





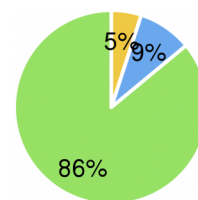
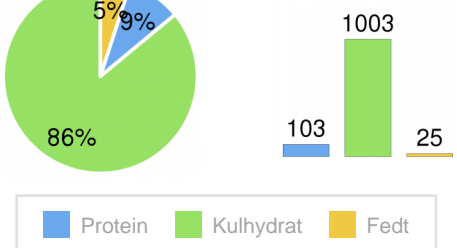


BILAG 1**7. september 2015**






| | | | |
|---|--------------------------------------|---------------|----------------|
|  | Morgenmad | 402 g | 1375 kJ |
| | Banan | 402 g | 1375 kJ |
|  | Formiddag | 76 g | 1060 kJ |
| | Dadler, Vores | 76 g | 1060 kJ |
|  | Frokost | 805 g | 2753 kJ |
| | Banan | 805 g | 2753 kJ |
|  | Eftermiddag | 1499 g | 5127 kJ |
| | Banan | 1499 g | 5127 kJ |
|  | Aftensmad | 1858 g | 9101 kJ |
| | Ris, brune | 250 g | 3853 kJ |
| | Chili beans, Kavli | 410 g | 1558 kJ |
| | Grofthakkede tomater, øko, Bioitalia | 400 g | 324 kJ |
| | Majskolbe | 151 g | 578 kJ |
| | Peberfrugt, rød | 326 g | 414 kJ |
| | Cherrytomat, rød | 140 g | 175 kJ |
| | Dadler, Vores | 154 g | 2148 kJ |
| | Peber, chili | 27 g | 50 kJ |
| | Aften | 0 g | 0 kJ |
|  | Diverse | 100 g | 107 kJ |
| | Spinat | 100 g | 107 kJ |

Næringsindhold

| | | |
|-----------------------|----------|--------------|
| Energi | 19522 kJ | |
| Protein | 103 g | |
| Kulhydrat | 1003 g | |
| Fedt | 25 g | |
| Kostfibre | 94 g | (min. 25 g) |
| Mættede fedtsyrer | 6,1 g | |
| Monumættede fe... | 2,5 g | |
| Polyumættede fed... | 8,5 g | |
| Sukkerarter | 611 g | |
| A-vitamin | 1040 RE | |
| B6-vitamin | 12 mg | |
| C-vitamin | 1171 mg | (min. 75 mg) |
| D-vitamin | 0 µg | |
| E-vitamin | 33 aTE | |
| Calcium, Ca | 548 mg | |
| Jern, Fe | 23 mg | |
| Selen, Se | 46 µg | |
| C18:2, n-6, linolsyre | 5,8 g | |
| C18:3, n-3, Linole... | 2 g | |
| Tilsat sukker | 0 g | |

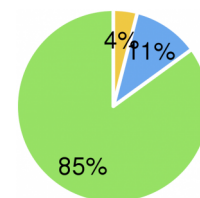
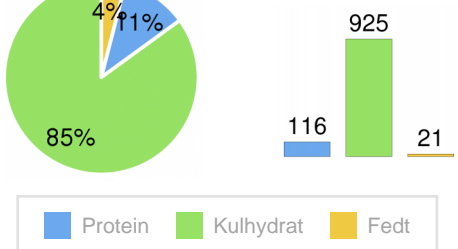
Energiprocent**Energi i gram**

BILAG 1**8. september 2015**




| | | | |
|---|--|---------------|-----------------|
|  | Morgenmad | 42 g | 586 kJ |
| | Dadler, Vores | 42 g | 586 kJ |
|  | Formiddag | 100 g | 1395 kJ |
| | Dadler, Vores | 100 g | 1395 kJ |
|  | Frokost | 180 g | 2511 kJ |
| | Dadler, Vores | 180 g | 2511 kJ |
|  | Eftermiddag | 174 g | 2427 kJ |
| | Dadler, Vores | 174 g | 2427 kJ |
|  | Aftensmad | 1904 g | 12036 kJ |
| | Fusilli tricolore, La pasta di lorenzo | 505 g | 7807 kJ |
| | Spinat | 100 g | 107 kJ |
| | Majskolbe | 425 g | 1628 kJ |
| | Lime | 14 g | 24 kJ |
| | Chili beans, Kavli | 410 g | 1558 kJ |
| | Sukker | 25 g | 425 kJ |
| | Hakkede tomater, dåse, La Doria | 1 dåse | 440 kJ |
| | Peber, chili | 25 g | 47 kJ |
| | Aften | 0 g | 0 kJ |
| | Diverse | 0 g | 0 kJ |

Næringsindhold

| | | |
|-----------------------|----------|--------------|
| Energi | 18955 kJ | |
| Protein | 116 g | |
| Kulhydrat | 925 g | |
| Fedt | 21 g | |
| Kostfibre | 76 g | (min. 25 g) |
| Mættede fedtsyrer | 3,2 g | |
| Monumættede fe... | 2,1 g | |
| Polyumættede fed... | 5,7 g | |
| Sukkerarter | 380 g | |
| A-vitamin | 583 RE | |
| B6-vitamin | 2,1 mg | |
| C-vitamin | 189 mg | (min. 75 mg) |
| D-vitamin | 0 µg | |
| E-vitamin | 9,3 aTE | |
| Calcium, Ca | 531 mg | |
| Jern, Fe | 16 mg | |
| Selen, Se | 28 µg | |
| C18:2, n-6, linolsyre | 4,3 g | |
| C18:3, n-3, Linole... | 0,48 g | |
| Tilsat sukker | 25 g | |

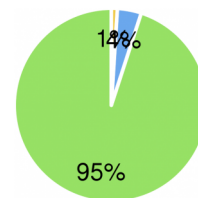
Energiprocent**Energi i gram**

BILAG 1**9. september 2015**

| | | |
|--|---------------|----------------|
|  Morgenmad | 1700 g | 3366 kJ |
| Original Orange, Tropicana | 1700 g | 3366 kJ |
| Formiddag | 0 g | 0 kJ |
|  Frokost | 400 g | 5580 kJ |
| Dadler, Vores | 400 g | 5580 kJ |
| Eftermiddag | 0 g | 0 kJ |
|  Aftensmad | 400 g | 5580 kJ |
| Dadler, Vores | 400 g | 5580 kJ |
| Aften | 0 g | 0 kJ |
| Diverse | 0 g | 0 kJ |

Næringsindhold

| | | |
|-----------------------|----------|--------------|
| Energi | 14526 kJ | |
| Protein | 34 g | |
| Kulhydrat | 770 g | |
| Fedt | 3,2 g | |
| Kostfibre | 51 g | (min. 25 g) |
| Mættede fedtsyrer | 0 g | |
| Monoumættede fe... | 0 g | |
| Polyumættede fed... | 1,6 g | |
| Sukkerarter | 647 g | |
| A-vitamin | 55 RE | |
| B6-vitamin | 1,9 mg | |
| C-vitamin | 694 mg | (min. 75 mg) |
| D-vitamin | 0 µg | |
| E-vitamin | 1,7 aTE | |
| Calcium, Ca | 698 mg | |
| Jern, Fe | 11 mg | |
| Selen, Se | 17 µg | |
| C18:2, n-6, linolsyre | 0,66 g | |
| C18:3, n-3, Linole... | 0,17 g | |
| Tilsat sukker | 0 g | |

Energiprocent**Energi i gram**