

|                          | Esmaspäev                       | Teisipäev                       | Kolmapäev                       | Neljapäev                       | Reede                           | Nädala keskmine                 |
|--------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>Kool</b>              |                                 |                                 |                                 |                                 |                                 |                                 |
| <b>Energia</b>           | <b>735kcal</b><br><b>3074kj</b> | <b>568kcal</b><br><b>2376kj</b> | <b>764kcal</b><br><b>3198kj</b> | <b>582kcal</b><br><b>2435kj</b> | <b>699kcal</b><br><b>2923kj</b> | <b>670kcal</b><br><b>2801kj</b> |
| <b>Valgud</b>            | <b>22.07g</b> 12.01%            | <b>23.05g</b> 16.24%            | <b>21.54g</b> 11.27%            | <b>19.86g</b> 13.65%            | <b>21.81g</b> 12.48%            | <b>21.66g</b> 12.93%            |
| <b>Rasvad</b>            | <b>32.57g</b> 39.90%            | <b>23.44g</b> 37.16%            | <b>21.69g</b> 25.55%            | <b>17.94g</b> 27.75%            | <b>22.42g</b> 28.87%            | <b>23.61g</b> 31.72%            |
| <b>Süsivesikud kokku</b> | <b>89.39g</b> 48.08%            | <b>67.14g</b> 46.61%            | <b>121.84g</b> 63.18%           | <b>86.57g</b> 58.61%            | <b>102.86g</b> 58.65%           | <b>93.56g</b> 52.28%            |