

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

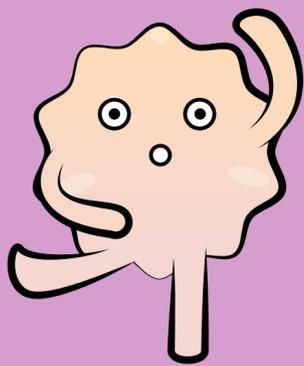
Relieves fatigue



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

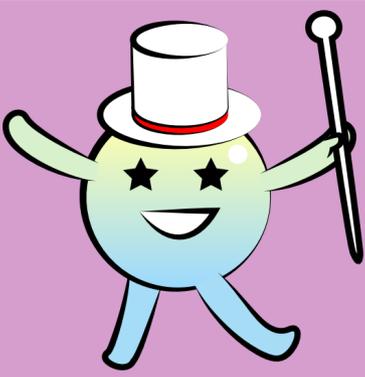
Energy for the body



ビタミンE
Vitamin E

細胞の老化を防ぐ

Prevent cell aging



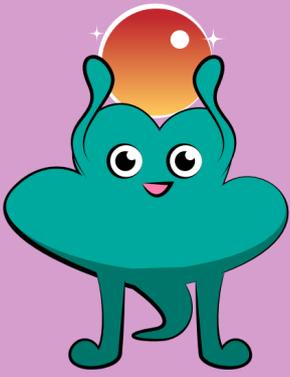
ビタミン B1
Vitamin B1

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



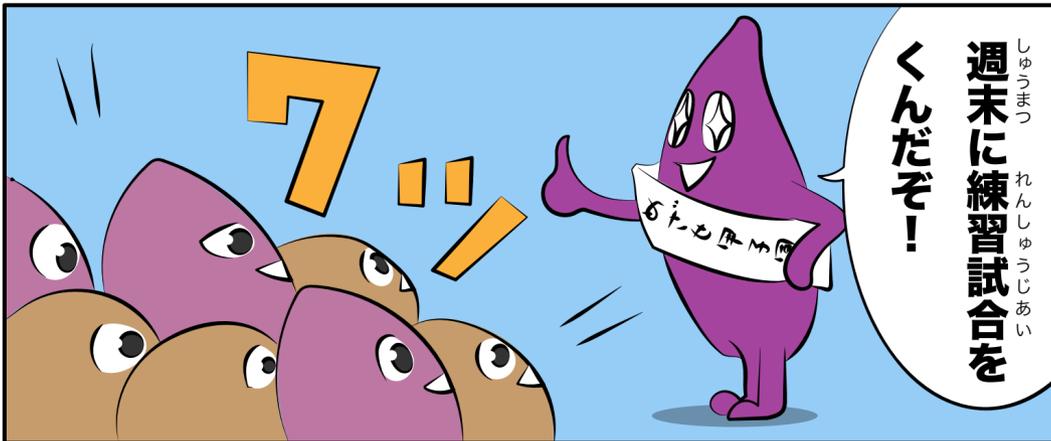
食物繊維
Dietary fiber

お通じを改善する

Improve the gut

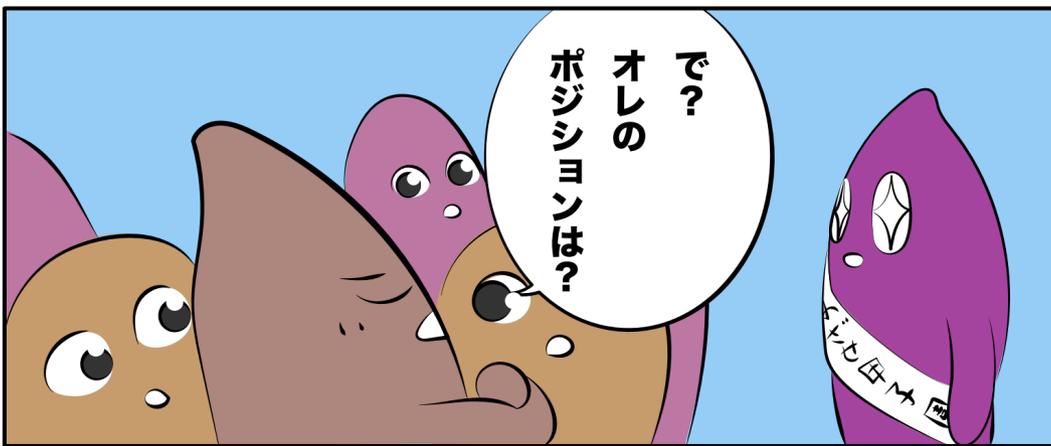
ポジション

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?

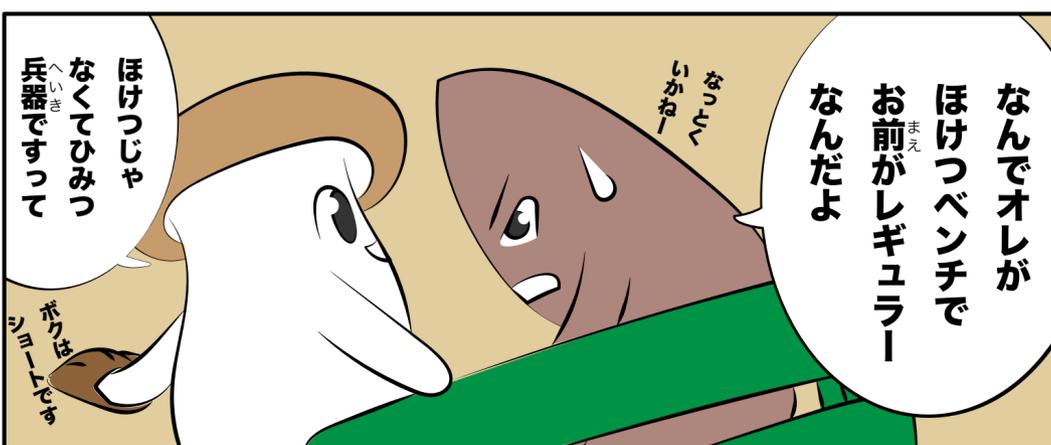


キミは...

ひみつ
兵器だ!

You are my secret weapon!

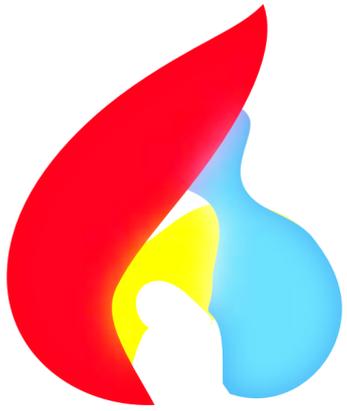
What?



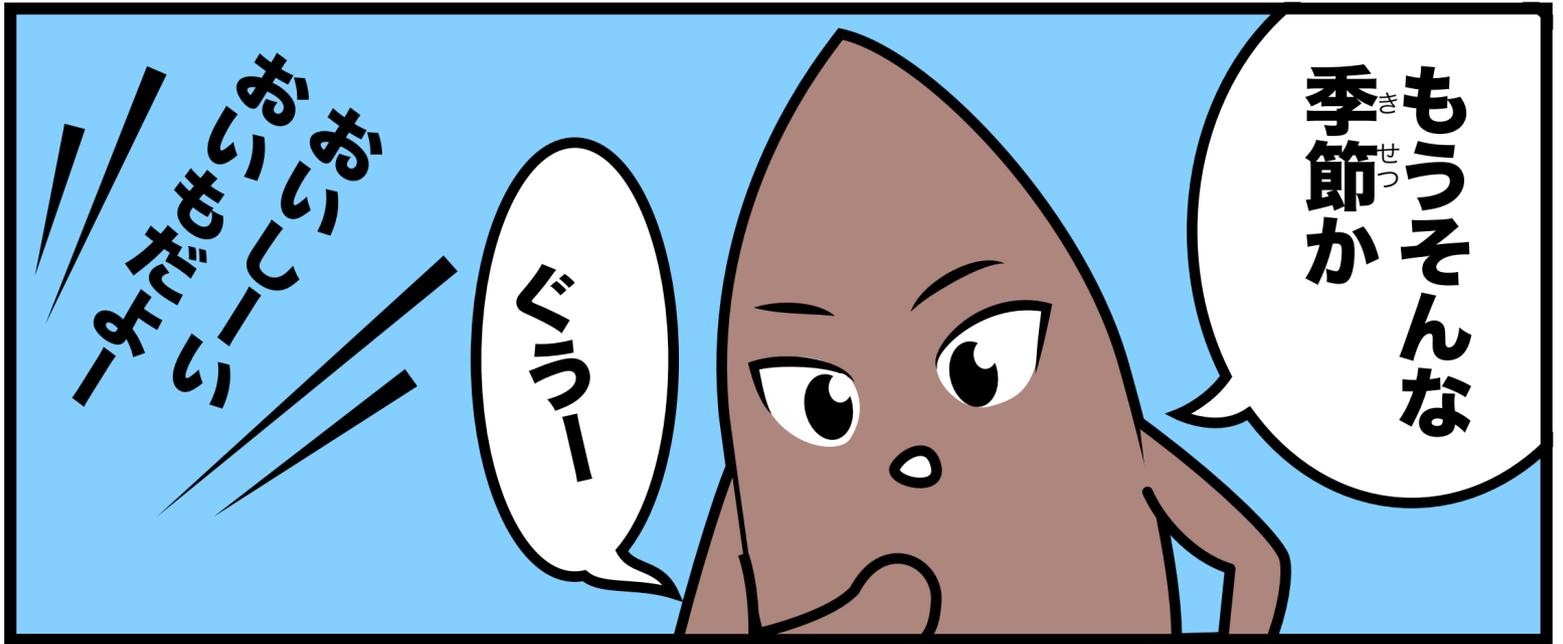
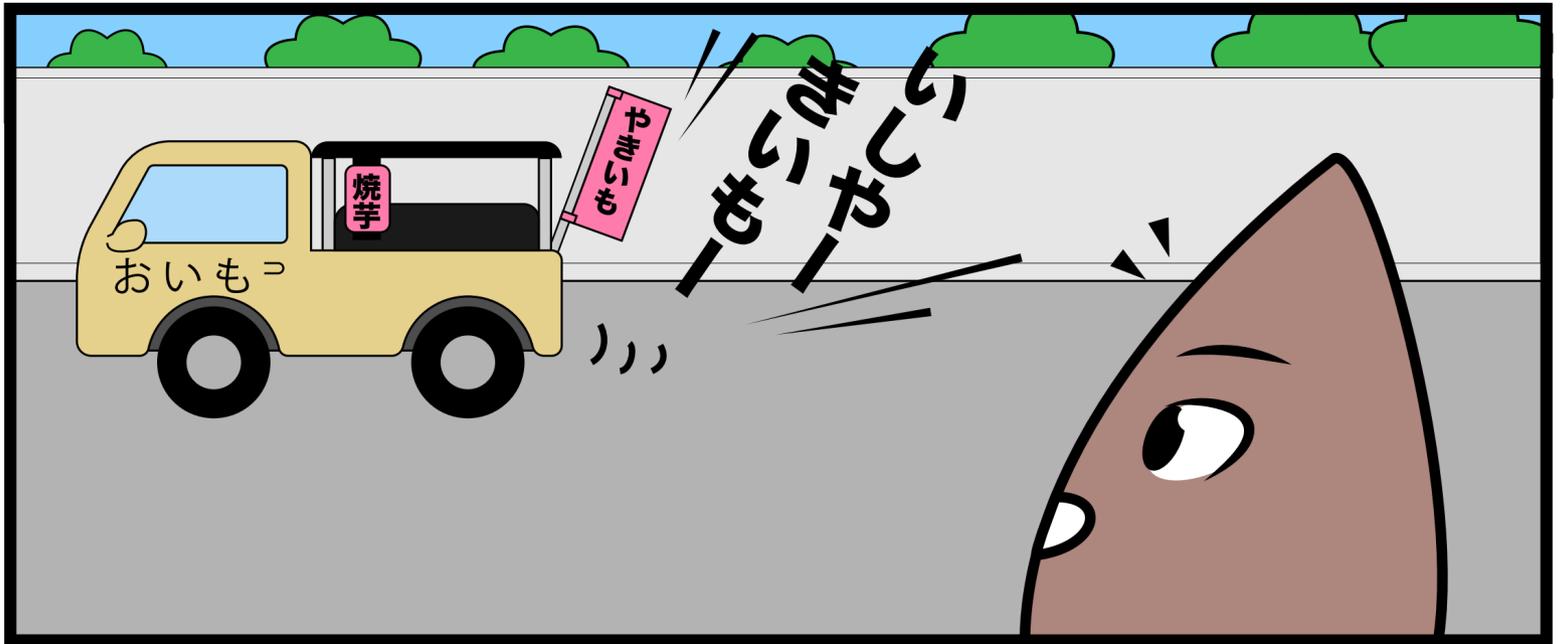
なんでオレが
ほけつベンチで
お前がレギュラー
なんだよ

ほけつじゃ
なくてひみつ
兵器ですって

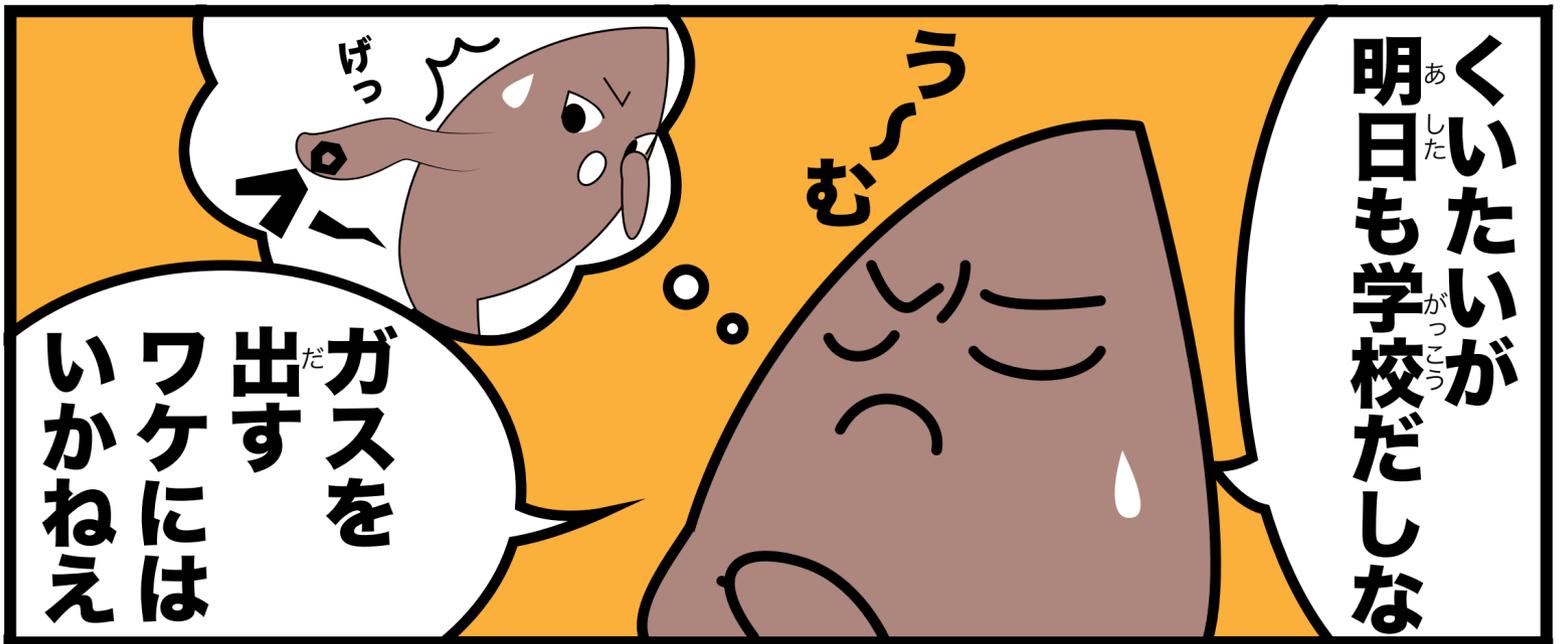
Why am I on the reserve bench and you're on the regular!
You're not a substitute, you're a secret weapon.



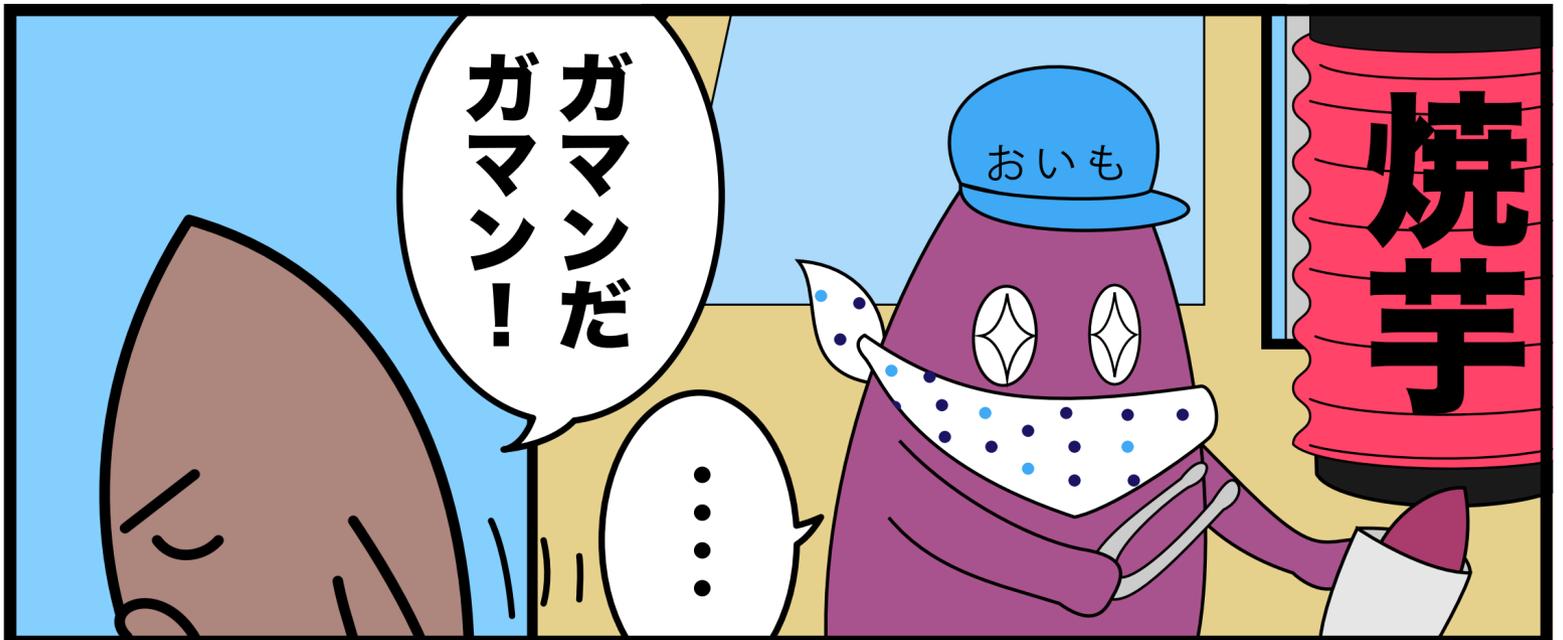
132 kcal/100g



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.