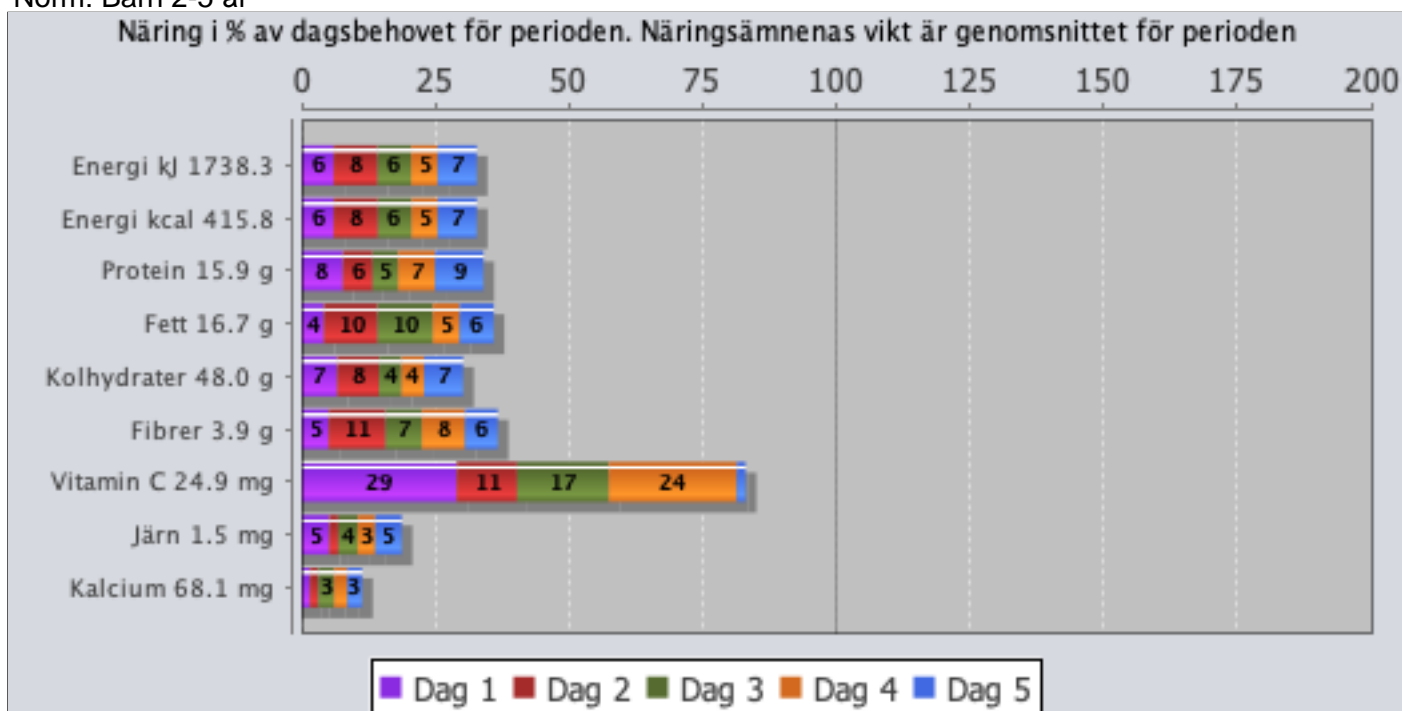
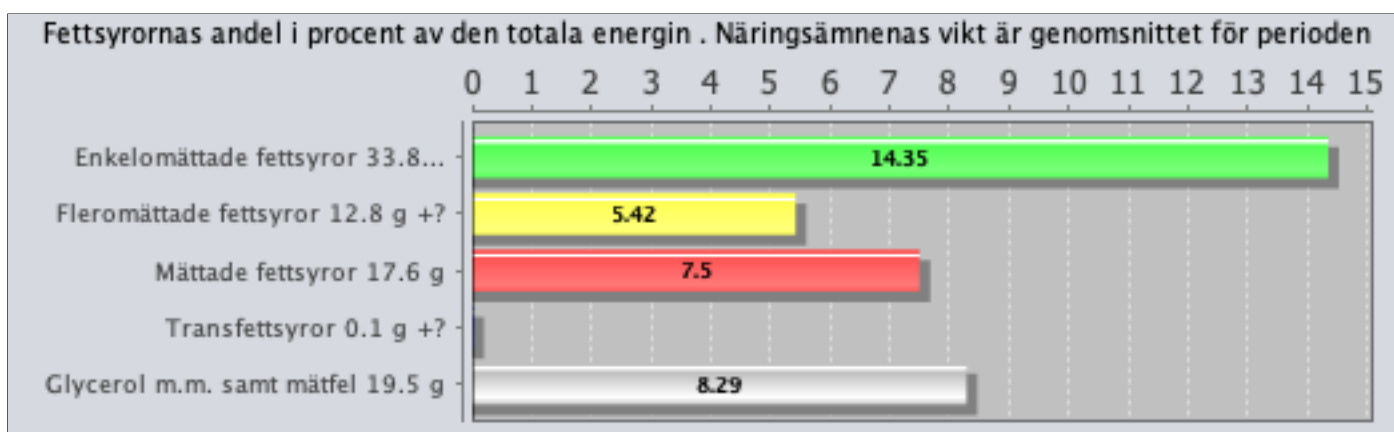
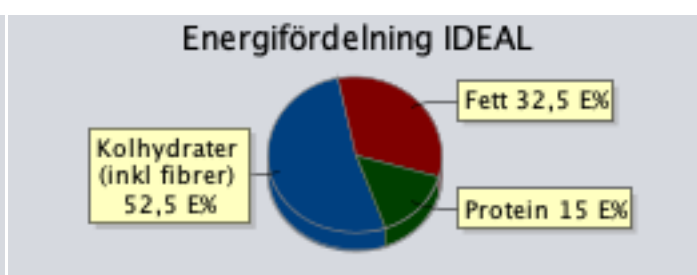
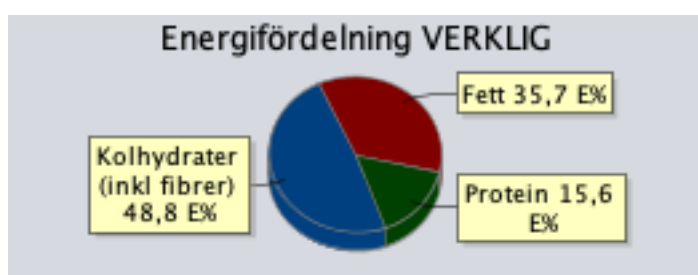


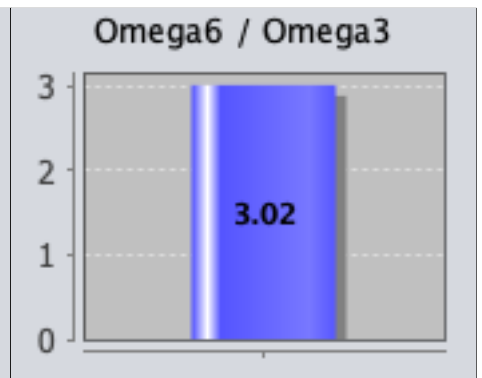
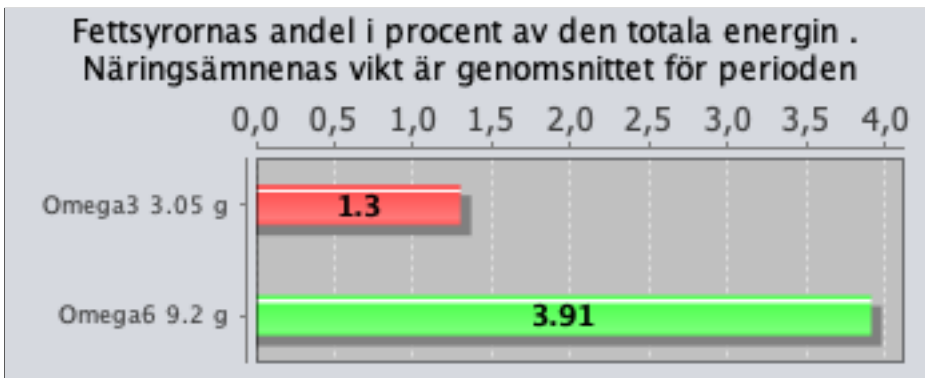
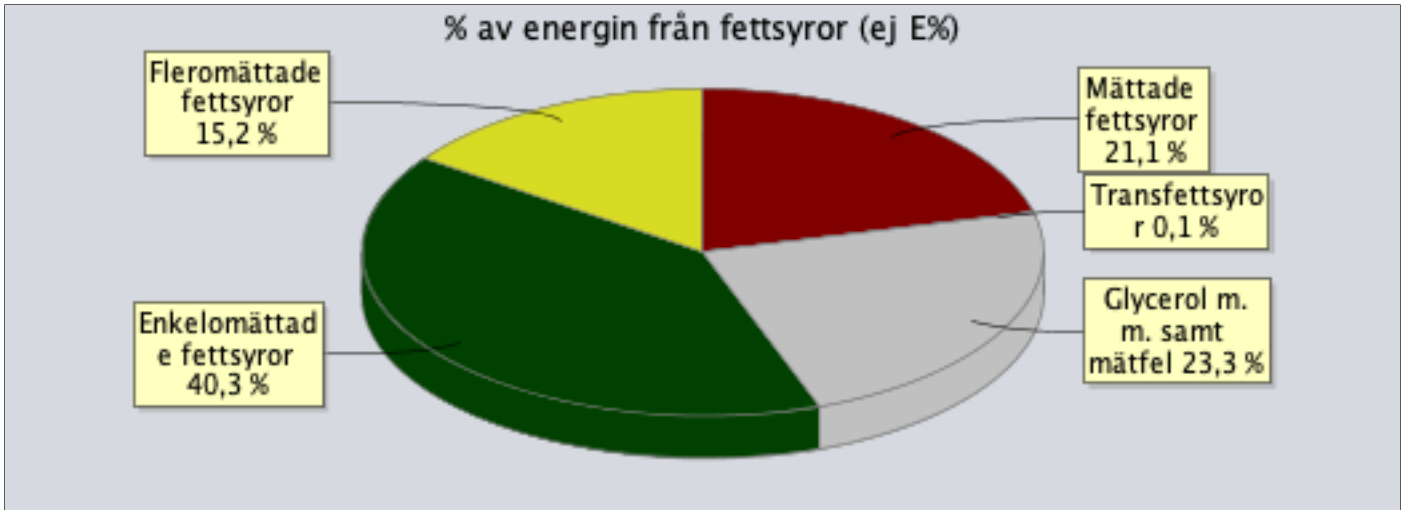
Periodsammanställning

Norm: Barn 2-5 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1738,3	32,8	5300
Energi kcal	415,8	32,8	1267
Protein (g)	15,9	34	46,8
Fett (g)	16,7	36	46,5
Kolhydrater (g)	48	30,2	158,7
Fibrer (g)	3,9	36,7	10,6
Vitamin C (mg)	24,9	83,1	30
Järn (mg)	1,5	18,8	8
Kalcium (mg)	68,1	11,3	600





Ratio

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	415,8	32,8	16,7	48,0	15,9	0,3 : 1