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| **Рекомендуемые суточные нормы на одного ребенка**  [Рекомендуемые суточные нормы на одного ребенка](http://www.ds116.inkaut.ru/images/64421/1000/)  Приложение № 10 к СанПиН 2.4.1.3049-13  РЕКОМЕНДУЕМЫЕ 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 | | | 1-3 года | 3-7 лет | 1-3 года | 3-7 лет | | 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 | |