

()

1	100	100 - 100%	540-600
2	100	80 - 80%	480-530
	150	70 - 70%	420-470
	60	60 - 60%	360-410
	0	50%	360
	100		
	600		

		C .	
1	13 15 17	7 7 7	<i>Oer ie of Me aboli m / Carboh dra e and GI cobilog</i>
2	20 22 24	- 13 13	<i>Principle of Bioenerge ic</i>
3	27 21 31	14 14 14	
4	3 5 7	14 14 15	
5	10 12 14 17	15 15 15 -	
6	1 2	16 16	1