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|-------------|--------------|-------------|--|-----|------|----------|--|------|----|------|--|------|---------|
| ver.4 参考の表へ |              | このレシピのエネルギー |  | 129 | kcal | 体重の0.75乗 |  | 1.87 | kg | 計算では |  | 0.82 | 日分となります |
|             |              | 1日に与えるエネルギー |  | 158 | kcal | 体 重      |  | 2.3  | kg | 実際は  |  | 1.0  | 日分とする   |
| 2/27(wed)   |              |             |  |     |      |          |  |      |    |      |  |      |         |
| グラム         |              |             |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
| 肉類          | 成鶏・もも、皮なし・生  | 6           |  |     |      |          |  |      |    |      |  |      |         |
| 豆類          | 糸引き納豆        | 3.5         |  |     |      |          |  |      |    |      |  |      |         |
| いも類         | じゃがいも・水煮     | 15          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | キャベツ・生       | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | ブロッコリー・花序・ゆで | 5           |  |     |      |          |  |      |    |      |  |      |         |
| きのこ類        | まいたけ・ゆで      | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | かぼちゃ(西洋)・ゆで  | 8           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | 大豆もやし・ゆで     | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 藻類          | 刻み昆布         | 0.1         |  |     |      |          |  |      |    |      |  |      |         |
| 油脂類         | フラックスシードオイル  | 0.3         |  |     |      |          |  |      |    |      |  |      |         |
| 乳類          | ヨーグルト・全脂無糖   | 20          |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
| 魚介類         | まいわし・焼き      | 8           |  |     |      |          |  |      |    |      |  |      |         |
| 豆類          | 糸引き納豆        | 3.5         |  |     |      |          |  |      |    |      |  |      |         |
| いも類         | さつまいも・蒸し     | 15          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | キャベツ・生       | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | ブロッコリー・花序・ゆで | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | こまつな・葉・ゆで    | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | かぼちゃ(西洋)・ゆで  | 8           |  |     |      |          |  |      |    |      |  |      |         |
| 藻類          | 刻み昆布         | 0.1         |  |     |      |          |  |      |    |      |  |      |         |
| 種実類         | ごま・いり        | 3           |  |     |      |          |  |      |    |      |  |      |         |
| 乳類          | ヨーグルト・全脂無糖   | 25          |  |     |      |          |  |      |    |      |  |      |         |
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|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
| 肉類          | 成鶏・むね、皮なし・生  | 2           |  |     |      |          |  |      |    |      |  |      |         |
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| アミノ酸(参考)       |      |     |            |         |         |
|----------------|------|-----|------------|---------|---------|
| このレシピで摂取できる量   |      |     | このレシピでの推奨量 |         |         |
|                |      |     | NRC        |         | AAFCO   |
|                | /DM  | mg  | 体重0.75乗ベース | 乾燥重量ベース | 乾燥重量ベース |
| イソロイシン         | 1.2% | 403 | 224        | 133     | 129     |
| ロイシン           | 2.0% | 689 | 411        | 238     | 206     |
| リジン            | 1.9% | 663 | 205        | 122     | 220     |
| メチオニン          | 0.6% | 215 | 205        | 115     |         |
| シスチン           | 0.3% | 114 |            |         |         |
| メチオニン・シスチン計    | 0.9% | 328 | 392        | 227     | 150     |
| フェニルアラニン       | 1.1% | 389 | 280        | 157     |         |
| チロシン           | 0.9% | 315 |            |         |         |
| フェニルアラニン・チロシン計 | 2.0% | 704 | 448        | 259     | 255     |
| スレオニン          | 1.1% | 370 | 261        | 150     | 168     |
| トリプトファン        | 0.3% | 111 | 86         | 49      | 56      |
| バリン            | 1.4% | 472 | 299        | 171     | 136     |
| ヒスチジン          | 0.9% | 311 | 116        | 66      | 63      |
| アルギニン          | 1.5% | 513 | 205        | 122     | 178     |

| アミノ酸スコア(参考)    |     |               |            |             |                 |             |
|----------------|-----|---------------|------------|-------------|-----------------|-------------|
| このレシピで摂取できる量   |     | 窒素1gあたりのアミノ酸量 | 算定用評点ボタン   |             | アミノ酸スコアを計算する(%) |             |
|                |     |               | 1973年(一般用) | 1985年(2-5歳) | 1973年(一般用)      | 1985年(2-5歳) |
| (mg)           |     |               |            |             |                 |             |
| イソロイシン         | 403 | 292           | 250        | 180         | 117             | 162         |
| ロイシン           | 689 | 500           | 440        | 410         | 114             | 122         |
| リジン            | 663 | 480           | 340        | 360         | 141             | 133         |
| メチオニン・シスチン計    | 328 | 238           | 220        | 160         | 108             | 149         |
| フェニルアラニン・チロシン計 | 704 | 510           | 380        | 390         | 134             | 131         |
| スレオニン          | 370 | 268           | 250        | 210         | 107             | 128         |
| トリプトファン        | 111 | 81            | 60         | 70          | 135             | 115         |
| バリン            | 472 | 342           | 310        | 220         | 110             | 156         |
| ヒスチジン          | 311 | 225           | -          | 120         | -               | 188         |
| 全窒素量(g)        | 1.4 |               |            |             |                 |             |

