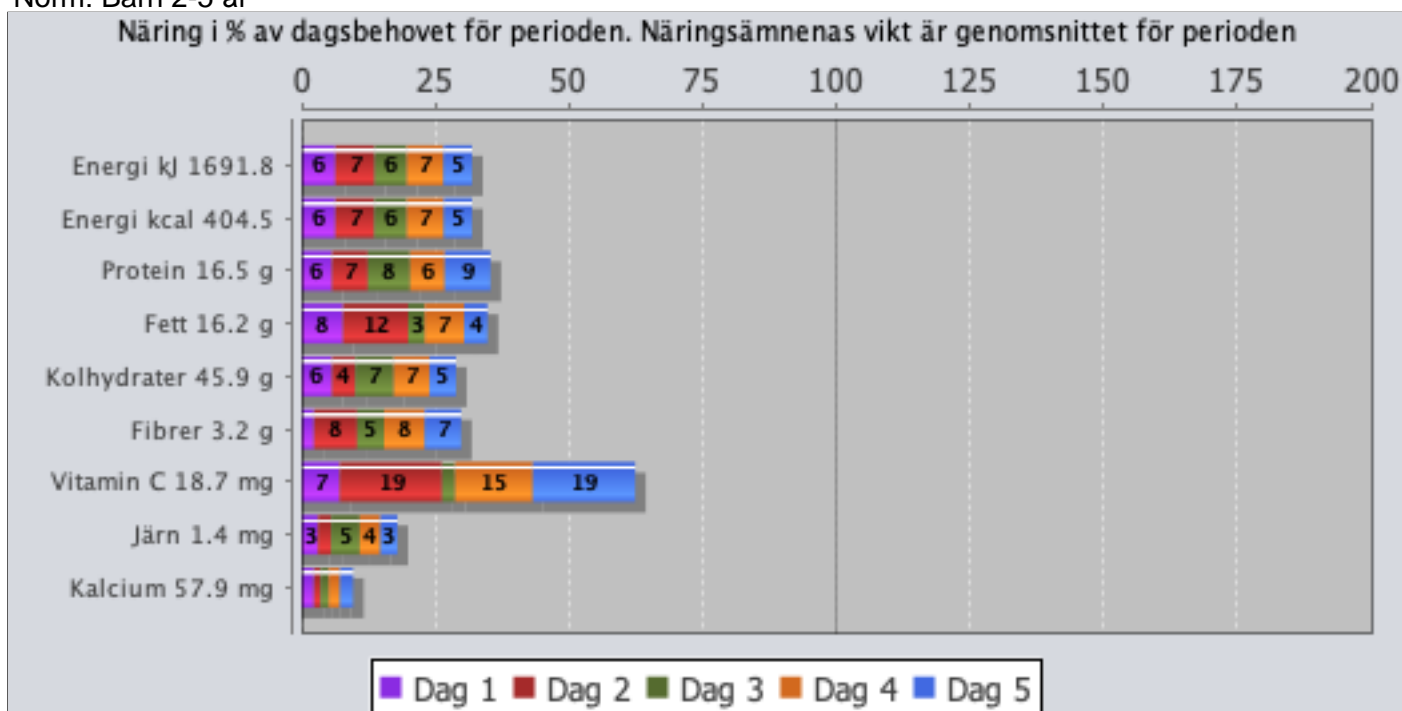
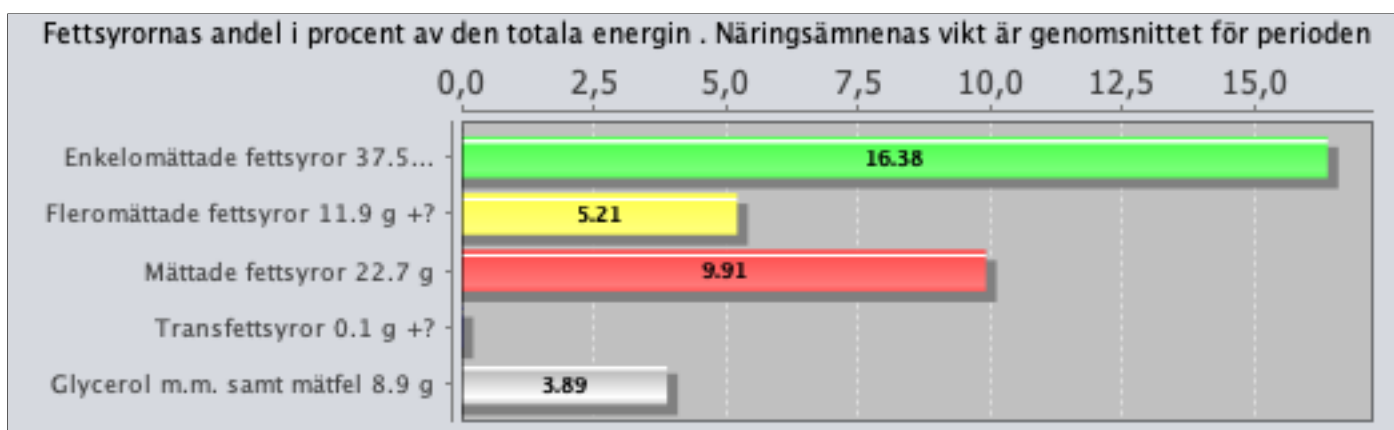
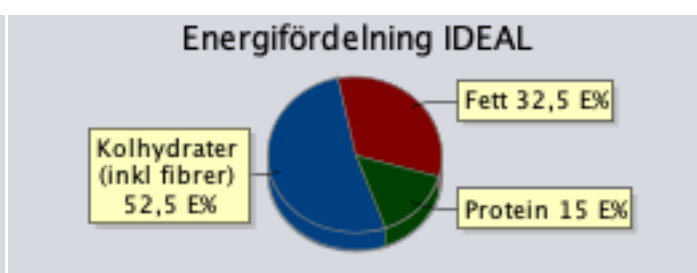
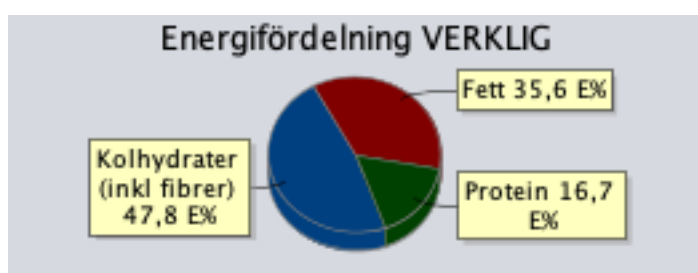


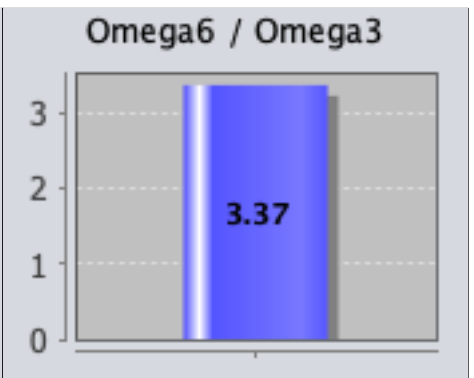
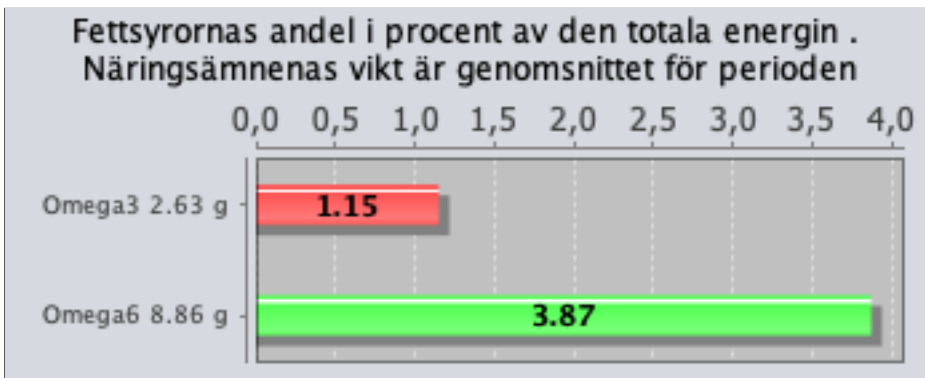
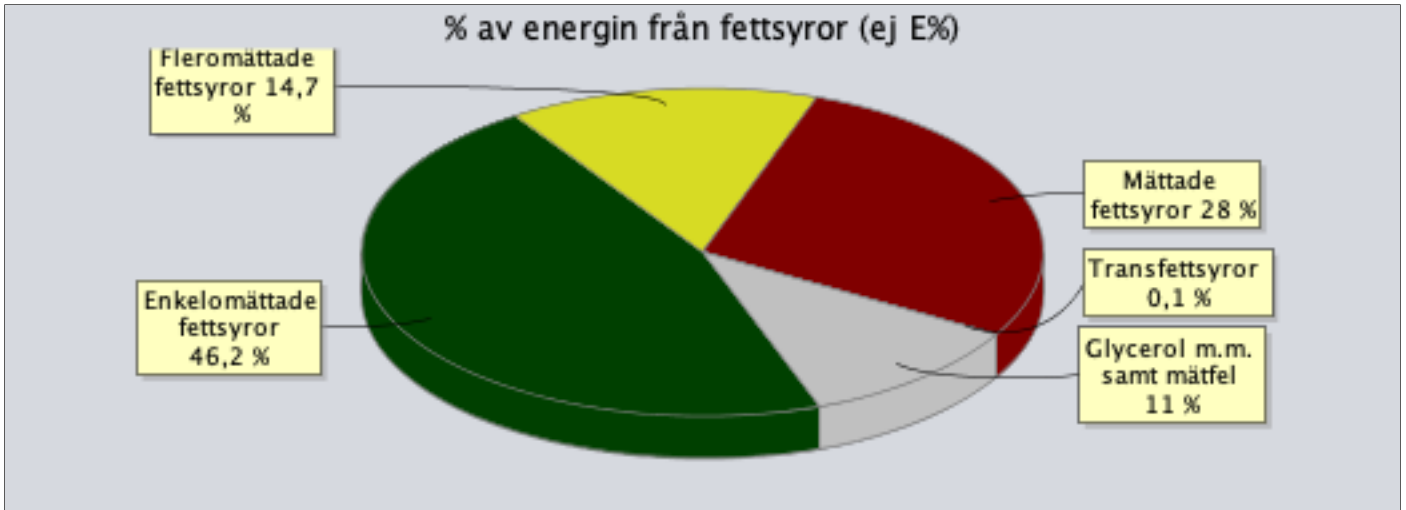
Periodsammanställning

Norm: Barn 2-5 år



| | Medelvärde | % av rekommendation | Rekommendation |
|-----------------|------------|---------------------|----------------|
| Energi kJ | 1691,8 | 31,9 | 5300 |
| Energi kcal | 404,5 | 31,9 | 1267 |
| Protein (g) | 16,5 | 35,3 | 46,8 |
| Fett (g) | 16,2 | 34,8 | 46,5 |
| Kolhydrater (g) | 45,9 | 28,9 | 158,7 |
| Fibrer (g) | 3,2 | 29,9 | 10,6 |
| Vitamin C (mg) | 18,7 | 62,4 | 30 |
| Järn (mg) | 1,4 | 18 | 8 |
| Kalcium (mg) | 57,9 | 9,7 | 600 |





Ratio

| Omfattning | Energi kcal | Kcal % | Fett | Kolhydrater | Protein | Ratio |
|------------|-------------|--------|------|-------------|---------|---------|
| Dagar | 404,5 | 31,9 | 16,2 | 45,9 | 16,5 | 0,3 : 1 |