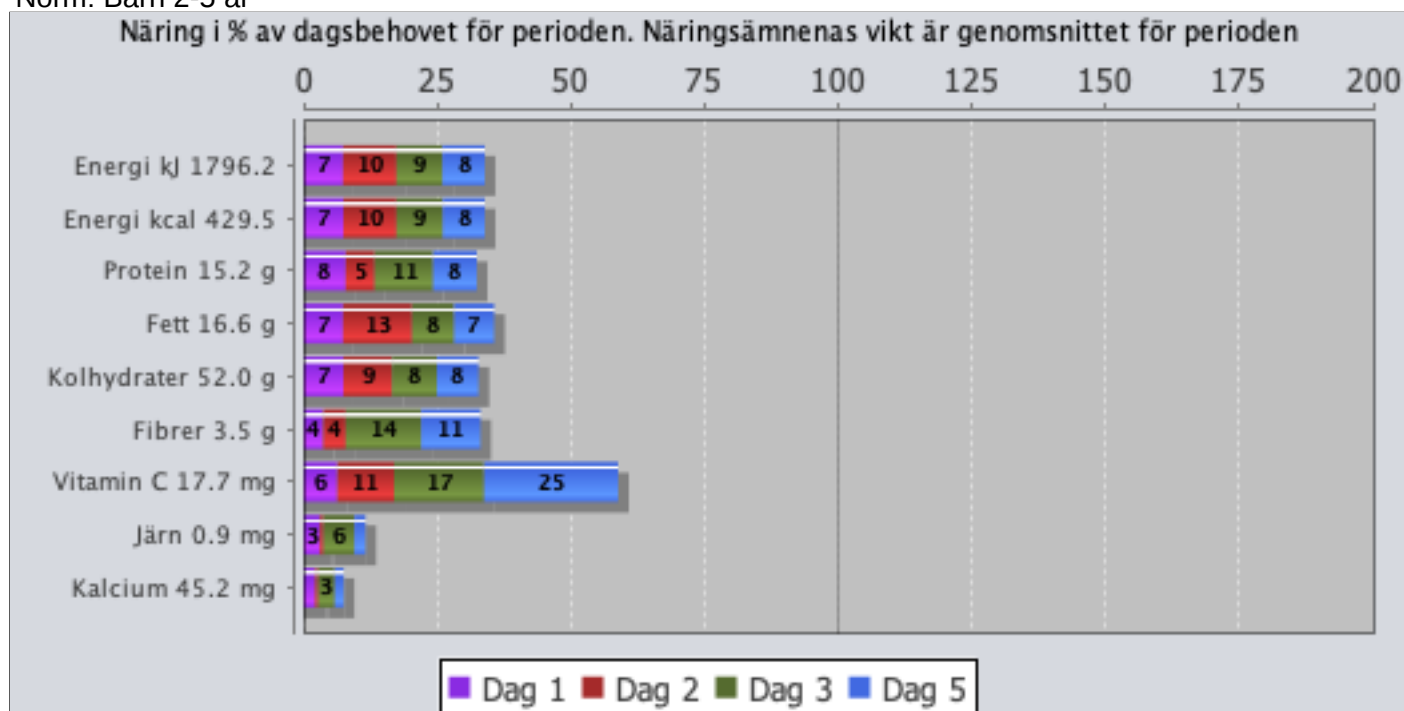
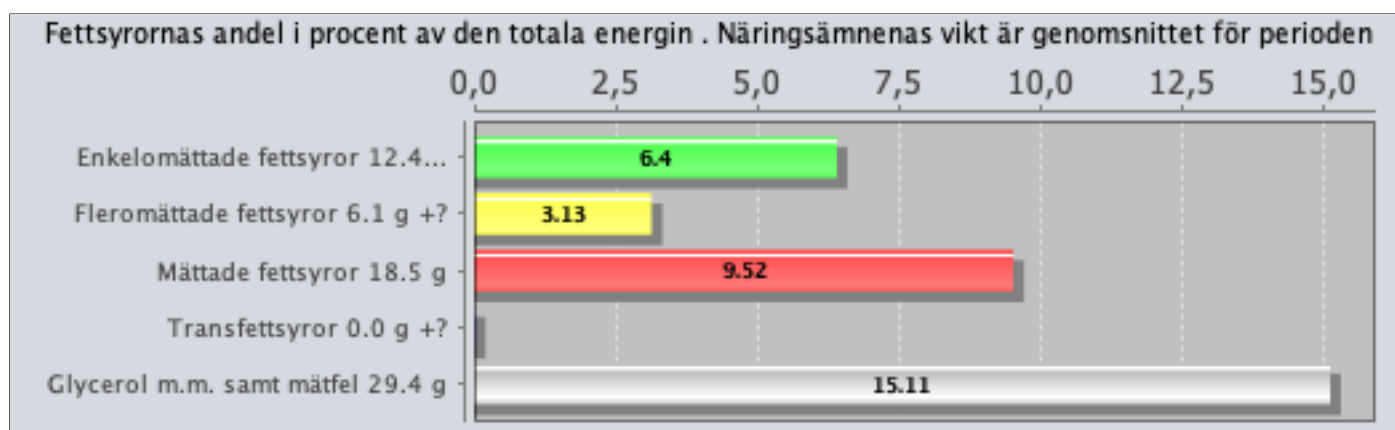
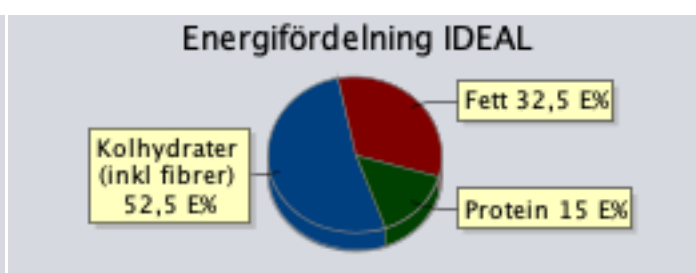
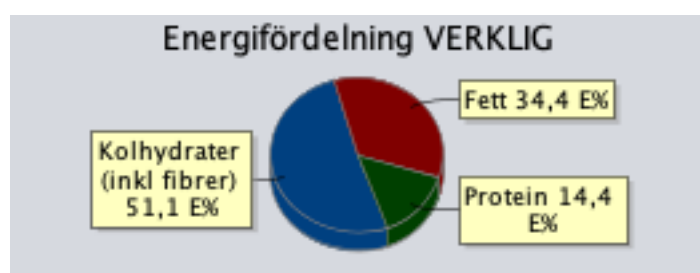


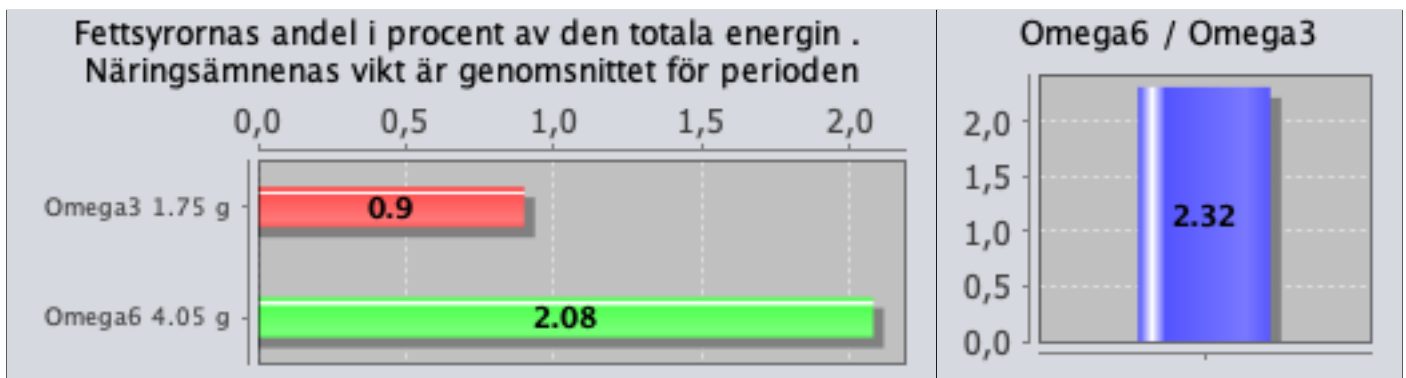
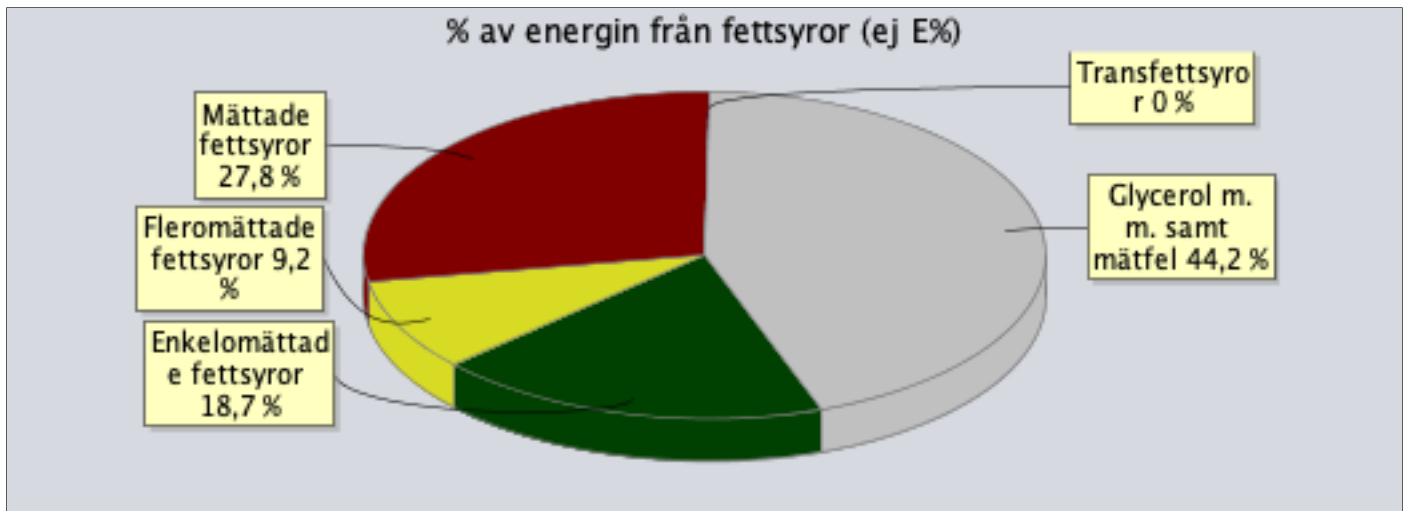
Periodsammanställning

Norm: Barn 2-5 år



	Medelvärde	% av rekommendation	Rekommendation
Energi kJ	1796,2	33,9	5300
Energi kcal	429,5	33,9	1267
Protein (g)	15,2	32,4	46,8
Fett (g)	16,6	35,7	46,5
Kolhydrater (g)	52	32,8	158,7
Fibrer (g)	3,5	33,1	10,6
Vitamin C (mg)	17,7	58,9	30
Järn (mg)	0,9	11,6	8
Kalcium (mg)	45,2	7,5	600





Ratio

Omfattning	Energi kcal	Kcal %	Fett	Kolhydrater	Protein	Ratio
Dagar	429,5	33,9	16,6	52,0	15,2	0,2 : 1