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介護食レシピ便秘解消のために Constipation cancellation health food

写真はホンマグロをミキサーにかけてクリミーに仕上げました

The photograph finished up the bluefin tuna in the mixer like soft ice cream.

室温で溶けますので口に入れるとふわっととろけます

Poofy melts when putting it in the mouth because it melts it at the room temperature.

不飽和脂肪酸効果を考慮した

The effect of the unsaturated fatty acid (DHA) was considered.



私は美味しく感じたのですが、彼はスプーン2杯を食べただけです

He only ate two spoons though I felt that it was delicious.

海藻を粉碎して煮込み、ペースト状に仕上げました

The seaweed (okinawa futo mozuku) was crushed, cooked, and it finished it up like the paste.



元気なころは大好物でした、一口も食べません

It doesn't eat the unit that was a large favorite dish when it is energetic.



ニンジン、大根、こんにゃく、シイタケを粉碎して混ぜ込みました。味付けは沖縄イナムドゥチ味噌小さじ1杯

The carrot, the radish, the paste made from the arum root, and shiitake were crushed and mixed.



このように仕上がりました

It finished like this.

200g 完食

It ate everything 200g.



12 時間後に結果が出ました The result came out 12 hours later.

本マグロの DHA 効果が良かったのか? Was this tuna's effect of DHA good?

食物繊維と海藻の効果か? Is it an effect of the dietary fiber and the seaweed?

偶然でもチャレンジは必要 It is necessary to challenge even by chance.