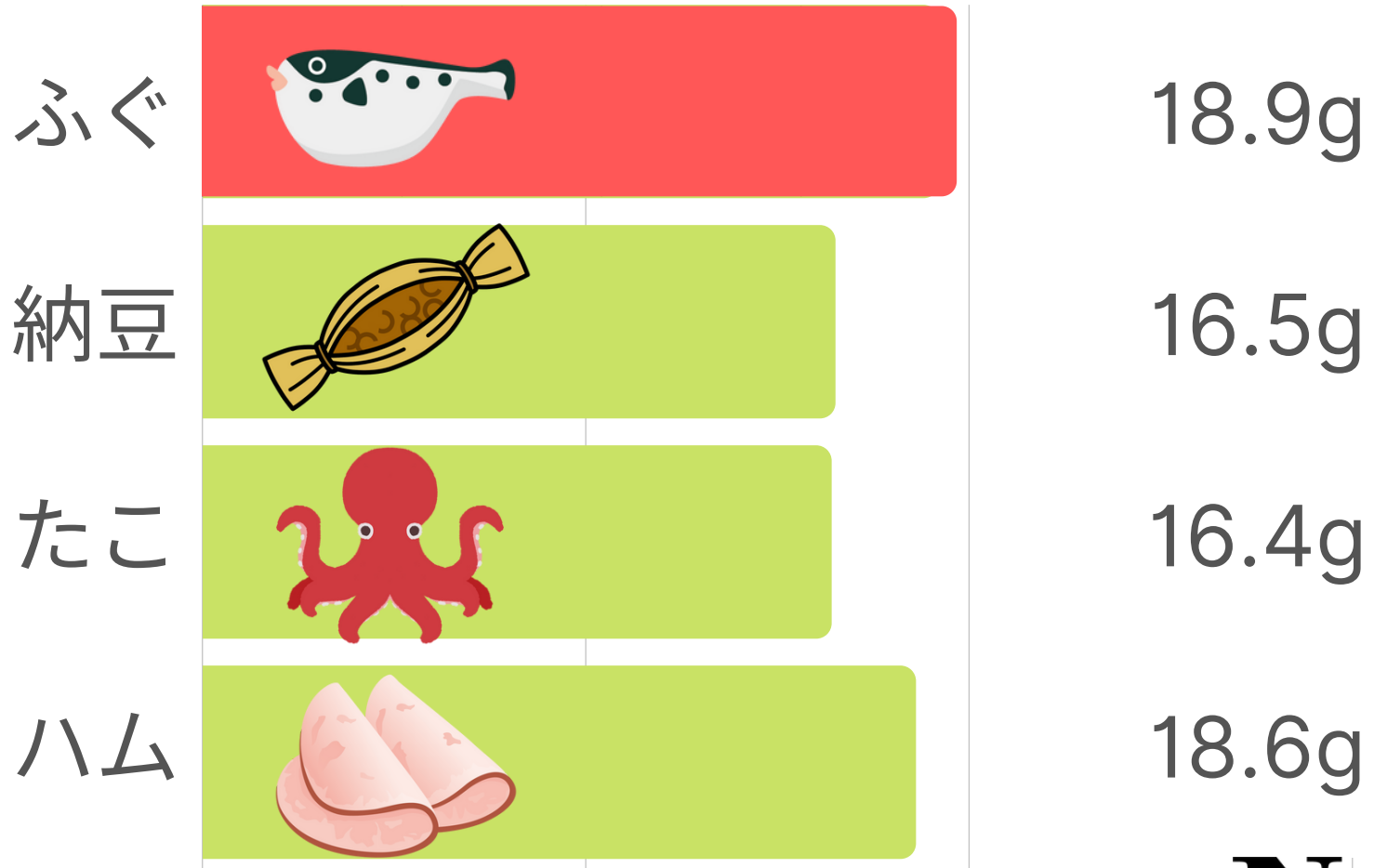


# たんぱく質が多い食品

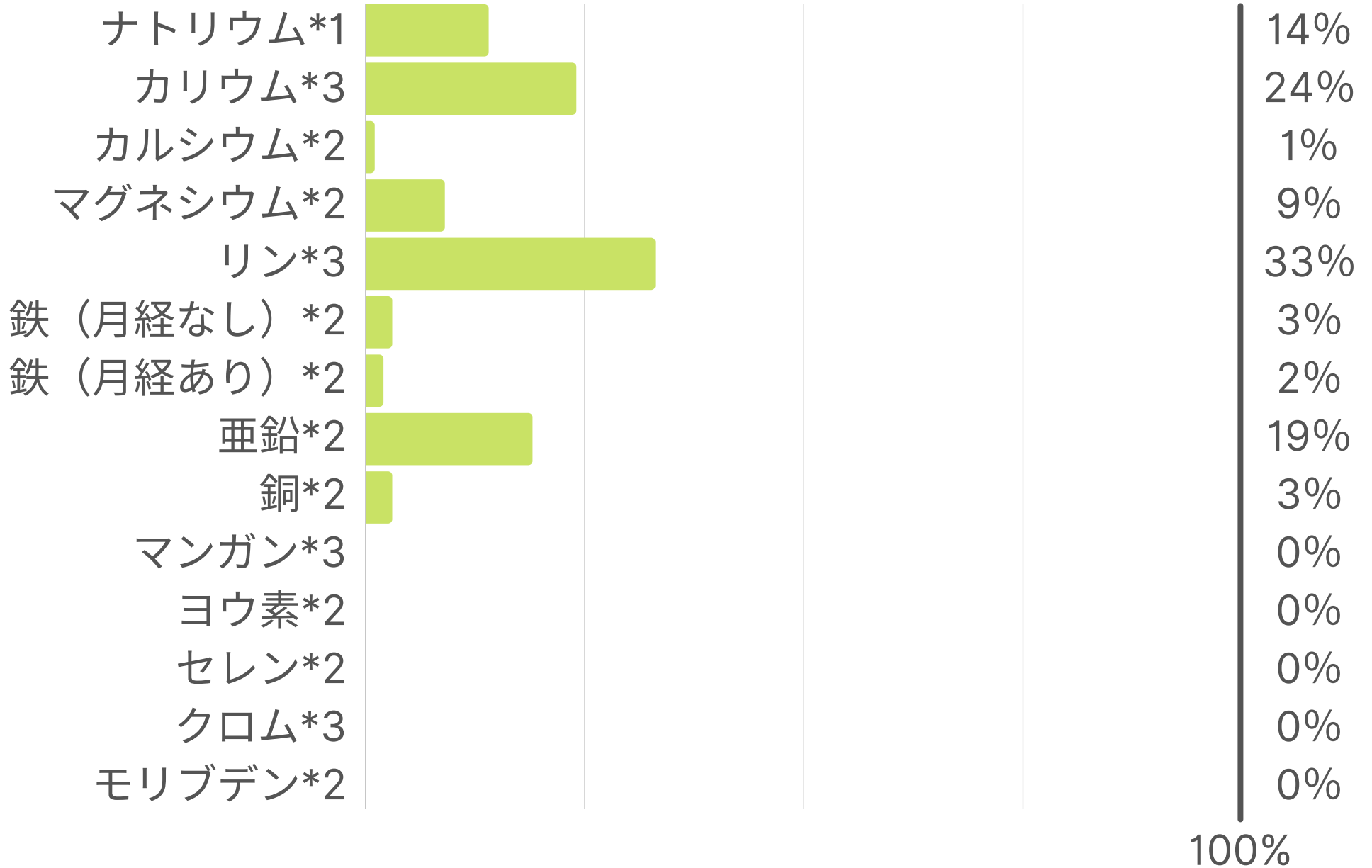
-100gあたり-



## ふぐの栄養 -ミネラル-



充足率



# ふぐの栄養 -ビタミン-



充足率

