

A festive illustration featuring Santa Claus in a red suit with white trim and a white beard, waving his right hand. To his left is a small brown reindeer with yellow antlers and a red nose. In front of them are three wrapped gifts: a red one, a yellow one with a green bow, and a green one with a red bow. The background is white with a thin black horizontal line.

総和保育園

	1歳児 -	2歳児	脂質	加糖	鉄	A	B1	B2	C	食物繊維	食塩
	kcal	g	g	mg	mg	μg	mg	mg	mg	g	g
3歳以上児	463	17.4	14.6	196	1.6	124	0.24	0.3	29	3.4	1.9
目標量	575	23.5	16	288	2.8	238	0.35	0.4	25	4	1.6
3歳未満児	400	16	14.1	241	1.3	126	0.23	0.35	24	2.8	1.5
目標量	475	19.5	13.2	213	2.3	188	0.25	0.28	20	3	1.5

もぐもぐ通信～こどもの食メモ～
《 和食の日 ②発酵食品の魅力 》

大豆 → 大豆の発芽 → 味噌

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