## 

## **100g**

■■(kcal)	<b>■■■</b> (g)	<b>■■</b> (g)	<b>EEEE</b> (g)	<b>===</b> (g)	■(mg)
346	7.4	0.8	77.9	0.7	5
366	11.9	1.3	73.6	2.7	4
147	13.3	8.8	2.8	0	131
66	3.0	3.2	5.0	0	37
143	20.3	6.2	1.5	0	65
133	19.4	5.0	2.5	0	63
81	8.1	3.7	4.2	0.4	7
33	4.1	0.6	4.3	1.6	18
37	1.0	0.2	8.8	3.2	25
54	0.2	0.2	13.8	1.2	1

## 

	■■(18-50■)	■■(18-50■)	
	2400	1800	kcal
	65	55	g
	≤93	≤70	g
	360	270	g
	25	25	g
	<2300	<2300	mg
	800	800	mg
	12	20	mg
	12.5	7.5	mg
<b>■■■</b> C	100	100	mg
<b>■■■</b> A	800	700	μg RAE

- 1.
- 2.

- 3. ■■■■300g■■■■■■■
- 4.
- 5.
- 6.
- 7.
- 8.

 250-400g	<b>HENNES BEEN</b>	
 300-500g		
 200-350g		
 40-75g		
 40-75g	■■■■■n-3■■■	
 40-50g		
 300g		
 25-35g		
 25-35g		