

	energ. [kJ]	bílk. [g]	Fe [mg]	vit. A [jed]	vit. C [mg]	chol[mg]	cena [Kč]
maso vepř.	1200	18.4	3.1	20	0	83	12
máslo	3000	0.6	0.2	2500	0	120	11.2
chleba	1160	7.2	0.8	0	0	1	1.5
brambory	300	1.6	0.6	40	10	0	1.2
jablka	240	0	0.5	60	2	0	1.5
eidam	1260	31.2	0.6	1100	0	71	10.6
kuře	650	20.2	1.5	0	0	57	6
jogurt	450	7	0.2	260	0	11	4.5
jahody	150	0	0.8	60	60	0	12