

FOOD GROUPS and COMPOSITION



Fats, Oils & Sweets
USE SPARINGLY

KEY
● Fat (naturally occurring and added)
▼ Sugars (added)
These symbols show fats and added sugars in foods.

Milk, Yogurt & Cheese Group
2-3 SERVINGS



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



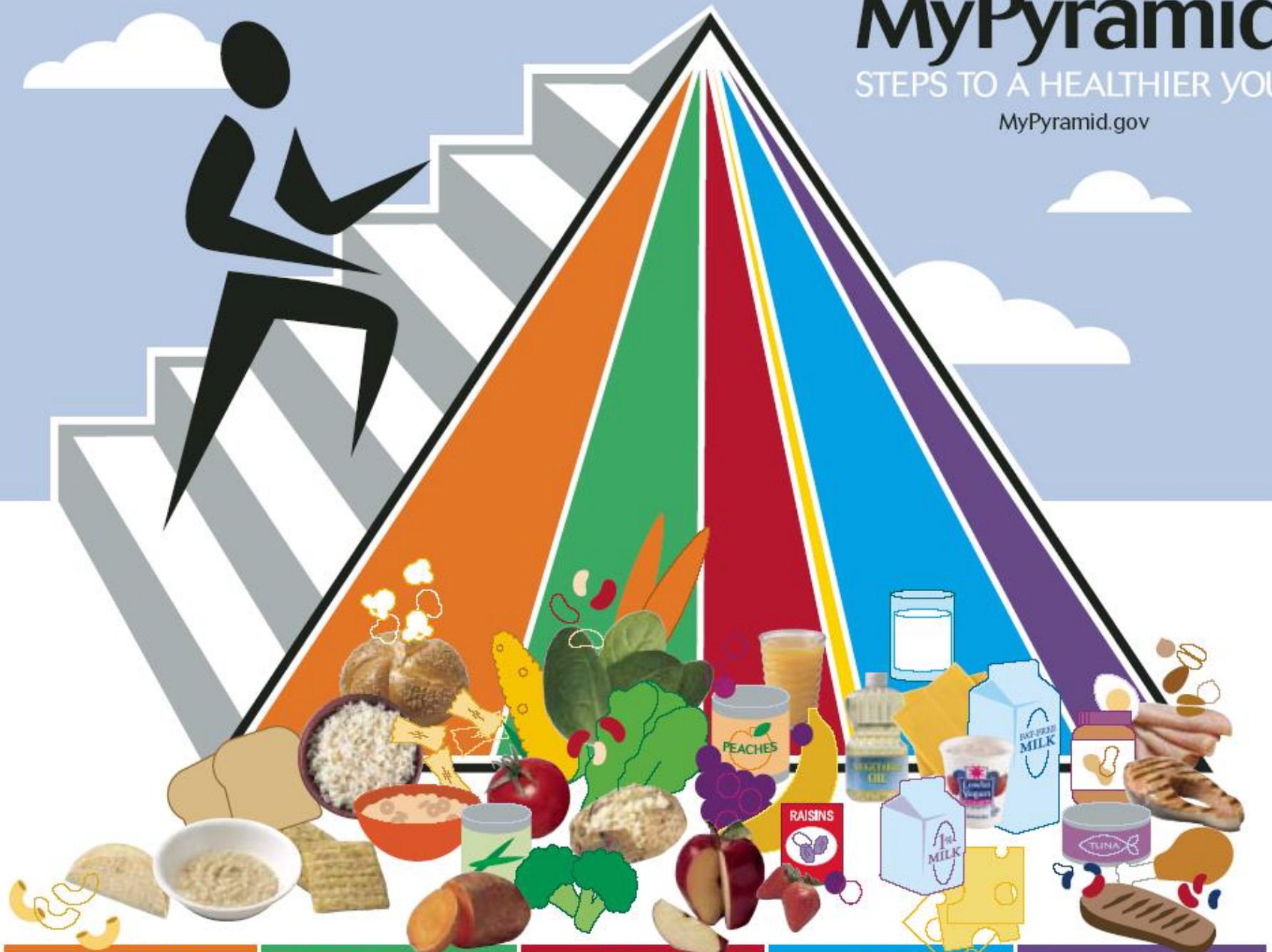
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS



MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

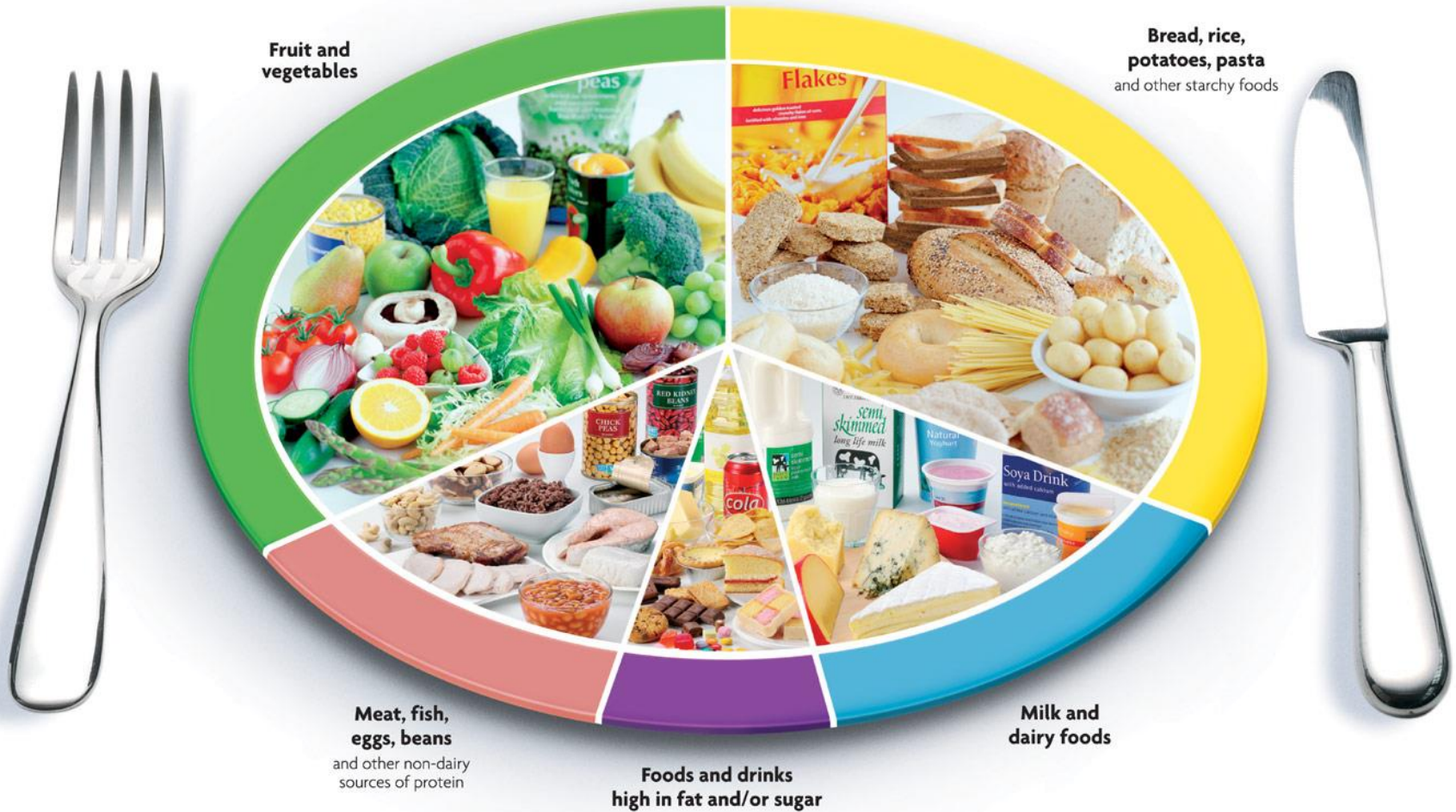
MEAT & BEANS

MyPlate Kids' Place



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 897kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more sourced beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



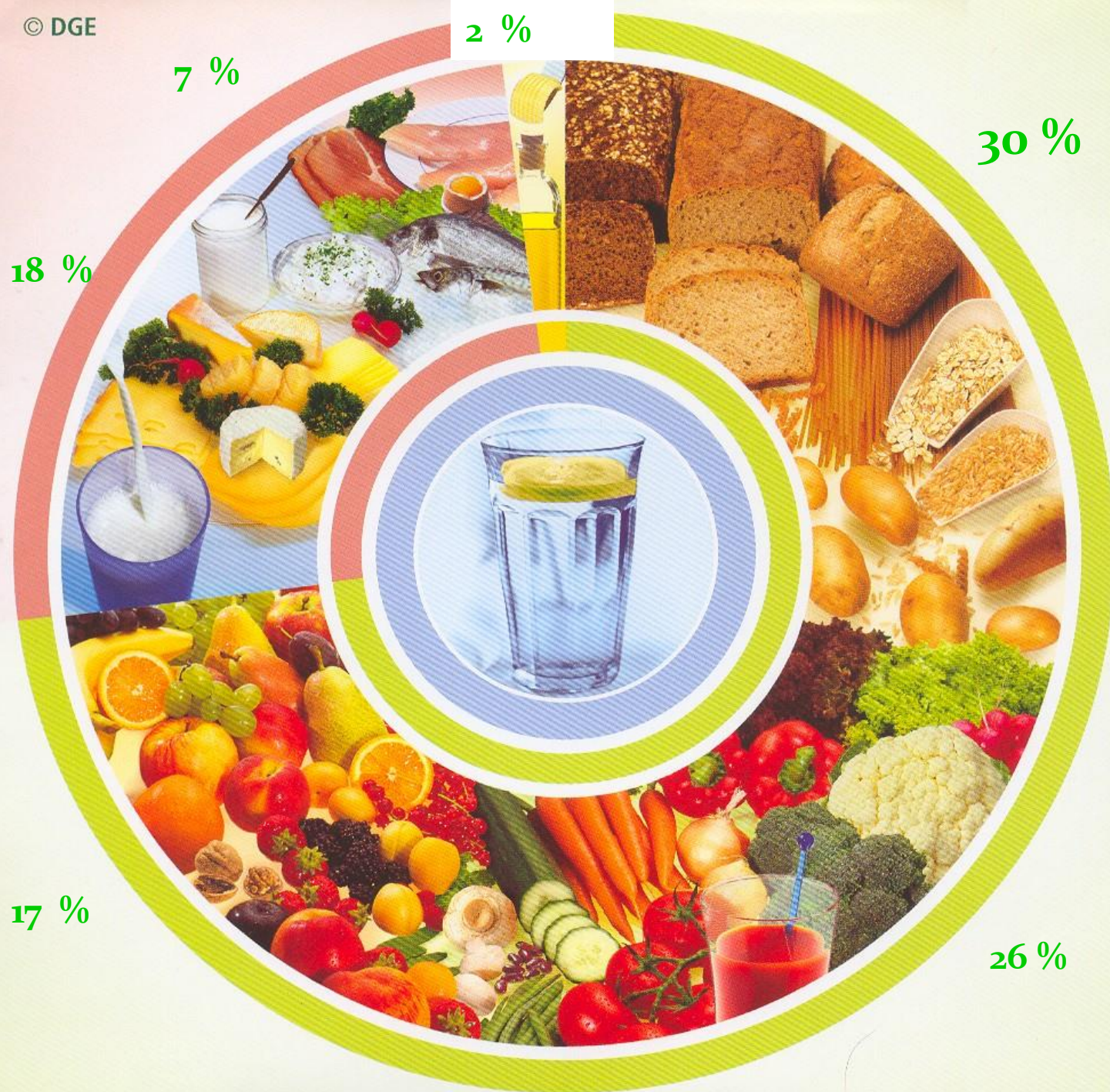
Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



2 %

7 %

30 %

18 %

17 %

26 %

Summary Report of the EAT-Lancet Commission

Healthy Diets From
Sustainable Food Systems

Food Planet Health



Summary Report of the EAT-Lancet
Commission, 2019

VIR: <https://eatforum.org/eat-lancet-commission/>



Figure 1

An integrated agenda for food in the Anthropocene recognizes that food forms an inextricable link between human health and environmental sustainability. The global food system must operate within boundaries for human health and food production to ensure healthy diets from sustainable food systems for nearly 10 billion people by 2050.

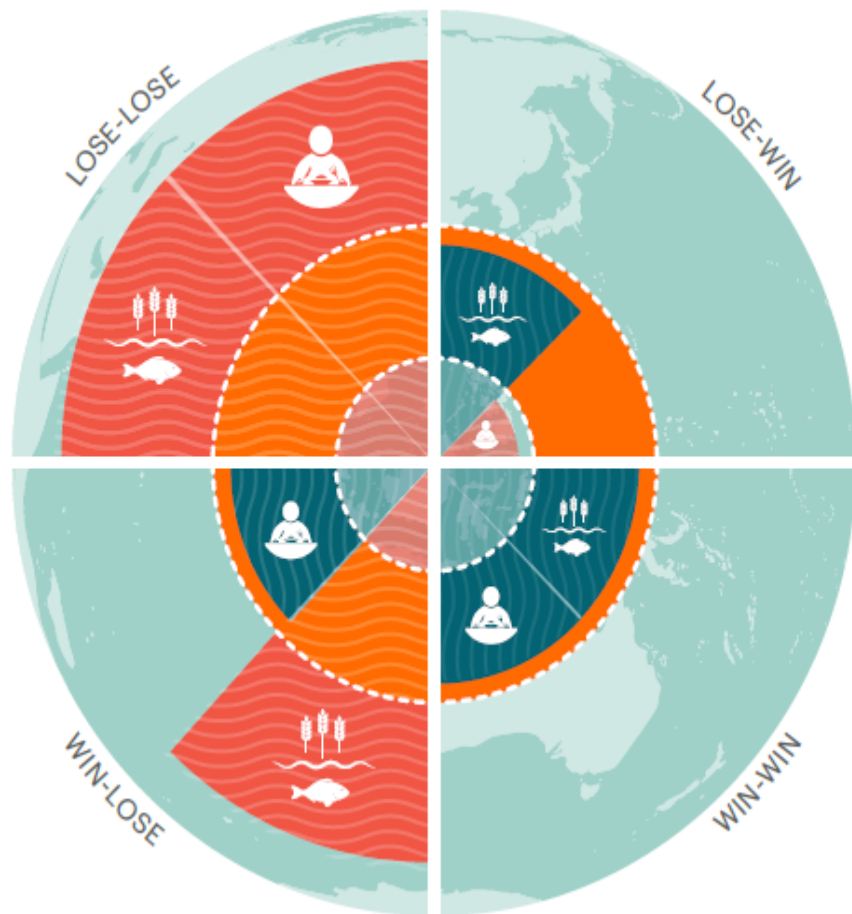
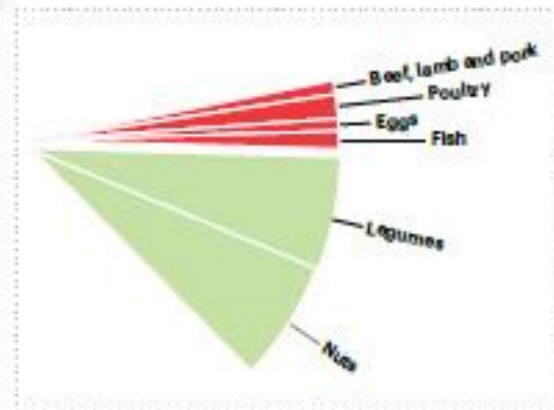


Figure 2

Scientific targets define the safe operating space for food systems and are represented here by the orange ring. The wedges represent either dietary patterns or food production, and together they reflect various dietary patterns that may or may not meet scientific targets for human health and environmental sustainability, i.e. outside of the safe operating space. These dietary patterns can be “healthy and unsustainable” (win-lose), “unhealthy and sustainable” (lose-win), “unhealthy and unsustainable” (lose-lose) and “healthy and sustainable” (win-win).



Summary Report of the EAT-Lancet Commission, 2019

Healthy Diets










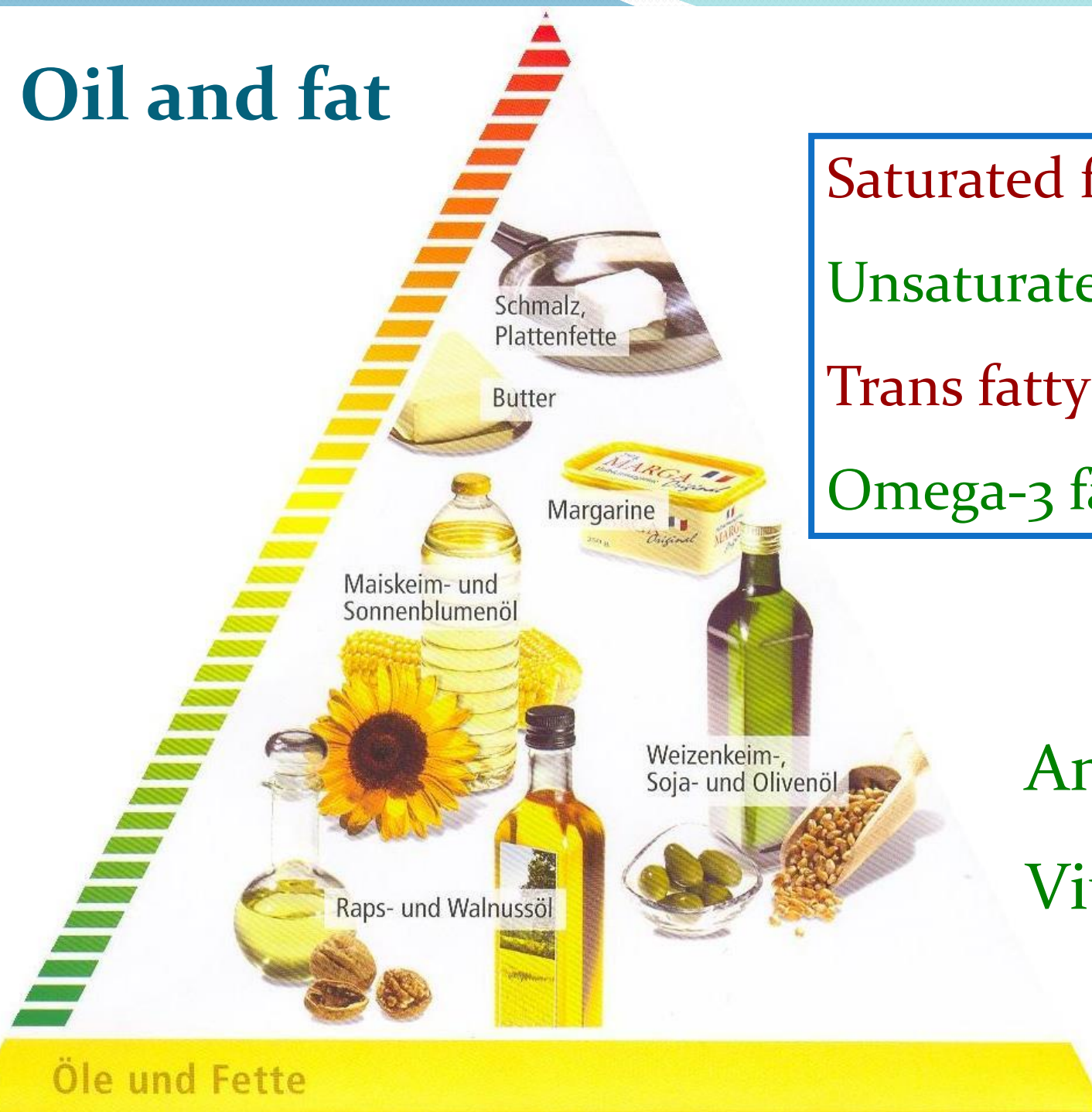
	Macronutrient Intake grams per day (possible range)	Caloric Intake kcal per day
 Whole grains Rice, wheat, corn and other	232	811
 Tubers or starchy vegetables Potatoes and cassava	50 (0–100)	39
 Vegetables All vegetables	300 (200–600)	78
 Fruits All fruits	200 (100–300)	126
 Dairy foods Whole milk or equivalents	250 (0–500)	153
 Protein sources Beef, lamb and pork	14 (0–28)	30
Chicken and other poultry	29 (0–58)	62
Eggs	13 (0–25)	19
Fish	28 (0–100)	40
 Legumes	75 (0–100)	284
Nuts	50 (0–75)	291
 Added fats Unsaturated oils	40 (20–80)	354
Saturated oils	11.8 (0–11.8)	96
 Added sugars All sugars	31 (0–31)	120

Table 1

Scientific targets for a planetary health diet, with possible ranges, for an intake of 2500 kcal/day.

Summary Report of the EAT-
Lancet Commission, 2019

Oil and fat



Saturated fatty acids

Unsaturated fatty acids

Trans fatty acids

Omega-3 fatty acids

Antioxidant

Vitamin E!

FOOD SOURCES RICH IN THE VARIOUS TYPES OF FATTY ACIDS

- **Saturated**

Butter, cheese, meat, meat products (sausages, hamburgers), full-fat milk and yoghurt, pies, pastries, lard, dripping, hard margarines and baking fats, coconut and palm oil.

The amount of saturated fat eaten has a far **greater effect on blood cholesterol levels** than the amount of cholesterol-containing foods in the diet.

- **Monounsaturated**

Olives, rapeseed, nuts (pistachio, almonds, hazelnuts, macadamia, cashew, pecan), peanuts, avocados, and their oils.

Increased levels of monounsaturated fatty acids in the diet can **reduce LDL cholesterol** levels.

Polyunsaturated

Omega-3 polyunsaturated:

Source:

Salmon, mackerel, herring, trout (particularly rich in the long chain omega-3 fatty acids **EPA** or eicosapentaenoic acid and **DHA** or docosahexaenoic acid).

Walnuts, rapeseed, soybean, flax seed, and their oils (particularly rich in **alpha-linolenic acid** (essential fatty acids)).

Omega-6 polyunsaturated:

Sunflower seeds, wheat germ, sesame, walnuts, soybean, corn and their oils. Certain margarines (read the label).

Polyunsaturated fatty acids from the omega-6 family have potent **LDL-cholesterol-lowering properties**, which helps to protect against heart disease.

Very large amounts of omega-6 polyunsaturated fats can cause a **reduction in the 'good' HDL cholesterol levels.**

Trans fatty acids

Source:

- some frying and baking fats (e.g. hydrogenated vegetable oils) used in biscuits, cakes and pastries,
- dairy products, fatty meat from beef and sheep.

Trans fatty acids **raise LDL-cholesterol** and **lower the level of the good HDL-cholesterol.**

Unsaturated fatty acids

Omega-3 fatty acids

Recommended

Oil, fish ...



Saturated fatty acids

Trans fatty acids

Not recommended

fat, butter, margarine? ...



Coconut oil consumption and cardiovascular risk factors in humans

Laurence Eyres, Michael F. Eyres, Alexandra Chisholm, and Rachel C. Brown

Nutrition Reviews, 2016, 74(4):267-280

Coconut oil is being heavily promoted as a healthy oil, with benefits that include support of heart health.

1. Coconut oil generally **raised total and low-density lipoprotein cholesterol to a greater extent than cis unsaturated plant oils, but to a lesser extent than butter.**
2. The effect of **coconut consumption** on the ratio of **total cholesterol to high-density lipoprotein cholesterol** was often **not examined.**
3. Observational evidence suggests that consumption of coconut flesh or squeezed coconut in **the context of traditional dietary patterns does not lead to adverse cardiovascular outcomes.** However, due to large differences in dietary and lifestyle patterns, these findings **cannot be applied to a typical Western diet.**
4. Overall, the weight of the evidence from intervention studies to date suggests that **replacing coconut oil with cis unsaturated fats** would alter blood lipid profiles in a manner consistent with a reduction in risk factors for cardiovascular disease.

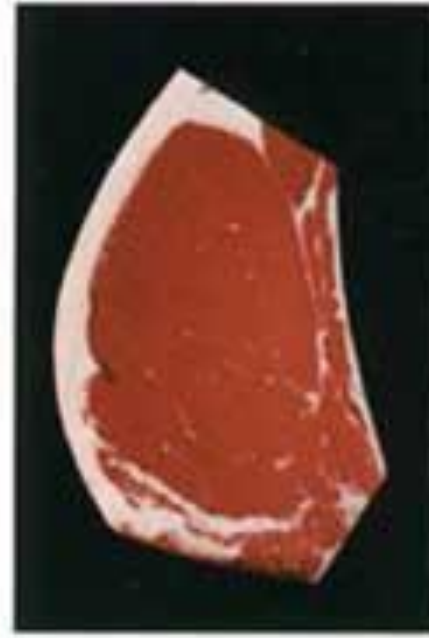
What about visible fat?



Moderately Abundant



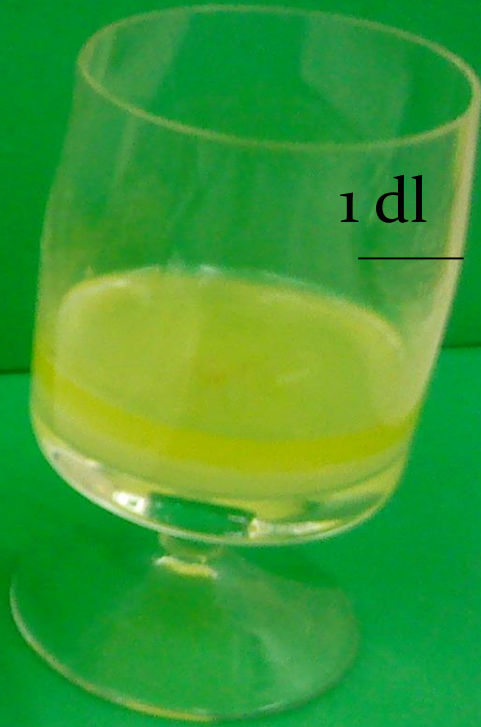
Moderate



Slight

12 g fat/100 g





Animal food



Speck

Fettreiche Fleischwaren
(Wurst), Eier, Sahne

Fettreichere Milch
und Milchprodukte,
fettreicheres Fleisch

Fettarme
Milch und
Milchprodukte

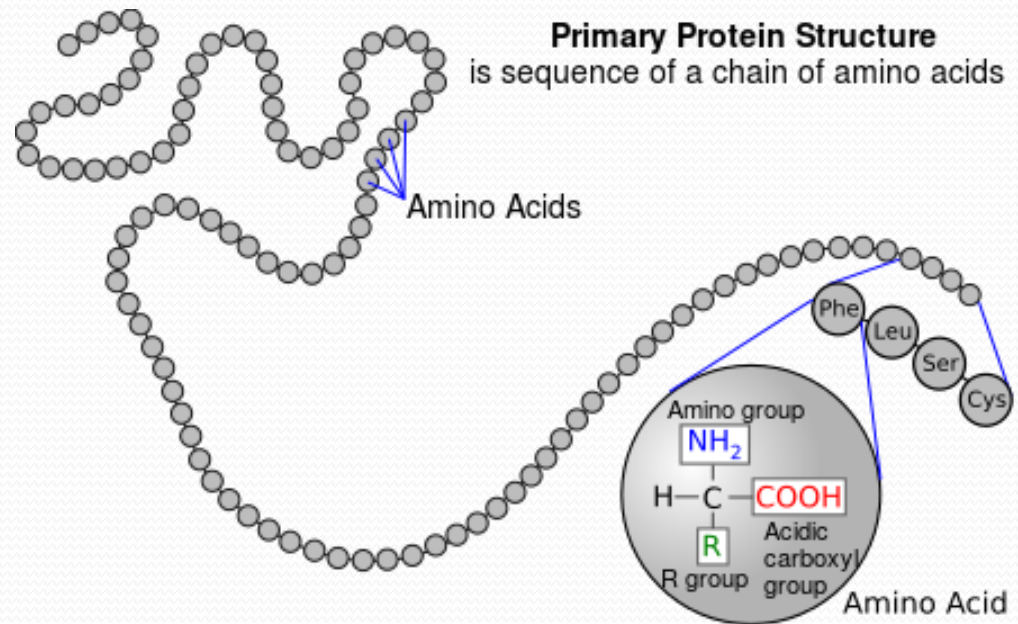
Fisch

Fettarmes Fleisch
und fettarme
Fleischwaren

Tierische Lebensmittel

Protein

- Amino acids
- 9 of the 22 standard amino acids are called **essential** for humans



Per 100g of food	Water	Protein	Fat	Mineral	Cholesterol (mg/100g)	KJ
Young beef						
Roast beef (pljučna)	75,0	22,0	2,0	0,8		420
Braciola (bržola)	71,0	21,5	4,4	1,0		540
Thigh (stegno)	76,6	20,9	0,4	1,1	70	380
Pork						
Thight	75,0	21,0	3,0	1,0	70	478
Chop with fat (zarebrnica)	74,0	18,7	5,9	0,9		540
Chop without fat	67,4	20,6	10,9	0,9	77	760
Chicken						
Chicken - all	72,5	20,6	5,6	1,1	99	573
Beet with skin	71,0	22,0	6,0	1,1	66	613
Beet without skin	75,0	22,8	0,9	1,2	50	427
Leg with skin	70,0	17,0	12,0	1,0	85	760
Leg without skin	74,7	20,6	3,1	1,2	50	475

Food composition (g/100g)

	Water	Protein	Fat	Salt (NaCl)	EV (KJ)
Frankfurter	<60	12	28	1.5	1240
Frankfurter light	70	14	13	1.5	740
Sausage	61	10	28	1.0	1206
Pate	58	14	28	1.5	1274
Kranjska klobasa	50	18	26	1.5	1268
Chicken beet salami	77	19	<3	1.5	434
Ham	75	23	3	1.5	502
Prosciutto	50	33	10	6.0	931
Dry salami	33	27	34	5	1717



American College of Physicians
Leading Internal Medicine, Improving Lives

Unprocessed Red Meat and Processed Meat Consumption: Dietary Guideline Recommendations

Embargoed until 5PM Eastern, September 30th, 2019.






2017

DIET, NUTRITION, PHYSICAL ACTIVITY AND COLORECTAL CANCER

		DECREASES RISK	INCREASES RISK
STRONG EVIDENCE	Convincing	Physical activity ^{1,2}	Processed meat ³ Alcoholic drinks ⁴ Body fatness ⁵ Adult attained height ⁶
	Probable	Wholegrains Foods containing dietary fibre ⁷ Dairy products ⁸ Calcium supplements ⁹	Red meat ¹⁰
LIMITED EVIDENCE	Limited – suggestive	Foods containing vitamin C ¹¹ Fish Vitamin D ¹² Multivitamin supplements ¹³	Low intakes of non-starchy vegetables ¹⁴ Low intakes of fruits ¹⁴ Foods containing haem iron ¹⁵
	Limited – no conclusion	Cereals (grains) and their products; potatoes; animal fat; poultry; shellfish and other seafood; fatty acid composition; cholesterol; dietary n-3 fatty acid from fish; legumes; garlic; non-dairy sources of calcium; foods containing added sugars; sugar (sucrose); coffee; tea; caffeine; carbohydrate; total fat; starch; glycaemic load; glycaemic index; folate; vitamin A; vitamin B6; vitamin E; selenium; low fat; methionine; beta-carotene; alpha-carotene; lycopene; retinol; energy intake; meal frequency; dietary pattern	
STRONG EVIDENCE	Substantial effect on risk unlikely		

- Eating more than **700 grams** (raw weight) of red meat a week increases your risk of bowel cancer.
- The risk of developing bowel cancer goes up 1.18 times for **every 50 grams** of processed meat eaten per day.

World Cancer Research Fund  American Institute for Cancer Research  CUP Continuous Update Project  Analysing research on cancer prevention and survival



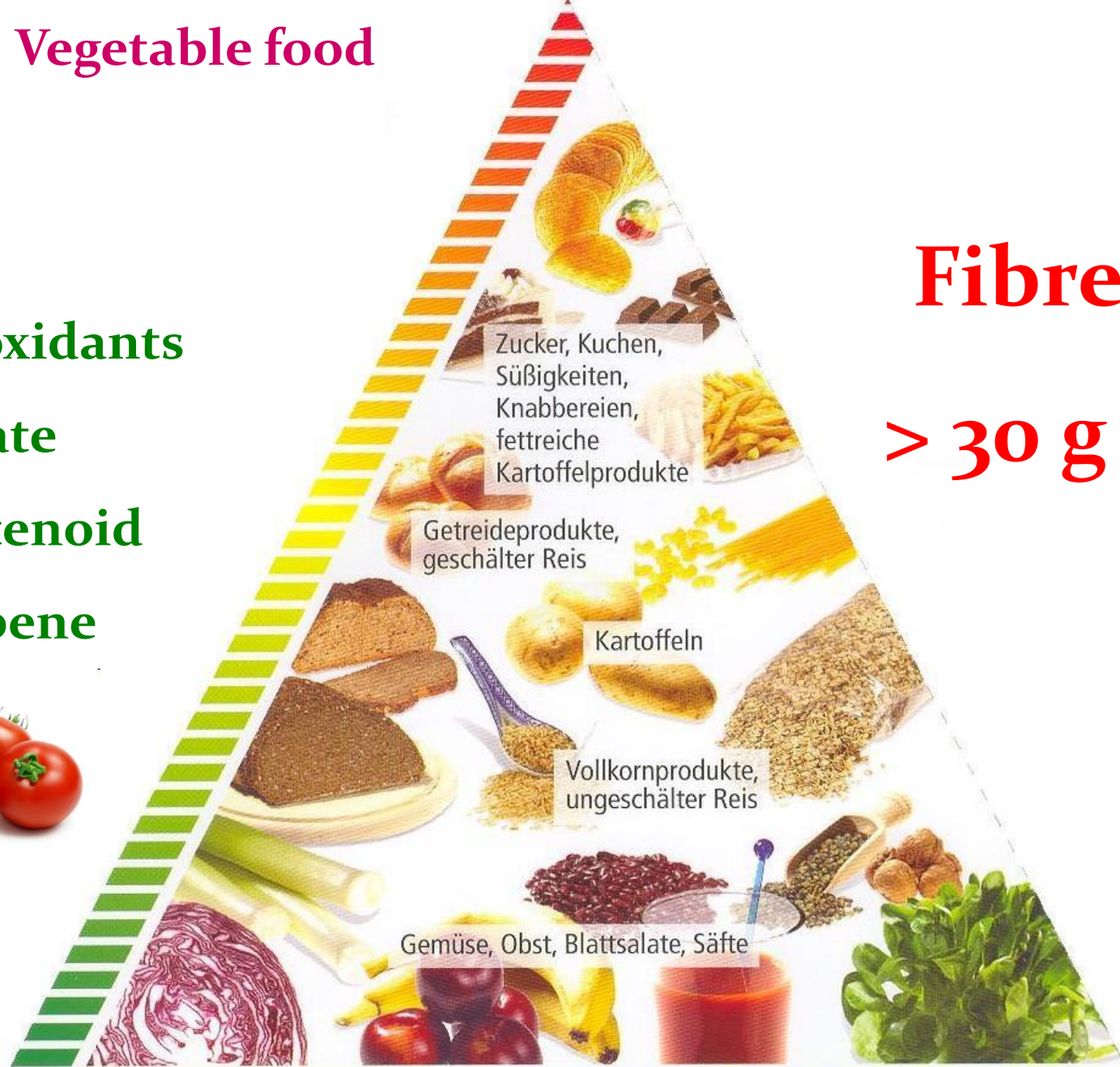
Vegetable food

Antioxidants

Pholate

Carotenoid

Lycopene



Fibre!

> 30 g / day

Pflanzliche Lebensmittel

Carbohydrate

Monosaccharides

Glukose

Fructose

Galaktose

Disaccharides

Sucrose = glucose + fructose

Lactose = glucose + galaktose

Maltose = glucose + glukose

Sugars = monosaccharides and disaccharides





Polysaccharides


Starches

Fibre



Water-soluble vitamins

Nutrient	Function	Sources
Thiamine (vitamin B1)	Part of an enzyme needed for energy metabolism ; important to nerve function	Found in all nutritious foods in moderate amounts: pork, whole-grain or enriched breads and cereals, legumes, nuts and seeds
Riboflavin (vitamin B2)	Part of an enzyme needed for energy metabolism  ; important for normal vision and skin health	Milk and milk products; leafy green vegetables; whole-grain, enriched breads and cereals
Niacin  (vitamin B3)	Part of an enzyme needed for energy metabolism  ; important for nervous system , digestive system , and skin health	Meat, poultry, fish, whole-grain or enriched breads and cereals, vegetables (especially mushrooms, asparagus, and leafy green vegetables), peanut butter
Pantothenic acid	Part of an enzyme needed for energy metabolism 	Widespread in foods
Biotin	Part of an enzyme needed for energy metabolism	Widespread in foods; also produced in intestinal tract by bacteria
Pyridoxine (vitamin B6)	Part of an enzyme needed for protein metabolism; helps make red blood cells	Meat, fish, poultry, vegetables, fruits

Folic acid	Part of an enzyme needed for making DNA and new cells, especially red blood cells	Leafy green vegetables and legumes, seeds, orange juice, and liver ; now added to most refined grains
Cobalamin (vitamin B12)	Part of an enzyme needed for making new cells; important to nerve function	Meat, poultry, fish, seafood, eggs, milk and milk products; not found in plant foods
Ascorbic acid (vitamin C)	Antioxidant ; part of an enzyme needed for protein metabolism; important for immune system health; aids in iron absorption	Found only in fruits and vegetables  , especially citrus fruits, vegetables in the cabbage family, cantaloupe, strawberries, peppers, tomatoes, potatoes, lettuce, papayas, mangoes, kiwifruit

Folic acid (vit. B9)

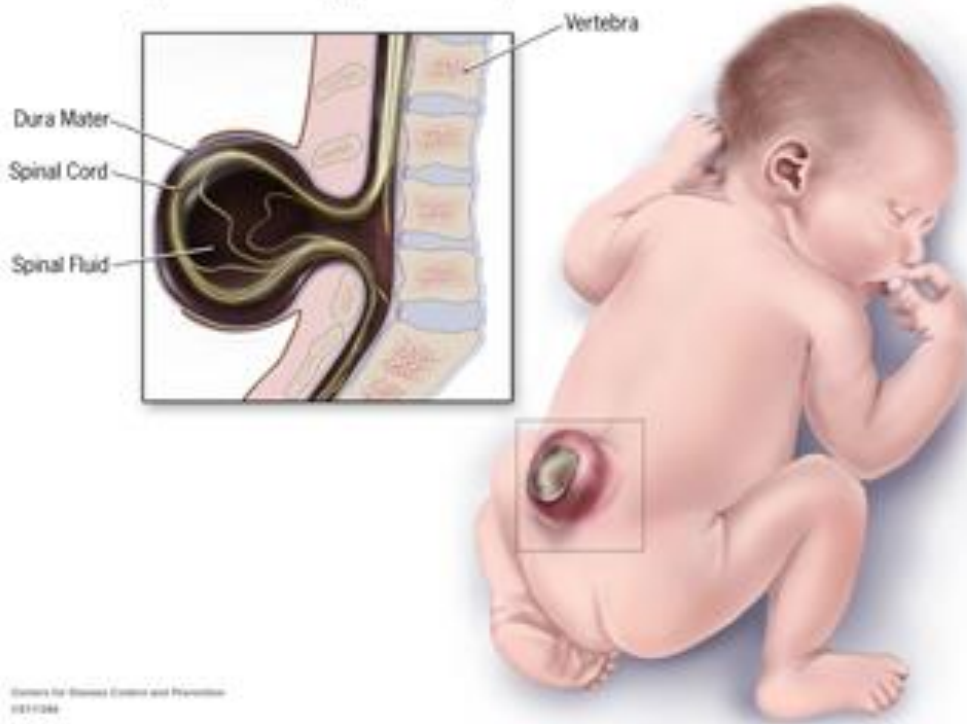
- to synthesize DNA, repair DNA, and methylate DNA as well as to act as a cofactor in certain biological reactions
- Latin word *folium* means "leaf" ... leafy vegetables

**Pregnant women
consume 400 mcg of
folic acid daily to
prevent neural tube
defect!**



Spina Bifida

Spina Bifida (Open Defect)








Centers for Disease Control and Prevention
10/1/04



18.10.2005

Fat-soluble vitamins

Nutrient	Function	Sources
<p>Vitamin A (and its precursor*, beta-carotene)</p> <p>*A precursor is converted by the body to the vitamin.</p>	<p>Needed for vision , healthy skin and mucous membranes, bone and tooth growth, immune system health</p>	<p>Vitamin A from animal sources (retinol): fortified milk, cheese, cream, butter, fortified margarine, eggs, liver </p> <p>Beta-carotene (from plant sources): Leafy, dark green vegetables; dark orange fruits (apricots, cantaloupe) and vegetables (carrots, winter squash, sweet potatoes, pumpkin)</p>
<p>Vitamin D </p>	<p>Needed for proper absorption of calcium; stored in bones</p>	<p>Egg yolks, liver , fatty fish, fortified milk, fortified margarine. When exposed to sunlight, the skin can make vitamin D.</p>
<p>Vitamin E</p>	<p>Antioxidant; protects cell walls</p>	<p>Polyunsaturated plant oils (soybean, corn, cottonseed, safflower); leafy green vegetables; wheat germ; whole-grain products; liver; egg yolks; nuts and seeds</p>
<p>Vitamin K</p>	<p>Needed for proper blood  clotting</p>	<p>Leafy green vegetables and vegetables in the cabbage family; milk; also produced in intestinal tract by bacteria</p>

COVID 19 and vitamin D

	PREVENTIVA	Odmerjanje		
ODRASLI	Zdravi	800 [‡] -2.000 IE [‡] /dan Od začetka oktobra do konca aprila		
OGROŽENI	<ul style="list-style-type: none"> Kronični bolniki Starejši od 70 let Zdravstveni delavci Svojci obolelih v istem gospodinjstvu Tvegani stiki s Covid-19 pozitivnimi pacienti 	1.000-2.000 IE/dan ali 10.000-14.000 IE/teden	Vse leto	Dnevni odmerek se poveča: do 4.000 IE/dan ob nizki izmerjeni konc. vit D ₃ (manj kot 50 nmol/l) do izmerjene konc vsaj 75 nmol/l na 2.000-4.000 IE/dan pri vseh z ITM >25 kg/m ²
	<ul style="list-style-type: none"> Nosečnice 	1.500-2000IE*/dan	Vso nosečnost	
OTROCI	0-1 leta 1-18 let	400-1.000* IE/dan 600-1.000* IE/dan		
BOLNI	ZDRAVLJENJE	Odmerjanje		
Covid19	VSI čim prej po potrditvi okužbe s SARS-CoV-2 (asimptomatski ali z blago klinično sliko)	14.000 IE/dan 4 dni zapored, če prej niso jemali (dovolj) vitamina D, Nato 2000 IE/dan ali 14.000 IE/teden		
	Hospitalizirani	Določitev 25(OH)D3...če < 75 nmol/l		
	Hospitalizirani, premestitev v EIT	Nadaljevati po zgornji shemi		

[#] IE – mednarodne enote, 1000 IE = 25mcg holekalciferola

[‡] Referenčne vrednosti za vnos Vitaminov in mineralov – tabelarična priporočila za otroke, mladostnike, odrasle in starejše, NIJZ, 2013; povzeto po D-A-CH: New Reference Values for Vitamin D. Ann Nutr Metab 2012; 60: 241-246.

*Holick M et al. Evaluation, Treatment, and Prevention of Vitamin D Deficiency: an Endocrine Society Clinical Practice Guideline, J Clin Endocrinol Metab 2011; 96: 1911–1930

2.000 IE holekalciferola = Plivit D3 10 kapljic ALI Oleovit 5 kapljic

14.000 IE holekalciferola = Plivit D3 70 kapljic ALI Oleovit 35 kapljic

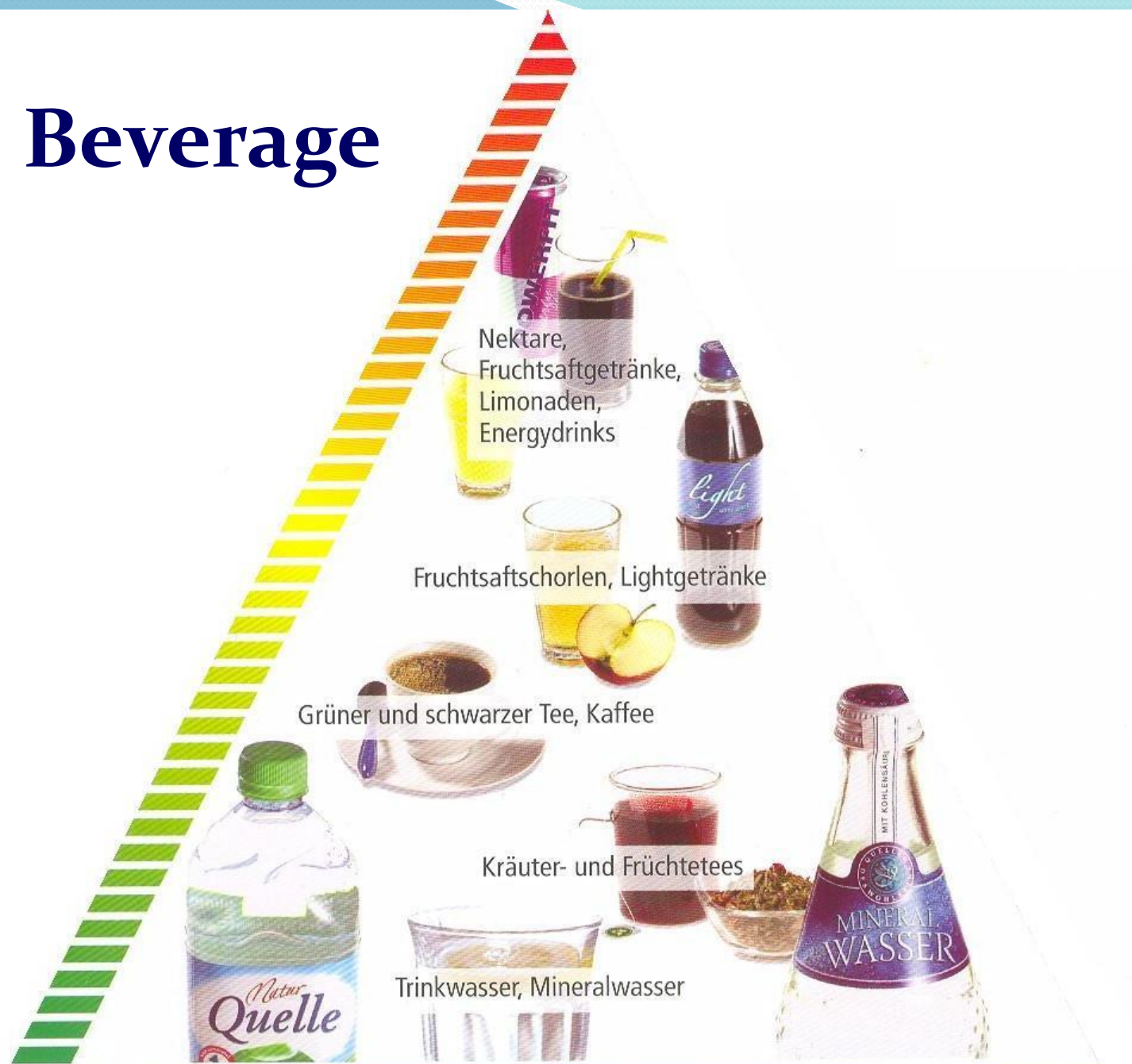
Major minerals

Mineral	Function	Sources
Sodium	Needed for proper fluid balance, nerve transmission, and muscle contraction	Table salt, soy sauce; large amounts in processed foods; small amounts in milk, breads, vegetables, and unprocessed meats
Chloride	Needed for proper fluid balance, stomach acid	Table salt, soy sauce; large amounts in processed foods; small amounts in milk, meats, breads, and vegetables
Potassium	Needed for proper fluid balance, nerve transmission, and muscle contraction	Meats, milk, fresh fruits and vegetables 📷, whole grains, legumes
Calcium	Important for healthy bones ✅ and teeth; helps muscles relax and contract; important in nerve functioning, blood clotting, blood pressure regulation, immune system health	Milk and milk products; canned fish with bones (salmon, sardines); fortified tofu and fortified soy milk; greens (broccoli, mustard greens); legumes
Phosphorus	Important for healthy bones 📷 and teeth ✅; found in every cell; part of the system that maintains acid-base balance	Meat, fish, poultry, eggs, milk, processed foods (including soda pop)
Magnesium	Found in bones; needed for making protein, muscle contraction, nerve transmission, immune system health	Nuts and seeds; legumes; leafy, green vegetables; seafood; chocolate; artichokes; "hard" drinking water
Sulfur	Found in protein molecules	Occurs in foods as part of protein: meats, poultry, fish, eggs, milk, legumes, nuts

Trace minerals

Mineral	Function	Sources
Iron	Part of a molecule (hemoglobin) found in red blood cells that carries oxygen in the body; needed for energy metabolism	Organ meats; red meats; fish; poultry; shellfish (especially clams); egg yolks; legumes; dried fruits; dark, leafy greens; iron-enriched breads and cereals; and fortified cereals
Zinc	Part of many enzymes; needed for making protein and genetic material; has a function in taste perception, wound healing, normal fetal development, production of sperm, normal growth and sexual maturation, immune system health	Meats, fish, poultry, leavened whole grains, vegetables
Iodine	Found in thyroid hormone, which helps regulate growth, development, and metabolism	Seafood, foods grown in iodine-rich soil, iodized salt, bread, dairy products
Selenium	Antioxidant	Meats, seafood, grains
Copper	Part of many enzymes; needed for iron metabolism	Legumes, nuts and seeds, whole grains, organ meats, drinking water
Manganese	Part of many enzymes	Widespread in foods, especially plant foods
Fluoride	Involved in formation of bones and teeth; helps prevent tooth decay	Drinking water (either fluoridated or naturally containing fluoride), fish, and most teas
Chromium	Works closely with insulin to regulate blood sugar (glucose) levels	Unrefined foods, especially liver, brewer's yeast, whole grains, nuts, cheeses
Molybdenum	Part of some enzymes	Legumes; breads and grains; leafy greens; leafy, green vegetables; milk; liver

Beverage



Nektare,
Fruchtsaftgetränke,
Limonaden,
Energydrinks

Fruchtsaftschorlen, Lightgetränke

Grüner und schwarzer Tee, Kaffee

Kräuter- und Früchtetees

Trinkwasser, Mineralwasser

Getränke



10 bags*



8 bags*



4 bags*

* One bag with 5 g of sugar



Salt



KAJ POMENI VELIKO IN KAJ MALO SOLI V ŽIVILIH?

VELIKA količina soli v živilih pomeni, da je v 100 g izdelka več kot 1,5 g soli, oziroma 0,6 g natrija.

MAJHNA količina soli v živilih je manj kot 0,3 g soli/100 g izdelka oziroma 0,1 g natrija/100 g izdelka.

Zgornja meja za zdravje še varne dnevno zaužite količine je

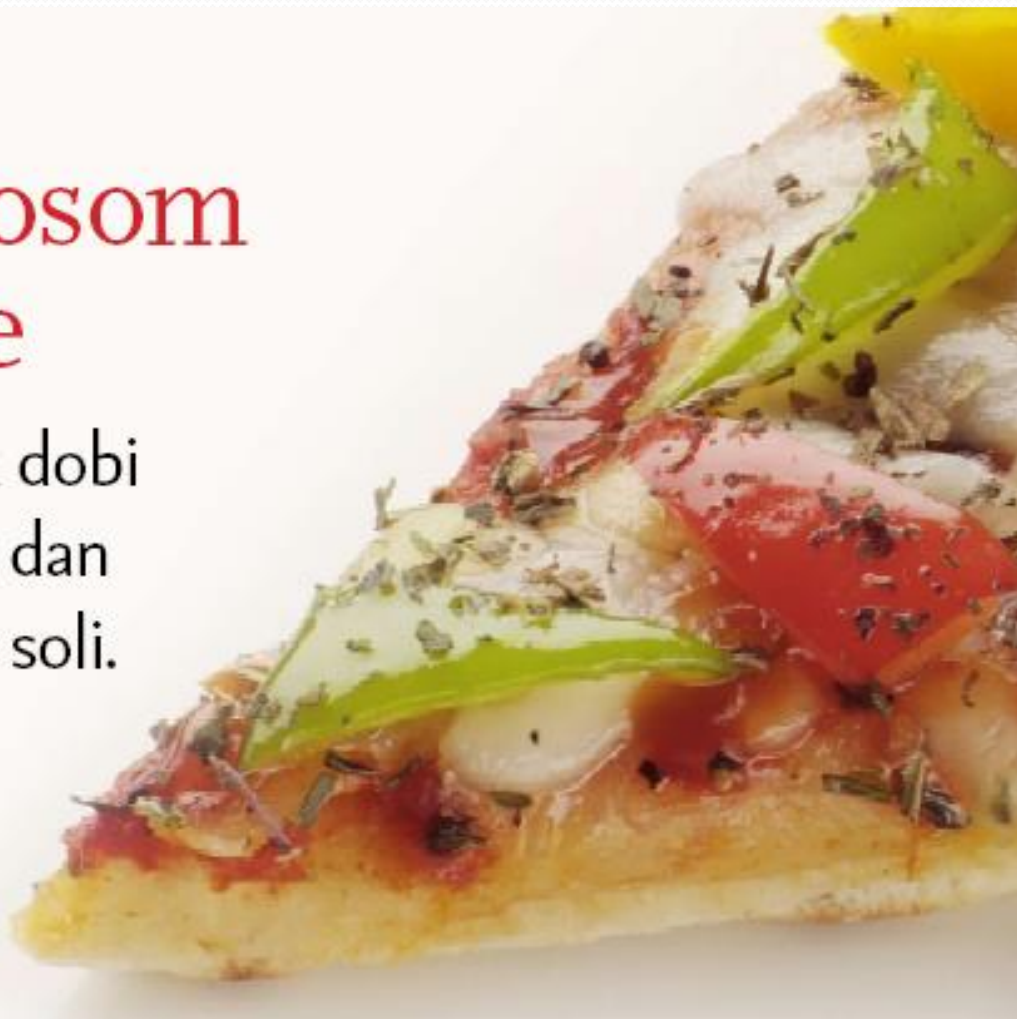
5 g

soli, kar vključuje tudi sol, ki je vsebovana v predelanih živilih.



S kosom pice

človek dobi
za ves dan
dovolj soli.



S petimi rezinami salame

človek dobi
za ves dan
dovolj soli.







Z dvema
kosoma
kruha

človek dobi
za ves dan
dovolj soli.



Insects for food

Edible Insect	Where in the World?	Nutrition Facts	Preparation
 Crickets	Crickets are one of the most popular edible insects and are especially popular in Laos and Thailand.	Serv. Size: 100 grams Calories: 121 Total Fat: 5.5 grams Protein: 20.5 grams	Crickets are often dry roasted, made into flour or eaten whole in salads. They can also be made into dessert foods!
 Ants	Ants are eaten in Colombia as well as some Asian countries, like Cambodia.	Serv. Size: 100 grams Calories: 83 Total Fat: 3.5 grams Protein: 13.9 grams	Try ants dry roasted with salt and vinegar seasoning, or cover them with chocolate for a sweet treat.
 Mealworms	Mealworms are enjoyed globally. People in the Netherlands particularly enjoy this delicious treat!	Serv. Size: 100 grams Calories: 223 Total Fat: 7.2 grams Protein: 23.7 grams	Mealworms can be fried and eaten whole or made into bread.
 Termites	Termites are a delicacy in parts of Africa and Indonesia.	Serv. Size: 100 grams Calories: 221 Total Fat: n/a Protein: 14.2 grams	Fry termites in palm oil or enjoy them dry roasted.

Packed with protein

Nutritional information
(per 100g ground beef and grasshopper)



Calories



Protein
(in grams)



Fats
(in grams)



Calcium
(in milligrams)



Iron
(in milligrams)



We are global industry leaders in the
edible insect movement.



11g protein

AKETTA

protein-packed sustainable snacks

totally taco
crickets

net wt 1 oz | 28g | sealed in the us

11g protein

AKETTA

protein-packed sustainable snacks

sour cream + onion
crickets

net wt 1 oz | 28g | sealed in the us

11g protein

AKETTA

protein-packed sustainable snacks

spicy hot
crickets

net wt 1 oz | 28g | sealed in the us

11g protein

AKETTA

protein-packed sustainable snacks

sea salt + vinegar
crickets

net wt 1 oz | 28g | sealed in the us

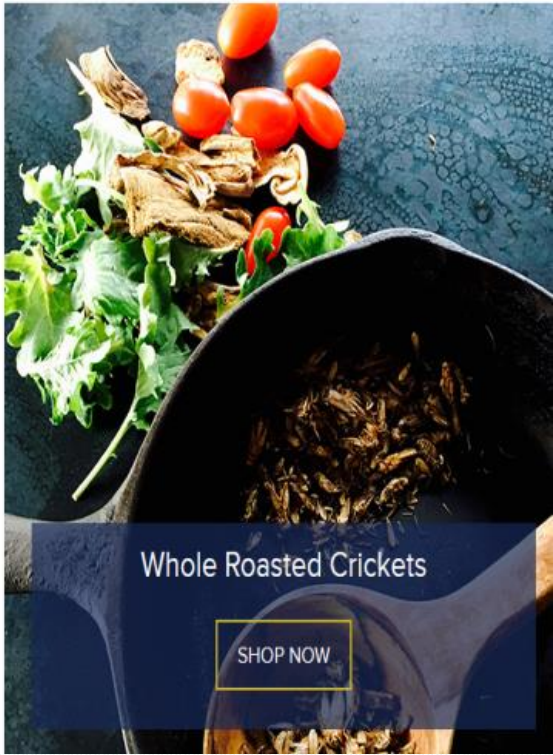
11g protein

AKETTA

protein-packed sustainable snacks

texas bbq
crickets

net wt 1 oz | 28g | sealed in the us



Nutrition Facts

Serving size **1 bag (28g)**

Amount Per Serving
Calories 130

% Daily Value*

Total Fat 8g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 660mg	29%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	21%
Vitamin D 0.5mcg	2%
Calcium 34mg	2%
Iron 1.1mg	6%
Potassium 184mg	4%
Vitamin B12 6.1mcg	250%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DOMESTIC CRICKET (*Acheta domestica*), HIGH OLEIC SUNFLOWER OIL, NON-GMO MALTODEXTRIN, SEA SALT, DISTILLED WHITE VINEGAR.

Manufactured for: Aspire Food Group
Austin, Texas 78744
For more: www.Aketta.com



ALLERGY WARNING: Insect products may trigger crustacean shellfish allergies. Made in a facility that processes products that may contain other allergens.

Flavored Whole Roasted Crickets

\$17.99

Flavor Sample Pack (All 5 Flavors) ▾

Quantity 1 ▾

ADD TO CART

DESCRIPTION

Aketta flavored crickets taste great and are easy to work into your everyday meals! Try all 5 flavors today!

Aketta seasoned crickets are a nutrient-rich, tasty and environmentally friendly alternative to meat. Aketta roasted crickets are a great source of protein- 30g of Aketta gives you 20g of protein. Raised on a USDA certified organic diet and naturally processed using dry heat, they have a taste and smell profile of sunflower seeds and roasted nuts.

Nutrition Facts

about 4.5 servings per container

Serving size 1/3 cup (30g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol < 5mg 1%

Sodium 15mg 1%

Total Carbohydrate 9g 3%

Dietary Fiber 4g 13%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 6g 12%

Vitamin D 0.03mcg 0%

Calcium 12mg 0%

Iron 1mg 6%

Potassium 111mg 2%

Vitamin B12 0.93mcg 40%

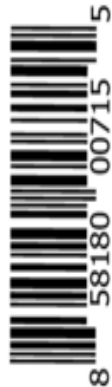
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Manufactured for: Aspire Food Group
Austin, Texas 78744
For more: www.Aketta.com

INGREDIENTS: Almonds, Cashews, Domestic Cricket (Acheta domestica), Prebiotic Dietary Fiber, Chocolate Chips, (Cane Sugar, Natural Chocolate Liquor (Non-alcoholic), Non-Dairy Cocoa Butter), Sunflower seeds, Cashew Butter (Cashews, Safflower oil), Non-GMO Egg Whites, Honey Vanilla Extract

CONTAINS: Almonds, Cashews, Egg.

ALLERGY WARNING: Insect products may trigger crustacean shellfish allergies. Made in a facility that processes products that may contain other allergens.



Nutty Chocolate Chip Cricket Protein Paleo Granola

\$5.99

Quantity

1

ADD TO CART

DESCRIPTION

This Nutty Chocolate Chip granola is a paleo granola packed with cricket protein powder. It is a sustainable granola that is also protein packed. Grain free, dairy free, gluten free, soy free. Paleo Friendly.

Insects

The worm has turned: how British insect farms could spawn a food revolution

With meat prices expected to soar, agricultural entrepreneurs believe invertebrate livestock can provide the protein we need. But will the mainstream ever be ready to eat mealworms?



Howard Bell at his cricket farm.
Photograph: Gary Calton for the Guardian

November 2017

Finland

Anyone for crickets? Finnish bakery sells bread made from insect

Fazer in Helsinki claims to be first store in world to offer insect bread, which contains about 70 crickets ground up into flour



A poster promoting bread made from insects. Photograph: STAFF/Reuters



Flour ground from dried crickets, left, alongside crickets, at the Fazer bakery, Helsinki. Photograph: Staff/Reuters

November 2017

Insect-Based Munchies Coming to Grocery Stores Across Switzerland

The country recently lifted restrictions on selling mealworms, locusts and crickets for consumption



(Tim Galney/Alamy)

Nutritive Value of Foods





UserID: - Password: [Login] [Password lost?]

- Information
- ▶ 10 days trial
- Search
- Calculator
- Imprint



Welcome to the Souci-Fachmann-Kraut Online Database

The comprehensive standard work on the composition of foods Approximately 800 food items with 260 constituents.

The nutrition tables are on the one hand tailored to the needs of dietetics and nutritional guidance, on the other hand they are intended to provide administration, science and industry with prompt and detailed information in all matters regarding the production, marketing and control of food products as well as nutrition in general.

The comprehensiveness of the data contained in the tables caters for the varying information needs and allows for the fact that nutritional assessment of food constituents is constantly changing. For the seventh edition all tables have been revised and updated on the basis of the data available.

Free 10-days trial available.

To have an idea of what this service can do for you, please read our [Introduction to the Tables](#)





United States
Department of
Agriculture

Agricultural
Research
Service

Home and
Garden Bulletin
Number 72

Nutritive Value of Foods



http://www.priteltvehosrdce.cz/ekalkulacka/e_index.htm



1

VYHLEDÁVÁNÍ

Druh jídla

Kategorie potravin

Podkategorie potravin

[Nejčastější dotazy a odpovědi](#)

[Zavři okno](#)

2

VÝBĚR KONKRÉTNÍCH POTRAVIN

Zadejte srovnání nebo vyplňte množství potravin v uvedených jednotkách, při přepočtu využijte informace uvedené v závorkách.

Potravina	Množství	
Mléko čokoládové Candy Up (1 kus = 200 ml)	<input type="text"/>	<input type="button" value="zbašti"/>
Salko - zahušť. slaz. mléko (1 bal. = 397 g)	<input type="text"/>	<input type="button" value="zbašti"/>
Tatra Grand 9 % - zahuštěné mléko (1 bal. = 310 g)	<input type="text"/>	<input type="button" value="zbašti"/>
Jogurtové mléko Zdravé osvěžení - pomeranč a karotka s vlákninou (ValMez) (1 ks = 330 g)	<input type="text"/>	<input type="button" value="zbašti"/>
Jogurtové mléko Zdravé osvěžení - jahoda s vlákninou (ValMez) (1 ks = 330 g)	<input type="text"/>	<input type="button" value="zbašti"/>
Kefírové mléko 1% (365-Delvita) (1 bal. = 500 ml)	<input type="text"/>	<input type="button" value="zbašti"/>
Acidofilní mléko (Kunín)	<input type="text"/>	<input type="button" value="zbašti"/>

3

POTRAVINY



FOOD LABELING

GDA LABELLING

- **Guideline Daily Amounts**
- **A guide to how many calories and nutrients people can consume each day for a healthy, balanced diet**
- **A tool to help improve the food literacy of consumers**



Guideline Daily Amount Values

Typical values	Women	Men	Children (5-10 years)
Calories	2,000 kcal	2,500 kcal	1,800 kcal
Protein	45 g	55 g	24 g
Carbohydrate	230 g	300g	220 g
Sugars	90 g	120 g	85 g
Fat	70 g	95 g	70 g
Saturates	20 g	30 g	20 g
Fibre	24 g	24 g	15 g
Salt	6 g	6 g	4 g

Typical back of pack nutrition and GDA information

Nutrition information

Typical values	Per 100g	Per slice (approx. 5.7g)	% based on GDA for an Adult
Calories	360 kcal	20 kcal	1%
Protein	12.4 g	0.7 g	2%
Carbohydrate	68.7 g	3.9 g	2%
Sugars	5.0 g	0.3 g	<1%
Fat	3.9 g	0.2 g	<1%
Saturates	0.5 g	Trace	<1%
Fibre	9.8 g	0.6 g	3%
Salt	0.8 g	0.05 g	1%

This figure shows how many calories there are per serving, and the % of the GDA for calories.

This figure shows how much salt there is per serving, and the % of the GDA for salt.

Each 50g scoop contains



of your guideline daily amount

This figure shows how much sugar there is per serving, and the % of the GDA for sugar.

This figure shows how much fat there is per serving, and the % of the GDA for fat.

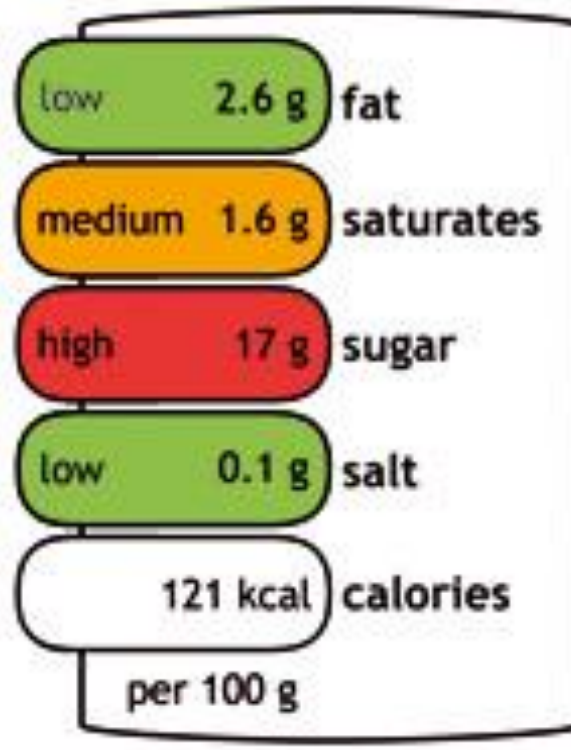
This figure shows how much saturated fat there is per serving, and the % of the GDA for saturated fat.

Each 100g serving contains

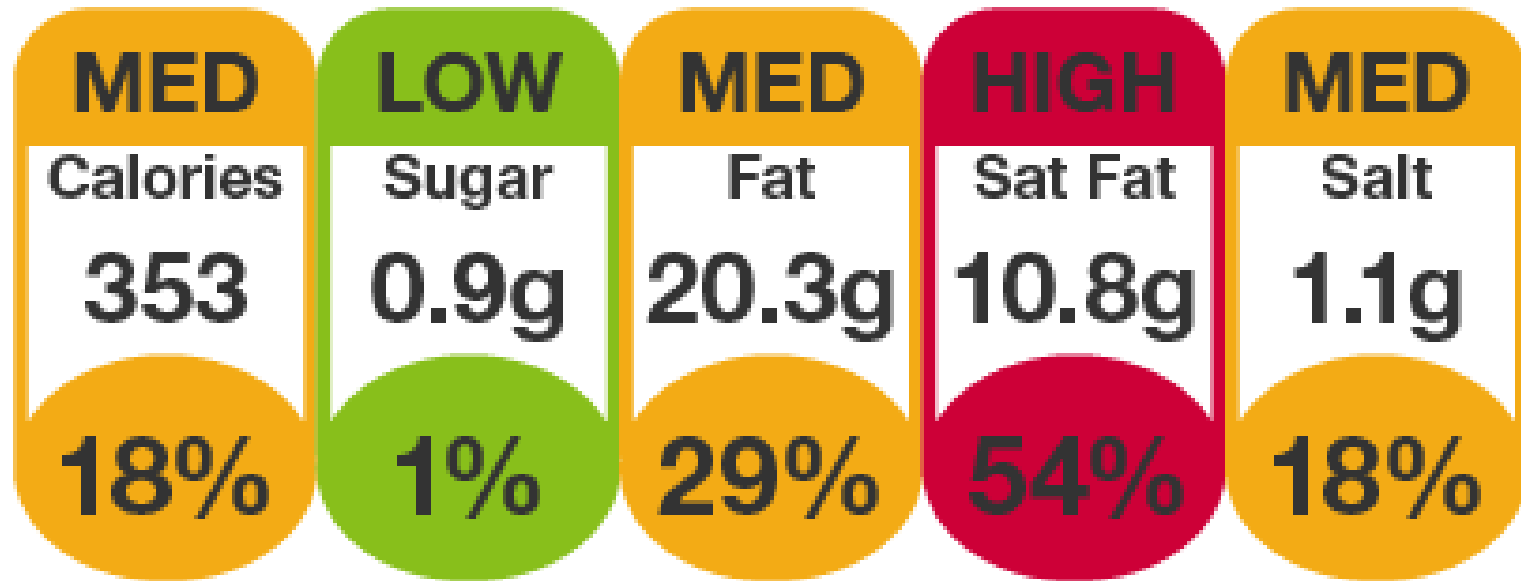


of an adult's guideline daily amount

Traffic light rating system



Each 1/2 pack serving contains



of your guideline daily amount

Source: Food Standards Agency

Food (per 100g)^[3]

Substance	Green (low)	Amber (medium)	Red (high)
Fat	less than 3g	between 3g and 20g	more than 20g
Saturated fats	less than 1.5g	between 1.5g and 5g	more than 5g
Sugar	less than 5g	between 5g and 12.5g	more than 12.5g
Salt	less than 0.3g	between 0.3g and 1.5g	more than 1.5g

Drinks (per 100ml)^[3]

Substance	Green (low)	Amber (medium)	Red (high)
Fat	less than 1.5g	between 1.5g and 10g	more than 10g
Saturated fats	less than 0.75g	between 0.75g and 2.5g	more than 2.5g
Sugar	less than 2.5g	between 2.5g and 6.3g	more than 6.3g
Salt	less than 0.3g	between 0.3g and 1.5g	more than 1.5g

<http://veskajjes.si>



☰ Preveri izdelek ❤️ 📷 ⓘ

Natur aktiv, Bio Reis-Drink,
Haselnuss

🍴 ENERGIJSKA VREDNOST 248kJ / 59kcal

📊

💧 MAŠČOBE	💧 NASIČENE MAŠČOBE
1.4g	0.1g
📦 SLADKORJI	🧂 SOL
6g	0.1g

* hranilna vrednost za 100g/ml izdelka

📊 ❤️ 📷 ⓘ

4 finest hot cross buns.



Freezing guidelines

- **Freeze on day of purchase.** For freezing guidelines refer to freezer manufacturer's handbook.
- **Use within one month.**



Defrost

- Defrost in a cool, dry place for a **minimum of 2 hours.**



IMPORTANT: If food has thawed, do not refreeze.



Allergy advice

- Contains **milk, wheat, gluten, soya, yeast, egg.**
- This product may contain traces of **sesame seeds**, as it has been made in a factory that uses **sesame seed** ingredients.



Caution

- Plastic bags can be dangerous. To avoid danger of suffocation, keep this bag away from babies and small children.

Ingredients

Wheat Flour, Water, Currants (9%), Raisins (8%), Sultanas (8%), Yeast, Orange & Lemon Peel (3.5%), Butter, Invert Sugar Syrup, Honey, Vegetable Fat, Sugar, Buttermilk Powder, Potato Dextrin, Flavouring, Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), Wheat Protein, Dried Whole Egg, Soya Flour, Vegetable Oil, Flour Treatment Agent (Ascorbic Acid), Stabiliser (Guar Gum).

Storage

- Store in a cool, dry place.
- **Do not refrigerate.**
- Best before: see top of packet.

Nutrition

Typical Composition	Each bun 78g (2 ³ / ₄ oz) provides	100g (3 ¹ / ₂ oz) provide
Energy	916kJ	1174kJ
	217kcal	278kcal
Protein	6.1g	7.8g
Carbohydrate	38.6g	49.5g
of which sugars	15.4g	19.7g
Fat	4.2g	5.4g
of which saturates	1.9g	2.4g
mono-unsaturates	1.2g	1.5g
polyunsaturates	0.5g	0.7g
Fibre	2.2g	2.8g
Sodium	0.2g	0.2g

This pack contains 4 buns.

Each bun (78g) contains the equivalent of approx. **0.4g** of salt.

Our promise

We are happy to refund or replace any Tesco product which falls below the high standard you expect. Just ask any member of staff. This does not affect your statutory rights.

We are here to help:

Tesco Stores Ltd., Cheshunt EN8 9SL, U.K.

Freephone 0800 50 55 55, Mon-Sat, 9am-6pm.

Shop on-line at www.tesco.com

Packaging information

- **Packet:** paper and plastic, recyclable where facilities exist.



Produced in the U.K. for Tesco Stores Ltd.
© Tesco 2005. SC0725 9995A



8,5 g sugar / 100 g



23,0 g sugar / 100 g



35,1 g sugar / 100 g



VARUJE ZDRAVJE

EKOLOŠKI LEŠNIKI
ali
EKO LEŠNIKI
ali
BIO LEŠNIKI
ali
LEŠNIKI IZ EKOLOŠKE PRIDELAVE

Naziv blagovne znamke: Zarja (*neobvezno*)
Pakira: naziv in naslov podjetja, ki pakira in prodaja

Neto masa: 100 g

Uporabno najmanj do: dan, mesec, leto ali
Uporabno najmanj do konca: mesec, leto (*v slednjem primeru mora biti tudi označba serije*)
Serija: L...



SI-EKO-00X

Poreklo surovin: slovensko ali kmetijstvo EU



Schwarzwaldska šunka

Sušena mesnina



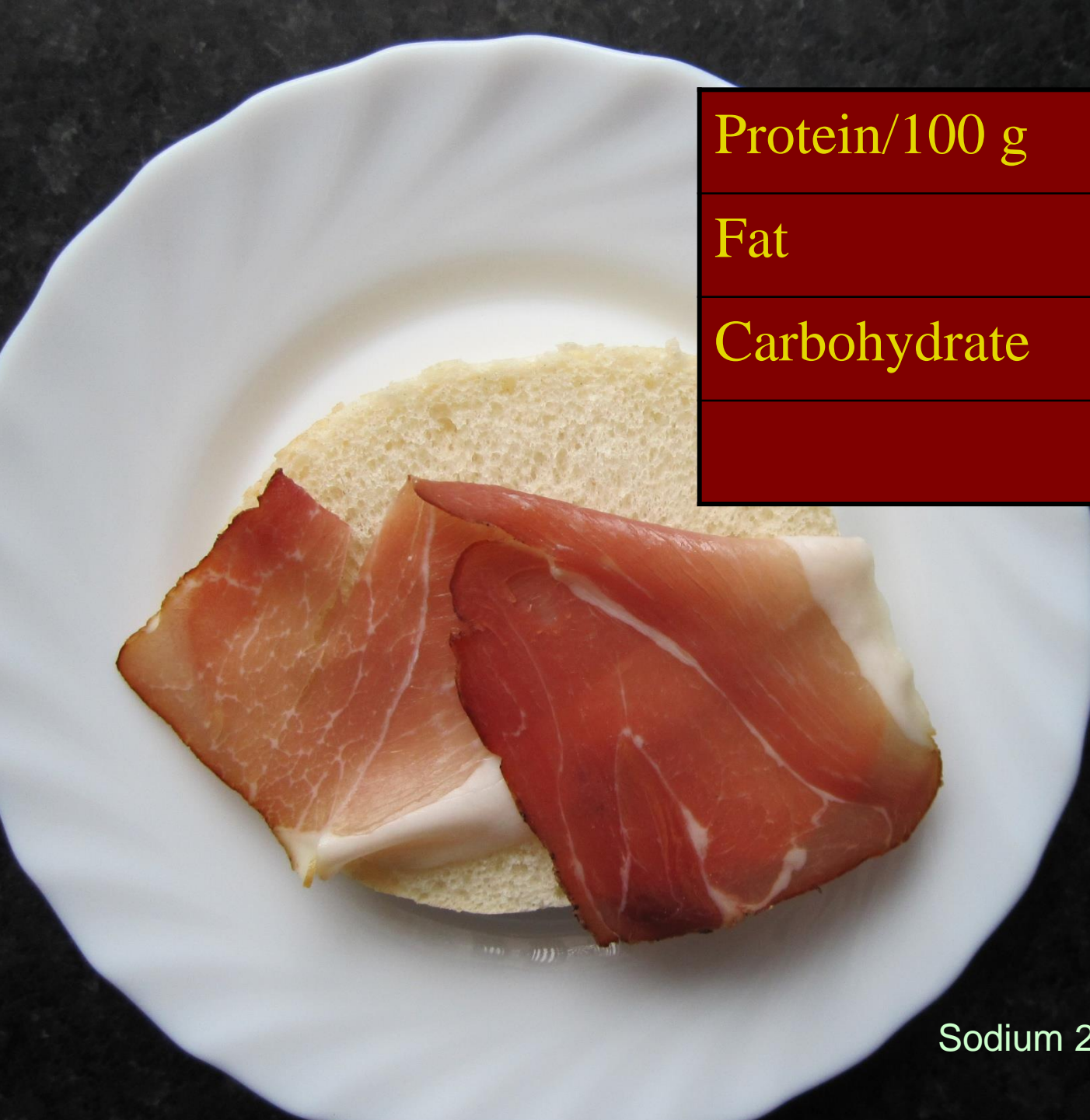
100g

energijska vrednost	beljakovina	maščobe	ogljikohidri	sol
1000 kJ	20,0 g	12,0 g	0,0 g	0,5 g



100g e





Protein/100 g	26 g
Fat	14 g
Carbohydrate	1 g
	234 kkal

1 slice (12 g)
contains 0,7 g salt.

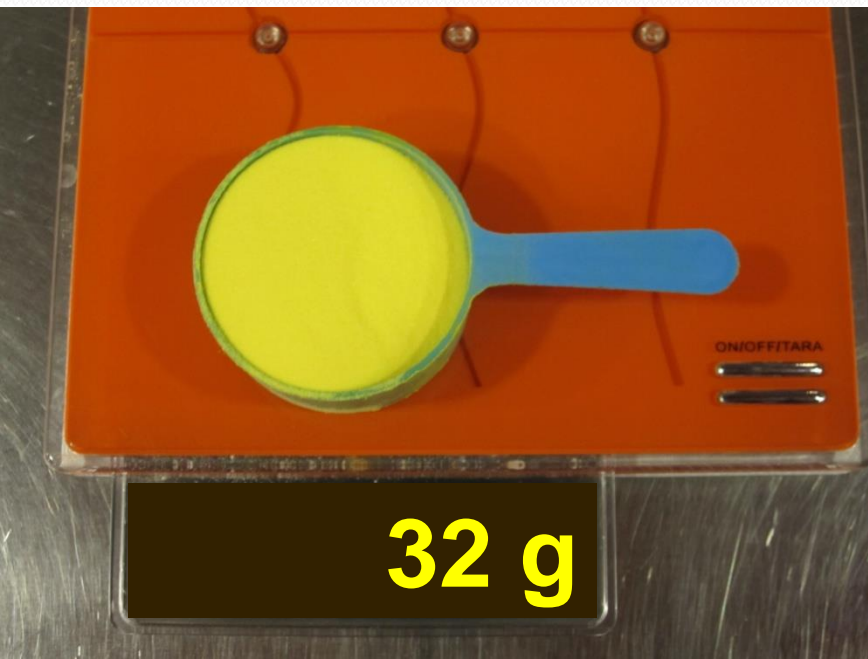
Sodium 2,2 g (5,8 g salt)/100g



Protein	10,7 g
Carbohydrate	56,9 g
Fat	23,0 g

477 kcal /100 g

Salt 4,5 g





XXL

200 g corn

0,7 dl oil

6 g salt



1 bag (175 g):

Protein 10 g

Fat 61 g (87%GDA)

Saturated f. a. 28 g (140%GDA)

Carbohydrate 84 g

Sodium 1,4 g (58 % GDA)



20:19
Start
prosta mesta
20:10 Prosto
20:25 Prosto
20:50 Prosto
21:20 Prosto

UDOBNO
POSEBNO
PROSTORNO
CINEPLEX CELAR IN MARIBOR
VIP oddelek

Mega
MENI
Paket 1l
kva polovna
M&M's
10,70€

Nacho Cola
MENI
Paket 0,75l
Nachos
Hartbo
8,10€

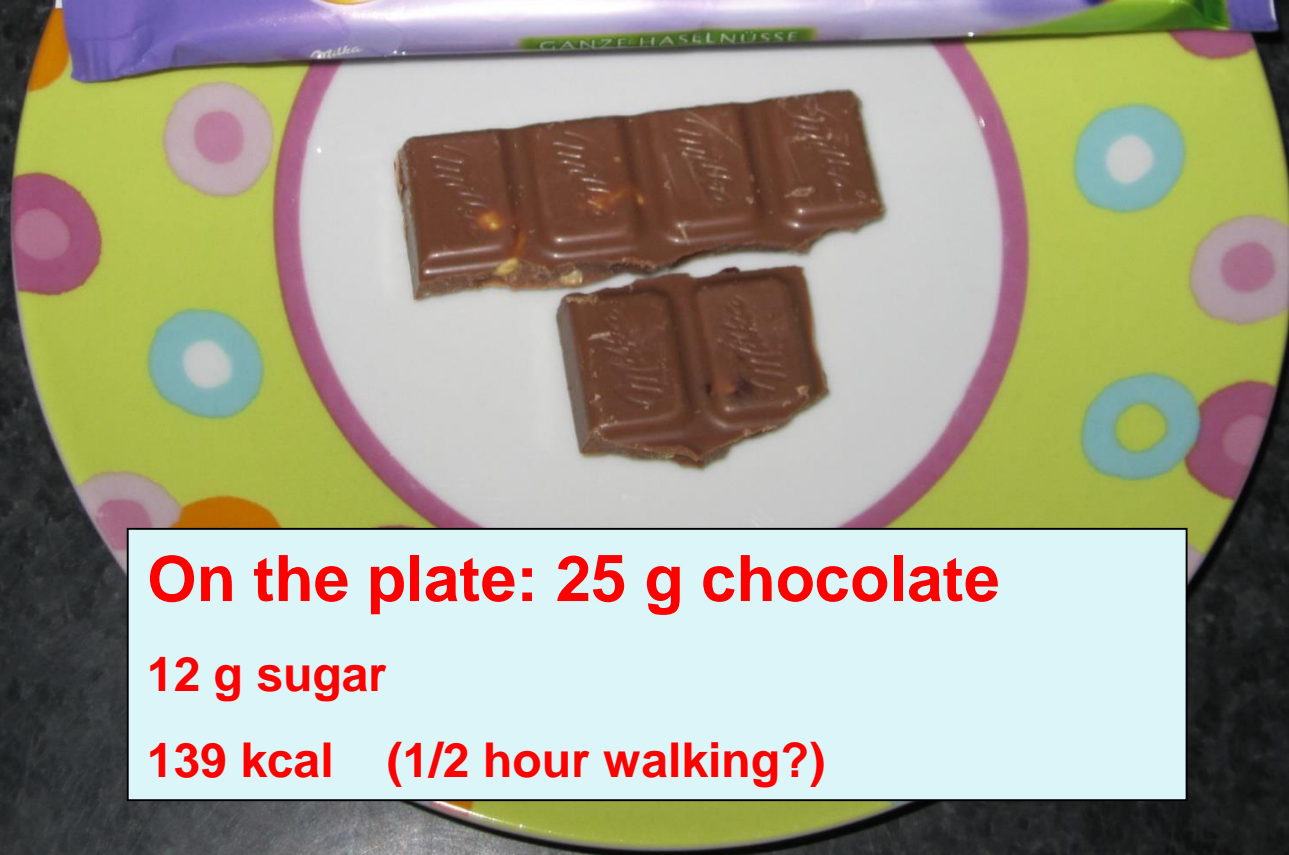
CINEPLEX
20:19
Start
prosta mesta
Dvornica
5 Zakaj ravno oni?
3 Bubična lutka v pisani
4 Rogelj One: Zgodba Vojne zvezd
2 Pihol
20:10 Prosto
20:25 Prosto
20:50 Prosto
21:20 Prosto

ASSASSIN'S CREED ASASINOV HADZO
V filmu spremljamo Caluma Lynch (Fashbanda), ki
skrbno vzgaja spominke svojega predka Agallaga, ki je v

POPCORNY

Coca-Cola

Coca-Cola



On the plate: 25 g chocolate

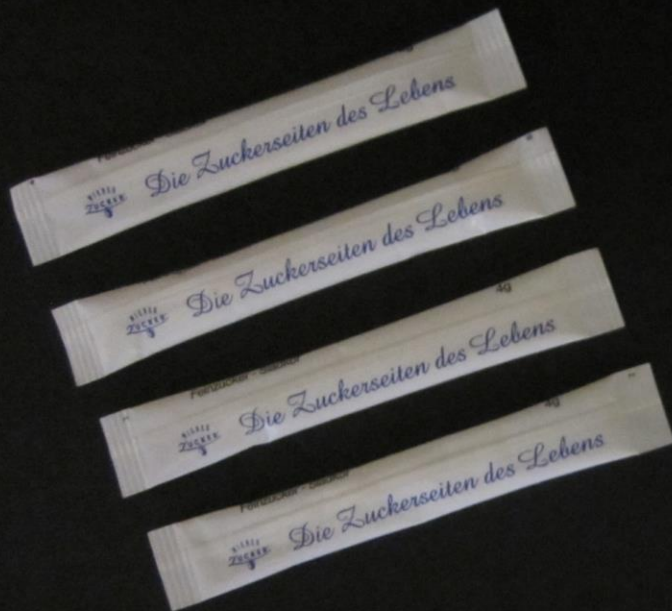
12 g sugar

139 kcal (1/2 hour walking?)



12 g of sugar in two

1 lonček sadnega jogurta (160 g)



16 g of sugar



20 g of sugar

3 pieces(22,5 g) = 115 kcal



90 kcal (4 pieces)



2dcl = 92 kcal



20 min walking?

Cooking





