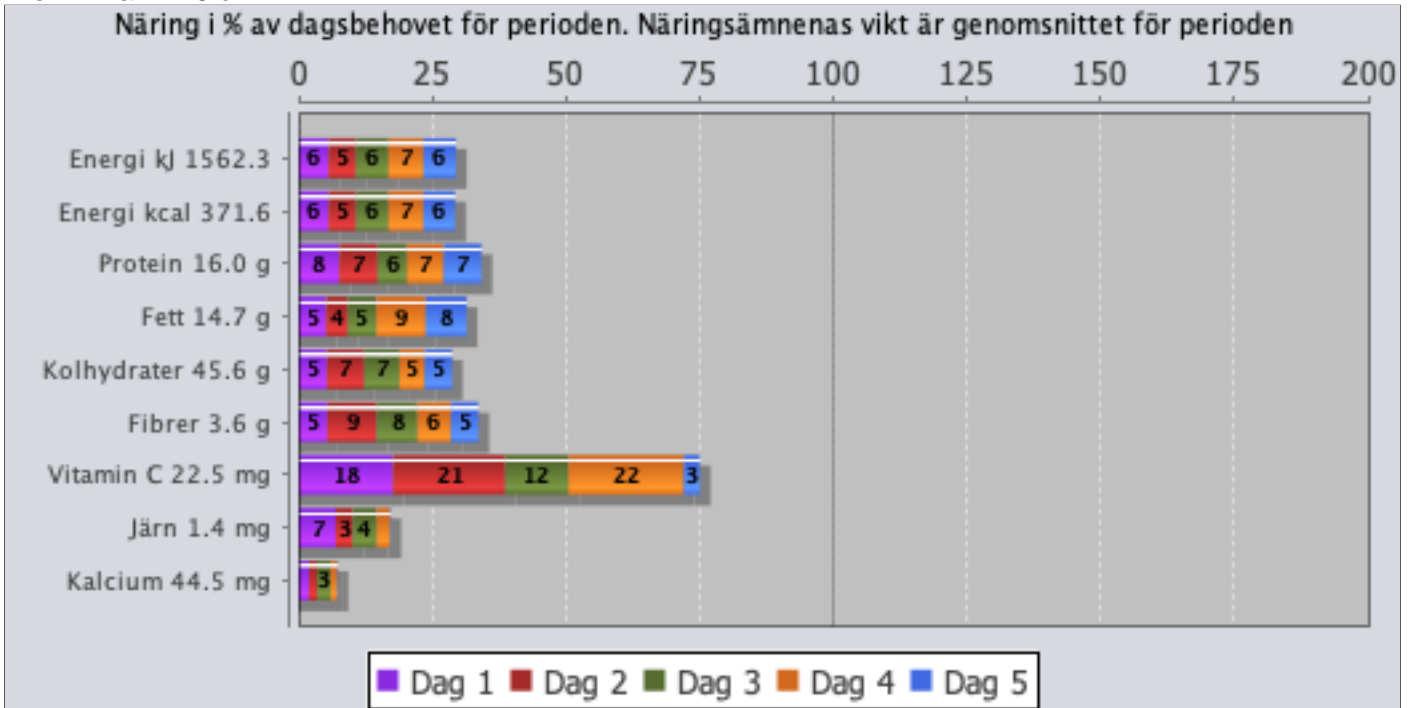
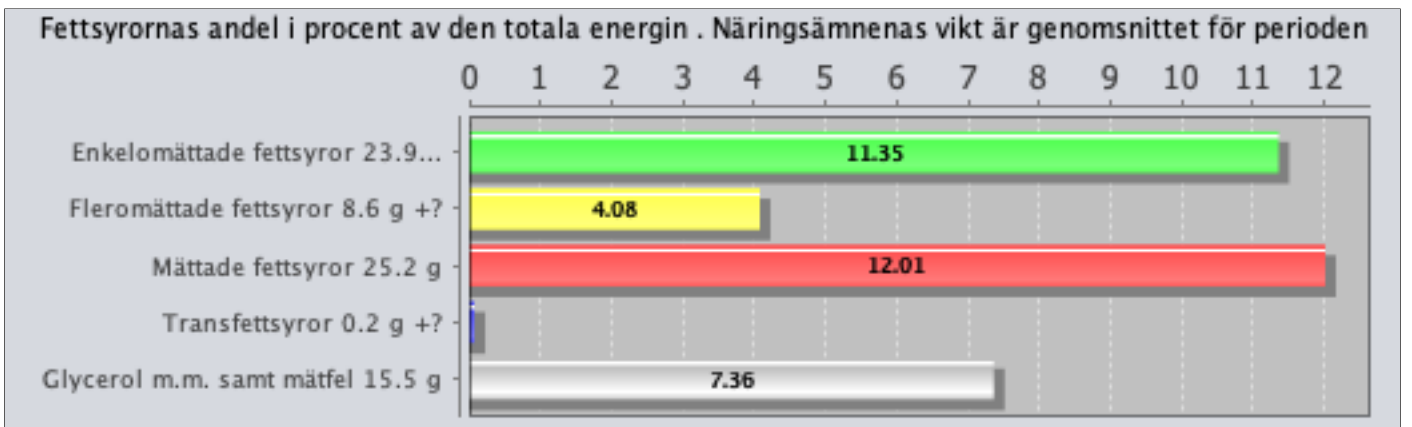
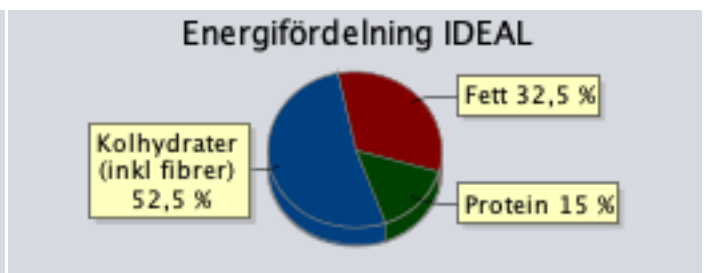
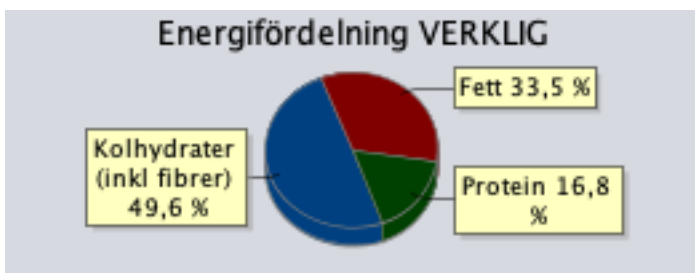


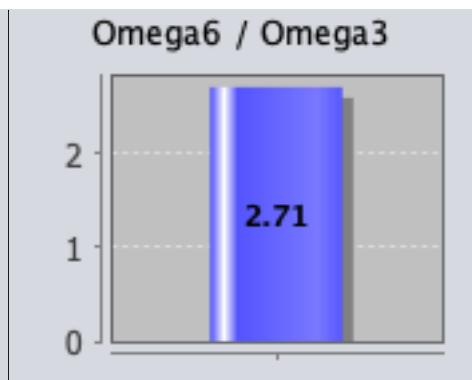
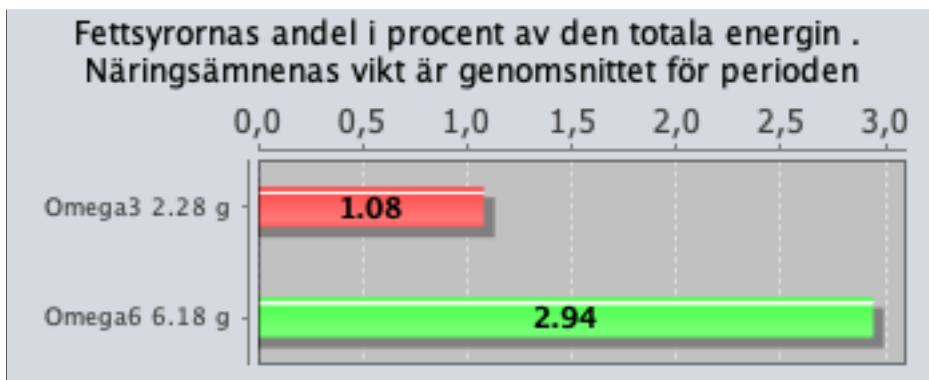
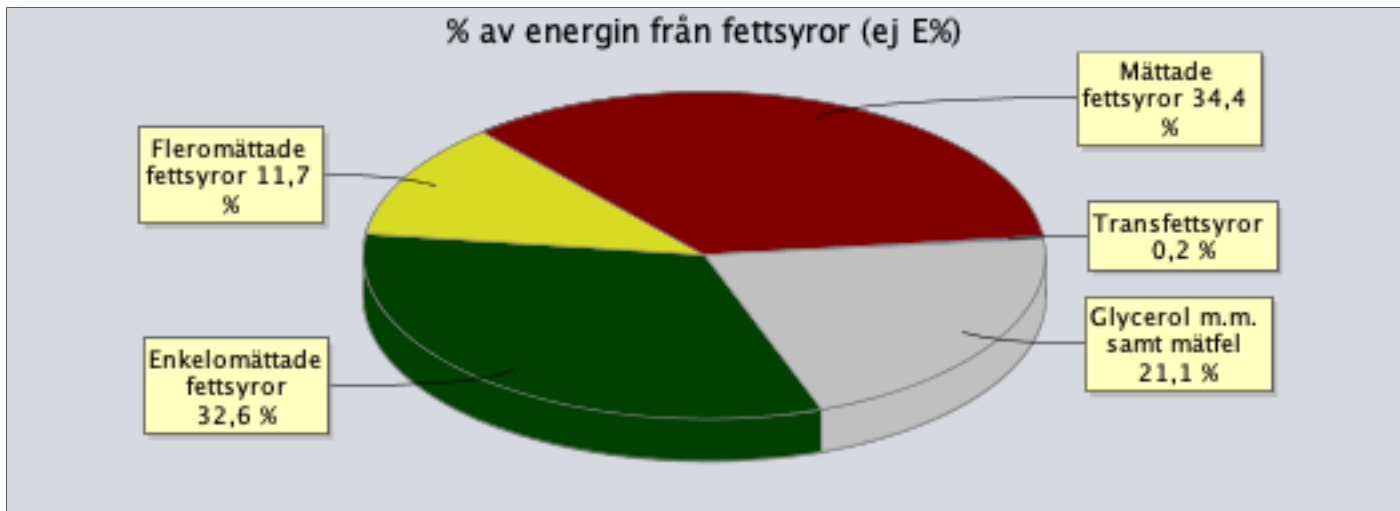
Periodsammanställning

Norm: Barn 2-5 år



| | Medelvärde | % av rekommendation | Rekommendation |
|-----------------|------------|---------------------|----------------|
| Energi kJ | 1562,3 | 29,5 | 5300 |
| Energi kcal | 371,6 | 29,3 | 1267 |
| Protein (g) | 16 | 34,2 | 46,8 |
| Fett (g) | 14,7 | 31,5 | 46,5 |
| Kolhydrater (g) | 45,6 | 28,7 | 158,7 |
| Fibrer (g) | 3,6 | 33,7 | 10,6 |
| Vitamin C (mg) | 22,5 | 75,1 | 30 |
| Järn (mg) | 1,4 | 17,3 | 8 |
| Kalcium (mg) | 44,5 | 7,4 | 600 |





Ratio

| Omfattning | Energi kcal | Kcal % | Fett | Kolhydrater | Protein | Ratio |
|------------|-------------|--------|------|-------------|---------|---------|
| Dagar | 371,6 | 29,3 | 14,7 | 45,6 | 16,0 | 0,2 : 1 |