



100g

	(kcal)	(g)	(g)	(g)	(g)	(mg)
	346	7.4	0.8	77.9	0.7	5
	366	11.9	1.3	73.6	2.7	4
	147	13.3	8.8	2.8	0	131
	66	3.0	3.2	5.0	0	37
	143	20.3	6.2	1.5	0	65
	133	19.4	5.0	2.5	0	63
	81	8.1	3.7	4.2	0.4	7
	33	4.1	0.6	4.3	1.6	18
	37	1.0	0.2	8.8	3.2	25
	54	0.2	0.2	13.8	1.2	1



	(18-50)	(18-50)	
	2400	1800	kcal
	65	55	g
	≤93	≤70	g
	360	270	g
	25	25	g
	<2300	<2300	mg
	800	800	mg
	12	20	mg
	12.5	7.5	mg
C	100	100	mg
A	800	700	μg RAE

