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|-------------|--------------|-------------|--|-----|------|----------|--|------|----|------|--|------|---------|
| ver.4 参考の表へ |              | このレシピのエネルギー |  | 155 | kcal | 体重の0.75乗 |  | 1.81 | kg | 計算では |  | 1.09 | 日分となります |
|             |              | 1日に与えるエネルギー |  | 142 | kcal | 体 重      |  | 2.2  | kg | 実際は  |  | 1.0  | 日分とする   |
|             |              | 10/17(fri)  |  |     |      |          |  |      |    |      |  |      |         |
|             |              | グラム         |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | トマト-生        | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 魚介類         | しろさけ-焼き      | 10          |  |     |      |          |  |      |    |      |  |      |         |
| 豆類          | 糸引き納豆        | 3.5         |  |     |      |          |  |      |    |      |  |      |         |
| いも類         | さつまいも-蒸し     | 15          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | かぼちゃ(日本)-ゆで  | 13          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | トマト-生        | 28          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | キャベツ-生       | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | ブロッコリー-花序-ゆで | 6           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | こまつな-葉-ゆで    | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | オクラ-ゆで       | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | りょくとうもやし-ゆで  | 5           |  |     |      |          |  |      |    |      |  |      |         |
| きのこ類        | まいたけ-ゆで      | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 種実類         | ごま-いり        | 1.5         |  |     |      |          |  |      |    |      |  |      |         |
| 油脂類         | フラックスシードオイル  | 0.4         |  |     |      |          |  |      |    |      |  |      |         |
| 果実類         | ブルーベリー-生     | 8           |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
| 穀類          | 麴            | 1.2         |  |     |      |          |  |      |    |      |  |      |         |
| 魚介類         | しろさけ-焼き      | 8.5         |  |     |      |          |  |      |    |      |  |      |         |
| 豆類          | 糸引き納豆        | 3.6         |  |     |      |          |  |      |    |      |  |      |         |
| いも類         | さつまいも-蒸し     | 15          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | かぼちゃ(日本)-ゆで  | 13          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | トマト-生        | 28          |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | キャベツ-生       | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | ブロッコリー-花序-ゆで | 6           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | こまつな-葉-ゆで    | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | オクラ-ゆで       | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 野菜類         | りょくとうもやし-ゆで  | 5           |  |     |      |          |  |      |    |      |  |      |         |
| きのこ類        | まいたけ-ゆで      | 5           |  |     |      |          |  |      |    |      |  |      |         |
| 種実類         | ごま-いり        | 1.5         |  |     |      |          |  |      |    |      |  |      |         |
| 油脂類         | フラックスシードオイル  | 0.4         |  |     |      |          |  |      |    |      |  |      |         |
| 果実類         | ブルーベリー-生     | 7           |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
| 穀類          | 麴            | 1           |  |     |      |          |  |      |    |      |  |      |         |
| 穀類          | 大麦・押麦        | 5           |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
| サプリメント      | 錠・杯          |             |  |     |      |          |  |      |    |      |  |      |         |
|             | Asahi エビオス錠  | 1           |  |     |      |          |  |      |    |      |  |      |         |
|             | 新ビオフェルミンS    | 1           |  |     |      |          |  |      |    |      |  |      |         |
|             | Ester C      | 0.4         |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
|             | Asahi エビオス錠  | 1           |  |     |      |          |  |      |    |      |  |      |         |
|             | 新ビオフェルミンS    | 1           |  |     |      |          |  |      |    |      |  |      |         |
|             | Ester C      | 0.4         |  |     |      |          |  |      |    |      |  |      |         |
|             |              |             |  |     |      |          |  |      |    |      |  |      |         |
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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         | 0.9% | 425 | 217        | 177     | 172     |
| ロイシン           | 1.6% | 722 | 397        | 316     | 274     |
| リジン            | 1.5% | 702 | 199        | 163     | 293     |
| メチオニン          | 0.5% | 249 | 199        | 153     |         |
| シスチン           | 0.3% | 150 |            |         |         |
| メチオニン・シスチン計    | 0.9% | 404 | 379        | 302     | 200     |
| フェニルアラニン       | 0.9% | 440 | 271        | 209     |         |
| チロシン           | 0.7% | 333 |            |         |         |
| フェニルアラニン・チロシン計 | 1.7% | 772 | 434        | 344     | 339     |
| スレオニン          | 0.9% | 424 | 253        | 200     | 223     |
| トリプトファン        | 0.3% | 125 | 83         | 65      | 74      |
| バリン            | 1.1% | 513 | 289        | 228     | 181     |
| ヒスチジン          | 0.9% | 397 | 112        | 88      | 84      |
| アルギニン          | 1.2% | 580 | 199        | 163     | 237     |

| 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<br>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<br>(一般用) | 1985年<br>(2-5歳) | 1973年<br>(一般用)  | 1985年<br>(2-5歳) |
|                | (mg) |                   |                |                 |                 |                 |
| イソロイシン         | 425  | 276               | 250            | 180             | 110             | 153             |
| ロイシン           | 722  | 469               | 440            | 410             | 107             | 114             |
| リジン            | 702  | 456               | 340            | 360             | 134             | 127             |
| メチオニン・シスチン計    | 404  | 262               | 220            | 160             | 119             | 164             |
| フェニルアラニン・チロシン計 | 772  | 501               | 380            | 390             | 132             | 129             |
| スレオニン          | 424  | 275               | 250            | 210             | 110             | 131             |
| トリプトファン        | 125  | 81                | 60             | 70              | 135             | 116             |
| バリン            | 513  | 333               | 310            | 220             | 107             | 151             |
| ヒスチジン          | 397  | 258               | -              | 120             | -               | 215             |
| 全窒素量(g)        | 1.5  |                   |                |                 |                 |                 |

