CLAIMS

1. A laminate comprising:

a paper substrate;

a anchor coat layer disposed at a one-surface side of the paper substrate; and

a barrier coat layer disposed at a one-surface side of the anchor coat layer, wherein

the paper substrate has a density of 0.72 g/cm^3 or more,

the anchor coat layer includes an anchor coat resin,

the anchor coat resin includes at least one selected from the group consisting of polyurethane resin, acrylic resin, polyolefin resin, polyethylene imine resin, polyvinyl alcohol resin, olefin-vinyl alcohol copolymer, styrene-butadiene copolymer, carboxy-modified styrene-butadiene copolymer, polyester resin, and chitosan,

the barrier coat layer contains a gas barrier polyurethane resin, and

in the barrier coat layer, the gas barrier polyurethane resin contains a secondary reaction product of

an isocyanate group-terminated prepolymer and

a chain extender, and

the isocyanate group-terminated prepolymer is a primary reaction product of

a polyisocyanate component containing xylylene diisocyanate and/or hydrogenated xylylene diisocyanate and

an active hydrogen group-containing component containing a short chain diol having 2 to 6 carbon atoms and an active hydrogen compound having a hydrophilic group.

2. The laminate according to claim 1, wherein

an air resistance measured in conformity with JIS P 8117 (2009) is 30000 s or more.

3. The laminate according to claim 1, wherein

the barrier coat layer further contains a layered inorganic compound.

4. The laminate according to claim 1, wherein

an amount of the barrier coat layer is 0.5 g/m^2 or more and 20.0 g/m^2 or less.

5. The laminate according to claim 1, wherein

an amount of the anchor coat layer is 0.3 g/m^2 or more and 20.0 g/m^2 or less.

6. A food packaging material comprising the laminate according to claim 1.