ENGLISH

JAPAN'S FOOD LABELLING SYSTEM

(For overseas visitors to Japan)

Where can I find allergen information?

How much calories and salt are in there?

I want to take this home as a souvenir but when is the use-by date?



This pamphlet is intended for people with allergies,
and those concerned about calories and salt content.
Use this as a guide when you buy souvenirs and food items at supermarkets.

Consumer Affairs Agency
Government of Japan

【IMPORTANT FOOD LABELLING IN JAPAN】

ALLERGEN

Presence of the following items must be indicated.

Specified ingredients	Labelling requirement
Labelling is mandatory shrimp, cashew nut, crab, walnut, wheat, buckwheat, egg, milk, peanut	Labelling is mandatory if the packaged food includes these allergens. (For food such as restaurant food, bread at bakeries and cakes in store windows, check with the staff.)
Labelling is recommended almond, abalone, squid, salmon roe, orange, kiwi fruit, beef, sesame, salmon, mackerel, soybean, chicken, banana, pistachio, pork, macadamia nut, peach, wild yam, apple, gelatin	The labelling may not show these items even if they are part of a packaged food.

Note that items that are required to be labelled overseas as allergens may not be labelled in Japan.
Alcoholic drinks are not required to carry allergen information.

If you have allergies please read the last page.

EXPIRATION DATE

Best-before and use-by dates are different.

	Meanings	Examples	In the order of Y/M/D *
BEST-BEFORE DATE	Date by which the food will remain tasty	Potato chips, pot noodles, canned foods, etc.	賞味期限　2026.12.31 賞味期限　26.12.31 賞味期限　令和8年12月31日
USE-BY DATE	Date after which the food may no longer be safe to consume	Rice balls, sandwiches, delicatessen items, etc.	消費期限　2026.6.1 消費期限　26.6.1 消費期限　令和8年6月1日

*Year 2026 by the western calendar is Reiwa year 8.　*Note that 2026 may be printed as "26", and Reiwa 8 as "08".
Caution: Store as per the instructions, such as "keep refrigerated," "keep in a freezer," and "keep at room temperature."

NUTRITION

Check this information if you are concerned about the number of calories and amount of salt.

Nutrition labelling is printed in the order of: calories, protein, fat, carbohydrate and sodium.
Note: Sodium level is indicated as "salt equivalent."

NUTRITION LABELLING : calories, protein, fat, carbohydrates, sodium

【MANDATORY LABELLING SYSTEM FOR PROCESSED FOODS】

Packaged processed food carries information such as its name, ingredients (allergens), weight, expiration date, storage, manufacturer and nutrition.



e.g. (potato salad)

Labelling details

General name

Ingredients used

Allergens included are listed in ( ).

Allergens are listed as either ① or ②.

Use-by date
(Date after which the food may no longer be safe to consume)

Storage
(Store as per the instructions, such as "keep refrigerated," "keep in a freezer," and "keep at room temperature.")

名称	ポテトサラダ
原材料名	① Allergens are listed individually じゃがいも、にんじん、ハム(卵・豚肉を含む)、マヨネーズ(卵・大豆を含む)、たんぱく加水分解物(牛肉・さけ・さば・ゼラチンを含む) ② Allergens are listed collectively じゃがいも、にんじん、ハム、マヨネーズ、たんぱく加水分解物、(一部に卵・豚肉・大豆・牛肉・さけ・さば・ゼラチンを含む)
添加物	調味料（アミノ酸等）
内容量	300g
消費期限	2026年６月１日
保存方法	要冷蔵（10℃以下）
販売者	○○ 株式会社 東京都□市 ×× 町 1-2
製造所	△△ 株式会社　埼玉工場 埼玉県○○市△△町　□□-1

calories, protein, fat, carbohydrate, salt equivalent

栄養成分表示（100g当たり）			
熱量	172kcal	炭水化物	11g
たんぱく質	5g	食塩相当量	1.0g
脂質	12g		

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https://www.caa.go.jp/en/policy/food_labeling/

ALLERGY COMMUNICATION SHEET



If you have allergies, point at the pictures below or
check (✓) the boxes (☐) and show them to the store staff.

❶ 私はアレルギーを持っています。この食品には下の表で印をつけたアレルゲンを含んでいますか？
❶ I have allergies. Does this food contain the allergens marked below?

❷「本品は同一製造ライン上で対象アレルギー品目を含む製品を生産しています」という表示はありますか？ その食材は下のどれですか？
❷ Does the product say, "This product is manufactured on the same production line as products containing the allergens marked below."? If so,which of the following allergens does it refer to?

❸ 調理場では複数のアレルゲンが使用されていますか？ その食材は下のどれですか？
❸ Does the kitchen handle multiple allergens? Which of the following allergens are they?

9 specified ingredients (must be listed)

☐ えび shrimp	☐ カシューナッツ cashew nut	☐ かに crab	☐ くるみ walnut	☐ 小麦 wheat	☐ そば buckwheat	☐ 卵 egg	☐ 乳 milk	☐ 落花生 (ピーナッツ) peanut

Caution: 20 items equivalent to specified ingredients (may not be listed)

☐ アーモンド almond	☐ あわび abalone	☐ いか squid	☐ いくら salmon roe	☐ オレンジ orange	☐ キウイフルーツ kiwi fruit	☐ 牛肉 beef	☐ ごま sesame	☐ さけ salmon
☐ さば mackerel	☐ 大豆 soybean	☐ 鶏肉 chicken	☐ バナナ banana	☐ ピスタチオ pistachio	☐ 豚肉 pork	☐ マカダミアナッツ macadamia nut	☐ もも peach	☐ やまいも wild yam
☐ りんご apple	☐ ゼラチン gelatin							

If you have an allergic reaction
after consuming food (product),
consult a medical facility.

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