

日本食を構成する32食材の一斉分析データ (カロテノイド) ※¹

ID番号※ ²	機能性成分 (化合物) 名	LLOQ※ ⁵ (ng/mL)	大豆・押し麦・乾「品種：キリモチ」 (1006)※ ³		小麦粉・薄力・一等 (1015)		玄米・水稲「品種：こしひかり」(1080)		とうもろこし・皮なし・生「品種：へにあずま」 (2006)		じゃがいも・塊茎・皮なし・生「品種：男 前」(2017)		大豆・金時・黄大豆・乾「品種：ゆきほま れ」(4023)		ごま・白ごま・炒り (5018)		えだまめ・ゆで(6016)		かぼちゃ・西洋かぼちゃ・生「品種：黒皮 栗南瓜」(6048)	
			試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)
C1	alpha-Carotene	100	N.D.※ ⁴	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C2	beta-Carotene	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	<LOQ	0.8	6.125	
C3	beta-Cryptoxanthin	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C4	Lycopene	2000	N.D.	16	N.D.	16	N.D.	16.00					N.D.	16	N.D.	16	N.D.	16	N.D.	6
C5	Lutein	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	<LOQ	0.8	4.147	
C6	Zeaxanthin	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	<LOQ	0.8	3.321	
C7	Capsanthin	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C8	Fucoanthin	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C9	Crocin	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C10	Astaxanthin	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C11	Cantaxanthin	100	N.D.	0.8	N.D.	0.8	N.D.	0.80					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C12	alpha-Tocotrienol	100	<LOQ	0.8	<LOQ	0.8		1.094					N.D.	0.8	N.D.	0.8	N.D.	0.8	<LOQ	0.3
C13, 14	beta-Tocotrienol/gamma-Tocotrienol	100	<LOQ	0.8	1.416			0.988					<LOQ	0.8	<LOQ	0.8	<LOQ	0.8	<LOQ	0.3
C15	delta-Tocotrienol	100	<LOQ	0.8	<LOQ	0.8		<LOQ	0.80				<LOQ	0.8	N.D.	0.8	<LOQ	0.8	N.D.	0.3
C16	Cycloartenyl Ferulate	100	<LOQ	0.8	N.D.	0.8		15.317					N.D.	0.8	N.D.	0.8	N.D.	0.8	N.D.	0.3
C17, 19	alpha-Spinasterol/Stigmasterol	5000	N.D.	40	76.917			84.619					64.895		<LOQ	40	46.441		N.D.	15
C18	beta-Sitosterol	100	38.884		32.627			62.178					39.155		303.857		70.753		0.870	
C286, 288	Sesamin/Episesamin	100	N.D.	0.8	N.D.	0.8		N.D.	0.80				N.D.	0.8	551.081		N.D.	0.8	N.D.	0.3
C287	Sesamol	100	N.D.	0.8	N.D.	0.8		N.D.	0.80				N.D.	0.8	434.354		N.D.	0.8	N.D.	0.3

※¹保持時間、MRMトランジションがほぼ同一の化合物は合算して記載

※²ID番号に2つ以上の番号が入っている場合は、各化合物の合算値

※³それぞれの食品名 (例：大豆・押し麦・乾「品種：キリモチ」) の後ろの括弧内の数字は日本食品分析表に表示されている食品番号

※⁴N.D.(Not detected); 未検出、LOQ (Limit Of Quantification) ; 定量限界

※⁵<LOQ ; 定量限界未満、<LLOQ (定量下限) ; 10µg/100g未満

キヤバツ・細球藻・生 (6061)		こまつな・藻・生 (6086)		しそ(大葉)・生 (6095)		大根・皮なし・生「品種：青首大根」 (6134)		たまねぎ・鱗茎・生 (6153)		トマト・赤・生「品種：桃太郎」 (6182)		なす・生「品種：千両」 (6191)		人参・皮なし・生 (6214)		根菜ねぎ・葉・軟白・生 (6226)		ピーマン・青ピーマン・生 (6245)		ピーマン類・黄ピーマン・果実・生(黄/パリカ) (6249)		フロコリー・花序・生
試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)
		N.D.	0.1	N.D.	0.1					0.117		N.D.	0.1	3.043						N.D.	0.06	N.D.
		1.759		9.644						0.210		<LOQ	0.1	5.614						<LOQ	0.06	0.377
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.						N.D.	0.06	N.D.
		N.D.	2	N.D.	2					353.730		N.D.	2	7.103						0.716		N.D.
		2.619		14.695						N.D.	0.1	<LOQ	0.1	0.211						0.092		0.502
		1.783		11.198						<LOQ	0.1	<LOQ	0.1	0.158						<LOQ	0.06	0.335
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		12.732		<LOQ	5					<LOQ	5	<LOQ	5	<LOQ	5					<LOQ	3	25.038
		6.477		22.563						2.895		5.229		13.232						2.973		20.035
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.
		N.D.	0.1	N.D.	0.1					N.D.	0.1	N.D.	0.1	N.D.	0.1					N.D.	0.06	N.D.

(6263)	ほうれんそう・葉・生 (6267)		ごぼう・生・皮なし(品種：瀬野川) (6284)		レタス・土耕栽培・結球葉・生(6312)		みかん・じょうのう(うんしゅうみかん) (7027)		リンゴ・生・皮なし(品種：ふじ) (7148)		干しいたけ・乾 (8013)		わかめ・湯通し塩蔵塩抜き (9045)		鮭・しろさけ(10134)		鶏胸肉・親皮付き生 (11213)		鶏卵・全卵生 (12004)		緑茶・煎茶製出液(品種：やみきた) (16037)		
	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	試料中濃度 (mg/100g)	LOQ	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	試料中濃度 (mg/100g)	LOQ (mg/100g)	
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						0.921	
	2.848				0.075		<LOQ	0.1					0.022		N.D.	0.1						9.890	
0.1	0.101				N.D.	0.03	1.687						0.035		N.D.	0.1						N.D.	0.8
2	N.D.	2			N.D.	0.6	N.D.	2					N.D.	0.3	N.D.	2						N.D.	16
	4.565				0.130		N.D.	0.1					N.D.	0.02	N.D.	0.1						22.773	
	3.416				0.042		<LOQ	0.1					N.D.	0.02	N.D.	0.1						23.669	
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					5.794		N.D.	0.1						N.D.	0.8
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	1.169							N.D.	0.8
0.1	<LOQ	0.1			N.D.	0.03	<LOQ	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8
0.1	<LOQ	0.1			<LOQ	0.03	<LOQ	0.1					<LOQ	0.02	<LOQ	0.1						<LOQ	0.8
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8
0.1	<LOQ	5			<LOQ		<LOQ	5					<LOQ	0.02	N.D.	5						<LOQ	40
	1.317				3.455		12.204						0.061		1.055							17.489	
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8
0.1	N.D.	0.1			N.D.	0.03	N.D.	0.1					N.D.	0.02	N.D.	0.1						N.D.	0.8