

ABSTRACT

5 A method for checking nutrient attenuation in a frozen food includes a step of performing an accelerated test on a frozen food at 0°C or higher and under a high pressure condition of 90 MPa or more, and a step of analyzing a nutrient contained in the frozen food subjected to the accelerated test. The nutrient to be checked is at least one of retinol, α -carotene, β -carotene, β -cryptoxanthin, vitamin D, α -tocopherol, vitamin K, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, folic acid, pantothenic acid, biotin, vitamin C, an n-3 polyunsaturated fatty acid, and an n-6 polyunsaturated fatty acid.

(Figure 1)