

juuni 01.06-05.06.26

Võrdlus soovituslega: Määrus_Koolilõuna, 4.-9. klass, 2025

Täpsustatud energiavajadus: määramata kcal

Toitaine	Keskmiselt	Soovituslik	% soovitusest
Energiasisaldus, kcal	749.77	700 - 800	100.00%
Süsivesikud, kokku, g	93.67		0.00%
Rasvad, g	29.11		0.00%
Kiudained, g	9.49		0.00%
Valgud, g	33.03		0.00%
Alkohol, g	0.00		0.00%
Vesi, g	483.96		0.00%
Süsivesikud, kokku, %TE	47.43		0.00%
Rasvad, %TE	34.95		0.00%
Valgud, %TE	17.62		0.00%
Alkohol, %TE	0.00		0.00%
Süsivesikud, imenduvad, g	84.45		0.00%
Tärklis, g	47.95		0.00%
Suhkrualkoholid, g	0.69		0.00%
Sorbitool, g	0.29		0.00%
Mannitool, g	0.39		0.00%
Isomalt, g	0.00		0.00%
Maltitool, g	0.00		0.00%
Laktitool, g	0.00		0.00%
Ksülitool, g	0.00		0.00%
Erütritool, g	0.01		0.00%
Suhkrud, kokku, g	34.49		0.00%
Sahharoos, g	12.99		0.00%
Laktoos, g	8.61		0.00%
Maltoos, g	0.30		0.00%
Glükoos, g	6.21		0.00%
Fruktoos, g	6.02		0.00%
Galaktoos, g	0.03		0.00%
Rasvhapped, kokku, g	27.67		0.00%
Küllastunud rasvhapped, g	9.62		0.00%
Monoküllastumata rasvhapped, g	11.66		0.00%
Polüküllastumata rasvhapped, g	6.13		0.00%
Transrasvhapped, g	0.25		0.00%
Palmitiinhape (C16), g	4.98		0.00%
Steariinhape (C18), g	1.95		0.00%
Linoolhape (C18:2), g	4.77		0.00%
Linoleenhape (C18:3), g	0.86		0.00%
Kolesterool, mg	59.66		0.00%
Küllastunud rasvhapped, %TE	11.55		0.00%
Monoküllastumata rasvhapped, %TE	14.00		0.00%
Polüküllastumata rasvhapped, %TE	7.36		0.00%
Naatrium, mg	462.50		0.00%

Kaalium, mg	1327.42	0.00%
Kaltsium, mg	360.14	0.00%
Magneesium, mg	128.53	0.00%
Fosfor, mg	549.89	0.00%
Raud, mg	3.17	0.00%
Tsink, mg	4.41	0.00%
Vask, mg	0.55	0.00%
Mangaan, mg	1.57	0.00%
Jood, µg	43.02	0.00%
Seleen, µg	19.42	0.00%
Kroom, µg	7.73	0.00%
Nikkel, µg	38.34	0.00%
Vitamiin A, RE	213.92	0.00%
Vitamiin D, µg	0.73	0.00%
Vitamiin E, αTE	3.93	0.00%
Vitamiin K, µg	30.55	0.00%
Vitamiin B1, mg	0.47	0.00%
Vitamiin B2, mg	0.46	0.00%
Niatsiini ekvivalent, kokku, NE	10.10	0.00%
Pantoteenhape, mg	2.29	0.00%
Vitamiin B6, mg	0.55	0.00%
Biotiin, µg	21.00	0.00%
Folaadid, µg	97.66	0.00%
Vitamiin B12, µg	1.19	0.00%
Vitamiin C, mg	27.85	0.00%
Soola ekvivalent, g	1.16	0.00%

Esmaspäev 01.06	Teisipäev 02.06	Kolmapäev 03.06	Neljapäev 04.06	
749.29		750.72	751.96	744.55
108.40		93.52	95.14	104.13
21.26		32.18	28.47	19.60
7.64		10.14	9.87	10.13
33.91		26.65	34.11	43.01
0.00		0.00	0.00	0.00
519.50		461.69	523.84	590.89
56.36		47.22	47.78	53.20
25.54		38.58	34.07	23.70
18.10		14.20	18.15	23.11
0.00		0.00	0.00	0.00
101.75		83.66	85.30	94.00
66.78		50.04	57.84	34.51
0.01		0.25	1.01	0.13
0.01		0.24	1.01	0.13
0.00		0.00	0.00	0.00
0.00		0.00	0.00	0.00
0.00		0.00	0.00	0.00
0.00		0.00	0.00	0.00
0.00		0.00	0.00	0.00
0.00		0.01	0.00	0.00
29.73		33.24	25.42	59.19
3.03		22.25	4.47	17.22
13.61		6.33	13.61	4.99
0.16		0.28	0.41	0.33
6.67		2.33	2.96	18.09
6.27		2.00	3.88	17.00
0.00		0.00	0.00	0.16
20.40		30.71	27.37	18.09
8.05		9.84	7.48	6.29
8.52		13.56	12.69	9.20
3.57		7.10	7.10	2.60
0.26		0.19	0.11	0.00
3.78		5.20	3.62	3.84
1.76		2.13	1.29	1.77
2.32		6.13	4.52	1.70
0.68		0.67	1.51	0.40
64.35		42.27	90.00	50.63
9.66		11.80	8.95	7.61
10.23		16.26	15.19	11.12
4.29		8.51	8.50	3.15
325.98		560.76	476.69	450.37

1126.71	1178.18	1722.73	1631.20
411.06	230.80	419.52	256.48
102.81	136.69	145.81	128.07
491.75	471.58	613.15	453.30
3.53	4.00	2.04	3.13
4.94	4.40	3.39	5.15
0.38	0.69	0.45	0.42
1.24	1.64	1.46	1.87
33.98	37.87	75.87	26.95
21.85	10.05	26.20	18.08
7.22	7.13	4.39	10.83
24.04	41.04	41.49	37.10
77.61	152.08	322.86	250.59
0.20	0.18	2.76	0.23
2.20	3.88	4.77	1.84
36.61	16.68	32.81	52.17
0.36	0.47	0.50	0.58
0.34	0.21	0.42	0.62
10.48	9.64	9.37	11.25
2.46	1.42	1.94	2.34
0.56	0.46	0.50	0.95
8.95	29.27	18.26	10.87
95.02	104.98	88.91	108.31
1.56	0.79	1.95	0.60
13.97	32.78	26.53	61.32
0.82	1.40	1.19	1.13

reede 05.06

752.33
67.14
44.05
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37.67
91.05
1.05
4.64
1.25