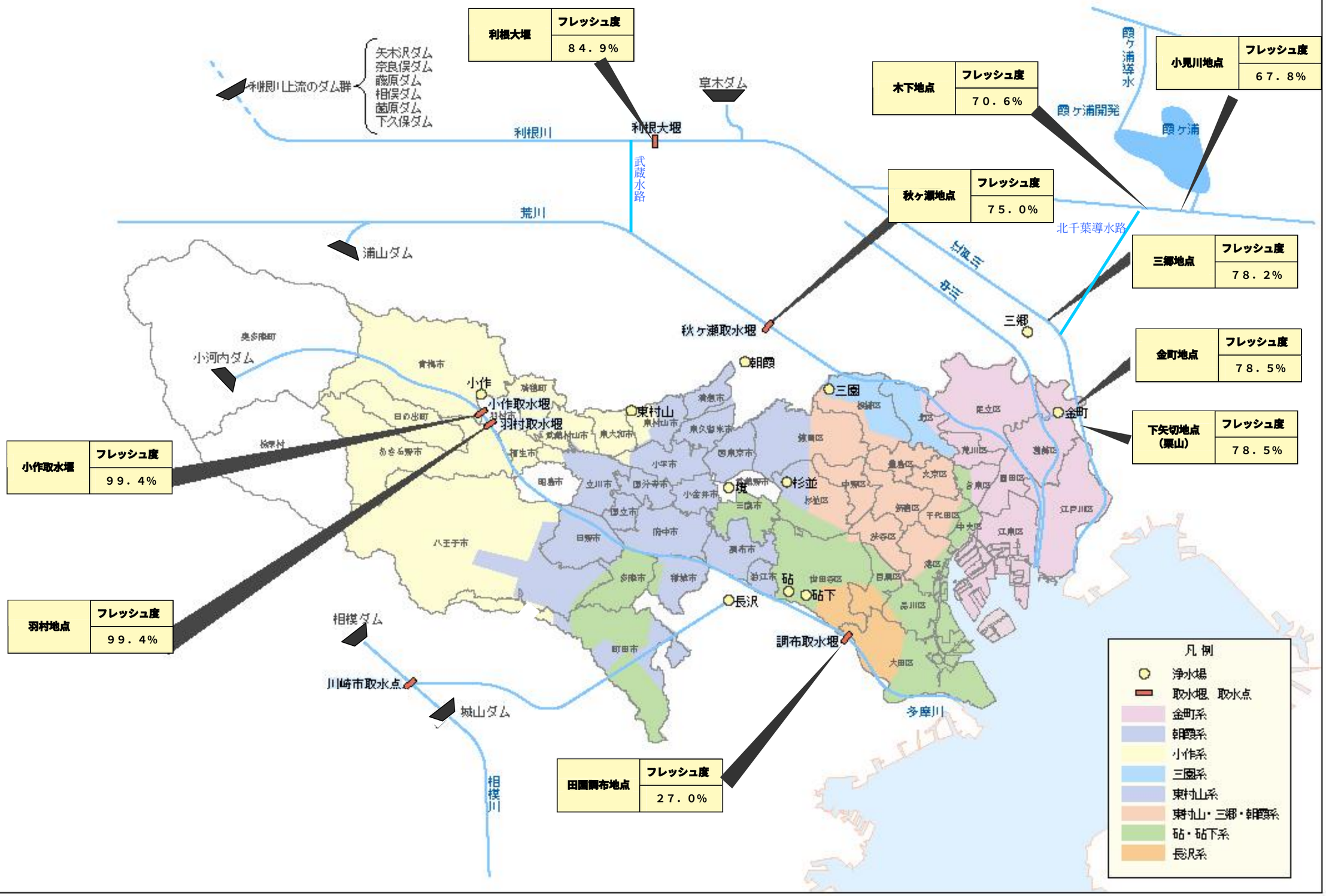東京都近辺のフレッシュ度について