



Bildehefte

med porsjons-
størrelser



En landsomfattende
kostholdsundersøkelse

Innhold

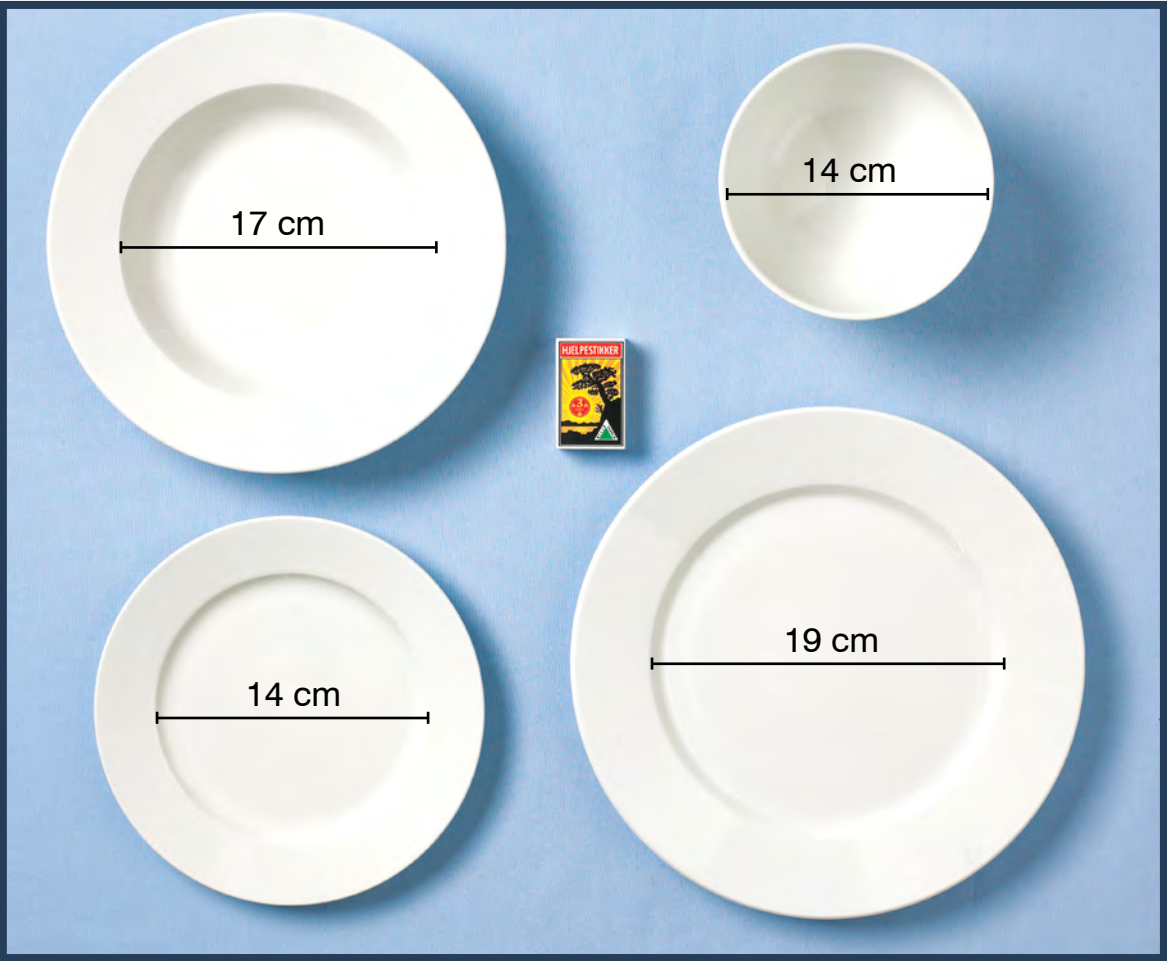
Bildennr.	Side
1. Størrelse på tallerkene som er brukt i bildeheftet	3
2. Dype tallerkener	3
3. Glass	4
4. Kopper	4
5. Plast- og pappkrus	4
6. Grovhetsmerker for brød	5
7. Rundstykker	5
8. Ovale brødsriver, fasong og tykkelse	6
9. Firkantede brødsriver, fasong og tykkelse	8
10. Smør, margarin på brødet	10
11. Kaviar	10
12. Leverpostei	11
13. Syltetøy	11
14. Majonesalat	12
15. Ost	12
16. Frokostblanding	13
17. Cornflakes	13
18. Yoghurt	14
19. Grøt	14
20. Suppe	15
21. Omelett	15
22. Lasagne	16
23. Kjøttsaus	16
24. Pizza	17
25. Pizza, firkanter	17

Bildennr.	Side
26. Wok	18
27. Gryterett	18
28. Taco	19
29. Kjøtt i strimler	19
30. Helt kjøtt	20
31. Reker	20
32. Fisk	21
33. Fisk	21
34. Spagetti og annen pasta	22
35. Ris	22
36. Pommes frites	23
37. Poteter	23
38. Saus	24
39. Salat	24
40. Grønnsaksblanding	25
41. Brokkoli	25
42. Druer	26
43. Jordbær	26
44. Bær	27
45. Is	27
46. Formkake	28
47. Brownie	28
48. Bløtkake	29
49. Smågodt	29
50. Nøtter	30
51. Potetgull	30

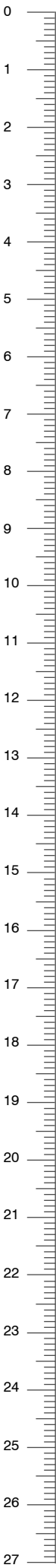
Foto: Alf Börjesson, Eva Brænd, Jon Marius Nilsson
Design: Anagram Design
Tegningene av brød: fra EPIC-SOFT bildebok – laget til Kvinner og kreft-studien ved Universitetet i Tromsø, Norge.

Grovhetsmerker for brød: Ordningen eies av Næringsmiddelbedriftenes Landsforening (NBL) og Baker- og Konditorbransjens Landsforening (BKLF).

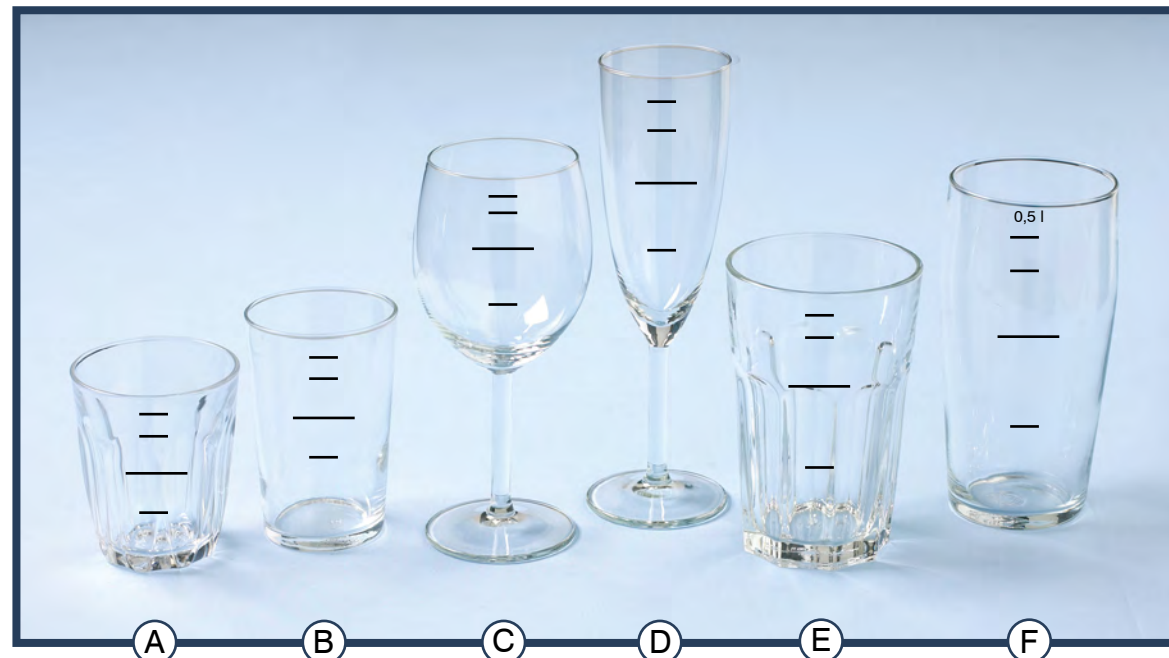
1. Størrelse på tallerkene som er brukt i bildeheftet



2. Dype tallerkener



3. Glass



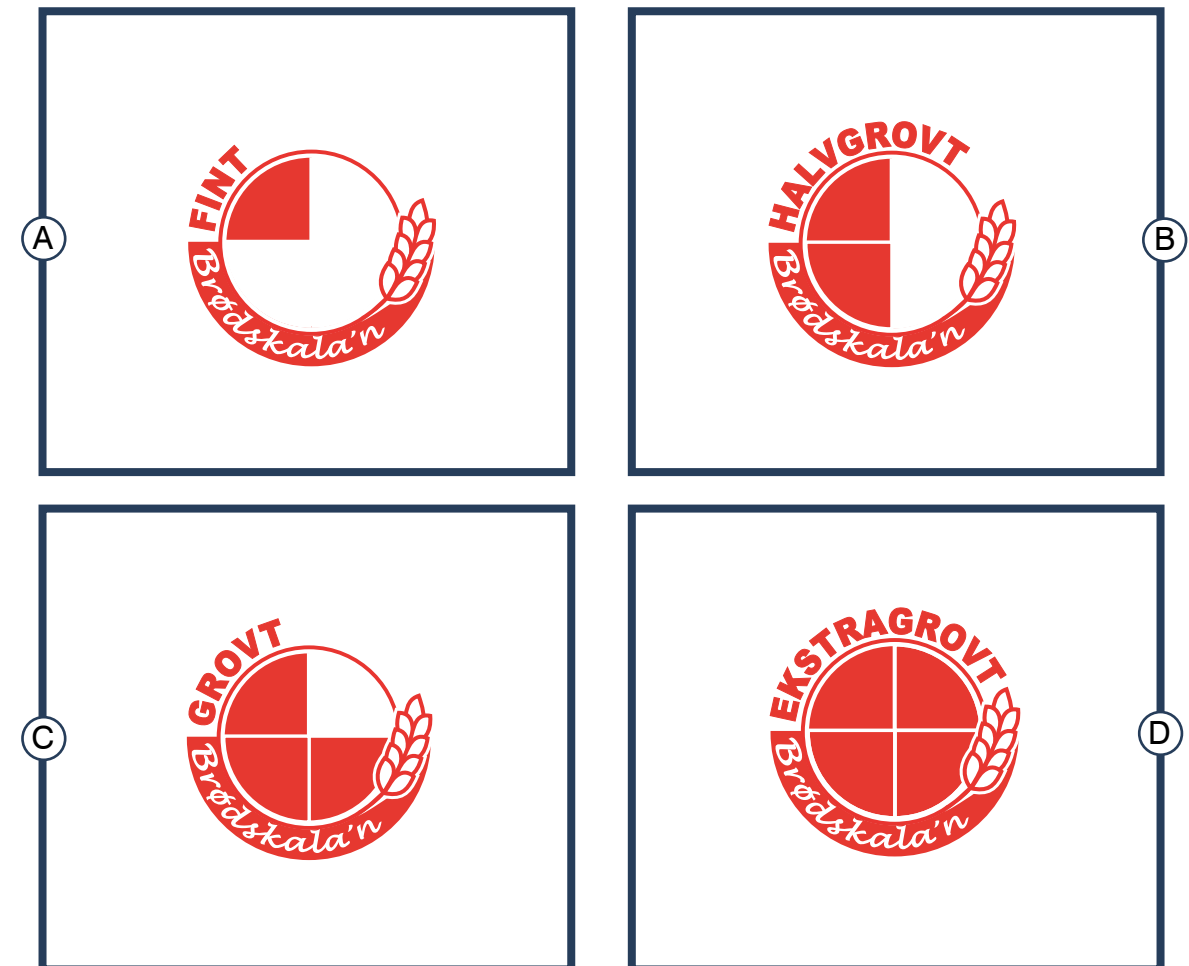
4. Kopper



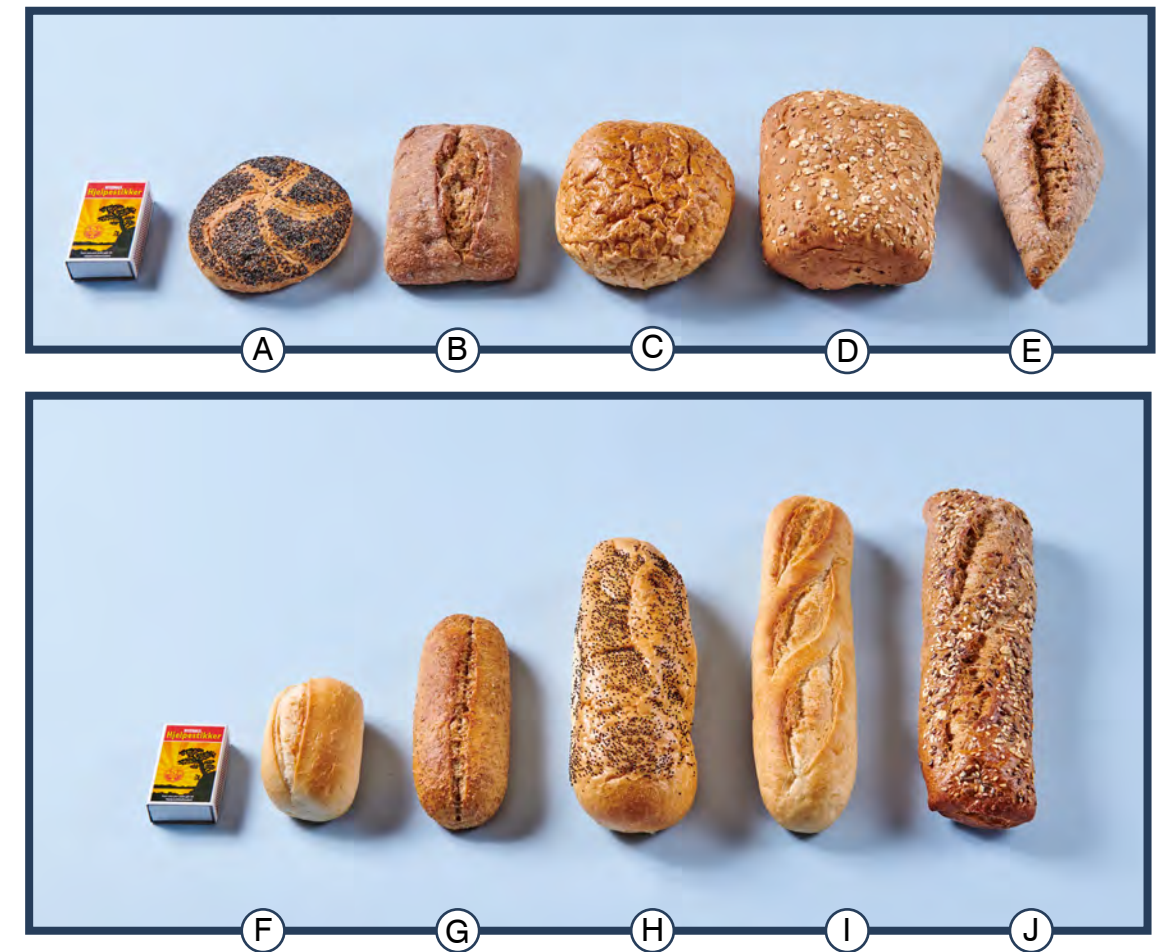
5. Plast- og pappkrus



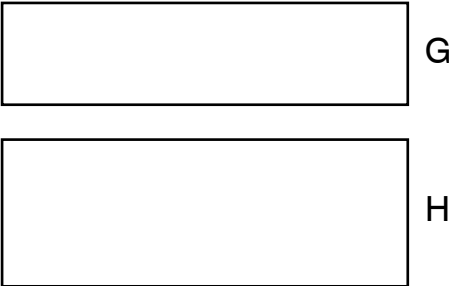
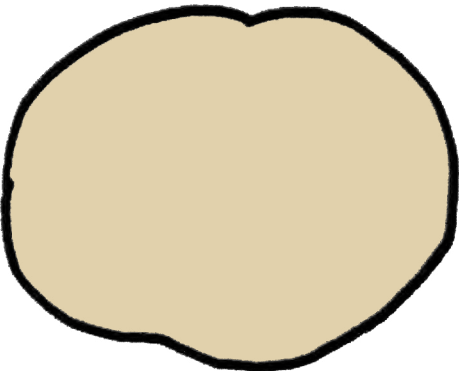
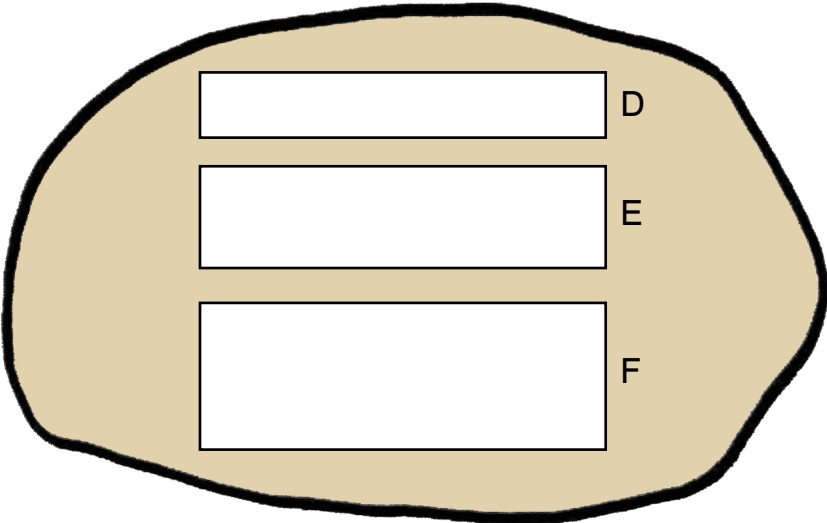
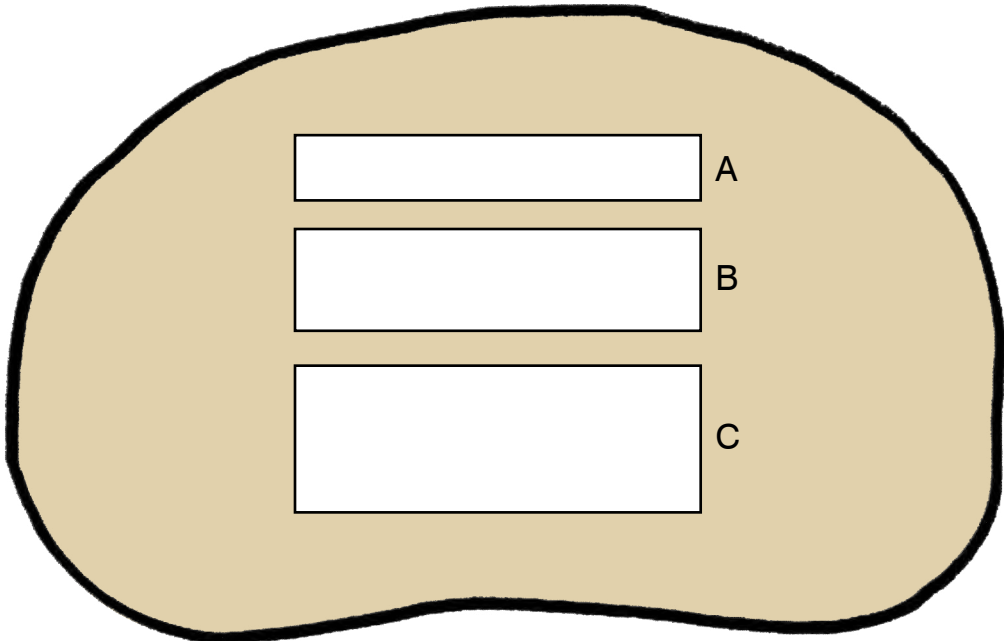
6. Grovhetsmerker for brød



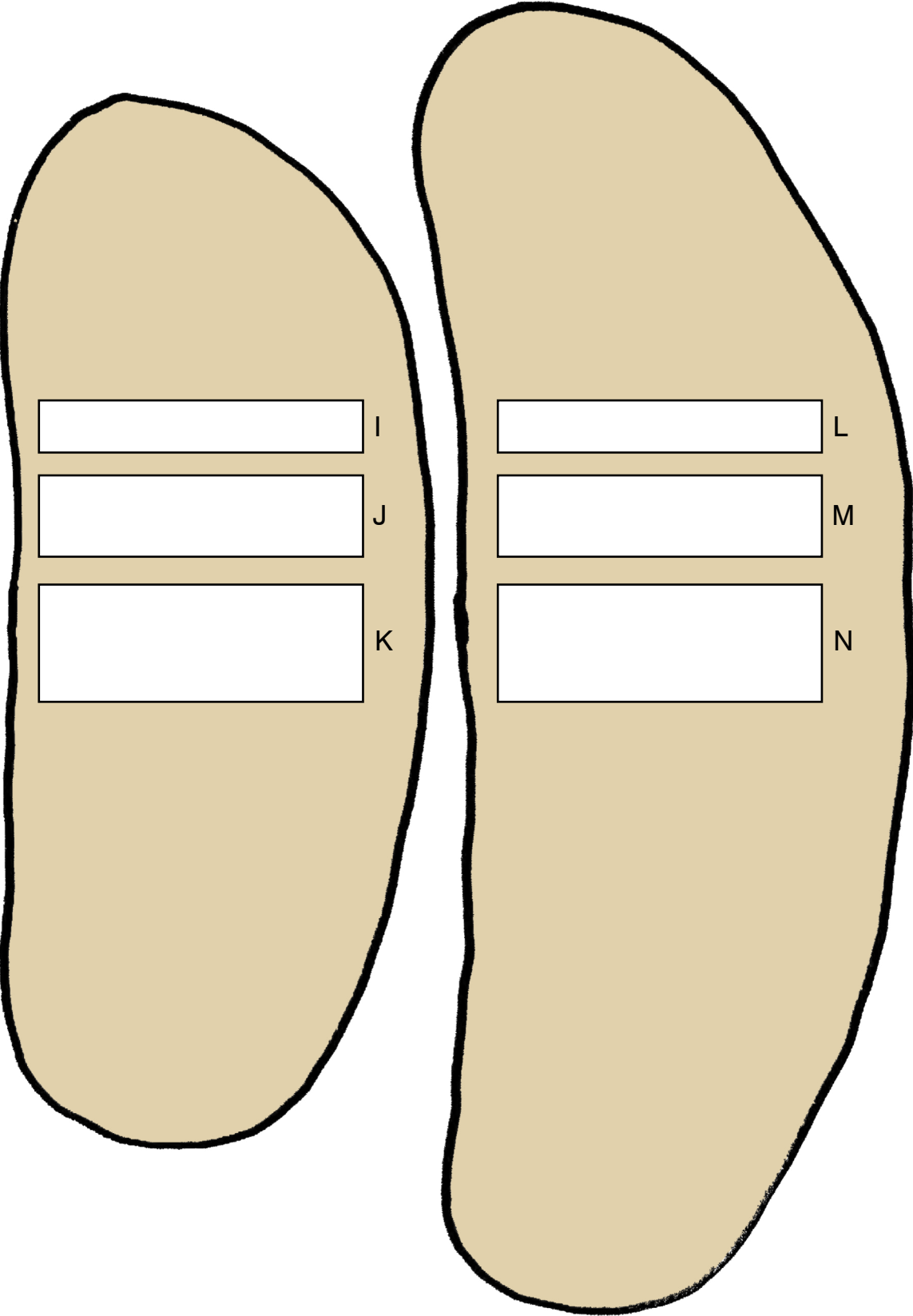
7. Rundstykker



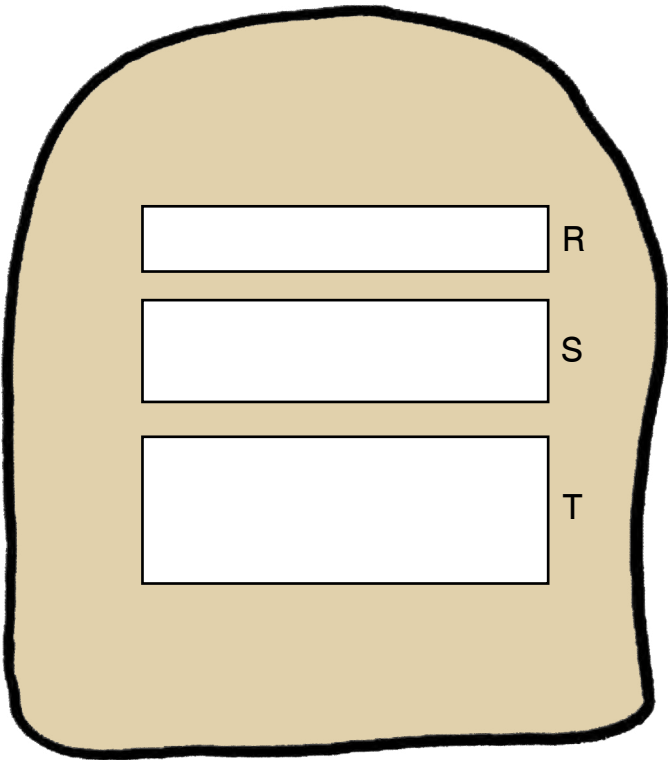
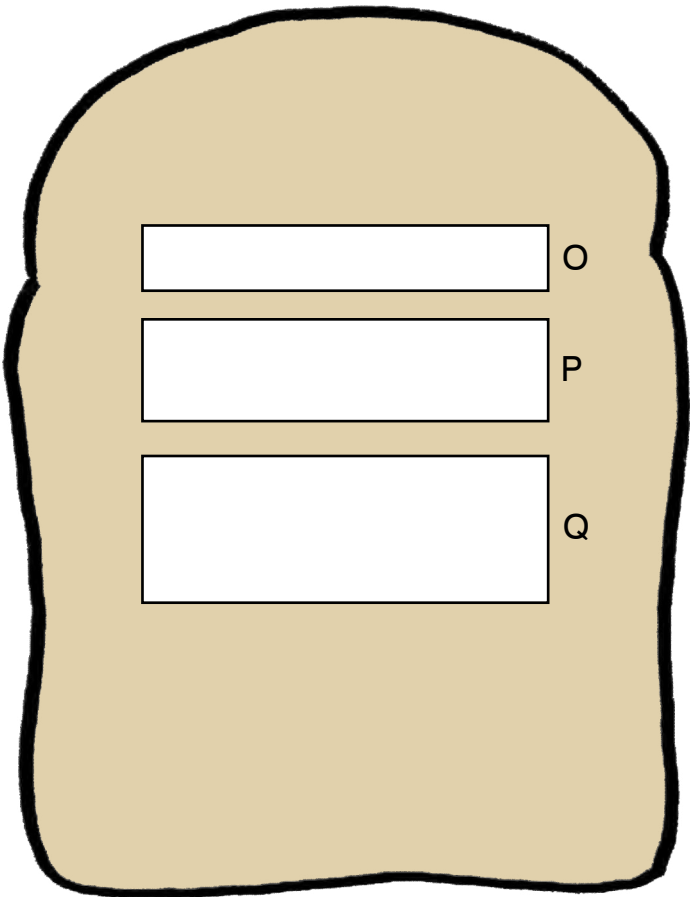
8. Ovale brødsiver, fasong og tykkelse



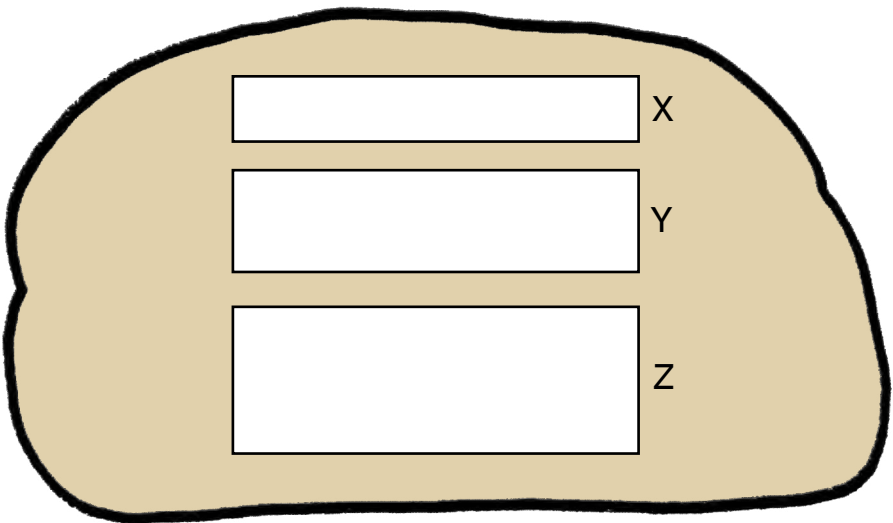
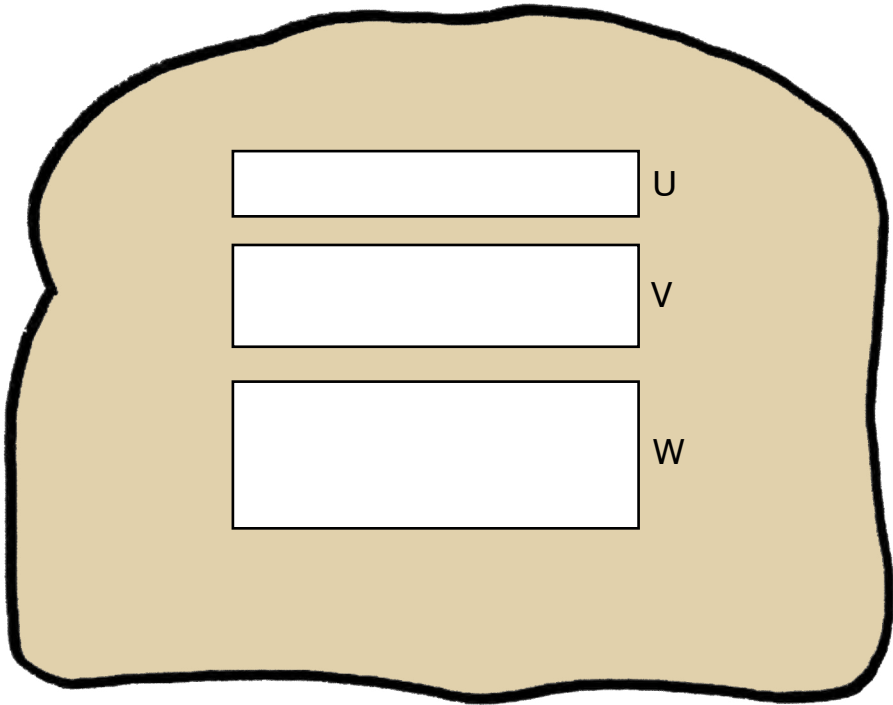
8. Ovale brødsiver, fasong og tykkelse (forts)



9. Firkantede brødsiver, fasong og tykkelse



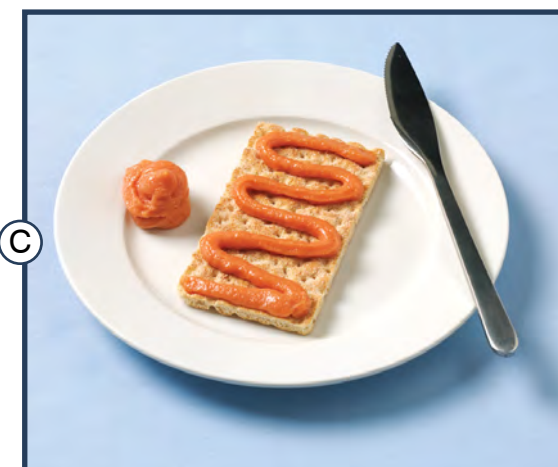
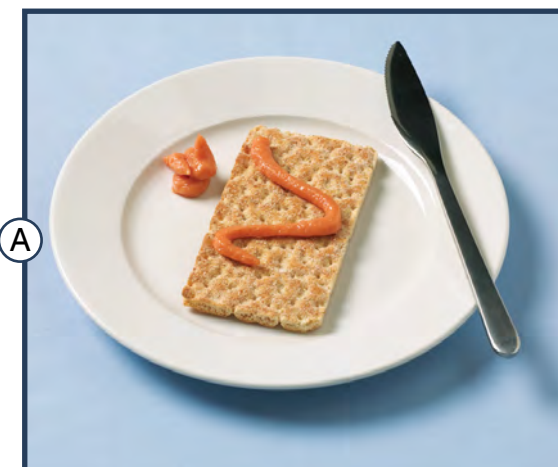
9. Firkantede brødsiver, fasong og tykkelse (forts)



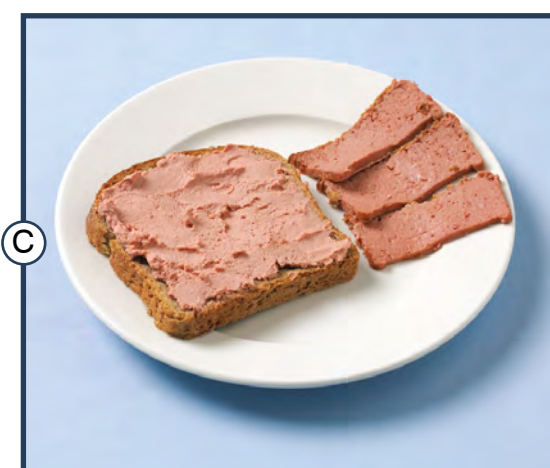
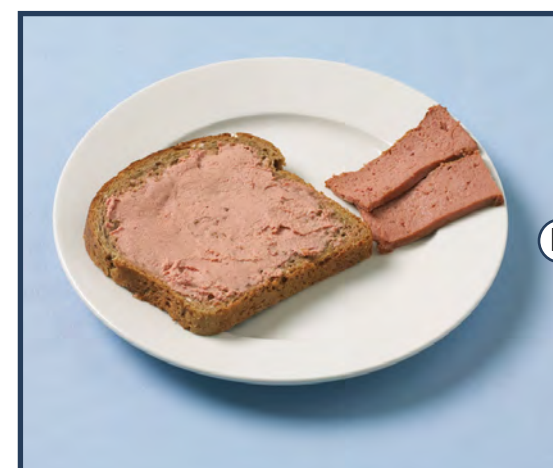
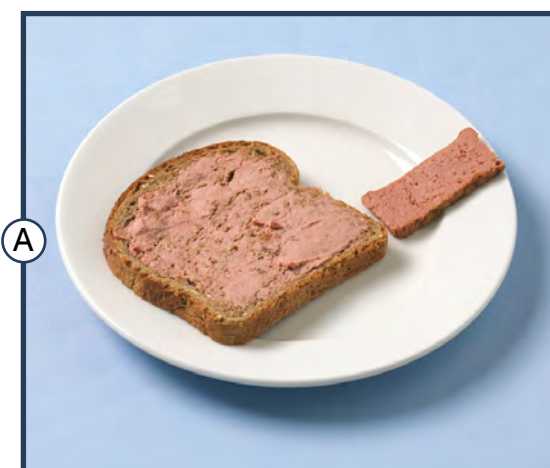
10. Smør, margarin på brødet



11. Kaviar



12. Leverpostei



13. Syltetøy



14. Majonessalat



15. Ost



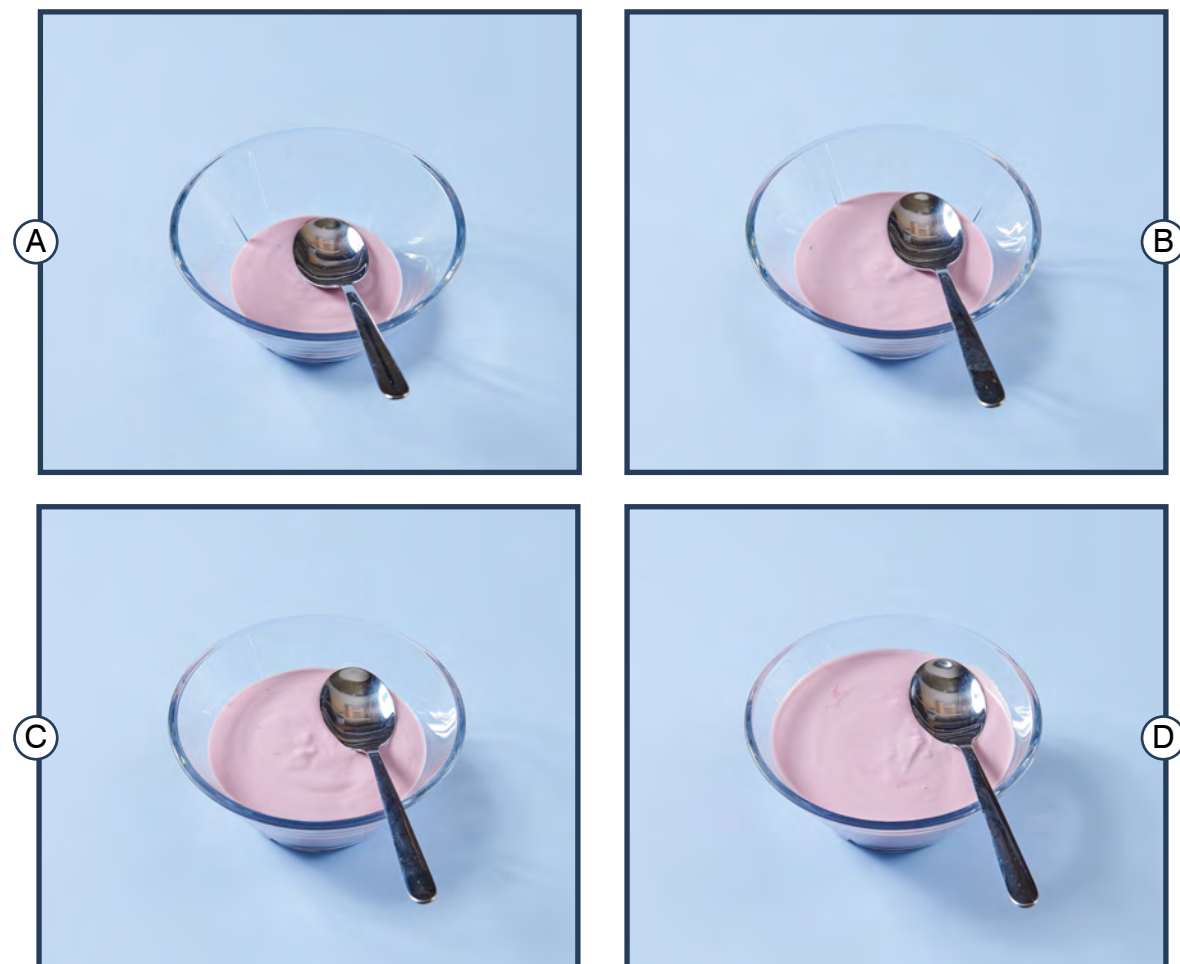
16. Frokostblanding



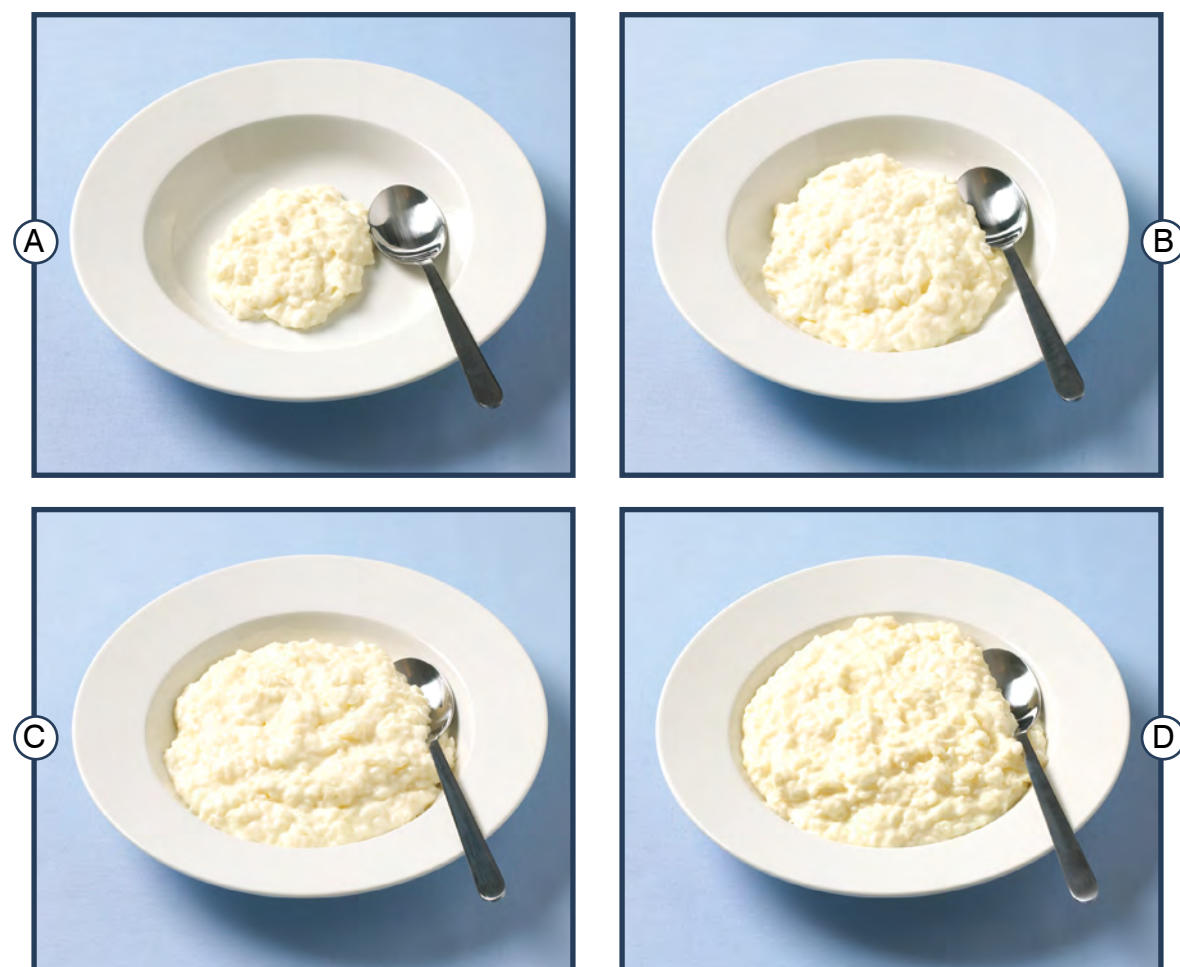
17. Cornflakes



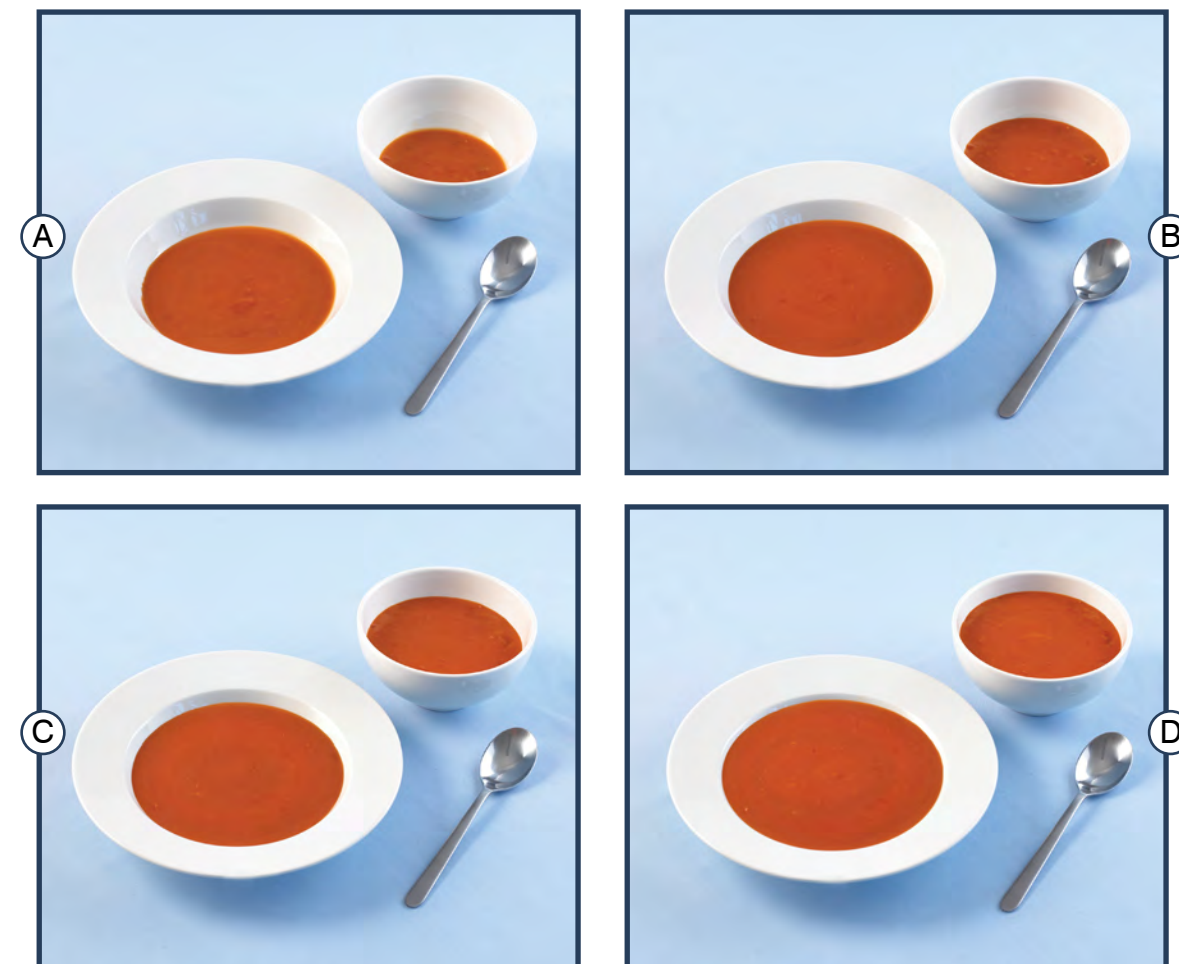
18. Yoghurt



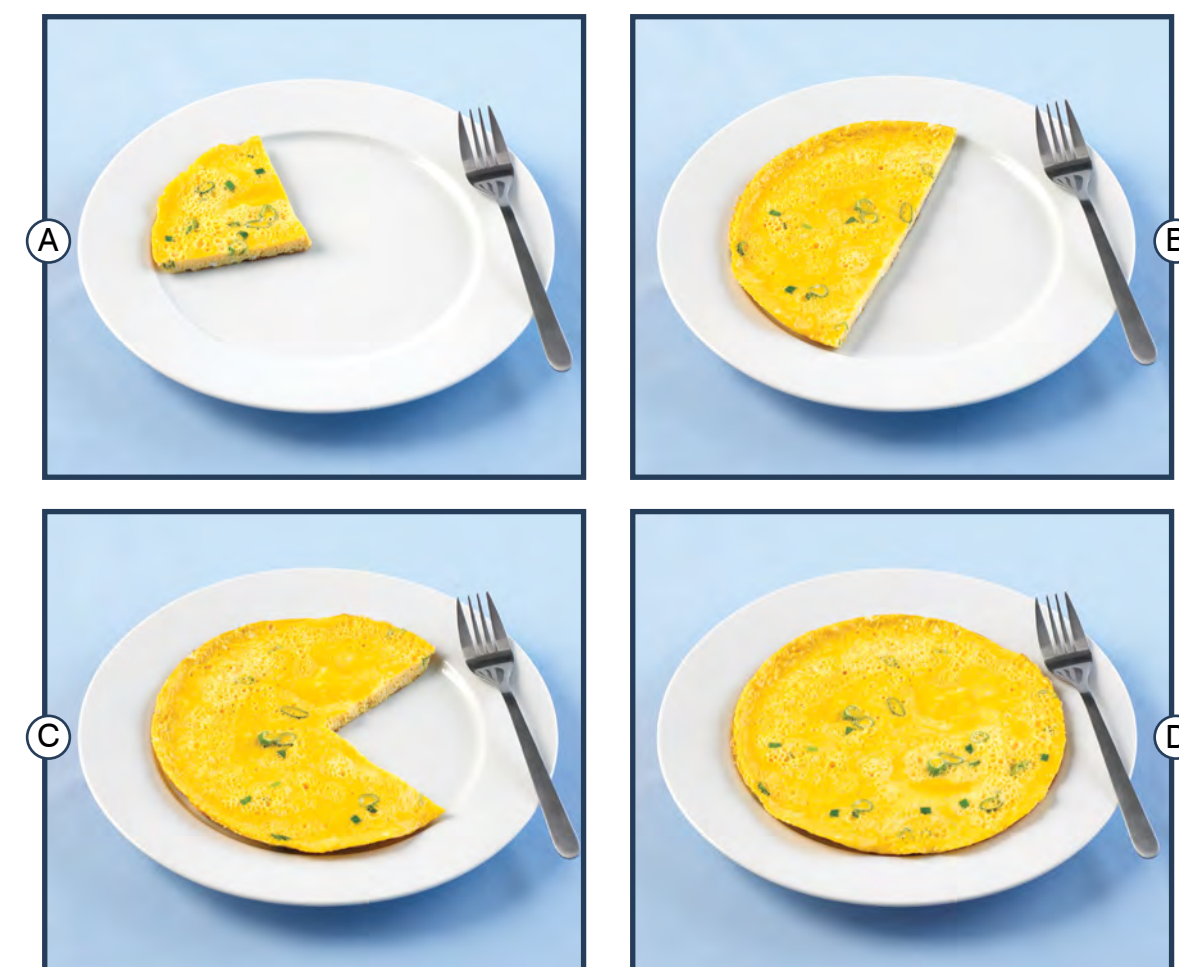
19. Grøt



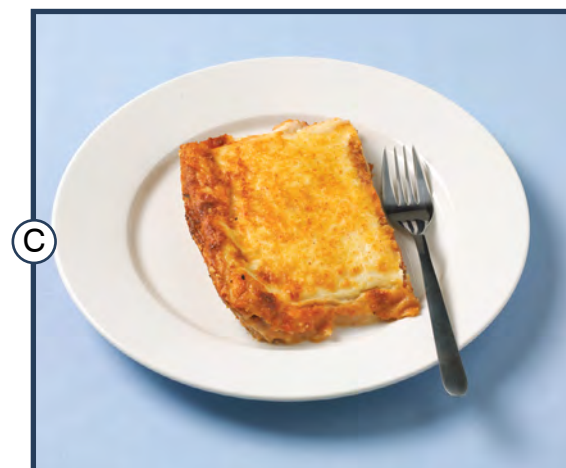
20. Suppe



21. Omelett



22. Lasagne



23. Kjøttsaus



24. Pizza



25. Pizza, firkanter



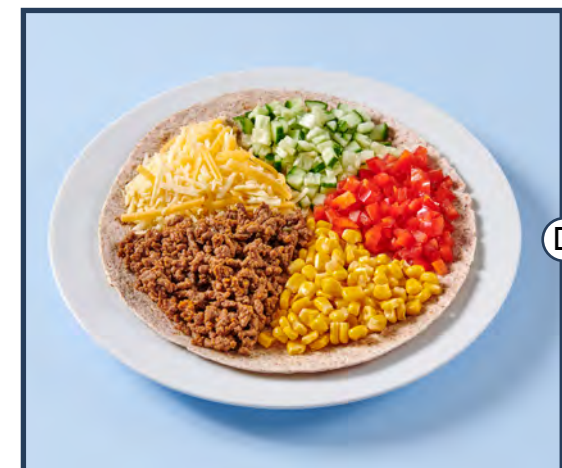
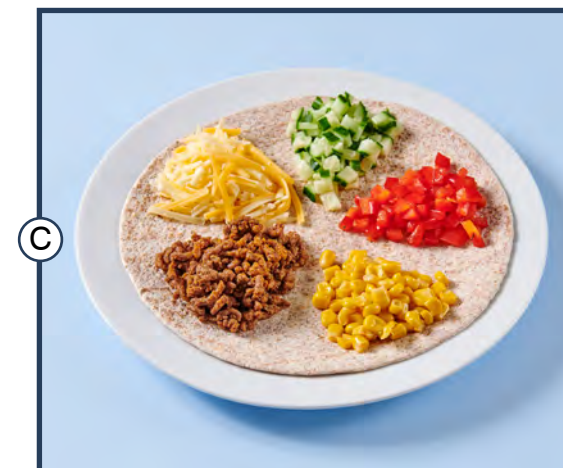
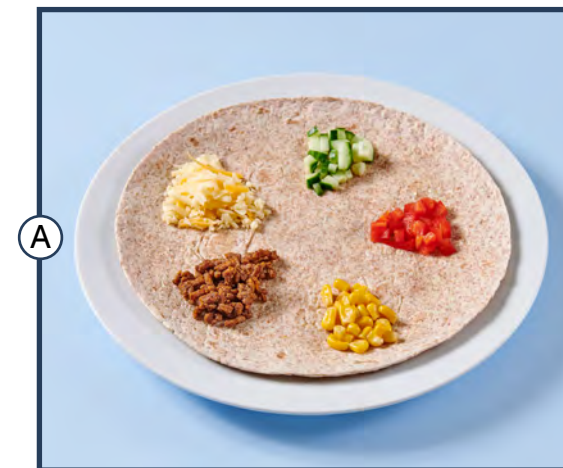
26. Wok



27. Gryterett



28. Taco



29. Kjøtt i strimler



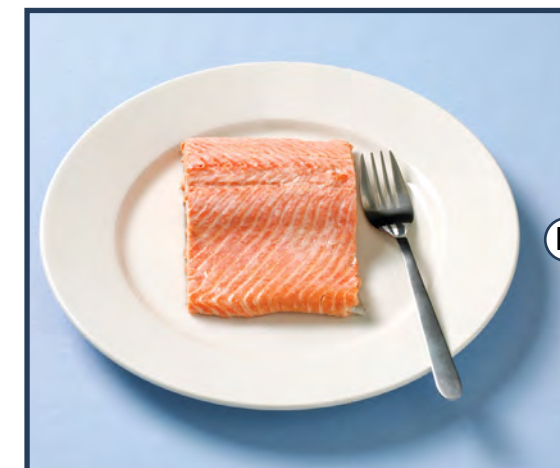
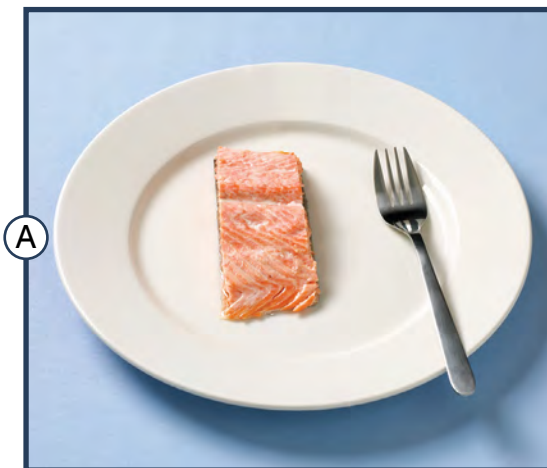
30. Helt kjøtt



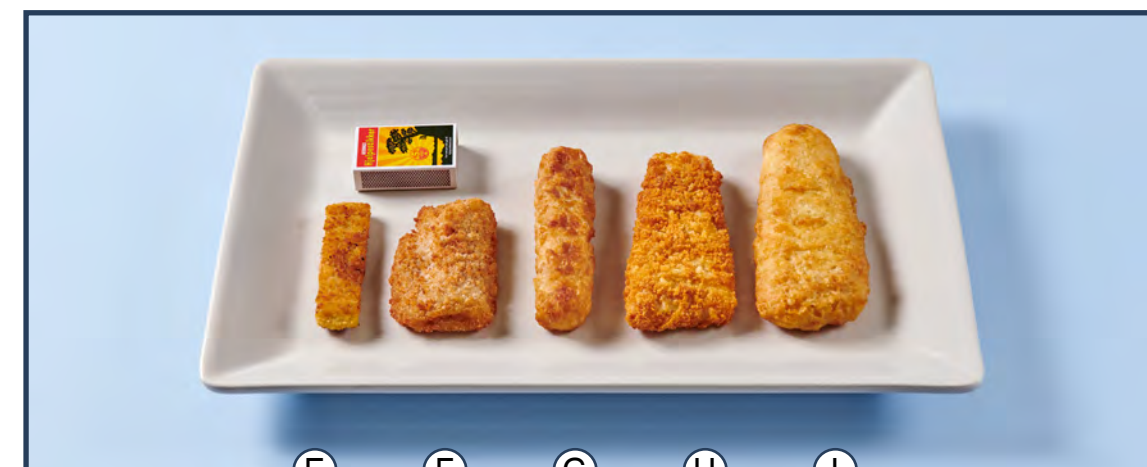
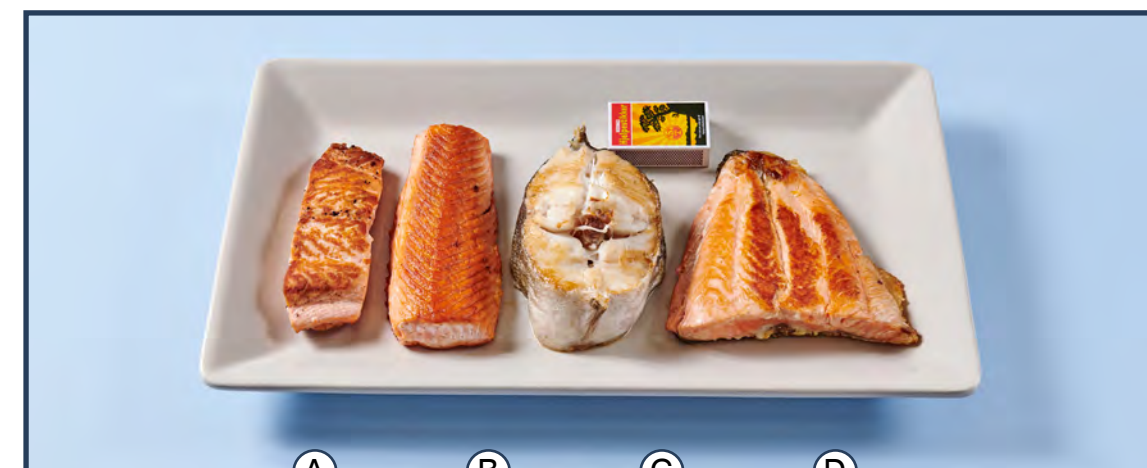
31. Reker



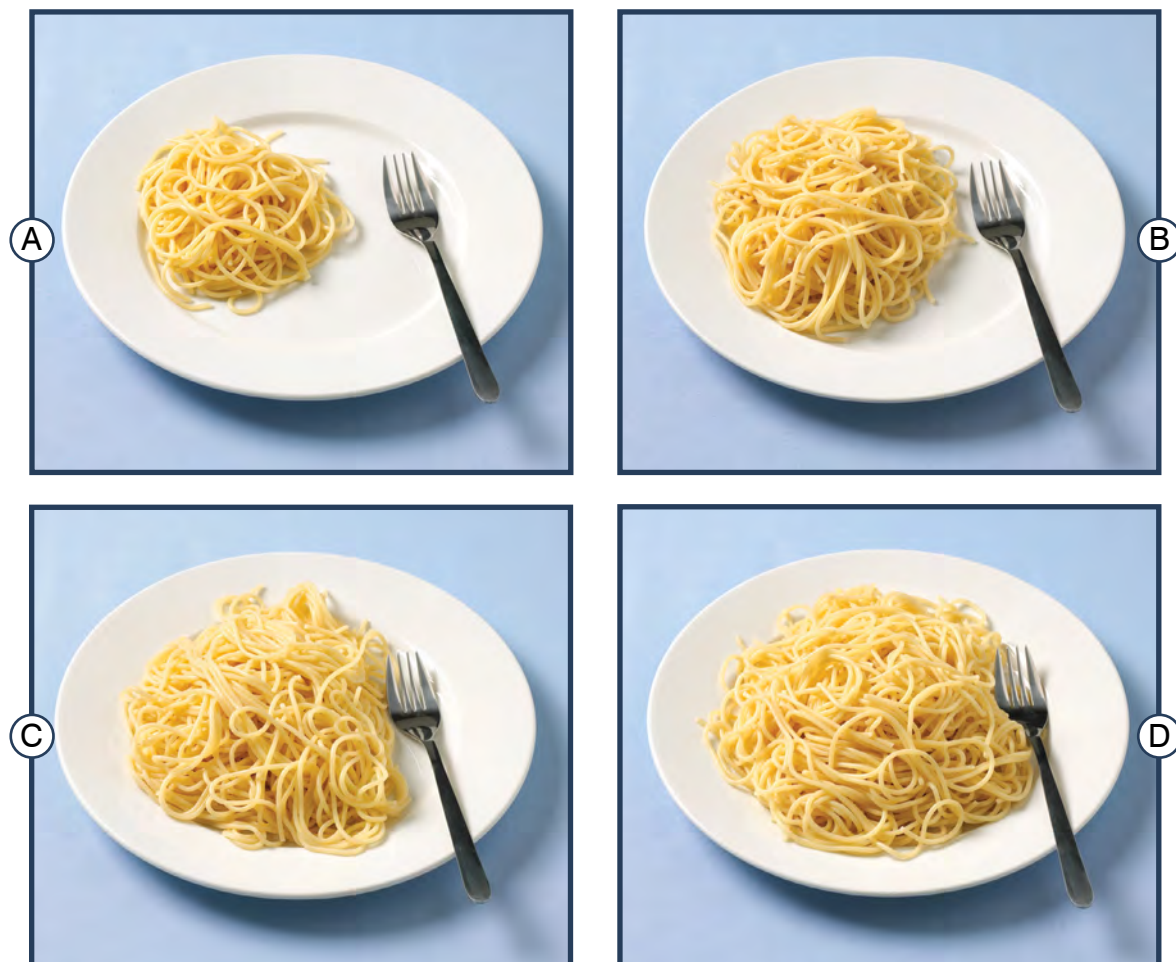
32. Fisk



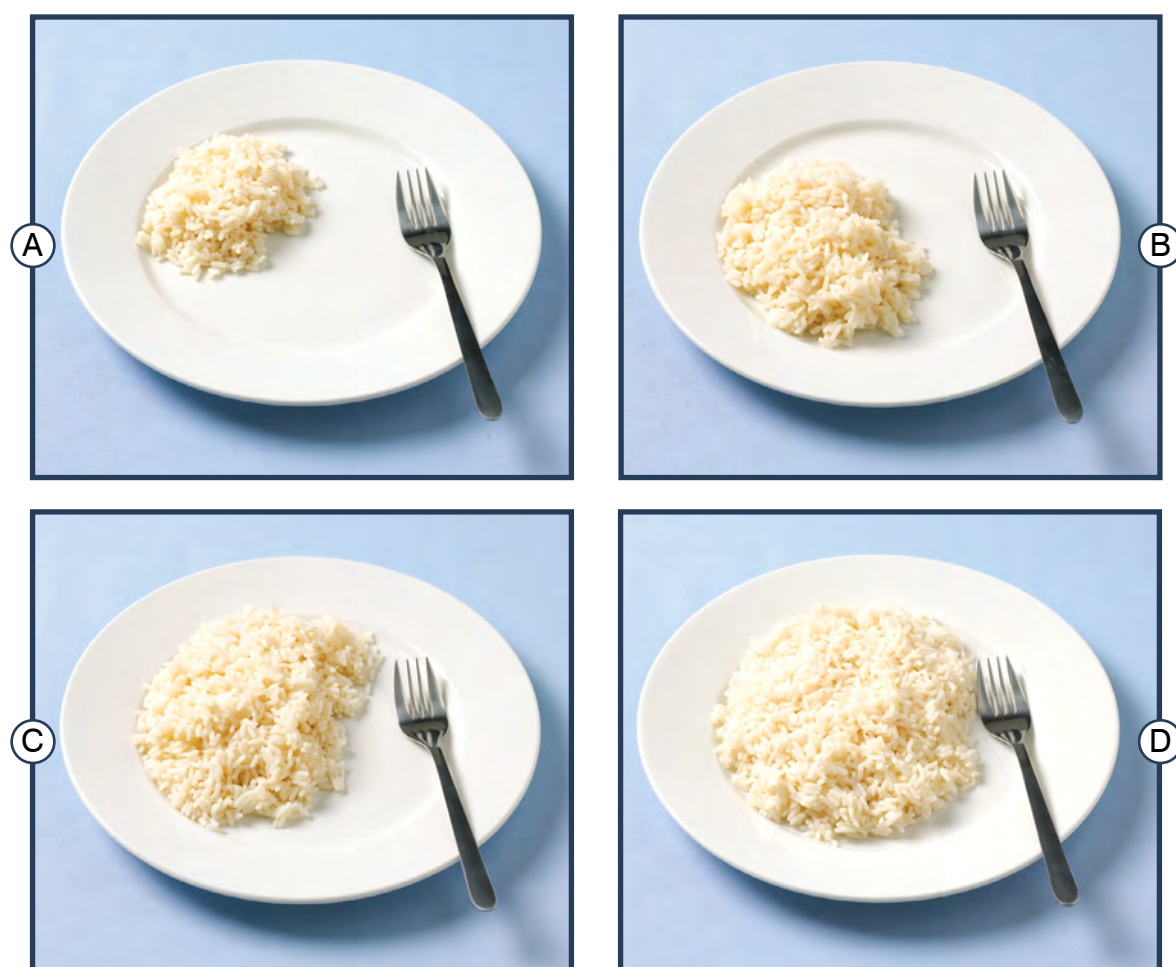
33. Fisk



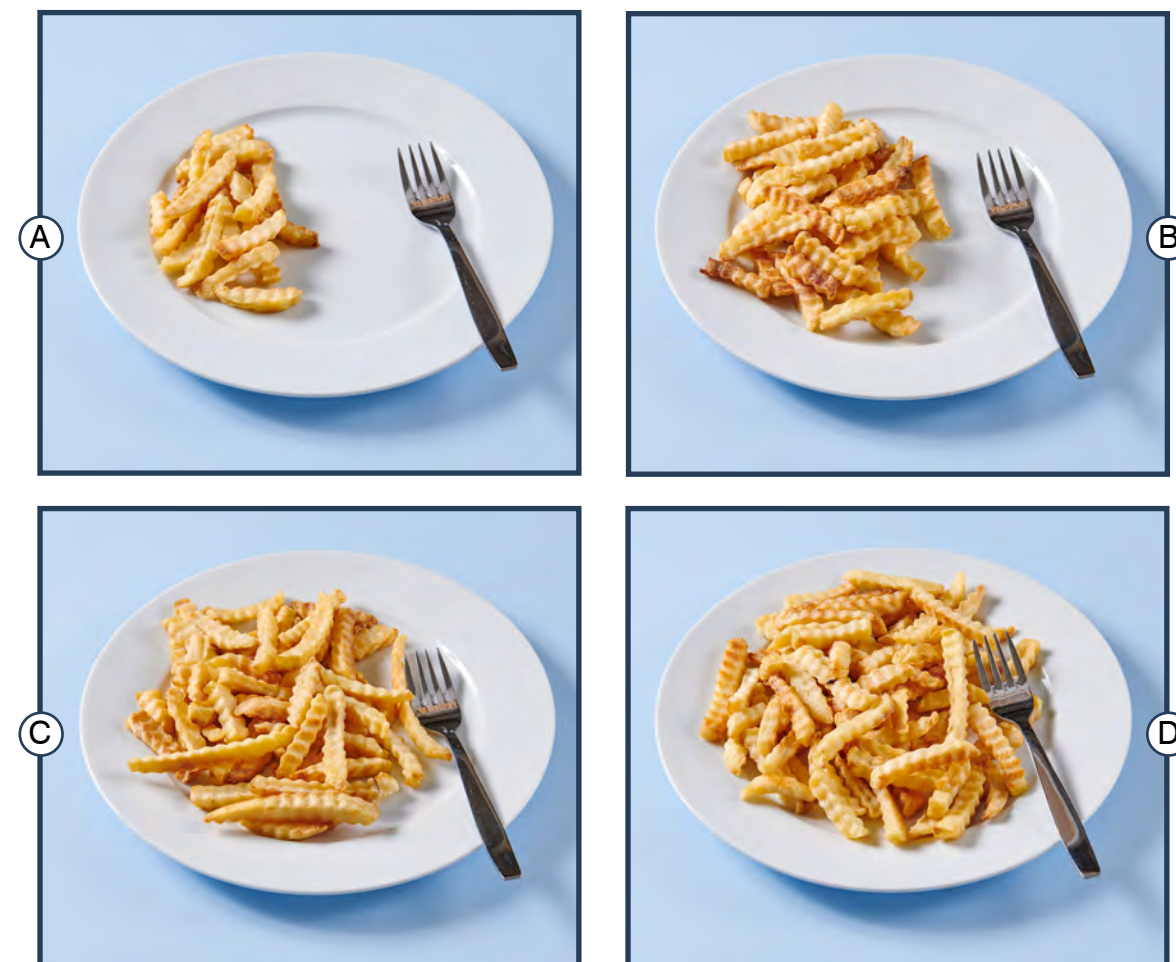
34. Spagetti og annen pasta



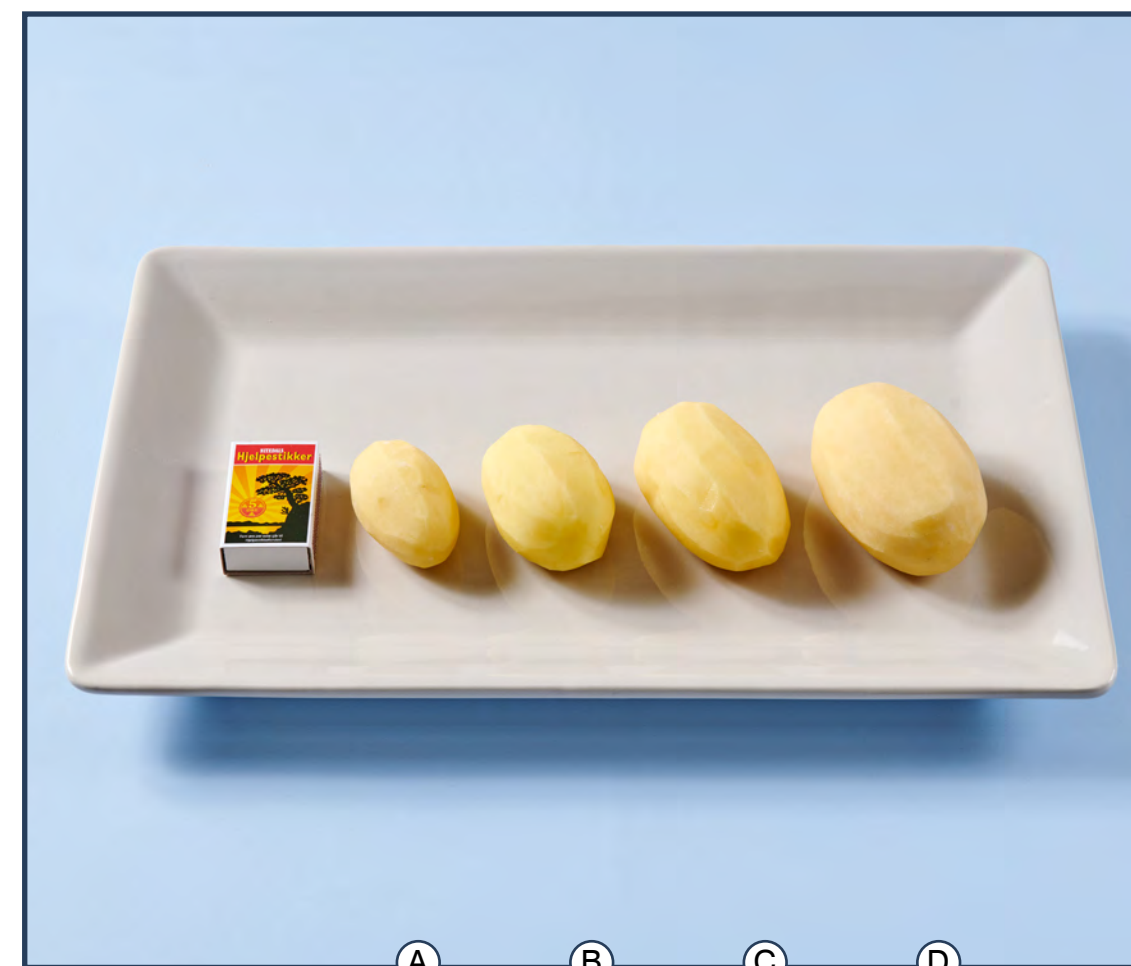
35. Ris



36. Pommes frites



37. Poteter



38. Saus



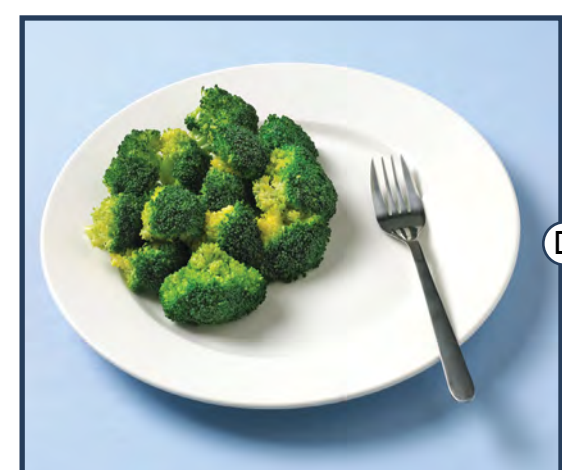
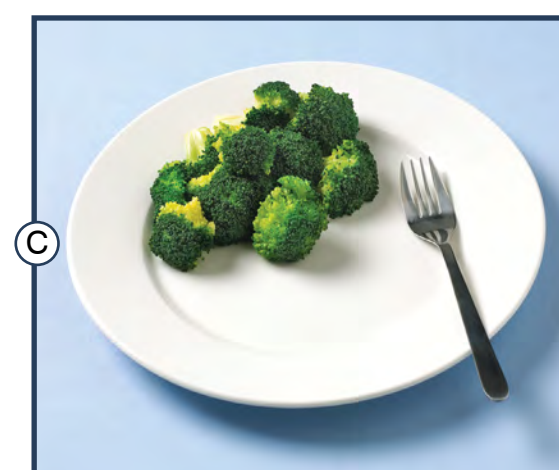
39. Salat



40. Grønnsaksblanding



41. Brokkoli



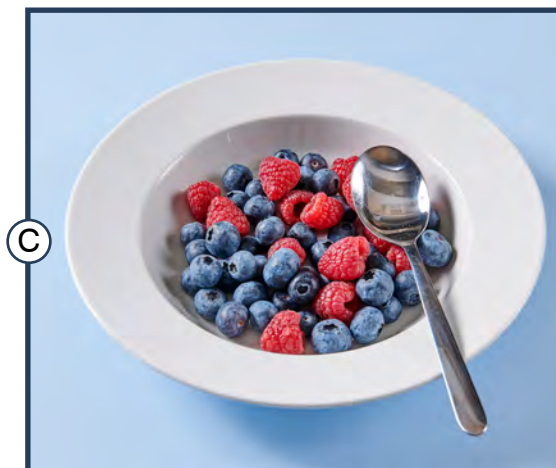
42. Druer



43. Jordbær



44. Bær



45. Is



46. Formkake



47. Brownie



48. Bløtkake



49. Smågodt



0
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27

50. Nøtter



51. Potetgull



