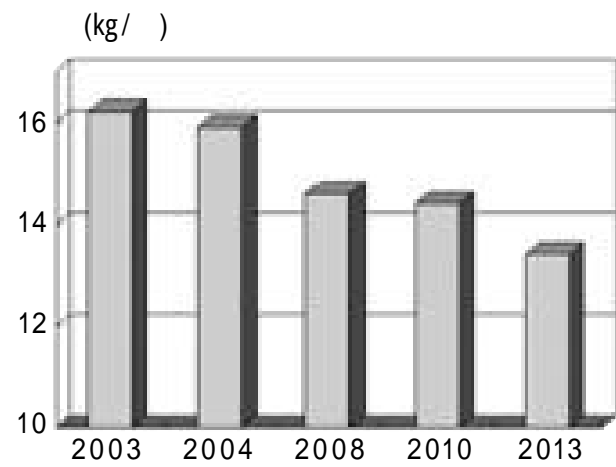


(3)

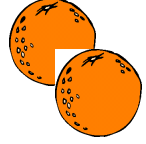

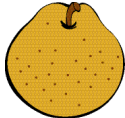



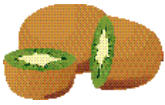


(1). 가
 가 가
 1 가
 1 5 가
 16.2kg 10
 2013 13.4kg 가



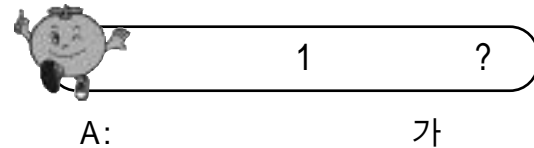
()
 < 1> 1

(全國柑橘消費擴大協會)가
200g
(每日くだもの200グラム運動)
(2).

1			
200g = 1-2	 2	 1	 () 1
 1	 1 ()	 1	 2

< 2> (青果物健康推進委員會) ()

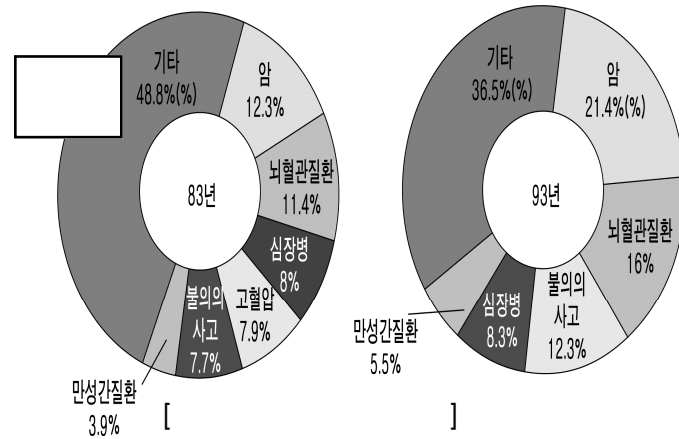
가



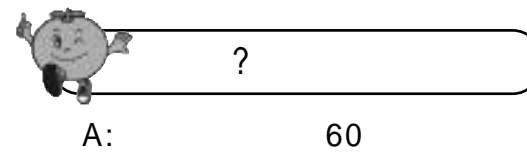
A: 가

()

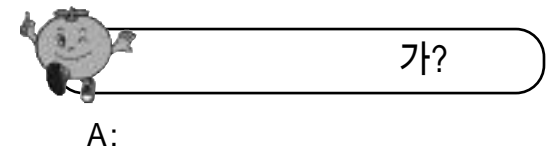
가



가 가
20 1
()
, , , , ,
2003
4 가 1
가
40~45 가
8 가
20, 30
가



A: 60



A: 80~90%

100 가

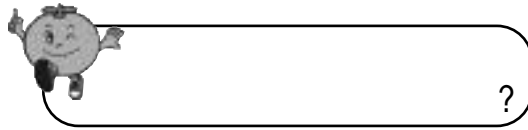
가

(DNA) 35%(10~70%), 30%, 10%
(7%), (4%)
() 가 ()
, ,) 가
(, , ,)

< 1 > 가

.가	C		-
	35mg	1g	1 - 2mg
	32.5mg		
	15mg		

가



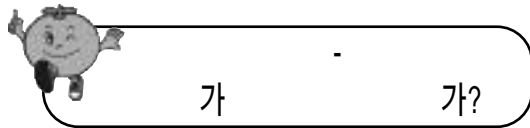
A:

2 ()
, 1~2mg

가



(,)



가 가?

A: C

가

(1).

1

5

가