



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

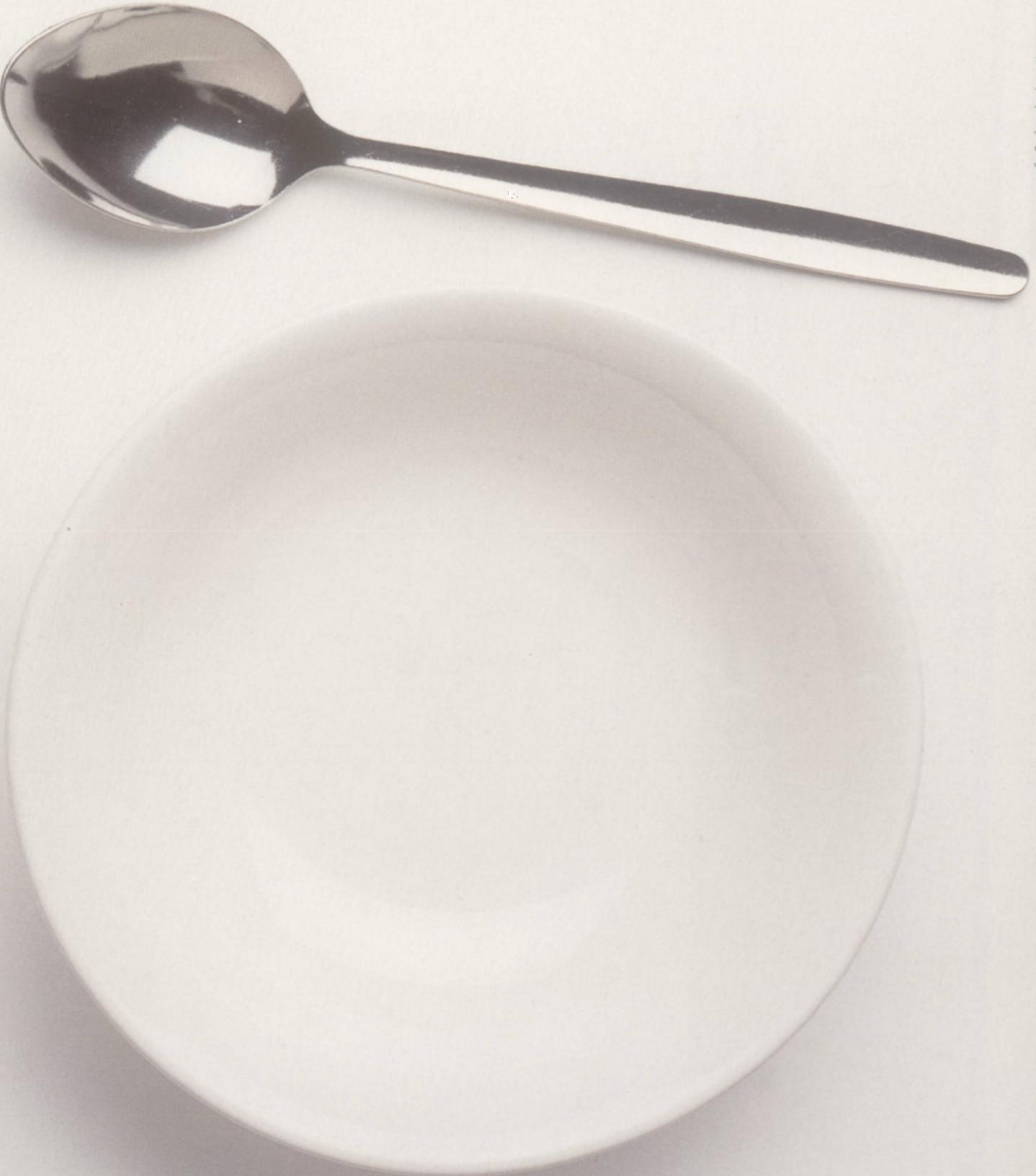
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Průměr talíře 16 cm v reálné velikosti



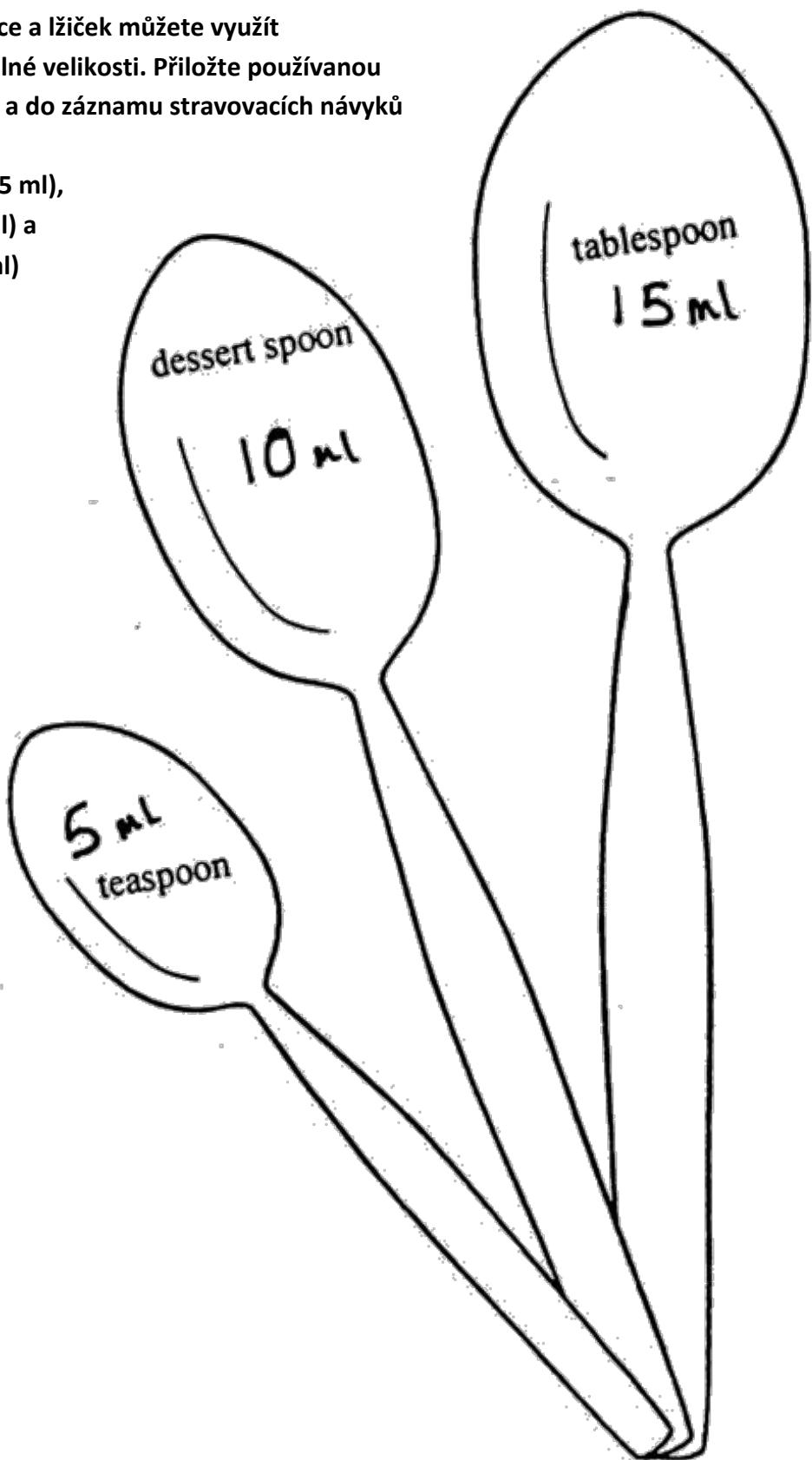
6.3 inch bowl at actual size

Průměr talíře 16 cm v reálné velikosti

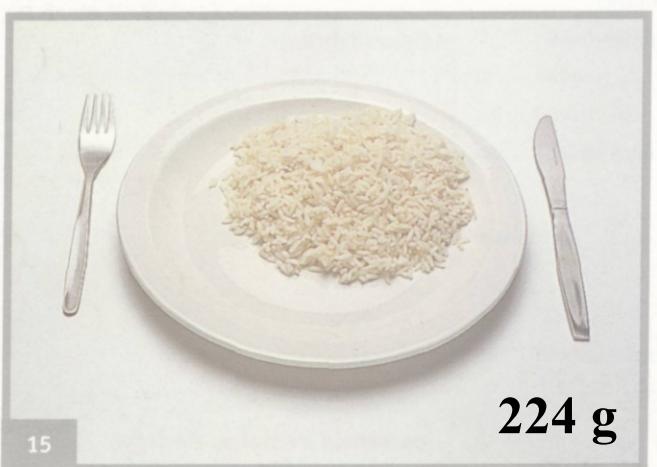
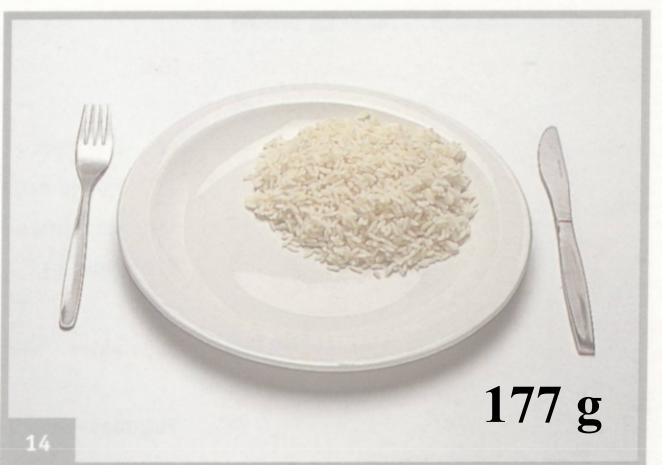
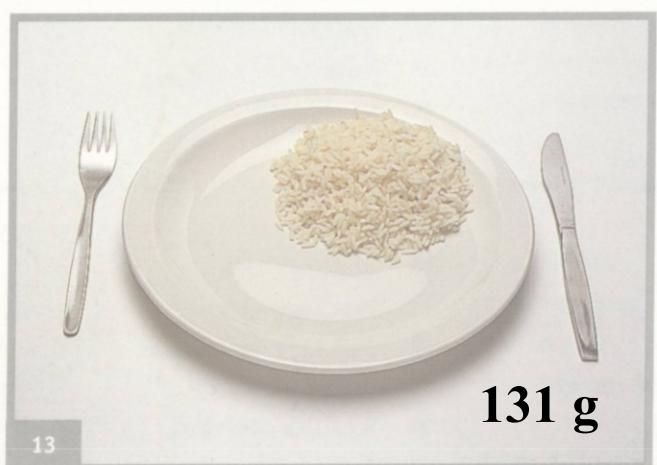
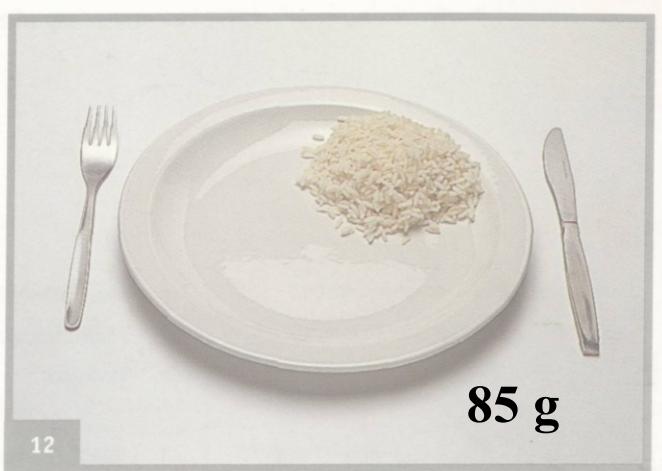
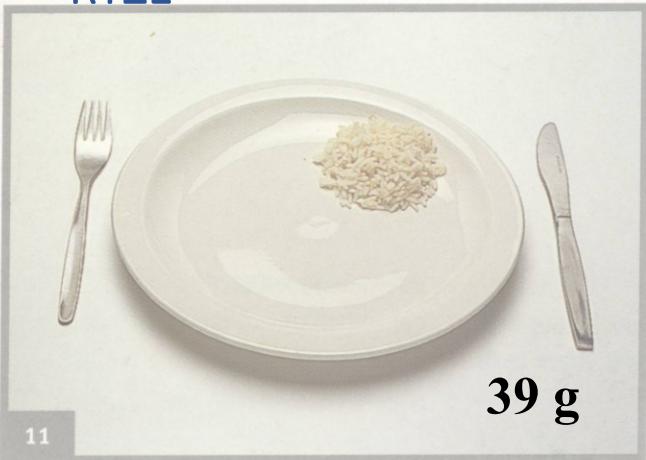


Pro upřesnění velikosti lžíce a lžiček můžete využít následující pomůcku v reálné velikosti. Přiložte používanou lžici nebo lžičku k obrázku a do záznamu stravovacích návyků označte jako:

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



RÝZE



TĚSTOVINY



21

55 g

22

108 g

23

161 g

24

214 g

25

266 g

26

319 g

27

372 g

28

425 g

ŠPAGETY



31

55 g

32

108 g

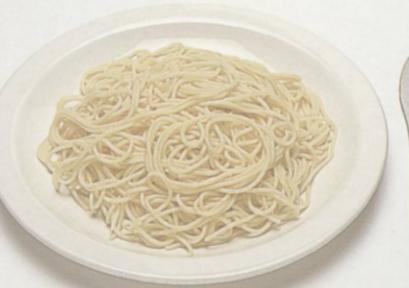
33

161 g

34

214 g

35

266 g

36

319 g

37

372 g

38

425 g

OTRUBY

41

13 g

42

22 g

43

31 g

44

40 g

45

49 g

46

58 g

47

67 g

48

76 g

CORNFLAKES



51

16 g

52

23 g

53

31 g

54

38 g

55

45 g

56

52 g

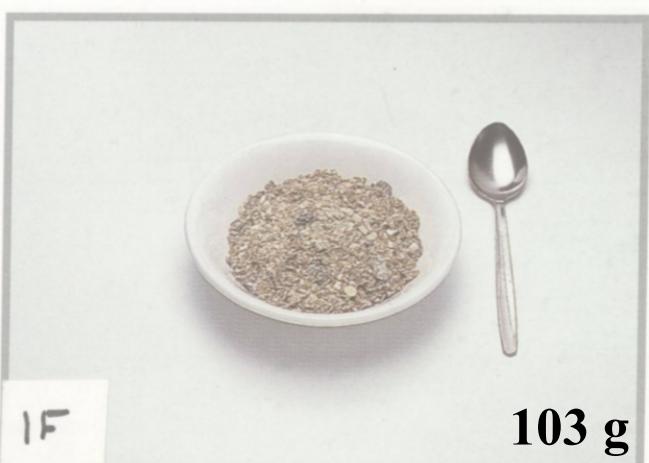
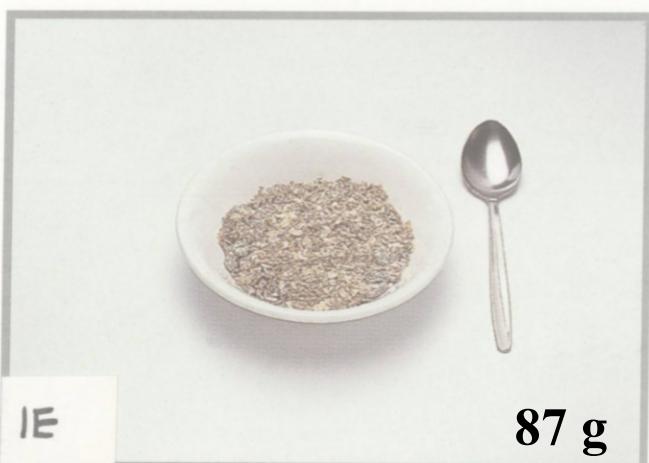
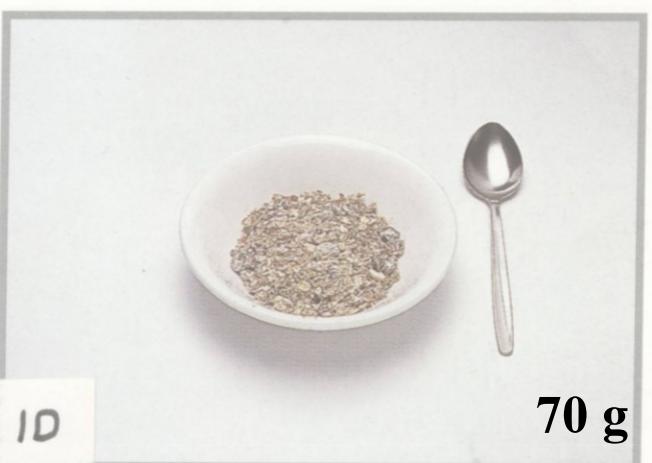
57

60 g

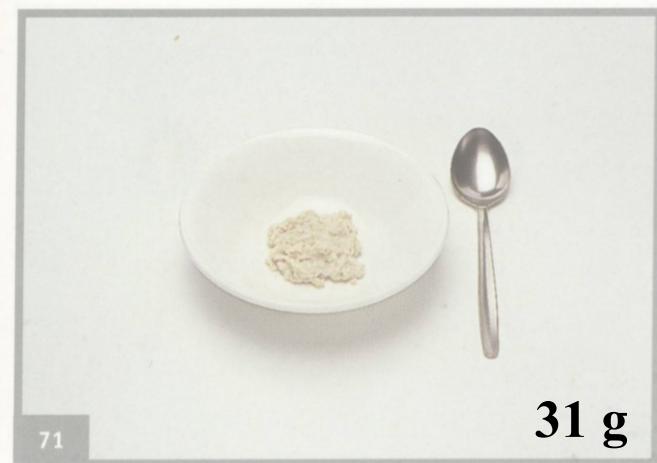
58

67 g

MUESLI



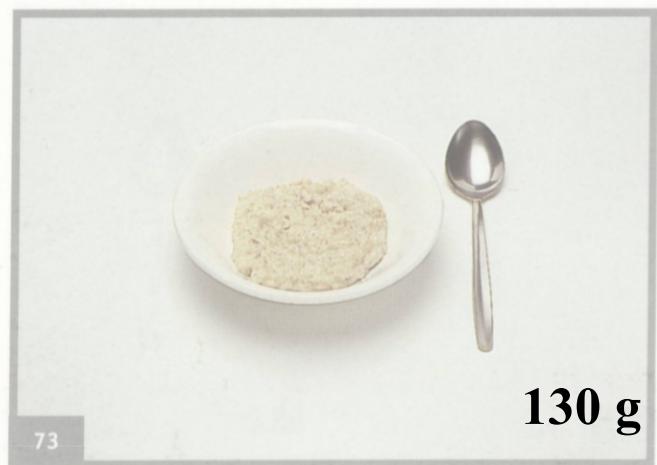
OVESNÁ KAŠE



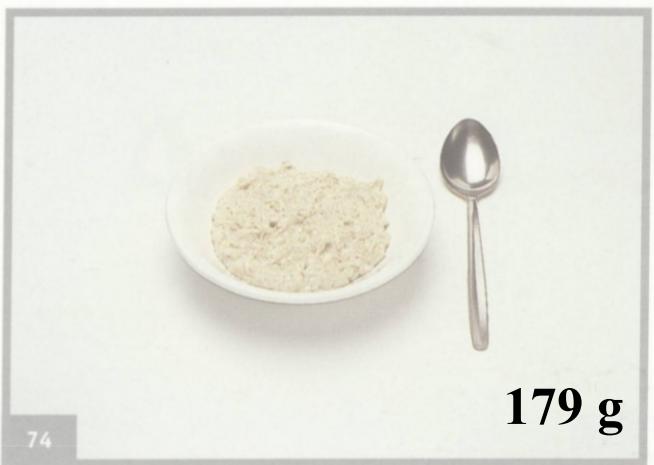
31 g



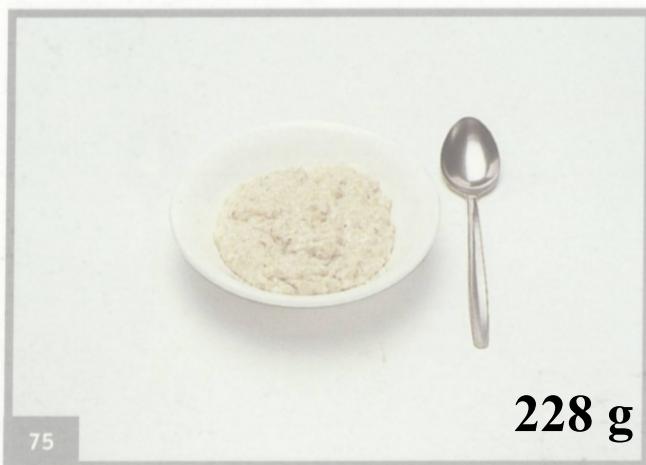
80 g



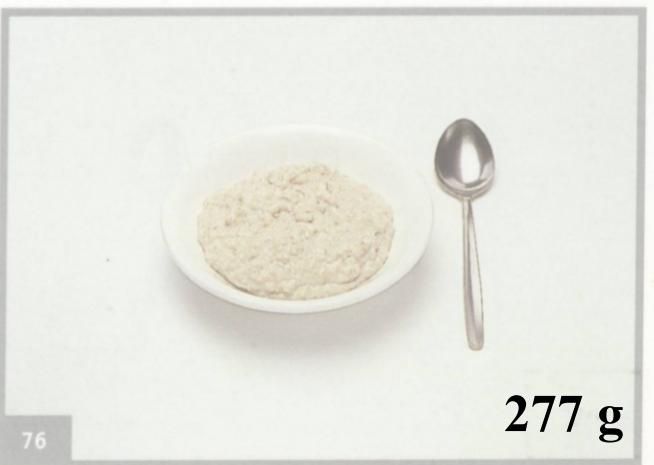
130 g



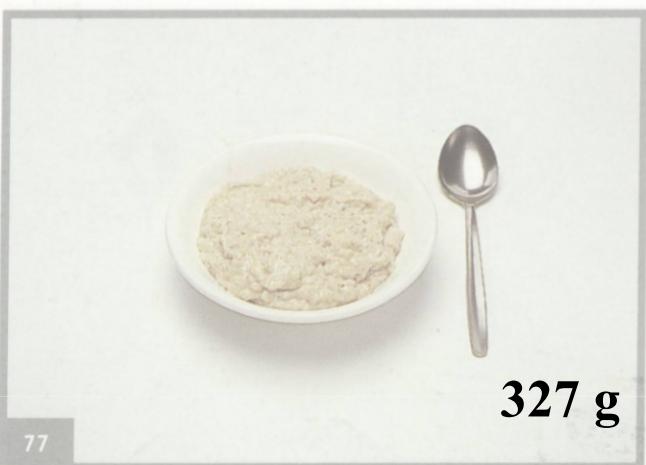
179 g



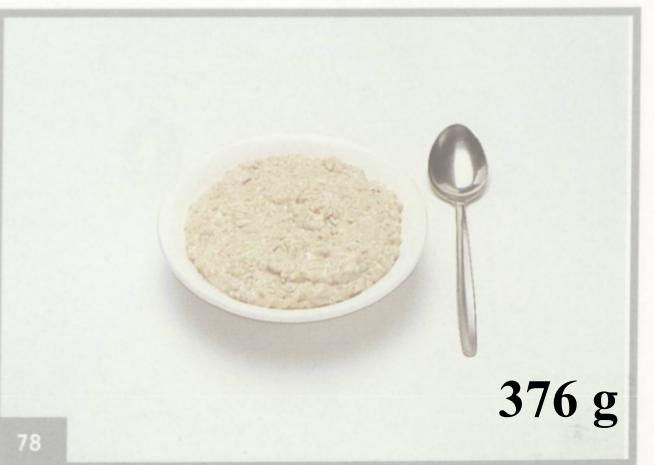
228 g



277 g

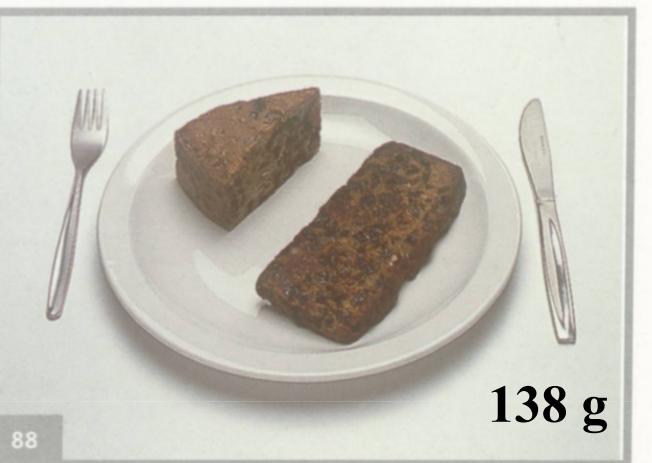
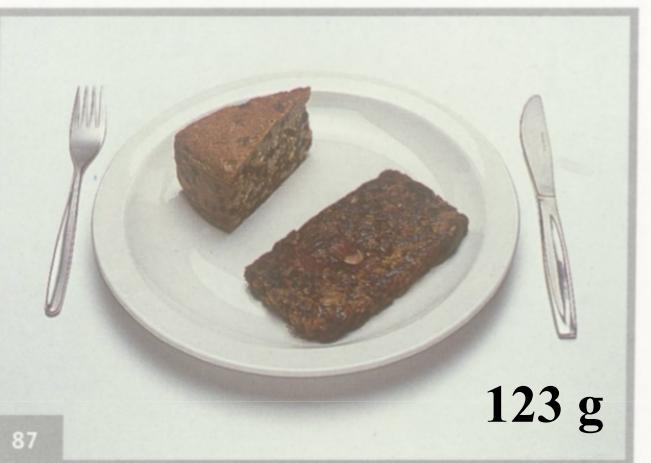
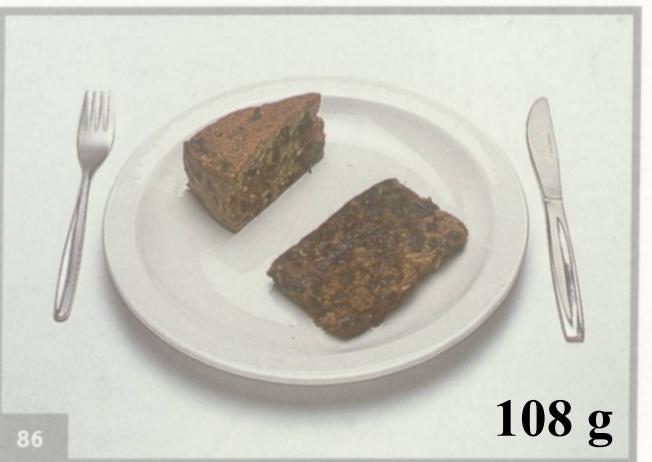
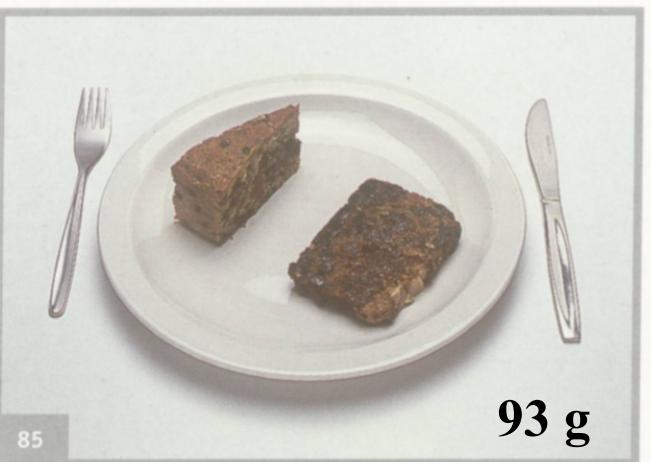
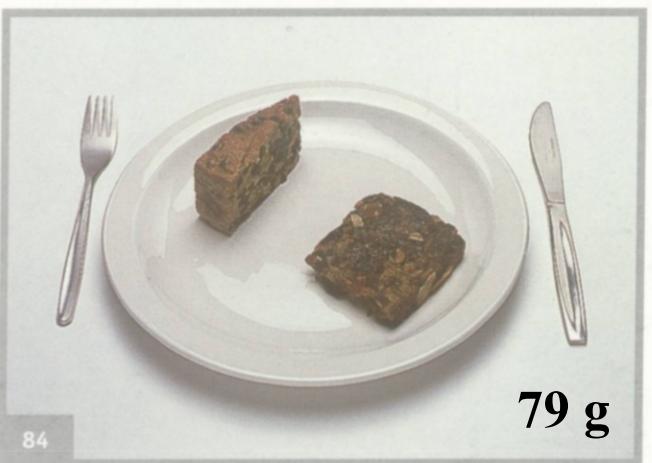
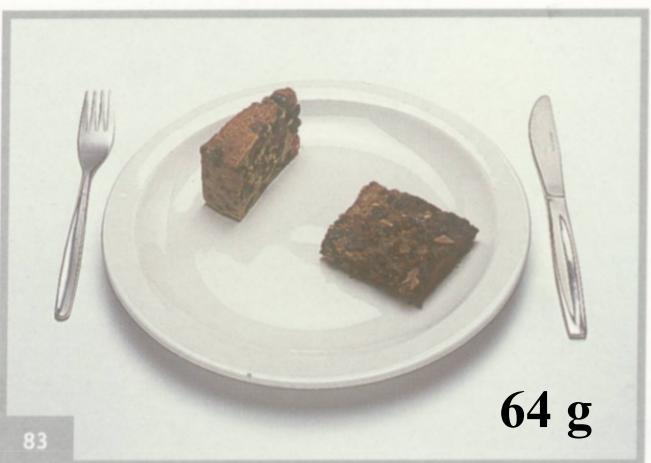
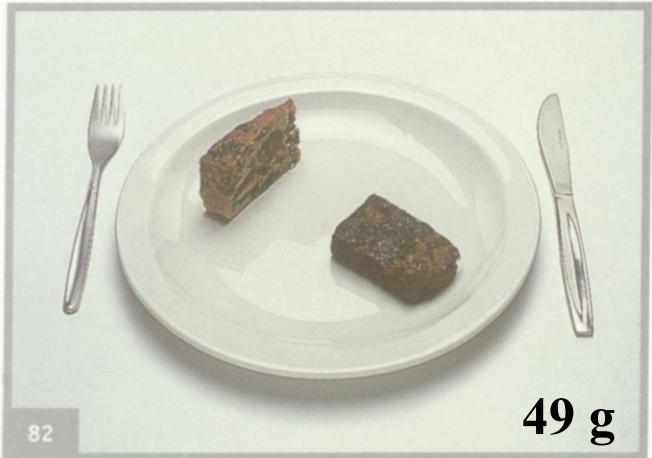
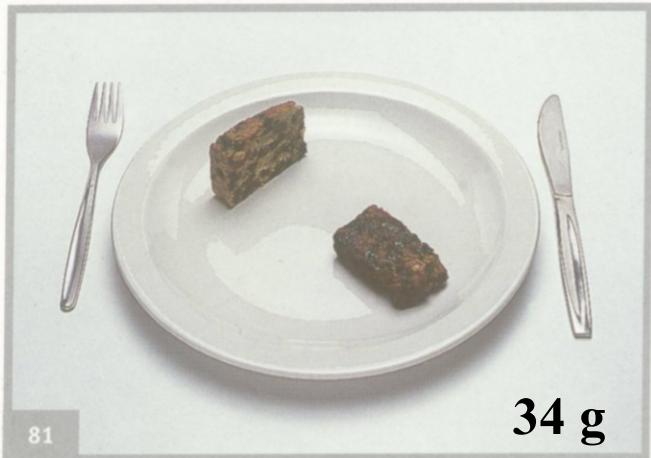


327 g



376 g

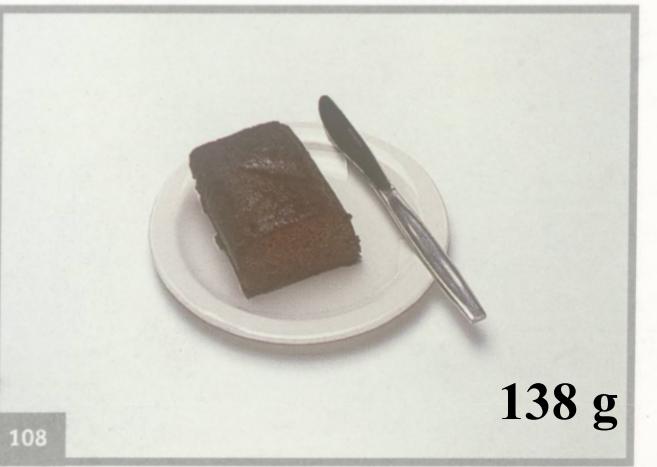
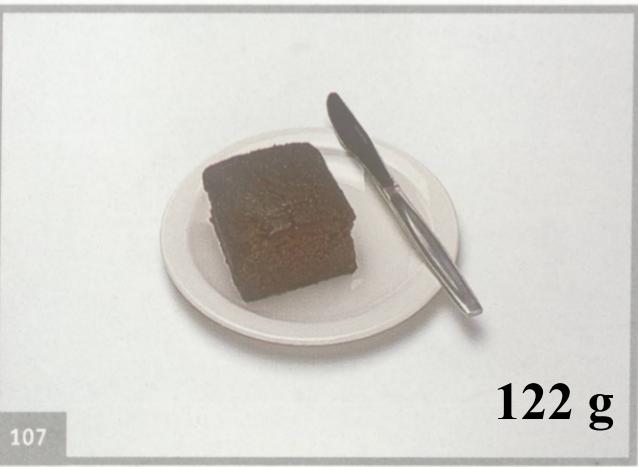
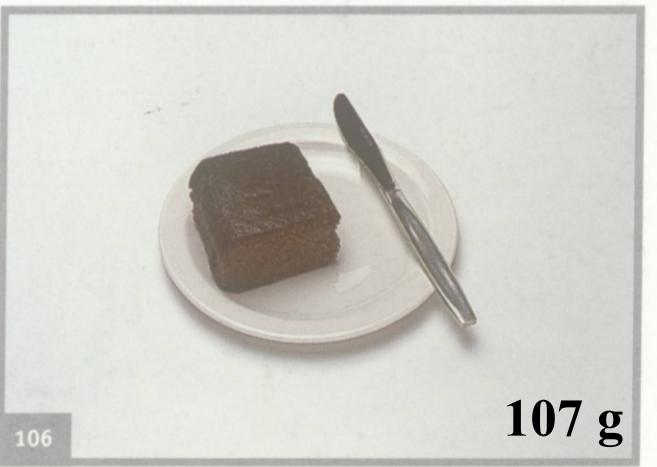
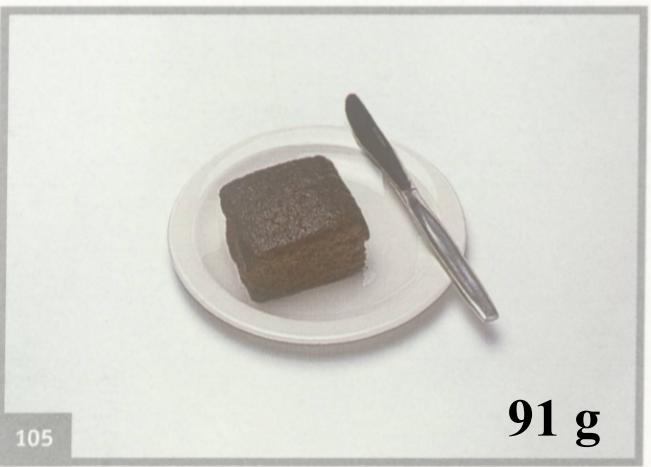
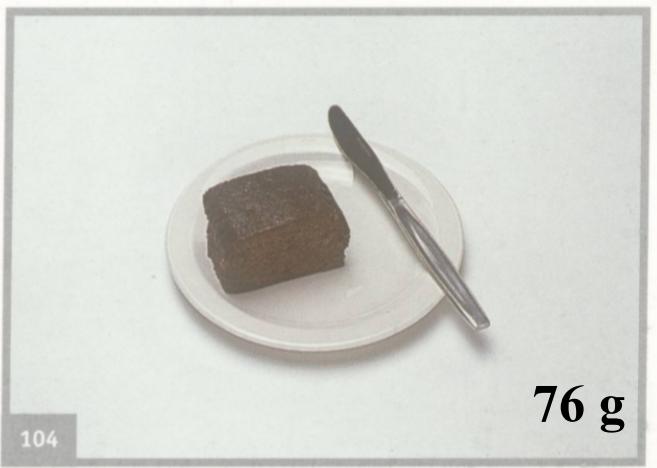
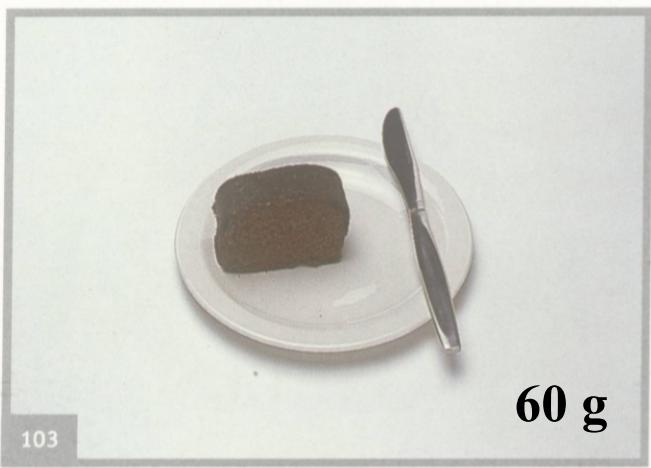
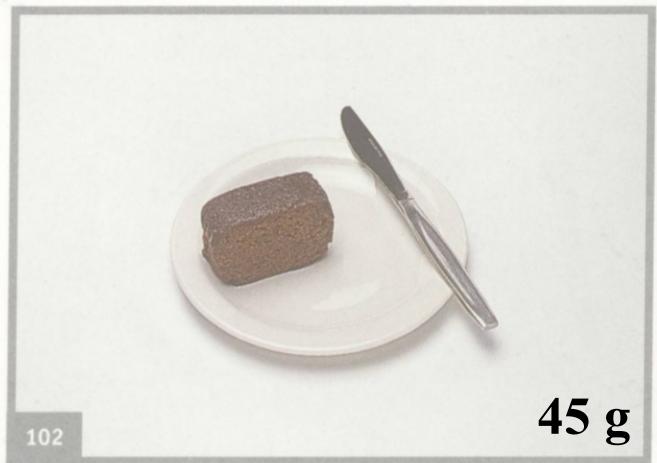
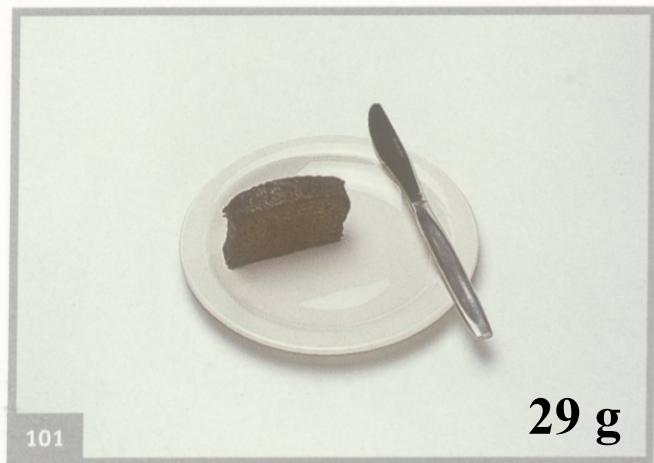
KOLÁČ



DORT



PERNÍKOVÝ KOLÁČ



PIŠKOTOVÝ KOLÁČ



111

23 g



112

34 g



113

46 g



114

57 g



115

69 g



116

80 g



117

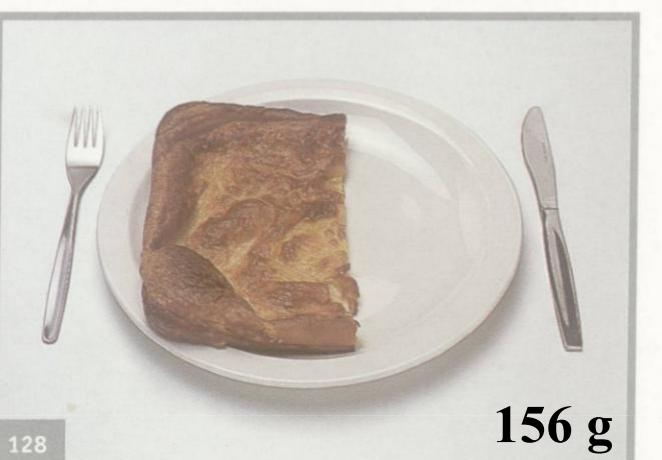
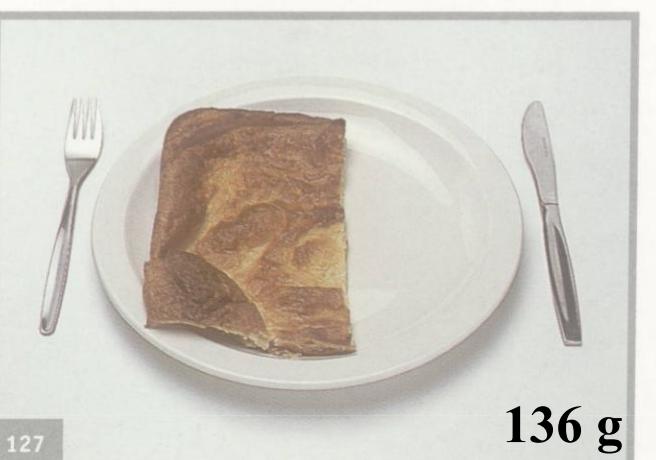
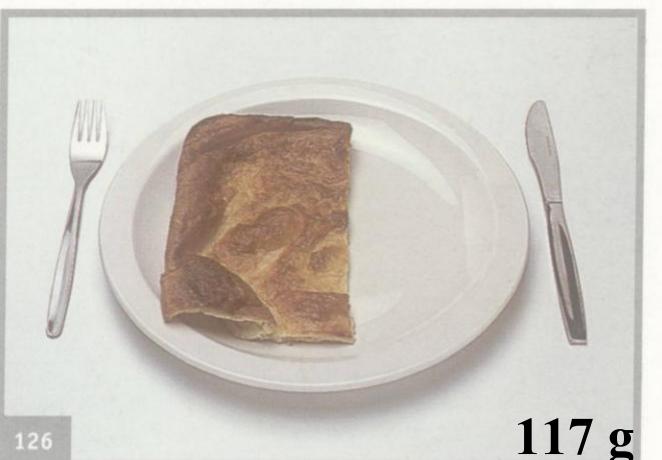
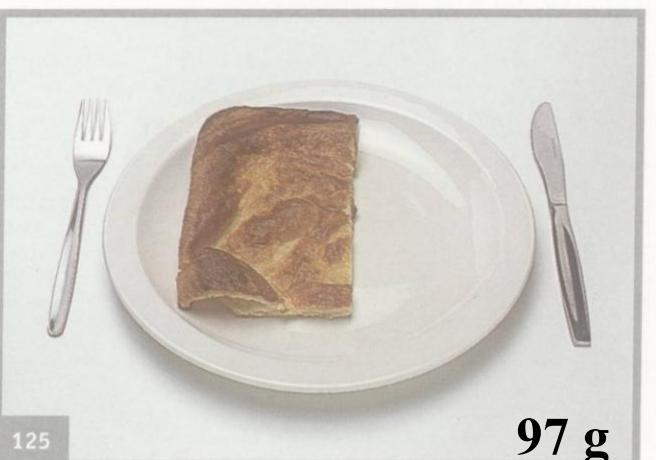
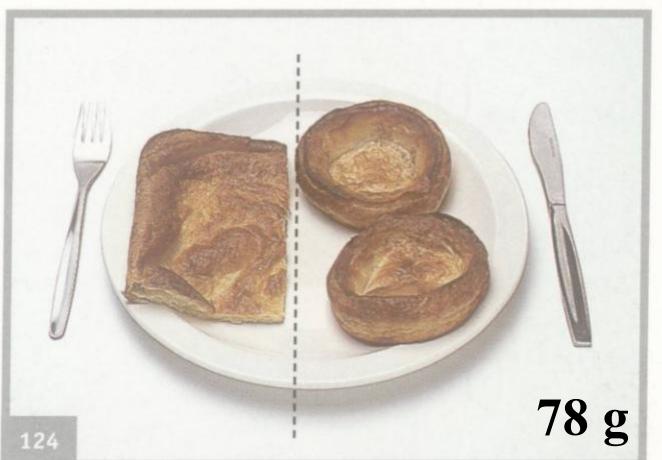
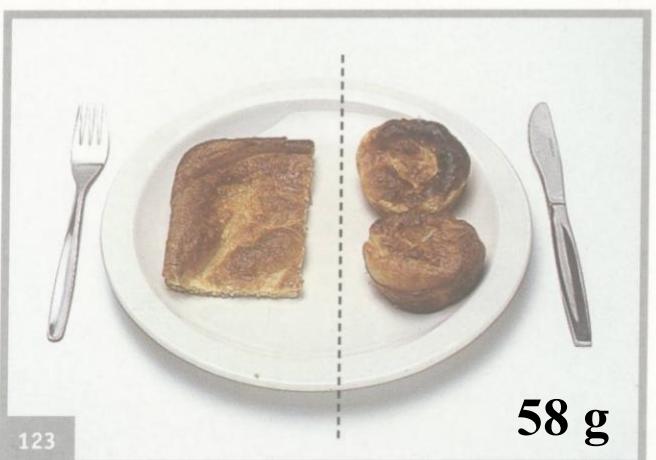
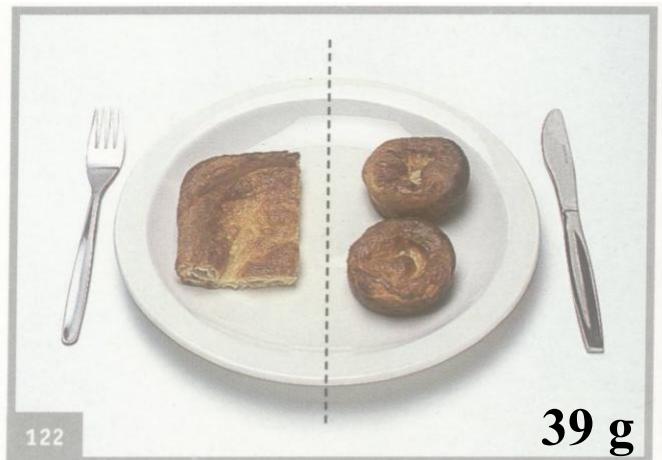
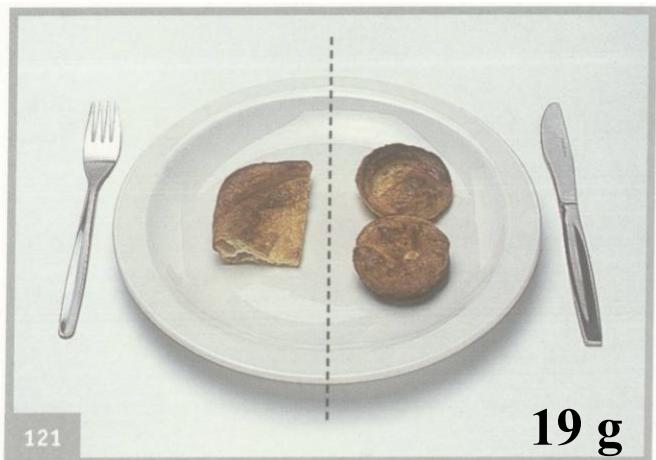
92 g



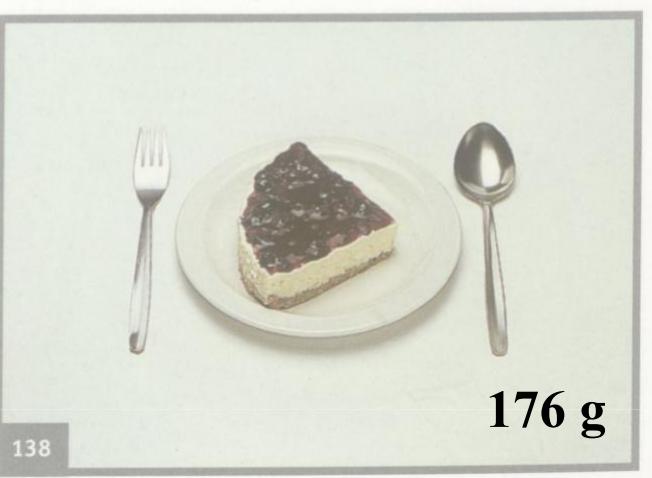
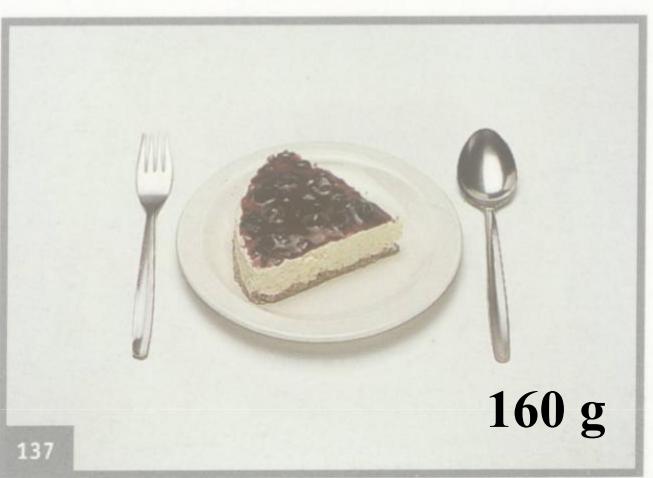
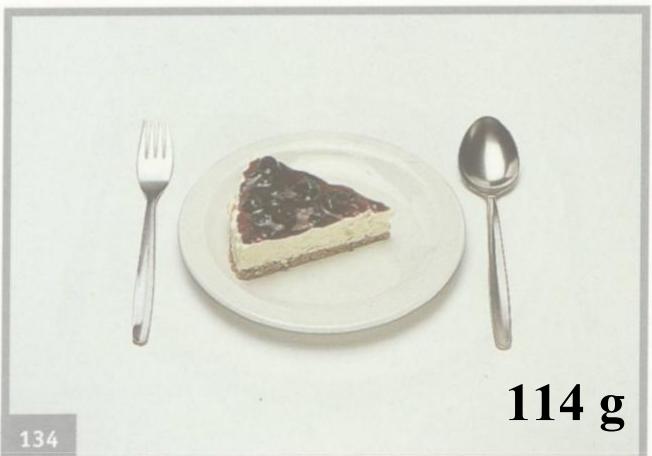
118

103 g

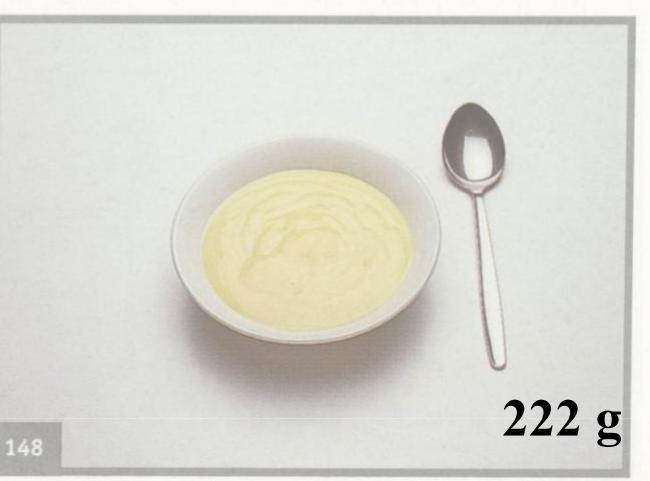
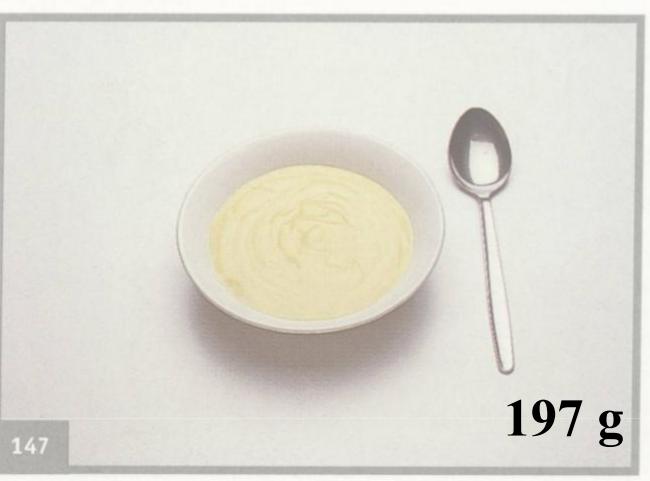
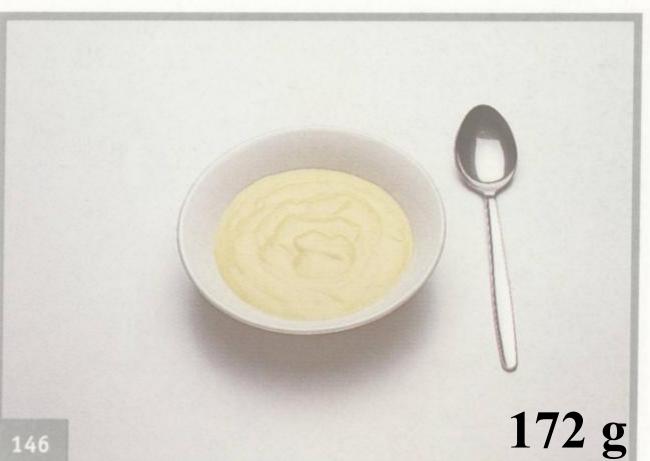
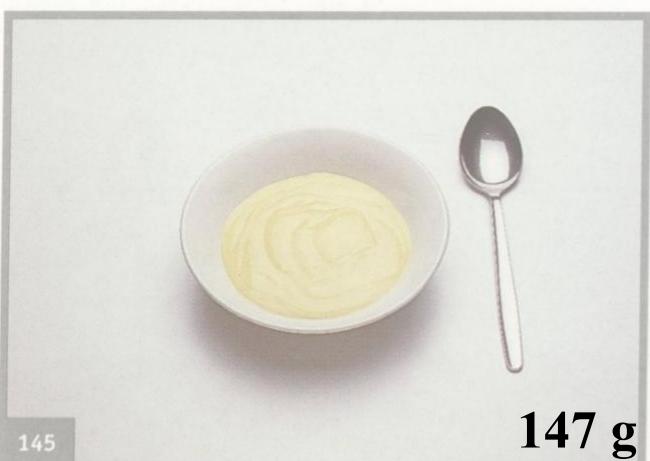
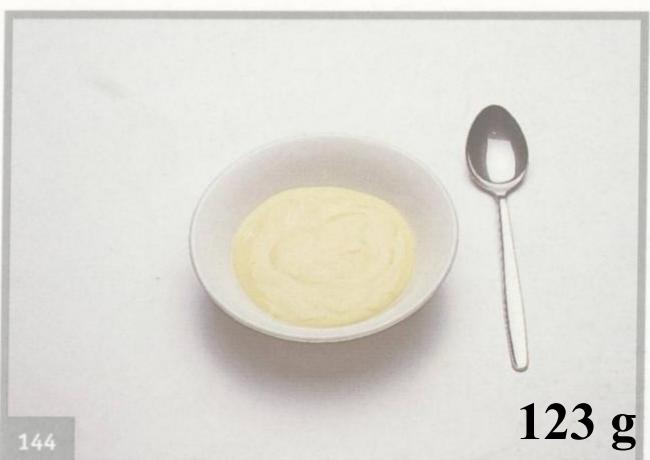
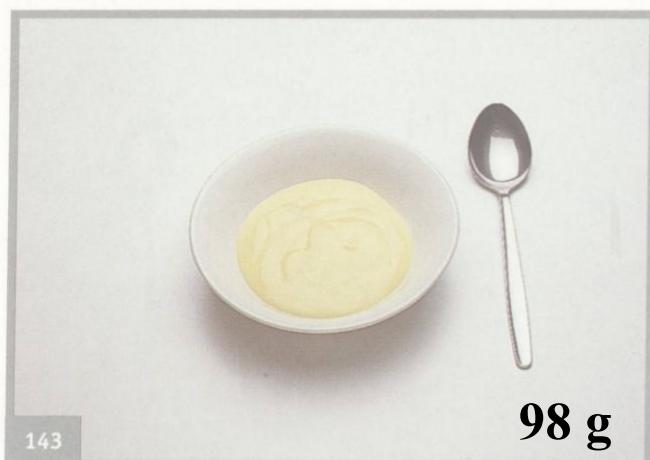
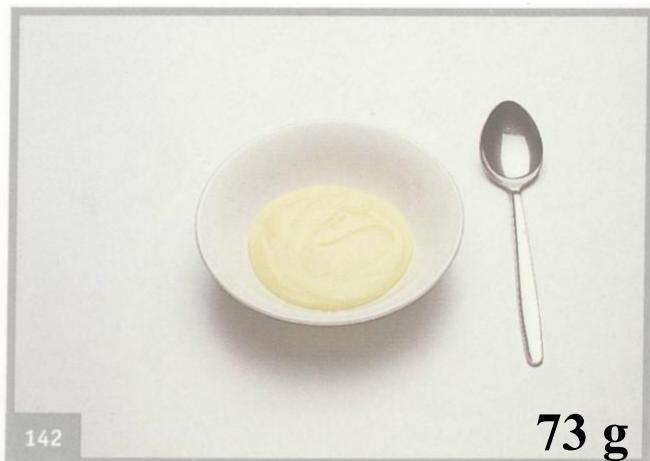
YORKSHIRE PUDDING



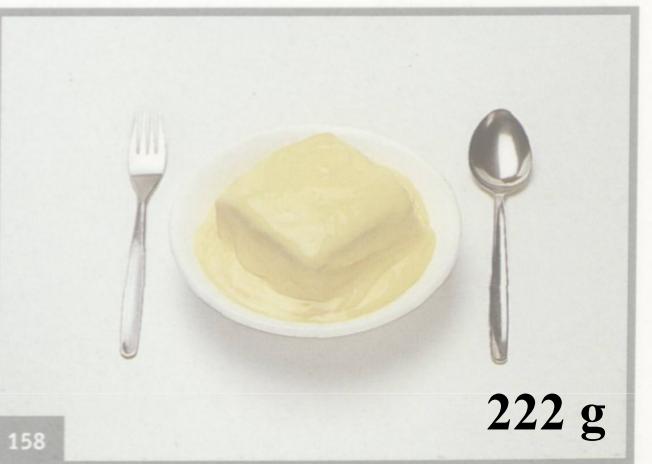
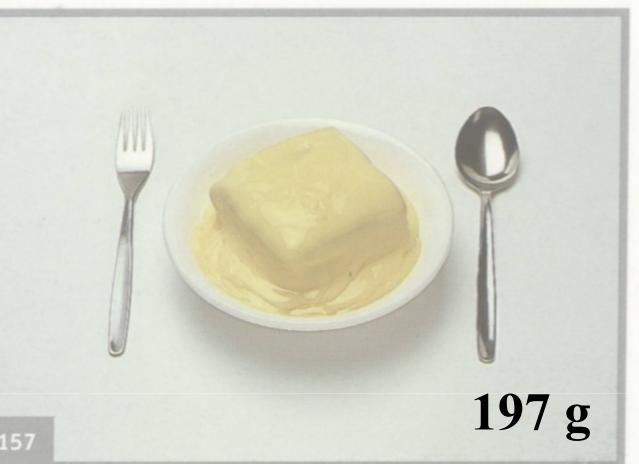
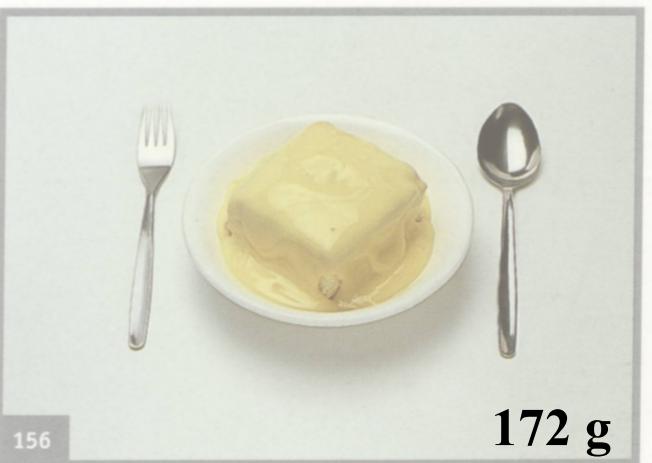
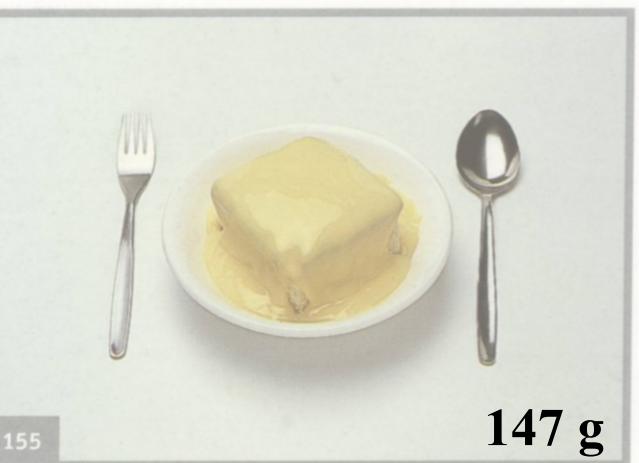
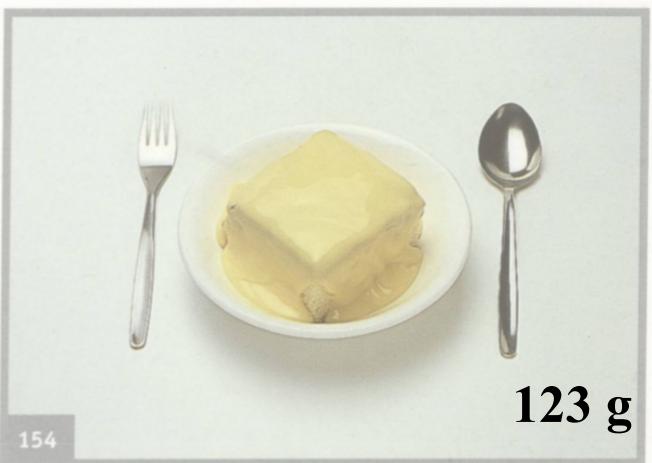
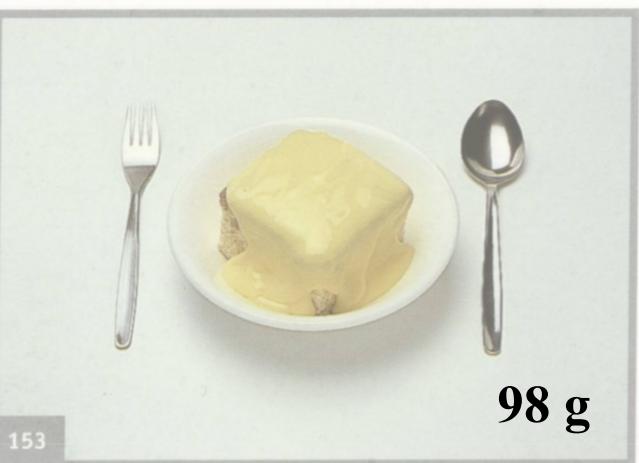
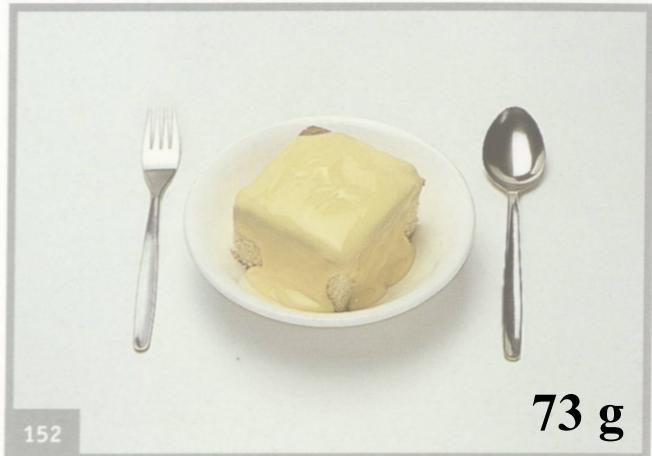
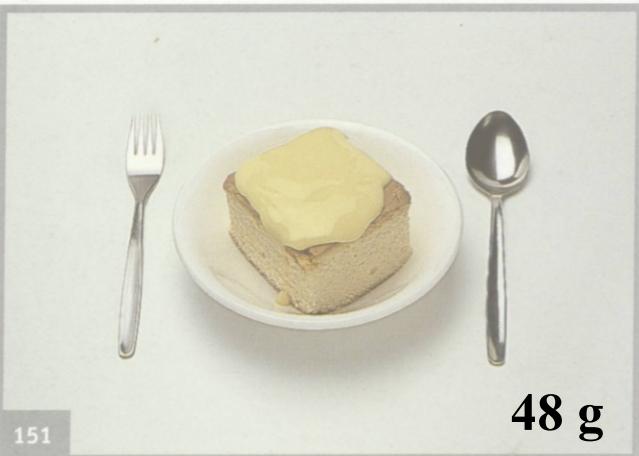
CHEESECAKE



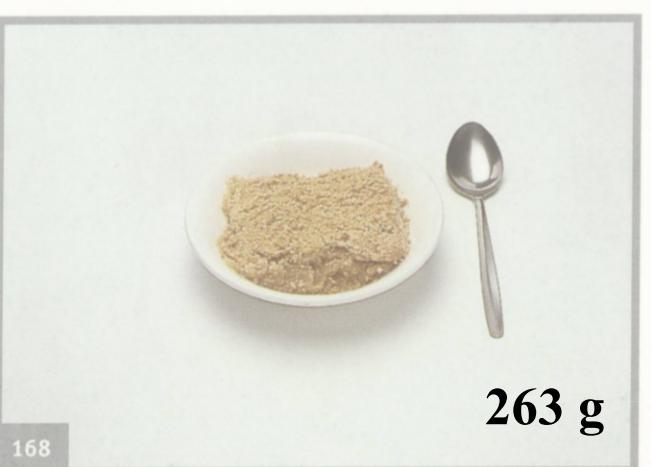
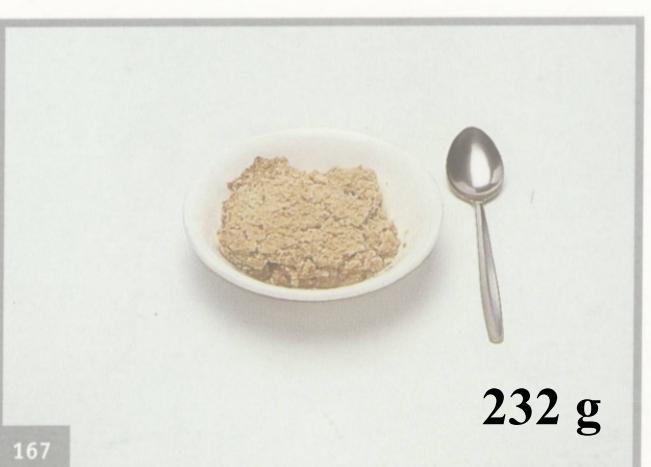
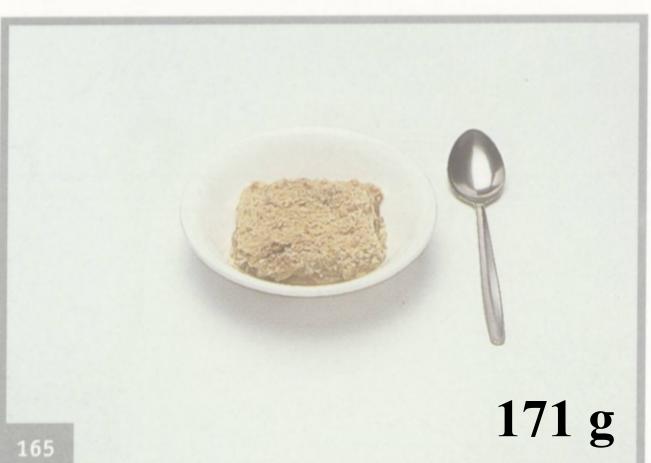
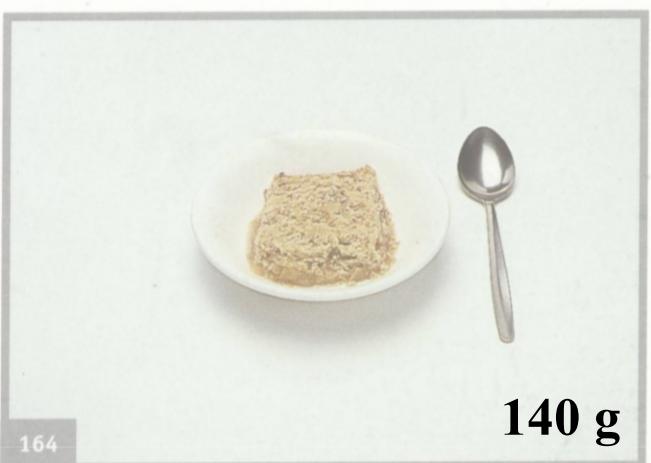
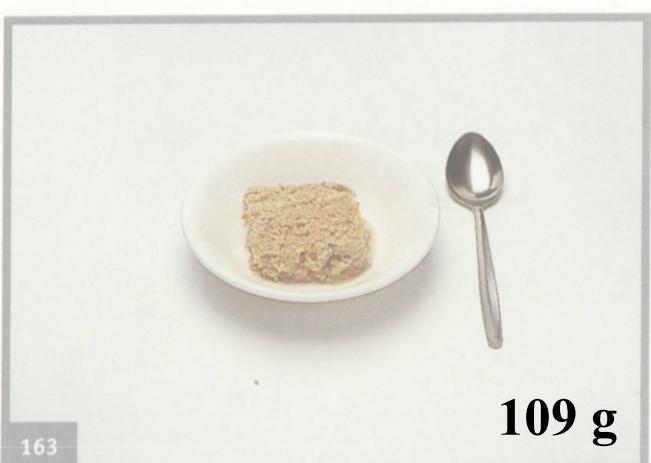
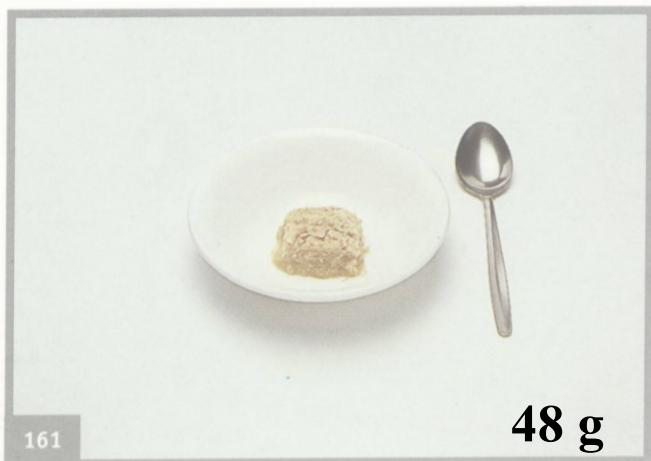
PUDINKOVÝ KRÉM



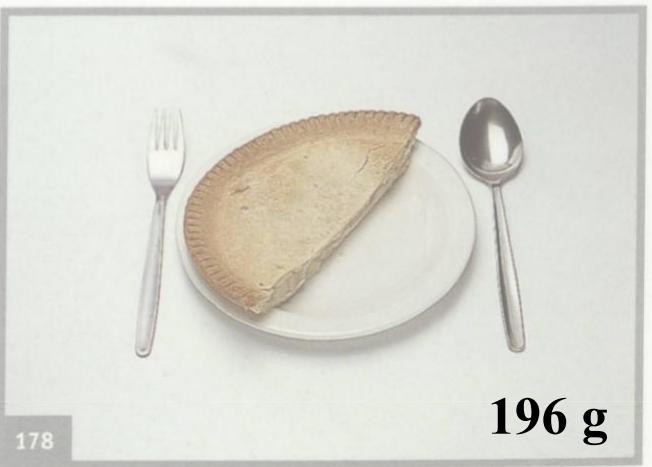
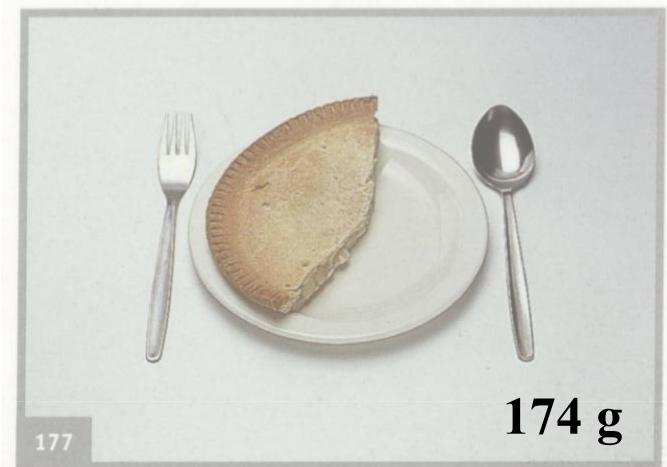
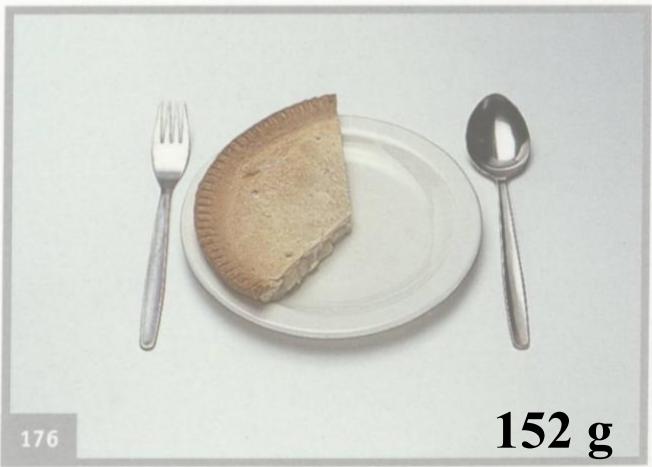
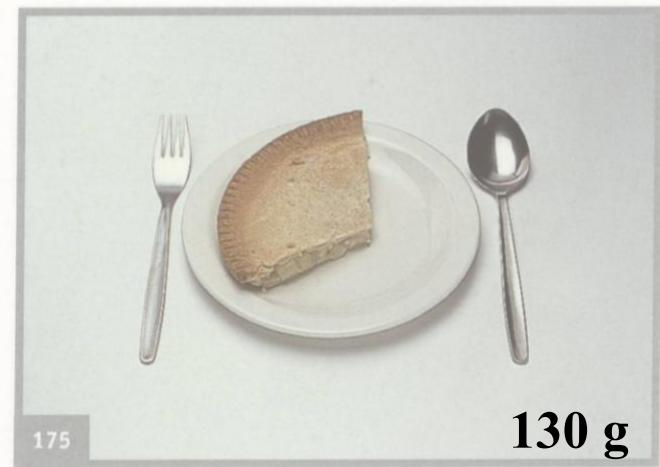
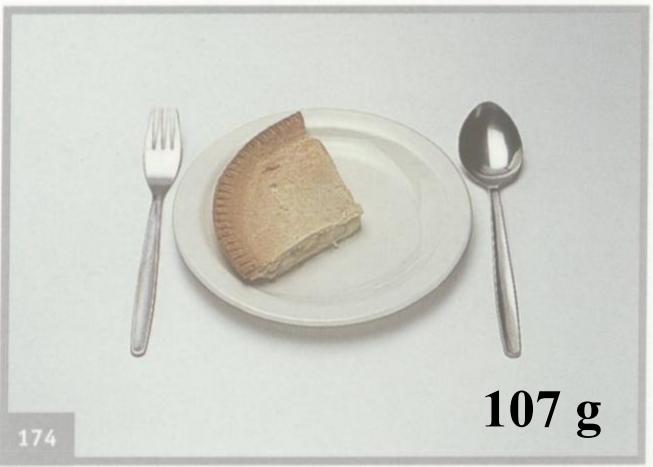
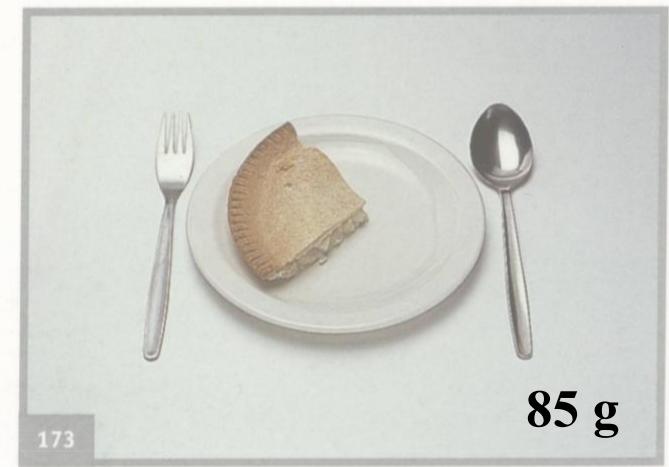
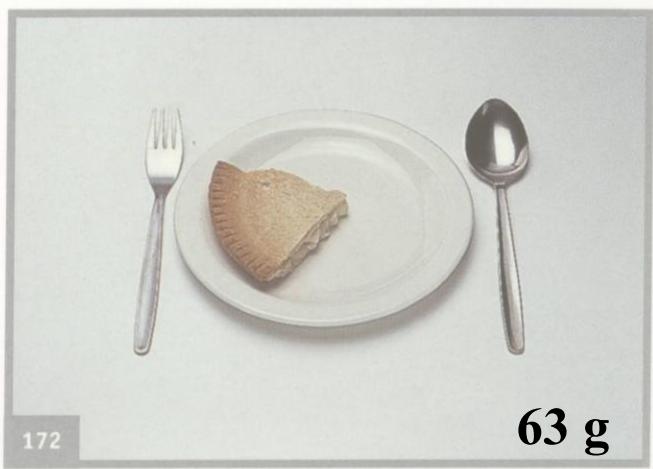
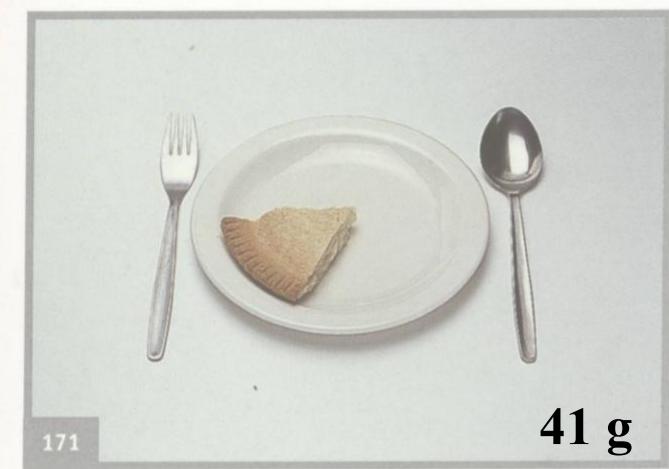
PUDINKOVÝ KRÉM S PIŠKOTEM



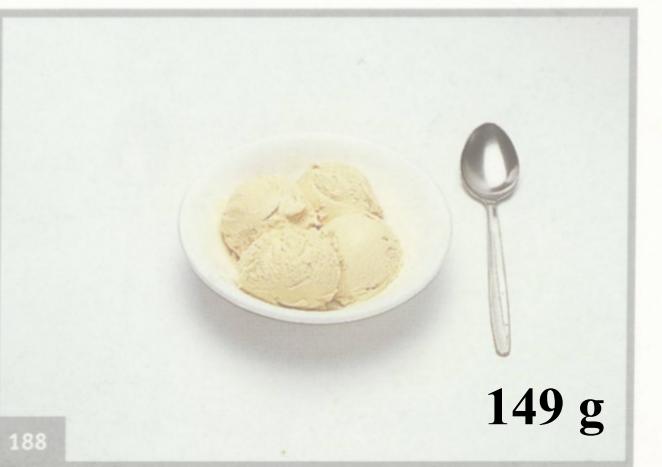
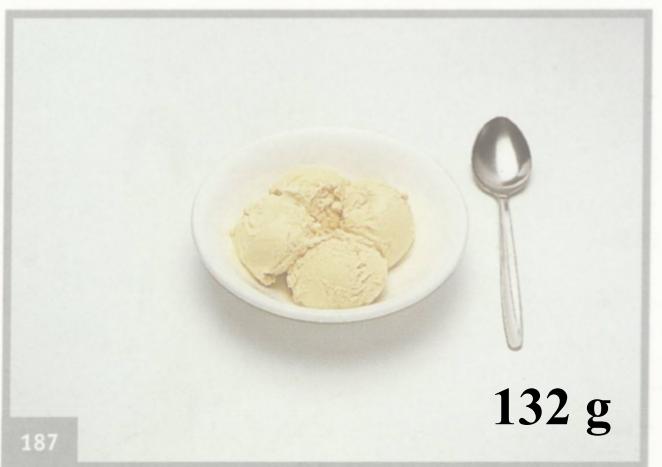
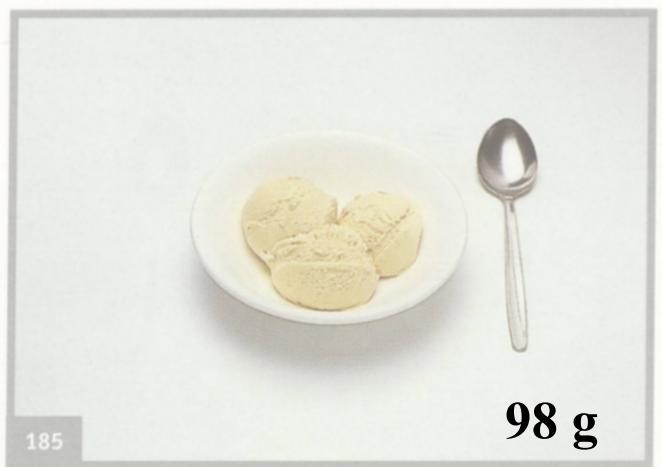
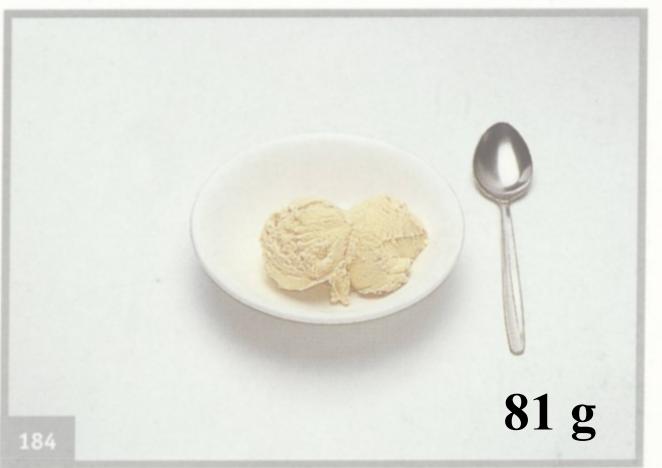
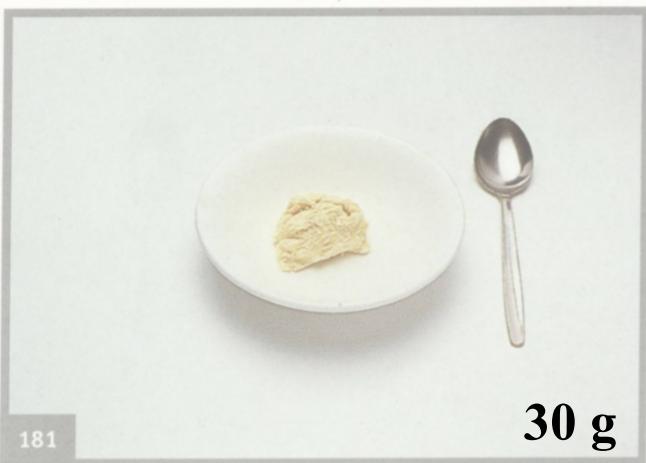
OVOCNÝ CRUMBLE



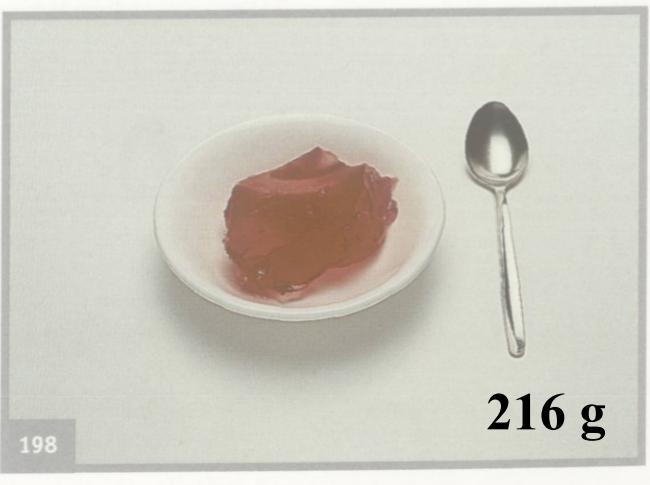
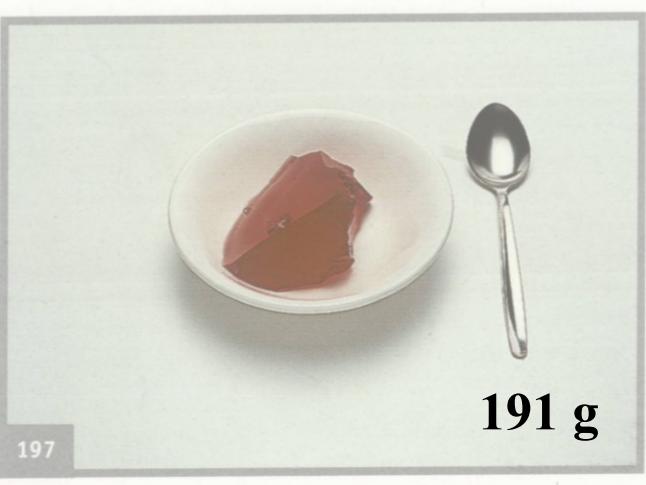
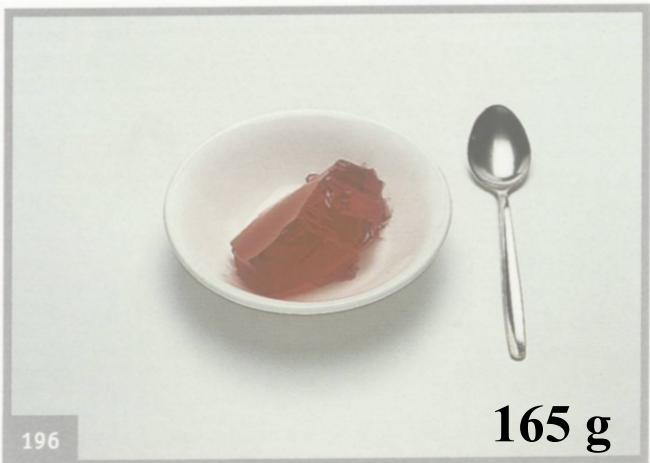
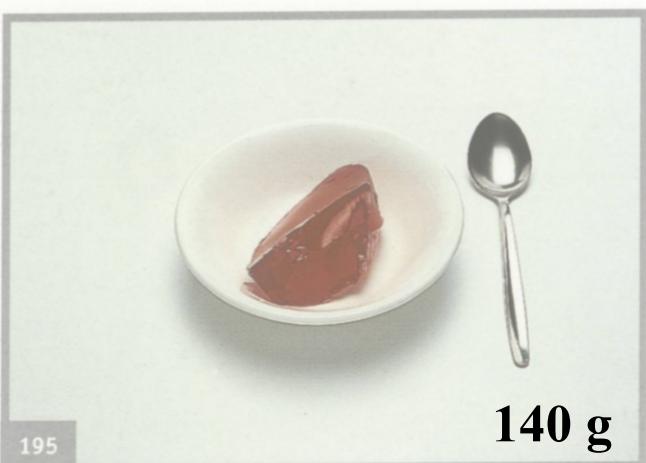
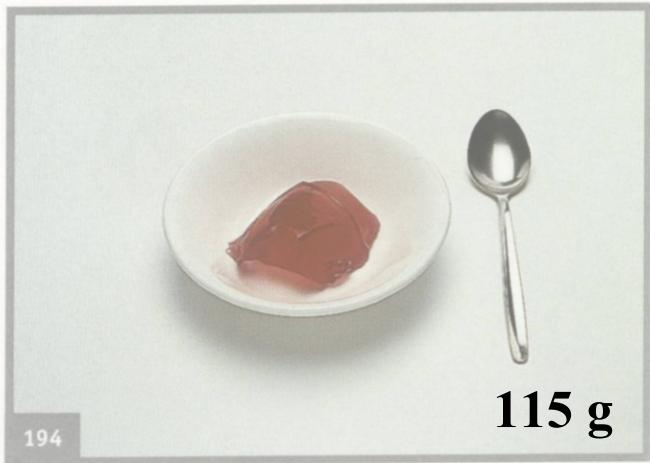
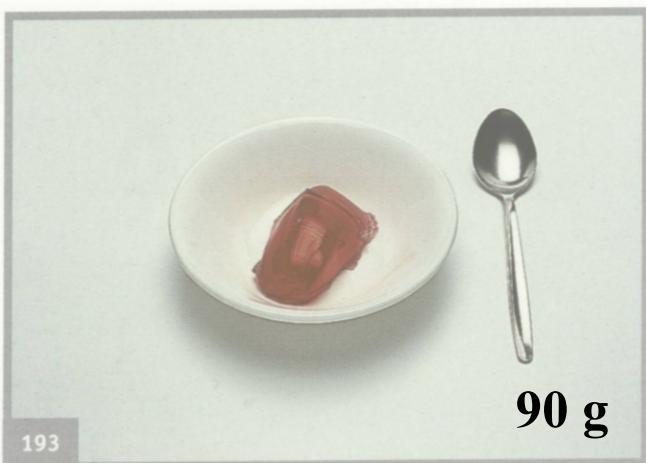
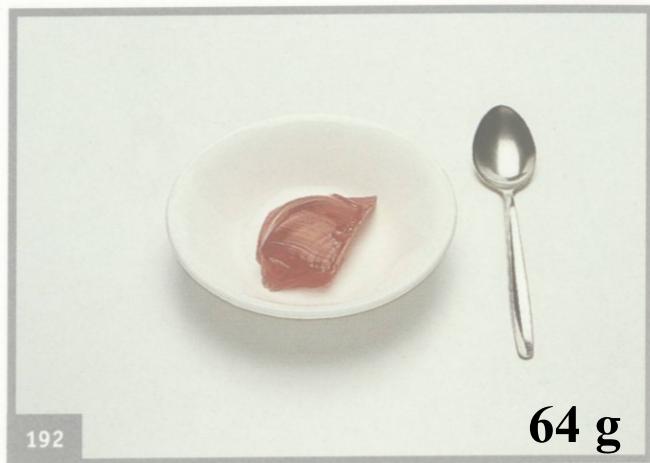
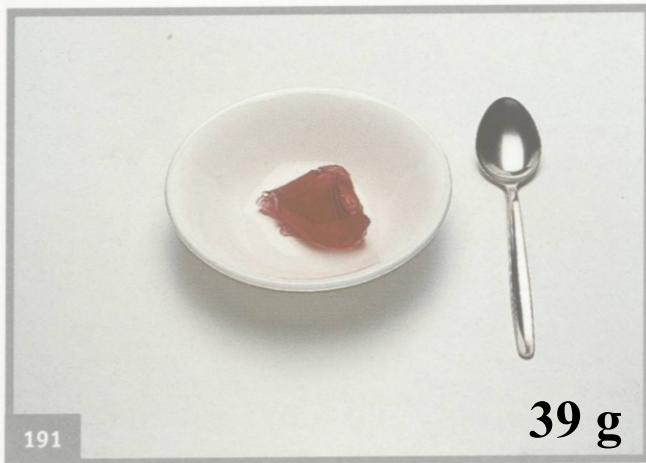
OVOCNÝ PIE



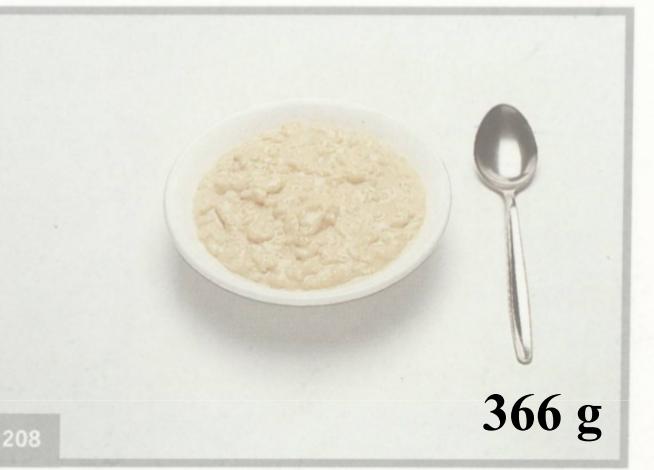
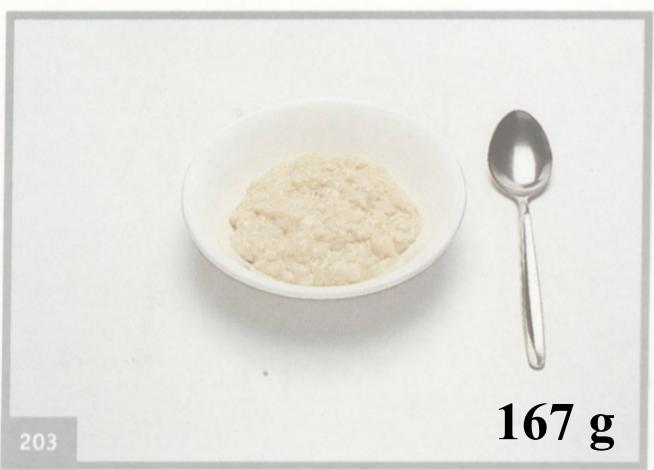
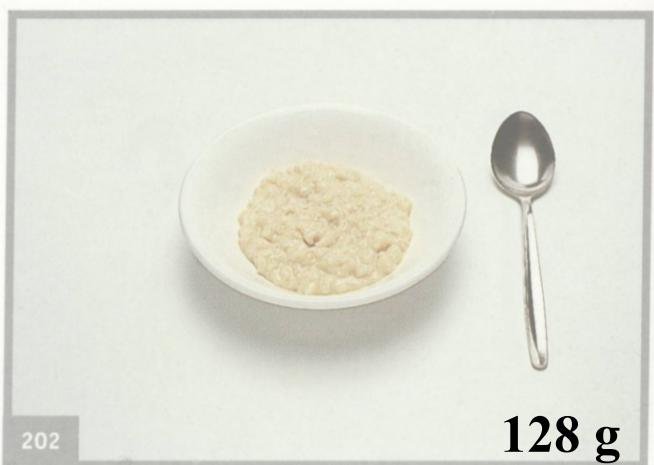
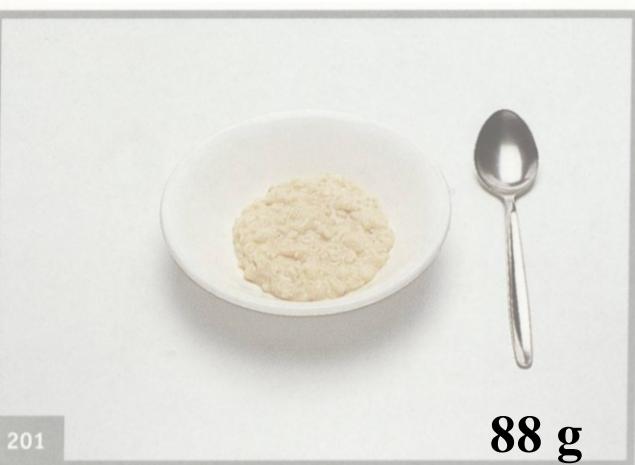
ZMRZLINA



ŽELÉ



RÝŽOVÝ PUDINK



PIŠKOT



211

48 g



212

72 g



213

96 g



214

120 g



215

145 g



216

169 g



217

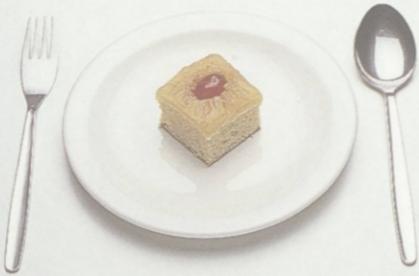
193 g



218

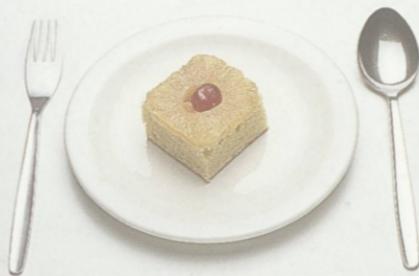
217 g

PIŠKOT S OVOCEM



221

48 g



222

72 g



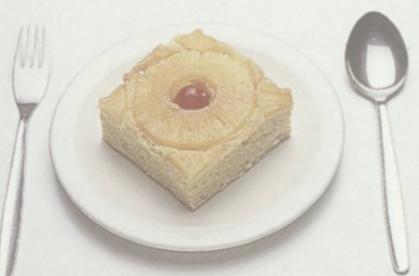
223

96 g



224

120 g



225

145 g



226

169 g



227

193 g



228

217 g

TRIFLE – VRSTVENÝ NEPEČENÝ MOUČNÍK



231

83 g

232

116 g

233

149 g

234

182 g

235

214 g

236

247 g

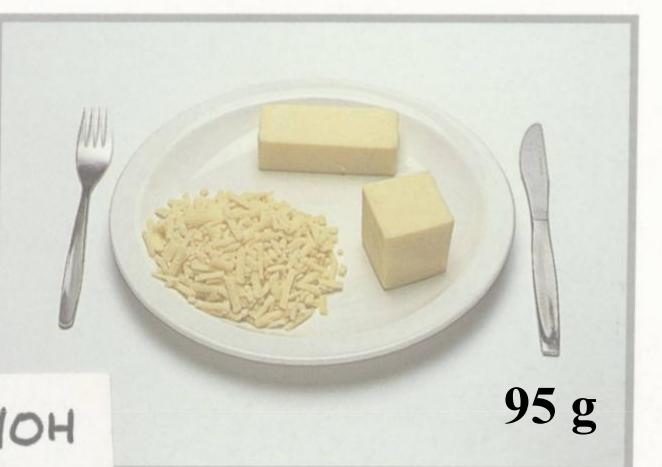
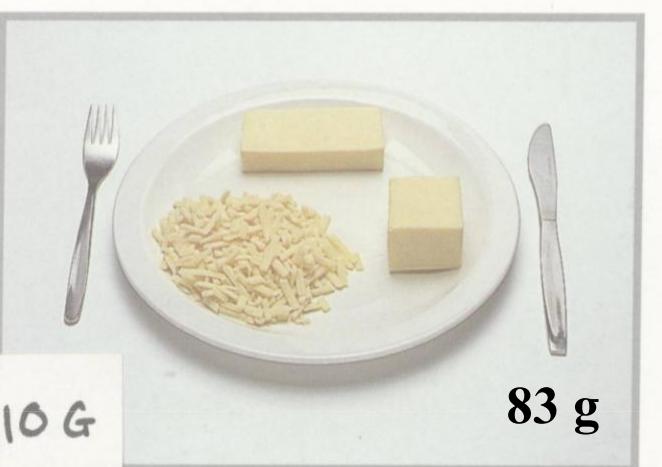
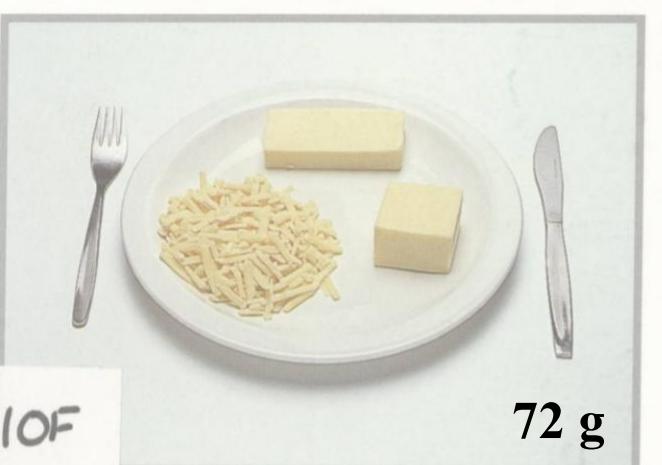
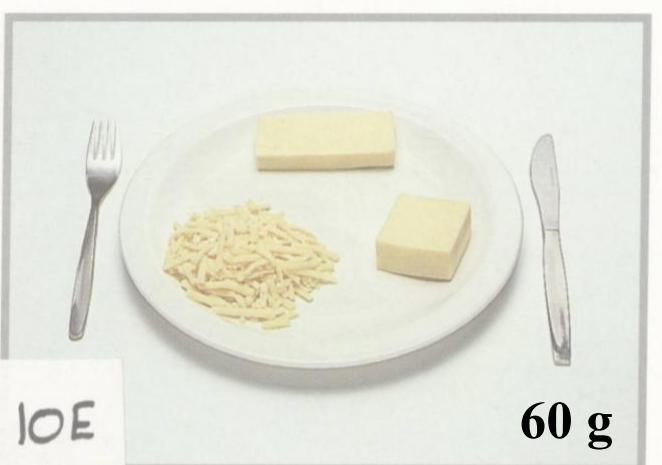
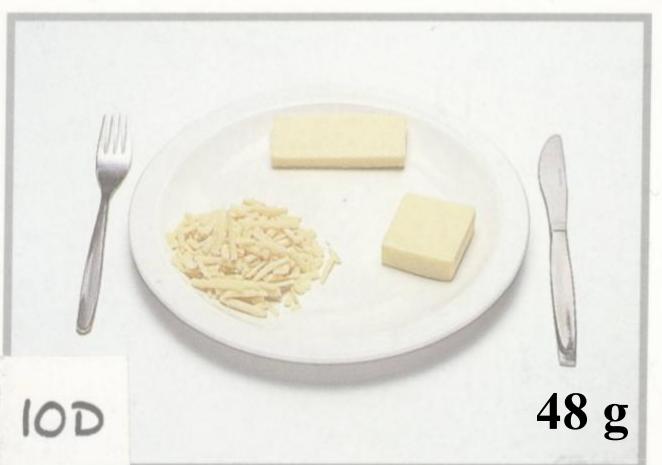
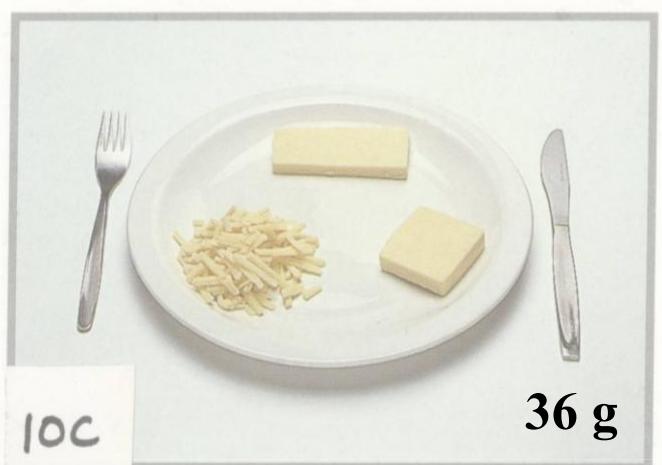
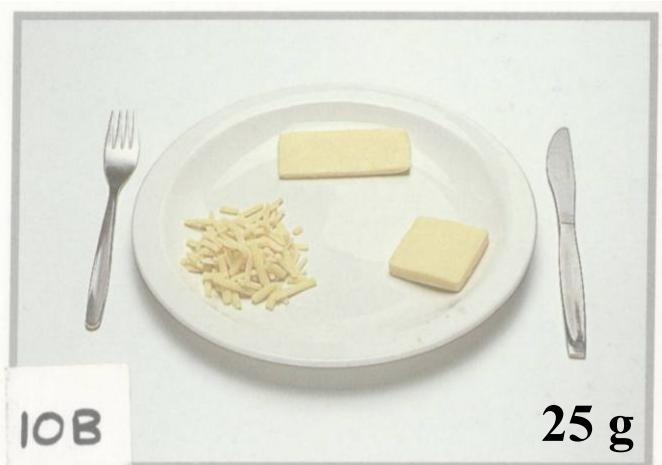
237

280 g

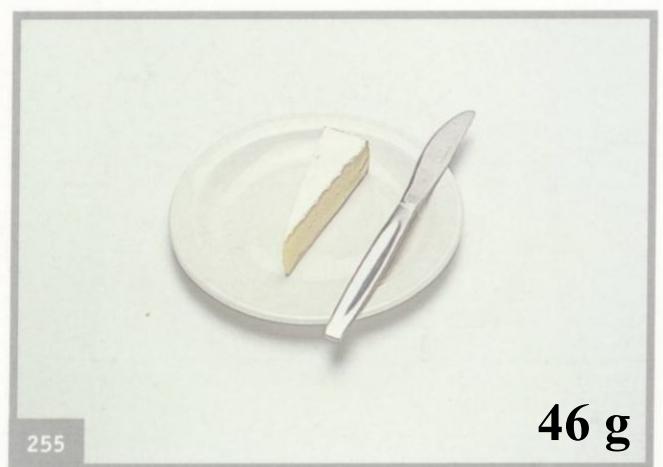
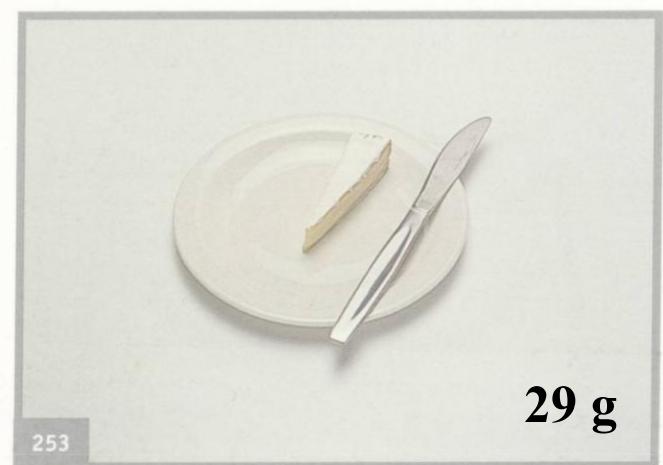
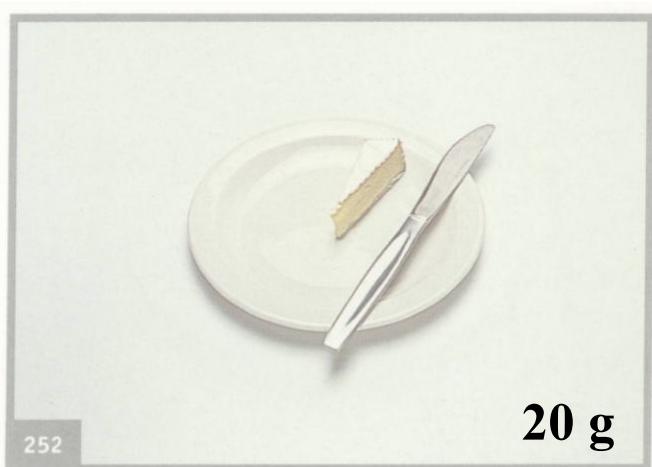
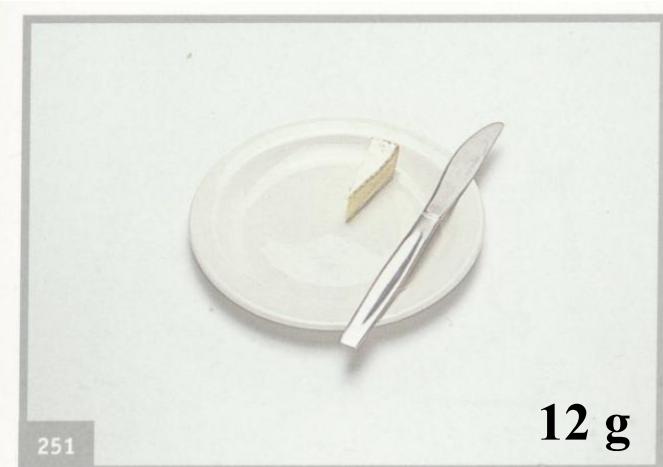
238

313 g

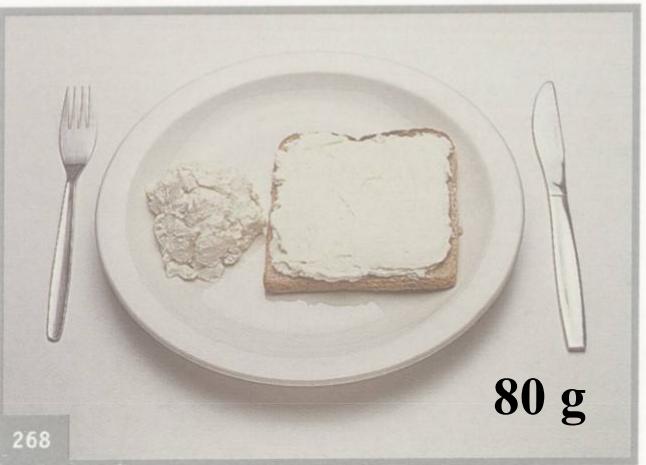
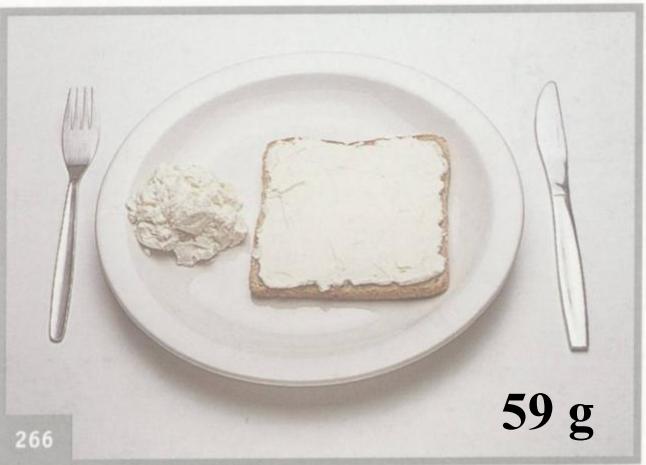
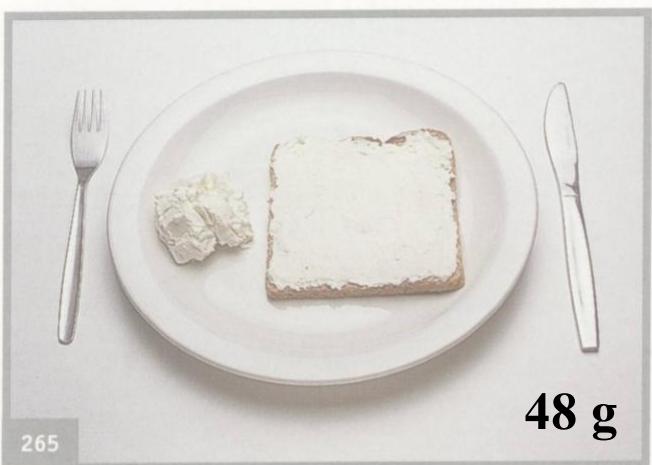
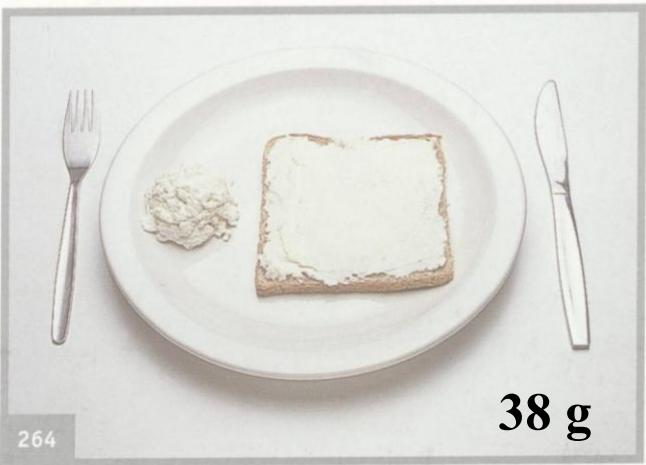
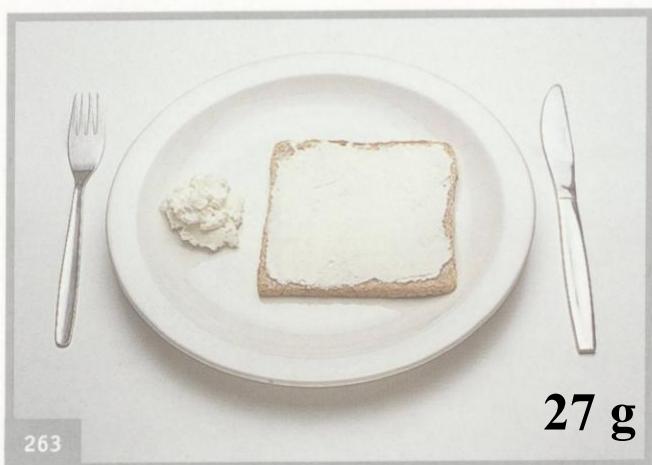
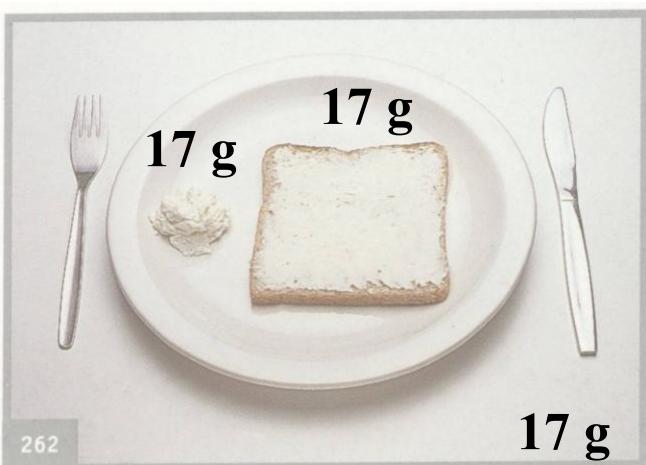
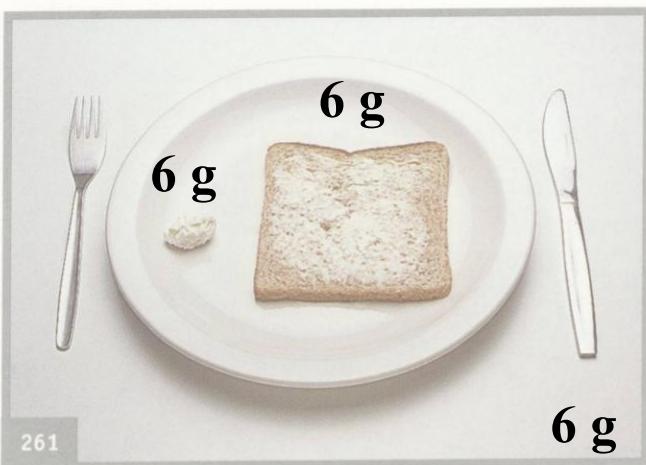
CHEEDAR SÝR



BRIE



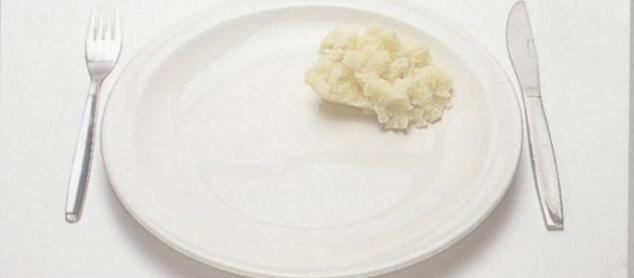
ČERSTVÝ KRÉMOVÝ SÝR (ŽERVÉ)



ZAPEČENÝ KVĚTÁK SE SÝREM



271

43 g

272

86 g

273

130 g

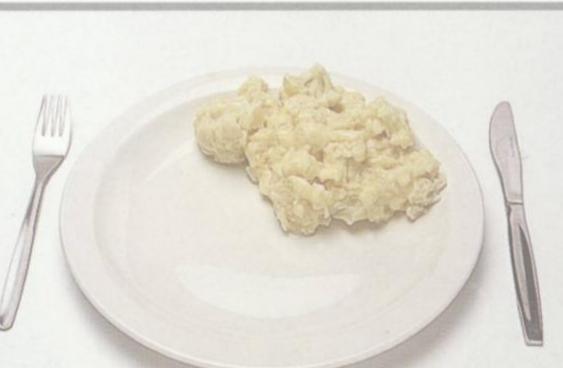
274

173 g

275

217 g

276

260 g

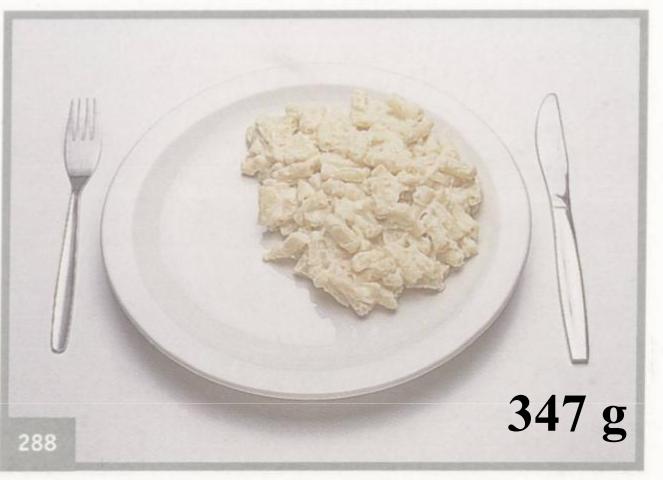
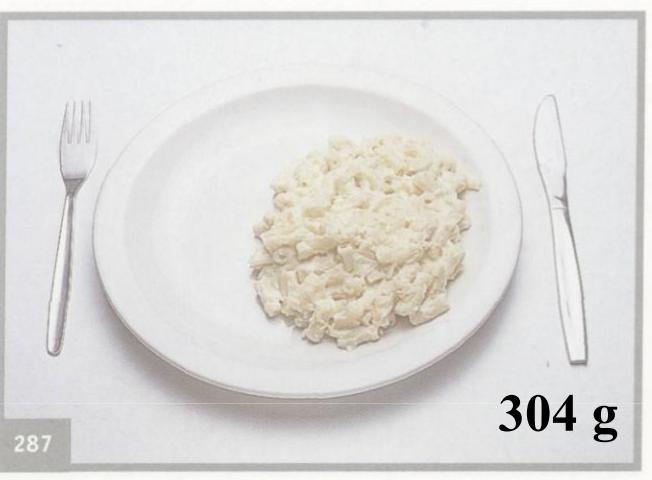
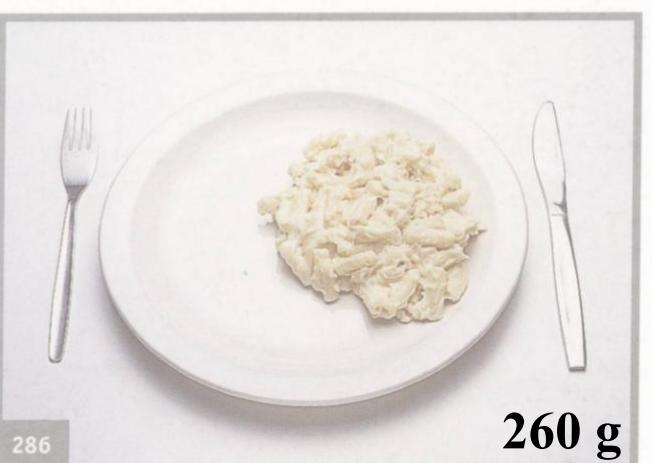
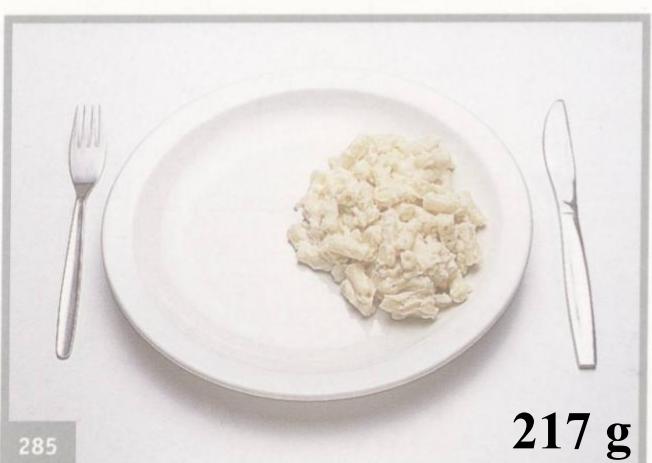
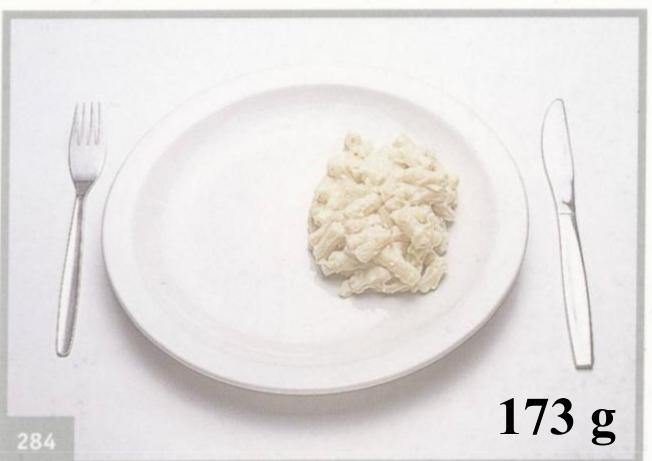
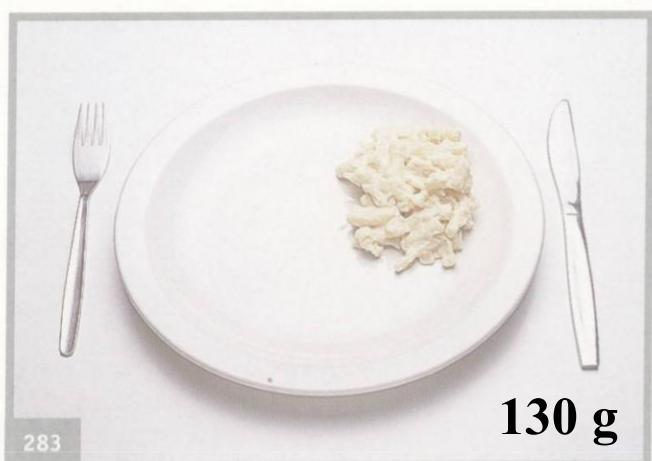
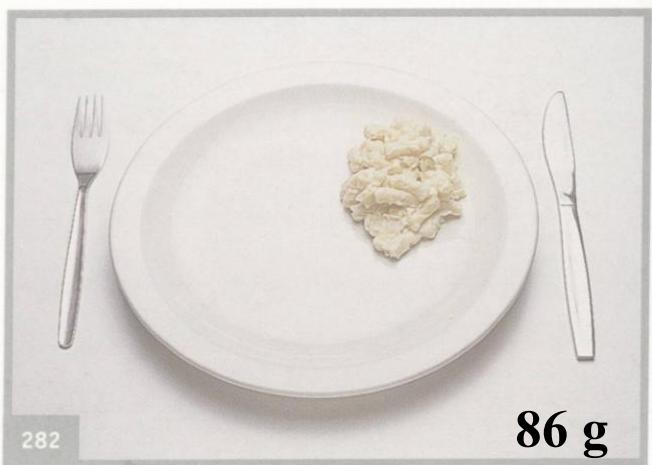
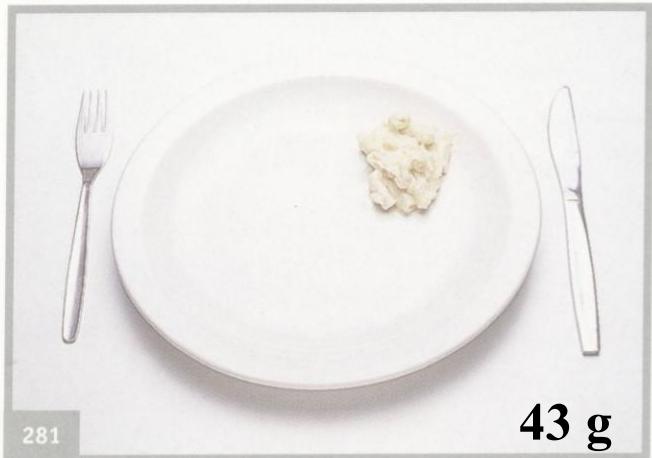
277

304 g

278

347 g

MAKARONY SE SÝREM



QUICHE (KIŠ)



291

62 g



292

84 g



293

107 g



294

129 g



295

151 g



296

173 g



297

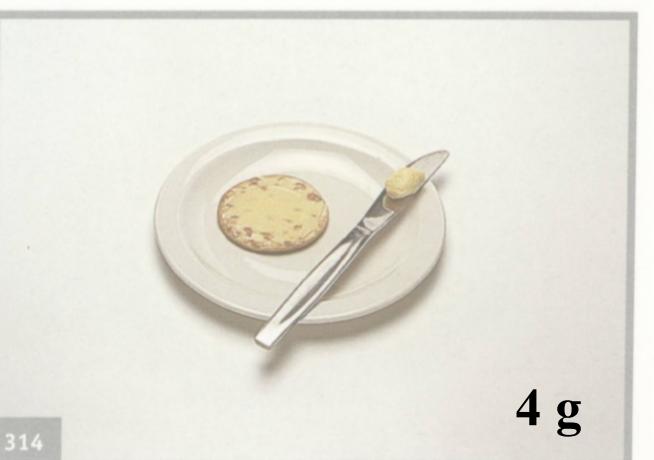
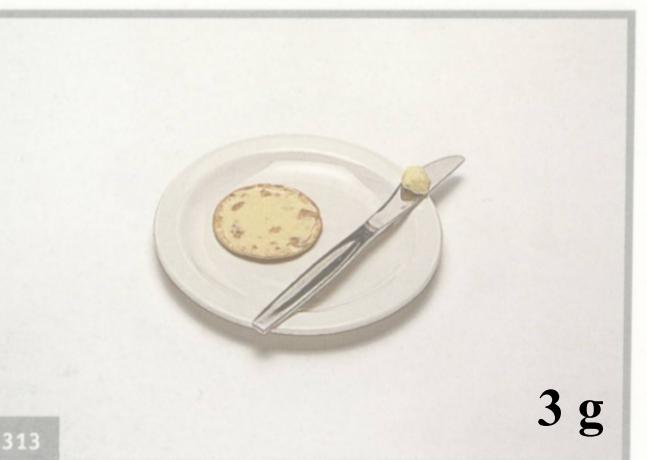
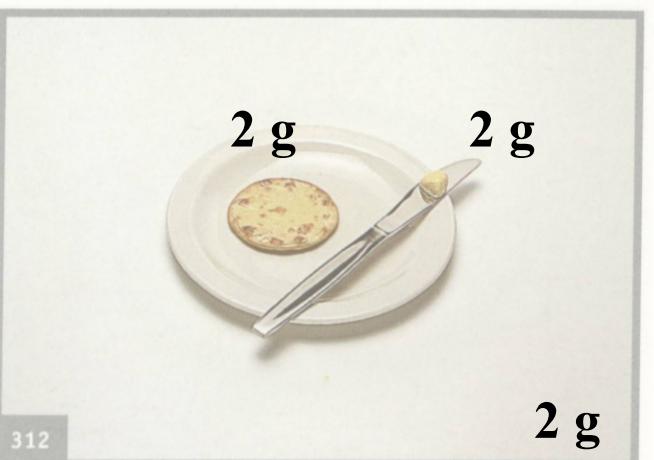
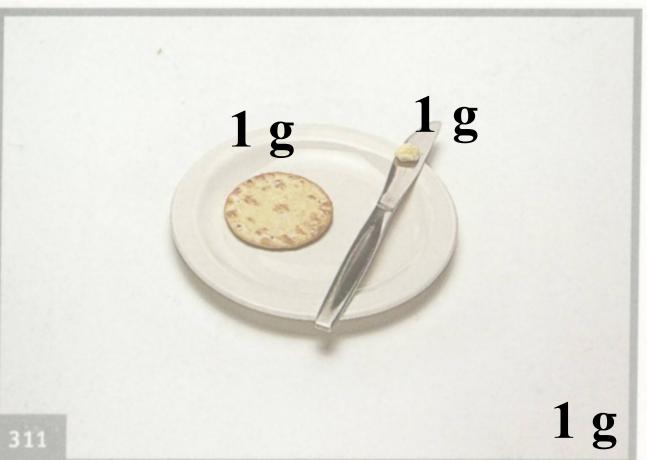
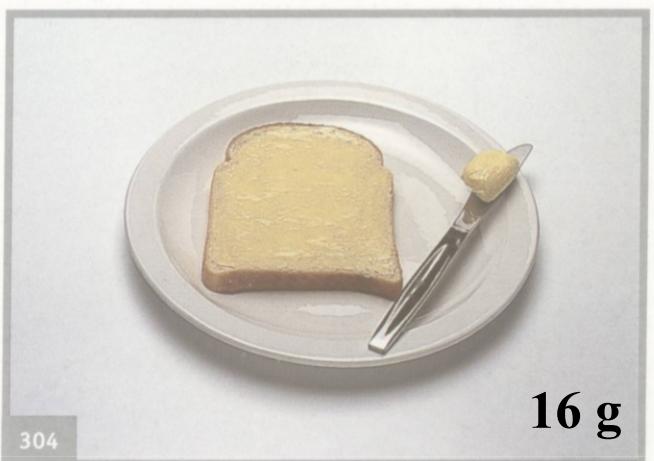
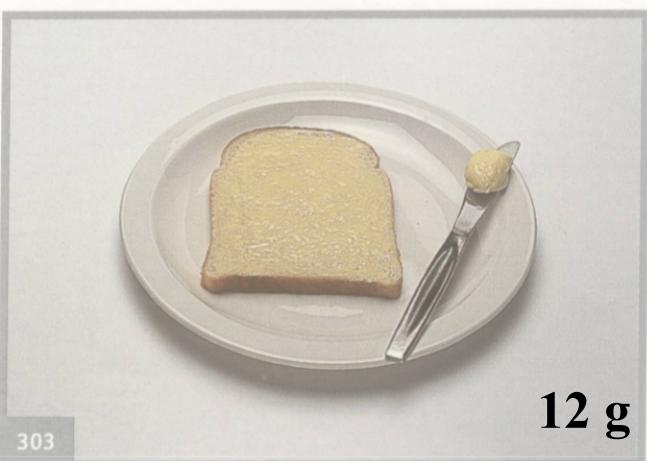
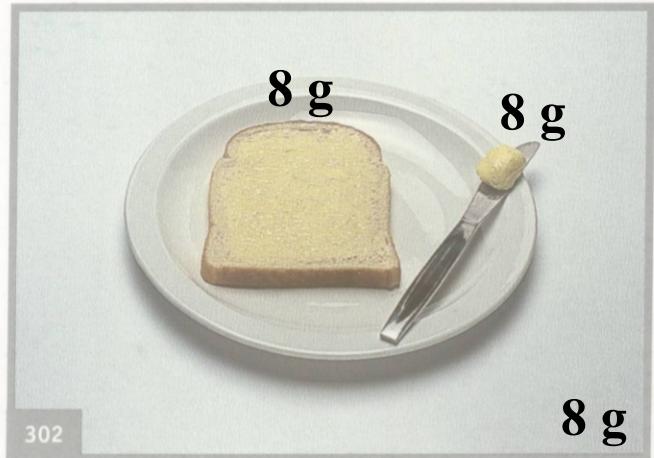
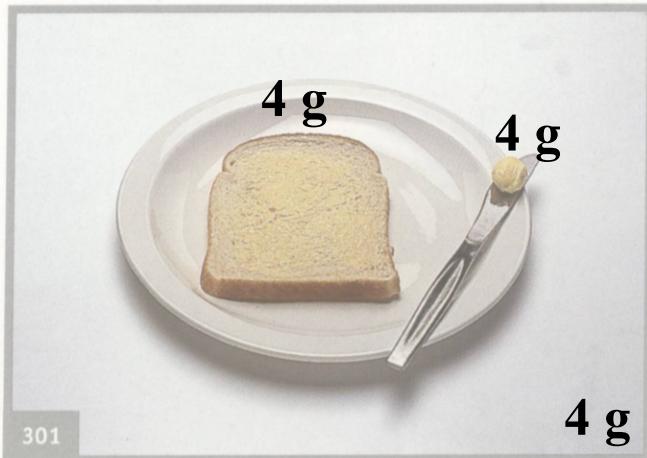
196 g



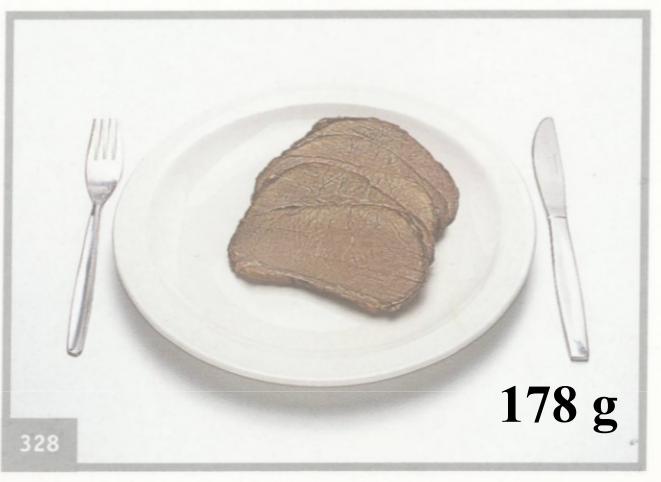
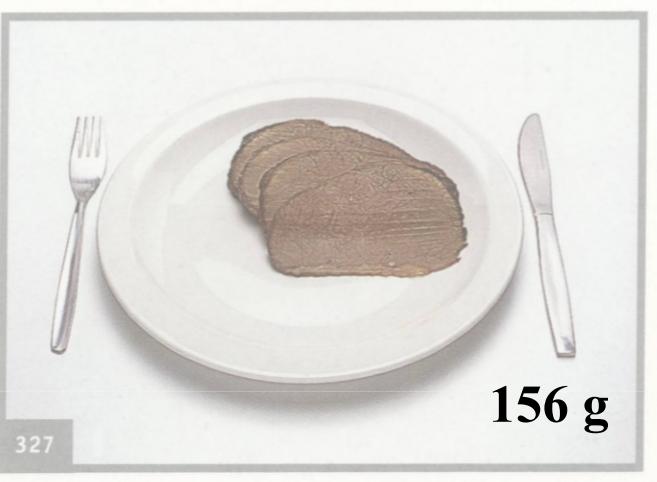
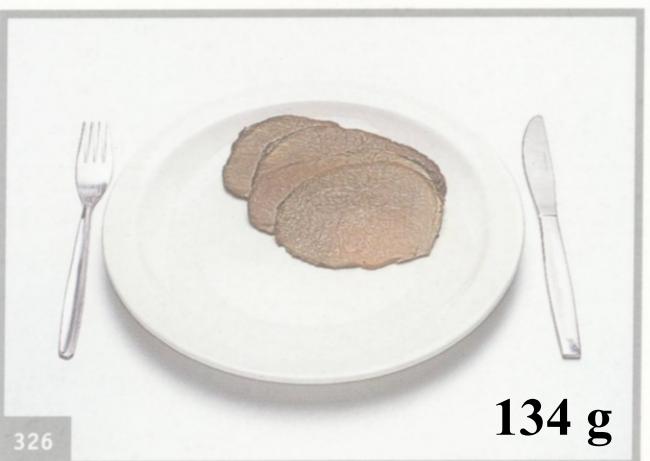
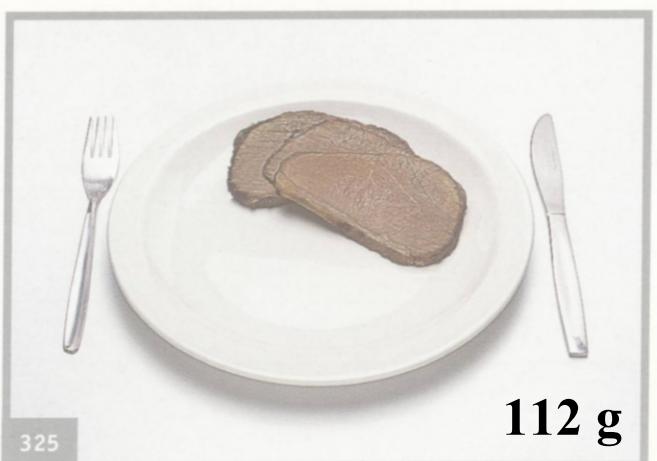
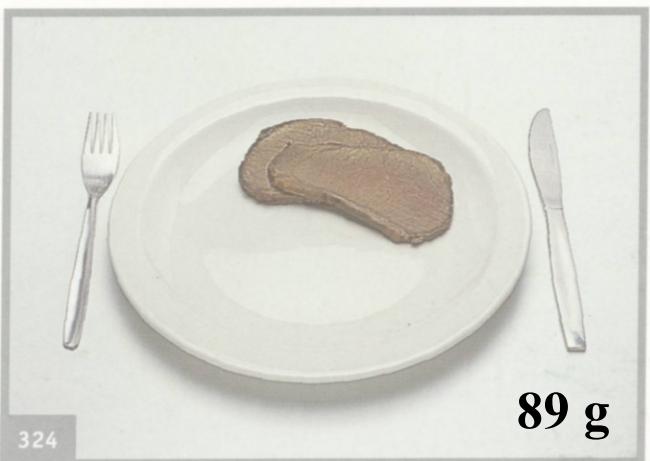
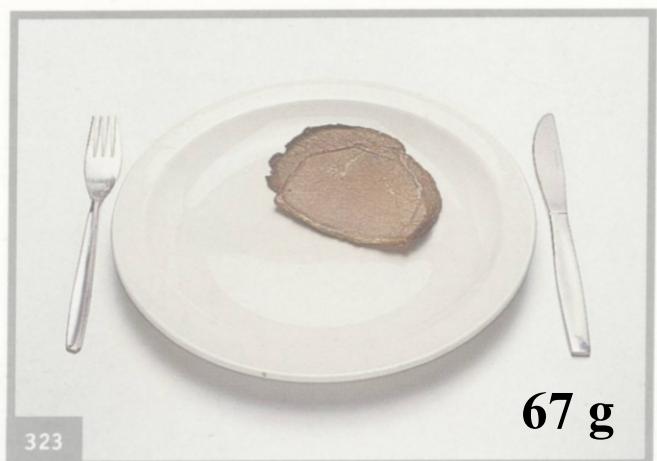
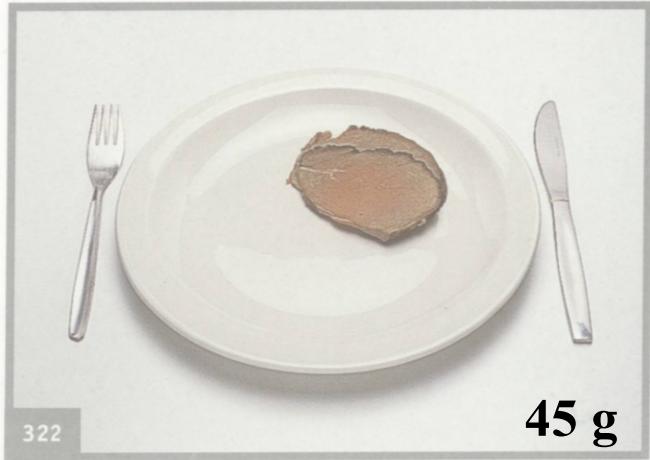
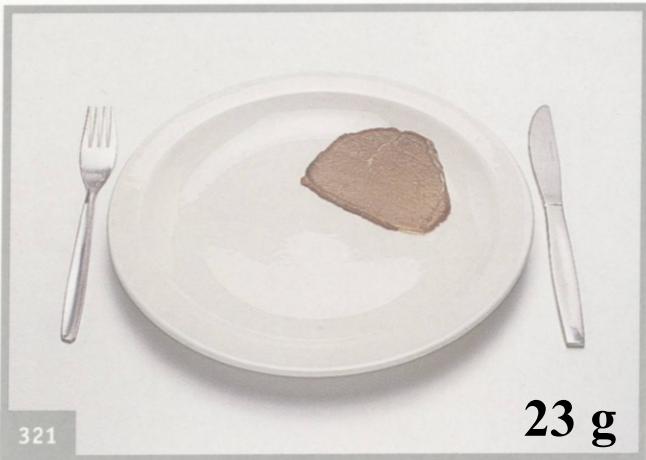
298

218 g

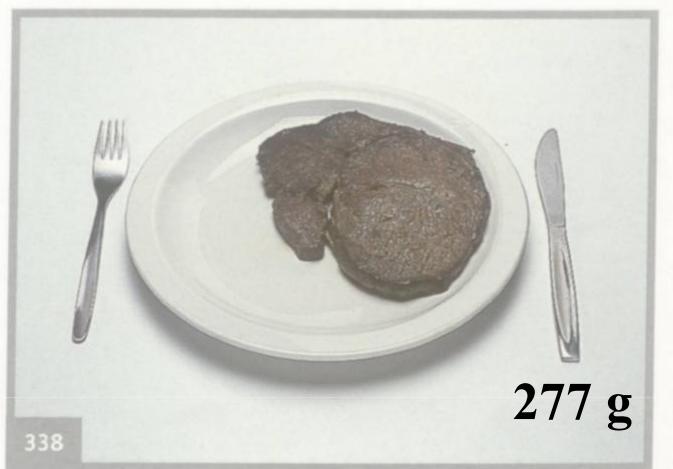
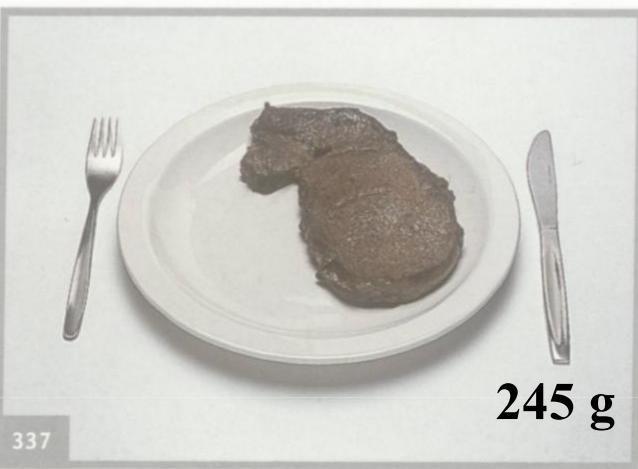
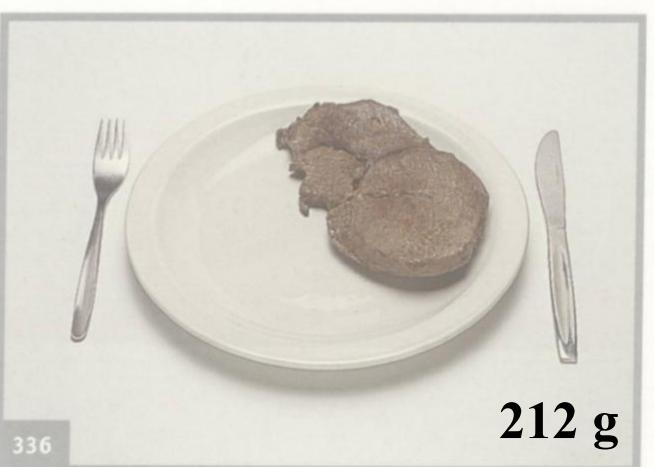
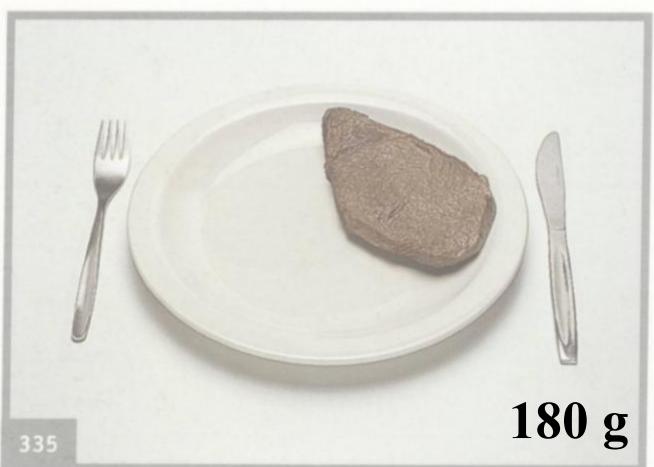
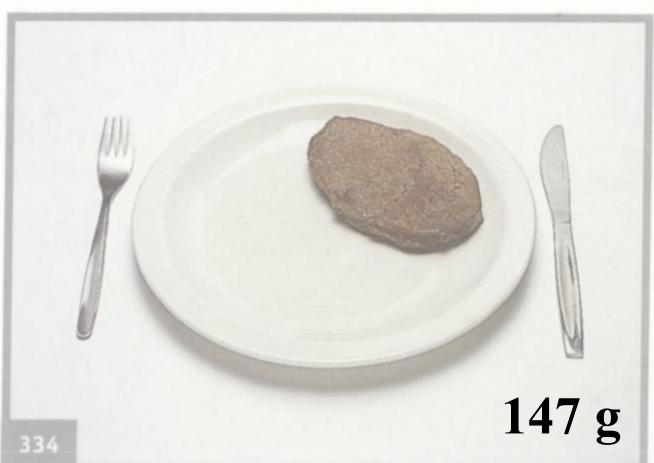
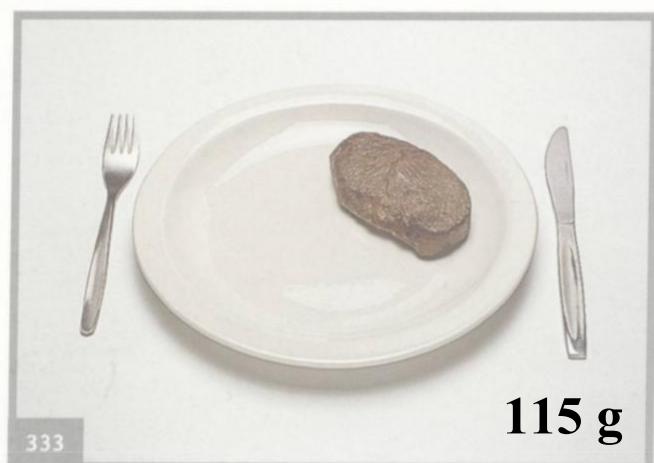
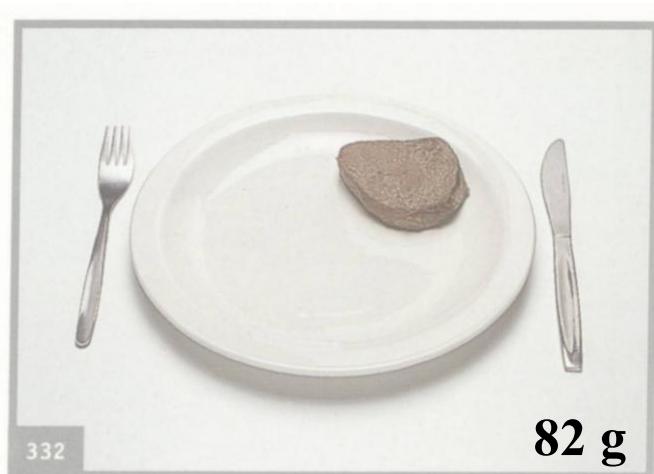
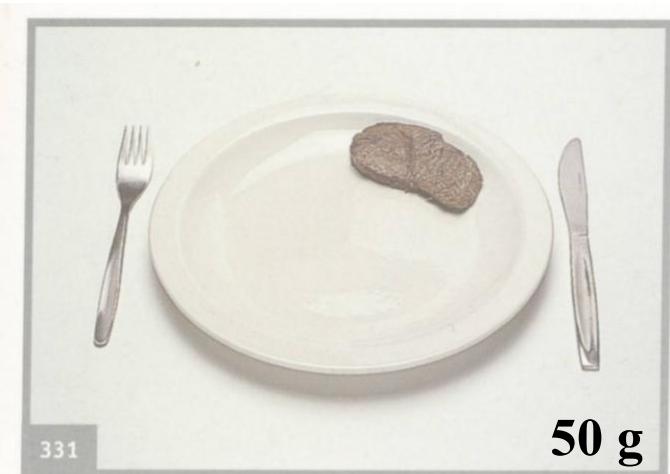
MÁSLO NAMAZANÉ NA CHLÉB/NA KREKRY



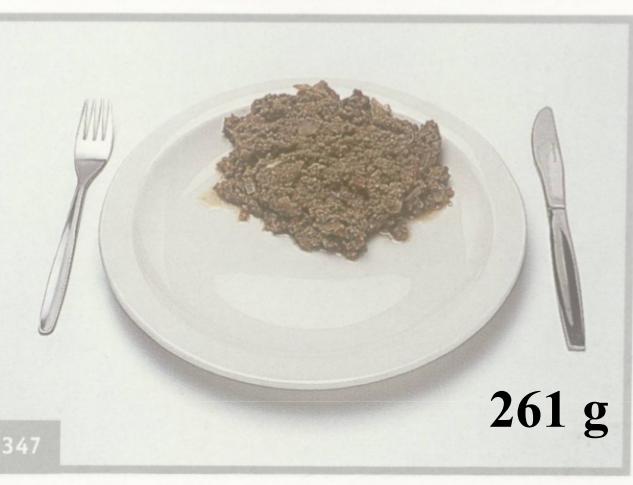
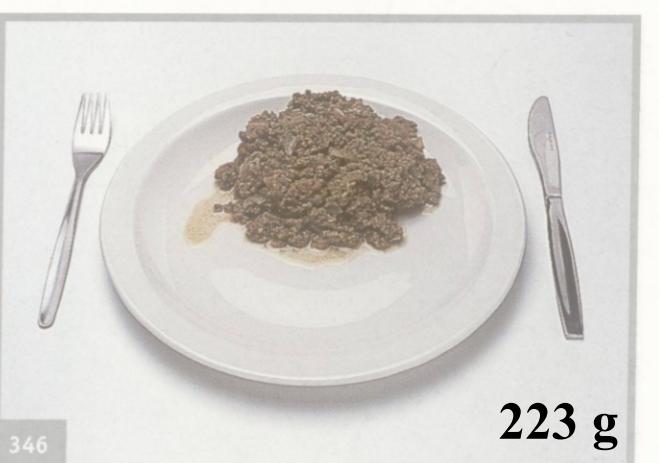
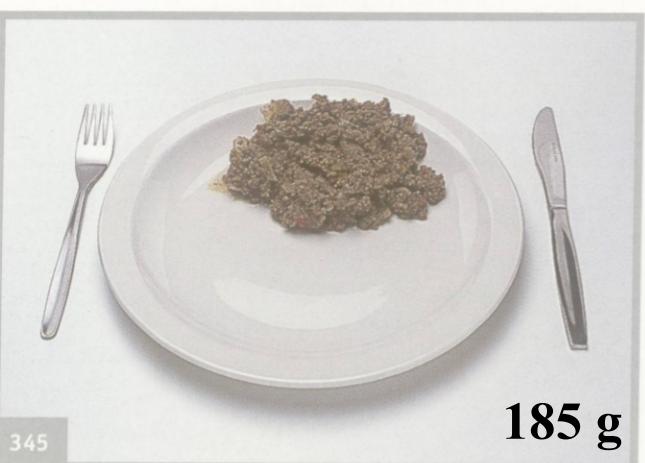
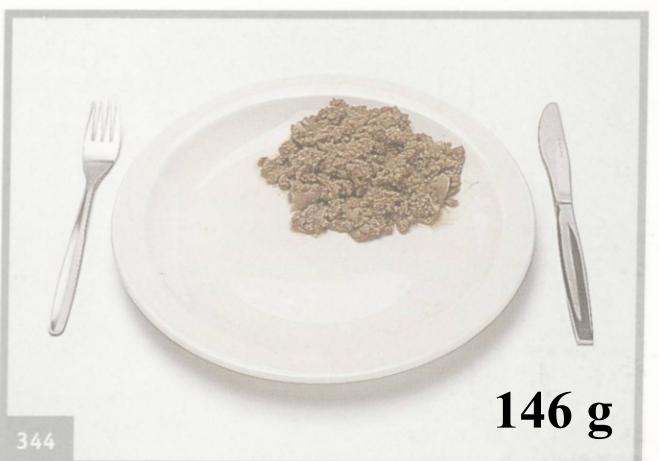
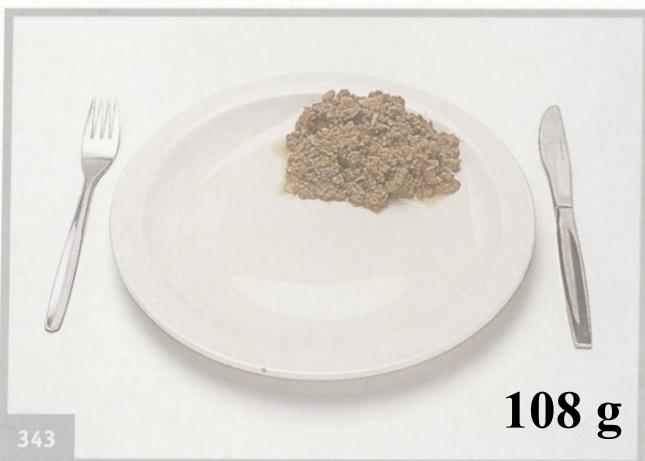
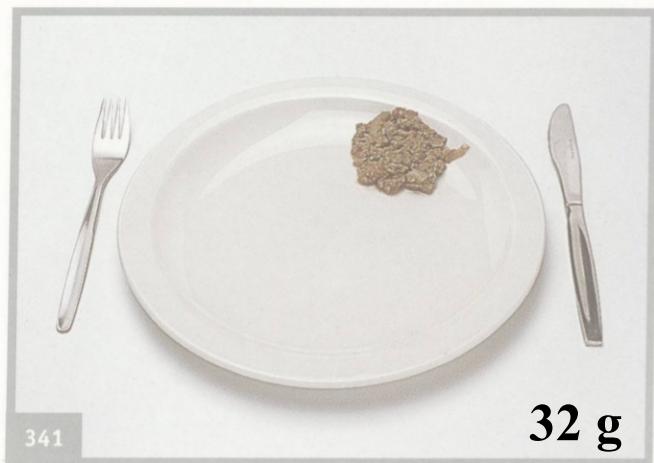
HOVĚZÍ ROSTBÍF (ROAST BEEF)



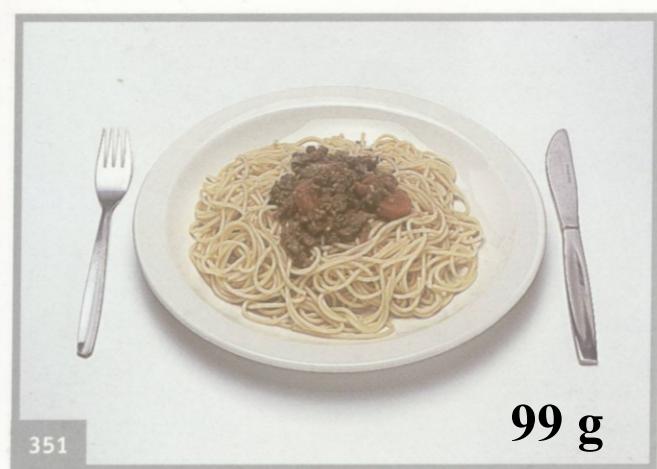
STEAK



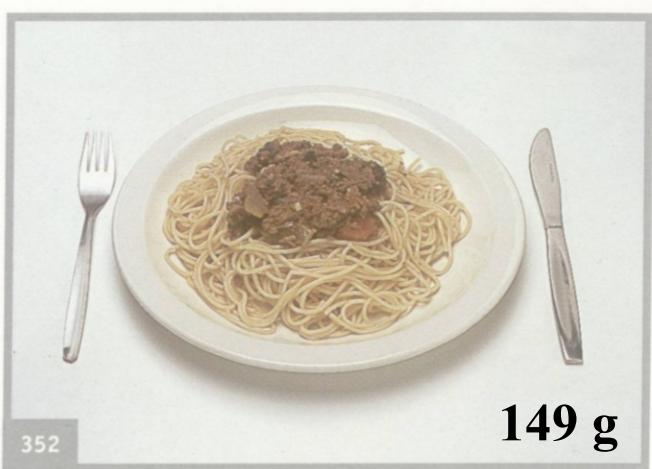
MLETÉ MASO



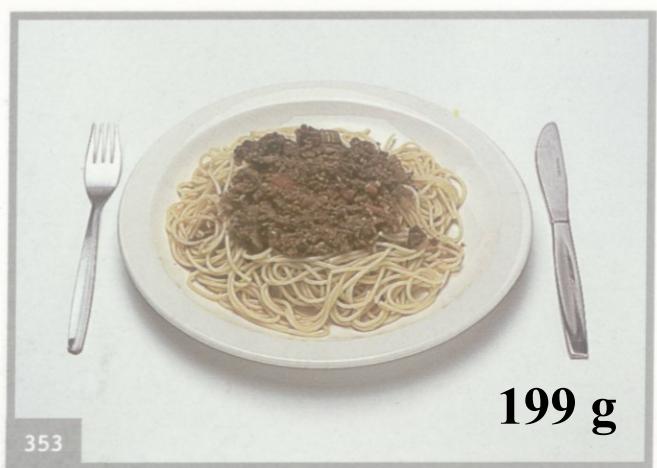
BOLOŇSKÁ OMÁČKA



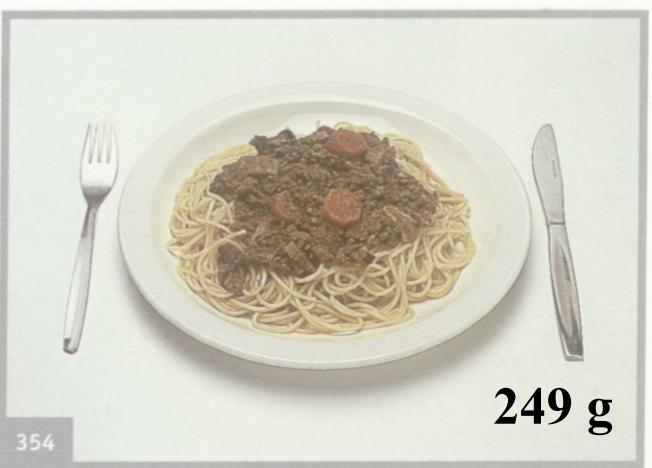
99 g



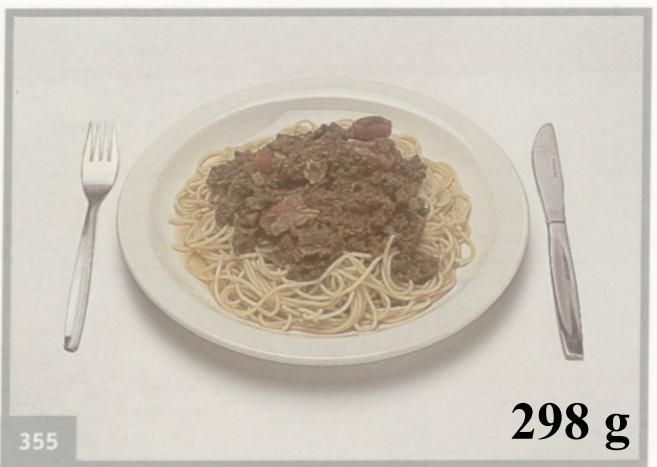
149 g



199 g



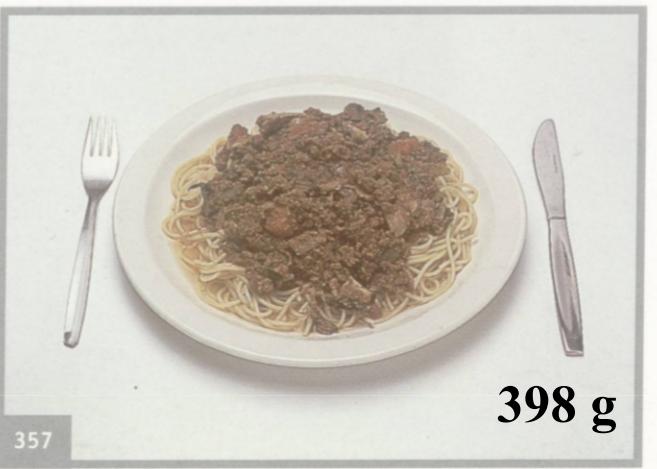
249 g



298 g



348 g

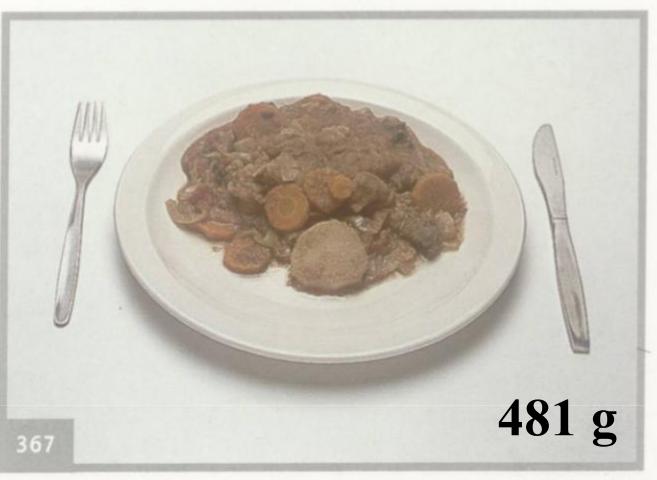
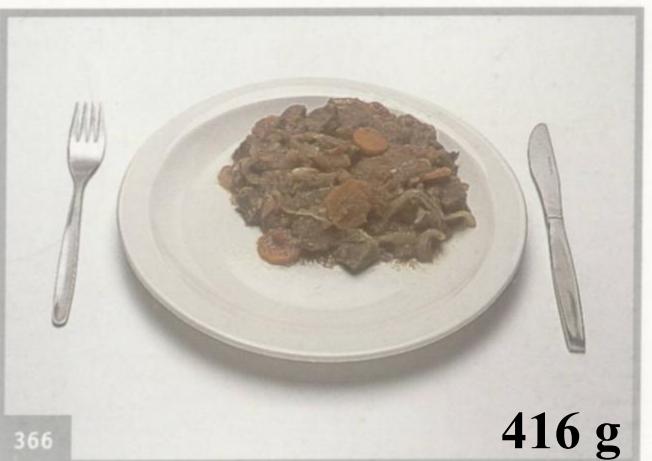
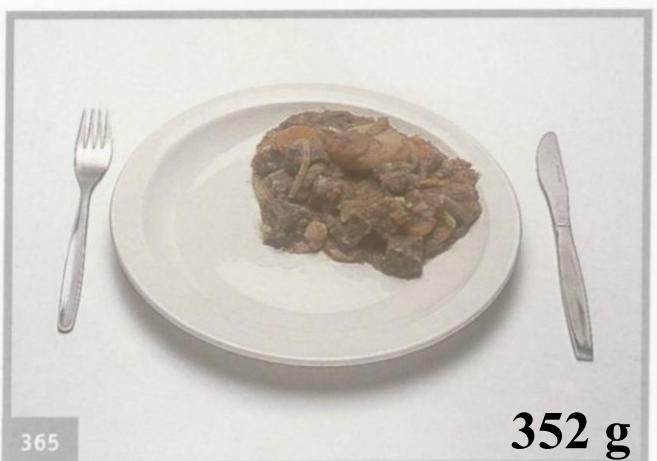
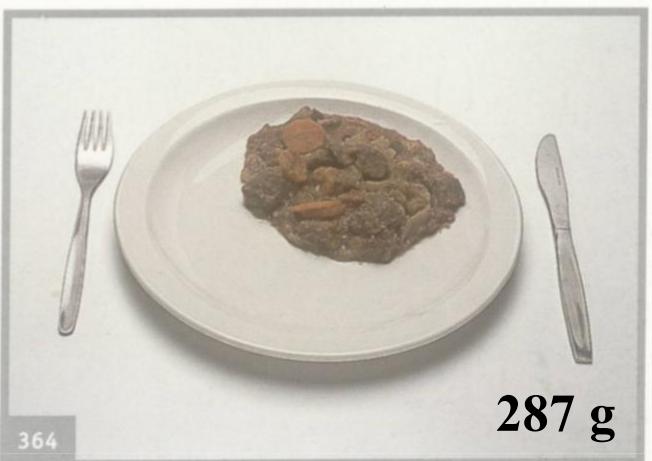
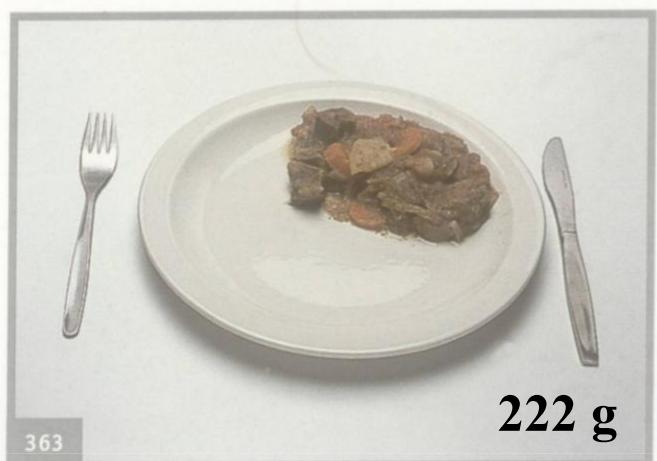
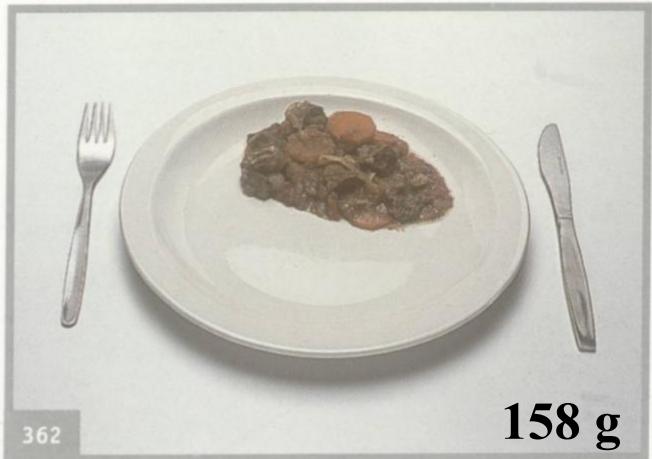
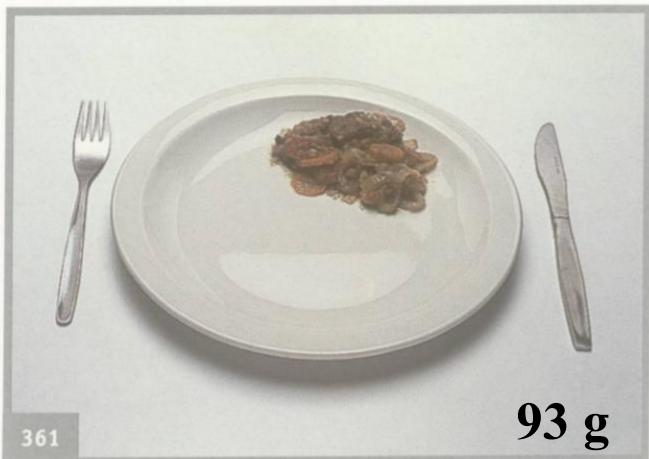


398 g

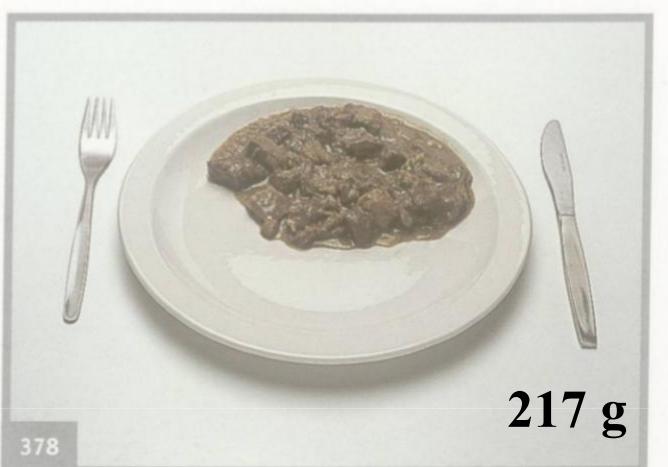
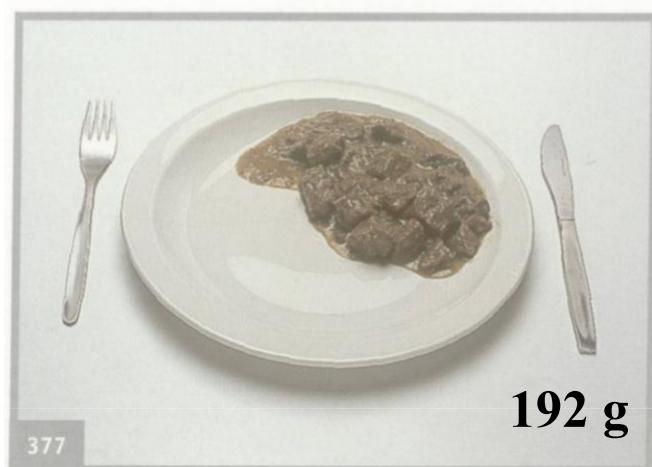
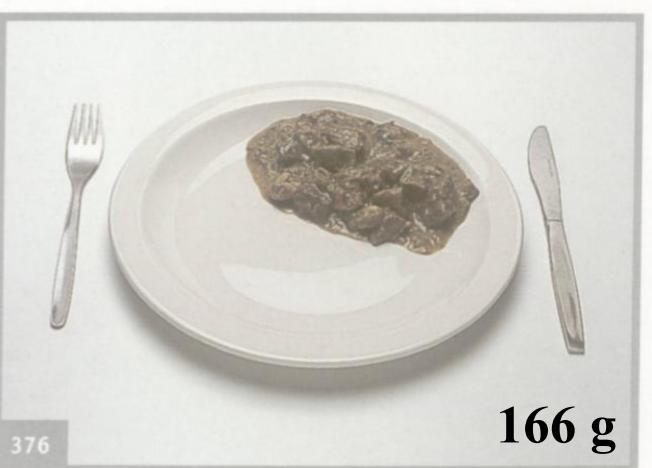
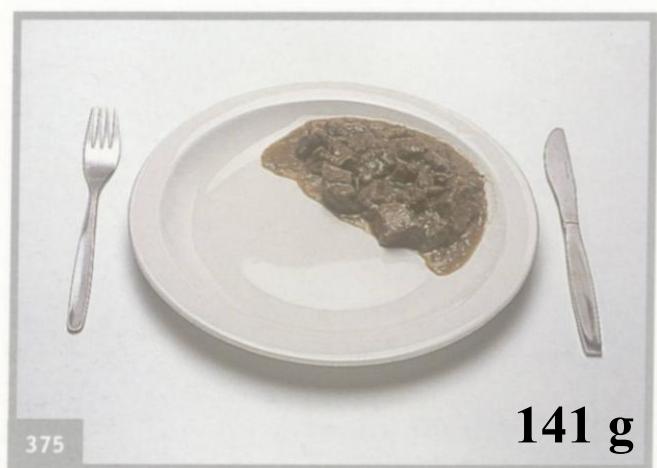
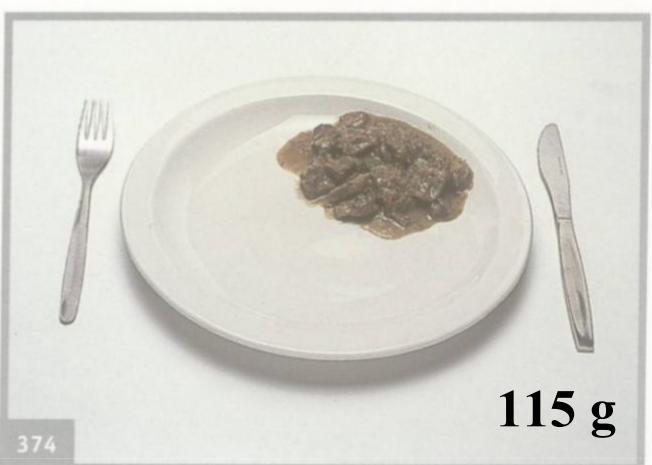
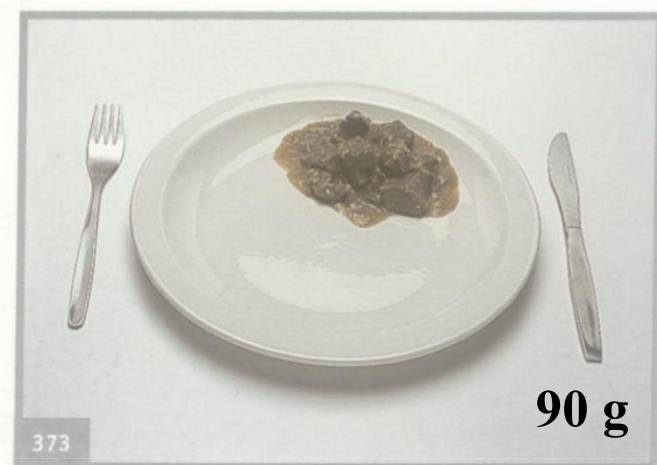
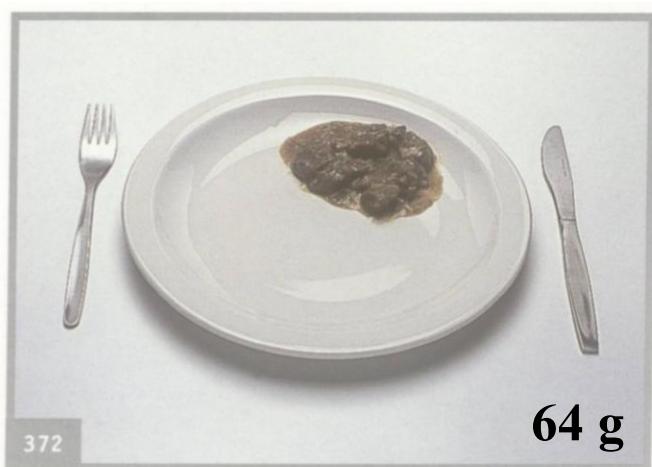


448 g

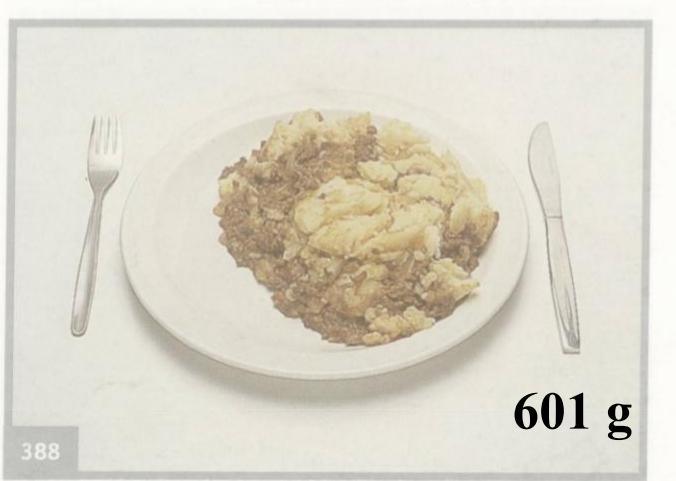
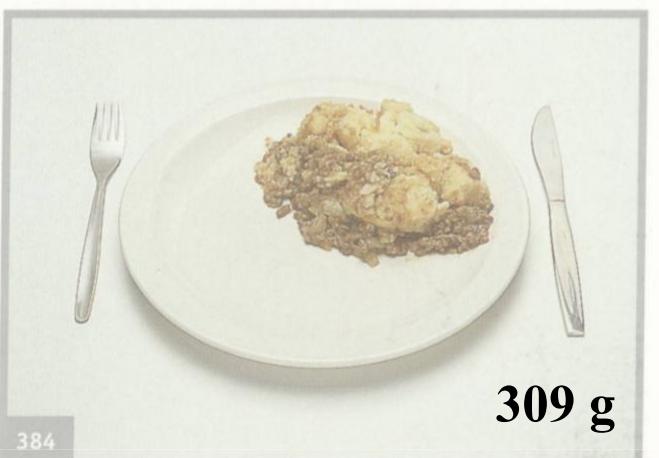
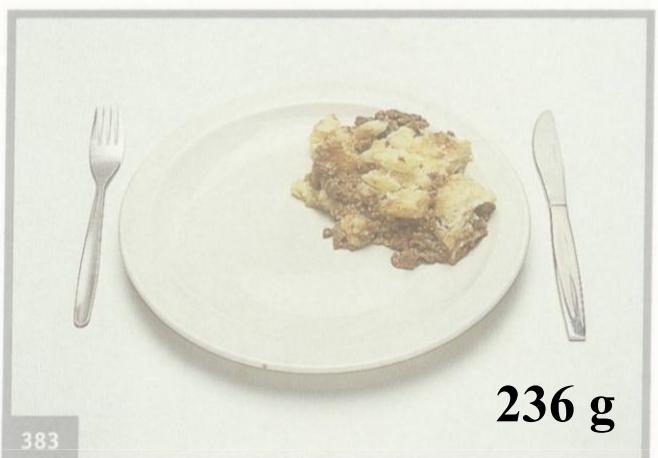
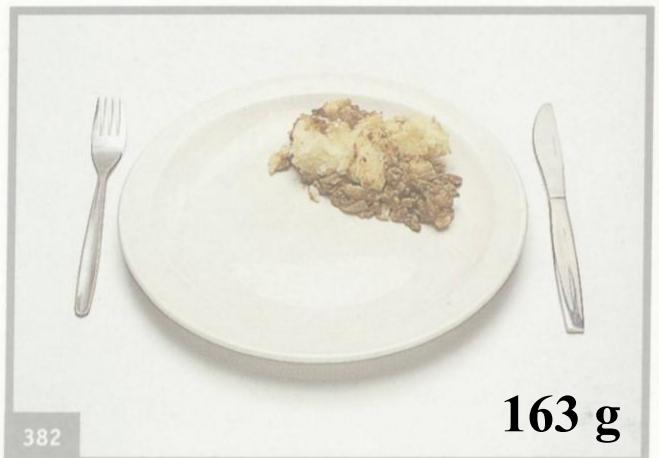
DUŠENÉ MASO SE ZELENINOU



DUŠENÉ MASO



PASTÝŘSKÝ KOLÁČ Z MLETÉHO MASA



LASAGNE



391

135 g



392

187 g



393

238 g



394

290 g



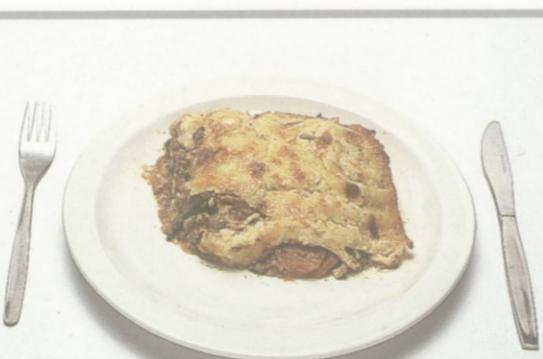
395

341 g



396

393 g



397

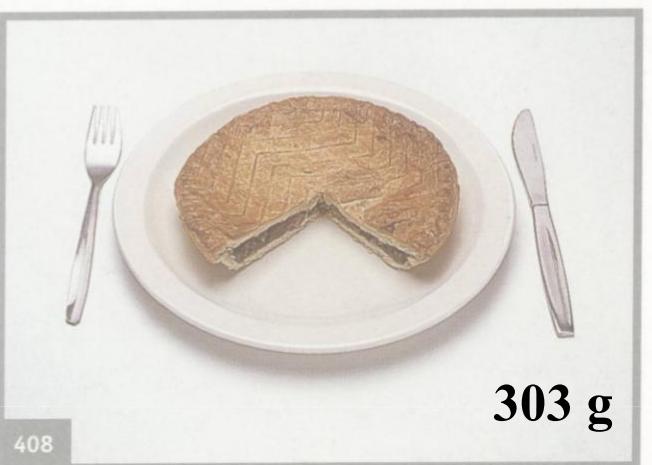
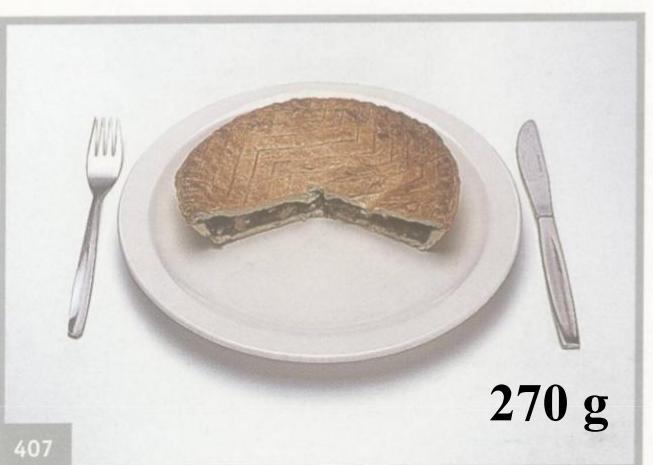
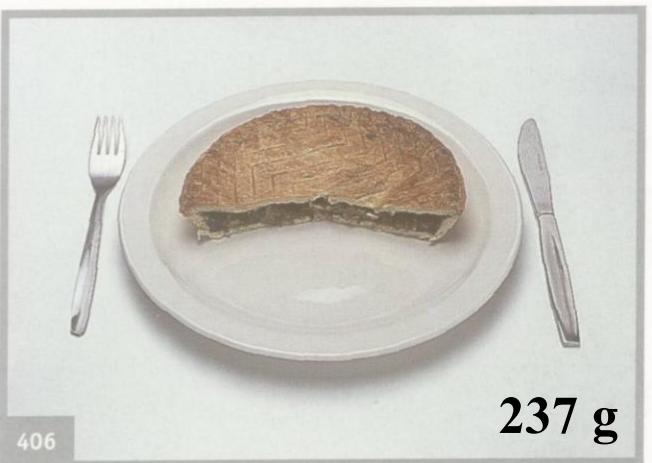
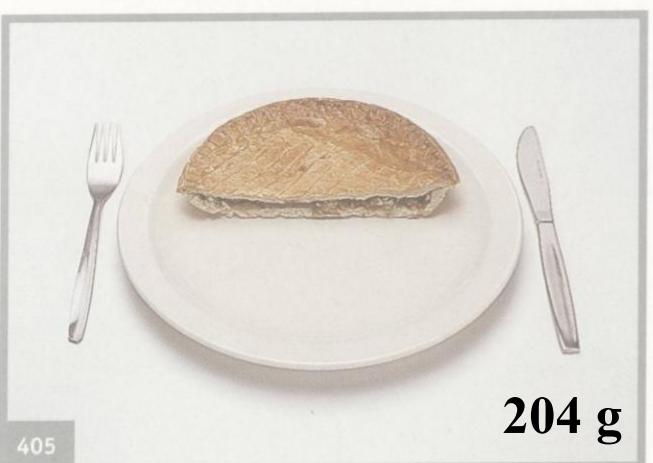
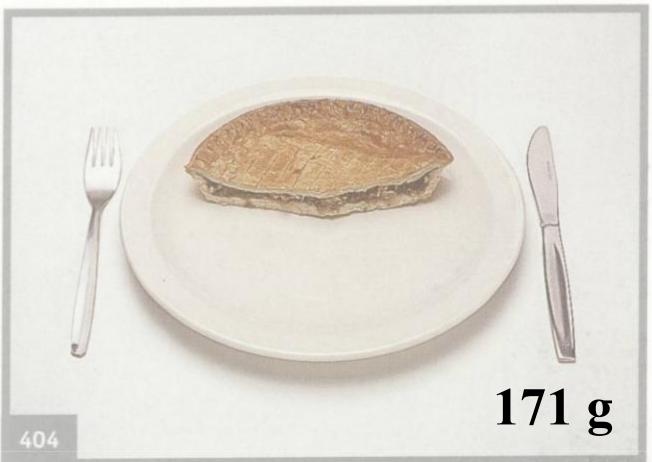
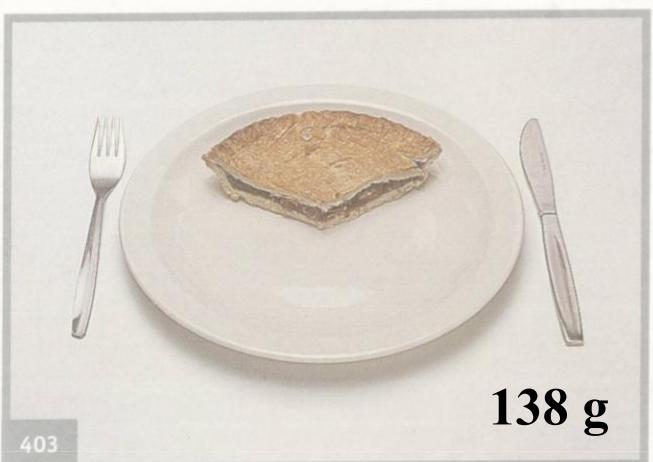
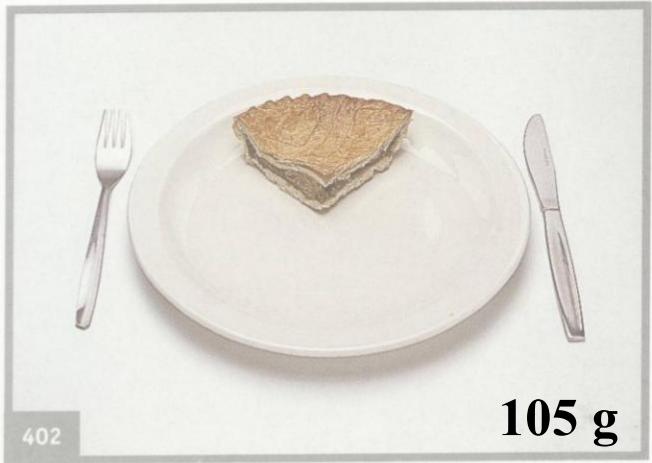
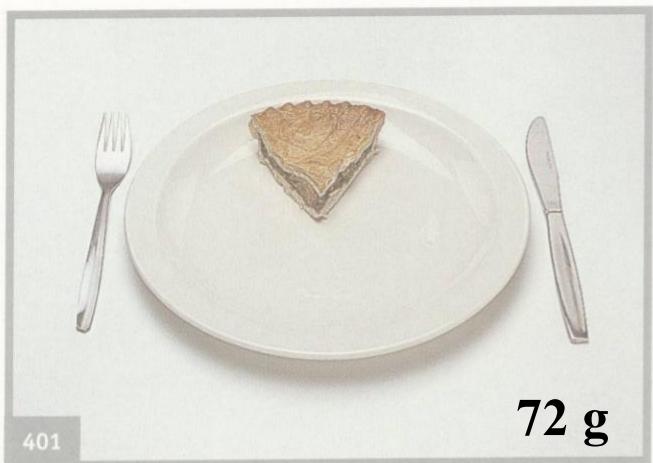
444 g



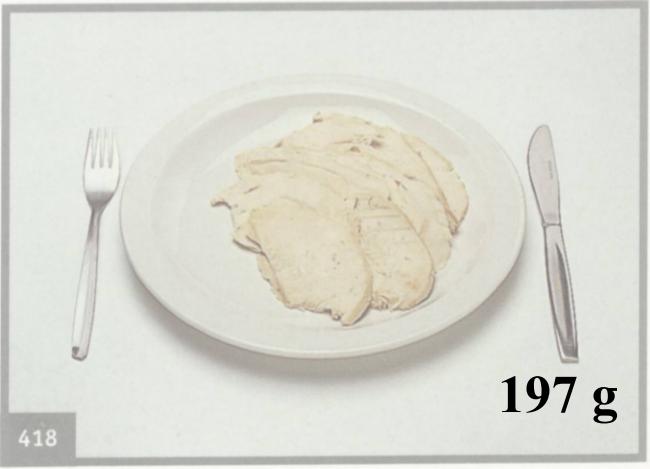
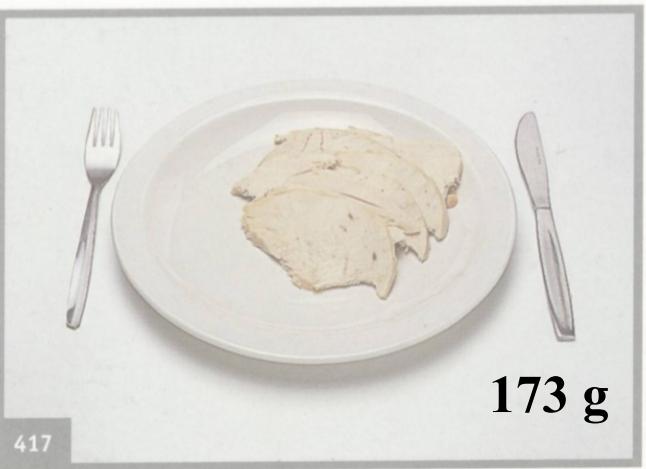
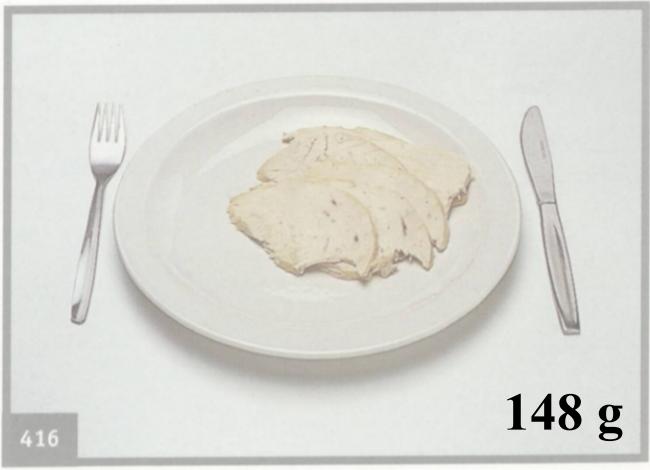
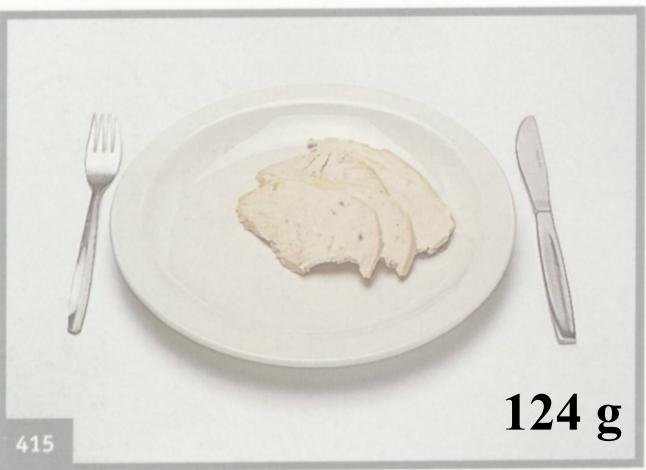
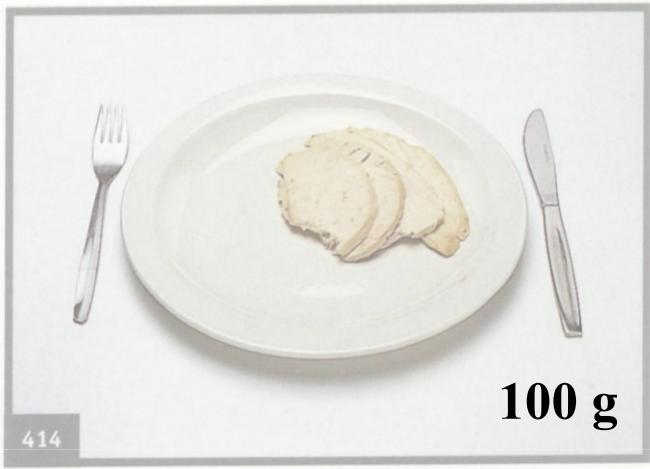
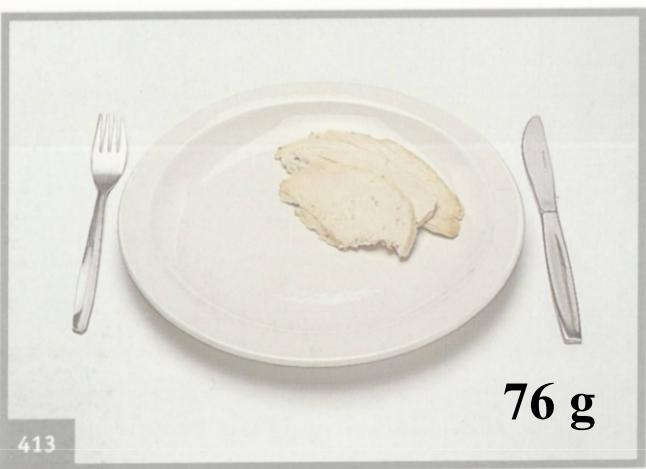
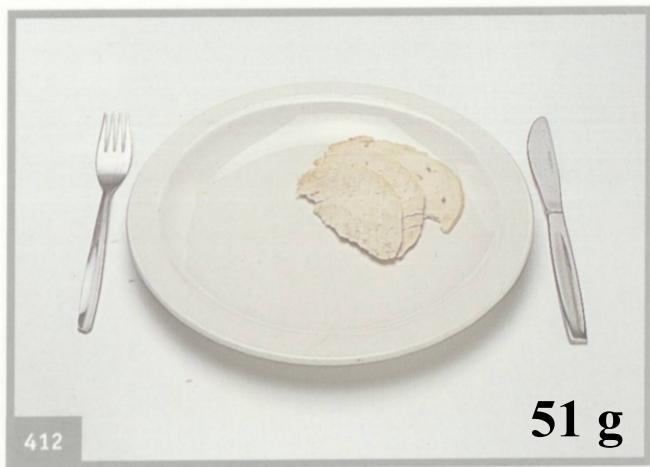
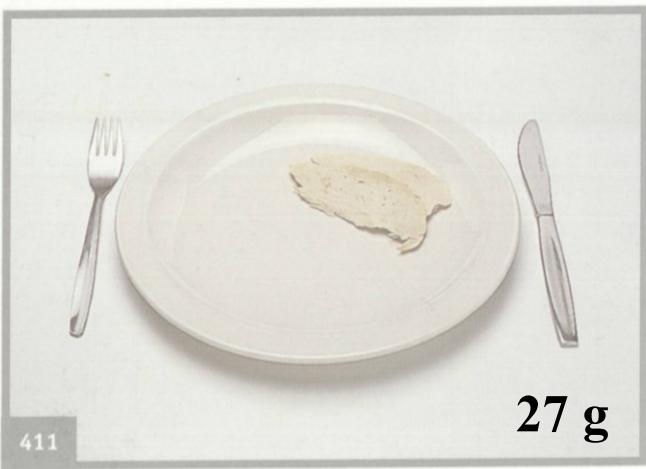
398

496 g

MASOVÝ KOLÁČ



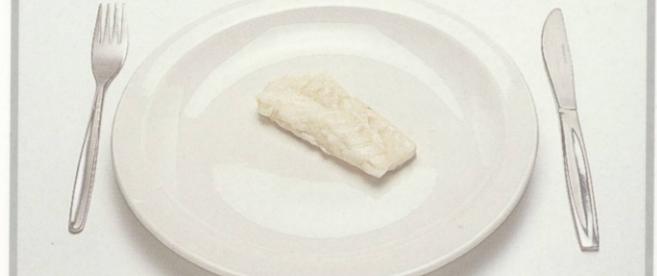
PEČENÉ KUŘE – plátky



RYBÍ FILET



421

42 g

422

70 g

423

98 g

424

126 g

425

155 g

426

183 g

427

211 g

428

239 g

RYBÍ FILET V TĚSTÍČKU



431

64 g

432

106 g

433

136 g

434

152 g

435

180 g

436

195 g

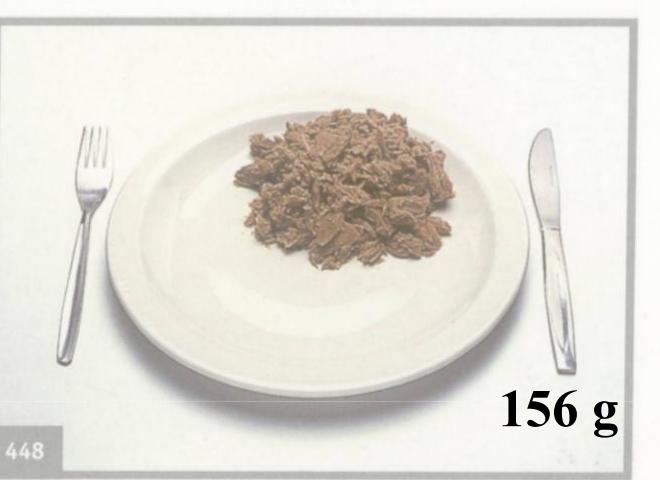
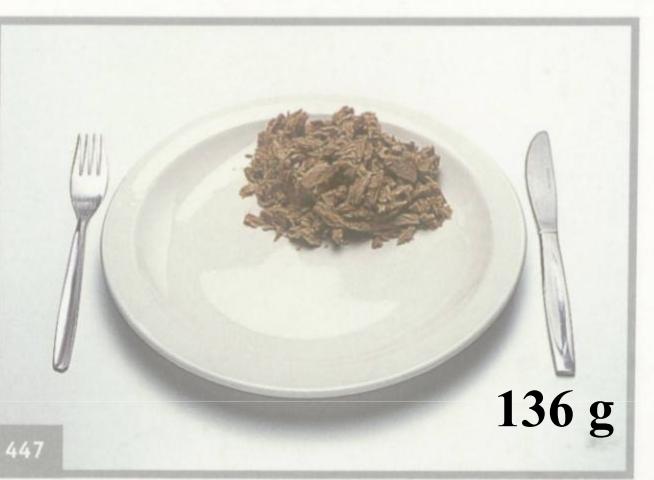
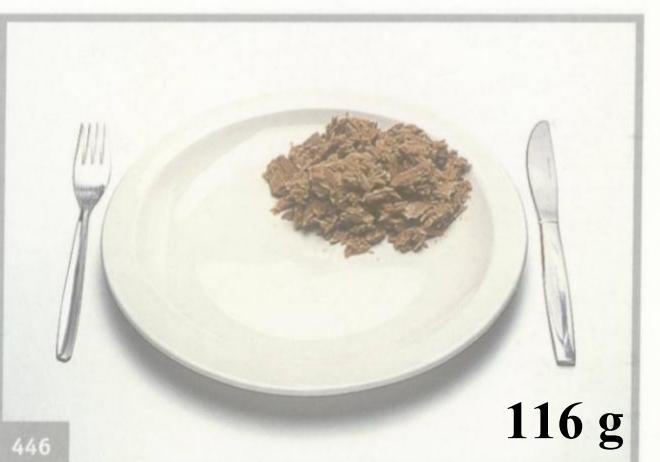
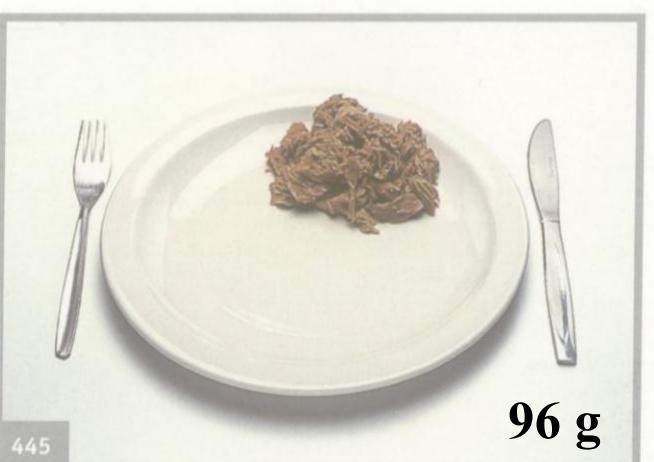
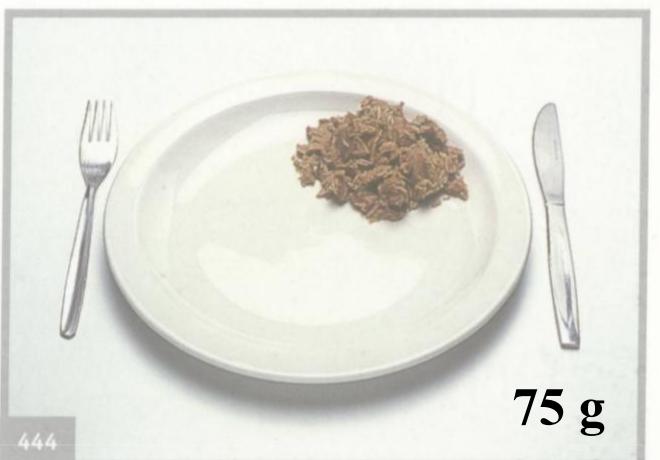
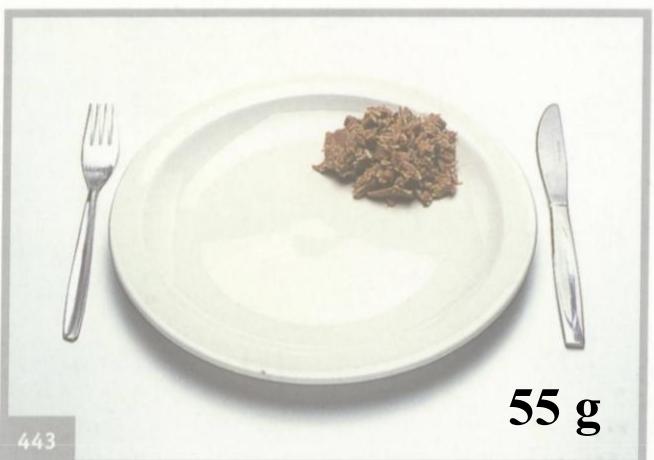
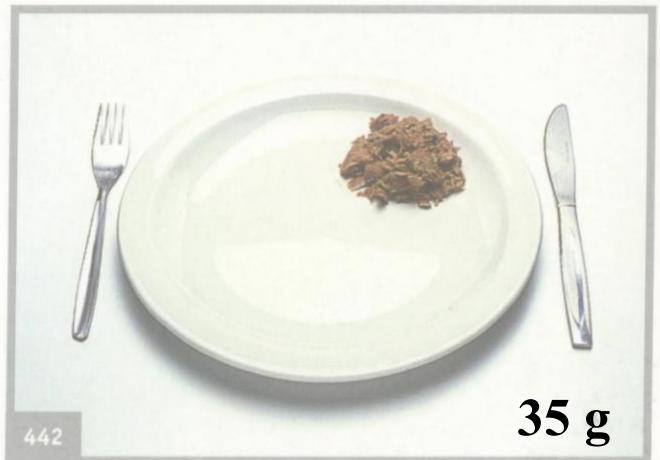
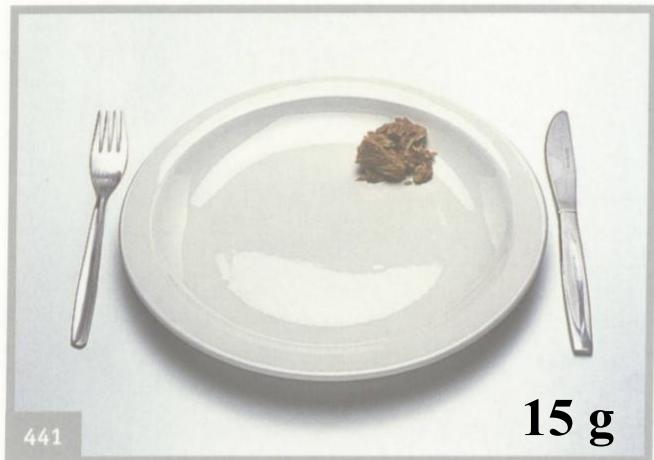
437

221 g

438

262 g

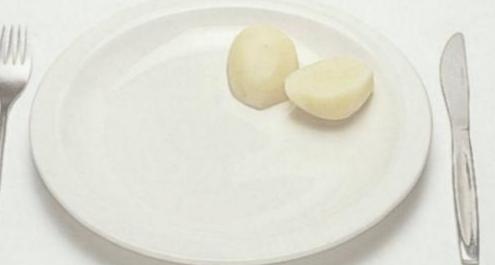
TUŇÁK



VAŘENÉ BRAMBORY



451

58 g

452

99 g

453

140 g

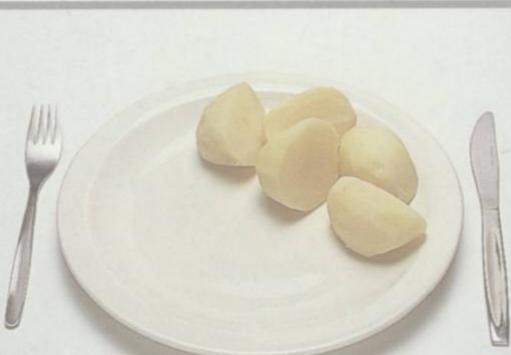
454

181 g

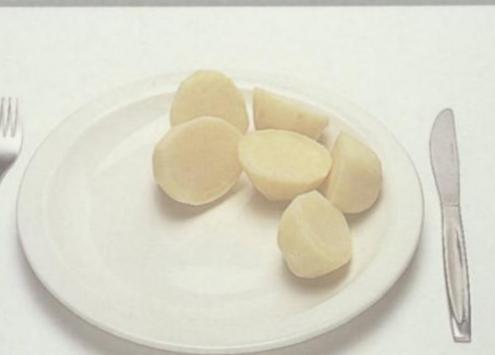
455

221 g

456

262 g

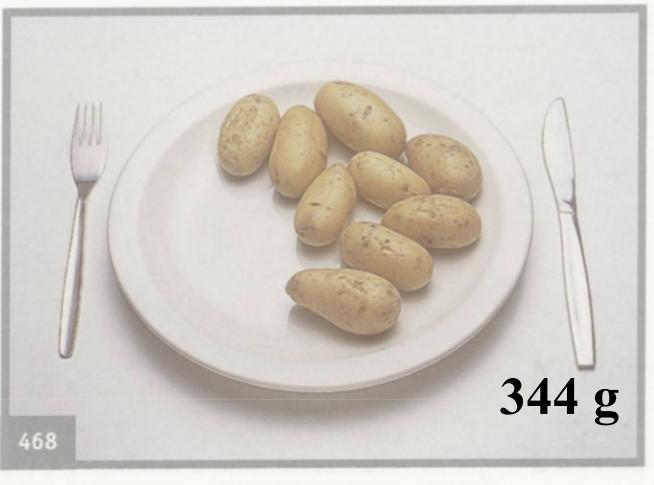
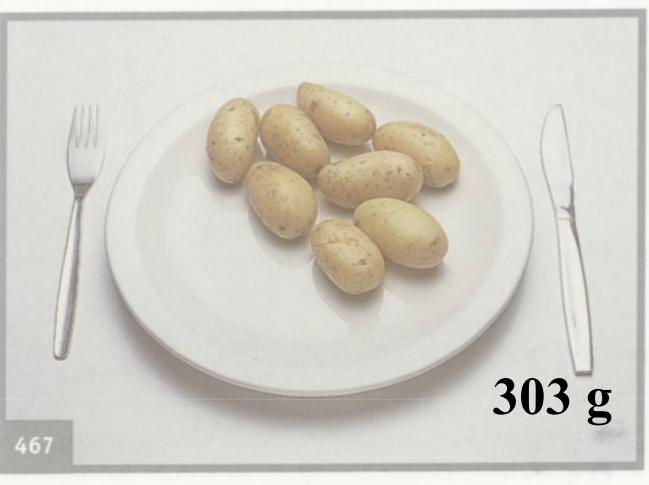
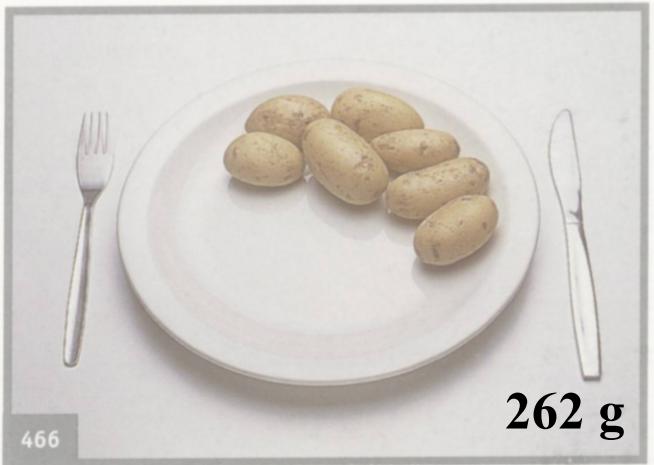
457

303 g

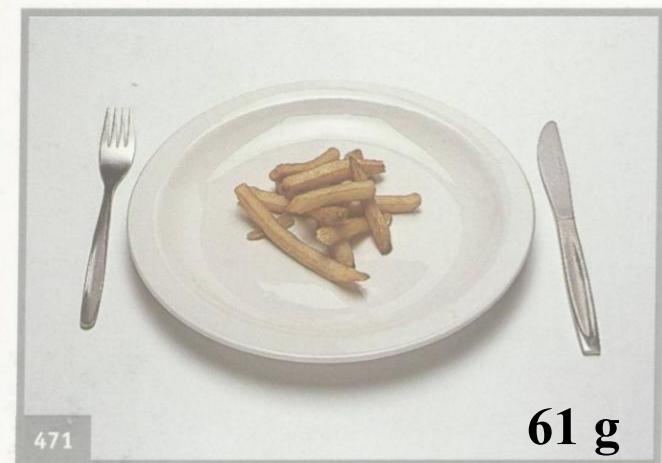
458

344 g

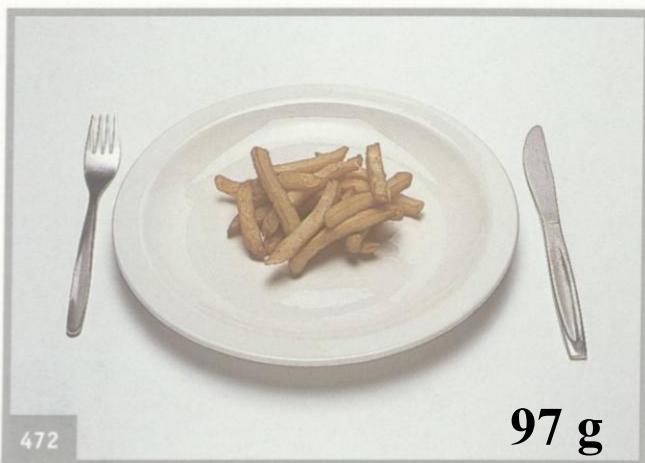
VAŘENÉ BRAMBORY NOVÉ



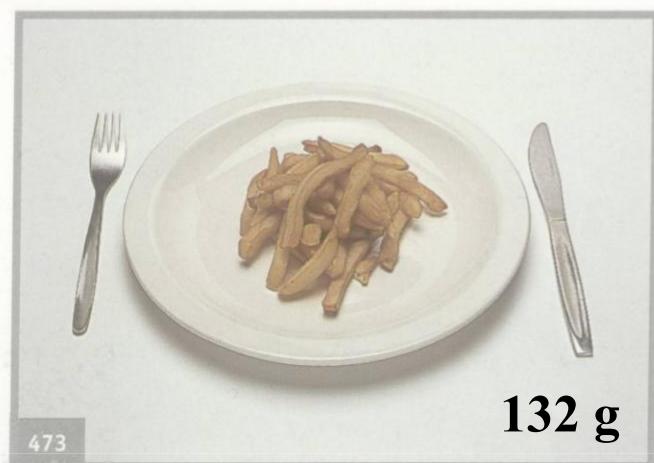
HRANOLKY



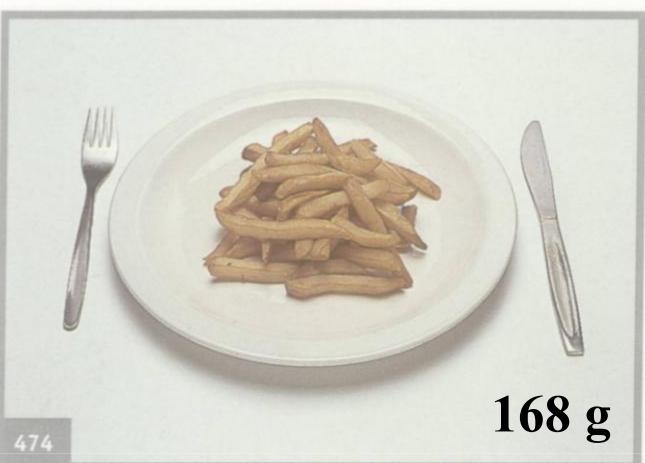
61 g



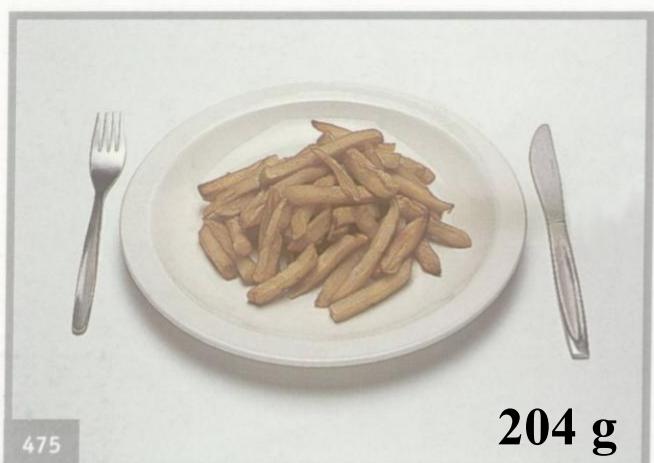
97 g



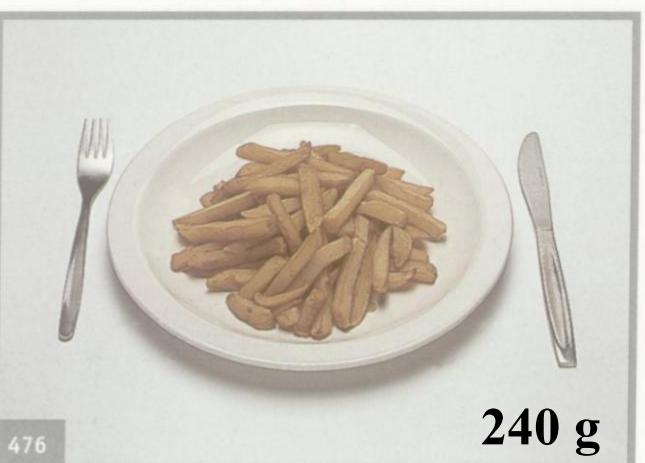
132 g



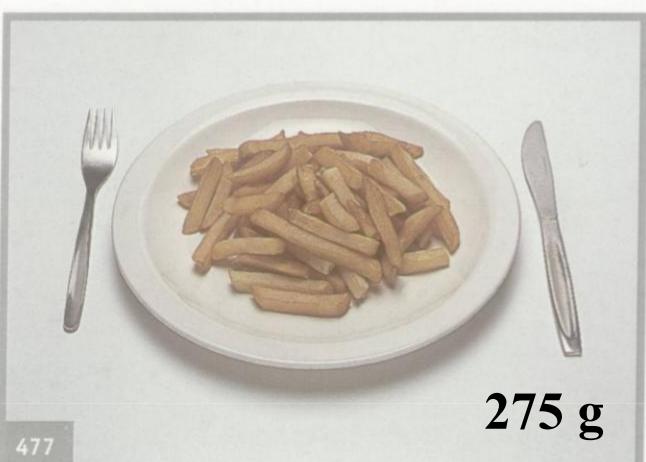
168 g



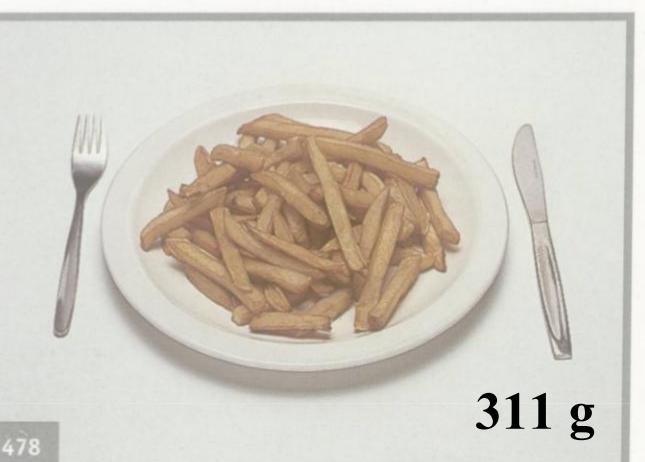
204 g



240 g

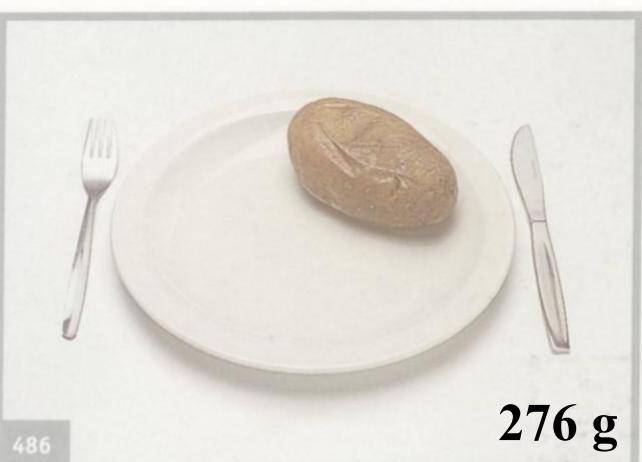
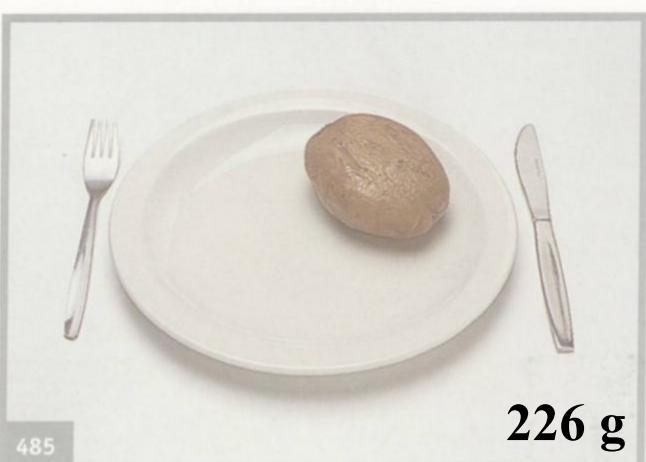
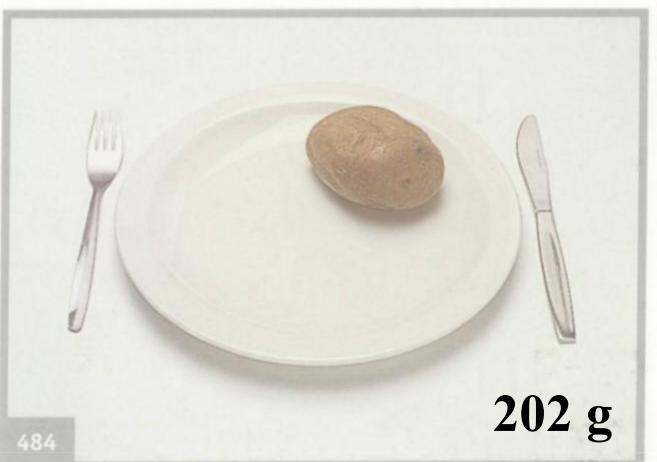
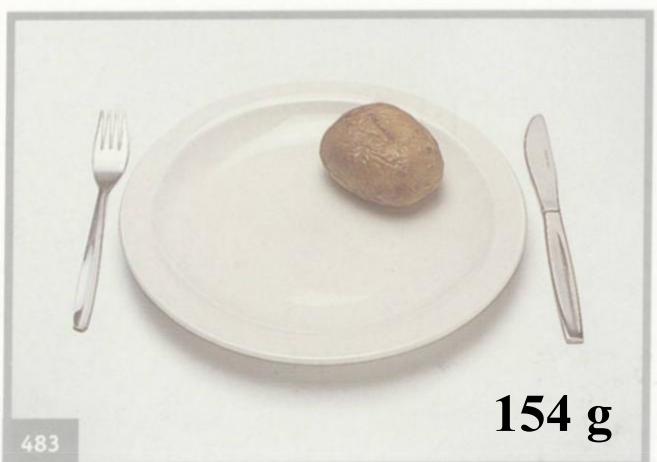
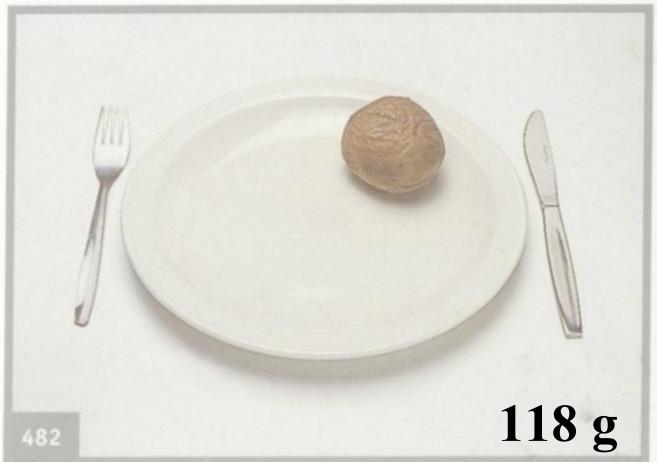
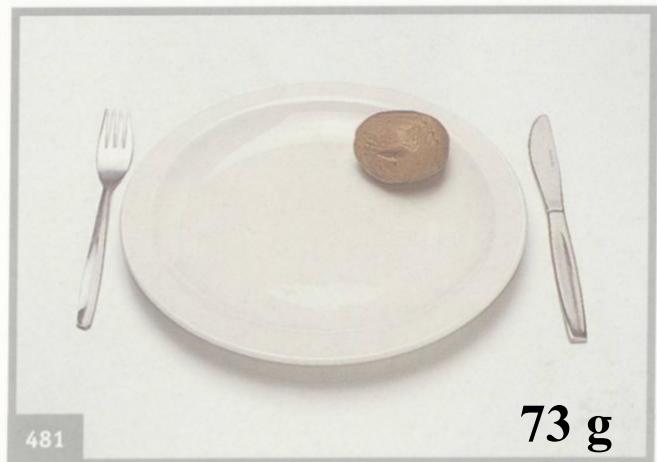


275 g



311 g

NELOUPANÉ PEČENÉ BRAMBORY



ŠŤOUCHANÉ BRAMBORY



4A

58 g



4B

99 g



4C

140 g



4D

181 g



4E

221 g



4F

262 g



4G

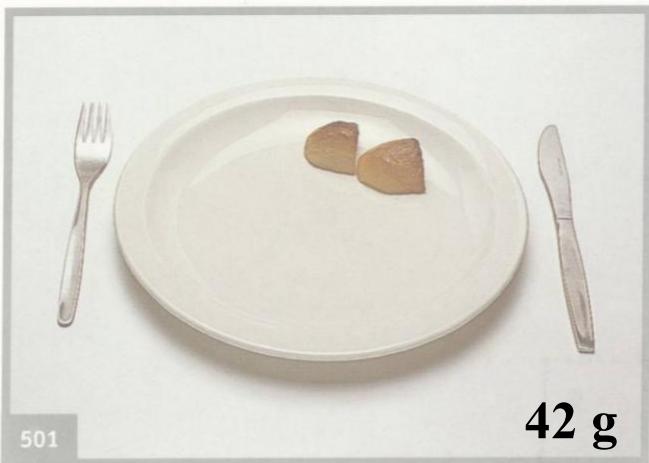
303 g



4H

344 g

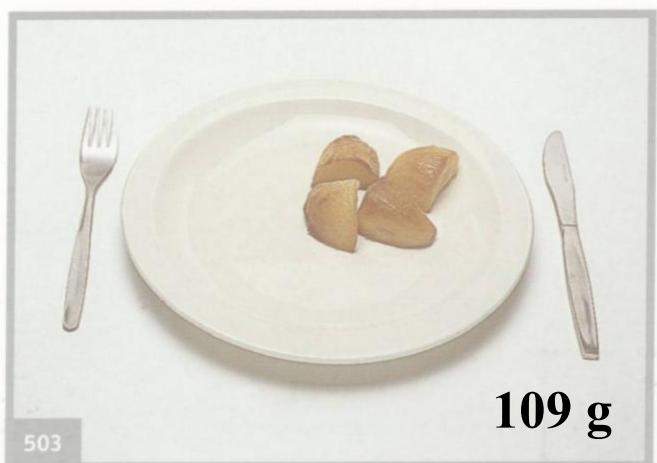
OPEČENÉ BRAMBORY



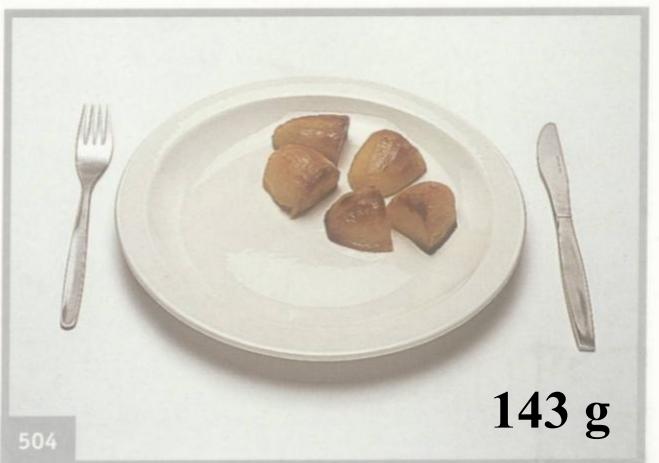
42 g



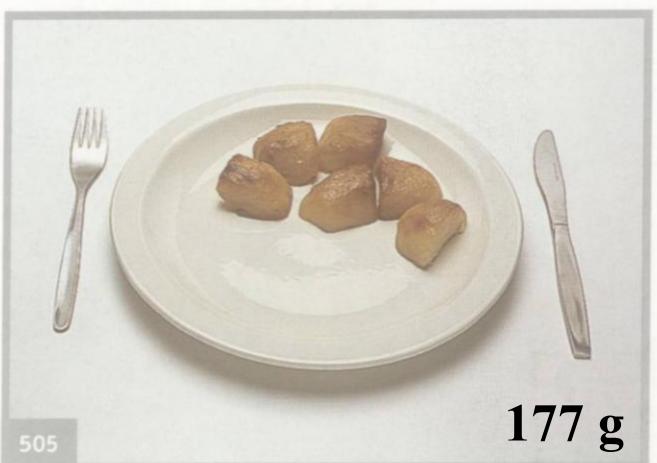
76 g



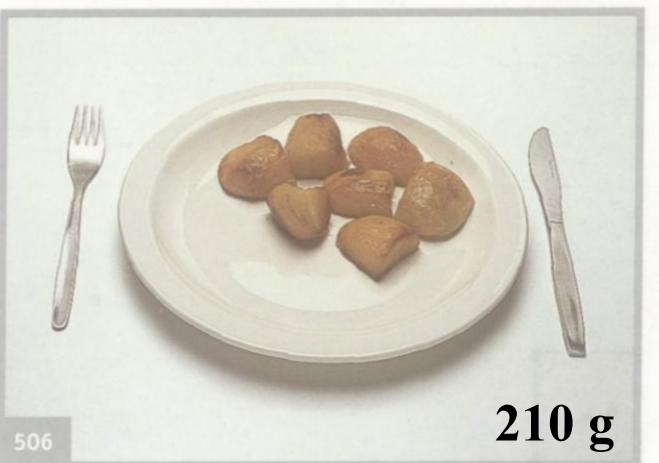
109 g



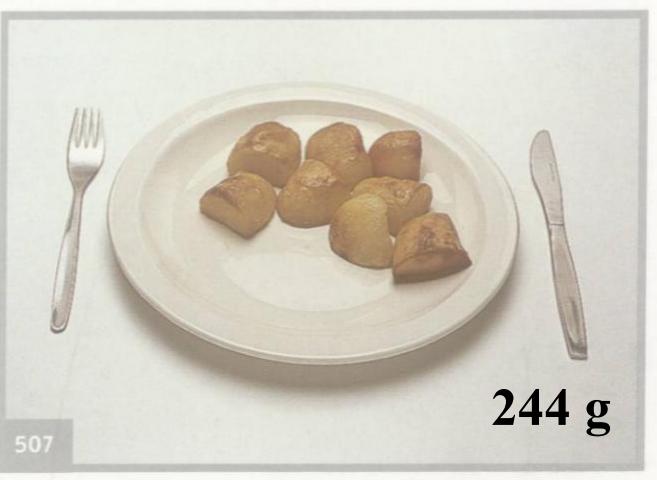
143 g



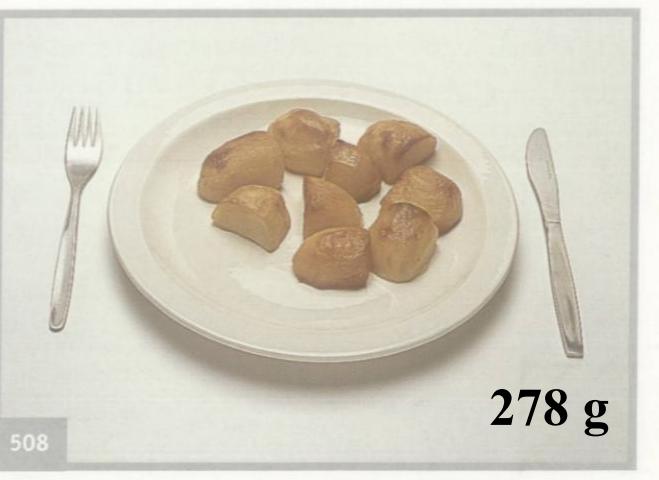
177 g



210 g

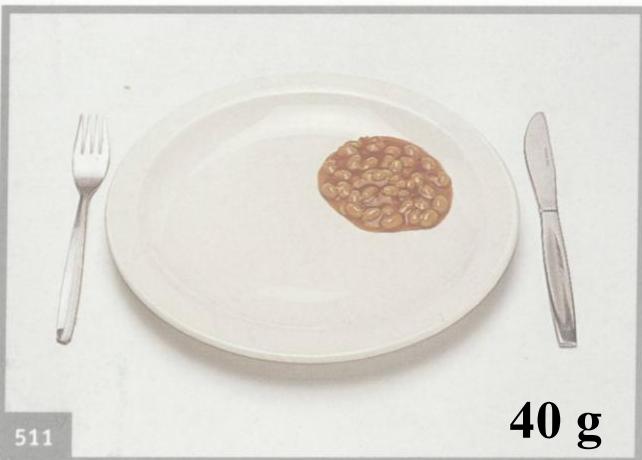


244 g

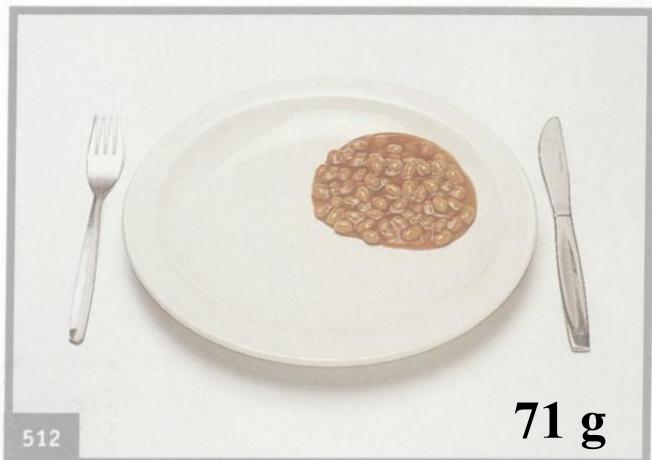


278 g

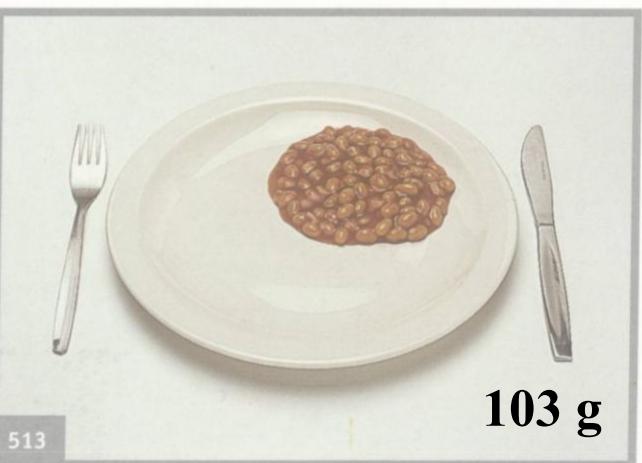
PEČENÉ FAZOLE



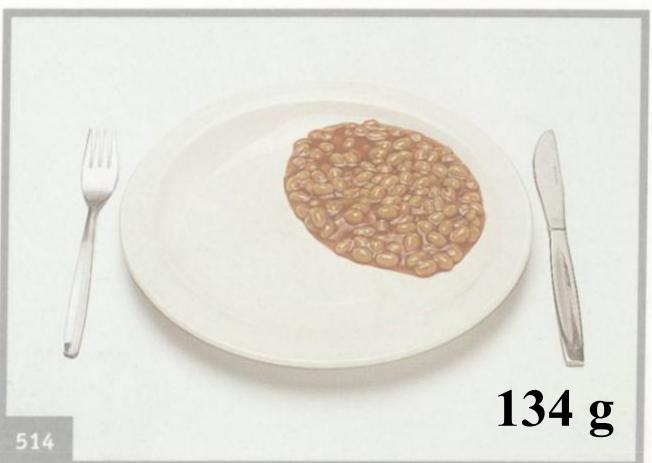
40 g



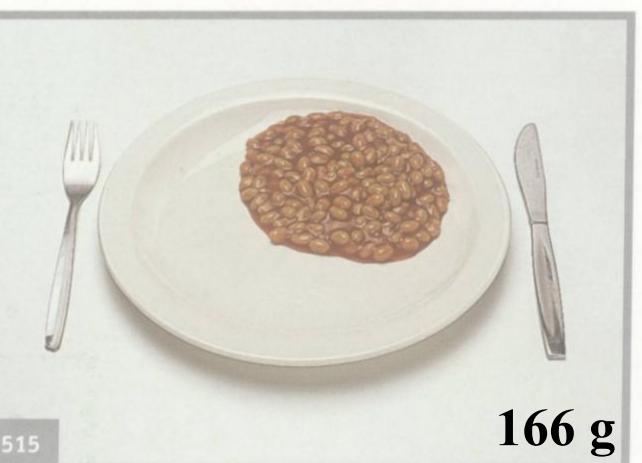
71 g



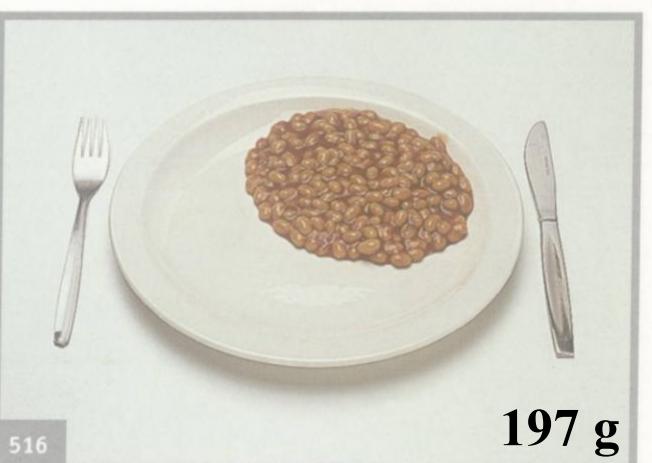
103 g



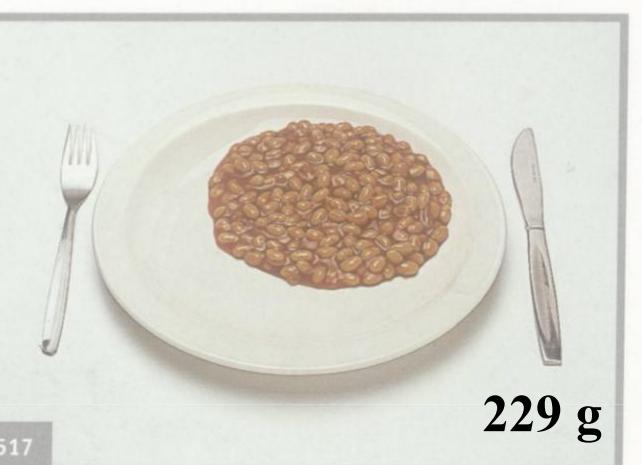
134 g



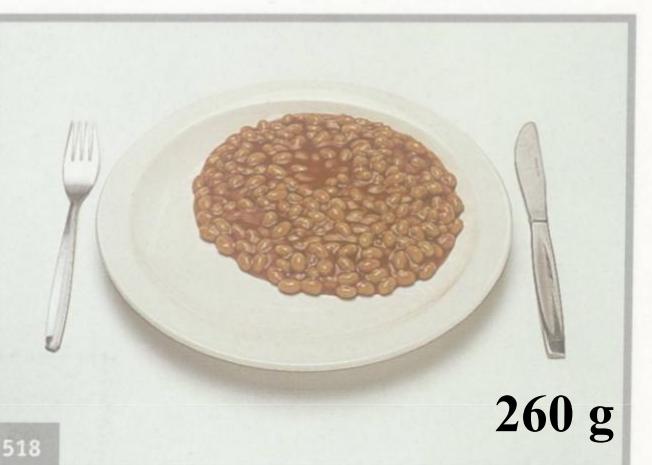
166 g



197 g

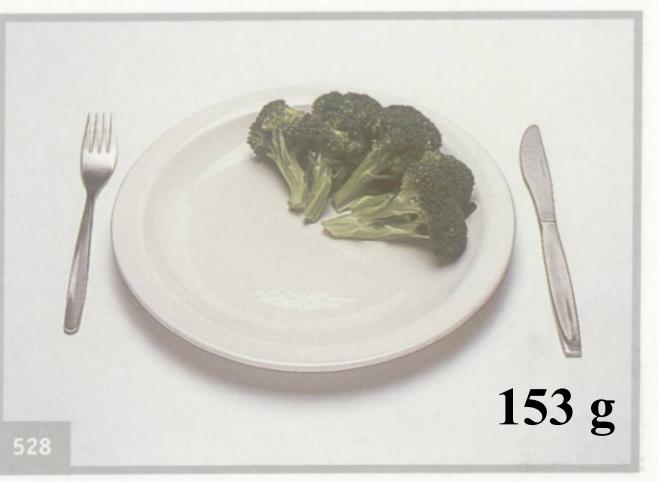
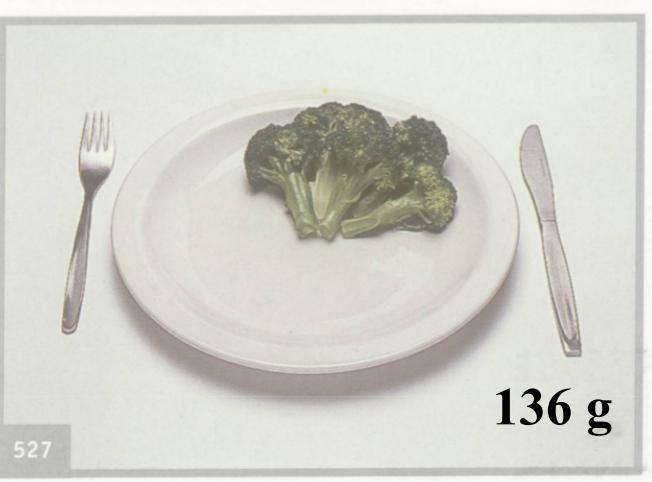
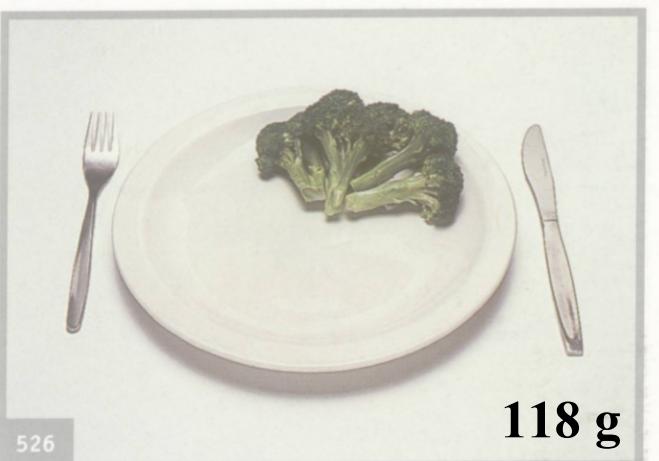
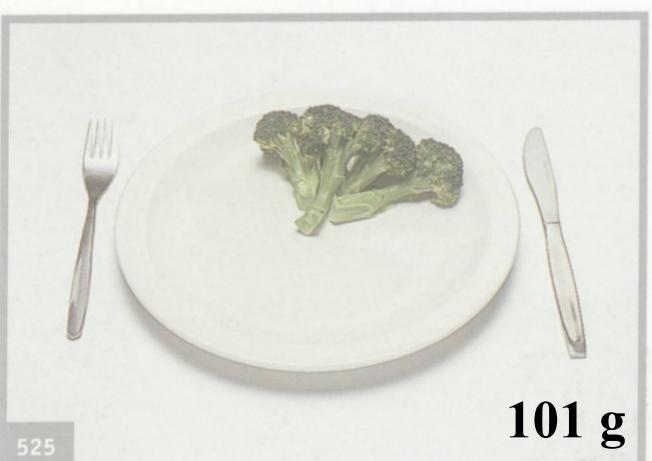
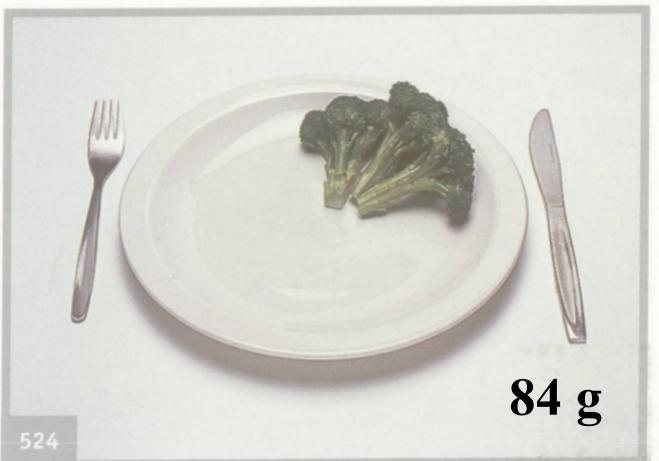
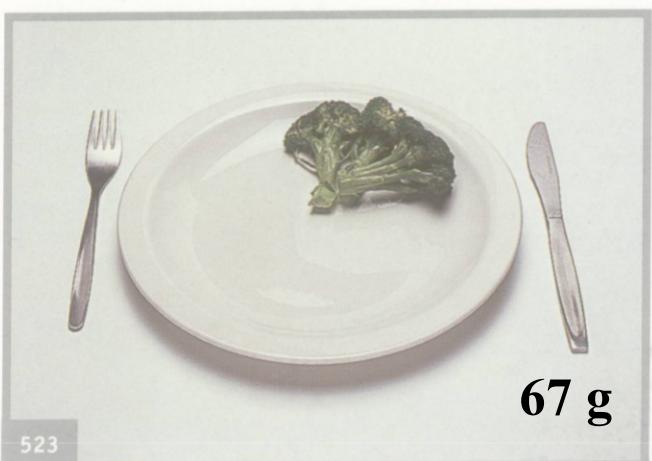
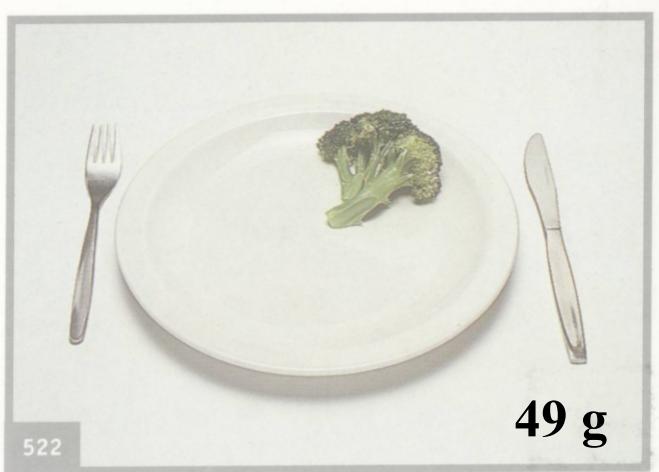


229 g

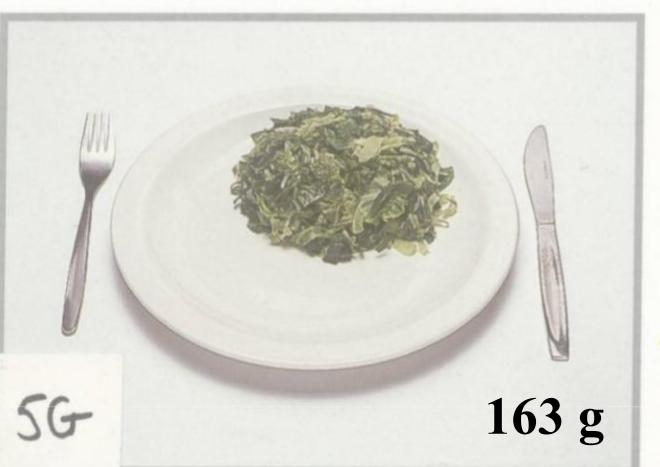
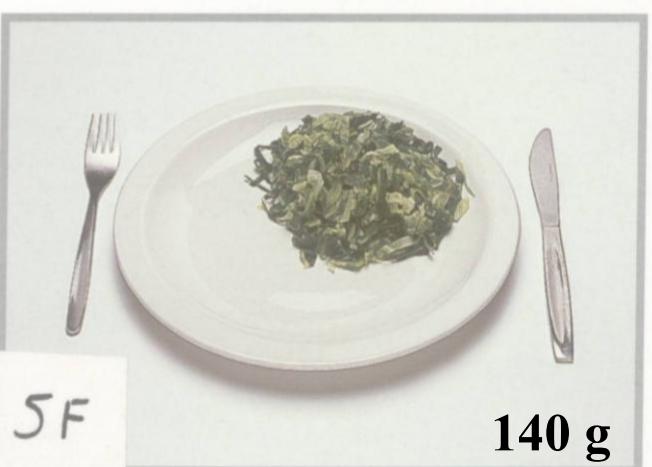
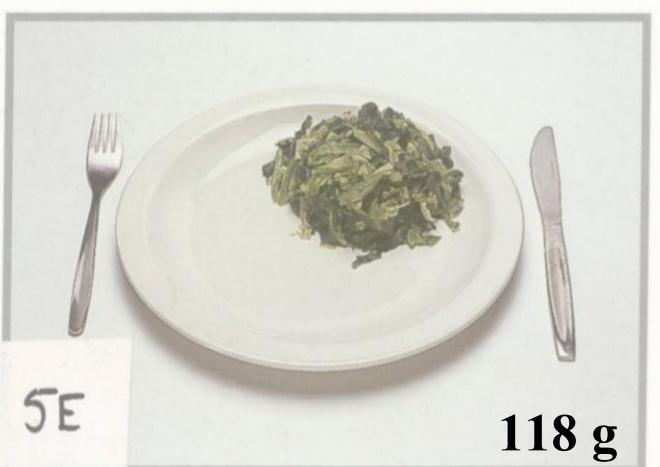
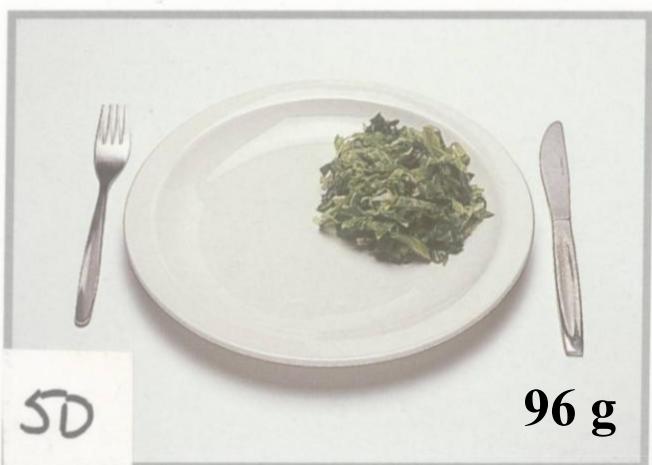
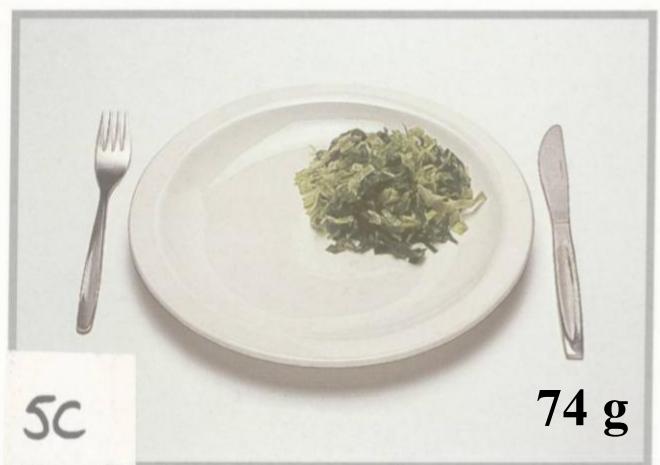
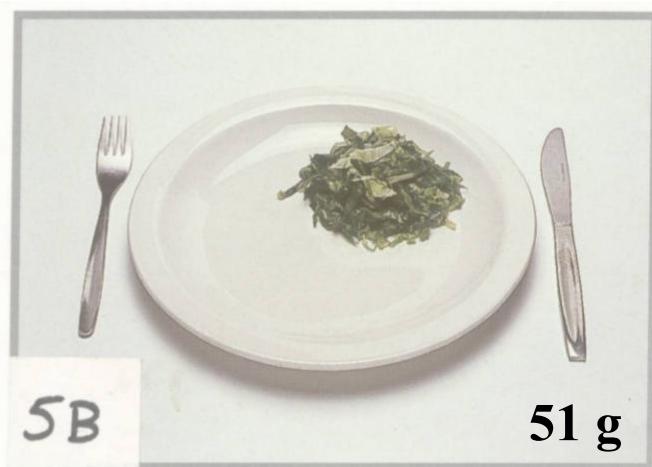
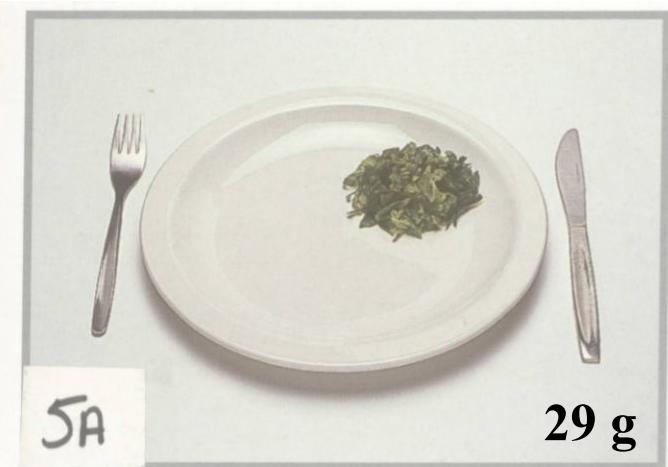


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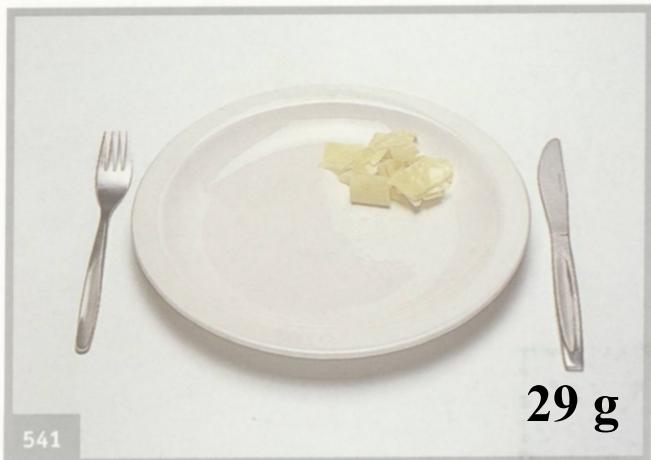
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ZELÍ

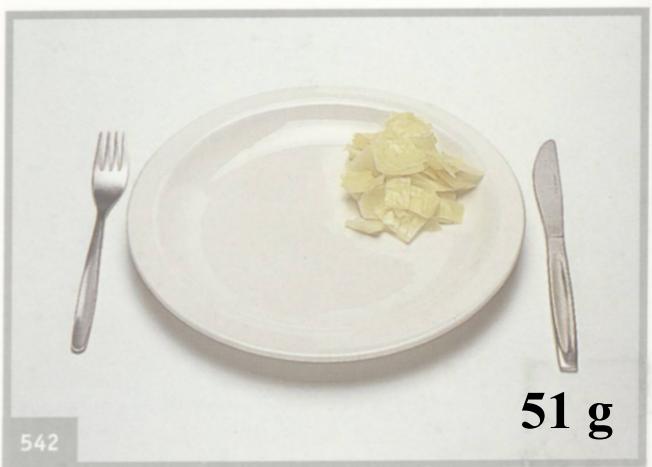


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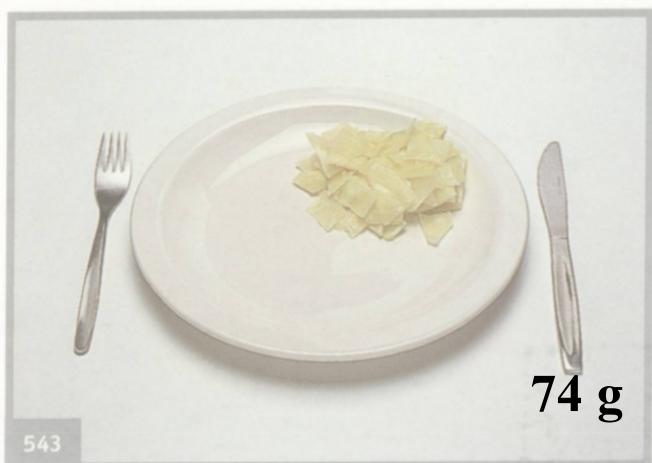
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29 g



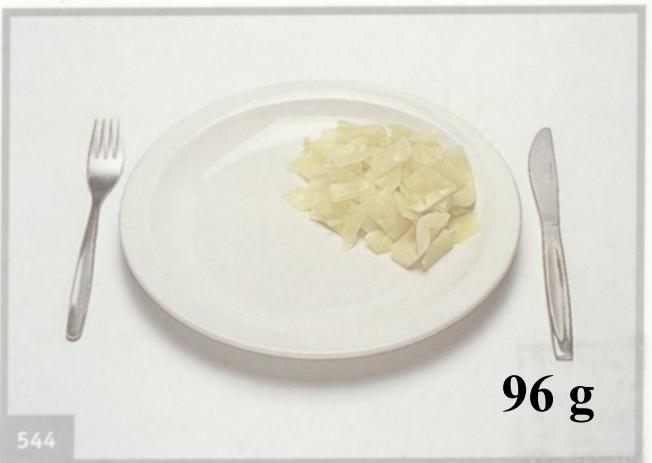
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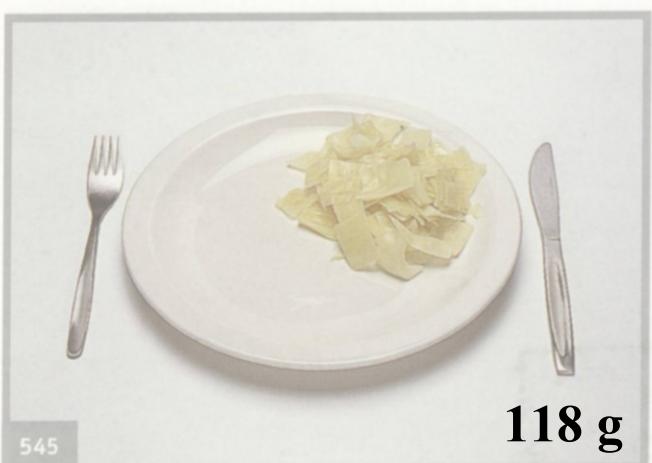
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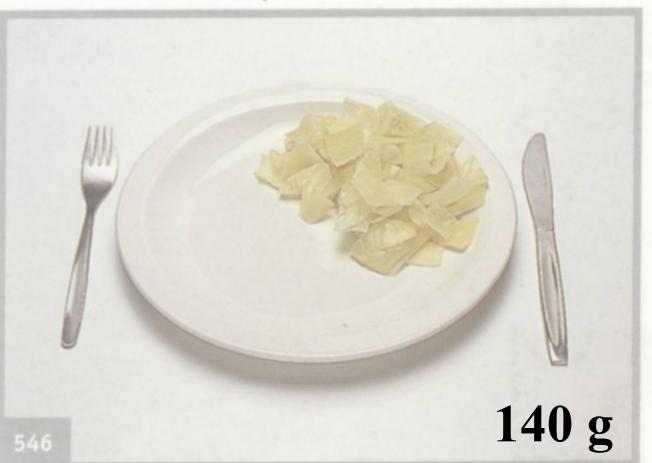
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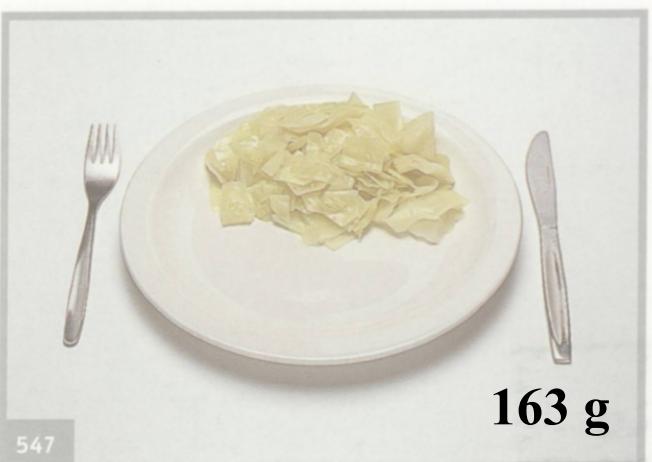
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118 g



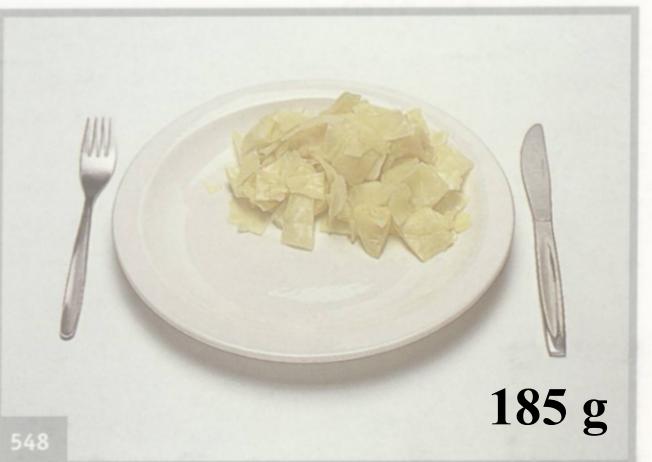
546

140 g



547

163 g



548

185 g

MRKEV VAŘENÁ



551

21 g

552

38 g

553

55 g

554

72 g

555

90 g

556

107 g

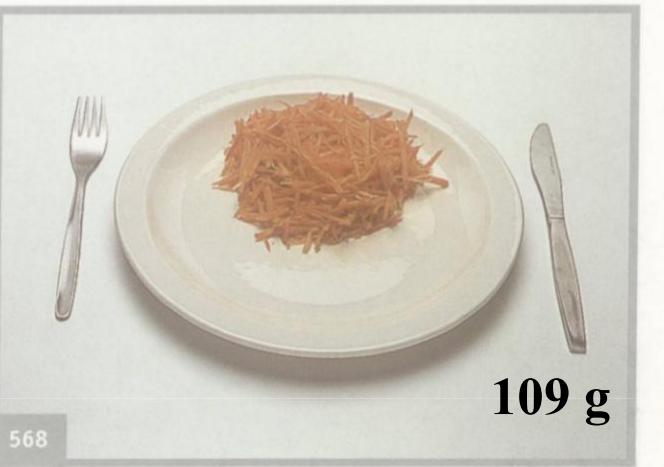
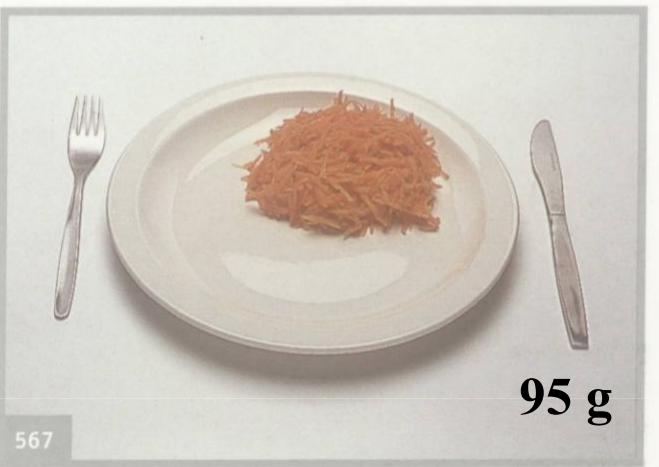
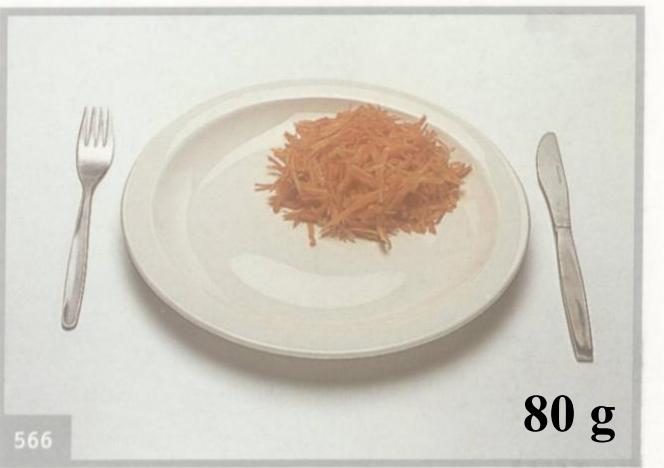
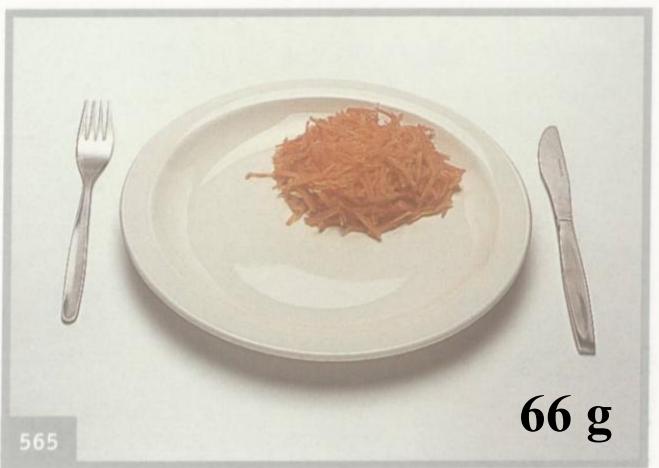
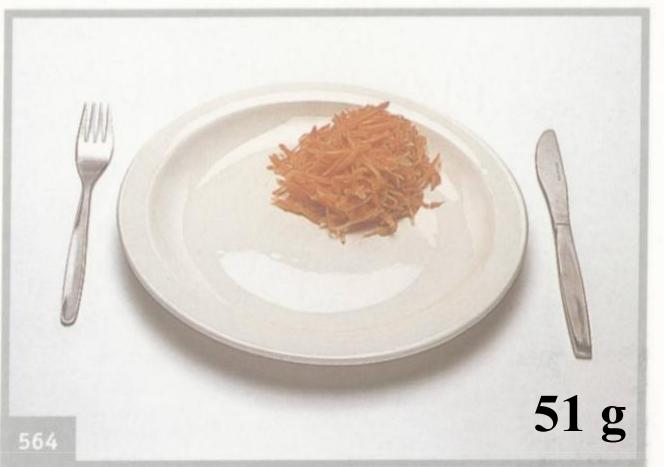
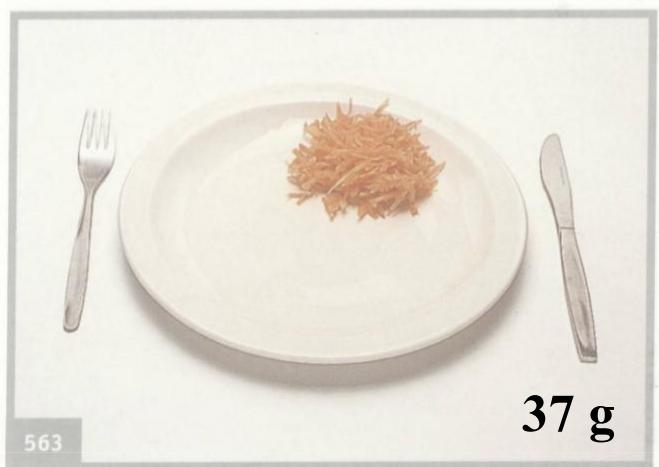
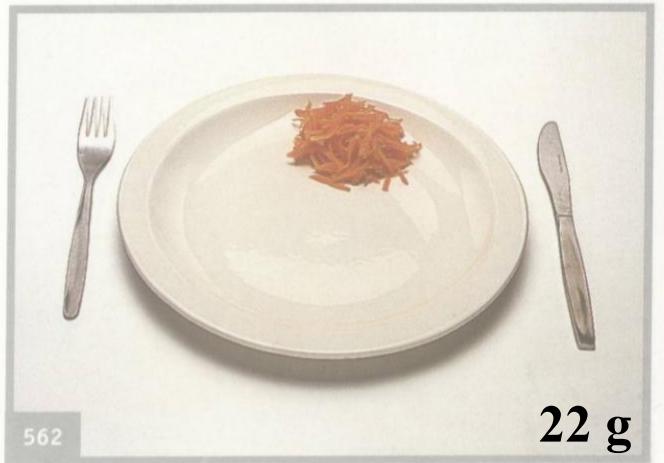
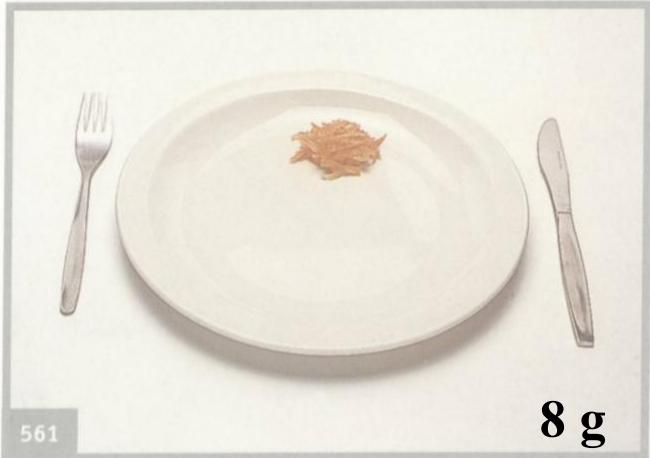
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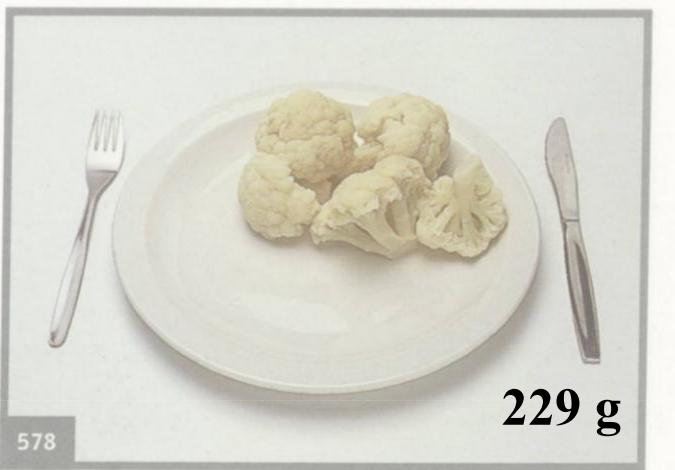
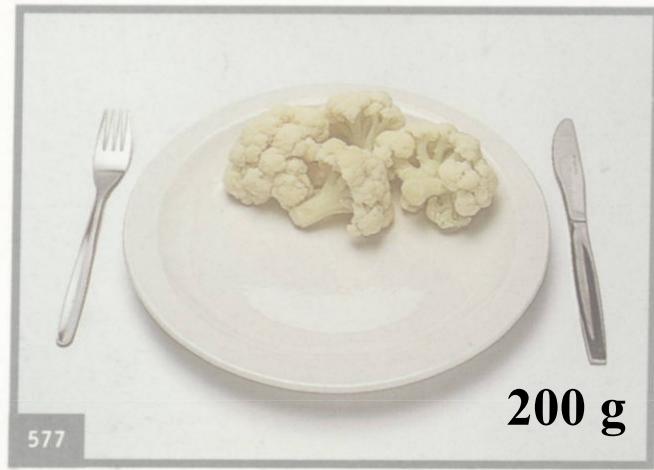
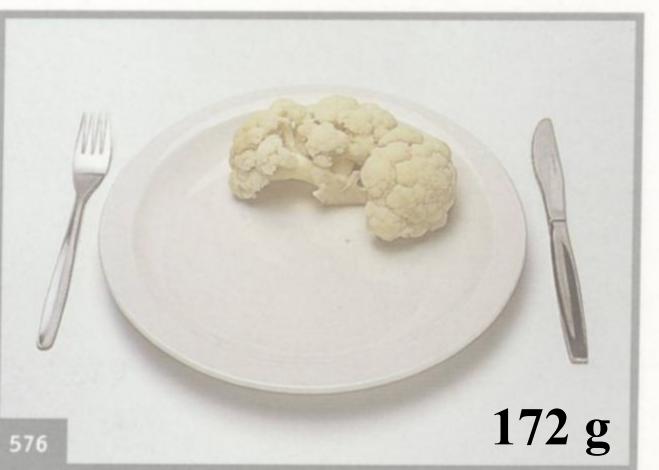
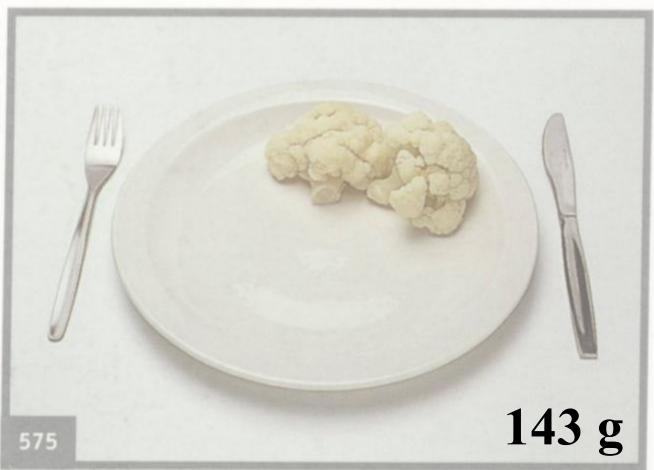
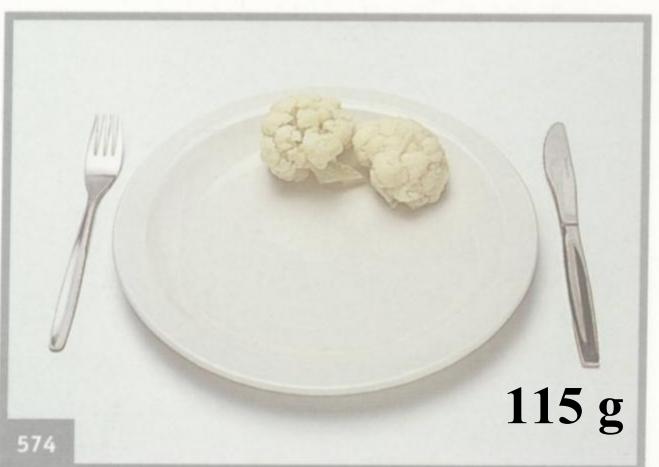
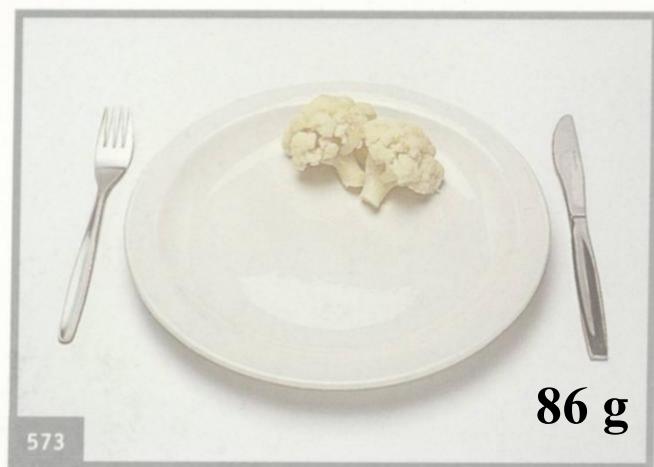
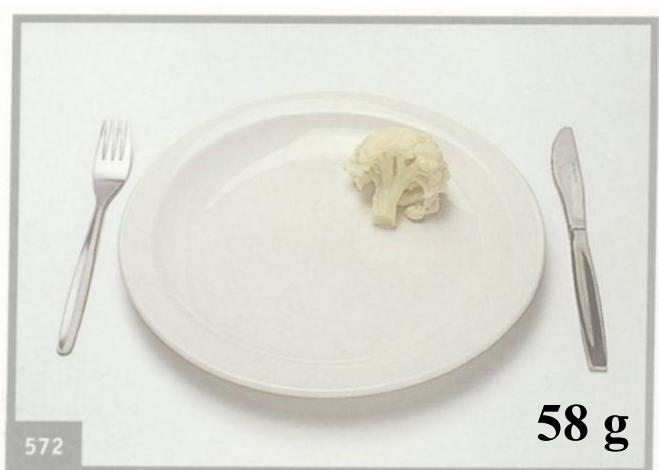
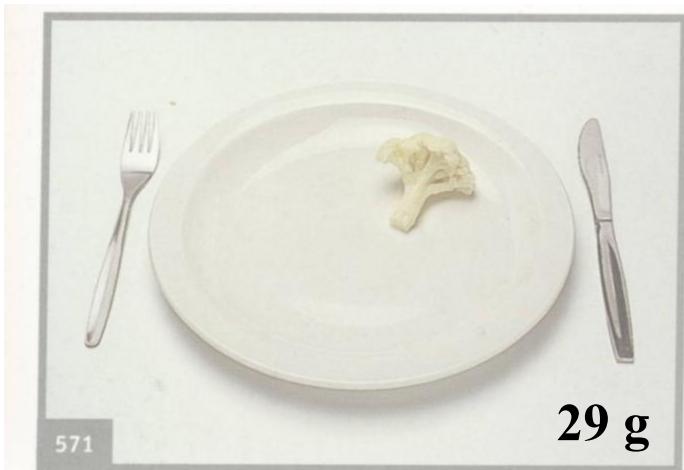
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141 g

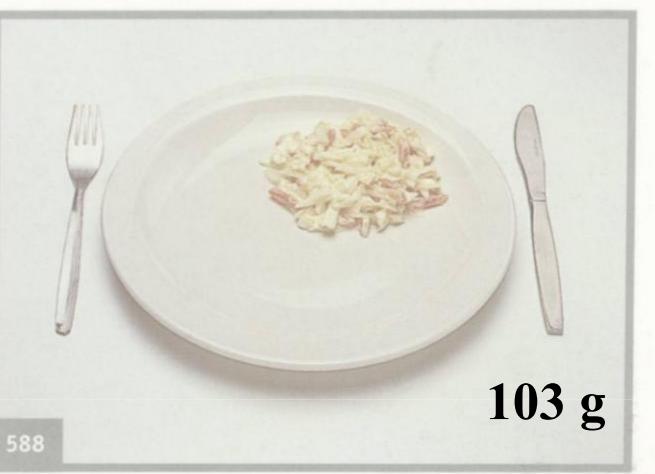
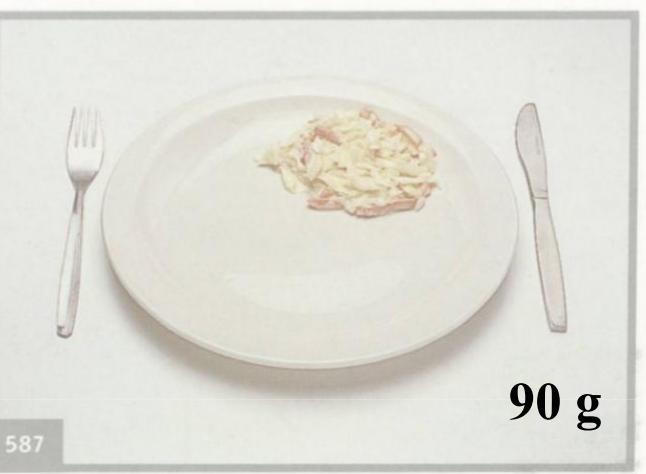
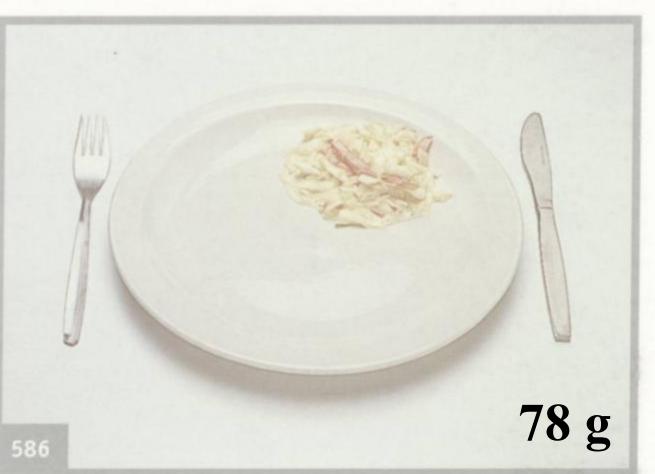
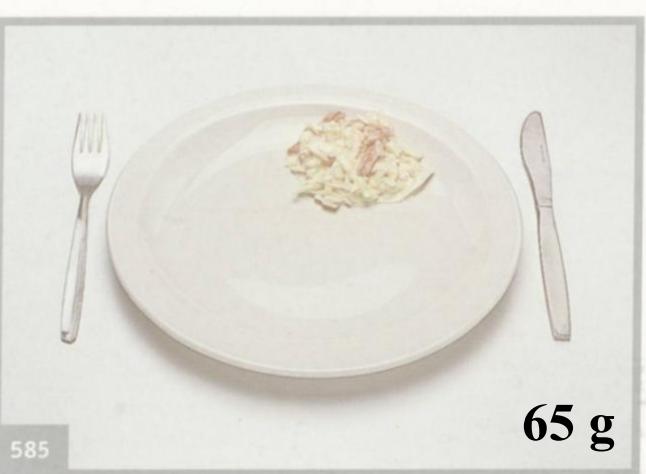
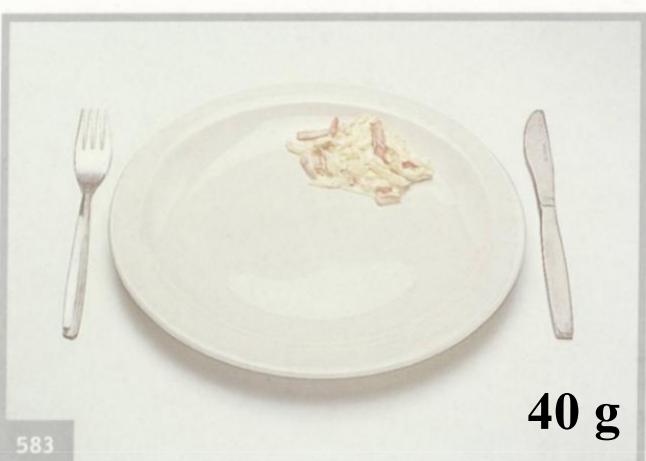
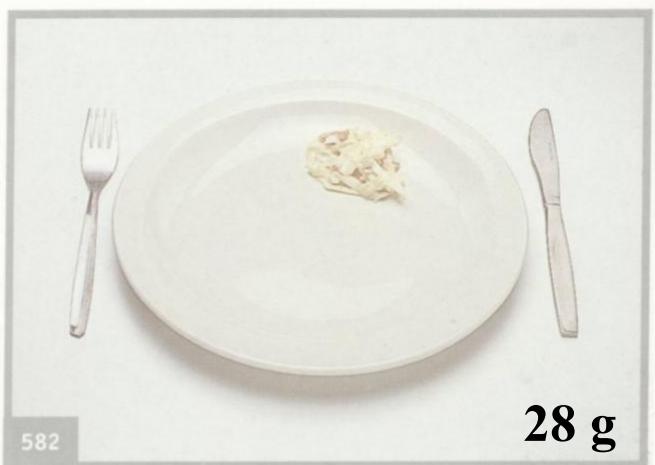
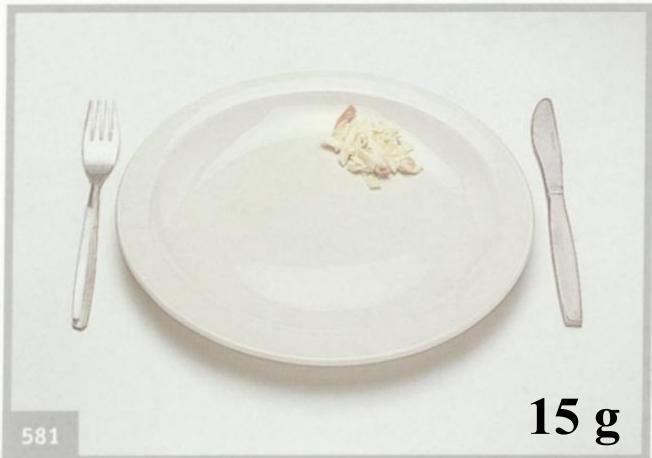
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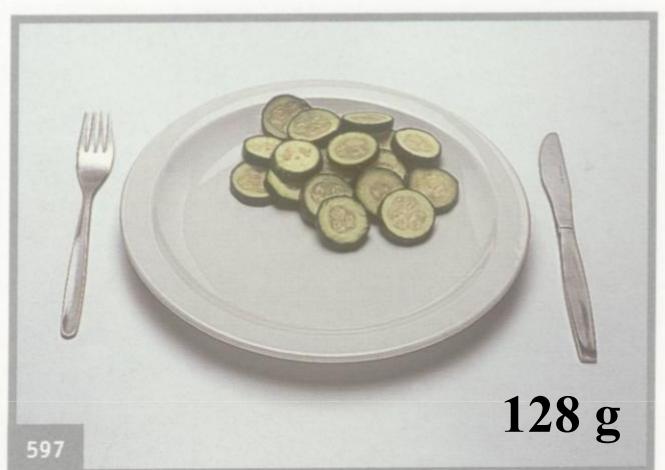
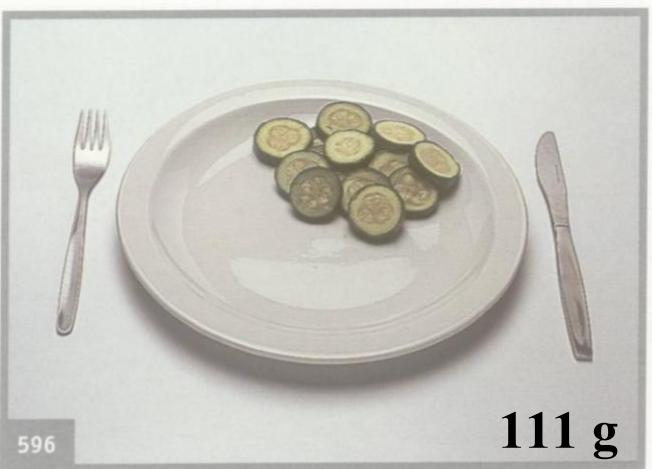
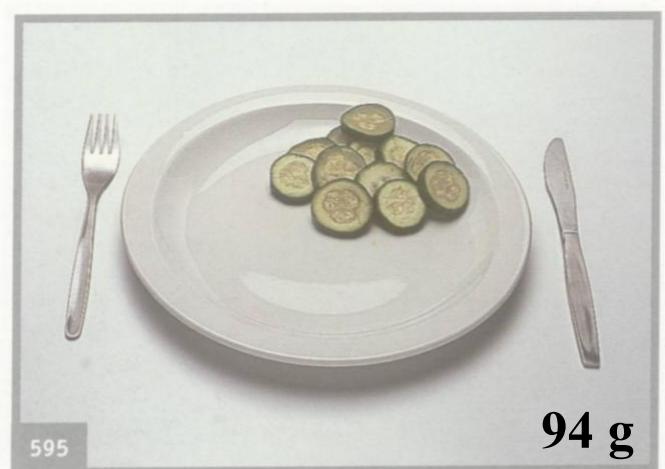
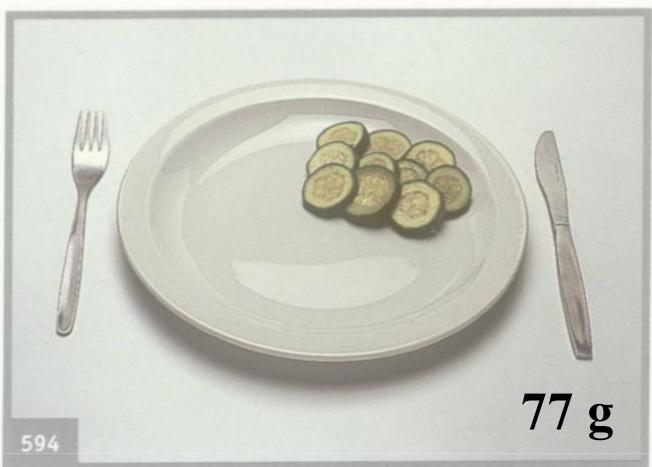
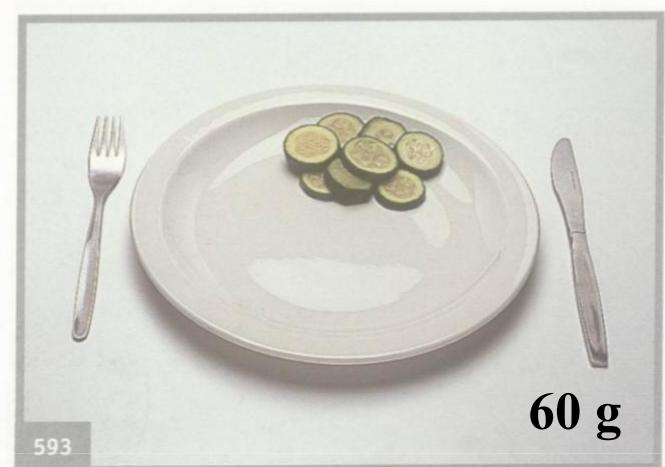
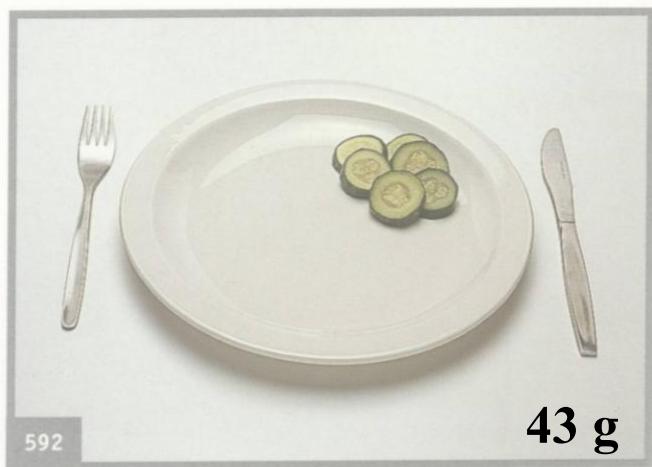
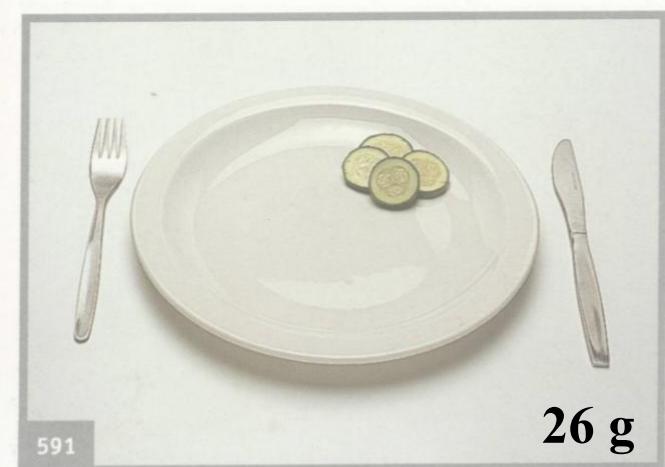
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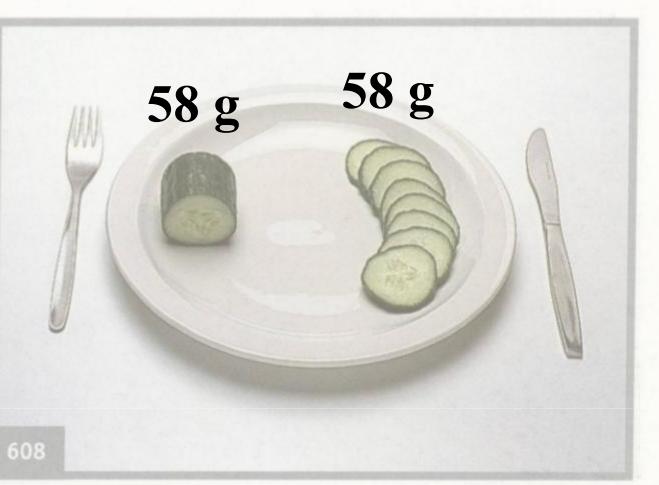
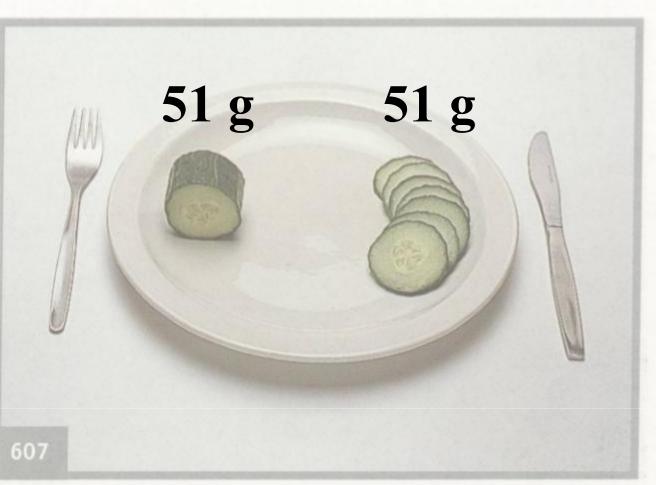
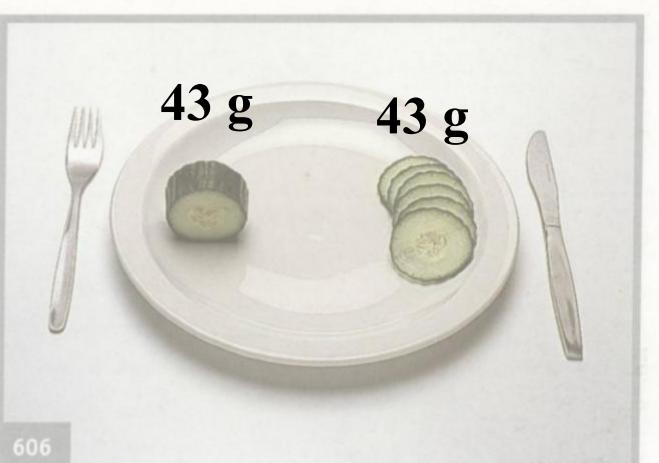
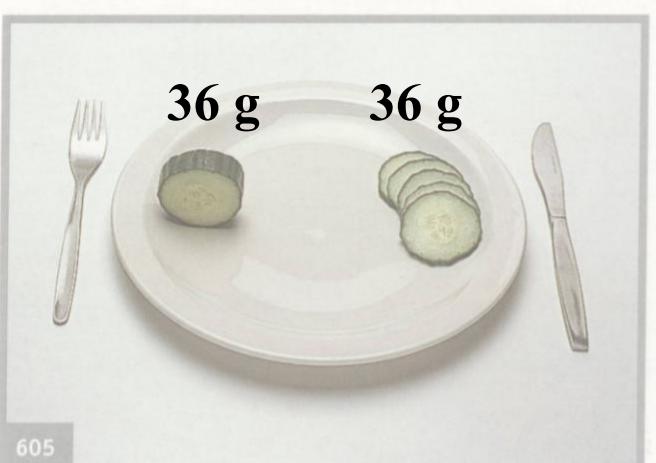
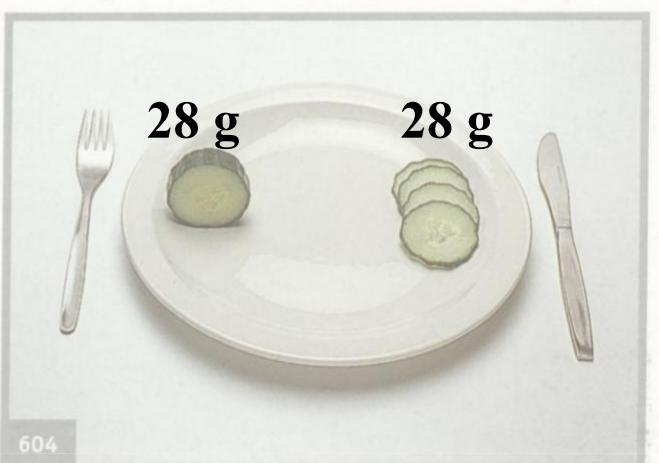
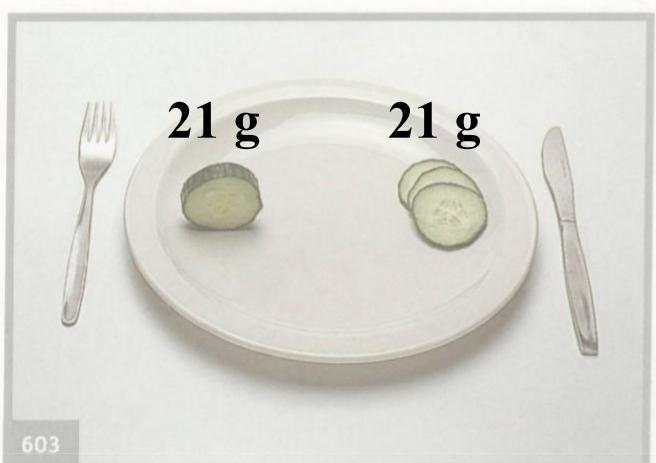
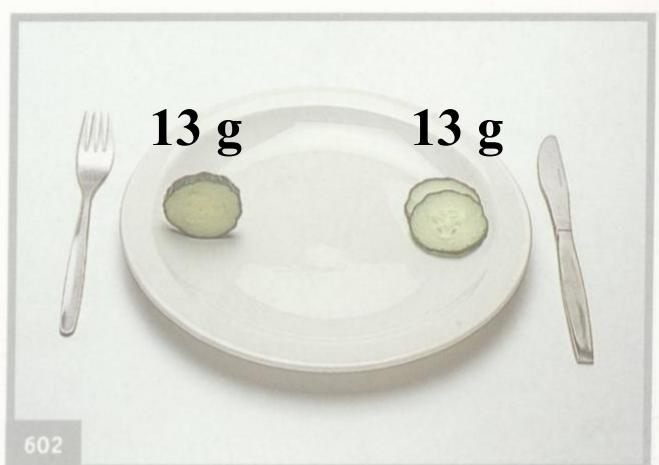
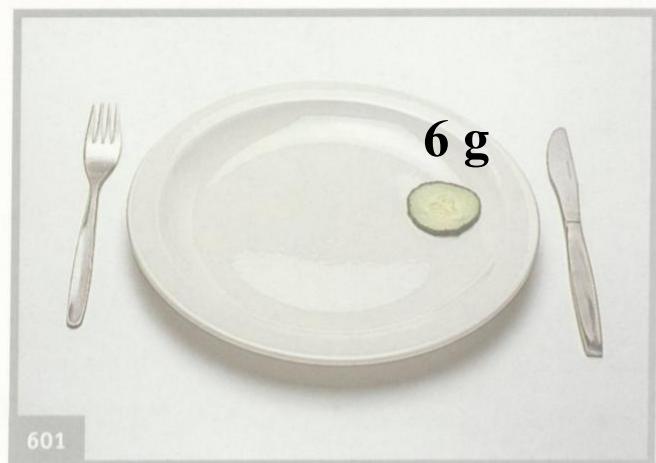
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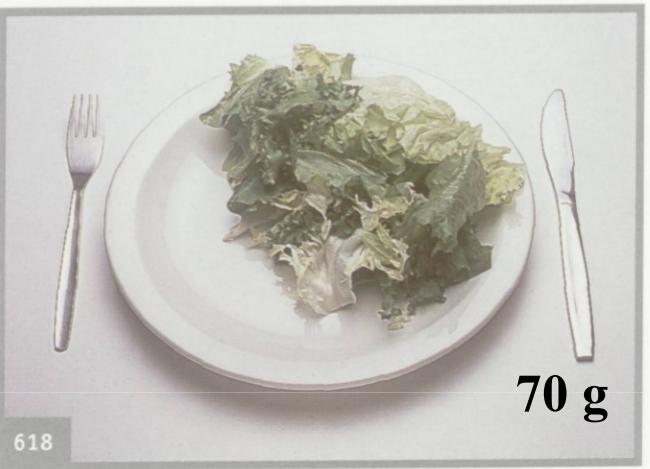
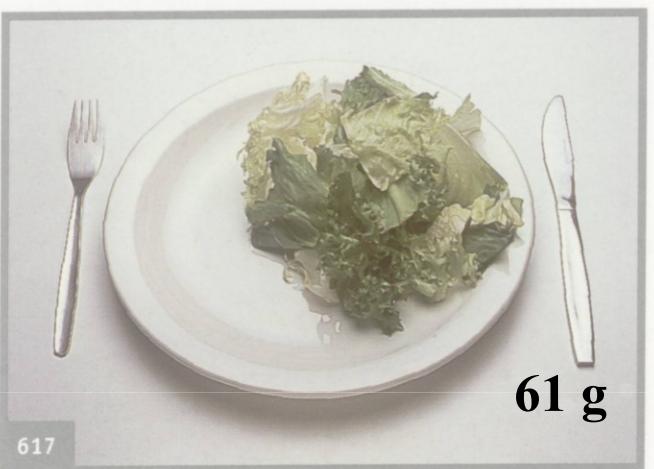
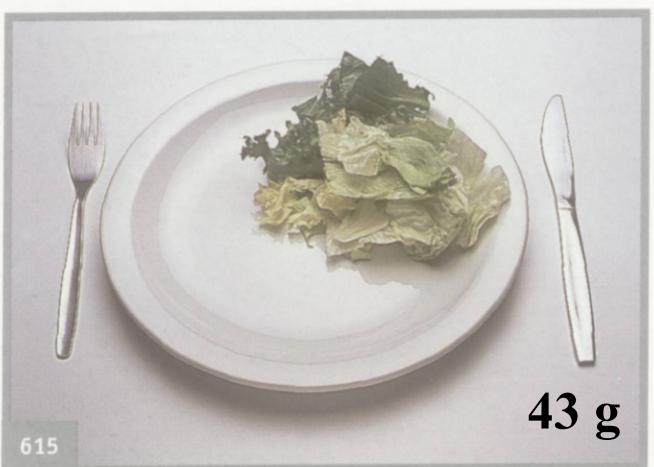
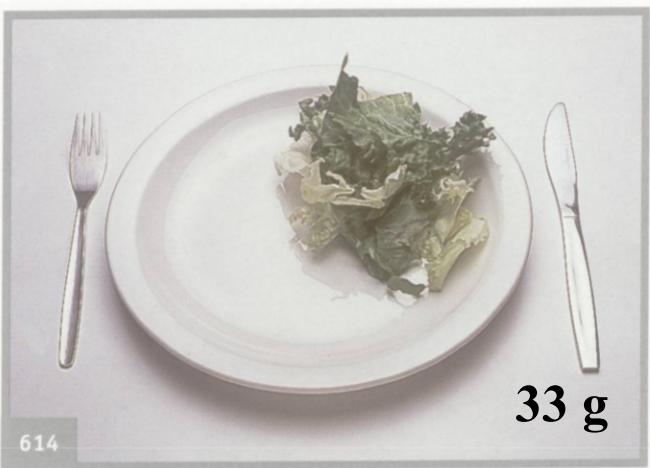
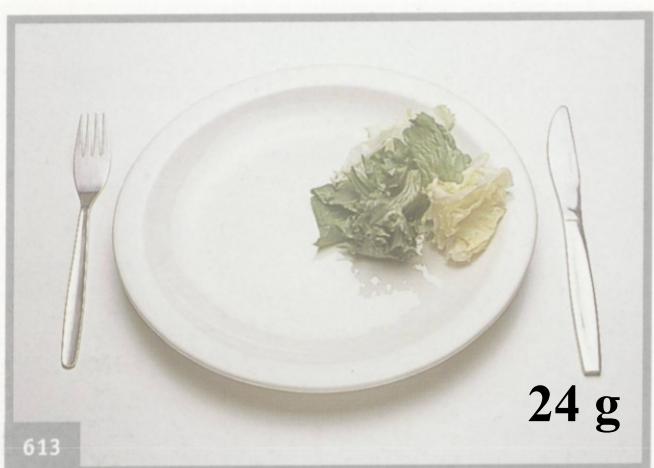
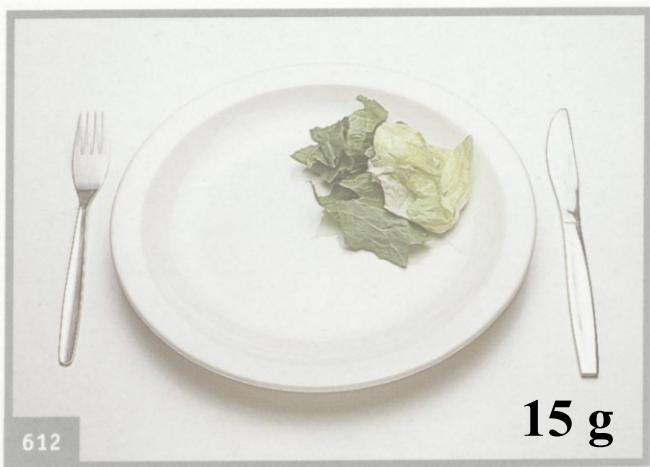
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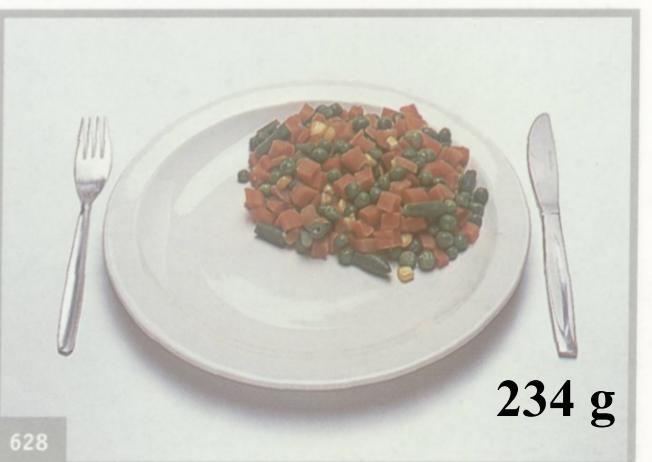
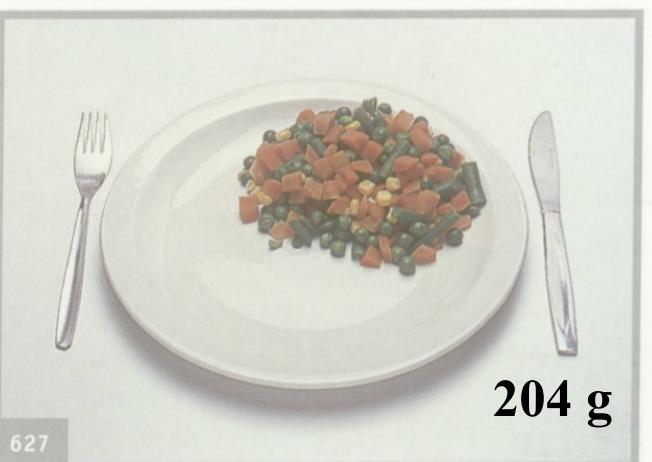
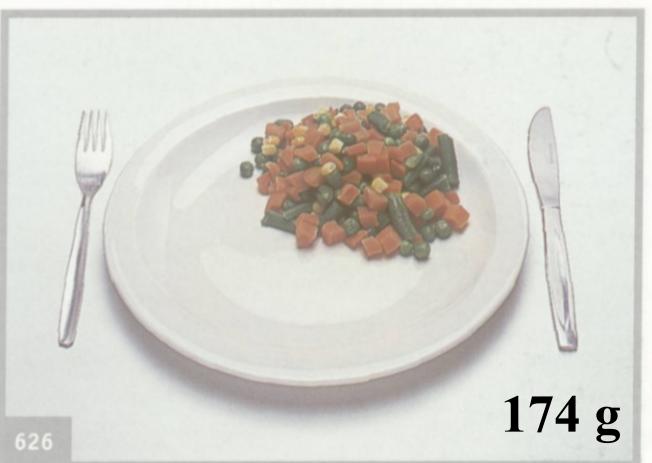
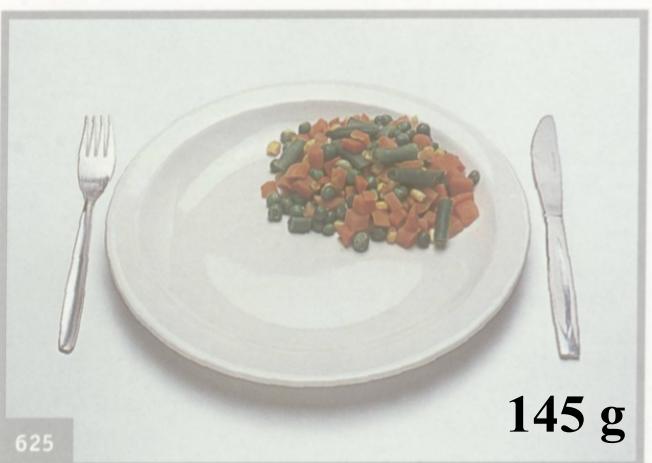
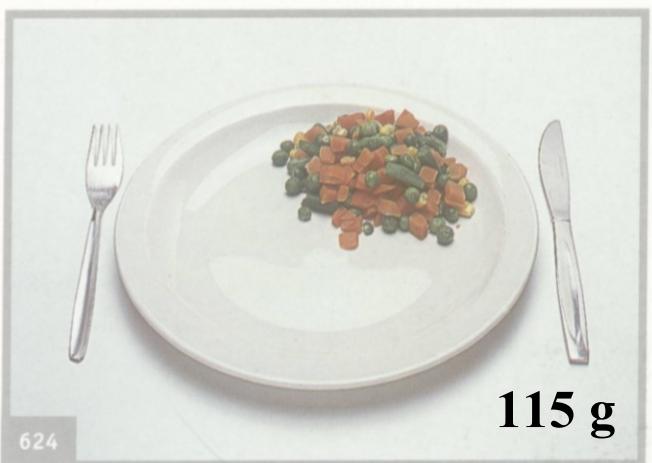
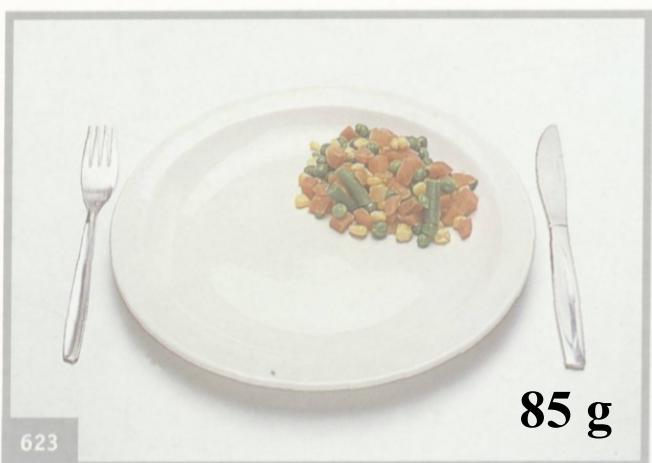
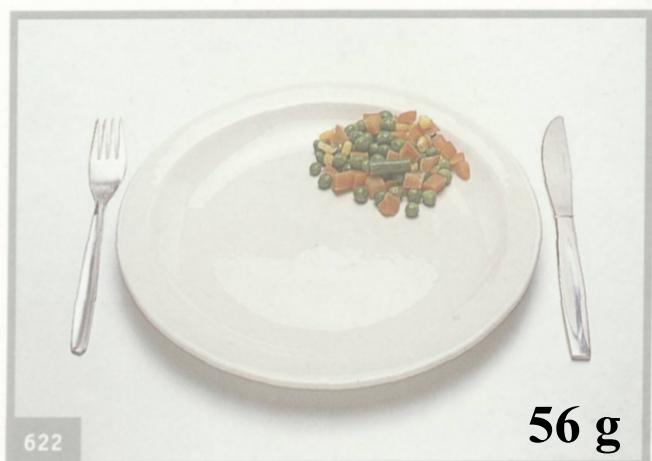
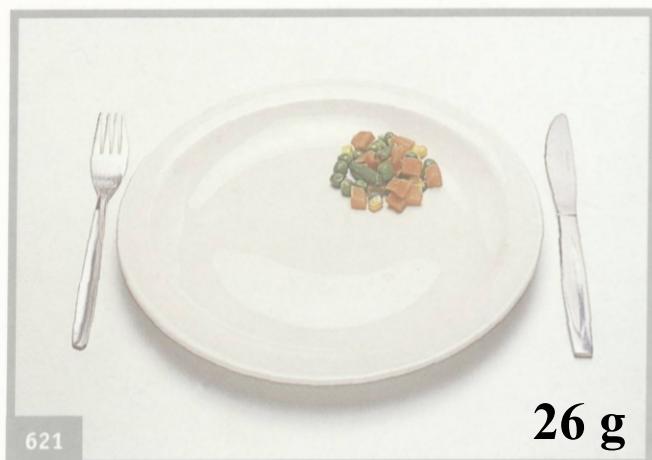
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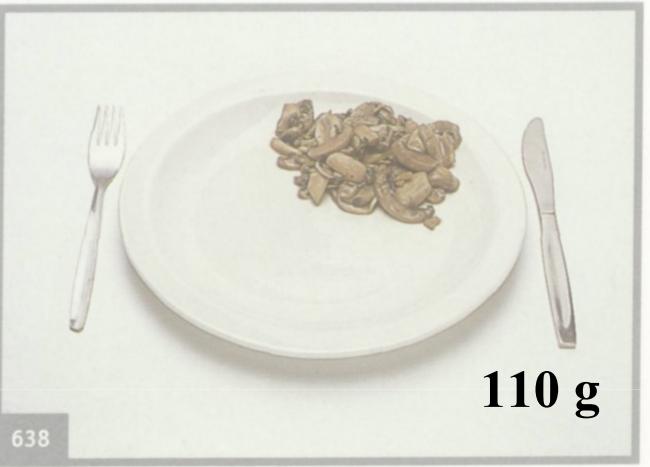
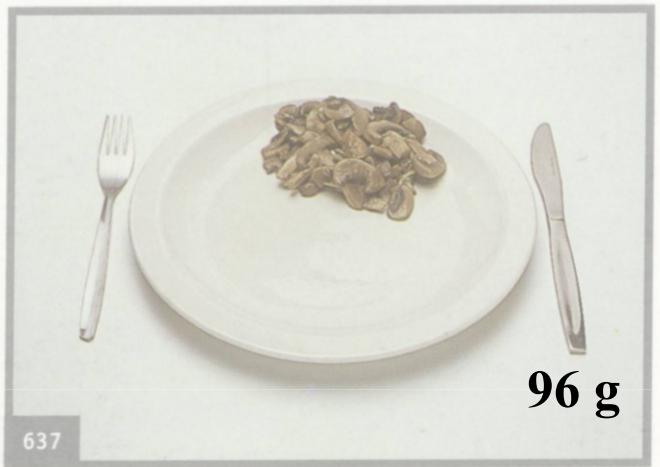
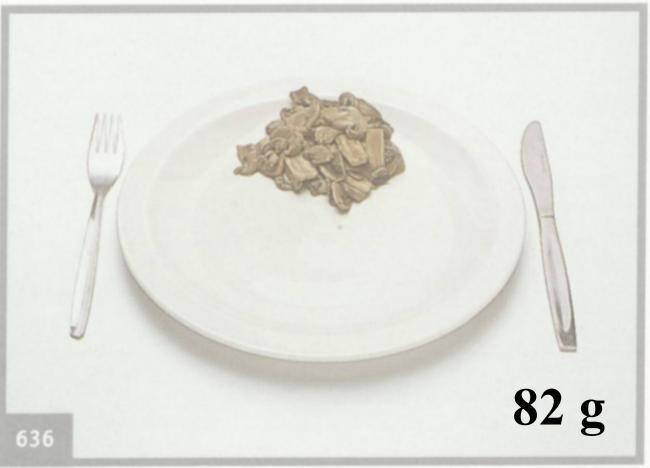
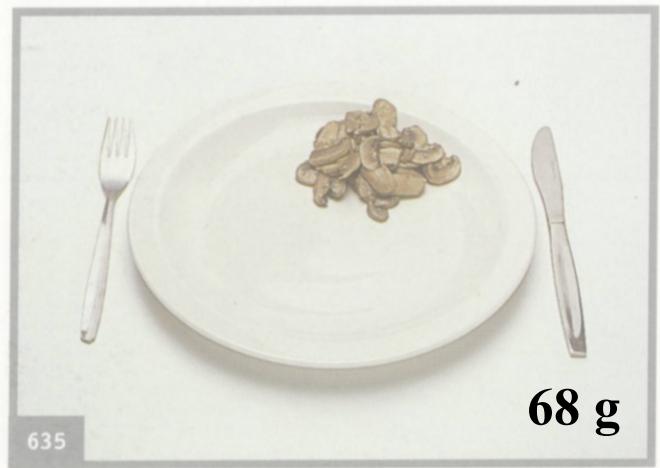
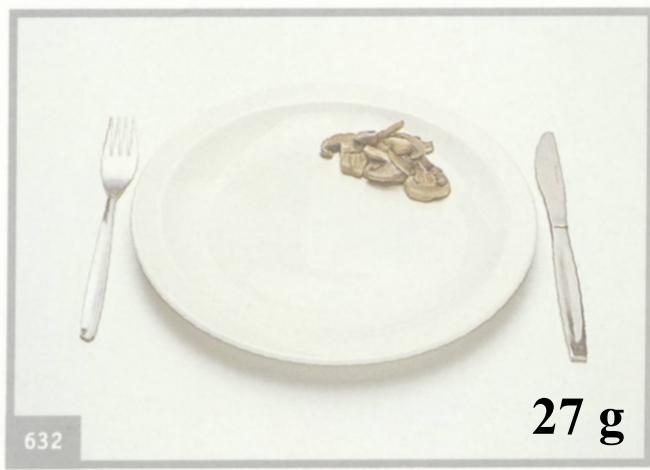
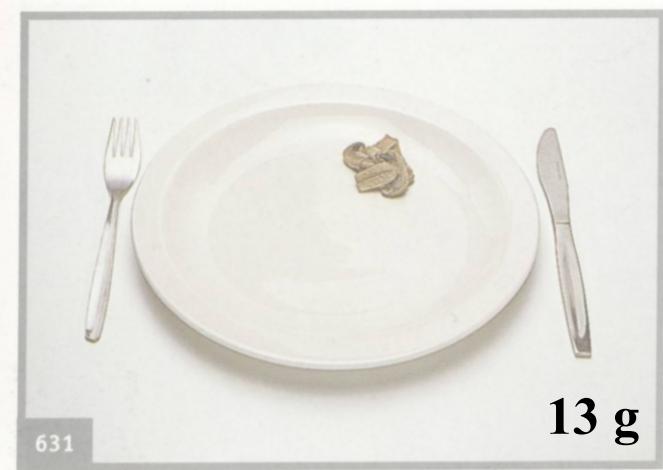
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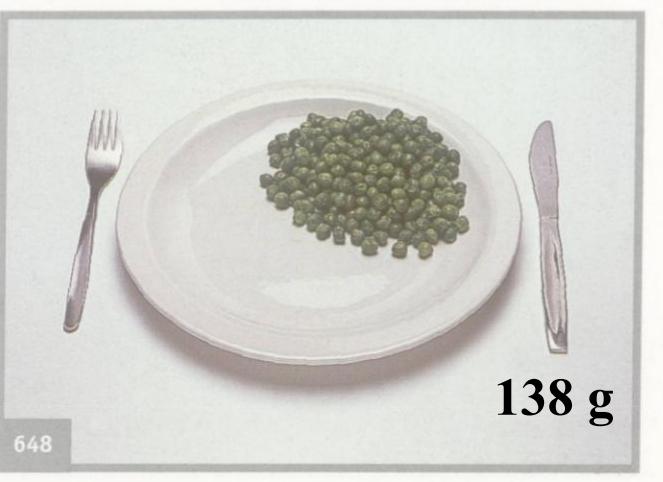
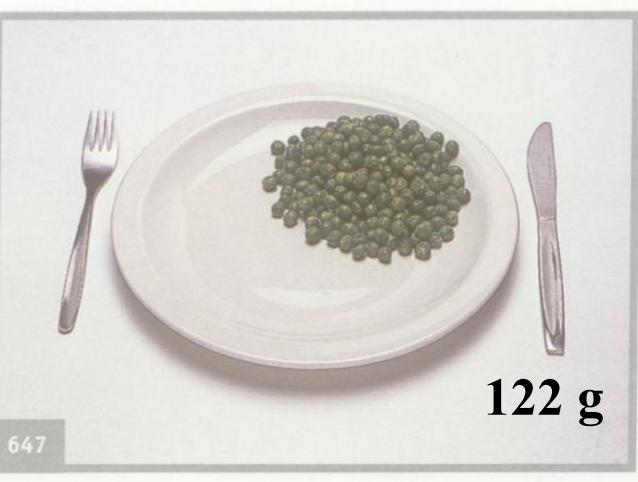
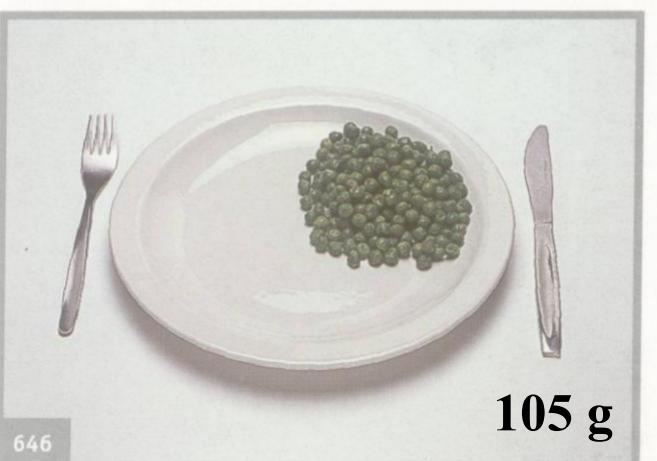
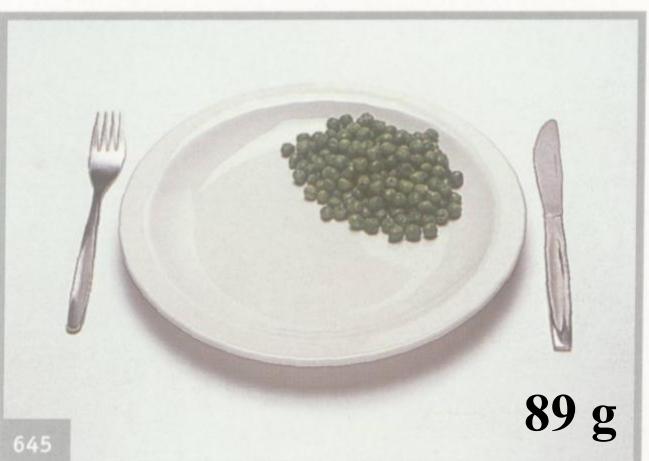
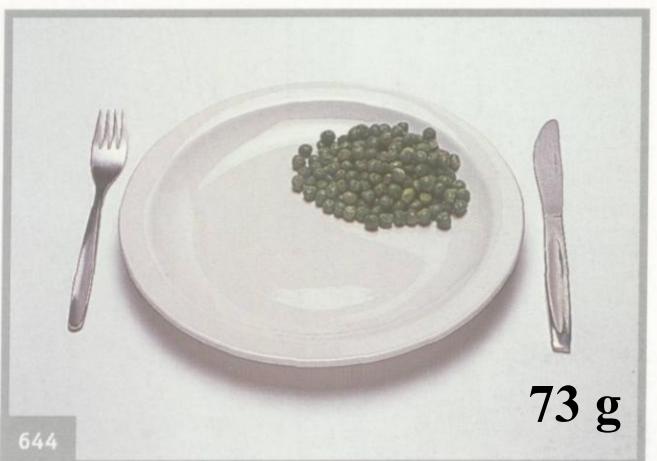
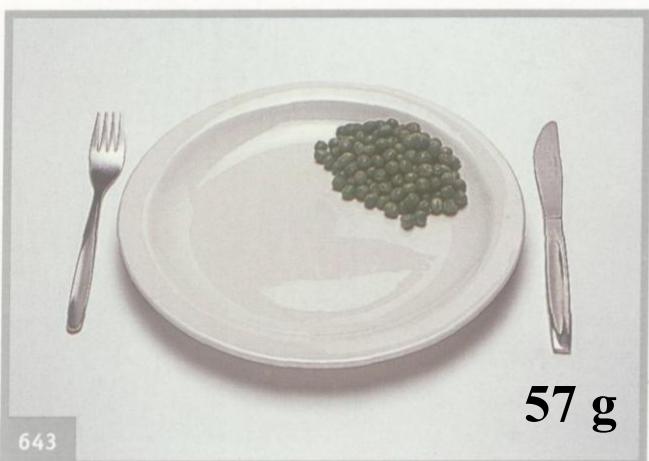
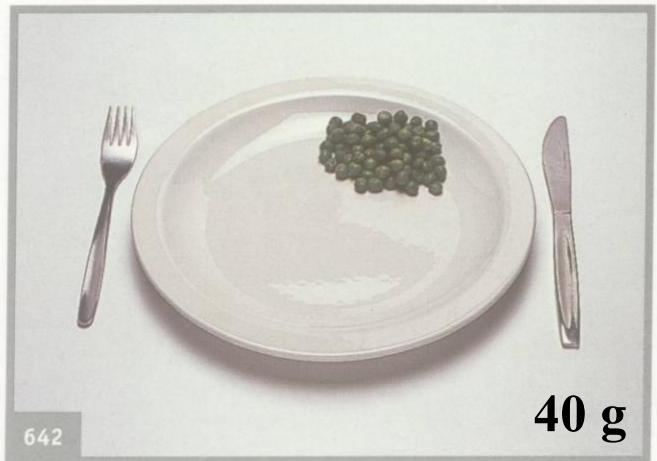
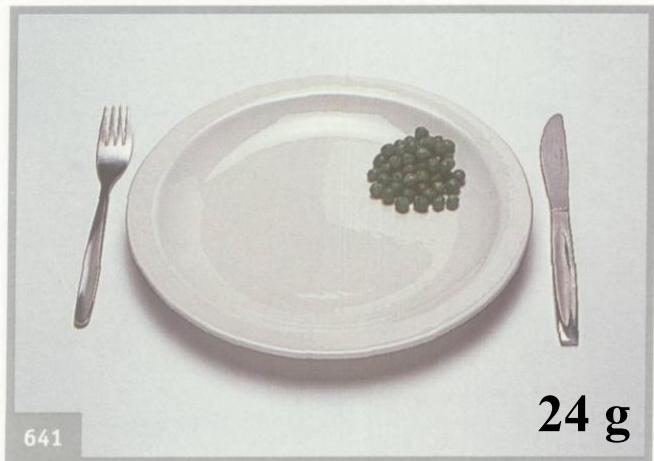
ZELENINOVÁ SMĚS – MRKEV, HRÁŠEK, KUKUŘICE, FAZOLKY



SMAŽENÉ ŽAMPIONY



HRÁŠEK



FAZOLOVÉ LUSKY



651

24 g

653

68 g

655

108 g

652

40 g

654

88 g

656

128 g

657

149 g

658

169 g

RAJČE

14 g 14 g



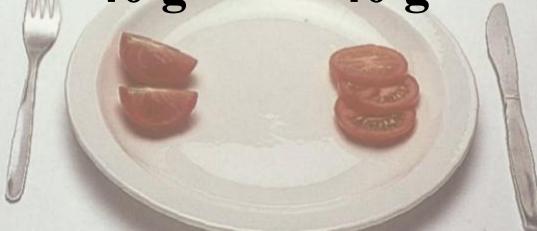
661

27 g 27 g



662

40 g 40 g



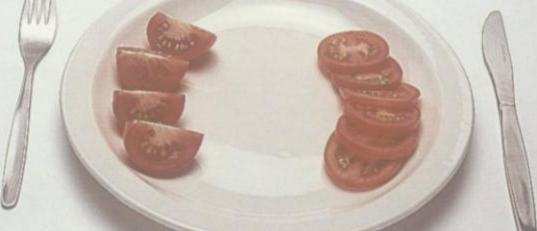
663

53 g 53 g



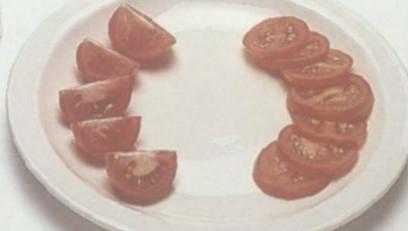
664

67 g 67 g



665

80 g 80 g



666

93 g 93 g



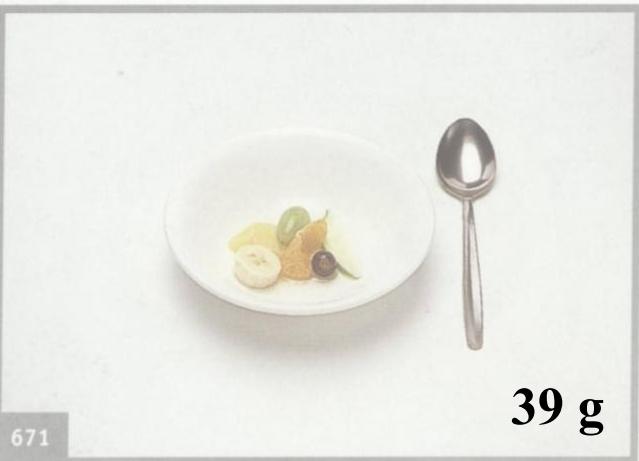
667

106 g 106 g

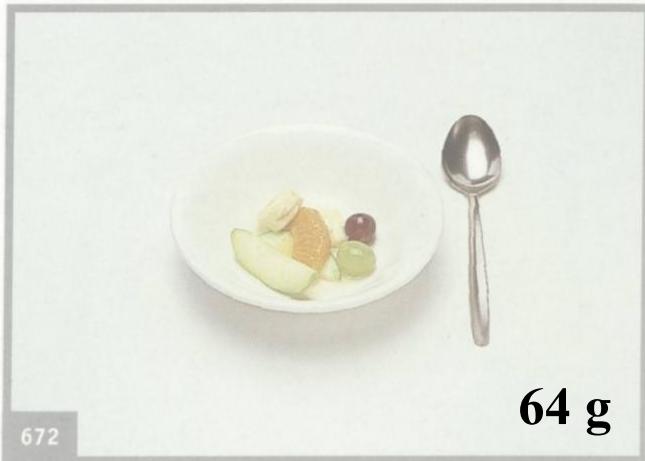


668

OVOCNÝ SALÁT



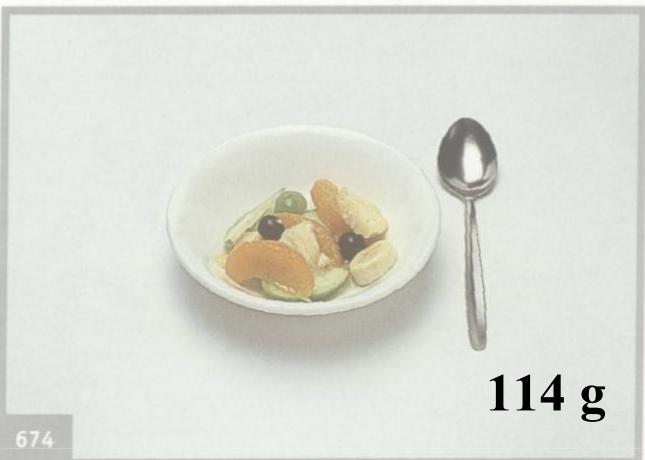
39 g



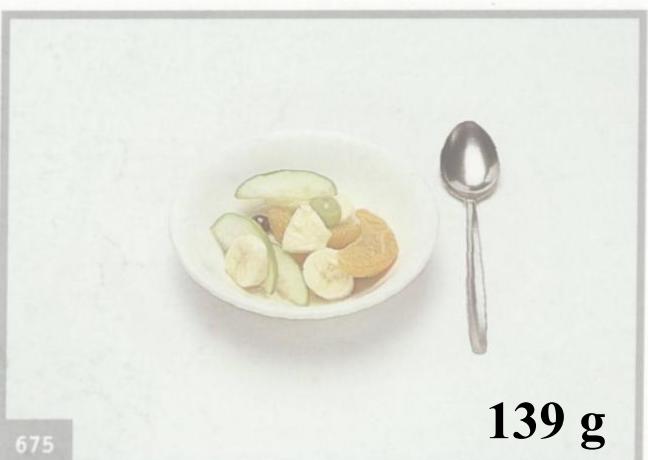
64 g



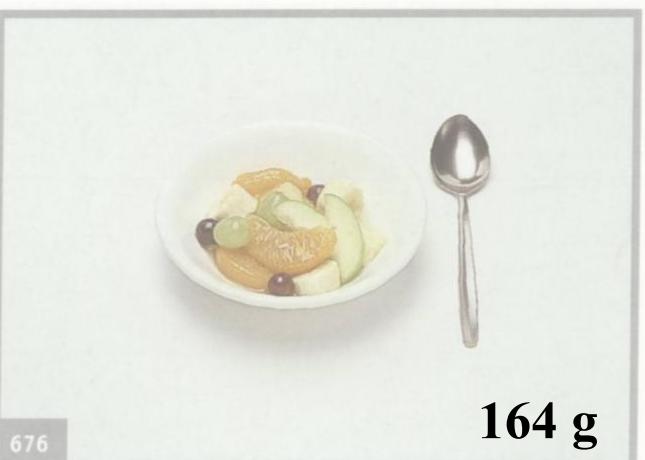
89 g



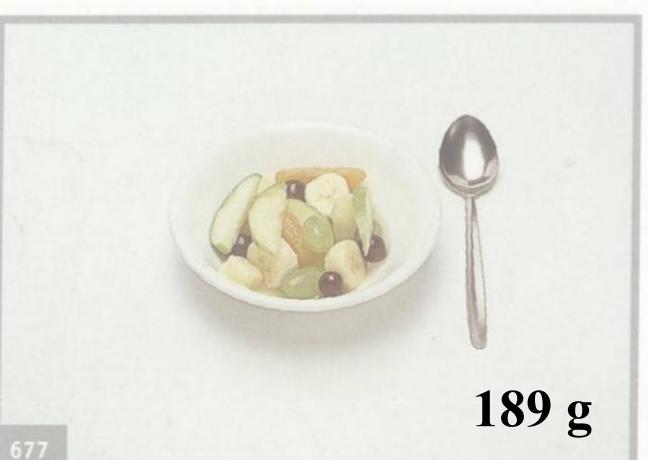
114 g



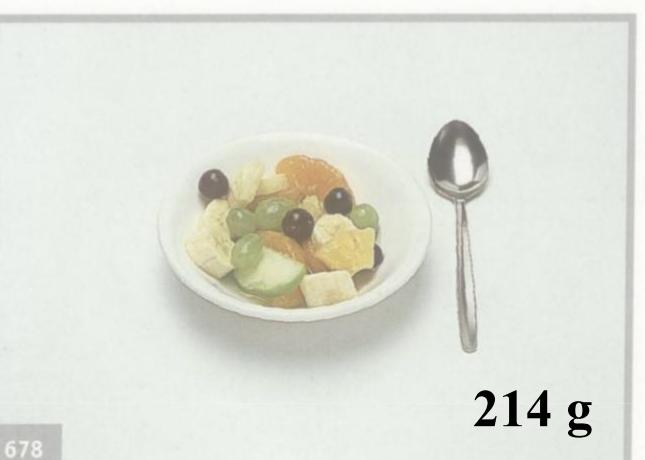
139 g



164 g

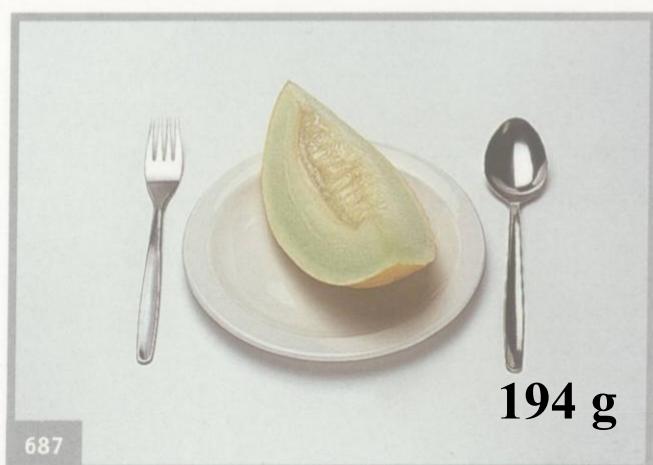
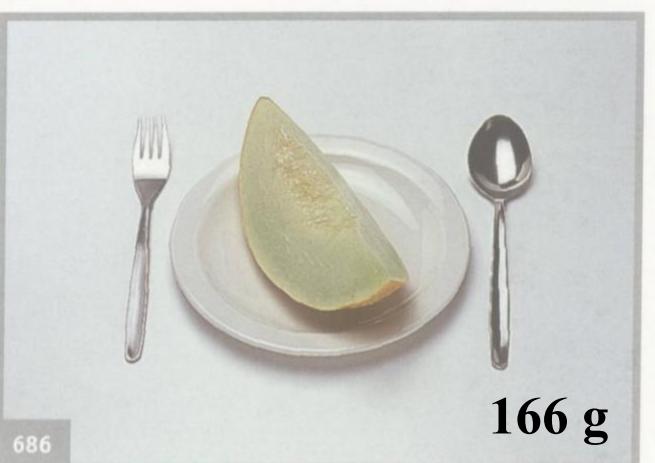
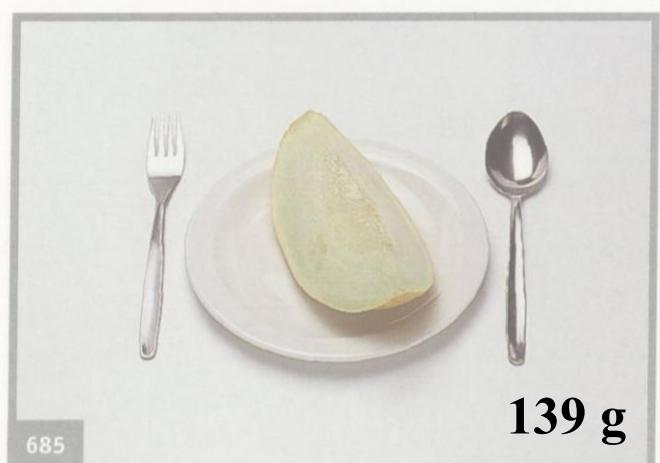
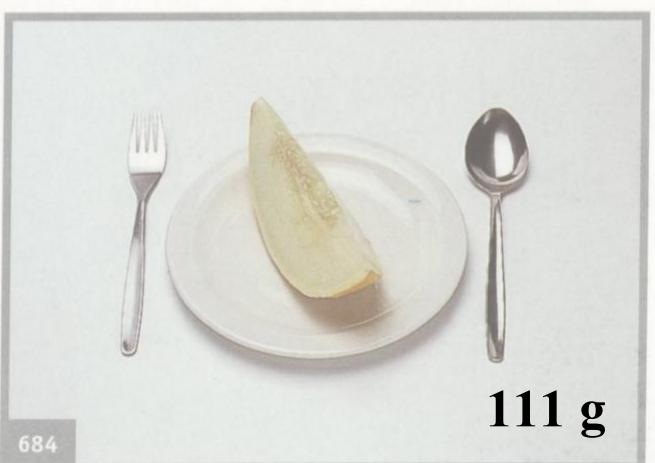
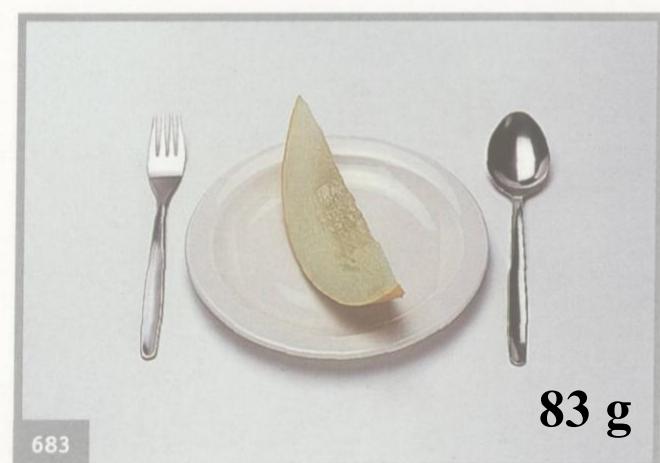
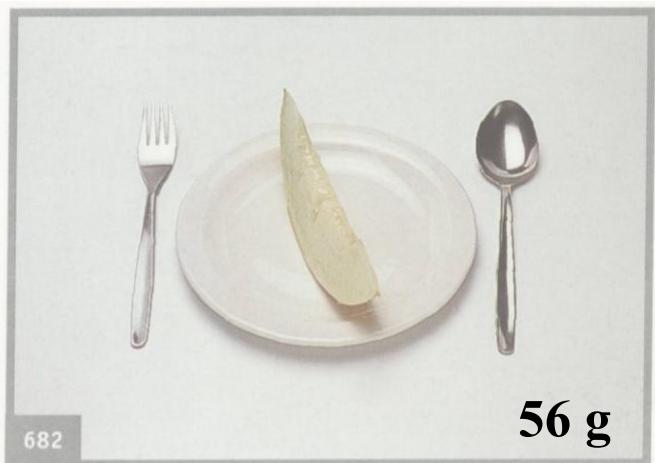


189 g



214 g

ŽLUTÝ (CUKROVÝ) MELOUN



VAŘENÉ JABLKO

691

13 g

692

47 g

693

81 g

694

115 g

695

150 g

696

184 g

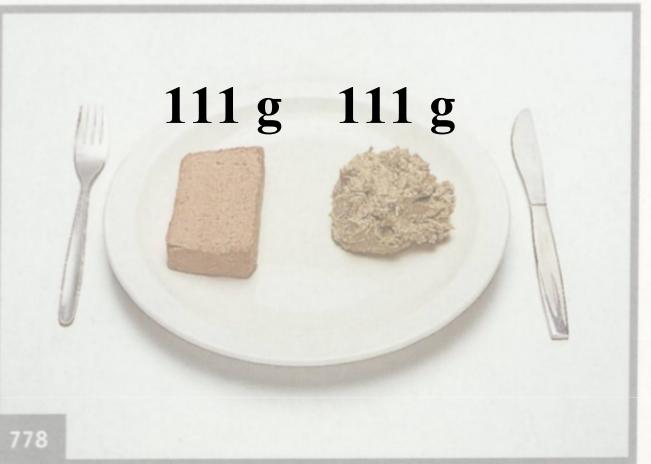
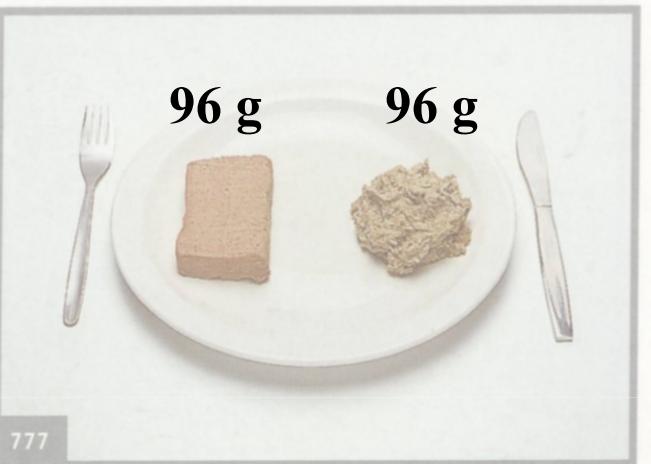
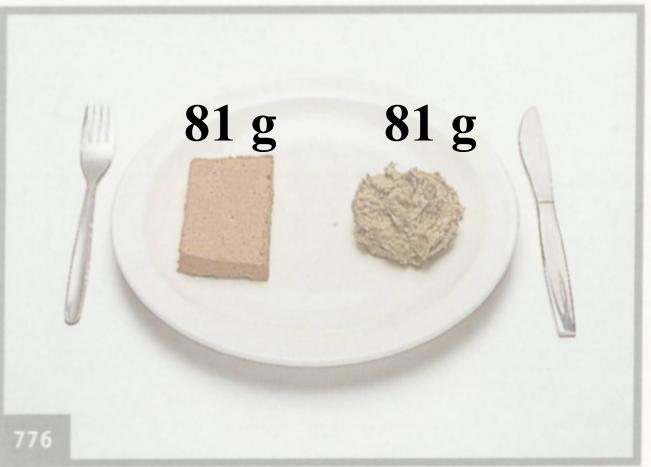
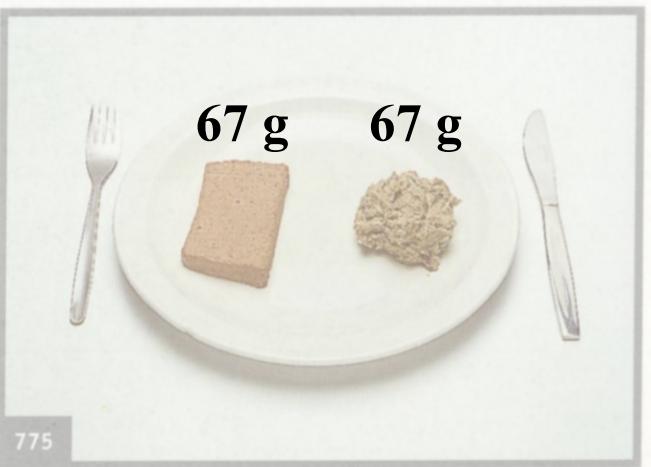
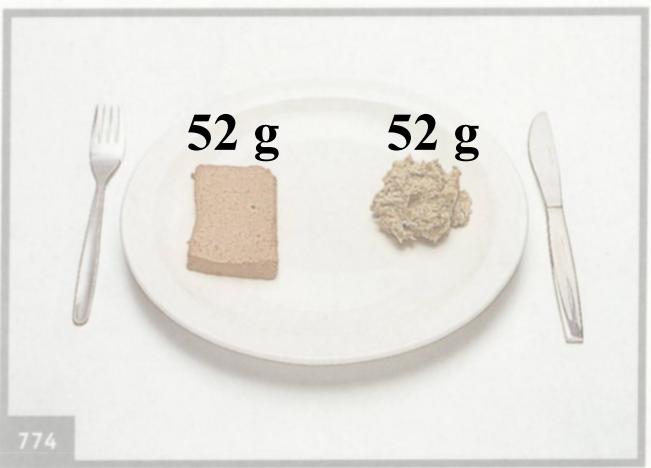
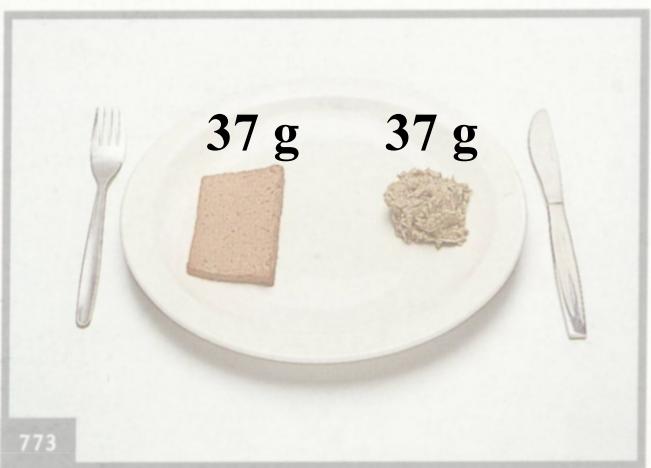
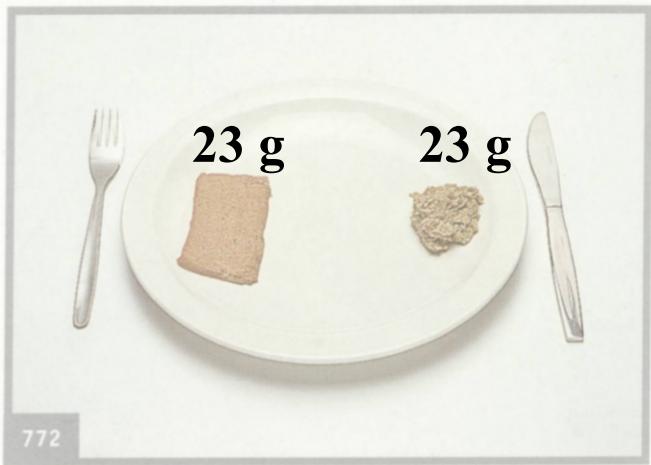
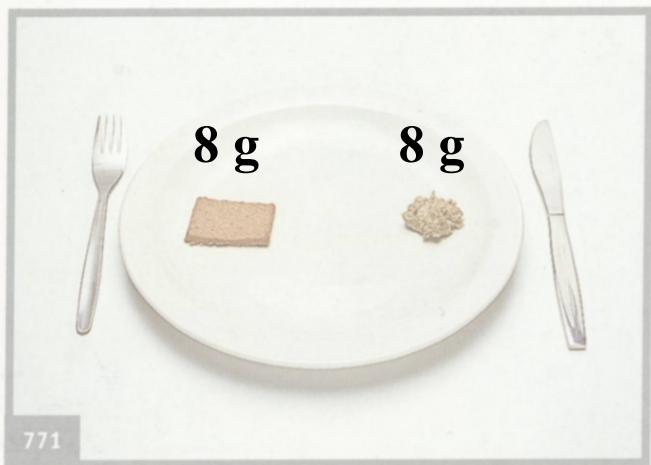
697

218 g

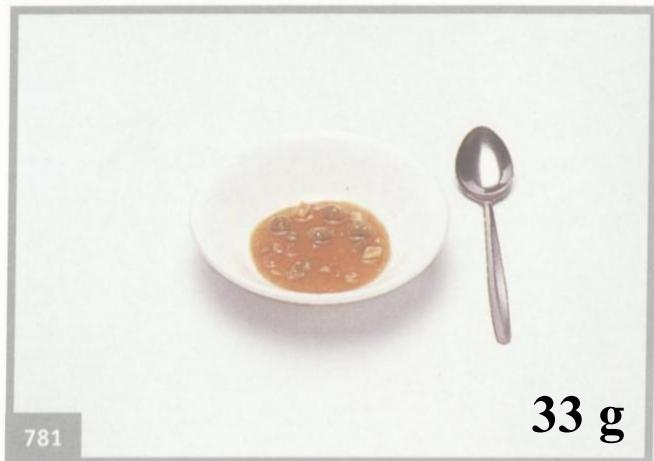
698

252 g

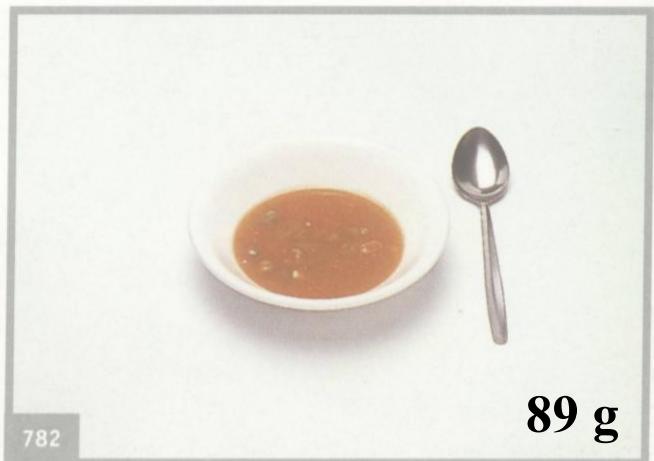
PAŠTIKY, PATÉ



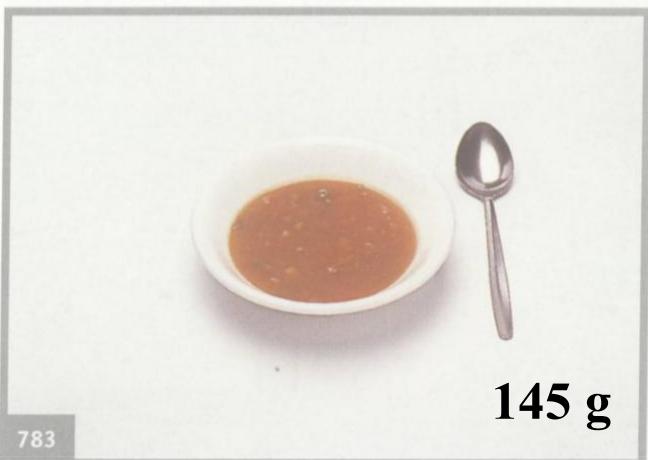
POLÉVKA



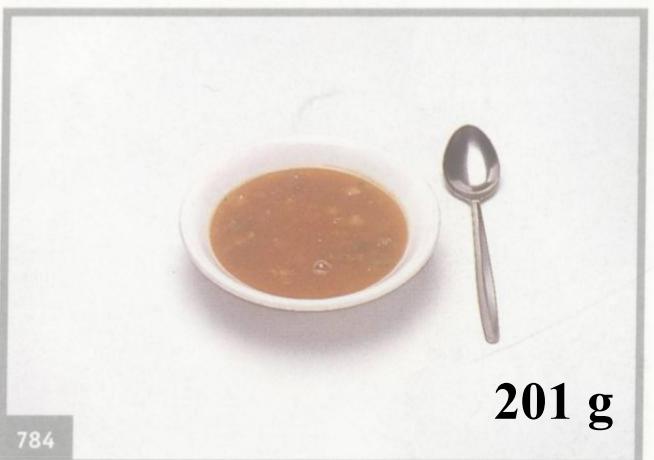
33 g



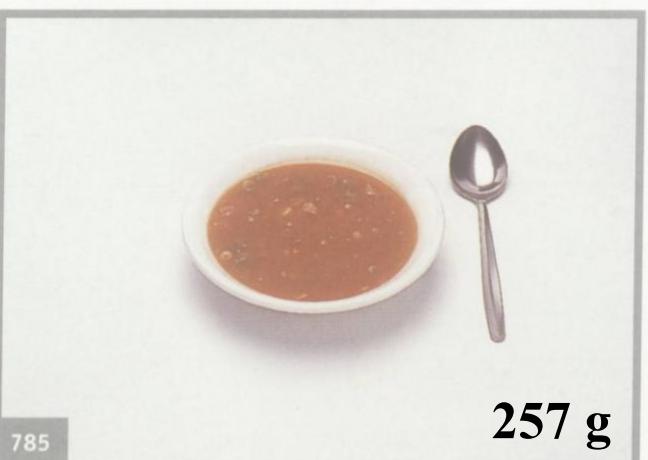
89 g



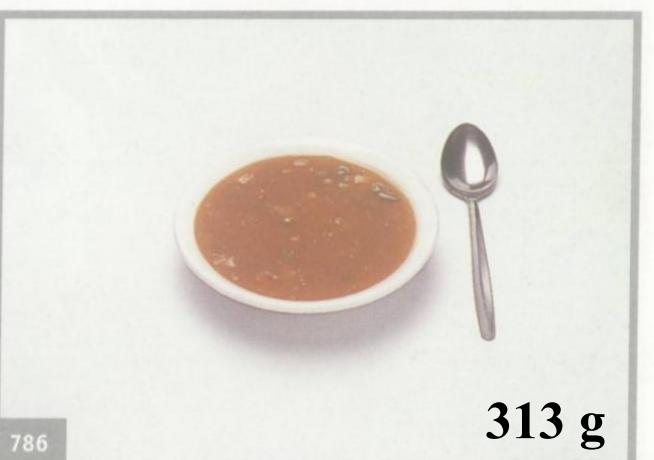
145 g



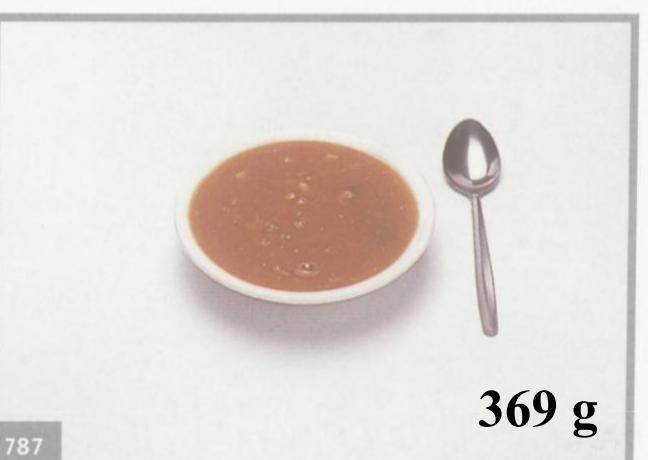
201 g



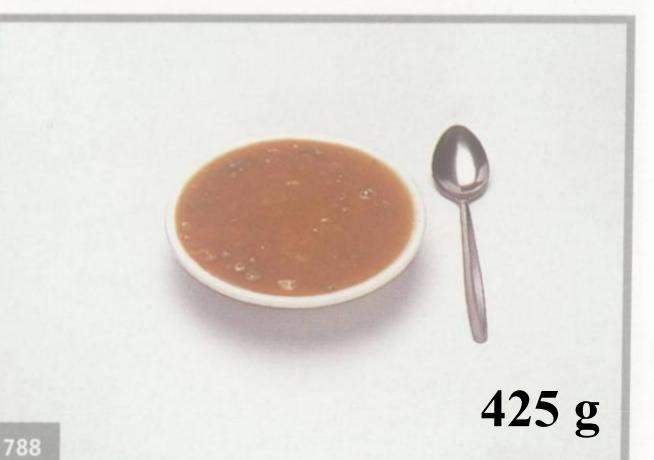
257 g



313 g



369 g

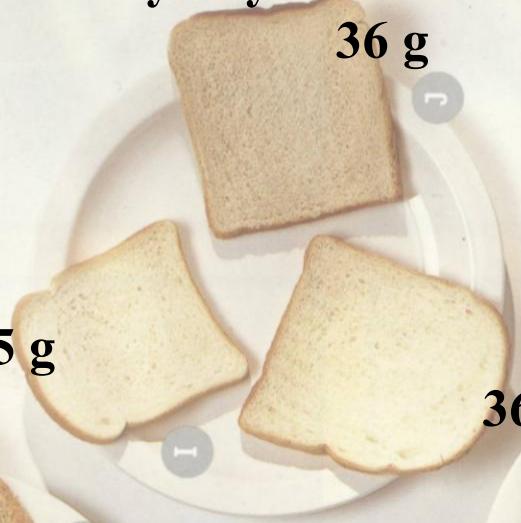


425 g

CHLÉB

Toustový bílý chléb

36 g



Celozrnný chléb 25 g

38 g



Kynutý chléb 20 g

32 g

20 g. Bílý chléb

23 g

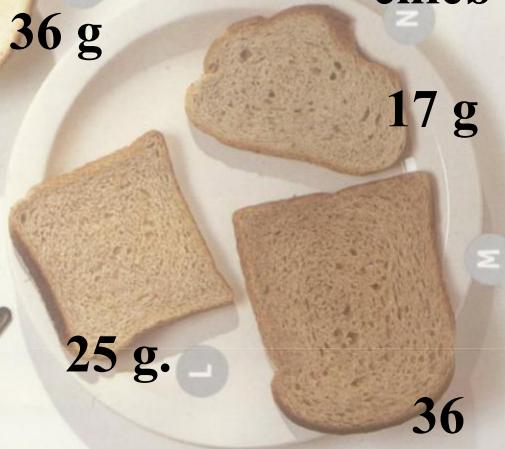
33 g

Celozrnný chléb

27 g

Celozrnný chléb

17 g



120 g (15 cm)



40 g (5 cm)

Francouzská bageta

Klasický větší krajíc Šumavy má cca 60-70 g

PEČIVO

Rohlík/houstička

41 g



30 g

Hnědá bulka

55 g



**Vídeňský
chléb**

60 g



Bulka 58 g

Houska/rohlík
55 g

46 g



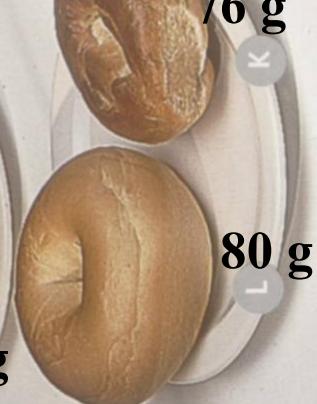
Bílá bulka

51 g



Bagel

76 g



80 g

**Celozrnná
bulka**

60 g



65 g



**Mini
bochník**

35 g

**Vícezrnný
Chléb**
54 g



**Hamburgerová
bulka**

71 g



PIZZA

$\varnothing 18 \text{ cm} - 229 \text{ g}$

Tenké těsto

$\varnothing 25 \text{ cm} - 470 \text{ g}$

B



$\varnothing 33 \text{ cm} - 719 \text{ g}$

D



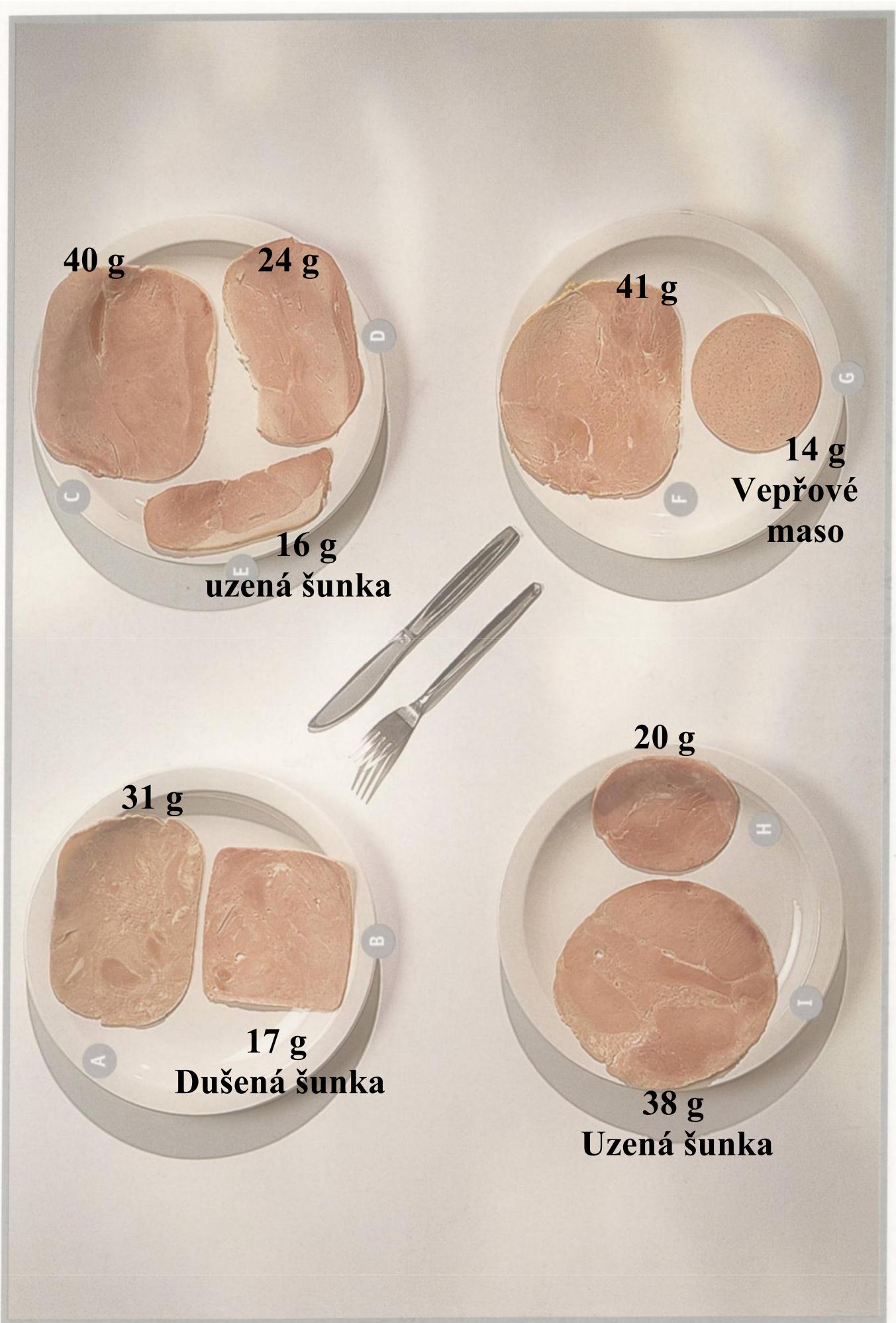
Tenké těsto

Mini pizza – 106 g

A



PLÁTEK ŠUNKY



VEPŘOVÉ A JEHNĚČÍ MASO

Jehněčí kotleta z hřbetu

123 g



E

80 g

D

Jehněčí kotleta

97 g



F

53 g

G

Kotleta z vepřové panenky
(s kostí)

145 g



B

120 g

Vepřová
kotleta
(bez kosti)

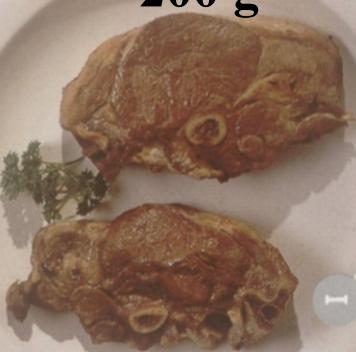
A

100 g

kotleta z
Vepřové
panenky
(s kostí)

Jehněčí kotleta

200 g



H

117 g

I

KUŘECÍ MASO

Kuřecí stehenní paličky

70 g



130 g

90 g

D

Kuřecí prso bez kosti

142 g



100 g

Kuřecí stehenní maso

165 g



115 g

Kuřecí křídlo

55 g



75 g

83 g

H



J

Tygří kreveta bez hlavy,
neloupaná

13 g



Kreveta celá,
neloupaná
9 g

oloupané krevety

2 g



3 g



4 g



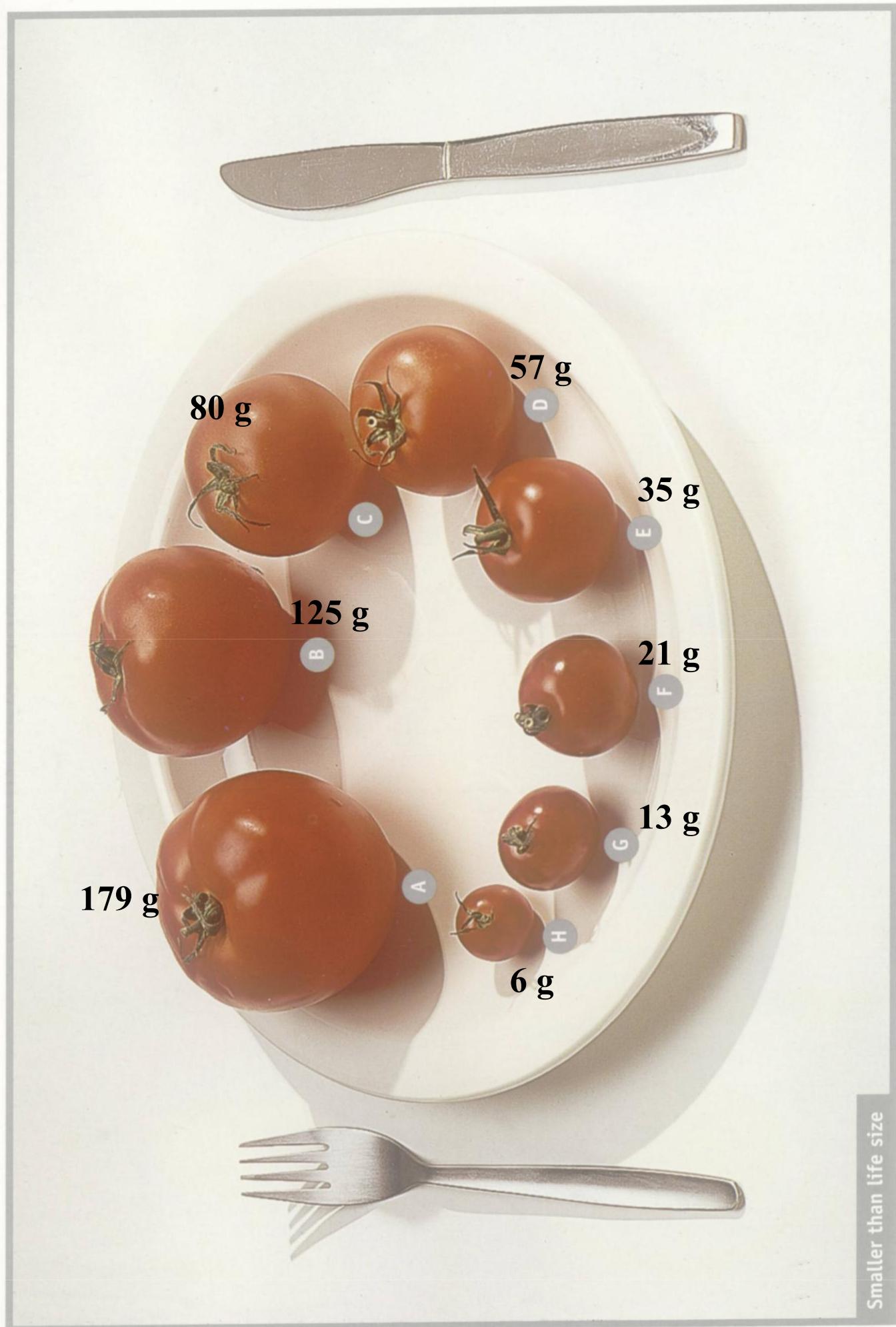
6 g



10 g



CELÁ RAJČATA



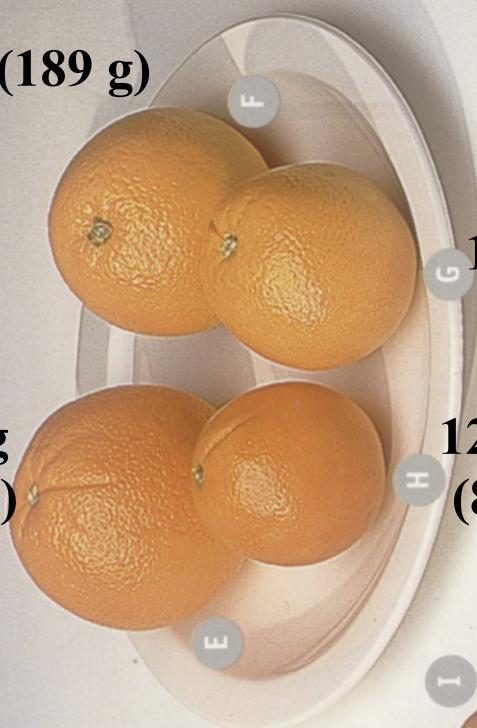
Smaller than life size

OVOCE – JABLKA, BANÁNY, POMERANČE

Pomeranče

Se slupkou (bez slupky)

262 g (189 g)



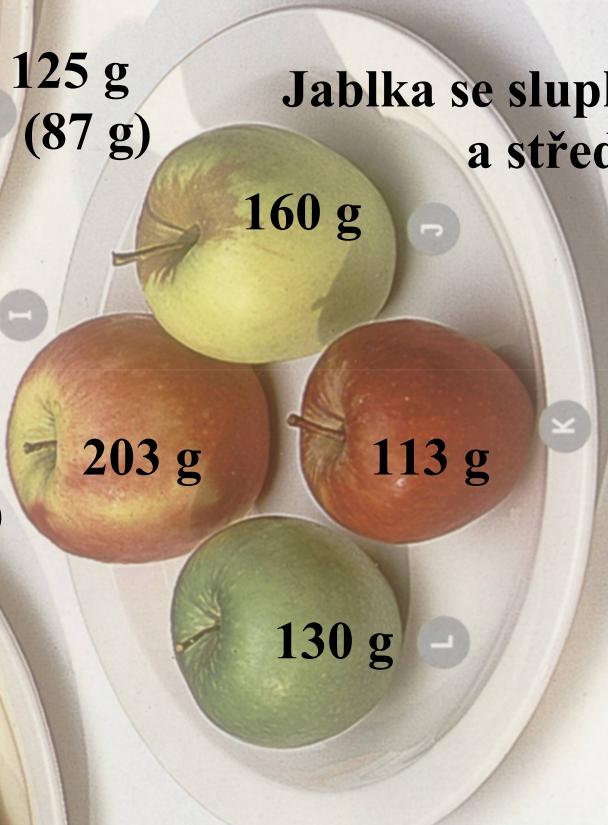
323 g
(240 g)

170 g (124 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)

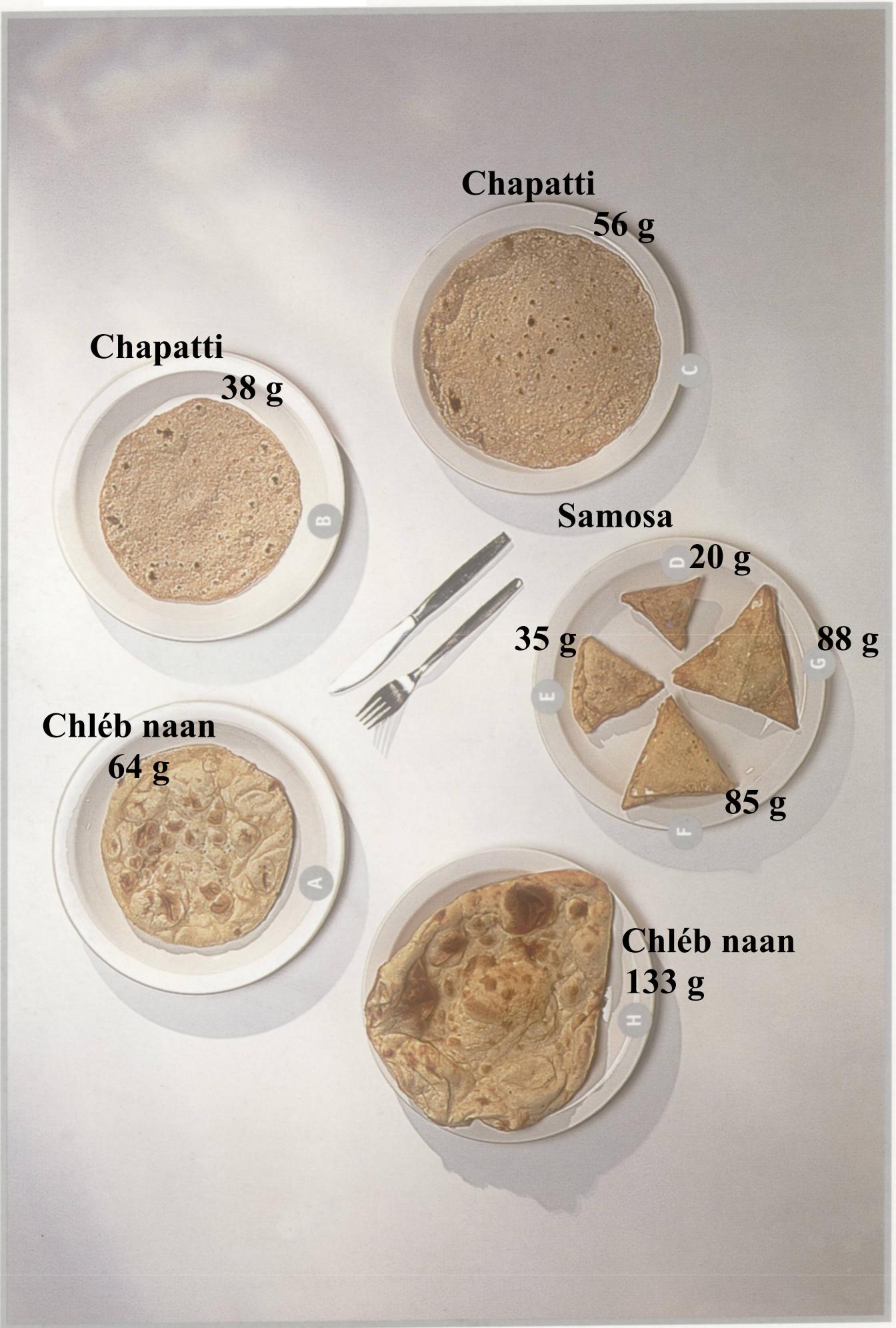


101 g (71 g)

148 g (102 g)

172 g (116 g)

INDICKÉ PLACKY



KONZERVY – MASOVÉ, RYBÍ, POLÉVKY, PEČENÉ FAZOLE

Rajčatová polévka



300 g

Rajčatová polévka



405 g

Vařené fazole 150 g



D

Vařené fazole 205 g



C

Vařené fazole 420 g



B

Vařené fazole 840 g



A

Sardinky 155 g



F

Sardinky 215 g



E

Hovězí 198 g



I

Hovězí maso 340 g



J

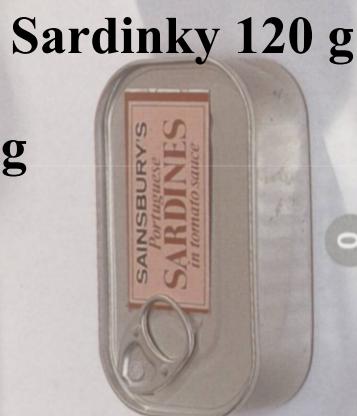
Losos 213 g



H



P



O

Lunchmeat 340 g Tuňák 100 g



K



N

Lunchmeat 340 g



L



M

Tuňák 200 g

KONZERVY – ZELENINOVÉ, FAZOLE

Fazole (kidney)

420 g



Fazole (kidney)

220 g



Sladká

kukuřice

198 g



Sladká

kukuřice

326 g



Hrášek

145 g



Hrášek

300 g



Hrášek

540 g



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

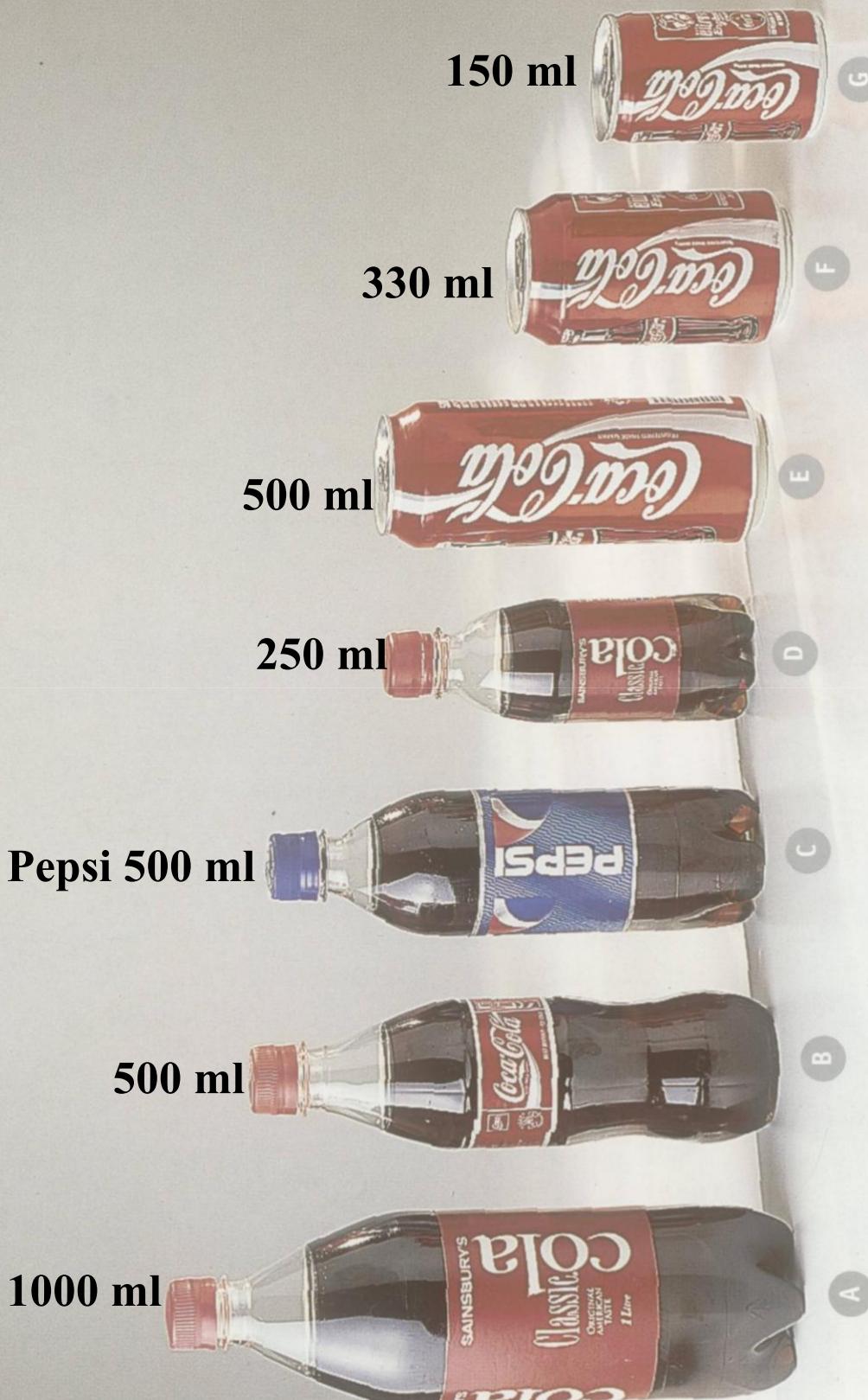
Rýžový pudink

624 g



A

NÁPOJE



NAPOJ VE SKLENICI – mléko

300 ml

C



200 ml

B

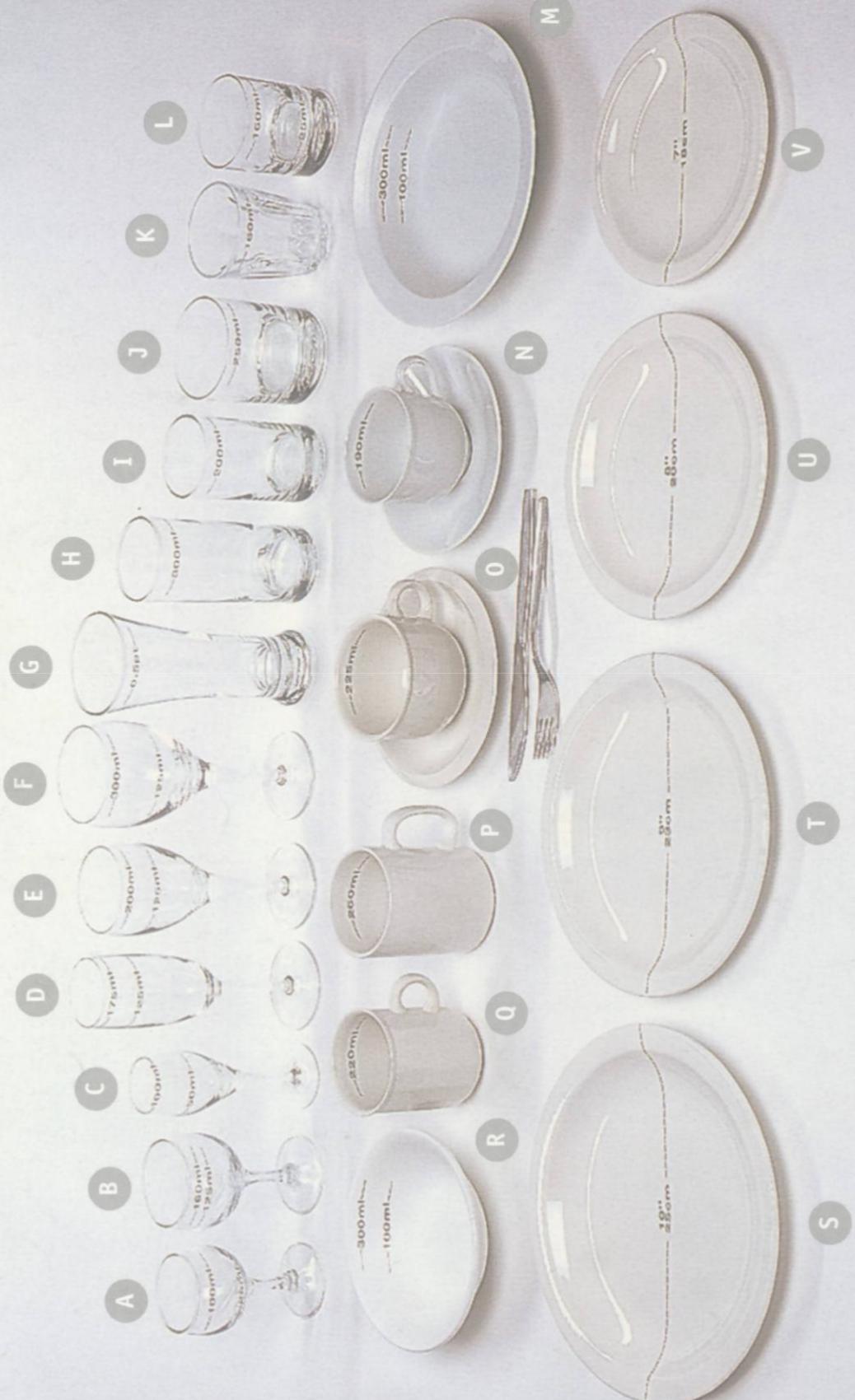


100 ml

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	Püllitrová 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



