

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	1089	27.29	143.08	63.67
Lunch	863	24.09	76.72	80.21
Dinner	763	21.5	96.58	51.27
Snacks/Other	456	15.46	55.47	29.32
Total	3171	88.35	371.86	224.48

Monday, October 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Body & Fit Ultra Fine Oats 6.667 x 1 portie (30g)	693	12		126.01	20		30			
Body & Fit Whey Perfection 1/2 x 100g	197	2.5	0.8	4.5	0.4	4.4	39	0.08		
Ei 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
NOW Omega-3 2 softgels	20	2	0.5	0	0	0	0	0	0	
Total	1057	26.44	4.399	131.28	20.4	5.17	81.58	140.08	423	134
Lunch										
Aldi Tijgerbrood Volkoren 5 x 1 portie (32g)	350	2.5	1	64	10.5	3	11.5	500		
Ei 3 groot	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Knoflookpoeder 1 g	3	0.01	0.001	0.73	0.1	0.24	0.17	0	0	11
Rundergehakt (10% Vet) 260 g	458	26	10.551	0	0	0	52	172	169	835
Trophy Curry Gewurz 2 x 1 eetlepel (15ml)	22	0	0	4.8	0.2	3.2	0.2	200		
Total	1053	43.42	16.2	70.69	10.8	7.6	82.74	1082	803	1047
Dinner										
Aardappelen (zonder Schil, met Zout, Gekookt) 200 g	174	0.2	0.052	40.26	4	1.74	3.74	480	0	758
Bloemkool	50	0.2	0.064	10.6	5	4.8	3.96	60	0	606

Monday, October 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
200 g										
Honig Bouillonsoep	16	0.4	0.2	2.8	0	0.3	0.2	0.35		
100ml										
Inproba Chili Saus	46	0.18		13.68		12.84	0.18			
0.3 x 100ml										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Rundvlees Gehaktballen	218	14.22	5.376	8.18	0.5	1.63	13.4	516	80	
1 serving (108g)										
Total	712	16.04	6.112	92.24	9.5	38.03	64.54	1223.55	80	1364
Snacks/Other										
Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Body & Fit Naturel Notenpasta	58	5.06	0.63	1.54	0.83	0.39	2.55	0		
0.1 x 100g										
First Choice Cola Light	1	0	0	0	0	0	0	0		
1 glas (250ml)										
Koffie	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mug (8 fl oz)										
Komkommer (Geschild)	24	0.32	0.026	4.32	1.4	2.76	1.18	4	0	272
200 g										
Zonnatura Rijstwafel	27	0.2	0.05	5.8	0.2	0.04	0.6	0.01		
1 rijstwafel (8g)										
Total	187	5.9	0.754	30.91	5.73	17.53	5.26	14.01	0	643
Total	3009	91.8	27.465	325.12	46.43	68.33	234.12	2459.64	1306	3188

Tuesday, October 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Body & Fit Ultra Fine Oats	693	12		126.01	20		30			
6.667 x 1 portie (30g)										
Body & Fit Whey Perfection	118	1.5	0.48	2.7	0.24	2.64	23.4	0.05		
0.3 x 100g										
Ei	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 groot										
French's French Fried Onions	6	0.5	0.21	0.43	0	0	0	8.58	0	0
0.143 x 2 tbsp										
NOW Omega-3	20	2	0.5	0	0	0	0	0	0	
2 softgels										
Total	1056	26.17	4.328	148.97	23.54	17.75	66.34	149.63	423	282
Lunch										
Aldi Tijgerbrood Volkoren	339	2.42	0.97	62	10.17	2.91	11.14	484.4		
4.844 x 1 portie (32g)										
C1000 Kipfilet Naturel	282	7.5		1.25			52.5			
2 1/2 x 100g										
Ei	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 groot										
Inproba Chili Saus	46	0.18		13.68		12.84	0.18			
0.3 x 100ml										
Total	814	20.04	4.069	77.7	10.17	16.52	76.4	624.4	423	134
Dinner										
Aardappelen (zonder Schil, met Zout, Gekookt)	218	0.25	0.065	50.32	5	2.18	4.68	600	0	948

Tuesday, October 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
250 g										
AH Ijsbergsla	45	0.9	0	4.5	3	4.5	2.7	60		
3 x 100g										
Bakboter (Ongezouten)	9	0.97	0.611	0	0	0	0.01	0	3	0
0.17 portie (7 g)										
Gekookt Ei	34	2.33	0.716	0.25	0	0.25	2.76	61	93	28
1/2 middelgrote										
Haribo Smurfen	33	0.01	0.01	8.2	0.01	4.2	0			
1 stuk (10g)										
Inproba Chili Saus	46	0.18		13.68		12.84	0.18			
0.3 x 100ml										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Rundvlees Gehaktballen	218	14.22	5.376	8.18	0.5	1.63	13.4	516	80	
1 portie (108 g)										
Total	707	19.28	6.988	93.49	8.51	33.96	45.26	1320.6	176	976
Snacks/Other										
Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 middelgrote (7 cm diameter) (ca. 3 per 450 g)										
Body & Fit Naturel Notenpasta	173	15.18	1.89	4.62	2.49	1.17	7.65	0		
0.3 x 100g										
Body & Fit Whey Perfection	79	1	0.29	1.78	0.14	1.71	15.64	0.03		
0.714 x 1 maatschep (28g)										
First Choice Cola Light	1	0	0	0	0	0	0	0		
0.6 x 1 glas (250ml)										
Koffie	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mok (240 ml)										
Komkommer (Geschild)	18	0.24	0.02	3.24	1	2.07	0.88	3	0	204

Tuesday, October 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
150 g										
Zonnatura Rijstwafel	81	0.6	0.15	17.4	0.6	0.12	1.8	0.03		
3 x 1 rijstwafel (8g)										
Total	426	17.3	2.394	46.19	7.53	19.41	26.61	9.06	0	463
Total	3003	82.79	17.779	366.35	49.75	87.64	214.61	2103.69	1022	1855

Wednesday, October 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 middelgrote (7 cm diameter) (ca. 3 per 450 g)										
Body & Fit Whey Perfection	158	2	0.64	3.6	0.32	3.52	31.2	0.06		
0.4 x 100g										
Hahne Haverhout	810	15.75		128.25	15.08		28.12	11.25		
2 1/4 x 100g										
NOW Omega-3	20	2	0.5	0	0	0	0	0	0	
2 softgels										
Total	1060	19.98	1.179	150.91	18.7	17.86	59.68	12.31	0	148
Lunch										
Aldi Tijgerbrood Volkoren	350	2.5	1	64	10.5	3	11.5	500		
5 x 1 portie (32g)										
Ei	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Rundergehakt (10% Vet)	458	26	10.551	0	0	0	52	172	169	835
260 g										
Trophy Curry Gewurz	22	0	0	4.8	0.2	3.2	0.2	200		
2 x 1 eetlepel (15ml)										
Total	977	38.44	14.65	69.57	10.7	6.97	76.28	1012	592	969
Dinner										
AH Frambozenvla	27	0.9	0.6	4.2	0	2.85	0.6	0.02		
0.3 x 100g										
CelaVita Mini Krieltjes	160	0	0	36	0	0	4	0.24	0	
1 portie (200g)										
Frenches French Fried Onions,	22	1.75	0.75	1.5	0	0	0	301.5	0	
2.8 oz, 79 gm										

Wednesday, October 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 2 Tbsp										
Inproba Chili Saus	23	0.09		6.84		6.42	0.09			
0.15 x 100ml										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Saté Schnitzel	250	9.3	7	28.8	0.6	9.3	14	0.9		
1 stuk (125 gr.)										
Spruiten	9	0.14	0.018	1.41	0.7	0.55	1.08	2	0	32
30 g										
Tomatensoep (Bereid met Water)	31	0.29	0.141	6.9	0.6	4.17	0.83	284	0	118
100 g										
Total	626	12.89	8.719	94.01	1.9	31.65	42.13	672.26	0	150
Snacks/Other										
Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
First Choice Cola Light	2	0	0	0	0	0	0	0		
2 x 1 glas (250ml)										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Jumbo Speculaasbrokken	96	4.4	1.92	13.04	0.32	6.24	1.08	112		
0.4 x 1 stuk (50g)										
Koffie	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mok (240 ml)										
Komkommer (Geschild)	24	0.32	0.026	4.32	1.4	2.76	1.18	4	0	272
200 g										
Total	303	5.46	2.204	44.97	5.02	31.7	24.72	209.6	0	643
Total	2966	76.77	26.752	359.46	36.32	88.18	202.81	1906.17	592	1910

Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Body & Fit Whey Perfection 0.6 x 100g	236	3	0.96	5.4	0.48	5.28	46.8	0.1		
Hahne Haverhout 2 1/4 x 100g	810	15.75		128.25	15.08		28.12	11.25		
NOW Omega-3 2 softgels	20	2	0.5	0	0	0	0	0	0	
Total	1066	20.75	1.46	133.65	15.56	5.28	74.92	11.35	0	
Lunch										
Aldi Tijgerbrood Volkoren 4 x 1 portie (32g)	280	2	0.8	51.2	8.4	2.4	9.2	400		
Appel 2 middelgrote (7 cm diameter) (ca. 3 per 450 g)	144	0.47	0.077	38.12	6.6	28.68	0.72	3	0	295
C1000 Kipfilet Naturel 2 1/2 x 100g	282	7.5		1.25			52.5			
Ei 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Inproba Chili Saus 0.3 x 100ml	46	0.18		13.68		12.84	0.18			
Total	899	20.09	3.976	105.02	15	44.69	75.18	543	423	429
Dinner										
AH Ijsbergsla 2 x 100g	30	0.6	0	3	2	3	1.8	40		
Coca-Cola Coca-Cola 1 glas (250ml)	105	0	0	27	0	27	0			
Coca-Cola Coca-Cola Light	2	0		0			0			

Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 x 1 glas (250ml)										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Mama Mancini Pizza Margherita	606	14.7	6	89.7	7.5	6	25.2	3450		
1 pizza (300g)										
Pizza Burger Diavolo	218	8.7	3.35	25	1.75	2.1	8.8	0.38		
1/2 x 1 Pizza Burger (172,5g)										
Tomatensoep	84	2.4	0.81	14.7	0.8	8.64	2.5	578	4	252
200 g										
Total	1149	26.82	10.37	167.76	12.05	55.1	59.83	4151.98	4	252
Snacks/Other										
Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 middelgrote (7 cm diameter) (ca. 3 per 450 g)										
Body & Fit Whey Perfection	98	1.25	0.36	2.23	0.18	2.14	19.56	0.04		
0.893 x 1 maatschep (28g)										
First Choice Cola Light	1	0	0	0	0	0	0	0		
1 glas (250ml)										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Jumbo Speculaasbrokken	72	3.3	1.44	9.78	0.24	4.68	0.81	84		
0.3 x 1 stuk (50g)										
Koffie	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mok (240 ml)										
Komkommer (Geschild)	18	0.24	0.02	3.24	1	2.07	0.88	3	0	204
150 g										
Total	370	5.53	2.078	42.86	4.72	31.59	43.71	180.64	0	575
Total	3484	73.19	17.884	449.29	47.33	136.66	253.64	4886.97	427	1256

Thursday, October 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Body & Fit Whey Perfection	98	1.25	0.4	2.25	0.2	2.2	19.5	0.04		
1/4 x 100g										
Ei	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 groot										
Hahne Haverhout	810	15.75		128.25	15.08		28.12	11.25		
2 1/4 x 100g										
NOW Omega-3	20	2	0.5	0	0	0	0	0	0	
2 softgels										
Total	1075	28.94	3.999	131.27	15.28	2.97	60.2	151.29	423	134
Lunch										
Aldi Tijgerbrood Volkoren	350	2.5	1	64	10.5	3	11.5	500		
5 x 1 portie (32g)										
C1000 Kipfilet Naturel	282	7.5		1.25			52.5			
2 1/2 x 100g										
Ei	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 groot										
Inproba Chili Saus	46	0.18		13.68		12.84	0.18			
0.3 x 100ml										
Total	825	20.12	4.099	79.7	10.5	16.61	76.76	640	423	134
Dinner										
CelaVita Mini Krieltjes	80	0	0	18	0	0	2	0.12	0	
1/2 x 1 portie (200g)										
HAK Bruine Bonen	99	0.9	0.1	13.9	6.5	0.8	5.9	190		
100g										
Hardgekookt Ei	39	2.65	0.817	0.28	0	0.28	3.14	31	106	32
1/2 groot										

Thursday, October 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Honig Mix Voor Chili Con Carne	40	0.6	0.2	6.9		4.3	1.6	0.41		
1 portie (13g)										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Melkunie Karamel Vla	184	6	4	30		20	4			
2 x 100ml										
Rundvlees Gehaktballen	72	4.69	1.774	2.7	0.2	0.54	4.42	170	26	
1/3 portie (108 g)										
Witlof	34	0.2	0.048	8	6.2		1.8	4	0	422
200 g										
Total	652	15.46	7.149	88.14	12.9	34.28	44.39	479.13	132	454

Snacks/Other

Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 middelgrote (7 cm diameter) (ca. 3 per 450 g)										
Body & Fit Whey Perfection	59	0.75	0.21	1.34	0.11	1.29	11.74	0.02		
0.536 x 1 maatschep (28g)										
Helaes Pindakaas	154	12.96	2.4	3.68	1.44	1.76	4.96	80		
1.6 x 1 portie (15g)										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Jumbo Speculaasbrokken	96	4.4	1.92	13.04	0.32	6.24	1.08	112		
0.4 x 1 stuk (50g)										
Komkommer (Geschild)	18	0.24	0.02	3.24	1	2.07	0.88	3	0	204
150 g										
Zonnatura Rijstwafel	54	0.4	0.1	11.6	0.4	0.08	1.2	0.02		
2 x 1 rijstwafel (8g)										
Total	557	19.4	4.899	60.32	6.57	34.14	41.75	279.64	0	352

Thursday, October 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	3109	83.92	20.146	359.43	45.25	88	223.1	1550.06	978	1074

Friday, October 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Body & Fit Whey Perfection	98	1.25	0.4	2.25	0.2	2.2	19.5	0.04		
1/4 x 100g										
Koffie	4	0.07	0.007	0.14	0	0	0.42	7	0	166
2 coffee cup (6 fl oz)										
Mucci Koffie Ijs	1224	48.36	31.58	183.58	4.94	169.76	10.86	0.99		
9.87 x 100ml										
Total	1326	49.68	31.987	185.97	5.14	171.96	30.78	8.03	0	166
Lunch										
Aldi Tijgerbrood Volkoren	210	1.5	0.6	38.4	6.3	1.8	6.9	300		
3 x 1 portie (32g)										
C1000 Kipfilet Naturel	565	15		2.5			105			
5 x 100g										
Inproba Chili Saus	93	0.36		27.36		25.68	0.36			
0.6 x 100ml										
Total	868	16.86	0.6	68.26	6.3	27.48	112.26	300		
Dinner										
Golden Seafood Visfilet A La Bordelaise	140	6.65	0.93	2.53	0.66	0	17.16	1.2		
1 1/3 x 100g										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Jumbo Komkommer Rauwkost	52	0.75	0.25	6.75	4	6.5	2.75	250		
2 1/2 x 100g										
Penne	220	1.29	0.245	42.95	2.5	0.78	8.07	326	0	
1 portie (140 g)										
Tomatensoep	42	1.2	0.405	7.35	0.4	4.32	1.25	289	2	126

Friday, October 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
100 g										
Trophy Curry Gewurz	11	0	0	2.4	0.1	1.6	0.1	100		
1 eetlepel (15ml)										
Total	569	10.31	2.04	70.34	7.66	21.56	50.86	1049.8	2	126
Snacks/Other										
Appelsientje Goudappel	60	0	0	14.04	0	13.52	0.13	2.6		
1.3 x 100ml										
Jogging Magere Kwark	104	0.42	0.21	8.36	0	8.36	21.53	83.6		
2.09 x 100g										
Vanille Ijs	436	23.87	14.734	51.21	1.5	46.05	7.6	174	95	432
217 g										
Total	600	24.29	14.944	73.61	1.5	67.93	29.26	260.2	95	432
Total	3363	101.14	49.571	398.18	20.6	288.93	223.16	1618.03	97	724

Sunday, November 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Body & Fit Whey Perfection 0.6 x 100g	236	3	0.96	5.4	0.48	5.28	46.8	0.1		
Hahne Haverhout 2 x 100g	720	14		114	13.4		25	10		
Koffie 2 coffee cup (6 fl oz)	4	0.07	0.007	0.14	0	0	0.42	7	0	166
NOW Omega-3 2 softgels	20	2	0.5	0	0	0	0	0	0	
Total	980	19.07	1.467	119.54	13.88	5.28	72.22	17.1	0	166
Lunch										
Aldi Tijgerbrood Volkoren 4 x 1 portie (32g)	280	2	0.8	51.2	8.4	2.4	9.2	400		
C1000 Kipfilet Naturel 2 1/2 x 100g	282	7.5		1.25			52.5			
Inproba Chili Saus 0.3 x 100ml	46	0.18		13.68		12.84	0.18			
Total	608	9.68	0.8	66.13	8.4	15.24	61.88	400		
Dinner										
friet 150 g	411	21.09	4.917	53.49	5	0.87	5.22	450	0	791
Kipsaté 3 stuk	380	21.12	5.892	2.06	0.7	1.06	42.64	728	136	
satesaus 1/2 x 100ml	125	7.5		11.5			3.75			
ui 3 tbsp chopped	13	0.02	0.008	3.03	0.4	1.28	0.28	1	0	43

Sunday, November 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	929	49.73	10.817	70.08	6.1	3.21	51.89	1179	136	834
Snacks/Other										
Appel	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 middelgrote (7 cm diameter) (ca. 3 per 450 g)										
Body & Fit Whey Perfection	118	1.5	0.43	2.68	0.21	2.57	23.45	0.04		
1.071 x 1 maatschep (28g)										
First Choice Cola Light	1	0	0	0	0	0	0	0		
1 glas (250ml)										
Jumbo Speculaasbrokken	96	4.4	1.92	13.04	0.32	6.24	1.08	112		
0.4 x 1 stuk (50g)										
Koffie	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mok (240 ml)										
Komkommer (Geschild)	18	0.24	0.02	3.24	1	2.07	0.88	3	0	204
150 g										
Vanille Ijs	436	23.87	14.734	51.21	1.5	46.05	7.6	174	95	432
217 g										
Total	746	30.33	17.152	89.42	6.33	71.27	33.94	299.04	95	1007
Total	3263	108.81	30.236	345.17	34.71	95	219.93	1895.14	231	2007