|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Приложение № 10 |  |  |  |  |  |  |  |  |  |
|  |  | **к СанПин 21.3./2.4.3590-20** | | | | | | | | | | |
| Потребность в пищевых веществах,энергии,витаминах и минеральных веществах (суточная) 2024 год | | | |  |  |  |  |  |  |  |  |  |
| **ДЛЯ ДЕТЕЙ С ДНЕВНЫМ ПРЕБЫВАНИЕМ В ДЕТСКОМ САДУ** | | | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Наименование | % | **ВОЗРАСТ ДЕТЕЙ** | |  |  |  |  |  |  |  |  |  |
| **1-3 лет (энергетическая ценность)** | **3-7 лет (энергетическая ценность)** |  |  |  |  |  |  |  |  |  |
| ***ЗАВТРАК*** | 20% | 280 | 360 |  |  |  |  |  |  |  |  |  |
| ***ЗАВТРАК-2*** | 5% | 70 | 90 |  |  |  |  |  |  |  |  |  |
| ***ОБЕД*** | 35% | 490 | 630 |  |  |  |  |  |  |  |  |  |
| ***ПОЛДНИК*** | 15% | 210 | 270 |  |  |  |  |  |  |  |  |  |
| ***УЖИН*** | 25% | 350 | 450 |  |  |  |  |  |  |  |  |  |
| ***ИТОГО*** | 100% | 1400 | 1800 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***белки*** |  | **42** | **54** |  |  |  |  |  |  |  |  |  |
| ***жиры*** |  | **47** | **60** |  |  |  |  |  |  |  |  |  |
| ***углеводы*** |  | **203** | **261** |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
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