



Vážená paní, vážený pane,

v následující příloze naleznete ATLAS velikostí porcí, který slouží jako pomůcka pro odhad velikosti porcí v případě, že nemáte možnost zvážit konzumované potraviny na kuchyňské váze. Vážení na kuchyňské váze je nejpřesnější metoda, proto se jedná o preferovanou metodu. Pokud to za určitých okolností nelze, využijte následující atlas pro odhady. Děkujeme za pochopení.

Tým studie KOMPAS

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Průměr talíře 16 cm v reálné velikosti



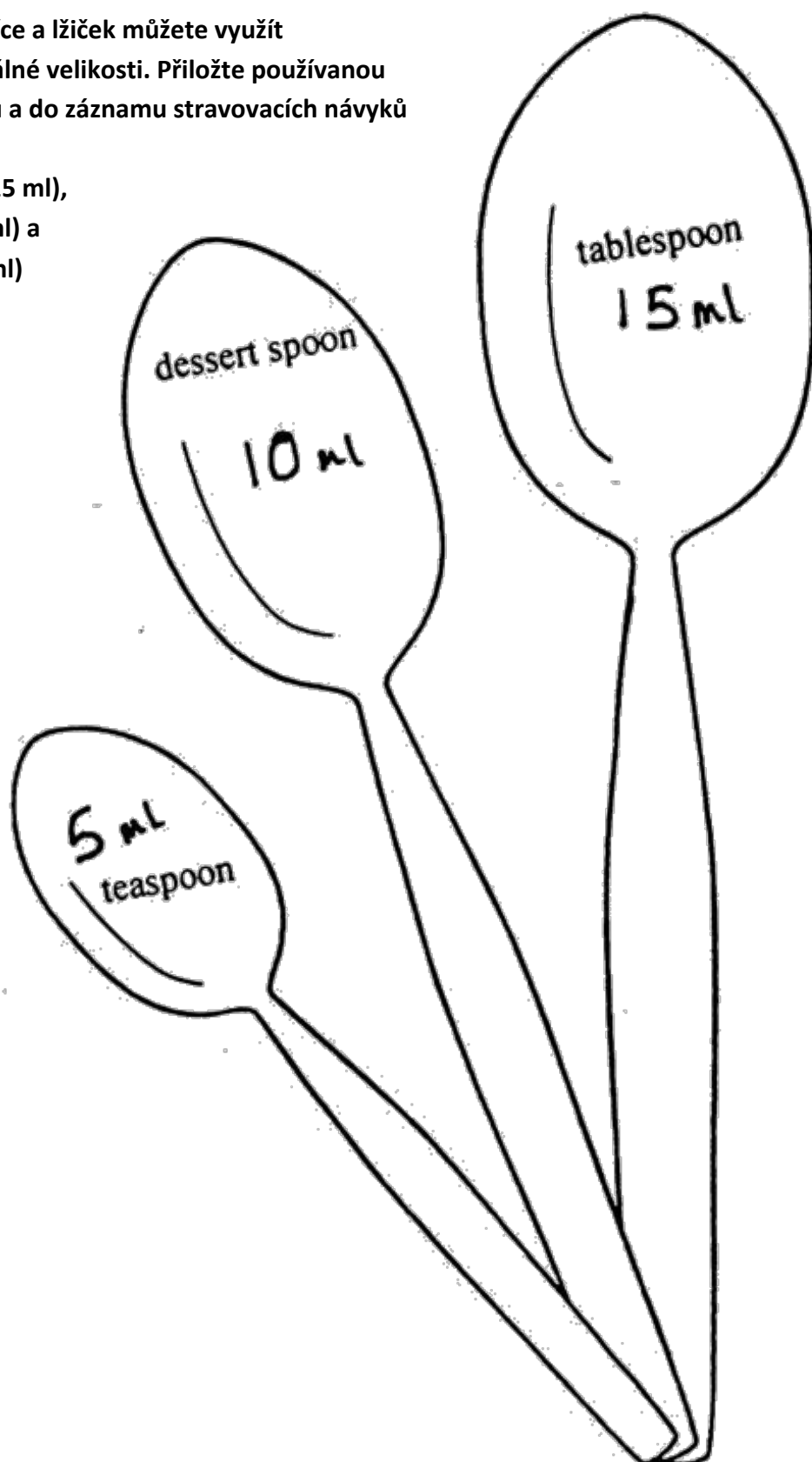
Seven inch plate at actual size

Průměr talíře 16 cm v reálné velikosti

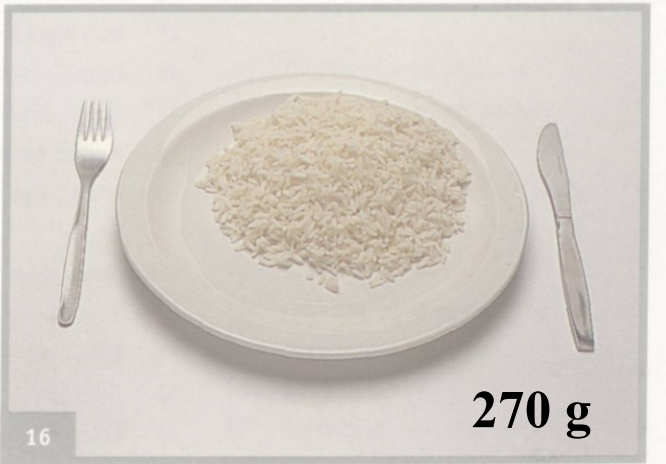
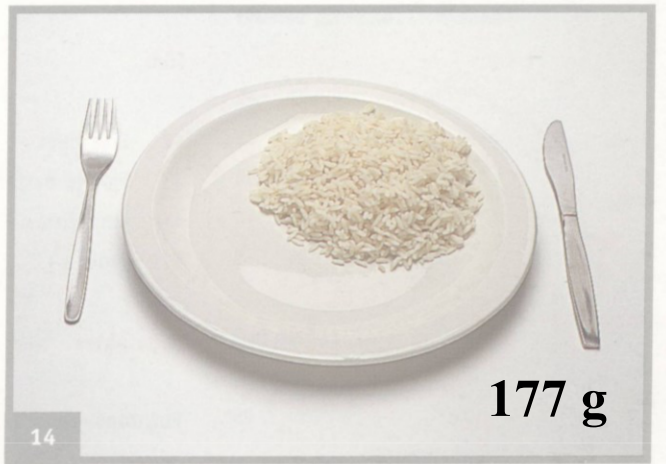
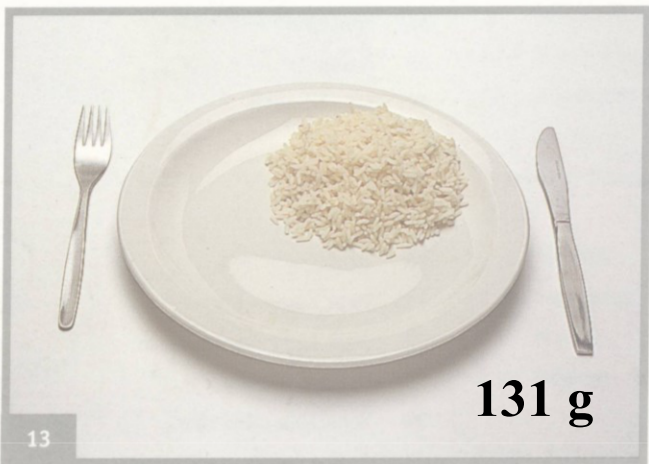
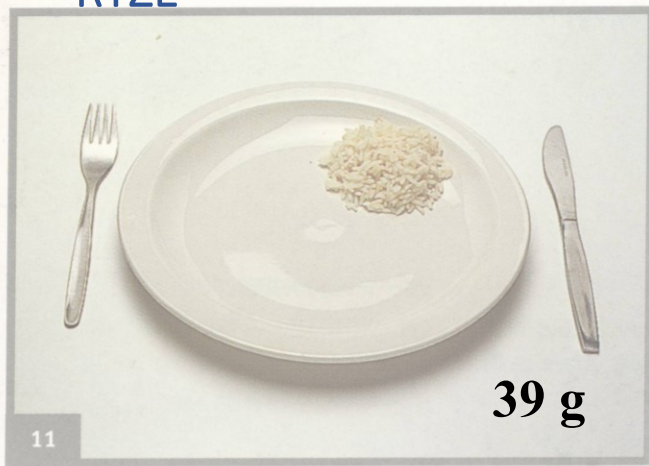


Pro upřesnění velikosti lžíce a lžiček můžete využít následující pomůcku v reálné velikosti. Přiložte používanou lžici nebo lžičku k obrázku a do záznamu stravovacích návyků označte jako:

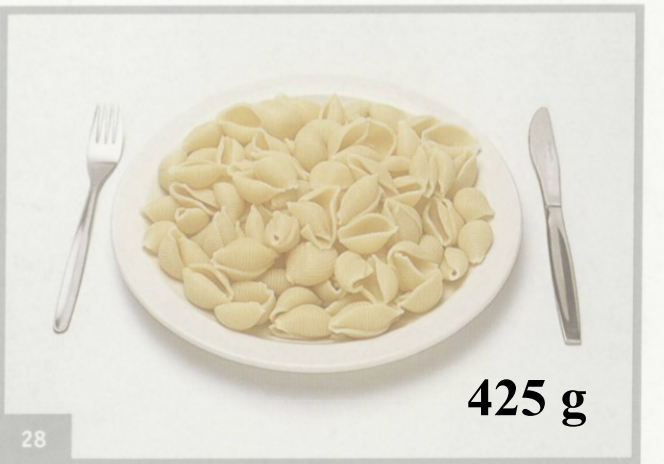
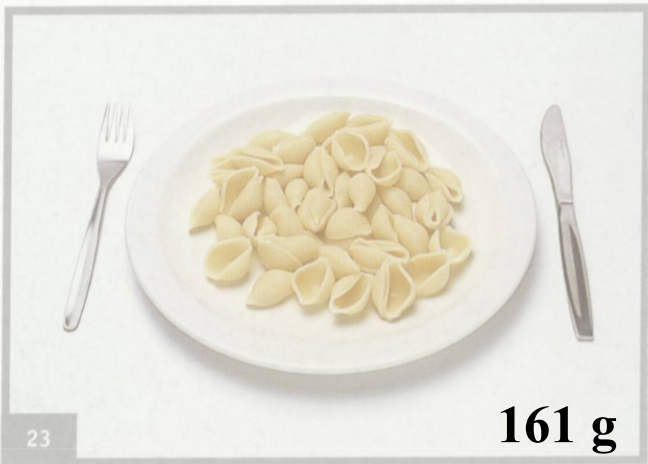
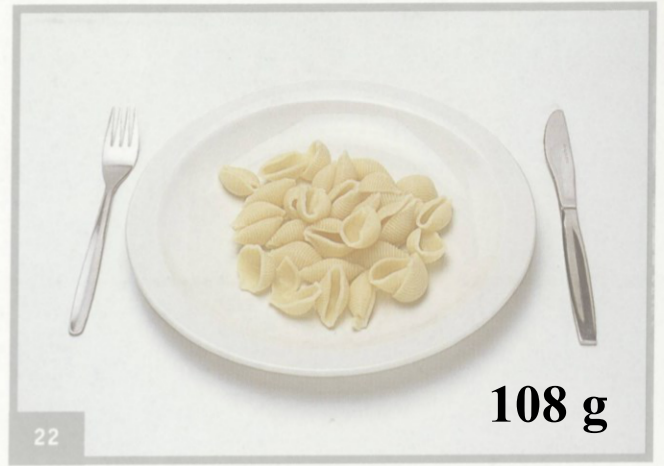
- polévkovou lžící (15 ml),
- dezertní lžící (10 ml) a
- čajovou lžičku (5 ml)



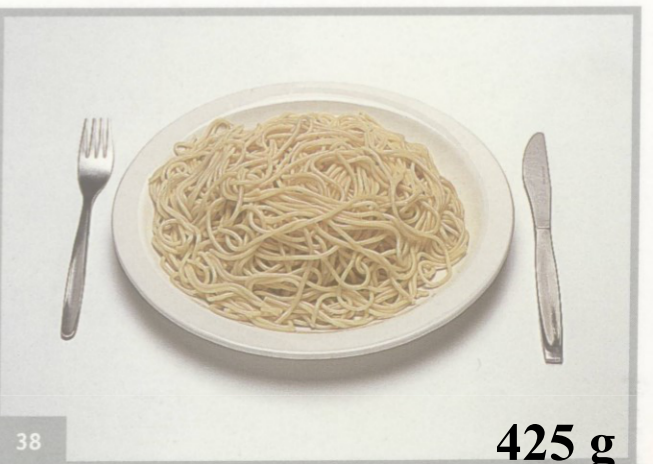
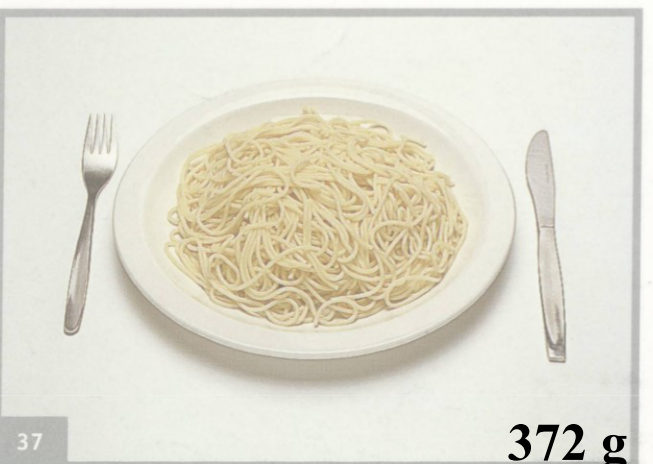
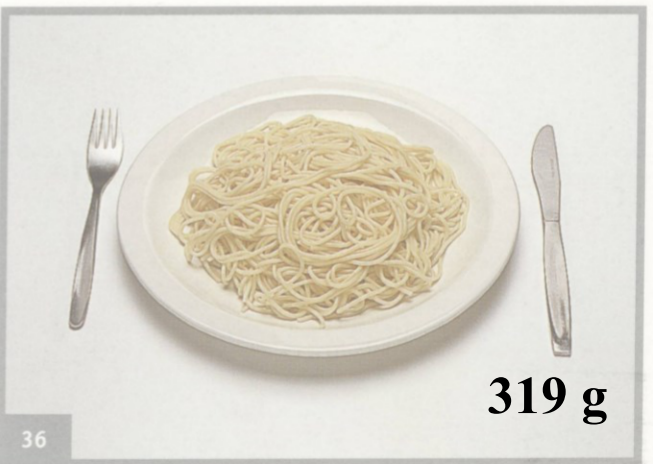
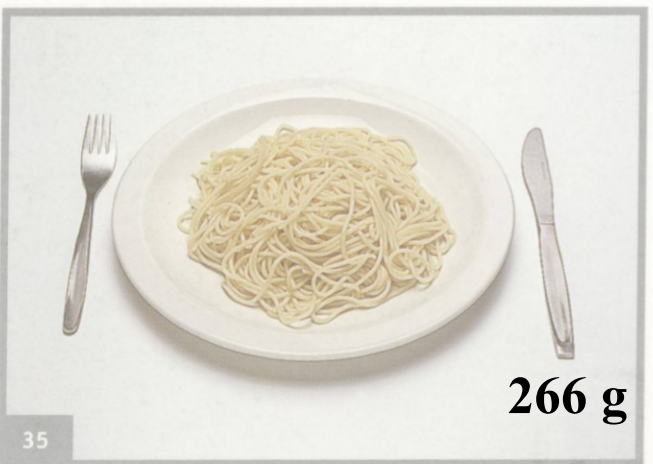
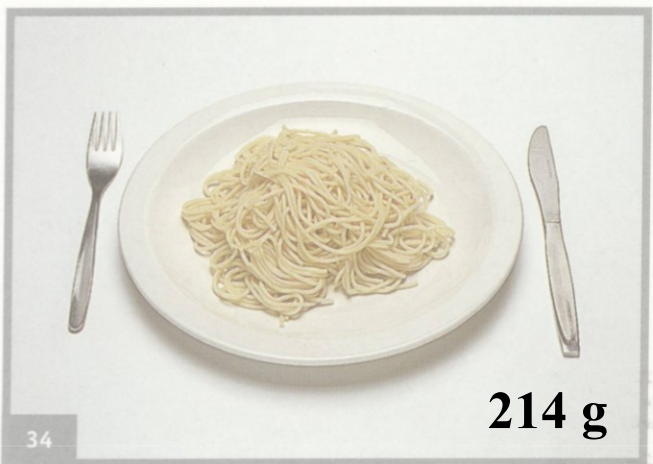
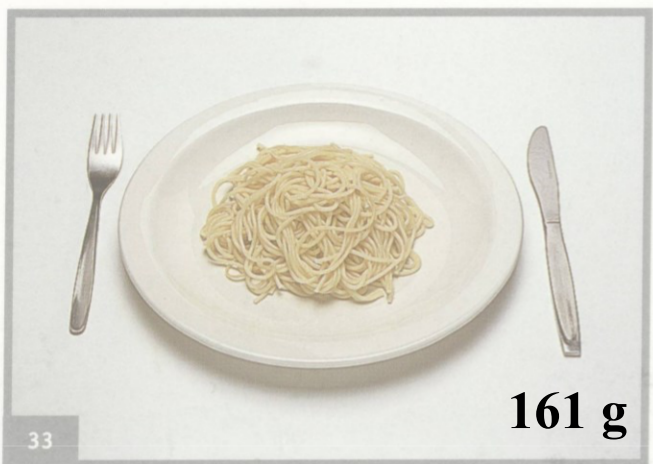
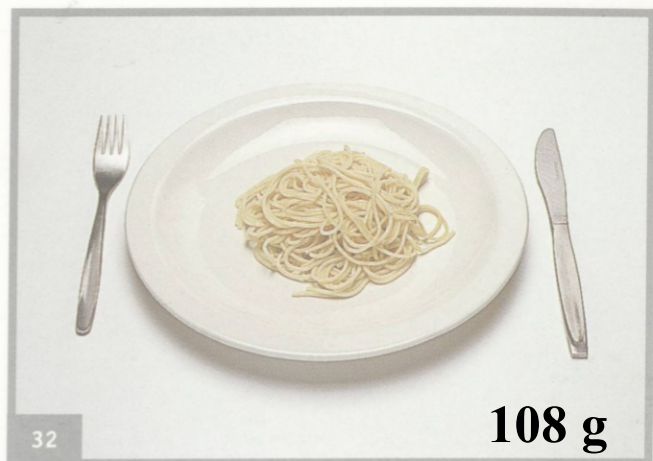
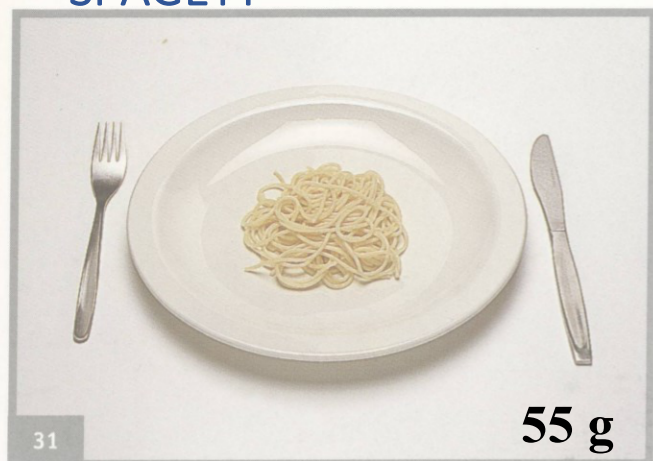
RÝŽE



TĚSTOVINY



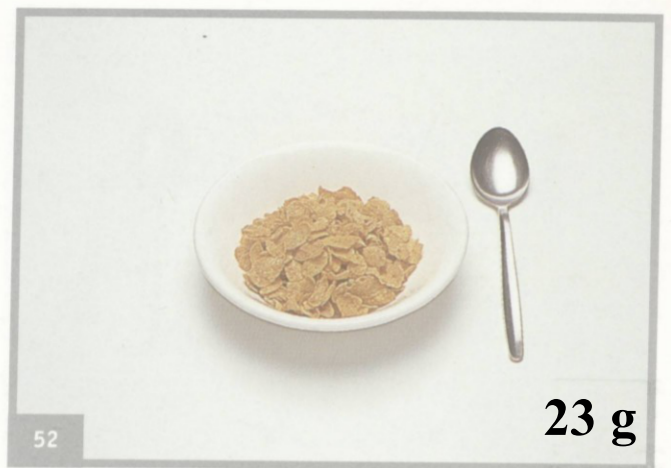
ŠPAGETY



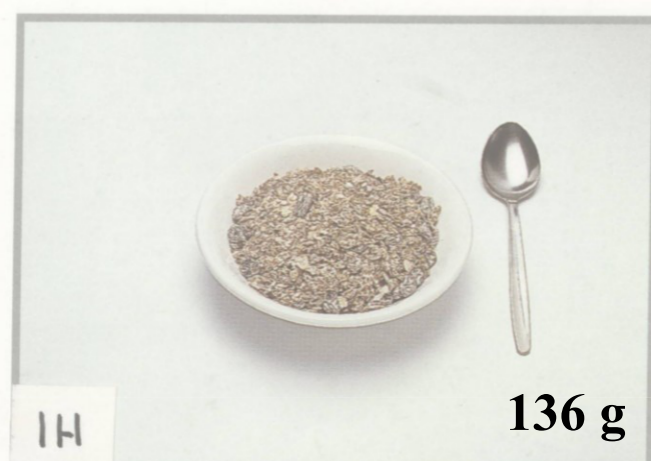
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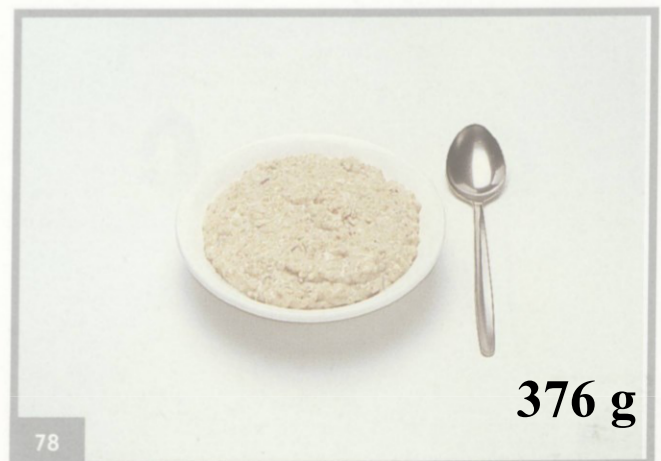
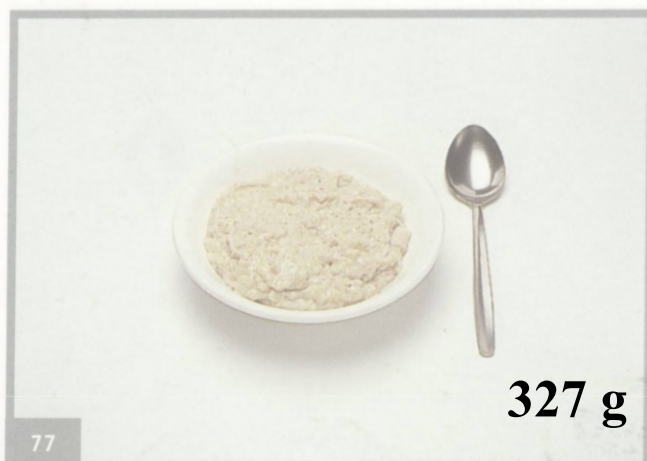
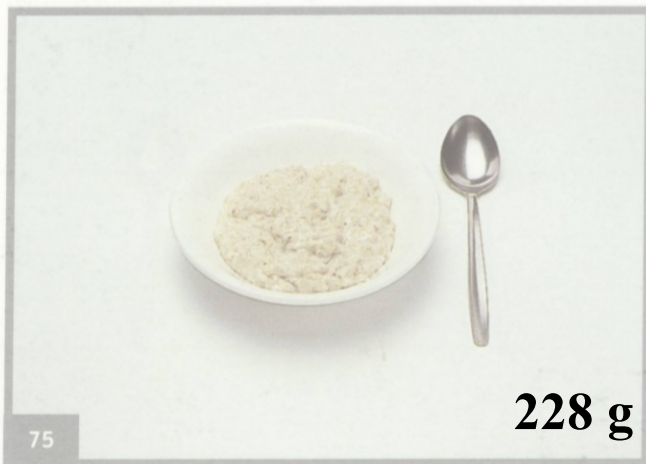
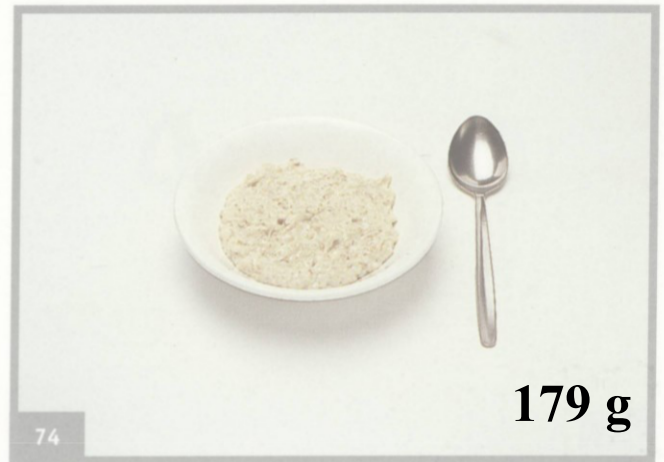
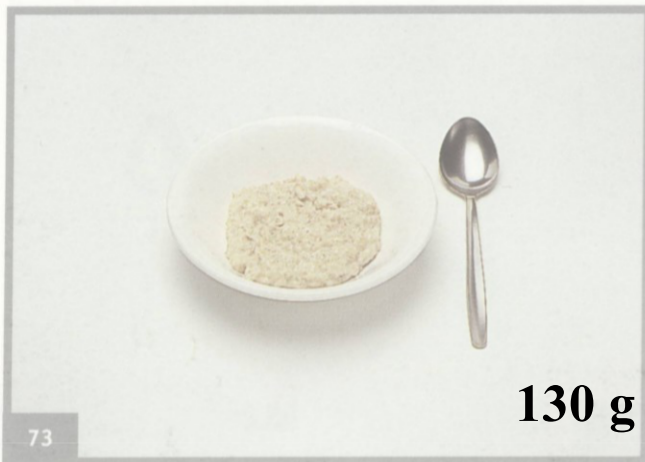
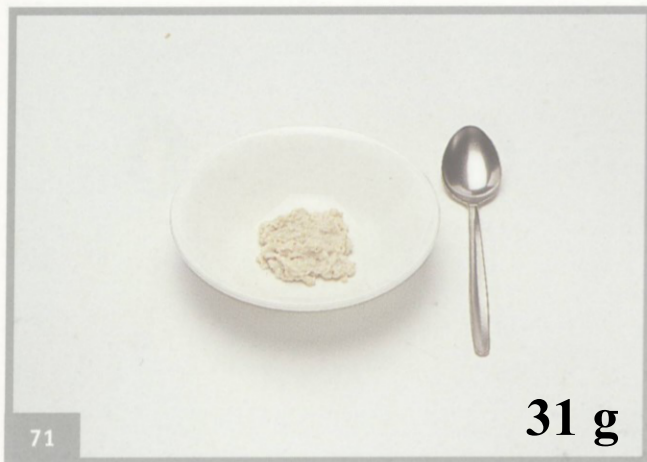
CORNFLAKES



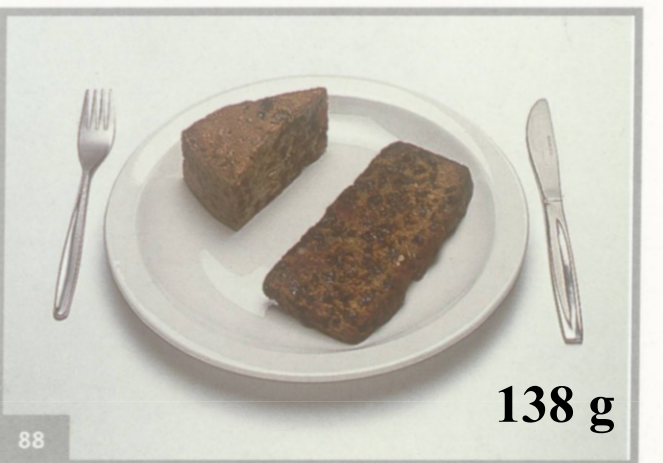
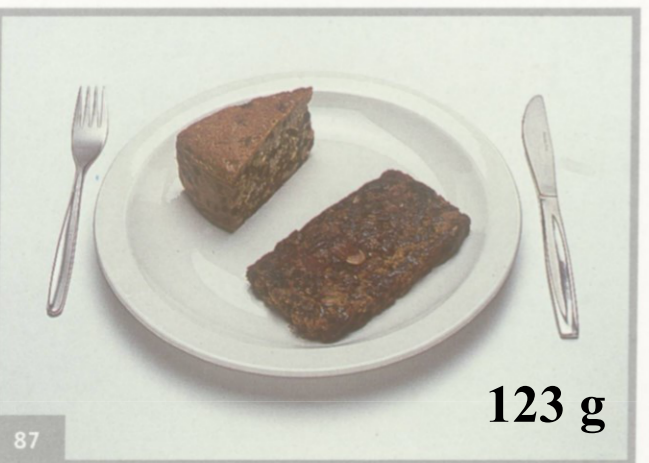
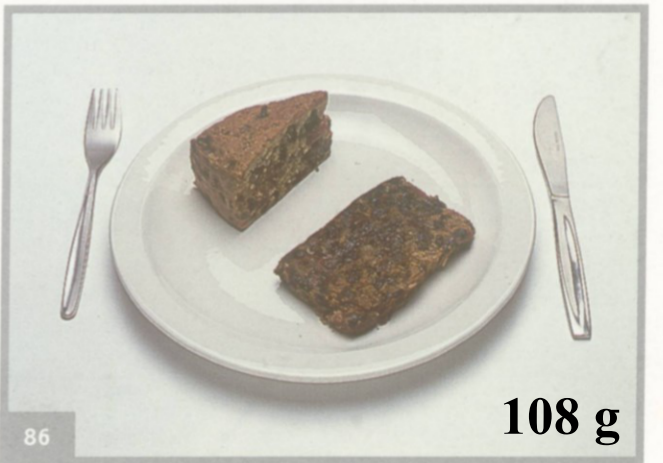
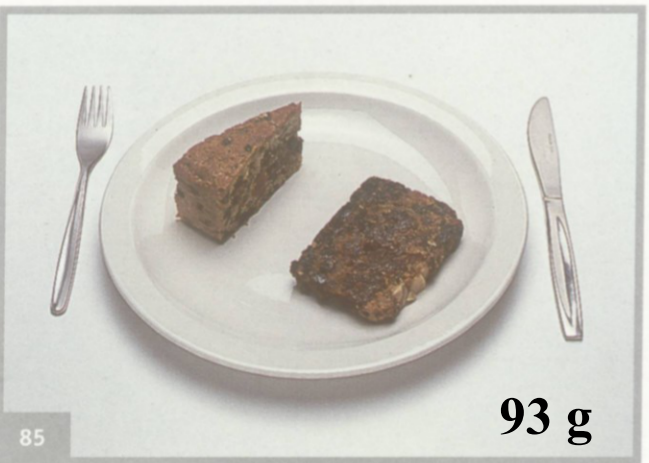
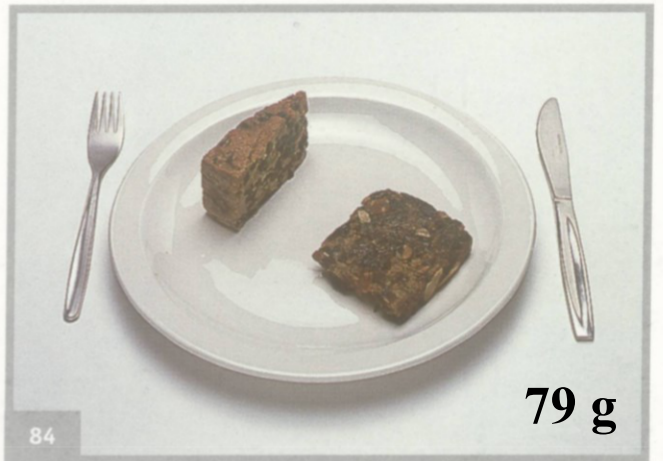
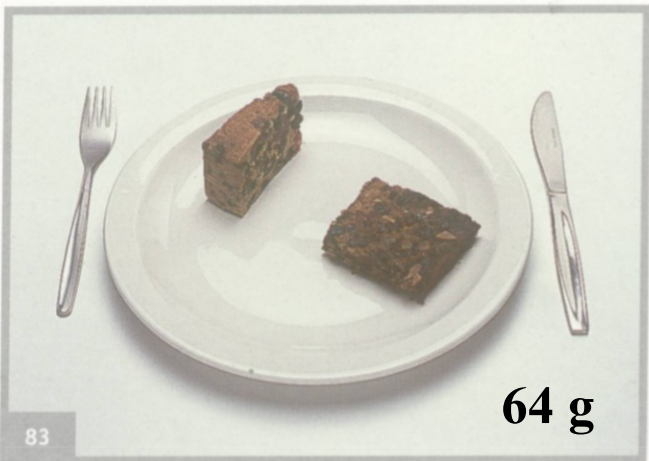
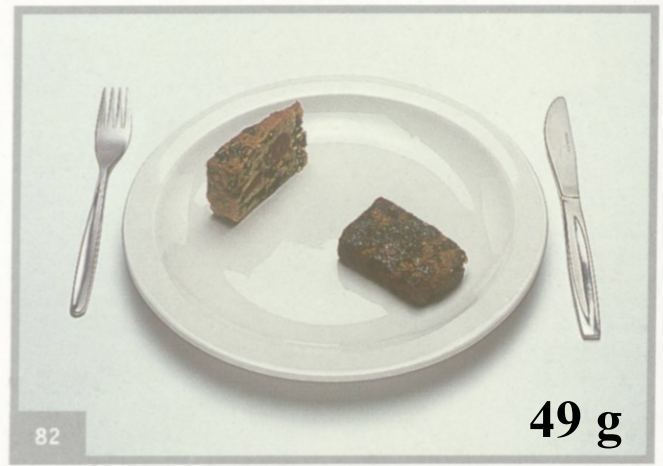
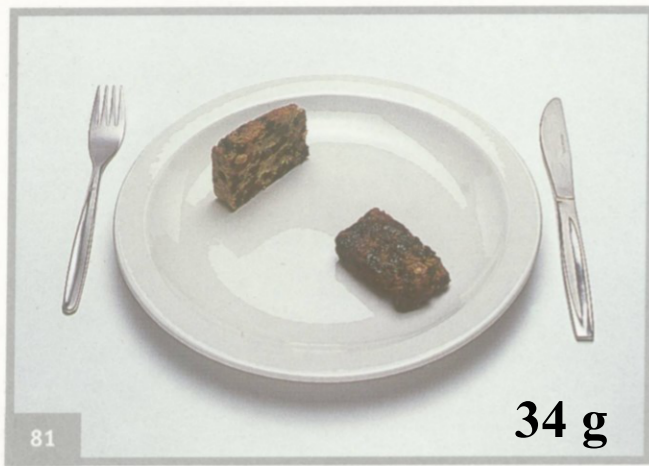
MUESLI



OVESNÁ KAŠE



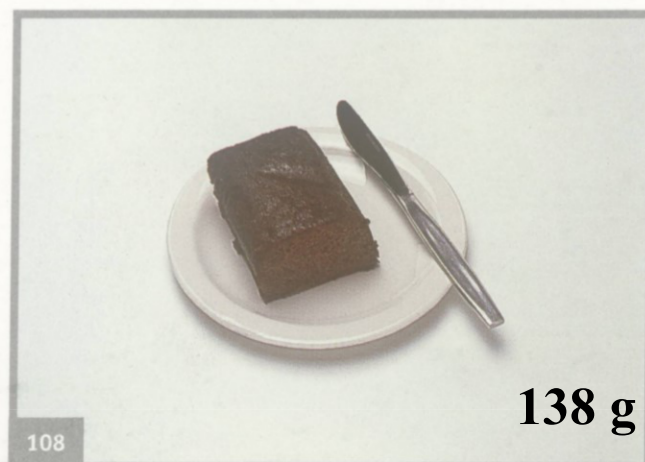
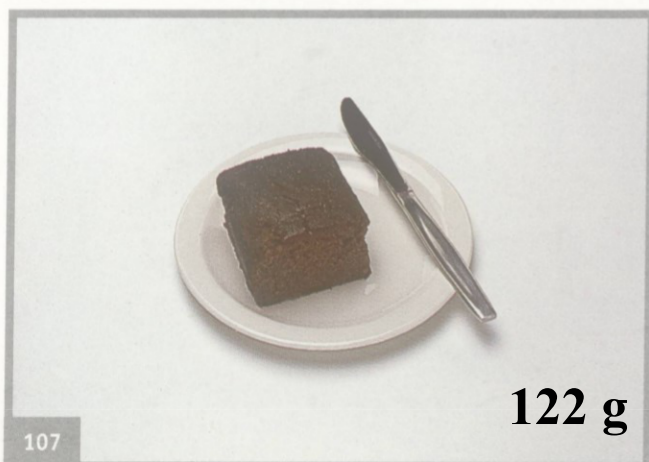
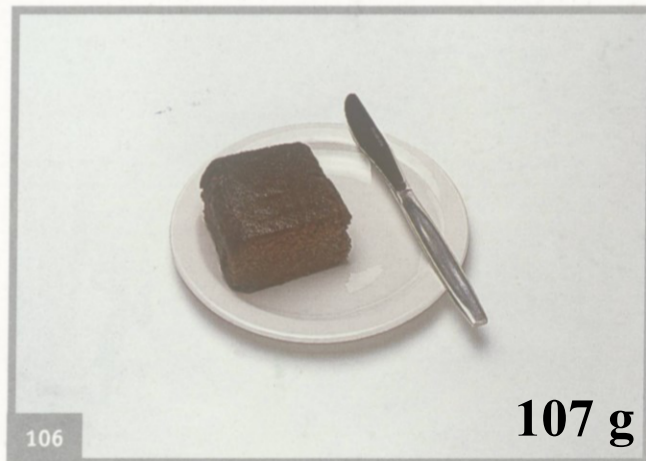
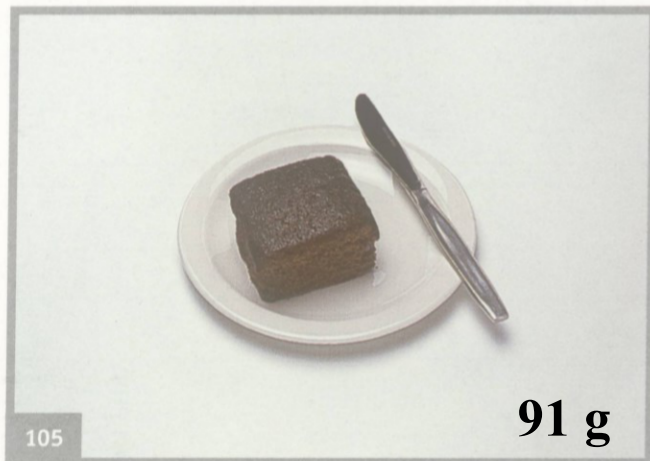
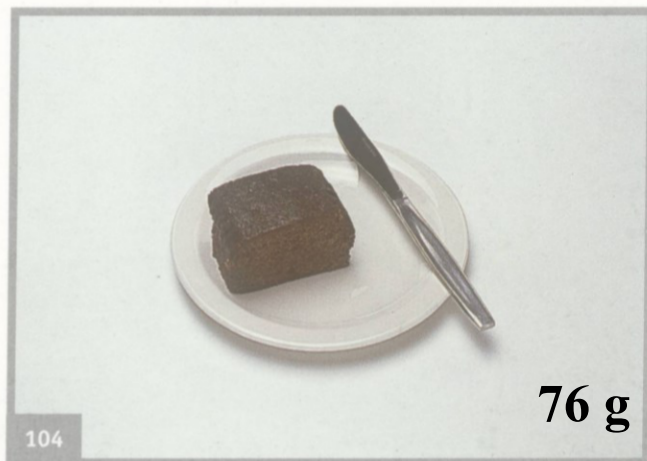
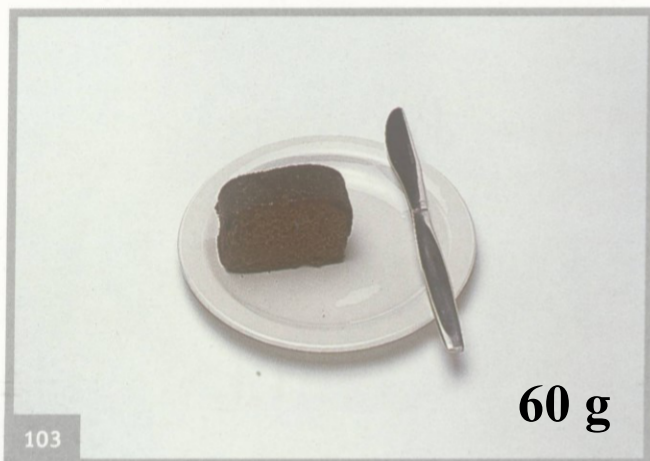
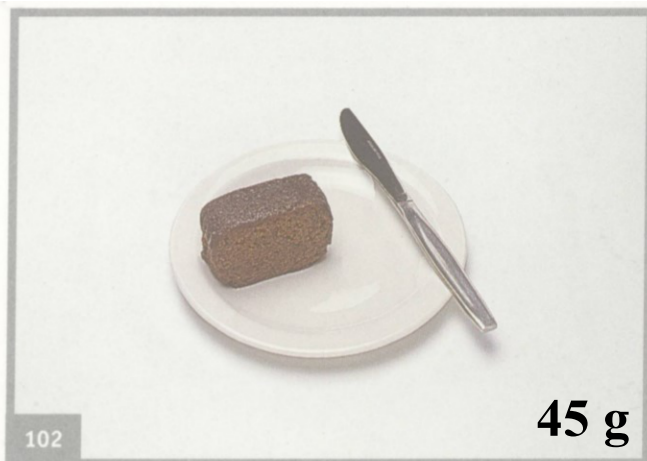
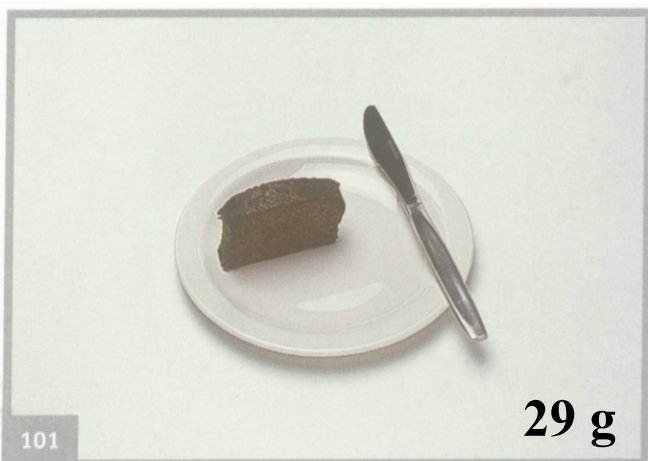
KOLÁČ



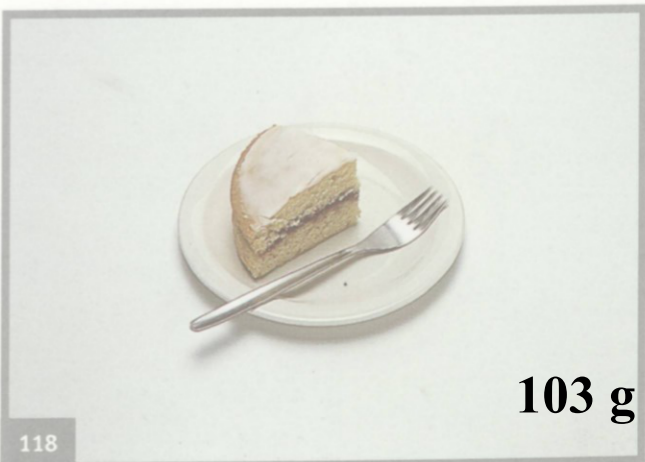
DORT



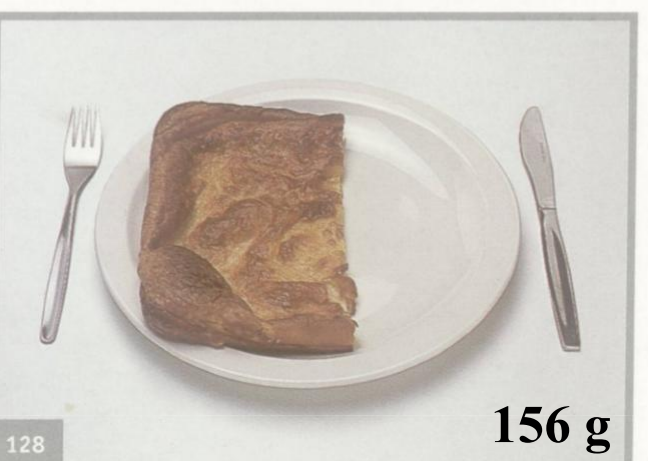
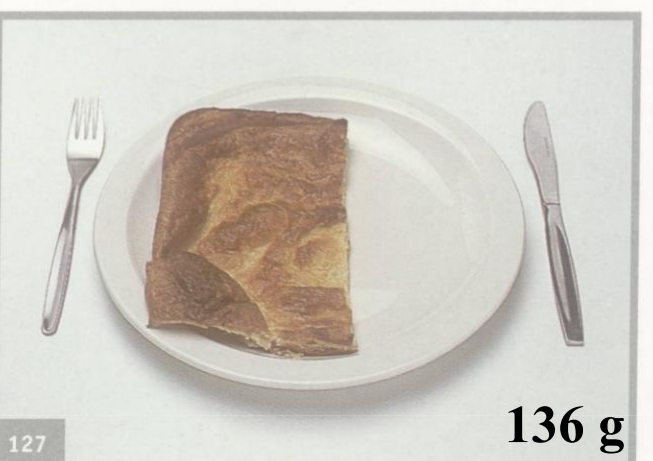
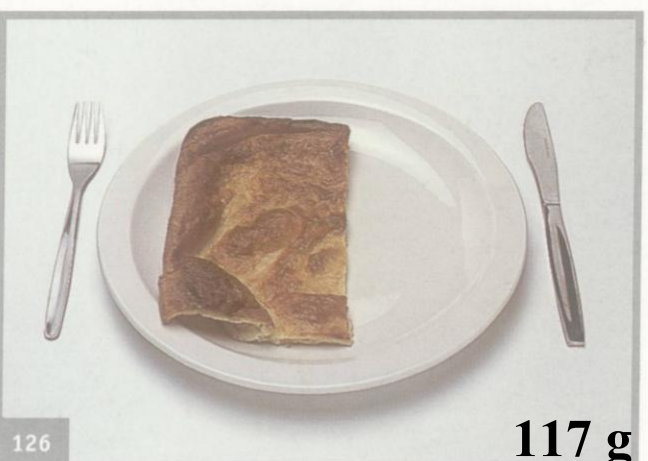
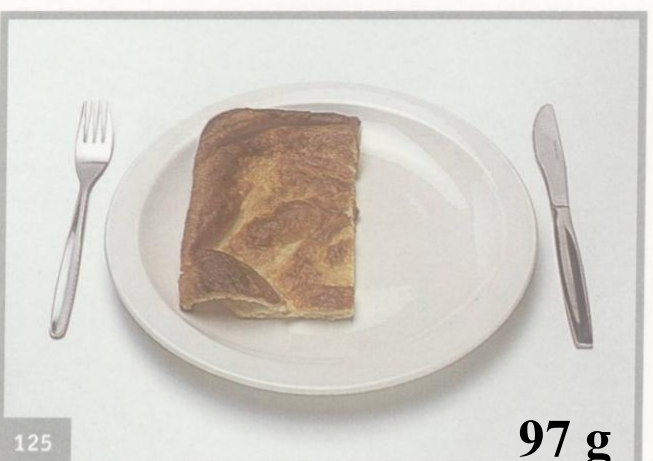
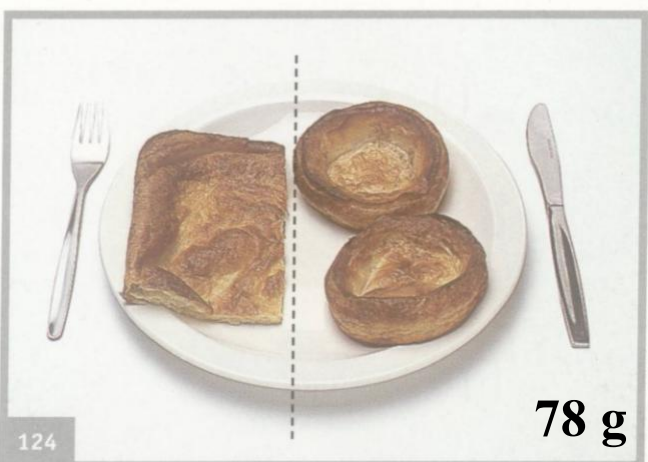
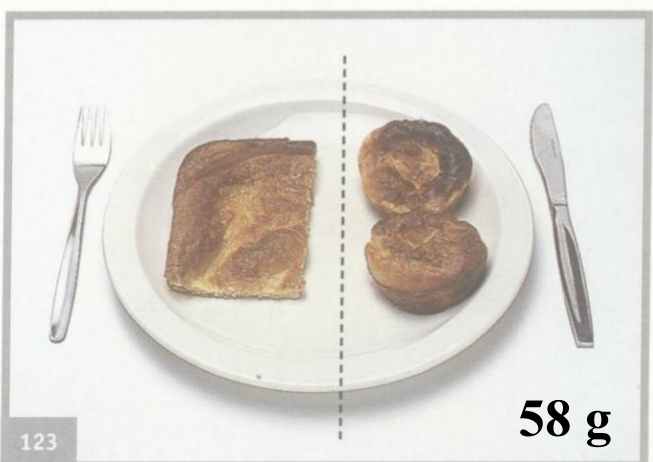
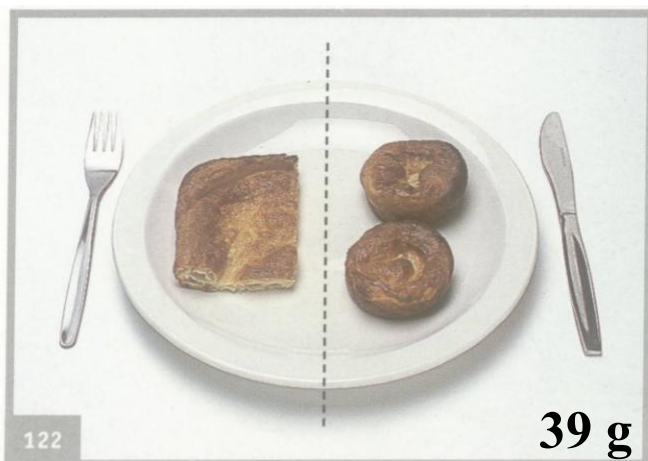
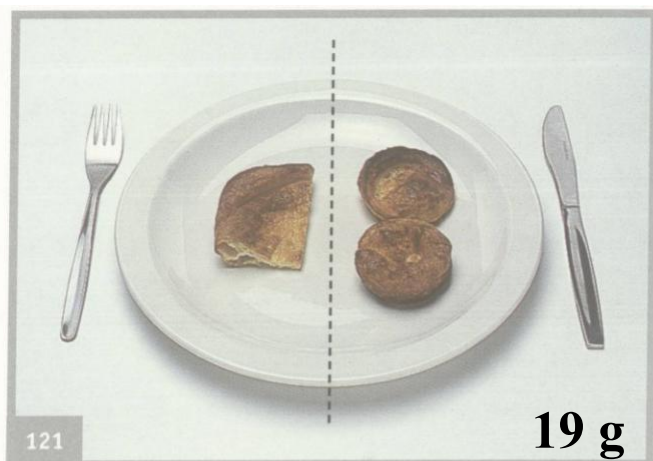
PERNÍKOVÝ KOLÁČ



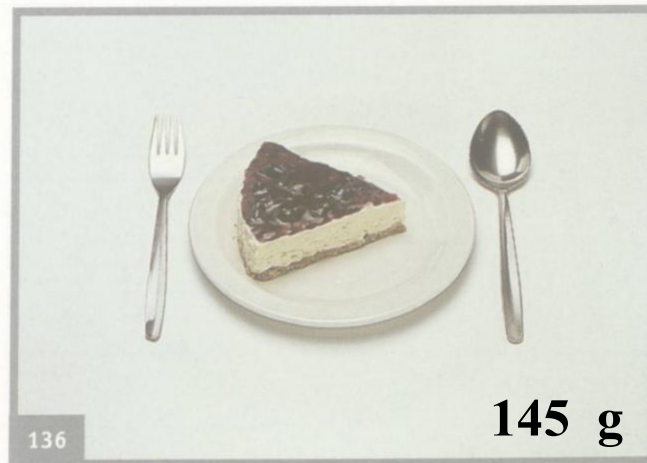
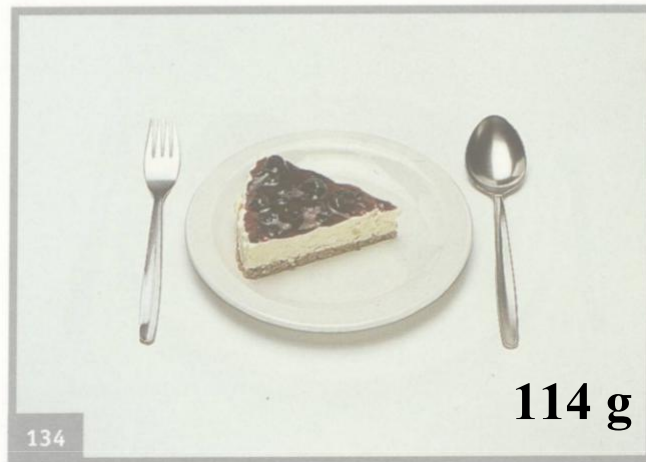
PIŠKOTOVÝ KOLÁČ



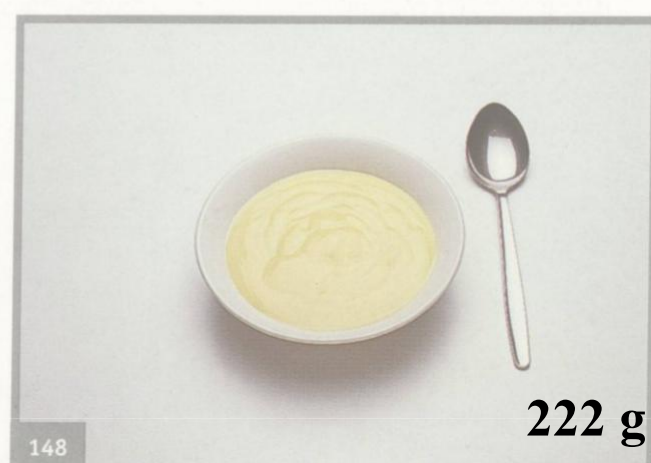
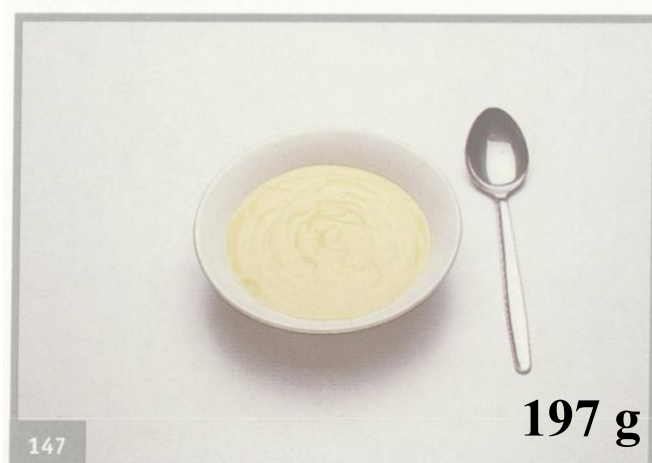
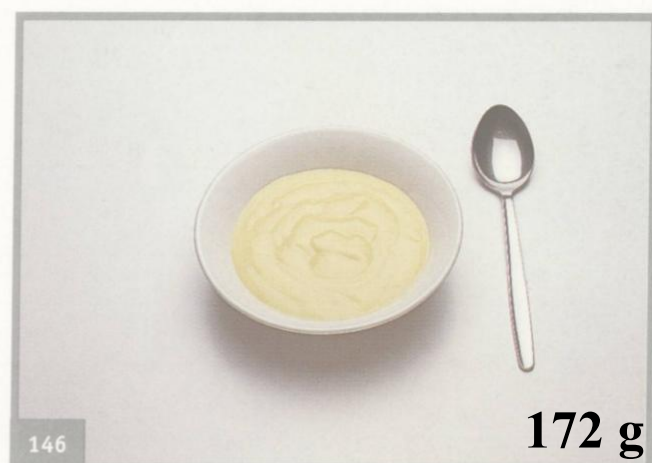
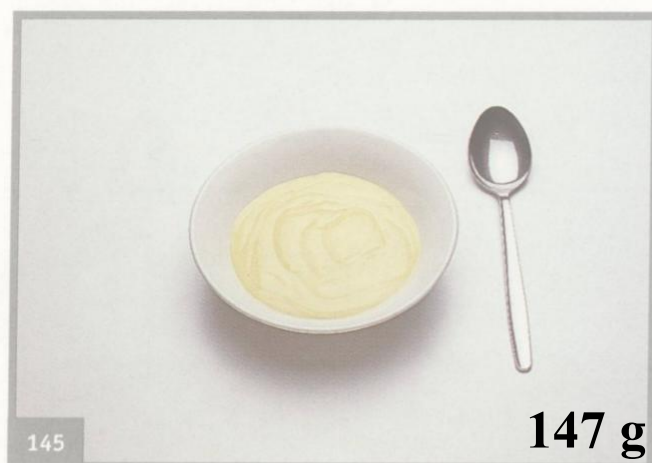
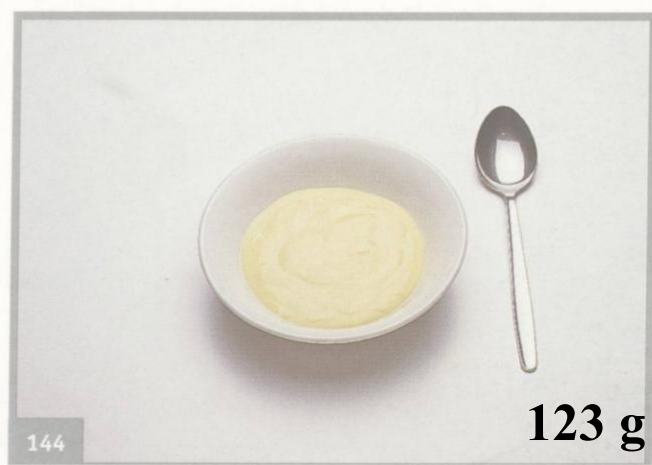
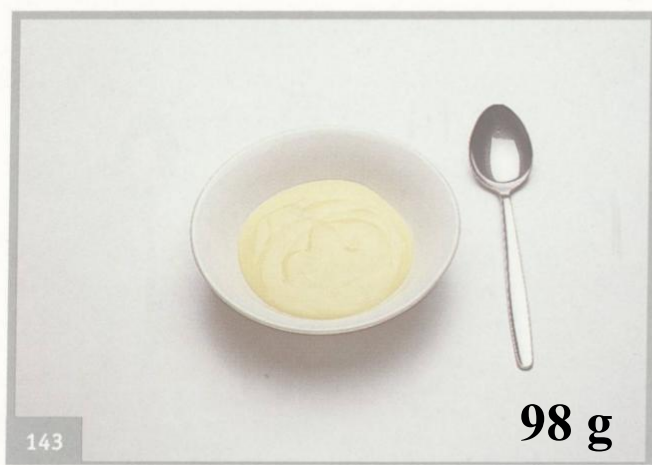
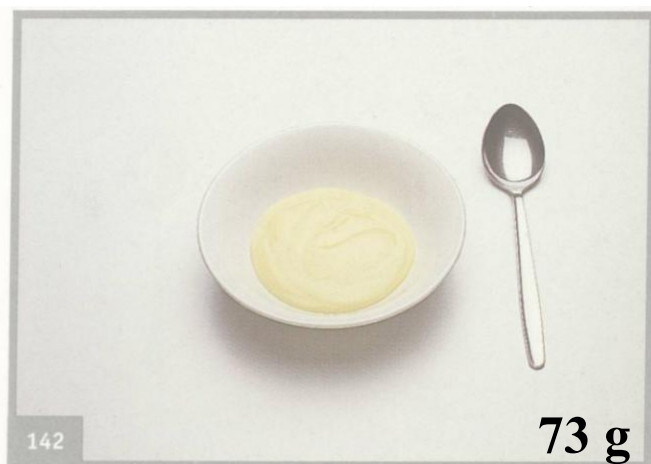
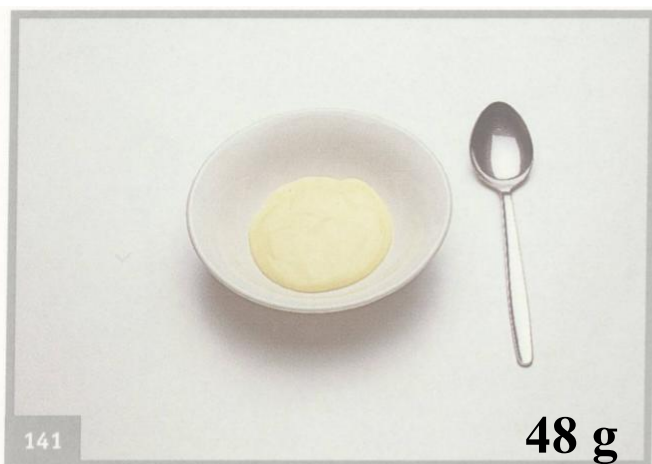
YORKSHIRE PUDDING



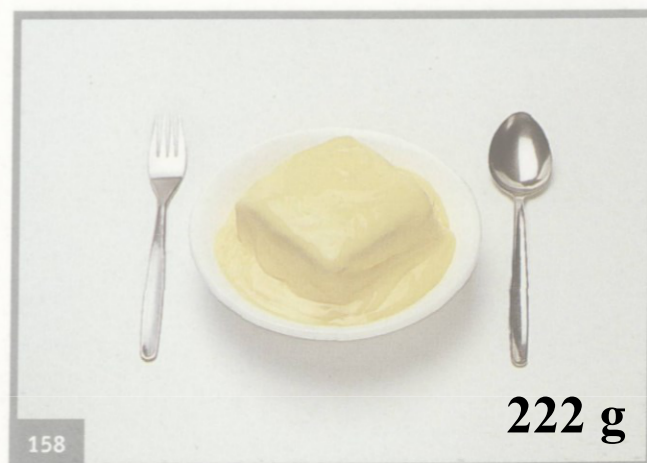
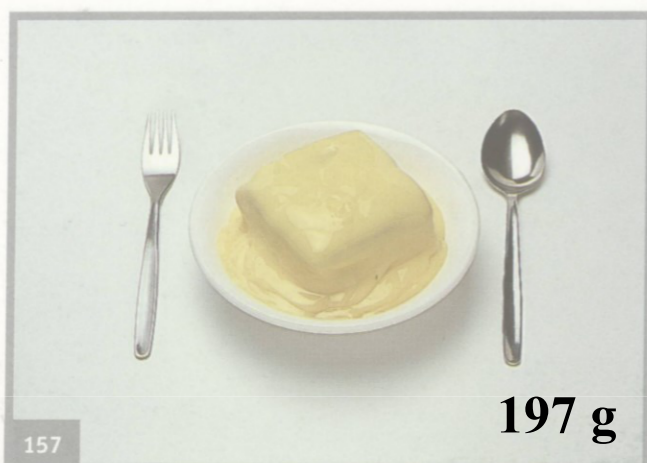
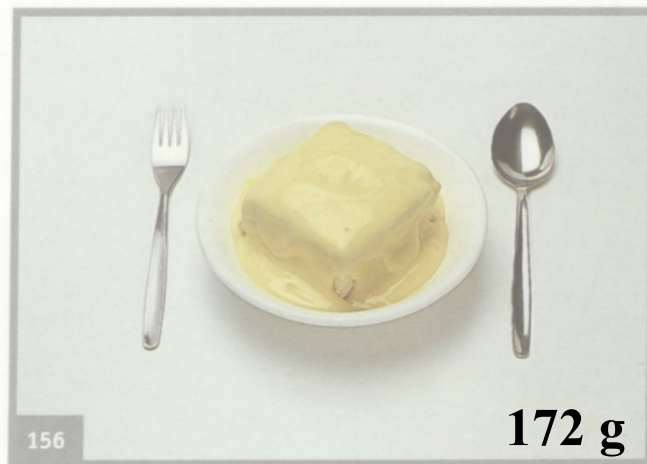
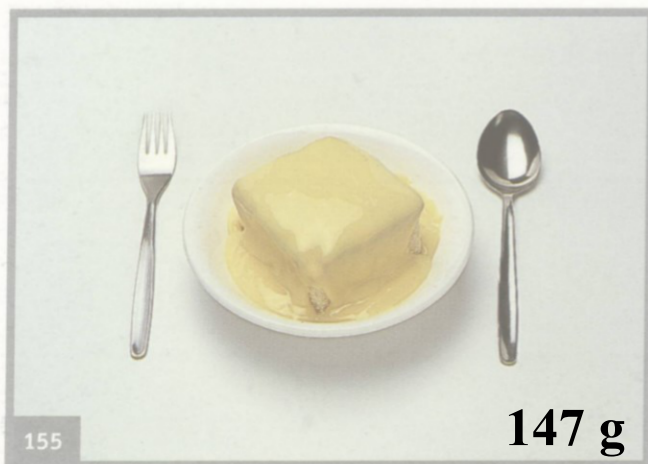
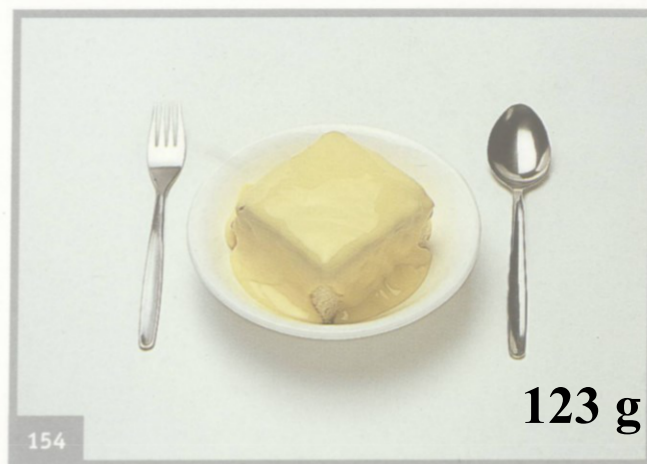
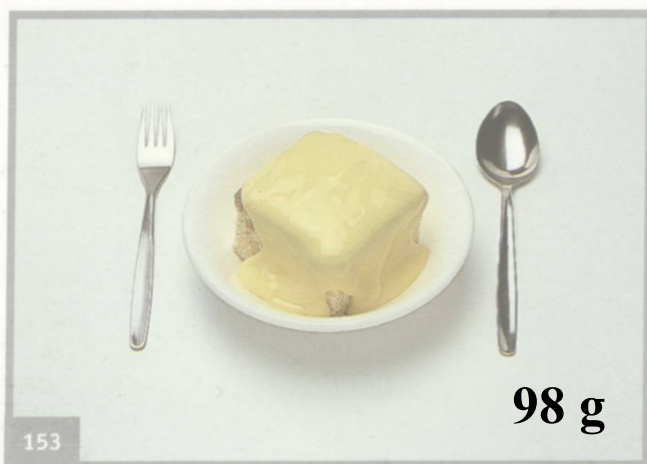
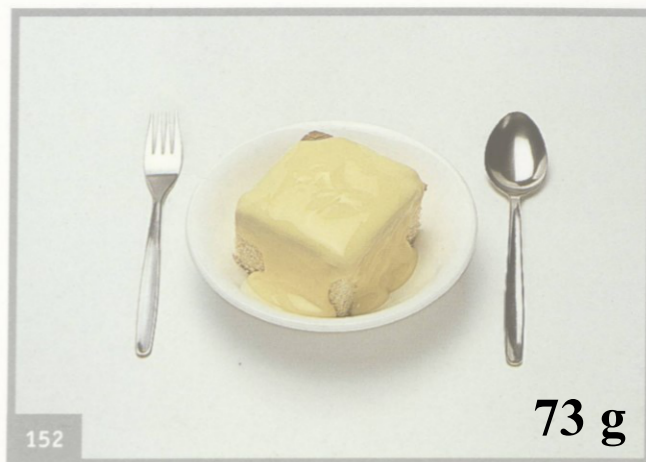
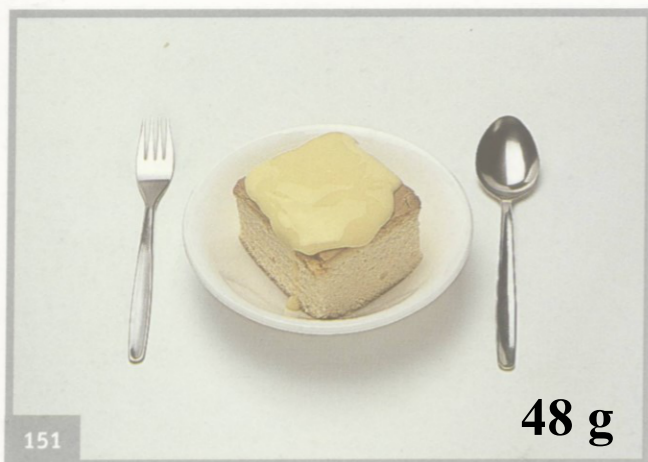
CHEESCAKE



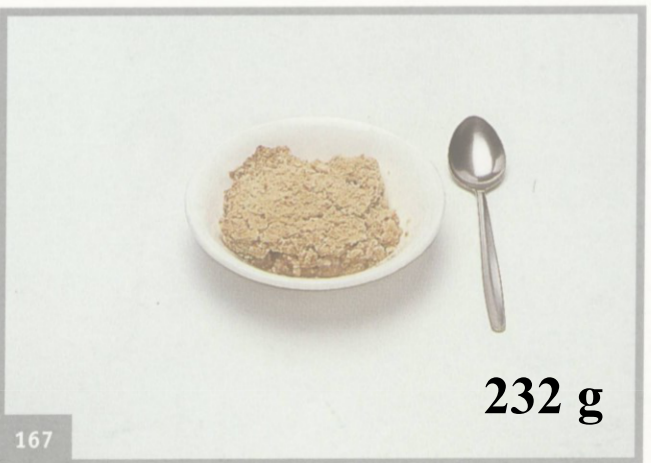
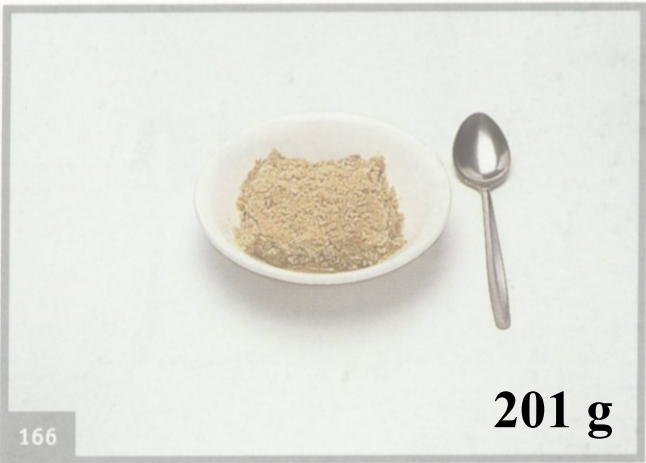
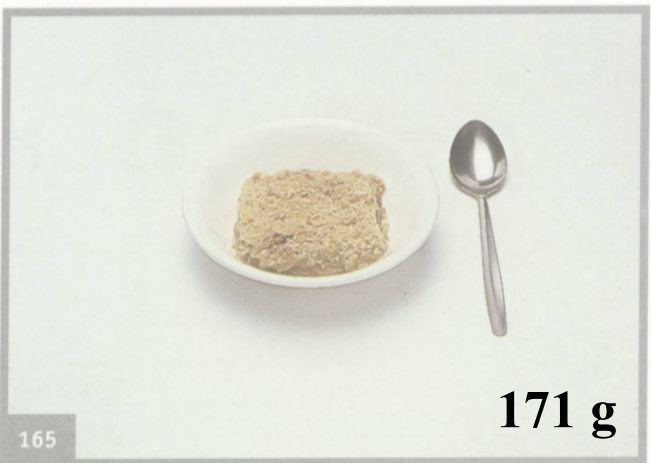
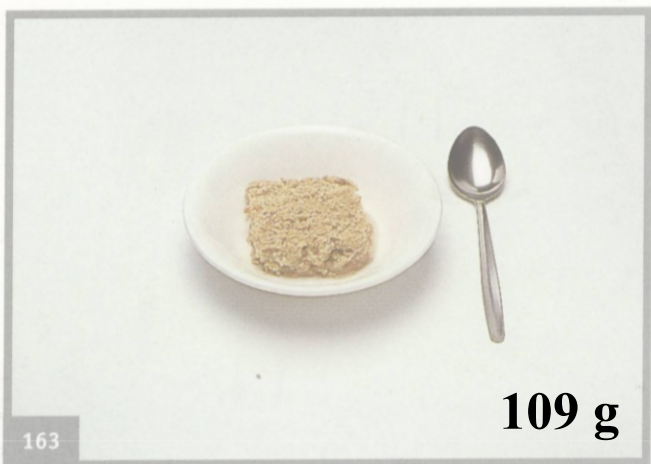
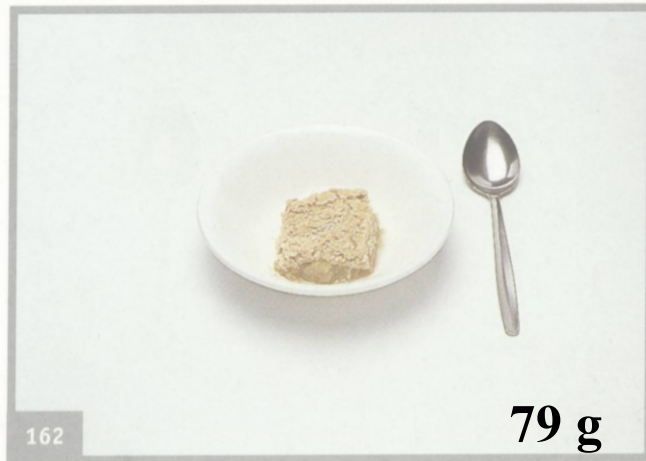
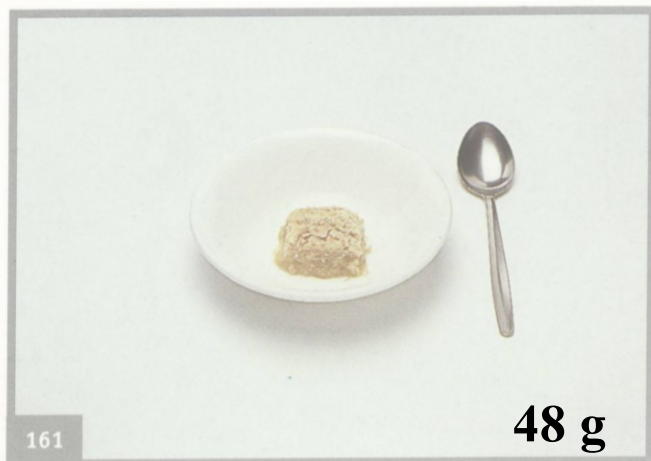
PUDINKOVÝ KRÉM



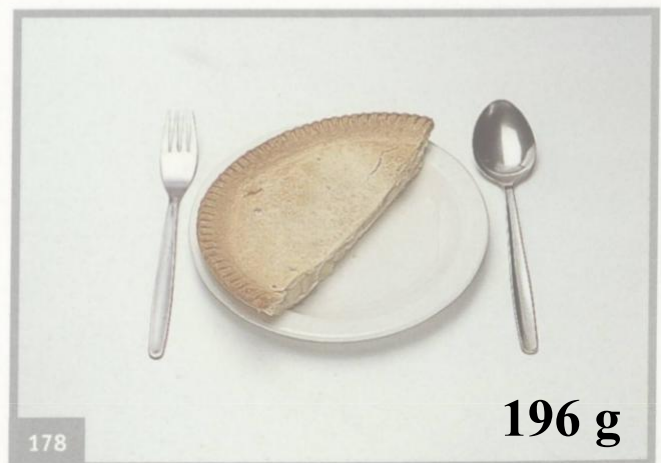
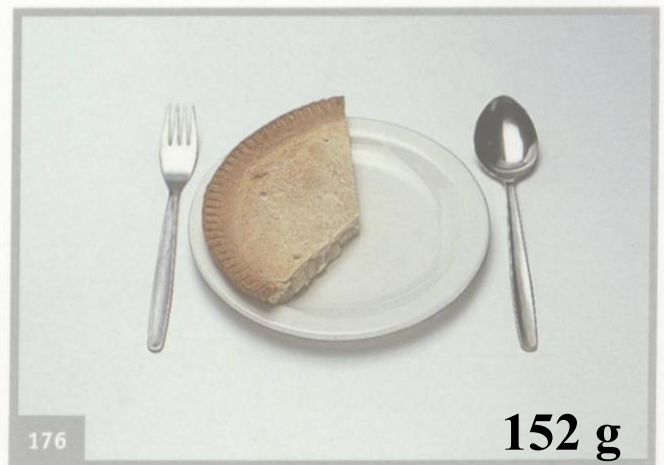
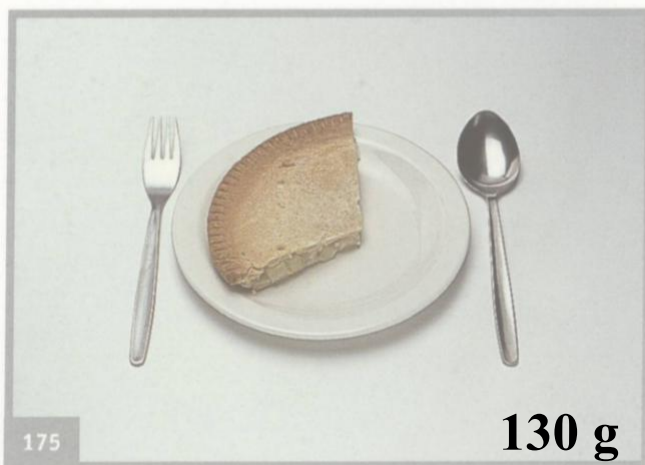
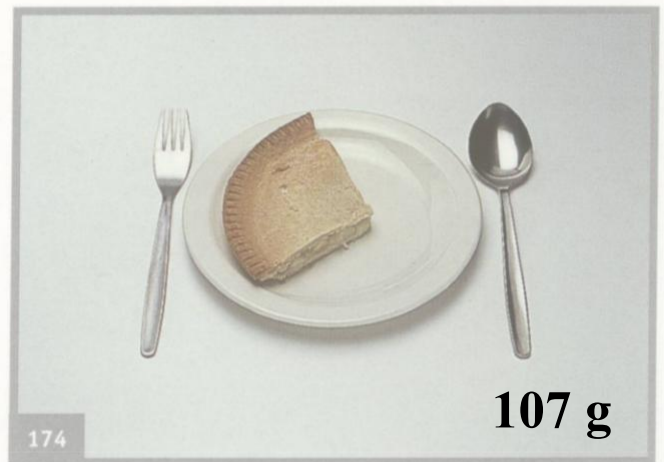
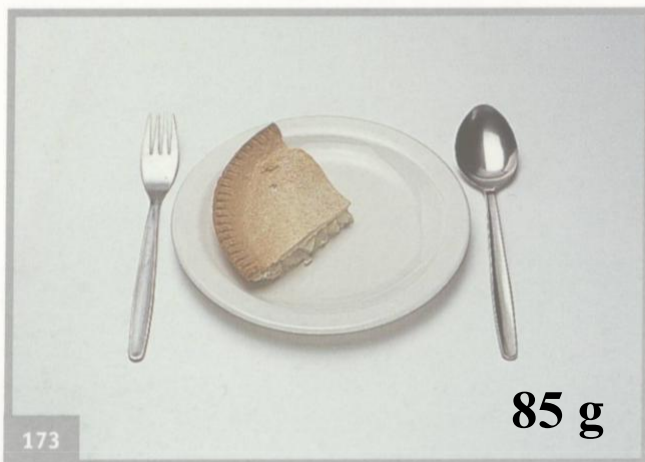
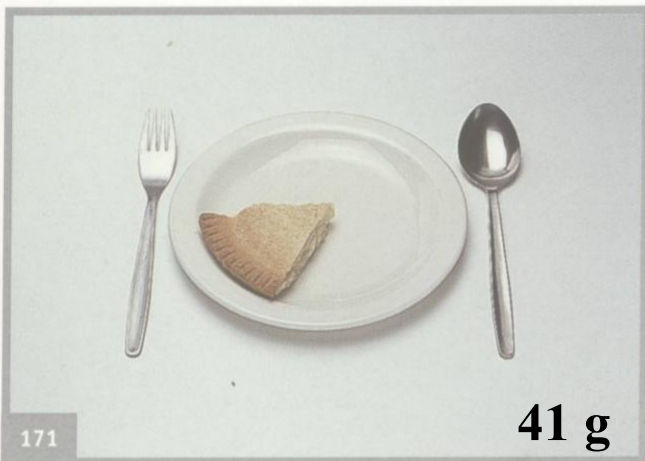
PUDINKOVÝ KRÉM S PIŠKOTEM



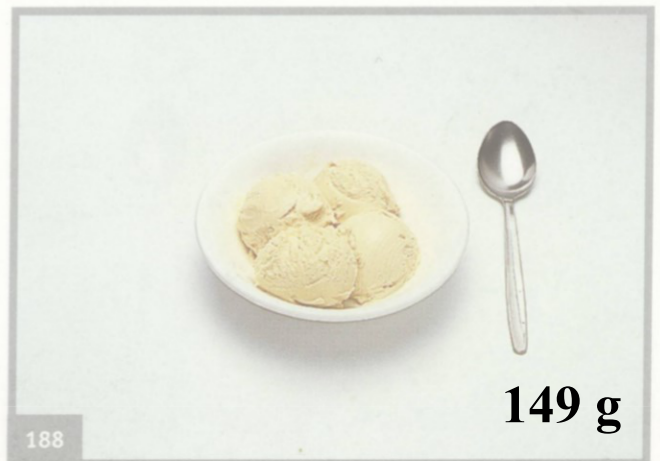
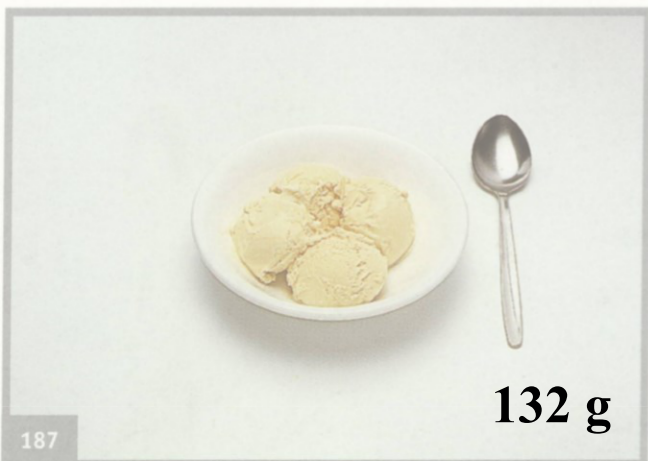
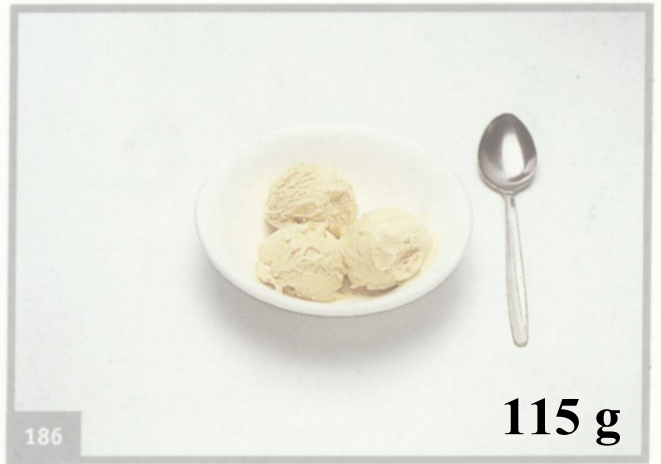
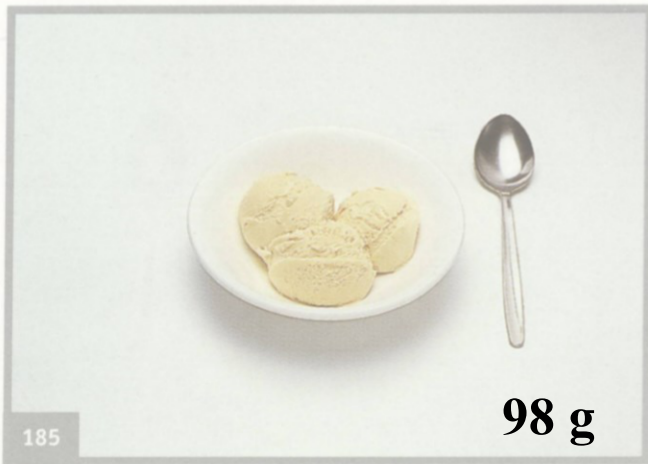
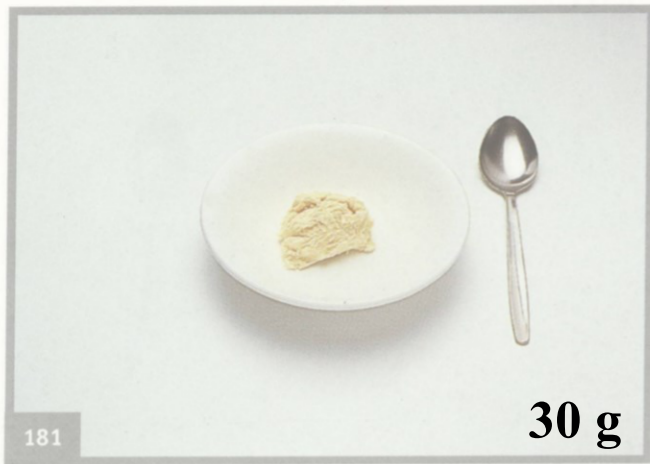
OVOCNÝ CRUMBLE



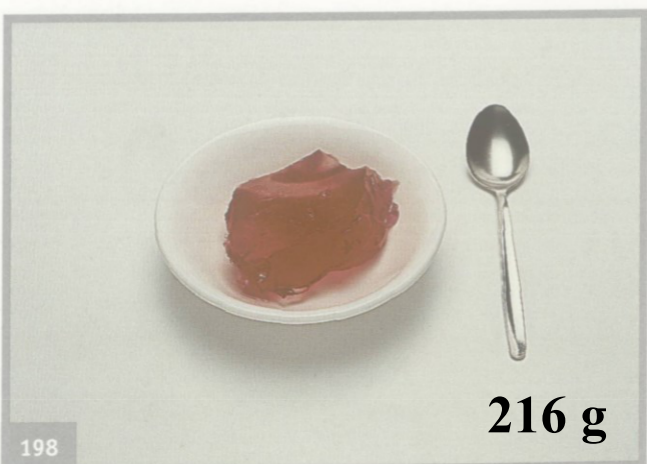
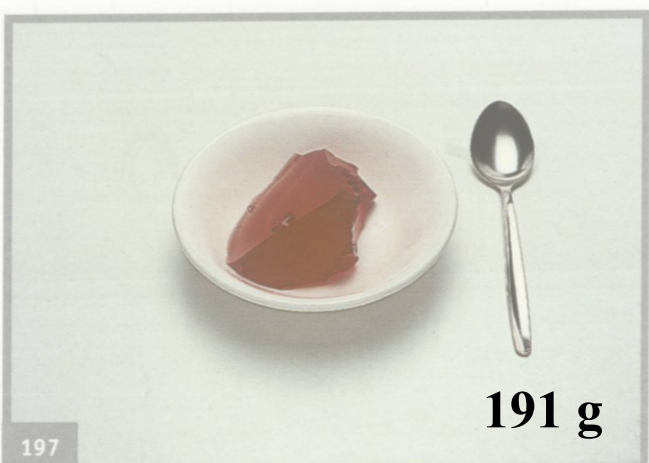
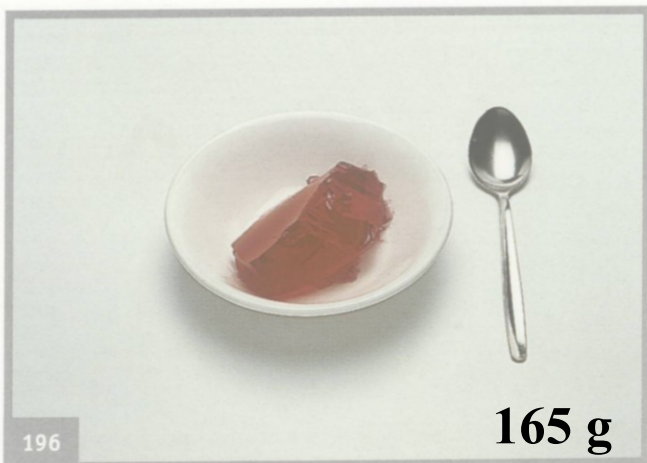
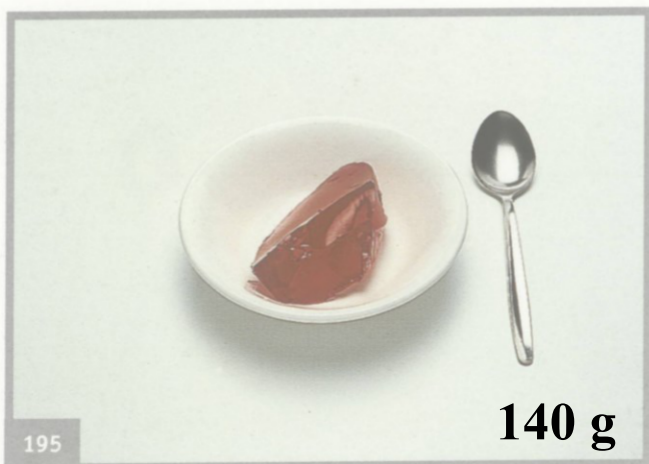
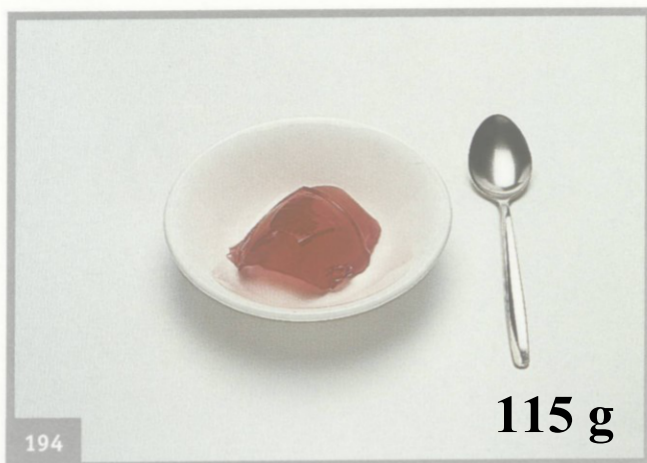
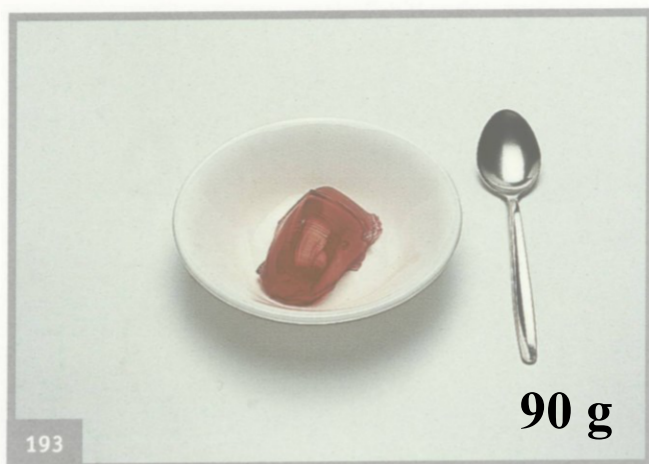
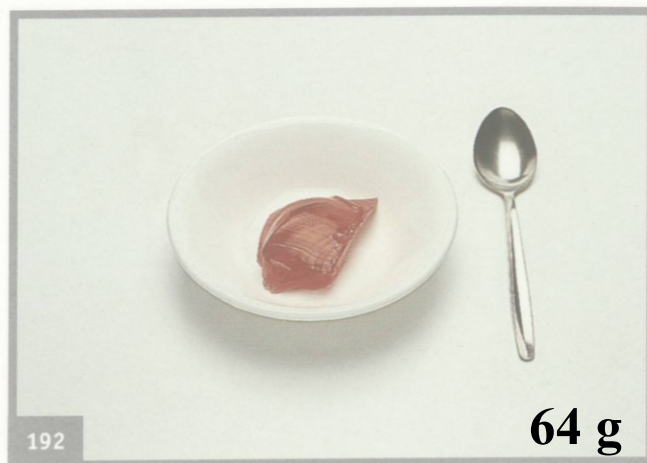
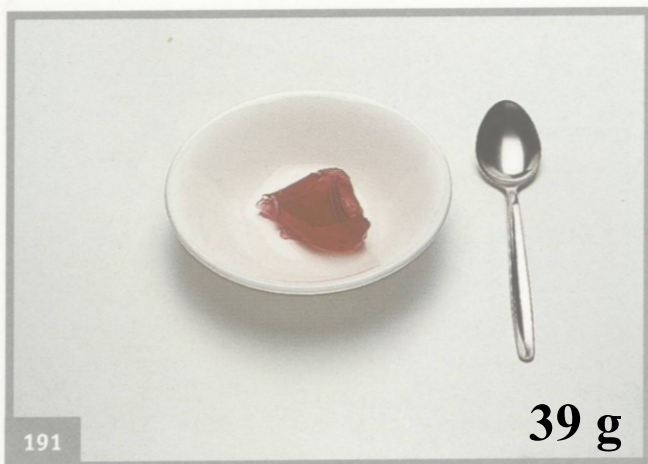
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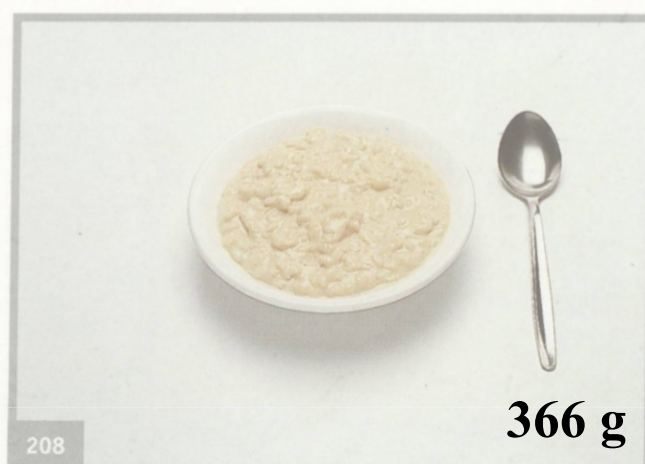
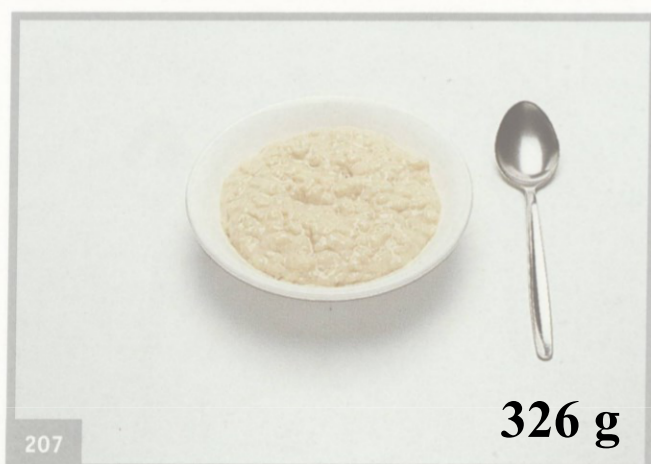
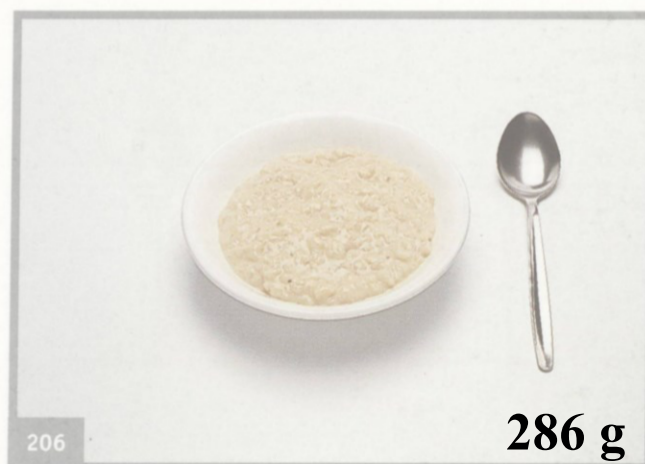
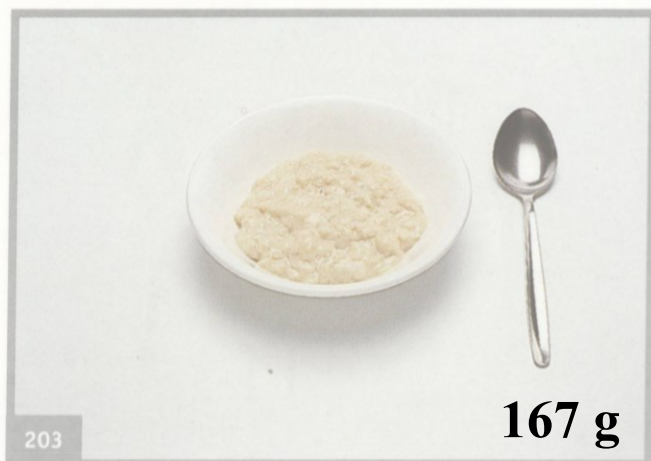
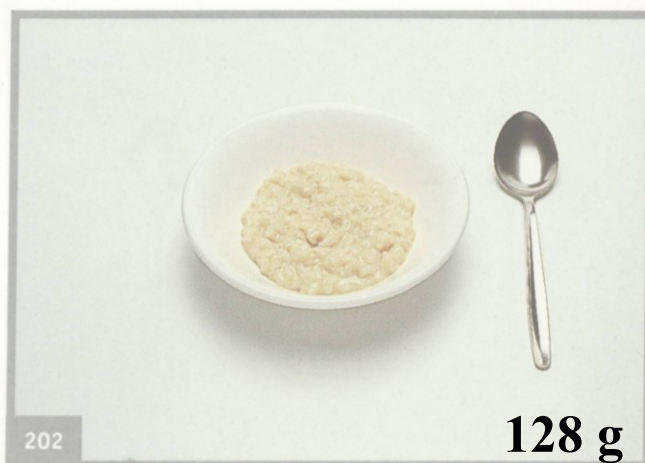
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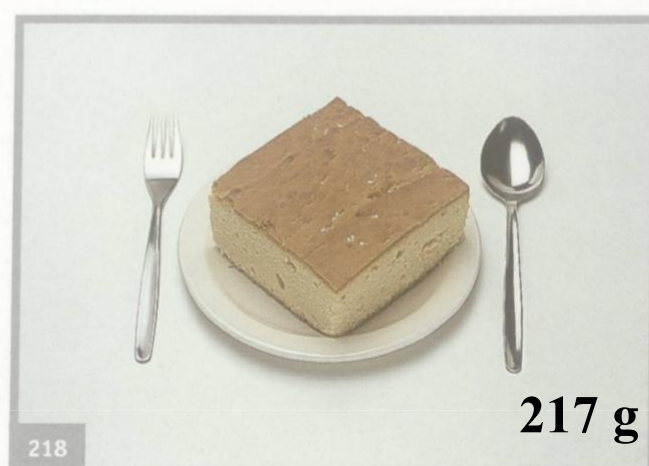
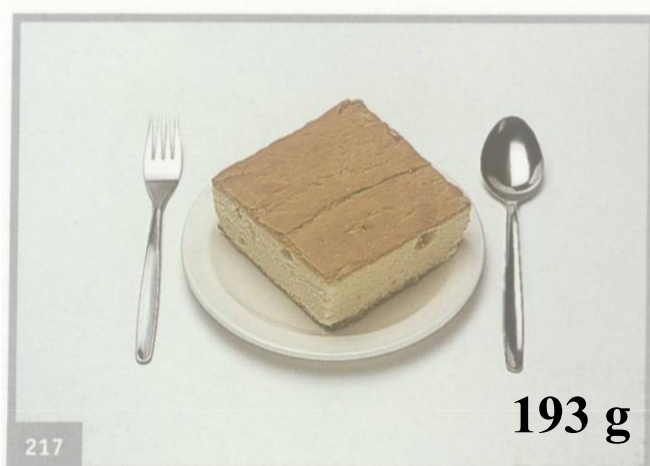
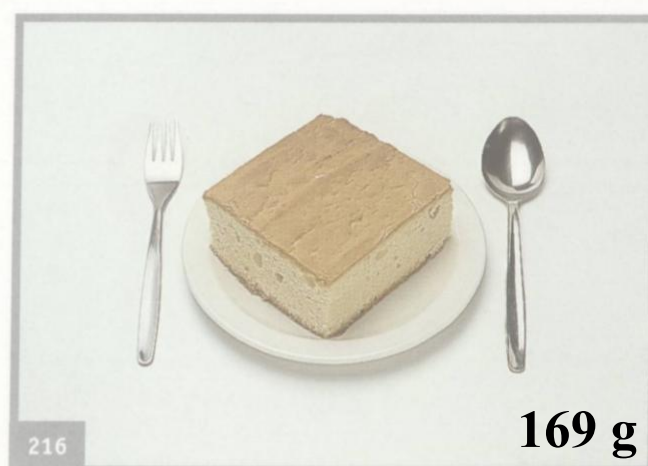
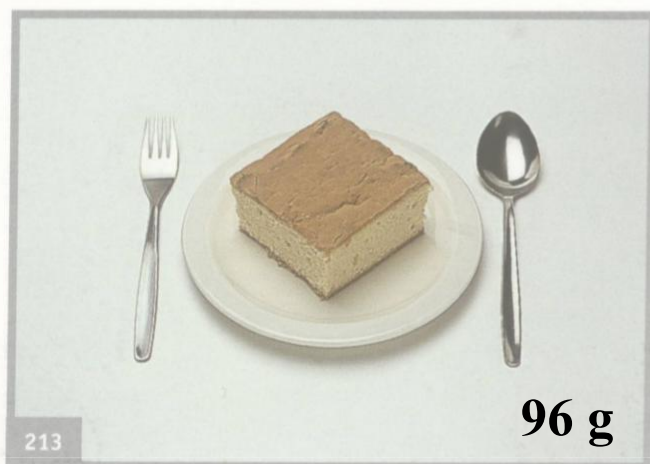
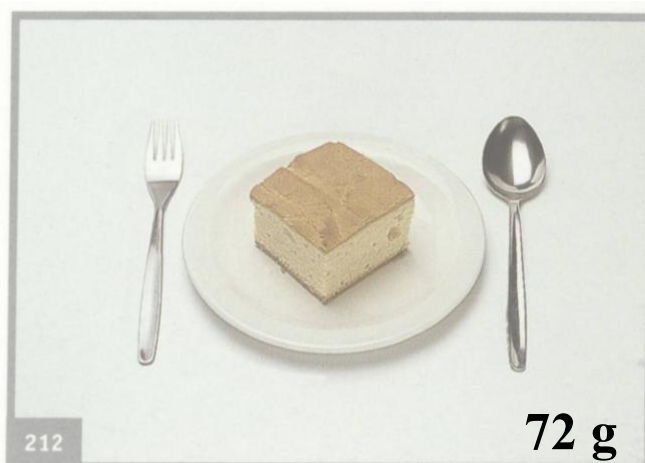
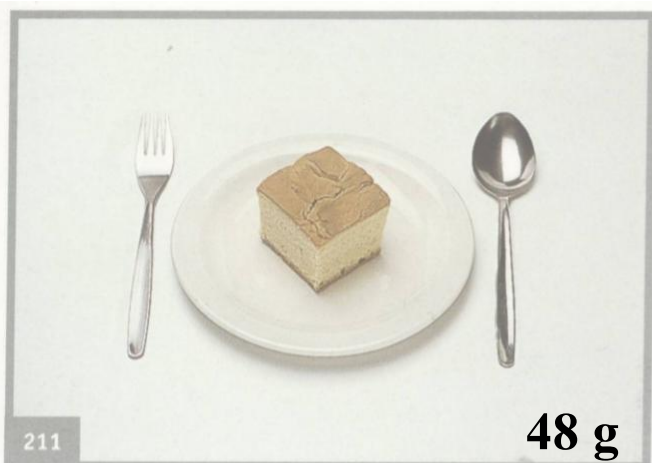
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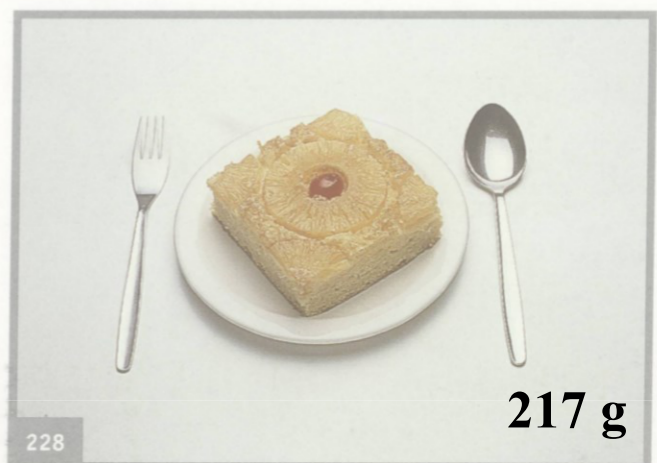
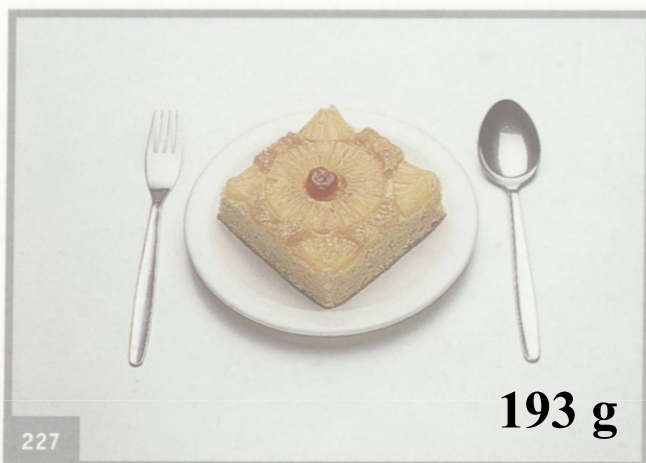
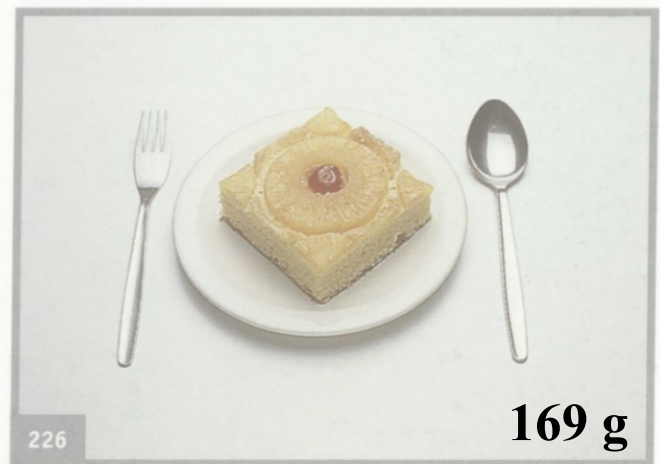
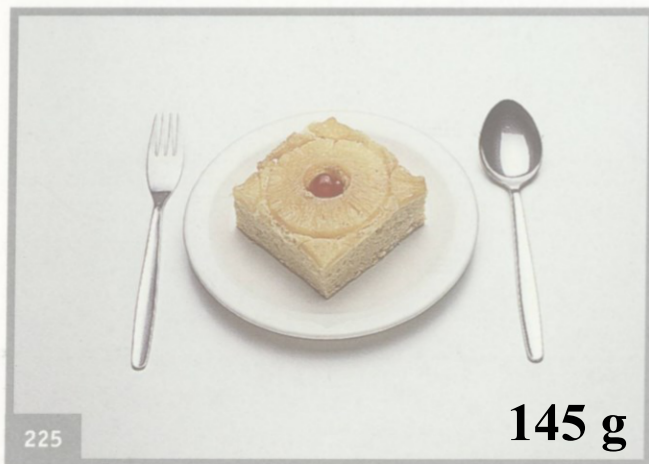
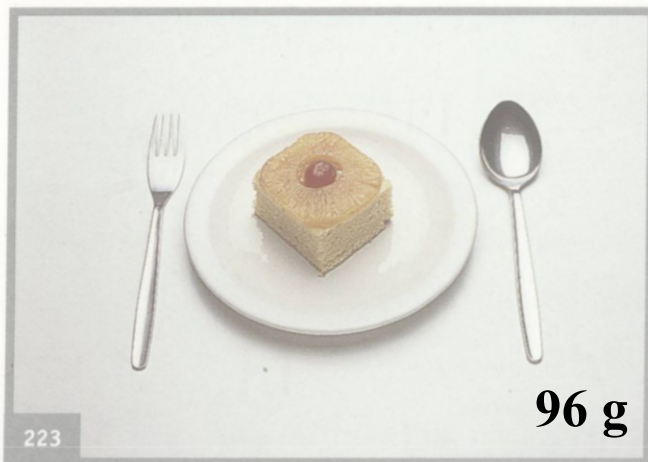
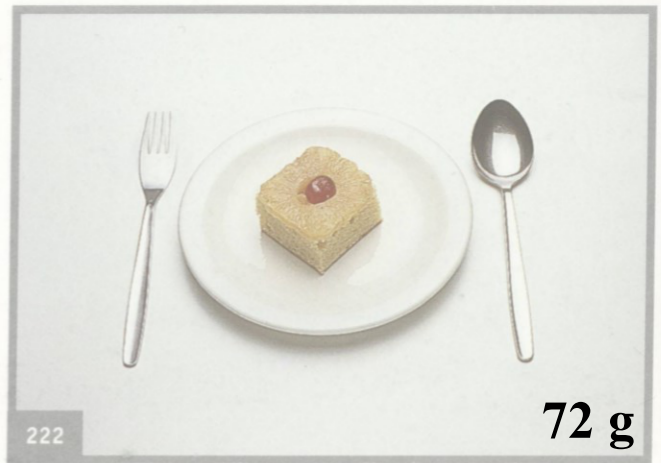
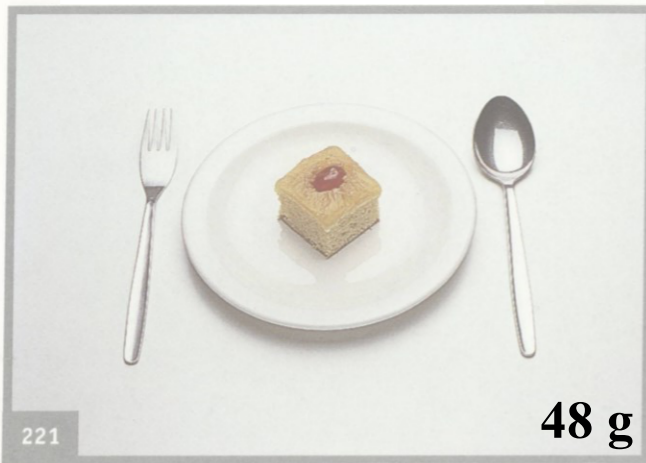
RÝŽOVÝ PUDINK



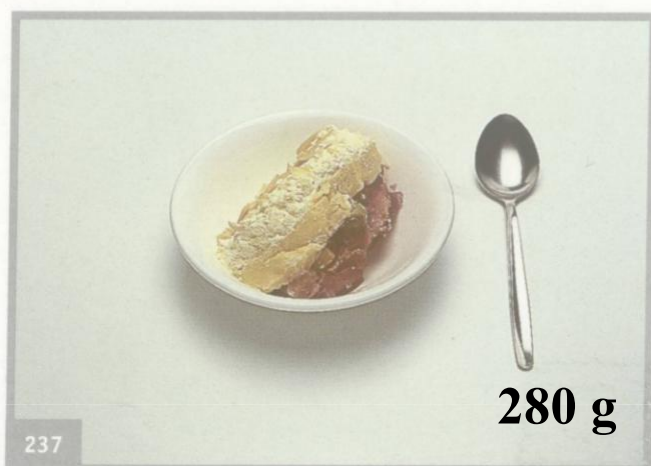
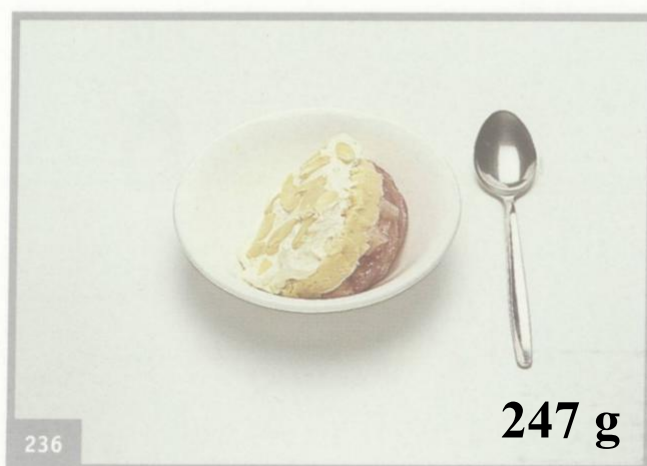
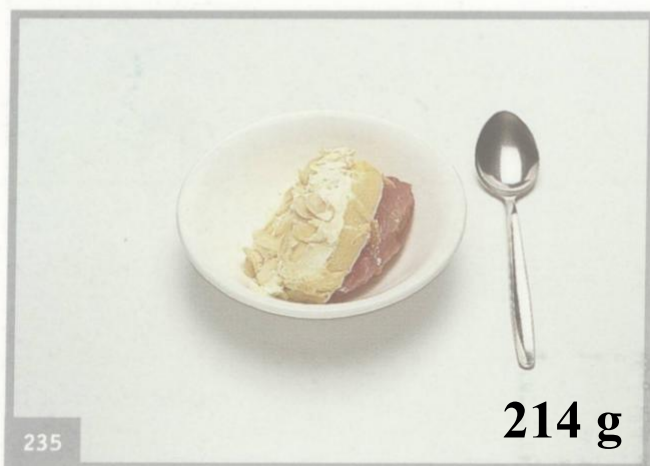
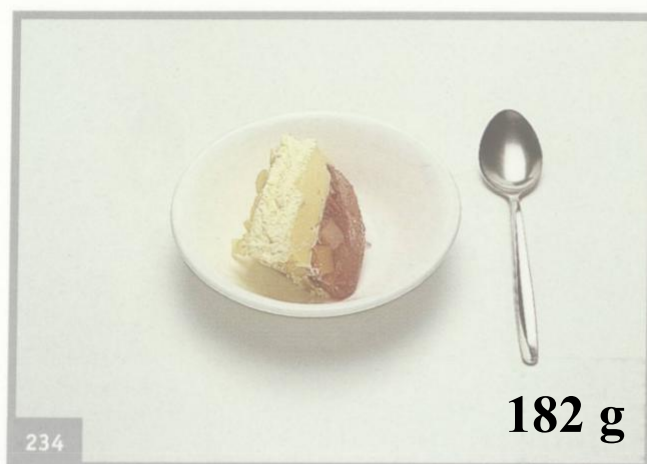
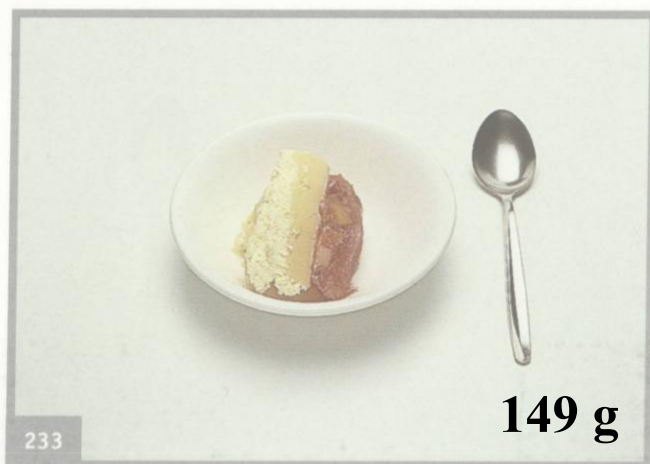
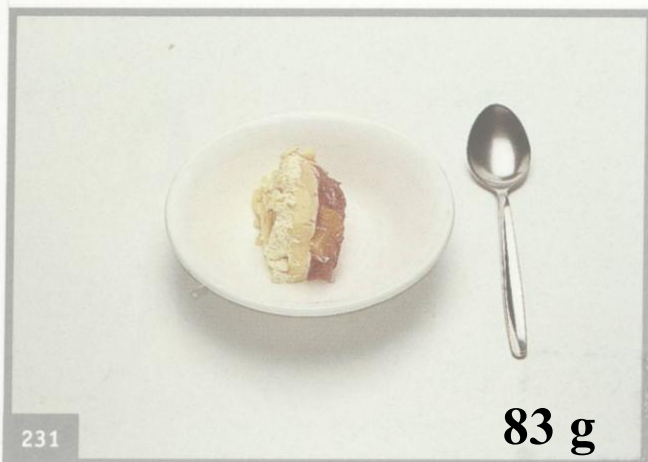
PIŠKOT



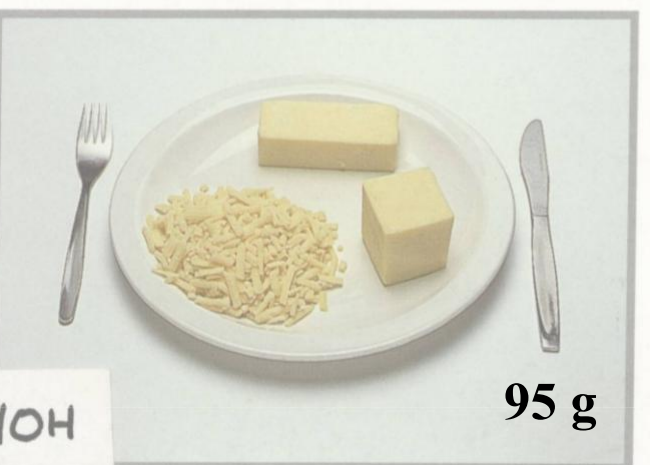
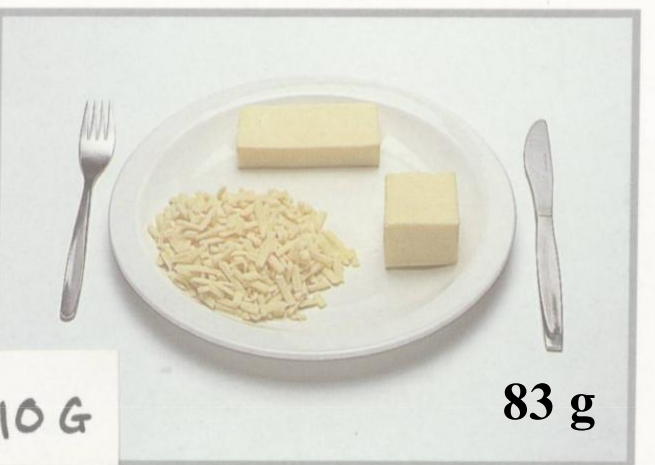
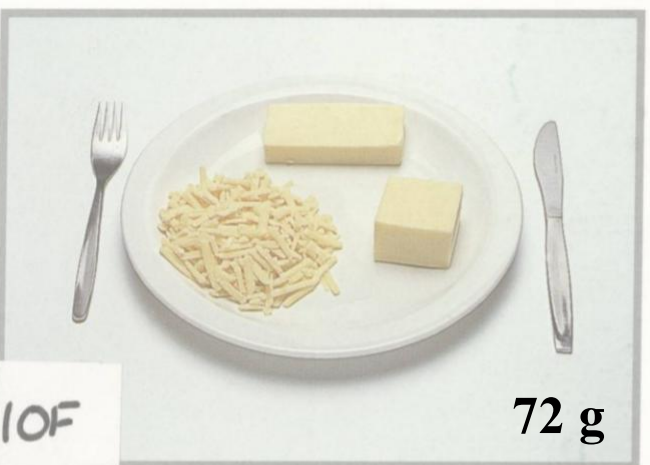
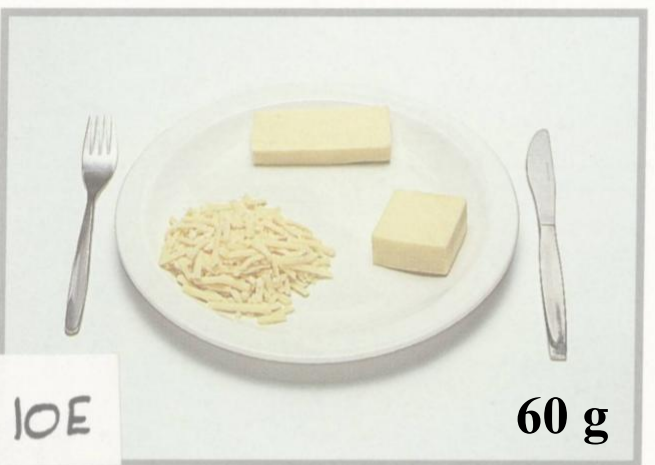
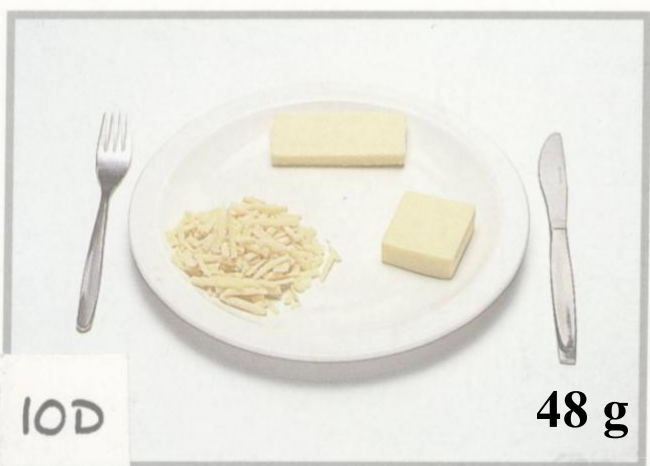
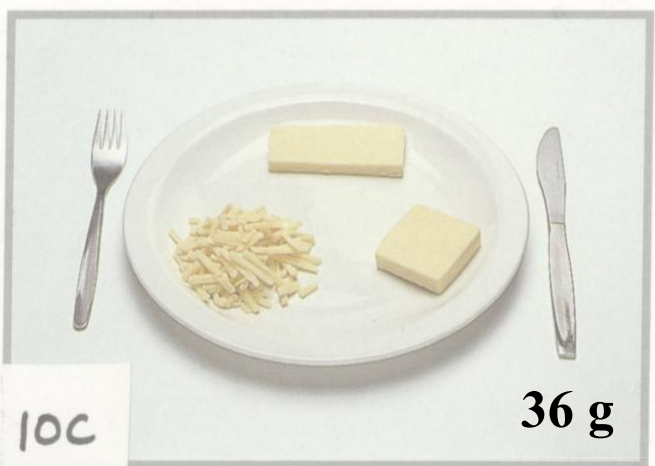
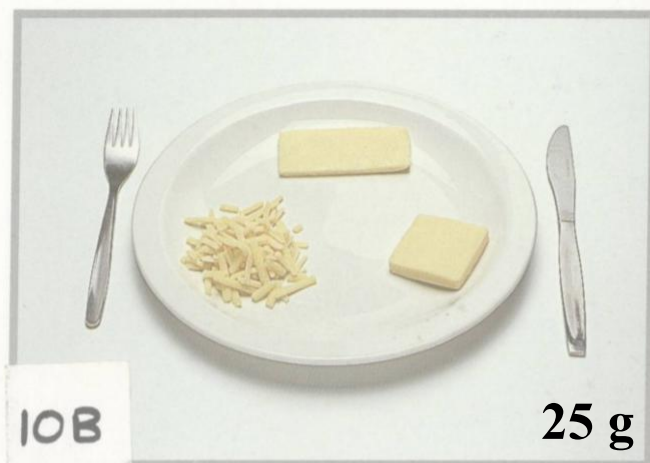
PIŠKOT S OVOCEM



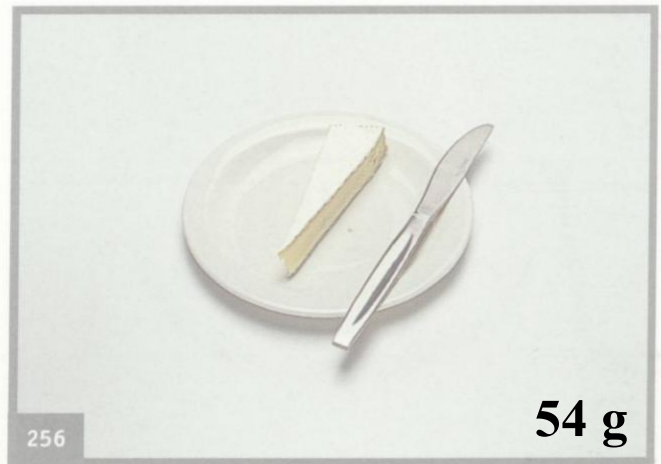
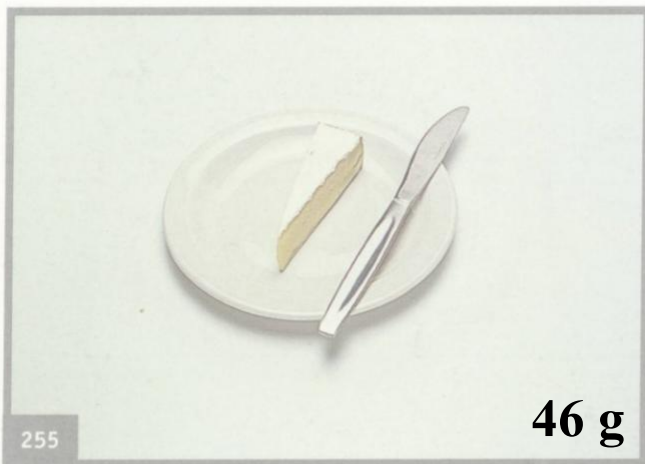
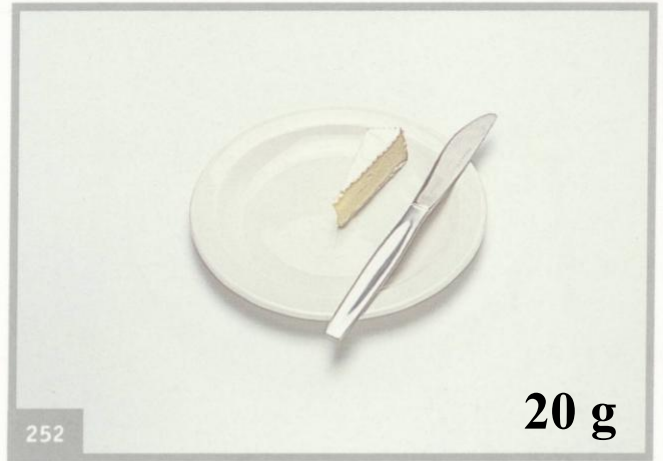
TRIFLE – VRSTVENÝ NEPEČENÝ MOUČNÍK



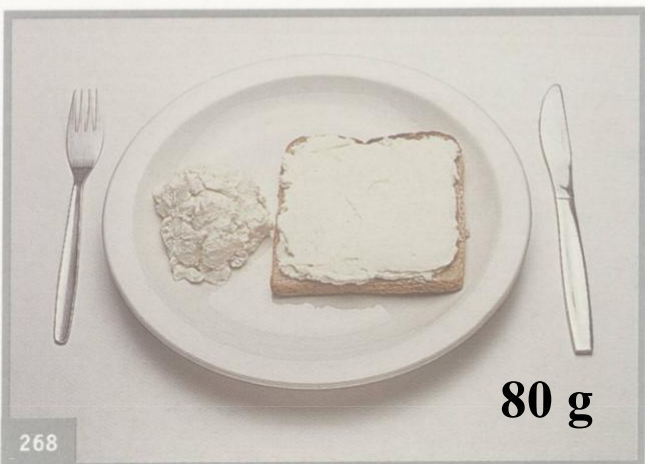
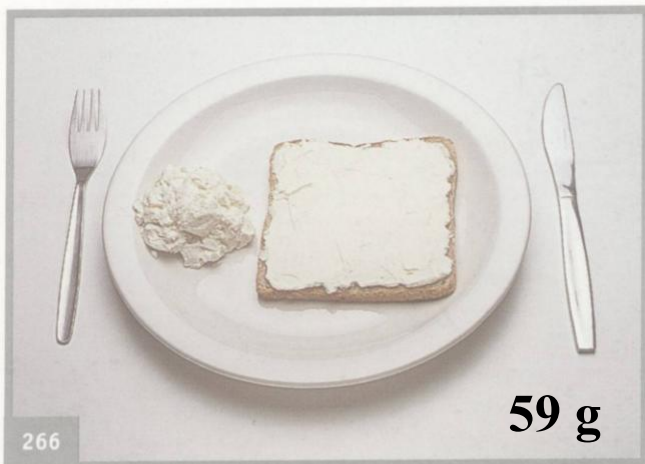
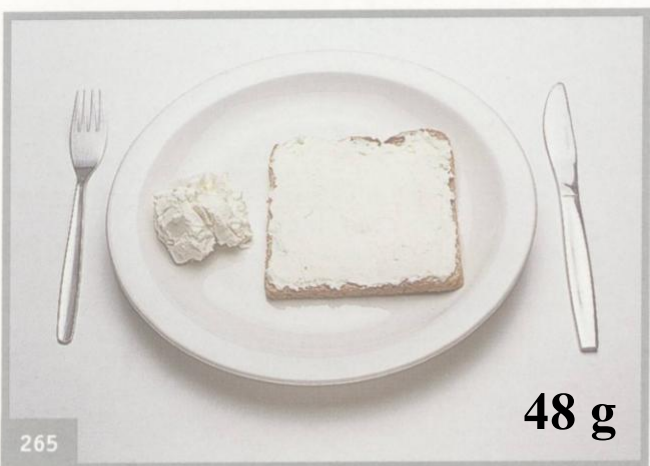
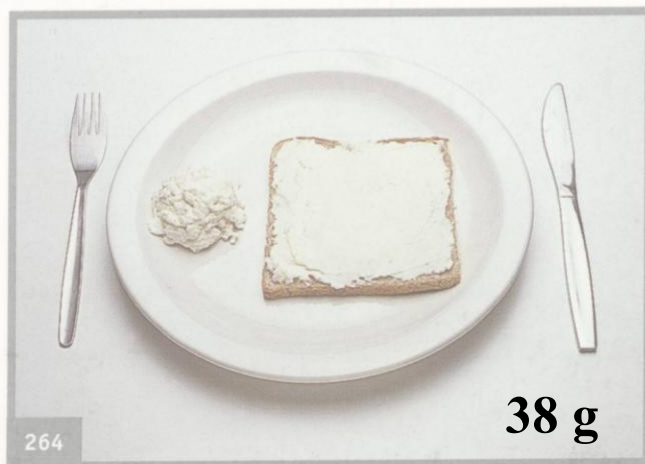
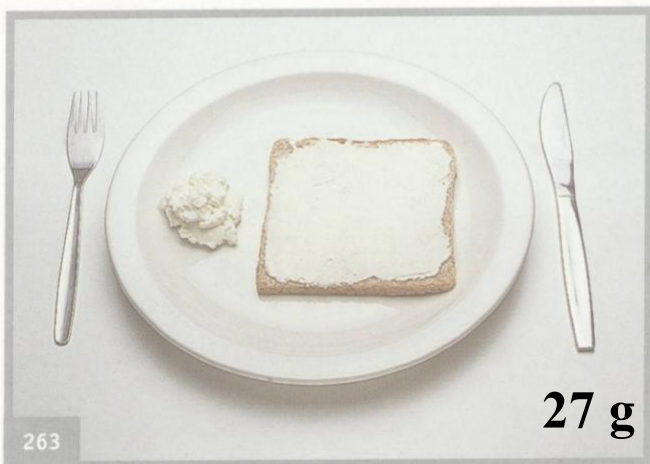
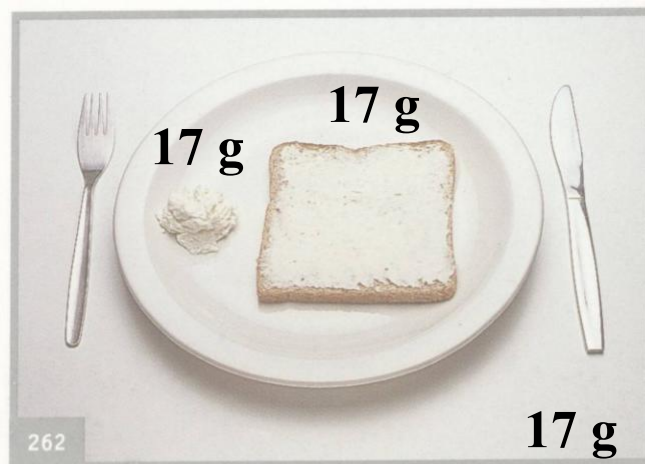
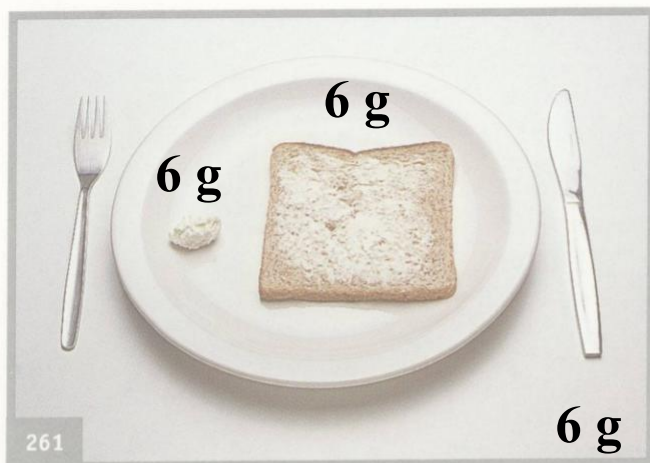
CHEDDAR SÝR



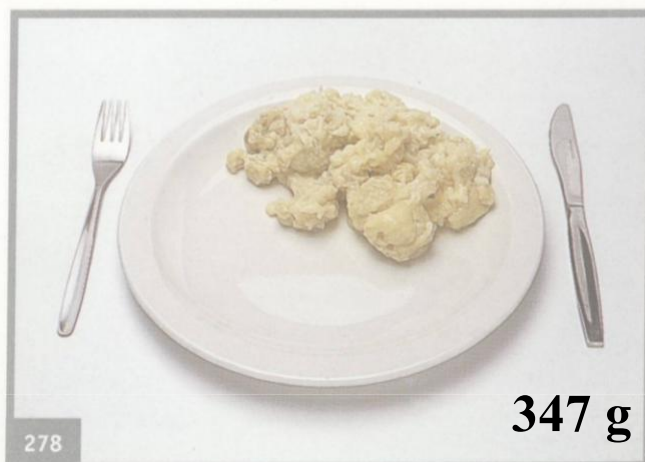
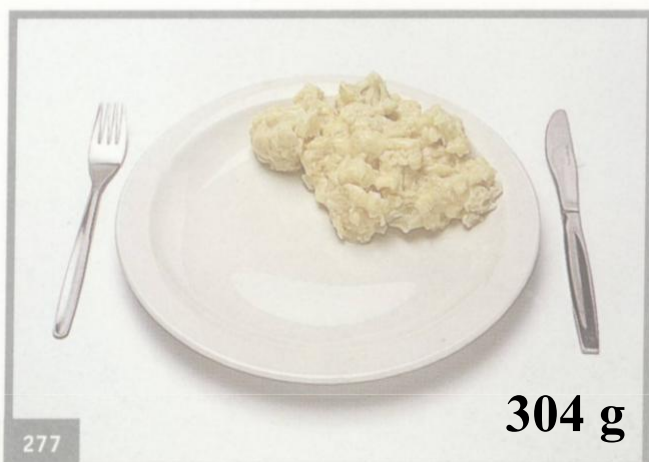
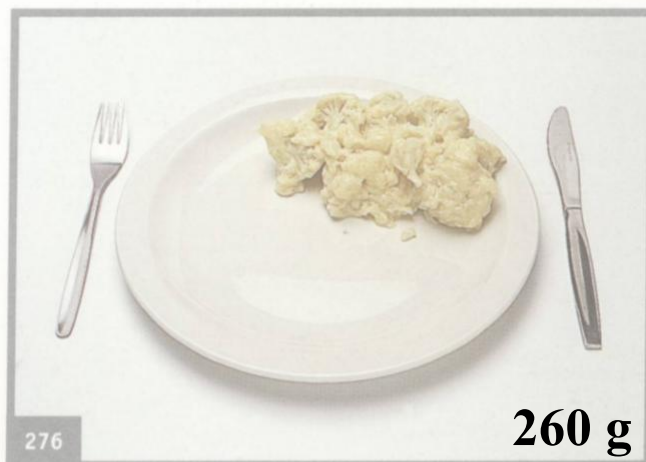
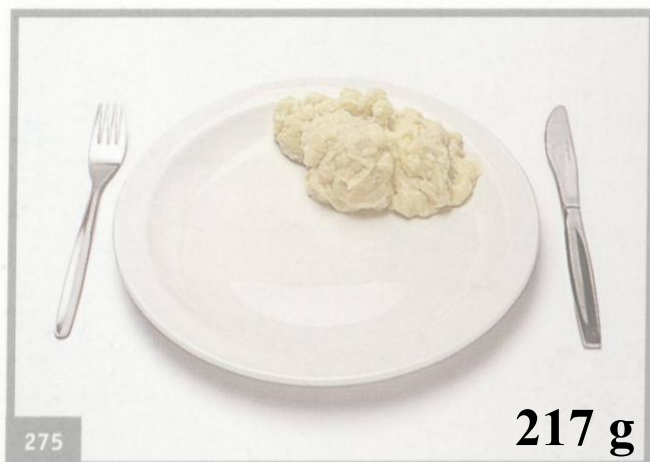
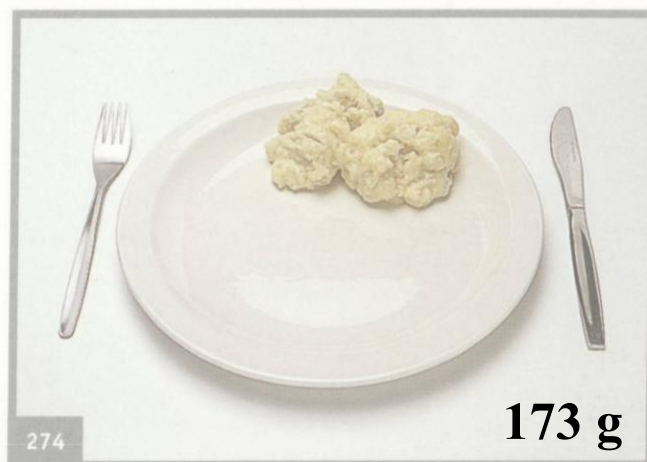
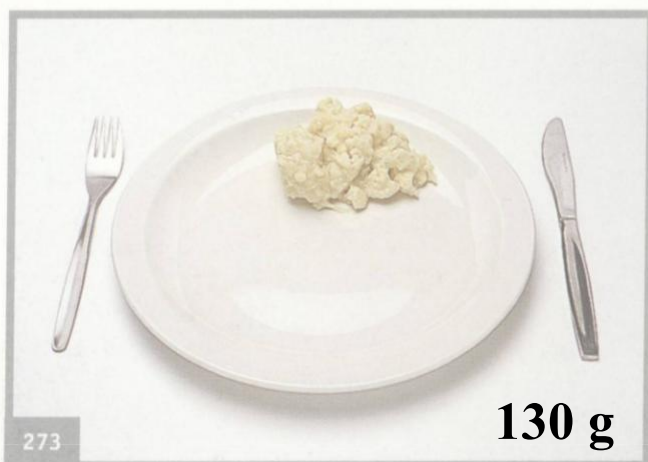
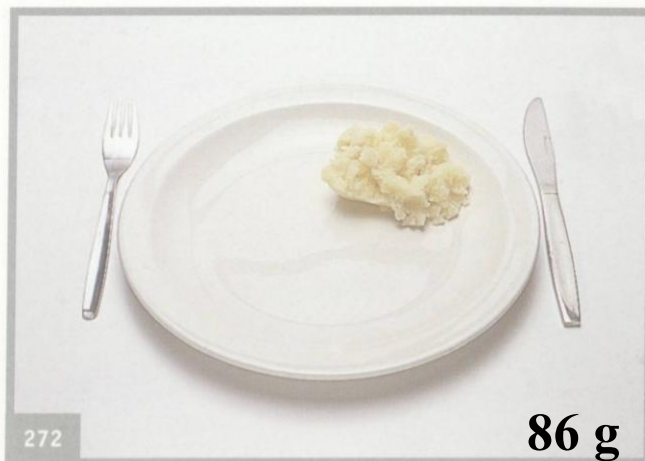
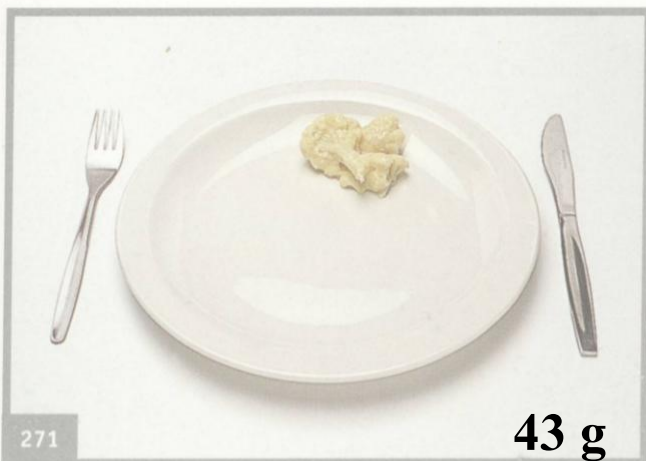
BRIE



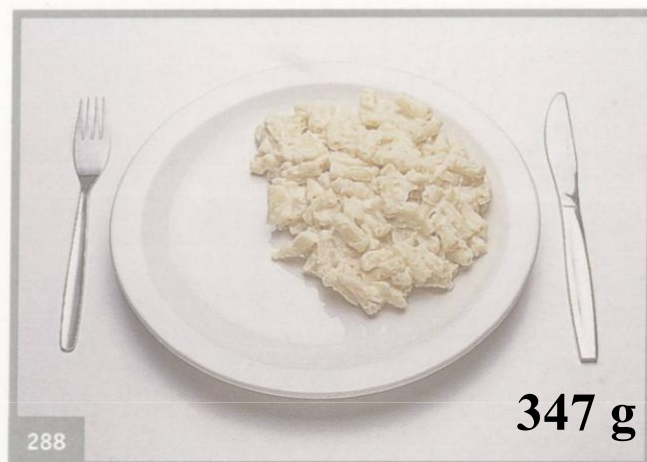
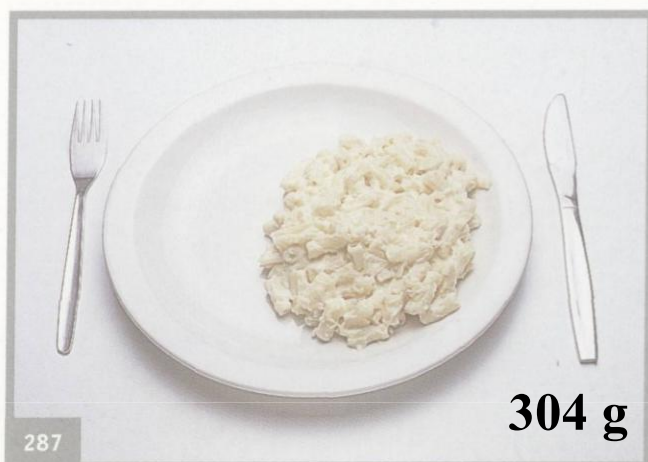
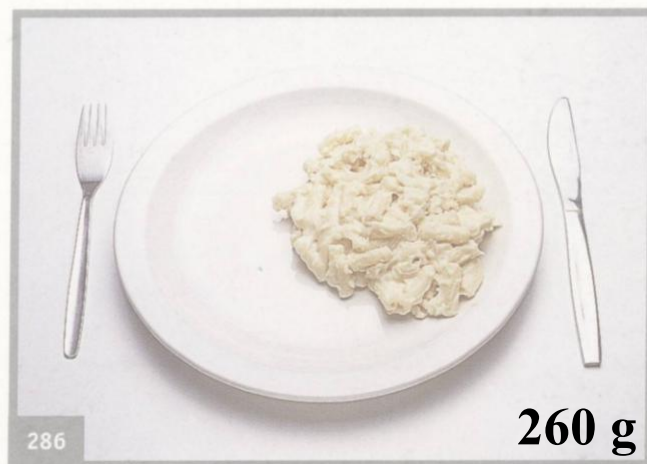
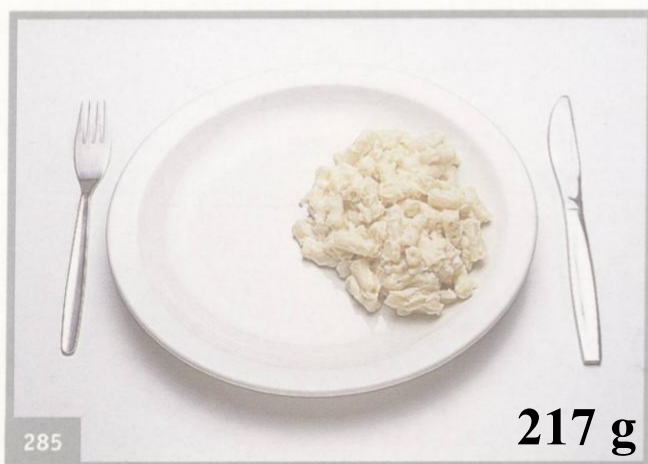
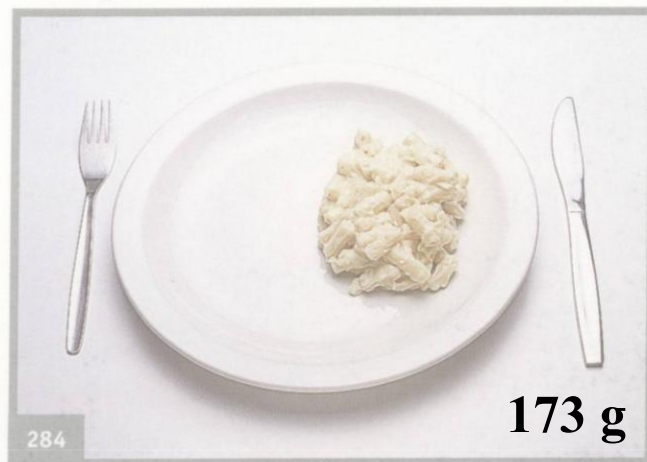
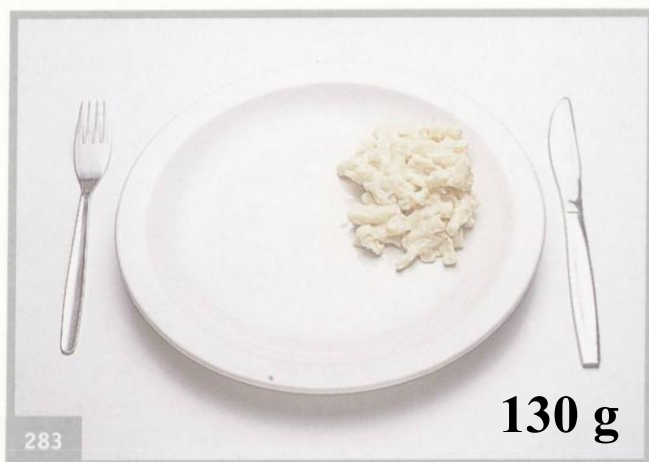
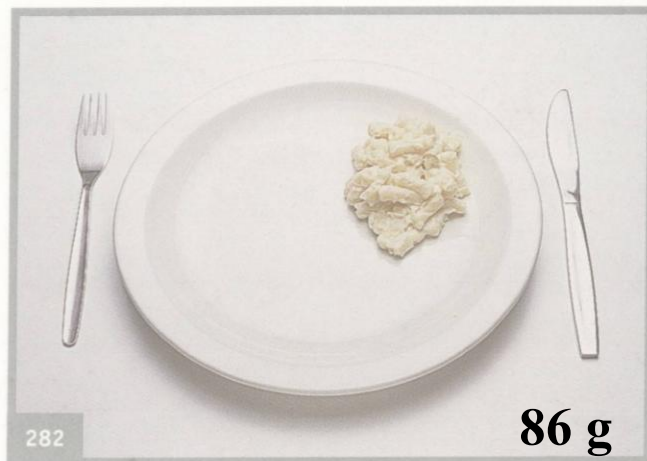
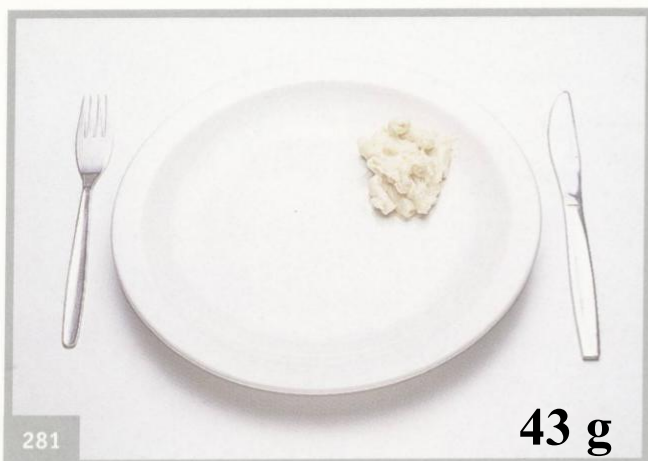
ČERSTVÝ KRÉMOVÝ SÝR (ŽERVÉ)



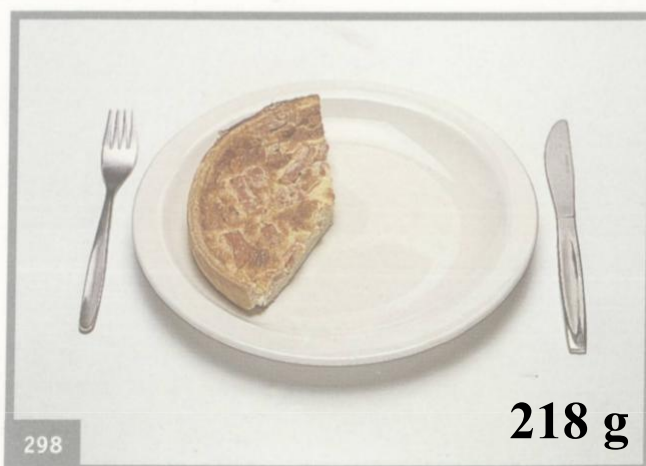
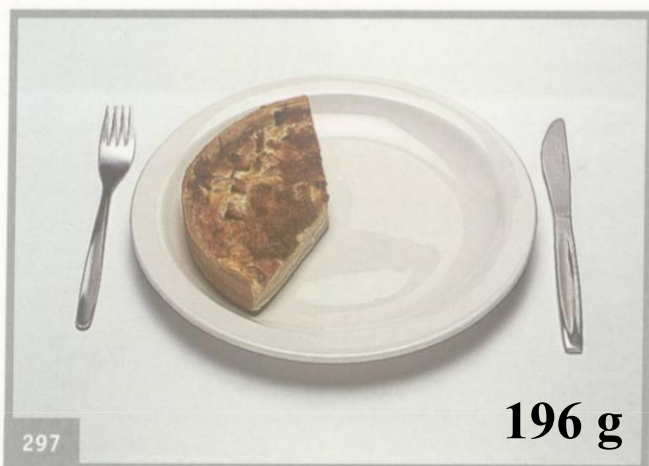
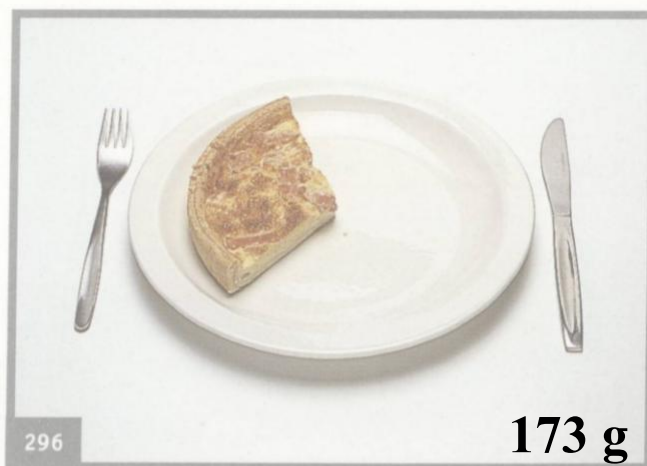
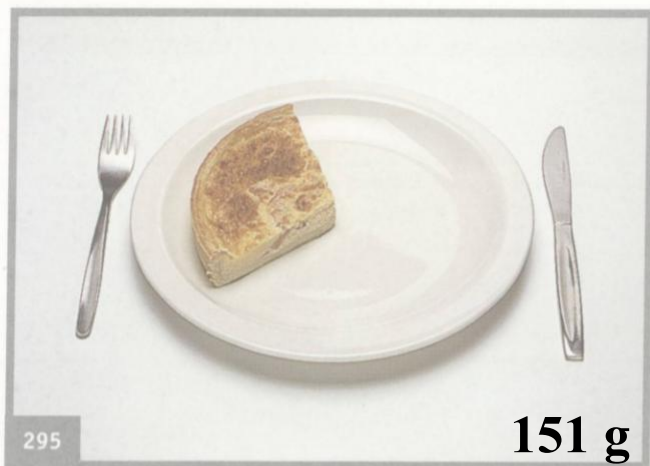
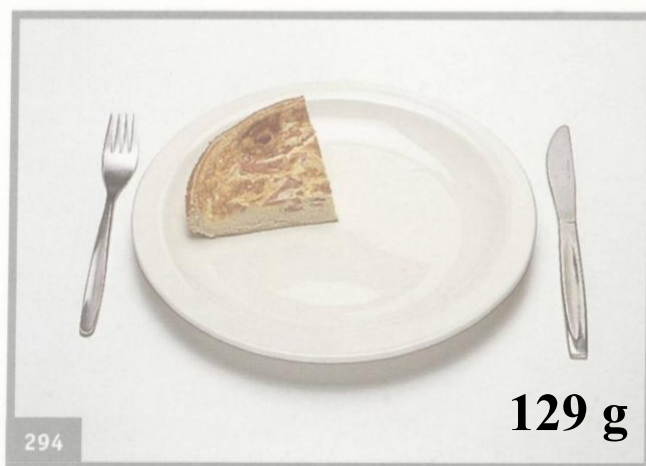
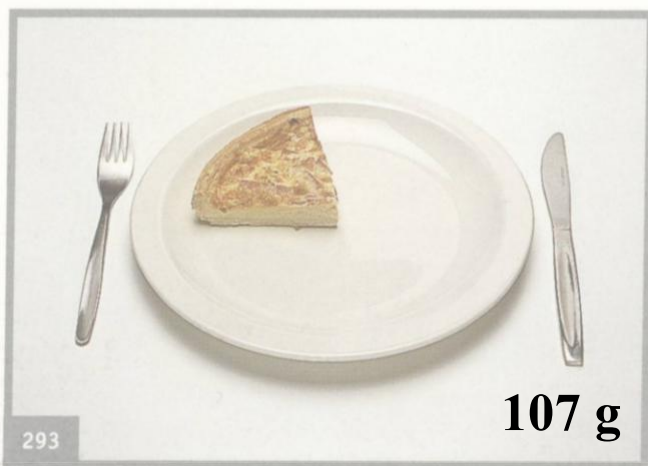
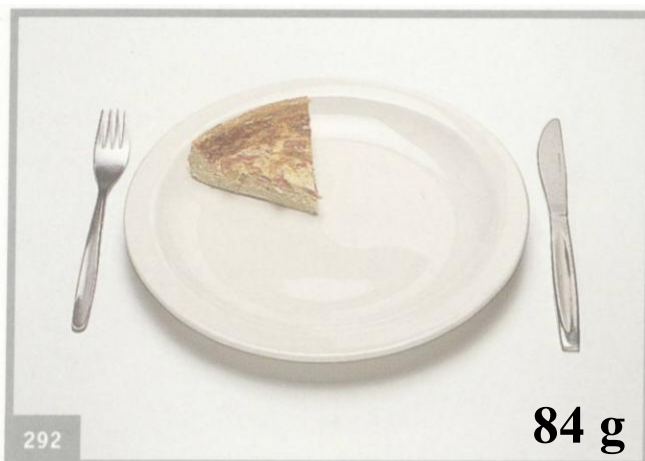
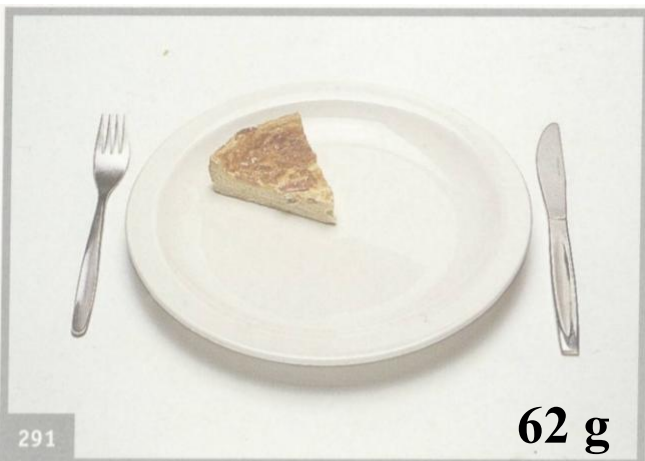
ZAPEČENÝ KVĚTÁK SE SÝREM



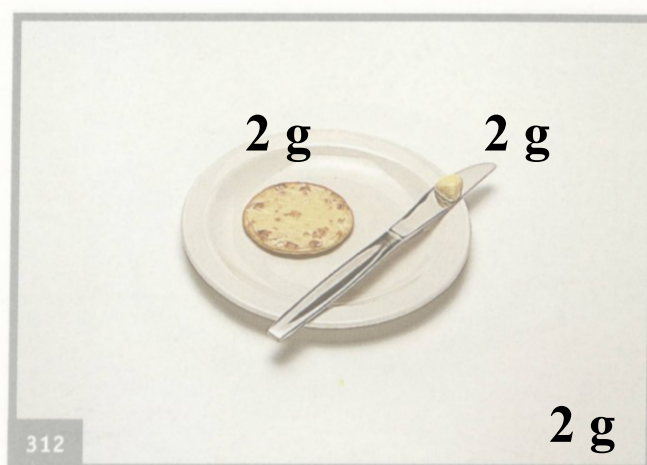
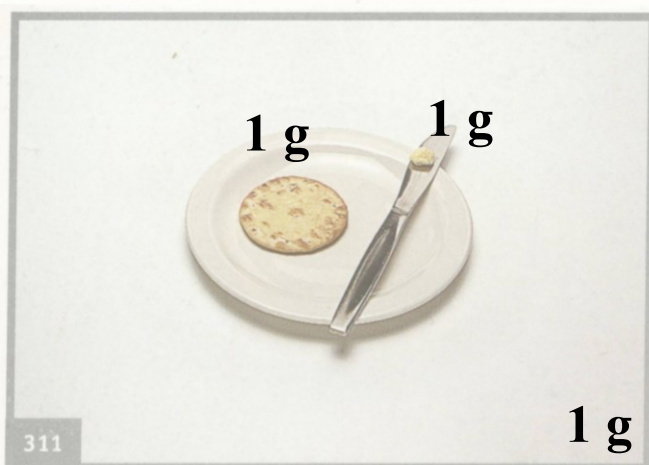
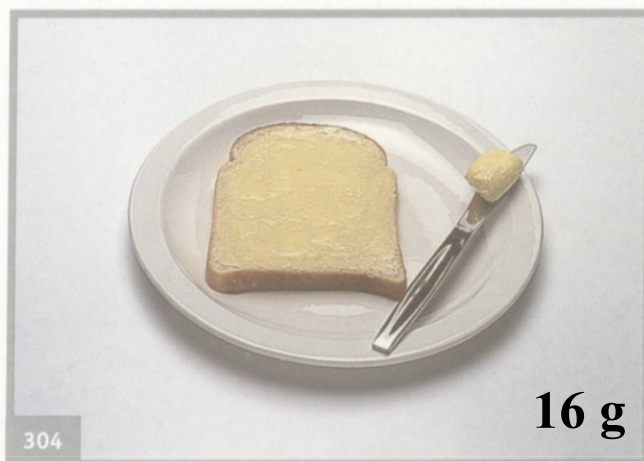
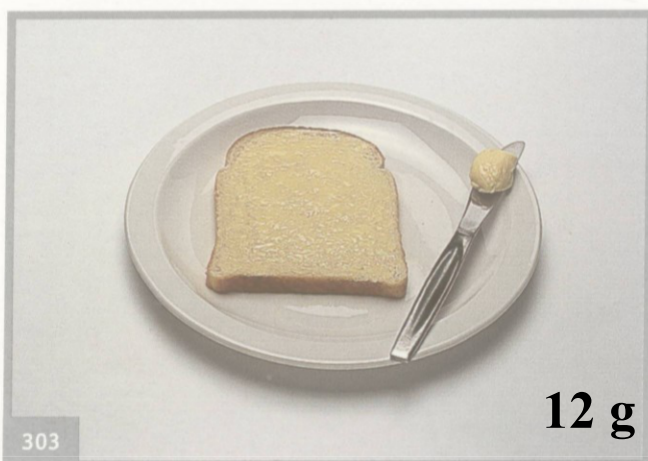
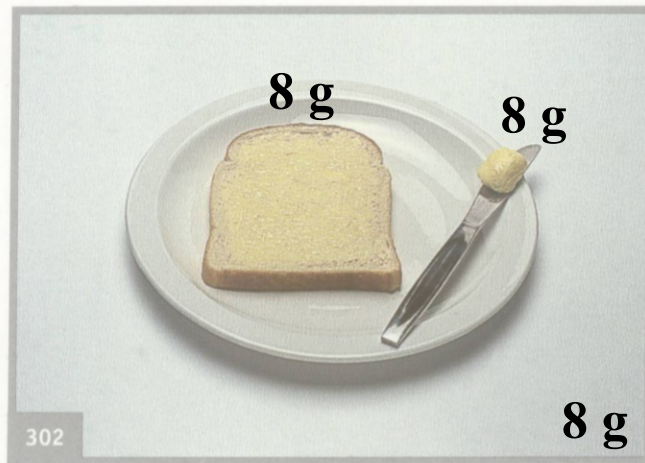
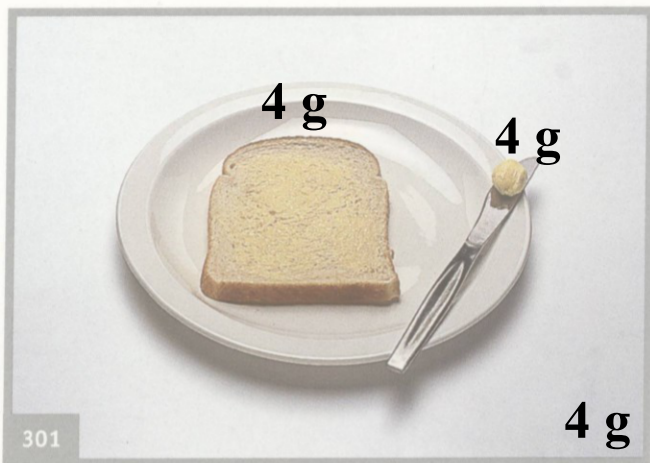
MAKARONY SE SÝREM



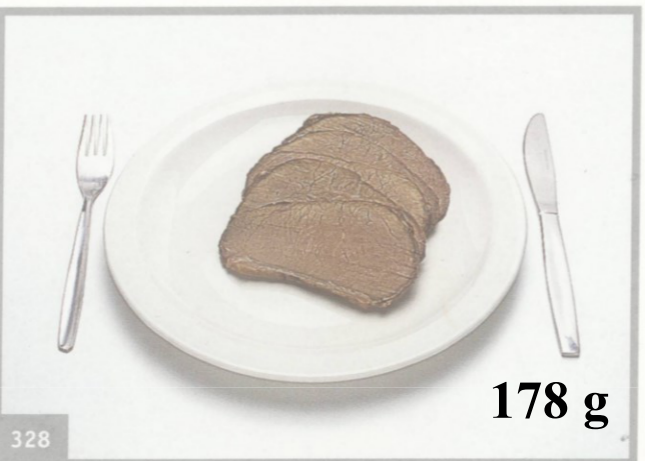
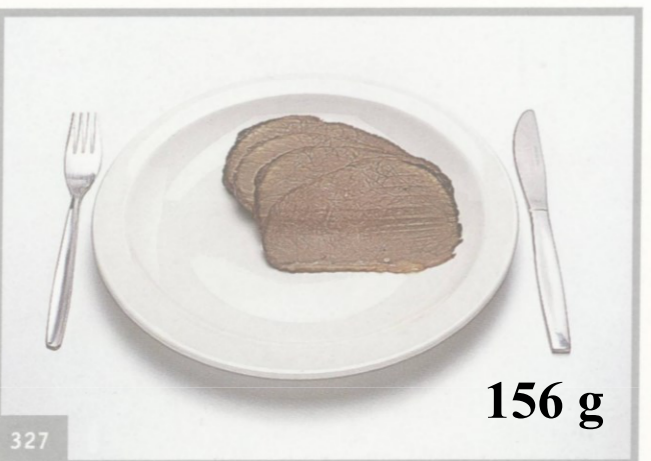
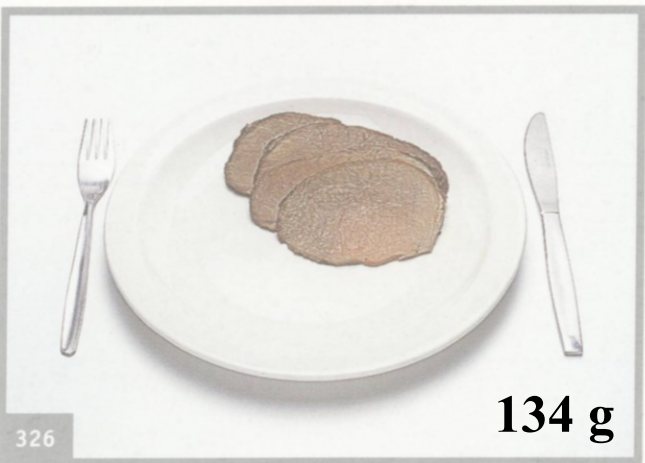
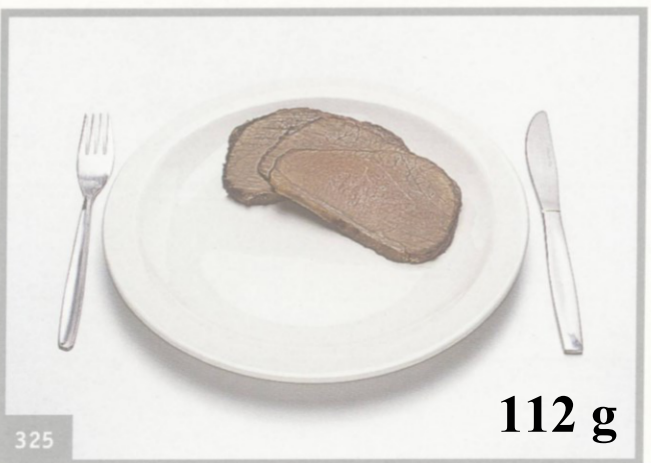
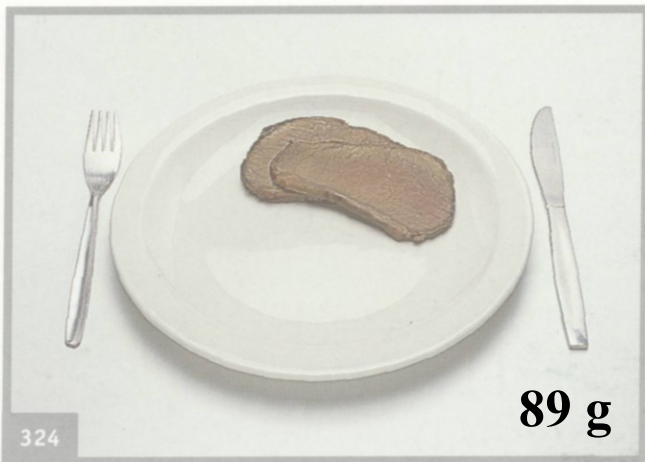
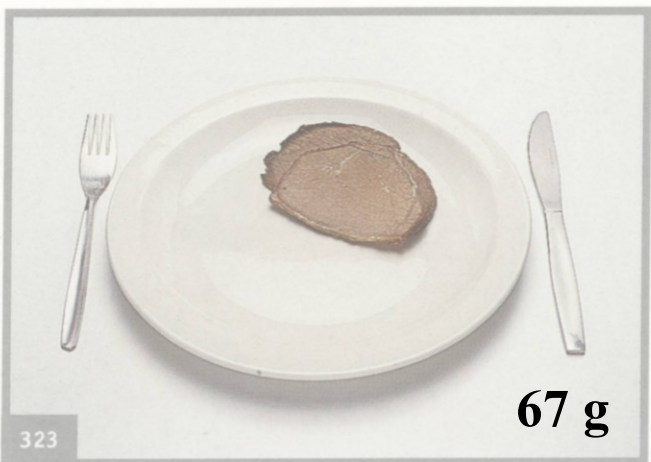
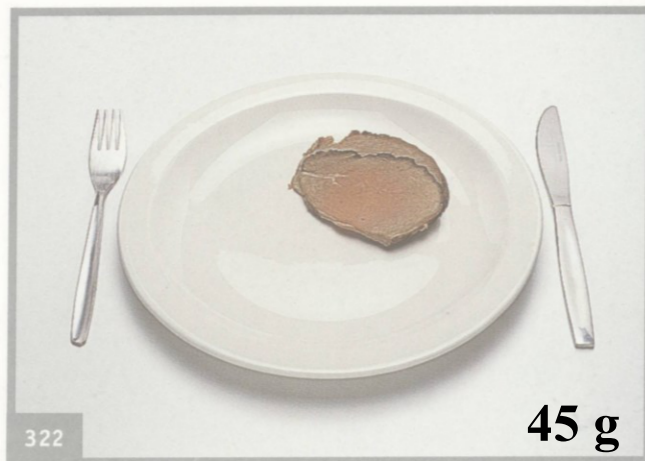
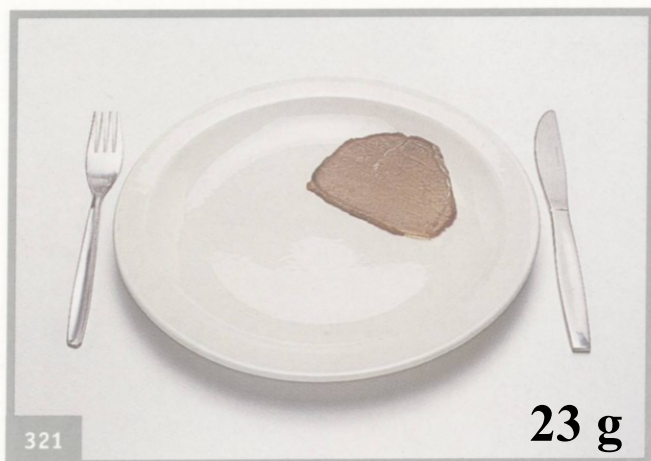
QUICHE (KIŠ)



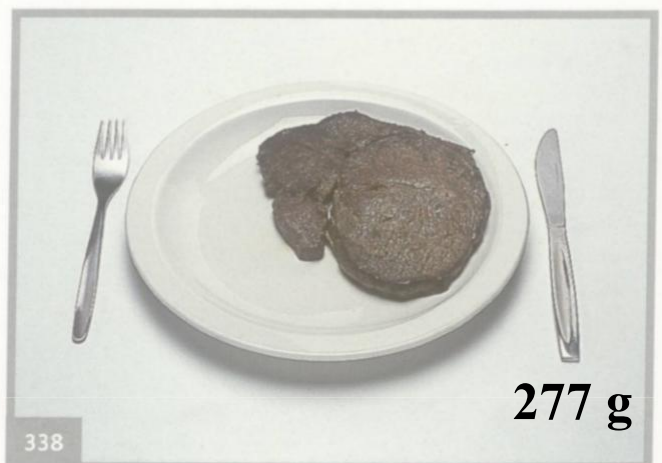
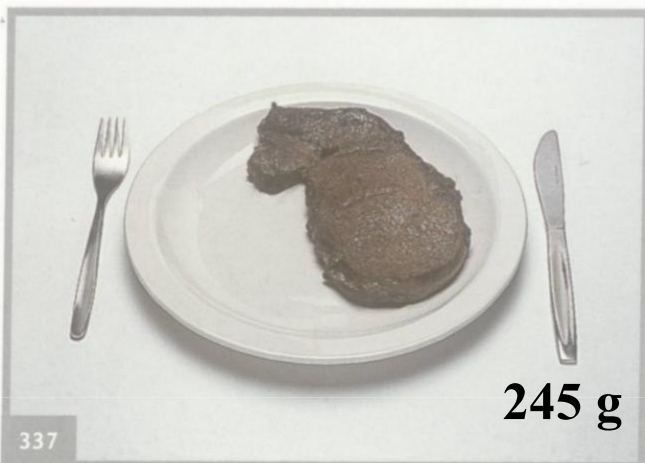
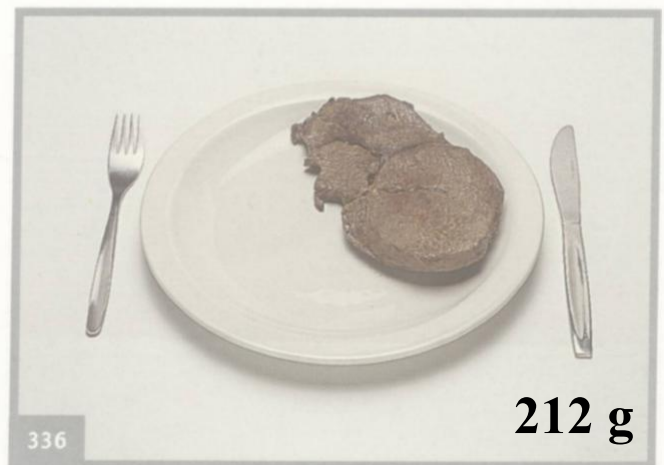
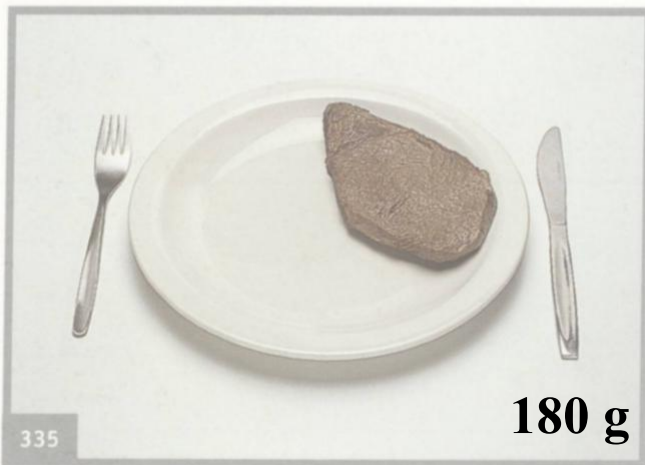
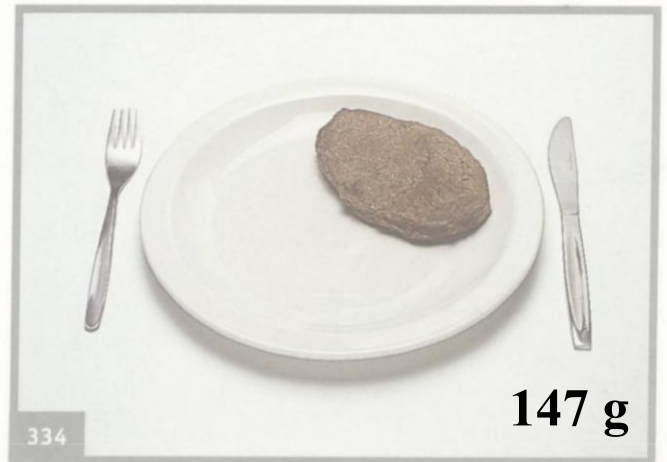
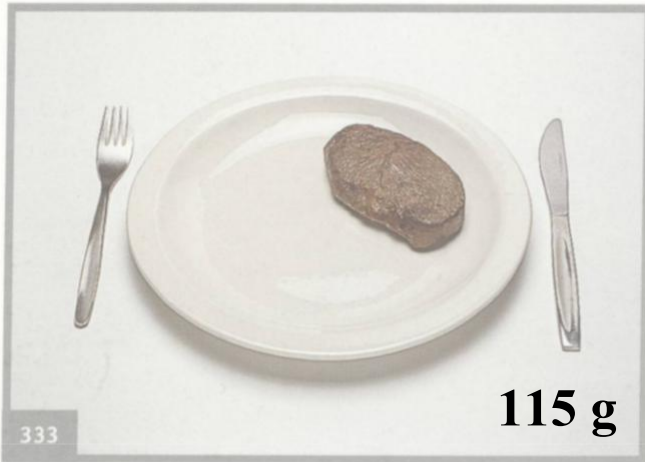
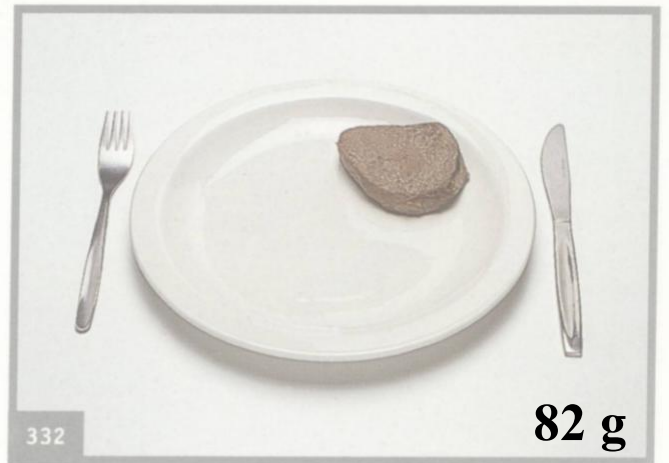
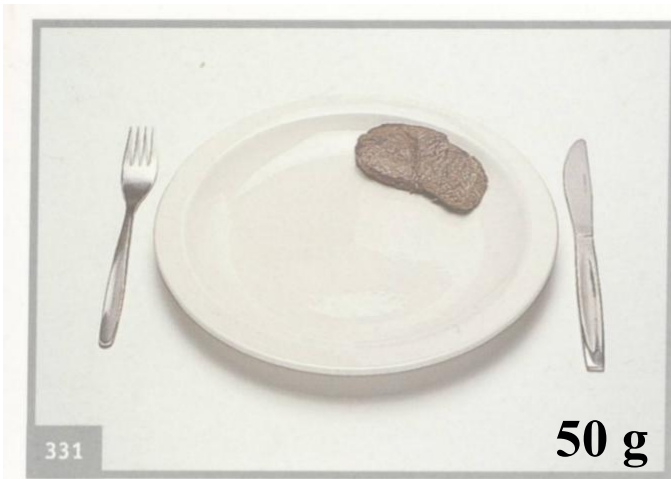
MÁSLO NAMAZANÉ NA CHLÉB/NA KREKRY



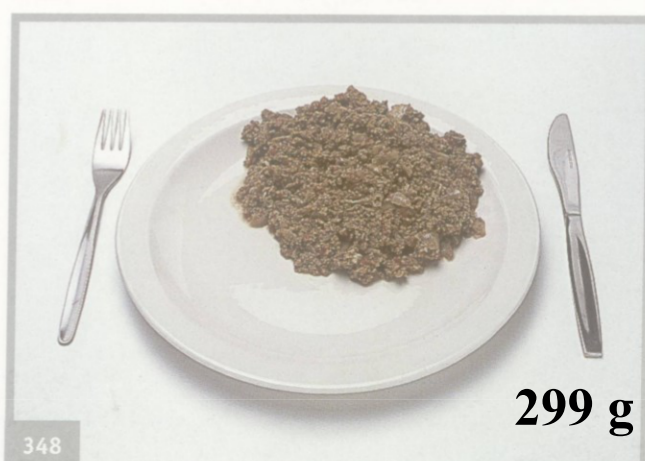
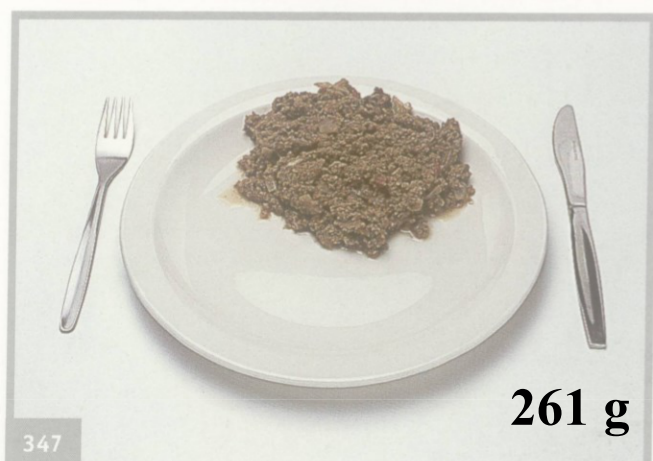
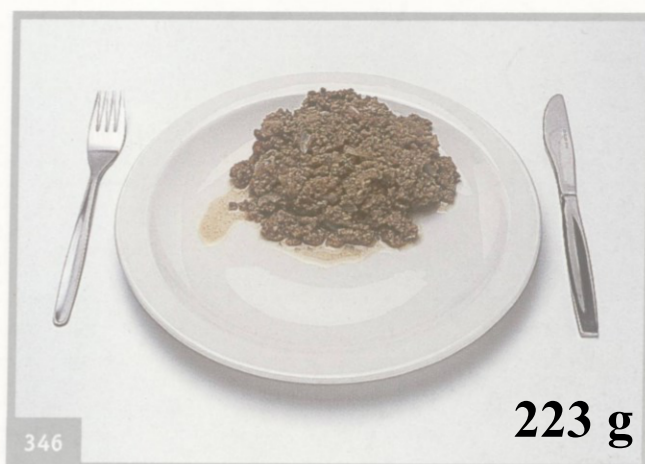
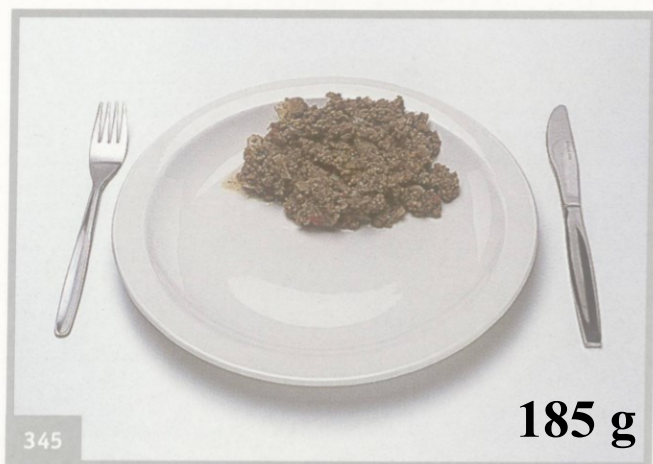
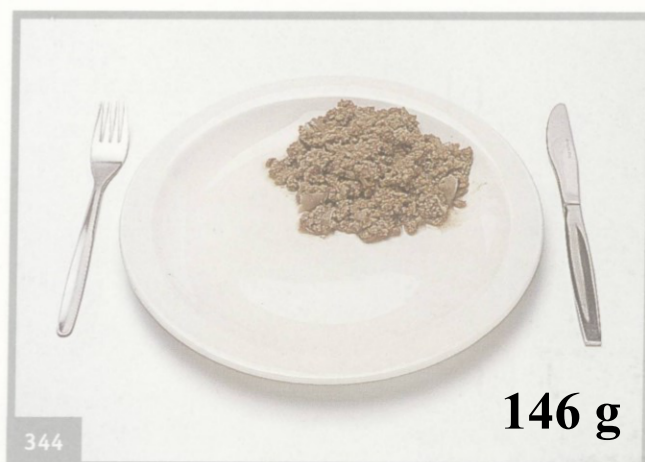
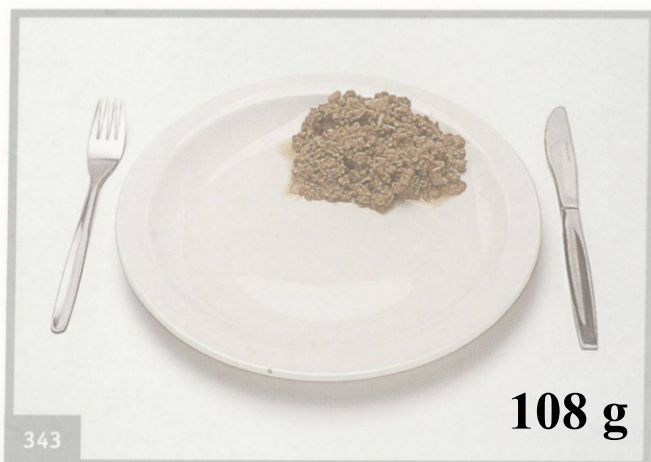
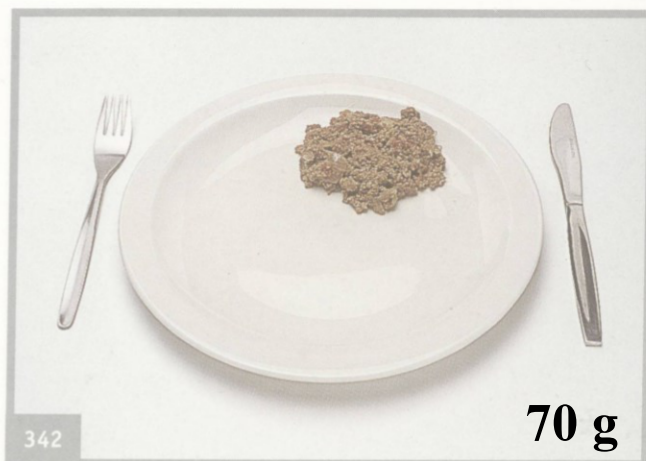
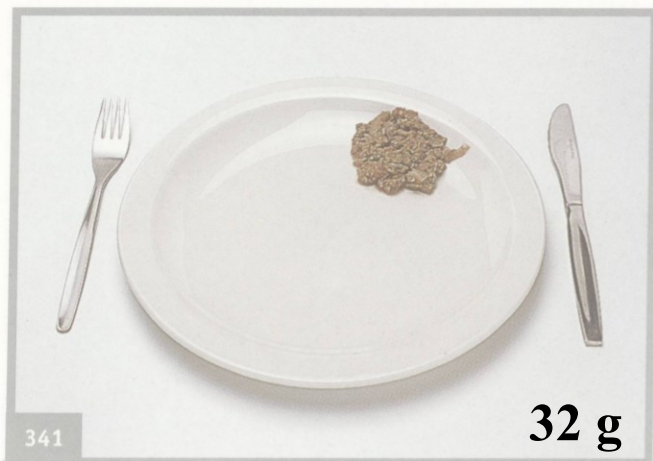
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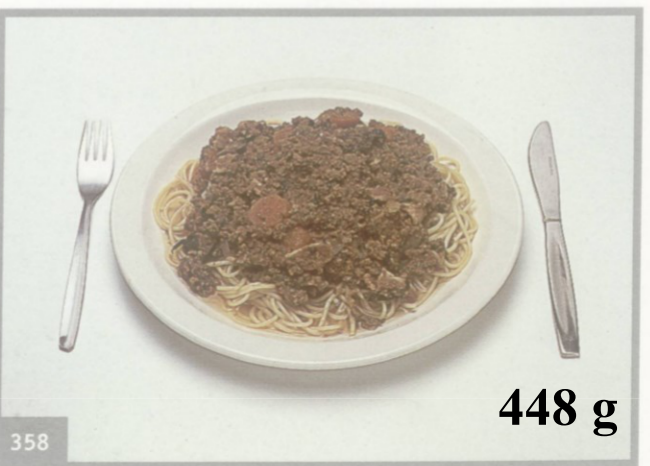
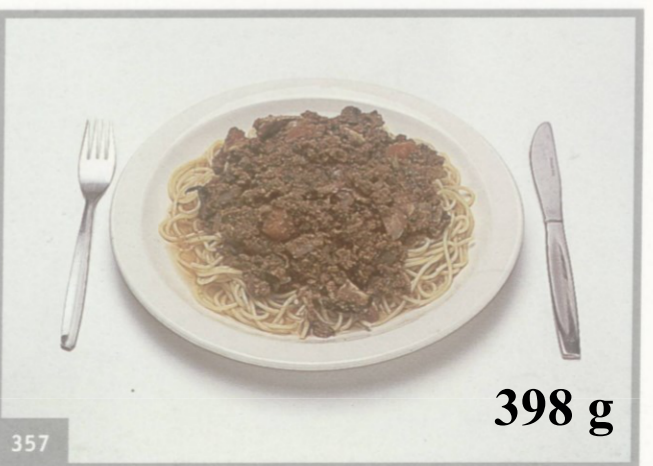
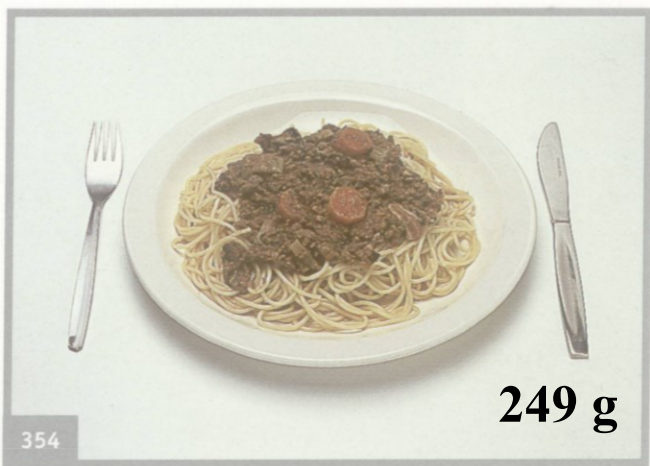
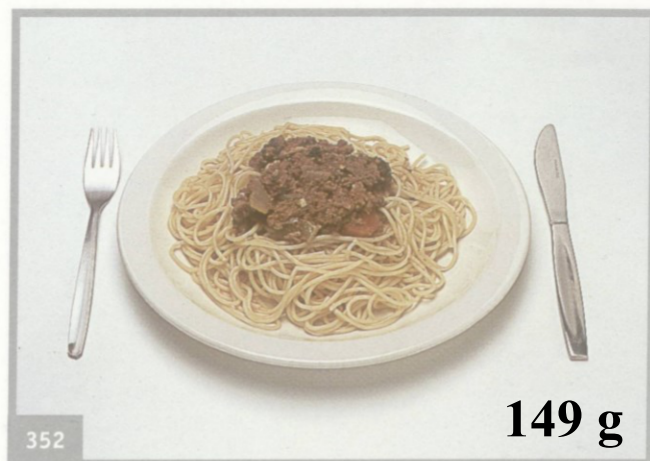
STEAK



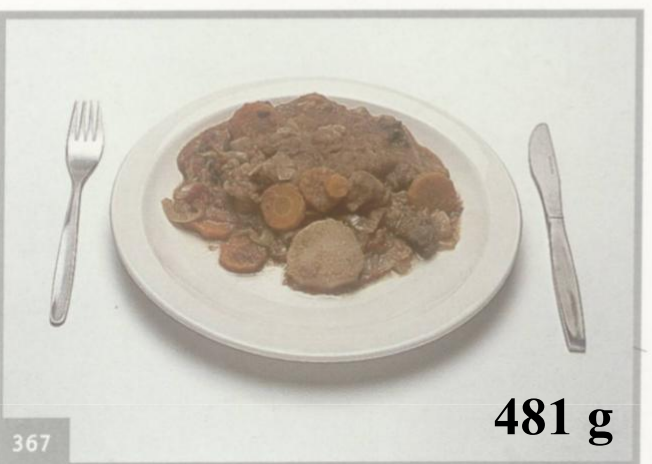
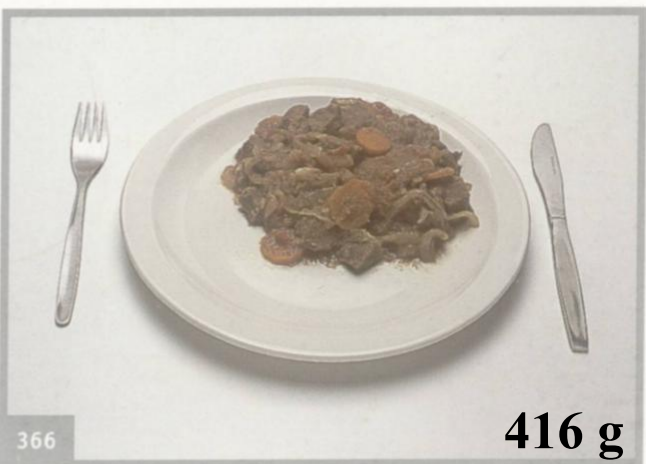
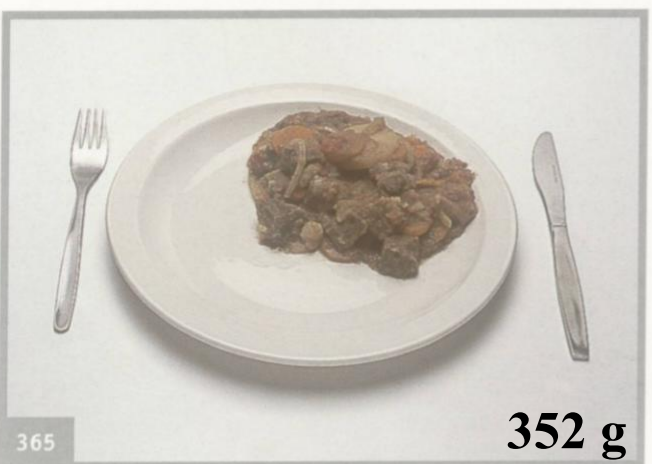
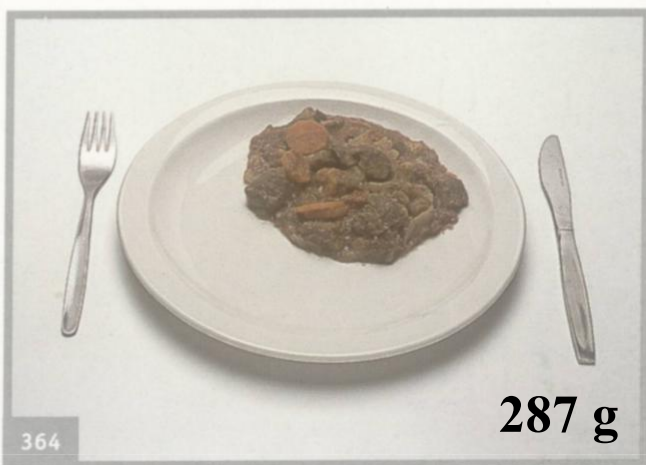
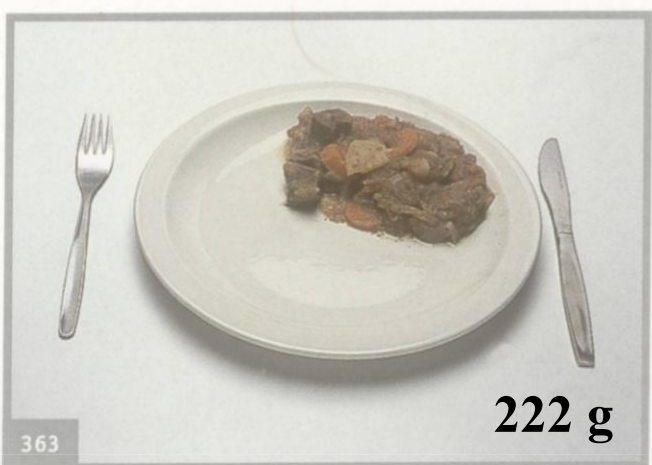
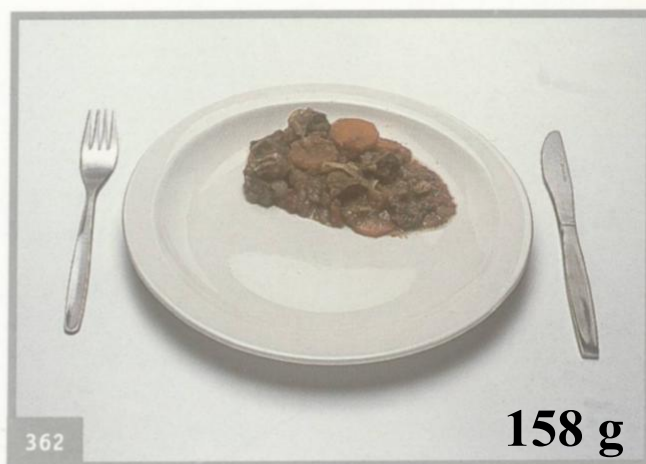
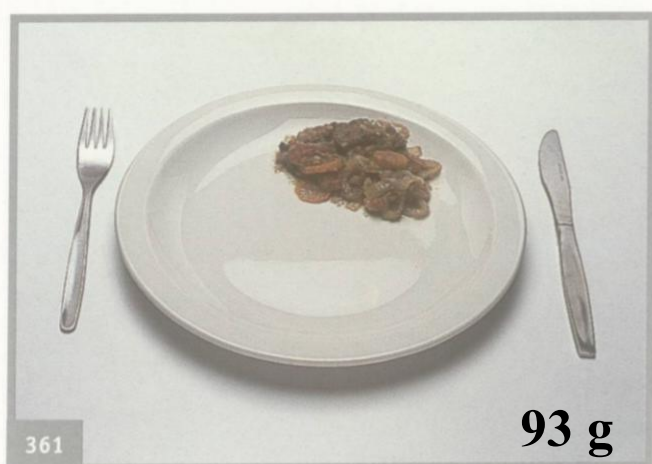
MLETÉ MASO



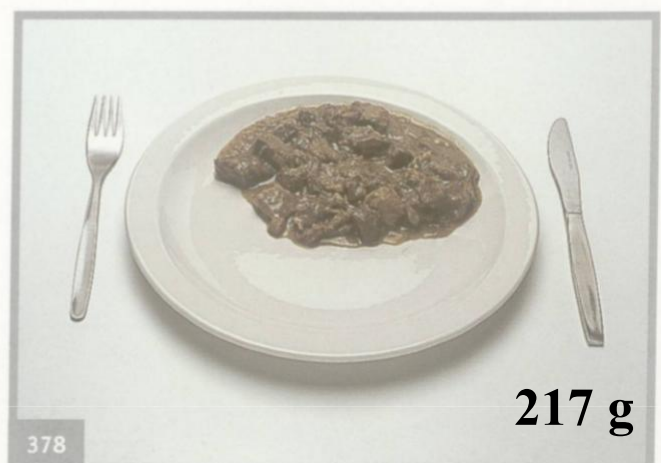
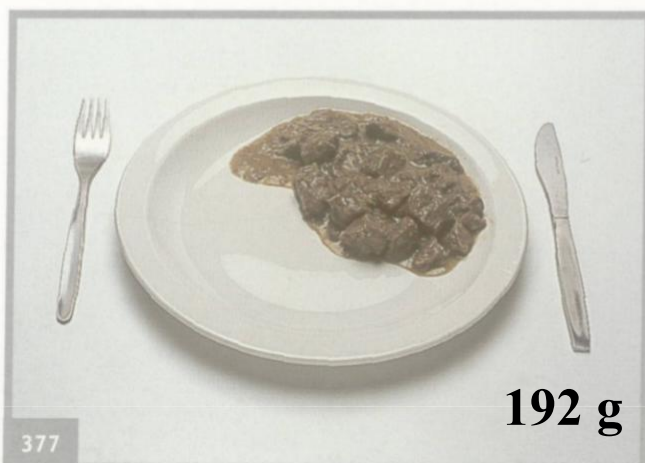
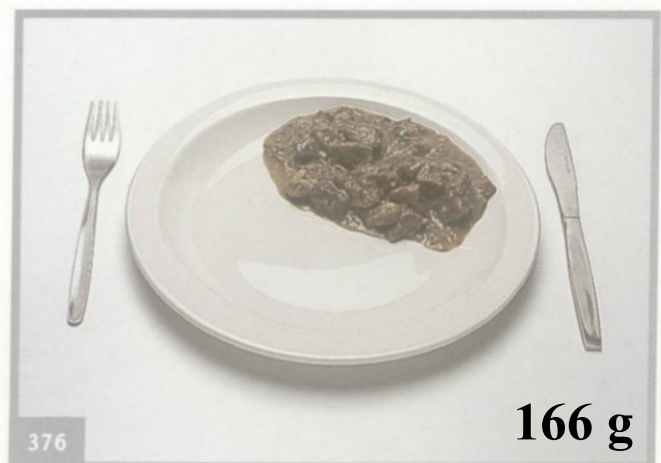
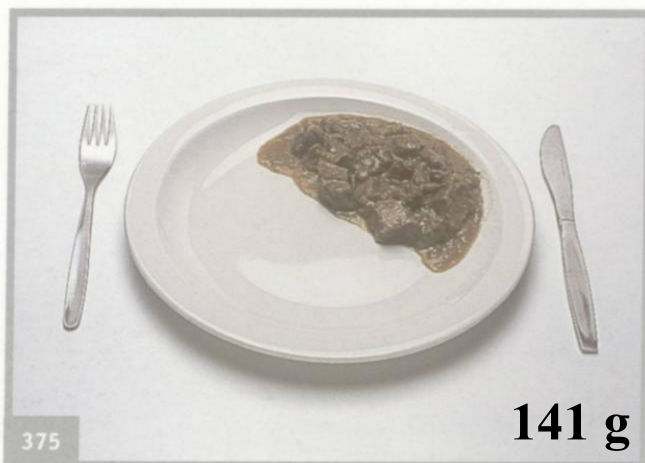
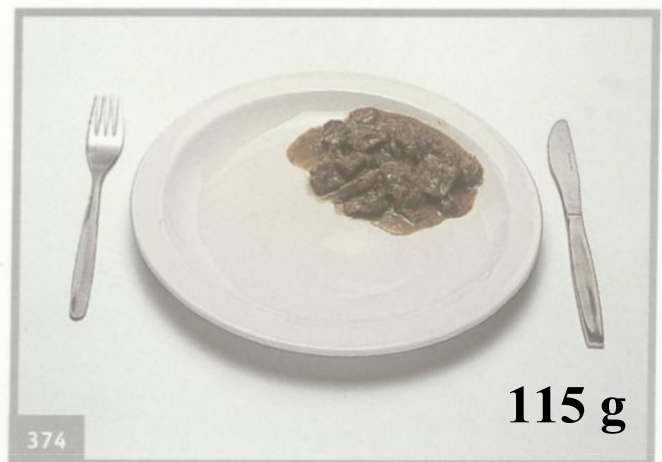
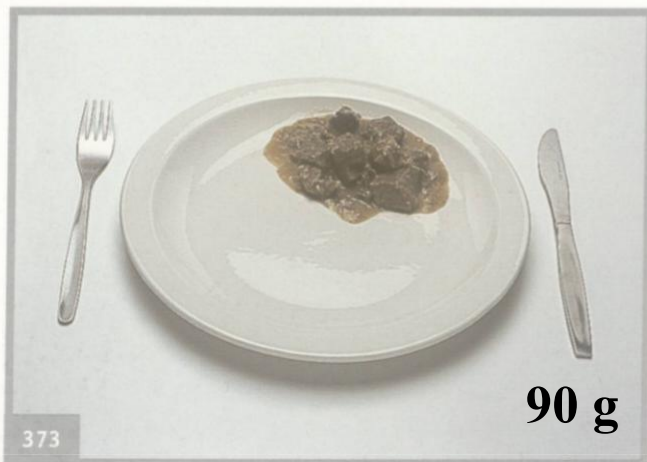
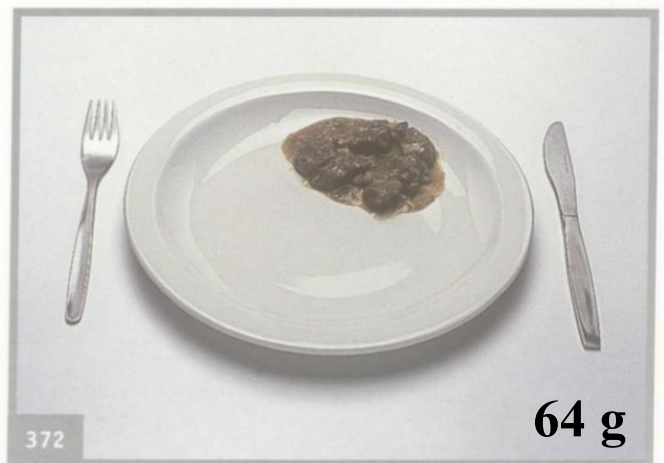
BOLOŇSKÁ OMÁČKA



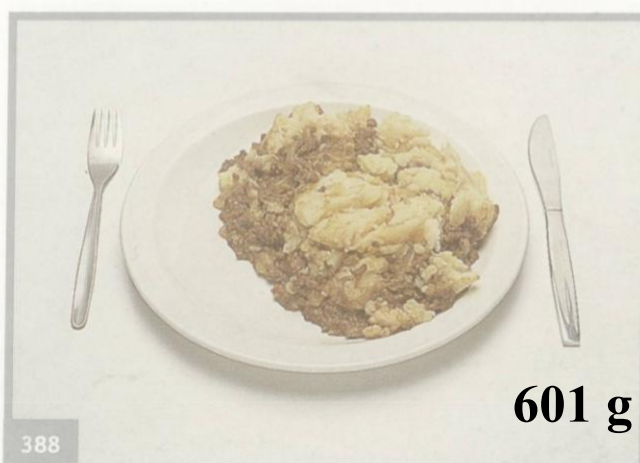
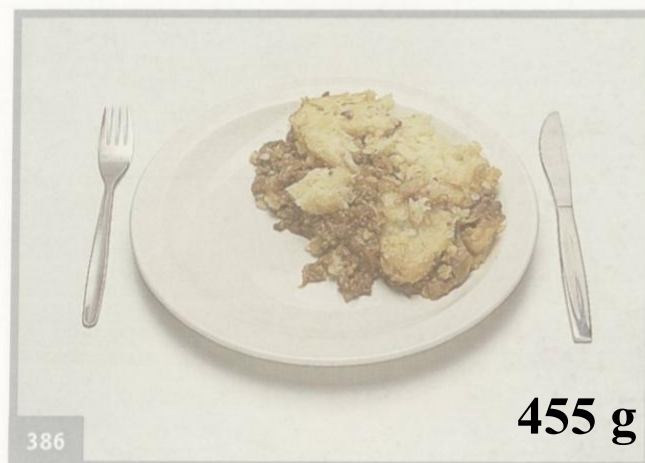
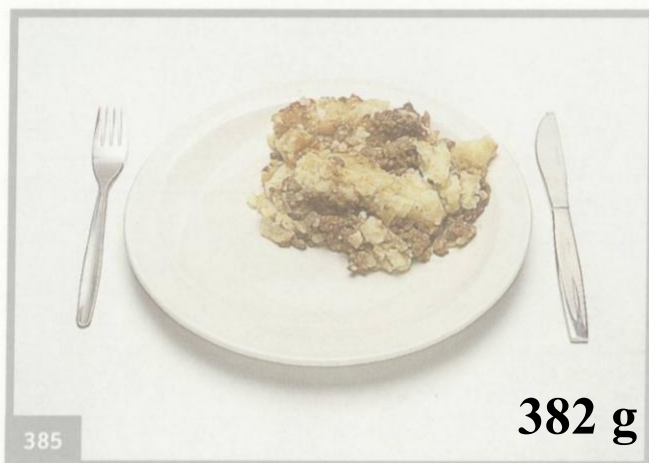
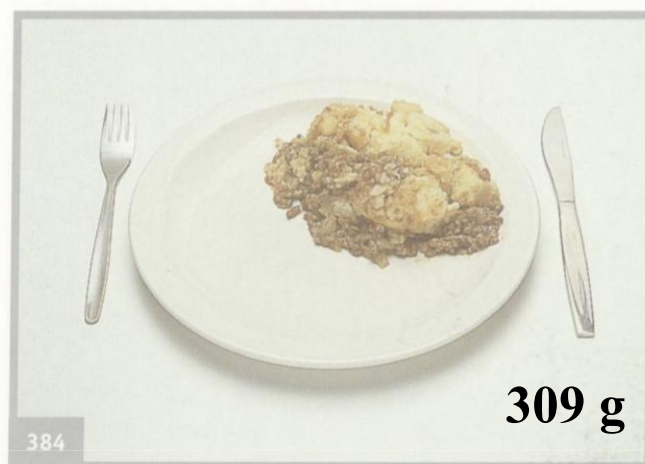
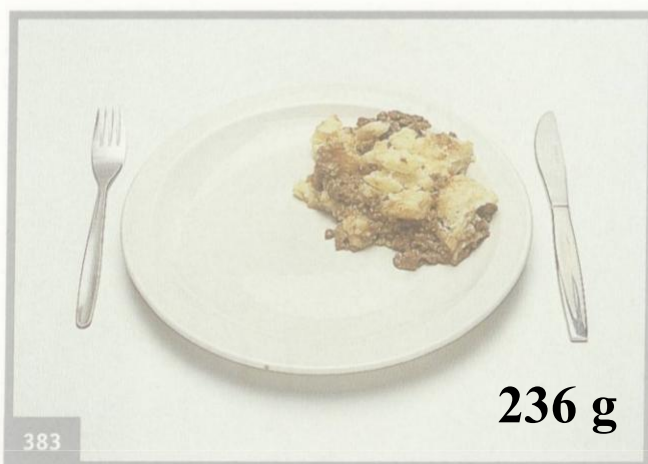
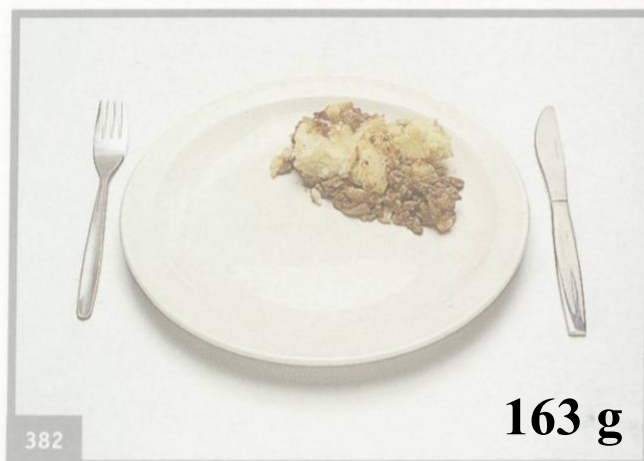
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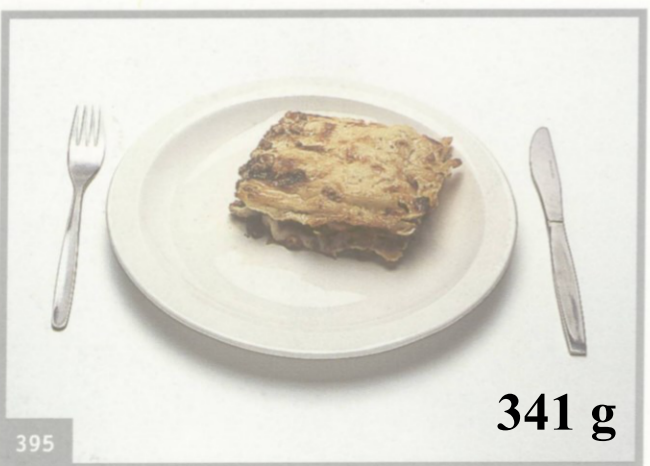
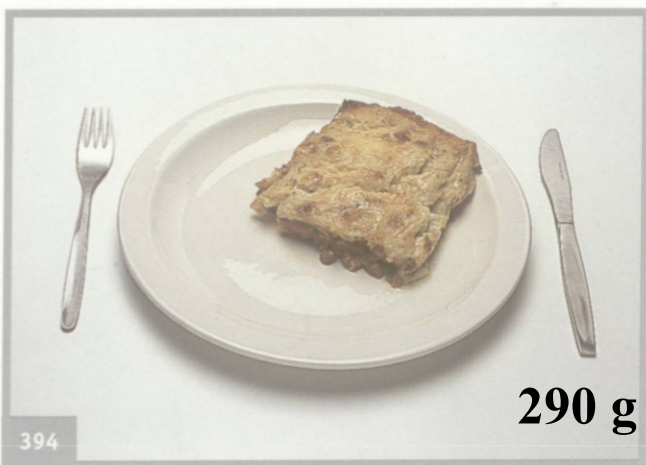
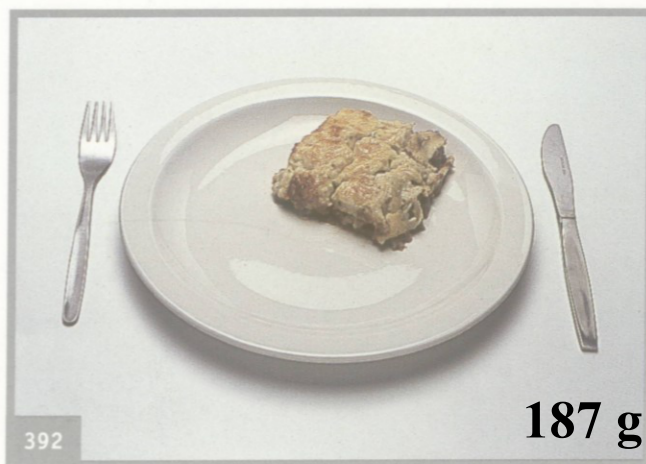
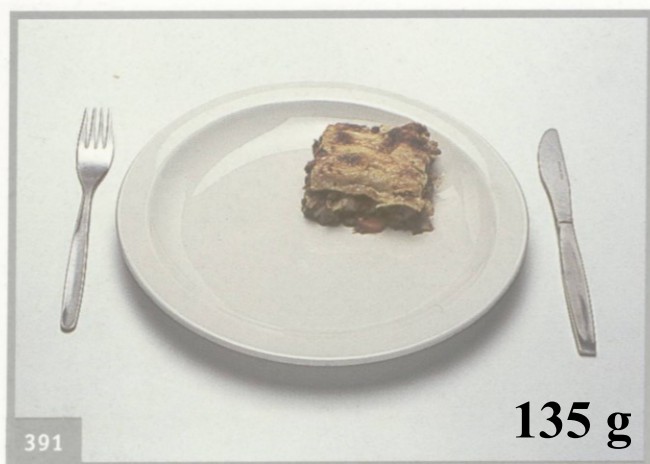
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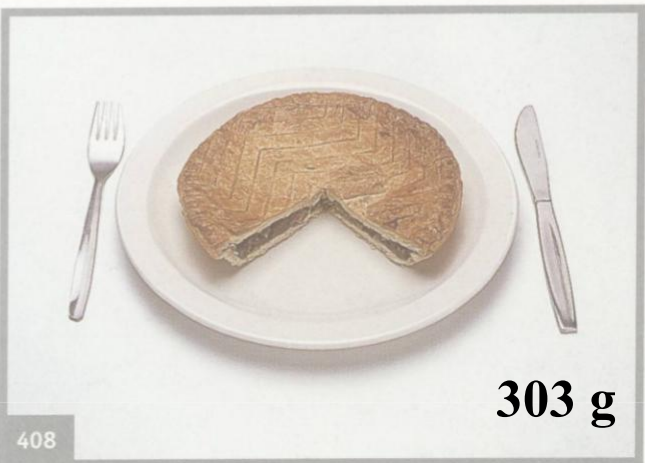
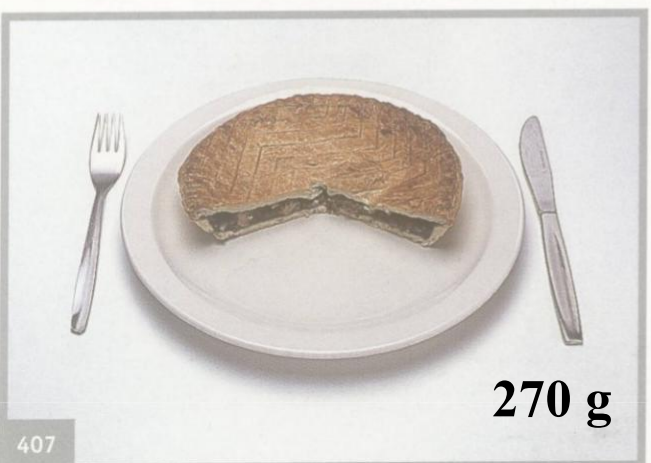
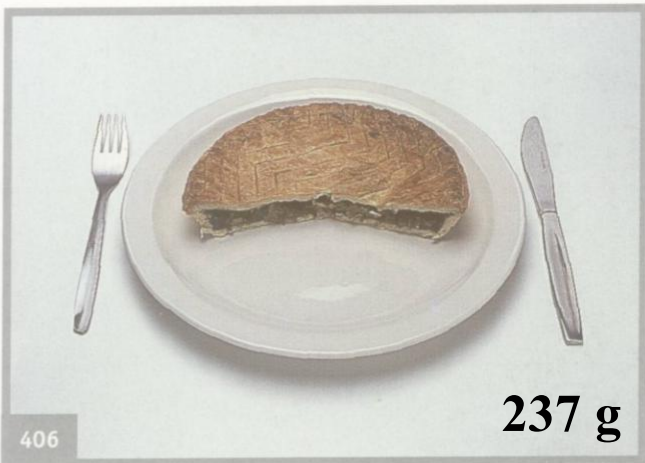
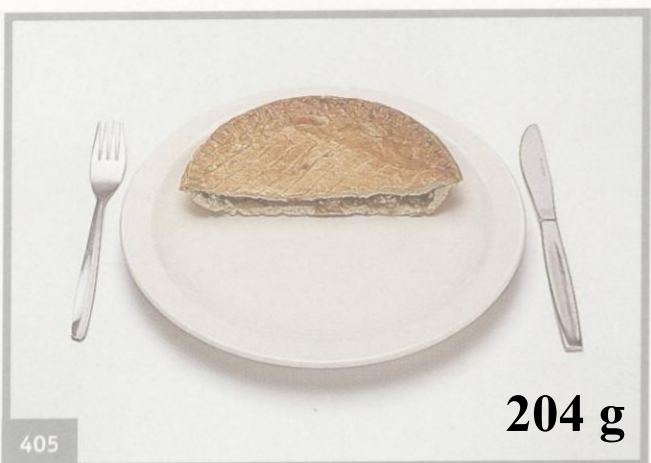
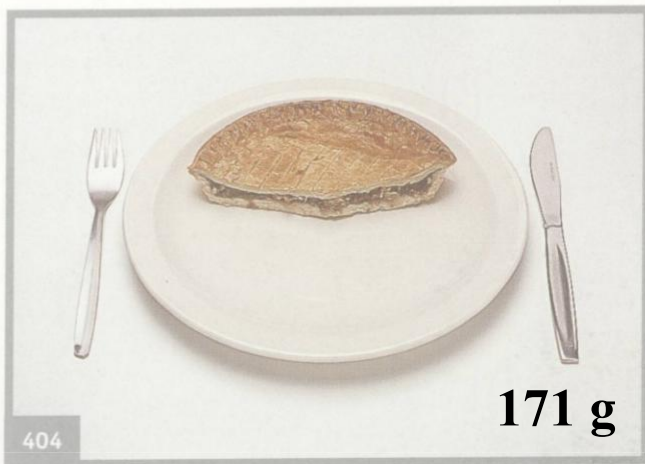
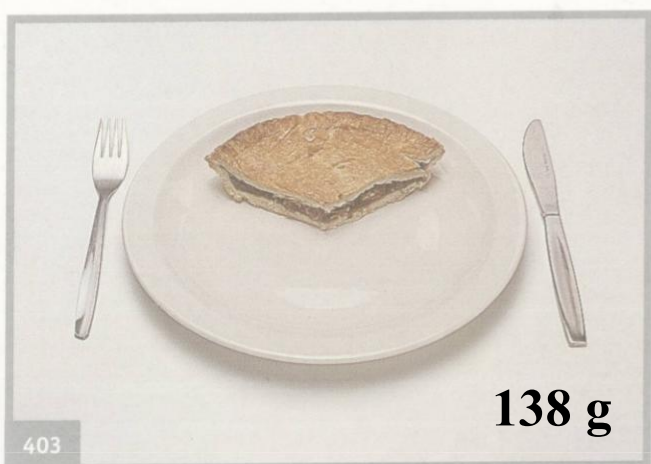
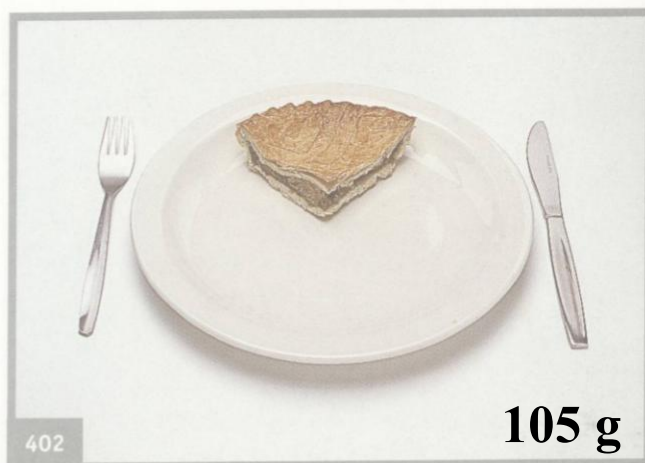
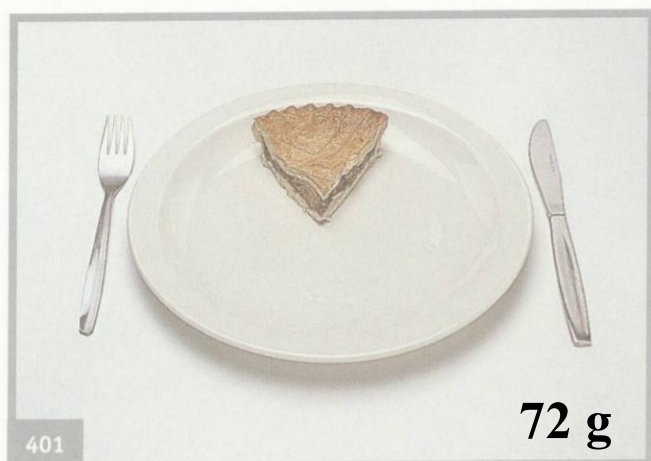
PASTÝŘSKÝ KOLÁČ Z MLETÉHO MASA



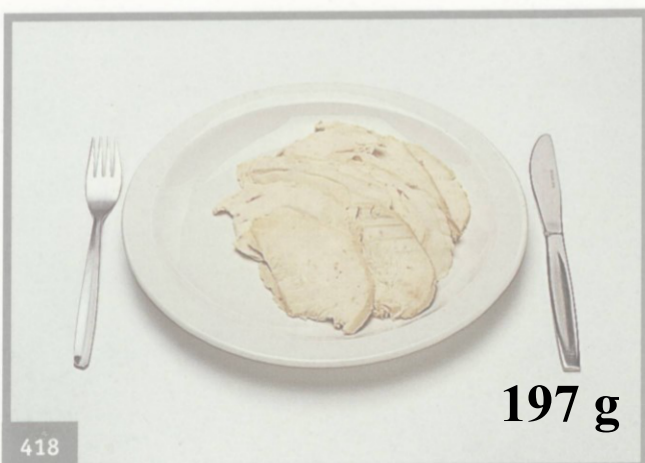
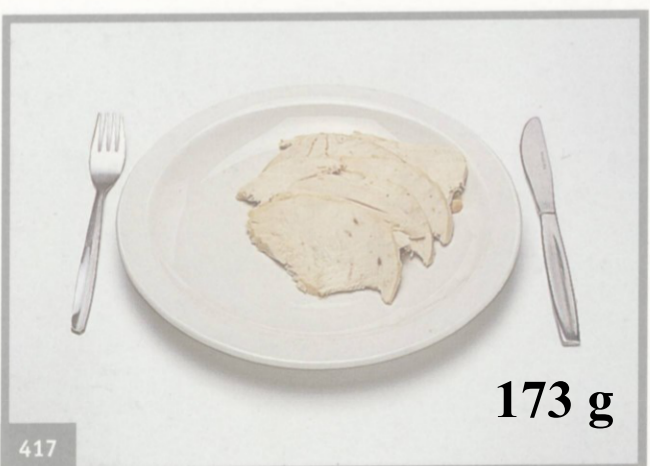
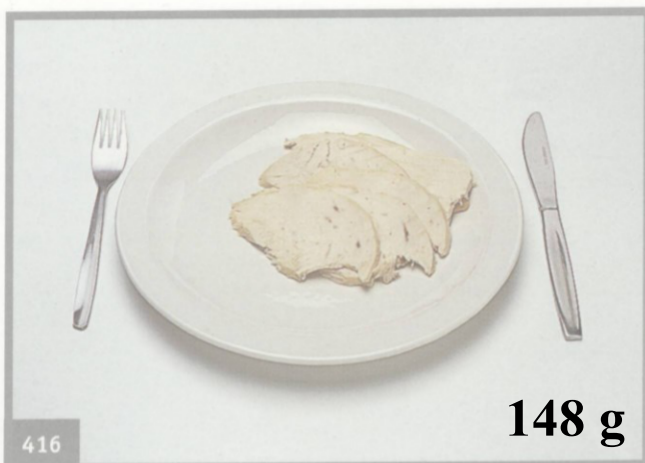
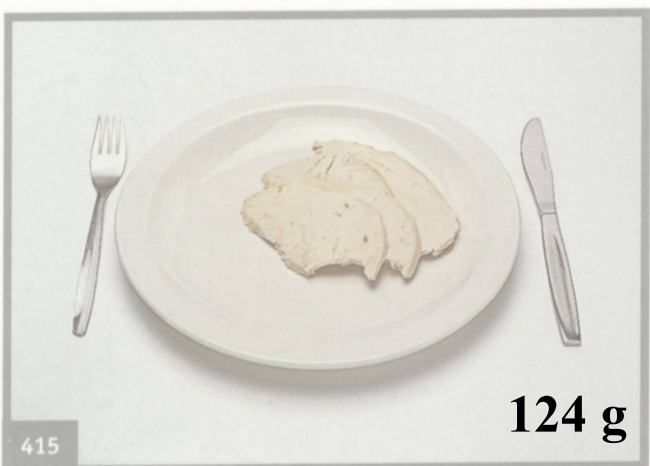
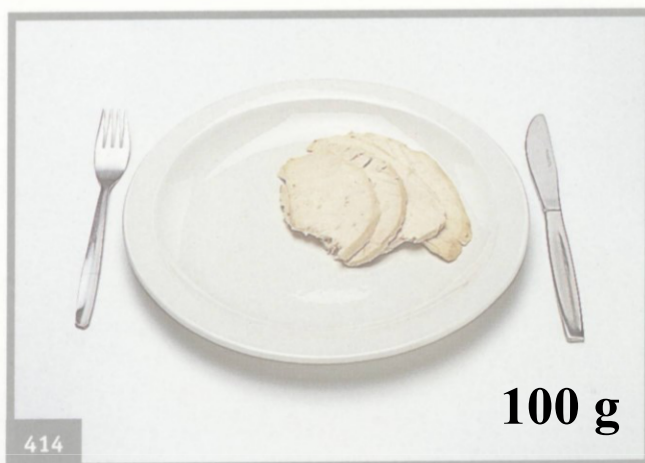
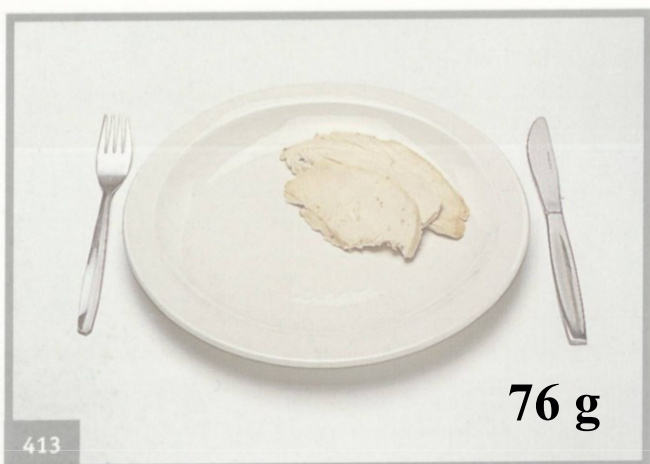
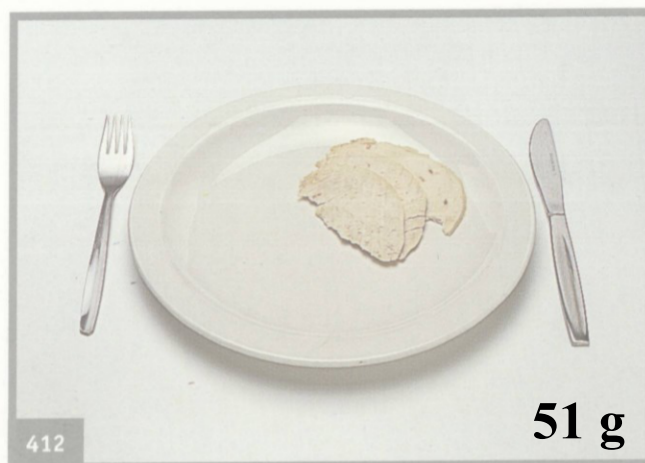
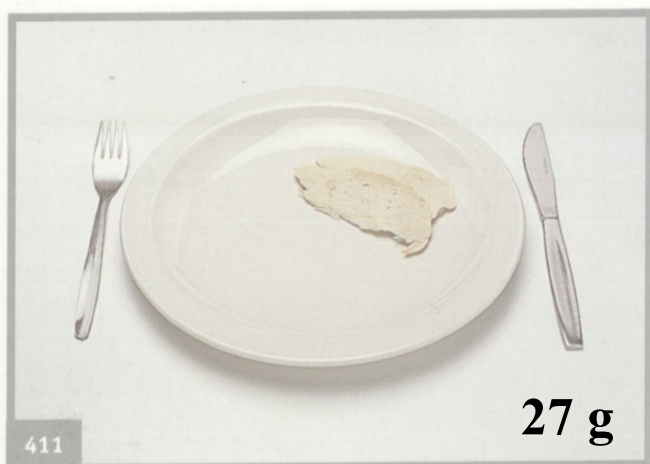
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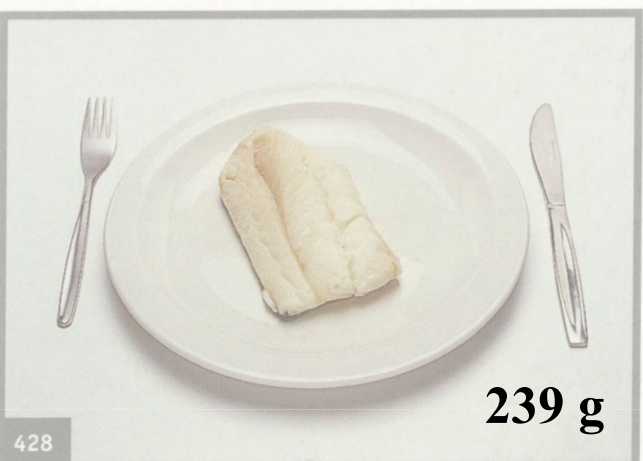
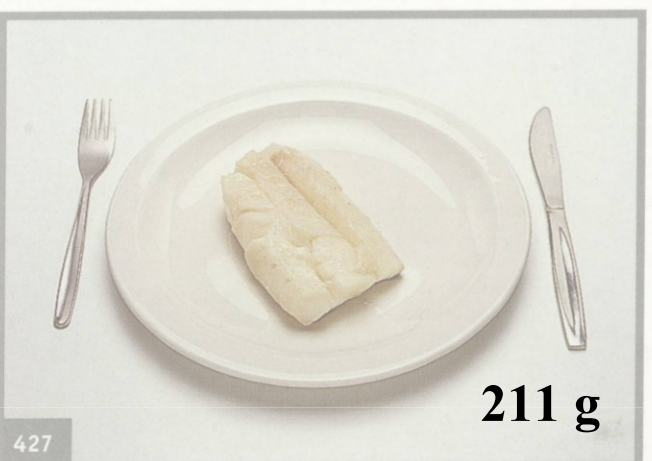
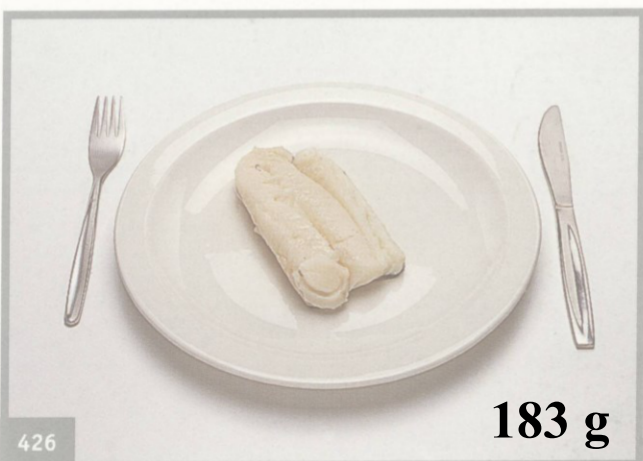
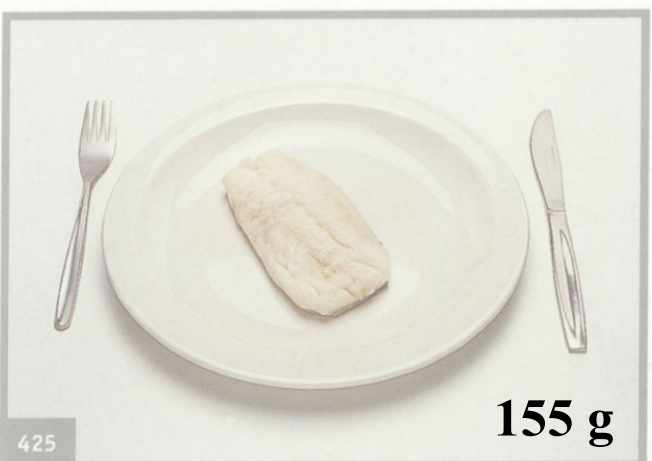
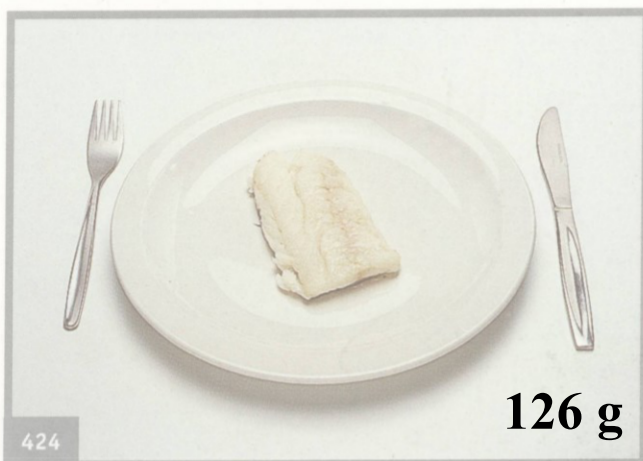
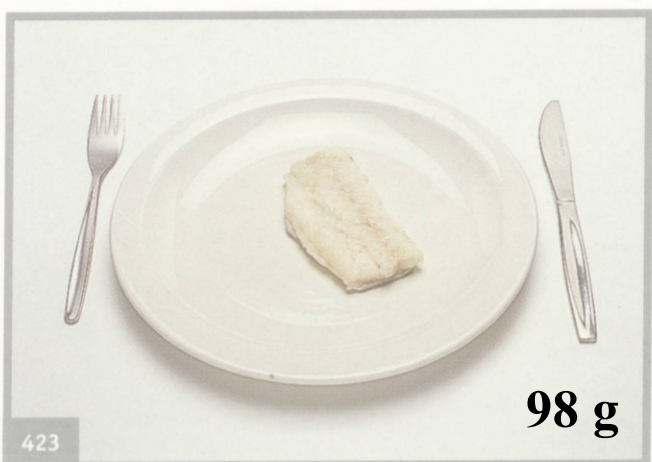
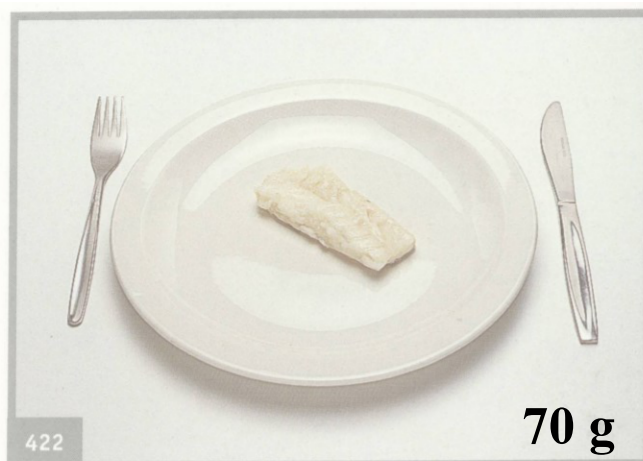
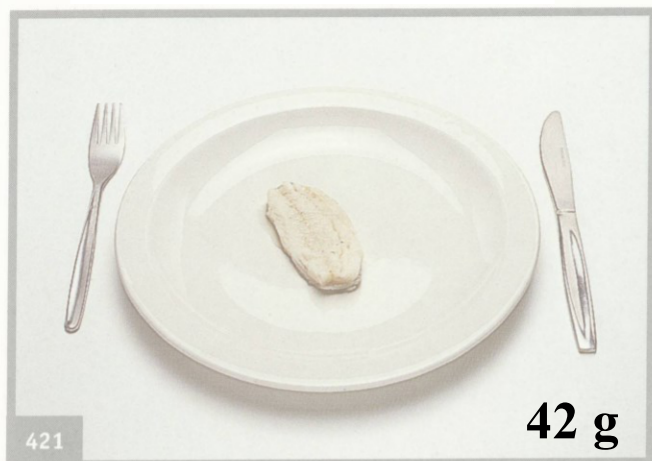
MASOVÝ KOLÁČ



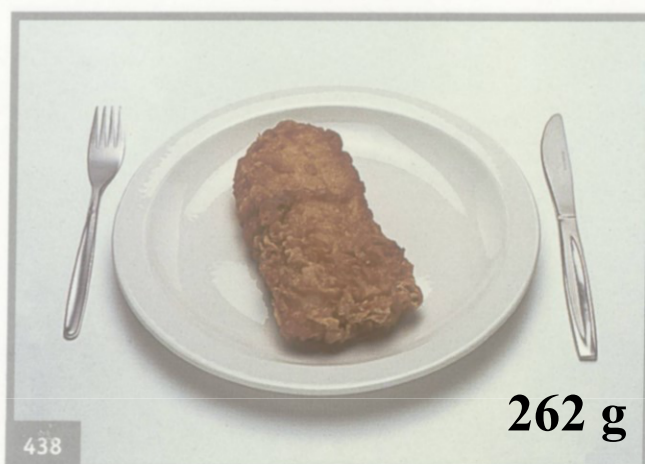
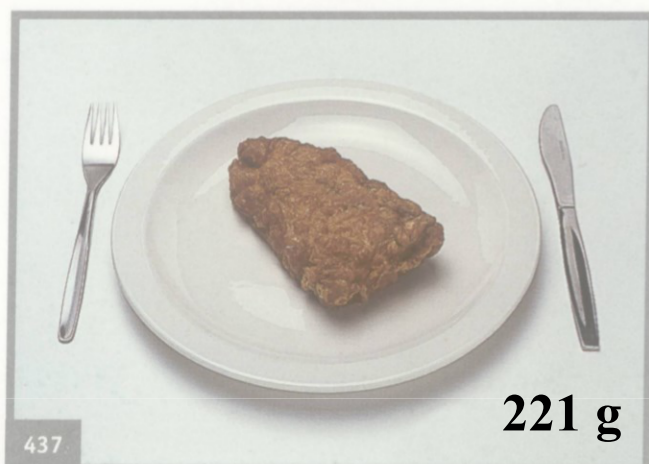
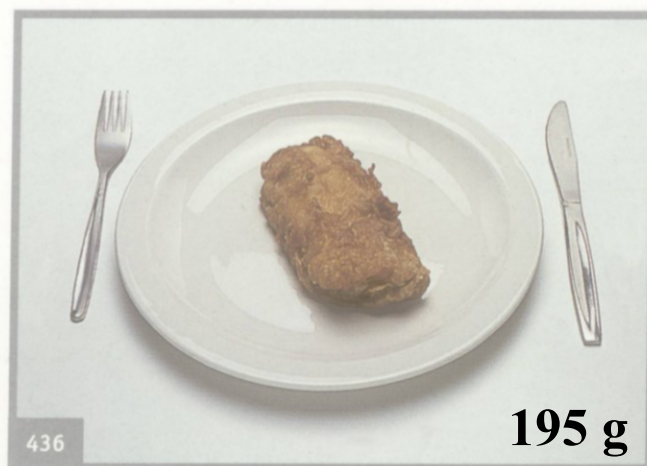
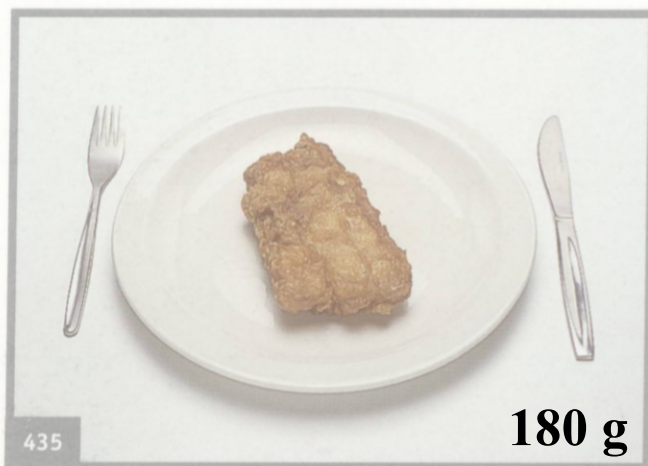
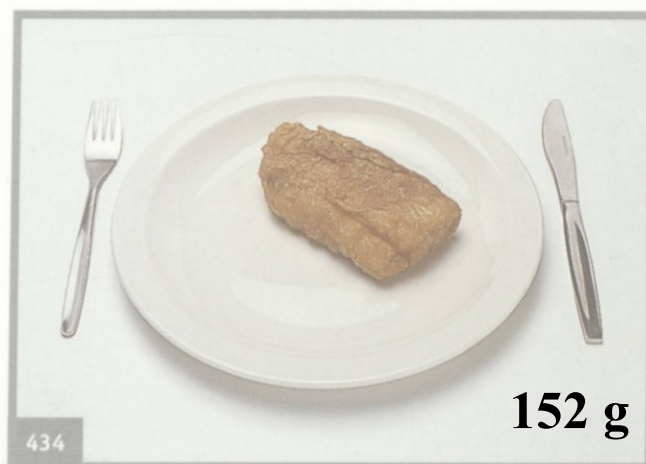
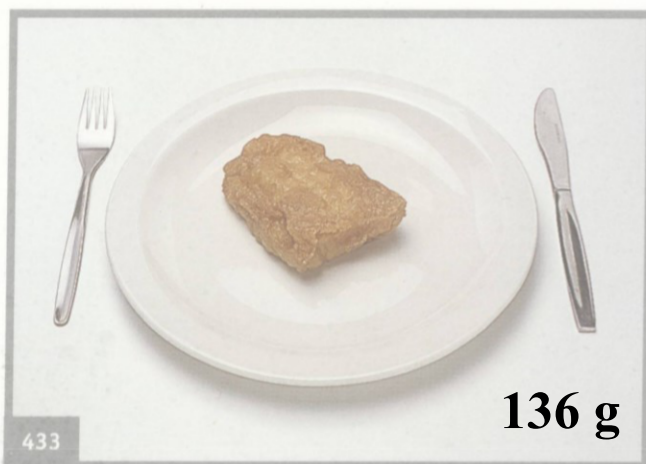
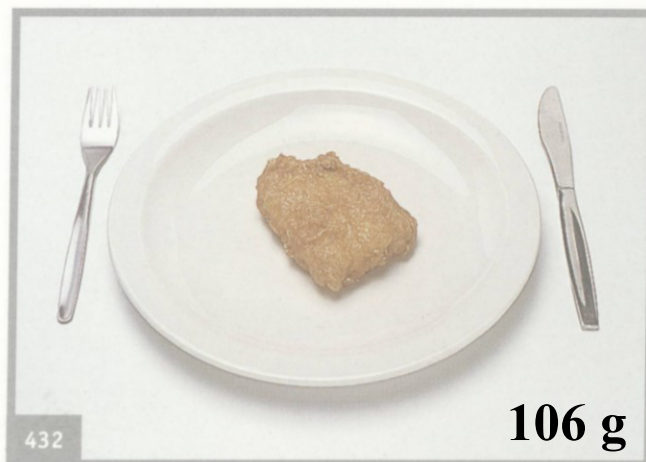
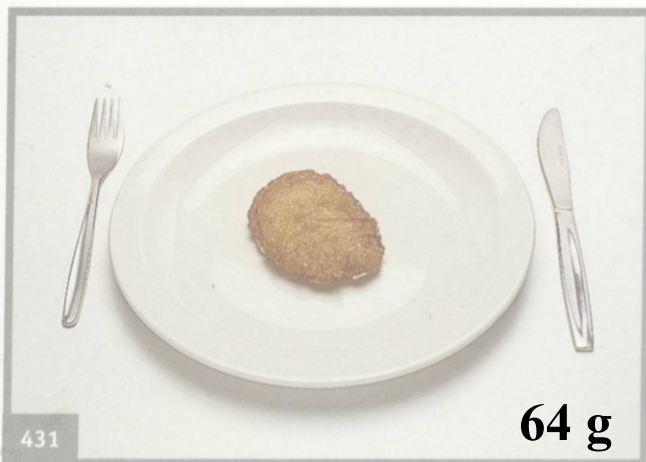
PEČENÉ KUŘE – plátky



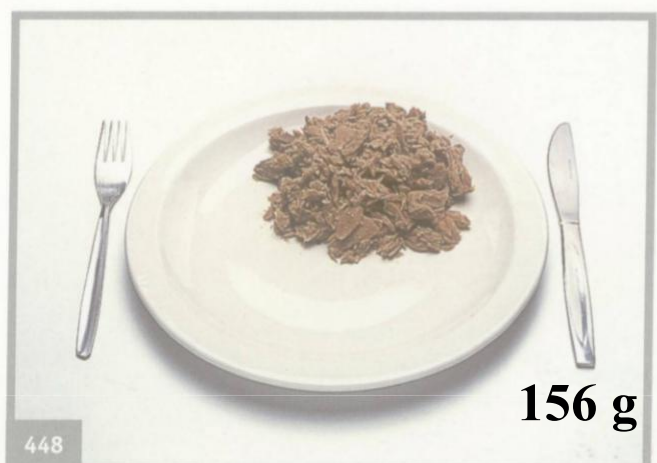
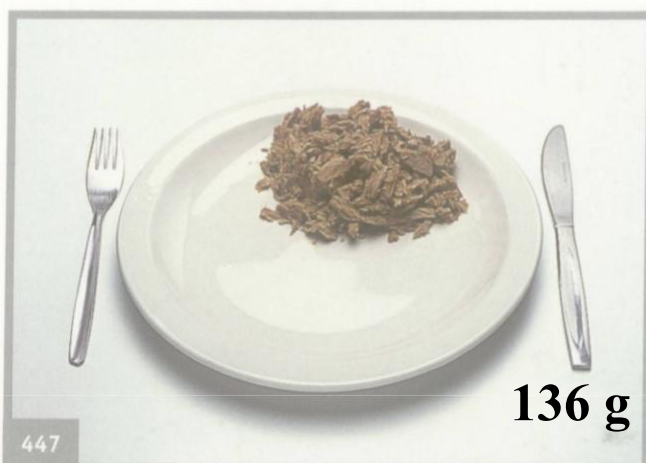
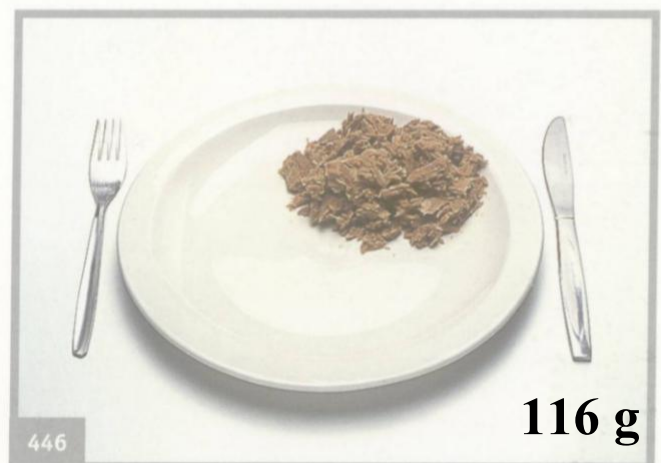
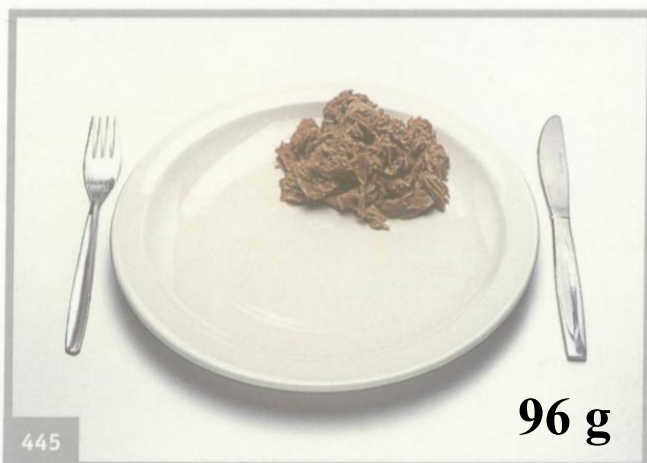
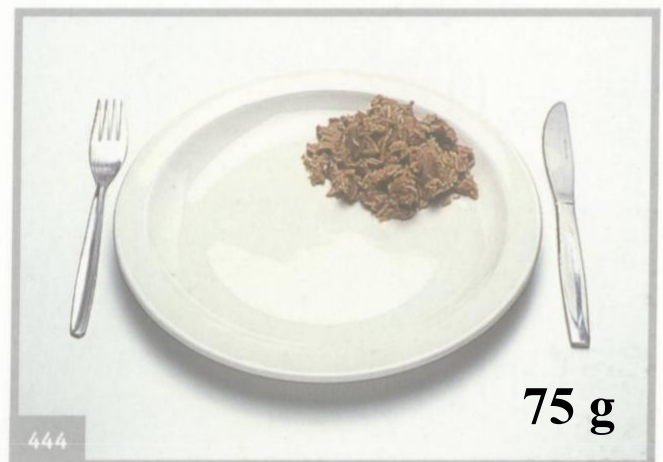
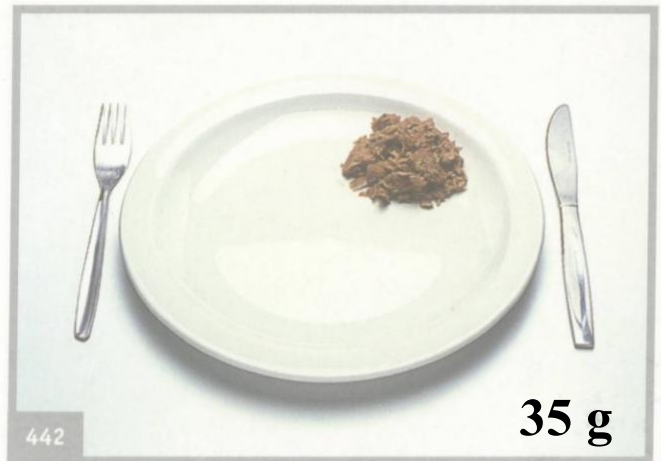
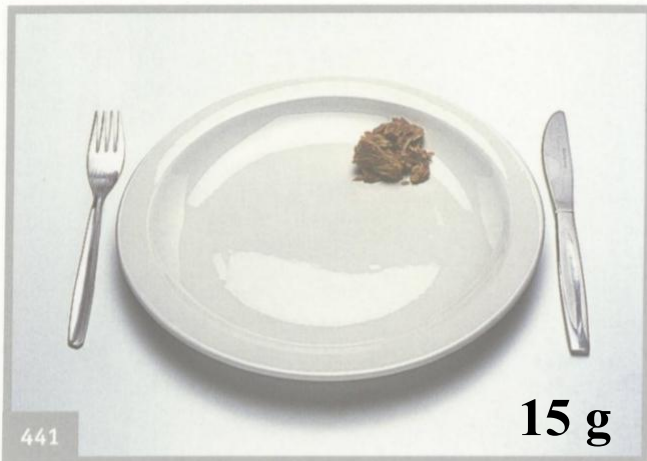
RYBÍ FILET



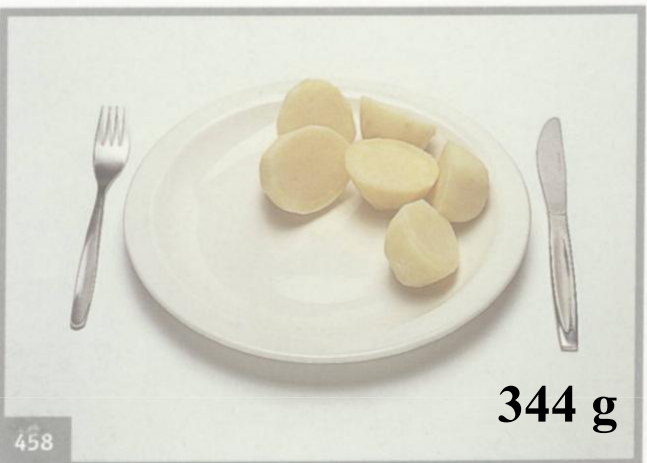
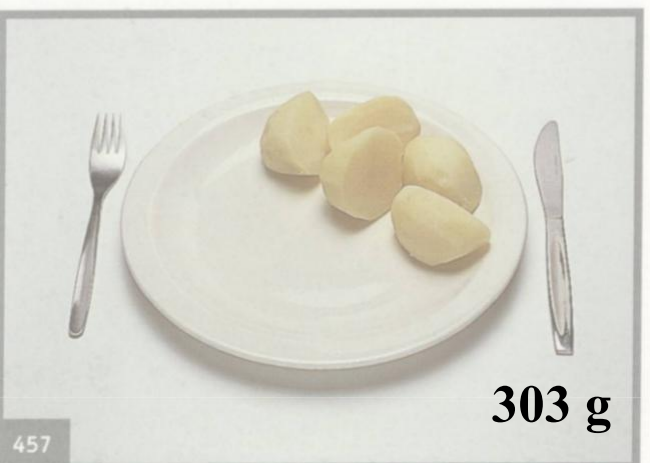
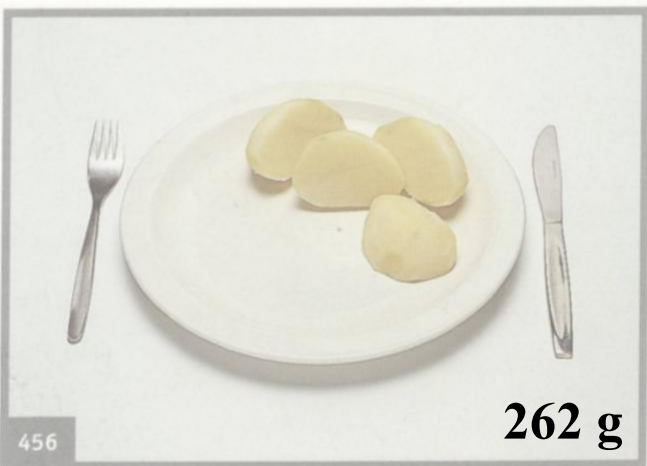
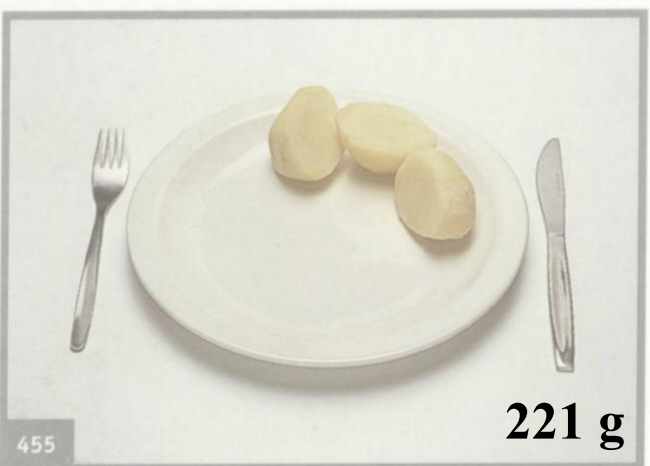
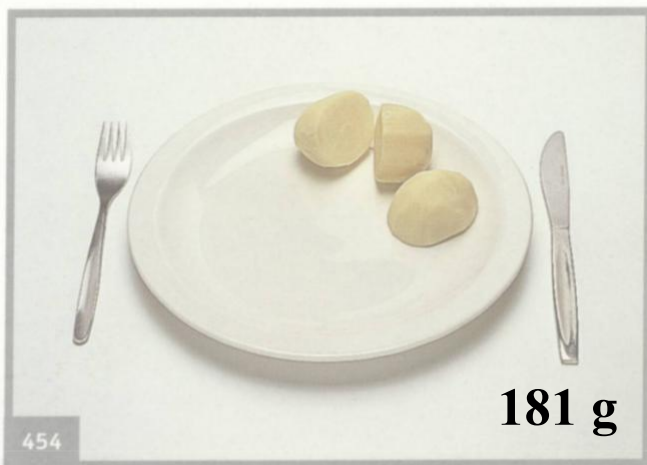
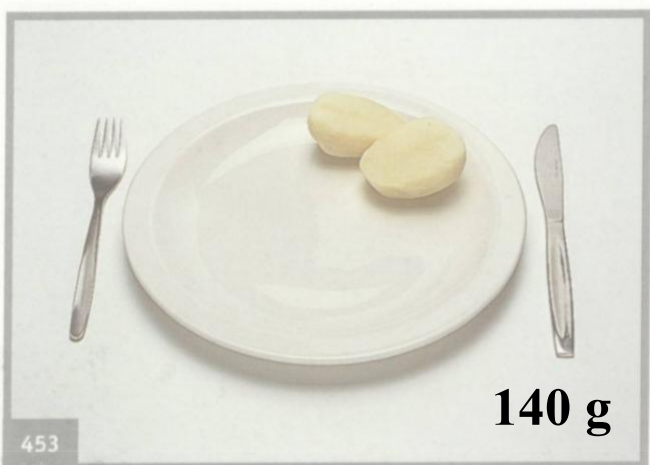
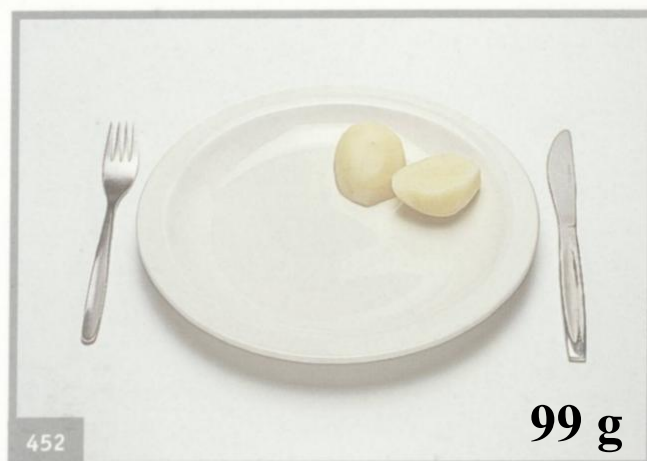
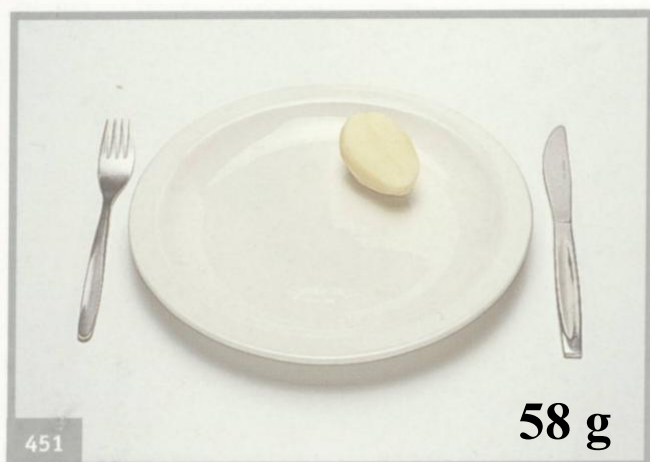
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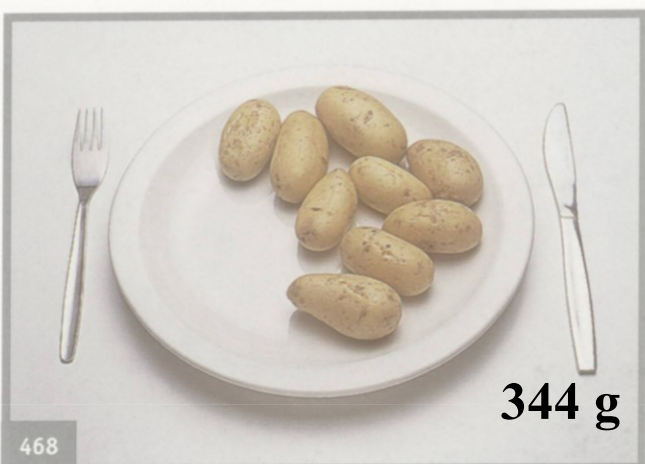
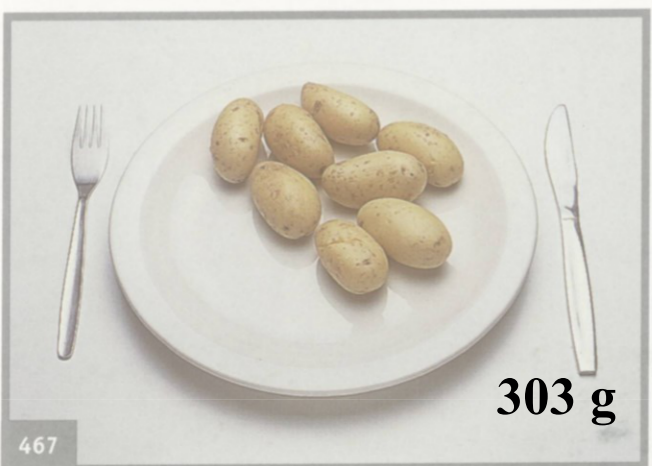
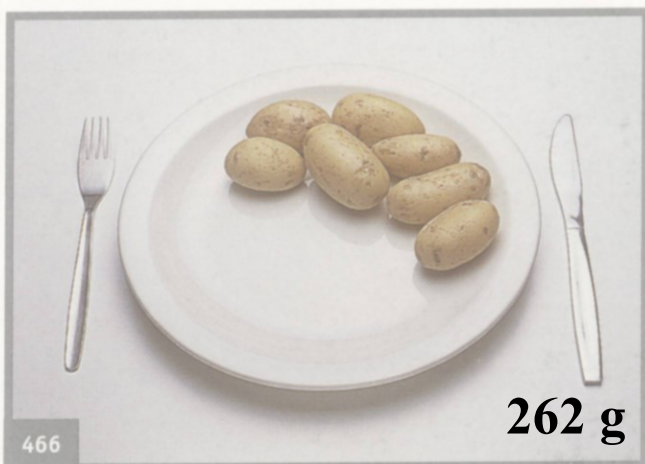
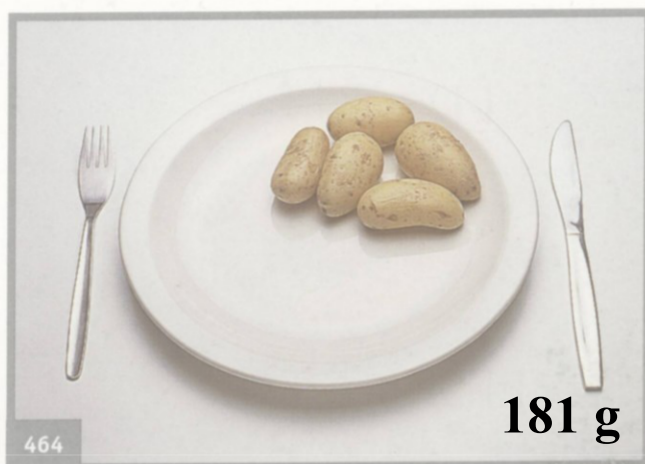
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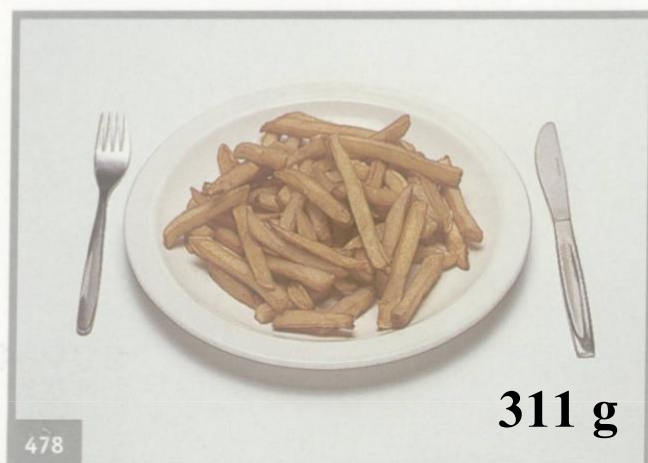
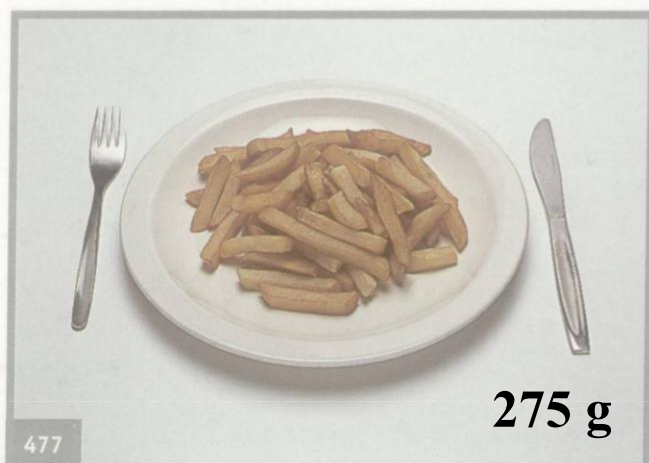
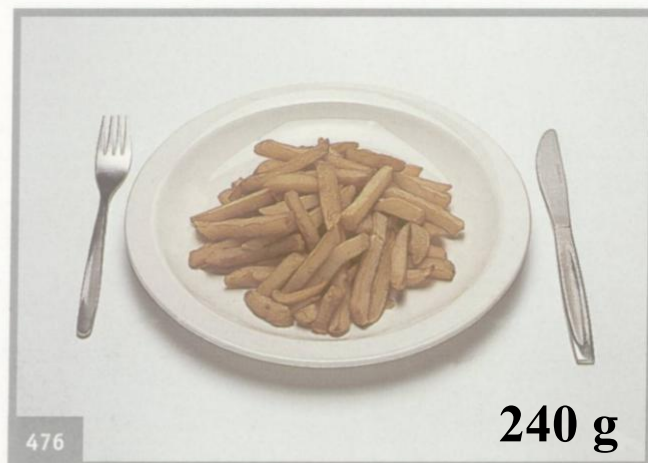
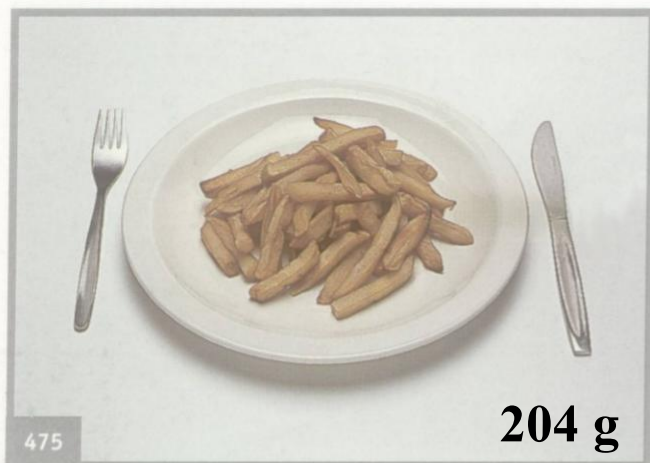
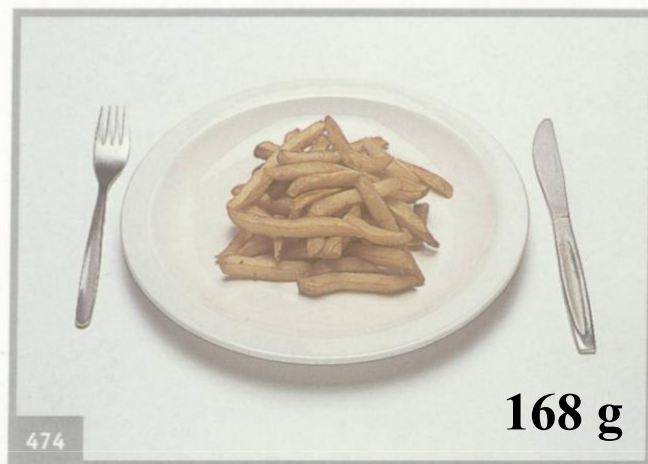
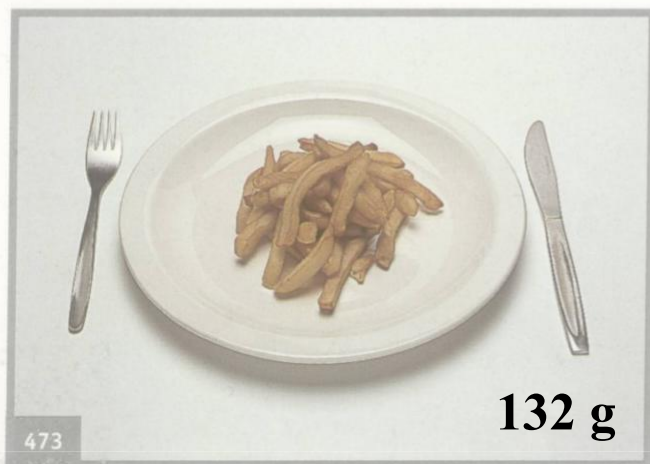
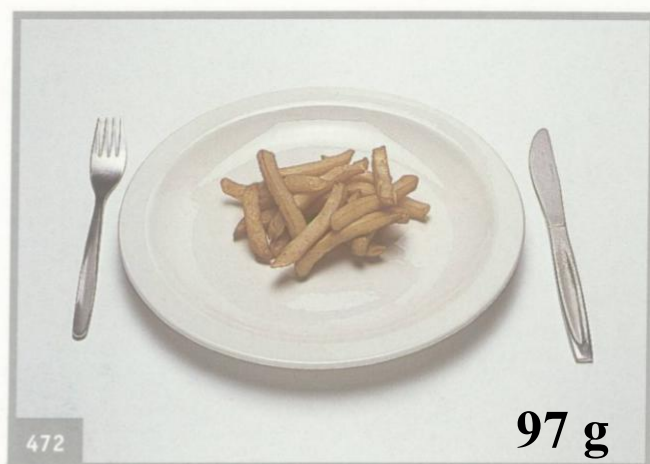
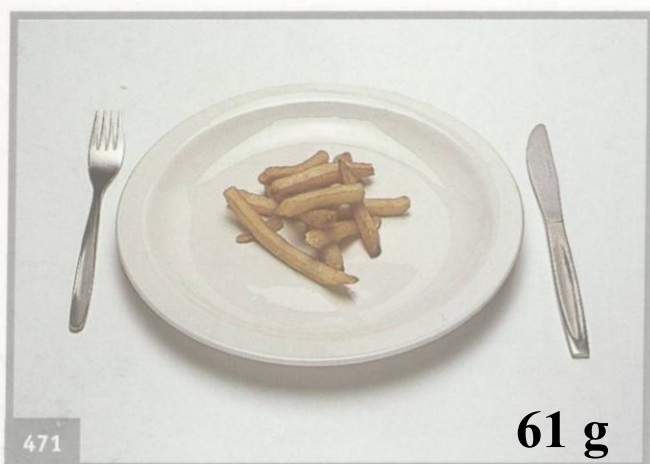
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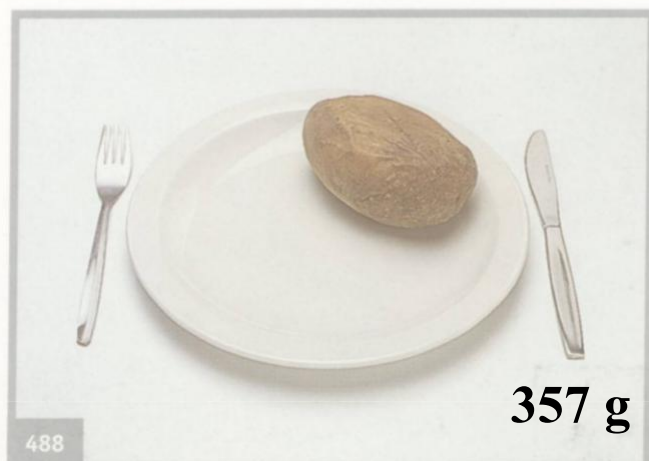
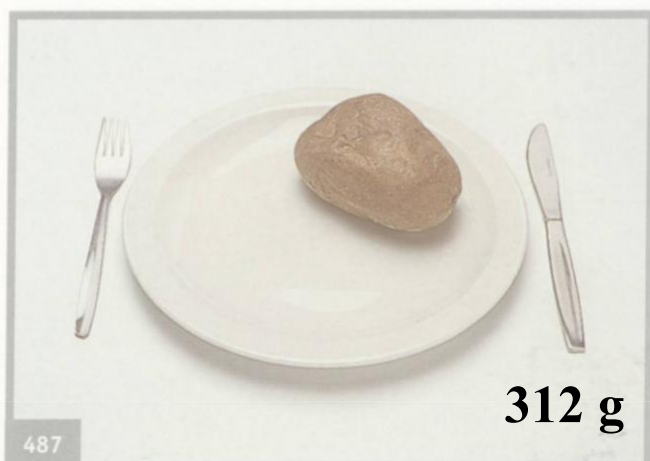
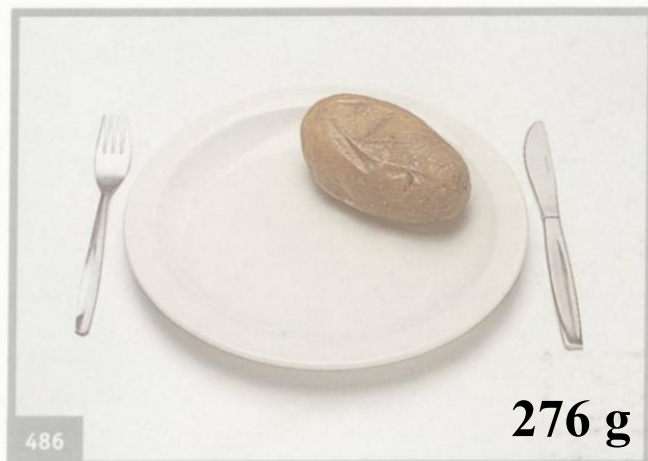
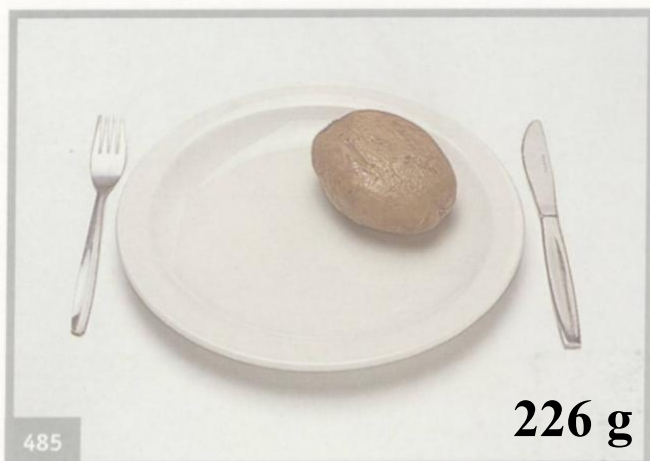
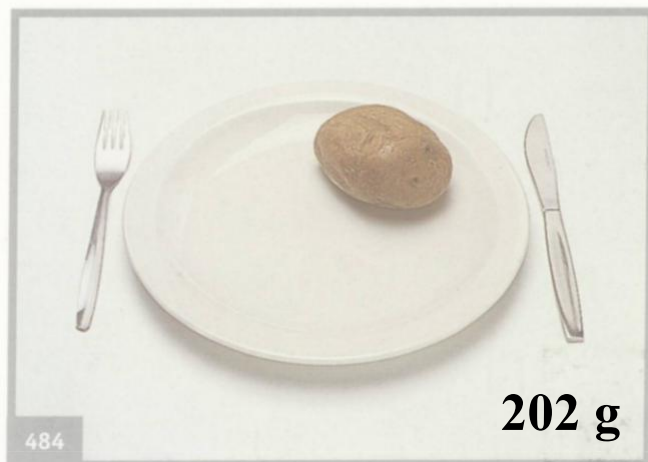
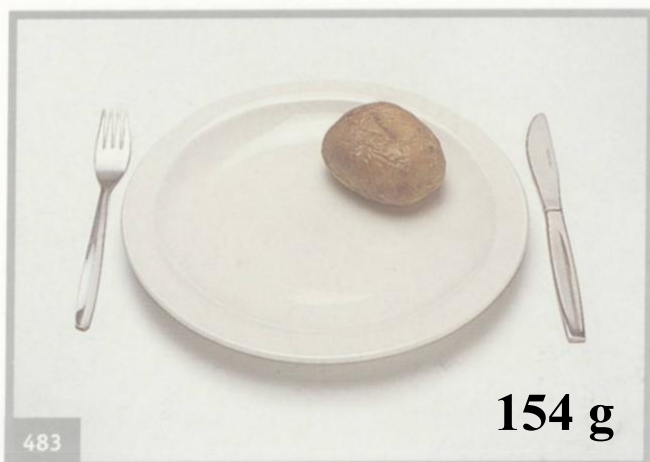
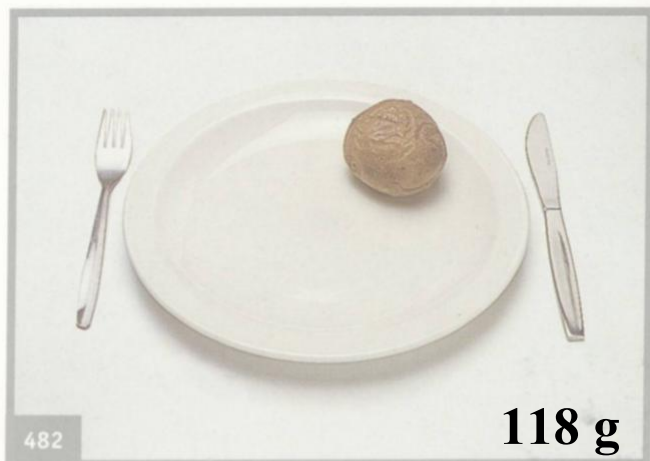
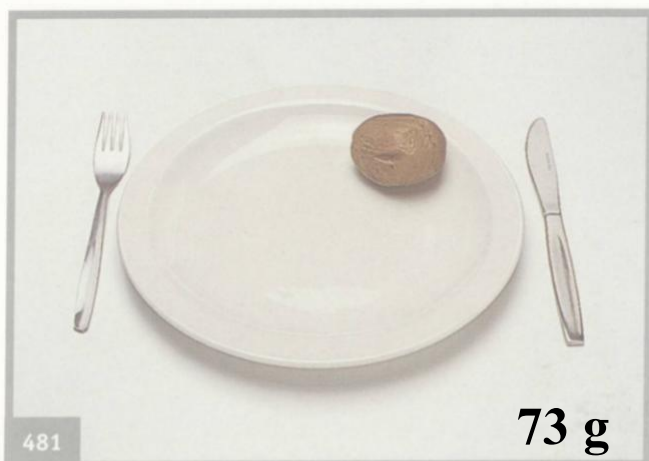
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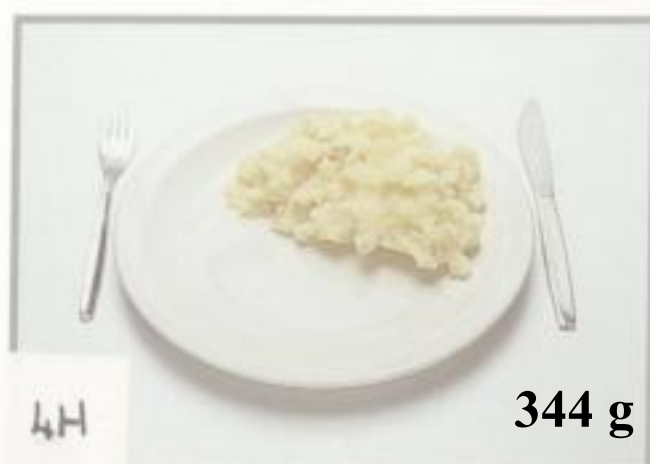
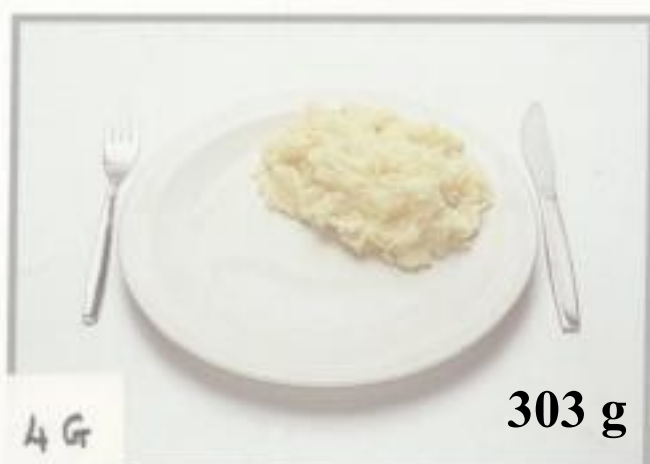
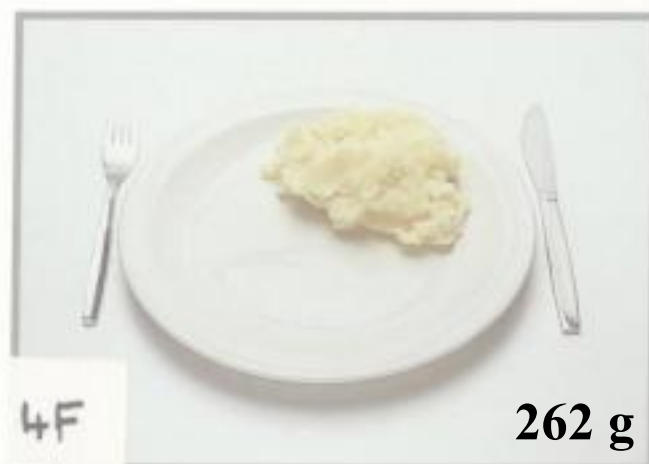
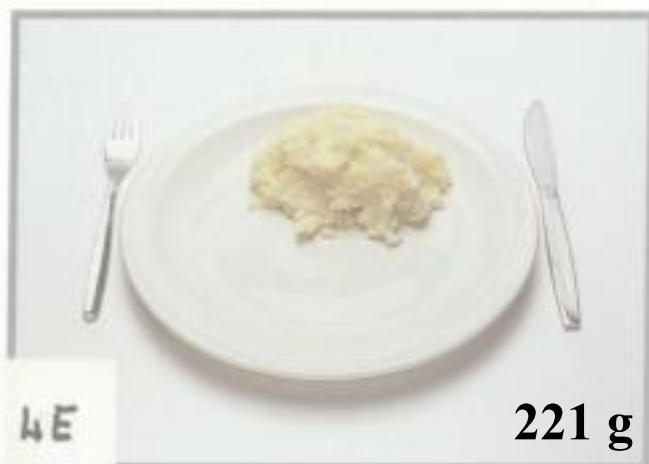
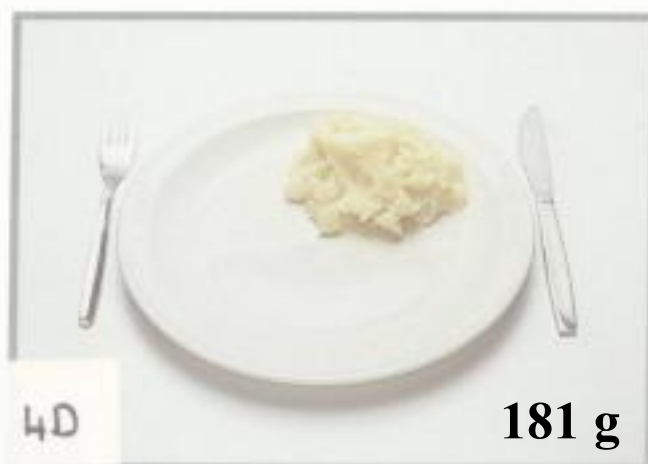
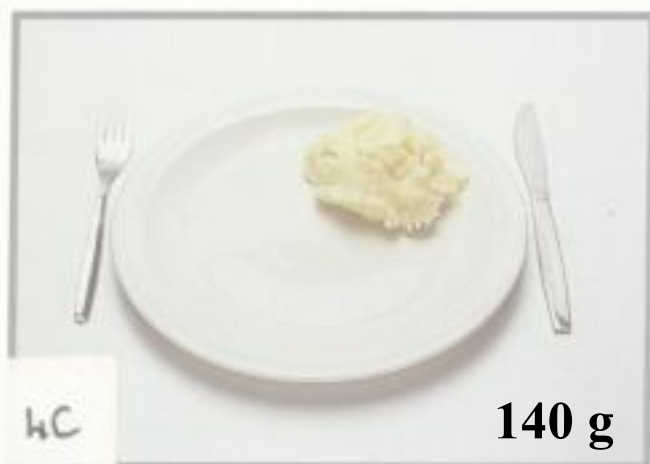
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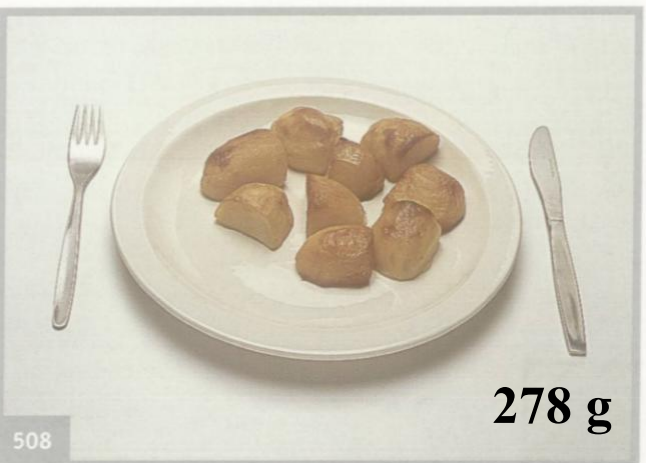
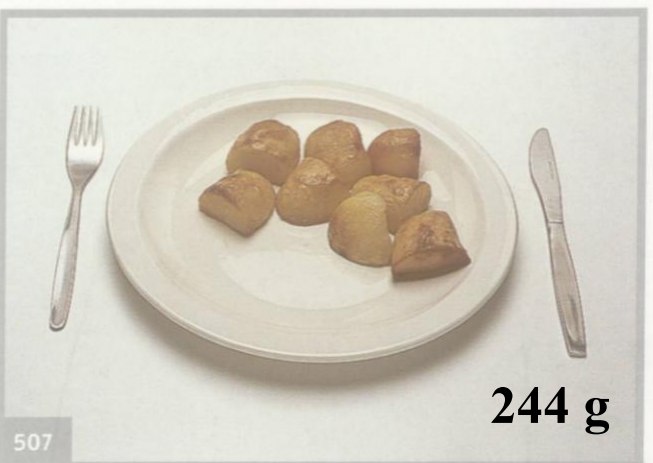
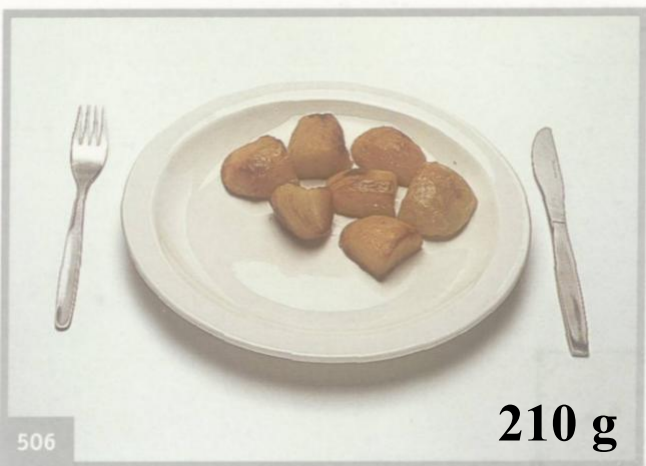
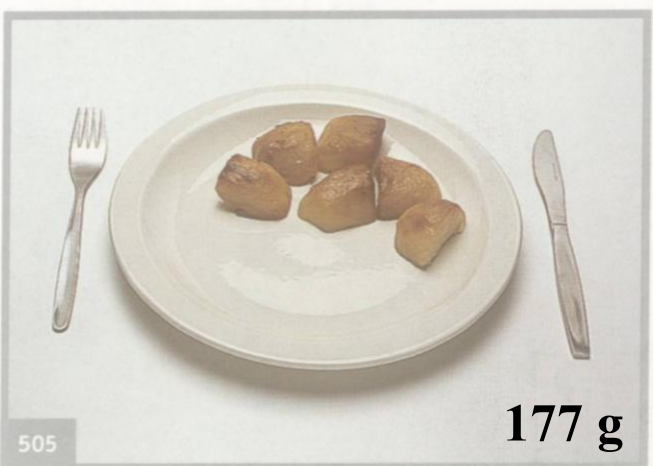
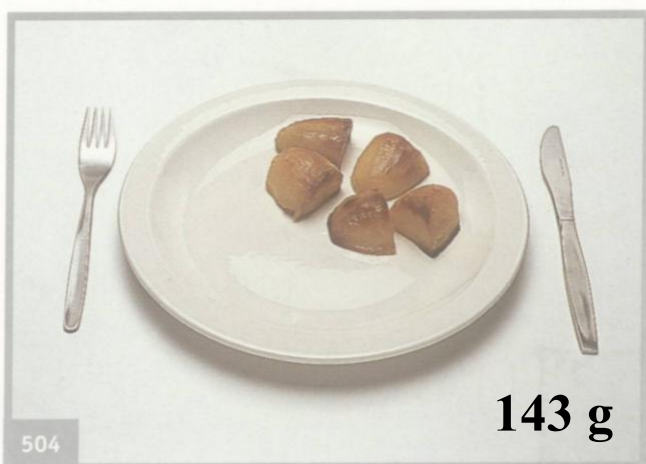
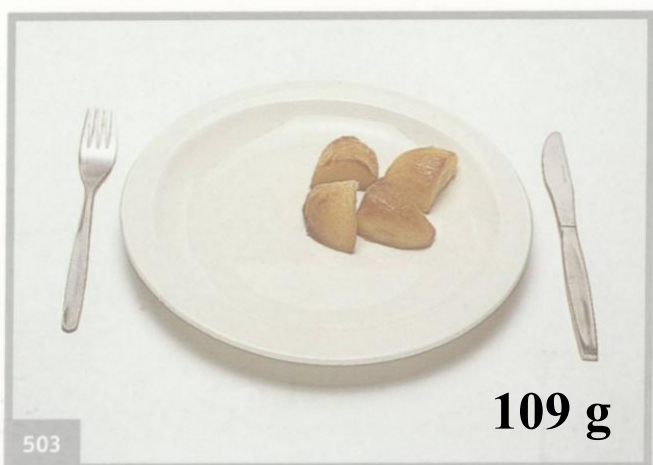
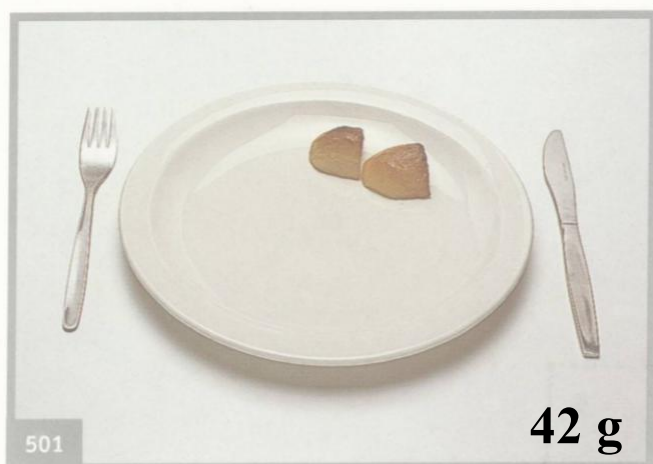
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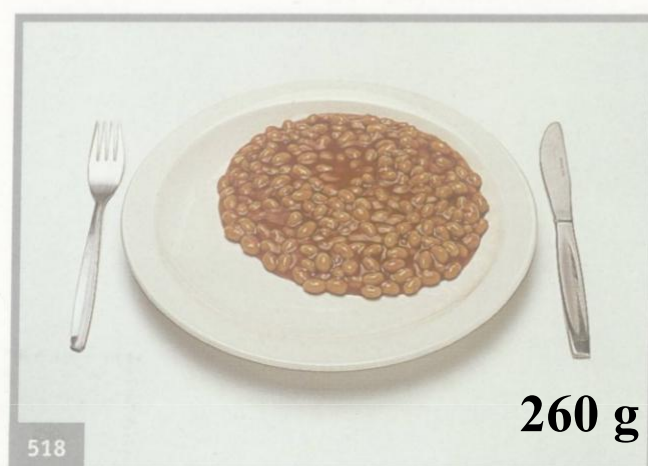
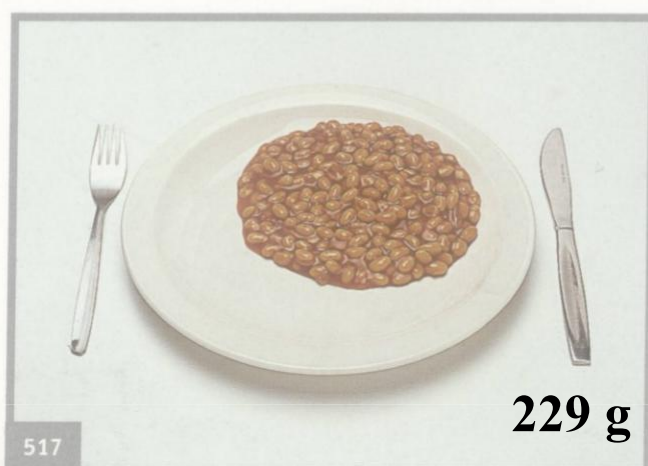
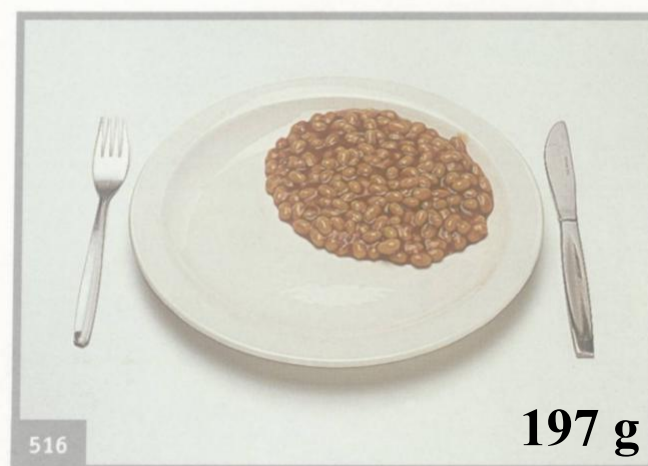
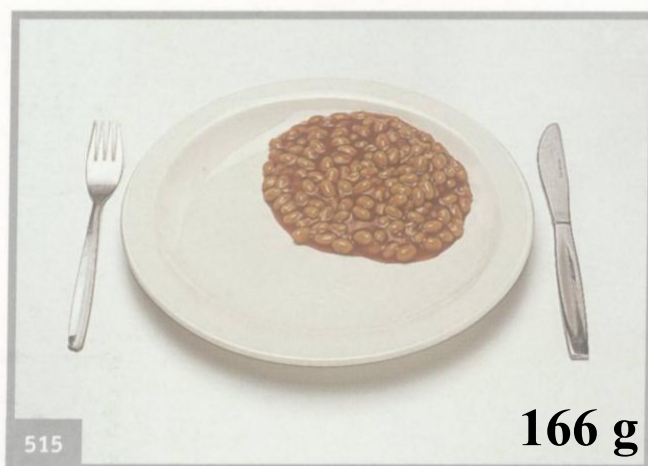
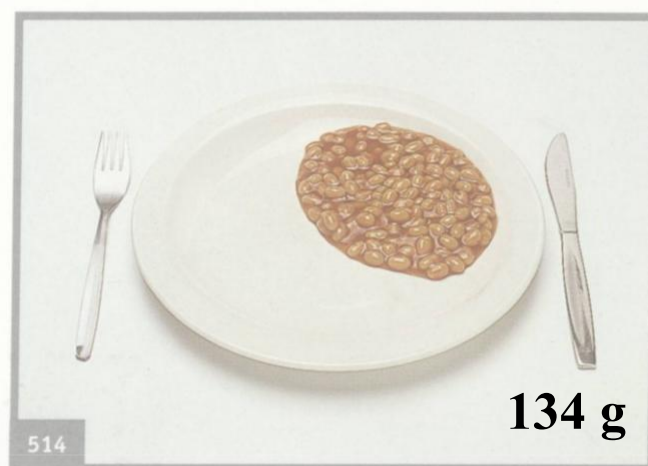
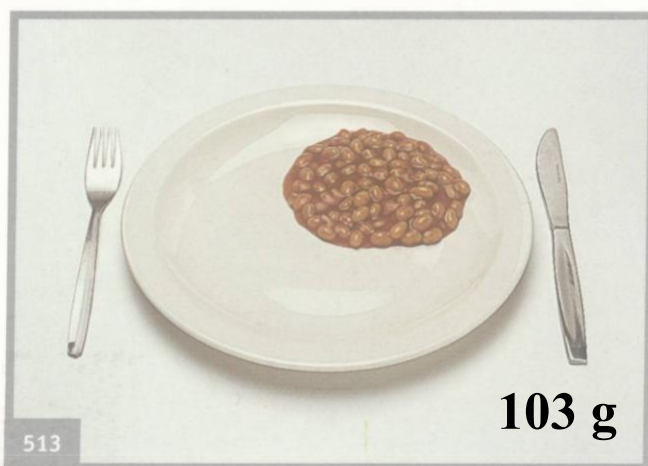
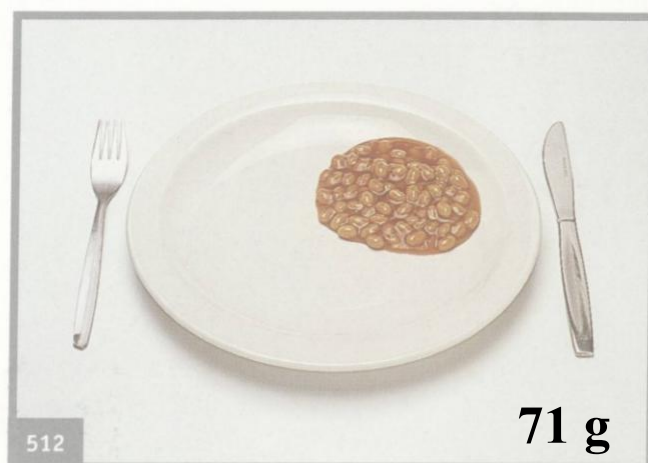
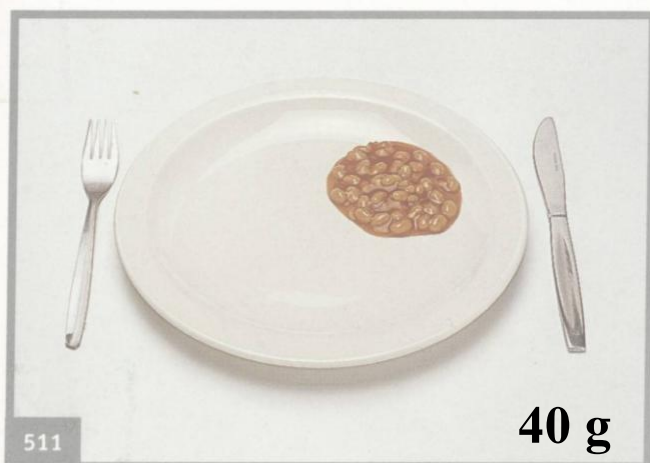
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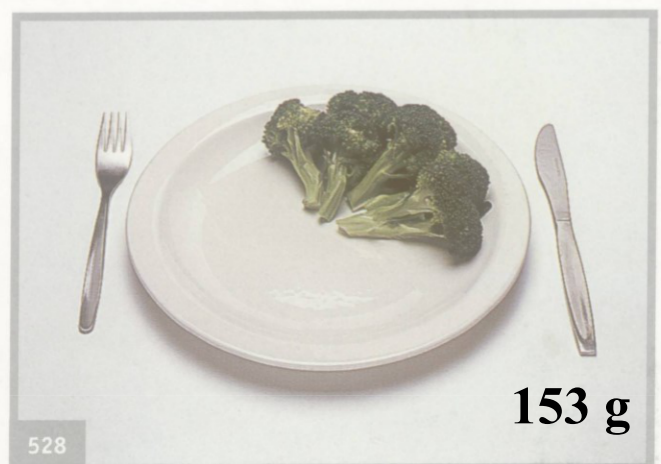
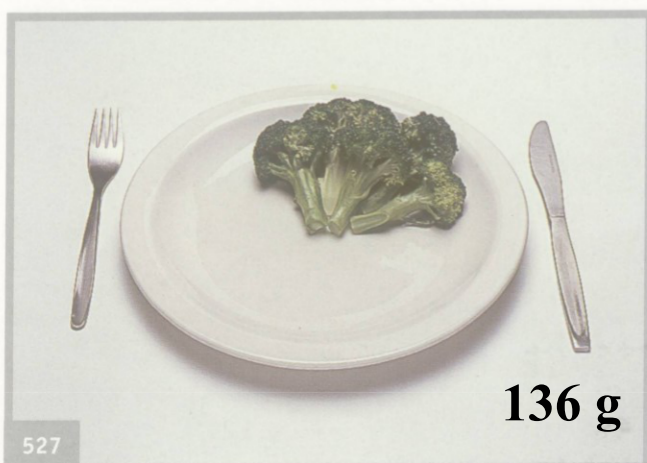
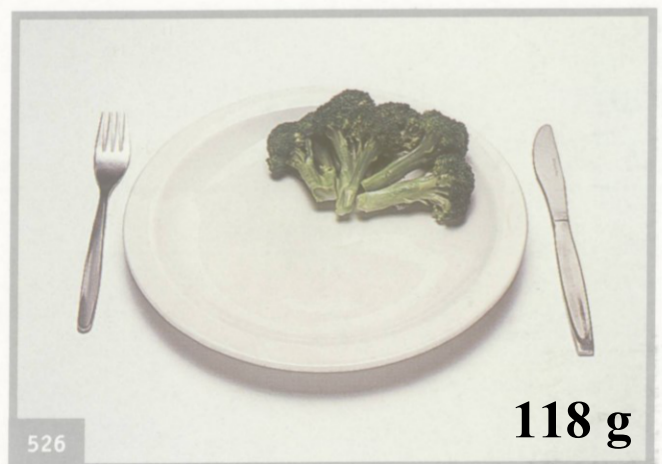
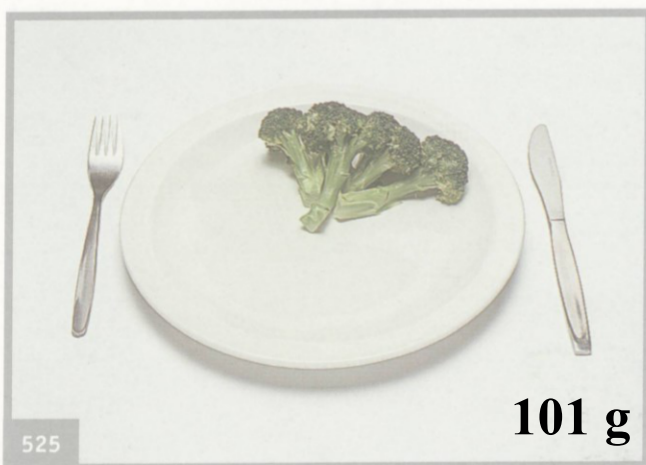
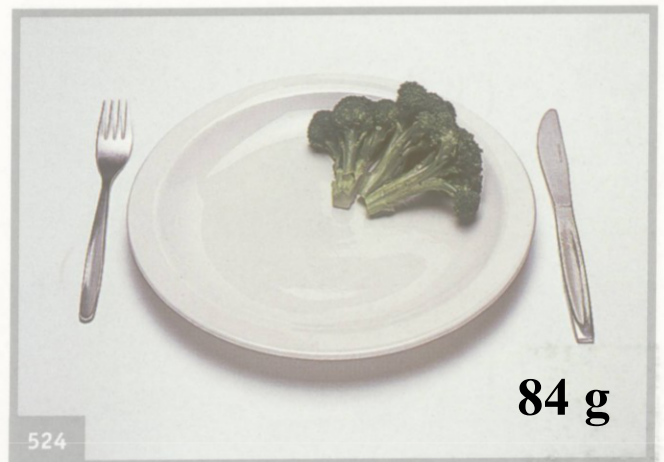
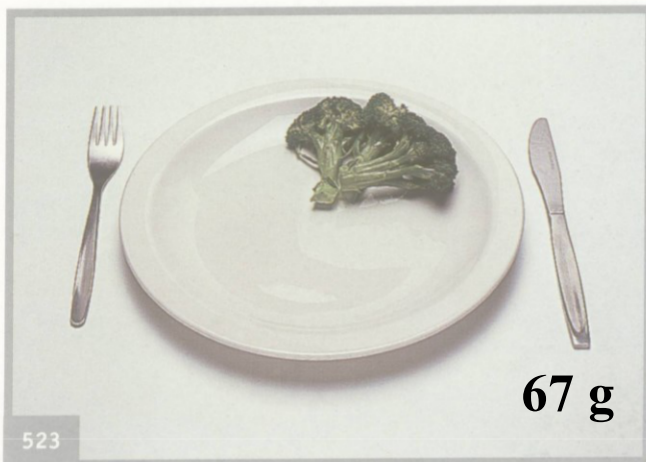
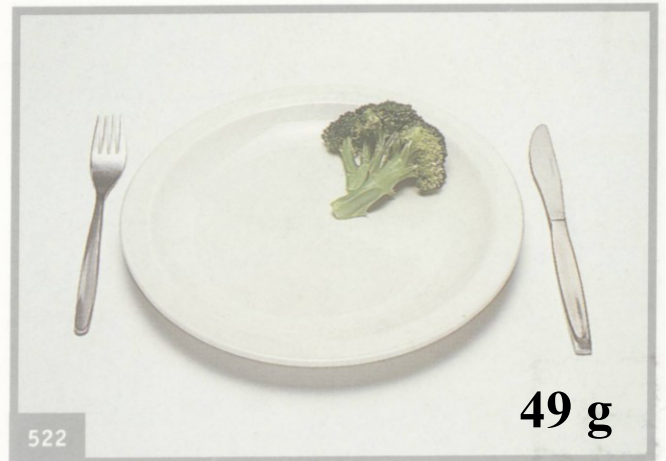
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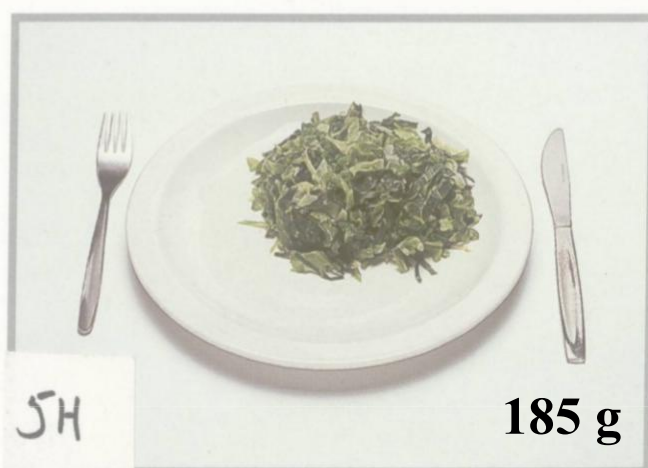
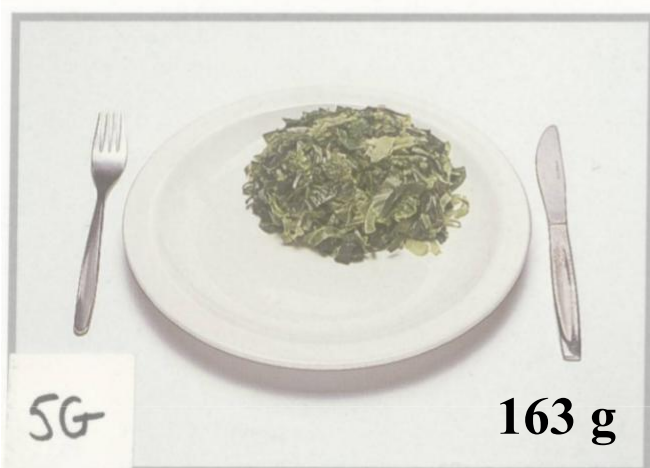
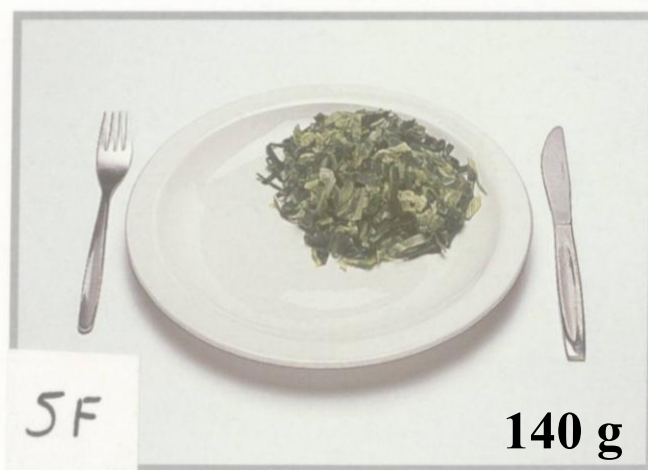
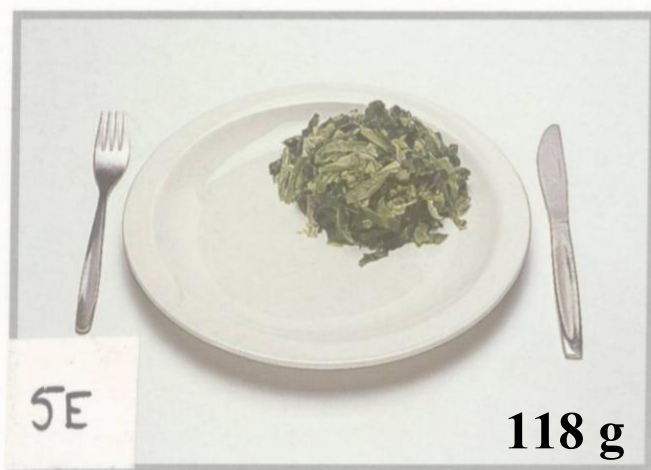
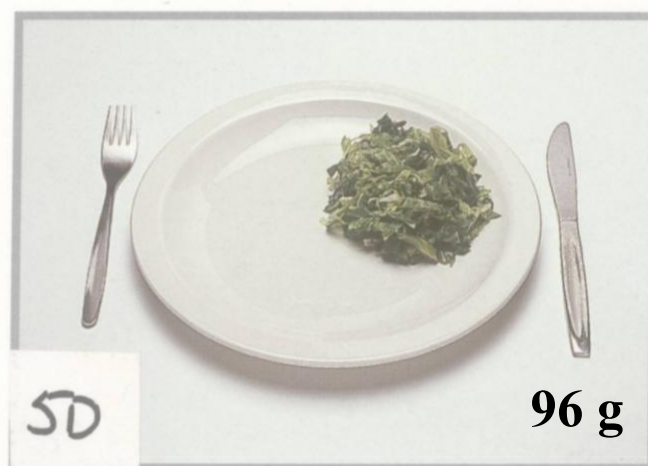
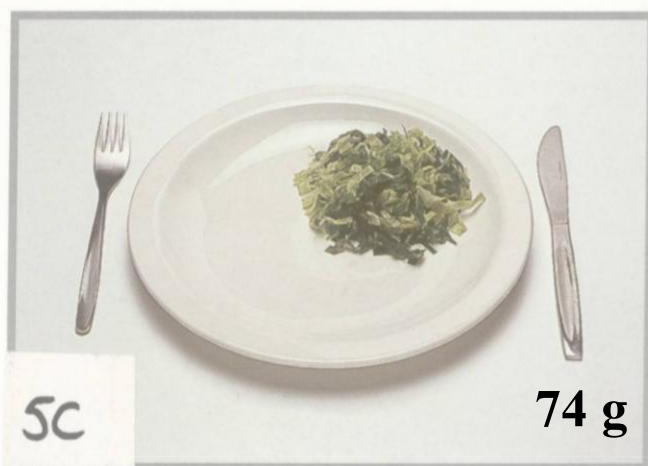
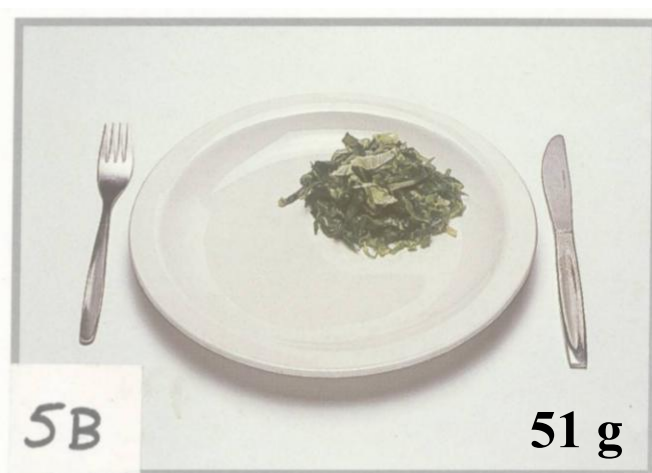
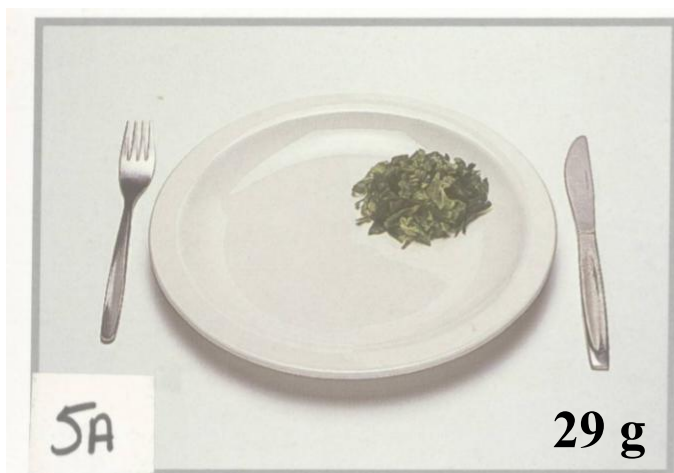
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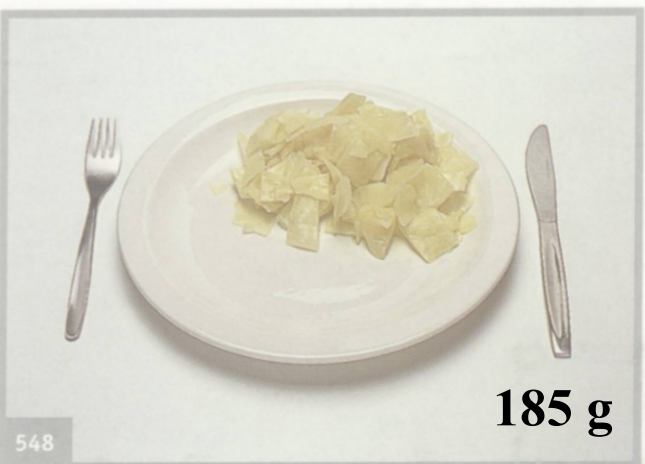
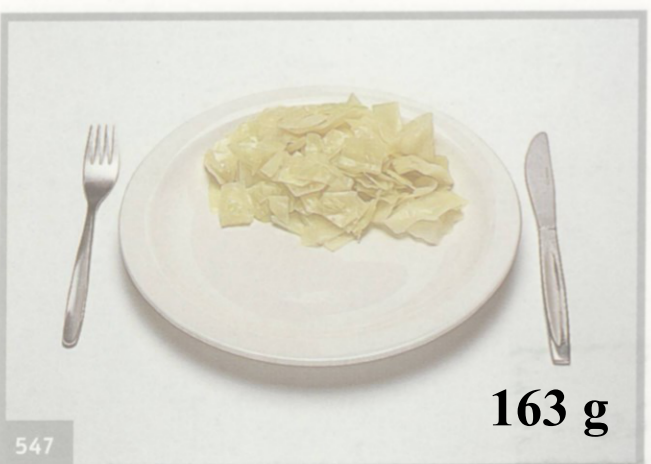
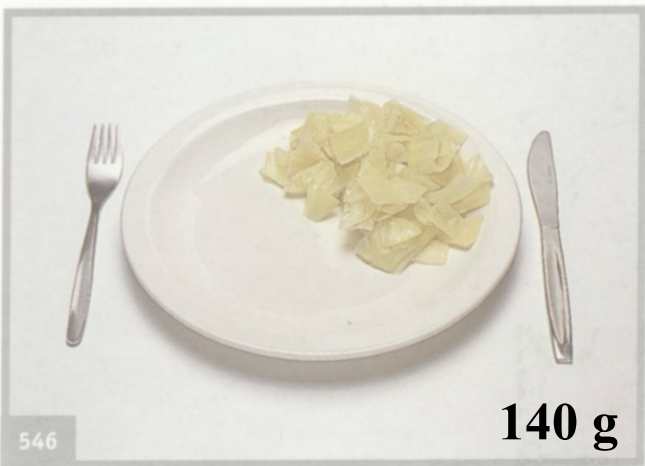
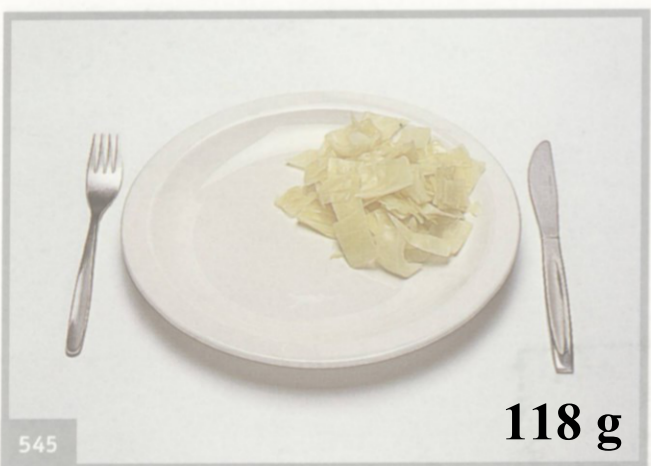
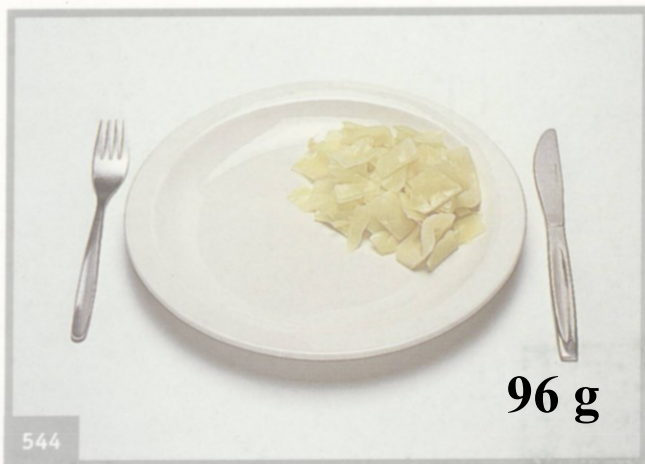
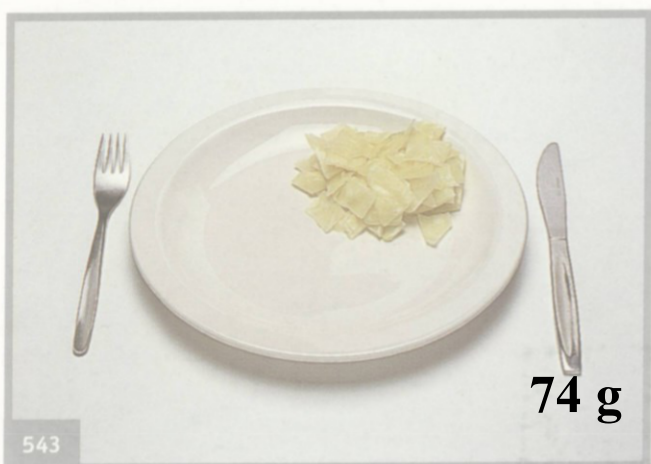
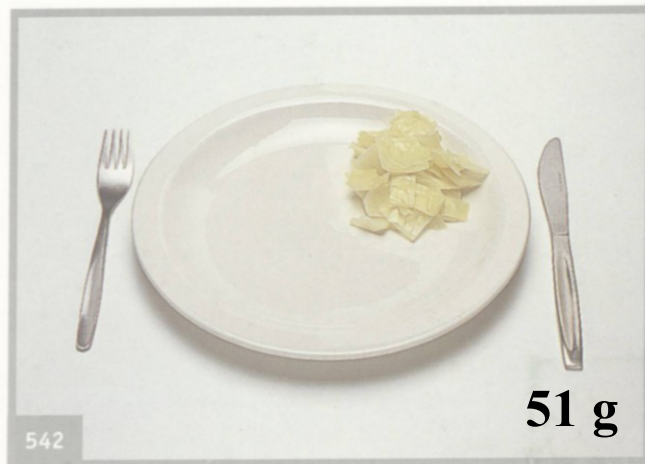
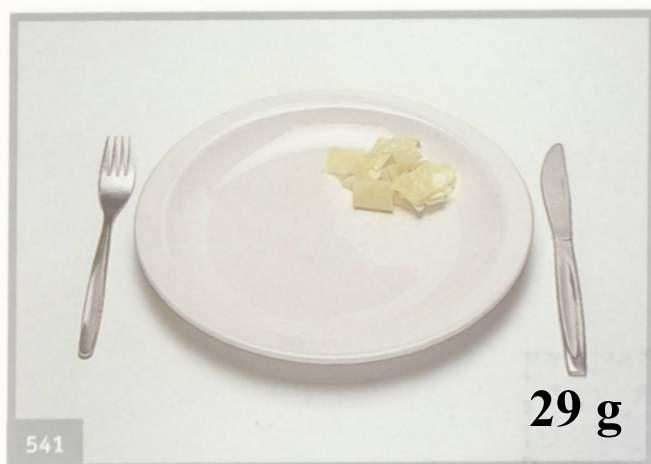
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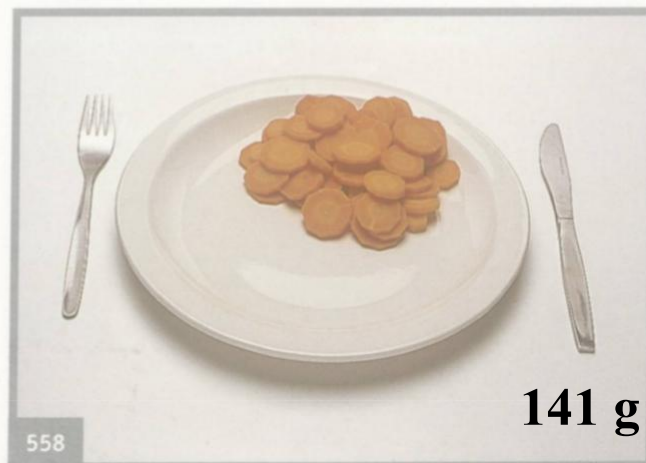
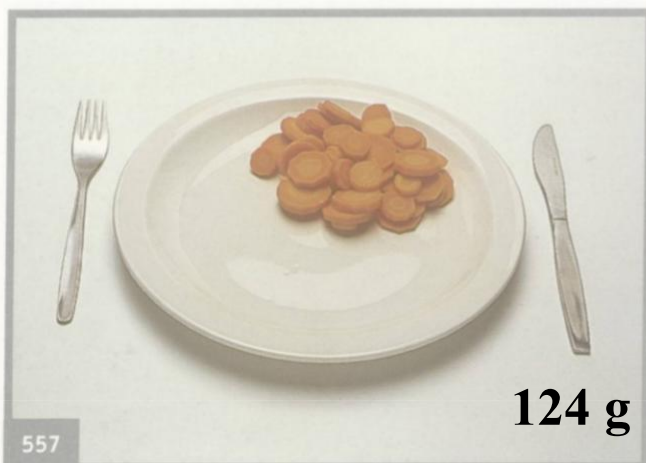
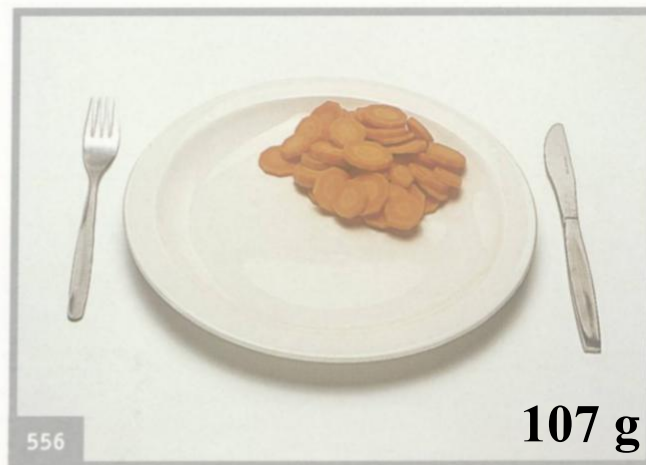
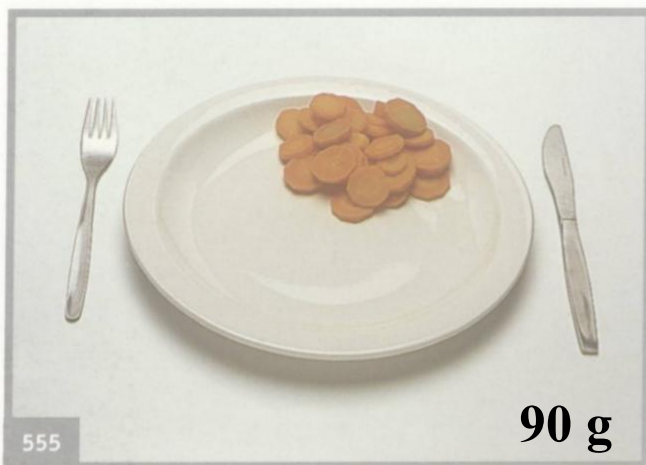
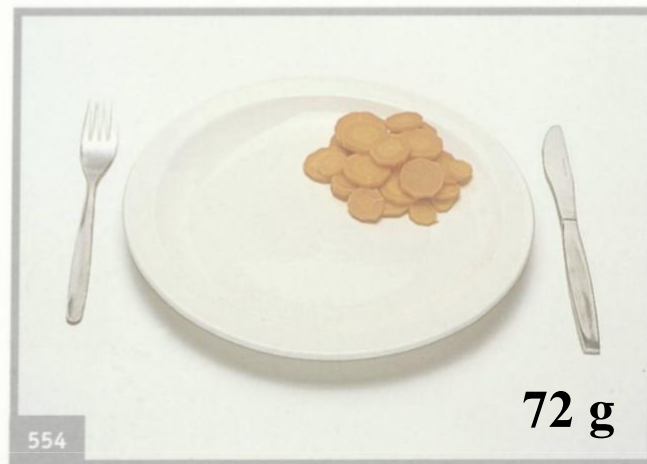
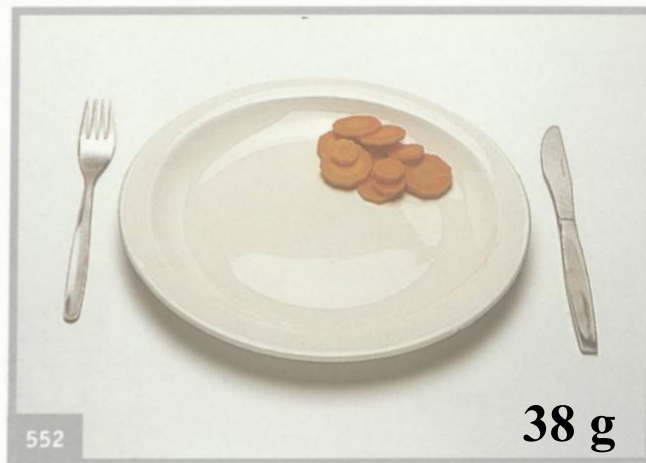
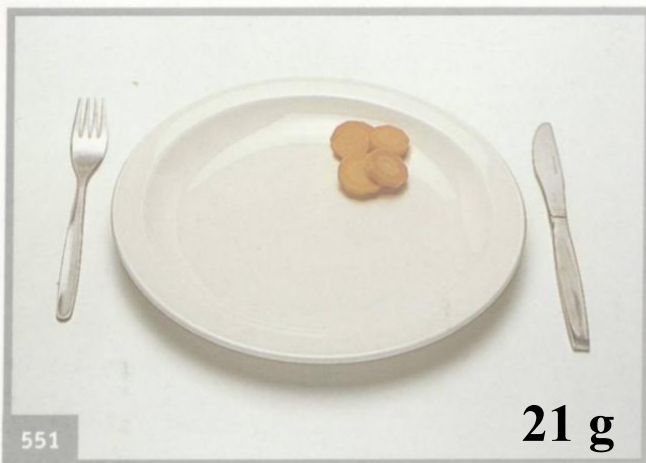
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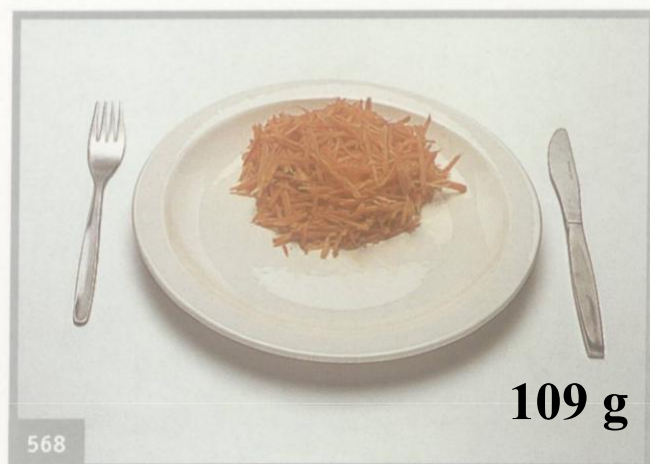
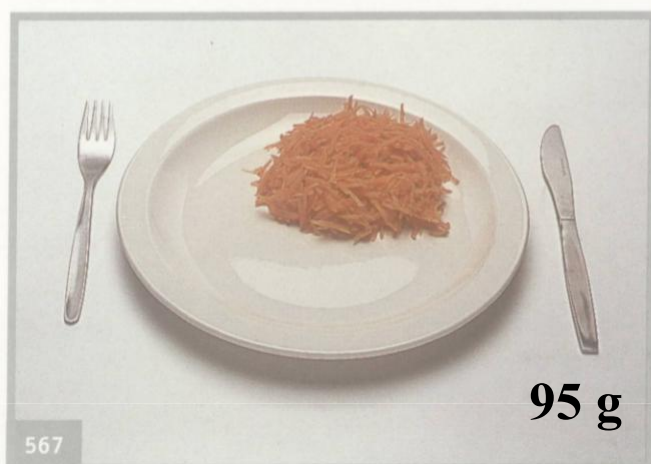
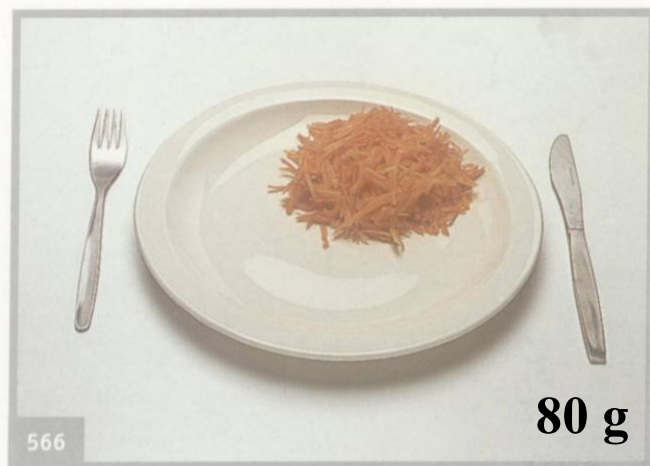
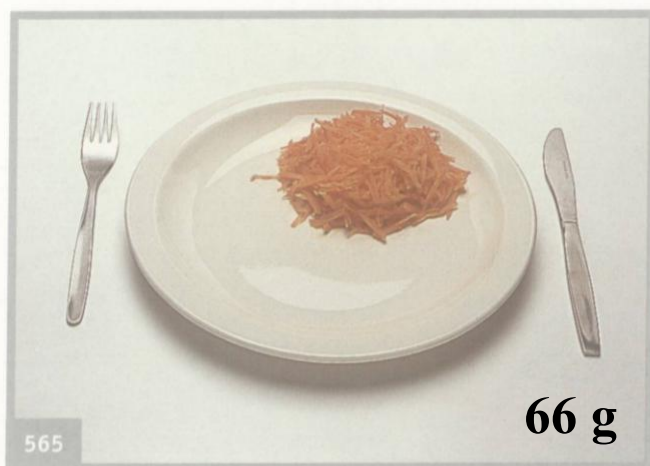
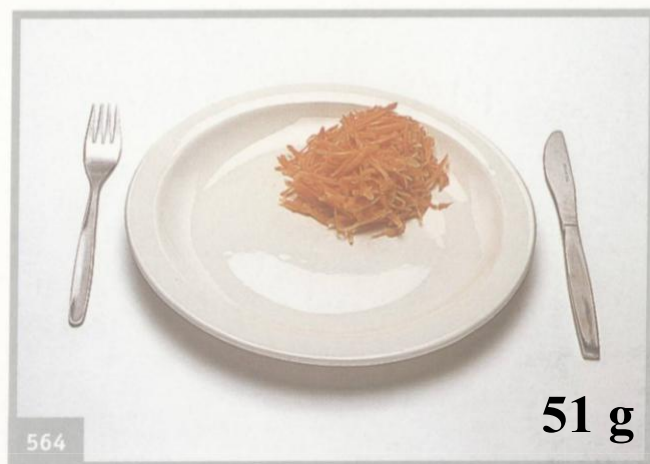
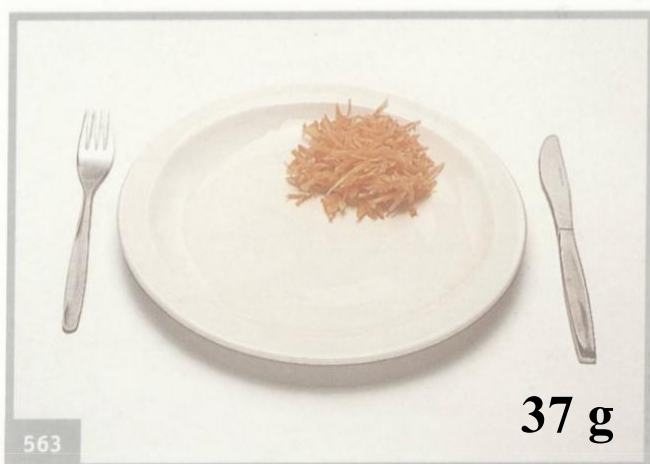
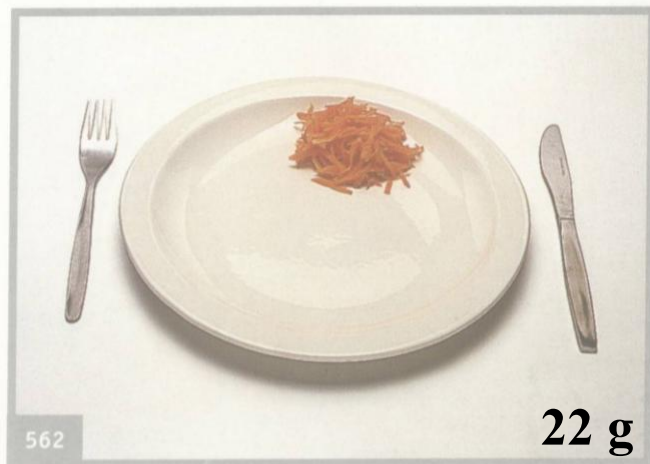
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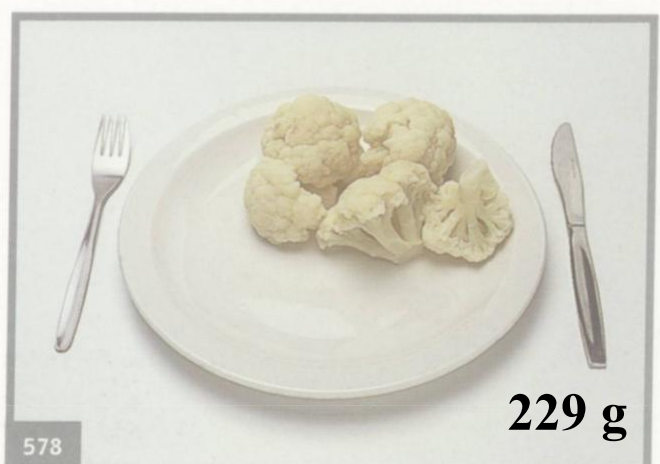
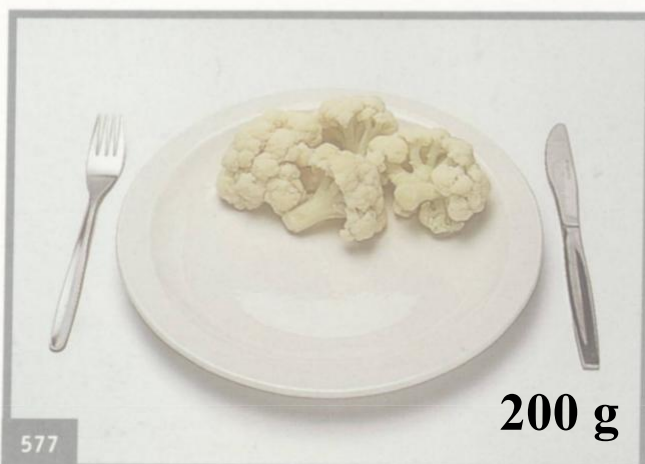
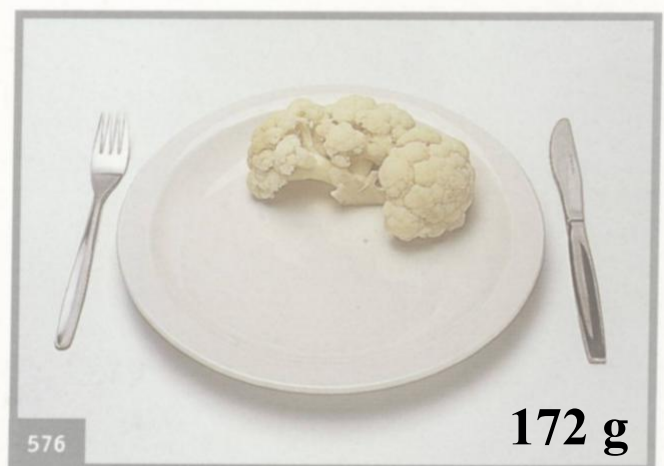
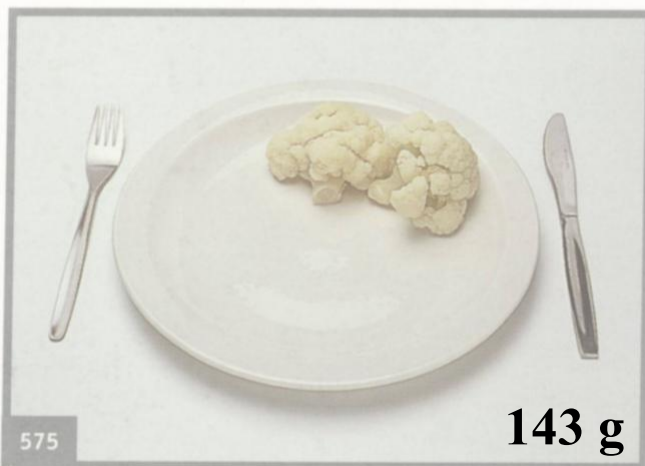
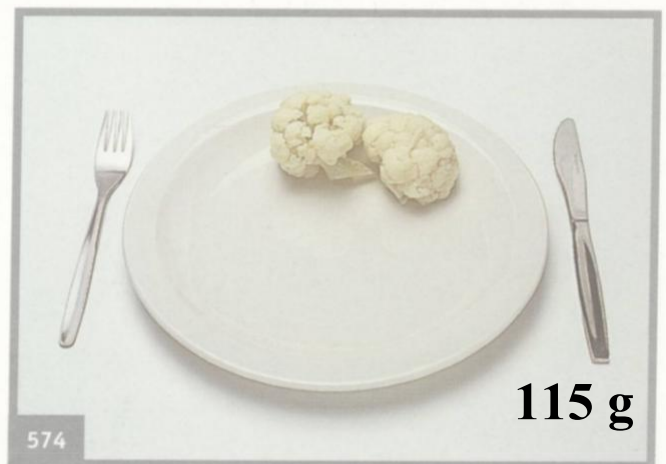
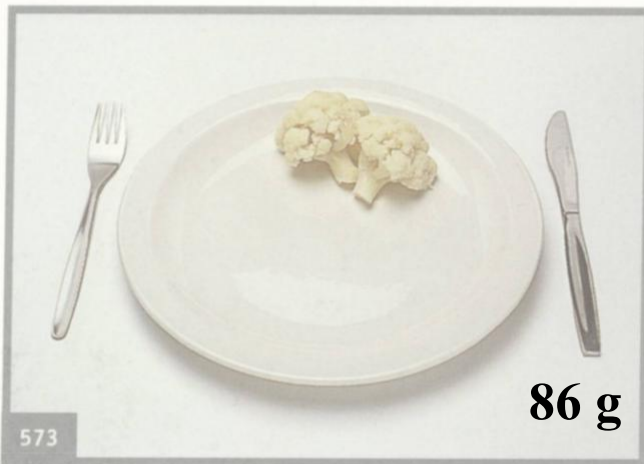
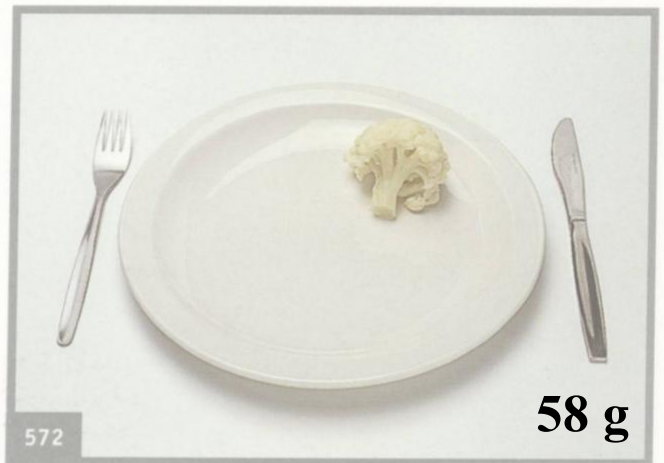
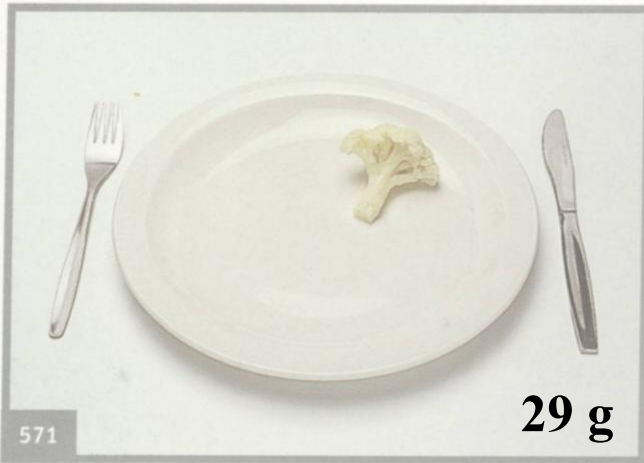
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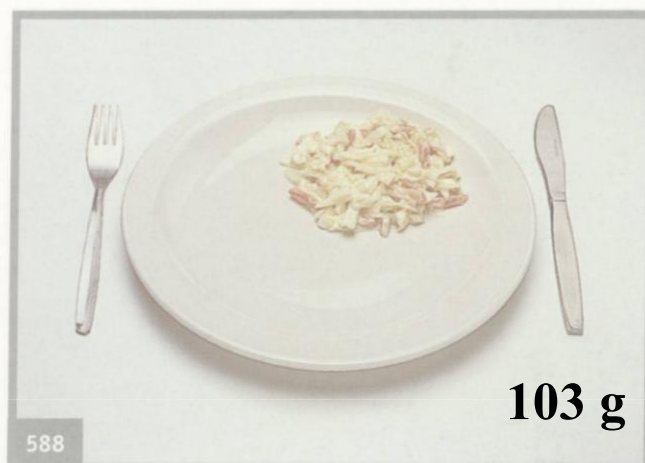
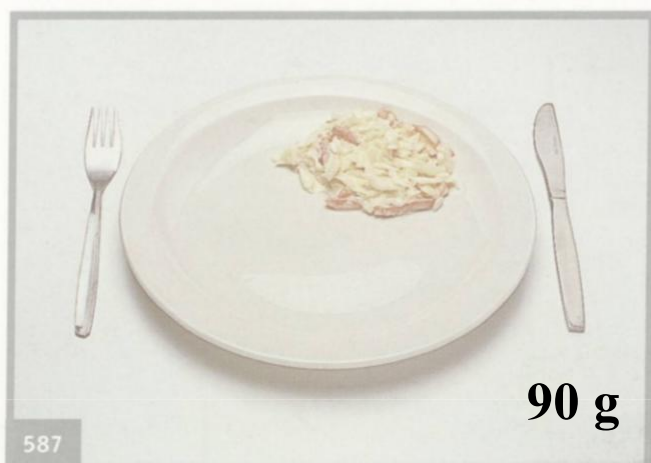
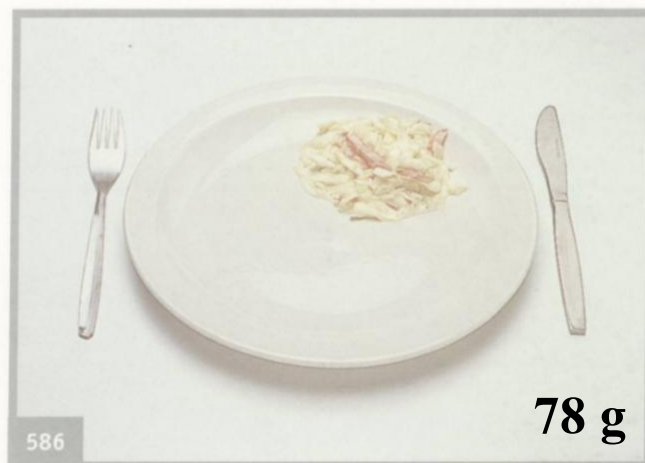
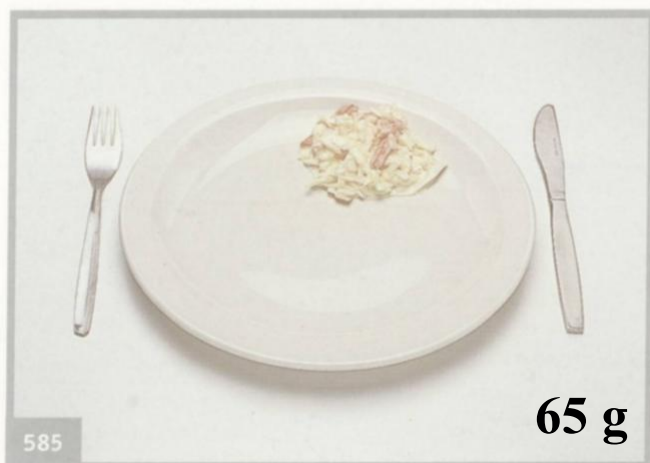
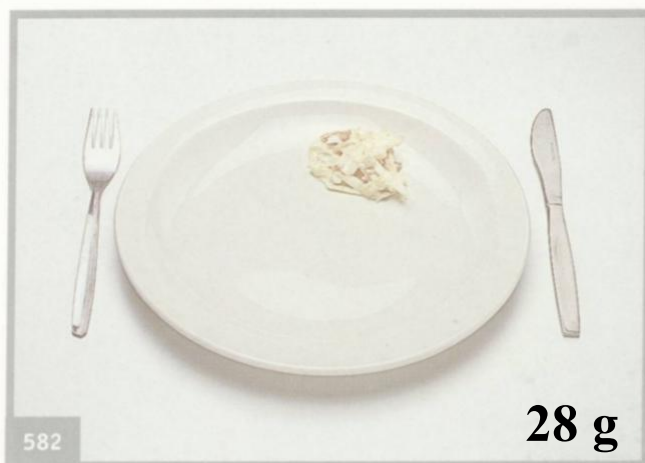
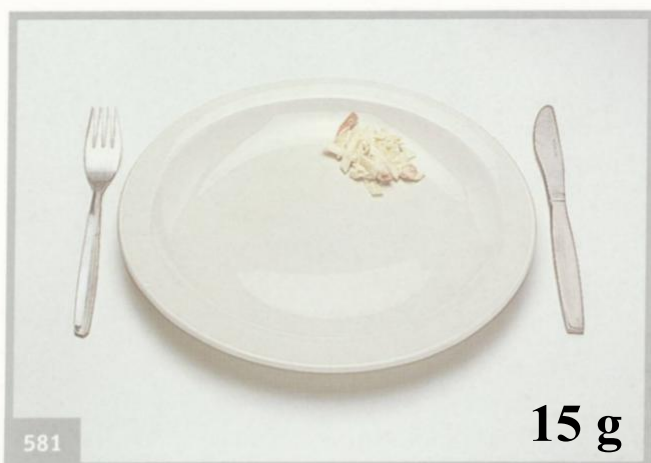
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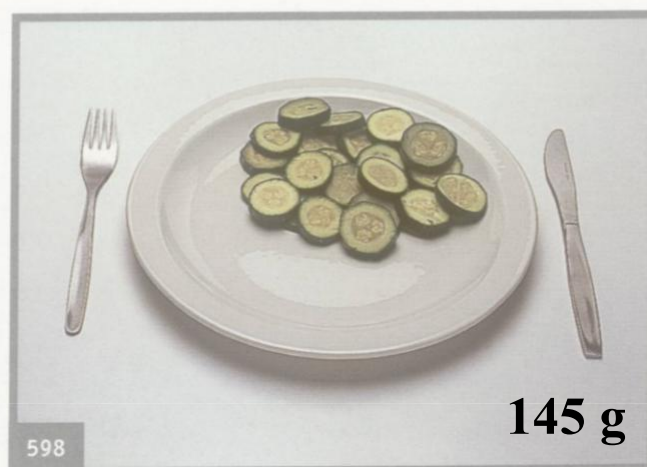
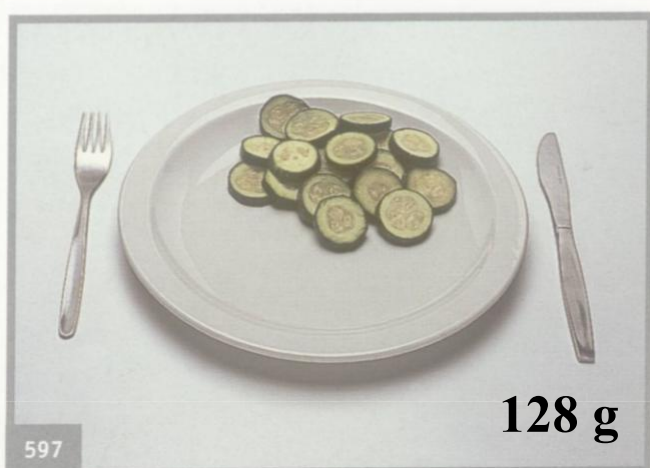
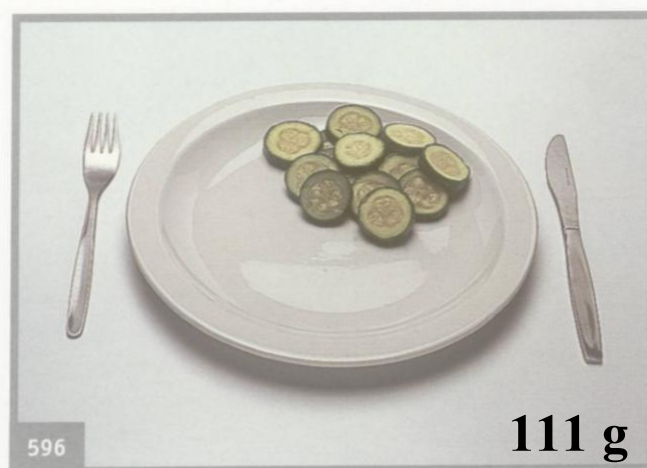
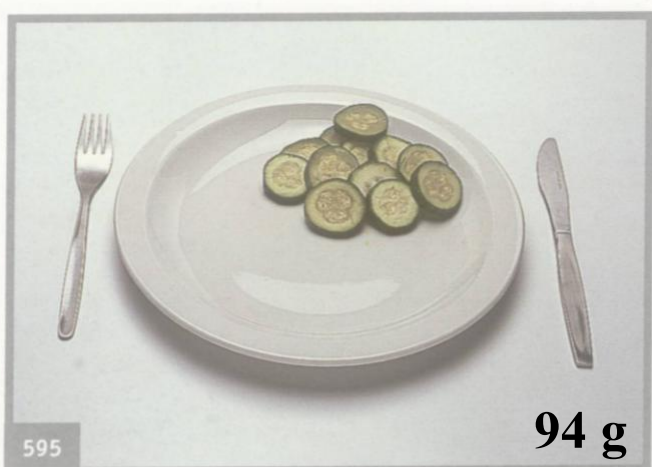
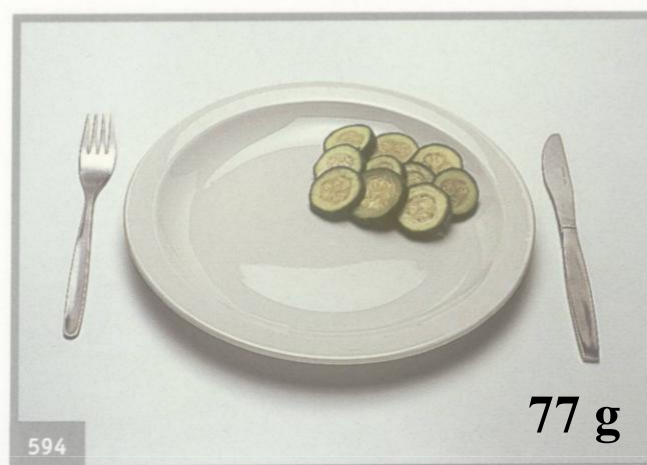
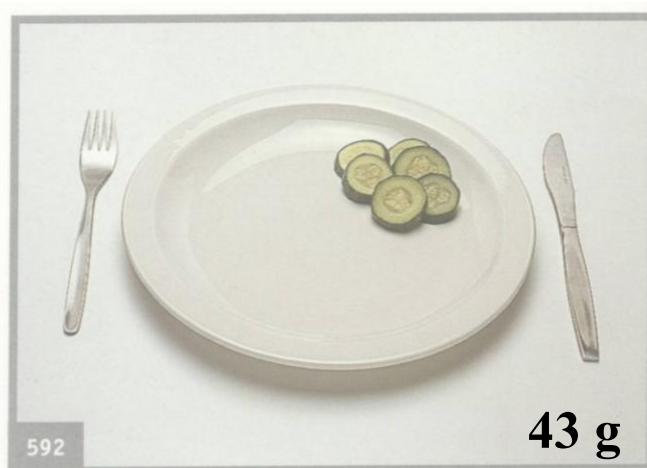
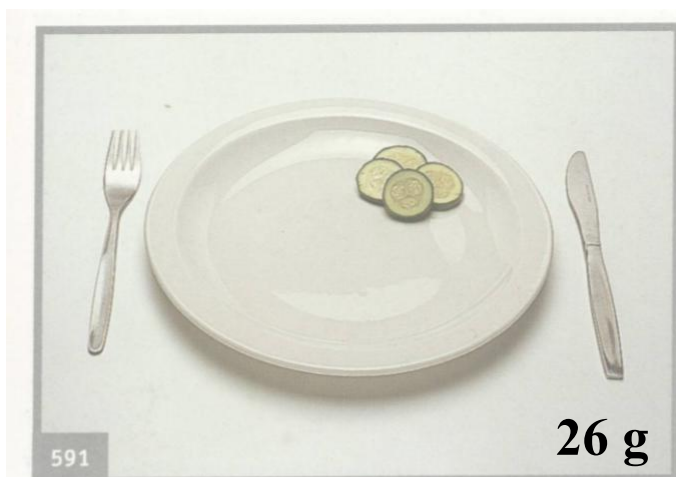
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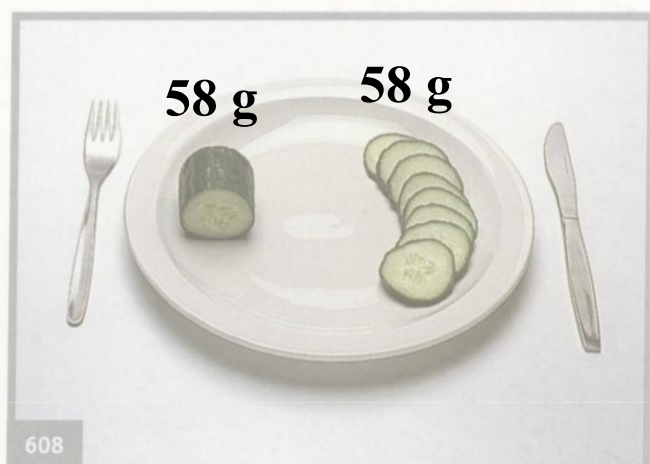
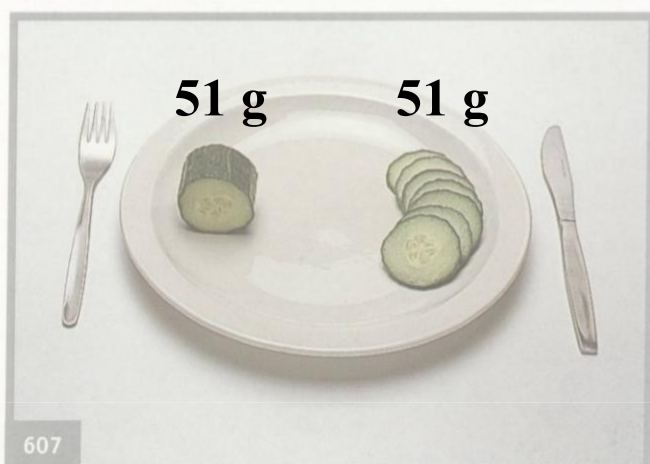
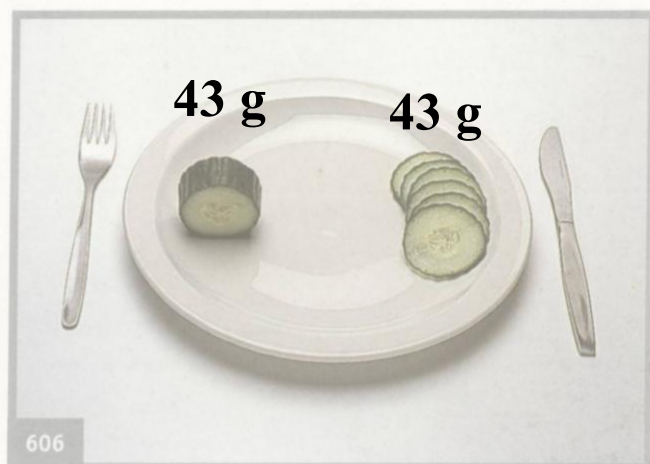
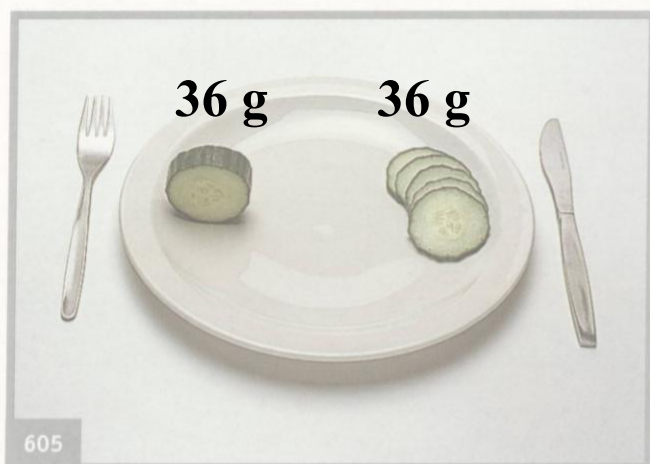
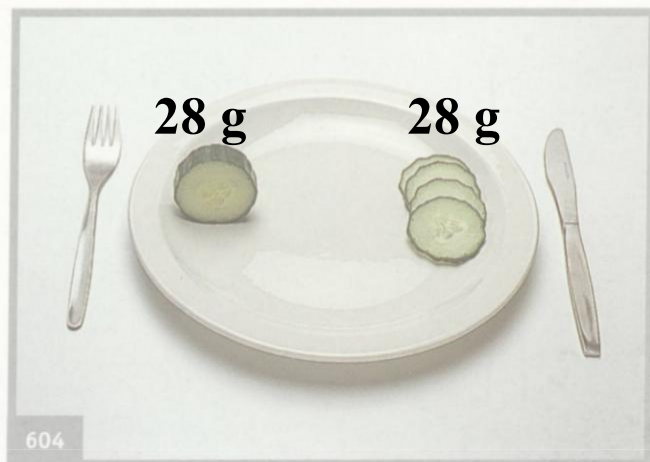
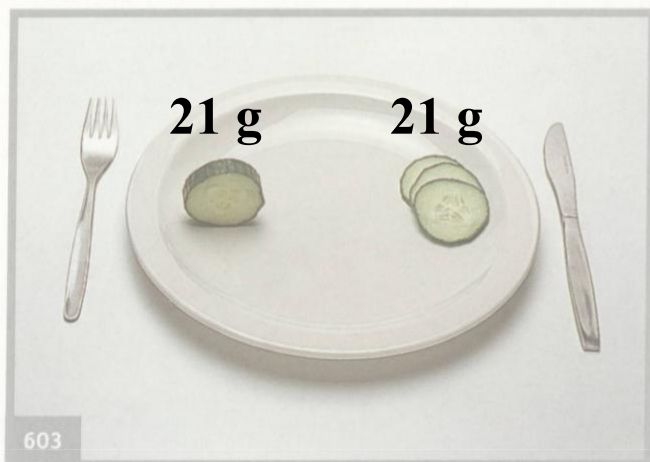
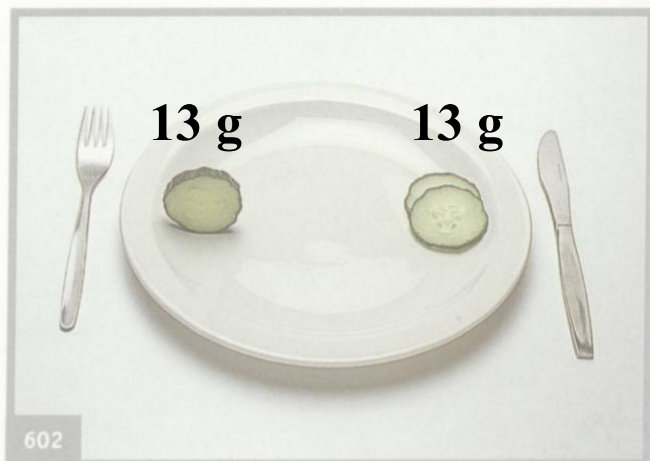
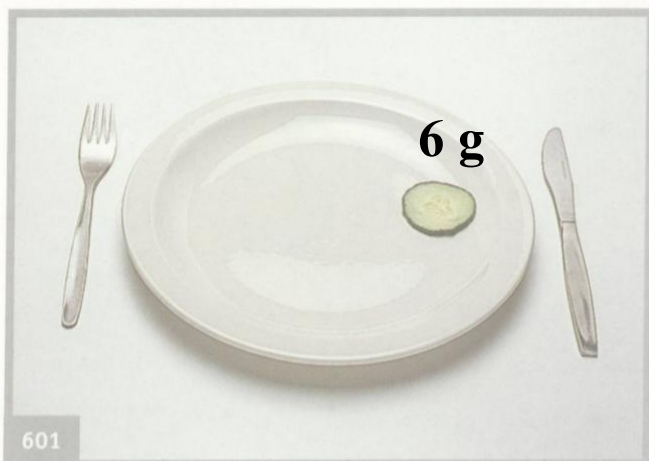
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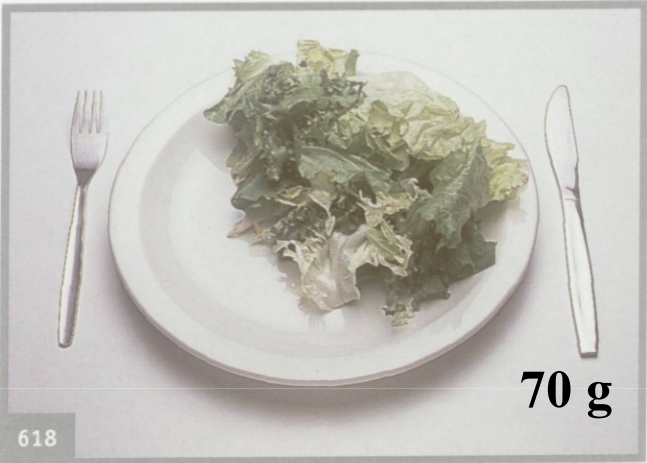
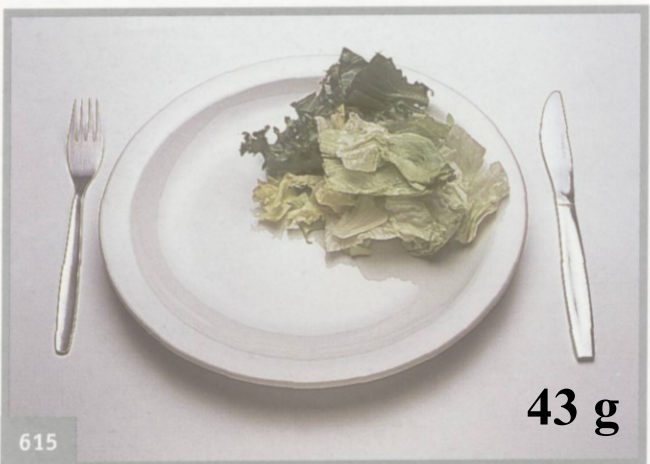
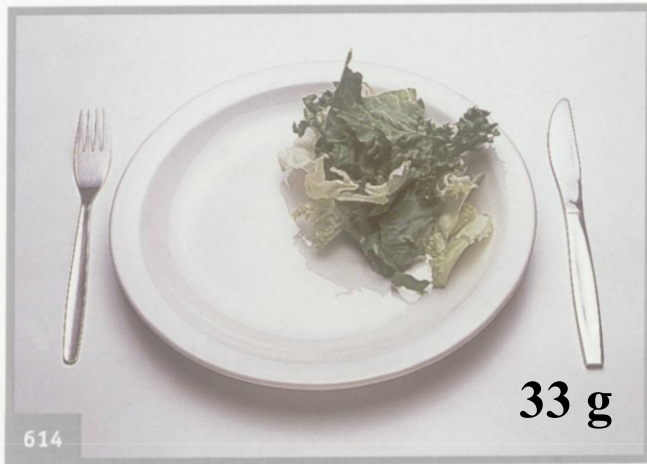
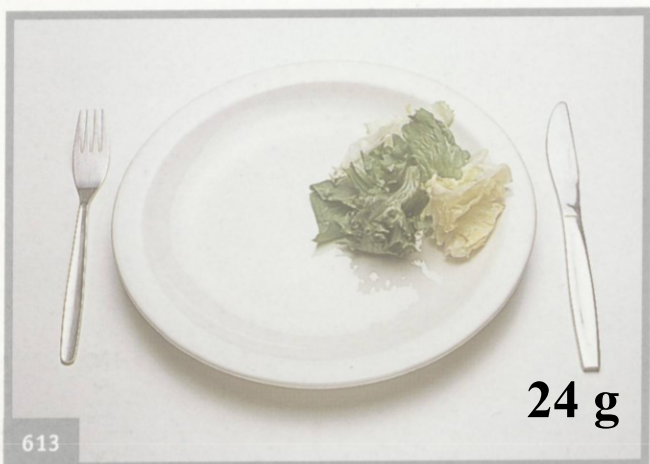
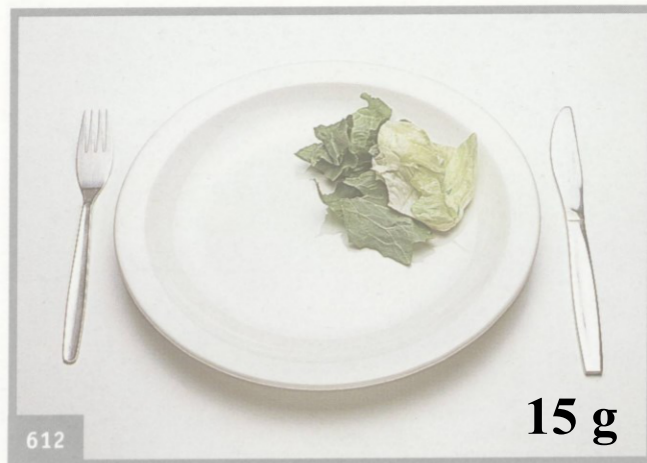
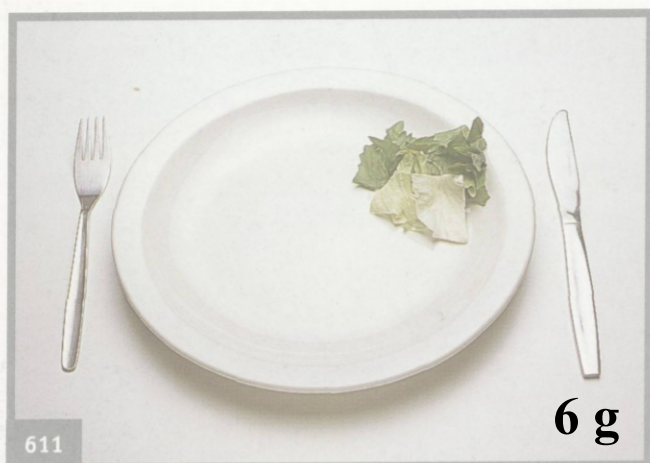
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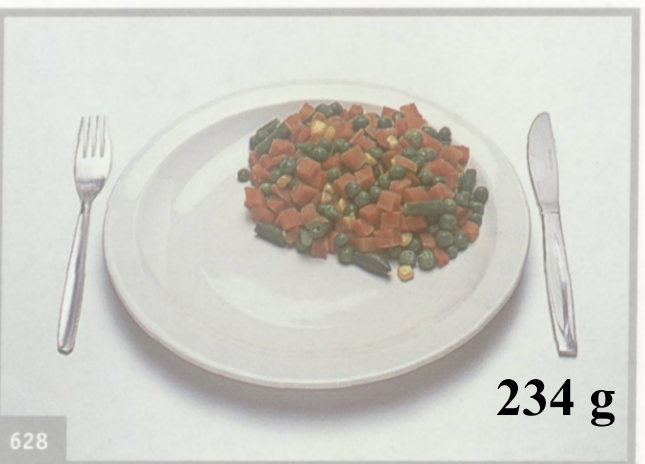
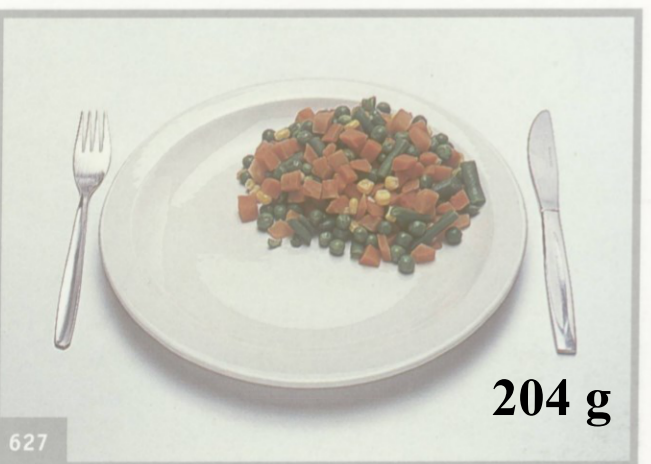
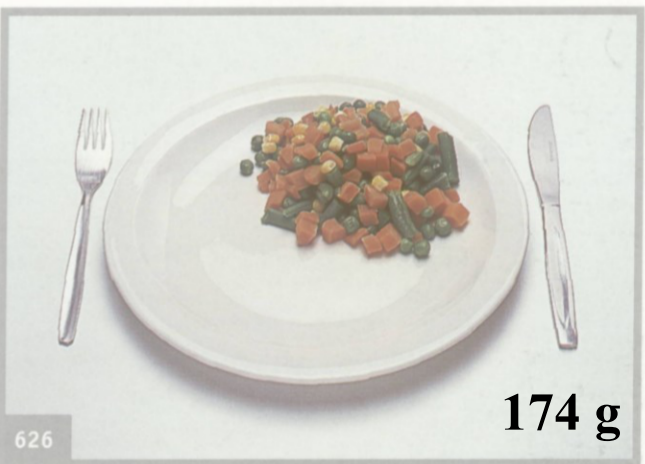
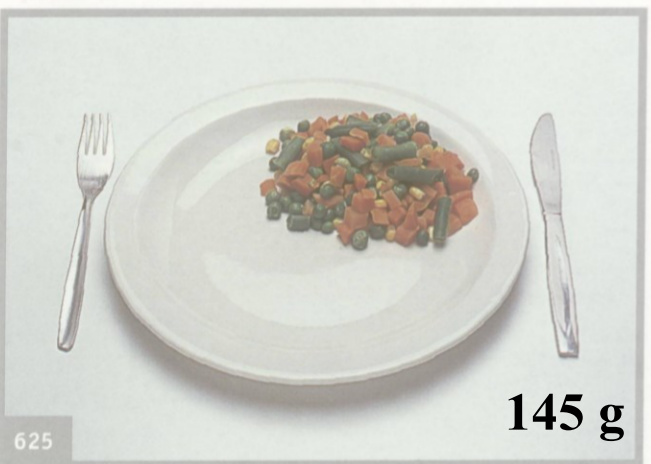
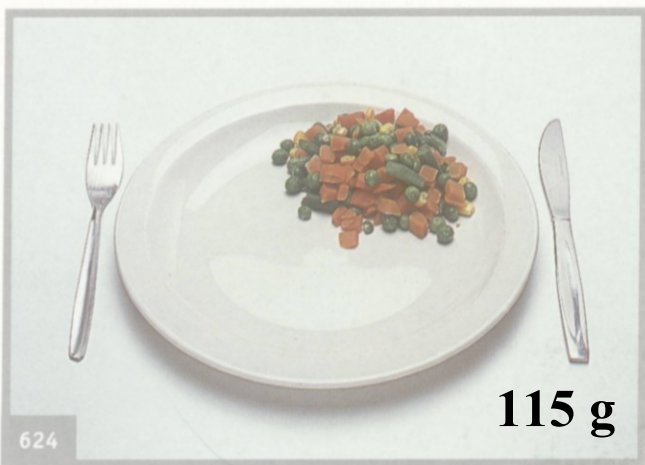
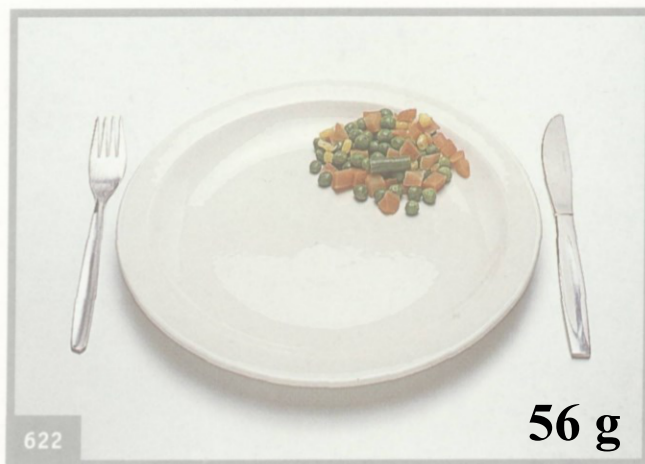
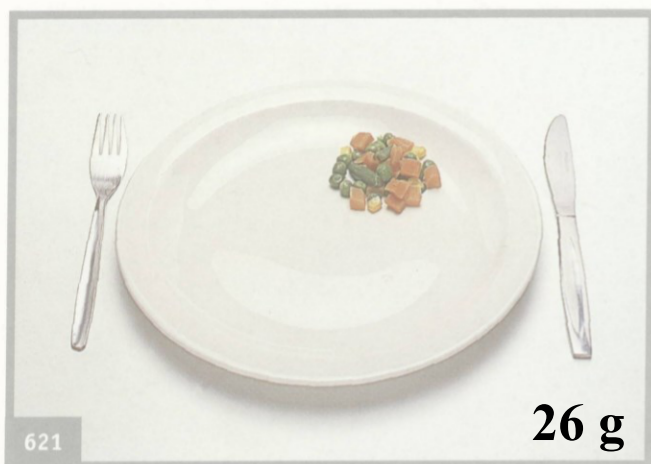
OKURKA



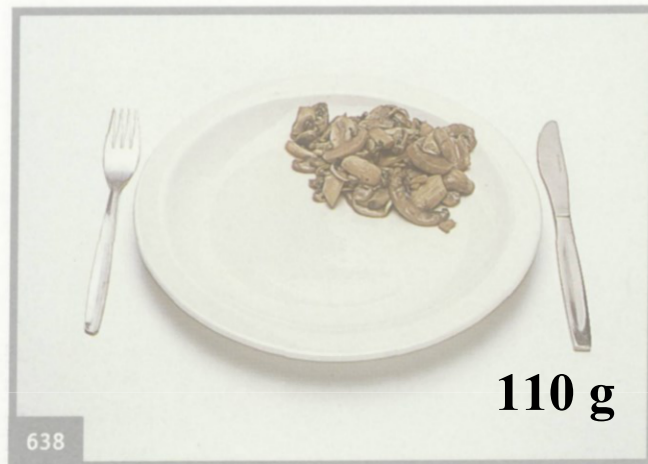
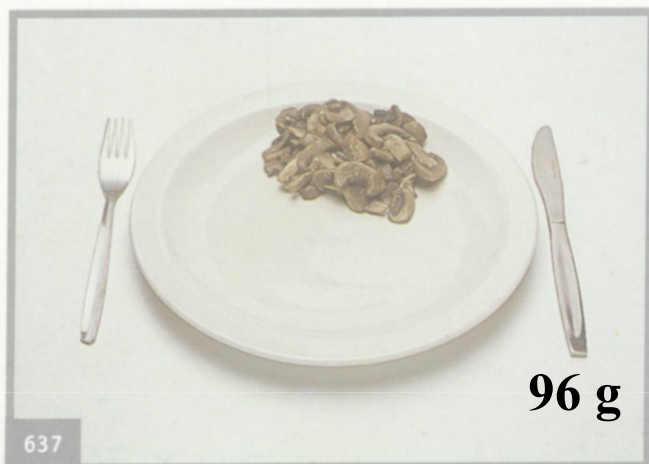
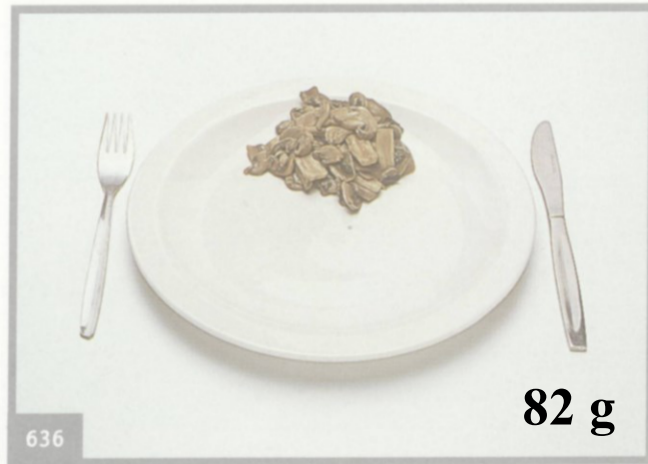
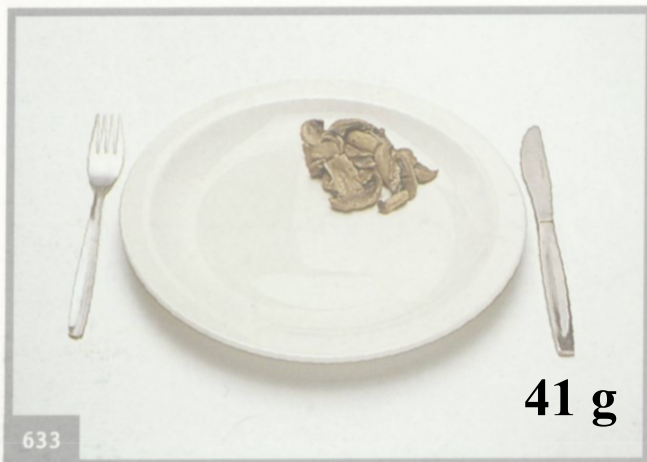
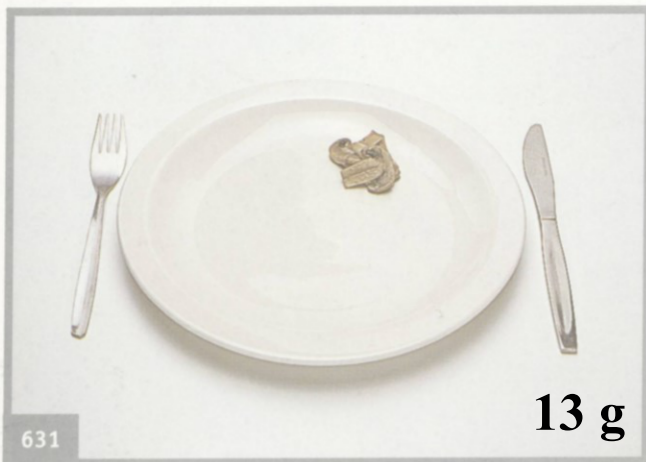
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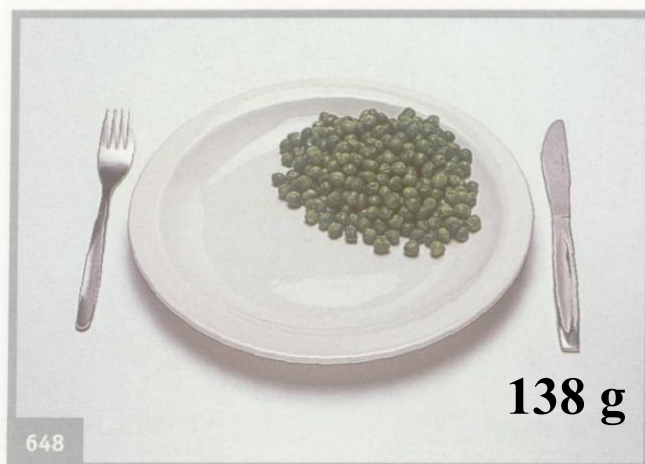
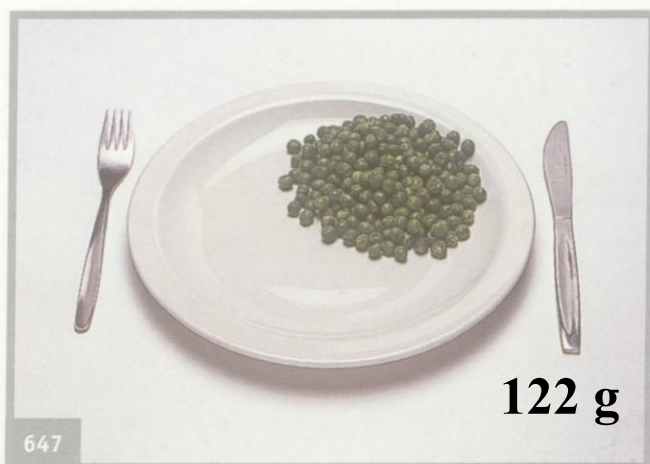
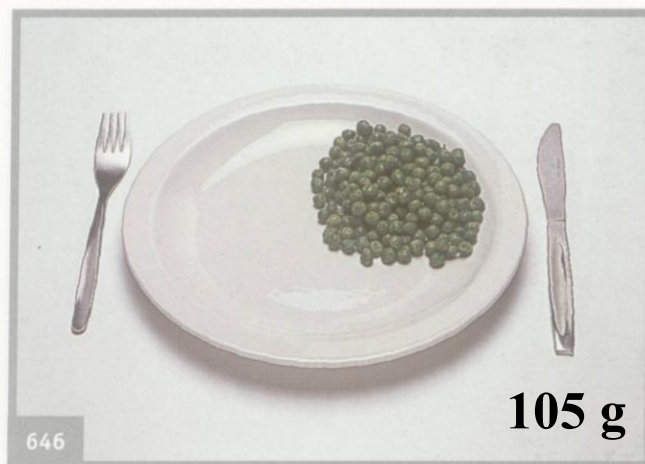
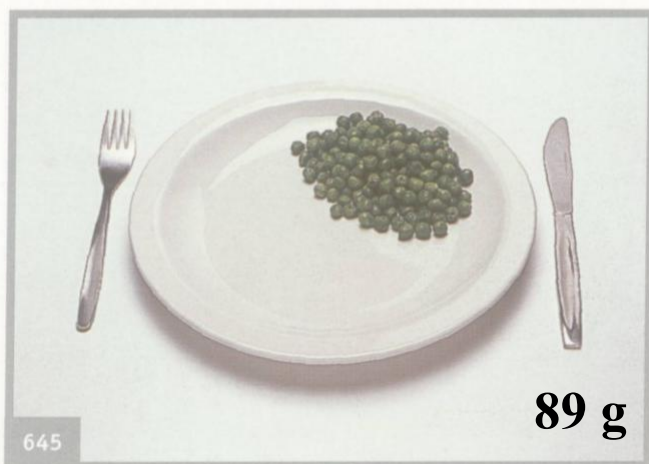
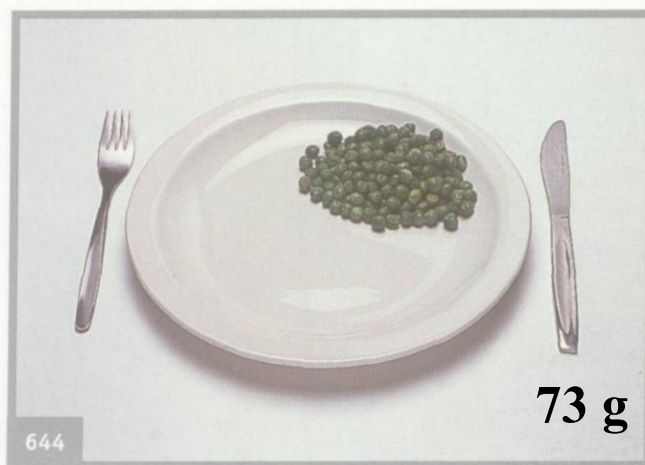
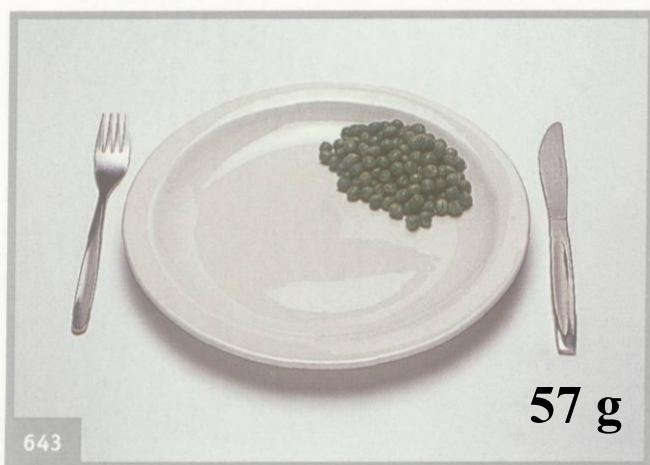
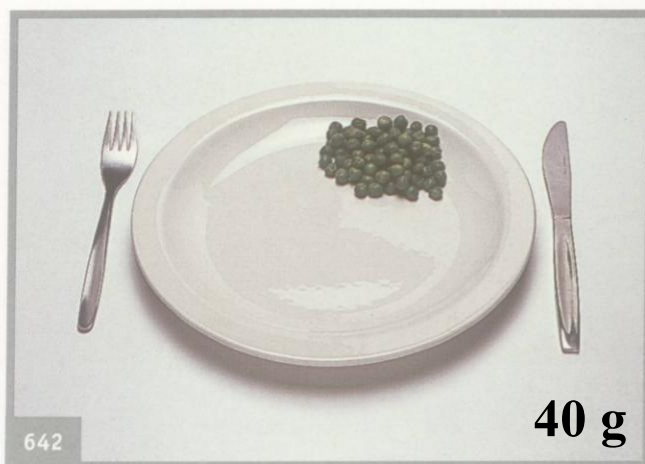
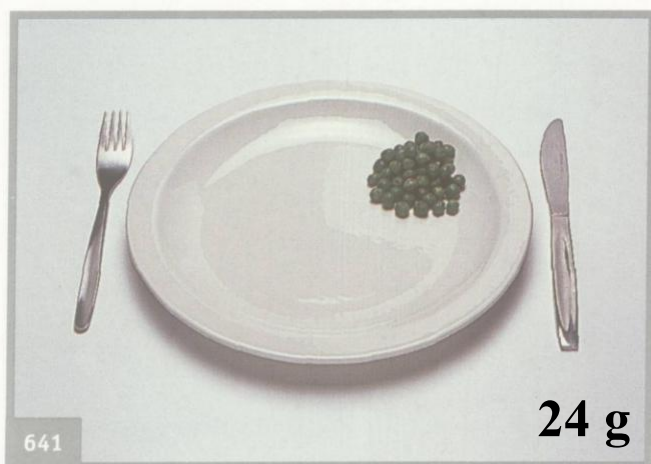
ZELENINOVÁ SMĚS – MRKEV, HRÁŠEK, KUKUŘICE, FAZOLKY



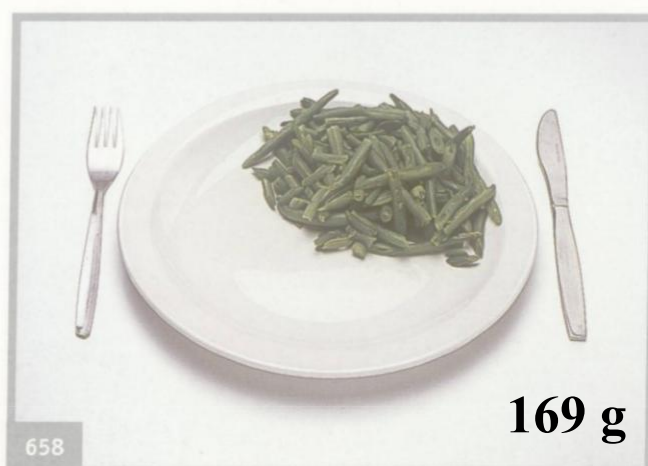
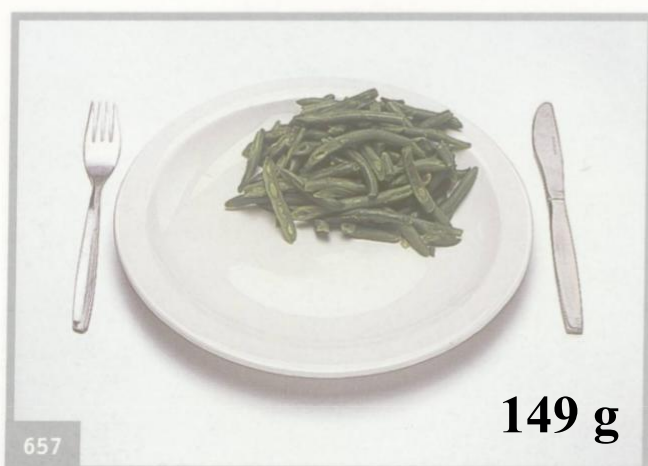
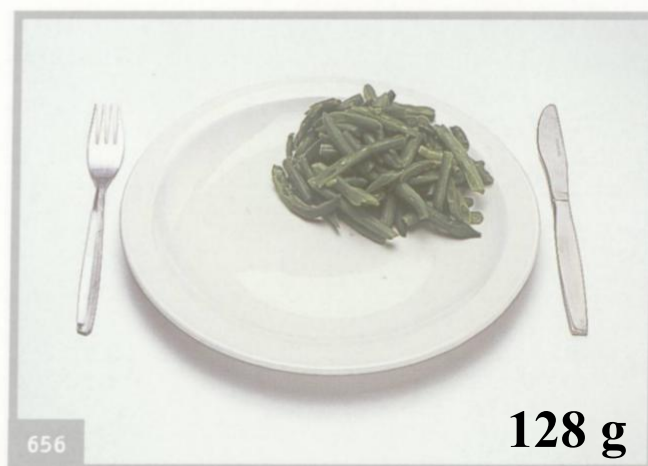
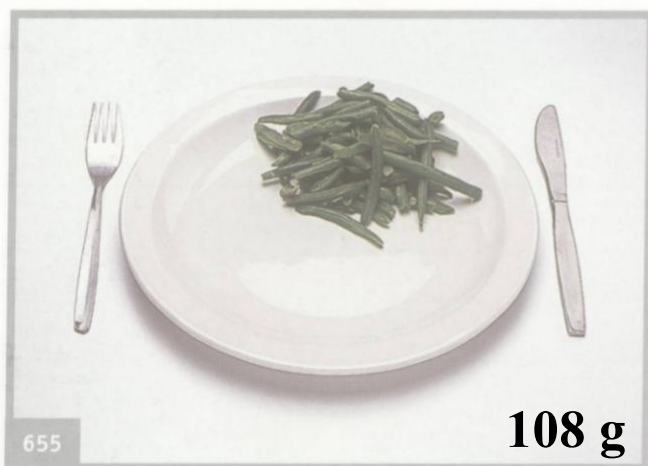
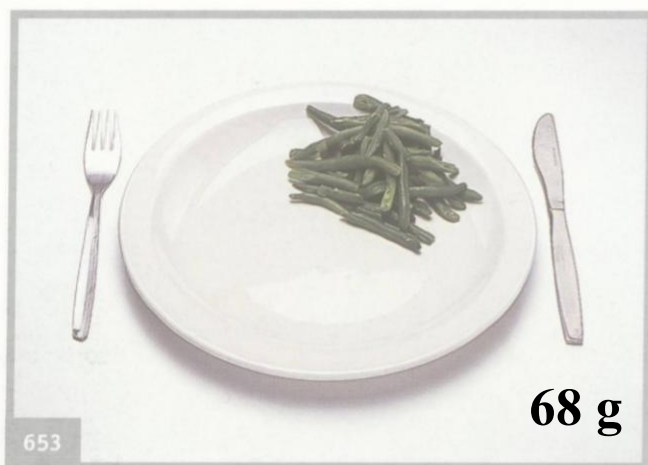
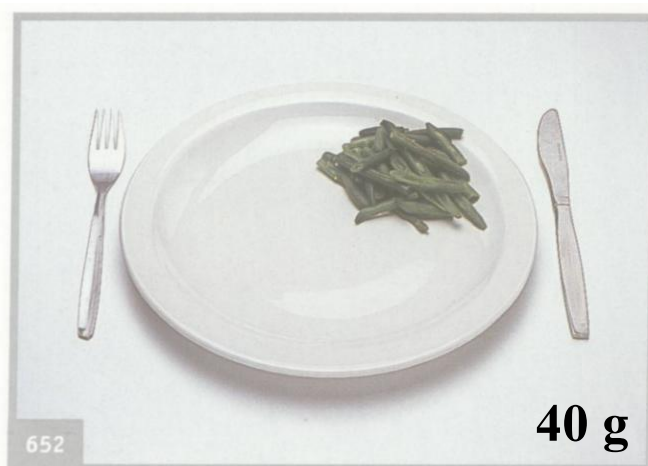
SMAŽENÉ ŽAMPIONY



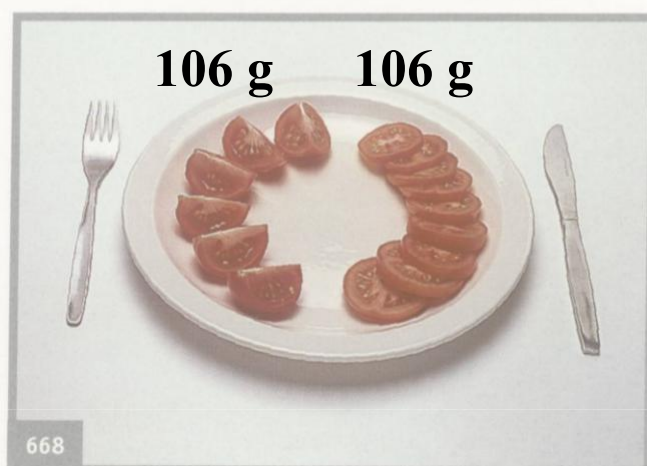
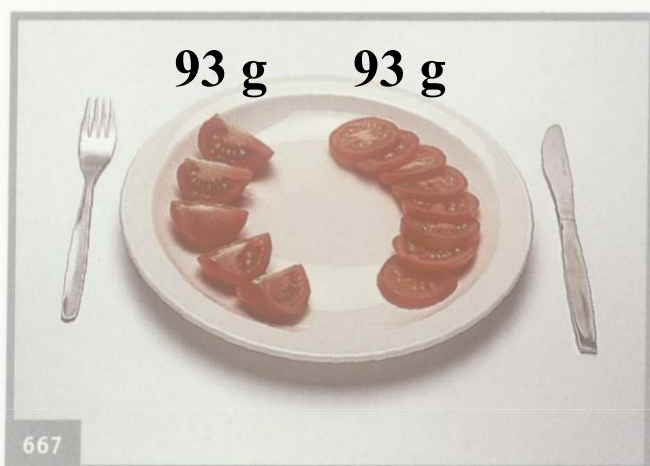
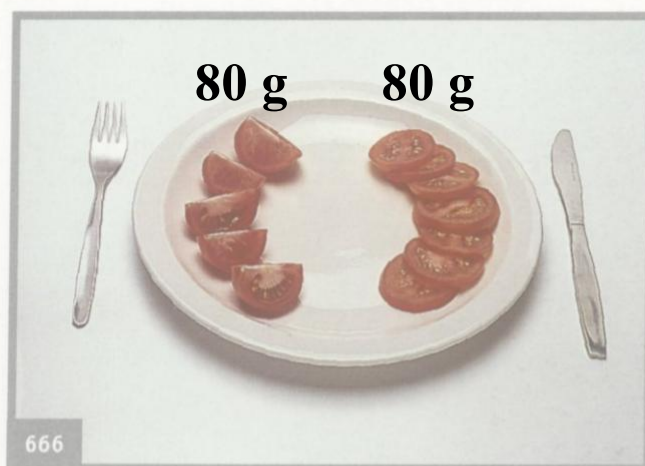
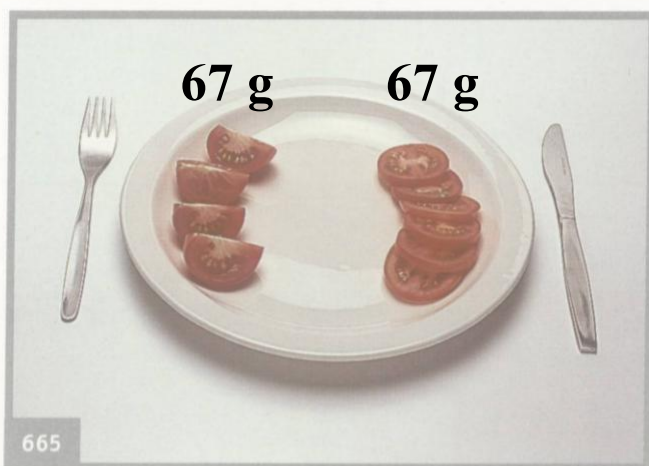
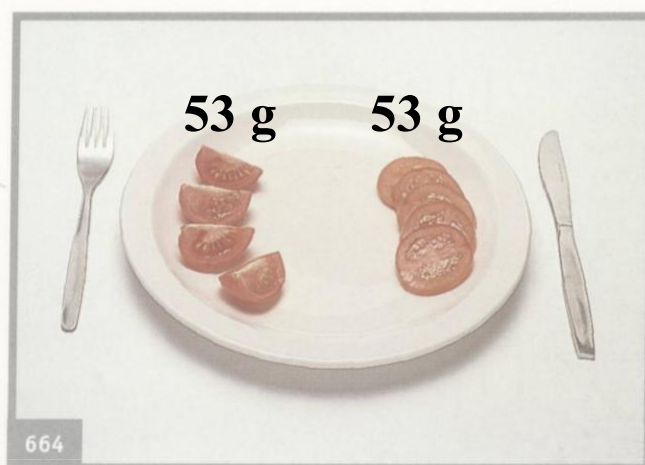
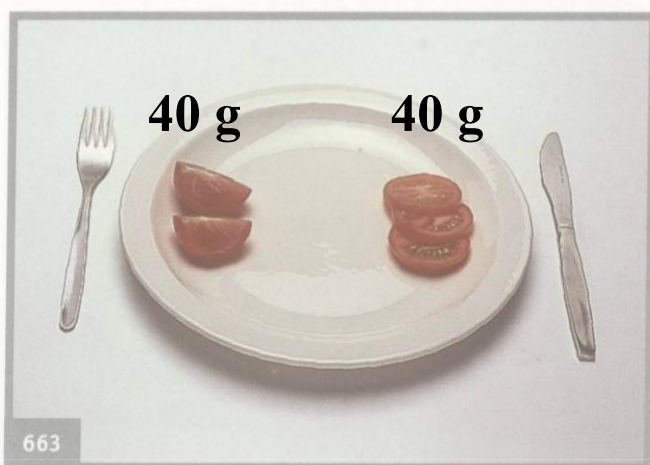
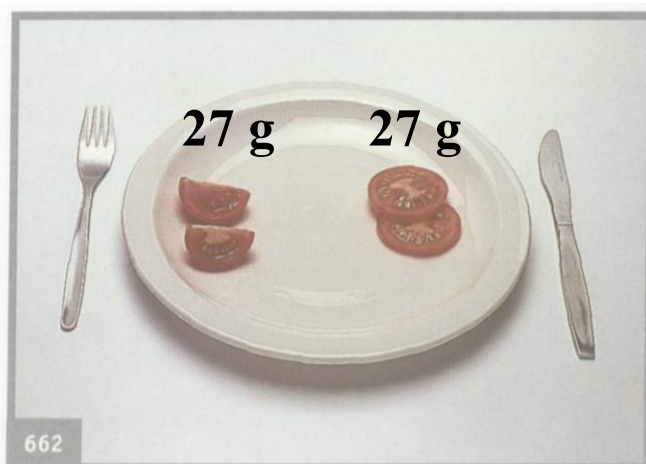
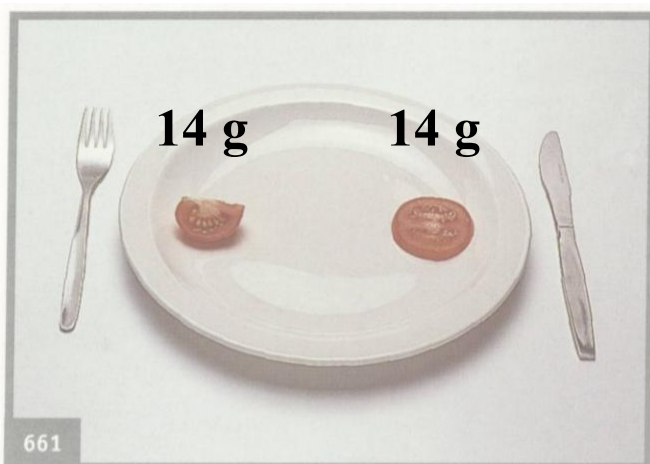
HRÁŠEK



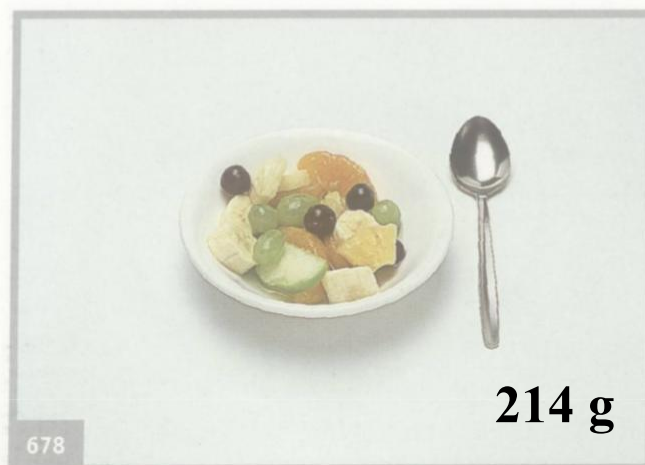
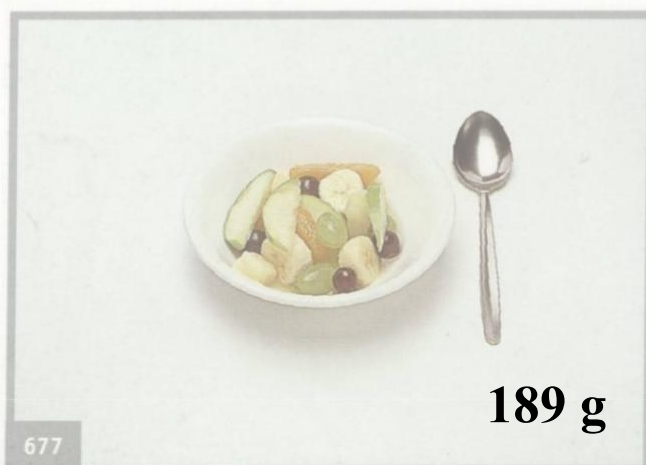
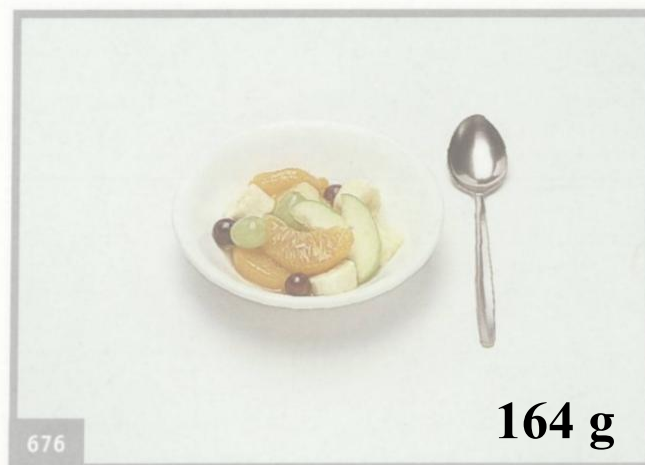
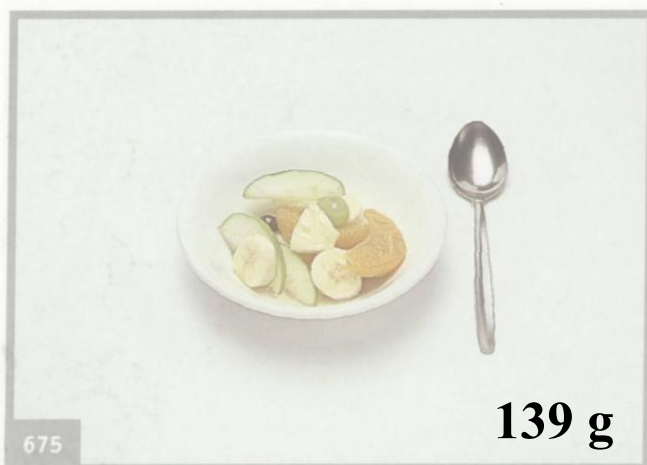
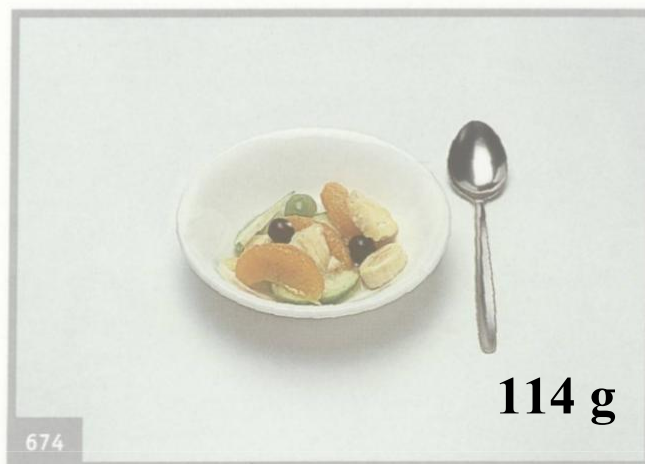
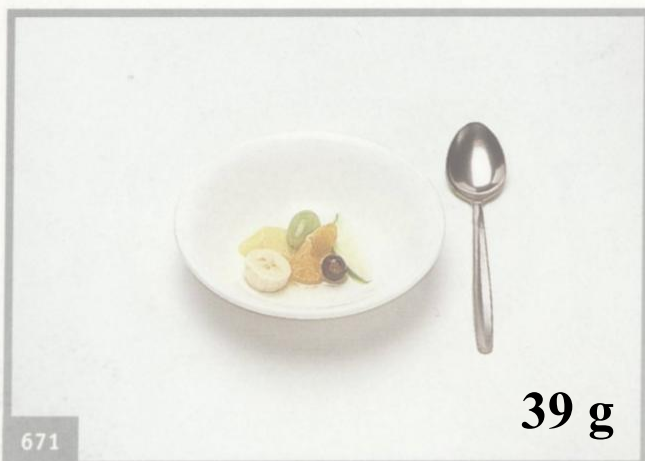
FAZOLOVÉ LUSKY



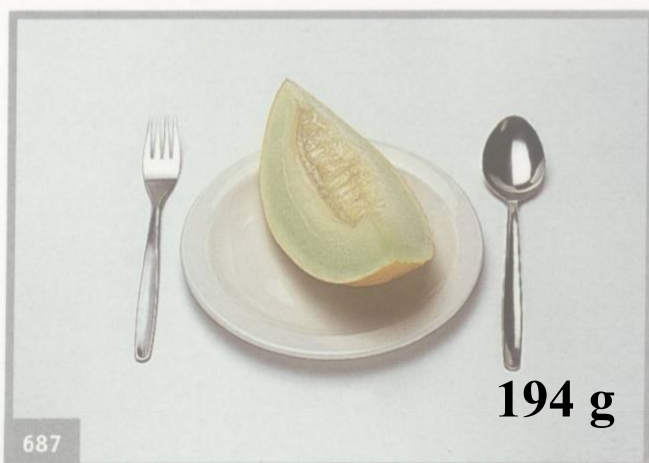
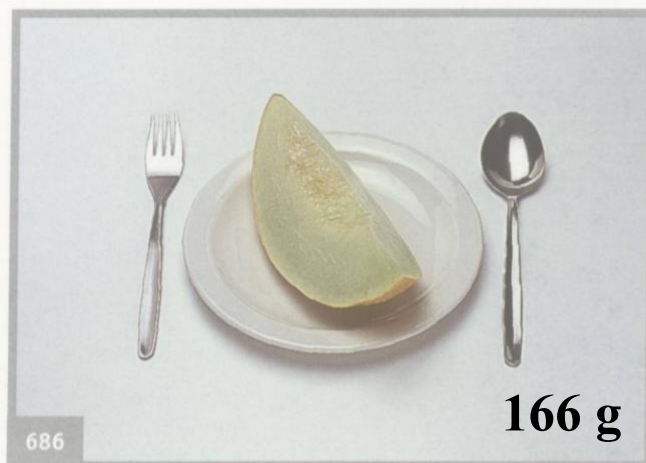
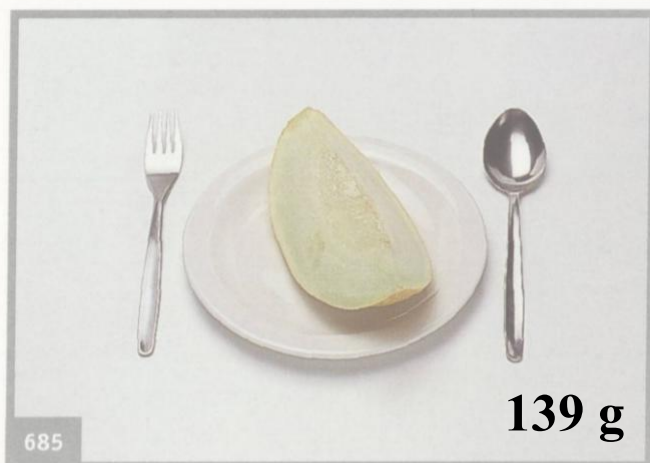
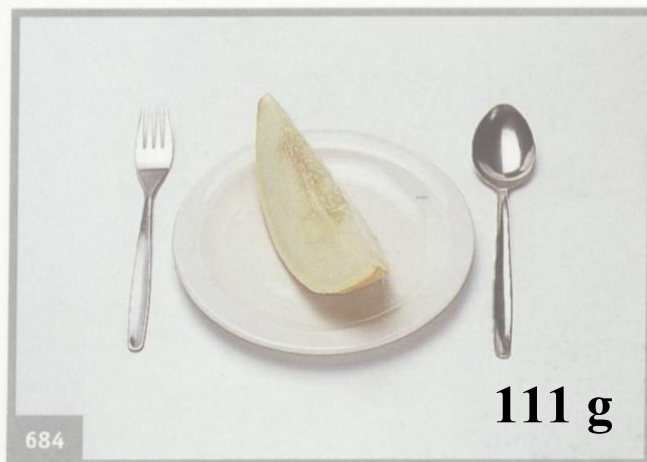
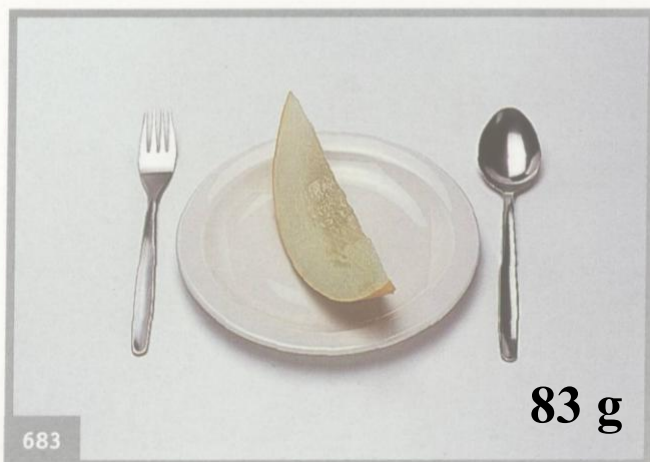
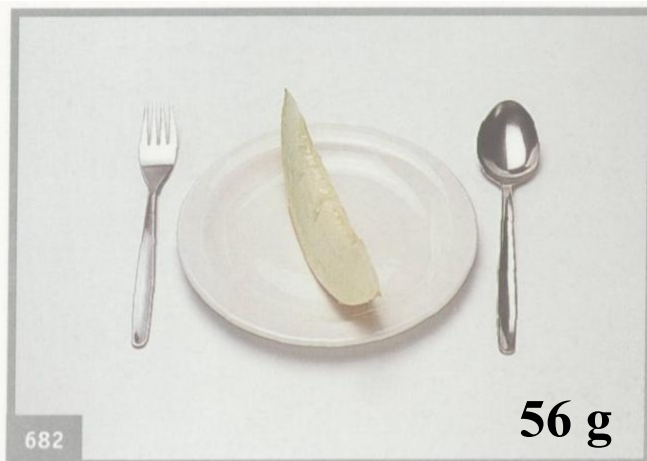
RAJČE



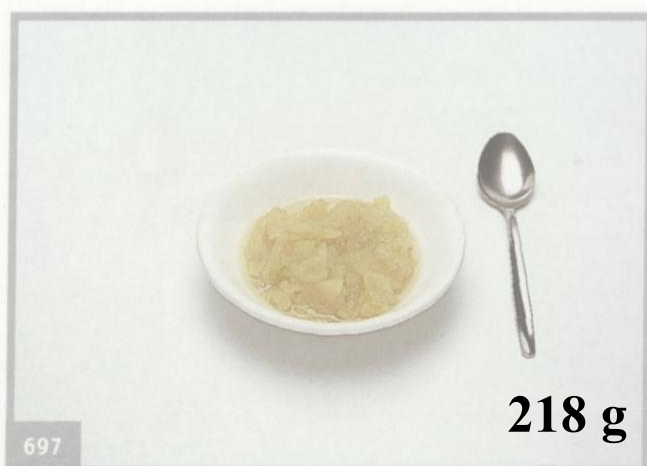
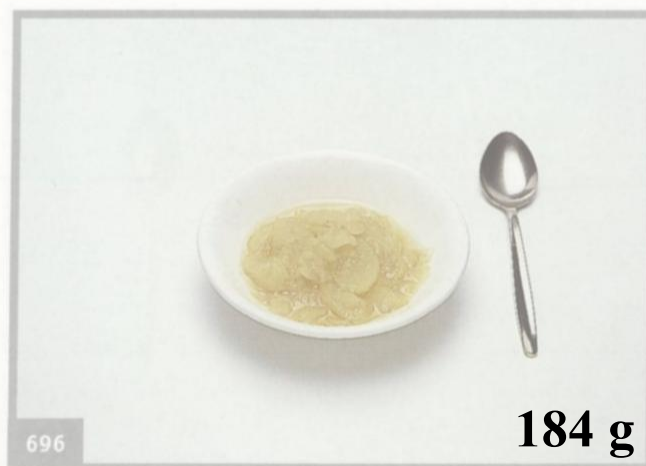
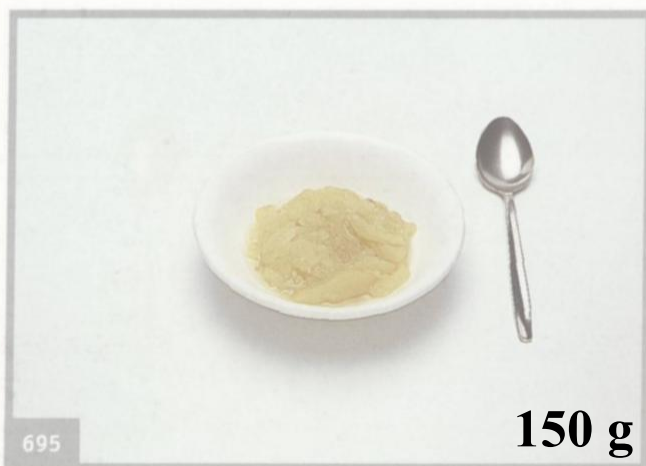
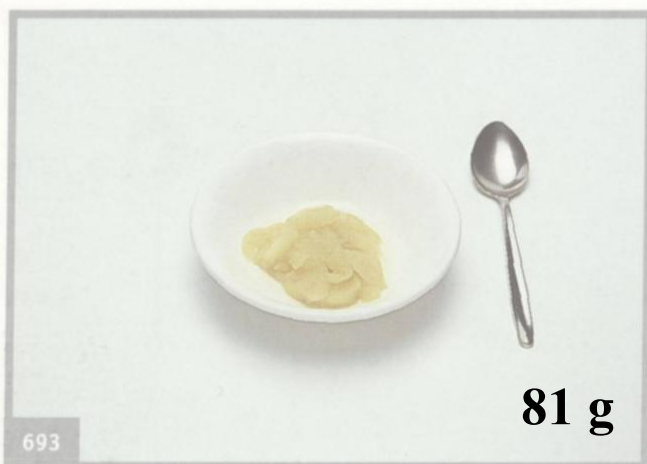
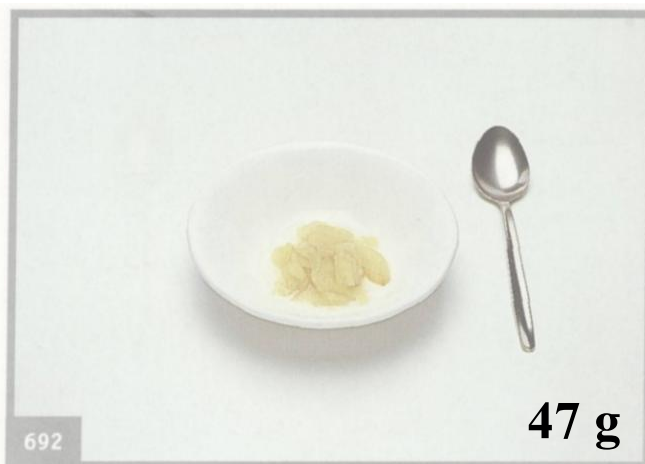
OVOCNÝ SALÁT



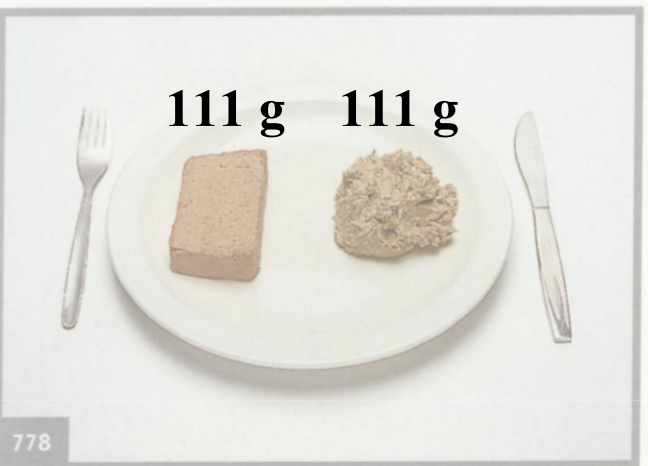
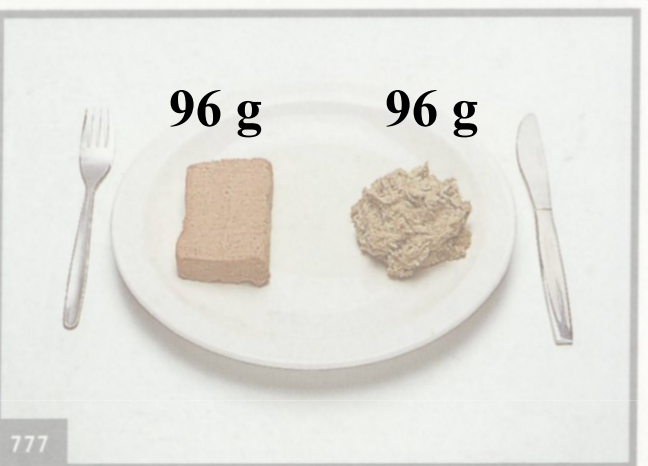
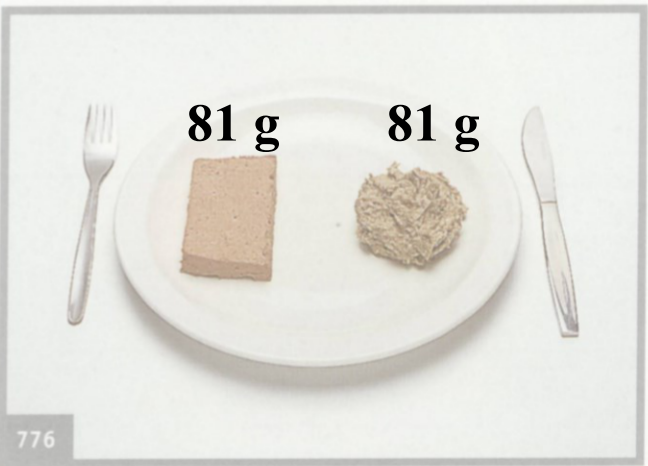
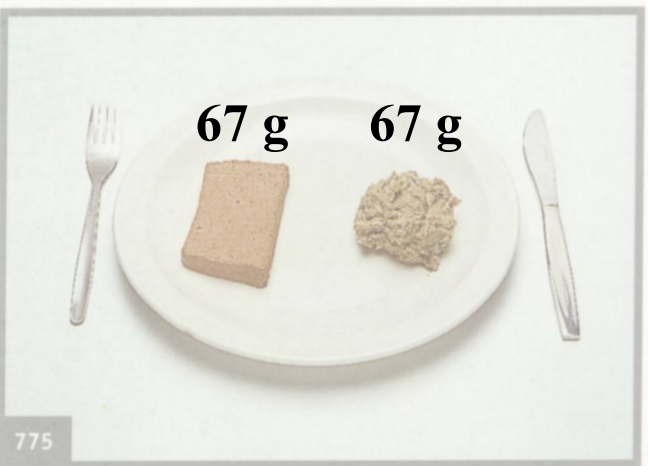
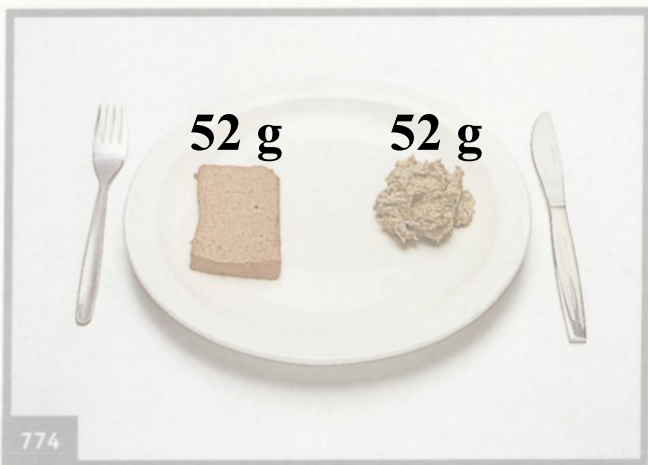
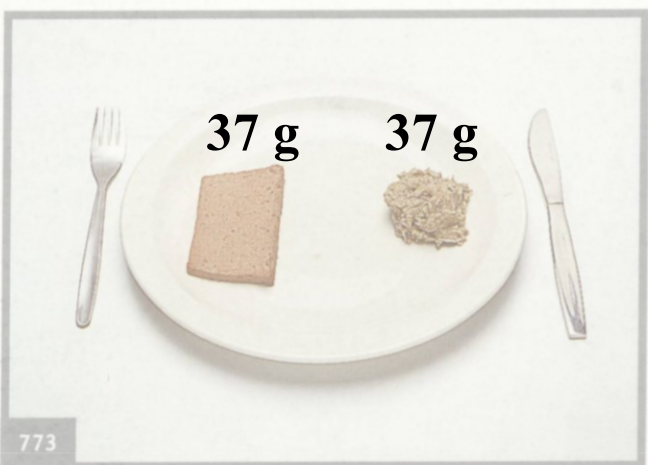
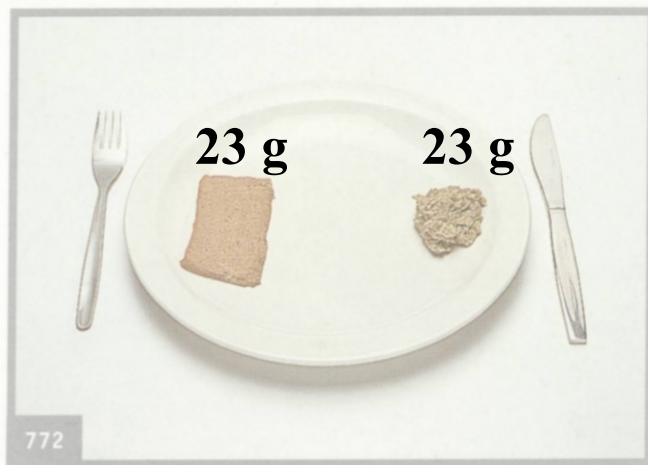
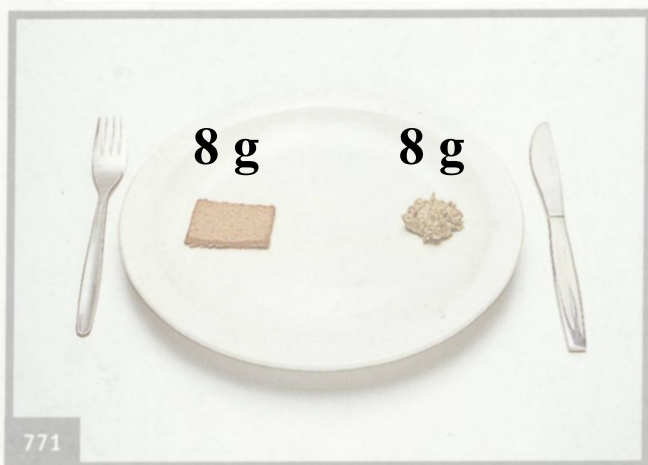
ŽLUTÝ (CUKROVÝ) MELOUN



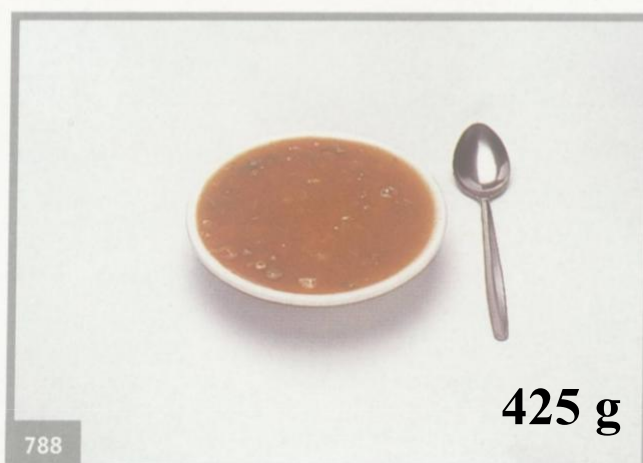
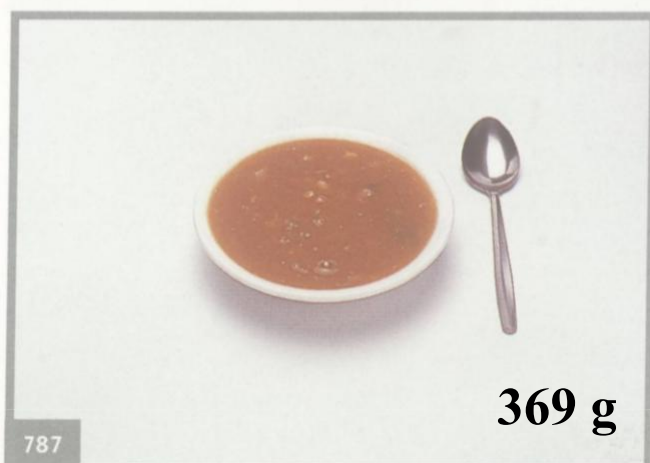
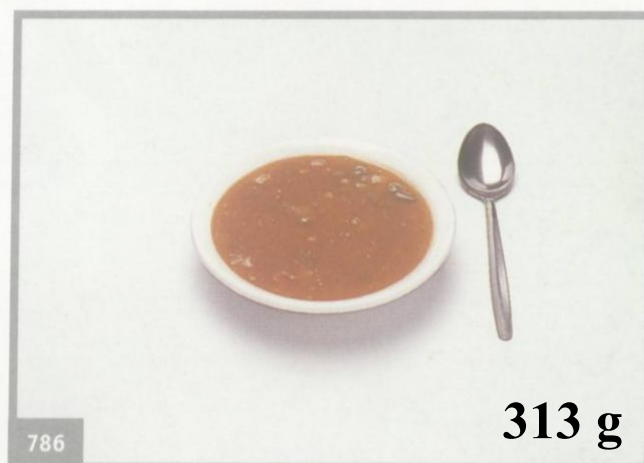
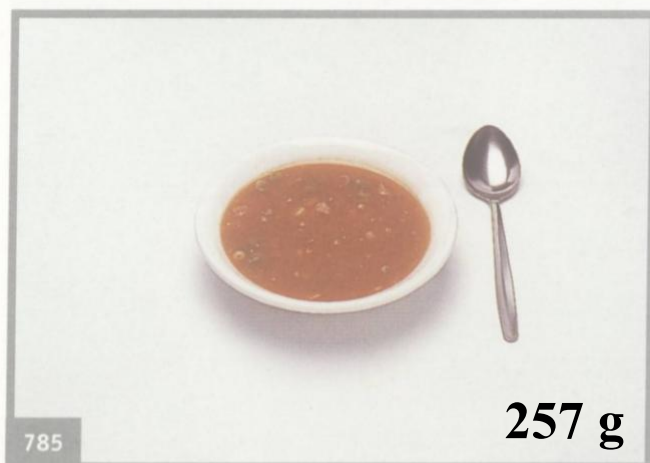
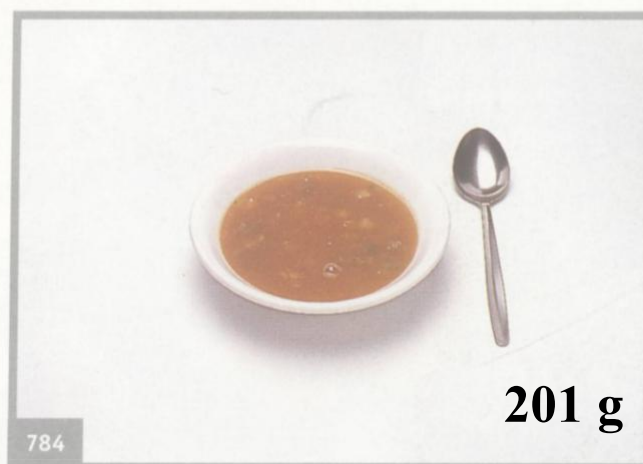
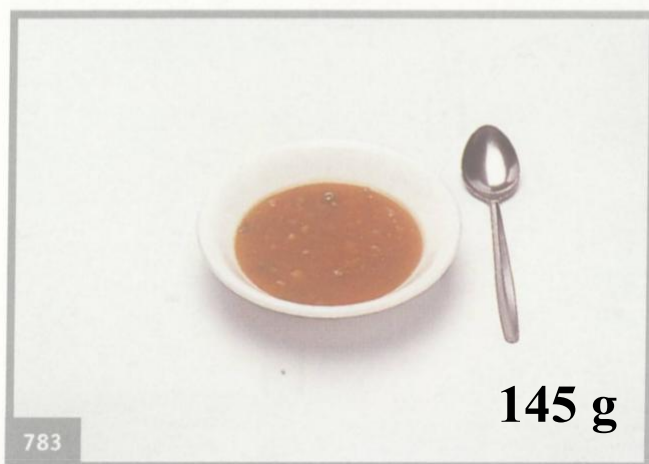
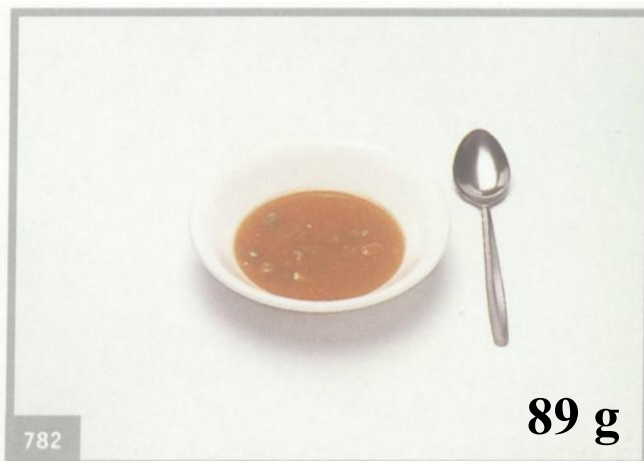
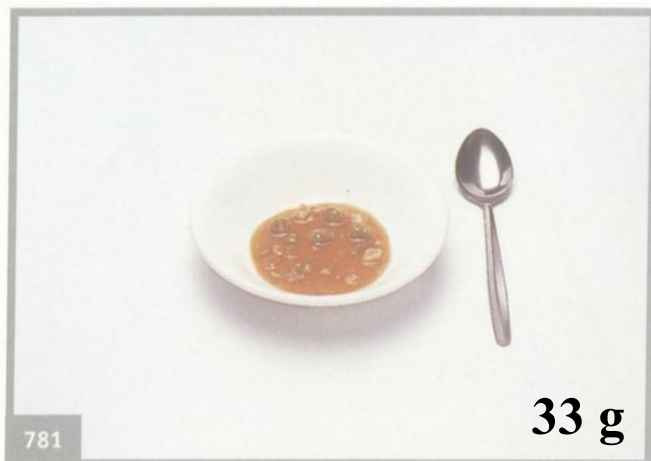
VAŘENÉ JABLKO



PAŠTIKY, PATÉ



POLÉVKA



CHLÉB

Toustový bílý chléb

36 g

Celozrnný chléb

25 g

Celozrnný chléb

17 g

Kynutý chléb

20 g

30 g

32 g

25 g

36

120 g (15 cm)

20 g. **Bílý chléb**

23 g

33 g

40 g (5 cm)

Celozrnný chléb

27 g

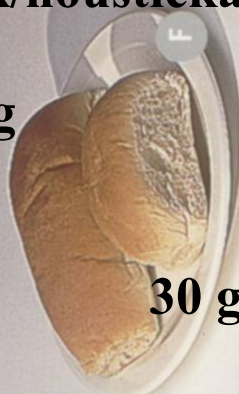
Francouzská bageta

Klasický větší krajíc Šumavy má cca 60-70 g

PEČIVO

Rohlík/houstička

41 g



30 g

Hnědá bulka

55 g



60 g

Celozrnná bulka

Bílá bulka

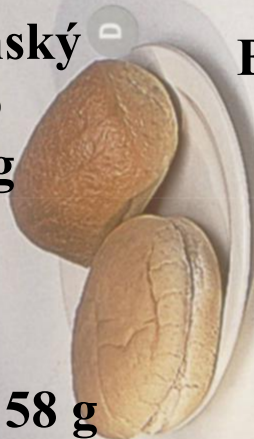
51 g



65 g

Vídeňský chléb

60 g



Bulka 58 g

Mini bochník

35 g



Vícezrnný Chléb

54 g

Hamburgerová bulka

71 g



Houska/rohlík

55 g



46 g

Bagel

76 g



80 g

PIZZA

Ø 18 cm – 229 g

Tenké těsto

Ø 25 cm – 470 g



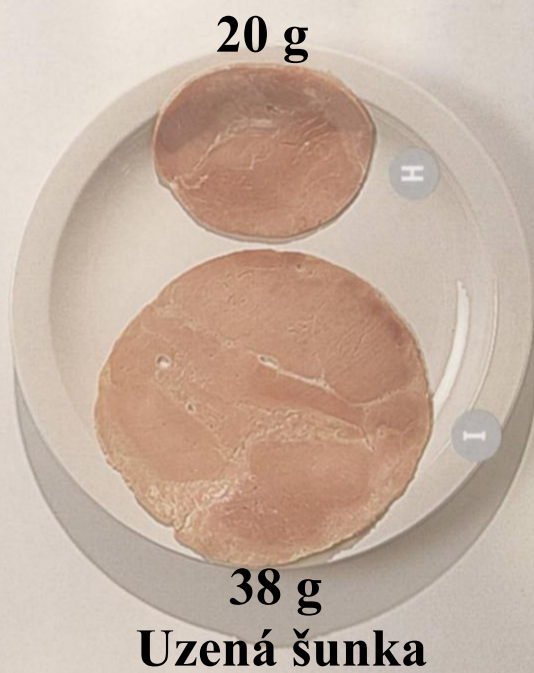
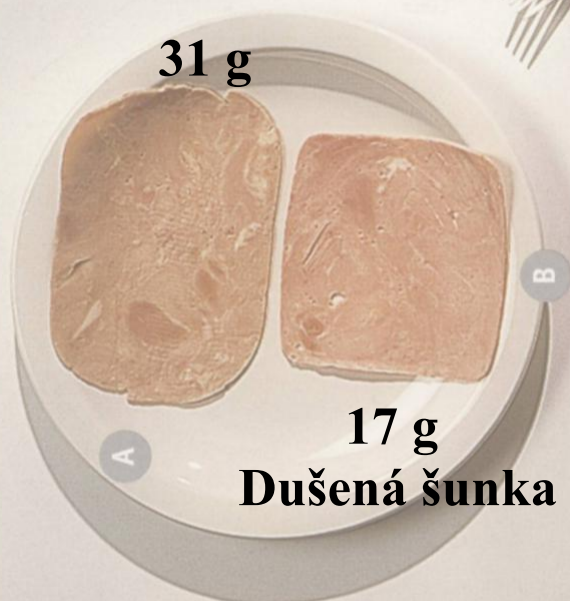
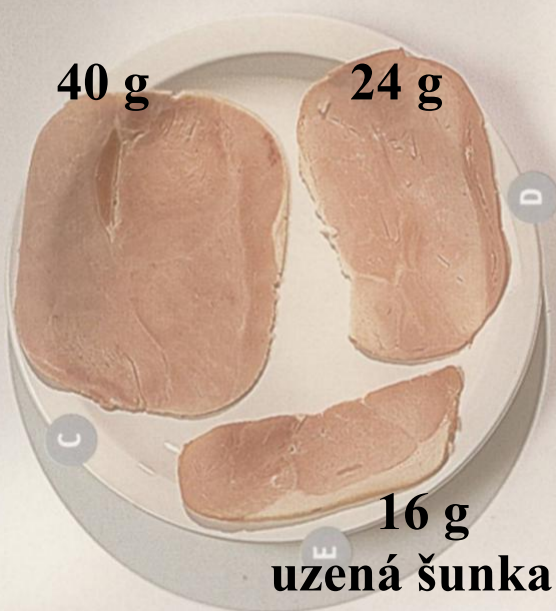
Ø 33 cm – 719 g

Tenké těsto

Mini pizza – 106 g



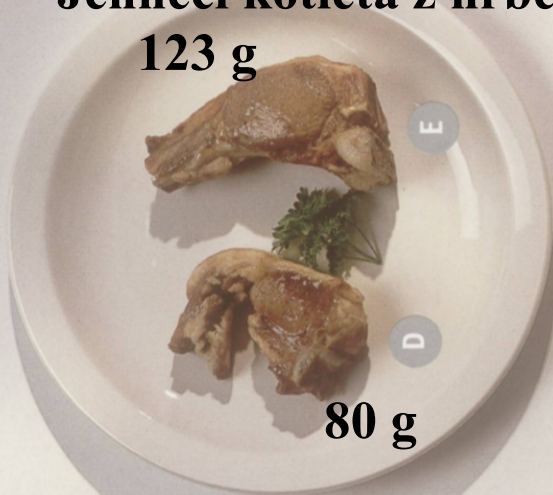
PLÁTEK ŠUNKY



VEPŘOVÉ A JEHNĚČÍ MASO

Jehněčí kotleta z hřbetu

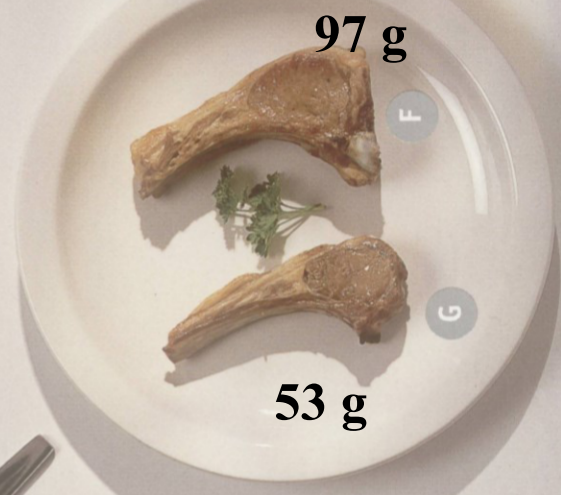
123 g



80 g

Jehněčí kotleta

97 g



53 g



**Kotleta z vepřové panenky
(s kostí)**

145 g



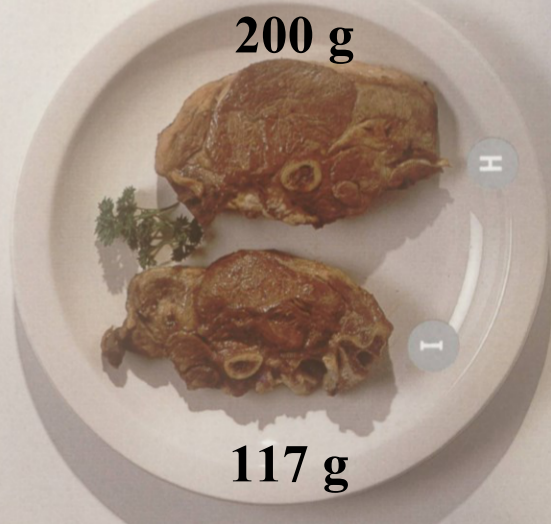
100 g

**120 g
Vepřová
kotleta
(bez kosti)**

**kotleta z
Vepřové
panenky
(s kostí)**

Jehněčí kotleta

200 g



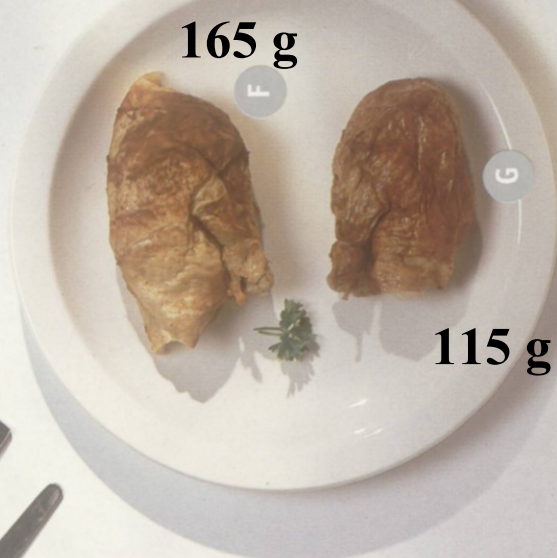
117 g

KUŘECÍ MASO

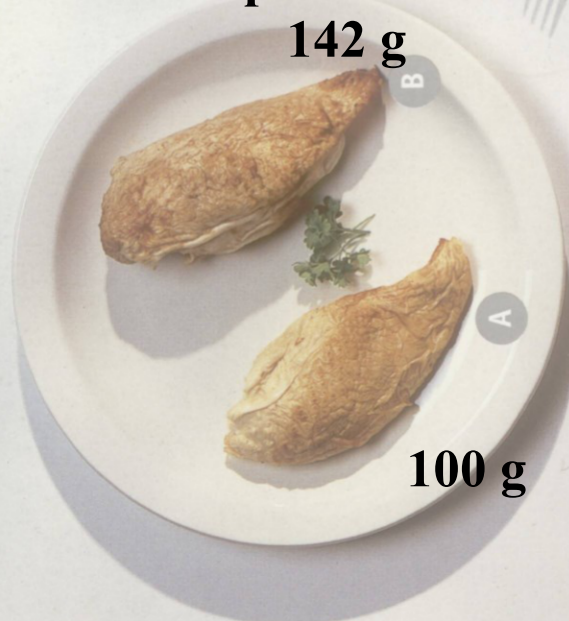
Kuřecí stehenní paličky



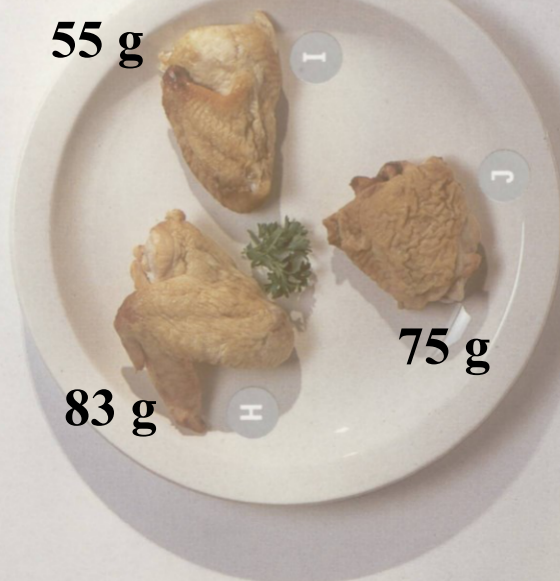
Kuřecí stehenní maso



Kuřecí prso bez kosti



Kuřecí křídlo



KREVETY

**Tygrí kreveta bez hlavy,
neloupaná**
13 g



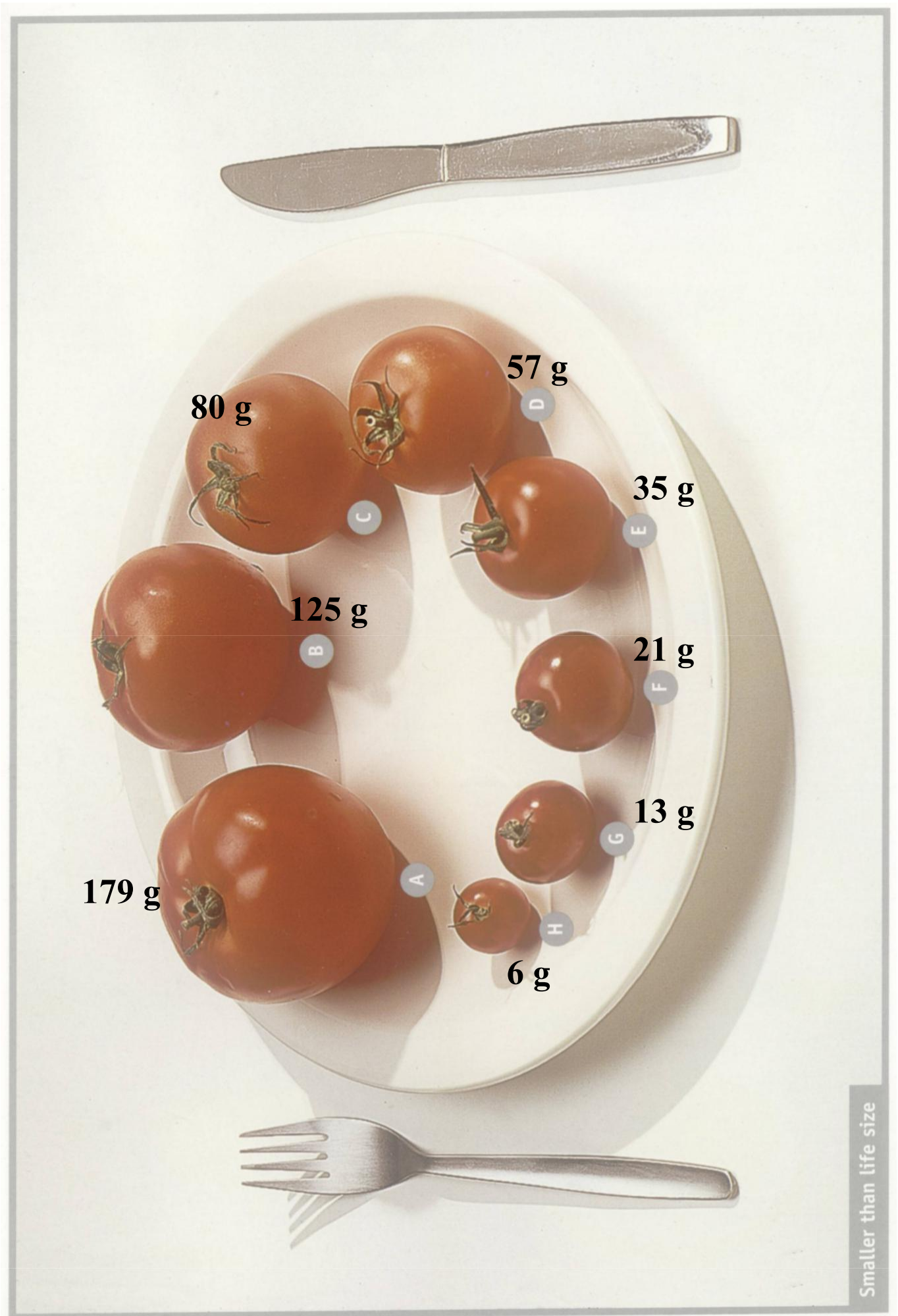
oloupané krevety



**Kreveta celá,
neloupaná**
9 g



CELÁ RAJČATA



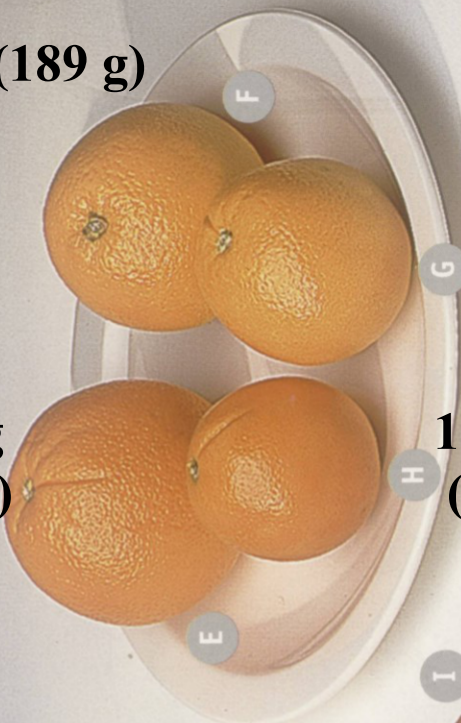
Smaller than life size

OVOCE – JABLKA, BANÁNY, POMERANČE

Pomeranče

Se slupkou (bez slupky)

262 g (189 g)



170 g (124 g)

323 g
(240 g)

125 g
(87 g)

Jablka se slupkou
a středem

160 g

203 g

113 g

130 g

Banány

Se slupkou (bez slupky)

248 g (166 g)

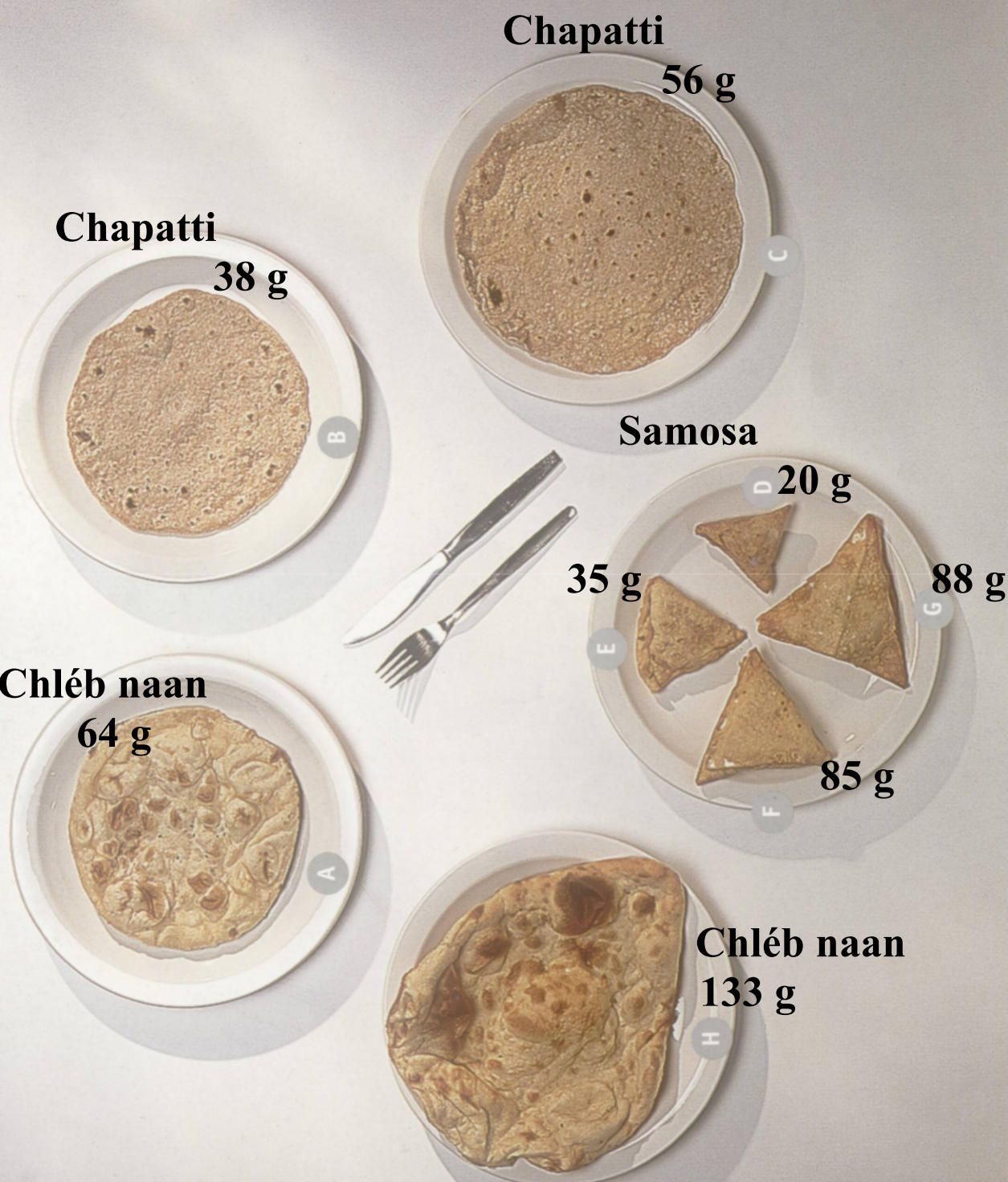


101 g (71 g)

148 g (102 g)

172 g (116 g)

INDICKÉ PLACKY



KONZERVY – MASOVÉ, RYBÍ, POLÉVKY, PEČENÉ FAZOLE

Rajčatová polévka
300 g



F

Sardinky 155 g



G

Losos 213 g



Q

Rajčatová polévka
405 g



E

Sardinky 215 g



H

Losos 105 g



P

Vařené fazole 150 g



D

Hovězí 198 g



I

Sardinky 120 g



O

Vařené fazole 205 g



C

Hovězí maso 340 g



J

Vařené fazole 420 g



B

Lunchmeat 340 g



K

Tuňák 100 g



N

Vařené fazole 840 g



A

Lunchmeat 340 g



L

Tuňák
200 g



M

KONZERVY – ZELENINOVÉ, FAZOLE

Fazole (kidney)

420 g



G

Fazole (kidney)

220 g



F

**Sladká
kukuřice**

198 g



E

**Sladká
kukuřice**

326 g



D

Hrášek

145 g



C

Hrášek

300 g



B

Hrášek

540 g



A

KONZERVY – RÝŽOVÝ PUDINK, KONZERVOVANÉ OVOCE

Konzervované ovoce

411 g



I

Tropický ovocný

salát 425 g



H

Mandarinky

312 g



G

Konzerv. ovoce

213 g



F

Fruitini

140 g



E

Rýžový pudink

150 g



D

Rýžový pudink

213 g



C

Rýžový pudink

425 g



B

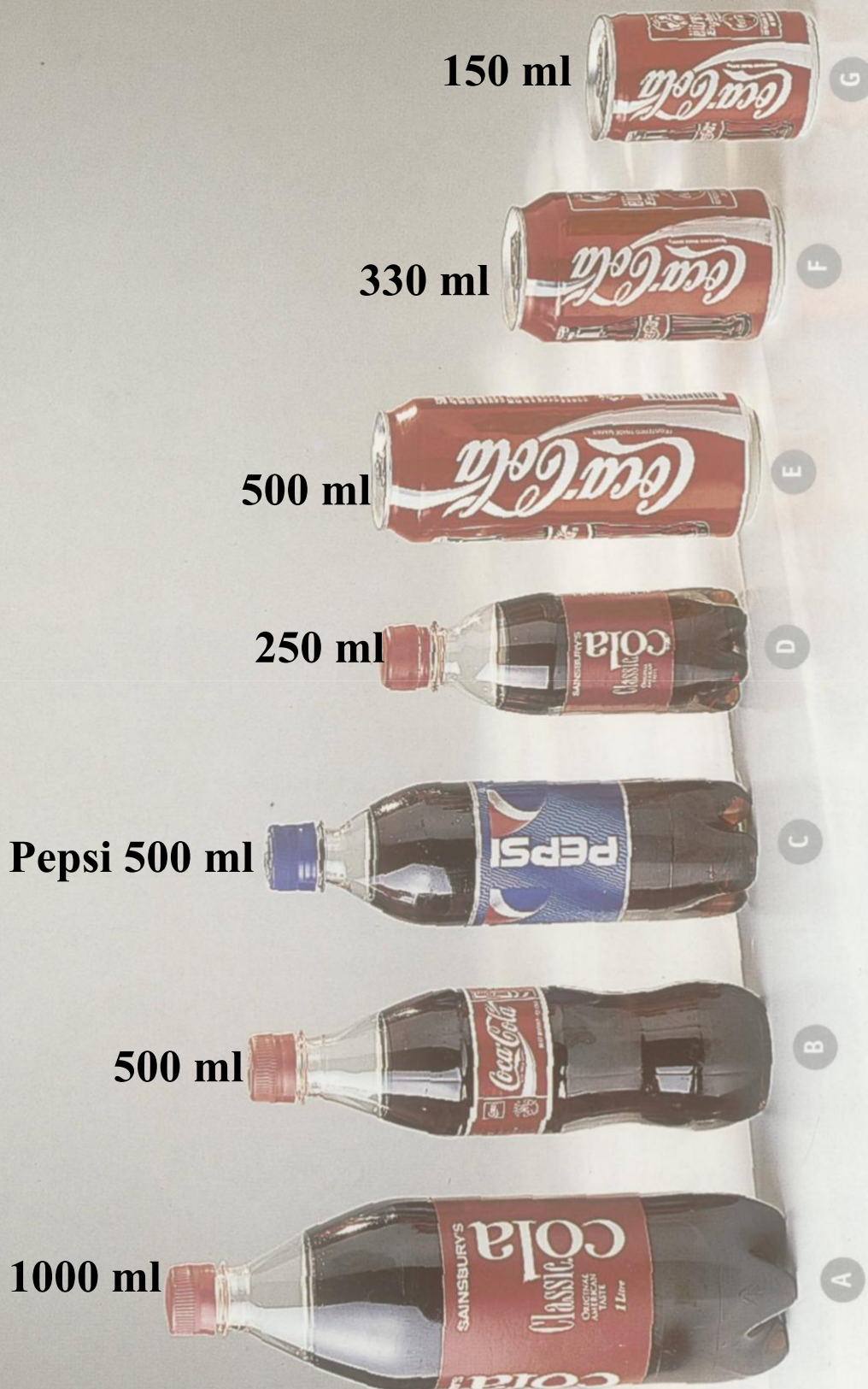
Rýžový pudink

624 g



A

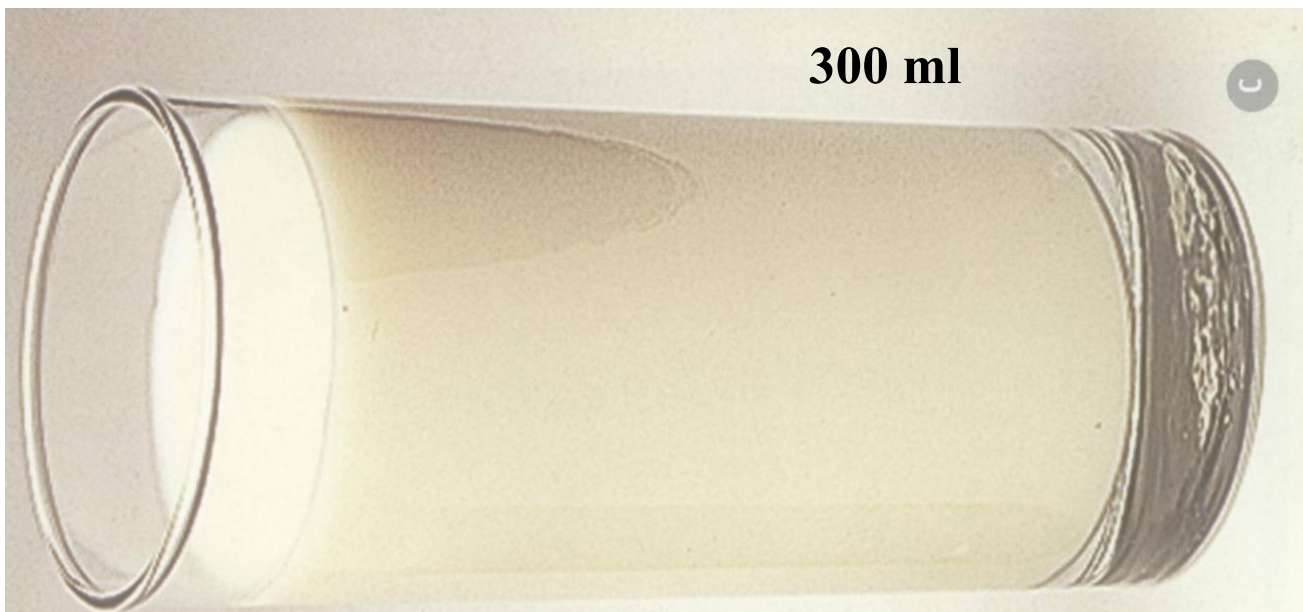
NÁPOJE



NAPOJ VE SKLENICI – mléko

300 ml

C



200 ml

B

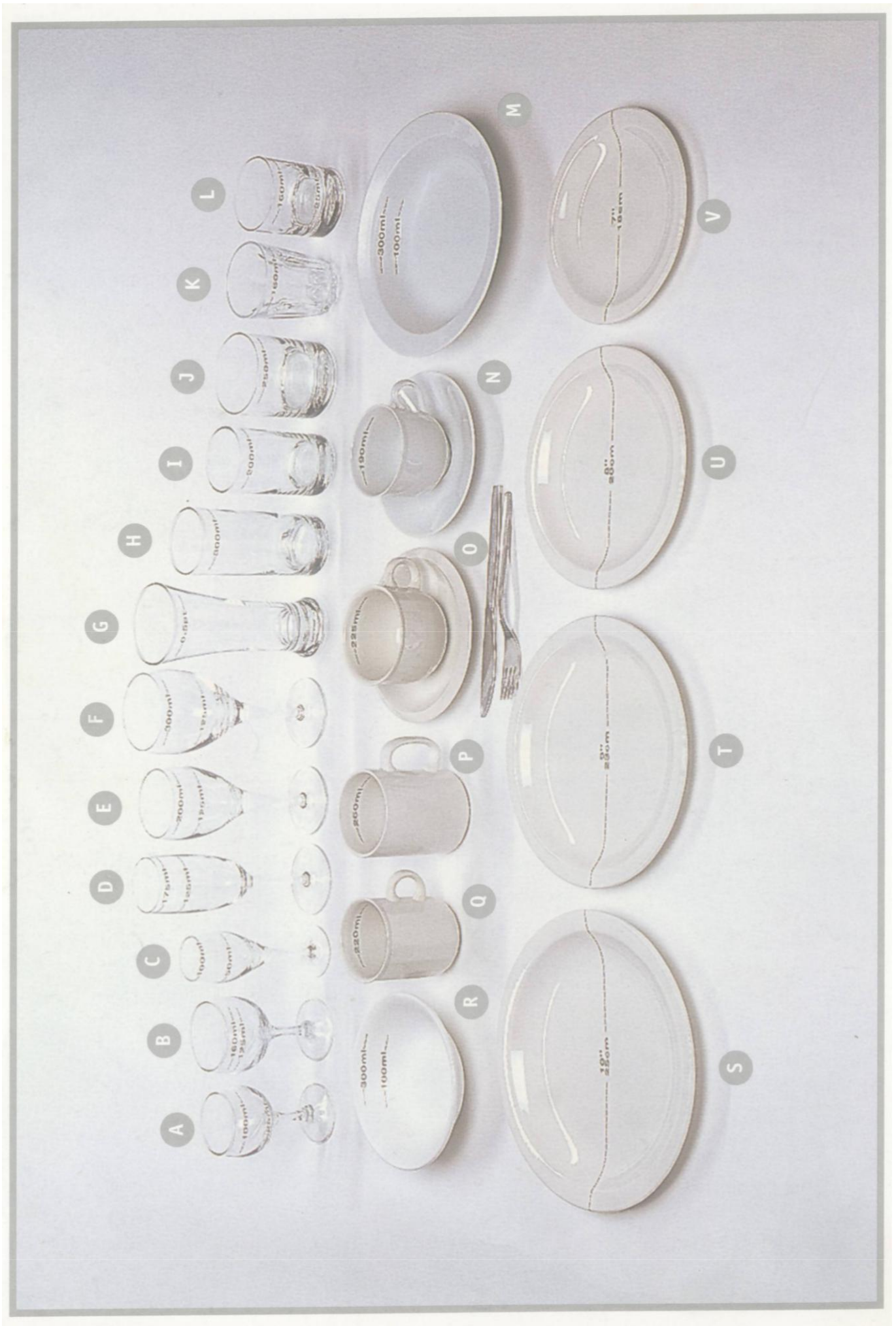


100 ml

A



VÝBĚR NÁDOBÍ



Označení na fotografii	Popis	Objem spodní hranice (ml)	Objem horní hranice (ml)
A	Sklenice na víno	100	25
B	Sklenice na víno	160	125
C	Sklenice na sherry	100	50
D	Sklenice na víno	175	125
E	Sklenice na víno	200	125
F	Sklenice na víno	300	125
G	Půllitrová sklenice	284	
H	Sklenice	300	
I	Sklenice	200	
J	Sklenice	250	
K	Sklenice	160	
L	Sklenice	160	25
M	Hluboký talíř (Ø 22 cm)	300	100
N	Šálek	190	
O	Šálek	225	
P	Hrnek	260	
Q	Hrnek	220	
R	Hluboký talíř (Ø 15 cm)	300	100
S	Talíř (Ø 25 cm)		
T	Talíř (Ø 23 cm)		
U	Talíř (Ø 20 cm)		
V	Talíř (Ø 18 cm)		

LŽÍCE A NABĚRAČKY

