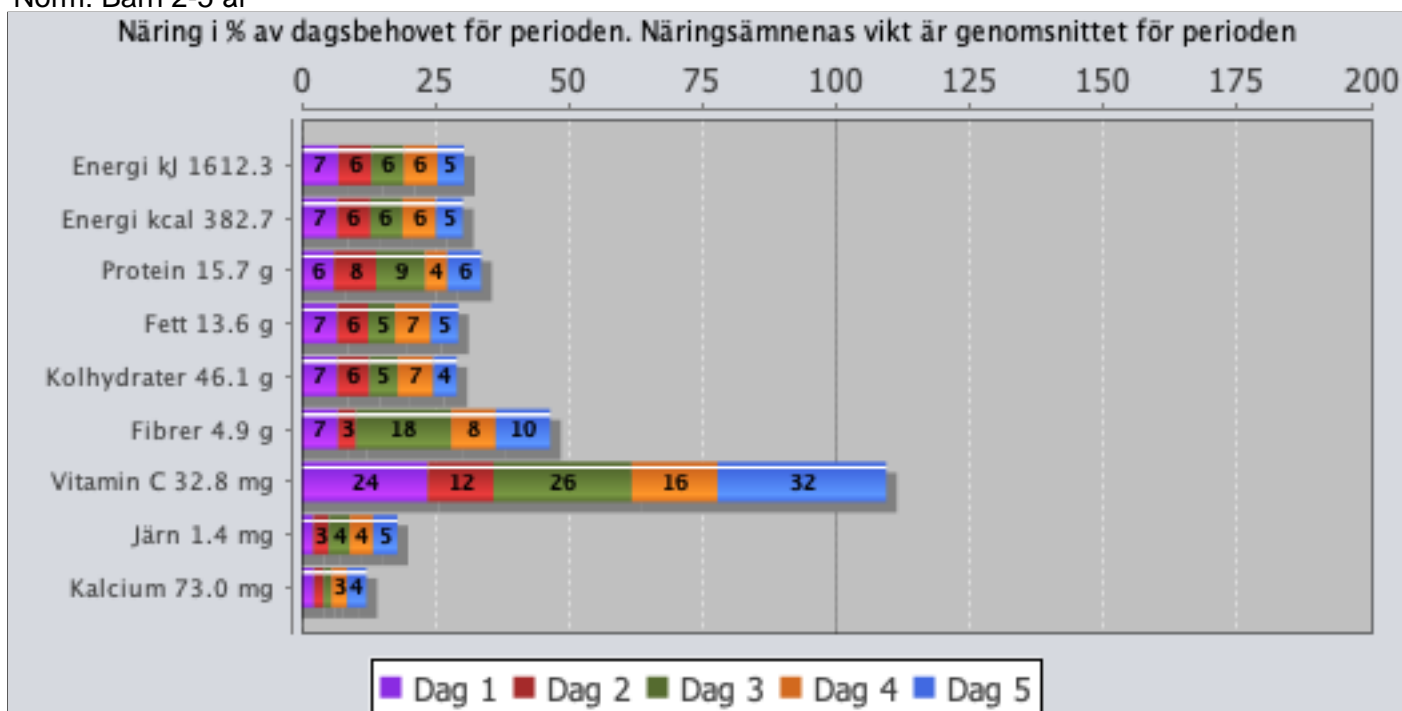
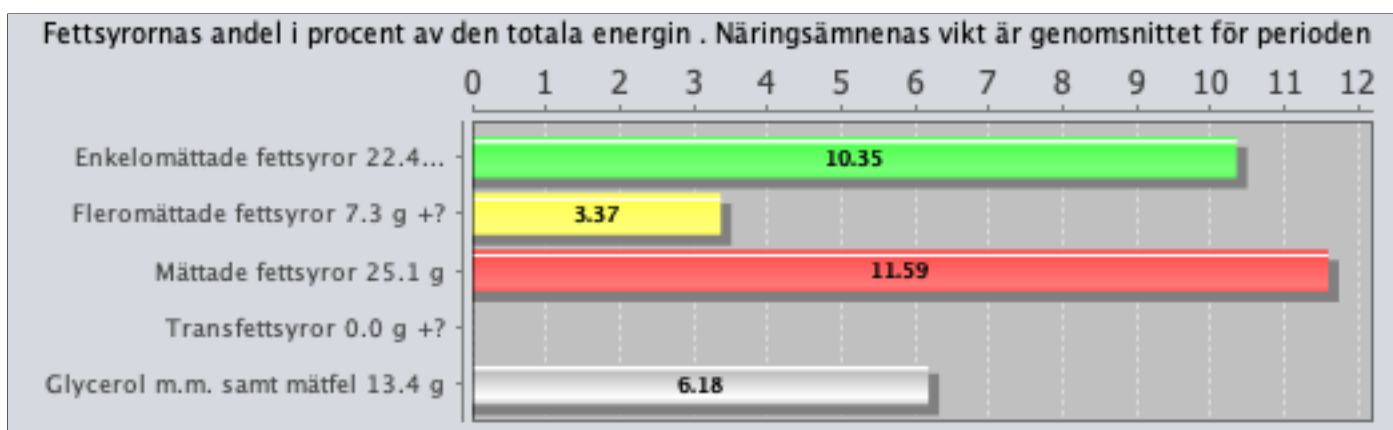
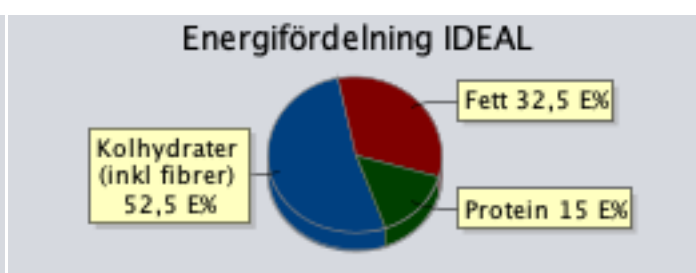
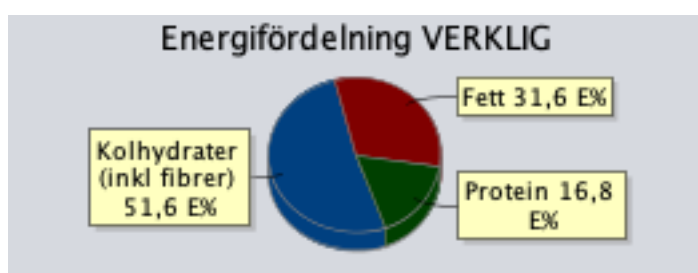


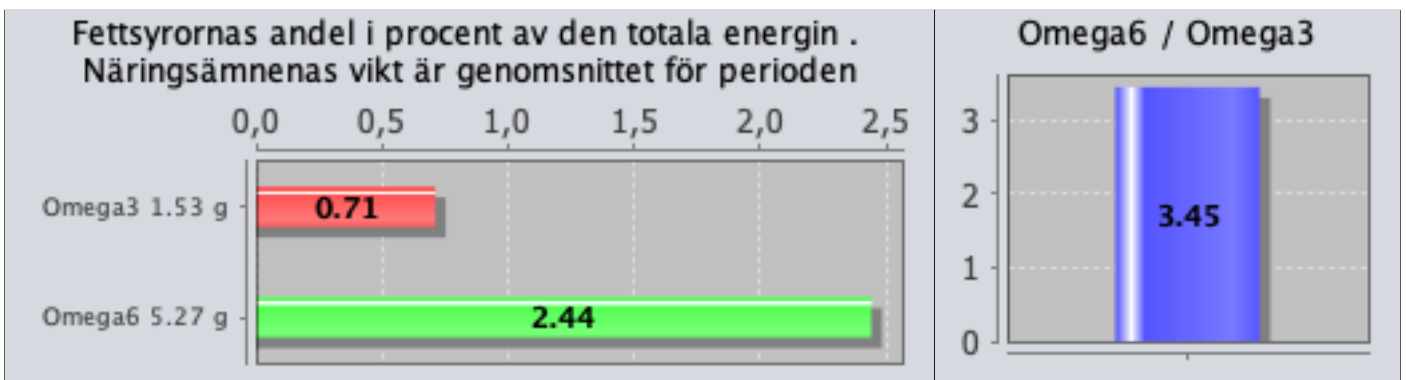
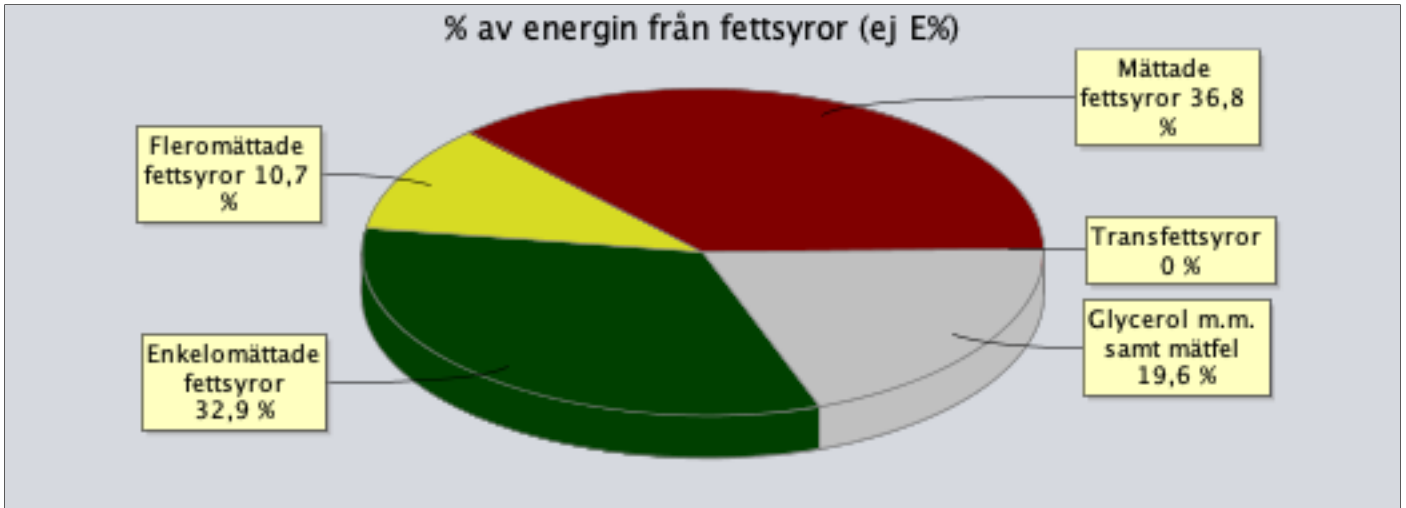
## Periodsammanställning

Norm: Barn 2-5 år



|                 | Medelvärde | % av rekommendation | Rekommendation |
|-----------------|------------|---------------------|----------------|
| Energi kJ       | 1612,3     | 30,4                | 5300           |
| Energi kcal     | 382,7      | 30,2                | 1267           |
| Protein (g)     | 15,7       | 33,6                | 46,8           |
| Fett (g)        | 13,6       | 29,3                | 46,5           |
| Kolhydrater (g) | 46,1       | 29                  | 158,7          |
| Fibrer (g)      | 4,9        | 46,5                | 10,6           |
| Vitamin C (mg)  | 32,8       | 109,3               | 30             |
| Järn (mg)       | 1,4        | 18                  | 8              |
| Kalcium (mg)    | 73         | 12,2                | 600            |





**Ratio**

| Omfattning | Energi kcal | Kcal % | Fett | Kolhydrater | Protein | Ratio   |
|------------|-------------|--------|------|-------------|---------|---------|
| Dagar      | 382,7       | 30,2   | 13,6 | 46,1        | 15,7    | 0,2 : 1 |