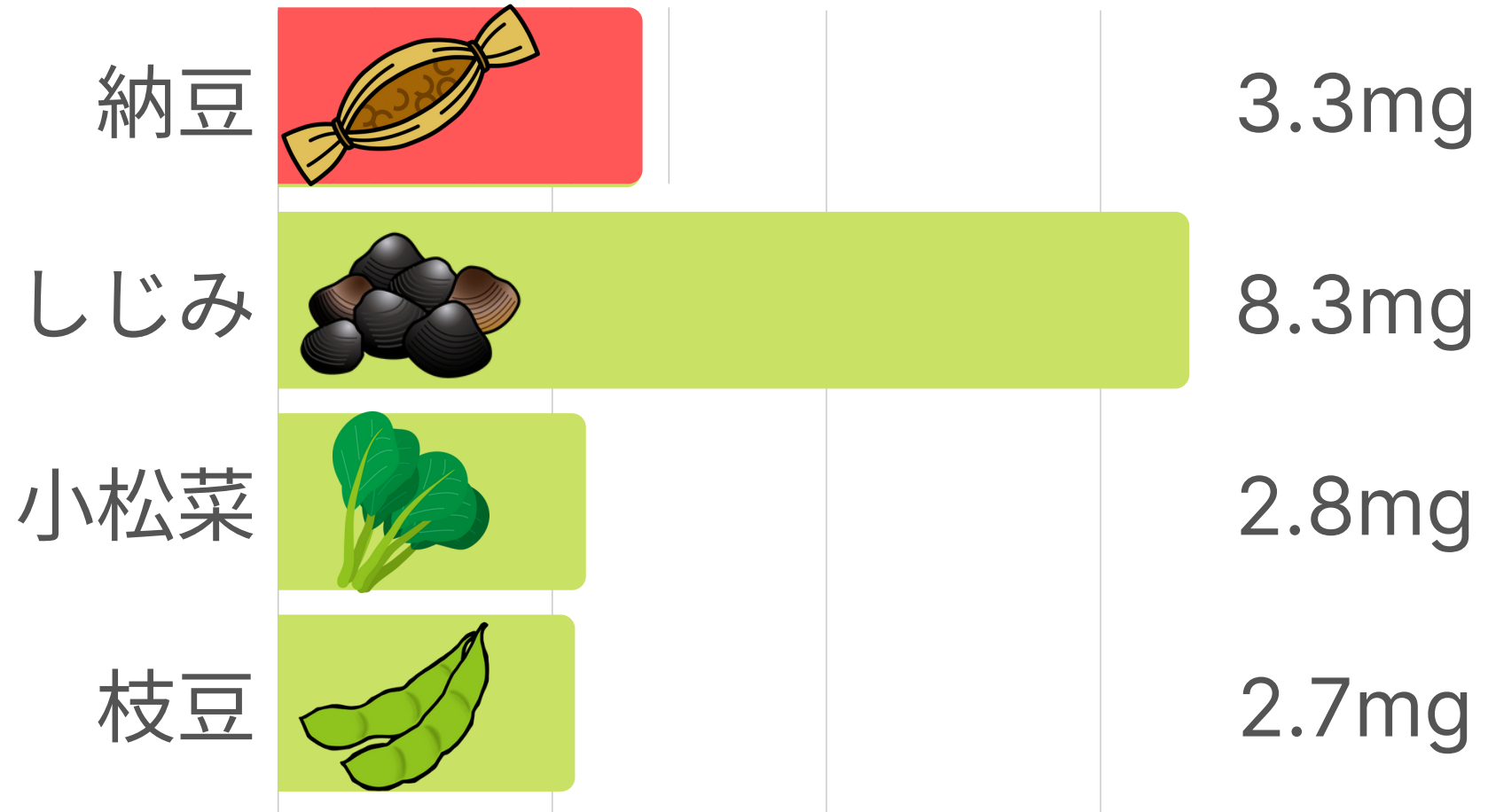
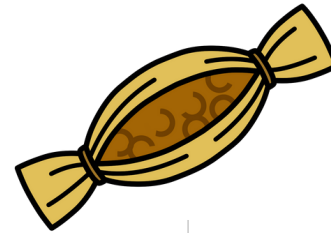


# 鉄が多い食品

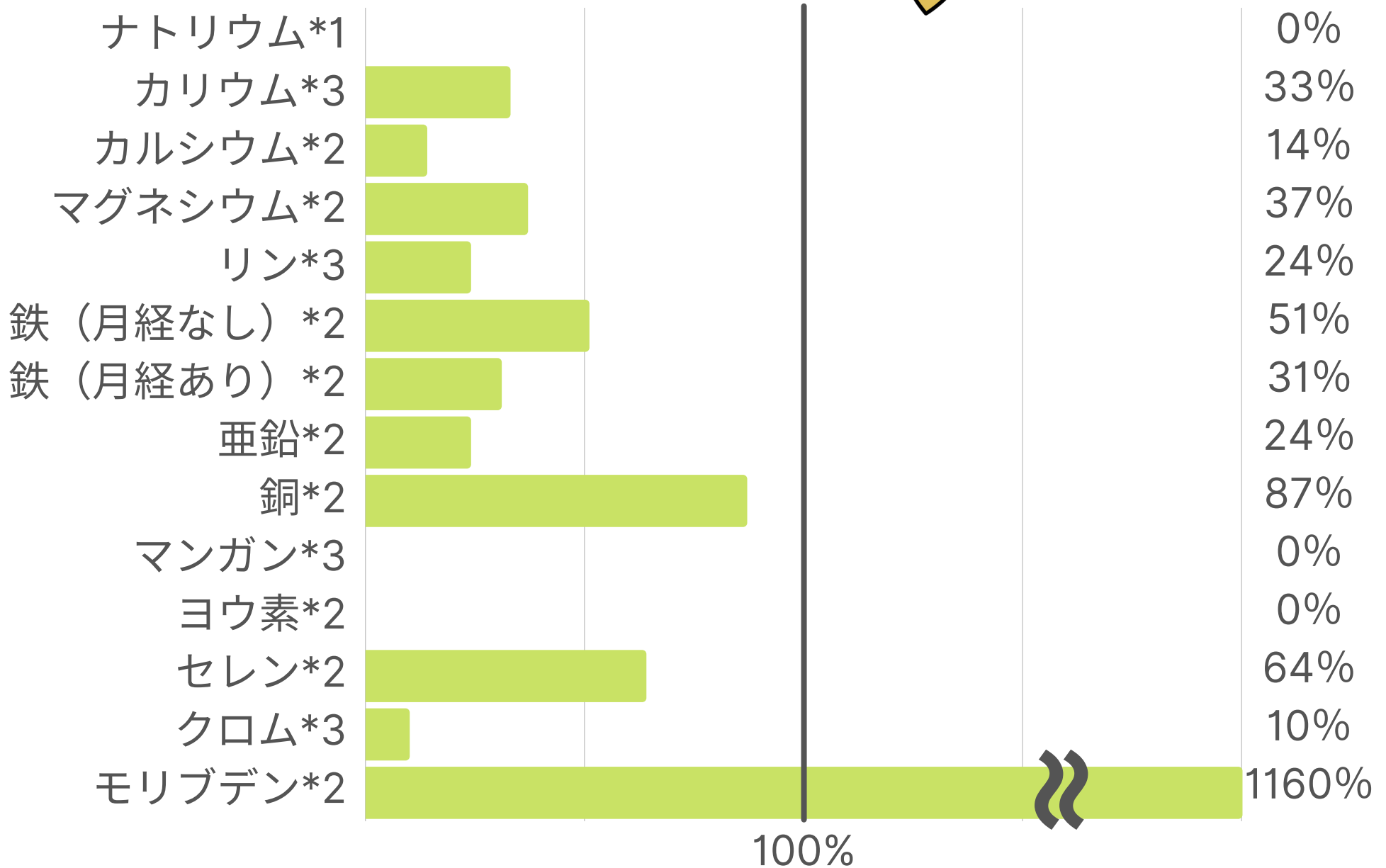
-100gあたり-



## 納豆の栄養 -ミネラル-



充足率



## 納豆の栄養 -ビタミン-

