

Mahl ja mahla-konsentraadist valmistatud jook												
Kala, mereannid												
Liha												
Koka poolt lisatav suhkur												
Koka poolt lisatav sool		0.68g	0.14g	0.25g				0.22g	0.30g			
Lisatavad rasvad õli, või, avokaado, oliivid												
Õpilased 7-12a								10		Päevas		
Energia	706kcal 2955kj	609kcal 2549kj	661kcal 2767kj	599kcal 2507kj	541kcal 2264kj			623kcal 2609kj	625kcal 2615kj	454.9kcal 1903kj	797.1kcal 3335kj	
Rasvad	25.71g 32.75%	15.23g 22.50%	23.00g 31.29%	18.41g 27.65%	20.82g 34.63%			20.63g 29.81%	20.77g	15.3g		
Küllastunud rasvhapped	10.84g 13.81%	8.04g 11.88%	7.06g 9.60%	9.96g 14.95%	11.88g 19.77%			9.56g 13.80%	9.98g	6.1g		
Valgud	26.60g 15.06%	29.00g 19.04%	25.88g 15.65%	31.93g 21.31%	26.26g 19.41%			27.93g 17.93%	29.08g	13.8g		
Süsivesikud	89.53g 50.70%	84.33g 55.37%	84.67g 51.20%	72.24g 48.22%	58.40g 43.17%			77.83g 49.97%	76.88g	61.9g		
Kiudained	5.24g 1.48%	9.40g 3.09%	6.14g 1.86%	8.44g 2.82%	7.52g 2.78%			7.35g 2.36%	7.11g	7.2g		
Süsivesikud kokku	94.77g 52.18%	93.73g 58.45%	90.80g 53.06%	80.68g 51.04%	65.92g 45.95%			85.18g 0.00%	42.59g			
Sool	1.72g	1.92g	1.56g	0.93g	0.68g			1.36g 0.00%	1.34g			
Köögiviljad ja kaunviljad										120.0g		
Puuviljad-marjad										70.0g		
Vedelad piimatooted											150.0g	
Moos, marjapüree, puuviljahoidis											20.0g	
Mahl ja mahla-konsentraadist valmistatud jook											200.0g	
Kala, mereannid										120.0g		
Liha										100.0g	200.0g	
Koka poolt lisatav suhkur											5.0g	
Koka poolt lisatav sool		0.68g	0.14g	0.25g				0.22g	0.30g		0.5g	
Lisatavad rasvad õli, või, avokaado, oliivid											15.0g	
Õpilased 13-18a								10		Päevas		
Energia	706kcal 2955kj	609kcal 2549kj	661kcal 2767kj	599kcal 2507kj	541kcal 2264kj			623kcal 2609kj	625kcal 2615kj	578kcal 2418kj	981.2kcal 4105kj	
Rasvad	25.71g 32.75%	15.23g 22.50%	23.00g 31.29%	18.41g 27.65%	20.82g 34.63%			20.63g 29.81%	20.77g	19.4g	35.6g	
Küllastunud rasvhapped	10.84g 13.81%	8.04g 11.88%	7.06g 9.60%	9.96g 14.95%	11.88g 19.77%			9.56g 13.80%	9.98g	7.8g	8.9g	
Valgud	26.60g 15.06%	29.00g 19.04%	25.88g 15.65%	31.93g 21.31%	26.26g 19.41%			27.93g 17.93%	29.08g	17.5g	40.0g	
Süsivesikud	89.53g 50.70%	84.33g 55.37%	84.67g 51.20%	72.24g 48.22%	58.40g 43.17%			77.83g 49.97%	76.88g	78.8g	120.0g	
Kiudained	5.24g 1.48%	9.40g 3.09%	6.14g 1.86%	8.44g 2.82%	7.52g 2.78%			7.35g 2.36%	7.11g	9.1g	10.4g	
Süsivesikud kokku	94.77g 52.18%	93.73g 58.45%	90.80g 53.06%	80.68g 51.04%	65.92g 45.95%			85.18g 0.00%	42.59g			
Sool	1.72g	1.92g	1.56g	0.93g	0.68g			1.36g 0.00%	1.34g			
Köögiviljad ja kaunviljad										120.0g		
Puuviljad-marjad										70.0g		
Vedelad piimatooted											150.0g	
Moos, marjapüree, puuviljahoidis											20.0g	
Mahl ja mahla-konsentraadist valmistatud jook											200.0g	
Kala, mereannid										120.0g		
Liha										100.0g	200.0g	
Koka poolt lisatav suhkur											5.0g	
Koka poolt lisatav sool		0.68g	0.14g	0.25g				0.22g	0.30g		0.5g	
Lisatavad rasvad õli, või, avokaado, oliivid											15.0g	
Õpilaskodu								10		Päevas		
Energia	1049kcal 4387kj	1263kcal 5283kj	1144kcal 4787kj	1026kcal 4292kj	609kcal 2547kj			1018kcal 4259kj	1022kcal 4274kj			

Rasvad	45.62g 39.16%	51.80g 36.93%	56.60g 44.52%	39.66g 34.80%	24.60g 36.37%			43.66g 38.60%	44.36g		
Küllastunud rasvhapped	12.07g 10.36%	14.71g 10.48%	15.99g 12.58%	11.12g 9.76%	6.46g 9.55%			12.07g 10.67%	12.09g		
Valgud	45.18g 17.24%	49.47g 15.67%	46.83g 16.37%	39.00g 15.21%	18.89g 12.41%			39.87g 15.67%	39.41g		
Süsivesikud	107.79g 41.12%	141.76g 44.91%	105.92g 37.03%	125.02g 48.75%	76.27g 50.12%			111.35g 43.75%	111.37g		
Kiudained	13.04g 2.49%	15.72g 2.49%	11.86g 2.07%	6.38g 1.24%	3.34g 1.10%			10.07g 1.98%	9.61g		
Süsivesikud kokku	120.83g 43.61%	157.48g 47.40%	117.78g 39.10%	131.41g 49.99%	79.61g 51.22%			121.42g 0.00%	60.71g		
Sool	1.55g	2.27g	4.56g	3.36g	2.20g			2.79g 0.00%	5.63g		
Köögiviljad ja kaunviljad											
Puuviljad-marjad											
Vedelad piimatooted											
Moos, marjapüree, puuviljahoidis											
Mahl ja mahla-konsentraadist valmistatud jook											
Kala, mereannid											
Liha											
Koka poolt lisatav suhkur											
Koka poolt lisatav sool		0.25g	1.37g	0.41g	1.55g			0.72g	0.96g		
Lisatavad rasvad õli, või, avokaado, oliivid											
Pikkpäevarühm									10		Päevas
Energia	368kcal 1542kj	429kcal 1794kj	411kcal 1720kj	408kcal 1707kj	250kcal 1045kj			373kcal 1561kj	392kcal 1640kj		
Rasvad	8.94g 21.83%	16.73g 35.11%	17.73g 38.83%	13.71g 30.24%	13.88g 50.04%			14.20g 34.26%	14.32g		
Küllastunud rasvhapped	1.14g 2.78%	3.56g 7.47%	5.91g 12.94%	4.95g 10.92%	6.31g 22.73%			4.37g 10.55%	4.41g		
Valgud	20.02g 21.73%	18.02g 16.81%	20.50g 19.95%	18.87g 18.50%	7.32g 11.73%			16.95g 18.17%	16.92g		
Süsivesikud	47.50g 51.56%	47.98g 44.76%	38.69g 37.65%	49.96g 48.98%	21.94g 35.16%			41.21g 44.20%	45.95g		
Kiudained	8.99g 4.88%	7.10g 3.31%	7.33g 3.57%	4.65g 2.28%	3.83g 3.07%			6.38g 3.42%	5.84g		
Süsivesikud kokku	56.48g 56.44%	55.08g 48.07%	46.02g 41.22%	54.61g 51.26%	25.78g 38.23%			47.59g 0.00%	23.80g		
Sool	0.46g	1.38g	0.50g	1.19g	0.51g			0.81g 0.00%	3.61g		
Köögiviljad ja kaunviljad											
Puuviljad-marjad											
Vedelad piimatooted											
Moos, marjapüree, puuviljahoidis											
Mahl ja mahla-konsentraadist valmistatud jook											
Kala, mereannid											
Liha											
Koka poolt lisatav suhkur											
Koka poolt lisatav sool		0.25g	0.12g	0.16g				0.10g	0.22g		
Lisatavad rasvad õli, või, avokaado, oliivid											
Õpilased (hooldus)									10		Päevas
Energia	1321kcal 5529kj	1405kcal 5877kj	1409kcal 5896kj	1365kcal 5713kj	1447kcal 6052kj			1389kcal 5813kj	1354kcal 5664kj		
Rasvad	39.76g 27.08%	47.86g 30.66%	42.30g 27.02%	36.75g 24.22%	40.37g 25.12%			41.41g 26.83%	40.71g		
Küllastunud rasvhapped	15.01g 10.22%	17.94g 11.49%	22.27g 14.23%	17.11g 11.28%	17.29g 10.76%			17.92g 11.61%	17.71g		
Valgud	62.46g 18.91%	66.06g 18.81%	65.05g 18.46%	69.71g 20.42%	61.80g 17.09%			65.02g 18.72%	62.73g		
Süsivesikud	172.28g 52.15%	169.39g 48.24%	184.63g 52.41%	181.36g 53.13%	201.65g 55.76%			181.86g 52.37%	177.01g		
Kiudained	12.30g 1.86%	16.08g 2.29%	14.88g 2.11%	15.22g 2.23%	14.68g 2.03%			14.63g 2.11%	14.15g		
Süsivesikud kokku	184.58g 54.01%	185.47g 50.52%	199.51g 54.52%	196.58g 55.36%	216.33g 57.79%			196.49g 0.00%	98.25g		
Sool	1.78g	1.83g	3.53g	4.56g	3.99g			3.14g 0.00%	2.97g		

