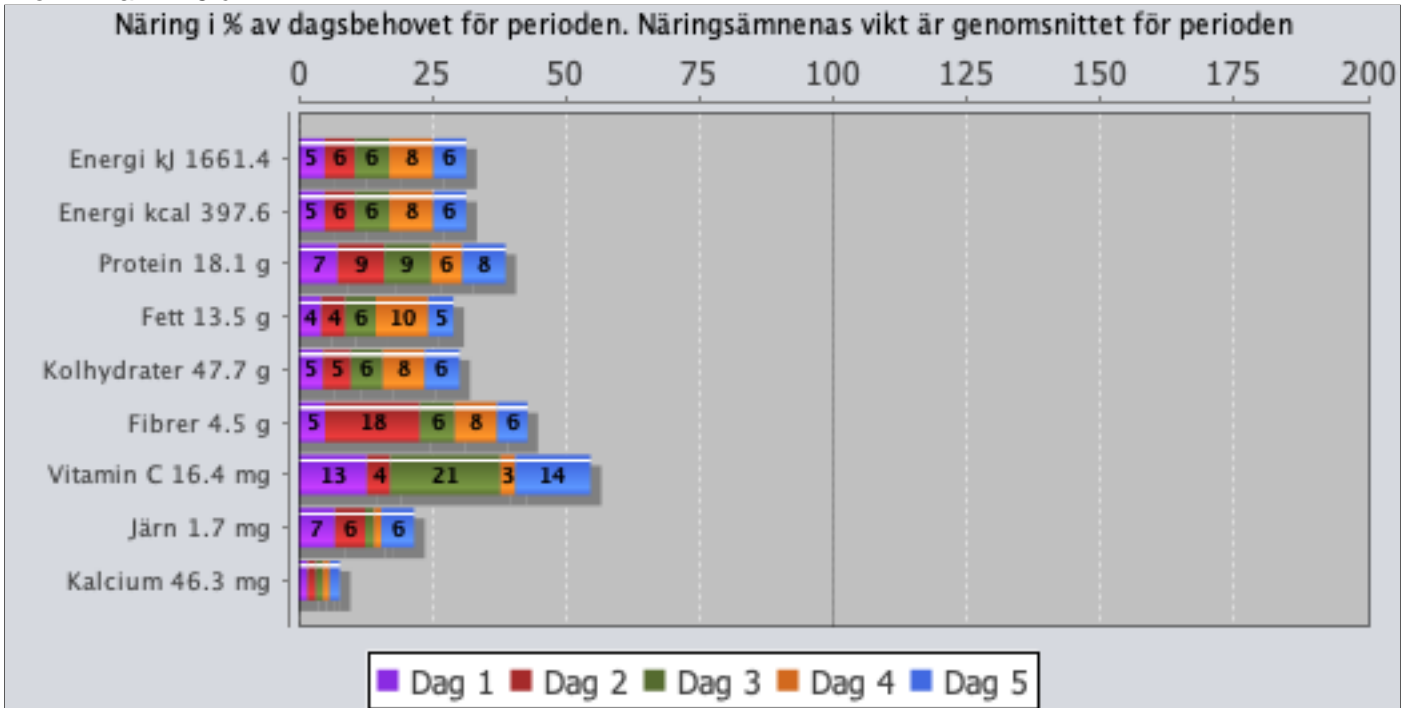
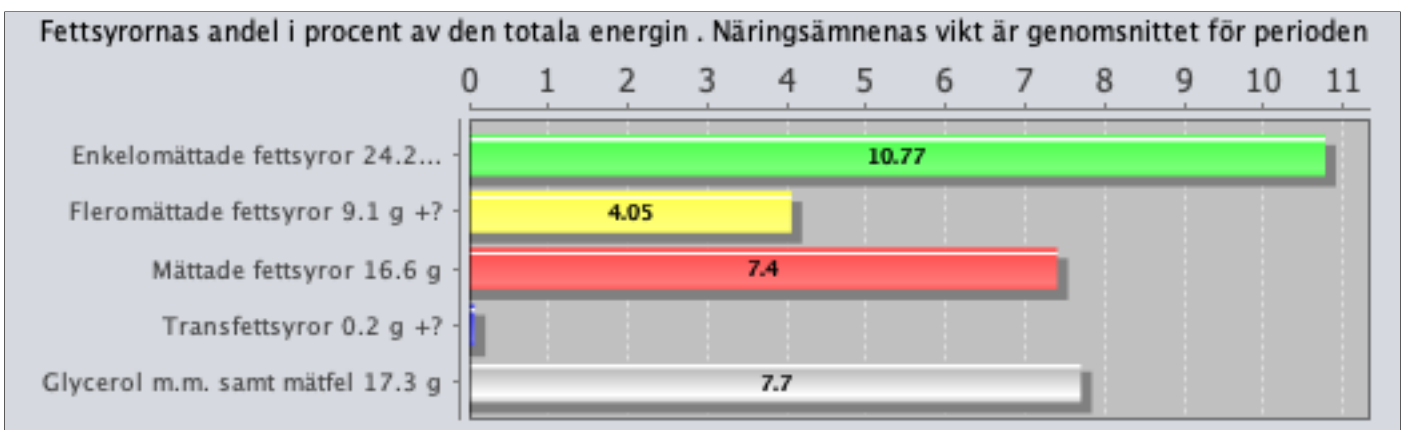
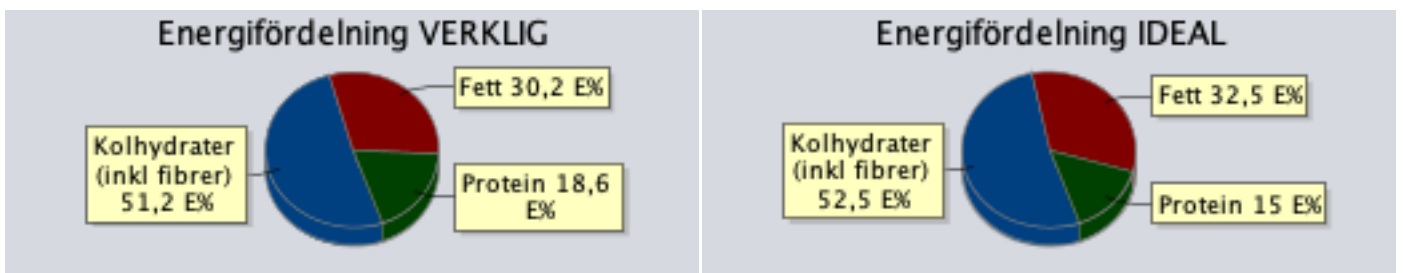


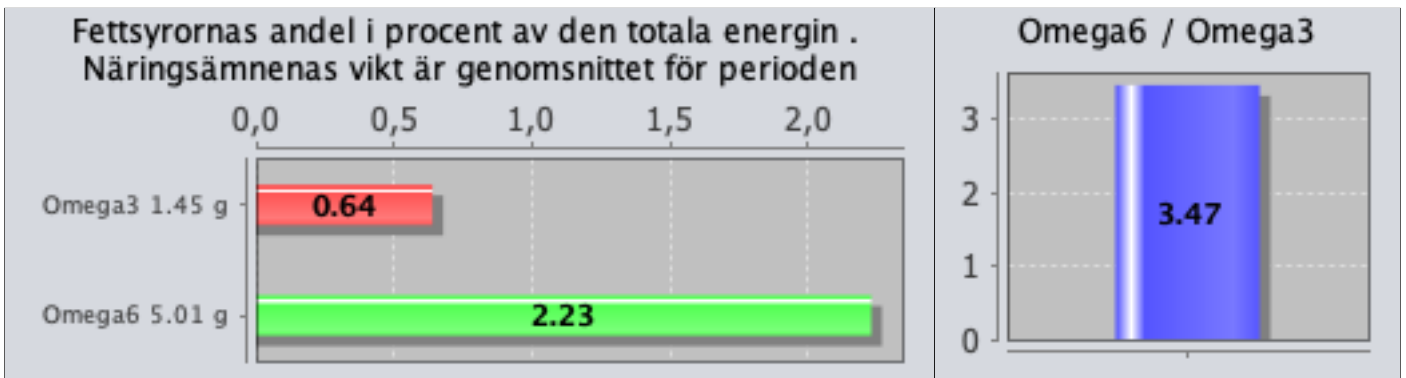
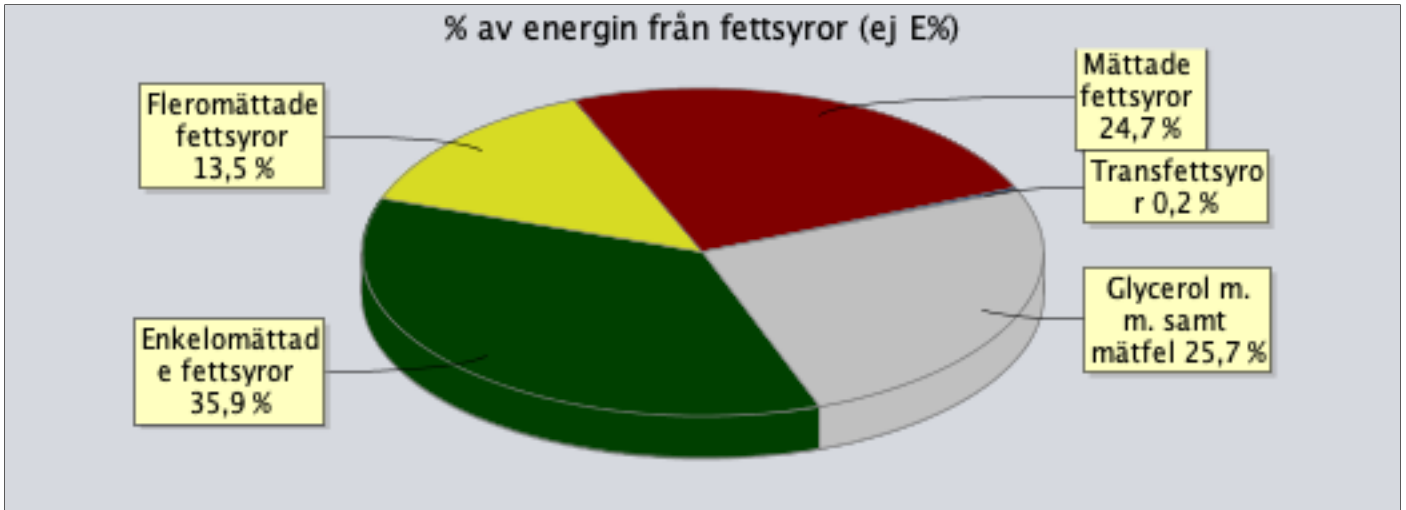
# Periodsammanställning

Norm: Barn 2-5 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1661,4	31,3	5300
Energi kcal	397,6	31,4	1267
Protein (g)	18,1	38,7	46,8
Fett (g)	13,5	29	46,5
Kolhydrater (g)	47,7	30,1	158,7
Fibrer (g)	4,5	42,8	10,6
Vitamin C (mg)	16,4	54,6	30
Järn (mg)	1,7	21,6	8
Kalcium (mg)	46,3	7,7	600





**Ratio**

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	397,6	31,4	13,5	47,7	18,1	0,2 : 1