


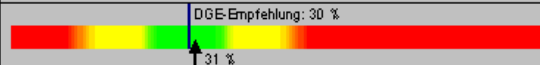

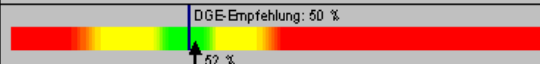
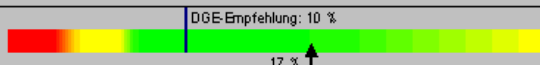
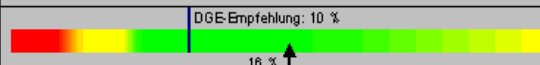
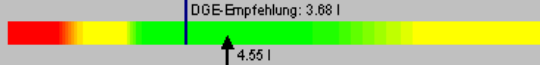



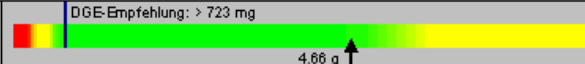
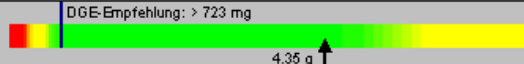
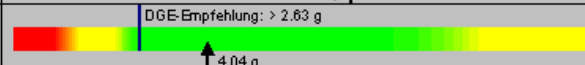
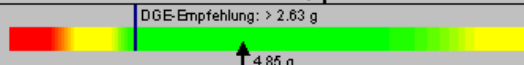
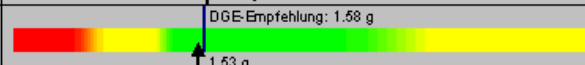
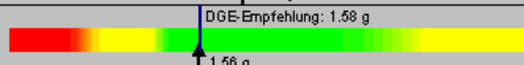
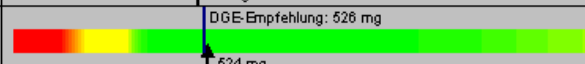
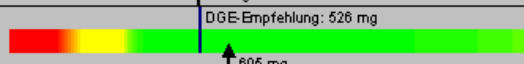
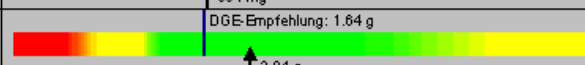
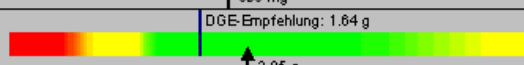
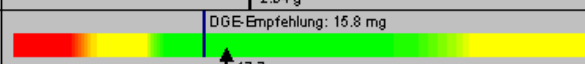
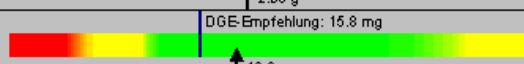
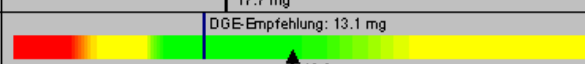
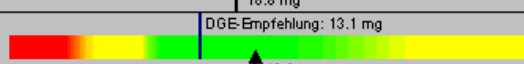
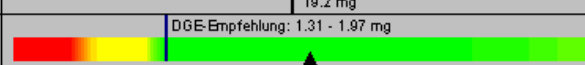
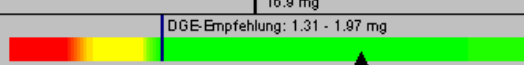
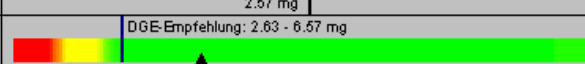
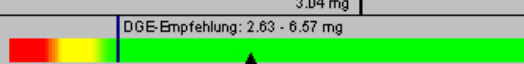
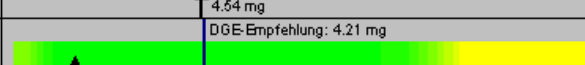
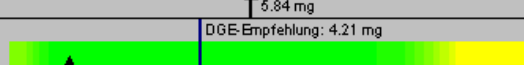
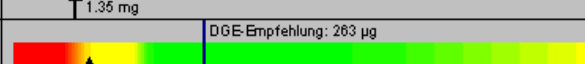
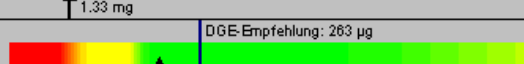
Ernährungsanalyse für Energie und Hauptnährstoffe

Stoff	DGE-Empfehlung	Istmenge/Tag	Fuzzy/Analyse	Sollmenge/Tag	Fuzzy/Optimierung
Energie + Hauptnährstoffe					
Energie	4510 kcal	3730 kcal		3740 kcal	
"	18900 kJ	15600 kJ		15600 kJ	
Fett, Anteil	30 %	37 %		31 %	
Fett	153 g	156 g		131 g	
Kohlenhydrate, Anteil	50 %	45 %		52 %	
Kohlenhydrate	555 g	409 g		477 g	
Eiweiß, Anteil	10 %	17 %		16 %	
Eiweiß	112 g	158 g		146 g	
" / Körpergewicht	1.18 g/kg	1.67 g/kg		1.54 g/kg	
Wasser	3.68 l	4.55 l		4.85 l	

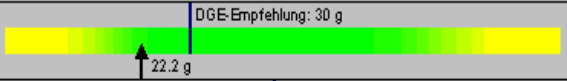
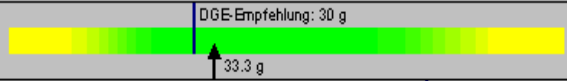

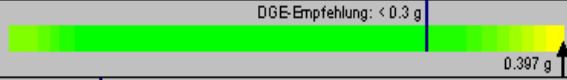
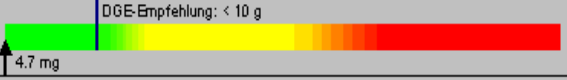
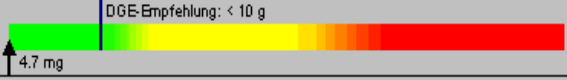
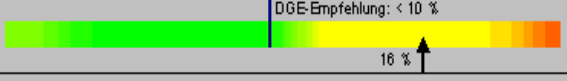
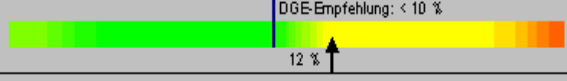
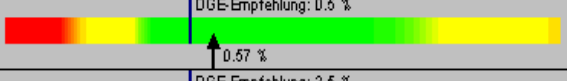
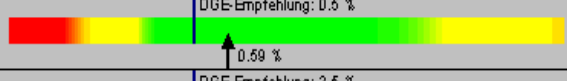
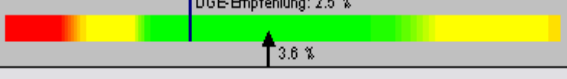
Ernährungsanalyse für Vitamine

Stoff	DGE-Empfehlung	Istmenge/Tag	Fuzzy/Analyse	Sollmenge/Tag	Fuzzy/Optimierung
Vitamine					
Retinoläquivalent	1.1 mg	1.49 mg	DGE-Empfehlung: 1.1 mg ↑ 1.49 mg	1.79 mg	DGE-Empfehlung: 1.1 mg ↑ 1.79 mg
Vitamin A (Retinol)	< 3 mg	0.952 mg	DGE-Empfehlung: < 3 mg ↑ 0.952 mg	0.441 mg	DGE-Empfehlung: < 3 mg ↑ 0.441 mg
Vitamin D (Calciferol)	5 µg	2 µg	DGE-Empfehlung: 5 µg ↑ 2 µg	4.9 µg	DGE-Empfehlung: 5 µg ↑ 4.9 µg
Vitamin E (Tocopherol)	15 mg	11.3 mg	DGE-Empfehlung: 15 mg ↑ 11.3 mg	14.6 mg	DGE-Empfehlung: 15 mg ↑ 14.6 mg
Vitamin K	70 µg	292 µg	DGE-Empfehlung: 70 µg ↑ 292 µg	339 µg	DGE-Empfehlung: 70 µg ↑ 339 µg
Vitamin B1 (Thiamin)	1.71 mg	2.91 mg	DGE-Empfehlung: 1.71 mg ↑ 2.91 mg	2.57 mg	DGE-Empfehlung: 1.71 mg ↑ 2.57 mg
Vitamin B2 (Riboflavin)	1.97 mg	2.59 mg	DGE-Empfehlung: 1.97 mg ↑ 2.59 mg	2.51 mg	DGE-Empfehlung: 1.97 mg ↑ 2.51 mg
Niacinäquivalent	22.3 mg	53.2 mg	DGE-Empfehlung: 22.3 mg ↑ 53.2 mg	50.4 mg	DGE-Empfehlung: 22.3 mg ↑ 50.4 mg
Pantothensäure	7.89 mg	7.03 mg	DGE-Empfehlung: 7.89 mg ↑ 7.03 mg	7.21 mg	DGE-Empfehlung: 7.89 mg ↑ 7.21 mg
Vitamin B6 (Pyridoxin)	2.1 mg	3.05 mg	DGE-Empfehlung: 2.1 mg ↑ 3.05 mg	3.21 mg	DGE-Empfehlung: 2.1 mg ↑ 3.21 mg
Biotin	78.9 µg	73.4 µg	DGE-Empfehlung: 78.9 µg ↑ 73.4 µg	70.1 µg	DGE-Empfehlung: 78.9 µg ↑ 70.1 µg
Gesamte Folsäure	526 µg	287 µg	DGE-Empfehlung: 526 µg ↑ 287 µg	461 µg	DGE-Empfehlung: 526 µg ↑ 461 µg
Vitamin B12 (Cobalamin)	3.94 µg	11.6 µg	DGE-Empfehlung: 3.94 µg ↑ 11.6 µg	8.8 µg	DGE-Empfehlung: 3.94 µg ↑ 8.8 µg
Vitamin C (Ascorbinsäure)	131 mg	142 mg	DGE-Empfehlung: 131 mg ↑ 142 mg	176 mg	DGE-Empfehlung: 131 mg ↑ 176 mg

Ernährungsanalyse für Mineralstoffe

Stoff	DGE-Empfehlung	Istmenge/Tag	Fuzzy/Analyse	Sollmenge/Tag	Fuzzy/Optimierung
Mineralstoffe					
Natrium	> 723 mg	4.66 g		4.35 g	
Kalium	> 2.63 g	4.04 g		4.85 g	
Calcium	1.58 g	1.53 g		1.56 g	
Magnesium	526 mg	534 mg		605 mg	
Phosphor	1.64 g	2.04 g		2.05 g	
Eisen	15.8 mg	17.7 mg		18.8 mg	
Zink	13.1 mg	19.2 mg		16.9 mg	
Kupfer	1.31 - 1.97 mg	2.57 mg		3.04 mg	
Mangan	2.63 - 6.57 mg	4.54 mg		5.84 mg	
Fluoride	4.21 mg	1.35 mg		1.33 mg	
Jod	263 µg	105 µg		207 µg	

Ernährungsanalyse für Fette, Fettsäuren und spezielle Inhaltsstoffe

Spezielle Inhaltsstoffe					
Ballaststoffe	30 g	22.2 g		33.3 g	
Cholesterin	< 0.3 g	0.615 g		0.397 g	
Alkohol	< 10 g	4.7 mg		4.7 mg	
Fettsäuren und Lipide					
Gesättigte Fettsäuren, Anteil	< 10 %	16 %		12 %	
Gesättigte Fettsäuren	< 51.1 g	66.7 g		51.7 g	
n-3 Fettsäuren, Anteil	0.5 %	0.57 %		0.59 %	
n-6 Fettsäuren, Anteil	2.5 %	3.6 %		3.6 %	