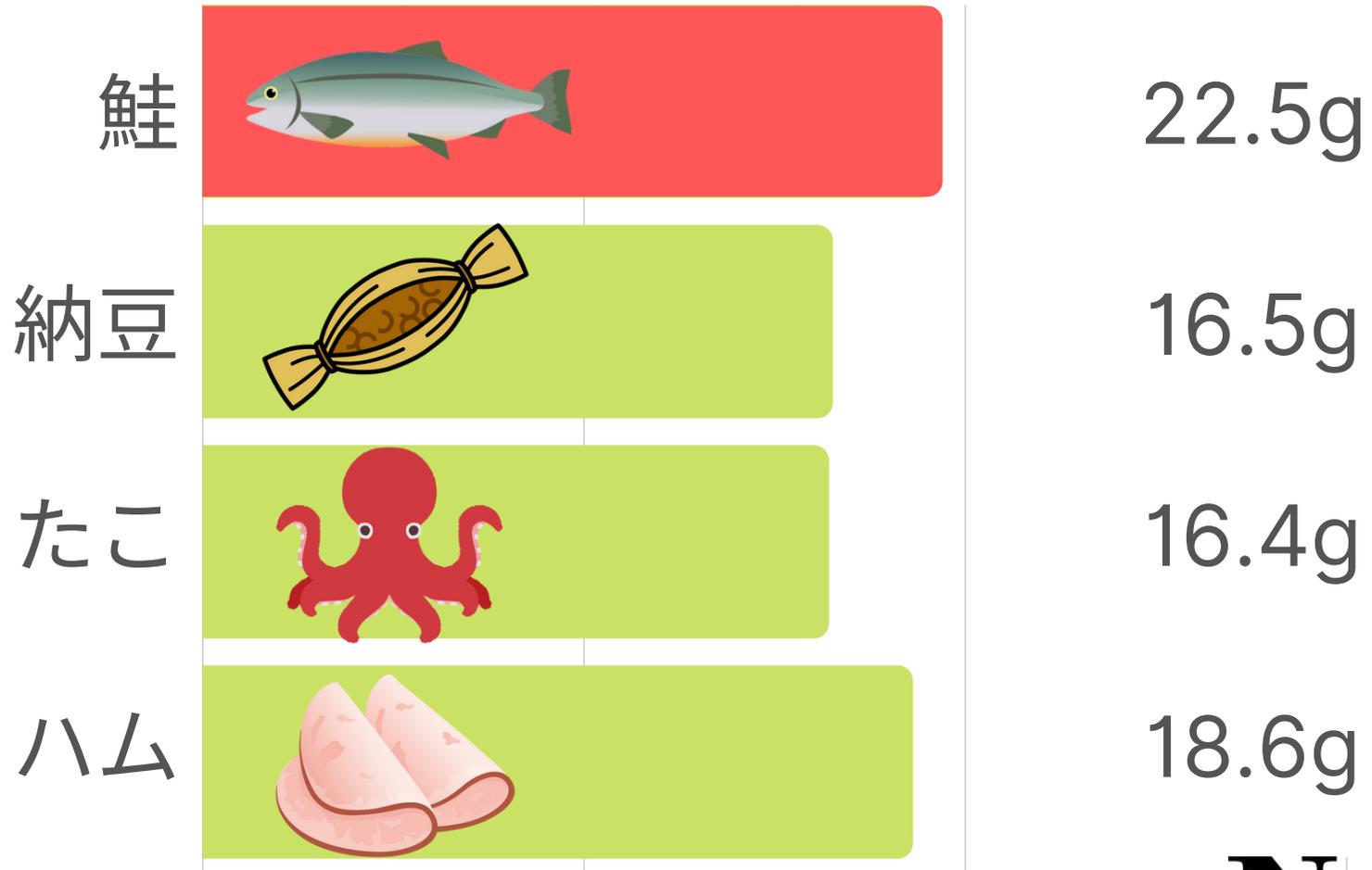
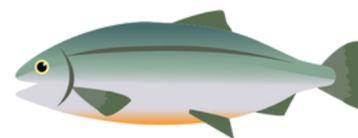


# たんぱく質が多い食品

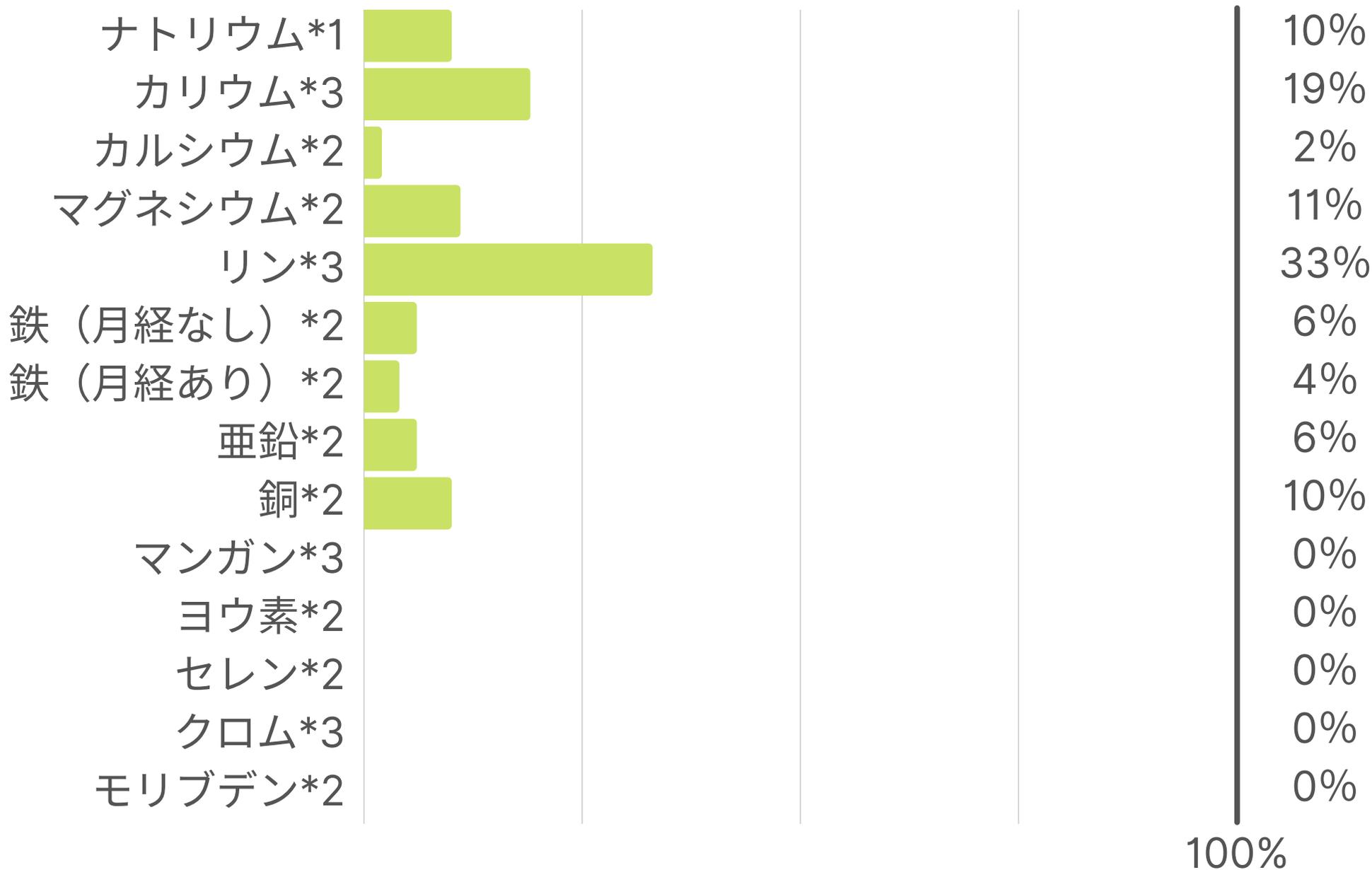
-100gあたり-



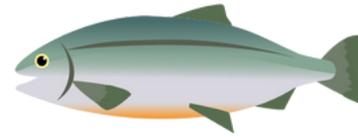
# さけの栄養 -ミネラル-



充足率



## さけの栄養 -ビタミン-



充足率

