

Recommended for

- People who drink a lot of alcohol
- People who want to prevent hangovers
- People who wish to supply nutrition during pregnancy
- People who want to improve stiff shoulders and low back pain
- People who want to prevent dementia
- People who want to improve immune systems and prevent colds

Consideration

- There are many kinds of ingredients in the Japanese basket clam, and the nutritional value is very high.
→ People who care about their health can eat Japanese basket clams.
- Japanese basket clam is effective for all kinds of people, at all times, from birth to death.
→ You should encourage familiarity with a wide range of ages and eat them!

About

Japanese basket clam

~ This is amazing!

Shijimi - kun ~

HIROSAKI MINAMI

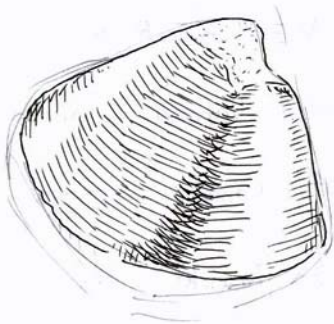
HIGH SCHOOL

11 HR group 9

~ MEMBER ~

Our purpose

- ① What ingredients are contained and how much?
- ② What kind of person is Japanese basket clam effective for?



What is Japanese basket clam?

- Japanese basket clam is small among edible bivalves.
- The origin of the name of the Japanese basket clam.

→ What was called "shrink" because shell seems to shrink.

- There are three kinds of Japanese basket clams as the native species of the mainland of Japan.

Q & A

- Q. What is commonly distributed in Japan?
1. Asian clam
 2. Japanese basket clam
 3. corbicula sandai

A. 2

Japanese basket clams component

Japanese basket clam has nutritional value per 100 g

- energy 51 cal
- carbohydrate 4.3 g
- protein 5.6 g
- calcium 130 mg
- vitamin B₁ 0.03 g
- vitamin B₂ 0.25 mg
- vitamin B₁₂ 6.24 mcg
- vitamin E 1.6 mg
- iron 5.3 mg
- phosphorus 86 mg
- zinc 2.1 mg
- cholesterol 78 mg