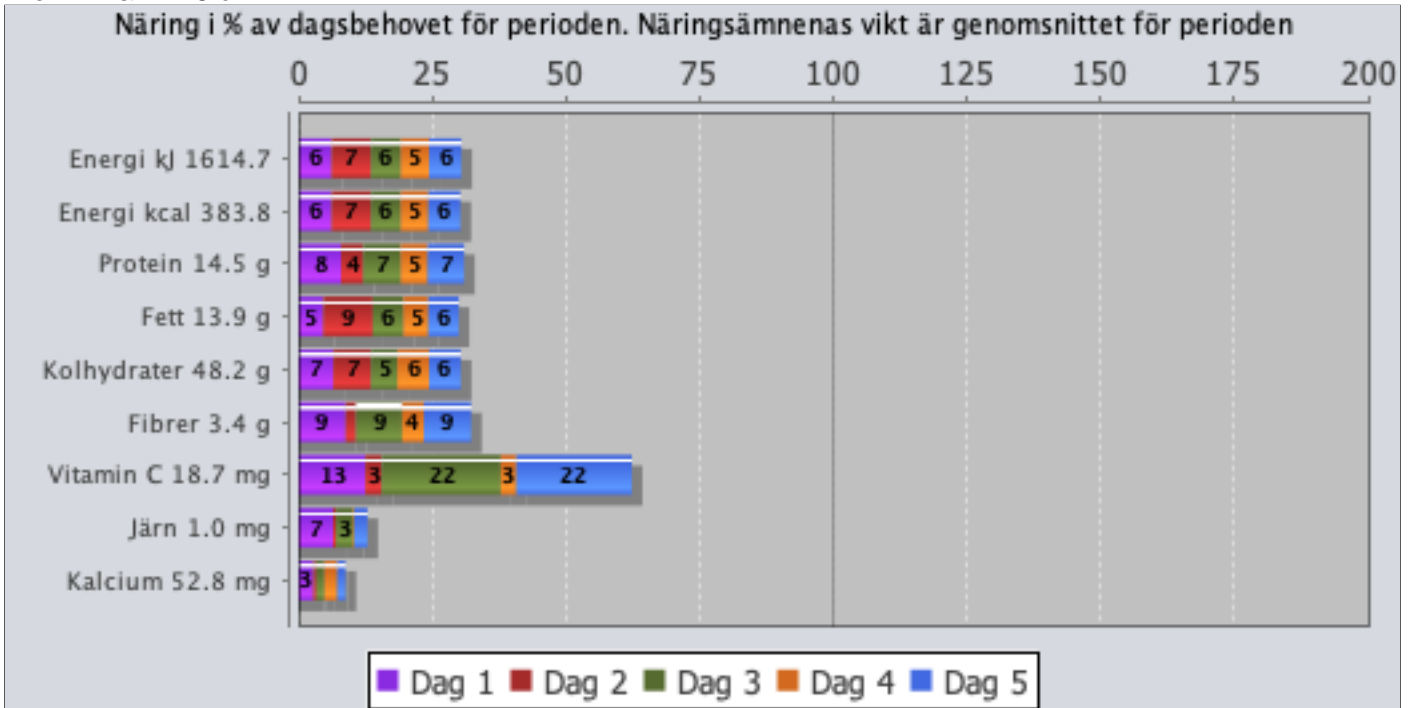
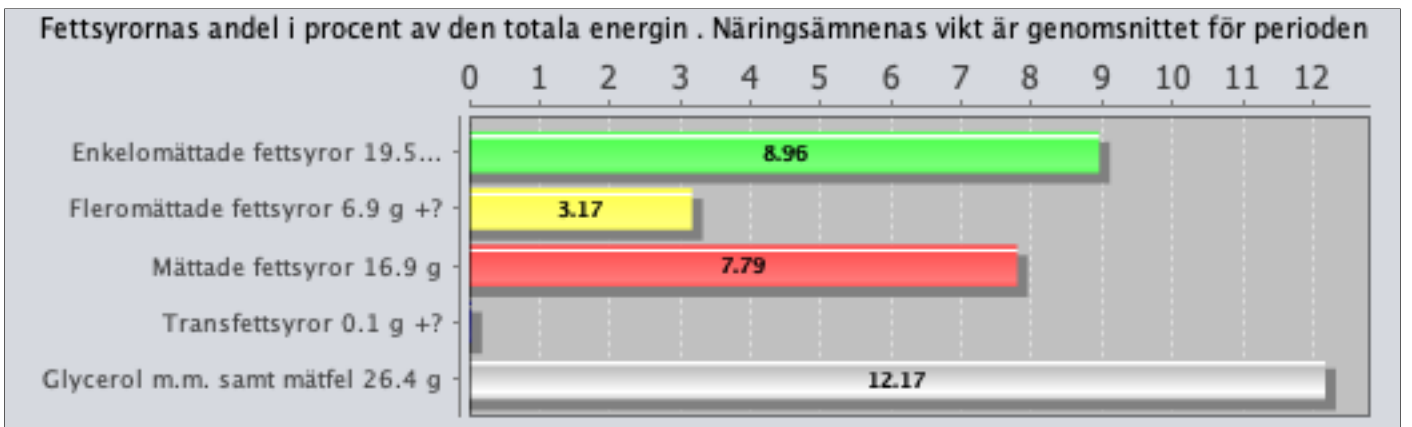
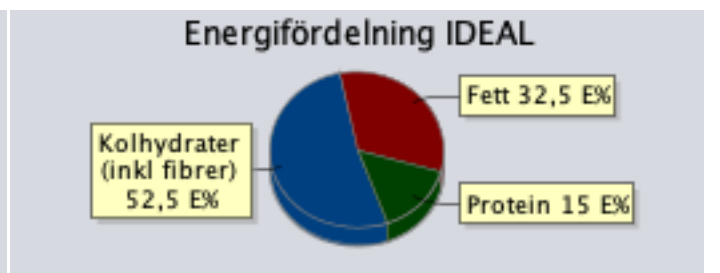
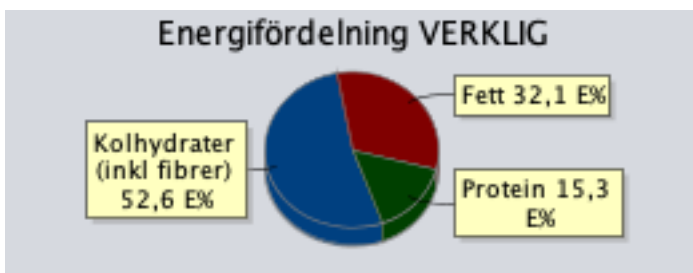


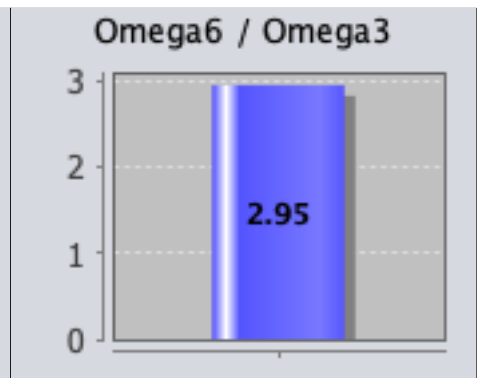
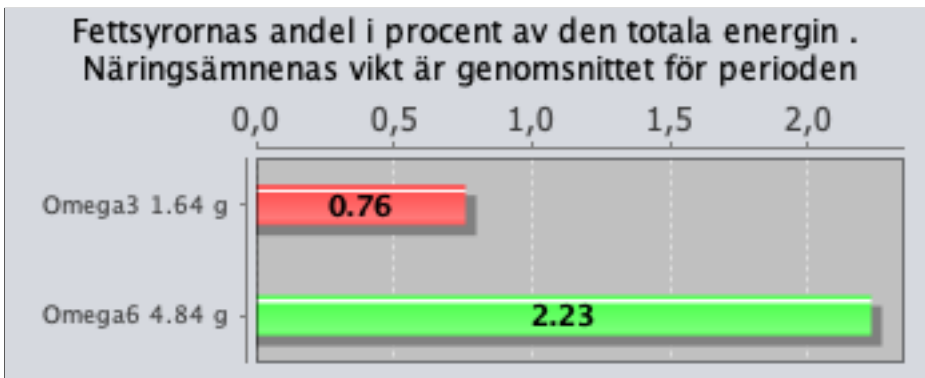
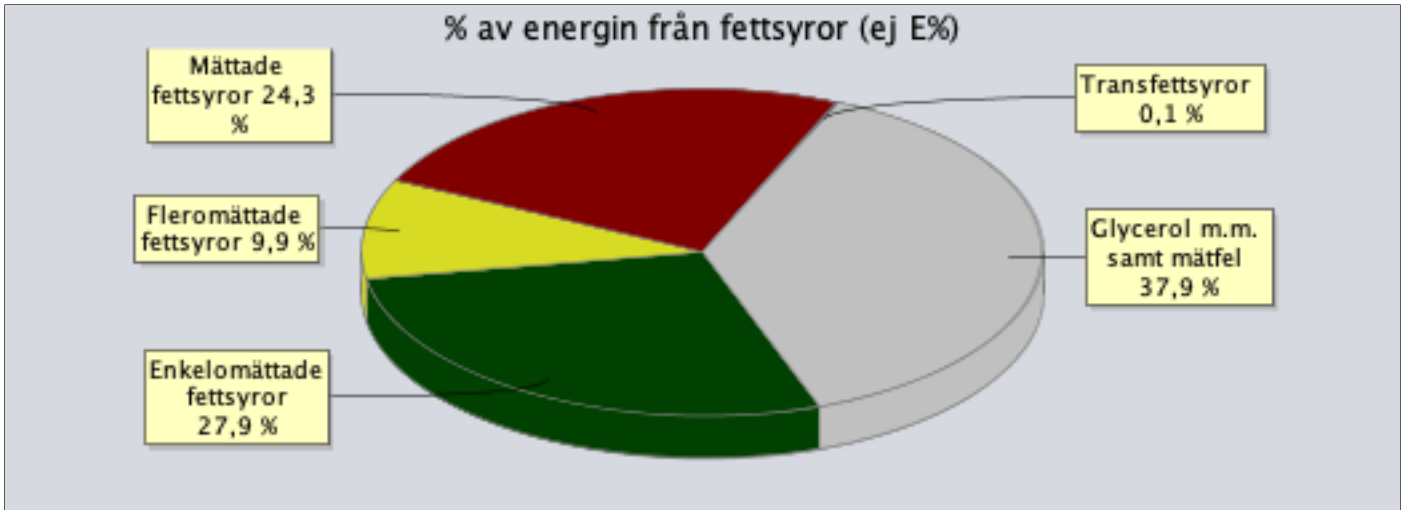
# Periodsammanställning

Norm: Barn 2-5 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1614,7	30,5	5300
Energi kcal	383,8	30,3	1267
Protein (g)	14,5	31	46,8
Fett (g)	13,9	30	46,5
Kolhydrater (g)	48,2	30,4	158,7
Fibrer (g)	3,4	32,3	10,6
Vitamin C (mg)	18,7	62,3	30
Järn (mg)	1	12,9	8
Kalcium (mg)	52,8	8,8	600





**Ratio**

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	383,8	30,3	13,9	48,2	14,5	0,2 : 1