















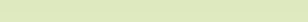

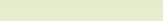



## Fettgehalte ausgewählter Lebensmittel im Vergleich

1 Becher Sahnejogurt (150 g)	=	15 g Fett	
1 Becher Joghurt, fettarm 1,5 % (150 g)	=	2 g Fett	
1 Portion Salami (30 g)	=	9 g Fett	
1 Scheibe gekochter Schinken (30 g)	=	2 g Fett	
1 Croissant (50 g)	=	17 g Fett	
1 Scheibe Weizenvollkornbrot (50 g)	=	0,5 g Fett	
1 Portion Spaghetti Carbonara (250 g)	=	45 g Fett	
1 Portion Spaghetti mit Tomatensoße (250 g)	=	5 g Fett	
1 Forelle Müllerin Art (200 g)	=	12 g Fett	
1 Portion Forelle blau (200 g)	=	6 g Fett	
1 Portion Pommes frites (200 g)	=	29 g Fett	
2 Ofenkartoffeln (200 g)	=	0,2 g Fett	
1 Cordon bleu (150 g)	=	18 g Fett	
1 Kalbsschnitzel, natur (150 g)	=	3 g Fett	
1 Berliner (55 g)	=	2 g Fett	
1 Rosinenbrötchen (55 g)	=	1 g Fett	
1 Stück Blätterteigkuchen (100 g)	=	38 g Fett	
1 Hefebrotkuchen (100 g)	=	6 g Fett	
1 Portion Chips (50 g)	=	20 g Fett	
1 Portion Salzstangen (50 g)	=	0,3 g Fett	

Quelle: Bundeslebensmittelschlüssel