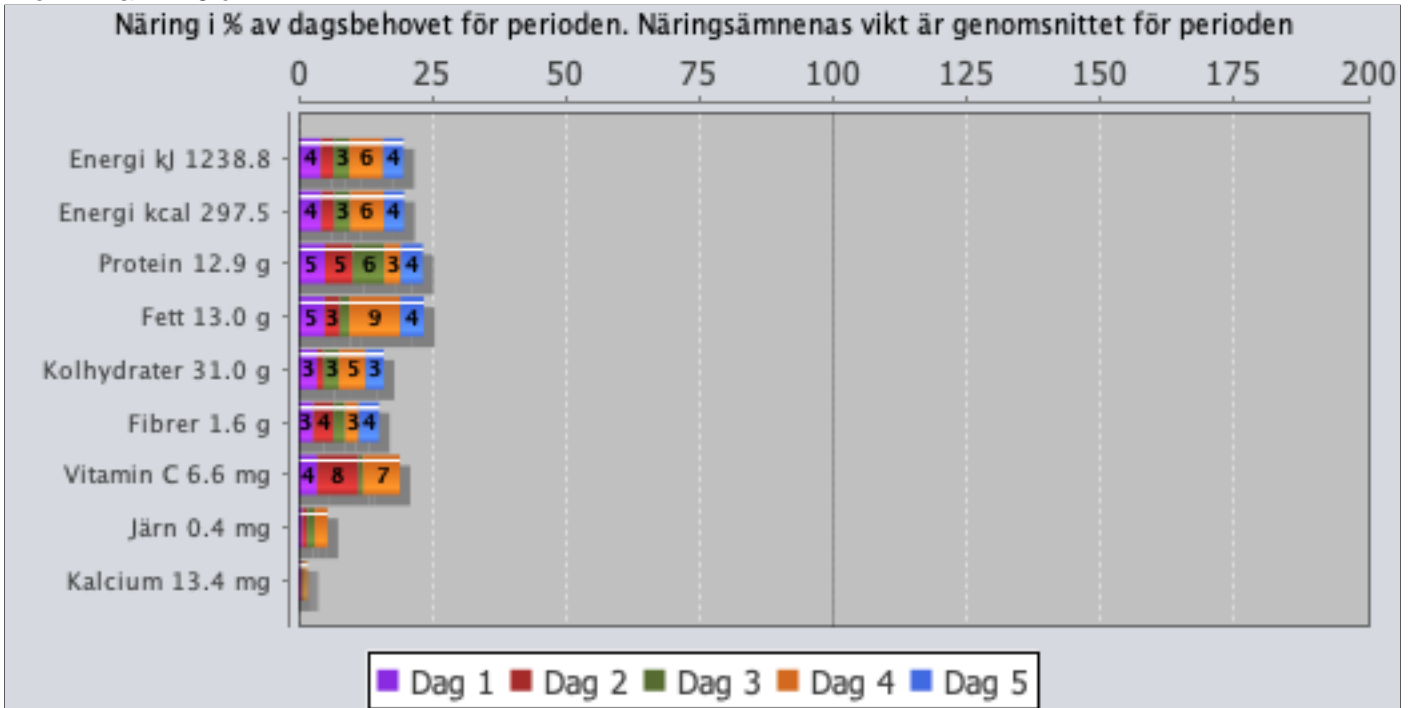
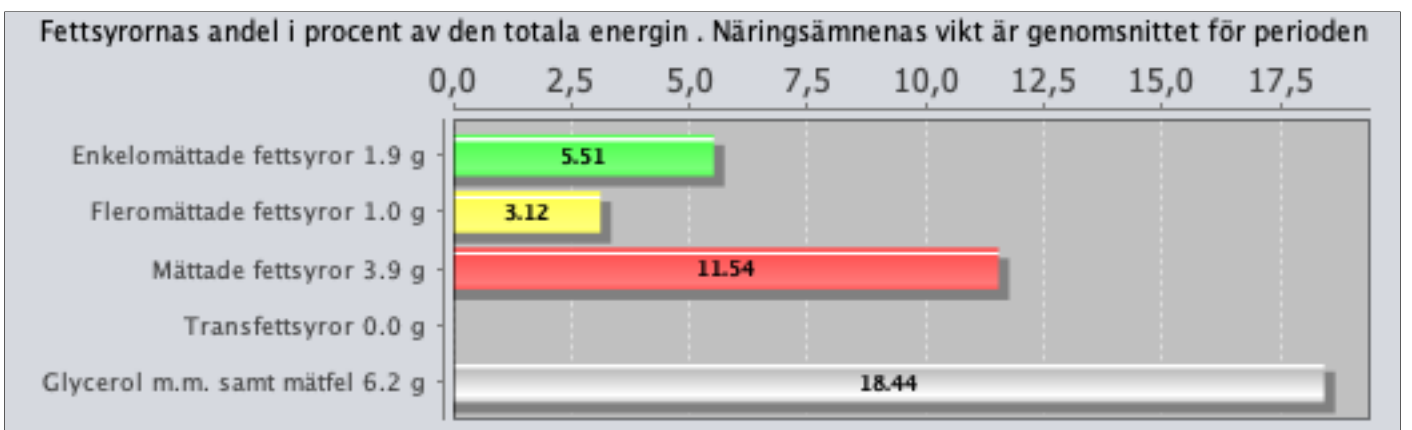
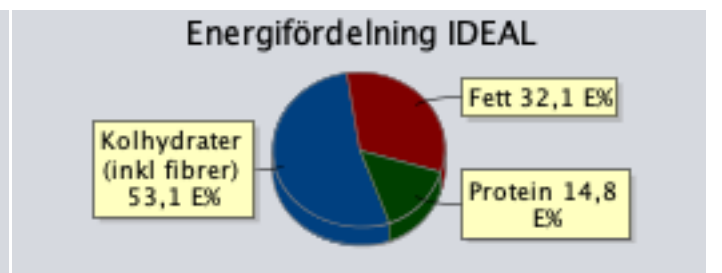
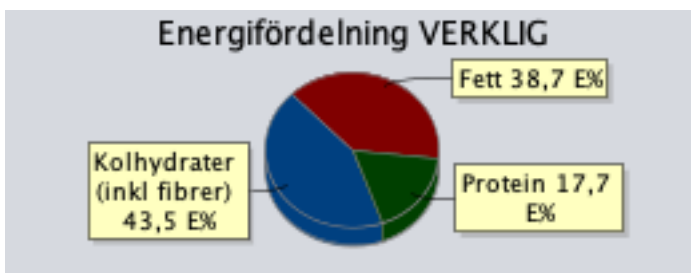


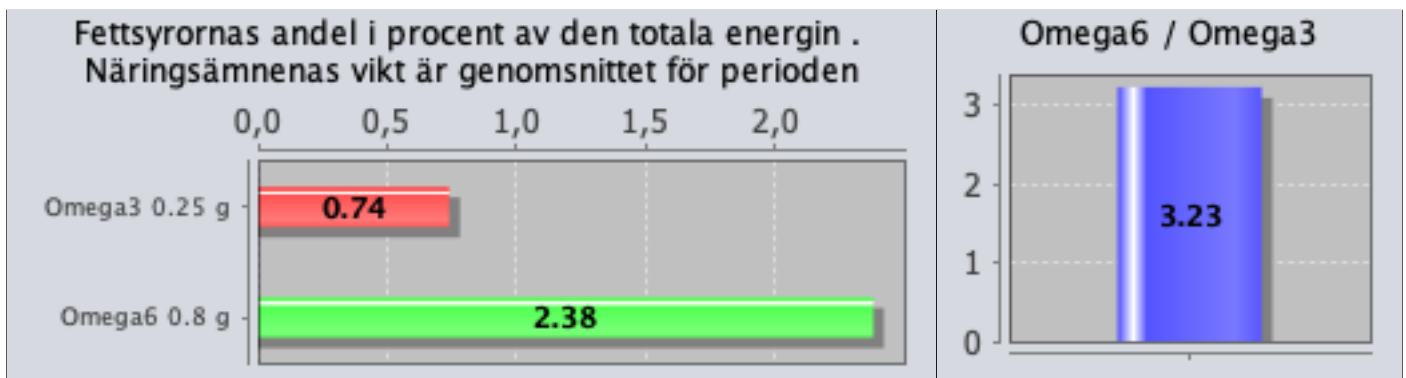
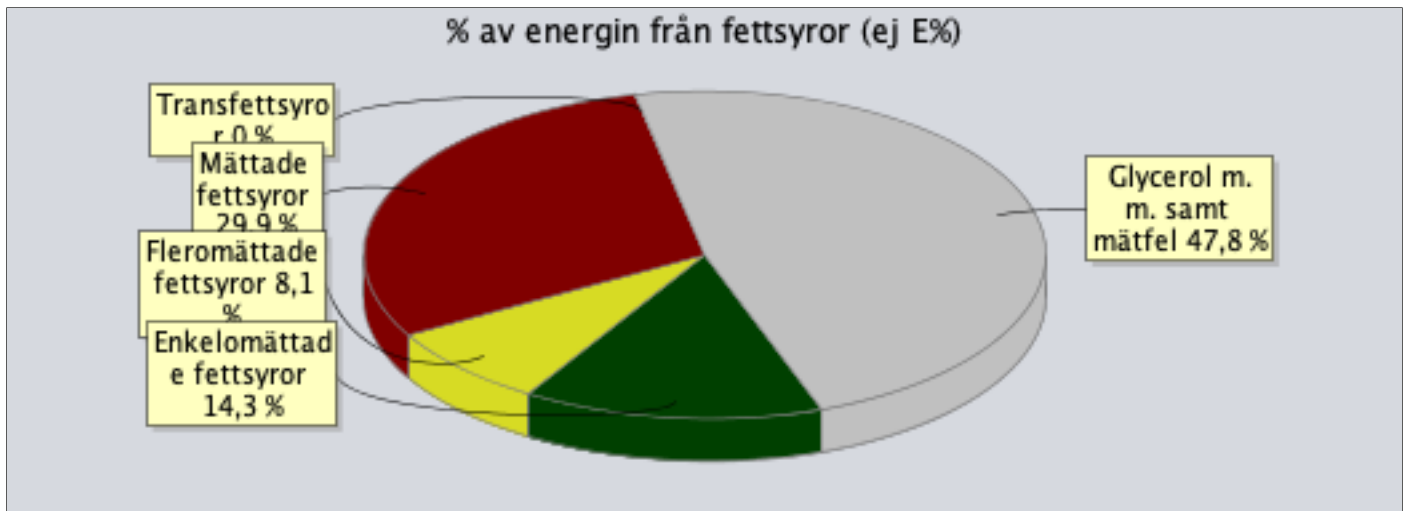
# Periodsammanställning

Norm: Barn 4-6 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1238,8	19,7	6300
Energi kcal	297,5	19,8	1506
Protein (g)	12,9	23,3	55,6
Fett (g)	13	23,5	55,4
Kolhydrater (g)	31	15,9	194,7
Fibrer (g)	1,6	15,1	10,6
Vitamin C (mg)	6,6	18,9	35
Järn (mg)	0,4	5,4	7
Kalcium (mg)	13,4	1,7	800





### Ratio

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	297,5	19,8	13,0	31,0	12,9	0,3 : 1