

3. 日本海海域  
(京都大学農学部)

表1. 供試魚の概要 (マサバ)

| 資料No. | 漁獲年月日      | 漁獲海域 | 平均体長 (cm) | 平均体重 (g) | 性別 | 供試尾数 |
|-------|------------|------|-----------|----------|----|------|
| 28    | 59. 11. 28 | 小浜沖  | 31.0      | 503.0    | ♀  | 8    |
| 29    | 59. 12. 11 | 境港   | 31.5      | 524.0    | ♀  | 13   |
| 30    | 60. 4. 24  | 地藏崎沖 | 28.9      | 379.8    | ♀  | 15   |
| 31    | 60. 6. 5   | 越前崎  | 29.0      | 415.0    | ♀  | 8    |
| 32    | 60. 6. 5   | 越前崎  | 28.7      | 378.5    | ♂  | 1    |
| 33    | 60. 7. 9   | 高浜沖  | 31.9      | 534.7    | ♀  | 8    |
| 34    | 60. 7. 9   | 高浜沖  | 32.5      | 609.5    | ♂  | 6    |
| 35    | 60. 9. 9   | 若狭湾  | 29.8      | 466.9    |    | 8    |
| 36    | 60. 11. 5  | 輪島沖  | 29.9      | 431.7    |    | 8    |
| 37    | 60. 12. 27 | 蒲入沖  | 28.0      | 235.9    |    | 8    |
| 38    | 61. 1. 30  | 新井崎  | 29.4      | 394.6    |    | 9    |
| 39    | 61. 2. 13  | 伊根沖  | 28.5      | 324.4    |    | 10   |
| 40    | 61. 3. 27  | 網野沖  | 30.3      | 405.2    |    | 8    |
| 41    | 61. 4. 24  | 伊根沖  | 29.6      | 394.6    | ♂  | 4    |
| 42    | 61. 4. 24  | 伊根沖  | 30.6      | 411.2    | ♀  | 6    |
| 43    | 61. 7. 12  | 蒲入沖  | 31.9      | 426.7    | ♀  | 8    |

表2. 各種魚類の部位別重量比(%)  
(マサバ)

| 資料No. | 普通肉  | 血合肉 | 肝臓  | その他内臓 | 皮    | 頭・骨  | 生殖巣  |
|-------|------|-----|-----|-------|------|------|------|
| 28    | 42.2 | 8.1 | 1.0 | 8.5   | 8.2  | 27.0 | -    |
| 29    | 41.9 | 8.1 | 1.0 | 8.2   | 11.5 | 25.7 | -    |
| 30    | 40.0 | 8.4 | 2.1 | 8.0   | 8.7  | 25.2 | 1.8  |
| 31    | 37.4 | 9.0 | 1.9 | 4.0   | 8.2  | 30.4 | 6.2  |
| 32    | -    | -   | -   | -     | -    | -    | 10.5 |
| 33    | 44.2 | 8.8 | 1.4 | 6.9   | 7.7  | 25.3 | 3.8  |
| 34    | 41.8 | 8.3 | 0.8 | 6.0   | 7.0  | 22.5 | 11.4 |
| 35    | 44.0 | 8.5 | 1.9 | 10.1  | 9.3  | 23.6 | -    |
| 36    | 44.7 | 8.0 | 1.2 | 10.2  | 7.2  | 26.5 | -    |
| 37    | 42.1 | 9.0 | 1.4 | 7.9   | 7.2  | 29.1 | -    |
| 38    | 41.2 | 9.2 | 1.4 | 10.7  | 7.6  | 27.9 | -    |
| 39    | 39.3 | 7.8 | 1.5 | 7.7   | 7.1  | 26.3 | -    |
| 40    | 45.3 | 7.5 | 1.7 | 9.0   | 6.6  | 27.1 | -    |
| 41    | 43.4 | 9.1 | 2.5 | 8.4   | 7.8  | 26.4 | 1.0  |
| 42    | 44.0 | 7.9 | 1.7 | 9.0   | 7.9  | 26.6 | 1.3  |
| 43    | 44.2 | 9.1 | 1.6 | 5.9   | 7.9  | 25.6 | 2.8  |

表3. 各魚種の全魚体の一般成分組成(%)  
(マサバ)

| 資料No. | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|-------|------|--------|--------|-------|------|-----|
| 28    | 63.7 | 16.4   | 13.7   | 0.43  | 12.2 | 2.1 |
| 29    | 59.9 | 20.0   | 17.4   | 0.42  | 20.0 | 2.2 |
| 30    | 64.2 | 18.7   | 15.9   | 0.45  | 10.1 | 2.6 |
| 31    | 60.9 | 19.9   | 17.5   | 0.38  | 9.5  | 2.0 |
| 32    | -    | -      | -      | -     | -    | -   |
| 33    | 66.5 | 20.2   | 17.0   | 0.51  | 9.0  | 2.2 |
| 34    | 67.1 | 19.2   | 16.4   | 0.45  | 8.9  | 1.8 |
| 35    | 61.2 | 17.9   | 14.9   | 0.48  | 14.3 | 2.4 |
| 36    | 63.0 | 18.2   | 15.5   | 0.43  | 14.6 | 2.5 |
| 37    | 66.9 | 19.2   | 16.3   | 0.46  | 11.9 | 2.7 |
| 38    | 68.3 | 18.9   | 16.1   | 0.45  | 11.1 | 2.6 |
| 39    | 69.6 | 18.8   | 15.8   | 0.48  | 9.0  | 2.5 |
| 40    | 73.7 | 19.1   | 16.0   | 0.50  | 7.0  | 2.5 |
| 41    | 67.7 | 18.6   | 15.4   | 0.51  | 9.4  | 2.7 |
| 42    | 68.7 | 18.7   | 15.5   | 0.51  | 9.6  | 2.7 |
| 43    | 69.3 | 18.5   | 15.6   | 0.46  | 9.5  | 1.9 |

表4. 各魚種の普通肉の一般成分組成 (%)  
マサバ

| 資料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 28   | 66.2 | 19.9   | 16.6   | 0.53  | 7.7  | 1.4 |
| 29   | 64.0 | 26.1   | 22.7   | 0.54  | 12.0 | 1.3 |
| 30   | 73.1 | 23.9   | 20.3   | 0.58  | 4.2  | 1.6 |
| 31   | 71.8 | 24.5   | 21.1   | 0.54  | 4.7  | 1.6 |
| 32   | -    | -      | -      | -     | -    | -   |
| 33   | 71.0 | 24.1   | 20.3   | 0.61  | 4.9  | 1.3 |
| 34   | 71.3 | 22.9   | 19.0   | 0.62  | 2.2  | 1.3 |
| 35   | 66.2 | 21.2   | 18.0   | 0.51  | 9.6  | 1.4 |
| 36   | 66.8 | 22.4   | 19.0   | 0.54  | 10.9 | 1.3 |
| 37   | 70.8 | 23.1   | 19.5   | 0.58  | 5.1  | 2.2 |
| 38   | 72.9 | 23.3   | 19.5   | 0.61  | 3.7  | 1.4 |
| 39   | 70.3 | 22.6   | 18.8   | 0.61  | 6.9  | 1.3 |
| 40   | 74.9 | 22.0   | 18.5   | 0.56  | 2.5  | 1.3 |
| 41   | 71.9 | 22.8   | 19.1   | 0.59  | 4.1  | 1.5 |
| 42   | 72.6 | 22.6   | 18.4   | 0.67  | 4.4  | 1.5 |
| 43   | 72.3 | 22.0   | 18.7   | 0.53  | 5.2  | 1.4 |

表5. 各魚種の血合肉の一般成分組成 (%)  
マサバ

| 資料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 28   | 63.6 | 17.2   | 15.1   | 0.34  | 14.3 | 0.9 |
| 29   | 57.5 | 22.1   | 19.9   | 0.35  | 22.3 | 1.1 |
| 30   | 67.3 | 19.4   | 17.1   | 0.37  | 13.3 | 1.4 |
| 31   | 64.7 | 19.9   | 17.8   | 0.34  | 13.6 | 1.2 |
| 32   | -    | -      | -      | -     | -    | -   |
| 33   | 63.8 | 19.7   | 17.2   | 0.40  | 14.7 | 1.1 |
| 34   | 62.7 | 19.0   | 16.9   | 0.34  | 17.9 | 1.1 |
| 35   | 58.8 | 18.2   | 15.9   | 0.37  | 18.5 | 1.2 |
| 36   | 62.1 | 18.2   | 16.1   | 0.34  | 19.5 | 0.1 |
| 37   | 63.5 | 18.4   | 16.3   | 0.34  | 16.0 | 1.3 |
| 38   | 65.7 | 18.9   | 16.5   | 0.38  | 14.1 | 1.2 |
| 39   | 63.4 | 17.6   | 15.3   | 0.37  | 15.6 | 1.0 |
| 40   | 72.0 | 18.0   | 15.6   | 0.38  | 7.0  | 1.1 |
| 41   | 68.4 | 17.7   | 15.3   | 0.38  | 10.1 | 1.3 |
| 42   | 67.3 | 18.0   | 15.7   | 0.37  | 11.2 | 1.2 |
| 43   | 63.9 | 17.9   | 15.6   | 0.37  | 15.2 | 1.3 |

表6. 各魚種の肝臓の一般成分組成(%)  
マサバ

| 資料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 28   | 63.3 | 15.7   | 14.1   | 0.26  | 16.3 | 1.3 |
| 29   | 59.5 | 18.1   | 16.6   | 0.24  | 18.9 | 1.1 |
| 30   | 68.3 | 18.8   | 17.0   | 0.29  | 10.3 | 1.5 |
| 31   | 73.3 | 20.6   | 18.9   | 0.27  | 4.4  | 1.9 |
| 33   | 72.5 | 20.9   | 19.0   | 0.30  | 3.0  | 2.0 |
| 34   | 69.1 | 19.9   | 18.3   | 0.26  | 9.5  | 1.6 |
| 35   | 65.8 | 17.7   | 15.7   | 0.32  | 12.4 | 1.3 |
| 36   | 65.1 | 17.4   | 15.9   | 0.24  | 13.8 | 1.4 |
| 37   | 66.4 | 17.4   | 15.0   | 0.38  | 13.5 | 1.5 |
| 38   | 66.1 | 17.6   | 15.3   | 0.37  | 15.9 | 1.3 |
| 39   | 65.0 | 13.8   | 12.0   | 0.29  | 16.6 | 1.2 |
| 40   | 69.7 | 15.1   | 12.8   | 0.37  | 19.1 | 1.1 |
| 41   | 66.0 | 15.8   | 13.1   | 0.43  | 14.3 | 1.4 |
| 42   | 67.8 | 16.6   | 14.0   | 0.42  | 11.9 | 2.0 |
| 43   | 72.0 | 21.2   | 17.7   | 0.56  | 5.5  | 2.1 |

表7. 各魚種のその他内臓の一般成分組成(%)  
マサバ

| 資料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 28   | 64.9 | 12.4   | 8.8    | 0.58  | 16.5 | 1.8 |
| 29   | 55.9 | 12.1   | 8.4    | 0.59  | 26.3 | 2.4 |
| 30   | 76.3 | 16.2   | 12.1   | 0.66  | 3.2  | 2.5 |
| 31   | 69.8 | 20.1   | 18.4   | 0.38  | 3.4  | 1.9 |
| 32   | -    | -      | -      | -     | -    | -   |
| 33   | 74.2 | 19.8   | 14.6   | 0.83  | 4.5  | 1.9 |
| 34   | 79.2 | 16.9   | 13.9   | 0.48  | 5.4  | 1.7 |
| 35   | 65.2 | 13.2   | 6.2    | 1.12  | 16.8 | 1.8 |
| 36   | 68.9 | 12.8   | 8.8    | 0.64  | 13.2 | 1.4 |
| 37   | 66.3 | 14.3   | 9.5    | 0.77  | 17.1 | 1.6 |
| 38   | 69.7 | 12.2   | 7.8    | 0.70  | 17.7 | 1.5 |
| 39   | 59.8 | 11.4   | 6.1    | 0.85  | 22.5 | 1.1 |
| 40   | 77.0 | 13.4   | 7.2    | 0.99  | 4.5  | 1.7 |
| 41   | 74.5 | 15.0   | 9.6    | 0.86  | 5.9  | 2.1 |
| 42   | 75.0 | 14.6   | 9.8    | 0.77  | 8.4  | 1.8 |
| 43   | 75.4 | 17.0   | 12.7   | 0.69  | 4.7  | 1.7 |

表8. 各魚種の皮の一般成分組成 (%)  
マサバ

| 資料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 28   | 38.6 | 14.4   | 12.4   | 0.32  | 26.3 | 0.8 |
| 29   | 35.6 | 13.3   | 11.0   | 0.37  | 52.0 | 0.7 |
| 30   | 40.3 | 17.6   | 15.7   | 0.30  | 42.9 | 0.9 |
| 31   | 45.6 | 17.8   | 15.9   | 0.30  | 28.3 | 1.1 |
| 32   | -    | -      | -      | -     | -    | -   |
| 33   | 43.7 | 16.5   | 13.5   | 0.48  | 32.5 | 0.8 |
| 34   | 43.4 | 16.9   | 14.5   | 0.38  | 35.1 | 0.8 |
| 35   | 42.0 | 16.7   | 14.3   | 0.38  | 41.8 | 0.9 |
| 36   | 41.7 | 15.9   | 14.1   | 0.29  | 42.4 | 0.9 |
| 37   | 45.1 | 16.8   | 14.9   | 0.30  | 37.5 | 1.2 |
| 38   | 48.2 | 19.1   | 17.1   | 0.32  | 38.3 | 1.1 |
| 39   | 38.8 | 14.2   | 12.2   | 0.32  | 41.2 | 0.9 |
| 40   | 55.4 | 19.6   | 17.4   | 0.35  | 23.6 | 1.4 |
| 41   | 49.8 | 16.2   | 12.6   | 0.58  | 31.6 | 1.0 |
| 42   | 47.3 | 17.1   | 14.4   | 0.43  | 33.6 | 0.9 |
| 43   | 47.7 | 18.0   | 15.6   | 0.38  | 26.8 | 0.9 |

表9. 各魚種の頭・骨の一般成分組成 (%)  
マサバ

| 資料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 28   | 67.1 | 12.7   | 11.0   | 0.27  | 12.9 | 4.1 |
| 29   | 65.7 | 15.3   | 13.8   | 0.24  | 16.1 | 4.6 |
| 30   | 67.0 | 14.8   | 13.3   | 0.24  | 12.0 | 6.0 |
| 31   | 52.6 | 16.4   | 14.7   | 0.27  | 12.5 | 3.2 |
| 32   | -    | -      | -      | -     | -    | -   |
| 33   | 67.8 | 16.3   | 14.3   | 0.32  | 9.8  | 5.0 |
| 34   | 65.4 | 16.7   | 15.1   | 0.26  | 13.5 | 3.4 |
| 35   | 64.7 | 16.0   | 14.4   | 0.26  | 11.2 | 5.9 |
| 36   | 65.5 | 15.2   | 13.6   | 0.26  | 13.7 | 6.4 |
| 37   | 67.8 | 15.8   | 14.1   | 0.27  | 12.6 | 4.6 |
| 38   | 67.3 | 15.4   | 13.8   | 0.26  | 10.7 | 5.7 |
| 39   | 68.8 | 13.3   | 12.2   | 0.18  | 14.9 | 2.9 |
| 40   | 69.6 | 14.9   | 13.2   | 0.27  | 9.4  | 5.4 |
| 41   | 66.5 | 14.7   | 12.9   | 0.29  | 12.4 | 6.2 |
| 42   | 66.7 | 14.1   | 13.1   | 0.24  | 11.1 | 6.1 |
| 43   | 70.6 | 13.1   | 11.0   | 0.34  | 11.4 | 3.2 |

表10. 各魚種の全魚体のタウリンおよび脂溶性成分含量 (/100g)  
マサバ

| 資料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 28    | 215      | 195       | 0.19       | 0.14                  | 958     | 2,009   |
| 29    | 181      | 64        | 0.18       | 0.41                  | 2,496   | 2,105   |
| 30    | 258      | 5,949     | 0.11       | 0.46                  | 771     | 1,219   |
| 31    | 229      | 1,187     | 0.24       | 0.41                  | 840     | 1,464   |
| 32    | -        | -         | -          | -                     | -       | -       |
| 33    | 197      | 1,490     | 0.25       | 0.18                  | 490     | 1,219   |
| 34    | 228      | 1,057     | 0.21       | 0.29                  | 542     | 1,373   |
| 35    | 194      | 1,583     | 0.17       | 0.13                  | 884     | 2,240   |
| 36    | 174      | 1,673     | 0.16       | 0.28                  | 709     | 2,113   |
| 37    | 256      | 728       | 0.19       | 0.49                  | 1,052   | 1,301   |
| 38    | 268      | 1,772     | 0.11       | 0.56                  | 779     | 1,290   |
| 39    | 214      | 1,609     | 0.14       | 0.31                  | 1,393   | 1,686   |
| 40    | 234      | 2,552     | 0.22       | 0.45                  | 686     | 730     |
| 41    | 240      | 3,650     | 0.25       | 0.89                  | 904     | 1,158   |
| 42    | 241      | 1,559     | 0.23       | 0.49                  | 752     | 1,311   |
| 43    | 239      | 2,548     | 0.24       | 0.17                  | 730     | 1,392   |

表11. 各魚種の普通肉のタウリンおよび脂溶性成分含量 (/100g)  
マサバ

| 資料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 28    | 28       | 19        | 0.05       | 0.19                  | 616     | 1,246   |
| 29    | 46       | 27        | 0.09       | 0.24                  | 1,628   | 1,218   |
| 30    | 92       | 79        | 0.03       | 0.24                  | 351     | 544     |
| 31    | 46       | 17        | 0.07       | 0.02                  | 385     | 669     |
| 32    | -        | -         | -          | -                     | -       | -       |
| 33    | 44       | 25        | 0.07       | 0.09                  | 247     | 695     |
| 34    | 52       | 60        | 0.11       | 0.11                  | 160     | 459     |
| 35    | 82       | 42        | 0.09       | 0.14                  | 577     | 1,595   |
| 36    | 48       | 46        | 0.04       | 0.14                  | 377     | 1,306   |
| 37    | 96       | 33        | 0.06       | 0.70                  | 447     | 591     |
| 38    | 111      | 22        | 0.02       | 0.72                  | 347     | 512     |
| 39    | 71       | 29        | 0.06       | 0.78                  | 612     | 752     |
| 40    | 94       | 37        | 0.08       | 0.17                  | 264     | 324     |
| 41    | 94       | 47        | 0.06       | 0.52                  | 401     | 447     |
| 42    | 92       | 35        | 0.07       | 0.43                  | 283     | 639     |
| 43    | 105      | 44        | 0.09       | 0.16                  | 423     | 832     |

表12. 各魚種の血合肉のタウリンおよび脂溶性成分含量 (/100g)  
マサバ

| 資料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 28    | 984      | 27        | 0.93       | 0.45                  | 960     | 2,704   |
| 29    | 721      | 43        | 0.53       | 2.20                  | 2,699   | 2,838   |
| 30    | 833      | 39        | 0.38       | 0.60                  | 1,148   | 2,030   |
| 31    | 800      | 37        | 0.86       | 0.73                  | 1,113   | 2,238   |
| 32    | -        | -         | -          | -                     | -       | -       |
| 33    | 699      | 55        | 0.98       | 0.57                  | 752     | 2,317   |
| 34    | 645      | 135       | 0.81       | 0.51                  | 991     | 2,956   |
| 35    | 697      | 55        | 0.36       | 0.20                  | 970     | 3,034   |
| 36    | 704      | 88        | 0.71       | 0.39                  | 899     | 3,321   |
| 37    | 781      | 53        | 0.77       | 0.81                  | 1,191   | 1,882   |
| 38    | 673      | 32        | 0.50       | 0.07                  | 989     | 2,012   |
| 39    | 484      | 22        | 0.69       | 0.06                  | 1,470   | 2,352   |
| 40    | 648      | 43        | 0.96       | 0.52                  | 761     | 1,031   |
| 41    | 610      | 57        | 1.04       | 1.75                  | 1,049   | 1,279   |
| 42    | 687      | 48        | 1.01       | 0.81                  | 1,139   | 1,849   |
| 43    | 610      | 71        | 1.00       | 0.36                  | 1,160   | 2,369   |

表13. 各魚種の肝臓のタウリンおよび脂溶性成分含量 (/100g)  
マサバ

| 資料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 28    | 379      | 10,657    | 1.20       | 0.93                  | 854     | 1,814   |
| 29    | 345      | 2,150     | 0.88       | 1.32                  | 1,895   | 1,942   |
| 30    | 433      | 117,094   | 1.24       | 3.95                  | 632     | 864     |
| 31    | 484      | 17,127    | 0.68       | 0.63                  | 219     | 430     |
| 32    | -        | -         | -          | -                     | -       | -       |
| 33    | 405      | 19,766    | 0.98       | 0.59                  | 211     | 543     |
| 34    | 426      | -         | -          | -                     | 553     | 1,313   |
| 35    | 324      | 63,257    | 1.44       | 0.57                  | 295     | 1,266   |
| 36    | 315      | 67,117    | 0.66       | 0.31                  | 580     | 1,676   |
| 37    | 325      | 47,053    | 1.03       | 1.45                  | 278     | 925     |
| 38    | 452      | 55,750    | 0.58       | 3.07                  | 681     | 1,186   |
| 39    | 383      | 50,298    | 0.59       | 0.01                  | 852     | 992     |
| 40    | 283      | 49,915    | 0.88       | 1.84                  | 1,357   | 1,726   |
| 41    | 310      | 43,737    | 1.13       | 6.72                  | 306     | 570     |
| 42    | 317      | 41,617    | 1.01       | 0.17                  | 791     | 1,077   |
| 43    | 456      | 35,894    | 0.83       | 0.82                  | 193     | 559     |

表14. 各魚種のその他内臓のタウリンおよび脂溶性成分含量 (/100g)  
マサバ

| 資料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 28    | 391      | 110       | 0.28       | 0.01                  | 1,108   | 2,411   |
| 29    | 368      | 14        | 0.26       | 0.07                  | 3,254   | 2,682   |
| 30    | 495      | 34,214    | 0.24       | 0.53                  | 185     | 338     |
| 31    | 458      | 7,752     | 0.72       | 1.06                  | 207     | 395     |
| 32    | -        | -         | -          | -                     | -       | -       |
| 33    | 415      | 9,771     | 0.44       | 0.31                  | 197     | 482     |
| 34    | 515      | 5,757     | 0.19       | 0.67                  | 282     | 745     |
| 35    | 339      | 2,971     | 0.27       | 0.04                  | 966     | 2,489   |
| 36    | 284      | 7,828     | 0.31       | 0.33                  | 552     | 1,817   |
| 37    | 391      | 159       | 0.36       | 0.03                  | 1,443   | 1,801   |
| 38    | 394      | 8,782     | 0.12       | 0.01                  | 1,405   | 1,708   |
| 39    | 403      | 11,330    | 0.26       | 0.04                  | 2,483   | 2,725   |
| 40    | 402      | 17,569    | 0.40       | 1.11                  | 539     | 352     |
| 41    | 464      | 29,575    | 0.48       | 0.77                  | 368     | 602     |
| 42    | 484      | 7,622     | 0.39       | 0.18                  | 474     | 789     |
| 43    | 469      | 21,763    | 0.50       | 0.66                  | 269     | 528     |

表15. 各魚種の皮のタウリンおよび脂溶性成分含量 (/100g)  
マサバ

| 資料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 28    | 112      | 656       | 0.16       | 0.11                  | 2,263   | 4,210   |
| 29    | 112      | 11        | 0.26       | 0.00                  | 6,568   | 5,312   |
| 30    | 178      | 615       | 0.09       | 0.02                  | 3,996   | 5,248   |
| 31    | 181      | 116       | 0.16       | 0.20                  | 2,463   | 3,681   |
| 32    | -        | -         | -          | -                     | -       | -       |
| 33    | 146      | 175       | 0.23       | 0.05                  | 1,726   | 3,726   |
| 34    | 153      | 27        | 0.32       | 0.03                  | 1,982   | 4,483   |
| 35    | 112      | 213       | 0.17       | 0.01                  | 2,685   | 6,005   |
| 36    | 118      | 259       | 0.11       | 0.18                  | 2,249   | 6,119   |
| 37    | 243      | 76        | 0.19       | 0.04                  | 3,781   | 4,477   |
| 38    | 236      | 92        | 0.08       | 0.04                  | 2,496   | 3,958   |
| 39    | 191      | 158       | 0.29       | 0.01                  | 4,417   | 4,920   |
| 40    | 263      | 411       | 0.21       | 0.10                  | 2,539   | 2,252   |
| 41    | 229      | 111       | 0.26       | 0.51                  | 2,670   | 3,894   |
| 42    | 208      | 98        | 0.28       | 1.23                  | 2,669   | 4,032   |
| 43    | 170      | 212       | 0.30       | 0.02                  | 2,026   | 3,480   |



表16. 各魚種の頭・骨のタウリンおよび脂溶性成分含量 (/100g)  
マサバ

| 資料No | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|------|----------|-----------|------------|-----------------------|---------|---------|
| 28   | 246      | 21        | 0.14       | 0.00                  | 1,051   | 2,205   |
| 29   | 196      | 89        | 0.14       | 0.39                  | 1,806   | 1,706   |
| 30   | 310      | 46        | 0.05       | 0.76                  | 1,266   | 2,043   |
| 31   | 243      | 172       | 0.14       | 0.63                  | 1,121   | 2,040   |
| 32   | -        | -         | -          | -                     | -       | -       |
| 33   | 217      | 546       | 0.14       | 0.19                  | 628     | 1,339   |
| 34   | 218      | 70        | 0.16       | 0.35                  | 839     | 2,005   |
| 35   | 204      | 157       | 0.14       | 0.16                  | 735     | 1,663   |
| 36   | 208      | 81        | 0.13       | 0.55                  | 860     | 2,155   |
| 37   | 288      | 111       | 0.14       | 0.39                  | 1,140   | 1,245   |
| 38   | 316      | 111       | 0.07       | 0.76                  | 792     | 1,318   |
| 39   | 289      | 17        | 0.14       | 0.00                  | 1,425   | 1,742   |
| 40   | 288      | 277       | 0.18       | 0.71                  | 894     | 1,017   |
| 41   | 286      | 149       | 0.15       | 0.88                  | 1,419   | 1,753   |
| 42   | 270      | 149       | 0.14       | 0.46                  | 951     | 1,671   |
| 43   | 269      | 152       | 0.14       | 0.00                  | 898     | 1,712   |

表17. 各魚種の全魚体中の無機成分含量 (/100g)  
マサバ

| 資料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 28   | 720     | 3.1     | 2.5     | 0.2     | 346    |
| 29   | 607     | 3.8     | 3.1     | 0.1     | 392    |
| 30   | 350     | 3.6     | 2.4     | 0.3     | 484    |
| 31   | 374     | 2.6     | 3.6     | 0.3     | 285    |
| 32   | -       | -       | -       | -       | -      |
| 33   | 406     | 3.3     | 2.6     | 0.2     | 406    |
| 34   | 193     | 2.7     | 1.9     | 0.1     | 366    |
| 35   | 492     | 3.3     | 2.4     | 0.2     | 572    |
| 36   | 415     | 2.4     | 3.0     | 0.3     | 317    |
| 37   | 638     | 4.2     | 3.6     | 0.1     | 503    |
| 38   | 387     | 4.1     | 2.9     | 0.2     | 375    |
| 39   | 188     | 4.8     | 2.3     | 0.1     | 296    |
| 40   | 426     | 3.4     | 2.6     | 0.2     | 328    |
| 41   | 424     | 2.9     | 2.8     | 0.2     | 375    |
| 42   | 388     | 3.4     | 2.7     | 0.3     | 378    |
| 43   | 312     | 4.6     | 2.5     | 0.2     | 592    |

表18. 各魚種の普通肉の無機成分含量 (/100g)  
マサバ

| 資料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 28    | 8.9     | 1.9     | 0.5     | 0.1     | 264    |
| 29    | 4.9     | 3.2     | 0.6     | 0.1     | 253    |
| 30    | 8.1     | 2.9     | 0.3     | 0.1     | 283    |
| 31    | 6.1     | 2.0     | 0.7     | 0.1     | 306    |
| 32    | -       | -       | -       | -       | -      |
| 33    | 5.9     | 1.5     | 0.6     | 0.1     | 301    |
| 34    | 10.1    | 0.8     | 0.6     | 0.1     | 296    |
| 35    | 7.4     | 1.4     | 0.7     | 0.2     | 264    |
| 36    | 3.9     | 0.6     | 2.6     | 0.1     | 162    |
| 37    | 8.2     | 1.0     | 0.6     | 0.0     | 221    |
| 38    | 5.9     | 1.2     | 0.6     | 0.1     | 245    |
| 39    | 6.1     | 1.1     | 0.5     | 0.0     | 260    |
| 40    | 7.3     | 1.0     | 0.5     | 0.1     | 242    |
| 41    | 4.6     | 1.4     | 0.9     | 0.2     | 230    |
| 42    | 5.8     | 1.2     | 0.4     | 0.0     | 233    |
| 43    | 9.8     | 1.0     | 0.6     | 0.1     | 524    |

表19. 各魚種の血合肉の無機成分含量 (/100g)  
マサバ

| 資料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 28    | 18.9    | 7.9     | 1.2     | 0.5     | 248    |
| 29    | 38.5    | 8.1     | 1.2     | 0.4     | 210    |
| 30    | 18.8    | 10.6    | 0.8     | 0.3     | 265    |
| 31    | 23.4    | 8.4     | 1.1     | 0.5     | 274    |
| 33    | 20.0    | 7.1     | 1.1     | 0.5     | 264    |
| 34    | 21.6    | 6.5     | 1.0     | 0.4     | 257    |
| 35    | 26.4    | 6.4     | 1.3     | 0.4     | 260    |
| 36    | 8.2     | 6.8     | 0.7     | 0.4     | 153    |
| 37    | 16.4    | 5.4     | 1.3     | 0.4     | 239    |
| 38    | 9.3     | 7.8     | 1.2     | 0.5     | 251    |
| 39    | 7.4     | 7.0     | 1.1     | 0.2     | 218    |
| 40    | 14.8    | 7.0     | 1.5     | 0.3     | 247    |
| 41    | 7.1     | 6.8     | 1.3     | 0.3     | 210    |
| 42    | 8.3     | 6.7     | 1.0     | 0.3     | 202    |
| 43    | 10.8    | 5.7     | 0.9     | 0.3     | 507    |

表 20. 各魚種の肝臓の無機成分含量 (/100g)  
マサバ

| 資料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 28   | 13.0    | 10.8    | 3.0     | 0.5     | 248    |
| 29   | 9.3     | 14.8    | 3.1     | 0.2     | 209    |
| 30   | 11.5    | 19.1    | 3.9     | 0.4     | 472    |
| 31   | 12.8    | 2.3     | 0.8     | 0.1     | 278    |
| 33   | 10.6    | 11.6    | 4.0     | 0.6     | 462    |
| 34   | 8.3     | 15.3    | 4.6     | 0.8     | 324    |
| 35   | 7.8     | 15.4    | 2.9     | 0.4     | 157    |
| 36   | 4.5     | 17.1    | 2.5     | 0.4     | 164    |
| 37   | 8.6     | 16.1    | 3.2     | 0.3     | 236    |
| 38   | 6.0     | 17.2    | 3.5     | 0.4     | 320    |
| 39   | 5.7     | 18.2    | 2.9     | 0.3     | 230    |
| 40   | 5.8     | 12.7    | 3.2     | 0.3     | 233    |
| 41   | 5.0     | 9.7     | 3.5     | 0.3     | 238    |
| 42   | 5.4     | 13.6    | 3.0     | 0.8     | 233    |
| 43   | 8.8     | 17.8    | 4.0     | 0.4     | 446    |

表 21. 各魚種のその他内臓の無機成分含量 (/100g)  
マサバ

| 資料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 28   | 512     | 5.6     | 2.8     | 0.2     | 316    |
| 29   | 61      | 6.4     | 3.7     | 0.2     | 561    |
| 30   | 323     | 7.4     | 4.9     | 0.3     | 506    |
| 31   | 107     | 4.6     | 5.0     | 0.2     | 158    |
| 33   | 177     | 8.3     | 4.6     | 0.2     | 369    |
| 34   | 71      | 4.6     | 2.1     | 0.1     | 549    |
| 35   | 268     | 4.9     | 2.6     | 0.2     | 2123   |
| 36   | 112     | 8.0     | 3.2     | 0.2     | 375    |
| 37   | 76      | 7.1     | 3.6     | 0.2     | 208    |
| 38   | 64      | 8.9     | 3.2     | 0.3     | 149    |
| 39   | 33      | 9.6     | 2.8     | 0.2     | 184    |
| 40   | 133     | 9.1     | 3.3     | 0.5     | 266    |
| 41   | 57      | 8.1     | 3.1     | 0.3     | 245    |
| 42   | 89      | 14.1    | 4.5     | 1.1     | 262    |
| 43   | 64      | 8.9     | 5.2     | 0.3     | 584    |

表 2 2 . 各魚種の皮の無機成分含量 (/100g)

| 資料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 28   | 268     | 1.6     | 10.4    | 0.3     | 118    |
| 29   | 81      | 2.0     | 9.9     | 0.1     | 96     |
| 30   | 50      | 1.8     | 7.5     | 1.5     | 124    |
| 31   | 80      | 1.3     | 19.1    | 1.3     | 198    |
| 33   | 101     | 1.8     | 7.7     | 0.2     | 150    |
| 34   | 68      | 4.0     | 6.9     | 0.1     | 192    |
| 35   | 107     | 1.6     | 6.6     | 0.2     | 212    |
| 36   | 102     | 1.3     | 5.0     | 0.1     | 113    |
| 37   | 121     | 1.7     | 7.8     | 0.1     | 164    |
| 38   | 39      | 2.3     | 9.4     | 0.2     | 127    |
| 39   | 56      | 1.3     | 8.6     | 0.1     | 159    |
| 40   | 225     | 1.4     | 10.0    | 0.1     | 238    |
| 41   | 63      | 1.9     | 9.4     | 0.1     | 150    |
| 42   | 29      | 1.5     | 8.1     | 0.4     | 119    |
| 43   | 122     | 1.4     | 7.3     | 0.2     | 391    |

表 2 3 . 各魚種の頭・骨の無機成分含量 (/100g)

| 資料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 28   | 2,270   | 2.9     | 3.6     | 0.3     | 586    |
| 29   | 2,590   | 2.9     | 4.5     | 0.1     | 760    |
| 30   | 1,227   | 1.4     | 3.9     | 0.1     | 1,140  |
| 31   | 1,158   | 1.4     | 3.7     | 0.1     | 318    |
| 33   | 1,480   | 3.2     | 4.1     | 0.2     | 758    |
| 34   | 749     | 2.6     | 3.2     | 0.1     | 489    |
| 35   | 2,080   | 5.1     | 4.6     | 0.1     | 830    |
| 36   | 1,486   | 1.8     | 4.0     | 0.7     | 732    |
| 37   | 2,052   | 7.6     | 7.6     | 0.1     | 1,170  |
| 38   | 1,312   | 5.3     | 5.1     | 0.2     | 766    |
| 39   | 606     | 8.7     | 3.5     | 0.1     | 446    |
| 40   | 1,412   | 4.3     | 4.2     | 0.1     | 775    |
| 41   | 1,538   | 2.2     | 4.6     | 0.1     | 805    |
| 42   | 1,379   | 1.8     | 4.5     | 0.2     | 802    |
| 43   | 1,104   | 9.0     | 4.0     | 0.2     | 814    |

表1. 供試魚の概要 (マアジ)

| 試料No | 漁獲年月日    | 漁獲海域  | 平均体長 (cm) | 平均体重 (g) | 性別 | 供試尾数 |
|------|----------|-------|-----------|----------|----|------|
| 8    | 59.11.17 | 舞鶴湾   | 22.5      | 169.0    |    | 30   |
| 9    | 59.10.17 | 舞鶴湾   | 11.2      | 23.7     |    | 50   |
| 10   | 59.11.8  | 浜田沖   | 29.0      | 245.0    |    | 20   |
| 11   | 59.11.8  | 香住沖   | 11.4      | 24.7     |    | 60   |
| 12   | 59.11.28 | 香住沖   | 15.0      | 30.5     |    | 50   |
| 13   | 60.5.15  | 香住沖   | 11.8      | 27.8     |    | 40   |
| 14   | 60.6.5   | 香住沖   | 13.9      | 47.3     |    | 45   |
| 15   | 60.7.16  | 若狭湾   | 14.4      | 51.9     |    | 40   |
| 16   | 60.10.2  | 若狭湾   | 12.3      | 33.8     |    | 34   |
| 17   | 60.10.2  | 若狭湾   | 16.3      | 74.9     |    | 25   |
| 18   | 60.11.5  | 浜田沖   | 25.7      | 338.2    |    | 20   |
| 19   | 60.12.5  | 浜田沖   | 15.1      | 56.2     |    | 25   |
| 20   | 60.12.27 | 宮津岩が鼻 | 11.0      | 28.6     |    | 40   |
| 21   | 61.1.30  | 宮津養老  | 10.9      | 22.6     |    | 30   |
| 22   | 61.7.12  | 新井崎   | 12.7      | 35.5     |    | 28   |
| 23   | 61.8.23  | 宮津養老  | 14.3      | 58.4     |    | 20   |

表2. 各種魚類の部位別重量比 (%)  
(マアジ)

| 試料No | 普通肉  | 血合肉 | 内臓   | 皮・頭・骨 |
|------|------|-----|------|-------|
| 8    | 52.2 | 5.4 | 5.1  | 34.9  |
| 9    | 44.1 | 3.7 | 5.5  | 41.5  |
| 10   | 40.7 | 5.0 | 9.3  | 41.2  |
| 11   | 38.1 | 3.4 | 6.1  | 48.5  |
| 12   | 42.1 | 4.4 | 6.7  | 46.7  |
| 13   | 45.8 | 4.9 | 8.0  | 37.2  |
| 14   | 46.0 | 5.2 | 7.3  | 38.9  |
| 15   | 45.8 | 4.2 | 6.2  | 41.4  |
| 16   | 44.0 | 4.8 | 10.5 | 37.0  |
| 17   | 48.1 | 3.2 | 6.6  | 38.1  |
| 18   | 48.4 | 6.8 | 7.9  | 35.5  |
| 19   | 47.6 | 4.0 | 4.6  | 41.0  |
| 20   | 45.3 | 3.5 | 6.8  | 41.7  |
| 21   | 45.3 | 3.9 | 6.8  | 42.4  |
| 22   | 42.5 | 4.7 | 8.3  | 40.6  |
| 23   | 46.2 | 3.8 | 9.0  | 38.8  |

表3. 各魚種の全魚体の一般成分組成 (%)  
(マアジ)

| 試料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 8    | 73.5 | 15.9   | 13.8   | 0.34  | 5.9  | 2.7 |
| 9    | 78.7 | 15.4   | 13.5   | 0.30  | 3.0  | 2.6 |
| 10   | 72.7 | 17.3   | 14.7   | 0.42  | 6.4  | 2.9 |
| 11   | 76.8 | 15.9   | 13.7   | 0.35  | 2.5  | 2.9 |
| 12   | 77.8 | 17.2   | 15.0   | 0.35  | 2.8  | 2.8 |
| 13   | 73.9 | 16.9   | 14.7   | 0.35  | 3.7  | 2.2 |
| 14   | 70.1 | 17.0   | 15.0   | 0.32  | 8.8  | 2.3 |
| 15   | 71.9 | 18.1   | 15.8   | 0.37  | 6.0  | 2.9 |
| 16   | 71.5 | 19.6   | 17.2   | 0.38  | 3.0  | 3.4 |
| 17   | 71.9 | 18.5   | 16.1   | 0.38  | 3.6  | 3.2 |
| 18   | 65.4 | 18.1   | 16.0   | 0.34  | 11.6 | 2.1 |
| 19   | 73.3 | 17.2   | 15.0   | 0.35  | 3.9  | 3.3 |
| 20   | 75.6 | 18.7   | 16.4   | 0.40  | 4.3  | 3.2 |
| 21   | 73.5 | 18.9   | 16.5   | 0.38  | 7.3  | 2.4 |
| 22   | 73.7 | 16.6   | 14.0   | 0.42  | 7.6  | 1.9 |
| 23   | 71.6 | 17.9   | 15.3   | 0.42  | 6.8  | 3.4 |

表4. 各魚種の普通肉の一般成分組成 (%)  
(マアジ)

| 試料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質  | 灰分  |
|------|------|--------|--------|-------|-----|-----|
| 8    | 77.6 | 17.3   | 15.0   | 0.37  | 2.6 | 1.4 |
| 9    | 79.0 | 17.8   | 15.4   | 0.38  | 1.7 | 1.3 |
| 10   | 76.5 | 17.9   | 15.2   | 0.43  | 2.1 | 1.3 |
| 11   | 77.8 | 18.1   | 15.6   | 0.40  | 1.1 | 1.4 |
| 12   | 78.4 | 18.2   | 15.7   | 0.40  | 1.4 | 1.4 |
| 13   | 79.4 | 19.4   | 17.1   | 0.37  | 1.9 | 1.2 |
| 14   | 75.1 | 20.0   | 17.7   | 0.37  | 5.0 | 1.3 |
| 15   | 76.2 | 21.4   | 18.6   | 0.45  | 2.7 | 1.6 |
| 16   | 76.4 | 22.5   | 19.5   | 0.48  | 1.4 | 1.5 |
| 17   | 77.2 | 21.5   | 18.4   | 0.50  | 1.5 | 1.5 |
| 18   | 73.1 | 21.3   | 18.6   | 0.43  | 5.8 | 0.3 |
| 19   | 77.7 | 19.4   | 16.7   | 0.43  | 1.7 | 1.4 |
| 20   | 78.1 | 20.2   | 17.5   | 0.43  | 1.7 | 1.4 |
| 21   | 76.2 | 21.3   | 18.7   | 0.42  | 3.3 | 1.4 |
| 22   | 76.6 | 19.3   | 16.8   | 0.40  | 3.4 | 1.3 |
| 23   | 76.3 | 20.6   | 17.6   | 0.48  | 2.4 | 1.2 |

表5. 各魚種の血合肉の一般成分組成 (%)  
(マアジ)

| 試料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 8    | 73.3 | 15.5   | 13.7   | 0.29  | 8.8  | 1.2 |
| 9    | 77.0 | 17.8   | 15.7   | 0.34  | 5.1  | 1.4 |
| 10   | 73.5 | 15.9   | 13.8   | 0.34  | 6.3  | 1.2 |
| 11   | 74.7 | 17.9   | 16.0   | 0.30  | 5.2  | 1.4 |
| 12   | 75.1 | 17.8   | 16.0   | 0.29  | 5.8  | 1.4 |
| 13   | 73.4 | 15.9   | 13.9   | 0.32  | 7.7  | 1.5 |
| 14   | 68.3 | 17.7   | 15.8   | 0.30  | 12.4 | 1.3 |
| 15   | 71.0 | 18.7   | 16.4   | 0.37  | 8.5  | 1.4 |
| 16   | 75.0 | 20.5   | 18.3   | 0.35  | 4.7  | 1.3 |
| 17   | 74.9 | 19.1   | 16.5   | 0.42  | 6.2  | 1.4 |
| 18   | 65.9 | 17.9   | 15.9   | 0.32  | 16.1 | 1.1 |
| 19   | 75.4 | 18.8   | 16.4   | 0.38  | 5.8  | 1.3 |
| 20   | 73.4 | 18.2   | 16.1   | 0.34  | 7.9  | 1.6 |
| 21   | 70.3 | 18.0   | 15.9   | 0.34  | 9.3  | 1.4 |
| 22   | 69.4 | 16.3   | 14.1   | 0.35  | 11.5 | 1.3 |
| 23   | 70.0 | 17.3   | 15.1   | 0.35  | 10.9 | 1.3 |

表6. 各魚種の内臓の一般成分組成 (%)  
(マアジ)

| 試料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 8    | 58.3 | 10.7   | 9.3    | 0.22  | 19.3 | 1.0 |
| 9    | 78.9 | 13.4   | 11.3   | 0.34  | 4.8  | 2.8 |
| 10   | 66.3 | 12.2   | 7.8    | 0.70  | 15.5 | 2.0 |
| 11   | 71.3 | 16.2   | 13.7   | 0.40  | 2.9  | 2.9 |
| 12   | 77.2 | 16.3   | 13.0   | 0.53  | 4.3  | 1.9 |
| 13   | 75.2 | 16.0   | 12.5   | 0.56  | 4.5  | 1.7 |
| 14   | 65.2 | 13.6   | 11.2   | 0.38  | 19.2 | 3.0 |
| 15   | 66.3 | 13.4   | 10.0   | 0.54  | 13.4 | 1.9 |
| 16   | 75.1 | 17.7   | 14.4   | 0.53  | 4.5  | 2.2 |
| 17   | 73.7 | 14.1   | 10.6   | 0.56  | 8.8  | 2.7 |
| 18   | 44.7 | 10.9   | 8.4    | 0.40  | 31.1 | 1.0 |
| 19   | 71.9 | 15.1   | 12.6   | 0.40  | 9.8  | 1.8 |
| 20   | 74.3 | 14.1   | 12.4   | 0.27  | 8.2  | 1.5 |
| 21   | 70.5 | 14.1   | 11.6   | 0.40  | 10.9 | 1.4 |
| 22   | 69.6 | 11.7   | 7.3    | 0.70  | 15.5 | 1.5 |
| 23   | 63.3 | 11.1   | 7.4    | 0.59  | 19.7 | 1.8 |

表8. 各魚種の皮・頭・骨・の一般成分組成 (%)  
(マアジ)

| 試料No. | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|-------|------|--------|--------|-------|------|-----|
| 8     | 69.2 | 14.6   | 12.8   | 0.29  | 8.1  | 5.2 |
| 9     | 78.9 | 13.1   | 11.6   | 0.24  | 3.9  | 4.0 |
| 10    | 69.3 | 18.0   | 15.9   | 0.34  | 8.9  | 4.9 |
| 11    | 77.2 | 14.1   | 12.3   | 0.29  | 3.2  | 4.2 |
| 12    | 77.6 | 16.3   | 14.6   | 0.27  | 3.5  | 4.4 |
| 13    | 75.0 | 15.9   | 13.9   | 0.32  | 5.7  | 3.8 |
| 14    | 70.0 | 15.2   | 13.3   | 0.30  | 11.4 | 3.7 |
| 15    | 72.2 | 16.1   | 14.4   | 0.27  | 8.6  | 4.7 |
| 16    | 71.4 | 18.4   | 16.7   | 0.27  | 4.4  | 6.7 |
| 17    | 72.1 | 17.4   | 15.7   | 0.27  | 5.4  | 5.9 |
| 18    | 63.2 | 16.3   | 14.8   | 0.24  | 15.1 | 5.1 |
| 19    | 73.1 | 15.8   | 14.1   | 0.27  | 5.7  | 6.2 |
| 20    | 72.3 | 17.9   | 15.9   | 0.32  | 6.4  | 5.6 |
| 21    | 71.3 | 17.1   | 15.1   | 0.32  | 10.8 | 3.8 |
| 22    | 72.1 | 14.7   | 12.5   | 0.35  | 9.9  | 2.7 |
| 23    | 68.2 | 16.3   | 14.3   | 0.32  | 8.7  | 6.7 |

表10. 各魚種の全魚体のタウリンおよび脂溶性成分含量 (/100g)  
(マアジ)

| 資料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | α-トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|---------------|---------|---------|
| 8     | 167      | 67        | 0.11       | 0.04          | 427     | 784     |
| 9     | 174      | 241       | 0.14       | 0.12          | 179     | 503     |
| 10    | 209      | 504       | 0.13       | 0.13          | 516     | 799     |
| 11    | 224      | 342       | 0.16       | 0.11          | 164     | 374     |
| 12    | 260      | 441       | 0.18       | 0.08          | 174     | 333     |
| 13    | 286      | 412       | 0.16       | 0.18          | 272     | 374     |
| 14    | 260      | 460       | 0.16       | 0.25          | 1,022   | 1,149   |
| 15    | 273      | 354       | 0.15       | 0.10          | 525     | 1,102   |
| 16    | 222      | 1,035     | 0.12       | 0.05          | 205     | 527     |
| 17    | 195      | 385       | 0.10       | 0.03          | 186     | 642     |
| 18    | 167      | 905       | 0.14       | 0.22          | 730     | 1,522   |
| 19    | 198      | 393       | 0.26       | 0.24          | 212     | 595     |
| 20    | 396      | 62        | 0.11       | 0.09          | 358     | 560     |
| 21    | 352      | 192       | 0.08       | 0.24          | 496     | 786     |
| 22    | 277      | 403       | 0.15       | 0.02          | 563     | 1,309   |
| 23    | 258      | 261       | 0.12       | 0.18          | 481     | 876     |



表11. 各魚種の普通肉のタウリンおよび脂溶性成分含量(/100g)  
(マアジ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | α-トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|---------------|---------|---------|
| 8     | 41       | 9         | 0.03       | 0.08          | 160     | 424     |
| 9     | 76       | 25        | 0.07       | 0.22          | 72      | 314     |
| 10    | 121      | 14        | 0.04       | 0.10          | 126     | 275     |
| 11    | 171      | 20        | 0.07       | 0.05          | 50      | 204     |
| 12    | 173      | 11        | 0.06       | 0.05          | 68      | 213     |
| 13    | 243      | 6         | 0.05       | 0.22          | 242     | 385     |
| 14    | 169      | 21        | 0.06       | 0.27          | 635     | 630     |
| 15    | 130      | 47        | 0.06       | 0.06          | 211     | 582     |
| 16    | 143      | 449       | 0.05       | 0.03          | 95      | 288     |
| 17    | 136      | 183       | 0.04       | 0.02          | 61      | 360     |
| 18    | 72       | 109       | 0.03       | 0.11          | 344     | 724     |
| 19    | 130      | 13        | 0.05       | 0.24          | 87      | 301     |
| 20    | 247      | 20        | 0.03       | 0.17          | 135     | 280     |
| 21    | 292      | 64        | 0.03       | 0.23          | 226     | 419     |
| 22    | 287      | 48        | 0.07       | 0.06          | 212     | 670     |
| 23    | 237      | 39        | 0.04       | 0.07          | 190     | 424     |

表12. 各魚種の血合肉のタウリンおよび脂溶性成分含量(/100g)  
(マアジ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | α-トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|---------------|---------|---------|
| 8     | 836      | 13        | 0.63       | 0.01          | 644     | 1,326   |
| 9     | 715      | 27        | 0.99       | 0.03          | 360     | 1,312   |
| 10    | 514      | 45        | 0.76       | 0.20          | 417     | 924     |
| 11    | 611      | 33        | 1.09       | 0.23          | 355     | 997     |
| 12    | 534      | 18        | 1.21       | 0.25          | 421     | 1,031   |
| 13    | 470      | 14        | 0.81       | 0.39          | 1,100   | 1,318   |
| 14    | 750      | 28        | 0.87       | 1.09          | 1,678   | 1,891   |
| 15    | 727      | 58        | 0.73       | 0.33          | 576     | 1,912   |
| 16    | 696      | 240       | 0.49       | 0.06          | 268     | 1,011   |
| 17    | 732      | 170       | 0.66       | 0.01          | 226     | 1,239   |
| 18    | 720      | 97        | 1.01       | 0.78          | 1,003   | 2,443   |
| 19    | 732      | 45        | 0.71       | 0.66          | 303     | 1,101   |
| 20    | 671      | 17        | 0.60       | 0.31          | 650     | 1,262   |
| 21    | 436      | 37        | 0.48       | 0.89          | 690     | 1,351   |
| 22    | 490      | 15        | 0.66       | 0.04          | 733     | 2,009   |
| 23    | 381      | 36        | 0.70       | 0.34          | 525     | 1,784   |

表14. 各魚種の内臓のタウリンおよび脂溶性成分含量(/100g)  
(マアジ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | α-トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|---------------|---------|---------|
| 8     | 331      | 1,156     | 0.40       | 0.00          | 1,646   | 2,783   |
| 9     | 468      | 2,753     | 0.53       | 0.09          | 289     | 693     |
| 10    | 397      | 4,705     | 0.38       | 0.03          | 1,261   | 1,841   |
| 11    | 434      | 3,841     | 0.42       | 0.13          | 191     | 380     |
| 12    | 415      | 5,659     | 0.54       | 0.12          | 362     | 391     |
| 13    | 421      | 3,999     | 0.56       | 0.37          | 518     | 604     |
| 14    | 439      | 5,379     | 0.41       | 0.16          | 1,964   | 2,239   |
| 15    | 312      | 4,033     | 0.45       | 0.00          | 1,159   | 2,342   |
| 16    | 343      | 5,948     | 0.46       | 0.22          | 270     | 630     |
| 17    | 179      | 2,835     | 0.32       | 0.09          | 360     | 881     |
| 18    | 288      | 10,145    | 0.40       | 0.28          | 2,197   | 3,791   |
| 19    | 373      | 4,847     | 0.44       | 0.19          | 541     | 1,119   |
| 20    | 427      | 206       | 0.46       | 0.04          | 503     | 766     |
| 21    | 489      | 1,413     | 0.33       | 0.26          | 635     | 917     |
| 22    | 586      | 3,828     | 0.36       | 0.06          | 1,095   | 2,927   |
| 23    | 338      | 2,175     | 0.40       | 0.13          | 1,234   | 2,043   |

表16. 各魚種の皮・頭・骨のタウリンおよび脂溶性成分含量(/100g)  
(マアジ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | α-トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|---------------|---------|---------|
| 8     | 227      | 7         | 0.10       | 0.00          | 630     | 947     |
| 9     | 190      | 156       | 0.09       | 0.02          | 261     | 607     |
| 10    | 229      | 95        | 0.08       | 0.18          | 746     | 1,066   |
| 11    | 212      | 177       | 0.13       | 0.14          | 237     | 464     |
| 12    | 292      | 119       | 0.13       | 0.09          | 219     | 367     |
| 13    | 316      | 236       | 0.15       | 0.09          | 678     | 862     |
| 14    | 287      | 142       | 0.13       | 0.17          | 1,215   | 1,460   |
| 15    | 265      | 194       | 0.15       | 0.15          | 771     | 1,409   |
| 16    | 243      | 492       | 0.08       | 0.04          | 308     | 718     |
| 17    | 254      | 273       | 0.01       | 0.02          | 310     | 907     |
| 18    | 172      | 125       | 0.08       | 0.19          | 1,079   | 1,929   |
| 19    | 219      | 171       | 0.12       | 0.19          | 313     | 829     |
| 20    | 314      | 91        | 0.11       | 0.00          | 551     | 772     |
| 21    | 360      | 156       | 0.08       | 0.21          | 745     | 1,106   |
| 22    | 372      | 157       | 0.14       | 0.01          | 803     | 1,565   |
| 23    | 295      | 118       | 0.09       | 0.33          | 647     | 1,055   |

表17. 各魚種的全魚体中の無機成分含量(/100g)  
(マアジ)

| 資料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 8     | 805     | 2.3     | 1.5     | 0.1     | 544    |
| 9     | 707     | 2.7     | 4.7     | 0.2     | 500    |
| 10    | 1,096   | 2.3     | 1.8     | 0.2     | 438    |
| 11    | 932     | 2.6     | 2.3     | 0.2     | 468    |
| 12    | 1,673   | 2.4     | 2.3     | 0.4     | 513    |
| 13    | 472     | 2.5     | 1.8     | 0.2     | 328    |
| 14    | 320     | 4.5     | 2.8     | 0.2     | 389    |
| 15    | 265     | 2.8     | 1.9     | 0.2     | 573    |
| 16    | 878     | 2.5     | 1.9     | 0.2     | 676    |
| 17    | 624     | 1.5     | 1.3     | 0.1     | 599    |
| 18    | 442     | 1.7     | 3.3     | 0.2     | 414    |
| 19    | 921     | 1.9     | 1.4     | 0.1     | 415    |
| 20    | 1,214   | 3.8     | 2.5     | 0.1     | 844    |
| 21    | 357     | 2.2     | 1.6     | 0.2     | 324    |
| 22    | 288     | 4.9     | 1.7     | 0.3     | 653    |
| 23    | 1,179   | 3.6     | 1.9     | 0.1     | 1,246  |

表18. 各魚種の普通肉の無機成分含量(/100g)  
(マアジ)

| 資料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 8     | 14.3    | 1.0     | 0.5     | 0.1     | 139    |
| 9     | 16.2    | 1.1     | 0.6     | 0.1     | 262    |
| 10    | 16.5    | 1.2     | 0.8     | 0.1     | 225    |
| 11    | 18.6    | 1.2     | 0.9     | 0.1     | 273    |
| 12    | 38.3    | 0.9     | 0.9     | 0.2     | 306    |
| 13    | 16.8    | 0.8     | 0.9     | 0.1     | 227    |
| 14    | 12.3    | 1.0     | 0.6     | 0.1     | 260    |
| 15    | 13.9    | 1.5     | 0.6     | 0.1     | 318    |
| 16    | 21.5    | 1.1     | 0.7     | 0.1     | 359    |
| 17    | 36.9    | 0.9     | 0.7     | 0.1     | 355    |
| 18    | 3.0     | 0.3     | 0.5     | 0.1     | 410    |
| 19    | 13.4    | 0.7     | 0.5     | 0.1     | 160    |
| 20    | 33.4    | 1.4     | 0.6     | 0.1     | 252    |
| 21    | 17.6    | 0.9     | 0.5     | 0.2     | 200    |
| 22    | 21.0    | 1.0     | 0.5     | 0.2     | 481    |
| 23    | 31.0    | 1.1     | 0.5     | 0.1     | 527    |

表19. 各魚種の血合肉の無機成分含量(/100g)  
(マアジ)

| 試料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 8    | 25.9    | 5.7     | 1.2     | 0.4     | 285    |
| 9    | 31.9    | 4.8     | 1.2     | 0.5     | 251    |
| 10   | 29.0    | 6.2     | 1.3     | 0.4     | 226    |
| 11   | 31.1    | 4.7     | 1.2     | 0.5     | 308    |
| 12   | 42.7    | 5.3     | 1.1     | 0.5     | 258    |
| 13   | 23.3    | 4.7     | 1.2     | 0.4     | 253    |
| 14   | 17.8    | 2.3     | 1.7     | 0.5     | 253    |
| 15   | 33.7    | 5.5     | 1.1     | 0.4     | 286    |
| 16   | 41.2    | 3.3     | 0.5     | 0.3     | 236    |
| 17   | 50.7    | 5.9     | 1.2     | 0.3     | 157    |
| 18   | 14.6    | 6.5     | 0.8     | 0.4     | 147    |
| 19   | 36.8    | 2.2     | 1.1     | 0.8     | 153    |
| 20   | 40.8    | 4.0     | 1.2     | 0.3     | 275    |
| 21   | 28.6    | 2.8     | 1.3     | 0.4     | 235    |
| 22   | 25.4    | 4.1     | 0.8     | 0.4     | 511    |
| 23   | 30.0    | 4.1     | 0.9     | 0.3     | 475    |

表21. 各魚種の内臓の無機成分含量(/100g)  
(マアジ)

| 資料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 8    | 117     | 9.8     | 2.4     | 0.2     | 235    |
| 9    | 486     | 7.1     | 2.7     | 0.3     | 360    |
| 10   | 433     | 4.5     | 1.6     | 0.2     | 285    |
| 11   | 639     | 10.2    | 3.7     | 0.3     | 595    |
| 12   | 421     | 11.2    | 3.5     | 0.5     | 307    |
| 13   | 270     | 8.3     | 2.8     | 0.3     | 335    |
| 14   | 57      | 6.0     | 2.6     | 0.2     | 194    |
| 15   | 273     | 9.0     | 3.2     | 0.2     | 63     |
| 16   | 466     | 6.1     | 2.9     | 0.2     | 351    |
| 17   | 583     | 4.3     | 0.9     | 0.3     | 624    |
| 18   | 101     | 8.4     | 2.1     | 0.2     | 140    |
| 19   | 82      | 9.8     | 2.7     | 0.2     | 113    |
| 20   | 99      | 10.3    | 3.0     | 0.2     | 234    |
| 21   | 51      | 6.8     | 3.3     | 0.2     | 201    |
| 22   | 12      | 10.3    | 3.1     | 0.3     | 455    |
| 23   | 168     | 8.8     | 2.8     | 0.2     | 675    |

表23. 各魚種の皮・頭・骨の無機成分含量(/100g)  
(マアジ)

| 資料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 8     | 2,208   | 2.3     | 2.9     | 0.1     | 1,262  |
| 9     | 1,530   | 3.7     | 9.6     | 0.2     | 794    |
| 10    | 2,441   | 2.4     | 3.0     | 0.3     | 708    |
| 11    | 1,750   | 2.6     | 3.3     | 0.2     | 617    |
| 12    | 3,480   | 2.2     | 3.4     | 0.6     | 753    |
| 13    | 1,187   | 3.3     | 3.0     | 0.2     | 496    |
| 14    | 794     | 1.2     | 2.5     | 0.1     | 475    |
| 15    | 580     | 3.1     | 3.4     | 0.2     | 993    |
| 16    | 2,212   | 3.3     | 3.5     | 0.2     | 1,269  |
| 17    | 1,487   | 1.5     | 2.3     | 0.1     | 939    |
| 18    | 1,216   | 1.2     | 7.8     | 0.2     | 547    |
| 19    | 2,217   | 2.4     | 2.4     | 0.1     | 780    |
| 20    | 2,777   | 5.3     | 4.5     | 0.1     | 1,635  |
| 21    | 798     | 2.8     | 2.5     | 0.2     | 483    |
| 22    | 653     | 7.9     | 2.8     | 0.3     | 891    |
| 23    | 2,893   | 5.4     | 3.4     | 0.1     | 2,310  |

表1. 供試魚の概要 (マイワシ)

| 試料No. | 漁獲年月日    | 漁獲海域 | 平均体長 (cm) | 平均体重 (g) | 性別 | 供試尾数 |
|-------|----------|------|-----------|----------|----|------|
| 42    | 59.12.11 | 境港   | 18.2      | 73.3     |    | 38   |
| 43    | 60.4.24  | 若狭湾  | 12.7      | 24.6     |    | 52   |
| 44    | 60.5.15  | "    | 15.1      | 46.8     |    | 35   |
| 45    | 60.7.16  | "    | 19.8      | 110.8    |    | 25   |
| 46    | 60.10.2  | "    | 12.9      | 35.0     |    | 36   |
| 47    | 60.12.27 | 蒲入沖  | 19.8      | 85.1     |    | 40   |
| 48    | 61.1.30  | 新井崎  | 17.9      | 77.5     |    | 42   |
| 49    | 61.2.13  | 養老   | 18.1      | 69.7     |    | 40   |
| 50    | 61.3.13  | 舞鶴田井 | 17.9      | 63.7     |    | 35   |
| 51    | 61.3.27  | 伊根   | 18.1      | 62.0     |    | 45   |
| 52    | 61.4.22  | 舞鶴田井 | 18.3      | 68.1     |    | 40   |
| 53    | 61.4.24  | 新井崎  | 17.6      | 71.8     |    | 40   |
| 54    | 61.7.12  | 蒲入沖  | 20.1      | 101.3    |    | 30   |
| 55    | 61.8.23  | 栗田田井 | 20.0      | 95.2     |    | 30   |

表2. 各種魚類の部位別重量比(%)  
(マイワシ)

| 試料No. | 普通肉  | 血合肉  | 内臓   | 皮    | 頭・骨   |
|-------|------|------|------|------|-------|
| 42    | 35.0 | 12.5 | 13.0 | 8.5  | 30.2  |
| 43    | 34.8 | 14.4 | 14.2 | —    | 36.6* |
| 44    | 30.7 | 12.3 | 11.4 | 10.9 | 28.9  |
| 45    | 38.5 | 11.2 | 13.0 | 3.1  | 31.7  |
| 46    | 31.0 | 9.6  | 13.9 | —    | 42.1* |
| 47    | 32.9 | 11.7 | 9.4  | 9.8  | 34.1  |
| 48    | 29.2 | 12.2 | 10.9 | 11.0 | 33.8  |
| 49    | 29.1 | 12.8 | 13.9 | 5.2  | 36.3  |
| 50    | 31.4 | 12.0 | 12.2 | 6.4  | 32.4  |
| 51    | 30.8 | 11.9 | 14.7 | 9.9  | 29.4  |
| 52    | 32.7 | 12.6 | 11.4 | 3.8  | 34.4  |
| 53    | 30.6 | 12.4 | 13.7 | 9.1  | 30.1  |
| 54    | 29.1 | 12.8 | 13.9 | 5.2  | 36.3  |
| 55    | 33.3 | 10.0 | 7.5  | 5.6  | 40.2  |

\* 皮を含む。

表3. 各種魚種の全魚体の一般成分組成(%)  
(マイワシ)

| 試料No. | 水分   | 粗タンパク質 | 純タンパク質 | エキス成分 | 脂質   | 灰分  |
|-------|------|--------|--------|-------|------|-----|
| 42    | 61.9 | 17.9   | 15.5   | 0.38  | 18.8 | 2.3 |
| 43    | 75.5 | 17.5   | 14.8   | 0.43  | 6.7  | 3.0 |
| 44    | 62.0 | 15.7   | 13.6   | 0.34  | 13.7 | 2.9 |
| 45    | 62.3 | 17.0   | 14.2   | 0.45  | 6.2  | 2.4 |
| 46    | 62.2 | 14.7   | 12.6   | 0.34  | 17.1 | 2.1 |
| 47    | 57.8 | 16.1   | 13.9   | 0.35  | 22.8 | 3.1 |
| 48    | 59.3 | 15.2   | 13.2   | 0.32  | 22.8 | 3.0 |
| 49    | 69.7 | 13.4   | 11.0   | 0.38  | 12.7 | 2.4 |
| 50    | 71.3 | 16.5   | 14.1   | 0.38  | 8.8  | 2.5 |
| 51    | 70.7 | 16.3   | 13.4   | 0.46  | 10.1 | 2.6 |
| 52    | 77.7 | 16.7   | 13.9   | 0.45  | 2.8  | 3.0 |
| 53    | 71.8 | 16.7   | 13.5   | 0.51  | 7.8  | 2.2 |
| 54    | 69.1 | 15.3   | 12.4   | 0.46  | 14.9 | 2.2 |
| 55    | 64.4 | 16.9   | 14.4   | 0.40  | 13.9 | 2.6 |

表4. 各魚種の普通肉の一般成分組成 (%)  
(マイワシ)

| 試料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質  | 灰分  |
|------|------|--------|--------|-------|-----|-----|
| 42   | 72.8 | 22.6   | 19.6   | 0.48  | 4.3 | 1.4 |
| 43   | 75.5 | 21.8   | 18.6   | 0.51  | 2.6 | 1.6 |
| 44   | 73.7 | 22.1   | 19.1   | 0.48  | 4.1 | 1.4 |
| 45   | 74.0 | 23.5   | 19.9   | 0.58  | 2.5 | 1.4 |
| 46   | 73.1 | 20.2   | 17.5   | 0.43  | 6.5 | 1.3 |
| 47   | 69.7 | 22.6   | 19.6   | 0.48  | 8.0 | 1.5 |
| 48   | 71.0 | 21.4   | 18.6   | 0.45  | 6.5 | 1.6 |
| 49   | 75.5 | 19.9   | 16.4   | 0.56  | 3.9 | 1.4 |
| 50   | 75.2 | 20.7   | 17.5   | 0.51  | 2.9 | 1.4 |
| 51   | 76.0 | 20.0   | 16.6   | 0.54  | 2.7 | 1.3 |
| 52   | 79.7 | 18.0   | 14.5   | 0.56  | 1.0 | 1.4 |
| 53   | 76.0 | 20.7   | 17.1   | 0.58  | 2.1 | 1.4 |
| 54   | 71.7 | 21.2   | 18.1   | 0.50  | 5.0 | 1.4 |
| 55   | 72.6 | 21.7   | 18.7   | 0.48  | 4.2 | 1.5 |

表5. 各魚種の血合肉の一般成分組成 (%)  
(マイワシ)

| 試料No | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|------|------|--------|--------|-------|------|-----|
| 42   | 65.7 | 17.1   | 14.9   | 0.35  | 15.0 | 1.4 |
| 43   | 69.9 | 18.5   | 16.1   | 0.38  | 9.6  | 1.6 |
| 44   | 68.0 | 19.2   | 17.1   | 0.34  | 10.4 | 1.3 |
| 45   | 70.7 | 18.2   | 16.0   | 0.35  | 8.6  | 1.3 |
| 46   | 66.2 | 17.0   | 14.9   | 0.34  | 14.6 | 1.1 |
| 47   | 59.2 | 17.9   | 16.0   | 0.30  | 21.0 | 1.5 |
| 48   | 62.1 | 17.0   | 15.3   | 0.27  | 21.7 | 1.3 |
| 49   | 67.0 | 17.1   | 14.7   | 0.38  | 13.1 | 1.2 |
| 50   | 69.5 | 15.2   | 13.5   | 0.27  | 10.5 | 1.2 |
| 51   | 70.0 | 18.4   | 16.2   | 0.35  | 10.4 | 1.3 |
| 52   | 75.7 | 18.8   | 16.4   | 0.38  | 4.6  | 1.3 |
| 53   | 71.0 | 18.9   | 16.5   | 0.38  | 5.4  | 1.3 |
| 54   | 66.5 | 17.8   | 15.3   | 0.40  | 12.8 | 1.3 |
| 55   | 67.1 | 19.2   | 16.8   | 0.38  | 13.0 | 1.1 |

表7. 各魚種の内臓の一般成分組成 (%)  
(マイワシ)

| 試料No. | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|-------|------|--------|--------|-------|------|-----|
| 42    | 43.1 | 11.2   | 9.3    | 0.30  | 40.5 | 0.8 |
| 43    | 71.8 | 15.6   | 12.3   | 0.53  | 9.4  | 2.0 |
| 44    | 66.2 | 14.0   | 11.5   | 0.40  | 22.0 | 1.4 |
| 45    | 72.7 | 12.3   | 8.5    | 0.61  | 9.1  | 2.0 |
| 46    | 50.3 | 11.7   | 8.6    | 0.50  | 32.7 | 2.8 |
| 47    | 43.4 | 7.7    | 5.1    | 0.42  | 44.2 | 1.3 |
| 48    | 52.5 | 10.3   | 8.3    | 0.32  | 35.7 | 1.6 |
| 49    | 67.5 | 4.5    | 2.0    | 0.40  | 18.3 | 2.0 |
| 50    | 73.6 | 14.4   | 11.1   | 0.53  | 8.2  | 1.9 |
| 51    | 73.3 | 13.7   | 9.8    | 0.62  | 8.7  | 2.2 |
| 52    | 77.0 | 14.1   | 10.2   | 0.62  | 2.7  | 3.9 |
| 53    | 73.1 | 14.2   | 8.9    | 0.85  | 7.5  | 1.9 |
| 54    | 61.3 | 12.4   | 8.3    | 0.66  | 24.1 | 1.4 |
| 55    | 55.7 | 11.1   | 9.0    | 0.34  | 32.1 | 1.2 |

表8. 各魚種の皮の一般成分組成 (%)  
(マイワシ)

| 試料No. | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|-------|------|--------|--------|-------|------|-----|
| 42    | 24.5 | 9.0    | 7.0    | 0.32  | 61.1 | 0.6 |
| 43    | —    | —      | —      | —     | —    | —   |
| 44    | 37.8 | 10.9   | 8.9    | 0.32  | 50.4 | 1.0 |
| 45    | 55.0 | 16.0   | 13.5   | 0.40  | 26.3 | 1.1 |
| 46    | —    | —      | —      | —     | —    | —   |
| 47    | 28.0 | 8.5    | 7.1    | 0.22  | 60.6 | 0.7 |
| 48    | 25.0 | 10.1   | 8.6    | 0.24  | 62.5 | 1.1 |
| 49    | 43.6 | 13.4   | 10.6   | 0.45  | 40.4 | 1.4 |
| 50    | 58.0 | 18.0   | 14.9   | 0.50  | 25.3 | 1.4 |
| 51    | 52.8 | 16.5   | 12.5   | 0.64  | 31.6 | 1.5 |
| 52    | 71.7 | 21.5   | 17.2   | 0.69  | 8.1  | 1.3 |
| 53    | 51.9 | 14.9   | 10.6   | 0.69  | 29.1 | 1.6 |
| 54    | 35.9 | 10.3   | 8.3    | 0.32  | 47.6 | 1.4 |
| 55    | 20.1 | 13.0   | 10.9   | 0.34  | 36.5 | 1.4 |



表9. 各魚種の頭・骨の一般成分組成 (%)  
(マイワシ)

| 試料No. | 水分   | 粗たんぱく質 | 純たんぱく質 | エキス成分 | 脂質   | 灰分  |
|-------|------|--------|--------|-------|------|-----|
| 42    | 66.5 | 18.1   | 16.5   | 0.26  | 15.8 | 4.7 |
| 43    | 70.9 | 13.8   | 11.7   | 0.34  | 8.4  | 4.9 |
| 44    | 66.9 | 13.1   | 11.5   | 0.26  | 10.9 | 6.9 |
| 45    | 69.5 | 14.6   | 12.7   | 0.30  | 9.5  | 5.4 |
| 46    | 62.2 | 12.2   | 10.7   | 0.24  | 21.6 | 2.9 |
| 47    | 58.5 | 13.6   | 11.9   | 0.27  | 20.8 | 6.3 |
| 48    | 61.5 | 12.5   | 10.9   | 0.26  | 20.1 | 5.9 |
| 49    | 70.6 | 10.2   | 8.8    | 0.22  | 13.4 | 4.0 |
| 50    | 70.1 | 13.3   | 12.0   | 0.21  | 11.0 | 4.4 |
| 51    | 70.0 | 12.8   | 11.0   | 0.29  | 11.1 | 5.1 |
| 52    | 77.3 | 15.0   | 13.2   | 0.29  | 3.3  | 4.9 |
| 53    | 73.4 | 13.3   | 11.4   | 0.30  | 8.4  | 3.7 |
| 54    | 67.3 | 11.4   | 8.9    | 0.40  | 15.3 | 3.5 |
| 55    | 64.8 | 13.9   | 12.1   | 0.29  | 15.5 | 4.3 |

表10. 各魚種の全魚体のタウリンおよび脂溶性成分含量 (/100g)  
(マイワシ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 42    | 210      | 502       | 0.17       | 0.07                  | 3,130   | 1,835   |
| 43    | 358      | 440       | 0.09       | 0.29                  | 1,137   | 794     |
| 44    | 261      | 268       | 0.25       | 0.31                  | 2,395   | 1,628   |
| 45    | 203      | 355       | 0.18       | 0.16                  | 751     | 1,155   |
| 46    | 181      | 393       | 0.21       | 0.19                  | 2,294   | 1,192   |
| 47    | 299      | 131       | 0.19       | 0.14                  | 3,303   | 1,860   |
| 48    | 283      | 298       | 0.09       | 0.11                  | 2,901   | 2,406   |
| 49    | 321      | 461       | 0.25       | 0.45                  | 1,696   | 1,031   |
| 50    | 330      | 439       | 0.24       | 0.28                  | 1,207   | 913     |
| 51    | 332      | 37        | 0.26       | 0.37                  | 1,492   | 1,029   |
| 52    | 282      | 752       | 0.39       | 0.78                  | 299     | 253     |
| 53    | 289      | 719       | 0.30       | 0.38                  | 950     | 939     |
| 54    | 282      | 281       | 0.19       | 0.35                  | 1,433   | 1,936   |
| 55    | 239      | 191       | 0.11       | 0.09                  | 1,557   | 1,895   |

表11. 各魚種の普通肉のタウリンおよび脂溶性成分含量(100g)  
(マイワシ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | α-トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|---------------|---------|---------|
| 42    | 192      | 9         | 0.10       | 0.05          | 670     | 543     |
| 43    | 247      | 17        | 0.03       | 0.09          | 399     | 415     |
| 44    | 168      | 33        | 0.06       | 0.21          | 670     | 465     |
| 45    | 58       | 166       | 0.05       | 0.03          | 247     | 469     |
| 46    | 111      | 194       | 0.05       | 0.07          | 697     | 446     |
| 47    | 215      | 43        | 0.06       | 0.17          | 1,159   | 685     |
| 48    | 188      | 38        | 0.02       | 0.22          | 869     | 725     |
| 49    | 195      | 89        | 0.07       | 0.53          | 540     | 469     |
| 50    | 220      | 39        | 0.07       | 0.56          | 399     | 387     |
| 51    | 211      | 65        | 0.06       | 0.56          | 311     | 369     |
| 52    | 174      | 27        | 0.07       | 0.46          | 98      | 167     |
| 53    | 196      | 42        | 0.08       | 0.39          | 229     | 348     |
| 54    | 225      | 60        | 0.06       | 0.15          | 462     | 746     |
| 55    | 197      | 28        | 0.05       | 0.21          | 429     | 708     |

表12. 各魚種の血合肉のタウリンおよび脂溶性成分含量(100g)  
(マイワシ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | α-トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|---------------|---------|---------|
| 42    | 519      | 7         | 0.49       | 0.10          | 2,158   | 2,119   |
| 43    | 671      | 59        | 0.28       | 0.36          | 1,410   | 1,435   |
| 44    | 674      | 46        | 1.14       | 1.08          | 1,647   | 1,758   |
| 45    | 691      | 73        | 0.76       | 0.53          | 821     | 1,671   |
| 46    | 553      | 26        | 0.83       | 0.20          | 1,552   | 1,196   |
| 47    | 619      | 43        | 0.93       | 0.74          | 2,003   | 2,289   |
| 48    | 612      | 20        | 0.36       | 0.29          | 1,232   | 3,376   |
| 49    | 743      | 47        | 0.96       | 0.41          | 1,870   | 1,779   |
| 50    | 691      | 13        | 0.92       | 0.01          | 1,165   | 1,071   |
| 51    | 691      | 48        | 1.04       | 1.36          | 1,502   | 1,401   |
| 52    | 481      | 24        | 2.07       | 2.56          | 329     | 537     |
| 53    | 450      | 14        | 1.07       | 0.01          | 592     | 959     |
| 54    | 436      | 43        | 0.74       | 1.91          | 865     | 1,668   |
| 55    | 396      | 26        | 0.51       | 0.23          | 1,360   | 2,152   |

表14. 各魚種の内臓のタウリンおよび脂溶性成分含量(100g)  
(マイワシ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 42    | 234      | 3,641     | 0.29       | 0.10                  | 7,061   | 3,652   |
| 43    | 427      | 2,649     | 0.13       | 1.05                  | 1,447   | 913     |
| 44    | 331      | 1,965     | 0.44       | 0.36                  | 3,276   | 2,061   |
| 45    | 214      | 1,758     | 0.34       | 0.20                  | 810     | 1,445   |
| 46    | 234      | 673       | 0.46       | 0.72                  | 4,576   | 1,852   |
| 47    | 334      | 490       | 0.20       | 0.04                  | 5,813   | 2,848   |
| 48    | 327      | 2,402     | 0.17       | 0.06                  | 4,651   | 3,343   |
| 49    | 360      | 2,869     | 0.56       | 1.33                  | 2,375   | 1,320   |
| 50    | 421      | 3,243     | 0.48       | 0.67                  | 915     | 516     |
| 51    | 400      | 6         | 0.55       | 0.07                  | 1,134   | 661     |
| 52    | 447      | 6,241     | 0.48       | 2.37                  | 268     | 293     |
| 53    | 417      | 4,966     | 0.51       | 1.69                  | 771     | 685     |
| 54    | 347      | 1,964     | 0.30       | 0.53                  | 2,243   | 3,170   |
| 55    | 248      | 2,193     | 0.30       | 0.02                  | 2,697   | 3,523   |

表15. 各魚種の皮のタウリンおよび脂溶性成分含量(100g)  
(マイワシ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 42    | 72       | 42        | 0.07       | 0.00                  | 10,587  | 4,475   |
| 43    | —        | —         | —          | —                     | —       | —       |
| 44    | 162      | 65        | 0.10       | 0.00                  | 8,488   | 4,673   |
| 45    | 154      | 122       | 0.10       | 0.03                  | 2,683   | 3,535   |
| 46    | —        | —         | —          | —                     | —       | —       |
| 47    | 188      | 110       | 0.09       | 0.00                  | 9,088   | 4,298   |
| 48    | 183      | 31        | 0.04       | 0.00                  | 9,151   | 5,979   |
| 49    | 269      | 110       | 0.12       | 0.01                  | 5,804   | 2,868   |
| 50    | 308      | 44        | 0.19       | 0.29                  | 3,743   | 1,979   |
| 51    | 299      | 58        | 0.14       | 0.35                  | 5,359   | 2,320   |
| 52    | 351      | 76        | 0.23       | 0.37                  | 1,190   | 803     |
| 53    | 242      | 107       | 0.22       | 0.32                  | 3,347   | 3,178   |
| 54    | 143      | 64        | 0.10       | 0.00                  | 5,546   | 6,449   |
| 55    | 178      | 42        | 0.07       | 0.01                  | 4,363   | 4,963   |

表16. 各魚種の頭・骨のタウリンおよび脂溶性成分含量(/100g)  
(マイワシ)

| 試料No. | タウリン(mg) | レチノール(IU) | リボフラビン(mg) | $\alpha$ -トコフェロール(mg) | EPA(mg) | DHA(mg) |
|-------|----------|-----------|------------|-----------------------|---------|---------|
| 42    | 133      | 57        | 0.09       | 0.08                  | 2,591   | 1,695   |
| 43    | 314      | 134       | 0.05       | 0.15                  | 1,661   | 855     |
| 44    | 247      | 84        | 0.09       | 0.27                  | 1,901   | 1,489   |
| 45    | 223      | 162       | 0.09       | 0.18                  | 1,126   | 1,453   |
| 46    | 145      | 67        | 0.11       | 0.12                  | 2,886   | 1,523   |
| 47    | 293      | 159       | 0.08       | 0.01                  | 3,460   | 1,872   |
| 48    | 265      | 58        | 0.05       | 0.00                  | 2,659   | 2,042   |
| 49    | 265      | 67        | 0.06       | 0.16                  | 1,713   | 845     |
| 50    | 274      | 80        | 0.11       | 0.02                  | 1,616   | 1,303   |
| 51    | 290      | 15        | 0.09       | 0.01                  | 1,601   | 1,318   |
| 52    | 269      | 76        | 0.11       | 0.09                  | 376     | 156     |
| 53    | 273      | 47        | 0.20       | 0.00                  | 1,186   | 970     |
| 54    | 269      | 63        | 0.09       | 0.02                  | 1,512   | 1,864   |
| 55    | 241      | 38        | 0.08       | 0.01                  | 1,936   | 2,083   |

表17. 各魚種の全魚体中の無機成分含量(/100g)  
(マイワシ)

| 試料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 42    | 779     | 4.0     | 2.7     | 0.1     | 597    |
| 43    | 597     | 3.5     | 3.2     | 0.2     | 542    |
| 44    | 803     | 3.2     | 3.6     | 0.2     | 532    |
| 45    | 470     | 4.2     | 2.6     | 0.1     | 323    |
| 46    | 432     | 4.5     | 5.0     | 0.2     | 366    |
| 47    | 1,138   | 5.6     | 5.0     | 0.2     | 767    |
| 48    | 535     | 3.9     | 3.6     | 0.2     | 366    |
| 49    | 346     | 4.9     | 2.7     | 0.1     | 364    |
| 50    | 390     | 3.7     | 3.5     | 0.2     | 343    |
| 51    | 363     | 6.3     | 3.8     | 0.1     | 367    |
| 52    | 549     | 7.1     | 3.5     | 0.2     | 356    |
| 53    | 306     | 5.8     | 3.5     | 0.1     | 313    |
| 54    | 535     | 7.6     | 2.6     | 0.2     | 659    |
| 55    | 843     | 7.2     | 2.6     | 0.2     | 338    |

表18. 各魚種の普通肉の無機成分含量(/100g)  
(マイワシ)

| 試料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 42    | 72      | 2.4     | 0.8     | 0.1     | 244    |
| 43    | 49      | 1.6     | 0.9     | 0.1     | 415    |
| 44    | 50      | 1.5     | 0.7     | 0.1     | 389    |
| 45    | 46      | 1.5     | 0.7     | 0.1     | 325    |
| 46    | 71      | 1.5     | 0.4     | 0.1     | 332    |
| 47    | 45      | 1.2     | 0.7     | 0.1     | 288    |
| 48    | 76      | 1.1     | 0.7     | 0.2     | 273    |
| 49    | 42      | 1.7     | 0.6     | 0.1     | 289    |
| 50    | 8       | 1.1     | 1.1     | 0.1     | 260    |
| 51    | 43      | 1.4     | 0.7     | 0.1     | 237    |
| 52    | 54      | 1.3     | 0.7     | 0.1     | 248    |
| 53    | 34      | 1.1     | 0.8     | 0.1     | 230    |
| 54    | 60      | 1.2     | 0.6     | 0.1     | 503    |
| 55    | 73      | 1.5     | 0.8     | 0.1     | 301    |

表19. 各魚種の血合内の無機成分含量(/100g)  
(マイワシ)

| 試料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 42    | 34      | 8.4     | 1.5     | 0.3     | 199    |
| 43    | 18      | 5.1     | 0.8     | 0.3     | 293    |
| 44    | 62      | 8.8     | 1.5     | 0.5     | 404    |
| 45    | 25      | 7.0     | 1.3     | 0.3     | 268    |
| 46    | 38      | 3.3     | 1.0     | 0.3     | 258    |
| 47    | 51      | 7.4     | 1.2     | 0.4     | 263    |
| 48    | 33      | 6.9     | 1.0     | 0.4     | 214    |
| 49    | 38      | 10.8    | 1.0     | 0.3     | 244    |
| 50    | 30      | 6.5     | 1.3     | 0.4     | 241    |
| 51    | 49      | 6.2     | 1.1     | 0.3     | 261    |
| 52    | 23      | 8.9     | 1.5     | 0.3     | 233    |
| 53    | 33      | 6.6     | 1.5     | 0.3     | 235    |
| 54    | 40      | 6.7     | 0.7     | 0.4     | 533    |
| 55    | 84      | 6.3     | 1.4     | 0.3     | 611    |

表20. 各魚種の内臓の無機成分含量 (/100g)  
(マイワシ)

| 試料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 42   | 48      | 8.1     | 2.0     | 0.1     | 80     |
| 43   | 5       | 10.9    | 3.8     | 0.3     | 469    |
| 44   | 36      | 8.7     | 2.5     | 0.3     | 241    |
| 45   | 165     | 8.2     | 2.2     | 0.2     | 295    |
| 46   | 528     | 16.1    | 2.1     | 0.3     | 207    |
| 47   | 54      | 9.6     | 3.1     | 0.2     | 160    |
| 48   | 25      | 14.2    | 4.1     | 0.2     | 90     |
| 49   | 35      | 13.2    | 2.3     | 0.2     | 186    |
| 50   | 39      | 11.5    | 3.0     | 0.2     | 235    |
| 51   | 97      | 19.4    | 3.1     | 0.2     | 275    |
| 52   | 139     | 30.0    | 4.0     | 0.3     | 247    |
| 53   | 69      | 14.7    | 3.4     | 0.2     | 233    |
| 54   | 107     | 23.9    | 3.2     | 0.3     | 450    |
| 55   | 69      | 20.3    | 3.3     | 0.2     | 359    |

表22. 各魚種の皮の無機成分含量 (/100g)  
(マイワシ)

| 試料No | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|------|---------|---------|---------|---------|--------|
| 42   | 108     | 1.8     | 9.0     | 0.1     | 155    |
| 43   | —       | —       | —       | —       | —      |
| 44   | 332     | 1.7     | 12.2    | 0.2     | 213    |
| 45   | 138     | 3.0     | 15.4    | 0.2     | 212    |
| 46   | —       | —       | —       | —       | —      |
| 47   | 67      | 2.5     | 10.0    | 0.1     | 119    |
| 48   | 143     | 2.2     | 11.2    | 0.2     | 128    |
| 49   | 241     | 2.7     | 14.0    | 0.2     | 299    |
| 50   | 169     | 2.3     | 12.0    | 0.2     | 225    |
| 51   | 234     | 2.1     | 13.3    | 0.1     | 281    |
| 52   | 78      | 6.9     | 22.0    | 0.2     | 171    |
| 53   | 210     | 1.8     | 14.0    | 0.1     | 250    |
| 54   | 303     | 1.8     | 4.9     | 0.2     | 430    |
| 55   | 198     | 6.9     | 1.1     | 0.2     | 544    |

表23. 各魚種の頭・骨の無機成分含量(/100g)  
(マイワシ)

| 試料No. | Ca (mg) | Fe (mg) | Zn (mg) | Cu (mg) | P (mg) |
|-------|---------|---------|---------|---------|--------|
| 42    | 2.410   | 2.8     | 4.0     | 0.1     | 1.519  |
| 43    | 1.577   | 1.9     | 5.1     | 0.1     | 790    |
| 44    | 2.560   | 1.6     | 5.5     | 0.1     | 1.079  |
| 45    | 1.336   | 5.2     | 4.4     | 0.1     | 387    |
| 46    | 790     | 3.4     | 10.7    | 0.2     | 497    |
| 47    | 3.078   | 9.1     | 9.6     | 0.1     | 1.756  |
| 48    | 1.403   | 2.4     | 4.5     | 0.1     | 669    |
| 49    | 833     | 2.6     | 3.6     | 0.0     | 545    |
| 50    | 1.071   | 2.4     | 5.2     | 0.1     | 526    |
| 51    | 1.000   | 6.4     | 5.4     | 0.1     | 620    |
| 52    | 1.400   | 4.5     | 4.6     | 0.1     | 561    |
| 53    | 833     | 7.5     | 4.0     | 0.1     | 484    |
| 54    | 1.288   | 7.6     | 4.4     | 0.2     | 942    |
| 55    | 1.904   | 9.7     | 4.5     | 0.2     | 267    |