

Ⅲ 調査の結果

1 栄養素毎摂取状況調査者の結果
第1表の1 栄養素等摂取量(部・年齢層別)

| 栄養素等別 | 総計 | | 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 | | (単位)20歳以上 | | | | | | |
|-----------------|------|-------|-------|------|--------|------|--------|-------|--------|------|--------|------|--------|-------|--------|------|-------|------|-----------|-------|------|------|-------|------|------|
| | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | | | | | |
| エネルギー | 411 | 553 | 20 | 194 | 338 | 76 | 2125 | 488 | 109 | 16 | 2216 | 667 | 167 | 71 | 1955 | 555 | 77 | 1897 | 513 | 58 | 355 | 1928 | 530 | 28 | |
| たんぱく質 | g | 70.4 | 22.4 | 1.1 | 37.6 | 12.5 | 28 | 17.4 | 3.0 | 64.5 | 26.3 | 7.1 | 70.6 | 27.6 | 66.9 | 15.8 | 3.2 | 71.7 | 21.1 | 2.4 | 73.8 | 20.4 | 71.3 | 21.2 | 1.1 |
| うち動物性 | g | 38.1 | 17.3 | 0.9 | 20.7 | 10.2 | 2.3 | 43.9 | 17.9 | 4.0 | 51.6 | 21.6 | 5.4 | 39.6 | 20.8 | 3.3 | 37.7 | 16.4 | 1.8 | 40.7 | 16.3 | 1.8 | 38.1 | 16.7 | 0.9 |
| アミノ酸組成によるたんぱく質 | g | 19.1 | 9.4 | 0.5 | 10.4 | 3.7 | 0.8 | 18.9 | 7.0 | 1.6 | 19.3 | 7.5 | 1.9 | 18.7 | 11.1 | 1.8 | 18.7 | 10.4 | 1.5 | 19.8 | 10.4 | 1.0 | 19.6 | 9.6 | 0.5 |
| 脂質 | g | 59.0 | 24.2 | 1.2 | 38.1 | 13.0 | 2.9 | 72.2 | 28.2 | 6.3 | 72.2 | 31.9 | 8.0 | 66.5 | 29.9 | 4.8 | 54.8 | 21.3 | 2.4 | 55.7 | 19.4 | 2.1 | 58.9 | 23.2 | 1.2 |
| 動物性脂質 | g | 30.9 | 16.4 | 0.8 | 21.7 | 12.1 | 2.7 | 40.2 | 19.1 | 4.3 | 44.9 | 24.2 | 6.1 | 33.1 | 17.8 | 2.5 | 26.9 | 13.2 | 1.8 | 30.9 | 14.2 | 1.6 | 30.2 | 15.5 | 0.8 |
| 植物性脂質 | g | 28.2 | 14.9 | 0.7 | 16.4 | 8.2 | 1.8 | 32.0 | 15.2 | 3.4 | 27.3 | 12.1 | 3.0 | 31.2 | 17.4 | 2.8 | 31.0 | 16.2 | 2.2 | 25.2 | 13.3 | 1.5 | 28.6 | 15.0 | 0.8 |
| 炭水化物 | g | 253.0 | 113.7 | 4.0 | 171.7 | 59.3 | 14.7 | 297.8 | 114.1 | 29.3 | 297.3 | 96.4 | 21.6 | 263.4 | 103.9 | 17.7 | 230.7 | 82.7 | 10.9 | 230.7 | 82.7 | 10.9 | 230.7 | 82.7 | 10.9 |
| 糖質 | g | 210.9 | 105.3 | 3.5 | 137.1 | 52.4 | 13.2 | 173.2 | 67.2 | 10.8 | 173.2 | 52.4 | 13.2 | 163.4 | 60.9 | 12.7 | 150.0 | 59.2 | 10.0 | 163.4 | 60.9 | 12.7 | 150.0 | 59.2 | 10.0 |
| 食物繊維 | g | 51.0 | 24.7 | 1.2 | 34.6 | 14.3 | 2.0 | 124.6 | 46.9 | 5.5 | 22.4 | 7.2 | 1.4 | 10.2 | 4.7 | 1.9 | 10.3 | 4.8 | 0.3 | 67.3 | 22.8 | 1.5 | 80.7 | 23.4 | 1.2 |
| カルシウム | mg | 905 | 387 | 14 | 487 | 204 | 54 | 700 | 293 | 54 | 493 | 202 | 51 | 438 | 214 | 34 | 468 | 237 | 33 | 493 | 254 | 29 | 574 | 291 | 16 |
| マグネシウム | mg | 510 | 247 | 12 | 128 | 44 | 10 | 248 | 82 | 12 | 293 | 68 | 17 | 208 | 86 | 14 | 240 | 100 | 14 | 271 | 93 | 10 | 270 | 76 | 5 |
| 鉄 | mg | 1008 | 333 | 16 | 599 | 251 | 56 | 1128 | 216 | 45 | 1094 | 328 | 82 | 934 | 381 | 61 | 975 | 318 | 44 | 1077 | 344 | 39 | 1079 | 306 | 33 |
| 亜鉛 | mg | 8.1 | 3.0 | 0.1 | 3.8 | 1.6 | 0.4 | 9.5 | 2.8 | 0.6 | 10.3 | 3.8 | 1.0 | 8.4 | 3.7 | 0.5 | 7.7 | 2.6 | 0.4 | 8.2 | 3.1 | 0.3 | 8.5 | 2.7 | 0.3 |
| 銅 | mg | 1.13 | 0.41 | 0.02 | 0.61 | 0.18 | 0.04 | 1.14 | 0.28 | 0.06 | 1.20 | 0.30 | 0.07 | 1.04 | 0.40 | 0.06 | 1.14 | 0.40 | 0.06 | 1.19 | 0.47 | 0.05 | 1.23 | 0.37 | 0.04 |
| マンガン | mg | 3.42 | 1.59 | 0.08 | 1.45 | 0.47 | 0.10 | 2.71 | 0.83 | 0.19 | 3.88 | 1.37 | 0.34 | 2.85 | 1.28 | 0.21 | 3.24 | 1.62 | 0.22 | 3.46 | 1.51 | 0.17 | 4.04 | 1.52 | 0.16 |
| ヨウ素 | μg | 839 | 2521 | 124 | 1791 | 4891 | 1084 | 289 | 380 | 85 | 450 | 899 | 225 | 924 | 2107 | 337 | 873 | 2466 | 342 | 762 | 2010 | 279 | 883 | 2236 | 368 |
| セレン | μg | 44 | 6 | 3 | 23 | 9 | 2 | 40 | 13 | 3 | 34 | 3 | 5 | 44 | 33 | 5 | 44 | 33 | 6 | 41 | 28 | 3 | 46 | 31 | 2 |
| クロム | μg | 6 | 3 | 0 | 4 | 2 | 1 | 5 | 3 | 1 | 5 | 3 | 1 | 6 | 3 | 0 | 6 | 3 | 0 | 6 | 3 | 0 | 6 | 3 | 0 |
| モリブデン | μg | 57 | 95 | 4 | 96 | 47 | 10 | 161 | 48 | 11 | 187 | 73 | 18 | 136 | 74 | 12 | 170 | 79 | 11 | 170 | 76 | 11 | 169 | 90 | 10 |
| ビタミンB1(チロニン当量) | μgRE | 519 | 277 | 25 | 355 | 228 | 51 | 515 | 198 | 44 | 497 | 376 | 94 | 411 | 334 | 54 | 622 | 762 | 106 | 42 | 290 | 42 | 572 | 350 | 39 |
| ビタミンB2 | mg | 78 | 54 | 0.4 | 33 | 3.3 | 0.7 | 5.9 | 5.5 | 1.2 | 7.8 | 4.9 | 2.2 | 5.4 | 7.7 | 1.2 | 6.2 | 6.6 | 0.9 | 7.4 | 5.9 | 1.2 | 9.8 | 10.4 | 1.2 |
| ビタミンB6 | mg | 6.8 | 3.9 | 0.2 | 3.9 | 1.6 | 0.4 | 6.7 | 2.1 | 0.5 | 6.8 | 2.7 | 0.7 | 6.4 | 3.3 | 0.5 | 6.7 | 3.8 | 0.3 | 6.2 | 6.0 | 0.4 | 7.2 | 3.3 | 0.5 |
| ビタミンB12 | μg | 2.8 | 1.1 | 0.05 | 1.0 | 0.3 | 0.1 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.1 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 |
| ビタミンB1 | mg | 0.93 | 0.36 | 0.02 | 0.53 | 0.24 | 0.09 | 1.04 | 0.33 | 0.07 | 1.16 | 0.78 | 0.20 | 1.01 | 0.55 | 0.19 | 0.86 | 0.44 | 0.08 | 0.86 | 0.38 | 0.06 | 0.98 | 0.69 | 0.04 |
| ビタミンB2 | mg | 1.57 | 0.59 | 0.03 | 0.82 | 0.50 | 0.11 | 1.41 | 0.48 | 0.11 | 1.42 | 0.88 | 0.22 | 1.09 | 0.48 | 0.08 | 1.15 | 0.69 | 0.08 | 1.01 | 0.46 | 0.06 | 1.01 | 0.46 | 0.06 |
| ビタミンB6 | mgNE | 1.7 | 0.68 | 0.04 | 0.67 | 0.23 | 0.08 | 1.41 | 0.56 | 0.11 | 1.28 | 0.57 | 0.13 | 1.09 | 0.60 | 0.14 | 1.31 | 0.5 | 0.08 | 1.01 | 0.46 | 0.06 | 1.01 | 0.46 | 0.06 |
| ビタミンB12 | μg | 1.6 | 0.6 | 0.03 | 0.9 | 0.4 | 0.1 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.1 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 |
| ビタミンB12 | μg | 6.8 | 3.3 | 0.3 | 2.9 | 2.4 | 0.5 | 5.2 | 3.2 | 0.7 | 6.4 | 3.3 | 0.6 | 5.1 | 6.3 | 1.0 | 5.9 | 7.7 | 1.1 | 5.0 | 4.5 | 0.6 | 6.3 | 4.5 | 0.6 |
| ビタミンB12 | μg | 1.9 | 0.8 | 0.04 | 1.0 | 0.4 | 0.1 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.1 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 | 1.0 | 0.3 | 0.05 |
| パントテン酸 | μg | 5.49 | 1.91 | 0.09 | 3.47 | 1.43 | 0.32 | 6.40 | 1.95 | 0.22 | 6.75 | 2.3 | 0.4 | 4.87 | 1.99 | 0.32 | 5.42 | 1.70 | 0.24 | 5.05 | 1.87 | 0.22 | 5.19 | 1.92 | 0.21 |
| ビタミンC | mg | 22.6 | 10.3 | 0.5 | 11.6 | 4.2 | 0.9 | 21.9 | 5.9 | 1.3 | 18.3 | 7.9 | 2.0 | 16.0 | 8.0 | 1.3 | 23.0 | 13.1 | 1.8 | 21.4 | 8.7 | 1.2 | 23.9 | 9.0 | 1.1 |
| ビタミンD | μg | 100 | 74 | 4 | 44 | 32 | 7 | 83 | 48 | 11 | 91 | 72 | 18 | 65 | 46 | 7 | 68 | 39 | 5 | 76 | 65 | 9 | 112 | 105 | 8 |
| ビタミンE | mg | 13.8 | 7.7 | 0.9 | 6.7 | 4.7 | 1.2 | 27.9 | 12.2 | 2.5 | 27.9 | 12.2 | 2.5 | 27.9 | 12.2 | 2.5 | 27.9 | 12.2 | 2.5 | 27.9 | 12.2 | 2.5 | 27.9 | 12.2 | 2.5 |
| 食物繊維 | g | 14.8 | 6.3 | 0.3 | 7.2 | 3.3 | 0.7 | 15.9 | 6.1 | 1.4 | 13.7 | 5.8 | 1.4 | 12.5 | 4.9 | 0.8 | 14.0 | 5.7 | 0.8 | 13.1 | 4.4 | 0.6 | 14.9 | 5.3 | 0.8 |
| うち水溶性 | g | 3.5 | 1.6 | 0.1 | 1.8 | 0.9 | 0.2 | 3.9 | 1.7 | 0.4 | 3.1 | 1.6 | 0.4 | 3.3 | 1.5 | 0.2 | 3.3 | 1.3 | 0.2 | 3.1 | 1.2 | 0.2 | 3.6 | 1.7 | 0.2 |
| うち不溶性 | g | 10.7 | 4.7 | 0.2 | 5.3 | 2.4 | 0.5 | 11.4 | 4.3 | 1.0 | 9.8 | 3.8 | 0.9 | 8.8 | 3.6 | 0.6 | 10.0 | 4.1 | 0.6 | 9.6 | 3.3 | 0.5 | 10.8 | 4.3 | 0.6 |
| 食物繊維(α-D-グルコース) | g | 10.2 | 4.9 | 0.2 | 5.4 | 2.4 | 0.5 | 11.4 | 4.3 | 1.0 | 9.8 | 3.8 | 0.9 | 8.8 | 3.6 | 0.6 | 10.0 | 4.1 | 0.6 | 9.6 | 3.3 | 0.5 | 10.8 | 4.3 | 0.6 |
| 食物繊維(β-D-グルコース) | g | 2.3 | 1.5 | 0.1 | 1.0 | 0.4 | 0.1 | 2.4 | 1.5 | 0.3 | 2.2 | 1.2 | 0.3 | 1.9 | 1.4 | 0.2 | 2.2 | 1.7 | 0.2 | 2.2 | 1.0 | 0.1 | 2.3 | 1.5 | 0.2 |
| α-D-グルコース | g | 9.4 | 4.7 | 0.2 | 5.5 | 2.2 | 0.5 | 11.5 | 4.1 | 1.0 | 10.4 | 4.1 | 1.0 | 9.0 | 3.8 | 0.5 | 10.4 | 4.1 | 0.6 | 9.6 | 3.3 | 0.5 | 10.8 | 4.3 | 0.6 |
| β-D-グルコース | g | 2.78 | 1.67 | 0.1 | 1.6 | 0.4 | 0.1 | 1.9 | 1.1 | 0.3 | 1.9 | 1.1 | 0.3 | 2.0 | 1.4 | 0.2 | 2.2 | 1.7 | 0.2 | 2.2 | 1.0 | 0.1 | 2.3 | 1.5 | 0.2 |
| 食物繊維(α-D-グルコース) | g | 2.78 | 1.67 | 0.1 | 1.6 | 0.4 | 0.1 | 1.9 | 1.1 | 0.3 | 1.9 | 1.1 | 0.3 | 2.0 | 1.4 | 0.2 | 2.2 | 1.7 | 0.2 | 2.2 | 1.0 | 0.1 | 2.3 | 1.5 | 0.2 |
| 食物繊維(β-D-グルコース) | g | 5.2 | 2.8 | 0.1 | 3.0 | 1.3 | 0.3 | 4.0 | 1.9 | 0.4 | 3.5 | 1.5 | 0.4 | 3.1 | 1.7 | 0.2 | 3.6 | 1.5 | 0.2 | 3.0 | 1.1 | 0.2 | 3.5 | 1.4 | 0.2 |
| 食物繊維(α-D-グルコース) | g | 2.78 | 1.67 | 0.1 | 1.6 | 0.4 | 0.1 | 1.9 | 1.1 | 0.3 | 1.9 | 1.1 | 0.3 | 2.0 | 1.4 | 0.2 | 2.2 | 1.7 | 0.2 | 2.2 | 1.0 | 0.1 | 2.3 | 1.5 | 0.2 |
| 食物繊維(β-D-グルコース) | g | 2.52 | 1.43 | 0.1 | 1.4 | 0.6 | 0.2 | 1.7 | 0.9 | 0.2 | 1.5 | 0.7 | 0.2 | 1.4 | 0.7 | 0.1 | 1.5 | 0.7 | 0.1 | 1.4 | 0.6 | 0.2 | 1.5 | 0.7 | 0.1 |
| 食物繊維(α-D-グルコース) | g | 5.2 | 2.8 | 0.1 | 3.0 | 1.3 | 0.3 | 4.0 | 1.9 | 0.4 | 3.5 | 1.5 | 0.4 | 3.1 | 1.7 | 0.2 | 3.6 | 1.5 | 0.2 | 3.0 | 1.1 | 0.2 | 3.5 | 1.4 | 0.2 |
| 食物繊維(β-D-グルコース) | g | 5.2 | 2.8 | 0.1 | 3.0 | 1.3 | 0.3 | 4.0 | 1.9 | 0.4 | 3.5 | 1.5 | 0.4 | 3.1 | 1.7 | 0.2 | 3.6 | 1.5 | 0.2 | 3.0 | 1.1 | 0.2 | 3.5 | 1.4 | 0.2 |

*これらの比率は個人々の計算値を平均したものである。

第1表の2 栄養素等摂取量(男・年齢階級別)

| 栄養素等別 | 総数 | | | | | | | | | | 70歳以上 | | | | | | | | | | 70歳以下 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 191 | 214 | 652 | 1382 | 2244 | 3658 | 5644 | 8203 | 11151 | 14223 | 176203 | 208225 | 249633 | 291171 | 337777 | 382239 | 429152 | 474193 | 512230 | 549267 | 586304 | 623341 | 660378 | 697415 | 734452 | 771489 | 808526 | 845563 | 882600 | 919637 | 956674 | 993711 | 1030748 | 1067785 | 1104822 | 1141859 | 1178896 | 1215933 | 1252970 | 1290007 | 1327044 | 1364081 | 1401118 | 1438155 | 1475192 | 1512229 | 1549266 | 1586303 | 1623340 | 1660377 | 1697414 | 1734451 | 1771488 | 1808525 | 1845562 | 1882600 | 1919637 | 1956674 | 1993711 | 2030748 | 2067785 | 2104822 | 2141859 | 2178896 | 2215933 | 2252970 | 2290007 | 2327044 | 2364081 | 2401118 | 2438155 | 2475192 | 2512229 | 2549266 | 2586303 | 2623340 | 2660377 | 2697414 | 2734451 | 2771488 | 2808525 | 2845562 | 2882600 | 2919637 | 2956674 | 2993711 | 3030748 | 3067785 | 3104822 | 3141859 | 3178896 | 3215933 | 3252970 | 3290007 | 3327044 | 3364081 | 3401118 | 3438155 | 3475192 | 3512229 | 3549266 | 3586303 | 3623340 | 3660377 | 3697414 | 3734451 | 3771488 | 3808525 | 3845562 | 3882600 | 3919637 | 3956674 | 3993711 | 4030748 | 4067785 | 4104822 | 4141859 | 4178896 | 4215933 | 4252970 | 4290007 | 4327044 | 4364081 | 4401118 | 4438155 | 4475192 | 4512229 | 4549266 | 4586303 | 4623340 | 4660377 | 4697414 | 4734451 | 4771488 | 4808525 | 4845562 | 4882600 | 4919637 | 4956674 | 4993711 | 5030748 | 5067785 | 5104822 | 5141859 | 5178896 | 5215933 | 5252970 | 5290007 | 5327044 | 5364081 | 5401118 | 5438155 | 5475192 | 5512229 | 5549266 | 5586303 | 5623340 | 5660377 | 5697414 | 5734451 | 5771488 | 5808525 | 5845562 | 5882600 | 5919637 | 5956674 | 5993711 | 6030748 | 6067785 | 6104822 | 6141859 | 6178896 | 6215933 | 6252970 | 6290007 | 6327044 | 6364081 | 6401118 | 6438155 | 6475192 | 6512229 | 6549266 | 6586303 | 6623340 | 6660377 | 6697414 | 6734451 | 6771488 | 6808525 | 6845562 | 6882600 | 6919637 | 6956674 | 6993711 | 7030748 | 7067785 | 7104822 | 7141859 | 7178896 | 7215933 | 7252970 | 7290007 | 7327044 | 7364081 | 7401118 | 7438155 | 7475192 | 7512229 | 7549266 | 7586303 | 7623340 | 7660377 | 7697414 | 7734451 | 7771488 | 7808525 | 7845562 | 7882600 | 7919637 | 7956674 | 7993711 | 8030748 | 8067785 | 8104822 | 8141859 | 8178896 | 8215933 | 8252970 | 8290007 | 8327044 | 8364081 | 8401118 | 8438155 | 8475192 | 8512229 | 8549266 | 8586303 | 8623340 | 8660377 | 8697414 | 8734451 | 8771488 | 8808525 | 8845562 | 8882600 | 8919637 | 8956674 | 8993711 | 9030748 | 9067785 | 9104822 | 9141859 | 9178896 | 9215933 | 9252970 | 9290007 | 9327044 | 9364081 | 9401118 | 9438155 | 9475192 | 9512229 | 9549266 | 9586303 | 9623340 | 9660377 | 9697414 | 9734451 | 9771488 | 9808525 | 9845562 | 9882600 | 9919637 | 9956674 | 9993711 | 10030748 | 10067785 | 10104822 | 10141859 | 10178896 | 10215933 | 10252970 | 10290007 | 10327044 | 10364081 | 10401118 | 10438155 | 10475192 | 10512229 | 10549266 | 10586303 | 10623340 | 10660377 | 10697414 | 10734451 | 10771488 | 10808525 | 10845562 | 10882600 | 10919637 | 10956674 | 10993711 | 11030748 | 11067785 | 11104822 | 11141859 | 11178896 | 11215933 | 11252970 | 11290007 | 11327044 | 11364081 | 11401118 | 11438155 | 11475192 | 11512229 | 11549266 | 11586303 | 11623340 | 11660377 | 11697414 | 11734451 | 11771488 | 11808525 | 11845562 | 11882600 | 11919637 | 11956674 | 11993711 | 12030748 | 12067785 | 12104822 | 12141859 | 12178896 | 12215933 | 12252970 | 12290007 | 12327044 | 12364081 | 12401118 | 12438155 | 12475192 | 12512229 | 12549266 | 12586303 | 12623340 | 12660377 | 12697414 | 12734451 | 12771488 | 12808525 | 12845562 | 12882600 | 12919637 | 12956674 | 12993711 | 13030748 | 13067785 | 13104822 | 13141859 | 13178896 | 13215933 | 13252970 | 13290007 | 13327044 | 13364081 | 13401118 | 13438155 | 13475192 | 13512229 | 13549266 | 13586303 | 13623340 | 13660377 | 13697414 | 13734451 | 13771488 | 13808525 | 13845562 | 13882600 | 13919637 | 13956674 | 13993711 | 14030748 | 14067785 | 14104822 | 14141859 | 14178896 | 14215933 | 14252970 | 14290007 | 14327044 | 14364081 | 14401118 | 14438155 | 14475192 | 14512229 | 14549266 | 14586303 | 14623340 | 14660377 | 14697414 | 14734451 | 14771488 | 14808525 | 14845562 | 14882600 | 14919637 | 14956674 | 14993711 | 15030748 | 15067785 | 15104822 | 15141859 | 15178896 | 15215933 | 15252970 | 15290007 | 15327044 | 15364081 | 15401118 | 15438155 | 15475192 | 15512229 | 15549266 | 15586303 | 15623340 | 15660377 | 15697414 | 15734451 | 15771488 | 15808525 | 15845562 | 15882600 | 15919637 | 15956674 | 15993711 | 16030748 | 16067785 | 16104822 | 16141859 | 16178896 | 16215933 | 16252970 | 16290007 | 16327044 | 16364081 | 16401118 | 16438155 | 16475192 | 16512229 | 16549266 | 16586303 | 16623340 | 16660377 | 16697414 | 16734451 | 16771488 | 16808525 | 16845562 | 16882600 | 16919637 | 16956674 | 16993711 | 17030748 | 17067785 | 17104822 | 17141859 | 17178896 | 17215933 | 17252970 | 17290007 | 17327044 | 17364081 | 17401118 | 17438155 | 17475192 | 17512229 | 17549266 | 17586303 | 17623340 | 17660377 | 17697414 | 17734451 | 17771488 | 17808525 | 17845562 | 17882600 | 17919637 | 17956674 | 17993711 | 18030748 | 18067785 | 18104822 | 18141859 | 18178896 | 18215933 | 18252970 | 18290007 | 18327044 | 18364081 | 18401118 | 18438155 | 18475192 | 18512229 | 18549266 | 18586303 | 18623340 | 18660377 | 18697414 | 18734451 | 18771488 | 18808525 | 18845562 | 18882600 | 18919637 | 18956674 | 18993711 | 19030748 | 19067785 | 19104822 | 19141859 | 19178896 | 19215933 | 19252970 | 19290007 | 19327044 | 19364081 | 19401118 | 19438155 | 19475192 | 19512229 | 19549266 | 19586303 | 19623340 | 19660377 | 19697414 | 19734451 | 19771488 | 19808525 | 19845562 | 19882600 | 19919637 | 19956674 | 19993711 | 20030748 | 20067785 | 20104822 | 20141859 | 20178896 | 20215933 | 20252970 | 20290007 | 20327044 | 20364081 | 20401118 | 20438155 | 20475192 | 20512229 | 20549266 | 20586303 | 20623340 | 20660377 | 20697414 | 20734451 | 20771488 | 20808525 | 20845562 | 20882600 | 20919637 | 20956674 | 20993711 | 21030748 | 21067785 | 21104822 | 21141859 | 21178896 | 21215933 | 21252970 | 21290007 | 21327044 | 21364081 | 21401118 | 21438155 | 21475192 | 21512229 | 21549266 | 21586303 | 21623340 | 21660377 | 21697414 | 21734451 | 21771488 | 21808525 | 21845562 | 21882600 | 21919637 | 21956674 | 21993711 | 22030748 | 22067785 | 22104822 | 22141859 | 22178896 | 22215933 | 22252970 | 22290007 | 22327044 | 22364081 | 22401118 | 22438155 | 22475192 | 22512229 | 22549266 | 22586303 | 22623340 | 22660377 | 22697414 | 22734451 | 22771488 | 22808525 | 22845562 | 22882600 | 22919637 | 22956674 | 22993711 | 23030748 | 23067785 | 23104822 | 23141859 | 23178896 | 23215933 | 23252970 | 23290007 | 23327044 | 23364081 | 23401118 | 23438155 | 23475192 | 23512229 | 23549266 | 23586303 | 23623340 | 23660377 | 23697414 | 23734451 | 23771488 | 23808525 | 23845562 | 23882600 | 23919637 | 23956674 | 23993711 | 24030748 | 24067785 | 24104822 | 24141859 | 24178896 | 24215933 | 24252970 | 24290007 | 24327044 | 24364081 | 24401118 | 24438155 | 24475192 | 24512229 | 24549266 | 24586303 | 24623340 | 24660377 | 24697414 | 24734451 | 24771488 | 24808525 | 24845562 | 24882600 | 24919637 | 24956674 | 24993711 | 25030748 | 25067785 | 25104822 | 25141859 | 25178896 | 25215933 | 25252970 | 25290007 | 25327044 | 25364081 | 25401118 | 25438155 | 25475192 | 25512229 | 25549266 | 25586303 | 25623340 | 25660377 | 25697414 | 25734451 | 25771488 | 25808525 | 25845562 | 25882600 | 25919637 | 25956674 | 25993711 | 26030748 | 26067785 | 26104822 | 26141859 | 26178896 | 26215933 | 26252970 | 26290007 | 26327044 | 26364081 | 26401118 | 26438155 | 26475192 | 26512229 | 26549266 | 26586303 | 26623340 | 26660377 | 26697414 | 26734451 | 26771488 | 26808525 | 26845562 | 26882600 | 26919637 | 26956674 | 26993711 | 27030748 | 27067785 | 27104822 | 27141859 | 27178896 | 27215933 | 27252970 | 27290007 | 27327044 | 27364081 | 27401118 | 27438155 | 27475192 | 27512229 | 27549266 | 27586303 | 27623340 | 27660377 | 27697414 | 27734451 | 27771488 | 27808525 | 27845562 | 27882600 | 27919637 | 27956674 | 27993711 | 28030748 | 28067785 | 28104822 | 28141859 | 28178896 | 28215933 | 28252970 | 28290007 | 28327044 | 28364081 | 28401118 | 28438155 | 28475192 | 28512229 | 28549266 | 28586303 | 28623340 | 28660377 | 28697414 | 28734451 | 28771488 | 28808525 | 28845562 | 28882600 | 28919637 | 28956674 | 28993711 | 29030748 | 29067785 | 29104822 | 29141859 | 29178896 | 29215933 | 29252970 | 29290007 | 29327044 | 29364081 | 29401118 | 29438155 | 29475192 | 29512229 | 29549266 | 29586303 | 29623340 | 29660377 | 29697414 | 29734451 | 29771488 | 29808525 | 29845562 | 29882600 | 29919637 | 29956674 | 29993711 | 30030748 | 30067785 | 30104822 | 30141859 | 30178896 | 30215933 | 30252970 | 30290007 | 30327044 | 30364081 | 30401118 | 30438155 | 30475192 | 30512229 | 30549266 | 30586303 | 30623340 | 30660377 | 30697414 | 30734451 | 30771488 | 30808525 | 30845562 | 30882600 | 30919637 | 30956674 | 30993711 | 31030748 | 31067785 | 31104822 | 31141859 | 31178896 | 31215933 | 31252970 | 31290007 | 31327044 | 31364081 | 31401118 | 31438155 | 31475192 | 31512229 | 31549266 | 31586303 | 31623340 | 31660377 | 31697414 | 31734451 | 31771488 | 31808525 | 31845562 | 31882600 | 31919637 | 31956674 | 31993711 | 32030748 | 32067785 | 32104822 | 32141859 | 32178896 | 32215933 | 32252970 | 32290007 | 32327044 | 32364081 | 32401118 | 32438155 | 32475192 | 32512229 | 32549266 | 32586303 | 32623340 | 32660377 | 32697414 | 32734451 | 32771488 | 32808525 | 32845562 | 32882600 | 32919637 | 32956674 | 32993711 | 33030748 | 33067785 | 33104822 | 33141859 | 33178896 | 33215933 | 33252970 | 33290007 | 33327044 | 33364081 | 33401118 | 33438155 | 33475192 | 33512229 | 33549266 | 33586303 | 33623340 | 33660377 | 33697414 | 33734451 | 33771488 | 33808525 | 33845562 | 33882600 | 33919637 | 33956674 | 33993711 | 34030748 | 34067785 | 34104822 | 34141859 | 34178896 | 34215933 | 34252970 | 34290007 | 34327044 | 34364081 | 34401118 | 34438155 | 34475192 | 34512229 | 34549266 | 34586303 | 34623340 | 34660377 | 34697414 | 34734451 | 34771488 | 34808525 | 34845562 | 34882600 | 34919637 | 34956674 | 34993711 | 35030748 | 35067785 | 35104822 | 35141859 | 35178896 | 35215933 | 35252970 | 35290007 | 35327044 | 35364081 | 35401118 | 35438155 | 35475192 | 35512229 | 35549266 |

第2表の1 食品群別摂取量(都・年齢階級別)

| 食品群別 | 1~6歳 | | 7~14歳 | | 15~19歳 | | 20~29歳 | | 30~39歳 | |
|----------|--------|-------|--------|------|--------|-------|--------|-------|--------|-------|
| | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 |
| 総量 | 411 | | 20 | | 16 | | 39 | | 52 | |
| 動物性食品 | 2111.8 | 35.5 | 1917.6 | 82.4 | 2101.3 | 626.1 | 1853.8 | 703.5 | 2037.9 | 628.5 |
| 植物性食品 | 329.0 | 8.9 | 549.9 | 56.9 | 437.1 | 138.1 | 34.5 | 165.0 | 313.3 | 194.7 |
| 穀類 | 1782.7 | 103.1 | 682.2 | 38.2 | 1684.2 | 563.4 | 140.8 | 621.8 | 1724.6 | 600.2 |
| 米・加工品 | 423.6 | 8.8 | 395.2 | 13.7 | 537.9 | 189.7 | 47.4 | 190.9 | 476.7 | 176.3 |
| 小麦・加工品 | 297.2 | 9.2 | 318.7 | 13.6 | 438.5 | 205.8 | 51.5 | 307.7 | 332.0 | 210.4 |
| いも類 | 116.3 | 112.7 | 109.7 | 5.4 | 99.1 | 131.9 | 152.4 | 125.0 | 138.1 | 136.2 |
| 砂糖・甘味料類 | 47.4 | 88.5 | 82.7 | 84.9 | 56.4 | 59.1 | 14.8 | 60.2 | 9.6 | 58.3 |
| 豆類 | 7.6 | 114.8 | 0.8 | 12.8 | 11.4 | 12.0 | 3.0 | 11.2 | 5.0 | 5.3 |
| 種実類 | 57.5 | 110.1 | 8.2 | 47.2 | 8.5 | 61.8 | 15.4 | 36.9 | 7.8 | 67.5 |
| 野菜類 | 2.4 | 122.2 | 0.4 | 0.4 | 0.6 | 0.9 | 0.2 | 0.5 | 0.2 | 1.5 |
| 緑黄色野菜 | 291.3 | 108.8 | 181.1 | 8.9 | 260.8 | 163.4 | 40.9 | 227.4 | 153.1 | 245 |
| その他の野菜 | 95.9 | 109.7 | 79.0 | 3.9 | 99.9 | 75.6 | 63.9 | 53.6 | 8.6 | 98.1 |
| 果実類 | 166.6 | 104.9 | 116.0 | 5.7 | 129.4 | 91.3 | 22.8 | 93.7 | 15.0 | 89.5 |
| きのこ類 | 112.8 | 105.3 | 84.8 | 89.0 | 85.8 | 106.6 | 26.7 | 70.8 | 16.1 | 59.8 |
| 肉類 | 19.3 | 130.1 | 28.0 | 1.4 | 20.7 | 23.7 | 5.9 | 12.3 | 2.9 | 16.0 |
| 魚介類 | 101 | 97.8 | 19.1 | 3.2 | 19.7 | 23.5 | 5.9 | 6.8 | 2.7 | 13.5 |
| 卵類 | 69.9 | 94.7 | 64.5 | 3.2 | 50.8 | 56.2 | 14.0 | 57.1 | 10.2 | 50.6 |
| 乳類 | 97.6 | 118.0 | 79.0 | 3.9 | 133.7 | 133.7 | 33.4 | 82.4 | 13.2 | 111.3 |
| 油脂類 | 30.8 | 88.5 | 36.4 | 1.8 | 52.9 | 31.4 | 7.9 | 25.7 | 4.1 | 30.6 |
| 菓子類 | 129.0 | 112.8 | 160.0 | 7.9 | 144.0 | 156.6 | 39.1 | 118.5 | 19.0 | 117.4 |
| 菓子類 | 11.4 | 113.2 | 10.5 | 0.5 | 13.8 | 8.5 | 2.1 | 14.0 | 2.3 | 14.3 |
| 嗜好飲料類 | 31.0 | 125.7 | 47.6 | 2.4 | 30.7 | 38.5 | 9.6 | 33.7 | 9.5 | 31.0 |
| 調味料・香辛料類 | 673.5 | 104.2 | 542.2 | 26.7 | 499.5 | 332.1 | 83.0 | 503.1 | 455.4 | 72.9 |
| 栄養素 | 95.8 | 108.4 | 89.7 | 4.4 | 79.5 | 85.3 | 21.3 | 99.8 | 110.8 | 17.7 |
| 栄養素 | 0.6 | 4.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

1人1日当たり(g)

| 食品群別 | 40~49歳 | | 50~59歳 | | 60~69歳 | | 70歳以上 | | (再掲)70歳以上 | |
|----------|--------|-------|--------|-------|--------|-------|-------|--------|-----------|-------|
| | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 |
| 総量 | 52 | | 47 | | 79 | | 86 | | 355 | |
| 動物性食品 | 2123.6 | 868.4 | 2218.6 | 662.4 | 2331.4 | 726.8 | 81.8 | 2273.1 | 2176.5 | 713.2 |
| 植物性食品 | 253.2 | 148.7 | 206 | 187.6 | 304.0 | 152.3 | 17.1 | 333.1 | 311.0 | 167.4 |
| 穀類 | 1870.4 | 851.9 | 118.1 | 478.7 | 2027.5 | 712.2 | 80.1 | 1940.1 | 1865.4 | 679.6 |
| 米・加工品 | 476.0 | 172.3 | 239 | 424.6 | 391.8 | 182.0 | 20.5 | 393.2 | 430.3 | 177.9 |
| 小麦・加工品 | 343.3 | 169.5 | 235 | 299.1 | 165.8 | 24.2 | 21.8 | 287.6 | 295.9 | 189.3 |
| いも類 | 125.3 | 118.0 | 16.4 | 120.3 | 98.9 | 14.4 | 12.4 | 96.8 | 9.6 | 111.8 |
| 砂糖・甘味料類 | 44.1 | 59.0 | 8.2 | 44.9 | 45.7 | 6.7 | 6.3 | 50.0 | 6.5 | 56.7 |
| 豆類 | 8.7 | 10.7 | 1.5 | 8.7 | 6.9 | 8.1 | 1.0 | 8.1 | 7.4 | 9.4 |
| 種実類 | 60.6 | 72.6 | 10.1 | 67.0 | 63.0 | 77.2 | 8.7 | 68.6 | 66.1 | 70.2 |
| 野菜類 | 1.0 | 4.4 | 0.6 | 2.1 | 4.4 | 14.1 | 1.6 | 3.0 | 2.7 | 10.1 |
| 緑黄色野菜 | 261.4 | 143.7 | 19.9 | 288.7 | 341.0 | 221.7 | 24.9 | 355.9 | 301.8 | 184.3 |
| その他の野菜 | 91.9 | 83.1 | 11.5 | 73.7 | 56.6 | 95.4 | 10.7 | 111.8 | 82.7 | 81.5 |
| 果実類 | 151.6 | 108.1 | 15.0 | 175.5 | 106.6 | 15.5 | 14.4 | 197.3 | 171.5 | 118.0 |
| きのこ類 | 64.8 | 102.7 | 14.2 | 111.8 | 131.6 | 19.2 | 20.1 | 156.7 | 115.4 | 134.7 |
| 肉類 | 18.8 | 25.7 | 3.6 | 28.8 | 34.6 | 5.0 | 3.5 | 20.5 | 3.5 | 19.7 |
| 魚介類 | 7.9 | 13.4 | 1.9 | 11.8 | 19.3 | 2.8 | 10.8 | 19.6 | 13.1 | 10.2 |
| 卵類 | 58.9 | 62.1 | 8.6 | 88.2 | 62.8 | 9.2 | 7.7 | 94.6 | 7.3 | 65.6 |
| 乳類 | 100.3 | 80.9 | 11.2 | 97.5 | 74.1 | 10.8 | 6.7 | 77.1 | 5.7 | 94.5 |
| 菓子類 | 20.2 | 29.9 | 4.1 | 33.9 | 31.3 | 32.6 | 3.9 | 37.8 | 31.4 | 37.2 |
| 油脂類 | 72.4 | 116.0 | 16.1 | 121.1 | 167.5 | 24.4 | 13.3 | 122.7 | 108.4 | 137.4 |
| 嗜好飲料類 | 12.0 | 11.2 | 1.6 | 11.1 | 8.6 | 1.3 | 0.9 | 9.7 | 11.3 | 10.6 |
| 調味料・香辛料類 | 357 | 50.0 | 6.9 | 42.1 | 6.1 | 26.6 | 5.2 | 24.1 | 29.4 | 47.0 |
| 栄養素 | 774.0 | 734.7 | 101.9 | 745.3 | 447.7 | 65.3 | 762.8 | 485.7 | 732.2 | 549.9 |
| 栄養素 | 106.7 | 97.2 | 13.5 | 101.2 | 16.2 | 120.8 | 12.5 | 78.7 | 99.5 | 92.1 |
| 栄養素 | 0.0 | 0.0 | 0.0 | 0.5 | 0.5 | 2.7 | 1.9 | 0.0 | 0.7 | 8.0 |

注:標準化比 = MN / Σ miNi × 100

M: 東京都の平均値
N: 東京都の全対象者数
Ni: 東京都の性・年齢階級別対象者数
mi: 全国の性・年齢階級別平均値

注) 穀類の内訳は、米・加工品十小麦・加工品十その他の穀類・加工品。野菜類の内訳は、緑黄色野菜十その他の野菜十野菜ジュース十漬物。

注) 標準化比とは、全国の結果(平成23年)と東京都(平成25年)とを比較したものである。

第2表の2 食品群別摂取量(男・年齢階級別)

| 食品群別 | 総数 | | | 1～6歳 | | | 7～14歳 | | | 15～19歳 | | | 20～29歳 | | | 30～39歳 | | |
|----------|--------|--------|-------|-------|------|-------|--------|-------|-------|--------|-------|-------|--------|-------|-------|--------|-------|-------|
| | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 |
| 総量 | 191 | 2297.7 | 1038 | 788.8 | 57.1 | 102.6 | 1801.9 | 478.8 | 144.4 | 2284.6 | 661.7 | 2339 | 2084.5 | 792.8 | 177.3 | 2130.2 | 649.6 | 135.5 |
| 動物性食品 | 336.3 | 101.4 | 177.4 | 177.4 | 12.8 | 96.4 | 525.8 | 168.0 | 50.7 | 449.4 | 123.6 | 43.7 | 335.3 | 171.2 | 38.3 | 325.5 | 225.4 | 47.0 |
| 植物性食品 | 1961.4 | 104.2 | 789.3 | 802.8 | 57.1 | 125.4 | 1276.1 | 424.1 | 127.9 | 1835.2 | 604.2 | 213.6 | 1749.2 | 702.1 | 157.0 | 1804.7 | 668.4 | 139.4 |
| 穀類 | 504.8 | 99.3 | 197.4 | 14.3 | 14.3 | 36.8 | 418.4 | 150.7 | 45.4 | 680.2 | 154.9 | 54.8 | 583.5 | 154.8 | 34.6 | 557.8 | 198.3 | 41.4 |
| 米・加工品 | 371.7 | 95.5 | 215.3 | 15.6 | 15.6 | 30.9 | 343.9 | 144.0 | 43.4 | 552.6 | 226.4 | 80.0 | 417.4 | 235.6 | 52.7 | 458.1 | 233.1 | 48.6 |
| 小麦・加工品 | 118.9 | 108.9 | 118.3 | 8.6 | 8.6 | 39.5 | 36.0 | 12.7 | 15.7 | 127.6 | 178.9 | 63.2 | 142.6 | 129.9 | 29.0 | 90.9 | 119.3 | 24.9 |
| いも類 | 48.6 | 89.4 | 58.9 | 4.3 | 4.3 | 27.7 | 30.1 | 8.2 | 24.9 | 87.9 | 64.3 | 22.7 | 62.7 | 70.1 | 15.7 | 39.8 | 50.7 | 10.6 |
| 砂糖・甘味料類 | 7.4 | 11.35 | 9.2 | 0.7 | 0.7 | 4.1 | 4.1 | 1.4 | 1.2 | 12.5 | 3.8 | 3.9 | 6.8 | 11.3 | 2.5 | 3.5 | 3.4 | 0.7 |
| 豆類 | 56.4 | 103.9 | 70.2 | 5.1 | 5.1 | 18.2 | 28.7 | 30.7 | 9.2 | 19.3 | 31.3 | 11.1 | 35.5 | 45.6 | 10.2 | 53.9 | 70.1 | 14.6 |
| 種実類 | 2.4 | 120.4 | 10.1 | 0.7 | 0.7 | 1.5 | 0.5 | 0.4 | 1.0 | 0.3 | 0.9 | 0.4 | 0.4 | 1.1 | 0.2 | 6.2 | 23.1 | 4.8 |
| 野菜類 | 297.8 | 107.6 | 193.1 | 14.0 | 14.0 | 38.6 | 82.4 | 29.1 | 16.3 | 50.1 | 245.4 | 53.5 | 256.1 | 163.4 | 36.5 | 250.6 | 136.8 | 28.5 |
| 緑黄色野菜 | 97.7 | 111.8 | 83.7 | 6.1 | 6.1 | 52.9 | 37.8 | 13.4 | 7.8 | 54.4 | 119.9 | 34.9 | 67.7 | 54.3 | 12.1 | 96.9 | 74.7 | 15.6 |
| その他の野菜 | 167.4 | 101.1 | 123.5 | 8.9 | 8.9 | 85.7 | 47.9 | 16.9 | 17.0 | 128.4 | 38.7 | 30.0 | 154.4 | 96.5 | 21.6 | 142.4 | 92.1 | 19.2 |
| 果実類 | 103.5 | 106.8 | 142.9 | 10.3 | 10.3 | 101.8 | 106.5 | 37.6 | 149.0 | 44.9 | 67.4 | 84.6 | 29.9 | 55.7 | 18.6 | 30.1 | 56.3 | 11.7 |
| きのこ類 | 17.6 | 115.8 | 29.2 | 2.1 | 2.1 | 7.0 | 15.9 | 5.6 | 11.3 | 14.6 | 4.4 | 5.9 | 6.4 | 15.4 | 3.4 | 12.9 | 20.8 | 4.3 |
| 藻類 | 10.8 | 102.0 | 17.8 | 1.3 | 1.3 | 2.5 | 3.3 | 1.2 | 1.5 | 21.3 | 28.3 | 10.0 | 8.4 | 21.0 | 4.7 | 11.7 | 20.7 | 4.3 |
| 魚介類 | 75.8 | 90.8 | 70.9 | 5.1 | 5.1 | 8.6 | 17.9 | 6.3 | 5.7 | 54.7 | 16.5 | 23.1 | 68.2 | 75.4 | 16.9 | 62.2 | 59.5 | 12.4 |
| 肉類 | 113.7 | 117.4 | 92.7 | 6.7 | 6.7 | 72.8 | 52.0 | 18.4 | 148.8 | 44.4 | 22.0 | 52.6 | 150.8 | 87.7 | 19.6 | 127.5 | 95.8 | 20.0 |
| 卵類 | 34.0 | 89.6 | 40.6 | 2.9 | 2.9 | 11.0 | 17.3 | 6.1 | 20.8 | 31.6 | 9.5 | 12.6 | 32.9 | 28.6 | 6.4 | 27.0 | 45.0 | 9.4 |
| 乳類 | 111.1 | 98.9 | 157.3 | 11.4 | 11.4 | 338.0 | 323.2 | 114.3 | 297.1 | 156.6 | 47.2 | 58.7 | 81.1 | 110.1 | 24.6 | 106.0 | 195.1 | 40.7 |
| 油脂類 | 12.0 | 107.5 | 11.1 | 0.8 | 0.8 | 8.2 | 4.6 | 1.6 | 16.4 | 14.9 | 4.5 | 3.5 | 13.2 | 15.7 | 3.5 | 15.6 | 14.0 | 2.9 |
| 菓子類 | 30.8 | 138.1 | 50.5 | 3.7 | 3.7 | 30.0 | 24.3 | 8.6 | 77.6 | 78.5 | 23.7 | 17.6 | 44.4 | 73.5 | 16.4 | 34.8 | 63.3 | 13.2 |
| 嗜好飲料類 | 758.9 | 106.5 | 630.9 | 45.7 | 45.7 | 151.2 | 235.1 | 83.1 | 156.9 | 160.9 | 48.5 | 40.8 | 148.7 | 516.0 | 115.4 | 684.9 | 572.1 | 119.3 |
| 調味料・香辛料類 | 111.1 | 111.3 | 100.0 | 7.2 | 7.2 | 57.1 | 60.7 | 21.5 | 49.9 | 15.0 | 107.0 | 115.5 | 40.8 | 133.7 | 31.2 | 105.6 | 85.3 | 17.8 |

採集標準誤差調味料類およびその他の加工食品等

1人1日当たり(g)

| 食品群別 | 40～49歳 | | | 50～59歳 | | | 60～69歳 | | | 70歳以上 | | | (再掲)20歳以上 | | |
|------------------------|--------|--------|-------|--------|-------|-------|--------|-------|-------|--------|-------|------|-----------|-------|------|
| | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 | 平均値 | 標準偏差 | 標準誤差 |
| 総量 | 2464.7 | 1054.2 | 219.8 | 2363.9 | 640.1 | 146.8 | 2575.6 | 826.0 | 132.3 | 2453.8 | 625.8 | 98.9 | 2383.5 | 780.5 | 60.9 |
| 動物性食品 | 228.4 | 102.6 | 21.4 | 344.1 | 185.2 | 42.5 | 318.1 | 153.6 | 24.6 | 325.2 | 142.5 | 22.5 | 313.4 | 164.6 | 12.9 |
| 植物性食品 | 2236.3 | 1045.3 | 218.0 | 2019.8 | 584.3 | 134.1 | 2257.5 | 803.9 | 128.7 | 2128.6 | 627.8 | 99.3 | 2070.1 | 764.1 | 59.7 |
| 穀類 | 570.8 | 188.4 | 39.3 | 627.5 | 172.9 | 39.7 | 458.2 | 213.2 | 34.1 | 469.8 | 183.8 | 29.1 | 514.1 | 193.5 | 15.1 |
| 米・加工品 | 402.0 | 214.1 | 44.6 | 369.9 | 157.1 | 36.0 | 305.4 | 236.6 | 37.9 | 350.0 | 194.0 | 30.7 | 372.4 | 217.6 | 17.0 |
| 小麦・加工品 | 155.7 | 132.6 | 27.6 | 151.1 | 114.1 | 26.2 | 127.3 | 116.4 | 18.6 | 105.7 | 109.2 | 17.3 | 125.6 | 119.2 | 9.3 |
| いも類 | 55.8 | 67.2 | 14.0 | 38.5 | 43.9 | 10.1 | 38.3 | 57.8 | 9.3 | 44.5 | 51.2 | 8.1 | 45.5 | 56.8 | 4.4 |
| 砂糖・甘味料類 | 9.1 | 11.8 | 2.5 | 8.3 | 11.4 | 2.6 | 6.4 | 6.8 | 1.1 | 8.1 | 8.3 | 1.3 | 7.1 | 8.9 | 0.7 |
| 豆類 | 53.1 | 59.2 | 12.3 | 70.7 | 78.7 | 18.0 | 71.6 | 92.3 | 14.8 | 69.5 | 71.2 | 11.3 | 61.5 | 73.6 | 5.7 |
| 種実類 | 1.7 | 6.3 | 1.3 | 2.4 | 5.3 | 1.2 | 2.1 | 8.6 | 1.4 | 3.1 | 8.4 | 1.3 | 2.7 | 10.9 | 0.8 |
| 野菜類 | 264.8 | 108.6 | 22.6 | 288.3 | 133.1 | 30.5 | 367.5 | 264.8 | 42.4 | 356.7 | 211.6 | 33.5 | 311.3 | 196.9 | 15.4 |
| 緑黄色野菜 | 79.1 | 76.9 | 16.0 | 81.4 | 60.1 | 13.8 | 128.3 | 110.1 | 17.6 | 111.7 | 13.6 | 13.6 | 100.1 | 85.7 | 6.7 |
| その他の野菜 | 157.3 | 96.7 | 20.2 | 159.5 | 108.1 | 24.8 | 193.3 | 152.4 | 24.4 | 198.6 | 146.9 | 23.2 | 173.8 | 125.9 | 9.8 |
| 果実類 | 42.8 | 93.3 | 19.5 | 90.0 | 119.2 | 27.3 | 165.3 | 219.0 | 35.1 | 151.8 | 117.5 | 18.6 | 103.8 | 146.7 | 11.5 |
| きのこ類 | 16.9 | 28.9 | 6.0 | 31.3 | 36.2 | 8.3 | 23.2 | 35.3 | 5.7 | 19.9 | 33.1 | 5.2 | 19.0 | 30.7 | 2.4 |
| 藻類 | 4.7 | 7.5 | 1.6 | 13.2 | 16.4 | 3.8 | 11.6 | 20.0 | 3.2 | 10.2 | 13.4 | 2.1 | 10.1 | 17.0 | 1.3 |
| 魚介類 | 59.8 | 61.3 | 12.8 | 92.7 | 70.7 | 16.2 | 84.1 | 80.4 | 12.9 | 99.3 | 73.0 | 11.5 | 80.4 | 72.2 | 5.6 |
| 肉類 | 118.7 | 93.0 | 19.4 | 109.1 | 95.5 | 21.9 | 87.9 | 70.3 | 11.3 | 88.6 | 61.9 | 9.8 | 108.1 | 82.8 | 6.5 |
| 卵類 | 23.1 | 35.5 | 7.4 | 25.1 | 28.3 | 6.5 | 40.2 | 37.5 | 6.0 | 44.4 | 53.3 | 8.4 | 34.3 | 41.3 | 3.2 |
| 乳類 | 25.3 | 61.5 | 12.8 | 115.7 | 153.8 | 35.3 | 104.5 | 118.7 | 19.0 | 91.7 | 103.2 | 16.3 | 88.9 | 127.6 | 10.0 |
| 油脂類 | 14.2 | 12.5 | 2.6 | 11.1 | 8.1 | 1.9 | 8.8 | 6.8 | 1.1 | 11.0 | 9.9 | 1.6 | 11.9 | 11.1 | 0.9 |
| 菓子類 | 17.7 | 35.5 | 7.4 | 31.1 | 44.4 | 10.2 | 25.8 | 41.6 | 6.7 | 18.9 | 32.9 | 5.2 | 27.1 | 47.9 | 3.7 |
| 嗜好飲料類 | 1058.0 | 931.8 | 194.3 | 779.9 | 443.5 | 101.7 | 945.7 | 626.1 | 100.3 | 877.8 | 544.1 | 86.0 | 840.2 | 632.9 | 49.4 |
| 調味料・香辛料類 | 128.2 | 109.3 | 22.8 | 129.0 | 112.1 | 25.7 | 129.1 | 120.4 | 19.3 | 88.4 | 48.0 | 7.6 | 116.3 | 102.5 | 8.0 |
| 採集標準誤差調味料類およびその他の加工食品等 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.4 | 23.5 | 3.8 | 0.0 | 0.0 | 0.0 | 1.3 | 11.6 | 0.9 |

注)穀類の内訳は、米・加工品・小麦・加工品・その他の穀類・加工品。野菜類の内訳は、緑黄色野菜・その他の野菜・野菜・加工品・その他の野菜・加工品。

注)標準化比とは、全国の結果(平成23年)と東京都(平成25年)とを比較したものである。

注:標準化比 = MN / Σ miNi × 100

M: 東京都の平均値

N: 東京都の全対象者数

Ni: 東京都の性・年齢階級別対象者数

mi: 全国の性・年齢階級別平均値

第2表の3 食品群別摂取量(女・年齢階級別)

| 食品群別 | 総数 | | 1～6歳 | | 7～14歳 | | 15～19歳 | | 20～29歳 | | 30～39歳 | |
|-----------------------|--------|-------|-------|-------|--------|-------|--------|--------|--------|-------|--------|-------|
| | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 |
| 総量 | 220 | | 12 | | 9 | | 8 | | 19 | | 29 | |
| 動物性食品 | 1950.3 | 611.7 | 4186 | 1208 | 2058.9 | 390.4 | 130.1 | 1917.9 | 1611.0 | 509.7 | 1169 | 612.7 |
| 植物性食品 | 322.7 | 112.8 | 280.5 | 67.5 | 579.3 | 213.7 | 71.2 | 424.8 | 290.3 | 159.5 | 366 | 170.1 |
| 穀類 | 1627.6 | 101.8 | 839.9 | 283.2 | 1479.5 | 348.2 | 116.1 | 1493.1 | 1320.7 | 443.3 | 101.7 | 543.7 |
| 米・加工品 | 353.2 | 95.4 | 232.7 | 62.6 | 366.7 | 111.5 | 37.2 | 395.7 | 358.9 | 156.1 | 35.8 | 126.7 |
| 小麦・加工品 | 232.4 | 87.7 | 165.9 | 84.4 | 244 | 287.9 | 128.2 | 324.4 | 192.2 | 150.8 | 34.6 | 231.9 |
| いも類 | 114.1 | 115.8 | 69.5 | 20.1 | 74.7 | 42.2 | 14.1 | 70.6 | 162.7 | 122.3 | 28.1 | 139.0 |
| 砂糖・甘味料類 | 46.3 | 88.0 | 30.2 | 8.7 | 83.7 | 92.8 | 30.9 | 25.0 | 49.1 | 48.5 | 11.1 | 64.5 |
| 豆類 | 7.8 | 116.2 | 2.8 | 0.8 | 13.5 | 9.2 | 3.1 | 10.5 | 7.8 | 11.3 | 2.6 | 6.2 |
| 種実類 | 58.6 | 115.6 | 41.4 | 11.9 | 62.6 | 42.2 | 14.1 | 80.3 | 38.4 | 52.9 | 12.1 | 66.7 |
| 野菜類 | 2.4 | 122.9 | 0.1 | 0.4 | 0.4 | 0.6 | 0.2 | 0.3 | 0.5 | 1.3 | 0.3 | 2.8 |
| 緑黄色野菜 | 285.7 | 109.6 | 170.4 | 75.8 | 333.0 | 73.6 | 24.5 | 276.2 | 197.1 | 139.4 | 32.0 | 140.6 |
| その他の野菜 | 94.4 | 107.6 | 43.4 | 33.7 | 102.1 | 38.2 | 12.7 | 79.9 | 59.8 | 54.0 | 12.4 | 83.1 |
| 果実類 | 166.0 | 108.1 | 76.1 | 50.0 | 230.2 | 62.7 | 20.9 | 143.9 | 120.8 | 89.9 | 20.6 | 155.4 |
| きのこ類 | 120.9 | 104.3 | 73.5 | 78.3 | 105.0 | 56.9 | 19.0 | 104.2 | 86.6 | 116.7 | 26.8 | 91.1 |
| 藻類 | 20.8 | 143.2 | 1.8 | 9.2 | 3.6 | 34.9 | 17.8 | 32.1 | 18.5 | 19.5 | 4.5 | 18.4 |
| 魚介類 | 9.6 | 94.8 | 20.3 | 1.4 | 2.6 | 2.9 | 1.0 | 14.1 | 5.2 | 10.7 | 2.5 | 14.9 |
| 肉類 | 64.8 | 98.8 | 58.2 | 3.9 | 34.3 | 45.1 | 15.0 | 26.6 | 34.2 | 48.1 | 11.0 | 41.5 |
| 卵類 | 83.7 | 118.4 | 61.7 | 33.5 | 106.2 | 52.8 | 17.6 | 153.3 | 116.5 | 41.2 | 17.3 | 59.2 |
| 乳類 | 28.0 | 87.1 | 32.1 | 22.9 | 12.2 | 17.4 | 5.8 | 37.9 | 22.8 | 21.7 | 5.0 | 40.7 |
| 油脂類 | 144.4 | 123.9 | 161.1 | 10.9 | 203.3 | 201.4 | 213.2 | 71.1 | 204.4 | 128.9 | 45.6 | 129.0 |
| 嗜好飲料類 | 10.9 | 118.9 | 9.9 | 7.0 | 13.3 | 8.2 | 2.7 | 15.2 | 14.9 | 12.6 | 2.9 | 13.3 |
| 調味料・香辛料類 | 31.2 | 115.9 | 45.1 | 3.0 | 34.6 | 50.7 | 31.8 | 10.6 | 19.3 | 20.1 | 7.1 | 22.4 |
| 栄養素調整調味料類およびその他の加工食品等 | 599.4 | 101.8 | 439.5 | 29.6 | 366.3 | 266.1 | 88.7 | 470.9 | 459.3 | 390.8 | 89.7 | 637.4 |
| | 82.5 | 105.3 | 77.4 | 86.0 | 66.3 | 38.8 | 12.9 | 51.9 | 64.1 | 52.3 | 12.0 | 81.7 |
| | 0.1 | 0.8 | 1.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

1人1日当たり(g)

| 食品群別 | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲)20歳以下 | |
|----------|--------|-------|--------|--------|--------|-------|-------|--------|-----------|------|
| | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 | 平均値 | 標準偏差 |
| 総量 | 29 | | 28 | | 40 | | 46 | | 191 | |
| 動物性食品 | 1853.1 | 573.7 | 1065.5 | 2120.0 | 2093.4 | 523.6 | 82.8 | 2116.0 | 587.9 | 86.7 |
| 植物性食品 | 272.9 | 176.3 | 341.0 | 201.8 | 290.2 | 151.7 | 24.0 | 339.8 | 165.6 | 24.4 |
| 穀類 | 1580.3 | 515.9 | 95.8 | 1779.0 | 1803.2 | 529.4 | 83.7 | 1776.1 | 520.5 | 76.7 |
| 米・加工品 | 400.8 | 113.8 | 21.1 | 354.7 | 327.1 | 113.1 | 18.2 | 326.7 | 103.4 | 15.2 |
| 小麦・加工品 | 296.6 | 106.1 | 19.7 | 251.0 | 180.4 | 115.3 | 17.9 | 233.3 | 117.0 | 17.2 |
| いも類 | 101.2 | 101.0 | 18.8 | 99.5 | 127.5 | 104.6 | 16.5 | 89.1 | 67.8 | 10.0 |
| 砂糖・甘味料類 | 34.7 | 50.9 | 9.4 | 49.3 | 44.8 | 53.8 | 8.5 | 54.8 | 66.9 | 9.9 |
| 豆類 | 8.3 | 9.9 | 1.8 | 8.9 | 7.3 | 10.3 | 1.6 | 8.2 | 10.5 | 1.5 |
| 種実類 | 66.5 | 82.3 | 15.3 | 64.4 | 54.6 | 59.0 | 9.3 | 67.9 | 62.0 | 9.1 |
| 野菜類 | 0.5 | 2.1 | 0.4 | 1.8 | 6.7 | 17.8 | 2.8 | 2.9 | 7.0 | 1.0 |
| 緑黄色野菜 | 258.8 | 168.4 | 31.3 | 289.0 | 315.1 | 169.2 | 26.8 | 352.2 | 181.1 | 26.7 |
| その他の野菜 | 102.1 | 87.7 | 16.3 | 68.5 | 116.2 | 79.5 | 12.6 | 112.0 | 80.6 | 11.9 |
| 果実類 | 147.1 | 117.8 | 21.9 | 186.3 | 177.0 | 100.8 | 15.9 | 196.1 | 132.1 | 19.5 |
| きのこ類 | 82.3 | 108.0 | 20.1 | 126.5 | 163.9 | 130.9 | 20.7 | 160.9 | 117.4 | 17.3 |
| 藻類 | 20.3 | 23.2 | 4.3 | 27.2 | 17.6 | 26.3 | 4.2 | 20.9 | 31.7 | 4.7 |
| 魚介類 | 10.3 | 16.4 | 3.0 | 10.9 | 10.0 | 19.5 | 3.1 | 9.2 | 13.0 | 1.9 |
| 肉類 | 58.3 | 63.7 | 11.8 | 85.2 | 79.4 | 54.9 | 8.7 | 90.5 | 62.7 | 9.2 |
| 卵類 | 85.8 | 68.0 | 12.6 | 89.7 | 64.7 | 45.8 | 7.2 | 67.0 | 41.2 | 6.1 |
| 乳類 | 18.0 | 24.9 | 4.6 | 39.8 | 32.4 | 31.0 | 4.9 | 32.0 | 37.5 | 5.5 |
| 油脂類 | 109.7 | 135.2 | 25.1 | 124.7 | 178.9 | 33.8 | 18.8 | 149.5 | 141.9 | 20.9 |
| 菓子類 | 10.3 | 9.9 | 1.8 | 11.1 | 9.8 | 8.7 | 1.4 | 8.6 | 9.0 | 1.3 |
| 嗜好飲料類 | 49.9 | 55.6 | 10.3 | 31.8 | 27.4 | 51.3 | 8.1 | 28.6 | 40.3 | 5.9 |
| 調味料・香辛料類 | 548.9 | 426.8 | 79.3 | 721.7 | 457.1 | 86.4 | 81.2 | 662.9 | 408.8 | 60.3 |
| | 89.7 | 84.4 | 15.7 | 82.4 | 112.8 | 101.7 | 16.1 | 70.2 | 48.4 | 7.1 |
| | 0.0 | 0.0 | 0.9 | 0.9 | 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 | 0.0 |

注:標準化比=MIN/ΣmiNi×100
M:東京都の平均値
N:東京都の全対象者数
Ni:東京都の性・年齢階級別対象者数
mi:全国の性・年齢階級別平均値

注)穀類の内訳は、米・加工品+小麦・加工品+その他の穀類+加工品。野菜類の内訳は、緑黄色野菜+その他の野菜+野菜ジュース+漬物。

第3表の2 食品群別栄養素等摂取量(都)

| 食品群別 | 亜鉛 mg | ビタミンD μg | ビタミンE mgα-TE | ビタミンK μg | ビタミンB6 mg | ビタミンB12 μg | 葉酸 μg | パントテン酸 mg | ピオチン mg | マンガン μg | ヨウ素 mgα-TE | セレン μg | クロム mg | モリブデン μg |
|--------------|----------|-------------|-----------------|-------------|--------------|---------------|----------|--------------|------------|------------|---------------|-----------|-----------|-------------|
| 総量 | 8.1 | 7.8 | 6.9 | 224 | 1.18 | 6.6 | 289 | 5.49 | 22.6 | 3.42 | 839 | 44 | 6 | 156 |
| 動物性食品 | 3.5 | 7.0 | 1.7 | 17 | 0.45 | 6.1 | 34 | 2.19 | 4.7 | 0.05 | 20 | 17 | 1 | 5 |
| 植物性食品 | 4.6 | 0.8 | 5.2 | 207 | 0.72 | 0.5 | 255 | 3.30 | 18.0 | 3.37 | 818 | 27 | 5 | 151 |
| 穀類 | 2.4 | 0.0 | 0.5 | 0 | 0.10 | 0.0 | 28 | 1.19 | 2.9 | 1.32 | 0 | 19 | 1 | 99 |
| 米・加工品 | 1.8 | 0.0 | 0.0 | 0 | 0.07 | 0.0 | 9 | 0.76 | 1.5 | 1.06 | 0 | 3 | 0 | 89 |
| 米 | 1.8 | 0.0 | 0.0 | 0 | 0.07 | 0.0 | 9 | 0.74 | 1.5 | 1.05 | 0 | 3 | 0 | 88 |
| 米加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.01 | 0.0 | 0.02 | 0 | 0 | 0 | 1 |
| 小麦・加工品 | 0.6 | 0.0 | 0.5 | 0 | 0.03 | 0.0 | 18 | 0.40 | 1.2 | 0.23 | 0 | 16 | 1 | 9 |
| 小麦粉類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.02 | 0.1 | 0.02 | 0 | 1 | 0 | 1 |
| パン類(菓子パンを除く) | 0.3 | 0.0 | 0.2 | 0 | 0.01 | 0.0 | 14 | 0.20 | 0.8 | 0.11 | 0 | 8 | 0 | 6 |
| 菓子パン類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.02 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| うどん、中華めん類 | 0.1 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.08 | 0.1 | 0.06 | 0 | 3 | 0 | 1 |
| 即席中華めん | 0.0 | 0.0 | 0.2 | 0 | 0.00 | 0.0 | 1 | 0.03 | 0.0 | 0.02 | 0 | 0 | 0 | 0 |
| パスタ類 | 0.1 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.04 | 0.2 | 0.00 | 0 | 4 | 0 | 2 |
| その他の小麦加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.01 | 0.0 | 0.01 | 0 | 0 | 0 | 0 |
| その他の穀類・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.03 | 0.2 | 0.03 | 0 | 1 | 0 | 1 |
| そば・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.02 | 0.1 | 0.03 | 0 | 1 | 0 | 1 |
| とうもろこし・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| その他の穀類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.01 | 0.1 | 0.00 | 0 | 0 | 0 | 0 |
| いも類 | 0.1 | 0.0 | 0.1 | 0 | 0.07 | 0.0 | 8 | 0.17 | 0.5 | 0.06 | 0 | 0 | 1 | 1 |
| いも・加工品 | 0.1 | 0.0 | 0.1 | 0 | 0.07 | 0.0 | 8 | 0.17 | 0.5 | 0.06 | 0 | 0 | 1 | 1 |
| さつまいも・加工品 | 0.0 | 0.0 | 0.1 | 0 | 0.01 | 0.0 | 2 | 0.04 | 0.2 | 0.02 | 0 | 0 | 0 | 0 |
| じゃがいも・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.04 | 0.0 | 4 | 0.09 | 0.1 | 0.02 | 0 | 0 | 0 | 1 |
| その他のいも・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.01 | 0.0 | 2 | 0.04 | 0.2 | 0.01 | 0 | 0 | 0 | 0 |
| たんぷん・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 砂糖・甘味料類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 豆類 | 0.5 | 0.0 | 0.3 | 55 | 0.05 | 0.0 | 17 | 0.33 | 2.1 | 0.22 | 1 | 2 | 0 | 30 |
| 大豆・加工品 | 0.5 | 0.0 | 0.2 | 55 | 0.05 | 0.0 | 17 | 0.33 | 2.1 | 0.21 | 1 | 2 | 0 | 29 |
| 大豆(全粒)・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.00 | 0.1 | 0.00 | 0 | 0 | 0 | 1 |
| 豆腐 | 0.2 | 0.0 | 0.1 | 4 | 0.02 | 0.0 | 4 | 0.02 | 0.6 | 0.13 | 1 | 1 | 0 | 6 |
| 油揚げ類 | 0.1 | 0.0 | 0.1 | 3 | 0.00 | 0.0 | 1 | 0.00 | 0.0 | 0.06 | 0 | 0 | 0 | 0 |
| 納豆 | 0.1 | 0.0 | 0.0 | 48 | 0.02 | 0.0 | 9 | 0.28 | 1.2 | 0.01 | 0 | 1 | 0 | 20 |
| その他の大豆加工品 | 0.0 | 0.0 | 0.1 | 0 | 0.00 | 0.0 | 2 | 0.02 | 0.2 | 0.01 | 0 | 0 | 0 | 2 |
| その他の豆・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 1 |
| 種実類 | 0.1 | 0.0 | 0.2 | 0 | 0.01 | 0.0 | 2 | 0.02 | 0.1 | 0.04 | 0 | 0 | 0 | 0 |
| 野菜類 | 0.6 | 0.2 | 1.6 | 119 | 0.23 | 0.0 | 107 | 0.61 | 2.5 | 0.47 | 1 | 1 | 1 | 4 |
| 緑黄色野菜 | 0.2 | 0.0 | 1.2 | 72 | 0.09 | 0.0 | 44 | 0.26 | 1.5 | 0.16 | 0 | 1 | 0 | 1 |
| トマト | 0.0 | 0.0 | 0.3 | 1 | 0.03 | 0.0 | 7 | 0.05 | 0.7 | 0.03 | 0 | 0 | 0 | 1 |
| にんじん | 0.0 | 0.0 | 0.1 | 1 | 0.02 | 0.0 | 4 | 0.06 | 0.4 | 0.04 | 0 | 0 | 0 | 0 |
| ほうれん草 | 0.1 | 0.0 | 0.2 | 23 | 0.01 | 0.0 | 8 | 0.01 | 0.2 | 0.03 | 0 | 0 | 0 | 0 |
| ピーマン | 0.0 | 0.0 | 0.1 | 1 | 0.01 | 0.0 | 2 | 0.02 | 0.1 | 0.01 | 0 | 0 | 0 | 0 |
| その他の緑黄色野菜 | 0.1 | 0.0 | 0.6 | 46 | 0.03 | 0.0 | 24 | 0.13 | 0.1 | 0.06 | 0 | 0 | 0 | 0 |

第3表の3 食品群別栄養素等摂取量(都)

| 食品群別 | 摂取量 g | エネルギー kcal | たんぱく質 g | 脂質 g | 炭水化物 g | 食塩 相当量 g | カリウム mg | カルシウム mg | 鉄 mg | ビタミンA ugRE | ビタミンB1 mg | ビタミンB2 mg | ナイアシン mgNE | ビタミンC mg | 食物繊維 | | | マグネシウム mg | リン mg | 銅 mg | |
|---------------|----------|---------------|------------|---------|-----------|----------------|------------|-------------|---------|---------------|--------------|--------------|---------------|-------------|---------|----------|----------|--------------|----------|---------|------|
| | | | | | | | | | | | | | | | 総量 g | 水溶性 g | 不溶性 g | | | | |
| その他の野菜 | 166.7 | 37 | 1.4 | 0.2 | 8.4 | 0.0 | 243 | 43 | 0.5 | 8 | 0.04 | 0.03 | 0.3 | 16 | 2.8 | 0.8 | 2.0 | 0 | 17 | 41 | 0.07 |
| キャベツ | 28.8 | 6 | 0.3 | 0.1 | 1.3 | 0.0 | 38 | 11 | 0.1 | 1 | 0.01 | 0.01 | 0.0 | 7 | 0.5 | 0.1 | 0.4 | 0 | 3 | 6 | 0.01 |
| きゅうり | 9.2 | 1 | 0.1 | 0.0 | 0.3 | 0.0 | 18 | 2 | 0.0 | 3 | 0.00 | 0.00 | 0.0 | 1 | 0.1 | 0.0 | 0.1 | 0 | 1 | 3 | 0.01 |
| 大根 | 26.0 | 5 | 0.1 | 0.0 | 1.1 | 0.0 | 56 | 7 | 0.1 | 0 | 0.01 | 0.00 | 0.1 | 2 | 0.4 | 0.2 | 0 | 3 | 4 | 0.00 | |
| たまねぎ | 34.8 | 10 | 0.3 | 0.0 | 2.3 | 0.0 | 36 | 6 | 0.1 | 0 | 0.01 | 0.00 | 0.0 | 2 | 0.5 | 0.2 | 0.3 | 0 | 2 | 8 | 0.02 |
| ほかさい | 18.4 | 2 | 0.1 | 0.0 | 0.4 | 0.0 | 21 | 6 | 0.0 | 1 | 0.00 | 0.00 | 0.0 | 1 | 0.2 | 0.1 | 0.1 | 0 | 1 | 4 | 0.00 |
| その他の淡色野菜 | 49.6 | 13 | 0.6 | 0.1 | 3.0 | 0.0 | 73 | 11 | 0.2 | 3 | 0.02 | 0.01 | 0.1 | 3 | 1.1 | 0.3 | 0.8 | 0 | 6 | 15 | 0.03 |
| 野菜ジュース | 17.7 | 5 | 0.1 | 0.1 | 1.1 | 0.0 | 39 | 6 | 0.1 | 30 | 0.01 | 0.01 | 0.1 | 1 | 0.1 | 0.1 | 0.0 | 0 | 2 | 3 | 0.01 |
| 漬物 | 11.0 | 4 | 0.2 | 0.0 | 0.9 | 0.6 | 40 | 5 | 0.1 | 2 | 0.01 | 0.01 | 0.1 | 2 | 0.3 | 0.1 | 0.2 | 0 | 3 | 6 | 0.01 |
| 葉類漬物 | 3.2 | 1 | 0.1 | 0.0 | 0.2 | 0.1 | 11 | 2 | 0.0 | 2 | 0.00 | 0.00 | 0.0 | 1 | 0.1 | 0.0 | 0.1 | 0 | 1 | 2 | 0.00 |
| たくあん、その他の漬物 | 7.8 | 3 | 0.1 | 0.0 | 0.7 | 0.5 | 29 | 3 | 0.1 | 1 | 0.01 | 0.00 | 0.1 | 1 | 0.2 | 0.0 | 0.2 | 0 | 3 | 5 | 0.01 |
| 果実類 | 112.8 | 69 | 0.7 | 0.4 | 17.5 | 0.0 | 204 | 11 | 0.2 | 30 | 0.05 | 0.03 | 0.4 | 34 | 1.4 | 0.3 | 1.0 | 0 | 12 | 18 | 0.06 |
| 生果 | 98.2 | 60 | 0.6 | 0.4 | 15.4 | 0.0 | 191 | 11 | 0.2 | 30 | 0.05 | 0.03 | 0.3 | 31 | 1.3 | 0.3 | 1.0 | 0 | 12 | 17 | 0.05 |
| いちご | 0.5 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 1 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 柑橘類 | 28.2 | 12 | 0.2 | 0.0 | 3.2 | 0.0 | 40 | 5 | 0.0 | 20 | 0.02 | 0.01 | 0.1 | 10 | 0.2 | 0.1 | 0.1 | 0 | 3 | 4 | 0.01 |
| バナナ | 15.9 | 14 | 0.2 | 0.0 | 3.6 | 0.0 | 57 | 1 | 0.0 | 1 | 0.01 | 0.01 | 0.1 | 3 | 0.2 | 0.0 | 0.2 | 0 | 5 | 4 | 0.01 |
| りんご | 21.9 | 12 | 0.0 | 0.0 | 3.2 | 0.0 | 24 | 1 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 1 | 0.3 | 0.1 | 0.3 | 0 | 1 | 2 | 0.01 |
| その他の生果 | 31.8 | 22 | 0.2 | 0.3 | 5.3 | 0.0 | 68 | 4 | 0.1 | 8 | 0.01 | 0.01 | 0.1 | 18 | 0.6 | 0.1 | 0.5 | 0 | 3 | 6 | 0.02 |
| ジャム | 1.4 | 3 | 0.0 | 0.0 | 0.7 | 0.0 | 1 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 果汁・果汁飲料 | 13.2 | 6 | 0.0 | 0.0 | 1.4 | 0.0 | 12 | 1 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 3 | 0.0 | 0.0 | 0.0 | 0 | 1 | 1 | 0.00 |
| きのこ類 | 19.3 | 4 | 0.5 | 0.0 | 1.2 | 0.0 | 48 | 0 | 0.3 | 0 | 0.02 | 0.03 | 0.7 | 0 | 0.8 | 0.1 | 0.7 | 0 | 2 | 16 | 0.02 |
| 藻類 | 10.1 | 3 | 0.3 | 0.0 | 0.8 | 0.1 | 43 | 10 | 0.2 | 13 | 0.01 | 0.01 | 0.1 | 1 | 0.5 | 0.0 | 0.0 | 0 | 7 | 6 | 0.00 |
| 魚介類 | 69.9 | 115 | 13.6 | 5.6 | 1.3 | 0.7 | 196 | 42 | 0.8 | 23 | 0.07 | 0.12 | 4.4 | 1 | 0.0 | 0.0 | 0.0 | 62 | 22 | 162 | 0.08 |
| 生魚介類 | 42.2 | 67 | 8.2 | 3.4 | 0.2 | 0.1 | 129 | 11 | 0.5 | 16 | 0.04 | 0.07 | 2.7 | 0 | 0.0 | 0.0 | 0.0 | 35 | 13 | 92 | 0.06 |
| あじ、いわし類 | 8.8 | 19 | 1.7 | 1.2 | 0.0 | 0.0 | 22 | 2 | 0.1 | 1 | 0.01 | 0.02 | 0.7 | 0 | 0.0 | 0.0 | 0.0 | 6 | 2 | 17 | 0.01 |
| さけ、ます | 7.0 | 12 | 1.4 | 0.6 | 0.0 | 0.0 | 23 | 1 | 0.0 | 1 | 0.01 | 0.01 | 0.4 | 0 | 0.0 | 0.0 | 0.0 | 5 | 2 | 17 | 0.00 |
| たい、かれい類 | 3.7 | 4 | 0.6 | 0.2 | 0.0 | 0.0 | 11 | 1 | 0.0 | 3 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | 3 | 1 | 10 | 0.00 |
| まぐろ、かしき類 | 5.6 | 7 | 1.3 | 0.1 | 0.0 | 0.0 | 22 | 0 | 0.1 | 1 | 0.00 | 0.00 | 0.8 | 0 | 0.0 | 0.0 | 0.0 | 3 | 2 | 16 | 0.00 |
| その他の生魚 | 8.1 | 18 | 1.7 | 1.2 | 0.0 | 0.0 | 28 | 2 | 0.1 | 8 | 0.01 | 0.02 | 0.6 | 0 | 0.0 | 0.0 | 0.0 | 7 | 2 | 13 | 0.01 |
| 貝類 | 3.2 | 2 | 0.3 | 0.0 | 0.1 | 0.0 | 7 | 1 | 0.1 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 1 | 1 | 5 | 0.01 |
| いか、たこ類 | 2.3 | 2 | 0.4 | 0.0 | 0.0 | 0.0 | 5 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | 5 | 1 | 4 | 0.01 |
| えび、かに類 | 3.5 | 3 | 0.7 | 0.0 | 0.0 | 0.0 | 10 | 3 | 0.0 | 0 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | 6 | 1 | 10 | 0.02 |
| 魚介加工品 | 27.7 | 48 | 5.5 | 2.2 | 1.1 | 0.6 | 67 | 31 | 0.4 | 7 | 0.03 | 0.05 | 1.7 | 1 | 0.0 | 0.0 | 0.0 | 28 | 9 | 70 | 0.02 |
| 魚介(塩蔵、生干し、乾物) | 16.7 | 31 | 3.9 | 1.6 | 0.1 | 0.4 | 50 | 21 | 0.2 | 6 | 0.03 | 0.04 | 1.3 | 1 | 0.0 | 0.0 | 0.0 | 23 | 7 | 54 | 0.02 |
| 魚介(缶詰) | 3.6 | 7 | 0.7 | 0.5 | 0.1 | 0.0 | 9 | 5 | 0.1 | 0 | 0.00 | 0.01 | 0.3 | 0 | 0.0 | 0.0 | 0.0 | 2 | 1 | 8 | 0.00 |
| 魚介(佃煮) | 0.2 | 1 | 0.1 | 0.0 | 0.1 | 0.0 | 2 | 1 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 1 | 0 | 2 | 0.00 |
| 魚介(練り製品) | 7.0 | 9 | 0.8 | 0.2 | 0.9 | 0.1 | 6 | 4 | 0.1 | 0 | 0.00 | 0.01 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | 1 | 1 | 6 | 0.00 |
| 魚肉ハム、ソーセージ類 | 0.2 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 肉類 | 97.6 | 204 | 15.3 | 14.8 | 0.5 | 0.4 | 170 | 5 | 0.7 | 48 | 0.28 | 0.15 | 3.8 | 5 | 0.0 | 0.0 | 0.0 | 66 | 14 | 132 | 0.06 |
| 畜肉 | 70.4 | 162 | 11.0 | 12.3 | 0.5 | 0.4 | 128 | 3 | 0.5 | 2 | 0.27 | 0.10 | 2.7 | 5 | 0.0 | 0.0 | 0.0 | 40 | 10 | 102 | 0.04 |
| 牛肉 | 14.8 | 34 | 2.2 | 2.6 | 0.0 | 0.0 | 24 | 1 | 0.2 | 1 | 0.01 | 0.02 | 0.4 | 0 | 0.0 | 0.0 | 0.0 | 9 | 2 | 15 | 0.01 |
| 豚肉 | 40.1 | 86 | 6.5 | 6.2 | 0.1 | 0.0 | 70 | 2 | 0.2 | 2 | 0.19 | 0.06 | 1.5 | 0 | 0.0 | 0.0 | 0.0 | 24 | 6 | 48 | 0.02 |
| ハム、ソーセージ類 | 15.5 | 42 | 2.3 | 3.5 | 0.4 | 0.3 | 34 | 1 | 0.1 | 0 | 0.02 | 0.08 | 4 | 0 | 0.0 | 0.0 | 0.0 | 8 | 3 | 39 | 0.01 |
| その他の畜肉 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |

第3表の4 食品群別栄養素等摂取量(郷)

| 食品群別 | 亜鉛 mg | ビタミンD μg | ビタミンE mg α-TE | ビタミンK μg | ビタミンB6 mg | ビタミンB12 μg | 葉酸 μg | パントテン 酸 mg | ピオチン mg | マンガン μg | ヨウ素 mg α-TE | セレン μg | クロム mg | モリブデン μg |
|---------------|----------|-------------|------------------|-------------|--------------|---------------|----------|------------------|------------|------------|----------------|-----------|-----------|-------------|
| その他の野菜 | 0.3 | 0.0 | 0.2 | 40 | 0.11 | 0.0 | 57 | 0.27 | 1.0 | 0.28 | 1 | 0 | 1 | 3 |
| キャベツ | 0.0 | 0.0 | 0.0 | 21 | 0.02 | 0.0 | 16 | 0.04 | 0.4 | 0.07 | 0 | 0 | 0 | 1 |
| きゅうり | 0.0 | 0.0 | 0.0 | 3 | 0.00 | 0.0 | 2 | 0.03 | 0.1 | 0.01 | 0 | 0 | 0 | 0 |
| 大根 | 0.0 | 0.0 | 0.0 | 0 | 0.01 | 0.0 | 7 | 0.02 | 0.1 | 0.01 | 1 | 0 | 0 | 0 |
| たまねぎ | 0.0 | 0.0 | 0.0 | 0 | 0.04 | 0.0 | 4 | 0.05 | 0.2 | 0.04 | 0 | 0 | 0 | 0 |
| はくさい | 0.0 | 0.0 | 0.0 | 12 | 0.01 | 0.0 | 6 | 0.03 | 0.0 | 0.02 | 0 | 0 | 0 | 0 |
| その他の淡色野菜 | 0.1 | 0.0 | 0.1 | 5 | 0.03 | 0.0 | 21 | 0.09 | 0.2 | 0.14 | 0 | 0 | 0 | 1 |
| 野菜ジュース | 0.0 | 0.2 | 0.1 | 1 | 0.01 | 0.0 | 3 | 0.03 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 漬物 | 0.0 | 0.0 | 0.0 | 6 | 0.01 | 0.0 | 4 | 0.05 | 0.0 | 0.03 | 0 | 0 | 0 | 0 |
| 葉類漬物 | 0.0 | 0.0 | 0.0 | 3 | 0.01 | 0.0 | 2 | 0.01 | 0.0 | 0.01 | 0 | 0 | 0 | 0 |
| たくあん・その他の漬物 | 0.0 | 0.0 | 0.0 | 3 | 0.01 | 0.0 | 2 | 0.03 | 0.0 | 0.02 | 0 | 0 | 0 | 0 |
| 果実類 | 0.1 | 0.0 | 0.4 | 0 | 0.11 | 0.0 | 20 | 0.28 | 1.0 | 0.20 | 0 | 0 | 0 | 1 |
| 生果 | 0.1 | 0.0 | 0.4 | 0 | 0.11 | 0.0 | 18 | 0.26 | 1.0 | 0.19 | 0 | 0 | 0 | 1 |
| いちご | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 柑橘類 | 0.0 | 0.0 | 0.1 | 0 | 0.02 | 0.0 | 6 | 0.07 | 0.1 | 0.02 | 0 | 0 | 0 | 0 |
| バナナ | 0.0 | 0.0 | 0.1 | 0 | 0.06 | 0.0 | 4 | 0.07 | 0.2 | 0.04 | 0 | 0 | 0 | 1 |
| りんご | 0.0 | 0.0 | 0.0 | 0 | 0.01 | 0.0 | 1 | 0.02 | 0.1 | 0.01 | 0 | 0 | 0 | 0 |
| その他の生果 | 0.0 | 0.0 | 0.1 | 0 | 0.03 | 0.0 | 6 | 0.10 | 0.6 | 0.12 | 0 | 0 | 0 | 0 |
| ジャム | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 果汁・果汁飲料 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.02 | 0.0 | 0.01 | 0 | 0 | 0 | 0 |
| きのこ類 | 0.1 | 0.4 | 0.0 | 0 | 0.01 | 0.0 | 5 | 0.20 | 0.2 | 0.02 | 0 | 0 | 0 | 0 |
| 選類 | 0.0 | 0.0 | 0.0 | 10 | 0.00 | 0.2 | 9 | 0.01 | 0.4 | 0.02 | 562 | 0 | 0 | 1 |
| 魚介類 | 0.7 | 6.0 | 1.0 | 1 | 0.19 | 4.7 | 9 | 0.50 | 1.4 | 0.03 | 4 | 10 | 0 | 0 |
| 生魚介類 | 0.4 | 2.9 | 0.6 | 0 | 0.13 | 2.7 | 5 | 0.31 | 1.3 | 0.02 | 3 | 10 | 0 | 0 |
| あじ、いわし類 | 0.1 | 0.8 | 0.1 | 0 | 0.03 | 1.1 | 1 | 0.07 | 0.5 | 0.00 | 1 | 3 | 0 | 0 |
| さけ、ます | 0.0 | 1.4 | 0.1 | 0 | 0.02 | 0.3 | 1 | 0.09 | 0.3 | 0.00 | 0 | 1 | 0 | 0 |
| たい、かれい類 | 0.0 | 0.1 | 0.1 | 0 | 0.01 | 0.1 | 0 | 0.01 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| まぐろ、かじき類 | 0.0 | 0.3 | 0.0 | 0 | 0.04 | 0.2 | 0 | 0.02 | 0.1 | 0.00 | 0 | 3 | 0 | 0 |
| その他の生魚 | 0.1 | 0.4 | 0.1 | 0 | 0.02 | 0.2 | 1 | 0.08 | 0.1 | 0.00 | 0 | 0 | 0 | 0 |
| 貝類 | 0.1 | 0.0 | 0.0 | 0 | 0.00 | 0.7 | 1 | 0.01 | 0.2 | 0.01 | 1 | 1 | 0 | 0 |
| いか、たこ類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.1 | 0 | 0.01 | 0.1 | 0.00 | 0 | 1 | 0 | 0 |
| えび、かに類 | 0.1 | 0.0 | 0.1 | 0 | 0.00 | 0.0 | 1 | 0.02 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 魚介加工品 | 0.3 | 3.1 | 0.4 | 0 | 0.06 | 2.0 | 4 | 0.19 | 0.1 | 0.01 | 0 | 1 | 0 | 0 |
| 魚介(塩蔵、生干し、乾物) | 0.2 | 2.7 | 0.3 | 0 | 0.05 | 1.6 | 3 | 0.17 | 0.1 | 0.01 | 0 | 1 | 0 | 0 |
| 魚介(缶詰) | 0.0 | 0.2 | 0.1 | 0 | 0.00 | 0.3 | 0 | 0.01 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 魚介(佃煮) | 0.0 | 0.1 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 魚介(練り製品) | 0.0 | 0.1 | 0.0 | 0 | 0.00 | 0.1 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 魚肉ハム、ソーセージ | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 肉類 | 1.9 | 0.2 | 0.2 | 11 | 0.21 | 0.7 | 6 | 0.68 | 1.2 | 0.01 | 0 | 4 | 0 | 1 |
| 畜肉 | 1.5 | 0.2 | 0.2 | 2 | 0.15 | 0.5 | 1 | 0.42 | 0.3 | 0.01 | 0 | 2 | 0 | 0 |
| 牛肉 | 0.5 | 0.0 | 0.1 | 1 | 0.03 | 0.2 | 1 | 0.08 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 豚肉 | 0.7 | 0.1 | 0.1 | 1 | 0.09 | 0.1 | 0 | 0.24 | 0.3 | 0.00 | 0 | 2 | 0 | 0 |
| ハム、ソーセージ類 | 0.2 | 0.1 | 0.1 | 0 | 0.03 | 0.1 | 0 | 0.10 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| その他の畜肉 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |

第3表の5 食品群別栄養素等摂取量(都)

| 食品群別 | 摂取量 g | エネルギー kcal | たんぱく質 g | 脂質 g | 炭水化物 g | 食塩 相当量 g | カリウム mg | カルシウム mg | 鉄 mg | ビタミンA ugRE | ビタミンB1 mg | ビタミンB2 mg | ナイアシン mgNE | ビタミンC mg | 食物繊維 | | | マグネシウム mg | リン mg | 銅 mg |
|------------|----------|---------------|------------|---------|-----------|----------------|------------|-------------|---------|---------------|--------------|--------------|---------------|-------------|---------|----------|----------|--------------|----------|---------|
| | | | | | | | | | | | | | | | 総量 g | 水溶性 g | 不溶性 g | | | |
| 鳥肉 | 26.2 | 40 | 4.1 | 2.4 | 0.0 | 0.0 | 40 | 2 | 0.2 | 8 | 0.01 | 0.03 | 1.0 | 0 | 0.0 | 0.0 | 23 | 4 | 28 | 0.01 |
| 鶏肉 | 26.2 | 40 | 4.1 | 2.4 | 0.0 | 0.0 | 40 | 2 | 0.2 | 8 | 0.01 | 0.03 | 1.0 | 0 | 0.0 | 0.0 | 23 | 4 | 28 | 0.01 |
| その他の鳥肉 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 肉類(内臓) | 1.1 | 1 | 0.2 | 0.0 | 0.0 | 0.0 | 2 | 0 | 0.1 | 38 | 0.00 | 0.02 | 0.1 | 0 | 0.0 | 0.0 | 2 | 0 | 2 | 0.01 |
| その他の肉類 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 豚肉 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| その他の肉・加工品 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 卵類 | 30.8 | 46 | 3.9 | 3.1 | 0.1 | 0.1 | 40 | 16 | 0.6 | 43 | 0.02 | 0.12 | 0.0 | 0 | 0.0 | 0.0 | 129 | 3 | 55 | 0.02 |
| 乳類 | 129.0 | 103 | 4.9 | 5.3 | 8.7 | 0.3 | 179 | 156 | 0.1 | 48 | 0.04 | 0.19 | 0.1 | 1 | 0.0 | 0.0 | 16 | 14 | 138 | 0.02 |
| 牛乳・乳製品 | 129.0 | 103 | 4.9 | 5.3 | 8.7 | 0.3 | 179 | 156 | 0.1 | 48 | 0.04 | 0.19 | 0.1 | 1 | 0.0 | 0.0 | 16 | 14 | 138 | 0.02 |
| 牛乳 | 76.4 | 50 | 2.5 | 2.8 | 3.7 | 0.1 | 117 | 85 | 0.0 | 28 | 0.03 | 0.12 | 0.1 | 1 | 0.0 | 0.0 | 9 | 8 | 71 | 0.01 |
| チーズ | 4.3 | 15 | 1.0 | 1.2 | 0.1 | 0.1 | 3 | 26 | 0.0 | 11 | 0.00 | 0.02 | 0.0 | 0 | 0.0 | 0.0 | 4 | 1 | 29 | 0.00 |
| 発酵乳・乳酸菌飲料 | 37.5 | 24 | 1.1 | 0.5 | 3.8 | 0.0 | 47 | 36 | 0.0 | 5 | 0.01 | 0.04 | 0.0 | 0 | 0.0 | 0.0 | 2 | 5 | 29 | 0.00 |
| その他の乳製品 | 10.7 | 14 | 0.3 | 0.9 | 1.2 | 0.0 | 12 | 9 | 0.0 | 4 | 0.00 | 0.01 | 0.0 | 0 | 0.0 | 0.0 | 2 | 1 | 10 | 0.00 |
| その他の乳類 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 油脂類 | 11.4 | 98 | 0.0 | 10.7 | 0.0 | 0.0 | 1 | 0 | 0.0 | 9 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 4 | 0 | 0 | 0.00 |
| バター | 1.6 | 12 | 0.0 | 1.3 | 0.0 | 0.0 | 0 | 0 | 0.0 | 8 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 3 | 0 | 0 | 0.00 |
| マーガリン | 1.4 | 9 | 0.0 | 1.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 植物性油脂 | 8.3 | 76 | 0.0 | 8.3 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 動物性油脂 | 0.1 | 1 | 0.0 | 0.1 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| その他の油脂 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| 菓子類 | 31.0 | 103 | 1.9 | 3.6 | 15.8 | 0.2 | 55 | 15 | 0.2 | 16 | 0.02 | 0.04 | 0.2 | 0 | 0.5 | 0.1 | 15 | 6 | 28 | 0.04 |
| 和菓子類 | 13.3 | 40 | 0.9 | 0.4 | 8.3 | 0.1 | 19 | 3 | 0.1 | 1 | 0.01 | 0.01 | 0.1 | 0 | 0.3 | 0.0 | 3 | 3 | 11 | 0.02 |
| ケーキ・ペストリー類 | 7.8 | 27 | 0.5 | 1.3 | 3.2 | 0.0 | 8 | 3 | 0.0 | 9 | 0.01 | 0.01 | 0.0 | 0 | 0.1 | 0.0 | 6 | 1 | 7 | 0.00 |
| ビスケット類 | 2.6 | 13 | 0.2 | 0.7 | 1.7 | 0.0 | 3 | 2 | 0.0 | 3 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 1 | 0 | 2 | 0.00 |
| キャンデー類 | 0.3 | 1 | 0.0 | 0.0 | 0.3 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| その他の菓子類 | 7.0 | 21 | 0.4 | 1.2 | 2.4 | 0.0 | 24 | 7 | 0.1 | 3 | 0.01 | 0.02 | 0.1 | 0 | 0.1 | 0.0 | 4 | 2 | 9 | 0.01 |
| 嗜好飲料類 | 673.5 | 88 | 1.0 | 0.1 | 8.5 | 0.1 | 186 | 18 | 0.5 | 1 | 0.00 | 0.14 | 1.9 | 11 | 0.1 | 0.0 | 0 | 19 | 27 | 0.04 |
| アルコール飲料 | 115.2 | 63 | 0.2 | 0.0 | 3.6 | 0.0 | 18 | 3 | 0.0 | 0 | 0.00 | 0.01 | 0.3 | 0 | 0.0 | 0.0 | 0 | 4 | 8 | 0.00 |
| 日本酒 | 8.2 | 9 | 0.0 | 0.0 | 0.6 | 0.0 | 0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 1 | 0.00 |
| ビール | 66.2 | 27 | 0.1 | 0.0 | 2.1 | 0.0 | 14 | 2 | 0.0 | 0 | 0.00 | 0.01 | 0.3 | 0 | 0.0 | 0.0 | 0 | 3 | 7 | 0.00 |
| 洋酒・その他 | 40.8 | 27 | 0.0 | 0.0 | 0.9 | 0.0 | 3 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| その他の嗜好飲料 | 558.4 | 24 | 0.8 | 0.1 | 5.0 | 0.0 | 168 | 15 | 0.4 | 1 | 0.00 | 0.13 | 1.6 | 11 | 0.1 | 0.0 | 0 | 15 | 19 | 0.03 |
| 茶 | 298.2 | 4 | 0.4 | 0.0 | 0.5 | 0.0 | 66 | 8 | 0.4 | 0 | 0.00 | 0.11 | 0.5 | 11 | 0.0 | 0.0 | 0 | 5 | 5 | 0.03 |
| コーヒー・ココア | 151.5 | 11 | 0.4 | 0.1 | 2.1 | 0.0 | 96 | 6 | 0.1 | 0 | 0.00 | 0.01 | 1.1 | 0 | 0.0 | 0.0 | 0 | 10 | 12 | 0.01 |
| その他の嗜好飲料 | 108.6 | 9 | 0.0 | 0.0 | 2.4 | 0.0 | 6 | 2 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 2 | 0.00 |
| 調味料・香辛料類 | 95.7 | 108 | 3.8 | 5.4 | 10.6 | 6.5 | 172 | 29 | 0.9 | 5 | 0.05 | 0.10 | 0.9 | 1 | 0.7 | 0.1 | 5 | 24 | 72 | 0.06 |
| 調味料 | 95.3 | 107 | 3.8 | 5.3 | 10.4 | 6.5 | 169 | 28 | 0.9 | 5 | 0.04 | 0.10 | 0.9 | 1 | 0.7 | 0.1 | 5 | 24 | 71 | 0.06 |
| ソース | 1.6 | 2 | 0.0 | 0.0 | 0.5 | 0.1 | 3 | 1 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| しょうゆ | 12.3 | 9 | 0.9 | 0.0 | 1.2 | 1.7 | 45 | 3 | 0.2 | 0 | 0.01 | 0.02 | 0.1 | 0 | 0.0 | 0.0 | 0 | 7 | 20 | 0.00 |
| 塩 | 1.3 | 0 | 0.0 | 0.0 | 0.0 | 1.3 | 1 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |
| マヨネーズ | 3.0 | 18 | 0.1 | 1.9 | 0.1 | 0.1 | 1 | 1 | 0.0 | 1 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 3 | 1 | 2 | 0.00 |
| 味噌 | 11.1 | 21 | 1.3 | 0.6 | 2.5 | 1.3 | 43 | 11 | 0.4 | 0 | 0.00 | 0.01 | 0.2 | 0 | 0.5 | 0.1 | 0.4 | 1 | 8 | 0.04 |
| その他の調味料 | 66.0 | 58 | 1.4 | 2.8 | 6.2 | 2.0 | 76 | 13 | 0.2 | 4 | 0.03 | 0.06 | 0.6 | 1 | 0.2 | 0.1 | 1 | 1 | 30 | 0.02 |
| 香辛料・その他 | 0.4 | 1 | 0.0 | 0.0 | 0.2 | 0.0 | 3 | 1 | 0.0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0 | 0 | 1 | 0.00 |
| 加工食品等 | 0.6 | 1 | 0.0 | 0.0 | 0.1 | 0.0 | 0 | 0 | 0.0 | 0 | 0.01 | 0.02 | 0.1 | 0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.00 |

第3表の6 食品群別栄養素等摂取量(都)

| 食品群別 | 亜鉛 mg | ビタミンD μg | ビタミンE mg α-TE | ビタミンK μg | ビタミンB6 mg | ビタミンB12 μg | 葉酸 μg | パントテン 酸 mg | ピオチン mg | マンガン μg | ヨウ素 mg α-TE | セレン μg | クロム mg | モリブデン μg |
|-----------------------|----------|-------------|------------------|-------------|--------------|---------------|----------|------------------|------------|------------|----------------|-----------|-----------|-------------|
| 鳥肉 | 0.3 | 0.0 | 0.0 | 8 | 0.06 | 0.1 | 1 | 0.23 | 0.4 | 0.00 | 0 | 2 | 0 | 0 |
| 鶏肉 | 0.3 | 0.0 | 0.0 | 8 | 0.06 | 0.1 | 1 | 0.23 | 0.4 | 0.00 | 0 | 2 | 0 | 0 |
| その他の鳥肉 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 肉類(内臓) | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.1 | 4 | 0.03 | 0.4 | 0.00 | 0 | 0 | 0 | 1 |
| その他の肉類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 鯨肉 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| その他の肉・加工品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 卵類 | 0.4 | 0.5 | 0.3 | 4 | 0.02 | 0.3 | 11 | 0.42 | 0.1 | 0.01 | 0 | 0 | 0 | 0 |
| 乳類 | 0.6 | 0.2 | 0.2 | 2 | 0.03 | 0.4 | 7 | 0.59 | 2.0 | 0.00 | 17 | 3 | 0 | 4 |
| 牛乳、乳製品 | 0.6 | 0.2 | 0.2 | 2 | 0.03 | 0.4 | 7 | 0.59 | 2.0 | 0.00 | 17 | 3 | 0 | 4 |
| 牛乳 | 0.3 | 0.2 | 0.1 | 1 | 0.02 | 0.2 | 4 | 0.42 | 1.3 | 0.00 | 11 | 2 | 0 | 3 |
| チーズ | 0.1 | 0.0 | 0.0 | 0 | 0.00 | 0.1 | 1 | 0.01 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 発酵乳・乳酸菌飲料 | 0.1 | 0.0 | 0.0 | 0 | 0.01 | 0.0 | 2 | 0.13 | 0.6 | 0.00 | 4 | 1 | 0 | 1 |
| その他の乳製品 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.04 | 0.1 | 0.00 | 1 | 0 | 0 | 0 |
| その他の乳類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 油脂類 | 0.0 | 0.0 | 1.2 | 12 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| バター | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| マーガリン | 0.0 | 0.0 | 0.2 | 1 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 植物性油脂 | 0.0 | 0.0 | 1.0 | 11 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 動物性油脂 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| その他の油脂 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| 菓子類 | 0.2 | 0.1 | 0.3 | 2 | 0.02 | 0.0 | 6 | 0.17 | 0.6 | 0.08 | 6 | 1 | 1 | 3 |
| 和菓子類 | 0.1 | 0.0 | 0.0 | 0 | 0.01 | 0.0 | 2 | 0.06 | 0.1 | 0.05 | 3 | 0 | 0 | 2 |
| ケーキ・ペストリー類 | 0.0 | 0.0 | 0.1 | 1 | 0.00 | 0.0 | 2 | 0.04 | 0.1 | 0.01 | 0 | 0 | 0 | 0 |
| ビスケット類 | 0.0 | 0.0 | 0.1 | 0 | 0.00 | 0.0 | 0 | 0.01 | 0.1 | 0.01 | 0 | 0 | 0 | 0 |
| キャンデー類 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| その他の菓子類 | 0.1 | 0.0 | 0.1 | 0 | 0.00 | 0.0 | 1 | 0.06 | 0.4 | 0.01 | 3 | 0 | 0 | 0 |
| 嗜好飲料類 | 0.1 | 0.0 | 0.0 | 3 | 0.05 | 0.0 | 39 | 0.15 | 4.4 | 0.91 | 1 | 0 | 0 | 0 |
| アルコール飲料 | 0.0 | 0.0 | 0.0 | 0 | 0.02 | 0.0 | 3 | 0.06 | 0.3 | 0.02 | 0 | 0 | 0 | 0 |
| 日本酒 | 0.0 | 0.0 | 0.0 | 0 | 0.01 | 0.0 | 0 | 0.00 | 0.0 | 0.01 | 0 | 0 | 0 | 0 |
| ビール | 0.0 | 0.0 | 0.0 | 0 | 0.02 | 0.0 | 3 | 0.06 | 0.3 | 0.01 | 0 | 0 | 0 | 0 |
| 洋酒・その他 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| その他の嗜好飲料 | 0.1 | 0.0 | 0.0 | 3 | 0.02 | 0.0 | 36 | 0.09 | 4.1 | 0.89 | 0 | 0 | 0 | 0 |
| 茶 | 0.0 | 0.0 | 0.0 | 3 | 0.02 | 0.0 | 36 | 0.07 | 1.6 | 0.84 | 0 | 0 | 0 | 0 |
| コーヒー、ココア | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.01 | 2.4 | 0.05 | 0 | 0 | 0 | 0 |
| その他の嗜好飲料 | 0.1 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.1 | 0.00 | 0 | 0 | 0 | 0 |
| 調味料・香辛料類 | 0.3 | 0.0 | 0.5 | 6 | 0.06 | 0.1 | 14 | 0.18 | 3.0 | 0.03 | 247 | 3 | 1 | 11 |
| 調味料 | 0.3 | 0.0 | 0.5 | 6 | 0.06 | 0.1 | 13 | 0.17 | 2.9 | 0.02 | 247 | 3 | 1 | 11 |
| ソース | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.1 | 0.00 | 0 | 0 | 0 | 0 |
| しょうゆ | 0.1 | 0.0 | 0.0 | 0 | 0.02 | 0.0 | 4 | 0.05 | 1.4 | 0.00 | 0 | 1 | 0 | 5 |
| 塩 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |
| マヨネーズ | 0.0 | 0.0 | 0.2 | 3 | 0.00 | 0.0 | 0 | 0.01 | 0.2 | 0.00 | 0 | 0 | 0 | 0 |
| 味噌 | 0.1 | 0.0 | 0.1 | 1 | 0.01 | 0.0 | 6 | 0.01 | 1.1 | 0.01 | 0 | 1 | 0 | 6 |
| その他の調味料 | 0.1 | 0.0 | 0.2 | 1 | 0.02 | 0.1 | 4 | 0.09 | 0.1 | 0.01 | 246 | 1 | 0 | 0 |
| 香辛料・その他 | 0.0 | 0.0 | 0.0 | 0 | 0.00 | 0.0 | 1 | 0.00 | 0.1 | 0.01 | 0 | 0 | 0 | 0 |
| 栄養素調整調味料類およびその他の加工食品等 | 0.0 | 0.0 | 0.0 | 0 | 0.02 | 0.0 | 0 | 0.00 | 0.0 | 0.00 | 0 | 0 | 0 | 0 |

第4表の1 栄養素等摂取量食品群別寄与率(都)

| 食品群別 | エネルギー | | たんぱく質 | | 脂質 | | 食塩相当量 | | カリウム | | カルシウム | | 鉄 | | ビタミンA | | ビタミンB1 | |
|--------------|-------|--------|-------|--------|------|--------|-------|--------|------|--------|-------|--------|------|--------|-------|--------|--------|--------|
| | kcal | 寄与率(%) | g | 寄与率(%) | g | 寄与率(%) | g | 寄与率(%) | mg | 寄与率(%) | mg | 寄与率(%) | ugRE | 寄与率(%) | mg | 寄与率(%) | mg | 寄与率(%) |
| 調査人数 | 411 | | 411 | | 411 | | 411 | | 411 | | 411 | | 411 | | 411 | | 411 | |
| 総量 | 1913 | 100.0 | 70.4 | 100.0 | 59.0 | 100.0 | 10.2 | 100.0 | 2310 | 100.0 | 510 | 100.0 | 7.6 | 100.0 | 519 | 100.0 | 0.93 | 100.0 |
| 動物性食品 | 482 | 25.2 | 37.8 | 53.8 | 30.2 | 51.2 | 1.5 | 14.5 | 584 | 25.3 | 219 | 42.9 | 2.1 | 28.0 | 171 | 32.9 | 0.42 | 44.6 |
| 植物性食品 | 1432 | 74.8 | 32.5 | 46.2 | 28.8 | 48.8 | 8.7 | 85.5 | 1726 | 74.7 | 291 | 57.1 | 5.4 | 72.0 | 348 | 67.1 | 0.52 | 55.4 |
| 穀類 | 762 | 39.8 | 15.7 | 22.3 | 4.9 | 8.4 | 1.1 | 10.6 | 174 | 7.5 | 46 | 9.0 | 1.0 | 13.6 | 2 | 0.4 | 0.17 | 18.1 |
| 米・加工品 | 499 | 26.1 | 7.5 | 10.6 | 0.9 | 1.6 | 0.0 | 0.2 | 89 | 3.9 | 9 | 1.8 | 0.3 | 4.3 | 0 | 0.0 | 0.06 | 6.9 |
| 米 | 491 | 25.7 | 7.3 | 10.4 | 0.9 | 1.5 | 0.0 | 0.1 | 87 | 3.8 | 9 | 1.7 | 0.3 | 4.1 | 0 | 0.0 | 0.06 | 6.8 |
| 米加工品 | 8 | 0.4 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 2 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | 0 | 0.0 | 0.00 | 0.2 |
| 小麦加工品 | 249 | 13.0 | 7.7 | 11.0 | 3.9 | 6.6 | 1.1 | 10.3 | 81 | 3.5 | 35 | 6.9 | 0.6 | 8.2 | 2 | 0.4 | 0.10 | 10.6 |
| 小麦粉類 | 14 | 0.7 | 0.3 | 0.5 | 0.1 | 0.1 | 0.0 | 0.0 | 4 | 0.2 | 1 | 0.2 | 0.0 | 0.4 | 0 | 0.0 | 0.00 | 0.5 |
| パン類(菓子パンを除く) | 112 | 5.9 | 3.8 | 5.4 | 2.1 | 3.5 | 0.5 | 5.1 | 42 | 1.8 | 12 | 2.4 | 0.3 | 3.6 | 0 | 0.0 | 0.00 | 3.4 |
| 菓子パン類 | 9 | 0.5 | 0.2 | 0.3 | 0.2 | 0.4 | 0.0 | 0.2 | 3 | 0.1 | 1 | 0.2 | 0.0 | 0.3 | 1 | 0.2 | 0.00 | 0.3 |
| うどん、中華めん類 | 54 | 2.8 | 1.5 | 2.2 | 0.2 | 0.4 | 0.1 | 1.1 | 13 | 0.6 | 5 | 0.9 | 0.1 | 1.3 | 0 | 0.0 | 0.01 | 0.7 |
| 即席中華めん | 28 | 1.4 | 0.6 | 0.9 | 1.0 | 1.7 | 0.3 | 3.1 | 14 | 0.6 | 15 | 2.9 | 0.1 | 0.9 | 1 | 0.1 | 0.04 | 4.6 |
| パスタ類 | 23 | 1.2 | 0.8 | 1.1 | 0.1 | 0.2 | 0.1 | 0.7 | 2 | 0.1 | 1 | 0.2 | 0.1 | 1.2 | 0 | 0.0 | 0.01 | 0.8 |
| その他の小麦加工品 | 9 | 0.5 | 0.4 | 0.5 | 0.1 | 0.2 | 0.0 | 0.1 | 2 | 0.1 | 1 | 0.1 | 0.0 | 0.5 | 0 | 0.0 | 0.00 | 0.3 |
| その他の穀類・加工品 | 15 | 0.8 | 0.5 | 0.7 | 0.1 | 0.2 | 0.0 | 0.1 | 4 | 0.2 | 1 | 0.3 | 0.1 | 1.2 | 0 | 0.0 | 0.01 | 0.7 |
| そば・加工品 | 9 | 0.5 | 0.4 | 0.5 | 0.1 | 0.1 | 0.0 | 0.0 | 2 | 0.1 | 1 | 0.1 | 0.1 | 0.8 | 0 | 0.0 | 0.00 | 0.5 |
| とうもろこし・加工品 | 1 | 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 | 0.00 | 0.0 |
| その他の穀類 | 5 | 0.2 | 0.1 | 0.2 | 0.0 | 0.1 | 0.0 | 0.0 | 2 | 0.1 | 1 | 0.1 | 0.0 | 0.3 | 0 | 0.0 | 0.00 | 0.2 |
| いも類 | 34 | 1.8 | 0.6 | 0.8 | 0.0 | 0.1 | 0.0 | 0.0 | 149 | 6.5 | 9 | 1.8 | 0.2 | 2.7 | 0 | 0.0 | 0.03 | 2.7 |
| いも・加工品 | 30 | 1.6 | 0.6 | 0.8 | 0.0 | 0.1 | 0.0 | 0.0 | 149 | 6.4 | 9 | 1.7 | 0.2 | 2.6 | 0 | 0.0 | 0.00 | 2.7 |
| さつまいも・加工品 | 6 | 0.3 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 22 | 0.9 | 2 | 0.4 | 0.0 | 0.4 | 0 | 0.0 | 0.00 | 0.5 |
| じゃがいも・加工品 | 18 | 0.9 | 0.4 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 82 | 3.6 | 0 | 0.1 | 0.1 | 1.3 | 0 | 0.0 | 0.01 | 1.6 |
| その他のいも・加工品 | 6 | 0.3 | 0.2 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 45 | 1.9 | 6 | 1.2 | 0.1 | 0.9 | 0 | 0.0 | 0.01 | 0.7 |
| でんぷん・加工品 | 4 | 0.2 | 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 | 0.00 | 0.0 |
| 砂糖・甘味料類 | 28 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1 | 0.1 | 0 | 0.1 | 0.0 | 0.1 | 0 | 0.0 | 0.00 | 0.0 |
| 豆類 | 64 | 3.3 | 4.8 | 6.8 | 3.7 | 6.4 | 0.0 | 0.2 | 128 | 5.5 | 54 | 10.7 | 0.9 | 11.8 | 0 | 0.0 | 0.04 | 4.8 |
| 大豆・加工品 | 61 | 3.2 | 4.6 | 6.6 | 3.7 | 6.3 | 0.0 | 0.2 | 123 | 5.3 | 54 | 10.5 | 0.9 | 11.4 | 0 | 0.0 | 0.04 | 4.6 |
| 大豆(全粒)・加工品 | 3 | 0.1 | 0.2 | 0.3 | 0.1 | 0.2 | 0.0 | 0.0 | 7 | 0.3 | 1 | 0.3 | 0.0 | 0.4 | 0 | 0.0 | 0.00 | 0.3 |
| 豆腐 | 23 | 1.2 | 2.1 | 2.9 | 1.3 | 2.2 | 0.0 | 0.1 | 48 | 2.1 | 30 | 5.8 | 0.3 | 4.0 | 0 | 0.0 | 0.03 | 3.0 |
| 油揚げ類 | 16 | 0.8 | 0.8 | 1.2 | 1.3 | 2.3 | 0.0 | 0.0 | 4 | 0.2 | 14 | 2.8 | 0.2 | 2.5 | 0 | 0.0 | 0.00 | 0.3 |
| 納豆 | 15 | 0.8 | 1.2 | 1.8 | 0.8 | 1.3 | 0.0 | 0.0 | 50 | 2.2 | 7 | 1.3 | 0.2 | 3.2 | 0 | 0.0 | 0.01 | 0.6 |
| その他の大豆加工品 | 4 | 0.2 | 0.3 | 0.4 | 0.2 | 0.3 | 0.0 | 0.0 | 14 | 0.6 | 2 | 0.3 | 0.1 | 1.2 | 0 | 0.0 | 0.00 | 0.4 |
| その他の豆・加工品 | 3 | 0.2 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 6 | 0.2 | 1 | 0.1 | 0.0 | 0.4 | 0 | 0.0 | 0.00 | 0.2 |
| 種実類 | 11 | 0.6 | 0.3 | 0.5 | 0.9 | 1.5 | 0.0 | 0.0 | 12 | 0.5 | 8 | 1.5 | 0.1 | 1.3 | 0 | 0.0 | 0.01 | 0.7 |
| 野菜類 | 72 | 3.7 | 2.9 | 4.2 | 0.4 | 0.7 | 0.7 | 6.5 | 552 | 23.9 | 89 | 17.5 | 1.1 | 14.5 | 281 | 54.2 | 0.11 | 11.3 |
| 緑黄色野菜 | 26 | 1.4 | 1.2 | 1.7 | 0.2 | 0.3 | 0.0 | 0.3 | 231 | 10.0 | 35 | 6.8 | 0.5 | 6.6 | 241 | 46.4 | 0.04 | 4.6 |
| トマト | 6 | 0.3 | 0.2 | 0.3 | 0.1 | 0.0 | 0.0 | 0.1 | 67 | 2.9 | 2 | 0.5 | 0.1 | 1.0 | 15 | 2.9 | 0.02 | 1.7 |
| にんじん | 7 | 0.4 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 47 | 2.0 | 6 | 1.1 | 0.0 | 0.5 | 137 | 26.4 | 0.01 | 0.7 |
| ほうれん草 | 2 | 0.1 | 0.2 | 0.3 | 0.0 | 0.1 | 0.0 | 0.0 | 35 | 1.5 | 5 | 1.0 | 0.1 | 0.9 | 33 | 6.3 | 0.00 | 0.4 |
| ピーマン | 1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 10 | 0.4 | 1 | 0.1 | 0.0 | 0.3 | 2 | 0.4 | 0.00 | 0.2 |
| その他の緑黄色野菜 | 10 | 0.5 | 0.6 | 0.9 | 0.1 | 0.1 | 0.0 | 0.1 | 73 | 3.2 | 21 | 4.1 | 0.3 | 3.9 | 54 | 10.4 | 0.02 | 1.7 |

第4表の2 栄養素等摂取量食品群別寄与率(都)

| 食品群別 | ビタミンB2 | | ナイアシン | | ビタミンC | | 食物繊維 | | ビタミンE | | 葉酸 | |
|--------------|--------|--------|-------|--------|-------|--------|------|--------|---------|--------|-----|--------|
| | mg | 寄与率(%) | mgNE | 寄与率(%) | mg | 寄与率(%) | g | 寄与率(%) | mg α-TE | 寄与率(%) | μg | 寄与率(%) |
| 調査人数 | 411 | | 411 | | 411 | | 411 | | 411 | | 411 | |
| 総量 | 1.21 | 100.0 | 15.7 | 100.0 | 100 | 100.0 | 14.7 | 100.0 | 6.9 | 100.0 | 289 | 100.0 |
| 動物性食品 | 0.58 | 47.7 | 8.3 | 52.7 | 8 | 7.5 | 0.0 | 0.0 | 1.7 | 24.9 | 34 | 11.6 |
| 植物性食品 | 0.63 | 52.3 | 7.4 | 47.3 | 92 | 92.5 | 14.7 | 100.0 | 5.2 | 75.1 | 255 | 88.4 |
| 穀類 | 0.11 | 9.0 | 1.5 | 9.7 | 0 | 0.0 | 3.2 | 21.9 | 0.5 | 7.2 | 28 | 9.7 |
| 米・加工品 | 0.03 | 2.5 | 0.7 | 4.3 | 0 | 0.0 | 0.9 | 6.4 | 0.0 | 0.3 | 9 | 3.2 |
| 米 | 0.03 | 2.4 | 0.7 | 4.3 | 0 | 0.0 | 0.9 | 6.2 | 0.0 | 0.3 | 9 | 3.1 |
| 米加工品 | 0.00 | 0.1 | 0.0 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0 | 0.1 |
| 小麦・加工品 | 0.08 | 6.3 | 0.8 | 5.0 | 0 | 0.0 | 2.0 | 13.7 | 0.5 | 6.8 | 18 | 6.3 |
| 小麦粉類 | 0.00 | 0.1 | 0.0 | 0.2 | 0 | 0.0 | 0.1 | 0.7 | 0.0 | 0.2 | 0 | 0.2 |
| パン類(菓子パンを除く) | 0.02 | 1.5 | 0.5 | 3.1 | 0 | 0.0 | 0.9 | 6.3 | 0.2 | 3.0 | 14 | 4.7 |
| 菓子パン類 | 0.00 | 0.2 | 0.0 | 0.2 | 0 | 0.0 | 0.1 | 0.4 | 0.0 | 0.4 | 1 | 0.3 |
| うどん、中華めん類 | 0.00 | 0.3 | 0.1 | 0.6 | 0 | 0.0 | 0.4 | 3.0 | 0.0 | 0.6 | 1 | 0.4 |
| 即席中華めん | 0.04 | 3.6 | 0.1 | 0.4 | 0 | 0.0 | 0.2 | 1.1 | 0.2 | 2.3 | 1 | 0.3 |
| パスタ類 | 0.00 | 0.4 | 0.1 | 0.5 | 0 | 0.0 | 0.2 | 1.6 | 0.0 | 0.2 | 1 | 0.2 |
| その他の小麦加工品 | 0.00 | 0.1 | 0.0 | 0.2 | 0 | 0.0 | 0.1 | 0.7 | 0.0 | 0.1 | 1 | 0.2 |
| その他の穀類・加工品 | 0.00 | 0.2 | 0.1 | 0.3 | 0 | 0.0 | 0.3 | 1.8 | 0.0 | 0.2 | 1 | 0.2 |
| そば・加工品 | 0.00 | 0.1 | 0.0 | 0.3 | 0 | 0.0 | 0.1 | 0.9 | 0.0 | 0.1 | 1 | 0.2 |
| とうもろこし・加工品 | 0.00 | 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 | 0.00 | 0.1 | 0.0 | 0.1 | 0 | 0.0 | 0.1 | 0.8 | 0.0 | 0.1 | 0 | 0.1 |
| いも類 | 0.01 | 0.9 | 0.3 | 1.8 | 7 | 6.5 | 0.9 | 6.2 | 0.1 | 2.0 | 8 | 2.9 |
| いも・加工品 | 0.01 | 0.9 | 0.3 | 1.8 | 7 | 6.5 | 0.9 | 6.2 | 0.1 | 2.0 | 8 | 2.9 |
| さつまいも・加工品 | 0.00 | 0.1 | 0.0 | 0.2 | 1 | 1.0 | 0.2 | 1.0 | 0.1 | 1.1 | 2 | 0.7 |
| じゃがいも・加工品 | 0.01 | 0.6 | 0.2 | 1.2 | 5 | 5.1 | 0.4 | 2.6 | 0.0 | 0.3 | 4 | 1.5 |
| その他のいも・加工品 | 0.00 | 0.1 | 0.1 | 0.4 | 0 | 0.4 | 0.4 | 2.6 | 0.0 | 0.5 | 2 | 0.6 |
| でんぷん・加工品 | 0.00 | 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 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 豆類 | 0.06 | 4.8 | 0.2 | 1.1 | 0 | 0.0 | 1.0 | 6.6 | 0.3 | 3.6 | 17 | 5.9 |
| 大豆・加工品 | 0.06 | 4.7 | 0.2 | 1.1 | 0 | 0.0 | 0.8 | 5.6 | 0.2 | 3.6 | 17 | 5.7 |
| 大豆(全粒)・加工品 | 0.00 | 0.1 | 0.0 | 0.0 | 0 | 0.0 | 0.1 | 0.8 | 0.0 | 0.2 | 1 | 0.2 |
| 豆腐 | 0.01 | 1.0 | 0.0 | 0.3 | 0 | 0.0 | 0.1 | 0.8 | 0.1 | 0.9 | 4 | 1.3 |
| 油揚げ類 | 0.00 | 0.1 | 0.0 | 0.0 | 0 | 0.0 | 0.1 | 0.4 | 0.1 | 1.0 | 1 | 0.3 |
| 納豆 | 0.04 | 3.4 | 0.1 | 0.5 | 0 | 0.0 | 0.5 | 3.4 | 0.0 | 0.6 | 9 | 3.1 |
| その他の大豆加工品 | 0.00 | 0.1 | 0.0 | 0.2 | 0 | 0.0 | 0.0 | 0.3 | 0.1 | 1.0 | 2 | 0.7 |
| その他の豆・加工品 | 0.00 | 0.1 | 0.0 | 0.0 | 0 | 0.0 | 0.1 | 1.0 | 0.0 | 0.0 | 0 | 0.1 |
| 種実類 | 0.01 | 0.6 | 0.1 | 0.6 | 0 | 0.1 | 0.2 | 1.3 | 0.2 | 2.8 | 2 | 0.6 |
| 野菜類 | 0.09 | 7.4 | 1.1 | 6.7 | 38 | 37.9 | 5.4 | 36.7 | 1.6 | 23.2 | 107 | 37.1 |
| 緑黄色野菜 | 0.05 | 4.0 | 0.5 | 3.4 | 19 | 18.7 | 2.2 | 14.7 | 1.2 | 17.9 | 44 | 15.3 |
| トマト | 0.01 | 0.6 | 0.2 | 1.3 | 5 | 5.0 | 0.3 | 2.2 | 0.3 | 4.0 | 7 | 2.5 |
| にんじん | 0.01 | 0.6 | 0.1 | 0.6 | 0 | 0.4 | 0.6 | 3.8 | 0.1 | 1.3 | 4 | 1.3 |
| ほうれん草 | 0.01 | 0.7 | 0.0 | 0.1 | 1 | 1.4 | 0.3 | 1.8 | 0.2 | 2.7 | 8 | 2.8 |
| ピーマン | 0.00 | 0.2 | 0.0 | 0.2 | 3 | 3.5 | 0.1 | 0.9 | 0.1 | 1.2 | 2 | 0.6 |
| その他の緑黄色野菜 | 0.02 | 1.9 | 0.2 | 1.1 | 8 | 8.4 | 0.9 | 6.1 | 0.6 | 8.7 | 24 | 8.2 |

第4表の3 栄養素等摂取量食品群別寄与率(都)

| 食品群別 | エネルギー | | たんぱく質 | | 脂質 | | 食塩相当量 | | カリウム | | カルシウム | | 鉄 | | ビタミンA | | ビタミンB1 | |
|---------------|-------|--------|-------|--------|------|--------|-------|--------|------|--------|-------|--------|------|--------|-------|--------|--------|--------|
| | kcal | 寄与率(%) | g | 寄与率(%) | g | 寄与率(%) | g | 寄与率(%) | mg | 寄与率(%) | mg | 寄与率(%) | ugRE | 寄与率(%) | mg | 寄与率(%) | mg | 寄与率(%) |
| その他の野菜 | 37 | 1.9 | 1.4 | 2.0 | 0.2 | 0.4 | 0.0 | 0.2 | 243 | 10.5 | 43 | 8.5 | 0.5 | 6.1 | 8 | 1.5 | 0.04 | 4.7 |
| キャベツ | 6 | 0.3 | 0.3 | 0.4 | 0.1 | 0.1 | 0.0 | 0.0 | 38 | 1.6 | 11 | 2.2 | 0.1 | 0.9 | 1 | 0.2 | 0.01 | 0.8 |
| きゅうり | 1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 18 | 0.8 | 2 | 0.5 | 0.0 | 0.4 | 3 | 0.5 | 0.00 | 0.3 |
| 大根 | 5 | 0.2 | 0.1 | 0.2 | 0.0 | 0.0 | 0.1 | 0.1 | 56 | 2.4 | 7 | 1.4 | 0.1 | 1.0 | 0 | 0.0 | 0.01 | 0.6 |
| たまねぎ | 10 | 0.5 | 0.3 | 0.4 | 0.0 | 0.1 | 0.0 | 0.0 | 36 | 1.6 | 6 | 1.1 | 0.1 | 0.8 | 0 | 0.0 | 0.01 | 1.0 |
| はくさい | 2 | 0.1 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 21 | 0.9 | 6 | 1.1 | 0.0 | 0.5 | 1 | 0.3 | 0.00 | 0.1 |
| その他の淡色野菜 | 13 | 0.7 | 0.6 | 0.8 | 0.1 | 0.1 | 0.0 | 0.1 | 73 | 3.2 | 11 | 2.3 | 0.2 | 2.5 | 3 | 0.5 | 0.02 | 1.9 |
| 野菜ジュース | 5 | 0.3 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.3 | 39 | 1.7 | 6 | 1.1 | 0.1 | 0.8 | 30 | 5.8 | 0.01 | 0.7 |
| 漬物 | 4 | 0.2 | 0.2 | 0.3 | 0.0 | 0.0 | 0.6 | 5.6 | 40 | 1.7 | 5 | 1.0 | 0.1 | 1.0 | 2 | 0.5 | 0.01 | 1.2 |
| 葉類漬物 | 1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.8 | 11 | 0.5 | 2 | 0.4 | 0.0 | 0.3 | 2 | 0.3 | 0.00 | 0.2 |
| たくあん・その他の漬物 | 3 | 0.1 | 0.1 | 0.2 | 0.0 | 0.0 | 0.5 | 4.8 | 29 | 1.3 | 3 | 0.6 | 0.1 | 0.7 | 1 | 0.1 | 0.01 | 1.1 |
| 果実類 | 69 | 3.6 | 0.7 | 0.9 | 0.4 | 0.7 | 0.0 | 0.0 | 204 | 8.8 | 11 | 2.2 | 0.2 | 2.5 | 30 | 5.8 | 0.05 | 5.4 |
| 生果 | 60 | 3.2 | 0.6 | 0.9 | 0.4 | 0.6 | 0.0 | 0.0 | 191 | 8.3 | 11 | 2.1 | 0.2 | 2.2 | 30 | 5.7 | 0.05 | 5.0 |
| イチゴ | 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 | 0.00 | 0.0 |
| 柑橘類 | 12 | 0.7 | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 40 | 1.8 | 5 | 1.0 | 0.0 | 0.5 | 20 | 3.9 | 0.02 | 2.6 |
| バナナ | 14 | 0.7 | 0.2 | 0.2 | 0.0 | 0.1 | 0.0 | 0.0 | 57 | 2.5 | 1 | 0.2 | 0.0 | 0.6 | 1 | 0.2 | 0.01 | 0.8 |
| りんご | 12 | 0.6 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 24 | 1.0 | 1 | 0.1 | 0.0 | 0.0 | 0 | 0.1 | 0.00 | 0.5 |
| その他の生果 | 22 | 1.2 | 0.2 | 0.3 | 0.3 | 0.5 | 0.0 | 0.0 | 68 | 2.9 | 4 | 0.8 | 0.1 | 1.1 | 8 | 1.6 | 0.01 | 1.1 |
| ジャム | 3 | 0.2 | 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 | 0.00 | 0.0 |
| 果汁・果汁飲料 | 6 | 0.3 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 12 | 0.5 | 1 | 0.1 | 0.1 | 0.3 | 0 | 0.1 | 0.00 | 0.4 |
| きのこ類 | 4 | 0.2 | 0.5 | 0.7 | 0.0 | 0.1 | 0.0 | 0.1 | 48 | 2.1 | 0 | 0.1 | 0.1 | 1.3 | 0 | 0.0 | 0.02 | 2.5 |
| 海藻類 | 3 | 0.1 | 0.3 | 0.5 | 0.0 | 0.1 | 0.1 | 1.4 | 43 | 1.9 | 10 | 2.1 | 0.2 | 2.9 | 13 | 2.4 | 0.01 | 0.6 |
| 魚介類 | 115 | 6.0 | 13.6 | 19.4 | 5.6 | 9.5 | 0.7 | 6.7 | 196 | 8.5 | 42 | 8.2 | 0.8 | 10.7 | 23 | 4.4 | 0.07 | 7.6 |
| 生魚介類 | 67 | 3.5 | 8.2 | 11.6 | 3.4 | 5.7 | 0.1 | 1.2 | 129 | 5.6 | 11 | 2.1 | 0.5 | 6.0 | 16 | 3.0 | 0.04 | 4.2 |
| あじ、いわし類 | 19 | 1.0 | 1.7 | 2.5 | 1.2 | 2.1 | 0.0 | 0.3 | 22 | 1.0 | 2 | 0.4 | 0.1 | 1.4 | 1 | 0.3 | 0.01 | 0.7 |
| さけ、ます | 12 | 0.6 | 1.4 | 2.0 | 0.6 | 1.1 | 0.0 | 0.1 | 23 | 1.0 | 1 | 0.2 | 0.0 | 0.4 | 1 | 0.2 | 0.01 | 1.1 |
| たい、かれい類 | 4 | 0.2 | 0.6 | 0.9 | 0.2 | 0.3 | 0.0 | 0.1 | 11 | 0.5 | 1 | 0.2 | 0.0 | 0.1 | 3 | 0.5 | 0.00 | 0.3 |
| まぐろ、かじき類 | 7 | 0.3 | 1.3 | 1.9 | 0.1 | 0.2 | 0.0 | 0.0 | 22 | 1.0 | 0 | 0.1 | 0.1 | 1.1 | 1 | 0.3 | 0.00 | 0.4 |
| その他の生魚 | 18 | 0.9 | 1.7 | 2.4 | 1.2 | 2.0 | 0.0 | 0.1 | 28 | 1.2 | 2 | 0.4 | 0.1 | 1.5 | 8 | 1.6 | 0.01 | 1.5 |
| 貝類 | 2 | 0.1 | 0.3 | 0.5 | 0.0 | 0.0 | 0.0 | 0.2 | 7 | 0.3 | 1 | 0.2 | 0.1 | 1.0 | 0 | 0.1 | 0.00 | 0.1 |
| いか、たこ類 | 2 | 0.1 | 0.4 | 0.6 | 0.0 | 0.0 | 0.0 | 0.1 | 5 | 0.2 | 0 | 0.1 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.1 |
| えび、かに類 | 3 | 0.2 | 0.7 | 1.0 | 0.0 | 0.0 | 0.0 | 0.2 | 10 | 0.4 | 3 | 0.6 | 0.0 | 0.5 | 0 | 0.0 | 0.00 | 0.2 |
| 魚介加工品 | 48 | 2.5 | 5.5 | 7.8 | 2.2 | 3.8 | 0.6 | 5.5 | 67 | 2.9 | 31 | 6.1 | 0.4 | 4.6 | 7 | 1.3 | 0.03 | 3.4 |
| 魚介(塩蔵、生干し。乾物) | 31 | 1.6 | 3.9 | 5.5 | 1.6 | 2.6 | 0.4 | 3.7 | 50 | 2.2 | 21 | 4.1 | 0.2 | 2.7 | 6 | 1.2 | 0.03 | 2.8 |
| 魚介(缶詰) | 7 | 0.4 | 0.7 | 1.0 | 0.5 | 0.8 | 0.0 | 0.3 | 9 | 0.4 | 5 | 1.1 | 0.1 | 1.2 | 0 | 0.1 | 0.00 | 0.3 |
| 魚介(佃煮) | 1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 2 | 0.1 | 1 | 0.2 | 0.0 | 0.1 | 0 | 0.0 | 0.00 | 0.0 |
| 魚介(練り製品) | 9 | 0.4 | 0.8 | 1.2 | 0.2 | 0.3 | 0.1 | 1.3 | 6 | 0.3 | 4 | 0.7 | 0.1 | 0.7 | 0 | 0.0 | 0.00 | 0.3 |
| 魚肉ハム・ソーセージ | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 肉類 | 204 | 10.6 | 15.3 | 21.8 | 14.8 | 25.0 | 0.4 | 4.0 | 170 | 7.4 | 5 | 1.0 | 0.7 | 9.2 | 48 | 9.3 | 0.28 | 30.2 |
| 畜肉 | 162 | 8.5 | 11.0 | 15.7 | 12.3 | 20.8 | 0.4 | 3.7 | 128 | 5.5 | 3 | 0.7 | 0.5 | 6.3 | 2 | 0.4 | 0.27 | 28.6 |
| 牛肉 | 34 | 1.8 | 2.2 | 3.2 | 2.6 | 4.4 | 0.0 | 0.1 | 24 | 1.0 | 1 | 0.1 | 0.2 | 2.1 | 1 | 0.1 | 0.01 | 0.8 |
| 豚肉 | 86 | 4.5 | 6.5 | 9.3 | 6.2 | 10.5 | 0.0 | 0.3 | 70 | 3.0 | 2 | 0.3 | 0.2 | 2.8 | 2 | 0.3 | 0.19 | 20.3 |
| ハム、ソーセージ類 | 42 | 2.2 | 2.3 | 3.3 | 3.5 | 5.9 | 0.3 | 3.3 | 34 | 1.5 | 1 | 0.2 | 0.1 | 1.4 | 0 | 0.0 | 0.07 | 7.5 |
| その他の畜肉 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |

第4表の4 栄養素等摂取量食品群別寄与率(都)

| 食品群別 | ビタミンB2 | | ナイアシン | | ビタミンC | | 食物繊維 | | ビタミンE | | 葉酸 | |
|---------------|--------|--------|-------|--------|-------|--------|------|--------|---------|--------|----|--------|
| | mg | 寄与率(%) | mgNE | 寄与率(%) | mg | 寄与率(%) | g | 寄与率(%) | mg α-TE | 寄与率(%) | μg | 寄与率(%) |
| その他の野菜 | 0.03 | 2.4 | 0.3 | 1.9 | 16 | 16.2 | 2.8 | 19.2 | 0.2 | 3.2 | 57 | 19.6 |
| キャベツ | 0.01 | 0.4 | 0.0 | 0.2 | 7 | 7.4 | 0.5 | 3.5 | 0.0 | 0.4 | 16 | 5.7 |
| きゅうり | 0.00 | 0.2 | 0.0 | 0.1 | 1 | 1.3 | 0.1 | 0.7 | 0.0 | 0.4 | 2 | 0.8 |
| 大根 | 0.00 | 0.2 | 0.1 | 0.4 | 2 | 2.0 | 0.4 | 2.7 | 0.0 | 0.0 | 7 | 2.6 |
| たまねぎ | 0.00 | 0.3 | 0.0 | 0.2 | 2 | 1.7 | 0.5 | 3.6 | 0.0 | 0.1 | 4 | 1.3 |
| はくさい | 0.00 | 0.1 | 0.0 | 0.3 | 1 | 1.3 | 0.2 | 1.3 | 0.0 | 0.2 | 6 | 1.9 |
| その他の淡色野菜 | 0.01 | 1.1 | 0.1 | 0.7 | 3 | 2.5 | 1.1 | 7.4 | 0.1 | 2.2 | 21 | 7.4 |
| 野菜ジュース | 0.01 | 0.5 | 0.1 | 0.8 | 1 | 1.3 | 0.1 | 0.8 | 0.1 | 1.7 | 3 | 1.0 |
| 漬け物 | 0.01 | 0.5 | 0.1 | 0.6 | 2 | 1.7 | 0.3 | 2.0 | 0.0 | 0.5 | 4 | 1.3 |
| 葉類漬け物 | 0.00 | 0.3 | 0.0 | 0.1 | 1 | 0.8 | 0.1 | 0.6 | 0.0 | 0.3 | 2 | 0.6 |
| たくあん、その他の漬け物 | 0.00 | 0.2 | 0.1 | 0.5 | 1 | 0.8 | 0.2 | 1.4 | 0.0 | 0.2 | 2 | 0.6 |
| 果実類 | 0.03 | 2.3 | 0.4 | 2.3 | 34 | 34.4 | 1.4 | 9.3 | 0.4 | 5.7 | 20 | 6.8 |
| 生果 | 0.03 | 2.2 | 0.3 | 2.1 | 31 | 31.0 | 1.3 | 9.0 | 0.4 | 5.3 | 18 | 6.3 |
| イチゴ | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.2 |
| 柑橘類 | 0.01 | 0.8 | 0.1 | 0.5 | 10 | 9.6 | 0.2 | 1.4 | 0.1 | 1.6 | 6 | 2.1 |
| バナナ | 0.01 | 0.5 | 0.1 | 0.7 | 3 | 2.5 | 0.2 | 1.2 | 0.1 | 1.2 | 4 | 1.4 |
| りんご | 0.00 | 0.2 | 0.0 | 0.1 | 1 | 0.9 | 0.3 | 2.2 | 0.0 | 0.6 | 1 | 0.4 |
| その他の生果 | 0.01 | 0.7 | 0.1 | 0.8 | 18 | 17.6 | 0.6 | 4.2 | 0.1 | 1.9 | 6 | 2.2 |
| ジャム | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.1 | 0.0 | 0.2 | 0.0 | 0.2 | 0 | 0.1 |
| 果汁・果汁飲料 | 0.00 | 0.1 | 0.0 | 0.1 | 3 | 3.4 | 0.0 | 0.1 | 0.0 | 0.3 | 1 | 0.4 |
| きのこ類 | 0.03 | 2.2 | 0.7 | 4.6 | 0 | 0.0 | 0.8 | 5.3 | 0.0 | 0.0 | 5 | 1.9 |
| 海藻類 | 0.01 | 1.2 | 0.1 | 0.4 | 1 | 0.9 | 0.5 | 3.7 | 0.0 | 0.4 | 9 | 3.1 |
| 魚介類 | 0.12 | 9.9 | 4.4 | 27.7 | 1 | 1.3 | 0.0 | 0.0 | 1.0 | 14.3 | 9 | 3.2 |
| 生魚介類 | 0.07 | 5.5 | 2.7 | 17.1 | 0 | 0.3 | 0.0 | 0.0 | 0.6 | 8.5 | 5 | 1.8 |
| あじ、いわし類 | 0.02 | 1.6 | 0.7 | 4.3 | 0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.9 | 1 | 0.4 |
| さけ、ます | 0.01 | 0.8 | 0.4 | 2.7 | 0 | 0.1 | 0.0 | 0.0 | 0.1 | 2.0 | 1 | 0.3 |
| たい、かれい類 | 0.00 | 0.3 | 0.1 | 0.5 | 0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.7 | 0 | 0.1 |
| まぐろ、かじき類 | 0.00 | 0.4 | 0.8 | 4.8 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0 | 0.1 |
| その他の生魚 | 0.02 | 1.9 | 0.6 | 3.6 | 0 | 0.1 | 0.0 | 0.0 | 0.1 | 2.2 | 1 | 0.2 |
| 貝類 | 0.00 | 0.4 | 0.0 | 0.3 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 1 | 0.5 |
| いか、たこ類 | 0.00 | 0.1 | 0.1 | 0.4 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0 | 0.0 |
| えび、かに類 | 0.00 | 0.1 | 0.1 | 0.6 | 0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.9 | 1 | 0.3 |
| 魚介加工品 | 0.05 | 4.4 | 1.7 | 10.6 | 1 | 1.3 | 0.0 | 0.0 | 0.4 | 5.8 | 4 | 1.4 |
| 魚介(塩蔵、生干し。乾物) | 0.04 | 3.1 | 1.3 | 8.3 | 1 | 1.0 | 0.0 | 0.0 | 0.3 | 4.0 | 3 | 1.1 |
| 魚介(缶詰) | 0.01 | 0.6 | 0.3 | 1.8 | 0 | 0.0 | 0.0 | 0.0 | 0.1 | 1.4 | 0 | 0.1 |
| 魚介(佃煮) | 0.00 | 0.1 | 0.0 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.1 |
| 魚介(練り製品) | 0.01 | 0.5 | 0.1 | 0.4 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0 | 0.1 |
| 魚肉ハム、ソーセージ | 0.00 | 0.1 | 0.0 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 肉類 | 0.15 | 12.0 | 3.8 | 23.9 | 5 | 5.2 | 0.0 | 0.0 | 0.2 | 3.4 | 6 | 2.2 |
| 畜肉 | 0.10 | 8.0 | 2.7 | 17.0 | 5 | 4.7 | 0.0 | 0.0 | 0.2 | 2.8 | 1 | 0.5 |
| 牛肉 | 0.02 | 1.6 | 0.4 | 2.4 | 0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.8 | 1 | 0.2 |
| 豚肉 | 0.06 | 4.6 | 1.5 | 9.5 | 0 | 0.3 | 0.0 | 0.0 | 0.1 | 1.3 | 0 | 0.2 |
| ハム、ソーセージ類 | 0.02 | 1.8 | 0.8 | 5.1 | 4 | 4.3 | 0.0 | 0.0 | 0.1 | 0.8 | 0 | 0.1 |
| その他の畜肉 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |

第4表の5 栄養素等摂取量食品群別寄与率(都)

| 食品群別 | エネルギー | | たんぱく質 | | 脂質 | | 食塩相当量 | | カリウム | | カルシウム | | 鉄 | | ビタミンA | | ビタミンB1 | |
|-----------------------|-------|--------|-------|--------|------|--------|-------|--------|------|--------|-------|--------|------|--------|-------|--------|--------|-----|
| | kcal | 寄与率(%) | g | 寄与率(%) | g | 寄与率(%) | g | 寄与率(%) | mg | 寄与率(%) | mg | 寄与率(%) | ugRE | 寄与率(%) | mg | 寄与率(%) | | |
| 鳥肉 | 40 | 2.1 | 4.1 | 5.9 | 2.4 | 4.1 | 0.0 | 0.2 | 40 | 1.8 | 2 | 0.3 | 0.2 | 2.1 | 8 | 1.5 | 0.01 | 1.4 |
| 鶏肉 | 40 | 2.1 | 4.1 | 5.9 | 2.4 | 4.1 | 0.0 | 0.2 | 40 | 1.8 | 2 | 0.3 | 0.2 | 2.1 | 8 | 1.5 | 0.01 | 1.4 |
| その他の鳥肉 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 肉類(内臓) | 1 | 0.1 | 0.2 | 0.3 | 0.0 | 0.1 | 0.0 | 0.0 | 2 | 0.1 | 0 | 0.0 | 0.1 | 0.8 | 38 | 7.3 | 0.00 | 0.2 |
| その他の肉類 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 鯨肉 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| その他の肉・加工品 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 卵類 | 46 | 2.4 | 3.9 | 5.6 | 3.1 | 5.2 | 0.1 | 1.1 | 40 | 1.7 | 16 | 3.1 | 0.6 | 7.3 | 43 | 8.3 | 0.02 | 2.0 |
| 乳類 | 103 | 5.4 | 4.9 | 7.0 | 5.3 | 9.0 | 0.3 | 2.5 | 179 | 7.7 | 156 | 30.6 | 0.1 | 0.8 | 48 | 9.3 | 0.04 | 4.8 |
| 牛乳、乳製品 | 103 | 5.4 | 4.9 | 7.0 | 5.3 | 9.0 | 0.3 | 2.5 | 179 | 7.7 | 156 | 30.6 | 0.1 | 0.8 | 48 | 9.3 | 0.04 | 4.8 |
| 牛乳 | 50 | 2.6 | 2.5 | 3.6 | 2.8 | 4.7 | 0.1 | 0.8 | 117 | 5.0 | 85 | 16.7 | 0.0 | 0.1 | 28 | 5.4 | 0.03 | 3.3 |
| チーズ | 15 | 0.8 | 1.0 | 1.4 | 1.2 | 2.0 | 0.1 | 1.1 | 3 | 0.1 | 26 | 5.1 | 0.0 | 0.2 | 11 | 2.2 | 0.00 | 0.1 |
| 発酵乳・乳酸菌飲料 | 24 | 1.3 | 1.1 | 1.6 | 0.5 | 0.8 | 0.0 | 0.4 | 47 | 2.0 | 36 | 7.0 | 0.0 | 0.2 | 5 | 1.0 | 0.01 | 1.0 |
| その他の乳製品 | 14 | 0.7 | 0.3 | 0.4 | 0.9 | 1.5 | 0.0 | 0.2 | 12 | 0.5 | 9 | 1.8 | 0.0 | 0.4 | 4 | 0.8 | 0.00 | 0.4 |
| その他の乳類 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 油脂類 | 98 | 5.1 | 0.0 | 0.0 | 10.7 | 18.1 | 0.0 | 0.4 | 1 | 0.0 | 0 | 0.1 | 0.0 | 0.0 | 9 | 1.7 | 0.00 | 0.0 |
| バター | 12 | 0.6 | 0.0 | 0.0 | 1.3 | 2.2 | 0.0 | 0.3 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 8 | 1.6 | 0.00 | 0.0 |
| マーガリン | 9 | 0.5 | 0.0 | 0.0 | 1.0 | 1.7 | 0.0 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.1 | 0.00 | 0.0 |
| 植物性油脂 | 76 | 4.0 | 0.0 | 0.0 | 8.3 | 14.1 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 動物性油脂 | 1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| その他の油脂 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 菓子類 | 103 | 5.4 | 1.9 | 2.7 | 3.6 | 6.0 | 0.2 | 1.8 | 55 | 2.4 | 15 | 2.9 | 0.2 | 3.3 | 16 | 3.0 | 0.02 | 2.6 |
| 和菓子類 | 40 | 2.1 | 0.9 | 1.2 | 0.4 | 0.7 | 0.1 | 1.0 | 19 | 0.8 | 3 | 0.5 | 0.1 | 1.5 | 1 | 0.2 | 0.01 | 1.0 |
| ケーキ・ペストリー類 | 27 | 1.4 | 0.5 | 0.7 | 1.3 | 2.2 | 0.0 | 0.5 | 8 | 0.4 | 3 | 0.6 | 0.0 | 0.6 | 9 | 1.6 | 0.01 | 0.6 |
| ビスケット類 | 13 | 0.7 | 0.2 | 0.2 | 0.7 | 1.1 | 0.0 | 0.1 | 3 | 0.1 | 2 | 0.3 | 0.0 | 0.2 | 3 | 0.5 | 0.00 | 0.2 |
| キャンデー類 | 1 | 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 | 0.00 | 0.0 |
| その他の菓子類 | 21 | 1.1 | 0.4 | 0.5 | 1.2 | 2.0 | 0.0 | 0.2 | 24 | 1.1 | 7 | 1.4 | 0.1 | 1.0 | 3 | 0.7 | 0.01 | 0.8 |
| 嗜好飲料類 | 88 | 4.6 | 1.0 | 1.4 | 0.1 | 0.1 | 0.1 | 0.5 | 186 | 8.1 | 18 | 3.5 | 0.5 | 6.0 | 1 | 0.1 | 0.00 | 0.2 |
| アルコール飲料 | 63 | 3.3 | 0.2 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 18 | 0.8 | 3 | 0.6 | 0.0 | 0.2 | 0 | 0.0 | 0.00 | 0.0 |
| 日本酒 | 9 | 0.5 | 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 | 0.00 | 0.0 |
| ビール | 27 | 1.4 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 14 | 0.6 | 2 | 0.5 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 洋酒・その他 | 27 | 1.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3 | 0.1 | 0 | 0.1 | 0.0 | 0.2 | 0 | 0.0 | 0.00 | 0.0 |
| その他の嗜好飲料 | 24 | 1.3 | 0.8 | 1.2 | 0.1 | 0.1 | 0.0 | 0.4 | 168 | 7.3 | 15 | 3.0 | 0.4 | 5.8 | 1 | 0.1 | 0.00 | 0.2 |
| 茶 | 4 | 0.2 | 0.4 | 0.6 | 0.0 | 0.0 | 0.0 | 0.2 | 66 | 2.9 | 8 | 1.5 | 0.4 | 5.0 | 0 | 0.1 | 0.00 | 0.0 |
| コーヒー、ココア | 11 | 0.6 | 0.4 | 0.6 | 0.1 | 0.1 | 0.0 | 0.1 | 96 | 4.2 | 6 | 1.1 | 0.1 | 0.8 | 0 | 0.0 | 0.00 | 0.2 |
| その他の嗜好飲料 | 9 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 6 | 0.3 | 2 | 0.4 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| 調味料・香辛料類 | 108 | 5.7 | 3.8 | 5.4 | 5.4 | 9.1 | 6.5 | 64.2 | 172 | 7.4 | 29 | 5.7 | 0.9 | 11.9 | 5 | 1.1 | 0.05 | 5.0 |
| 調味料 | 107 | 5.6 | 3.8 | 5.3 | 5.3 | 9.0 | 6.5 | 64.0 | 169 | 7.3 | 28 | 5.6 | 0.9 | 11.5 | 5 | 1.0 | 0.04 | 4.7 |
| ソース | 2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 1.1 | 3 | 0.1 | 1 | 0.2 | 0.0 | 0.3 | 0 | 0.0 | 0.00 | 0.0 |
| しょうゆ | 9 | 0.4 | 0.9 | 1.3 | 0.0 | 0.0 | 1.7 | 16.8 | 45 | 2.0 | 3 | 0.6 | 0.2 | 2.5 | 0 | 0.0 | 0.01 | 0.6 |
| 塩 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 | 12.6 | 1 | 0.1 | 0 | 0.1 | 0.0 | 0.0 | 0 | 0.0 | 0.00 | 0.0 |
| マヨネーズ | 18 | 0.9 | 0.1 | 0.1 | 1.9 | 3.3 | 0.1 | 0.7 | 1 | 0.0 | 1 | 0.1 | 0.1 | 0.3 | 1 | 0.2 | 0.00 | 0.1 |
| 味噌 | 21 | 1.1 | 1.3 | 1.9 | 0.6 | 1.0 | 1.3 | 12.7 | 43 | 3.3 | 11 | 2.1 | 0.4 | 5.3 | 0 | 0.0 | 0.00 | 0.4 |
| その他の調味料 | 58 | 3.0 | 1.4 | 2.0 | 2.8 | 4.7 | 2.0 | 20.1 | 76 | 3.3 | 13 | 2.5 | 0.2 | 3.1 | 4 | 0.8 | 0.03 | 3.6 |
| 香辛料・その他 | 1 | 0.1 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.2 | 3 | 0.1 | 1 | 0.2 | 0.0 | 0.4 | 0 | 0.0 | 0.00 | 0.3 |
| 栄養素調整調味料類およびその他の加工食品等 | 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 | 0.01 | 1.5 |

第4表の6 栄養素等摂取量食品群別寄与率(都)

| 食品群別 | ビタミンB2 | | ナイアシン | | ビタミンC | | 食物繊維 | | ビタミンE | | 葉酸 | |
|-----------------------|--------|--------|-------|--------|-------|--------|------|--------|---------|--------|----|--------|
| | mg | 寄与率(%) | mgNE | 寄与率(%) | mg | 寄与率(%) | g | 寄与率(%) | mg α-TE | 寄与率(%) | μg | 寄与率(%) |
| 鳥肉 | 0.03 | 2.7 | 1.0 | 6.5 | 0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.5 | 1 | 0.5 |
| 鶏肉 | 0.03 | 2.7 | 1.0 | 6.5 | 0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.5 | 1 | 0.5 |
| その他の鳥肉 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 肉類(内臓) | 0.02 | 1.3 | 0.1 | 0.4 | 0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 4 | 1.2 |
| その他の肉類 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 鯨肉 | 0.00 | 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 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 卵類 | 0.12 | 10.2 | 0.0 | 0.2 | 0 | 0.0 | 0.0 | 0.0 | 0.3 | 4.5 | 11 | 3.8 |
| 乳類 | 0.19 | 15.5 | 0.1 | 0.9 | 1 | 1.0 | 0.0 | 0.0 | 0.2 | 2.4 | 7 | 2.4 |
| 牛乳、乳製品 | 0.19 | 15.5 | 0.1 | 0.9 | 1 | 1.0 | 0.0 | 0.0 | 0.2 | 2.4 | 7 | 2.4 |
| 牛乳 | 0.12 | 9.6 | 0.1 | 0.5 | 1 | 0.7 | 0.0 | 0.0 | 0.1 | 1.0 | 4 | 1.2 |
| チーズ | 0.02 | 1.3 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 1 | 0.4 |
| 発酵乳・乳酸菌飲料 | 0.04 | 3.5 | 0.0 | 0.2 | 0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 2 | 0.7 |
| その他の乳製品 | 0.01 | 1.0 | 0.0 | 0.2 | 0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.5 | 0 | 0.1 |
| その他の乳類 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 油脂類 | 0.00 | 0.1 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 1.2 | 17.9 | 0 | 0.0 |
| バター | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0 | 0.0 |
| マーガリン | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.2 | 3.1 | 0 | 0.0 |
| 植物性油脂 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 1.0 | 14.4 | 0 | 0.0 |
| 動物性油脂 | 0.00 | 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 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 菓子類 | 0.04 | 3.1 | 0.2 | 1.4 | 0 | 0.4 | 0.5 | 3.5 | 0.3 | 4.8 | 6 | 1.9 |
| 和菓子類 | 0.01 | 0.8 | 0.1 | 0.7 | 0 | 0.2 | 0.3 | 1.9 | 0.0 | 0.6 | 2 | 0.7 |
| ケーキ・ペストリー類 | 0.01 | 0.8 | 0.0 | 0.2 | 0 | 0.0 | 0.1 | 0.5 | 0.1 | 1.8 | 2 | 0.6 |
| ビスケット類 | 0.00 | 0.1 | 0.0 | 0.1 | 0 | 0.0 | 0.0 | 0.3 | 0.1 | 1.0 | 0 | 0.1 |
| キャンデー類 | 0.00 | 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 | 0.02 | 1.3 | 0.1 | 0.4 | 0 | 0.2 | 0.1 | 0.8 | 0.1 | 1.3 | 1 | 0.5 |
| 嗜好飲料類 | 0.14 | 11.4 | 1.9 | 12.3 | 11 | 11.2 | 0.1 | 0.4 | 0.0 | 0.3 | 39 | 13.6 |
| アルコール飲料 | 0.01 | 0.8 | 0.3 | 2.1 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3 | 1.2 |
| 日本酒 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| ビール | 0.01 | 0.8 | 0.3 | 2.1 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3 | 1.2 |
| 洋酒・その他 | 0.00 | 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 | 0.13 | 10.6 | 1.6 | 10.2 | 11 | 11.1 | 0.1 | 0.4 | 0.0 | 0.3 | 36 | 12.4 |
| 茶 | 0.11 | 9.4 | 0.5 | 3.1 | 11 | 11.1 | 0.0 | 0.1 | 0.0 | 0.3 | 36 | 12.3 |
| コーヒー、ココア | 0.01 | 1.2 | 1.1 | 7.1 | 0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0 | 0.0 |
| その他の嗜好飲料 | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |
| 調味料・香辛料類 | 0.10 | 8.2 | 0.9 | 5.8 | 1 | 0.6 | 0.7 | 5.0 | 0.5 | 7.4 | 14 | 5.0 |
| 調味料 | 0.10 | 8.1 | 0.9 | 5.7 | 1 | 0.5 | 0.7 | 4.9 | 0.5 | 7.3 | 13 | 4.6 |
| ソース | 0.00 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0 | 0.0 |
| しょうゆ | 0.02 | 1.6 | 0.1 | 0.9 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4 | 1.3 |
| 塩 | 0.00 | 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 | 0.00 | 0.2 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.2 | 3.4 | 0 | 0.0 |
| 味噌 | 0.01 | 1.1 | 0.2 | 1.0 | 0 | 0.0 | 0.5 | 3.5 | 0.1 | 0.9 | 6 | 2.1 |
| その他の調味料 | 0.06 | 5.2 | 0.6 | 3.8 | 1 | 0.5 | 0.2 | 1.3 | 0.2 | 3.0 | 4 | 1.2 |
| 香辛料・その他 | 0.00 | 0.1 | 0.0 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 1 | 0.3 |
| 栄養素調整調味料類およびその他の加工食品等 | 0.02 | 1.3 | 0.1 | 0.5 | 0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 |

2 夕食・外食等の食事状況調査の結果
第5表の1 夕食・調理済み食等の内容構成[1日](性・年齢階級別)

| 全体総数 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 | 家庭食 | | | 調理済み食 | | | 外食 | | | 給食 | | | その他 | | | | | | 不明 | | 合計 | | | | | | | | | | | |
|--|-----|-------|-----|-------|-----|-----|-----|------|----|------|-----|------|-----|-----|----|----------------|-----|------|------|-----|----|-----|-----|-----|----|-----|-----|-------|-------|----|----|-----|
| | 家庭食 | | | 調理済み食 | | | 外食 | | | 給食 | | | 給食 | | | 保育所・幼稚園給食、学校給食 | | | 職場給食 | | | 小計 | | | 小計 | | | 不明 | | 合計 | | |
| | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) |
| 全体総数 | 327 | 79.6 | 114 | 9.2 | 111 | 9.0 | 2.2 | 1.7 | 48 | 3.9 | 38 | 3.1 | 0 | 0 | 16 | 4.7 | 58 | 17.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1,233 | 100.0 | | | |
| 1-6歳 | 48 | 80.0 | 3 | 5.0 | 0 | 0.0 | 0 | 0.0 | 8 | 13.3 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 60 | 100.0 | | | |
| 7-14歳 | 38 | 63.3 | 3 | 5.0 | 2 | 3.3 | 16 | 26.7 | 17 | 28.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 60 | 100.0 | | | | |
| 15-19歳 | 13 | 81.3 | 2 | 12.5 | 0 | 0.0 | 3 | 6.3 | 3 | 6.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 48 | 100.0 | | | | |
| 20-29歳 | 25 | 64.1 | 3 | 7.7 | 1 | 2.6 | 0 | 0.0 | 0 | 0.0 | 5 | 12.8 | 0 | 0.0 | 0 | 0.0 | 6 | 5.1 | 6 | 4.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 117 | 100.0 | | | | |
| 30-39歳 | 36 | 69.2 | 6 | 11.5 | 1 | 1.9 | 0 | 0.0 | 0 | 0.0 | 4 | 2.6 | 0 | 0.0 | 0 | 0.0 | 5 | 3.2 | 4 | 2.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 156 | 100.0 | | | | |
| 40-49歳 | 42 | 80.8 | 4 | 7.7 | 1 | 1.9 | 0 | 0.0 | 0 | 0.0 | 7 | 4.5 | 0 | 0.0 | 0 | 0.0 | 7 | 4.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 156 | 100.0 | | | | |
| 50-59歳 | 32 | 68.1 | 3 | 6.4 | 2 | 2.5 | 0 | 0.0 | 0 | 0.0 | 3 | 2.1 | 0 | 0.0 | 0 | 0.0 | 11 | 7.8 | 2 | 1.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 141 | 100.0 | | | | |
| 60-69歳 | 66 | 83.5 | 4 | 5.1 | 2 | 2.5 | 0 | 0.0 | 0 | 0.0 | 6 | 2.3 | 0 | 0.0 | 0 | 0.0 | 6 | 2.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 237 | 100.0 | | | | |
| 70歳以上 | 78 | 90.7 | 2 | 2.3 | 1 | 1.2 | 0 | 0.0 | 0 | 0.0 | 3 | 1.2 | 0 | 0.0 | 0 | 0.0 | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 120 | 100.0 | | | | |
| 男性総数 | 144 | 75.4 | 12 | 6.3 | 5 | 2.6 | 0 | 0.0 | 0 | 0.0 | 22 | 3.7 | 0 | 0.0 | 0 | 0.0 | 24 | 4.2 | 10 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 660 | 100.0 | | | | |
| 1-6歳 | 6 | 75.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 36 | 100.0 | | | | |
| 7-14歳 | 11 | 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 | 27 | 100.0 | | | | |
| 15-19歳 | 6 | 75.0 | 1 | 12.5 | 0 | 0.0 | 8 | 29.6 | 2 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 24 | 100.0 | | | | |
| 20-29歳 | 12 | 60.0 | 1 | 4.2 | 1 | 4.2 | 2 | 8.3 | 0 | 0.0 | 4 | 7.0 | 0 | 0.0 | 0 | 0.0 | 4 | 7.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 57 | 100.0 | | | | |
| 30-39歳 | 13 | 56.5 | 2 | 15.4 | 1 | 5.7 | 0 | 0.0 | 0 | 0.0 | 5 | 8.8 | 1 | 1.8 | 0 | 0.0 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 87 | 100.0 | | | | |
| 40-49歳 | 16 | 69.6 | 3 | 13.0 | 1 | 4.3 | 0 | 0.0 | 0 | 0.0 | 4 | 4.6 | 1 | 1.1 | 0 | 0.0 | 4 | 4.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 87 | 100.0 | | | | |
| 50-59歳 | 32 | 68.1 | 3 | 6.4 | 2 | 2.5 | 0 | 0.0 | 0 | 0.0 | 11 | 23.4 | 2 | 2.3 | 0 | 0.0 | 5 | 7.2 | 4 | 7.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 84 | 100.0 | | | | |
| 60-69歳 | 66 | 83.5 | 4 | 5.1 | 2 | 2.5 | 0 | 0.0 | 0 | 0.0 | 4 | 3.4 | 0 | 0.0 | 0 | 0.0 | 4 | 3.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 117 | 100.0 | | | | |
| 70歳以上 | 78 | 90.7 | 2 | 2.3 | 1 | 1.2 | 0 | 0.0 | 0 | 0.0 | 3 | 1.2 | 0 | 0.0 | 0 | 0.0 | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 120 | 100.0 | | | | |
| 女性総数 | 321 | 78.9 | 55 | 8.3 | 33 | 5.0 | 15 | 2.3 | 21 | 4.1 | 14 | 2.1 | 0 | 0.0 | 0 | 0.0 | 14 | 2.1 | 10 | 1.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 660 | 100.0 | | | | |
| 1-6歳 | 30 | 83.3 | 1 | 2.8 | 0 | 0.0 | 5 | 13.9 | 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 | 36 | 100.0 | | | | |
| 7-14歳 | 16 | 59.3 | 2 | 7.4 | 1 | 4.2 | 8 | 29.6 | 2 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 27 | 100.0 | | | | |
| 15-19歳 | 20 | 83.3 | 1 | 4.2 | 1 | 4.2 | 2 | 8.3 | 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 | 24 | 100.0 | | | | |
| 20-29歳 | 35 | 61.4 | 9 | 15.8 | 5 | 5.7 | 0 | 0.0 | 0 | 0.0 | 4 | 7.0 | 0 | 0.0 | 0 | 0.0 | 4 | 7.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 57 | 100.0 | | | | |
| 30-39歳 | 68 | 78.2 | 7 | 8.0 | 3 | 3.4 | 0 | 0.0 | 0 | 0.0 | 5 | 4.6 | 1 | 1.1 | 0 | 0.0 | 5 | 4.6 | 2 | 2.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 87 | 100.0 | | | | |
| 40-49歳 | 69 | 79.3 | 10 | 11.5 | 6 | 7.1 | 0 | 0.0 | 0 | 0.0 | 7 | 8.3 | 0 | 0.0 | 0 | 0.0 | 7 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 87 | 100.0 | | | | |
| 50-59歳 | 60 | 71.4 | 8 | 9.5 | 6 | 7.1 | 0 | 0.0 | 1 | 1.2 | 7 | 8.3 | 0 | 0.0 | 0 | 0.0 | 7 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 84 | 100.0 | | | | |
| 60-69歳 | 105 | 87.5 | 7 | 5.8 | 5 | 4.2 | 0 | 0.0 | 0 | 0.0 | 3 | 1.2 | 0 | 0.0 | 0 | 0.0 | 3 | 1.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 120 | 100.0 | | | | |
| 70歳以上 | 118 | 85.5 | 10 | 7.2 | 7 | 5.1 | 0 | 0.0 | 0 | 0.0 | 1 | 0.7 | 0 | 0.0 | 0 | 0.0 | 1 | 0.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 138 | 100.0 | | | | |

第5表の2 夕食・調理済み食等の内容構成[朝食](性・年齢階級別)

| 全体総数 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 | 家庭食 | | | 調理済み食 | | | 外食 | | | 給食 | | | その他 | | | | | | 不明 | | 合計 | | | | | | | | |
|--|-----|-------|----|-------|-----|-----|----|-----|---|-----|-----|------|----------------|-----|----|------|-----|------|----|-----|----|-----|-----|-----|----|-----|-----|-------|-----|
| | 家庭食 | | | 調理済み食 | | | 外食 | | | 給食 | | | 保育所・幼稚園給食、学校給食 | | | 職場給食 | | | 小計 | | | 小計 | | | 不明 | | 合計 | | |
| | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) | | 件数 | (%) |
| 全体総数 | 327 | 79.6 | 28 | 6.8 | 6 | 1.5 | 0 | 0.0 | 0 | 0.0 | 34 | 8.3 | 0 | 0.0 | 16 | 4.7 | 50 | 12.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 411 | 100.0 | |
| 1-6歳 | 17 | 85.0 | 2 | 10.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 20 | 100.0 | |
| 7-14歳 | 18 | 90.0 | 2 | 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 | 0.0 | 0 | 0.0 | 20 | 100.0 | |
| 15-19歳 | 13 | 81.3 | 2 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 16 | 100.0 | |
| 20-29歳 | 25 | 64.1 | 3 | 7.7 | 1 | 2.6 | 0 | 0.0 | 0 | 0.0 | 5 | 12.8 | 0 | 0.0 | 5 | 12.8 | 10 | 25.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 39 | 100.0 | |
| 30-39歳 | 36 | 69.2 | 6 | 11.5 | 1 | 1.9 | 0 | 0.0 | 0 | 0.0 | 5 | 9.6 | 0 | 0.0 | 4 | 7.7 | 9 | 17.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 52 | 100.0 | |
| 40-49歳 | 42 | 80.8 | 4 | 7.7 | 1 | 1.9 | 0 | 0.0 | 0 | 0.0 | 5 | 9.6 | 0 | 0.0 | 0 | 0.0 | 5 | 9.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 52 | 100.0 | |
| 50-59歳 | 32 | 68.1 | 3 | 6.4 | 2 | 2.5 | 0 | 0.0 | 0 | 0.0 | 11 | 23.4 | 0 | 0.0 | 1 | 2.1 | 12 | 25.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 47 | 100.0 | |
| 60-69歳 | 66 | 83.5 | 4 | 5.1 | 2 | 2.5 | 0 | 0.0 | 0 | 0.0 | 4 | 3.5 | 0 | 0.0 | 3 | 3.8 | 7 | 8.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 79 | 100.0 | |
| 70歳以上 | 78 | 90.7 | 2 | 2.3 | 1 | 1.2 | 0 | 0.0 | 0 | 0.0 | 3 | 1.2 | 0 | 0.0 | 2 | 2.3 | 5 | 5.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 86 | 100.0 | |
| 男性総数 | 144 | 75.4 | 12 | 6.3 | 5 | 2.6 | 0 | 0.0 | 0 | 0.0 | 22 | 3.7 | 0 | 0.0 | 8 | 4.2 | 30 | 15.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 191 | 100.0 | |
| 1-6歳 | 6 | 75.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 8 | 100.0 | |
| 7-14歳 | 11 | 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 | 11 | 100.0 | |
| 15-19歳 | 6 | 75.0 | 1 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 | 8 | 100.0 | |
| 20-29歳 | 12 | 60.0 | 1 | 5.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 20.0 | 0 | 0.0 | 3 | 15.0 | 7 | 35.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | | | | | |

3 身体状況調査の結果

第6表 身長・体重の平均値及び標準偏差（性・年齢階級別）（体重は妊婦除外）

| 年齢(歳) | 男 | | | | | | 女 | | | | | |
|-------|--------|-------|------|--------|------|------|--------|-------|------|--------|------|------|
| | 身長(cm) | | | 体重(kg) | | | 身長(cm) | | | 体重(kg) | | |
| | 人 | 平均値 | 標準偏差 | 人 | 平均値 | 標準偏差 | 人 | 平均値 | 標準偏差 | 人 | 平均値 | 標準偏差 |
| 1 | 1 | 71.1 | 0.0 | 1 | 8.7 | 0.0 | 3 | 80.2 | 4.6 | 3 | 10.1 | 1.1 |
| 2 | 0 | - | - | 0 | - | - | 1 | 91.0 | 0.0 | 1 | 12.8 | 0.0 |
| 3 | 1 | 92.6 | 0.0 | 1 | 13.0 | 0.0 | 4 | 93.4 | 4.8 | 4 | 12.8 | 1.3 |
| 4 | 2 | 97.5 | 0.7 | 2 | 14.3 | 1.6 | 0 | - | - | 0 | - | - |
| 5 | 3 | 106.1 | 6.0 | 3 | 16.8 | 2.0 | 2 | 108.3 | 2.5 | 2 | 17.9 | 0.1 |
| 6 | 3 | 111.3 | 7.0 | 3 | 19.1 | 2.2 | 1 | 110.2 | 0.0 | 1 | 15.4 | 0.0 |
| 7 | 1 | 119.3 | 0.0 | 1 | 21.5 | 0.0 | 1 | 124.5 | 0.0 | 1 | 25.0 | 0.0 |
| 8 | 5 | 127.8 | 2.9 | 5 | 30.2 | 4.9 | 0 | - | - | 0 | - | - |
| 9 | 1 | 132.4 | 0.0 | 1 | 24.6 | 0.0 | 3 | 135.2 | 3.5 | 3 | 29.0 | 2.0 |
| 10 | 1 | 136.0 | 0.0 | 1 | 41.0 | 0.0 | 0 | - | - | 0 | - | - |
| 11 | 1 | 155.0 | 0.0 | 1 | 46.0 | 0.0 | 3 | 149.2 | 1.4 | 3 | 36.3 | 3.8 |
| 12 | 1 | 142.5 | 0.0 | 1 | 36.6 | 0.0 | 1 | 155.1 | 0.0 | 1 | 39.8 | 0.0 |
| 13 | 1 | 155.0 | 0.0 | 1 | 55.0 | 0.0 | 0 | - | - | 0 | - | - |
| 14 | 1 | 162.0 | 0.0 | 1 | 70.9 | 0.0 | 2 | 160.0 | 2.8 | 2 | 49.0 | 5.6 |
| 15 | 0 | - | - | 0 | - | - | 4 | 158.0 | 2.0 | 4 | 47.4 | 3.6 |
| 16 | 1 | 170.0 | 0.0 | 1 | 70.1 | 0.0 | 0 | - | - | 0 | - | - |
| 17 | 4 | 163.6 | 2.7 | 4 | 52.1 | 7.3 | 1 | 164.0 | 0.0 | 1 | 73.8 | 0.0 |
| 18 | 2 | 169.9 | 4.4 | 2 | 64.8 | 3.2 | 1 | 160.0 | 0.0 | 1 | 50.0 | 0.0 |
| 19 | 0 | - | - | 0 | - | - | 1 | 169.5 | 0.0 | 1 | 51.0 | 0.0 |
| 20 | 3 | 168.0 | 6.2 | 3 | 65.3 | 11.2 | 4 | 159.9 | 4.2 | 4 | 47.0 | 9.6 |
| 21 | 2 | 172.0 | 1.4 | 2 | 61.8 | 16.6 | 1 | 160.0 | 0.0 | 1 | 51.0 | 0.0 |
| 22 | 2 | 170.3 | 0.4 | 2 | 62.1 | 0.1 | 1 | 152.5 | 0.0 | 1 | 49.6 | 0.0 |
| 23 | 1 | 166.7 | 0.0 | 1 | 78.5 | 0.0 | 1 | 160.0 | 0.0 | 1 | 47.0 | 0.0 |
| 24 | 1 | 158.0 | 0.0 | 1 | 53.3 | 0.0 | 2 | 160.9 | 1.2 | 2 | 53.2 | 9.6 |
| 25 | 4 | 176.5 | 8.8 | 4 | 67.1 | 6.8 | 3 | 157.7 | 2.1 | 3 | 52.3 | 5.5 |
| 26-29 | 10 | 171.3 | 5.9 | 10 | 66.7 | 6.9 | 5 | 159.4 | 6.3 | 5 | 46.8 | 5.2 |
| 30-39 | 24 | 169.6 | 5.6 | 24 | 68.0 | 17.8 | 30 | 158.4 | 4.5 | 30 | 53.2 | 8.6 |
| 40-49 | 27 | 170.7 | 4.6 | 27 | 72.1 | 13.6 | 29 | 158.0 | 4.1 | 29 | 54.4 | 8.6 |
| 50-59 | 18 | 169.3 | 5.7 | 18 | 67.3 | 10.5 | 30 | 157.4 | 5.3 | 30 | 54.6 | 10.4 |
| 60-69 | 38 | 166.3 | 6.4 | 38 | 64.3 | 8.8 | 36 | 154.0 | 5.8 | 36 | 52.3 | 10.4 |
| 70歳以上 | 40 | 164.4 | 6.3 | 40 | 64.2 | 9.8 | 45 | 148.2 | 5.5 | 45 | 50.0 | 7.9 |
| (再掲) | | | | | | | | | | | | |
| 20歳以上 | 170 | 168.0 | 6.4 | 170 | 66.5 | 11.8 | 187 | 154.9 | 6.5 | 187 | 52.3 | 9.1 |
| 20-29 | 23 | 171.0 | 6.6 | 23 | 65.7 | 8.2 | 17 | 159.1 | 4.2 | 17 | 49.0 | 6.4 |
| 60-64 | 16 | 167.6 | 6.4 | 16 | 66.5 | 8.9 | 19 | 156.3 | 5.7 | 19 | 52.9 | 9.1 |
| 65-69 | 22 | 165.3 | 6.3 | 22 | 62.6 | 8.6 | 17 | 151.3 | 4.9 | 17 | 51.6 | 12.0 |
| 70-74 | 16 | 168.2 | 5.1 | 16 | 70.0 | 7.6 | 19 | 150.3 | 5.9 | 19 | 49.8 | 8.3 |
| 75-79 | 15 | 162.2 | 6.1 | 15 | 60.5 | 8.9 | 15 | 147.7 | 4.1 | 15 | 48.5 | 8.2 |
| 80歳以上 | 9 | 161.2 | 5.8 | 9 | 60.0 | 10.2 | 11 | 145.3 | 5.2 | 11 | 52.1 | 7.0 |

第7表 BMIの平均値及び標準偏差（性・年齢階級別）（妊婦除外）

| 年齢 | 男 | | | 女 | | |
|--------|-----|-------|------|-----|-------|------|
| | 人 | 平均値 | 標準偏差 | 人 | 平均値 | 標準偏差 |
| 総数 | 177 | 23.44 | 3.63 | 194 | 21.71 | 3.49 |
| 15～19歳 | 7 | 20.98 | 2.69 | 7 | 20.08 | 3.41 |
| 20～29歳 | 23 | 22.52 | 2.96 | 17 | 19.36 | 2.30 |
| 30～39歳 | 24 | 23.49 | 5.22 | 30 | 21.17 | 3.18 |
| 40～49歳 | 27 | 24.68 | 4.10 | 29 | 21.80 | 3.40 |
| 50～59歳 | 18 | 23.44 | 3.15 | 30 | 21.98 | 3.60 |
| 60～69歳 | 38 | 23.25 | 3.07 | 36 | 22.00 | 3.86 |
| 70歳以上 | 40 | 23.73 | 3.17 | 45 | 22.74 | 3.40 |
| (再掲) | | | | | | |
| 20歳以上 | 170 | 23.54 | 3.63 | 187 | 21.77 | 3.49 |
| 20～69歳 | 130 | 23.49 | 3.77 | 142 | 21.46 | 3.47 |
| 40～69歳 | 83 | 23.76 | 3.47 | 95 | 21.93 | 3.60 |
| 65～69歳 | 22 | 22.91 | 2.95 | 17 | 22.46 | 4.45 |
| 70～74歳 | 16 | 24.76 | 2.54 | 19 | 21.97 | 2.79 |
| 75～79歳 | 15 | 23.05 | 3.67 | 15 | 22.23 | 3.65 |
| 80～84歳 | 6 | 23.27 | 3.81 | 10 | 25.25 | 3.29 |
| 80歳以上 | 9 | 23.03 | 3.14 | 11 | 24.76 | 3.50 |
| 85歳以上 | 3 | 22.56 | 1.61 | 1 | 19.93 | 0.00 |

第8表 BMIの分布（性別・15歳以上）（妊婦除外）

| | 全体 | | 男 | | 女 | |
|---------|-----|-------|-----|-------|-----|-------|
| | 人 | % | 人 | % | 人 | % |
| 総数 | 371 | 100.0 | 177 | 47.7 | 194 | 52.3 |
| 15未満 | 0 | - | 0 | 0.0 | 0 | 0.0 |
| 15～15.9 | 0 | - | 0 | 0.0 | 0 | 0.0 |
| 16～16.9 | 10 | 100.0 | 4 | 40.0 | 6 | 60.0 |
| 17～17.9 | 18 | 100.0 | 5 | 27.8 | 13 | 72.2 |
| 18～18.9 | 28 | 100.0 | 7 | 25.0 | 21 | 75.0 |
| 19～19.9 | 33 | 100.0 | 9 | 27.3 | 24 | 72.7 |
| 20～20.9 | 50 | 100.0 | 17 | 34.0 | 33 | 66.0 |
| 21～21.9 | 53 | 100.0 | 23 | 43.4 | 30 | 56.6 |
| 22～22.9 | 43 | 100.0 | 22 | 51.2 | 21 | 48.8 |
| 23～23.9 | 27 | 100.0 | 17 | 63.0 | 10 | 37.0 |
| 24～24.9 | 23 | 100.0 | 20 | 87.0 | 3 | 13.0 |
| 25～25.9 | 26 | 100.0 | 18 | 69.2 | 8 | 30.8 |
| 26～26.9 | 23 | 100.0 | 14 | 60.9 | 9 | 39.1 |
| 27～27.9 | 9 | 100.0 | 5 | 55.6 | 4 | 44.4 |
| 28～28.9 | 11 | 100.0 | 8 | 72.7 | 3 | 27.3 |
| 29～29.9 | 4 | 100.0 | 3 | 75.0 | 1 | 25.0 |
| 30～30.9 | 1 | 100.0 | 0 | 0.0 | 1 | 100.0 |
| 31～31.9 | 7 | 100.0 | 3 | 42.9 | 4 | 57.1 |
| 32～32.9 | 1 | 100.0 | 0 | 0.0 | 1 | 100.0 |
| 33～33.9 | 1 | 100.0 | 0 | 0.0 | 1 | 100.0 |
| 34～34.9 | 1 | 100.0 | 0 | 0.0 | 1 | 100.0 |
| 35以上 | 2 | 100.0 | 2 | 100.0 | 0 | 0.0 |

第9表 BMIの状況（性・年齢階級別）（妊婦除外）

| BMI | | 総数 | | やせ | | 普通 | | 肥満 | |
|-----------|---|-------|-----|------|----|-------|-----|------|----|
| | | % | 人 | % | 人 | % | 人 | % | 人 |
| 総数 | 計 | 100.0 | 371 | 11.3 | 42 | 65.5 | 243 | 23.2 | 86 |
| | 男 | 100.0 | 177 | 6.2 | 11 | 63.8 | 113 | 29.9 | 53 |
| | 女 | 100.0 | 194 | 16.0 | 31 | 67.0 | 130 | 17.0 | 33 |
| 15～19歳 | 計 | 100.0 | 14 | 28.6 | 4 | 64.3 | 9 | 7.1 | 1 |
| | 男 | 100.0 | 7 | 14.3 | 1 | 85.7 | 6 | 0.0 | 0 |
| | 女 | 100.0 | 7 | 42.9 | 3 | 42.9 | 3 | 14.3 | 1 |
| 20～29歳 | 計 | 100.0 | 40 | 25.0 | 10 | 60.0 | 24 | 15.0 | 6 |
| | 男 | 100.0 | 23 | 13.0 | 3 | 60.9 | 14 | 26.1 | 6 |
| | 女 | 100.0 | 17 | 41.2 | 7 | 58.8 | 10 | 0.0 | 0 |
| 30～39歳 | 計 | 100.0 | 54 | 7.4 | 4 | 77.8 | 42 | 14.8 | 8 |
| | 男 | 100.0 | 24 | 4.2 | 1 | 70.8 | 17 | 25.0 | 6 |
| | 女 | 100.0 | 30 | 10.0 | 3 | 83.3 | 25 | 6.7 | 2 |
| 40～49歳 | 計 | 100.0 | 56 | 8.9 | 5 | 62.5 | 35 | 28.6 | 16 |
| | 男 | 100.0 | 27 | 0.0 | 0 | 55.6 | 15 | 44.4 | 12 |
| | 女 | 100.0 | 29 | 17.2 | 5 | 69.0 | 20 | 13.8 | 4 |
| 50～59歳 | 計 | 100.0 | 48 | 6.3 | 3 | 72.9 | 35 | 20.8 | 10 |
| | 男 | 100.0 | 18 | 0.0 | 0 | 77.8 | 14 | 22.2 | 4 |
| | 女 | 100.0 | 30 | 10.0 | 3 | 70.0 | 21 | 20.0 | 6 |
| 60～69歳 | 計 | 100.0 | 74 | 12.2 | 9 | 63.5 | 47 | 24.3 | 18 |
| | 男 | 100.0 | 38 | 5.3 | 2 | 65.8 | 25 | 28.9 | 11 |
| | 女 | 100.0 | 36 | 19.4 | 7 | 61.1 | 22 | 19.4 | 7 |
| 70歳以上 | 計 | 100.0 | 85 | 8.2 | 7 | 60.0 | 51 | 31.8 | 27 |
| | 男 | 100.0 | 40 | 10.0 | 4 | 55.0 | 22 | 35.0 | 14 |
| | 女 | 100.0 | 45 | 6.7 | 3 | 64.4 | 29 | 28.9 | 13 |
| (再)20歳以上 | 計 | 100.0 | 357 | 10.6 | 38 | 65.5 | 234 | 23.8 | 85 |
| | 男 | 100.0 | 170 | 5.9 | 10 | 62.9 | 107 | 31.2 | 53 |
| | 女 | 100.0 | 187 | 15.0 | 28 | 67.9 | 127 | 17.1 | 32 |
| (再)20～69歳 | 計 | 100.0 | 272 | 11.4 | 31 | 67.3 | 183 | 21.3 | 58 |
| | 男 | 100.0 | 130 | 4.6 | 6 | 65.4 | 85 | 30.0 | 39 |
| | 女 | 100.0 | 142 | 17.6 | 25 | 69.0 | 98 | 13.4 | 19 |
| (再)40～69歳 | 計 | 100.0 | 178 | 9.6 | 17 | 65.7 | 117 | 24.7 | 44 |
| | 男 | 100.0 | 83 | 2.4 | 2 | 65.1 | 54 | 32.5 | 27 |
| | 女 | 100.0 | 95 | 15.8 | 15 | 66.3 | 63 | 17.9 | 17 |
| (再)65～69歳 | 計 | 100.0 | 39 | 10.3 | 4 | 66.7 | 26 | 23.1 | 9 |
| | 男 | 100.0 | 22 | 4.5 | 1 | 72.7 | 16 | 22.7 | 5 |
| | 女 | 100.0 | 17 | 17.6 | 3 | 58.8 | 10 | 23.5 | 4 |
| (再)70～74歳 | 計 | 100.0 | 35 | 2.9 | 1 | 62.9 | 22 | 34.3 | 12 |
| | 男 | 100.0 | 16 | 0.0 | 0 | 50.0 | 8 | 50.0 | 8 |
| | 女 | 100.0 | 19 | 5.3 | 1 | 73.7 | 14 | 21.1 | 4 |
| (再)75～79歳 | 計 | 100.0 | 30 | 16.7 | 5 | 56.7 | 17 | 26.7 | 8 |
| | 男 | 100.0 | 15 | 20.0 | 3 | 53.3 | 8 | 26.7 | 4 |
| | 女 | 100.0 | 15 | 13.3 | 2 | 60.0 | 9 | 26.7 | 4 |
| (再)80～84歳 | 計 | 100.0 | 16 | 6.3 | 1 | 50.0 | 8 | 43.8 | 7 |
| | 男 | 100.0 | 6 | 16.7 | 1 | 50.0 | 3 | 33.3 | 2 |
| | 女 | 100.0 | 10 | 0.0 | 0 | 50.0 | 5 | 50.0 | 5 |
| (再)80歳以上 | 計 | 100.0 | 20 | 5.0 | 1 | 60.0 | 12 | 35.0 | 7 |
| | 男 | 100.0 | 9 | 11.1 | 1 | 66.7 | 6 | 22.2 | 2 |
| | 女 | 100.0 | 11 | 0.0 | 0 | 54.5 | 6 | 45.5 | 5 |
| (再)85歳以上 | 計 | 100.0 | 4 | 0.0 | 0 | 100.0 | 4 | 0.0 | 0 |
| | 男 | 100.0 | 3 | 0.0 | 0 | 100.0 | 3 | 0.0 | 0 |
| | 女 | 100.0 | 1 | 0.0 | 0 | 100.0 | 1 | 0.0 | 0 |

| 判定 | 低体重(やせ) | 普通 | 肥満 |
|-----|---------|--------------|--------|
| BMI | 18.5未満 | 18.5以上25.0未満 | 25.0以上 |

第10表 腹囲の区分(性・年齢階級別)(妊婦除外)

| | 総数 | | 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 | |
|------------------|------|-----|--------|----|--------|----|--------|----|--------|----|--------|----|--------|----|-------|----|-----------|-----|
| | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 |
| 全数 | 100 | 338 | 100 | 14 | 100 | 34 | 100 | 48 | 100 | 48 | 100 | 45 | 100 | 72 | 100 | 77 | 100 | 324 |
| <85cm(男)/90cm(女) | 67.5 | 228 | 85.7 | 12 | 88.2 | 30 | 79.2 | 38 | 72.9 | 35 | 73.3 | 33 | 59.7 | 43 | 48.1 | 37 | 66.7 | 216 |
| >85cm(男)/90cm(女) | 32.5 | 110 | 14.3 | 2 | 11.8 | 4 | 20.8 | 10 | 27.1 | 13 | 26.7 | 12 | 40.3 | 29 | 51.9 | 40 | 33.3 | 108 |
| 男 | 100 | 159 | 100 | 7 | 100 | 20 | 100 | 21 | 100 | 22 | 100 | 18 | 100 | 37 | 100 | 34 | 100 | 152 |
| <85cm(男) | 52.8 | 84 | 85.7 | 6 | 80.0 | 16 | 66.7 | 14 | 54.5 | 12 | 61.1 | 11 | 48.6 | 18 | 20.6 | 7 | 51.3 | 78 |
| >85cm(男) | 47.2 | 75 | 14.3 | 1 | 20.0 | 4 | 33.3 | 7 | 45.5 | 10 | 38.9 | 7 | 51.4 | 19 | 79.4 | 27 | 48.7 | 74 |
| 女 | 100 | 179 | 100 | 7 | 100 | 14 | 100 | 27 | 100 | 26 | 100 | 27 | 100 | 35 | 100 | 43 | 100 | 172 |
| <90cm(女) | 80.4 | 144 | 85.7 | 6 | 100.0 | 14 | 88.9 | 24 | 88.5 | 23 | 81.5 | 22 | 71.4 | 25 | 69.8 | 30 | 80.2 | 138 |
| >90cm(女) | 19.6 | 35 | 14.3 | 1 | 0.0 | 0 | 11.1 | 3 | 11.5 | 3 | 18.5 | 5 | 28.6 | 10 | 30.2 | 13 | 19.8 | 34 |

第11表 BMI・腹囲の区分(性・年齢階級別)(妊婦除外)

| | 総数 | | 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)40歳-74歳 | |
|---------------------------------------|------|-----|--------|----|--------|----|--------|----|--------|----|--------|----|--------|----|-------|----|-----------|-----|-------------|-----|
| | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 |
| 全数 | 100 | 338 | 100 | 14 | 100 | 34 | 100 | 48 | 100 | 48 | 100 | 45 | 100 | 72 | 100 | 77 | 100 | 324 | 100 | 197 |
| BMI25未満、 腹囲85cm未満(男) /90cm未満(女) | 63.9 | 216 | 85.7 | 12 | 79.4 | 27 | 79.2 | 38 | 62.5 | 30 | 71.1 | 32 | 59.7 | 43 | 44.2 | 34 | 63.0 | 204 | 60.4 | 119 |
| 腹囲のみ超 | 11.8 | 40 | 7.1 | 1 | 5.9 | 2 | 6.3 | 3 | 6.3 | 3 | 6.7 | 3 | 15.3 | 11 | 22.1 | 17 | 12.0 | 39 | 11.7 | 23 |
| BMIのみ25以上 | 3.6 | 12 | 0.0 | 0 | 8.8 | 3 | 0.0 | 0 | 10.4 | 5 | 2.2 | 1 | 0.0 | 0 | 3.9 | 3 | 3.7 | 12 | 3.6 | 7 |
| 上半身肥満の疑い | 20.7 | 70 | 7.1 | 1 | 5.9 | 2 | 14.6 | 7 | 20.8 | 10 | 20.0 | 9 | 25.0 | 18 | 29.9 | 23 | 21.3 | 69 | 24.4 | 48 |
| 男 | 100 | 159 | 100 | 7 | 100 | 20 | 100 | 21 | 100 | 22 | 100 | 18 | 100 | 37 | 100 | 34 | 100 | 152 | 100 | 92 |
| BMI25未満、腹囲 85cm未満 | 48.4 | 77 | 85.7 | 6 | 65.0 | 13 | 66.7 | 14 | 36.4 | 8 | 61.1 | 11 | 48.6 | 18 | 20.6 | 7 | 46.7 | 71 | 42.4 | 39 |
| 腹囲のみ超 | 20.8 | 33 | 14.3 | 1 | 10.0 | 2 | 9.5 | 2 | 13.6 | 3 | 16.7 | 3 | 21.6 | 8 | 41.2 | 14 | 21.1 | 32 | 20.7 | 19 |
| BMIのみ25以上 | 4.4 | 7 | 0.0 | 0 | 15.0 | 3 | 0.0 | 0 | 18.2 | 4 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 4.6 | 7 | 4.3 | 4 |
| 上半身肥満の疑い | 26.4 | 42 | 0.0 | 0 | 10.0 | 2 | 23.8 | 5 | 31.8 | 7 | 22.2 | 4 | 29.7 | 11 | 38.2 | 13 | 27.6 | 42 | 32.6 | 30 |
| 女 | 100 | 179 | 100 | 7 | 100 | 14 | 100 | 27 | 100 | 26 | 100 | 27 | 100 | 35 | 100 | 43 | 100 | 172 | 100 | 105 |
| BMI25未満、腹囲 90cm未満 | 77.7 | 139 | 85.7 | 6 | 100.0 | 14 | 88.9 | 24 | 84.6 | 22 | 77.8 | 21 | 71.4 | 25 | 62.8 | 27 | 77.3 | 133 | 76.2 | 80 |
| 腹囲のみ超 | 3.9 | 7 | 0.0 | 0 | 0.0 | 0 | 3.7 | 1 | 0.0 | 0 | 0.0 | 0 | 8.6 | 3 | 7.0 | 3 | 4.1 | 7 | 3.8 | 4 |
| BMIのみ25以上 | 2.8 | 5 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 3.8 | 1 | 3.7 | 1 | 0.0 | 0 | 7.0 | 3 | 2.9 | 5 | 2.9 | 3 |
| 上半身肥満の疑い | 15.6 | 28 | 14.3 | 1 | 0.0 | 0 | 7.4 | 2 | 11.5 | 3 | 18.5 | 5 | 20.0 | 7 | 23.3 | 10 | 15.7 | 27 | 17.1 | 18 |

第12表の1 血圧の状況(性・年齢階級別)(妊婦除外。2回測定値の平均値)

| | 総数 | | 至適血圧 | | 正常血圧 | | 正常高値血圧 | | I度高血圧 | | II度高血圧 | | III度高血圧 | | (再掲)収縮期高血圧 | |
|------------|-----|-------|------|------|------|------|--------|------|-------|------|--------|------|---------|-----|------------|------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 総数 | 158 | 100.0 | 43 | 27.2 | 32 | 20.3 | 26 | 16.5 | 48 | 30.4 | 8 | 5.1 | 1 | 0.6 | 30 | 19.0 |
| 20~29 | 10 | 100.0 | 7 | 70.0 | 2 | 20.0 | 1 | 10.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30~39 | 17 | 100.0 | 11 | 64.7 | 4 | 23.5 | 0 | 0.0 | 2 | 11.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40~49 | 15 | 100.0 | 6 | 40.0 | 5 | 33.3 | 0 | 0.0 | 4 | 26.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50~59 | 17 | 100.0 | 6 | 35.3 | 3 | 17.6 | 5 | 29.4 | 3 | 17.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60~69 | 46 | 100.0 | 8 | 17.4 | 7 | 15.2 | 12 | 26.1 | 15 | 32.6 | 4 | 8.7 | 0 | 0.0 | 9 | 19.6 |
| 70歳以上 | 53 | 100.0 | 5 | 9.4 | 11 | 20.8 | 8 | 15.1 | 24 | 45.3 | 4 | 7.5 | 1 | 1.9 | 21 | 39.6 |
| (再掲)40~74歳 | 102 | 100.0 | 22 | 21.6 | 21 | 20.6 | 21 | 20.6 | 34 | 33.3 | 4 | 3.9 | 0 | 0.0 | 19 | 18.6 |
| (再掲)65~74歳 | 48 | 100.0 | 6 | 12.5 | 8 | 16.7 | 12 | 25.0 | 19 | 39.6 | 3 | 6.3 | 0 | 0.0 | 14 | 29.2 |
| (再掲)75歳以上 | 29 | 100.0 | 3 | 10.3 | 5 | 17.2 | 4 | 13.8 | 12 | 41.4 | 4 | 13.8 | 1 | 3.4 | 11 | 37.9 |
| 男 | 63 | 100.0 | 10 | 15.9 | 11 | 17.5 | 12 | 19.0 | 22 | 34.9 | 8 | 12.7 | 0 | 0.0 | 16 | 25.4 |
| 20~29 | 5 | 100.0 | 3 | 60.0 | 1 | 20.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30~39 | 4 | 100.0 | 3 | 75.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40~49 | 3 | 100.0 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 2 | 66.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50~59 | 5 | 100.0 | 0 | 0.0 | 2 | 40.0 | 2 | 40.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60~69 | 23 | 100.0 | 4 | 17.4 | 3 | 13.0 | 5 | 21.7 | 7 | 30.4 | 4 | 17.4 | 0 | 0.0 | 5 | 21.7 |
| 70歳以上 | 23 | 100.0 | 0 | 0.0 | 3 | 13.0 | 4 | 17.4 | 12 | 52.2 | 4 | 17.4 | 0 | 0.0 | 11 | 47.8 |
| (再掲)40~74歳 | 42 | 100.0 | 4 | 9.5 | 7 | 16.7 | 9 | 21.4 | 18 | 42.9 | 4 | 9.5 | 0 | 0.0 | 11 | 26.2 |
| (再掲)65~74歳 | 25 | 100.0 | 2 | 8.0 | 2 | 8.0 | 6 | 24.0 | 12 | 48.0 | 3 | 12.0 | 0 | 0.0 | 9 | 36.0 |
| (再掲)75歳以上 | 12 | 100.0 | 0 | 0.0 | 2 | 16.7 | 2 | 16.7 | 4 | 33.3 | 4 | 33.3 | 0 | 0.0 | 5 | 41.7 |
| 女 | 95 | 100.0 | 33 | 34.7 | 21 | 22.1 | 14 | 14.7 | 26 | 27.4 | 0 | 0.0 | 1 | 1.1 | 14 | 14.7 |
| 20~29 | 5 | 100.0 | 4 | 80.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30~39 | 13 | 100.0 | 8 | 61.5 | 3 | 23.1 | 0 | 0.0 | 2 | 15.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40~49 | 12 | 100.0 | 6 | 50.0 | 4 | 33.3 | 0 | 0.0 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50~59 | 12 | 100.0 | 6 | 50.0 | 1 | 8.3 | 3 | 25.0 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60~69 | 23 | 100.0 | 4 | 17.4 | 4 | 17.4 | 7 | 30.4 | 8 | 34.8 | 0 | 0.0 | 0 | 0.0 | 4 | 17.4 |
| 70歳以上 | 30 | 100.0 | 5 | 16.7 | 8 | 26.7 | 4 | 13.3 | 12 | 40.0 | 0 | 0.0 | 1 | 3.3 | 10 | 33.3 |
| (再掲)40~74歳 | 60 | 100.0 | 18 | 30.0 | 14 | 23.3 | 12 | 20.0 | 16 | 26.7 | 0 | 0.0 | 0 | 0.0 | 8 | 13.3 |
| (再掲)65~74歳 | 23 | 100.0 | 4 | 17.4 | 6 | 26.1 | 6 | 26.1 | 7 | 30.4 | 0 | 0.0 | 0 | 0.0 | 5 | 21.7 |
| (再掲)75歳以上 | 17 | 100.0 | 3 | 17.6 | 3 | 17.6 | 2 | 11.8 | 8 | 47.1 | 0 | 0.0 | 1 | 5.9 | 6 | 35.3 |

第12表の2 血圧の状況(性・年齢階級別)(血圧を下げる薬服用者、妊婦除外。2回測定値の平均値)

| | 総数 | | 至適血圧 | | 正常血圧 | | 正常高値血圧 | | I度高血圧 | | II度高血圧 | | III度高血圧 | | (再掲)収縮期高血圧 | |
|------------|-----|-------|------|------|------|------|--------|------|-------|------|--------|------|---------|-----|------------|------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 総数 | 116 | 100.0 | 42 | 36.2 | 24 | 20.7 | 15 | 12.9 | 32 | 27.6 | 3 | 2.6 | 0 | 0.0 | 15 | 12.9 |
| 20~29 | 10 | 100.0 | 7 | 70.0 | 2 | 20.0 | 1 | 10.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30~39 | 17 | 100.0 | 11 | 64.7 | 4 | 23.5 | 0 | 0.0 | 2 | 11.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40~49 | 14 | 100.0 | 6 | 42.9 | 5 | 35.7 | 0 | 0.0 | 3 | 21.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50~59 | 15 | 100.0 | 6 | 40.0 | 3 | 20.0 | 3 | 20.0 | 3 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60~69 | 35 | 100.0 | 7 | 20.0 | 4 | 11.4 | 10 | 28.6 | 11 | 31.4 | 3 | 8.6 | 0 | 0.0 | 6 | 17.1 |
| 70歳以上 | 25 | 100.0 | 5 | 20.0 | 6 | 24.0 | 1 | 4.0 | 13 | 52.0 | 0 | 0.0 | 0 | 0.0 | 9 | 36.0 |
| (再掲)40~74歳 | 79 | 100.0 | 21 | 26.6 | 17 | 21.5 | 14 | 17.7 | 24 | 30.4 | 3 | 3.8 | 0 | 0.0 | 11 | 13.9 |
| (再掲)65~74歳 | 36 | 100.0 | 6 | 16.7 | 7 | 19.4 | 8 | 22.2 | 13 | 36.1 | 2 | 5.6 | 0 | 0.0 | 8 | 22.2 |
| (再掲)75歳以上 | 10 | 100.0 | 3 | 30.0 | 1 | 10.0 | 0 | 0.0 | 6 | 60.0 | 0 | 0.0 | 0 | 0.0 | 4 | 40.0 |
| 男 | 41 | 100.0 | 9 | 22.0 | 8 | 19.5 | 7 | 17.1 | 14 | 34.1 | 3 | 7.3 | 0 | 0.0 | 7 | 17.1 |
| 20~29 | 5 | 100.0 | 3 | 60.0 | 1 | 20.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30~39 | 4 | 100.0 | 3 | 75.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40~49 | 2 | 100.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50~59 | 5 | 100.0 | 0 | 0.0 | 2 | 40.0 | 2 | 40.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60~69 | 15 | 100.0 | 3 | 20.0 | 1 | 6.7 | 3 | 20.0 | 5 | 33.3 | 3 | 20.0 | 0 | 0.0 | 3 | 20.0 |
| 70歳以上 | 10 | 100.0 | 0 | 0.0 | 2 | 20.0 | 1 | 10.0 | 7 | 70.0 | 0 | 0.0 | 0 | 0.0 | 4 | 40.0 |
| (再掲)40~74歳 | 30 | 100.0 | 3 | 10.0 | 5 | 16.7 | 6 | 20.0 | 13 | 43.3 | 3 | 10.0 | 0 | 0.0 | 7 | 23.3 |
| (再掲)65~74歳 | 19 | 100.0 | 2 | 10.5 | 2 | 10.5 | 4 | 21.1 | 9 | 47.4 | 2 | 10.5 | 0 | 0.0 | 6 | 31.6 |
| (再掲)75歳以上 | 2 | 100.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 1 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 女 | 75 | 100.0 | 33 | 44.0 | 16 | 21.3 | 8 | 10.7 | 18 | 24.0 | 0 | 0.0 | 0 | 0.0 | 8 | 10.7 |
| 20~29 | 5 | 100.0 | 4 | 80.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30~39 | 13 | 100.0 | 8 | 61.5 | 3 | 23.1 | 0 | 0.0 | 2 | 15.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40~49 | 12 | 100.0 | 6 | 50.0 | 4 | 33.3 | 0 | 0.0 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50~59 | 10 | 100.0 | 6 | 60.0 | 1 | 10.0 | 1 | 10.0 | 2 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60~69 | 20 | 100.0 | 4 | 20.0 | 3 | 15.0 | 7 | 35.0 | 6 | 30.0 | 0 | 0.0 | 0 | 0.0 | 3 | 15.0 |
| 70歳以上 | 15 | 100.0 | 5 | 33.3 | 4 | 26.7 | 0 | 0.0 | 6 | 40.0 | 0 | 0.0 | 0 | 0.0 | 5 | 33.3 |
| (再掲)40~74歳 | 49 | 100.0 | 18 | 36.7 | 12 | 24.5 | 8 | 16.3 | 11 | 22.4 | 0 | 0.0 | 0 | 0.0 | 4 | 8.2 |
| (再掲)65~74歳 | 17 | 100.0 | 4 | 23.5 | 5 | 29.4 | 4 | 23.5 | 4 | 23.5 | 0 | 0.0 | 0 | 0.0 | 2 | 11.8 |
| (再掲)75歳以上 | 8 | 100.0 | 3 | 37.5 | 0 | 0.0 | 0 | 0.0 | 5 | 62.5 | 0 | 0.0 | 0 | 0.0 | 4 | 50.0 |

第13表の1 ヘモグロビンA1cの分布(性・年齢階級別)

| | 総数 | | 20-29歳 | | 30-39歳 | | 40-49歳 | | 50-59歳 | | 60-69歳 | | 70歳以上 | | (再掲) 65-69歳 | | (再掲) 70-74歳 | | (再掲) 75-79歳 | | (再掲) 80-84歳 | | |
|---|------------|------|--------|------|--------|------|--------|------|--------|------|--------|------|-------|------|-------------|------|-------------|------|-------------|------|-------------|------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | |
| 男 | 総数 | 56 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 5 | 100.0 | 19 | 100.0 | 22 | 100.0 | 9 | 100.0 | 11 | 100.0 | 8 | 100.0 | 2 | 100.0 |
| | 3.9%以下 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 4.0~4.1 | 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 | 0 | 0.0 |
| | 4.2~4.3 | 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 | 0 | 0.0 | 0 | 0.0 |
| | 4.4~4.5 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 4.6~4.7 | 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 |
| | 4.8~4.9 | 3 | 5.4 | 1 | 25.0 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 5.0~5.1 | 5 | 8.9 | 2 | 50.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 1 | 4.5 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| | 5.2 | 4 | 7.1 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 10.5 | 1 | 4.5 | 2 | 22.2 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 |
| | 5.3 | 14 | 25.0 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 3 | 60.0 | 5 | 26.3 | 5 | 22.7 | 4 | 44.4 | 2 | 18.2 | 2 | 25.0 | 0 | 0.0 |
| | 5.4 | 8 | 14.3 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 2 | 10.5 | 5 | 22.7 | 1 | 11.1 | 3 | 27.3 | 2 | 25.0 | 0 | 0.0 |
| | 5.5 | 11 | 19.6 | 0 | 0.0 | 1 | 33.3 | 1 | 33.3 | 1 | 20.0 | 4 | 21.1 | 4 | 18.2 | 0 | 0.0 | 3 | 27.3 | 1 | 12.5 | 0 | 0.0 |
| | 5.6 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 5.7 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 |
| | 5.8 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 |
| | 5.9 | 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 | 0 | 0.0 |
| | 6.0 | 3 | 5.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 2 | 9.1 | 1 | 11.1 | 0 | 0.0 | 1 | 12.5 | 1 | 50.0 |
| | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.2~6.3 | 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 | 0 | 0.0 | 0 | 0.0 |
| | 6.4~6.5 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.6~6.7 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.8~6.9 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| | 7.0~7.1 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| | 7.2~7.3 | 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 | 0 | 0.0 | 0 | 0.0 |
| | 7.4~7.5 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 7.6~7.7 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 7.8~7.9 | 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 | 0 | 0.0 |
| | 8.0~8.1 | 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 | 0 | 0.0 |
| | 8.2~8.3 | 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 | 0 | 0.0 | 0 | 0.0 |
| | 8.4~8.5 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 8.6~8.7 | 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 |
| | 8.8~8.9 | 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 | 0 | 0.0 |
| | 9.0%以上 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.5%以上(再掲) | 5 | 8.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 2 | 10.5 | 2 | 9.1 | 1 | 11.1 | 2 | 18.2 | 0 | 0.0 | 0 | 0.0 |
| | 平均値 % | 5.71 | | 5.08 | | 5.47 | | 5.47 | | 5.96 | | 5.71 | | 5.84 | | 5.69 | | 5.85 | | 5.85 | | 5.85 | |
| | 標準偏差 | 0.68 | | 0.17 | | 0.35 | | 0.51 | | 0.99 | | 0.83 | | 0.50 | | 0.54 | | 0.61 | | 0.35 | | 0.78 | |
| 女 | 総数 | 86 | 100.0 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 20 | 100.0 | 25 | 100.0 | 8 | 100.0 | 10 | 100.0 | 10 | 100.0 | 5 | 100.0 |
| | 3.9%以下 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 4.0~4.1 | 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 | 0 | 0.0 |
| | 4.2~4.3 | 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 | 0 | 0.0 | 0 | 0.0 |
| | 4.4~4.5 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 4.6~4.7 | 1 | 1.2 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 4.8~4.9 | 3 | 3.5 | 0 | 0.0 | 1 | 8.3 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 5.0~5.1 | 8 | 9.3 | 2 | 40.0 | 5 | 41.7 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 5.2 | 11 | 12.8 | 1 | 20.0 | 2 | 16.7 | 1 | 8.3 | 3 | 25.0 | 3 | 15.0 | 1 | 4.0 | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 |
| | 5.3 | 17 | 19.8 | 2 | 40.0 | 2 | 16.7 | 3 | 25.0 | 3 | 25.0 | 4 | 20.0 | 3 | 12.0 | 1 | 12.5 | 1 | 10.0 | 2 | 20.0 | 0 | 0.0 |
| | 5.4 | 22 | 25.6 | 0 | 0.0 | 0 | 0.0 | 3 | 25.0 | 3 | 25.0 | 9 | 45.0 | 7 | 28.0 | 5 | 62.5 | 3 | 30.0 | 3 | 30.0 | 1 | 20.0 |
| | 5.5 | 7 | 8.1 | 0 | 0.0 | 0 | 0.0 | 2 | 16.7 | 1 | 8.3 | 2 | 10.0 | 2 | 8.0 | 1 | 12.5 | 1 | 10.0 | 0 | 0.0 | 1 | 20.0 |
| | 5.6 | 5 | 5.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.0 | 4 | 16.0 | 0 | 0.0 | 1 | 10.0 | 3 | 30.0 | 0 | 0.0 |
| | 5.7 | 2 | 2.3 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 1 | 5.0 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 5.8 | 2 | 2.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 1 | 4.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 0 | 0.0 |
| | 5.9 | 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 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.1 | 3 | 3.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 12.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 2 | 40.0 |
| | 6.2~6.3 | 1 | 1.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.4~6.5 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.6~6.7 | 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 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | 6.8~6.9 | 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 | 0 | 0.0 |
| | 7.0~7.1 | 1 | 1.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 0 | 0.0 |
| | 7.2~7.3 | 1 | 1.2 | 0 | 0.0 | 0 | | | | | | | | | | | | | | | | | |

第14表の1 総コレステロール値の分布(性・年齢階級別)

| | 総数 | | 20-29歳 | | 30-39歳 | | 40-49歳 | | 50-59歳 | | 60-69歳 | | 70歳以上 | | (再掲) 65-69歳 | | (再掲) 70-74歳 | | (再掲) 75-79歳 | | (再掲) 80-84歳 | |
|------------|-------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 総数 | 56 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 5 | 100.0 | 19 | 100.0 | 22 | 100.0 | 9 | 100.0 | 11 | 100.0 | 8 | 100.0 | 2 | 100.0 |
| 120mg/dl未満 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 |
| 120~140未満 | 2 | 3.6 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 |
| 140~160未満 | 8 | 14.3 | 1 | 25.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 4 | 21.1 | 2 | 9.1 | 2 | 22.2 | 1 | 9.1 | 1 | 12.5 | 0 | 0.0 |
| 160~180未満 | 7 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 15.8 | 4 | 18.2 | 2 | 22.2 | 2 | 18.2 | 1 | 12.5 | 0 | 0.0 |
| 180~200未満 | 13 | 23.2 | 2 | 50.0 | 1 | 33.3 | 1 | 33.3 | 1 | 20.0 | 3 | 15.8 | 5 | 22.7 | 1 | 11.1 | 4 | 36.4 | 1 | 12.5 | 0 | 0.0 |
| 200~220未満 | 9 | 16.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 40.0 | 4 | 21.1 | 3 | 13.6 | 3 | 33.3 | 1 | 9.1 | 2 | 25.0 | 0 | 0.0 |
| 220~240未満 | 11 | 19.6 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 1 | 20.0 | 4 | 21.1 | 5 | 22.7 | 1 | 11.1 | 2 | 18.2 | 2 | 25.0 | 1 | 50.0 |
| 240~260未満 | 2 | 3.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 1 | 4.5 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 260~280未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 280~300未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 300以上 | 3 | 5.4 | 0 | 0.0 | 0 | 0.0 | 2 | 66.7 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 220以上(再掲) | 16 | 28.6 | 0 | 0.0 | 1 | 33.3 | 2 | 66.7 | 2 | 40.0 | 5 | 26.3 | 6 | 27.3 | 1 | 11.1 | 3 | 27.3 | 2 | 25.0 | 1 | 50.0 |
| 240以上(再掲) | 5 | 8.9 | 0 | 0.0 | 0 | 0.0 | 2 | 66.7 | 1 | 20.0 | 1 | 5.3 | 1 | 4.5 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 平均値 mg/dl | 197.6 | | 166.8 | | 191.7 | | 267.7 | | 228.6 | | 192.9 | | 191.5 | | 184.2 | | 199.3 | | 185.3 | | 185.0 | |
| 標準偏差 | 42.2 | | 30.1 | | 47.0 | | 70.9 | | 43.8 | | 31.4 | | 38.1 | | 27.8 | | 28.3 | | 46.5 | | 76.4 | |
| 総数 | 87 | 100.0 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 20 | 100.0 | 26 | 100.0 | 8 | 100.0 | 11 | 100.0 | 10 | 100.0 | 5 | 100.0 |
| 120mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 120~140未満 | 3 | 3.4 | 1 | 20.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 3.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 |
| 140~160未満 | 1 | 1.1 | 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 |
| 160~180未満 | 14 | 16.1 | 2 | 40.0 | 6 | 50.0 | 1 | 8.3 | 0 | 0.0 | 2 | 10.0 | 3 | 11.5 | 1 | 12.5 | 2 | 18.2 | 1 | 10.0 | 0 | 0.0 |
| 180~200未満 | 13 | 14.9 | 2 | 40.0 | 3 | 25.0 | 6 | 50.0 | 0 | 0.0 | 0 | 0.0 | 2 | 7.7 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 1 | 20.0 |
| 200~220未満 | 23 | 26.4 | 0 | 0.0 | 1 | 8.3 | 5 | 41.7 | 4 | 33.3 | 8 | 40.0 | 5 | 19.2 | 4 | 50.0 | 2 | 18.2 | 2 | 20.0 | 1 | 20.0 |
| 220~240未満 | 16 | 18.4 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 3 | 25.0 | 4 | 20.0 | 8 | 30.8 | 1 | 12.5 | 2 | 18.2 | 4 | 40.0 | 2 | 40.0 |
| 240~260未満 | 11 | 12.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 25.0 | 3 | 15.0 | 5 | 19.2 | 1 | 12.5 | 3 | 27.3 | 2 | 20.0 | 0 | 0.0 |
| 260~280未満 | 5 | 5.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 16.7 | 1 | 5.0 | 2 | 7.7 | 1 | 12.5 | 1 | 9.1 | 1 | 10.0 | 0 | 0.0 |
| 280~300未満 | 1 | 1.1 | 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 |
| 300以上 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 220以上(再掲) | 33 | 37.9 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 8 | 66.7 | 9 | 45.0 | 15 | 57.7 | 3 | 37.5 | 6 | 54.5 | 7 | 70.0 | 2 | 40.0 |
| 240以上(再掲) | 17 | 19.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 41.7 | 5 | 25.0 | 7 | 26.9 | 2 | 25.0 | 4 | 36.4 | 3 | 30.0 | 0 | 0.0 |
| 平均値 mg/dl | 210.1 | | 173.0 | | 177.8 | | 196.3 | | 233.1 | | 219.5 | | 220.6 | | 221.6 | | 222.1 | | 228.7 | | 201.2 | |
| 標準偏差 | 33.4 | | 26.6 | | 24.4 | | 12.1 | | 23.4 | | 31.5 | | 33.1 | | 29.5 | | 34.4 | | 27.9 | | 38.9 | |

第14表の2 総コレステロール値の分布(性・年齢階級別)(コレステロール・中性脂肪を下げる薬服用者外)

| | 総数 | | 20-29歳 | | 30-39歳 | | 40-49歳 | | 50-59歳 | | 60-69歳 | | 70歳以上 | | (再掲) 65-69歳 | | (再掲) 70-74歳 | | (再掲) 75-79歳 | | (再掲) 80-84歳 | |
|------------|-------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 総数 | 45 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 4 | 100.0 | 14 | 100.0 | 17 | 100.0 | 6 | 100.0 | 9 | 100.0 | 5 | 100.0 | 2 | 100.0 |
| 120mg/dl未満 | 1 | 2.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.9 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 |
| 120~140未満 | 2 | 4.4 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 50.0 |
| 140~160未満 | 4 | 8.9 | 1 | 25.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 2 | 14.3 | 0 | 0.0 | 1 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 160~180未満 | 5 | 11.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 4 | 23.5 | 1 | 16.7 | 2 | 22.2 | 1 | 20.0 | 0 | 0.0 |
| 180~200未満 | 12 | 26.7 | 2 | 50.0 | 1 | 33.3 | 1 | 33.3 | 1 | 25.0 | 3 | 21.4 | 4 | 23.5 | 1 | 16.7 | 3 | 33.3 | 1 | 20.0 | 0 | 0.0 |
| 200~220未満 | 7 | 15.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 50.0 | 4 | 28.6 | 1 | 5.9 | 3 | 50.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 220~240未満 | 10 | 22.2 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 1 | 25.0 | 3 | 21.4 | 5 | 29.4 | 0 | 0.0 | 2 | 22.2 | 2 | 40.0 | 1 | 50.0 |
| 240~260未満 | 2 | 4.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 1 | 5.9 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 260~280未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 280~300未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 300以上 | 2 | 4.4 | 0 | 0.0 | 0 | 0.0 | 2 | 66.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 220以上(再掲) | 14 | 31.1 | 0 | 0.0 | 1 | 33.3 | 2 | 66.7 | 1 | 25.0 | 4 | 28.6 | 6 | 35.3 | 0 | 0.0 | 3 | 33.3 | 2 | 40.0 | 1 | 50.0 |
| 240以上(再掲) | 4 | 8.9 | 0 | 0.0 | 0 | 0.0 | 2 | 66.7 | 0 | 0.0 | 1 | 7.1 | 1 | 5.9 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 平均値 mg/dl | 200.1 | | 166.8 | | 191.7 | | 267.7 | | 210.5 | | 200.0 | | 195.2 | | 186.0 | | 206.4 | | 184.4 | | 185.0 | |
| 標準偏差 | 41.0 | | 30.1 | | 47.0 | | 70.9 | | 19.2 | | 29.1 | | 40.0 | | 24.1 | | 24.7 | | 55.3 | | 76.4 | |
| 総数 | 71 | 100.0 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 16 | 100.0 | 14 | 100.0 | 6 | 100.0 | 4 | 100.0 | 9 | 100.0 | 1 | 100.0 |
| 120mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 120~140未満 | 2 | 2.8 | 1 | 20.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 140~160未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 160~180未満 | 11 | 15.5 | 2 | 40.0 | 6 | 50.0 | 1 | 8.3 | 0 | 0.0 | 1 | 6.3 | 1 | 7.1 | 1 | 16.7 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 |
| 180~200未満 | 11 | 15.5 | 2 | 40.0 | 3 | 25.0 | 6 | 50.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 200~220未満 | 20 | 28.2 | 0 | 0.0 | 1 | 8.3 | 5 | 41.7 | 4 | 33.3 | 6 | 37.5 | 4 | 28.6 | 2 | 33.3 | 2 | 50.0 | 2 | 22.2 | 0 | 0.0 |
| 220~240未満 | 12 | 16.9 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 3 | 25.0 | 4 | 25.0 | 4 | 28.6 | 1 | 16.7 | 0 | 0.0 | 3 | 33.3 | 1 | 100.0 |
| 240~260未満 | 10 | 14.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 25.0 | 3 | 18.8 | 4 | 28.6 | 1 | 16.7 | 2 | 50.0 | 2 | 22.2 | 0 | 0.0 |
| 260~280未満 | 4 | 5.6 | | | | | | | | | | | | | | | | | | | | |

第15表の1 HDL-Cコレステロール値の分布(性・年齢階級別)

| | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲) 65～69歳 | | (再掲) 70～74歳 | | (再掲) 75～79歳 | | (再掲) 80～84歳 | |
|-----------|------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 男 | 56 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 5 | 100.0 | 19 | 100.0 | 22 | 100.0 | 9 | 100.0 | 11 | 100.0 | 8 | 100.0 | 2 | 100.0 |
| 30mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30～40未満 | 8 | 14.3 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 1 | 20.0 | 2 | 10.5 | 4 | 18.2 | 0 | 0.0 | 2 | 18.2 | 1 | 12.5 | 1 | 50.0 |
| 40～50未満 | 12 | 21.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 3 | 15.8 | 8 | 36.4 | 2 | 22.2 | 5 | 45.5 | 3 | 37.5 | 0 | 0.0 |
| 50～60未満 | 9 | 16.1 | 1 | 25.0 | 1 | 33.3 | 1 | 33.3 | 0 | 0.0 | 3 | 15.8 | 3 | 13.6 | 1 | 11.1 | 2 | 18.2 | 0 | 0.0 | 0 | 0.0 |
| 60～70未満 | 13 | 23.2 | 1 | 25.0 | 0 | 0.0 | 1 | 33.3 | 2 | 40.0 | 8 | 42.1 | 1 | 4.5 | 3 | 33.3 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 70～80未満 | 7 | 12.5 | 1 | 25.0 | 1 | 33.3 | 1 | 33.3 | 1 | 20.0 | 1 | 5.3 | 2 | 9.1 | 1 | 11.1 | 0 | 0.0 | 1 | 12.5 | 1 | 50.0 |
| 80～90未満 | 5 | 8.9 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 3 | 13.6 | 1 | 11.1 | 1 | 9.1 | 2 | 25.0 | 0 | 0.0 |
| 90～100未満 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 |
| 100以上 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40以上(再掲) | 48 | 85.7 | 4 | 100.0 | 2 | 66.7 | 3 | 100.0 | 4 | 80.0 | 17 | 89.5 | 18 | 81.8 | 9 | 100.0 | 9 | 81.8 | 7 | 87.5 | 1 | 50.0 |
| 平均値 mg/dl | 59.1 | | 69.8 | | 53.0 | | 63.0 | | 57.2 | | 61.7 | | 55.5 | | 69.4 | | 49.8 | | 64.0 | | 55.0 | |
| 標準偏差 | 17.7 | | 11.0 | | 18.5 | | 8.2 | | 15.5 | | 19.4 | | 18.5 | | 22.3 | | 14.2 | | 23.1 | | 22.6 | |
| 女 | 87 | 100.0 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 20 | 100.0 | 26 | 100.0 | 8 | 100.0 | 11 | 100.0 | 10 | 100.0 | 5 | 100.0 |
| 30mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30～40未満 | 2 | 2.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 10.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40～50未満 | 5 | 5.7 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 2 | 16.7 | 0 | 0.0 | 1 | 3.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50～60未満 | 10 | 11.5 | 0 | 0.0 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 3 | 15.0 | 5 | 19.2 | 1 | 12.5 | 1 | 9.1 | 2 | 20.0 | 2 | 40.0 |
| 60～70未満 | 26 | 29.9 | 3 | 60.0 | 4 | 33.3 | 4 | 33.3 | 6 | 50.0 | 6 | 30.0 | 3 | 11.5 | 2 | 25.0 | 1 | 10.0 | 1 | 10.0 | 1 | 20.0 |
| 70～80未満 | 24 | 27.6 | 1 | 20.0 | 1 | 8.3 | 5 | 41.7 | 2 | 16.7 | 4 | 20.0 | 11 | 42.3 | 3 | 37.5 | 5 | 45.5 | 5 | 50.0 | 1 | 20.0 |
| 80～90未満 | 9 | 10.3 | 1 | 20.0 | 3 | 25.0 | 2 | 16.7 | 1 | 8.3 | 1 | 5.0 | 1 | 3.8 | 1 | 12.5 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 90～100未満 | 7 | 8.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 2 | 10.0 | 4 | 15.4 | 1 | 12.5 | 2 | 18.2 | 2 | 20.0 | 0 | 0.0 |
| 100以上 | 4 | 4.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 2 | 10.0 | 1 | 3.8 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 40以上(再掲) | 85 | 97.7 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 18 | 90.0 | 26 | 100.0 | 8 | 100.0 | 11 | 100.0 | 10 | 100.0 | 5 | 100.0 |
| 平均値 mg/dl | 70.7 | | 69.4 | | 68.4 | | 70.6 | | 67.8 | | 71.0 | | 73.0 | | 72.3 | | 79.8 | | 73.6 | | 56.8 | |
| 標準偏差 | 15.9 | | 7.0 | | 15.3 | | 12.0 | | 15.7 | | 20.4 | | 16.1 | | 11.0 | | 16.3 | | 13.5 | | 10.0 | |

第15表の2 HDL-Cコレステロール値の分布(性・年齢階級別)(コレステロール・中性脂肪を下げる薬服用者除外)

| | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲) 65～69歳 | | (再掲) 70～74歳 | | (再掲) 75～79歳 | | (再掲) 80～84歳 | |
|-----------|------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 男 | 45 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 4 | 100.0 | 14 | 100.0 | 17 | 100.0 | 6 | 100.0 | 9 | 100.0 | 5 | 100.0 | 2 | 100.0 |
| 30mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30～40未満 | 7 | 15.6 | 0 | 0.0 | 1 | 33.3 | 0 | 0.0 | 1 | 25.0 | 2 | 14.3 | 3 | 17.6 | 0 | 0.0 | 2 | 22.2 | 0 | 0.0 | 1 | 50.0 |
| 40～50未満 | 6 | 13.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 5 | 29.4 | 0 | 0.0 | 3 | 33.3 | 2 | 40.0 | 0 | 0.0 |
| 50～60未満 | 9 | 20.0 | 1 | 25.0 | 1 | 33.3 | 1 | 33.3 | 0 | 0.0 | 3 | 21.4 | 3 | 17.6 | 1 | 16.7 | 2 | 22.2 | 0 | 0.0 | 0 | 0.0 |
| 60～70未満 | 10 | 22.2 | 1 | 25.0 | 0 | 0.0 | 1 | 33.3 | 1 | 25.0 | 6 | 42.9 | 1 | 5.9 | 2 | 33.3 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 70～80未満 | 7 | 15.6 | 1 | 25.0 | 1 | 33.3 | 1 | 33.3 | 1 | 25.0 | 1 | 7.1 | 2 | 11.8 | 1 | 16.7 | 0 | 0.0 | 1 | 20.0 | 1 | 50.0 |
| 80～90未満 | 5 | 11.1 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 3 | 17.6 | 1 | 16.7 | 1 | 11.1 | 2 | 40.0 | 0 | 0.0 |
| 90～100未満 | 1 | 2.2 | 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 |
| 100以上 | 1 | 2.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 0 | 0.0 | 1 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40以上(再掲) | 38 | 84.4 | 4 | 100.0 | 2 | 66.7 | 3 | 100.0 | 3 | 75.0 | 12 | 85.7 | 14 | 82.4 | 6 | 100.0 | 7 | 77.8 | 5 | 100.0 | 1 | 50.0 |
| 平均値 mg/dl | 60.2 | | 69.8 | | 53.0 | | 63.0 | | 56.5 | | 64.4 | | 56.1 | | 76.8 | | 50.3 | | 67.6 | | 55.0 | |
| 標準偏差 | 18.0 | | 11.0 | | 18.5 | | 8.2 | | 17.8 | | 21.1 | | 18.0 | | 23.3 | | 15.8 | | 20.6 | | 22.6 | |
| 女 | 71 | 100.0 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 16 | 100.0 | 14 | 100.0 | 6 | 100.0 | 4 | 100.0 | 9 | 100.0 | 1 | 100.0 |
| 30mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 30～40未満 | 1 | 1.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 6.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40～50未満 | 4 | 5.6 | 0 | 0.0 | 1 | 8.3 | 1 | 8.3 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50～60未満 | 7 | 9.9 | 0 | 0.0 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 2 | 12.5 | 3 | 21.4 | 1 | 16.7 | 0 | 0.0 | 2 | 22.2 | 1 | 100.0 |
| 60～70未満 | 24 | 33.8 | 3 | 60.0 | 4 | 33.3 | 4 | 33.3 | 6 | 50.0 | 6 | 37.5 | 1 | 7.1 | 2 | 33.3 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 |
| 70～80未満 | 17 | 23.9 | 1 | 20.0 | 1 | 8.3 | 5 | 41.7 | 2 | 16.7 | 3 | 18.8 | 5 | 35.7 | 2 | 33.3 | 1 | 25.0 | 4 | 44.4 | 0 | 0.0 |
| 80～90未満 | 8 | 11.3 | 1 | 20.0 | 3 | 25.0 | 2 | 16.7 | 1 | 8.3 | 0 | 0.0 | 1 | 7.1 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 |
| 90～100未満 | 7 | 9.9 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 2 | 12.5 | 4 | 28.6 | 1 | 16.7 | 2 | 50.0 | 2 | 22.2 | 0 | 0.0 |
| 100以上 | 3 | 4.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 2 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40以上(再掲) | 70 | 98.6 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 15 | 93.8 | 14 | 100.0 | 6 | 100.0 | 4 | 100.0 | 9 | 100.0 | 1 | 100.0 |
| 平均値 mg/dl | 71.4 | | 69.4 | | 68.4 | | 70.6 | | 67.8 | | 73.3 | | 66.2 | | 70.2 | | 87.3 | | 73.4 | | 57.0 | |
| 標準偏差 | 15.5 | | 7.0 | | 15.3 | | 12.0 | | 15.7 | | 20.5 | | 14.7 | | 12.0 | | 9.2 | | 14.3 | | 0.0 | |

第16表の1 LDL-Cコレステロール値の分布(性・年齢階級別)

| | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲) 65～69歳 | | (再掲) 70～74歳 | | (再掲) 75～79歳 | | (再掲) 80～84歳 | |
|------------|-------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 総数 | 56 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 5 | 100.0 | 19 | 100.0 | 22 | 100.0 | 9 | 100.0 | 11 | 100.0 | 8 | 100.0 | 2 | 100.0 |
| 40mg/dl未満 | 3 | 5.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 10.5 | 1 | 4.5 | 2 | 22.2 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 |
| 40～50未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50～60未満 | 1 | 1.8 | 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 | 0 | 0.0 |
| 60～70未満 | 5 | 8.9 | 1 | 25.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 13.6 | 0 | 0.0 | 1 | 9.1 | 1 | 12.5 | 1 | 50.0 |
| 70～80未満 | 3 | 5.4 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 10.5 | 1 | 4.5 | 1 | 11.1 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 80～90未満 | 2 | 3.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 90～100未満 | 5 | 8.9 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 3 | 13.6 | 0 | 0.0 | 0 | 0.0 | 2 | 25.0 | 0 | 0.0 |
| 100～110未満 | 6 | 10.7 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 1 | 20.0 | 2 | 10.5 | 2 | 9.1 | 2 | 22.2 | 1 | 9.1 | 1 | 12.5 | 0 | 0.0 |
| 110～120未満 | 5 | 8.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 1 | 5.3 | 3 | 13.6 | 0 | 0.0 | 2 | 18.2 | 1 | 12.5 | 0 | 0.0 |
| 120～130未満 | 8 | 14.3 | 1 | 25.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 5 | 26.3 | 1 | 4.5 | 3 | 33.3 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 130～140未満 | 4 | 7.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 2 | 10.5 | 1 | 4.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 140～150未満 | 6 | 10.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 1 | 5.3 | 4 | 18.2 | 0 | 0.0 | 3 | 27.3 | 1 | 12.5 | 0 | 0.0 |
| 150～160未満 | 3 | 5.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 2 | 9.1 | 0 | 0.0 | 0 | 0.0 | 1 | 12.5 | 1 | 50.0 |
| 160～170未満 | 1 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 4.5 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 170～180未満 | 1 | 1.8 | 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 | 0 | 0.0 |
| 180～190未満 | 3 | 5.4 | 0 | 0.0 | 1 | 33.3 | 2 | 66.7 | 1 | 20.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 190～200未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 200～210未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 210～220未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 220～230未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 230～240未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 240mg/dl以上 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 平均値 mg/dl | 112.9 | | 89.5 | | 121.0 | | 158.7 | | 137.8 | | 106.1 | | 110.0 | | 92.4 | | 119.8 | | 98.8 | | 111.0 | |
| 標準偏差 | 37.0 | | 24.3 | | 56.0 | | 43.9 | | 30.7 | | 35.1 | | 34.2 | | 36.5 | | 29.5 | | 37.6 | | 59.4 | |
| 総数 | 87 | 100.0 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 20 | 100.0 | 26 | 100.0 | 8 | 100.0 | 11 | 100.0 | 10 | 100.0 | 5 | 100.0 |
| 40mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40～50未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50～60未満 | 2 | 2.3 | 1 | 20.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60～70未満 | 3 | 3.4 | 0 | 0.0 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 3.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 70～80未満 | 3 | 3.4 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 7.7 | 0 | 0.0 | 1 | 9.1 | 1 | 10.0 | 0 | 0.0 |
| 80～90未満 | 7 | 8.0 | 2 | 40.0 | 2 | 16.7 | 1 | 8.3 | 0 | 0.0 | 1 | 5.0 | 1 | 3.8 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 90～100未満 | 7 | 8.0 | 0 | 0.0 | 2 | 16.7 | 1 | 8.3 | 0 | 0.0 | 3 | 15.0 | 1 | 3.8 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 100～110未満 | 10 | 11.5 | 0 | 0.0 | 3 | 25.0 | 2 | 16.7 | 2 | 16.7 | 2 | 10.0 | 1 | 3.8 | 1 | 12.5 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 110～120未満 | 13 | 14.9 | 1 | 20.0 | 0 | 0.0 | 5 | 41.7 | 1 | 8.3 | 2 | 10.0 | 4 | 15.4 | 0 | 0.0 | 2 | 18.2 | 1 | 10.0 | 1 | 20.0 |
| 120～130未満 | 13 | 14.9 | 1 | 20.0 | 0 | 0.0 | 1 | 8.3 | 2 | 16.7 | 4 | 20.0 | 5 | 19.2 | 2 | 25.0 | 1 | 9.1 | 3 | 30.0 | 1 | 20.0 |
| 130～140未満 | 7 | 8.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 1 | 8.3 | 0 | 0.0 | 5 | 19.2 | 0 | 0.0 | 2 | 18.2 | 2 | 20.0 | 1 | 20.0 |
| 140～150未満 | 10 | 11.5 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 5 | 25.0 | 4 | 15.4 | 2 | 25.0 | 1 | 9.1 | 2 | 20.0 | 1 | 20.0 |
| 150～160未満 | 4 | 4.6 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 1 | 8.3 | 1 | 5.0 | 1 | 3.8 | 1 | 12.5 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| 160～170未満 | 1 | 1.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 170～180未満 | 2 | 2.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 1 | 3.8 | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 |
| 180～190未満 | 3 | 3.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 16.7 | 1 | 5.0 | 0 | 0.0 | 1 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 190～200未満 | 1 | 1.1 | 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 |
| 200～210未満 | 1 | 1.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 210～220未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 220～230未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 230～240未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 240以上 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 平均値 mg/dl | 119.7 | | 93.0 | | 90.2 | | 112.6 | | 148.7 | | 127.8 | | 122.1 | | 134.0 | | 117.4 | | 129.5 | | 117.6 | |
| 標準偏差 | 32.0 | | 28.7 | | 26.4 | | 15.3 | | 35.1 | | 29.9 | | 26.5 | | 30.1 | | 26.3 | | 26.6 | | 29.1 | |

第16表の2 LDLコレステロール値の分布(性・年齢階級別)(コレステロール・中性脂肪を下げる薬服用者除外)

| | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲) 65～69歳 | | (再掲) 70～74歳 | | (再掲) 75～79歳 | | (再掲) 80～84歳 | |
|-----------|-------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 総数 | 45 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 4 | 100.0 | 14 | 100.0 | 17 | 100.0 | 6 | 100.0 | 9 | 100.0 | 5 | 100.0 | 2 | 100.0 |
| 40mg/dl未満 | 3 | 6.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 14.3 | 1 | 5.9 | 2 | 33.3 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 |
| 40～50未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50～60未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60～70未満 | 5 | 11.1 | 1 | 25.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 17.6 | 0 | 0.0 | 1 | 11.1 | 1 | 20.0 | 1 | 50.0 |
| 70～80未満 | 1 | 2.2 | 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 |
| 80～90未満 | 2 | 4.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 14.3 | 0 | 0.0 | 1 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 90～100未満 | 4 | 8.9 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 2 | 11.8 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 0 | 0.0 |
| 100～110未満 | 4 | 8.9 | 0 | 0.0 | 0 | 0.0 | 1 | 33.3 | 1 | 25.0 | 1 | 7.1 | 1 | 5.9 | 1 | 16.7 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 110～120未満 | 3 | 6.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 2 | 11.8 | 0 | 0.0 | 1 | 11.1 | 1 | 20.0 | 0 | 0.0 |
| 120～130未満 | 7 | 15.6 | 1 | 25.0 | 1 | 33.3 | 0 | 0.0 | 0 | 0.0 | 4 | 28.6 | 1 | 5.9 | 2 | 33.3 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 130～140未満 | 4 | 8.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 2 | 14.3 | 1 | 5.9 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 140～150未満 | 5 | 11.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 25.0 | 1 | 7.1 | 3 | 17.6 | 0 | 0.0 | 3 | 33.3 | 0 | 0.0 | 0 | 0.0 |
| 150～160未満 | 3 | 6.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 2 | 11.8 | 0 | 0.0 | 0 | 0.0 | 1 | 20.0 | 1 | 50.0 |
| 160～170未満 | 1 | 2.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.9 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 | 0 | 0.0 |
| 170～180未満 | 1 | 2.2 | 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 |
| 180～190未満 | 2 | 4.4 | 0 | 0.0 | 0 | 0.0 | 2 | 66.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 190～200未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 200～210未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 210～220未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 220～230未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 230～240未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 240以上 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 平均値 mg/dl | 114.0 | | 89.5 | | 121.0 | | 158.7 | | 125.3 | | 109.6 | 111.7 | | | 86.7 | 125.9 | | | 90.8 | | 111.0 | |
| 標準偏差 | 37.6 | | 24.3 | | 56.0 | | 43.9 | | 14.5 | | 37.7 | 37.0 | | | 42.0 | 27.6 | | | 44.0 | | 59.4 | |
| 総数 | 71 | 100.0 | 5 | 100.0 | 12 | 100.0 | 12 | 100.0 | 12 | 100.0 | 16 | 100.0 | 14 | 100.0 | 6 | 100.0 | 4 | 100.0 | 9 | 100.0 | 1 | 100.0 |
| 40mg/dl未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 40～50未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 50～60未満 | 2 | 2.8 | 1 | 20.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 60～70未満 | 2 | 2.8 | 0 | 0.0 | 2 | 16.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 70～80未満 | 2 | 2.8 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.1 | 0 | 0.0 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 |
| 80～90未満 | 5 | 7.0 | 2 | 40.0 | 2 | 16.7 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 90～100未満 | 7 | 9.9 | 0 | 0.0 | 2 | 16.7 | 1 | 8.3 | 0 | 0.0 | 3 | 18.8 | 1 | 7.1 | 1 | 16.7 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 |
| 100～110未満 | 8 | 11.3 | 0 | 0.0 | 3 | 25.0 | 2 | 16.7 | 2 | 16.7 | 0 | 0.0 | 1 | 7.1 | 0 | 0.0 | 1 | 25.0 | 0 | 0.0 | 0 | 0.0 |
| 110～120未満 | 10 | 14.1 | 1 | 20.0 | 0 | 0.0 | 5 | 41.7 | 1 | 8.3 | 2 | 12.5 | 1 | 7.1 | 0 | 0.0 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 |
| 120～130未満 | 10 | 14.1 | 1 | 20.0 | 0 | 0.0 | 1 | 8.3 | 2 | 16.7 | 3 | 18.8 | 3 | 21.4 | 1 | 16.7 | 0 | 0.0 | 3 | 33.3 | 0 | 0.0 |
| 130～140未満 | 6 | 8.5 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 1 | 8.3 | 0 | 0.0 | 4 | 28.6 | 0 | 0.0 | 2 | 50.0 | 2 | 22.2 | 0 | 0.0 |
| 140～150未満 | 8 | 11.3 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 5 | 31.3 | 2 | 14.3 | 0 | 0.0 | 0 | 0.0 | 1 | 11.1 | 1 | 100.0 |
| 150～160未満 | 3 | 4.2 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 1 | 8.3 | 1 | 6.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 160～170未満 | 1 | 1.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 170～180未満 | 2 | 2.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 1 | 7.1 | 0 | 0.0 | 0 | 0.0 | 1 | 11.1 | 0 | 0.0 |
| 180～190未満 | 3 | 4.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 16.7 | 1 | 6.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 190～200未満 | 1 | 1.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 6.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 200～210未満 | 1 | 1.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 8.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 210～220未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 220～230未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 230～240未満 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 240以上 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 平均値 mg/dl | 121.0 | | 93.0 | | 90.2 | | 112.6 | | 148.7 | | 133.4 | 126.8 | | | 140.7 | 119.0 | | | 128.1 | | 146.0 | |
| 標準偏差 | 33.3 | | 28.7 | | 26.4 | | 15.3 | | 35.1 | | 30.4 | 25.3 | | | 32.2 | 22.3 | | | 27.9 | | 0.0 | |

第17表 メタボリックシンドローム（内臓脂肪症候群）の状況（性・年齢階級別）（妊婦除外）

| | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | | (再掲)40～74歳 | | (再掲)65～74歳 | | (再掲)75歳以上 | |
|--------------------------------------|-------|-----|--------|---|--------|----|--------|----|--------|----|--------|----|-------|----|------------|----|------------|----|-----------|----|
| | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 |
| 総数 | 100.0 | 139 | 100.0 | 9 | 100.0 | 14 | 100.0 | 15 | 100.0 | 16 | 100.0 | 38 | 100.0 | 47 | 100.0 | 90 | 100.0 | 38 | 100.0 | 26 |
| 腹囲>=85cm(男) /90cm(女)+項目2つ以 上該当 | 17.3 | 24 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 6.3 | 1 | 23.7 | 9 | 29.8 | 14 | 17.8 | 16 | 23.7 | 9 | 30.8 | 8 |
| 総 数 | 18.7 | 26 | 0.0 | 0 | 14.3 | 2 | 13.3 | 2 | 31.3 | 5 | 15.8 | 6 | 23.4 | 11 | 20.0 | 18 | 21.1 | 8 | 23.1 | 6 |
| 腹囲>=85cm(男) /90cm(女)+項目1つ該 当 | | | | | | | | | | | | | | | | | | | | |
| 上記以外 | 64.0 | 89 | 100.0 | 9 | 85.7 | 12 | 86.7 | 13 | 62.5 | 10 | 60.5 | 23 | 46.8 | 22 | 62.2 | 56 | 55.3 | 21 | 46.2 | 12 |
| 総数 | 100.0 | 55 | 100.0 | 4 | 100.0 | 3 | 100.0 | 3 | 100.0 | 5 | 100.0 | 18 | 100.0 | 22 | 100.0 | 37 | 100.0 | 20 | 100.0 | 11 |
| 腹囲>=85cm+項目2つ 以上該当 | 29.1 | 16 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 20.0 | 1 | 38.9 | 7 | 36.4 | 8 | 32.4 | 12 | 35.0 | 7 | 36.4 | 4 |
| 腹囲>=85cm+項目1つ 該当 | 30.9 | 17 | 0.0 | 0 | 33.3 | 1 | 33.3 | 1 | 20.0 | 1 | 22.2 | 4 | 45.5 | 10 | 29.7 | 11 | 35.0 | 7 | 45.5 | 5 |
| 上記以外 | 40.0 | 22 | 100.0 | 4 | 66.7 | 2 | 66.7 | 2 | 60.0 | 3 | 38.9 | 7 | 18.2 | 4 | 37.8 | 14 | 30.0 | 6 | 18.2 | 2 |
| 総数 | 100.0 | 84 | 100.0 | 5 | 100.0 | 11 | 100.0 | 12 | 100.0 | 11 | 100.0 | 20 | 100.0 | 25 | 100.0 | 53 | 100.0 | 18 | 100.0 | 15 |
| 腹囲>=90cm+項目2つ 以上該当 | 9.5 | 8 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 10.0 | 2 | 24.0 | 6 | 7.5 | 4 | 11.1 | 2 | 26.7 | 4 |
| 腹囲>=90cm+項目1つ 該当 | 10.7 | 9 | 0.0 | 0 | 9.1 | 1 | 8.3 | 1 | 36.4 | 4 | 10.0 | 2 | 4.0 | 1 | 13.2 | 7 | 5.6 | 1 | 6.7 | 1 |
| 上記以外 | 79.8 | 67 | 100.0 | 5 | 90.9 | 10 | 91.7 | 11 | 63.6 | 7 | 80.0 | 16 | 72.0 | 18 | 79.2 | 42 | 83.3 | 15 | 66.7 | 10 |

第18表 腹囲区分別、血中脂質、血圧、血糖のいずれかのリスクを有する割合(性・年齢階級別)(妊婦除外)

| | 腹囲 | リスク保有数 | | | | | | | | | | |
|---------------------|---------------------|---------------------|-------|-------|-------|-------|-------|------|------|------|------|---|
| | | 総数 | | 0 | | 1 | | 2 | | 3 | | |
| | | % | (人数) | % | (人数) | % | (人数) | % | (人数) | % | (人数) | |
| 総数 | 85cm未満(男)/90cm未満(女) | 100.0 | 85 | 54.1 | 46 | 36.5 | 31 | 7.1 | 6 | 2.4 | 2 | |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 54 | 7.4 | 4 | 48.1 | 26 | 31.5 | 17 | 13.0 | 7 | |
| | 20～29歳 | 85cm未満(男)/90cm未満(女) | 100.0 | 8 | 87.5 | 7 | 12.5 | 1 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 1 | 100.0 | 1 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | |
| | 30～39歳 | 85cm未満(男)/90cm未満(女) | 100.0 | 12 | 100.0 | 12 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 2 | 0.0 | 0 | 100.0 | 2 | 0.0 | 0 | 0.0 | 0 | |
| | 40～49歳 | 85cm未満(男)/90cm未満(女) | 100.0 | 12 | 83.3 | 10 | 16.7 | 2 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 3 | 33.3 | 1 | 66.7 | 2 | 0.0 | 0 | 0.0 | 0 | |
| | 50～59歳 | 85cm未満(男)/90cm未満(女) | 100.0 | 10 | 50.0 | 5 | 50.0 | 5 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 6 | 0.0 | 0 | 83.3 | 5 | 16.7 | 1 | 0.0 | 0 | |
| | 60～69歳 | 85cm未満(男)/90cm未満(女) | 100.0 | 21 | 23.8 | 5 | 61.9 | 13 | 14.3 | 3 | 0.0 | 0 |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 17 | 11.8 | 2 | 35.3 | 6 | 41.2 | 7 | 11.8 | 2 | |
| | 70歳以上 | 85cm未満(男)/90cm未満(女) | 100.0 | 22 | 31.8 | 7 | 45.5 | 10 | 13.6 | 3 | 9.1 | 2 |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 25 | 0.0 | 0 | 44.0 | 11 | 36.0 | 9 | 20.0 | 5 | |
| | (再掲) | 85cm未満(男)/90cm未満(女) | 100.0 | 53 | 45.3 | 24 | 43.4 | 23 | 7.5 | 4 | 3.8 | 2 |
| | 85cm以上(男)/90cm以上(女) | 100.0 | 37 | 8.1 | 3 | 48.6 | 18 | 29.7 | 11 | 13.5 | 5 | |
| 40～74歳 | 85cm未満(男)/90cm未満(女) | 100.0 | 21 | 38.1 | 8 | 38.1 | 8 | 14.3 | 3 | 9.5 | 2 | |
| 85cm以上(男)/90cm以上(女) | 100.0 | 17 | 0.0 | 0 | 47.1 | 8 | 23.5 | 4 | 29.4 | 5 | | |
| 65～74歳 | 85cm未満(男)/90cm未満(女) | 100.0 | 12 | 25.0 | 3 | 58.3 | 7 | 16.7 | 2 | 0.0 | 0 | |
| 85cm以上(男)/90cm以上(女) | 100.0 | 14 | 0.0 | 0 | 42.9 | 6 | 42.9 | 6 | 14.3 | 2 | | |
| 75歳以上 | 85cm未満(男)/90cm未満(女) | 100.0 | 12 | 25.0 | 3 | 58.3 | 7 | 16.7 | 2 | 0.0 | 0 | |
| 85cm以上(男)/90cm以上(女) | 100.0 | 14 | 0.0 | 0 | 42.9 | 6 | 42.9 | 6 | 14.3 | 2 | | |
| 男性 | 85cm未満 | 100.0 | 20 | 30.0 | 6 | 70.0 | 14 | 0.0 | 0 | 0.0 | 0 | |
| | 85cm以上 | 100.0 | 35 | 5.7 | 2 | 48.6 | 17 | 37.1 | 13 | 8.6 | 3 | |
| | 20～29歳 | 85cm未満 | 100.0 | 3 | 66.7 | 2 | 33.3 | 1 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上 | 100.0 | 1 | 100.0 | 1 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | |
| | 30～39歳 | 85cm未満 | 100.0 | 2 | 100.0 | 2 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上 | 100.0 | 1 | 0.0 | 0 | 100.0 | 1 | 0.0 | 0 | 0.0 | 0 | |
| | 40～49歳 | 85cm未満 | 100.0 | 1 | 0.0 | 0 | 100.0 | 1 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上 | 100.0 | 2 | 50.0 | 1 | 50.0 | 1 | 0.0 | 0 | 0.0 | 0 | |
| | 50～59歳 | 85cm未満 | 100.0 | 3 | 0.0 | 0 | 100.0 | 3 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上 | 100.0 | 2 | 0.0 | 0 | 50.0 | 1 | 50.0 | 1 | 0.0 | 0 | |
| | 60～69歳 | 85cm未満 | 100.0 | 7 | 14.3 | 1 | 85.7 | 6 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上 | 100.0 | 11 | 0.0 | 0 | 36.4 | 4 | 45.5 | 5 | 18.2 | 2 | |
| | 70歳以上 | 85cm未満 | 100.0 | 4 | 25.0 | 1 | 75.0 | 3 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上 | 100.0 | 18 | 0.0 | 0 | 55.6 | 10 | 38.9 | 7 | 5.6 | 1 | |
| | (再掲) | 85cm未満 | 100.0 | 13 | 7.7 | 1 | 92.3 | 12 | 0.0 | 0 | 0.0 | 0 |
| | 85cm以上 | 100.0 | 24 | 4.2 | 1 | 45.8 | 11 | 37.5 | 9 | 12.5 | 3 | |
| 40～74歳 | 85cm未満 | 100.0 | 6 | 16.7 | 1 | 83.3 | 5 | 0.0 | 0 | 0.0 | 0 | |
| 85cm以上 | 100.0 | 14 | 0.0 | 0 | 50.0 | 7 | 28.6 | 4 | 21.4 | 3 | | |
| 65～74歳 | 85cm未満 | 100.0 | 2 | 50.0 | 1 | 50.0 | 1 | 0.0 | 0 | 0.0 | 0 | |
| 85cm以上 | 100.0 | 9 | 0.0 | 0 | 55.6 | 5 | 44.4 | 4 | 0.0 | 0 | | |
| 75歳以上 | 85cm未満 | 100.0 | 2 | 50.0 | 1 | 50.0 | 1 | 0.0 | 0 | 0.0 | 0 | |
| 85cm以上 | 100.0 | 9 | 0.0 | 0 | 55.6 | 5 | 44.4 | 4 | 0.0 | 0 | | |
| 女性 | 90cm未満 | 100.0 | 65 | 61.5 | 40 | 26.2 | 17 | 9.2 | 6 | 3.1 | 2 | |
| | 90cm以上 | 100.0 | 19 | 10.5 | 2 | 47.4 | 9 | 21.1 | 4 | 21.1 | 4 | |
| | 20～29歳 | 90cm未満 | 100.0 | 5 | 100.0 | 5 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 |
| | 90cm以上 | - | 0 | - | 0 | - | 0 | - | 0 | - | 0 | |
| | 30～39歳 | 90cm未満 | 100.0 | 10 | 100.0 | 10 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 |
| | 90cm以上 | 100.0 | 1 | 0.0 | 0 | 100.0 | 1 | 0.0 | 0 | 0.0 | 0 | |
| | 40～49歳 | 90cm未満 | 100.0 | 11 | 90.9 | 10 | 9.1 | 1 | 0.0 | 0 | 0.0 | 0 |
| | 90cm以上 | 100.0 | 1 | 0.0 | 0 | 100.0 | 1 | 0.0 | 0 | 0.0 | 0 | |
| | 50～59歳 | 90cm未満 | 100.0 | 7 | 71.4 | 5 | 28.6 | 2 | 0.0 | 0 | 0.0 | 0 |
| | 90cm以上 | 100.0 | 4 | 0.0 | 0 | 100.0 | 4 | 0.0 | 0 | 0.0 | 0 | |
| | 60～69歳 | 90cm未満 | 100.0 | 14 | 28.6 | 4 | 50.0 | 7 | 21.4 | 3 | 0.0 | 0 |
| | 90cm以上 | 100.0 | 6 | 33.3 | 2 | 33.3 | 2 | 33.3 | 2 | 0.0 | 0 | |
| | 70歳以上 | 90cm未満 | 100.0 | 18 | 33.3 | 6 | 38.9 | 7 | 16.7 | 3 | 11.1 | 2 |
| | 90cm以上 | 100.0 | 7 | 0.0 | 0 | 14.3 | 1 | 28.6 | 2 | 57.1 | 4 | |
| | (再掲) | 90cm未満 | 100.0 | 40 | 57.5 | 23 | 27.5 | 11 | 10.0 | 4 | 5.0 | 2 |
| | 90cm以上 | 100.0 | 13 | 15.4 | 2 | 53.8 | 7 | 15.4 | 2 | 15.4 | 2 | |
| 40～74歳 | 90cm未満 | 100.0 | 15 | 46.7 | 7 | 20.0 | 3 | 20.0 | 3 | 13.3 | 2 | |
| 90cm以上 | 100.0 | 3 | 0.0 | 0 | 33.3 | 1 | 0.0 | 0 | 66.7 | 2 | | |
| 65～74歳 | 90cm未満 | 100.0 | 10 | 20.0 | 2 | 60.0 | 6 | 20.0 | 2 | 0.0 | 0 | |
| 90cm以上 | 100.0 | 5 | 0.0 | 0 | 20.0 | 1 | 40.0 | 2 | 40.0 | 2 | | |
| 75歳以上 | 90cm以上 | 100.0 | 5 | 0.0 | 0 | 20.0 | 1 | 40.0 | 2 | 40.0 | 2 | |

第19表 歩行数の平均値及び標準偏差(性・年齢階級別)

| | 人 | 平均歩行数 | 標準偏差 |
|------------|-----|-------|------|
| 総数 | 154 | 8097 | 4724 |
| 20～29歳 | 19 | 10063 | 4513 |
| 30～39歳 | 20 | 6920 | 4224 |
| 40～49歳 | 22 | 8216 | 3966 |
| 50～59歳 | 19 | 7991 | 4719 |
| 60～69歳 | 35 | 9110 | 5170 |
| 70歳以上 | 39 | 6816 | 4778 |
| (再掲)20～64歳 | 94 | 8246 | 4675 |
| (再掲)65～74歳 | 37 | 8728 | 4735 |
| (再掲)75歳以上 | 23 | 6470 | 4756 |
| 総数 | 183 | 7367 | 3966 |
| 20～29歳 | 15 | 9406 | 4482 |
| 30～39歳 | 27 | 8069 | 3590 |
| 40～49歳 | 28 | 8266 | 3160 |
| 50～59歳 | 30 | 8799 | 4266 |
| 60～69歳 | 40 | 6359 | 2919 |
| 70歳以上 | 43 | 5567 | 4303 |
| (再掲)20～64歳 | 122 | 8131 | 3730 |
| (再掲)65～74歳 | 38 | 6641 | 3108 |
| (再掲)75歳以上 | 23 | 4514 | 4973 |

第20表 歩行数の分布(性・年齢階級別)

| | 総数 | | 20～29歳 | | 30～39歳 | | 40～49歳 | | 50～59歳 | | 60～69歳 | | 70歳以上 | |
|-------------|-----|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|
| | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % | 人 | % |
| 総数 | 154 | 100.0 | 19 | 100.0 | 20 | 100.0 | 22 | 100.0 | 19 | 100.0 | 35 | 100.0 | 39 | 100.0 |
| 1～1,999 | 14 | 9.1 | 0 | 0.0 | 3 | 15.0 | 2 | 9.1 | 0 | 0.0 | 1 | 2.9 | 8 | 20.5 |
| 2,000～3,999 | 20 | 13.0 | 2 | 10.5 | 2 | 10.0 | 2 | 9.1 | 3 | 15.8 | 6 | 17.1 | 5 | 12.8 |
| 4,000～5,999 | 22 | 14.3 | 0 | 0.0 | 3 | 15.0 | 2 | 9.1 | 6 | 31.6 | 5 | 14.3 | 6 | 15.4 |
| 6,000～7,900 | 30 | 19.5 | 5 | 26.3 | 6 | 30.0 | 4 | 18.2 | 3 | 15.8 | 5 | 14.3 | 7 | 17.9 |
| 8,000～9,999 | 18 | 11.7 | 5 | 26.3 | 1 | 5.0 | 4 | 18.2 | 1 | 5.3 | 2 | 5.7 | 5 | 12.8 |
| 10,000以上 | 50 | 32.5 | 7 | 36.8 | 5 | 25.0 | 8 | 36.4 | 6 | 31.6 | 16 | 45.7 | 8 | 20.5 |
| 総数 | 183 | 100.0 | 15 | 100.0 | 27 | 100.0 | 28 | 100.0 | 30 | 100.0 | 40 | 100.0 | 43 | 100.0 |
| 1～1,999 | 10 | 5.5 | 0 | 0.0 | 1 | 3.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 9 | 20.9 |
| 2,000～3,999 | 33 | 18.0 | 3 | 20.0 | 2 | 7.4 | 1 | 3.6 | 3 | 10.0 | 12 | 30.0 | 12 | 27.9 |
| 4,000～5,999 | 27 | 14.8 | 0 | 0.0 | 2 | 7.4 | 7 | 25.0 | 6 | 20.0 | 6 | 15.0 | 6 | 14.0 |
| 6,000～7,900 | 40 | 21.9 | 4 | 26.7 | 8 | 29.6 | 6 | 21.4 | 6 | 20.0 | 12 | 30.0 | 4 | 9.3 |
| 8,000～9,999 | 36 | 19.7 | 3 | 20.0 | 9 | 33.3 | 7 | 25.0 | 5 | 16.7 | 6 | 15.0 | 6 | 14.0 |
| 10,000以上 | 37 | 20.2 | 5 | 33.3 | 5 | 18.5 | 7 | 25.0 | 10 | 33.3 | 4 | 10.0 | 6 | 14.0 |

4 生活習慣調査の結果
第2表の1 生活習慣の状況(性・年齢階級別)

(上段:人数,下段:%)

| 身体総数 20~年齢 30~年齢 40~年齢 50~年齢 60~年齢 70歳~ | カ 卵 | | | | | | | | | | キ 大豆・大豆製品 | | | | | | | | | | ク 緑黄色野菜 | | | | | | | | | | ケ その他の野菜 | | | | | | | | | |
|---|-----|-------|-----|-----|----|-----|----|-----|----|-----|-----------|-----|----|-----|----|-----|----|-----|-----|-----|---------|-----|----|-----|----|-----|----|-----|----|-----|----------|-----|----|-----|-----|--|--|--|--|--|
| | 合計 | | 無回答 | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 無回答 | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 無回答 | | | | | |
| | 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 | % | | | | | | |
| 身体総数 | 410 | 100.0 | 10 | 2.4 | 21 | 5.1 | 22 | 5.4 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | 23 | 5.6 | | | | | | |
| 20~年齢 | 46 | 11.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | 1 | 2.2 | | | | | | |
| 30~年齢 | 61 | 14.9 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | 1 | 1.6 | | | | | | |
| 40~年齢 | 69 | 16.8 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | 1 | 1.4 | | | | | | |
| 50~年齢 | 57 | 13.9 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | | | | | | |
| 60~年齢 | 49 | 12.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | 1 | 2.0 | | | | | | |
| 70歳~ | 22 | 5.4 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | | | | | | |
| 男性総数 | 195 | 47.6 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | | | | | | |
| 20~年齢 | 22 | 5.4 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | | | | | | |
| 30~年齢 | 27 | 6.6 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | 1 | 3.7 | | | | | | |
| 40~年齢 | 31 | 7.6 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | 1 | 3.2 | | | | | | |
| 50~年齢 | 25 | 6.1 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | 1 | 4.0 | | | | | | |
| 60~年齢 | 39 | 9.5 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | | | | | | |
| 70歳~ | 44 | 10.7 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | 1 | 2.3 | | | | | | |
| 女性総数 | 215 | 52.4 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | 1 | 0.5 | | | | | | |
| 20~年齢 | 22 | 10.2 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | 1 | 4.5 | | | | | | |
| 30~年齢 | 34 | 15.8 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | 1 | 2.9 | | | | | | |
| 40~年齢 | 38 | 17.7 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | 1 | 2.6 | | | | | | |
| 50~年齢 | 34 | 15.8 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | 1 | 3.5 | | | | | | |
| 60~年齢 | 44 | 20.5 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | 1 | 2.7 | | | | | | |
| 70歳~ | 50 | 23.7 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | 1 | 1.8 | | | | | | |

問1 あなたは、この1ヶ月間に、次のアからケの食べ物をどのくらいの頻度で食べましたか、それぞれあてはまる番号を1つ選んで○印をつけて下さい。(1:毎日2回以上、2:毎日1回、3:週4~6回、4:週2~3回、5:週1回、6:週1回未満、7:食べなかった)

4 生活習慣調査の結果
第2表の2 生活習慣の状況(性・年齢級別)

| | 0本 | | 1~9本 | | 10~19本 | | 20本以上 | | (再) 掲24本 25本以上 | 無回答()本 * 平均値 | 問3 かんて食べるときは食べ物の状態について、あてはまる番号を1つ選んで○印をつけて下さい。 | 問4 あなたは食べ物や飲み物が飲み込みにくく感じたり、食事中にむせたりすることがありますか。あてはまる番号を1つ選んで○印をつけて下さい。 | 問5 日常生活を動かさず(生活活動)についてお伺いします。「健康維持・標準のためには、日常生活で、毎日60分間くらい体を動かすような生活をする」とが推奨されています。あなたは、これを実行していますか。あてはまる番号を1つ選んで○印をつけて下さい。 | | | | | | | |
|--------|------|--------|------|-------|--------|---|-------|---------|----------------|---------------|--|---|---|---------|----|---------|---------|----|--------|--------|
| | 合計 | 10~19本 | 1~9本 | 20本以上 | 合計 | かんて食べるときは食べ物の状態について、あてはまる番号を1つ選んで○印をつけて下さい。 | 合計 | 頻繁にめったに | | | | | | 頻繁にめったに | 合計 | 頻繁にめったに | 頻繁にめったに | 合計 | 実行している | 実行している |
| 全体総数 | 410 | 25 | 48 | 140 | 178 | 284 | 0 | 23 | | | | | | | | | | | | |
| 20~29歳 | 1000 | 44 | 61 | 117 | 341 | 437 | 693 | 0 | | | | | | | | | | | | |
| 30~39歳 | 1000 | 0 | 0 | 0 | 4 | 42 | 46 | 28 | | | | | | | | | | | | |
| 40~49歳 | 1000 | 0 | 0 | 0 | 0 | 913 | 1000 | 0 | | | | | | | | | | | | |
| 50~59歳 | 1000 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | | | | | | | | | | | | |
| 60~69歳 | 1000 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | | | | | | | | | | | | |
| 70歳~ | 1000 | 29 | 14 | 43 | 391 | 522 | 913 | 0 | | | | | | | | | | | | |
| 男性総数 | 188 | 12 | 17 | 24 | 39 | 81 | 127 | 22 | | | | | | | | | | | | |
| 20~29歳 | 1000 | 64 | 64 | 128 | 314 | 431 | 676 | 0 | | | | | | | | | | | | |
| 30~39歳 | 1000 | 0 | 0 | 0 | 125 | 675 | 1000 | 0 | | | | | | | | | | | | |
| 40~49歳 | 1000 | 0 | 0 | 0 | 185 | 815 | 963 | 0 | | | | | | | | | | | | |
| 50~59歳 | 1000 | 32 | 32 | 0 | 419 | 516 | 935 | 0 | | | | | | | | | | | | |
| 60~69歳 | 1000 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | | | | | | | | | | | | |
| 70歳~ | 1000 | 114 | 136 | 364 | 273 | 114 | 316 | 0 | | | | | | | | | | | | |
| 女性総数 | 222 | 13 | 31 | 116 | 139 | 207 | 286 | 23 | | | | | | | | | | | | |
| 20~29歳 | 1000 | 27 | 58 | 108 | 365 | 441 | 707 | 0 | | | | | | | | | | | | |
| 30~39歳 | 1000 | 0 | 0 | 0 | 45 | 955 | 1000 | 0 | | | | | | | | | | | | |
| 40~49歳 | 1000 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | | | | | | | | | | | | |
| 50~59歳 | 1000 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | | | | | | | | | | | | |
| 60~69歳 | 1000 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | | | | | | | | | | | | |
| 70歳~ | 1000 | 23 | 91 | 250 | 545 | 91 | 386 | 0 | | | | | | | | | | | | |
| 合計 | 504 | 4 | 9 | 7 | 20 | 10 | 22 | 0 | | | | | | | | | | | | |
| 1000 | 39 | 18.6 | 14.0 | 40.0 | 20.0 | 44.0 | 0.0 | | | | | | | | | | | | | |

4 生活習慣調査の結果
第21表の4 生活習慣の状況(性・年齢階級別)

(上段:人数、下段:%)

問8 あなたは、この1か月間に、自分以外の人が吸っていたタバコの煙を吸う機会(受動喫煙)がありましたか。次のアからコの場所について、それぞれあてはまる番号をつ選んで○印をつけて下さい。※学校、飲食店、遊技場などに勤務して、その職場で受動喫煙があった場合は、「イ 職場」欄に記入して下さい。(1:ほぼ毎日、2:週に数回程度、3:週に1回程度、4:月に1回程度、5:全くなかった、6:行かなかった)

| 全体数 20~29歳 30~39歳 40~49歳 50~59歳 60~69歳 70歳以上 計 | カ 行政機関(市役所、町役場、公民館など) | | | | | | キ 医療機関 | | | | | | ク 公共交通機関 | | | | | | ケ 路上 | | | | | | コ 子供が利用する屋外の空間(公園、遊学路など) | | | | | | | | | | | | | | | |
|---|-----------------------|---|---|----|-----|-----|--------|---|---|----|-----|-----|----------|------|---|----|-----|-----|------|------|----|----|----|-----|--------------------------|-----|------|-----|---|----|----|-----|-----|-----|----|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 合計 | 1 | 2 | 3 | 4 | 5 | 6 | 合計 | 1 | 2 | 3 | 4 | 5 | 6 | 合計 | 1 | 2 | 3 | 4 | 5 | 6 | 合計 | 1 | 2 | 3 | 4 | 5 | 6 | 合計 | 1 | 2 | 3 | 4 | 5 |
| 全体数 | 410 | 0 | 0 | 18 | 126 | 256 | 410 | 0 | 0 | 12 | 235 | 157 | 410 | 0 | 0 | 22 | 272 | 86 | 410 | 0 | 0 | 27 | 60 | 37 | 135 | 21 | 410 | 0 | 0 | 17 | 11 | 21 | 176 | 178 | 3 | | | | | |
| 20~29歳 | 46 | 0 | 0 | 2 | 9 | 33 | 46 | 0 | 0 | 0 | 20 | 24 | 46 | 0 | 0 | 4 | 25 | 10 | 46 | 0 | 0 | 3 | 12 | 6 | 14 | 3 | 46 | 0 | 0 | 1 | 2 | 5 | 43 | 43 | 1 | | | | | |
| 30~39歳 | 100 | 0 | 0 | 2 | 43 | 136 | 100 | 0 | 0 | 0 | 43 | 52 | 100 | 0 | 0 | 4 | 87 | 54 | 100 | 0 | 0 | 5 | 15 | 13 | 30 | 4 | 100 | 0 | 0 | 3 | 0 | 16 | 81 | 22 | 1 | | | | | |
| 40~49歳 | 61 | 0 | 0 | 2 | 32 | 38 | 61 | 0 | 0 | 0 | 39 | 21 | 61 | 0 | 0 | 0 | 46 | 11 | 61 | 0 | 0 | 5 | 8 | 13 | 15 | 19 | 61 | 0 | 0 | 1 | 2 | 3 | 49 | 23 | 0 | | | | | |
| 50~59歳 | 100 | 0 | 0 | 0 | 37 | 37 | 100 | 0 | 0 | 0 | 19 | 34 | 100 | 0 | 0 | 0 | 46 | 10 | 100 | 0 | 0 | 3 | 14 | 16 | 12 | 21 | 100 | 0 | 0 | 2 | 1 | 7 | 32 | 21 | 1 | | | | | |
| 60~69歳 | 57 | 0 | 0 | 0 | 7 | 30 | 57 | 0 | 0 | 0 | 2 | 31 | 57 | 0 | 0 | 0 | 35 | 11 | 57 | 0 | 0 | 2 | 10 | 17 | 14 | 23 | 57 | 0 | 0 | 2 | 3 | 3 | 26 | 21 | 0 | | | | | |
| 70歳以上 | 83 | 0 | 0 | 0 | 3 | 25 | 83 | 0 | 0 | 0 | 3 | 25 | 83 | 0 | 0 | 0 | 35 | 15 | 83 | 0 | 0 | 2 | 15 | 19 | 11 | 21 | 83 | 0 | 0 | 2 | 3 | 3 | 26 | 22 | 0 | | | | | |
| 計 | 1000 | 0 | 0 | 11 | 32 | 329 | 1000 | 0 | 0 | 12 | 467 | 292 | 1000 | 0 | 0 | 27 | 687 | 222 | 1000 | 0 | 0 | 27 | 68 | 222 | 226 | 311 | 1000 | 0 | 0 | 27 | 19 | 33 | 492 | 414 | 0 | | | | | |
| 男性数 | 188 | 0 | 0 | 1 | 5 | 132 | 188 | 0 | 0 | 0 | 3 | 71 | 132 | 188 | 0 | 0 | 0 | 34 | 25 | 188 | 0 | 0 | 3 | 16 | 32 | 47 | 188 | 0 | 0 | 2 | 1 | 4 | 146 | 146 | 0 | | | | | |
| 20~29歳 | 21 | 0 | 0 | 0 | 3 | 16 | 21 | 0 | 0 | 0 | 11 | 14 | 21 | 0 | 0 | 0 | 14 | 5 | 21 | 0 | 0 | 1 | 6 | 7 | 9 | 11 | 21 | 0 | 0 | 0 | 0 | 0 | 17 | 17 | 0 | | | | | |
| 30~39歳 | 27 | 0 | 0 | 0 | 4 | 17 | 27 | 0 | 0 | 0 | 11 | 15 | 27 | 0 | 0 | 0 | 18 | 6 | 27 | 0 | 0 | 1 | 4 | 3 | 6 | 8 | 27 | 0 | 0 | 0 | 0 | 1 | 9 | 15 | 0 | | | | | |
| 40~49歳 | 31 | 0 | 0 | 0 | 2 | 23 | 31 | 0 | 0 | 0 | 11 | 19 | 31 | 0 | 0 | 0 | 21 | 6 | 31 | 0 | 0 | 2 | 7 | 6 | 5 | 8 | 31 | 0 | 0 | 1 | 1 | 4 | 2 | 12 | 19 | 1 | | | | |
| 50~59歳 | 25 | 0 | 0 | 0 | 6 | 18 | 25 | 0 | 0 | 0 | 3 | 13 | 25 | 0 | 0 | 0 | 16 | 7 | 25 | 0 | 0 | 1 | 5 | 6 | 4 | 7 | 25 | 0 | 0 | 1 | 2 | 2 | 10 | 11 | 0 | | | | | |
| 60~69歳 | 39 | 0 | 0 | 0 | 0 | 31 | 39 | 0 | 0 | 0 | 0 | 29 | 39 | 0 | 0 | 0 | 43 | 16 | 39 | 0 | 0 | 1 | 10 | 11 | 10 | 11 | 39 | 0 | 0 | 0 | 0 | 0 | 11 | 11 | 0 | | | | | |
| 70歳以上 | 100 | 0 | 0 | 0 | 2 | 25 | 100 | 0 | 0 | 0 | 2 | 25 | 100 | 0 | 0 | 0 | 25 | 15 | 100 | 0 | 0 | 2 | 12 | 17 | 12 | 23 | 100 | 0 | 0 | 2 | 3 | 3 | 26 | 22 | 0 | | | | | |
| 計 | 222 | 0 | 0 | 1 | 35 | 186 | 222 | 0 | 0 | 6 | 144 | 90 | 222 | 0 | 0 | 9 | 14 | 158 | 38 | 222 | 0 | 0 | 11 | 35 | 38 | 45 | 86 | 12 | 9 | 2 | 13 | 105 | 89 | 1 | | | | | | |
| 20~29歳 | 22 | 0 | 0 | 0 | 0 | 15 | 22 | 0 | 0 | 0 | 0 | 11 | 22 | 0 | 0 | 0 | 14 | 3 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 6 | 11 | 0 | | | | | |
| 30~39歳 | 34 | 0 | 0 | 0 | 4 | 27 | 34 | 0 | 0 | 0 | 0 | 5 | 34 | 0 | 0 | 0 | 28 | 5 | 34 | 0 | 0 | 0 | 1 | 5 | 7 | 9 | 11 | 1 | 0 | 0 | 0 | 0 | 2 | 10 | 0 | | | | | |
| 40~49歳 | 38 | 0 | 0 | 0 | 3 | 16 | 38 | 0 | 0 | 0 | 0 | 13 | 38 | 0 | 0 | 0 | 32 | 4 | 38 | 0 | 0 | 0 | 1 | 7 | 10 | 7 | 13 | 0 | 0 | 0 | 0 | 1 | 5 | 20 | 1 | | | | | |
| 50~59歳 | 34 | 0 | 0 | 0 | 7 | 42 | 34 | 0 | 0 | 0 | 2 | 16 | 34 | 0 | 0 | 0 | 18 | 6 | 34 | 0 | 0 | 0 | 1 | 8 | 8 | 5 | 9 | 11 | 0 | 0 | 0 | 0 | 2 | 3 | 15 | 0 | | | | |
| 60~69歳 | 44 | 0 | 0 | 0 | 0 | 38 | 44 | 0 | 0 | 0 | 0 | 38 | 44 | 0 | 0 | 0 | 35 | 22 | 44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 34 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | |
| 70歳以上 | 100 | 0 | 0 | 0 | 1 | 25 | 100 | 0 | 0 | 0 | 1 | 25 | 100 | 0 | 0 | 0 | 25 | 14 | 100 | 0 | 0 | 0 | 1 | 13 | 16 | 12 | 23 | 100 | 0 | 0 | 1 | 3 | 3 | 26 | 22 | 0 | | | | |
| 計 | 1000 | 0 | 0 | 0 | 0 | 205 | 1000 | 0 | 0 | 0 | 20 | 723 | 205 | 1000 | 0 | 0 | 0 | 174 | 205 | 1000 | 0 | 0 | 0 | 0 | 0 | 0 | 1000 | 0 | 0 | 0 | 0 | 0 | 205 | 205 | 0 | | | | | |

4 生活習慣調査の結果
第2-1表の5 生活習慣の状況(性・年齢階級別)

| 年齢階級 | 性別 | 合計 | 家庭 | 職場 | 学校 | 飲食店 | 遊技場 (ゲームセンター、パチンコ、競馬場など) | 行政機関 (市役所、公庁、公民館など) | 医療機関 (通院) | 公共交通機関 | 路上 | 子供が利用する空間 (公園、通学路など) | 特にな | 無回答 | 問9 あなたが、受動喫煙の防止対策が今よりも推進されることを望む場所がありますか。あてはまる番号をすべて選んで○印をつけて下さい。 | | | | | | | | | | 問10 飲酒の知識についておたずねします。「生活習慣病のリスクを高める飲酒量」とは、男女それぞれ、日平均でどのくらいか。清酒に換算※し、あてはまる番号をそれぞれ一つ選んで○印をつけて下さい。※清酒1合(180ml)は、次の重さ(ほぼ相当)します。ビール・発泡酒中瓶1本(約500ml)、焼酎20度(135ml)、焼酎25度(110ml)、焼酎35度(80ml)、チューハイ7度(350ml)、ウイスキー(60ml)、ワイングラス杯(240ml) | | | | | | | | | | 問11 睡眠の質についておたずねします。あなただけは、月に、次のようなことが週3回以上ありましたか。あてはまる番号をすべて選んで○印をつけて下さい。 | | | | | | | | | |
|--------|----|-----|----|----|----|-----|-----------------------------|------------------------|--------------|--------|-----|-------------------------|-----|-----|---|-------------|-------------|-------------|-------------|-----|----|-------------|-------------|-------------|--|-------------|-----|-----|-------------------|-------------|---------------|--------------|-------------|-----|--|-----|-----|---|--|--|--|--|--|--|
| | | | | | | | | | | | | | | | 1合(180ml)以上 | 2合(360ml)以上 | 3合(540ml)以上 | 4合(720ml)以上 | 5合(900ml)以上 | 無回答 | 合計 | 1合(180ml)以上 | 2合(360ml)以上 | 3合(540ml)以上 | 4合(720ml)以上 | 5合(900ml)以上 | 無回答 | 合計 | 寝る時、途中で目が覚めたことがある | 睡眠時間が足りなかった | 睡眠全体に満足できなかった | 睡眠中に、いびきをかいた | 左記のよなことがあった | | | | | | | | | | | |
| 全体総数 | | 410 | 33 | 61 | 62 | 188 | 93 | 100 | 113 | 243 | 183 | 96 | 1 | 410 | 57 | 128 | 104 | 25 | 12 | 79 | 5 | 410 | 109 | 117 | 61 | 5 | 7 | 100 | 11 | 410 | 75 | 84 | 66 | 132 | 115 | 193 | 104 | 0 | | | | | | |
| 20~29歳 | | 100 | 8 | 14 | 15 | 41 | 22 | 24 | 27 | 53 | 44 | 23 | 0 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 30~39歳 | | 100 | 8 | 15 | 16 | 48 | 23 | 25 | 28 | 53 | 44 | 23 | 0 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 40~49歳 | | 100 | 8 | 15 | 16 | 48 | 23 | 25 | 28 | 53 | 44 | 23 | 0 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 50~59歳 | | 100 | 8 | 15 | 16 | 48 | 23 | 25 | 28 | 53 | 44 | 23 | 0 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 60~69歳 | | 100 | 8 | 15 | 16 | 48 | 23 | 25 | 28 | 53 | 44 | 23 | 0 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 70歳~ | | 100 | 8 | 15 | 16 | 48 | 23 | 25 | 28 | 53 | 44 | 23 | 0 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 男性総数 | | 188 | 10 | 25 | 26 | 66 | 40 | 31 | 36 | 41 | 96 | 75 | 59 | 188 | 34 | 60 | 47 | 11 | 7 | 28 | 1 | 188 | 43 | 50 | 25 | 2 | 3 | 54 | 11 | 188 | 34 | 46 | 37 | 54 | 47 | 83 | 53 | 0 | | | | | | |
| 20~29歳 | | 100 | 5 | 13 | 13 | 35 | 21 | 16 | 19 | 21 | 51 | 39 | 31 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 30~39歳 | | 100 | 5 | 13 | 13 | 35 | 21 | 16 | 19 | 21 | 51 | 39 | 31 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 40~49歳 | | 100 | 5 | 13 | 13 | 35 | 21 | 16 | 19 | 21 | 51 | 39 | 31 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 50~59歳 | | 100 | 5 | 13 | 13 | 35 | 21 | 16 | 19 | 21 | 51 | 39 | 31 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 60~69歳 | | 100 | 5 | 13 | 13 | 35 | 21 | 16 | 19 | 21 | 51 | 39 | 31 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 70歳~ | | 100 | 5 | 13 | 13 | 35 | 21 | 16 | 19 | 21 | 51 | 39 | 31 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 女性総数 | | 222 | 23 | 36 | 36 | 102 | 53 | 64 | 72 | 147 | 108 | 37 | 0 | 222 | 23 | 68 | 57 | 14 | 5 | 51 | 4 | 222 | 66 | 67 | 36 | 3 | 4 | 46 | 0 | 222 | 41 | 48 | 29 | 78 | 68 | 110 | 51 | 0 | | | | | | |
| 20~29歳 | | 100 | 10 | 15 | 15 | 45 | 23 | 27 | 28 | 32 | 62 | 48 | 16 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 30~39歳 | | 100 | 10 | 15 | 15 | 45 | 23 | 27 | 28 | 32 | 62 | 48 | 16 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 40~49歳 | | 100 | 10 | 15 | 15 | 45 | 23 | 27 | 28 | 32 | 62 | 48 | 16 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 50~59歳 | | 100 | 10 | 15 | 15 | 45 | 23 | 27 | 28 | 32 | 62 | 48 | 16 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 60~69歳 | | 100 | 10 | 15 | 15 | 45 | 23 | 27 | 28 | 32 | 62 | 48 | 16 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |
| 70歳~ | | 100 | 10 | 15 | 15 | 45 | 23 | 27 | 28 | 32 | 62 | 48 | 16 | 100 | 13 | 31 | 25 | 6 | 1 | 19 | 12 | 100 | 26 | 28 | 14 | 12 | 17 | 24 | 2 | 100 | 18 | 22 | 16 | 32 | 28 | 47 | 25 | 0 | | | | | | |

5 栄養素等摂取量の分布

第22表 エネルギー摂取量の分布(性・年齢階級別)

単位:kcal

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 2141 | 582 | 998 | 1248 | 1436 | 1739 | 2106 | 2485 | 2876 | 3200 | 3706 |
| 1~2歳 | 1 | 926 | 0 | 926 | 926 | 926 | 926 | 926 | 926 | 926 | 926 | 926 |
| 3~5歳 | 5 | 1480 | 189 | 1227 | 1259 | 1299 | 1418 | 1433 | 1646 | 1668 | 1675 | 1681 |
| 6~7歳 | 3 | 1405 | 211 | 1247 | 1253 | 1261 | 1285 | 1325 | 1485 | 1580 | 1612 | 1638 |
| 8~9歳 | 5 | 1897 | 328 | 1499 | 1525 | 1557 | 1653 | 1985 | 2033 | 2207 | 2265 | 2311 |
| 10~11歳 | 2 | 2230 | 336 | 1997 | 2016 | 2040 | 2111 | 2230 | 2348 | 2420 | 2443 | 2462 |
| 12~14歳 | 3 | 2880 | 597 | 2270 | 2324 | 2392 | 2597 | 2937 | 3192 | 3344 | 3395 | 3436 |
| 15~17歳 | 6 | 2687 | 668 | 1939 | 1985 | 2043 | 2287 | 2680 | 2791 | 3338 | 3594 | 3799 |
| 18~29歳 | 22 | 2306 | 615 | 1184 | 1394 | 1614 | 1775 | 2298 | 2813 | 3037 | 3174 | 3249 |
| 30~49歳 | 46 | 2164 | 578 | 1105 | 1320 | 1642 | 1818 | 2064 | 2388 | 2824 | 3329 | 3735 |
| 50~69歳 | 58 | 2124 | 569 | 1018 | 1169 | 1431 | 1817 | 2121 | 2480 | 2789 | 3095 | 3505 |
| 70歳以上 | 40 | 2105 | 493 | 1332 | 1437 | 1512 | 1716 | 2091 | 2464 | 2591 | 2847 | 3352 |
| 女性総数 | 220 | 1716 | 442 | 806 | 955 | 1109 | 1443 | 1715 | 2012 | 2262 | 2415 | 2712 |
| 1~2歳 | 4 | 961 | 453 | 390 | 460 | 548 | 810 | 999 | 1149 | 1343 | 1408 | 1460 |
| 3~5歳 | 7 | 1136 | 335 | 806 | 824 | 846 | 906 | 1072 | 1280 | 1573 | 1640 | 1694 |
| 6~7歳 | 2 | 1341 | 197 | 1205 | 1216 | 1230 | 1272 | 1341 | 1411 | 1452 | 1466 | 1477 |
| 8~9歳 | 3 | 1943 | 247 | 1784 | 1787 | 1790 | 1801 | 1818 | 2023 | 2145 | 2186 | 2219 |
| 10~11歳 | 2 | 2376 | 330 | 2147 | 2165 | 2189 | 2259 | 2376 | 2492 | 2562 | 2586 | 2604 |
| 12~14歳 | 3 | 2070 | 281 | 1809 | 1828 | 1852 | 1924 | 2043 | 2204 | 2300 | 2332 | 2358 |
| 15~17歳 | 6 | 1919 | 402 | 1294 | 1372 | 1470 | 1737 | 2005 | 2115 | 2282 | 2356 | 2414 |
| 18~29歳 | 21 | 1680 | 513 | 875 | 885 | 905 | 1383 | 1570 | 2157 | 2416 | 2479 | 2500 |
| 30~49歳 | 58 | 1796 | 429 | 877 | 1049 | 1199 | 1543 | 1824 | 2058 | 2324 | 2426 | 2665 |
| 50~69歳 | 68 | 1711 | 376 | 962 | 1217 | 1263 | 1446 | 1713 | 1942 | 2146 | 2229 | 2625 |
| 70歳以上 | 46 | 1715 | 420 | 973 | 1106 | 1167 | 1442 | 1674 | 1989 | 2241 | 2379 | 2747 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 1928 | 441 | 1622 | 1647 | 1678 | 1772 | 1928 | 2084 | 2178 | 2209 | 2234 |

第23表 たんぱく質摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-------|------|---------|------|------|------|---------|-------|-------|-------|-------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 76.2 | 23.3 | 31.7 | 40.7 | 46.5 | 58.4 | 75.3 | 91.2 | 107.8 | 116.3 | 130.1 |
| 1~2歳 | 1 | 20.8 | 0.0 | 20.8 | 20.8 | 20.8 | 20.8 | 20.8 | 20.8 | 20.8 | 20.8 | 20.8 |
| 3~5歳 | 5 | 45.1 | 7.9 | 34.6 | 35.4 | 36.4 | 39.5 | 48.3 | 49.9 | 52.1 | 52.8 | 53.4 |
| 6~7歳 | 3 | 50.3 | 18.4 | 35.3 | 36.1 | 37.1 | 40.1 | 45.1 | 58.0 | 65.7 | 68.2 | 70.3 |
| 8~9歳 | 5 | 69.0 | 18.8 | 50.9 | 51.1 | 51.3 | 52.1 | 64.7 | 86.4 | 89.1 | 90.0 | 90.7 |
| 10~11歳 | 2 | 71.6 | 8.7 | 65.5 | 66.0 | 66.6 | 68.5 | 71.6 | 74.6 | 76.5 | 77.1 | 77.6 |
| 12~14歳 | 3 | 103.4 | 14.2 | 90.1 | 91.1 | 92.4 | 96.1 | 102.2 | 110.2 | 115.0 | 116.6 | 117.9 |
| 15~17歳 | 6 | 101.6 | 33.4 | 53.4 | 57.6 | 62.9 | 81.5 | 109.9 | 118.1 | 132.1 | 138.4 | 143.4 |
| 18~29歳 | 22 | 79.1 | 28.1 | 27.5 | 41.7 | 47.1 | 60.1 | 78.7 | 89.4 | 116.1 | 127.7 | 134.0 |
| 30~49歳 | 46 | 73.1 | 18.9 | 40.0 | 45.1 | 49.4 | 61.0 | 72.7 | 82.3 | 96.8 | 105.6 | 120.7 |
| 50~69歳 | 58 | 77.1 | 22.3 | 34.5 | 40.0 | 45.5 | 60.0 | 77.3 | 92.4 | 106.8 | 109.8 | 120.6 |
| 70歳以上 | 40 | 79.2 | 20.7 | 44.3 | 48.6 | 51.7 | 62.9 | 82.0 | 94.6 | 100.1 | 109.0 | 121.7 |
| 女性総数 | 220 | 65.3 | 20.2 | 22.8 | 33.0 | 40.1 | 52.5 | 64.6 | 77.9 | 91.7 | 100.1 | 109.4 |
| 1~2歳 | 4 | 31.9 | 20.8 | 15.5 | 16.4 | 17.5 | 20.8 | 25.1 | 36.2 | 51.7 | 56.9 | 61.1 |
| 3~5歳 | 7 | 37.3 | 10.6 | 24.6 | 24.8 | 24.9 | 29.7 | 37.9 | 42.5 | 48.1 | 51.3 | 53.9 |
| 6~7歳 | 2 | 50.5 | 20.2 | 36.5 | 37.6 | 39.1 | 43.3 | 50.5 | 57.6 | 61.9 | 63.3 | 64.4 |
| 8~9歳 | 3 | 66.2 | 7.7 | 60.6 | 60.8 | 61.0 | 61.9 | 63.2 | 69.1 | 72.6 | 73.8 | 74.8 |
| 10~11歳 | 2 | 72.3 | 27.4 | 53.3 | 54.8 | 56.8 | 62.6 | 72.3 | 82.0 | 87.8 | 89.8 | 91.3 |
| 12~14歳 | 3 | 74.5 | 1.5 | 73.0 | 73.2 | 73.3 | 73.8 | 74.6 | 75.3 | 75.7 | 75.9 | 76.0 |
| 15~17歳 | 6 | 76.4 | 22.4 | 52.9 | 53.9 | 55.1 | 61.2 | 73.4 | 84.1 | 100.8 | 107.6 | 113.0 |
| 18~29歳 | 21 | 61.7 | 22.6 | 25.7 | 33.0 | 34.4 | 41.5 | 65.3 | 78.8 | 83.9 | 86.3 | 104.9 |
| 30~49歳 | 58 | 63.8 | 17.5 | 23.8 | 36.3 | 45.7 | 53.4 | 62.9 | 72.3 | 86.8 | 98.0 | 104.5 |
| 50~69歳 | 68 | 68.7 | 19.7 | 35.1 | 40.1 | 45.7 | 54.3 | 66.8 | 81.6 | 91.3 | 98.0 | 119.6 |
| 70歳以上 | 46 | 69.2 | 19.1 | 33.1 | 40.4 | 46.4 | 55.8 | 65.7 | 83.9 | 96.2 | 100.4 | 103.9 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 78.6 | 40.5 | 50.5 | 52.8 | 55.6 | 64.2 | 78.6 | 92.9 | 101.5 | 104.3 | 106.6 |

第24表 動物性たんぱく質摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 41.2 | 19.3 | 10.6 | 15.6 | 17.5 | 26.8 | 39.0 | 53.4 | 69.3 | 76.9 | 89.8 |
| 1~2歳 | 1 | 16.3 | 0.0 | 16.3 | 16.3 | 16.3 | 16.3 | 16.3 | 16.3 | 16.3 | 16.3 | 16.3 |
| 3~5歳 | 5 | 24.6 | 7.0 | 15.9 | 16.6 | 17.5 | 20.1 | 26.0 | 26.8 | 31.2 | 32.7 | 33.9 |
| 6~7歳 | 3 | 33.4 | 19.1 | 16.8 | 17.8 | 19.1 | 23.1 | 29.6 | 41.9 | 49.3 | 51.7 | 53.7 |
| 8~9歳 | 5 | 39.4 | 20.1 | 11.8 | 15.1 | 19.2 | 31.4 | 41.0 | 48.5 | 58.4 | 61.7 | 64.3 |
| 10~11歳 | 2 | 31.0 | 1.5 | 29.9 | 30.0 | 30.1 | 30.4 | 31.0 | 31.5 | 31.8 | 31.9 | 32.0 |
| 12~14歳 | 3 | 70.3 | 16.9 | 58.8 | 59.1 | 59.5 | 60.6 | 62.5 | 76.1 | 84.3 | 87.0 | 89.2 |
| 15~17歳 | 6 | 62.2 | 24.5 | 26.0 | 29.9 | 34.8 | 47.6 | 66.6 | 80.5 | 85.2 | 86.8 | 88.2 |
| 18~29歳 | 22 | 44.9 | 23.3 | 8.2 | 11.5 | 17.1 | 31.6 | 39.3 | 57.9 | 74.8 | 84.0 | 96.1 |
| 30~49歳 | 46 | 37.0 | 17.2 | 13.2 | 15.4 | 16.5 | 22.9 | 37.2 | 45.1 | 60.5 | 70.2 | 79.4 |
| 50~69歳 | 58 | 40.4 | 18.1 | 10.1 | 15.5 | 18.5 | 26.7 | 39.2 | 52.3 | 63.5 | 69.5 | 83.7 |
| 70歳以上 | 40 | 43.9 | 17.7 | 17.8 | 18.9 | 19.9 | 28.1 | 43.2 | 54.4 | 66.9 | 72.9 | 79.5 |
| 女性総数 | 220 | 35.3 | 15.0 | 5.0 | 11.5 | 16.1 | 24.3 | 36.2 | 44.9 | 53.7 | 59.3 | 72.3 |
| 1~2歳 | 4 | 15.2 | 17.0 | 4.7 | 5.0 | 5.4 | 6.7 | 7.8 | 16.3 | 30.9 | 35.7 | 39.6 |
| 3~5歳 | 7 | 22.2 | 9.3 | 12.1 | 12.7 | 13.4 | 14.9 | 20.7 | 27.5 | 32.6 | 35.3 | 37.4 |
| 6~7歳 | 2 | 27.6 | 22.1 | 12.2 | 13.5 | 15.0 | 19.7 | 27.6 | 35.4 | 40.1 | 41.6 | 42.9 |
| 8~9歳 | 3 | 41.3 | 8.4 | 34.3 | 34.7 | 35.2 | 36.7 | 39.2 | 44.9 | 48.3 | 49.5 | 50.4 |
| 10~11歳 | 2 | 28.3 | 23.8 | 11.8 | 13.2 | 14.9 | 19.9 | 28.3 | 36.7 | 41.7 | 43.4 | 44.8 |
| 12~14歳 | 3 | 43.1 | 5.5 | 37.7 | 38.1 | 38.7 | 40.3 | 43.0 | 45.8 | 47.5 | 48.0 | 48.5 |
| 15~17歳 | 6 | 46.2 | 20.7 | 26.0 | 28.9 | 32.4 | 40.0 | 41.7 | 42.5 | 64.5 | 75.4 | 84.1 |
| 18~29歳 | 21 | 34.8 | 15.4 | 12.3 | 16.1 | 16.6 | 22.9 | 33.7 | 45.7 | 52.5 | 59.2 | 64.0 |
| 30~49歳 | 58 | 32.6 | 13.9 | 6.4 | 10.4 | 14.5 | 22.8 | 35.0 | 38.9 | 49.3 | 52.0 | 68.2 |
| 50~69歳 | 68 | 37.5 | 14.4 | 10.9 | 17.6 | 21.5 | 26.7 | 36.6 | 47.3 | 54.9 | 60.7 | 73.6 |
| 70歳以上 | 46 | 38.0 | 14.6 | 6.6 | 16.9 | 19.7 | 27.2 | 36.6 | 47.5 | 56.5 | 60.0 | 66.4 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 44.2 | 40.4 | 16.2 | 18.5 | 21.3 | 29.9 | 44.2 | 58.5 | 67.1 | 69.9 | 72.2 |

第25表 脂質摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-------|------|---------|------|------|------|---------|-------|-------|-------|-------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 63.1 | 26.7 | 17.6 | 25.4 | 32.1 | 45.6 | 59.7 | 80.2 | 92.2 | 103.1 | 135.8 |
| 1～2歳 | 1 | 37.3 | 0.0 | 37.3 | 37.3 | 37.3 | 37.3 | 37.3 | 37.3 | 37.3 | 37.3 | 37.3 |
| 3～5歳 | 5 | 49.3 | 9.3 | 35.3 | 37.5 | 40.2 | 48.4 | 48.5 | 56.4 | 57.6 | 58.0 | 58.3 |
| 6～7歳 | 3 | 49.1 | 17.8 | 36.0 | 36.5 | 37.1 | 39.0 | 42.1 | 55.7 | 63.9 | 66.6 | 68.8 |
| 8～9歳 | 5 | 62.8 | 13.1 | 46.4 | 48.0 | 50.1 | 56.2 | 59.9 | 75.0 | 76.3 | 76.7 | 77.0 |
| 10～11歳 | 2 | 68.2 | 18.8 | 55.2 | 56.2 | 57.6 | 61.6 | 68.2 | 74.9 | 78.8 | 80.2 | 81.2 |
| 12～14歳 | 3 | 110.6 | 61.8 | 59.7 | 62.5 | 66.0 | 76.4 | 93.8 | 136.5 | 162.0 | 170.6 | 177.4 |
| 15～17歳 | 6 | 88.1 | 44.6 | 48.8 | 53.0 | 58.3 | 70.0 | 75.9 | 83.3 | 130.1 | 152.7 | 170.8 |
| 18～29歳 | 22 | 73.7 | 27.5 | 29.5 | 35.5 | 41.7 | 50.8 | 78.1 | 91.9 | 109.2 | 111.8 | 124.1 |
| 30～49歳 | 46 | 65.6 | 25.3 | 23.9 | 29.7 | 36.2 | 42.7 | 65.1 | 84.2 | 96.3 | 108.7 | 121.2 |
| 50～69歳 | 58 | 58.3 | 24.5 | 16.3 | 21.5 | 25.7 | 38.6 | 56.5 | 76.2 | 87.3 | 91.3 | 114.6 |
| 70歳以上 | 40 | 57.3 | 22.0 | 17.7 | 21.3 | 27.8 | 47.4 | 52.1 | 75.9 | 86.1 | 89.4 | 99.2 |
| 女性総数 | 220 | 55.4 | 21.1 | 14.9 | 23.4 | 28.3 | 40.4 | 55.8 | 67.9 | 80.4 | 89.9 | 112.5 |
| 1～2歳 | 4 | 26.8 | 10.4 | 11.9 | 14.1 | 16.8 | 24.8 | 30.9 | 32.8 | 33.4 | 33.6 | 33.8 |
| 3～5歳 | 7 | 36.6 | 15.1 | 20.2 | 21.6 | 23.2 | 26.7 | 31.5 | 44.2 | 54.9 | 58.8 | 62.0 |
| 6～7歳 | 2 | 37.8 | 1.0 | 37.1 | 37.2 | 37.2 | 37.5 | 37.8 | 38.2 | 38.4 | 38.4 | 38.5 |
| 8～9歳 | 3 | 68.4 | 4.0 | 65.4 | 65.6 | 65.7 | 66.2 | 67.0 | 70.0 | 71.7 | 72.3 | 72.8 |
| 10～11歳 | 2 | 69.6 | 5.9 | 65.5 | 65.8 | 66.2 | 67.5 | 69.6 | 71.7 | 73.0 | 73.4 | 73.7 |
| 12～14歳 | 3 | 69.7 | 10.0 | 63.2 | 63.4 | 63.5 | 64.0 | 64.8 | 73.0 | 77.9 | 79.6 | 80.9 |
| 15～17歳 | 6 | 66.7 | 13.7 | 54.9 | 55.0 | 55.1 | 57.4 | 64.0 | 68.6 | 81.0 | 86.5 | 90.9 |
| 18～29歳 | 21 | 57.1 | 29.2 | 19.8 | 22.1 | 24.8 | 35.6 | 56.5 | 67.7 | 96.8 | 112.9 | 120.7 |
| 30～49歳 | 58 | 58.6 | 22.7 | 21.3 | 25.4 | 29.5 | 39.4 | 57.9 | 72.5 | 86.5 | 102.1 | 107.9 |
| 50～69歳 | 68 | 54.6 | 19.7 | 15.2 | 25.0 | 31.2 | 41.9 | 53.8 | 66.9 | 78.3 | 83.3 | 101.7 |
| 70歳以上 | 46 | 54.3 | 16.9 | 15.5 | 25.7 | 31.5 | 44.7 | 54.4 | 68.0 | 72.3 | 77.9 | 89.9 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 64.5 | 54.7 | 26.6 | 29.7 | 33.5 | 45.2 | 64.5 | 83.9 | 95.5 | 99.3 | 102.4 |

第26表 動物性脂質摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|-------|-------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 33.4 | 17.9 | 6.7 | 10.4 | 12.7 | 19.5 | 30.5 | 44.9 | 53.2 | 61.4 | 100.2 |
| 1～2歳 | 1 | 35.3 | 0.0 | 35.3 | 35.3 | 35.3 | 35.3 | 35.3 | 35.3 | 35.3 | 35.3 | 35.3 |
| 3～5歳 | 5 | 29.3 | 6.4 | 19.7 | 21.1 | 22.8 | 27.9 | 29.1 | 33.9 | 35.2 | 35.6 | 35.9 |
| 6～7歳 | 3 | 26.8 | 10.6 | 15.0 | 16.4 | 18.0 | 23.1 | 31.4 | 32.9 | 33.8 | 34.1 | 34.3 |
| 8～9歳 | 5 | 31.8 | 14.6 | 14.9 | 15.2 | 15.6 | 16.9 | 41.7 | 42.4 | 42.8 | 43.0 | 43.1 |
| 10～11歳 | 2 | 28.9 | 7.9 | 23.4 | 23.9 | 24.4 | 26.1 | 28.9 | 31.7 | 33.4 | 33.9 | 34.4 |
| 12～14歳 | 3 | 68.1 | 31.0 | 44.9 | 45.9 | 47.0 | 50.6 | 56.4 | 79.9 | 93.9 | 98.6 | 102.4 |
| 15～17歳 | 6 | 55.6 | 33.2 | 31.8 | 32.4 | 33.3 | 36.7 | 43.8 | 55.6 | 89.8 | 105.1 | 117.4 |
| 18～29歳 | 22 | 39.9 | 17.2 | 10.4 | 18.9 | 20.1 | 26.5 | 37.8 | 52.9 | 64.1 | 67.3 | 69.0 |
| 30～49歳 | 46 | 31.4 | 17.2 | 6.7 | 8.8 | 11.3 | 17.2 | 27.7 | 46.3 | 53.1 | 60.4 | 64.4 |
| 50～69歳 | 58 | 31.6 | 17.5 | 5.5 | 9.4 | 11.8 | 18.6 | 28.3 | 45.0 | 50.2 | 55.6 | 78.3 |
| 70歳以上 | 40 | 29.9 | 13.3 | 9.4 | 11.8 | 14.1 | 19.2 | 28.3 | 38.9 | 50.4 | 52.5 | 58.9 |
| 女性総数 | 220 | 28.7 | 14.7 | 2.4 | 8.2 | 11.1 | 18.0 | 27.5 | 36.7 | 47.2 | 54.3 | 63.6 |
| 1～2歳 | 4 | 10.6 | 10.7 | 2.4 | 2.6 | 2.8 | 3.7 | 7.2 | 14.2 | 21.2 | 23.5 | 25.3 |
| 3～5歳 | 7 | 21.8 | 12.2 | 7.7 | 7.9 | 8.1 | 12.1 | 18.8 | 32.4 | 34.7 | 36.1 | 37.1 |
| 6～7歳 | 2 | 16.7 | 13.6 | 7.3 | 8.1 | 9.0 | 11.9 | 16.7 | 21.5 | 24.4 | 25.3 | 26.1 |
| 8～9歳 | 3 | 43.9 | 4.0 | 39.5 | 40.0 | 40.6 | 42.4 | 45.3 | 46.1 | 46.6 | 46.7 | 46.9 |
| 10～11歳 | 2 | 29.6 | 19.9 | 15.8 | 16.9 | 18.3 | 22.5 | 29.6 | 36.6 | 40.8 | 42.2 | 43.3 |
| 12～14歳 | 3 | 44.7 | 7.8 | 36.2 | 37.1 | 38.2 | 41.6 | 47.1 | 49.1 | 50.3 | 50.7 | 51.0 |
| 15～17歳 | 6 | 37.3 | 14.5 | 24.4 | 25.0 | 25.8 | 28.0 | 30.8 | 46.0 | 55.4 | 57.7 | 59.5 |
| 18～29歳 | 21 | 31.5 | 20.9 | 8.8 | 11.4 | 11.6 | 15.2 | 30.0 | 40.5 | 55.5 | 62.5 | 88.7 |
| 30～49歳 | 58 | 29.0 | 14.9 | 2.6 | 7.7 | 11.9 | 19.7 | 26.3 | 36.9 | 49.7 | 54.8 | 68.6 |
| 50～69歳 | 68 | 27.8 | 13.6 | 7.5 | 10.4 | 12.4 | 17.5 | 24.9 | 35.2 | 46.8 | 52.1 | 61.6 |
| 70歳以上 | 46 | 28.4 | 11.9 | 4.9 | 8.8 | 12.3 | 20.6 | 29.1 | 35.4 | 43.9 | 46.5 | 54.0 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 44.8 | 44.3 | 14.1 | 16.6 | 19.8 | 29.2 | 44.8 | 60.5 | 69.8 | 73.0 | 75.5 |

第27表 脂肪エネルギー比率の分布(性・年齢階級別)

単位:%

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 26.3 | 7.6 | 10.9 | 13.8 | 16.5 | 21.1 | 26.2 | 31.6 | 35.7 | 38.3 | 46.8 |
| 1～2歳 | 1 | 36.3 | 0.0 | 36.3 | 36.3 | 36.3 | 36.3 | 36.3 | 36.3 | 36.3 | 36.3 | 36.3 |
| 3～5歳 | 5 | 30.1 | 5.6 | 25.7 | 25.7 | 25.8 | 25.9 | 26.5 | 35.8 | 36.3 | 36.5 | 36.7 |
| 6～7歳 | 3 | 30.9 | 6.8 | 24.5 | 25.0 | 25.6 | 27.5 | 30.5 | 34.2 | 36.4 | 37.2 | 37.8 |
| 8～9歳 | 5 | 29.7 | 2.9 | 26.5 | 26.7 | 27.0 | 27.7 | 29.9 | 30.6 | 32.6 | 33.3 | 33.9 |
| 10～11歳 | 2 | 27.3 | 3.5 | 24.8 | 25.0 | 25.3 | 26.0 | 27.3 | 28.5 | 29.2 | 29.5 | 29.7 |
| 12～14歳 | 3 | 33.0 | 12.2 | 23.6 | 24.0 | 24.6 | 26.2 | 28.8 | 37.8 | 43.2 | 45.0 | 46.4 |
| 15～17歳 | 6 | 28.3 | 6.6 | 22.4 | 22.9 | 23.4 | 25.0 | 26.7 | 28.3 | 34.9 | 37.9 | 40.4 |
| 18～29歳 | 22 | 28.6 | 7.2 | 18.1 | 18.3 | 20.1 | 23.5 | 28.2 | 32.9 | 35.3 | 38.4 | 45.3 |
| 30～49歳 | 46 | 27.2 | 7.7 | 11.8 | 16.5 | 18.8 | 21.8 | 27.0 | 32.5 | 35.8 | 38.4 | 47.0 |
| 50～69歳 | 58 | 24.4 | 7.7 | 12.0 | 13.9 | 14.5 | 17.6 | 24.3 | 30.0 | 34.7 | 35.8 | 39.8 |
| 70歳以上 | 40 | 24.3 | 7.5 | 10.6 | 12.7 | 13.6 | 19.1 | 24.5 | 28.6 | 34.4 | 37.4 | 38.3 |
| 女性総数 | 220 | 28.7 | 6.9 | 11.6 | 17.9 | 21.2 | 24.9 | 28.4 | 32.5 | 36.5 | 39.7 | 44.2 |
| 1～2歳 | 4 | 26.0 | 4.2 | 20.7 | 21.3 | 22.0 | 24.1 | 26.4 | 28.2 | 29.6 | 30.1 | 30.5 |
| 3～5歳 | 7 | 28.4 | 5.3 | 19.4 | 20.4 | 21.7 | 26.0 | 30.1 | 32.4 | 32.7 | 32.9 | 33.1 |
| 6～7歳 | 2 | 25.6 | 3.1 | 23.4 | 23.6 | 23.8 | 24.5 | 25.6 | 26.7 | 27.4 | 27.6 | 27.8 |
| 8～9歳 | 3 | 32.1 | 5.3 | 26.5 | 27.1 | 27.8 | 29.8 | 33.2 | 35.0 | 36.1 | 36.4 | 36.7 |
| 10～11歳 | 2 | 26.5 | 1.4 | 25.5 | 25.6 | 25.7 | 26.0 | 26.5 | 27.0 | 27.3 | 27.4 | 27.5 |
| 12～14歳 | 3 | 30.3 | 2.3 | 27.9 | 28.1 | 28.4 | 29.4 | 30.9 | 31.6 | 32.0 | 32.2 | 32.3 |
| 15～17歳 | 6 | 31.9 | 5.5 | 23.5 | 24.5 | 25.7 | 29.2 | 33.2 | 34.3 | 36.8 | 37.9 | 38.9 |
| 18～29歳 | 21 | 29.3 | 8.3 | 14.9 | 18.2 | 19.5 | 24.7 | 28.4 | 32.4 | 42.1 | 43.1 | 44.2 |
| 30～49歳 | 58 | 28.8 | 6.5 | 14.2 | 15.7 | 21.3 | 24.6 | 28.9 | 33.5 | 36.7 | 38.8 | 41.4 |
| 50～69歳 | 68 | 28.4 | 8.0 | 10.5 | 18.4 | 21.2 | 24.6 | 27.8 | 31.8 | 36.2 | 41.4 | 51.5 |
| 70歳以上 | 46 | 28.4 | 6.0 | 12.7 | 17.9 | 22.2 | 25.5 | 28.6 | 32.7 | 34.9 | 37.4 | 39.3 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 28.0 | 19.2 | 14.7 | 15.8 | 17.1 | 21.2 | 28.0 | 34.7 | 38.8 | 40.1 | 41.2 |

第28表 炭水化物摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-------|------|---------|-------|-------|-------|---------|-------|-------|-------|-------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 289.4 | 88.4 | 129.8 | 155.2 | 187.4 | 229.2 | 287.2 | 335.6 | 396.0 | 436.7 | 569.3 |
| 1～2歳 | 1 | 130.6 | 0.0 | 130.6 | 130.6 | 130.6 | 130.6 | 130.6 | 130.6 | 130.6 | 130.6 | 130.6 |
| 3～5歳 | 5 | 209.4 | 40.7 | 169.0 | 171.6 | 174.8 | 184.3 | 189.7 | 241.3 | 254.4 | 258.8 | 262.3 |
| 6～7歳 | 3 | 183.1 | 22.0 | 164.7 | 165.7 | 167.0 | 171.0 | 177.5 | 192.5 | 201.4 | 204.4 | 206.8 |
| 8～9歳 | 5 | 257.1 | 53.9 | 211.9 | 212.6 | 213.4 | 216.0 | 226.5 | 309.9 | 316.8 | 319.1 | 320.9 |
| 10～11歳 | 2 | 333.5 | 34.7 | 309.4 | 311.4 | 313.8 | 321.2 | 333.5 | 345.7 | 353.1 | 355.5 | 357.5 |
| 12～14歳 | 3 | 353.6 | 45.2 | 322.1 | 323.1 | 324.2 | 327.7 | 333.5 | 369.4 | 390.9 | 398.1 | 403.9 |
| 15～17歳 | 6 | 359.3 | 43.0 | 293.7 | 301.1 | 310.4 | 338.0 | 367.9 | 381.8 | 399.6 | 406.6 | 412.1 |
| 18～29歳 | 22 | 313.4 | 84.2 | 169.2 | 212.1 | 216.8 | 253.5 | 309.1 | 356.4 | 428.1 | 447.4 | 476.8 |
| 30～49歳 | 46 | 293.7 | 83.1 | 129.5 | 150.8 | 187.8 | 260.8 | 293.6 | 328.7 | 389.1 | 430.8 | 512.5 |
| 50～69歳 | 58 | 285.8 | 97.8 | 129.3 | 146.9 | 191.7 | 231.0 | 271.0 | 330.6 | 377.7 | 434.7 | 602.1 |
| 70歳以上 | 40 | 285.1 | 86.3 | 157.8 | 181.3 | 187.5 | 224.5 | 275.8 | 327.4 | 389.4 | 437.2 | 523.9 |
| 女性総数 | 220 | 230.6 | 63.5 | 109.9 | 128.8 | 143.0 | 188.0 | 229.0 | 272.6 | 312.4 | 330.3 | 383.1 |
| 1～2歳 | 4 | 147.0 | 75.3 | 53.3 | 64.2 | 77.8 | 118.6 | 152.1 | 180.4 | 212.1 | 222.6 | 231.1 |
| 3～5歳 | 7 | 160.1 | 42.6 | 115.6 | 116.6 | 117.7 | 127.8 | 150.2 | 188.7 | 215.8 | 219.2 | 221.9 |
| 6～7歳 | 2 | 197.0 | 29.1 | 176.8 | 178.5 | 180.5 | 186.7 | 197.0 | 207.3 | 213.5 | 215.5 | 217.2 |
| 8～9歳 | 3 | 260.5 | 57.6 | 213.1 | 215.7 | 218.9 | 228.6 | 244.7 | 284.5 | 308.4 | 316.3 | 322.7 |
| 10～11歳 | 2 | 360.1 | 36.3 | 334.9 | 337.0 | 339.5 | 347.2 | 360.1 | 372.9 | 380.6 | 383.1 | 385.2 |
| 12～14歳 | 3 | 282.5 | 50.6 | 230.8 | 235.4 | 241.2 | 258.5 | 287.4 | 309.0 | 321.9 | 326.2 | 329.6 |
| 15～17歳 | 6 | 248.1 | 74.8 | 132.3 | 145.0 | 161.0 | 209.0 | 264.3 | 304.2 | 319.2 | 321.1 | 322.7 |
| 18～29歳 | 21 | 217.5 | 62.4 | 121.5 | 135.5 | 141.2 | 185.0 | 223.6 | 252.2 | 270.1 | 302.2 | 357.9 |
| 30～49歳 | 58 | 241.6 | 58.6 | 117.0 | 131.4 | 165.1 | 208.7 | 245.6 | 290.4 | 300.6 | 330.8 | 352.8 |
| 50～69歳 | 68 | 228.9 | 59.5 | 104.0 | 133.7 | 170.4 | 194.2 | 224.9 | 264.0 | 300.2 | 315.2 | 365.2 |
| 70歳以上 | 46 | 231.6 | 63.5 | 125.7 | 149.4 | 157.7 | 187.7 | 226.6 | 258.5 | 311.2 | 348.2 | 400.2 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 252.4 | 51.1 | 216.9 | 219.8 | 223.4 | 234.3 | 252.4 | 270.4 | 281.3 | 284.9 | 287.8 |

第29表 食塩摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 11.1 | 4.0 | 3.3 | 5.5 | 6.5 | 8.3 | 11.1 | 13.4 | 16.0 | 18.4 | 21.4 |
| 1～2歳 | 1 | 0.7 | 0.0 | 0.7 | 0.7 | 0.7 | 0.7 | 0.7 | 0.7 | 0.7 | 0.7 | 0.7 |
| 3～5歳 | 5 | 4.9 | 1.1 | 3.9 | 4.0 | 4.0 | 4.2 | 4.3 | 5.6 | 6.1 | 6.3 | 6.5 |
| 6～7歳 | 3 | 6.1 | 0.7 | 5.5 | 5.6 | 5.6 | 5.8 | 6.1 | 6.5 | 6.7 | 6.7 | 6.8 |
| 8～9歳 | 5 | 8.0 | 1.3 | 6.6 | 6.8 | 7.0 | 7.5 | 7.7 | 8.0 | 9.3 | 9.8 | 10.1 |
| 10～11歳 | 2 | 10.7 | 2.6 | 8.8 | 9.0 | 9.2 | 9.7 | 10.7 | 11.6 | 12.1 | 12.3 | 12.5 |
| 12～14歳 | 3 | 12.3 | 1.0 | 11.5 | 11.6 | 11.6 | 11.8 | 12.1 | 12.8 | 13.1 | 13.3 | 13.4 |
| 15～17歳 | 6 | 12.9 | 8.0 | 6.7 | 6.8 | 6.9 | 7.5 | 10.4 | 14.0 | 21.3 | 24.7 | 27.3 |
| 18～29歳 | 22 | 11.2 | 2.9 | 6.3 | 7.4 | 7.6 | 9.4 | 10.7 | 13.3 | 15.5 | 15.8 | 16.1 |
| 30～49歳 | 46 | 10.6 | 4.1 | 3.6 | 5.6 | 6.3 | 7.5 | 10.0 | 13.2 | 16.2 | 18.3 | 19.2 |
| 50～69歳 | 58 | 12.0 | 3.7 | 4.3 | 6.5 | 7.9 | 9.7 | 11.6 | 13.8 | 16.6 | 19.1 | 21.2 |
| 70歳以上 | 40 | 11.8 | 3.6 | 4.8 | 7.3 | 8.2 | 9.5 | 11.1 | 14.1 | 16.0 | 17.5 | 21.2 |
| 女性総数 | 220 | 9.3 | 3.7 | 2.6 | 4.0 | 5.2 | 7.1 | 9.0 | 11.1 | 14.2 | 15.8 | 20.6 |
| 1～2歳 | 4 | 3.2 | 1.0 | 2.3 | 2.4 | 2.5 | 2.8 | 3.0 | 3.4 | 4.1 | 4.4 | 4.6 |
| 3～5歳 | 7 | 4.7 | 1.7 | 2.0 | 2.4 | 3.0 | 3.9 | 4.8 | 5.8 | 6.4 | 6.7 | 6.9 |
| 6～7歳 | 2 | 5.8 | 2.5 | 4.0 | 4.2 | 4.4 | 4.9 | 5.8 | 6.6 | 7.2 | 7.3 | 7.5 |
| 8～9歳 | 3 | 6.6 | 0.7 | 5.8 | 5.9 | 6.0 | 6.4 | 6.9 | 7.1 | 7.1 | 7.2 | 7.2 |
| 10～11歳 | 2 | 9.0 | 1.3 | 8.1 | 8.2 | 8.3 | 8.6 | 9.0 | 9.5 | 9.7 | 9.8 | 9.9 |
| 12～14歳 | 3 | 9.2 | 1.2 | 7.8 | 8.0 | 8.2 | 8.8 | 9.8 | 9.9 | 9.9 | 9.9 | 9.9 |
| 15～17歳 | 6 | 9.0 | 3.5 | 4.2 | 4.8 | 5.5 | 7.4 | 8.8 | 11.1 | 12.8 | 13.3 | 13.7 |
| 18～29歳 | 21 | 9.1 | 3.2 | 3.1 | 5.2 | 5.4 | 7.7 | 9.0 | 10.4 | 12.0 | 14.7 | 16.6 |
| 30～49歳 | 58 | 9.5 | 3.8 | 3.6 | 4.0 | 5.8 | 7.1 | 8.9 | 11.2 | 14.4 | 15.7 | 21.7 |
| 50～69歳 | 68 | 9.7 | 3.7 | 3.2 | 4.6 | 5.5 | 7.5 | 9.2 | 11.0 | 14.5 | 16.5 | 19.1 |
| 70歳以上 | 46 | 10.5 | 3.5 | 4.3 | 6.5 | 6.8 | 7.8 | 10.1 | 12.6 | 14.5 | 16.2 | 19.6 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 13.1 | 3.0 | 10.9 | 11.1 | 11.3 | 12.0 | 13.1 | 14.1 | 14.8 | 15.0 | 15.2 |

第30表 カリウム摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 2377 | 823 | 969 | 1255 | 1413 | 1822 | 2207 | 2896 | 3568 | 3869 | 4359 |
| 1～2歳 | 1 | 1306 | 0 | 1306 | 1306 | 1306 | 1306 | 1306 | 1306 | 1306 | 1306 | 1306 |
| 3～5歳 | 5 | 1523 | 576 | 1062 | 1094 | 1134 | 1253 | 1282 | 1516 | 2112 | 2311 | 2470 |
| 6～7歳 | 3 | 1488 | 485 | 1011 | 1050 | 1099 | 1247 | 1492 | 1732 | 1875 | 1923 | 1961 |
| 8～9歳 | 5 | 2264 | 277 | 2019 | 2041 | 2068 | 2150 | 2169 | 2252 | 2542 | 2639 | 2717 |
| 10～11歳 | 2 | 3278 | 745 | 2762 | 2804 | 2856 | 3015 | 3278 | 3542 | 3700 | 3752 | 3794 |
| 12～14歳 | 3 | 2605 | 264 | 2317 | 2347 | 2385 | 2500 | 2691 | 2753 | 2790 | 2803 | 2813 |
| 15～17歳 | 6 | 2438 | 771 | 1788 | 1794 | 1801 | 1839 | 2118 | 3029 | 3396 | 3461 | 3514 |
| 18～29歳 | 22 | 2088 | 867 | 450 | 714 | 1281 | 1558 | 2007 | 2611 | 3062 | 3446 | 3969 |
| 30～49歳 | 46 | 2136 | 628 | 1217 | 1297 | 1472 | 1646 | 2020 | 2518 | 2904 | 3276 | 3850 |
| 50～69歳 | 58 | 2568 | 923 | 1101 | 1282 | 1592 | 2000 | 2351 | 3141 | 3826 | 4314 | 4847 |
| 70歳以上 | 40 | 2680 | 741 | 1378 | 1470 | 1798 | 2115 | 2704 | 3272 | 3747 | 3865 | 3931 |
| 女性総数 | 220 | 2252 | 892 | 421 | 926 | 1200 | 1610 | 2200 | 2850 | 3365 | 3792 | 4840 |
| 1～2歳 | 4 | 1165 | 1170 | 345 | 388 | 442 | 604 | 714 | 1275 | 2250 | 2575 | 2835 |
| 3～5歳 | 7 | 1398 | 446 | 641 | 799 | 998 | 1264 | 1415 | 1620 | 1878 | 1939 | 1988 |
| 6～7歳 | 2 | 1711 | 928 | 1067 | 1120 | 1185 | 1382 | 1711 | 2039 | 2236 | 2301 | 2354 |
| 8～9歳 | 3 | 2211 | 169 | 2039 | 2054 | 2073 | 2130 | 2225 | 2299 | 2343 | 2358 | 2370 |
| 10～11歳 | 2 | 3005 | 229 | 2846 | 2859 | 2875 | 2924 | 3005 | 3086 | 3135 | 3151 | 3164 |
| 12～14歳 | 3 | 2643 | 248 | 2464 | 2470 | 2478 | 2501 | 2540 | 2733 | 2849 | 2887 | 2918 |
| 15～17歳 | 6 | 2289 | 721 | 1212 | 1350 | 1523 | 2010 | 2443 | 2460 | 2902 | 3121 | 3296 |
| 18～29歳 | 21 | 1710 | 744 | 440 | 685 | 783 | 1079 | 1599 | 2314 | 2519 | 2870 | 3064 |
| 30～49歳 | 58 | 2029 | 756 | 656 | 1061 | 1226 | 1567 | 1878 | 2390 | 3078 | 3414 | 3775 |
| 50～69歳 | 68 | 2453 | 875 | 849 | 1119 | 1361 | 1903 | 2345 | 2907 | 3602 | 3911 | 4799 |
| 70歳以上 | 46 | 2671 | 925 | 1233 | 1437 | 1581 | 2028 | 2609 | 3126 | 3855 | 4194 | 5052 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 2621 | 657 | 2165 | 2202 | 2249 | 2388 | 2621 | 2853 | 2992 | 3039 | 3076 |

第31表 カルシウム摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 501 | 231 | 176 | 203 | 227 | 315 | 466 | 654 | 803 | 908 | 1103 |
| 1～2歳 | 1 | 530 | 0 | 530 | 530 | 530 | 530 | 530 | 530 | 530 | 530 | 530 |
| 3～5歳 | 5 | 436 | 174 | 169 | 211 | 263 | 420 | 455 | 522 | 584 | 604 | 621 |
| 6～7歳 | 3 | 328 | 65 | 256 | 264 | 274 | 303 | 352 | 365 | 373 | 375 | 377 |
| 8～9歳 | 5 | 651 | 151 | 451 | 476 | 506 | 598 | 619 | 753 | 804 | 821 | 835 |
| 10～11歳 | 2 | 790 | 346 | 550 | 569 | 594 | 667 | 790 | 912 | 985 | 1010 | 1029 |
| 12～14歳 | 3 | 493 | 240 | 227 | 257 | 294 | 408 | 596 | 631 | 651 | 658 | 664 |
| 15～17歳 | 6 | 509 | 224 | 265 | 278 | 294 | 333 | 477 | 694 | 756 | 772 | 784 |
| 18～29歳 | 22 | 447 | 203 | 186 | 197 | 226 | 275 | 422 | 613 | 686 | 791 | 841 |
| 30～49歳 | 46 | 422 | 186 | 183 | 200 | 212 | 280 | 374 | 538 | 639 | 832 | 881 |
| 50～69歳 | 58 | 537 | 250 | 184 | 204 | 226 | 316 | 555 | 709 | 878 | 968 | 1109 |
| 70歳以上 | 40 | 556 | 253 | 205 | 246 | 262 | 358 | 519 | 714 | 814 | 979 | 1229 |
| 女性総数 | 220 | 518 | 260 | 85 | 192 | 229 | 332 | 457 | 688 | 916 | 989 | 1152 |
| 1～2歳 | 4 | 378 | 488 | 68 | 70 | 73 | 80 | 174 | 472 | 848 | 973 | 1073 |
| 3～5歳 | 7 | 401 | 198 | 97 | 120 | 149 | 284 | 447 | 549 | 602 | 603 | 604 |
| 6～7歳 | 2 | 615 | 382 | 350 | 372 | 399 | 480 | 615 | 750 | 831 | 858 | 880 |
| 8～9歳 | 3 | 761 | 210 | 535 | 558 | 587 | 673 | 817 | 878 | 914 | 926 | 936 |
| 10～11歳 | 2 | 952 | 239 | 786 | 800 | 817 | 868 | 952 | 1037 | 1087 | 1104 | 1118 |
| 12～14歳 | 3 | 751 | 282 | 551 | 557 | 566 | 591 | 632 | 853 | 985 | 1029 | 1064 |
| 15～17歳 | 6 | 591 | 187 | 338 | 362 | 393 | 474 | 585 | 739 | 796 | 806 | 814 |
| 18～29歳 | 21 | 406 | 214 | 182 | 195 | 195 | 238 | 357 | 595 | 708 | 733 | 879 |
| 30～49歳 | 58 | 463 | 232 | 96 | 131 | 228 | 297 | 426 | 602 | 723 | 857 | 1117 |
| 50～69歳 | 68 | 529 | 279 | 160 | 200 | 235 | 309 | 442 | 691 | 943 | 1057 | 1270 |
| 70歳以上 | 46 | 590 | 232 | 229 | 281 | 340 | 408 | 542 | 733 | 932 | 968 | 1068 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 490 | 331 | 261 | 279 | 303 | 373 | 490 | 607 | 677 | 701 | 719 |

第32表 マグネシウム摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|-----|-----|-----|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 259 | 87 | 104 | 132 | 158 | 198 | 251 | 320 | 370 | 404 | 508 |
| 1～2歳 | 1 | 109 | 0 | 109 | 109 | 109 | 109 | 109 | 109 | 109 | 109 | 109 |
| 3～5歳 | 5 | 151 | 40 | 105 | 110 | 117 | 136 | 143 | 162 | 192 | 202 | 210 |
| 6～7歳 | 3 | 134 | 30 | 101 | 105 | 109 | 123 | 145 | 152 | 155 | 157 | 158 |
| 8～9歳 | 5 | 229 | 38 | 189 | 191 | 194 | 203 | 228 | 239 | 267 | 277 | 284 |
| 10～11歳 | 2 | 313 | 22 | 297 | 299 | 300 | 305 | 313 | 320 | 325 | 326 | 328 |
| 12～14歳 | 3 | 262 | 15 | 246 | 248 | 250 | 256 | 266 | 271 | 273 | 274 | 275 |
| 15～17歳 | 6 | 259 | 63 | 179 | 182 | 186 | 207 | 268 | 311 | 323 | 325 | 327 |
| 18～29歳 | 22 | 228 | 87 | 69 | 112 | 116 | 178 | 221 | 304 | 336 | 349 | 376 |
| 30～49歳 | 46 | 254 | 89 | 138 | 156 | 178 | 195 | 234 | 290 | 347 | 393 | 557 |
| 50～69歳 | 58 | 278 | 93 | 115 | 146 | 160 | 207 | 267 | 350 | 400 | 428 | 472 |
| 70歳以上 | 40 | 281 | 73 | 162 | 168 | 196 | 232 | 269 | 325 | 375 | 404 | 464 |
| 女性総数 | 220 | 233 | 89 | 53 | 114 | 132 | 172 | 223 | 279 | 356 | 396 | 505 |
| 1～2歳 | 4 | 108 | 81 | 43 | 47 | 52 | 67 | 82 | 123 | 184 | 205 | 221 |
| 3～5歳 | 7 | 128 | 32 | 69 | 79 | 90 | 118 | 132 | 147 | 155 | 160 | 164 |
| 6～7歳 | 2 | 171 | 66 | 125 | 129 | 133 | 147 | 171 | 194 | 208 | 212 | 216 |
| 8～9歳 | 3 | 204 | 24 | 177 | 180 | 184 | 196 | 215 | 218 | 220 | 220 | 221 |
| 10～11歳 | 2 | 332 | 46 | 300 | 302 | 306 | 315 | 332 | 348 | 358 | 361 | 363 |
| 12～14歳 | 3 | 250 | 36 | 209 | 214 | 220 | 238 | 268 | 271 | 273 | 273 | 274 |
| 15～17歳 | 6 | 232 | 81 | 117 | 135 | 157 | 206 | 228 | 256 | 311 | 335 | 355 |
| 18～29歳 | 21 | 185 | 75 | 63 | 114 | 123 | 131 | 174 | 236 | 252 | 330 | 356 |
| 30～49歳 | 58 | 221 | 83 | 72 | 111 | 137 | 172 | 210 | 259 | 301 | 388 | 474 |
| 50～69歳 | 68 | 256 | 93 | 120 | 144 | 157 | 191 | 236 | 311 | 363 | 402 | 540 |
| 70歳以上 | 46 | 260 | 78 | 142 | 153 | 167 | 202 | 247 | 315 | 374 | 408 | 422 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 329 | 168 | 212 | 222 | 234 | 269 | 329 | 388 | 423 | 435 | 445 |

第33表 リン摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 1066 | 329 | 468 | 594 | 670 | 850 | 1025 | 1306 | 1481 | 1640 | 1845 |
| 1～2歳 | 1 | 391 | 0 | 391 | 391 | 391 | 391 | 391 | 391 | 391 | 391 | 391 |
| 3～5歳 | 5 | 702 | 109 | 616 | 617 | 618 | 620 | 640 | 774 | 824 | 841 | 855 |
| 6～7歳 | 3 | 677 | 194 | 480 | 498 | 520 | 585 | 694 | 778 | 828 | 845 | 859 |
| 8～9歳 | 5 | 1024 | 206 | 817 | 829 | 843 | 887 | 935 | 1193 | 1251 | 1271 | 1286 |
| 10～11歳 | 2 | 1173 | 209 | 1028 | 1040 | 1055 | 1099 | 1173 | 1247 | 1291 | 1306 | 1318 |
| 12～14歳 | 3 | 1335 | 74 | 1252 | 1262 | 1275 | 1312 | 1374 | 1378 | 1380 | 1380 | 1381 |
| 15～17歳 | 6 | 1282 | 377 | 844 | 846 | 848 | 979 | 1381 | 1406 | 1618 | 1722 | 1806 |
| 18～29歳 | 22 | 1023 | 380 | 307 | 493 | 590 | 825 | 979 | 1138 | 1542 | 1629 | 1709 |
| 30～49歳 | 46 | 995 | 272 | 607 | 634 | 683 | 819 | 946 | 1078 | 1365 | 1452 | 1728 |
| 50～69歳 | 58 | 1123 | 346 | 543 | 564 | 668 | 912 | 1093 | 1362 | 1539 | 1756 | 1863 |
| 70歳以上 | 40 | 1129 | 301 | 595 | 677 | 686 | 897 | 1171 | 1308 | 1420 | 1634 | 1796 |
| 女性総数 | 220 | 957 | 329 | 242 | 456 | 575 | 726 | 933 | 1162 | 1411 | 1564 | 1719 |
| 1～2歳 | 4 | 514 | 492 | 204 | 207 | 211 | 222 | 306 | 599 | 985 | 1113 | 1216 |
| 3～5歳 | 7 | 613 | 214 | 307 | 337 | 374 | 447 | 715 | 751 | 822 | 850 | 872 |
| 6～7歳 | 2 | 821 | 349 | 579 | 599 | 623 | 697 | 821 | 944 | 1018 | 1042 | 1062 |
| 8～9歳 | 3 | 1065 | 142 | 921 | 934 | 949 | 997 | 1075 | 1138 | 1176 | 1188 | 1198 |
| 10～11歳 | 2 | 1300 | 470 | 974 | 1000 | 1034 | 1133 | 1300 | 1466 | 1566 | 1599 | 1625 |
| 12～14歳 | 3 | 1123 | 187 | 1010 | 1011 | 1012 | 1015 | 1019 | 1179 | 1275 | 1307 | 1333 |
| 15～17歳 | 6 | 1049 | 273 | 698 | 718 | 744 | 854 | 1062 | 1227 | 1341 | 1375 | 1402 |
| 18～29歳 | 21 | 830 | 333 | 355 | 429 | 488 | 553 | 746 | 1049 | 1153 | 1298 | 1512 |
| 30～49歳 | 58 | 925 | 304 | 314 | 542 | 598 | 739 | 864 | 1027 | 1361 | 1535 | 1633 |
| 50～69歳 | 68 | 1008 | 330 | 479 | 588 | 628 | 811 | 946 | 1231 | 1446 | 1666 | 1853 |
| 70歳以上 | 46 | 1034 | 306 | 459 | 581 | 624 | 863 | 992 | 1297 | 1434 | 1527 | 1630 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 1099 | 610 | 676 | 710 | 753 | 883 | 1099 | 1314 | 1444 | 1487 | 1521 |

第34表 鉄摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 8.1 | 3.1 | 2.8 | 3.6 | 4.4 | 6.0 | 7.9 | 9.7 | 12.5 | 13.7 | 15.8 |
| 1～2歳 | 1 | 9.2 | 0.0 | 9.2 | 9.2 | 9.2 | 9.2 | 9.2 | 9.2 | 9.2 | 9.2 | 9.2 |
| 3～5歳 | 5 | 3.7 | 0.4 | 3.3 | 3.3 | 3.3 | 3.3 | 3.6 | 4.0 | 4.1 | 4.1 | 4.1 |
| 6～7歳 | 3 | 4.3 | 1.5 | 2.8 | 3.0 | 3.1 | 3.6 | 4.3 | 5.0 | 5.4 | 5.6 | 5.7 |
| 8～9歳 | 5 | 6.7 | 1.1 | 5.6 | 5.6 | 5.6 | 5.7 | 6.9 | 7.3 | 7.8 | 7.9 | 8.1 |
| 10～11歳 | 2 | 7.6 | 1.0 | 6.9 | 7.0 | 7.0 | 7.3 | 7.6 | 8.0 | 8.2 | 8.2 | 8.3 |
| 12～14歳 | 3 | 8.3 | 0.8 | 7.6 | 7.7 | 7.7 | 7.9 | 8.1 | 8.7 | 9.0 | 9.1 | 9.2 |
| 15～17歳 | 6 | 9.4 | 3.7 | 4.6 | 5.2 | 6.1 | 7.7 | 8.6 | 11.7 | 13.6 | 14.1 | 14.5 |
| 18～29歳 | 22 | 7.9 | 2.9 | 2.8 | 3.6 | 4.2 | 5.9 | 8.1 | 9.7 | 11.3 | 11.5 | 13.9 |
| 30～49歳 | 46 | 8.0 | 3.4 | 3.3 | 4.1 | 4.8 | 5.9 | 7.2 | 9.1 | 12.0 | 13.7 | 18.9 |
| 50～69歳 | 58 | 8.3 | 3.0 | 2.9 | 4.0 | 4.5 | 5.9 | 8.3 | 10.4 | 12.6 | 13.7 | 14.8 |
| 70歳以上 | 40 | 9.0 | 2.9 | 4.1 | 5.2 | 6.1 | 7.2 | 8.3 | 10.8 | 13.0 | 13.5 | 16.3 |
| 女性総数 | 220 | 7.1 | 2.8 | 1.4 | 3.2 | 3.9 | 5.0 | 6.9 | 8.7 | 10.4 | 12.2 | 15.1 |
| 1～2歳 | 4 | 3.1 | 1.9 | 1.2 | 1.3 | 1.5 | 1.9 | 2.8 | 4.0 | 4.9 | 5.3 | 5.5 |
| 3～5歳 | 7 | 3.6 | 1.0 | 2.3 | 2.3 | 2.4 | 2.8 | 3.5 | 4.4 | 4.8 | 4.9 | 5.0 |
| 6～7歳 | 2 | 4.3 | 0.7 | 3.8 | 3.9 | 3.9 | 4.1 | 4.3 | 4.6 | 4.7 | 4.8 | 4.8 |
| 8～9歳 | 3 | 5.2 | 0.8 | 4.7 | 4.7 | 4.7 | 4.8 | 4.8 | 5.5 | 5.9 | 6.1 | 6.2 |
| 10～11歳 | 2 | 9.8 | 2.0 | 8.4 | 8.5 | 8.7 | 9.1 | 9.8 | 10.5 | 10.9 | 11.1 | 11.2 |
| 12～14歳 | 3 | 6.3 | 0.4 | 5.9 | 5.9 | 6.0 | 6.1 | 6.3 | 6.5 | 6.6 | 6.7 | 6.7 |
| 15～17歳 | 6 | 7.1 | 2.6 | 3.8 | 4.0 | 4.3 | 5.3 | 7.3 | 8.3 | 9.6 | 10.3 | 10.8 |
| 18～29歳 | 21 | 6.1 | 2.4 | 1.2 | 3.2 | 3.6 | 4.5 | 5.9 | 7.6 | 9.1 | 10.0 | 10.5 |
| 30～49歳 | 58 | 6.7 | 2.9 | 1.9 | 3.2 | 4.0 | 4.9 | 6.5 | 7.7 | 9.9 | 12.3 | 15.4 |
| 50～69歳 | 68 | 7.7 | 2.8 | 3.2 | 3.8 | 4.5 | 5.6 | 7.5 | 9.2 | 10.8 | 13.1 | 15.7 |
| 70歳以上 | 46 | 8.1 | 2.4 | 3.7 | 4.5 | 5.3 | 6.7 | 8.0 | 9.2 | 11.8 | 12.6 | 13.8 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 9.0 | 4.2 | 6.1 | 6.3 | 6.6 | 7.5 | 9.0 | 10.4 | 11.3 | 11.6 | 11.8 |

第35表 亜鉛摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|-----|-----|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 8.9 | 3.1 | 3.9 | 4.5 | 5.3 | 6.8 | 8.4 | 11.3 | 13.0 | 14.7 | 17.5 |
| 1～2歳 | 1 | 4.3 | 0.0 | 4.3 | 4.3 | 4.3 | 4.3 | 4.3 | 4.3 | 4.3 | 4.3 | 4.3 |
| 3～5歳 | 5 | 6.0 | 0.8 | 4.9 | 5.1 | 5.2 | 5.7 | 5.7 | 6.6 | 6.8 | 6.8 | 6.9 |
| 6～7歳 | 3 | 6.1 | 1.0 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 6.4 | 6.9 | 7.0 | 7.2 |
| 8～9歳 | 5 | 9.1 | 3.9 | 5.7 | 6.0 | 6.3 | 7.4 | 7.4 | 9.2 | 13.1 | 14.4 | 15.4 |
| 10～11歳 | 2 | 8.5 | 1.7 | 7.3 | 7.4 | 7.5 | 7.9 | 8.5 | 9.1 | 9.5 | 9.6 | 9.7 |
| 12～14歳 | 3 | 11.6 | 2.6 | 8.7 | 9.1 | 9.5 | 10.9 | 13.1 | 13.2 | 13.2 | 13.2 | 13.2 |
| 15～17歳 | 6 | 11.9 | 4.2 | 7.2 | 7.4 | 7.7 | 9.0 | 11.3 | 14.0 | 16.6 | 17.5 | 18.1 |
| 18～29歳 | 22 | 9.9 | 3.6 | 4.0 | 4.2 | 4.8 | 8.0 | 9.5 | 12.5 | 13.0 | 16.7 | 17.7 |
| 30～49歳 | 46 | 9.1 | 2.8 | 4.0 | 5.4 | 5.8 | 7.1 | 8.5 | 11.2 | 12.6 | 14.2 | 15.3 |
| 50～69歳 | 58 | 8.5 | 3.1 | 3.7 | 4.4 | 4.8 | 6.2 | 8.3 | 10.8 | 12.0 | 13.7 | 17.4 |
| 70歳以上 | 40 | 8.9 | 2.7 | 4.1 | 5.4 | 6.2 | 6.9 | 8.2 | 10.9 | 12.5 | 13.7 | 14.7 |
| 女性総数 | 220 | 7.3 | 2.6 | 2.3 | 3.6 | 4.4 | 5.6 | 7.0 | 8.7 | 10.8 | 12.2 | 14.7 |
| 1～2歳 | 4 | 3.8 | 2.2 | 1.9 | 1.9 | 2.0 | 2.1 | 3.4 | 5.1 | 6.0 | 6.3 | 6.5 |
| 3～5歳 | 7 | 5.0 | 1.9 | 3.1 | 3.2 | 3.3 | 3.5 | 4.8 | 5.7 | 7.0 | 7.8 | 8.4 |
| 6～7歳 | 2 | 5.4 | 1.0 | 4.7 | 4.8 | 4.8 | 5.1 | 5.4 | 5.8 | 6.0 | 6.0 | 6.1 |
| 8～9歳 | 3 | 10.2 | 2.5 | 8.4 | 8.5 | 8.5 | 8.8 | 9.1 | 11.1 | 12.2 | 12.6 | 12.9 |
| 10～11歳 | 2 | 10.0 | 3.3 | 7.7 | 7.9 | 8.2 | 8.9 | 10.0 | 11.2 | 11.8 | 12.1 | 12.3 |
| 12～14歳 | 3 | 9.5 | 2.0 | 8.3 | 8.3 | 8.3 | 8.4 | 8.5 | 10.2 | 11.1 | 11.5 | 11.7 |
| 15～17歳 | 6 | 9.8 | 3.9 | 5.6 | 5.9 | 6.3 | 7.2 | 8.8 | 12.1 | 14.4 | 15.1 | 15.7 |
| 18～29歳 | 21 | 6.8 | 2.7 | 2.8 | 3.4 | 3.8 | 4.2 | 6.8 | 8.6 | 9.9 | 11.3 | 12.7 |
| 30～49歳 | 58 | 7.4 | 2.5 | 2.7 | 4.0 | 4.5 | 5.5 | 7.0 | 9.0 | 11.0 | 12.0 | 13.3 |
| 50～69歳 | 68 | 7.3 | 2.6 | 2.6 | 4.7 | 5.1 | 5.7 | 7.0 | 8.2 | 10.4 | 13.2 | 15.1 |
| 70歳以上 | 46 | 7.5 | 2.1 | 3.6 | 4.2 | 4.7 | 6.1 | 7.4 | 9.2 | 10.2 | 10.7 | 11.6 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 8.7 | 4.7 | 5.5 | 5.7 | 6.1 | 7.1 | 8.7 | 10.4 | 11.3 | 11.7 | 11.9 |

第36表 銅摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 1.23 | 0.41 | 0.47 | 0.65 | 0.76 | 0.95 | 1.18 | 1.49 | 1.78 | 1.92 | 2.53 |
| 1～2歳 | 1 | 0.63 | 0.00 | 0.63 | 0.63 | 0.63 | 0.63 | 0.63 | 0.63 | 0.63 | 0.63 | 0.63 |
| 3～5歳 | 5 | 0.72 | 0.16 | 0.58 | 0.58 | 0.59 | 0.60 | 0.66 | 0.76 | 0.89 | 0.94 | 0.97 |
| 6～7歳 | 3 | 0.62 | 0.06 | 0.55 | 0.56 | 0.57 | 0.61 | 0.66 | 0.66 | 0.66 | 0.66 | 0.66 |
| 8～9歳 | 5 | 1.05 | 0.21 | 0.83 | 0.85 | 0.88 | 0.96 | 0.97 | 1.13 | 1.27 | 1.32 | 1.36 |
| 10～11歳 | 2 | 1.26 | 0.16 | 1.15 | 1.16 | 1.17 | 1.21 | 1.26 | 1.32 | 1.35 | 1.36 | 1.37 |
| 12～14歳 | 3 | 1.33 | 0.06 | 1.27 | 1.28 | 1.29 | 1.32 | 1.36 | 1.37 | 1.37 | 1.37 | 1.37 |
| 15～17歳 | 6 | 1.39 | 0.24 | 1.07 | 1.09 | 1.11 | 1.20 | 1.44 | 1.55 | 1.63 | 1.65 | 1.67 |
| 18～29歳 | 22 | 1.18 | 0.39 | 0.46 | 0.58 | 0.68 | 0.94 | 1.19 | 1.39 | 1.72 | 1.84 | 1.86 |
| 30～49歳 | 46 | 1.23 | 0.36 | 0.72 | 0.80 | 0.87 | 0.97 | 1.18 | 1.35 | 1.68 | 1.81 | 2.34 |
| 50～69歳 | 58 | 1.27 | 0.49 | 0.46 | 0.63 | 0.74 | 0.88 | 1.17 | 1.56 | 1.93 | 1.99 | 2.59 |
| 70歳以上 | 40 | 1.32 | 0.38 | 0.77 | 0.83 | 0.92 | 1.02 | 1.21 | 1.60 | 1.75 | 1.92 | 2.22 |
| 女性総数 | 220 | 1.05 | 0.38 | 0.33 | 0.52 | 0.63 | 0.80 | 1.01 | 1.24 | 1.49 | 1.73 | 2.11 |
| 1～2歳 | 4 | 0.51 | 0.28 | 0.21 | 0.23 | 0.26 | 0.33 | 0.48 | 0.66 | 0.78 | 0.82 | 0.85 |
| 3～5歳 | 7 | 0.59 | 0.18 | 0.37 | 0.39 | 0.41 | 0.48 | 0.54 | 0.73 | 0.80 | 0.82 | 0.84 |
| 6～7歳 | 2 | 0.68 | 0.07 | 0.63 | 0.64 | 0.64 | 0.66 | 0.68 | 0.71 | 0.72 | 0.73 | 0.73 |
| 8～9歳 | 3 | 0.98 | 0.11 | 0.90 | 0.90 | 0.91 | 0.92 | 0.94 | 1.03 | 1.08 | 1.09 | 1.11 |
| 10～11歳 | 2 | 1.64 | 0.28 | 1.44 | 1.46 | 1.48 | 1.54 | 1.64 | 1.73 | 1.79 | 1.81 | 1.83 |
| 12～14歳 | 3 | 1.15 | 0.08 | 1.07 | 1.08 | 1.09 | 1.12 | 1.16 | 1.19 | 1.21 | 1.21 | 1.22 |
| 15～17歳 | 6 | 1.07 | 0.32 | 0.54 | 0.62 | 0.71 | 0.94 | 1.14 | 1.30 | 1.35 | 1.36 | 1.37 |
| 18～29歳 | 21 | 0.91 | 0.34 | 0.32 | 0.40 | 0.48 | 0.68 | 0.92 | 1.03 | 1.30 | 1.47 | 1.65 |
| 30～49歳 | 58 | 1.01 | 0.34 | 0.34 | 0.52 | 0.61 | 0.80 | 0.97 | 1.21 | 1.39 | 1.53 | 1.95 |
| 50～69歳 | 68 | 1.12 | 0.42 | 0.58 | 0.67 | 0.72 | 0.83 | 1.05 | 1.25 | 1.61 | 1.87 | 2.50 |
| 70歳以上 | 46 | 1.15 | 0.34 | 0.63 | 0.68 | 0.78 | 0.89 | 1.11 | 1.31 | 1.64 | 1.78 | 2.03 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 1.60 | 0.49 | 1.26 | 1.29 | 1.32 | 1.43 | 1.60 | 1.78 | 1.88 | 1.92 | 1.94 |

第37表 ビタミンA摂取量の分布(性・年齢階級別)

単位: μ gRE

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 565 | 665 | 82 | 116 | 161 | 273 | 451 | 634 | 907 | 1244 | 3359 |
| 1~2歳 | 1 | 758 | 0 | 758 | 758 | 758 | 758 | 758 | 758 | 758 | 758 | 758 |
| 3~5歳 | 5 | 373 | 262 | 158 | 164 | 171 | 193 | 216 | 555 | 669 | 707 | 737 |
| 6~7歳 | 3 | 329 | 235 | 135 | 146 | 159 | 200 | 267 | 428 | 525 | 557 | 583 |
| 8~9歳 | 5 | 487 | 223 | 258 | 270 | 286 | 332 | 400 | 695 | 730 | 741 | 751 |
| 10~11歳 | 2 | 458 | 153 | 352 | 361 | 372 | 404 | 458 | 512 | 544 | 555 | 564 |
| 12~14歳 | 3 | 446 | 233 | 192 | 219 | 252 | 353 | 520 | 576 | 610 | 621 | 630 |
| 15~17歳 | 6 | 500 | 294 | 166 | 180 | 198 | 266 | 488 | 696 | 815 | 861 | 898 |
| 18~29歳 | 22 | 506 | 404 | 42 | 97 | 161 | 257 | 501 | 578 | 771 | 960 | 1775 |
| 30~49歳 | 46 | 514 | 794 | 90 | 111 | 130 | 190 | 383 | 517 | 798 | 1054 | 3526 |
| 50~69歳 | 58 | 557 | 367 | 88 | 115 | 140 | 316 | 486 | 647 | 1209 | 1263 | 1509 |
| 70歳以上 | 40 | 739 | 1031 | 198 | 240 | 275 | 319 | 475 | 652 | 941 | 2154 | 4996 |
| 女性総数 | 220 | 478 | 322 | 62 | 94 | 154 | 253 | 420 | 617 | 861 | 1084 | 1508 |
| 1~2歳 | 4 | 215 | 212 | 64 | 67 | 71 | 84 | 137 | 268 | 421 | 472 | 513 |
| 3~5歳 | 7 | 365 | 205 | 160 | 169 | 181 | 217 | 253 | 519 | 621 | 649 | 671 |
| 6~7歳 | 2 | 352 | 211 | 206 | 218 | 233 | 278 | 352 | 427 | 471 | 486 | 498 |
| 8~9歳 | 3 | 534 | 133 | 385 | 403 | 426 | 495 | 610 | 611 | 611 | 611 | 611 |
| 10~11歳 | 2 | 673 | 137 | 578 | 586 | 595 | 625 | 673 | 722 | 751 | 760 | 768 |
| 12~14歳 | 3 | 680 | 163 | 513 | 528 | 547 | 604 | 699 | 766 | 806 | 820 | 830 |
| 15~17歳 | 6 | 542 | 562 | 198 | 200 | 203 | 224 | 292 | 542 | 1132 | 1388 | 1594 |
| 18~29歳 | 21 | 314 | 158 | 47 | 83 | 94 | 226 | 295 | 458 | 533 | 533 | 583 |
| 30~49歳 | 58 | 483 | 325 | 60 | 89 | 131 | 211 | 420 | 680 | 924 | 1100 | 1353 |
| 50~69歳 | 68 | 494 | 303 | 68 | 117 | 169 | 290 | 422 | 625 | 879 | 1085 | 1293 |
| 70歳以上 | 46 | 536 | 380 | 109 | 187 | 228 | 302 | 468 | 631 | 875 | 1116 | 1905 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 738 | 126 | 651 | 658 | 667 | 694 | 738 | 783 | 809 | 818 | 825 |

第38表 ビタミンD摂取量の分布(性・年齢階級別)

単位: μ g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 8.3 | 8.6 | 0.2 | 0.6 | 1.1 | 2.1 | 4.3 | 12.2 | 21.1 | 25.3 | 37.5 |
| 1~2歳 | 1 | 12.4 | 0.0 | 12.4 | 12.4 | 12.4 | 12.4 | 12.4 | 12.4 | 12.4 | 12.4 | 12.4 |
| 3~5歳 | 5 | 1.3 | 0.3 | 1.0 | 1.0 | 1.0 | 1.0 | 1.1 | 1.4 | 1.6 | 1.7 | 1.8 |
| 6~7歳 | 3 | 6.6 | 6.3 | 0.4 | 0.9 | 1.6 | 3.5 | 6.7 | 9.8 | 11.6 | 12.2 | 12.7 |
| 8~9歳 | 5 | 4.7 | 3.3 | 2.0 | 2.2 | 2.5 | 3.3 | 3.5 | 4.3 | 7.9 | 9.1 | 10.1 |
| 10~11歳 | 2 | 5.6 | 2.3 | 4.0 | 4.2 | 4.3 | 4.8 | 5.6 | 6.4 | 6.9 | 7.0 | 7.2 |
| 12~14歳 | 3 | 10.5 | 11.8 | 3.2 | 3.3 | 3.4 | 3.7 | 4.2 | 14.2 | 20.1 | 22.1 | 23.7 |
| 15~17歳 | 6 | 5.5 | 3.9 | 1.9 | 2.0 | 2.2 | 2.6 | 4.3 | 7.9 | 10.1 | 10.9 | 11.5 |
| 18~29歳 | 22 | 7.4 | 9.8 | 0.0 | 0.2 | 0.6 | 1.8 | 3.2 | 8.3 | 18.3 | 23.7 | 37.7 |
| 30~49歳 | 46 | 7.0 | 8.1 | 0.2 | 0.4 | 0.7 | 1.3 | 3.3 | 9.9 | 17.7 | 22.3 | 32.9 |
| 50~69歳 | 58 | 9.4 | 9.1 | 0.7 | 1.1 | 1.3 | 2.3 | 5.2 | 14.2 | 22.4 | 27.2 | 34.6 |
| 70歳以上 | 40 | 10.6 | 8.9 | 0.6 | 1.5 | 1.8 | 4.1 | 8.5 | 14.6 | 21.5 | 25.8 | 36.7 |
| 女性総数 | 220 | 7.3 | 8.3 | 0.2 | 0.7 | 1.0 | 1.9 | 3.8 | 10.0 | 20.2 | 25.2 | 31.1 |
| 1~2歳 | 4 | 2.7 | 3.2 | 0.1 | 0.1 | 0.2 | 0.3 | 1.9 | 4.3 | 5.9 | 6.5 | 6.9 |
| 3~5歳 | 7 | 4.1 | 2.8 | 0.9 | 1.1 | 1.5 | 2.0 | 4.4 | 5.3 | 7.1 | 8.0 | 8.6 |
| 6~7歳 | 2 | 8.0 | 4.0 | 5.3 | 5.5 | 5.8 | 6.6 | 8.0 | 9.4 | 10.2 | 10.5 | 10.7 |
| 8~9歳 | 3 | 2.7 | 0.4 | 2.4 | 2.4 | 2.5 | 2.6 | 2.7 | 2.9 | 3.0 | 3.1 | 3.1 |
| 10~11歳 | 2 | 2.6 | 0.9 | 1.9 | 2.0 | 2.0 | 2.2 | 2.6 | 2.9 | 3.1 | 3.1 | 3.2 |
| 12~14歳 | 3 | 5.5 | 5.1 | 1.8 | 2.0 | 2.1 | 2.6 | 3.3 | 7.3 | 9.7 | 10.5 | 11.1 |
| 15~17歳 | 6 | 5.8 | 9.6 | 1.0 | 1.2 | 1.4 | 1.9 | 2.1 | 2.5 | 14.0 | 19.7 | 24.3 |
| 18~29歳 | 21 | 4.9 | 6.7 | 0.5 | 0.7 | 0.7 | 1.4 | 2.3 | 5.0 | 8.7 | 22.5 | 24.7 |
| 30~49歳 | 58 | 6.6 | 7.7 | 0.4 | 0.8 | 1.0 | 1.8 | 3.0 | 8.4 | 20.1 | 25.2 | 27.8 |
| 50~69歳 | 68 | 8.9 | 10.1 | 0.5 | 0.8 | 1.2 | 2.3 | 4.2 | 12.0 | 22.5 | 28.0 | 42.5 |
| 70歳以上 | 46 | 8.5 | 7.4 | 0.3 | 0.9 | 1.3 | 2.7 | 6.4 | 11.7 | 19.2 | 21.8 | 29.3 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 18.9 | 12.7 | 10.1 | 10.8 | 11.7 | 14.4 | 18.9 | 23.3 | 26.0 | 26.9 | 27.6 |

第39表 ビタミンE摂取量の分布(性・年齢階級別)

単位: mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 7.1 | 3.2 | 2.0 | 2.9 | 3.4 | 4.9 | 6.6 | 8.7 | 11.4 | 12.9 | 15.3 |
| 1~2歳 | 1 | 8.2 | 0.0 | 8.2 | 8.2 | 8.2 | 8.2 | 8.2 | 8.2 | 8.2 | 8.2 | 8.2 |
| 3~5歳 | 5 | 3.6 | 0.8 | 2.6 | 2.7 | 2.8 | 3.1 | 3.5 | 4.2 | 4.3 | 4.4 | 4.4 |
| 6~7歳 | 3 | 4.6 | 2.0 | 2.5 | 2.7 | 2.9 | 3.7 | 4.9 | 5.7 | 6.1 | 6.3 | 6.4 |
| 8~9歳 | 5 | 6.1 | 1.7 | 3.9 | 4.1 | 4.5 | 5.5 | 6.2 | 6.4 | 7.6 | 8.0 | 8.3 |
| 10~11歳 | 2 | 7.3 | 2.0 | 5.9 | 6.0 | 6.2 | 6.6 | 7.3 | 8.0 | 8.4 | 8.6 | 8.7 |
| 12~14歳 | 3 | 8.7 | 3.4 | 6.6 | 6.6 | 6.6 | 6.7 | 6.8 | 9.7 | 11.4 | 12.0 | 12.5 |
| 15~17歳 | 6 | 7.6 | 4.3 | 3.5 | 3.8 | 4.3 | 5.2 | 6.0 | 9.0 | 12.6 | 13.9 | 14.9 |
| 18~29歳 | 22 | 6.9 | 3.2 | 2.0 | 2.2 | 2.4 | 5.3 | 6.5 | 8.6 | 11.2 | 11.6 | 14.3 |
| 30~49歳 | 46 | 6.6 | 3.6 | 1.3 | 3.0 | 3.7 | 4.7 | 6.2 | 7.1 | 10.2 | 11.4 | 19.0 |
| 50~69歳 | 58 | 7.5 | 2.9 | 2.8 | 3.3 | 4.2 | 5.4 | 7.0 | 8.9 | 11.3 | 12.7 | 15.1 |
| 70歳以上 | 40 | 7.7 | 3.3 | 2.7 | 3.1 | 3.5 | 5.8 | 7.7 | 9.8 | 12.5 | 13.5 | 14.7 |
| 女性総数 | 220 | 6.7 | 3.7 | 1.4 | 2.6 | 3.4 | 4.6 | 6.1 | 8.2 | 10.7 | 12.4 | 15.6 |
| 1~2歳 | 4 | 3.7 | 1.6 | 1.6 | 1.8 | 2.1 | 2.9 | 4.1 | 4.8 | 4.9 | 5.0 | 5.0 |
| 3~5歳 | 7 | 3.9 | 1.7 | 2.2 | 2.3 | 2.3 | 2.7 | 3.7 | 4.7 | 6.0 | 6.4 | 6.7 |
| 6~7歳 | 2 | 3.2 | 0.7 | 2.7 | 2.8 | 2.8 | 3.0 | 3.2 | 3.5 | 3.6 | 3.7 | 3.7 |
| 8~9歳 | 3 | 4.5 | 0.7 | 3.9 | 3.9 | 4.0 | 4.1 | 4.3 | 4.8 | 5.1 | 5.2 | 5.3 |
| 10~11歳 | 2 | 8.3 | 1.5 | 7.2 | 7.3 | 7.4 | 7.7 | 8.3 | 8.8 | 9.1 | 9.2 | 9.3 |
| 12~14歳 | 3 | 7.5 | 0.7 | 6.7 | 6.8 | 6.9 | 7.2 | 7.6 | 7.9 | 8.0 | 8.1 | 8.1 |
| 15~17歳 | 6 | 6.7 | 0.9 | 5.8 | 5.9 | 5.9 | 6.0 | 6.4 | 7.0 | 7.7 | 8.0 | 8.2 |
| 18~29歳 | 21 | 5.7 | 3.1 | 1.2 | 2.1 | 2.5 | 4.3 | 5.1 | 7.0 | 8.4 | 9.9 | 14.1 |
| 30~49歳 | 58 | 6.3 | 2.9 | 1.1 | 2.7 | 3.3 | 4.0 | 6.1 | 7.9 | 10.5 | 11.8 | 13.9 |
| 50~69歳 | 68 | 7.5 | 5.1 | 1.8 | 3.2 | 3.5 | 4.9 | 6.5 | 8.4 | 11.8 | 12.9 | 25.4 |
| 70歳以上 | 46 | 7.5 | 2.7 | 3.7 | 4.5 | 4.7 | 5.1 | 6.8 | 9.3 | 11.1 | 12.2 | 14.3 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 8.3 | 3.0 | 6.1 | 6.3 | 6.5 | 7.2 | 8.3 | 9.3 | 10.0 | 10.2 | 10.4 |

第40表 ビタミンK摂取量の分布(性・年齢階級別)

単位:μg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|-----|-----|-----|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 229 | 164 | 15 | 43 | 58 | 103 | 198 | 310 | 447 | 519 | 846 |
| 1~2歳 | 1 | 32 | 0 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 |
| 3~5歳 | 5 | 82 | 33 | 48 | 50 | 52 | 58 | 74 | 102 | 118 | 124 | 128 |
| 6~7歳 | 3 | 92 | 37 | 55 | 58 | 62 | 74 | 94 | 111 | 120 | 124 | 126 |
| 8~9歳 | 5 | 182 | 116 | 50 | 56 | 65 | 90 | 183 | 260 | 301 | 314 | 325 |
| 10~11歳 | 2 | 227 | 162 | 114 | 123 | 135 | 169 | 227 | 284 | 318 | 330 | 339 |
| 12~14歳 | 3 | 217 | 28 | 191 | 193 | 195 | 203 | 216 | 231 | 240 | 243 | 245 |
| 15~17歳 | 6 | 186 | 88 | 54 | 65 | 78 | 130 | 223 | 244 | 259 | 266 | 272 |
| 18~29歳 | 22 | 171 | 113 | 14 | 16 | 34 | 91 | 151 | 241 | 274 | 373 | 448 |
| 30~49歳 | 46 | 199 | 126 | 56 | 71 | 76 | 104 | 175 | 265 | 375 | 422 | 550 |
| 50~69歳 | 58 | 269 | 191 | 21 | 46 | 64 | 118 | 252 | 379 | 487 | 548 | 879 |
| 70歳以上 | 40 | 284 | 187 | 14 | 40 | 62 | 167 | 255 | 404 | 524 | 605 | 757 |
| 女性総数 | 220 | 220 | 146 | 12 | 47 | 62 | 107 | 192 | 299 | 437 | 480 | 615 |
| 1~2歳 | 4 | 90 | 94 | 12 | 16 | 22 | 38 | 62 | 114 | 181 | 204 | 222 |
| 3~5歳 | 7 | 113 | 114 | 25 | 31 | 38 | 57 | 81 | 107 | 221 | 291 | 346 |
| 6~7歳 | 2 | 149 | 143 | 50 | 58 | 68 | 99 | 149 | 200 | 230 | 240 | 248 |
| 8~9歳 | 3 | 138 | 17 | 122 | 124 | 125 | 130 | 137 | 146 | 151 | 153 | 155 |
| 10~11歳 | 2 | 304 | 27 | 285 | 287 | 289 | 295 | 304 | 314 | 319 | 321 | 323 |
| 12~14歳 | 3 | 195 | 23 | 172 | 174 | 176 | 184 | 196 | 207 | 213 | 215 | 217 |
| 15~17歳 | 6 | 225 | 99 | 125 | 129 | 134 | 154 | 194 | 310 | 348 | 348 | 349 |
| 18~29歳 | 21 | 147 | 126 | 30 | 32 | 39 | 71 | 106 | 178 | 300 | 437 | 491 |
| 30~49歳 | 58 | 207 | 130 | 12 | 47 | 57 | 102 | 196 | 306 | 414 | 458 | 482 |
| 50~69歳 | 68 | 237 | 164 | 14 | 52 | 72 | 126 | 201 | 293 | 415 | 452 | 819 |
| 70歳以上 | 46 | 276 | 146 | 56 | 74 | 113 | 160 | 257 | 407 | 500 | 515 | 544 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 326 | 53 | 289 | 292 | 296 | 307 | 326 | 344 | 356 | 359 | 362 |

第41表 ビタミンB1摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 1.03 | 0.60 | 0.38 | 0.48 | 0.54 | 0.71 | 0.87 | 1.22 | 1.65 | 1.90 | 2.64 |
| 1~2歳 | 1 | 0.65 | 0.00 | 0.65 | 0.65 | 0.65 | 0.65 | 0.65 | 0.65 | 0.65 | 0.65 | 0.65 |
| 3~5歳 | 5 | 0.83 | 0.21 | 0.48 | 0.54 | 0.61 | 0.81 | 0.91 | 0.96 | 0.98 | 0.99 | 1.00 |
| 6~7歳 | 3 | 0.44 | 0.16 | 0.27 | 0.29 | 0.31 | 0.39 | 0.51 | 0.53 | 0.54 | 0.55 | 0.55 |
| 8~9歳 | 5 | 0.90 | 0.34 | 0.56 | 0.60 | 0.66 | 0.82 | 0.82 | 0.86 | 1.23 | 1.35 | 1.45 |
| 10~11歳 | 2 | 1.30 | 0.26 | 1.11 | 1.13 | 1.15 | 1.20 | 1.30 | 1.39 | 1.44 | 1.46 | 1.48 |
| 12~14歳 | 3 | 1.45 | 0.33 | 1.25 | 1.25 | 1.25 | 1.26 | 1.27 | 1.55 | 1.72 | 1.77 | 1.82 |
| 15~17歳 | 6 | 1.49 | 1.06 | 0.68 | 0.71 | 0.75 | 0.83 | 0.97 | 1.89 | 2.76 | 3.06 | 3.30 |
| 18~29歳 | 22 | 1.07 | 0.54 | 0.46 | 0.55 | 0.59 | 0.69 | 0.88 | 1.36 | 1.80 | 1.94 | 2.43 |
| 30~49歳 | 46 | 0.94 | 0.43 | 0.38 | 0.44 | 0.50 | 0.59 | 0.83 | 1.21 | 1.53 | 1.77 | 2.04 |
| 50~69歳 | 58 | 1.10 | 0.81 | 0.44 | 0.51 | 0.57 | 0.72 | 0.95 | 1.20 | 1.65 | 1.99 | 3.99 |
| 70歳以上 | 40 | 0.99 | 0.36 | 0.42 | 0.49 | 0.58 | 0.76 | 0.88 | 1.19 | 1.63 | 1.72 | 1.83 |
| 女性総数 | 220 | 0.85 | 0.38 | 0.20 | 0.36 | 0.43 | 0.60 | 0.76 | 1.09 | 1.31 | 1.52 | 2.25 |
| 1~2歳 | 4 | 0.38 | 0.25 | 0.14 | 0.16 | 0.18 | 0.27 | 0.34 | 0.45 | 0.61 | 0.67 | 0.71 |
| 3~5歳 | 7 | 0.44 | 0.10 | 0.32 | 0.32 | 0.32 | 0.36 | 0.44 | 0.50 | 0.55 | 0.58 | 0.60 |
| 6~7歳 | 2 | 0.62 | 0.22 | 0.46 | 0.48 | 0.49 | 0.54 | 0.62 | 0.69 | 0.74 | 0.75 | 0.77 |
| 8~9歳 | 3 | 0.91 | 0.22 | 0.70 | 0.72 | 0.74 | 0.81 | 0.91 | 1.02 | 1.09 | 1.11 | 1.13 |
| 10~11歳 | 2 | 1.06 | 0.27 | 0.87 | 0.89 | 0.91 | 0.97 | 1.06 | 1.16 | 1.21 | 1.23 | 1.25 |
| 12~14歳 | 3 | 1.07 | 0.14 | 0.95 | 0.96 | 0.97 | 0.99 | 1.03 | 1.13 | 1.19 | 1.21 | 1.23 |
| 15~17歳 | 6 | 1.16 | 0.60 | 0.77 | 0.79 | 0.81 | 0.87 | 0.97 | 1.02 | 1.71 | 2.04 | 2.30 |
| 18~29歳 | 21 | 0.88 | 0.53 | 0.14 | 0.32 | 0.36 | 0.54 | 0.76 | 1.22 | 1.52 | 1.53 | 2.18 |
| 30~49歳 | 58 | 0.81 | 0.37 | 0.22 | 0.35 | 0.50 | 0.58 | 0.73 | 0.99 | 1.35 | 1.52 | 1.73 |
| 50~69歳 | 68 | 0.88 | 0.31 | 0.33 | 0.41 | 0.48 | 0.70 | 0.86 | 1.10 | 1.25 | 1.42 | 1.63 |
| 70歳以上 | 46 | 0.89 | 0.37 | 0.39 | 0.50 | 0.57 | 0.69 | 0.76 | 1.06 | 1.29 | 1.34 | 2.12 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 0.96 | 0.45 | 0.65 | 0.67 | 0.70 | 0.80 | 0.96 | 1.11 | 1.21 | 1.24 | 1.26 |

第42表 ビタミンB2摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 1.28 | 0.66 | 0.47 | 0.58 | 0.68 | 0.85 | 1.17 | 1.53 | 1.92 | 2.34 | 3.29 |
| 1~2歳 | 1 | 1.07 | 0.00 | 1.07 | 1.07 | 1.07 | 1.07 | 1.07 | 1.07 | 1.07 | 1.07 | 1.07 |
| 3~5歳 | 5 | 0.97 | 0.51 | 0.62 | 0.62 | 0.62 | 0.63 | 0.73 | 1.04 | 1.51 | 1.66 | 1.79 |
| 6~7歳 | 3 | 0.72 | 0.24 | 0.46 | 0.49 | 0.52 | 0.63 | 0.80 | 0.86 | 0.90 | 0.91 | 0.92 |
| 8~9歳 | 5 | 1.37 | 0.72 | 0.71 | 0.76 | 0.81 | 0.98 | 1.18 | 1.41 | 2.11 | 2.34 | 2.52 |
| 10~11歳 | 2 | 1.30 | 0.45 | 0.99 | 1.01 | 1.04 | 1.14 | 1.30 | 1.45 | 1.55 | 1.58 | 1.60 |
| 12~14歳 | 3 | 1.38 | 0.30 | 1.06 | 1.09 | 1.13 | 1.25 | 1.44 | 1.54 | 1.60 | 1.62 | 1.64 |
| 15~17歳 | 6 | 1.80 | 1.35 | 0.99 | 1.01 | 1.03 | 1.12 | 1.35 | 1.51 | 3.03 | 3.77 | 4.37 |
| 18~29歳 | 22 | 1.11 | 0.44 | 0.48 | 0.53 | 0.59 | 0.80 | 1.09 | 1.30 | 1.52 | 1.68 | 2.28 |
| 30~49歳 | 46 | 1.12 | 0.48 | 0.53 | 0.62 | 0.67 | 0.75 | 1.05 | 1.28 | 1.79 | 2.11 | 2.48 |
| 50~69歳 | 58 | 1.38 | 0.79 | 0.49 | 0.64 | 0.72 | 0.90 | 1.23 | 1.63 | 1.93 | 2.28 | 4.28 |
| 70歳以上 | 40 | 1.41 | 0.59 | 0.54 | 0.67 | 0.75 | 1.12 | 1.30 | 1.68 | 1.98 | 2.50 | 3.11 |
| 女性総数 | 220 | 1.14 | 0.52 | 0.20 | 0.44 | 0.56 | 0.76 | 1.05 | 1.47 | 1.82 | 1.97 | 2.73 |
| 1~2歳 | 4 | 0.61 | 0.82 | 0.12 | 0.13 | 0.14 | 0.17 | 0.24 | 0.68 | 1.37 | 1.60 | 1.78 |
| 3~5歳 | 7 | 0.88 | 0.46 | 0.35 | 0.41 | 0.47 | 0.56 | 0.85 | 1.11 | 1.43 | 1.54 | 1.62 |
| 6~7歳 | 2 | 1.52 | 1.26 | 0.65 | 0.72 | 0.81 | 1.08 | 1.52 | 1.97 | 2.23 | 2.32 | 2.39 |
| 8~9歳 | 3 | 1.58 | 0.29 | 1.28 | 1.31 | 1.34 | 1.46 | 1.64 | 1.74 | 1.80 | 1.82 | 1.84 |
| 10~11歳 | 2 | 1.15 | 0.19 | 1.01 | 1.02 | 1.04 | 1.08 | 1.15 | 1.21 | 1.25 | 1.27 | 1.28 |
| 12~14歳 | 3 | 1.44 | 0.32 | 1.08 | 1.12 | 1.17 | 1.33 | 1.58 | 1.62 | 1.64 | 1.65 | 1.66 |
| 15~17歳 | 6 | 1.28 | 0.28 | 0.97 | 0.99 | 1.01 | 1.08 | 1.21 | 1.51 | 1.62 | 1.62 | 1.63 |
| 18~29歳 | 21 | 0.94 | 0.49 | 0.30 | 0.44 | 0.47 | 0.60 | 0.84 | 1.26 | 1.48 | 1.70 | 2.20 |
| 30~49歳 | 58 | 1.05 | 0.57 | 0.20 | 0.39 | 0.55 | 0.70 | 0.89 | 1.29 | 1.69 | 1.94 | 2.96 |
| 50~69歳 | 68 | 1.16 | 0.45 | 0.47 | 0.60 | 0.69 | 0.85 | 1.05 | 1.41 | 1.73 | 1.99 | 2.50 |
| 70歳以上 | 46 | 1.32 | 0.52 | 0.43 | 0.66 | 0.67 | 1.03 | 1.28 | 1.70 | 1.94 | 1.97 | 2.56 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 1.25 | 0.69 | 0.77 | 0.81 | 0.86 | 1.00 | 1.25 | 1.49 | 1.63 | 1.68 | 1.72 |

第43表 ナイアシン摂取量の分布(性・年齢階級別)

単位:mgNE

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 17.5 | 8.2 | 4.7 | 7.4 | 8.8 | 11.8 | 16.2 | 22.1 | 28.0 | 33.7 | 41.5 |
| 1~2歳 | 1 | 8.4 | 0.0 | 8.4 | 8.4 | 8.4 | 8.4 | 8.4 | 8.4 | 8.4 | 8.4 | 8.4 |
| 3~5歳 | 5 | 8.2 | 2.2 | 4.8 | 5.3 | 5.9 | 7.6 | 8.8 | 9.2 | 10.0 | 10.3 | 10.5 |
| 6~7歳 | 3 | 12.5 | 9.2 | 6.1 | 6.3 | 6.5 | 7.2 | 8.3 | 15.7 | 20.1 | 21.6 | 22.8 |
| 8~9歳 | 5 | 11.9 | 3.4 | 7.1 | 7.6 | 8.1 | 9.8 | 14.2 | 14.3 | 14.4 | 14.4 | 14.4 |
| 10~11歳 | 2 | 12.7 | 0.1 | 12.6 | 12.6 | 12.6 | 12.7 | 12.7 | 12.8 | 12.8 | 12.8 | 12.8 |
| 12~14歳 | 3 | 21.0 | 3.9 | 18.7 | 18.7 | 18.7 | 18.8 | 18.8 | 22.2 | 24.2 | 24.8 | 25.4 |
| 15~17歳 | 6 | 21.3 | 9.7 | 8.7 | 9.9 | 11.4 | 14.7 | 21.7 | 29.6 | 30.7 | 31.0 | 31.2 |
| 18~29歳 | 22 | 16.5 | 9.9 | 3.5 | 6.6 | 8.9 | 10.1 | 12.7 | 19.6 | 31.4 | 38.0 | 38.6 |
| 30~49歳 | 46 | 16.8 | 7.8 | 4.9 | 7.3 | 9.4 | 11.7 | 15.5 | 18.9 | 26.7 | 33.2 | 37.8 |
| 50~69歳 | 58 | 18.8 | 8.2 | 6.0 | 8.0 | 9.7 | 12.8 | 17.3 | 23.6 | 28.3 | 30.9 | 43.2 |
| 70歳以上 | 40 | 18.9 | 7.5 | 9.5 | 11.1 | 11.4 | 13.5 | 16.9 | 21.8 | 25.1 | 35.0 | 41.6 |
| 女性総数 | 220 | 14.2 | 6.3 | 3.3 | 4.9 | 7.3 | 9.7 | 13.7 | 16.9 | 21.8 | 24.3 | 35.8 |
| 1~2歳 | 4 | 4.5 | 2.5 | 2.8 | 2.9 | 2.9 | 3.1 | 3.5 | 4.8 | 6.9 | 7.5 | 8.1 |
| 3~5歳 | 7 | 6.7 | 1.7 | 4.1 | 4.3 | 4.5 | 5.6 | 7.5 | 8.0 | 8.3 | 8.3 | 8.4 |
| 6~7歳 | 2 | 7.9 | 4.2 | 5.0 | 5.2 | 5.5 | 6.4 | 7.9 | 9.4 | 10.3 | 10.6 | 10.8 |
| 8~9歳 | 3 | 10.3 | 1.4 | 9.4 | 9.4 | 9.4 | 9.5 | 9.5 | 10.7 | 11.4 | 11.7 | 11.9 |
| 10~11歳 | 2 | 10.7 | 4.9 | 7.3 | 7.5 | 7.9 | 8.9 | 10.7 | 12.4 | 13.4 | 13.8 | 14.0 |
| 12~14歳 | 3 | 12.9 | 2.4 | 10.5 | 10.7 | 10.9 | 11.8 | 13.1 | 14.2 | 14.8 | 15.0 | 15.2 |
| 15~17歳 | 6 | 15.3 | 5.4 | 9.1 | 10.1 | 11.3 | 13.8 | 14.5 | 14.9 | 20.1 | 22.7 | 24.8 |
| 18~29歳 | 21 | 12.3 | 6.8 | 3.9 | 4.5 | 4.7 | 6.7 | 11.3 | 16.7 | 20.8 | 23.6 | 27.4 |
| 30~49歳 | 58 | 13.6 | 4.9 | 4.4 | 6.5 | 8.4 | 10.3 | 13.1 | 16.2 | 18.9 | 22.8 | 27.5 |
| 50~69歳 | 68 | 16.5 | 7.4 | 4.2 | 8.7 | 9.1 | 11.2 | 15.9 | 19.0 | 24.3 | 32.1 | 39.4 |
| 70歳以上 | 46 | 14.9 | 4.6 | 6.8 | 8.6 | 8.9 | 11.2 | 15.2 | 18.0 | 21.3 | 22.2 | 23.0 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 13.4 | 6.6 | 8.8 | 9.2 | 9.6 | 11.0 | 13.4 | 15.7 | 17.1 | 17.5 | 17.9 |

第44表 ビタミンB6摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 1.30 | 0.70 | 0.38 | 0.61 | 0.71 | 0.91 | 1.16 | 1.48 | 1.92 | 2.33 | 3.53 |
| 1~2歳 | 1 | 1.08 | 0.00 | 1.08 | 1.08 | 1.08 | 1.08 | 1.08 | 1.08 | 1.08 | 1.08 | 1.08 |
| 3~5歳 | 5 | 0.74 | 0.33 | 0.40 | 0.43 | 0.46 | 0.57 | 0.63 | 0.84 | 1.09 | 1.17 | 1.23 |
| 6~7歳 | 3 | 0.88 | 0.48 | 0.40 | 0.44 | 0.49 | 0.65 | 0.90 | 1.13 | 1.26 | 1.31 | 1.34 |
| 8~9歳 | 5 | 0.99 | 0.25 | 0.62 | 0.68 | 0.75 | 0.96 | 0.97 | 1.12 | 1.21 | 1.24 | 1.26 |
| 10~11歳 | 2 | 1.29 | 0.25 | 1.11 | 1.13 | 1.15 | 1.20 | 1.29 | 1.38 | 1.43 | 1.45 | 1.47 |
| 12~14歳 | 3 | 1.44 | 0.27 | 1.17 | 1.19 | 1.22 | 1.32 | 1.47 | 1.58 | 1.65 | 1.67 | 1.69 |
| 15~17歳 | 6 | 1.57 | 0.81 | 0.88 | 0.90 | 0.92 | 0.98 | 1.29 | 1.88 | 2.50 | 2.75 | 2.94 |
| 18~29歳 | 22 | 1.22 | 0.64 | 0.26 | 0.33 | 0.37 | 0.50 | 0.90 | 1.15 | 1.43 | 1.89 | 3.00 |
| 30~49歳 | 46 | 1.13 | 0.40 | 0.54 | 0.62 | 0.65 | 0.90 | 1.06 | 1.35 | 1.54 | 1.70 | 2.42 |
| 50~69歳 | 58 | 1.46 | 1.02 | 0.52 | 0.68 | 0.75 | 0.90 | 1.22 | 1.61 | 2.27 | 2.52 | 5.99 |
| 70歳以上 | 40 | 1.42 | 0.44 | 0.83 | 0.84 | 0.86 | 1.02 | 1.41 | 1.80 | 1.92 | 2.17 | 2.44 |
| 女性総数 | 220 | 1.07 | 0.43 | 0.25 | 0.42 | 0.56 | 0.77 | 1.04 | 1.30 | 1.63 | 1.87 | 2.36 |
| 1~2歳 | 4 | 0.50 | 0.37 | 0.25 | 0.25 | 0.25 | 0.25 | 0.35 | 0.59 | 0.86 | 0.95 | 1.02 |
| 3~5歳 | 7 | 0.61 | 0.18 | 0.31 | 0.33 | 0.36 | 0.52 | 0.67 | 0.73 | 0.75 | 0.76 | 0.77 |
| 6~7歳 | 2 | 0.82 | 0.48 | 0.49 | 0.51 | 0.55 | 0.65 | 0.82 | 0.99 | 1.09 | 1.13 | 1.15 |
| 8~9歳 | 3 | 1.04 | 0.02 | 1.02 | 1.02 | 1.02 | 1.03 | 1.03 | 1.05 | 1.05 | 1.06 | 1.06 |
| 10~11歳 | 2 | 1.25 | 0.33 | 1.01 | 1.03 | 1.06 | 1.13 | 1.25 | 1.36 | 1.43 | 1.46 | 1.48 |
| 12~14歳 | 3 | 1.38 | 0.10 | 1.27 | 1.28 | 1.29 | 1.33 | 1.39 | 1.43 | 1.45 | 1.46 | 1.47 |
| 15~17歳 | 6 | 1.13 | 0.23 | 0.79 | 0.84 | 0.89 | 1.03 | 1.13 | 1.26 | 1.37 | 1.41 | 1.44 |
| 18~29歳 | 21 | 0.92 | 0.47 | 0.24 | 0.25 | 0.26 | 0.58 | 0.95 | 1.25 | 1.50 | 1.53 | 1.78 |
| 30~49歳 | 58 | 1.00 | 0.40 | 0.29 | 0.55 | 0.63 | 0.75 | 0.90 | 1.18 | 1.46 | 1.87 | 2.12 |
| 50~69歳 | 68 | 1.15 | 0.44 | 0.40 | 0.54 | 0.61 | 0.89 | 1.07 | 1.34 | 1.73 | 1.96 | 2.39 |
| 70歳以上 | 46 | 1.19 | 0.41 | 0.47 | 0.55 | 0.70 | 0.91 | 1.21 | 1.38 | 1.69 | 1.89 | 2.21 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 1.57 | 0.43 | 1.27 | 1.29 | 1.32 | 1.41 | 1.57 | 1.72 | 1.81 | 1.84 | 1.86 |

第45表 ビタミンB12摂取量の分布(性・年齢階級別)

単位:μg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|-----|-----|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 7.4 | 7.0 | 0.7 | 1.1 | 1.4 | 2.6 | 5.4 | 9.7 | 15.6 | 22.2 | 35.3 |
| 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 | 5 | 1.4 | 0.4 | 0.9 | 1.0 | 1.0 | 1.2 | 1.3 | 1.7 | 1.8 | 1.8 | 1.8 |
| 6~7歳 | 3 | 7.3 | 6.0 | 1.3 | 1.8 | 2.5 | 4.4 | 7.6 | 10.4 | 12.1 | 12.6 | 13.1 |
| 8~9歳 | 5 | 6.0 | 3.6 | 1.8 | 2.0 | 2.2 | 2.9 | 6.7 | 8.2 | 9.5 | 10.0 | 10.3 |
| 10~11歳 | 2 | 3.0 | 1.1 | 2.2 | 2.3 | 2.4 | 2.6 | 3.0 | 3.3 | 3.6 | 3.6 | 3.7 |
| 12~14歳 | 3 | 6.8 | 3.3 | 3.1 | 3.6 | 4.1 | 5.8 | 8.5 | 8.7 | 8.8 | 8.9 | 8.9 |
| 15~17歳 | 6 | 5.4 | 2.4 | 1.9 | 2.3 | 2.8 | 4.1 | 5.5 | 6.9 | 7.8 | 8.1 | 8.3 |
| 18~29歳 | 22 | 6.6 | 7.3 | 1.0 | 1.2 | 1.4 | 2.6 | 3.7 | 6.7 | 20.9 | 23.5 | 24.8 |
| 30~49歳 | 46 | 7.4 | 7.5 | 0.8 | 1.0 | 1.4 | 2.5 | 5.0 | 8.9 | 18.4 | 23.1 | 31.5 |
| 50~69歳 | 58 | 8.2 | 8.2 | 0.6 | 1.2 | 1.8 | 2.9 | 6.1 | 10.4 | 15.3 | 24.0 | 39.9 |
| 70歳以上 | 40 | 8.5 | 5.4 | 0.8 | 1.5 | 1.8 | 4.8 | 7.5 | 12.0 | 15.8 | 18.4 | 20.1 |
| 女性総数 | 220 | 5.8 | 5.6 | 0.2 | 0.9 | 1.3 | 2.1 | 4.0 | 7.1 | 12.9 | 17.1 | 28.2 |
| 1~2歳 | 4 | 2.5 | 3.3 | 0.1 | 0.1 | 0.1 | 0.2 | 1.3 | 3.6 | 5.8 | 6.5 | 7.1 |
| 3~5歳 | 7 | 4.0 | 2.1 | 0.7 | 1.3 | 2.0 | 3.1 | 3.3 | 5.7 | 6.5 | 6.5 | 6.6 |
| 6~7歳 | 2 | 3.5 | 1.6 | 2.3 | 2.4 | 2.5 | 2.9 | 3.5 | 4.0 | 4.4 | 4.5 | 4.6 |
| 8~9歳 | 3 | 3.3 | 0.6 | 2.9 | 2.9 | 2.9 | 3.0 | 3.1 | 3.6 | 3.8 | 3.9 | 4.0 |
| 10~11歳 | 2 | 3.7 | 2.6 | 1.8 | 2.0 | 2.2 | 2.7 | 3.7 | 4.6 | 5.1 | 5.3 | 5.5 |
| 12~14歳 | 3 | 4.3 | 2.7 | 1.8 | 2.0 | 2.2 | 2.9 | 4.0 | 5.6 | 6.6 | 6.9 | 7.1 |
| 15~17歳 | 6 | 3.0 | 1.8 | 1.0 | 1.1 | 1.2 | 1.5 | 2.9 | 4.7 | 5.0 | 5.0 | 5.0 |
| 18~29歳 | 21 | 3.5 | 2.8 | 0.9 | 0.9 | 1.1 | 1.7 | 2.3 | 4.7 | 6.9 | 7.3 | 11.3 |
| 30~49歳 | 58 | 4.8 | 5.0 | 0.5 | 0.8 | 1.3 | 1.8 | 3.8 | 6.2 | 8.0 | 13.0 | 23.5 |
| 50~69歳 | 68 | 6.8 | 5.8 | 0.5 | 0.9 | 1.4 | 2.7 | 4.5 | 10.0 | 15.8 | 19.1 | 22.0 |
| 70歳以上 | 46 | 7.9 | 7.3 | 0.5 | 1.1 | 1.5 | 3.7 | 5.5 | 9.9 | 14.9 | 19.0 | 34.0 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 19.0 | 17.8 | 6.7 | 7.7 | 8.9 | 12.7 | 19.0 | 25.3 | 29.1 | 30.3 | 31.3 |

第46表 葉酸摂取量の分布(性・年齢階級別)

単位: μg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|-----|-----|-----|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 299 | 139 | 86 | 123 | 143 | 198 | 268 | 385 | 477 | 575 | 702 |
| 1～2歳 | 1 | 154 | 0 | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| 3～5歳 | 5 | 145 | 55 | 87 | 89 | 91 | 98 | 149 | 166 | 200 | 212 | 221 |
| 6～7歳 | 3 | 128 | 38 | 92 | 95 | 98 | 109 | 126 | 146 | 158 | 162 | 165 |
| 8～9歳 | 5 | 230 | 99 | 140 | 142 | 144 | 151 | 221 | 253 | 333 | 359 | 381 |
| 10～11歳 | 2 | 384 | 104 | 311 | 317 | 325 | 347 | 384 | 420 | 442 | 450 | 456 |
| 12～14歳 | 3 | 258 | 104 | 142 | 155 | 172 | 221 | 303 | 318 | 326 | 329 | 331 |
| 15～17歳 | 6 | 316 | 210 | 137 | 147 | 160 | 190 | 223 | 397 | 566 | 624 | 671 |
| 18～29歳 | 22 | 233 | 101 | 42 | 77 | 89 | 187 | 243 | 284 | 371 | 384 | 412 |
| 30～49歳 | 46 | 275 | 131 | 130 | 150 | 168 | 187 | 240 | 311 | 363 | 547 | 729 |
| 50～69歳 | 58 | 319 | 140 | 119 | 126 | 140 | 219 | 306 | 415 | 467 | 593 | 650 |
| 70歳以上 | 40 | 375 | 123 | 184 | 205 | 226 | 287 | 368 | 456 | 523 | 567 | 675 |
| 女性総数 | 220 | 280 | 120 | 49 | 94 | 123 | 189 | 274 | 365 | 433 | 479 | 554 |
| 1～2歳 | 4 | 122 | 94 | 40 | 46 | 55 | 80 | 96 | 138 | 209 | 232 | 251 |
| 3～5歳 | 7 | 125 | 41 | 75 | 77 | 81 | 92 | 139 | 146 | 162 | 175 | 185 |
| 6～7歳 | 2 | 157 | 93 | 92 | 98 | 104 | 124 | 157 | 189 | 209 | 215 | 221 |
| 8～9歳 | 3 | 225 | 76 | 159 | 163 | 169 | 185 | 211 | 259 | 288 | 297 | 305 |
| 10～11歳 | 2 | 382 | 52 | 346 | 349 | 352 | 364 | 382 | 401 | 412 | 415 | 418 |
| 12～14歳 | 3 | 300 | 72 | 236 | 240 | 245 | 261 | 287 | 333 | 360 | 369 | 376 |
| 15～17歳 | 6 | 281 | 73 | 209 | 211 | 213 | 219 | 272 | 347 | 357 | 359 | 360 |
| 18～29歳 | 21 | 188 | 83 | 35 | 79 | 88 | 145 | 176 | 243 | 302 | 316 | 331 |
| 30～49歳 | 58 | 252 | 107 | 53 | 103 | 121 | 178 | 249 | 309 | 389 | 424 | 502 |
| 50～69歳 | 68 | 310 | 112 | 83 | 130 | 161 | 255 | 294 | 381 | 422 | 474 | 611 |
| 70歳以上 | 46 | 355 | 110 | 153 | 173 | 196 | 292 | 359 | 454 | 493 | 515 | 539 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 338 | 63 | 294 | 297 | 302 | 315 | 338 | 360 | 373 | 378 | 381 |

第47表 バンテン酸摂取量の分布(性・年齢階級別)

単位: mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|-------|-------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 5.83 | 1.85 | 2.39 | 3.26 | 3.76 | 4.55 | 5.60 | 7.01 | 8.27 | 9.48 | 10.41 |
| 1～2歳 | 1 | 3.87 | 0.00 | 3.87 | 3.87 | 3.87 | 3.87 | 3.87 | 3.87 | 3.87 | 3.87 | 3.87 |
| 3～5歳 | 5 | 3.92 | 1.08 | 3.19 | 3.23 | 3.29 | 3.45 | 3.49 | 3.63 | 4.95 | 5.39 | 5.74 |
| 6～7歳 | 3 | 3.52 | 1.02 | 2.44 | 2.54 | 2.67 | 3.07 | 3.73 | 4.07 | 4.27 | 4.34 | 4.40 |
| 8～9歳 | 5 | 5.72 | 1.12 | 3.93 | 4.22 | 4.58 | 5.65 | 5.92 | 6.51 | 6.59 | 6.62 | 6.64 |
| 10～11歳 | 2 | 7.01 | 2.49 | 5.29 | 5.43 | 5.60 | 6.13 | 7.01 | 7.89 | 8.42 | 8.59 | 8.73 |
| 12～14歳 | 3 | 7.52 | 0.50 | 6.99 | 7.04 | 7.11 | 7.30 | 7.62 | 7.80 | 7.90 | 7.94 | 7.96 |
| 15～17歳 | 6 | 6.94 | 1.65 | 5.45 | 5.47 | 5.48 | 5.83 | 6.80 | 7.02 | 8.54 | 9.26 | 9.84 |
| 18～29歳 | 22 | 5.53 | 1.81 | 1.78 | 3.04 | 3.37 | 4.40 | 5.65 | 7.12 | 7.84 | 8.03 | 8.23 |
| 30～49歳 | 46 | 5.49 | 1.43 | 2.95 | 3.61 | 3.81 | 4.72 | 5.23 | 6.24 | 7.42 | 8.00 | 9.19 |
| 50～69歳 | 58 | 5.97 | 2.02 | 2.95 | 3.12 | 3.69 | 4.54 | 5.59 | 6.80 | 8.73 | 10.01 | 10.74 |
| 70歳以上 | 40 | 6.32 | 1.95 | 2.85 | 3.78 | 4.06 | 4.72 | 6.33 | 7.32 | 8.74 | 9.53 | 10.32 |
| 女性総数 | 220 | 5.19 | 1.91 | 1.10 | 2.32 | 2.83 | 3.83 | 5.05 | 6.46 | 8.04 | 8.63 | 9.84 |
| 1～2歳 | 4 | 2.82 | 2.79 | 0.74 | 0.85 | 1.00 | 1.42 | 1.82 | 3.21 | 5.44 | 6.18 | 6.77 |
| 3～5歳 | 7 | 3.71 | 1.03 | 2.11 | 2.21 | 2.34 | 3.17 | 4.00 | 4.31 | 4.62 | 4.76 | 4.86 |
| 6～7歳 | 2 | 4.13 | 2.09 | 2.68 | 2.80 | 2.95 | 3.39 | 4.13 | 4.86 | 5.31 | 5.45 | 5.57 |
| 8～9歳 | 3 | 6.06 | 0.66 | 5.37 | 5.44 | 5.52 | 5.78 | 6.20 | 6.42 | 6.55 | 6.60 | 6.63 |
| 10～11歳 | 2 | 6.71 | 1.15 | 5.92 | 5.98 | 6.06 | 6.31 | 6.71 | 7.12 | 7.36 | 7.44 | 7.50 |
| 12～14歳 | 3 | 7.06 | 1.14 | 5.89 | 5.99 | 6.12 | 6.52 | 7.18 | 7.66 | 7.94 | 8.04 | 8.11 |
| 15～17歳 | 6 | 6.15 | 1.17 | 4.95 | 5.01 | 5.08 | 5.30 | 5.95 | 6.65 | 7.42 | 7.75 | 8.01 |
| 18～29歳 | 21 | 4.27 | 1.86 | 1.07 | 1.77 | 2.32 | 3.02 | 4.23 | 5.68 | 6.93 | 6.97 | 7.35 |
| 30～49歳 | 58 | 5.04 | 1.86 | 1.60 | 2.60 | 3.05 | 3.58 | 5.02 | 5.98 | 7.71 | 8.65 | 9.28 |
| 50～69歳 | 68 | 5.28 | 1.88 | 2.55 | 3.00 | 3.41 | 3.89 | 4.79 | 6.37 | 8.29 | 8.99 | 10.29 |
| 70歳以上 | 46 | 5.78 | 1.86 | 2.31 | 2.61 | 3.17 | 4.52 | 5.67 | 6.87 | 8.19 | 8.93 | 9.34 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 6.67 | 1.25 | 5.80 | 5.87 | 5.96 | 6.22 | 6.67 | 7.11 | 7.37 | 7.46 | 7.53 |

第48表 ビタミンC摂取量の分布(性・年齢階級別)

単位: mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|-----|-----|-----|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 97 | 67 | 4 | 20 | 25 | 44 | 85 | 134 | 201 | 248 | 275 |
| 1～2歳 | 1 | 95 | 0 | 95 | 95 | 95 | 95 | 95 | 95 | 95 | 95 | 95 |
| 3～5歳 | 5 | 61 | 40 | 16 | 20 | 24 | 38 | 62 | 65 | 100 | 111 | 121 |
| 6～7歳 | 3 | 33 | 12 | 19 | 21 | 23 | 29 | 39 | 40 | 41 | 41 | 41 |
| 8～9歳 | 5 | 59 | 24 | 34 | 36 | 38 | 45 | 50 | 72 | 85 | 89 | 92 |
| 10～11歳 | 2 | 199 | 80 | 143 | 148 | 153 | 170 | 199 | 227 | 244 | 249 | 254 |
| 12～14歳 | 3 | 82 | 10 | 70 | 72 | 73 | 79 | 87 | 88 | 89 | 89 | 89 |
| 15～17歳 | 6 | 103 | 90 | 36 | 38 | 41 | 47 | 53 | 143 | 214 | 235 | 252 |
| 18～29歳 | 22 | 67 | 46 | 2 | 5 | 21 | 28 | 64 | 92 | 112 | 151 | 175 |
| 30～49歳 | 46 | 66 | 48 | 13 | 19 | 23 | 38 | 49 | 81 | 110 | 141 | 233 |
| 50～69歳 | 58 | 110 | 73 | 18 | 21 | 30 | 50 | 105 | 139 | 207 | 253 | 313 |
| 70歳以上 | 40 | 141 | 63 | 20 | 72 | 76 | 90 | 141 | 174 | 222 | 257 | 270 |
| 女性総数 | 220 | 102 | 79 | 4 | 14 | 25 | 43 | 81 | 145 | 195 | 229 | 322 |
| 1～2歳 | 4 | 30 | 32 | 4 | 4 | 5 | 6 | 21 | 45 | 61 | 67 | 71 |
| 3～5歳 | 7 | 41 | 26 | 15 | 17 | 20 | 25 | 33 | 50 | 73 | 80 | 86 |
| 6～7歳 | 2 | 43 | 42 | 14 | 16 | 19 | 28 | 43 | 58 | 67 | 70 | 72 |
| 8～9歳 | 3 | 56 | 23 | 33 | 35 | 37 | 45 | 57 | 68 | 74 | 76 | 78 |
| 10～11歳 | 2 | 101 | 2 | 99 | 99 | 99 | 100 | 101 | 101 | 102 | 102 | 102 |
| 12～14歳 | 3 | 81 | 14 | 68 | 69 | 70 | 74 | 79 | 88 | 93 | 94 | 96 |
| 15～17歳 | 6 | 107 | 74 | 46 | 48 | 50 | 55 | 77 | 143 | 195 | 213 | 227 |
| 18～29歳 | 21 | 60 | 44 | 2 | 4 | 6 | 25 | 70 | 80 | 85 | 150 | 163 |
| 30～49歳 | 58 | 76 | 58 | 10 | 16 | 23 | 33 | 58 | 112 | 148 | 166 | 244 |
| 50～69歳 | 68 | 125 | 98 | 15 | 25 | 30 | 57 | 109 | 169 | 216 | 262 | 429 |
| 70歳以上 | 46 | 143 | 70 | 22 | 46 | 58 | 94 | 145 | 186 | 219 | 231 | 337 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 113 | 4 | 110 | 110 | 111 | 112 | 113 | 115 | 115 | 116 | 116 |

第49表 コレステロール摂取量の分布(性・年齢階級別)

単位:mg

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|-----|-----|-----|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 326 | 190 | 66 | 76 | 108 | 165 | 307 | 447 | 575 | 652 | 887 |
| 1~2歳 | 1 | 108 | 0 | 108 | 108 | 108 | 108 | 108 | 108 | 108 | 108 | 108 |
| 3~5歳 | 5 | 154 | 73 | 71 | 79 | 88 | 117 | 139 | 180 | 230 | 247 | 261 |
| 6~7歳 | 3 | 213 | 81 | 131 | 138 | 147 | 175 | 220 | 255 | 276 | 283 | 289 |
| 8~9歳 | 5 | 259 | 182 | 79 | 92 | 108 | 156 | 167 | 381 | 460 | 487 | 508 |
| 10~11歳 | 2 | 160 | 11 | 152 | 153 | 154 | 156 | 160 | 163 | 166 | 166 | 167 |
| 12~14歳 | 3 | 486 | 131 | 371 | 378 | 387 | 415 | 460 | 544 | 594 | 611 | 625 |
| 15~17歳 | 6 | 509 | 189 | 186 | 241 | 309 | 461 | 541 | 637 | 677 | 687 | 695 |
| 18~29歳 | 22 | 371 | 174 | 83 | 115 | 144 | 213 | 398 | 488 | 586 | 620 | 642 |
| 30~49歳 | 46 | 282 | 178 | 70 | 76 | 109 | 139 | 251 | 355 | 525 | 642 | 780 |
| 50~69歳 | 58 | 330 | 173 | 65 | 89 | 114 | 171 | 342 | 436 | 530 | 564 | 826 |
| 70歳以上 | 40 | 359 | 221 | 64 | 73 | 99 | 194 | 351 | 473 | 589 | 848 | 894 |
| 女性総数 | 220 | 274 | 162 | 26 | 68 | 83 | 147 | 245 | 368 | 485 | 565 | 711 |
| 1~2歳 | 4 | 120 | 152 | 25 | 25 | 26 | 27 | 56 | 148 | 266 | 305 | 336 |
| 3~5歳 | 7 | 189 | 137 | 57 | 60 | 63 | 73 | 147 | 285 | 335 | 371 | 400 |
| 6~7歳 | 2 | 189 | 59 | 148 | 151 | 155 | 168 | 189 | 210 | 223 | 227 | 230 |
| 8~9歳 | 3 | 269 | 105 | 154 | 166 | 182 | 228 | 304 | 328 | 342 | 347 | 351 |
| 10~11歳 | 2 | 207 | 181 | 82 | 92 | 105 | 143 | 207 | 271 | 309 | 322 | 332 |
| 12~14歳 | 3 | 270 | 109 | 183 | 187 | 193 | 209 | 235 | 314 | 361 | 376 | 389 |
| 15~17歳 | 6 | 300 | 113 | 168 | 182 | 200 | 244 | 282 | 329 | 420 | 459 | 490 |
| 18~29歳 | 21 | 261 | 130 | 83 | 104 | 118 | 188 | 239 | 308 | 375 | 546 | 561 |
| 30~49歳 | 58 | 255 | 176 | 26 | 56 | 80 | 131 | 211 | 324 | 483 | 559 | 770 |
| 50~69歳 | 68 | 291 | 155 | 44 | 85 | 112 | 155 | 289 | 378 | 519 | 548 | 662 |
| 70歳以上 | 46 | 310 | 179 | 42 | 74 | 86 | 187 | 318 | 373 | 572 | 635 | 754 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 513 | 643 | 67 | 103 | 149 | 285 | 513 | 740 | 876 | 922 | 958 |

第50表 食物繊維総量摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 14.9 | 6.1 | 3.8 | 6.5 | 7.3 | 10.2 | 14.2 | 18.8 | 23.3 | 25.1 | 28.6 |
| 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 | 5 | 8.7 | 3.5 | 5.8 | 5.8 | 5.8 | 5.8 | 7.0 | 11.6 | 12.6 | 13.0 | 13.2 |
| 6~7歳 | 3 | 7.0 | 1.3 | 5.9 | 6.0 | 6.1 | 6.3 | 6.7 | 7.6 | 8.1 | 8.3 | 8.5 |
| 8~9歳 | 5 | 14.3 | 7.4 | 7.1 | 7.4 | 7.8 | 9.1 | 13.3 | 16.0 | 22.0 | 24.0 | 25.6 |
| 10~11歳 | 2 | 19.9 | 6.2 | 15.6 | 15.9 | 16.4 | 17.7 | 19.9 | 22.1 | 23.4 | 23.9 | 24.2 |
| 12~14歳 | 3 | 14.8 | 7.0 | 7.5 | 8.2 | 9.0 | 11.6 | 15.8 | 18.5 | 20.1 | 20.7 | 21.1 |
| 15~17歳 | 6 | 15.4 | 6.1 | 7.7 | 8.3 | 9.2 | 11.6 | 14.5 | 19.5 | 22.4 | 23.2 | 23.8 |
| 18~29歳 | 22 | 13.2 | 4.5 | 4.7 | 7.5 | 8.5 | 10.3 | 13.0 | 16.2 | 17.7 | 18.7 | 23.1 |
| 30~49歳 | 46 | 13.6 | 4.6 | 5.6 | 6.6 | 8.1 | 10.2 | 13.4 | 17.0 | 18.9 | 20.9 | 23.7 |
| 50~69歳 | 58 | 16.2 | 6.9 | 6.3 | 7.0 | 7.9 | 10.4 | 15.7 | 21.2 | 24.1 | 26.0 | 34.5 |
| 70歳以上 | 40 | 16.9 | 6.0 | 4.7 | 7.5 | 9.1 | 12.9 | 16.6 | 21.1 | 24.1 | 26.4 | 27.7 |
| 女性総数 | 220 | 14.6 | 6.5 | 2.7 | 5.2 | 6.9 | 9.9 | 14.2 | 18.4 | 22.8 | 25.7 | 31.8 |
| 1~2歳 | 4 | 7.1 | 5.2 | 2.5 | 2.7 | 3.0 | 3.9 | 6.0 | 9.2 | 12.2 | 13.2 | 14.0 |
| 3~5歳 | 7 | 7.2 | 2.5 | 4.4 | 4.6 | 4.7 | 5.2 | 6.2 | 9.2 | 9.9 | 10.4 | 10.8 |
| 6~7歳 | 2 | 8.3 | 4.4 | 5.3 | 5.5 | 5.8 | 6.8 | 8.3 | 9.9 | 10.8 | 11.1 | 11.3 |
| 8~9歳 | 3 | 13.6 | 1.5 | 12.6 | 12.6 | 12.7 | 12.8 | 12.9 | 14.2 | 14.9 | 15.2 | 15.4 |
| 10~11歳 | 2 | 24.3 | 5.2 | 20.7 | 21.0 | 21.3 | 22.5 | 24.3 | 26.2 | 27.3 | 27.6 | 27.9 |
| 12~14歳 | 3 | 18.1 | 0.9 | 17.3 | 17.4 | 17.5 | 17.7 | 18.1 | 18.6 | 18.8 | 18.9 | 19.0 |
| 15~17歳 | 6 | 13.6 | 6.5 | 5.3 | 6.3 | 7.4 | 10.1 | 12.9 | 16.5 | 20.4 | 22.1 | 23.4 |
| 18~29歳 | 21 | 11.5 | 5.1 | 1.0 | 5.2 | 6.2 | 8.7 | 12.0 | 13.8 | 17.9 | 17.9 | 21.7 |
| 30~49歳 | 58 | 13.5 | 5.5 | 2.9 | 5.6 | 7.0 | 9.3 | 13.3 | 17.2 | 20.4 | 22.0 | 25.6 |
| 50~69歳 | 68 | 15.8 | 6.5 | 5.7 | 6.4 | 7.3 | 11.5 | 16.0 | 20.6 | 24.3 | 25.9 | 32.1 |
| 70歳以上 | 46 | 17.2 | 7.0 | 7.1 | 7.8 | 9.9 | 12.1 | 16.0 | 20.7 | 25.4 | 28.6 | 37.3 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 17.8 | 2.3 | 16.1 | 16.3 | 16.4 | 16.9 | 17.8 | 18.6 | 19.1 | 19.2 | 19.4 |

第51表 水溶性食物繊維摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|-----|-----|-----|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 3.5 | 1.6 | 0.6 | 1.3 | 1.5 | 2.2 | 3.5 | 4.6 | 5.6 | 6.6 | 7.9 |
| 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 | 5 | 2.2 | 1.0 | 1.3 | 1.3 | 1.3 | 1.4 | 1.9 | 3.0 | 3.2 | 3.3 | 3.4 |
| 6~7歳 | 3 | 2.0 | 0.5 | 1.4 | 1.5 | 1.5 | 1.8 | 2.1 | 2.3 | 2.3 | 2.4 | 2.4 |
| 8~9歳 | 5 | 3.5 | 2.2 | 1.6 | 1.7 | 1.8 | 2.0 | 3.3 | 3.5 | 5.7 | 6.4 | 7.0 |
| 10~11歳 | 2 | 5.2 | 1.3 | 4.2 | 4.3 | 4.4 | 4.7 | 5.2 | 5.6 | 5.9 | 6.0 | 6.1 |
| 12~14歳 | 3 | 3.4 | 2.0 | 1.3 | 1.5 | 1.8 | 2.7 | 4.2 | 4.6 | 4.8 | 4.8 | 4.9 |
| 15~17歳 | 6 | 3.8 | 2.1 | 1.4 | 1.6 | 1.9 | 2.5 | 3.3 | 5.1 | 6.2 | 6.6 | 6.8 |
| 18~29歳 | 22 | 3.3 | 1.5 | 1.2 | 1.4 | 1.6 | 2.3 | 3.2 | 4.2 | 4.8 | 5.3 | 7.2 |
| 30~49歳 | 46 | 3.1 | 1.2 | 0.8 | 1.4 | 1.7 | 2.1 | 3.2 | 3.8 | 4.6 | 5.1 | 5.5 |
| 50~69歳 | 58 | 3.7 | 1.8 | 0.9 | 1.3 | 1.7 | 2.2 | 3.6 | 5.0 | 5.7 | 6.6 | 8.3 |
| 70歳以上 | 40 | 4.1 | 1.7 | 0.7 | 1.4 | 2.0 | 3.2 | 4.2 | 5.1 | 6.0 | 6.7 | 7.9 |
| 女性総数 | 220 | 3.5 | 1.6 | 0.6 | 1.2 | 1.4 | 2.4 | 3.3 | 4.4 | 5.5 | 6.0 | 7.8 |
| 1~2歳 | 4 | 1.9 | 1.4 | 0.7 | 0.7 | 0.8 | 0.9 | 1.5 | 2.4 | 3.3 | 3.6 | 3.8 |
| 3~5歳 | 7 | 1.8 | 0.6 | 1.1 | 1.1 | 1.2 | 1.3 | 1.5 | 2.3 | 2.5 | 2.6 | 2.6 |
| 6~7歳 | 2 | 2.1 | 1.3 | 1.2 | 1.3 | 1.4 | 1.7 | 2.1 | 2.6 | 2.8 | 2.9 | 3.0 |
| 8~9歳 | 3 | 3.1 | 0.6 | 2.6 | 2.6 | 2.7 | 2.8 | 3.0 | 3.4 | 3.6 | 3.7 | 3.8 |
| 10~11歳 | 2 | 6.2 | 2.3 | 4.5 | 4.7 | 4.8 | 5.3 | 6.2 | 7.0 | 7.5 | 7.6 | 7.8 |
| 12~14歳 | 3 | 4.2 | 0.3 | 4.0 | 4.0 | 4.0 | 4.1 | 4.1 | 4.4 | 4.5 | 4.6 | 4.6 |
| 15~17歳 | 6 | 3.0 | 1.4 | 1.2 | 1.4 | 1.6 | 2.0 | 3.1 | 3.9 | 4.4 | 4.5 | 4.7 |
| 18~29歳 | 21 | 3.0 | 1.5 | 0.1 | 0.7 | 1.4 | 2.3 | 2.8 | 4.3 | 4.6 | 4.7 | 5.8 |
| 30~49歳 | 58 | 3.3 | 1.3 | 0.6 | 1.2 | 1.6 | 2.4 | 3.1 | 4.2 | 5.0 | 5.4 | 5.6 |
| 50~69歳 | 68 | 3.7 | 1.7 | 1.1 | 1.3 | 1.7 | 2.3 | 3.6 | 4.8 | 5.9 | 6.3 | 8.3 |
| 70歳以上 | 46 | 3.9 | 1.5 | 1.4 | 1.7 | 2.2 | 3.1 | 3.7 | 4.9 | 5.7 | 7.1 | 8.0 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 4.1 | 0.8 | 3.5 | 3.6 | 3.6 | 3.8 | 4.1 | 4.3 | 4.5 | 4.5 | 4.6 |

第52表 不溶性食物繊維摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 10.8 | 4.6 | 2.7 | 4.6 | 5.2 | 7.4 | 10.1 | 13.5 | 16.8 | 18.2 | 22.7 |
| 1~2歳 | 1 | 1.8 | 0.0 | 1.8 | 1.8 | 1.8 | 1.8 | 1.8 | 1.8 | 1.8 | 1.8 | 1.8 |
| 3~5歳 | 5 | 6.3 | 2.7 | 4.2 | 4.2 | 4.2 | 4.3 | 4.7 | 8.4 | 9.3 | 9.6 | 9.8 |
| 6~7歳 | 3 | 5.0 | 1.2 | 4.2 | 4.2 | 4.3 | 4.4 | 4.5 | 5.5 | 6.0 | 6.2 | 6.4 |
| 8~9歳 | 5 | 10.1 | 5.1 | 4.7 | 5.1 | 5.5 | 6.9 | 9.1 | 12.1 | 15.5 | 16.6 | 17.5 |
| 10~11歳 | 2 | 14.0 | 5.3 | 10.3 | 10.6 | 11.0 | 12.1 | 14.0 | 15.8 | 17.0 | 17.3 | 17.6 |
| 12~14歳 | 3 | 10.5 | 4.4 | 5.8 | 6.3 | 6.9 | 8.6 | 11.5 | 12.9 | 13.7 | 14.0 | 14.2 |
| 15~17歳 | 6 | 10.9 | 3.7 | 6.1 | 6.6 | 7.2 | 8.9 | 10.7 | 12.9 | 14.9 | 15.6 | 16.2 |
| 18~29歳 | 22 | 9.3 | 3.1 | 3.2 | 5.2 | 6.1 | 7.6 | 8.8 | 12.2 | 13.3 | 13.6 | 14.7 |
| 30~49歳 | 46 | 9.9 | 3.5 | 3.9 | 4.6 | 5.5 | 7.4 | 9.3 | 12.3 | 13.8 | 16.2 | 17.2 |
| 50~69歳 | 58 | 11.8 | 5.2 | 4.8 | 5.2 | 5.5 | 7.7 | 10.9 | 16.0 | 17.7 | 19.9 | 26.0 |
| 70歳以上 | 40 | 12.4 | 4.6 | 3.6 | 5.1 | 5.9 | 9.5 | 12.5 | 15.9 | 18.2 | 19.6 | 21.4 |
| 女性総数 | 220 | 10.6 | 4.9 | 2.0 | 3.8 | 4.9 | 6.8 | 10.3 | 13.6 | 16.1 | 19.1 | 22.0 |
| 1~2歳 | 4 | 5.3 | 3.7 | 1.8 | 2.0 | 2.2 | 3.0 | 4.5 | 6.8 | 8.9 | 9.6 | 10.2 |
| 3~5歳 | 7 | 5.3 | 1.9 | 3.2 | 3.3 | 3.4 | 3.9 | 4.7 | 6.5 | 7.3 | 7.8 | 8.2 |
| 6~7歳 | 2 | 6.0 | 3.3 | 3.6 | 3.8 | 4.1 | 4.8 | 6.0 | 7.1 | 7.8 | 8.1 | 8.3 |
| 8~9歳 | 3 | 10.0 | 0.8 | 9.5 | 9.5 | 9.5 | 9.6 | 9.6 | 10.3 | 10.6 | 10.8 | 10.9 |
| 10~11歳 | 2 | 17.6 | 2.0 | 16.2 | 16.3 | 16.5 | 16.9 | 17.6 | 18.3 | 18.7 | 18.9 | 19.0 |
| 12~14歳 | 3 | 13.5 | 0.2 | 13.3 | 13.3 | 13.4 | 13.5 | 13.6 | 13.7 | 13.7 | 13.7 | 13.7 |
| 15~17歳 | 6 | 9.9 | 4.3 | 4.1 | 4.8 | 5.7 | 7.7 | 9.6 | 11.9 | 14.4 | 15.5 | 16.3 |
| 18~29歳 | 21 | 8.0 | 3.9 | 0.6 | 3.1 | 3.3 | 5.4 | 8.5 | 10.5 | 13.1 | 13.2 | 15.7 |
| 30~49歳 | 58 | 9.7 | 4.0 | 2.3 | 4.0 | 5.1 | 6.3 | 9.7 | 12.6 | 14.3 | 15.8 | 18.4 |
| 50~69歳 | 68 | 11.5 | 4.7 | 4.0 | 4.9 | 5.4 | 8.3 | 11.5 | 14.4 | 17.2 | 19.7 | 23.0 |
| 70歳以上 | 46 | 12.7 | 5.6 | 5.5 | 5.9 | 6.8 | 9.4 | 11.7 | 14.8 | 18.9 | 20.4 | 30.1 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 10.8 | 1.1 | 10.0 | 10.1 | 10.2 | 10.4 | 10.8 | 11.1 | 11.4 | 11.4 | 11.5 |

第53表 n-3系脂肪酸摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|-----|------|---------|-----|-----|-----|---------|-----|-----|-----|-----|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 2.5 | 1.6 | 0.2 | 0.6 | 0.8 | 1.5 | 2.2 | 3.3 | 4.8 | 5.6 | 7.3 |
| 1~2歳 | 1 | 0.5 | 0.0 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 |
| 3~5歳 | 5 | 0.9 | 0.3 | 0.6 | 0.6 | 0.6 | 0.7 | 0.8 | 0.9 | 1.2 | 1.3 | 1.4 |
| 6~7歳 | 3 | 2.0 | 1.9 | 0.4 | 0.5 | 0.6 | 1.0 | 1.6 | 2.9 | 3.6 | 3.9 | 4.1 |
| 8~9歳 | 5 | 2.2 | 1.0 | 0.9 | 1.0 | 1.1 | 1.4 | 2.8 | 2.8 | 3.1 | 3.2 | 3.3 |
| 10~11歳 | 2 | 2.3 | 0.4 | 2.0 | 2.0 | 2.1 | 2.1 | 2.3 | 2.4 | 2.5 | 2.5 | 2.5 |
| 12~14歳 | 3 | 4.5 | 2.6 | 1.7 | 2.0 | 2.3 | 3.4 | 5.1 | 5.9 | 6.4 | 6.5 | 6.7 |
| 15~17歳 | 6 | 2.3 | 1.3 | 0.6 | 0.6 | 0.7 | 1.2 | 2.9 | 3.1 | 3.2 | 3.3 | 3.3 |
| 18~29歳 | 22 | 2.4 | 1.8 | 0.1 | 0.2 | 0.4 | 1.3 | 1.9 | 2.7 | 5.4 | 5.6 | 5.9 |
| 30~49歳 | 46 | 2.5 | 1.3 | 0.5 | 0.9 | 1.1 | 1.7 | 2.2 | 2.9 | 4.1 | 5.2 | 6.5 |
| 50~69歳 | 58 | 2.6 | 1.8 | 0.3 | 0.7 | 0.9 | 1.4 | 2.2 | 3.2 | 4.5 | 5.8 | 8.7 |
| 70歳以上 | 40 | 2.9 | 1.6 | 0.5 | 0.9 | 1.0 | 1.8 | 2.6 | 3.7 | 4.8 | 5.5 | 7.5 |
| 女性総数 | 220 | 2.1 | 1.4 | 0.3 | 0.5 | 0.7 | 1.1 | 1.8 | 2.8 | 3.9 | 4.5 | 6.8 |
| 1~2歳 | 4 | 1.1 | 0.6 | 0.5 | 0.5 | 0.6 | 0.7 | 1.0 | 1.4 | 1.6 | 1.7 | 1.8 |
| 3~5歳 | 7 | 1.2 | 0.4 | 0.6 | 0.7 | 0.7 | 1.0 | 1.3 | 1.4 | 1.6 | 1.8 | 1.9 |
| 6~7歳 | 2 | 1.2 | 0.1 | 1.1 | 1.1 | 1.1 | 1.2 | 1.2 | 1.3 | 1.3 | 1.3 | 1.3 |
| 8~9歳 | 3 | 1.0 | 0.3 | 0.8 | 0.8 | 0.8 | 0.9 | 1.0 | 1.2 | 1.2 | 1.3 | 1.3 |
| 10~11歳 | 2 | 2.7 | 0.3 | 2.5 | 2.5 | 2.5 | 2.6 | 2.7 | 2.8 | 2.9 | 2.9 | 2.9 |
| 12~14歳 | 3 | 1.7 | 1.0 | 1.0 | 1.0 | 1.0 | 1.1 | 1.2 | 2.0 | 2.5 | 2.6 | 2.8 |
| 15~17歳 | 6 | 1.6 | 0.6 | 1.0 | 1.0 | 1.1 | 1.2 | 1.3 | 1.8 | 2.3 | 2.5 | 2.7 |
| 18~29歳 | 21 | 1.5 | 0.8 | 0.3 | 0.4 | 0.6 | 0.9 | 1.5 | 2.4 | 2.5 | 2.7 | 2.9 |
| 30~49歳 | 58 | 2.0 | 1.5 | 0.2 | 0.5 | 0.7 | 1.0 | 1.7 | 2.6 | 3.4 | 4.4 | 6.6 |
| 50~69歳 | 68 | 2.3 | 1.4 | 0.4 | 0.5 | 0.8 | 1.5 | 1.9 | 2.8 | 4.1 | 4.9 | 6.7 |
| 70歳以上 | 46 | 2.6 | 1.5 | 0.4 | 0.6 | 0.9 | 1.3 | 2.3 | 3.5 | 4.4 | 4.7 | 6.5 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 6.0 | 4.7 | 2.8 | 3.0 | 3.4 | 4.4 | 6.0 | 7.7 | 8.6 | 9.0 | 9.2 |

第54表 n-6系脂肪酸摂取量の分布(性・年齢階級別)

単位:g

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 10.1 | 5.0 | 1.8 | 3.1 | 4.6 | 6.4 | 9.7 | 13.1 | 16.5 | 18.3 | 21.5 |
| 1~2歳 | 1 | 6.4 | 0.0 | 6.4 | 6.4 | 6.4 | 6.4 | 6.4 | 6.4 | 6.4 | 6.4 | 6.4 |
| 3~5歳 | 5 | 7.0 | 2.0 | 5.6 | 5.7 | 5.7 | 5.9 | 6.1 | 6.8 | 9.0 | 9.7 | 10.3 |
| 6~7歳 | 3 | 7.1 | 4.8 | 4.1 | 4.2 | 4.2 | 4.4 | 4.6 | 8.7 | 11.1 | 11.9 | 12.5 |
| 8~9歳 | 5 | 10.0 | 4.1 | 6.3 | 6.3 | 6.3 | 6.4 | 10.2 | 10.7 | 14.1 | 15.3 | 16.2 |
| 10~11歳 | 2 | 12.8 | 1.9 | 11.4 | 11.5 | 11.7 | 12.1 | 12.8 | 13.4 | 13.8 | 14.0 | 14.1 |
| 12~14歳 | 3 | 19.3 | 15.8 | 6.7 | 7.3 | 8.1 | 10.4 | 14.3 | 25.7 | 32.5 | 34.7 | 36.5 |
| 15~17歳 | 6 | 11.8 | 6.0 | 6.0 | 6.2 | 6.5 | 7.2 | 10.1 | 16.9 | 18.9 | 19.1 | 19.3 |
| 18~29歳 | 22 | 10.3 | 4.3 | 2.4 | 2.8 | 4.7 | 6.6 | 12.3 | 13.3 | 14.7 | 14.8 | 16.9 |
| 30~49歳 | 46 | 11.5 | 5.2 | 1.7 | 4.7 | 5.3 | 8.5 | 11.0 | 15.0 | 17.6 | 19.6 | 24.7 |
| 50~69歳 | 58 | 9.1 | 4.5 | 1.6 | 3.1 | 3.8 | 5.8 | 8.7 | 13.0 | 15.3 | 17.3 | 18.4 |
| 70歳以上 | 40 | 9.4 | 4.3 | 2.2 | 2.9 | 5.2 | 6.6 | 8.5 | 11.8 | 15.2 | 17.3 | 19.2 |
| 女性総数 | 220 | 8.9 | 4.3 | 1.6 | 3.0 | 3.9 | 5.7 | 8.3 | 11.4 | 14.3 | 16.7 | 20.7 |
| 1~2歳 | 4 | 4.8 | 2.3 | 2.3 | 2.5 | 2.7 | 3.5 | 4.8 | 6.1 | 6.9 | 7.2 | 7.4 |
| 3~5歳 | 7 | 5.0 | 2.6 | 1.2 | 1.7 | 2.4 | 3.6 | 4.1 | 7.5 | 7.8 | 7.8 | 7.9 |
| 6~7歳 | 2 | 4.4 | 1.7 | 3.2 | 3.3 | 3.4 | 3.8 | 4.4 | 5.0 | 5.4 | 5.5 | 5.6 |
| 8~9歳 | 3 | 8.1 | 2.9 | 6.1 | 6.2 | 6.2 | 6.5 | 6.8 | 9.1 | 10.5 | 10.9 | 11.3 |
| 10~11歳 | 2 | 15.8 | 3.0 | 13.7 | 13.9 | 14.1 | 14.8 | 15.8 | 16.9 | 17.5 | 17.7 | 17.9 |
| 12~14歳 | 3 | 8.5 | 1.6 | 6.8 | 7.0 | 7.2 | 7.8 | 8.8 | 9.4 | 9.8 | 9.9 | 10.0 |
| 15~17歳 | 6 | 10.2 | 2.2 | 8.2 | 8.3 | 8.4 | 8.9 | 9.8 | 10.3 | 12.4 | 13.3 | 14.1 |
| 18~29歳 | 21 | 9.5 | 5.8 | 3.3 | 3.7 | 4.5 | 5.5 | 8.5 | 10.9 | 15.2 | 17.9 | 25.7 |
| 30~49歳 | 58 | 9.5 | 4.8 | 2.1 | 2.8 | 3.6 | 5.6 | 8.8 | 12.8 | 15.7 | 17.4 | 20.2 |
| 50~69歳 | 68 | 8.9 | 4.1 | 2.4 | 3.4 | 4.5 | 6.1 | 8.5 | 11.2 | 13.7 | 14.2 | 21.3 |
| 70歳以上 | 46 | 8.3 | 3.4 | 1.9 | 3.0 | 4.7 | 5.8 | 8.2 | 10.5 | 12.7 | 14.2 | 15.8 |
| 再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 9.8 | 8.2 | 4.1 | 4.6 | 5.2 | 6.9 | 9.8 | 12.7 | 14.4 | 15.0 | 15.5 |

第55表 たんぱく質エネルギー比率の分布(性・年齢階級別)

単位:%

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 14.4 | 3.0 | 8.6 | 10.1 | 11.0 | 12.2 | 14.1 | 16.1 | 18.4 | 19.6 | 23.4 |
| 1~2歳 | 1 | 9.0 | 0.0 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 |
| 3~5歳 | 5 | 12.2 | 1.6 | 9.8 | 10.1 | 10.4 | 11.5 | 12.9 | 13.0 | 13.5 | 13.7 | 13.9 |
| 6~7歳 | 3 | 14.1 | 3.3 | 10.7 | 11.0 | 11.4 | 12.6 | 14.5 | 15.9 | 16.7 | 16.9 | 17.1 |
| 8~9歳 | 5 | 14.6 | 3.0 | 10.2 | 10.8 | 11.6 | 14.0 | 14.9 | 15.7 | 17.3 | 17.8 | 18.2 |
| 10~11歳 | 2 | 12.9 | 0.4 | 12.6 | 12.6 | 12.7 | 12.7 | 12.9 | 13.0 | 13.1 | 13.1 | 13.1 |
| 12~14歳 | 3 | 14.5 | 1.2 | 13.7 | 13.7 | 13.7 | 13.8 | 13.9 | 14.9 | 15.5 | 15.7 | 15.9 |
| 15~17歳 | 6 | 14.9 | 2.7 | 10.0 | 11.0 | 12.4 | 15.1 | 15.5 | 16.0 | 17.0 | 17.4 | 17.7 |
| 18~29歳 | 22 | 13.5 | 2.6 | 8.9 | 10.7 | 11.1 | 12.0 | 12.9 | 15.3 | 16.7 | 16.9 | 19.7 |
| 30~49歳 | 46 | 13.8 | 2.5 | 9.0 | 10.3 | 10.8 | 11.6 | 14.0 | 15.3 | 16.8 | 18.1 | 19.7 |
| 50~69歳 | 58 | 14.8 | 3.5 | 8.2 | 10.3 | 11.3 | 12.2 | 14.3 | 16.6 | 19.3 | 20.4 | 24.6 |
| 70歳以上 | 40 | 15.2 | 3.1 | 10.6 | 11.2 | 11.5 | 12.6 | 14.8 | 17.0 | 18.7 | 20.6 | 23.2 |
| 女性総数 | 220 | 15.3 | 2.9 | 8.9 | 10.6 | 11.5 | 13.3 | 15.2 | 17.3 | 18.9 | 20.0 | 21.5 |
| 1~2歳 | 4 | 13.3 | 3.9 | 9.5 | 9.7 | 9.8 | 10.3 | 13.5 | 16.5 | 16.8 | 16.8 | 16.9 |
| 3~5歳 | 7 | 13.2 | 1.5 | 11.3 | 11.5 | 11.6 | 12.2 | 12.8 | 14.4 | 14.9 | 15.1 | 15.3 |
| 6~7歳 | 2 | 14.8 | 3.8 | 12.2 | 12.4 | 12.6 | 13.5 | 14.8 | 16.2 | 17.0 | 17.2 | 17.4 |
| 8~9歳 | 3 | 13.7 | 0.5 | 13.3 | 13.3 | 13.3 | 13.4 | 13.5 | 13.9 | 14.1 | 14.1 | 14.2 |
| 10~11歳 | 2 | 12.0 | 3.0 | 9.9 | 10.1 | 10.3 | 11.0 | 12.0 | 13.1 | 13.7 | 13.9 | 14.1 |
| 12~14歳 | 3 | 14.6 | 1.8 | 12.9 | 13.0 | 13.2 | 13.6 | 14.3 | 15.4 | 16.1 | 16.3 | 16.5 |
| 15~17歳 | 6 | 16.0 | 3.2 | 10.5 | 11.4 | 12.6 | 15.2 | 17.1 | 18.1 | 18.5 | 18.6 | 18.8 |
| 18~29歳 | 21 | 14.7 | 3.2 | 7.8 | 12.0 | 12.0 | 12.8 | 14.1 | 17.5 | 18.9 | 19.0 | 19.9 |
| 30~49歳 | 58 | 14.3 | 2.8 | 8.6 | 10.2 | 10.9 | 12.4 | 14.1 | 16.4 | 17.6 | 19.1 | 20.6 |
| 50~69歳 | 68 | 16.1 | 2.9 | 9.9 | 11.3 | 12.7 | 14.2 | 15.9 | 17.5 | 20.3 | 21.2 | 22.3 |
| 70歳以上 | 46 | 16.1 | 2.3 | 10.9 | 11.9 | 13.2 | 15.0 | 16.3 | 17.7 | 18.9 | 19.6 | 20.8 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 15.8 | 4.7 | 12.5 | 12.7 | 13.1 | 14.1 | 15.8 | 17.4 | 18.4 | 18.8 | 19.0 |

第56表 炭水化物エネルギー比率の分布(性・年齢階級別)

単位:%

| 年齢 | 人 | 平均値 | 標準偏差 | パーセンタイル | | | | | | | | |
|--------|-----|------|------|---------|------|------|------|---------|------|------|------|------|
| | | | | 1 | 5 | 10 | 25 | 50(中央値) | 75 | 90 | 95 | 99 |
| 男性総数 | 191 | 59.4 | 8.7 | 38.7 | 44.9 | 47.5 | 54.2 | 59.8 | 65.3 | 70.3 | 73.1 | 77.7 |
| 1~2歳 | 1 | 54.7 | 0.0 | 54.7 | 54.7 | 54.7 | 54.7 | 54.7 | 54.7 | 54.7 | 54.7 | 54.7 |
| 3~5歳 | 5 | 57.7 | 5.6 | 49.6 | 50.4 | 51.4 | 54.5 | 60.5 | 61.4 | 62.1 | 62.4 | 62.6 |
| 6~7歳 | 3 | 55.0 | 10.1 | 45.1 | 45.9 | 46.9 | 50.0 | 55.1 | 60.1 | 63.0 | 64.0 | 64.8 |
| 8~9歳 | 5 | 55.7 | 5.8 | 47.9 | 48.9 | 50.1 | 53.8 | 55.3 | 58.3 | 61.4 | 62.5 | 63.3 |
| 10~11歳 | 2 | 59.9 | 3.1 | 57.7 | 57.9 | 58.1 | 58.8 | 59.9 | 61.0 | 61.7 | 61.9 | 62.1 |
| 12~14歳 | 3 | 52.4 | 11.3 | 39.9 | 41.3 | 43.1 | 48.4 | 57.3 | 58.9 | 59.9 | 60.2 | 60.4 |
| 15~17歳 | 6 | 56.7 | 6.7 | 44.6 | 47.2 | 50.4 | 57.0 | 57.8 | 60.7 | 62.1 | 62.3 | 62.5 |
| 18~29歳 | 22 | 57.9 | 7.4 | 41.3 | 45.7 | 49.3 | 53.8 | 59.3 | 63.0 | 65.1 | 68.8 | 69.6 |
| 30~49歳 | 46 | 59.1 | 8.8 | 35.1 | 45.1 | 47.9 | 52.7 | 61.6 | 65.2 | 68.5 | 70.0 | 73.2 |
| 50~69歳 | 58 | 60.8 | 9.5 | 43.5 | 46.0 | 47.3 | 53.1 | 61.1 | 69.1 | 72.3 | 75.2 | 77.0 |
| 70歳以上 | 40 | 60.5 | 9.1 | 39.8 | 42.9 | 52.7 | 55.3 | 59.3 | 66.1 | 71.9 | 76.1 | 77.9 |
| 女性総数 | 220 | 56.1 | 7.6 | 39.9 | 44.0 | 46.9 | 51.5 | 56.3 | 60.3 | 65.1 | 68.1 | 73.5 |
| 1~2歳 | 4 | 60.7 | 3.5 | 56.3 | 56.8 | 57.3 | 59.0 | 61.2 | 62.9 | 63.7 | 63.9 | 64.1 |
| 3~5歳 | 7 | 58.4 | 4.8 | 52.4 | 52.8 | 53.4 | 55.3 | 58.1 | 60.7 | 64.0 | 65.1 | 66.1 |
| 6~7歳 | 2 | 59.7 | 0.8 | 59.1 | 59.2 | 59.2 | 59.4 | 59.7 | 59.9 | 60.1 | 60.1 | 60.2 |
| 8~9歳 | 3 | 54.2 | 5.6 | 49.1 | 49.5 | 49.9 | 51.3 | 53.5 | 56.8 | 58.8 | 59.4 | 60.0 |
| 10~11歳 | 2 | 61.6 | 1.6 | 60.5 | 60.6 | 60.7 | 61.1 | 61.6 | 62.2 | 62.5 | 62.6 | 62.7 |
| 12~14歳 | 3 | 55.1 | 3.5 | 51.2 | 51.6 | 52.1 | 53.7 | 56.2 | 57.1 | 57.6 | 57.7 | 57.9 |
| 15~17歳 | 6 | 52.1 | 7.6 | 43.1 | 44.0 | 45.0 | 47.3 | 50.4 | 58.6 | 61.0 | 61.3 | 61.5 |
| 18~29歳 | 21 | 55.9 | 9.2 | 42.4 | 43.9 | 44.0 | 50.2 | 55.5 | 60.7 | 65.1 | 69.7 | 77.3 |
| 30~49歳 | 58 | 56.9 | 7.3 | 41.3 | 44.8 | 49.6 | 51.2 | 57.9 | 61.0 | 65.9 | 68.5 | 73.3 |
| 50~69歳 | 68 | 55.5 | 8.6 | 28.9 | 45.0 | 46.2 | 52.0 | 56.3 | 59.3 | 63.4 | 69.4 | 74.6 |
| 70歳以上 | 46 | 55.5 | 6.7 | 42.6 | 45.4 | 47.3 | 51.6 | 55.6 | 59.2 | 63.1 | 66.0 | 72.3 |
| (再掲)妊婦 | - | - | - | - | - | - | - | - | - | - | - | - |
| 授乳婦 | 2 | 56.4 | 24.0 | 39.7 | 41.1 | 42.8 | 47.9 | 56.4 | 64.8 | 69.9 | 71.6 | 73.0 |

