

| Bezeichnung                               | Menge<br>in g | pro x<br>Tage | ME<br>(kcal) | ME<br>(MJ) | Rp<br>(g) | Ca<br>(mg) | P<br>(mg) | Na<br>(mg) | K<br>(mg) | Mg<br>(mg) |
|---|---------------|---------------|--------------|------------|-----------|------------|-----------|------------|-----------|------------|
| Pektin                                    | 50.0          | 1             | 29           | 0.12       | 2.2       | 335        | 18        | 5          | 163       | 31         |
| Wurstwaren / Aufschnitt                   | 30.0          | 1             | 83           | 0.35       | 4.1       | 3          | 42        | 249        | 77        | 6          |
| Innereien, Rind (Herz, Lunge,<br>Leber)   | 5.0           | 1             | 6            | 0.02       | 0.9       | 0          | 13        | 7          | 12        | 1          |
| Pektin                                    | 15.0          | 1             | 9            | 0.04       | 0.6       | 101        | 5         | 2          | 49        | 9          |
| Fleisch, mittelfett (9%),<br>Durchschnitt | 50.0          | 1             | 82           | 0.34       | 9.9       | 5          | 91        | 32         | 155       | 11         |
| Pektin                                    | 50.0          | 1             | 29           | 0.12       | 2.2       | 335        | 18        | 5          | 163       | 31         |
| Fleisch, mager (<5%),<br>Durchschnitt     | 50.0          | 1             | 57           | 0.24       | 10.8      | 6          | 97        | 30         | 168       | 11         |
| Zellulose-Pektin (Novoballast<br>enteral) | 5.0           | 1             | 0            | 0.00       | 0.0       | 0          | 0         | 0          | 0         | 0          |
| Knorpel / Sehnen (Rind),<br>getrocknet    | 15.0          | 1             | 59           | 0.25       | 11.5      | 0          | 0         | 0          | 0         | 0          |
| Fleisch, mager (<5%),<br>Durchschnitt     | 20.0          | 1             | 23           | 0.10       | 4.3       | 2          | 39        | 12         | 67        | 4          |
| Fleisch, fetter (15%),<br>Durchschnitt    | 10.0          | 1             | 22           | 0.09       | 1.9       | 1          | 16        | 6          | 29        | 2          |
| Summe (täglich):                          | 300           |               | 399          | 1.67       | 48.4      | 788        | 339       | 348        | 883       | 106        |
| Bedarf:                                   |               |               | 641          | 2.68       | 51.0      | 455        | 404       | 107        | 833       | 61         |

| Bezeichnung                               | Menge<br>in g | pro x<br>Tage | Cl<br>(mg) | Fe<br>(mg) | Cu<br>(mg) | Zn<br>(mg) | Mn<br>(mg) | J<br>(mcg) | Vit. A<br>(IE) | Vit. D3<br>(IE) |
|---|---------------|---------------|------------|------------|------------|------------|------------|------------|----------------|-----------------|
| Pektin                                    | 50.0          | 1             | 0          | 0.5        | 0.0        | 0.0        | 0.0        | 0          | 0              | 0               |
| Wurstwaren / Aufschnitt                   | 30.0          | 1             | 0          | 0.4        | 0.0        | 0.5        | 0.0        | 2          | 3              | 0               |
| Innereien, Rind (Herz, Lunge,<br>Leber)   | 5.0           | 1             | 0          | 0.4        | 0.1        | 0.1        | 0.0        | 1          | 835            | 2               |
| Pektin                                    | 15.0          | 1             | 15         | 0.2        | 0.0        | 0.0        | 0.0        | 0          | 0              | 0               |
| Fleisch, mittelfett (9%),<br>Durchschnitt | 50.0          | 1             | 0          | 1.0        | 0.1        | 1.3        | 0.0        | 1          | 25             | 1               |
| Pektin                                    | 50.0          | 1             | 50         | 0.5        | 0.0        | 0.0        | 0.0        | 0          | 0              | 0               |
| Fleisch, mager (<5%),<br>Durchschnitt     | 50.0          | 1             | 0          | 1.2        | 0.1        | 1.4        | 0.1        | 1          | 18             | 1               |
| Zellulose-Pektin (Novoballast<br>enteral) | 5.0           | 1             | 0          | 0.0        | 0.0        | 0.0        | 0.0        | 0          | 0              | 0               |
| Knorpel / Sehnen (Rind),<br>getrocknet    | 15.0          | 1             | 0          | 0.0        | 0.0        | 0.0        | 0.0        | 0          | 0              | 0               |
| Fleisch, mager (<5%),<br>Durchschnitt     | 20.0          | 1             | 13         | 0.5        | 0.0        | 0.6        | 0.0        | 0          | 7              | 0               |
| Fleisch, fetter (15%),<br>Durchschnitt    | 10.0          | 1             | 7          | 0.2        | 0.0        | 0.3        | 0.0        | 0          | 3              | 0               |
| Summe (täglich):                          | 300           |               | 85         | 4.9        | 0.3        | 4.2        | 0.1        | 5          | 891            | 4               |
| Bedarf:                                   |               |               | 152        | 12.7       | 0.8        | 12.2       | 0.8        | 224        | 527            | 44              |

| Bezeichnung                               | Menge<br>in g | pro x<br>Tage | Vit. E<br>(mg) | Vit. B1<br>(mg) | Vit. B2<br>(mg) | Vit. B6<br>(mg) | Vit. B12<br>(mcg) | Niacin<br>(mg) | Biotin<br>(mcg) | Pantothen<br>(mg) |
|---|---------------|---------------|----------------|-----------------|-----------------|-----------------|-------------------|----------------|-----------------|-------------------|
| Pektin                                    | 50.0          | 1             | 0.0            | 0.00            | 0.00            | 0.00            | 0                 | 0.0            | 0               | 0.00              |
| Wurstwaren / Aufschnitt                   | 30.0          | 1             | 0.2            | 0.16            | 0.05            | 0.10            | 0                 | 0.8            | 0               | 0.10              |
| Innereien, Rind (Herz, Lunge,<br>Leber)   | 5.0           | 1             | 0.0            | 0.01            | 0.07            | 0.02            | 2                 | 0.4            | 2               | 0.19              |
| Pektin                                    | 15.0          | 1             | 0.0            | 0.00            | 0.00            | 0.00            | 0                 | 0.0            | 0               | 0.00              |
| Fleisch, mittelfett (9%),<br>Durchschnitt | 50.0          | 1             | 0.3            | 0.12            | 0.10            | 0.18            | 2                 | 3.1            | 1               | 0.36              |
| Pektin                                    | 50.0          | 1             | 0.0            | 0.00            | 0.00            | 0.00            | 0                 | 0.0            | 0               | 0.00              |
| Fleisch, mager (<5%),<br>Durchschnitt     | 50.0          | 1             | 0.3            | 0.06            | 0.10            | 0.19            | 2                 | 3.2            | 2               | 0.33              |
| Zellulose-Pektin (Novoballast<br>enteral) | 5.0           | 1             | 0.0            | 0.00            | 0.00            | 0.00            | 0                 | 0.0            | 0               | 0.00              |
| Knorpel / Sehnen (Rind),<br>getrocknet    | 15.0          | 1             | 0.0            | 0.00            | 0.00            | 0.00            | 0                 | 0.0            | 0               | 0.00              |
| Fleisch, mager (<5%),<br>Durchschnitt     | 20.0          | 1             | 0.1            | 0.02            | 0.04            | 0.07            | 1                 | 1.3            | 1               | 0.13              |
| Fleisch, fetter (15%),<br>Durchschnitt    | 10.0          | 1             | 0.1            | 0.04            | 0.02            | 0.03            | 0                 | 0.5            | 0               | 0.05              |
| Summe (täglich):                          | 300           |               | 1.0            | 0.41            | 0.38            | 0.59            | 7                 | 9.3            | 6               | 1.16              |
| Bedarf:                                   |               |               | 6.0            | 0.90            | 0.63            | 0.38            | 4                 | 6.3            | 12              | 0.90              |

| Bezeichnung                               | Menge<br>in g | pro x<br>Tage | Linolsäure<br>(mg) | Taurin<br>(mg) | Arg<br>(mg) | Ile<br>(mg) | Lys<br>(mg) | Met<br>(mg) | Trp<br>(mg) |
|---|---------------|---------------|--------------------|----------------|-------------|-------------|-------------|-------------|-------------|
| Pektin                                    | 50.0          | 1             | 272                | 0              | 139         | 40          | 67          | 14          | 8           |
| Wurstwaren / Aufschnitt                   | 30.0          | 1             | 682                | 0              | 241         | 192         | 340         | 106         | 47          |
| Innereien, Rind (Herz, Lunge,<br>Leber)   | 5.0           | 1             | 5                  | 4              | 59          | 52          | 81          | 25          | 12          |
| Pektin                                    | 15.0          | 1             | 81                 | 0              | 42          | 12          | 20          | 4           | 2           |
| Fleisch, mittelfett (9%),<br>Durchschnitt | 50.0          | 1             | 398                | 0              | 631         | 529         | 881         | 267         | 117         |
| Pektin                                    | 50.0          | 1             | 272                | 0              | 139         | 40          | 67          | 14          | 8           |
| Fleisch, mager (<5%),<br>Durchschnitt     | 50.0          | 1             | 82                 | 0              | 718         | 548         | 904         | 315         | 111         |
| Zellulose-Pektin (Novoballast<br>enteral) | 5.0           | 1             | 0                  | 0              | 0           | 0           | 0           | 0           | 0           |
| Knorpel / Sehnen (Rind),<br>getrocknet    | 15.0          | 1             | 0                  | 0              | 0           | 0           | 0           | 0           | 0           |
| Fleisch, mager (<5%),<br>Durchschnitt     | 20.0          | 1             | 33                 | 0              | 287         | 219         | 361         | 126         | 44          |
| Fleisch, fetter (15%),<br>Durchschnitt    | 10.0          | 1             | 87                 | 0              | 119         | 98          | 169         | 53          | 23          |
| Summe (täglich):                          | 300           |               | 1912               | 4              | 2375        | 1730        | 2890        | 924         | 372         |
| Bedarf:                                   |               |               | 897                | 63             | 1218        | 705         | 538         | 269         | 205         |