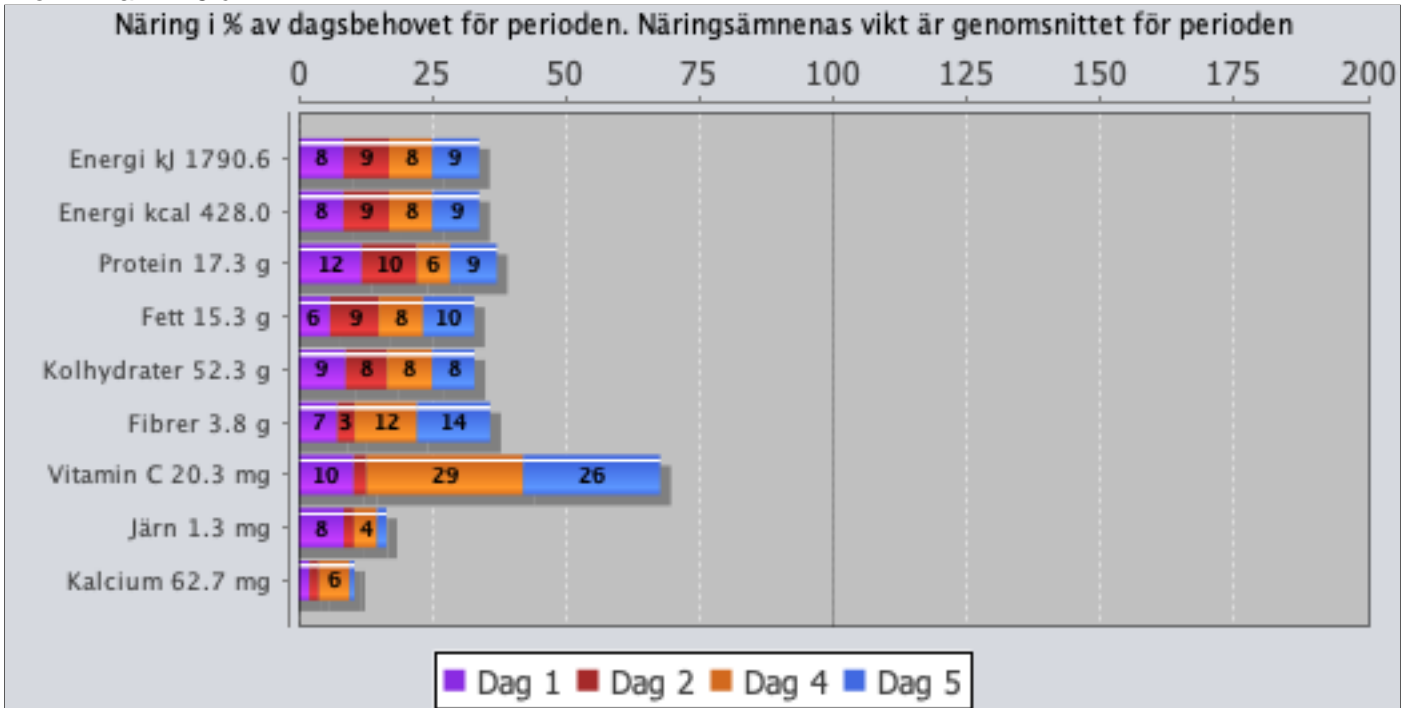
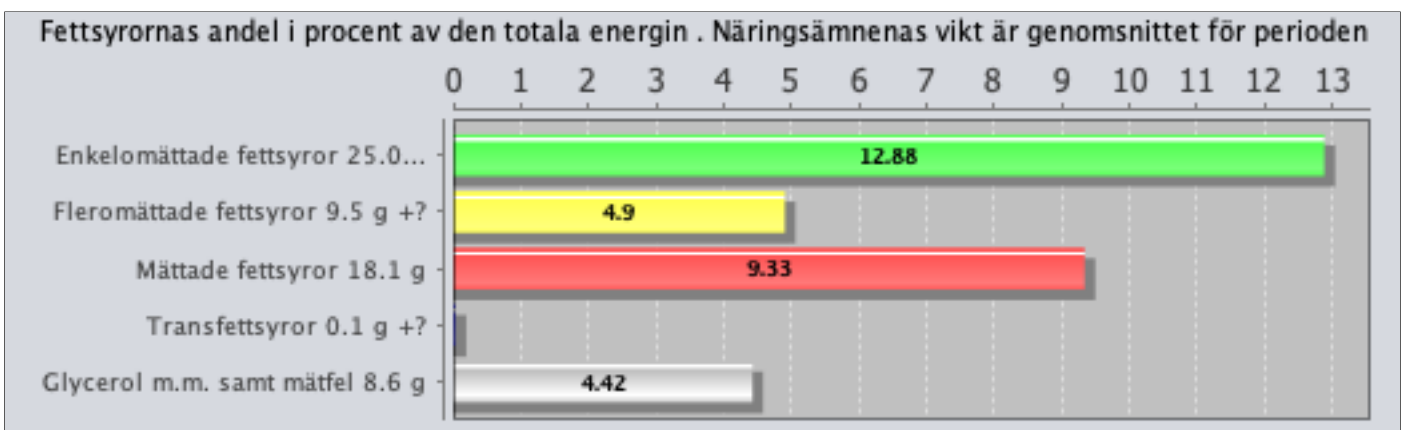
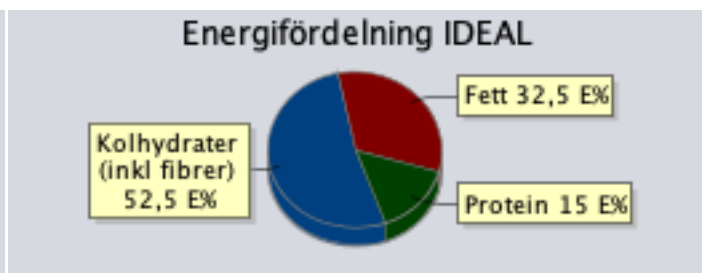
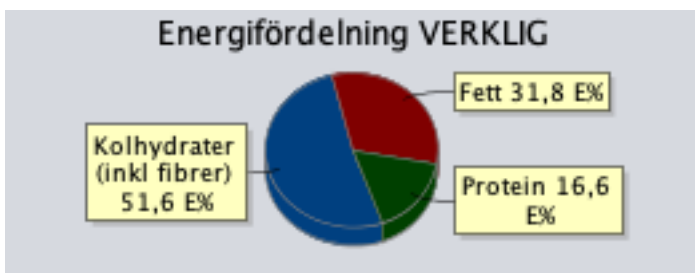


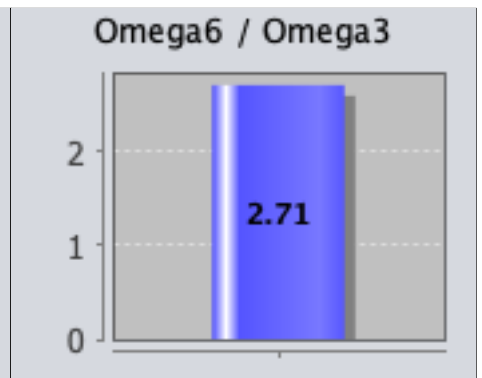
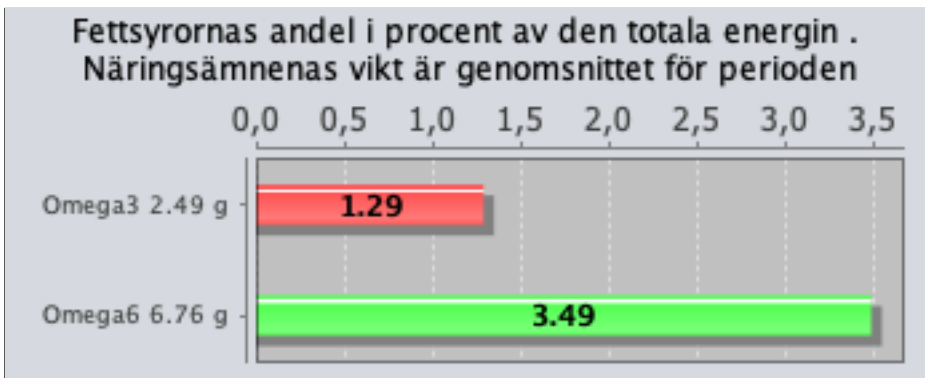
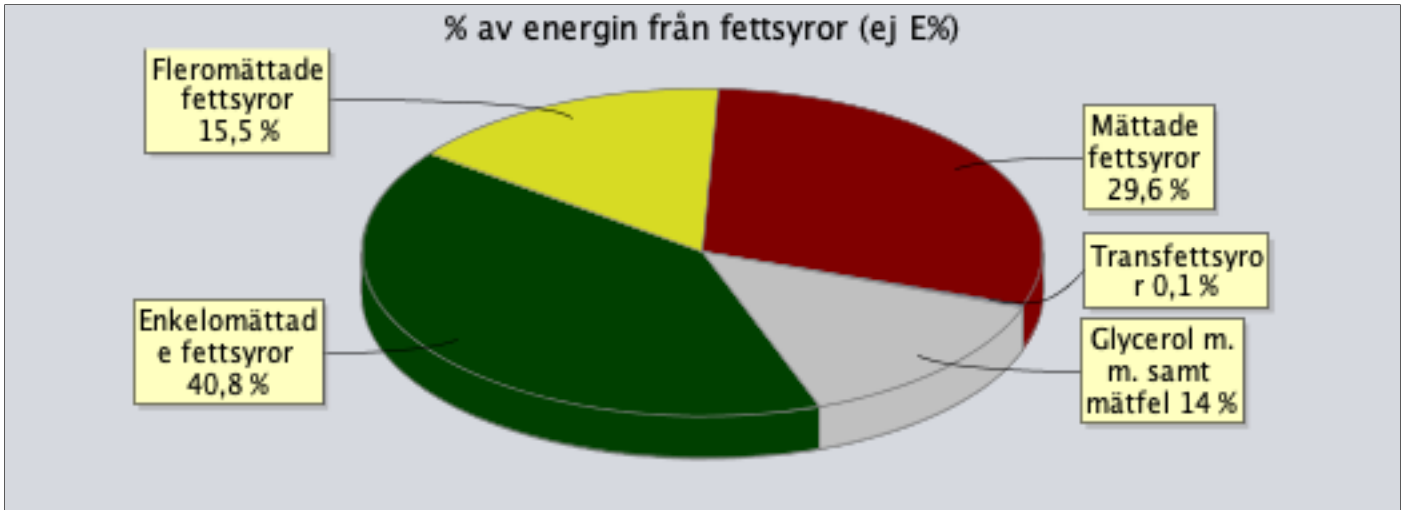
# Periodsammanställning

Norm: Barn 2-5 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1790,6	33,8	5300
Energi kcal	428	33,8	1267
Protein (g)	17,3	37,1	46,8
Fett (g)	15,3	32,8	46,5
Kolhydrater (g)	52,3	32,9	158,7
Fibrer (g)	3,8	35,9	10,6
Vitamin C (mg)	20,3	67,7	30
Järn (mg)	1,3	16,5	8
Kalcium (mg)	62,7	10,5	600





**Ratio**

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	428,0	33,8	15,3	52,3	17,3	0,2 : 1