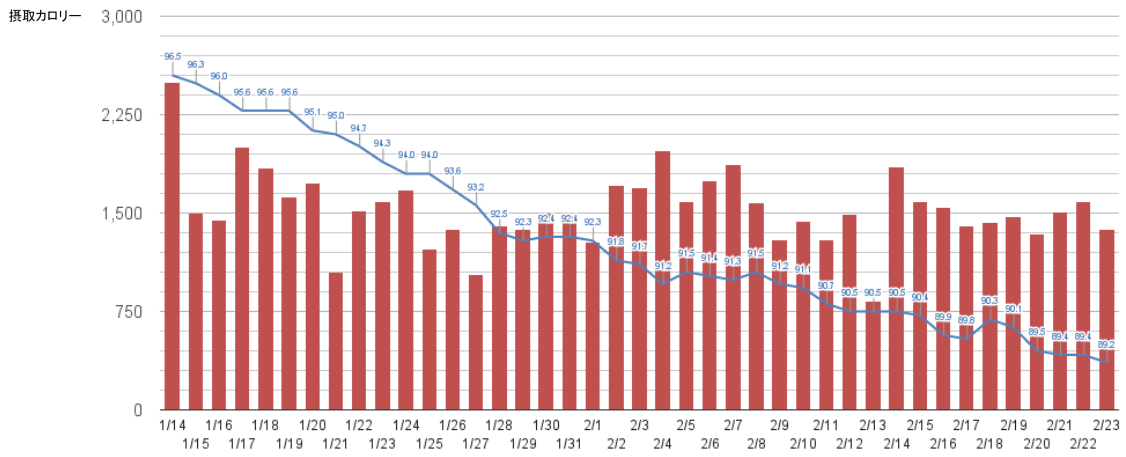
摂取カロリー
3,000
2,250
1,500
750
0
96.5
96.3
96.0
95.6
95.6
95.6
95.1
95.0
94.7
94.3
94.0
94.0
93.6
93.2
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92.3
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91.4
91.3
91.5
91.2
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90.5
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90.4
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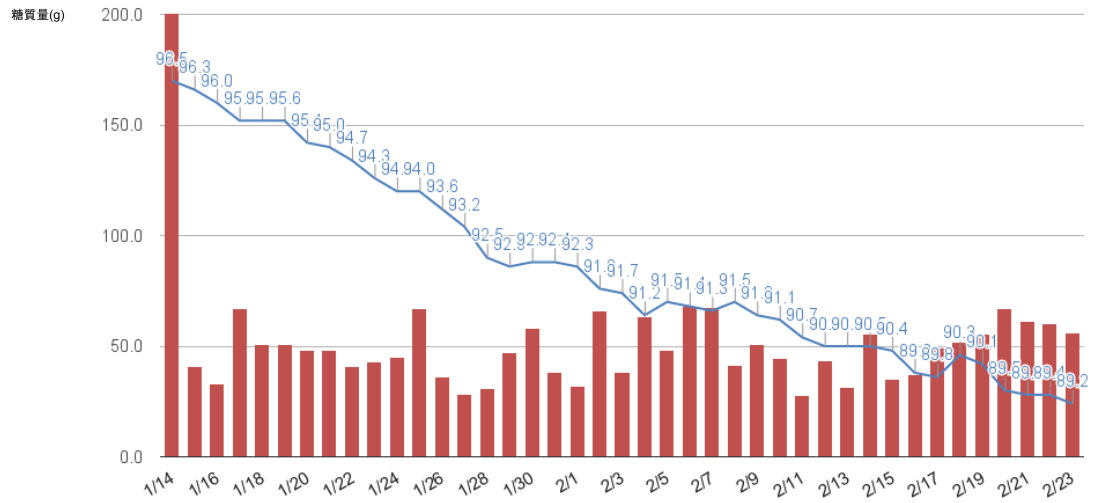
糖質量(g)
200.0
150.0
100.0
50.0
0.0
96.5
96.3
96.0
95.9
95.6
95.4
95.0
94.7
94.3
94.0
94.0
93.6
93.2
92.5
92.9
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