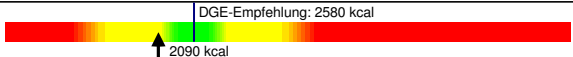
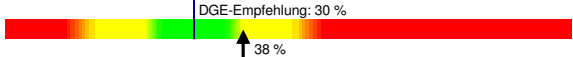
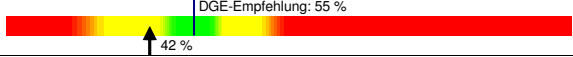
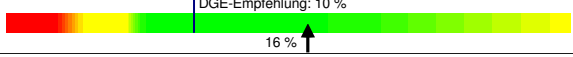
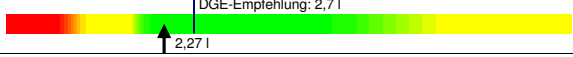
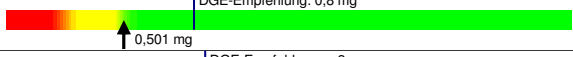
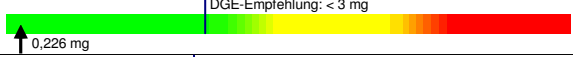
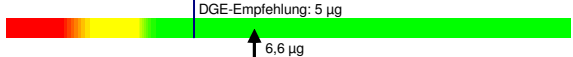
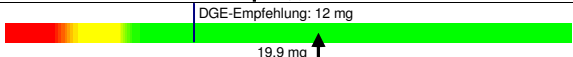
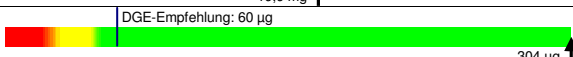
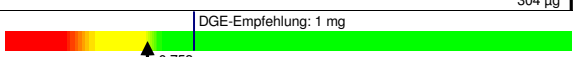
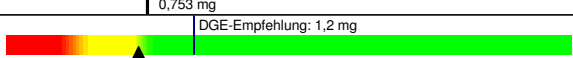
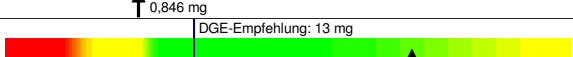
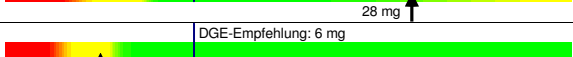
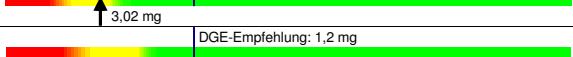
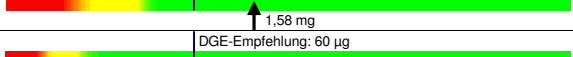
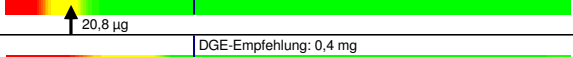
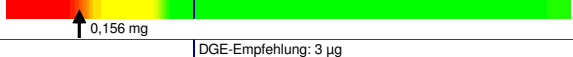
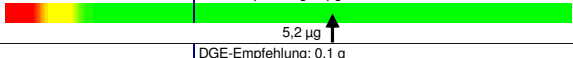
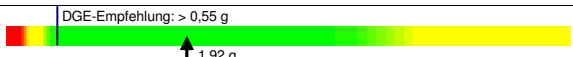
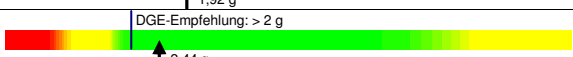
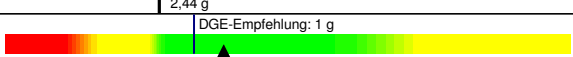
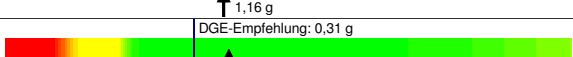
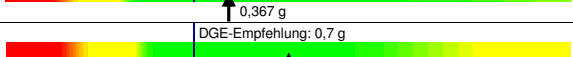
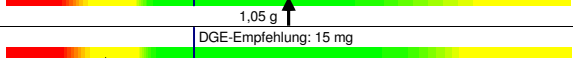
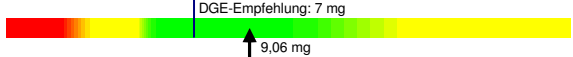
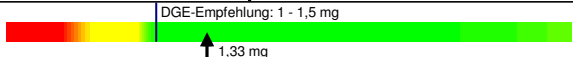
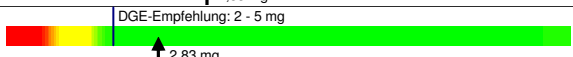
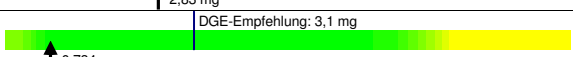
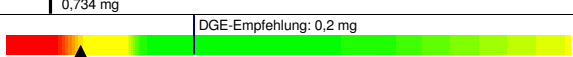
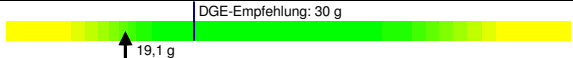
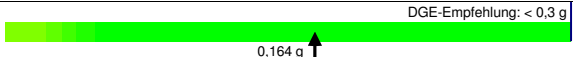
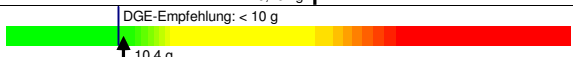
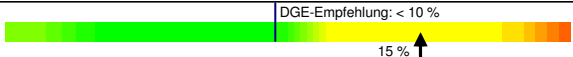
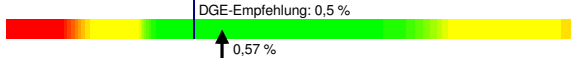


Stoff	DGE-Empfehlung	Istmenge/Tag	Fuzzy/Analyse
<b>Energie + Hauptnährstoffe</b>			
Energie	2580 kcal	2090 kcal	
"	10800 kJ	8750 kJ	
Fett, Anteil	30 %	38 %	
Fett	87,7 g	89,5 g	
Kohlenhydrate, Anteil	55 %	42 %	
Kohlenhydrate	0,35 kg	0,216 kg	
Eiweiß, Anteil	10 %	16 %	
Eiweiß	64 g	83 g	
" / Körpergewicht	0,8 g/kg	1,04 g/kg	
Wasser	2,7 l	2,27 l	
<b>Vitamine</b>			
Retinoläquivalent	0,8 mg	0,501 mg	
Vitamin A (Retinol)	< 3 mg	0,226 mg	
Vitamin D (Calciferol)	5 µg	6,6 µg	
Vitamin E (Tocopherol)	12 mg	19,9 mg	
Vitamin K	60 µg	304 µg	
Vitamin B1 (Thiamin)	1 mg	0,753 mg	
Vitamin B2 (Riboflavin)	1,2 mg	0,846 mg	
Niacinäquivalent	13 mg	28 mg	
Pantothensäure	6 mg	3,02 mg	
Vitamin B6 (Pyridoxin)	1,2 mg	1,58 mg	
Biotin	60 µg	20,8 µg	
Gesamte Folsäure	0,4 mg	0,156 mg	
Vitamin B12 (Cobalamin)	3 µg	5,2 µg	
Vitamin C (Ascorbinsäure)	0,1 g	0,0992 g	
<b>Mineralstoffe</b>			
Natrium	> 0,55 g	1,92 g	
Kalium	> 2 g	2,44 g	
Calcium	1 g	1,16 g	
Magnesium	0,31 g	0,367 g	
Phosphor	0,7 g	1,05 g	
Eisen	15 mg	7,96 mg	

Stoff	DGE-Empfehlung	Istmenge/Tag	Fuzzy/Analyse
Zink	7 mg	9,06 mg	
Kupfer	1 - 1,5 mg	1,33 mg	
Mangan	2 - 5 mg	2,83 mg	
Fluoride	3,1 mg	0,734 mg	
Jod	0,2 mg	0,0794 mg	
<b>Spezielle Inhaltsstoffe</b>			
Ballaststoffe	30 g	19,1 g	
Saccharose, Anteil		7,7 %	
Saccharose (Rübenzucker)		39,5 g	
Cholesterin	< 0,3 g	0,164 g	
Alkohol	< 10 g	10,4 g	
<b>Fettsäuren und Lipide</b>			
Gesättigte Fettsäuren, Anteil	< 10 %	15 %	
Gesättigte Fettsäuren	< 29,3 g	36,4 g	
n-3 Fettsäuren, Anteil	0,5 %	0,57 %	
n-6 Fettsäuren, Anteil	2,5 %	6,8 %	