





Õpilaskodu								9	Päevas	
<b>Energia</b>	<b>1121kcal</b> <b>4690kj</b>	<b>1206kcal</b> <b>5046kj</b>	<b>1032kcal</b> <b>4317kj</b>	<b>1192kcal</b> <b>4989kj</b>	<b>1162kcal</b> <b>4860kj</b>		<b>1143kcal</b> <b>4780kj</b>	1167kcal 4883kj		
<b>Rasvad</b>	<b>49.51g</b> 39.75%	<b>48.18g</b> 35.96%	<b>39.31g</b> 34.29%	<b>56.52g</b> 42.66%	<b>47.21g</b> 36.58%		<b>48.15g</b> 37.91%	48.03g		
Küllastunud rasvhapped	16.41g 13.18%	16.15g 12.05%	8.86g 7.73%	18.06g 13.63%	14.52g 11.25%		14.80g 11.65%	13.33g		
<b>Valgud</b>	<b>41.57g</b> 14.83%	<b>45.01g</b> 14.93%	<b>40.27g</b> 15.61%	<b>45.17g</b> 15.15%	<b>39.89g</b> 13.74%		<b>42.38g</b> 14.83%	43.38g		
<b>Süsivesikud</b>	<b>119.42g</b> 42.62%	<b>141.47g</b> 46.92%	<b>124.32g</b> 48.20%	<b>118.29g</b> 39.68%	<b>140.22g</b> 48.29%		<b>128.74g</b> 45.05%	134.14g		
<b>Kiudained</b>	<b>15.66g</b> 2.79%	<b>13.20g</b> 2.19%	<b>9.80g</b> 1.90%	<b>14.92g</b> 2.50%	<b>8.12g</b> 1.40%		<b>12.34g</b> 2.16%	12.31g		
<b>Süsivesikud kokku</b>	<b>135.09g</b> 45.41%	<b>154.67g</b> 49.11%	<b>134.12g</b> 50.09%	<b>133.21g</b> 42.19%	<b>148.34g</b> 49.68%		<b>141.08g</b> 0.00%	78.38g		
Sool	4.11g	3.68g	2.94g	3.05g	5.05g		3.76g 0.00%	3.45g		
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	1.86g	1.50g	0.57g	0.90g	3.27g		1.62g	1.50g		
Lisatavad rasvad õli, või, avokaado, oliivid										
Pikkapäevärühm								9	Päevas	
<b>Energia</b>	<b>373kcal</b> <b>1560kj</b>	<b>430kcal</b> <b>1800kj</b>	<b>537kcal</b> <b>2248kj</b>	<b>372kcal</b> <b>1557kj</b>	<b>449kcal</b> <b>1878kj</b>		<b>432kcal</b> <b>1809kj</b>	429kcal 1796kj		
<b>Rasvad</b>	<b>11.40g</b> 27.52%	<b>19.55g</b> 40.88%	<b>18.39g</b> 30.81%	<b>15.16g</b> 36.68%	<b>14.74g</b> 29.56%		<b>15.85g</b> 33.02%	15.10g		
Küllastunud rasvhapped	3.69g 8.90%	8.21g 17.16%	4.48g 7.51%	5.87g 14.19%	4.56g 9.13%		5.36g 11.17%	4.51g		
<b>Valgud</b>	<b>17.52g</b> 18.79%	<b>17.32g</b> 16.10%	<b>20.58g</b> 15.33%	<b>17.24g</b> 18.54%	<b>14.69g</b> 13.09%		<b>17.47g</b> 16.18%	17.67g		
<b>Süsivesikud</b>	<b>46.10g</b> 49.44%	<b>42.95g</b> 39.92%	<b>69.48g</b> 51.74%	<b>39.64g</b> 42.62%	<b>61.92g</b> 55.17%		<b>52.02g</b> 48.16%	52.60g		
<b>Kiudained</b>	<b>7.94g</b> 4.26%	<b>6.66g</b> 3.10%	<b>5.73g</b> 2.13%	<b>4.02g</b> 2.16%	<b>4.92g</b> 2.19%		<b>5.85g</b> 2.71%	6.17g		
<b>Süsivesikud kokku</b>	<b>54.03g</b> 53.69%	<b>49.61g</b> 43.02%	<b>75.21g</b> 53.87%	<b>43.66g</b> 44.78%	<b>66.84g</b> 57.36%		<b>57.87g</b> 0.00%	32.15g		
Sool	1.03g	1.28g	0.89g	1.97g	3.15g		1.67g 0.00%	1.46g		
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	0.61g	0.25g	0.32g	0.90g	2.02g		0.82g	0.78g		
Lisatavad rasvad õli, või, avokaado, oliivid										
Õpilased (hooldus)								9	Päevas	
<b>Energia</b>	<b>1459kcal</b> <b>6105kj</b>	<b>1407kcal</b> <b>5888kj</b>	<b>1220kcal</b> <b>5106kj</b>	<b>1372kcal</b> <b>5741kj</b>	<b>1395kcal</b> <b>5836kj</b>		<b>1371kcal</b> <b>5735kj</b>	1372kcal 5742kj		
<b>Rasvad</b>	<b>44.38g</b> 27.38%	<b>46.56g</b> 29.78%	<b>32.41g</b> 23.90%	<b>46.33g</b> 30.39%	<b>34.99g</b> 22.58%		<b>40.94g</b> 26.87%	40.75g		
Küllastunud rasvhapped	14.54g 8.97%	21.89g 14.00%	17.76g 13.10%	19.58g 12.85%	15.48g 9.99%		17.85g 11.72%	17.52g		
<b>Valgud</b>	<b>59.49g</b> 16.31%	<b>64.89g</b> 18.45%	<b>64.39g</b> 21.11%	<b>59.71g</b> 17.41%	<b>69.43g</b> 19.91%		<b>63.58g</b> 18.55%	63.85g		
<b>Süsivesikud</b>	<b>199.93g</b> 54.81%	<b>174.85g</b> 49.70%	<b>160.78g</b> 52.70%	<b>170.83g</b> 49.80%	<b>192.55g</b> 55.22%		<b>179.79g</b> 52.45%	180.32g		
<b>Kiudained</b>	<b>10.99g</b> 1.51%	<b>14.57g</b> 2.07%	<b>13.97g</b> 2.29%	<b>16.50g</b> 2.40%	<b>15.99g</b> 2.29%		<b>14.40g</b> 2.10%	14.45g		
<b>Süsivesikud kokku</b>	<b>210.91g</b> 56.32%	<b>189.42g</b> 51.77%	<b>174.75g</b> 54.99%	<b>187.33g</b> 52.20%	<b>208.54g</b> 57.51%		<b>194.19g</b> 0.00%	107.88g		

