Maudric
Everyday Japanese, one walk at a time

What's in the packet?
食料品の見分け方

Sugar, salt and seasonings

砂糖 さとう	sugar
上白糖 じょうはくとう	white sugar (the everyday one)
塩 しお	salt
醤油・濃口 しょうゆ・こいくち	soy sauce, regular dark
薄口 うすくち	light-coloured soy sauce (saltier!)
本みりん ほんみりん	mirin (sweet rice wine for cooking)
料理酒 りょうりしゅ	cooking sake
酢 す	vinegar
味噌 みそ	miso
顆粒だし かりゅうだし	dashi stock granules
めんつゆ・3倍濃縮 めんつゆ・さんばいのうしゅく	noodle soup base, dilute 1 to 3

Flours and powders

小麦粉 こむぎこ	wheat flour (usually plain)
薄力粉 はくりきこ	plain / cake flour
強力粉 きょうりきこ	bread flour
片栗粉 かたくりこ	potato starch: thickening, crispy frying
パン粉 パンこ	breadcrumbs
天ぷら粉 てんぷらこ	tempura batter mix

Meat

牛・豚・鶏 ぎゅう・ぶた・とり	beef, pork, chicken
ひき肉 ひきにく	mince
合いびき あいびき	beef and pork mince
こま切れ・切り落とし こまぎれ・きりおとし	small pieces, offcuts (cheap, for stir-fries)
もも・むね	thigh, breast
ささみ・手羽先 ささみ・てばさき	chicken tenderloin, wing tips
バラ・ロース	belly, loin

Fish

刺身用 さしみよう	for eating raw
加熱用 かねつよう	cook before eating
切り身 きりみ	fillet, piece
解凍 かいとう	thawed (was frozen)

Milk, tofu and drinks

牛乳 ぎゅうにゅう	milk
低脂肪・無脂肪 ていしぼう・むしぼう	low-fat, fat-free
乳飲料 にゅういんりょう	milk drink (not pure milk)
無糖・微糖・加糖 むとう・びとう・かとう	no sugar, a little, sweetened
無調整豆乳 むちょうせいとうにゅう	plain soy milk (調製 = flavoured)
絹・木綿 きぬ・もめん	silken tofu, firm tofu
炭酸水 たんさんすい	sparkling water

Good to know

- **Sugar or salt?** Look for 糖 (sugar) or 塩 (salt) on the bag. Sugar bags often say 上白糖.
- **Which flour?** 薄 = thin (plain flour), 強 = strong (bread flour). 片栗粉 is starch, not flour.
- **Soy sauce** If it just says 醤油 or 濃口, it's the everyday one. 薄口 is lighter in colour but saltier.
- **Raw fish** Only eat fish raw if it says 刺身用. 加熱用 must be cooked.

Learn to say and hear all of this in the Food shopping course, with audio:
maudric.com/life-food

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Labels and stickers
表示とシール

Dates

賞味期限 (しょうみきげん)	best before: best quality until then
消費期限 (しょうひきげん)	use by: don't eat after this
製造日 (せいぞうび)	date made
開封後はお早めに (かいふうごはおはやめに)	use soon after opening

Keeping it

要冷蔵 (ようれいぞう)	keep in the fridge
要冷凍 (ようれいとう)	keep frozen
常温 (じょうおん)	room temperature

Ingredients and allergens

原材料名 (げんざいりょうめい)	ingredients
添加物 (てんかぶつ)	additives
小麦 (こむぎ)	wheat
卵 (たまご)	egg
乳 (にゅう)	milk
落花生 (らっかせい)	peanuts
そば	buckwheat
えび・かに	prawn, crab
くるみ	walnut

Amounts and prices

内容量 (ないようりょう)	contents (weight or volume)
10個入り (じゅっこいり)	pack of 10
100gあたり (ひゃくグラムあたり)	per 100 g
税込 (ぜいこみ)	tax included
本体価格・税抜 (ほんたいかかく・ぜいぬき)	price before tax

Stickers and deals

半額 (はんがく)	half price
2割引 (にわりびき)	20% off (1割 = 10%)
50円引き (ごじゅうえんびき)	50 yen off
見切り品 (みきりひん)	reduced to clear
特売 (とくばい)	special offer
お一人様1点限り (おひとりさまいってんかぎり)	one per customer
本日限り (ほんじつかぎり)	today only

At the checkout

レジ袋 (レジぶくろ)	plastic bag (you pay for it)
ポイントカード	points card
セルフレジ	self-checkout
袋詰め台 (ふくろづめだい)	packing counter

Good to know

- **Two kinds of date** 賞味期限 is about taste; food is usually fine a little after. 消費期限 is about safety: bento, meat, fish, sandwiches.
- **The allergen box** Packaged food must show eight allergens if used: えび, かに, くるみ, 小麦, そば, 卵, 乳 and 落花生. Others are often listed too.
- **Evening bargains** Supermarkets put 割引 and 半額 stickers on fresh food and the deli in the evening.
- **Tax** Food is taxed at 8%. If a price says 本体価格 or 税抜, the till adds the tax.

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