

Meal time		quantity	product/dish
Breakfast	8:0	150,00	Frozen strawberries [g]
Breakfast	8:0	30,00	Sunflower, shelled seeds [g]
Breakfast	8:0	100,00	Cucumber [g]
Breakfast	8:0	10,00	Margarine "Rama" [g]
Breakfast	8:0	100,00	Bread Graham [g]
Breakfast	8:0	250,00	Tea, infusion without sugar [ml, g]
Breakfast	8:0	100,00	Turkey ham [g]
Breakfast	8:0	330,00	Oatmeal on milk 2% [g]
Dinner	12:0	330,00	Barley soup with millet groats [g]
Dinner	12:0	250,00	Chicken with curry and vegetables [g]
Dinner	12:0	180,00	Cooked brown rice [g]
Dinner	12:0	150,00	White cabbage and carrot salad [g]
Dinner	12:0	10,00	Universal rapeseed oil [g]
Dinner	12:0	150,00	Apple [g]
Supper	17:0	30,00	Natural yoghurt 2% fat [g]
Supper	17:0	10,00	Chives [g]
Supper	17:0	70,00	Curd [g]
Supper	17:0	100,00	Bread Graham [g]
Supper	17:0	150,00	Cabbage salad, red beans, cucumbers [g]
Supper	17:0	70,00	Beans, cooked [g]
Supper	17:0	5,00	Universal rapeseed oil [g]
Supper	17:0	250,00	Tea, infusion without sugar [ml, g]

Summary of the nutritional values of the menu:

Nutrient	of 24 hours	Breakfast	Lunch	Dinner	Tea	Supper
Energy [kcal]	1984,3104	797,8468	0,0000	691,2975	0,0000	495,1661
Energy % from a meal (without eating)		40,21	0,00	34,84	0,00	24,95
Total protein [g]	110,4977	43,0897	0,0000	36,7609	0,0000	30,6471
Fat [g]	55,7349	29,5066	0,0000	14,9574	0,0000	11,2709
Total carbohydrates [g]	281,3572	96,9597	0,0000	110,2033	0,0000	74,1942
Isoleucine [mg]	5312,3586	2016,9257	0,0000	1862,8821	0,0000	1432,5508
Leucine [mg]	8251,1545	3132,6664	0,0000	2711,7458	0,0000	2406,7423
Lysine [mg]	7516,6556	2978,5013	0,0000	2786,4906	0,0000	1751,6637
Methionine [mg]	2506,5365	973,5161	0,0000	925,0110	0,0000	608,0094
Cystine [mg]	1547,6517	642,2272	0,0000	502,1386	0,0000	403,2859
Phenylalanine [mg]	4718,3956	1801,6983	0,0000	1474,8863	0,0000	1441,8110
Tryptophan [mg]	1479,7275	538,0449	0,0000	569,8965	0,0000	371,7861
Sodium [mg]	4569,1529	1153,0665	0,0000	2713,5918	0,0000	702,4946
Potassium [mg]	4077,8086	1507,4887	0,0000	1682,2484	0,0000	888,0715
Calcium [mg]	801,5204	355,2542	0,0000	199,4899	0,0000	246,7763
Phosphorus [mg]	2094,6773	940,8129	0,0000	610,8920	0,0000	542,9724
Magnesium [mg]	618,6661	282,0457	0,0000	195,4627	0,0000	141,1577
Iron [mg]	15,6058	6,7007	0,0000	3,8874	0,0000	5,0177
Zinc [mg]	13,5765	6,0671	0,0000	3,3462	0,0000	4,1632
Copper [mg]	2,2135	1,2553	0,0000	0,5252	0,0000	0,4330
Mangan [mg]	10,0956	4,6059	0,0000	2,4819	0,0000	3,0078
Retinol [µg]	182,1295	138,9120	0,0000	15,2175	0,0000	28,0000
Vitamin B1 (thiamine) [mg]	1,8846	0,9033	0,0000	0,5490	0,0000	0,4323
Vitamin B2 (riboflavin) [mg]	1,8754	0,8235	0,0000	0,4761	0,0000	0,5758
Niacyna [mg]	34,3128	13,3284	0,0000	15,6980	0,0000	5,2864
Vitamin C [mg]	177,8791	96,8400	0,0000	56,9641	0,0000	24,0750
Vitamin A [micro g]	1599,2197	166,7400	0,0000	1250,8378	0,0000	181,6419
Vitamin E [mg]	19,2878	10,9760	0,0000	5,7200	0,0000	2,5918
Vitamin B6 [mg]	2,8824	0,9480	0,0000	1,3727	0,0000	0,5617
Vitamin B12 [µg]	2,8001	1,5684	0,0000	0,5217	0,0000	0,7100
vitamin D [micro g]	0,9461	0,8644	0,0000	0,0097	0,0000	0,0720
Glucose [g]	10,6190	4,1040	0,0000	5,7266	0,0000	0,7884
Saccharose [g]	11,1297	3,0750	0,0000	6,4777	0,0000	1,5770

Fructose [g]	13,8372	4,1040	0,0000	9,0290	0,0000	0,7042
Lactose [g]	13,9141	8,4154	0,0000	2,2987	0,0000	3,2000
Starch [g]	182,8079	62,3336	0,0000	68,1359	0,0000	52,3384
Dietary fibre [g]	42,2682	13,1044	0,0000	15,9137	0,0000	13,2501
Folin [g]	454,0492	144,7778	0,0000	127,8499	0,0000	181,4215
Cholesterol [mg]	144,8882	69,9360	0,0000	60,6522	0,0000	14,3000
Fatty acids: total saturated [g]	12,1563	6,9861	0,0000	2,0886	0,0000	3,0816
Fatty acids: total monounsaturated [g]	20,1574	7,9821	0,0000	7,3543	0,0000	4,8210
Fatty acids: 18:2 [g]	17,5311	12,4982	0,0000	2,9760	0,0000	2,0569
Fatty acids: 18:3 [g]	2,3932	0,6282	0,0000	0,9788	0,0000	0,7862
Fatty acids: total polyunsaturated [g]	20,0022	13,1555	0,0000	4,0001	0,0000	2,8466
Acids n-3 [g]	2,4228	0,6282	0,0000	1,0084	0,0000	0,7862
Acids n-6 [g]	17,5694	12,5270	0,0000	2,9855	0,0000	2,0569
Salt [g]	11,4304	2,8863	0,0000	6,7860	0,0000	1,7581
Water [ml]	2277,8261	859,7590	0,0000	855,4440		0,0000
562,6231						
% of energy from protein	22,47					
% of energy from fat	24,93					
% of energy from carbohydrates assimilable.	48,55					
% energy from fibre	4,05					
	52,61					

Meal	Hour	Quantity	Product/dish
Breakfast	8:0	50,00	Barley flakes [g]
Breakfast	8:0	50,00	Boiled eggs [g]
Breakfast	8:0	10,00	Margarine "Rama" [g]
Breakfast	8:0	100,00	Red pepper [g]
Breakfast	8:0	20,00	Lettuce [g]
Breakfast	8:0	10,00	Walnuts [g]
Breakfast	8:0	20,00	Pumpkin, seeds, shelled [g]
Breakfast	8:0	150,00	Apple [g]
Breakfast	8:0	50,00	Chicken ham [g]
Breakfast	8:0	200,00	Natural yoghurt 2% fat [g]
Breakfast	8:0	100,00	Bread Graham [g]
Dinner	12:0	140,00	Tomato [g]
Dinner	12:0	330,00	Ukrainian borscht with green beans [g]
Dinner	12:0	250,00	Potatoes (average) cooked [g]
Dinner	12:0	150,00	Chinese cabbage, pepper and apple salad [g]
Dinner	12:0	15,00	Universal rapeseed oil [g]
Dinner	12:0	150,00	Tangerines [g]
Dinner	12:0	250,00	Tea, infusion without sugar [ml, g]
Dinner	12:0	200,00	Steamed cod (fillet without skin) [g]
Supper	17:0	100,00	Bread Graham [g]
Supper	17:0	120,00	Lentil paste - without eggs (pate) [g]
Supper	17:0	100,00	Tomato [g]
Supper	17:0	10,00	Chives [g]

Summary of the nutritional values of the menu:

Nutrient	of 24 hours	Breakfast	Lunch	Dinner	Tea	Supper
Energy [kcal]	2039,8226	943,5668	0,0000	677,8683	0,0000	418,3875
Energy % from a meal (excluding snacking)		46,26	0,00	33,23	0,00	20,51
Total protein [g]	110,4925	42,8663	0,0000	46,0786	0,0000	21,5476
Fat [g]	54,6164	34,0326	0,0000	17,1494	0,0000	3,4344
Carbohydrates [g]	298,1728	124,7005	0,0000	91,6859	0,0000	81,7864
Isoleucine [mg]	5077,9723	2080,5170	0,0000	2074,4964	0,0000	922,9589
Leucine [mg]	8219,6078	3281,5730	0,0000	3368,4143	0,0000	1569,6205
Lysin [mg]	7746,7404	2552,1580	0,0000	4047,7190	0,0000	1146,8634
Methionine [mg]	2406,2172	989,3320	0,0000	1132,8136	0,0000	284,0716
Cystine [mg]	1628,9855	726,8220	0,0000	537,1669	0,0000	364,9966
Phenylalanine [mg]	4850,7792	1930,3990	0,0000	1851,9498	0,0000	1068,4304
Tryptophan [mg]	1355,4775	559,0940	0,0000	574,9354	0,0000	221,4481
Sodium [mg]	4218,5579	1337,4150	0,0000	2245,5304	0,0000	635,6125
Potassium [mg]	5908,9405	1603,9690	0,0000	3304,4428	0,0000	1000,5287
Calcium [mg]	706,2822	436,8500	0,0000	196,0805	0,0000	73,3517
Phosphorus [mg]	2010,1394	1068,0290	0,0000	583,4392	0,0000	358,6712
Magnesium [mg]	613,4080	287,6340	0,0000	214,6778	0,0000	111,0962
Iron [mg]	21,8145	9,6440	0,0000	6,4836	0,0000	5,6869
Zinc [mg]	14,7235	7,2434	0,0000	3,5756	0,0000	3,9045
Copper [mg]	2,3517	0,9147	0,0000	0,7480	0,0000	0,6890
Mangan [mg]	6,8346	2,4934	0,0000	2,1060	0,0000	2,2352
Retinol [µg]	244,0000	231,0400	0,0000	12,9600	0,0000	0,0000
Vitamin B1 (thiamine) [mg]	1,8553	0,5611	0,0000	0,6422	0,0000	0,6520
Vitamin B2 (riboflavin) [mg]	1,8712	1,0562	0,0000	0,5175	0,0000	0,2975
Niacyna [mg]	26,4235	8,8347	0,0000	11,6200	0,0000	5,9688
Vitamin C [mg]	316,5894	135,2826	0,0000	149,3793	0,0000	31,9275
Vitamin A [micro g]	1714,5670	721,5213	0,0000	653,7571	0,0000	339,2886
Vitamin E [mg]	21,6220	10,7173	0,0000	8,3891	0,0000	2,5156
Vitamin B6 [mg]	3,6668	1,0983	0,0000	2,0077	0,0000	0,5608
Vitamin B12 [µg]	3,4811	1,7531	0,0000	1,7280	0,0000	0,0000
vitamin D [micro g]	3,5319	1,5879	0,0000	1,9440	0,0000	0,0000
Glucose [g]	12,5325	4,0386	0,0000	6,8964	0,0000	1,5975

Saccharose [g]	24,2077	5,7225	0,0000	16,7530	0,0000	1,7322
Fructose [g]	17,9287	8,0285	0,0000	8,0523	0,0000	1,8479
Lactose [g]	6,4400	6,4400	0,0000	0,0000	0,0000	0,0000
Starch [g]	178,4728	72,9655	0,0000	44,0763	0,0000	61,4310
Dietary fibre [g]	44,2744	16,6053	0,0000	14,6729	0,0000	12,9962
Folin [g]	556,7629	164,6123	0,0000	280,7750	0,0000	111,3756
Cholesterol [mg]	305,3200	208,1200	0,0000	97,2000	0,0000	0,0000
Fatty acids: total saturated [g]	11,5089	9,5025	0,0000	1,3926	0,0000	0,6138
Fatty acids: total monounsaturated [g]	20,4798	10,2425	0,0000	9,6030	0,0000	0,6343
Fatty acids: 18:2 [g]	15,2281	10,3985	0,0000	3,1868	0,0000	1,6428
Fatty acids: 18:3 [g]	2,6465	0,9679	0,0000	1,4290	0,0000	0,2496
Fatty acids: total polyunsaturated [g]	18,2246	11,4721	0,0000	4,8602	0,0000	1,8923
Acids n-3 [g]	2,9383	1,0459	0,0000	1,6428	0,0000	0,2496
Acids n-6 [g]	15,2754	10,4264	0,0000	3,2062	0,0000	1,6428
Salt [g]	10,5518	3,3447	0,0000	5,6182	0,0000	1,5889
Water [ml]	1967,1607	481,3668	0,0000	1271,8268	0,0000	213,9671
% of energy from protein	21,89					
% of energy from fat	23,81					
% of energy from carbohydrates digestible.	50,17					
% energy from fibre	4,13					
	54,30					

Meal	Hour	Quantity	Product/dish
Breakfast	8:0	50,00	Oatmeal [g]
Breakfast	8:0	30,00	Pumpkin, seeds, shelled [g]
Breakfast	8:0	150,00	Plums [g]
Breakfast	8:0	120,00	Soya paste [g]
Breakfast	8:0	100,00	Cucumber [g]
Breakfast	8:0	250,00	Tea, sugar-free [ml, g]
Breakfast	8:0	20,00	Butter lettuce [g]
Breakfast	8:0	100,00	Bread Graham [g]
Breakfast	8:0	200,00	Natural yoghurt 2% fat [g]
Dinner	12:0	150,00	Cooked buckwheat groats [g]
Dinner	12:0	330,00	Vegetable soup [g]
Dinner	12:0	250,00	Chicken cooked in vegetables [g]
Dinner	12:0	150,00	Salad of white cabbage, carrots, tomatoes, peppers [g]
Dinner	12:0	10,00	Universal rapeseed oil [g]
Dinner	12:0	150,00	Apple [g]
Dinner	12:0	250,00	Tea, Sugar-free [ml, g]
Supper	17:0	10,00	Chives [g]
Supper	17:0	30,00	Natural yoghurt 2% fat [g]
Supper	17:0	60,00	Ser twarogowy półtusty [g]
Supper	17:0	10,00	Chives [g]
Supper	17:0	10,00	Margarine "Rama" [g]
Supper	17:0	150,00	Radish [g]
Supper	17:0	250,00	Tea, infusion without sugar [ml, g]
Supper	17:0	100,00	Bread Graham [g]
Supper	17:0	20,00	Butter lettuce [g]

Summary of the nutritional values of the menu:

Nutrient	of 24 hours	Breakfast	Lunch	Dinner	Tea	Supper
Energy [kcal]	1999,5055	944,7439	0,0000	638,1348	0,0000	416,6268
Energy % from a meal (without eating)		47,25	0,00	31,91	0,00	20,84
Total protein [g]	100,4700	45,3928	0,0000	32,1326	0,0000	22,9446
Fat [g]	63,7313	29,9035	0,0000	21,3438	0,0000	12,4840
Total carbohydrates [g]	278,8987	133,3554	0,0000	87,4877	0,0000	58,0556
Isoleucine [mg]	4803,5483	2146,3870	0,0000	1602,3633	0,0000	1054,7980
Leucine [mg]	7492,5419	3462,5234	0,0000	2265,3065	0,0000	1764,7120
Lysin [mg]	6077,4850	2565,3777	0,0000	2354,5363	0,0000	1157,5710
Methionine [mg]	2092,9353	862,4979	0,0000	731,3164	0,0000	499,1210
Cystine [mg]	1663,8796	839,0252	0,0000	489,1334	0,0000	335,7210
Phenylalanine [mg]	4310,4257	2061,9432	0,0000	1199,7995	0,0000	1048,6830
Tryptophan [mg]	1391,9051	631,9850	0,0000	487,9371	0,0000	271,9830
Sodium [mg]	4240,4551	957,5499	0,0000	2752,4142	0,0000	530,4910
Potassium [mg]	4813,8743	2310,2368	0,0000	1816,7375	0,0000	686,9000
Calcium [mg]	987,6306	557,2888	0,0000	238,0908	0,0000	192,2510
Phosphorus [mg]	2297,9881	1315,5838	0,0000	592,7093	0,0000	389,6950
Magnesium [mg]	755,0797	434,6710	0,0000	229,7417	0,0000	90,6670
Iron [mg]	23,2695	13,8824	0,0000	5,6162	0,0000	3,7709
Zinc [mg]	17,0238	8,8093	0,0000	5,0834	0,0000	3,1311
Copper [mg]	2,7288	1,8277	0,0000	0,6175	0,0000	0,2836
Mangan [mg]	11,6601	6,1770	0,0000	2,9951	0,0000	2,4880
Retinol [µg] 155,3345		28,0000	0,0000	12,7345	0,0000	114,6000
Vitamin B1 (thiamine) [mg]	1,8392	0,9035	0,0000	0,6192	0,0000	0,3165
Vitamin B2 (riboflavin) [mg]	1,9624	0,9484	0,0000	0,5425	0,0000	0,4715
Niacyna [mg]	21,1952	6,9769	0,0000	9,4664	0,0000	4,7519
Vitamin C [mg]	180,8365	43,0866	0,0000	110,1373	0,0000	27,6126
Vitamin A [micro g]	1718,2418	266,1492	0,0000	1206,5086	0,0000	245,5840
Vitamin E [mg]	21,5136	11,9359	0,0000	7,4198	0,0000	2,1579
Vitamin B6 [mg]	2,3429	0,7040	0,0000	1,2872	0,0000	0,3517
Vitamin B12 [µg]	1,8808	1,0120	0,0000	0,2388	0,0000	0,6300

vitamin D [micro g]	2,2160	0,0600	0,0000	1,3430	0,0000	0,8130
Glucose [g]	14,4766	5,6310	0,0000	7,6179	0,0000	1,2277
Saccharose [g]	17,4438	10,0537	0,0000	6,6600	0,0000	0,7301
Fructose [g]	15,3507	3,6181	0,0000	10,9477	0,0000	0,7849
Lactose [g]	9,3200	6,4000	0,0000	0,0000	0,0000	2,9200
Starch [g]	158,5747	73,8736	0,0000	43,4066	0,0000	41,2945
Dietary fibre [g]	45,9904	20,1346	0,0000	16,4855	0,0000	9,3703
Folin [g]	517,0704	207,5310	0,0000	193,9634	0,0000	115,5760
Cholesterol [mg]	95,7555	16,0000	0,0000	67,1555	0,0000	12,6000
Fatty acids: total saturated [g]	15,1844	6,8801	0,0000	3,5281	0,0000	4,7762
Fatty acids: total monounsaturated [g]	22,8710	8,4763	0,0000	10,4130	0,0000	3,9817
Fatty acids: 18:2 [g]	18,8371	11,8734	0,0000	4,2814	0,0000	2,6823
Fatty acids: 18:3 [g]	2,5283	0,8165	0,0000	1,2034	0,0000	0,5084
Fatty acids: total polyunsaturated [g]	21,3811	12,6899	0,0000	5,5005	0,0000	3,1907
Acids n-3 [g]	2,5283	0,8165	0,0000	1,2034	0,0000	0,5084
Acids n-6 [g]	18,8461	11,8734	0,0000	4,2904	0,0000	2,6823
Salt [g]	10,6083	2,3962	0,0000	6,8841	0,0000	1,3280
Water [ml]	2335,5624	759,0274	0,0000	1096,4252	0,0000	480,1098
% of energy from protein	20,35					
% of energy from fat	28,27					
% of energy from carbohydrates adsorbable	46,99					
% energy from fibre	4,39					
	51,38					

Meal	Hour	Quantity	Product/dish
Breakfast	8:0	50,00	Boiled eggs [g]
Breakfast	8:0	10,00	Margarine "Rama" [g]
Breakfast	8:0	100,00	Tomato [g]
Breakfast	8:0	10,00	Chives [g]
Breakfast	8:0	250,00	Tea, infusion without sugar [ml, g]
Breakfast	8:0	50,00	Oatmeal [g]
Breakfast	8:0	10,00	Walnuts [g]
Breakfast	8:0	20,00	Sunflower, shelled seeds [g]
Breakfast	8:0	150,00	Apple [g]
Breakfast	8:0	100,00	Bread Graham [g]
Breakfast	8:0	100,00	Cottage cheese, grainy [g]
Breakfast	8:0	200,00	Yogurt natural 2% fat [g]
Dinner	12:0	100,00	Cooked lentils [g]
Dinner	12:0	50,00	Carrot [g]
Dinner	12:0	150,00	Pasta eggless cooked [g]
Dinner	12:0	10,00	Universal rapeseed oil [g]
Dinner	12:0	150,00	Cooked broccoli [g]
Dinner	12:0	250,00	Tea, infusion without sugar [ml, g]
Dinner	12:0	150,00	Tangerines [g]
Dinner	12:0	150,00	Tomato [g]
Dinner	12:0	330,00	Cauliflower soup with potatoes [g]
Supper	17:0	50,00	Pickled cucumber [g]
Supper	17:0	10,00	Margarine "Rama" [g]
Supper	17:0	250,00	Tea, infusion without sugar [ml, g]
Supper	17:0	100,00	Bread Graham [g]
Supper	17:0	100,00	Turkey ham [g]
Supper	17:0	50,00	Red pepper [g]

Summary of the nutritional values of the menu:

Nutrient	of 24 hours	Breakfast	Lunch	Dinner	Tea	Supper
Energy [kcal]	1999,2273	985,4750	0,0000	620,3723	0,0000	393,3800
Energy % from a meal (without eating)		49,29	0,00	31,03	0,00	19,68
Total protein [g]	102,0094	48,1144	0,0000	27,8665	0,0000	26,0285
Fat [g]	60,9530	36,9742	0,0000	13,4803	0,0000	10,4985
Total carbohydrates [g]	280,7895	122,6403	0,0000	105,5582	0,0000	52,5910
Isoleucine [mg]	4742,4653	2376,7280	0,0000	1190,5423	0,0000	1175,1950
Leucine [mg]	7646,1815	3883,4170	0,0000	1918,2795	0,0000	1844,4850
Lysine [mg]	6276,2351	2626,0790	0,0000	1656,1811	0,0000	1993,9750
Methionine [mg]	2120,8491	1135,7720	0,0000	360,3271	0,0000	624,7500
Cystine [mg]	1589,3897	864,0620	0,0000	371,3477	0,0000	353,9800
Phenylalanine [mg]	4570,8845	2261,8320	0,0000	1293,0025	0,0000	1016,0500
Tryptophan [mg]	1209,7358	580,7570	0,0000	317,2338	0,0000	311,7450
Sodium [mg]	4591,5066	1054,3630	0,0000	2123,1486	0,0000	1413,9950
Potassium [mg]	4571,5957	1603,1630	0,0000	2183,0377	0,0000	785,3950
Calcium [mg]	806,6454	554,2130	0,0000	200,0274	0,0000	52,4050
Phosphorus [mg]	1889,3155	1080,4230	0,0000	399,6575	0,0000	409,2350
Magnesium [mg]	545,3290	268,2540	0,0000	153,1800	0,0000	123,8950
Iron [mg]	17,9062	7,5022	0,0000	6,9230	0,0000	3,4810
Zinc [mg]	14,7303	6,9412	0,0000	3,7152	0,0000	4,0739
Copper [mg]	2,1844	1,0853	0,0000	0,7675	0,0000	0,3316
Mangan [mg]	10,5705	5,2645	0,0000	2,9339	0,0000	2,3721
Retinol [µg]	344,8800	242,4000	0,0000	0,0000	0,0000	102,4800
Vitamin B1 (thiamine) [mg]	2,0643	0,9949	0,0000	0,7707	0,0000	0,2987
Vitamin B2 (riboflavin) [mg]	2,0810	1,1975	0,0000	0,5460	0,0000	0,3375
Niacin [mg]	23,8495	7,7113	0,0000	5,0884	0,0000	11,0498
Vitamin C [mg]	265,1602	38,0640	0,0000	163,8962	0,0000	63,2000
Vitamin A [micro g]	1985,9942	408,0963	0,0000	1242,5179	0,0000	335,3800
Vitamin E [mg]	20,7785	10,6215	0,0000	7,1253	0,0000	3,0317

Vitamin B6 [mg]	2,5543	0,7945	0,0000	1,0341	0,0000	0,7257
Vitamin B12 [µg]	3,1347	2,3187	0,0000	0,0000	0,0000	0,8160
vitamin D [micro g]	2,4663	1,6395	0,0000	0,0000	0,0000	0,8268
Glucose [g]	11,0640	3,4043	0,0000	6,7672	0,0000	0,8925
Saccharose [g]	20,3322	5,8213	0,0000	14,0724	0,0000	0,4385
Fructose [g]	14,9925	7,4242	0,0000	6,5483	0,0000	1,0200
Laktoza [g]	9,7800	9,7400	0,0000	0,0000	0,0000	0,0400
Starch [g]	175,2798	75,2065	0,0000	58,7808	0,0000	41,2925
Dietary fibre [g]	39,3922	14,9070	0,0000	16,9852	0,0000	7,5000
Folin [g]	559,6564	209,8843	0,0000	262,0921	0,0000	87,6800
Cholesterol [mg]	243,2800	187,6000	0,0000	0,0000	0,0000	55,6800
Fatty acids: total saturated [g]	15,2820	10,8448	0,0000	1,2257	0,0000	3,2115
Fatty acids: total monounsaturated [g]	20,6975	10,3889	0,0000	6,7483	0,0000	3,5603
Fatty acids: 18:2 [g]	17,9127	11,9225	0,0000	3,0523	0,0000	2,9379
Fatty acids: 18:3 [g]	2,4603	0,8348	0,0000	1,2146	0,0000	0,4109
Fatty acids: total polyunsaturated [g]	20,4519	12,8006	0,0000	4,2737	0,0000	3,3776
Acids n-3 [g]	2,4951	0,8696	0,0000	1,2146	0,0000	0,4109
Acids n-6 [g]	17,9502	11,9312	0,0000	3,0523	0,0000	2,9667
Salt [g]	11,4853	2,6377	0,0000	5,3109	0,0000	3,5367
Water [ml]	2375,7912	783,3920	0,0000	1138,5822	0,0000	453,8170
% of energy from protein	20,59					
% of energy from fat	27,03					
% of energy from carbohydrates adsorbable.	48,63					
% energy from fibre	3,75					
	52,38					

Menu for: METABOLIC MODEL DIET - 52.94 years per day 28.11.2022

Meal	Hour	Quantity	Product/dish
Breakfast	8:0	10,00	Margarine "Rama" [g]
Breakfast	8:0	250,00	Tea, infusion without sugar [ml, g]
Breakfast	8:0	150,00	Frozen strawberries [g]
Breakfast	8:0	20,00	Butter lettuce [g]
Breakfast	8:0	100,00	Tomato [g]
Breakfast	8:0	30,00	Sunflower, shelled seeds [g]
Breakfast	8:0	100,00	Bread Graham [g]
Breakfast	8:0	230,00	Milk, 2% fat [ml]
Breakfast	8:0	100,00	Cooked millet groats [g]
Breakfast	8:0	60,00	Cheese light [g]
Dinner	12:0	330,00	Cucumber soup [g]
Dinner	12:0	150,00	Soybean stew [g]
Dinner	12:0	5,00	Universal rapeseed oil [g]
Dinner	12:0	150,00	Green Bean [g]
Dinner	12:0	150,00	White cabbage and carrot salad [g]
Dinner	12:0	5,00	Universal rapeseed oil [g]
Dinner	12:0	250,00	Tea, infusion without sugar [ml, g]
Dinner	12:0	150,00	Apple [g]
Dinner	12:0	150,00	Barley groats, Cooked
Supper	17:0	10,00	Margarine "Rama" [g]
Supper	17:0	100,00	Cucumber [g]
Supper	17:0	250,00	Tea, infusion without sugar [ml, g]
Supper	17:0	100,00	Turkey ham [g]
Supper	17:0	100,00	Bread Graham [g]

Summary of the nutritional values of the menu:

Nutrient	of 24 hours	Breakfast	Lunch	Dinner	Tea	Supper
Energy [kcal]	2003,9393	928,9978	0,0000	691,0815	0,0000	383,8600
Energy % from a meal (without eating)		46,36	0,00	34,49	0,00	19,16
Total protein [g]	99,6564	46,1784	0,0000	27,9980	0,0000	25,4800
Fat [g]	69,4843	38,4402	0,0000	20,7361		0,0000
10,3080						
Total carbohydrates [g]	266,2550	106,6525	0,0000	108,6785	0,0000	50,9240
Isoleucine [mg]	4540,2269	2121,5020	0,0000	1265,2649	0,0000	1153,4600
Leucine [mg]	7389,7846	3485,3201	0,0000	2096,0245	0,0000	1808,4400
Lysine [mg]	6195,5580	2615,2570	0,0000	1616,3010	0,0000	1964,0000
Methionine [mg]	1970,2306	961,6910	0,0000	391,1796	0,0000	617,3600
Cystine [mg]	1397,1495	583,6940	0,0000	473,0955	0,0000	340,3600
Phenylalanine [mg]	4393,1976	2072,6700	0,0000	1325,6676	0,0000	994,8600
Tryptophan [mg]	1305,9708	551,7410	0,0000	451,5898	0,0000	302,6400
Sodium [mg]	4218,5109	1161,3350	0,0000	1988,0359	0,0000	1069,1400
Potassium [mg]	4454,6247	1464,0530	0,0000	2273,0517	0,0000	717,5200
Calcium [mg]	1195,2093	836,5966	0,0000	309,9327	0,0000	48,6800
Phosphorus [mg]	2045,9966	1055,2012	0,0000	591,6754	0,0000	399,1200
Magnesium [mg]	601,5178	280,4180	0,0000	217,6198	0,0000	103,4800
Iron [mg]	18,8670	7,4879	0,0000	8,2091	0,0000	3,1700
Zinc [mg]	15,0254	7,0223	0,0000	4,2769	0,0000	3,7262
Copper [mg]	2,7839	1,3156	0,0000	1,1215	0,0000	0,3468
Mangan [mg]	9,6463	4,0439	0,0000	3,2652	0,0000	2,3372
Retinol [µg]	348,7270	246,2470	0,0000	0,0000	0,0000	102,4800
Vitamin B1 (thiamine) [mg]	1,8537	1,0562	0,0000	0,4999	0,0000	0,2976
Vitamin B2 (riboflavin) [mg]	1,7571	1,0697	0,0000	0,3835	0,0000	0,3039
Niacin [mg]	23,2738	8,7589	0,0000	4,1083	0,0000	10,4066
Vitamin C [mg]	189,8443	114,0966	0,0000	69,9877	0,0000	5,7600
Vitamin A [micro g]	1454,2062	394,2930	0,0000	937,2732	0,0000	122,6400
Vitamin E [mg]	19,3605	11,8370	0,0000	5,6091	0,0000	1,9144
Vitamin B6 [mg]	2,3805	0,9325	0,0000	0,8848	0,0000	0,5632
Vitamin B12 [µg]	2,2040	1,3880	0,0000	0,0000	0,0000	0,8160

vitamin D [micro g]	1,7226	0,8958	0,0000	0,0000	0,0000	0,8268
Glucose [g]	11,5246	4,8156	0,0000	6,2050	0,0000	0,5040
Saccharose [g]	13,1461	2,9122	0,0000	9,7659	0,0000	0,4680
Fructose [g]	15,5463	5,1155	0,0000	9,9268	0,0000	0,5040
Lactose [g]	11,2743	11,2343	0,0000	0,0000	0,0000	0,0400
Starch [g]	161,7382	64,0060	0,0000	56,4602	0,0000	41,2720
Dietary fibre [g]	41,4734	13,2516	0,0000	21,4618	0,0000	6,7600
Folin [g]	434,9688	165,7690	0,0000	196,8198	0,0000	72,3800
Cholesterol [mg]	103,7920	48,1120	0,0000	0,0000	0,0000	55,6800
Fatty acids: total saturated [g]	18,6474	13,1973	0,0000	2,2745	0,0000	3,1756
Fatty acids: total monounsaturated [g]	22,0640	10,3370	0,0000	8,1752	0,0000	3,5518
Fatty acids: 18:2 [g]	21,7458	12,1413	0,0000	6,7387	0,0000	2,8658
Fatty acids: 18:3 [g]	2,7752	0,7363	0,0000	1,6661	0,0000	0,3728
Fatty acidsEC: total polyunsaturated [g]	24,5558	12,8770	0,0000	8,4114	0,0000	3,2674
Acids n-3 [g]	2,7752	0,7363	0,0000	1,6661	0,0000	0,3728
Acids n-6 [g]	21,7746	12,1413	0,0000	6,7387	0,0000	2,8946
Salt [g]	10,5540	2,9069	0,0000	4,9726	0,0000	2,6745
Water [ml]	2414,8579	846,9665	0,0000	1131,2734	0,0000	436,6180
% of energy from protein	20,03					
% of energy from fat	30,82					
% of energy from carbohydrates is consumed	45,21					
% energy from fibre	3,94					
	49,15					

Average nutritional values from 5 menus for: METABOLIC MODEL DIET from 24.11.2022 to 28.11.2022

Nutrient	implementation of standards	% EAR	% RDA	% AI
Energy [kcal]	2005,3610	91,15		
Total protein [g]	104,6252	260,59	211,36	
Fat [g]	60,9040	83,43	83,43	
Total carbohydrates [g]	281,0946			
Isoleucine [mg]	4895,3143			
Leucine [mg]	7799,8541			
Lysin [mg]	6762,5348			
Methionine [mg]	2219,3537			
Cystine [mg]	1565,4112			
Phenylalanine [mg]	4568,7365			
Tryptophan [mg]	1348,5633			
Sodium [mg]	4367,6367			291,18
Potassium [mg]	4765,3688			136,15
Calcium [mg]	899,4576	112,43	89,95	
Phosphorus [mg]	2067,6234	356,49	295,37	
Magnesium [mg]	626,8001	179,09	149,24	
Iron [mg]	19,4926	324,88	194,93	
Zinc [mg]	15,0159	159,74	136,51	
Copper [mg]	2,4525	350,35	272,50	
Mangan [mg]	9,7614			424,41
Retinol [µg]	255,0142			
Vitamin B1 (thiamine) [mg]	1,8994	172,67	146,11	
Vitamin B2 (riboflavin) [mg]	1,9094	173,58	146,88	
Niacin [mg]	25,8110	215,09	161,32	
Vitamin C [mg]	226,0619	301,42	251,18	
Vitamin A [micro g]	1694,4458	268,96	188,27	
Vitamin E [mg]	20,5125			205,12
Vitamin B6 [mg]	2,7654	197,53	162,67	
Vitamin B12 [µg]	2,7001	135,01	112,51	
vitamin D [micro g]	2,1766			14,51
Glucose [g]	12,0433			
Saccharose [g]	17,2519			
Fructose [g]	15,5311			
Lactose [g]	10,1457			
Starch [g]	171,3747			
Dietary fibre [g]	42,6797			170,72
Folin [g]	504,5015	157,66	126,13	
Cholesterol [mg]	178,6071			
Fatty acids: total saturated [g]	14,5558			108,63
Fatty acids: total monounsaturated [g]	21,2539			
Fatty acids: 18:2 [g]	18,2510			186,66
Fatty acids: 18:3 [g]	2,5607			213,39
Fatty acids: total polyunsaturated [g]	20,9231			
Acids n-3 [g]	2,6319			
Acids n-6 [g]	18,2831			
Salt [g]	10,9260			
Water [ml]	2274,2397			90,97
% of energy from protein	21,07			
% of energy from fat	26,96			
% of energy from carbohydrates adsorbable.	47,92			
% energy from fibre	4,05			
% of energy from total carbohydrates	51,97			

Reference % of energy from total carbohydrates (digestible + fibre): 45%-65%