

Japanese Food Guide



Fish

さけ (sake) salmon

いくら (ikura) salmon eggs

まぐろ (maguro) tuna

とろ (toro) fatty tuna

いか (ika) squid

たこ (tako) octopus

ふぐ (fugu) blow fish

あわび (awabi) abalone

ほたて (hotate) scallops

うに (uni) sea urchin

さば (saba) mackerel

さんま (sanma) mackerel pike

うなぎ (unagi) river eel

えび (ebi) shrimp

あなご (anago) sea eel

かに (kani) crab



Meat

鳥肉・とりにく (toriniku) chicken

• もも Thigh • ささみ Breast fillets

• レバー Liver • むね Breast

牛肉 ぎゅうにく (gyuniku) beef

豚肉 ぶたにく (butaniku) pork

• 豚バラ (butabara) pork belly

• ベーコン (bekon) bacon

• チャーシュー (chashu) roasted pork fillet, often used in ramen

• 豚カツ (tonkatsu) fried pork cutlet

• 豚足 (tonsoku) trotters

ミンチ (minchi) ground meat, usually beef,

鴨 かも (kamo) duck

イノシシ (inoshishi) wild boar

Nutritional Information

消費期限 (shouhikigen) expiration date

産地 (sanchi) Made in/original

成分 (seibun) ingredients

エネルギー (enerugi) Energy/Calories

たんぱく質 (tanpakushitsu) Protein

炭水化物 (tansuikabutsu) Carbohydrates

糖類 (tourui) Sugars

食物繊維 (shokumotsusenri) Dietary Fibre

脂質 (shishitsu) Fat

ナトリウム (natoriumu) Sodium

甘味料 (kanmiriyoukan) artificial sweetener

地鶏 (jidon) Free Range

Dairy & Eggs & Other

牛乳 Milk

• 乳脂肪分 (nyuushiboubun) milk fat percentage

豆乳 Soy Milk

• 成分無調整 (seibunmuchousei) no additives

ヨーグルト (yuuguruuto) yoghurt

チーズ (chizzu) cheese 豆 (mame) beans

卵 (tamago) egg 豆腐 (toufu) tofu

木綿豆腐 momendoufu ("cotton" hard tofu)

絹漉し豆腐 kinugoshidoufu ("silken" soft tofu)



Vegetables

白菜 (hakusai) Chinese cabbage

にんじん (ninjin) carrot

もやし (moyashi) bean sprouts

キャベジ (kyabeji) cabbage

Good Words to Know

カロリーオフ (kamonofu) calorie off

アレルギー (arenugi) allergy

割引 (waribiki) discount (follows a number

indicating the level of discount. For example: 2割引

= 20% off the original price.)

半額 (hangaku) Half price discount from original

price. Often followed by...

刺身用 (sashimiyō) used at the grocery store to

indicate that the seafood is appropriate for sashimi

生食用 (namashokuyō) this item may be eaten raw

ベジタリアン (bejitaran) vegetarian

エキス (ekisu) extract

甘口 (amakuchi) sweet

辛口 (karakuchi) salty (e.g. soy sauce), dry (e.g.

beer), or spicy (curry, fried chicken, etc...)

Sauces & Spices

しょうゆ (shoyu) soy sauce

みりん (mirin) sweet rice wine for cooking

さけ (sake) rice wine for cooking

ポン酢 (ponzu) soy sauce and citrus juice

米酢 (komesu) rice vinegar

ラーズ (sozu) Worcestershire sauce

ごまだれ (gomadare) sesame seed sauce/dressing

ドレッシング (doreeshingu) salad dressing

ごま油 (gomabura) sesame oil

ラー油 (raayu) chili oil

ごしょう (koshou) black pepper

みょうが (myouga) Japanese ginger flower

しょうが (shouga) ginger

さんしょう (sanshou) Japanese pepper

唐辛子 (tougashiri) red chili pepper flakes

かぼちゃ (kabocha) pumpkin

なす (Nasu) eggplant

たまねぎ (tamanegi) white onion

ねぎ (negi) green onion

ほうれんそ (horenzo) spinach

しそ (shiso) perilla



Fruits



いちご (ichigo) strawberry もも (momo) peach

すいか (suika) watermelon りんご (ringo) apple

ブルーベリー (buruuberi) blueberry

メロン (meron) melon

バナナ (banana) banana

ぶどう (budou) grape

なし (nashi) apple pear

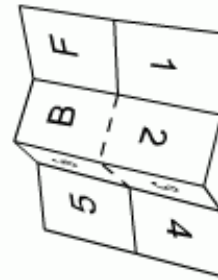
かき (kaki) persimmon

Folding Instructions

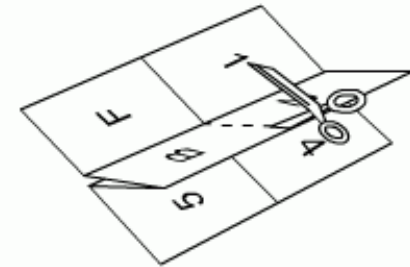
Note: All folds should be to the lines printed on the paper, and not to the actual edges of the page.

F	1
B	2
6	3
5	4

1. Start with front page at top left

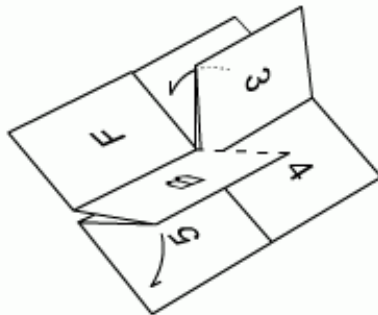


2. Fold in halves

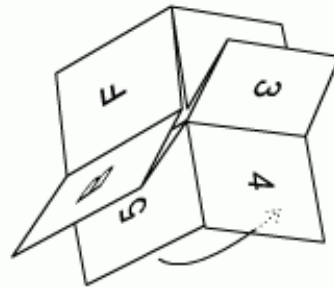


3. Cut at dotted line in center

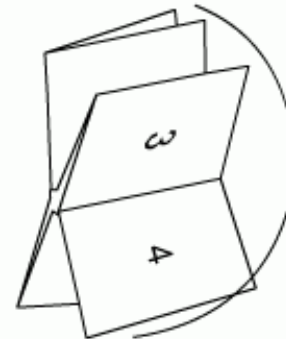
4. Fold to opposite ends.



5. Fold in half vertically



6. Fold in half horizontally



done. enjoy!

