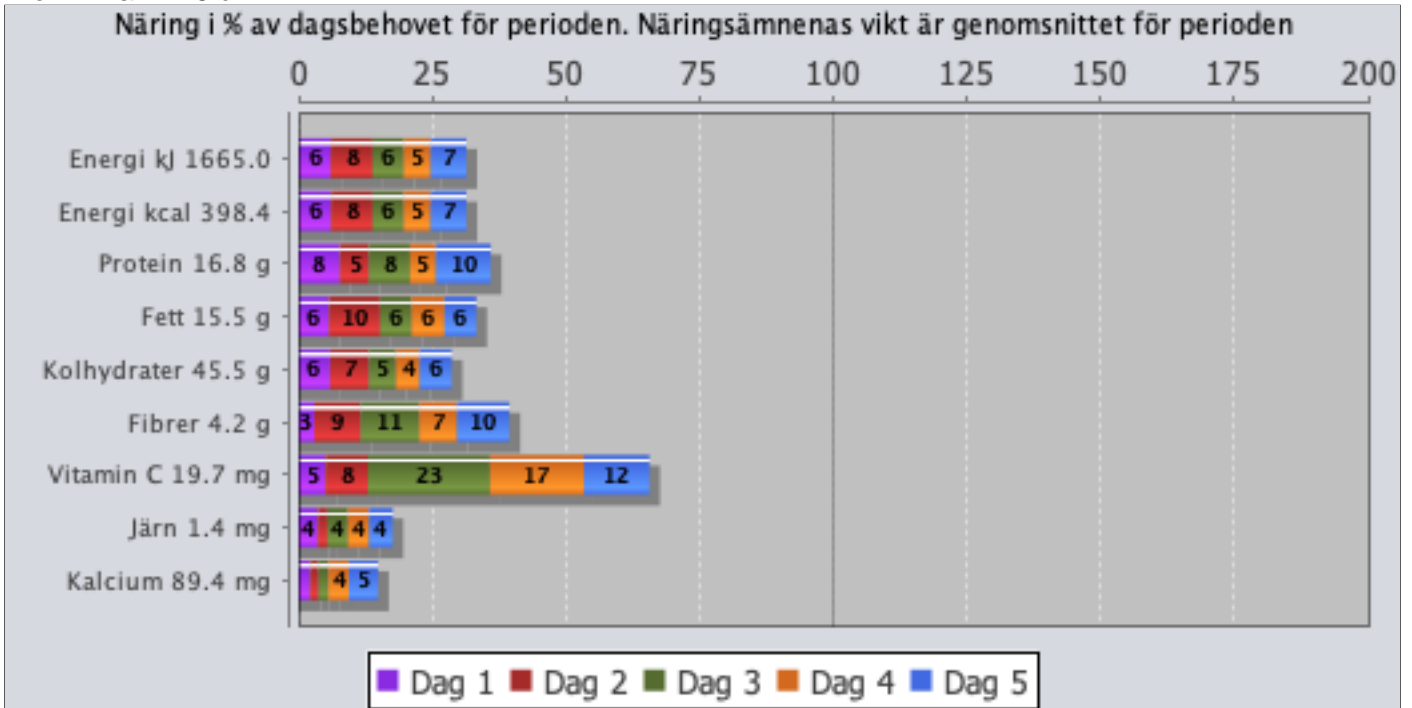
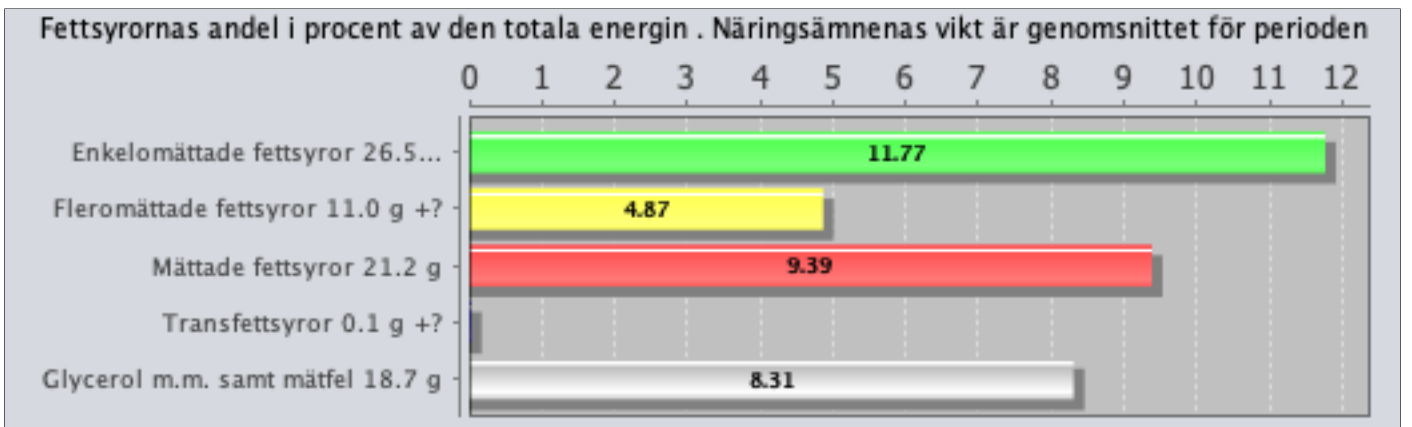
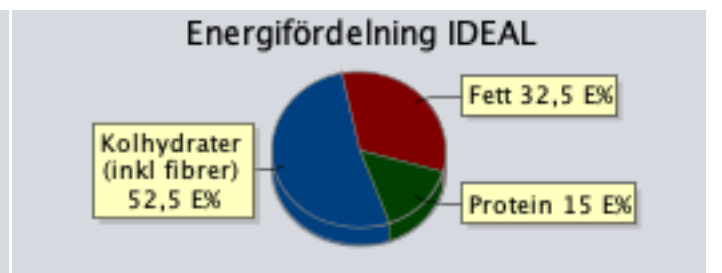
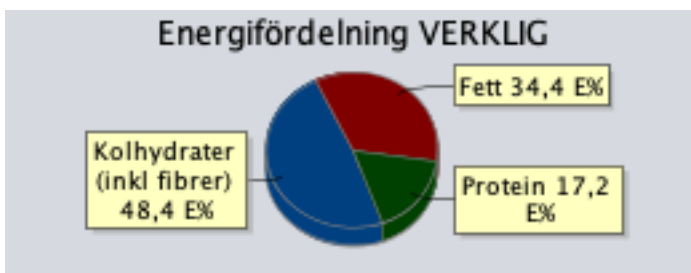


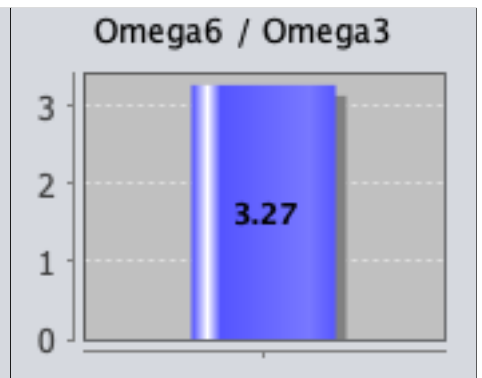
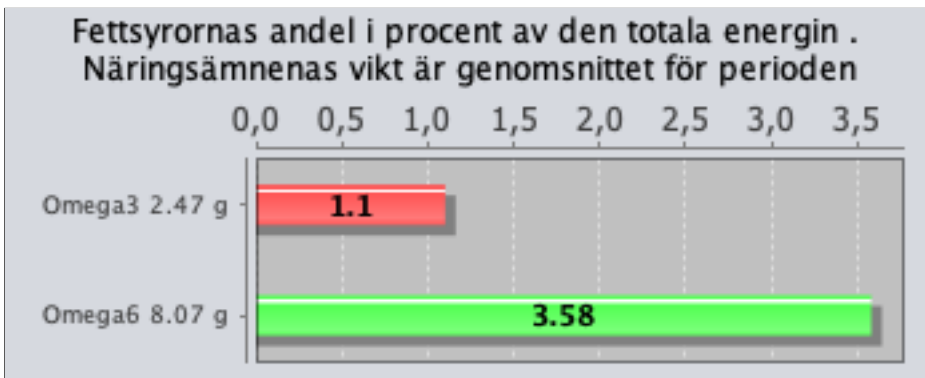
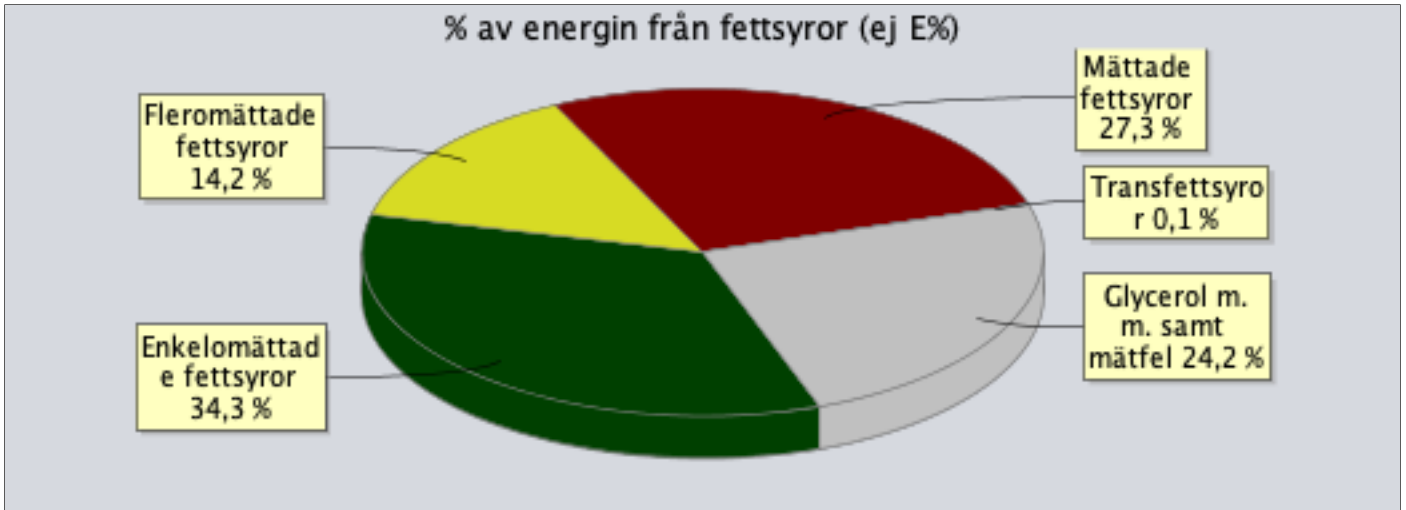
Periodsammanställning

Norm: Barn 2-5 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1665	31,4	5300
Energi kcal	398,4	31,4	1267
Protein (g)	16,8	36	46,8
Fett (g)	15,5	33,3	46,5
Kolhydrater (g)	45,5	28,7	158,7
Fibrer (g)	4,2	39,5	10,6
Vitamin C (mg)	19,7	65,6	30
Järn (mg)	1,4	17,6	8
Kalcium (mg)	89,4	14,9	600





Ratio

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	398,4	31,4	15,5	45,5	16,8	0,2 : 1