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| **Сводная таблица пищевой ценности** |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Дни** | **Пищевые вещества ( г)** | | | **Энерг. цен-ть** | | | **Витамины ( мг )** | | | | | **Минеральные вещества ( мг )** | | | | |  | Б | Ж | У | |  | В1 | | С | А | Е | Ca | | P | Mg | Fe | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | | 1 | 36,66 | 34,58 | 195,42 | | 1244,26 | 0,44 | | 21,76 | 0,61 | 6,09 | 281,75 | | 521,98 | 140,44 | 29,75 | | 2 | 51,15 | 39,68 | 229,18 | | 1482,40 | 0,82 | | 124,54 | 0,27 | 7,99 | 255,70 | | 738,81 | 316,48 | 11,60 | | 3 | 52,26 | 55,48 | 210,30 | | 1547,90 | 0,58 | | 14,34 | 0,23 | 4,26 | 542,32 | | 592,40 | 230,19 | 9,68 | | 4 | 40,44 | 36,53 | 196,56 | | 1277,74 | 0,66 | | 32,38 | 60,31 | 6,16 | 393,22 | | 695,80 | 190,03 | 31,18 | | 5 | 52,53 | 63,30 | 227,69 | | 1756,30 | 0,71 | | 39,20 | 0,17 | 6,40 | 443,42 | | 814,35 | 320,52 | 10,12 | | 6 | 47,73 | 52,85 | 215,62 | | 1520,25 | 0,69 | | 11,50 | 86,31 | 4,25 | 389,87 | | 958,30 | 355,28 | 14,61 | | 7 | 49,78 | 48,84 | 224,56 | | 1558,44 | 0,66 | | 41,46 | 43,19 | 2,77 | 492,41 | | 824,85 | 269,22 | 9,13 | | 8 | 47,46 | 42,88 | 224,46 | | 1472,51 | 0,69 | | 14,51 | 0,45 | 5,35 | 317,68 | | 649,35 | 165,24 | 31,09 | | 9 | 54,26 | 60,76 | 203,52 | | 1617,84 | 0,88 | | 30,77 | 95,49 | 6,73 | 546,39 | | 958,49 | 315,83 | 14,18 | | 10 | 44,23 | 40,48 | 231,91 | | 1474,29 | 0,66 | | 38,36 | 0,38 | 3,38 | 600,62 | | 812,84 | 298,80 | 9,05 | | 11 | 47,47 | 42,99 | 208,84 | | 1399,20 | 0,63 | | 15,43 | 1,27 | 6,99 | 304,29 | | 662,42 | 143,82 | 8,54 | | 12 | 57,10 | 45,20 | 221,32 | | 1645,54 | 0,76 | | 45,16 | 38,92 | 8,73 | 631,50 | | 972,21 | 413,52 | 13,46 | | 13 | 51,49 | 43,14 | 205,75 | | 1385,00 | 0,52 | | 125,12 | 0,45 | 7,09 | 341,26 | | 619,27 | 164,76 | 10,11 | | 14 | 41,19 | 55,54 | 186,87 | | 1442,90 | 0,72 | | 32,95 | 133,93 | 3,14 | 550,12 | | 847,18 | 240,19 | 10,21 | | 15 | 50,94 | 43,19 | 225,92 | | 1499,12 | 0,69 | | 36,55 | 28,34 | 4,77 | 170,11 | | 553,29 | 253,98 | 12,53 | | **итого** | **724,69** | **705,47** | **3207,92** | | **22323,69** | **10,10** | | **624,01** | **490,29** | **84,10** | **6260,66** | | **11221,54** | **3818,30** | **225,20** | | **среднее** | **48,313** | **47,031** | **213,861** | | **1488,246** | **0,673** | | **41,601** | **32,686** | **5,607** | **417,377** | | **748,103** | **254,553** | **15,013** | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | |  |  |  |  | |  |  | |  |  |  |  | |  |  |  | |

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