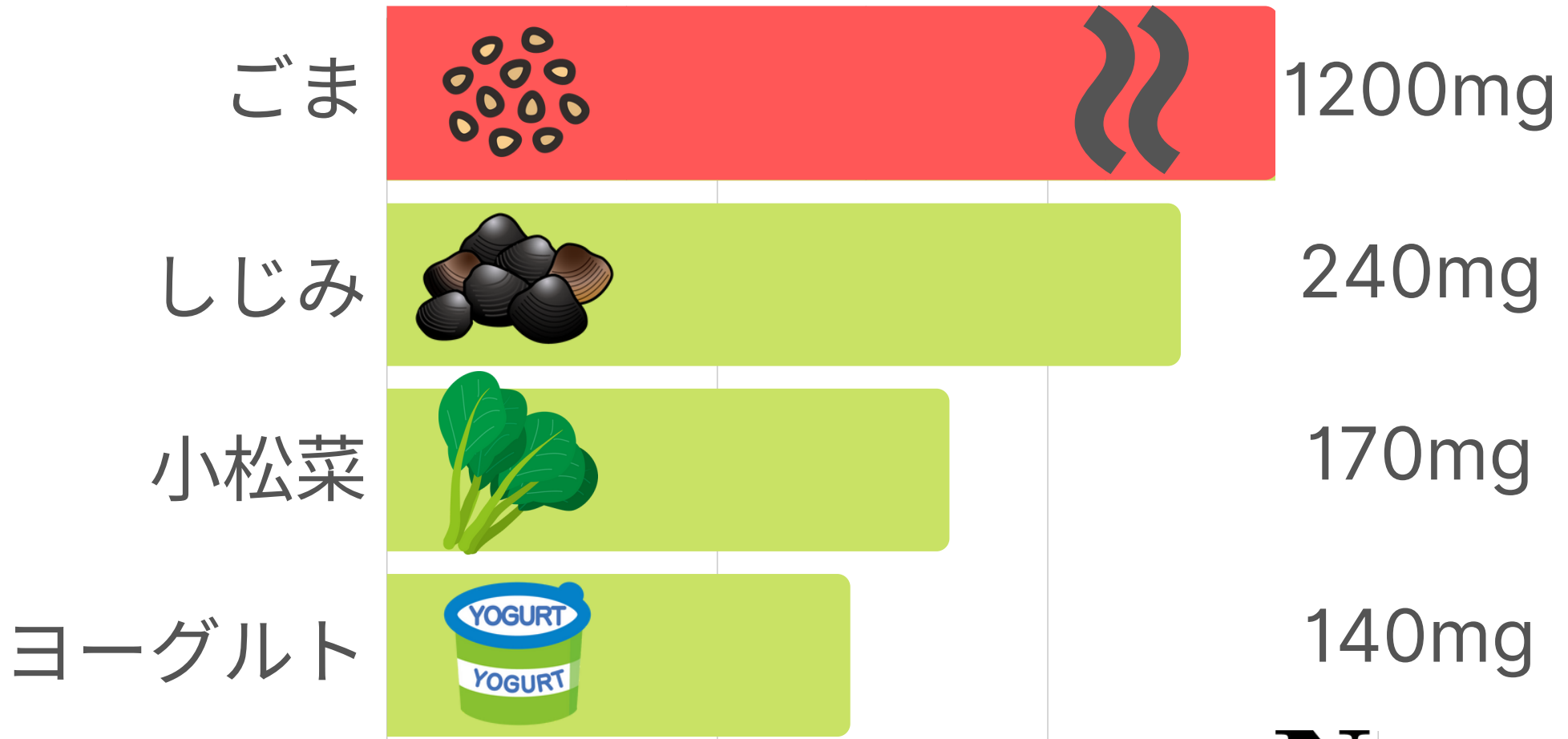


カルシウムが多い食品

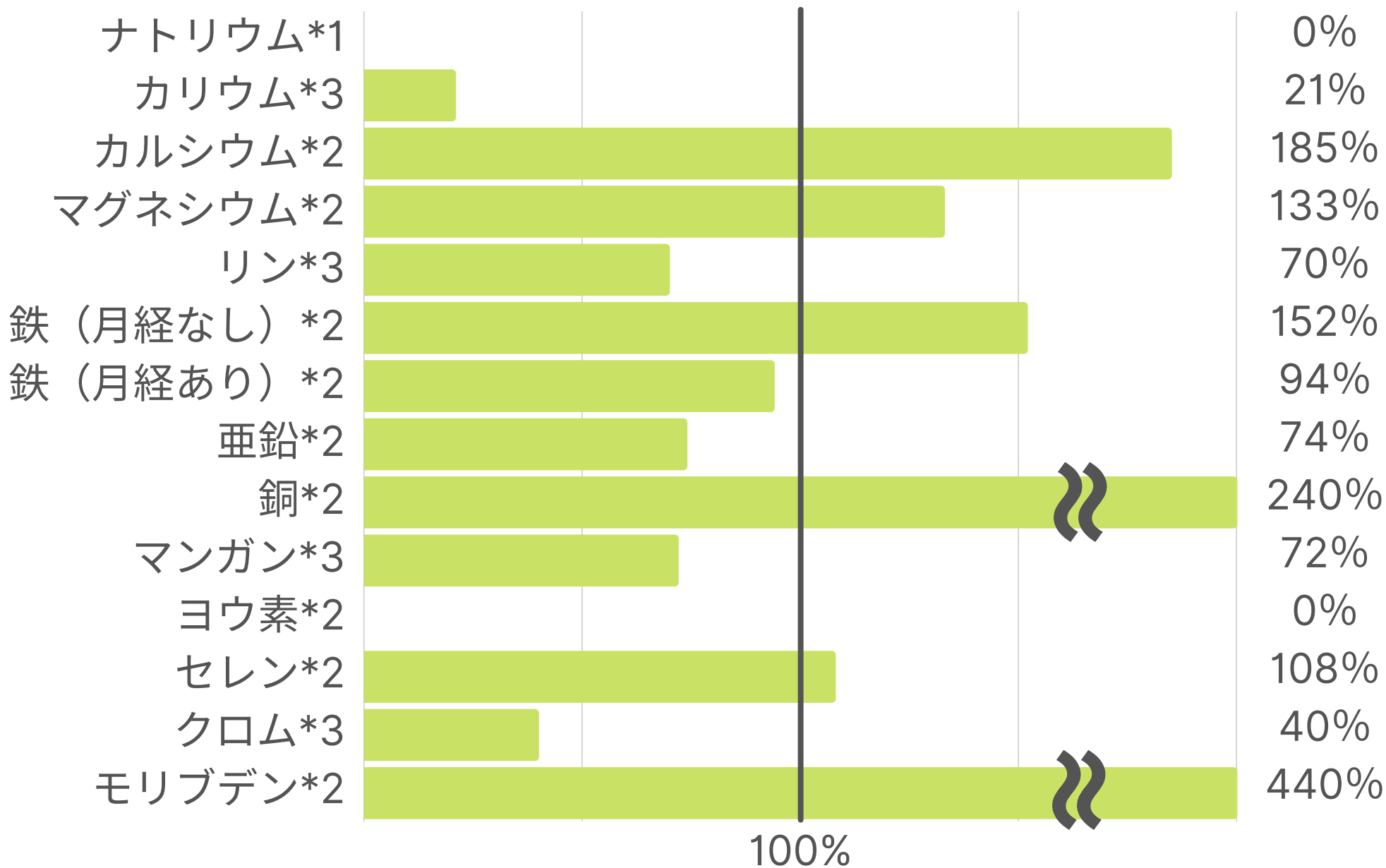
-100gあたり-



ごまの栄養
-ミネラル-



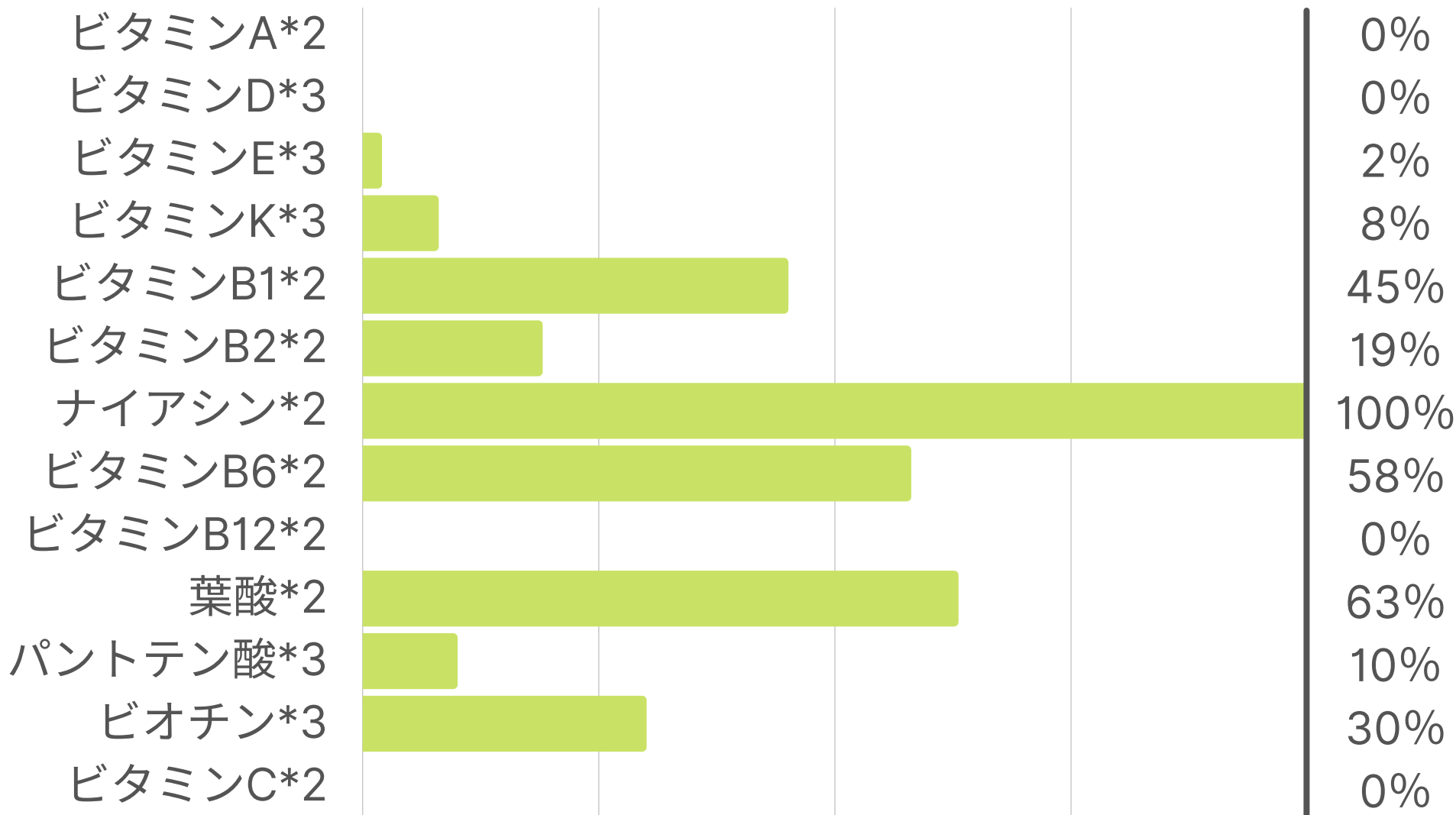
充足率



ごまの栄養 -ビタミン-



充足率



100%