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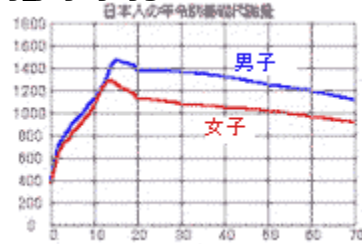
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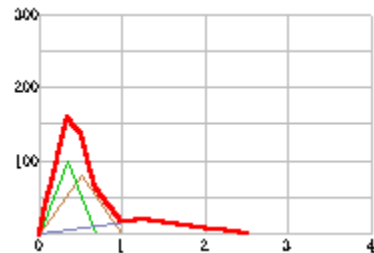
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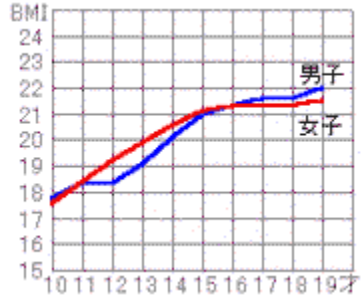
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°,é,Æ’©□ACEú□L,ª,·,é,í,í,»ì,<sup>1</sup>,ç,Ä,·□B-é□H,í□Á%o»,ì,æ,ç,à,ì,ð□,μ,<sup>3</sup>/<sub>4</sub>,¯,É,μ,Ä□A’©”ü-ì,μ,ç  
,à,ì,ð,<sup>1</sup>/<sub>2</sub>,,<sup>3</sup>,ñ□H,x,é,æ,α,É,·,é,Æ—Ç,ç,ÆŽv,ç,Ü,·□B,»α  
,·,é,Æ□A□i,Ü,Ä,æ,è,à,,Á,ÆCE<sup>3</sup><C,ª□o,é,æ,α,É,È,è,Ü,·□B<Ø“÷,í-é’~!,<sup>1</sup>/<sub>2</sub>Ž%o-b,Å“-  
,©,<sup>1</sup>,é,æ,è,à□HŽ-,©,ç“<sup>3</sup>/<sub>4</sub>,ç,é,é“œŽì,Ä”,•û,ªCEø—!,ª—Ç,ç,©,ç,Ä,·□B’â”]  
,ÍfGfÍf<fM□[,à“œŽì,Ä,·□B’©fVfŠfAf<,ÆfXfLfěf~f<fN,ð,<sup>1</sup>/<sub>2</sub>,,<sup>3</sup>,ñ□H,x,Ä,-  
,<sup>3</sup>/<sub>4</sub>,<sup>3</sup>,ç□BCE<sup>3</sup><C,ª□o,Ü,·,μ□A•x<,à,æ,,Ä,«,é,æ,α,É,È,è,Ü,·□B



fŠfofEf“fhŽ©‘ì,ÍŠëĈ⁻,È,±,Æ,Å,Í, ,è,Û,¹,ň□B,à,μ,à□AfŠfofEf“fh,·,ê,Î□Ä“xf\_fCfGfbfg,É’š□í,·,ê,Î,æ,ç  
,±,Æ,Å,·□B,æ,f\_fCfGfbfg-{|,È,Ç,ÉfŠfofEf“fh,ð,·,é,Æ’¾,è,â,·,ç‘ìŽj,É,È,é,È,Ç,Æ□’,©,ê,Å,ç  
,Û,·,³□A,±,ê,í-³f,Éf\_fCfGfbfg,ð,·,é□l,½,ç,ì,½,ß,ìĈx□□,Å, ,Á,Ä□A,æ,Û,Ç,ì,±,Æ,²,È,ç  
,©,¬,è‘ìŽj,É•ï%»»,³<N,±,é,±,Æ,Í, ,è,Û,¹,ň□B

‘□H□Ç,â%oßH□Ç,ì□l,É,ÍŽÿ,ì,S,Â,ì<α’É“\_ ,a , ,é,æ,α,Ā,·□B

,½,,³,ñ□H,x,Ā,à³¼,ç,È,ç□l,a,ç,é,ì,ÉŽ,,í□,μ□H,x,Ā,à³¼,é□B

□A“íffj□fS□[,Æ“äŠr,μ,Ā□A□H,x,é—É,²½,~,é,Í³¼,è,Ü,·,μ□,È,~,é,Í%o,¹,Ü,·□B,±  
,é,í’N,Ā,à“~,¶,Ā,·□B³¼,è,â,·,ç’ÍŽ,Æ,©%o,¹,â,·,ç’ÍŽ,É,Ç,Æ,æ,Ç¾¼,í,é,Ü,·,²□A□U,μ,-  
,²,x,Ā,Ÿ,é,Æ•a<C,Ā,à,É,ç,©,~,è,» ,ì□,í,²,í,·,©,Ā,·□B

Žá,ç□—□,ì□é□#,ì□A,±,è,©,ç“D□P,Æ□oŽY,É“ò,ì,Ā□,μ,·,Ā“ç%o²Ž%o-b,ð~ ,ì,Ā,ç,« ,Ü,·□B□-  
,μ,·,Ā,Ó,·,æ,©,É’Ā,« ,É,È,é,ì,ì³□í,È□~’ ,ì□Ø,Ā,·,©,çŽó,~“ü,é,È,~,é,Ī,È,è,Ü,¹,ñ□B,±  
,è,ðŽó,~“ü,é,ç,é,È,ç□l,½,ç,²□□—,ì□,ì,Ü,Ā,» ,é,Æ,μ,½’ìÇ^ ,ð,ç,Ā,Ü,Ā,à-],p,Æ’p□s□« ,²<N,±  
,è<’□H□Ç,ìÇÉ’ö,È,È,é,±,Æ,²,è,Ü,·□B<’□H□Ç,ì□l,½,ç,ÍŽv□l,ì“z□ü,²□~—□,μ,ĀfKfŠfKfŠ,É’%o,¹,Ā,ç  
,Ā,à□A,Ü,¾¼“÷ ,²,Ā,Ā,ç,Ā,ç,é,ÆŠ’ ,¶,½,è,μ,Ü,·□B

**fXfgfÇfX,², ,é,Æ□H,x,é□B**

f%oßfbg,ÉfXfgfÇfX,ð—^ ,ì,é,ÆfGfT,ð□H,x,í,¶,ß,Ü,·,²□A□lSÖ,àfXfgfÇfX,ðŽó,~,é,Æ  
%oß□H,·,é,Æ□à-¾¼,·,é□l,²,ç,Ü,·□B,μ,©,μ□A,±,ì,æ,α,È□à-¾¼,í□A%o^“® ,ì20•²É□ä±,~,É,ç,ÆŽ%o-  
b,²“R,ì,É,ç,Æ,ç,α□à,Æ“~—l,É-ð,É—š,½,È,ç-Ā□M,Ā,·□B

□lSÖ,ÍŽð%oï“l,È□¶Š^ ,ð,μ,Ā,ç,é,ì,Ā□AfXfgfÇfX,ðŽó,~,Ā,àf%oßfbg,ì,æ,α,É,à,ì,ð□H,xŽn,ß,é,æ,α  
,É,±,Æ,Ī,μ,Ü,¹,ñ□B^è“É“l,ÉfXfgfÇfX,²□H—~ ,É“]□o» ,·,é,±,Æ,Ī,·,è,Ü,¹,ñ□B,» ,é,Ā,ì□A,ç,ì,æ,α  
,É,Æ,« ,ÉfXfgfÇfX,²%oß□H,É,Ā,É,²,é,©,Æ,ç,α,Æ□A,» ,é,ì□H—~ ,ì—}□š,â□~’ ,μ,½,·,È,çŠè-],²<-  
,·,~,é,Æ,« ,Ā,·□B“ú□ ,ì—}□š,²<,·,~,é,Æ,« ,É□AfXfgfÇfX,ðŽó,~,é,Æf^fK,²,Ī,·,é,Ā□H—~ ,²Ž~,Ü,ç,È,-  
,É,Ā,Ā,μ,Ü,ç,Ü,·□B%oß□H,ìÇXÇÜ,ì ,é□l,É<α’É ,·,é,±,Æ,ì□AfXfgfÇfX,ì,¹,ç,Ā□H,x,Ā,ç  
,é,Æ□M,¶,Ā,ç,é,±,Æ,Æ□A,à,α,ç,α,Ā,à,ç,ç,à,ÆZv,Ā,Ā□H,x,Ā,μ,Ü,α,±,Æ,Ā,·□BfXfgfÇfX“]□o»□à,Ī  
%oß□H,ìÇXÇÜ,ð□· ,·,é-Ā^f,È□à-¾¼,Ā ,é,±,Æ,ð’m,Ā,Ā,Ü,μ,ç,ÆZv,ç,Ü,·□BfXfgfÇfX,²□H—~ ,É“]  
%o» ,³,è,é,Ī,é“É“l,É,±,Æ,Ā,Ī,·,è,Ü,¹,ñ□BfXfgfÇfX,í%o^“® ,à%oƒ%oæŠÖ□Ü□A—ç—□,ìÇα<t,È,ç,ç  
,è,ç,é,È,±,Æ,Ā“]□o» ,·,é,ì,²^è“É“l,Ā,·□B

fafg,ìfXfgfÇfX,ðŽó,~,é,ÆÇðŠ“□ÇEo,²<»•±  
,μ,ĀÇE^t,ÉfmfçfAfhfÇfifŠf“ ,ð•ú□o,μ,Ü,·□BÇEŠÇ,ìfmfçfAfhfÇfifŠf“ ,ðŽó,~,é,ÆŽù□k,μ,ĀÇE^³,  
ð□,·,ß□AŠl’ÿ,ìfOfŠfR□[fQf“ ,ð%oð“€ ,μÇE“œ’l,ð□,·,ß,Ā□UCÉ,‘Ó□“ ,ð,Æ,è,Ü,·□B,Ā,·,©,ç□A<-  
,çfXfgfÇfX,ðŽó,~,é,ÆŠĀ,ç,à,ì,²~ ,μ,·,È,è,Ü,·□B,Ü,½□A,“• ,²,·,ç,Ā,ç,é,Ī• ,²,μ,ç,ì,²•K—  
v,Ā,·□B,Æ,±,è,²%oß□H,·,é□l,ìt,É,ì’ìdÇv,È□æ,é,¾¼,~,ĀfXfgfÇfX,É,È,Ā,Ā□H,x,Ā,μ,Ü,α,Æ,ç  
,α□l,²,ç,Ü,·,²□A’ìd,ð²,é,ì,È□UCÉ,‘Ó□“ ,ð,Æ,é•K—v,Ī ,è,Ü,¹,ñ□B,±,ì,æ,α,È□l,ì—{“—  
,ìfXfgfÇfX,Ā□H,x,é□é□#,Æ,» ,α,Ā,È,·,Ā□H,x,Ā,μ,Ü,α□é□#,ð,Ü,·,æ•É,·,é•K—v,² ,è,Ü,·□B

**□H,xŽn,ß,½,çŽ~,Ü,ç,È,ç□B**

,±,é,Ī,à,α’N,Ā,à,» ,α,Ā,·□B’N,Ā,à□H,xŽn,ß,½,çŽ~,Ü,è,Ü,¹,ñ□B,æ,□HŽ—,É,ä,Ā,-  
,èŽŽŠÖ,ð,©,~,é,ÆÇE“œ’l,²,²,Ā,Ā-ž• ’t□ ,ðžhÇf,·,é,ì,Ā□—É,ì□HŽ—  
,Ā,·,p,È,ç,ÆÇ¾¼,í,é,Ü,·,²□A-{“—,ÉÇE“œ’l,²,²,Ā,Ā-ž• ’t□ ,²žhÇf,³,é,é,Ü,Ā□H,x,Ā,ç,Ā,Ī□H,x  
%oß,~,Ā,μ,Ü,ç,Ü,·□B□HŽ—,ì□é□#,Ā,àŠÖ□H,Ā,à□AfWf#fMf“fO,Ā,“• ,²,·,ç  
,½,Æ,« ,Ā,à□AfXfgfÇfX,Āf^fK,²,Ī,·,é,½,Æ,« ,Ā,à□A□HŽ—,ì—É,ì-ž“« ,·,é,Ü,Ā□H,x,Ā,ç  
,Ā,Ī□H,x,·,~,Ā,·□B“²,ìt,Ā□l,Ī,Ā□A’O,à,Ā,Ā,±,ì^É,ÆZv,Ā,½,Æ,±,è,ĀŽ~,ß,é,μ,©,È,ç,ì,Ā,·□B  
%oß□H,ì,Æ,« ,Ā,à,» ,é,ì“~,¶,Ā,·□B

**^ÓŽu,²Žă,Āf\_fCfGfbfg,²±,©,È,ç□B**

’N,Ā,à,» ,α,Ā,·□B< ,ç^ÓŽu,²,é,ç,Æ’±,~,ç,é,È,ç,æ,α,Éf\_fCfGfbfg,Ī’N,à’±  
,~,ç,é,Ü,¹,ñ□BŽu•à,àfWf#fMf“fO,²±,~,ç,é,È,ç□l,Ī^ÓŽu,²Žă,ç,©,ç,Ā,È,□AŽu•à,àfWf#fMf“fO,ì-  
É“” ,³,ð<³,í,ç,È,©,Ā,½,©,ç,Ā,·□B,±,è,Ü,Ā□A%o½²“x,àf\_fCfGfbfg,²±  
,~,ç,é,È,©,Ā,½□l,ì□Af\_fCfGfbfg,ìŠy,μ,³,â□A^ÓŽu,²Žă,Ā,à’±  
,~,ç,é,é,f\_fCfGfbfg,ì,μ,©,½,ð<³,í,ç,È,©,Ā,½,©,ç,Ā,·□Bf\_fCfGfbfg,Ī,α,Ü,·,ç,·,ÆŠy,μ,ç  
,à,Ī,Ā,·□B’ìd,ðÇE ,ç,·,±,Æ,æ,è,à□A□æ,·,ç,ñ,È•—,ÉŠy,μ,ç,©,ðŠo,Ī,Ā,¾¼,³,ç□Bf\_fCfGfbfg,ìŠy,μ,-  
,È,~,é,Ī±,~,ç,é,Ü,¹,ñ□B

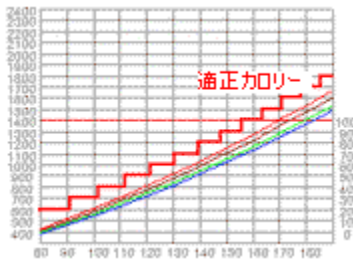
**f\_fCfGfbfgfvf%of“**

“-f\ftfg,đŽg—p, ,é’O,É□□uf\fvfVf#f“□v□uf\_fCfGfbfgfvf%of“□v,Ā□g’·□A’ì□d□A”N—β□A□«•Ē,đ“ü—  
 í,μ,Ā,,¾,¾,¾,ç□B“—f\ftfg,í□A, ,É,½,ì’íSi,Ā□□íS^fj^□□f“, ©,ç□A, ,É,½,É□Ā“K,Ēf\_fCfGfbfgfvf  
 %of“,đ□□—,μ,Ü,·□B

**Ší’b’ăžÓ,Ā,í**

ĀĀ<z,â□S“□□A’ì%o•ŮŽ□,Ē,Ç,ì□□—½,đ^ŮŽ□,·,é,É—v,·,é□Ā□—ĀĀ,ìfGfj<fM□□,ì,±  
 ,Ā,Ā□□g’·□A’ì□d□A□«•Ē□A”N—î,ì,S,Ā,Ē,æ,Ā,ĀĀĀ^,Ů,è,Ů,·□B<Ø“÷—Ē,Ā,í•î  
 %o»,μ,Ů,¹,ñ□BZ,,,½,¿,í,P“ú,ì□Ā“ifj□fS□□[,ì,α,¿,W,O□□“ ,đ□□—½,ì^ŮŽ□,ì,½,β,ÉŽg—  
 p,μ□ĀŽc,è,ì,Q,O□□“,Ā“ú□í,ì□□íS^,đ,μ,Ā,ç,Ů,·□B□H,×,é—Ē,đ,±,ìŠí’b’ăžÓ,æ,è,à□,Ē,,·,é,Ā□A□□í’í—  
 {“\,đŽhĀf,μ,Ā<ç□H—~ ,đ^ø,«<N,±,μ,Ů,·□B•½<í“í,Ē□—□«,ìŠí’b’ăžÓ—  
 Ē,í,P,P,O,OKcal□A’j□«,í,P,S,O,OKcal,Ā,·□B

**“K□³fj□fS□□[,Ā,í**



‘ì□d,â□□%oĀ,àĀĒ,□,à,μ,Ē,ç,Ā,«,ìfj□fS□□[,đ“K□³fj□fS□□[,ĀĀĀ¾,ç,Ů,·□Bf\_fCfGfbfg,í□AŠí’b’ăžÓ—  
 Ē^Ē□ă,Ā“K□³fj□fS□□[ĒĒ%o²,ì’í’í,Ā□H,×,é,Ā□A,“• ,â,·,©,Ē,ç,ĀĀĀø%Ē“í,Ē’%o,¹,é,±  
 ,Ā,â,Ā,« ,Ů,·□B□□□□} ,Ā□A□Ō’f—í□Ā□F,ì,S—{ ,ì<Ē□ü,í”ì—ž□A,â,â”ì—ž□A•W□€□A’%o  
 ,¹,ì□,ìŠí’b’ăžÓ<Ē□ü,Ā,·□B’+%o»,ì□Ō,çŠK’ì□ó,ì□ü,â“K□³fj□fS□□[.Ā,·□B—f\  
 ftfg,ì“K□³fj□fS□□[.í□A”w,â’á,ç□í,à□,ç□í,à<í“™ ,Ē,Ē,é,æ,α,Ē²□@ ,¾,é,Ā,ç,Ů,·□B

**-Ů•W’ì□d,ì□Y’è**

-Ů•W’ì□d—“ ,Ē-Ů•W,ì’ì□d,đ“ü—í,μ,Ā,,¾,¾,¾,ç□Bfvf□fOf%of€ ,í,±,ì-  
 Ů•W’ì□d,Ē□±,í,¹,ĀĀĀvŽZ,đ,μ,Ů,·□B’½,,ì□,íBMI,đŽQ□,Ē,μ,Ā-Ů•W’ì□d,đĀĀ^,β,Ā,ç  
 ,Ů,·□B,½,¾,μ□A,ç,« ,Ē,èâ,« ,ĒĀĀ ,—Ē,đ,β, ,·,Ā□Ā□Ů,μ,Ā,μ,Ů,ç,Ů,·□B’Ē□í,ì□%oSú’ì□d,ì,P,O□□□A-  
 ^ĀĀŽ,ìĀĀ ,—Ēfy□□fX,đ’ì□d,ì,R□““ö“x,Ē□Y’è,μ,Ā,,¾,¾,¾,ç□B

**BMI,Ā,í**

BMI,Ā,í□□ABody Mass Indicator ,ì—â,Ā□A’íŠíŽw□“,ì,±,Ā,Ā,·□BŽY,ì,æ,α,Ē,μ,ĀĀĀvŽZ,μ,Ů,·□B  
 BMI = ‘ì□d □€ □g’·(m) □€ □g’·(m)

—á□F

□g’·,P,U,T,f,□□A’ì□d,U,OKg,ì□,ìBMI,í□A  
 BMI = 60 □€ 1.65 □€1.65 = 22.0

**•W□€’ì□d,Ā,í**

ĀĀ’N’ì□d□F Wt = □g’·(m) , ~ □g’·(m) , ~ ,Q,Q  
 •W□€’ì□d□F Wt = □g’·(m) , ~ □g’·(m) , ~ ,Q,Q □’j□«□j  
 •W□€’ì□d□F Wt = □g’·(m) , ~ □g’·(m) , ~ ,Q,P□D,T □’i□—□«□j  
 ”ü—e’ì□d□F Wt = □g’·(m) , ~ □g’·(m) , ~ ,Q,O  
 ftg@fbfVf#f“f,fff’ì□d□F Wt = □g’·(m) , ~ □g’·(m) , ~ ,P,X

—á□F

□g’·,P,U,Q,f,□,ì□—□«,ì•W□€’ì□d,í□A  
 Tall = 1.62 \* 1.62 □- 21.5 = 56.4 Kg

—á□F

□g', P, U, Q, f, □, □—□«, íftf@fbfvf#f" "í□d, □A  
Wt = 1.62 , ~ 1.62 , ~ 19 = 49.9 Kg

**"ì-ž, ì" »' èŠì□€**

"ì-ž, ì" »' èŠì□€, í1999 "N" "ú- { "ì-žŠw%oì, ĀŽŸ, ì, æ, x, ÉCE ^, ß, ç, ê, Ü, μ, ½□B

BMI, h	"ì-žŠw%oì	WHO
□` 18.4	'á'ì□d	'á'ì□d
18.5□` 24.9	•□'É'ì□d	□³□í
25.0□` 29.9	"ì-ž1"x	"ì-ž'O'iŠK
30.0□` 34.9	"ì-ž2"x	"ì-ž1"x
35.0□` 39.9	"ì-ž3"x	"ì-ž2"x
40.0□`	"ì-ž4"x	"ì-ž3"x

**-Ú•W'ì□d, ìCE ^, ß•ú**



f\_fCfGfbfg, ì-Ú•W'ì□d, ðBMI, ĀCE ^, ß, é, ì, a^ è"É"í, Ā, , a□ABMI, É, íCE# " \_ , a, , è, Ü, . □Bf□□[fŠf"fofŠfxfg, Ā, æ, ~b'è, É, é, ì, Ā, Ü, Ā, ß, Ā, , , «, Ü, . □BBMI, ífA□fŠfj, Ā□A, ½, -

, ³, ñ, ì□l, ½, ž, ð², x, ½CE <%oÉ□ABMI=22, ì□l, ìœè•a—|, a□Ā, à'á, ç, ĀE, ç, xCE <~ \_ , a³/4, ç, ê, ½, ĀE, ç, x•ñ□□, a" •\, ³, è□A, í, a□', Ā, à, » , è, aŽg, í, è, Ā, ç, Ü, . , a□A—{ — ^ , í□A□lŽí□A'ìŠì□A"N—î, ì•â□³, a•K—v, È, à, ì, Ā, . □B•Ā□'□—šCE"□NCEx+t□Š, ìfs□[f^□□[□Efxflfbfg<³Žö, a"ú- {, ì□V•ŽĐ, ìfCf" f^f rf... □l, É"š, ì, Ā□A□uCE»□Y□A"ì-ž, ì" »' èŠì□€ , í□çŠE<x'É, ¾□BfAfwfA□l, í%oç•Ā□l, ĀE, í'Šì, a^ á, x

, ì, ¾, ©, ç□A□lŽí, ì'ìŽ ž, É%ož, ¶, Ā%oo°, °, é, x, «, Ā, í, È, ç, ©□B□v, ĀCE¾, Ā, Ā, ç, Ü, . □B%oç•Ā□l, â"ú- {□l, Ā, à'á•ž, È□l, ì□è□#□ABMI=22, ì, ĀE, <'ìŽ%o-b—|, a□, É, ç, ì, Ā, . , a□A□œŠì, ì□x, ç"ú- {□l, È, çBMI=22, Ā, í, Ü, ¾Ž%o-b—|, a□, , ç

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CE,·-É = 160 \* 30 / 7.2 = 666g

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CE,·-É = 151 \* 30 / 7.2 = 629g

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“-f\ftfg, Å, í□A fCfRf”, PCEÅ, Å, W, OKcal, ð•\, μ, Ü, ·□B fCfRf”, PCEÅ, Å, W, OKcal, Æ, ç, x□, í, •û, í□A “œ” A•a, í□HŽ—Ä-@, ÅŽg, í, è, Å, ç, é□, í, •û, Å, ·□B, ½, Æ, í, í□A “œ” A•a, í□HŽ-çŽº, Å, í□A, ç, è, ç, è, É□H•i, ífvf%ofXf`fbfNf, fff<, a—p^Ó, ³, è, Å, ç, Å□AS³ŽO, í, » , è, ç, ðŽè, É, Æ, Å, Å□A, W, OKcal, , ½, è, í□H•i, a, Ç, í^É, íTfCfY, É, í, ©, ðSo, í, é, ±, Æ, ©, ç•x<, ðŽn, ß, Ü, ·□B, ±, è, í□A□H, x•” , íff□fS□[, ðSo, í, é□è□#□Afpf” 1-  
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**, P, U, O, ofL f□f□f□fS□[□H, Æ, í**



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**□HŽ-çL^, í, Å, -, ©, ½**



fg□[fXfg, í□u□’•“□v□AfWfff€, í□u’²-i—ç□v□Afofifi, í□u%oÉ•“□v□A□g’f, í□u^ù—ç□vfOf<□[fv, É, , è, Ü, ·□B, ±, è, ç, íA fCfRf” , ðfhf%ofbfO, ·, é, ¾, -, Åff□fS□[CEvZZ, a, Å, «, Ü, ·□B—á, í, í□A’©□H, Éfg□[fXfg□A, ä, Å—□AfR□[fq□[1”t, ð□Ü, Å, ½, Æ, μ, Å□A—û□K, í, ½, ß, É□A, Å, -, í’€□, ð, μ, Å, , ¾, ³, ç□B

**fg□[fXfg, P-†**



□u□’•“□vfOf<□[fv, Éfg□[fXfg, íA fCfRf” , a, , è, Ü, ·□B, ±, è, ðfhf%ofbfO, μ, Å, , ¾, ³, ç□Bfhf%ofbfO, ·, é, Æfg□[fXfg, í□-a, a□-•a•\, É•\Ž, í, è, Ü, ·□B□-•a•\, í□d—É—, ðCE©, Å, -, ¾, ³, ç□Bfg□[fXfg, í, W, OKcal, Å, R, P, †, Æ, È, Å, Å, ç, Ü, ·□B•□’É, íCEú, ³, ífg□[fXfg, í, P-†, a-ñ, U, O, †, É, í, Å□Afg□[fXfg, í, P-†, Å, Q”\_Æ, ç, x, ±, Æ, É, È, è, Ü, ·□Bfg□[fXfg, íA fCfRf” , ð, O%oñ□A’©□H, í{fbfNfX, Öfhf%ofbfO, μ, Å, , ¾, ³, ç□B

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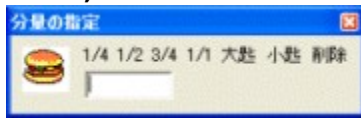
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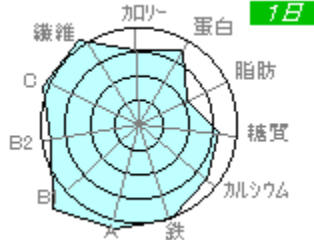
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 `'"Ž<sub>ž</sub> Protein = StdWt \* 1.08 ,‡  
 Ž%oöŽ<sub>ž</sub> Fat = Kcal \* 25% / 9 ,‡  
 "œŽ<sub>ž</sub> Carbo = (Kcal - Protein \* 4 - Fat \* 9) / 4 ,‡  
 fJf<fvf...[]f€ Callsume = StdWt \* 10 ,[]‡  
 "S•ª 'j10mg[]@/ []—12mg  
 f^f~f",` VitaminA = StdWt \* 22 \* 1.4 IU  
 f^f~f"B1 'j1.1 []—0.8mg  
 f^f~f"B2 'j1.2 []—1.0 ,[]‡  
 f^f~f",b[]@[]@ 'j100 []—100 ,[]‡  
 []H•"'@^Û ,Q,O,‡

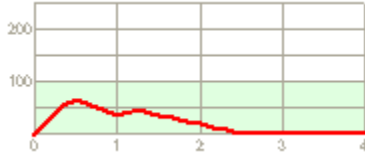


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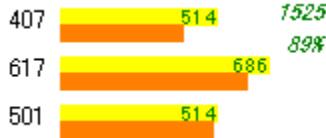
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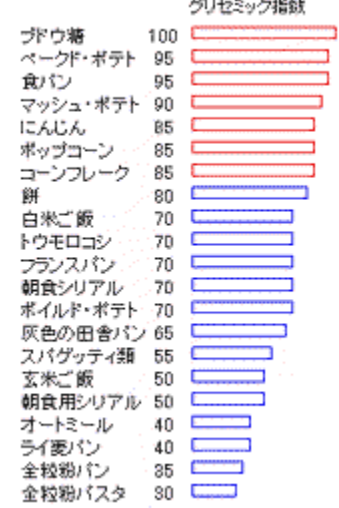
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## fOfšfZf~fbfNžw□”



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**CE“œfpf^[]f”**

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fpf^[]f“3□A120•a,Äfs□[fN G.l.10-29 -ùŽ%o□A’½Ž%o□«□H•i□A-i□Ø□A”x—  
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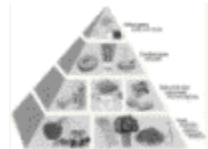
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<http://www.health.harvard.edu/medline/Women/W1200a.html>  
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**- Harvard Women's Health Watch -**



Researchers at Boston's Children's Hospital found that overweight children and adolescents who followed a low-GI diet that allowed them to eat when they were hungry, without calorie restrictions, had greater success in lowering their BMIs, i.e., in losing weight, than did those on a calorie-restricted diet designed in accordance with the Food Guide Pyramid.

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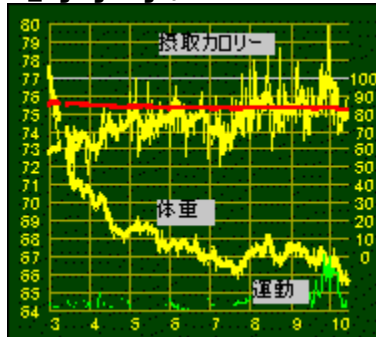
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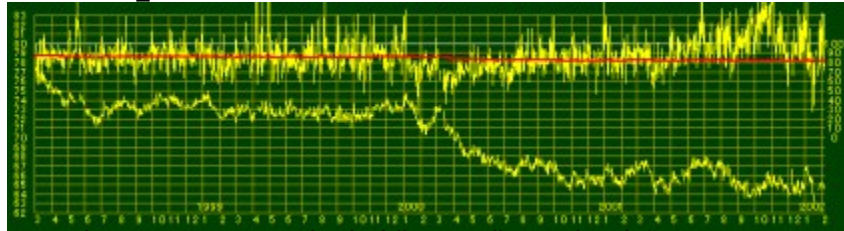


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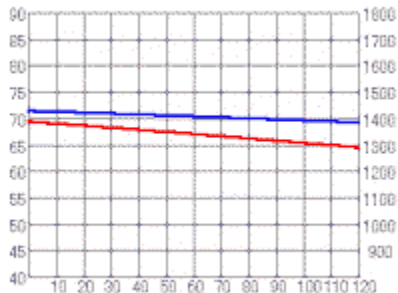
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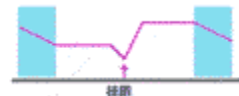
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**HŽ-Žw“±**

糖質を少なくしてください。魚 肉類 野菜を摂ってください。

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**K—v“ □”, lœvŽZ**

□HŽ-Žw“±, l□A“ú- {“œ”A•aŠw%oi•Ò, l□H•iœđŠ••\, lžd’g, Ý, đfvf□fOf%of€%o», μ, Ā, ç  
 , Ū, ·□B□H•ifOf□□[fv, ², Æ, l•K—v“ □”, lŽŸ, lŽ®, ĀœvŽZ, μ, Ā, ç, Ū, ·□B

- \1(□’—p) 6 + (“K□³ff□fŠ□[ - 1200) / 100 “\_
- \2(%œĚŽĀ) 1 “\_
- \3(<>÷) 4 + (“K□³ff□fŠ□[ > 1200) \* 1 “\_
- \4(“û—p) 1.4 “\_
- \5(-ûŽ%œ) 1 + (“K□³ff□fŠ□[ > 1200) \* 1 “\_
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**—e”l’l**

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 Ç, ç□H•i, È, l, Ā□A□HŽ-Žw“±, ÉŠŌ, l, ç, , P□TŠŌ, É, SœĀ^É□ā, l□H, x, é, æ, x, È, μ, Ā, , ¾, ³, ç□B

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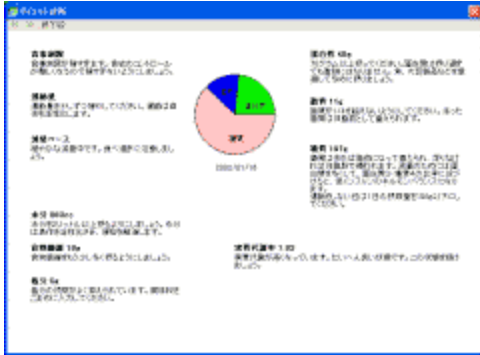
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 “””Žž Protein = StdWt \* 1.08(g)  
 Ž%œŽž Fat = TgtKcal \* 25% / 9 (g)  
 “œŽž Carbo = (TgtKcal - Protein \* 4 - Fat \* 9) / 4 , ‡  
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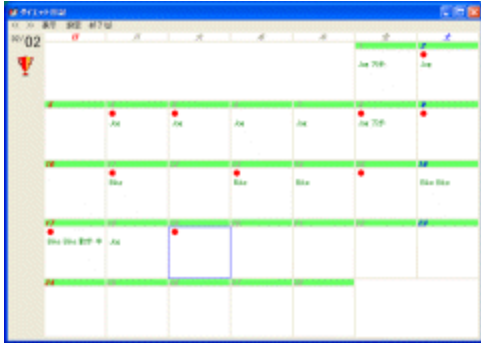
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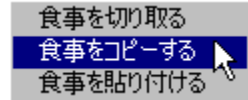


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ĀE"Ĉ,ŸĀž,Ÿ,½,č"ú,đ•Žİ,μ,Ä,,¾,¾,čĀB

ĀEĀufjfvfVf#f"ĀvĀuĀHŽ-<L~^ftf@fCf<,đ"Ĉ,ŸĀž,pĀvĀ,Ů,½,İCtrl + ĀuLĀvflĀ[đ%oŸ,μ,Ä,,¾,¾,čĀB  
ĀEĀu,İ,čĀv,đfNfSfbfN,·,é,ÆĀĀftfĀfbfsĀ[Ĉ,Ĉ,ç•Žİ't,İ"ú,İĀHŽ-<L~^,đ"Ĉ,ŸĀž,Ÿ,Ů,·ĀB

'ĀĀF%oİŽĎ,İffXfNfjgfbfv,İffĀ[f^,đ"~—İ,É,μ,ÄŽĈ'İ,ÉŽĀ,ž<A,é,±,Æ,ā,Ä,«,Ů,·ĀB

'ĀĀF-œ•àĈvffĀ[f^,ā, ,é,Æ,«,İ"~Žž,ÉfRfsĀ[μ,Ů,·ĀB

**ftĀ[fUĀ[ffĀ[f^,İfofbfNfAfbfv**

ĀufjfvfVf#f"ĀvĀufĀ[ftĀ[f^,İfofbfNfAfbfvĀv,đfNfSfbfN,μĀĀu•Ů'ĀĀv,Ů,½,İĀu•œ<ĈĀv,đfNfŠf  
bfN,·,é,ÆĀAZŸ,İftĀ[fUĀ[ffĀ[f^,đ•Ů'Ā,Ů,½,İ•œ<Ĉ,μ,Ů,·ĀBfoĀ[fWf#f"ĀfbfvŽž,ÉŽg—p,μ,Ä,-  
,¾,¾,čĀB

- DayFood.txt "úĀİH•İ•\
- except.txt ĀH•İĈđŠ••\—áŠŌĀ^—Ā•\
- glycemic.txt fOfŠfZf~fbfN—áŠŌĀ^—Ā•\
- iedit.txt fAfCfRf"fGfffBf^Ā[ftf"fv<
- onepoint.txt fĀ"fjfcf"fgĀW
- rmrtable.txt 'ăŽŌ~'Āİ—İ
- target.txt fXfRfA-Ů•W
- tooltips.txt ĀH•İfĀ,
- user.txt ĈĈĀĀİĀ•ñftf@fCf<
- usericon.txt ŠĎ'P"o~^—pfTf"fv<fAfCfRf"

uflvfVf#f"vuflvfVf#f"Y'èv,ðNfŠfbfN,·,é,ÆAŽY,ìY'è,À,«,Ü,·B'Éí,íŠù'è,ì,Ü,Ü,À,²Žg—  
p,ç,½,¾,·,Ü,·B

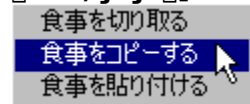
### ìd^ŮŽff,lfh

f\_fCfGfbfg,É—CE÷,μ,½,ç,ìd^ŮŽff,lfh,ð'l,ñ,À,-  
,¾,¾,çBf\_fCfGfbfgf,lfh,æ,è,à"K³ffffS[.ª,P,O""½,,È,è,Ü,·BŮŽæffffS[.ð,³,ç,É'½,-  
,μ,½,ç,·ù,ìAf\_fCfGfbfgfvf%of",Å¶S^<"x,ð,Pf%of"fnã,°,À,,¾,¾,çB"K³ffffS[.ª,Q,O""½,-  
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### HŽ-,ìRfs[



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### H·iff[f^,ìx—L

,²·v·w,ÀŽg—p,·,éêê¶,Í \Program Files\,ciet ,ð·É,ìtfHf<f\_[,É,Ü,é,²,ÆRfs[.μ,À,-  
,¾,¾,çB,»,è,¼,è,ìtfHf<f\_,Å\_fCfGfbfgfvf%of",ðY'è,μA[HŽ-,ð<L~^,μ,À,-  
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### Program Files

```
-- Diet
|
|   |-- ico
|   |
|   |   |-- User1
|   |   |-- User2
|   |   |-- ,½,Ü,²
|   |
|   |-- Diet2
|   |
|   |   |-- ico
|   |   |
|   |   |   |-- User1
|   |   |   |-- User2
|   |   |   |-- ,½,Ü,²
```

pE·v·w,ÀŽg,ç,½,ç,ì,À,QfZfbfg

fCf"fxfg[f<,μ,½,ì,À,·,ª[A,Ç,ì,ç,ìfAfCfRf",ðNfŠfbfN,μ,À,à"·,¶ª,ªŠJ,«,Ü,·B,Ç,ª,·,è,Í—Ç,ç  
,ì,À,μ,à,ª,©?

,Q'gfCf"fxfg[f<,·,é,ì,À,ì,È,ìA,Q'g—U,ìRfs[.μ,À,,¾,¾,çB\Program Files\Diet ,ðGfNfXfvf[f%  
,À%Efhf%fbfO,μ \Program Files ,Åfhf[fbfv[A[u,±,±,ÉfRfs[ [v,ð'l'ð,·,é,ÆRfs[.ª,À,«,Ü,·B  
ŽY,·,Éfvf#[fgjfbfg,ðì,À,À,,¾,¾,çB\Program Files\Diet2\diet.exe ,ðGfNfXfvf[f%o,À%Efhf  
%fbfO,μAfffXfNfgfbfvã,Åfhf[fbfv,μ,À,,¾,¾,çB[f]fbfvfAfbfvfjff...[.Å[uVf#[fgjfbfg,ð,±,±  
,Éì—(S)v,ð'l,Ò,Æ[AfffXfNfgfbfv,Éfvf#[fgjfbfg,ª,À,«,Ü,·B,±,è,ð\_fuf<fNfŠfbfN,·,é,Æ[A,Q'g—  
U,ªŠJ,«,Ü,·B

^è"Ê,É□s,í,ê,Ä,ç,éf\_fCfGfbfg,ì,æ,α,É•W□€'ì□d,É,Q,T□` ,R,O,δ,©,¯,½"K□³fJf□fS□[,ð-  
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%ofCf",í□ASî'b'ãŽÓ—Ê,É,æ,Ä,Ä,ç,é,ì,Ä□¬'·,Æ,Æ,à,ÉŽÝ'æ,É'â,«,,È,è□A□¬'·,É•K—  
v,È□Ä□¬CEÀ,ìfGfJf:fM□[,Æ%oh—{,ªŽ©"®"l,ÉŠm•Û,Ä,« ,é,æ,α,É,È,Ä,Ä,ç,Û,·□B

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Ší' b' ažÓ—Ê, ÍŠí' b' ažÓ, Ê, Q, SžžŠÔ, ð, ©, ¯, ½' l, æ, è, à, µ, ³, È' l, Å, ·BŽŸ, iž®, ÅÆvžž, µ, Ü, ·B  
Ší' b' ažÓ—Ê = Ší' b' ažÓ x (24 - °žžŠÔ) + Ší' b' ažÓ x 0.8 x °žžŠÔ  
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Ě’RĀŽŸ,ìÇó,ªN,±,è,Û,·B  
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•à,(50m/•â)	1.6
•à,(60m/•â)	1.8
•à,(70m/•â)	2.2
•à,(80m/•â)	2.8
•à,(90m/•â)	3.7
•à,(100m/•â)	4.7
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**CECE"œ**

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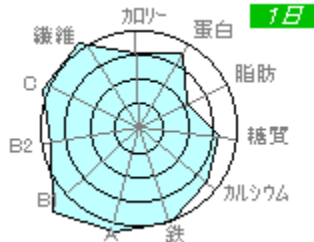
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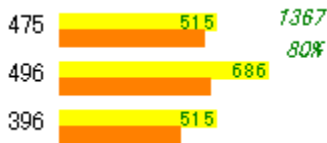
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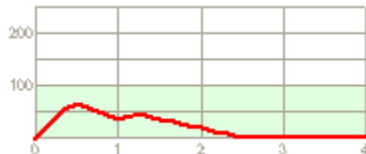
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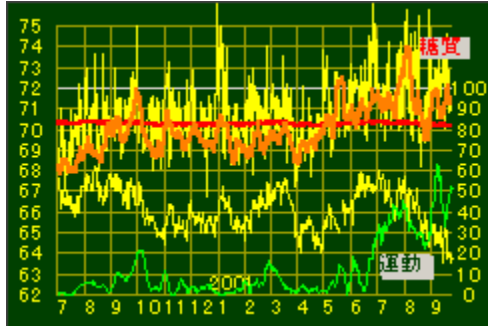
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**fOfŠfR[fQf“Ä“i”ä—!**

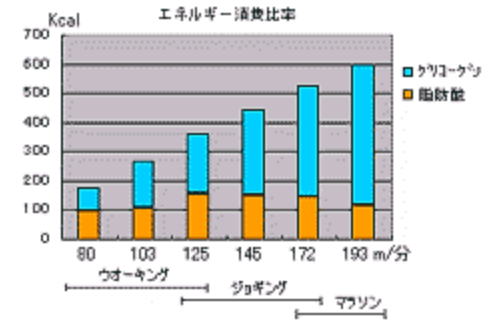
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 fOfŠfR[fQf“ = 300 \* 60% = 180 Kcal  
 'ìŽ%—b = 300 \* 40% = 120 Kcal

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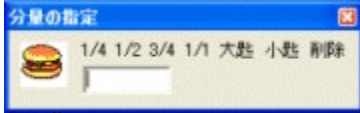
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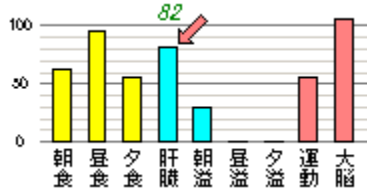
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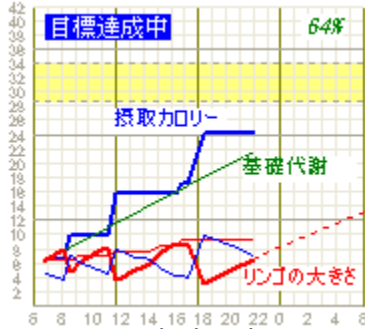
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食事記録を見る  
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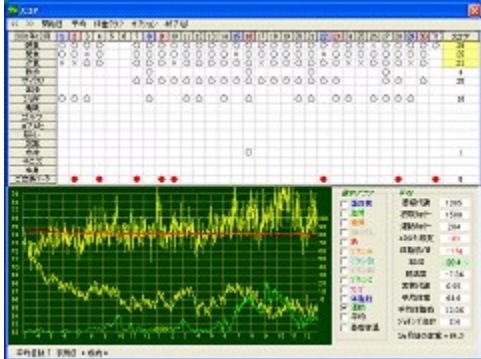
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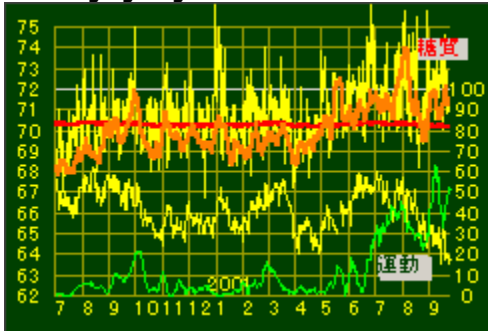
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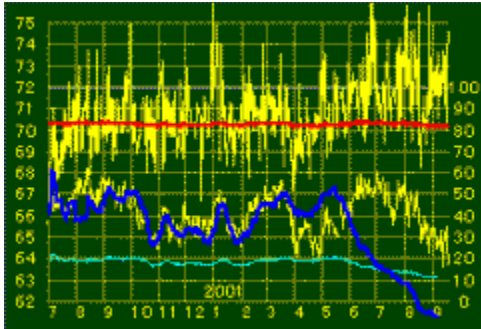
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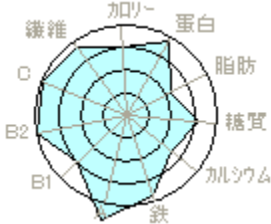


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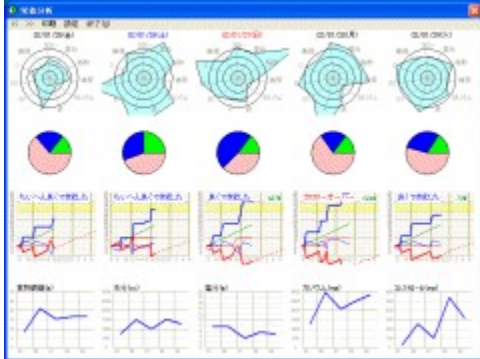
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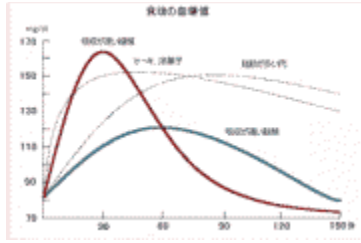
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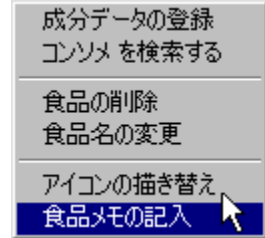
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□ufìfvfVf” □v□u’ăžÓ~’i—|,ì•O□W□v,ðfNfŠfbfN,μ,Ä□A’ăžÓ~’i—|•\,ìfēfjX,ì,Æ,±,è,ð  
%o°<L,ì,æ,ª,É,μ,Û,·□B  
;ÄÆ½,6  
ÊpÚ°,2.1

ftfŠ[]fEfGfA"Å,î•û,í[]A,±,lfy[]fW,ì<@"\,ð,²Žg—p,É,È,ê,Û,¹,ñ[]B

**H•if[]f,**



[]H•i,²,Æ,Éf[]f,,ð<L"ü,·,é,±,Æ,ª,Å,«,Û,·[]B-Ú•ª-Ê,â%oh—{‰º,È,Ç,ì<L~^,ª•K—v,È•û,í,²—~—p,-  
,¾,³,ç[]B[]H•ifOf<[]fv,lfAfCfRf",ð‰EfNfŠfbfN,·,é,Æ[]A[]¶[]},l,æ,α,Èf|fbfVfAfbfv[]fj...

[][,ª[]o,Û,·[]B[]u[]H•if[]f,,ì<L"ü[]v,ðfNfŠfbfN,μ[]Af[]f,,ð<L"ü,μ,Å,-  
,¾,³,ç[]B<L"ü,μ,½f[]f,,lfXfe[]f^fXfo[][,É•\Ž,³,é,Û,·[]B

**Žg—p—á[]F**

[]E[]u^ù—ì[]v[]Of<[]fv,ì[]u,«,È,±fhfŠf"fN[]v,ð  
‰EfNfŠfbfN,μ,Å[]A[]u[]H•if[]f,,ì<L"ü[]v,ðfNfŠfbfN,μ,Å,,¾,³,ç[]B  
[]Ef[]f,"ü—í,ì<,Å[]A []u,«,È,±fhfŠf"fN,lfv[]f[]efCj"f\_fCfGfbfg,ì-  
;[]B<[]"ù3/4fjfbfv,É,«,É•²'â,³,¶,P[]A,³,Æ,α[]-[]ú,P,ð,ç,ê,ÁfVfF[]fN,·,é[]B[]v,Æ<L"ü,μ,Å,,¾,³,ç[]B  
[]E,»|CEã[]A,«,È,±fhfŠf"fN,Éf}fEfX,ð,à,Á,Á,ç,,Æ[]A[]æ,É<L"ü,μ,½f[]f,,afXfe[]f^fXfo[][,É•\  
Ž,³,é,Û,·[]B

'[]F[]f[],íToolTips.txt ,É•Û'¶,³,é,Û,·[]B[]f[],,ì[]Å'â[]",É[]\$CEÀ,í, ,è,Û,¹,ñ,ª[]A,Q,O,OEÂ'ö"x,É,μ,Å,-  
,¾,³,ç[]B

**fVfXfef€ff[]f^**

[]uf|fvfVfj^"[]v[]ufVfXfef€ff[]f^[]v[]ufVfXfef€ff[]f^,ðCE©,é[]v,ðfNfŠfbfN,·,é,Æ[]A"-f[]ftfg,ÅŽg—  
p,·,é[]v[]fXfef€ff[]f^,ðCE©,é,±,Æ,ª,Å,«,Û,·[]B  
fVfXfef€ff[]f^,íft[]fU[][,²Žg—p,lfGfffBf^[][,Û,½,íNotepad.exe,ð<N"®,μ,Å•\  
Ž,μ,Û,·[]B[]v[]fXfef€ff[]f^,ð[]',«Š,!,é,Æ[]A,»,ì"ú,lfOf%oft,É‰e<¿,ð—^,!,é,ì,Å,²'[]^Ó,,¾,³,ç[]B

**fGf‰[]f[]fbfZ[]fW**

[]uf|fvfVfj^"[]v[]ufVfXfef€ff[]f^[]v[]ufGf‰[]f[]fbfZ[]fW,ð²,x,é[]v,ðfNfŠfbfN,·,é,Æ[]A<L~^,³,é,Ä,ç  
,é[]Gf‰[]f[]fbfZ[]fW,ð•\Ž,μ,Û,·[]B,±,lf[]fbfZ[]fW,í'v-½"l,É[]Gf‰[][,Å,È,ç  
,Æ,«,É<L~^,³,é,é,ì,Å[]AfGf‰[][,ì‰ð-¾,É-ð—§,Å,±,Æ,í'½,, ,è,Û,¹,ñ[]B

ftfšš[]fjefGfA"Á,ì,ù,í□A,±,lfy□[]fW,ì<@"\,ð,²Žg—p,É,È,è,Û,¹,ñ□B

**,±,ñ,ÈŽž,í**

□E□H,x,Ä,à□H,x,Ä,à,¨•,ª,.,,Æ,«,í%oh—{f`ff□[]fg,Á“œŽž,ìfof%of“fX,ð,Ý,Ä,-  
,¾,³,ç□B“œŽž,ª¹½,·,-,Ä,ç,Û,¹,ñ,©□B  
□E□HŽ-,ì, ,Æ•¨“«,è,È,ç,Æ,«□A-ž‘«Š´,ª,È,ç,Æ,«,í%oh—{f`ff□[]fg,ÁÆ±Šx,ª,È,ç,©Æ©,Ä,,¾,³,ç□B  
□E,¨,â,Ä,ª,Ç,κ,μ,Ä,à—~,μ,É,é,Æ,«,ÍfGfj:fM□[],ð•â<<,μ,Ä,©,ç%oo^“@,·,é,æ,κ,É,μ,Ä,,¾,³,ç□B  
□E□-¨·:Šú,ì□,ì□è□±,ì□¶Š^<“x,ð□uŽá,ç□□v,Û,½,ì□ufXf□[]fçfCf“fXfgf%ofNf^□□v,ð¹,ñ,Ä,,¾,³,ç□B

**□i“ú,P“ú,¾,¨**

□i“ú,P“ú,¾,¨,Æ,ç,κ,ì,ÍfAf<fR□[]f<^È¶□Ç,ì□,½,ž,ì•WCEè,Ä,·,ª□Af\_fCfGfbfg,É,à,½,ç,Ö,ñCEø%oÈ,ì, ,  
é•WCEè,Ä,□B,¨•,ª,·,ç,½,ç□A,Ä,-,ì,±,Æ,ð,μ,Ä,Ý,Û,μ,â,κ□B  
□HŽ-,Æ□HŽ-,ÌŠÔ,ð<ó,¨,·,-,È,ç,æ,κ,É,·,é□B  
-ì□Ø,â□H•¨“@^Û,ð,½,Ä,Ö,è□H,x,é□B  
□{,ì-ì□Ø,ð□H,x,é□B  
□H,x,½,,È,Ä,½,çfRf“fj□fX□[]fv,â,¨f,ð^ù,p□B  
•K—v,È%oh—{f,ðfof%of“fX—Ç,□H,x,Ä,¨,□B  
,P“ú,É,Q%oñ,ì-ì□Ø,ð□H,x,é□B  
,Æ,É,©,·,R•ªSÖ,ª,Û,ñ,μ,Ä,Ý,é□B  
-é□H,ð□H,x,½,,È,é‘O,É□Q,Ä,μ,Û,κ□B  
□HŽ-,ª,·,ñ,¾,ç,·,®Ž•,ð-□,□B  
□HŽ-,ª,·,ñ,¾,ç,·,®fe□[]fuf<,ì□ä,ð,©,½,,¨,é□B  
-{“-,ì<ó•,©□A,»κ,Ä,È,ç<ó•,©,ð<æ•È,·,é□B  
-ì□ØfXfefBfbfN□A,±,ñ,Ò□A,ì,è,È,Ç□H,x,Ä,æ,ç,à,ì,ð—p^Ó,·,é□B  
,Ç,κ,μ,Ä,à□H,x,½,ç,Æ,«,ì-ì□ØfX□[]fv□B  
,¨•,ª,·,ç,½,ç<¹,ð´f,Ä,Ä, ,é,□B  
,P“ú,Q%oñ‘ì□dCEv,É□æ,é□B  
fAf<fR□[]f<^ù—ž,ð^ù,Û,È,ç□B  
□i“ú,P“ú,¾,¨□B

**”z•ªfpf^□[]f“ ,ð□±,í,¹,é**



'©□H,í□A'<□H,Û,Ä,É□A"i,Ä,«,é—È,É,μ,Û,μ,â,κ□B“ú-{,Ä,í□A'©□H,ð,μ,Ä,©,è□H,x,é,Æ,ç,κ,±  
,Æ,ª,æ,CE¾,í,é□A,T,O,OKcal,à,ì'©□H,ìCE£—§—á,ðCE©,©,¨,é,±,Æ,ª,è,Û,·,ª□A•□'È,ì□,ì'©,©,ç,»  
,ñ,È,É□H,x,é•K—v,í, ,è,Û,¹,ñ□B'©□H,í'<□H,Û,Ä,É□A"i,Ä,«,é—È^È  
%oª,É,μ,Û,·□BfAf□fšfj,lf\_fCfGfbfg,ì'©□H—á□B

**fçf“fXfšf”**

□HCEä□A□-¨•,©,çfOf<fR□[]fX,ª<zŽù,ª,è,Ä,ª,é,ÆäX'Ý,ðŽhCEf,μ,ÄfCf“fXfšf” ,Æ,ç  
,κfzf<f,f“ ,ª•ª“ª,ª,è,Û,·□BfCf“fXfšf” ,ì□A<Ø“÷,âŽ%o-b'g□D,ª“œ,âŽ%o-  
b,ðŽæ,è□ž,p,ì,ð□•,¨□A,©,ÄŽ%o-b•ª%oð,ð—}□\$,·,é□ì—p,ð,à,Ä,Ä,ç,Û,·□B  
□HCEä□AZžšŠÖ,ªCEo,Ä,ÄfCf“fXfšf”“Z“x,ª□,È,È,Ä,Ä,é,Æ□AZ%o-b•ª%oð,ì—}□\$,ªCEø,©,È,-  
,È,è□A'ìŽ%o-b,ªCEf“t,É—n,¨□o,μ,Ä,«,Û,·□BCEf“t,ÉŽ%o-bŽ\_ª□,ì,é,Æ□Û□H't□•,ªŽhCEf,ª,è,Ä<ó•  
,ðŠ´,¶,Û,·□B,μ,½,ª,Ä,Ä□A<ó• ,ðŠ´,¶,Ä,ç,é,Æ,«,É%oo^“@,ð,·,è,ìCEø%oÈ,ª,ª,è,Û,·□B  
,P“ú,ì,κ,ž,ÄŽ,,½,ž,è<ó• ,ðŠ´,¶,é%oñ□,ì,»κ¹½,í, ,è,Û,¹,ñ□B'<‘O,Æ—[□H'‘O□A,»è,Æ□A□Q'‘O,ì,R  
%oñ,¾,¨,Ä,·□B<t,ÉCE¾,ì,ì□A,P“ú,É,R%oñ□A<ó• ,ðŠ´,¶,ç,è,é,Æ,«,ª□A□äŽè,Éf\_fCfGfbfg,ª,Ä,«,Ä,ç  
,é,Æ,«,Ä,·□B  
ŠÄ,ç,à,ì,ì□AfCf“fXfšf” ,ð□%oÁ,ª,¹,Ä'ìŽ%o-b,ì•ª%oð,ð—}□\$,μ,Û,·□BŠÄ,ç,à,ì,ì'ä,í,é,É□A—â' CEÉ,ì-  
ì□ØfXfefBfbfN,ð□H,x,½,è□Af\_fCfGfbfgfR□[]fN,ð^ù,ñ,¾,è,μ,Û,μ,â,κ□Bf\_fCfGfbfgfR□[]fN,ì,PCEù,ž,ñ  
,è,Æ^ù,ñ,ÄŠÄ,ª,ð-ì,í,ç,Û,·□B

**□A%o»ŽžŠÖ**

□H, x • " , a ^ Y , A ' Ø — , , é z z Š Ő , í ž Ÿ , ì , Æ , " , è , Å , · □ B , 1/2 , 3/4 , μ □ A < ó • Š ' , í ^ Y , Å , ì ' Ø — ž ž Š Ő , 3/4 , - , Å , È , -  
□ A □ H , x • " , É Š Ů , Û , è , é " œ ž ž , ì < z ž Ů " - " x , É , æ , Å , Å , « , Û , é , Ì , Å □ A ' Ø — ž ž Š Ő , a ' , , Å , à • ž □ , ç , a — Ç , ç  
, Æ , Ì Ç È Á , è , Û , 1 , ñ □ B - ì □ Ø , Æ ^ è □ □ , É □ H , x , é , Æ ' Ø — ž ž Š Ő , a ' , , È , è □ A " œ ž ž , ì < z ž Ů , a ' x , • ž □ , ç , a — Ç , ç ,  
, È , è , Û , · □ B

" 1/4 □ n — ' 1:30

< □ " ù 2:00

ž h □ g 2:00

, 2 " Ñ 2:15

, x , Ç , ñ 2:45

, , < □ Ä , « 2:45

f r f t f e f L 3:15

f o f ^ □ [ 12:00

### < ó • Š ' , Æ , í

^ è " È " Ì , È □ H • " □ Ů ž æ , Ì • s ' « , É , æ , è < N , ± , é Ç È Á Ç È □ H • " , ð □ H , x , 1/2 , ç , Æ , ç , x Š ' Š o , Å □ A " ú □ í , Ì , 2 , -  
ž © ' R , È □ H ž - ' O , É Š ' , , é □ H , x , 1/2 , ç , Æ , ç , x ~ < □ , Ì Š ' Š o , Å , □ B f \_ f c f g f b f g ' t , Ì , P " ú , R % ñ , Û , Ç Ç e y , ç < ó • ,  
ð Š ' , ñ , è , Ì , a — □ " z " Ì , Å , · □ B Ç È Á Ç È " • " , É " Ì , , é ~ < □ , È , Ì , Å , " f , á f x □ [ f v , Ì f \_ f c f g f b f g □ H , Ì ± , « , Û , 1 , ñ □ B

### □ H — ~ , Æ , í

^ è " È , É < ó • Š ' , Æ □ H — ~ , a □ — " - , 3 , è , Û , , a □ A Ç È μ - § , É , Ì □ A □ H —  
~ , Æ , Ì Ç È ä " V " Ì , É Š w □ K , 3 , è , 1/2 " Á " è , Ì □ H • " , ð □ H , x , 1/2 , ç , Æ , ç , x ~ < □ , Å , · □ B , 1/2 , Æ , Ì , Ì □ A , " " Û , Ì -  
j , à , Ó , é , 3 , Æ , Ì - j □ A □ H Ç È ä , Ì f f f U □ [ f g , Ì , æ , x , É < ó • Š ' , a - ž , 1/2 , 3 , è , Å , à ^ È ' R , Æ , μ , Å ' ñ □ Y , μ , Û , · □ B , Û , 1/2 □ A □ H —  
~ , Ì " - , ñ □ H , x • " , a ± , , Æ Ç È , ' p , μ , Û , , a □ A < ó • Š ' , É , Ì - O , « , a — ^ , Û , 1 , ñ □ B , μ , 1/2 , a , Å , Å □ A < ó • Š ' , Æ □ H —  
~ , Ì • È , È , à , Ì , Å , · □ B , Û , 1/2 □ A □ H — ~ , Ì % o h — { □ — • a , Ì • s ' « , É , æ , Å , Å , à < N , ±  
, è , Û , · □ B f j f < f v f e f e • s ' « , Ì ž q , Ç , à , a Š D , à " y , ð □ H , x , 1/2 , è , , é , » , x , Å , , a □ A ž , , 1/2 , ç , Ì " " " R , Æ , μ , 1/2 □ H —  
~ , È , Ì • s ' « • a , É " Ì , , é ~ < □ , à Š Ů , Û , è , Å , ç , é , ± , Æ , a , , è , Ì , Å □ A , æ , Ç © < É , ß , é • K — v , a , , è , Û , · □ B f x f g f ç e f x , a  
□ H — ~ , É " ] % o » , 3 , è , é □ è □ † , Æ □ A — } □ § , 3 , è , Å , ç , 1/2 □ H — ~ , a f x f g f ç e f x , É , æ , Å , Å Š j • ú , 3 , è , é □ è □ † , a , , è , Û , · □  
B

### < Q % ò Ì Š ' , Æ , í

' ž ž Š Ő □ A □ H ž - , ð , Æ , é , ± , Æ , a , Å , « , È , © , Å , 1/2 □ è □ † , È , Ç , É Š ' , , é < ó • Š ' , æ , è , à , 3 , ç , É □ [ □ □ , È □ H , x , 1/2 , ç  
, Æ , ç , x Š ' Š o , Å , · □ B  
ž , , 1/2 , ç , Ì □ H ž - , Ì ' O , É Ç e y , ç < ó • Š ' , ð Š o , Ì , é , æ , x , È , , é , Ì , a □ 3 , μ , ç □ H □ ñ Š ^ , Ì , , è , Û , Å , · □ B □ H ' O , Ì Ç e y , ç < ó • Š  
' , Æ □ H — ~ , Ì ' t □ g , ð < æ • È , , é " \ — Ì , ð ž □ , ç □ A , ± , è , Æ □ ä ž è , É • t , « □ † , Å , Å , ç , • K — v , a , , è , Û , · □ B < ó • Š  
' , ð • ú ' u , , é , Æ f j f % o f \_ , É < Q % ò Ì , Ö , Ì < ° • Ì Š ' , ð ž c , μ , Å □ A ž Ÿ , © , ç ' 1/2 , ß , È □ H , x , æ , x , Æ , , é , æ , x  
, È , È , è , Ì , Å □ A < ó • , Æ □ H — ~ , ð , æ , < æ • È , μ , Å < Q % ò Ì Š ' , ð < N , ± , 3 , È , ç , æ , x , È , , é , ± , Æ , a • K —  
v , Å , · □ B , » , è , È , Ì □ A • , U • a - Û , Ì □ H ž - , ð , T ž ž Š Ő , " , « , È , μ □ A < ó • , ð • ú ' u , μ , È , ç , æ , x , È , μ , Û , · □ B ' < □ H , © , ç —  
[ □ H , Û , Å , Ì ž ž Š Ő , a " ñ □ í , é ' , ç • ú , Ì , P , V ž ž □ , É Š Ő □ H , a , Å , « , é , æ , x , È Š Á < « , ð □ @ , Ì , é , x , « , Å , · □ B

### ' á Ç È " œ □ Ç

Ç È % o t ' t , Ì f u f h f E " œ " Z " x , a 50 mg / dl ^ È % o o , É ' á % o o , , é , Æ < Q % ò Ì Š ' , Æ , Æ , à , È □ A " ç • t " " " □ A ' E — Ì Š  
' □ A " @ œ § □ A — à Š 3/4 □ A ž è ' « , Ì □ k , Ì , È , Ç , ð < N , ± , è , Û , · □ B ' á Ç È " œ □ Ç , Ì Š Ì f o f Š f R □ [ f Q f " f ^ f " f N , a Ç È Ì Š % o  
, μ , 1/2 , Æ , « , È < N , ± , è , Û , · □ B Š Ì f o f Š f R □ [ f Q f " f ^ f " f N , Ì Ç È Ì Š % o , Ì < , , - , é % o o ^ " @ □ A " œ , Ì < z ž Ů , ð -  
W , ° , é f \_ f c f g f b f g □ Ů □ A , ± , ñ , È , á , , à Š C " " , Ì , © , è , Ì f \_ f c f g f b f g " " " , Å < N , ± , è , Û , · □ B

### f \_ f c f g f b f g , Æ , í □ K Š μ , ð • Ì , Ì , é , ± , Æ , Å , ·



f \_ f c f g f b f g , È □ - Ç ÷ , μ , Å , à • s Ç È i < C , È □ ç , Ì ' t , a • Ì , í , é , Ì , - , Å , Ì , , è , Û , 1 , ñ , a □ A □ g ' Ì , Ì ' 2 ž q , Ì — Ç , -  
, È , é , μ □ A ^ È ' O , Ì • ž , a ' , , ç , è , é , æ , x , È , È , é , μ □ A % o 1/2 , æ , è , à — Ç , ç , ± , Æ , Ì — Ç , ç □ K Š μ , a □ g , È , Å , , ±  
, Æ , Å , · □ B , » , μ , Å □ A , P □ Ì , Å , à — Ç , ç □ K Š μ , a □ g , È , Å , , Æ % o Æ ' ° , Ì Š F , ñ , È , È — Ç , ç % o e < ç , ð — ^ , Ì , Û , · □ B  
% o 1/2 , ð , Ç , Ì , , ç , ç □ H , x , è , Ì , ç , ç , © □ A , » , è , ð ' 2 , x , 1/2 , è Š m " F , μ , 1/2 , è , Å , « , é □ Å □ V , Ì f c □ [ f c , ð , , È , 1/2 , Ì " ů ž è , μ , Û ,  
μ , 1/2 □ B f \_ f c f g f b f g , ð < } , ç , 3/4 , è □ A " Á • È , È f x f g f ç e f x , ð ž Ů , - , 1/2 , è , 3 , Ì , μ , È , - , è , Ì □ A Š Ő , à , È , % o o " K , È f  
% o f ç t , a ž è , È " ů , è , Û , · □ B , o , ð f \_ f c f g f b f g , ð , " Š y , μ , Ý , -  
, 3/4 , 3 , ç □ B , È , " □ A f A f < f R □ [ f c , Ì f \_ f c f g f b f g , Ì " á " G , Å , · □ B " - • a , Ì < Ö ž ð , μ , Å , , 3/4 , 3 , ç □ B



,P"ú-Ú ,ä,Å—'□Af}ftfBf"□Af}□f}fCE□[fh□Afgf}fgfWf...□[fX□AfR□[fq□[  
,Q"ú-Ú fR□[f"ftfCE□[fN□AfXfLf€f~f<fN□AfR□[fq□[  
,R"ú-Ú fXfNf%of"fu f<fhfGfbfO□AfLfCEf"fwfWf...□[fX□AfR□[fq□[  
,S"ú-Ú fOf%ofm□[f%o□AfXfLf€f~f<fN□AfR□[fq□[  
,T"ú-Ú fCE□[fYf""ü,èf□[fgf~□[f<□AfR□[fq□[  
,U"ú-Ú —à"€flfffZf□□[f<□Af^□[fL□[fnf€□Af`fFf\_□[f`□[fY□AfXfLf€f~f<fN  
,V"ú-Ú fpf"fp□[fL□A'á"œfVf□fbfv□AfR□[fq□[  
'□□F-ì□∅,°□,È,—□'z"l,È□HŽ-,Æ,í,ç,ı,Ü,ı,ñ,°□Afjff□fŠ□[,"ú-{,ì)'©□H—á,ì"¼•ª^Ê,μ,©, ,è,Ü,ı,ñ□B



'i d f O f % o f t , i i -

i, P j • ½ < i " ú " , ð , V " ú , É , µ A , , x , Ä , l f r f ^ f ~ f " f O f % o f t , ð Á , µ , Ä % o o ^ " @ f O f % o f t , i , Ý • \ Ž ! , µ , Ä , , ¾ , ¾ , ç B

i, Q j u f l f v f v f f " v u ' i d f O f

% o f t , ð • Ú ' ¶ , , é v , ð f N f Š f b f N , , é , Æ A f f X f N f g f b f v , É G 0 1 , ~ , ~ , ~ . B M P , a , Ä , « , , a , è , Ü , . B

i, R j f f X f N f g f b f v , i G 0 1 , ~ , ~ , ~ . B M P , ð f \_ f u f < f N f Š f b f N , µ , Ä A , x , Ü , o — ^ , , a , Ä , Ä , ç , é , © , Ç , x , © Š m " F , µ , Ä , , ¾ , ¾ , ç B

i, S j , " Ž è Ž , , i ^ ³ k f v f t f g , Ä G 0 1 , ~ , ~ , ~ . B M P , ð ^ ³ k , µ , Ä A , P , O , O K B ^ È % o o , É , µ , Ä , , ¾ , ¾ , ç B

f i f < , É " Y • t

i, P j Outlook Express , i ê # A u V , µ , ç f f < v , Å u f f b f Z [ f W , i i - v , ð Š J , « , Ü , . B

i, Q j u ' } " ü v u " Y • t f t f @ f C f < ( A ) v , ð f N f Š f b f N , , é , Æ f t f @ f C f < , i ê S , ð • , ç , Ä , -

, é , i , Å f f X f N f g f b f v , i G 0 1 x x x x . L Z H , ð Ž w ' è , µ , Ä , , ¾ , ¾ , ç B

i, R j , , Ä æ A C E - ¼ A - { • ¶ , ð ' , ç , Ä u ' - M v f { f ^ f " , ð f N f Š f b f N , µ , Ä , , ¾ , ¾ , ç B

' F % o æ ' œ f f [ f ^ , ð ^ ³ k , µ , È , ç , Ä ' - M , , é , Æ A , P , O • a ^ È ä , à , © , © , Ä , Ä , µ , Ü , ç

, Ü , , i , Ä A • K , , ^ ³ k , µ , Ä , " — , è , , ¾ , ¾ , ç B ^ ³ k f t f @ f C f < , i B M P f t f @ f C f < , i 1 / 1 0 ^ È % o o , É , È , è , Ü , . B

'©□A<N,«,½,Æ,«,ÍŽ,,½,¿,Í<ó•,É,È,Á,Ä,ç,Ü,·□B'©,İfŠf“fS,İfTfCfY,Í□‡-  
°†,É□Á”İ,μ,½fGfİf<fM□[.İ‘â,«,³,©,çfXf^□[fg,μ,Ü,·□B-é□H,Í□H,×,È,ç,Å,,¾,³,ç□B

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Ü,;ª□A,»ñ,È,±,Æ,Í,;è,Ü,¹ñ□BCE, —Ê,ð,;é,Æ•%×,ªCEy,,É,é,ì,Á□Afjf%of\_Í•s—v,È<Ø“÷,ð—  
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ñ□B,»à,»à<Ø“÷,ì□CE,;ÁŠí‘b’ăžÓ,Í,;Ü,è•Í,í,è,Ü,¹ñ,©,ç□ACE¾,í,è,é,æ,æ,É‘ìŽ¿,ª‘Í,í,é,±,Æ,Í,;è,  
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;ìfTfvfŠf□f“fg,ÉŠú‘Ó,μ,Äžž,μ,Ä,Ý,æ,æ,Æ,ç,æ,±,Æ,É,È,è,Ü,;□B,±,ì,æ,æ,É,μ,Á□A,ç,è,ç  
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È,à,ì,©,ªCE©•ª,;È,,È,Á,Ä,ç,Ü,;□B,»ì,æ,æ,É□,½,¿,¿,ìž©•ªž©□g,Á□S,ðšJ,ç,Á□A‘¾,ì□—CE÷,μ,Ä,ç  
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é,©,ð□A□^è”{‘□^Ó,μ,ÁCE©•,«,,μ,È,;è,ì,È,è,Ü,¹ñ□BfŠfofEf“fh,ðCEJ,è•Ô,μ,½□,ì□□“ì,Èfnf“fffB  
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,¾,¾,¾,ç□BŽU•à,ì□A"íjff□fš□[,í%ö^“@f{f^f",ì□uŽU•à□v,Å,à"ü—í,Å,«,Û,·,ª□A-  
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Ž!,¾,¾,¾,ç□BŽš,ÉšÖ^á,ç,ª,É,ç,©Šm" F,μ,Ä,¾,¾,¾,ç□B—Ç,¯,ê,ì□AEnterfL□[,đ%öÿ,μ,Ä□l—¹,μ,Ä,-  
,¾,¾,¾,ç□B

fjff□fš□[,ìCvžž□,“x,đ□ã,° ,é

ŽU•àžž,ì□A"íjGfjfM□[,í%ö<L,ì"ãžÖ~´□i—! ,đŽg,Á,ÄCvžž,μ,Û,·□B,½,Æ,ì,ì□A,PžžšÖ, ,½,è,ìšî'b'  
ãžÖ,ª,U,OKcal,ì□,ª,W,O,□/•ª,ì'—“x,Å,R,O•ªšÖ•à,ç,½,Æ,·,é,Æ□A,»,ì□A"íjff□fš□[,í (2.8 + 0.1) x  
60 x 0.5 = 87 Kcal,ì,æ,π,ÉCvžž,μ,Û,·□B  
•à□s'—“x,ì□A-œ•àCvCvžž,ìšî,É,È,é,ì,Å□³,μ,□Ý'è,μ,Ä,¾,¾,¾,ç□B

'ãžÖ~´□i—!

- à,(100m/•ª) 4.7
- à,(90m/•ª) 3.7
- à,(80m/•ª) 2.8
- à,(70m/•ª) 2.2
- à,(60m/•ª) 1.8
- à,(50m/•ª) 1.6

•à•□,ì□Ý'è

“-fjftfg,ì-œ•àCv,ì•à□",©,ç□A<—£  
,ÆžžšÖ,Æ□A"íjff□fš□[,đCvžž,μ,Û,·□Bšù'm□",ª,P,Å,Å,R,Å,ì-  
ç'm□",đCvžž,·,é,ì,Å,È,ñ,¾,¾,¾,ç□B}fWfbfN,ì,æ,π,Éš',¶,ª,μ,Û,·,ª□A-  
œ•àCv,ÆfxfgfbvfEflfbf^,Åª,Å,Å,Ý,é,Æ□AŽU•à,ìžžšÖ□A•à□"□A<—£,ª,Ò,½,è,Æ□#,ç  
,Û,·□B•à•□,ì,±,ìCvžž,ì□,“x,đ□¶%öE,μ,Û,·□B  
•à•□,ì□g'—100,ª-Û^Å,Å,·□B,½,Æ,ì,ì□A□g',P,U,O,f,□,ì□,í•à•□,đ,U,O,f,□,ÉfZfbfg,μ,Ä,-  
,¾,¾,¾,ç□B,»,μ,Ä□A<—£,ª,í,©,Á,Å,ç,éfR□[fX,đfxfgfbvfEflfbf^,Æ-  
œ•àCv,Åª,é,Æ□A□³,μ,ç•à•□,Æ•à□s'—“x,ª,í,©,è,Û,·□B%ö½%öñ,©ŽÀª,μ,Ä,¾,¾,¾,ç□B

ŽU•à,ì,μ,©,½

fGfA□[fNfbvfjff",ìC,đ,í,ç,Ä□AfwfbfhftfHf",Å□D,«,È%ö¹šy,đ•,«,É,ª,ç'—,â  
%öß,—,É,ç'—“x,Å•à,«,Û,·□BŽ,,ì□è□#,ì□Af}f"fgfo□[fj,âfšf"ff□[fhfNfCfCf□[f]f",È,Ç,Å,·,ª□A,«,è,ç  
,È%ö¹šy,đ•,«,É,ª,ç•à,ç,Á,ç,é,Æ□Afx□[f^fGf"fhf<ftfBf",Æ,ç,π-f-ð,ÉZ—  
,½•"Žž,ª"ì"à,É□o,Å,«,Ä□A"V<C,¾,¾,¾,ç□B,¯,ê,ì%ö½%ö^,Û,Å,Å,à"à,¯,Û,·□B,»,μ,Ä□A—,©,à□°,è,Ä,ç  
,è,ì,Û,½•à,«,½,È,è,Û,·□B

“~ , 1fR [fX, ð • à, ð ê ð ð A' ~, • à, , Æ Ž Ž Š Ŏ, a' Z, , È, è ð A, ä, Á, , è • à, , Æ' , , È, è, Ü, • ð B • à ð s' ~ “x, a, U, O, ð /  
• a, Ì, Æ, <, Æ, T, O, ð / • a, Ì, Æ, <, Á, ð A, ä, Á, , è • à, • ù, a ð A' ” i f j f ð f Š ð [ , a' ½, , È, è, Ü, • ð B

**ÆVŽŽ, Ì, µ, ©, ½**

Š' b' a Ž Ŏ 60Kcal/Ž Ž , ð [ , a

• a' ~ 60m, Á Ž Ŏ • à, µ, ½, Æ, <, Æ ð A 50m, Á Ž Ŏ • à, µ, ½, Æ, <, ð A' ” i f j f ð f Š ð [ , Ì ” ä Š r, Ì, Á, ~, Ì, æ, x  
, È, µ, Ä Æ v Ž Ž, µ, Ü, • ð B

2000m, ð 60m / • a, Á Ž Ŏ • à, µ, ½, Æ, <, Ì • t % a ð Á ” i f j f ð f Š ð [ , Ì ð A  
2000 ð € 60 = 33 • a  
1 x (1.8 + 0.1) x 33 = 62.7 Kcal

2000m, ð 50m / • a, Á Ž Ŏ • à, µ, ½, Æ, <, Ì • t % a ð Á ” i f j f ð f Š ð [ , Ì ð A  
2000 ð € 50 = 40 • a  
1 x (1.6 + 0.1) x 40 = 68.0 Kcal

' ð ð F • à ð s, Ì f g f f < f M ð [ , Ì ð A • à ð s, Ì ð Á ' ä ' ~ “x, È < ß, Ä, ~, Ì < ß, Ä, , Ü, Ç ” ð -  
ô " Ì, È ' ð ' ä, µ, Ü, • ð B ð ä, Ì Æ v Ž Ž, Ì ð A Ž Ŏ • à, ð, ä, Á, , è Š y, µ, p, ±, Æ, È, à ^ Ó < ' , a, , é, ±, Æ, ð Ž Ì, µ, ½, à, Ì, Á ð A' ~, -  
• à, ç, Ä, à Ž Ŏ • à, è Š y, µ, ç, Ì, Ä, , è, Ì ð A, » , è, Ì, » , è, Ä Æ < ð \, Ä, • ð B ' ä Ž -  
, È, Ì, ð A' ” i f j f ð f Š ð [ , È f x ð [ f ^ f G f " f h f < f t f B f " , a ð o, Á, , é, ©, Ç, x, ©, Á, • ð B f f Ç f G f b f g, a, x, Ü, , ç, Á, Ä, ç  
, È, Æ, <, Ì ð A ð S, Ì ' è, Á, ç, Á, à ð K, 1, È < C • a, a ~ ~ , è, Á, ç, Ü, ; , a ð A Ž Ŏ • à, Ì, Æ, <, È, à, » , Ì, æ, x  
, È < C • a, È, È, è, è, ©, Ç, x, ©, Ä f f Ç f G f b f g, a • Ì, Ì, Á, Ä, <, Ü, • ð B  
ð [ , Ì < , a ð a ~ ~ , È " a , ð Æ Ü, ~ , Á, ä, ç, ä, ç, Æ % o j, ç, Á, ç, é, Æ, <, Ì Ž % o - b, ð " R, ä, µ, Ä, ç, Ü, • ð B, ±  
, Ì < , a " Ì, ° , é, Æ, <, Ì f o f Š f R ð [ f Q f " , ð Ž g, Á, Ä ð Á ' ä f p f ð ð [ , Á " Ì, ° , Ü, • ð B Ž Ŏ • à, Ä, à ð A' ~, • à, -  
, Ü, Ç ð A' ” i f j f ð f Š ð [ , Ì ' ð ' ä, µ, Ü, , a ð A, » , Ì • a, Ì Ž % o - b, Á, È, f o f Š f R ð [ f Q f " , a " R, ä, ³, è, Ü, • ð B, ä, Á, , è • à, -  
, Æ ð Á ” i f j f ð f Š ð [ , à Ž % o - b, Ì ð Á ' i, à ' ä, <, , È, è, Ü, • ð B f o f Š f R ð [ f Q f " , a " R, Ì, é, Æ, ~ • , a, <, Ü, ; , a ð A Ž % o -  
b, Ì " R, Ì, Á, à, ~ • , a, <, Ü, 1, ð ð B

**-Ü " Ì ' n, È ' ..., ç, ½, ç**

f v f " f o f < , a - Ä, è f g f ð f t f B ð [ , a, p C E Á ' i ' æ, ³, è, Ü, • ð B

**'O " ú, Ì - œ • à Æ v " ü - Í**

' O " ú, Ì - œ • à Æ v " ü - Í, ð " ü, è - Y, è, ½, Æ, <, Ì ð A f j f C E f " f \_ ð [ , ð " O " ú, È, µ ð A - œ • à Æ v, Ì • à ð " , ð " ü -  
Ì, µ, Ä f Š f ^ ð [ f " f L ð [ , ð % o Y, µ, Ä, , ¾, ³, ç ð B

**fo [fWfj f " fAfbfv**

Walk.txt , Æ, ç, x f t f ð f C f < , È " ú • t, Æ • à ð s < ~ ~ ~ ~ ~ £, a < L ^ ~ , ³, è, Ä, ç, Ä ð A f o ð [ f W f j f " f A f b f v, ð, µ, Ä, à ð A -  
œ • à Æ v, Ì C e p ^ ±, µ, Á Ž g - p, Á, <, Ü, • ð B f o ð [ f W f j f " f A f b f v Ž Ž, È C E è, Á, Á Walk.txt , ð ð [ ð œ, , é, Æ ð A -  
œ • à Æ v, Ì ' ð • à ð s < ~ ~ ~ ~ ~ £, a, O, È, à, Ç, Á, Á, µ, Ü, µ, Ü, • ð B, ±, Ì, Æ, <, Ì ð A Walk.txt , Ì, P ð s -  
Ü, È f E f H ð [ f N, ð Š Ž n, µ, ½ " ú • t, Æ, ±, è, Ü, Ä, Ì ' ð • à ð s < ~ ~ ~ ~ ~ £, ð < L " ü, , é, Æ • œ Š ^ , Ä, <, Ü, • ð B  
~ á ð F, ±, è, Ü, Ä, È f g f ð f t f B ð [ , P C E Á, Æ, P, T, O K m • à, ç, Ä, ç, é ð ê ð ð F  
f g f ð f t f B ð [ , P C E Á, È, Á, <, S, V, X, ð % a Ž Ž, µ, Ä, , ¾, ³, ç ð B  
2001/04/10, 629

**-œ • à Æ v, Ì ' ø C e p, ~**

fo [fWfj f " 531.1 , Ä - œ • à Æ v, Ì f g f ð f t f B ð [ Š Č - ð [ , Ì • ù -  
@, a • Ì, Ì, è, Ü, µ, ½ ð B, » , è ^ È ' O, Ì f g f ð f t f B ð [ , Ì " , Æ • à ð s < ~ ~ ~ ~ ~ £, ð ^ ø, < C e p, @, ½, ß, È, Á, ~, Ì, æ, x, È, µ, Ä, -  
, ¾, ³, ç ð B  
ð E - œ • à Æ v, ð • Ž Ì, , é ð B  
ð E ð u • Ò ð W ð v, ð f N f Š f b f N, µ, Ä Walk.txt , Ì, P ð s - Ü, È f E f H ð [ f N, ð Š Ž n, µ, ½ " ú • t, Æ, ±, è, Ü, Ä, Ì ' ð • à ð s < ~ ~ ~ ~ ~ £, ð < L " ü, µ, Ä, , ¾, ³, ç ð B  
~ á ð F, ±, è, Ü, Ä, È, P, T, O K m • à, ç, Ä, ç, Ä ð A, Ü, ¾ f g f ð f t f B ð [ , a, È, ç ð ê ð ð F  
2001/04/10, 150

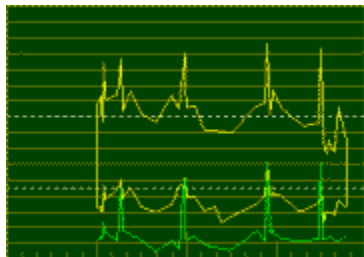
—áF,±,ê,Û,Å,Éfgf[]ftjB[],PCEÂ,Æ,P,T,OKm•à,ç,Ä,ç,é[]ê[]#[]F  
fgf[]ftjB[],PCEÂ,É,Ä,«,S,V,X[]i“CEŠC“<sup>1</sup>,T,RŽŸ,i‘[]<—f[]j,ð%oÄŽZ,μ,Ä,,<sup>3</sup>/<sub>4</sub>,<sup>3</sup>,ç[]B  
2001/04/10,629

**fGfAf fofCfNv**



ufIfvfVf#f"vufGfAf fofCfNv,dfNfSfbfN,·,é,ÆA A }  
 ,IfEfcf"fhfE,əŠJ,«,Ü,·BfGfAf fofCfN,Å"¾4,ç,è,é'-s<—f,ÆA"ifjfŠ[,đ"ü—  
 Í,μ,ÄA uL^v{f^f",dfNfSfbfN,μ,Ä,¾,ç,çB

**CE^3^À'è%»CEv%œ**



Z,, ½, ÷, Ifjf%of, İCE%ot, İ·i, İ"à'ÿ, İžü, è, ÉW, Ü, Ä, Ä, ç  
 , Ü, ·, AfGfAf fofCfN, đ't, -Žn, ß, é, Æ'¾4, à, à, If|f"fv%o^"® , Å"à'ÿ, İžü, è, İCE%ot, ə  
 %oÿ, μo, ¾, è, Ä·i, İ, Q" {, à, İ——É, Æ, È, èg'İ't, đzŠÄ, μžn, ß, Ü, ·B }  
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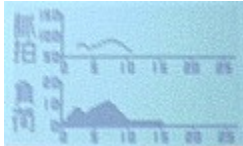
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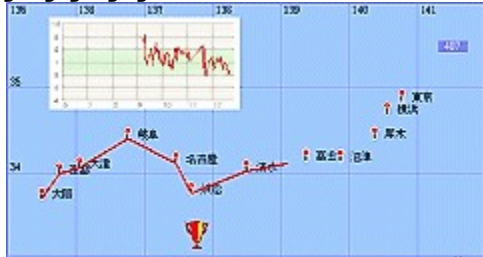


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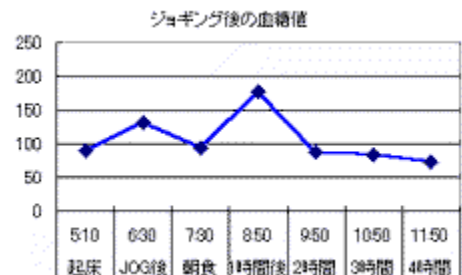
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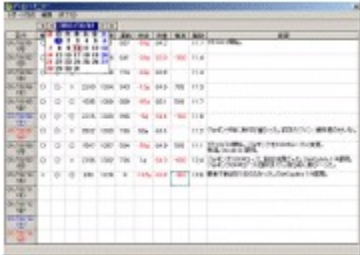
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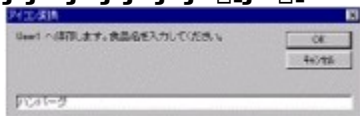
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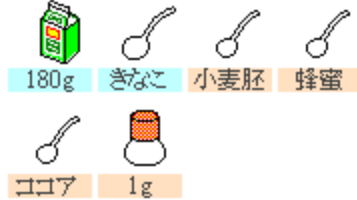
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S□vfOf□[fv,É□ufR□[f"ftfCE□[fN□v□A□u,²,í,ñ□v□A□ufG□[fXfg□v,ì—á,ª,è,Û,·,ì,Äf\_fuf<fNfŠfbfN,μ,Ä'  
†g,ðCE©,Ä,,¾,³,ç□B

•Û"—,P□H•ª,ì□ì,è•û



'<□H,lf{fbfNfX,É•Û"—,ì□P—z,ðhf%oofbfo,μ□A'<□H,lf{fbfNfX,ð  
%oEfNfŠfbfN,·,é,ÆŠÉ'P"o~^'ç,ªSj,«,Û,·□B□u•Û"—□v,Æ-¼'Ö,ð,Ä,~,Ä□A•Û"—,lfAfCfRf",ð□uUser1  
□vfOf□[fv,Éhf%oofbfo,·,è,í□u•Û"—□v,lfAfCfRf",ª,Ä,«,·,ª,è,Û,·□B

“æ”ûfOf□□[fof<,ì□ì,è•û



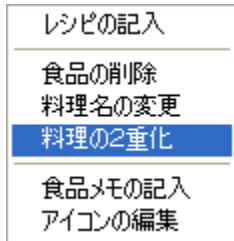
□¶□},lfOf□□[fof<f\_fCfGfbfg,ìžâ□—ª,Ä,·□B“æ”û180cc,Ä—n,ç,Ä'©□H'ä,í,è,É^ù,p,Æ”äŠr“kó•,ª—}  
,ì,ç,è,é,ì,Ä'ZŠúŠÖ,ì□ÿ•%of\_fCfGfbfg,ÉCEø%oÉ,ª,è,Û,·□B□¶□},ì□H□P,ð'©□H,lf{fbfNfX,Éhf  
%oofbfo,μ%oEfNfŠfbfN,ÄŠÉ'P"o~^'ç,ªSj,«□AfRfbfv,lfAfCfRf",ð□u^ù—z□vfOf□[fv,Öhf  
%oofbfo,·,é,Æ"o~^,ª,Ä,«,Û,·□B

'□□F"o~^,μ,½□H□P,í•W□€□H•i□—ª"o~^'ç,ì□uflfvfVf‡f"□v□uff□[f^,ì"à—e,ð•\  
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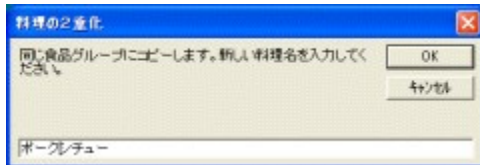
'□□F□uCEf—S□vfOf□[fv,Æ□u^ù—z□vfOf□[fv,É“æ”ûfOf□□[fof<,ª,è,ì,Ä□A,Q,Ä,ð'©□H,Æ'<□H,lf{fb  
fNfX,É,»,è,¼,èhf%oofbfo,μ□ACECE“æfOf%oft,ð”äŠr,μ,Ä,,¾,³,ç□B□uCEf—  
S□vfOf□[fv,ì“æ”ûfOf□□[fof<,ì,«,è,ç,Éfpf^□[f“,ð•\,«,Û,·,ª□A□u^ù—z□vfOf□[fv,ì,à,ì,í'P,É^ù—  
z,Æ,Y,É,³,è,é,ì,Ä,«,è,ç,Éfpf^□[f“,É,È,è,Û,¹,ñ□B,μ,½,ª,Ä,Ä□AfOfŠfZf~fbfN,ð³,μ,·]‰z,μ,½,ç  
,à,ì,í,Ä,«,è,¾,~□uCEf—S□v,©,ç□uUser2□v,Û,Ä,lfOf□[fv,É"o~^,·,é,æ,æ,É,μ,Ä,,¾,³,ç□B

ftfŠ[]fEfGfA"Å,ì•ù,í□A,±,ífy□[fW,ì<@"\,ð,²Žg—p,É,È,ê,Û,¹,ñ□B

,½,Æ,ì,í□A□ufX□[fv□v,ìfOf<□[fv,É<□"÷,ì□ufVf`f...□[□v,ª, ,è,Û,·,ª□A<□"÷,ì'ä,í,è,É"Ø"÷,ð,ç,ê,Äf] □[fNfVf`f...□[,Æ,μ,Ä"o~^,μ,½,ç,Æ,«,í□AZÿ,ì,æ,π,É,μ,Ä,,¾,¾,ç□B



,P□D□ufVf`f...□[□v,ð%EfNfŠfbfN,μ,Ä□u—ì—□,ì,Q□d%o»□v,ðfNfŠfbfN,·,é□B



,Q□D□V,μ,ç—ì—□-¼,É□uf|□[fNfVf`f...□[□v,Æ"ü—í,·,é□B



,R□D□uf|□[fNfVf`f...□[□v,ìfAfCfRf",ðf\_fuf<fNfŠfbfN,μ,Ä□A<□"÷,ì'ä,í,è,É"Ø"÷,ðfhf%ofbfO,·,é,Æf] □[fNfVf`f...□[,ª,Ä,«, ,ª,è,Û,·□B

ftfš[]fEfGfA"Å,ì•ù,í[]A,±,ìfy[]fW,ì<@"\,ð,²Žg—p,É,È,ê,Û,¹,ñ[]B

**fOf<[]fvšÔ,ì^Ú"®**

,Å,¬,ì,æ,x  
,É[]ê[]#,É[]A[]H•ifAfCfRf",ì[]š'®fOf<[]fv,ð•ì[]X,Å,«,Û,·[]BfAfCfRf",ð^Ú"®,μ,½,çfOf<[]fv,ìf^fu,Öfhf  
%ofbfO,μ,Ä,,¾,¾,ç[]B  
[]i,P[]j[]uUser,P[]v,Å^ù,Ý•,ð'²[]#,μ[]A[]u^ù—¿[]vfOf<[]fv,Ö^Ú"®,·,é[]B  
[]i,Q[]j[]u"÷—p[]v,ìfNfš[]fEfRf[]fbfP,ð[]uUser1[]v,Ö^Ú"®,μ,Ä•ª—É,ð•ì[]X,·,é[]B

'[],P[]F[]š'®fOf<[]fv,ð•ì[]X,·,é,Æ[]A"à•",ìff[]f^Æ`Ž®,ªŽ@®"ì,É•ìš,¾,ê,Û,·[]B  
'[],Q[]FfOf<[]fv,ð•ì[]X,·,é,Æ[]A%ß<Ž,ì[]HŽ—L~^,ª"Ç,ß,È,,È,é,ì,Å'[]^Ó,μ,Ä,-  
,¾,¾,ç[]Bf+[]fU[][,ÍŽâ,Æ,μ,Ä[]uUser1[]v,Û,½,í[]uUser2]fOf<[]fv,ð,²Žg—p,,¾,¾,ç[]B

**fnfEfGfbfO,ì[]ì,è•ù**

[]i,P[]jfnfEfGfbfO,ìfAfCfRf",ð[]ì[]¬,μ,Ä[]A[]uUser1[]v,ìfOf<[]fv,É•Ú'¶,·,é[]B  
[]i,Q[]jUser1,ìfnfEfGfbfO,ðf\_fuf<fNfšfbfN,μ,Ä[]AfCEfVfs"o~^<,ðšJ,[]B  
[]i,R[]jfnfE,R,O,±,Æ,½,Û,²,T,O,±,ðfhf%ofbfO,·,é[]B  
[]i,S[]jfnfEfGfbfO,ð•Ú'¶,·,é[]B  
[]i,T[]jfnfEfGfbfO,ð[]u,½,Û,²[]v,ìfOf<[]fv,Ö^Ú"®,·,é[]B

**[]H•i"o~^,ì[],"x,ÈŽg—p**

'â'È[]»-ð,ìfGfìf<fQf",ð[]H•i"o~^,μ[]A,P,O,O,f,f,ì[]¬•ª,¬,É,·,é[]ê[]#,ð—á,É[],μ,â,â,±,μ,çŽg,ç•ù,ð[]à-  
¾,μ,Û,·[]B  
[]i,P[]j[]¬•ª"o~^  
[]u^ù—  
¿[]vfOf<[]fv,Å[]ufGfìf<fQf"[]v,ìfAfCfRf",ð[]ì[]¬,μ[]A[]»•ifpfbfP[]fW,É<L[]Ú,¾,ê,½[]¬•ª,ð"o~^,μ,Û,·[]  
B

[]i,Q[]j[]uUser1[]v,ÖfRfs[]  
[]ufGfìf<fQf"[]v,ìfAfCfRf",ð[]uUser1[]v,Öfhf%ofbfO,μ[]Af[]fbfvfAfbfvf[]fj...  
[][,ì[]ufRfs[][]v,ð'ì'ð,μ,Û,·[]B

[]i,R[]jGfìf<fQf",ìfCEfVfs"o~^  
[]uUser1[]v,ìfGfìf<fQf",ðf\_fuf<fNfšfbfN,μ,Ä[]AfCEfVfs"o~^<,ðšJ,«[]A[]u^ù—  
¿[]vfOf<[]fv,ìfGfìf<fQf",ðfhf%ofbfO,μ,Û,·[]B,P,O,O,f,f•ª,ì•²--fGfìf<fQf",í,UfOf%ofE,È,ì,Å•ª—  
É,É,U,ð"ü—í,μ,Ä[]A•Ú'¶[]—¹,μ,Û,·[]B



,<sup>1</sup>,Á,©,fAfCfRf“,đŽ©̀i,μH•i,đ“o~^,μ,Ä,àfò[fwf#f“fAfbfvŽž,É“,«Š•,|,ç,ê,Ä,μ,Ü,Á,½,è,μ,Ä,Í,½,ç,Ö,ñ,Ä,·□B,à,μ,à□’,«Š•,|,ç,ê,Ä,à□C•œ,<sup>a</sup>,Ä,«<sup>a</sup>,é,æ,α,ÉŽ©̀iμH•i,lfofbfNfAfbfv,đ,Æ,A,Ä,“,«<sup>a</sup>,Ü,μ,â,α□B

### □uUser1□v□uUser2□v,lfof<□[fv

□uUser1□v,Ü,½,Í□uUser2□v,lfof<□[fv,É“o~^,·,é,Æ□A□’,«Š•,|,ç,ê,é,±,Æ,<sup>a</sup>,è,Ü,<sup>1</sup>,ñ□B

### □uCEf—š□v□uŠO□H□v,È,Ç,lfof<□[fv

,½,Æ,|,Í□A□u^đ,½,±fof%of^f“□v,Æ,ç,xfAfCfRf“,đ̀i,Á,Ä□uCEf—  
š□vfof<□[fv,É“o~^,μ,½,Æ,μ,Ä,à□A“~¼,|—¿—□,žŽŠúfò[fwf#f“,Á<ô‘R‘Ç%oÁ,<sup>3</sup>,é,é%oÁ“\  
□«,Í,Ü,Æ,ñ,Ç,è,Ü,<sup>1</sup>,ñ□B□uMy,½,±fof%of^f“□v,ì,æ,α,É□A,È,é,x,^ê“É“l,Á,È,ç-  
¼‘O,É,·,é,Æ□A□ã□’,«<sup>3</sup>,é,é,±,Æ,<sup>a</sup>,è,Ü,<sup>1</sup>,ñ□B

### ,P,O,O,†•W□€□H•ifof<□[fv

,“%oÙžq,lfpfbfP□[fw,É<L□Ü,<sup>3</sup>,é,Ä,ç,é□~•aff□[f^,đ“o~^,μ,½□ê□†,à□A<ô‘R,É“~  
¼,Í□H•i,Ä□ã□’,«<sup>3</sup>,é,é%oÁ“\□«,Í,Ü,Æ,ñ,Ç,è,Ü,<sup>1</sup>,ñ□B

### □~•aff□[f^,đ•í□X,μ,½□ê□†

fCEfVfs,âCEf—  
š,Í□H□P,<sup>3</sup>/<sub>4</sub>,~,đ•í□X,μ,½□ê□†,Í□Afò[fwf#f“fAfbfvŽž,Éflfšfwfif<ff□[f^,Ä□ã□’,«<sup>3</sup>,é,Ä,μ,Ü,ç,Ü,·□B,±  
,ì,æ,α,É□ê□†□A□H•i,đ%oEfNfšfbfN,μ,Ä□u—¿—□~¼,Í□X□v,Ä~¼‘O,đ•í,|,A,“,Æ□A□ã□’,«<sup>3</sup>,é,é,±  
,Æ,<sup>a</sup>,è,Ü,<sup>1</sup>,ñ□B

### fofbfNfAfbfv,ì,Æ,è•û

fofbfNfAfbfv,Íftfš□[f]ftfg,lfofbfNfAfbfvfc□[f<,đŽg,α,ÆŠÈ‘P,Á,·□Bflf“f%ofCf“fl  
ftfg,ì‘t,É□AfofbfNfAfbfv—p,Æ,©ftfHf<f\_“l”~Šú•Ú‘fl,È,Ç,Æ□’,©,é,Ä,ç,é,à,ì,<sup>a</sup>,è,Ü,·,²□A,±,ì,æ,α  
,Éfc□[f<,đŽg,α,Æ□V,μ,□X□V,<sup>3</sup>,é,½,à,ì,<sup>3</sup>/<sub>4</sub>,~,đfRfs□[·,é<@“\,<sup>a</sup>,é,ì,Á□AfofbfNfAfbfv,ì,Á,Æ,ç  
,αŠO,É□l,í,è,Ü,·□BfofbfNfAfbfvfc□[f<,²,È,ç□ê□†,Í□AfGfNfXfvf□□[f%o,Á,à“~“fl,æ,α,É,Á,«<sup>a</sup>,Ü,·□B

### Program Files

```
-- Diet
|
|   |-- ico
|   |
|   |   |-- User1
|   |   |-- User2
|   |   |-- ,½,Ü,2
|   |
|   |-- DietBak
|   |   |-- ico
|   |
|   |   |-- User1
|   |   |-- User2
|   |   |-- ,½,Ü,2
```

### fò[fwf#f“fAfbfvCEã

□;CEã□A“o~^□H•i,<sup>a</sup>□,|,é,±,Æ,Í,·,Ü,è,è,Ü,<sup>1</sup>,ñ,©,ç□AZ©̀iμH•i,²□’,«Š•,í,é%oÁ“\□«,Í,Ü,è,è,Ü,<sup>1</sup>,ñ,<sup>a</sup>□A,à,μ,à□A□’,«Š•,í,Ä,Ä,μ,Ü,Á,½,Æ,«<sup>a</sup>,Í□ADietBak,©,çfRfs□[·,μ,Á•œ<CE,μ,Ä,,<sup>3</sup>/<sub>4</sub>,<sup>3</sup>,ç□B

“-f\ftfg, íH•iĉĎŠ•\, Éĉ€', μ, ĀfjffjŠŦ[ĈvŽŽ, đ, μ, Ā, ĉ, Ů, ·, ºAfpf\frf“, ì”\—í, đ—~—  
p, ·, é, ½, ß, ÉĉAZŸ, ì, æ, x, É•íĉX, đ‰Ā, ì, Ā, ĉ, Ů, ·ĉB

**ĈĚ—š, ĀŠOĉHĀ•>ĉØĉAftf‰of ĉAfXĉfĵ**

fĈĚXfĵf‰of“, ĀĉHŽ—, đ, ·, é, Ā, «, É‰½, đ‰½fOf‰ofĉĉH, x, ½, ©, đ'm, é, ±, Ā, í“i, μ, ĉ  
, ì, ĀĉAfĉfĉfŦf“1ĈĀ, Āĉu1ĉ'Ōĉv, ìfjffjŠŦ[, đ•\, í, ·, ±, Ā, É, μĉAfjffjŠŦ[ĈvŽŽ, íĉuŽž, ĘŠOĉH—ĵ—ĉ, ì  
‰oh—{‰ĉĉv“™, ìŽ'—ĵ, đ, à, Ā, Éfpf\frf“à•”, Āĉs, Ā, Ā, ĉ, Ů, ·ĉB

**-ìĉØ**

ĉH•iĉĎŠ•\, Ā, íĉA“”ĉØ, âfLfffxfĉ, Ę, Ĉ, í1“\_ , º600ĉ`700g, É, à, Ę, è, Ů, ·, ºĉA-ìĉØ, đ, » , ñ, Ę, É'â—  
Ę, É, íĉH, x, ĉ, è, Ů, ¹, ñĉB“—f\ftfg, Ā, í-ìĉØ, É, Ā, ĉ, Ā, ìfĉfĉfŦf“1ĈĀ, Ā100g, đ•\, í, ·, ±  
, Ā, É, μ, ĀĉAfjffjŠŦ[, ìfjffjŦfŦf“à•”, ĀĈvŽŽ, μ, Ů, ·ĉBĉĪŽQ, â, «, à, x, èĉA, ¶, á, º, ĉ, à, Ę, Ĉ, í1ĈĀ, º, ¾, ĉ  
, ½, ĉ100g Ę, Ę, ì, ĀĉAZ„, ½, ĵ, Ę, Ā, Ā, à, ±, ì•û, ºĉD“sĉĉ, Ā, ·ĉB

**^û—ĵ**

^û—ĵ, ìfĉfŠfĠĉ[fvffĵ“, º½, ĉ, ½, ßfjffjŠŦ[, ì“c^—, ºŠÈ'P, Ā, í, , è, Ů, ¹, ñĉB, ½, Ā, ì, ĪĉAfRĉ[f‰  
, ìfRfĉfv, P“t, Ā, P“\_ , Ā, ·, ºĉAfĵf}fĵfWf...ĉ[fY, í, R“t, Ā, P“\_ , Ā, ·ĉBfRĉ[fĉ, í'â, «, ß, ìfRfĉfv, Ā, P“\_ ĉĀ“ú—  
{Žđ, ìfRfĉfv“¼•ºĉAfRfRfA, ìfRĉ[fqĉ[fjffĉfv, P“t, Ā, P“\_ ĉAfRĉ[fqĉ[íŠp]»“œ, đ1ĈĀ“û, è, è, Ī¼“\_ , Ā, Ę,  
è, Ů, ·ĉB, μĉD^û—ĵ, íĉ³, μ, ĈvŽŽ, μ, É, , ĉŠ„, è, É, íĉ, fffjffjŠŦ[, Ę, ì, Ā, , , è, » , ©, É, Ā, «, Ů, ¹, ñĉB, » , ±, ĀĉA, ±, ìf  
ftfg, Ā, ì, » , è, ¼, è, ìŠí, Ā, P“t, đ•\, í, ·, ±, Ā, É, μĉAfjffjŠŦ[, ì•û, ìfjffjŦfŦf“à•”, ĀŠ·ŽŽ, đ, μ, Ā, ĉ  
, Ů, ·ĉBĉAfĉfŦf“, PĈĀ), ìĉd—Ę, ºĉ—•ºĀ•\, ìĉd—Ę—“, É•\Ží, ³, è, é, ì, Āšm“F, μ, Ā, , ¾, ³, ĉĉB

**ĉH•iffĉf^, ì“à•”ĈĚ Ž® , ĀŠĈĚÝ•İŠ•**

-ìĉØfĉfĉĉ[fvĉifĉfĉfŦf“1ĈĀ, Ā100g, đ•\, ·ĉBĉ—•ºĀ•\, ì, Ů, ŮŽg—pĉj

Kcal = cut  
ĉd,³ = 100 \* cut

^û—ĵfĉfĉĉ[fvĉifĉfĉfŦf“1ĈĀ, Āfjffĉfv, ì—Ę—Ę, đ•\, ·)

Kcal = bunryo / 100 \* cut  
ĉd,³ = bunryo \* cut

•WĉĉĉH•ifĉfĉĉ[fvĉifĉfĉfŦf“1ĈĀ, Ā, W, OKcal, đ•\, ·)

Kcal = 80 / ĉ—•ºĀ \* cut  
ĉd,³ = Kcal \* 'ĉĉd—Ę \* cut

ĈĚ—šĉĀŠOĉHĀ•>ĉHfĉfĉĉ[fvĉi'ĉĉd—Ę, É'í, ·, é•ºĀ—Ę, ìŠ„, ¶ĉj

Kcal = bunryo / 'ĉĉd—Ę \* cut  
ĉd,³ = bunryo \* tgt.cut

fĈĚVfs, ©, ĉ100gĉ—•ºĀ, ŌŠ·ŽŽ, ·, é

^Ů“®ĉæ, º^û—ĵ, ì, Ā, «  
Kcal = 100 / 'ĉĉd—Ę  
ĉd—Ę = fĉfĉfŦf“1ĈĀ, , ½, è, ìĉd—Ę

fĈĚVfs, ©, ĉ100gĉ—•ºĀ, ŌŠ·ŽŽ, ·, é

^Ů“®ĉæ, º100gĉ—•ºĀ, ì, Ā, «  
Kcal = 100 / 'ĉĉd—Ę  
ĉd—Ę = 100  
'ĉĉfĉd—Ę, đ100, Āĉ', ĉ, Ā, , , , Ī80KcalŠ·ŽŽ, ºĉs, í, è, éĉB

**,u,T,Q,QD,P ,A,ižá,È•iX“**

Žú~^H•iff[f^,đV“•\,T'ùH•i•W€□~•a•\,É□±,í,1,Ä,Ü,Ú'S-Ê%ü'ù,μ,Ü,μ,½□B□V“•\ ,T'ù,Ä,İfřf^f~f“A,İ•\Ž!,žfCf^fm□[f<“-- È,É,È,è□“l,ª,Ü,Ú1/3,É,È,è,Ü,μ,½□B,μ,½,ª,Á,Ä□ACEÄ,çff□[f^,ª□~,\,É,Æ□A%oh— {f`ff□[fg,İfřf^f~f“A,ª'á,«,\Ž!,ª,è,é,±,Æ,È,È,é,İ,Ä□A□~,\,ç,È,ç,æ,±,É'□Ó,μ,Ä,,¾,ª,ç□B

**ft□[fU□[Ž©□iH•iff□[f^,İ□C□³•ú-@**

Ž©□iH•i•iff□[f^,đŽg—p,μ,Ä,ç,é•ú,İŽY,İ,æ,±,É,μ,Ä,,x,Ä,İ□H•i,đ□C□³,μ,Ä,,¾,ª,ç□B □EZ©□iH•i,İ,±,ç,P,O,O,±•W€□H•i,İ,Y,İ□A□ufİfvfVf#“□v□u□H•i□~•ª,İ“o~^□v,đŠJ,ç,Ä□C□³,μ,Ä,- ,¾,ª,ç□B

**fCfVfs,İž©“@□C□³<@“\**

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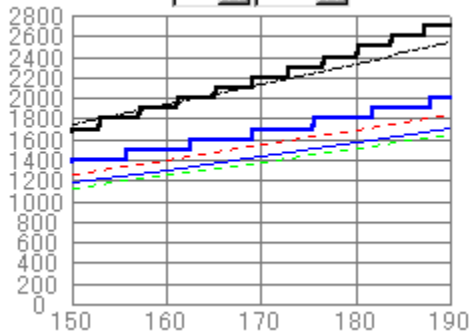
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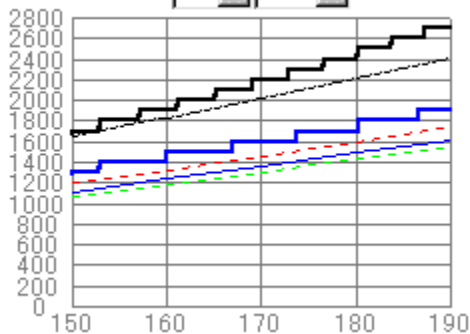
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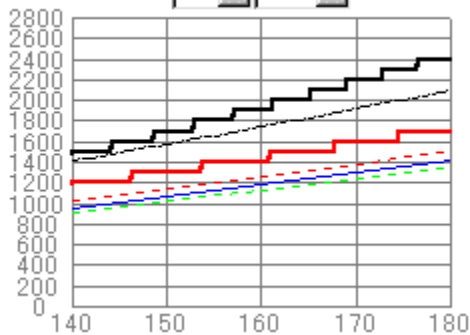


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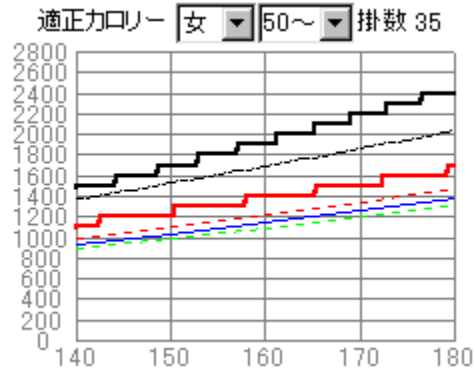


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適正力□リ— 女 30~ 掛数 35







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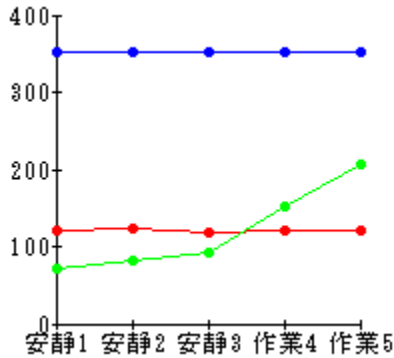
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 ,,U,´,[] ,Ž,R[]v,đŽwŽl,Æ,“ ,è,ÉfCf“fXfg[]f<,μ,½,ì,Å,·,ª[]A,f,` ,o,h,R,Q[]D,c,k,k[]A,q,h,b,g,d,c,R,Q[]D,  
 c,k,k,ì<£[]fGf%œ[] ,ª[]o,Å[]A[]u[]v,h,m,·[] ,r,x,r,s,d,í[] ,l,r,e,k,w,f,q,c[]D,n,b,w,ì“o~^’t,ÉfGf  
 %œ[] ,ª[]%[]v,Æ,ì·\Zl,ª[]o,Ü,·[]B  
 GAPI32.DLL[]ARICHED32.DLL,ì’@[]« ,ª“Ç,ÝŽæ,è[]é—p,É,É,Á,Ä,ç  
 ,Å[]A[]V,μ,çftf@fCf<,É[] ,«Š,ì,ª,Å,« ,È,ç,½,ß,¾,ÆŽv,í,é,Ü,·[]B,±,é,ç,lftf@fCf<,đCD-  
 ROM,© ,çfRfs[] ,·,é,Æ,±,ì,æ,ª,É’@[]« ,ª·t,« ,Ü,·[]B,±,ì,Q,Å,lftf@fCf<,đ  
 %œfNfŠfbfN,μ[]Afv[]f[]pfefB,Å“Ç,ÝŽæ,è[]é—p,lf`f[]fbfN,đ,ì,·,·,Æ[]A[]X[]V,ª,Å,« ,é,æ,ª,É,É,è,Ü,·[]B

## ,p[]E[]fCf“fhfEfY,Q,O,O,O,ÅŽg,ì,Ü,·,©[]H

Žg,ì,Ü,·[]B,½,¾,μ[]AWindows2000 ,Å,àVB6—pf%œf“f^fCf€,ª·K—v,Å,·[]BŽ,,ìHP,lf%œf“f^fCf€  
 ,đfCf“fXfg[]f<,μ,Å,,¾,¾,ç[]B

,p[]EftfŠ[]fEfFfA”Å,Å·\Zl,Å,« ,é[]H[]p,Æ[]o—^ ,È,ç[]H[]p,Æ,ª ,é,ì,Å,·,ª[]B[]’· ,â<—p,ì\  
 Žl,Å,« ,·[]h[]³,μ,fZfbfg,¾,é,Å,ç,Ü,¹,ñ[]h,Æ,É,é,ì,Å,·,ª[]E[]E[]E,É,ñ,Ç,âfCf“fXfg[]f<,μ,É,“ ,μ,Å,ç  
 ,é,ì,Å,·,ª[]A,É,“ ,è,Ü,¹,ñ[]BftfŠ[]fEfFfA,Å,í’S·” ,Å,© ,ì,È,ç,ì,Å,μ,ă,ª,©[]H  
 ftfŠ[]fEfGfA”Å,Å,à“` ,[]H·iff[]f^ ,đŽg,Á,Ä,ç,Ü,·[]B,» ,lfGf%œ[] ,© ,ç,ì’É[]M[]áŠQ,ª[]l,ì,ç,é,Ü,·[]B-  
 Å’½,É,È,ç,±,Æ,Å,·,ª[]A’É[]MfGf%œ[] ,Å[]H·iff[]f^ ,ì^è·” ,ªŽó[]M,Å,« ,Å,ç,É,ç,æ,ª,ÉŽv,ç  
 ,Ü,·[]BŽó[]M,ª·Z,© ,çŽžŠÖ,Å[]l,ì,é,Ü,¹,ñ,Å,μ,½,©[]H[]A“xf\_fEf“f[]f[]fh,μ,Å,Ý,Å,,¾,¾,ç[]B

,p[]E<N” @ ,ª,Å,« ,Ü,¹,ñ[]B[]uMSFLXGRD.OCX,© ,çfRf“fgf[]f<[]fMSF,CE, ...  
 ,`Gird[]f,đf[]f[]fh,Å,« ,Ü,¹,ñ,Å,μ,½[]BMSFLXGRD.OCX,lfo[]fWf#f“ ,ª[]Å[]V,ì·” ,Å,ì ,è,Ü,¹,ñ[]BfAfvfšfP  
 []fVf#f“ ,© ,ç’ñ<Ý,¾,é,½[]Å[]V,lfo[]fWf#f“ ,đŽg—p,μ,Å,ç,é,© ,Ç,ª,© Šm”F,μ,Å,,¾,¾,ç[]B[]v,Æ,ç  
 ,xf[]fbfZ[]fW,ª,Å,Ü,·[]BŽ,,ìPC[]AVB6,lfCf“fXfg[]f<,¾,é,Å,é,ñ,Å,·,“ ,Ç[]c,É,ñ,Å” @ ,© ,É,ç

,ì,Å,μ,â,α□H,È,É,©“Á•Ê,Ëf\ftfg,ª•K—v,È,ñ,Å,μ,â,α,©□H□H□H  
f}fCfNf□f\ftfgŽĐ,ì,±,ìfGf%□□f□fbfZ□□fW,í^Ó-ì•s-¾,ì,à,ì,ª½,ç,æ,α,Å,·□B,±,ìf□fbfZ□□fW,ì^Ó-  
ì,ì□A□uMSFLXGRD.OCX,ª□Å□V,ì•“,Å,ì, ,è,Û,¹,ñ□BfAfvfŠfP□□fVf†f“,æ,è,àçÈ,È,ç,©Šm“F,μ,Å,-  
¾,¾,¾,ç□B□v,ì^Ó-ì,Å,·□BŽ,,,ì,g,o,ì□uVB6—pf%of“f^fCf€□v,ðfCf“fXfg□□f<,·,é,Æ□³□í,É“®□ì,·,é,æ,α  
,È,È,è,Û,·□B

**fo[fWf#fAfbfv,Æ,i**

“-f\ftfg,Åfo[fWf#fAfbfv,Æ,ÍAdiet530.exeAdiet531.exeAdiet532.exe ,l,æ,x  
,É”Öt,l’â,«,”z•zftf@fCf<,ðŽÅs, ,é,±,Æ,ðCE¾,ç  
,Ü,·Bfo[fWf#fAfbfv,lfcf“fXfg[f<,lŽŽ,Æ”~ ,¶,æ,x,É diet5xx.exe  
,ðf\_fuf<fNfŠfbfN, ,é,¾,~ ,ÄŽ©“@”l,Éfo[fWf#fAfbfv,µ,Ä,-  
,è,ç,lftf@fCf<,lfobfNfAfbfv,ð,Æ,Ä,Ä, ,ç,Ä,,¾,¾,çB

EH•i~•aftf@fCf< , ,x,Ä  
E“úíH•iftf@fCf< DayFood.txt  
EH•iCEðS•\ except.txt  
Ef#f“fCf”fg onepoint.txt  
E%o^“@f{f^f” rmrtable.txt

’FquUser1vquUser2v,ÉŠi”[,¾,è,Ä,ç  
,éŽ©í,lH•iff[f^ ,íã’ ,«¾,è,Ü,¹,ñB,» ,l¼,lfof<[fv,lH•i,Íã’ ,«¾,è,ÄCE³,É,à,ç,Ä,Ä,µ,Ü,x  
,l,ÄAfofbfNfAfbfv,ð,Æ,Ä,Ä, ,ç,ÄAfo[fWf#fAfbfvCEã,É’ ,«-ß, ,æ,x,É,µ,Ä,,¾,¾,çB

**<N“@fGf%o[l,²<N,±,é,Æ,«**

Diet4,âCEÄ,çfo[fWf#f“ ,lDiet5,lã,Éã’ ,«fCf“fXfg[f<ífo[fWf#f“fAfbfvj, ,é,ÆAQuZÀsŽžfG  
%o[f380fv,âqu0,ÄœŽZ,µ,Ü,µ,½vfGf%o[l,²o,é,±,Æ,², ,è,Ü,·B,±,íé# ,íAC:\Program  
Files\Diet“à,l, ,x,Ä,lftf@fCf<,ðíœ,µ,Ä,©,ç,à,x“é“xfCf“fXfg[f<,µ,É, , ,ÆE³í,É“@í, ,é,æ,x  
,É,È,è,Ü,·B

**fpfXf[fh**

fpf\rf# ,²Eíá,µ,ÄOS,ðÄfCf“fXfg[f<,µ,½,Æ,« ,ÆAfo[fWf#f“fAfbfvŽŽ,É,íAfpfXf[fh,²•K—  
v,Ä,·BfpfXf[fh,l’Z ,µ,É,ç,æ,x,É,µ,Ä,,¾,¾,çBfpfXf[fh,l’A”s,l—L—ç,Ä,·B

,pEf\_fCfGfbfg,T,íŽžXV,¾,è,é,Y,½,ç,È,l,ÄAfo[fWf#f“fAfbfv,l•û-@,ð³,!,Ä,,¾,¾,çB  
%oSŽÖ,Ä, ,l,ÄA,â,¾,µ,ç•û-@,Ä, “Šè,ç,µ,Ü,·B

fo[fWf#f“fAfbfv,lfcf“fXfg[f<,Æ”~ ,¶,æ,x,É diet533.exe  
,ðf\_fuf<fNfŠfbfN, ,é,¾,~ ,ÄA ,Æ,l, ,x,ÄŽ©“@”l,Éfo[fWf#f“fAfbfv,µ,Ä,-  
,è,Ü,·B,¾,¾,µAfo[fWf#f“fAfbfv,l’O,ÉŽY, -,í€”ð,ð,µ,Ä,,¾,¾,çB

EŽ©í,lH•i,lfo[fWf#f“fAfbfvŽŽ,Éã’ ,«¾,è,È,ç,æ,x,ÉA•’i,©,çquUser1vquUser2v,ðŽg—  
p, ,éB,â,p,ð“¾, User1AUUser2^ÈŠO,ÉŽ©íH•i,ð,ç,è,Ä,ç,é,Æ,« ,íA•É,lftfHf<f\_ ,É’p”ð,µ,Ä, ,ç  
,ÄAfo[fWf#f“fAfbfvCEã,É-ß,·B  
E“úíH•i,ðL~^ ,µ,Ä,ç,éftf@fCf<íDayFood.txtj,ð•É,lftfHf<f\_ ,É’p”ð,µ,Ä, ,ç  
,ÄAfo[fWf#f“fAfbfvCEã,É-ß,·B

’F•É,lftfHf<f\_ ,Æ,íAfGfNfXfvf[f%o,Å C:\Program Files\Diet5Bak ,Æ,ç,xftfHf<f\_ ,ðí,èA,» ,±  
,É’ãŽ-,Éftf@fCf<,ðfGfNfXfvf[f%o  
,lRfs[ ,ÄRfs[ ,µ,Ä, ,ç,Ü,·BftfHf<f\_ ,í~ ,âftf@fCf<,lRfs[ ,íAfGfNfXfvf[f%o,l%oEfNfŠfbfN,Æ  
%oEhf%ofbfO,Ä,Ä,« ,Ü,·B

**,pEffo[fWf#f“fAfbfv,²½, , -,Ä,Ä,ç,Ä,ç,~ ,È,çŠ’ ,¶,Ä,·B**

\,µ-ó, ,è,Ü,¹,ñB,±,è,Ü,Ä,íAft[fU[ ,lŠF,¾,ñ,©,ç,ì<@”\’C%oÁ,l,²—v-]  
,²½,©,Ä,½,l,Ä, ,²A;CEã,l’â,« ,Éfo[fWf#f“fAfbfv,í,É,ç,ÆŽv,ç,Ü,·Bfvfjfof%ofÉŠÇ—  
í“s# ,Äfo[fWf#f“ ,í”Žš,í;CEã,à•l,í,è,Ü, ,²A<@”\ ,É’ã,« ,È•l,í,è,í,É,ç,l,ÄACE»íY, “Žg,ç  
,l,à,l,ÄŽxá,²,É,ç,©, -,èíŽžV,µ,çfo[fWf#f“ ,ÉŠ,!,é•K—v,í, ,è,Ü,¹,ñB

**,pEffo[fWf#f“fAfbfv,µ,½,çA,±,è,Ü,Ä,íídfOf%oft,²,É,È,è,Ü,µ,½B,ç,x,µ,½,ç,ç,ç,Ä,µ,â,x,©H**

f\_cfGfbfg,T,ð C:\Program Files\Diet5 ^ÈŠO,l,Æ,±,è,É’u,ç,Ä,ç  
,Ü,¹,ñ,©Hf\_cfGfbfg,T,lfcf“fXfg[f<æ,ð•íX,µ,É,ç,ÄfCf“fXfg[f<,µ,Ä,-

,¾,¾,ç□BŠi"[ftfHf<f\_•İ□X,·,é□ê□‡,Í□A C:\Program Files\Diet5 ,Å³□í,É"®□ì,·,é,±  
,Æ,ðŠm"F,μ,Ä,©,ç^Ú"®,·,é,æ,κ,É,μ,Ä,,¾,¾,ç□B

,p□Efo□[fWf‡f"fAfbfv,μ,½,ç□A□wŽÀ□sŽžfGf%□[□e380:□ffvf□fpfefB,ì'I,ª•s□³,Å,·□x,Æ□o,Ä□I—  
¹,μ,Ä,μ,Ü,ç,Ü,·□B,Ç,κ,·,ê,Í,æ,ç,Å,μ,å,κ,©□H  
,±,İ□ê□‡,Í□AC:\Program Files\  
Diet"à,İftf@fCf<,ð,·,x,Ä□í□œ,μ,Ä,©,çDiet5,ð□ÄfCf"fXfg□[f<,·,é,Æ'¼,è,Ü,·□B,±  
,ê,Í',çŠÔfo□[fWf‡f"fAfbfv,ð,μ,É,©,Ä,½□ê□‡,È,Ç,É<N,±,è,Ü,·□B



**fn[fhfEfgfA**

<@Ží@ @ ,c,n,r^ ,uA,m,d,b,X,W,Q,P  
CPU@ @ f yf“fefBfAf€,T,O,OMhz^Éä,ð,,§  
f fCf“f f, fŠ ,P,Q,WMB^Éä,ð,,§  
,n,r @ @ ,v,%o,Ž,,, ,—,“ ,X,T^ ,X,W^ ,l,d^2000/XP  
ŠJ”CE¾CEè VB,U(SP,R)

**f%of“f^fCf€ftf@fCf<**

Diet5,lZÁs,É,lZY,l f%of“f^fCf€,a•K—v,Á,•B  
COMCTL32.OCX  
COMCT232.OCX  
MSFLXGRD.OCX  
RICHTX32.OCX  
COMDLG32.OCX

**Win95/98/ME—p,l f%of“f^fCf€**

OS,aWindows98/95/ME,l•û,ÍVB,U—p f%of“f^fCf€,a•K—v,Á,•B%o<L fTfCf g,Á fEf“f [fh,µ,Ä,-  
,¾,¾,çB  
<http://hp.vector.co.jp/authors/VA002384/>

**Win2000/XP—p,l f%of“f^fCf€**

%o<L fTfCf g,ÁVB6—p f%of“f^fCf€,T,ð fEf“f [fh,µ,Ä,,¾,¾,çB  
<http://hp.vector.co.jp/authors/VA002384/>

**WindowsXP,Æ<CE^Windows,lŠ^á“**

WindowsXP,Í,Ü,Æ,ñ,Ç,l“\_ ,Á<E—^Windows,Æ,lCEÝŠ“« ,Æ,ç,è,Ä,ç,Ü, ,aAZŽ,l“\_ ,z ,a,Á,Ä,ç  
,Ü,•B

ESÖ~A•t,~Šg’£ŽqB  
.DATftf@fCf<,ÉSÖ~A•t, ,a,¾,è,Ä,ç,È,çB

EfEfCf“fhfE,l fTfCfYB  
XP,Á,l fEfCf“fhfE,l fTfCfY,a,µc,É’.,È,Á,½B

E•vŽl fEfCf“fhfE,l’g,Ý—š,Ä#~ ,a•l,í,Á,½B  
%oæ—É fTfCfY,lCE^è#~ ,a^á,x,½,ß,É fAfCfRf“fGffBf^ [ ,Á•`%oæ^É’u, , ,è,½B

EfpfX,lŽw’è,l,µ,©,½B  
fpfX,lŽæ,è^µ,ç ,a•l,í,Á,½,½,ß,ÉNotePad.exe,È,Ç,l<N“®•û-@ ,a•l,í,Á,½B

’FV,µ,çfpf\ fRf“ ,a oCE», ,é,ÆAV,µ,çfpf\ fRf“ ,Á,l“@ ,l,ðŠm”F, ,é,½,ß,ÉŠJ”ŽÒ,ÍV,µ,çfpf\ fRf“ ,ð”ö,l,é•K—v, ,è,Ü,•B,½,¾,µAV,µ,çfpf\ fRf“ ,ÁV,µ,ç<@“\,ðŽg,x,ÆACEÄ,çfpf\ fRf“ ,ðŽg,Á,Ä,ç,é ,aŽg,l,È,È,é,l,ÁAV,µ,çfpf\ fRf“ ,ÁCEÄ,ç<Zp,ðŽg,Á,ÄŠJ” ,µ,Ü,•B,»,± ,ÁAV,µ,çfpf\ fRf“ ,a oCE», ,é,ÆAV,Ç,x,µ,Á,à—\’zŠO,l fGf%o [ ,a o,Á,µ,Ü,ç ,Ü,•B,»,ñ,É,í, ,ÁAV,²Žç—â,É,l<@ŽíAOS ,ð•K, , ,“ ,<.,¾,¾,çB

ftfŠ[fEfGfA"Å,đ,"Žg,č,É,È,Á,½,ä,Å,³,ç,É, "x,Èfc[f<,đ,"Žg,č,É,È,è,½,č,è,É,É,Å—  
X•Ö,Ü,½,í,ufVfFfAfCfW,Å'—à,µ,Ä,ç,½,¾,,Æ,ÅSg'f<@",³fjff...  
[,É'g,Ý,ž,Ü,è,Ü,·B"o~^—,í,Q,O,O,O%~ ,Ä,·B"o~^,í'O,É,ÅV"Å,đSm" F,µ,Ä,,¾,¾,ç, B

**,P, D y—X•Ö, U•Ö, z**  
Å,¬,í•û-@,Å, "U,ž,Ý,,¾,¾,ç, BfNfCfWf,fgfj[fh,í•K—v,ª,È,ç,ì,À^À'S,Å,·B

**í, P j U, è, ±, Ý**  
—X•Ö<Ç,Å—X•Ö, U'Ö—pŽt,đ,à,ç,ç, A%º<L,ì,É, Q, O, O, O%~ ,đ'—à,µ,Ä,,¾,¾,ç, B  
@,É,ú,Å'Ô, + 00910-8-130338  
@,É,ú,Å-¼, í ŽR,è, @•  
U'Ö—pŽt, í'É, M—", Éf, [f<, fAfhfCfX, đ•K, , <L"ü, µ, Ä,,¾,¾,ç, B

**í, Q j f [f<, í'—M**  
f[f<, í, Ç-¼, đ, fVfFfAfEfGfA"o~^ ,Æ, µ, A-{•, ¶, É-¼' O,Æ, f[f<, fAfhfCfX, đ, ' , ç, Ä  
ymasaki@f8.dion.ne.jp , Ö, " ' —, è,,¾,¾,ç, B  
fpfXf[fh,đSmZÅ,É,"í, , , é,½,ß,É•Ö, Mf[f<, Å, " ' —, è, µ, Ä, ç, Ü, ·B-Y, è, È, ç, Å, f[f<, đ, "í, o, µ, -  
¾,¾,ç, B

'[F—X•Ö<Ç, ©, ç, U,ž,É'm•[ª, Q, " , R"ú, Å"í, «, Ü, ·B'—à,É, S"ú, È, ä, Ç, o  
%º, µ, Ä, à, fpfXf[fh,ª"í, ©, È, ç, è, ç, í, Af[f<, fAfhfCfX, É, Ç, è, è,ª, È, ©, Å,½, ©, ², Šm" F, -  
¾,¾,ç, B" d" M, U'Ö, à, fRf"frfj,ì, ` , s, l, í'—à,ª" x, , È, é, í, Å, È, é, x, "đ, , Ä,,¾,¾,ç, B

**, Q, D y fVfFfAfCfW, z**  
%º, ä, "í, Å' å, Žè, ì, fVfFfAfEfGfA'—à, fT[fX, Å, ·BfNfCfWf,fgfj[fh,đŽg—  
p, µ, Ä, fCf" f^ [f, f, fg, Å'—à, µ, Ü, ·B—X•Ö, U'Ö, í, è, ç, ì, Žè" —, í, V, O  
%º~ ,¾,¾, , Å, ·,ª, AfVfFfAfCfW, í, è, ç, í, P, O" , í'—à, Žè" —, í,Æ, Å"í, Å, í, ç, Ev, R, P, O%~ ,ª—]•ª, É•K  
—v, Å, ·B

**í, P j \, µ ž, Ý Ž è ±, «**  
**■ Step1 お申込**

É, Å, ¬, ì, f, z [fÉ, f, y [fW, Ö, f, A, f, N, f, Z, f, X, , É, B <http://www.vector.co.jp/swreg>  
É, f, V, f, f, A, f, C, f, W" Ö, + —, É, SR018325 ,Æ"ü—í, µ, Å, A•K—v, È, Ž—É, δ<L"ü, µ, Ä,,¾,¾,ç, B

**í, Q j fNfCfWf,fg" Ö, t, í"ü—í**  
**■ Step2 お支払**

[É, f, V, f, f, A, f, C, f, W, ©, ç, Šm" F, ì, f [f<,ª, ², Ž, ©"í, Ö'—, ç, è, Ä,,é, ì, Å, Å, Ž, ó, M, µ, Ä,,¾,¾,ç, B  
[É, à, x^è"x, A<http://www.vector.co.jp/swreg> , Ö, f, A, f, N, f, Z, f, X, µ, Ä, AfNfCfWf,fg" Ö, t, đ"ü—í, µ, Ä, -  
¾,¾,ç, ç, BfVfFfAfCfW, É, \Ž!,ª, è, é%º, ð, ç, f, L [ [í, f, p, f, X, f [f, h, j, ð, f, f, , µ, Ä,,¾,¾,ç, B

**, R, D f p f X f [f, h, í"ü—í**  
"—f, t, f, g, đ<N" ©, µ, A, u, f, l, f, v, f, f, f" [v, u, f, p, f, X, f [f, h, đ"ü—í, , é, v, ð, f, N, f, Š, f, b, f, N, µ, Ä, Af, p, f, X, f [f, h, đ"ü—  
í, µ, Ä,,¾,¾,ç, B

**, S, D f p f X f [f, h, í•Ü, Š**  
**f p f X f [f, h, í, Å" s, í—L—, É, È, è, Ü, ·B** f p f X f [f, h, í, f o [f W f f" f A f b f v Ž Ž, É•K—v, Å, , ì, Å' å Ž—  
É•Ü, Š, µ, Ä, , ç, Ä,,¾,¾,ç, ç, Bf, n [f, h, f, f, B, f, X, f, N, í, Ç, í, á, É" ð, í, Å, Ž, t, É, à<L^ , µ, Ä, , ç, Ä,,¾,¾,ç, B

**, T, D f p f X f [f, h, í—L, Ç, ø, Š, ú, Ç, È**  
f, p, f, X, f [f, h, í"o~^ Ž Ž, ì, f o [f W f f" , É, Å, ç, Ä, ì, Ý—

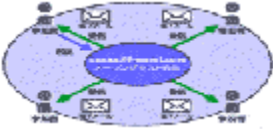
LCEø, Å, ·□B, 1/2, 3/4, μ□ACE»□Ý, ÍSefo□[fWf†f“ ,Æ, àfpfXf□□[fh, <sup>a</sup><æ'É, È, ì, ÅŽ © —  
R, Éfo□[fWf†f“fAfbfv, <sup>a</sup>Å, «, Ü, ·□BfpfXf□□[fh, Í—F□l, â“~—», ì•û, É<<sup>3</sup>, ì, É, ç, Å, -  
, 3/4, <sup>3</sup>, ç□BfVfFfAfeFgfa, í□A, ç, , ç□e, μ, ç—F□l, Å, à<<sup>3</sup>, ì, É, ç, Æ, ç, æ^Å—Ü, ì—<sup>1</sup>%øð, ì, à, Æ, É□¬, è—§, Å, Ä, ç  
, Ü, ·□B, à, μ, àfpfXf□□[fh, <sup>a</sup>~R, è, é, Æ□A, » , ÌŽž“ , ÅfpfXf□□[fh, ð•í□X, μ□Afo□[fWf†f“fAfbfv, <sup>2</sup>, Æ, ÉfpfXf□□  
[fh, ì□w“ü, <sup>a</sup>•K—v, ÉCE` , É, È, é, ±, Æ, <sup>a</sup>□l, ì, ç, è, Ü, , ì, ÅfpfXf□□[fh, <sup>a</sup>~R, è, É, ç, æ, æ, <sup>2</sup><|—Í, ð, “Sè, ç, μ, Ü, ·□B  
—F□l, ÉfRfs□l, ð“n, ·, Æ, «, í□A”z•zftf@fCf<, ðfRfs□l, μ, Å“n, μ, Å, , 3/4, <sup>3</sup>, ç□B

, p□EfpfXf□□[fh, ð, ç, è, Ä, à□Aftfg, É•í%ø» , <sup>a</sup> , è, Ü, <sup>1</sup>, ñ□BfVfFfAfeFfA”Å, É•í□X, ·, é, É, í□A, Ç, ì, æ, æ  
, É, μ, 1/2, ç, ç, ç, ì, Å, μ, à, æ, ©□B  
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, p□EfpfXf□□[fh, <sup>a</sup>fEfcf<fX, ÉŠ´□ø, μ, 1/2, 1/2, ß, ÉOS, ì□ÄfCf“fXfg□[f<, ð, μ, Ü, μ, 1/2□Bfwf<fv, ÅfpfXf□□[fh, ì□Ä”-  
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f\_fCfGfbfg,T,Ā,ľfo□[fWf#f“□i•ň,ďf□□[fŠf“fofŠfXfg,Ā'ň<Ÿ,μ,Ā,č,Ů,·□B,Ů,½□Af\_fCfGfbfg,ì"Y,Ÿ,â<^~  
â□A^ÓCE©,ìCEđS,ªS^",É□s,í,ê,Ā,č,Ů,·□B ftfŠ□[fEfGfA'Ā,ĭ•Ů,à%—Ź,É,,²ZQ%Ā,,³⁄₄,³,č□B

**f□□[fŠf“fofŠfXfg,Ā,ĭ**



f□□[fŠf“fofŠfXfg,ĭ“dŽqCEfŽi”Ā,ĭ,æ,κ,È,à,ĭ,Ā,·□B'N,©,ªCEfŽi”Ā,É□',«□ž,p,ĀE,»,"à—e,ªŽQ  
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%Ā,μ,Ā,č,Ů,·□B³⁄₄,Ā,Ā,č,é□l,â'%,¹,Ā,č,é□□Af\_fCfGfbfg,É□~CE÷,μ,½□l,âSæ'f,Ā,Ā,č  
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,É,É,è,Ů,·□B,μ,ĭ,č,—ĭžq,đCE©,Ā□A,Č,ň,É,±,ĀE,ª~b'è,É,É,Ā,Ā,č,Ā□A,Č,ň,É•—,É□',-  
,ĭ,©,ª,ĭ,©,Ā,½,čŽv,č□Ø,Ā,Āf□□[f<,đ□o,μ,Ā,Ÿ,Ā,-  
,³⁄₄,³,č□Bf□□[f<,đ□o,·,ĭ,ĭSÉ'P,Ā,·□BML,©,č,ľf□□[f<,É•Ô□M,đ□o,·,³⁄₄,·,ĀOK,Ā,·□B

**ŽQ%ĀŽ'Si**

Diet5,ľft□[fU□[,ĀfWf<fv,đ“Č,ň,³⁄₄□l,ÉCEĀ,è,Ů,·□BDiet5-ML,ĭ^è”É,ÉCEđSj,³,ê,Ā,č,Ů,¹,ň□B

**ŽQ%Ā\,μ□ž,Ÿ**

f\_fCfGfbfg,T,ĭHP,ÉŽQ%Ā'<CEŮ,ª, ,è,Ů,·□Bf□□[f<fAfhfCEfX,ĀE□',©,ê,½—“,ÉfAfhfCEfX,đ“ü—  
ĭ,μ,Ā□A□uŽQ%Ā□v{f^f“,đfNfŠfbfN,·,é,³⁄₄,·,ĀŽQ%Ā,Ā,«Ů,·□BŽQ%Ā,·,é'O,É'P  
%oi,ĭ,μ,©,½,đ•K,·,“Č,ň,Ā,,³⁄₄,³,č□B

**'p%oi,ĭ,μ,©,½**

ŽQ%ĀŽž,ĀE“~Ź,æ,κ,Éf□□[f<fAfhfCEfX,đ“ü—ĭ,μ,Ā□A□u'p%oi□v,ľf{f^f“,đfNfŠfbfN,μ,Ā,,³⁄₄,³,č□B'p  
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**f\_fCfGfbfg□éCE³⁄₄**

ML,ÉŽQ%Ā,μ,½,čf\_fCfGfbfg,ĭ□éCE³⁄₄,đ,μ,Ů,μ,â,κ□B“-ML,Āf\_fCfGfbfg,đ□éCE³⁄₄,μ-  
Ů•W'ĭ□d,É'B,μ,½•Ů,ĭ□AMaster of Diet,ĭCEh□l,ª—^,ĭ,č,ê□AŽQ  
%ĀŽO'S^đ,©,č',CEh,³,ê,Ů,·□B□éCE³⁄₄,ĭŽŸ,ĭ,æ,κ,É,μ,Ā,,³⁄₄,³,č□B

-¼'O□F□g'·173.2cm

CE»□Ÿ□F'ĭ□d65.8kg□@BMI=21.9

-Ů•W□F'ĭ□d66.0kg□@BMI=22.0

ŠjŽn□F'ĭ□d87.0kg□@BMI=29.0 □i2000”N8CEŽ17“ú□j

'□□FfCf“f^□[fĭfbfg,Ā,ĭ'SŽè,ĭ'ĭSi,âCE'□N□ó'Ô,ª,ĭ,©,è,Ů,¹,ň□Bf\_fCfGfbfg,ĭ'S'k,Ā“ĭSm,É“š,ĭ,đ,“-]  
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,é,İ,©□A,²Ž©•ª,İ□,İ,•ù,â^OŽu,ð,Û,„□’,æ,π,É,μ,Ä,,¾,³,ç□B

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# ftfifgff



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—v,É,È,è,Û,·[]B  
ymasaki@f8.dion.ne.jp

## Šè,ç

f[]f<,ì“à—e,©,ç[]í[]á,ì,É“^ò,ð’T,é,ì,í“μ,ç,à,ì,Ä,·[]B,È,é,x,<í“ì“l,È[]ó<μ,â[]Aqf“fg,É,È,è,»,x,È,±  
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## fpfRf“ŠÄ<<

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## f[]fŠf“fofŠXfg,Ä,ìžž-â

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## fz[]f[]fy[]fW

<http://hp.vector.co.jp/authors/VA002384/>

—š—đ

- 2002/03/31 diet534 fffgf[]fCfjf,fjf^[][<N" @ Žž,lfGf%[][,đ[]C[]³[]B
- 2002/03/29 diet534 [],`""Ž:ž\_fCfGfbfg,đ'Ç%[]Á[]B[]H•iCEđŠ••\fOf%oft,đ[]í[]œ[]B
- 2002/03/24 diet533 'O"ú,lfAfjif%[]ofCfUff[]f^,đ[]C[]³,;é,Æ"-ú,l'í[]d,áfRfs[][,³,é,éfofO,đ[]C[]³[]B
- 2002/03/20 diet533 []k[]-í[]d[]fOf%oft,l)•œŠ^[]B
- 2002/03/19 diet533 'í[]d"ü—í'<,l<L~^[]X[]Vf' fFfbfN~R,é,đ[]C[]³[]B
- 2002/03/15 diet533 <N[]°Žž[][],²03Žž"È'O,Á,l'í[]d"ü—í'<,²%½"x,Á,à[]o,é•ûŽ®,É•í[]X[]B
- 2002/03/12 diet533 'í[]d[]fOf%oft,l)~^ó,đ•œŠ^[]B
- 2002/03/09 diet533 f\_fCfGfbfg[]f'f,l[]C[]x[]f[]f[]b[]f[]Z[][]f[]W,đ[]í[]œ[]B
- 2002/03/08 diet533 —z—[],lf[]C[]f[]p[][]f[]g[]š[][],đ'[],â,•<@"\,l'Ç%[]Á[]B
- 2002/03/04 diet533 "z•áf f[]f[]f[]g,É'í[]d^Už[]f,[]f[]h,đ"½%of,³,¹,½[]B
- 2002/03/04 diet533 f\_fCfGfbfg[]f'f,É,x,½-J,[]B[]f[]N,đ'Ç%[]Á[]B
- 2002/03/02 diet533 []H•i,l[]f[]c[]f[]f'f[]b[]f[]v,ÉfGf[]f[]f[]M[][]Ž%—b"ä—l,đ•\Ž[]B
- 2002/02/28 diet533 f\_fCfGfbfg[]f'f,l)•½<l"ú[]f",đ%[]Á•İ,É•í[]X[]B[]f[]w[]f[]v,©,ç[]N[]f[]C[]b[]f[]N[]K[]f[]C[]h,đ•²—f[]B
- 2002/02/27 diet533 ,à,l,®,³"ü—í,l)•œŠ^[]B
- 2002/02/19 diet533 []HŽ-<L~^ftfH[]f[]f[]b[]f[]g,l)°ü—Ç[]B
- 2002/02/18 diet533 CE"œfOf%oft,É"œŽz[]f[]E[]v,đ•\Ž;[]B[]HŽ-Žw"±,Æ[]-•²•\Ž;l,—¼—§[]B
- 2002/02/16 diet533 fAfjif%[]ofCfU,l<L~^,lfRf"fpfNfg%[]»[]B
- 2002/02/14 diet533 fAfjif%[]ofCfU,l)už[]C"®[]v[]X[]V,l)°ü—Ç[]B'©[]H,lffftfHf:fgžž[][],đ7žž,É•í[]X[]B
- 2002/02/14 diet533 dayfood.txt,l)•œ<CE[]A'í[]d[]fOf%oftŽ[]Á[]s'O,l[]f[]í[]f[]o[]l[]f[]t[]f[]o[][]Šm"è[]A"œŽz[]f[]f,l[]f[]b[]f[]Z[][]f[]W,l)[]d[]•i,đ[]C[]³[]B
- 2002/01/28 diet532 f\_fCfGfbfg[]f'f,l)°Ç%[]Á[]B
- 2002/01/18 diet532 fOfšfR[]fQf"fOf%oft,l[]f[]š[]f[]f[]^f[]C[]f[]€%[]»[]B
- 2002/01/13 diet532 'í[]d[]fOf%oft,l)²-J"üf}[]f[]N,ÉfofO[]B-œ•à[]C[]E[]v,l)°¹šy,Á<È-¼,²šO^á,Á,Ä,ç,½fofO,đ[]C[]³[]B
- 2002/01/10 diet532 f[]f[]f[]f[]...[]["™,l)•s—v[]€—Ú,đ[]í[]œ[]B
- 2002/01/04 diet532 ,à,l,®,³"ü—í,l)•œŠ^[]B
- 2002/01/02 diet531 Ž©CE"è"èCE"œf<[]f'f",l)í[]œ[]B
- 2001/12/31 diet531 'í[]d[]fOf%oft,l[]f[]X[]f[]R[]f[]A,É,²-J"üf}[]f[]N,đ'Ç%[]Á[]B
- 2001/12/29 diet531 fNfCfbfNfKfCfh,l)í[]œ[]B
- 2001/12/29 diet531 fAfjif%[]ofCfU,ÁfofbfNfXfy[]f[]X,²CEø,©,É,©,Á,½fofO,đ[]C[]³[]B
- 2001/12/27 diet531 %^"®"ü—í,áfOfšfR[]fQf"f^f"fn,É"½%of,³,é,Á,ç,É,©,Á,½fofO,đ[]C[]³[]B
- 2001/12/26 diet531 fNfCfbfNfKfCfh,đ'Ç%[]Á[]B
- 2001/12/20 diet531 fo[]f[]W[]f[]f"[]f[]A[]b[]f[]v[]žž,l[]f[]\_f[]C[]f[]G[]f[]b[]f[]g[]v[]f%[]of"Ž©"®<N"®,l)•œŠ^[]B
- 2001/12/14 diet531 ŠO~A•t,~Ž[]Á[]s[]f[]t[]f[]C[]f[]f,l)²[]®[]B
- 2001/12/12 diet531 ,;x,Á,l)°^"®"ü—í,đžž[]žw"è•ûž®,É•í[]X[]B
- 2001/12/11 diet531 ,²-J"üf}[]f[]N,l)°Ç%[]Á[]B
- 2001/11/28 diet530 f'ff[]f[]g—p,lžg—p•p"x,É,;l,¹,Ä"z'u,đ•í[]X[]B
- 2001/11/26 diet530 WindowsXP,É'í°ž[]B
- 2001/11/22 diet530 []HŽ-Žw"±,đ•W[]€[]H•i[]-•²,Á•âš®[]A[]C[]E[]ú[]q[]j"[]E,lšî[]€,É•í[]X[]B
- 2001/11/15 diet528 "ì-ž,l)"»'è,đ1999"N"ú-{"}-žšw%[]i,lšî[]€,É•í[]X[]B
- 2001/10/28 diet528 fOfšfR[]fQf"fOf%oft,ÆfXfRfA,đ"[]^ê[]B[]f[]Of[]š[]f[]Z[]f~fbfN—ášO[]^—,l)°%[]»[]B
- 2001/10/26 diet528 fxfXfgfTfCfy'Ç%[]Á[]B
- 2001/10/14 diet528 'í[]d[]fOf%oft,l[]š[]ž[]n"ú,Á[]q;CEž,²žw"è,Á,<,É,©,Á,½fofO,đ[]C[]³[]B
- 2001/10/02 diet528 fXfRfA,l)[]HŽ-,l)[]"\_,đfšfAf^f^fCf€%[]»[]B
- 2001/10/01 diet528 fXfRfA,l)[]CEž,P"ú-U,l)°\Ž;l,ł•s<i[]f[]š,đ[]C[]³[]B
- 2001/09/23 diet528 'í[]d[]fOf%oft,ÆfXfRfA,đ"[]f[]f[]B
- 2001/09/21 diet528 fXfRfA,đž©"®•]°ž•ûž®,É•í[]X[]B
- 2001/09/10 diet527 -œ•à[]C[]E[]v[]f[]Of%oft,đ[]í[]œ[]B
- 2001/09/07 diet527 fWf[]f[]Mf"fO[]C[]E[]v,l)°Ç%[]Á[]B
- 2001/09/05 diet527 -œ•à[]C[]E[]v,É—D[]f[]j[]f[]b[]f[]v,Æš½[]C[]E}f[]f[]b[]f[]Z[][]f[]W,đ'Ç%[]Á[]B

2001/09/05 diet527 fOf<fR□[fX□Á"i—|,đ7.5g/ŽžŠÔ,É•i□X□B  
2001/09/04 diet527 fXfCf~f"foCEv,ì'Ç%oÁ□B  
2001/08/31 diet527 fff□fS□[f%of"flf"fo□Afff□fCfGž©CEÈ□f"foACECE"œŠÇ—□fOf%oft□A  
%o^" @fAjff□□[fVf#f" □Ajjf□fS□[f□[fo□[CEx□□□A]pg^3□k□A'ì□dfOf%oftSO•"ftf@fCf<,ì"pŽ~□B  
2001/08/28 diet527 'O"ú,lfofSfR□[fQf" f^f" fN'ù□³<@"\\,ì'Ç%oÁ□B  
2001/08/27 diet527 fOfŠfR□[fQf" f^f" fN,ì'Ç%oÁ□B  
2001/08/10 diet526 CE"œ'lfOf%oft,đfOfŠfZf~fbfN•â□³□B  
2001/08/08 diet526 CE"œ'lfOf%oft,đ•œŠ^□B  
2001/08/05 diet526 fAfCfRf"fgfffBf^□[,ì'g,Ý□ž,Ý□B  
2001/07/17 diet526 'iž%o-b—|%oü'PEv%oæ,ì'Ç%oÁ□B  
2001/07/03 diet525 f\_fCfGfbfg"ú<L,É%o^" @<LŽ-,đ•Vž;□B  
2001/07/01 diet525 ŽĀŽ\_ž'ăžŌfOf%oft,ì•½<ì"ú□",đ,V"ú,Ü,Ā•\ž;%oĀ,É•i□X□B  
2001/06/17 diet525 ftf□fbfs□[,Ō,lf□[f^□o—í,É-œ•àCEvff□[f^,đ'Ç%oÁ□B  
2001/06/10 diet525 fWf#Mf"fofAjf□□[fVf#f",đ'Ç%oÁ□B  
2001/06/08 diet525 -œ•àCEvOf%oft,ì'Ç%oÁ□B  
2001/06/06 diet525 Ši'b'ì%o.fOf%oft,ì'Ç%oÁ□B  
2001/06/05 diet525 -œ•àCEv,ÉfAjf□□[fVf#f",đ'Ç%oÁ□BfŠf"fs•\ž;ì,đ•œŠ^□B  
2001/06/04 diet524 ŽĀŽ\_ž'ăžŌ—|fOf%oft,đff□fS□[•\ž;□B  
2001/06/01 diet524 fgfCEf"fhfOf%oft,É'iž%o-bCEv'ì□dCEv□Ø,è'Ō,lf|fvfVf#f",đ'Ç%oÁ□B  
2001/05/29 diet524 ŽĀŽ\_ž'ăžŌ—|•\,lfjf%o□[%o»□B  
2001/05/25 diet524 fAjfj%ofCfU□[,iž©" @□X□V,ì<Ōž~flfvfVf#f",đ'Ç%oÁ□B  
2001/05/16 diet524 'ì□dfOf%oft,đ□,~%o»□BSO•"fof%oft,đžg—p%oĀ",É%oü—Ç□B  
2001/05/13 diet524 fgfCEf"fhfOf%oft,ì'Ç%oÁ□B  
2001/05/08 diet523 fffgf□fCfGfVf~f...fCE□[fVf#f",ì%o^" @—É%oĀžž,ìž©" @%o»□B  
2001/05/04 diet523 fffgf□fCfGfVf~f...fCE□[fVf#f",lfŠfAf<f^fCf€%o»□B  
2001/05/03 diet523 fffgf□fCfGf,fff^□[,ì•q□[CE<%oÉ,©,ç□A'©□H,É1žžŠÔ•a,đ□ă□æ,¹□B  
2001/05/01 diet523 ž©CEÈ□f"fof%oft,ì'Ç%oÁ□B  
2001/04/30 diet523 CEĀ•É□H•i,ì%oh—{f'ff□[fg,đ'Ç%oÁ□B  
2001/04/29 diet523 CE£—šCEŸ"ç<@"\\,ì'Ç%oÁ□B  
2001/04/26 diet523 □Hž-<L~^ftf@fCf<"j'—<@"\\,lfOfO,đ□C□³□B  
2001/04/23 diet523 -œ•àCEv,ì□%oSú%o»fofO,đ□C□³□B  
2001/04/20 diet523 fffŠfEfe,ÆfRfCEfXfef□□[f<,đ□Ø,è'Ō,ì•\ž;□B  
2001/04/12 diet522 fVf~f...fCE□[fVf#f"flfvfVf#f",É%o^" @—Éfvf%ofX,đ'Ç%oÁ□B  
2001/04/10 diet522 □~•a•\,ì□d—É—",đ'¼•qžš,É•i□X□B  
2001/04/08 diet522 fTfuf□fff...□[,ÉfAfCfRf",đ•\ž;□B  
2001/04/06 diet522 fffgf□fCfGf\_fCfGfbfg,đVfFfAfEfGfA,É•i□X□B  
2001/04/04 diet522 'iž%o-b"ü—í,Ā~A" @,μ,Ā,ç,É,©,Ā,½fofO,đ□C□³□B  
2001/03/30 diet522 fffgf□fCfGfVf~f...fCE□[fVf#f",ì'Ç%oÁ□B  
2001/03/20 diet522 'iž%o-bfOf%oft,É•½<lfOf%oft,đ'Ç%oÁ□B  
2001/03/20 diet522 'ì□d"ü—í,lfLfff"fZf<<@"\\,ì'Ç%oÁ□B  
2001/03/15 diet522 %o^" @ff□[f^,ì□í□œ<@"\\,đ'Ç%oÁ□B  
2001/03/15 diet521 fAjfj%ofCfUž©" @□X□V,ì<Ōž~,ì'Ç%oÁ□B  
2001/03/14 diet521 %o^" @f{f^f",É"—"ú,ì%o^" @<L~^,đ•\ž;□B  
2001/03/12 diet521 □V"•\,T'ù□H•iff□[f^žž~^□B  
2001/03/08 diet521 100g□H•i"o~^,ÉfRfCEfXfef□□[f<,Æ"đ□,đ'Ç%oÁ□B  
2001/03/05 diet521 ,S,R,Rf,□[fh,ì'Ç%oÁ□B  
2001/02/14 diet520 fAjfj%ofCfU<L~^,ì'Sž©" @%o»□B  
2001/02/12 diet520 CEđš•\fOf%oft,đ□ižž•\ž;ì,ì,½,β%oæ-É,đ%oü—Ç□B  
2000/10/27 diet519 f\_fCfGfbfg"ú<L,đ'S-É%oü"•□B  
2000/10/26 diet519 fAjfj%ofCfU-Ú□,è,đš'ì'b'ăžŌ,Éš@'S,É□‡,í,¹,½□B  
2001/10/14 diet518 □H•iCEđš•\fOf%oft,đftfS□[fEfGfA,Æ,μ,½□B  
2001/10/11 diet518 'ì□d^Ūž□f,□[fh,đ'Ç%oÁ□B  
2001/01/06 diet518 □H•iCEđš•\fOf%oft,ì'Ç%oÁ□B  
2000/12/23 diet517 'iž%o-bfOf%oft,lfhf%ofbfOf{fbfNfX,ì"÷'²□□B  
2000/12/20 diet516 □H•iff□[f^,ÉjjfŠfEfe,đ'Ç%oÁ□B



2000/12/19 diet516 □H•i,lfOf%o€“ü—í,İŞÈ—ª%o»□B  
2000/11/26 diet514 ŠÈ’PCE£—š“o~^,ì’Ç%oÁ□B  
2000/11/25 diet514 Windows98 ME ,lF’²,É□‡,í,¹,Ä•`%oæ□F,ð’²□@□B  
2000/10/29 diet512 ‘l□d—\’a<@“\,ì’Ç%oÁ□B  
2000/10/23 diet511 fŠf“fS,ì’á,«,³,É“O“ú,lf\_fCfGfbfgCE<%oÉ,ð%oÁŽZ□B  
2000/10/01 diet510 fv□f□f□f□f□\_•l□X□BfAf“fP□lfg,ÆfTf□lfgf□□lfg<,ð”pŽ~□B  
2000/09/27 diet509 f\_fCfGfbfgfvf%of“„É”D•w□AZð“ú•w,ð’Ç%oÁ□B  
2000/09/15 diet509 fXfRfA,ð’Ç%oÁ□B  
2000/09/14 diet509 -Ü•W%oh—{□S—v—Ê,ð•½□—11”N6CEŽ28“ú%oü□³,ì□ÛŽæŠî□€„ð□l—p□B  
2000/09/12 diet509 %o-•ª•\Ž!,ì’Ç%oÁ□B  
2000/09/08 diet508 %oh—{f`ff□lfg,É□H•“‘@^Û,ð’Ç%oÁ□B%oh—{•ª□l□fv□lfg,lfOf%oft,ì□,‘-  
%o»□B  
2000/08/15 diet506 ‘ìŽ%o-b—lfOf%oft,ðfrf^f~f“fOf%oft,É’Ç%oÁ□B  
2000/08/11 diet505 -œ•àCEv,Á□h□ê,²,Æ,É%o¹Šy,ð%o%o’t□B  
2000/08/10 diet505 %o^“@f{f^f“,ð12CEÁ,É<%o»□B  
2000/08/07 diet505 -œ•àCEv,ì“CEŠC“¹,T,RŽŸ,ð’n□} %o»□A’O“ú“ü—í,ð%oÁ,É,μ,½□B  
2000/07/27 diet503 □H•iCEðŠ•\□ACE“œŠÇ—□fOf%oft□A’ìŽ%o-bfOf%oft,ì’Ç%oÁ□B  
2000/07/19 diet502 -œ•àCEvf□lfg<,ð’Ç%oÁ□B  
2000/07/07 diet501 fff□fŠ□lfg□f“fL“fO,ð□-ª•\,©,ç<N“®„,•,é,æ,π%oü—Ç□B  
2000/06/29 diet500 CE“œ’İŠÇ—□fOf%oft,ð’Ç%oÁ□B’l□dfOf%oft,É%o^“®—Ê,ð’Ç%oÁ□B  
2000/05/11 Diet442 □H•if□f,<@“\,ì’Ç%oÁ□B  
2000/04/27 Diet441 “K□³ff□fŠ□l,ð□-‘ŠÚ,Û,ÁŠg’â□B  
2000/03/27 Diet440 fvf\_fEf“Z®ffCEf“f\_□l,ð’Ç%oÁ□B  
2000/02/24 Diet440 ŠJ“CE³⁄⁄CEè,İfo□lWf#f“fAfbfvVB,U□i,r,o,R□j□B  
2000/01/30 Diet435 ,Q,O,O,O”N‘í%ož□□,ì”pŽ~□ACEŸŠ•□«„ì<%o»□B  
1999/12/28 Diet434 CE“œfOf%oft,ì’Ç%oÁ□B  
1999/12/24 Diet434 fn□lfhfRfs□l<@“\,l’g,Ÿ□ž,Ÿ□B  
1999/12/21 Diet434 Ž%o-b,ìCEvŽZ<@“\,ð’Ç%oÁ□B  
1999/11/26 Diet434 ‘â•□%oü’ù□BfAfif%ofCfUftfH□□l}fbfg,ð•l□X□ACEŸŠ•□«„É,μ□BŽŸ,ì<@“\□lhf  
%ofbfOŽw’èRfs□□ABMI,İŠg’â•Ž!□Af□f□fŠ□l[fSfXfg□ACE“œ’l□Aftf“fvf<□H•i□j,ð”pŽ~□B  
1999/09/17 Diet432 —\’èCE£—šfy□lFW,ì’Ç%oÁ□B  
1999/09/03 Diet431 fOf%oft,ì•Ü’¶l<@“\,ð’Ç%oÁ□B  
1999/09/02 Diet430 fŠf“fSCEJ%ozCEvŽZ,ì’Ç%oÁ□B  
1999/08/28 Diet430 fAfif%ofCfU,É—\’ª□ü,ð’Ç%oÁ□B  
1999/08/20 Diet430 f\_fCfGfbfgfAfif%ofCfU□l,ð’Ç%oÁ□B  
1999/08/01 Diet429 □HŽ-,lfrfs□l/“\,è•t,~<@“\,ì’Ç%oÁ□B  
1999/07/27 Diet429 Undo<@“\,ì’Ç%oÁ□B  
1999/07/15 Diet427 “œ”A•aŽwŽ!ff□fŠ□l[1200□A1400□A1600□A1800Kcal□H,ð’Ç%oÁ□B  
1999/07/11 Diet427 <N□Žž□□□ASİ’b’âžO□A’l□dfOf%oft,lfOfbfNfOf%ofEf“fh□^—□%o»□B  
1999/07/02 Diet427 CEÁ•ÉfOf%oft,ì•œŠ^□B  
1999/07/01 Diet427 BMI<É□ü,ð’Ç%oÁ□B  
1999/06/29 Diet427 <L~^□X□VŽž,ÉfTfEf“fh,ð’Ç%oÁ□B  
1999/06/22 Diet426 <L~^□X□V,ì’Ç%oÁ□B  
1999/06/19 Diet426 ,à,ì,®,³“ü—l<@“\,ì’Ç%oÁ□B  
1999/06/07 Diet426 f\_fCfGfGfg“ú<L,ì’Ç%oÁ□B  
1999/05/19 Diet425 2000-â’è,ì’í%ož□B  
1999/05/15 Diet425 f□f“f□fCf“fg,ì’Ç%oÁ□B  
1999/05/11 Diet425 ”D□PŽð“úŠú,ð’Ç%oÁ□B  
1999/03/23 Diet424 “œ”A•aŽi—Ä,ì,½,β,ì□H•iCEðŠ•\,ð’Ç%oÁ□B  
1999/03/17 Diet424 ^ó□ü<@“\,ì’Ç%oÁ□B  
1999/02/27 Diet424 fCEfvfs,İŽ©“®’ù□³<@“\,ð’Ç%oÁ□B  
1999/01/28 Diet422 fOf%of€“ü—í,ð’Ç%oÁ□B  
1999/01/25 Diet422 •½<İ’l□dfOf%oft,ð’Ç%oÁ□B  
1999/01/22 Diet422 fCEfvfs,ìCEŸ□ö<@“\,ð’Ç%oÁ□B  
1998/12/24 Diet421 %oh—{f`ff□lfg,É□...—n□«frr^f~f~,l”r□o<@“\,ð’Ç%oÁ□B

1998/08/16 Diet303 “úíH•i,ìÇ%ÁB  
1998/06/05 CBDiet ŠG,¾, -,Ā,Ā,«,éjffŠ[ŒvŽZB



