

EXAMPLES OF DIANA-5 LUNCH

WINTER MENU

Miso soup with onions
Brown rice with pumpkins cream and leeks
Mackerel patè
Durum wheat bread croutons
Marinated vegetables with humeboshi vinegar
Stewed vegetales
Cereal coffee

SUMMER MENU

Fresh salad
Basmati rice with vegetables
Chickpeas humus
Marinated vegetables with humeboshi vinegar
Stewed vegetales
Fruit kanten

	Winter Menu	Summer Menu	*LARN
Kcal	496	525	
Protein	16%	13%	12-18%
Total fat	29%	28%	25-30%
Saturated	2%	4%	10 %
Monounsaturated	13%	2%	
Polyunsaturated	5%	5%	5-10%
Carbohydrate	55%	59%	45-60%
of which sugars	12%	13%	< 15%
Fiber	12.5 g	9.0 g	30 g
Cholesterol	20.8 mg	0 mg	< 300 mg

*LARN – about 30% of daily intake of 1870kcal (Levels of reference intake of nutrients and energy for women age 30-74 years)