

|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|-------------------|--|---------------|------|----------|------|-------------------------|------|------|-------------------------|------------|---------------|-------------------------|--|--|-------------------------|--|--|---------|--|--|
| ver.4 このレシピのエネルギー |  | 118           | kcal | 体重の0.75乗 | 1.81 | kg                      | 計算では | 0.83 | 日分となります                 |            |               |                         |  |  |                         |  |  |         |  |  |
| 参考の表へ             |  | 1日と与えるエネルギー   | 142  | kcal     | 体 重  | 2.2                     | kg   | 実際は  | 1.0                     | 日分とする      |               |                         |  |  |                         |  |  |         |  |  |
| 10/8(wed)         |  | このレシピで摂取できる栄養 |      |          |      | このレシピでの推奨量 *1           |      |      | このレシピでの推奨量              | このレシピでの推奨量 | このレシピでの上限量 *2 |                         |  |  |                         |  |  |         |  |  |
| グラム               |  |               |      |          |      | NRC                     |      |      | AAFCO                   |            |               | NRC                     |  |  | AAFCO                   |  |  |         |  |  |
|                   |  | 乾燥重量          |      |          |      | 体重0.75乗ベース              |      |      | 乾燥重量ベース                 |            |               | 疾患別推奨レベル                |  |  | 体重0.75乗ベース              |  |  | 乾燥重量ベース |  |  |
|                   |  | エネルギー         |      |          |      | ↓この範囲内！                 |      |      | ↓この範囲内！                 |            |               | ↓この範囲内！                 |  |  | ↓この範囲内！                 |  |  |         |  |  |
|                   |  | エネルギー密度       |      |          |      | 3.0 ~ 4.0               |      |      | 3.0 ~ 4.0               |            |               | 3.0 ~ 4.0               |  |  | 3.0 ~ 4.0               |  |  |         |  |  |
| 魚介類               |  | しろさけ・焼き       |      |          |      | /DM                     |      |      | /DM                     |            |               | /DM                     |  |  | /DM                     |  |  |         |  |  |
| 豆類                |  | 糸引き納豆         |      |          |      | 15.0% ~ 23.0%           |      |      | 15.0% ~ 23.0%           |            |               | 15.0% ~ 23.0%           |  |  | 15.0% ~ 23.0%           |  |  |         |  |  |
| いも類               |  | さつまいも・蒸し      |      |          |      | 7.0% ~ 15.0%            |      |      | 7.0% ~ 15.0%            |            |               | 7.0% ~ 15.0%            |  |  | 7.0% ~ 15.0%            |  |  |         |  |  |
| 野菜類               |  | かぼちゃ(日本)・ゆで   |      |          |      | 2.0% ~                  |      |      | 2.0% ~                  |            |               | 2.0% ~                  |  |  | 2.0% ~                  |  |  |         |  |  |
| 野菜類               |  | トマト・生         |      |          |      | 0.15% ~ 0.35%           |      |      | 0.15% ~ 0.35%           |            |               | 0.15% ~ 0.35%           |  |  | 0.15% ~ 0.35%           |  |  |         |  |  |
| 野菜類               |  | キャベツ・生        |      |          |      | 0.07% ~ 0.25%           |      |      | 0.07% ~ 0.25%           |            |               | 0.07% ~ 0.25%           |  |  | 0.07% ~ 0.25%           |  |  |         |  |  |
| 野菜類               |  | ブロッコリー・花序・ゆで  |      |          |      | 0.50% ~ 1.00%           |      |      | 0.50% ~ 1.00%           |            |               | 0.50% ~ 1.00%           |  |  | 0.50% ~ 1.00%           |  |  |         |  |  |
| 野菜類               |  | こまつな・葉・ゆで     |      |          |      | 0.25% ~ 0.75%           |      |      | 0.25% ~ 0.75%           |            |               | 0.25% ~ 0.75%           |  |  | 0.25% ~ 0.75%           |  |  |         |  |  |
| 野菜類               |  | オクラ・ゆで        |      |          |      | 1.2 : 1 ~ 1.4 : 1       |      |      | 1.2 : 1 ~ 1.4 : 1       |            |               | 1.2 : 1 ~ 1.4 : 1       |  |  | 1.2 : 1 ~ 1.4 : 1       |  |  |         |  |  |
| きのこ類              |  | まいたけ・ゆで       |      |          |      | *1推奨量: このくらいは摂りましようという量 |      |      | *1推奨量: このくらいは摂りましようという量 |            |               | *1推奨量: このくらいは摂りましようという量 |  |  | *1推奨量: このくらいは摂りましようという量 |  |  |         |  |  |
| 種実類               |  | ごま・いり         |      |          |      | *2上限量: これ以上は危険という量      |      |      | *2上限量: これ以上は危険という量      |            |               | *2上限量: これ以上は危険という量      |  |  | *2上限量: これ以上は危険という量      |  |  |         |  |  |
| 油脂類               |  | フラックスシードオイル   |      |          |      | /DM: 乾燥重量あたり            |      |      | /DM: 乾燥重量あたり            |            |               | /DM: 乾燥重量あたり            |  |  | /DM: 乾燥重量あたり            |  |  |         |  |  |
| 果実類               |  | ブルーベリー・生      |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
| 果実類               |  | りんご・生         |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |
|                   |  |               |      |          |      |                         |      |      |                         |            |               |                         |  |  |                         |  |  |         |  |  |

| 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         | 0.8% | 307 | 217        | 141     | 137     |
| ロイシン           | 1.4% | 518 | 397        | 252     | 218     |
| リジン            | 1.5% | 538 | 199        | 130     | 233     |
| メチオニン          | 0.5% | 182 | 199        | 122     |         |
| シスチン           | 0.3% | 100 |            |         |         |
| メチオニン・シスチン計    | 0.8% | 284 | 379        | 241     | 159     |
| フェニルアラニン       | 0.8% | 310 | 271        | 167     |         |
| チロシン           | 0.6% | 240 |            |         |         |
| フェニルアラニン・チロシン計 | 1.5% | 550 | 434        | 274     | 270     |
| スレオニン          | 0.8% | 314 | 253        | 159     | 178     |
| トリプトファン        | 0.2% | 91  | 83         | 52      | 59      |
| バリン            | 1.0% | 373 | 289        | 181     | 144     |
| ヒスチジン          | 0.8% | 293 | 112        | 70      | 67      |
| アルギニン          | 1.2% | 429 | 199        | 130     | 189     |

| 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         | 307 | 259           | 250        | 180         | 104             | 144         |
| ロイシン           | 518 | 437           | 440        | 410         | 99              | 107         |
| リジン            | 538 | 455           | 340        | 360         | 134             | 126         |
| メチオニン・シスチン計    | 284 | 240           | 220        | 160         | 109             | 150         |
| フェニルアラニン・チロシン計 | 550 | 464           | 380        | 390         | 122             | 119         |
| スレオニン          | 314 | 265           | 250        | 210         | 106             | 126         |
| トリプトファン        | 91  | 77            | 60         | 70          | 128             | 109         |
| バリン            | 373 | 315           | 310        | 220         | 102             | 143         |
| ヒスチジン          | 293 | 248           | -          | 120         | -               | 207         |
| 全窒素量(g)        | 1.2 |               |            |             |                 |             |

