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Nahrungsmittel	pro	Gramm			Kalorien	Preis S	1000 Kalorien kosten	
		Eiweiß	Fett	Rohlen- hydrate			S	g
Kren . . . . .	1 kg	25	5	150	777			
Lämmernes . . . . .	1 "	140	82	—	1327			
Leberwurst . . . . .	1 "	190	110	120	2558			
Lebkuhen . . . . .	1 "	40	35	825	3870			
Linzen . . . . .	1 "	240	20	520	3302			
Maismehl . . . . .	1 "	100	30	720	3641			
Makkaroni . . . . .	1 "	100	5	765	3505			
Mandeln . . . . .	1 "	220	530	130	6170			
Margarine . . . . .	1 "	6	870	4	8132			
Marillen, gedörrt . . . . .	1 "	12	—	110	500			
Mehl . . . . .	1 "	100	10	750	3578			
Milch . . . . .	1 l	35	38	50	700			
Mohn . . . . .	1 kg	200	400	190	5319			
Nüsse . . . . .	1 "	170	585	130	6671			
Oblaten . . . . .	1 St.	3	2	27	150			
Ol . . . . .	1 kg	—	1000	—	9300			
Orangen . . . . .	1 "	7	—	56	252			
Parmesan . . . . .	1 "	400	200	20	3582			
Preißebeerkompott . . . . .	1 "	1	—	230	947			
Rahm . . . . .	1 l	27	153	31	1661			
Rebhuhn . . . . .	1 kg	187	17	—	925			
Rehrüden . . . . .	1 "	178	9	—	813			
Reis . . . . .	1 "	80	10	770	3578			
Rindfleisch, ohne . . . . .	1 "	210	50	—	1326			
Rindjuppe . . . . .	1 l	5	8	—	67			
Rhabarber . . . . .	1 kg	5	5	30	185			
Rosinen . . . . .	1 "	25	—	620	2644			
Salami . . . . .	1 "	310	480	—	5735			
Sardellen . . . . .	1 St.	3	—	—	17			
Sardinen . . . . .	1 "	7	3	—	63			
Sauertraut . . . . .	1 kg	15	5	30	225			
Schlagobers . . . . .	1 l	22	303	34	3675			
Schokolade . . . . .	1 kg	50	200	600	4525			
Schweinefleisch . . . . .	1 "	175	155	—	2159			
Schmalz . . . . .	1 "	3	990	—	9219			
Selchfleisch . . . . .	1 "	260	160	—	2554			
Speck, geflacht . . . . .	1 "	20	800	—	8260			
Spinat . . . . .	1 "	35	5	40	354			
Spargel . . . . .	1 "	20	—	25	180			
Semmel . . . . .	1 St.	3	—	21	104			
Teigware . . . . .	1 kg	100	5	765	3505			
Topfen . . . . .	1 "	250	50	300	1613			
Weintrauben . . . . .	1 "	6	—	154	656			
Zwetschken, gedörrt . . . . .	1 "	6	—	120	517			
Zucker . . . . .	1 "	—	—	1000	4100			
Zwiebel . . . . .	1 "	15	—	100	471			