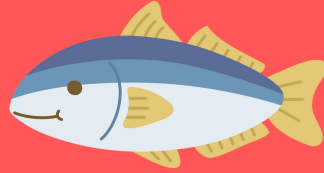


たんぱく質が多い食品

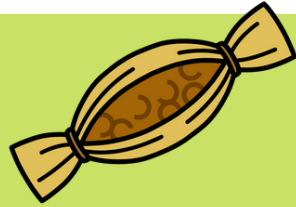
-100gあたり-

あじ



19.7g

納豆



16.5g

たこ

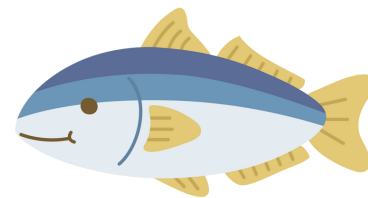


16.4g

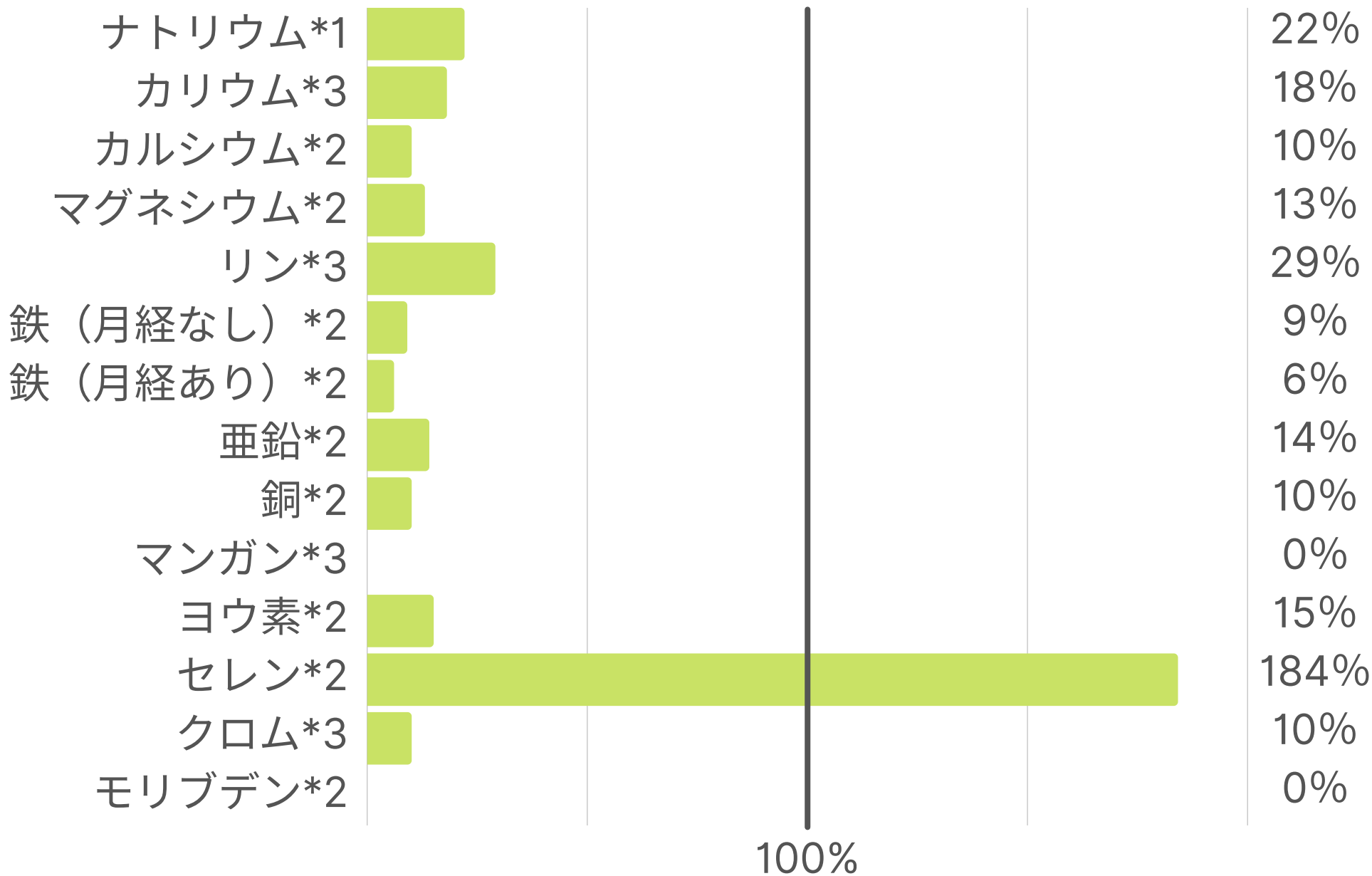
ハム



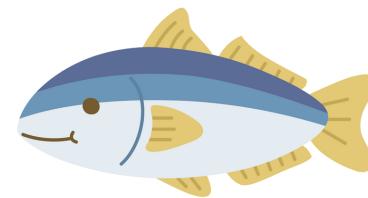
18.6g

あじの栄養
-ミネラル-

充足率



あじの栄養 -ビタミン-



充足率

