

Supplementary S1: The questionnaire

Evaluation of patient nutrition in internal medicine and cardiology ward – Cardiology and Internal Medicine Departments Diet (CDDA assessment)

Dear Sir or Madam,

as part of the activities of the Student Scientific Society of Lifestyle Medicine operating at III Department of Internal Diseases and Cardiology of the Medical University of Warsaw, we run study with the acronym CDDA (Cardiology and Internal Medicine Departments Diet Assessment), in which we analyse menus of hospital diets received by patients in wards: cardiology and internal medicine.

The aim of our scientific investigations is to answer the question: is the composition of the diets proposed in Polish cardiology and internal medicine departments in line with the latest ESC guidelines 2021 on cardiovascular prevention. We want to perform a multicenter research. Its results will show the current situation of nutrition in Polish hospitals and create an opportunity to discuss the scale of the problem and any necessary changes. Please complete the questionnaire below and attach the decade menu at the end of the files (from 10 consecutive days) or, in the absence of it, weekly (7-day) basic (standard) diet and for a cardiological patient, if they are available in your ward. It is best that the menus contain the grammage of the ingredients. Any data you provide to us will be anonymized so that they do not indicate to a specific facility. They will be used only for this study. We will be very grateful for your help, without which the study will not be possible.

If you have any doubts about the survey, menus or the study itself, please contact us e-mail: badanie.kardiologiczne@gmail.com

Gratefully,

Alicja Jodczyk

Dr. med. Alicja Kucharska

Dr. med. Daniel Śliż - supervisor of SKN Lifestyle Medicine of the Medical University of Warsaw

1. Please provide an e-mail address
2. Name and Surname
3. E- mail address for contact
4. Name of the hospital
5. Type of the hospital (choose only one answer)
 - 1st degree of reference
 - 2nd degree of reference
 - 3rd degree of reference
6. City
7. How many beds in total are there in your hospital?
8. How many internal medicine beds are there in your hospital? *
9. How many cardiology beds are there in your hospital? *
10. Is there a dietitian in your ward? (choose one answer)
 - Yes
 - No
11. Is there nutrition education for patients in your ward? (you can choose more than one answer)
 - Yes, by a nutritionist
 - Yes, by a doctor
 - Yes, by a nurse

- Yes, occasionally by people outside the hospital
 - NO
12. Where are meals prepared for patients in your hospital? *(choose one answer)
- Hospital kitchen
 - Catering
13. Please provide the contact to the hospital kitchen or the person responsible for nutrition in your hospital (in the absence of a kitchen and the use of catering hospital, please enter "not applicable")
14. Name and contact of the catering company (if you do not use hospital from the services of a catering company, please enter "not applicable")
15. Is a diabetic patient on a special diet in your hospital?
16. Does a "cardiac" patient in your hospital get a different dedicated diet?
17. Can a patient choose a vegetarian (meatless) diet in your hospital? *
18. Can a patient choose a vegetarian (meatless) diet in your hospital? *

Please attach the menus below or send them by e-mail: badanie.kardiologiczne@gmail.com

Supplementary S2: Reference diet

Menu for: METABOLIC MODEL DIET - 52,93 years per day

24.11.2022

| 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 półtłusty [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%