

Tabelle1

Lebensmittel	Menge	Eiweiß	Fett	Kohlenhydrate	davon Zucker	Ballaststoffe	Kalorien (kcal)
Ackerbohnen	100g	8.0g	0.6g	18.0g	9.0g	9.0g	127
Apfel	100g	0.4g	0.2g	11.0g	10.4g	2.4g	52
Brennnessel	100g	6.0g	0.5g	5.0g	0.0g	5.0g	58
Brombeeren	100g	0.8g	0.8g	5.0g	5.0g	4.0g	38
Butterpilze	100g	2.0g	0.0g	0.0g	0.0g	4.2g	16
Champignons	100g	3.0g	0.0g	0.8g	0.8g	2.0g	19
Chinakohl	100g	0.7g	0.3g	0.8g	0.7g	2.0g	13
Eisbergsalat	100g	0.5g	0.0g	0.7g	0.7g	1.0g	7
Endiviensalat	100g	1.2g	0.2g	3.4g	0.2g	3.1g	26
Erdbeeren	100g	1.0g	1.0g	7.0g	7.0g	1.0g	43
Feldsalat	100g	2.1g	0.0g	0.8g	0.7g	1.0g	14
Fenchel	100g	2.4g	0.5g	2.8g	0.4g	3.9g	33
Grüne Bohnen	100g	2.0g	0.0g	5.0g	3.0g	2.0g	32
Grüne Erbsen	100g	7.0g	0.4g	11.0g	1.0g	4.0g	84
Gurke grün	100g	1.0g	0.0g	2.0g	2.0g	0.0g	12
Hagebutten	100g	1.6g	0.2g	16.0g	4.0g	24.0g	120
Heidelbeeren	100g	1.0g	0.0g	6.0g	5.0g	5.4g	39
Himbeeren	100g	1.0g	0.0g	5.0g	5.0g	4.6g	33
Holunder	100g	0.6g	0.5g	8.0g	8.0g	3.0g	45
Kartoffeln roh	100g	1.7g	0.3g	16.0g	2.1g	1.8g	77
Knoblauch	100g	5.8g	0.2g	27.0g	8.0g	1.7g	136
Kohlrabi	100g	2.0g	0.4g	4.0g	3.8g	1.3g	30
Kohlrübe	100g	1.0g	0.2g	5.0g	4.8g	2.5g	31
Kopfsalat	100g	1.0g	0.0g	1.0g	1.0g	1.9g	12
Mairübchen	100g	1.0g	0.1g	4.7g	0.4g	3.5g	31
Mais	100g	2.0g	0.0g	18.0g	4.0g	3.0g	86
Maiskolben ganz	100g	3.5g	1.1g	16.0g	2.7g	3.4g	95
Mangold	100g	1.5g	0.6g	1.0g	0.5g	3.6g	23
Maniok	100g	1.4g	0.3g	36.0g	2.0g	2.0g	156
Meerrettich	100g	1.2g	0.6g	12.0g	8.0g	3.3g	65

Tabelle1

Mischgemüse	100g	3.2g	0.4g	10.7g	1.3g	1.4g	62
Möhren / Karotten	100g	0.9g	0.1g	4.7g	4.6g	4.0g	31
Morcheln	100g	2.0g	0.0g	0.0g	0.0g	6.4g	21
Pastinaken	100g	1.3g	0.4g	12.0g	1.8g	4.7g	66
Petersilienwurzel	100g	3.0g	0.8g	5.5g	4.4g	4.5g	50
Pfifferlinge	100g	2.0g	0.4g	0.0g	0.0g	3.0g	18
Pflaumen	100g	1.0g	0.2g	12.0g	11.0g	1.4g	57
Porree / Lauch	100g	1.9g	0.2g	3.0g	3.0g	2.2g	26
Preiselbeeren	100g	0.0g	0.0g	5.0g	5.0g	2.4g	25
Radieschen	100g	1.0g	0.0g	2.0g	2.0g	2.0g	16
Rettich	100g	0.8g	0.2g	2.2g	2.2g	2.6g	19
Rhabarber	100g	1.1g	0.3g	1.0g	1.0g	3.0g	17
Rote Bete	100g	1.9g	0.2g	8.8g	7.9g	2.4g	49
Rote Johannisbeeren	100g	1.0g	0.5g	5.4g	5.0g	2.7g	36
rote Linsen roh	100g	25.4g	1.8g	47.0g	1.0g	14.4g	335
Rote Zwiebeln	100g	1.2g	0.2g	4.7g	4.7g	0.0g	25
Rucola	100g	1.7g	1.2g	1.9g	1.9g	1.6g	28
Sanddorn	100g	1.4g	6.7g	5.1g	4.7g	2.7g	92
Sauerkirschen	100g	0.8g	0.0g	9.0g	8.0g	0.4g	40
Schwarze Johannisbeeren	100g	1.3g	0.2g	6.3g	4.4g	3.8g	40
Schwarzwurzel	100g	1.2g	0.3g	1.8g	0.8g	4.1g	23
Knollensellerie	100g	1.5g	0.3g	2.4g	2.0g	4.0g	26
Spinat	100g	2.0g	0.8g	2.0g	2.0g	1.7g	27
Spitzkohl	100g	1.7g	0.3g	2.8g	2.7g	2.6g	26
Stachelbeeren	100g	1.4g	0.5g	8.0g	8.0g	3.0g	48
Stangensellerie	100g	1.0g	0.2g	2.0g	0.7g	2.7g	19
Staudensellerie	100g	1.0g	0.2g	2.0g	0.0g	2.3g	18
Steckrüben	100g	1.0g	0.4g	6.0g	5.1g	1.4g	34
Steinpilze	100g	4.0g	0.0g	1.0g	0.0g	5.5g	31
Süßkartoffeln	100g	1.6g	1.2g	26.3g	6.0g	2.1g	127
Süßkirschen	100g	1.0g	0.2g	14.0g	13.4g	1.4g	65

Tabelle1

Tomate	100g	1.0g	0.3g	4.0g	3.4g	0.4g	24
Topinambur	100g	2.0g	0.0g	17.0g	10.0g	1.6g	79
Weintrauben	100g	1.0g	1.0g	14.0g	14.0g	1.0g	71
Weiße Bohnen roh	100g	5.5g	0.3g	16.0g	4.0g	3.5g	96
Weißkohl	100g	1.0g	0.0g	5.0g	5.0g	3.0g	30
Wirsing	100g	2.0g	0.1g	2.0g	2.0g	3.0g	23
Zucchini	100g	3.0g	0.0g	2.0g	2.0g	1.0g	22
Zwiebel	100g	1.0g	0.0g	6.0g	4.0g	2.3g	33
							49,6811594203
Hanfsamen	100g	33.0g	44.0g	12.0g	1.0g	5.0g	586
Haselnüsse	100g	12.0g	61.0g	5.8g	1.0g	7.4g	635
Sonnenblumenkerne	100g	19.0g	47.0g	11.4g	2.9g	6.0g	557
Walnüsse	100g	10.3g	64.0g	12.4g	5.0g	5.4g	678
							614
Aal	100g	14.0g	23.0g	0.0g	0.0g	0.0g	263
Barsch	100g	20.0g	1.5g	0.0g	0.0g	0.0g	94
Bauchspeck	100g	14.0g	30.0g	1.0g	0.0g	0.0g	330
Dönerfleisch	100g	25.0g	14.0g	2.8g	0.0g	0.0g	237
Ei - Vollei	100g	12.0g	11.0g	1.0g	1.0g	0.0g	151
Eigelb	100g	17.0g	31.5g	0.0g	0.0g	0.0g	352
Ente	100g	15.0g	16.0g	0.0g	0.0g	0.0g	204
Flusskrebs	100g	15.0g	0.4g	0.0g	0.0g	0.0g	64
Forelle	100g	19.0g	5.0g	0.0g	0.0g	0.0g	121
Gans	100g	19.0g	10.0g	0.0g	0.0g	0.0g	166
Hähnchen	100g	20.0g	9.0g	0.0g	0.0g	0.0g	161
Hase	100g	20.0g	2.0g	0.0g	0.0g	0.0g	98
Hirsch	100g	21.0g	2.0g	0.0g	0.0g	0.0g	102
Kalbsfleisch	100g	20.0g	4.0g	0.0g	0.0g	0.0g	116
Kaninchen	100g	22.0g	6.0g	0.0g	0.0g	0.0g	142
Karpfen	100g	17.0g	5.0g	0.0g	0.0g	0.0g	113
Lachsforelle	100g	20.0g	8.0g	0.0g	0.0g	0.0g	152

Tabelle1

Lammfleisch	100g	14.0g	15.0g	0.0g	0.0g	0.0g	191
Pferdefleisch	100g	19.0g	3.0g	0.0g	0.0g	0.0g	103
Putenfleisch	100g	22.0g	5.0g	0.0g	0.0g	0.0g	133
Rinderbraten	100g	20.0g	5.0g	0.0g	0.0g	0.0g	125
Saibling	100g	18.8g	2.0g	0.0g	0.0g	0.0g	93
Schweinebraten	100g	21.0g	3.0g	0.0g	0.0g	0.0g	111
Speck	100g	5.0g	85.0g	0.0g	0.0g	0.0g	785
Welsfilet	100g	18.7g	12.0g	0.0g	0.0g	0.0g	183
Wildente	100g	11.0g	8.7g	0.0g	0.0g	0.0g	122
Wildschwein	100g	21.0g	7.0g	0.0g	0.0g	0.0g	147
Zander	100g	20.0g	1.0g	0.0g	0.0g	0.0g	89

176,7142857143

Tabelle1

KG	Min Kal	g	kg p. a.	+900 kal	g	kg p. a.
60	1440	2400	876	2340	3900	1423,5
70	1680	2800	1022	2580	4300	1569,5
80	1920	3200	1168	2820	4700	1715,5
90	2160	3600	1314	3060	5100	1861,5
100	2400	4000	1460	3300	5500	2007,5