.0 | 3.4 | 9.8 | 0.0 | 3.9 | 7.6 | 0.0 | 4.2 | 7.0 | 0.0 | 3.5 | 9.1 | 0.0 |
| 味噌 | 96 | 11.9 | 12.1 | 10.0 | 16.8 | 19.6 | 12.0 | 11.5 | 12.8 | 9.0 | 11.3 | 10.7 | 9.3 | 15.4 | 17.1 | 12.0 |
| その他の調味料 | 97 | 43.5 | 39.3 | 33.7 | 33.9 | 43.4 | 21.5 | 40.5 | 42.9 | 30.0 | 42.9 | 35.2 | 36.0 | 37.3 | 42.7 | 24.5 |
| 香辛料・その他 | 98 | 0.4 | 0.9 | 0.0 | 0.8 | 3.3 | 0.0 | 0.5 | 1.6 | 0.0 | 0.4 | 0.7 | 0.0 | 0.7 | 2.5 | 0.0 |

表47-2 食品群別摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－男性、1歳以上（年齢階級パターン2）

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 310 | | | 1 | | | 4 | | | 10 | | | 8 | | |
| 総量 | 1～98 | 2,196.1 | 768.4 | 2,152.8 | 854.0 | 0.0 | 854.0 | 1,272.4 | 340.5 | 1,215.1 | 1,609.4 | 461.3 | 1,514.8 | 1,664.9 | 601.2 | 1,525.1 |
| 動物性食品 | 48～76,79 | 361.8 | 197.7 | 338.7 | 50.0 | 0.0 | 50.0 | 300.7 | 166.8 | 340.3 | 479.2 | 194.3 | 462.5 | 527.7 | 305.6 | 487.5 |
| 植物性食品 | 1～47,77,78,80～98 | 1,834.4 | 704.5 | 1,789.4 | 804.0 | 0.0 | 804.0 | 971.7 | 281.3 | 850.4 | 1,130.3 | 347.1 | 1,046.8 | 1,137.2 | 329.6 | 1,122.3 |
| 穀類 | 1～12 | 477.8 | 188.6 | 470.0 | 140.0 | 0.0 | 140.0 | 277.9 | 73.7 | 255.9 | 336.1 | 119.7 | 316.8 | 455.4 | 136.9 | 413.2 |
| 米・加工品 | 1,2 | 358.7 | 202.7 | 340.0 | 140.0 | 0.0 | 140.0 | 165.6 | 58.6 | 179.3 | 267.7 | 133.3 | 275.0 | 368.4 | 155.8 | 357.7 |
| 米 | 1 | 354.6 | 203.1 | 330.0 | 140.0 | 0.0 | 140.0 | 137.1 | 54.9 | 124.3 | 264.4 | 133.5 | 275.0 | 362.6 | 159.2 | 349.5 |
| 米加工品 | 2 | 4.1 | 23.9 | 0.0 | 0.0 | 0.0 | 0.0 | 28.5 | 57.0 | 0.0 | 3.3 | 7.1 | 0.0 | 5.8 | 11.3 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 113.1 | 70.0 | 0.0 | 0.0 | 0.0 | 112.2 | 121.7 | 70.0 | 67.0 | 70.1 | 43.1 | 80.3 | 88.7 | 45.9 |
| 小麦粉類 | 3 | 4.1 | 13.2 | 0.0 | 0.0 | 0.0 | 0.0 | 9.5 | 11.7 | 6.5 | 5.3 | 12.8 | 0.0 | 2.0 | 3.6 | 0.0 |
| パン類(菓子パンを除く) | 4 | 27.7 | 46.2 | 0.0 | 0.0 | 0.0 | 0.0 | 11.3 | 22.5 | 0.0 | 19.7 | 27.3 | 0.0 | 47.4 | 65.2 | 10.0 |
| 菓子パン類 | 5 | 6.2 | 23.6 | 0.0 | 0.0 | 0.0 | 0.0 | 35.0 | 40.4 | 35.0 | 4.7 | 10.4 | 0.0 | 11.3 | 22.3 | 0.0 |
| うどん、中華めん類 | 6 | 46.3 | 90.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 33.5 | 51.0 | 0.0 | 12.8 | 36.1 | 0.0 |
| 即席中華めん | 7 | 4.0 | 18.8 | 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 |
| パスタ類 | 8 | 11.4 | 48.2 | 0.0 | 0.0 | 0.0 | 0.0 | 55.0 | 110.0 | 0.0 | 2.2 | 7.0 | 0.0 | 2.8 | 7.9 | 0.0 |
| その他の小麦加工品 | 9 | 5.4 | 18.1 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 2.9 | 0.0 | 1.6 | 3.1 | 0.0 | 4.1 | 6.3 | 1.4 |
| その他の穀類・加工品 | 10～12 | 14.1 | 55.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 4.4 | 0.0 | 6.6 | 12.9 | 0.0 |
| そば・加工品 | 10 | 8.1 | 44.1 | 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 |
| とうもろこし・加工品 | 11 | 0.9 | 8.0 | 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 |
| その他の穀類 | 12 | 5.1 | 32.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 4.4 | 0.0 | 6.6 | 12.9 | 0.0 |
| いも類 | 13～16 | 58.4 | 83.4 | 34.6 | 30.9 | 0.0 | 30.9 | 61.3 | 51.8 | 68.6 | 54.8 | 66.1 | 38.8 | 74.7 | 85.9 | 40.3 |
| いも・加工品 | 13～15 | 56.8 | 83.2 | 33.3 | 30.9 | 0.0 | 30.9 | 56.9 | 48.1 | 61.5 | 53.1 | 64.7 | 38.5 | 72.1 | 83.5 | 37.0 |
| さつまいも・加工品 | 13 | 7.8 | 28.4 | 0.0 | 0.0 | 0.0 | 0.0 | 36.5 | 43.9 | 29.0 | 24.4 | 64.9 | 0.0 | 25.7 | 72.8 | 0.0 |
| じゃがいも・加工品 | 14 | 26.7 | 45.1 | 0.0 | 30.9 | 0.0 | 30.9 | 20.4 | 24.0 | 17.5 | 26.4 | 36.0 | 17.8 | 27.9 | 53.1 | 0.0 |
| その他のいも・加工品 | 15 | 22.3 | 58.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.3 | 7.3 | 0.0 | 18.5 | 21.9 | 10.0 |
| でんぷん・加工品 | 16 | 1.6 | 4.4 | 0.0 | 0.0 | 0.0 | 0.0 | 4.4 | 5.4 | 2.8 | 1.7 | 2.7 | 0.5 | 2.6 | 3.1 | 1.7 |
| 砂糖・甘味料類 | 17 | 6.6 | 8.7 | 3.0 | 0.0 | 0.0 | 0.0 | 6.6 | 5.6 | 5.5 | 5.2 | 5.7 | 2.5 | 5.5 | 7.5 | 2.0 |
| 豆類 | 18～23 | 65.9 | 88.1 | 40.0 | 65.0 | 0.0 | 65.0 | 29.3 | 21.1 | 33.7 | 15.4 | 20.6 | 5.6 | 55.0 | 64.3 | 25.0 |
| 大豆・加工品 | 18～22 | 63.7 | 82.3 | 40.0 | 65.0 | 0.0 | 65.0 | 29.3 | 21.1 | 33.7 | 15.4 | 20.6 | 5.6 | 55.0 | 64.3 | 25.0 |
| 大豆(全粒)・加工品 | 18 | 3.2 | 18.0 | 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 |
| 豆腐 | 19 | 38.0 | 65.2 | 0.0 | 15.0 | 0.0 | 15.0 | 9.1 | 14.3 | 3.2 | 5.4 | 11.4 | 0.0 | 37.7 | 60.3 | 10.0 |
| 油揚げ類 | 20 | 4.4 | 12.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 0.0 | 3.1 | 3.6 | 2.0 | 2.6 | 5.7 | 0.0 |
| 納豆 | 21 | 13.5 | 21.1 | 0.0 | 20.0 | 0.0 | 20.0 | 7.5 | 15.0 | 0.0 | 3.2 | 10.1 | 0.0 | 10.0 | 19.3 | 0.0 |
| その他の大豆加工品 | 22 | 4.6 | 24.3 | 0.0 | 30.0 | 0.0 | 30.0 | 12.5 | 25.0 | 0.0 | 3.8 | 11.9 | 0.0 | 4.7 | 13.3 | 0.0 |
| その他の豆・加工品 | 23 | 2.2 | 16.8 | 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 |
| 種実類 | 24 | 2.7 | 10.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.6 | 0.5 | 0.6 | 1.1 | 0.0 | 0.3 | 0.4 | 0.0 |
| 野菜類 | 25～38 | 291.3 | 179.8 | 255.6 | 109.7 | 0.0 | 109.7 | 112.5 | 46.0 | 112.3 | 168.5 | 52.0 | 181.6 | 198.0 | 115.3 | 183.0 |
| 緑黄色野菜 | 25～29 | 86.1 | 81.1 | 69.0 | 47.2 | 0.0 | 47.2 | 46.0 | 44.0 | 38.0 | 45.5 | 25.2 | 38.5 | 52.8 | 41.7 | 45.9 |
| トマト | 25 | 20.8 | 50.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 2.2 | 0.0 | 6.3 | 9.5 | 0.0 |
| にんじん | 26 | 19.0 | 24.9 | 11.2 | 37.2 | 0.0 | 37.2 | 20.2 | 19.0 | 15.4 | 25.6 | 17.2 | 20.3 | 24.1 | 20.6 | 16.9 |
| ほうれん草 | 27 | 10.3 | 26.5 | 0.0 | 0.0 | 0.0 | 0.0 | 20.7 | 41.4 | 0.0 | 8.9 | 12.8 | 5.0 | 5.8 | 8.0 | 0.0 |
| ピーマン | 28 | 5.8 | 17.2 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 3.9 | 2.5 | 4.2 | 9.4 | 0.0 | 2.2 | 4.4 | 0.0 |
| その他の緑黄色野菜 | 29 | 30.3 | 47.5 | 7.4 | 10.0 | 0.0 | 10.0 | 1.8 | 2.0 | 1.6 | 6.2 | 8.7 | 1.0 | 14.5 | 16.8 | 9.9 |
| その他の野菜 | 30～35 | 174.2 | 123.6 | 150.8 | 62.5 | 0.0 | 62.5 | 66.5 | 13.1 | 61.0 | 122.8 | 40.2 | 139.7 | 117.3 | 58.5 | 96.3 |
| キャベツ | 30 | 31.1 | 56.6 | 0.0 | 0.0 | 0.0 | 0.0 | 6.3 | 12.5 | 0.0 | 28.0 | 29.0 | 22.5 | 11.8 | 21.8 | 0.0 |
| きゅうり | 31 | 14.6 | 32.8 | 0.0 | 0.0 | 0.0 | 0.0 | 3.8 | 7.5 | 0.0 | 5.6 | 8.1 | 0.0 | 16.8 | 16.5 | 16.9 |
| 大根 | 32 | 24.5 | 44.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.5 | 12.2 | 3.8 | 9.5 | 12.9 | 3.2 |
| たまねぎ | 33 | 31.7 | 40.4 | 13.2 | 32.5 | 0.0 | 32.5 | 36.3 | 14.4 | 42.5 | 45.8 | 40.2 | 35.6 | 22.3 | 32.9 | 9.0 |
| はくさい | 34 | 15.9 | 47.2 | 0.0 | 30.0 | 0.0 | 30.0 | 5.8 | 11.5 | 0.0 | 12.0 | 25.3 | 0.0 | 7.5 | 10.3 | 0.0 |
| その他の淡色野菜 | 35 | 56.5 | 58.4 | 40.1 | 0.0 | 0.0 | 0.0 | 14.5 | 9.9 | 16.3 | 21.9 | 24.8 | 14.0 | 49.5 | 45.8 | 45.5 |
| 野菜ジュース | 36 | 17.7 | 65.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 25.0 | 70.7 | 0.0 |
| 漬け物 | 37,38 | 13.3 | 26.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.0 | 2.9 | 7.0 | 0.0 |
| 葉類漬け物 | 37 | 3.8 | 16.5 | 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 |
| たくあん・その他の漬け物 | 38 | 9.4 | 20.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.0 | 2.9 | 7.0 | 0.0 |
| 果実類 | 39～45 | 106.8 | 149.4 | 59.6 | 0.0 | 0.0 | 0.0 | 117.7 | 52.7 | 120.9 | 139.6 | 144.1 | 93.3 | 51.8 | 40.4 | 49.5 |
| 生果 | 39～43 | 97.3 | 136.3 | 53.7 | 0.0 | 0.0 | 0.0 | 55.2 | 41.3 | 61.0 | 139.4 | 144.3 | 93.3 | 38.5 | 38.2 | 36.0 |
| いちご | 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 | 0.0 | 0.0 |
| 柑橘類 | 40 | 15.5 | 39.9 | 0.0 | 0.0 | 0.0 | 0.0 | 28.0 | 33.8 | 22.0 | 68.5 | 111.3 | 26.7 | 25.3 | 29.5 | 18.0 |
| バナナ | 41 | 17.5 | 49.2 | 0.0 | 0.0 | 0.0 | 0.0 | 24.7 | 49.4 | 0.0 | 40.4 | 110.1 | 0.0 | 9.4 | 26.5 | 0.0 |
| りんご | 42 | 26.8 | 60.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 27.5 | 41.1 | 2.5 | 0.0 | 0.0 | 0.0 |
| その他の生果 | 43 | 37.5 | 87.7 | 0.0 | 0.0 | 0.0 | 0.0 | 2.5 | 5.0 | 0.0 | 3.0 | 9.5 | 0.0 | 3.8 | 10.6 | 0.0 |
| ジャム | 44 | 1.2 | 4.8 | 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 |
| 果汁・果汁飲料 | 45 | 8.3 | 47.0 | 0.0 | 0.0 | 0.0 | 0.0 | 62.5 | 82.9 | 37.5 | 0.2 | 0.6 | 0.0 | 13.3 | 36.3 | 0.0 |
| きのこ類 | 46 | 16.4 | 24.5 | 6.1 | 15.0 | 0.0 | 15.0 | 4.4 | 5.7 | 2.9 | 12.8 | 12.9 | 8.0 | 11.1 | 7.7 | 9.5 |
| 藻類 | 47 | 12.3 | 27.2 | 2.5 | 0.0 | 0.0 | 0.0 | 3.4 | 5.7 | 0.9 | 6.5 | 9.5 | 3.0 | 9.2 | 16.5 | 0.3 |

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 67.3 | 72.4 | 52.9 | 0.0 | 0.0 | 0.0 | 35.8 | 25.0 | 36.1 | 22.8 | 30.6 | 10.9 | 35.5 | 41.4 | 15.1 |
| 生魚介類 | 48～55 | 32.7 | 52.1 | 0.0 | 0.0 | 0.0 | 0.0 | 15.8 | 31.5 | 0.0 | 15.9 | 27.5 | 0.0 | 21.9 | 34.0 | 0.0 |
| あじ、いわし類 | 48 | 7.3 | 26.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.0 | 19.0 | 0.0 | 6.9 | 12.8 | 0.0 |
| さけ、ます | 49 | 4.3 | 18.1 | 0.0 | 0.0 | 0.0 | 0.0 | 12.0 | 24.0 | 0.0 | 2.9 | 9.1 | 0.0 | 6.3 | 17.7 | 0.0 |
| たい、かれい類 | 50 | 4.1 | 18.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 6.3 | 0.0 | 2.5 | 7.1 | 0.0 |
| まぐろ、かじき類 | 51 | 5.4 | 24.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.0 | 15.8 | 0.0 | 6.3 | 17.7 | 0.0 |
| その他の生魚 | 52 | 6.6 | 26.2 | 0.0 | 0.0 | 0.0 | 0.0 | 3.8 | 7.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 0.6 | 3.5 | 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 |
| いか、たこ類 | 54 | 2.8 | 13.0 | 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 |
| えび、かに類 | 55 | 1.7 | 6.7 | 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 |
| 魚介加工品 | 56～60 | 34.6 | 53.8 | 11.0 | 0.0 | 0.0 | 0.0 | 20.0 | 21.8 | 15.3 | 6.9 | 7.0 | 5.9 | 13.6 | 25.2 | 1.5 |
| 魚介(塩蔵、生干し、乾物) | 56 | 20.4 | 37.2 | 0.3 | 0.0 | 0.0 | 0.0 | 18.0 | 23.6 | 11.3 | 0.4 | 0.9 | 0.0 | 5.8 | 14.2 | 0.0 |
| 魚介(缶詰) | 57 | 3.7 | 14.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 4.3 | 0.0 | 2.3 | 6.4 | 0.0 |
| 魚介(佃煮) | 58 | 0.2 | 1.9 | 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 |
| 魚介(練り製品) | 59 | 8.5 | 26.8 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 4.0 | 0.0 | 4.5 | 4.5 | 3.9 | 5.6 | 10.7 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.8 | 12.5 | 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 | 61～69 | 101.4 | 84.9 | 86.4 | 50.0 | 0.0 | 50.0 | 53.5 | 48.1 | 40.0 | 105.0 | 62.9 | 87.4 | 101.4 | 48.4 | 109.3 |
| 畜肉 | 61～64 | 71.6 | 69.8 | 60.0 | 40.0 | 0.0 | 40.0 | 31.3 | 28.4 | 32.5 | 74.0 | 54.3 | 55.5 | 80.7 | 39.8 | 89.9 |
| 牛肉 | 61 | 10.4 | 34.4 | 0.0 | 0.0 | 0.0 | 0.0 | 12.5 | 25.0 | 0.0 | 0.6 | 2.0 | 0.0 | 15.3 | 30.0 | 0.0 |
| 豚肉 | 62 | 48.4 | 54.6 | 36.0 | 40.0 | 0.0 | 40.0 | 15.0 | 30.0 | 0.0 | 60.6 | 42.4 | 48.3 | 52.9 | 38.0 | 39.9 |
| ハム、ソーセージ類 | 63 | 12.8 | 22.8 | 0.0 | 0.0 | 0.0 | 0.0 | 3.8 | 7.5 | 0.0 | 12.8 | 13.8 | 9.0 | 12.6 | 18.6 | 6.4 |
| 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 28.8 | 57.1 | 0.0 | 10.0 | 0.0 | 10.0 | 22.3 | 32.6 | 10.0 | 31.0 | 27.1 | 35.5 | 20.7 | 39.5 | 0.0 |
| 鶏肉 | 65 | 28.8 | 57.1 | 0.0 | 10.0 | 0.0 | 10.0 | 22.3 | 32.6 | 10.0 | 31.0 | 27.1 | 35.5 | 20.7 | 39.5 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 1.1 | 11.6 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 43.3 | 42.0 | 44.0 | 0.0 | 0.0 | 0.0 | 19.8 | 23.9 | 15.6 | 44.4 | 37.1 | 41.4 | 27.2 | 37.2 | 13.6 |
| 乳類 | 71～75 | 148.7 | 163.3 | 99.6 | 0.0 | 0.0 | 0.0 | 185.3 | 130.4 | 217.5 | 306.4 | 173.9 | 289.5 | 362.8 | 250.1 | 326.6 |
| 牛乳・乳製品 | 71～74 | 148.7 | 163.3 | 99.6 | 0.0 | 0.0 | 0.0 | 185.3 | 130.4 | 217.5 | 306.4 | 173.9 | 289.5 | 362.8 | 250.1 | 326.6 |
| 牛乳 | 71 | 90.2 | 125.5 | 0.0 | 0.0 | 0.0 | 0.0 | 139.0 | 97.2 | 175.0 | 239.9 | 133.1 | 208.1 | 278.8 | 183.4 | 236.0 |
| チーズ | 72 | 2.9 | 7.4 | 0.0 | 0.0 | 0.0 | 0.0 | 3.8 | 7.5 | 0.0 | 3.6 | 7.1 | 0.0 | 5.0 | 9.3 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 44.9 | 81.2 | 0.0 | 0.0 | 0.0 | 0.0 | 17.5 | 35.0 | 0.0 | 28.6 | 50.5 | 0.0 | 39.1 | 61.8 | 0.0 |
| その他の乳製品 | 74 | 10.8 | 42.2 | 0.0 | 0.0 | 0.0 | 0.0 | 25.0 | 50.0 | 0.0 | 34.3 | 67.5 | 1.0 | 39.8 | 76.0 | 1.5 |
| 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 12.2 | 9.7 | 10.3 | 0.0 | 0.0 | 0.0 | 14.5 | 10.3 | 12.8 | 7.9 | 4.5 | 7.4 | 8.1 | 4.5 | 7.7 |
| バター | 76 | 0.7 | 2.1 | 0.0 | 0.0 | 0.0 | 0.0 | 6.4 | 5.3 | 7.0 | 0.7 | 2.2 | 0.0 | 0.9 | 2.5 | 0.0 |
| マーガリン | 77 | 1.0 | 3.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 1.9 | 0.0 | 0.8 | 2.1 | 0.0 |
| 植物性油脂 | 78 | 10.2 | 8.9 | 8.0 | 0.0 | 0.0 | 0.0 | 8.2 | 6.6 | 5.1 | 6.3 | 3.4 | 4.7 | 6.2 | 4.4 | 5.2 |
| 動物性油脂 | 79 | 0.4 | 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 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.7 | 0.0 |
| 菓子類 | 81～85 | 22.7 | 42.3 | 0.0 | 4.8 | 0.0 | 4.8 | 58.0 | 18.3 | 64.4 | 31.9 | 28.8 | 26.0 | 5.7 | 9.0 | 0.0 |
| 和菓子類 | 81 | 9.9 | 29.3 | 0.0 | 4.8 | 0.0 | 4.8 | 0.0 | 0.0 | 0.0 | 6.5 | 17.6 | 0.0 | 1.1 | 3.1 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.4 | 16.9 | 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 |
| ビスケット類 | 83 | 1.8 | 7.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 1.0 | 0.0 | 1.8 | 5.7 | 0.0 | 1.3 | 3.5 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 | 3.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 7.6 | 24.8 | 0.0 | 0.0 | 0.0 | 0.0 | 55.7 | 21.3 | 64.4 | 23.6 | 26.2 | 22.5 | 3.4 | 4.9 | 0.0 |
| 嗜好飲料類 | 86～91 | 689.8 | 504.7 | 601.3 | 430.0 | 0.0 | 430.0 | 260.5 | 345.8 | 132.5 | 309.2 | 239.4 | 300.0 | 203.9 | 191.2 | 163.5 |
| アルコール飲料 | 86～88 | 127.1 | 289.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.5 | 0.0 | 0.9 | 1.4 | 0.5 | 1.2 | 0.8 | 1.1 |
| 日本酒 | 86 | 8.2 | 43.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.5 | 0.0 | 0.9 | 1.4 | 0.5 | 1.1 | 0.9 | 1.1 |
| ビール | 87 | 73.7 | 212.1 | 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 |
| 洋酒・その他 | 88 | 45.2 | 156.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.4 | 0.0 |
| その他の嗜好飲料 | 89～91 | 562.7 | 419.9 | 500.0 | 430.0 | 0.0 | 430.0 | 260.3 | 346.0 | 132.5 | 308.3 | 239.2 | 300.0 | 202.7 | 191.2 | 162.0 |
| 茶 | 89 | 231.0 | 318.9 | 50.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 12.1 | 37.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| コーヒー・ココア | 90 | 147.0 | 212.0 | 4.5 | 0.0 | 0.0 | 0.0 | 1.5 | 3.0 | 0.0 | 4.6 | 12.6 | 0.0 | 35.6 | 100.4 | 0.0 |
| その他の嗜好飲料 | 91 | 184.7 | 286.2 | 0.0 | 430.0 | 0.0 | 430.0 | 258.8 | 347.5 | 132.5 | 291.6 | 240.7 | 275.0 | 167.0 | 168.1 | 134.8 |
| 調味料・香辛料類 | 92～98 | 72.5 | 47.1 | 64.9 | 8.6 | 0.0 | 8.6 | 31.5 | 18.6 | 32.6 | 42.5 | 14.4 | 41.0 | 59.3 | 23.0 | 52.9 |
| 調味料 | 92～97 | 72.0 | 47.0 | 64.1 | 8.6 | 0.0 | 8.6 | 31.4 | 18.7 | 32.6 | 42.4 | 14.4 | 41.0 | 59.2 | 23.1 | 52.9 |
| ソース | 92 | 2.0 | 5.6 | 0.0 | 0.0 | 0.0 | 0.0 | 3.8 | 7.5 | 0.0 | 2.9 | 6.3 | 0.0 | 1.6 | 2.3 | 0.0 |
| しょうゆ | 93 | 12.6 | 12.8 | 9.0 | 0.0 | 0.0 | 0.0 | 4.4 | 0.7 | 4.5 | 8.6 | 6.3 | 7.3 | 9.7 | 10.8 | 5.1 |
| 塩 | 94 | 1.3 | 1.4 | 0.9 | 0.9 | 0.0 | 0.9 | 0.9 | 1.0 | 0.5 | 1.0 | 0.8 | 0.8 | 0.5 | 0.3 | 0.4 |
| マヨネーズ | 95 | 3.8 | 7.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 1.6 | 0.0 | 2.0 | 3.6 | 0.0 | 4.8 | 10.1 | 0.0 |
| 味噌 | 96 | 11.9 | 13.0 | 9.3 | 2.0 | 0.0 | 2.0 | 1.4 | 1.6 | 1.3 | 3.7 | 4.9 | 0.0 | 5.6 | 5.9 | 4.2 |
| その他の調味料 | 97 | 40.4 | 41.7 | 30.7 | 5.7 | 0.0 | 5.7 | 20.2 | 14.5 | 19.5 | 24.1 | 11.5 | 22.8 | 37.1 | 27.7 | 25.9 |
| 香辛料・その他 | 98 | 0.5 | 1.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.2 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | | 50～69歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 11 | | | 4 | | | 15 | | | 59 | | | 84 | | |
| 総量 | 1～98 | 2,218.6 | 456.5 | 2,126.5 | 2,222.6 | 679.2 | 2,022.1 | 1,970.2 | 679.6 | 2,032.0 | 2,094.1 | 811.6 | 2,041.4 | 2,317.4 | 727.0 | 2,196.6 |
| 動物性食品 | 48～76,79 | 543.8 | 177.5 | 516.5 | 445.9 | 153.1 | 449.5 | 415.0 | 250.0 | 356.0 | 313.4 | 177.8 | 289.2 | 349.9 | 182.5 | 315.2 |
| 植物性食品 | 1～47,77,78,80～98 | 1,674.8 | 348.0 | 1,563.2 | 1,776.7 | 635.5 | 1,706.7 | 1,555.2 | 612.5 | 1,603.3 | 1,780.8 | 732.5 | 1,789.1 | 1,967.5 | 686.1 | 1,877.2 |
| 穀類 | 1～12 | 558.2 | 152.0 | 515.0 | 589.4 | 155.1 | 613.9 | 528.1 | 169.3 | 521.5 | 525.5 | 222.1 | 477.1 | 503.5 | 188.0 | 480.0 |
| 米・加工品 | 1,2 | 454.8 | 198.1 | 400.0 | 500.0 | 147.2 | 500.0 | 481.3 | 175.6 | 503.0 | 417.7 | 242.9 | 400.0 | 363.4 | 201.4 | 345.9 |
| 米 | 1 | 454.8 | 198.1 | 400.0 | 500.0 | 147.2 | 500.0 | 481.1 | 176.0 | 503.0 | 411.5 | 242.0 | 400.0 | 361.0 | 201.1 | 345.9 |
| 米加工品 | 2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.0 | 0.0 | 6.1 | 39.5 | 0.0 | 2.4 | 17.1 | 0.0 |
| 小麦・加工品 | 3～9 | 101.3 | 92.9 | 84.0 | 64.4 | 83.4 | 40.7 | 46.3 | 51.7 | 22.5 | 97.3 | 118.7 | 67.0 | 119.4 | 133.5 | 78.0 |
| 小麦粉類 | 3 | 28.6 | 38.3 | 3.0 | 2.7 | 5.4 | 0.0 | 1.0 | 1.7 | 0.0 | 2.1 | 4.2 | 0.0 | 4.9 | 13.6 | 0.0 |
| パン類(菓子パンを除く) | 4 | 24.1 | 47.8 | 0.0 | 26.3 | 35.4 | 15.0 | 5.6 | 14.7 | 0.0 | 25.6 | 53.5 | 0.0 | 29.2 | 50.5 | 0.0 |
| 菓子パン類 | 5 | 9.1 | 30.2 | 0.0 | 0.0 | 0.0 | 0.0 | 12.2 | 32.4 | 0.0 | 3.5 | 16.6 | 0.0 | 5.2 | 21.0 | 0.0 |
| うどん、中華めん類 | 6 | 35.9 | 63.0 | 0.0 | 25.3 | 50.6 | 0.0 | 16.7 | 45.0 | 0.0 | 35.1 | 78.7 | 0.0 | 49.7 | 102.9 | 0.0 |
| 即席中華めん | 7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.8 | 27.2 | 0.0 | 6.0 | 23.0 | 0.0 |
| パスタ類 | 8 | 0.0 | 0.0 | 0.0 | 5.5 | 11.0 | 0.0 | 9.3 | 23.6 | 0.0 | 14.9 | 60.0 | 0.0 | 20.6 | 65.9 | 0.0 |
| その他の小麦加工品 | 9 | 3.6 | 8.3 | 0.0 | 4.6 | 8.3 | 0.8 | 1.5 | 2.9 | 0.0 | 7.3 | 16.6 | 0.0 | 3.8 | 9.6 | 0.0 |
| その他の穀類・加工品 | 10～12 | 2.2 | 7.2 | 0.0 | 25.0 | 50.0 | 0.0 | 0.5 | 2.1 | 0.0 | 10.6 | 48.0 | 0.0 | 20.7 | 71.2 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 15.5 | 61.1 | 0.0 |
| とうもろこし・加工品 | 11 | 2.2 | 7.2 | 0.0 | 25.0 | 50.0 | 0.0 | 0.5 | 2.1 | 0.0 | 1.1 | 8.7 | 0.0 | 0.2 | 1.6 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.4 | 47.4 | 0.0 | 5.1 | 38.8 | 0.0 |
| いも類 | 13～16 | 49.5 | 55.4 | 24.0 | 31.6 | 19.7 | 37.3 | 37.5 | 37.8 | 33.3 | 44.7 | 48.0 | 28.2 | 48.5 | 67.2 | 17.1 |
| いも・加工品 | 13～15 | 48.3 | 52.7 | 24.0 | 30.7 | 21.4 | 37.3 | 33.9 | 37.6 | 30.0 | 42.0 | 47.4 | 28.2 | 47.3 | 67.4 | 8.9 |
| さつまいも・加工品 | 13 | 1.8 | 6.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.6 | 10.0 | 0.0 | 3.7 | 16.0 | 0.0 | 6.3 | 21.4 | 0.0 |
| じゃがいも・加工品 | 14 | 27.6 | 44.3 | 22.0 | 22.4 | 26.0 | 20.6 | 23.9 | 39.8 | 0.0 | 27.3 | 41.5 | 0.0 | 25.9 | 45.9 | 0.0 |
| その他のいも・加工品 | 15 | 18.9 | 22.3 | 9.0 | 8.3 | 16.7 | 0.0 | 7.4 | 13.1 | 0.0 | 10.9 | 26.3 | 0.0 | 15.1 | 36.8 | 0.0 |
| でんぷん・加工品 | 16 | 1.2 | 3.2 | 0.0 | 0.9 | 1.8 | 0.0 | 3.6 | 6.0 | 0.0 | 2.7 | 6.3 | 0.0 | 1.3 | 3.7 | 0.0 |
| 砂糖・甘味料類 | 17 | 7.8 | 7.6 | 3.2 | 2.0 | 3.5 | 0.5 | 3.0 | 5.0 | 0.0 | 4.7 | 6.2 | 1.9 | 6.7 | 9.0 | 2.8 |
| 豆類 | 18～23 | 36.2 | 37.5 | 30.0 | 9.8 | 8.2 | 9.5 | 44.4 | 50.7 | 20.1 | 72.8 | 99.2 | 40.0 | 73.9 | 82.5 | 50.0 |
| 大豆・加工品 | 18～22 | 36.2 | 37.5 | 30.0 | 9.8 | 8.2 | 9.5 | 43.8 | 51.2 | 20.1 | 72.5 | 99.0 | 40.0 | 71.8 | 83.0 | 50.0 |
| 大豆(全粒)・加工品 | 18 | 3.6 | 4.2 | 0.0 | 3.0 | 6.0 | 0.0 | 0.8 | 3.1 | 0.0 | 5.2 | 19.7 | 0.0 | 1.9 | 9.6 | 0.0 |
| 豆腐 | 19 | 28.9 | 37.6 | 20.0 | 2.5 | 5.0 | 0.0 | 33.9 | 48.8 | 15.0 | 47.0 | 85.7 | 0.0 | 43.7 | 65.3 | 0.0 |
| 油揚げ類 | 20 | 0.9 | 2.1 | 0.0 | 4.3 | 5.0 | 4.1 | 1.7 | 3.1 | 0.0 | 2.9 | 9.4 | 0.0 | 5.4 | 13.5 | 0.0 |
| 納豆 | 21 | 2.7 | 9.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.3 | 15.3 | 0.0 | 11.7 | 20.5 | 0.0 | 16.9 | 23.5 | 0.0 |
| その他の大豆加工品 | 22 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.7 | 26.1 | 0.0 | 4.0 | 21.3 | 0.0 |
| その他の豆・加工品 | 23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 2.4 | 0.0 | 0.3 | 2.0 | 0.0 | 2.1 | 8.2 | 0.0 |
| 種実類 | 24 | 0.2 | 0.4 | 0.0 | 0.1 | 0.2 | 0.0 | 0.2 | 0.4 | 0.0 | 1.1 | 3.4 | 0.0 | 2.5 | 10.5 | 0.0 |
| 野菜類 | 25～38 | 240.3 | 63.3 | 242.3 | 239.8 | 60.5 | 222.7 | 193.2 | 112.0 | 161.1 | 245.2 | 156.8 | 201.5 | 308.3 | 174.4 | 295.0 |
| 緑黄色野菜 | 25～29 | 83.1 | 57.8 | 58.5 | 87.1 | 54.3 | 101.5 | 41.0 | 36.7 | 31.5 | 76.2 | 83.3 | 50.1 | 83.3 | 69.1 | 73.6 |
| トマト | 25 | 4.1 | 9.2 | 0.0 | 3.3 | 6.5 | 0.0 | 0.0 | 0.0 | 0.0 | 14.6 | 37.4 | 0.0 | 21.4 | 43.7 | 0.0 |
| にんじん | 26 | 21.5 | 13.5 | 16.6 | 30.1 | 25.1 | 30.1 | 19.5 | 19.3 | 17.1 | 22.3 | 35.3 | 9.0 | 16.3 | 21.2 | 10.2 |
| ほうれん草 | 27 | 8.2 | 13.2 | 0.0 | 0.0 | 0.0 | 0.0 | 2.7 | 10.3 | 0.0 | 9.5 | 26.7 | 0.0 | 10.4 | 26.9 | 0.0 |
| ピーマン | 28 | 25.8 | 53.5 | 0.0 | 2.5 | 5.0 | 0.0 | 0.7 | 1.9 | 0.0 | 4.5 | 9.8 | 0.0 | 5.3 | 15.8 | 0.0 |
| その他の緑黄色野菜 | 29 | 23.6 | 16.9 | 27.3 | 51.2 | 35.3 | 64.9 | 18.2 | 26.3 | 0.0 | 25.2 | 39.3 | 2.0 | 30.0 | 45.9 | 7.4 |
| その他の野菜 | 30～35 | 156.1 | 60.1 | 158.6 | 148.5 | 57.5 | 145.8 | 144.9 | 101.2 | 125.7 | 153.3 | 106.0 | 147.0 | 179.9 | 115.1 | 164.7 |
| キャベツ | 30 | 26.4 | 32.2 | 3.0 | 62.7 | 48.8 | 70.0 | 20.1 | 29.3 | 0.0 | 30.5 | 45.6 | 0.0 | 32.8 | 69.6 | 0.0 |
| きゅうり | 31 | 18.4 | 22.0 | 20.0 | 0.0 | 0.0 | 0.0 | 3.0 | 7.4 | 0.0 | 8.0 | 17.3 | 0.0 | 16.3 | 26.7 | 0.0 |
| 大根 | 32 | 40.0 | 56.2 | 24.0 | 16.3 | 32.7 | 0.0 | 10.3 | 23.4 | 0.0 | 23.9 | 49.8 | 0.0 | 19.7 | 35.7 | 0.0 |
| たまねぎ | 33 | 30.1 | 36.2 | 30.0 | 16.5 | 20.1 | 12.5 | 34.3 | 40.5 | 25.0 | 28.9 | 38.7 | 11.0 | 28.5 | 37.4 | 12.4 |
| はくさい | 34 | 5.3 | 9.6 | 0.0 | 0.0 | 0.0 | 0.0 | 33.5 | 92.1 | 0.0 | 5.3 | 21.1 | 0.0 | 20.3 | 57.2 | 0.0 |
| その他の淡色野菜 | 35 | 35.9 | 29.2 | 26.0 | 53.1 | 50.8 | 45.1 | 43.7 | 29.9 | 41.4 | 56.8 | 56.7 | 38.6 | 62.4 | 60.4 | 43.0 |
| 野菜ジュース | 36 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.8 | 31.6 | 0.0 | 32.2 | 91.6 | 0.0 |
| 漬け物 | 37,38 | 1.1 | 2.5 | 0.0 | 4.2 | 8.3 | 0.0 | 7.3 | 11.8 | 0.0 | 10.0 | 25.0 | 0.0 | 12.8 | 22.0 | 0.0 |
| 葉類漬け物 | 37 | 0.0 | 0.0 | 0.0 | 4.2 | 8.3 | 0.0 | 2.2 | 7.3 | 0.0 | 1.9 | 8.4 | 0.0 | 3.8 | 15.9 | 0.0 |
| たくあん・その他の漬け物 | 38 | 1.1 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 | 5.1 | 10.5 | 0.0 | 8.1 | 24.1 | 0.0 | 9.0 | 16.5 | 0.0 |
| 果実類 | 39～45 | 24.6 | 32.7 | 0.0 | 76.3 | 92.5 | 47.6 | 28.2 | 37.9 | 9.0 | 51.4 | 93.5 | 0.0 | 96.5 | 142.0 | 53.0 |
| 生果 | 39～43 | 24.2 | 32.5 | 0.0 | 76.3 | 92.5 | 47.6 | 27.5 | 38.1 | 9.0 | 51.0 | 93.0 | 0.0 | 76.7 | 101.5 | 43.5 |
| いちご | 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 | 0.0 | 0.0 |
| 柑橘類 | 40 | 18.5 | 30.6 | 0.0 | 0.0 | 0.0 | 0.0 | 7.8 | 18.7 | 0.0 | 6.7 | 26.5 | 0.0 | 9.5 | 26.7 | 0.0 |
| バナナ | 41 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.2 | 29.5 | 0.0 | 19.5 | 40.7 | 0.0 |
| りんご | 42 | 0.0 | 0.0 | 0.0 | 61.3 | 100.5 | 17.6 | 11.4 | 27.9 | 0.0 | 14.8 | 38.5 | 0.0 | 23.4 | 62.0 | 0.0 |
| その他の生果 | 43 | 5.7 | 18.8 | 0.0 | 15.0 | 30.0 | 0.0 | 8.3 | 19.7 | 0.0 | 22.2 | 72.4 | 0.0 | 24.3 | 56.9 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 2.3 | 0.0 | 1.0 | 3.5 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.4 | 1.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 2.6 | 0.0 | 0.2 | 1.3 | 0.0 | 18.8 | 79.4 | 0.0 |
| きのこ類 | 46 | 6.4 | 6.4 | 8.6 | 13.2 | 17.2 | 8.3 | 14.0 | 10.0 | 16.7 | 12.3 | 22.2 | 0.0 | 16.9 | 24.1 | 1.4 |
| 藻類 | 47 | 6.3 | 8.4 | 0.4 | 15.0 | 23.2 | 4.0 | 11.9 | 16.1 | 3.5 | 6.8 | 10.3 | 2.0 | 11.8 | 23.0 | 2.3 |

1人1日当たり(g)

| | 食品群番号 | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | | 50～69歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 57.9 | 39.1 | 75.3 | 66.1 | 69.8 | 43.6 | 26.4 | 29.9 | 20.0 | 57.2 | 57.3 | 42.3 | 75.9 | 88.1 | 50.0 |
| 生魚介類 | 48～55 | 40.7 | 39.4 | 30.0 | 31.8 | 63.6 | 0.0 | 15.7 | 25.3 | 0.0 | 34.3 | 55.1 | 0.0 | 37.7 | 59.8 | 0.0 |
| あじ、いわし類 | 48 | 19.6 | 30.5 | 0.0 | 0.0 | 0.0 | 0.0 | 2.3 | 8.8 | 0.0 | 7.5 | 23.4 | 0.0 | 5.2 | 21.6 | 0.0 |
| さけ、ます | 49 | 15.3 | 28.6 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 | 11.9 | 0.0 | 5.0 | 18.8 | 0.0 | 3.7 | 16.6 | 0.0 |
| たい、かれい類 | 50 | 5.8 | 19.2 | 0.0 | 31.8 | 63.6 | 0.0 | 0.0 | 0.0 | 0.0 | 2.9 | 13.2 | 0.0 | 6.6 | 25.1 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.0 | 11.6 | 0.0 | 2.3 | 13.4 | 0.0 | 7.4 | 30.2 | 0.0 |
| その他の生魚 | 52 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.3 | 20.7 | 0.0 | 12.4 | 38.6 | 0.0 | 7.0 | 28.8 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 2.7 | 0.0 | 0.8 | 4.1 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.7 | 6.7 | 0.0 | 3.7 | 14.7 | 0.0 |
| えび、かに類 | 55 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 8.0 | 0.0 | 2.0 | 6.9 | 0.0 | 3.3 | 8.3 | 0.0 |
| 魚介加工品 | 56～60 | 17.2 | 31.5 | 2.0 | 34.3 | 18.6 | 36.3 | 10.7 | 18.4 | 0.0 | 22.9 | 32.3 | 10.0 | 38.2 | 60.5 | 10.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 1.2 | 1.7 | 0.0 | 27.6 | 23.5 | 25.0 | 3.9 | 15.1 | 0.0 | 11.5 | 24.4 | 0.0 | 21.9 | 38.6 | 0.0 |
| 魚介(缶詰) | 57 | 0.7 | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.3 | 9.0 | 0.0 | 2.5 | 9.5 | 0.0 | 5.3 | 18.4 | 0.0 |
| 魚介(佃煮) | 58 | 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 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 15.3 | 31.7 | 0.0 | 6.7 | 13.3 | 0.0 | 3.7 | 10.3 | 0.0 | 6.1 | 17.3 | 0.0 | 7.5 | 28.3 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 2.7 | 0.0 | 2.8 | 18.4 | 0.0 | 3.4 | 16.4 | 0.0 |
| 肉類 | 61～69 | 121.5 | 56.2 | 138.1 | 124.5 | 52.0 | 139.1 | 171.6 | 79.7 | 166.0 | 120.6 | 107.7 | 98.7 | 100.8 | 75.1 | 87.7 |
| 畜肉 | 61～64 | 109.3 | 48.7 | 100.0 | 94.7 | 81.7 | 106.1 | 101.3 | 60.7 | 110.0 | 88.8 | 101.0 | 64.7 | 69.4 | 55.0 | 66.1 |
| 牛肉 | 61 | 0.0 | 0.0 | 0.0 | 37.2 | 59.6 | 11.8 | 8.3 | 32.3 | 0.0 | 12.9 | 43.6 | 0.0 | 10.6 | 28.5 | 0.0 |
| 豚肉 | 62 | 72.4 | 52.2 | 57.1 | 54.6 | 56.3 | 42.3 | 64.5 | 45.2 | 50.0 | 58.9 | 71.0 | 37.5 | 47.8 | 51.9 | 30.0 |
| ハム、ソーセージ類 | 63 | 36.9 | 31.8 | 30.0 | 3.0 | 4.8 | 1.0 | 28.5 | 51.8 | 8.0 | 17.0 | 24.8 | 4.0 | 11.0 | 19.8 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 12.3 | 40.7 | 0.0 | 29.8 | 59.5 | 0.0 | 70.4 | 78.1 | 34.5 | 30.3 | 57.5 | 0.0 | 29.3 | 54.2 | 0.0 |
| 鶏肉 | 65 | 12.3 | 40.7 | 0.0 | 29.8 | 59.5 | 0.0 | 70.4 | 78.1 | 34.5 | 30.3 | 57.5 | 0.0 | 29.3 | 54.2 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 11.2 | 0.0 | 2.1 | 19.6 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 36.3 | 31.5 | 22.0 | 64.9 | 55.8 | 62.0 | 46.0 | 47.0 | 20.6 | 49.2 | 54.5 | 42.8 | 47.4 | 40.2 | 51.0 |
| 乳類 | 71～75 | 326.2 | 144.2 | 295.8 | 190.5 | 72.5 | 211.5 | 170.8 | 176.2 | 106.0 | 85.5 | 113.7 | 25.0 | 124.9 | 156.4 | 58.8 |
| 牛乳・乳製品 | 71～74 | 326.2 | 144.2 | 295.8 | 190.5 | 72.5 | 211.5 | 170.8 | 176.2 | 106.0 | 85.5 | 113.7 | 25.0 | 124.9 | 156.4 | 58.8 |
| 牛乳 | 71 | 250.0 | 74.8 | 206.0 | 131.5 | 101.6 | 154.5 | 52.3 | 93.8 | 0.0 | 33.7 | 72.6 | 0.0 | 82.8 | 129.1 | 0.0 |
| チーズ | 72 | 3.5 | 10.8 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 | 4.5 | 0.0 | 3.0 | 7.5 | 0.0 | 3.5 | 7.9 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 65.2 | 99.9 | 0.0 | 59.0 | 73.0 | 43.0 | 74.0 | 129.4 | 0.0 | 39.7 | 95.1 | 0.0 | 31.7 | 55.6 | 0.0 |
| その他の乳製品 | 74 | 7.5 | 22.9 | 0.0 | 0.0 | 0.0 | 0.0 | 42.6 | 120.0 | 0.0 | 9.1 | 23.1 | 0.0 | 6.9 | 33.4 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 12.7 | 7.9 | 12.5 | 13.6 | 12.3 | 10.9 | 13.7 | 9.1 | 16.6 | 12.5 | 8.3 | 12.0 | 14.8 | 10.3 | 12.0 |
| バター | 76 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.8 | 0.0 | 0.5 | 1.9 | 0.0 | 0.7 | 1.9 | 0.0 |
| マーガリン | 77 | 1.4 | 1.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.3 | 0.0 | 0.5 | 1.6 | 0.0 | 1.7 | 4.4 | 0.0 |
| 植物性油脂 | 78 | 9.4 | 7.7 | 10.0 | 13.6 | 12.3 | 10.9 | 13.2 | 8.9 | 14.0 | 11.2 | 8.0 | 11.0 | 12.2 | 9.8 | 9.7 |
| 動物性油脂 | 79 | 1.9 | 6.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.5 | 0.0 | 0.2 | 1.0 | 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 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 49.5 | 71.8 | 16.0 | 31.3 | 30.6 | 33.5 | 8.0 | 25.7 | 0.0 | 17.3 | 38.0 | 0.0 | 21.0 | 39.5 | 0.0 |
| 和菓子類 | 81 | 11.8 | 39.2 | 0.0 | 0.0 | 0.0 | 0.0 | 1.7 | 5.2 | 0.0 | 6.4 | 23.0 | 0.0 | 10.3 | 25.8 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.2 | 13.5 | 0.0 | 3.7 | 16.1 | 0.0 |
| ビスケット類 | 83 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.3 | 20.7 | 0.0 | 0.7 | 5.5 | 0.0 | 2.1 | 7.3 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 37.6 | 67.8 | 8.0 | 31.3 | 30.6 | 33.5 | 0.9 | 3.6 | 0.0 | 7.8 | 26.6 | 0.0 | 4.9 | 18.9 | 0.0 |
| 嗜好飲料類 | 86～91 | 629.5 | 394.2 | 510.0 | 697.0 | 499.7 | 838.7 | 604.1 | 475.1 | 612.0 | 713.4 | 556.5 | 639.0 | 785.4 | 538.1 | 661.0 |
| アルコール飲料 | 86～88 | 1.5 | 2.9 | 0.0 | 3.2 | 5.0 | 1.2 | 2.9 | 4.5 | 0.0 | 132.7 | 380.2 | 0.0 | 202.1 | 361.0 | 0.2 |
| 日本酒 | 86 | 1.5 | 2.9 | 0.0 | 3.2 | 5.0 | 1.2 | 2.6 | 4.6 | 0.0 | 1.8 | 7.6 | 0.0 | 15.2 | 59.8 | 0.0 |
| ビール | 87 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 77.7 | 240.4 | 0.0 | 130.3 | 297.1 | 0.0 |
| 洋酒・その他 | 88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.3 | 0.0 | 53.2 | 246.5 | 0.0 | 56.6 | 156.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 628.1 | 394.5 | 500.0 | 693.8 | 496.8 | 837.5 | 601.2 | 475.8 | 600.0 | 580.6 | 459.4 | 500.0 | 583.3 | 390.9 | 582.5 |
| 茶 | 89 | 145.5 | 200.6 | 0.0 | 131.3 | 262.5 | 0.0 | 245.2 | 340.0 | 121.5 | 197.1 | 308.1 | 0.0 | 210.2 | 273.0 | 100.0 |
| コーヒー・ココア | 90 | 0.0 | 0.0 | 0.0 | 25.0 | 50.0 | 0.0 | 62.3 | 135.9 | 0.0 | 164.6 | 239.0 | 83.3 | 199.9 | 241.2 | 162.5 |
| その他の嗜好飲料 | 91 | 482.6 | 448.2 | 350.0 | 537.5 | 537.5 | 575.0 | 293.7 | 382.2 | 0.0 | 218.9 | 285.3 | 100.0 | 173.3 | 282.7 | 0.0 |
| 調味料・香辛料類 | 92～98 | 55.6 | 25.7 | 50.4 | 57.7 | 27.2 | 45.3 | 69.0 | 33.3 | 67.8 | 73.8 | 53.2 | 66.8 | 78.5 | 56.6 | 66.8 |
| 調味料 | 92～97 | 55.1 | 26.0 | 50.4 | 57.2 | 26.3 | 45.3 | 68.6 | 33.3 | 67.8 | 73.3 | 53.1 | 66.8 | 77.9 | 56.7 | 66.7 |
| ソース | 92 | 4.5 | 10.7 | 0.0 | 2.3 | 4.5 | 0.0 | 0.9 | 1.9 | 0.0 | 1.5 | 4.3 | 0.0 | 2.5 | 6.7 | 0.0 |
| しょうゆ | 93 | 11.4 | 9.3 | 13.6 | 10.1 | 12.0 | 8.4 | 14.0 | 10.4 | 12.5 | 12.9 | 13.9 | 9.0 | 12.9 | 11.4 | 10.2 |
| 塩 | 94 | 1.9 | 2.1 | 0.7 | 2.5 | 1.9 | 1.9 | 1.4 | 1.3 | 1.2 | 1.4 | 1.4 | 1.0 | 1.5 | 1.3 | 1.0 |
| マヨネーズ | 95 | 2.0 | 2.5 | 0.5 | 2.8 | 3.2 | 2.5 | 3.3 | 5.3 | 0.0 | 3.9 | 7.3 | 0.0 | 5.4 | 7.7 | 0.0 |
| 味噌 | 96 | 11.5 | 13.2 | 5.4 | 21.9 | 10.9 | 19.8 | 8.2 | 10.5 | 4.2 | 10.9 | 11.1 | 9.6 | 12.4 | 11.6 | 10.8 |
| その他の調味料 | 97 | 23.8 | 32.1 | 17.5 | 17.7 | 9.5 | 13.9 | 40.8 | 32.8 | 31.8 | 42.8 | 48.1 | 31.8 | 43.2 | 51.8 | 33.6 |
| 香辛料・その他 | 98 | 0.5 | 0.9 | 0.0 | 0.4 | 0.9 | 0.0 | 0.4 | 1.3 | 0.0 | 0.5 | 1.3 | 0.0 | 0.6 | 1.3 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 77 | | | 37 | | | 266 | | | 70 | | | 73 | | |
| 総量 | 1～98 | 2,296.3 | 667.8 | 2,259.3 | 2,366.8 | 1,005.0 | 2,413.2 | 2,256.0 | 778.1 | 2,225.3 | 2,418.9 | 707.2 | 2,318.6 | 2,329.2 | 813.2 | 2,317.6 |
| 動物性食品 | 48～76,79 | 340.2 | 155.1 | 339.5 | 373.3 | 248.0 | 351.0 | 343.1 | 185.9 | 317.1 | 367.8 | 192.7 | 351.2 | 357.7 | 196.1 | 339.5 |
| 植物性食品 | 1～47,77,78,80～98 | 1,956.1 | 618.0 | 1,928.3 | 1,993.5 | 854.8 | 2,040.8 | 1,912.9 | 704.8 | 1,865.4 | 2,051.1 | 642.8 | 2,041.5 | 1,971.6 | 715.9 | 1,986.0 |
| 穀類 | 1～12 | 430.7 | 186.0 | 439.9 | 458.8 | 126.2 | 441.0 | 480.6 | 191.2 | 470.0 | 455.9 | 198.9 | 448.4 | 450.6 | 150.4 | 452.0 |
| 米・加工品 | 1,2 | 301.2 | 181.8 | 300.0 | 329.2 | 165.7 | 320.0 | 355.5 | 205.5 | 325.5 | 309.5 | 192.9 | 304.0 | 323.0 | 175.0 | 310.0 |
| 米 | 1 | 294.8 | 182.1 | 300.0 | 329.0 | 165.9 | 320.0 | 351.5 | 205.4 | 323.0 | 306.8 | 193.4 | 304.0 | 318.7 | 175.5 | 300.0 |
| 米加工品 | 2 | 6.4 | 24.6 | 0.0 | 0.2 | 1.2 | 0.0 | 4.0 | 24.8 | 0.0 | 2.7 | 14.1 | 0.0 | 4.3 | 21.6 | 0.0 |
| 小麦・加工品 | 3～9 | 111.5 | 107.9 | 80.0 | 118.4 | 100.9 | 100.0 | 109.4 | 117.1 | 72.6 | 129.5 | 124.8 | 110.0 | 109.2 | 94.2 | 90.0 |
| 小麦粉類 | 3 | 3.0 | 12.5 | 0.0 | 1.5 | 5.8 | 0.0 | 3.1 | 10.6 | 0.0 | 3.9 | 13.8 | 0.0 | 1.7 | 5.5 | 0.0 |
| パン類(菓子パンを除く) | 4 | 26.4 | 39.6 | 0.0 | 41.0 | 45.6 | 31.0 | 28.6 | 47.0 | 0.0 | 27.6 | 48.5 | 0.0 | 40.7 | 45.3 | 31.0 |
| 菓子パン類 | 5 | 2.8 | 14.1 | 0.0 | 13.3 | 42.3 | 0.0 | 5.4 | 23.1 | 0.0 | 3.8 | 18.1 | 0.0 | 8.6 | 32.2 | 0.0 |
| うどん、中華めん類 | 6 | 68.2 | 103.8 | 0.0 | 45.0 | 88.5 | 0.0 | 50.1 | 95.3 | 0.0 | 75.5 | 112.6 | 0.0 | 48.0 | 89.5 | 0.0 |
| 即席中華めん | 7 | 0.8 | 6.8 | 0.0 | 4.3 | 20.6 | 0.0 | 4.7 | 20.2 | 0.0 | 2.6 | 12.9 | 0.0 | 2.2 | 14.7 | 0.0 |
| パスタ類 | 8 | 3.5 | 18.8 | 0.0 | 6.2 | 37.6 | 0.0 | 11.8 | 50.0 | 0.0 | 7.2 | 29.0 | 0.0 | 3.6 | 27.0 | 0.0 |
| その他の小麦加工品 | 9 | 6.9 | 28.1 | 0.0 | 7.1 | 20.2 | 0.0 | 5.8 | 19.4 | 0.0 | 8.9 | 30.5 | 0.0 | 4.5 | 14.8 | 0.0 |
| その他の穀類・加工品 | 10～12 | 18.1 | 63.9 | 0.0 | 11.2 | 44.6 | 0.0 | 15.7 | 59.7 | 0.0 | 17.0 | 63.9 | 0.0 | 18.4 | 62.1 | 0.0 |
| そば・加工品 | 10 | 13.2 | 55.5 | 0.0 | 5.6 | 34.2 | 0.0 | 9.5 | 47.4 | 0.0 | 7.8 | 37.1 | 0.0 | 14.4 | 58.5 | 0.0 |
| とうもろこし・加工品 | 11 | 0.9 | 7.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 5.9 | 0.0 | 1.0 | 8.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 4.0 | 19.0 | 0.0 | 5.5 | 29.7 | 0.0 | 5.6 | 34.5 | 0.0 | 8.2 | 45.4 | 0.0 | 4.0 | 22.1 | 0.0 |
| いも類 | 13～16 | 70.2 | 85.0 | 48.0 | 90.2 | 154.8 | 40.0 | 59.2 | 86.9 | 34.6 | 67.3 | 80.4 | 49.0 | 80.7 | 126.5 | 40.0 |
| いも・加工品 | 13～15 | 69.2 | 84.7 | 45.6 | 89.2 | 154.5 | 40.0 | 57.7 | 86.9 | 32.9 | 66.4 | 80.3 | 45.5 | 79.7 | 126.3 | 40.0 |
| さつまいも・加工品 | 13 | 7.1 | 31.6 | 0.0 | 12.4 | 26.9 | 0.0 | 6.7 | 24.4 | 0.0 | 9.3 | 26.6 | 0.0 | 9.7 | 33.3 | 0.0 |
| じゃがいも・加工品 | 14 | 23.0 | 40.5 | 0.0 | 37.4 | 63.8 | 0.0 | 26.8 | 46.0 | 0.0 | 28.0 | 43.8 | 0.0 | 30.6 | 54.4 | 0.0 |
| その他のいも・加工品 | 15 | 39.2 | 72.3 | 0.0 | 39.3 | 108.8 | 0.0 | 24.2 | 62.1 | 0.0 | 29.2 | 61.4 | 0.0 | 39.4 | 92.5 | 0.0 |
| でんぷん・加工品 | 16 | 0.9 | 3.6 | 0.0 | 1.0 | 3.7 | 0.0 | 1.5 | 4.4 | 0.0 | 0.9 | 3.2 | 0.0 | 1.0 | 3.8 | 0.0 |
| 砂糖・甘味料類 | 17 | 8.3 | 10.6 | 4.8 | 8.6 | 9.6 | 6.6 | 6.8 | 9.1 | 3.2 | 7.9 | 10.0 | 3.5 | 8.9 | 10.0 | 6.0 |
| 豆類 | 18～23 | 68.0 | 102.0 | 40.0 | 75.7 | 93.2 | 50.0 | 71.0 | 92.5 | 45.0 | 67.2 | 71.9 | 48.5 | 76.6 | 113.8 | 40.0 |
| 大豆・加工品 | 18～22 | 64.2 | 81.0 | 40.0 | 70.7 | 92.1 | 45.0 | 68.4 | 86.3 | 43.0 | 65.9 | 71.1 | 46.0 | 70.4 | 94.5 | 40.0 |
| 大豆(全粒)・加工品 | 18 | 4.7 | 29.4 | 0.0 | 2.7 | 9.2 | 0.0 | 3.5 | 19.4 | 0.0 | 2.3 | 10.9 | 0.0 | 5.6 | 30.3 | 0.0 |
| 豆腐 | 19 | 32.1 | 52.5 | 0.0 | 43.5 | 77.9 | 0.0 | 40.5 | 68.2 | 0.0 | 32.9 | 49.1 | 0.0 | 41.3 | 70.5 | 0.0 |
| 油揚げ類 | 20 | 6.3 | 17.0 | 0.0 | 3.8 | 7.9 | 0.0 | 4.7 | 13.0 | 0.0 | 6.3 | 17.6 | 0.0 | 4.1 | 8.4 | 0.0 |
| 納豆 | 21 | 17.9 | 21.9 | 0.0 | 10.9 | 20.9 | 0.0 | 14.9 | 21.9 | 0.0 | 18.7 | 22.2 | 0.0 | 13.6 | 21.4 | 0.0 |
| その他の大豆加工品 | 22 | 3.3 | 21.4 | 0.0 | 9.8 | 42.1 | 0.0 | 4.8 | 25.9 | 0.0 | 5.7 | 30.3 | 0.0 | 5.7 | 30.7 | 0.0 |
| その他の豆・加工品 | 23 | 3.8 | 28.6 | 0.0 | 4.9 | 22.4 | 0.0 | 2.5 | 18.1 | 0.0 | 1.3 | 6.1 | 0.0 | 6.2 | 33.1 | 0.0 |
| 種実類 | 24 | 5.5 | 15.5 | 0.0 | 3.3 | 10.3 | 0.0 | 3.1 | 11.1 | 0.0 | 4.9 | 14.6 | 0.0 | 4.2 | 11.7 | 0.0 |
| 野菜類 | 25～38 | 360.9 | 199.4 | 329.0 | 319.4 | 207.2 | 275.5 | 306.7 | 186.9 | 274.3 | 365.5 | 212.6 | 330.0 | 317.3 | 185.8 | 278.4 |
| 緑黄色野菜 | 25～29 | 107.2 | 92.1 | 88.0 | 107.3 | 103.5 | 78.8 | 90.3 | 85.0 | 75.0 | 108.0 | 91.7 | 85.7 | 101.0 | 90.2 | 78.8 |
| トマト | 25 | 33.1 | 69.4 | 0.0 | 30.2 | 62.8 | 0.0 | 23.8 | 53.8 | 0.0 | 33.7 | 72.9 | 0.0 | 26.1 | 50.8 | 0.0 |
| にんじん | 26 | 16.4 | 22.2 | 6.7 | 19.9 | 26.3 | 15.7 | 18.1 | 25.9 | 9.0 | 21.8 | 25.5 | 11.5 | 15.7 | 23.0 | 1.8 |
| ほうれん草 | 27 | 14.7 | 34.2 | 0.0 | 7.2 | 18.6 | 0.0 | 10.8 | 27.9 | 0.0 | 15.2 | 34.8 | 0.0 | 11.0 | 27.3 | 0.0 |
| ピーマン | 28 | 8.0 | 19.1 | 0.0 | 2.5 | 7.4 | 0.0 | 5.4 | 14.7 | 0.0 | 8.5 | 21.9 | 0.0 | 3.2 | 7.9 | 0.0 |
| その他の緑黄色野菜 | 29 | 34.9 | 52.3 | 6.7 | 47.4 | 70.3 | 18.0 | 32.2 | 50.2 | 6.3 | 28.8 | 43.6 | 9.8 | 45.0 | 64.9 | 15.0 |
| その他の野菜 | 30～35 | 210.9 | 151.5 | 181.5 | 178.8 | 142.2 | 140.3 | 181.4 | 130.0 | 153.7 | 214.7 | 144.8 | 202.9 | 176.9 | 138.1 | 140.3 |
| キャベツ | 30 | 33.4 | 49.8 | 10.6 | 34.4 | 79.1 | 0.0 | 31.8 | 59.7 | 0.0 | 32.1 | 50.3 | 0.0 | 26.9 | 61.2 | 0.0 |
| きゅうり | 31 | 17.8 | 47.2 | 0.0 | 22.9 | 43.4 | 0.0 | 15.4 | 34.8 | 0.0 | 24.5 | 51.4 | 0.0 | 16.3 | 33.3 | 0.0 |
| 大根 | 32 | 34.1 | 51.9 | 10.0 | 28.6 | 50.5 | 0.0 | 25.7 | 46.0 | 0.0 | 33.9 | 50.5 | 8.3 | 27.3 | 46.8 | 0.0 |
| たまねぎ | 33 | 38.3 | 48.1 | 13.5 | 28.4 | 39.7 | 0.0 | 31.7 | 41.7 | 10.8 | 32.8 | 43.8 | 12.4 | 32.0 | 44.5 | 5.3 |
| はくさい | 34 | 17.9 | 43.1 | 0.0 | 19.6 | 54.3 | 0.0 | 17.1 | 50.4 | 0.0 | 22.5 | 53.4 | 0.0 | 15.9 | 42.3 | 0.0 |
| その他の淡色野菜 | 35 | 69.4 | 71.9 | 46.5 | 44.9 | 44.8 | 42.5 | 59.8 | 60.9 | 42.8 | 68.9 | 61.8 | 49.3 | 58.5 | 67.6 | 43.8 |
| 野菜ジュース | 36 | 24.7 | 74.8 | 0.0 | 9.2 | 39.3 | 0.0 | 19.9 | 69.2 | 0.0 | 24.9 | 94.7 | 0.0 | 18.5 | 53.4 | 0.0 |
| 漬け物 | 37,38 | 18.1 | 26.7 | 2.3 | 24.2 | 44.0 | 3.0 | 15.1 | 28.0 | 0.0 | 17.8 | 27.4 | 1.3 | 20.9 | 35.7 | 3.0 |
| 菜類漬け物 | 37 | 4.3 | 16.7 | 0.0 | 10.3 | 31.1 | 0.0 | 4.4 | 17.8 | 0.0 | 3.3 | 14.9 | 0.0 | 8.1 | 25.8 | 0.0 |
| たくあん・その他の漬け物 | 38 | 13.8 | 23.0 | 0.0 | 13.9 | 28.7 | 0.0 | 10.7 | 22.1 | 0.0 | 14.5 | 24.4 | 0.0 | 12.8 | 24.0 | 0.0 |
| 果実類 | 39～45 | 147.2 | 146.4 | 130.0 | 198.4 | 234.6 | 116.0 | 112.8 | 156.4 | 65.0 | 144.8 | 148.2 | 112.5 | 166.3 | 196.0 | 116.0 |
| 生果 | 39～43 | 141.0 | 143.3 | 130.0 | 187.7 | 221.0 | 116.0 | 103.2 | 142.0 | 58.0 | 135.0 | 141.6 | 96.0 | 156.3 | 184.5 | 116.0 |
| いちご | 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 | 0.0 | 0.0 |
| 柑橘類 | 40 | 22.7 | 48.0 | 0.0 | 15.1 | 32.8 | 0.0 | 13.4 | 35.2 | 0.0 | 14.1 | 33.3 | 0.0 | 22.1 | 47.9 | 0.0 |
| バナナ | 41 | 16.0 | 37.0 | 0.0 | 42.0 | 89.6 | 0.0 | 18.2 | 48.1 | 0.0 | 22.7 | 44.0 | 0.0 | 30.5 | 70.0 | 0.0 |
| りんご | 42 | 37.5 | 68.6 | 0.0 | 50.5 | 85.3 | 0.0 | 28.9 | 63.6 | 0.0 | 40.5 | 80.2 | 0.0 | 36.8 | 68.4 | 0.0 |
| その他の生果 | 43 | 64.7 | 116.6 | 0.0 | 80.1 | 123.7 | 0.0 | 42.7 | 93.4 | 0.0 | 57.7 | 110.6 | 0.0 | 67.0 | 112.4 | 0.0 |
| ジャム | 44 | 1.7 | 5.2 | 0.0 | 3.6 | 9.6 | 0.0 | 1.4 | 5.1 | 0.0 | 2.1 | 5.6 | 0.0 | 2.4 | 7.4 | 0.0 |
| 果汁・果汁飲料 | 45 | 4.5 | 23.5 | 0.0 | 7.0 | 40.2 | 0.0 | 8.3 | 49.1 | 0.0 | 7.7 | 34.0 | 0.0 | 7.5 | 37.0 | 0.0 |
| きのこ類 | 46 | 20.8 | 32.3 | 0.0 | 20.1 | 22.9 | 16.0 | 17.3 | 26.0 | 2.3 | 18.9 | 27.9 | 0.0 | 21.8 | 30.3 | 9.0 |
| 藻類 | 47 | 15.7 | 43.5 | 1.5 | 19.9 | 23.5 | 12.5 | 13.0 | 28.8 | 2.5 | 17.2 | 46.8 | 3.0 | 15.9 | 23.6 | 4.7 |

1人1日当たり(g)

| | 食品群番号 | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 82.9 | 72.2 | 66.8 | 75.2 | 79.1 | 64.0 | 72.0 | 75.5 | 60.0 | 77.6 | 72.2 | 67.3 | 81.4 | 76.2 | 66.5 |
| 生魚介類 | 48～55 | 34.6 | 49.9 | 0.0 | 29.5 | 54.5 | 0.0 | 34.2 | 54.3 | 0.0 | 32.7 | 48.8 | 0.0 | 34.6 | 54.2 | 0.0 |
| あじ、いわし類 | 48 | 9.7 | 34.1 | 0.0 | 7.0 | 31.0 | 0.0 | 7.1 | 27.1 | 0.0 | 7.7 | 30.1 | 0.0 | 8.2 | 30.4 | 0.0 |
| さけ、ます | 49 | 1.6 | 9.0 | 0.0 | 7.0 | 31.1 | 0.0 | 3.7 | 17.9 | 0.0 | 2.2 | 10.9 | 0.0 | 4.6 | 23.2 | 0.0 |
| たい、かれい類 | 50 | 4.0 | 15.5 | 0.0 | 0.0 | 0.0 | 0.0 | 3.9 | 17.6 | 0.0 | 4.0 | 19.0 | 0.0 | 3.6 | 14.9 | 0.0 |
| まぐろ、かじき類 | 51 | 7.4 | 24.6 | 0.0 | 5.4 | 32.9 | 0.0 | 5.9 | 25.6 | 0.0 | 3.7 | 16.6 | 0.0 | 8.7 | 32.1 | 0.0 |
| その他の生魚 | 52 | 4.6 | 19.2 | 0.0 | 7.5 | 22.9 | 0.0 | 7.6 | 28.2 | 0.0 | 8.6 | 29.8 | 0.0 | 5.2 | 20.1 | 0.0 |
| 貝類 | 53 | 0.8 | 4.3 | 0.0 | 0.8 | 3.5 | 0.0 | 0.7 | 3.7 | 0.0 | 0.8 | 4.2 | 0.0 | 1.1 | 4.9 | 0.0 |
| いか、たこ類 | 54 | 5.3 | 18.6 | 0.0 | 1.8 | 10.9 | 0.0 | 3.3 | 14.0 | 0.0 | 4.0 | 17.8 | 0.0 | 3.0 | 11.9 | 0.0 |
| えび、かに類 | 55 | 1.1 | 7.5 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 7.2 | 0.0 | 1.7 | 8.4 | 0.0 | 0.4 | 3.3 | 0.0 |
| 魚介加工品 | 56～60 | 48.4 | 58.9 | 30.0 | 45.8 | 72.8 | 17.5 | 37.8 | 56.7 | 13.7 | 44.9 | 54.6 | 30.0 | 46.8 | 66.3 | 23.5 |
| 魚介(塩蔵、生干し、乾物) | 56 | 32.2 | 48.7 | 2.0 | 27.7 | 36.5 | 4.8 | 22.6 | 39.2 | 0.7 | 28.3 | 40.2 | 1.8 | 30.6 | 46.9 | 4.0 |
| 魚介(缶詰) | 57 | 5.2 | 17.7 | 0.0 | 1.9 | 11.5 | 0.0 | 4.1 | 15.5 | 0.0 | 3.2 | 12.6 | 0.0 | 4.7 | 17.9 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 1.4 | 5.4 | 0.0 | 0.2 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 3.9 | 0.0 |
| 魚介(練り製品) | 59 | 9.5 | 28.0 | 0.0 | 14.8 | 41.8 | 0.0 | 8.7 | 28.1 | 0.0 | 11.0 | 29.3 | 0.0 | 10.2 | 31.7 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.5 | 8.9 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 13.5 | 0.0 | 2.3 | 11.9 | 0.0 | 0.6 | 4.2 | 0.0 |
| 肉類 | 61～69 | 83.8 | 84.9 | 70.0 | 77.5 | 73.5 | 60.0 | 99.3 | 88.0 | 80.2 | 93.1 | 80.1 | 73.3 | 80.1 | 81.3 | 65.0 |
| 畜肉 | 61～64 | 58.7 | 62.0 | 38.9 | 52.9 | 65.1 | 32.5 | 69.6 | 72.0 | 52.7 | 65.5 | 63.6 | 50.0 | 50.8 | 60.0 | 31.0 |
| 牛肉 | 61 | 10.0 | 38.6 | 0.0 | 9.5 | 31.6 | 0.0 | 10.4 | 35.2 | 0.0 | 11.1 | 40.1 | 0.0 | 10.1 | 31.5 | 0.0 |
| 豚肉 | 62 | 40.3 | 51.2 | 20.0 | 34.9 | 46.1 | 20.0 | 47.1 | 56.2 | 29.4 | 44.0 | 54.1 | 24.2 | 33.2 | 45.4 | 17.2 |
| ハム、ソーセージ類 | 63 | 8.5 | 14.4 | 0.0 | 8.5 | 16.5 | 0.0 | 12.1 | 22.6 | 0.0 | 10.4 | 18.3 | 0.0 | 7.6 | 13.7 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 24.6 | 66.6 | 0.0 | 23.9 | 44.1 | 0.0 | 28.4 | 58.5 | 0.0 | 27.6 | 60.4 | 0.0 | 28.4 | 62.9 | 0.0 |
| 鶏肉 | 65 | 24.6 | 66.6 | 0.0 | 23.9 | 44.1 | 0.0 | 28.4 | 58.5 | 0.0 | 27.6 | 60.4 | 0.0 | 28.4 | 62.9 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.5 | 4.6 | 0.0 | 0.7 | 4.1 | 0.0 | 1.2 | 12.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 5.5 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 38.2 | 36.8 | 40.8 | 40.3 | 35.8 | 50.0 | 43.9 | 42.4 | 45.5 | 45.8 | 40.3 | 53.5 | 39.2 | 35.2 | 44.5 |
| 乳類 | 71～75 | 134.2 | 139.2 | 105.0 | 178.8 | 184.9 | 144.0 | 127.0 | 149.2 | 75.0 | 150.4 | 173.7 | 86.0 | 155.6 | 152.6 | 154.2 |
| 牛乳・乳製品 | 71～74 | 134.2 | 139.2 | 105.0 | 178.8 | 184.9 | 144.0 | 127.0 | 149.2 | 75.0 | 150.4 | 173.7 | 86.0 | 155.6 | 152.6 | 154.2 |
| 牛乳 | 71 | 83.4 | 123.3 | 0.0 | 90.2 | 99.8 | 17.3 | 72.1 | 113.5 | 0.0 | 102.9 | 146.3 | 4.4 | 84.2 | 97.8 | 0.0 |
| チーズ | 72 | 1.5 | 4.4 | 0.0 | 3.9 | 10.7 | 0.0 | 2.9 | 7.4 | 0.0 | 3.1 | 6.9 | 0.0 | 2.6 | 8.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 44.0 | 58.1 | 0.0 | 75.9 | 119.7 | 0.0 | 44.6 | 83.1 | 0.0 | 41.4 | 58.0 | 0.0 | 60.6 | 96.4 | 0.0 |
| その他の乳製品 | 74 | 5.3 | 26.0 | 0.0 | 8.7 | 35.6 | 0.0 | 7.4 | 29.2 | 0.0 | 3.0 | 11.2 | 0.0 | 8.1 | 35.6 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 10.5 | 9.9 | 7.7 | 11.0 | 11.0 | 8.0 | 12.5 | 10.0 | 10.6 | 10.9 | 9.0 | 9.7 | 11.2 | 11.5 | 7.7 |
| バター | 76 | 0.6 | 2.1 | 0.0 | 0.8 | 2.5 | 0.0 | 0.6 | 2.0 | 0.0 | 0.6 | 1.8 | 0.0 | 0.9 | 2.6 | 0.0 |
| マーガリン | 77 | 0.7 | 2.6 | 0.0 | 1.3 | 3.8 | 0.0 | 1.1 | 3.3 | 0.0 | 1.2 | 3.9 | 0.0 | 1.4 | 3.7 | 0.0 |
| 植物性油脂 | 78 | 8.7 | 9.0 | 7.2 | 8.2 | 9.0 | 6.9 | 10.5 | 9.2 | 8.4 | 8.8 | 7.9 | 7.4 | 8.4 | 10.1 | 6.8 |
| 動物性油脂 | 79 | 0.4 | 2.2 | 0.0 | 0.6 | 2.6 | 0.0 | 0.3 | 1.8 | 0.0 | 0.3 | 2.2 | 0.0 | 0.4 | 2.0 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.0 | 0.0 | 0.1 | 0.5 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 |
| 菓子類 | 81～85 | 19.3 | 31.2 | 0.0 | 37.2 | 67.4 | 0.0 | 21.2 | 41.9 | 0.0 | 20.2 | 34.5 | 0.0 | 27.0 | 51.6 | 0.0 |
| 和菓子類 | 81 | 7.7 | 14.5 | 0.0 | 26.7 | 60.1 | 0.0 | 10.6 | 30.3 | 0.0 | 10.2 | 22.1 | 0.0 | 17.1 | 44.4 | 0.0 |
| ケーキ・ペストリー類 | 82 | 7.5 | 26.3 | 0.0 | 0.8 | 4.9 | 0.0 | 3.9 | 18.2 | 0.0 | 5.6 | 23.9 | 0.0 | 3.0 | 14.7 | 0.0 |
| ビスケット類 | 83 | 2.1 | 7.4 | 0.0 | 2.0 | 6.4 | 0.0 | 1.7 | 6.7 | 0.0 | 1.9 | 6.5 | 0.0 | 2.1 | 7.0 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 2.0 | 5.8 | 0.0 | 7.6 | 29.8 | 0.0 | 4.9 | 20.1 | 0.0 | 2.6 | 7.3 | 0.0 | 4.9 | 21.6 | 0.0 |
| 嗜好飲料類 | 86～91 | 719.9 | 471.4 | 677.2 | 685.9 | 473.0 | 532.0 | 733.9 | 511.1 | 650.0 | 790.6 | 511.2 | 712.2 | 719.2 | 452.7 | 632.5 |
| アルコール飲料 | 86～88 | 148.0 | 234.0 | 0.0 | 84.2 | 171.0 | 0.0 | 147.9 | 307.3 | 0.0 | 168.6 | 287.5 | 2.0 | 129.8 | 216.9 | 0.0 |
| 日本酒 | 86 | 7.4 | 33.6 | 0.0 | 13.5 | 73.7 | 0.0 | 9.3 | 47.2 | 0.0 | 15.5 | 62.2 | 0.0 | 11.8 | 58.9 | 0.0 |
| ビール | 87 | 76.8 | 168.8 | 0.0 | 38.2 | 111.4 | 0.0 | 85.9 | 226.7 | 0.0 | 87.2 | 223.8 | 0.0 | 69.4 | 151.4 | 0.0 |
| 洋酒・その他 | 88 | 63.7 | 142.4 | 0.0 | 32.5 | 90.7 | 0.0 | 52.6 | 167.6 | 0.0 | 66.0 | 139.4 | 0.0 | 48.6 | 127.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 571.9 | 427.7 | 533.3 | 601.8 | 433.0 | 503.0 | 586.0 | 424.1 | 539.8 | 622.0 | 415.5 | 583.3 | 589.4 | 402.2 | 511.0 |
| 茶 | 89 | 266.8 | 326.6 | 180.0 | 428.8 | 422.9 | 350.0 | 260.8 | 330.5 | 150.0 | 244.7 | 297.1 | 165.0 | 371.3 | 387.9 | 340.0 |
| コーヒー・ココア | 90 | 185.5 | 219.5 | 180.0 | 92.4 | 111.9 | 0.0 | 169.3 | 220.3 | 142.0 | 216.2 | 231.9 | 195.0 | 130.0 | 154.2 | 100.5 |
| その他の嗜好飲料 | 91 | 119.7 | 224.0 | 0.0 | 80.6 | 203.3 | 0.0 | 155.9 | 261.5 | 0.0 | 161.0 | 252.1 | 0.0 | 88.1 | 174.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 80.1 | 42.4 | 75.0 | 66.6 | 38.6 | 65.9 | 75.7 | 49.0 | 66.9 | 80.6 | 43.1 | 72.4 | 73.2 | 41.9 | 66.9 |
| 調味料 | 92～97 | 79.6 | 42.1 | 73.0 | 65.6 | 38.5 | 61.6 | 75.1 | 49.0 | 66.8 | 80.2 | 43.1 | 71.8 | 72.4 | 41.7 | 65.4 |
| ソース | 92 | 1.7 | 4.6 | 0.0 | 2.0 | 6.2 | 0.0 | 1.9 | 5.5 | 0.0 | 1.4 | 4.0 | 0.0 | 2.0 | 5.8 | 0.0 |
| しょうゆ | 93 | 14.5 | 15.9 | 10.0 | 10.4 | 11.0 | 7.5 | 12.9 | 13.3 | 9.2 | 13.0 | 11.3 | 10.0 | 14.0 | 16.2 | 9.0 |
| 塩 | 94 | 1.2 | 1.5 | 0.7 | 0.9 | 1.2 | 0.4 | 1.3 | 1.4 | 0.9 | 1.2 | 1.3 | 0.7 | 1.1 | 1.4 | 0.6 |
| マヨネーズ | 95 | 2.6 | 5.0 | 0.0 | 4.1 | 13.6 | 0.0 | 4.0 | 8.0 | 0.0 | 4.0 | 6.9 | 0.0 | 3.6 | 10.3 | 0.0 |
| 味噌 | 96 | 13.0 | 14.5 | 10.5 | 15.5 | 17.4 | 12.0 | 12.5 | 13.2 | 10.6 | 12.1 | 11.2 | 10.3 | 15.7 | 17.0 | 12.0 |
| その他の調味料 | 97 | 46.7 | 36.3 | 38.5 | 32.7 | 29.6 | 21.5 | 42.4 | 43.5 | 33.8 | 48.5 | 39.5 | 42.2 | 36.0 | 31.5 | 25.3 |
| 香辛料・その他 | 98 | 0.4 | 0.9 | 0.0 | 1.0 | 4.8 | 0.0 | 0.5 | 2.1 | 0.0 | 0.4 | 0.8 | 0.0 | 0.8 | 3.5 | 0.0 |

表47-3 食品群別摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－女性、1歳以上（年齢階級パターン2）

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 365 | | | 4 | | | 5 | | | 3 | | | 11 | | |
| 総量 | 1～98 | 1,941.3 | 626.5 | 1,850.3 | 1,144.0 | 310.0 | 1,143.7 | 1,145.8 | 299.6 | 1,323.4 | 1,619.6 | 184.2 | 1,525.7 | 1,561.1 | 400.1 | 1,547.8 |
| 動物性食品 | 48～76,79 | 334.4 | 179.2 | 310.9 | 189.3 | 104.7 | 209.0 | 252.1 | 138.0 | 172.5 | 274.7 | 193.8 | 360.8 | 484.6 | 144.7 | 413.9 |
| 植物性食品 | 1～47,77,78,80～98 | 1,607.0 | 578.1 | 1,556.0 | 954.7 | 320.0 | 976.8 | 893.7 | 247.1 | 899.0 | 1,344.9 | 377.8 | 1,164.9 | 1,076.5 | 373.5 | 1,108.4 |
| 穀類 | 1～12 | 361.7 | 130.0 | 350.0 | 197.2 | 35.0 | 205.5 | 292.7 | 51.3 | 289.3 | 366.2 | 82.7 | 358.7 | 351.5 | 107.7 | 367.0 |
| 米・加工品 | 1,2 | 245.1 | 140.1 | 230.0 | 156.5 | 47.2 | 162.0 | 283.6 | 56.2 | 270.0 | 188.3 | 65.3 | 195.0 | 236.0 | 91.0 | 252.0 |
| 米 | 1 | 240.8 | 139.4 | 225.0 | 137.5 | 68.6 | 144.0 | 267.6 | 76.5 | 270.0 | 188.3 | 65.3 | 195.0 | 232.8 | 90.7 | 225.0 |
| 米加工品 | 2 | 4.2 | 26.1 | 0.0 | 19.0 | 38.0 | 0.0 | 16.0 | 35.8 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 10.9 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 99.1 | 83.6 | 40.7 | 48.8 | 27.0 | 9.0 | 18.0 | 0.0 | 117.9 | 82.7 | 163.7 | 96.5 | 82.3 | 97.5 |
| 小麦粉類 | 3 | 4.3 | 13.3 | 0.0 | 7.0 | 9.5 | 4.0 | 0.8 | 1.8 | 0.0 | 16.6 | 21.2 | 8.0 | 8.1 | 14.8 | 0.0 |
| パン類(菓子パンを除く) | 4 | 31.0 | 41.5 | 0.0 | 5.5 | 11.0 | 0.0 | 8.0 | 17.9 | 0.0 | 14.2 | 19.6 | 6.0 | 37.9 | 44.8 | 6.0 |
| 菓子パン類 | 5 | 5.0 | 20.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 20.0 | 34.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| うどん、中華めん類 | 6 | 42.4 | 78.3 | 0.0 | 13.5 | 27.0 | 0.0 | 0.0 | 0.0 | 0.0 | 26.7 | 46.2 | 0.0 | 34.4 | 61.8 | 0.0 |
| 即席中華めん | 7 | 3.2 | 17.8 | 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 |
| パスタ類 | 8 | 13.9 | 51.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.5 | 16.4 | 0.0 | 13.4 | 32.2 | 0.0 |
| その他の小麦加工品 | 9 | 5.2 | 16.2 | 0.0 | 14.7 | 26.9 | 2.0 | 0.2 | 0.5 | 0.0 | 31.0 | 37.5 | 10.3 | 2.8 | 4.1 | 0.0 |
| その他の穀類・加工品 | 10～12 | 11.6 | 42.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 60.0 | 103.9 | 0.0 | 18.9 | 54.1 | 0.0 |
| そば・加工品 | 10 | 5.7 | 35.1 | 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 |
| とうもろこし・加工品 | 11 | 0.7 | 5.3 | 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 |
| その他の穀類 | 12 | 5.2 | 23.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 60.0 | 103.9 | 0.0 | 18.9 | 54.1 | 0.0 |
| いも類 | 13～16 | 52.2 | 68.3 | 31.6 | 44.6 | 62.6 | 20.8 | 68.4 | 27.2 | 70.8 | 40.5 | 2.2 | 40.0 | 27.9 | 29.1 | 32.5 |
| いも・加工品 | 13～15 | 50.2 | 68.4 | 30.0 | 44.2 | 62.7 | 20.0 | 63.5 | 27.0 | 69.6 | 40.5 | 2.2 | 40.0 | 26.6 | 27.4 | 30.0 |
| さつまいも・加工品 | 13 | 10.7 | 36.5 | 0.0 | 34.2 | 68.4 | 0.0 | 29.8 | 34.7 | 15.0 | 5.5 | 9.5 | 0.0 | 3.8 | 12.7 | 0.0 |
| じゃがいも・加工品 | 14 | 22.0 | 38.6 | 0.0 | 10.0 | 13.3 | 6.0 | 25.7 | 27.3 | 20.0 | 20.6 | 17.4 | 15.3 | 17.2 | 27.6 | 0.0 |
| その他のいも・加工品 | 15 | 17.5 | 39.4 | 0.0 | 0.0 | 0.0 | 0.0 | 8.0 | 17.9 | 0.0 | 14.4 | 12.6 | 20.0 | 5.6 | 10.8 | 0.0 |
| でんぷん・加工品 | 16 | 2.1 | 8.5 | 0.0 | 0.4 | 0.8 | 0.0 | 4.9 | 5.2 | 3.0 | 0.0 | 0.0 | 0.0 | 1.2 | 2.5 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.3 | 9.0 | 3.0 | 3.8 | 4.7 | 2.8 | 3.5 | 2.4 | 5.0 | 15.9 | 18.2 | 11.2 | 5.5 | 5.1 | 4.5 |
| 豆類 | 18～23 | 63.3 | 76.3 | 46.0 | 30.1 | 21.6 | 35.3 | 43.2 | 44.7 | 30.0 | 3.3 | 2.9 | 4.9 | 53.0 | 71.1 | 29.0 |
| 大豆・加工品 | 18～22 | 61.7 | 70.6 | 45.0 | 30.1 | 21.6 | 35.3 | 42.2 | 45.8 | 30.0 | 3.3 | 2.9 | 4.9 | 53.0 | 71.1 | 29.0 |
| 大豆(全粒)・加工品 | 18 | 2.5 | 15.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 1.5 | 0.0 |
| 豆腐 | 19 | 32.2 | 49.4 | 0.0 | 7.5 | 15.0 | 0.0 | 32.2 | 32.7 | 30.0 | 0.0 | 0.0 | 0.0 | 49.1 | 71.5 | 25.4 |
| 油揚げ類 | 20 | 5.0 | 14.9 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 2.9 | 4.9 | 3.4 | 4.5 | 2.5 |
| 納豆 | 21 | 13.5 | 19.7 | 0.0 | 12.5 | 25.0 | 0.0 | 10.0 | 14.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の大豆加工品 | 22 | 8.5 | 36.8 | 0.0 | 10.0 | 20.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 1.5 | 14.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 2.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 3.0 | 13.2 | 0.0 | 0.3 | 0.5 | 0.0 | 0.6 | 0.5 | 1.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 0.0 |
| 野菜類 | 25～38 | 279.1 | 163.6 | 256.9 | 113.6 | 47.8 | 121.7 | 119.6 | 41.1 | 103.7 | 388.4 | 137.3 | 371.4 | 251.0 | 78.4 | 260.3 |
| 緑黄色野菜 | 25～29 | 90.5 | 84.5 | 70.0 | 65.3 | 45.0 | 60.2 | 57.8 | 28.5 | 49.0 | 44.4 | 19.0 | 45.2 | 56.5 | 45.9 | 38.0 |
| トマト | 25 | 22.4 | 43.9 | 0.0 | 15.0 | 30.0 | 0.0 | 12.8 | 21.7 | 0.0 | 4.6 | 8.0 | 0.0 | 1.5 | 3.4 | 0.0 |
| にんじん | 26 | 16.8 | 23.5 | 9.0 | 16.1 | 17.0 | 12.2 | 23.6 | 14.6 | 32.5 | 33.0 | 27.2 | 26.1 | 19.7 | 18.3 | 12.0 |
| ほうれん草 | 27 | 12.1 | 30.6 | 0.0 | 17.8 | 28.3 | 5.6 | 2.9 | 6.4 | 0.0 | 5.0 | 8.7 | 0.0 | 5.9 | 7.5 | 0.0 |
| ピーマン | 28 | 5.7 | 15.3 | 0.0 | 1.0 | 2.0 | 0.0 | 4.6 | 4.6 | 5.0 | 1.7 | 2.9 | 0.0 | 13.2 | 33.2 | 0.0 |
| その他の緑黄色野菜 | 29 | 33.5 | 52.3 | 11.0 | 15.4 | 21.0 | 8.1 | 14.0 | 10.3 | 15.0 | 0.1 | 0.2 | 0.0 | 16.2 | 24.6 | 5.0 |
| その他の野菜 | 30～35 | 166.2 | 111.6 | 147.5 | 48.3 | 17.5 | 46.0 | 61.8 | 20.9 | 67.2 | 210.0 | 111.9 | 233.3 | 187.1 | 67.1 | 162.8 |
| キャベツ | 30 | 29.1 | 47.0 | 0.0 | 6.8 | 9.4 | 3.6 | 19.0 | 18.2 | 25.0 | 22.5 | 12.7 | 23.0 | 31.5 | 29.6 | 23.0 |
| きゅうり | 31 | 13.4 | 26.1 | 0.0 | 3.0 | 6.0 | 0.0 | 5.0 | 7.1 | 0.0 | 5.0 | 8.7 | 0.0 | 16.0 | 15.9 | 15.0 |
| 大根 | 32 | 27.5 | 46.7 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 4.5 | 0.0 | 28.4 | 33.4 | 20.0 | 20.4 | 18.8 | 16.0 |
| たまねぎ | 33 | 29.2 | 36.5 | 10.0 | 29.5 | 14.5 | 34.5 | 14.5 | 10.3 | 15.0 | 35.6 | 53.5 | 6.4 | 39.4 | 36.9 | 33.8 |
| はくさい | 34 | 14.5 | 41.6 | 0.0 | 1.8 | 3.6 | 0.0 | 8.5 | 10.2 | 4.3 | 6.7 | 11.5 | 0.0 | 5.2 | 8.9 | 0.0 |
| その他の淡色野菜 | 35 | 52.5 | 55.6 | 37.5 | 7.3 | 5.2 | 8.6 | 12.9 | 8.7 | 12.0 | 111.8 | 90.8 | 161.0 | 74.6 | 77.9 | 33.3 |
| 野菜ジュース | 36 | 10.0 | 50.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 133.3 | 230.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 漬け物 | 37,38 | 12.4 | 25.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 1.2 | 0.0 | 7.4 | 22.2 | 0.0 |
| 葉類漬け物 | 37 | 3.9 | 14.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 1.5 | 0.0 |
| たくあん・その他の漬け物 | 38 | 8.5 | 20.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 1.2 | 0.0 | 6.9 | 22.3 | 0.0 |
| 果実類 | 39～45 | 110.0 | 128.3 | 83.3 | 153.7 | 110.4 | 117.8 | 123.9 | 129.6 | 153.3 | 48.0 | 35.6 | 30.0 | 57.4 | 108.3 | 25.0 |
| 生果 | 39～43 | 102.4 | 123.6 | 68.1 | 125.1 | 63.5 | 110.7 | 103.9 | 131.7 | 53.3 | 48.0 | 35.6 | 30.0 | 57.4 | 108.3 | 25.0 |
| いちご | 39 | 0.1 | 0.8 | 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 | 17.4 | 45.1 | 0.0 | 40.3 | 49.7 | 29.5 | 91.9 | 128.4 | 53.3 | 29.7 | 51.4 | 0.0 | 46.1 | 108.6 | 0.0 |
| バナナ | 41 | 15.3 | 35.4 | 0.0 | 27.9 | 43.4 | 10.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| りんご | 42 | 25.4 | 56.0 | 0.0 | 5.0 | 10.0 | 0.0 | 12.0 | 26.8 | 0.0 | 18.3 | 16.1 | 25.0 | 5.0 | 11.2 | 0.0 |
| その他の生果 | 43 | 44.1 | 87.2 | 0.0 | 52.0 | 60.7 | 39.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.3 | 14.7 | 0.0 |
| ジャム | 44 | 1.7 | 5.4 | 0.0 | 3.6 | 7.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 5.9 | 33.9 | 0.0 | 25.0 | 50.0 | 0.0 | 20.0 | 44.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| きのこ類 | 46 | 17.0 | 23.0 | 7.0 | 1.1 | 2.3 | 0.0 | 21.4 | 20.7 | 24.5 | 29.0 | 44.3 | 7.0 | 21.3 | 22.1 | 16.0 |
| 藻類 | 47 | 11.3 | 21.8 | 1.5 | 3.9 | 4.7 | 3.0 | 0.0 | 0.0 | 0.0 | 6.6 | 10.9 | 0.5 | 5.6 | 8.8 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 1～2歳 | | | 3～5歳 | | | 6～8歳 | | | 9～11歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 56.3 | 58.1 | 40.0 | 18.5 | 20.9 | 13.4 | 48.2 | 38.9 | 60.8 | 30.2 | 26.2 | 43.3 | 22.8 | 20.6 | 25.0 |
| 生魚介類 | 48～55 | 23.8 | 43.1 | 0.0 | 11.8 | 23.5 | 0.0 | 28.0 | 25.9 | 40.0 | 10.0 | 17.3 | 0.0 | 7.0 | 16.0 | 0.0 |
| あじ、いわし類 | 48 | 5.8 | 23.5 | 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 |
| さけ、ます | 49 | 4.8 | 21.4 | 0.0 | 8.0 | 16.0 | 0.0 | 20.0 | 27.4 | 0.0 | 0.0 | 0.0 | 0.0 | 4.5 | 15.1 | 0.0 |
| たい、かれい類 | 50 | 2.7 | 14.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.0 |
| まぐろ、かじき類 | 51 | 2.5 | 16.5 | 0.0 | 0.0 | 0.0 | 0.0 | 8.0 | 17.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生魚 | 52 | 3.8 | 17.7 | 0.0 | 3.8 | 7.5 | 0.0 | 0.0 | 0.0 | 0.0 | 10.0 | 17.3 | 0.0 | 2.2 | 7.2 | 0.0 |
| 貝類 | 53 | 1.0 | 7.6 | 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 |
| いか、たこ類 | 54 | 2.0 | 10.5 | 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 |
| えび、かに類 | 55 | 1.2 | 5.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 |
| 魚介加工品 | 56～60 | 32.5 | 45.6 | 13.3 | 6.7 | 9.8 | 3.0 | 20.2 | 14.6 | 20.8 | 20.2 | 21.8 | 17.3 | 15.8 | 19.0 | 9.7 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.5 | 38.3 | 0.0 | 5.2 | 10.4 | 0.0 | 17.2 | 17.2 | 20.8 | 15.2 | 24.3 | 2.3 | 6.0 | 13.1 | 0.0 |
| 魚介(缶詰) | 57 | 3.2 | 14.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.9 | 16.5 | 0.0 |
| 魚介(佃煮) | 58 | 0.1 | 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 | 0.0 |
| 魚介(練り製品) | 59 | 9.0 | 24.1 | 0.0 | 1.5 | 3.0 | 0.0 | 3.0 | 6.7 | 0.0 | 5.0 | 8.7 | 0.0 | 2.0 | 3.5 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.8 | 5.8 | 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 | 61～69 | 86.9 | 67.7 | 78.3 | 34.3 | 22.7 | 36.6 | 70.4 | 60.9 | 78.4 | 86.8 | 86.3 | 83.7 | 106.2 | 61.9 | 84.4 |
| 畜肉 | 61～64 | 60.8 | 55.7 | 50.0 | 29.3 | 28.4 | 31.6 | 25.7 | 17.7 | 22.0 | 86.8 | 86.3 | 83.7 | 79.1 | 48.8 | 60.7 |
| 牛肉 | 61 | 8.7 | 26.9 | 0.0 | 2.2 | 4.4 | 0.0 | 1.3 | 2.8 | 0.0 | 15.8 | 27.3 | 0.0 | 9.1 | 20.3 | 0.0 |
| 豚肉 | 62 | 40.8 | 44.3 | 30.0 | 27.1 | 26.1 | 27.2 | 9.9 | 13.6 | 0.0 | 71.0 | 63.6 | 83.7 | 63.1 | 48.2 | 50.0 |
| ハム、ソーセージ類 | 63 | 11.4 | 17.8 | 0.0 | 0.0 | 0.0 | 0.0 | 14.6 | 7.8 | 15.0 | 0.0 | 0.0 | 0.0 | 6.9 | 6.9 | 8.0 |
| 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 25.1 | 46.5 | 0.0 | 5.0 | 10.0 | 0.0 | 44.7 | 57.3 | 23.0 | 0.0 | 0.0 | 0.0 | 22.0 | 45.7 | 0.0 |
| 鶏肉 | 65 | 25.1 | 46.5 | 0.0 | 5.0 | 10.0 | 0.0 | 44.7 | 57.3 | 23.0 | 0.0 | 0.0 | 0.0 | 22.0 | 45.7 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 1.0 | 9.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.2 | 17.2 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 39.2 | 35.2 | 41.0 | 18.6 | 22.3 | 13.7 | 16.2 | 15.0 | 25.0 | 11.8 | 12.8 | 8.4 | 32.1 | 21.0 | 34.3 |
| 乳類 | 71～75 | 150.9 | 150.4 | 113.0 | 111.0 | 73.1 | 118.0 | 115.3 | 123.9 | 37.5 | 145.7 | 125.1 | 208.0 | 322.9 | 135.1 | 243.2 |
| 牛乳・乳製品 | 71～74 | 150.9 | 150.4 | 113.0 | 111.0 | 73.1 | 118.0 | 115.3 | 123.9 | 37.5 | 145.7 | 125.1 | 208.0 | 322.9 | 135.1 | 243.2 |
| 牛乳 | 71 | 82.7 | 117.8 | 0.0 | 64.7 | 56.6 | 63.0 | 92.3 | 127.0 | 1.1 | 140.1 | 121.4 | 206.0 | 290.2 | 93.8 | 239.2 |
| チーズ | 72 | 4.1 | 8.1 | 0.0 | 5.0 | 7.1 | 2.5 | 4.0 | 5.9 | 0.0 | 3.9 | 5.4 | 1.6 | 3.3 | 5.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 58.6 | 86.8 | 0.0 | 41.3 | 48.7 | 35.0 | 15.0 | 20.5 | 0.0 | 0.0 | 0.0 | 0.0 | 25.3 | 46.0 | 0.0 |
| その他の乳製品 | 74 | 5.5 | 21.2 | 0.0 | 0.0 | 0.0 | 0.0 | 4.0 | 8.9 | 0.0 | 1.7 | 1.5 | 2.0 | 4.1 | 12.0 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 11.0 | 8.8 | 9.6 | 10.8 | 10.1 | 9.7 | 5.2 | 3.0 | 5.0 | 9.9 | 6.9 | 12.1 | 10.1 | 5.5 | 11.6 |
| バター | 76 | 0.8 | 2.3 | 0.0 | 6.9 | 7.5 | 5.3 | 2.0 | 2.7 | 0.0 | 0.3 | 0.5 | 0.0 | 0.5 | 1.4 | 0.0 |
| マーガリン | 77 | 1.3 | 3.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 | 2.3 | 0.0 | 1.5 | 2.7 | 0.0 |
| 植物性油脂 | 78 | 8.7 | 7.7 | 6.8 | 3.9 | 2.8 | 4.4 | 3.2 | 4.2 | 2.0 | 8.3 | 7.1 | 8.1 | 7.8 | 5.8 | 6.0 |
| 動物性油脂 | 79 | 0.2 | 1.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 |
| その他の油脂 | 80 | 0.1 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.0 |
| 菓子類 | 81～85 | 26.7 | 44.6 | 5.0 | 41.8 | 16.1 | 36.6 | 42.2 | 69.5 | 0.0 | 47.3 | 43.7 | 56.0 | 36.5 | 34.2 | 30.0 |
| 和菓子類 | 81 | 11.6 | 28.7 | 0.0 | 2.5 | 5.0 | 0.0 | 1.2 | 2.7 | 0.0 | 24.0 | 28.8 | 16.0 | 8.7 | 19.7 | 0.0 |
| ケーキ・ペストリー類 | 82 | 4.2 | 18.4 | 0.0 | 0.0 | 0.0 | 0.0 | 6.0 | 13.4 | 0.0 | 13.3 | 23.1 | 0.0 | 1.7 | 5.7 | 0.0 |
| ビスケット類 | 83 | 2.6 | 11.8 | 0.0 | 12.5 | 15.0 | 10.0 | 0.0 | 0.0 | 0.0 | 3.3 | 5.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャンディー類 | 84 | 0.2 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 8.1 | 25.1 | 0.0 | 26.8 | 32.1 | 21.6 | 35.0 | 70.2 | 0.0 | 5.7 | 9.8 | 0.0 | 26.1 | 27.4 | 20.0 |
| 嗜好飲料類 | 86～91 | 600.5 | 448.8 | 503.8 | 338.6 | 327.5 | 312.1 | 135.9 | 128.1 | 200.3 | 337.1 | 309.5 | 403.0 | 199.7 | 269.9 | 2.8 |
| アルコール飲料 | 86～88 | 50.7 | 185.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.4 | 0.3 | 0.0 | 0.0 | 0.0 | 0.8 | 1.0 | 0.5 |
| 日本酒 | 86 | 3.2 | 25.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 1.0 | 0.5 |
| ビール | 87 | 32.0 | 164.6 | 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 |
| 洋酒・その他 | 88 | 15.5 | 78.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 549.8 | 402.1 | 491.7 | 338.6 | 327.5 | 312.1 | 135.6 | 127.8 | 200.0 | 337.1 | 309.5 | 403.0 | 198.8 | 270.0 | 1.0 |
| 茶 | 89 | 261.9 | 334.2 | 150.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 130.6 | 226.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| コーヒー・ココア | 90 | 135.0 | 164.8 | 100.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 101.7 | 88.0 | 152.0 | 14.0 | 46.1 | 0.0 |
| その他の嗜好飲料 | 91 | 152.9 | 282.6 | 0.0 | 338.6 | 327.5 | 312.1 | 135.6 | 127.8 | 200.0 | 104.9 | 129.8 | 64.7 | 184.8 | 265.3 | 0.0 |
| 調味料・香辛料類 | 92～98 | 65.8 | 45.1 | 56.0 | 22.1 | 14.8 | 17.8 | 39.1 | 23.0 | 37.4 | 53.0 | 34.5 | 54.0 | 57.4 | 33.7 | 49.9 |
| 調味料 | 92～97 | 65.3 | 45.1 | 55.7 | 22.1 | 14.9 | 17.8 | 38.8 | 23.4 | 37.4 | 52.2 | 33.9 | 52.8 | 57.2 | 33.6 | 49.9 |
| ソース | 92 | 1.5 | 4.9 | 0.0 | 0.3 | 0.5 | 0.0 | 0.2 | 0.4 | 0.0 | 4.5 | 3.8 | 5.0 | 1.4 | 2.7 | 0.0 |
| しょうゆ | 93 | 11.0 | 10.5 | 8.2 | 2.6 | 1.9 | 3.1 | 11.7 | 8.9 | 11.1 | 3.5 | 2.2 | 4.5 | 9.0 | 6.5 | 7.0 |
| 塩 | 94 | 1.1 | 1.3 | 0.7 | 0.3 | 0.3 | 0.3 | 0.6 | 0.7 | 0.4 | 2.3 | 1.3 | 2.0 | 1.4 | 1.1 | 1.0 |
| マヨネーズ | 95 | 3.7 | 7.1 | 0.0 | 0.5 | 1.0 | 0.0 | 1.4 | 2.5 | 0.0 | 7.1 | 6.3 | 9.3 | 5.4 | 8.7 | 0.0 |
| 味噌 | 96 | 10.3 | 12.1 | 8.1 | 3.3 | 3.9 | 2.0 | 5.5 | 3.7 | 6.8 | 2.1 | 3.7 | 0.0 | 8.3 | 8.6 | 7.1 |
| その他の調味料 | 97 | 37.6 | 40.8 | 27.8 | 15.1 | 14.4 | 10.2 | 19.4 | 14.1 | 15.1 | 32.8 | 24.5 | 32.9 | 31.7 | 30.3 | 27.8 |
| 香辛料・その他 | 98 | 0.4 | 1.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.3 | 0.5 | 0.0 | 0.8 | 0.7 | 1.2 | 0.2 | 0.5 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | | 50～69歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 9 | | | 5 | | | 19 | | | 70 | | | 104 | | |
| 総量 | 1～98 | 1,718.1 | 432.6 | 1,692.1 | 1,729.2 | 544.1 | 1,833.3 | 1,510.2 | 405.1 | 1,524.9 | 1,851.9 | 607.7 | 1,856.7 | 2,132.6 | 621.7 | 2,125.3 |
| 動物性食品 | 48～76,79 | 509.9 | 311.5 | 490.2 | 394.1 | 240.6 | 355.5 | 295.1 | 133.4 | 251.0 | 318.8 | 187.9 | 290.5 | 321.6 | 159.5 | 303.2 |
| 植物性食品 | 1～47,77,78,80～98 | 1,208.2 | 214.7 | 1,183.1 | 1,335.1 | 578.0 | 1,132.1 | 1,215.1 | 389.8 | 1,283.2 | 1,533.1 | 544.2 | 1,521.1 | 1,811.1 | 576.5 | 1,779.0 |
| 穀類 | 1～12 | 410.0 | 151.3 | 395.0 | 418.6 | 159.8 | 433.0 | 374.7 | 170.5 | 375.0 | 384.7 | 146.4 | 380.7 | 355.4 | 118.4 | 343.5 |
| 米・加工品 | 1,2 | 251.1 | 160.3 | 250.0 | 326.2 | 138.8 | 400.0 | 321.8 | 192.5 | 276.0 | 272.9 | 170.3 | 272.0 | 231.3 | 134.8 | 218.4 |
| 米 | 1 | 251.1 | 160.3 | 250.0 | 326.2 | 138.8 | 400.0 | 302.3 | 193.5 | 243.0 | 271.8 | 170.6 | 272.0 | 227.8 | 134.3 | 212.0 |
| 米加工品 | 2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 19.6 | 47.3 | 0.0 | 1.1 | 6.4 | 0.0 | 3.5 | 17.3 | 0.0 |
| 小麦・加工品 | 3～9 | 158.9 | 114.3 | 131.0 | 92.4 | 94.7 | 36.8 | 52.9 | 71.9 | 3.0 | 108.1 | 102.3 | 78.5 | 109.7 | 112.0 | 87.8 |
| 小麦粉類 | 3 | 39.0 | 38.3 | 40.7 | 1.7 | 1.7 | 1.0 | 1.2 | 4.6 | 0.0 | 4.5 | 13.2 | 0.0 | 2.6 | 7.6 | 0.0 |
| パン類(菓子パンを除く) | 4 | 29.6 | 48.3 | 0.0 | 13.0 | 29.1 | 0.0 | 16.4 | 31.0 | 0.0 | 26.3 | 41.9 | 0.0 | 38.5 | 45.8 | 0.0 |
| 菓子パン類 | 5 | 11.8 | 26.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 | 16.3 | 0.0 | 3.5 | 18.7 | 0.0 |
| うどん、中華めん類 | 6 | 74.5 | 67.6 | 80.0 | 20.0 | 44.7 | 0.0 | 12.0 | 52.3 | 0.0 | 33.4 | 72.5 | 0.0 | 39.3 | 77.2 | 0.0 |
| 即席中華めん | 7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.2 | 28.0 | 0.0 | 7.3 | 26.9 | 0.0 | 3.1 | 16.3 | 0.0 |
| パスタ類 | 8 | 0.0 | 0.0 | 0.0 | 46.5 | 97.1 | 0.0 | 13.7 | 39.6 | 0.0 | 30.1 | 81.3 | 0.0 | 16.4 | 55.2 | 0.0 |
| その他の小麦加工品 | 9 | 4.0 | 5.1 | 3.0 | 11.3 | 15.6 | 1.0 | 2.4 | 5.8 | 0.0 | 3.3 | 8.8 | 0.0 | 6.3 | 19.8 | 0.0 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.7 | 17.8 | 0.0 | 14.5 | 45.5 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.7 | 40.8 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 5.2 | 0.0 | 1.7 | 8.4 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.9 | 17.2 | 0.0 | 5.0 | 21.4 | 0.0 |
| いも類 | 13～16 | 52.7 | 44.4 | 38.7 | 36.6 | 31.9 | 50.0 | 36.9 | 44.8 | 25.6 | 42.3 | 54.7 | 25.0 | 47.8 | 59.1 | 26.5 |
| いも・加工品 | 13～15 | 51.3 | 43.6 | 38.7 | 35.4 | 33.5 | 50.0 | 33.9 | 46.1 | 5.4 | 40.0 | 53.7 | 21.6 | 44.8 | 59.6 | 22.5 |
| さつまいも・加工品 | 13 | 0.0 | 0.0 | 0.0 | 19.6 | 30.1 | 0.0 | 2.1 | 9.2 | 0.0 | 6.2 | 19.4 | 0.0 | 7.4 | 26.6 | 0.0 |
| じゃがいも・加工品 | 14 | 40.5 | 41.0 | 24.0 | 1.0 | 2.1 | 0.0 | 9.3 | 21.9 | 0.0 | 20.3 | 37.5 | 0.0 | 21.0 | 35.0 | 0.0 |
| その他のいも・加工品 | 15 | 10.8 | 13.1 | 0.0 | 14.8 | 23.6 | 0.0 | 22.5 | 40.7 | 0.0 | 13.5 | 30.9 | 0.0 | 16.4 | 38.5 | 0.0 |
| でんぷん・加工品 | 16 | 1.3 | 2.8 | 0.0 | 1.2 | 2.8 | 0.0 | 2.9 | 7.0 | 0.0 | 2.3 | 7.9 | 0.0 | 2.9 | 12.3 | 0.0 |
| 砂糖・甘味料類 | 17 | 9.9 | 7.1 | 12.0 | 5.9 | 5.9 | 4.3 | 4.5 | 5.3 | 3.4 | 4.7 | 6.2 | 2.5 | 7.2 | 9.8 | 4.0 |
| 豆類 | 18～23 | 48.6 | 51.1 | 51.0 | 37.3 | 38.5 | 40.0 | 40.6 | 45.1 | 25.0 | 57.1 | 73.1 | 45.0 | 67.2 | 63.3 | 54.1 |
| 大豆・加工品 | 18～22 | 48.6 | 51.1 | 51.0 | 37.3 | 38.5 | 40.0 | 40.6 | 45.1 | 25.0 | 57.0 | 73.1 | 45.0 | 65.4 | 62.2 | 50.6 |
| 大豆(全粒)・加工品 | 18 | 2.3 | 3.6 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 9.8 | 0.0 | 0.4 | 2.1 | 0.0 | 2.0 | 9.7 | 0.0 |
| 豆腐 | 19 | 25.3 | 32.0 | 0.0 | 25.0 | 35.4 | 0.0 | 21.6 | 35.2 | 0.0 | 28.1 | 45.3 | 0.0 | 36.1 | 52.0 | 0.0 |
| 油揚げ類 | 20 | 2.1 | 3.3 | 0.0 | 4.3 | 6.6 | 0.0 | 3.0 | 4.9 | 0.0 | 4.3 | 13.1 | 0.0 | 5.6 | 16.1 | 0.0 |
| 納豆 | 21 | 10.6 | 21.0 | 0.0 | 8.0 | 17.9 | 0.0 | 12.7 | 20.3 | 0.0 | 11.5 | 20.5 | 0.0 | 14.8 | 19.8 | 0.0 |
| その他の大豆加工品 | 22 | 8.3 | 25.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 12.8 | 48.7 | 0.0 | 6.9 | 29.9 | 0.0 |
| その他の豆・加工品 | 23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.9 | 0.0 | 1.8 | 8.5 | 0.0 |
| 種実類 | 24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.6 | 3.4 | 0.0 | 2.7 | 8.2 | 0.0 | 4.7 | 21.4 | 0.0 |
| 野菜類 | 25～38 | 237.4 | 131.4 | 198.9 | 176.1 | 83.0 | 152.5 | 229.2 | 140.8 | 199.4 | 248.6 | 150.5 | 248.6 | 287.2 | 168.3 | 264.5 |
| 緑黄色野菜 | 25～29 | 71.5 | 83.0 | 46.5 | 15.2 | 14.6 | 16.0 | 63.2 | 61.7 | 41.5 | 74.3 | 78.0 | 51.9 | 95.2 | 90.9 | 72.0 |
| トマト | 25 | 0.0 | 0.0 | 0.0 | 4.0 | 8.9 | 0.0 | 19.8 | 33.1 | 0.0 | 15.0 | 42.4 | 0.0 | 19.6 | 34.5 | 0.0 |
| にんじん | 26 | 29.5 | 31.3 | 19.0 | 1.6 | 1.8 | 1.1 | 7.4 | 11.6 | 0.0 | 16.9 | 19.7 | 10.0 | 15.6 | 21.3 | 8.0 |
| ほうれん草 | 27 | 4.7 | 7.5 | 0.0 | 0.0 | 0.0 | 0.0 | 6.5 | 18.0 | 0.0 | 9.4 | 23.1 | 0.0 | 15.0 | 38.7 | 0.0 |
| ピーマン | 28 | 1.8 | 5.5 | 0.0 | 9.5 | 15.5 | 0.0 | 7.1 | 21.8 | 0.0 | 5.1 | 15.5 | 0.0 | 6.4 | 15.8 | 0.0 |
| その他の緑黄色野菜 | 29 | 35.5 | 54.5 | 23.7 | 0.1 | 0.1 | 0.0 | 22.4 | 26.2 | 10.2 | 27.8 | 44.7 | 3.0 | 38.8 | 64.2 | 17.3 |
| その他の野菜 | 30～35 | 159.8 | 74.6 | 161.9 | 156.9 | 78.9 | 152.3 | 143.9 | 100.1 | 133.1 | 149.0 | 94.9 | 142.0 | 169.4 | 104.1 | 159.1 |
| キャベツ | 30 | 41.9 | 35.4 | 26.0 | 22.0 | 30.3 | 0.0 | 31.3 | 42.9 | 0.0 | 26.7 | 39.6 | 0.0 | 28.7 | 47.3 | 2.3 |
| きゅうり | 31 | 6.7 | 8.8 | 0.0 | 6.9 | 15.3 | 0.0 | 6.1 | 17.4 | 0.0 | 9.5 | 19.4 | 0.0 | 13.1 | 23.1 | 0.0 |
| 大根 | 32 | 24.3 | 22.9 | 21.4 | 40.0 | 89.4 | 0.0 | 19.3 | 45.8 | 0.0 | 19.3 | 34.0 | 0.0 | 31.6 | 46.1 | 0.0 |
| たまねぎ | 33 | 24.7 | 16.7 | 31.0 | 19.5 | 19.4 | 26.2 | 26.7 | 34.4 | 2.6 | 30.5 | 38.1 | 12.5 | 25.6 | 34.3 | 5.9 |
| はくさい | 34 | 19.5 | 38.7 | 0.0 | 0.0 | 0.0 | 0.0 | 25.1 | 81.8 | 0.0 | 15.5 | 48.4 | 0.0 | 17.7 | 42.9 | 0.0 |
| その他の淡色野菜 | 35 | 42.7 | 49.4 | 23.5 | 68.5 | 72.6 | 66.1 | 35.4 | 34.5 | 28.0 | 47.5 | 50.0 | 30.1 | 52.6 | 48.6 | 40.6 |
| 野菜ジュース | 36 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 10.8 | 47.3 | 0.0 | 13.8 | 50.4 | 0.0 | 12.4 | 63.7 | 0.0 |
| 漬け物 | 37,38 | 6.1 | 17.2 | 0.0 | 4.0 | 8.9 | 0.0 | 11.3 | 21.2 | 0.0 | 11.5 | 26.7 | 0.0 | 10.1 | 19.3 | 0.0 |
| 葉類漬け物 | 37 | 5.6 | 16.7 | 0.0 | 4.0 | 8.9 | 0.0 | 3.5 | 11.9 | 0.0 | 5.2 | 16.5 | 0.0 | 3.1 | 13.2 | 0.0 |
| たくあん・その他の漬け物 | 38 | 0.5 | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.8 | 19.1 | 0.0 | 6.3 | 22.3 | 0.0 | 7.1 | 15.5 | 0.0 |
| 果実類 | 39～45 | 21.6 | 32.9 | 0.0 | 107.3 | 152.5 | 25.5 | 48.1 | 83.2 | 0.0 | 59.1 | 83.5 | 7.0 | 117.0 | 139.4 | 81.0 |
| 生果 | 39～43 | 21.6 | 32.9 | 0.0 | 36.5 | 68.3 | 0.0 | 39.6 | 74.7 | 0.0 | 50.2 | 77.1 | 0.0 | 111.6 | 138.0 | 70.8 |
| いちご | 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 | 0.1 | 1.0 | 0.0 |
| 柑橘類 | 40 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.4 | 22.3 | 0.0 | 5.5 | 18.8 | 0.0 | 11.9 | 36.6 | 0.0 |
| バナナ | 41 | 10.6 | 31.7 | 0.0 | 15.2 | 34.0 | 0.0 | 16.8 | 42.1 | 0.0 | 7.6 | 24.8 | 0.0 | 18.9 | 40.4 | 0.0 |
| りんご | 42 | 10.6 | 15.9 | 0.0 | 0.0 | 0.0 | 0.0 | 11.6 | 50.5 | 0.0 | 14.4 | 34.8 | 0.0 | 33.2 | 75.7 | 0.0 |
| その他の生果 | 43 | 0.4 | 1.3 | 0.0 | 21.3 | 35.2 | 0.0 | 3.8 | 11.1 | 0.0 | 22.6 | 61.6 | 0.0 | 47.5 | 91.9 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 3.2 | 0.0 | 2.2 | 5.8 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.0 | 0.0 | 0.0 | 70.8 | 158.3 | 0.0 | 8.6 | 34.3 | 0.0 | 8.2 | 41.2 | 0.0 | 3.3 | 21.9 | 0.0 |
| きのこ類 | 46 | 8.6 | 17.5 | 0.0 | 4.1 | 6.0 | 0.0 | 14.4 | 21.6 | 0.0 | 15.2 | 21.1 | 8.8 | 19.8 | 24.4 | 9.9 |
| 藻類 | 47 | 8.7 | 16.8 | 1.0 | 6.5 | 14.4 | 0.0 | 16.9 | 24.5 | 5.9 | 6.0 | 16.7 | 0.0 | 12.1 | 22.2 | 1.6 |

1人1日当たり(g)

| | 食品群番号 | 12～14歳 | | | 15～17歳 | | | 18～29歳 | | | 30～49歳 | | | 50～69歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 38.6 | 40.7 | 31.9 | 38.4 | 45.3 | 13.7 | 39.3 | 62.3 | 10.0 | 46.5 | 49.5 | 35.5 | 55.5 | 61.0 | 34.5 |
| 生魚介類 | 48～55 | 27.9 | 39.9 | 11.0 | 0.7 | 1.7 | 0.0 | 6.1 | 23.0 | 0.0 | 26.8 | 46.0 | 0.0 | 20.3 | 38.5 | 0.0 |
| あじ、いわし類 | 48 | 12.1 | 36.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.1 | 22.9 | 0.0 | 4.1 | 18.7 | 0.0 |
| さけ、ます | 49 | 5.7 | 11.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.1 | 28.8 | 0.0 | 4.1 | 22.3 | 0.0 |
| たい、かれい類 | 50 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.3 | 22.9 | 0.0 | 3.2 | 17.9 | 0.0 | 2.6 | 13.2 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.7 | 8.1 | 0.0 | 1.8 | 9.3 | 0.0 |
| その他の生魚 | 52 | 8.9 | 26.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 11.2 | 0.0 | 4.1 | 20.2 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 6.7 | 0.0 | 0.7 | 4.6 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 | 10.4 | 0.0 | 1.6 | 7.1 | 0.0 |
| えび、かに類 | 55 | 1.2 | 3.7 | 0.0 | 0.7 | 1.7 | 0.0 | 0.9 | 3.4 | 0.0 | 2.0 | 7.8 | 0.0 | 1.3 | 5.2 | 0.0 |
| 魚介加工品 | 56～60 | 10.7 | 14.6 | 2.0 | 37.7 | 45.9 | 10.0 | 33.2 | 61.1 | 4.0 | 19.7 | 31.5 | 1.9 | 35.2 | 49.2 | 13.7 |
| 魚介(塩蔵、生干し、乾物) | 56 | 6.3 | 14.2 | 0.8 | 10.1 | 17.5 | 0.0 | 16.6 | 50.2 | 0.0 | 11.1 | 24.4 | 0.0 | 19.4 | 40.3 | 0.0 |
| 魚介(缶詰) | 57 | 2.2 | 3.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.8 | 0.0 | 1.9 | 5.5 | 0.0 | 5.3 | 21.7 | 0.0 |
| 魚介(佃煮) | 58 | 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 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 2.1 | 4.6 | 0.0 | 27.6 | 45.7 | 10.0 | 15.3 | 35.6 | 0.0 | 6.1 | 21.8 | 0.0 | 9.7 | 24.5 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 4.8 | 0.0 | 0.5 | 3.1 | 0.0 | 0.9 | 6.9 | 0.0 |
| 肉類 | 61～69 | 118.4 | 87.4 | 103.7 | 151.5 | 106.6 | 110.0 | 122.8 | 65.2 | 120.0 | 104.3 | 81.2 | 88.6 | 87.5 | 61.3 | 80.5 |
| 畜肉 | 61～64 | 92.4 | 72.2 | 78.6 | 112.6 | 69.6 | 102.0 | 86.5 | 64.3 | 75.0 | 69.5 | 66.6 | 50.2 | 61.5 | 50.8 | 54.3 |
| 牛肉 | 61 | 5.6 | 16.7 | 0.0 | 26.0 | 37.1 | 0.0 | 11.8 | 37.6 | 0.0 | 10.4 | 29.0 | 0.0 | 9.6 | 30.1 | 0.0 |
| 豚肉 | 62 | 65.2 | 65.6 | 42.5 | 64.6 | 41.5 | 64.4 | 64.1 | 55.9 | 46.5 | 44.9 | 50.7 | 27.6 | 39.5 | 38.6 | 38.8 |
| ハム、ソーセージ類 | 63 | 21.7 | 28.5 | 20.0 | 22.0 | 30.3 | 0.0 | 10.6 | 16.1 | 0.0 | 14.1 | 19.7 | 0.8 | 12.4 | 19.1 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 26.0 | 37.5 | 0.0 | 38.9 | 86.9 | 0.0 | 36.3 | 51.9 | 12.0 | 34.1 | 57.5 | 0.0 | 24.4 | 46.0 | 0.0 |
| 鶏肉 | 65 | 26.0 | 37.5 | 0.0 | 38.9 | 86.9 | 0.0 | 36.3 | 51.9 | 12.0 | 34.1 | 57.5 | 0.0 | 24.4 | 46.0 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 6.8 | 0.0 | 1.5 | 13.8 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 21.1 | 35.2 | 3.0 | 46.3 | 29.9 | 54.0 | 49.6 | 42.1 | 48.0 | 42.6 | 37.1 | 42.0 | 39.3 | 36.7 | 40.6 |
| 乳類 | 71～75 | 331.2 | 271.2 | 274.0 | 153.3 | 208.8 | 5.0 | 82.5 | 132.6 | 13.2 | 124.4 | 152.8 | 77.5 | 138.5 | 131.2 | 103.0 |
| 牛乳・乳製品 | 71～74 | 331.2 | 271.2 | 274.0 | 153.3 | 208.8 | 5.0 | 82.5 | 132.6 | 13.2 | 124.4 | 152.8 | 77.5 | 138.5 | 131.2 | 103.0 |
| 牛乳 | 71 | 240.7 | 146.7 | 206.0 | 145.5 | 201.0 | 3.0 | 43.5 | 110.2 | 0.0 | 46.4 | 82.1 | 0.0 | 66.6 | 99.3 | 0.0 |
| チーズ | 72 | 4.1 | 6.3 | 1.0 | 1.6 | 3.1 | 0.0 | 3.4 | 8.4 | 0.0 | 3.4 | 7.1 | 0.0 | 4.9 | 8.8 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 85.1 | 171.2 | 0.0 | 6.0 | 13.4 | 0.0 | 33.2 | 68.8 | 0.0 | 66.2 | 121.1 | 0.0 | 63.0 | 71.5 | 62.5 |
| その他の乳製品 | 74 | 1.2 | 1.2 | 2.0 | 0.2 | 0.4 | 0.0 | 2.3 | 6.0 | 0.0 | 8.4 | 28.9 | 0.0 | 4.1 | 11.0 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 11.1 | 6.3 | 9.0 | 18.1 | 3.9 | 18.0 | 12.7 | 6.3 | 13.5 | 11.9 | 10.2 | 7.8 | 11.3 | 8.8 | 10.0 |
| バター | 76 | 0.0 | 0.0 | 0.0 | 3.5 | 4.5 | 1.3 | 0.4 | 1.4 | 0.0 | 0.9 | 2.7 | 0.0 | 0.7 | 2.0 | 0.0 |
| マーガリン | 77 | 3.1 | 2.4 | 4.0 | 1.0 | 2.2 | 0.0 | 0.8 | 2.5 | 0.0 | 0.8 | 2.8 | 0.0 | 1.3 | 3.5 | 0.0 |
| 植物性油脂 | 78 | 7.2 | 5.2 | 7.0 | 12.5 | 4.2 | 12.9 | 10.3 | 7.2 | 10.2 | 9.9 | 9.6 | 6.1 | 9.2 | 8.0 | 7.4 |
| 動物性油脂 | 79 | 0.6 | 1.7 | 0.0 | 1.1 | 2.0 | 0.0 | 0.5 | 1.4 | 0.0 | 0.1 | 0.6 | 0.0 | 0.1 | 0.4 | 0.0 |
| その他の油脂 | 80 | 0.2 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 3.0 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 60.3 | 86.1 | 35.0 | 16.2 | 26.1 | 0.0 | 16.0 | 27.6 | 0.0 | 21.9 | 37.1 | 1.0 | 28.5 | 46.0 | 7.0 |
| 和菓子類 | 81 | 11.6 | 21.2 | 0.0 | 4.2 | 9.4 | 0.0 | 1.2 | 4.0 | 0.0 | 7.1 | 16.9 | 0.0 | 14.1 | 29.5 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.0 | 21.8 | 0.0 | 5.4 | 22.4 | 0.0 | 5.8 | 23.6 | 0.0 |
| ビスケット類 | 83 | 0.6 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 3.4 | 8.2 | 0.0 | 3.2 | 20.6 | 0.0 | 2.7 | 8.3 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.8 | 0.0 | 0.5 | 2.7 | 0.0 |
| その他の菓子類 | 85 | 48.1 | 89.3 | 10.0 | 12.0 | 26.8 | 0.0 | 6.4 | 16.7 | 0.0 | 6.1 | 15.2 | 0.0 | 5.5 | 17.3 | 0.0 |
| 嗜好飲料類 | 86～91 | 283.2 | 240.4 | 370.5 | 452.4 | 616.2 | 350.0 | 355.5 | 356.8 | 200.0 | 616.8 | 423.7 | 552.5 | 787.0 | 507.9 | 705.9 |
| アルコール飲料 | 86～88 | 0.8 | 1.5 | 0.0 | 0.4 | 0.9 | 0.0 | 23.9 | 81.7 | 0.0 | 64.3 | 236.5 | 0.0 | 100.1 | 264.3 | 0.0 |
| 日本酒 | 86 | 0.8 | 1.5 | 0.0 | 0.4 | 0.9 | 0.0 | 1.0 | 2.5 | 0.0 | 1.3 | 4.1 | 0.0 | 8.6 | 46.3 | 0.0 |
| ビール | 87 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 18.6 | 80.9 | 0.0 | 49.3 | 222.8 | 0.0 | 59.4 | 233.4 | 0.0 |
| 洋酒・その他 | 88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.3 | 18.3 | 0.0 | 13.7 | 63.5 | 0.0 | 32.1 | 125.1 | 0.0 |
| その他の嗜好飲料 | 89～91 | 282.3 | 240.4 | 366.0 | 452.0 | 616.3 | 350.0 | 331.6 | 316.0 | 200.0 | 552.5 | 383.5 | 502.5 | 686.8 | 425.4 | 589.3 |
| 茶 | 89 | 41.1 | 72.2 | 0.0 | 0.0 | 0.0 | 0.0 | 193.7 | 274.2 | 80.0 | 217.2 | 324.5 | 0.0 | 279.3 | 318.2 | 183.0 |
| コーヒー・ココア | 90 | 0.7 | 2.0 | 0.0 | 2.0 | 4.5 | 0.0 | 19.5 | 51.4 | 0.0 | 106.6 | 152.2 | 0.0 | 221.9 | 186.2 | 200.0 |
| その他の嗜好飲料 | 91 | 240.6 | 230.1 | 200.0 | 450.0 | 616.4 | 350.0 | 118.4 | 188.9 | 0.0 | 228.7 | 321.0 | 117.8 | 185.7 | 351.9 | 0.0 |
| 調味料・香辛料類 | 92～98 | 56.9 | 21.1 | 56.3 | 60.5 | 19.4 | 51.8 | 64.7 | 50.1 | 47.1 | 63.4 | 43.5 | 51.3 | 66.8 | 42.2 | 60.9 |
| 調味料 | 92～97 | 56.5 | 21.2 | 56.3 | 59.8 | 19.1 | 51.8 | 64.5 | 50.1 | 47.1 | 63.1 | 43.6 | 50.7 | 66.2 | 42.3 | 60.1 |
| ソース | 92 | 5.3 | 11.8 | 0.0 | 3.0 | 6.7 | 0.0 | 0.2 | 0.7 | 0.0 | 1.9 | 5.9 | 0.0 | 1.7 | 5.2 | 0.0 |
| しょうゆ | 93 | 8.2 | 6.9 | 9.0 | 13.7 | 13.2 | 14.9 | 13.9 | 12.9 | 9.4 | 9.8 | 10.1 | 6.9 | 10.4 | 9.5 | 8.6 |
| 塩 | 94 | 1.4 | 1.1 | 1.3 | 1.7 | 2.0 | 1.1 | 1.4 | 1.3 | 1.1 | 1.2 | 1.4 | 0.7 | 1.2 | 1.3 | 0.9 |
| マヨネーズ | 95 | 1.4 | 2.1 | 0.0 | 2.5 | 4.3 | 0.0 | 2.3 | 7.3 | 0.0 | 3.6 | 6.9 | 0.0 | 4.6 | 7.1 | 0.0 |
| 味噌 | 96 | 9.0 | 7.9 | 10.8 | 12.5 | 17.1 | 0.0 | 8.4 | 9.0 | 8.4 | 8.0 | 9.6 | 6.0 | 9.3 | 9.9 | 8.3 |
| その他の調味料 | 97 | 31.1 | 17.4 | 31.2 | 26.5 | 10.3 | 25.5 | 38.5 | 39.9 | 23.1 | 38.5 | 42.3 | 27.6 | 39.0 | 38.9 | 33.3 |
| 香辛料・その他 | 98 | 0.4 | 0.6 | 0.0 | 0.7 | 1.1 | 0.1 | 0.2 | 0.3 | 0.0 | 0.3 | 0.6 | 0.0 | 0.6 | 1.3 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 87 | | | 48 | | | 325 | | | 92 | | | 84 | | |
| 総量 | 1～98 | 2,031.1 | 628.6 | 1,931.8 | 1,985.8 | 630.2 | 1,839.6 | 1,993.1 | 628.3 | 1,922.5 | 2,095.6 | 523.4 | 2,115.1 | 1,980.4 | 693.7 | 1,819.7 |
| 動物性食品 | 48～76,79 | 327.6 | 183.2 | 300.0 | 363.4 | 162.7 | 382.5 | 327.5 | 172.1 | 300.0 | 338.2 | 157.9 | 310.8 | 346.0 | 192.4 | 328.3 |
| 植物性食品 | 1～47,77,78,80～98 | 1,703.6 | 566.8 | 1,647.1 | 1,622.4 | 562.6 | 1,501.8 | 1,665.6 | 573.5 | 1,598.9 | 1,757.4 | 480.4 | 1,755.1 | 1,634.4 | 606.5 | 1,514.3 |
| 穀類 | 1～12 | 352.6 | 132.1 | 337.6 | 361.3 | 108.7 | 353.4 | 363.2 | 130.8 | 350.0 | 355.5 | 127.3 | 337.3 | 353.2 | 112.8 | 353.4 |
| 米・加工品 | 1,2 | 226.1 | 123.2 | 213.0 | 237.8 | 113.2 | 240.0 | 244.8 | 143.0 | 230.0 | 226.9 | 127.2 | 213.9 | 225.9 | 113.5 | 225.0 |
| 米 | 1 | 225.4 | 122.0 | 213.0 | 227.6 | 109.2 | 220.0 | 240.6 | 141.8 | 225.0 | 226.1 | 126.3 | 213.9 | 220.0 | 110.8 | 211.0 |
| 米加工品 | 2 | 0.7 | 4.6 | 0.0 | 10.2 | 56.9 | 0.0 | 4.2 | 27.0 | 0.0 | 0.8 | 4.7 | 0.0 | 5.9 | 43.1 | 0.0 |
| 小麦・加工品 | 3～9 | 108.9 | 93.2 | 93.0 | 111.8 | 84.9 | 94.3 | 106.5 | 99.9 | 87.5 | 116.0 | 103.2 | 106.0 | 110.0 | 82.7 | 93.8 |
| 小麦粉類 | 3 | 2.7 | 7.9 | 0.0 | 3.9 | 16.6 | 0.0 | 3.2 | 10.7 | 0.0 | 3.3 | 8.9 | 0.0 | 2.8 | 13.0 | 0.0 |
| パン類(菓子パンを除く) | 4 | 32.1 | 41.1 | 0.0 | 31.8 | 36.5 | 8.0 | 32.1 | 42.0 | 0.0 | 34.0 | 41.9 | 0.0 | 34.3 | 40.0 | 23.5 |
| 菓子パン類 | 5 | 7.1 | 25.3 | 0.0 | 9.5 | 26.9 | 0.0 | 5.1 | 21.2 | 0.0 | 2.5 | 11.9 | 0.0 | 10.7 | 30.7 | 0.0 |
| うどん、中華めん類 | 6 | 54.8 | 89.6 | 0.0 | 57.6 | 86.2 | 0.0 | 43.7 | 80.7 | 0.0 | 60.3 | 92.2 | 0.0 | 50.2 | 82.7 | 0.0 |
| 即席中華めん | 7 | 2.4 | 15.7 | 0.0 | 0.0 | 0.0 | 0.0 | 3.2 | 17.6 | 0.0 | 1.4 | 9.5 | 0.0 | 2.5 | 16.0 | 0.0 |
| パスタ類 | 8 | 3.6 | 22.0 | 0.0 | 6.0 | 27.1 | 0.0 | 14.3 | 52.8 | 0.0 | 7.5 | 33.3 | 0.0 | 5.5 | 27.6 | 0.0 |
| その他の小麦加工品 | 9 | 6.2 | 20.3 | 0.0 | 3.1 | 9.4 | 0.0 | 5.0 | 16.3 | 0.0 | 7.1 | 20.4 | 0.0 | 3.9 | 13.5 | 0.0 |
| その他の穀類・加工品 | 10～12 | 17.6 | 55.0 | 0.0 | 11.7 | 39.6 | 0.0 | 11.9 | 42.3 | 0.0 | 12.6 | 39.2 | 0.0 | 17.3 | 55.2 | 0.0 |
| そば・加工品 | 10 | 11.7 | 51.1 | 0.0 | 5.7 | 31.3 | 0.0 | 6.4 | 37.2 | 0.0 | 6.9 | 31.4 | 0.0 | 12.1 | 52.4 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 0.6 | 4.3 | 0.0 | 0.8 | 5.6 | 0.0 | 0.3 | 2.5 | 0.0 | 0.4 | 3.3 | 0.0 |
| その他の穀類 | 12 | 5.9 | 23.1 | 0.0 | 5.3 | 25.4 | 0.0 | 4.6 | 21.1 | 0.0 | 5.5 | 24.5 | 0.0 | 4.9 | 20.7 | 0.0 |
| いも類 | 13～16 | 70.4 | 94.8 | 51.5 | 56.4 | 69.6 | 30.0 | 53.4 | 71.2 | 30.0 | 73.3 | 92.5 | 55.0 | 57.3 | 70.3 | 32.6 |
| いも・加工品 | 13～15 | 69.3 | 94.9 | 45.0 | 54.8 | 69.7 | 27.6 | 51.2 | 71.4 | 29.7 | 72.5 | 92.7 | 50.0 | 55.8 | 70.4 | 30.0 |
| さつまいも・加工品 | 13 | 17.7 | 56.5 | 0.0 | 13.9 | 39.2 | 0.0 | 10.5 | 37.5 | 0.0 | 18.4 | 57.2 | 0.0 | 11.1 | 32.3 | 0.0 |
| じゃがいも・加工品 | 14 | 28.9 | 49.9 | 0.0 | 20.0 | 34.8 | 0.0 | 22.1 | 39.5 | 0.0 | 31.8 | 49.5 | 0.0 | 21.6 | 36.4 | 0.0 |
| その他のいも・加工品 | 15 | 22.7 | 48.7 | 0.0 | 20.9 | 46.0 | 0.0 | 18.6 | 41.4 | 0.0 | 22.4 | 42.3 | 0.0 | 23.0 | 54.0 | 0.0 |
| でんぷん・加工品 | 16 | 1.2 | 3.8 | 0.0 | 1.6 | 9.0 | 0.0 | 2.1 | 9.0 | 0.0 | 0.8 | 2.5 | 0.0 | 1.5 | 7.4 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.8 | 11.7 | 2.9 | 6.4 | 7.7 | 4.0 | 6.3 | 9.2 | 3.0 | 5.6 | 8.3 | 2.4 | 8.0 | 12.0 | 4.0 |
| 豆類 | 18～23 | 63.3 | 63.2 | 44.0 | 89.0 | 130.3 | 49.0 | 65.9 | 78.6 | 47.8 | 65.4 | 62.5 | 54.5 | 76.2 | 106.1 | 44.5 |
| 大豆・加工品 | 18～22 | 62.7 | 63.4 | 44.0 | 82.6 | 105.5 | 45.3 | 64.2 | 72.5 | 45.0 | 64.7 | 62.3 | 54.5 | 72.1 | 88.9 | 42.8 |
| 大豆(全粒)・加工品 | 18 | 2.6 | 10.3 | 0.0 | 7.7 | 36.6 | 0.0 | 2.7 | 16.2 | 0.0 | 2.5 | 12.1 | 0.0 | 5.5 | 28.2 | 0.0 |
| 豆腐 | 19 | 29.1 | 42.5 | 0.0 | 41.7 | 65.3 | 3.3 | 32.8 | 49.9 | 0.0 | 34.2 | 47.4 | 0.0 | 33.8 | 54.8 | 0.0 |
| 油揚げ類 | 20 | 4.2 | 11.7 | 0.0 | 9.3 | 24.7 | 0.0 | 5.3 | 15.8 | 0.0 | 5.0 | 15.2 | 0.0 | 6.6 | 19.3 | 0.0 |
| 納豆 | 21 | 17.4 | 20.7 | 0.0 | 12.6 | 18.4 | 0.0 | 14.1 | 19.9 | 0.0 | 16.3 | 20.6 | 0.0 | 14.5 | 19.1 | 0.0 |
| その他の大豆加工品 | 22 | 9.6 | 42.1 | 0.0 | 11.4 | 39.5 | 0.0 | 9.2 | 38.7 | 0.0 | 6.7 | 34.1 | 0.0 | 11.7 | 41.5 | 0.0 |
| その他の豆・加工品 | 23 | 0.5 | 2.6 | 0.0 | 6.5 | 36.3 | 0.0 | 1.7 | 14.9 | 0.0 | 0.7 | 4.2 | 0.0 | 4.1 | 27.6 | 0.0 |
| 種実類 | 24 | 1.9 | 4.7 | 0.0 | 4.4 | 13.8 | 0.0 | 3.3 | 14.0 | 0.0 | 5.2 | 22.7 | 0.0 | 3.4 | 10.8 | 0.0 |
| 野菜類 | 25～38 | 319.1 | 163.0 | 288.1 | 302.3 | 190.5 | 275.8 | 287.2 | 167.2 | 268.2 | 315.1 | 175.3 | 296.3 | 307.9 | 182.3 | 279.4 |
| 緑黄色野菜 | 25～29 | 109.6 | 86.3 | 91.5 | 108.0 | 91.2 | 88.6 | 94.8 | 86.8 | 74.4 | 105.2 | 96.4 | 82.1 | 108.9 | 87.0 | 94.5 |
| トマト | 25 | 34.6 | 56.1 | 0.0 | 31.9 | 51.1 | 0.0 | 24.4 | 45.8 | 0.0 | 25.9 | 47.1 | 0.0 | 35.7 | 54.6 | 0.0 |
| にんじん | 26 | 17.5 | 29.1 | 7.5 | 18.9 | 26.1 | 10.0 | 16.4 | 23.7 | 8.0 | 17.8 | 28.7 | 9.0 | 17.0 | 24.0 | 7.4 |
| ほうれん草 | 27 | 15.0 | 35.0 | 0.0 | 11.5 | 24.9 | 0.0 | 12.8 | 32.0 | 0.0 | 18.5 | 38.2 | 0.0 | 11.5 | 27.3 | 0.0 |
| ピーマン | 28 | 5.8 | 13.8 | 0.0 | 3.9 | 9.3 | 0.0 | 5.7 | 14.8 | 0.0 | 7.6 | 15.9 | 0.0 | 4.5 | 11.4 | 0.0 |
| その他の緑黄色野菜 | 29 | 36.7 | 47.7 | 11.1 | 41.7 | 59.8 | 21.2 | 35.5 | 54.0 | 12.0 | 35.3 | 65.3 | 9.6 | 40.2 | 54.2 | 19.7 |
| その他の野菜 | 30～35 | 189.9 | 133.6 | 148.5 | 165.3 | 125.2 | 131.0 | 169.0 | 114.5 | 147.3 | 183.9 | 114.9 | 163.1 | 174.9 | 139.6 | 133.5 |
| キャベツ | 30 | 30.3 | 51.3 | 0.0 | 31.2 | 61.3 | 8.3 | 29.0 | 48.6 | 0.0 | 28.6 | 43.2 | 0.0 | 27.9 | 58.1 | 0.0 |
| きゅうり | 31 | 21.1 | 36.1 | 7.0 | 12.0 | 27.4 | 0.0 | 14.0 | 27.2 | 0.0 | 18.8 | 34.9 | 0.0 | 15.0 | 27.2 | 0.0 |
| 大根 | 32 | 33.4 | 59.0 | 0.0 | 29.3 | 45.1 | 0.0 | 28.7 | 47.8 | 0.0 | 33.9 | 51.6 | 5.0 | 32.0 | 52.8 | 0.0 |
| たまねぎ | 33 | 31.9 | 38.6 | 12.0 | 31.5 | 42.3 | 10.5 | 29.4 | 37.5 | 10.0 | 32.4 | 39.7 | 15.0 | 31.7 | 40.7 | 9.4 |
| はくさい | 34 | 10.2 | 32.0 | 0.0 | 14.5 | 31.8 | 0.0 | 15.3 | 43.4 | 0.0 | 16.1 | 37.0 | 0.0 | 13.8 | 37.4 | 0.0 |
| その他の淡色野菜 | 35 | 63.1 | 65.3 | 49.0 | 46.8 | 56.4 | 32.5 | 52.6 | 54.7 | 39.4 | 54.1 | 47.8 | 47.9 | 54.6 | 67.8 | 32.5 |
| 野菜ジュース | 36 | 4.0 | 26.5 | 0.0 | 9.1 | 35.7 | 0.0 | 10.0 | 48.4 | 0.0 | 11.7 | 65.9 | 0.0 | 7.1 | 32.0 | 0.0 |
| 漬け物 | 37,38 | 15.4 | 25.2 | 0.0 | 19.9 | 37.1 | 4.0 | 13.4 | 26.0 | 0.0 | 14.4 | 23.9 | 0.0 | 17.0 | 31.5 | 2.0 |
| 葉類漬け物 | 37 | 3.7 | 13.8 | 0.0 | 5.6 | 16.5 | 0.0 | 4.1 | 14.6 | 0.0 | 3.5 | 14.5 | 0.0 | 4.6 | 14.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 11.7 | 21.5 | 0.0 | 14.3 | 29.3 | 0.0 | 9.3 | 21.4 | 0.0 | 10.9 | 19.3 | 0.0 | 12.4 | 25.7 | 0.0 |
| 果実類 | 39～45 | 149.7 | 121.5 | 127.0 | 149.4 | 159.4 | 96.0 | 114.5 | 130.3 | 90.0 | 151.3 | 136.0 | 130.5 | 137.7 | 137.3 | 109.0 |
| 生果 | 39～43 | 143.9 | 119.2 | 120.0 | 141.9 | 147.4 | 96.0 | 108.2 | 126.4 | 83.3 | 143.2 | 134.8 | 126.5 | 132.5 | 129.3 | 102.5 |
| いちご | 39 | 0.1 | 0.5 | 0.0 | 0.2 | 1.4 | 0.0 | 0.1 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 1.2 | 0.0 |
| 柑橘類 | 40 | 23.8 | 50.0 | 0.0 | 27.1 | 44.0 | 0.0 | 15.8 | 39.2 | 0.0 | 19.6 | 46.3 | 0.0 | 24.3 | 42.7 | 0.0 |
| バナナ | 41 | 16.2 | 35.4 | 0.0 | 22.8 | 39.5 | 0.0 | 16.4 | 36.5 | 0.0 | 20.3 | 43.0 | 0.0 | 17.5 | 33.5 | 0.0 |
| りんご | 42 | 32.4 | 48.9 | 0.0 | 31.2 | 60.1 | 0.0 | 27.7 | 58.7 | 0.0 | 29.6 | 49.7 | 0.0 | 35.9 | 58.9 | 0.0 |
| その他の生果 | 43 | 71.5 | 105.1 | 25.0 | 60.5 | 100.4 | 0.0 | 48.3 | 91.1 | 0.0 | 73.7 | 110.0 | 0.0 | 54.6 | 86.1 | 0.0 |
| ジャム | 44 | 2.2 | 6.5 | 0.0 | 2.7 | 7.4 | 0.0 | 1.8 | 5.7 | 0.0 | 2.3 | 6.1 | 0.0 | 2.5 | 6.8 | 0.0 |
| 果汁・果汁飲料 | 45 | 3.6 | 22.9 | 0.0 | 4.7 | 30.3 | 0.0 | 4.5 | 28.1 | 0.0 | 5.8 | 30.3 | 0.0 | 2.7 | 22.9 | 0.0 |
| きのこ類 | 46 | 19.8 | 25.5 | 8.0 | 11.4 | 18.3 | 0.0 | 17.3 | 23.2 | 7.3 | 18.2 | 22.6 | 9.6 | 15.8 | 23.3 | 5.6 |
| 藻類 | 47 | 14.0 | 27.7 | 3.0 | 14.9 | 19.0 | 7.9 | 12.1 | 22.7 | 1.8 | 10.7 | 21.5 | 1.7 | 15.7 | 25.0 | 4.4 |

1人1日当たり(g)

| | 食品群番号 | 70～79歳 | | | 80歳以上 | | | (再掲)20歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 70.4 | 63.3 | 59.5 | 72.2 | 58.4 | 73.9 | 59.5 | 59.8 | 45.5 | 64.8 | 61.5 | 57.3 | 72.2 | 60.9 | 71.4 |
| 生魚介類 | 48～55 | 25.1 | 43.8 | 0.0 | 38.6 | 58.2 | 0.0 | 25.0 | 44.7 | 0.0 | 24.3 | 41.3 | 0.0 | 32.3 | 53.7 | 0.0 |
| あじ、いわし類 | 48 | 8.5 | 30.6 | 0.0 | 8.5 | 27.0 | 0.0 | 6.2 | 24.1 | 0.0 | 7.1 | 27.3 | 0.0 | 8.5 | 28.7 | 0.0 |
| さけ、ます | 49 | 2.3 | 10.6 | 0.0 | 7.1 | 28.6 | 0.0 | 4.7 | 22.1 | 0.0 | 3.7 | 16.6 | 0.0 | 4.3 | 21.9 | 0.0 |
| たい、かれい類 | 50 | 2.7 | 12.3 | 0.0 | 3.5 | 17.2 | 0.0 | 3.1 | 15.4 | 0.0 | 3.5 | 15.8 | 0.0 | 3.5 | 15.9 | 0.0 |
| まぐろ、かじき類 | 51 | 1.1 | 10.7 | 0.0 | 9.6 | 38.9 | 0.0 | 2.7 | 17.3 | 0.0 | 1.2 | 10.5 | 0.0 | 5.5 | 29.7 | 0.0 |
| その他の生魚 | 52 | 5.0 | 18.7 | 0.0 | 4.7 | 22.9 | 0.0 | 3.8 | 18.1 | 0.0 | 4.4 | 18.6 | 0.0 | 5.1 | 22.1 | 0.0 |
| 貝類 | 53 | 0.4 | 2.4 | 0.0 | 3.6 | 17.8 | 0.0 | 1.1 | 8.1 | 0.0 | 0.4 | 2.2 | 0.0 | 2.2 | 13.7 | 0.0 |
| いか、たこ類 | 54 | 3.8 | 15.9 | 0.0 | 1.6 | 10.8 | 0.0 | 2.3 | 11.1 | 0.0 | 2.4 | 12.9 | 0.0 | 2.8 | 12.8 | 0.0 |
| えび、かに類 | 55 | 1.3 | 5.9 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 | 5.6 | 0.0 | 1.4 | 6.1 | 0.0 | 0.3 | 3.1 | 0.0 |
| 魚介加工品 | 56～60 | 45.3 | 52.9 | 28.0 | 33.6 | 40.9 | 12.8 | 34.4 | 47.4 | 14.0 | 40.5 | 48.1 | 24.5 | 39.9 | 48.3 | 16.3 |
| 魚介(塩蔵、生干し、乾物) | 56 | 31.6 | 47.8 | 5.0 | 19.4 | 33.7 | 0.9 | 20.9 | 40.1 | 0.0 | 25.2 | 41.1 | 1.3 | 25.7 | 41.6 | 1.0 |
| 魚介(缶詰) | 57 | 3.2 | 11.1 | 0.0 | 2.0 | 13.7 | 0.0 | 3.2 | 14.8 | 0.0 | 5.5 | 22.7 | 0.0 | 3.0 | 13.1 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.7 | 3.4 | 0.0 | 0.1 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 2.6 | 0.0 |
| 魚介(練り製品) | 59 | 9.2 | 24.3 | 0.0 | 11.3 | 25.1 | 0.0 | 9.4 | 24.8 | 0.0 | 8.8 | 24.9 | 0.0 | 10.2 | 24.1 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.4 | 8.5 | 0.0 | 0.2 | 1.5 | 0.0 | 0.9 | 6.1 | 0.0 | 1.1 | 7.5 | 0.0 | 0.5 | 4.0 | 0.0 |
| 肉類 | 61～69 | 67.6 | 60.5 | 58.0 | 70.1 | 50.0 | 56.5 | 84.9 | 66.2 | 75.0 | 75.3 | 60.8 | 69.4 | 70.0 | 58.1 | 59.0 |
| 畜肉 | 61～64 | 46.5 | 49.1 | 37.2 | 51.7 | 44.8 | 46.4 | 59.0 | 54.5 | 50.0 | 57.0 | 54.8 | 46.9 | 48.6 | 46.1 | 40.1 |
| 牛肉 | 61 | 5.4 | 21.9 | 0.0 | 8.5 | 24.7 | 0.0 | 8.2 | 26.4 | 0.0 | 10.6 | 34.2 | 0.0 | 6.1 | 20.0 | 0.0 |
| 豚肉 | 62 | 33.0 | 41.8 | 14.2 | 32.5 | 35.3 | 30.0 | 39.5 | 43.5 | 28.6 | 36.2 | 38.5 | 28.7 | 32.6 | 39.5 | 20.0 |
| ハム、ソーセージ類 | 63 | 8.1 | 13.9 | 0.0 | 10.7 | 17.5 | 0.0 | 11.3 | 17.7 | 0.0 | 10.1 | 15.1 | 0.0 | 9.9 | 16.5 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 20.8 | 42.3 | 0.0 | 17.4 | 31.1 | 0.0 | 25.0 | 46.4 | 0.0 | 18.3 | 39.5 | 0.0 | 20.5 | 40.0 | 0.0 |
| 鶏肉 | 65 | 20.8 | 42.3 | 0.0 | 17.4 | 31.1 | 0.0 | 25.0 | 46.4 | 0.0 | 18.3 | 39.5 | 0.0 | 20.5 | 40.0 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.3 | 2.5 | 0.0 | 1.0 | 7.2 | 0.0 | 0.9 | 9.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 6.0 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 41.3 | 36.2 | 48.0 | 36.6 | 28.8 | 48.0 | 40.6 | 35.8 | 44.5 | 39.3 | 33.1 | 48.0 | 39.6 | 34.5 | 46.5 |
| 乳類 | 71～75 | 147.1 | 144.9 | 113.0 | 184.3 | 132.7 | 188.2 | 141.6 | 141.5 | 103.0 | 158.1 | 137.0 | 144.0 | 163.5 | 149.3 | 138.8 |
| 牛乳・乳製品 | 71～74 | 147.1 | 144.9 | 113.0 | 184.3 | 132.7 | 188.2 | 141.6 | 141.5 | 103.0 | 158.1 | 137.0 | 144.0 | 163.5 | 149.3 | 138.8 |
| 牛乳 | 71 | 78.7 | 125.0 | 0.0 | 106.3 | 110.8 | 76.8 | 70.0 | 107.1 | 0.0 | 85.4 | 113.6 | 5.3 | 90.4 | 126.0 | 0.0 |
| チーズ | 72 | 3.8 | 8.7 | 0.0 | 4.9 | 8.3 | 0.0 | 4.2 | 8.4 | 0.0 | 4.0 | 8.3 | 0.0 | 4.2 | 8.0 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 60.6 | 76.2 | 4.0 | 62.3 | 77.6 | 55.0 | 61.5 | 86.3 | 0.0 | 64.7 | 69.8 | 70.0 | 62.1 | 81.9 | 9.5 |
| その他の乳製品 | 74 | 3.9 | 18.1 | 0.0 | 10.8 | 35.7 | 0.0 | 5.9 | 22.3 | 0.0 | 4.0 | 17.6 | 0.0 | 6.8 | 27.6 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 10.0 | 8.2 | 8.0 | 10.4 | 9.8 | 9.0 | 11.0 | 9.0 | 9.3 | 9.8 | 7.6 | 8.0 | 10.3 | 9.3 | 8.0 |
| バター | 76 | 0.7 | 2.2 | 0.0 | 0.2 | 1.4 | 0.0 | 0.7 | 2.1 | 0.0 | 0.6 | 1.9 | 0.0 | 0.4 | 1.8 | 0.0 |
| マーガリン | 77 | 1.1 | 3.9 | 0.0 | 2.3 | 5.0 | 0.0 | 1.2 | 3.7 | 0.0 | 1.1 | 3.9 | 0.0 | 1.7 | 4.2 | 0.0 |
| 植物性油脂 | 78 | 7.6 | 6.2 | 6.6 | 7.9 | 7.7 | 5.0 | 8.8 | 7.9 | 6.9 | 7.9 | 6.5 | 6.6 | 7.8 | 7.2 | 5.7 |
| 動物性油脂 | 79 | 0.6 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 1.4 | 0.0 | 0.2 | 1.1 | 0.0 | 0.4 | 2.3 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| 菓子類 | 81～85 | 23.0 | 38.2 | 5.0 | 29.1 | 57.1 | 0.0 | 25.1 | 43.4 | 0.0 | 27.1 | 41.1 | 5.0 | 26.3 | 49.8 | 4.0 |
| 和菓子類 | 81 | 13.5 | 28.3 | 0.0 | 16.0 | 47.1 | 0.0 | 12.0 | 29.8 | 0.0 | 16.9 | 31.3 | 0.0 | 14.6 | 39.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 1.1 | 6.5 | 0.0 | 5.9 | 17.9 | 0.0 | 4.4 | 19.3 | 0.0 | 2.0 | 14.5 | 0.0 | 4.3 | 15.0 | 0.0 |
| ビスケット類 | 83 | 2.3 | 10.5 | 0.0 | 2.2 | 6.4 | 0.0 | 2.7 | 12.3 | 0.0 | 2.8 | 11.0 | 0.0 | 1.6 | 5.3 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.2 | 1.3 | 0.0 | 0.2 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 1.0 | 0.0 |
| その他の菓子類 | 85 | 6.2 | 21.4 | 0.0 | 4.9 | 18.6 | 0.0 | 5.7 | 18.2 | 0.0 | 5.4 | 17.5 | 0.0 | 5.8 | 21.8 | 0.0 |
| 嗜好飲料類 | 86～91 | 604.0 | 405.9 | 519.5 | 516.9 | 330.8 | 436.3 | 639.6 | 447.7 | 557.0 | 653.8 | 405.9 | 640.3 | 550.5 | 386.4 | 453.8 |
| アルコール飲料 | 86～88 | 30.0 | 88.6 | 0.0 | 10.4 | 52.8 | 0.0 | 56.9 | 195.3 | 0.0 | 52.3 | 137.6 | 0.0 | 16.5 | 67.4 | 0.0 |
| 日本酒 | 86 | 1.3 | 3.4 | 0.0 | 1.0 | 3.9 | 0.0 | 3.6 | 26.5 | 0.0 | 5.0 | 41.6 | 0.0 | 1.4 | 4.2 | 0.0 |
| ビール | 87 | 15.3 | 67.7 | 0.0 | 7.4 | 51.0 | 0.0 | 35.9 | 174.1 | 0.0 | 29.6 | 110.8 | 0.0 | 8.4 | 54.1 | 0.0 |
| 洋酒・その他 | 88 | 13.4 | 54.8 | 0.0 | 2.1 | 14.4 | 0.0 | 17.4 | 82.4 | 0.0 | 17.8 | 72.0 | 0.0 | 6.6 | 41.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 574.0 | 397.9 | 458.0 | 506.4 | 331.4 | 421.0 | 582.7 | 399.8 | 503.0 | 601.5 | 365.7 | 529.7 | 534.1 | 385.0 | 426.0 |
| 茶 | 89 | 366.3 | 390.7 | 281.0 | 313.5 | 319.7 | 225.0 | 290.6 | 342.0 | 200.0 | 299.0 | 318.4 | 225.0 | 346.7 | 381.4 | 245.0 |
| コーヒー・ココア | 90 | 135.0 | 144.3 | 150.0 | 127.9 | 157.1 | 142.0 | 150.2 | 167.9 | 150.0 | 172.6 | 158.1 | 180.0 | 133.8 | 154.4 | 143.5 |
| その他の嗜好飲料 | 91 | 72.7 | 156.8 | 0.0 | 65.0 | 162.7 | 0.0 | 142.0 | 277.5 | 0.0 | 129.9 | 230.1 | 0.0 | 53.5 | 136.4 | 0.0 |
| 調味料・香辛料類 | 92～98 | 70.3 | 47.0 | 61.0 | 70.7 | 57.3 | 55.0 | 67.6 | 46.6 | 58.2 | 67.0 | 38.6 | 61.9 | 72.8 | 54.8 | 59.2 |
| 調味料 | 92～97 | 69.9 | 46.9 | 59.2 | 70.0 | 57.3 | 51.5 | 67.2 | 46.6 | 57.3 | 66.6 | 38.5 | 61.7 | 72.2 | 54.8 | 58.3 |
| ソース | 92 | 1.0 | 3.2 | 0.0 | 1.4 | 4.2 | 0.0 | 1.4 | 4.6 | 0.0 | 0.7 | 3.1 | 0.0 | 1.5 | 4.2 | 0.0 |
| しょうゆ | 93 | 12.4 | 12.3 | 9.0 | 12.1 | 9.7 | 12.0 | 11.3 | 10.7 | 9.0 | 11.1 | 10.1 | 9.0 | 12.7 | 12.1 | 8.6 |
| 塩 | 94 | 1.1 | 1.4 | 0.6 | 0.9 | 1.0 | 0.6 | 1.1 | 1.3 | 0.7 | 1.0 | 1.3 | 0.6 | 1.0 | 1.2 | 0.6 |
| マヨネーズ | 95 | 3.8 | 8.6 | 0.0 | 2.9 | 5.3 | 0.0 | 3.8 | 7.3 | 0.0 | 4.4 | 7.0 | 0.0 | 3.4 | 8.0 | 0.0 |
| 味噌 | 96 | 10.9 | 9.6 | 9.0 | 17.8 | 21.2 | 12.3 | 10.7 | 12.4 | 8.4 | 10.7 | 10.4 | 9.0 | 15.2 | 17.2 | 12.0 |
| その他の調味料 | 97 | 40.7 | 41.8 | 25.3 | 34.9 | 51.9 | 21.2 | 38.9 | 42.4 | 27.8 | 38.7 | 31.2 | 35.2 | 38.5 | 50.6 | 23.0 |
| 香辛料・その他 | 98 | 0.4 | 0.8 | 0.0 | 0.7 | 1.4 | 0.0 | 0.5 | 1.1 | 0.0 | 0.4 | 0.7 | 0.0 | 0.6 | 1.2 | 0.0 |

## 表48 食品群別栄養素等摂取量－食品群、栄養素別、摂取量－総数、1歳以上

1人1日当たり(g)

| 平均 | 食品群番号 | 摂取量 | エネルギー | たんぱく質 | 脂質 | 脂肪酸 g | | | | コレステロール | 炭水化物 | 食物繊維 g | | | ビタミンA | ビタミンD | ビタミンE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | g | kcal | g | g | 飽和脂肪酸 | 一価不飽和脂肪酸 | n-6系脂肪酸 | n-3系脂肪酸 | mg | g | 総量 | 水溶性 | 不溶性 | μgRAE※1 | μg | mg※2 |
| 総量 | 1～98 | 2,058.4 | 1,923 | 71.5 | 60.1 | 17.4 | 21.8 | 10.9 | 2.5 | 326.2 | 258.0 | 19.7 | 3.9 | 12.4 | 491.4 | 7.2 | 7.0 |
| 動物性食品 | 48～76,79 | 346.9 | 505 | 38.9 | 30.8 | 11.4 | 11.6 | 2.5 | 1.1 | 308.2 | 14.1 | 0.0 | 0.0 | 0.0 | 175.0 | 6.9 | 1.7 |
| 植物性食品 | 1～47,77,78,80～98 | 1,711.4 | 1,418 | 32.6 | 29.3 | 6.0 | 10.2 | 8.4 | 1.4 | 18.0 | 244.0 | 19.7 | 3.9 | 12.3 | 316.3 | 0.4 | 5.3 |
| 穀類 | 1～12 | 415.0 | 738 | 14.6 | 4.3 | 1.6 | 1.1 | 0.9 | 0.0 | 3.0 | 154.1 | 6.7 | 0.7 | 3.3 | 2.0 | 0.0 | 0.4 |
| 米・加工品 | 1,2 | 297.2 | 501 | 7.5 | 0.9 | 0.3 | 0.2 | 0.2 | 0.0 | 0.0 | 110.6 | 4.4 | 0.0 | 1.8 | 0.0 | 0.0 | 0.0 |
| 米 | 1 | 293.1 | 492 | 7.3 | 0.9 | 0.3 | 0.2 | 0.2 | 0.0 | 0.0 | 108.7 | 4.4 | 0.0 | 1.8 | 0.0 | 0.0 | 0.0 |
| 米加工品 | 2 | 4.2 | 9 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 218 | 6.5 | 3.2 | 1.3 | 0.9 | 0.6 | 0.0 | 3.0 | 39.7 | 1.9 | 0.6 | 1.2 | 1.9 | 0.0 | 0.4 |
| 小麦粉類 | 3 | 4.2 | 15 | 0.4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 |
| パン類(菓子パンを除く) | 4 | 29.5 | 80 | 2.6 | 1.5 | 0.7 | 0.4 | 0.3 | 0.0 | 0.0 | 14.1 | 0.7 | 0.2 | 0.5 | 0.1 | 0.0 | 0.1 |
| 菓子パン類 | 5 | 5.5 | 17 | 0.4 | 0.5 | 0.2 | 0.2 | 0.1 | 0.0 | 2.5 | 2.5 | 0.1 | 0.0 | 0.1 | 1.4 | 0.0 | 0.0 |
| うどん、中華めん類 | 6 | 44.2 | 58 | 1.6 | 0.3 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 11.7 | 0.5 | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 |
| 即席中華めん | 7 | 3.6 | 15 | 0.4 | 0.6 | 0.2 | 0.2 | 0.0 | 0.0 | 0.4 | 2.1 | 0.1 | 0.1 | 0.0 | 0.3 | 0.0 | 0.1 |
| パスタ類 | 8 | 12.8 | 21 | 0.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.1 | 0.4 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 |
| その他の小麦加工品 | 9 | 5.3 | 11 | 0.4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| その他の穀類・加工品 | 10～12 | 12.8 | 19 | 0.6 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 3.8 | 0.4 | 0.1 | 0.2 | 0.1 | 0.0 | 0.0 |
| そば・加工品 | 10 | 6.8 | 9 | 0.3 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.7 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.8 | 3 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| その他の穀類 | 12 | 5.1 | 7 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 55.1 | 44 | 0.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 10.2 | 1.5 | 0.4 | 1.0 | 0.2 | 0.0 | 0.2 |
| いも・加工品 | 13～15 | 53.2 | 39 | 0.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.2 | 1.5 | 0.4 | 1.0 | 0.2 | 0.0 | 0.2 |
| さつまいも・加工品 | 13 | 9.3 | 14 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.4 | 0.3 | 0.1 | 0.2 | 0.2 | 0.0 | 0.1 |
| じゃがいも・加工品 | 14 | 24.2 | 18 | 0.4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.0 | 0.8 | 0.2 | 0.4 | 0.0 | 0.0 | 0.0 |
| その他のいも・加工品 | 15 | 19.7 | 8 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 | 0.5 | 0.1 | 0.4 | 0.0 | 0.0 | 0.1 |
| でんぷん・加工品 | 16 | 1.9 | 4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.5 | 24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豆類 | 18～23 | 64.5 | 82 | 6.2 | 4.5 | 0.6 | 1.0 | 2.0 | 0.3 | 0.0 | 4.2 | 1.7 | 0.4 | 1.0 | 0.0 | 0.0 | 0.3 |
| 大豆・加工品 | 18～22 | 62.6 | 78 | 6.1 | 4.5 | 0.6 | 1.0 | 2.0 | 0.3 | 0.0 | 3.3 | 1.6 | 0.4 | 0.9 | 0.0 | 0.0 | 0.3 |
| 大豆(全粒)・加工品 | 18 | 2.8 | 7 | 0.5 | 0.3 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.7 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 |
| 豆腐 | 19 | 34.8 | 26 | 2.3 | 1.5 | 0.2 | 0.3 | 0.7 | 0.1 | 0.0 | 0.6 | 0.3 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 |
| 油揚げ類 | 20 | 4.7 | 13 | 0.9 | 1.0 | 0.1 | 0.3 | 0.4 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 納豆 | 21 | 13.5 | 27 | 2.2 | 1.4 | 0.2 | 0.3 | 0.7 | 0.1 | 0.0 | 1.6 | 0.9 | 0.3 | 0.6 | 0.0 | 0.0 | 0.1 |
| その他の大豆加工品 | 22 | 6.7 | 5 | 0.3 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.3 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| その他の豆・加工品 | 23 | 1.8 | 4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 2.9 | 13 | 0.4 | 1.0 | 0.2 | 0.4 | 0.3 | 0.0 | 0.0 | 0.8 | 0.3 | 0.0 | 0.2 | 0.1 | 0.0 | 0.2 |
| 野菜類 | 25～38 | 284.7 | 71 | 3.1 | 0.5 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 15.8 | 5.5 | 1.5 | 4.0 | 259.8 | 0.0 | 1.6 |
| 緑黄色野菜 | 25～29 | 88.5 | 26 | 1.3 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.7 | 2.2 | 0.5 | 1.6 | 226.7 | 0.0 | 1.3 |
| トマト | 25 | 21.7 | 5 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 0.2 | 0.1 | 0.2 | 11.2 | 0.0 | 0.2 |
| にんじん | 26 | 17.8 | 6 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 0.5 | 0.1 | 0.3 | 115.6 | 0.0 | 0.1 |
| ほうれん草 | 27 | 11.2 | 2 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.3 | 0.0 | 0.2 | 36.6 | 0.0 | 0.2 |
| ピーマン | 28 | 5.8 | 1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.1 | 0.0 | 0.1 | 2.1 | 0.0 | 0.1 |
| その他の緑黄色野菜 | 29 | 32.0 | 13 | 0.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.6 | 1.1 | 0.2 | 0.8 | 61.1 | 0.0 | 0.7 |
| その他の野菜 | 30～35 | 169.9 | 37 | 1.6 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.3 | 3.0 | 0.9 | 2.1 | 10.3 | 0.0 | 0.2 |
| キャベツ | 30 | 30.0 | 6 | 0.3 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 0.5 | 0.1 | 0.4 | 1.3 | 0.0 | 0.0 |
| きゅうり | 31 | 13.9 | 2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.2 | 0.0 | 0.1 | 3.9 | 0.0 | 0.0 |
| 大根 | 32 | 26.1 | 5 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 0.5 | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 |
| たまねぎ | 33 | 30.3 | 9 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 0.5 | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 |
| はくさい | 34 | 15.1 | 1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.2 | 0.0 | 0.1 | 1.2 | 0.0 | 0.0 |
| その他の淡色野菜 | 35 | 54.4 | 14 | 0.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 | 1.2 | 0.3 | 0.8 | 3.9 | 0.0 | 0.1 |
| 野菜ジュース | 36 | 13.5 | 3 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 0.1 | 0.0 | 0.0 | 21.1 | 0.0 | 0.1 |
| 漬け物 | 37,38 | 12.8 | 5 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 0.3 | 0.1 | 0.2 | 1.7 | 0.0 | 0.0 |
| 葉類漬け物 | 37 | 3.9 | 1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 | 0.0 | 0.1 | 0.8 | 0.0 | 0.0 |
| たくあん・その他の漬け物 | 38 | 8.9 | 4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 0.2 | 0.1 | 0.2 | 0.9 | 0.0 | 0.0 |
| 果実類 | 39～45 | 108.5 | 69 | 0.6 | 0.3 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 18.1 | 1.5 | 0.3 | 1.1 | 24.4 | 0.0 | 0.3 |
| 生果 | 39～43 | 100.0 | 63 | 0.5 | 0.2 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 16.5 | 1.4 | 0.3 | 1.1 | 24.2 | 0.0 | 0.3 |
| いちご | 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 | 0.0 | 0.0 |
| 柑橘類 | 40 | 16.5 | 8 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 0.2 | 0.1 | 0.1 | 13.0 | 0.0 | 0.1 |
| バナナ | 41 | 16.3 | 14 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.7 | 0.2 | 0.0 | 0.2 | 0.8 | 0.0 | 0.1 |
| りんご | 42 | 26.0 | 15 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.1 | 0.4 | 0.1 | 0.3 | 0.3 | 0.0 | 0.0 |
| その他の生果 | 43 | 41.1 | 26 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.8 | 0.7 | 0.1 | 0.6 | 10.1 | 0.0 | 0.1 |
| ジャム | 44 | 1.4 | 3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 7.0 | 3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| きのこ類 | 46 | 16.7 | 3 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.7 | 0.1 | 0.6 | 0.0 | 0.2 | 0.0 |
| 藻類 | 47 | 11.8 | 3 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.8 | 0.5 | 0.0 | 0.1 | 13.3 | 0.0 | 0.0 |

1人1日当たり(g)

| 平均 | 食品群番号 | ビタミンK μg | ビタミン$B_1$ mg | ビタミン$B_2$ mg | ナイアシン mgNE※3 | ビタミン$B_6$ mg | ビタミン$B_{12}$ μg | 葉酸 μg | パントテン酸 mg | ビタミンC mg | ナトリウム mg | 食塩相当量 g※4 | カリウム mg | カルシウム mg | マグネシウム mg | リン mg | 鉄 mg | 亜鉛 mg | 銅 mg |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 総量 | 1～98 | 271.6 | 0.97 | 1.22 | 30.4 | 1.21 | 5.65 | 302.0 | 5.85 | 102.4 | 4,149.5 | 10.54 | 2,439.7 | 529.9 | 257.7 | 1,029.2 | 7.9 | 8.2 | 1.16 |
| 動物性食品 | 48～76,79 | 16.8 | 0.49 | 0.64 | 16.9 | 0.47 | 5.22 | 34.2 | 2.44 | 6.3 | 610.9 | 1.55 | 670.6 | 249.3 | 57.5 | 517.5 | 2.2 | 3.5 | 0.16 |
| 植物性食品 | 1～47,77,78,80～98 | 254.8 | 0.47 | 0.58 | 13.6 | 0.74 | 0.43 | 267.8 | 3.40 | 96.1 | 3,538.6 | 8.99 | 1,769.1 | 280.6 | 200.2 | 511.8 | 5.7 | 4.6 | 0.99 |
| 穀類 | 1～12 | 0.4 | 0.15 | 0.10 | 4.5 | 0.09 | 0.01 | 25.0 | 1.13 | 0.0 | 364.9 | 0.93 | 162.1 | 38.6 | 40.7 | 172.0 | 0.9 | 2.3 | 0.40 |
| 米・加工品 | 1,2 | 0.0 | 0.06 | 0.03 | 2.5 | 0.06 | 0.00 | 9.2 | 0.75 | 0.0 | 4.0 | 0.01 | 88.0 | 9.0 | 21.8 | 102.6 | 0.3 | 1.8 | 0.30 |
| 米 | 1 | 0.0 | 0.06 | 0.03 | 2.4 | 0.06 | 0.00 | 8.9 | 0.74 | 0.0 | 2.9 | 0.01 | 86.0 | 8.9 | 21.5 | 101.4 | 0.3 | 1.8 | 0.29 |
| 米加工品 | 2 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.00 | 0.3 | 0.01 | 0.0 | 1.0 | 0.00 | 1.9 | 0.2 | 0.3 | 1.3 | 0.0 | 0.0 | 0.01 |
| 小麦・加工品 | 3～9 | 0.4 | 0.08 | 0.07 | 1.9 | 0.02 | 0.01 | 15.0 | 0.35 | 0.0 | 353.2 | 0.90 | 68.6 | 27.7 | 15.2 | 60.7 | 0.5 | 0.4 | 0.09 |
| 小麦粉類 | 3 | 0.0 | 0.00 | 0.01 | 0.1 | 0.00 | 0.00 | 0.5 | 0.02 | 0.0 | 5.0 | 0.01 | 4.9 | 1.5 | 0.7 | 3.6 | 0.0 | 0.0 | 0.00 |
| パン類(菓子パンを除く) | 4 | 0.0 | 0.02 | 0.01 | 0.8 | 0.01 | 0.00 | 10.1 | 0.14 | 0.0 | 140.9 | 0.36 | 29.9 | 8.0 | 6.1 | 21.9 | 0.2 | 0.2 | 0.03 |
| 菓子パン類 | 5 | 0.2 | 0.00 | 0.01 | 0.1 | 0.00 | 0.01 | 1.4 | 0.03 | 0.0 | 15.0 | 0.04 | 6.4 | 2.7 | 1.0 | 5.2 | 0.0 | 0.0 | 0.01 |
| うどん、中華めん類 | 6 | 0.0 | 0.01 | 0.00 | 0.4 | 0.00 | 0.00 | 1.1 | 0.08 | 0.0 | 54.6 | 0.14 | 14.6 | 4.1 | 3.0 | 15.9 | 0.1 | 0.1 | 0.02 |
| 即席中華めん | 7 | 0.2 | 0.03 | 0.03 | 0.1 | 0.00 | 0.00 | 0.5 | 0.01 | 0.0 | 72.9 | 0.19 | 7.8 | 9.7 | 0.9 | 4.4 | 0.0 | 0.0 | 0.00 |
| パスタ類 | 8 | 0.0 | 0.01 | 0.00 | 0.2 | 0.00 | 0.00 | 0.5 | 0.04 | 0.0 | 58.7 | 0.15 | 1.8 | 1.0 | 2.6 | 6.8 | 0.1 | 0.1 | 0.02 |
| その他の小麦加工品 | 9 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.00 | 0.8 | 0.02 | 0.0 | 6.1 | 0.02 | 3.3 | 0.7 | 0.9 | 2.9 | 0.0 | 0.0 | 0.01 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.01 | 0.00 | 0.2 | 0.01 | 0.00 | 0.7 | 0.03 | 0.0 | 7.7 | 0.02 | 5.5 | 1.8 | 3.7 | 8.7 | 0.1 | 0.1 | 0.01 |
| そば・加工品 | 10 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.00 | 0.5 | 0.02 | 0.0 | 1.4 | 0.00 | 1.8 | 0.7 | 2.0 | 5.2 | 0.1 | 0.0 | 0.01 |
| とうもろこし・加工品 | 11 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.0 | 6.2 | 0.02 | 1.2 | 0.0 | 0.3 | 0.9 | 0.0 | 0.0 | 0.00 |
| その他の穀類 | 12 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.00 | 0.2 | 0.01 | 0.0 | 0.1 | 0.00 | 2.5 | 1.1 | 1.5 | 2.5 | 0.0 | 0.0 | 0.00 |
| いも類 | 13～16 | 0.1 | 0.03 | 0.01 | 0.6 | 0.09 | 0.00 | 11.7 | 0.24 | 7.1 | 2.4 | 0.01 | 194.8 | 10.6 | 8.5 | 19.0 | 0.3 | 0.1 | 0.06 |
| いも・加工品 | 13～15 | 0.1 | 0.03 | 0.01 | 0.6 | 0.09 | 0.00 | 11.7 | 0.24 | 7.1 | 2.4 | 0.01 | 194.4 | 10.4 | 8.4 | 18.4 | 0.3 | 0.1 | 0.06 |
| さつまいも・加工品 | 13 | 0.0 | 0.01 | 0.00 | 0.1 | 0.03 | 0.00 | 4.3 | 0.09 | 2.3 | 1.3 | 0.00 | 47.6 | 3.4 | 2.3 | 4.8 | 0.1 | 0.0 | 0.02 |
| じゃがいも・加工品 | 14 | 0.1 | 0.02 | 0.01 | 0.3 | 0.04 | 0.00 | 4.3 | 0.10 | 4.2 | 0.3 | 0.00 | 81.2 | 0.9 | 3.9 | 7.7 | 0.1 | 0.0 | 0.02 |
| その他のいも・加工品 | 15 | 0.0 | 0.01 | 0.00 | 0.2 | 0.02 | 0.00 | 3.1 | 0.05 | 0.6 | 0.9 | 0.00 | 65.6 | 6.1 | 2.3 | 5.9 | 0.1 | 0.0 | 0.02 |
| でんぷん・加工品 | 16 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.4 | 0.2 | 0.1 | 0.5 | 0.0 | 0.0 | 0.00 |
| 砂糖・甘味料類 | 17 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.0 | 0.1 | 0.00 | 2.0 | 0.4 | 0.1 | 0.1 | 0.0 | 0.0 | 0.00 |
| 豆類 | 18～23 | 90.4 | 0.05 | 0.09 | 1.8 | 0.06 | 0.00 | 24.9 | 0.54 | 0.0 | 21.0 | 0.05 | 167.6 | 60.6 | 40.9 | 81.0 | 1.3 | 0.6 | 0.17 |
| 大豆・加工品 | 18～22 | 90.3 | 0.05 | 0.09 | 1.8 | 0.06 | 0.00 | 24.6 | 0.54 | 0.0 | 19.4 | 0.05 | 163.8 | 59.9 | 40.4 | 79.2 | 1.2 | 0.6 | 0.16 |
| 大豆(全粒)・加工品 | 18 | 0.3 | 0.00 | 0.00 | 0.1 | 0.00 | 0.00 | 1.7 | 0.01 | 0.0 | 8.6 | 0.02 | 15.9 | 2.5 | 2.6 | 6.7 | 0.1 | 0.0 | 0.01 |
| 豆腐 | 19 | 2.7 | 0.03 | 0.01 | 0.6 | 0.02 | 0.00 | 4.2 | 0.02 | 0.0 | 6.3 | 0.02 | 42.9 | 30.9 | 18.4 | 29.6 | 0.5 | 0.2 | 0.06 |
| 油揚げ類 | 20 | 2.0 | 0.00 | 0.00 | 0.2 | 0.00 | 0.00 | 0.6 | 0.00 | 0.0 | 1.5 | 0.00 | 3.2 | 12.5 | 4.5 | 13.0 | 0.1 | 0.1 | 0.01 |
| 納豆 | 21 | 84.9 | 0.01 | 0.07 | 0.7 | 0.03 | 0.00 | 16.1 | 0.49 | 0.0 | 0.3 | 0.00 | 89.6 | 11.8 | 13.4 | 26.4 | 0.4 | 0.2 | 0.08 |
| その他の大豆加工品 | 22 | 0.4 | 0.00 | 0.00 | 0.1 | 0.00 | 0.00 | 1.9 | 0.02 | 0.0 | 2.7 | 0.01 | 12.2 | 2.2 | 1.5 | 3.6 | 0.1 | 0.0 | 0.01 |
| その他の豆・加工品 | 23 | 0.1 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.4 | 0.00 | 0.0 | 1.6 | 0.00 | 3.8 | 0.7 | 0.5 | 1.8 | 0.0 | 0.0 | 0.00 |
| 種実類 | 24 | 0.1 | 0.01 | 0.01 | 0.3 | 0.01 | 0.00 | 2.3 | 0.03 | 0.1 | 0.9 | 0.00 | 16.2 | 6.6 | 5.0 | 8.8 | 0.1 | 0.1 | 0.02 |
| 野菜類 | 25～38 | 127.0 | 0.11 | 0.10 | 1.6 | 0.23 | 0.00 | 112.2 | 0.65 | 42.1 | 267.9 | 0.68 | 549.2 | 83.7 | 36.6 | 81.5 | 1.0 | 0.6 | 0.14 |
| 緑黄色野菜 | 25～29 | 78.2 | 0.05 | 0.05 | 0.8 | 0.09 | 0.00 | 44.7 | 0.27 | 21.1 | 9.0 | 0.02 | 223.2 | 33.1 | 13.7 | 30.3 | 0.5 | 0.2 | 0.05 |
| トマト | 25 | 1.0 | 0.01 | 0.01 | 0.2 | 0.02 | 0.00 | 5.3 | 0.04 | 3.9 | 0.7 | 0.00 | 49.0 | 1.7 | 2.1 | 5.8 | 0.1 | 0.0 | 0.01 |
| にんじん | 26 | 2.7 | 0.01 | 0.01 | 0.1 | 0.02 | 0.00 | 3.0 | 0.05 | 0.7 | 4.2 | 0.01 | 40.3 | 4.7 | 1.6 | 4.3 | 0.0 | 0.0 | 0.01 |
| ほうれん草 | 27 | 25.9 | 0.00 | 0.01 | 0.1 | 0.01 | 0.00 | 8.4 | 0.01 | 1.4 | 1.0 | 0.00 | 36.4 | 5.9 | 3.2 | 3.4 | 0.1 | 0.1 | 0.01 |
| ピーマン | 28 | 1.1 | 0.00 | 0.00 | 0.0 | 0.01 | 0.00 | 1.7 | 0.02 | 4.8 | 0.1 | 0.00 | 11.0 | 0.6 | 0.6 | 1.3 | 0.0 | 0.0 | 0.00 |
| その他の緑黄色野菜 | 29 | 47.6 | 0.02 | 0.03 | 0.4 | 0.04 | 0.00 | 26.4 | 0.15 | 10.3 | 3.1 | 0.01 | 86.5 | 20.0 | 6.1 | 15.6 | 0.3 | 0.1 | 0.02 |
| その他の野菜 | 30～35 | 42.4 | 0.05 | 0.03 | 0.6 | 0.11 | 0.00 | 61.2 | 0.30 | 18.2 | 10.0 | 0.03 | 253.8 | 43.8 | 18.0 | 42.1 | 0.4 | 0.3 | 0.07 |
| キャベツ | 30 | 21.4 | 0.01 | 0.01 | 0.1 | 0.02 | 0.00 | 16.9 | 0.04 | 7.6 | 1.1 | 0.00 | 38.4 | 11.5 | 3.1 | 6.4 | 0.1 | 0.0 | 0.01 |
| きゅうり | 31 | 4.7 | 0.00 | 0.00 | 0.1 | 0.01 | 0.00 | 3.5 | 0.05 | 1.9 | 0.1 | 0.00 | 27.8 | 3.6 | 2.1 | 5.0 | 0.0 | 0.0 | 0.02 |
| 大根 | 32 | 0.0 | 0.00 | 0.00 | 0.1 | 0.01 | 0.00 | 7.5 | 0.02 | 2.1 | 3.8 | 0.01 | 49.1 | 7.3 | 2.8 | 3.8 | 0.1 | 0.0 | 0.00 |
| たまねぎ | 33 | 0.0 | 0.01 | 0.00 | 0.1 | 0.03 | 0.00 | 3.1 | 0.04 | 1.4 | 0.8 | 0.00 | 30.6 | 4.9 | 1.9 | 6.9 | 0.1 | 0.0 | 0.01 |
| はくさい | 34 | 9.4 | 0.00 | 0.00 | 0.1 | 0.00 | 0.00 | 4.9 | 0.03 | 1.2 | 0.6 | 0.00 | 18.5 | 4.8 | 1.0 | 3.7 | 0.0 | 0.0 | 0.00 |
| その他の淡色野菜 | 35 | 6.9 | 0.02 | 0.02 | 0.3 | 0.04 | 0.00 | 25.3 | 0.12 | 4.0 | 3.7 | 0.01 | 89.3 | 11.6 | 7.0 | 16.2 | 0.2 | 0.1 | 0.03 |
| 野菜ジュース | 36 | 0.4 | 0.00 | 0.00 | 0.1 | 0.01 | 0.00 | 1.7 | 0.02 | 0.6 | 4.7 | 0.01 | 30.5 | 1.2 | 1.3 | 2.1 | 0.0 | 0.0 | 0.01 |
| 漬け物 | 37,38 | 5.9 | 0.01 | 0.01 | 0.1 | 0.02 | 0.00 | 4.6 | 0.05 | 2.2 | 244.2 | 0.62 | 41.7 | 5.6 | 3.7 | 7.0 | 0.1 | 0.0 | 0.01 |
| 葉類漬け物 | 37 | 2.6 | 0.00 | 0.00 | 0.0 | 0.01 | 0.00 | 2.6 | 0.01 | 1.0 | 34.9 | 0.09 | 10.8 | 2.0 | 0.6 | 1.7 | 0.0 | 0.0 | 0.00 |
| たくあん・その他の漬け物 | 38 | 3.3 | 0.01 | 0.00 | 0.1 | 0.01 | 0.00 | 2.0 | 0.04 | 1.2 | 209.3 | 0.53 | 30.9 | 3.6 | 3.1 | 5.3 | 0.1 | 0.0 | 0.01 |
| 果実類 | 39～45 | 0.4 | 0.04 | 0.02 | 0.4 | 0.11 | 0.00 | 16.3 | 0.23 | 31.1 | 1.2 | 0.00 | 201.2 | 9.9 | 11.4 | 17.7 | 0.2 | 0.1 | 0.06 |
| 生果 | 39～43 | 0.4 | 0.04 | 0.02 | 0.4 | 0.11 | 0.00 | 15.6 | 0.22 | 30.1 | 0.7 | 0.00 | 193.4 | 9.4 | 11.0 | 16.9 | 0.2 | 0.1 | 0.05 |
| いちご | 39 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 柑橘類 | 40 | 0.0 | 0.02 | 0.01 | 0.1 | 0.01 | 0.00 | 3.7 | 0.04 | 5.6 | 0.2 | 0.00 | 24.4 | 3.4 | 1.8 | 2.5 | 0.0 | 0.0 | 0.01 |
| バナナ | 41 | 0.0 | 0.01 | 0.01 | 0.1 | 0.06 | 0.00 | 4.2 | 0.07 | 2.6 | 0.0 | 0.00 | 58.8 | 1.0 | 5.2 | 4.4 | 0.0 | 0.0 | 0.01 |
| りんご | 42 | 0.1 | 0.01 | 0.00 | 0.0 | 0.01 | 0.00 | 0.6 | 0.01 | 1.1 | 0.0 | 0.00 | 31.2 | 0.8 | 0.9 | 3.1 | 0.0 | 0.0 | 0.01 |
| その他の生果 | 43 | 0.4 | 0.01 | 0.01 | 0.2 | 0.03 | 0.00 | 7.0 | 0.10 | 20.8 | 0.5 | 0.00 | 78.9 | 4.2 | 3.1 | 6.9 | 0.1 | 0.0 | 0.02 |
| ジャム | 44 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.1 | 0.1 | 0.00 | 0.9 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.00 |
| 果汁・果汁飲料 | 45 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.7 | 0.01 | 0.9 | 0.4 | 0.00 | 6.9 | 0.4 | 0.4 | 0.6 | 0.0 | 0.0 | 0.00 |
| きのこ類 | 46 | 0.0 | 0.02 | 0.02 | 0.6 | 0.01 | 0.00 | 4.2 | 0.14 | 0.0 | 5.2 | 0.01 | 35.3 | 0.3 | 1.7 | 11.9 | 0.1 | 0.1 | 0.01 |
| 藻類 | 47 | 9.6 | 0.00 | 0.01 | 0.1 | 0.00 | 0.26 | 8.5 | 0.01 | 1.0 | 61.8 | 0.16 | 39.0 | 9.0 | 6.9 | 5.9 | 0.1 | 0.0 | 0.00 |

## 表48 食品群別栄養素等摂取量－食品群、栄養素別、摂取量－総数、1歳以上

1人1日当たり(g)

| 平均 | 食品群 | 摂取量 | エネルギー | たんぱく質 | 脂質 | 脂肪酸 g | | | | コレステロール | 炭水化物 | 食物繊維 g | | | ビタミンA | ビタミンD | ビタミンE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 魚介類 | 48～60 | 61.4 | 103 | 11.9 | 5.0 | 1.0 | 1.7 | 0.3 | 0.9 | 53.8 | 1.6 | 0.0 | 0.0 | 0.0 | 34.5 | 5.7 | 0.8 |
| 生魚介類 | 48～55 | 27.9 | 43 | 5.3 | 2.2 | 0.5 | 0.8 | 0.1 | 0.4 | 25.9 | 0.1 | 0.0 | 0.0 | 0.0 | 27.4 | 2.5 | 0.5 |
| あじ、いわし類 | 48 | 6.5 | 14 | 1.2 | 0.9 | 0.2 | 0.3 | 0.0 | 0.2 | 3.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 0.6 | 0.1 |
| さけ、ます | 49 | 4.6 | 7 | 1.0 | 0.3 | 0.1 | 0.1 | 0.0 | 0.1 | 3.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 1.1 | 0.1 |
| たい、かれい類 | 50 | 3.4 | 3 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.2 | 0.0 |
| まぐろ、かじき類 | 51 | 3.8 | 6 | 0.9 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 1.9 | 0.0 | 0.0 | 0.0 | 0.0 | 2.7 | 0.3 | 0.0 |
| その他の生魚 | 52 | 5.1 | 10 | 0.9 | 0.6 | 0.1 | 0.2 | 0.0 | 0.1 | 5.1 | 0.0 | 0.0 | 0.0 | 0.0 | 22.5 | 0.4 | 0.2 |
| 貝類 | 53 | 0.8 | 1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 2.4 | 2 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 |
| えび、かに類 | 55 | 1.4 | 1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介加工品 | 56～60 | 33.5 | 60 | 6.6 | 2.9 | 0.6 | 0.9 | 0.2 | 0.6 | 27.9 | 1.5 | 0.0 | 0.0 | 0.0 | 7.1 | 3.2 | 0.4 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.9 | 41 | 4.8 | 2.1 | 0.4 | 0.7 | 0.0 | 0.5 | 23.3 | 0.1 | 0.0 | 0.0 | 0.0 | 6.0 | 2.9 | 0.3 |
| 魚介(缶詰) | 57 | 3.4 | 7 | 0.6 | 0.4 | 0.1 | 0.1 | 0.1 | 0.1 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.2 | 0.1 |
| 魚介(佃煮) | 58 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 8.8 | 10 | 1.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 1.8 | 1.1 | 0.0 | 0.0 | 0.0 | 0.3 | 0.1 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.3 | 2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 93.6 | 213 | 16.2 | 15.3 | 5.5 | 6.8 | 1.4 | 0.1 | 63.5 | 0.5 | 0.0 | 0.0 | 0.0 | 31.7 | 0.2 | 0.3 |
| 畜肉 | 61～64 | 65.8 | 171 | 11.2 | 13.1 | 4.9 | 5.8 | 1.1 | 0.1 | 39.8 | 0.4 | 0.0 | 0.0 | 0.0 | 2.8 | 0.2 | 0.2 |
| 牛肉 | 61 | 9.5 | 26 | 1.6 | 2.1 | 0.7 | 1.1 | 0.1 | 0.0 | 6.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 |
| 豚肉 | 62 | 44.3 | 110 | 7.9 | 8.2 | 3.2 | 3.5 | 0.8 | 0.0 | 27.4 | 0.1 | 0.0 | 0.0 | 0.0 | 2.2 | 0.1 | 0.1 |
| ハム、ソーセージ類 | 63 | 12.1 | 34 | 1.8 | 2.9 | 1.0 | 1.3 | 0.3 | 0.0 | 6.2 | 0.3 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 26.8 | 41 | 4.8 | 2.1 | 0.6 | 1.0 | 0.3 | 0.0 | 21.2 | 0.1 | 0.0 | 0.0 | 0.0 | 5.4 | 0.0 | 0.1 |
| 鶏肉 | 65 | 26.8 | 41 | 4.8 | 2.1 | 0.6 | 1.0 | 0.3 | 0.0 | 21.2 | 0.1 | 0.0 | 0.0 | 0.0 | 5.4 | 0.0 | 0.1 |
| 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 1.0 | 2 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 | 23.5 | 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 | 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 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 41.1 | 62 | 5.2 | 4.1 | 1.1 | 1.5 | 0.6 | 0.1 | 172.1 | 0.2 | 0.0 | 0.0 | 0.0 | 57.6 | 0.7 | 0.4 |
| 乳類 | 71～75 | 149.9 | 119 | 5.5 | 5.4 | 3.2 | 1.4 | 0.1 | 0.0 | 17.0 | 11.8 | 0.0 | 0.0 | 0.0 | 47.2 | 0.2 | 0.2 |
| 牛乳・乳製品 | 71～74 | 149.9 | 119 | 5.5 | 5.4 | 3.2 | 1.4 | 0.1 | 0.0 | 17.0 | 11.8 | 0.0 | 0.0 | 0.0 | 47.2 | 0.2 | 0.2 |
| 牛乳 | 71 | 86.1 | 56 | 2.9 | 3.0 | 1.9 | 0.7 | 0.1 | 0.0 | 9.9 | 4.2 | 0.0 | 0.0 | 0.0 | 30.5 | 0.2 | 0.1 |
| チーズ | 72 | 3.6 | 12 | 0.8 | 0.9 | 0.5 | 0.2 | 0.0 | 0.0 | 2.8 | 0.1 | 0.0 | 0.0 | 0.0 | 8.4 | 0.0 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 52.3 | 34 | 1.4 | 0.5 | 0.3 | 0.1 | 0.0 | 0.0 | 2.5 | 6.0 | 0.0 | 0.0 | 0.0 | 4.7 | 0.0 | 0.0 |
| その他の乳製品 | 74 | 7.9 | 16 | 0.3 | 1.0 | 0.5 | 0.3 | 0.0 | 0.0 | 1.8 | 1.5 | 0.0 | 0.0 | 0.0 | 3.6 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 11.6 | 102 | 0.0 | 11.1 | 1.8 | 4.8 | 3.1 | 0.6 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.6 | 0.0 | 1.2 |
| バター | 76 | 0.7 | 5 | 0.0 | 0.6 | 0.4 | 0.1 | 0.0 | 0.0 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 | 4.0 | 0.0 | 0.0 |
| マーガリン | 77 | 1.2 | 8 | 0.0 | 0.8 | 0.2 | 0.3 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.2 |
| 植物性油脂 | 78 | 9.4 | 86 | 0.0 | 9.4 | 1.1 | 4.2 | 2.8 | 0.6 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 1.0 |
| 動物性油脂 | 79 | 0.3 | 3 | 0.0 | 0.3 | 0.1 | 0.1 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 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 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 24.9 | 84 | 1.4 | 2.9 | 1.1 | 1.0 | 0.4 | 0.1 | 8.9 | 13.2 | 0.4 | 0.1 | 0.3 | 7.2 | 0.1 | 0.2 |
| 和菓子類 | 81 | 10.8 | 34 | 0.6 | 0.4 | 0.1 | 0.1 | 0.1 | 0.0 | 2.4 | 7.1 | 0.2 | 0.0 | 0.1 | 0.8 | 0.0 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.8 | 13 | 0.2 | 0.7 | 0.2 | 0.2 | 0.1 | 0.0 | 3.2 | 1.6 | 0.0 | 0.0 | 0.0 | 2.1 | 0.0 | 0.0 |
| ビスケット類 | 83 | 2.2 | 11 | 0.1 | 0.5 | 0.2 | 0.2 | 0.0 | 0.0 | 0.8 | 1.5 | 0.0 | 0.0 | 0.0 | 1.7 | 0.0 | 0.0 |
| キャンディー類 | 84 | 0.1 | 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 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 7.9 | 25 | 0.4 | 1.3 | 0.6 | 0.5 | 0.2 | 0.0 | 2.4 | 2.8 | 0.2 | 0.0 | 0.1 | 2.7 | 0.0 | 0.1 |
| 嗜好飲料類 | 86～91 | 641.5 | 72 | 1.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.3 | 0.1 | 0.0 | 0.1 | 3.2 | 0.0 | 0.1 |
| アルコール飲料 | 86～88 | 85.8 | 47 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 日本酒 | 86 | 5.5 | 6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビール | 87 | 51.1 | 22 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 29.1 | 20 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 555.7 | 24 | 0.8 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.0 | 0.1 | 0.0 | 0.1 | 3.2 | 0.0 | 0.1 |
| 茶 | 89 | 247.7 | 4 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.1 | 0.0 | 0.1 | 2.4 | 0.0 | 0.1 |
| コーヒー・ココア | 90 | 140.5 | 9 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 91 | 167.5 | 11 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.7 | 0.0 | 0.0 | 0.0 | 0.8 | 0.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 68.9 | 120 | 3.9 | 5.5 | 1.0 | 2.0 | 1.5 | 0.3 | 5.8 | 12.3 | 0.8 | 0.2 | 0.6 | 5.7 | 0.0 | 0.6 |
| 調味料 | 92～97 | 68.4 | 118 | 3.8 | 5.4 | 1.0 | 2.0 | 1.5 | 0.3 | 5.8 | 12.1 | 0.8 | 0.2 | 0.6 | 5.5 | 0.0 | 0.6 |
| ソース | 92 | 1.8 | 2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| しょうゆ | 93 | 11.7 | 9 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 0.0 | 0.0 | 0.0 | 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 | 0.0 | 0.0 |
| マヨネーズ | 95 | 3.8 | 24 | 0.1 | 2.6 | 0.3 | 1.0 | 0.9 | 0.2 | 4.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 | 0.0 | 0.4 |
| 味噌 | 96 | 11.0 | 22 | 1.4 | 0.6 | 0.1 | 0.1 | 0.3 | 0.1 | 0.0 | 2.6 | 0.5 | 0.1 | 0.5 | 0.0 | 0.0 | 0.1 |
| その他の調味料 | 97 | 38.9 | 61 | 1.4 | 2.2 | 0.5 | 0.8 | 0.3 | 0.1 | 1.3 | 8.0 | 0.3 | 0.1 | 0.2 | 3.6 | 0.0 | 0.2 |
| 香辛料・その他 | 98 | 0.5 | 1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |

*1 RAE:レチノール活性当量 *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)×2.54/1,000 で算出。

1人1日当たり(g)

| 平均 | 食品群 | ビタミンK | ビタミン$B_1$ | ビタミン$B_2$ | ナイアシン | ビタミン$B_6$ | ビタミン$B_{12}$ | 葉酸 | パントテン酸 | ビタミンC | ナトリウム | 食塩相当量 | カリウム | カルシウム | マグネシウム | リン | 鉄 | 亜鉛 | 銅 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 魚介類 | 48～60 | 0.5 | 0.06 | 0.11 | 5.8 | 0.17 | 3.81 | 7.4 | 0.38 | 1.2 | 300.6 | 0.76 | 167.5 | 48.7 | 18.8 | 143.3 | 0.7 | 0.5 | 0.06 |
| 生魚介類 | 48～55 | 0.1 | 0.03 | 0.04 | 2.6 | 0.09 | 1.69 | 3.4 | 0.19 | 0.2 | 32.2 | 0.08 | 84.2 | 12.0 | 8.2 | 61.2 | 0.3 | 0.3 | 0.03 |
| あじ、いわし類 | 48 | 0.0 | 0.00 | 0.01 | 0.7 | 0.02 | 0.72 | 0.6 | 0.04 | 0.0 | 8.1 | 0.02 | 16.7 | 2.3 | 1.7 | 12.6 | 0.1 | 0.1 | 0.01 |
| さけ、ます | 49 | 0.0 | 0.01 | 0.01 | 0.5 | 0.02 | 0.22 | 0.8 | 0.05 | 0.0 | 2.5 | 0.01 | 15.1 | 0.6 | 1.2 | 10.7 | 0.0 | 0.0 | 0.00 |
| たい、かれい類 | 50 | 0.0 | 0.00 | 0.01 | 0.2 | 0.00 | 0.09 | 0.2 | 0.02 | 0.0 | 3.2 | 0.01 | 11.1 | 1.0 | 0.8 | 7.6 | 0.0 | 0.0 | 0.00 |
| まぐろ、かじき類 | 51 | 0.0 | 0.00 | 0.00 | 0.7 | 0.03 | 0.11 | 0.2 | 0.01 | 0.0 | 1.9 | 0.00 | 14.4 | 0.2 | 1.4 | 9.6 | 0.1 | 0.0 | 0.00 |
| その他の生魚 | 52 | 0.0 | 0.01 | 0.01 | 0.4 | 0.01 | 0.17 | 0.6 | 0.04 | 0.0 | 5.7 | 0.01 | 15.4 | 6.2 | 1.2 | 10.8 | 0.1 | 0.0 | 0.00 |
| 貝類 | 53 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.27 | 0.3 | 0.00 | 0.0 | 3.2 | 0.01 | 1.3 | 0.5 | 0.4 | 1.1 | 0.0 | 0.0 | 0.00 |
| いか、たこ類 | 54 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.09 | 0.1 | 0.01 | 0.0 | 4.7 | 0.01 | 6.1 | 0.3 | 1.0 | 5.2 | 0.0 | 0.0 | 0.01 |
| えび、かに類 | 55 | 0.0 | 0.00 | 0.00 | 0.1 | 0.00 | 0.02 | 0.6 | 0.01 | 0.0 | 3.0 | 0.01 | 4.1 | 0.8 | 0.5 | 3.8 | 0.0 | 0.0 | 0.01 |
| 魚介加工品 | 56～60 | 0.5 | 0.04 | 0.07 | 3.2 | 0.09 | 2.12 | 4.1 | 0.20 | 1.0 | 268.4 | 0.68 | 83.3 | 36.8 | 10.6 | 82.1 | 0.5 | 0.3 | 0.03 |
| 魚介(塩蔵、生干し、乾物) | 56 | 0.0 | 0.03 | 0.05 | 2.5 | 0.07 | 1.61 | 3.3 | 0.18 | 1.0 | 175.8 | 0.45 | 66.4 | 25.9 | 8.0 | 64.1 | 0.2 | 0.2 | 0.02 |
| 魚介(缶詰) | 57 | 0.4 | 0.00 | 0.01 | 0.4 | 0.01 | 0.42 | 0.3 | 0.01 | 0.0 | 12.2 | 0.03 | 7.5 | 4.1 | 1.0 | 6.9 | 0.1 | 0.0 | 0.00 |
| 魚介(佃煮) | 58 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.01 | 0.1 | 0.00 | 0.0 | 2.6 | 0.01 | 0.6 | 1.0 | 0.1 | 0.9 | 0.0 | 0.0 | 0.00 |
| 魚介(練り製品) | 59 | 0.0 | 0.00 | 0.01 | 0.2 | 0.00 | 0.08 | 0.4 | 0.00 | 0.0 | 67.6 | 0.17 | 7.9 | 4.5 | 1.3 | 7.7 | 0.1 | 0.0 | 0.00 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.00 | 0.01 | 0.1 | 0.00 | 0.00 | 0.1 | 0.00 | 0.0 | 10.2 | 0.03 | 0.9 | 1.3 | 0.1 | 2.5 | 0.0 | 0.0 | 0.00 |
| 肉類 | 61～69 | 9.1 | 0.35 | 0.15 | 8.4 | 0.23 | 0.59 | 5.0 | 0.82 | 4.0 | 144.4 | 0.37 | 238.1 | 4.9 | 17.5 | 148.0 | 0.7 | 1.8 | 0.05 |
| 畜肉 | 61～64 | 2.4 | 0.33 | 0.11 | 5.6 | 0.16 | 0.46 | 1.2 | 0.53 | 3.6 | 126.7 | 0.32 | 170.1 | 3.1 | 11.8 | 105.9 | 0.5 | 1.5 | 0.04 |
| 牛肉 | 61 | 0.7 | 0.01 | 0.02 | 0.7 | 0.02 | 0.14 | 0.6 | 0.07 | 0.0 | 5.5 | 0.01 | 23.7 | 0.4 | 1.6 | 12.1 | 0.1 | 0.4 | 0.01 |
| 豚肉 | 62 | 1.4 | 0.27 | 0.08 | 4.0 | 0.12 | 0.21 | 0.5 | 0.38 | 0.3 | 19.8 | 0.05 | 120.4 | 1.8 | 8.3 | 64.6 | 0.3 | 0.9 | 0.03 |
| ハム、ソーセージ類 | 63 | 0.3 | 0.05 | 0.02 | 0.9 | 0.02 | 0.10 | 0.2 | 0.08 | 3.2 | 101.5 | 0.26 | 26.0 | 1.0 | 1.9 | 29.1 | 0.1 | 0.2 | 0.01 |
| その他の畜肉 | 64 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 鳥肉 | 65,66 | 6.7 | 0.02 | 0.04 | 2.7 | 0.07 | 0.07 | 2.0 | 0.28 | 0.4 | 17.4 | 0.04 | 67.0 | 1.6 | 5.6 | 40.6 | 0.1 | 0.3 | 0.01 |
| 鶏肉 | 65 | 6.7 | 0.02 | 0.04 | 2.7 | 0.07 | 0.07 | 2.0 | 0.28 | 0.4 | 17.4 | 0.04 | 67.0 | 1.6 | 5.6 | 40.6 | 0.1 | 0.3 | 0.01 |
| その他の鳥肉 | 66 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 肉類(内臓) | 67 | 0.1 | 0.00 | 0.01 | 0.1 | 0.00 | 0.07 | 1.9 | 0.02 | 0.0 | 0.3 | 0.00 | 1.0 | 0.2 | 0.1 | 1.5 | 0.0 | 0.0 | 0.00 |
| その他の肉類 | 68,69 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 鯨肉 | 68 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| その他の肉・加工品 | 69 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 卵類 | 70 | 5.0 | 0.02 | 0.16 | 1.3 | 0.03 | 0.37 | 14.7 | 0.56 | 0.0 | 58.7 | 0.15 | 53.3 | 20.9 | 4.5 | 73.9 | 0.7 | 0.5 | 0.03 |
| 乳類 | 71～75 | 2.0 | 0.05 | 0.22 | 1.4 | 0.04 | 0.45 | 7.0 | 0.68 | 1.1 | 102.4 | 0.26 | 211.4 | 174.6 | 16.7 | 152.1 | 0.1 | 0.7 | 0.02 |
| 牛乳・乳製品 | 71～74 | 2.0 | 0.05 | 0.22 | 1.4 | 0.04 | 0.45 | 7.0 | 0.68 | 1.1 | 102.4 | 0.26 | 211.4 | 174.6 | 16.7 | 152.1 | 0.1 | 0.7 | 0.02 |
| 牛乳 | 71 | 1.5 | 0.03 | 0.13 | 0.8 | 0.03 | 0.27 | 3.8 | 0.47 | 0.8 | 37.2 | 0.09 | 132.9 | 96.4 | 9.0 | 80.0 | 0.0 | 0.3 | 0.01 |
| チーズ | 72 | 0.1 | 0.00 | 0.01 | 0.2 | 0.00 | 0.10 | 0.9 | 0.01 | 0.0 | 34.4 | 0.09 | 2.2 | 21.1 | 0.7 | 22.6 | 0.0 | 0.1 | 0.00 |
| 発酵乳・乳酸菌飲料 | 73 | 0.1 | 0.01 | 0.06 | 0.3 | 0.01 | 0.06 | 2.2 | 0.16 | 0.2 | 20.7 | 0.05 | 60.6 | 47.0 | 6.0 | 37.4 | 0.0 | 0.2 | 0.00 |
| その他の乳製品 | 74 | 0.2 | 0.00 | 0.01 | 0.1 | 0.00 | 0.02 | 0.1 | 0.04 | 0.1 | 10.2 | 0.03 | 15.6 | 10.1 | 1.0 | 12.2 | 0.0 | 0.0 | 0.00 |
| その他の乳類 | 75 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 油脂類 | 76～80 | 13.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 9.8 | 0.02 | 0.4 | 0.2 | 0.0 | 0.3 | 0.0 | 0.0 | 0.00 |
| バター | 76 | 0.1 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 4.8 | 0.01 | 0.2 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.00 |
| マーガリン | 77 | 0.8 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 5.1 | 0.01 | 0.2 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.00 |
| 植物性油脂 | 78 | 12.1 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 動物性油脂 | 79 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| その他の油脂 | 80 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 菓子類 | 81～85 | 1.2 | 0.02 | 0.03 | 0.5 | 0.01 | 0.02 | 4.1 | 0.13 | 1.1 | 51.9 | 0.13 | 47.3 | 12.7 | 5.4 | 21.9 | 0.2 | 0.2 | 0.04 |
| 和菓子類 | 81 | 0.5 | 0.01 | 0.01 | 0.2 | 0.01 | 0.01 | 1.1 | 0.04 | 0.0 | 29.0 | 0.07 | 10.3 | 1.8 | 1.8 | 7.9 | 0.1 | 0.1 | 0.01 |
| ケーキ・ペストリー類 | 82 | 0.4 | 0.00 | 0.00 | 0.1 | 0.00 | 0.01 | 0.8 | 0.02 | 0.0 | 8.7 | 0.02 | 3.8 | 1.4 | 0.4 | 3.2 | 0.0 | 0.0 | 0.00 |
| ビスケット類 | 83 | 0.1 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.2 | 0.01 | 0.0 | 5.6 | 0.01 | 2.5 | 2.1 | 0.3 | 1.6 | 0.0 | 0.0 | 0.00 |
| キャンディー類 | 84 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.0 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 |
| その他の菓子類 | 85 | 0.2 | 0.01 | 0.01 | 0.2 | 0.01 | 0.01 | 2.0 | 0.06 | 1.0 | 8.5 | 0.02 | 30.7 | 7.3 | 3.0 | 9.2 | 0.1 | 0.1 | 0.02 |
| 嗜好飲料類 | 86～91 | 5.3 | 0.00 | 0.13 | 2.0 | 0.06 | 0.03 | 43.9 | 0.14 | 13.2 | 19.9 | 0.05 | 189.9 | 18.3 | 17.8 | 25.7 | 0.5 | 0.2 | 0.03 |
| アルコール飲料 | 86～88 | 0.0 | 0.00 | 0.01 | 0.3 | 0.02 | 0.03 | 2.9 | 0.05 | 0.0 | 1.8 | 0.00 | 15.9 | 2.2 | 3.1 | 6.7 | 0.0 | 0.0 | 0.00 |
| 日本酒 | 86 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.1 | 0.00 | 0.3 | 0.2 | 0.1 | 0.4 | 0.0 | 0.0 | 0.00 |
| ビール | 87 | 0.0 | 0.00 | 0.01 | 0.3 | 0.02 | 0.03 | 2.9 | 0.05 | 0.0 | 1.0 | 0.00 | 12.3 | 1.8 | 2.9 | 6.0 | 0.0 | 0.0 | 0.00 |
| 洋酒・その他 | 88 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 0.6 | 0.00 | 3.3 | 0.2 | 0.2 | 0.3 | 0.0 | 0.0 | 0.00 |
| その他の嗜好飲料 | 89～91 | 5.3 | 0.00 | 0.12 | 1.6 | 0.04 | 0.01 | 41.0 | 0.10 | 13.2 | 18.1 | 0.05 | 174.0 | 16.1 | 14.7 | 19.0 | 0.5 | 0.1 | 0.03 |
| 茶 | 89 | 3.9 | 0.00 | 0.11 | 0.5 | 0.02 | 0.00 | 40.1 | 0.09 | 11.8 | 6.0 | 0.02 | 73.7 | 7.2 | 4.8 | 5.9 | 0.4 | 0.0 | 0.02 |
| コーヒー・ココア | 90 | 0.0 | 0.00 | 0.01 | 1.1 | 0.00 | 0.00 | 0.1 | 0.01 | 0.0 | 3.3 | 0.01 | 88.6 | 4.5 | 9.3 | 10.2 | 0.0 | 0.0 | 0.00 |
| その他の嗜好飲料 | 91 | 1.4 | 0.00 | 0.00 | 0.1 | 0.01 | 0.01 | 0.8 | 0.00 | 1.3 | 8.7 | 0.02 | 11.8 | 4.4 | 0.6 | 2.9 | 0.0 | 0.1 | 0.00 |
| 調味料・香辛料類 | 92～98 | 7.5 | 0.03 | 0.06 | 1.2 | 0.06 | 0.11 | 14.7 | 0.15 | 0.4 | 2736.2 | 6.95 | 164.1 | 29.9 | 25.1 | 66.3 | 1.0 | 0.4 | 0.07 |
| 調味料 | 92～97 | 7.5 | 0.03 | 0.06 | 1.2 | 0.06 | 0.11 | 14.2 | 0.15 | 0.4 | 2729.0 | 6.93 | 161.8 | 29.3 | 24.8 | 65.6 | 0.9 | 0.4 | 0.06 |
| ソース | 92 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 44.6 | 0.11 | 3.6 | 1.0 | 0.4 | 0.3 | 0.0 | 0.0 | 0.00 |
| しょうゆ | 93 | 0.0 | 0.01 | 0.02 | 0.2 | 0.02 | 0.01 | 4.0 | 0.06 | 0.0 | 638.3 | 1.62 | 44.0 | 3.4 | 7.5 | 18.5 | 0.2 | 0.1 | 0.00 |
| 塩 | 94 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.0 | 473.6 | 1.20 | 1.2 | 0.3 | 0.2 | 0.0 | 0.0 | 0.0 | 0.00 |
| マヨネーズ | 95 | 4.8 | 0.00 | 0.00 | 0.0 | 0.00 | 0.01 | 0.1 | 0.01 | 0.0 | 31.7 | 0.08 | 0.8 | 0.7 | 0.1 | 2.3 | 0.0 | 0.0 | 0.00 |
| 味噌 | 96 | 1.1 | 0.00 | 0.02 | 0.4 | 0.01 | 0.01 | 5.8 | 0.01 | 0.0 | 520.8 | 1.32 | 45.3 | 11.0 | 7.9 | 19.2 | 0.4 | 0.1 | 0.04 |
| その他の調味料 | 97 | 1.5 | 0.01 | 0.02 | 0.5 | 0.02 | 0.08 | 4.3 | 0.06 | 0.4 | 1019.9 | 2.59 | 66.8 | 13.0 | 8.5 | 25.4 | 0.3 | 0.1 | 0.02 |
| 香辛料・その他 | 98 | 0.0 | 0.00 | 0.00 | 0.0 | 0.00 | 0.00 | 0.4 | 0.00 | 0.1 | 7.3 | 0.02 | 2.3 | 0.6 | 0.4 | 0.7 | 0.0 | 0.0 | 0.00 |

表49-1 食品群別食塩摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－男性、20歳以上

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 266 | | | 9 | | | 29 | | | 30 | | | 38 | | |
| 総量 | 1～98 | 11.5 | 4.3 | 11.0 | 8.4 | 3.8 | 6.5 | 10.1 | 3.2 | 9.6 | 10.8 | 3.7 | 11.1 | 11.1 | 4.1 | 10.6 |
| 動物性食品 | 48～76,79 | 1.7 | 1.4 | 1.3 | 1.5 | 1.4 | 1.3 | 1.6 | 1.2 | 1.2 | 1.4 | 0.9 | 1.1 | 1.6 | 1.9 | 0.8 |
| 植物性食品 | 1～47,77,78,80～98 | 9.8 | 4.0 | 9.3 | 6.9 | 3.7 | 5.2 | 8.6 | 3.2 | 8.2 | 9.4 | 3.6 | 9.9 | 9.5 | 3.3 | 9.1 |
| 穀類 | 1～12 | 1.0 | 1.3 | 0.6 | 0.3 | 0.5 | 0.1 | 1.1 | 1.7 | 0.4 | 0.9 | 1.4 | 0.4 | 1.4 | 2.3 | 0.4 |
| 米・加工品 | 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 | 0.0 | 0.0 | 0.0 |
| 米 | 1 | 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 | 0.0 | 0.0 |
| 米加工品 | 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 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 0.9 | 1.3 | 0.6 | 0.3 | 0.5 | 0.1 | 1.1 | 1.7 | 0.4 | 0.9 | 1.4 | 0.3 | 1.4 | 2.3 | 0.4 |
| 小麦粉類 | 3 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| パン類(菓子パンを除く) | 4 | 0.3 | 0.6 | 0.0 | 0.1 | 0.3 | 0.0 | 0.2 | 0.4 | 0.0 | 0.4 | 0.8 | 0.0 | 0.3 | 0.6 | 0.0 |
| 菓子パン類 | 5 | 0.0 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| うどん、中華めん類 | 6 | 0.2 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 |
| 即席中華めん | 7 | 0.2 | 1.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 1.5 | 0.0 | 0.2 | 0.9 | 0.0 | 0.6 | 2.0 | 0.0 |
| パスタ類 | 8 | 0.1 | 0.6 | 0.0 | 0.0 | 0.1 | 0.0 | 0.2 | 0.7 | 0.0 | 0.1 | 0.7 | 0.0 | 0.4 | 1.0 | 0.0 |
| その他の小麦加工品 | 9 | 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 | 0.0 | 0.0 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| そば・加工品 | 10 | 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 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 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 | 0.0 | 0.0 |
| いも類 | 13～16 | 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 | 0.0 | 0.0 |
| いも・加工品 | 13～15 | 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 | 0.0 | 0.0 |
| さつまいも・加工品 | 13 | 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 | 0.0 | 0.0 |
| じゃがいも・加工品 | 14 | 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 | 0.0 | 0.0 |
| その他のいも・加工品 | 15 | 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 | 0.0 | 0.0 |
| でんぷん・加工品 | 16 | 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 | 0.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 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 | 0.0 | 0.0 |
| 豆類 | 18～23 | 0.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.5 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| 大豆・加工品 | 18～22 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.5 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| 大豆(全粒)・加工品 | 18 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豆腐 | 19 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 油揚げ類 | 20 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 納豆 | 21 | 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 | 0.0 | 0.0 |
| その他の大豆加工品 | 22 | 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 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 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 | 0.0 | 0.0 |
| 種実類 | 24 | 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 | 0.0 | 0.0 |
| 野菜類 | 25～38 | 0.8 | 1.2 | 0.1 | 0.3 | 0.5 | 0.0 | 0.4 | 0.8 | 0.1 | 0.5 | 0.9 | 0.1 | 0.5 | 0.7 | 0.1 |
| 緑黄色野菜 | 25～29 | 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 | 0.0 | 0.0 |
| トマト | 25 | 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 | 0.0 | 0.0 |
| にんじん | 26 | 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 | 0.0 | 0.0 |
| ほうれん草 | 27 | 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 | 0.0 | 0.0 |
| ピーマン | 28 | 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 | 0.0 | 0.0 |
| その他の緑黄色野菜 | 29 | 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 | 0.0 | 0.0 |
| その他の野菜 | 30～35 | 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 | 0.0 | 0.0 |
| キャベツ | 30 | 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 | 0.0 | 0.0 |
| きゅうり | 31 | 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 | 0.0 | 0.0 |
| 大根 | 32 | 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 | 0.0 | 0.0 |
| たまねぎ | 33 | 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 | 0.0 | 0.0 |
| はくさい | 34 | 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 | 0.0 | 0.0 |
| その他の淡色野菜 | 35 | 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 | 0.0 | 0.0 |
| 野菜ジュース | 36 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| 漬け物 | 37,38 | 0.7 | 1.2 | 0.0 | 0.3 | 0.5 | 0.0 | 0.3 | 0.8 | 0.0 | 0.5 | 0.9 | 0.0 | 0.4 | 0.7 | 0.0 |
| 葉類漬け物 | 37 | 0.1 | 0.4 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.4 | 0.0 |
| たくあん・その他の漬け物 | 38 | 0.6 | 1.2 | 0.0 | 0.2 | 0.5 | 0.0 | 0.3 | 0.8 | 0.0 | 0.4 | 0.9 | 0.0 | 0.3 | 0.6 | 0.0 |
| 果実類 | 39～45 | 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 | 0.0 | 0.0 |
| 生果 | 39～43 | 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 | 0.0 | 0.0 |
| いちご | 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 | 0.0 | 0.0 |
| 柑橘類 | 40 | 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 | 0.0 | 0.0 |
| バナナ | 41 | 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 | 0.0 | 0.0 |
| りんご | 42 | 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 | 0.0 | 0.0 |
| その他の生果 | 43 | 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 | 0.0 | 0.0 |
| ジャム | 44 | 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 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 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 | 0.0 | 0.0 |
| きのこ類 | 46 | 0.0 | 0.1 | 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 |
| 藻類 | 47 | 0.2 | 0.5 | 0.0 | 0.2 | 0.3 | 0.1 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.2 | 0.5 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 46 | | | 114 | | | 70 | | | 73 | | |
| 総量 | 1～98 | 12.5 | 3.8 | 12.3 | 12.0 | 4.8 | 11.7 | 12.3 | 4.2 | 12.0 | 12.1 | 4.9 | 11.9 |
| 動物性食品 | 48～76,79 | 1.8 | 1.2 | 1.5 | 1.7 | 1.4 | 1.5 | 1.7 | 1.2 | 1.6 | 1.7 | 1.5 | 1.5 |
| 植物性食品 | 1～47,77,78,80～98 | 10.7 | 3.8 | 9.8 | 10.3 | 4.5 | 9.6 | 10.6 | 4.2 | 10.0 | 10.3 | 4.5 | 9.5 |
| 穀類 | 1～12 | 1.0 | 1.1 | 0.7 | 0.8 | 0.8 | 0.7 | 0.9 | 1.0 | 0.7 | 0.9 | 0.9 | 0.8 |
| 米・加工品 | 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 |
| 米 | 1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 米加工品 | 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 |
| 小麦・加工品 | 3～9 | 1.0 | 1.1 | 0.6 | 0.8 | 0.8 | 0.7 | 0.9 | 1.0 | 0.6 | 0.9 | 0.9 | 0.8 |
| 小麦粉類 | 3 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| パン類(菓子パンを除く) | 4 | 0.4 | 0.7 | 0.0 | 0.4 | 0.5 | 0.0 | 0.3 | 0.6 | 0.0 | 0.5 | 0.6 | 0.4 |
| 菓子パン類 | 5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 |
| うどん、中華めん類 | 6 | 0.2 | 0.3 | 0.0 | 0.2 | 0.4 | 0.0 | 0.3 | 0.4 | 0.0 | 0.2 | 0.3 | 0.0 |
| 即席中華めん | 7 | 0.2 | 0.6 | 0.0 | 0.1 | 0.6 | 0.0 | 0.1 | 0.7 | 0.0 | 0.1 | 0.6 | 0.0 |
| パスタ類 | 8 | 0.1 | 0.5 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.3 | 0.0 |
| その他の小麦加工品 | 9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも・加工品 | 13～15 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| さつまいも・加工品 | 13 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| じゃがいも・加工品 | 14 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他のいも・加工品 | 15 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| でんぷん・加工品 | 16 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豆類 | 18～23 | 0.1 | 0.2 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.6 | 0.0 |
| 大豆・加工品 | 18～22 | 0.0 | 0.2 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.5 | 0.0 |
| 大豆(全粒)・加工品 | 18 | 0.0 | 0.2 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.5 | 0.0 |
| 豆腐 | 19 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 油揚げ類 | 20 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 納豆 | 21 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の大豆加工品 | 22 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| 種実類 | 24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 野菜類 | 25～38 | 0.9 | 1.2 | 0.3 | 1.0 | 1.5 | 0.2 | 1.0 | 1.5 | 0.2 | 1.0 | 1.5 | 0.2 |
| 緑黄色野菜 | 25～29 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| トマト | 25 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| にんじん | 26 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ほうれん草 | 27 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ピーマン | 28 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の緑黄色野菜 | 29 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の野菜 | 30～35 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャベツ | 30 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| きゅうり | 31 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 大根 | 32 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| たまねぎ | 33 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| はくさい | 34 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の淡色野菜 | 35 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 野菜ジュース | 36 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 漬け物 | 37,38 | 0.8 | 1.2 | 0.2 | 1.0 | 1.5 | 0.1 | 1.0 | 1.5 | 0.1 | 0.9 | 1.5 | 0.2 |
| 葉類漬け物 | 37 | 0.1 | 0.3 | 0.0 | 0.1 | 0.5 | 0.0 | 0.1 | 0.3 | 0.0 | 0.2 | 0.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 0.7 | 1.2 | 0.1 | 0.8 | 1.5 | 0.0 | 0.9 | 1.5 | 0.0 | 0.7 | 1.3 | 0.0 |
| 果実類 | 39～45 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 生果 | 39～43 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いちご | 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 |
| 柑橘類 | 40 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| バナナ | 41 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| りんご | 42 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生果 | 43 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| きのこ類 | 46 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| 藻類 | 47 | 0.1 | 0.2 | 0.0 | 0.3 | 0.6 | 0.0 | 0.1 | 0.3 | 0.0 | 0.3 | 0.7 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 総　数 | | | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 0.9 | 1.2 | 0.4 | 0.2 | 0.3 | 0.0 | 0.6 | 0.7 | 0.3 | 0.6 | 0.7 | 0.4 | 0.8 | 1.8 | 0.1 |
| 生魚介類 | 48～55 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| あじ、いわし類 | 48 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| さけ、ます | 49 | 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 | 0.0 | 0.0 |
| たい、かれい類 | 50 | 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 | 0.1 | 0.0 |
| まぐろ、かじき類 | 51 | 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 | 0.0 | 0.0 |
| その他の生魚 | 52 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| えび、かに類 | 55 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| 魚介加工品 | 56～60 | 0.8 | 1.2 | 0.3 | 0.1 | 0.2 | 0.0 | 0.5 | 0.7 | 0.2 | 0.4 | 0.7 | 0.2 | 0.7 | 1.7 | 0.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 0.5 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.6 | 0.0 | 0.2 | 0.5 | 0.0 | 0.5 | 1.2 | 0.0 |
| 魚介(缶詰) | 57 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.1 | 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 |
| 魚介(練り製品) | 59 | 0.2 | 0.5 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.2 | 0.4 | 0.0 | 0.1 | 0.4 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.4 | 0.0 |
| 肉類 | 61～69 | 0.4 | 0.5 | 0.2 | 0.9 | 1.5 | 0.5 | 0.6 | 0.7 | 0.3 | 0.4 | 0.4 | 0.3 | 0.4 | 0.4 | 0.2 |
| 畜肉 | 61～64 | 0.3 | 0.5 | 0.1 | 0.9 | 1.5 | 0.5 | 0.5 | 0.6 | 0.2 | 0.4 | 0.4 | 0.3 | 0.3 | 0.4 | 0.1 |
| 牛肉 | 61 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豚肉 | 62 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 |
| ハム、ソーセージ類 | 63 | 0.3 | 0.5 | 0.0 | 0.8 | 1.5 | 0.4 | 0.4 | 0.6 | 0.0 | 0.3 | 0.4 | 0.2 | 0.3 | 0.4 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 0.0 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 |
| 鶏肉 | 65 | 0.0 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 0.2 | 0.2 | 0.2 | 0.1 | 0.1 | 0.1 | 0.2 | 0.2 | 0.2 | 0.1 | 0.2 | 0.1 | 0.2 | 0.2 | 0.1 |
| 乳類 | 71～75 | 0.2 | 0.3 | 0.1 | 0.2 | 0.2 | 0.1 | 0.2 | 0.2 | 0.1 | 0.2 | 0.4 | 0.1 | 0.2 | 0.2 | 0.1 |
| 牛乳・乳製品 | 71～74 | 0.2 | 0.3 | 0.1 | 0.2 | 0.2 | 0.1 | 0.2 | 0.2 | 0.1 | 0.2 | 0.4 | 0.1 | 0.2 | 0.2 | 0.1 |
| 牛乳 | 71 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 |
| チーズ | 72 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の乳製品 | 74 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 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 | 0.1 | 0.0 |
| バター | 76 | 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 | 0.0 | 0.0 |
| マーガリン | 77 | 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 | 0.0 | 0.0 |
| 植物性油脂 | 78 | 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 | 0.0 | 0.0 |
| 動物性油脂 | 79 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.2 | 0.3 | 0.0 |
| 和菓子類 | 81 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| ビスケット類 | 83 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| キャンディー類 | 84 | 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 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 嗜好飲料類 | 86～91 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 |
| アルコール飲料 | 86～88 | 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 | 0.0 | 0.0 |
| 日本酒 | 86 | 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 | 0.0 | 0.0 |
| ビール | 87 | 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 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 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 | 0.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 |
| 茶 | 89 | 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 | 0.0 | 0.0 |
| コーヒー・ココア | 90 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| その他の嗜好飲料 | 91 | 0.0 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| 調味料・香辛料類 | 92～98 | 7.6 | 3.8 | 7.0 | 5.9 | 3.2 | 4.9 | 6.7 | 3.7 | 6.8 | 7.6 | 3.6 | 7.3 | 7.0 | 3.1 | 6.4 |
| 調味料 | 92～97 | 7.6 | 3.8 | 7.0 | 5.9 | 3.2 | 4.9 | 6.7 | 3.7 | 6.8 | 7.6 | 3.6 | 7.3 | 7.0 | 3.1 | 6.4 |
| ソース | 92 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 | 0.2 | 0.3 | 0.0 |
| しょうゆ | 93 | 1.8 | 1.9 | 1.3 | 1.5 | 1.3 | 1.3 | 1.4 | 1.5 | 0.8 | 2.0 | 2.2 | 1.9 | 1.5 | 1.4 | 1.1 |
| 塩 | 94 | 1.3 | 1.4 | 0.9 | 0.7 | 1.0 | 0.2 | 1.4 | 1.5 | 1.0 | 1.3 | 1.4 | 1.0 | 1.6 | 1.5 | 1.1 |
| マヨネーズ | 95 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| 味噌 | 96 | 1.5 | 1.7 | 1.2 | 1.0 | 0.9 | 0.6 | 1.1 | 1.2 | 1.1 | 1.5 | 1.5 | 1.4 | 1.2 | 1.4 | 0.7 |
| その他の調味料 | 97 | 2.8 | 2.4 | 2.2 | 2.6 | 2.4 | 1.9 | 2.5 | 2.2 | 2.1 | 2.6 | 2.0 | 2.1 | 2.4 | 2.3 | 1.9 |
| 香辛料・その他 | 98 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 1.0 | 1.2 | 0.8 | 1.1 | 1.3 | 0.8 | 1.0 | 1.1 | 0.8 | 1.1 | 1.3 | 0.7 |
| 生魚介類 | 48～55 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| あじ、いわし類 | 48 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| さけ、ます | 49 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| たい、かれい類 | 50 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生魚 | 52 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| えび、かに類 | 55 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介加工品 | 56～60 | 0.9 | 1.2 | 0.6 | 1.0 | 1.3 | 0.7 | 0.9 | 1.1 | 0.7 | 1.0 | 1.3 | 0.5 |
| 魚介(塩蔵、生干し、乾物) | 56 | 0.6 | 1.0 | 0.2 | 0.7 | 1.0 | 0.1 | 0.6 | 0.9 | 0.0 | 0.7 | 1.0 | 0.1 |
| 魚介(缶詰) | 57 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| 魚介(練り製品) | 59 | 0.2 | 0.6 | 0.0 | 0.2 | 0.6 | 0.0 | 0.2 | 0.6 | 0.0 | 0.2 | 0.6 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 |
| 肉類 | 61～69 | 0.3 | 0.4 | 0.2 | 0.3 | 0.4 | 0.1 | 0.3 | 0.4 | 0.2 | 0.3 | 0.4 | 0.1 |
| 畜肉 | 61～64 | 0.3 | 0.4 | 0.1 | 0.2 | 0.3 | 0.1 | 0.3 | 0.4 | 0.1 | 0.2 | 0.3 | 0.1 |
| 牛肉 | 61 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豚肉 | 62 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| ハム、ソーセージ類 | 63 | 0.2 | 0.4 | 0.0 | 0.2 | 0.3 | 0.0 | 0.2 | 0.4 | 0.0 | 0.2 | 0.3 | 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 |
| 鳥肉 | 65,66 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 |
| 鶏肉 | 65 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 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 |
| 肉類(内臓) | 67 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 0.2 | 0.1 | 0.2 | 0.1 | 0.1 | 0.1 | 0.2 | 0.1 | 0.2 | 0.1 | 0.1 | 0.2 |
| 乳類 | 71～75 | 0.3 | 0.3 | 0.2 | 0.2 | 0.3 | 0.2 | 0.2 | 0.3 | 0.2 | 0.2 | 0.3 | 0.2 |
| 牛乳・乳製品 | 71～74 | 0.3 | 0.3 | 0.2 | 0.2 | 0.3 | 0.2 | 0.2 | 0.3 | 0.2 | 0.2 | 0.3 | 0.2 |
| 牛乳 | 71 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 |
| チーズ | 72 | 0.1 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 |
| その他の乳製品 | 74 | 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 |
| 油脂類 | 76～80 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| バター | 76 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| マーガリン | 77 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 植物性油脂 | 78 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 動物性油脂 | 79 | 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 |
| 菓子類 | 81～85 | 0.1 | 0.4 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 | 0.2 | 0.4 | 0.0 |
| 和菓子類 | 81 | 0.1 | 0.4 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 |
| ビスケット類 | 83 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 嗜好飲料類 | 86～91 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| アルコール飲料 | 86～88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 日本酒 | 86 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビール | 87 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 茶 | 89 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| コーヒー・ココア | 90 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 91 | 0.1 | 0.3 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 8.4 | 3.2 | 7.7 | 7.9 | 4.2 | 7.0 | 8.2 | 3.4 | 7.9 | 7.8 | 4.5 | 6.7 |
| 調味料 | 92～97 | 8.4 | 3.2 | 7.7 | 7.8 | 4.2 | 7.0 | 8.2 | 3.4 | 7.8 | 7.8 | 4.4 | 6.7 |
| ソース | 92 | 0.2 | 0.5 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 |
| しょうゆ | 93 | 2.1 | 1.8 | 1.6 | 1.8 | 2.0 | 1.1 | 1.8 | 1.7 | 1.4 | 1.9 | 2.2 | 1.1 |
| 塩 | 94 | 1.3 | 1.2 | 1.0 | 1.1 | 1.4 | 0.6 | 1.2 | 1.3 | 0.7 | 1.1 | 1.4 | 0.6 |
| マヨネーズ | 95 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| 味噌 | 96 | 1.7 | 1.3 | 1.5 | 1.7 | 2.0 | 1.2 | 1.5 | 1.4 | 1.2 | 1.9 | 2.2 | 1.3 |
| その他の調味料 | 97 | 2.9 | 2.2 | 2.4 | 3.1 | 2.6 | 2.5 | 3.5 | 2.6 | 3.2 | 2.7 | 2.4 | 2.0 |
| 香辛料・その他 | 98 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |

表49-2 食品群別食塩摂取量－食品群、年齢階級別、平均値、標準偏差、中央値－女性、20歳以上

1人1日当たり(g)

| | 食品群番号 | 総 数 | | | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 325 | | | 16 | | | 31 | | | 39 | | | 36 | | |
| 総量 | 1～98 | 10.2 | 3.8 | 9.6 | 9.1 | 3.6 | 8.8 | 8.8 | 2.9 | 8.3 | 9.9 | 3.8 | 9.0 | 9.8 | 3.6 | 10.1 |
| 動物性食品 | 48～76,79 | 1.5 | 1.1 | 1.3 | 1.4 | 1.2 | 0.9 | 1.2 | 0.8 | 1.0 | 1.3 | 0.8 | 1.0 | 1.5 | 1.2 | 1.3 |
| 植物性食品 | 1～47,77,78,80～98 | 8.7 | 3.6 | 8.0 | 7.6 | 3.2 | 7.4 | 7.6 | 2.7 | 7.5 | 8.6 | 3.5 | 8.0 | 8.3 | 3.5 | 7.4 |
| 穀類 | 1～12 | 0.9 | 1.2 | 0.7 | 0.5 | 0.7 | 0.2 | 1.0 | 1.5 | 0.7 | 1.3 | 1.5 | 0.7 | 1.1 | 1.7 | 0.4 |
| 米・加工品 | 1,2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 米 | 1 | 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 | 0.0 | 0.0 |
| 米加工品 | 2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 0.9 | 1.2 | 0.6 | 0.4 | 0.7 | 0.0 | 1.0 | 1.5 | 0.7 | 1.3 | 1.5 | 0.7 | 1.0 | 1.7 | 0.4 |
| 小麦粉類 | 3 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| パン類(菓子パンを除く) | 4 | 0.4 | 0.5 | 0.0 | 0.2 | 0.4 | 0.0 | 0.3 | 0.4 | 0.0 | 0.4 | 0.6 | 0.0 | 0.4 | 0.6 | 0.0 |
| 菓子パン類 | 5 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 |
| うどん、中華めん類 | 6 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| 即席中華めん | 7 | 0.2 | 0.9 | 0.0 | 0.1 | 0.2 | 0.0 | 0.4 | 1.4 | 0.0 | 0.3 | 1.1 | 0.0 | 0.2 | 1.4 | 0.0 |
| パスタ類 | 8 | 0.2 | 0.6 | 0.0 | 0.2 | 0.5 | 0.0 | 0.2 | 0.7 | 0.0 | 0.4 | 1.1 | 0.0 | 0.2 | 0.8 | 0.0 |
| その他の小麦加工品 | 9 | 0.0 | 0.1 | 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 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| そば・加工品 | 10 | 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 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| その他の穀類 | 12 | 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 | 0.0 | 0.0 |
| いも類 | 13～16 | 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 | 0.0 | 0.0 |
| いも・加工品 | 13～15 | 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 | 0.0 | 0.0 |
| さつまいも・加工品 | 13 | 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 | 0.0 | 0.0 |
| じゃがいも・加工品 | 14 | 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 | 0.0 | 0.0 |
| その他のいも・加工品 | 15 | 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 | 0.0 | 0.0 |
| でんぷん・加工品 | 16 | 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 | 0.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 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 | 0.0 | 0.0 |
| 豆類 | 18～23 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 大豆・加工品 | 18～22 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 大豆(全粒)・加工品 | 18 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豆腐 | 19 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 油揚げ類 | 20 | 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 | 0.0 | 0.0 |
| 納豆 | 21 | 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 | 0.0 | 0.0 |
| その他の大豆加工品 | 22 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 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 | 0.0 | 0.0 |
| 種実類 | 24 | 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 | 0.0 | 0.0 |
| 野菜類 | 25～38 | 0.7 | 1.3 | 0.1 | 0.6 | 1.1 | 0.1 | 0.4 | 0.9 | 0.1 | 0.6 | 1.1 | 0.1 | 0.6 | 1.4 | 0.1 |
| 緑黄色野菜 | 25～29 | 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 | 0.0 | 0.0 |
| トマト | 25 | 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 | 0.0 | 0.0 |
| にんじん | 26 | 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 | 0.0 | 0.0 |
| ほうれん草 | 27 | 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 | 0.0 | 0.0 |
| ピーマン | 28 | 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 | 0.0 | 0.0 |
| その他の緑黄色野菜 | 29 | 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 | 0.0 | 0.0 |
| その他の野菜 | 30～35 | 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 | 0.0 | 0.0 |
| キャベツ | 30 | 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 | 0.0 | 0.0 |
| きゅうり | 31 | 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 | 0.0 | 0.0 |
| 大根 | 32 | 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 | 0.0 | 0.0 |
| たまねぎ | 33 | 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 | 0.0 | 0.0 |
| はくさい | 34 | 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 | 0.0 | 0.0 |
| その他の淡色野菜 | 35 | 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 | 0.0 | 0.0 |
| 野菜ジュース | 36 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 漬け物 | 37,38 | 0.6 | 1.3 | 0.0 | 0.5 | 1.1 | 0.0 | 0.4 | 0.9 | 0.0 | 0.5 | 1.1 | 0.0 | 0.5 | 1.4 | 0.0 |
| 葉類漬け物 | 37 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.4 | 0.0 | 0.0 | 0.2 | 0.0 |
| たくあん・その他の漬け物 | 38 | 0.6 | 1.3 | 0.0 | 0.5 | 1.1 | 0.0 | 0.3 | 0.8 | 0.0 | 0.4 | 1.1 | 0.0 | 0.5 | 1.4 | 0.0 |
| 果実類 | 39～45 | 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 | 0.0 | 0.0 |
| 生果 | 39～43 | 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 | 0.0 | 0.0 |
| いちご | 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 | 0.0 | 0.0 |
| 柑橘類 | 40 | 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 | 0.0 | 0.0 |
| バナナ | 41 | 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 | 0.0 | 0.0 |
| りんご | 42 | 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 | 0.0 | 0.0 |
| その他の生果 | 43 | 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 | 0.0 | 0.0 |
| ジャム | 44 | 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 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 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 | 0.0 | 0.0 |
| きのこ類 | 46 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| 藻類 | 47 | 0.2 | 0.4 | 0.0 | 0.3 | 0.5 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.2 | 0.4 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 68 | | | 135 | | | 92 | | | 84 | | |
| 総量 | 1～98 | 10.2 | 3.8 | 9.5 | 10.9 | 4.1 | 10.2 | 10.6 | 3.7 | 9.7 | 11.1 | 4.3 | 10.6 |
| 動物性食品 | 48～76,79 | 1.5 | 1.1 | 1.3 | 1.7 | 1.2 | 1.4 | 1.6 | 1.1 | 1.4 | 1.7 | 1.2 | 1.6 |
| 植物性食品 | 1～47,77,78,80～98 | 8.7 | 3.6 | 7.9 | 9.2 | 3.8 | 8.3 | 9.0 | 3.6 | 8.1 | 9.4 | 4.0 | 8.3 |
| 穀類 | 1～12 | 1.0 | 1.1 | 0.7 | 0.8 | 0.9 | 0.7 | 0.8 | 0.7 | 0.7 | 0.9 | 1.1 | 0.7 |
| 米・加工品 | 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 |
| 米 | 1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 米加工品 | 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 |
| 小麦・加工品 | 3～9 | 1.0 | 1.1 | 0.7 | 0.8 | 0.9 | 0.7 | 0.8 | 0.7 | 0.7 | 0.9 | 1.1 | 0.7 |
| 小麦粉類 | 3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| パン類(菓子パンを除く) | 4 | 0.5 | 0.5 | 0.5 | 0.4 | 0.5 | 0.0 | 0.4 | 0.5 | 0.0 | 0.4 | 0.5 | 0.3 |
| 菓子パン類 | 5 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.3 | 0.0 |
| うどん、中華めん類 | 6 | 0.1 | 0.2 | 0.0 | 0.2 | 0.3 | 0.0 | 0.2 | 0.3 | 0.0 | 0.2 | 0.3 | 0.0 |
| 即席中華めん | 7 | 0.2 | 0.8 | 0.0 | 0.1 | 0.7 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.9 | 0.0 |
| パスタ類 | 8 | 0.2 | 0.6 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.3 | 0.0 |
| その他の小麦加工品 | 9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| その他の穀類・加工品 | 10～12 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| そば・加工品 | 10 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも・加工品 | 13～15 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| さつまいも・加工品 | 13 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| じゃがいも・加工品 | 14 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他のいも・加工品 | 15 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| でんぷん・加工品 | 16 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 砂糖・甘味料類 | 17 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豆類 | 18～23 | 0.0 | 0.2 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.5 | 0.0 |
| 大豆・加工品 | 18～22 | 0.0 | 0.2 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.4 | 0.0 |
| 大豆(全粒)・加工品 | 18 | 0.0 | 0.2 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.4 | 0.0 |
| 豆腐 | 19 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| 油揚げ類 | 20 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| 納豆 | 21 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の大豆加工品 | 22 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| 種実類 | 24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 野菜類 | 25～38 | 0.5 | 0.8 | 0.1 | 0.9 | 1.6 | 0.2 | 0.8 | 1.3 | 0.1 | 0.9 | 1.6 | 0.2 |
| 緑黄色野菜 | 25～29 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| トマト | 25 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| にんじん | 26 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ほうれん草 | 27 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ピーマン | 28 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の緑黄色野菜 | 29 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の野菜 | 30～35 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャベツ | 30 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| きゅうり | 31 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 大根 | 32 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| たまねぎ | 33 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| はくさい | 34 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の淡色野菜 | 35 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 野菜ジュース | 36 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 漬け物 | 37,38 | 0.4 | 0.7 | 0.0 | 0.9 | 1.6 | 0.0 | 0.7 | 1.3 | 0.0 | 0.8 | 1.6 | 0.1 |
| 葉類漬け物 | 37 | 0.1 | 0.4 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.4 | 0.0 | 0.1 | 0.3 | 0.0 |
| たくあん・その他の漬け物 | 38 | 0.4 | 0.7 | 0.0 | 0.8 | 1.5 | 0.0 | 0.7 | 1.2 | 0.0 | 0.7 | 1.6 | 0.0 |
| 果実類 | 39～45 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 生果 | 39～43 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| いちご | 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 |
| 柑橘類 | 40 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| バナナ | 41 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| りんご | 42 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生果 | 43 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ジャム | 44 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| きのこ類 | 46 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 |
| 藻類 | 47 | 0.2 | 0.5 | 0.0 | 0.2 | 0.5 | 0.0 | 0.1 | 0.2 | 0.0 | 0.2 | 0.6 | 0.1 |

1人1日当たり(g)

| | 食品群番号 | 総　数 | | | 20～29歳 | | | 30～39歳 | | | 40～49歳 | | | 50～59歳 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 0.8 | 0.9 | 0.4 | 0.8 | 1.2 | 0.3 | 0.4 | 0.5 | 0.1 | 0.6 | 0.7 | 0.3 | 0.7 | 0.9 | 0.2 |
| 生魚介類 | 48～55 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 |
| あじ、いわし類 | 48 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| さけ、ます | 49 | 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 | 0.0 | 0.0 |
| たい、かれい類 | 50 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| まぐろ、かじき類 | 51 | 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 | 0.0 | 0.0 |
| その他の生魚 | 52 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| えび、かに類 | 55 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介加工品 | 56～60 | 0.7 | 1.0 | 0.3 | 0.7 | 1.2 | 0.3 | 0.3 | 0.4 | 0.0 | 0.4 | 0.8 | 0.1 | 0.6 | 0.9 | 0.1 |
| 魚介(塩蔵、生干し、乾物) | 56 | 0.5 | 0.8 | 0.0 | 0.4 | 1.0 | 0.0 | 0.2 | 0.4 | 0.0 | 0.3 | 0.6 | 0.0 | 0.4 | 0.9 | 0.0 |
| 魚介(缶詰) | 57 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.1 | 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 |
| 魚介(練り製品) | 59 | 0.2 | 0.5 | 0.0 | 0.3 | 0.7 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.5 | 0.0 | 0.2 | 0.4 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 0.3 | 0.4 | 0.2 | 0.3 | 0.3 | 0.2 | 0.4 | 0.4 | 0.2 | 0.4 | 0.4 | 0.3 | 0.4 | 0.5 | 0.2 |
| 畜肉 | 61～64 | 0.3 | 0.4 | 0.1 | 0.3 | 0.4 | 0.2 | 0.3 | 0.4 | 0.1 | 0.4 | 0.4 | 0.2 | 0.4 | 0.5 | 0.1 |
| 牛肉 | 61 | 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 | 0.0 | 0.0 |
| 豚肉 | 62 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 |
| ハム、ソーセージ類 | 63 | 0.2 | 0.4 | 0.0 | 0.2 | 0.3 | 0.0 | 0.3 | 0.4 | 0.0 | 0.3 | 0.4 | 0.0 | 0.3 | 0.5 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| 鶏肉 | 65 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 0.1 | 0.1 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 |
| 乳類 | 71～75 | 0.3 | 0.3 | 0.2 | 0.1 | 0.2 | 0.1 | 0.3 | 0.3 | 0.2 | 0.2 | 0.2 | 0.1 | 0.3 | 0.3 | 0.2 |
| 牛乳・乳製品 | 71～74 | 0.3 | 0.3 | 0.2 | 0.1 | 0.2 | 0.1 | 0.3 | 0.3 | 0.2 | 0.2 | 0.2 | 0.1 | 0.3 | 0.3 | 0.2 |
| 牛乳 | 71 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 |
| チーズ | 72 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 |
| その他の乳製品 | 74 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| バター | 76 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| マーガリン | 77 | 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 | 0.1 | 0.0 |
| 植物性油脂 | 78 | 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 | 0.0 | 0.0 |
| 動物性油脂 | 79 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 0.1 | 0.3 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.2 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 |
| 和菓子類 | 81 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 |
| ビスケット類 | 83 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャンディー類 | 84 | 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 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| 嗜好飲料類 | 86～91 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| アルコール飲料 | 86～88 | 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 | 0.0 | 0.0 |
| 日本酒 | 86 | 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 | 0.0 | 0.0 |
| ビール | 87 | 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 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 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 | 0.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| 茶 | 89 | 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 | 0.0 | 0.0 |
| コーヒー・ココア | 90 | 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 | 0.0 | 0.0 |
| その他の嗜好飲料 | 91 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 |
| 調味料・香辛料類 | 92～98 | 6.6 | 3.1 | 6.2 | 6.2 | 3.0 | 5.3 | 5.9 | 2.7 | 5.8 | 6.3 | 2.4 | 6.0 | 6.2 | 3.3 | 5.4 |
| 調味料 | 92～97 | 6.6 | 3.1 | 6.1 | 6.2 | 3.0 | 5.3 | 5.9 | 2.7 | 5.8 | 6.3 | 2.4 | 6.0 | 6.2 | 3.3 | 5.3 |
| ソース | 92 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.2 | 0.5 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 |
| しょうゆ | 93 | 1.6 | 1.5 | 1.2 | 2.1 | 2.0 | 1.5 | 1.3 | 1.6 | 0.7 | 1.5 | 1.3 | 1.3 | 1.5 | 1.5 | 0.9 |
| 塩 | 94 | 1.1 | 1.3 | 0.7 | 1.2 | 1.1 | 1.0 | 0.9 | 1.2 | 0.5 | 1.4 | 1.4 | 1.0 | 1.4 | 1.4 | 1.0 |
| マヨネーズ | 95 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 |
| 味噌 | 96 | 1.3 | 1.5 | 1.0 | 1.0 | 1.1 | 0.6 | 0.7 | 1.0 | 0.0 | 1.1 | 1.1 | 0.9 | 0.9 | 1.2 | 0.0 |
| その他の調味料 | 97 | 2.5 | 2.0 | 1.9 | 1.8 | 1.4 | 1.4 | 2.7 | 1.7 | 2.7 | 2.2 | 1.5 | 2.0 | 2.2 | 1.9 | 1.6 |
| 香辛料・その他 | 98 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 60～69歳 | | | 70歳以上 | | | (再掲)65～74歳 | | | (再掲)75歳以上 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 0.8 | 0.9 | 0.3 | 0.9 | 1.0 | 0.6 | 0.9 | 0.9 | 0.7 | 0.9 | 1.1 | 0.5 |
| 生魚介類 | 48～55 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.3 | 0.0 |
| あじ、いわし類 | 48 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| さけ、ます | 49 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| たい、かれい類 | 50 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の生魚 | 52 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| えび、かに類 | 55 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介加工品 | 56～60 | 0.7 | 0.9 | 0.3 | 0.9 | 1.0 | 0.5 | 0.8 | 0.9 | 0.6 | 0.8 | 1.1 | 0.4 |
| 魚介(塩蔵、生干し、乾物) | 56 | 0.4 | 0.8 | 0.0 | 0.6 | 0.9 | 0.0 | 0.5 | 0.8 | 0.0 | 0.6 | 0.9 | 0.0 |
| 魚介(缶詰) | 57 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| 魚介(練り製品) | 59 | 0.2 | 0.5 | 0.0 | 0.2 | 0.5 | 0.0 | 0.2 | 0.5 | 0.0 | 0.2 | 0.5 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 |
| 肉類 | 61～69 | 0.3 | 0.4 | 0.1 | 0.3 | 0.4 | 0.1 | 0.3 | 0.4 | 0.1 | 0.3 | 0.4 | 0.1 |
| 畜肉 | 61～64 | 0.3 | 0.3 | 0.1 | 0.3 | 0.4 | 0.1 | 0.3 | 0.3 | 0.1 | 0.3 | 0.4 | 0.1 |
| 牛肉 | 61 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 豚肉 | 62 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ハム、ソーセージ類 | 63 | 0.2 | 0.3 | 0.0 | 0.2 | 0.3 | 0.0 | 0.2 | 0.3 | 0.0 | 0.2 | 0.4 | 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 |
| 鳥肉 | 65,66 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 |
| 鶏肉 | 65 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 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 |
| 肉類(内臓) | 67 | 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 |
| 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 |
| 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 |
| 卵類 | 70 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.2 | 0.1 | 0.1 | 0.2 | 0.1 | 0.1 | 0.2 |
| 乳類 | 71～75 | 0.3 | 0.3 | 0.2 | 0.3 | 0.3 | 0.2 | 0.3 | 0.3 | 0.2 | 0.3 | 0.3 | 0.2 |
| 牛乳・乳製品 | 71～74 | 0.3 | 0.3 | 0.2 | 0.3 | 0.3 | 0.2 | 0.3 | 0.3 | 0.2 | 0.3 | 0.3 | 0.2 |
| 牛乳 | 71 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 |
| チーズ | 72 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 |
| その他の乳製品 | 74 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 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 |
| 油脂類 | 76～80 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| バター | 76 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| マーガリン | 77 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 植物性油脂 | 78 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 動物性油脂 | 79 | 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 |
| 菓子類 | 81～85 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 | 0.2 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 |
| 和菓子類 | 81 | 0.1 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 |
| ビスケット類 | 83 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 嗜好飲料類 | 86～91 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| アルコール飲料 | 86～88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 日本酒 | 86 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビール | 87 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 洋酒・その他 | 88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| 茶 | 89 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| コーヒー・ココア | 90 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の嗜好飲料 | 91 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 6.7 | 3.0 | 6.5 | 7.0 | 3.3 | 6.5 | 7.0 | 3.1 | 6.4 | 7.1 | 3.5 | 6.5 |
| 調味料 | 92～97 | 6.7 | 3.0 | 6.5 | 7.0 | 3.3 | 6.4 | 6.9 | 3.1 | 6.4 | 7.0 | 3.5 | 6.5 |
| ソース | 92 | 0.1 | 0.4 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 |
| しょうゆ | 93 | 1.4 | 1.3 | 1.2 | 1.7 | 1.6 | 1.3 | 1.5 | 1.5 | 1.1 | 1.7 | 1.6 | 1.2 |
| 塩 | 94 | 1.1 | 1.2 | 0.6 | 1.0 | 1.3 | 0.6 | 1.0 | 1.2 | 0.6 | 1.0 | 1.1 | 0.6 |
| マヨネーズ | 95 | 0.1 | 0.2 | 0.0 | 0.1 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.0 |
| 味噌 | 96 | 1.2 | 1.1 | 1.1 | 1.6 | 1.8 | 1.2 | 1.3 | 1.2 | 1.1 | 1.9 | 2.1 | 1.5 |
| その他の調味料 | 97 | 2.8 | 2.4 | 2.1 | 2.5 | 2.2 | 1.9 | 3.0 | 2.3 | 2.5 | 2.3 | 2.1 | 1.6 |
| 香辛料・その他 | 98 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |

表50-1 食品群別摂取量－食品群、地域ブロック別、平均値、標準偏差、中央値－総数、1歳以上

1人1日当たり(g)

| | 食品群番号 | 総数 | | | 桐生保健所 | | | 伊勢崎保健所 | | | 太田保健所 | | | 吾妻保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 675 | | | 72 | | | 99 | | | 38 | | | 36 | | |
| 総量 | 1～98 | 2,058.4 | 706.3 | 1,986.6 | 1,996.0 | 600.9 | 1,936.4 | 1,850.4 | 591.9 | 1,833.3 | 2,315.1 | 657.7 | 2,375.2 | 2,360.7 | 992.5 | 2,343.5 |
| 動物性食品 | 48～76,79 | 346.9 | 188.3 | 325.0 | 304.7 | 132.3 | 295.6 | 328.1 | 196.1 | 295.0 | 349.2 | 210.0 | 381.6 | 350.9 | 233.8 | 330.5 |
| 植物性食品 | 1～47,77,78,80～98 | 1,711.4 | 648.8 | 1,639.8 | 1691.2 | 576.8 | 1,596.1 | 1,522.3 | 556.3 | 1,524.2 | 1,965.9 | 553.4 | 2,038.1 | 2,009.8 | 866.9 | 2,056.8 |
| 穀類 | 1～12 | 415.0 | 169.7 | 395.1 | 473.1 | 151.0 | 476.0 | 378.3 | 168.3 | 362.7 | 477.4 | 147.3 | 465.3 | 459.9 | 179.4 | 388.5 |
| 米・加工品 | 1,2 | 297.2 | 180.7 | 276.0 | 337.7 | 164.8 | 308.5 | 267.5 | 175.7 | 240.0 | 362.2 | 208.9 | 340.0 | 320.8 | 176.1 | 300.0 |
| 米 | 1 | 293.1 | 180.6 | 270.0 | 333.1 | 167.3 | 303.5 | 261.5 | 178.5 | 230.0 | 338.5 | 199.8 | 329.0 | 305.8 | 176.7 | 284.0 |
| 米加工品 | 2 | 4.2 | 25.1 | 0.0 | 4.5 | 24 | 0.0 | 5.9 | 21.2 | 0.0 | 23.7 | 63.4 | 0.0 | 14.9 | 65.8 | 0.0 |
| 小麦・加工品 | 3～9 | 105.0 | 105.7 | 75.0 | 127.7 | 96.0 | 157.1 | 104.8 | 125.3 | 67.0 | 62.1 | 60.5 | 60.0 | 118.9 | 122.7 | 72.0 |
| 小麦粉類 | 3 | 4.2 | 13.2 | 0.0 | 1.2 | 2.1 | 0.0 | 2.4 | 5.0 | 0.0 | 1.3 | 2.9 | 0.0 | 9.5 | 17.4 | 0.0 |
| パン類(菓子パンを除く) | 4 | 29.5 | 43.7 | 0.0 | 24.7 | 42.6 | 0.0 | 39.2 | 55.0 | 0.0 | 26.3 | 38.1 | 0.0 | 23.4 | 31.4 | 0.0 |
| 菓子パン類 | 5 | 5.5 | 22.1 | 0.0 | 7.4 | 33.7 | 0.0 | 2.2 | 12.7 | 0.0 | 14.9 | 33.1 | 0.0 | 4.6 | 17.1 | 0.0 |
| うどん、中華めん類 | 6 | 44.2 | 84.1 | 0.0 | 71.5 | 95.0 | 0.0 | 24.9 | 66.3 | 0.0 | 3.9 | 17.9 | 0.0 | 33.6 | 64.6 | 0.0 |
| 即席中華めん | 7 | 3.6 | 18.2 | 0.0 | 8.8 | 28.9 | 0.0 | 5.0 | 23.8 | 0.0 | 2.3 | 14.0 | 0.0 | 2.0 | 12.0 | 0.0 |
| パスタ類 | 8 | 12.8 | 49.9 | 0.0 | 7.1 | 29.2 | 0.0 | 27.1 | 71.5 | 0.0 | 5.4 | 29.0 | 0.0 | 43.8 | 92.9 | 0.0 |
| その他の小麦加工品 | 9 | 5.3 | 17.1 | 0.0 | 7.0 | 17.5 | 0.0 | 4.1 | 12.2 | 0.0 | 8.0 | 22.0 | 0.0 | 2.0 | 5.4 | 0.0 |
| その他の穀類・加工品 | 10～12 | 12.8 | 48.8 | 0.0 | 7.7 | 36.4 | 0.0 | 6.0 | 27.3 | 0.0 | 53.2 | 95.6 | 0.0 | 20.2 | 77.9 | 0.0 |
| そば・加工品 | 10 | 6.8 | 39.5 | 0.0 | 5.9 | 35.9 | 0.0 | 1.8 | 18.1 | 0.0 | 23.4 | 61.1 | 0.0 | 20.2 | 77.9 | 0.0 |
| とうもろこし・加工品 | 11 | 0.8 | 6.7 | 0.0 | 0.3 | 2.8 | 0.0 | 1.2 | 7.0 | 0.0 | 0.4 | 2.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 5.1 | 27.9 | 0.0 | 1.4 | 7.2 | 0.0 | 3.0 | 19.8 | 0.0 | 29.4 | 74.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 55.1 | 75.6 | 32.5 | 46.5 | 59.6 | 40.0 | 34.6 | 53.0 | 5.8 | 68.5 | 81.6 | 43.0 | 64.2 | 152.5 | 7.1 |
| いも・加工品 | 13～15 | 53.2 | 75.6 | 30.0 | 44.3 | 59.0 | 40.0 | 31.2 | 53.0 | 0.0 | 67.0 | 81.4 | 41.5 | 62.8 | 152.9 | 0.0 |
| さつまいも・加工品 | 13 | 9.3 | 33.1 | 0.0 | 1.5 | 7.2 | 0.0 | 2.8 | 12.0 | 0.0 | 12.8 | 28.1 | 0.0 | 9.2 | 25.7 | 0.0 |
| じゃがいも・加工品 | 14 | 24.2 | 41.7 | 0.0 | 23.6 | 38.7 | 0.0 | 15.4 | 39.1 | 0.0 | 36.4 | 52.1 | 0.0 | 13.6 | 50.9 | 0.0 |
| その他のいも・加工品 | 15 | 19.7 | 48.9 | 0.0 | 19.3 | 43.4 | 0.0 | 13.0 | 37.4 | 0.0 | 17.8 | 37.9 | 0.0 | 40.0 | 108.1 | 0.0 |
| でんぷん・加工品 | 16 | 1.9 | 6.9 | 0.0 | 2.1 | 6.3 | 0.0 | 3.4 | 11.3 | 0.0 | 1.5 | 3.0 | 0.0 | 1.4 | 2.6 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.5 | 8.9 | 3.0 | 4.6 | 6.1 | 2.0 | 6.0 | 10.6 | 2.8 | 7.6 | 7.0 | 6.9 | 7.2 | 9.7 | 4.0 |
| 豆類 | 18～23 | 64.5 | 81.8 | 43.4 | 66.3 | 71.5 | 50.0 | 33.0 | 48.0 | 10.0 | 71.8 | 86.8 | 51.0 | 100.4 | 180.9 | 46.8 |
| 大豆・加工品 | 18～22 | 62.6 | 76.2 | 42.0 | 66.3 | 71.5 | 50.0 | 32.6 | 46.4 | 10.0 | 69.9 | 86.5 | 50.0 | 85.4 | 131.3 | 43.0 |
| 大豆(全粒)・加工品 | 18 | 2.8 | 16.6 | 0.0 | 2.0 | 10.5 | 0.0 | 0.8 | 4.5 | 0.0 | 7.6 | 15.3 | 0.0 | 14.7 | 58.0 | 0.0 |
| 豆腐 | 19 | 34.8 | 57.2 | 0.0 | 39.3 | 66.6 | 0.0 | 17.3 | 37.2 | 0.0 | 26.6 | 50.5 | 0.0 | 42.8 | 71.4 | 0.0 |
| 油揚げ類 | 20 | 4.7 | 13.7 | 0.0 | 4.5 | 16.2 | 0.0 | 2.4 | 5.0 | 0.0 | 7.4 | 13.5 | 0.0 | 3.6 | 6.9 | 0.0 |
| 納豆 | 21 | 13.5 | 20.3 | 0.0 | 19.8 | 21.8 | 0.0 | 9.6 | 19.6 | 0.0 | 12.9 | 18.9 | 0.0 | 9.8 | 19.6 | 0.0 |
| その他の大豆加工品 | 22 | 6.7 | 31.7 | 0.0 | 0.8 | 5.2 | 0.0 | 2.5 | 18.0 | 0.0 | 15.4 | 51.1 | 0.0 | 14.5 | 58.2 | 0.0 |
| その他の豆・加工品 | 23 | 1.8 | 15.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 4.0 | 0.0 | 1.8 | 6.5 | 0.0 | 15.0 | 58.0 | 0.0 |
| 種実類 | 24 | 2.9 | 12.0 | 0.0 | 1.8 | 5.1 | 0.0 | 2.9 | 12.0 | 0.0 | 6.8 | 15.8 | 0.0 | 1.0 | 3.4 | 0.0 |
| 野菜類 | 25～38 | 284.7 | 171.2 | 256.2 | 268.7 | 163.0 | 256.5 | 247.1 | 181.1 | 197.2 | 360.4 | 197.1 | 329.6 | 284.7 | 163.6 | 275.6 |
| 緑黄色野菜 | 25～29 | 88.5 | 82.9 | 70.0 | 91.0 | 76.9 | 67.9 | 59.7 | 62.7 | 54.2 | 123.5 | 108.1 | 78.6 | 62.5 | 70.2 | 42.0 |
| トマト | 25 | 21.7 | 47.0 | 0.0 | 20.2 | 38.3 | 0.0 | 14.0 | 34.2 | 0.0 | 40.2 | 67.8 | 5.0 | 19.1 | 42.8 | 0.0 |
| にんじん | 26 | 17.8 | 24.2 | 10.0 | 12.1 | 17.9 | 5.6 | 11.9 | 19.2 | 0.0 | 43.0 | 52.6 | 30.0 | 9.9 | 21.9 | 0.0 |
| ほうれん草 | 27 | 11.2 | 28.8 | 0.0 | 21.3 | 43.5 | 0.0 | 8.7 | 21.4 | 0.0 | 12.3 | 25.7 | 0.0 | 7.5 | 22.0 | 0.0 |
| ピーマン | 28 | 5.8 | 16.2 | 0.0 | 4.8 | 12.8 | 0.0 | 4.8 | 8.9 | 0.0 | 3.7 | 7.6 | 0.0 | 3.8 | 13.9 | 0.0 |
| その他の緑黄色野菜 | 29 | 32.0 | 50.2 | 9.0 | 32.6 | 51.6 | 11.8 | 20.3 | 29.8 | 0.8 | 24.3 | 47.6 | 3.3 | 22.1 | 32.1 | 3.0 |
| その他の野菜 | 30～35 | 169.9 | 117.2 | 149.9 | 147.9 | 112.7 | 125.2 | 152.8 | 116.9 | 143.4 | 192.0 | 96.2 | 192.9 | 193.5 | 137.9 | 166.9 |
| キャベツ | 30 | 30.0 | 51.6 | 0.0 | 41.4 | 58.0 | 14.1 | 22.7 | 38.5 | 0.0 | 20.7 | 33.9 | 0.0 | 35.7 | 44.8 | 9.5 |
| きゅうり | 31 | 13.9 | 29.3 | 0.0 | 13.5 | 19.9 | 0.0 | 9.9 | 19.8 | 0.0 | 27.6 | 32.5 | 15.5 | 10.4 | 31.4 | 0.0 |
| 大根 | 32 | 26.1 | 45.7 | 0.0 | 21.4 | 35.9 | 0.0 | 22.1 | 41.2 | 0.0 | 32.2 | 41.9 | 15.7 | 17.3 | 40.8 | 0.0 |
| たまねぎ | 33 | 30.3 | 38.3 | 12.0 | 27.3 | 38.4 | 8.9 | 28.8 | 39.8 | 0.0 | 34.9 | 35.3 | 29.5 | 45.0 | 52.3 | 31.9 |
| はくさい | 34 | 15.1 | 44.2 | 0.0 | 2.0 | 8.0 | 0.0 | 24.1 | 77.2 | 0.0 | 10.7 | 23.9 | 0.0 | 5.4 | 16.9 | 0.0 |
| その他の淡色野菜 | 35 | 54.4 | 56.9 | 38.0 | 42.3 | 41.4 | 29.1 | 45.2 | 50.4 | 33.0 | 65.8 | 52.2 | 71.3 | 79.7 | 79.0 | 50.0 |
| 野菜ジュース | 36 | 13.5 | 57.7 | 0.0 | 12.6 | 46.8 | 0.0 | 23.9 | 95.9 | 0.0 | 37.5 | 88.1 | 0.0 | 11.0 | 39.2 | 0.0 |
| 漬け物 | 37,38 | 12.8 | 25.7 | 0.0 | 17.1 | 23.1 | 0.0 | 10.8 | 25.5 | 0.0 | 7.4 | 14.5 | 0.0 | 17.8 | 31.7 | 0.0 |
| 葉類漬け物 | 37 | 3.9 | 15.2 | 0.0 | 5.9 | 17.8 | 0.0 | 1.1 | 5.4 | 0.0 | 2.4 | 9.2 | 0.0 | 5.2 | 23.8 | 0.0 |
| たくあん・その他の漬け物 | 38 | 8.9 | 20.7 | 0.0 | 11.2 | 18.1 | 0.0 | 9.7 | 25.2 | 0.0 | 4.9 | 7.2 | 0.0 | 12.5 | 20.3 | 0.0 |
| 果実類 | 39～45 | 108.5 | 138.3 | 67.0 | 116.9 | 144.3 | 83.3 | 109.5 | 151.6 | 45.0 | 101.3 | 111.1 | 89.5 | 124.7 | 152.1 | 63.8 |
| 生果 | 39～43 | 100.0 | 129.5 | 60.0 | 99.2 | 133.0 | 64.1 | 103.3 | 149.7 | 40.0 | 100.6 | 110.8 | 89.5 | 116.6 | 130.3 | 63.8 |
| いちご | 39 | 0.0 | 0.6 | 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 | 16.5 | 42.8 | 0.0 | 19.4 | 44.8 | 0.0 | 10.3 | 29.3 | 0.0 | 23.1 | 38.1 | 0.0 | 12.4 | 29.2 | 0.0 |
| バナナ | 41 | 16.3 | 42.3 | 0.0 | 11.5 | 29.9 | 0.0 | 24.2 | 61.0 | 0.0 | 20.3 | 37.7 | 0.0 | 15.1 | 31.4 | 0.0 |
| りんご | 42 | 26.0 | 58.2 | 0.0 | 18.3 | 41.9 | 0.0 | 13.3 | 40.2 | 0.0 | 30.7 | 45.2 | 0.0 | 13.6 | 36.1 | 0.0 |
| その他の生果 | 43 | 41.1 | 87.4 | 0.0 | 49.9 | 112.8 | 0.0 | 55.5 | 103.0 | 0.0 | 26.6 | 38.7 | 0.0 | 75.4 | 117.9 | 7.5 |
| ジャム | 44 | 1.4 | 5.1 | 0.0 | 2.5 | 7.6 | 0.0 | 0.5 | 3.0 | 0.0 | 0.6 | 1.7 | 0.0 | 0.9 | 3.5 | 0.0 |
| 果汁・果汁飲料 | 45 | 7.0 | 40.4 | 0.0 | 15.2 | 56.9 | 0.0 | 5.7 | 31.4 | 0.0 | 0.0 | 0.0 | 0.0 | 7.2 | 40.8 | 0.0 |
| きのこ類 | 46 | 16.7 | 23.6 | 6.3 | 13.3 | 19.8 | 0.1 | 9.8 | 18.6 | 0.0 | 16.4 | 20.0 | 8.4 | 28.1 | 38.7 | 15.0 |
| 藻類 | 47 | 11.8 | 24.4 | 2.0 | 10.2 | 16.3 | 2.4 | 14.6 | 29.5 | 3.5 | 14.6 | 25.4 | 4.0 | 14.6 | 25.1 | 0.1 |

1人1日当たり(g)

| | 食品群番号 | 利根沼田保健所 | | | 館林保健所 | | | 前橋市保健所 | | | 高崎市保健所 | | | 渋川保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 46 | | | 40 | | | 94 | | | 44 | | | 48 | | |
| 総量 | 1～98 | 2,217.4 | 777.4 | 2,129.7 | 1,973.4 | 598.4 | 1,908.3 | 2,049.2 | 776.4 | 2,043.6 | 2,038.3 | 656.3 | 1,973.7 | 2,065.5 | 595.8 | 2,055.5 |
| 動物性食品 | 48～76,79 | 383.1 | 188.4 | 357.9 | 400.3 | 250.9 | 355.2 | 340.0 | 152.2 | 327.2 | 361.7 | 187.2 | 354.2 | 363.4 | 251.5 | 328.2 |
| 植物性食品 | 1～47,77,78,80～98 | 1,834.4 | 768.0 | 1,688.0 | 1,573.1 | 512.4 | 1,498.3 | 1,709.3 | 716.3 | 1,671.5 | 1,676.6 | 632.0 | 1,603.4 | 1,702.1 | 534.1 | 1,664.5 |
| 穀類 | 1～12 | 432.9 | 187.8 | 440.5 | 441.4 | 133.3 | 437.5 | 390.3 | 197.6 | 371.7 | 350.2 | 148.0 | 330.4 | 466.4 | 168.5 | 458.0 |
| 米・加工品 | 1,2 | 318.2 | 226.1 | 290.0 | 345.3 | 159.9 | 303.1 | 274.9 | 190.6 | 258.0 | 251.3 | 140.2 | 250.0 | 314.9 | 201.5 | 276.0 |
| 米 | 1 | 318.2 | 226.1 | 290.0 | 344.0 | 161.0 | 303.1 | 273.1 | 191.0 | 258.0 | 249.0 | 140.3 | 226.5 | 314.9 | 201.5 | 276.0 |
| 米加工品 | 2 | 0.0 | 0.0 | 0.0 | 1.3 | 7.3 | 0.0 | 1.8 | 6.8 | 0.0 | 2.3 | 7.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 89.7 | 90.8 | 60.0 | 90.5 | 89.7 | 51.0 | 100.5 | 120.0 | 69.5 | 93.1 | 83.5 | 64.8 | 149.8 | 118.7 | 124.9 |
| 小麦粉類 | 3 | 5.9 | 14.6 | 0.0 | 2.8 | 5.0 | 2.4 | 3.1 | 12.4 | 0.0 | 1.5 | 3.3 | 0.0 | 18.2 | 31.3 | 1.7 |
| パン類(菓子パンを除く) | 4 | 32.0 | 39.3 | 0.0 | 11.3 | 30.0 | 0.0 | 25.4 | 43.7 | 0.0 | 40.0 | 50.3 | 0.0 | 24.2 | 33.4 | 0.0 |
| 菓子パン類 | 5 | 5.0 | 23.7 | 0.0 | 0.4 | 2.7 | 0.0 | 3.1 | 15.0 | 0.0 | 11.8 | 25.9 | 0.0 | 9.5 | 26.0 | 0.0 |
| うどん、中華めん類 | 6 | 39.4 | 75.3 | 0.0 | 39.1 | 69.1 | 0.0 | 48.6 | 105.0 | 0.0 | 32.7 | 71.6 | 0.0 | 79.8 | 98.8 | 0.0 |
| 即席中華めん | 7 | 0.9 | 5.9 | 0.0 | 5.4 | 24.0 | 0.0 | 1.1 | 10.8 | 0.0 | 2.3 | 10.5 | 0.0 | 5.3 | 21.0 | 0.0 |
| パスタ類 | 8 | 3.8 | 9.6 | 0.0 | 22.8 | 70.0 | 0.0 | 11.9 | 47.1 | 0.0 | 0.5 | 2.6 | 0.0 | 8.8 | 33.8 | 0.0 |
| その他の小麦加工品 | 9 | 2.8 | 5.0 | 0.0 | 8.7 | 14.9 | 0.0 | 7.1 | 27.3 | 0.0 | 4.2 | 11.5 | 0.0 | 4.0 | 12.5 | 0.0 |
| その他の穀類・加工品 | 10～12 | 24.9 | 78.2 | 0.0 | 5.6 | 27.5 | 0.0 | 14.9 | 48.6 | 0.0 | 5.8 | 20.3 | 0.0 | 1.7 | 6.1 | 0.0 |
| そば・加工品 | 10 | 11.7 | 57.4 | 0.0 | 4.3 | 26.9 | 0.0 | 10.5 | 46.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 1.0 | 6.3 | 0.0 | 3.2 | 15.1 | 0.0 | 0.4 | 2.6 | 0.0 | 0.5 | 3.5 | 0.0 |
| その他の穀類 | 12 | 13.3 | 54.7 | 0.0 | 0.4 | 2.3 | 0.0 | 1.2 | 6.2 | 0.0 | 5.4 | 20.2 | 0.0 | 1.2 | 5.2 | 0.0 |
| いも類 | 13～16 | 81.2 | 107.4 | 60.0 | 35.1 | 51.1 | 10.6 | 48.6 | 59.1 | 33.3 | 66.7 | 62.7 | 50.3 | 45.7 | 53.0 | 30.0 |
| いも・加工品 | 13～15 | 80.3 | 107.4 | 60.0 | 30.3 | 50.4 | 0.0 | 47.3 | 58.6 | 33.3 | 64.4 | 62.3 | 50.3 | 43.7 | 51.1 | 30.0 |
| さつまいも・加工品 | 13 | 13.5 | 57.9 | 0.0 | 18.5 | 49.3 | 0.0 | 12.6 | 39.3 | 0.0 | 4.5 | 21.6 | 0.0 | 11.1 | 35.2 | 0.0 |
| じゃがいも・加工品 | 14 | 48.3 | 54.2 | 31.4 | 5.4 | 15.5 | 0.0 | 14.4 | 33.4 | 0.0 | 39.6 | 48.1 | 20.4 | 20.1 | 38.7 | 0.0 |
| その他のいも・加工品 | 15 | 18.5 | 30.6 | 0.0 | 6.4 | 12.0 | 0.0 | 20.3 | 39.6 | 0.0 | 20.3 | 48.4 | 0.0 | 12.5 | 27.3 | 0.0 |
| でんぷん・加工品 | 16 | 0.9 | 2.3 | 0.0 | 4.7 | 14.4 | 0.0 | 1.3 | 3.0 | 0.0 | 2.3 | 6.2 | 0.0 | 2.0 | 9.2 | 0.0 |
| 砂糖・甘味料類 | 17 | 8.9 | 12.0 | 4.4 | 6.7 | 6.4 | 5.7 | 5.9 | 9.1 | 2.9 | 8.9 | 8.9 | 6.7 | 5.7 | 7.3 | 1.8 |
| 豆類 | 18～23 | 74.4 | 55.9 | 74.0 | 43.4 | 70.9 | 12.8 | 71.0 | 79.1 | 46.8 | 85.9 | 82.4 | 75.5 | 46.3 | 47.9 | 42.5 |
| 大豆・加工品 | 18～22 | 73.6 | 56.0 | 70.0 | 42.6 | 70.6 | 12.8 | 67.2 | 78.3 | 38.2 | 85.7 | 82.6 | 75.5 | 46.3 | 47.9 | 42.5 |
| 大豆(全粒)・加工品 | 18 | 2.2 | 10.3 | 0.0 | 1.4 | 5.4 | 0.0 | 4.4 | 17.9 | 0.0 | 0.5 | 1.7 | 0.0 | 1.4 | 3.0 | 0.0 |
| 豆腐 | 19 | 52.7 | 51.3 | 42.5 | 26.3 | 57.8 | 0.0 | 31.8 | 54.9 | 0.0 | 46.6 | 58.6 | 35.3 | 32.0 | 46.9 | 0.0 |
| 油揚げ類 | 20 | 1.8 | 3.2 | 0.0 | 4.3 | 7.6 | 0.0 | 5.9 | 19.7 | 0.0 | 7.0 | 16.3 | 0.0 | 4.6 | 12.4 | 0.0 |
| 納豆 | 21 | 11.2 | 16.3 | 0.0 | 10.6 | 20.1 | 0.0 | 15.4 | 21.4 | 0.0 | 14.5 | 20.8 | 0.0 | 8.3 | 15.4 | 0.0 |
| その他の大豆加工品 | 22 | 5.7 | 14.9 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 39.0 | 0.0 | 17.1 | 43.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 0.8 | 4.3 | 0.0 | 0.8 | 4.7 | 0.0 | 3.8 | 16.4 | 0.0 | 0.3 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 2.1 | 3.8 | 0.0 | 0.8 | 2.2 | 0.0 | 2.6 | 8.0 | 0.0 | 9.8 | 34.4 | 0.0 | 0.7 | 3.5 | 0.0 |
| 野菜類 | 25～38 | 311.6 | 139.1 | 295.7 | 202.0 | 120.7 | 196.4 | 318.8 | 181.7 | 296.9 | 283.6 | 170.5 | 272.1 | 254.0 | 176.8 | 243.2 |
| 緑黄色野菜 | 25～29 | 114.2 | 99.5 | 97.5 | 50.1 | 53.9 | 35.9 | 110.1 | 85.7 | 93.0 | 87.3 | 86.7 | 60.2 | 85.4 | 95.2 | 52.1 |
| トマト | 25 | 29.1 | 57.1 | 0.0 | 2.9 | 7.2 | 0.0 | 32.7 | 59.7 | 0.0 | 32.2 | 76.9 | 0.0 | 11.8 | 33.7 | 0.0 |
| にんじん | 26 | 21.3 | 22.0 | 10.9 | 11.8 | 15.8 | 9.8 | 15.7 | 16.9 | 11.2 | 18.8 | 19.7 | 11.3 | 16.3 | 25.7 | 1.9 |
| ほうれん草 | 27 | 4.3 | 10.7 | 0.0 | 10.4 | 24.5 | 0.0 | 21.8 | 46.2 | 0.0 | 7.1 | 19.9 | 0.0 | 0.5 | 3.6 | 0.0 |
| ピーマン | 28 | 10.5 | 27.2 | 0.0 | 5.9 | 11.6 | 0.0 | 7.3 | 20.3 | 0.0 | 6.4 | 16.6 | 0.0 | 5.4 | 24.8 | 0.0 |
| その他の緑黄色野菜 | 29 | 49.0 | 59.4 | 27.7 | 19.0 | 35.9 | 3.3 | 32.5 | 42.4 | 17.0 | 22.9 | 32.3 | 9.0 | 51.3 | 69.8 | 25.9 |
| その他の野菜 | 30～35 | 175.9 | 94.3 | 162.6 | 145.4 | 98.4 | 139.8 | 187.0 | 131.2 | 161.7 | 154.9 | 101.5 | 153.1 | 157.1 | 100.1 | 142.2 |
| キャベツ | 30 | 21.8 | 47.9 | 0.0 | 23.7 | 33.4 | 2.0 | 24.5 | 38.1 | 0.0 | 9.5 | 16.4 | 0.0 | 37.2 | 49.0 | 30.0 |
| きゅうり | 31 | 10.0 | 18.2 | 0.0 | 6.7 | 11.6 | 0.0 | 19.9 | 42.8 | 0.0 | 12.9 | 21.3 | 0.0 | 21.9 | 46.5 | 0.0 |
| 大根 | 32 | 34.2 | 40.5 | 20.0 | 40.3 | 69.0 | 5.8 | 31.8 | 56.4 | 0.0 | 17.3 | 26.6 | 0.0 | 15.4 | 29.8 | 0.0 |
| たまねぎ | 33 | 43.1 | 37.0 | 45.7 | 24.7 | 38.6 | 10.2 | 29.8 | 41.6 | 10.0 | 21.8 | 29.6 | 8.4 | 18.4 | 26.9 | 5.2 |
| はくさい | 34 | 20.0 | 37.3 | 0.0 | 3.0 | 12.2 | 0.0 | 15.7 | 39.7 | 0.0 | 25.5 | 40.5 | 0.0 | 18.2 | 42.8 | 0.0 |
| その他の淡色野菜 | 35 | 46.8 | 48.6 | 29.6 | 47.1 | 50.7 | 27.5 | 65.2 | 60.5 | 52.0 | 67.9 | 71.4 | 29.7 | 45.9 | 39.3 | 34.6 |
| 野菜ジュース | 36 | 0.0 | 0.0 | 0.0 | 3.0 | 16.0 | 0.0 | 13.8 | 47.9 | 0.0 | 17.7 | 51.3 | 0.0 | 4.0 | 27.4 | 0.0 |
| 漬け物 | 37,38 | 21.5 | 40.5 | 2.2 | 3.5 | 11.1 | 0.0 | 7.9 | 16.4 | 0.0 | 23.6 | 35.2 | 1.8 | 7.6 | 11.8 | 0.0 |
| 葉類漬け物 | 37 | 11.8 | 25.8 | 0.0 | 2.5 | 9.5 | 0.0 | 2.5 | 9.2 | 0.0 | 4.5 | 15.2 | 0.0 | 0.3 | 1.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 9.7 | 21.7 | 0.0 | 1.0 | 6.2 | 0.0 | 5.4 | 14.2 | 0.0 | 19.1 | 34.4 | 0.0 | 7.3 | 11.8 | 0.0 |
| 果実類 | 39～45 | 137.2 | 178.6 | 77.5 | 48.0 | 103.0 | 0.0 | 125.4 | 159.2 | 84.5 | 88.4 | 99.2 | 54.5 | 76.3 | 110.2 | 57.5 |
| 生果 | 39～43 | 134.8 | 177.8 | 77.5 | 43.0 | 83.7 | 0.0 | 115.0 | 152.2 | 66.5 | 82.4 | 98.5 | 44.0 | 70.7 | 88.7 | 52.5 |
| いちご | 39 | 0.1 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 1.0 | 0.0 | 0.2 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 0.0 | 0.0 | 0.0 | 5.0 | 17.7 | 0.0 | 14.9 | 35.9 | 0.0 | 17.2 | 60.7 | 0.0 | 14.0 | 28.6 | 0.0 |
| バナナ | 41 | 35.0 | 73.0 | 0.0 | 5.0 | 21.9 | 0.0 | 6.2 | 20.7 | 0.0 | 27.2 | 52.3 | 0.0 | 14.9 | 32.9 | 0.0 |
| りんご | 42 | 41.1 | 62.9 | 0.0 | 14.9 | 42.0 | 0.0 | 51.4 | 92.9 | 0.0 | 11.8 | 41.4 | 0.0 | 15.2 | 55.9 | 0.0 |
| その他の生果 | 43 | 58.6 | 117.6 | 0.0 | 18.2 | 44.3 | 0.0 | 42.4 | 94.9 | 0.0 | 25.9 | 51.0 | 0.0 | 26.7 | 56.3 | 0.0 |
| ジャム | 44 | 1.3 | 6.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 | 7.1 | 0.0 | 0.9 | 3.0 | 0.0 | 0.6 | 2.8 | 0.0 |
| 果汁・果汁飲料 | 45 | 1.1 | 7.4 | 0.0 | 5.0 | 31.6 | 0.0 | 8.0 | 34.0 | 0.0 | 5.2 | 30.1 | 0.0 | 5.0 | 28.9 | 0.0 |
| きのこ類 | 46 | 16.0 | 19.2 | 9.4 | 8.8 | 14.3 | 3.8 | 23.8 | 28.3 | 16.7 | 17.5 | 25.0 | 8.0 | 13.3 | 20.8 | 0.0 |
| 藻類 | 47 | 5.7 | 10.3 | 0.0 | 5.5 | 9.2 | 2.1 | 12.8 | 21.6 | 0.7 | 5.7 | 11.2 | 0.8 | 9.5 | 11.0 | 5.3 |

1人1日当たり(g)

| | 食品群番号 | 藤岡保健所 | | | 富岡保健所 | | | 安中保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 47 | | | 30 | | | 81 | | |
| 総量 | 1～98 | 2,124.3 | 706.7 | 1,968.4 | 2,037.3 | 824.2 | 1,990.2 | 2,051.6 | 694.5 | 2,080.4 |
| 動物性食品 | 48～76,79 | 382.8 | 185.4 | 337.7 | 272.2 | 125.1 | 230.9 | 355.1 | 158.7 | 332.9 |
| 植物性食品 | 1～47,77,78,80～98 | 1,741.5 | 602.2 | 1,567.7 | 1,765.2 | 775.8 | 1,759.1 | 1,696.6 | 632.2 | 1,615.5 |
| 穀類 | 1～12 | 424.2 | 169.9 | 384.9 | 401.2 | 138.3 | 395.0 | 369.2 | 150.8 | 347.9 |
| 米・加工品 | 1,2 | 263.9 | 177.6 | 229.0 | 325.8 | 170.0 | 300.0 | 270.3 | 151.9 | 260.0 |
| 米 | 1 | 260.8 | 178.5 | 220.0 | 325.8 | 170.0 | 300.0 | 270.3 | 151.9 | 260.0 |
| 米加工品 | 2 | 3.1 | 13.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 143.4 | 96.7 | 112.3 | 61.3 | 86.8 | 16.2 | 94.1 | 91.3 | 70.0 |
| 小麦粉類 | 3 | 3.2 | 16.1 | 0.0 | 1.6 | 4.2 | 0.0 | 3.6 | 9.8 | 0.0 |
| パン類(菓子パンを除く) | 4 | 42.4 | 45.8 | 40.0 | 29.4 | 42.1 | 0.0 | 28.5 | 42.2 | 0.0 |
| 菓子パン類 | 5 | 3.1 | 11.9 | 0.0 | 0.0 | 0.0 | 0.0 | 7.1 | 26.7 | 0.0 |
| うどん、中華めん類 | 6 | 86.4 | 99.9 | 40.0 | 23.6 | 62.9 | 0.0 | 35.4 | 77.7 | 0.0 |
| 即席中華めん | 7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.0 | 20.2 | 0.0 |
| パスタ類 | 8 | 0.9 | 4.1 | 0.0 | 3.0 | 11.8 | 0.0 | 10.6 | 54.9 | 0.0 |
| その他の小麦加工品 | 9 | 7.4 | 24.2 | 0.0 | 3.7 | 15.3 | 0.0 | 3.7 | 12.8 | 0.0 |
| その他の穀類・加工品 | 10～12 | 17.0 | 58.6 | 0.0 | 14.1 | 46.6 | 0.0 | 4.8 | 18.3 | 0.0 |
| そば・加工品 | 10 | 13.2 | 58.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 8.9 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.9 | 0.0 |
| その他の穀類 | 12 | 3.8 | 10.4 | 0.0 | 14.1 | 46.6 | 0.0 | 3.7 | 16.3 | 0.0 |
| いも類 | 13～16 | 70.9 | 71.8 | 58.3 | 43.6 | 87.7 | 1.2 | 74.2 | 70.7 | 50.0 |
| いも・加工品 | 13～15 | 69.8 | 72.0 | 56.3 | 43.2 | 87.9 | 0.0 | 73.5 | 70.3 | 48.0 |
| さつまいも・加工品 | 13 | 10.2 | 32.6 | 0.0 | 11.1 | 31.6 | 0.0 | 12.4 | 36.3 | 0.0 |
| じゃがいも・加工品 | 14 | 31.0 | 36.2 | 18.2 | 18.4 | 34.4 | 0.0 | 33.7 | 40.1 | 28.0 |
| その他のいも・加工品 | 15 | 28.6 | 71.5 | 0.0 | 13.7 | 62.6 | 0.0 | 27.4 | 45.2 | 0.0 |
| でんぷん・加工品 | 16 | 1.1 | 2.2 | 0.0 | 0.4 | 0.9 | 0.0 | 0.7 | 2.8 | 0.0 |
| 砂糖・甘味料類 | 17 | 5.8 | 8.0 | 2.4 | 8.7 | 11.2 | 5.0 | 5.7 | 8.0 | 2.3 |
| 豆類 | 18～23 | 65.8 | 64.2 | 47.0 | 79.8 | 80.2 | 43.8 | 71.6 | 85.7 | 47.0 |
| 大豆・加工品 | 18～22 | 64.3 | 63.6 | 45.0 | 79.8 | 80.2 | 43.8 | 70.6 | 85.9 | 47.0 |
| 大豆(全粒)・加工品 | 18 | 2.2 | 7.7 | 0.0 | 2.2 | 9.1 | 0.0 | 0.5 | 2.4 | 0.0 |
| 豆腐 | 19 | 38.8 | 50.6 | 24.0 | 37.6 | 48.0 | 10.0 | 42.2 | 75.2 | 11.4 |
| 油揚げ類 | 20 | 4.7 | 11.7 | 0.0 | 4.5 | 20.0 | 0.0 | 6.5 | 16.0 | 0.0 |
| 納豆 | 21 | 15.3 | 19.7 | 0.0 | 20.5 | 22.5 | 0.0 | 14.1 | 22.3 | 0.0 |
| その他の大豆加工品 | 22 | 3.4 | 13.2 | 0.0 | 15.0 | 57.5 | 0.0 | 7.4 | 29.8 | 0.0 |
| その他の豆・加工品 | 23 | 1.4 | 5.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 5.1 | 0.0 |
| 種実類 | 24 | 3.8 | 10.7 | 0.0 | 0.2 | 0.8 | 0.0 | 2.5 | 6.9 | 0.0 |
| 野菜類 | 25～38 | 326.5 | 165.8 | 291.4 | 316.5 | 148.9 | 314.5 | 278.4 | 165.4 | 218.2 |
| 緑黄色野菜 | 25～29 | 91.3 | 87.7 | 81.6 | 106.0 | 92.1 | 96.0 | 90.6 | 65.1 | 72.9 |
| トマト | 25 | 13.1 | 29.6 | 0.0 | 23.8 | 34.9 | 0.0 | 21.2 | 36.9 | 0.0 |
| にんじん | 26 | 21.3 | 19.0 | 20.0 | 26.2 | 26.1 | 23.9 | 20.8 | 20.9 | 16.6 |
| ほうれん草 | 27 | 4.2 | 11.5 | 0.0 | 16.7 | 28.5 | 0.0 | 9.3 | 19.7 | 0.0 |
| ピーマン | 28 | 3.0 | 7.0 | 0.0 | 8.4 | 17.4 | 0.0 | 5.5 | 14.7 | 0.0 |
| その他の緑黄色野菜 | 29 | 49.8 | 80.1 | 21.5 | 30.8 | 57.6 | 0.0 | 33.7 | 48.0 | 10.0 |
| その他の野菜 | 30～35 | 216.9 | 142.6 | 159.8 | 167.7 | 103.7 | 150.0 | 167.3 | 122.1 | 136.0 |
| キャベツ | 30 | 58.2 | 107.0 | 22.0 | 51.3 | 69.6 | 27.5 | 27.1 | 39.9 | 0.0 |
| きゅうり | 31 | 19.7 | 34.5 | 0.8 | 8.3 | 19.6 | 0.0 | 7.7 | 22.1 | 0.0 |
| 大根 | 32 | 27.9 | 49.1 | 0.0 | 6.8 | 30.0 | 0.0 | 35.6 | 51.6 | 0.0 |
| たまねぎ | 33 | 34.8 | 38.8 | 21.0 | 31.6 | 31.8 | 25.9 | 31.1 | 36.7 | 15.0 |
| はくさい | 34 | 12.1 | 35.3 | 0.0 | 6.7 | 17.3 | 0.0 | 22.0 | 52.2 | 0.0 |
| その他の淡色野菜 | 35 | 64.2 | 83.7 | 32.7 | 63.1 | 54.2 | 48.8 | 43.8 | 43.9 | 29.6 |
| 野菜ジュース | 36 | 4.4 | 30.3 | 0.0 | 13.5 | 51.5 | 0.0 | 12.9 | 61.1 | 0.0 |
| 漬け物 | 37,38 | 13.8 | 22.1 | 2.0 | 29.2 | 45.4 | 0.0 | 7.7 | 17.8 | 0.0 |
| 葉類漬け物 | 37 | 3.2 | 14.5 | 0.0 | 7.7 | 25.5 | 0.0 | 3.9 | 16.8 | 0.0 |
| たくあん・その他の漬け物 | 38 | 10.6 | 18.6 | 0.0 | 21.6 | 41.8 | 0.0 | 3.8 | 7.7 | 0.0 |
| 果実類 | 39～45 | 166.0 | 119.8 | 147.0 | 97.6 | 111.7 | 25.0 | 90.7 | 121.8 | 54.0 |
| 生果 | 39～43 | 161.1 | 120.7 | 140.0 | 76.6 | 98.0 | 0.0 | 80.5 | 95.0 | 50.0 |
| いちご | 39 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 58.4 | 86.9 | 42.0 | 4.8 | 26.1 | 0.0 | 18.7 | 37.9 | 0.0 |
| バナナ | 41 | 15.0 | 33.2 | 0.0 | 15.7 | 36.7 | 0.0 | 12.6 | 32.7 | 0.0 |
| りんご | 42 | 37.8 | 57.8 | 0.0 | 23.7 | 60.2 | 0.0 | 27.4 | 53.5 | 0.0 |
| その他の生果 | 43 | 50.0 | 86.0 | 0.0 | 32.4 | 65.5 | 0.0 | 21.7 | 54.6 | 0.0 |
| ジャム | 44 | 2.4 | 6.0 | 0.0 | 2.5 | 5.9 | 0.0 | 1.8 | 5.1 | 0.0 |
| 果汁・果汁飲料 | 45 | 2.6 | 14.8 | 0.0 | 18.4 | 72.5 | 0.0 | 8.5 | 62.5 | 0.0 |
| きのこ類 | 46 | 23.0 | 26.5 | 15.5 | 19.0 | 25.9 | 4.5 | 16.2 | 19.2 | 9.0 |
| 藻類 | 47 | 5.7 | 13.3 | 0.0 | 31.2 | 60.5 | 12.4 | 13.3 | 26.5 | 3.0 |

1人1日当たり(g)

| | 食品群番号 | 総　数 | | | 桐生保健所 | | | 伊勢崎保健所 | | | 太田保健所 | | | 吾妻保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 61.4 | 65.2 | 46.0 | 62.9 | 72.9 | 49.8 | 49.5 | 54.4 | 34.5 | 44.7 | 48.2 | 34.7 | 71.5 | 68.3 | 75.0 |
| 生魚介類 | 48～55 | 27.9 | 47.6 | 0.0 | 21.4 | 43.9 | 0.0 | 25.0 | 42.4 | 0.0 | 14.6 | 27.1 | 0.0 | 13.1 | 26.4 | 0.0 |
| あじ、いわし類 | 48 | 6.5 | 24.7 | 0.0 | 1.3 | 10.6 | 0.0 | 12.1 | 35.7 | 0.0 | 1.3 | 8.1 | 0.0 | 9.2 | 23.0 | 0.0 |
| さけ、ます | 49 | 4.6 | 20.0 | 0.0 | 3.1 | 12.8 | 0.0 | 4.3 | 20.0 | 0.0 | 2.4 | 10.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| たい、かれい類 | 50 | 3.4 | 16.3 | 0.0 | 2.6 | 13.3 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 8.9 | 0.0 | 0.1 | 0.3 | 0.0 |
| まぐろ、かじき類 | 51 | 3.8 | 20.4 | 0.0 | 10.6 | 33.1 | 0.0 | 0.6 | 6.0 | 0.0 | 2.5 | 15.2 | 0.0 | 1.3 | 7.5 | 0.0 |
| その他の生魚 | 52 | 5.1 | 22.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.2 | 9.7 | 0.0 | 0.8 | 4.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 0.8 | 6.1 | 0.0 | 0.3 | 1.7 | 0.0 | 1.7 | 11.6 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 | 5.5 | 0.0 |
| いか、たこ類 | 54 | 2.4 | 11.7 | 0.0 | 2.1 | 12.4 | 0.0 | 2.4 | 10.1 | 0.0 | 3.9 | 15.2 | 0.0 | 1.1 | 6.7 | 0.0 |
| えび、かに類 | 55 | 1.4 | 6.0 | 0.0 | 1.5 | 5.9 | 0.0 | 1.7 | 7.3 | 0.0 | 2.3 | 7.0 | 0.0 | 0.3 | 1.8 | 0.0 |
| 魚介加工品 | 56～60 | 33.5 | 49.5 | 12.0 | 41.5 | 59.2 | 20.0 | 24.6 | 36.7 | 2.5 | 30.1 | 46.4 | 9.4 | 58.4 | 71.4 | 56.1 |
| 魚介(塩蔵、生干し、乾物) | 56 | 19.9 | 37.7 | 0.0 | 29.4 | 54.2 | 1.0 | 12.2 | 29.5 | 0.0 | 25.3 | 45.7 | 3.8 | 42.5 | 40.6 | 42.1 |
| 魚介(缶詰) | 57 | 3.4 | 14.3 | 0.0 | 1.5 | 9.2 | 0.0 | 6.4 | 18.4 | 0.0 | 0.0 | 0.0 | 0.0 | 6.8 | 17.4 | 0.0 |
| 魚介(佃煮) | 58 | 0.1 | 1.6 | 0.0 | 0.5 | 3.4 | 0.0 | 0.2 | 1.7 | 0.0 | 0.2 | 1.1 | 0.0 | 0.6 | 3.7 | 0.0 |
| 魚介(練り製品) | 59 | 8.8 | 25.4 | 0.0 | 7.8 | 15.1 | 0.0 | 5.8 | 19.5 | 0.0 | 4.6 | 11.9 | 0.0 | 8.4 | 37.5 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.3 | 9.5 | 0.0 | 2.4 | 14.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 93.6 | 76.4 | 80.0 | 99.5 | 92.6 | 64.5 | 99.9 | 91.1 | 80.0 | 78.6 | 62.9 | 64.5 | 70.0 | 64.7 | 55.3 |
| 畜肉 | 61～64 | 65.8 | 62.8 | 52.5 | 47.3 | 48.3 | 35.1 | 74.2 | 85.1 | 52.5 | 52.7 | 40.9 | 55.8 | 48.9 | 52.6 | 36.3 |
| 牛肉 | 61 | 9.5 | 30.6 | 0.0 | 9.4 | 28.7 | 0.0 | 15.2 | 47.1 | 0.0 | 9.5 | 25.6 | 0.0 | 6.1 | 26.1 | 0.0 |
| 豚肉 | 62 | 44.3 | 49.4 | 30.4 | 30.1 | 38.9 | 12.7 | 46.2 | 59.8 | 20.0 | 32.2 | 36.7 | 25.0 | 31.9 | 47.6 | 6.5 |
| ハム、ソーセージ類 | 63 | 12.1 | 20.2 | 0.0 | 7.8 | 13.1 | 0.0 | 12.8 | 21.6 | 0.0 | 11.0 | 20.2 | 0.0 | 10.9 | 15.7 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 26.8 | 51.7 | 0.0 | 52.2 | 83.0 | 0.0 | 25.7 | 50.0 | 0.0 | 25.9 | 49.3 | 0.0 | 21.2 | 46.7 | 0.0 |
| 鶏肉 | 65 | 26.8 | 51.7 | 0.0 | 52.2 | 83.0 | 0.0 | 25.7 | 50.0 | 0.0 | 25.9 | 49.3 | 0.0 | 21.2 | 46.7 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 1.0 | 10.3 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 41.1 | 38.5 | 41.5 | 36.7 | 34.7 | 41.0 | 42.8 | 47.7 | 36.0 | 42.7 | 39.8 | 52.8 | 35.9 | 41.7 | 24.6 |
| 乳類 | 71～75 | 149.9 | 156.3 | 109.0 | 104.7 | 114.4 | 79.5 | 134.7 | 162.6 | 90.0 | 182.1 | 176.2 | 165.0 | 172.5 | 174.8 | 155.5 |
| 牛乳・乳製品 | 71～74 | 149.9 | 156.3 | 109.0 | 104.7 | 114.4 | 79.5 | 134.7 | 162.6 | 90.0 | 182.1 | 176.2 | 165.0 | 172.5 | 174.8 | 155.5 |
| 牛乳 | 71 | 86.1 | 121.4 | 0.0 | 66.2 | 96.9 | 0.0 | 78.7 | 141.7 | 0.0 | 79.8 | 122.8 | 0.0 | 105.7 | 112.1 | 91.4 |
| チーズ | 72 | 3.6 | 7.8 | 0.0 | 1.1 | 3.7 | 0.0 | 3.5 | 8.0 | 0.0 | 2.5 | 6.5 | 0.0 | 3.8 | 9.2 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 52.3 | 84.5 | 0.0 | 34.3 | 66.5 | 0.0 | 37.5 | 60.9 | 0.0 | 96.7 | 106.4 | 72.0 | 52.1 | 94.0 | 0.0 |
| その他の乳製品 | 74 | 7.9 | 32.6 | 0.0 | 3.1 | 11.7 | 0.0 | 15.0 | 45.0 | 0.0 | 3.1 | 18.8 | 0.0 | 10.9 | 36.4 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 11.6 | 9.2 | 10.0 | 12.9 | 10.0 | 10.8 | 11.5 | 8.5 | 10.2 | 14.3 | 10.5 | 11.9 | 14.7 | 12.3 | 14.0 |
| バター | 76 | 0.7 | 2.2 | 0.0 | 0.4 | 1.6 | 0.0 | 0.9 | 2.5 | 0.0 | 0.5 | 2.1 | 0.0 | 0.5 | 1.8 | 0.0 |
| マーガリン | 77 | 1.2 | 3.4 | 0.0 | 1.1 | 3.5 | 0.0 | 0.9 | 3.7 | 0.0 | 1.1 | 3.4 | 0.0 | 1.7 | 3.8 | 0.0 |
| 植物性油脂 | 78 | 9.4 | 8.3 | 7.4 | 10.7 | 9.6 | 8.9 | 9.5 | 7.1 | 9.6 | 12.2 | 9.9 | 9.4 | 12.0 | 10.3 | 13.1 |
| 動物性油脂 | 79 | 0.3 | 1.7 | 0.0 | 0.6 | 2.9 | 0.0 | 0.2 | 1.2 | 0.0 | 0.6 | 2.4 | 0.0 | 0.5 | 1.4 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.6 | 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 | 24.9 | 43.6 | 0.0 | 20.1 | 39.4 | 0.0 | 19.8 | 38.0 | 0.0 | 48.9 | 79.6 | 14.5 | 41.4 | 57.3 | 20.0 |
| 和菓子類 | 81 | 10.8 | 28.9 | 0.0 | 11.8 | 29.1 | 0.0 | 6.6 | 21.0 | 0.0 | 39.1 | 76.3 | 0.0 | 15.5 | 23.6 | 0.0 |
| ケーキ・ペストリー類 | 82 | 3.8 | 17.7 | 0.0 | 1.3 | 6.4 | 0.0 | 3.0 | 15.0 | 0.0 | 1.3 | 6.6 | 0.0 | 10.1 | 30.4 | 0.0 |
| ビスケット類 | 83 | 2.2 | 10.1 | 0.0 | 1.5 | 5.2 | 0.0 | 1.1 | 8.7 | 0.0 | 2.5 | 5.4 | 0.0 | 2.8 | 13.7 | 0.0 |
| キャンディー類 | 84 | 0.1 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.7 | 0.0 | 0.3 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 7.9 | 24.9 | 0.0 | 5.5 | 15.4 | 0.0 | 8.8 | 26.2 | 0.0 | 5.6 | 24.4 | 0.0 | 13.1 | 30.8 | 0.0 |
| 嗜好飲料類 | 86～91 | 641.5 | 477.0 | 553.5 | 585.1 | 405.8 | 502.9 | 602.9 | 458.4 | 552.0 | 696.9 | 414.2 | 604.9 | 778.5 | 501.2 | 817.7 |
| アルコール飲料 | 86～88 | 85.8 | 241.4 | 0.0 | 57.2 | 148.6 | 0.0 | 58.4 | 162.9 | 0.0 | 79.2 | 201.4 | 0.0 | 76.2 | 206.0 | 0.0 |
| 日本酒 | 86 | 5.5 | 35.0 | 0.0 | 3.9 | 21.2 | 0.0 | 4.1 | 30.5 | 0.0 | 0.7 | 1.9 | 0.0 | 13.0 | 74.8 | 0.0 |
| ビール | 87 | 51.1 | 188.9 | 0.0 | 26.5 | 99.0 | 0.0 | 38.0 | 139.2 | 0.0 | 56.3 | 131.7 | 0.0 | 29.4 | 98.8 | 0.0 |
| 洋酒・その他 | 88 | 29.1 | 121.3 | 0.0 | 26.7 | 89.3 | 0.0 | 16.3 | 80.4 | 0.0 | 22.3 | 96.5 | 0.0 | 33.9 | 130.0 | 0.0 |
| その他の嗜好飲料 | 89～91 | 555.7 | 410.2 | 500.0 | 527.9 | 364.1 | 491.0 | 544.5 | 437.9 | 500.0 | 617.6 | 368.9 | 500.0 | 702.3 | 448.4 | 673.0 |
| 茶 | 89 | 247.7 | 327.4 | 140.0 | 253.1 | 326.3 | 158.3 | 174.7 | 279.9 | 0.0 | 373.2 | 344.2 | 404.2 | 429.0 | 431.6 | 450.0 |
| コーヒー・ココア | 90 | 140.5 | 187.9 | 80.0 | 145.0 | 152.5 | 152.0 | 139.6 | 173.6 | 40.0 | 136.0 | 157.7 | 145.0 | 134.7 | 152.7 | 150.0 |
| その他の嗜好飲料 | 91 | 167.5 | 284.5 | 0.0 | 129.9 | 217.3 | 0.0 | 230.3 | 420.7 | 40.0 | 108.4 | 204.9 | 0.0 | 138.6 | 278.0 | 0.0 |
| 調味料・香辛料類 | 92～98 | 68.9 | 46.1 | 60.0 | 72.7 | 35.0 | 66.5 | 53.3 | 32.1 | 49.3 | 82.1 | 69.9 | 73.7 | 91.3 | 59.8 | 72.6 |
| 調味料 | 92～97 | 68.4 | 46.1 | 59.2 | 72.3 | 34.9 | 65.5 | 53.0 | 32.1 | 48.2 | 81.7 | 69.9 | 73.7 | 90.1 | 60.0 | 72.1 |
| ソース | 92 | 1.8 | 5.2 | 0.0 | 2.3 | 5.9 | 0.0 | 1.3 | 3.1 | 0.0 | 0.6 | 1.7 | 0.0 | 1.9 | 4.3 | 0.0 |
| しょうゆ | 93 | 11.7 | 11.6 | 9.0 | 10.5 | 9.6 | 9.0 | 11.3 | 10.7 | 9.0 | 13.9 | 11.1 | 13.2 | 14.1 | 15.6 | 9.7 |
| 塩 | 94 | 1.2 | 1.3 | 0.8 | 1.0 | 1.0 | 0.7 | 1.2 | 1.3 | 0.8 | 1.2 | 1.2 | 1.0 | 1.0 | 1.1 | 0.7 |
| マヨネーズ | 95 | 3.8 | 7.4 | 0.0 | 4.0 | 6.6 | 0.0 | 3.4 | 6.9 | 0.0 | 4.2 | 6.0 | 0.3 | 4.5 | 13.8 | 0.0 |
| 味噌 | 96 | 11.0 | 12.5 | 9.0 | 14.1 | 12.8 | 12.0 | 8.3 | 12.1 | 2.0 | 12.0 | 10.6 | 10.0 | 19.1 | 24.8 | 12.0 |
| その他の調味料 | 97 | 38.9 | 41.2 | 28.6 | 40.4 | 26.8 | 36.0 | 27.5 | 29.4 | 20.6 | 49.8 | 65.7 | 30.1 | 49.5 | 52.3 | 34.9 |
| 香辛料・その他 | 98 | 0.5 | 1.5 | 0.0 | 0.4 | 0.9 | 0.0 | 0.3 | 0.9 | 0.0 | 0.4 | 0.8 | 0.0 | 1.2 | 2.3 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 利根沼田保健所 | | | 館林保健所 | | | 前橋市保健所 | | | 高崎市保健所 | | | 渋川保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 67.8 | 77.1 | 41.9 | 70.7 | 56.7 | 80.0 | 80.8 | 68.6 | 63.2 | 50.8 | 67.2 | 22.3 | 44.9 | 63.0 | 13.5 |
| 生魚介類 | 48～55 | 43.4 | 70.8 | 0.0 | 43.3 | 50.7 | 18.5 | 35.7 | 48.3 | 0.7 | 22.4 | 42.3 | 0.0 | 32.7 | 61.1 | 0.0 |
| あじ、いわし類 | 48 | 5.6 | 27.9 | 0.0 | 13.7 | 36.7 | 0.0 | 2.8 | 9.6 | 0.0 | 6.1 | 18.4 | 0.0 | 8.8 | 28.0 | 0.0 |
| さけ、ます | 49 | 13.5 | 37.7 | 0.0 | 1.9 | 8.3 | 0.0 | 9.5 | 34.0 | 0.0 | 4.0 | 14.2 | 0.0 | 2.1 | 8.7 | 0.0 |
| たい、かれい類 | 50 | 0.0 | 0.0 | 0.0 | 2.0 | 6.1 | 0.0 | 2.8 | 11.9 | 0.0 | 8.6 | 29.2 | 0.0 | 7.6 | 25.9 | 0.0 |
| まぐろ、かじき類 | 51 | 14.9 | 47.8 | 0.0 | 5.0 | 15.2 | 0.0 | 4.6 | 23.1 | 0.0 | 0.2 | 1.5 | 0.0 | 0.6 | 4.3 | 0.0 |
| その他の生魚 | 52 | 8.3 | 33.5 | 0.0 | 13.0 | 34.0 | 0.0 | 10.6 | 30.3 | 0.0 | 0.2 | 1.5 | 0.0 | 12.3 | 34.5 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 1.6 | 6.8 | 0.0 | 0.6 | 4.3 | 0.0 | 2.5 | 10.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 4.4 | 16.0 | 0.0 | 2.7 | 10.3 | 0.0 | 0.2 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| えび、かに類 | 55 | 1.1 | 5.3 | 0.0 | 1.7 | 5.7 | 0.0 | 2.1 | 8.4 | 0.0 | 0.6 | 2.3 | 0.0 | 1.2 | 6.0 | 0.0 |
| 魚介加工品 | 56～60 | 24.4 | 27.5 | 14.0 | 27.4 | 41.1 | 10.5 | 45.1 | 60.1 | 24.0 | 28.4 | 45.8 | 10.0 | 12.2 | 24.3 | 2.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 14.8 | 22.4 | 0.3 | 8.8 | 24.6 | 0.0 | 25.2 | 44.9 | 1.5 | 19.8 | 38.5 | 0.3 | 8.2 | 21.8 | 0.0 |
| 魚介(缶詰) | 57 | 4.4 | 10.9 | 0.0 | 2.2 | 5.5 | 0.0 | 5.2 | 25.1 | 0.0 | 1.5 | 4.9 | 0.0 | 2.0 | 8.8 | 0.0 |
| 魚介(佃煮) | 58 | 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 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 3.3 | 13.1 | 0.0 | 16.4 | 37.8 | 0.0 | 13.3 | 32.3 | 0.0 | 6.1 | 15.1 | 0.0 | 0.6 | 3.1 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.9 | 4.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 9.6 | 0.0 | 1.0 | 4.7 | 0.0 | 1.5 | 10.1 | 0.0 |
| 肉類 | 61～69 | 103.4 | 91.2 | 90.0 | 107.9 | 74.8 | 98.7 | 90.1 | 64.8 | 81.7 | 99.5 | 65.0 | 88.8 | 113.8 | 84.4 | 92.0 |
| 畜肉 | 61～64 | 81.7 | 71.5 | 81.8 | 83.5 | 60.8 | 71.4 | 70.3 | 62.9 | 64.6 | 60.5 | 61.0 | 41.3 | 88.2 | 65.1 | 84.5 |
| 牛肉 | 61 | 7.4 | 23.5 | 0.0 | 5.9 | 17.7 | 0.0 | 14.5 | 35.8 | 0.0 | 5.2 | 11.8 | 0.0 | 14.0 | 37.4 | 0.0 |
| 豚肉 | 62 | 60.4 | 53.9 | 64.5 | 61.8 | 56.8 | 59.8 | 44.1 | 49.0 | 30.2 | 42.1 | 53.0 | 12.0 | 54.1 | 50.2 | 46.5 |
| ハム、ソーセージ類 | 63 | 13.9 | 18.1 | 0.0 | 15.8 | 34.9 | 0.8 | 11.7 | 20.5 | 0.0 | 13.2 | 20.7 | 0.0 | 20.1 | 22.3 | 17.0 |
| 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 21.7 | 34.8 | 0.0 | 24.4 | 48.1 | 0.0 | 19.8 | 44.8 | 0.0 | 36.5 | 58.2 | 0.0 | 19.0 | 41.8 | 0.0 |
| 鶏肉 | 65 | 21.7 | 34.8 | 0.0 | 24.4 | 48.1 | 0.0 | 19.8 | 44.8 | 0.0 | 36.5 | 58.2 | 0.0 | 19.0 | 41.8 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.5 | 9.9 | 0.0 | 6.7 | 32.6 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 43.7 | 29.7 | 50.0 | 37.7 | 43.8 | 25.6 | 49.5 | 38.5 | 50.4 | 41.2 | 47.6 | 22.5 | 31.9 | 29.8 | 28.0 |
| 乳類 | 71～75 | 167.8 | 170.3 | 106.7 | 182.7 | 201.2 | 163.0 | 118.2 | 121.2 | 83.5 | 168.9 | 165.6 | 118.0 | 172.0 | 202.0 | 88.0 |
| 牛乳・乳製品 | 71～74 | 167.8 | 170.3 | 106.7 | 182.7 | 201.2 | 163.0 | 118.2 | 121.2 | 83.5 | 168.9 | 165.6 | 118.0 | 172.0 | 202.0 | 88.0 |
| 牛乳 | 71 | 110.0 | 141.1 | 35.0 | 128.7 | 161.5 | 77.0 | 68.9 | 101.0 | 0.0 | 98.3 | 138.8 | 13.1 | 84.2 | 115.7 | 0.0 |
| チーズ | 72 | 5.1 | 8.4 | 0.0 | 0.8 | 2.3 | 0.0 | 4.3 | 9.6 | 0.0 | 3.3 | 6.3 | 0.0 | 2.4 | 6.6 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 46.6 | 72.0 | 0.0 | 34.5 | 119.7 | 0.0 | 41.2 | 48.9 | 0.0 | 60.2 | 87.3 | 2.5 | 68.9 | 128.9 | 0.0 |
| その他の乳製品 | 74 | 6.0 | 24.8 | 0.0 | 18.7 | 56.3 | 0.0 | 3.9 | 14.3 | 0.0 | 7.1 | 19.6 | 0.0 | 16.5 | 68.4 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 10.7 | 8.0 | 10.1 | 13.2 | 8.5 | 11.6 | 10.2 | 8.1 | 8.2 | 11.3 | 8.8 | 10.9 | 11.5 | 10.5 | 7.7 |
| バター | 76 | 0.4 | 1.6 | 0.0 | 1.0 | 2.0 | 0.0 | 1.1 | 2.5 | 0.0 | 1.1 | 3.7 | 0.0 | 0.3 | 0.9 | 0.0 |
| マーガリン | 77 | 1.8 | 4.0 | 0.0 | 0.3 | 1.6 | 0.0 | 0.4 | 2.0 | 0.0 | 2.1 | 3.4 | 0.0 | 2.0 | 3.8 | 0.0 |
| 植物性油脂 | 78 | 8.5 | 7.4 | 7.5 | 11.7 | 8.1 | 10.5 | 8.4 | 6.9 | 6.7 | 7.5 | 8.1 | 5.0 | 8.8 | 10.7 | 4.1 |
| 動物性油脂 | 79 | 0.0 | 0.0 | 0.0 | 0.3 | 1.1 | 0.0 | 0.3 | 1.0 | 0.0 | 0.3 | 1.8 | 0.0 | 0.5 | 3.0 | 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 | 0.3 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 23.0 | 29.7 | 8.5 | 22.5 | 36.1 | 0.0 | 28.6 | 51.9 | 0.0 | 31.4 | 50.1 | 0.0 | 18.6 | 29.4 | 3.0 |
| 和菓子類 | 81 | 11.3 | 25.2 | 0.0 | 5.0 | 12.6 | 0.0 | 12.0 | 30.6 | 0.0 | 9.0 | 18.4 | 0.0 | 5.7 | 14.6 | 0.0 |
| ケーキ・ペストリー類 | 82 | 1.6 | 5.2 | 0.0 | 9.3 | 29.5 | 0.0 | 3.4 | 13.8 | 0.0 | 9.3 | 33.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビスケット類 | 83 | 5.4 | 13.6 | 0.0 | 1.5 | 7.2 | 0.0 | 1.7 | 5.5 | 0.0 | 5.9 | 26.4 | 0.0 | 0.1 | 0.7 | 0.0 |
| キャンディー類 | 84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 4.7 | 10.3 | 0.0 | 6.7 | 16.2 | 0.0 | 11.5 | 41.9 | 0.0 | 7.2 | 17.9 | 0.0 | 12.7 | 26.3 | 0.0 |
| 嗜好飲料類 | 86～91 | 660.0 | 585.8 | 473.3 | 682.4 | 430.1 | 546.0 | 600.4 | 488.5 | 581.0 | 661.1 | 451.2 | 617.5 | 679.1 | 439.4 | 648.5 |
| アルコール飲料 | 86～88 | 136.1 | 406.2 | 0.1 | 116.1 | 325.8 | 0.0 | 100.7 | 289.6 | 0.9 | 102.6 | 218.2 | 0.5 | 121.2 | 273.7 | 0.0 |
| 日本酒 | 86 | 1.2 | 2.6 | 0.0 | 1.7 | 6.6 | 0.0 | 12.1 | 48.5 | 0.0 | 5.0 | 27.0 | 0.0 | 0.6 | 2.0 | 0.0 |
| ビール | 87 | 110.1 | 351.0 | 0.0 | 85.7 | 295.4 | 0.0 | 57.8 | 243.1 | 0.0 | 56.0 | 118.5 | 0.0 | 88.2 | 238.3 | 0.0 |
| 洋酒・その他 | 88 | 24.8 | 109.6 | 0.0 | 28.7 | 106.1 | 0.0 | 30.8 | 118.8 | 0.0 | 41.7 | 127.2 | 0.0 | 32.5 | 85.4 | 0.0 |
| その他の嗜好飲料 | 89～91 | 523.8 | 370.5 | 420.0 | 566.3 | 332.6 | 500.0 | 499.8 | 396.7 | 500.0 | 558.4 | 409.9 | 539.4 | 557.9 | 352.8 | 552.5 |
| 茶 | 89 | 216.5 | 318.2 | 150.0 | 151.0 | 259.5 | 0.0 | 257.3 | 337.1 | 100.0 | 214.1 | 310.0 | 0.5 | 253.1 | 341.3 | 125.0 |
| コーヒー・ココア | 90 | 107.8 | 173.9 | 0.0 | 229.6 | 311.3 | 137.5 | 137.2 | 176.3 | 4.0 | 147.2 | 160.5 | 123.0 | 86.8 | 135.0 | 0.0 |
| その他の嗜好飲料 | 91 | 199.6 | 284.3 | 0.0 | 185.7 | 214.9 | 100.0 | 105.3 | 203.7 | 0.0 | 197.1 | 243.1 | 128.0 | 218.1 | 293.3 | 100.0 |
| 調味料・香辛料類 | 92～98 | 71.2 | 34.5 | 67.4 | 64.7 | 56.2 | 55.5 | 72.3 | 49.6 | 62.2 | 57.4 | 31.9 | 48.7 | 75.7 | 62.8 | 63.4 |
| 調味料 | 92～97 | 70.2 | 34.4 | 66.4 | 64.2 | 56.0 | 53.3 | 71.9 | 49.5 | 62.2 | 56.9 | 31.9 | 48.3 | 75.4 | 62.8 | 62.2 |
| ソース | 92 | 0.7 | 1.8 | 0.0 | 2.4 | 4.8 | 0.0 | 1.6 | 5.1 | 0.0 | 0.8 | 2.8 | 0.0 | 5.1 | 11.4 | 0.0 |
| しょうゆ | 93 | 9.1 | 10.8 | 8.0 | 10.8 | 10.0 | 8.5 | 13.2 | 9.9 | 12.7 | 8.9 | 9.2 | 5.5 | 9.6 | 9.0 | 8.0 |
| 塩 | 94 | 0.9 | 0.8 | 0.6 | 1.3 | 1.0 | 1.0 | 1.6 | 1.8 | 1.0 | 0.9 | 1.1 | 0.6 | 1.7 | 1.4 | 1.6 |
| マヨネーズ | 95 | 6.4 | 8.1 | 1.5 | 3.2 | 6.7 | 0.0 | 2.9 | 5.5 | 0.0 | 3.1 | 6.0 | 0.0 | 2.2 | 3.9 | 0.0 |
| 味噌 | 96 | 9.9 | 9.5 | 7.4 | 8.8 | 11.2 | 0.0 | 12.7 | 14.0 | 11.3 | 11.2 | 9.6 | 11.0 | 8.1 | 9.2 | 8.1 |
| その他の調味料 | 97 | 43.2 | 27.5 | 39.4 | 37.8 | 50.1 | 23.3 | 39.8 | 45.4 | 29.9 | 32.0 | 29.3 | 20.7 | 48.6 | 64.5 | 32.5 |
| 香辛料・その他 | 98 | 1.0 | 4.3 | 0.0 | 0.4 | 1.5 | 0.0 | 0.4 | 0.7 | 0.0 | 0.5 | 0.9 | 0.0 | 0.3 | 1.1 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 藤岡保健所 | | | 富岡保健所 | | | 安中保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 47.4 | 53.5 | 35.0 | 47.6 | 68.4 | 7.0 | 75.7 | 66.4 | 62.1 |
| 生魚介類 | 48～55 | 18.7 | 40.4 | 0.0 | 17.5 | 40.6 | 0.0 | 34.1 | 48.4 | 0.0 |
| あじ、いわし類 | 48 | 4.7 | 17.9 | 0.0 | 0.0 | 0.0 | 0.0 | 8.8 | 32.5 | 0.0 |
| さけ、ます | 49 | 2.2 | 8.4 | 0.0 | 0.0 | 0.0 | 0.0 | 4.8 | 13.9 | 0.0 |
| たい、かれい類 | 50 | 3.8 | 14.8 | 0.0 | 2.7 | 14.6 | 0.0 | 8.3 | 27.0 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 | 12.6 | 0.0 |
| その他の生魚 | 52 | 2.1 | 14.6 | 0.0 | 14.5 | 39.0 | 0.0 | 1.9 | 10.2 | 0.0 |
| 貝類 | 53 | 1.1 | 4.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 4.0 | 0.0 |
| いか、たこ類 | 54 | 3.1 | 10.4 | 0.0 | 0.3 | 1.8 | 0.0 | 5.4 | 20.9 | 0.0 |
| えび、かに類 | 55 | 1.7 | 6.6 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 | 4.6 | 0.0 |
| 魚介加工品 | 56～60 | 28.7 | 46.5 | 8.8 | 30.1 | 61.9 | 1.3 | 41.6 | 45.7 | 25.6 |
| 魚介(塩蔵、生干し、乾物) | 56 | 17.5 | 33.4 | 0.2 | 14.9 | 28.5 | 0.0 | 20.8 | 33.3 | 0.0 |
| 魚介(缶詰) | 57 | 2.7 | 10.4 | 0.0 | 0.8 | 4.4 | 0.0 | 2.8 | 11.6 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 7.0 | 15.3 | 0.0 | 9.9 | 29.5 | 0.0 | 16.2 | 36.1 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.5 | 7.1 | 0.0 | 4.6 | 17.5 | 0.0 | 1.7 | 15.6 | 0.0 |
| 肉類 | 61～69 | 88.6 | 67.9 | 81.5 | 96.6 | 55.9 | 92.6 | 76.0 | 62.9 | 60.0 |
| 畜肉 | 61～64 | 56.4 | 49.3 | 54.0 | 78.8 | 48.6 | 66.5 | 52.7 | 51.9 | 42.9 |
| 牛肉 | 61 | 3.5 | 11.2 | 0.0 | 3.5 | 12.0 | 0.0 | 6.4 | 26.8 | 0.0 |
| 豚肉 | 62 | 45.5 | 47.7 | 40.0 | 68.2 | 39.8 | 50.0 | 33.7 | 36.5 | 25.2 |
| ハム、ソーセージ類 | 63 | 7.4 | 16.0 | 0.0 | 7.1 | 13.3 | 0.0 | 12.6 | 18.5 | 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 |
| 鳥肉 | 65,66 | 26.9 | 41.5 | 0.0 | 17.8 | 34.5 | 0.0 | 23.3 | 44.8 | 0.0 |
| 鶏肉 | 65 | 26.9 | 41.5 | 0.0 | 17.8 | 34.5 | 0.0 | 23.3 | 44.8 | 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 |
| 肉類(内臓) | 67 | 5.3 | 17.3 | 0.0 | 0.0 | 0.0 | 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 |
| 鯨肉 | 68 | 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 |
| 卵類 | 70 | 41.1 | 32.5 | 49.0 | 26.1 | 24.8 | 24.8 | 45.9 | 33.6 | 48.0 |
| 乳類 | 71～75 | 205.4 | 140.5 | 187.3 | 100.8 | 124.0 | 43.5 | 156.5 | 131.9 | 156.5 |
| 牛乳・乳製品 | 71～74 | 205.4 | 140.5 | 187.3 | 100.8 | 124.0 | 43.5 | 156.5 | 131.9 | 156.5 |
| 牛乳 | 71 | 103.0 | 116.6 | 34.3 | 52.5 | 83.7 | 0.0 | 89.7 | 107.1 | 17.3 |
| チーズ | 72 | 6.5 | 8.2 | 0.0 | 4.9 | 11.2 | 0.0 | 4.5 | 8.1 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 90.1 | 95.2 | 69.0 | 39.3 | 64.1 | 0.0 | 59.5 | 79.5 | 0.0 |
| その他の乳製品 | 74 | 5.7 | 15.1 | 0.0 | 4.1 | 13.4 | 0.0 | 2.8 | 9.2 | 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 |
| 油脂類 | 76～80 | 10.3 | 7.2 | 9.0 | 10.6 | 9.4 | 9.2 | 10.3 | 9.4 | 7.0 |
| バター | 76 | 0.1 | 0.7 | 0.0 | 1.1 | 2.7 | 0.0 | 0.9 | 2.6 | 0.0 |
| マーガリン | 77 | 1.5 | 4.1 | 0.0 | 1.1 | 3.8 | 0.0 | 1.0 | 3.2 | 0.0 |
| 植物性油脂 | 78 | 8.4 | 6.1 | 8.0 | 7.9 | 6.9 | 7.4 | 8.4 | 8.4 | 5.5 |
| 動物性油脂 | 79 | 0.2 | 1.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.6 | 0.0 |
| その他の油脂 | 80 | 0.1 | 0.4 | 0.0 | 0.4 | 2.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 23.3 | 29.3 | 17.0 | 19.1 | 29.5 | 0.0 | 17.7 | 31.3 | 0.0 |
| 和菓子類 | 81 | 9.4 | 16.3 | 0.0 | 6.7 | 13.0 | 0.0 | 7.3 | 18.0 | 0.0 |
| ケーキ・ペストリー類 | 82 | 1.9 | 6.7 | 0.0 | 6.1 | 20.6 | 0.0 | 4.1 | 20.0 | 0.0 |
| ビスケット類 | 83 | 1.3 | 4.5 | 0.0 | 5.0 | 10.0 | 0.0 | 1.8 | 6.3 | 0.0 |
| キャンディー類 | 84 | 0.2 | 1.3 | 0.0 | 0.3 | 1.4 | 0.0 | 0.3 | 2.3 | 0.0 |
| その他の菓子類 | 85 | 10.5 | 28.4 | 0.0 | 1.1 | 4.4 | 0.0 | 4.2 | 11.5 | 0.0 |
| 嗜好飲料類 | 86～91 | 553.1 | 433.2 | 430.0 | 664.2 | 616.5 | 598.9 | 679.2 | 519.5 | 612.0 |
| アルコール飲料 | 86～88 | 28.9 | 109.4 | 0.0 | 48.1 | 106.0 | 0.0 | 108.1 | 266.7 | 0.0 |
| 日本酒 | 86 | 1.5 | 4.4 | 0.0 | 13.3 | 45.3 | 0.0 | 7.1 | 47.5 | 0.0 |
| ビール | 87 | 21.4 | 102.8 | 0.0 | 23.5 | 89.4 | 0.0 | 41.1 | 141.9 | 0.0 |
| 洋酒・その他 | 88 | 6.0 | 40.8 | 0.0 | 11.2 | 51.5 | 0.0 | 60.0 | 227.8 | 0.0 |
| その他の嗜好飲料 | 89～91 | 524.1 | 430.7 | 422.0 | 616.1 | 570.5 | 480.0 | 571.0 | 439.1 | 491.0 |
| 茶 | 89 | 273.1 | 364.5 | 150.0 | 286.3 | 368.9 | 75.0 | 233.3 | 269.3 | 160.0 |
| コーヒー・ココア | 90 | 128.4 | 179.1 | 0.0 | 209.9 | 286.0 | 166.5 | 130.4 | 191.6 | 0.0 |
| その他の嗜好飲料 | 91 | 122.7 | 232.0 | 0.0 | 120.0 | 196.1 | 0.0 | 207.3 | 327.8 | 0.0 |
| 調味料・香辛料類 | 92～98 | 63.5 | 31.7 | 56.6 | 74.5 | 40.8 | 66.7 | 68.3 | 43.4 | 61.0 |
| 調味料 | 92～97 | 62.9 | 31.6 | 55.6 | 73.9 | 40.7 | 66.7 | 68.1 | 43.3 | 59.6 |
| ソース | 92 | 1.5 | 4.6 | 0.0 | 1.5 | 4.1 | 0.0 | 1.7 | 5.2 | 0.0 |
| しょうゆ | 93 | 12.2 | 12.7 | 9.5 | 16.0 | 13.5 | 10.5 | 12.3 | 15.5 | 6.0 |
| 塩 | 94 | 1.3 | 1.5 | 0.6 | 1.7 | 1.6 | 1.1 | 0.9 | 1.2 | 0.5 |
| マヨネーズ | 95 | 5.1 | 10.5 | 0.0 | 3.2 | 5.3 | 0.0 | 4.0 | 7.7 | 0.0 |
| 味噌 | 96 | 9.2 | 9.1 | 7.5 | 13.5 | 11.5 | 11.7 | 9.2 | 8.8 | 7.5 |
| その他の調味料 | 97 | 33.8 | 26.9 | 24.7 | 38.0 | 31.4 | 31.5 | 39.9 | 36.1 | 33.4 |
| 香辛料・その他 | 98 | 0.6 | 0.9 | 0.0 | 0.6 | 1.0 | 0.5 | 0.2 | 0.6 | 0.0 |

表50-2 食品群別摂取量－食品群、地域ブロック別、平均値、標準偏差、中央値－総数、20歳以上

1人1日当たり(g)

| | 食品群番号 | 総数 | | | 桐生保健所 | | | 伊勢崎保健所 | | | 太田保健所 | | | 吾妻保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 591 | | | 68 | | | 91 | | | 36 | | | 34 | | |
| 総量 | 1～98 | 2,111.4 | 711.2 | 2,043.9 | 2,031.6 | 599.0 | 1,970.6 | 1,846.4 | 601.8 | 1,847.0 | 2,350.6 | 656.7 | 2,384.8 | 2,376.1 | 1015.1 | 2,343.5 |
| 動物性食品 | 48～76,79 | 334.5 | 178.4 | 310.8 | 302.4 | 135.2 | 293.2 | 319.3 | 197.0 | 285.0 | 359.5 | 209.4 | 388.0 | 355.6 | 238.9 | 330.5 |
| 植物性食品 | 1～47,77,78,80～98 | 1,776.9 | 647.2 | 1,708.2 | 1729.1 | 569.9 | 1,674.0 | 1,527.2 | 559.2 | 1,535.7 | 1,991.1 | 554.3 | 2,053.7 | 2,020.5 | 883.2 | 2,056.8 |
| 穀類 | 1～12 | 416.0 | 171.0 | 396.5 | 481.3 | 150.7 | 477.1 | 382.3 | 169.2 | 370.0 | 479.4 | 149.9 | 465.3 | 455.2 | 178.8 | 388.5 |
| 米・加工品 | 1,2 | 294.7 | 182.3 | 270.0 | 343.1 | 165.8 | 315.0 | 265.7 | 180.4 | 231.0 | 364.0 | 212.2 | 340.0 | 313.1 | 169.1 | 300.0 |
| 米 | 1 | 290.5 | 181.8 | 270.0 | 338.3 | 168.6 | 313.5 | 261.3 | 181.9 | 230.0 | 339.0 | 202.8 | 329.0 | 297.3 | 169.0 | 284.0 |
| 米加工品 | 2 | 4.1 | 26.0 | 0.0 | 4.8 | 24 | 0.0 | 4.4 | 17.4 | 0.0 | 25.0 | 64.9 | 0.0 | 15.8 | 67.7 | 0.0 |
| 小麦・加工品 | 3～9 | 107.8 | 107.9 | 77.0 | 130.1 | 96.4 | 157.1 | 110.2 | 127.6 | 76.0 | 59.3 | 59.7 | 59.5 | 120.7 | 125.2 | 72.0 |
| 小麦粉類 | 3 | 3.1 | 10.7 | 0.0 | 1.2 | 2.2 | 0.0 | 2.4 | 5.1 | 0.0 | 1.3 | 3.0 | 0.0 | 9.0 | 17.4 | 0.0 |
| パン類(菓子パンを除く) | 4 | 30.5 | 44.3 | 0.0 | 24.6 | 43.3 | 0.0 | 41.9 | 56.2 | 0.0 | 27.8 | 38.6 | 0.0 | 24.8 | 31.8 | 0.0 |
| 菓子パン類 | 5 | 5.2 | 22.1 | 0.0 | 7.9 | 34.6 | 0.0 | 2.4 | 13.3 | 0.0 | 12.4 | 32.2 | 0.0 | 4.9 | 17.6 | 0.0 |
| うどん、中華めん類 | 6 | 46.5 | 87.6 | 0.0 | 74.2 | 96.5 | 0.0 | 27.1 | 68.8 | 0.0 | 4.2 | 18.4 | 0.0 | 35.6 | 66.0 | 0.0 |
| 即席中華めん | 7 | 3.9 | 18.8 | 0.0 | 7.5 | 26.2 | 0.0 | 5.4 | 24.7 | 0.0 | 2.4 | 14.3 | 0.0 | 2.1 | 12.3 | 0.0 |
| パスタ類 | 8 | 13.1 | 51.5 | 0.0 | 7.5 | 30.0 | 0.0 | 26.9 | 71.4 | 0.0 | 4.9 | 29.5 | 0.0 | 42.3 | 94.9 | 0.0 |
| その他の小麦加工品 | 9 | 5.4 | 17.8 | 0.0 | 7.2 | 17.9 | 0.0 | 4.1 | 12.5 | 0.0 | 6.4 | 19.5 | 0.0 | 1.9 | 5.5 | 0.0 |
| その他の穀類・加工品 | 10～12 | 13.6 | 50.9 | 0.0 | 8.1 | 37.4 | 0.0 | 6.5 | 28.5 | 0.0 | 56.1 | 97.5 | 0.0 | 21.4 | 80.1 | 0.0 |
| そば・加工品 | 10 | 7.8 | 42.1 | 0.0 | 6.3 | 36.9 | 0.0 | 2.0 | 18.9 | 0.0 | 24.7 | 62.6 | 0.0 | 21.4 | 80.1 | 0.0 |
| とうもろこし・加工品 | 11 | 0.7 | 5.7 | 0.0 | 0.4 | 2.9 | 0.0 | 1.3 | 7.3 | 0.0 | 0.4 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 5.1 | 27.9 | 0.0 | 1.5 | 7.4 | 0.0 | 3.2 | 20.7 | 0.0 | 31.0 | 75.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| いも類 | 13～16 | 56.0 | 78.7 | 31.0 | 46.6 | 61.2 | 40.0 | 37.6 | 54.3 | 9.5 | 71.1 | 82.9 | 47.3 | 67.7 | 156.3 | 7.1 |
| いも・加工品 | 13～15 | 54.1 | 78.7 | 30.0 | 44.5 | 60.7 | 40.0 | 34.0 | 54.5 | 0.0 | 69.5 | 82.7 | 43.3 | 66.5 | 156.6 | 0.0 |
| さつまいも・加工品 | 13 | 8.8 | 32.3 | 0.0 | 1.0 | 5.7 | 0.0 | 3.1 | 12.5 | 0.0 | 13.1 | 28.8 | 0.0 | 9.8 | 26.4 | 0.0 |
| じゃがいも・加工品 | 14 | 24.2 | 42.6 | 0.0 | 24.6 | 39.5 | 0.0 | 16.7 | 40.5 | 0.0 | 38.3 | 52.9 | 0.0 | 14.4 | 52.3 | 0.0 |
| その他のいも・加工品 | 15 | 21.1 | 51.8 | 0.0 | 18.9 | 44.2 | 0.0 | 14.2 | 38.8 | 0.0 | 18.2 | 38.8 | 0.0 | 42.3 | 110.8 | 0.0 |
| でんぷん・加工品 | 16 | 1.8 | 7.3 | 0.0 | 2.2 | 6.4 | 0.0 | 3.6 | 11.8 | 0.0 | 1.6 | 3.0 | 0.0 | 1.2 | 2.4 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.5 | 9.2 | 3.0 | 4.8 | 6.2 | 2.5 | 6.1 | 10.9 | 2.8 | 7.0 | 5.2 | 6.9 | 7.5 | 9.9 | 4.5 |
| 豆類 | 18～23 | 68.2 | 85.1 | 46.0 | 66.9 | 72.4 | 50.0 | 33.0 | 49.5 | 10.0 | 75.5 | 87.7 | 53.3 | 101.4 | 186.2 | 42.5 |
| 大豆・加工品 | 18～22 | 66.1 | 78.9 | 45.0 | 66.9 | 72.4 | 50.0 | 32.6 | 47.8 | 10.0 | 73.6 | 87.5 | 52.3 | 85.5 | 135.1 | 40.5 |
| 大豆(全粒)・加工品 | 18 | 3.1 | 17.7 | 0.0 | 2.1 | 10.8 | 0.0 | 0.8 | 4.7 | 0.0 | 8.1 | 15.7 | 0.0 | 15.6 | 59.6 | 0.0 |
| 豆腐 | 19 | 36.3 | 58.9 | 0.0 | 40.2 | 67.7 | 0.0 | 16.7 | 38.2 | 0.0 | 28.1 | 51.5 | 0.0 | 40.4 | 72.6 | 0.0 |
| 油揚げ類 | 20 | 5.1 | 14.6 | 0.0 | 4.7 | 16.7 | 0.0 | 2.2 | 5.1 | 0.0 | 7.5 | 13.9 | 0.0 | 3.8 | 7.0 | 0.0 |
| 納豆 | 21 | 14.5 | 20.8 | 0.0 | 19.0 | 21.6 | 0.0 | 10.0 | 20.0 | 0.0 | 13.6 | 19.2 | 0.0 | 10.4 | 20.0 | 0.0 |
| その他の大豆加工品 | 22 | 7.2 | 33.6 | 0.0 | 0.9 | 5.4 | 0.0 | 2.7 | 18.8 | 0.0 | 16.2 | 52.4 | 0.0 | 15.3 | 59.9 | 0.0 |
| その他の豆・加工品 | 23 | 2.1 | 16.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 4.2 | 0.0 | 1.9 | 6.7 | 0.0 | 15.9 | 59.6 | 0.0 |
| 種実類 | 24 | 3.2 | 12.7 | 0.0 | 1.9 | 5.3 | 0.0 | 3.2 | 12.5 | 0.0 | 7.2 | 16.2 | 0.0 | 1.1 | 3.5 | 0.0 |
| 野菜類 | 25～38 | 296.0 | 176.5 | 270.6 | 274.7 | 165.7 | 262.9 | 254.4 | 186.7 | 202.9 | 353.7 | 200.1 | 319.5 | 285.3 | 168.3 | 275.6 |
| 緑黄色野菜 | 25～29 | 92.7 | 86.0 | 74.9 | 94.6 | 77.6 | 76.2 | 60.5 | 64.5 | 54.8 | 127.7 | 109.6 | 78.8 | 64.1 | 71.7 | 42.0 |
| トマト | 25 | 24.1 | 49.5 | 0.0 | 21.3 | 39.1 | 0.0 | 15.2 | 35.5 | 0.0 | 42.1 | 69.2 | 5.0 | 20.2 | 43.8 | 0.0 |
| にんじん | 26 | 17.1 | 24.7 | 8.4 | 11.9 | 18.3 | 4.3 | 11.2 | 18.8 | 0.0 | 43.2 | 54.0 | 30.0 | 9.0 | 21.7 | 0.0 |
| ほうれん草 | 27 | 11.9 | 30.2 | 0.0 | 22.4 | 44.5 | 0.0 | 7.9 | 20.1 | 0.0 | 13.0 | 26.2 | 0.0 | 7.9 | 22.6 | 0.0 |
| ピーマン | 28 | 5.5 | 14.8 | 0.0 | 4.7 | 13.1 | 0.0 | 4.7 | 8.9 | 0.0 | 3.8 | 7.8 | 0.0 | 4.1 | 14.3 | 0.0 |
| その他の緑黄色野菜 | 29 | 34.0 | 52.3 | 10.0 | 34.4 | 52.6 | 13.8 | 21.4 | 30.6 | 0.8 | 25.7 | 48.6 | 5.0 | 22.8 | 32.8 | 1.5 |
| その他の野菜 | 30～35 | 174.6 | 121.8 | 150.0 | 148.8 | 115.7 | 125.0 | 156.4 | 120.6 | 147.0 | 195.3 | 97.2 | 202.3 | 193.0 | 141.7 | 164.8 |
| キャベツ | 30 | 30.2 | 53.9 | 0.0 | 40.8 | 58.6 | 8.3 | 21.9 | 38.9 | 0.0 | 20.2 | 34.4 | 0.0 | 32.6 | 44.1 | 2.5 |
| きゅうり | 31 | 14.6 | 30.9 | 0.0 | 13.4 | 20.0 | 0.0 | 10.7 | 20.4 | 0.0 | 28.7 | 33.1 | 17.1 | 10.7 | 32.3 | 0.0 |
| 大根 | 32 | 27.3 | 47.0 | 0.0 | 22.7 | 36.6 | 0.0 | 23.2 | 42.5 | 0.0 | 31.4 | 42.7 | 15.7 | 18.1 | 41.8 | 0.0 |
| たまねぎ | 33 | 30.4 | 39.4 | 10.0 | 27.5 | 39.1 | 8.9 | 26.3 | 39.4 | 0.0 | 34.6 | 35.3 | 29.5 | 45.0 | 53.8 | 26.2 |
| はくさい | 34 | 16.1 | 46.7 | 0.0 | 2.2 | 8.2 | 0.0 | 26.2 | 80.2 | 0.0 | 11.3 | 24.4 | 0.0 | 5.7 | 17.3 | 0.0 |
| その他の淡色野菜 | 35 | 55.9 | 57.6 | 41.0 | 42.2 | 42.3 | 27.5 | 48.1 | 51.2 | 35.0 | 69.0 | 51.8 | 72.0 | 80.8 | 81.1 | 50.0 |
| 野菜ジュース | 36 | 14.5 | 58.8 | 0.0 | 13.4 | 48.1 | 0.0 | 26.0 | 99.8 | 0.0 | 22.9 | 59.0 | 0.0 | 11.6 | 40.2 | 0.0 |
| 漬け物 | 37,38 | 14.2 | 26.9 | 0.0 | 17.8 | 23.5 | 2.8 | 11.5 | 26.4 | 0.0 | 7.8 | 14.8 | 1.0 | 16.6 | 30.9 | 0.0 |
| 葉類漬け物 | 37 | 4.2 | 16.1 | 0.0 | 6.3 | 18.2 | 0.0 | 1.0 | 5.3 | 0.0 | 2.6 | 9.4 | 0.0 | 5.5 | 24.5 | 0.0 |
| たくあん・その他の漬け物 | 38 | 9.9 | 21.7 | 0.0 | 11.5 | 18.4 | 0.0 | 10.5 | 26.2 | 0.0 | 5.2 | 7.3 | 0.0 | 11.1 | 17.8 | 0.0 |
| 果実類 | 39～45 | 113.8 | 142.6 | 75.0 | 115.9 | 144.9 | 83.3 | 108.8 | 153.0 | 40.0 | 102.8 | 114.0 | 95.0 | 126.8 | 155.9 | 63.8 |
| 生果 | 39～43 | 105.9 | 133.6 | 68.1 | 103.8 | 135.2 | 74.1 | 102.0 | 150.9 | 25.0 | 102.1 | 113.7 | 95.0 | 118.2 | 133.4 | 63.8 |
| いちご | 39 | 0.0 | 0.6 | 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 | 14.7 | 37.5 | 0.0 | 19.4 | 45.3 | 0.0 | 9.9 | 28.1 | 0.0 | 20.2 | 36.9 | 0.0 | 9.2 | 25.9 | 0.0 |
| バナナ | 41 | 17.2 | 42.1 | 0.0 | 12.2 | 30.6 | 0.0 | 19.5 | 51.8 | 0.0 | 21.4 | 38.4 | 0.0 | 16.0 | 32.1 | 0.0 |
| りんご | 42 | 28.2 | 60.9 | 0.0 | 19.4 | 42.9 | 0.0 | 13.1 | 41.0 | 0.0 | 32.4 | 45.9 | 0.0 | 14.4 | 37.0 | 0.0 |
| その他の生果 | 43 | 45.7 | 92.1 | 0.0 | 52.8 | 115.4 | 0.0 | 59.5 | 106.2 | 0.0 | 28.1 | 39.3 | 0.0 | 78.6 | 120.6 | 7.5 |
| ジャム | 44 | 1.6 | 5.4 | 0.0 | 2.7 | 7.8 | 0.0 | 0.6 | 3.1 | 0.0 | 0.7 | 1.8 | 0.0 | 0.9 | 3.6 | 0.0 |
| 果汁・果汁飲料 | 45 | 6.2 | 39.0 | 0.0 | 9.4 | 39.5 | 0.0 | 6.2 | 32.7 | 0.0 | 0.0 | 0.0 | 0.0 | 7.6 | 42.0 | 0.0 |
| きのこ類 | 46 | 17.3 | 24.5 | 6.0 | 13.7 | 20.2 | 0.1 | 10.4 | 19.2 | 0.0 | 17.2 | 20.3 | 11.4 | 28.7 | 39.7 | 13.5 |
| 藻類 | 47 | 12.5 | 25.6 | 2.1 | 10.7 | 16.6 | 2.5 | 14.9 | 30.5 | 3.5 | 14.8 | 25.9 | 4.0 | 15.0 | 25.7 | 0.1 |

1人1日当たり(g)

| | 食品群番号 | 利根沼田保健所 | | | 館林保健所 | | | 前橋市保健所 | | | 高崎市保健所 | | | 渋川保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 39 | | | 30 | | | 79 | | | 38 | | | 37 | | |
| 総量 | 1～98 | 2,340.1 | 767.2 | 2,218.1 | 2,035.8 | 594.5 | 1,942.6 | 2,142.8 | 757.7 | 2,112.3 | 2,121.9 | 652.4 | 2,042.0 | 2,089.1 | 607.9 | 2,060.6 |
| 動物性食品 | 48～76,79 | 364.5 | 166.9 | 327.7 | 353.5 | 225.1 | 328.6 | 336.1 | 146.8 | 315.4 | 334.4 | 175.8 | 303.5 | 318.0 | 200.1 | 319.0 |
| 植物性食品 | 1～47,77,78,80～98 | 1,975.6 | 745.7 | 1,987.0 | 1,682.3 | 515.9 | 1,583.5 | 1,806.7 | 703.0 | 1,738.2 | 1,787.4 | 600.6 | 1,652.8 | 1,771.1 | 551.7 | 1,756.3 |
| 穀類 | 1～12 | 468.3 | 180.9 | 460.0 | 437.4 | 134.1 | 445.0 | 384.9 | 204.5 | 363.0 | 344.1 | 141.9 | 324.1 | 458.1 | 178.9 | 455.0 |
| 米・加工品 | 1,2 | 357.2 | 222.3 | 320.0 | 331.9 | 164.0 | 274.5 | 258.4 | 187.9 | 221.0 | 250.2 | 145.5 | 225.0 | 307.8 | 210.6 | 272.0 |
| 米 | 1 | 357.2 | 222.3 | 320.0 | 330.2 | 165.4 | 274.5 | 256.5 | 188.2 | 221.0 | 250.2 | 145.5 | 225.0 | 307.8 | 210.6 | 272.0 |
| 米加工品 | 2 | 0.0 | 0.0 | 0.0 | 1.7 | 8.4 | 0.0 | 1.9 | 7.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 81.7 | 88.9 | 60.0 | 98.1 | 93.0 | 77.0 | 110.1 | 124.0 | 72.0 | 89.7 | 78.0 | 61.0 | 148.7 | 127.6 | 121.5 |
| 小麦粉類 | 3 | 1.2 | 4.5 | 0.0 | 2.9 | 5.6 | 0.9 | 3.7 | 13.4 | 0.0 | 1.8 | 3.5 | 0.0 | 8.7 | 20.8 | 0.0 |
| パン類(菓子パンを除く) | 4 | 31.9 | 40.7 | 0.0 | 9.5 | 25.0 | 0.0 | 27.0 | 43.4 | 0.0 | 38.5 | 49.7 | 0.0 | 26.3 | 34.2 | 0.0 |
| 菓子パン類 | 5 | 5.9 | 25.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 9.0 | 0.0 | 11.3 | 27.3 | 0.0 | 12.4 | 29.1 | 0.0 |
| うどん、中華めん類 | 6 | 35.6 | 79.6 | 0.0 | 40.3 | 77.8 | 0.0 | 57.8 | 112.3 | 0.0 | 31.6 | 72.2 | 0.0 | 80.6 | 107.7 | 0.0 |
| 即席中華めん | 7 | 1.0 | 6.4 | 0.0 | 7.2 | 27.6 | 0.0 | 1.3 | 11.8 | 0.0 | 2.6 | 11.3 | 0.0 | 6.9 | 23.7 | 0.0 |
| パスタ類 | 8 | 4.3 | 10.3 | 0.0 | 28.9 | 80.1 | 0.0 | 10.8 | 45.4 | 0.0 | 0.6 | 2.8 | 0.0 | 9.0 | 36.0 | 0.0 |
| その他の小麦加工品 | 9 | 1.9 | 4.3 | 0.0 | 9.4 | 15.6 | 0.0 | 8.3 | 29.6 | 0.0 | 3.2 | 9.1 | 0.0 | 4.8 | 14.2 | 0.0 |
| その他の穀類・加工品 | 10～12 | 29.4 | 84.3 | 0.0 | 7.5 | 31.6 | 0.0 | 16.4 | 51.7 | 0.0 | 4.2 | 20.8 | 0.0 | 1.6 | 5.9 | 0.0 |
| そば・加工品 | 10 | 13.8 | 62.2 | 0.0 | 5.7 | 31.0 | 0.0 | 12.4 | 50.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 1.3 | 7.3 | 0.0 | 2.6 | 12.2 | 0.0 | 0.4 | 2.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 15.7 | 59.3 | 0.0 | 0.5 | 2.7 | 0.0 | 1.4 | 6.7 | 0.0 | 3.8 | 20.7 | 0.0 | 1.6 | 5.9 | 0.0 |
| いも類 | 13～16 | 86.9 | 115.2 | 61.2 | 22.5 | 30.5 | 9.4 | 49.2 | 62.6 | 31.6 | 69.9 | 64.9 | 50.9 | 45.8 | 56.4 | 30.0 |
| いも・加工品 | 13～15 | 86.3 | 115.3 | 60.0 | 16.6 | 27.9 | 0.0 | 48.2 | 62.3 | 30.9 | 67.4 | 64.4 | 50.9 | 43.5 | 53.9 | 30.0 |
| さつまいも・加工品 | 13 | 16.0 | 62.7 | 0.0 | 7.0 | 23.7 | 0.0 | 11.5 | 40.5 | 0.0 | 1.6 | 7.7 | 0.0 | 14.4 | 39.6 | 0.0 |
| じゃがいも・加工品 | 14 | 51.7 | 57.7 | 44.0 | 4.1 | 13.2 | 0.0 | 14.8 | 34.8 | 0.0 | 43.6 | 50.2 | 35.4 | 13.7 | 35.1 | 0.0 |
| その他のいも・加工品 | 15 | 18.6 | 32.9 | 0.0 | 5.5 | 11.4 | 0.0 | 22.0 | 42.4 | 0.0 | 22.2 | 51.7 | 0.0 | 15.4 | 30.2 | 0.0 |
| でんぷん・加工品 | 16 | 0.6 | 1.8 | 0.0 | 5.9 | 16.4 | 0.0 | 0.9 | 2.5 | 0.0 | 2.4 | 6.6 | 0.0 | 2.3 | 10.3 | 0.0 |
| 砂糖・甘味料類 | 17 | 8.9 | 13.0 | 3.8 | 6.0 | 6.3 | 4.0 | 6.4 | 9.8 | 3.0 | 8.9 | 9.3 | 6.7 | 4.1 | 6.2 | 1.2 |
| 豆類 | 18～23 | 82.8 | 56.0 | 86.0 | 46.2 | 80.2 | 2.0 | 79.2 | 82.9 | 51.0 | 81.5 | 81.7 | 75.5 | 44.8 | 45.4 | 45.0 |
| 大豆・加工品 | 18～22 | 81.8 | 56.2 | 85.0 | 45.2 | 79.9 | 2.0 | 74.6 | 82.5 | 45.0 | 81.2 | 81.9 | 75.5 | 44.8 | 45.4 | 45.0 |
| 大豆(全粒)・加工品 | 18 | 2.6 | 11.2 | 0.0 | 1.6 | 6.1 | 0.0 | 4.8 | 19.5 | 0.0 | 0.5 | 1.8 | 0.0 | 0.5 | 1.9 | 0.0 |
| 豆腐 | 19 | 59.2 | 52.7 | 50.8 | 27.7 | 65.0 | 0.0 | 35.2 | 58.5 | 0.0 | 41.1 | 49.6 | 35.3 | 28.8 | 43.8 | 0.0 |
| 油揚げ類 | 20 | 1.4 | 3.2 | 0.0 | 3.5 | 8.0 | 0.0 | 6.5 | 21.4 | 0.0 | 8.1 | 17.3 | 0.0 | 5.8 | 13.9 | 0.0 |
| 納豆 | 21 | 12.7 | 17.0 | 0.0 | 12.5 | 21.2 | 0.0 | 16.5 | 22.2 | 0.0 | 15.7 | 21.1 | 0.0 | 9.7 | 16.1 | 0.0 |
| その他の大豆加工品 | 22 | 5.9 | 15.6 | 0.0 | 0.0 | 0.0 | 0.0 | 11.6 | 42.4 | 0.0 | 15.9 | 45.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の豆・加工品 | 23 | 1.0 | 4.7 | 0.0 | 1.0 | 5.5 | 0.0 | 4.6 | 17.8 | 0.0 | 0.3 | 1.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 種実類 | 24 | 2.4 | 4.0 | 0.0 | 0.9 | 2.5 | 0.0 | 3.0 | 8.7 | 0.0 | 11.3 | 36.9 | 0.0 | 0.9 | 4.0 | 0.0 |
| 野菜類 | 25～38 | 319.9 | 146.1 | 340.2 | 199.3 | 133.7 | 185.8 | 345.3 | 183.5 | 340.9 | 304.7 | 170.0 | 281.8 | 256.1 | 193.3 | 190.4 |
| 緑黄色野菜 | 25～29 | 123.7 | 103.8 | 101.4 | 52.7 | 61.4 | 23.4 | 117.3 | 89.6 | 106.3 | 95.5 | 90.4 | 68.7 | 86.0 | 98.8 | 52.0 |
| トマト | 25 | 34.2 | 60.8 | 0.0 | 2.5 | 6.9 | 0.0 | 37.8 | 63.5 | 0.0 | 36.7 | 81.9 | 0.0 | 15.3 | 37.8 | 0.0 |
| にんじん | 26 | 21.3 | 22.9 | 11.8 | 12.1 | 17.8 | 2.7 | 14.3 | 17.3 | 8.8 | 19.6 | 20.9 | 10.3 | 12.3 | 23.2 | 0.0 |
| ほうれん草 | 27 | 3.0 | 10.7 | 0.0 | 10.9 | 27.5 | 0.0 | 24.5 | 49.6 | 0.0 | 8.1 | 21.3 | 0.0 | 0.7 | 4.1 | 0.0 |
| ピーマン | 28 | 9.6 | 24.4 | 0.0 | 5.8 | 11.3 | 0.0 | 6.7 | 17.7 | 0.0 | 6.7 | 17.7 | 0.0 | 2.9 | 15.8 | 0.0 |
| その他の緑黄色野菜 | 29 | 55.7 | 62.1 | 32.5 | 21.4 | 40.8 | 2.5 | 34.0 | 44.3 | 17.0 | 24.5 | 34.3 | 8.5 | 54.8 | 74.7 | 18.4 |
| その他の野菜 | 30～35 | 172.4 | 98.1 | 162.6 | 138.0 | 104.4 | 131.0 | 202.6 | 135.3 | 183.2 | 161.3 | 103.3 | 168.7 | 156.5 | 111.5 | 130.8 |
| キャベツ | 30 | 20.8 | 51.4 | 0.0 | 25.7 | 37.4 | 0.0 | 27.5 | 40.2 | 3.0 | 10.1 | 17.2 | 0.0 | 31.1 | 51.4 | 18.0 |
| きゅうり | 31 | 11.4 | 19.4 | 0.0 | 4.9 | 10.0 | 0.0 | 22.6 | 45.7 | 0.0 | 12.6 | 22.0 | 0.0 | 23.5 | 52.2 | 0.0 |
| 大根 | 32 | 37.6 | 43.0 | 22.5 | 34.1 | 66.2 | 0.0 | 34.7 | 60.2 | 0.0 | 18.9 | 28.2 | 0.0 | 14.9 | 32.9 | 0.0 |
| たまねぎ | 33 | 45.8 | 37.7 | 47.4 | 28.8 | 43.6 | 6.9 | 30.0 | 42.7 | 4.0 | 23.4 | 31.1 | 7.4 | 16.5 | 29.0 | 0.0 |
| はくさい | 34 | 15.8 | 36.0 | 0.0 | 4.0 | 14.0 | 0.0 | 17.3 | 43.0 | 0.0 | 27.3 | 43.0 | 0.0 | 21.6 | 46.8 | 0.0 |
| その他の淡色野菜 | 35 | 41.1 | 38.4 | 30.6 | 40.5 | 44.4 | 24.3 | 70.6 | 63.1 | 65.7 | 69.0 | 71.3 | 39.5 | 48.9 | 41.4 | 36.0 |
| 野菜ジュース | 36 | 0.0 | 0.0 | 0.0 | 4.0 | 18.5 | 0.0 | 16.4 | 51.9 | 0.0 | 20.5 | 54.7 | 0.0 | 5.1 | 31.2 | 0.0 |
| 漬け物 | 37,38 | 23.8 | 43.0 | 2.4 | 4.6 | 12.7 | 0.0 | 8.9 | 17.5 | 0.0 | 27.4 | 36.5 | 12.3 | 8.4 | 12.6 | 0.0 |
| 葉類漬け物 | 37 | 12.7 | 27.0 | 0.0 | 3.3 | 10.9 | 0.0 | 2.5 | 9.7 | 0.0 | 5.3 | 16.2 | 0.0 | 0.3 | 1.6 | 0.0 |
| たくあん・その他の漬け物 | 38 | 11.1 | 23.3 | 0.0 | 1.3 | 7.1 | 0.0 | 6.4 | 15.3 | 0.0 | 22.1 | 36.2 | 1.0 | 8.2 | 12.5 | 0.0 |
| 果実類 | 39～45 | 158.0 | 186.7 | 100.0 | 55.4 | 116.1 | 0.0 | 137.2 | 167.7 | 96.0 | 92.5 | 104.3 | 49.0 | 90.1 | 121.4 | 69.0 |
| 生果 | 39～43 | 155.2 | 186.1 | 100.0 | 48.7 | 93.4 | 0.0 | 129.9 | 159.9 | 85.0 | 86.0 | 104.0 | 24.0 | 83.1 | 96.4 | 69.0 |
| いちご | 39 | 0.1 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 1.1 | 0.0 | 0.3 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 0.0 | 0.0 | 0.0 | 1.8 | 10.0 | 0.0 | 16.5 | 38.2 | 0.0 | 19.9 | 65.0 | 0.0 | 15.2 | 28.9 | 0.0 |
| バナナ | 41 | 41.2 | 77.8 | 0.0 | 6.6 | 25.2 | 0.0 | 7.3 | 22.4 | 0.0 | 25.6 | 54.0 | 0.0 | 19.3 | 36.4 | 0.0 |
| りんご | 42 | 44.7 | 67.6 | 0.0 | 19.8 | 47.7 | 0.0 | 56.1 | 97.3 | 0.0 | 13.6 | 44.4 | 0.0 | 17.5 | 63.3 | 0.0 |
| その他の生果 | 43 | 69.2 | 125.1 | 0.0 | 20.5 | 50.5 | 0.0 | 49.9 | 101.7 | 0.0 | 26.5 | 51.4 | 0.0 | 31.1 | 62.2 | 0.0 |
| ジャム | 44 | 1.5 | 6.5 | 0.0 | 0.0 | 0.0 | 0.0 | 2.9 | 7.7 | 0.0 | 0.6 | 2.3 | 0.0 | 0.8 | 3.1 | 0.0 |
| 果汁・果汁飲料 | 45 | 1.3 | 8.0 | 0.0 | 6.7 | 36.5 | 0.0 | 4.4 | 26.1 | 0.0 | 5.9 | 32.4 | 0.0 | 6.1 | 32.8 | 0.0 |
| きのこ類 | 46 | 15.4 | 19.5 | 9.6 | 9.7 | 16.3 | 0.0 | 25.1 | 30.0 | 17.0 | 18.5 | 26.7 | 1.7 | 14.9 | 23.0 | 0.0 |
| 藻類 | 47 | 6.7 | 10.9 | 0.0 | 5.6 | 9.2 | 0.1 | 13.6 | 22.3 | 0.8 | 3.8 | 6.7 | 0.5 | 10.3 | 11.9 | 6.2 |

1人1日当たり(g)

| | 食品群番号 | 藤岡保健所 | | | 富岡保健所 | | | 安中保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 調査人数(人) | | 41 | | | 28 | | | 70 | | |
| 総量 | 1～98 | 2,174.4 | 720.4 | 1,973.5 | 2,073.8 | 842.0 | 2,010.7 | 2,135.7 | 686.9 | 2,191.6 |
| 動物性食品 | 48～76,79 | 377.8 | 187.9 | 333.0 | 262.3 | 123.7 | 226.8 | 348.0 | 153.0 | 325.0 |
| 植物性食品 | 1～47,77,78,80～98 | 1,796.6 | 611.9 | 1,643.4 | 1,811.6 | 782.9 | 1,793.5 | 1,787.7 | 614.5 | 1,745.1 |
| 穀類 | 1～12 | 427.8 | 176.0 | 384.9 | 395.8 | 141.6 | 385.0 | 359.7 | 138.3 | 343.7 |
| 米・加工品 | 1,2 | 258.5 | 186.9 | 220.0 | 329.4 | 175.5 | 310.0 | 255.1 | 137.2 | 255.0 |
| 米 | 1 | 257.0 | 187.3 | 212.0 | 329.4 | 175.5 | 310.0 | 255.1 | 137.2 | 255.0 |
| 米加工品 | 2 | 1.6 | 7.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 小麦・加工品 | 3～9 | 149.8 | 96.4 | 112.9 | 64.1 | 89.2 | 7.3 | 99.1 | 95.5 | 72.0 |
| 小麦粉類 | 3 | 3.4 | 17.2 | 0.0 | 1.1 | 3.9 | 0.0 | 3.2 | 10.0 | 0.0 |
| パン類(菓子パンを除く) | 4 | 43.4 | 47.8 | 31.0 | 31.1 | 43.1 | 0.0 | 27.9 | 41.5 | 0.0 |
| 菓子パン類 | 5 | 3.5 | 12.7 | 0.0 | 0.0 | 0.0 | 0.0 | 5.4 | 23.8 | 0.0 |
| うどん、中華めん類 | 6 | 90.5 | 101.4 | 60.0 | 25.3 | 64.8 | 0.0 | 41.0 | 82.2 | 0.0 |
| 即席中華めん | 7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.8 | 21.7 | 0.0 |
| パスタ類 | 8 | 0.5 | 3.1 | 0.0 | 3.2 | 12.2 | 0.0 | 12.0 | 59.0 | 0.0 |
| その他の小麦加工品 | 9 | 8.5 | 25.8 | 0.0 | 3.4 | 15.8 | 0.0 | 3.8 | 13.6 | 0.0 |
| その他の穀類・加工品 | 10～12 | 19.5 | 62.4 | 0.0 | 2.3 | 12.1 | 0.0 | 5.5 | 19.7 | 0.0 |
| そば・加工品 | 10 | 15.1 | 62.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 9.6 | 0.0 |
| とうもろこし・加工品 | 11 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の穀類 | 12 | 4.3 | 11.1 | 0.0 | 2.3 | 12.1 | 0.0 | 4.3 | 17.5 | 0.0 |
| いも類 | 13～16 | 71.4 | 76.0 | 58.3 | 43.9 | 90.9 | 0.0 | 73.9 | 71.5 | 49.0 |
| いも・加工品 | 13～15 | 70.5 | 76.3 | 55.0 | 43.4 | 91.1 | 0.0 | 73.7 | 71.5 | 49.0 |
| さつまいも・加工品 | 13 | 9.4 | 34.2 | 0.0 | 11.9 | 32.6 | 0.0 | 14.4 | 38.7 | 0.0 |
| じゃがいも・加工品 | 14 | 28.4 | 34.7 | 16.5 | 16.8 | 35.1 | 0.0 | 30.4 | 37.7 | 12.6 |
| その他のいも・加工品 | 15 | 32.8 | 75.7 | 0.0 | 14.7 | 64.7 | 0.0 | 29.0 | 47.8 | 3.5 |
| でんぷん・加工品 | 16 | 0.9 | 2.0 | 0.0 | 0.5 | 0.9 | 0.0 | 0.2 | 0.9 | 0.0 |
| 砂糖・甘味料類 | 17 | 6.2 | 8.4 | 2.4 | 9.3 | 11.3 | 5.0 | 6.3 | 8.4 | 3.8 |
| 豆類 | 18～23 | 74.0 | 64.4 | 58.0 | 85.5 | 80.0 | 46.0 | 78.9 | 89.9 | 50.0 |
| 大豆・加工品 | 18～22 | 72.5 | 63.8 | 58.0 | 85.5 | 80.0 | 46.0 | 77.8 | 90.2 | 50.0 |
| 大豆(全粒)・加工品 | 18 | 2.5 | 8.2 | 0.0 | 2.3 | 9.4 | 0.0 | 0.6 | 2.5 | 0.0 |
| 豆腐 | 19 | 43.4 | 52.3 | 32.0 | 40.3 | 48.7 | 23.5 | 47.7 | 79.4 | 22.0 |
| 油揚げ類 | 20 | 5.2 | 12.4 | 0.0 | 4.9 | 20.7 | 0.0 | 7.5 | 17.0 | 0.0 |
| 納豆 | 21 | 17.5 | 20.1 | 14.0 | 22.0 | 22.6 | 20.0 | 14.7 | 23.0 | 0.0 |
| その他の大豆加工品 | 22 | 3.9 | 14.1 | 0.0 | 16.1 | 59.4 | 0.0 | 7.3 | 31.3 | 0.0 |
| その他の豆・加工品 | 23 | 1.5 | 6.1 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 5.5 | 0.0 |
| 種実類 | 24 | 4.3 | 11.4 | 0.0 | 0.3 | 0.9 | 0.0 | 2.8 | 7.4 | 0.0 |
| 野菜類 | 25～38 | 348.6 | 164.7 | 347.3 | 312.6 | 153.6 | 295.0 | 297.5 | 169.5 | 250.5 |
| 緑黄色野菜 | 25～29 | 96.9 | 91.4 | 87.6 | 109.1 | 94.7 | 112.0 | 94.2 | 66.7 | 78.6 |
| トマト | 25 | 14.7 | 31.4 | 0.0 | 25.5 | 35.5 | 0.0 | 22.0 | 38.8 | 0.0 |
| にんじん | 26 | 20.6 | 19.8 | 19.0 | 23.6 | 25.0 | 22.8 | 20.2 | 21.1 | 15.0 |
| ほうれん草 | 27 | 4.1 | 12.1 | 0.0 | 17.9 | 29.1 | 0.0 | 9.6 | 21.0 | 0.0 |
| ピーマン | 28 | 3.5 | 7.4 | 0.0 | 9.0 | 17.9 | 0.0 | 6.0 | 15.7 | 0.0 |
| その他の緑黄色野菜 | 29 | 54.0 | 84.3 | 30.0 | 33.0 | 59.1 | 0.5 | 36.4 | 50.5 | 10.2 |
| その他の野菜 | 30～35 | 230.9 | 147.1 | 207.7 | 157.7 | 99.9 | 150.0 | 179.5 | 126.4 | 146.3 |
| キャベツ | 30 | 61.2 | 113.6 | 20.1 | 52.4 | 72.0 | 20.0 | 28.6 | 41.5 | 0.0 |
| きゅうり | 31 | 21.2 | 36.5 | 0.8 | 7.8 | 20.3 | 0.0 | 7.7 | 23.5 | 0.0 |
| 大根 | 32 | 28.4 | 52.0 | 0.0 | 7.3 | 31.1 | 0.0 | 41.1 | 53.4 | 28.3 |
| たまねぎ | 33 | 35.1 | 40.9 | 15.0 | 26.9 | 27.3 | 23.5 | 31.9 | 38.3 | 14.3 |
| はくさい | 34 | 13.9 | 37.5 | 0.0 | 7.1 | 17.8 | 0.0 | 24.1 | 55.7 | 0.0 |
| その他の淡色野菜 | 35 | 71.1 | 87.5 | 45.0 | 56.1 | 49.0 | 44.3 | 46.1 | 45.8 | 29.8 |
| 野菜ジュース | 36 | 5.1 | 32.5 | 0.0 | 14.5 | 53.2 | 0.0 | 14.9 | 65.6 | 0.0 |
| 漬け物 | 37,38 | 15.7 | 23.1 | 5.3 | 31.3 | 46.3 | 0.0 | 8.9 | 18.9 | 0.0 |
| 葉類漬け物 | 37 | 3.6 | 15.5 | 0.0 | 8.2 | 26.3 | 0.0 | 4.5 | 18.0 | 0.0 |
| たくあん・その他の漬け物 | 38 | 12.1 | 19.5 | 2.0 | 23.1 | 42.9 | 0.0 | 4.4 | 8.1 | 0.0 |
| 果実類 | 39～45 | 158.9 | 115.9 | 145.5 | 102.8 | 113.9 | 57.5 | 93.5 | 126.5 | 62.6 |
| 生果 | 39～43 | 155.7 | 115.4 | 140.0 | 80.3 | 100.6 | 0.0 | 83.2 | 99.1 | 50.0 |
| いちご | 39 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 柑橘類 | 40 | 37.9 | 46.1 | 1.5 | 5.1 | 27.0 | 0.0 | 15.3 | 37.4 | 0.0 |
| バナナ | 41 | 17.1 | 35.0 | 0.0 | 16.9 | 37.8 | 0.0 | 14.3 | 34.9 | 0.0 |
| りんご | 42 | 43.3 | 60.0 | 0.0 | 23.6 | 62.4 | 0.0 | 30.6 | 56.5 | 0.0 |
| その他の生果 | 43 | 57.3 | 89.8 | 0.0 | 34.7 | 67.3 | 0.0 | 23.0 | 57.9 | 0.0 |
| ジャム | 44 | 2.7 | 6.4 | 0.0 | 2.7 | 6.1 | 0.0 | 2.0 | 5.4 | 0.0 |
| 果汁・果汁飲料 | 45 | 0.5 | 3.1 | 0.0 | 19.8 | 74.9 | 0.0 | 8.3 | 66.3 | 0.0 |
| きのこ類 | 46 | 23.9 | 27.9 | 15.5 | 14.7 | 20.6 | 0.0 | 17.8 | 19.9 | 14.0 |
| 藻類 | 47 | 6.6 | 14.1 | 0.5 | 32.1 | 62.6 | 12.3 | 15.0 | 28.1 | 3.6 |

1人1日当たり(g)

| | 食品群番号 | 総　数 | | | 桐生保健所 | | | 伊勢崎保健所 | | | 太田保健所 | | | 吾妻保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 65.1 | 67.5 | 53.0 | 64.1 | 74.6 | 49.8 | 50.4 | 56.0 | 34.5 | 45.7 | 49.1 | 34.7 | 74.0 | 69.6 | 75.0 |
| 生魚介類 | 48～55 | 29.2 | 49.4 | 0.0 | 22.2 | 44.9 | 0.0 | 23.8 | 43.1 | 0.0 | 14.6 | 27.7 | 0.0 | 12.8 | 26.8 | 0.0 |
| あじ、いわし類 | 48 | 6.6 | 25.5 | 0.0 | 1.3 | 10.9 | 0.0 | 12.5 | 36.8 | 0.0 | 1.4 | 8.3 | 0.0 | 8.7 | 23.3 | 0.0 |
| さけ、ます | 49 | 4.3 | 20.3 | 0.0 | 2.9 | 12.8 | 0.0 | 2.3 | 17.5 | 0.0 | 2.5 | 11.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| たい、かれい類 | 50 | 3.4 | 16.4 | 0.0 | 2.8 | 13.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.5 | 9.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| まぐろ、かじき類 | 51 | 4.1 | 21.5 | 0.0 | 11.2 | 33.9 | 0.0 | 0.7 | 6.3 | 0.0 | 2.6 | 15.7 | 0.0 | 1.3 | 7.7 | 0.0 |
| その他の生魚 | 52 | 5.5 | 23.2 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 10.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 貝類 | 53 | 0.9 | 6.5 | 0.0 | 0.3 | 1.7 | 0.0 | 1.8 | 12.1 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 | 5.7 | 0.0 |
| いか、たこ類 | 54 | 2.7 | 12.5 | 0.0 | 2.2 | 12.8 | 0.0 | 2.6 | 10.5 | 0.0 | 4.1 | 15.5 | 0.0 | 1.2 | 6.9 | 0.0 |
| えび、かに類 | 55 | 1.6 | 6.4 | 0.0 | 1.5 | 6.1 | 0.0 | 1.8 | 7.6 | 0.0 | 2.4 | 7.1 | 0.0 | 0.3 | 1.8 | 0.0 |
| 魚介加工品 | 56～60 | 36.0 | 51.8 | 14.0 | 41.9 | 60.4 | 20.0 | 26.6 | 37.5 | 7.0 | 31.1 | 47.5 | 9.4 | 61.2 | 72.5 | 67.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 21.7 | 39.6 | 0.0 | 29.9 | 55.5 | 1.0 | 13.3 | 30.6 | 0.0 | 26.5 | 46.7 | 3.7 | 44.7 | 40.8 | 48.3 |
| 魚介(缶詰) | 57 | 3.6 | 15.1 | 0.0 | 1.6 | 9.5 | 0.0 | 6.9 | 19.1 | 0.0 | 0.0 | 0.0 | 0.0 | 6.9 | 17.9 | 0.0 |
| 魚介(佃煮) | 58 | 0.1 | 1.7 | 0.0 | 0.5 | 3.5 | 0.0 | 0.2 | 1.8 | 0.0 | 0.3 | 1.1 | 0.0 | 0.6 | 3.8 | 0.0 |
| 魚介(練り製品) | 59 | 9.1 | 26.3 | 0.0 | 7.4 | 15.2 | 0.0 | 6.2 | 20.3 | 0.0 | 4.4 | 12.1 | 0.0 | 8.9 | 38.6 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.4 | 10.2 | 0.0 | 2.5 | 14.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 肉類 | 61～69 | 91.4 | 77.0 | 78.5 | 98.9 | 93.5 | 64.5 | 100.2 | 91.1 | 80.0 | 81.9 | 62.9 | 65.0 | 68.7 | 65.9 | 52.5 |
| 畜肉 | 61～64 | 63.8 | 63.1 | 50.0 | 44.0 | 43.3 | 34.2 | 74.8 | 87.1 | 52.5 | 54.5 | 41.1 | 60.1 | 49.7 | 53.8 | 36.3 |
| 牛肉 | 61 | 9.2 | 30.7 | 0.0 | 7.6 | 26.8 | 0.0 | 16.0 | 48.8 | 0.0 | 10.1 | 26.2 | 0.0 | 6.5 | 26.8 | 0.0 |
| 豚肉 | 62 | 42.9 | 49.7 | 28.9 | 29.1 | 39.1 | 8.6 | 47.4 | 60.4 | 26.0 | 32.9 | 37.4 | 25.0 | 31.9 | 48.8 | 2.5 |
| ハム、ソーセージ類 | 63 | 11.7 | 20.0 | 0.0 | 7.3 | 12.3 | 0.0 | 11.5 | 19.6 | 0.0 | 11.6 | 20.6 | 0.0 | 11.3 | 16.0 | 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 26.5 | 52.1 | 0.0 | 54.8 | 84.6 | 0.0 | 25.4 | 48.7 | 0.0 | 27.3 | 50.3 | 0.0 | 19.0 | 45.1 | 0.0 |
| 鶏肉 | 65 | 26.5 | 52.1 | 0.0 | 54.8 | 84.6 | 0.0 | 25.4 | 48.7 | 0.0 | 27.3 | 50.3 | 0.0 | 19.0 | 45.1 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 1.1 | 10.7 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 42.1 | 38.9 | 45.0 | 37.5 | 35.0 | 41.6 | 41.8 | 48.4 | 36.0 | 44.5 | 40.1 | 54.7 | 36.4 | 42.8 | 24.6 |
| 乳類 | 71～75 | 135.0 | 145.1 | 90.0 | 100.9 | 114.1 | 76.0 | 126.0 | 162.7 | 79.0 | 186.4 | 178.4 | 165.0 | 175.5 | 177.0 | 155.5 |
| 牛乳・乳製品 | 71～74 | 135.0 | 145.1 | 90.0 | 100.9 | 114.1 | 76.0 | 126.0 | 162.7 | 79.0 | 186.4 | 178.4 | 165.0 | 175.5 | 177.0 | 155.5 |
| 牛乳 | 71 | 70.9 | 109.9 | 0.0 | 60.2 | 93.4 | 0.0 | 69.6 | 140.9 | 0.0 | 78.5 | 123.7 | 0.0 | 104.9 | 111.6 | 91.4 |
| チーズ | 72 | 3.6 | 8.0 | 0.0 | 1.1 | 3.7 | 0.0 | 3.6 | 8.2 | 0.0 | 2.6 | 6.7 | 0.0 | 3.9 | 9.4 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 53.9 | 85.2 | 0.0 | 36.3 | 67.9 | 0.0 | 37.4 | 62.8 | 0.0 | 102.1 | 106.8 | 87.5 | 55.2 | 95.9 | 0.0 |
| その他の乳製品 | 74 | 6.6 | 25.6 | 0.0 | 3.2 | 12.0 | 0.0 | 15.4 | 46.1 | 0.0 | 3.2 | 19.3 | 0.0 | 11.6 | 37.4 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 11.7 | 9.5 | 10.0 | 13.0 | 10.2 | 10.8 | 11.5 | 8.8 | 10.2 | 15.0 | 10.4 | 12.1 | 14.7 | 12.6 | 14.0 |
| バター | 76 | 0.6 | 2.1 | 0.0 | 0.4 | 1.6 | 0.0 | 0.6 | 2.1 | 0.0 | 0.5 | 2.1 | 0.0 | 0.5 | 1.9 | 0.0 |
| マーガリン | 77 | 1.2 | 3.5 | 0.0 | 1.0 | 3.4 | 0.0 | 0.9 | 3.8 | 0.0 | 1.2 | 3.5 | 0.0 | 1.8 | 3.9 | 0.0 |
| 植物性油脂 | 78 | 9.6 | 8.5 | 7.5 | 10.9 | 9.8 | 9.4 | 9.7 | 7.3 | 9.6 | 12.7 | 9.8 | 9.4 | 11.9 | 10.6 | 12.0 |
| 動物性油脂 | 79 | 0.3 | 1.6 | 0.0 | 0.6 | 3.0 | 0.0 | 0.2 | 1.2 | 0.0 | 0.6 | 2.5 | 0.0 | 0.5 | 1.4 | 0.0 |
| その他の油脂 | 80 | 0.0 | 0.6 | 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 | 23.4 | 42.7 | 0.0 | 20.9 | 40.3 | 0.0 | 18.8 | 38.6 | 0.0 | 49.2 | 81.1 | 14.5 | 40.0 | 58.1 | 20.0 |
| 和菓子類 | 81 | 11.4 | 30.0 | 0.0 | 12.4 | 29.8 | 0.0 | 7.2 | 21.8 | 0.0 | 40.8 | 78.0 | 0.0 | 15.8 | 24.1 | 0.0 |
| ケーキ・ペストリー類 | 82 | 4.2 | 18.8 | 0.0 | 1.4 | 6.6 | 0.0 | 3.3 | 15.6 | 0.0 | 0.3 | 1.5 | 0.0 | 10.7 | 31.2 | 0.0 |
| ビスケット類 | 83 | 2.2 | 10.2 | 0.0 | 1.6 | 5.4 | 0.0 | 1.2 | 9.1 | 0.0 | 2.4 | 5.4 | 0.0 | 0.6 | 3.4 | 0.0 |
| キャンディー類 | 84 | 0.1 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 1.7 | 0.0 | 0.3 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 5.3 | 19.0 | 0.0 | 5.6 | 15.7 | 0.0 | 6.8 | 25.2 | 0.0 | 5.5 | 25.0 | 0.0 | 12.9 | 31.5 | 0.0 |
| 嗜好飲料類 | 86～91 | 682.0 | 479.2 | 600.0 | 605.2 | 402.4 | 518.6 | 592.6 | 454.4 | 552.0 | 715.2 | 414.1 | 636.8 | 784.5 | 509.3 | 817.7 |
| アルコール飲料 | 86～88 | 97.8 | 255.7 | 0.0 | 60.5 | 152.3 | 0.0 | 63.5 | 169.1 | 0.0 | 83.6 | 206.1 | 0.0 | 80.6 | 211.3 | 0.0 |
| 日本酒 | 86 | 6.2 | 37.3 | 0.0 | 4.2 | 21.8 | 0.0 | 4.4 | 31.8 | 0.0 | 0.7 | 2.0 | 0.0 | 13.6 | 76.9 | 0.0 |
| ビール | 87 | 58.4 | 200.9 | 0.0 | 28.1 | 101.7 | 0.0 | 41.3 | 144.7 | 0.0 | 59.4 | 134.7 | 0.0 | 31.1 | 101.4 | 0.0 |
| 洋酒・その他 | 88 | 33.3 | 129.1 | 0.0 | 28.3 | 91.7 | 0.0 | 17.8 | 83.8 | 0.0 | 23.5 | 99.1 | 0.0 | 35.9 | 133.6 | 0.0 |
| その他の嗜好飲料 | 89～91 | 584.2 | 410.6 | 511.0 | 544.7 | 360.7 | 501.0 | 529.1 | 430.0 | 500.0 | 631.6 | 369.7 | 500.0 | 703.9 | 454.7 | 673.0 |
| 茶 | 89 | 277.2 | 336.9 | 180.0 | 268.0 | 329.8 | 190.0 | 190.0 | 287.0 | 0.0 | 383.1 | 348.0 | 433.3 | 454.2 | 431.0 | 450.0 |
| コーヒー・ココア | 90 | 158.8 | 193.3 | 146.0 | 153.5 | 152.7 | 165.0 | 151.7 | 176.0 | 152.0 | 139.3 | 160.5 | 145.0 | 142.6 | 153.5 | 150.0 |
| その他の嗜好飲料 | 91 | 148.2 | 270.3 | 0.0 | 123.2 | 209.7 | 0.0 | 187.3 | 385.4 | 0.0 | 109.2 | 210.5 | 0.0 | 107.0 | 238.9 | 0.0 |
| 調味料・香辛料類 | 92～98 | 71.3 | 47.8 | 62.4 | 74.5 | 34.9 | 69.4 | 54.4 | 32.5 | 50.0 | 84.1 | 71.0 | 74.4 | 93.6 | 60.6 | 73.8 |
| 調味料 | 92～97 | 70.8 | 47.8 | 61.7 | 74.1 | 34.8 | 67.7 | 54.1 | 32.4 | 49.5 | 83.7 | 71.0 | 74.4 | 92.4 | 60.9 | 73.5 |
| ソース | 92 | 1.7 | 5.0 | 0.0 | 2.4 | 6.0 | 0.0 | 1.3 | 2.8 | 0.0 | 0.5 | 1.7 | 0.0 | 1.8 | 4.4 | 0.0 |
| しょうゆ | 93 | 12.0 | 11.9 | 9.0 | 10.6 | 9.7 | 9.1 | 11.5 | 10.8 | 9.4 | 14.6 | 11.0 | 14.4 | 13.5 | 15.5 | 8.6 |
| 塩 | 94 | 1.2 | 1.3 | 0.8 | 1.1 | 1.1 | 0.8 | 1.0 | 1.2 | 0.8 | 1.2 | 1.2 | 1.0 | 1.0 | 1.2 | 0.7 |
| マヨネーズ | 95 | 3.9 | 7.6 | 0.0 | 4.1 | 6.7 | 0.0 | 3.6 | 7.1 | 0.0 | 4.5 | 6.1 | 1.0 | 4.7 | 14.1 | 0.0 |
| 味噌 | 96 | 11.5 | 12.8 | 9.0 | 14.6 | 13.0 | 12.0 | 8.2 | 12.1 | 1.8 | 12.4 | 10.8 | 10.1 | 19.9 | 25.3 | 12.2 |
| その他の調味料 | 97 | 40.5 | 42.9 | 30.0 | 41.3 | 27.1 | 36.0 | 28.5 | 30.4 | 20.6 | 50.6 | 67.2 | 30.1 | 51.5 | 53.1 | 37.8 |
| 香辛料・その他 | 98 | 0.5 | 1.6 | 0.0 | 0.4 | 0.9 | 0.0 | 0.3 | 1.0 | 0.0 | 0.4 | 0.8 | 0.0 | 1.3 | 2.3 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 利根沼田保健所 | | | 館林保健所 | | | 前橋市保健所 | | | 高崎市保健所 | | | 渋川保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 75.2 | 81.1 | 41.5 | 71.2 | 60.9 | 80.0 | 87.7 | 71.9 | 70.0 | 57.8 | 69.7 | 38.5 | 52.4 | 68.3 | 30.0 |
| 生魚介類 | 48～55 | 51.2 | 74.3 | 0.0 | 45.9 | 53.6 | 19.8 | 38.9 | 51.0 | 4.0 | 25.6 | 44.7 | 0.0 | 38.0 | 66.9 | 0.0 |
| あじ、いわし類 | 48 | 6.6 | 30.3 | 0.0 | 14.6 | 38.0 | 0.0 | 2.8 | 9.9 | 0.0 | 7.1 | 19.6 | 0.0 | 8.7 | 27.7 | 0.0 |
| さけ、ます | 49 | 15.9 | 40.6 | 0.0 | 2.5 | 9.5 | 0.0 | 9.2 | 36.2 | 0.0 | 4.6 | 15.2 | 0.0 | 1.0 | 6.1 | 0.0 |
| たい、かれい類 | 50 | 0.0 | 0.0 | 0.0 | 1.3 | 5.1 | 0.0 | 2.5 | 11.0 | 0.0 | 9.9 | 31.3 | 0.0 | 9.9 | 29.2 | 0.0 |
| まぐろ、かじき類 | 51 | 17.6 | 51.6 | 0.0 | 3.3 | 12.7 | 0.0 | 5.5 | 25.1 | 0.0 | 0.3 | 1.6 | 0.0 | 0.8 | 4.9 | 0.0 |
| その他の生魚 | 52 | 9.8 | 36.2 | 0.0 | 13.9 | 36.7 | 0.0 | 12.6 | 32.7 | 0.0 | 0.3 | 1.6 | 0.0 | 15.9 | 38.7 | 0.0 |
| 貝類 | 53 | 0.0 | 0.0 | 0.0 | 2.1 | 7.8 | 0.0 | 0.7 | 4.7 | 0.0 | 2.9 | 11.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| いか、たこ類 | 54 | 0.0 | 0.0 | 0.0 | 5.9 | 18.3 | 0.0 | 3.2 | 11.1 | 0.0 | 0.3 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| えび、かに類 | 55 | 1.3 | 5.8 | 0.0 | 2.3 | 6.5 | 0.0 | 2.4 | 9.1 | 0.0 | 0.4 | 1.8 | 0.0 | 1.6 | 6.8 | 0.0 |
| 魚介加工品 | 56～60 | 24.0 | 28.2 | 14.0 | 25.3 | 41.9 | 3.6 | 48.7 | 64.5 | 24.0 | 32.2 | 48.1 | 11.0 | 14.5 | 27.2 | 3.0 |
| 魚介(塩蔵、生干し、乾物) | 56 | 14.1 | 22.5 | 0.0 | 11.0 | 28.0 | 0.0 | 26.6 | 48.0 | 0.8 | 22.8 | 40.6 | 1.0 | 9.9 | 24.5 | 0.0 |
| 魚介(缶詰) | 57 | 3.8 | 8.2 | 0.0 | 1.1 | 4.7 | 0.0 | 6.1 | 27.3 | 0.0 | 1.6 | 5.2 | 0.0 | 2.2 | 10.0 | 0.0 |
| 魚介(佃煮) | 58 | 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 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 3.9 | 14.2 | 0.0 | 13.2 | 35.9 | 0.0 | 14.4 | 34.8 | 0.0 | 6.6 | 16.1 | 0.0 | 0.4 | 2.5 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 2.2 | 4.8 | 0.0 | 0.0 | 0.0 | 0.0 | 1.7 | 10.5 | 0.0 | 1.2 | 5.1 | 0.0 | 1.9 | 11.5 | 0.0 |
| 肉類 | 61～69 | 96.8 | 88.8 | 90.0 | 114.9 | 83.4 | 102.5 | 87.5 | 64.8 | 80.0 | 100.9 | 67.0 | 99.8 | 112.0 | 89.5 | 92.0 |
| 畜肉 | 61～64 | 76.8 | 72.1 | 77.0 | 86.4 | 66.8 | 73.7 | 68.5 | 61.4 | 65.1 | 60.2 | 61.4 | 41.3 | 84.2 | 68.9 | 84.0 |
| 牛肉 | 61 | 7.4 | 24.3 | 0.0 | 7.8 | 20.2 | 0.0 | 10.8 | 29.5 | 0.0 | 5.8 | 12.6 | 0.0 | 18.2 | 41.8 | 0.0 |
| 豚肉 | 62 | 55.1 | 51.3 | 52.5 | 61.7 | 63.7 | 58.6 | 45.3 | 49.9 | 30.4 | 39.6 | 52.4 | 4.7 | 49.3 | 50.3 | 40.0 |
| ハム、ソーセージ類 | 63 | 14.3 | 18.5 | 0.0 | 16.9 | 38.2 | 0.0 | 12.4 | 21.7 | 0.0 | 14.7 | 21.8 | 2.0 | 16.8 | 19.7 | 10.0 |
| 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 | 0.0 | 0.0 |
| 鳥肉 | 65,66 | 19.9 | 33.8 | 0.0 | 28.5 | 53.4 | 0.0 | 18.9 | 45.3 | 0.0 | 37.8 | 62.2 | 0.0 | 19.1 | 42.3 | 0.0 |
| 鶏肉 | 65 | 19.9 | 33.8 | 0.0 | 28.5 | 53.4 | 0.0 | 18.9 | 45.3 | 0.0 | 37.8 | 62.2 | 0.0 | 19.1 | 42.3 | 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 | 0.0 | 0.0 |
| 肉類(内臓) | 67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.9 | 10.6 | 0.0 | 8.6 | 37.0 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 0.0 |
| 卵類 | 70 | 48.5 | 28.4 | 51.0 | 30.5 | 44.2 | 8.4 | 50.0 | 37.2 | 51.2 | 46.1 | 49.4 | 26.5 | 33.6 | 30.7 | 42.8 |
| 乳類 | 71～75 | 143.6 | 154.5 | 86.0 | 135.8 | 172.6 | 77.0 | 109.8 | 116.2 | 76.0 | 128.6 | 127.6 | 80.5 | 119.6 | 138.8 | 75.0 |
| 牛乳・乳製品 | 71～74 | 143.6 | 154.5 | 86.0 | 135.8 | 172.6 | 77.0 | 109.8 | 116.2 | 76.0 | 128.6 | 127.6 | 80.5 | 119.6 | 138.8 | 75.0 |
| 牛乳 | 71 | 80.0 | 113.9 | 0.0 | 82.2 | 131.4 | 0.0 | 61.7 | 95.4 | 0.0 | 67.2 | 109.8 | 4.8 | 55.5 | 94.0 | 0.0 |
| チーズ | 72 | 5.1 | 8.5 | 0.0 | 1.0 | 2.6 | 0.0 | 4.6 | 9.7 | 0.0 | 3.2 | 6.4 | 0.0 | 3.0 | 7.5 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 51.6 | 74.6 | 0.0 | 41.6 | 137.2 | 0.0 | 40.1 | 48.1 | 0.0 | 52.8 | 90.7 | 0.0 | 54.8 | 113.7 | 0.0 |
| その他の乳製品 | 74 | 6.8 | 26.9 | 0.0 | 11.1 | 40.7 | 0.0 | 3.3 | 11.0 | 0.0 | 5.3 | 14.2 | 0.0 | 6.3 | 13.5 | 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 | 0.0 | 0.0 |
| 油脂類 | 76～80 | 10.5 | 8.0 | 8.0 | 14.2 | 8.8 | 12.2 | 10.3 | 8.3 | 8.5 | 11.3 | 9.1 | 10.6 | 11.9 | 11.0 | 8.0 |
| バター | 76 | 0.5 | 1.7 | 0.0 | 0.7 | 1.3 | 0.0 | 1.0 | 2.3 | 0.0 | 0.8 | 2.9 | 0.0 | 0.3 | 1.0 | 0.0 |
| マーガリン | 77 | 1.6 | 4.2 | 0.0 | 0.3 | 1.8 | 0.0 | 0.5 | 2.2 | 0.0 | 2.0 | 3.5 | 0.0 | 1.8 | 4.2 | 0.0 |
| 植物性油脂 | 78 | 8.5 | 7.6 | 7.2 | 12.8 | 8.4 | 11.8 | 8.6 | 7.0 | 7.0 | 8.0 | 8.6 | 5.2 | 9.7 | 11.4 | 4.9 |
| 動物性油脂 | 79 | 0.0 | 0.0 | 0.0 | 0.4 | 1.3 | 0.0 | 0.3 | 1.1 | 0.0 | 0.3 | 1.9 | 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 | 0.2 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 20.1 | 30.5 | 5.0 | 20.3 | 35.5 | 0.0 | 22.6 | 40.0 | 0.0 | 33.5 | 53.3 | 0.0 | 17.3 | 30.7 | 0.0 |
| 和菓子類 | 81 | 8.9 | 24.0 | 0.0 | 3.3 | 10.6 | 0.0 | 11.9 | 29.8 | 0.0 | 9.7 | 19.6 | 0.0 | 7.4 | 16.3 | 0.0 |
| ケーキ・ペストリー類 | 82 | 1.4 | 4.9 | 0.0 | 12.4 | 33.6 | 0.0 | 4.0 | 15.0 | 0.0 | 10.8 | 35.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| ビスケット類 | 83 | 6.3 | 14.6 | 0.0 | 1.4 | 7.7 | 0.0 | 2.0 | 6.0 | 0.0 | 6.1 | 28.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| キャンディー類 | 84 | 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 | 0.0 | 0.0 |
| その他の菓子類 | 85 | 3.5 | 8.8 | 0.0 | 3.2 | 10.5 | 0.0 | 4.7 | 20.5 | 0.0 | 6.9 | 18.6 | 0.0 | 9.9 | 26.1 | 0.0 |
| 嗜好飲料類 | 86～91 | 723.9 | 612.5 | 519.5 | 796.3 | 427.4 | 602.0 | 655.7 | 494.2 | 620.3 | 747.8 | 418.9 | 665.5 | 739.6 | 449.2 | 700.0 |
| アルコール飲料 | 86～88 | 160.3 | 437.6 | 0.2 | 154.6 | 369.6 | 0.0 | 119.3 | 312.8 | 0.9 | 118.7 | 231.1 | 0.2 | 156.8 | 303.4 | 0.0 |
| 日本酒 | 86 | 1.2 | 2.7 | 0.0 | 2.0 | 7.6 | 0.0 | 13.8 | 52.7 | 0.0 | 5.6 | 29.1 | 0.0 | 0.5 | 1.6 | 0.0 |
| ビール | 87 | 129.8 | 378.5 | 0.0 | 114.3 | 337.6 | 0.0 | 68.8 | 264.0 | 0.0 | 64.8 | 125.5 | 0.0 | 114.4 | 266.6 | 0.0 |
| 洋酒・その他 | 88 | 29.3 | 118.7 | 0.0 | 38.2 | 121.5 | 0.0 | 36.7 | 128.8 | 0.0 | 48.3 | 136.0 | 0.0 | 42.0 | 95.5 | 0.0 |
| その他の嗜好飲料 | 89～91 | 563.5 | 385.1 | 452.0 | 641.7 | 336.0 | 561.5 | 536.5 | 398.3 | 550.5 | 629.1 | 391.4 | 601.0 | 582.8 | 354.7 | 555.0 |
| 茶 | 89 | 249.2 | 334.9 | 205.0 | 194.7 | 285.3 | 0.0 | 278.0 | 352.3 | 180.0 | 247.9 | 321.1 | 151.0 | 325.6 | 358.3 | 200.0 |
| コーヒー・ココア | 90 | 119.0 | 184.7 | 0.0 | 306.2 | 325.7 | 203.5 | 160.6 | 182.7 | 102.0 | 161.9 | 163.0 | 151.0 | 112.5 | 144.3 | 0.0 |
| その他の嗜好飲料 | 91 | 195.4 | 305.1 | 0.0 | 140.9 | 202.6 | 0.0 | 97.8 | 188.9 | 0.0 | 219.3 | 252.8 | 132.8 | 144.6 | 234.5 | 0.0 |
| 調味料・香辛料類 | 92～98 | 72.2 | 33.3 | 68.6 | 69.6 | 63.7 | 56.5 | 75.6 | 52.7 | 66.7 | 60.7 | 32.9 | 52.0 | 77.6 | 69.5 | 62.8 |
| 調味料 | 92～97 | 71.1 | 33.2 | 68.0 | 69.2 | 63.4 | 55.6 | 75.2 | 52.6 | 66.7 | 60.2 | 32.9 | 50.4 | 77.4 | 69.5 | 62.8 |
| ソース | 92 | 0.1 | 0.5 | 0.0 | 3.1 | 5.4 | 0.0 | 1.5 | 4.8 | 0.0 | 0.9 | 3.0 | 0.0 | 4.5 | 10.5 | 0.0 |
| しょうゆ | 93 | 9.7 | 11.5 | 8.1 | 10.4 | 10.9 | 7.9 | 13.4 | 10.3 | 12.6 | 9.3 | 9.6 | 5.8 | 10.0 | 9.2 | 7.8 |
| 塩 | 94 | 0.8 | 0.8 | 0.6 | 1.4 | 1.1 | 1.1 | 1.6 | 1.8 | 1.0 | 1.0 | 1.2 | 0.7 | 1.5 | 1.5 | 1.5 |
| マヨネーズ | 95 | 6.0 | 7.9 | 0.0 | 2.9 | 5.6 | 0.0 | 3.2 | 5.9 | 0.0 | 3.6 | 6.3 | 0.0 | 2.3 | 4.3 | 0.0 |
| 味噌 | 96 | 11.5 | 9.4 | 10.5 | 7.9 | 10.9 | 0.0 | 12.7 | 14.2 | 12.0 | 11.4 | 10.1 | 11.3 | 8.1 | 9.3 | 8.1 |
| その他の調味料 | 97 | 43.0 | 26.8 | 42.3 | 43.5 | 56.6 | 24.3 | 42.8 | 48.8 | 30.0 | 34.0 | 31.0 | 22.5 | 51.0 | 70.4 | 34.9 |
| 香辛料・その他 | 98 | 1.1 | 4.6 | 0.0 | 0.4 | 1.6 | 0.0 | 0.4 | 0.7 | 0.0 | 0.5 | 0.9 | 0.0 | 0.2 | 0.9 | 0.0 |

1人1日当たり(g)

| | 食品群番号 | 藤岡保健所 | | | 富岡保健所 | | | 安中保健所 | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 | 平均値 | 標準偏差 | 中央値 |
| 魚介類 | 48～60 | 53.5 | 54.7 | 39.4 | 51.0 | 69.6 | 10.0 | 80.4 | 67.7 | 68.4 |
| 生魚介類 | 48～55 | 21.4 | 42.7 | 0.0 | 18.7 | 41.8 | 0.0 | 33.9 | 49.2 | 0.0 |
| あじ、いわし類 | 48 | 5.3 | 19.1 | 0.0 | 0.0 | 0.0 | 0.0 | 8.3 | 34.4 | 0.0 |
| さけ、ます | 49 | 2.5 | 9.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.1 | 12.7 | 0.0 |
| たい、かれい類 | 50 | 4.4 | 15.8 | 0.0 | 2.9 | 15.1 | 0.0 | 7.8 | 25.1 | 0.0 |
| まぐろ、かじき類 | 51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 | 12.8 | 0.0 |
| その他の生魚 | 52 | 2.4 | 15.6 | 0.0 | 15.5 | 40.2 | 0.0 | 2.2 | 11.0 | 0.0 |
| 貝類 | 53 | 1.2 | 4.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 4.3 | 0.0 |
| いか、たこ類 | 54 | 3.5 | 11.1 | 0.0 | 0.4 | 1.9 | 0.0 | 6.3 | 22.4 | 0.0 |
| えび、かに類 | 55 | 2.0 | 7.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 4.9 | 0.0 |
| 魚介加工品 | 56～60 | 32.1 | 48.9 | 10.0 | 32.3 | 63.6 | 2.5 | 46.5 | 47.1 | 30.4 |
| 魚介(塩蔵、生干し、乾物) | 56 | 20.0 | 35.1 | 2.0 | 15.9 | 29.2 | 1.3 | 22.9 | 35.0 | 0.4 |
| 魚介(缶詰) | 57 | 3.1 | 11.1 | 0.0 | 0.9 | 4.5 | 0.0 | 3.3 | 12.4 | 0.0 |
| 魚介(佃煮) | 58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 魚介(練り製品) | 59 | 7.3 | 16.2 | 0.0 | 10.6 | 30.5 | 0.0 | 18.3 | 38.4 | 0.0 |
| 魚肉ハム、ソーセージ | 60 | 1.7 | 7.6 | 0.0 | 4.9 | 18.1 | 0.0 | 2.0 | 16.7 | 0.0 |
| 肉類 | 61～69 | 83.0 | 69.2 | 80.0 | 91.0 | 53.5 | 89.5 | 68.9 | 57.1 | 60.0 |
| 畜肉 | 61～64 | 56.2 | 52.3 | 50.3 | 71.9 | 42.5 | 55.0 | 50.3 | 53.4 | 38.4 |
| 牛肉 | 61 | 3.7 | 11.9 | 0.0 | 0.3 | 1.7 | 0.0 | 6.5 | 28.4 | 0.0 |
| 豚肉 | 62 | 45.8 | 50.8 | 39.9 | 64.0 | 37.8 | 50.0 | 31.7 | 36.3 | 25.0 |
| ハム、ソーセージ類 | 63 | 6.8 | 16.8 | 0.0 | 7.6 | 13.6 | 0.0 | 12.1 | 18.1 | 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 |
| 鳥肉 | 65,66 | 22.1 | 38.9 | 0.0 | 19.1 | 35.4 | 0.0 | 18.6 | 36.3 | 0.0 |
| 鶏肉 | 65 | 22.1 | 38.9 | 0.0 | 19.1 | 35.4 | 0.0 | 18.6 | 36.3 | 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 |
| 肉類(内臓) | 67 | 4.7 | 16.5 | 0.0 | 0.0 | 0.0 | 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 |
| 鯨肉 | 68 | 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 |
| 卵類 | 70 | 43.1 | 33.4 | 50.0 | 27.4 | 25.2 | 30.0 | 48.4 | 33.0 | 51.1 |
| 乳類 | 71～75 | 197.9 | 138.9 | 186.0 | 91.8 | 123.5 | 12.5 | 149.4 | 130.9 | 136.5 |
| 牛乳・乳製品 | 71～74 | 197.9 | 138.9 | 186.0 | 91.8 | 123.5 | 12.5 | 149.4 | 130.9 | 136.5 |
| 牛乳 | 71 | 84.2 | 103.0 | 11.5 | 41.0 | 73.8 | 0.0 | 77.5 | 98.1 | 7.3 |
| チーズ | 72 | 6.2 | 8.3 | 0.0 | 4.5 | 11.6 | 0.0 | 4.3 | 8.1 | 0.0 |
| 発酵乳・乳酸菌飲料 | 73 | 103.3 | 95.0 | 112.0 | 42.1 | 65.5 | 0.0 | 65.2 | 82.6 | 42.5 |
| その他の乳製品 | 74 | 4.1 | 13.9 | 0.0 | 4.2 | 13.9 | 0.0 | 2.3 | 6.6 | 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 |
| 油脂類 | 76～80 | 10.4 | 7.4 | 9.0 | 10.3 | 9.6 | 8.5 | 10.2 | 9.5 | 6.1 |
| バター | 76 | 0.1 | 0.7 | 0.0 | 1.2 | 2.7 | 0.0 | 0.9 | 2.7 | 0.0 |
| マーガリン | 77 | 1.5 | 4.3 | 0.0 | 1.2 | 3.9 | 0.0 | 1.2 | 3.4 | 0.0 |
| 植物性油脂 | 78 | 8.4 | 6.2 | 8.0 | 7.4 | 6.9 | 6.0 | 8.0 | 8.2 | 5.4 |
| 動物性油脂 | 79 | 0.2 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.6 | 0.0 |
| その他の油脂 | 80 | 0.1 | 0.5 | 0.0 | 0.5 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| 菓子類 | 81～85 | 16.0 | 17.0 | 11.6 | 20.4 | 30.1 | 0.0 | 17.4 | 32.5 | 0.0 |
| 和菓子類 | 81 | 10.6 | 17.1 | 0.0 | 7.2 | 13.3 | 0.0 | 8.3 | 19.1 | 0.0 |
| ケーキ・ペストリー類 | 82 | 1.4 | 5.6 | 0.0 | 6.5 | 21.3 | 0.0 | 4.8 | 21.5 | 0.0 |
| ビスケット類 | 83 | 1.5 | 4.7 | 0.0 | 5.3 | 10.3 | 0.0 | 1.7 | 6.3 | 0.0 |
| キャンディー類 | 84 | 0.2 | 1.4 | 0.0 | 0.3 | 1.4 | 0.0 | 0.3 | 2.4 | 0.0 |
| その他の菓子類 | 85 | 2.2 | 6.0 | 0.0 | 1.1 | 4.5 | 0.0 | 2.3 | 6.3 | 0.0 |
| 嗜好飲料類 | 86～91 | 581.6 | 436.9 | 457.0 | 711.6 | 610.9 | 651.9 | 744.2 | 515.7 | 706.0 |
| アルコール飲料 | 86～88 | 33.0 | 116.7 | 0.0 | 51.5 | 109.0 | 0.0 | 125.0 | 283.5 | 0.0 |
| 日本酒 | 86 | 1.6 | 4.7 | 0.0 | 14.3 | 46.8 | 0.0 | 8.1 | 51.1 | 0.0 |
| ビール | 87 | 24.6 | 109.9 | 0.0 | 25.2 | 92.4 | 0.0 | 47.5 | 151.8 | 0.0 |
| 洋酒・その他 | 88 | 6.8 | 43.7 | 0.0 | 12.0 | 53.3 | 0.0 | 69.4 | 243.9 | 0.0 |
| その他の嗜好飲料 | 89～91 | 548.5 | 435.9 | 430.0 | 660.1 | 565.2 | 510.0 | 619.2 | 436.9 | 583.8 |
| 茶 | 89 | 313.1 | 374.1 | 186.0 | 306.7 | 373.7 | 165.0 | 266.4 | 274.0 | 190.0 |
| コーヒー・ココア | 90 | 147.2 | 184.5 | 83.3 | 224.8 | 290.4 | 187.5 | 150.9 | 198.5 | 100.0 |
| その他の嗜好飲料 | 91 | 88.3 | 184.2 | 0.0 | 128.6 | 200.4 | 0.0 | 201.9 | 338.6 | 0.0 |
| 調味料・香辛料類 | 92～98 | 67.3 | 32.0 | 59.0 | 73.6 | 42.1 | 66.2 | 71.4 | 45.0 | 61.9 |
| 調味料 | 92～97 | 66.7 | 32.0 | 58.7 | 73.0 | 42.1 | 65.9 | 71.2 | 44.9 | 61.4 |
| ソース | 92 | 1.6 | 4.9 | 0.0 | 1.0 | 3.8 | 0.0 | 1.6 | 5.4 | 0.0 |
| しょうゆ | 93 | 12.2 | 13.4 | 7.7 | 16.8 | 13.6 | 16.8 | 12.9 | 16.0 | 6.2 |
| 塩 | 94 | 1.4 | 1.6 | 0.6 | 1.6 | 1.6 | 1.1 | 0.9 | 1.2 | 0.5 |
| マヨネーズ | 95 | 5.6 | 11.1 | 0.0 | 2.5 | 4.9 | 0.0 | 4.3 | 8.2 | 0.0 |
| 味噌 | 96 | 9.7 | 9.5 | 7.5 | 14.5 | 11.3 | 11.7 | 10.1 | 8.9 | 8.7 |
| その他の調味料 | 97 | 36.2 | 27.9 | 28.3 | 36.6 | 32.1 | 29.0 | 41.3 | 37.4 | 33.6 |
| 香辛料・その他 | 98 | 0.6 | 1.0 | 0.0 | 0.6 | 1.0 | 0.5 | 0.3 | 0.7 | 0.0 |

表51　野菜類の摂取量区分毎の人数の割合 - 摂取量区分、年齢階級別、人数、割合ー総数・男性・女性、20歳以上

| | | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲)20歳以上 | | (再掲)20～64歳 | | (再掲)65～74歳 | | (再掲)75歳以上 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % |
| 総数 | 総　数 | 591 | 100.0 | 25 | 100.0 | 60 | 100.0 | 69 | 100.0 | 74 | 100.0 | 114 | 100.0 | 249 | 100.0 | 591 | 100.0 | 272 | 100.0 | 162 | 100.0 | 157 | 100.0 |
| | 70g未満 | 40 | 6.8 | 3 | 12.0 | 9 | 15.0 | 3 | 4.3 | 6 | 8.1 | 7 | 6.1 | 12 | 4.8 | 40 | 6.8 | 23 | 8.5 | 7 | 4.3 | 10 | 6.4 |
| | 70～140g未満 | 86 | 14.6 | 6 | 24.0 | 12 | 20.0 | 14 | 20.3 | 9 | 12.2 | 16 | 14.0 | 29 | 11.6 | 86 | 14.6 | 45 | 16.5 | 22 | 13.6 | 19 | 12.1 |
| | 140～210 | 93 | 15.7 | 5 | 20.0 | 10 | 16.7 | 12 | 17.4 | 19 | 25.7 | 10 | 8.8 | 37 | 14.9 | 93 | 15.7 | 49 | 18.0 | 16 | 9.9 | 28 | 17.8 |
| | 210～280 | 92 | 15.6 | 3 | 12.0 | 10 | 16.7 | 10 | 14.5 | 12 | 16.2 | 17 | 14.9 | 40 | 16.1 | 92 | 15.6 | 44 | 16.2 | 26 | 16.0 | 22 | 14.0 |
| | 280～350 | 74 | 12.5 | 4 | 16.0 | 5 | 8.3 | 13 | 18.8 | 7 | 9.5 | 17 | 14.9 | 28 | 11.2 | 74 | 12.5 | 34 | 12.5 | 22 | 13.6 | 18 | 11.5 |
| | 350g以上 | 206 | 34.9 | 4 | 16.0 | 14 | 23.3 | 17 | 24.6 | 21 | 28.4 | 47 | 41.2 | 103 | 41.4 | 206 | 34.9 | 77 | 28.3 | 69 | 42.6 | 60 | 38.2 |
| 男性 | 総　数 | 266 | 100.0 | 9 | 100.0 | 29 | 100.0 | 30 | 100.0 | 38 | 100.0 | 46 | 100.0 | 114 | 100.0 | 266 | 100.0 | 123 | 100.0 | 70 | 100.0 | 73 | 100.0 |
| | 70g未満 | 18 | 6.8 | 1 | 11.1 | 4 | 13.8 | 2 | 6.7 | 4 | 10.5 | 3 | 6.5 | 4 | 3.5 | 18 | 6.8 | 11 | 8.9 | 3 | 4.3 | 4 | 5.5 |
| | 70～140g未満 | 38 | 14.3 | 2 | 22.2 | 6 | 20.7 | 7 | 23.3 | 4 | 10.5 | 4 | 8.7 | 15 | 13.2 | 38 | 14.3 | 20 | 16.3 | 9 | 12.9 | 9 | 12.3 |
| | 140～210 | 43 | 16.2 | 4 | 44.4 | 6 | 20.7 | 6 | 20.0 | 8 | 21.1 | 3 | 6.5 | 16 | 14.0 | 43 | 16.2 | 25 | 20.3 | 5 | 7.1 | 13 | 17.8 |
| | 210～280 | 36 | 13.5 | 0 | 0.0 | 4 | 13.8 | 1 | 3.3 | 6 | 15.8 | 8 | 17.4 | 17 | 14.9 | 36 | 13.5 | 14 | 11.4 | 11 | 15.7 | 11 | 15.1 |
| | 280～350 | 27 | 10.2 | 1 | 11.1 | 1 | 3.4 | 6 | 20.0 | 4 | 10.5 | 5 | 10.9 | 10 | 8.8 | 27 | 10.2 | 14 | 11.4 | 8 | 11.4 | 5 | 6.8 |
| | 350g以上 | 104 | 39.1 | 1 | 11.1 | 8 | 27.6 | 8 | 26.7 | 12 | 31.6 | 23 | 50.0 | 52 | 45.6 | 104 | 39.1 | 39 | 31.7 | 34 | 48.6 | 31 | 42.5 |
| 女性 | 総　数 | 325 | 100.0 | 16 | 100.0 | 31 | 100.0 | 39 | 100.0 | 36 | 100.0 | 68 | 100.0 | 135 | 100.0 | 325 | 100.0 | 149 | 100.0 | 92 | 100.0 | 84 | 100.0 |
| | 70g未満 | 22 | 6.8 | 2 | 12.5 | 5 | 16.1 | 1 | 2.6 | 2 | 5.6 | 4 | 5.9 | 8 | 5.9 | 22 | 6.8 | 12 | 8.1 | 4 | 4.3 | 6 | 7.1 |
| | 70～140g未満 | 48 | 14.8 | 4 | 25.0 | 6 | 19.4 | 7 | 17.9 | 5 | 13.9 | 12 | 17.6 | 14 | 10.4 | 48 | 14.8 | 25 | 16.8 | 13 | 14.1 | 10 | 11.9 |
| | 140～210 | 50 | 15.4 | 1 | 6.3 | 4 | 12.9 | 6 | 15.4 | 11 | 30.6 | 7 | 10.3 | 21 | 15.6 | 50 | 15.4 | 24 | 16.1 | 11 | 12.0 | 15 | 17.9 |
| | 210～280 | 56 | 17.2 | 3 | 18.8 | 6 | 19.4 | 9 | 23.1 | 6 | 16.7 | 9 | 13.2 | 23 | 17.0 | 56 | 17.2 | 30 | 20.1 | 15 | 16.3 | 11 | 13.1 |
| | 280～350 | 47 | 14.5 | 3 | 18.8 | 4 | 12.9 | 7 | 17.9 | 3 | 8.3 | 12 | 17.6 | 18 | 13.3 | 47 | 14.5 | 20 | 13.4 | 14 | 15.2 | 13 | 15.5 |
| | 350g以上 | 102 | 31.4 | 3 | 18.8 | 6 | 19.4 | 9 | 23.1 | 9 | 25.0 | 24 | 35.3 | 51 | 37.8 | 102 | 31.4 | 38 | 25.5 | 35 | 38.0 | 29 | 34.5 |

表52　野菜類の摂取量の平均値、標準偏差－年齢階級別、人数、平均値、標準偏差、中央値－ 総数・男性・女性、20歳以上

1人1日当たり(g)

| | 総数 | | | | 20～29歳 | | | | 30～39歳 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 591 | 296.0 | 176.5 | 270.6 | 25 | 216.3 | 144.9 | 163.0 | 60 | 223.0 | 147.4 | 202.8 |
| 男性 | 266 | 306.7 | 186.9 | 274.3 | 9 | 177.6 | 130.0 | 151.5 | 29 | 227.4 | 157.0 | 201.5 |
| 女性 | 325 | 287.2 | 167.2 | 268.2 | 16 | 238.1 | 152.3 | 236.6 | 31 | 218.9 | 140.4 | 211.0 |

| | 40～49歳 | | | | 50～59歳 | | | | 60～69歳 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 69 | 268.0 | 155.4 | 253.5 | 74 | 264.1 | 158.1 | 229.2 | 114 | 317.7 | 176.3 | 317.8 |
| 男性 | 30 | 262.5 | 157.3 | 209.6 | 38 | 277.2 | 174.9 | 244.3 | 46 | 334.0 | 171.7 | 346.5 |
| 女性 | 39 | 272.3 | 155.9 | 254.0 | 36 | 250.3 | 139.2 | 216.8 | 68 | 306.7 | 179.8 | 290.5 |

| | 70歳以上 | | | | (再掲)20歳以上 | | | | (再掲)20～64歳 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 249 | 328.8 | 187.1 | 288.1 | 591 | 296.0 | 176.5 | 270.6 | 272 | 262.2 | 154.8 | 243.8 |
| 男性 | 114 | 347.4 | 202.0 | 315.4 | 266 | 306.7 | 186.9 | 274.3 | 123 | 266.8 | 162.2 | 228.0 |
| 女性 | 135 | 313.1 | 172.7 | 280.9 | 325 | 287.2 | 167.2 | 268.2 | 149 | 258.3 | 148.7 | 246.3 |

| | (再掲)65～74歳 | | | | (再掲)75歳以上 | | | |
|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 162 | 336.9 | 193.3 | 314.8 | 157 | 312.3 | 183.4 | 278.4 |
| 男性 | 70 | 365.5 | 212.6 | 330.0 | 73 | 317.3 | 185.8 | 278.4 |
| 女性 | 92 | 315.1 | 175.3 | 296.3 | 84 | 307.9 | 182.3 | 279.4 |

表53　果実類(ジャム除く)の摂取量区分毎の人数の割合 - 摂取量区分、年齢階級別、人数、割合 - 総数・男性・女性、20歳以上

| | | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲)65～74歳 | | (再掲)75歳以上 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % |
| 総数 | 総　数 | 591 | 100.0 | 25 | 100.0 | 60 | 100.0 | 69 | 100.0 | 74 | 100.0 | 114 | 100.0 | 249 | 100.0 | 162 | 100.0 | 157 | 100.0 |
| | 0g | 207 | 35.0 | 17 | 68.0 | 32 | 53.3 | 39 | 56.5 | 33 | 44.6 | 37 | 32.5 | 49 | 19.7 | 29 | 17.9 | 38 | 24.2 |
| | 50g未満 | 42 | 7.1 | 2 | 8.0 | 3 | 5.0 | 10 | 14.5 | 4 | 5.4 | 8 | 7.0 | 12 | 4.8 | 14 | 8.6 | 6 | 3.8 |
| | 50～100g未満 | 87 | 14.7 | 1 | 4.0 | 10 | 16.7 | 4 | 5.8 | 11 | 14.9 | 16 | 14.0 | 45 | 18.1 | 25 | 15.4 | 29 | 18.5 |
| | 100～150 | 87 | 14.7 | 1 | 4.0 | 10 | 16.7 | 5 | 7.2 | 12 | 16.2 | 17 | 14.9 | 42 | 16.9 | 32 | 19.8 | 23 | 14.6 |
| | 150～200 | 56 | 9.5 | 3 | 12.0 | 1 | 1.7 | 2 | 2.9 | 3 | 4.1 | 8 | 7.0 | 39 | 15.7 | 19 | 11.7 | 24 | 15.3 |
| | 200～250 | 36 | 6.1 | 1 | 4.0 | 1 | 1.7 | 6 | 8.7 | 2 | 2.7 | 11 | 9.6 | 15 | 6.0 | 10 | 6.2 | 13 | 8.3 |
| | 250～300 | 19 | 3.2 | 0 | 0.0 | 3 | 5.0 | 0 | 0.0 | 2 | 2.7 | 6 | 5.3 | 8 | 3.2 | 10 | 6.2 | 2 | 1.3 |
| | 300～350 | 17 | 2.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.4 | 3 | 2.6 | 13 | 5.2 | 8 | 4.9 | 6 | 3.8 |
| | 350～400 | 11 | 1.9 | 0 | 0.0 | 0 | 0.0 | 2 | 2.9 | 1 | 1.4 | 4 | 3.5 | 4 | 1.6 | 6 | 3.7 | 1 | 0.6 |
| | 400g以上 | 29 | 4.9 | 0 | 0.0 | 0 | 0.0 | 1 | 1.4 | 3 | 4.1 | 4 | 3.5 | 21 | 8.4 | 8 | 4.9 | 15 | 9.6 |
| | (再掲)100g未満 | 336 | 56.9 | 20 | 80.0 | 45 | 75.0 | 53 | 76.8 | 50 | 67.6 | 61 | 53.5 | 107 | 43.0 | 69 | 42.6 | 73 | 46.5 |
| | (再掲)200g未満 | 479 | 81.0 | 24 | 96.0 | 56 | 93.3 | 60 | 87.0 | 65 | 87.8 | 86 | 75.4 | 188 | 75.5 | 120 | 74.1 | 120 | 76.4 |
| 男性 | 総　数 | 266 | 100.0 | 9 | 100.0 | 29 | 100.0 | 30 | 100.0 | 38 | 100.0 | 46 | 100.0 | 114 | 100.0 | 70 | 100.0 | 73 | 100.0 |
| | 0g | 101 | 38.0 | 6 | 66.7 | 18 | 62.1 | 19 | 63.3 | 19 | 50.0 | 14 | 30.4 | 25 | 21.9 | 13 | 18.6 | 18 | 24.7 |
| | 50g未満 | 21 | 7.9 | 1 | 11.1 | 2 | 6.9 | 3 | 10.0 | 4 | 10.5 | 4 | 8.7 | 7 | 6.1 | 9 | 12.9 | 2 | 2.7 |
| | 50～100g未満 | 38 | 14.3 | 1 | 11.1 | 3 | 10.3 | 1 | 3.3 | 5 | 13.2 | 9 | 19.6 | 19 | 16.7 | 12 | 17.1 | 13 | 17.8 |
| | 100～150 | 35 | 13.2 | 1 | 11.1 | 4 | 13.8 | 1 | 3.3 | 6 | 15.8 | 6 | 13.0 | 17 | 14.9 | 11 | 15.7 | 11 | 15.1 |
| | 150～200 | 23 | 8.6 | 0 | 0.0 | 0 | 0.0 | 2 | 6.7 | 0 | 0.0 | 3 | 6.5 | 18 | 15.8 | 7 | 10.0 | 12 | 16.4 |
| | 200～250 | 12 | 4.5 | 0 | 0.0 | 1 | 3.4 | 2 | 6.7 | 1 | 2.6 | 3 | 6.5 | 5 | 4.4 | 4 | 5.7 | 4 | 5.5 |
| | 250～300 | 9 | 3.4 | 0 | 0.0 | 1 | 3.4 | 0 | 0.0 | 1 | 2.6 | 3 | 6.5 | 4 | 3.5 | 5 | 7.1 | 1 | 1.4 |
| | 300～350 | 6 | 2.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.2 | 5 | 4.4 | 3 | 4.3 | 2 | 2.7 |
| | 350～400 | 5 | 1.9 | 0 | 0.0 | 0 | 0.0 | 1 | 3.3 | 0 | 0.0 | 2 | 4.3 | 2 | 1.8 | 2 | 2.9 | 1 | 1.4 |
| | 400g以上 | 16 | 6.0 | 0 | 0.0 | 0 | 0.0 | 1 | 3.3 | 2 | 5.3 | 1 | 2.2 | 12 | 10.5 | 4 | 5.7 | 9 | 12.3 |
| | (再掲)100g未満 | 160 | 60.2 | 8 | 88.9 | 23 | 79.3 | 23 | 76.7 | 28 | 73.7 | 27 | 58.7 | 51 | 44.7 | 34 | 48.6 | 33 | 45.2 |
| | (再掲)200g未満 | 218 | 82.0 | 9 | 100.0 | 27 | 93.1 | 26 | 86.7 | 34 | 89.5 | 36 | 78.3 | 86 | 75.4 | 52 | 74.3 | 56 | 76.7 |
| 女性 | 総　数 | 325 | 100.0 | 16 | 100.0 | 31 | 100.0 | 39 | 100.0 | 36 | 100.0 | 68 | 100.0 | 135 | 100.0 | 92 | 100.0 | 84 | 100.0 |
| | 0g | 106 | 32.6 | 11 | 68.8 | 14 | 45.2 | 20 | 51.3 | 14 | 38.9 | 23 | 33.8 | 24 | 17.8 | 16 | 17.4 | 20 | 23.8 |
| | 50g未満 | 21 | 6.5 | 1 | 6.3 | 1 | 3.2 | 7 | 17.9 | 2 | 5.6 | 4 | 5.9 | 6 | 4.4 | 6 | 6.5 | 4 | 4.8 |
| | 50～100g未満 | 49 | 15.1 | 0 | 0.0 | 7 | 22.6 | 3 | 7.7 | 6 | 16.7 | 7 | 10.3 | 26 | 19.3 | 13 | 14.1 | 16 | 19.0 |
| | 100～150 | 52 | 16.0 | 0 | 0.0 | 6 | 19.4 | 4 | 10.3 | 6 | 16.7 | 11 | 16.2 | 25 | 18.5 | 21 | 22.8 | 12 | 14.3 |
| | 150～200 | 33 | 10.2 | 3 | 18.8 | 1 | 3.2 | 0 | 0.0 | 3 | 8.3 | 5 | 7.4 | 21 | 15.6 | 12 | 13.0 | 12 | 14.3 |
| | 200～250 | 24 | 7.4 | 1 | 6.3 | 0 | 0.0 | 4 | 10.3 | 1 | 2.8 | 8 | 11.8 | 10 | 7.4 | 6 | 6.5 | 9 | 10.7 |
| | 250～300 | 10 | 3.1 | 0 | 0.0 | 2 | 6.5 | 0 | 0.0 | 1 | 2.8 | 3 | 4.4 | 4 | 3.0 | 5 | 5.4 | 1 | 1.2 |
| | 300～350 | 11 | 3.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.8 | 2 | 2.9 | 8 | 5.9 | 5 | 5.4 | 4 | 4.8 |
| | 350～400 | 6 | 1.8 | 0 | 0.0 | 0 | 0.0 | 1 | 2.6 | 1 | 2.8 | 2 | 2.9 | 2 | 1.5 | 4 | 4.3 | 0 | 0.0 |
| | 400g以上 | 13 | 4.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.8 | 3 | 4.4 | 9 | 6.7 | 4 | 4.3 | 6 | 7.1 |
| | (再掲)100g未満 | 176 | 54.2 | 12 | 75.0 | 22 | 71.0 | 30 | 76.9 | 22 | 61.1 | 34 | 50.0 | 56 | 41.5 | 35 | 38.0 | 40 | 47.6 |
| | (再掲)200g未満 | 261 | 80.3 | 15 | 93.8 | 29 | 93.5 | 34 | 87.2 | 31 | 86.1 | 50 | 73.5 | 102 | 75.6 | 68 | 73.9 | 64 | 76.2 |

表54　果実類（ジャム除く）の摂取量の平均値、標準偏差－年齢階級別、人数、平均値、標準偏差、中央値－総数・男性・女性、20歳以上

1人1日当たり（g）

| | 総数 | | | | 20～29歳 | | | | 30～39歳 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 591 | 112.1 | 141.4 | 74.0 | 25 | 36.9 | 69.9 | 0.0 | 60 | 53.8 | 74.5 | 0.0 |
| 男性 | 266 | 111.5 | 155.6 | 60.0 | 9 | 22.0 | 42.3 | 0.0 | 29 | 41.4 | 69.4 | 0.0 |
| 女性 | 325 | 112.7 | 128.9 | 88.5 | 16 | 45.3 | 81.6 | 0.0 | 31 | 65.5 | 78.3 | 50.0 |

| | 40～49歳 | | | | 50～59歳 | | | | 60～69歳 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 69 | 56.2 | 98.0 | 0.0 | 74 | 85.5 | 139.5 | 35.0 | 114 | 119.7 | 139.1 | 80.0 |
| 男性 | 30 | 60.6 | 111.5 | 0.0 | 38 | 75.6 | 149.1 | 5.0 | 46 | 112.1 | 135.5 | 71.5 |
| 女性 | 39 | 52.8 | 87.6 | 0.0 | 36 | 96.0 | 129.9 | 65.8 | 68 | 124.8 | 142.3 | 97.5 |

| | 70歳以上 | | | | （再掲）20歳以上 | | | | （再掲）20～64歳 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 249 | 153.7 | 156.1 | 120.0 | 591 | 112.1 | 141.4 | 74.0 | 272 | 70.8 | 113.3 | 0.0 |
| 男性 | 114 | 161.5 | 179.3 | 119.8 | 266 | 111.5 | 155.6 | 60.0 | 123 | 62.6 | 115.0 | 0.0 |
| 女性 | 135 | 147.2 | 133.8 | 120.0 | 325 | 112.7 | 128.9 | 88.5 | 149 | 77.6 | 111.8 | 9.0 |

| | （再掲）65～74歳 | | | | （再掲）75歳以上 | | | |
|---|---|---|---|---|---|---|---|---|
| | 人数 | 平均値 | 標準偏差 | 中央値 | 人数 | 平均値 | 標準偏差 | 中央値 |
| 総数 | 162 | 146.3 | 141.0 | 120.0 | 157 | 148.5 | 165.2 | 105.0 |
| 男性 | 70 | 142.7 | 148.7 | 107.0 | 73 | 163.8 | 194.3 | 116.0 |
| 女性 | 92 | 149.0 | 135.7 | 130.0 | 84 | 135.2 | 134.9 | 102.5 |

表55-1　朝昼夕別にみた1日の食事状況－朝・昼・夕別、食事状況、年齢階級別、人数割合－総数・男性・女性、1歳以上

＜朝食＞

| | 食事状況 | 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）12～14歳 | | （再掲）15～17歳 | | （再掲）20歳以上 | | （再掲）65～74歳 | | （再掲）75歳以上 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 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 | % |
| 総数 | 総数 | 675 | 100.0 | 18 | 2.7 | 48 | 7.1 | 18 | 2.7 | 25 | 3.7 | 60 | 8.9 | 69 | 10.2 | 74 | 11.0 | 114 | 16.9 | 249 | 36.9 | 20 | 3.0 | 9 | 1.3 | 591 | 87.6 | 162 | 24.0 | 157 | 23.3 |
| | 家庭食 | 539 | 100.0 | 15 | 2.8 | 39 | 7.2 | 16 | 3.0 | 17 | 3.2 | 37 | 6.9 | 46 | 8.5 | 47 | 8.7 | 102 | 18.9 | 220 | 40.8 | 18 | 3.3 | 7 | 1.3 | 469 | 87.0 | 145 | 26.9 | 139 | 25.8 |
| | 調理済み食 | 43 | 100.0 | 2 | 4.7 | 4 | 9.3 | 1 | 2.3 | 0 | 0.0 | 4 | 9.3 | 4 | 9.3 | 8 | 18.6 | 4 | 9.3 | 16 | 37.2 | 0 | 0.0 | 1 | 2.3 | 36 | 83.7 | 5 | 11.6 | 14 | 32.6 |
| | 外食 | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 75.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 4 | 100.0 | 0 | 0.0 | 1 | 25.0 |
| | 給食 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 88 | 100.0 | 1 | 1.1 | 5 | 5.7 | 1 | 1.1 | 8 | 9.1 | 19 | 21.6 | 19 | 21.6 | 15 | 17.0 | 8 | 9.1 | 12 | 13.6 | 2 | 2.3 | 1 | 1.1 | 81 | 92.0 | 12 | 13.6 | 3 | 3.4 |
| | 菓子・果物などのみ | 44 | 100.0 | 1 | 2.3 | 4 | 9.1 | 1 | 2.3 | 0 | 0.0 | 8 | 18.2 | 9 | 20.5 | 7 | 15.9 | 3 | 6.8 | 11 | 25.0 | 1 | 2.3 | 1 | 2.3 | 38 | 86.4 | 10 | 22.7 | 2 | 4.5 |
| | 錠剤などのみ | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 1 | 25.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 100.0 | 1 | 25.0 | 0 | 0.0 |
| | 何も食べない | 40 | 100.0 | 0 | 0.0 | 1 | 2.5 | 0 | 0.0 | 8 | 20.0 | 10 | 25.0 | 9 | 22.5 | 7 | 17.5 | 4 | 10.0 | 1 | 2.5 | 1 | 2.5 | 0 | 0.0 | 39 | 97.5 | 1 | 2.5 | 1 | 2.5 |
| 男性 | 総数 | 310 | 100.0 | 8 | 2.6 | 26 | 8.4 | 10 | 3.2 | 9 | 2.9 | 29 | 9.4 | 30 | 9.7 | 38 | 12.3 | 46 | 14.8 | 114 | 36.8 | 11 | 3.5 | 4 | 1.3 | 266 | 85.8 | 70 | 22.6 | 73 | 23.5 |
| | 家庭食 | 236 | 100.0 | 7 | 3.0 | 22 | 9.3 | 9 | 3.8 | 5 | 2.1 | 17 | 7.2 | 19 | 8.1 | 19 | 8.1 | 40 | 16.9 | 98 | 41.5 | 11 | 4.7 | 3 | 1.3 | 198 | 83.9 | 60 | 25.4 | 64 | 27.1 |
| | 調理済み食 | 24 | 100.0 | 1 | 4.2 | 3 | 12.5 | 1 | 4.2 | 0 | 0.0 | 2 | 8.3 | 1 | 4.2 | 5 | 20.8 | 3 | 12.5 | 8 | 33.3 | 0 | 0.0 | 1 | 4.2 | 19 | 79.2 | 3 | 12.5 | 7 | 29.2 |
| | 外食 | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 75.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 4 | 100.0 | 0 | 0.0 | 1 | 25.0 |
| | 給食 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 45 | 100.0 | 0 | 0.0 | 1 | 2.2 | 0 | 0.0 | 4 | 8.9 | 10 | 22.2 | 10 | 22.2 | 10 | 22.2 | 3 | 6.7 | 7 | 15.6 | 0 | 0.0 | 0 | 0.0 | 44 | 97.8 | 7 | 15.6 | 1 | 2.2 |
| | 菓子・果物などのみ | 20 | 100.0 | 0 | 0.0 | 1 | 5.0 | 0 | 0.0 | 0 | 0.0 | 3 | 15.0 | 4 | 20.0 | 5 | 25.0 | 1 | 5.0 | 6 | 30.0 | 0 | 0.0 | 0 | 0.0 | 19 | 95.0 | 6 | 30.0 | 0 | 0.0 |
| | 錠剤などのみ | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 1 | 25.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 100.0 | 1 | 25.0 | 0 | 0.0 |
| | 何も食べない | 21 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 19.0 | 6 | 28.6 | 5 | 23.8 | 4 | 19.0 | 1 | 4.8 | 1 | 4.8 | 0 | 0.0 | 0 | 0.0 | 21 | 100.0 | 0 | 0.0 | 1 | 4.8 |
| 女性 | 総数 | 365 | 100.0 | 10 | 2.7 | 22 | 6.0 | 8 | 2.2 | 16 | 4.4 | 31 | 8.5 | 39 | 10.7 | 36 | 9.9 | 68 | 18.6 | 135 | 37.0 | 9 | 2.5 | 5 | 1.4 | 325 | 89.0 | 92 | 25.2 | 84 | 23.0 |
| | 家庭食 | 303 | 100.0 | 8 | 2.6 | 17 | 5.6 | 7 | 2.3 | 12 | 4.0 | 20 | 6.6 | 27 | 8.9 | 28 | 9.2 | 62 | 20.5 | 122 | 40.3 | 7 | 2.3 | 4 | 1.3 | 271 | 89.4 | 85 | 28.1 | 75 | 24.8 |
| | 調理済み食 | 19 | 100.0 | 1 | 5.3 | 1 | 5.3 | 0 | 0.0 | 0 | 0.0 | 2 | 10.5 | 3 | 15.8 | 3 | 15.8 | 1 | 5.3 | 8 | 42.1 | 0 | 0.0 | 0 | 0.0 | 17 | 89.5 | 2 | 10.5 | 7 | 36.8 |
| | 外食 | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 給食 | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 43 | 100.0 | 1 | 2.3 | 4 | 9.3 | 1 | 2.3 | 4 | 9.3 | 9 | 20.9 | 9 | 20.9 | 5 | 11.6 | 5 | 11.6 | 5 | 11.6 | 2 | 4.7 | 1 | 2.3 | 37 | 86.0 | 5 | 11.6 | 2 | 4.7 |
| | 菓子・果物などのみ | 24 | 100.0 | 1 | 4.2 | 3 | 12.5 | 1 | 4.2 | 0 | 0.0 | 5 | 20.8 | 5 | 20.8 | 2 | 8.3 | 2 | 8.3 | 5 | 20.8 | 1 | 4.2 | 1 | 4.2 | 19 | 79.2 | 4 | 16.7 | 2 | 8.3 |
| | 錠剤などのみ | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 何も食べない | 19 | 100.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 4 | 21.1 | 4 | 21.1 | 4 | 21.1 | 3 | 15.8 | 3 | 15.8 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 18 | 94.7 | 1 | 5.3 | 0 | 0.0 |

＜昼食＞

| 食事状況 | | 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）12～14歳 | | （再掲）15～17歳 | | （再掲）20歳以上 | | （再掲）65～74歳以上 | | （再掲）75歳以上 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 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 | % |
| 総数 | 総数 | 675 | 100.0 | 18 | 2.7 | 48 | 7.1 | 18 | 2.7 | 25 | 3.7 | 60 | 8.9 | 69 | 10.2 | 74 | 11.0 | 114 | 16.9 | 249 | 36.9 | 20 | 3.0 | 9 | 1.3 | 591 | 87.6 | 162 | 24.0 | 157 | 23.3 |
| | 家庭食 | 396 | 100.0 | 3 | 0.8 | 4 | 1.0 | 14 | 3.5 | 14 | 3.5 | 36 | 9.1 | 34 | 8.6 | 33 | 8.3 | 73 | 18.4 | 185 | 46.7 | 2 | 0.5 | 8 | 2.0 | 375 | 94.7 | 114 | 28.8 | 117 | 29.5 |
| | 調理済み食 | 85 | 100.0 | 1 | 1.2 | 0 | 0.0 | 1 | 1.2 | 4 | 4.7 | 8 | 9.4 | 10 | 11.8 | 10 | 11.8 | 17 | 20.0 | 34 | 40.0 | 0 | 0.0 | 1 | 1.2 | 83 | 97.6 | 20 | 23.5 | 26 | 30.6 |
| | 外食 | 72 | 100.0 | 1 | 1.4 | 0 | 0.0 | 2 | 2.8 | 2 | 2.8 | 9 | 12.5 | 10 | 13.9 | 16 | 22.2 | 13 | 18.1 | 19 | 26.4 | 0 | 0.0 | 0 | 0.0 | 69 | 95.8 | 16 | 22.2 | 9 | 12.5 |
| | 給食 | 99 | 100.0 | 13 | 13.1 | 44 | 44.4 | 1 | 1.0 | 3 | 3.0 | 6 | 6.1 | 14 | 14.1 | 8 | 8.1 | 7 | 7.1 | 3 | 3.0 | 18 | 18.2 | 0 | 0.0 | 41 | 41.4 | 5 | 5.1 | 1 | 1.0 |
| | 欠食 | 23 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 8.7 | 1 | 4.3 | 1 | 4.3 | 7 | 30.4 | 4 | 17.4 | 8 | 34.8 | 0 | 0.0 | 0 | 0.0 | 23 | 100.0 | 7 | 30.4 | 4 | 17.4 |
| | 菓子・果物などのみ | 9 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 22.2 | 0 | 0.0 | 1 | 11.1 | 2 | 22.2 | 1 | 11.1 | 3 | 33.3 | 0 | 0.0 | 0 | 0.0 | 9 | 100.0 | 2 | 22.2 | 1 | 11.1 |
| | 錠剤などのみ | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 何も食べない | 14 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 0 | 0.0 | 5 | 35.7 | 3 | 21.4 | 5 | 35.7 | 0 | 0.0 | 0 | 0.0 | 14 | 100.0 | 5 | 35.7 | 3 | 21.4 |
| 男性 | 総数 | 310 | 100.0 | 8 | 2.6 | 26 | 8.4 | 10 | 3.2 | 9 | 2.9 | 29 | 9.4 | 30 | 9.7 | 38 | 12.3 | 46 | 14.8 | 114 | 36.8 | 11 | 3.5 | 4 | 1.3 | 266 | 85.8 | 70 | 22.6 | 73 | 23.5 |
| | 家庭食 | 173 | 100.0 | 1 | 0.6 | 3 | 1.7 | 8 | 4.6 | 5 | 2.9 | 15 | 8.7 | 15 | 8.7 | 15 | 8.7 | 29 | 16.8 | 82 | 47.4 | 1 | 0.6 | 4 | 2.3 | 161 | 93.1 | 44 | 25.4 | 56 | 32.4 |
| | 調理済み食 | 40 | 100.0 | 1 | 2.5 | 0 | 0.0 | 0 | 0.0 | 2 | 5.0 | 5 | 12.5 | 3 | 7.5 | 5 | 12.5 | 8 | 20.0 | 16 | 40.0 | 0 | 0.0 | 0 | 0.0 | 39 | 97.5 | 12 | 30.0 | 11 | 27.5 |
| | 外食 | 36 | 100.0 | 1 | 2.8 | 0 | 0.0 | 1 | 2.8 | 1 | 2.8 | 6 | 16.7 | 3 | 8.3 | 8 | 22.2 | 6 | 16.7 | 10 | 27.8 | 0 | 0.0 | 0 | 0.0 | 34 | 94.4 | 9 | 25.0 | 3 | 8.3 |
| | 給食 | 50 | 100.0 | 5 | 10.0 | 23 | 46.0 | 1 | 2.0 | 0 | 0.0 | 2 | 4.0 | 9 | 18.0 | 6 | 12.0 | 2 | 4.0 | 2 | 4.0 | 10 | 20.0 | 0 | 0.0 | 21 | 42.0 | 2 | 4.0 | 1 | 2.0 |
| | 欠食 | 11 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 9.1 | 1 | 9.1 | 0 | 0.0 | 4 | 36.4 | 1 | 9.1 | 4 | 36.4 | 0 | 0.0 | 0 | 0.0 | 11 | 100.0 | 3 | 27.3 | 2 | 18.2 |
| | 菓子・果物などのみ | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 2 | 50.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 4 | 100.0 | 1 | 25.0 | 0 | 0.0 |
| | 錠剤などのみ | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 何も食べない | 7 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 14.3 | 0 | 0.0 | 2 | 28.6 | 1 | 14.3 | 3 | 42.9 | 0 | 0.0 | 0 | 0.0 | 7 | 100.0 | 2 | 28.6 | 2 | 28.6 |
| 女性 | 総数 | 365 | 100.0 | 10 | 2.7 | 22 | 6.0 | 8 | 2.2 | 16 | 4.4 | 31 | 8.5 | 39 | 10.7 | 36 | 9.9 | 68 | 18.6 | 135 | 37.0 | 9 | 2.5 | 5 | 1.4 | 325 | 89.0 | 92 | 25.2 | 84 | 23.0 |
| | 家庭食 | 223 | 100.0 | 2 | 0.9 | 1 | 0.4 | 6 | 2.7 | 9 | 4.0 | 21 | 9.4 | 19 | 8.5 | 18 | 8.1 | 44 | 19.7 | 103 | 46.2 | 1 | 0.4 | 4 | 1.8 | 214 | 96.0 | 70 | 31.4 | 61 | 27.4 |
| | 調理済み食 | 45 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.2 | 2 | 4.4 | 3 | 6.7 | 7 | 15.6 | 5 | 11.1 | 9 | 20.0 | 18 | 40.0 | 0 | 0.0 | 1 | 2.2 | 44 | 97.8 | 8 | 17.8 | 15 | 33.3 |
| | 外食 | 36 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.8 | 1 | 2.8 | 3 | 8.3 | 7 | 19.4 | 8 | 22.2 | 7 | 19.4 | 9 | 25.0 | 0 | 0.0 | 0 | 0.0 | 35 | 97.2 | 7 | 19.4 | 6 | 16.7 |
| | 給食 | 49 | 100.0 | 8 | 16.3 | 21 | 42.9 | 0 | 0.0 | 3 | 6.1 | 4 | 8.2 | 5 | 10.2 | 2 | 4.1 | 5 | 10.2 | 1 | 2.0 | 8 | 16.3 | 0 | 0.0 | 20 | 40.8 | 3 | 6.1 | 0 | 0.0 |
| | 欠食 | 12 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 1 | 8.3 | 3 | 25.0 | 3 | 25.0 | 4 | 33.3 | 0 | 0.0 | 0 | 0.0 | 12 | 100.0 | 4 | 33.3 | 2 | 16.7 |
| | 菓子・果物などのみ | 5 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 2 | 40.0 | 0 | 0.0 | 0 | 0.0 | 5 | 100.0 | 1 | 20.0 | 1 | 20.0 |
| | 錠剤などのみ | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 何も食べない | 7 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 42.9 | 2 | 28.6 | 2 | 28.6 | 0 | 0.0 | 0 | 0.0 | 7 | 100.0 | 3 | 42.9 | 1 | 14.3 |

＜夕食＞

| 食事状況 | | 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）12～14歳 | | （再掲）15～17歳 | | （再掲）20歳以上 | | （再掲）65～74歳以上 | | （再掲）75歳以上 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 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 | % |
| 総数 | 総数 | 675 | 100.0 | 18 | 2.7 | 48 | 7.1 | 18 | 2.7 | 25 | 3.7 | 60 | 8.9 | 69 | 10.2 | 74 | 11.0 | 114 | 16.9 | 249 | 36.9 | 20 | 3.0 | 9 | 1.3 | 591 | 87.6 | 162 | 24.0 | 157 | 23.3 |
| | 家庭食 | 595 | 100.0 | 17 | 2.9 | 41 | 6.9 | 16 | 2.7 | 22 | 3.7 | 49 | 8.2 | 62 | 10.4 | 59 | 9.9 | 107 | 18.0 | 222 | 37.3 | 15 | 2.5 | 8 | 1.3 | 521 | 87.6 | 150 | 25.2 | 137 | 23.0 |
| | 調理済み食 | 52 | 100.0 | 1 | 1.9 | 7 | 13.5 | 1 | 1.9 | 0 | 0.0 | 7 | 13.5 | 2 | 3.8 | 5 | 9.6 | 7 | 13.5 | 22 | 42.3 | 5 | 9.6 | 1 | 1.9 | 43 | 82.7 | 9 | 17.3 | 18 | 34.6 |
| | 外食 | 14 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 3 | 21.4 | 3 | 21.4 | 7 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 14 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 給食 | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 3 | 75.0 | 0 | 0.0 | 1 | 25.0 |
| | 欠食 | 10 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 2 | 20.0 | 3 | 30.0 | 0 | 0.0 | 4 | 40.0 | 0 | 0.0 | 0 | 0.0 | 10 | 100.0 | 3 | 30.0 | 1 | 10.0 |
| | 菓子・果物などのみ | 5 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 1 | 20.0 | 0 | 0.0 | 3 | 60.0 | 0 | 0.0 | 0 | 0.0 | 5 | 100.0 | 2 | 40.0 | 1 | 20.0 |
| | 錠剤などのみ | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 何も食べない | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 4 | 100.0 | 1 | 25.0 | 0 | 0.0 |
| 男性 | 総数 | 310 | 100.0 | 8 | 2.6 | 26 | 8.4 | 10 | 3.2 | 9 | 2.9 | 29 | 9.4 | 30 | 9.7 | 38 | 12.3 | 46 | 14.8 | 114 | 36.8 | 11 | 3.5 | 4 | 1.3 | 266 | 85.8 | 70 | 22.6 | 73 | 23.5 |
| | 家庭食 | 263 | 100.0 | 8 | 3.0 | 22 | 8.4 | 9 | 3.4 | 7 | 2.7 | 22 | 8.4 | 26 | 9.9 | 27 | 10.3 | 43 | 16.3 | 99 | 37.6 | 8 | 3.0 | 4 | 1.5 | 224 | 85.2 | 65 | 24.7 | 61 | 23.2 |
| | 調理済み食 | 27 | 100.0 | 0 | 0.0 | 4 | 14.8 | 0 | 0.0 | 0 | 0.0 | 3 | 11.1 | 0 | 0.0 | 3 | 11.1 | 3 | 11.1 | 14 | 51.9 | 3 | 11.1 | 0 | 0.0 | 23 | 85.2 | 4 | 14.8 | 12 | 44.4 |
| | 外食 | 12 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 3 | 25.0 | 2 | 16.7 | 6 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 12 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 給食 | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 1 | 33.3 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 66.7 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 5 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 40.0 | 2 | 40.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 5 | 100.0 | 1 | 20.0 | 0 | 0.0 |
| | 菓子・果物などのみ | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 錠剤などのみ | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 何も食べない | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 2 | 100.0 | 1 | 50.0 | 0 | 0.0 |
| 女性 | 総数 | 365 | 100.0 | 10 | 2.7 | 22 | 6.0 | 8 | 2.2 | 16 | 4.4 | 31 | 8.5 | 39 | 10.7 | 36 | 9.9 | 68 | 18.6 | 135 | 37.0 | 9 | 2.5 | 5 | 1.4 | 325 | 89.0 | 92 | 25.2 | 84 | 23.0 |
| | 家庭食 | 332 | 100.0 | 9 | 2.7 | 19 | 5.7 | 7 | 2.1 | 15 | 4.5 | 27 | 8.1 | 36 | 10.8 | 32 | 9.6 | 64 | 19.3 | 123 | 37.0 | 7 | 2.1 | 4 | 1.2 | 297 | 89.5 | 85 | 25.6 | 76 | 22.9 |
| | 調理済み食 | 25 | 100.0 | 1 | 4.0 | 3 | 12.0 | 1 | 4.0 | 0 | 0.0 | 4 | 16.0 | 2 | 8.0 | 2 | 8.0 | 4 | 16.0 | 8 | 32.0 | 2 | 8.0 | 1 | 4.0 | 20 | 80.0 | 5 | 20.0 | 6 | 24.0 |
| | 外食 | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | 給食 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 0 | 0.0 | 1 | 100.0 |
| | 欠食 | 5 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 3 | 60.0 | 0 | 0.0 | 0 | 0.0 | 5 | 100.0 | 2 | 40.0 | 1 | 20.0 |
| | 菓子・果物などのみ | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 | 3 | 100.0 | 2 | 66.7 | 1 | 33.3 |
| | 錠剤などのみ | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 何も食べない | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 |

表55-2 朝昼夕別にみた1日の食事状況－朝・昼・夕別、食事状況、年齢階級別、人数割合－総数・男性・女性、1歳以上

＜朝食＞

| 食事状況 | | 総数 | |
|---|---|---|---|
| | | 人数 | % |
| 総数 | 総数 | 675 | 100.0 |
| | 家庭食 | 539 | 79.9 |
| | 調理済み食 | 43 | 6.4 |
| | 外食 | 4 | 0.6 |
| | 給食 | 1 | 0.1 |
| | 欠食 | 88 | 13.0 |
| | 菓子・果物などのみ | 44 | 6.5 |
| | 錠剤などのみ | 4 | 0.6 |
| | 何も食べない | 40 | 5.9 |
| 男性 | 総数 | 310 | 100.0 |
| | 家庭食 | 236 | 76.1 |
| | 調理済み食 | 24 | 7.7 |
| | 外食 | 4 | 1.3 |
| | 給食 | 1 | 0.3 |
| | 欠食 | 45 | 14.5 |
| | 菓子・果物などのみ | 20 | 6.5 |
| | 錠剤などのみ | 4 | 1.3 |
| | 何も食べない | 21 | 6.8 |
| 女性 | 総数 | 365 | 100.0 |
| | 家庭食 | 303 | 83.0 |
| | 調理済み食 | 19 | 5.2 |
| | 外食 | 0 | 0.0 |
| | 給食 | 0 | 0.0 |
| | 欠食 | 43 | 11.8 |
| | 菓子・果物などのみ | 24 | 6.6 |
| | 錠剤などのみ | 0 | 0.0 |
| | 何も食べない | 19 | 5.2 |

＜昼食＞

| 食事状況 | | 総数 | |
|---|---|---|---|
| | | 人数 | % |
| 総数 | 総数 | 675 | 100.0 |
| | 家庭食 | 396 | 58.7 |
| | 調理済み食 | 85 | 12.6 |
| | 外食 | 72 | 10.7 |
| | 給食 | 99 | 14.7 |
| | 欠食 | 23 | 3.4 |
| | 菓子・果物などのみ | 9 | 1.3 |
| | 錠剤などのみ | 0 | 0.0 |
| | 何も食べない | 14 | 2.1 |
| 男性 | 総数 | 310 | 100.0 |
| | 家庭食 | 173 | 55.8 |
| | 調理済み食 | 40 | 12.9 |
| | 外食 | 36 | 11.6 |
| | 給食 | 50 | 16.1 |
| | 欠食 | 11 | 3.5 |
| | 菓子・果物などのみ | 4 | 1.3 |
| | 錠剤などのみ | 0 | 0.0 |
| | 何も食べない | 7 | 2.3 |
| 女性 | 総数 | 365 | 100.0 |
| | 家庭食 | 223 | 61.1 |
| | 調理済み食 | 45 | 12.3 |
| | 外食 | 36 | 9.9 |
| | 給食 | 49 | 13.4 |
| | 欠食 | 12 | 3.3 |
| | 菓子・果物などのみ | 5 | 1.4 |
| | 錠剤などのみ | 0 | 0.0 |
| | 何も食べない | 7 | 1.9 |

＜夕食＞

| 食事状況 | | 総数 | |
|---|---|---|---|
| | | 人数 | % |
| 総数 | 総数 | 675 | 100.0 |
| | 家庭食 | 595 | 88.1 |
| | 調理済み食 | 52 | 7.7 |
| | 外食 | 14 | 2.1 |
| | 給食 | 4 | 0.6 |
| | 欠食 | 10 | 1.5 |
| | 菓子・果物などのみ | 5 | 0.7 |
| | 錠剤などのみ | 1 | 0.1 |
| | 何も食べない | 4 | 0.6 |
| 男性 | 総数 | 310 | 100.0 |
| | 家庭食 | 263 | 84.8 |
| | 調理済み食 | 27 | 8.7 |
| | 外食 | 12 | 3.9 |
| | 給食 | 3 | 1.0 |
| | 欠食 | 5 | 1.6 |
| | 菓子・果物などのみ | 2 | 0.6 |
| | 錠剤などのみ | 1 | 0.3 |
| | 何も食べない | 2 | 0.6 |
| 女性 | 総数 | 365 | 100.0 |
| | 家庭食 | 332 | 91.0 |
| | 調理済み食 | 25 | 6.8 |
| | 外食 | 2 | 0.5 |
| | 給食 | 1 | 0.3 |
| | 欠食 | 5 | 1.4 |
| | 菓子・果物などのみ | 3 | 0.8 |
| | 錠剤などのみ | 0 | 0.0 |
| | 何も食べない | 2 | 0.5 |

## 表56　朝昼夕別にみた1日の食事状況－朝・昼・夕別、食事状況、職業別、人数、割合－総数・男性・女性、1歳以上

〈朝食〉

| | | 職業別 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 総数 | | 専門的・技術的職業従事者 | | 管理的職業従事者 | | 事務従事者 | | 販売従事者 | | サービス職業従事者 | | 保安職業従事者 | | 農業作業者 | | 林業作業者 | | 漁業作業者 | | 運輸・通信従事者 | | 生産工程・労務作業者 | | 家事従事者 | | その他（無職） | | 保育園児 | | 幼稚園児 | | その他の幼児 | | 小学校低学年 | | 小学校中学年 | | 小学校高学年 | | 中学生 | | その他の学生 | | 不明 | |
| | | 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 | % | 人数 | % | 人数 | % | 人数 | % |
| 総数 | 総数 | 675 | 100.0 | 70 | 10.4 | 21 | 3.1 | 58 | 8.6 | 26 | 3.9 | 51 | 7.6 | 3 | 0.4 | 23 | 3.4 | 0 | 0.0 | 0 | 0.0 | 7 | 1.0 | 68 | 10.1 | 114 | 16.9 | 147 | 21.8 | 10 | 1.5 | 4 | 0.6 | 3 | 0.4 | 9 | 1.3 | 12 | 1.8 | 14 | 2.1 | 14 | 2.1 | 21 | 3.1 | 0 | 0.0 |
| | 外食、給食 | 5 | 100.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 40.0 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 調理済み食 | 43 | 100.0 | 4 | 9.3 | 0 | 0.0 | 4 | 9.3 | 1 | 2.3 | 0 | 0.0 | 0 | 0.0 | 1 | 2.3 | 0 | 0.0 | 0 | 0.0 | 1 | 2.3 | 5 | 11.6 | 4 | 9.3 | 16 | 37.2 | 1 | 2.3 | 1 | 2.3 | 0 | 0.0 | 1 | 2.3 | 2 | 4.7 | 1 | 2.3 | 0 | 0.0 | 1 | 2.3 | 0 | 0.0 |
| | 家庭食 | 539 | 100.0 | 55 | 10.2 | 13 | 2.4 | 42 | 7.8 | 16 | 3.0 | 42 | 7.8 | 3 | 0.6 | 22 | 4.1 | 0 | 0.0 | 0 | 0.0 | 5 | 0.9 | 43 | 8.0 | 105 | 19.5 | 123 | 22.8 | 8 | 1.5 | 3 | 0.6 | 3 | 0.6 | 7 | 1.3 | 9 | 1.7 | 11 | 2.0 | 13 | 2.4 | 16 | 3.0 | 0 | 0.0 |
| | その他1 | 44 | 100.0 | 7 | 15.9 | 4 | 9.1 | 7 | 15.9 | 5 | 11.4 | 3 | 6.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 6 | 13.6 | 4 | 9.1 | 2 | 4.5 | 1 | 2.3 | 0 | 0.0 | 0 | 0.0 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 0 | 0.0 |
| | その他2 | 4 | 100.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 2 | 50.0 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 40 | 100.0 | 3 | 7.5 | 3 | 7.5 | 4 | 10.0 | 4 | 10.0 | 5 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 10 | 25.0 | 1 | 2.5 | 6 | 15.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.5 | 0 | 0.0 | 3 | 7.5 | 0 | 0.0 |
| 男性 | 総数 | 310 | 100.0 | 29 | 9.4 | 19 | 6.1 | 19 | 6.1 | 9 | 2.9 | 16 | 5.2 | 2 | 0.6 | 16 | 5.2 | 0 | 0.0 | 0 | 0.0 | 5 | 1.6 | 50 | 16.1 | 4 | 1.3 | 97 | 31.3 | 4 | 1.3 | 2 | 0.6 | 1 | 0.3 | 8 | 2.6 | 4 | 1.3 | 8 | 2.6 | 7 | 2.3 | 10 | 3.2 | 0 | 0.0 |
| | 外食、給食 | 5 | 100.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 40.0 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 調理済み食 | 24 | 100.0 | 2 | 8.3 | 0 | 0.0 | 2 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 20.8 | 0 | 0.0 | 9 | 37.5 | 0 | 0.0 | 1 | 4.2 | 0 | 0.0 | 1 | 4.2 | 1 | 4.2 | 1 | 4.2 | 0 | 0.0 | 1 | 4.2 | 0 | 0.0 |
| | 家庭食 | 236 | 100.0 | 21 | 8.9 | 11 | 4.7 | 11 | 4.7 | 6 | 2.5 | 12 | 5.1 | 2 | 0.8 | 15 | 6.4 | 0 | 0.0 | 0 | 0.0 | 4 | 1.7 | 28 | 11.9 | 4 | 1.7 | 85 | 36.0 | 4 | 1.7 | 1 | 0.4 | 1 | 0.4 | 6 | 2.5 | 3 | 1.3 | 7 | 3.0 | 7 | 3.0 | 8 | 3.4 | 0 | 0.0 |
| | その他1 | 20 | 100.0 | 3 | 15.0 | 4 | 20.0 | 3 | 15.0 | 2 | 10.0 | 1 | 5.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 6 | 30.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | その他2 | 4 | 100.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 2 | 50.0 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 21 | 100.0 | 2 | 9.5 | 3 | 14.3 | 2 | 9.5 | 1 | 4.8 | 2 | 9.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 7 | 33.3 | 0 | 0.0 | 3 | 14.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.8 | 0 | 0.0 |
| 女性 | 総数 | 365 | 100.0 | 41 | 11.2 | 2 | 0.5 | 39 | 10.7 | 17 | 4.7 | 35 | 9.6 | 1 | 0.3 | 7 | 1.9 | 0 | 0.0 | 0 | 0.0 | 2 | 0.5 | 18 | 4.9 | 110 | 30.1 | 50 | 13.7 | 6 | 1.6 | 2 | 0.5 | 2 | 0.5 | 1 | 0.3 | 8 | 2.2 | 6 | 1.6 | 7 | 1.9 | 11 | 3.0 | 0 | 0.0 |
| | 外食、給食 | 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 | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 調理済み食 | 19 | 100.0 | 2 | 10.5 | 0 | 0.0 | 2 | 10.5 | 1 | 5.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 4 | 21.1 | 7 | 36.8 | 1 | 5.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 家庭食 | 303 | 100.0 | 34 | 11.2 | 2 | 0.7 | 31 | 10.2 | 10 | 3.3 | 30 | 9.9 | 1 | 0.3 | 7 | 2.3 | 0 | 0.0 | 0 | 0.0 | 1 | 0.3 | 15 | 5.0 | 101 | 33.3 | 38 | 12.5 | 4 | 1.3 | 2 | 0.7 | 2 | 0.7 | 1 | 0.3 | 6 | 2.0 | 4 | 1.3 | 6 | 2.0 | 8 | 2.6 | 0 | 0.0 |
| | その他1 | 24 | 100.0 | 4 | 16.7 | 0 | 0.0 | 4 | 16.7 | 3 | 12.5 | 2 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 16.7 | 2 | 8.3 | 1 | 4.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.2 | 1 | 4.2 | 1 | 4.2 | 1 | 4.2 | 0 | 0.0 |
| | その他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 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 19 | 100.0 | 1 | 5.3 | 0 | 0.0 | 2 | 10.5 | 3 | 15.8 | 3 | 15.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 15.8 | 1 | 5.3 | 3 | 15.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 2 | 10.5 | 0 | 0.0 |

注）その他1：菓子、果物のみ、その他2：錠剤などのみ、欠食：何も食べていない

<昼食>

| | | 職業別 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 総数 | | 専門的・技術的職業従事者 | | 管理的職業従事者 | | 事務従事者 | | 販売従事者 | | サービス職業従事者 | | 保安職業従事者 | | 農業作業者 | | 林業作業者 | | 漁業作業者 | | 運輸・通信従事者 | | 生産工程・労務作業者 | | 家事従事者 | | その他（無職） | | 保育園児 | | 幼稚園児 | | その他の幼児 | | 小学校低学年 | | 小学校中学年 | | 小学校高学年 | | 中学生 | | その他の学生 | | 不明 | |
| | | 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 | % | 人数 | % | 人数 | % | 人数 | % |
| 総数 | 総数 | 675 | 100.0 | 70 | 10.4 | 21 | 3.1 | 58 | 8.6 | 26 | 3.9 | 51 | 7.6 | 3 | 0.4 | 23 | 3.4 | 0 | 0.0 | 0 | 0.0 | 7 | 1.0 | 68 | 10.1 | 114 | 16.9 | 147 | 21.8 | 10 | 1.5 | 4 | 0.6 | 3 | 0.4 | 9 | 1.3 | 12 | 1.8 | 14 | 2.1 | 14 | 2.1 | 21 | 3.1 | 0 | 0.0 |
| | 外食、給食 | 171 | 100.0 | 32 | 18.7 | 9 | 5.3 | 16 | 9.4 | 9 | 5.3 | 6 | 3.5 | 0 | 0.0 | 2 | 1.2 | 0 | 0.0 | 0 | 0.0 | 1 | 0.6 | 19 | 11.1 | 5 | 2.9 | 11 | 6.4 | 10 | 5.8 | 3 | 1.8 | 0 | 0.0 | 8 | 4.7 | 11 | 6.4 | 14 | 8.2 | 12 | 7.0 | 3 | 1.8 | 0 | 0.0 |
| | 調理済み食 | 85 | 100.0 | 12 | 14.1 | 2 | 2.4 | 6 | 7.1 | 3 | 3.5 | 9 | 10.6 | 0 | 0.0 | 2 | 2.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 10 | 11.8 | 15 | 17.6 | 24 | 28.2 | 0 | 0.0 | 0 | 0.0 | 1 | 1.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.2 | 0 | 0.0 |
| | 家庭食 | 396 | 100.0 | 24 | 6.1 | 9 | 2.3 | 33 | 8.3 | 14 | 3.5 | 33 | 8.3 | 3 | 0.8 | 19 | 4.8 | 0 | 0.0 | 0 | 0.0 | 6 | 1.5 | 37 | 9.3 | 88 | 22.2 | 107 | 27.0 | 0 | 0.0 | 1 | 0.3 | 2 | 0.5 | 1 | 0.3 | 1 | 0.3 | 0 | 0.0 | 2 | 0.5 | 16 | 4.0 | 0 | 0.0 |
| | その他1 | 9 | 100.0 | 1 | 11.1 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 11.1 | 4 | 44.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 |
| | その他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 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 14 | 100.0 | 1 | 7.1 | 1 | 7.1 | 2 | 14.3 | 0 | 0.0 | 2 | 14.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 2 | 14.3 | 5 | 35.7 | 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 |
| 男性 | 総数 | 310 | 100.0 | 29 | 9.4 | 19 | 6.1 | 19 | 6.1 | 9 | 2.9 | 16 | 5.2 | 2 | 0.6 | 16 | 5.2 | 0 | 0.0 | 0 | 0.0 | 5 | 1.6 | 50 | 16.1 | 4 | 1.3 | 97 | 31.3 | 4 | 1.3 | 2 | 0.6 | 1 | 0.3 | 8 | 2.6 | 4 | 1.3 | 8 | 2.6 | 7 | 2.3 | 10 | 3.2 | 0 | 0.0 |
| | 外食、給食 | 86 | 100.0 | 13 | 15.1 | 8 | 9.3 | 5 | 5.8 | 4 | 4.7 | 1 | 1.2 | 0 | 0.0 | 2 | 2.3 | 0 | 0.0 | 0 | 0.0 | 1 | 1.2 | 17 | 19.8 | 0 | 0.0 | 5 | 5.8 | 4 | 4.7 | 1 | 1.2 | 0 | 0.0 | 7 | 8.1 | 3 | 3.5 | 8 | 9.3 | 6 | 7.0 | 1 | 1.2 | 0 | 0.0 |
| | 調理済み食 | 40 | 100.0 | 7 | 17.5 | 2 | 5.0 | 2 | 5.0 | 0 | 0.0 | 2 | 5.0 | 0 | 0.0 | 2 | 5.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 9 | 22.5 | 1 | 2.5 | 14 | 35.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 家庭食 | 173 | 100.0 | 8 | 4.6 | 8 | 4.6 | 11 | 6.4 | 5 | 2.9 | 11 | 6.4 | 2 | 1.2 | 12 | 6.9 | 0 | 0.0 | 0 | 0.0 | 4 | 2.3 | 22 | 12.7 | 3 | 1.7 | 74 | 42.8 | 0 | 0.0 | 1 | 0.6 | 0 | 0.0 | 1 | 0.6 | 1 | 0.6 | 0 | 0.0 | 1 | 0.6 | 9 | 5.2 | 0 | 0.0 |
| | その他1 | 4 | 100.0 | 1 | 25.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | その他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 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 7 | 100.0 | 0 | 0.0 | 1 | 14.3 | 0 | 0.0 | 0 | 0.0 | 1 | 14.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 14.3 | 0 | 0.0 | 4 | 57.1 | 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 |
| 女性 | 総数 | 365 | 100.0 | 41 | 11.2 | 2 | 0.5 | 39 | 10.7 | 17 | 4.7 | 35 | 9.6 | 1 | 0.3 | 7 | 1.9 | 0 | 0.0 | 0 | 0.0 | 2 | 0.5 | 18 | 4.9 | 110 | 30.1 | 50 | 13.7 | 6 | 1.6 | 2 | 0.5 | 2 | 0.5 | 1 | 0.3 | 8 | 2.2 | 6 | 1.6 | 7 | 1.9 | 11 | 3.0 | 0 | 0.0 |
| | 外食、給食 | 85 | 100.0 | 19 | 22.4 | 1 | 1.2 | 11 | 12.9 | 5 | 5.9 | 5 | 5.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 2.4 | 5 | 5.9 | 6 | 7.1 | 6 | 7.1 | 2 | 2.4 | 0 | 0.0 | 1 | 1.2 | 8 | 9.4 | 6 | 7.1 | 6 | 7.1 | 2 | 2.4 | 0 | 0.0 |
| | 調理済み食 | 45 | 100.0 | 5 | 11.1 | 0 | 0.0 | 4 | 8.9 | 3 | 6.7 | 7 | 15.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.2 | 14 | 31.1 | 10 | 22.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.2 | 0 | 0.0 |
| | 家庭食 | 223 | 100.0 | 16 | 7.2 | 1 | 0.4 | 22 | 9.9 | 9 | 4.0 | 22 | 9.9 | 1 | 0.4 | 7 | 3.1 | 0 | 0.0 | 0 | 0.0 | 2 | 0.9 | 15 | 6.7 | 85 | 38.1 | 33 | 14.8 | 0 | 0.0 | 0 | 0.0 | 2 | 0.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.4 | 7 | 3.1 | 0 | 0.0 |
| | その他1 | 5 | 100.0 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 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 | 1 | 20.0 | 0 | 0.0 |
| | その他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 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 7 | 100.0 | 1 | 14.3 | 0 | 0.0 | 2 | 28.6 | 0 | 0.0 | 1 | 14.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 28.6 | 1 | 14.3 | 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 |

注）その他１：菓子、果物のみ、その他２：錠剤などのみ、欠食：何も食べていない

〈夕食〉

| | | 職業別 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 総数 | | 専門的・技術的職業従事者 | | 管理的職業従事者 | | 事務従事者 | | 販売従事者 | | サービス職業従事者 | | 保安職業従事者 | | 農業作業者 | | 林業作業者 | | 漁業作業者 | | 運輸・通信従事者 | | 生産工程・労務作業者 | | 家事従事者 | | その他（無職） | | 保育園児 | | 幼稚園児 | | その他の幼児 | | 小学校低学年 | | 小学校中学年 | | 小学校高学年 | | 中学生 | | その他の学生 | | 不明 | |
| | | 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 | % | 人数 | % | 人数 | % | 人数 | % | 人数 | % |
| 総数 | 総数 | 675 | 100.0 | 70 | 10.4 | 21 | 3.1 | 58 | 8.6 | 26 | 3.9 | 51 | 7.6 | 3 | 0.4 | 23 | 3.4 | 0 | 0.0 | 0 | 0.0 | 7 | 1.0 | 68 | 10.1 | 114 | 16.9 | 147 | 21.8 | 10 | 1.5 | 4 | 0.6 | 3 | 0.4 | 9 | 1.3 | 12 | 1.8 | 14 | 2.1 | 14 | 2.1 | 21 | 3.1 | 0 | 0.0 |
| | 外食、給食 | 18 | 100.0 | 2 | 11.1 | 2 | 11.1 | 1 | 5.6 | 3 | 16.7 | 3 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 27.8 | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 |
| | 調理済み食 | 52 | 100.0 | 2 | 3.8 | 2 | 3.8 | 3 | 5.8 | 2 | 3.8 | 2 | 3.8 | 0 | 0.0 | 5 | 9.6 | 0 | 0.0 | 0 | 0.0 | 1 | 1.9 | 4 | 7.7 | 7 | 13.5 | 15 | 28.8 | 1 | 1.9 | 0 | 0.0 | 0 | 0.0 | 1 | 1.9 | 0 | 0.0 | 1 | 1.9 | 5 | 9.6 | 1 | 1.9 | 0 | 0.0 |
| | 家庭食 | 595 | 100.0 | 64 | 10.8 | 16 | 2.7 | 52 | 8.7 | 21 | 3.5 | 46 | 7.7 | 3 | 0.5 | 18 | 3.0 | 0 | 0.0 | 0 | 0.0 | 6 | 1.0 | 58 | 9.7 | 104 | 17.5 | 130 | 21.8 | 9 | 1.5 | 4 | 0.7 | 3 | 0.5 | 8 | 1.3 | 12 | 2.0 | 13 | 2.2 | 9 | 1.5 | 19 | 3.2 | 0 | 0.0 |
| | その他1 | 5 | 100.0 | 2 | 40.0 | 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 | 0.0 | 1 | 20.0 | 2 | 40.0 | 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 | 0.0 | 0 | 0.0 |
| | その他2 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 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 | 0.0 | 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 | 0.0 | 0 | 0.0 |
| | 欠食 | 4 | 100.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 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 | 0.0 |
| 男性 | 総数 | 310 | 100.0 | 29 | 9.4 | 19 | 6.1 | 19 | 6.1 | 9 | 2.9 | 16 | 5.2 | 2 | 0.6 | 16 | 5.2 | 0 | 0.0 | 0 | 0.0 | 5 | 1.6 | 50 | 16.1 | 4 | 1.3 | 97 | 31.3 | 4 | 1.3 | 2 | 0.6 | 1 | 0.3 | 8 | 2.6 | 4 | 1.3 | 8 | 2.6 | 7 | 2.3 | 10 | 3.2 | 0 | 0.0 |
| | 外食、給食 | 15 | 100.0 | 2 | 13.3 | 2 | 13.3 | 1 | 6.7 | 2 | 13.3 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 33.3 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 |
| | 調理済み食 | 27 | 100.0 | 0 | 0.0 | 2 | 7.4 | 2 | 7.4 | 1 | 3.7 | 1 | 3.7 | 0 | 0.0 | 2 | 7.4 | 0 | 0.0 | 0 | 0.0 | 1 | 3.7 | 3 | 11.1 | 1 | 3.7 | 10 | 37.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 3.7 | 0 | 0.0 | 0 | 0.0 | 3 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| | 家庭食 | 263 | 100.0 | 25 | 9.5 | 14 | 5.3 | 15 | 5.7 | 6 | 2.3 | 14 | 5.3 | 2 | 0.8 | 14 | 5.3 | 0 | 0.0 | 0 | 0.0 | 4 | 1.5 | 42 | 16.0 | 2 | 0.8 | 86 | 32.7 | 4 | 1.5 | 2 | 0.8 | 1 | 0.4 | 7 | 2.7 | 4 | 1.5 | 8 | 3.0 | 4 | 1.5 | 9 | 3.4 | 0 | 0.0 |
| | その他1 | 2 | 100.0 | 2 | 100.0 | 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 | 0.0 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | その他2 | 1 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 100.0 | 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 | 0.0 | 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 | 0.0 | 0 | 0.0 |
| | 欠食 | 2 | 100.0 | 0 | 0.0 | 1 | 50.0 | 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 | 0.0 | 1 | 50.0 | 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 | 0.0 | 0 | 0.0 |
| 女性 | 総数 | 365 | 100.0 | 41 | 11.2 | 2 | 0.5 | 39 | 10.7 | 17 | 4.7 | 35 | 9.6 | 1 | 0.3 | 7 | 1.9 | 0 | 0.0 | 0 | 0.0 | 2 | 0.5 | 18 | 4.9 | 110 | 30.1 | 50 | 13.7 | 6 | 1.6 | 2 | 0.5 | 2 | 0.5 | 1 | 0.3 | 8 | 2.2 | 6 | 1.6 | 7 | 1.9 | 11 | 3.0 | 0 | 0.0 |
| | 外食、給食 | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 2 | 66.7 | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 調理済み食 | 25 | 100.0 | 2 | 8.0 | 0 | 0.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 0 | 0.0 | 3 | 12.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.0 | 6 | 24.0 | 5 | 20.0 | 1 | 4.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.0 | 2 | 8.0 | 1 | 4.0 | 0 | 0.0 |
| | 家庭食 | 332 | 100.0 | 39 | 11.7 | 2 | 0.6 | 37 | 11.1 | 15 | 4.5 | 32 | 9.6 | 1 | 0.3 | 4 | 1.2 | 0 | 0.0 | 0 | 0.0 | 2 | 0.6 | 16 | 4.8 | 102 | 30.7 | 44 | 13.3 | 5 | 1.5 | 2 | 0.6 | 2 | 0.6 | 1 | 0.3 | 8 | 2.4 | 5 | 1.5 | 5 | 1.5 | 10 | 3.0 | 0 | 0.0 |
| | その他1 | 3 | 100.0 | 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 | 0.0 | 0 | 0.0 | 1 | 33.3 | 2 | 66.7 | 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 | 0 | 0.0 |
| | その他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 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 欠食 | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 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 | 0.0 | 1 | 50.0 | 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 | 0.0 |

注） その他1：菓子、果物のみ、その他2：錠剤などのみ、欠食：何も食べていない

表57 朝食欠食の有無別、野菜類摂取量の分布-年齢階級別、人数、割合－総数・男性・女性、1歳以上

| | | | 年　齢（歳） | | | | | | | | | | | | | | | | | | | | 年　齢（歳） | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 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）20歳以上 | | （再掲）65～74歳 | | （再掲）75歳以上 | |
| | | | 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 | % |
| 総 数 | 総　数 | 50g未満 | 29 | 100.0 | 1 | 3.4 | 0 | 0.0 | 0 | 0.0 | 3 | 10.3 | 6 | 20.7 | 3 | 10.3 | 6 | 20.7 | 6 | 20.7 | 4 | 13.8 | 28 | 96.6 | 6 | 20.7 | 3 | 10.3 |
| | | 50～100g | 53 | 100.0 | 4 | 7.5 | 5 | 9.4 | 1 | 1.9 | 2 | 3.8 | 7 | 13.2 | 4 | 7.5 | 5 | 9.4 | 6 | 11.3 | 19 | 35.8 | 43 | 81.1 | 7 | 13.2 | 15 | 28.3 |
| | | 100～150g | 83 | 100.0 | 7 | 8.4 | 7 | 8.4 | 2 | 2.4 | 5 | 6.0 | 11 | 13.3 | 12 | 14.5 | 7 | 8.4 | 11 | 13.3 | 21 | 25.3 | 67 | 80.7 | 17 | 20.5 | 13 | 15.7 |
| | | 150～200g | 88 | 100.0 | 5 | 5.7 | 8 | 9.1 | 8 | 9.1 | 4 | 4.5 | 5 | 5.7 | 7 | 8.0 | 13 | 14.8 | 6 | 6.8 | 32 | 36.4 | 67 | 76.1 | 12 | 13.6 | 25 | 28.4 |
| | | 200～250g | 75 | 100.0 | 0 | 0.0 | 11 | 14.7 | 1 | 1.3 | 3 | 4.0 | 9 | 12.0 | 6 | 8.0 | 12 | 16.0 | 13 | 17.3 | 20 | 26.7 | 63 | 84.0 | 16 | 21.3 | 10 | 13.3 |
| | | 250～300g | 86 | 100.0 | 0 | 0.0 | 7 | 8.1 | 3 | 3.5 | 2 | 2.3 | 6 | 7.0 | 13 | 15.1 | 9 | 10.5 | 11 | 12.8 | 35 | 40.7 | 76 | 88.4 | 17 | 19.8 | 24 | 27.9 |
| | | 300～350g | 52 | 100.0 | 0 | 0.0 | 4 | 7.7 | 3 | 5.8 | 2 | 3.8 | 2 | 3.8 | 8 | 15.4 | 3 | 5.8 | 14 | 26.9 | 16 | 30.8 | 45 | 86.5 | 18 | 34.6 | 8 | 15.4 |
| | | 350g以上 | 213 | 100.0 | 1 | 0.5 | 6 | 2.8 | 0 | 0.0 | 4 | 1.9 | 14 | 6.6 | 17 | 8.0 | 21 | 9.9 | 47 | 22.1 | 103 | 48.4 | 206 | 96.7 | 69 | 32.4 | 60 | 28.2 |
| | | 総　数 | 675 | 100.0 | 18 | 2.7 | 48 | 7.1 | 18 | 2.7 | 25 | 3.7 | 60 | 8.9 | 69 | 10.2 | 74 | 11.0 | 114 | 16.9 | 249 | 36.9 | 591 | 87.6 | 162 | 24.0 | 157 | 23.3 |
| | 朝食喫食 | 50g未満 | 14 | 100.0 | 1 | 7.1 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 3 | 21.4 | 1 | 7.1 | 1 | 7.1 | 5 | 35.7 | 2 | 14.3 | 13 | 92.9 | 5 | 35.7 | 2 | 14.3 |
| | | 50～100g | 45 | 100.0 | 4 | 8.9 | 5 | 11.1 | 1 | 2.2 | 1 | 2.2 | 4 | 8.9 | 3 | 6.7 | 4 | 8.9 | 5 | 11.1 | 18 | 40.0 | 35 | 77.8 | 7 | 15.6 | 14 | 31.1 |
| | | 100～150g | 64 | 100.0 | 6 | 9.4 | 6 | 9.4 | 2 | 3.1 | 4 | 6.3 | 8 | 12.5 | 7 | 10.9 | 3 | 4.7 | 9 | 14.1 | 19 | 29.7 | 50 | 78.1 | 13 | 20.3 | 13 | 20.3 |
| | | 150～200g | 78 | 100.0 | 5 | 6.4 | 5 | 6.4 | 7 | 9.0 | 3 | 3.8 | 1 | 1.3 | 7 | 9.0 | 12 | 15.4 | 6 | 7.7 | 32 | 41.0 | 61 | 78.2 | 12 | 15.4 | 25 | 32.1 |
| | | 200～250g | 71 | 100.0 | 0 | 0.0 | 11 | 15.5 | 1 | 1.4 | 3 | 4.2 | 8 | 11.3 | 6 | 8.5 | 11 | 15.5 | 12 | 16.9 | 19 | 26.8 | 59 | 83.1 | 15 | 21.1 | 10 | 14.1 |
| | | 250～300g | 80 | 100.0 | 0 | 0.0 | 7 | 8.8 | 3 | 3.8 | 2 | 2.5 | 5 | 6.3 | 10 | 12.5 | 8 | 10.0 | 10 | 12.5 | 35 | 43.8 | 70 | 87.5 | 16 | 20.0 | 24 | 30.0 |
| | | 300～350g | 47 | 100.0 | 0 | 0.0 | 3 | 6.4 | 3 | 6.4 | 1 | 2.1 | 2 | 4.3 | 7 | 14.9 | 3 | 6.4 | 14 | 29.8 | 14 | 29.8 | 41 | 87.2 | 16 | 34.0 | 8 | 17.0 |
| | | 350g以上 | 192 | 100.0 | 1 | 0.5 | 6 | 3.1 | 0 | 0.0 | 2 | 1.0 | 10 | 5.2 | 10 | 5.2 | 19 | 9.9 | 45 | 23.4 | 99 | 51.6 | 185 | 96.4 | 66 | 34.4 | 59 | 30.7 |
| | | 総　数 | 587 | 100.0 | 17 | 2.9 | 43 | 7.3 | 17 | 2.9 | 17 | 2.9 | 41 | 7.0 | 50 | 8.5 | 59 | 10.1 | 106 | 18.1 | 237 | 40.4 | 510 | 86.9 | 150 | 25.6 | 154 | 26.2 |
| | 朝食欠食 | 50g未満 | 15 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 13.3 | 3 | 20.0 | 2 | 13.3 | 5 | 33.3 | 1 | 6.7 | 2 | 13.3 | 15 | 100.0 | 1 | 6.7 | 1 | 6.7 |
| | | 50～100g | 8 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 3 | 37.5 | 1 | 12.5 | 1 | 12.5 | 1 | 12.5 | 1 | 12.5 | 8 | 100.0 | 0 | 0.0 | 1 | 12.5 |
| | | 100～150g | 19 | 100.0 | 1 | 5.3 | 1 | 5.3 | 0 | 0.0 | 1 | 5.3 | 3 | 15.8 | 5 | 26.3 | 4 | 21.1 | 2 | 10.5 | 2 | 10.5 | 17 | 89.5 | 4 | 21.1 | 0 | 0.0 |
| | | 150～200g | 10 | 100.0 | 0 | 0.0 | 3 | 30.0 | 1 | 10.0 | 1 | 10.0 | 4 | 40.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 0 | 0.0 | 6 | 60.0 | 0 | 0.0 | 0 | 0.0 |
| | | 200～250g | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 1 | 25.0 | 4 | 100.0 | 1 | 25.0 | 0 | 0.0 |
| | | 250～300g | 6 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 16.7 | 3 | 50.0 | 1 | 16.7 | 1 | 16.7 | 0 | 0.0 | 6 | 100.0 | 1 | 16.7 | 0 | 0.0 |
| | | 300～350g | 5 | 100.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 2 | 40.0 | 4 | 80.0 | 2 | 40.0 | 0 | 0.0 |
| | | 350g以上 | 21 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 9.5 | 4 | 19.0 | 7 | 33.3 | 2 | 9.5 | 2 | 9.5 | 4 | 19.0 | 21 | 100.0 | 3 | 14.3 | 1 | 4.8 |
| | | 総　数 | 88 | 100.0 | 1 | 1.1 | 5 | 5.7 | 1 | 1.1 | 8 | 9.1 | 19 | 21.6 | 19 | 21.6 | 15 | 17.0 | 8 | 9.1 | 12 | 13.6 | 81 | 92.0 | 12 | 13.6 | 3 | 3.4 |

| | | | 年　齢（歳） | | | | | | | | | | | | | | | | | | | | 年　齢（歳） | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 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）20歳以上 | | （再掲）65～74歳 | | （再掲）75歳以上 | |
| | | | 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 | % |
| 男 性 | 総　数 | 50g未満 | 14 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 3 | 21.4 | 2 | 14.3 | 4 | 28.6 | 3 | 21.4 | 1 | 7.1 | 14 | 100.0 | 3 | 21.4 | 1 | 7.1 |
| | | 50～100g | 26 | 100.0 | 2 | 7.7 | 3 | 11.5 | 0 | 0.0 | 2 | 7.7 | 4 | 15.4 | 1 | 3.8 | 2 | 7.7 | 2 | 7.7 | 10 | 38.5 | 21 | 80.8 | 4 | 15.4 | 7 | 26.9 |
| | | 100～150g | 31 | 100.0 | 3 | 9.7 | 5 | 16.1 | 1 | 3.2 | 1 | 3.2 | 3 | 9.7 | 6 | 19.4 | 2 | 6.5 | 2 | 6.5 | 8 | 25.8 | 22 | 71.0 | 5 | 16.1 | 5 | 16.1 |
| | | 150～200g | 45 | 100.0 | 3 | 6.7 | 4 | 8.9 | 4 | 8.9 | 3 | 6.7 | 4 | 8.9 | 4 | 8.9 | 6 | 13.3 | 2 | 4.4 | 15 | 33.3 | 34 | 75.6 | 4 | 8.9 | 13 | 28.9 |
| | | 200～250g | 35 | 100.0 | 0 | 0.0 | 8 | 22.9 | 1 | 2.9 | 0 | 0.0 | 5 | 14.3 | 3 | 8.6 | 6 | 17.1 | 5 | 14.3 | 7 | 20.0 | 26 | 74.3 | 4 | 11.4 | 5 | 14.3 |
| | | 250～300g | 30 | 100.0 | 0 | 0.0 | 4 | 13.3 | 1 | 3.3 | 0 | 0.0 | 2 | 6.7 | 2 | 6.7 | 5 | 16.7 | 4 | 13.3 | 12 | 40.0 | 25 | 83.3 | 8 | 26.7 | 7 | 23.3 |
| | | 300～350g | 25 | 100.0 | 0 | 0.0 | 0 | 0.0 | 3 | 12.0 | 1 | 4.0 | 0 | 0.0 | 5 | 20.0 | 2 | 8.0 | 5 | 20.0 | 9 | 36.0 | 22 | 88.0 | 8 | 32.0 | 4 | 16.0 |
| | | 350g以上 | 106 | 100.0 | 0 | 0.0 | 2 | 1.9 | 0 | 0.0 | 1 | 0.9 | 8 | 7.5 | 8 | 7.5 | 12 | 11.3 | 23 | 21.7 | 52 | 49.1 | 104 | 98.1 | 34 | 32.1 | 31 | 29.2 |
| | | 総　数 | 310 | 100.0 | 8 | 2.6 | 26 | 8.4 | 10 | 3.2 | 9 | 2.9 | 29 | 9.4 | 30 | 9.7 | 38 | 12.3 | 46 | 14.8 | 114 | 36.8 | 266 | 85.8 | 70 | 22.6 | 73 | 23.5 |
| | 朝食喫食 | 50g未満 | 7 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 28.6 | 0 | 0.0 | 1 | 14.3 | 3 | 42.9 | 1 | 14.3 | 7 | 100.0 | 3 | 42.9 | 1 | 14.3 |
| | | 50～100g | 21 | 100.0 | 2 | 9.5 | 3 | 14.3 | 0 | 0.0 | 1 | 4.8 | 2 | 9.5 | 0 | 0.0 | 1 | 4.8 | 2 | 9.5 | 10 | 47.6 | 16 | 76.2 | 4 | 19.0 | 7 | 33.3 |
| | | 100～150g | 23 | 100.0 | 3 | 13.0 | 5 | 21.7 | 1 | 4.3 | 1 | 4.3 | 2 | 8.7 | 3 | 13.0 | 0 | 0.0 | 2 | 8.7 | 6 | 26.1 | 14 | 60.9 | 3 | 13.0 | 5 | 21.7 |
| | | 150～200g | 40 | 100.0 | 3 | 7.5 | 3 | 7.5 | 4 | 10.0 | 2 | 5.0 | 1 | 2.5 | 4 | 10.0 | 6 | 15.0 | 2 | 5.0 | 15 | 37.5 | 30 | 75.0 | 4 | 10.0 | 13 | 32.5 |
| | | 200～250g | 31 | 100.0 | 0 | 0.0 | 8 | 25.8 | 1 | 3.2 | 0 | 0.0 | 4 | 12.9 | 3 | 9.7 | 5 | 16.1 | 4 | 12.9 | 6 | 19.4 | 22 | 71.0 | 3 | 9.7 | 5 | 16.1 |
| | | 250～300g | 27 | 100.0 | 0 | 0.0 | 4 | 14.8 | 1 | 3.7 | 0 | 0.0 | 2 | 7.4 | 1 | 3.7 | 4 | 14.8 | 3 | 11.1 | 12 | 44.4 | 22 | 81.5 | 7 | 25.9 | 7 | 25.9 |
| | | 300～350g | 23 | 100.0 | 0 | 0.0 | 0 | 0.0 | 3 | 13.0 | 1 | 4.3 | 0 | 0.0 | 4 | 17.4 | 2 | 8.7 | 5 | 21.7 | 8 | 34.8 | 20 | 87.0 | 7 | 30.4 | 4 | 17.4 |
| | | 350g以上 | 95 | 100.0 | 0 | 0.0 | 2 | 2.1 | 0 | 0.0 | 0 | 0.0 | 6 | 6.3 | 6 | 6.3 | 10 | 10.5 | 22 | 23.2 | 49 | 51.6 | 93 | 97.9 | 32 | 33.7 | 30 | 31.6 |
| | | 総　数 | 265 | 100.0 | 8 | 3.0 | 25 | 9.4 | 10 | 3.8 | 5 | 1.9 | 19 | 7.2 | 20 | 7.5 | 28 | 10.6 | 43 | 16.2 | 107 | 40.4 | 222 | 83.8 | 63 | 23.8 | 72 | 27.2 |
| | 朝食欠食 | 50g未満 | 7 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 14.3 | 1 | 14.3 | 2 | 28.6 | 3 | 42.9 | 0 | 0.0 | 0 | 0.0 | 7 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | | 50～100g | 5 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 2 | 40.0 | 1 | 20.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 5 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | | 100～150g | 8 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 3 | 37.5 | 2 | 25.0 | 0 | 0.0 | 2 | 25.0 | 8 | 100.0 | 2 | 25.0 | 0 | 0.0 |
| | | 150～200g | 5 | 100.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 3 | 60.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 80.0 | 0 | 0.0 | 0 | 0.0 |
| | | 200～250g | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 1 | 25.0 | 1 | 25.0 | 1 | 25.0 | 4 | 100.0 | 1 | 25.0 | 0 | 0.0 |
| | | 250～300g | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 1 | 33.3 | 1 | 33.3 | 0 | 0.0 | 3 | 100.0 | 1 | 33.3 | 0 | 0.0 |
| | | 300～350g | 2 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 | 2 | 100.0 | 1 | 50.0 | 0 | 0.0 |
| | | 350g以上 | 11 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 9.1 | 2 | 18.2 | 2 | 18.2 | 2 | 18.2 | 1 | 9.1 | 3 | 27.3 | 11 | 100.0 | 2 | 18.2 | 1 | 9.1 |
| | | 総　数 | 45 | 100.0 | 0 | 0.0 | 1 | 2.2 | 0 | 0.0 | 4 | 8.9 | 10 | 22.2 | 10 | 22.2 | 10 | 22.2 | 3 | 6.7 | 7 | 15.6 | 44 | 97.8 | 7 | 15.6 | 1 | 2.2 |

| | | | 年　齢（歳） | | | | | | | | | | | | | | | | | | | | 年　齢（歳） | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 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）20歳以上 | | （再掲）65～74歳 | | （再掲）75歳以上 | |
| | | | 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 | % |
| 女 性 | 総　数 | 50g未満 | 15 | 100.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 | 2 | 13.3 | 3 | 20.0 | 1 | 6.7 | 2 | 13.3 | 3 | 20.0 | 3 | 20.0 | 14 | 93.3 | 3 | 20.0 | 2 | 13.3 |
| | | 50～100g | 27 | 100.0 | 2 | 7.4 | 2 | 7.4 | 1 | 3.7 | 0 | 0.0 | 3 | 11.1 | 3 | 11.1 | 3 | 11.1 | 4 | 14.8 | 9 | 33.3 | 22 | 81.5 | 3 | 11.1 | 8 | 29.6 |
| | | 100～150g | 52 | 100.0 | 4 | 7.7 | 2 | 3.8 | 1 | 1.9 | 4 | 7.7 | 8 | 15.4 | 6 | 11.5 | 5 | 9.6 | 9 | 17.3 | 13 | 25.0 | 45 | 86.5 | 12 | 23.1 | 8 | 15.4 |
| | | 150～200g | 43 | 100.0 | 2 | 4.7 | 4 | 9.3 | 4 | 9.3 | 1 | 2.3 | 1 | 2.3 | 3 | 7.0 | 7 | 16.3 | 4 | 9.3 | 17 | 39.5 | 33 | 76.7 | 8 | 18.6 | 12 | 27.9 |
| | | 200～250g | 40 | 100.0 | 0 | 0.0 | 3 | 7.5 | 0 | 0.0 | 3 | 7.5 | 4 | 10.0 | 3 | 7.5 | 6 | 15.0 | 8 | 20.0 | 13 | 32.5 | 37 | 92.5 | 12 | 30.0 | 5 | 12.5 |
| | | 250～300g | 56 | 100.0 | 0 | 0.0 | 3 | 5.4 | 2 | 3.6 | 2 | 3.6 | 4 | 7.1 | 11 | 19.6 | 4 | 7.1 | 7 | 12.5 | 23 | 41.1 | 51 | 91.1 | 9 | 16.1 | 17 | 30.4 |
| | | 300～350g | 27 | 100.0 | 0 | 0.0 | 4 | 14.8 | 0 | 0.0 | 1 | 3.7 | 2 | 7.4 | 3 | 11.1 | 1 | 3.7 | 9 | 33.3 | 7 | 25.9 | 23 | 85.2 | 10 | 37.0 | 4 | 14.8 |
| | | 350g以上 | 107 | 100.0 | 1 | 0.9 | 4 | 3.7 | 0 | 0.0 | 3 | 2.8 | 6 | 5.6 | 9 | 8.4 | 9 | 8.4 | 24 | 22.4 | 51 | 47.7 | 102 | 95.3 | 35 | 32.7 | 29 | 27.1 |
| | | 総　数 | 365 | 100.0 | 10 | 2.7 | 22 | 6.0 | 8 | 2.2 | 16 | 4.4 | 31 | 8.5 | 39 | 10.7 | 36 | 9.9 | 68 | 18.6 | 135 | 37.0 | 325 | 89.0 | 92 | 25.2 | 84 | 23.0 |
| | 朝食喫食 | 50g未満 | 7 | 100.0 | 1 | 14.3 | 0 | 0.0 | 0 | 0.0 | 1 | 14.3 | 1 | 14.3 | 1 | 14.3 | 0 | 0.0 | 2 | 28.6 | 1 | 14.3 | 6 | 85.7 | 2 | 28.6 | 1 | 14.3 |
| | | 50～100g | 24 | 100.0 | 2 | 8.3 | 2 | 8.3 | 1 | 4.2 | 0 | 0.0 | 2 | 8.3 | 3 | 12.5 | 3 | 12.5 | 3 | 12.5 | 8 | 33.3 | 19 | 79.2 | 3 | 12.5 | 7 | 29.2 |
| | | 100～150g | 41 | 100.0 | 3 | 7.3 | 1 | 2.4 | 1 | 2.4 | 3 | 7.3 | 6 | 14.6 | 4 | 9.8 | 3 | 7.3 | 7 | 17.1 | 13 | 31.7 | 36 | 87.8 | 10 | 24.4 | 8 | 19.5 |
| | | 150～200g | 38 | 100.0 | 2 | 5.3 | 2 | 5.3 | 3 | 7.9 | 1 | 2.6 | 0 | 0.0 | 3 | 7.9 | 6 | 15.8 | 4 | 10.5 | 17 | 44.7 | 31 | 81.6 | 8 | 21.1 | 12 | 31.6 |
| | | 200～250g | 40 | 100.0 | 0 | 0.0 | 3 | 7.5 | 0 | 0.0 | 3 | 7.5 | 4 | 10.0 | 3 | 7.5 | 6 | 15.0 | 8 | 20.0 | 13 | 32.5 | 37 | 92.5 | 12 | 30.0 | 5 | 12.5 |
| | | 250～300g | 53 | 100.0 | 0 | 0.0 | 3 | 5.7 | 2 | 3.8 | 2 | 3.8 | 3 | 5.7 | 9 | 17.0 | 4 | 7.5 | 7 | 13.2 | 23 | 43.4 | 48 | 90.6 | 9 | 17.0 | 17 | 32.1 |
| | | 300～350g | 24 | 100.0 | 0 | 0.0 | 3 | 12.5 | 0 | 0.0 | 0 | 0.0 | 2 | 8.3 | 3 | 12.5 | 1 | 4.2 | 9 | 37.5 | 6 | 25.0 | 21 | 87.5 | 9 | 37.5 | 4 | 16.7 |
| | | 350g以上 | 97 | 100.0 | 1 | 1.0 | 4 | 4.1 | 0 | 0.0 | 2 | 2.1 | 4 | 4.1 | 4 | 4.1 | 9 | 9.3 | 23 | 23.7 | 50 | 51.5 | 92 | 94.8 | 34 | 35.1 | 29 | 29.9 |
| | | 総　数 | 322 | 100.0 | 9 | 2.8 | 18 | 5.6 | 7 | 2.2 | 12 | 3.7 | 22 | 6.8 | 30 | 9.3 | 31 | 9.6 | 63 | 19.6 | 130 | 40.4 | 288 | 89.4 | 87 | 27.0 | 82 | 25.5 |
| | 朝食欠食 | 50g未満 | 8 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 2 | 25.0 | 0 | 0.0 | 2 | 25.0 | 1 | 12.5 | 2 | 25.0 | 8 | 100.0 | 1 | 12.5 | 1 | 12.5 |
| | | 50～100g | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 1 | 33.3 | 3 | 100.0 | 0 | 0.0 | 1 | 33.3 |
| | | 100～150g | 11 | 100.0 | 1 | 9.1 | 1 | 9.1 | 0 | 0.0 | 1 | 9.1 | 2 | 18.2 | 2 | 18.2 | 2 | 18.2 | 2 | 18.2 | 0 | 0.0 | 9 | 81.8 | 2 | 18.2 | 0 | 0.0 |
| | | 150～200g | 5 | 100.0 | 0 | 0.0 | 2 | 40.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 2 | 40.0 | 0 | 0.0 | 0 | 0.0 |
| | | 200～250g | 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 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | | 250～300g | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 2 | 66.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 100.0 | 0 | 0.0 | 0 | 0.0 |
| | | 300～350g | 3 | 100.0 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 2 | 66.7 | 1 | 33.3 | 0 | 0.0 |
| | | 350g以上 | 10 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 2 | 20.0 | 5 | 50.0 | 0 | 0.0 | 1 | 10.0 | 1 | 10.0 | 10 | 100.0 | 1 | 10.0 | 0 | 0.0 |
| | | 総　数 | 43 | 100.0 | 1 | 2.3 | 4 | 9.3 | 1 | 2.3 | 4 | 9.3 | 9 | 20.9 | 9 | 20.9 | 5 | 11.6 | 5 | 11.6 | 5 | 11.6 | 37 | 86.0 | 5 | 11.6 | 2 | 4.7 |