

# Frukost



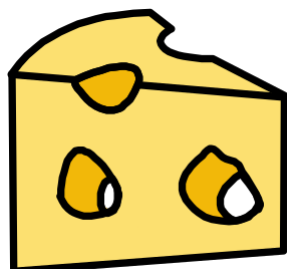
1 dl mjölk=5  
g kh



1 dl filmjölk=5  
g kh



1 dl  
havregrynsgröt=11  
g kh



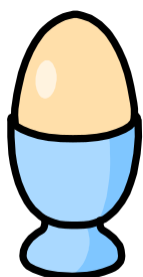
ost=0 g kh



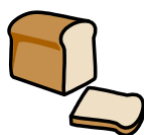
skinka/salami=0  
g kh



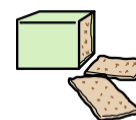
1 msk  
kaviar=2 g kh



ägg=0 g kh



1 mjuk  
smörgås= ca  
16 g kh\*



1  
knäckebröd=ca  
7 g kh\*

\*Se innehållsförteckning för varje brödsort

# Frukost


# Lunch



1 dl pasta=14  
g kh



1 dl ris=18 g  
kh



100 g  
potatis=17 g  
kh



1 dl  
bulgur=15 g  
kh



1 dl  
couscous=12  
g kh



1 dl  
lasagne=ca  
15 g kh



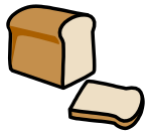
1 skiva  
falukorv=ca 2  
g kh



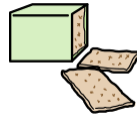
1 köttbulle=1  
g kh

# Lunch


# Mellanmål



1 mjuk  
smörgås= ca  
16 g kh\*



1  
knäckebröd=ca  
7 g kh\*



1 dl mjölk=5  
g kh

# Mellanmål


# Fruktar



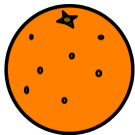
1 helt  
äpple=13 g kh



1 helt  
banan=25 g  
kh



1 helt  
päron=15 g  
kh



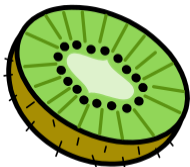
1 helt  
apelsin=13 g  
kh



1 helt  
clementin=7  
g kh



100 g  
mango=16 g  
kh



1 helt kiwi=7  
g kh



100 g  
vindruvor=17  
g kh



100 g  
vattenmelon=8  
g kh

# Fruktar




# Grönsaker


# Övrigt
