

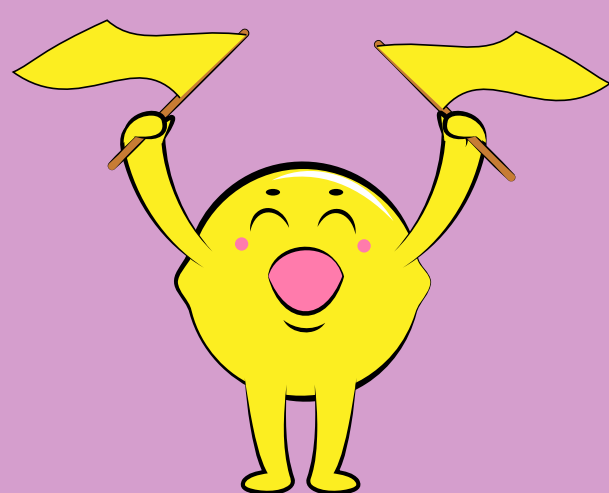
# さつまいもの栄養カタログ

Sweet potato nutrition catalog



## 栄養と効果一覧

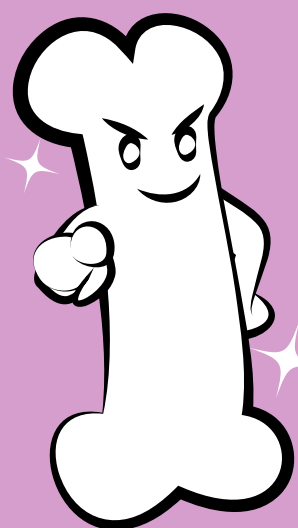
List of nutritional effects



**ビタミンC**  
Vitamin C

**疲れをとってくれる**

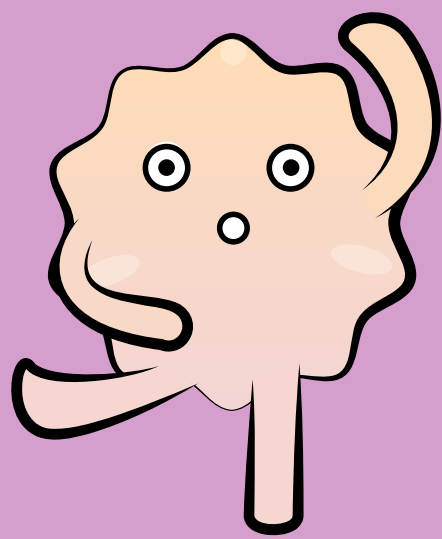
*Relieves fatigue*



**カルシウム**  
Calcium

**骨や歯の材料になる**

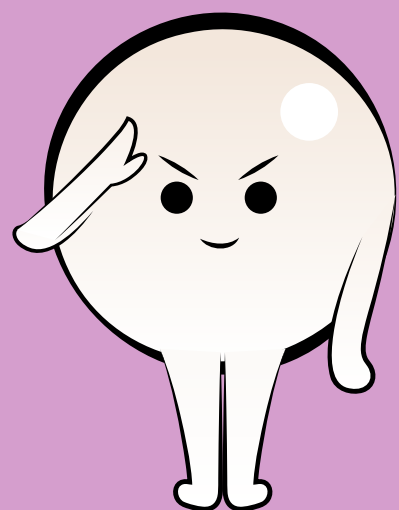
*Become material for bones and teeth*



**ヤラピン**  
Yarrapin

**腸の動きを活発にする**

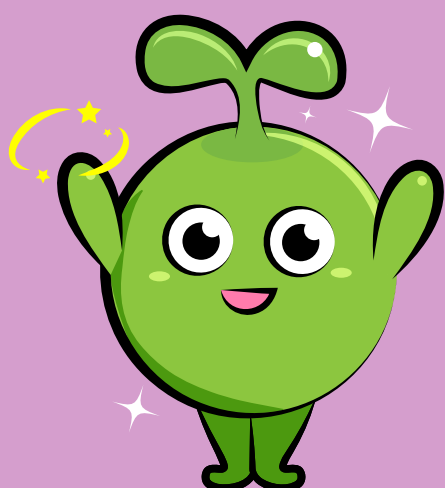
*Stimulate bowel movements*



**炭水化物**  
Carbohydrate

**体のエネルギーになる**

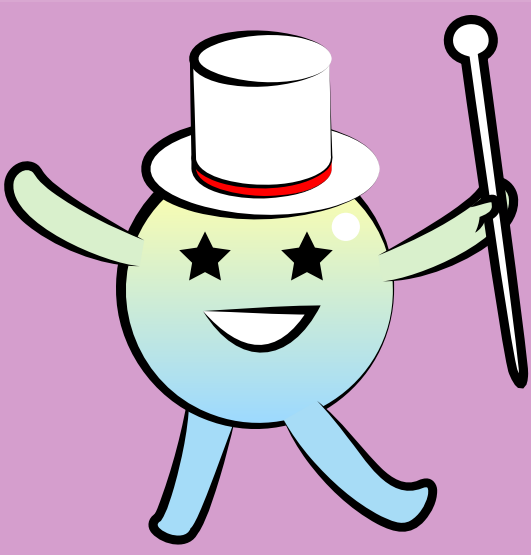
*Energy for the body*



**ビタミンE**  
Vitamin E

**細胞の老化を防ぐ**

*Prevent cell aging*



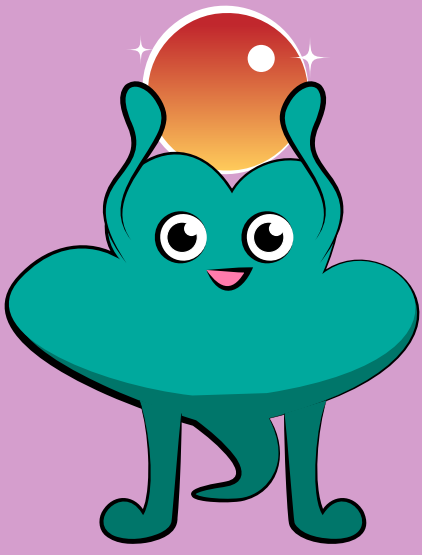
**ビタミン B1**  
*Vitamin B1*

**ブドウ糖をエネルギーに変える**  
*Convert glucose into energy*



**ビタミン B6**  
*Vitamin B6*

**筋肉や血をつくるのを助ける**  
*Help build muscle and blood*



**葉酸**  
*Folic acid*

**細胞を作ったり生き返らせたりする**  
*Create and revitalize cells*



**パントテン酸**  
*Potassium*

**体の免疫力を高める**  
*Boost the body's immunity*



**カリウム**  
*Potassium*

**摂りすぎた塩分を出す**  
*Get rid of excess salt*



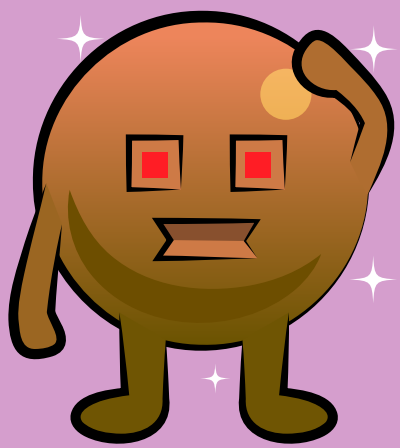
**マグネシウム**  
*Magnesium*

**血をサラサラにする**  
*Lower blood pressure*



**鉄分**  
*Iron*

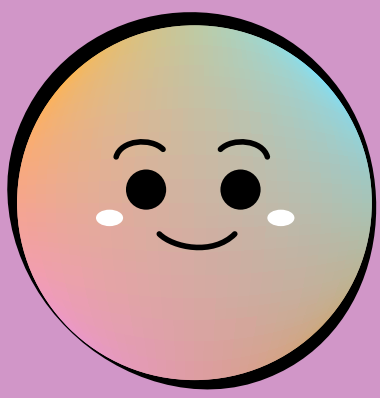
**血液に酸素を運ぶのを助けてくれる**  
*Helps carry oxygen to the blood*



銅  
Copper

## 鉄分を血に運ぶ

Carry iron into the blood



オリゴ糖  
Oligosaccharide

## 腸内の善玉菌を増やす

Increase good bacteria in the intestine



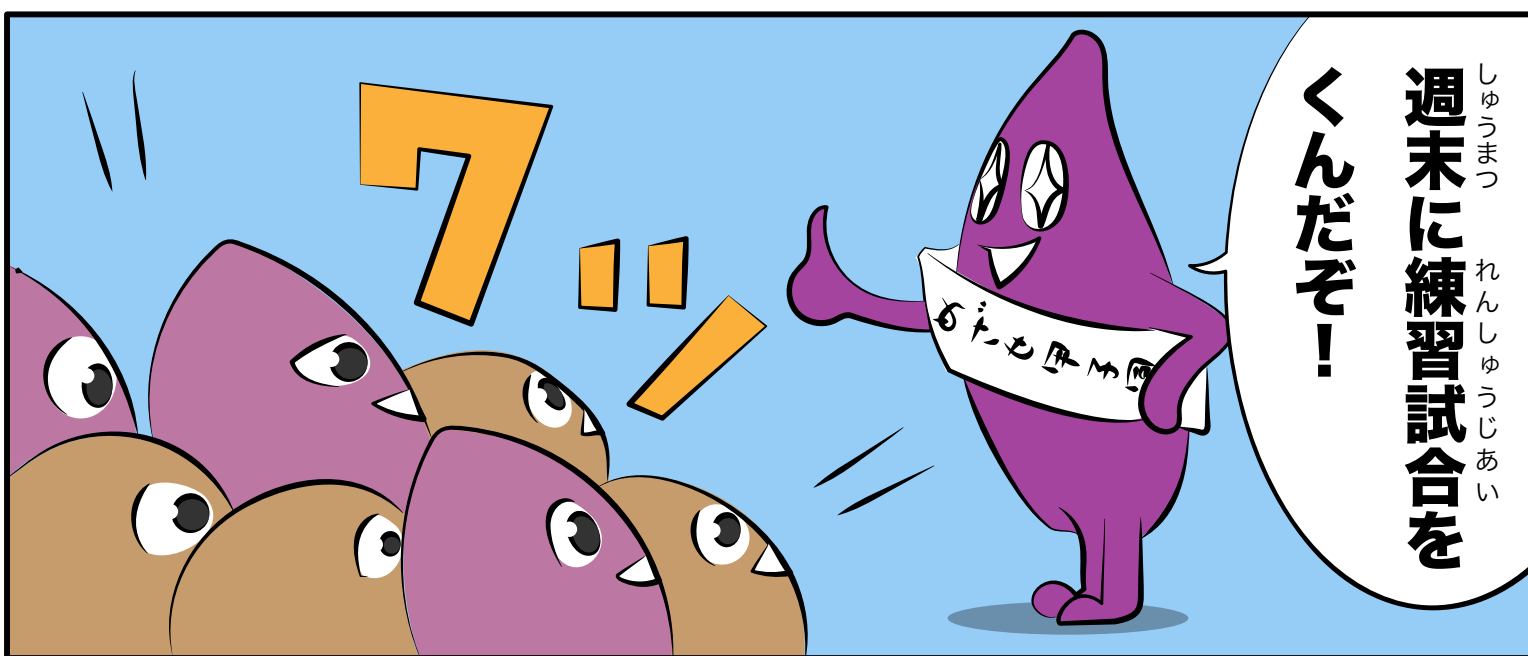
食物繊維  
Dietary fiber

## お通じを改善する

Improve the gut

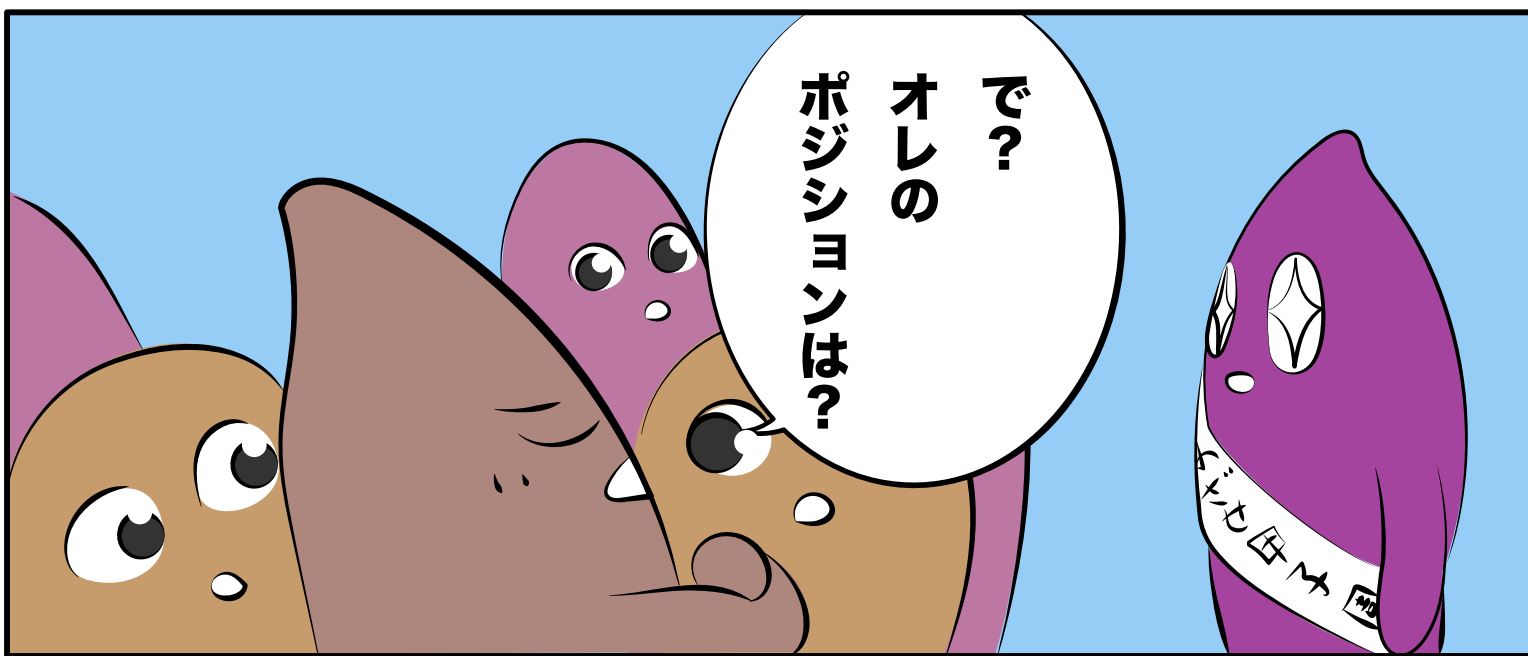
### ポジション

Position



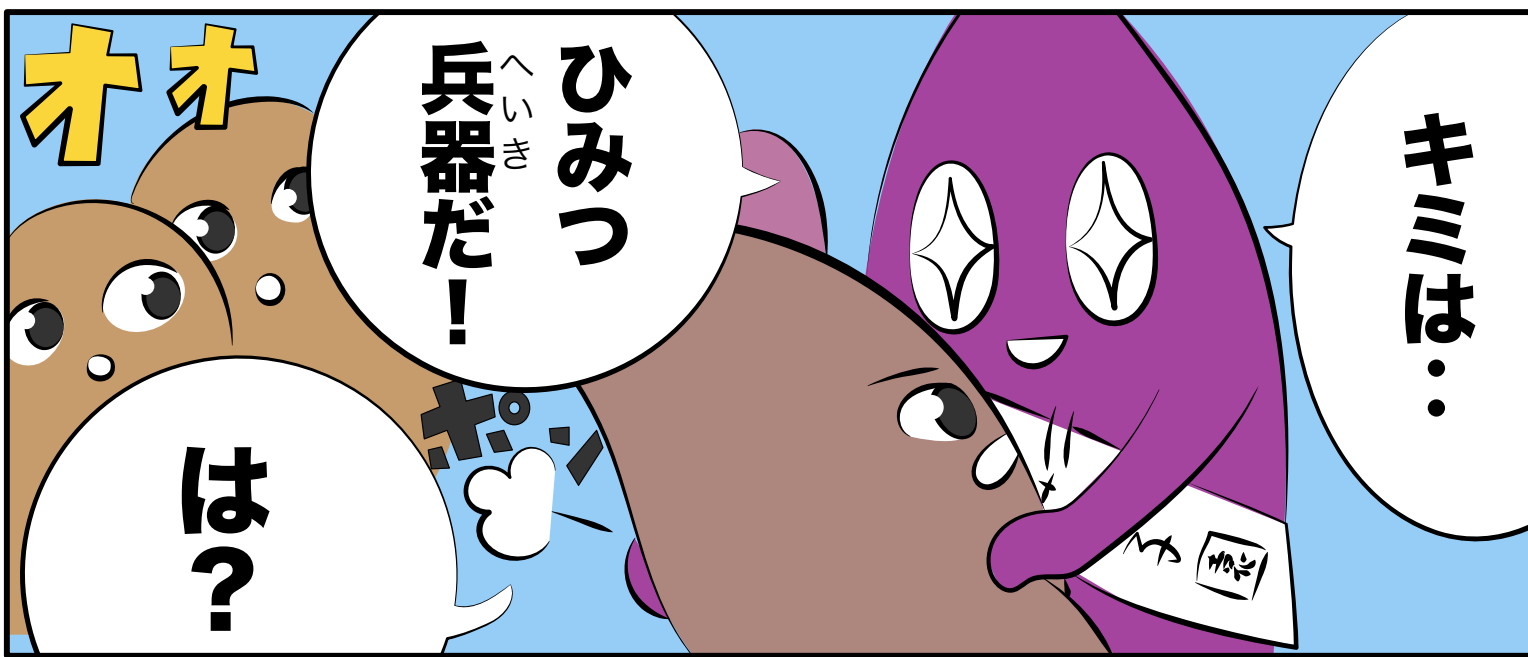
週末に練習試合を  
くんだぞ!

We have a practice match on the weekend!



で?  
オレの  
ポジションは?

So what is my position?

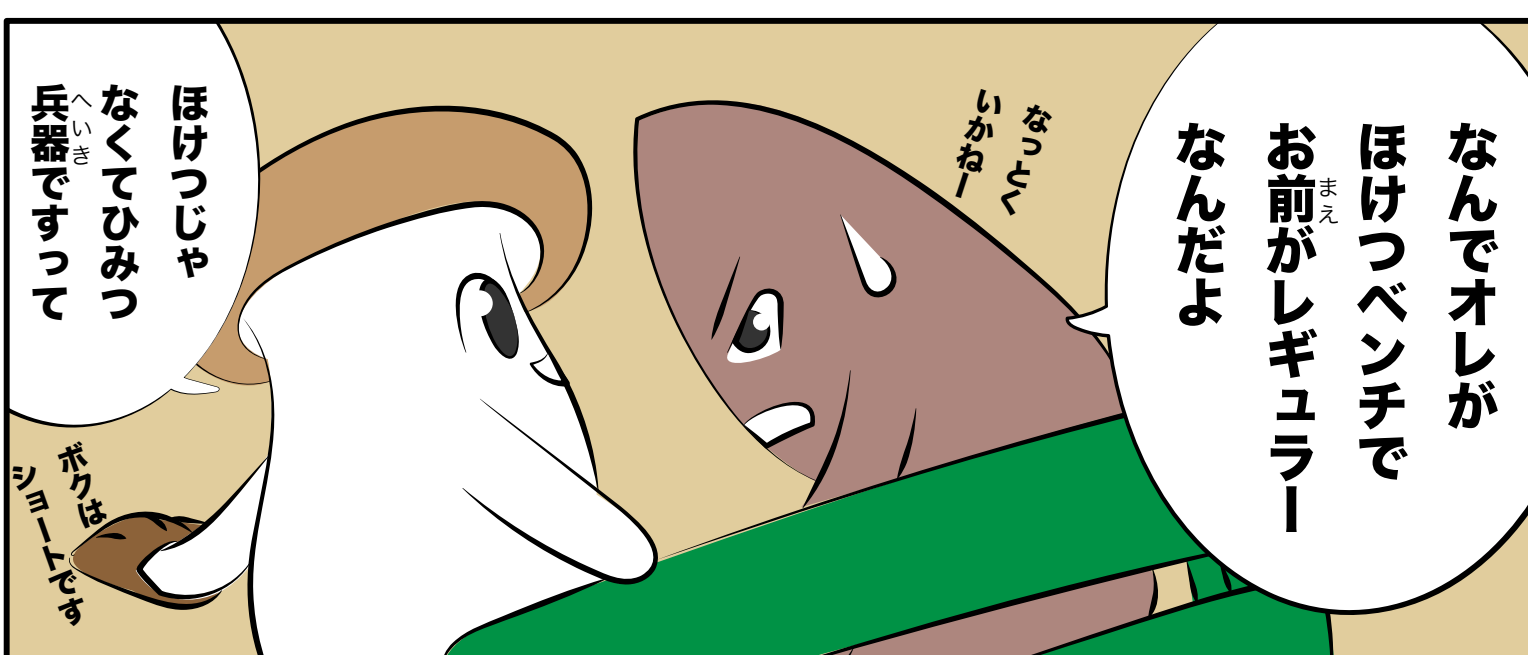


キミは...

ひみつ  
兵器だ!

You are my secret weapon!

What?



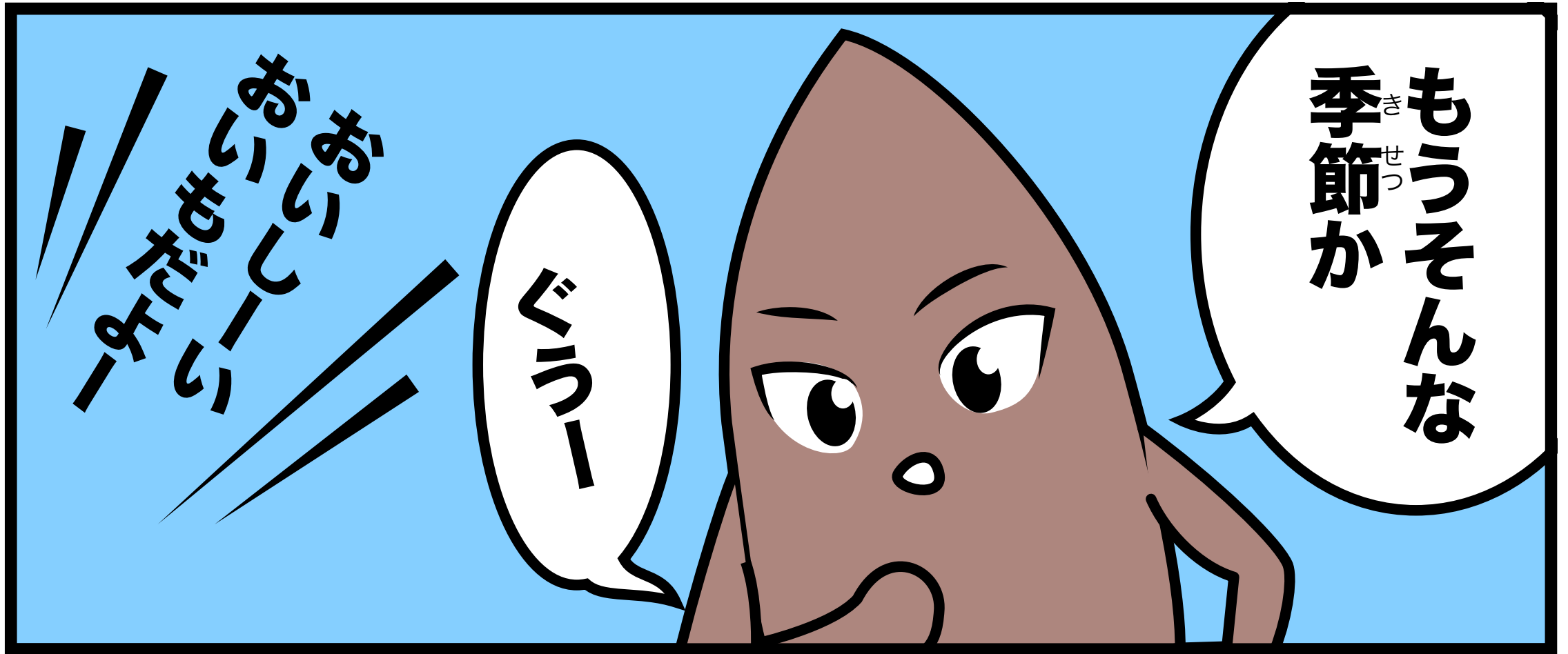
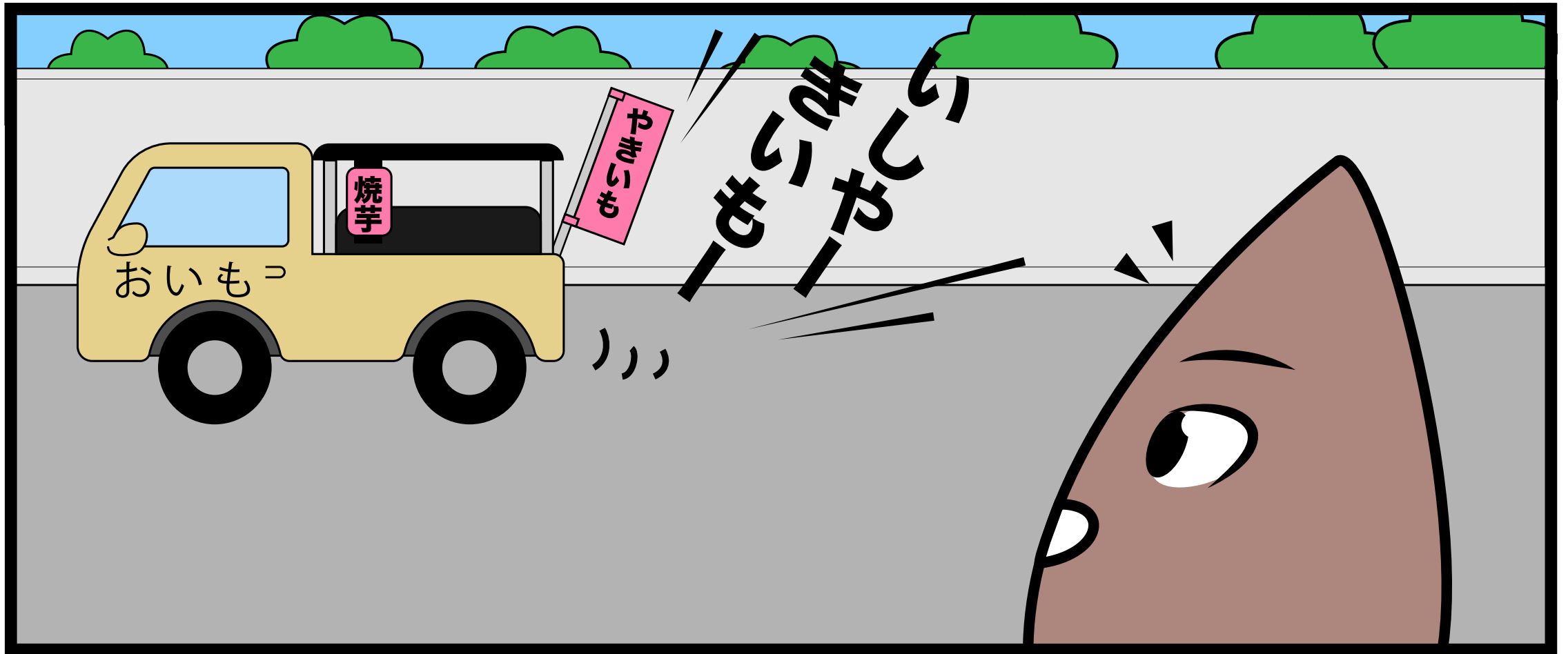
なんでオレが  
ほけつベンチで  
お前がレギュラー  
なんだよ

ほけつじゃ  
なくてひみつ  
兵器ですって

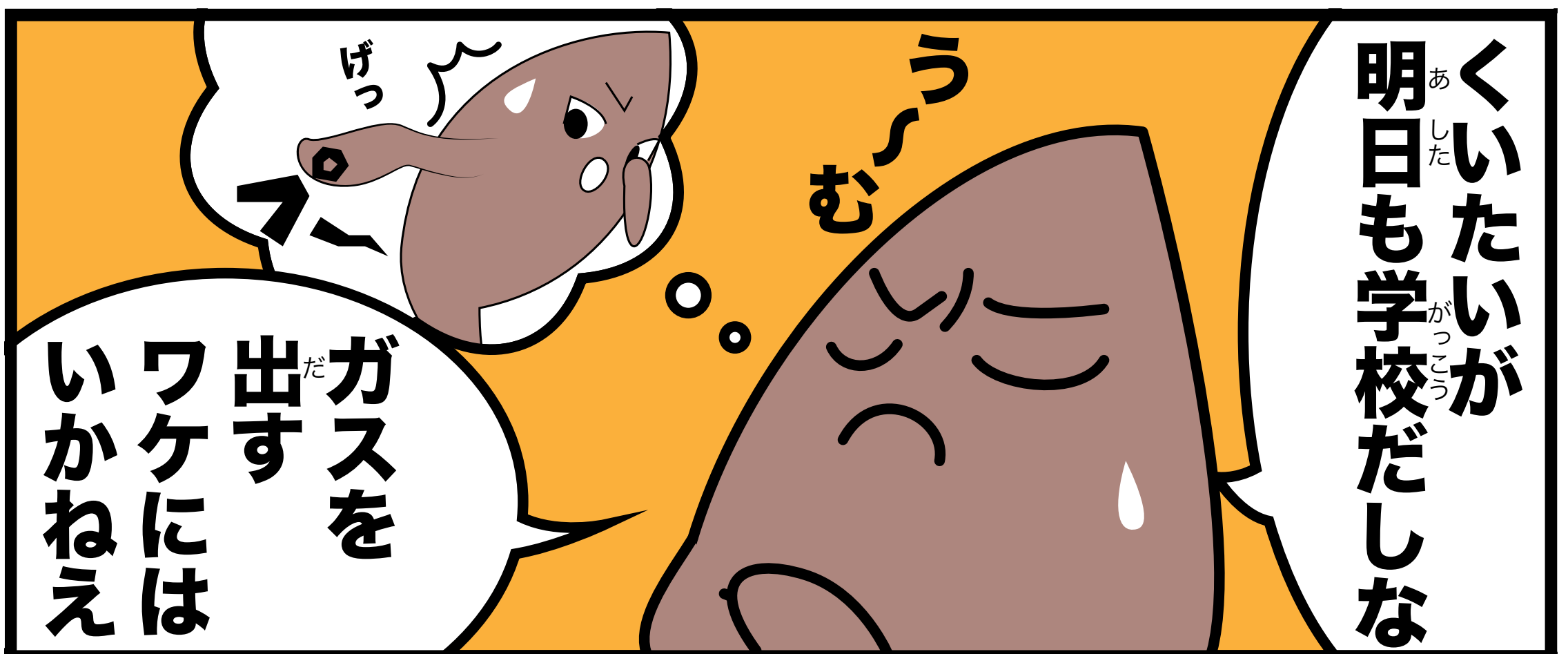
Why am I on the reserve bench and you're on the regular!  
You're not a substitute, you're a secret weapon.



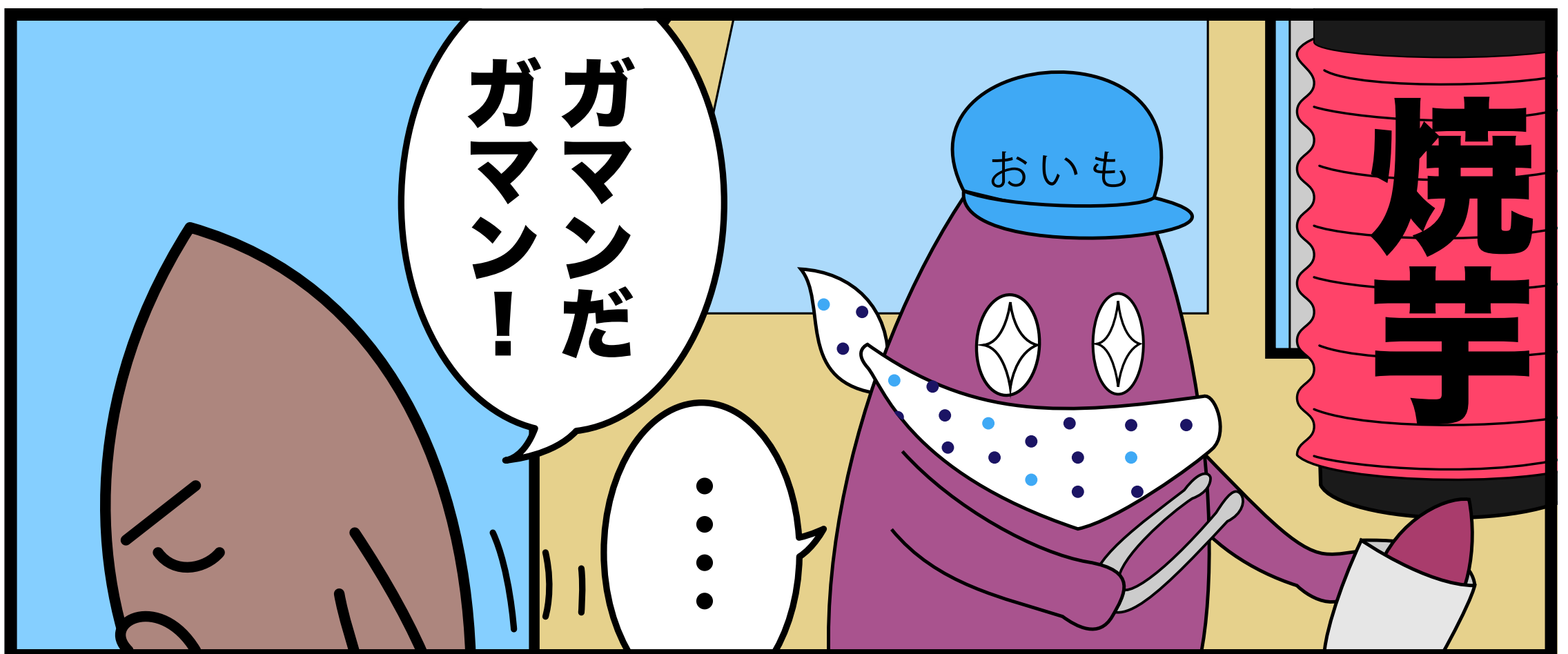
132 kcal/100g



Is it roasted potato season already?



I want to eat, but I have school tomorrow. I can't let my farts out.



Hold on, let's hold on.