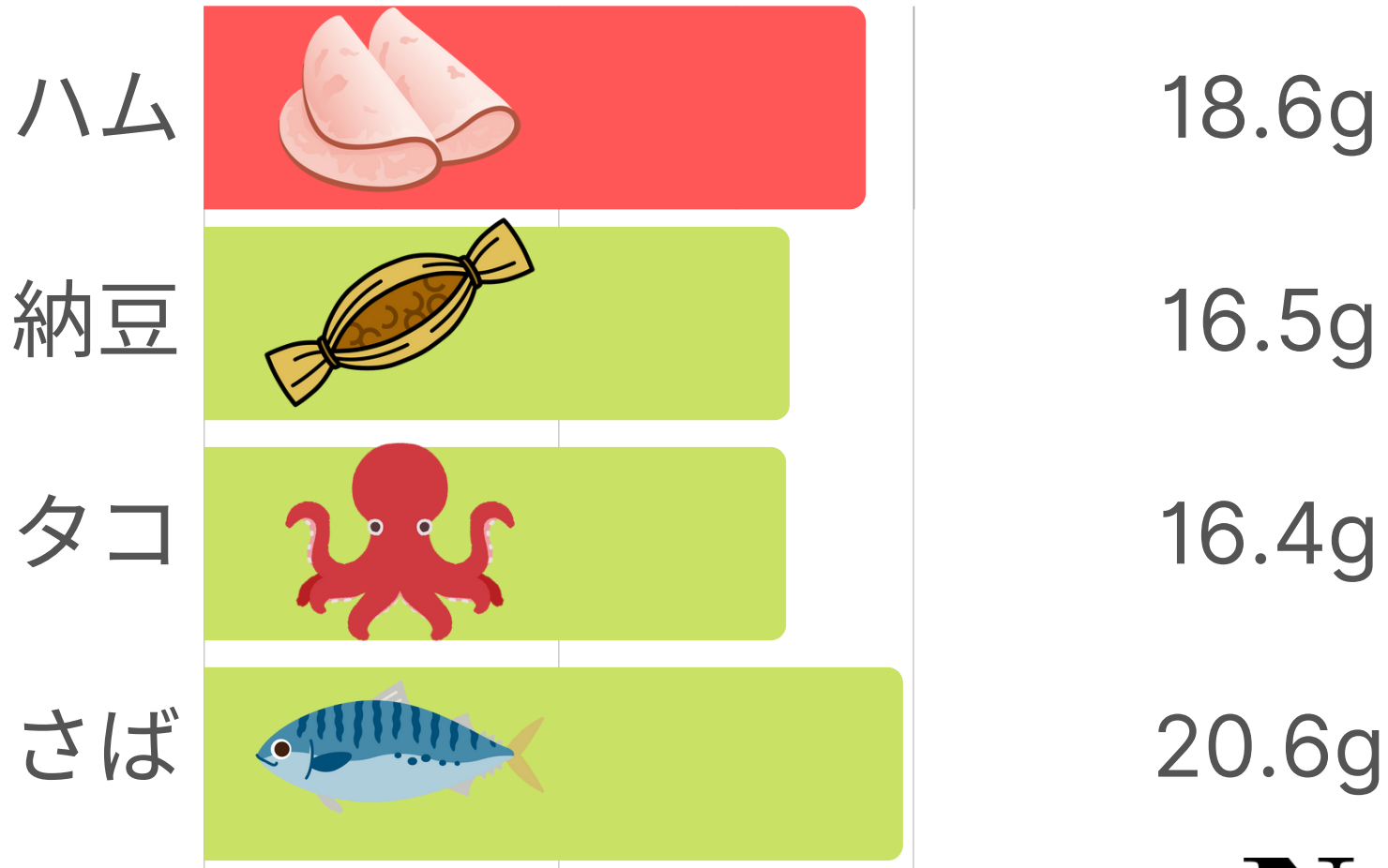
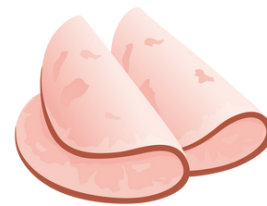


たんぱく質が多い食品

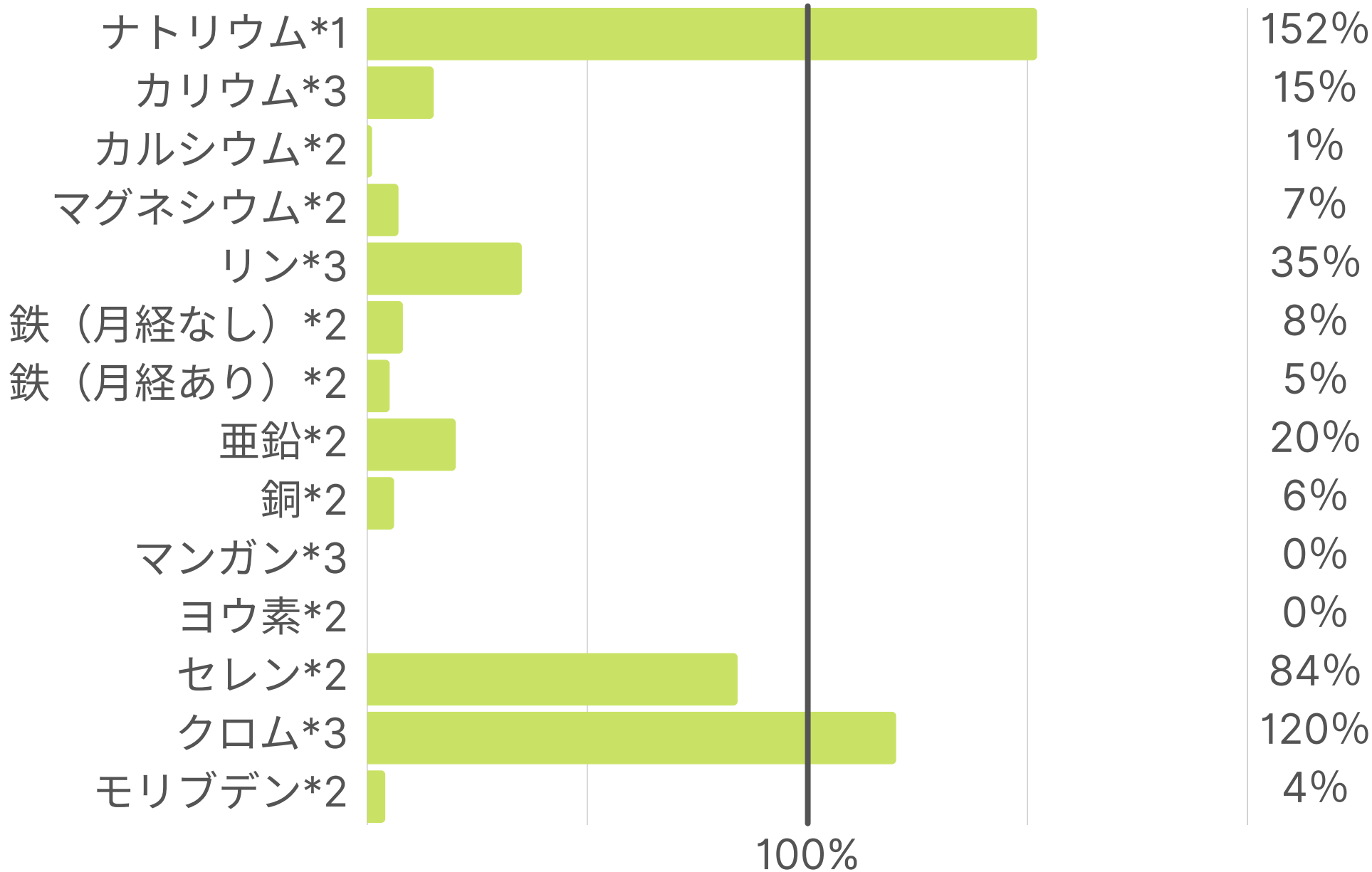
-100gあたり-



ハムの栄養 -ミネラル-



充足率



ハムの栄養 -ビタミン-



充足率

