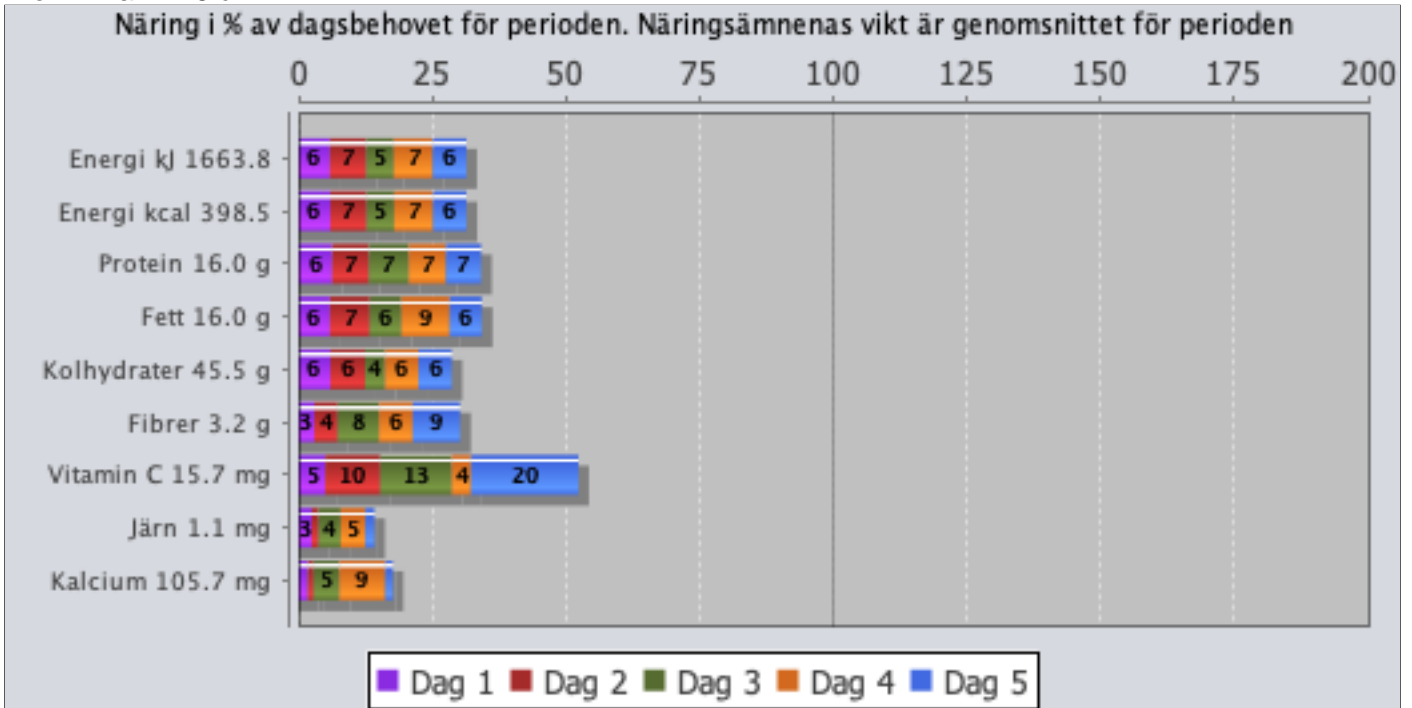
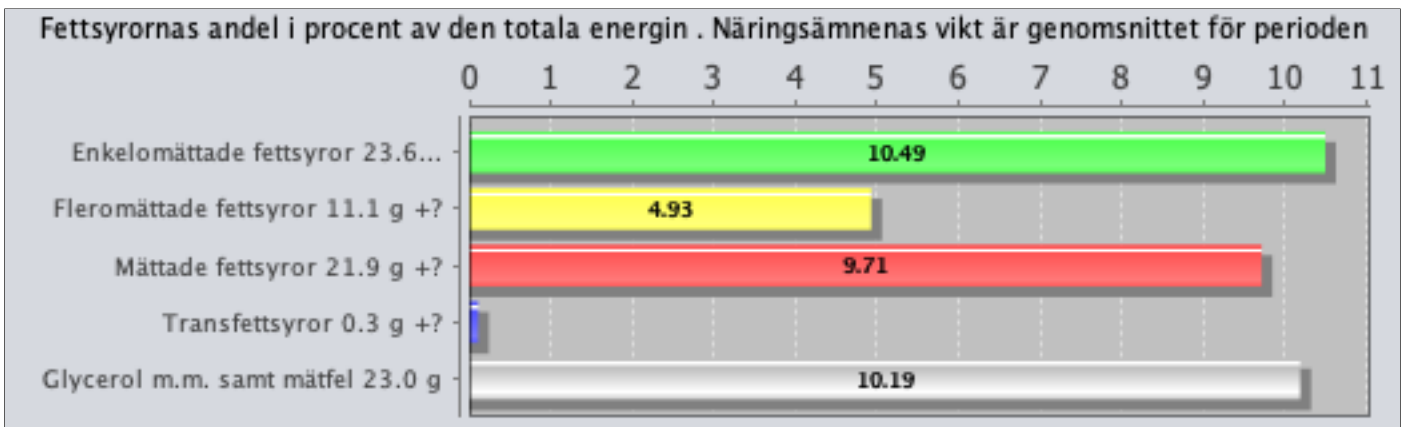
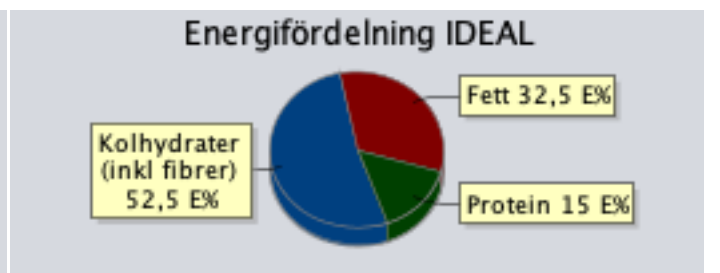
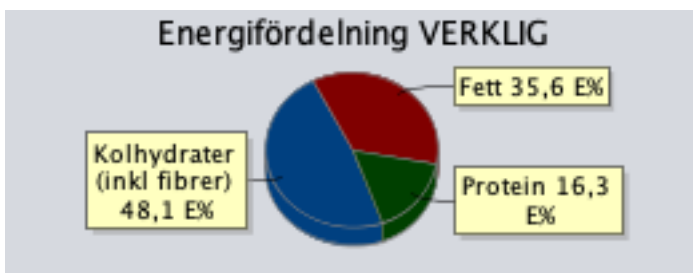


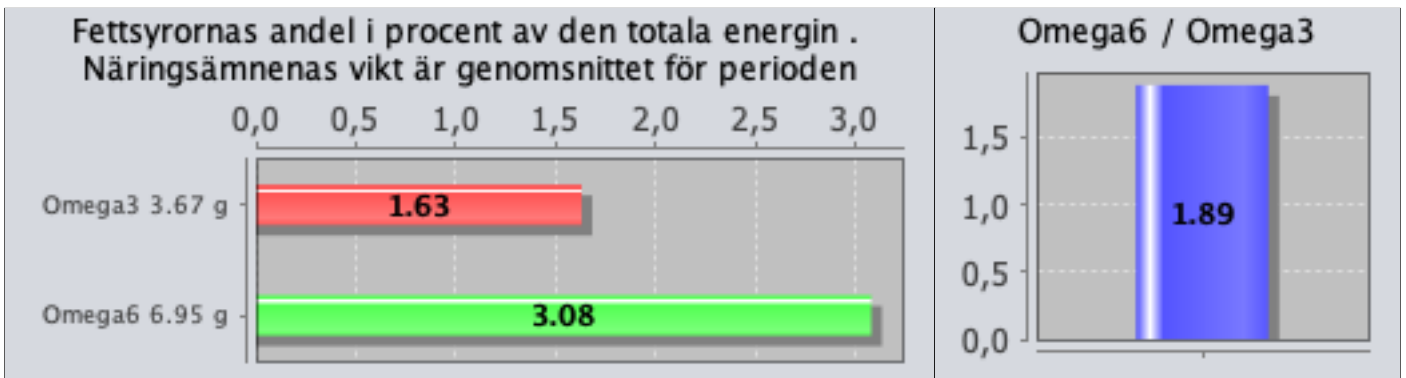
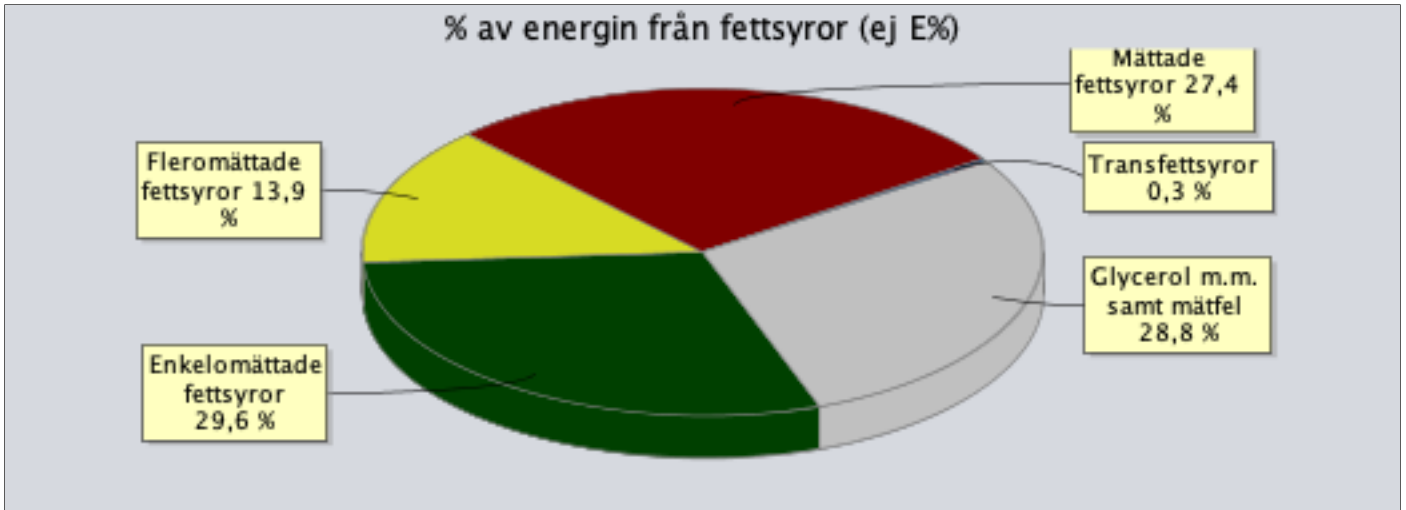
Periodsammanställning

Norm: Barn 2-5 år



| | Medelvärde | % av rekommendation | Rekommendation |
|-----------------|------------|---------------------|----------------|
| Energi kJ | 1663,8 | 31,4 | 5300 |
| Energi kcal | 398,5 | 31,5 | 1267 |
| Protein (g) | 16 | 34,2 | 46,8 |
| Fett (g) | 16 | 34,3 | 46,5 |
| Kolhydrater (g) | 45,5 | 28,7 | 158,7 |
| Fibrer (g) | 3,2 | 30,3 | 10,6 |
| Vitamin C (mg) | 15,7 | 52,3 | 30 |
| Järn (mg) | 1,1 | 14,2 | 8 |
| Kalcium (mg) | 105,7 | 17,6 | 600 |





Ratio

| Omfattning | Energi kcal | Kcal % | Fett | Kolhydrater | Protein | Ratio |
|------------|-------------|--------|------|-------------|---------|---------|
| Dagar | 398,5 | 31,5 | 16,0 | 45,5 | 16,0 | 0,3 : 1 |