

図3

①1日の食事バランス-1

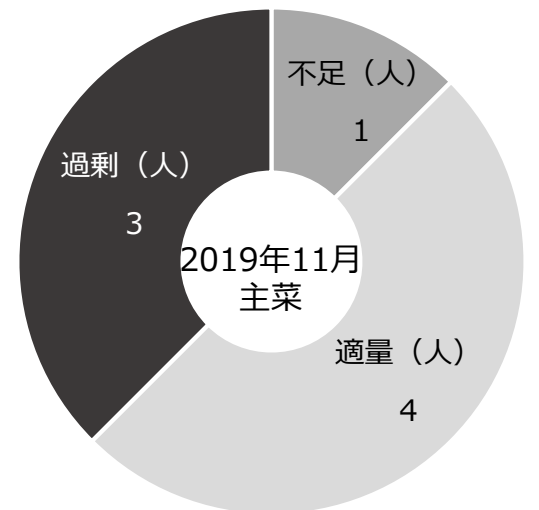
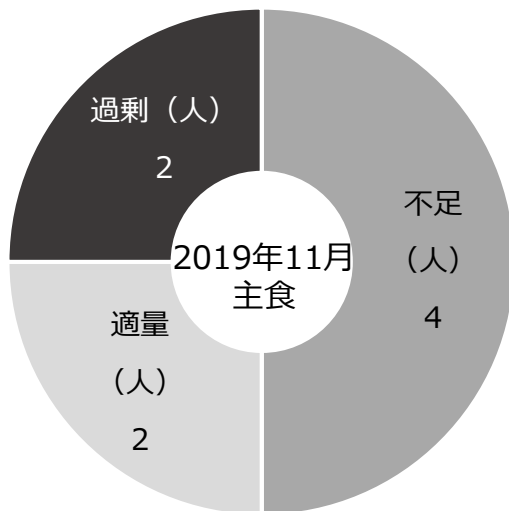
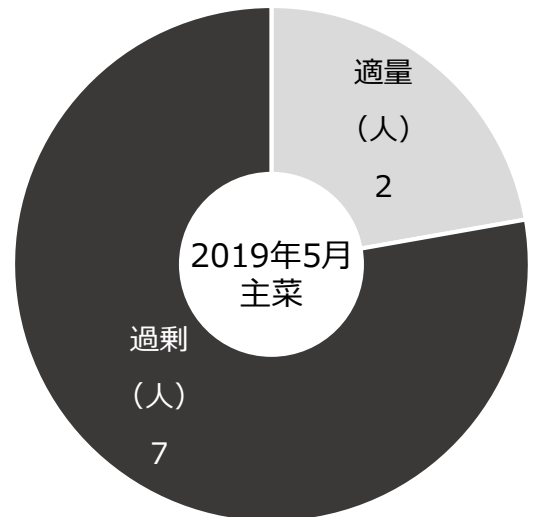
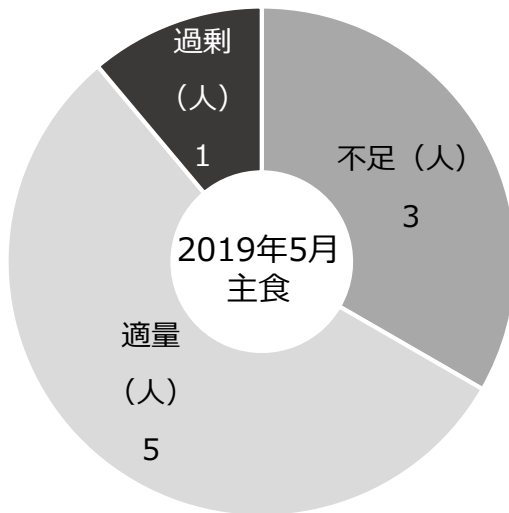
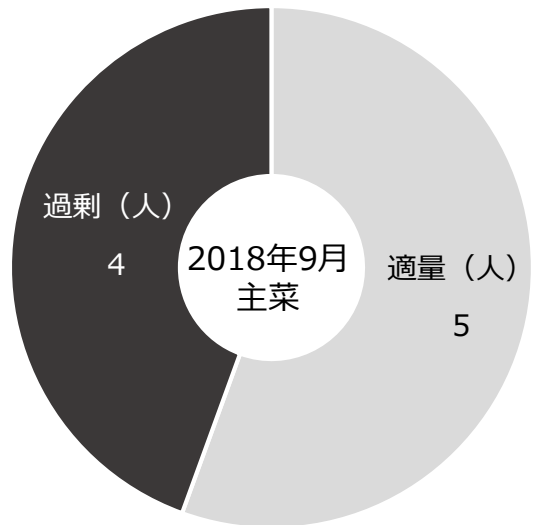
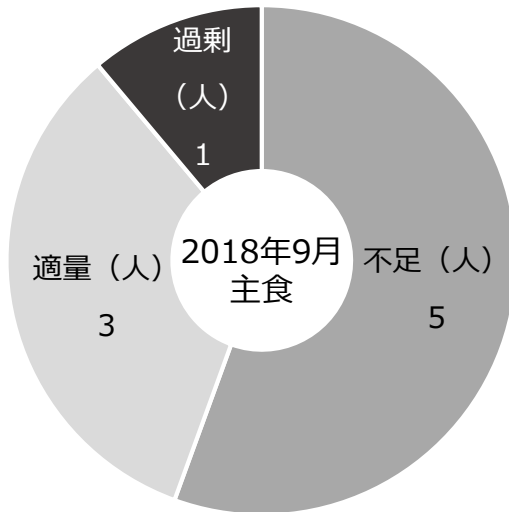


図3

①1日の食事バランス-2

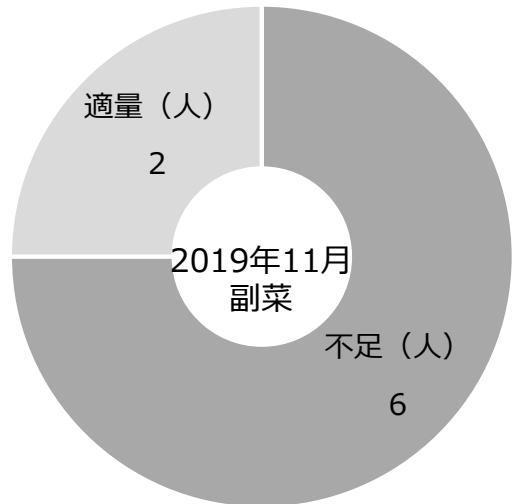
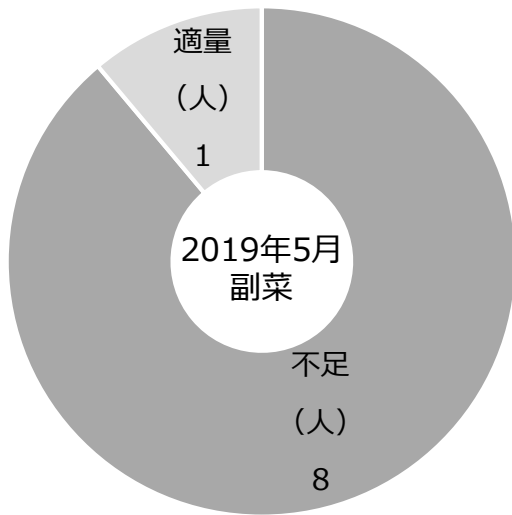
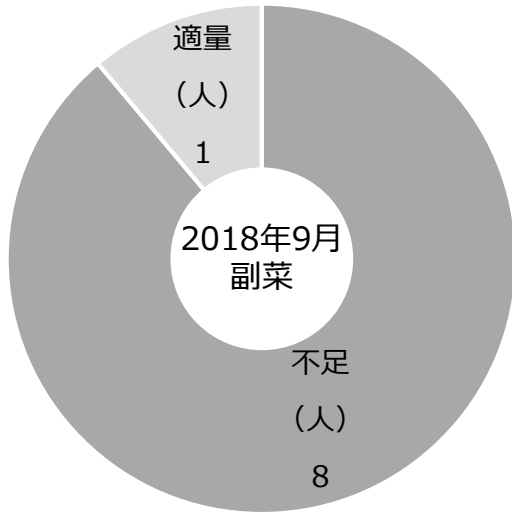
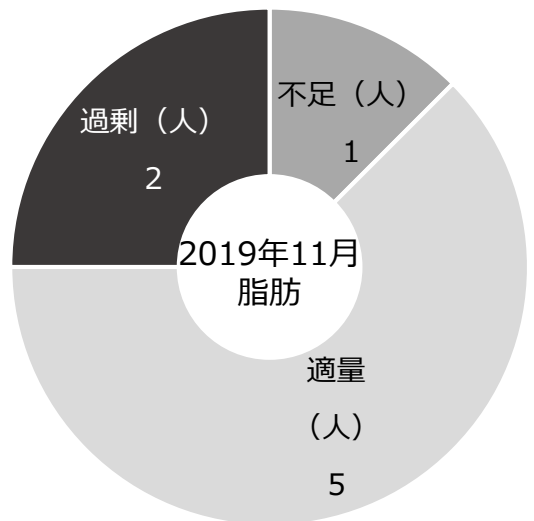
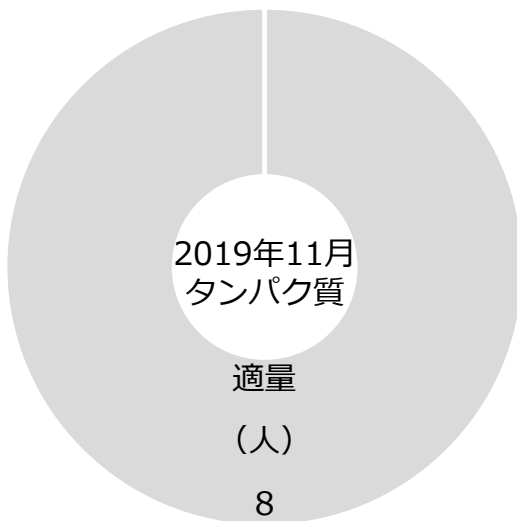
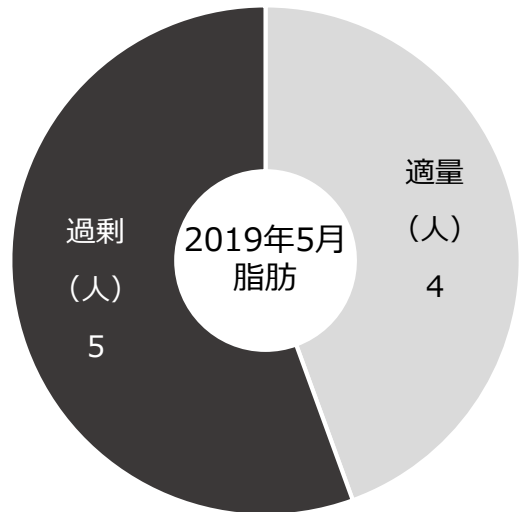
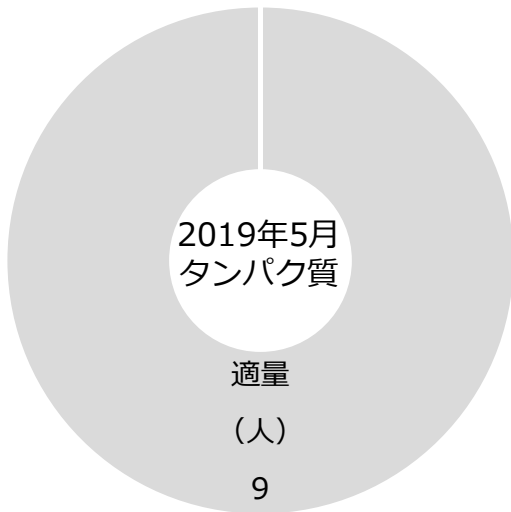
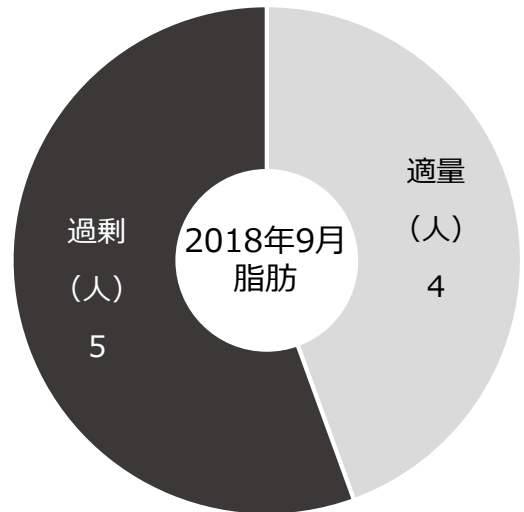
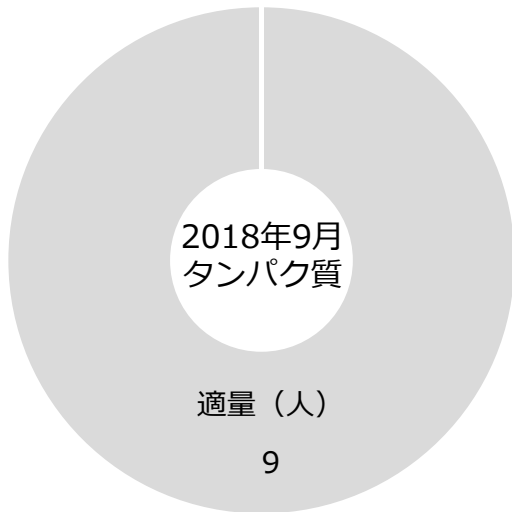


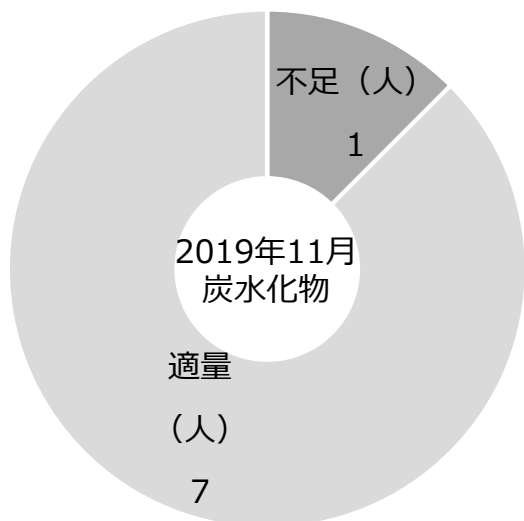
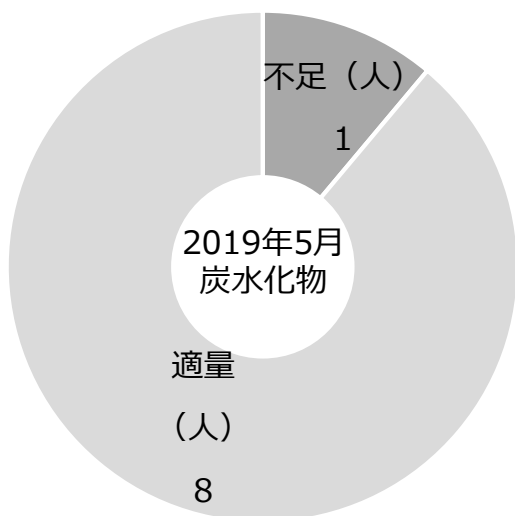
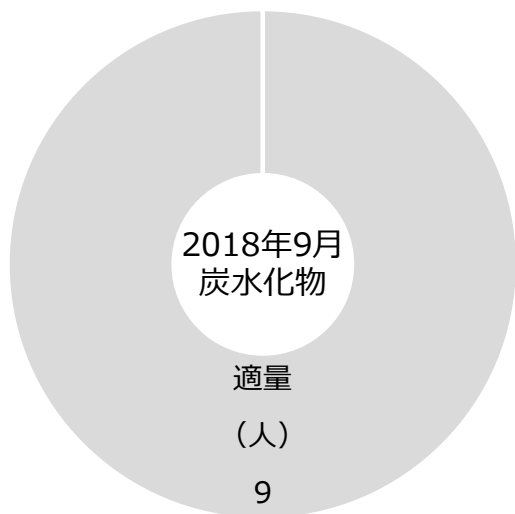
図3

②1日当り栄養素摂取量 - 1



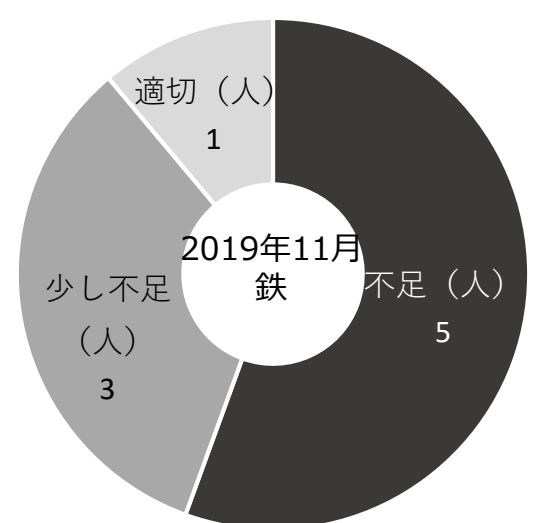
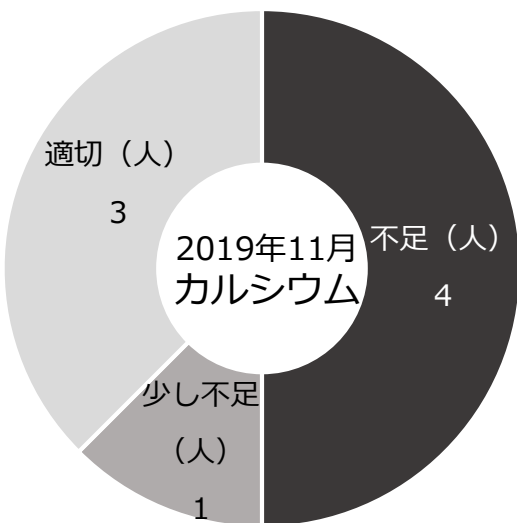
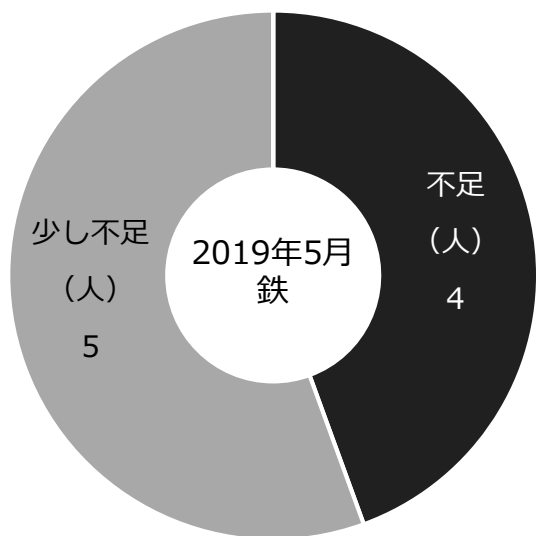
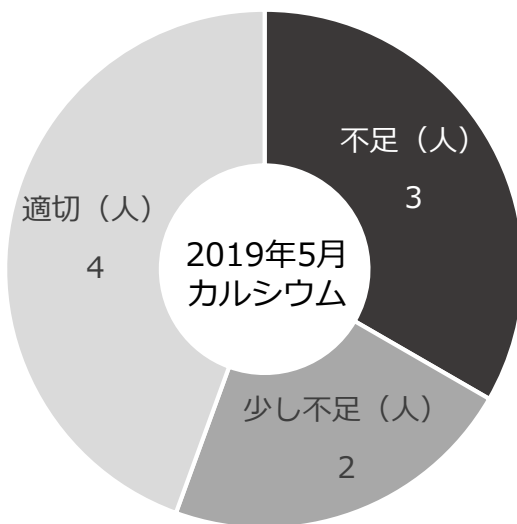
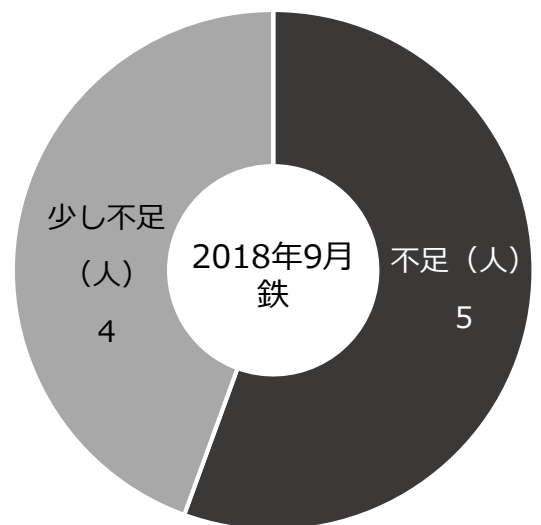
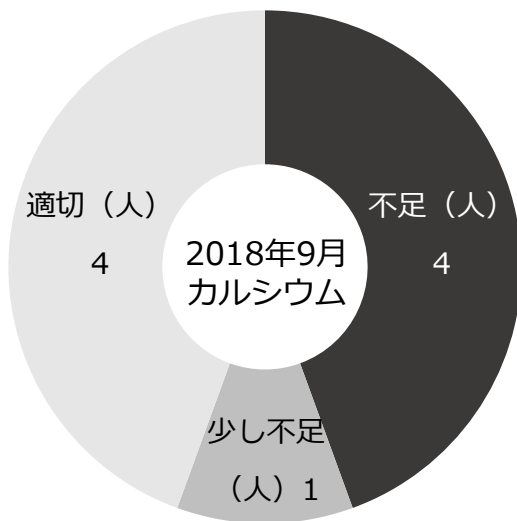
### (3) 食事・栄養摂取の変化（2018年9月～2019年11月）

#### ②1日当り栄養素摂取量－2



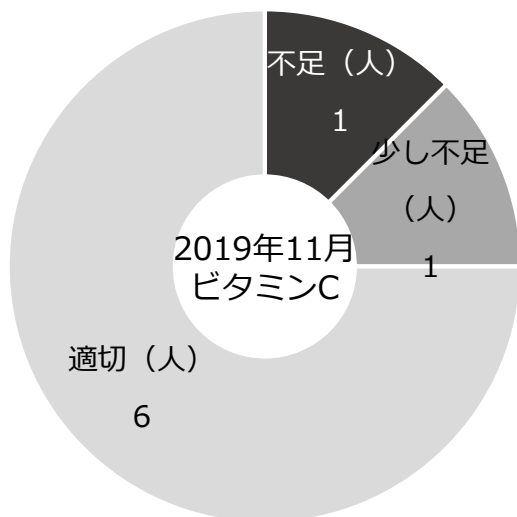
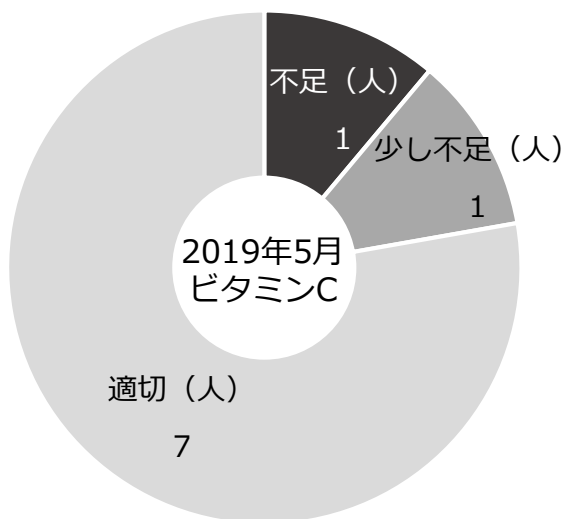
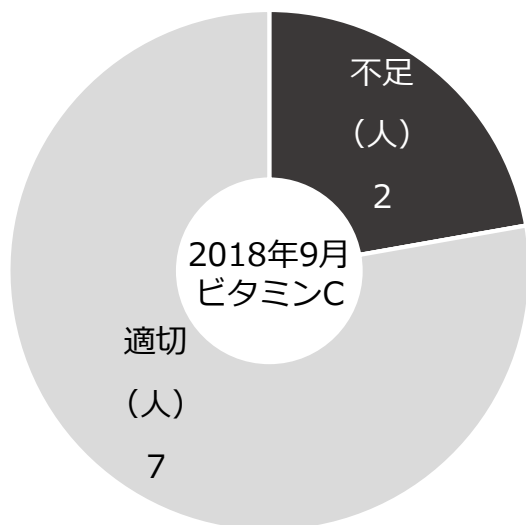
### (3) 食事・栄養摂取の変化（2018年9月～2019年11月）

#### ③不足が気になる栄養素－1



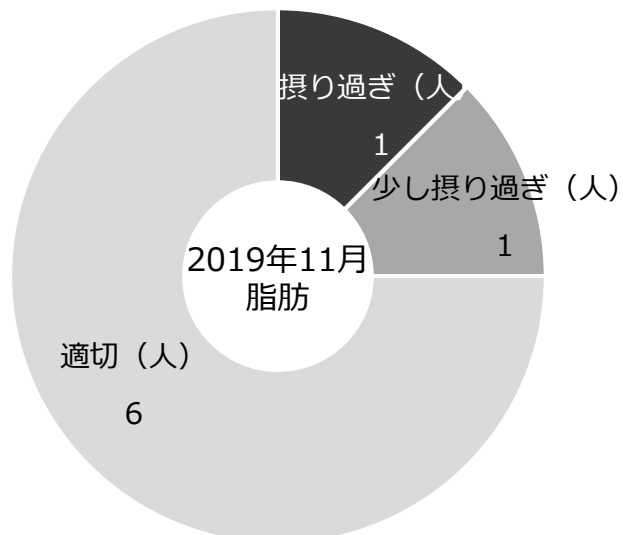
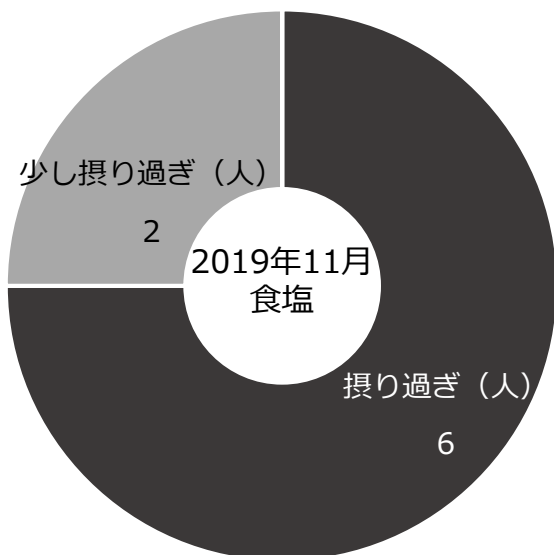
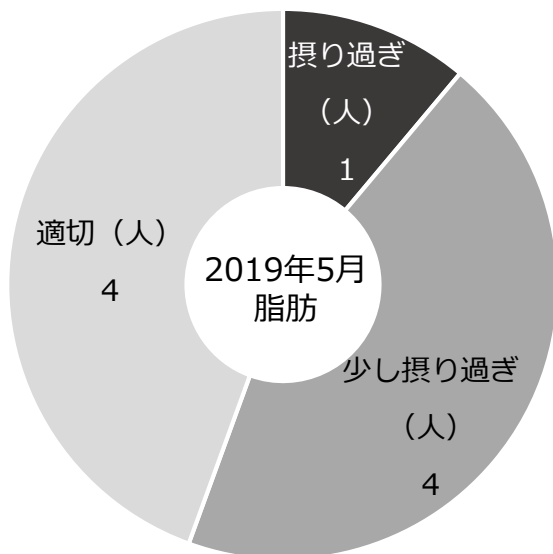
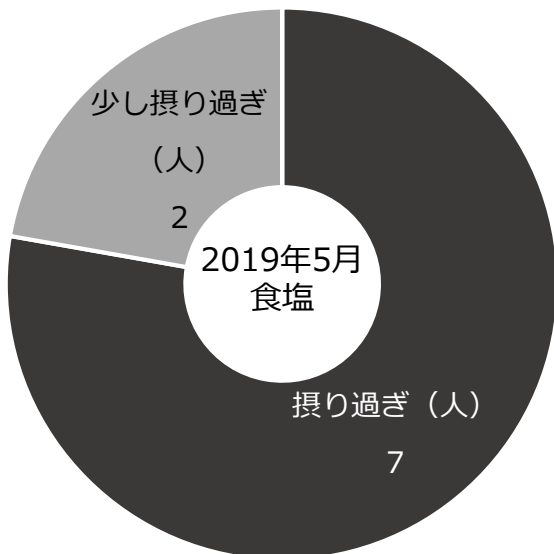
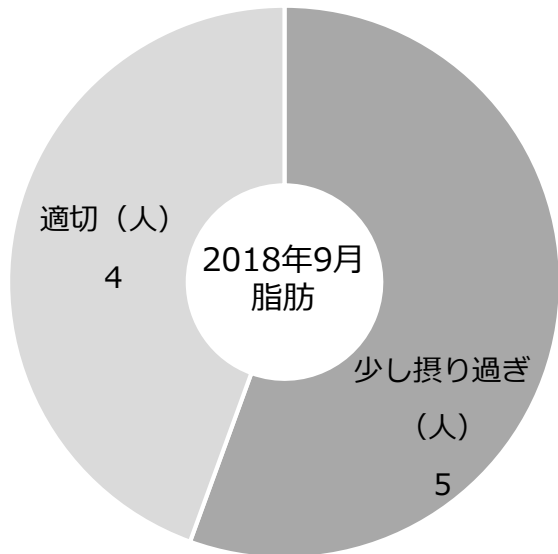
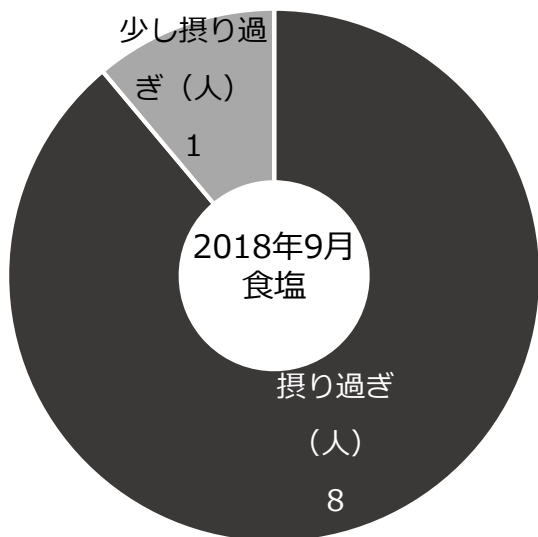
### (3) 食事・栄養摂取の変化（2018年9月～2019年11月）

#### ③不足が気になる栄養素－2



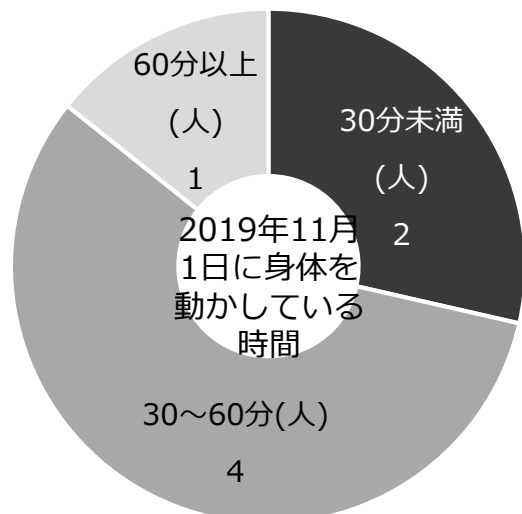
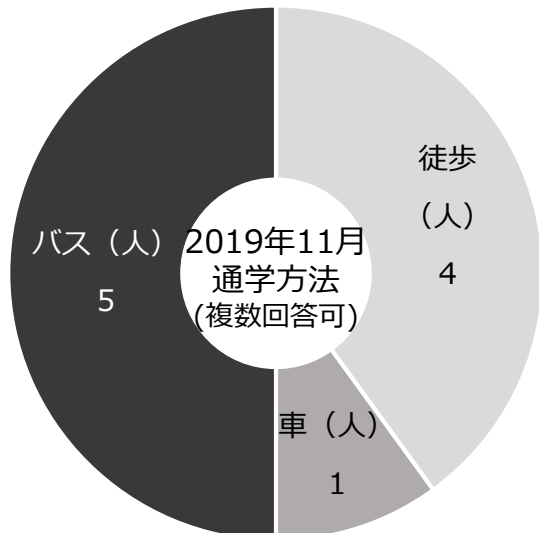
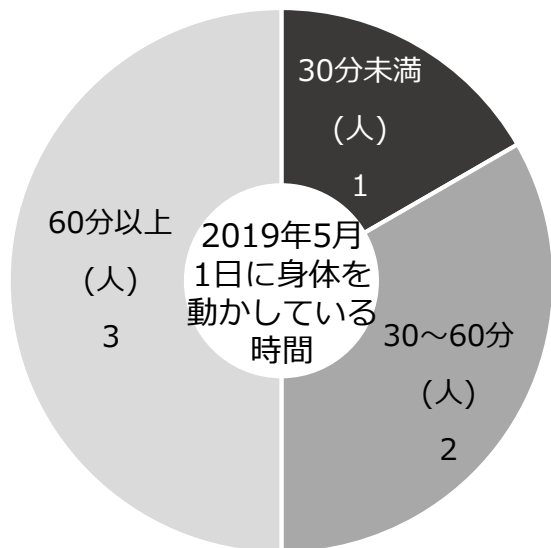
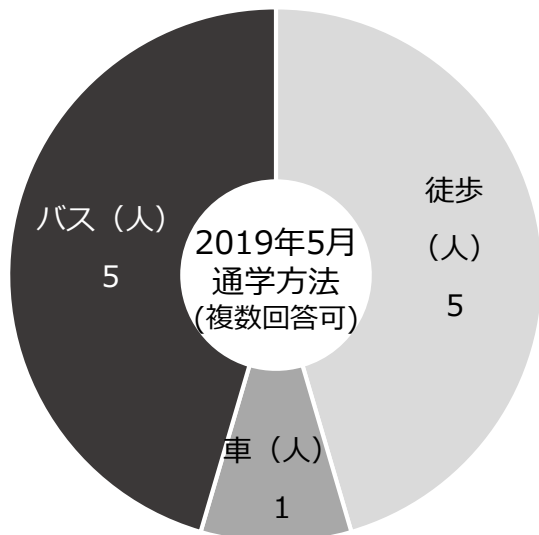
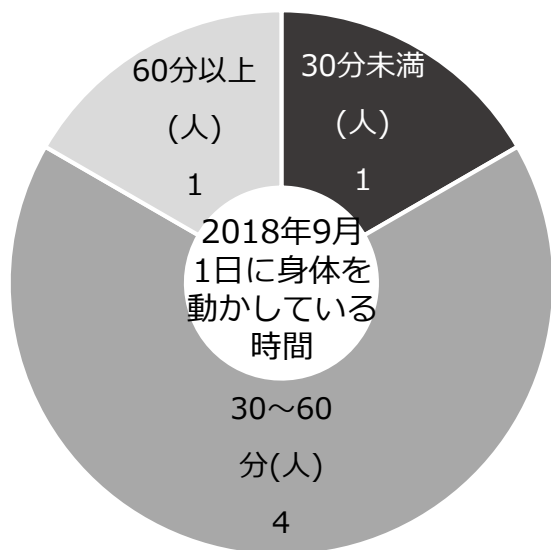
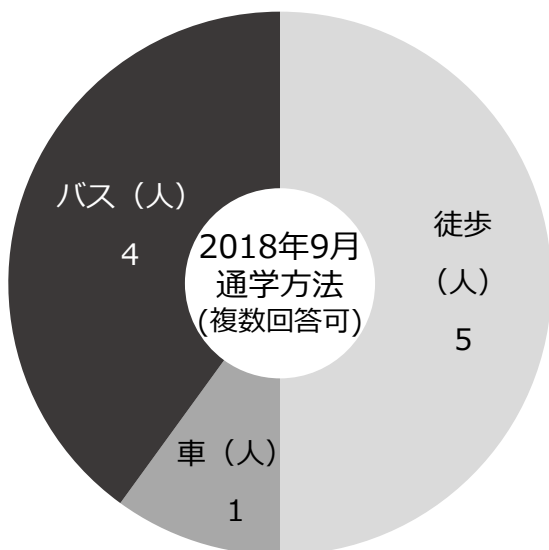
### (3) 食事・栄養摂取の変化（2018年9月～2019年11月）

#### ④とりすぎが気になる栄養素



## (4) 生活・知識・行動の変化 (2018年9月～2019年11月)

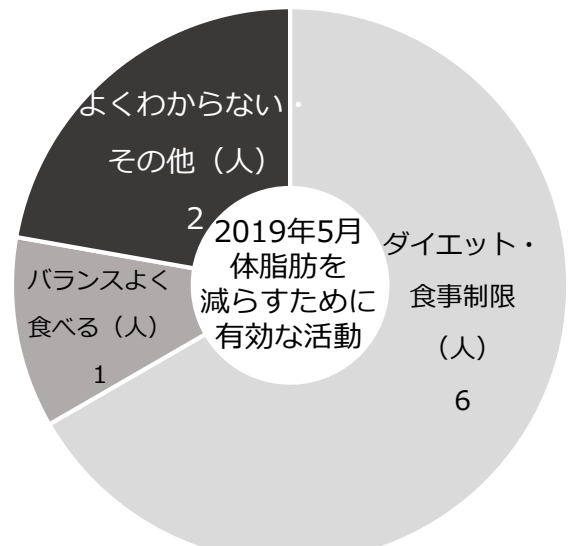
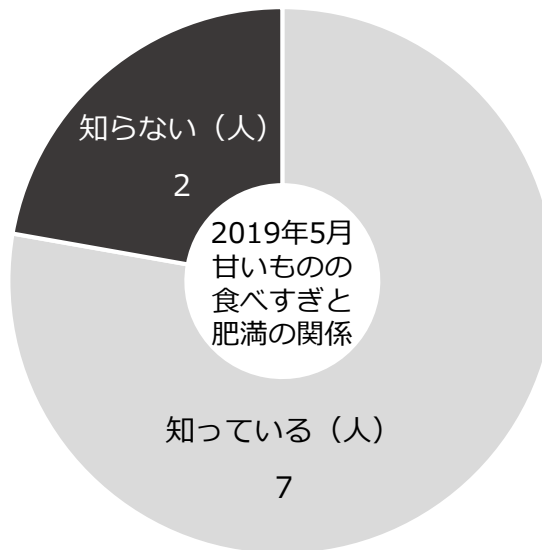
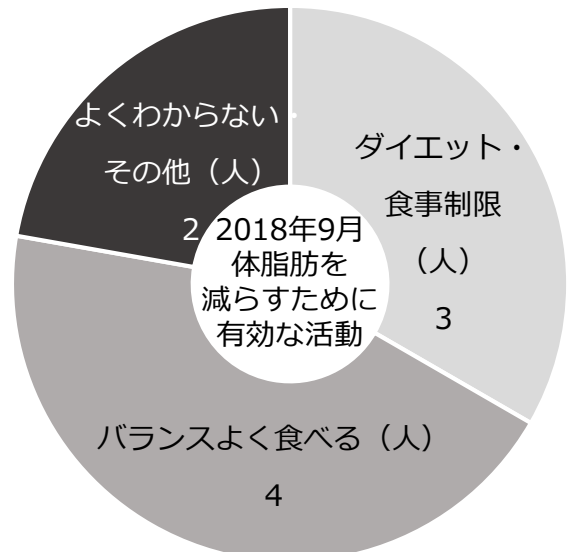
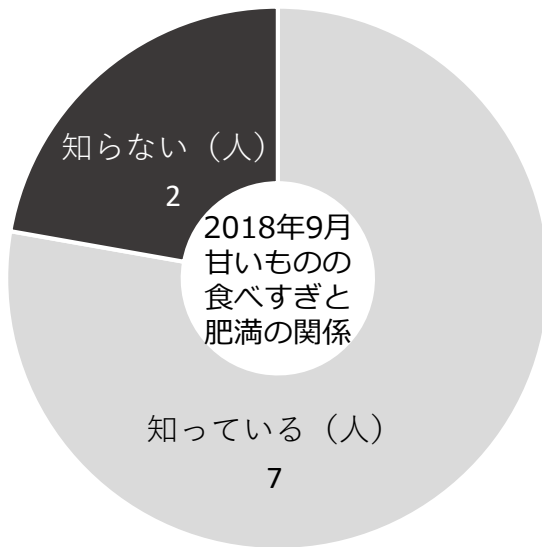
### ①日常生活活動について





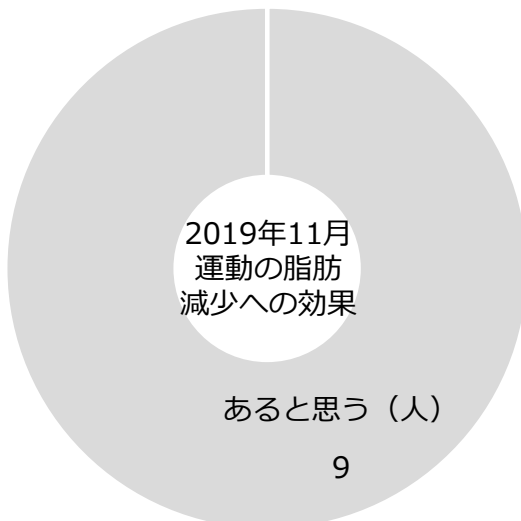
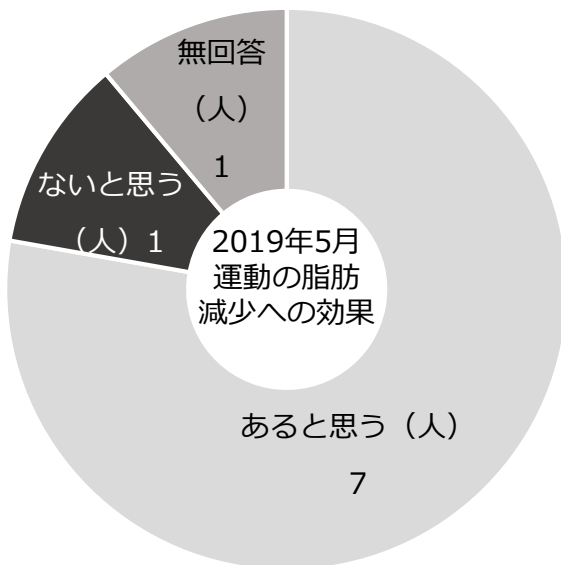
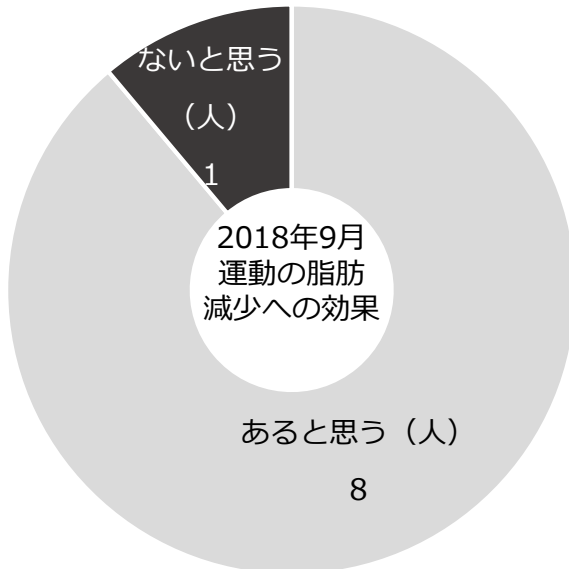
#### (4) 生活・知識・行動の変化 (2018年9月～2019年11月)

##### ②からだのしくみについて-1



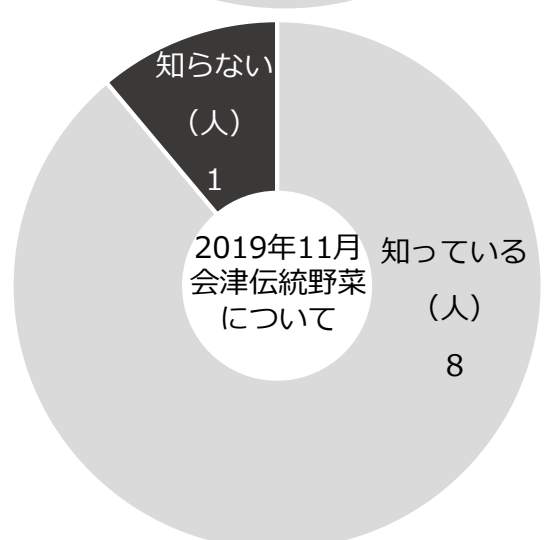
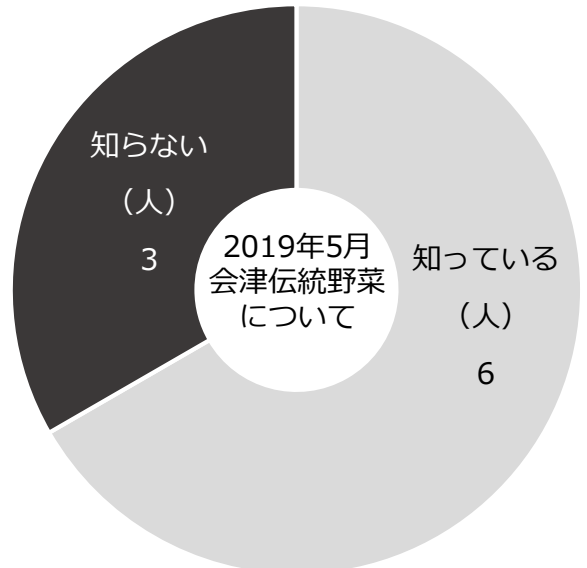
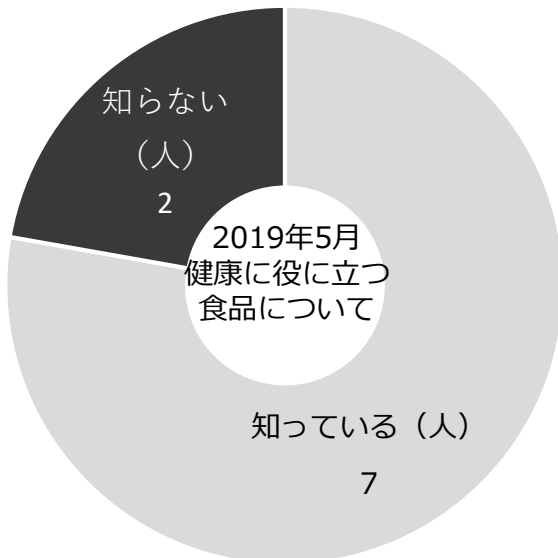
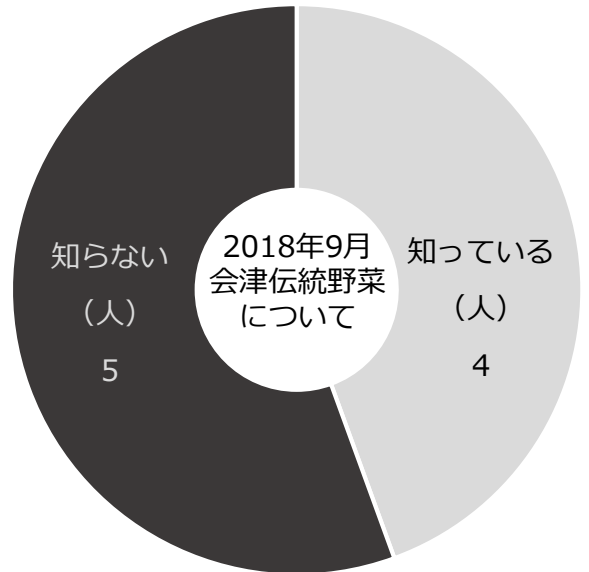
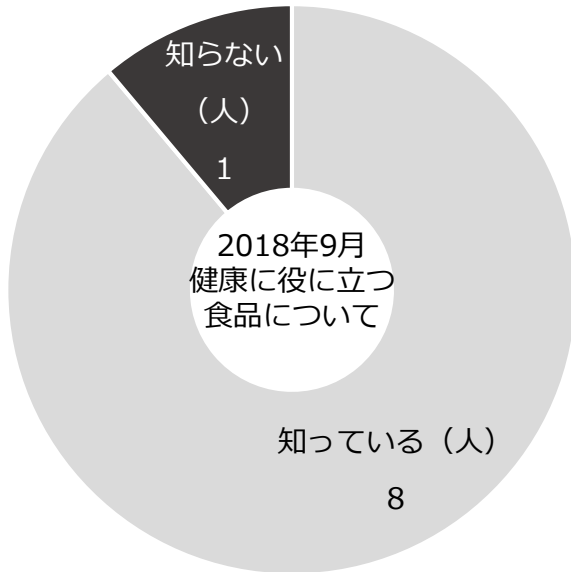
#### (4) 生活・知識・行動の変化 (2018年9月～2019年11月)

##### ②からだのしくみについて-2



#### (4) 生活・知識・行動の変化 (2018年9月～2019年11月)

##### ③食品についての知識・行動-1



### (3) 生活・知識・行動の変化 (2018年9月～2019年11月)

#### ③食品についての知識・行動ー2

