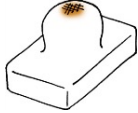


目で見る 糖質の多い代表的な食品



ごはん



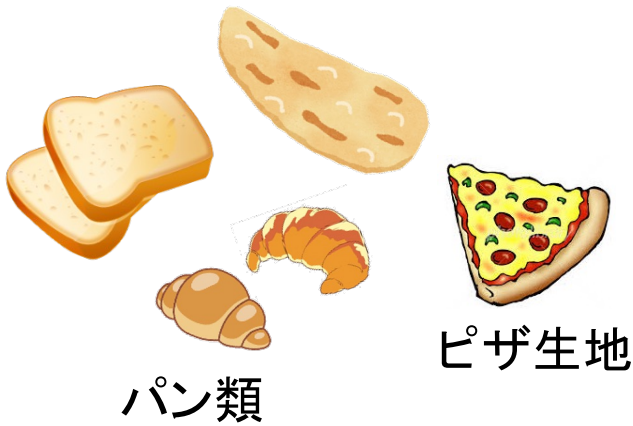
もち



めん類



マカロニ



パン類

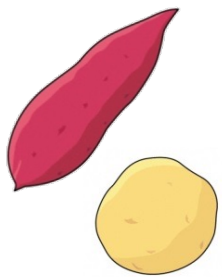
ピザ生地



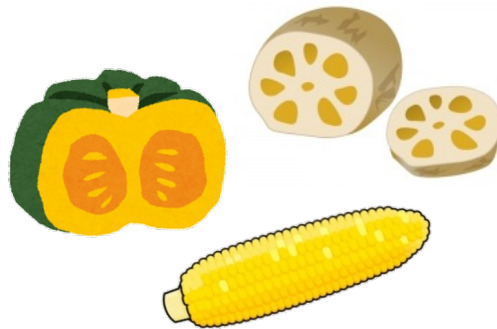
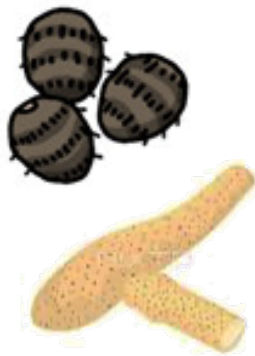
春雨



餃子・焼売・春巻
ワンタンの皮



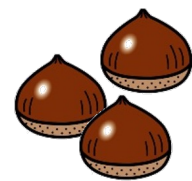
いも類



糖質の多い
野菜



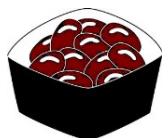
シリアル



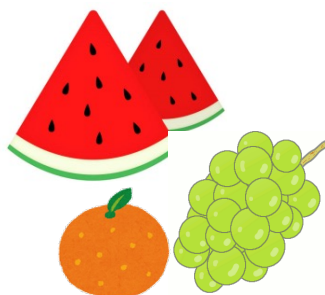
くり



大豆以外の
豆



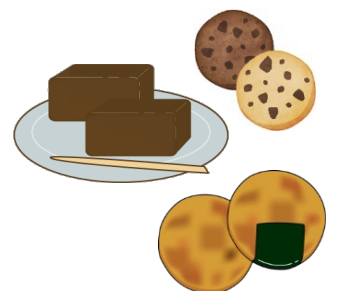
煮豆



くだもの



ジュース



菓子