



Bildehefte

med porsjons- størrelser



En landsomfattende
kostholdsundersøkelse

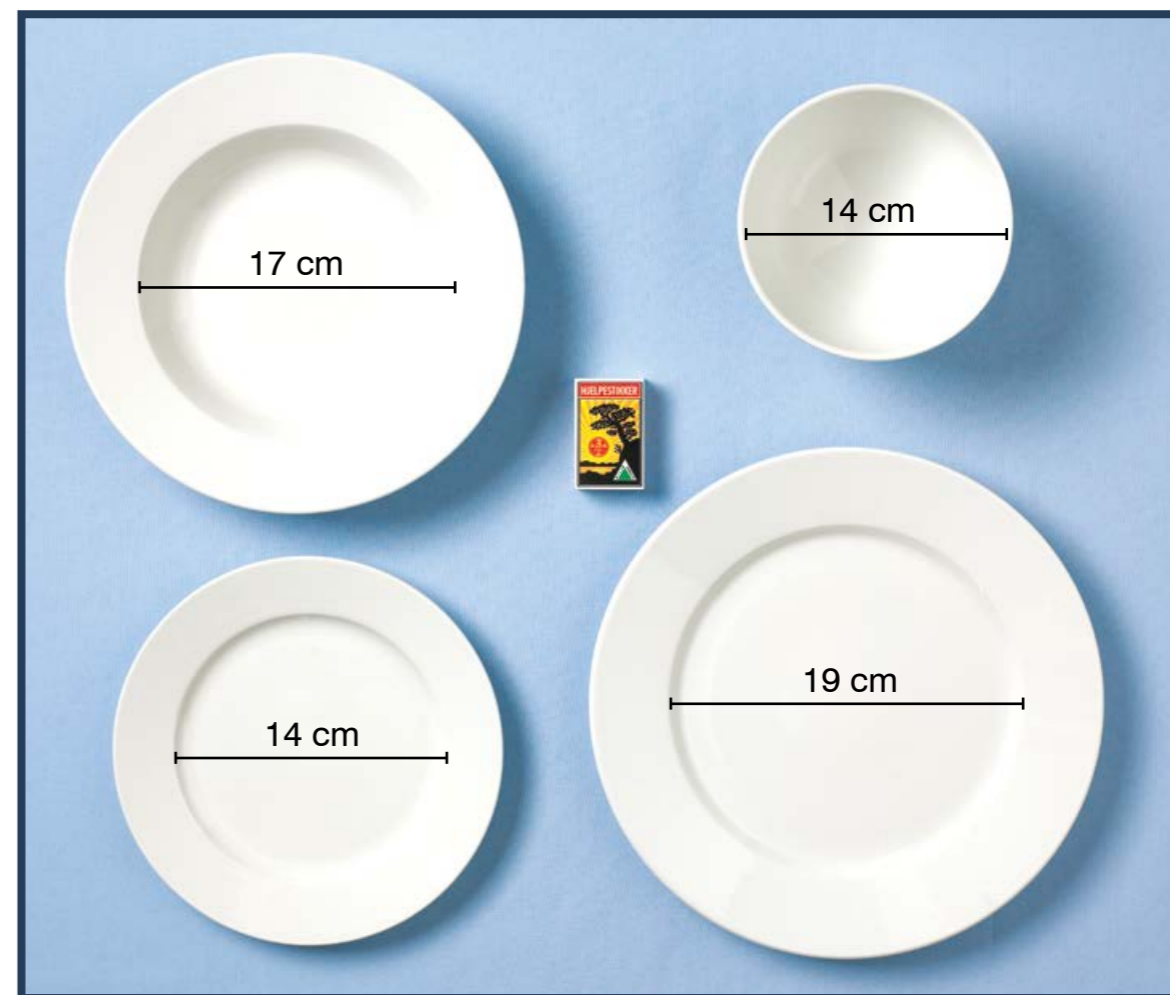
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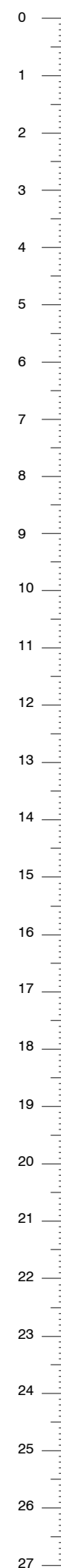
Foto: Alf Börjesson, Eva Brænd, Jon Marius Nilsson
 Design: Anagram Design
 Tegningene av brød: fra EPIC-SOFT bildebok – laget til Kvinner og kreft-studien ved Universitetet i Tromsø, Norge.

Grovhetsmerker for brød: Brødskalamerkene er brukt etter tillatelse fra Baker- og Konditorbransjens Landsforening, som er merkeieier.

1. Størrelse på tallerkenene som er brukt i bildeheftet



2. Dype tallerkener



3. Glass



4. Kopper



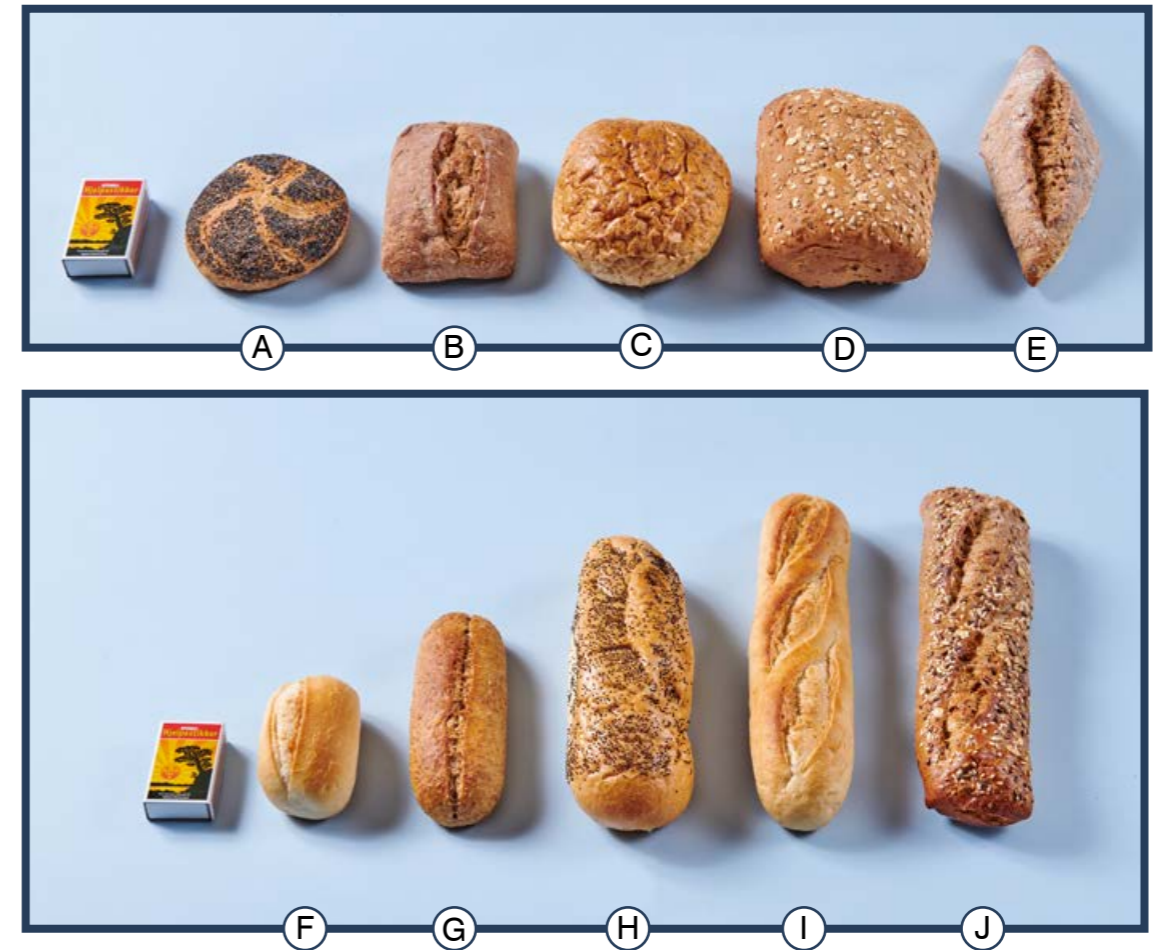
5. Plast- og pappkrus



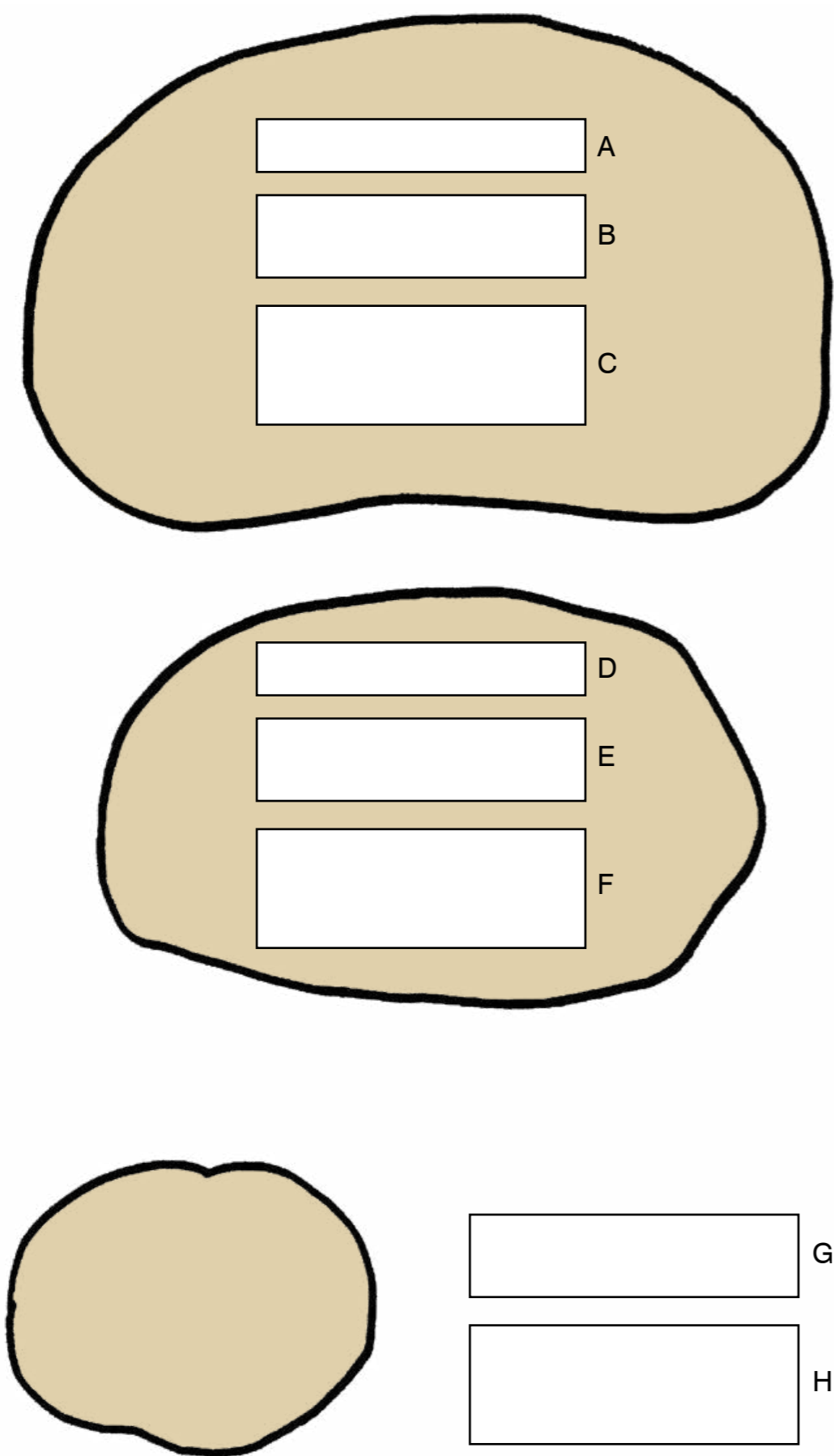
6. Grovhetsmerker for brød



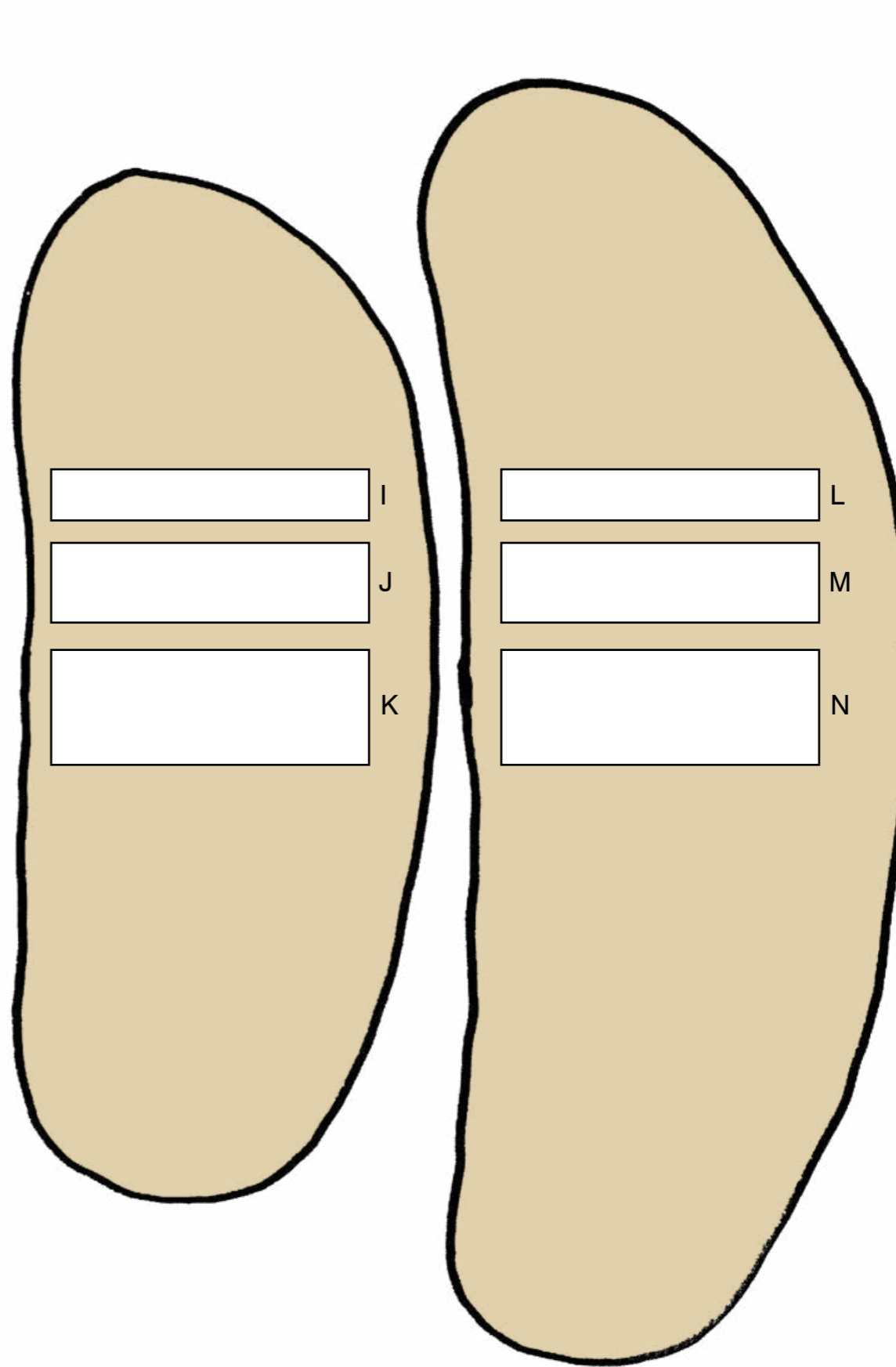
7. Rundstykker



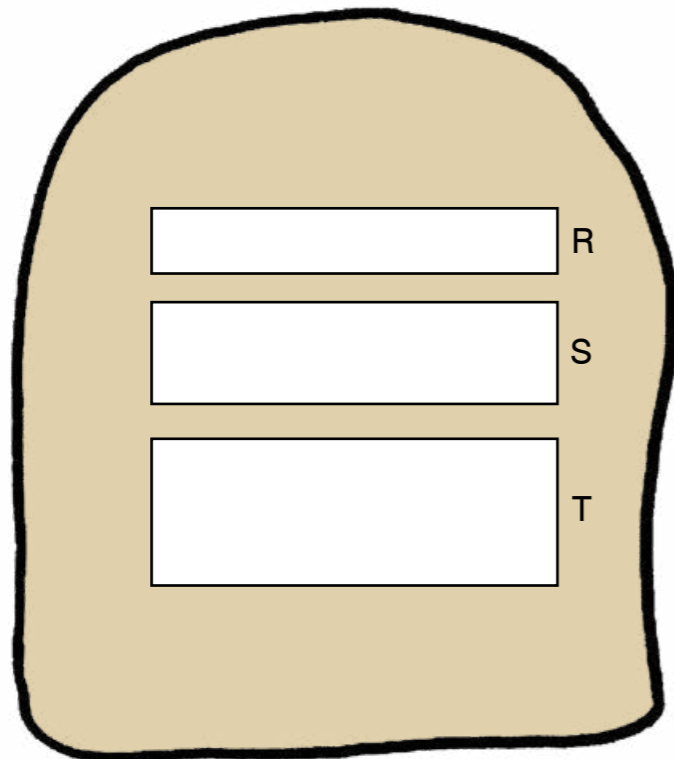
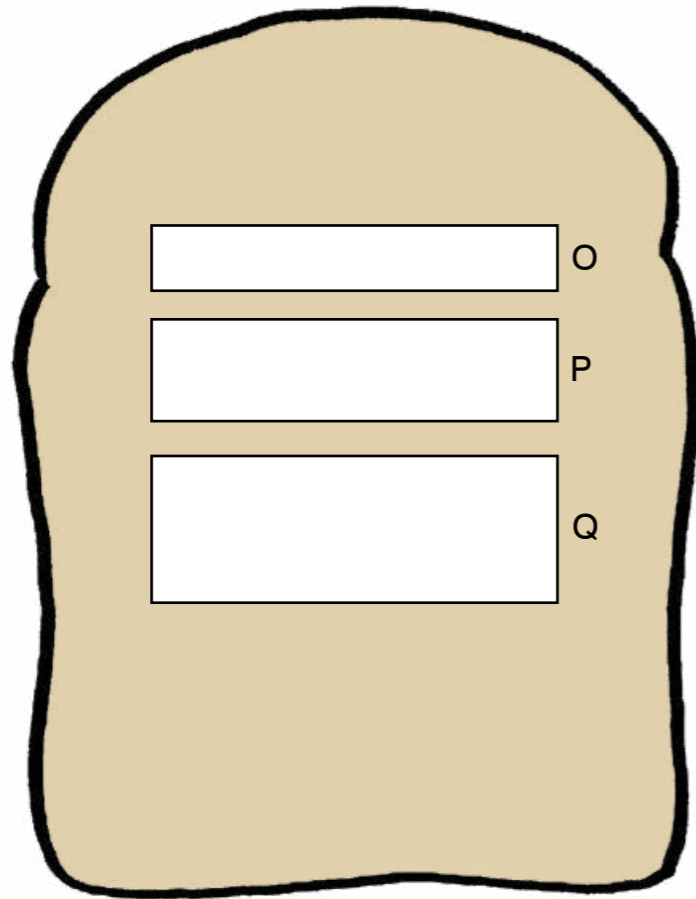
8. Ovale brødsiver, fasong og tykkelse



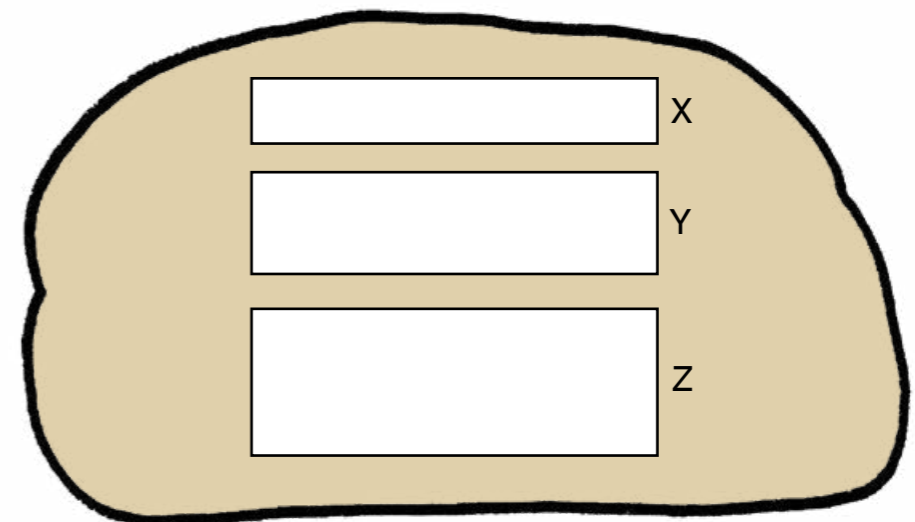
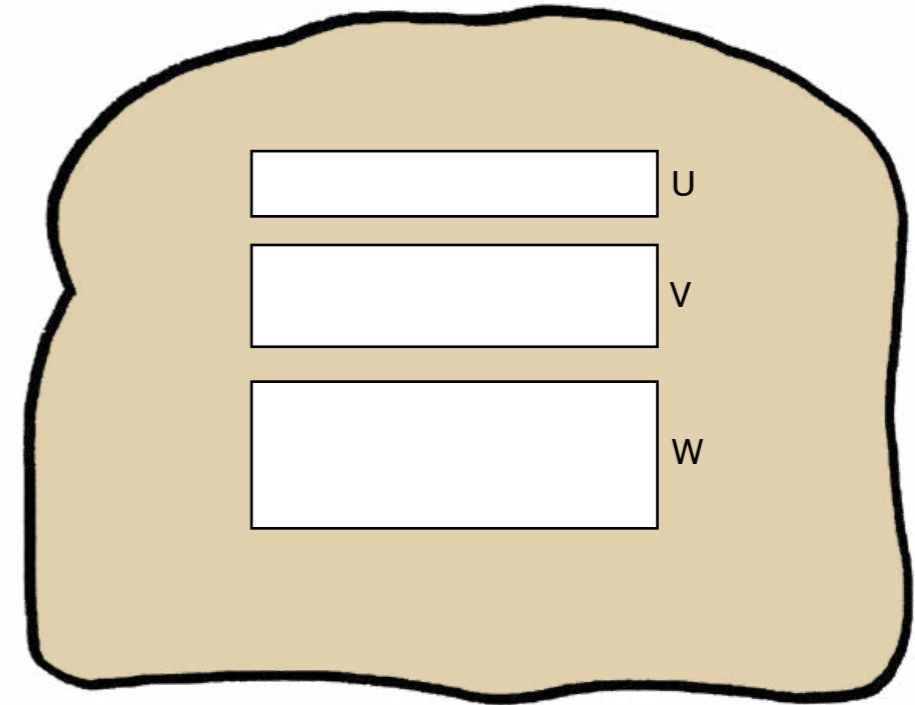
8. Ovale brødsiver, fasong og tykkelse (forts)



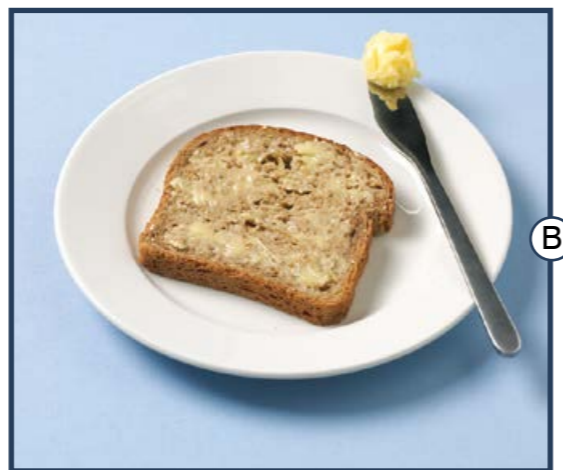
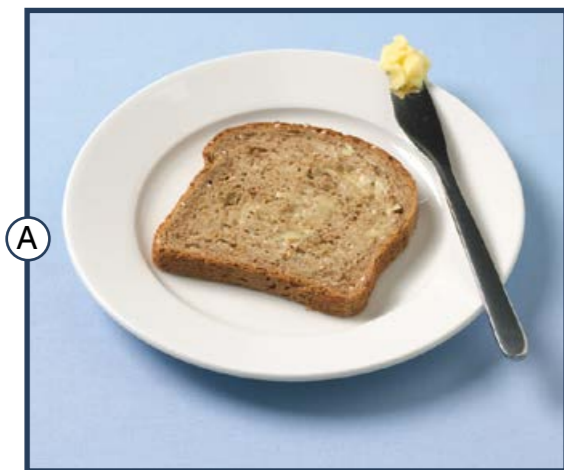
9. Firkantede brødsiver, fasong og tykkelse



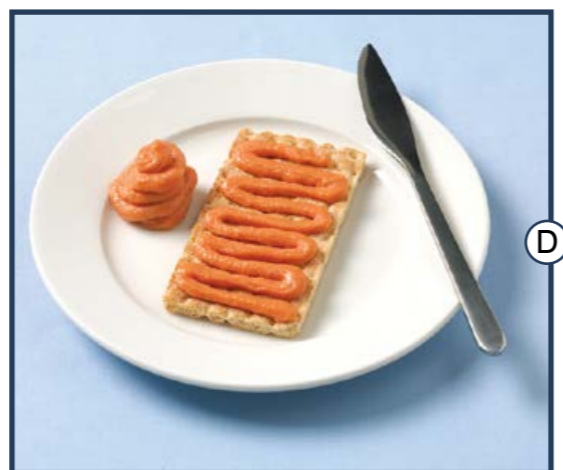
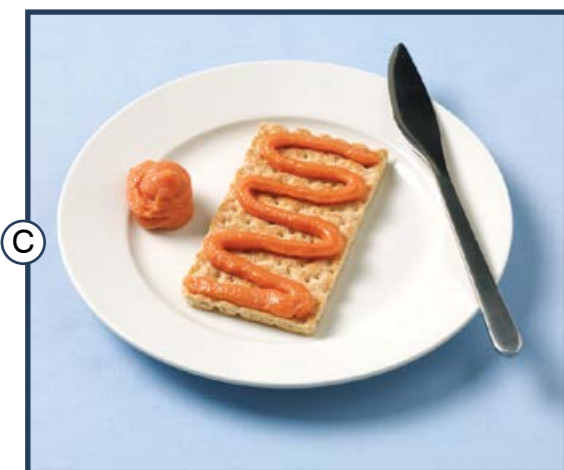
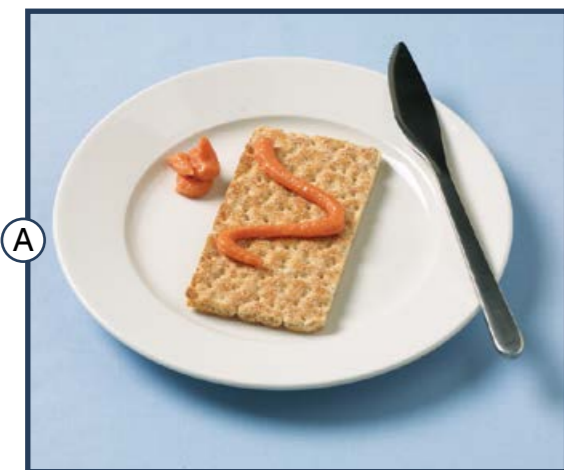
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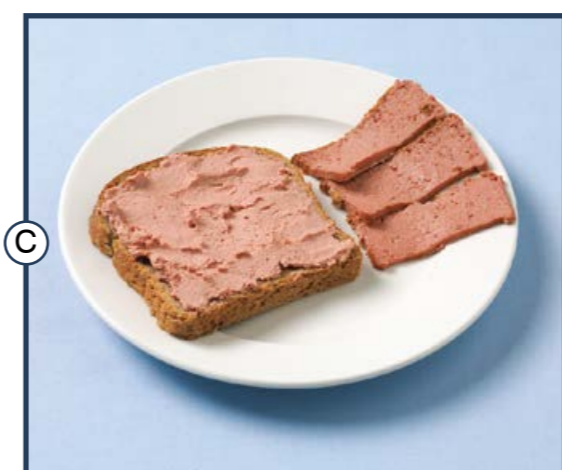
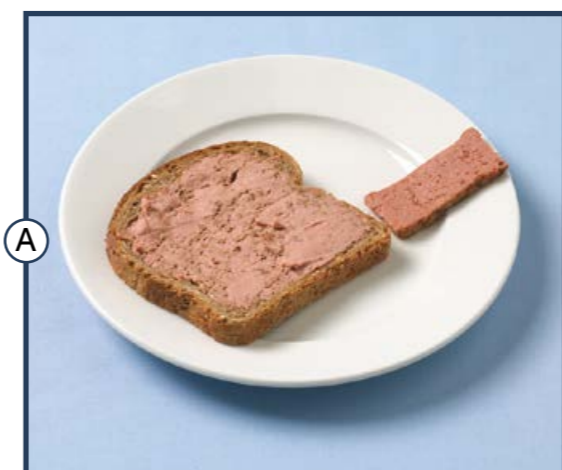
10. Smør og margarin



11. Kaviar



12. Leverpostei



13. Syltetøy



14. Majonessalat



15. Ost



16. Frokostblandning



17. Cornflakes



18. Yoghurt



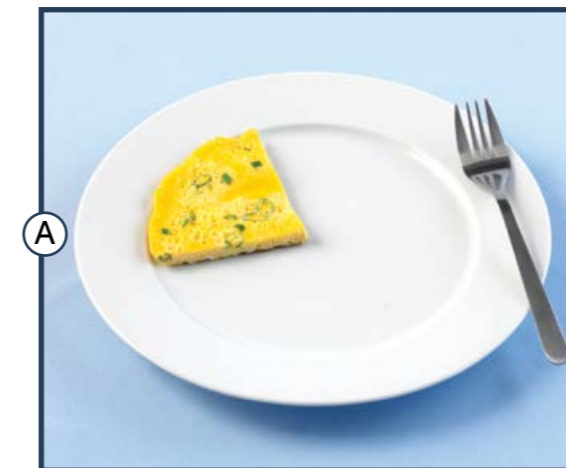
19. Grøt



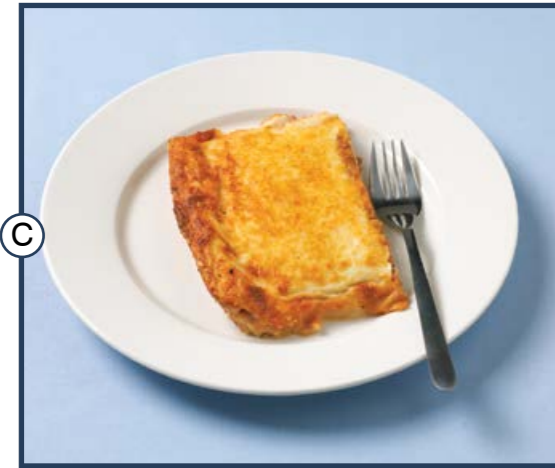
20. Suppe



21. Omelett



22. Lasagne



23. Kjøttsaus



24. Pizza



25. Pizza, firkanter



26. Wok



27. Gryterett



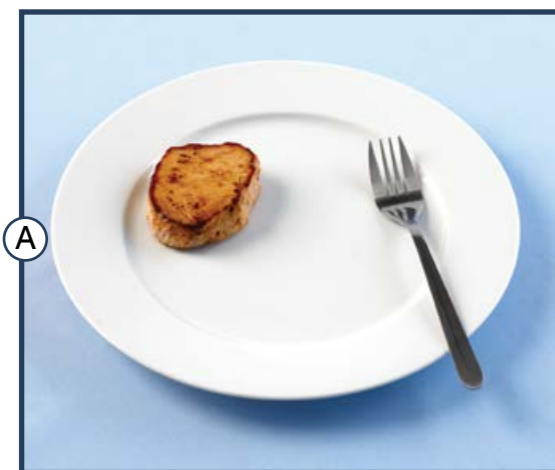
28. Taco



29. Kjøtt i strimler



30. Helt kjøtt



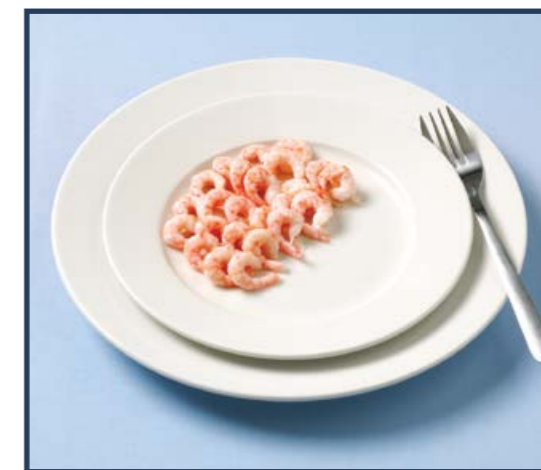
31. Kjøttboller, kjøttkaker og burgere



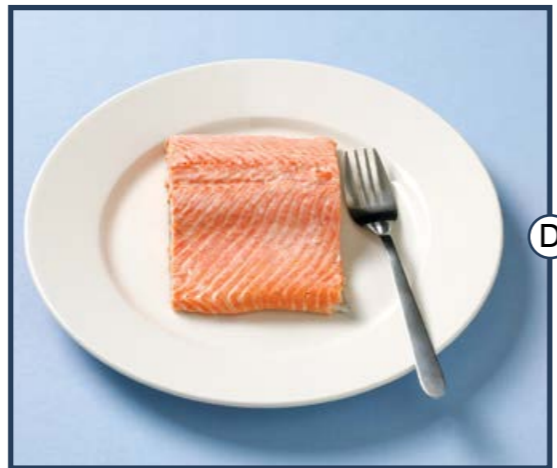
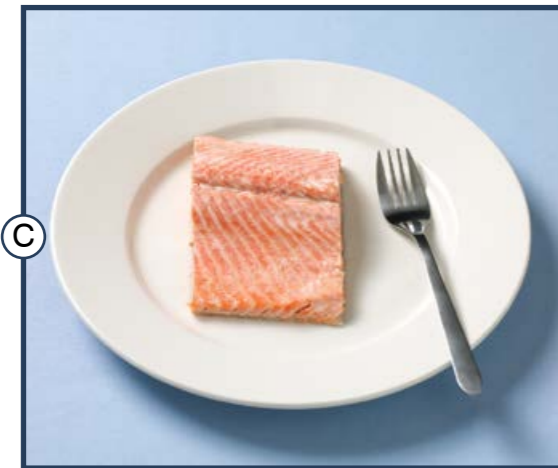
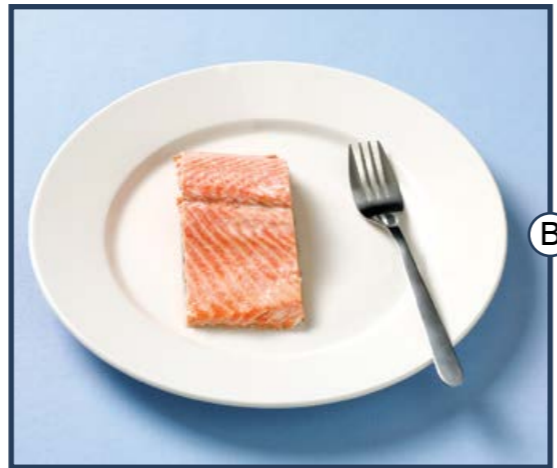
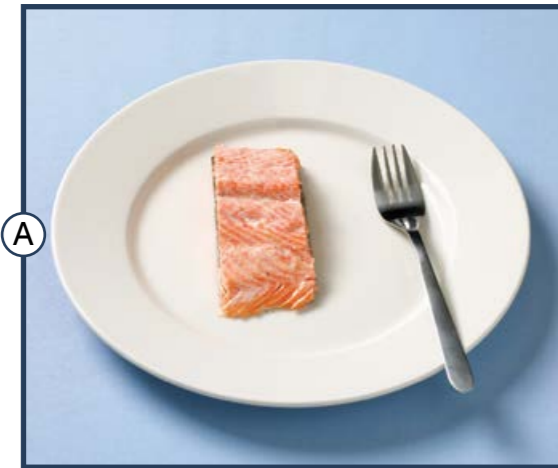
32. Kylling



33. Reker



34. Fiskefilet



35. Stekt fisk



36. Spagetti og annen pasta



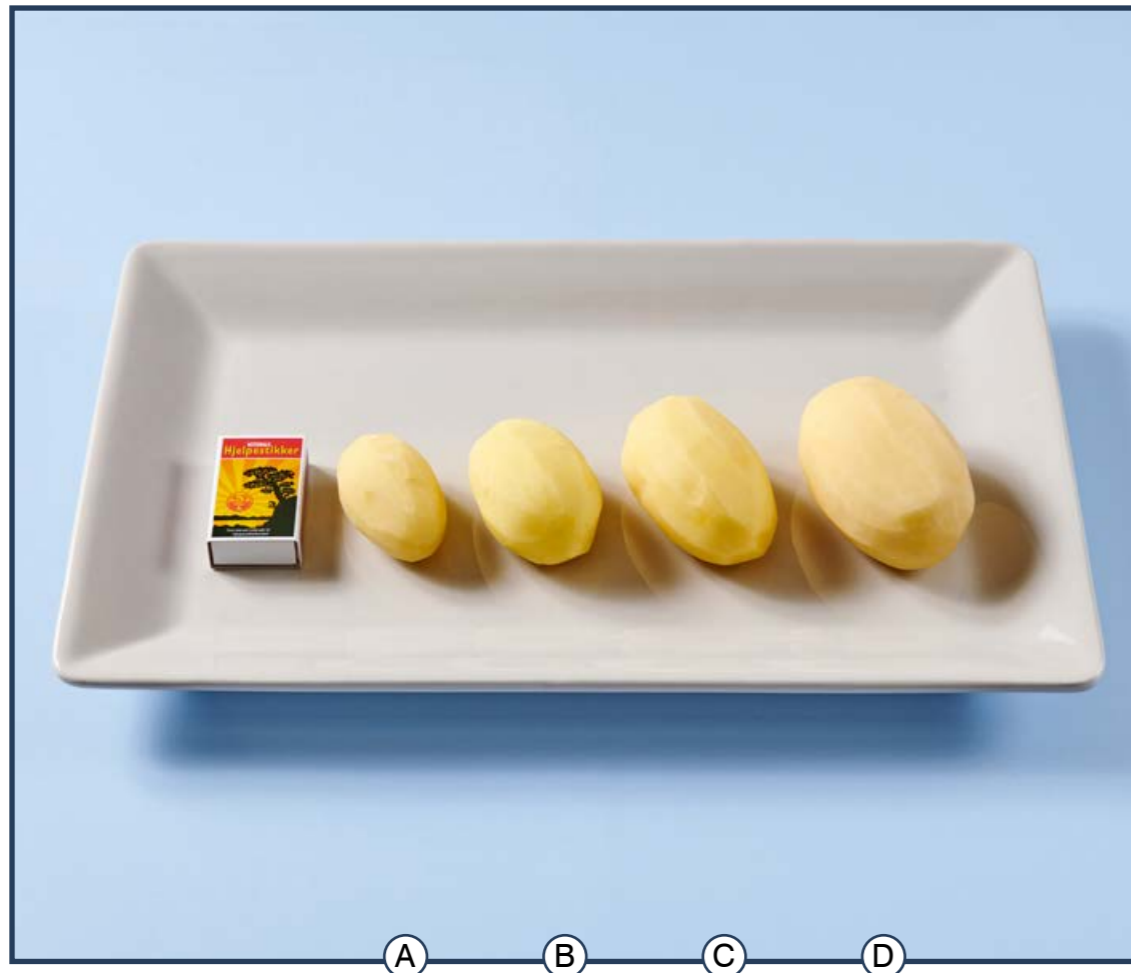
37. Ris



38. Pommes frites



39. Poteter



40. Saus



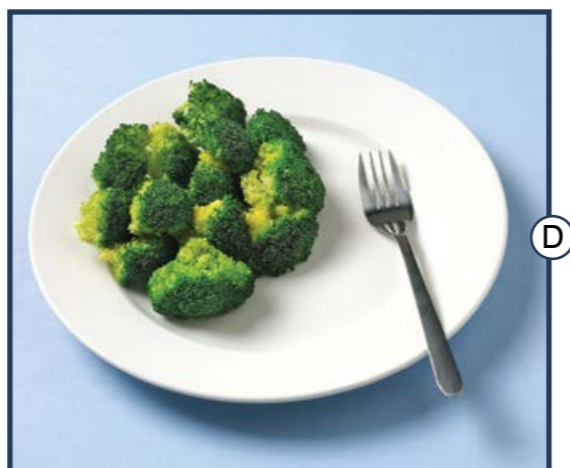
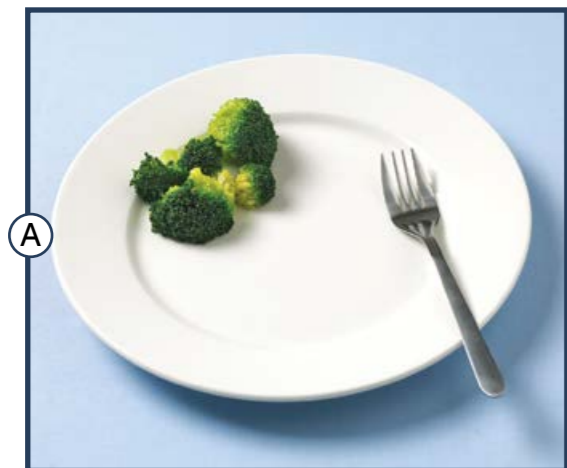
41. Salat



42. Grønnsaksblanding



43. Brokkoli



44. Bær



45. Jordbær



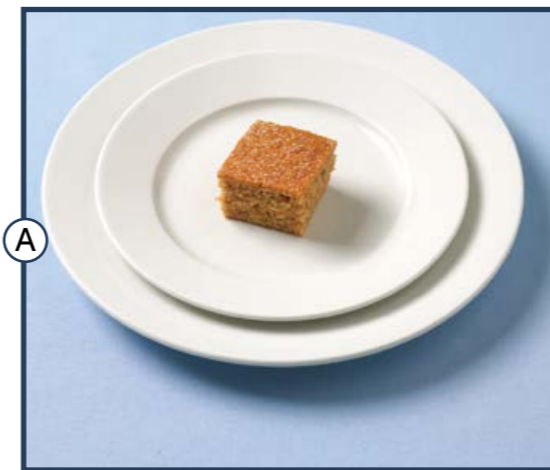
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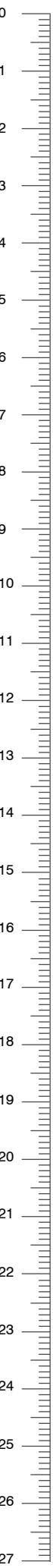
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52. Nøtter



53. Potetgull





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