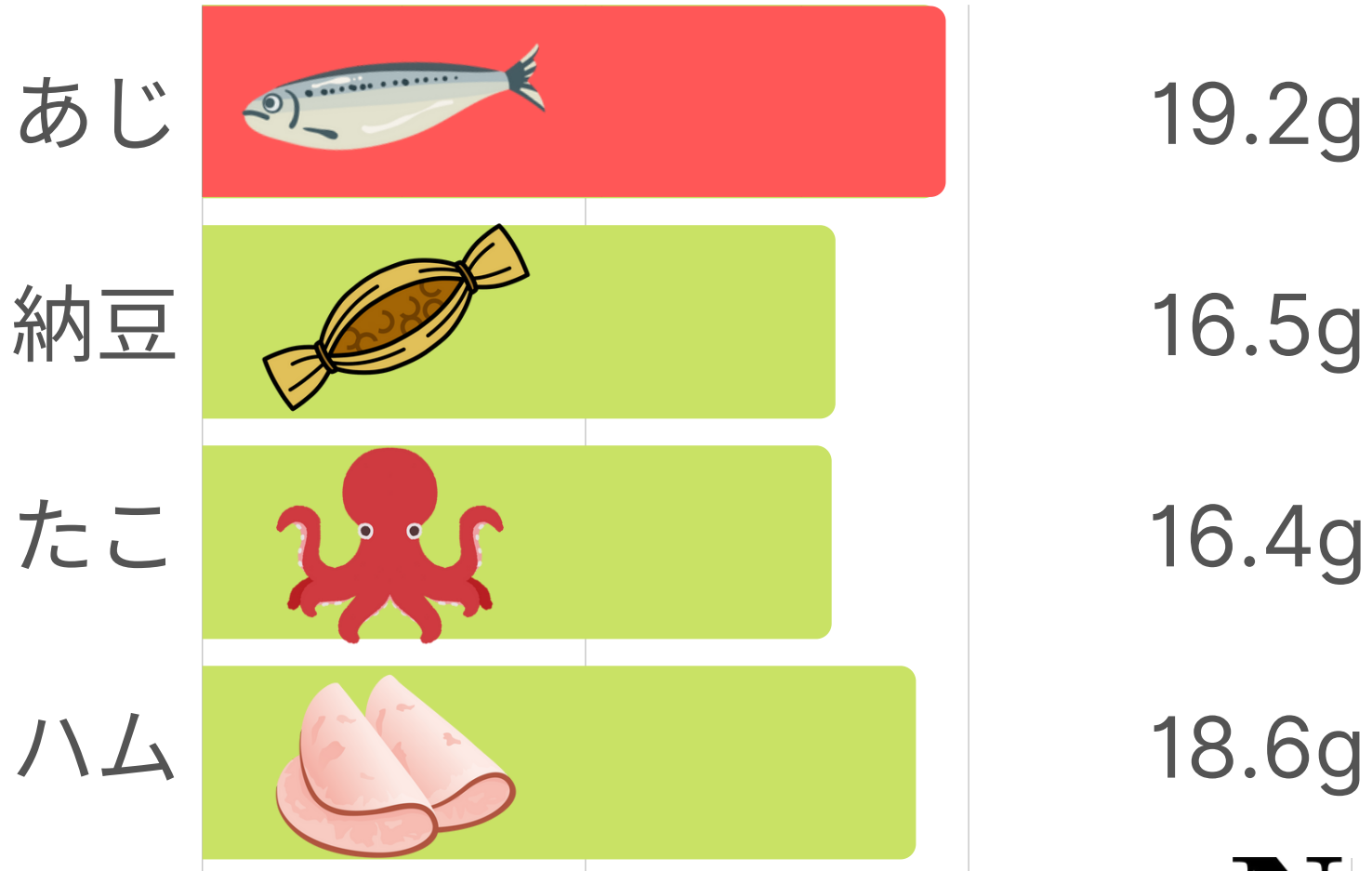


# たんぱく質が多い食品

-100gあたり-

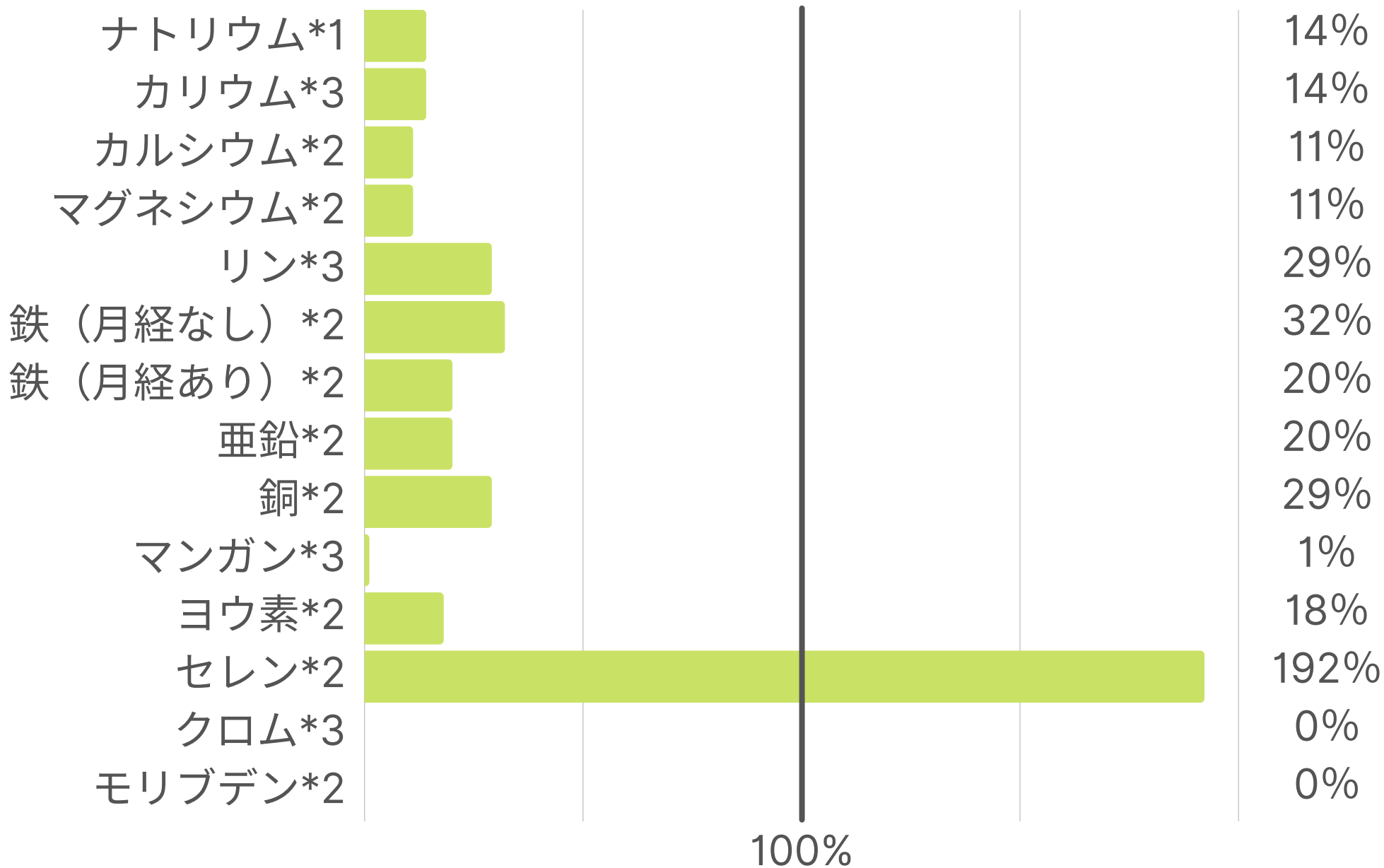


# いわしの栄養

## -ミネラル-



充足率



## いわしの栄養 -ビタミン-



充足率

