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|-------------|--|--------------|--|-----|------|----------|--|------|----|------|--|------|---------|
| ver.4 参考の表へ |  | このレシピのエネルギー  |  | 127 | kcal | 体重の0.75乗 |  | 1.87 | kg | 計算では |  | 0.80 | 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   |
|             |  | 5/7(tue)     |  |     |      |          |  |      |    |      |  |      |         |
|             |  | グラム          |  |     |      |          |  |      |    |      |  |      |         |
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| 魚介類         |  | ぶり・成魚・焼き     |  | 7.5 |      |          |  |      |    |      |  |      |         |
| いも類         |  | さつまいも・生      |  | 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         |  | りょくとうもやし・ゆで  |  | 5   |      |          |  |      |    |      |  |      |         |
| 果実類         |  | いちご・生        |  | 12  |      |          |  |      |    |      |  |      |         |
| 藻類          |  | 刻み昆布         |  | 0.1 |      |          |  |      |    |      |  |      |         |
| 種実類         |  | ごま・いり        |  | 2   |      |          |  |      |    |      |  |      |         |
| 乳類          |  | ヨーグルト・全脂無糖   |  | 20  |      |          |  |      |    |      |  |      |         |
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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         | 1.1% | 362 | 224        | 124     | 121     |
| ロイシン           | 1.9% | 616 | 411        | 222     | 193     |
| リジン            | 1.9% | 610 | 205        | 114     | 206     |
| メチオニン          | 0.6% | 204 | 205        | 108     |         |
| シスチン           | 0.3% | 95  |            |         |         |
| メチオニン・シスチン計    | 0.9% | 298 | 392        | 212     | 141     |
| フェニルアラニン       | 1.0% | 336 | 280        | 147     |         |
| チロシン           | 0.8% | 274 |            |         |         |
| フェニルアラニン・チロシン計 | 1.9% | 611 | 448        | 242     | 239     |
| スレオニン          | 1.0% | 332 | 261        | 141     | 157     |
| トリプトファン        | 0.3% | 95  | 86         | 46      | 52      |
| バリン            | 1.3% | 429 | 299        | 160     | 127     |
| ヒスチジン          | 0.9% | 307 | 116        | 62      | 59      |
| アルギニン          | 1.3% | 430 | 205        | 114     | 167     |

| 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         | 362 | 303           | 250        | 180         | 121             | 168         |
| ロイシン           | 616 | 516           | 440        | 410         | 117             | 126         |
| リジン            | 610 | 511           | 340        | 360         | 150             | 142         |
| メチオニン・シスチン計    | 298 | 250           | 220        | 160         | 114             | 156         |
| フェニルアラニン・チロシン計 | 611 | 511           | 380        | 390         | 135             | 131         |
| スレオニン          | 332 | 278           | 250        | 210         | 111             | 133         |
| トリプトファン        | 95  | 80            | 60         | 70          | 133             | 114         |
| バリン            | 429 | 360           | 310        | 220         | 116             | 163         |
| ヒスチジン          | 307 | 257           | -          | 120         | -               | 215         |
| 全窒素量(g)        | 1.2 |               |            |             |                 |             |

