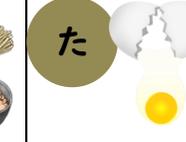
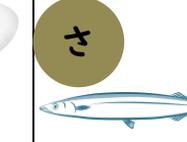
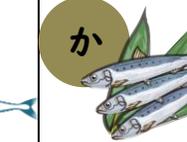
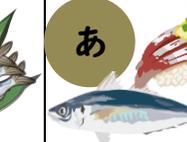
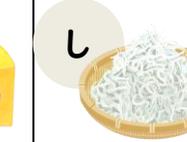
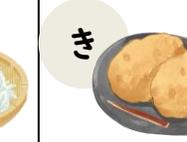
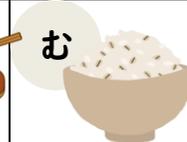
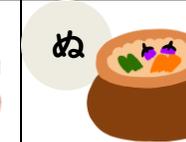
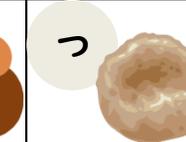
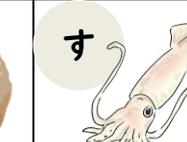
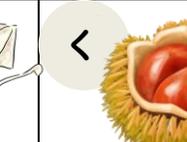
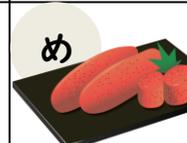
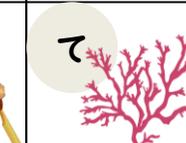
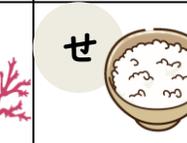
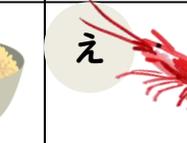
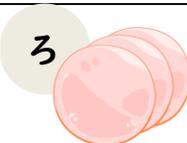
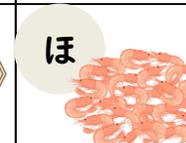
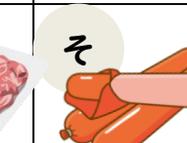
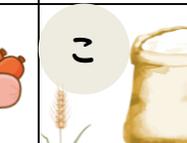


# あ い う え お リン表

100gあたりに含まれるリン量

 わかさぎ:350mg	 カップラーメン :120mg	 やきふ:130mg	 まいたけ(乾燥) :700mg	 はまち:210mg	 納豆:110mg	 たまご:170mg	 サンマ:180mg	 かたくちいわし :2300mg	 あじ:570mg
 利尻昆布:240mg	 りんご:240mg	 ミルク:1000mg	 ひんげき:380mg	 にしん:240mg	 チーズ:850mg	 しらす:860mg	 きな粉:660mg	 いり大豆:710mg	 うい豆:390mg
 炭酸飲料水を飲む (コーラ):11mg	 ルー:110mg	 ゆば:250mg	 むごはん:52mg	 ふろく:180mg	 ぬか漬け:44mg	 つみれ:120mg	 すずめ:1100mg	 くま:70mg	 うまい:390mg
 レバー:330mg	 れば:330mg	 めんたいこ:73mg	 めんたいこ:73mg	 ベーキングパウダー :3700mg	 ねぎま:134mg	 てんぐさ:180mg	 せいらい:34mg	 けち:130mg	 えび(桜):1200mg
 パン:67mg	 ロースハム:280mg	 ヨーグルト:100mg	 もずく:2mg	 干しエビ:990mg	 のり:700mg	 鶏レバー:300mg	 ソーセージ:140mg	 小麦:1100mg	 お菓子(ポテチ) :100mg



大濠内科

◆目安量◆男性:1000mg 女性:800mg  
 ◆耐用上限量◆3000mg