**MOJE PREHRANSKE NAVADE**  Ime in priimek:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ razred:\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- |
| datum | Živila/jedi | EV  (kcal, kJ) | delež vode (l) | Delež OH (g, %CEP) | delež M  (g,%CEP) | delež B  (g,%CEP) | delež soli  (g) |
|  | Z: |  |  |  |  |  |  |
|  | DM: |  |  |  |  |  |  |
|  | K: |  |  |  |  |  |  |
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| datum | Živila/jedi | EV  (kcal, kJ) | delež vode (l) | Delež OH (g,%CEP) | delež M  (g,%CEP) | delež B  (g,%CEP) | delež soli  (g) |
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| datum | Živila/jedi | EV  (kcal, kJ) | delež vode (l) | Delež OH (g ,%CEP) | delež M  (g ,%CEP ) | delež B  (g,%CEP) | delež soli  (g) |
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| datum | Živila/jedi | EV  (kcal, kJ) | delež vode (l) | Delež OH (g,% CEP) | delež M  (g ,%CEP ) | delež B  (g,%CEP) | delež soli  (g) |
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| datum | Živila/jedi | EV  (kcal, kJ) | delež vode (l) | Delež OH (g,%CEP) | delež M  (g,%CEP) | delež B  (g,%CEP) | delež soli  (g) |
|  | Z: |  |  |  |  |  |  |
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| datum | Živila/jedi | EV  (kcal, kJ) | delež vode (l) | Delež OH (g ,%CEP) | delež M  (g ,%CEP ) | delež B  (g,%CEP) | delež soli  (g) |
|  | Z: |  |  |  |  |  |  |
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| datum | Živila/jedi | EV  (kcal, kJ) | delež vode (l) | Delež OH (g,%CEP) | delež M  (g ,%CEP ) | delež B  (g,%CEP) | delež soli  (g) |
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Priporočila:

CEP = 9000 kJ (mladostnice), 12 000kJ (mladostniki)

Delež vode: 1,5 – 3 l /dan

Delež soli: do 5g/dan

Delež OH: 50-70% CEP

Delež M: 20-30% CEP

Delež B: 10-15% CEP