

Jela	Cijena u HRK	Kalorije	Masti [g]	Ugljikohidrati [g]	Vlakna [g]	Proteini [g]
Smrznuta brokula	1.121136	73.8	0.8	13.6	8.5	8
Mrkva	0.490497	23.7	0.1	5.6	1.6	0.6
Celer	0.280284	6.4	0.1	1.5	0.7	0.3
Smrznut kukuruz	1.261278	72.2	0.6	17.1	2	2.5
Svježa zelena salata	0.140142	2.6	0	0.4	0.3	0.2
Slatke paprike	3.713763	20	0.1	4.8	1.3	0.7
Pečeni krumpiri	0.420426	171.5	0.2	39.9	3.2	3.7
Tofu	2.172201	88.2	5.5	2.2	1.4	9.4
Pečena piletina	5.885964	277.4	10.8	0	0	42.2
Špagete s umakom	5.465538	358.2	12.3	58.3	11.6	8.2
Rajčica	1.891917	25.8	0.4	5.7	1.4	1
Jabuka s korom	1.681704	81.4	0.5	21	3.7	0.3
Banana	1.051065	104.9	0.5	26.7	2.7	1.2
Grejp	2.242272	15.1	0.1	4.1	0.2	0.2
Kivi	3.433479	46.4	0.3	11.3	2.6	0.8
Narače	1.051065	61.6	0.2	15.4	3.1	1.2
Peciva	1.121136	78	0.5	15.1	0.6	3
Pšenični kruh	0.350355	65	1	12.4	1.3	2.2
Bijeli kruh	0.420426	65	1	11.8	1.1	2.3
Kolačići od zobene kašice	0.630639	81	3.3	12.4	0.6	1.1
Pita od jabuka	1.121136	67.2	3.1	9.6	0.5	0.5
Keksi s čokoladnim komadima	0.210213	78.1	4.5	9.3	0	0.9
Maslac, običan	0.350355	35.8	4.1	0	0	0
Cheddar sir	1.751775	112.7	9.3	0.4	0	7
Mlijeko s 3,3% masti	1.121136	149.9	8.1	11.4	0	8
Mlijeko s malo masnoće	1.611633	121.2	4.7	11.7	0	8.1

Sheet1

Obrano mlijeko	0.910923	85.5	0.4	11.9	0	8.4
Poširana jaja	0.560568	74.5	5	0.6	0	6.2
Kajgana	0.770781	99.6	7.3	1.3	0	6.7
Purica, Bologna	1.051065	56.4	4.3	0.3	0	3.9
Govedina, Frankfurter	1.891917	141.8	12.8	0.8	0	5.4
Rezana šunka	2.312343	37.1	1.4	0.3	0	5.5
Kobasica, Prk	1.051065	80.6	7.1	0.6	0	3.4
Pahuljice, Cap'N Crunch	2.172201	119.6	2.6	23	0.5	1.4
Pahuljice, Cheerios	1.961988	111	1.8	19.6	2	4.3
Pahuljice, Corn Flks	1.961988	110.5	0.1	24.5	0.7	2.3
Pahuljice, Raisin Brn, Kellg'S	2.382414	115.1	0.7	27.9	4	4
Pahuljice, Rice Krispies	2.242272	112.2	0.2	24.8	0.4	1.9
Pahuljice, Special K	2.662698	110.8	0.1	21.3	0.7	5.6
Zobena kaša	5.745822	145.1	2.3	25.3	4	6.1
Pahuljice, Malt-O- Meal	3.643692	607.2	1.5	128.2	0	17.3
Pizza s feferonima	3.083124	181	7	19.9	0	10.1
Taco	4.134189	369.4	20.6	26.7	0	20.7
Hamburger	5.815893	275	10.2	32.7	0	13.6
Hotdog	2.172201	242.1	14.5	18	0	10.4
Kuskus	2.732769	100.8	0.1	20.9	1.3	3.4
Bijela riža	0.560568	102.7	0.2	22.3	0.3	2.1
Makaroni	1.191207	98.7	0.5	19.8	0.9	3.3
Maslac od kikirikija	0.490497	188.5	16	6.9	2.1	7.7
Svinjetina	5.675751	710.8	72.2	0	0	13.8
Sardine u ulju	3.153195	49.9	2.7	0	0	5.9
Bijela tuna u vodi	4.834899	115.6	2.1	0	0	22.7
Kokice	0.280284	108.3	1.2	22.1	4.3	3.4

Sheet1

Čips od krumpira	1.541562	139.2	9.2	15	1.2	2.2
Pereci	0.840852	108	1	22.5	0.9	2.6
Tortilja čips	1.331349	142	7.4	17.8	1.8	2
Pileća juha s rezancima	2.732769	150.1	4.6	18.7	1.5	7.9
Juha od graška	4.694757	184.8	4	26.8	4.1	11.1
Juha od povrća	4.975041	158.1	3.8	20.4	4	11.2
Juha s plodovima mora	5.255325	175.7	5	21.8	1.5	10.9
Juha od rajčice	2.732769	170.7	3.8	33.2	1	4.1
Školjke	6.937029	163.7	6.6	16.6	1.5	9.5
Juha od gljiva	4.554615	203.4	13.6	15	0.5	6.1
Grah	4.694757	172	5.9	22.8	8.6	7.9