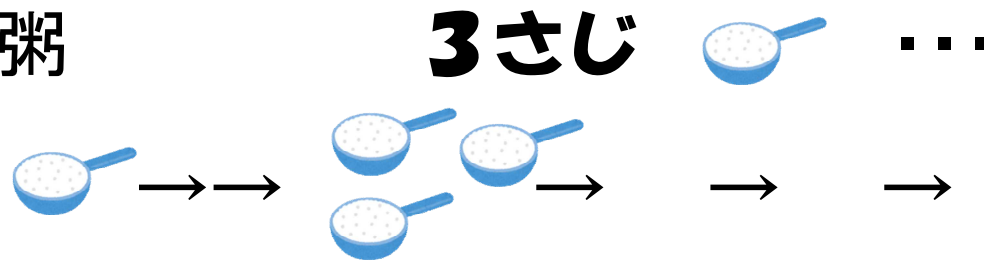


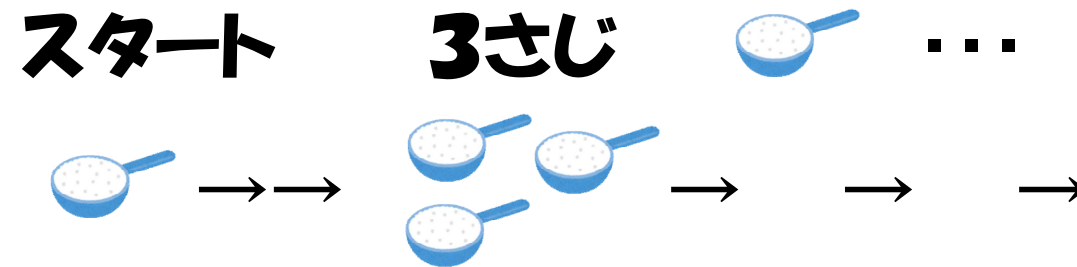
食材・量の増やし方《目安》



①お粥



②野菜



③たんぱく質

(豆腐・白身魚・卵黄)

