Nacionalni inštitut za javno zdravje

SLIKOVNO GRADIVO S PRIKAZOM VELIKOSTI PORCIJ

NACIONALNA PREHRANSKA RAZISKAVA V SKLADU Z METODOLOGIJO

»EU MENU«

Avtor: PANCAKE študija, Tjaša Vede mag. inž. preh.

Izdajatelj: NIJZ

Kraj in leto izdaje: Ljubljana, 2016

Elektronski vir.

Zaščita dokumenta

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Vse pravice pridržane. Reprodukcija po delih ali v celoti na kakršenkoli način in v kateremkoli mediju ni dovoljena brez pisnega dovoljenja avtorja. Kršitve se sankcionirajo v skladu z avtorsko, pravno in kazensko zakonodajo.

1 UVOD

Slikovno gradivo vsebuje slike šestih velikosti porcij za 42 različnih vrst živil/jedi z največjo velikostjo št. 6 in najmanjšo velikostjo št. 1. Oznake pod slikami predstavljajo količino živila/jedi v gramih.

Slikovno gradivo služi kot orodje za okvirno oceno. Rezultati so uporabno samo v sodelovanju s prehranskimi strokovnjaki Nacionalnega inštituta za javno zdravje.

Slikovno gradivo je mogoče uporabiti tudi kot osnovo za določitev količine drugih živil, ki niso vključena v obstoječi seznam skupin.

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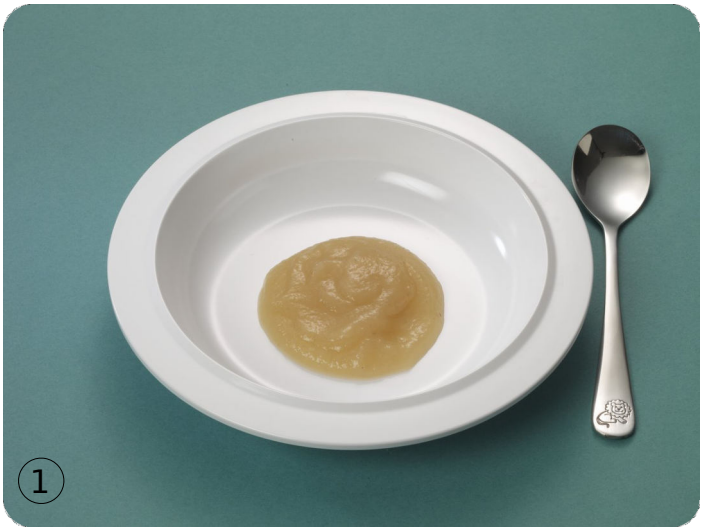
2	Sadna kašica



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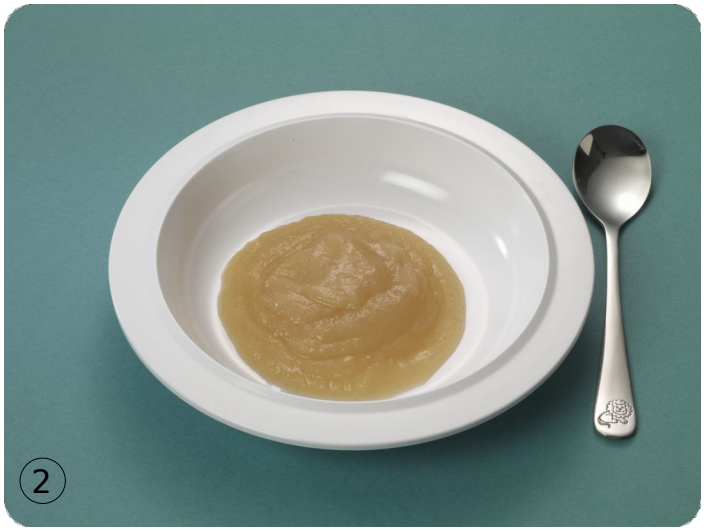

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3	Zelenjavna kašica

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4	Koruzni kosmiči

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5	Ovseni kosmiči

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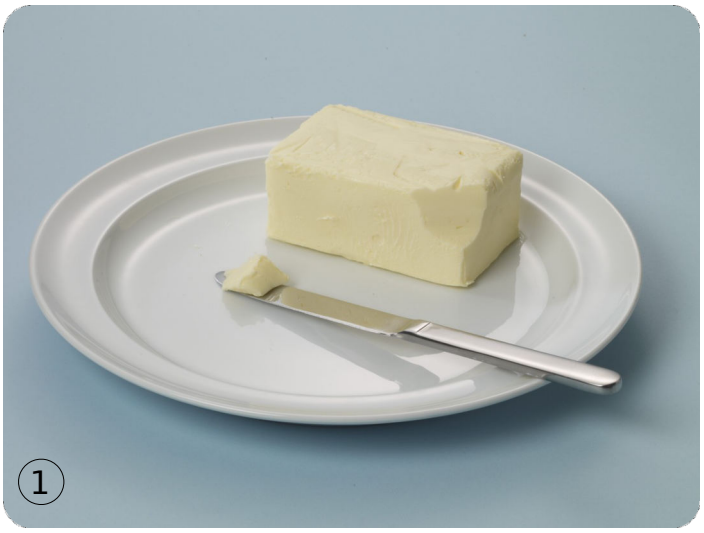
6	Maslo



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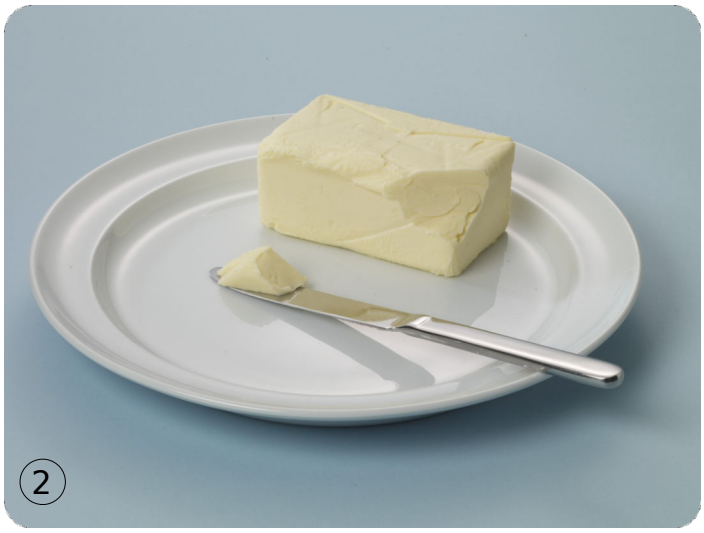

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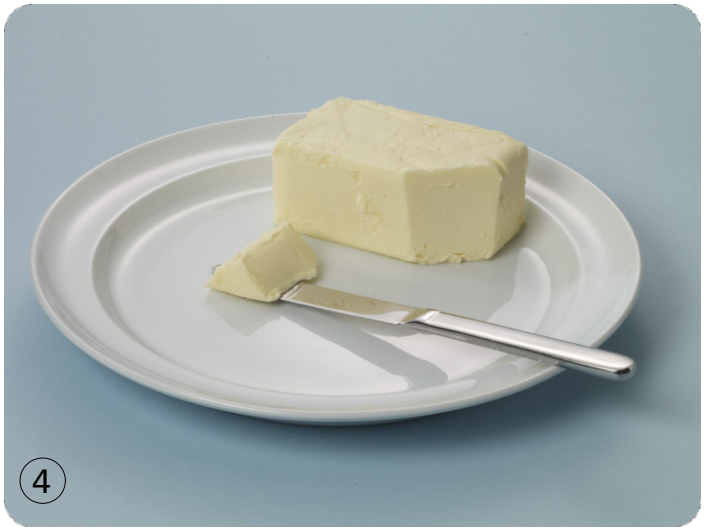

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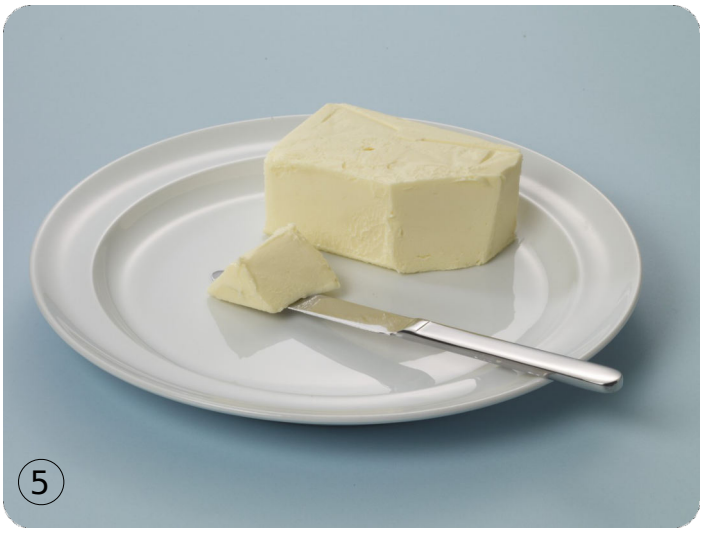

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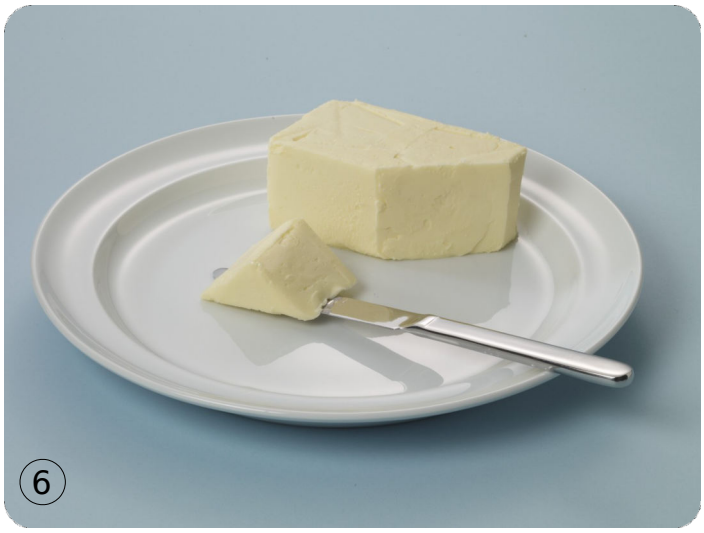

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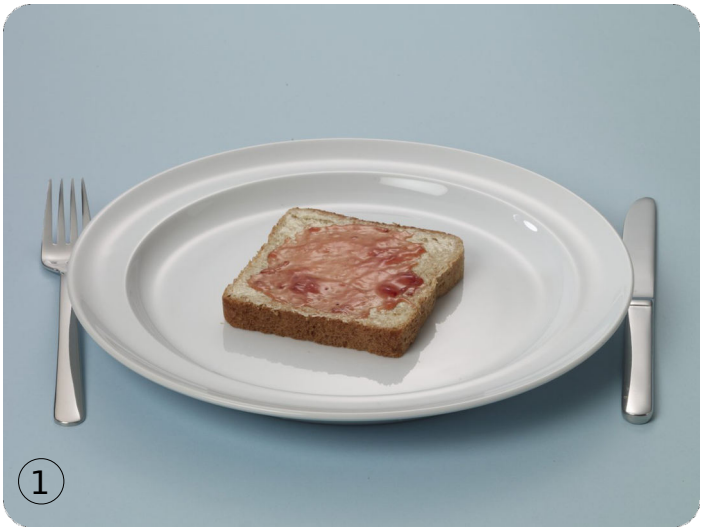

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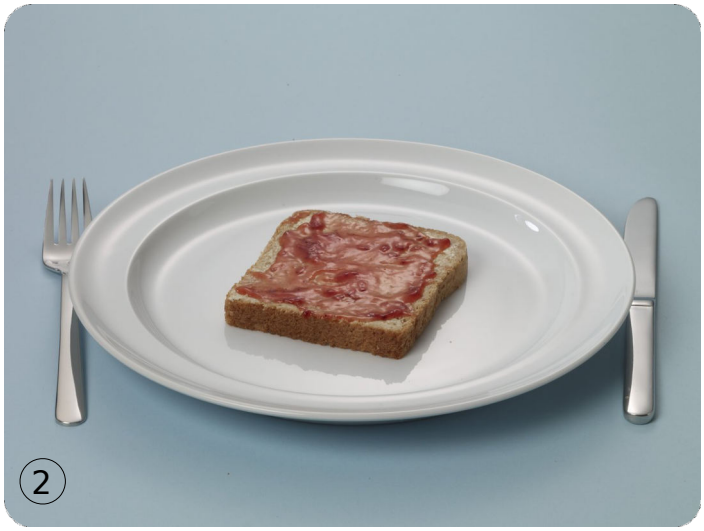

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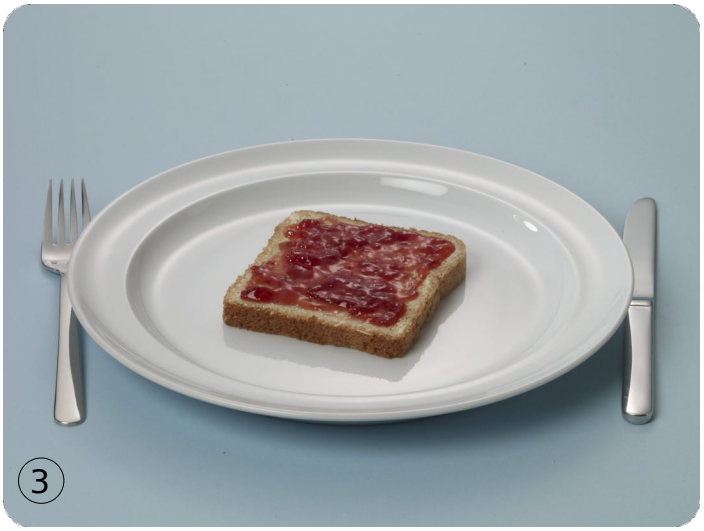

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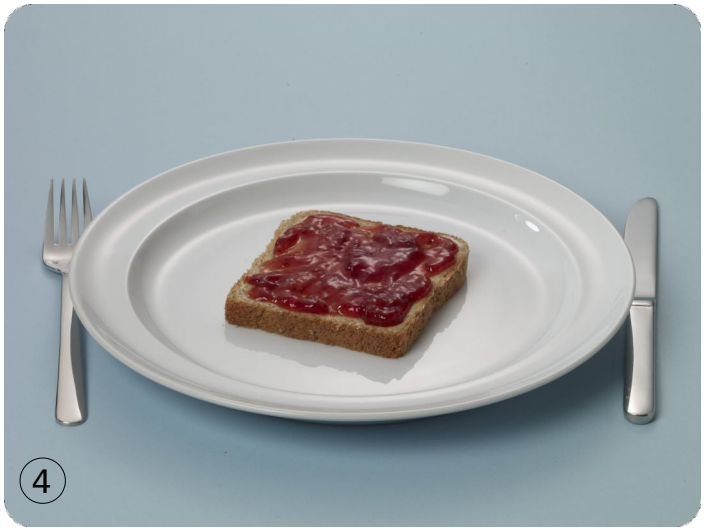

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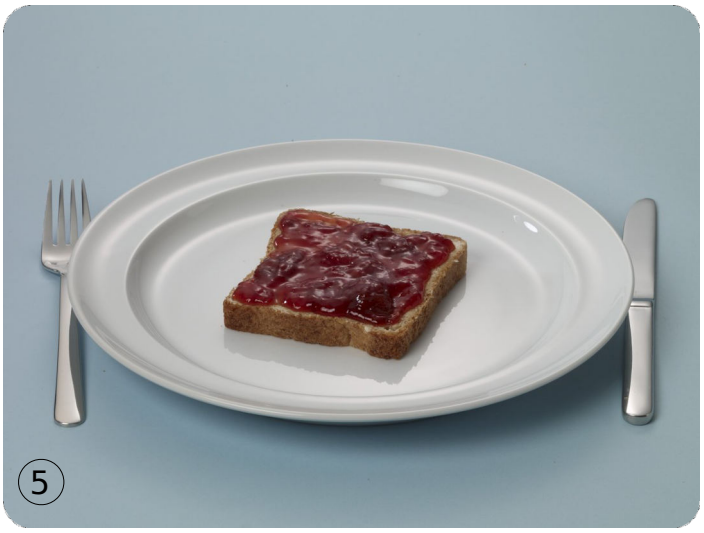

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8	Sirni namaz

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9	Sir

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10	Tunin namaz

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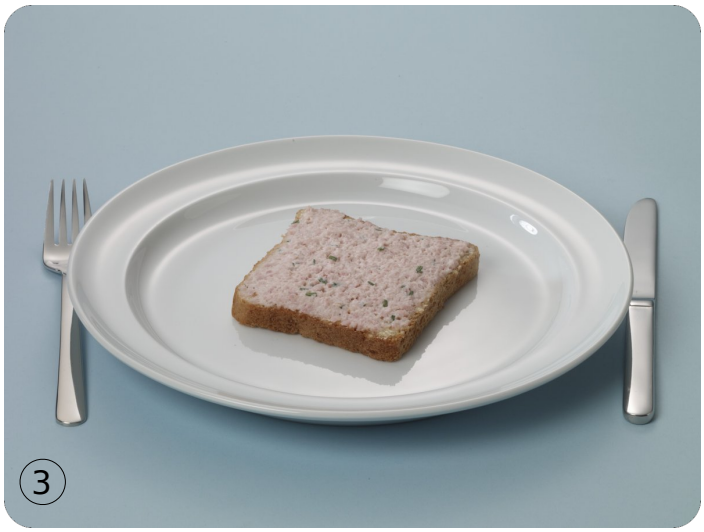

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11	Umešana jajca

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12	Goveja juha

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13	Ričet

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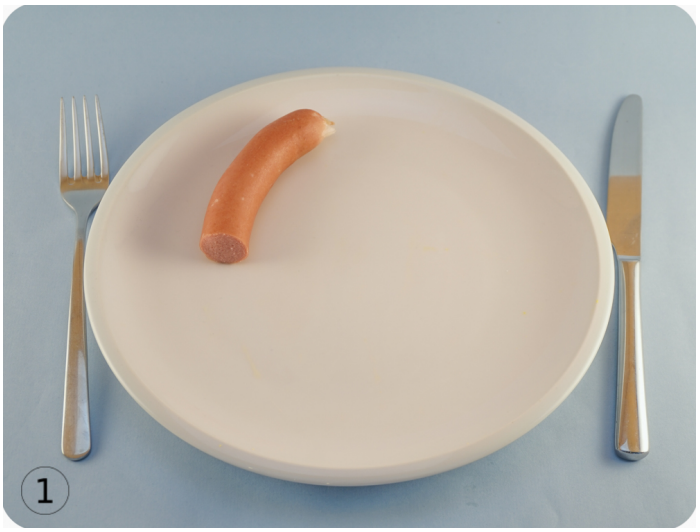
14	Hrenovka



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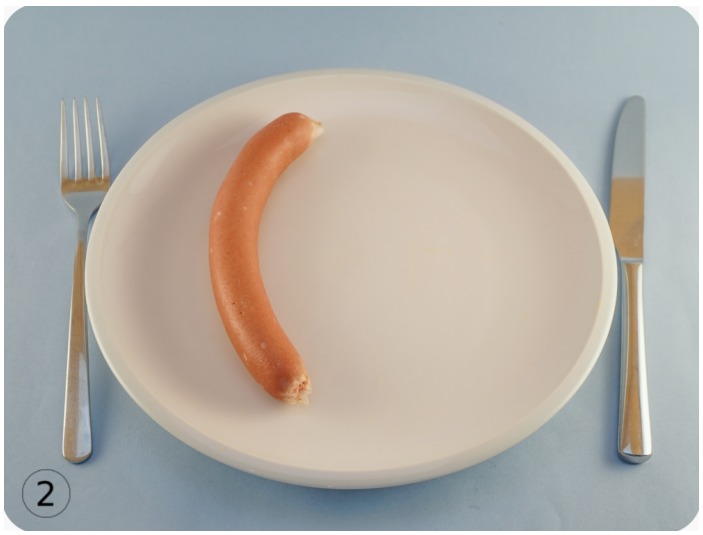

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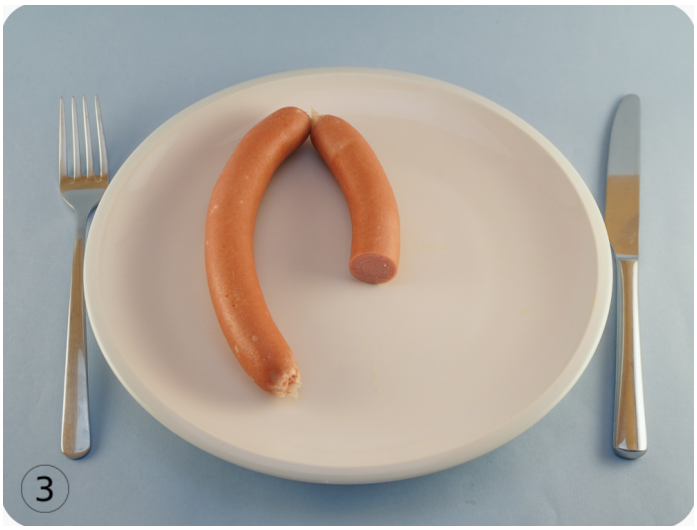

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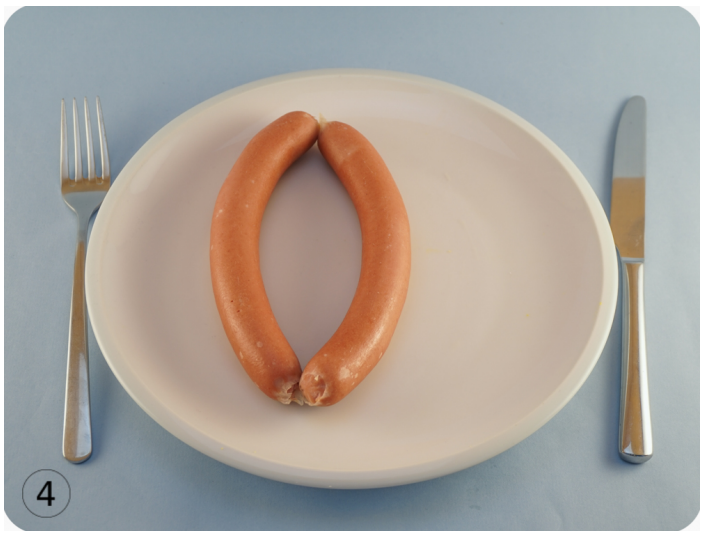

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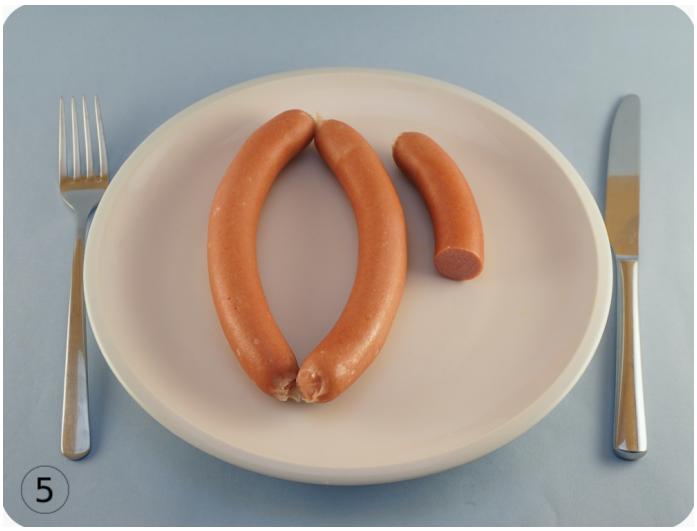

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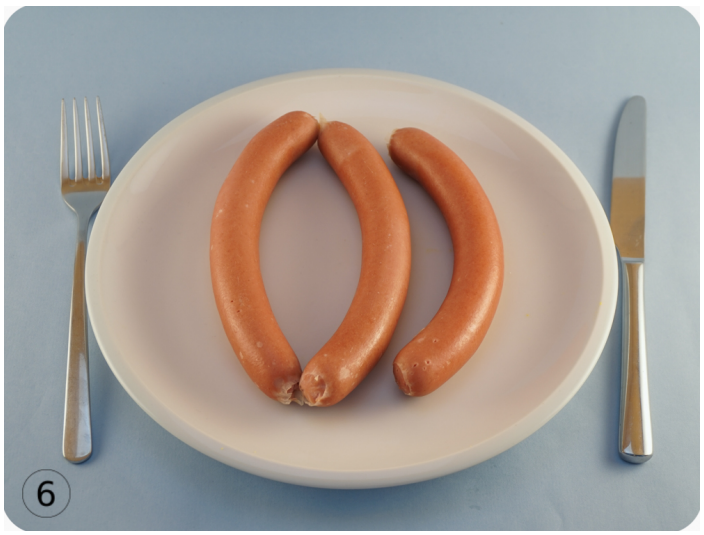

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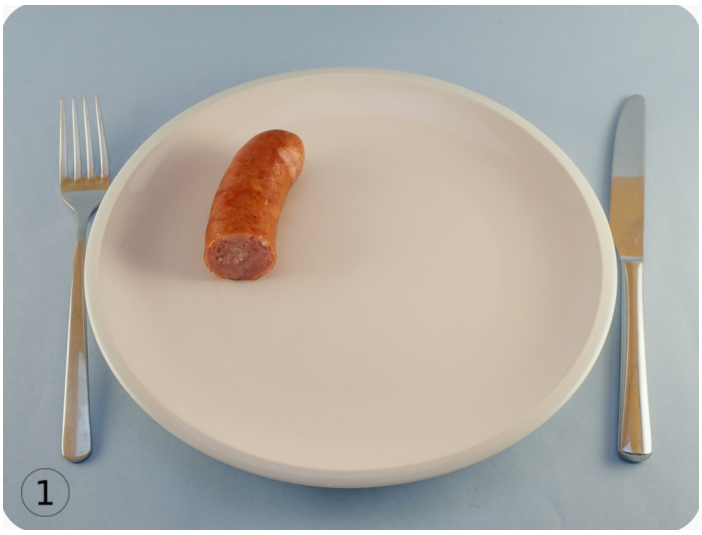

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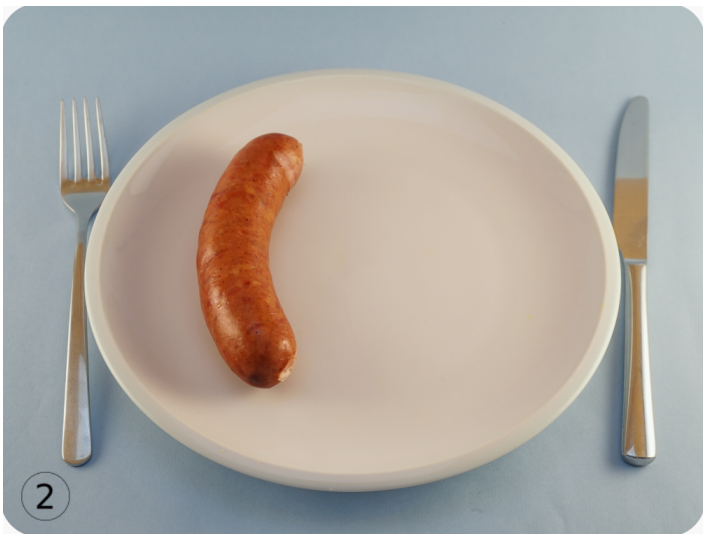

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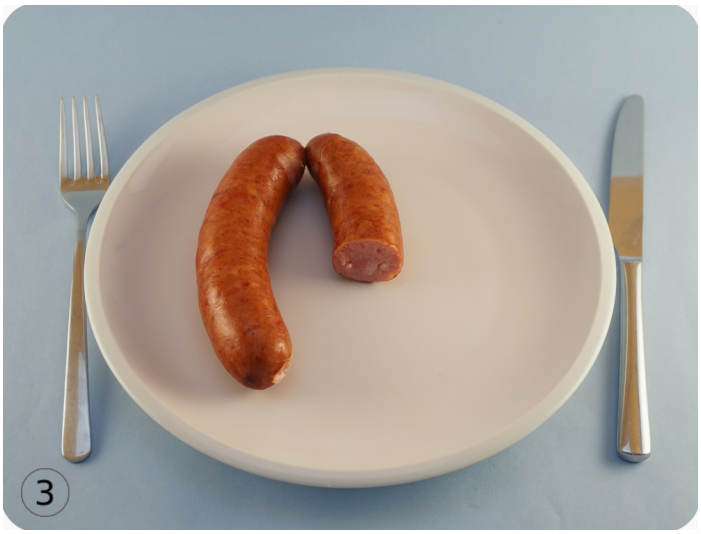

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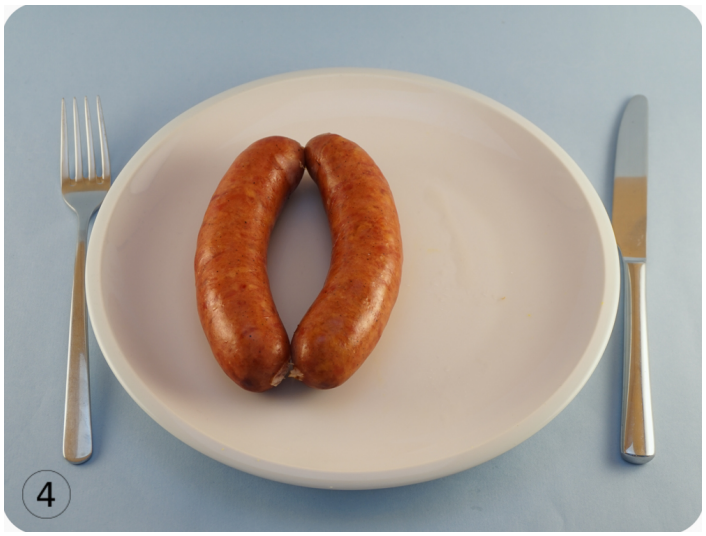

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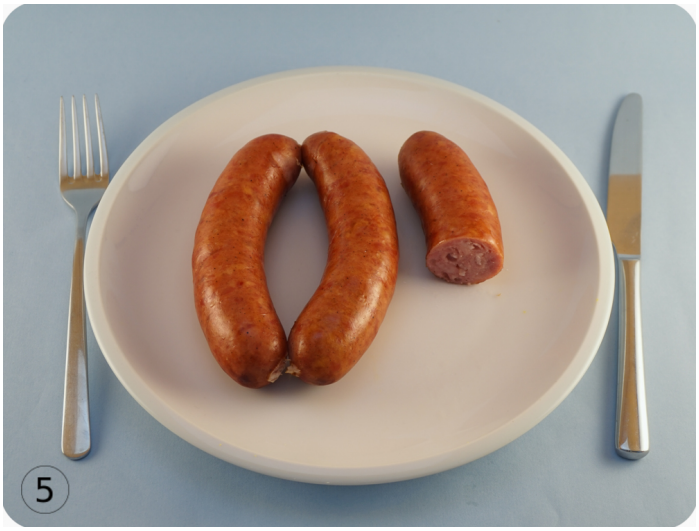

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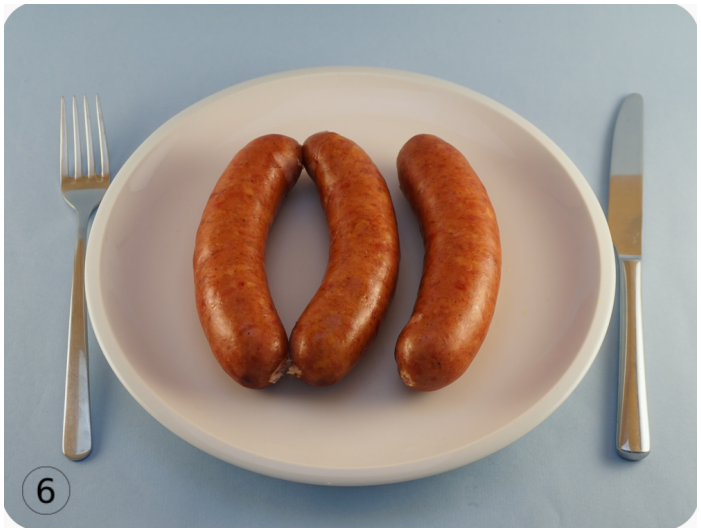

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16	Golaž

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17	Piščančji file

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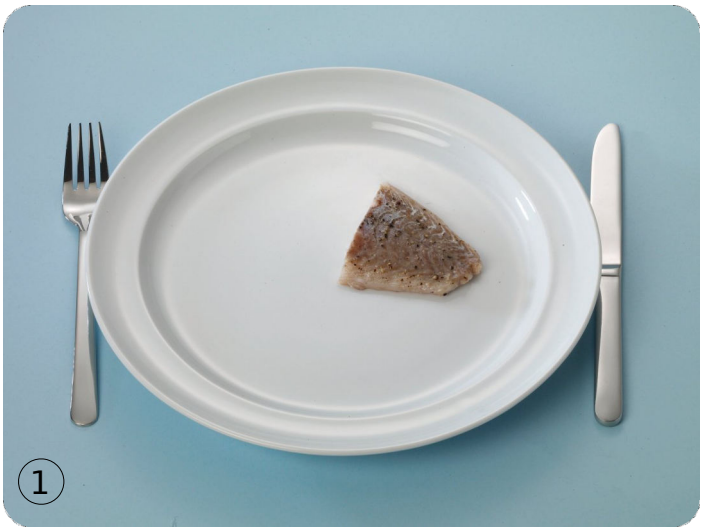
18	Ribji file



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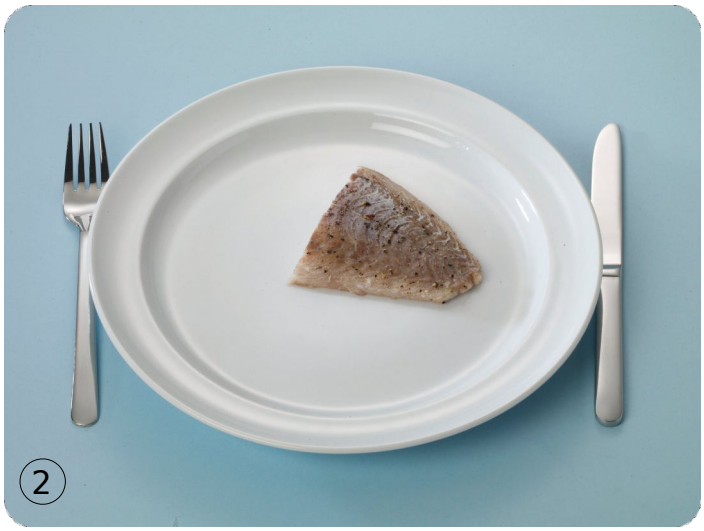

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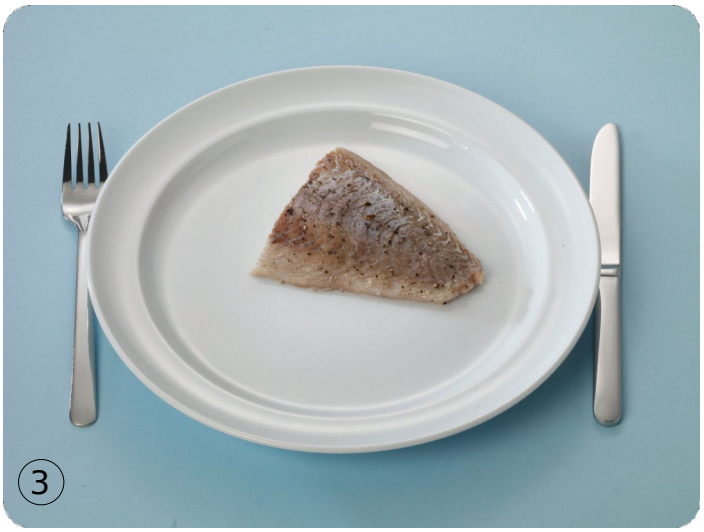

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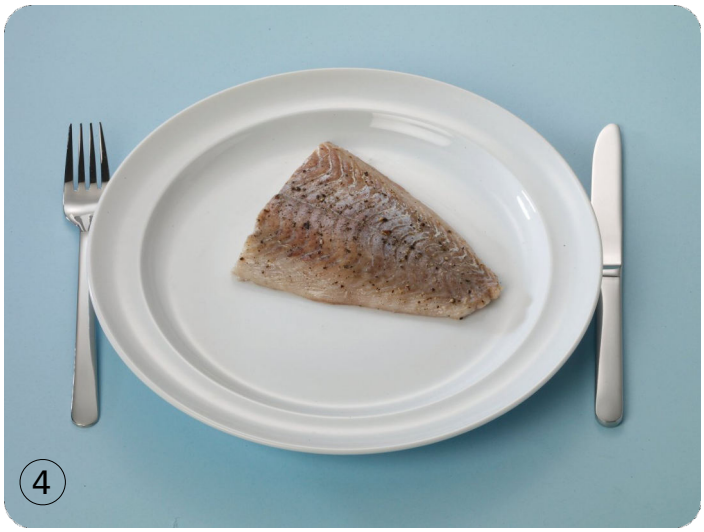

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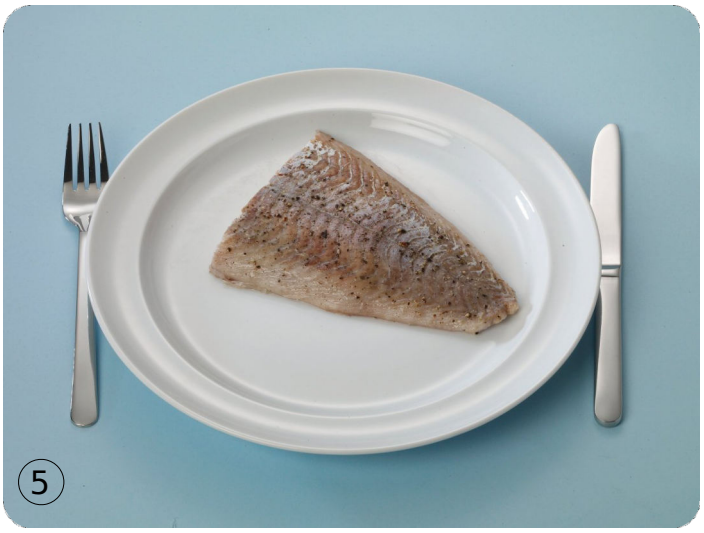

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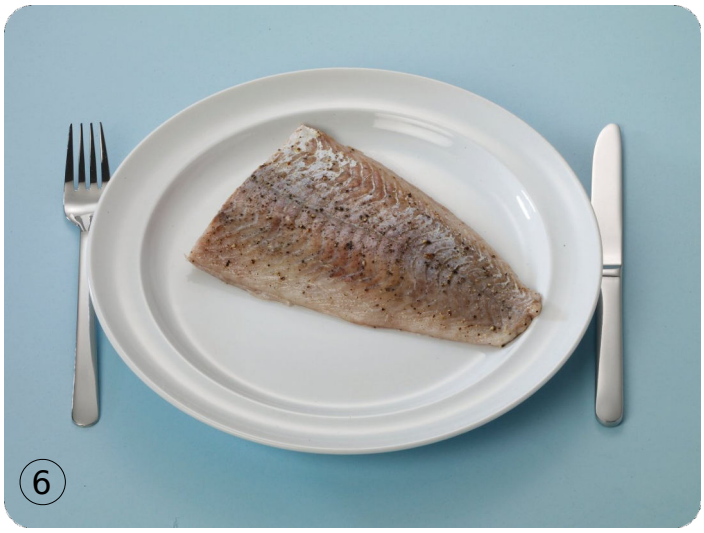

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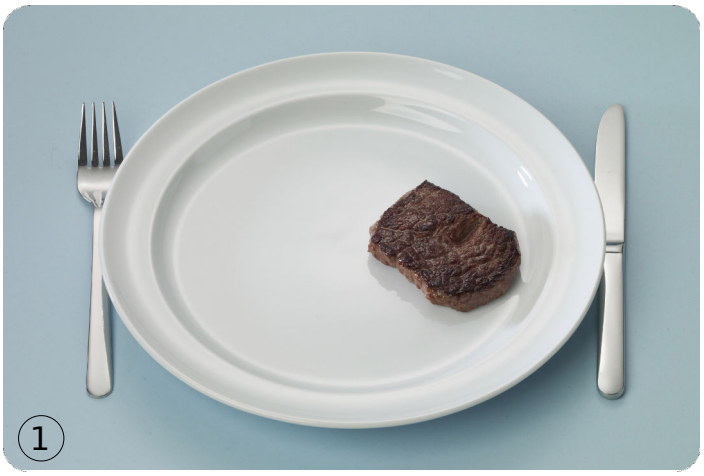

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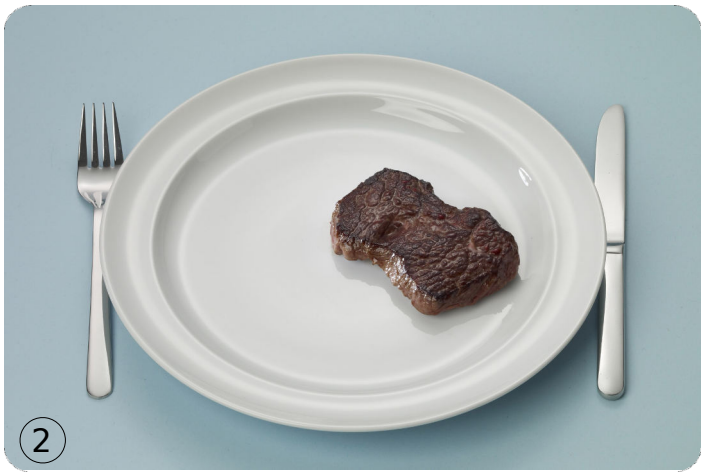

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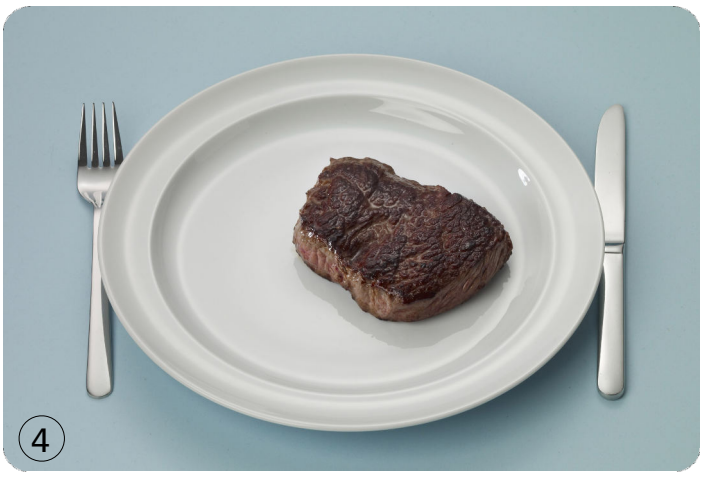

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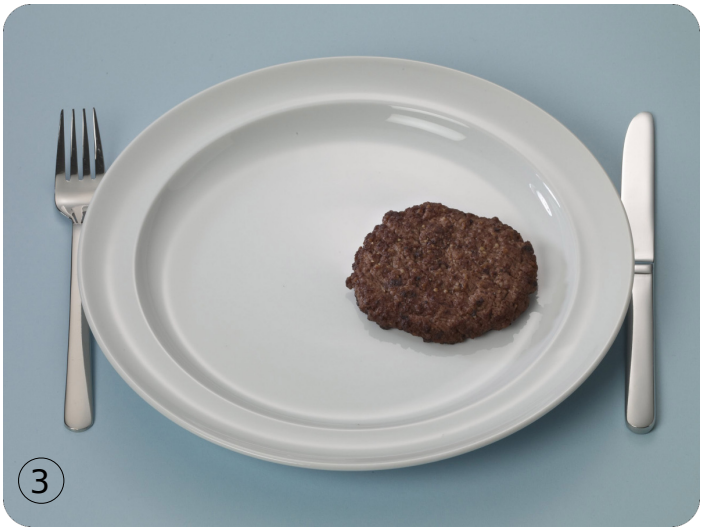

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22	Mesno- zelenjavna omaka

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23	Lazanja

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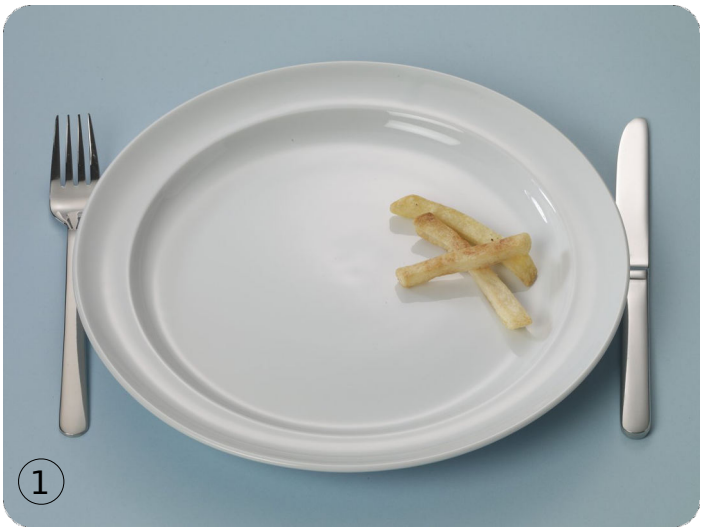

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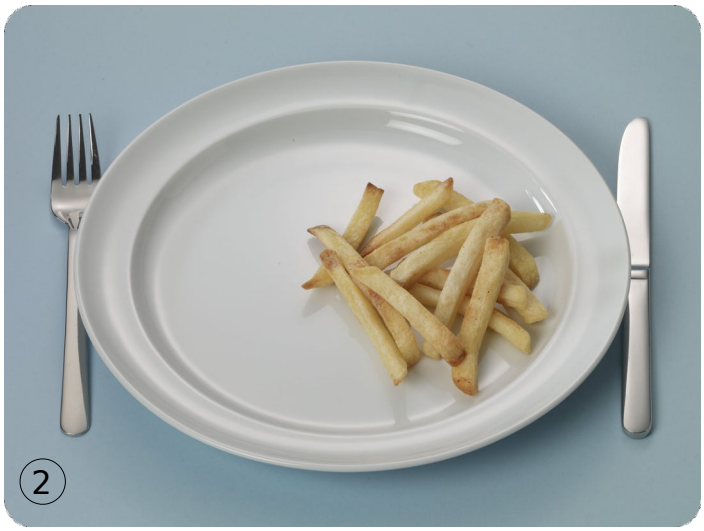

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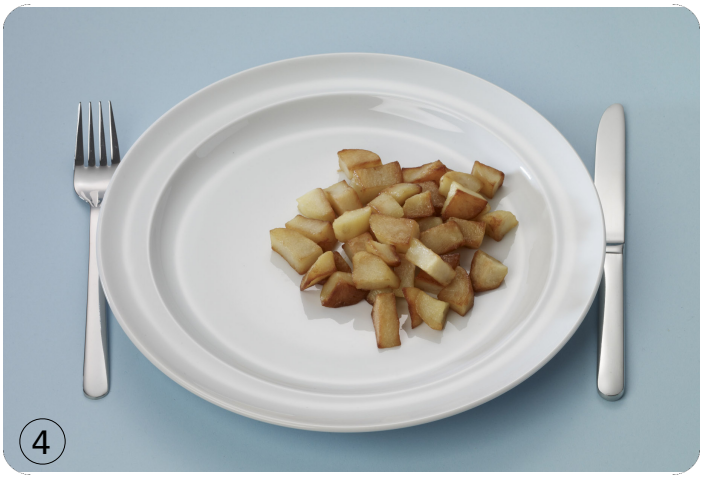

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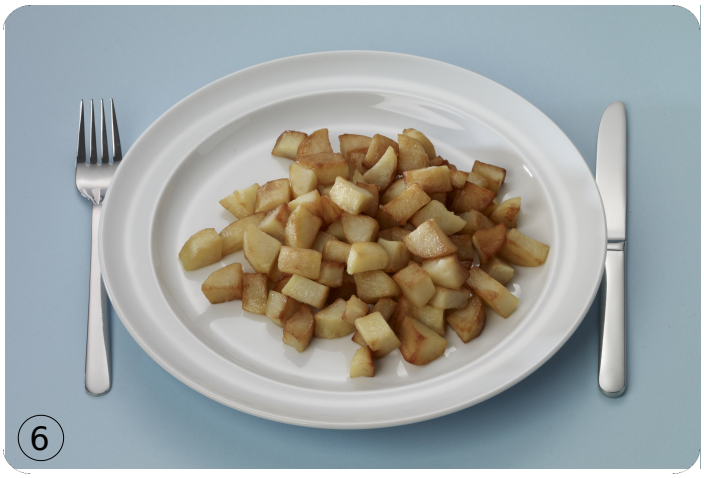

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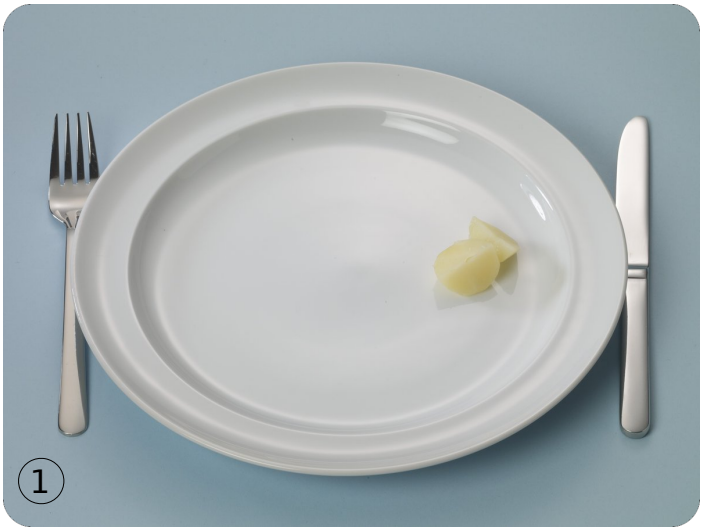

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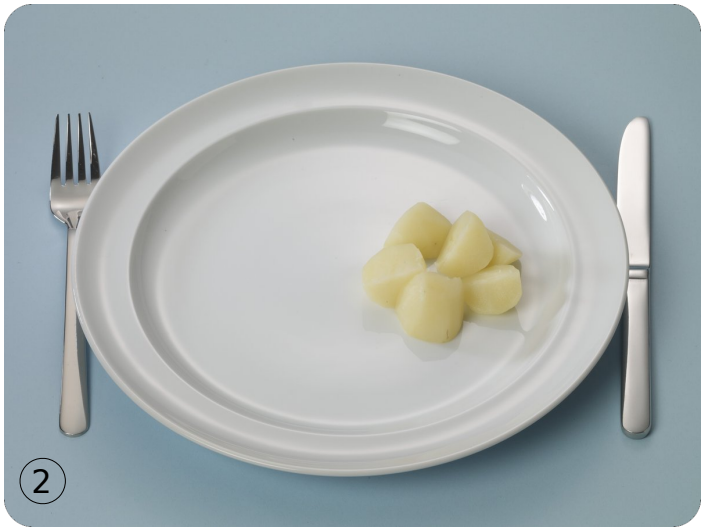

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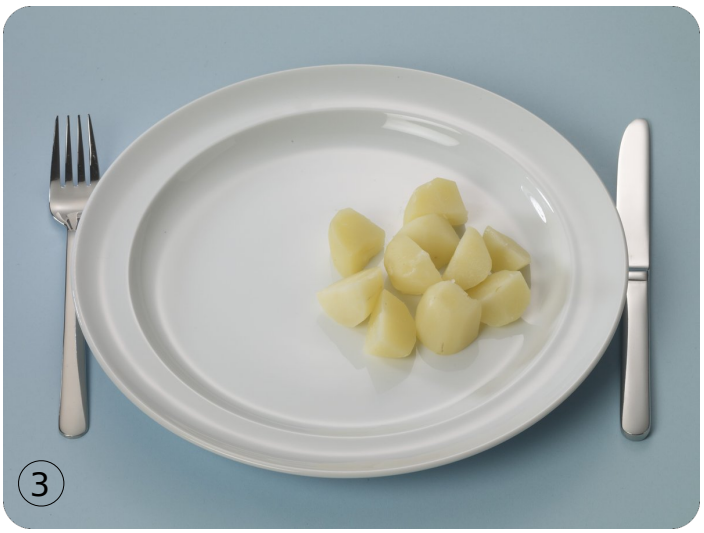

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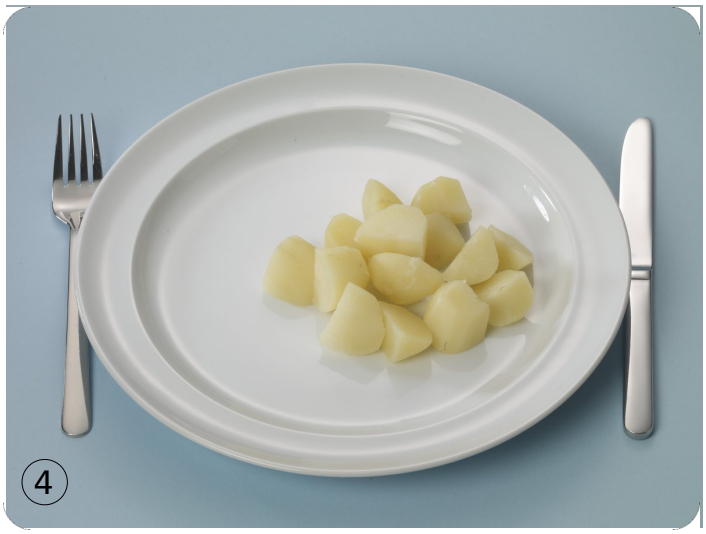

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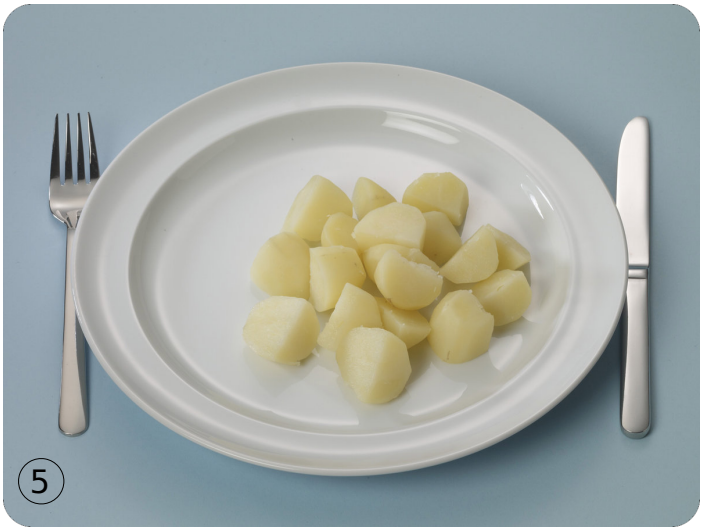

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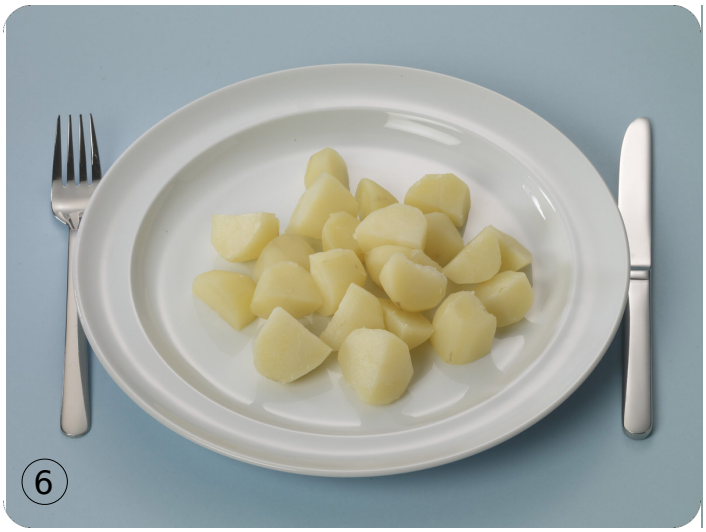

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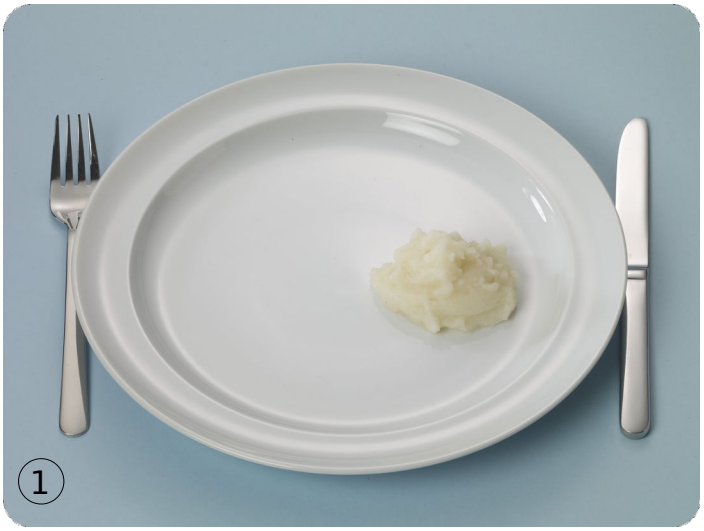

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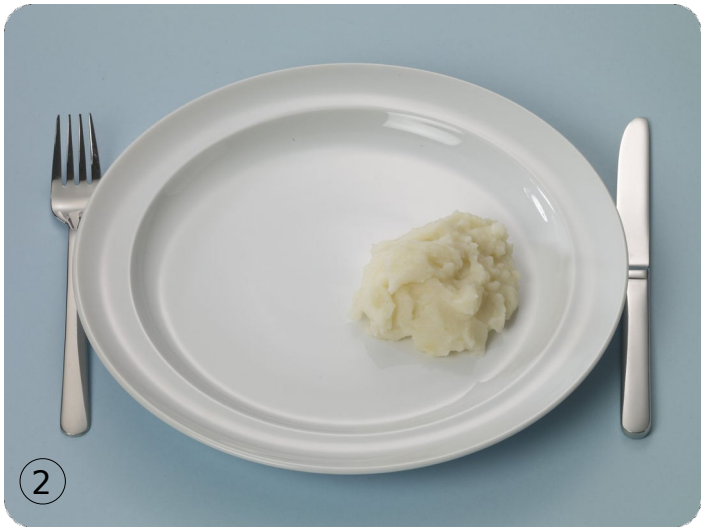

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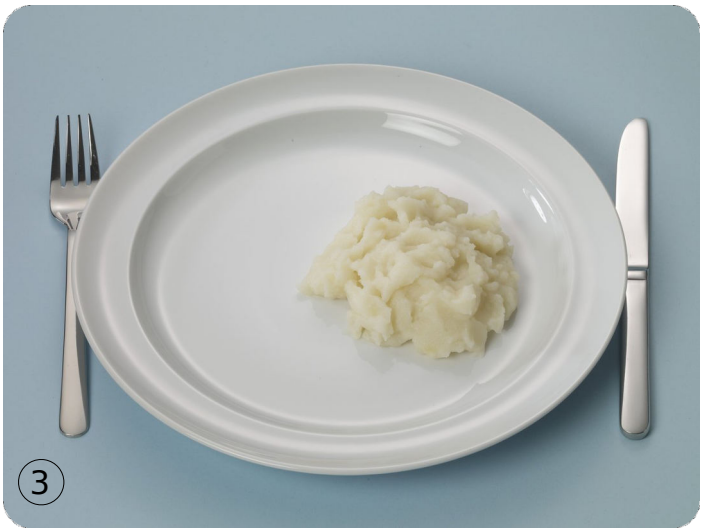

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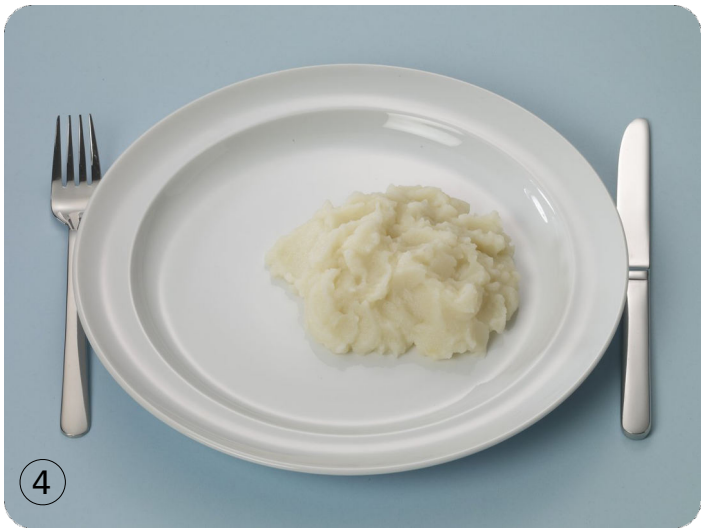

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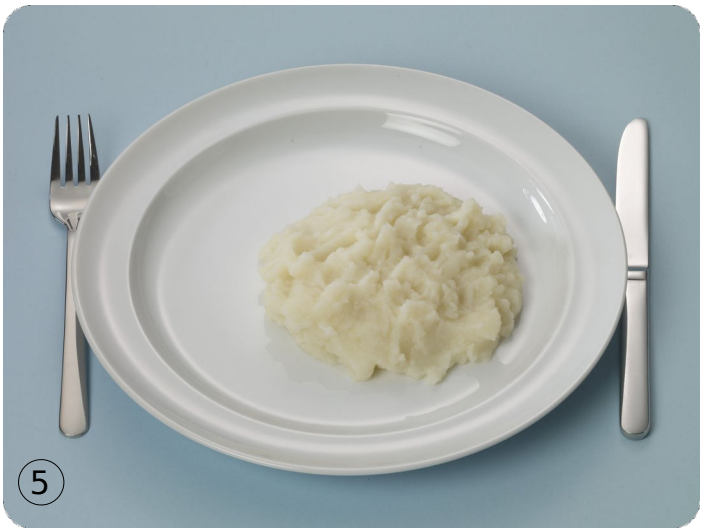

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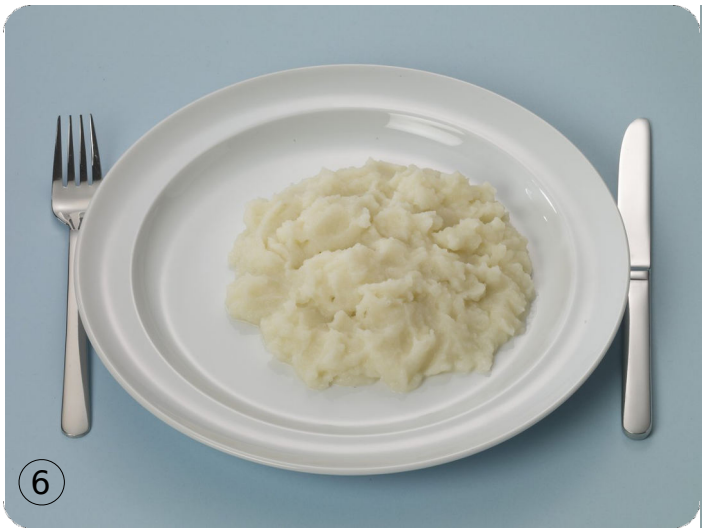

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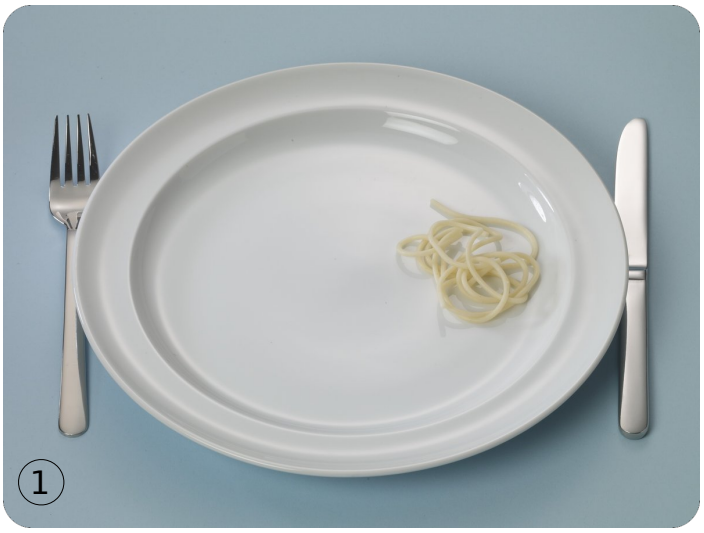

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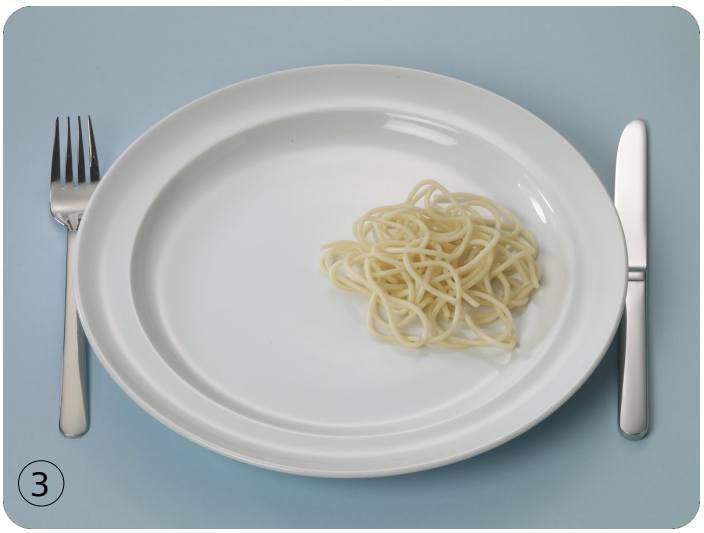

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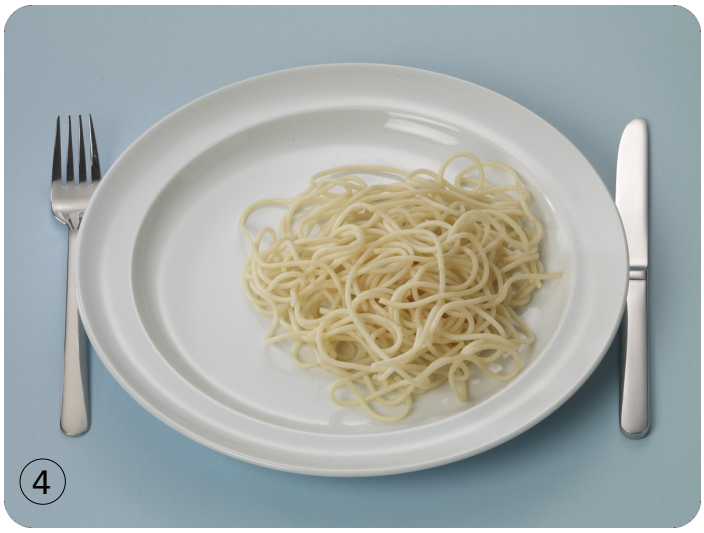

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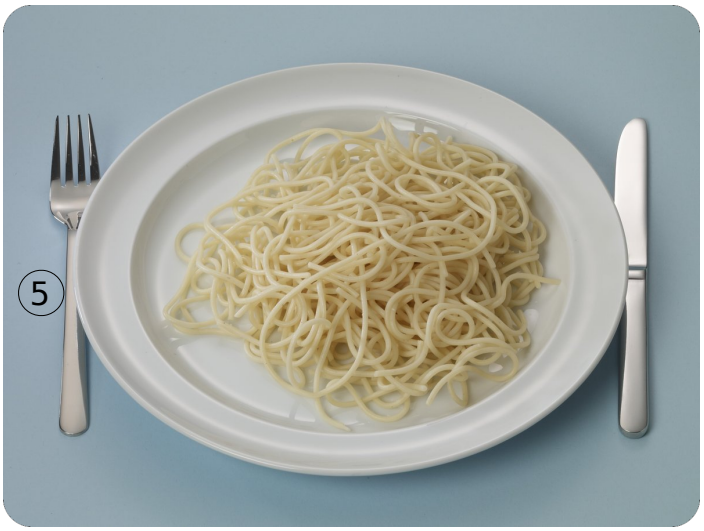

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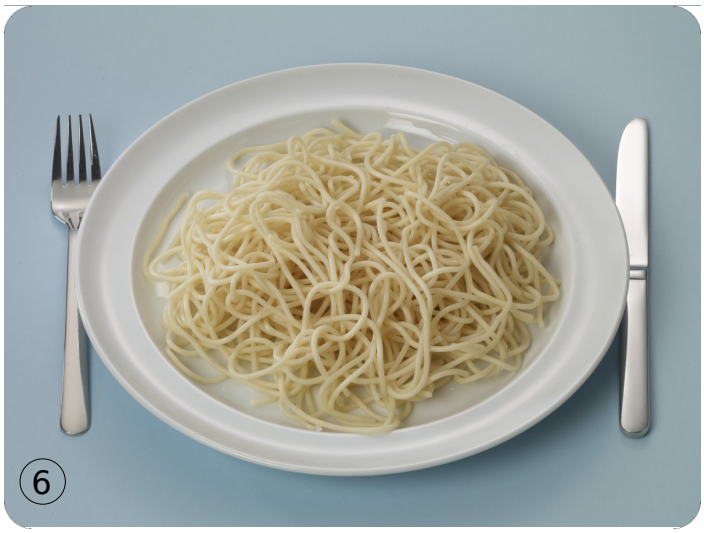

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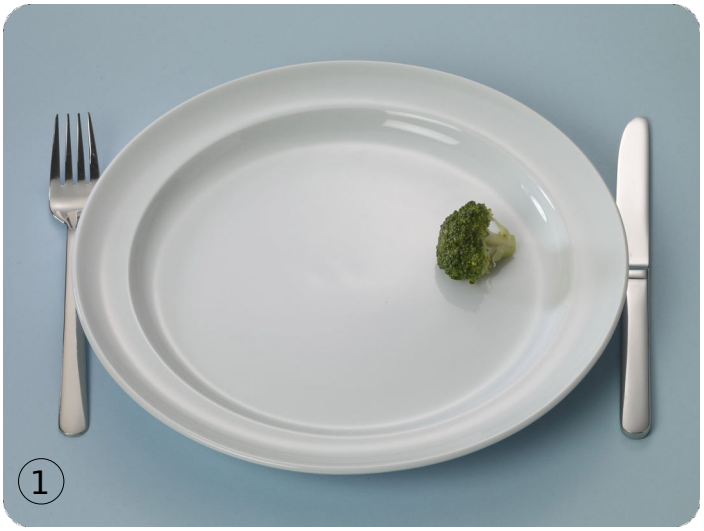

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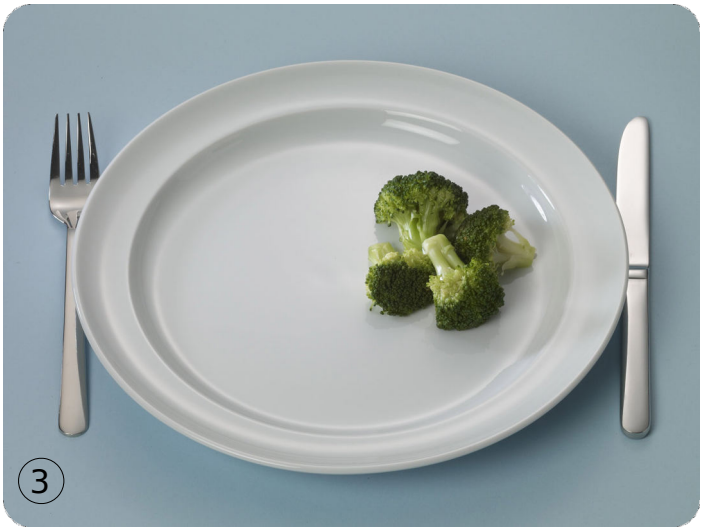

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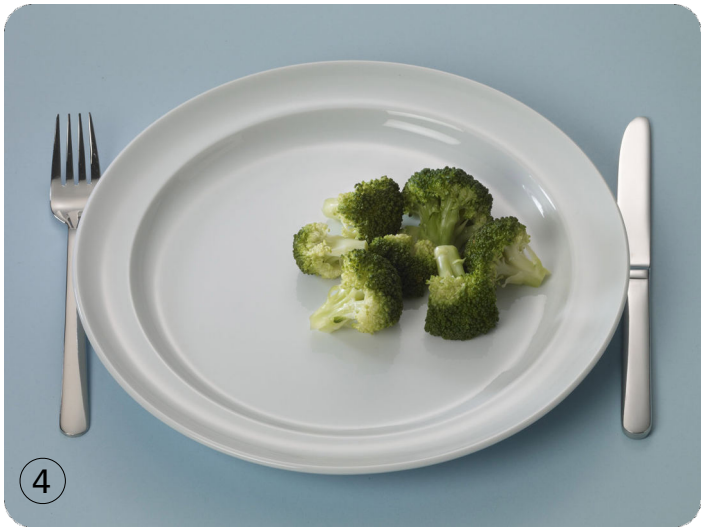

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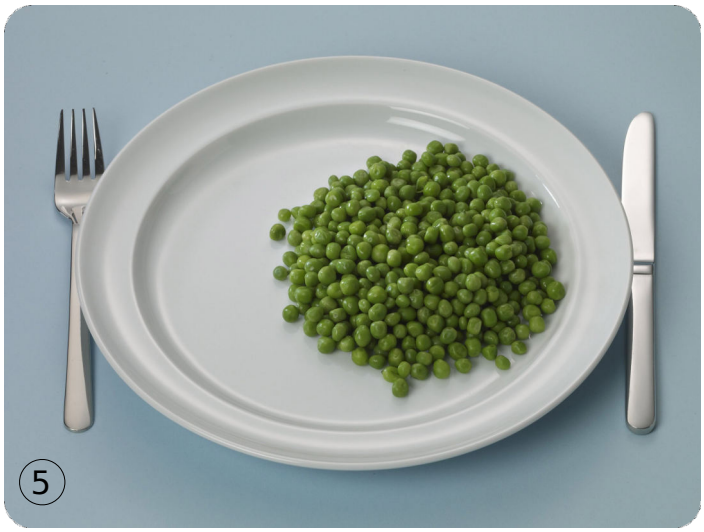

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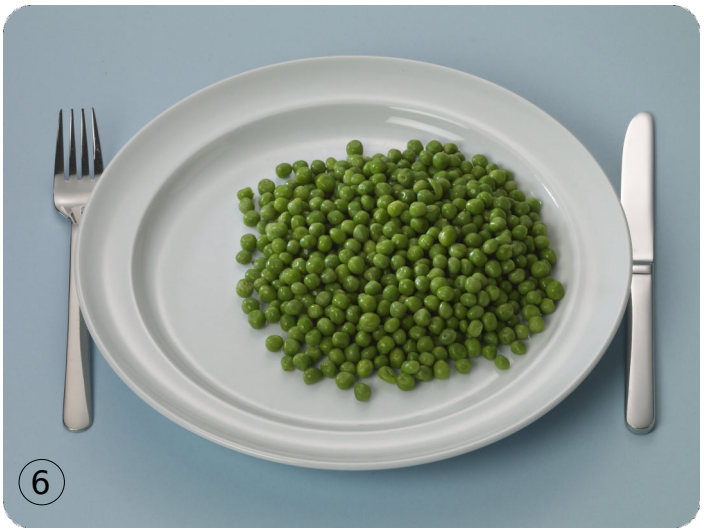

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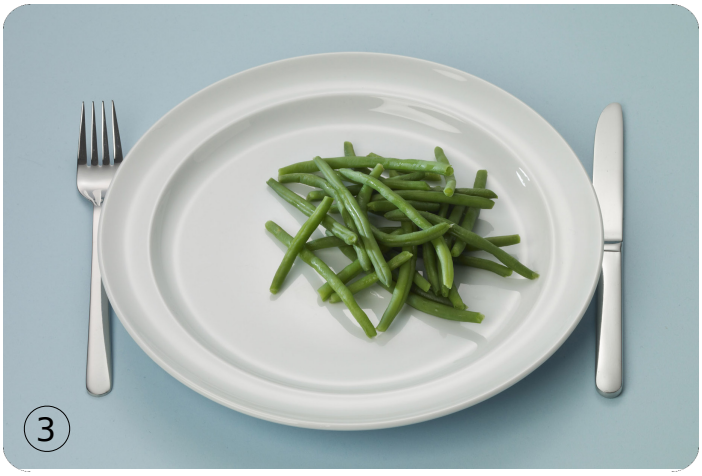

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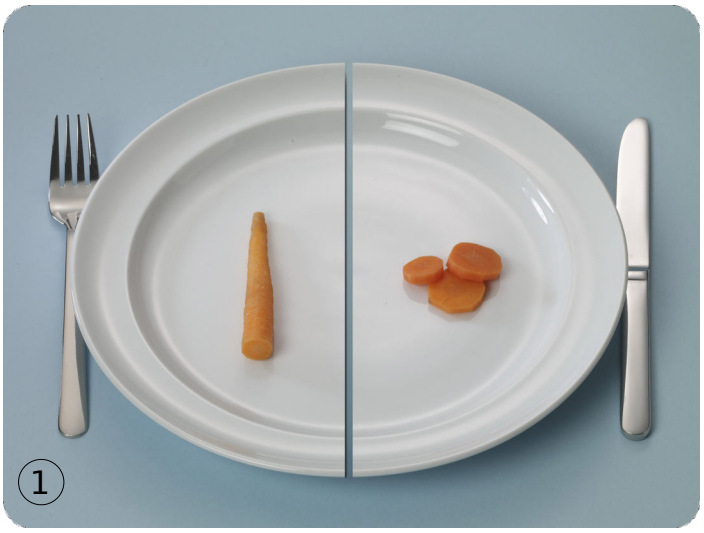

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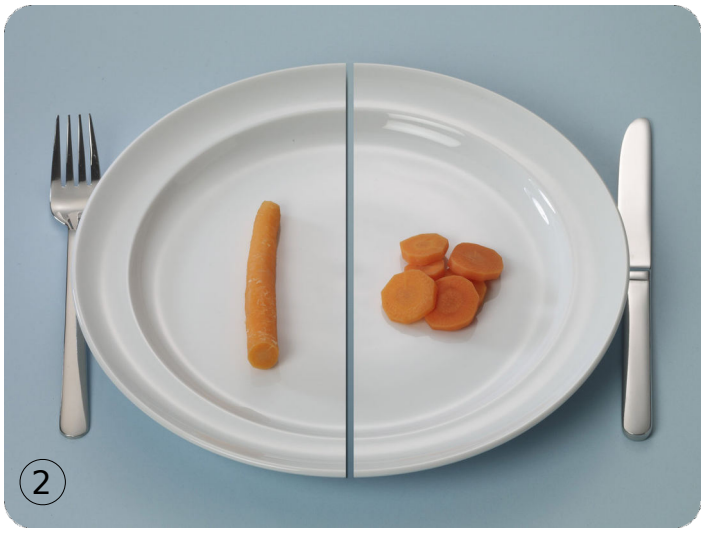

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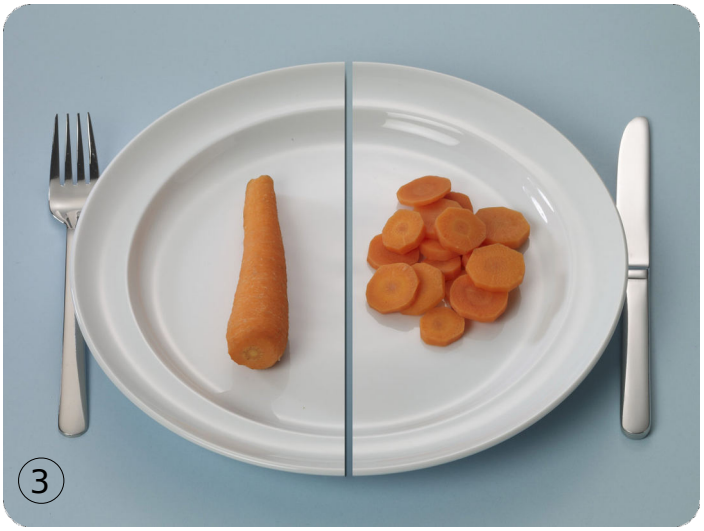

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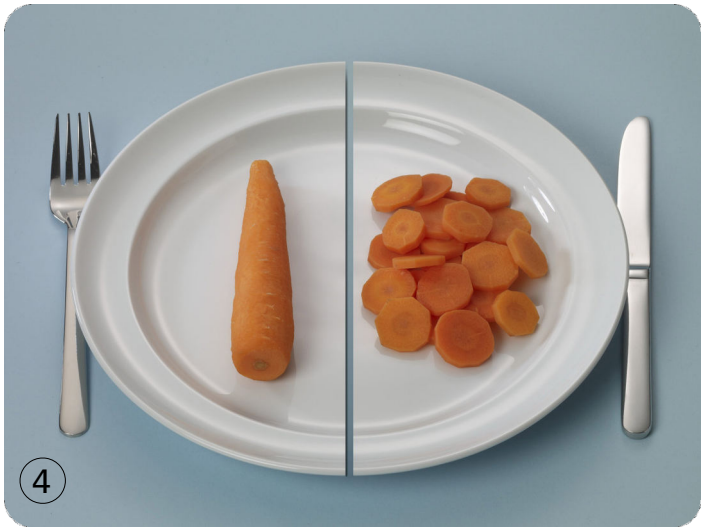

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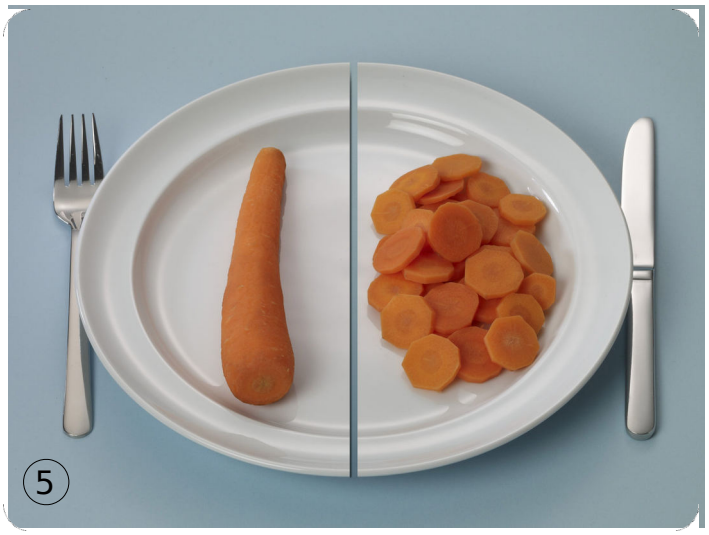

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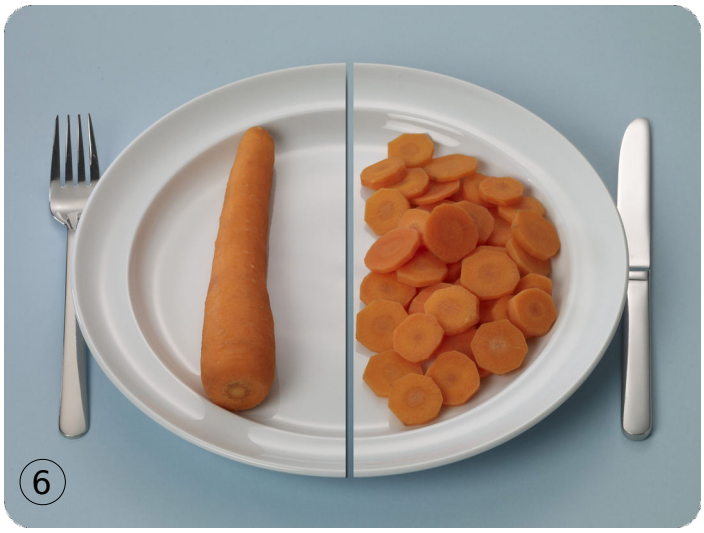

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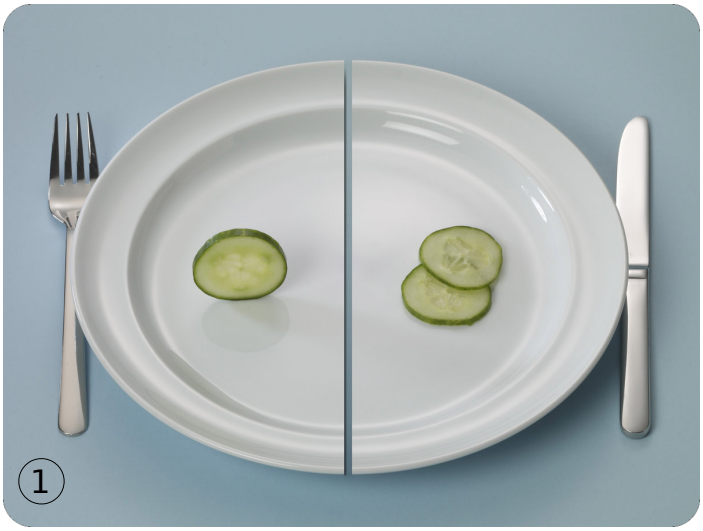

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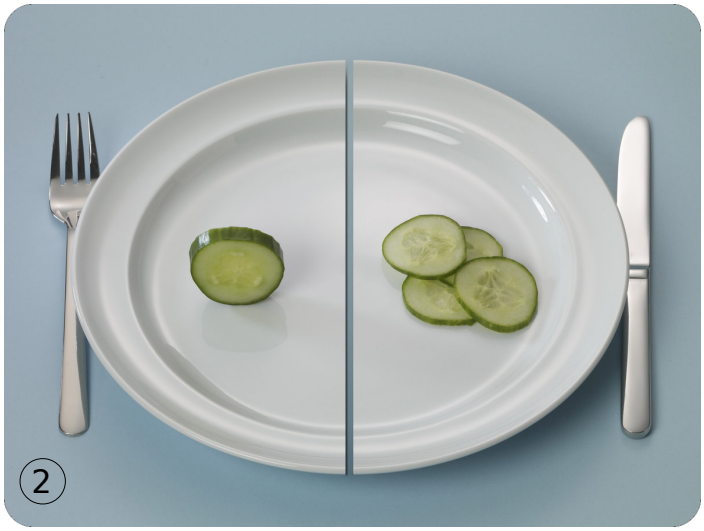

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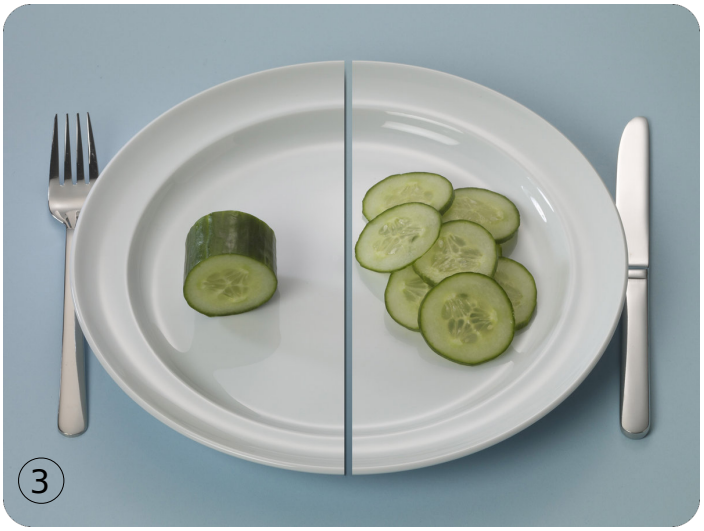

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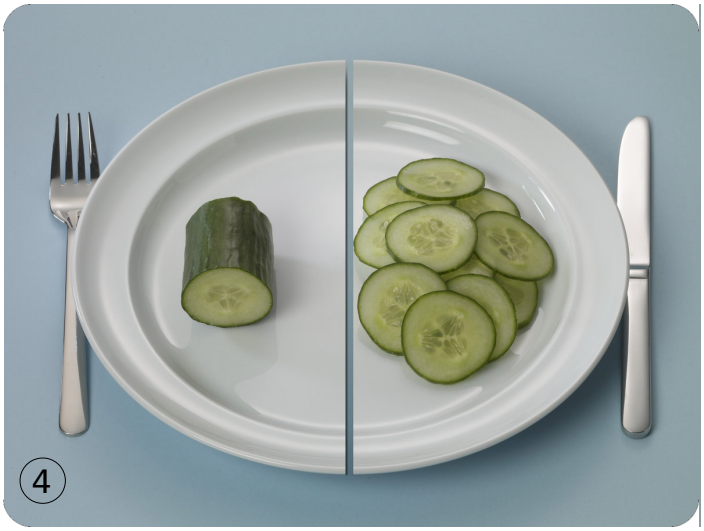

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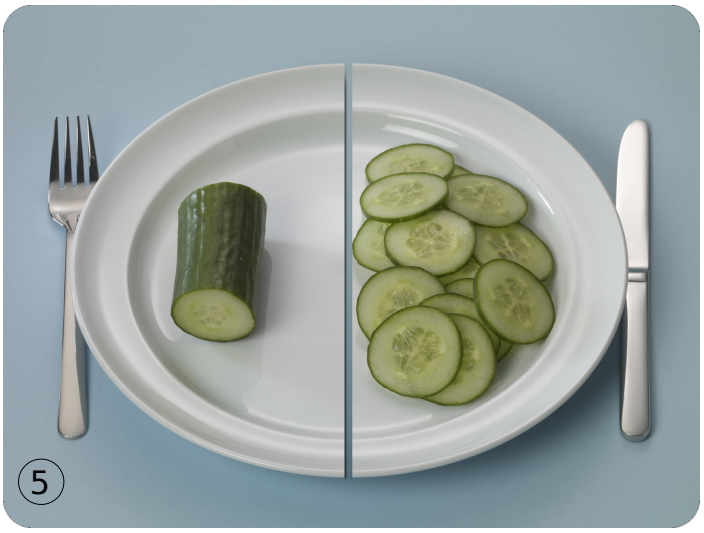

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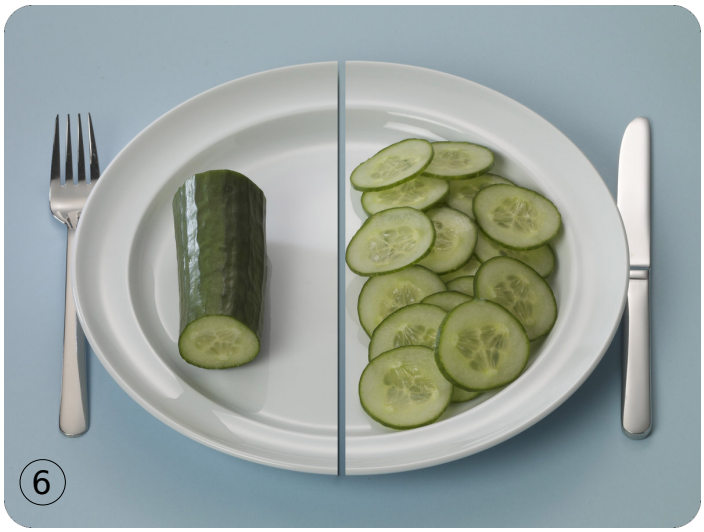

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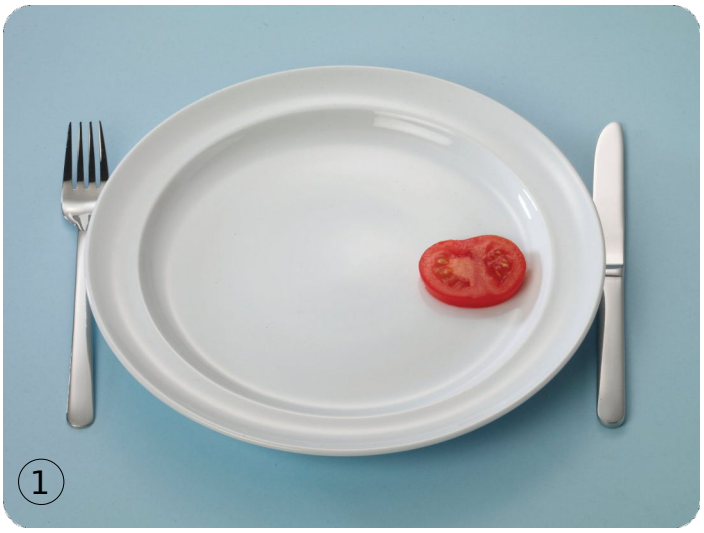

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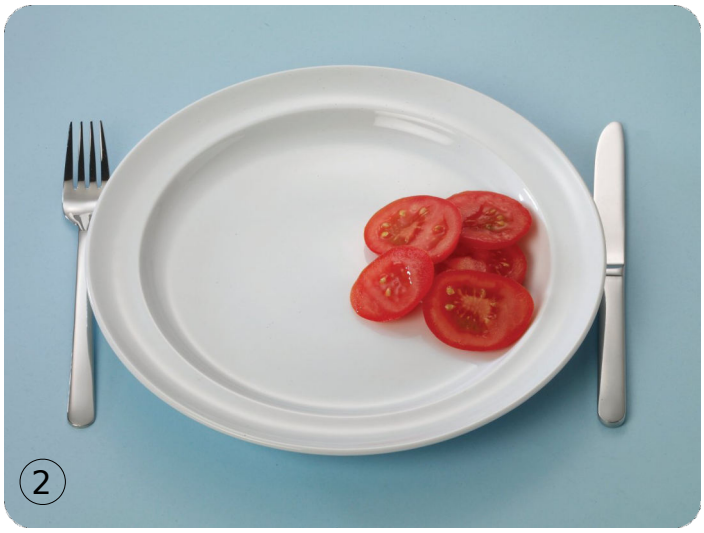

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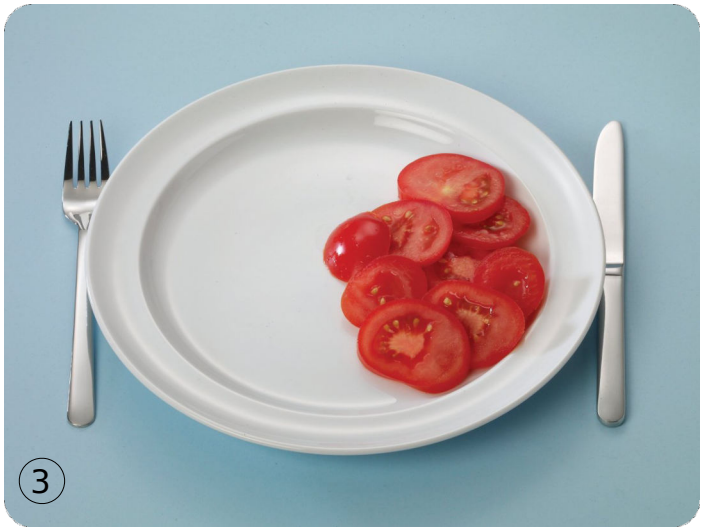

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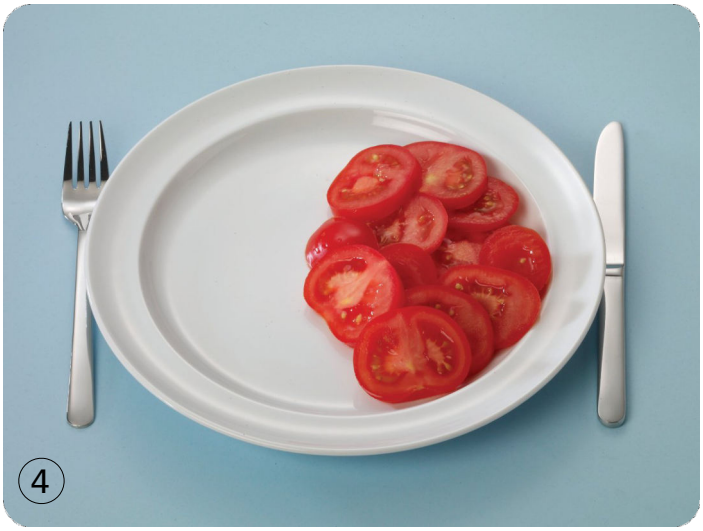

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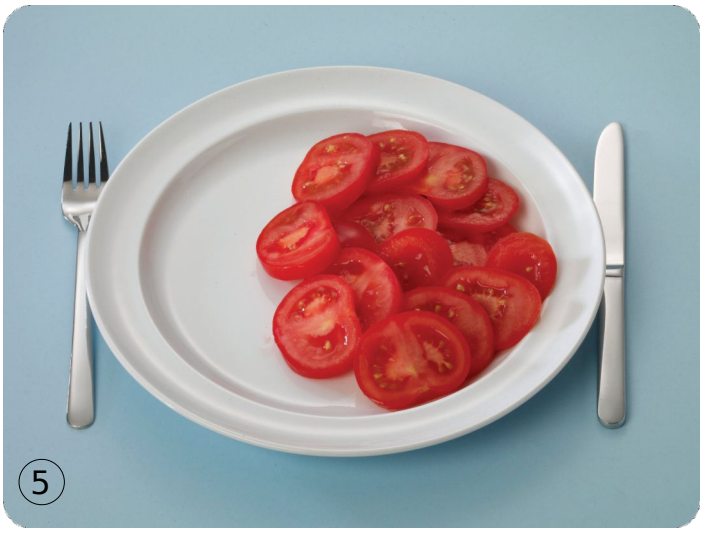

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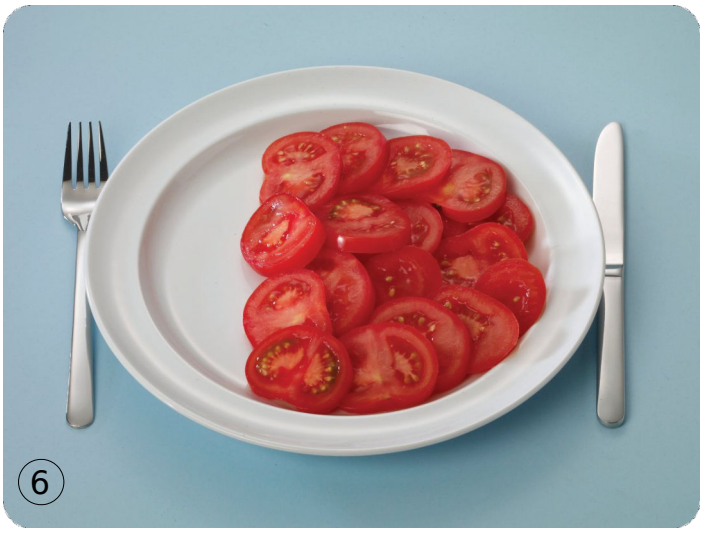

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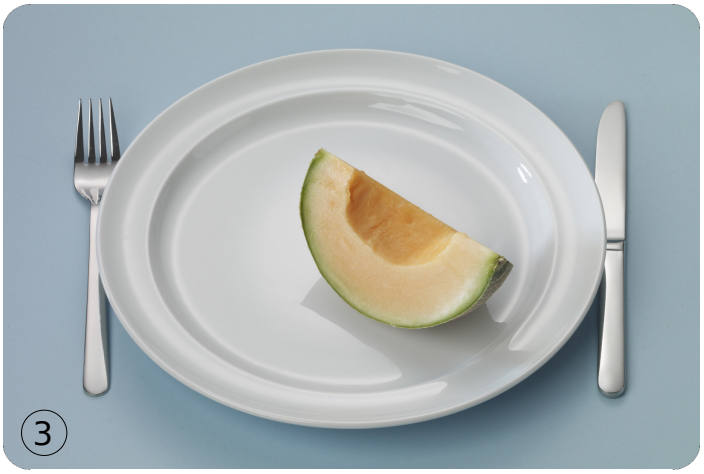

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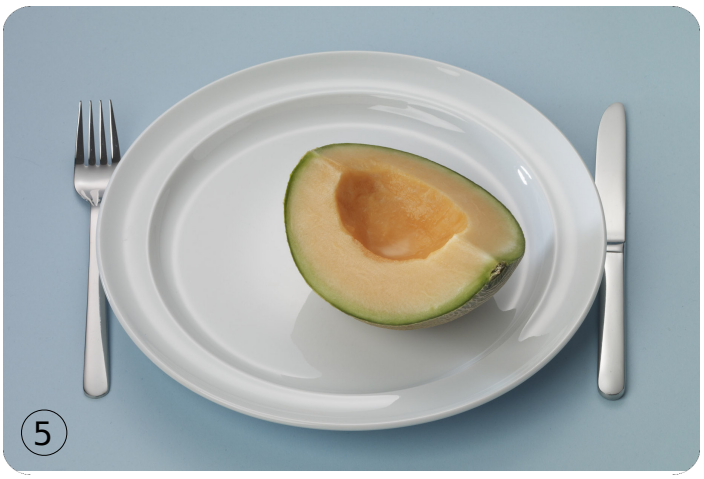

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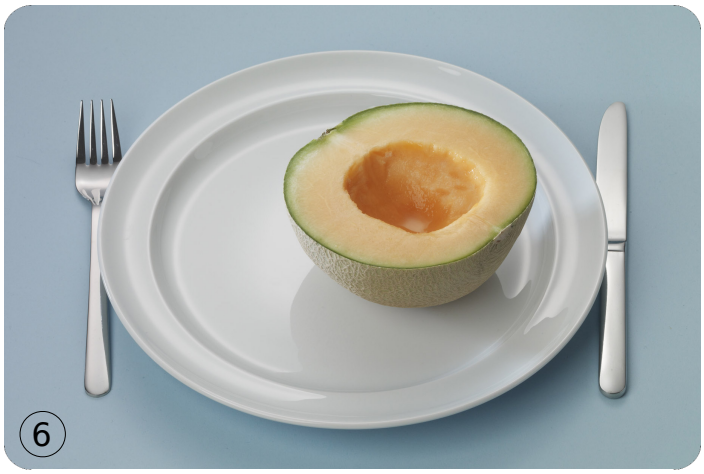

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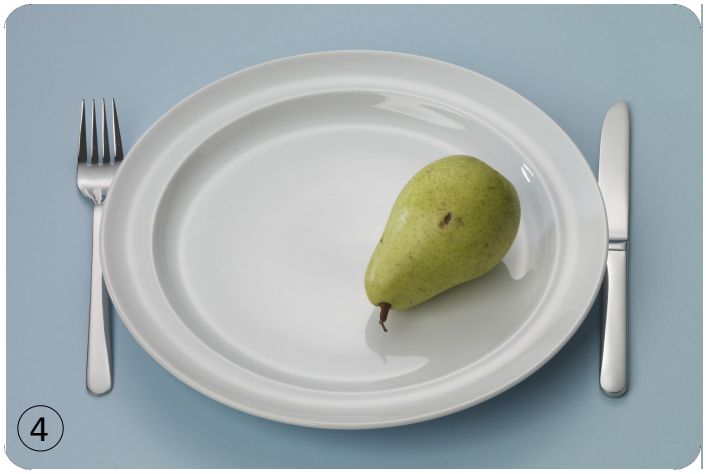

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43	Pecivo

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44	Pita

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735	Torta

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Naslov projekta: Nacionalna prehranska raziskava v skladu z metodologijo »EU Menu«
Reprezentativna vzorca prebivalcev Slovenije v starosti od 3 mesecev do 3 let in od 10 do 74 let.
Začetek terenske raziskave: 2017

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