

Preparation of the daily menu

Distribution of daily energy:

- breakfast 25-35%
- snack before noon 5%
- lunch 25-35%
- snack after noon 5%
- dinner 25-30%

Balance between the nutrients:

- proteins (P) 10-15%
- fats (F) 25-30%
- saccharides (S) 60-64%

Content of energy (kJ) and nutrients (g) in 100 g of foodstuffs:

Foodstuff	kJ	P	F	S	Foodstuff	kJ	P	F	S
bread	1020	8.0	1.1	45	pork meat (stewed)	1079	15	22	0
pastry	1196	9.0	3	57	pork meat (boiled)	695	28	6	0
pasta (boiled)	556	3.55	2.54	23.7	beef meat (boiled)	711	24.6	7.8	0.4
rice (boiled)	527	2.36	0.44	30.4	beef meat (stewed)	582	21	5.3	2
potatoes (boiled)	356	1.7	0.1	20	sausage	1088	13	23	1
potatoes (roast)	573	2.26	3.17	23.1	salami (Nitran)	1954	23.1	41.5	0.2
apple	305	0.4	0	19	pork ham	494	19	4.5	0.5
orange	209	0.92	0.22	14.1	duck breast (roast)	933	22	15	0.1
banana	393	1.2	0.19	24	chicken breast (grilled)	628	26.7	3.5	3.1
pineapple	243	0.5	0.2	14.7	turkey breast (grilled)	448	20	3	0.1
pear	243	0.44	0.33	16.7	sea fish (roast)	519	21	4.5	0
dried plums	1418	2.62	0.67	87	fat milk 3.5%	268	3.22	3.54	4.8
stewed fruit	376	0.29	0.15	21.7	half fat milk 1.5%	197	3.38	1.50	4.9
orange juice	175	0.7	0	9.4	curd	423	17	1.7	4.2
apple juice	192	1.1	0.1	10	whipped cream	1305	2.2	33	2.8
carrot	146	1.0	0.22	10.8	acid cream 14%	640	2.9	14	4.1
tomato	105	0.96	0.23	5.7	cheese Encián	1243	21	23	1.6
cucumber	67	0.82	0.18	3.1	cheese Emental	1515	25.3	29	0
pepper	125	1.13	0.39	6.5	egg (boiled)	636	13	10.6	1.1
onion	180	1.41	0.25	10.5	butter	3054	0.7	82	0.6
cauliflower	146	2.45	0.28	7.1	margarine (Veto)	1477	0	40	0
beans in tin	267	4.1	0.5	9	sugar	1669	0	0	100
iced vegetables	113	1.3	0.2	6.4	dark chocolate 80%	2527	10	49	37
vegetable juice	121	1.0	0	7.0	milk chocolate	2213	6.3	29	61
peas in tin	309	5.6	0.6	14.6	Biscuits (BeBe)	1912	8.3	13	78
lentils (boiled)	460	7.8	0.4	20.8	honey	1393	0.27	0	82
beans (boiled)	498	7.72	0.54	23.9	ice cream (vanilla)	552	13	8	12
ketchup	456	1.2	0.5	24	yogurt white	205	4.7	1.8	3.4
sunflower oil	3753	0.1	99.5	0.1	Bundt cake	1593	7.3	12.2	59.6

Content of energy in meals and drinks:

SOUPS	kJ	FOOD PORTION	kJ
Beef soup with pasta (100 g)	234	Porridge (100 g)	925
Goulash soup (100 g)	275	Pancake with jam (100 g)	875
Pea soup (100 g)	167	Cake with pudding (100 g)	1464
Potato soup (100 g)	251	Noodles with poppy (100 g)	1146
Thick vegetable soup (100 g)	405	Risen dumpling (100 g)	1033
Italian tomato soup (100 g)	188	Fruit dumpling (100 g)	1171
Thick lentil soup (100 g)	313	Roast cake with poppy (100 g)	1673
Thick bean soup (100 g)	356	Dumpling with plums (100 g)	1173
READY FOOD		Donut chocolate (100 g)	1673
Boiled beef (100 g)	711	Sandwich with ham (100 g)	1071
Stewed beef (100 g)	586	Baguette with ham (100 g)	483
Beef goulash (100 g)	682	ENCLOSURES	
Roast beef with egg (100 g)	800	Boiled potatoes (100 g)	356
Roast veal (100 g)	544	Mashed potatoes (100 g)	481
Roast pork (100 g)	716	Chips (100 g)	1150
Cabbage goulash (100 g)	456	Rice (100 g)	891
Fried cutlet/schnitzel (100 g)	1719	Pasta (100 g)	556
Filled chicked breast (100 g)	590	Pizza prosciutto (100 g)	1150
Peppers with stuffing (100 g)	510	Pizza Quattro Formaggi (100 g)	1180
Roast potatoes (100 g)	590	Hamburger beef (100 g)	1477
Grilled chicken (100 g)	630	DRINKS	
Grilled salmon (100 g)	532	Wine white dry (100 mL)	226
Roast duck (100 g)	1090	Wine red dry (100 mL)	280
Roast fish (100 g)	878	Sparkling wine (100 mL)	335
Fried fish (100 g)	980	Beer dark 11° (100 mL)	172
Fried cheese (100 g)	1728	Beer light 12° (100 mL)	197
Fried cauliflower (100 g)	1121	Coffee	35
Stewed vegetables (100 g)	117	Tea	<10
Bryndzové halušky (100 g)	891	Vodka 38% (100 mL)	967

Source: <https://www.kaloricketabulky.sk/potraviny/>

Methods:

Using the tables, prepare the daily menu (*choose one of the provided examples*):

- daily menu for adolescent boy (age 16 years, energy intake 15072 kJ/day)
- week menu for students in academic mensa (energy intake 4187 kJ - 4.05 kJ/lunch)
- daily menu for grandmother (age 70 years, energy intake 8374 kJ/day)
- daily menu for pre-school children (age 5 years, energy intake 7034 kJ/day)
- week menu for school children (age 10 years, 3014 kJ/lunch)
- daily menu for diabetic man (age 60 years, energy intake 6280 kJ/day, reduce saccharides, include 2nd dinner!)