

Part II

Japanese Food and Ingredients Glossary

Name (English)	Japanese		Comment
	Kanji	Romaji	
<i>Ingredients/ additives</i>			
Egg	卵	Tamago	
Milk	牛乳	gyuunyuu	
Salt	塩	shio	
Sugar	砂糖	satou	
wheat flour	小麦粉	komugiko	
Rice	稲	ine	
barley	大麦	oomugi	
Butter	バター	bataa	dairy product made by churning fresh or fermented cream or milk
margarine	マーガリン	magarin	Can be from animal or vegetable source.
vegetable margarine	植物性マーガリン	shokubutsu sei maagarin	
Oil/fat	油/油脂	Abura/ yushi	Can be from animal or vegetable source.
vegetable oil/fat,	植物油/ 植物性油脂	shokubutsu yu / shokubutsu sei yushi	
animal oil/fat	動物油/ 動物性油脂	doubutsu yu / doubutsu sei yushi	
processed fat	加工油脂	kakou yushi	Can be from animal or vegetable source.
beef fat	ヘッド、牛脂	gyuushi	
lard	ラード、豚脂	buta abura	the rendered fat of hogs (pig), esp. the internal fat of the abdomen
shortening	ショートニング	shootoningu	It is butter, lard, or other fat, used to make pastry, bread, etc., short. Can be from animal or vegetable source.
Animal shortening	動物性ショートニング	doubutsu sei shootoningu	
vegetable shortening	植物性ショート	shokubutsu sei shootoningu	

	ニンゲ		
emulsifier	乳化剤	nyuukazai	a substance which forms or preserves an emulsion and is often added to processed foods to prevent particular parts separating Can be from animal or vegetable source.
emulsifier from soy bean	乳化剤 (大豆由来)	nyuukazai (daizu yurai)	
gelatin, jelly	ゼラチン、ゼリー	zerachin, zerii	Can be from animal or vegetable source.
Agar-agar	寒天	kanten	Japanese gelatin made from dried seaweed
amino acid	アミノ酸	aminosan	a chemical substance found in plants and animals
yeast food	イースト・フード	iisuto. fuudo	
Starch	澱粉	Denpun	
Baking powder	ベーキングパウダー	beekingupadaa	May contain glycerin or emulsifier.
flavorings	香料 (こうりょう)	Kouryou	The source can be natural, artificial, alcohols, or mixed.
Glycerin / glycerol	グリセリン	guriserin	Glycerin is a neutral, sweet-tasting, colorless, thick liquid which freezes to a gummy paste and which has a high boiling point. Glycerin can be dissolved into water or alcohol, but not oils.
soy bean	大豆	daizu	
Soy sauce	醤油	Shoyu	It is frequently used in Japanese cooking and can contain Alcohol extract.
Intoxicants			
alcohol	アルコール	arukooru	
liquor	リカー、酒類	rikaa, shurui	alcoholic drinks
Sake	酒、清酒、日本酒	sake, seishu, nihon shu	rice wine
fermented liquor	醸造酒	jouzou shu	
distilled spirit	焼酎、蒸留酒	shouchuu, jouryuu shu	

Western liquor	洋酒	youshu	
wine	ワイン	wain	
brandy	ブランデー	burandee	
whisky	ウィスキー	wisukii	
liqueur	リキュール	rikyuuru	
rum	ラム酒	ramu shu	
Mirin	みりん	mirin	sweet sake
ethyl alcohol (ethanol)	エタノール, 酒 精	Etanooru, shusei	
Meat			
meat	肉	niku	
pig, pork	豚、豚肉、ポー ク	buta, butaniku, pooku	
chicken, chicken meat	鶏、鶏肉 (鳥 肉)、チキン	niwatori, keiniku (tori niku), chikin	
cow, beef	牛、牛肉、ビー フ	ushi, gyuuniku, biifu	
horse, horse meat	馬、馬肉	uma, baniku	
meat extract	肉エキス	niku ekisu	
pork extract	豚肉エキス、ポ ークエキス	butaniku ekisu, pooku ekisu	
chicken extract	鶏肉 (鳥肉) エ キス、チキンエ キス	keiniku (tori niku) ekisu, chikin ekisu	
beef extract	牛肉エキス、ビー フエキス	gyuuniku ekisu, biifu ekisu	
consommé	コンソメ	konsome	Consommé is made by adding a mixture of ground meats.
consommé powder	コンソメパウダ ー	konsome paudaa	

Part III

How to ask in Japanese about food?

- **Is the ingredient (X for example) of the product (Y for example) from animal or plant?**
In Japanese: Yの原材料のXは、動物由来ですか。それとも植物由来ですか。
Reading: Y no genzaiyou no X wa doubutsu yurai desu ka? soretomo shokubutsu yurai desu ka?
- **Are all the ingredients from plants.**
In Japanese: 原材料はすべて植物性ですか。
Reading: Genzaiyou wa subete shokubutsusei desu ka?
- **Is anything from animal contained in the ingredients?**
In Japanese: 原材料に動物性のものは含まれていますか。
Reading: Genzaiyou ni doubutsusei no mono wa fukumarete imasu ka?
- **I'm vegetarian.**
In Japanese: わたしは ベジタリアンです。
Reading: Watashi wa bejitarian desu.
- **I don't eat X.**
In Japanese: わたしは Xが たべられません。
Reading: watashiwa X ga taberaremasen
- **I'm allergic to X.**
In Japanese: わたしは Xの アレルギーです。
Reading: watashi wa X no arerugii desu.
- **Is there any X in it?**
In Japanese: Xが はいっていますか？
Reading: X ga haitteimasuka?
- **Do you have any foods which don't contain X or Y?**
In Japanese: こちらに XやYが 入っていないりょうりは ありますか
Reading: kochirani X ya Y ga haitteinai ryouriwa arimasuka