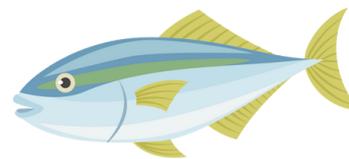


たんぱく質が多い食品

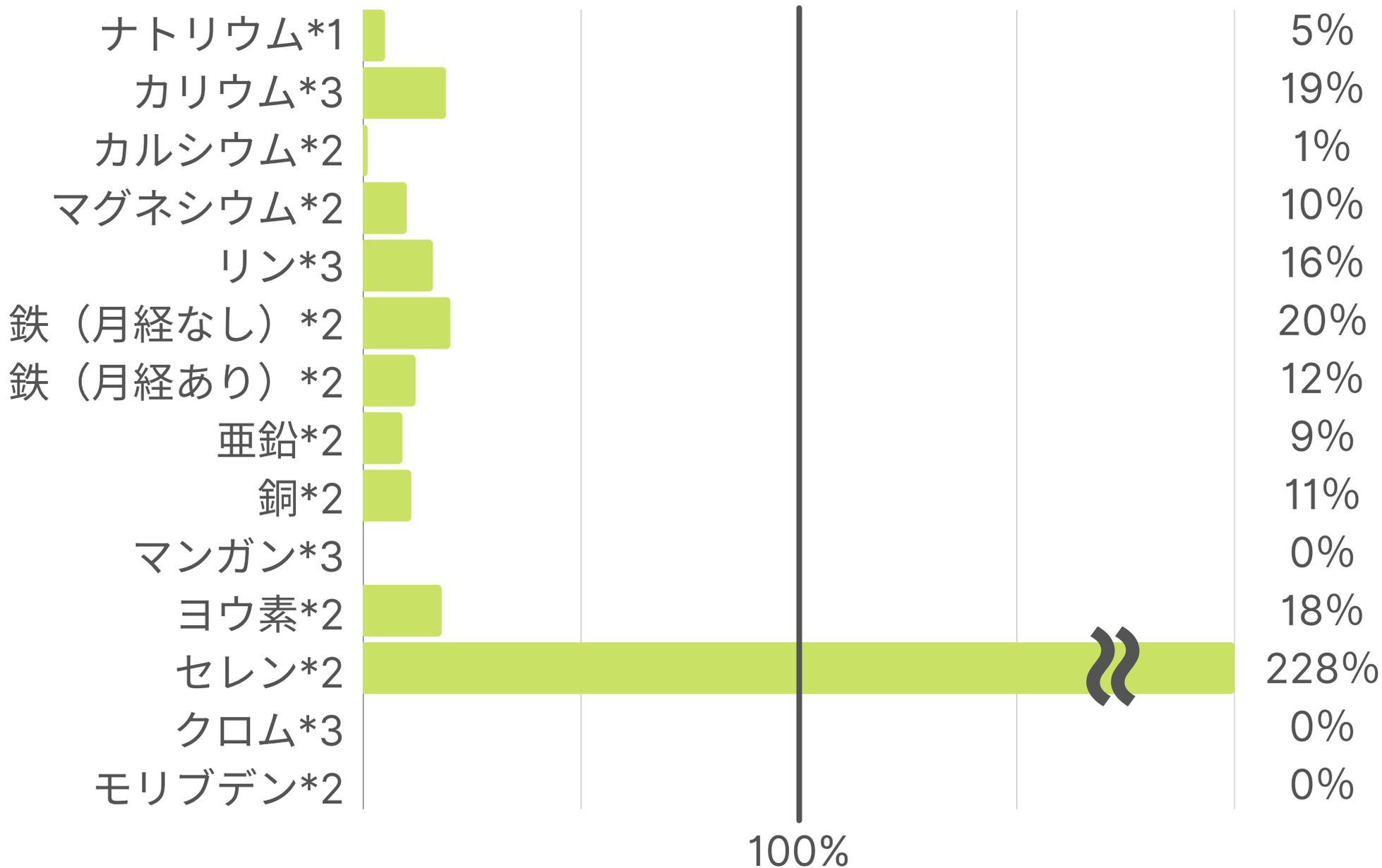
-100gあたり-



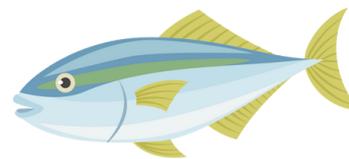
ぶりの栄養 -ミネラル-



充足率



ぶりの栄養 -ビタミン-



充足率

