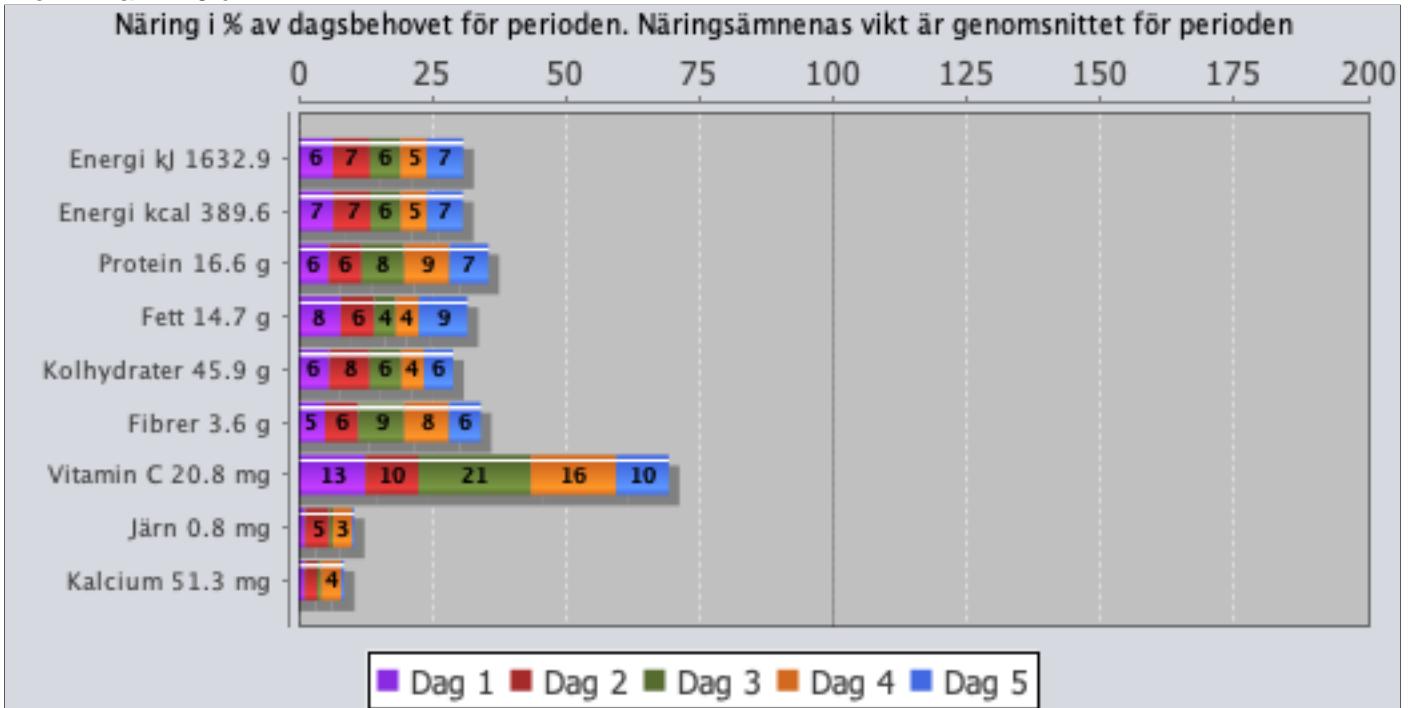
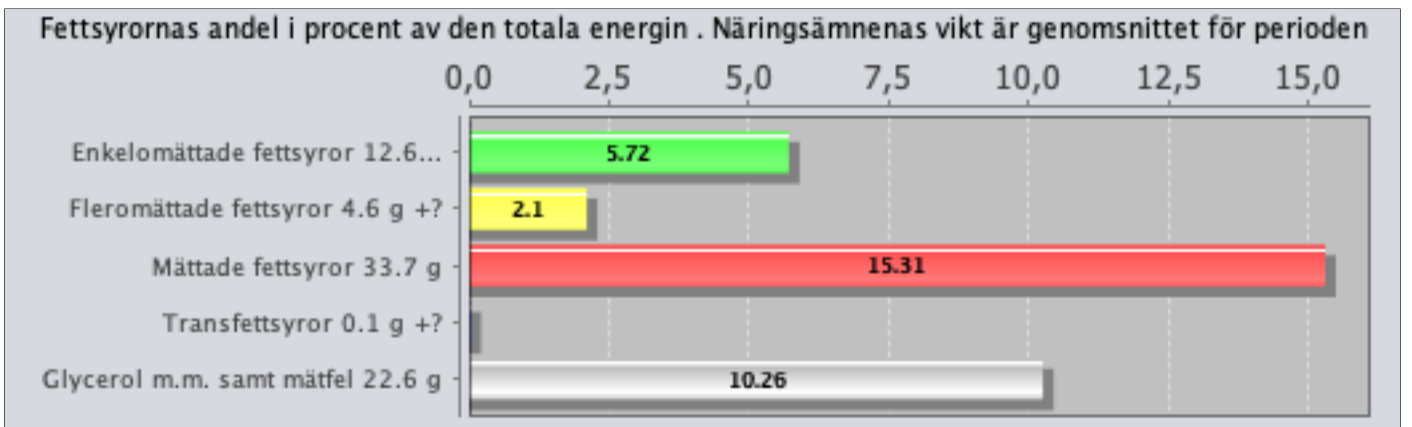
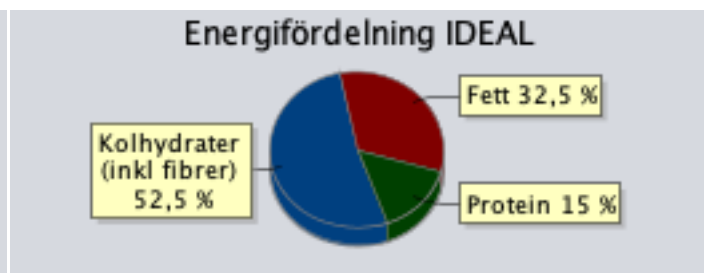
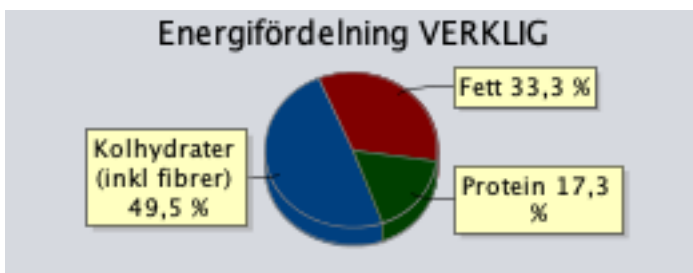


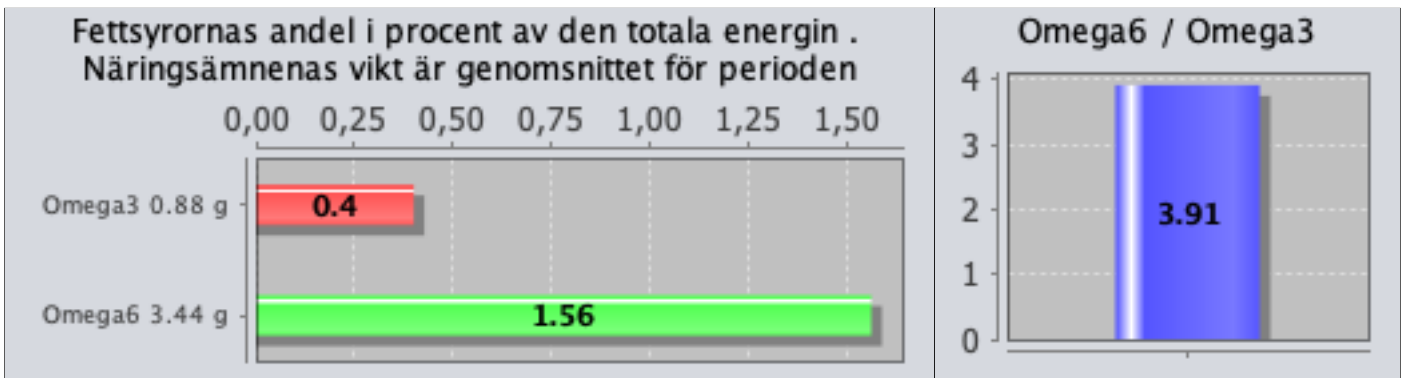
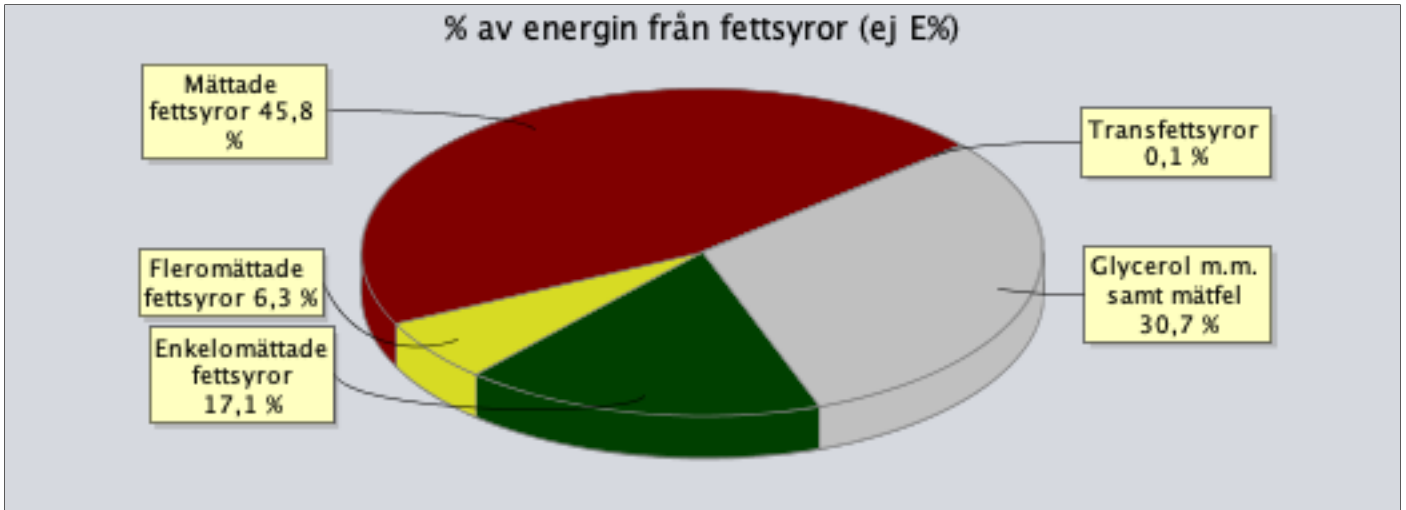
# Periodsammanställning

Norm: Barn 2-5 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1632,9	30,8	5300
Energi kcal	389,6	30,7	1267
Protein (g)	16,6	35,5	46,8
Fett (g)	14,7	31,6	46,5
Kolhydrater (g)	45,9	28,9	158,7
Fibrer (g)	3,6	34,1	10,6
Vitamin C (mg)	20,8	69,2	30
Järn (mg)	0,8	10,4	8
Kalcium (mg)	51,3	8,5	600





**Ratio**

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	389,6	30,7	14,7	45,9	16,6	0,2 : 1