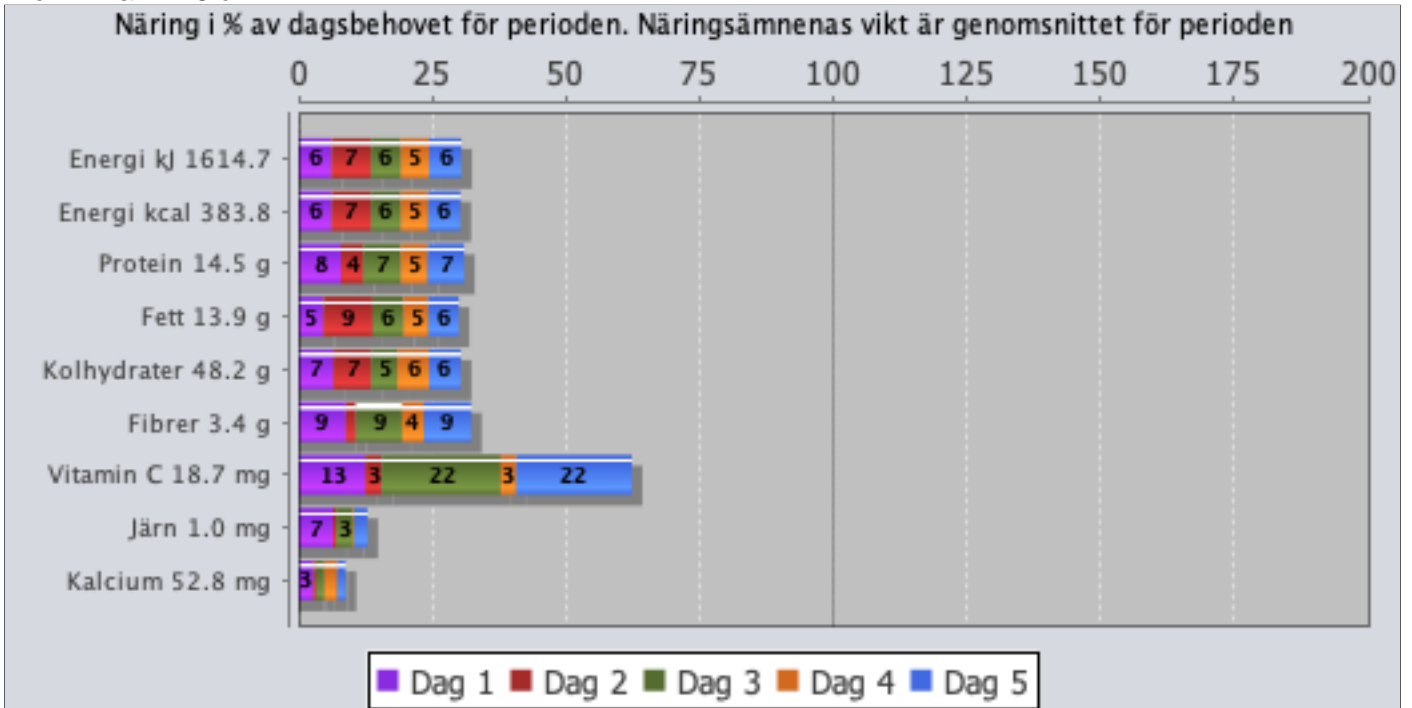
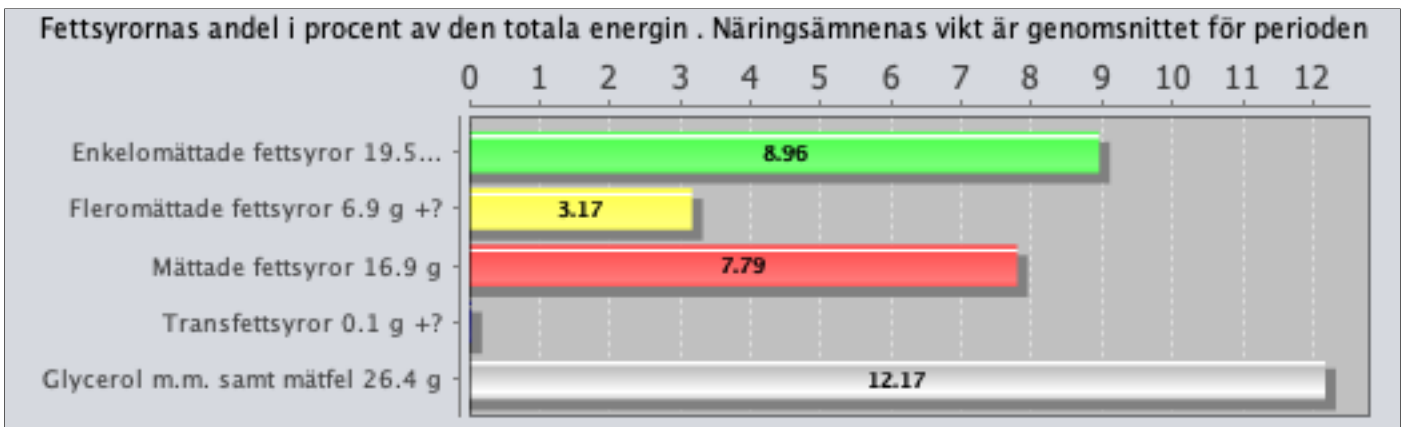
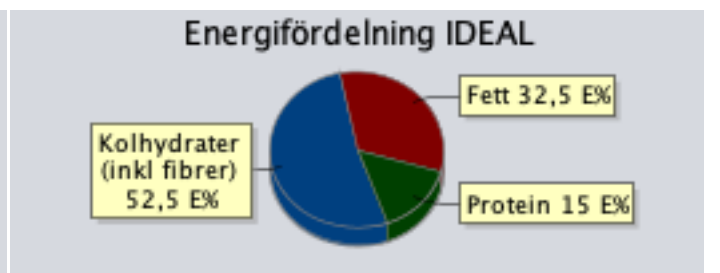
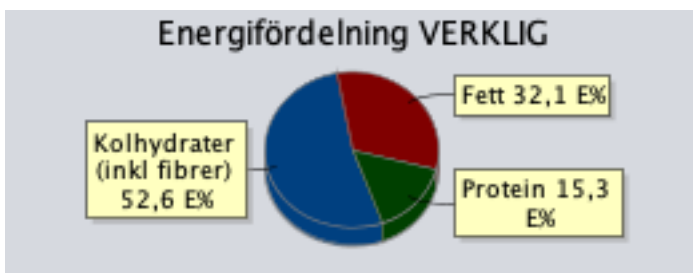


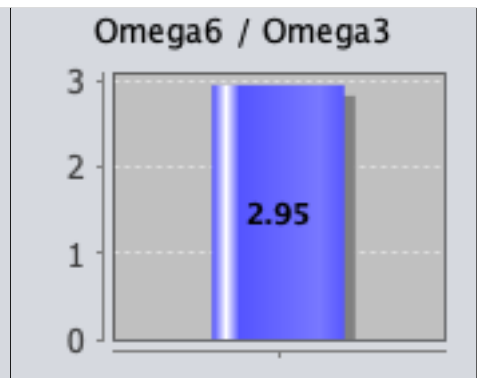
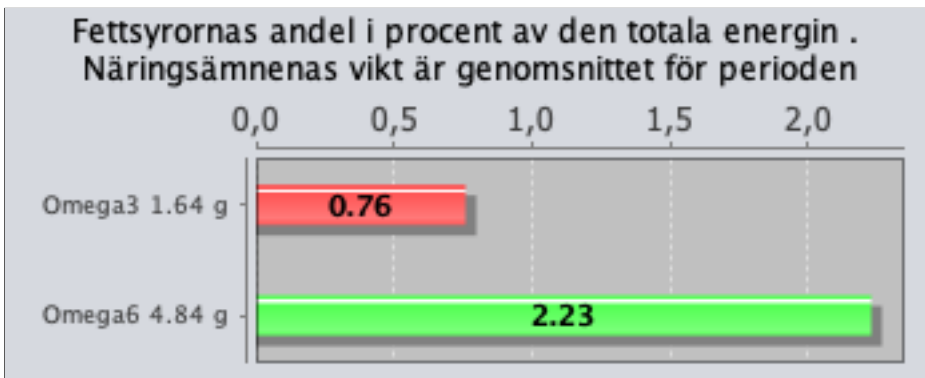
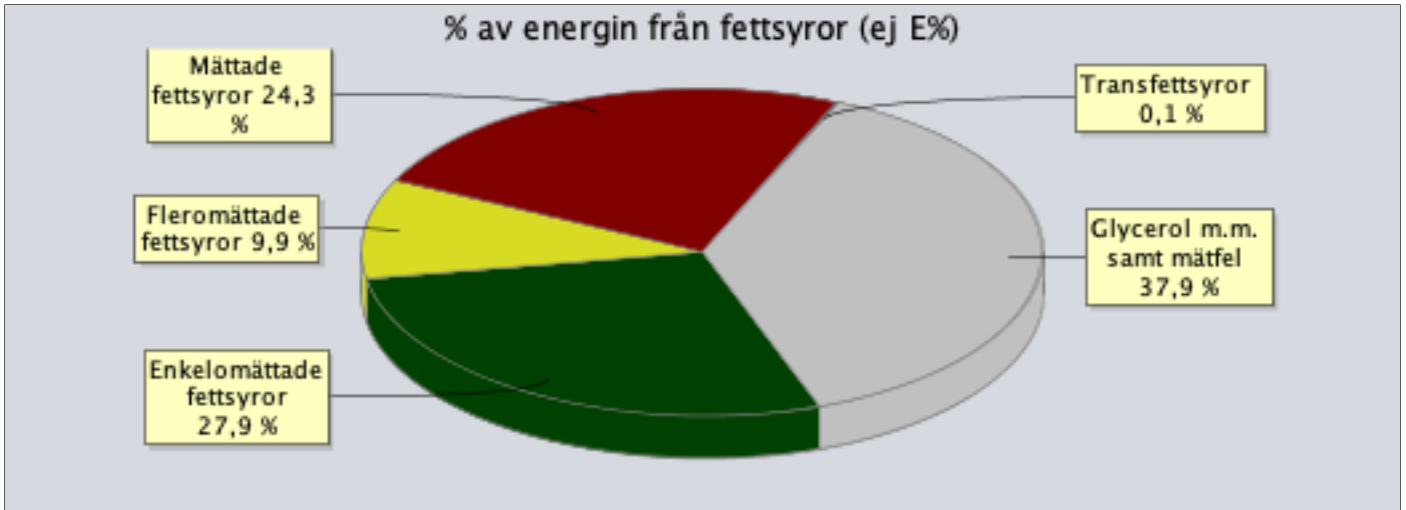
# Periodsammanställning

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 |