

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_UN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Mleko i mlečni proizvodi																																	
Mleko kravije punomasno	100	88	268	64	3.3	0.0	3.3	3.7	2.3	1.3	0.1	0	14	4.7	4.7	0.0	0.0	49	151	119	14	91	0.1	0.38	0.02	34	0	0	0.04	0.16	0.1	0.04	1
Mleko kravije (3.3% masti)	100	88	255	61	3.3	0.0	3.3	3.3	2.1	1.1	0.1	0	13	4.7	4.7	0.0	0.0	49	151	119	14	93	0.1	0.38	0.00	31	0	0	0.04	0.16	0.1	0.04	1
Mleko kravije (1.6% masti)	100	88	205	49	3.5	0.0	3.5	1.8	1.2	0.5	0.1	0	3	5.0	5.0	0.0	0.0	46	170	120	14	94	0.1	0.50	0.03	15	0	0	0.04	0.18	0.1	0.05	1
Mleko kravije obrano	100	91	138	33	3.4	0.0	3.4	0.2	0.1	0.0	0.0	0	2	4.7	4.7	0.0	0.0	50	150	120	0	90	0.0	0.00	0.00	0	0	0	0.03	0.17	0.1	0.03	1
Mleko punom.evapor. nezašeceren	100	74	561	134	6.8	0.0	6.8	7.5	4.6	2.3	0.2	0	29	10.1	10.1	0.0	0.0	105	903	261	24	202	0.2	0.77	0.00	54	0	0	0.05	0.32	0.2	0.05	2
Mleko punom.kondenz. zašeceren	100	27	1347	322	7.9	0.0	7.9	8.7	5.5	2.4	0.3	0	34	54.7	54.7	0.0	0.0	129	374	284	26	255	0.2	1.29	0.00	82	0	0	0.08	0.42	0.2	0.05	2
Mleko punomasno u prahu	100	3	2009	480	26.3	0.0	26.3	25.1	15.9	8.3	0.9	1	109	39.8	39.8	0.0	0.0	420	1260	1023	84	723	0.5	3.20	0.14	336	247	103	0.20	1.24	0.7	0.23	7
Mleko obrano u prahu	100	3	1408	336	34.9	0.0	34.9	0.7	0.5	0.2	0.0	0	22	50.9	50.9	0.0	0.0	500	1500	1200	0	900	0.5	3.50	0.06	0	0	0	0.35	1.80	1.0	0.00	4
Mleko kozje	100	86	297	71	3.8	0.0	3.8	4.2	2.9	1.2	0.1	0	0	4.7	4.7	0.0	0.0	50	200	110	0	103	0.0	0.00	0.00	86	0	0	0.04	0.13	0.3	0.04	1
Mleko ovcije	100	80	414	99	5.7	0.0	5.7	6.9	4.4	2.2	0.3	0	0	3.8	3.8	0.0	0.0	0	0	204	0	96	0.0	0.00	0.00	60	60	0	0.06	0.30	0.0	0.00	3
Mleko žene (zrelo)	100	87	289	69	1.3	0.0	1.3	4.1	2.0	1.6	0.5	0	0	7.2	7.2	0.0	0.0	14	58	34	3	14	0.1	0.28	0.04	60	60	0	0.02	0.03	0.2	0.01	4
Jogurt (3.2% masti)	100	88	255	61	3.5	0.0	3.5	3.2	2.1	1.0	0.1	0	13	4.7	4.7	0.0	0.0	46	155	121	11	95	0.1	0.59	0.00	30	0	0	0.03	0.14	0.1	0.03	0
Jogurt vočni od obranog mleka	100	75	414	99	4.0	0.0	4.0	1.1	0.7	0.3	0.1	0	4	18.6	18.6	0.0	0.1	53	185	138	13	109	0.1	0.67	0.00	12	0	0	0.04	0.16	0.1	0.04	0
Kefir	100	88	251	60	3.0	0.0	3.0	4.0	2.5	1.4	0.1	0	10	3.0	3.0	0.0	0.0	45	155	120	0	90	0.0	0.00	0.00	30	30	0	0.03	0.17	0.1	0.04	0
Mlačenica (stepka)	100	90	167	40	3.3	0.0	3.3	0.9	0.5	0.3	0.0	0	4	4.8	4.8	0.0	0.0	105	116	11	89	0.1	0.42	0.00	8	0	0	0.03	0.16	0.1	0.03	1	
Surutka sveža	100	93	109	26	0.9	0.0	0.9	0.3	0.0	0.0	0.0	0	0	5.1	5.1	0.0	0.0	0	0	51	0	53	0.1	0.00	0.00	3	0	0	0.03	0.14	0.1	0.00	0
Surutka u prahu	100	5	1460	348	12.9	0.0	12.9	1.1	0.0	0.0	0.0	0	0	73.5	73.5	0.0	0.0	0	0	646	0	589	1.4	0.00	0.00	13	0	0	0.50	2.51	0.8	0.00	0
Pavlačka kisela (10% masti)	100	82	498	119	3.0	0.0	3.0	10.0	6.3	3.3	0.4	0	43	4.5	4.5	0.0	0.0	50	150	110	0	80	0.0	0.00	0.00	125	100	50	0.03	0.16	0.1	0.00	0
Pavlačka kisela (20% masti)	100	72	862	206	2.8	0.0	2.8	21.0	12.7	7.5	0.8	1	66	3.9	3.9	0.0	0.0	34	91	87	0	59	0.0	0.00	0.00	255	200	110	0.03	0.14	0.0	0.00	0
Pavlačka slatka (30% masti)	100	64	1226	293	2.2	0.0	2.2	30.0	19.3	9.1	0.9	1	111	2.9	2.9	0.0	0.0	34	97	96	0	61	0.0	0.00	0.00	295	0	0	0.03	0.11	0.1	0.00	0
Čokoladno mleko (punomasno)	100	81	385	92	4.0	1.0	3.0	4.0	2.0	1.0	0.0	0	14	10.0	10.0	0.0	1.4	45	150	125	0	90	0.2	0.00	0.00	30	0	0	0.03	0.15	0.1	0.03	0
Sladoled mlečni	100	68	644	154	3.0	0.0	3.0	6.0	6.0	0.0	0.0	0	10	22.0	20.0	2.0	0.0	100	150	150	0	100	0.1	0.00	0.00	20	0	0	0.02	0.10	0.1	0.03	0
Sladoled mlečni krem (10% masti)	100	63	812	194	4.0	0.0	4.0	10.0	7.0	3.0	0.0	0	35	22.0	20.0	2.0	0.0	100	150	150	0	125	0.1	0.00	0.00	130	0	0	0.06	0.10	0.1	0.04	0
Camambert (45% masti u SM)	100	51	1188	284	25.0	0.0	25.0	20.0	12.0	6.0	1.0	0	90	1.0	1.0	0.0	0.0	790	110	600	0	300	0.2	0.00	0.00	350	0	0	0.05	0.60	1.1	0.03	0
Cheddar	100	37	1678	401	25.0	0.0	25.0	33.0	21.0	9.0	1.0	1	105	1.0	1.0	0.0	0.0	620	98	721	0	512	0.7	0.00	0.00	300	0	0	0.27	0.38	0.1	0.07	0
Edamer (40 % masti u SM)	100	40	1443	345	30.0	0.0	30.0	25.0	16.0	7.0	1.0	0	83	0.0	0.0	0.0	0.0	1050	71	965	0	660	0.5	0.00	0.00	200	0	0	0.03	0.20	0.1	0.06	1
Ementaler	100	36	1615	386	30.0	0.0	30.0	30.0	18.0	9.0	1.0	1	92	0.0	0.0	0.0	0.0	450	107	1020	0	636	0.3	0.00	0.00	340	0	0	0.05	0.34	0.2	0.07	1
Gervais (60% masti u SM)	100	38	1766	422	20.0	0.0	20.0	38.0	24.0	11.0	2.0	1	125	0.0	0.0	0.0	0.0	800	60	700	0	460	0.1	0.00	0.00	320	0	0	0.03	0.20	0.1	0.06	1
Gorgonzola	100	43	1446	346	22.0	0.0	22.0	28.6	18.1	8.5	0.8	1	87	0.0	0.0	0.0	0.0	1220	172	612	0	356	0.3	2.50	0.05	420	0	0	0.01	0.18	0.9	0.00	0
Gouda punomasni sir	100	37	1640	392	26.0	0.0	26.0	32.0	20.0	10.0	1.0	1	105	0.0	0.0	0.0	0.0	860	65	860	0	588	0.1	0.00	0.00	380	0	0	0.03	0.20	0.1	0.06	1
Mozzarella	100	60	936	224	19.9	0.0	19.9	16.1	9.9	5.0	0.6	0	97	0.0	0.0	0.0	0.0	137	38	403	0	239	0.2	4.30	0.06	190	0	0	0.05	0.51	0.4	0.00	0
Parmezan	100	26	1720	411	40.0	0.0	40.0	27.0	17.0	8.0	1.0	1	80	2.0	2.0	0.0	0.0	1000	125	1000	0	900	1.0	0.00	0.00	210	0	0	0.05	0.39	0.2	0.11	0
Roquefort	100	42	1502	359	19.0	0.0	19.0	31.0	19.0	8.0	1.0	1	90	1.0	1.0	0.0	0.0	1750	70	1500	0	350	0.6	0.00	0.00	320	0	0	0.04	0.59	0.1	0.07	0
Sir kraviji svež (obr.mleko)	100	82	301	72	12.4	0.0	12.4	1.0	0.7	0.2	0.0	0	4	2.7	2.7	0.0	0.0	406	85	61	5	134	0.1	0.35	0.00	11	0	0	0.02	0.16	0.1	0.04	0
Sir kraviji svež (cottage)	100	79	397	95	14.0	0.0	14.0	3.0	2.0	1.0	0.0	0	10	3.0	3.0	0.0	0.0	630	85	95	0	150	0.3	0.00	0.00	20	0	0	0.02	0.02	0.1	0.00	0
Sirni namaz (20% masti u SM)	100	65	728	174	20.0	0.0	20.0	10.0	6.0	3.0	0.0	0	35	1.0	1.0	0.0	0.0	1250	55	490	0	1225	0.1	0.00	0.00	100	0	0	0.03	0.20	0.1	0.06	0
Sirni namaz (30% masti u SM)	100	62	916	219	20.0	0.0	20.0	15.0	9.0	4.0	1.0	0	50	1.0	1.0	0.0	0.0	1250	55	480	0	1200	0.1	0.00	0.00	100	0	0	0.03	0.20	0.1	0.06	0
Sirni namaz (40% masti u SM)	100	57	1050	251	19.0	0.0	19.0	19.0	12.0	6.0	1.0	0	60	1.0	1.0	0.0	0.0	1250	55	470	0	1200	0.1	0.00	0.00	150	0	0	0.03	0.20	0.1	0.06	0
Meso, divljač, perad, ribe, jaja i proizvodi																																	
Govedina mršava (BK)	100	72	538	129	20.7	0.0	20.7	5.1	2.2	2.6	0.2	0	68	0.0	0.0	0.0	0.0	100	350	11	0	200	2.3	0.00	0.00	0	0	0	0.09	0.19	4.7	0.32	0
Govedina srednje masna (BK)	100	65	894	214	18.8	0.0	18.8	15.4	6.9	7.7	0.6	0	68	0.0	0.0	0.0	0.0	100	350	10	0	180	2.1	0.00	0.00	10	10	0	0.10	0.18	4.4	0.00	0
Govedina masna (BK)	100	52	1364	326	15.8	0.0	15.8	29.2	13.1	14.6	1.2	0	65	0.0	0.0	0.0	0.0	100	350	10	0	172	2.0	0.00	0.00	0	0	0	0.07	0.15	4.2	0.00	0
Govedina-kuk (kapak)	90	59	1126	272	16.6	0.0	16.6	22.8	10.3	11.4	1.0	0	65	0.0	0.0	0.0	0.0	49	260	9	16	150	1.6	3.10	0.13	0	0	0	0.04	0.17	4.2	0.23	0
Govedina-prsa	77	62	1044	252	16.8	0.0	16.8	20.5	9.2	10.2	0.9	0	65	0.0	0.0	0.0																	

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_JN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Jagnjetina-masna (BK)	100	58	1167	279	18.0	0.0	18.0	23.0	12.5	9.4	0.6	0	0	0.0	0.0	0.0	0.0	100	350	10	0	200	2.0	0.00	0.00	0	0	0	0.10	0.19	4.1	0.10	0
Jare (prosek)	76	75	491	117	19.2	0.0	19.2	4.5	2.3	1.8	0.1	0	71	0.0	0.0	0.0	0.0	0	0	9	0	244	1.0	2.00	0.11	0	0	0	0.10	0.28	5.8	0.00	0
Kozje meso (prosek)	73	71	690	165	18.7	0.0	18.7	9.4	4.9	3.9	0.5	0	78	0.0	0.0	0.0	0.0	0	0	11	0	0	2.2	0.00	0.00	0	0	0	0.17	0.32	5.6	0.00	0
Konjsko meso srednje masno (BK)	100	75	462	110	20.9	0.0	20.9	2.8	1.0	1.4	0.4	0	60	0.0	0.0	0.0	0.0	50	300	12	0	200	0.0	0.00	0.00	0	0	0	0.10	0.11	4.6	0.00	0
Kunić (težine cca 4 kg)	65	68	728	174	21.0	0.0	21.0	10.0	4.0	4.0	1.0	1	80	0.0	0.0	0.0	0.0	50	300	10	0	200	2.0	0.00	0.00	0	0	0	0.12	0.10	0.0	0.00	0
Ovčatina (prosek)	100	57	1226	293	17.0	0.0	17.0	25.0	13.6	10.0	1.2	0	78	0.0	0.0	0.0	0.0	100	350	10	0	200	2.0	0.00	0.00	0	0	0	0.12	0.10	0.0	0.00	0
Svinjetina mršava (BK)	100	70	674	161	20.0	0.0	20.0	9.0	4.0	4.0	1.0	1	60	0.0	0.0	0.0	0.0	100	350	10	0	200	3.0	0.00	0.00	0	0	0	0.50	0.16	3.7	0.40	0
Svinjetina srednje masna (BK)	100	59	1172	280	16.0	0.0	16.0	24.0	11.0	12.0	3.0	3	60	0.0	0.0	0.0	0.0	100	350	10	0	200	2.0	0.00	0.00	0	0	0	0.40	0.14	3.1	0.30	0
Svinjetina masna (BK)	100	50	1552	371	14.0	0.0	14.0	35.0	14.0	19.0	2.0	2	60	0.0	0.0	0.0	0.0	100	300	10	0	150	2.0	0.00	0.00	0	0	0	0.40	0.12	2.6	0.25	0
Teletina mršava (BK)	100	72	473	113	21.3	0.0	21.3	3.1	1.3	1.6	0.1	0	68	0.0	0.0	0.0	0.0	100	350	11	0	175	2.3	0.00	0.00	0	0	0	0.10	0.17	4.3	0.00	0
Teletina srednje masna (BK)	100	70	670	160	19.1	0.0	19.1	9.3	3.9	4.7	0.3	0	68	0.0	0.0	0.0	0.0	100	350	10	0	172	2.1	0.00	0.00	0	0	0	0.10	0.12	4.2	0.00	0
Teletina masna (BK)	100	66	853	204	18.1	0.0	18.1	14.6	6.4	7.3	0.6	0	0	0.0	0.0	0.0	0.0	100	350	10	0	168	2.0	0.00	0.00	0	0	0	0.07	0.11	4.7	0.00	0
Bubrezni goveđi	82	79	360	86	15.7	0.0	15.7	2.6	1.5	0.9	0.2	0	400	0.0	0.0	0.0	0.0	180	230	10	15	230	5.7	1.90	0.42	150	150	0	0.37	2.10	6.0	0.23	14
Bubrezni jagnjeđi	93	79	377	90	16.5	0.0	16.5	2.7	1.2	0.9	0.5	0	400	0.0	0.0	0.0	0.0	220	270	10	17	260	7.4	2.40	0.42	100	100	0	0.49	1.80	8.3	0.30	7
Bubrezni svinjski	90	79	377	90	16.3	0.0	16.3	2.7	1.2	0.9	0.5	0	410	0.0	0.0	0.0	0.0	190	290	8	19	27	5.0	2.60	0.81	110	110	0	0.32	1.90	7.5	0.25	14
Škemblići goveđi	100	78	443	106	16.1	0.0	16.1	4.6	2.4	2.0	0.1	0	155	0.0	0.0	0.0	0.0	0	0	11	0	87	0.8	0.00	0.10	22	22	0	0.14	0.18	1.6	0.00	3
Jetra goveda	100	69	683	163	21.1	0.0	21.1	7.8	3.9	1.7	2.1	1	270	2.2	0.0	2.2	0.0	81	320	6	19	360	7.0	1.09	2.50	16500	16500	0	0.23	3.10	13.4	0.86	23
Jetra pileća	100	70	536	128	22.0	0.0	22.0	4.0	2.0	1.0	1.0	1	500	1.0	0.0	1.0	0.0	70	220	20	0	240	7.4	0.00	0.00	11600	11600	0	0.32	2.49	11.6	0.80	28
Jetra svinjska	100	70	644	154	21.3	0.0	21.3	6.8	2.8	1.4	2.5	1	260	2.1	0.0	2.1	0.0	87	320	6	21	370	21.0	6.90	2.70	9200	9200	0	0.31	3.00	14.8	0.68	13
Jetra teleća	100	67	640	153	20.1	0.0	20.1	7.3	3.0	1.7	2.4	1	370	1.9	0.0	1.9	0.0	93	330	7	20	360	8.0	7.80	11.00	14600	14600	0	0.21	3.10	12.4	0.54	18
Jezik goveđi (sirovi)	100	71	657	157	19.0	0.0	19.0	9.0	4.7	4.0	0.3	0	140	0.0	0.0	0.0	0.0	100	250	10	0	200	3.0	0.00	0.00	0	0	0	0.12	0.29	5.0	0.00	0
Koštana moždina	100	6	3552	849	3.2	0.0	3.2	89.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Krv	100	81	335	80	17.7	0.0	17.7	0.4	0.0	0.0	0.0	0	0	0.1	0.0	0.1	0.0	0	0	6	0	0	38.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Mozak teleći ili jagnjeđi	100	79	460	110	10.3	0.0	10.3	7.6	3.1	2.7	1.6	0	2200	0.0	0.0	0.0	0.0	140	270	12	15	340	1.6	1.20	0.30	0	0	0	0.07	0.24	3.0	0.10	23
Pluća goveda	100	83	313	75	14.0	0.0	14.0	2.1	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	15	0	173	6.7	0.00	0.00	0	0	0	0.23	0.25	2.0	0.00	40
Šlezina goveda	100	75	449	107	18.5	0.0	18.5	3.7	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	12	0	250	42.0	2.10	0.00	0	0	0	0.28	0.39	4.4	0.00	46
Srce goveda	81	76	452	108	18.9	0.0	18.9	3.6	2.2	1.2	0.2	0	140	0.0	0.0	0.0	0.0	95	320	5	25	230	4.9	2.00	0.43	0	0	0	0.45	0.80	6.0	0.23	7
Srce jagnjeće	73	76	498	119	17.1	0.0	17.1	5.6	2.7	2.1	0.7	0	140	0.0	0.0	0.0	0.0	140	280	7	21	210	3.6	2.00	0.52	0	0	0	0.48	0.90	6.9	0.29	7
Srce svinjsko	80	79	391	93	17.1	0.0	17.1	2.7	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	80	300	6	20	220	4.8	0.00	0.00	0	0	0	0.48	0.90	6.9	0.29	5
Čvarci	100	35	3113	744	26.0	0.0	26.0	71.2	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Čvarci stišnjeni	100	12	2191	524	40.8	0.0	40.8	40.0	14.8	10.2	4.6	0	0	0.0	0.0	0.0	0.0	0	0	30	0	235	1.4	0.00	0.00	0	0	0	0.22	0.19	2.0	0.00	0
Jetrena pašeta	100	53	1360	325	14.0	0.0	14.0	29.0	11.0	15.0	3.0	3	150	2.0	0.0	2.0	0.0	800	80	20	0	150	5.0	0.00	0.00	1200	1200	0	0.20	1.20	4.6	0.10	0
Hamburger (od govedeg mesa)	100	49	1506	360	14.0	0.0	14.0	32.0	14.0	16.0	2.0	2	76	4.0	0.0	4.0	0.1	562	203	10	0	158	2.3	0.00	0.00	190	190	0	0.19	0.20	3.1	0.14	0
Hrenovke (goved.+ svinjetina)	98	54	1339	320	11.1	0.0	11.1	27.2	10.7	13.8	2.7	0	50	2.2	0.0	2.2	0.0	1120	167	11	11	87	1.1	1.84	0.09	0	0	0	0.20	0.11	2.7	0.13	0
Viršle (od pileceg mesa)	98	57	1079	258	12.9	0.0	12.9	19.6	5.6	1.6	4.0	0	100	6.8	0.0	6.8	0.0	1370	0	95	0	0	2.0	0.00	0.00	0	0	0	0.07	0.11	3.1	0.00	0
Kobasica (prosek)	98	44	1678	401	14.0	0.0	14.0	37.0	15.0	18.0	4.0	4	96	3.0	0.0	3.0	0.0	1082	193	12	0	192	2.5	0.00	0.00	0	0	0	0.18	0.31	3.4	0.12	0
Kobasice (kranjske i sl.goved.+svinj.)	98	44	1648	394	14.2	0.0	14.2	37.4	17.1	17.5	2.8	0	0	0.0	0.0	0.0	0.0	0	0	18	0	175	3.0	0.00	0.00	0	0	0	0.20	0.06	3.0	0.00	0
Kobasice svinjske - pečenice	100	48	1512	361	14.3	0.0	14.3	33.8	12.5	17.5	3.8	0	0	0.0	0.0	0.0	0.0	1342	136	19	0	175	3.0	0.00	0.00	0	0	0	0.20	0.08	3.0	0.00	0
Kobasice svinjske suve	100	27	2140	513	21.3	0.0	21.3	47.5	17.6	24.5	5.4	0	0	0.0	0.0	0.0	0.0	0	0	31	0	266	0.0	4.30	0.00	0	0	0	0.31	0.20	4.6	0.00	0
Kozice svinjske suve	100	18	2533	605	27.0	0.0	27.0	55.2	20.4	28.5	6.3	0	0	0.3	0.0	0.3	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Krvavice s kasom	90	44	1270	305	12.9	0.0	0.0	21.9	0.0	0.0	0.0	0	68	15.0	0.0	0.0	0.0	1210	140	35	16	110	20.0	1.30	0.37	0	0	0	0.09	0.07	1.0	0.04	0
Krvavice	90	47	1590	380	14.8	0.0	14.8	34.4	13.2	17.6	3.6	0	120	1.2	0.0	1.2	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Mesni narezak (svinj.+goved.)	100	50	1414	338	13.0	1.0	12.0	30.0	11.0	14.0	4.0	3	60	4.0	0.0	4.0	0.0	900	250	10	0	250	3.0	0.00	0.00	0	0	0	0.10	0.12	3.0	0.17	0
Mesni narezak (od svinjskog mesa)	100	44	1774	424	12.0	0.0	12.0	40.0	16.0	20.0	4.0	4	60	4.0	0.0	4.0	0.0	1100	220	10	0	150	1.5	0.00	0.00	0	0	0	0.40	0.14	2.6		

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZVOT	MAST_UKUP	MAST_ZAS	MAST_JN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Šunka dimljena soljena sušena	100	33	1816	434	22.8	0.0	22.8	38.1	14.1	19.7	4.3	0	92	0.0	0.0	0.0	0.0	2733	323	21	0	178	1.4	0.00	0.00	0	0	0	0.91	0.26	5.0	0.00	0
Šunka dimljena kuvana	100	37	1724	412	21.1	0.0	21.1	36.4	13.5	18.8	4.1	0	64	0.0	0.0	0.0	0.0	0	0	10	0	160	2.0	0.00	0.00	0	0	0	0.60	0.18	3.5	0.00	0
Šunka mršava	100	61	642	153	28.8	0.0	28.8	4.6	1.7	2.4	0.5	0	92	0.0	0.0	0.0	0.0	2733	323	20	0	195	2.1	0.00	0.00	0	0	0	0.58	0.25	6.5	0.00	0
Šunka mršava presovana	89	72	541	129	15.6	0.0	15.6	7.1	3.9	2.9	0.3	0	0	0.8	0.0	0.8	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Suvi vrat (BK)	100	23	1884	450	20.8	0.0	20.8	40.2	14.9	20.7	4.6	0	0	1.4	0.0	1.4	0.0	0	0	25	0	263	0.0	1.00	0.00	0	0	0	0.70	0.20	6.0	0.00	0
Fazan	50	69	602	144	24.3	0.0	24.3	5.2	1.7	2.9	0.6	0	0	0.0	0.0	0.0	0.0	104	411	49	0	308	8.0	0.00	0.00	0	0	0	0.20	0.17	0.0	0.20	0
Golub (mladi)	45	73	521	124	20.8	0.0	20.8	4.5	1.5	2.2	0.8	0	76	0.2	0.0	0.2	0.0	32	0	12	0	200	1.5	0.00	0.20	0	0	0	0.08	0.15	7.5	0.00	0
Golub (odrasli)	53	66	784	187	18.4	0.0	18.4	12.5	4.1	6.0	2.4	0	76	0.3	0.0	0.3	0.0	47	0	12	0	250	1.5	0.00	0.30	0	0	0	0.08	0.15	7.5	0.00	0
Jarebica	50	55	1038	248	35.0	0.0	35.0	12.0	3.0	5.0	3.0	2	90	0.0	0.0	0.0	0.0	100	400	45	0	300	8.0	0.00	0.00	0	0	0	0.10	0.15	0.0	0.15	0
Jelen i srna (meso bez kosti)	100	72	519	124	22.0	0.0	22.0	4.0	2.0	1.0	1.0	0	80	0.0	0.0	0.0	0.0	80	340	20	0	220	3.0	0.00	0.00	0	0	0	0.10	0.25	0.0	0.00	0
Patka divlja	42	61	975	233	21.1	0.0	21.1	15.8	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Prepelica	50	70	560	134	21.8	0.0	21.8	4.5	1.3	2.0	1.2	0	0	0.0	0.0	0.0	0.0	51	237	13	0	307	4.5	0.00	0.59	17	17	0	0.28	0.29	8.2	0.00	0
Zec divji	60	73	523	125	20.0	0.0	20.0	5.0	2.0	2.0	1.0	1	80	0.0	0.0	0.0	0.0	50	300	10	0	200	2.0	0.00	0.00	0	0	0	0.12	0.05	5.2	0.60	0
Guska (srednje masna)	73	64	828	198	21.8	0.0	21.8	12.3	3.7	7.6	1.0	0	75	0.0	0.0	0.0	0.0	0	0	13	0	197	1.8	0.00	0.00	0	0	0	0.08	0.19	5.7	0.00	0
Guska (masna)	75	51	1481	354	16.4	0.0	16.4	31.5	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	10	0	176	1.6	0.00	0.00	0	0	0	0.08	0.19	6.7	0.00	0
Kokoška (cela-prosek)	65	66	777	186	21.5	0.0	21.5	11.0	3.2	5.1	2.7	0	101	0.2	0.0	0.2	0.0	100	300	16	0	221	1.5	0.00	0.00	0	0	0	0.26	0.12	3.5	0.00	0
Patka (srednje masna)	60	50	1427	341	20.0	0.0	20.0	29.0	8.0	17.0	4.0	3	80	0.0	0.0	0.0	0.0	200	300	10	0	200	2.0	0.00	0.00	0	0	0	0.30	0.20	3.5	0.40	0
Patka (tovljena)	65	44	1799	430	11.3	0.0	11.3	42.7	12.5	24.6	5.5	5	0	0.0	0.0	0.0	0.0	77	210	11	14	130	2.4	1.30	0.27	0	0	0	0.00	0.00	0.00	0.00	0
Patka (samo meso)	100	75	510	122	19.7	0.0	19.7	4.8	1.4	2.8	0.6	0	110	0.0	0.0	0.0	0.0	110	290	12	19	200	2.4	1.90	0.34	0	0	0	0.36	0.45	5.3	0.34	0
Pile (celo-prosek)	65	64	962	230	17.6	0.0	17.6	17.7	6.4	8.5	2.8	2	98	0.0	0.0	0.0	0.0	70	260	10	20	160	0.7	1.00	0.16	0	0	0	0.08	0.14	6.0	0.30	0
Pile (belo meso bez kosti)	100	74	485	116	21.8	0.0	21.8	3.2	1.2	1.5	0.5	0	69	0.0	0.0	0.0	0.0	72	330	10	27	210	0.5	0.70	0.14	0	0	0	0.10	0.10	9.9	0.53	0
Pile (crno meso-batak, karabatak)	75	74	527	126	19.1	0.0	19.1	5.5	1.9	2.6	1.0	1	110	0.0	0.0	0.0	0.0	89	300	11	22	180	0.9	1.60	0.25	0	0	0	0.11	0.22	5.4	0.30	0
Čurka (cela-prosek)	70	72	598	143	20.0	0.0	20.0	7.0	2.0	3.0	2.0	2	60	0.0	0.0	0.0	0.0	70	300	25	0	250	4.0	0.00	0.00	0	0	0	0.13	0.15	8.8	0.20	0
Čurka (crno meso-batak, karabatak)	80	69	778	186	20.9	0.0	20.9	11.2	3.3	5.5	2.4	2	82	0.0	0.0	0.0	0.0	81	310	23	0	257	2.2	0.00	0.00	0	0	0	0.11	0.14	7.1	0.00	0
Čurka (belo meso - prsa BK)	100	70	559	134	22.0	0.0	22.0	4.9	1.4	2.4	1.1	1	82	0.0	0.0	0.0	0.0	51	320	23	0	290	1.8	0.00	0.00	0	0	0	0.08	0.13	9.0	0.00	0
Deverika	54	76	432	103	15.0	0.0	15.0	4.4	1.0	2.4	1.0	0	70	1.0	0.0	1.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Grgeč	43	80	315	75	15.4	0.0	15.4	1.5	0.3	1.2	0.3	0	70	0.0	0.0	0.0	0.0	92	80	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Jogulja	70	63	993	237	14.6	0.0	14.6	19.6	4.9	14.2	0.5	0	117	0.7	0.0	0.7	0.0	39	177	17	0	223	0.6	0.00	0.00	980	980	0	0.18	0.32	2.0	0.00	0
Jesetra	44	78	431	103	13.1	0.0	13.1	5.6	1.2	5.0	0.4	0	70	0.1	0.0	0.1	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Klen	53	79	331	79	13.4	0.0	13.4	2.8	0.4	1.6	0.8	0	70	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Krkuša	55	77	309	74	15.4	0.0	15.4	1.0	0.2	0.6	0.2	0	70	1.0	0.0	1.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Linjak	55	81	298	71	15.0	0.0	15.0	1.2	0.2	0.7	0.3	0	70	0.0	0.0	0.0	0.0	79	78	70	0	108	0.9	0.40	0.50	0	0	0	0.06	0.15	0.0	0.00	0
Lojka atlanska (cepa)	48	70	711	170	18.6	0.0	18.6	10.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	54	330	20	0	260	0.5	0.00	0.00	0	0	0	0.15	0.24	8.4	0.00	0
Losos	65	64	908	217	22.5	0.0	22.5	13.7	0.0	0.0	0.0	0	35	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.08	7.2	0.00	9
Manić pegavi	46	73	518	124	15.7	0.0	15.7	6.8	1.1	3.9	1.5	0	70	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Mrena	42	79	350	84	14.0	0.0	14.0	3.1	0.8	1.6	0.7	0	70	0.1	0.0	0.1	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Ozimica (jezerski losos)	47	72	648	155	18.9	0.0	18.9	8.2	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	52	299	0	0	270	0.4	0.00	0.00	0	0	0	0.14	0.12	3.0	0.00	0
Pastrmka kalifornijska	50	66	816	195	21.5	0.0	21.5	11.4	0.0	0.0	0.0	0	55	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.08	0.20	8.4	0.00	0
Pastrmka potočna	55	80	359	86	14.7	0.0	14.7	3.0	0.7	1.9	0.4	0	55	0.0	0.0	0.0	0.0	58	394	14	0	220	1.0	0.00	0.00	0	0	0	0.08	0.06	3.0	0.00	0
Som	55	72	728	174	15.3	0.0	15.3	11.3	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	33	307	40	0	100	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Šaran	50	72	531	127	15.8	0.0	15.8	6.8	1.1	4.7	1.0	0	70	0.7	0.0	0.7	0.0	50	286	34	15	220	1.0	0.00	0.00	44	0	0	0.07	0.04	1.5	0.00	1
Štika	56	79	356	85	17.4	0.0	17.4	1.7	0.3	1.0	0.4	0	0	0.0	0.0	0.0	0.0	125	110	267	0	153	1.4	1.10	0.37	0	0	0	0.09	0.07	1.7	0.00	0
Kornjača (zelena)	24	79	372	89	19.8	0.0	19.8	0.5	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Puž vinogradski (očiscen)	100	82	314	75	15.0	0.0	15.0	0.8	0.0	0.0	0.0	0	0	2.0	0.0	2.0	0.0	0	0	170	250	0	3.5	0.00	0.40	0	0	0	0.00	0.00	0.00	0.00	0
Rak slatkovodni	45	80	296	71	13.6	0.0	13.6	0.6	0.1	0.3	0.2	0	154	2.9	0.0	2.9	0.0	300	250	110	0	225	1.2	0.00	0.00	0	0	0</					

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_UN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Haringa	51	64	970	234	16.8	0.0	16.8	18.5	4.2	10.6	3.7	0	70	0.0	0.0	0.0	0.0	67	340	33	29	210	0.8	0.50	0.12	45	45	0	0.06	0.18	4.1	0.45	0
Incun (brgljun)	66	76	371	89	16.8	0.0	16.8	2.4	0.6	1.2	0.6	0	70	0.0	0.0	0.0	0.0	104	383	147	0	196	2.8	1.50	0.73	32	0	0	0.06	0.26	0.0	0.00	0
Iverak (pasara, ploca)	43	81	330	79	16.7	0.0	16.7	0.8	0.0	0.0	0.0	0	60	0.0	0.0	0.0	0.0	68	332	12	31	195	0.8	0.00	0.18	0	0	0	0.22	0.21	3.8	0.25	0
Kirnja (kernja)	41	78	335	80	17.9	0.0	17.9	0.7	0.2	0.3	0.2	0	0	0.6	0.0	0.6	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Kirnja dubinska	69	74	522	125	15.6	0.0	15.6	6.7	1.4	3.9	1.4	0	36	0.6	0.0	0.6	0.0	119	258	45	0	121	0.3	0.00	0.00	0	0	0	0.00	0.00	3.1	0.00	0
Koljak	48	81	308	73	16.8	0.0	16.8	0.6	0.2	0.1	0.3	0	60	0.0	0.0	0.0	0.0	120	300	18	23	170	0.6	0.30	0.19	0	0	0	0.07	0.10	3.1	0.20	0
Kovac	40	79	324	78	16.2	0.0	16.2	0.9	0.2	0.5	0.2	0	70	1.2	0.0	1.2	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
List	45	78	346	83	15.9	0.0	15.9	1.7	0.4	0.7	0.6	0	57	0.9	0.0	0.9	0.0	127	330	12	0	195	0.8	0.00	0.00	0	0	0	0.05	0.05	1.7	0.00	0
Lubin (brancin)	54	79	343	64	16.5	0.0	16.5	1.5	0.3	0.9	0.3	0	64	0.6	0.0	0.6	0.0	0	0	20	0	202	1.1	0.00	0.00	0	0	0	0.11	0.16	0.0	0.00	0
Murina	62	75	416	99	17.6	0.0	17.6	2.7	0.6	1.5	0.6	0	0	1.3	0.0	1.3	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Oštic (tovar)	76	82	296	71	17.0	0.0	17.0	0.3	0.0	0.1	0.1	0	46	0.1	0.0	0.1	0.0	116	370	25	0	194	0.7	0.00	0.00	0	0	0	0.05	0.06	2.2	0.00	0
Palamida	67	75	400	96	19.0	0.0	19.0	1.8	0.4	1.0	0.4	0	70	1.0	0.0	1.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Pas (bjelepeg, pena)	65	78	333	80	16.0	0.0	16.0	1.2	0.3	0.6	0.3	0	70	1.3	0.0	1.3	0.0	0	0	31	0	218	1.0	0.00	0.00	15	0	0	0.03	0.03	5.6	0.00	0
Raza	34	78	286	68	14.2	0.0	14.2	0.9	0.2	0.5	0.2	0	70	0.8	0.0	0.8	0.0	161	274	31	0	218	1.0	0.00	0.00	15	0	0	0.03	0.04	2.5	0.00	0
Rumbac (oblic)	55	78	340	81	16.3	0.0	16.3	1.3	0.3	0.7	0.3	0	70	1.2	0.0	1.2	0.0	83	319	38	0	264	1.2	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Skuša (okarda)	54	68	770	184	19.0	0.0	19.0	12.0	3.0	7.0	2.0	0	70	0.0	0.0	0.0	0.0	95	396	12	0	244	1.0	0.00	0.00	10	0	0	0.13	0.36	7.5	0.63	0
Srdela	70	75	412	98	17.4	0.0	17.4	3.2	0.7	1.5	1.0	0	60	0.0	0.0	0.0	0.0	0	0	33	0	215	1.8	0.00	0.00	38	38	0	0.00	0.00	0.0	0.00	0
Skrpina	43	79	364	87	19.3	0.0	19.3	0.5	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Skrpun (bodec)	39	78	336	80	16.2	0.0	16.2	1.4	0.3	0.8	0.3	0	0	0.8	0.0	0.8	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Trlja kamenjarka (barbun)	62	76	450	109	15.7	0.0	15.7	4.6	1.5	2.2	0.9	0	70	1.2	0.0	1.2	0.0	0	0	21	0	218	1.1	0.00	0.00	9	9	0	0.07	0.07	4.2	0.00	0
Trlja blatarka	54	72	582	139	16.0	0.0	16.0	7.9	2.5	3.9	1.5	0	70	1.1	0.0	1.1	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Tuna	90	62	943	226	21.5	0.0	21.5	15.5	4.2	5.6	5.7	0	52	0.0	0.0	0.0	0.0	43	0	38	0	264	1.3	0.50	0.03	450	450	0	0.16	0.16	8.5	0.00	0
Ugor (grui)	75	72	615	147	19.1	0.0	19.1	7.8	0.0	0.0	0.0	0	0	0.1	0.0	0.1	0.0	90	0	22	0	130	0.4	0.00	0.00	0	0	0	0.18	0.29	3.4	0.00	0
Zubatac	48	79	323	77	17.0	0.0	17.0	1.0	0.2	0.6	0.2	0	70	0.0	0.0	0.0	0.0	0	0	38	0	264	1.2	0.00	0.00	48	48	0	0.08	0.10	2.1	0.00	0
Hobotnica (mrkac)	90	82	305	73	15.3	0.0	15.3	0.8	0.3	0.3	0.2	0	170	0.8	0.0	0.8	0.0	0	0	29	0	173	0.2	0.00	0.44	0	0	0	0.02	0.06	1.8	0.00	0
Lignja (ligani)	65	81	322	77	16.0	0.0	16.0	1.0	0.3	0.2	0.5	0	0	1.0	0.0	1.0	0.0	0	273	27	0	143	0.8	0.00	0.00	0	0	0	0.07	0.05	2.6	0.00	0
Sipa	50	79	301	72	14.0	0.0	14.0	1.4	0.3	0.8	0.3	0	0	0.8	0.0	0.8	0.0	110	216	30	0	0	0.0	0.00	0.00	0	0	0	0.12	0.05	1.0	0.00	0
Hlap (rorog)	30	79	380	91	16.9	0.0	16.9	1.9	0.0	0.0	0.4	0	200	0.5	0.0	0.5	0.0	300	260	29	22	200	0.6	0.00	2.20	0	0	0	0.15	0.13	1.5	0.00	0
Jastog	29	78	358	86	16.2	0.0	16.2	1.9	0.4	1.1	0.4	0	164	1.0	0.0	1.0	0.0	0	0	60	0	280	0.8	0.00	0.00	0	0	0	0.15	0.18	2.0	0.00	0
Kozica velika	33	78	380	91	18.1	0.0	18.1	0.8	0.0	0.0	0.0	0	150	1.5	0.0	1.5	0.0	140	220	63	42	166	1.6	0.00	0.00	0	0	0	0.02	0.03	3.2	0.00	0
Škampi	26	78	380	91	16.9	0.0	16.9	1.9	0.0	0.0	0.0	0	200	0.5	0.0	0.5	0.0	0	0	29	22	183	0.6	0.00	0.00	0	0	0	0.04	0.05	1.5	0.00	0
Dagnja	32	84	276	66	12.1	0.0	12.1	1.9	0.5	0.6	0.8	0	100	2.0	0.0	2.0	0.0	290	320	88	23	240	5.8	1.60	0.36	0	0	0	0.15	0.17	1.6	0.50	2
Jakopska kapica	0	80	330	79	15.3	0.0	15.3	0.2	0.0	0.0	0.0	0	35	3.3	0.0	3.3	0.0	150	420	26	0	208	1.8	0.00	0.00	0	0	0	0.04	0.06	1.3	0.00	0
Kamenica (ostriga)	12	87	205	49	6.0	0.0	6.0	1.0	0.4	0.5	0.1	0	200	4.0	0.0	4.0	0.0	500	250	70	42	175	7.0	45.00	7.60	90	90	0	0.15	0.20	1.0	0.00	0
Kucica	25	79	304	73	10.2	0.0	10.2	2.5	0.8	1.2	0.5	0	50	2.4	0.0	2.4	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Prnjavica (meso i tekucina)	17	83	293	70	10.5	0.0	10.5	1.3	0.0	0.0	0.0	0	120	3.1	0.0	3.1	0.0	121	235	12	63	208	0.6	0.00	0.00	0	0	0	0.10	0.19	1.5	0.08	0
Bakalar suvi	78	15	1413	338	80.0	0.0	80.0	2.0	0.5	0.4	1.1	0	0	1.1	0.0	1.1	0.0	500	1500	60	0	450	5.0	0.00	0.00	0	0	0	0.10	0.12	5.0	0.00	0
Haringa dimljena (bez kosti)	100	61	883	211	22.2	0.0	22.2	12.9	3.0	7.3	2.6	0	0	0.0	0.0	0.0	0.0	720	285	66	0	254	1.4	0.00	0.00	0	0	0	0.04	0.28	3.3	0.35	0
Incun konzervirani	0	0	732	175	19.2	0.0	19.2	10.0	0.0	0.0	5.8	0	0	0.0	0.0	0.0	0.0	0	0	167	0	208	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Incun šlani	100	59	732	175	19.3	0.0	19.3	10.4	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	168	0	211	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Sardine konzervisane u ulju	100	49	1382	334	19.7	0.0	19.7	28.3	6.0	16.5	5.8	2	80	0.0	0.0	0.0	0.0	540	360	460	43	430	2.4	2.50	0.17	0	0	0	0.03	0.30	6.8	0.40	0
Sardine konzervisane (samo riba)	83	58	906	217	23.7	0.0	23.7	13.6	0.0	0.0	0.0	0	100	0.0	0.0	0.0	0.0	650	430	550	52	520	2.9	3.00	0.19	0	0	0	0.04	0.36	8.2	0.48	0
Tuna konzervisana u ulju	100	55	1202	289	22.8	0.0	22.8	22.0	4.2	9.3	8.5	8	65	0.0	0.0	0.0	0.0	420	280	7	28	190	1.1	0.80	0.09	0	0	0	0.04	0.11	12.9	0.44	0
Tuna u aspiku	100	71	490	117	26.4	0.0	26.4	0.5	0.3	0.2	0.0	0	0	1.6	0.0	1.6	0.0	462	324	9	0	140	0.8	0.40	0.00	0	0	0	0.18	0.06	8.4	0.00	0
Kavjar granulirani	100	46	1096	262	26.9	0.0	26.9	15.0	4.3	9.2	1.5	0	0	3.3	0.0	3.3	0.0	2200	180	276	0	355	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Belanca kokošije	100																																

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_LUKUPHE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_JN	MAST_VN	MAST_LK	MAST_HOLES	UH_LUKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Jaje prepelice	87	74	648	155	13.3	0.0	13.3	11.1	3.3	6.7	1.1	1	844	0.0	0.0	0.0	0	0	66	0	222	3.7	0.00	0.00	90	0	0	0.11	0.77	0.0	0.11	0	
Jaje čuče	87	73	711	170	12.8	0.0	12.8	13.7	3.7	8.4	1.6	1	932	1.1	0.0	1.1	0.0	0	98	0	170	4.1	0.00	0.00	225	0	0	0.11	0.46	0.1	0.00	0	
Žumance kokošije (sirovo)	100	50	1510	361	16.0	0.0	16.0	33.0	12.0	16.0	5.0	5	1300	0.0	0.0	0.0	0	50	150	150	0	600	6.0	0.00	0.00	530	0	0	0.25	0.40	0.1	0.30	0
Masti, ulja i proizvodi																																	
Loj govedi	100	1	3663	891	0.0	0.0	0.0	99.0	45.0	50.0	4.0	2	50	0.0	0.0	0.0	0	5	4	1	0	13	0.2	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Loj ovčiji	100	0	3732	892	0.0	0.0	0.0	98.5	47.0	43.8	7.7	0	100	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Maslac (nestani)	100	15	3142	751	1.0	0.0	1.0	83.0	51.0	25.0	3.0	1	225	0.0	0.0	0.0	0	5	15	15	0	20	0.0	0.00	0.00	940	0	0	0.00	0.00	0.0	0.00	0
Maslac (slani)	100	15	3142	751	1.0	0.0	1.0	83.0	51.0	25.0	3.0	1	225	0.0	0.0	0.0	0	200	15	15	0	20	0.0	0.00	0.00	750	0	0	0.00	0.00	0.0	0.00	0
Mast svinjska (nesoljena)	100	1	3663	891	0.0	0.0	0.0	99.0	44.7	44.6	9.7	8	70	0.0	0.0	0.0	0	2	1	1	1	3	0.1	0.00	0.02	0	0	0	0.00	0.00	0.0	0.00	0
Mast gušća	100	0	3703	885	0.0	0.0	0.0	98.5	26.9	60.8	10.8	0	100	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Mast kokošija	100	0	3703	885	0.0	0.0	0.0	98.5	29.2	48.5	20.8	0	85	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Mast pačja	100	0	3703	885	0.0	0.0	0.0	98.5	33.1	52.3	13.1	0	100	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Mast čuče	100	0	3703	885	0.0	0.0	0.0	98.5	29.2	46.2	23.1	0	100	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Stanina svinjska sirova bez kože	100	11	3280	784	3.2	0.0	3.2	85.4	38.2	37.7	9.5	0	0	0.0	0.0	0.0	0	71	285	2	0	10	0.5	0.00	0.00	0	0	0	0.16	0.03	0.3	0.00	0
Stanina svinjska sirova soljena	100	8	3272	782	3.9	0.0	3.9	85.0	38.0	37.5	9.5	0	0	0.0	0.0	0.0	0	1210	43	2	0	10	0.7	0.00	0.00	0	0	0	0.17	0.03	1.0	0.00	0
Ulje arasidovo (kikiriki)	100	0	3766	900	0.0	0.0	0.0	99.9	14.0	54.9	31.0	31	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje bakalara (iz jetre)	100	0	3766	900	0.0	0.0	0.0	99.9	0.0	0.0	0.0	0	850	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	24000	24000	0	0.00	0.00	0.0	0.00	0	
Ulje bucino	100	0	3766	900	0.0	0.0	0.0	99.9	16.0	29.0	55.0	54	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje bucino mesano (20%buc.+80%jestivo)	100	0	3766	900	0.0	0.0	0.0	99.9	5.0	27.0	68.0	61	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje kokosovo	100	0	3766	900	0.0	0.0	0.0	99.9	90.8	7.1	2.0	2	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje kukuruzno	100	0	3766	900	0.0	0.0	0.0	99.9	15.0	29.0	56.0	55	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje kukuruznih klica	100	0	3766	900	0.0	0.0	0.0	99.9	14.0	26.0	60.0	60	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje maslinovo	100	3	3766	900	0.0	0.0	0.0	99.9	14.0	78.0	8.0	8	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje psenice klica	100	0	3766	900	0.0	0.0	0.0	99.9	18.0	21.0	61.0	0	0	0.0	0.0	0.0	0	0	0	0	0	0.0	3.57	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje repicino	100	0	3766	900	0.0	0.0	0.0	99.9	7.0	60.0	33.2	23	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje sezamovo	100	0	3766	900	0.0	0.0	0.0	99.9	14.0	45.0	41.0	0	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje sojino	100	0	3766	900	0.0	0.0	0.0	99.9	15.0	23.0	62.0	56	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Ulje suncokretovo	100	0	3766	900	0.0	0.0	0.0	99.9	11.0	24.0	65.0	65	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Margarin slani (bilj.+ziv.mast)	100	16	3054	730	0.1	0.0	0.1	81.0	31.5	36.5	13.0	4	0	0.1	0.1	0.0	0.0	800	5	4	1	12	0.3	0.00	0.04	900	0	0	0.00	0.00	0.0	0.00	0
Margarin soft (od biljnih ulja)	100	15	3054	730	0.1	0.0	0.1	81.0	20.0	16.6	44.0	43	0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Majonez	100	11	3063	732	1.0	0.0	1.0	80.0	12.0	18.0	50.0	44	77	2.0	1.0	1.0	0.0	260	35	10	0	40	0.0	0.00	0.00	40	40	0	0.02	0.03	0.0	0.01	0
Tartar sos	100	34	2238	535	0.0	0.0	0.0	57.1	8.8	19.3	29.0	0	28	7.0	0.0	0.0	0.0	1300	78	21	0	28	0.3	0.00	0.00	64	64	0	0.00	0.00	0.0	0.00	0
Leguminoze, žitarice i proizvodi																																	
Bob suvi	100	11	1274	304	27.0	27.0	0.0	2.4	0.4	0.6	1.4	0	46.5	6.2	40.3	9.9	127	1028	66	0	380	7.0	4.60	1.94	10	0	60	0.50	0.28	2.6	0.00	4	
Pasulj beli	100	11	1134	271	21.4	21.4	0.0	1.6	0.2	0.1	1.3	0	45.5	2.8	42.7	25.4	43	1160	180	180	310	6.7	2.80	0.61	0	0	0	0.45	0.13	2.5	0.56	0	
Pasulj šareni (trešnjevac)	100	12	1142	273	19.1	19.1	0.0	1.1	0.1	0.1	0.9	0	49.8	3.6	46.2	21.6	62	1700	85	164	320	5.9	2.80	1.22	0	0	0	0.45	0.13	2.5	0.58	0	
Grašak suvi	100	12	1297	310	22.1	22.1	0.0	1.0	0.4	0.4	0.2	0	56.6	1.9	54.7	11.9	38	910	33	130	270	5.4	4.00	0.58	25	0	150	0.70	0.20	3.2	0.13	0	
Sočivo suvo	100	12	1272	304	23.8	23.8	0.0	1.0	0.2	0.2	0.6	0	53.2	2.4	50.8	11.7	36	670	39	77	240	7.6	3.10	0.58	10	0	60	0.50	0.20	2.0	0.60	0	
Slanutak suvi	100	12	1246	298	16.6	16.6	0.0	6.9	0.9	2.1	3.9	0	45.1	5.6	39.6	18.7	216	854	128	0	299	8.1	3.30	3.05	30	0	180	0.36	0.14	1.7	0.00	5	
Soja suva u zrn	100	7	1787	427	38.0	38.0	0.0	19.0	3.0	4.0	12.0	11	0	26.0	0.0	26.0	5.0	5	1680	225	0	555	8.4	0.00	0.00	8	0	48	1.10	0.31	2.2	0.00	0
Soja fermentirana - miso	100	44	862	206	13.0	13.0	0.0	6.0	1.0	1.5	3.5	3	25.0	12.0	13.0	1.4	0	0	80	0	0	5.6	0.00	0.00	0	0	0	0.06	0.13	1.3	0.00	0	
Sojino brašno punomasno	100	7	1925	460	37.0	37.0	0.0	24.0	4.0	5.5	14.5	12	0	24.0	11.0	13.0	11.9	1	1860	210	0	660	6.9	0.00	0.00	0	0	0	0.75	0.31	2.0	0.57	0
Sojino brašno (mast ekstrahovana)	100	8	1448	346	52.0	52.0	0.0	2.0	0.3	0.5	1.2	1	0	30.0	12.0	18.0	14.3	54	2451	293	0	640	9.1	0.00	0.00	0	0	0	0.90	0.36	2.4	0.68	0
Sojino mlieko	100	91	159	38	3.0	3.0	0.0	2.0	0.3	0.5	1.2	1	0	2.0	1.0	1.0	0.0	0	0	20	0	0	0.7	0.00	0.00	0	0	0	0.09	0.04	0.3	0.00	0
Sojin sir - tofu	100	85	301	72	7.8	7.8	0.0	4.2	0.7	1.0	2.5	2	0	2.5	1.2	1.3	0.1	7	42	128	111	126	1.9	0.00	0.00	0	0	0	0.06	0.03	0.1	0.00	0
Heljdino brašno	100	14	1148	346	10.0	10.0	0.0	2.0	0.2	0.8	1.0	1	0	72.0	2.0	70.0	5.6	2	200	15	0	150	2.0	0.00	0.00	0	0	0	0.20	0.05	2.0	0.25	0
Heljda kaša</																																	

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_IN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Kukuruzno brašno (isklicano)	100	12	1514	362	8.7	8.7	0.0	0.8	0.1	0.2	0.5	0	0	78.1	0.0	78.1	0.4	1	80	4	20	73	1.0	0.00	0.00	44	0	264	0.13	0.04	1.2	0.00	0
Kukuruzne pahuljice (cornflakes)	100	3	1539	368	8.6	8.6	0.0	1.6	0.2	0.5	1.0	1	0	85.1	7.4	77.7	11.0	1160	99	3	14	47	0.6	0.30	0.03	0	0	0	0.00	0.03	0.6	0.03	0
Kokice (popkorn)	100	4	1537	376	13.0	13.0	0.0	4.0	0.4	1.2	2.4	2	0	72.0	0.0	72.0	5.0	3	240	11	0	281	2.7	0.00	0.00	0	0	0	0.39	0.12	2.2	0.00	0
Pšenica u zmu (vrde sorte)	100	13	1389	332	12.7	12.7	0.0	2.5	0.5	0.4	1.6	1	0	70.0	3.0	67.0	0.0	3	435	37	0	386	4.3	0.00	0.00	0	0	0	0.66	0.12	4.4	0.00	0
Pšenica u zmu (mekane sorte)	100	14	1364	326	10.2	10.2	0.0	2.0	0.4	0.3	1.3	1	0	72.0	3.5	68.5	0.0	3	376	42	0	400	3.5	0.00	0.00	0	0	0	0.43	0.11	3.6	0.00	0
Pšenično brašno (puno zrna 100%)	100	14	1331	318	13.2	13.2	0.0	2.0	0.4	0.3	1.3	1	0	65.8	2.3	63.5	9.6	3	360	35	140	340	4.0	3.00	0.40	0	0	0	0.46	0.08	5.6	0.50	0
Pšenično brašno crno (85% ekstrak.)	100	14	1368	327	12.8	12.8	0.0	2.0	0.4	0.3	1.3	1	0	68.8	1.9	66.9	7.5	4	280	20	110	270	2.5	2.40	0.35	0	0	0	0.30	0.06	1.7	0.30	0
Pšenično brašno polubelo (72% ekstrak.)	100	14	1410	337	11.3	11.3	0.0	1.2	0.2	0.1	0.9	1	0	74.8	1.6	73.3	3.0	3	130	15	36	130	1.5	0.90	0.22	0	0	0	0.10	0.03	0.7	0.15	0
Pšenično brašno belo	100	13	1464	350	9.8	9.8	0.0	1.2	0.2	0.1	0.9	1	0	80.1	1.7	78.4	3.4	2	140	15	20	110	1.5	0.70	0.17	0	0	0	0.10	0.02	0.7	0.15	0
Pšenične klice	100	14	1201	287	27.0	27.0	0.0	11.0	2.0	2.0	7.0	6	0	20.0	1.0	19.0	30.0	2	900	62	0	1250	8.0	0.00	0.00	0	0	0	2.50	0.85	5.8	0.60	0
Pšenična krupica (griz)	100	13	1393	333	11.0	11.0	0.0	1.0	0.0	0.0	1.0	0	0	70.0	3.0	67.0	2.0	2	100	15	0	90	1.0	0.00	0.00	0	0	0	0.07	0.03	0.9	0.05	0
Pšenične mekinje (posije)	100	8	862	206	14.1	14.1	0.0	5.5	1.1	0.9	3.5	3	0	26.8	3.8	23.0	44.0	28	1160	110	520	1200	12.9	16.20	1.34	0	0	0	0.89	0.36	29.6	1.38	0
Proso	100	12	1523	364	11.0	11.0	0.0	4.0	1.0	1.0	2.0	2	0	71.0	0.0	71.0	3.0	3	280	25	0	300	9.0	0.00	0.00	0	0	0	0.26	0.14	1.8	0.00	0
Raženo brašno (50% ekstrakcije)	100	13	1393	333	8.0	8.0	0.0	1.0	0.0	0.0	1.0	0	0	73.0	5.0	68.0	5.0	10	200	30	0	150	1.5	0.00	0.00	0	0	0	0.15	0.07	1.0	0.23	0
Raženo brašno (100% ekstrakcije)	100	15	1402	335	8.2	8.2	0.0	2.0	0.4	0.3	1.3	1	0	75.9	0.0	75.9	0.0	1	410	32	92	360	2.7	2.80	0.42	0	0	0	0.40	0.22	1.0	0.35	0
Pirinač nepoliran	100	12	1397	334	7.0	7.0	0.0	2.0	1.0	0.0	1.0	1	0	72.0	1.0	71.0	8.0	1	250	12	0	300	1.0	0.00	0.00	0	0	0	0.30	0.07	5.0	0.25	0
Pirinač poliran (ili brašno)	100	13	1460	349	7.0	7.0	0.0	1.0	0.0	0.0	1.0	1	0	78.0	0.0	78.0	2.4	2	100	10	0	100	0.4	0.00	0.00	0	0	0	0.04	0.03	1.0	0.12	0
Zob u zmu	100	11	1288	308	6.9	6.9	0.0	6.5	1.1	2.6	2.8	2	0	55.5	0.0	55.5	16.6	0	0	61	0	242	3.7	0.00	0.00	0	0	0	0.57	0.21	0.4	0.00	0
Zobene pahuljice	100	10	1558	372	8.0	8.0	0.0	7.5	1.3	3.0	3.2	3	0	72.8	0.0	72.8	7.0	33	370	54	0	365	5.2	3.00	0.23	0	0	0	0.55	0.14	1.0	0.12	0
Makaroni	100	10	1464	350	12.0	12.0	0.0	2.0	0.6	0.4	1.0	1	0	71.0	5.0	66.0	2.0	5	100	15	0	125	2.0	0.00	0.00	0	0	0	0.10	0.06	2.0	0.08	0
Spageti	100	11	1582	378	13.6	13.6	0.0	1.0	0.3	0.2	0.5	0	0	84.0	2.7	81.3	0.0	5	160	23	35	120	1.2	1.00	0.27	0	0	0	0.14	0.06	2.0	0.06	0
Testenina s jajima	100	12	1541	368	13.0	13.0	0.0	2.4	0.0	0.0	0.0	0	0	78.6	2.0	76.6	0.0	0	0	22	0	199	2.1	1.30	0.06	35	33	12	0.14	0.19	0.0	0.00	0
Testenina bez jaja	100	12	1407	336	10.8	10.8	0.0	0.3	0.0	0.1	0.2	0	0	77.4	3.3	74.1	5.3	28	311	17	0	165	1.3	1.50	0.32	0	0	0	0.14	0.11	2.0	0.00	0
Graham (i hleb od punog zrna)	100	40	862	206	7.0	7.0	0.0	2.0	0.6	0.4	1.0	1	0	40.0	1.0	39.0	8.5	525	250	20	93	200	2.5	2.00	0.27	0	0	0	0.18	0.07	2.3	0.15	0
Hleb mešani (pšen.+raz-puno zrna)	100	40	962	230	14.0	14.0	0.0	2.0	0.6	0.4	1.0	1	0	39.0	2.0	37.0	7.0	500	250	26	0	204	2.4	0.00	0.00	0	0	0	0.10	0.08	3.5	0.13	0
Hleb pšenični beli	100	40	979	234	8.0	8.0	0.0	2.0	0.6	0.4	1.0	1	0	46.0	3.0	43.0	2.7	500	100	10	0	100	1.0	0.00	0.00	0	0	0	0.05	0.04	0.7	0.04	0
Hleb pšenični beli mlečni	100	40	1000	239	9.0	8.0	1.0	3.0	2.0	0.5	0.5	0	4	44.0	5.0	39.0	2.7	500	150	70	0	150	1.5	0.00	0.00	0	0	0	0.10	0.11	0.7	0.05	0
Hleb pšenični crni	100	40	929	222	8.0	8.0	0.0	2.0	0.5	0.4	1.0	1	0	43.0	2.0	41.0	5.1	500	200	20	0	175	1.5	0.00	0.00	0	0	0	0.12	0.08	1.8	0.17	0
Mrvice (ili dvopek) od belog hleba	100	10	1481	354	11.6	11.6	0.0	1.9	0.5	0.4	1.0	1	0	77.5	2.6	74.9	3.4	760	150	130	34	120	2.7	0.80	0.09	0	0	0	0.20	0.04	2.1	0.00	0
Pecivo belo	100	40	1071	256	8.0	8.0	0.0	4.0	2.0	1.0	1.0	0	0	47.0	0.0	47.0	2.7	500	100	10	0	100	1.5	0.00	0.00	0	0	0	0.10	0.04	0.7	0.05	0
Toast - beli	100	24	1243	297	9.6	9.6	0.0	1.7	0.5	0.3	0.9	0	0	64.9	2.1	62.8	2.8	640	130	110	28	100	2.2	0.80	0.16	0	0	0	0.17	0.04	1.8	0.00	0
Hleb kukuruzni žuti domaći	100	54	920	220	4.7	4.7	0.0	8.8	0.0	0.0	0.0	0	0	31.0	0.0	31.0	0.0	268	113	106	25	115	1.1	0.59	0.06	13	0	78	0.14	0.14	1.0	0.10	0
Šećer, med, slatkisi																																	
Biskvit obični - nemasni	100	12	1469	351	8.0	4.0	4.0	3.0	1.0	1.0	1.0	1	225	73.0	31.0	42.0	1.4	40	100	40	0	100	0.9	0.00	0.00	40	40	0	0.06	0.12	0.5	0.04	0
Biskvit masni	100	15	1933	462	5.0	4.0	1.0	26.0	16.0	9.0	1.0	1	104	52.0	30.0	22.0	0.7	155	48	13	0	50	0.5	0.00	0.00	290	290	0	0.03	0.03	0.3	0.53	0
Biskvit punjen džemom	100	24	1264	302	4.2	3.4	0.6	4.9	2.0	2.0	0.9	0	0	64.2	47.7	16.5	1.2	420	140	44	14	220	1.6	0.50	0.20	0	0	0	0.04	0.07	0.4	0.00	0
Piškote	100	5	1636	391	12.0	12.0	0.0	7.0	4.0	2.0	1.0	1	60	70.0	8.0	62.0	2.5	250	250	30	0	150	1.5	0.00	0.00	0	0	0	0.17	0.07	1.0	0.04	0
Keksi petit beurre	100	4	1738	415	6.0	6.0	0.0	8.2	0.0	0.0	0.0	0	0	67.4	43.4	24.0	3.1	241	0	32	0	144	1.0	0.60	0.10	0	0	0	0.18	0.14	0.9	0.00	0
Keksi s čokoladnim prelivom	100	3	2192	524	5.7	0.0	0.0	27.6	17.8	8.6	1.2	1	0	67.4	43.4	24.0	3.1	160	230	110	42	130	1.7	0.80	0.25	0	0	0	0.03	0.13	0.5	0.04	0
Krekeri (masni)	100	4	1946	465	8.0	8.0	0.0	17.0	10.0	5.0	2.0	1	0	70.0	5.0	65.0	2.2	250	250	20	0	130	2.0	0.00	0.00	0	0	0	0.01	0.04	1.0	0.03	0
Matzes kreker	100	15	1360	325	11.0	11.0	0.0	1.0	0.0	0.0	1.0	1	0	68.0	3.0	65.0	3.9	5	250	15	0	125	2.0	0.00	0.00	0	0	0	0.17	0.06	1.2	0.09	0
Vafli	100	4	1837	439	7.1	0.0	0.0	15.0	0.0	0.0	0.0	0	0	73.5	25.2	48.3	1.6	70	160	73	0	83	1.6	0.60	0.16	0	0	0	0.09	0.06	0.5	0.00	0
Šećer kristal	100	0	1674	400	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	99.9	99.9	0.0	0.0	0	0	0	0	0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Šećer u prahu	100	2	1590	380	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	95.0	95.0	0.0	0.0	0	0	0	0	0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Šećer smeđi (delimično rafiniran)	100	2	1590	380	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	95.0	95.0	0.0	0.0	25															

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_JN	MAST_VN	MAST_LK	MAST_HOLES	UH_LUKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Manchmallow	100	17	1372	328	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	80.0	80.0	0.0	0.0	2	0	18	0	0	1.6	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Pepermint bomboni	100	1	1640	392	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	98.0	98.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Prženi bademi u šećeru	100	2	1921	459	7.9	7.9	0.0	18.6	1.5	13.3	3.7	3	0	65.0	65.0	0.0	5.0	20	253	100	0	168	1.8	0.00	0.00	0	0	0	0.03	0.28	1.0	0.00	0
Čokolada mlečna	100	1	2209	528	9.0	5.0	4.0	32.0	19.0	10.0	1.0	1	10	51.0	51.0	0.0	3.6	100	400	200	0	200	2.0	0.00	0.00	0	0	0	0.08	0.40	0.5	0.04	0
Čokolada za kuvanje	100	0	2142	512	5.0	5.0	0.0	32.0	19.0	10.0	1.0	1	0	51.0	51.0	0.0	6.6	10	400	50	0	150	2.0	0.00	0.00	0	0	0	0.10	0.10	1.1	0.03	0
Čokolada sa lešnicima	100	3	2552	610	12.0	10.0	2.0	50.0	12.0	34.0	4.0	4	5	28.0	28.0	2.0	4.8	51	500	200	0	250	2.5	0.00	0.00	0	0	0	0.24	0.24	1.2	0.14	0
Čokoladni namaz Nutela	100	2	2234	534	7.0	4.0	3.0	30.0	21.0	8.0	1.0	1	2	59.0	54.0	5.0	4.5	10	20	148	0	183	0.0	0.00	0.00	800	0	0	0.10	0.20	1.6	0.06	1
Čokoladni bomboni	100	2	2050	490	5.0	1.0	4.0	22.0	13.0	8.0	1.0	1	0	68.0	65.0	3.0	2.5	0	0	0	0	0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Čokoladni bomboni s likerom	100	19	1674	400	3.0	3.0	0.0	19.0	11.0	6.0	1.0	1	0	42.0	42.0	0.0	4.0	6	240	30	0	90	1.2	0.00	0.00	0	0	0	0.06	0.06	0.7	0.02	0
Kakao instant (Benko i sl)	100	2	1569	375	5.0	5.0	0.0	3.0	2.0	1.0	0.0	0	0	82.0	77.0	5.0	6.0	180	1700	28	0	165	3.3	0.00	0.00	0	0	0	0.01	0.03	0.5	0.01	0
Puding u prahu - ukus čokolade	100	1	1561	373	1.0	1.0	0.0	2.0	1.0	1.0	0.0	0	0	90.0	73.0	17.0	0.5	1010	245	315	0	600	1.1	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Puding u prahu (različiti ukusi)	100	1	1590	380	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	95.0	78.0	17.0	0.3	1020	10	230	0	610	0.1	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Džem	100	30	1091	261	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	69.0	69.0	0.0	1.0	16	110	24	10	18	1.5	0.00	0.23	0	0	0	0.01	0.02	0.2	0.02	10
Marmelada mešana	100	28	1091	261	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0	0	69.5	69.5	0.0	0.7	18	44	35	4	13	0.6	0.00	0.12	0	0	0	0.01	0.02	0.2	0.02	10
Voćni žele	100	30	1064	259	6.1	6.1	0.0	0.0	0.0	0.0	0.0	0	0	62.5	62.5	0.0	0.0	25	25	32	4	7	1.7	0.00	0.16	0	0	0	0.00	0.00	0.0	0.00	0
Povrće i proizvodi																																	
Blitva	88	94	50	12	1.3	1.3	0.0	0.1	0.0	0.0	0.1	0	0	1.5	1.5	0.0	1.2	31	550	67	65	29	3.2	0.40	0.06	263	0	1577	0.03	0.19	1.8	0.00	24
Celer list	90	90	50	12	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	2.0	2.0	0.0	1.8	80	700	80	0	40	0.1	0.00	0.00	200	0	1200	0.06	0.10	0.3	0.12	60
Endivija	70	93	44	10	0.9	0.9	0.0	0.3	0.0	0.0	0.3	0	0	1.1	0.0	1.1	2.2	10	380	93	10	31	1.7	0.40	0.09	214	0	1281	0.05	0.30	0.5	0.00	35
Kej glavati	70	90	109	26	3.3	3.3	0.0	0.1	0.0	0.0	0.1	0	0	3.3	3.3	0.0	3.1	23	260	75	20	68	0.9	0.30	0.07	50	0	300	0.06	0.05	0.3	0.16	80
Kej lisnati (rastika)	70	86	172	41	4.0	4.0	0.0	1.0	0.0	0.0	1.0	0	0	4.0	4.0	0.0	2.5	50	500	200	37	70	1.0	0.00	0.09	920	0	5520	0.02	0.02	1.5	0.22	100
Kej pupčar - prokulica	75	88	109	26	4.0	4.0	0.0	0.1	0.0	0.0	0.1	0	0	2.7	2.6	0.1	4.2	4	380	32	19	65	0.7	0.50	0.06	67	0	400	0.10	0.15	0.7	0.28	90
Kiselica (samo listovi)	30	91	117	28	2.1	2.1	0.0	0.3	0.0	0.0	0.3	0	0	5.0	5.0	0.0	1.4	5	338	66	0	41	1.6	0.00	0.00	1290	0	7740	0.09	0.22	0.5	0.00	119
Kupus glavati beli	90	90	91	22	1.9	1.9	0.0	0.1	0.0	0.0	0.1	0	0	3.8	3.7	0.1	2.7	7	280	44	13	36	0.4	0.30	0.03	0	0	0	0.06	0.05	0.3	0.16	40
Kupus glavati zeleni	85	88	91	22	2.8	2.8	0.0	0.0	0.0	0.0	0.0	0	0	2.8	2.7	0.1	3.4	7	390	57	17	54	0.6	0.40	0.06	50	0	300	0.06	0.05	0.3	0.16	55
Kupus kineski	85	95	50	12	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	2.0	0.0	2.0	2.5	10	250	125	0	45	1.0	0.00	0.00	10	0	60	0.03	0.04	0.6	0.05	25
Kupus glavati crveni	90	90	84	20	1.7	1.7	0.0	0.1	0.0	0.0	0.1	0	0	3.5	0.0	0.0	3.4	32	300	53	17	32	0.6	0.30	0.09	3	0	20	0.06	0.05	0.3	0.21	55
Maslačak list	80	86	168	45	2.7	2.7	0.0	0.7	0.0	0.0	0.0	0	0	7.7	0.0	0.0	3.1	76	430	187	0	66	3.1	0.00	0.15	1400	0	8400	0.19	0.26	0.8	0.00	36
Matovilac (repusac)	8	94	84	20	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	3.0	0.0	3.0	2.5	15	300	25	0	50	4.0	0.00	0.00	250	0	1500	0.08	0.07	0.4	0.10	40
Peršun list	90	87	84	20	4.0	4.0	0.0	0.0	0.0	0.0	0.0	0	0	1.0	0.0	1.0	9.1	25	700	40	0	30	10.0	0.00	0.00	530	0	3680	0.06	0.30	1.4	0.12	125
Rabarbara	75	93	50	12	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	2.0	2.0	0.0	2.6	5	300	40	0	30	0.5	0.00	0.00	0	0	0	0.05	0.02	0.1	0.30	6
Radić crveni	89	95	50	12	1.2	1.2	0.0	0.0	0.0	0.0	0.0	0	0	1.7	1.7	0.0	2.5	7	180	150	0	26	1.5	0.20	0.14	267	0	1603	0.03	0.08	0.3	0.00	8
Radić savinjski	90	94	67	16	0.7	0.7	0.0	0.3	0.0	0.0	0.3	0	0	3.2	3.2	0.0	2.5	5	200	20	0	20	0.5	0.00	0.00	10	0	57	0.04	0.03	0.3	0.50	5
Radić zeleni	80	90	99	24	1.8	1.8	0.0	0.5	0.0	0.0	0.5	0	0	3.2	3.0	0.2	3.1	21	358	74	0	31	0.7	0.30	0.13	219	0	1315	0.03	0.19	0.3	0.00	17
Salata glavatica	80	96	50	12	1.0	1.0	0.0	0.4	0.0	0.0	0.4	0	0	1.2	1.2	0.0	1.5	9	240	23	8	27	0.9	0.20	0.03	167	0	1000	0.07	0.08	0.3	0.07	15
Salata zelena	83	96	57	14	1.1	1.1	0.0	0.1	0.0	0.0	0.1	0	0	2.2	2.2	0.0	1.5	0	46	0	29	0.9	0.00	0.00	194	0	1185	0.04	0.09	0.4	0.00	59	
Spanać	83	92	50	12	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	1.0	0.0	1.0	2.2	25	700	125	56	70	3.0	0.00	0.00	830	0	4980	0.06	0.20	0.6	0.15	54
Artičoka (mladi cvetovi)	56	86	72	17	1.7	1.7	0.0	0.2	0.0	0.0	0.2	0	0	2.3	2.0	0.3	7.8	133	376	86	0	67	1.0	0.70	2.54	18	0	108	0.06	0.10	0.5	0.00	12
Brokoli (vrhovi s cvetom)	50	90	104	25	3.0	3.0	0.0	0.4	0.0	0.0	0.4	0	0	2.5	2.5	0.0	3.6	12	340	28	0	66	0.8	0.60	0.07	2	0	11	0.04	0.12	1.8	0.00	54
Karfiol (samo cvet)	66	90	104	25	3.2	3.2	0.0	0.2	0.0	0.0	0.2	0	0	2.7	2.4	0.3	2.7	8	350	44	0	69	0.8	0.70	0.07	0	0	0	0.10	0.10	1.2	0.20	59
Karfiol (listovi i cvet)	62	93	54	13	1.9	1.9	0.0	0.1	0.0	0.0	0.1	0	0	1.5	1.5	0.0	2.1	8	350	21	14	45	0.5	0.30	0.03	5	0	30	0.10	0.10	0.6	0.20	60
Bamija (mladi zeleni plodovi)	88	90	71	17	2.0	2.0	0.0	0.2	0.0	0.0	0.2	0	0	2.3	2.3	0.0	3.2	7	190	70	60	50	1.0	0.00	0.19	15	0	90	0.10	0.10	1.0	0.08	25
Bob (mladi sirovi)	29	79	218	52	4.1	4.1	0.0	0.0	0.0	0.0	0.0	0	0	7.7	1.8	5.9	5.0	12	323	23	0	100	1.8	0.00	0.00	11	0	64	0.20	0.10	1.2	0.00	24
Grašak zeleni (u zmu)	37	79	280	67	5.8	5.8	0.0	0.4	0.2	0.2	0.0	0	0	10.6	4.0	6.6	5.2	1	340	15	30	100	1.9	0.70	0.23	50	0	300	0.32	0.15	2.5	0.16	25
Grašak zeleni (smrznuti)	100	79	222	53	5.7	5.7	0.0	0.4	0.2	0.2	0.0	0	0	7.5	4.1	3.4	7.8	3	190	33	27	90	1.5	0.90	0.22	50	0	300	0.32	0.10	2.1	0.10	17
Grah mladi (sirovi)-pasulj mladi sirovi	40	62	461	110	6.4																												

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_IN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI
Paprika zelena	82	94	68	16	0.5	0.5	0.0	0.3	0.0	0.0	0.3	0	0	3.1
Paprika žuta (mesnata)	88	93	92	22	0.2	0.2	0.0	0.3	0.0	0.0	0.3	0	0	5.0
Patlidžan	90	93	67	16	1.1	1.1	0.0	0.1	0.0	0.0	0.1	0	0	2.9
Paradajz	98	93	60	14	0.9	0.9	0.0	0.0	0.0	0.0	0.0	0	0	2.8
Tikva	80	95	63	15	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	3.4
Tikva muskatna žuta	80	95	63	15	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	3.4
Tikvice zelene	88	94	61	15	1.3	1.3	0.0	0.1	0.0	0.0	0.1	0	0	2.3
Kaleraba	45	90	100	24	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	4.0
Sparoge divlje	57	89	147	35	4.6	4.6	0.0	0.2	0.0	0.0	0.2	0	0	4.0
Sparoge vrtn	52	92	90	22	3.0	3.0	0.0	0.1	0.0	0.0	0.1	0	0	2.3
Luk beli (bešnjak)	88	64	569	136	6.0	6.0	0.0	0.0	0.0	0.0	0.0	0	0	28.0
Luk crni	90	93	96	24	0.9	0.9	0.0	0.0	0.0	0.0	0.0	0	0	5.2
Luk srebrenac (proletnji)	85	87	146	35	0.9	0.9	0.0	0.0	0.0	0.0	0.0	0	0	8.5
Pražluk (beli deo)	77	88	133	32	2.1	2.1	0.0	0.1	0.0	0.0	0.1	0	0	6.0
Pražluk (oso)	75	90	117	28	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	5.0
Vlasac (drobnjak) - listovi	90	91	125	30	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	6.0
Celer koren	72	88	96	23	1.9	1.9	0.0	0.1	0.0	0.0	0.1	0	0	3.8
Cvekla	80	89	151	36	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	7.0
Hren	45	75	247	59	4.5	4.5	0.0	0.0	0.0	0.0	0.0	0	0	11.0
Mrkva crvena	90	91	151	36	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	8.0
Pastrnjak	75	83	205	49	1.7	1.7	0.0	0.0	0.0	0.0	0.0	0	0	11.3
Povrtnica (crna rotkva)	50	91	117	28	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	5.0
Rotkva crvena	50	93	62	15	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	2.8
Repa bela	80	93	84	20	0.8	0.8	0.0	0.3	0.0	0.0	0.3	0	0	3.8
Repa žuta	80	90	88	21	1.1	1.1	0.0	0.0	0.0	0.0	0.0	0	0	4.3
Krompir mladi	89	79	298	71	0.9	0.9	0.0	0.2	0.0	0.0	0.2	0	0	17.6
Krompir zreli	80	76	364	87	2.1	2.1	0.0	0.1	0.0	0.0	0.1	0	0	20.8
Krompir slatki (batat)	86	69	502	120	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	29.0
Jelen gljiva (tartuf)	100	83	154	37	4.4	4.4	0.0	2.0	0.0	0.0	0.0	0	0	0.2
Šampinjoni (gajeni)	90	93	68	16	2.3	2.3	0.0	0.4	0.0	0.1	0.3	0	0	1.0
Vrganj	92	91	105	25	3.4	3.4	0.0	0.6	0.0	0.2	0.4	0	0	1.6
Gljive sušene	100	13	614	147	11.8	11.8	0.0	4.6	0.0	0.0	0.0	0	0	15.6
Cvekla (kuvana, konzervirana)	100	91	134	32	1.1	1.1	0.0	0.1	0.0	0.0	0.1	0	0	7.0
Krastavci kiseli	100	95	42	10	0.5	0.5	0.0	0.2	0.0	0.0	0.2	0	0	2.0
Kupus i repa kiseli (rezani)	100	92	84	20	2.0	2.0	0.0	0.3	0.0	0.0	0.3	0	0	3.0
Kupus kiseli (glave, sirove, sveže)	100	92	50	12	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	1.0
Paprika kisela	100	90	62	15	0.8	0.8	0.0	0.8	0.0	0.0	0.6	0	0	1.7
Paradajz - ketchup	100	65	586	140	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	34.0
Paradajz ukuvan (konc. 28-30%)	100	77	285	68	3.0	3.0	0.0	0.0	0.0	0.0	0.0	0	0	14.0
Paradajz ukuvan (10% konc.)	100	87	163	39	1.7	1.7	0.0	0.0	0.0	0.0	0.0	0	0	7.0
Voće i proizvodi														
Grejp – fruit	65	91	117	28	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	7.0
Limun	65	91	50	12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	3.0
Mandarina	70	87	142	34	0.9	0.9	0.0	0.0	0.0	0.0	0.0	0	0	8.0
Pomorandža (žuto-narandžasto meso)	65	86	146	35	0.8	0.8	0.0	0.0	0.0	0.0	0.0	0	0	8.5
Pomorandža (crveno meso)	70	87	172	41	0.8	0.8	0.0	0.3	0.0	0.0	0.3	0	0	9.3
Bazgove bobice	96	80	301	72	0.7	0.7	0.0	0.5	0.0	0.0	0.5	0	0	18.4
Borovnice	98	85	234	56	0.6	0.6	0.0	0.6	0.0	0.0	0.6	0	0	14.3
Brusnice	100	87	63	15	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0	0	3.5
Dud (murva)	100	85	151	36	1.3	1.3	0.0	0.0	0.0	0.0	0.0	0	0	8.1

UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
2.8	0.3	1.2	8	129	8	0	25	0.5	0.20	0.07	39	0	236	0.00	0.03	0.7	0.00	110
4.9	0.1	0.9	30	117	17	0	28	0.7	0.20	0.13	139	0	835	0.05	0.07	0.5	0.00	151
2.4	0.5	3.2	26	184	12	0	33	0.3	0.20	0.06	3	0	17	0.05	0.05	0.6	0.00	5
2.8	0.0	1.5	3	290	13	11	21	0.4	0.20	0.10	100	0	600	0.06	0.04	0.7	0.11	20
2.7	0.7	0.5	1	310	39	8	19	0.4	0.20	0.08	250	0	1500	0.04	0.04	0.4	0.06	5
2.7	0.7	0.5	1	202	20	0	40	0.9	0.20	0.08	599	0	3593	0.03	0.02	0.5	0.00	9
2.2	0.1	1.8	1	210	21	0	65	0.5	0.20	0.03	62	0	373	0.08	0.12	0.7	0.00	11
0.0	4.0	2.8	10	500	90	0	60	1.0	0.00	0.00	40	0	240	0.04	0.05	0.4	0.09	60
4.0	0.0	0.0	5	198	25	0	90	1.1	0.00	0.00	155	0	932	0.13	0.43	1.5	0.00	23
2.3	0.0	1.5	2	278	24	0	65	1.0	0.80	0.09	14	0	81	0.27	0.25	0.9	0.00	24
22.0	6.0	0.9	0	38	0	134	1.4	0.00	0.00	0	0	0	0	0.20	0.08	0.6	0.00	14
5.2	0.0	1.3	10	140	31	8	30	0.3	0.10	0.08	0	0	0	0.03	0.05	0.2	0.10	10
8.5	0.0	3.1	13	230	140	11	24	1.2	0.00	0.13	0	0	0	0.03	0.05	0.2	0.00	25
6.0	0.0	2.7	9	310	60	0	30	1.0	0.20	0.10	0	0	0	0.06	0.08	0.5	0.00	9
4.0	1.0	3.1	5	250	60	0	30	1.0	0.00	0.00	100	0	600	0.12	0.04	0.5	0.25	25
5.0	1.0	0.0	0	250	70	30	40	2.0	0.00	0.00	581	0	3486	0.10	0.10	1.0	0.00	60
3.8	0.0	1.8	0	52	0	90	0.5	0.00	0.00	0	0	0	0	0.07	0.11	0.5	0.00	6
2.0	5.0	2.6	100	400	30	0	40	1.0	0.00	0.00	0	0	0	0.02	0.03	0.1	0.04	2
7.3	3.7	8.3	8	580	120	36	70	2.0	0.00	0.14	0	0	0	0.05	0.03	0.5	0.15	120
8.0	0.0	3.2	35	225	40	12	30	0.6	0.40	0.08	1000	0	6000	0.03	0.04	0.6	0.07	5
8.8	2.5	4.0	17	340	55	22	69	0.6	0.10	0.10	0	0	0	0.10	0.08	1.0	0.10	15
1.0	4.0	1.0	50	400	125	0	70	2.0	0.00	0.00	0	0	0	0.07	0.02	0.4	0.08	30
2.8	0.0	1.0	59	240	44	11	27	1.9	0.10	0.13	0	0	0	0.04	0.02	0.2	0.08	25
3.8	0.0	2.8	58	240	59	7	28	0.4	0.00	0.07	0	0	0	0.04	0.05	0.6	0.11	25
4.2	0.1	2.7	52	140	56	11	19	0.4	0.00	0.05	0	0	0	0.06	0.04	1.2	0.10	25
0.5	17.1	2.4	27	310	9	0	54	0.7	0.60	0.32	0	0	0	0.12	0.03	1.2	0.00	28
0.5	20.3	2.1	7	570	8	24	40	0.5	0.30	0.15	0	0	0	0.11	0.04	1.2	0.25	14
4.0	25.0	0.9	31	210	30	0	40	0.1	0.00	0.00	10	0	60	0.11	0.04	0.8	0.27	24
0.2	0.0	8.4	55	368	47	0	62	3.5	3.80	1.56	0	0	0	0.05	0.10	2.0	0.00	1
1.0	0.0	2.5	9	470	10	0	102	1.2	0.30	0.64	0	0	0	0.10	0.13	4.2	0.00	4
1.3	0.3	2.5	52	235	9	0	142	1.0	0.10	1.30	0	0	0	0.38	0.26	4.0	0.00	3
13.8	1.8	10.0	87	2846	28	0	612	28.9	12.20	2.81	0	0	0	0.00	0.00	0.0	0.00	0
2.0	5.0	2.6	274	148	15	0	17	1.8	0.00	0.00	2	0	12	0.01	0.04	0.2	0.00	4
2.0	0.0	0.5	1353	0	17	0	15	3.2	0.00	0.00	10	0	60	0.00	0.02	0.0	0.00	7
0.0	3.0	1.5	650	140	79	0	30	0.5	0.00	0.00	0	0	0	0.02	0.03	0.2	0.20	10
0.0	1.0	3.5	800	250	50	0	30	0.5	0.00	0.00	0	0	0	0.02	0.04	0.2	0.20	14
1.4	0.4	1.9	1248	131	36	0	0	2.6	0.00	1.01	22	0	134	0.00	0.00	0.0	0.00	16
24.0	10.0	0.8	1200	800	12	0	20	0.8	0.00	0.00	100	0	600	0.07	0.06	0.6	0.00	11
10.0	4.0	2.8	450	1000	35	0	70	5.0	0.00	0.00	330	0	1980	0.12	0.12	2.6	0.25	30
5.0	2.0	2.3	399	428	13	0	34	1.7	0.00	0.00	160	0	960	0.09	0.05	1.4	0.00	33
6.0	1.0	1.4	2	150	15	10	15	0.3	0.10	0.06	0	0	0	0.07	0.02	0.2	0.03	40
2.0	1.0	1.8	5	150	10	0	25	0.1	0.00	0.00	0	0	0	0.06	0.02	0.2	0.04	40
8.0	0.0	1.9	2	160	42	11	17	0.3	0.10	0.09	17	0	100	0.07	0.02	0.2	0.07	30
8.5	0.0	2.0	3	200	41	13	24	0.3	0.20	0.07	8	0	50	0.10	0.03	0.2	0.06	50
9.3	0.0	1.9	3	200	49	13	22	0.2	0.20	0.07	71	0	426	0.06	0.05	0.2	0.06	50
18.4	0.0	7.0	0	280	38	0	39	1.6	0.00	0.00	60	0	360	0.07	0.05	0.5	0.23	35
14.3	0.0	0.0	1	65	10	2	9	0.7	0.10	0.11	22	0	130	0.02	0.02	0.4	0.06	22
3.5	0.0	4.2	2	120	15	8	11	1.1	0.00	0.14	3	0	20	0.03	0.02	0.1	0.04	12
8.1	0.0	1.7	2	260	36	15	48	1.6	0.00	0.06	0	0	0	0.05	0.04	0.2	0.05	10

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_JN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Grožde belo	95	79	251	60	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	15.3	15.3	0.0	0.9	2	240	18	6	21	0.3	0.10	0.10	0	0	0	0.04	0.02	0.3	0.10	4
Grožde crno	94	84	224	54	0.5	0.5	0.0	0.1	0.0	0.0	0.1	0	0	13.5	13.5	0.0	1.5	2	285	27	0	4	0.4	0.10	0.09	4	0	23	0.03	0.03	0.1	0.00	4
Jagode	97	89	109	26	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	6.2	6.2	0.0	2.2	2	160	22	12	23	0.7	0.10	0.13	5	0	30	0.02	0.02	0.4	0.06	60
Kupine	100	82	121	29	1.3	1.3	0.0	0.0	0.0	0.0	0.0	0	0	6.4	6.4	0.0	7.3	4	210	63	30	24	0.9	0.00	0.12	17	0	100	0.03	0.04	0.4	0.05	20
Maline	100	83	105	25	0.9	0.9	0.0	0.0	0.0	0.0	0.0	0	0	5.6	5.6	0.0	7.4	3	220	41	22	29	1.2	0.00	0.21	13	0	80	0.02	0.03	0.4	0.06	25
Ogrozd	99	84	155	37	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	9.2	9.2	0.0	3.5	1	170	19	9	19	0.6	0.10	0.15	30	0	180	0.04	0.03	0.3	0.02	40
Ribizla crna	98	77	117	28	0.9	0.9	0.0	0.0	0.0	0.0	0.0	0	0	6.6	6.6	0.0	8.7	3	370	60	17	43	1.3	0.00	0.14	33	0	200	0.03	0.06	0.3	0.08	200
Ribizla bela	96	83	109	26	1.3	1.3	0.0	0.0	0.0	0.0	0.0	0	0	5.6	5.6	0.0	6.8	2	290	22	13	28	0.9	0.00	0.14	0	0	0	0.04	0.06	0.1	0.05	40
Ribizla crvena	97	83	88	21	1.1	1.1	0.0	0.0	0.0	0.0	0.0	0	0	4.4	4.4	0.0	8.2	2	280	36	13	30	1.2	0.00	0.12	12	0	70	0.04	0.06	0.1	0.06	40
Dunja (mesnati deo)	69	84	105	25	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0	0	6.3	6.3	0.0	6.4	3	200	14	6	19	0.3	0.00	0.13	0	0	0	0.02	0.02	0.2	0.00	15
Jabuka (cela)	90	87	167	40	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	10.0	10.0	0.0	2.3	3	279	10	0	10	0.2	0.00	0.00	0	0	0	0.02	0.03	0.2	0.06	10
Jabuka (mesnati deo)	77	84	192	46	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0	0	11.9	11.9	0.1	2.0	2	120	4	5	8	0.3	0.10	0.04	5	0	30	0.04	0.02	0.1	0.03	3
Kruška cela	90	60	121	29	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0	0	7.6	7.6	0.0	0.0	1	94	6	5	7	0.1	0.10	0.11	1	0	7	0.02	0.02	0.1	0.01	2
Kruška (mesnati deo)	72	83	172	41	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0	0	10.6	10.6	0.0	2.3	2	130	8	7	10	0.2	0.10	0.15	2	0	10	0.03	0.03	0.2	0.02	3
Mušmula (cela)	66	85	117	28	0.4	0.4	0.0	0.4	0.0	0.0	0.4	0	0	6.1	6.1	0.0	5.9	6	250	16	0	11	0.3	0.00	0.17	27	0	160	0.04	0.05	0.4	0.00	1
Mušmula (mesnati deo)	81	75	175	42	0.5	0.5	0.0	0.0	0.0	0.0	0.0	0	0	10.6	10.6	0.0	10.2	6	250	30	11	28	0.5	0.00	0.17	0	0	0	0.00	0.00	0.0	0.00	2
Breskva	87	86	155	37	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	9.1	9.1	0.0	1.4	3	260	5	8	19	0.4	0.10	0.05	83	0	500	0.02	0.05	1.0	0.02	8
Kajsija	92	86	117	28	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	6.7	6.7	0.0	2.1	1	320	17	12	21	0.4	0.10	0.12	250	0	1500	0.04	0.05	0.6	0.07	7
Nektarina	92	80	209	50	0.9	0.9	0.0	0.0	0.0	0.0	0.0	0	0	12.4	12.4	0.0	2.4	9	270	4	3	24	0.5	0.10	0.06	83	0	500	0.02	0.05	1.0	0.02	8
Šljiva	90	84	159	38	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0	0	9.6	9.6	0.0	2.1	2	190	11	7	16	0.4	0.00	0.10	37	0	220	0.05	0.03	0.5	0.05	3
Trešnja	86	86	201	48	0.8	0.8	0.0	0.1	0.0	0.0	0.1	0	0	11.7	11.7	0.0	1.3	3	280	30	0	18	0.6	0.10	0.07	19	0	114	0.03	0.03	0.5	0.05	10
Višnje	85	84	173	41	0.8	0.8	0.0	0.0	0.0	0.0	0.0	0	0	10.2	10.2	0.0	1.7	2	250	15	0	17	0.4	0.00	0.00	24	0	144	0.03	0.05	0.4	0.00	7
Ananas	53	84	192	46	0.5	0.5	0.0	0.0	0.0	0.0	0.0	0	0	11.6	11.6	0.0	1.2	2	250	12	17	8	0.4	0.10	0.08	10	0	60	0.08	0.02	0.2	0.09	25
Avokado (mesnati deo)	70	81	527	126	2.0	2.0	0.0	10.0	3.0	5.0	2.0	2	0	7.0	5.0	2.0	2.0	2	280	15	0	40	0.7	0.00	0.00	20	0	120	0.06	0.12	1.7	0.00	17
Banane	60	71	331	79	1.1	1.1	0.0	0.3	0.1	0.0	0.2	0	0	19.2	16.2	3.0	3.4	1	350	7	42	28	0.4	0.20	0.16	33	0	200	0.04	0.07	0.6	0.51	10
Kiwi	95	83	167	40	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	9.0	7.0	2.0	1.0	5	400	25	0	70	0.5	0.00	0.00	60	0	360	0.02	0.05	0.4	0.00	70
Mango (mesnati deo)	66	83	247	59	0.5	0.5	0.0	0.0	0.0	0.0	0.0	0	0	15.3	15.3	0.0	1.5	7	190	10	18	13	0.5	0.00	0.12	200	0	1200	0.03	0.04	0.3	0.00	30
Dinja (mesnati deo)	59	94	100	24	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	5.3	5.3	0.0	1.0	14	320	19	20	30	0.8	0.10	0.04	333	0	2000	0.05	0.03	0.5	0.07	25
Lubenica (mesnati deo)	50	94	88	21	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0	0	5.3	5.3	0.0	0.5	4	120	5	11	8	0.3	1.10	0.03	3	0	20	0.02	0.20	0.0	0.07	5
Smokve zelene (zrele)	98	85	172	41	1.3	1.3	0.0	0.0	0.0	0.0	0.0	0	0	9.5	9.5	0.0	2.5	2	270	34	20	32	0.4	0.30	0.06	83	0	500	0.06	0.02	0.4	0.11	2
Šipak dalmatinski (pomgranate,nar)	60	80	314	75	1.0	1.0	0.0	0.3	0.0	0.0	0.3	0	0	17.0	12.0	5.0	1.1	7	379	13	0	23	0.6	0.00	0.00	10	0	60	0.07	0.01	0.3	0.00	7
Datule sušene	86	15	1038	248	2.0	2.0	0.0	0.0	0.0	0.0	0.0	0	0	63.9	63.9	0.0	8.7	5	750	68	59	64	1.6	0.30	0.21	8	0	50	0.07	0.04	2.0	0.15	0
Groždice (grožđe suvo)	100	21	1029	246	1.1	1.1	0.0	0.0	0.0	0.0	0.0	0	0	64.4	64.4	0.0	6.8	52	860	61	42	33	1.6	0.10	0.24	5	0	30	0.10	0.08	0.5	0.30	0
Masline zelene, slane, konz.	80	77	431	103	0.9	0.9	0.0	11.0	1.7	8.3	1.0	1	0	0.0	0.0	0.0	4.4	2250	91	61	22	17	1.0	0.00	0.23	30	0	180	0.00	0.00	0.0	0.02	0
Rogač mleveni	100	11	1351	323	4.5	4.5	0.0	1.4	0.0	0.0	0.0	0	0	80.7	0.0	0.0	7.7	0	352	0	81	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0	
Smokve sušene	100	17	891	213	3.6	3.6	0.0	0.0	0.0	0.0	0.0	0	0	52.9	52.9	0.0	18.5	87	1010	280	92	92	4.2	0.90	0.24	8	0	50	0.10	0.08	0.5	0.18	0
Šljive suve	83	23	674	161	2.4	2.4	0.0	0.0	0.0	0.0	0.0	0	0	40.1	40.1	0.0	16.1	12	860	38	27	83	2.9	0.00	0.16	166	0	1000	0.10	0.20	1.5	0.24	0
Šipak sušeni (mleveni)	100	10	711	170	4.5	4.5	0.0	1.5	0.0	0.0	0.0	0	0	79.2	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Arasid (kikiriki) sirovi, nesoljeni	69	4	2385	570	24.3	24.3	0.0	49.0	9.7	24.5	14.7	14	0	8.6	3.1	5.5	8.1	6	680	61	180	370	2.0	3.00	0.27	0	0	0	0.90	0.10	16.0	0.50	0
Arasid (kikiriki) przeni, soljeni	100	4	2385	570	24.3	24.3	0.0	49.0	9.7	24.6	14.7	14	0	8.6	3.1	5.5	8.1	440	680	61	180	370	2.0	3.00	0.27	0	0	0	0.23	0.10	16.0	0.40	0
Badem oljušten suvi	100	5	2364	565	16.9	16.9	0.0	53.5	4.5	38.5	10.5	10	0	4.3	4.3	0.0	14.3	6	860	250	260	440	4.2	3.10	0.14	0	0	0	0.24	0.92	2.0	0.10	0
Kesten	83	52	711	170	2.0	2.0	0.0	2.7	0.5	1.1	1.1	1	0	36.6	7.0	29.6	6.8	11	500	46	33	74	0.9	0.00	0.23	0	0	0	0.20	0.22	0.2	0.33	0
Kokosov orah	70	42	1448	351	3.2	3.2	0.0	36.0	32.9	2.5	0.6	0	0	3.7	3.7	0.0	13.6	17	440	13	52	94	2.1	0.50	0.32	0	0	0	0.03	0.02	0.3	0.04	2
Kokosovo brašno zašeečeno	100	14	2017	482	3.9	3.9	0.0	33.0	29.0	3.3	0.7	0	0	44.0	0.0	0.0	0.0	260	325	14	0	104	1.9	0.00	0.31	0	0	0	0.03	0.03	0.3	0.00	0
Lešnik sirovi	36	41	1590	380	7.6	7.6	0.0	36.0	2.7	29.3	4.0	4	0	6.8	4.7	2.1	6.1	1	350	44	56	230	1.1	2.40	0.21	0	0	0	0.40	0.00			

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJINE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_JN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Semenke sezama oljuštene suve	100	5	2484	596	26.0	26.0	0.0	55.0	7.8	22.3	24.9	24	0	9.6	0.0	0.0	3.2	39	418	125	354	786	7.8	10.40	0.00	14	0	84	0.75	0.07	4.6	0.14	0
Semenke suncokreta oljuštene sušene	100	5	2343	560	24.0	24.0	0.0	47.0	5.2	9.4	32.4	32	0	20.0	0.0	0.0	3.9	28	921	0	836	7.1	0.00	0.00	4	0	24	1.96	0.21	5.4	0.00	0	
Kompot od ananasa	100	77	322	77	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0	0	20.2	20.2	0.0	0.9	1	94	13	8	5	0.4	0.00	0.05	7	0	40	0.05	0.02	0.2	0.07	12
Kompot od bresaka	100	74	364	87	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0	0	22.9	22.9	0.0	1.0	1	150	4	6	10	0.4	0.00	0.06	42	0	250	0.01	0.02	0.6	0.02	4
Kompot od krušaka	100	76	322	77	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0	0	20.0	20.0	0.0	1.7	1	90	5	6	5	0.3	0.00	0.04	2	0	10	0.01	0.01	0.2	0.01	1
Kompot od kajsija	100	68	444	106	0.5	0.5	0.0	0.0	0.0	0.0	0.0	0	0	27.7	27.7	0.0	1.3	1	260	12	7	13	0.7	0.10	0.05	167	0	1000	0.02	0.01	0.3	0.05	2
Kompot od šljiva (s košticama)	90	82	283	70	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0	0	17.0	17.0	0.0	2.0	5	80	8	0	8	0.1	0.00	0.00	20	0	120	0.03	0.05	0.2	0.00	0
Kompot od trešanja ili višanja	90	76	236	78	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0	0	19.0	19.0	0.0	1.2	4	125	16	0	15	0.9	0.00	0.00	30	0	180	0.02	0.01	0.1	0.02	3
Sok od cvekle	100	90	151	36	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	8.0	8.0	0.0	0.0	45	265	2	0	29	0.00	0.00	10	0	60	0.03	0.06	0.0	0.09	10	
Sok od paradajza (prirodni sveži)	100	94	84	20	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	4.0	3.0	1.0	1.3	22	261	19	10	15	0.4	0.40	0.05	100	0	600	0.05	0.03	0.5	0.08	18
Sok od paradajza (konzervisani slani)	100	94	84	20	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	4.0	3.0	1.0	1.0	300	300	7	10	15	0.4	0.40	0.05	100	0	600	0.05	0.02	0.5	0.08	15
Sok od ananasa (konzervisani)	100	86	222	53	0.4	0.4	0.0	0.1	0.0	0.0	0.1	0	0	13.4	13.4	0.0	0.0	1	140	12	1	10	0.7	0.00	0.09	7	0	40	0.05	0.02	0.2	0.10	8
Sok od borovnice	100	87	188	45	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0	0	11.1	11.1	0.0	0.0	0	87	13	0	7	0.2	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Sok od breskve	100	87	201	48	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0	0	11.7	11.7	0.0	0.0	4	130	0	0	17	0.3	0.00	0.00	38	0	228	0.01	0.02	0.5	0.00	4
Sok od grape-fruita prirodni sveži	100	90	130	31	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0	0	7.9	7.9	0.0	0.0	3	110	9	8	12	0.3	0.40	0.03	0	0	0	0.04	0.01	0.2	0.01	28
Sok od grape-fruita, zaslađen	100	87	200	48	0.6	0.6	0.0	0.1	0.0	0.0	0.1	0	0	11.1	11.1	0.0	0.0	2	162	8	10	11	0.4	0.30	0.05	0	0	0	0.04	0.02	0.3	0.02	27
Sok od grozda (konzervisan)	100	84	263	63	0.6	0.6	0.0	0.1	0.0	0.0	0.1	0	0	15.0	15.0	0.0	0.0	3	132	9	9	11	0.2	0.50	0.03	1	0	6	0.03	0.04	0.3	0.06	0
Sok od jabuke (konzervisan)	100	88	197	47	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0	0	11.7	11.7	0.0	0.2	3	119	6	7	7	0.4	0.03	0.02	0	0	0	0.02	0.02	0.1	0.03	1
Sok od kruške (konzervisan)	100	86	209	50	0.4	0.4	0.0	0.1	0.0	0.0	0.1	0	0	12.9	12.9	0.0	0.0	4	96	9	0	12	0.3	0.00	0.00	0	0	0	0.01	0.01	0.2	0.00	2
Sok od limuna (prirodni sveži)	100	91	142	34	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0	0	8.3	8.3	0.0	0.3	1	124	7	7	6	0.0	0.00	0.00	2	0	12	0.03	0.01	0.1	0.05	46
Sok od mandarina (prirodni sveži)	100	89	180	43	0.5	0.5	0.0	0.2	0.0	0.0	0.2	0	0	10.0	10.0	0.0	0.1	1	178	18	8	14	0.2	0.02	0.02	42	0	252	0.06	0.02	0.1	0.00	42
Sok od narandže (prirodni sveži)	100	88	188	45	0.7	0.7	0.0	0.2	0.0	0.0	0.2	0	0	10.4	10.4	0.0	0.1	1	200	11	11	17	0.2	0.05	0.04	20	0	120	0.08	0.03	0.1	0.00	50
Sok od narandže (zaslađeni konz.)	100	96	213	51	0.7	0.7	0.0	0.1	0.0	0.0	0.1	0	0	12.8	12.8	0.0	0.0	3	120	9	8	14	0.3	0.00	0.03	8	0	50	0.07	0.02	0.2	0.04	31
Sirup borovnica	100	35	1063	254	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	63.4	63.4	0.0	0.0	0	132	3	0	4	0.5	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Sirup od jabuka	100	35	1008	241	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	60.3	60.3	0.0	0.0	0	132	3	0	4	0.5	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Sirup od malina	100	35	1012	242	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	60.4	60.4	0.0	0.0	0	67	1	0	2	0.3	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Sirup od ribizle	100	36	1004	240	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	60.0	60.0	0.0	0.0	0	111	13	0	5	0.5	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Sirup od višnje	100	36	1038	248	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	62.0	62.0	0.0	0.0	0	28	1	0	3	0.2	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Pića i napici																																	
Bitter lemon	100	89	217	52	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	13.0	13.0	0.0	0.0	17	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Coca-cola	100	90	165	39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	10.5	10.5	0.0	0.0	8	1	4	1	15	0.0	0.00	0.03	0	0	0	0.00	0.00	0.00	0.00	0
Nara i slična gazirana pića	100	88	200	48	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	12.0	12.0	0.0	0.0	14	10	4	1	3	0.1	0.07	0.02	0	0	0	0.00	0.00	0.00	0.00	0
Tonic Water	100	88	184	44	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	11.0	11.0	0.0	0.0	19	0	8	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Pivo	100	92	180	43	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0	0	3.6	3.6	0.0	0.0	5	32	4	10	14	0.0	0.05	0.08	0	0	0	0.00	0.03	0.5	0.05	0
Vino belo stono (12 vol% alkohola)	100	88	356	85	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0	0	3.4	3.4	0.0	0.0	7	84	7	8	13	0.6	0.17	0.03	0	0	0	0.01	0.01	0.1	0.01	0
Vino crveno stono (12 vol% alkohola)	100	87	335	80	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0	0	2.5	2.5	0.0	0.0	10	116	7	11	13	0.9	0.10	0.03	0	0	0	0.01	0.03	0.1	0.04	0
Vino desertno suvo	100	79	510	122	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0	0	4.1	4.1	0.0	0.0	7	102	9	4	0	1.6	0.06	0.06	0	0	0	0.02	0.02	0.2	0.05	0
Vino desertno slatko	100	76	632	151	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0	0	11.4	11.4	0.0	0.0	7	102	9	4	0	1.6	0.06	0.06	0	0	0	0.02	0.02	0.2	0.05	0
Vermut	100	71	619	148	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	16.0	16.0	0.0	0.0	28	30	6	0	6	0.4	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Likeri (prosek)	100	48	1013	242	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	29.0	29.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Brandy, Gin, Rum i sl. (40 vol% alk.)	100	65	967	231	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Konjak (38 vol% alk.)	100	68	954	228	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	1.0	1.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Rakija šljivica (33 vol% alk.)	100	0	807	193	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Rakija prepečenica (40 vol% alk.)	100	65	967	231	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Whisky	100	65	1025	245	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.00	0.00	0
Razno																																	
Čaj indijski (suvi list)	100	9	452																														

NAMIRNICA	J_DEO	VODA	ENG_KJ	ENG_KCAL	BEL_UKUPNE	BEL_BILJNE	BEL_ZIVOT	MAST_UKUP	MAST_ZAS	MAST_JN	MAST_VN	MAST_LK	MAST_HOLES	UH_UKUPNI	UH_MDS	UH_PS	UH_V	MINER_NA	MINER_K	MINER_CA	MINER_MG	MINER_P	MINER_FE	MINER_ZN	MINER_CU	VITAM_RE	VITAM_RET	VITAM_KAR	VITAM_B1	VITAM_B2	VITAM_N	VITAM_B6	VITAM_C
Kvasac pekarski (sveži)	100	70	226	53	11.4	11.4	0.0	0.4	0.0	0.0	0.4	0	0	1.0	0.0	1.0	6.9	16	610	25	59	390	5.0	2.60	1.60	0	0	0	0.71	1.70	11.0	0.60	0
Kvasac pekarski (suvi)	100	5	1180	282	36.9	36.9	0.0	1.6	0.0	0.0	0.0	0	0	38.9	0.0	0.0	0.0	52	1998	44	0	1292	16.1	0.00	0.00	0	0	0	2.33	5.41	33.7	0.00	0
Senf (žuti)	100	80	314	75	4.7	4.7	0.0	4.4	0.4	2.0	2.0	1	0	6.4	0.0	6.4	1.0	1252	130	84	0	73	2.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Želatina	100	13	1435	338	84.4	0.0	84.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Supa kokošja s testom dehidr.	100	5	1394	329	13.8	0.0	0.0	5.0	0.0	0.0	0.0	0	0	60.9	10.2	50.7	0.0	6120	270	45	44	160	2.7	1.20	0.27	0	0	0	0.23	0.08	2.2	0.00	0
Supa minestrone dehidrirana	100	4	1259	298	10.1	0.0	0.0	8.8	0.0	0.0	0.0	0	0	47.6	15.0	32.6	6.6	5600	800	120	48	160	2.8	1.00	0.29	0	0	0	0.21	0.15	3.1	0.00	0
Krem supa od povrća dehidr.	100	6	1510	361	11.2	0.0	0.0	9.0	0.0	0.0	0.0	0	0	56.5	0.0	0.0	5.5	4550	203	72	0	227	2.8	0.00	0.00	22	0	132	0.06	0.26	3.2	0.00	0
Krem supa od paradajza dehidr.	100	3	1359	321	6.6	6.6	0.0	5.6	0.0	0.0	0.0	0	0	65.0	36.1	28.9	3.3	4040	920	140	39	130	1.8	0.80	0.33	0	0	0	0.23	0.18	1.9	0.00	0
Koncentrat kokošje supe	100	1	1456	348	11.0	0.0	0.0	26.1	0.0	0.0	0.0	0	0	14.8	0.0	0.0	1.6	16000	33	118	0	20	1.5	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Koncentrat goveđe supe	100	1	1468	351	11.4	0.0	0.0	25.1	0.0	0.0	0.0	0	0	17.4	0.0	0.0	0.0	16000	16	112	0	12	1.3	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Ceratonia	100	5	1280	305	4.0	4.0	0.0	0.0	0.0	0.0	0.0	0	0	72.0	0.0	0.0	16.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Vlekinje (otrobi) - instant	100	0	937	224	12.0	12.0	0.0	4.0	0.0	0.0	0.0	0	0	35.0	0.0	0.0	35.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Probavin	100	7	837	200	12.0	12.0	0.0	6.0	0.0	0.0	0.0	0	0	24.5	1.5	23.0	37.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Diabit	100	0	1630	389	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	99.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0
Sladial	100	0	1630	389	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	99.0	0.0	0.0	0.0	0	0	0	0	0	0.0	0.00	0.00	0	0	0	0.00	0.00	0.0	0.00	0