各国の食品表示（栄養表示） ※カッコ内の数字は撮影年

・シンガポール　パン（2009）

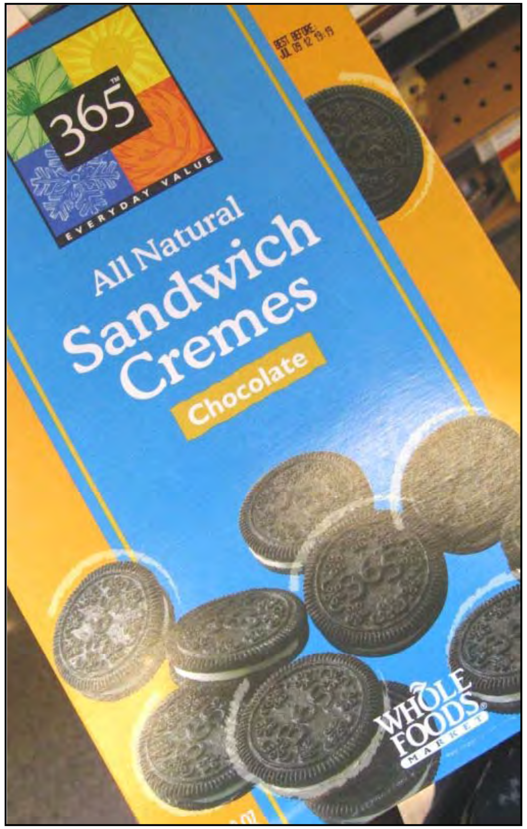
NUTRITION INFORMATION

Servings Per Package: 1
Serving Size: 1 roll (65g)

Nutrients	Per Serving	Per 100g
Energy	200kcal*	308k[illegible]*
Protein	5.3g	
Total Fat	5.1g	[illegible]
-saturated fat	2.4g	3.[illegible]
-trans fat	0g	0g
Cholesterol	0.0mg	0.0mg
Carbohydrates	33.3g	51.3g
Dietary Fibre	1.6g	2.4g
Sodium	210.7mg	324.1mg
Iron	15.9mg	24.5mg
Calcium	449.0mg	690.7mg
Thiamine (Vit B1)	0.27mg	0.42mg
Riboflavin (Vit B2)	0.20mg	0.30mg
Niacin (Vit B3)	2.57mg	3.96mg

*1 kcal = 4.2KJ

・アメリカ　クッキー（2012）



Nutrition Facts

Serving Size 2 cookies (27g)
Servings Per Container about 21

Amount Per Serving	
Calories 130 Calories from Fat 50	
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

・フランス　チョコレート（2012）

Valeurs Nutritionnelles pour / Voedingswaarden per / Nährwert pro	100 g	25 g	% GDA* - 25 g
Valeur énergétique / Energie / Energie	2420 kJ / 580 kcal	605 kJ / 145 kcal	7%
Protéines / Eiwitten / Energia tartalom	4.8 g	1.2 g	2%
Glucides / Koolhydraten / Kohlenhydrate	47 g	11.5 g	4%
dont sucres / waarvan suiker / davon Zucker	44.5 g	11.0 g	12%
Lipides / Vetten / Fett	40 g	10 g	14%
dont acides gras saturés / waarvan verzadigde / davon gesättigte Fettsäuren	23 g	5.7 g	28%
Fibres alimentaires / Voedingsvezels / Ballaststoffe	6.3 g	1.6 g	6%
Sodium / Natrium / Natrium	0.02 g	<0.01 g	<1%

145 kcal

*GDA = Repères Nutritionnels Journaliers pour un adulte sur base d'un apport moyen de 2000 kcal. Pour plus d'information : www.cotedor.com / *GDA = Dagelijkse Voedingsrichtlijn voor een volwassene op basis van een gemiddelde behoefte van 2000 kcal. Voor meer informatie: www.cotedor.com / *GDA = Richtwert für die Tageszufuhr basierend auf einer ausgewogenen Ernährung eines durchschnittlichen Erwachsenen von täglich 2.000 kcal. Ausführliche Informationen zu GDA unter www.cotedor.com

Chocolat noir fourrage confiseur (40%) aux cristaux de jus de citron concentré, à l'arôme citron et à l'arôme naturel gingembre. Ingrédients: Sucre, pâte de cacao, graisses végétales, beurre de cacao, beurre concentré, poudre de lait entier, cacao maigre en poudre, pomme, arômes, lactosérum en poudre, émulsifiant (lécithine de soja), jus de citron concentré (0.2%). CONTIENT LAIT, SOJA. PEUT CONTENIR DES TRACES DE FRUITS SECS À COQUE. A conserver au sec et à l'abri de la chaleur.

Pure Chocolade met een vulling (40%) van kristallen van geconcentreerd citroensap, citroensmaak en natuurlijk gemberaroma. Ingrediënten: Suiker, cacaomassa, plantaardige vetten, cacaoboter, melkvet, volle melkpoeder, magere cacaopoeder, appel, aroma's, weipoeder, emulgator (sojalecithine), geconcentreerd citroensap (0.2%). BEVAT MELK, SOJA. KAN SPOREN BEVATTEN VAN NOTEN. Droog en uit de warmte bewaren.

・チリ　クッキー（2007）

FECHA　Nº LOTE
(ALMACENAR A / STORAGE: 20°C, 60% H.R./R.H.)

INFORMACION NUTRICIONAL

Porción: 13 unidades (40 g)
Porciones por envase: 1

	100g	1Porción
Energía (kcal)	496	198
Proteínas (g)	5,2	2,1
Grasa Total (g)	24,2	9,7
Grasa Saturada (g)	10,5	4,2
Grasa Monoinsaturada (g)	6,4	2,6
Grasa Poliinsaturada (g)	7,3	2,9
Grasa Trans (g)	1,9	0,8
Colesterol (mg)	4,6	1,9
H. de C. dis.(g)	64,3	25,7
Sodio (mg)	280	112

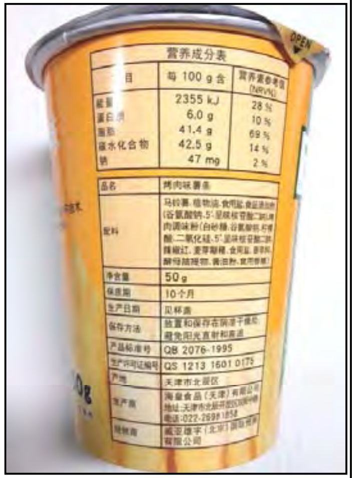
Nutrition Facts

Serv. Size 13 pieces (40 g)
Servings per Container 1
Calories 200

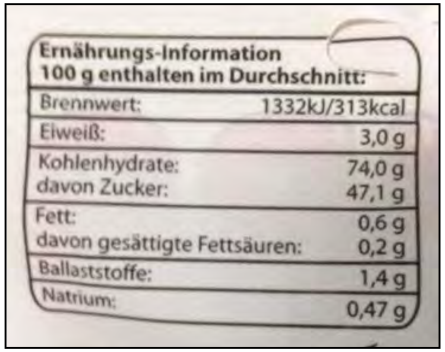
Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 10 g	15%	Total carb. 26g	9%
Sat. Fat 4.5 g	23%	Dietary Fiber less than 1g	
Trans Fat 1 g		Sugars 11 g	
Cholest. less than 5 mg	2%	Protein 2 g	
Sodium 120 mg	5%		

Vitamin A 0%

・中国　菓子（2013）



・ドイツ　菓子（2013）



・プエルトリコ
ドライフルーツ（2013）

・韓国　菓子　（2012）

・ロシア　チョコレート（2013）

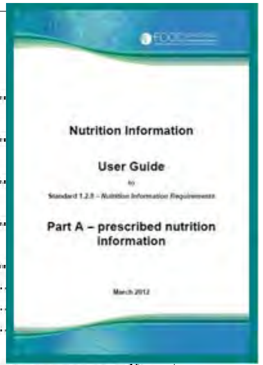
【参考資料：諸外国の栄養表示に関する規制について】

オーストラリア・ニュージーランド

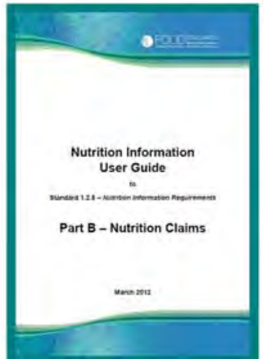
引用元：オーストラリア・ニュージーランド食品基準機関（ＦＳＡＮＺ）

Food Standards Australia New Zealand: Nutrition Information User Guide to Standard 1.2.8 – Nutrition Information Requirements, March 2012

Contents



Contents



左：http://www.foodstandards.gov.au/_srcfiles/Userguide_NutritionInfo_PartA_March12.pdf

右：http://www.foodstandards.gov.au/_srcfiles/Userguide_NutritionInfo%20_PartB_March%2012.pdf

アメリカ

引用元：アメリカ食品医薬品局（US FDA）

Guidance for Industry: Nutrition Labeling Manual - A Guide for Developing and Using Data Bases

http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm063113.htm

Table of Contents

カナダ

引用元：カナダ食糧検査機関（Canadian Food Inspection Agency）

① 食品医薬品規制 *Food and Drug Regulations*

http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._870/index.html

- B.01.401 - Nutrition Labelling
  - B.01.401 - Core Information
  - B.01.402 - Additional Information
  - B.01.403 - Foods for Children under Two Years of Age
  - B.01.404 - Food for Use in Manufacturing other Foods
  - B.01.405 - Foods for Enterprise or Institution
  - B.01.406 - Basis of Information
  - B.01.450 - Presentation of Nutrition Facts Table
  - B.01.451 - Location of Nutrition Facts Table
  - B.01.452 - Orientation of Nutrition Facts Table
  - B.01.453 - Application
  - B.01.454 - Standard and Horizontal Formats
  - B.01.455 - Simplified Formats
  - B.01.456 - Dual Format — Foods Requiring Preparation
  - B.01.457 - Aggregate Format — Different Kinds of Foods
  - B.01.458 - Dual Format — Different Amounts of Food
  - B.01.459 - Aggregate Format — Different Amounts of Food
  - B.01.460 - Presentation of Additional Information
  - B.01.461 - Standard and Horizontal Formats — Children under Two Years of Age
  - B.01.462 - Simplified Formats — Children under Two Years of Age
  - B.01.463 - Aggregate Format — Different Kinds of Foods — Children under Two Years of Age
  - B.01.464 - Aggregate Format — Different Amounts of Food — Children under Two Years of Age
  - B.01.465 - Presentation of Additional Information — Children under Two Years of Age
  - B.01.466 - Alternative Methods of Presentation
  - B.01.467 - Small Packages
- B.01.500 - Nutrient Content Claims
  - B.01.500 - Interpretation
  - B.01.501 - Languages
  - B.01.502 - Statements or Claims
  - B.01.513 - Sensory Characteristic
- B.01.600 - Health Claims
  - B.01.600 - Languages
  - B.01.601 - Statements or Claims

②食品表示及び広告食品のガイド *Guide to Food Labelling and Advertising-Food*

http://www.inspection.gc.ca/food/labelling/guide-to-food-labelling-and-advertising/eng/1300118951990/1300118996556

Chapter 5