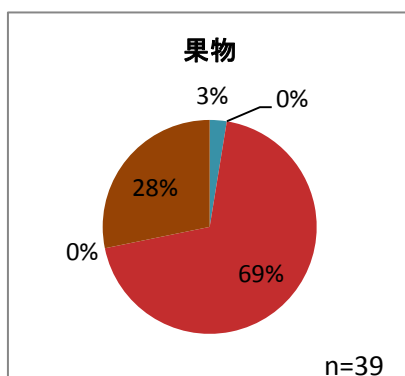
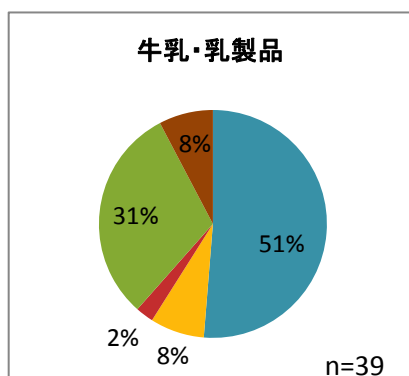
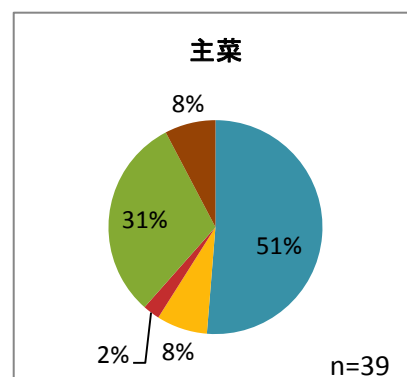
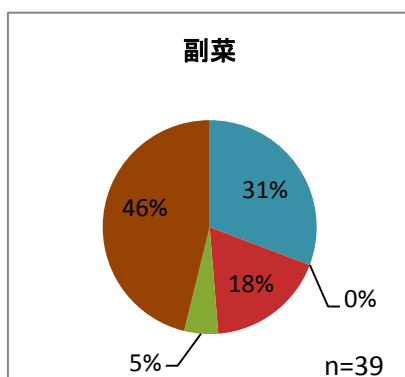
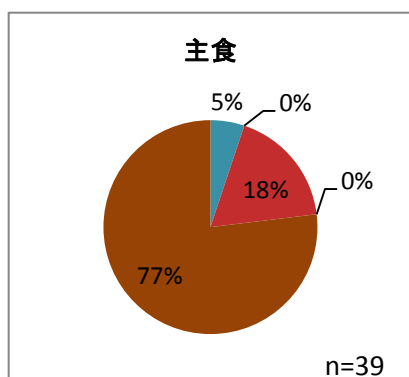


ヘルスジャッジ Jr.を用いた食事調査（統計データ②）

| No. | [食事バランス]主食 | | | [食事バランス]副菜 | | | [食事バランス]主菜 | | | [食事バランス]牛乳・乳製品 | | | [食事バランス]果物 | | | [食事バランス] お菓子・嗜好飲料(kcal) |
|-----|------------|----------|----|------------|----------|----|------------|----------|----|----------------|----------|----|------------|----------|----|----------------------------|
| | 結果(SV) | オススメ(SV) | 判定 | 結果(SV) | オススメ(SV) | 判定 | 結果(SV) | オススメ(SV) | 判定 | 結果(SV) | オススメ(SV) | 判定 | 結果(SV) | オススメ(SV) | 判定 | |
| 1 | 3 | 5 | 5 | 3 | 6 | 5 | 4 | 4 | 1 | 1 | 2 | 5 | 0 | 2 | 3 | 224 |
| 2 | 3 | 5 | 5 | 3 | 6 | 5 | 6 | 4 | 4 | 2 | 2 | 1 | 0 | 2 | 3 | 98 |
| 3 | 3 | 5 | 5 | 1 | 6 | 3 | 3 | 4 | 1 | 4 | 2 | 4 | 0 | 2 | 3 | 216 |
| 4 | 2 | 5 | 5 | 4 | 6 | 5 | 1 | 4 | 3 | 6 | 2 | 2 | 0 | 2 | 3 | 73 |
| 5 | 2 | 5 | 5 | 4 | 6 | 5 | 6 | 4 | 4 | 3 | 2 | 4 | 0 | 2 | 3 | 377 |
| 6 | 3 | 5 | 5 | 3 | 6 | 5 | 2 | 4 | 5 | 2 | 2 | 1 | 1 | 2 | 5 | 0 |
| 7 | 2 | 5 | 5 | 5 | 6 | 1 | 13 | 4 | 2 | 5 | 2 | 2 | 0 | 2 | 3 | 306 |
| 8 | 2 | 5 | 5 | 4 | 6 | 5 | 4 | 4 | 1 | 0 | 2 | 3 | 1 | 2 | 5 | 52 |
| 9 | 2 | 5 | 5 | 5 | 6 | 1 | 8 | 4 | 2 | 2 | 2 | 1 | 0 | 2 | 3 | 39 |
| 10 | 4 | 5 | 1 | 0 | 6 | 3 | 5 | 4 | 4 | 5 | 2 | 2 | 0 | 2 | 3 | 56 |
| 11 | 3 | 5 | 5 | 0 | 6 | 3 | 3 | 4 | 1 | 3 | 2 | 4 | 0 | 2 | 3 | 216 |
| 12 | 3 | 5 | 5 | 5 | 6 | 1 | 5 | 4 | 4 | 2 | 2 | 1 | 0 | 2 | 3 | 0 |
| 13 | 2 | 6 | 3 | 5 | 6 | 1 | 4 | 4 | 1 | 2 | 2 | 1 | 0 | 2 | 3 | 254 |
| 14 | 3 | 6 | 5 | 2 | 6 | 3 | 2 | 4 | 5 | 0 | 2 | 3 | 0 | 2 | 3 | 20 |
| 15 | 4 | 6 | 5 | 3 | 6 | 5 | 3 | 4 | 1 | 2 | 2 | 1 | 0 | 2 | 3 | 0 |
| 16 | 2 | 6 | 3 | 5 | 6 | 1 | 3 | 4 | 1 | 2 | 2 | 1 | 0 | 2 | 3 | 0 |
| 17 | 2 | 6 | 3 | 3 | 6 | 5 | 3 | 4 | 1 | 5 | 2 | 2 | 0 | 2 | 3 | 56 |
| 18 | 5 | 6 | 1 | 5 | 6 | 1 | 7 | 4 | 4 | 5 | 2 | 2 | 0 | 2 | 3 | 0 |
| 19 | 3 | 6 | 5 | 4 | 6 | 5 | 5 | 4 | 1 | 0 | 2 | 3 | 1 | 2 | 5 | 0 |
| 20 | 3 | 6 | 5 | 4 | 6 | 5 | 3 | 4 | 1 | 3 | 2 | 4 | 1 | 2 | 5 | 52 |
| 21 | 3 | 6 | 5 | 6 | 6 | 1 | 5 | 4 | 1 | 2 | 2 | 1 | 1 | 2 | 5 | 0 |
| 22 | 3 | 6 | 5 | 5 | 6 | 1 | 4 | 4 | 1 | 3 | 2 | 4 | 1 | 2 | 5 | 0 |
| 23 | 3 | 6 | 5 | 3 | 6 | 5 | 9 | 4 | 2 | 5 | 2 | 2 | 1 | 2 | 5 | 0 |
| 24 | 4 | 6 | 5 | 2 | 6 | 3 | 5 | 4 | 1 | 3 | 2 | 4 | 0 | 2 | 3 | 25 |
| 25 | 2 | 6 | 3 | 5 | 6 | 1 | 4 | 4 | 1 | 3 | 2 | 4 | 0 | 2 | 3 | 0 |
| 26 | 1 | 6 | 3 | 4 | 6 | 5 | 3 | 4 | 1 | 3 | 2 | 4 | 2 | 2 | 1 | 0 |
| 27 | 3 | 6 | 5 | 5 | 6 | 1 | 7 | 4 | 4 | 5 | 2 | 2 | 0 | 2 | 3 | 0 |
| 28 | 4 | 6 | 5 | 5 | 6 | 1 | 7 | 4 | 4 | 2 | 2 | 1 | 1 | 2 | 5 | 325 |
| 29 | 3 | 6 | 5 | 3 | 6 | 5 | 5 | 4 | 1 | 3 | 2 | 4 | 0 | 2 | 3 | 50 |
| 30 | 3 | 6 | 5 | 4 | 6 | 5 | 7 | 4 | 4 | 2 | 2 | 1 | 0 | 2 | 3 | 0 |
| 31 | 3 | 6 | 5 | 3 | 6 | 5 | 3 | 4 | 1 | 2 | 2 | 1 | 0 | 2 | 3 | 105 |
| 32 | 3 | 6 | 5 | 4 | 6 | 5 | 6 | 4 | 4 | 0 | 2 | 3 | 1 | 2 | 5 | 39 |
| 33 | 3 | 6 | 5 | 5 | 6 | 1 | 5 | 4 | 1 | 1 | 2 | 5 | 0 | 2 | 3 | 187 |
| 34 | 4 | 6 | 5 | 2 | 6 | 3 | 5 | 4 | 1 | 4 | 2 | 4 | 1 | 2 | 5 | 0 |
| 35 | 3 | 6 | 5 | 8 | 6 | 4 | 6 | 4 | 4 | 3 | 2 | 4 | 0 | 2 | 3 | 0 |
| 36 | 2 | 6 | 3 | 4 | 6 | 5 | 6 | 4 | 4 | 4 | 2 | 4 | 1 | 2 | 5 | 0 |
| 37 | 3 | 6 | 5 | 2 | 6 | 3 | 2 | 4 | 5 | 4 | 2 | 4 | 0 | 2 | 3 | 0 |
| 38 | 2 | 6 | 3 | 8 | 6 | 4 | 6 | 4 | 4 | 5 | 2 | 2 | 0 | 2 | 3 | 0 |
| 39 | 3 | 6 | 5 | 4 | 6 | 5 | 3 | 4 | 1 | 5 | 2 | 2 | 0 | 2 | 3 | 0 |



- 適正
- 過剰
- 不足
- やや多め
- やや少なめ

※食事バランスの判定は、食事バランスガイドをもとにした当社オリジナルの判定方法です。