

# FOP sCALe example of a yogurt chocolate 100g with 567 kcal

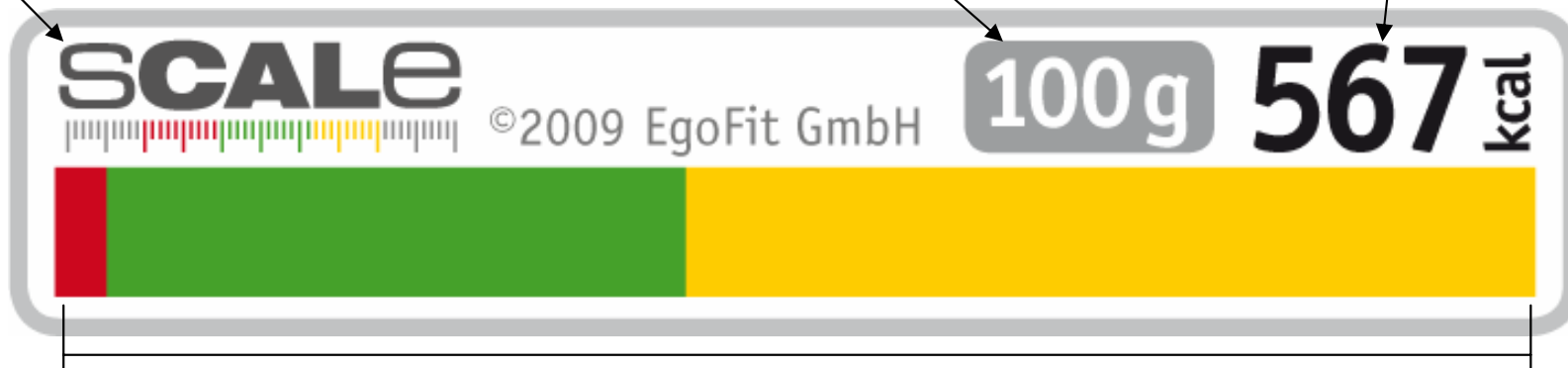
Beispiel einer Joghurt Schokolade

amount 100g or 100ml  
alternative: portion

Mengenangabe alternativ: Portionsgröße

energy in calories  
(Energiegehalt in Kalorien)  
[kcal]

logo



scale (Skalierung) 1cm  $\triangleq$  100 kcal: 5,67cm

- proteins (Proteine, Eiweiß)
- carbohydrates (Kohlenhydrate)
- fat (Fette)

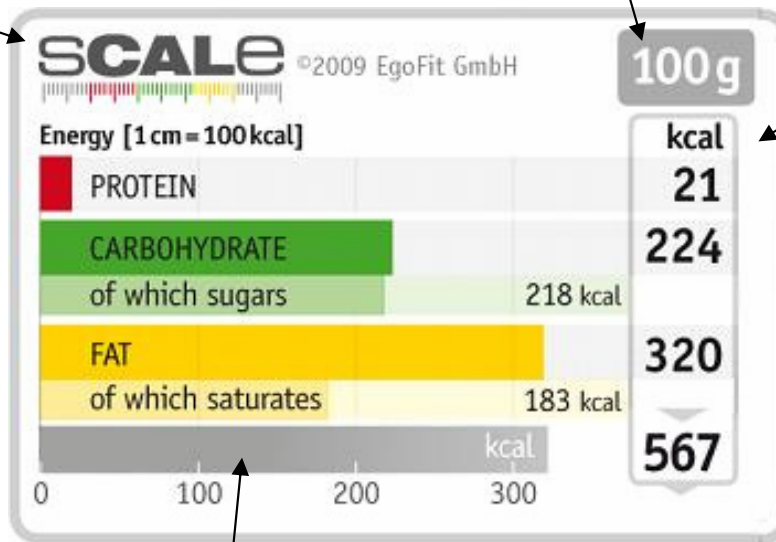
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- proteins (Proteine, Eiweiß)
- carbohydrates (Kohlenhydrate)
- of which sugars
- fat (Fette)
- of which saturates

scale (Skalierung) 1cm  $\cong$  100 kcal