**Supplementary Material**

**Table S1.** Program Overview

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 　 | 　 | 　 | Before | Implementation period | Immediately after | Continued Evaluation |
| 　 | MONTH | 1st | 2nd | 3rd | 4th | 5th | 6th |
| 　 | DAY | 5/30 | 6/13 | 6/20 | 6/27 | 7/4 | 7/107/11 | 7/18 | 7/25 | 8/1 | 8/78/8 | 8/15 | 8/22 | 8/29 | 9/4 | 10/2 | 10/30 | 11/27 |
|  | WEEK | –2 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 16 | 20 | 24 |
| **Program Flow** | SDT group  | Seminar（60 minutes） | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | 　 | 　 | 　 | 　 | 　 | 　 |
| 　+ worksheet（30 minutes） | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | 　 | 　 | 　 | 　 | 　 | 　 |
| Share meal photos and your issues（Online Communication Tools） |  | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ |  |  |  |
| 　+ follow-up (mail)  | 　 | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | 　 | 　 | 　 |
| COT group  | Seminar（60 minutes） | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | 　 | 　 | 　 | 　 | 　 | 　 |
| Free, contact dietitian if you have questions（Online Communication Tools） | 　 | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ |  |  |  |
| **Survey and measurement** |  Research Description and Consent Form | ✔ | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 |
| 1 | Anthropometric measurements(Height, weight, body fat percentage) | ✔ | 　 | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | 　 | 　 | ✔ | 　 | ✔ | ✔ | ✔ | ✔ |
| 2 | Sports Nutrition Knowledge (SNK) | ✔ | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | ✔ | 　 | 　 | ✔ |
| 3 | Treatment self-regulation questionnaire (TSRQ) | ✔ | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | ✔ | ✔ | ✔ | ✔ |
| 4 | Brief-type self-administered diet history questionnaire (BDHQ) | ✔ | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | ✔ | 　 | 　 | ✔ |

SDT group: Self-Determination Theory group COT group: Control group

**Table S2.** Between-group differences in anthropometric measurements, SNK and TSRQ (prior)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | [Self-Determination Theory group（](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)*[n](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)* [= 14）](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [Control group（](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)*[n](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)* [= 17）](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | *[p](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)* [value](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)[†](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
|  |  | [Before](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [Immediately after](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [After three months](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [Before](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [Immediately after](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [After three months](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |
|  |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |
| **[Anthropometric measurements](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | [Age (yrs)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [19.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [19.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [19.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [19.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [19.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [19.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.973](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
|  | [Height (cm)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [173.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [4.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [173.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [4.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [173.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [4.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [173.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [172.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [172.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.682](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Weight (kg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [72.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [7.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [71.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [6.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [72.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [6.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [68.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [6.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [69.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [6.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [69.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.152](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Body fat (%)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [14.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [4.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [14.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [3.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [14.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [3.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [14.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [4.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [12.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [3.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [13.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [3.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.712](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Lean body mass (kg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [61.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [61.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [62.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [58.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [7.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [60.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [60.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [4.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.290](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Lean body mass/m (kg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [35.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [2.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [35.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [2.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [35.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [2.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [33.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [3.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [34.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [2.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [34.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [2.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.251](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| **[SNK](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | [Total SNK score (%)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [78.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [12.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [87.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [7.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [87.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [8.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [75.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [10.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [83.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [8.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [79.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [15.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.475](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Energy and refueling (%)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [84.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [12.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [90.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [12.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [91.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [10.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [77.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [19.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [86.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [14.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [81.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [17.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.228](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Hydration (%)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [100.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [100.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [100.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [100.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [100.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [94.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [16.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [―](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Supplements (%)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [81.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [25.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [81.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [17.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [76.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [15.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [74.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [30.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [78.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [23.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [74.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [25.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.529](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| [Protein (%)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [50.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [28.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [78.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [28.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [81.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [21.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [56.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [22.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [72.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [27.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [68.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [24.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.463](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
| **[TSRQ](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | [Autonomous motivation subscale](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [5.05](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.96](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [5.48](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.93](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [5.44](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.09](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [5.29](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.34](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [5.49](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.99](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [5.40](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.06](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.568](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
|  | [Externally controlled motivation subscale](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [3.07](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.07](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [2.81](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.12](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [3.27](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.34](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [2.92](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.12](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [3.23](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.92](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [3.70](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.34](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.708](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
|  | [Nonmotivation subscale](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2)  | [2.74](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.10](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [2.67](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [0.93](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [3.14](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.25](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [3.08](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.48](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [3.18](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.22](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [3.12](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.41](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.482](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |
|  | [Relative Autonomous Motivation Index](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.98](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.62](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [2.67](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.64](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [2.17](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.93](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [2.37](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.53](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [2.26](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.19](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  | [1.71](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) | [1.89](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |  |  | [0.490](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%202%20%27%21A2) |

† No paired t-test was performed for differences between groups before the start of the study.

SD: Standard Deviation

SNK: Sports Nutrition Knowledge

TSRQ: Treatment Self-Regulation Questionnaire

**Table S3.** Between-group differences in BDHQ (prior)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | [Self-Determination Theory group（](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)*[n](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)* [= 14）](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [Control group（](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)*[n](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)* [= 17）](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | *[p](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)* [value](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)[†](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |
|  |  | [Before](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [Immediately after](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [After three months](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [Before](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [Immediately after](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [After three months](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [mean value±SD](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| **[BDHQ (Nutrient intake)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | [Energy (kcal)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2764](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [912](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [3224](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [541](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [3295](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [713](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [3000](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [679](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [3118](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [756](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [3165](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [919](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.416](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Protein (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [83.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [32.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [95.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [24.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [97.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [28.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [94.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [27.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [95.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [26.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [104.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [34.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.334](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Fat (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [63.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [22.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [68.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [20.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [69.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [19.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [75.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [21.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [76.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [27.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [75.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [34.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.137](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Carbohydrate (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [448.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [148.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [539.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [93.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [551.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [118.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [468.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [124.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [494.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [117.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [499.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [132.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.690](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Calcium (mg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [528.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [325.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [633.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [251.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [601.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [296.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [523.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [161.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [659.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [233.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [615.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [185.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.958](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Iron (mg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [8.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [4.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [9.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [9.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [4.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [8.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [9.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [3.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [10.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [3.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.850](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Vitamin D (μg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [8.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [4.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [9.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [6.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [10.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [6.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [7.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [5.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [8.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [4.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [13.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [11.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.597](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Vitamin B](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)[1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) [(mg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [0.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [0.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [0.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [0.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [1.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [0.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [0.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [0.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.455](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Vitamin C (mg)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [115.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [54.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [141.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [59.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [132.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [74.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [102.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [47.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [131.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [79.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [131.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [65.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.469](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| [Dietary fiber (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [12.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [5.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [13.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [4.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [13.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [4.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [13.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [3.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [14.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [5.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [14.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [5.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.461](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
| **[BDHQ（Intake by food group）](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | [Cereals (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [955.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [305.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1099.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [245.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1193.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [268.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [1020.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [327.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1022.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [207.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [1074.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [285.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.577](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Potatoes (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [25.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [25.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [26.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [38.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [28.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [22.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [31.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [32.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [30.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [32.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [42.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [42.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.610](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Sugar and sweeteners (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [2.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [3.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [2.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [2.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [2.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [1.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [3.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [1.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.861](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Pulses (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [67.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [67.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [76.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [72.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [53.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [56.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [46.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [34.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [62.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [42.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [52.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [30.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.305](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Green and yellow vegetables (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [126.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [70.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [159.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [74.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [138.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [81.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [99.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [69.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [159.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [99.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [146.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [83.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.295](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Other vegetables (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [125.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [75.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [113.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [61.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [137.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [75.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [174.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [95.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [150.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [106.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [163.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [78.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.127](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Fruits (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [195.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [146.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [306.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [196.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [221.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [147.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [133.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [152.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [215.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [208.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [180.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [139.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.261](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Fish and shellfish (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [48.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [29.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [64.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [41.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [62.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [44.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [37.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [30.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [51.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [38.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [71.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [76.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.330](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Meats (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [104.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [46.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [111.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [33.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [122.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [42.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [156.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [86.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [134.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [60.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [153.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [87.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.043](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [\*](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |
|  | [Eggs (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [57.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [50.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [60.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [53.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [62.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [50.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [65.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [36.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [65.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [49.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [68.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [41.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.606](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Dairy products (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [183.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [167.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [257.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [147.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [219.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [146.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [177.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [93.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [262.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [134.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [184.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [95.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.900](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Fats and oils (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [16.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [4.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [15.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [5.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [16.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [6.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [23.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [8.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [20.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [7.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [18.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [12.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.004](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [\*](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |
|  | [Confectioneries(g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [11.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [11.2](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [7.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [9.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [14.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [16.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [25.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [52.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [12.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [23.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [18.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [22.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.333](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Beverages (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [445.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [289.3](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [656.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [443.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [529.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [518.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [375.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [318.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [482.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [463.8](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [382.5](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [351.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.532](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |
|  | [Seasonings and spices (g)](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [174.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [147.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [298.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [191.4](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [255.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [177.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [268.0](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [186.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [289.7](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [150.1](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  | [285.9](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [±](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) | [239.6](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |  | [0.140](%5C%5C%5C%5CIHADTCSV%5C%5CRedirect%24%5C%5CTeacher%5C%5Cseino-ju%5C%5CDocuments%5C%5C%E6%B8%85%E9%87%8E%5C%5C%E3%80%93Table%2B1.2.3.4.5-2%E6%B1%9F%E5%A4%8F1017%E4%BF%AE%E6%AD%A3.xlsx%22%20%5Cl%20%22%27Table%203%27%21A2) |  |

\* *p* < 0.05: Significant difference

† No paired t-test was performed for differences between groups before the start of the study.

SD: Standard Deviation

BDHQ: Brief-type self-administered diet history questionnaire

**Table S4.** Results of between-group and within-group factor analyses of anthropometrics, SNK, and TSRQ

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 　　 | 　 | Grouping factor | 　 | Within-group factor |
|  | Reciprocal actionGroup ×Time *p*† |  | TimeMain Effects*p*† | Immediately after－Before*p*‡ | After three months－Before*p*‡ | After three months－Immediately after*p*‡ | Multiple comparison test |
|  |  |  |  |
| 　 | 　 |  |  |
| **Anthropometric measurements** |  |  |  |  |  |  |  |  |  |  |  |
|  | Age (y) |  | 0.993 |  |  | 0.099 |  |  |  |  |  |  |  |  |
| 　 | Height (cm) |  | 0.367 |  |  | 0.585 |  |  |  |  |  |  |  |  |
| Weight (kg) |  | 0.296 |  |  | 0.206 |  |  |  |  |  |  |  |  |
| Body fat (%) |  | 0.571 |  |  | 0.323 |  |  |  |  |  |  |  |  |
| Lean body mass (kg) |  | 0.253 |  |  | 0.154 |  |  |  |  |  |  |  |  |
| Lean body mass/m (kg) |  | 0.250 | 　 |  | 0.151 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 |
| **SNK** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total SNK score | 0.510 |  |  | 0.004 | \* | 0.003 | \* | 0.078 |  | 1.000 |  | Before < Immediately after |
| Energy and refueling | 0.711 |  |  | 0.122 |  |  |  |  |  |  |  |  |
| Hydration |  | 0.183 |  |  | 0.183 |  |  |  |  |  |  |  |  |
| Supplements |  | 0.884 |  |  | 0.698 |  |  |  |  |  |  |  |  |
| Protein  |  | 0.200 | 　 |  | < 0.001 | \* | 0.002 | \* | 0.002 | \* | 1.000 | 　 | Before < Immediately after Before < After three months |
| **TSRQ** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Autonomous motivation subscale |  | 0.571 |  |  | 0.077 |  |  |  |  |  |  |  |  |
|  | Externally controlled motivation subscale |  | 0.313 |  |  | 0.058 |  |  |  |  |  |  |  |  |
|  | Nonmotivation subscale  |  | 0.311 |  |  | 0.378 |  |  |  |  |  |  |  |  |
|  | Relative Autonomous Motivation Index | 　 | 0.095 | 　 | 　 | 0.057 | 　 | 　 | 　 | 　 | 　 | 　 | 　 | 　 |

\* *p* < 0.05: Significant difference

† A two-way ANOVA was conducted on the between-group and within-group factors.

‡ Multiple comparison tests using the Bonferroni method were performed for before, after,

after three months for within-group factors.

< less than，> more than

SNK: Sports Nutrition Knowledge

TSRQ: Treatment Self-Regulation Questionnaire