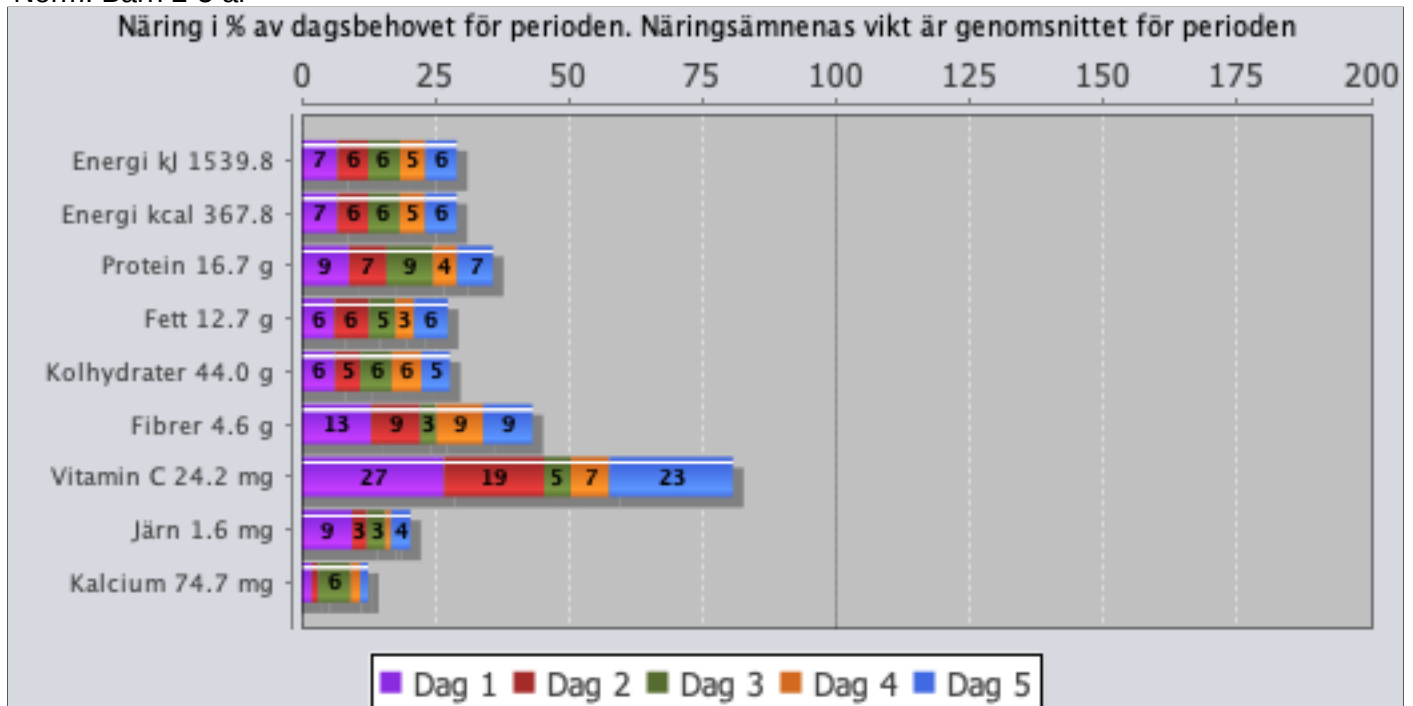
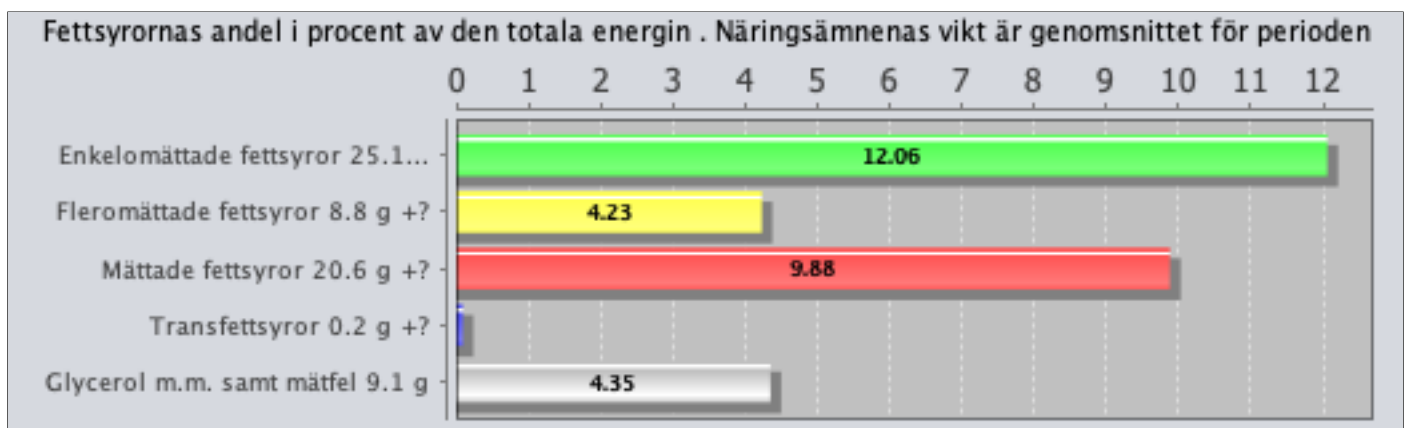
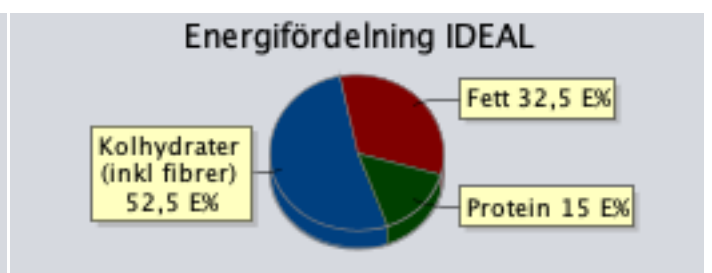
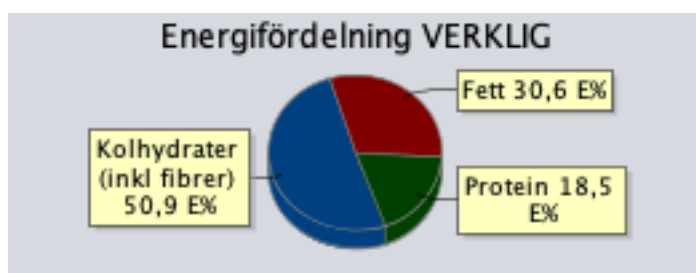


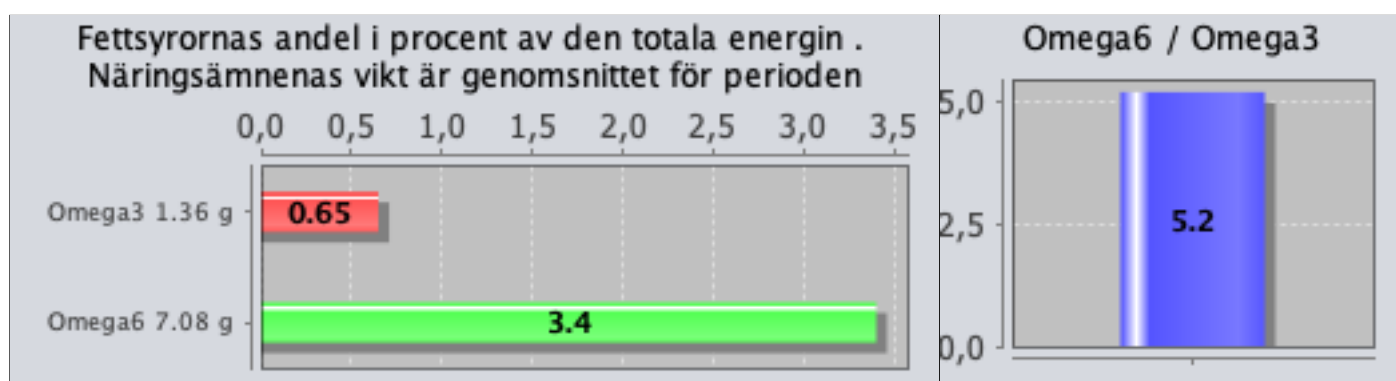
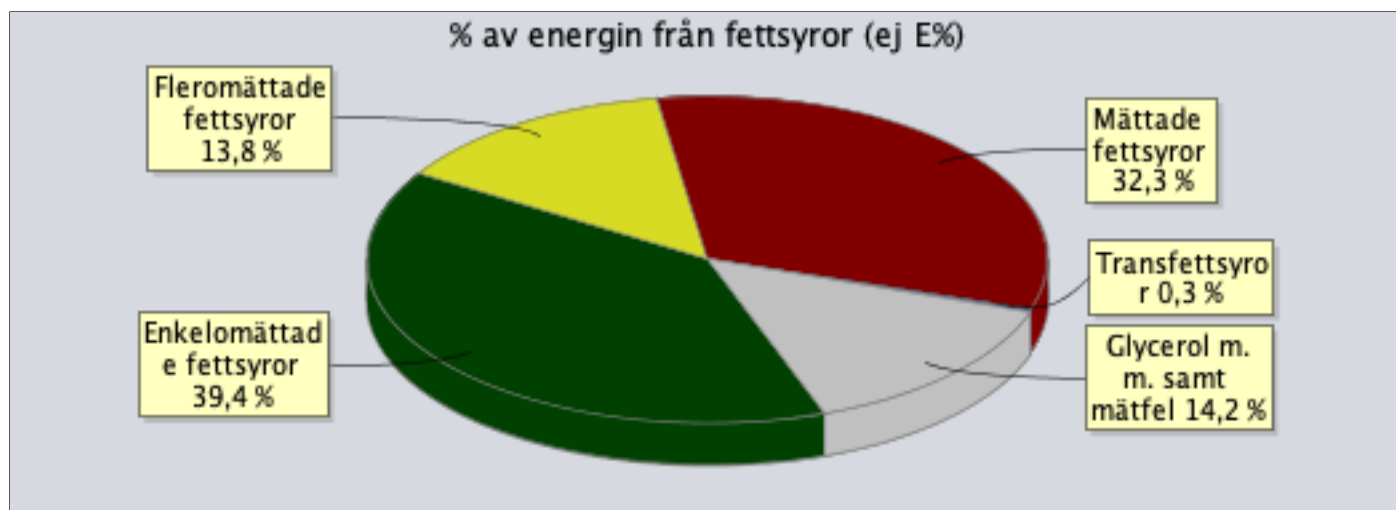
## Periodsammanställning

Norm: Barn 2-5 år



|                 | Medelvärde | % av rekommendation | Rekommendation |
|-----------------|------------|---------------------|----------------|
| Energi kJ       | 1539,8     | 29,1                | 5300           |
| Energi kcal     | 367,8      | 29                  | 1267           |
| Protein (g)     | 16,7       | 35,8                | 46,8           |
| Fett (g)        | 12,7       | 27,4                | 46,5           |
| Kolhydrater (g) | 44         | 27,8                | 158,7          |
| Fibrer (g)      | 4,6        | 43,2                | 10,6           |
| Vitamin C (mg)  | 24,2       | 80,7                | 30             |
| Järn (mg)       | 1,6        | 20,4                | 8              |
| Kalcium (mg)    | 74,7       | 12,5                | 600            |





#### Ratio

| Omfattning | Energi kcal | Kcal % | Fett | Kolhydrater | Protein | Ratio   |
|------------|-------------|--------|------|-------------|---------|---------|
| Dagar      | 367,8       | 29,0   | 12,7 | 44,0        | 16,7    | 0,2 : 1 |