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| **Рекомендуемые суточные нормы на одного ребенка**Рекомендуемые суточные нормы на одного ребенка Приложение № 10к СанПиН 2.4.1.3049-13РЕКОМЕНДУЕМЫЕ СУТОЧНЫЕ НАБОРЫ ПРОДУКТОВ ДЛЯ ОРГАНИЗАЦИИ ПИТАНИЯ ДЕТЕЙ В ДОШКОЛЬНЫХ ОБРАЗОВАТЕЛЬНЫХ ОРГАНИЗАЦИЯХ(Г, МЛ, НА 1 РЕБЕНКА/СУТКИ)

|  |  |
| --- | --- |
| Наименование пищевого продукта или группы пищевых продуктов | Количество продуктов в зависимости от возраста детей |
| в г, мл, брутто | в г, мл, нетто |
| 1-3года | 3-7лет | 1-3года | 3-7лет |
| Молоко и кисломолочные продукты с м.д.ж. не ниже 2,5% | 390 | 450 | 390 | 450 |
| Творог, творожные изделия с м.д.ж. не менее 5% | 30 | 40 | 30 | 40 |
| Сметана с м.д.ж. не более 15% | 9 | 11 | 9 | 11 |
| Сыр твердый | 4,3 | 6,4 | 4 | 6 |
| Мясо (бескостное/на кости) | 55/68 | 60,5/75 | 50 | 55 |
| Птица (куры 1 кат. потр./цыплята- бройлеры 1 кат. потр./индейка 1 кат. потр.) | 23/23/22 | 27/27/26 | 20 | 24 |
| Рыба (филе), в т.ч. филе слабо- или малосоленое | 34 | 39 | 32 | 37 |
| Колбасные изделия | — | 7 | — | 6, 9 |
| Яйцо куриное столовое | 0,5 шт. | 0,6 шт. | 20 | 24 |
| Картофель: с 01.09 по 31.10 | 160 | 187 | 120 | 140 |
| с 31.10 по 31.12 | 172 | 200 | 120 | 140 |
| с 31.12 по 28.02 | 185 | 215 | 120 | 140 |
| с 29.02 по 01.09 | 200 | 234 | 120 | 140 |
| Овощи, зелень | 256 | 325 | 205 | 260 |
| Фрукты (плоды) свежие | 108 | 114 | 95 | 100 |
| Фрукты (плоды) сухие | 9 | 11 | 9 | 11 |
| Соки фруктовые (овощные) | 100 | 100 | 100 | 100 |
| Напитки витаминизированные (готовый напиток) | — | 50 | — | 50 |
| Хлеб ржаной (ржано-пшеничный) | 40 | 50 | 40 | 50 |
| Хлеб пшеничный или хлеб зерновой | 60 | 80 | 60 | 80 |
| Крупы (злаки), бобовые | 30 | 43 | 30 | 43 |
| Макаронные изделия | 8 | 12 | 8 | 12 |
| Мука пшеничная хлебопекарная | 25 | 29 | 25 | 29 |
| Масло коровье сладкосливочное | 18 | 21 | 18 | 21 |
| Масло растительное | 9 | 11 | 9 | 11 |
| Кондитерские изделия | 7 | 20 | 7 | 20 |
| Чай, включая фиточай | 0,5 | 0, 6 | 0,5 | 0, 6 |
| Какао-порошок | 0, 5 | 0, 6 | 0,5 | 0, 6 |
| Кофейный напиток | 1,0 | 1,2 | 1,0 | 1,2 |
| Сахар | 37 | 47 | 37 | 47 |
| Дрожжи хлебопекарные | 0,4 | 0,5 | 0,4 | 0, 5 |
| Мука картофельная (крахмал) | 2 | 3 | 2 | 3 |
| Соль пищевая поваренная | 4 | 6 | 4 | 6 |
|   |   |   |   |   |
| Хим. состав (без учета т/о) |   |   |   |   |
| Белок, г |   |   | 59 | 73 |
| Жир, г |   |   | 56 | 69 |
| Углеводы, г |   |   | 215 | 275 |
| Энергетическая ценность, ккал |   |   | 1560 | 1963 |

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