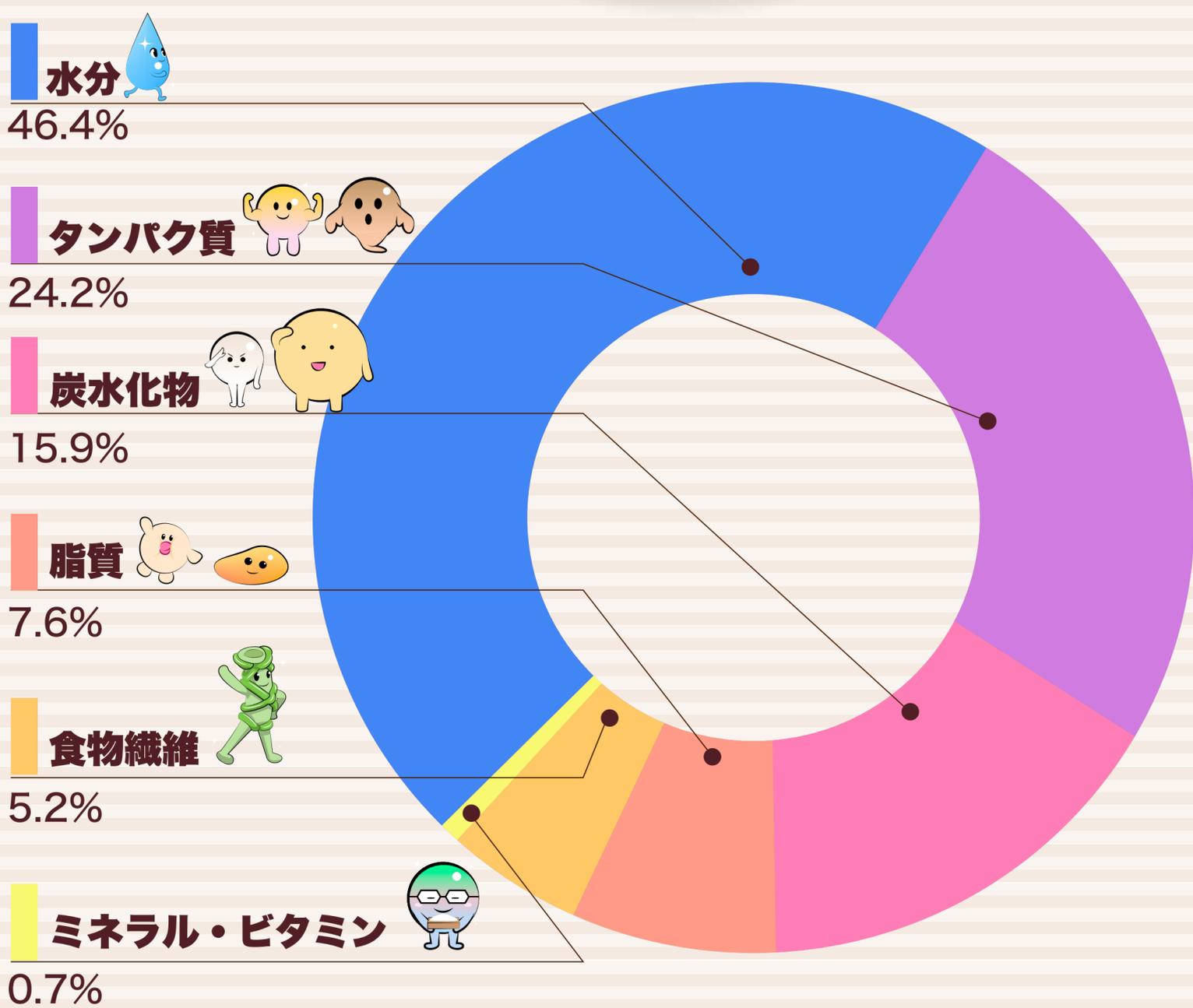


# 納豆の栄養カタログ

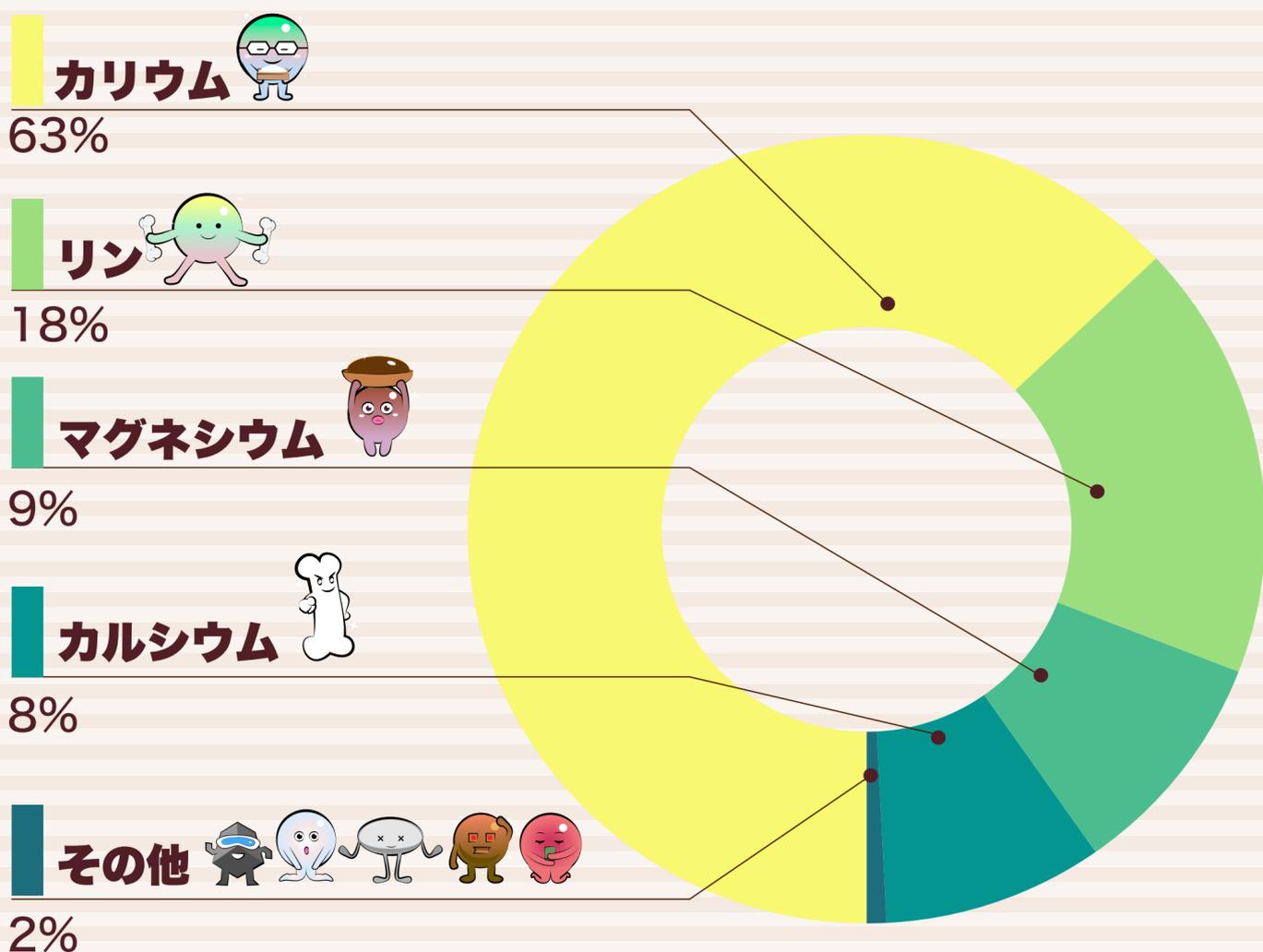
natto nutrition catalog



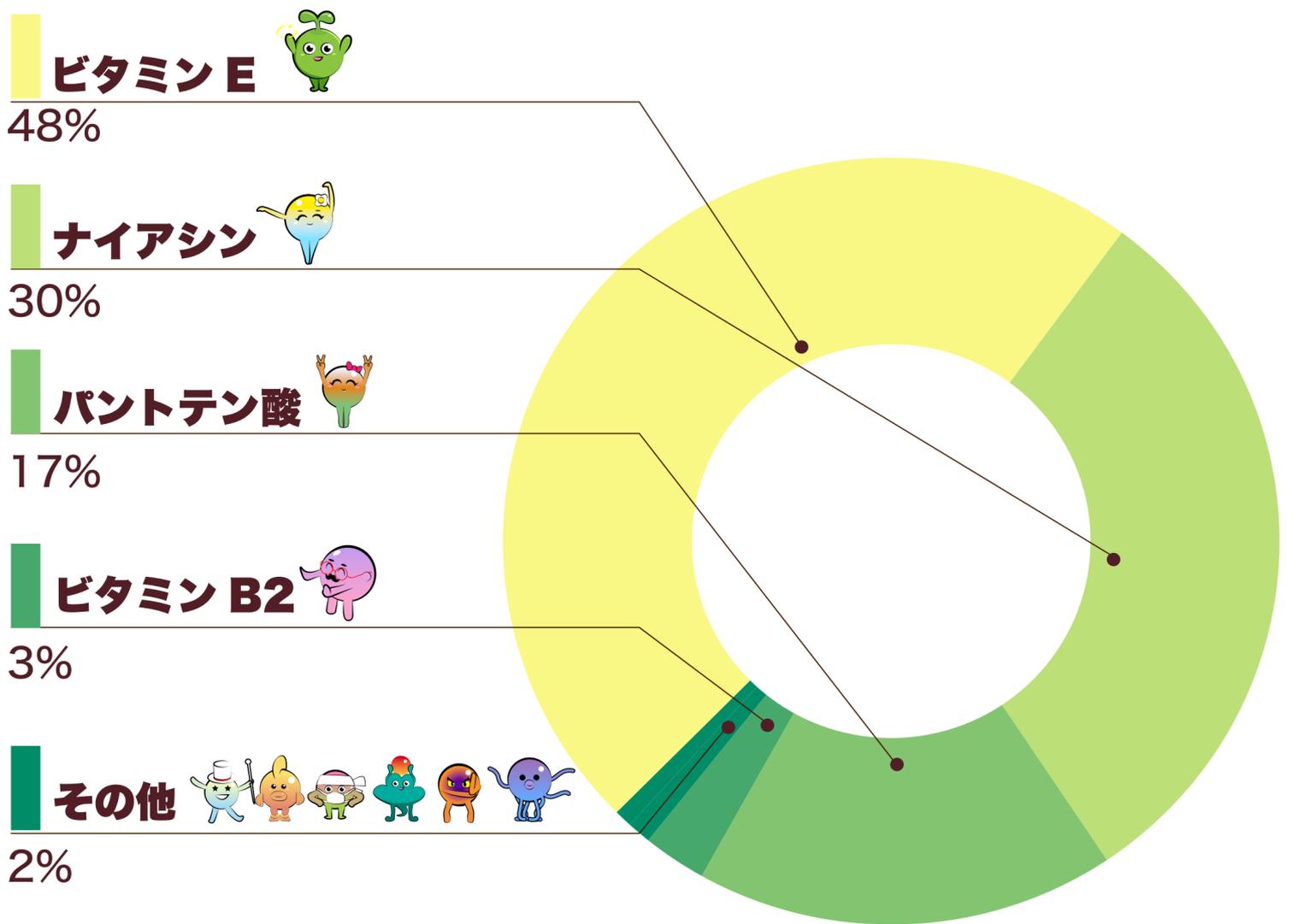
## 栄養成分割合 Nutrient component ratio



## ミネラル成分割合



# ビタミン成分割合



## 栄養と効果一覧

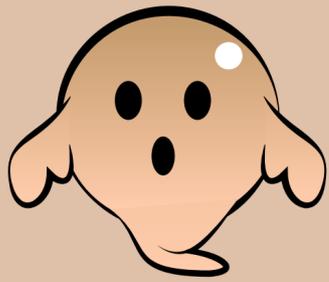
List of nutritional effects



**タンパク質**  
Protein

**血液や筋肉をつくってくれる**

***Builds blood and muscle***



**ナットウキナーゼ**  
Nattokinase

**血栓を溶かしてくれる**

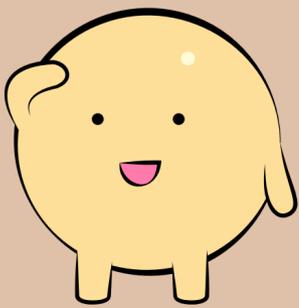
***Dissolves blood clots***



**炭水化物**  
Carbohydrate

**体のエネルギーになる**

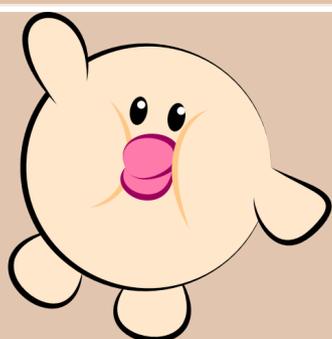
***Energy for the body***



**デンプン**  
Starch

**体のエネルギーになる**

***Energy for the body***



**脂質**  
Lipid

**エネルギーになる**

***Become energy***



**レシチン**  
*lecithin*

**頭が良くなる**  
*Get smarter*



**食物繊維**  
*Dietary fiber*

**おつうじの量をふやしてくれる**  
*Increase stool volume*



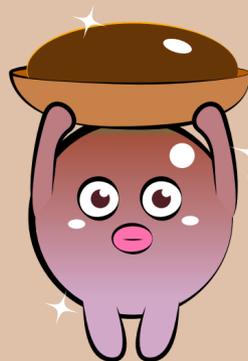
**カリウム**  
*Potassium*

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



**リン**  
*Rin*

**骨や歯の材料になる**  
*Become material for bones and teeth*



**マグネシウム**  
*Magnesium*

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



**カルシウム**  
*Calcium*

**骨をつくる**  
*Make bones*



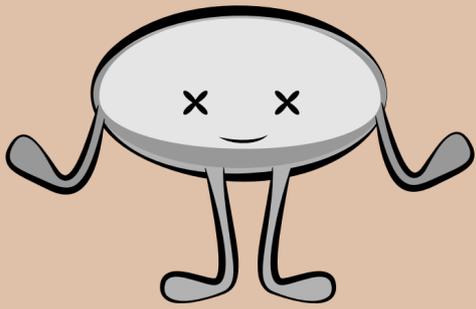
**鉄分**  
*Iron*

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



**ナトリウム**  
Sodium

**水分バランスを良くしてくれる**  
*Improves water balance*



**亜鉛**  
Zinc

**鼻水など風邪なども良くする**  
*Relieves colds such as runny nose*



**銅**  
Copper

**貧血などから守ってくれる**  
*Protects against anemia*



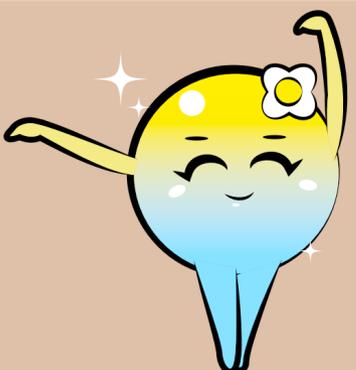
**セレン**  
Selenium

**肌、血管、筋肉の老化を遅らせる**  
*Delays aging of skin, blood vessels and muscles*



**ビタミンE**  
Vitamin E

**老化を防ぐ**  
*Prevent aging*



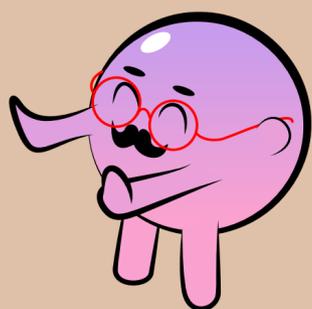
**ナイアシン**  
Niacin

**皮膚や粘膜を健康に保つ**  
*Keep skin and mucous membranes healthy*



**パントテン酸**  
Pantothenic acid

**善玉コレステロールを増やしてくれる**  
*Increases good cholesterol*



**ビタミン B2**  
Vitamin B2

**皮膚や粘膜を健康に保つ**

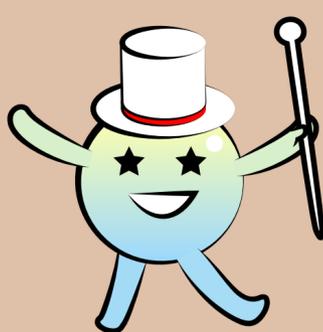
*Keep skin and mucous membranes healthy*



**ビタミン B6**  
Vitamin B6

**赤血球をつくってくれる**

*Makes red blood cells*



**ビタミン B1**  
Vitamin B1

**ブドウ糖をエネルギーに変えてくれる**

*converts glucose into energy*



**ビタミン K**  
Vitamin K

**骨を強くするのを助ける**

*Help strengthen bones*



**葉酸**  
Folic acid

**血液の材料になる**

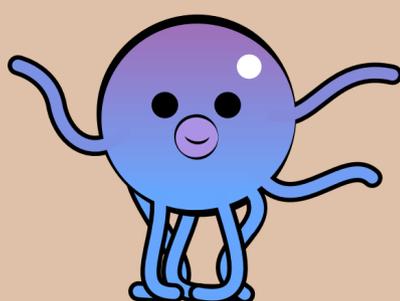
*Become part of blood*



**ビオチン**  
Biotin

**肌、爪、髪を健康を保つ**

*Keep skin, nails and hair healthy*

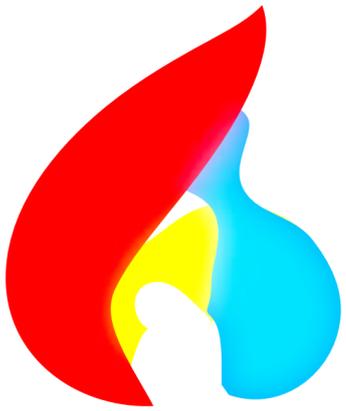


**アルギニン**  
Arginine

**体にあるものをエネルギーに変えてくれる**

*Converts things in the body into energy*

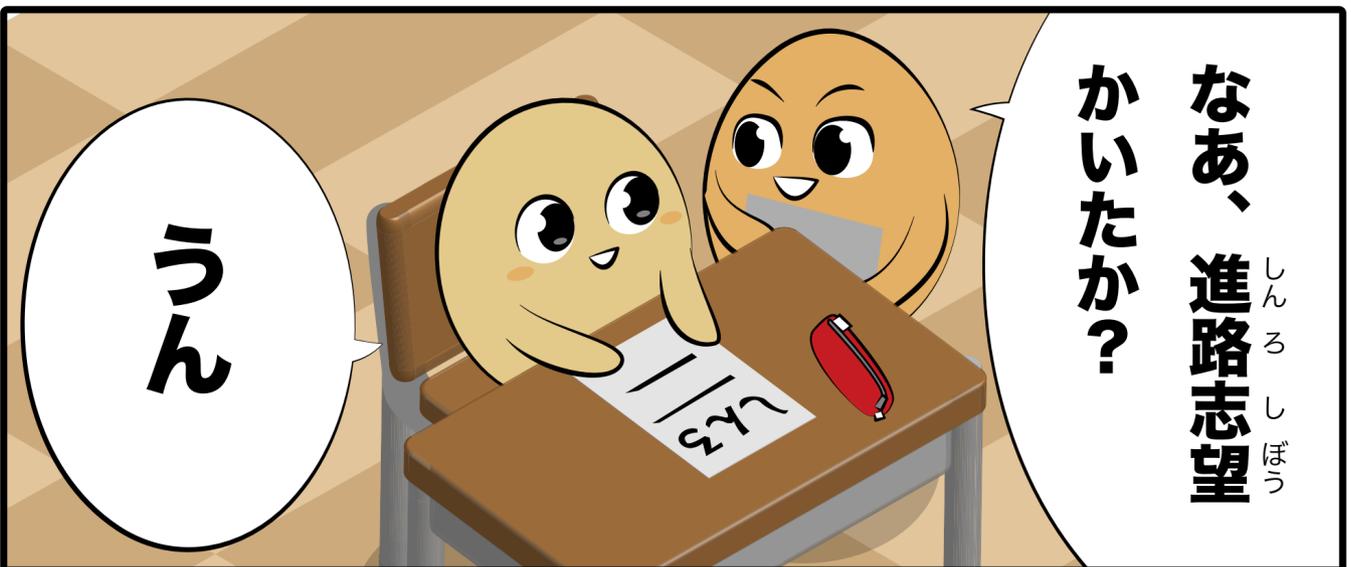
カロリー  
calorie



200 kcal/100g

4コマ漫画  
4-panel cartoon

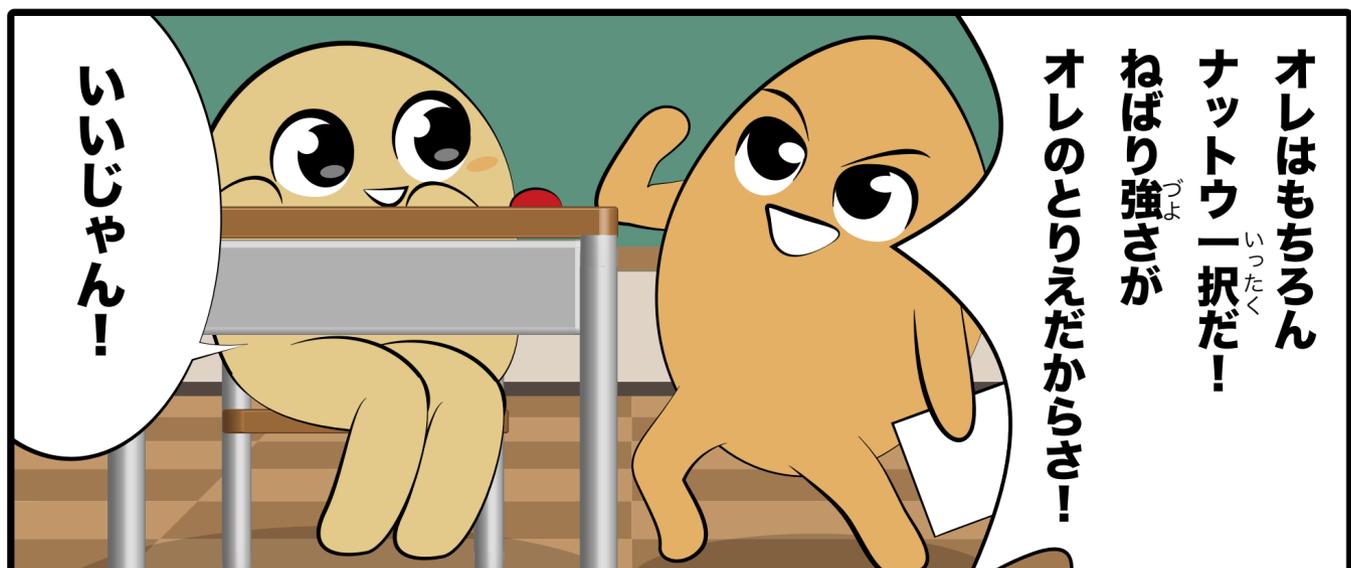
大豆たちの夢  
Soybeans' dream



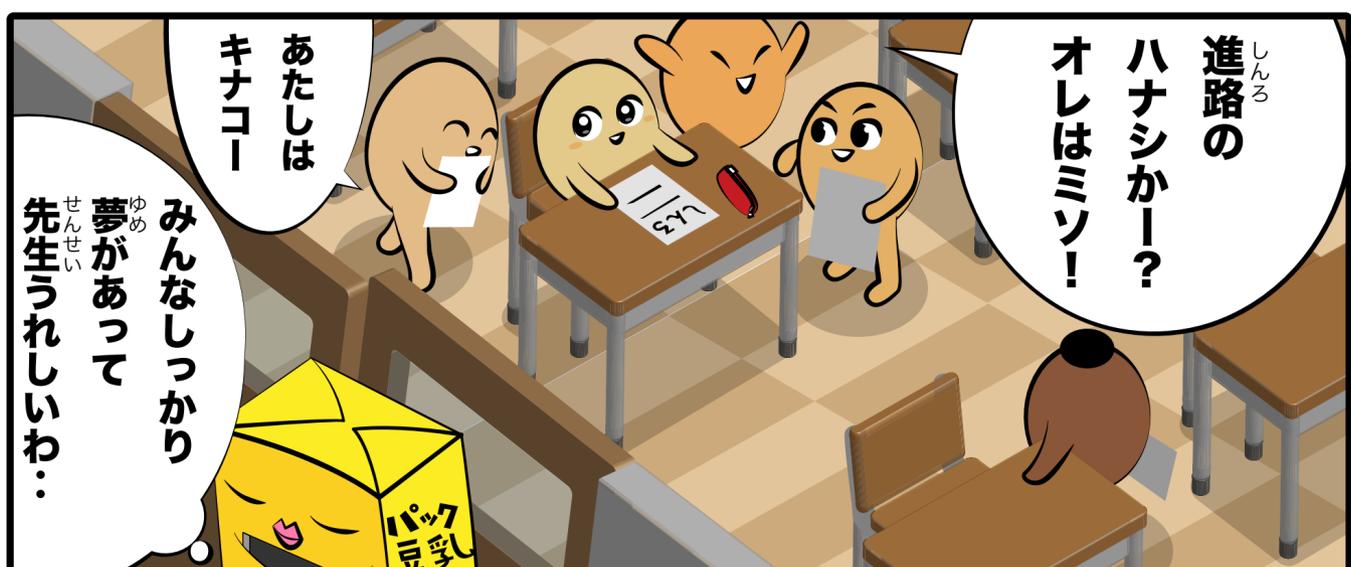
Hey, did you write your career aspirations? Yes.



hmm, do you want tofu? I was longing for whitening, so what about you?



Of course I'm natto! 'Cause tenacity is my specialty! How nice!



Are you talking about career paths? I am miso. I'm Kinako. (I'm glad that everyone has a solid dream.)

詳しくは、WEB サイトへ

<https://eikyuhozon.com/chinesecabbage.html>

イラレブック