

栄養量および食品群別給与量表 [3歳未満児（基本食）] 2023年4月分

| 日   | 曜日 | エネルギー | たんぱく質 | 脂質    | カルシウム | 鉄    | ビタミンA | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維  | 食塩相当量 | 米    | パン類   | めん類 | その他の穀類 | いも及びでん粉類 | 砂糖類  | 菓子類   | 油脂類  | 種実類 | 魚類   | 肉類    | 卵類  | 豆類    | 乳類     | 緑黄色野菜 | その他の野菜類 | 果実類   | 海藻類 | 調味料類   | 調理加工食品類 | その他    |   |  |
|-----|----|-------|-------|-------|-------|------|-------|--------|--------|-------|-------|-------|------|-------|-----|--------|----------|------|-------|------|-----|------|-------|-----|-------|--------|-------|---------|-------|-----|--------|---------|--------|---|--|
|     |    | kcal  | g     | g     | mg    | mg   | μg    | mg     | mg     | mg    | g     | g     | g    | g     | g   | g      | g        | g    | g     | g    | g   | g    | g     | g   | g     | g      | g     | g       | g     | g   | g      | g       | g      | g |  |
| 1   | 土  | 440   | 14.6  | 15.7  | 193   | 1.8  | 242   | 0.22   | 0.32   | 27    | 6.4   | 1.3   | 40   | 1.6   | 0   | 0      | 46.6     | 0.4  | 5.2   | 8.1  | 0   | 4    | 20.8  | 0   | 0     | 99.4   | 40    | 24.8    | 33.6  | 0   | 84     | 0       | 100    |   |  |
| 2   | 日  |       |       |       |       |      |       |        |        |       |       |       |      |       |     |        |          |      |       |      |     |      |       |     |       |        |       |         |       |     |        |         |        |   |  |
| 3   | 月  | 480   | 17.7  | 16.6  | 212   | 2    | 140   | 0.21   | 0.26   | 22    | 4.9   | 1     | 40   | 1.8   | 12  | 0      | 0        | 3.8  | 5.2   | 4.8  | 1.2 | 4    | 17.6  | 0   | 18.4  | 96     | 18.4  | 44.8    | 33.6  | 0   | 86.9   | 0       | 103.2  |   |  |
| 4   | 火  | 492   | 23.1  | 17.1  | 274   | 2.5  | 133   | 0.54   | 0.41   | 33    | 4.4   | 1.6   | 32   | 37.6  | 0   | 0      | 16       | 0.7  | 5.2   | 2.4  | 0   | 6.4  | 45.6  | 0   | 0     | 152    | 25.6  | 36.8    | 12.8  | 0   | 7.2    | 0       | 124    |   |  |
| 5   | 水  | 442   | 20.1  | 12.8  | 175   | 1.6  | 158   | 0.34   | 0.42   | 28    | 2.6   | 1     | 40   | 10.7  | 0   | 0      | 4        | 0.9  | 5.2   | 2    | 0   | 36   | 16.4  | 0   | 0     | 96     | 31.2  | 34.4    | 33.6  | 0   | 120.9  | 0       | 115.1  |   |  |
| 6   | 木  | 544   | 20.2  | 20.4  | 331   | 2.4  | 130   | 0.44   | 0.41   | 10    | 3     | 1.4   | 40   | 20.4  | 0   | 0      | 0        | 4.8  | 5.2   | 6.5  | 0.8 | 0    | 31.2  | 5.6 | 25.6  | 166.4  | 13.6  | 25.6    | 0     | 0   | 86.7   | 0       | 100    |   |  |
| 7   | 金  | 452   | 18    | 11.3  | 226   | 1.8  | 244   | 0.24   | 0.34   | 27    | 3.3   | 0.9   | 40   | 3.2   | 0   | 0      | 2        | 7.7  | 13.2  | 0    | 0   | 0.4  | 36    | 6.4 | 5     | 112    | 51.2  | 31.2    | 67.2  | 0.5 | 133.3  | 0       | 124    |   |  |
| 8   | 土  | 491   | 18.2  | 14.3  | 223   | 1.6  | 229   | 0.25   | 0.37   | 22    | 3.9   | 1.1   | 40   | 22.2  | 0   | 0      | 16       | 5.2  | 5.2   | 6.2  | 0.8 | 0    | 40    | 0   | 0     | 120    | 32    | 18.4    | 33.6  | 0   | 3      | 0       | 181.2  |   |  |
| 9   | 日  |       |       |       |       |      |       |        |        |       |       |       |      |       |     |        |          |      |       |      |     |      |       |     |       |        |       |         |       |     |        |         |        |   |  |
| 10  | 月  | 571   | 18.1  | 19.5  | 249   | 2.2  | 221   | 0.35   | 0.3    | 24    | 6.9   | 1.4   | 40   | 23.2  | 0   | 0      | 45.8     | 6.8  | 5.2   | 8.8  | 0   | 0    | 22.4  | 0   | 59.2  | 96     | 32.8  | 19.2    | 33.6  | 0.1 | 5.8    | 0       | 232    |   |  |
| 11  | 火  | 488   | 16.9  | 15.3  | 281   | 2.5  | 201   | 0.43   | 0.34   | 21    | 2.8   | 0.9   | 40   | 5.2   | 0   | 0      | 0        | 11.4 | 13.2  | 8    | 1.2 | 0    | 25.2  | 0   | 1.6   | 144    | 18.4  | 60      | 12.8  | 0   | 18.8   | 0       | 176    |   |  |
| 12  | 水  | 459   | 22.2  | 11.5  | 179   | 1.7  | 133   | 0.34   | 0.34   | 12    | 2.8   | 2.3   | 32   | 0     | 28  | 0      | 3.2      | 0.8  | 5.2   | 4.8  | 0   | 36.2 | 28    | 0   | 0     | 96     | 32    | 10.4    | 33.6  | 0   | 118.2  | 0       | 101.6  |   |  |
| 13  | 木  | 454   | 17    | 12.4  | 249   | 1.5  | 183   | 0.4    | 0.39   | 27    | 6.5   | 1.8   | 40   | 0     | 28  | 0      | 36       | 2.6  | 5.2   | 2.6  | 0   | 0    | 21.6  | 0   | 16    | 152    | 44    | 45.4    | 0     | 0.2 | 132    | 7.2     | 100    |   |  |
| 14  | 金  | 498   | 17.5  | 15.4  | 289   | 8.2  | 116   | 0.21   | 0.4    | 14    | 3.4   | 0.9   | 40   | 16    | 0   | 0      | 4.5      | 4.6  | 5.2   | 11.8 | 0   | 0    | 40    | 0   | 0     | 125    | 30.4  | 22.4    | 27.2  | 1   | 85.6   | 0       | 100    |   |  |
| 15  | 土  | 440   | 14.6  | 15.7  | 193   | 1.8  | 242   | 0.22   | 0.32   | 27    | 6.4   | 1.3   | 40   | 1.6   | 0   | 0      | 46.6     | 0.4  | 5.2   | 8.1  | 0   | 4    | 20.8  | 0   | 0     | 99.4   | 40    | 24.8    | 33.6  | 0   | 84     | 0       | 100    |   |  |
| 16  | 日  |       |       |       |       |      |       |        |        |       |       |       |      |       |     |        |          |      |       |      |     |      |       |     |       |        |       |         |       |     |        |         |        |   |  |
| 17  | 月  | 480   | 17.7  | 16.6  | 212   | 2    | 140   | 0.21   | 0.26   | 22    | 4.9   | 1     | 40   | 1.8   | 12  | 0      | 0        | 3.8  | 5.2   | 4.8  | 1.2 | 4    | 17.6  | 0   | 18.4  | 96     | 18.4  | 44.8    | 33.6  | 0   | 86.9   | 0       | 103.2  |   |  |
| 18  | 火  | 492   | 23.1  | 17.1  | 274   | 2.5  | 133   | 0.54   | 0.41   | 33    | 4.4   | 1.6   | 32   | 37.6  | 0   | 0      | 16       | 0.7  | 5.2   | 2.4  | 0   | 6.4  | 45.6  | 0   | 0     | 152    | 25.6  | 36.8    | 12.8  | 0   | 7.2    | 0       | 124    |   |  |
| 19  | 水  | 442   | 20.1  | 12.8  | 175   | 1.6  | 158   | 0.34   | 0.42   | 28    | 2.6   | 1     | 40   | 10.7  | 0   | 0      | 4        | 0.9  | 5.2   | 2    | 0   | 36   | 16.4  | 0   | 0     | 96     | 31.2  | 34.4    | 33.6  | 0   | 120.9  | 0       | 115.1  |   |  |
| 20  | 木  | 544   | 20.2  | 20.4  | 331   | 2.4  | 130   | 0.44   | 0.41   | 10    | 3     | 1.4   | 40   | 20.4  | 0   | 0      | 0        | 4.8  | 5.2   | 6.5  | 0.8 | 0    | 31.2  | 5.6 | 25.6  | 166.4  | 13.6  | 25.6    | 0     | 0   | 86.7   | 0       | 100    |   |  |
| 21  | 金  | 452   | 18    | 11.3  | 226   | 1.8  | 244   | 0.24   | 0.34   | 27    | 3.3   | 0.9   | 40   | 3.2   | 0   | 0      | 2        | 7.7  | 13.2  | 0    | 0   | 0.4  | 36    | 6.4 | 5     | 112    | 51.2  | 31.2    | 67.2  | 0.5 | 133.3  | 0       | 124    |   |  |
| 22  | 土  | 491   | 18.2  | 14.3  | 223   | 1.6  | 229   | 0.25   | 0.37   | 22    | 3.9   | 1.1   | 40   | 22.2  | 0   | 0      | 16       | 5.2  | 5.2   | 6.2  | 0.8 | 0    | 40    | 0   | 0     | 120    | 32    | 18.4    | 33.6  | 0   | 3      | 0       | 181.2  |   |  |
| 23  | 日  |       |       |       |       |      |       |        |        |       |       |       |      |       |     |        |          |      |       |      |     |      |       |     |       |        |       |         |       |     |        |         |        |   |  |
| 24  | 月  | 571   | 18.1  | 19.5  | 249   | 2.2  | 221   | 0.35   | 0.3    | 24    | 6.9   | 1.4   | 40   | 23.2  | 0   | 0      | 45.8     | 6.8  | 5.2   | 8.8  | 0   | 0    | 22.4  | 0   | 59.2  | 96     | 32.8  | 19.2    | 33.6  | 0.1 | 5.8    | 0       | 232    |   |  |
| 25  | 火  | 488   | 16.9  | 15.3  | 281   | 2.5  | 201   | 0.43   | 0.34   | 21    | 2.8   | 0.9   | 40   | 5.2   | 0   | 0      | 0        | 11.4 | 13.2  | 8    | 1.2 | 0    | 25.2  | 0   | 1.6   | 144    | 18.4  | 60      | 12.8  | 0   | 18.8   | 0       | 176    |   |  |
| 26  | 水  | 459   | 22.2  | 11.5  | 179   | 1.7  | 133   | 0.34   | 0.34   | 12    | 2.8   | 2.3   | 32   | 0     | 28  | 0      | 3.2      | 0.8  | 5.2   | 4.8  | 0   | 36.2 | 28    | 0   | 0     | 96     | 32    | 10.4    | 33.6  | 0   | 118.2  | 0       | 101.6  |   |  |
| 27  | 木  | 454   | 17    | 12.4  | 249   | 1.5  | 183   | 0.4    | 0.39   | 27    | 6.5   | 1.8   | 40   | 0     | 28  | 0      | 36       | 2.6  | 5.2   | 2.6  | 0   | 0    | 21.6  | 0   | 16    | 152    | 44    | 45.4    | 0     | 0.2 | 132    | 7.2     | 100    |   |  |
| 28  | 金  | 498   | 17.5  | 15.4  | 289   | 8.2  | 116   | 0.21   | 0.4    | 14    | 3.4   | 0.9   | 40   | 16    | 0   | 0      | 4.5      | 4.6  | 5.2   | 11.8 | 0   | 0    | 40    | 0   | 0     | 125    | 30.4  | 22.4    | 27.2  | 1   | 85.6   | 0       | 100    |   |  |
| 29  | 土  |       |       |       |       |      |       |        |        |       |       |       |      |       |     |        |          |      |       |      |     |      |       |     |       |        |       |         |       |     |        |         |        |   |  |
| 30  | 日  |       |       |       |       |      |       |        |        |       |       |       |      |       |     |        |          |      |       |      |     |      |       |     |       |        |       |         |       |     |        |         |        |   |  |
| 合計  |    | 11622 | 447.2 | 364.6 | 5762  | 59.6 | 4260  | 7.94   | 8.6    | 534   | 101.8 | 31.2  | 928  | 283.8 | 136 | 0      | 348.2    | 99.4 | 156.8 | 132  | 8   | 174  | 689.6 | 24  | 251.6 | 2909.6 | 739.2 | 746.8   | 643.2 | 3.6 | 1764.8 | 14.4    | 3114.2 |   |  |
| 平均  |    | 484   | 18.6  | 15.2  | 240   | 2.5  | 178   | 0.33   | 0.36   | 22    | 4.2   | 1.3   | 38.7 | 11.8  | 5.7 | 0      | 14.5     | 4.1  | 6.5   | 5.5  | 0.3 | 7.3  | 28.7  | 1   | 10.5  | 121.2  | 30.8  | 31.1    | 26.8  | 0.2 | 73.5   | 0.6     | 129.8  |   |  |
| 目標量 |    | 463   | 17.4  | 14.9  | 213   | 2.3  | 188   | 0.25   | 0.28   | 20    | 3.5   | 1.5   | 35   | 3     | 5   | 7      | 18       | 4    | -     | 5    | -   | 8    | 15    | 4   | 11    | 100    | 25    | 35      | 20    | 4   | -      | -       | -      |   |  |