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| 魚 | 油 | 肉 | D:\音成EXCEL\こまサンプル\ペイント\108.bmp牛乳 | 野菜 | http://msp.c.yimg.jp/yjimage?q=6KkYNxkXyLF1AfBvaBuxGYCMpuwzO6zWA03lXwZRRFeEh9cahYalqGFtGO_7Jo.zNuVQ7llgkolOJ.q8zq8EdU1UROLwMhX4uBC1G5USlBDU6eYhFdGkkkzz0iGEfAgx&sig=12rut32qq&x=141&y=170海藻 | 芋 | 卵 | 大豆 | 果物 |

1日の食事で取れた食品に〇をつけましょう！目標は**1日7品目以上**です。

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いろいろな食品から栄養を補い、フレイルを予防していきましょう！

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