

Moos, marjapüree, puuviljahoidis												
Mahl ja mahla-konsentraadist valmistatud jook												
Kala, mereannid												
Liha												
Koka poolt lisatav suhkur												
Koka poolt lisatav sool	0.28g	0.64g	0.14g	0.18g	0.32g			0.31g	0.29g			
Lisatavad rasvad õli, või, avokaado, oliivid												
Õpilased 7-12a								10		Päevas		
Energia	714kcal 2989kj	724kcal 3031kj	608kcal 2546kj	697kcal 2917kj	633kcal 2649kj			676kcal 2826kj	671kcal 2809kj	454.9kcal 1903kj	797.1kcal 3335kj	
Rasvad	25.47g 32.09%	19.59g 24.33%	14.32g 21.18%	23.34g 30.13%	21.19g 30.12%			20.78g 27.67%	20.30g	15.3g		
Küllastunud rasvhapped	15.61g 19.67%	9.89g 12.28%	8.23g 12.18%	11.55g 14.91%	9.87g 14.03%			11.03g 14.69%	10.46g	6.1g		
Valgud	37.42g 20.95%	36.48g 20.14%	29.92g 19.67%	27.65g 15.86%	32.36g 20.45%			32.76g 19.39%	32.22g	13.8g		
Süsivesikud	81.41g 45.58%	95.99g 53.00%	85.78g 56.39%	89.70g 51.46%	74.28g 46.93%			85.43g 50.55%	86.00g	61.9g		
Kiudained	4.95g 1.39%	9.12g 2.52%	8.43g 2.77%	8.90g 2.55%	7.89g 2.49%			7.86g 2.33%	7.91g	7.2g		
Süsivesikud kokku	86.36g 46.96%	105.11g 55.52%	94.21g 59.16%	98.60g 54.01%	82.17g 49.43%			93.29g 0.00%	46.65g			
Sool	1.26g	1.75g	1.15g	1.07g	1.88g			1.42g 0.00%	1.36g			
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	0.28g	0.64g	0.14g	0.18g	0.32g			0.31g	0.29g		0.5g	
Lisatavad rasvad õli, või, avokaado, oliivid											15.0g	
Õpilased 13-18a								10		Päevas		
Energia	714kcal 2989kj	724kcal 3031kj	608kcal 2546kj	697kcal 2917kj	633kcal 2649kj			676kcal 2826kj	671kcal 2809kj	578kcal 2418kj	981.2kcal 4105kj	
Rasvad	25.47g 32.09%	19.59g 24.33%	14.32g 21.18%	23.34g 30.13%	21.19g 30.12%			20.78g 27.67%	20.30g	19.4g	35.6g	
Küllastunud rasvhapped	15.61g 19.67%	9.89g 12.28%	8.23g 12.18%	11.55g 14.91%	9.87g 14.03%			11.03g 14.69%	10.46g	7.8g	8.9g	
Valgud	37.42g 20.95%	36.48g 20.14%	29.92g 19.67%	27.65g 15.86%	32.36g 20.45%			32.76g 19.39%	32.22g	17.5g	40.0g	
Süsivesikud	81.41g 45.58%	95.99g 53.00%	85.78g 56.39%	89.70g 51.46%	74.28g 46.93%			85.43g 50.55%	86.00g	78.8g	120.0g	
Kiudained	4.95g 1.39%	9.12g 2.52%	8.43g 2.77%	8.90g 2.55%	7.89g 2.49%			7.86g 2.33%	7.91g	9.1g	10.4g	
Süsivesikud kokku	86.36g 46.96%	105.11g 55.52%	94.21g 59.16%	98.60g 54.01%	82.17g 49.43%			93.29g 0.00%	46.65g			
Sool	1.26g	1.75g	1.15g	1.07g	1.88g			1.42g 0.00%	1.36g			
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	0.28g	0.64g	0.14g	0.18g	0.32g			0.31g	0.29g		0.5g	
Lisatavad rasvad õli, või, avokaado, oliivid											15.0g	

Õpilaskodu								10	Päevas		
Energia	1053kcal 4405kj	1196kcal 5002kj	1167kcal 4881kj	1134kcal 4746kj	588kcal 2459kj		1027kcal 4298kj	1071kcal 4481kj			
Rasvad	45.13g 38.58%	45.77g 34.45%	55.87g 43.10%	48.45g 38.44%	24.61g 37.70%		43.97g 38.53%	45.16g			
Küllastunud rasvhapped	19.11g 16.33%	23.70g 17.84%	23.73g 18.31%	20.78g 16.49%	14.00g 21.45%		20.26g 17.76%	19.98g			
Valgud	39.73g 15.09%	47.15g 15.77%	49.27g 16.89%	38.77g 13.67%	15.27g 10.39%		38.04g 14.81%	39.93g			
Süsivesikud	116.05g 44.09%	142.16g 47.57%	109.83g 37.66%	127.62g 45.00%	74.84g 50.94%		114.10g 44.44%	120.59g			
Kiudained	11.75g 2.23%	13.18g 2.21%	13.69g 2.35%	16.35g 2.88%	2.84g 0.97%		11.56g 2.25%	11.19g			
Süsivesikud kokku	127.80g 46.33%	155.35g 49.77%	123.52g 40.01%	143.97g 47.89%	77.68g 51.91%		125.66g 0.00%	62.83g			
Sool	1.61g	4.43g	2.67g	3.96g	2.24g		2.98g 0.00%	3.09g			
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	0.11g	1.48g	0.45g	1.50g	1.44g		0.99g	1.19g			
Lisatavad rasvad õli, või, avokaado, oliivid											
Pikkapäevarühm								10	Päevas		
Energia	448kcal 1876kj	430kcal 1798kj	443kcal 1855kj	459kcal 1919kj	358kcal 1497kj		428kcal 1789kj	403kcal 1685kj			
Rasvad	15.27g 30.65%	17.27g 36.17%	16.12g 32.72%	10.92g 21.42%	7.52g 18.92%		13.42g 28.22%	13.58g			
Küllastunud rasvhapped	3.84g 7.72%	7.23g 15.15%	5.66g 11.49%	3.42g 6.70%	2.55g 6.40%		4.54g 9.55%	4.75g			
Valgud	19.85g 17.71%	19.06g 17.74%	21.90g 19.76%	17.20g 15.00%	20.80g 23.25%		19.76g 18.47%	17.90g			
Süsivesikud	54.61g 48.73%	46.71g 43.47%	50.05g 45.16%	67.40g 58.77%	49.09g 54.87%		53.57g 50.07%	49.25g			
Kiudained	6.52g 2.91%	5.64g 2.62%	5.23g 2.36%	11.04g 4.81%	5.29g 2.96%		6.74g 3.15%	5.97g			
Süsivesikud kokku	61.13g 51.63%	52.34g 46.09%	55.28g 47.52%	78.44g 63.58%	54.39g 57.83%		60.31g 0.00%	30.16g			
Sool	0.54g	1.35g	0.82g	1.29g	0.52g		0.90g 0.00%	0.97g			
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	0.11g	0.25g	0.45g	0.96g	0.10g		0.37g	0.45g			
Lisatavad rasvad õli, või, avokaado, oliivid											
Õpilased (hooldus)								10	Päevas		
Energia	1397kcal 5844kj	1389kcal 5810kj	1356kcal 5675kj	1315kcal 5502kj	1463kcal 6120kj		1384kcal 5790kj	1402kcal 5866kj			
Rasvad	45.54g 29.34%	39.78g 25.78%	35.50g 23.55%	37.47g 25.65%	53.57g 32.96%		42.37g 27.55%	42.66g			
Küllastunud rasvhapped	20.14g 12.98%	21.97g 14.24%	19.08g 12.66%	17.61g 12.05%	25.15g 15.47%		20.79g 13.52%	21.00g			
Valgud	57.16g 16.37%	67.78g 19.52%	67.33g 19.85%	64.16g 19.52%	62.59g 17.12%		63.80g 18.44%	62.76g			
Süsivesikud	184.97g 52.97%	184.19g 53.06%	182.84g 53.92%	173.71g 52.84%	176.40g 48.24%		180.42g 52.14%	185.07g			
Kiudained	9.21g 1.32%	11.37g 1.64%	18.16g 2.68%	13.12g 2.00%	12.30g 1.68%		12.83g 1.85%	13.34g			
Süsivesikud kokku	194.18g 54.29%	195.56g 54.69%	201.00g 56.59%	186.83g 54.84%	188.70g 49.92%		193.25g 0.00%	96.63g			

