

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*	308kcal*
Protein	5.3g	
Total Fat	5.1g	
-saturated fat	2.4g	3.7g
-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

・フランス チョコレート (2012)



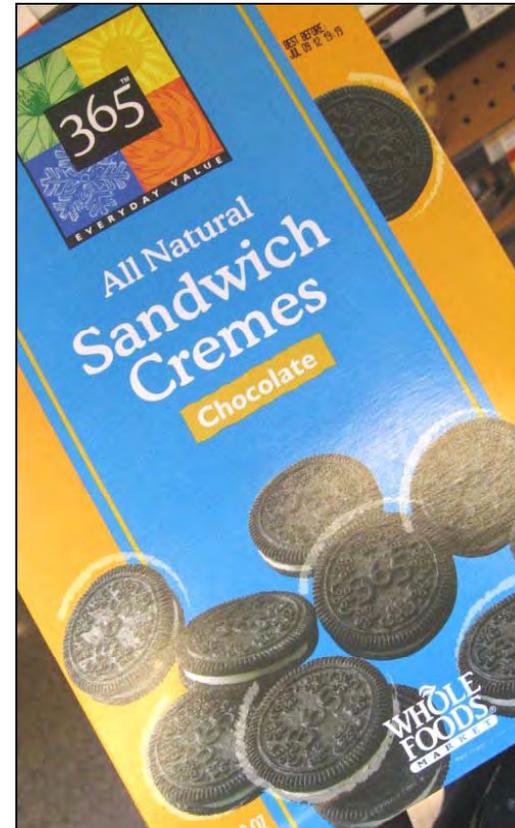
Valeurs Nutritionnelles pour / Voedingswaarden per / Nährwert pro	100 g	25 g	% GDA* - 25 g
Valeur énergétique / Energie / Energie	2420 kJ / 580 kcal	605 kJ / 145 kcal	7%
Protéines / Eiwitten / Energia tartalom	4.8 g	1.2 g	2%
Glucides / Koolhydraten / Kohlenhydrate	47 g	11.5 g	4%
dont sucres / waarvan 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%

\*GDA = Références Nutritionnelles journalières pour un adulte sur base d'un apport moyen de 2000 kcal. Pour plus d'information : www.coteador.com / \*GDA = Dagelijkse Voedingsrichtlijn voor een volwassenere op basis van een gemiddelde behoefte van 2000 kcal. Voor meer informatie: www.coteador.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.coteador.com

① ② 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.

① Pure Chocolade met een vulling (40%) van kristallen van geconcentreerd citroensap, citroensmaak en natuurlijk gemberaroma. Ingrediënten: Suiker, cacaoomassa, plantaardige vetten, cacaoholter, melkvet, volle melkpoeder, magere cacao-poeder, appel, aroma's, wei-poeder, emulgator (sojalecithine), geconcentreerd citroensap (0.2%). BEVAT MELK, SOJA. KAN SPOREN BEVATTEN VAN NOTEN. Droog en uit de warmte bewaren.

・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*
<b>Total Fat</b>	5g	8%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	90mg	4%
<b>Total Carbohydrate</b>	19g	6%
Dietary Fiber	0g	0%
Sugars	11g	
<b>Protein</b>	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

・チリ クッキー (2007)



FECHA Nº LOTE  
ALMACENAR A / STORED: 20°C, 100% H.A./R.H.

**INFORMACION NUTRICIONAL**

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

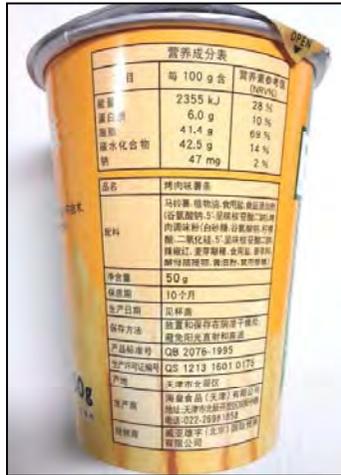
	100g	1 Porción
Energía (kcal)	406	198
Proteínas (g)	5.2	2.1
Grasa Total (g)	24.2	9.7
Grasa Saturada (g)	10.5	4.2
Grasa Monoinsaturada (g)	8.4	2.8
Grasa Poliinsaturada (g)	7.3	2.9
Grasa Trans (g)	1.9	0.8
Carbón (mg)	4.6	1.9
H. de C. dis. (g)	84.3	25.7
Sodio (mg)	280	112

**Nutrition Facts**

	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat	10 g	15%	Total carb.	25g 9%
Sat. Fat	4.5 g	23%	Dietary Fiber	see pan. 1g
Trans Fat	1 g		Sugars	11 g
Cholesterol	see pan. 5 mg	2%	Protein	2 g
Sodium	110 mg	6%		

\*Percent Daily Values are based on a diet of other people's secrets.

•中国 菓子 (2013)



•ドイツ 菓子 (2013)



Ernährungs-Information 100 g enthalten im Durchschnitt:	
Brennwert:	1332kJ/313kcal
Eiweiß:	3,0 g
Kohlenhydrate: davon Zucker:	74,0 g 47,1 g
Fett: davon gesättigte Fettsäuren:	0,6 g 0,2 g
Ballaststoffe:	1,4 g
Natrium:	0,47 g

•プエルトリコ  
ドライフルーツ (2013)



•韓国 菓子 (2012)



영양 성분		1회 제공량 1갑(32g)	1회 제공량(32g)	
1회 제공량당 함량: 열량	175 kcal	탄수화물	17 g	
(5%)	당류 10 g	단백질	4 g(7%)	
포화지방	4.3 g(29%)	트랜스지방	0 g	
콜레스테롤	5 mg	미민(1%)	나트륨	50 mg(3%)

( )안의 수치는 1일 영양소기준치에 대한 비율임.

•ロシア チョコレート (2013)



Пищевая ценность / Тағамдық құндылығы / Mahsulotning ozuqaviy qiymati:		100 g / g
Углеводы / Көмірсу / Uglevodlar		57,5 г
Белки / Ақуыз / Oqsillar		5,4 г
Жиры / Май / Yog'lar		30,7 г
Энергетическая ценность / Энергетикалық құндылығы / Energetik quvvati		2232 кДж/ 535 ккал

Datos De Nutrición  
Nutrition Facts

Tamaño Por Ración / Serving Size		1 oz (28.35 g)																												
Raciones Por Envase / Servings Per Container		2.5																												
Cantidad Por Ración / Amount Per Serving																														
Calorias / Calories		150																												
Calorias de Grasa / Calories from Fat		70																												
% Valor Diario* / % Daily Value*																														
<b>Grasa Total / Total Fat</b> 8 g		12%																												
Grasa Saturada / Saturated Fat 3.5g		17%																												
Acidos Grasos Trans / Trans Fatty Acids 0 g																														
<b>Colesterol / Cholesterol</b> 0 mg		0%																												
<b>Sodio / Sodium</b> 110 mg		5%																												
<b>Carb. Totales / Total Carb.</b> 19 g		6%																												
Fibra Dietética / Dietary Fiber 2 g		7%																												
Azúcares / Sugars 0 g																														
<b>Proteínas / Protein</b> Menos de/Less than 1 g																														
Vitamina A / Vitamin A 30%	Vitamina C / Vitamin C 10%																													
Calcio / Calcium 0%	Hierro / Iron 0%																													
*Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas.																														
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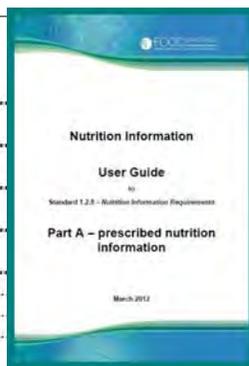
【参考資料：諸外国の栄養表示に関する規制について】

オーストラリア・ニュージーランド

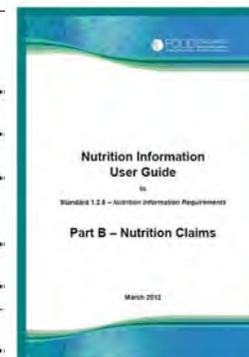
引用元：オーストラリア・ニュージーランド食品基準機関（F S A N Z）

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

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左 : [http://www.foodstandards.gov.au/srcfiles/Userguide NutritionInfo PartA March12.pdf](http://www.foodstandards.gov.au/srcfiles/Userguide%20NutritionInfo%20PartA%20March12.pdf)

右 : [http://www.foodstandards.gov.au/srcfiles/Userguide NutritionInfo%20 PartB March%202012.pdf](http://www.foodstandards.gov.au/srcfiles/Userguide%20NutritionInfo%20PartB%20March%202012.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*

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

## 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](#)
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  - B.01.513 - [Sensory Characteristic](#)
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  - 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>

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