

Rasvad	43.57g 37.15%	52.21g 44.07%	60.96g 35.30%	48.86g 31.81%	51.41g 45.13%			51.40g 38.01%	45.84g		
Küllastunud rasvhapped	21.18g 18.06%	20.27g 17.11%	26.13g 15.13%	21.82g 14.21%	29.97g 26.30%			23.87g 17.65%	20.85g		
Valgud	42.83g 16.23%	49.94g 18.74%	55.02g 14.16%	53.11g 15.37%	32.01g 12.49%			46.58g 15.31%	43.83g		
Süsivesikud	117.33g 44.46%	93.69g 35.15%	190.05g 48.91%	175.49g 50.78%	104.86g 40.91%			136.28g 44.79%	128.92g		
Kiudained	11.36g 2.15%	10.91g 2.05%	12.60g 1.62%	14.06g 2.04%	7.59g 1.48%			11.31g 1.86%	11.89g		
Süsivesikud kokku	128.69g 46.62%	104.61g 37.20%	202.65g 50.54%	189.55g 52.82%	112.45g 42.39%			147.59g 0.00%	73.80g		
Sool	2.08g	4.96g	2.27g	3.46g	3.46g			3.25g 0.00%	3.11g		
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	0.12g	1.25g	0.76g	1.29g	1.23g			0.93g	0.98g		
Lisatavad rasvad õli, või, avokaado, oliivid											
Pikkpäevarühm									10		Päevas
Energia	439kcal 1836kj	408kcal 1707kj	469kcal 1964kj	585kcal 2447kj	329kcal 1376kj			446kcal 1866kj	376kcal 1574kj		
Rasvad	15.99g 32.79%	21.21g 46.79%	19.60g 37.59%	15.04g 23.14%	18.06g 49.42%			17.98g 36.28%	14.25g		
Küllastunud rasvhapped	5.66g 11.61%	6.67g 14.71%	6.67g 12.79%	3.37g 5.19%	9.74g 26.66%			6.42g 12.96%	5.20g		
Valgud	20.24g 18.46%	22.76g 22.31%	21.78g 18.56%	21.28g 14.55%	9.03g 10.97%			19.02g 17.06%	17.17g		
Süsivesikud	49.83g 45.42%	28.30g 27.74%	49.00g 41.76%	86.60g 59.23%	30.73g 37.37%			48.89g 43.85%	41.86g		
Kiudained	7.31g 3.33%	6.46g 3.17%	4.88g 2.08%	8.99g 3.07%	3.68g 2.24%			6.26g 2.81%	5.89g		
Süsivesikud kokku	57.14g 48.76%	34.76g 30.91%	53.88g 43.84%	95.59g 62.30%	34.41g 39.61%			55.16g 0.00%	27.58g		
Sool	0.52g	1.51g	1.14g	0.40g	1.01g			0.92g 0.00%	0.94g		
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	0.12g		0.76g					0.18g	0.28g		
Lisatavad rasvad õli, või, avokaado, oliivid											
Õpilased (hooldus)									10		Päevas
Energia	1462kcal 6118kj	1579kcal 6607kj	1374kcal 5750kj	1300kcal 5439kj	1343kcal 5621kj			1412kcal 5907kj	1393kcal 5827kj		
Rasvad	44.90g 27.63%	49.30g 28.10%	43.65g 28.58%	35.59g 24.64%	38.51g 25.80%			42.39g 27.02%	42.20g		
Küllastunud rasvhapped	21.86g 13.46%	26.24g 14.96%	20.34g 13.32%	19.85g 13.74%	20.53g 13.76%			21.76g 13.87%	21.09g		
Valgud	59.17g 16.19%	76.28g 19.32%	65.29g 19.00%	67.00g 20.62%	56.90g 16.94%			64.93g 18.39%	63.24g		
Süsivesikud	198.25g 54.23%	201.43g 51.02%	172.18g 50.11%	171.81g 52.87%	186.19g 55.44%			185.97g 52.68%	183.32g		
Kiudained	14.25g 1.95%	12.30g 1.56%	15.83g 2.30%	12.23g 1.88%	12.17g 1.81%			13.36g 1.89%	13.30g		
Süsivesikud kokku	212.51g 56.18%	213.73g 52.58%	188.01g 52.42%	184.04g 54.75%	198.36g 57.25%			199.33g 0.00%	99.67g		
Sool	2.79g	2.84g	2.16g	3.36g	4.86g			3.20g 0.00%	3.04g		

