


































































































































































Nährstoffbooster Challenge

-  1/2 Punkt
-  1 Punkt
-  2 Punkte

	Portionsgröße (g)	Ballaststoffe	senkt LDL	Omega 3	Omega 6	Vit D	Vit E	Vit B1	Vit B5	Folsäure	Vit C	Kalium	Kalzium	Magnesium	Eisen	Jod		
Bohnen & Getreide	Bohnen (Kidney, weiß)	150	14	X														
	Kichererbsen	150	6,6	X														
	Haferflocken	40	3,9	X														
	Quinoa	50	3,4	X														
	Reis, Natur	50	1,1	X														
	Soja (Tofu)	120	1,6	X														
	Sojamehl	20	3,7	X														
	Vollkornbrot	50	3,6	X														
	Weizenkeim	10	1,8															
	Ente	120																
Fisch & Fleisch	Fisch (weiß)	120		X														
	Fischleber (Dorsch, Makrele etc)	50		X														
	Forelle	120		X														
	Gans	120																
	Hering, Matjes	120		X														
	Huhn, dunkles Fleisch	120																
	Huhn, Hühnerbrust	120																
	Hühnerleber	120																
	Lachs	120		X														
	Leber (Schwein, Rind, Wild)	120																
	Makrele (Dose)	120		X														
	Muscheln	120																
	Niere (Schwein, Rind, Wild)	120					?											
	Rindfleisch	120																
	Sardinen (Dose)	120		X														
	Schweinefleisch	120																
	Truthahn	120																
PUNKTE																		


























































































Nährstoffbooster Challenge

-  1/2 Punkt
-  1 Punkt
-  2 Punkte

	Portionsgröße (g)	Ballaststoffe	senkt LDL	Omega 3	Omega 6	Vit D	Vit E	Vit B1	Vit B5	Folsäure	Vit C	Kalium	Kalzium	Magnesium	Eisen	Jod
Avocado	150	6,2	X													
Brokkoli	150	4,7														
Erbsen	150	5														
Grünkohl /Kale	150	5,2														
Karotten	150	4,6														
Kartoffel	150	2,3														
Kohlsprossen/Rosenkohl	150	5,9														
Kürbis	150	3,4														
Mangold	150	4														
Paprika, grün	150	3														
Paprika, rot und gelb	150	5,4														
Pastinaken	150	3														
Petersilie	40	1,7														
Pilze (Champignons, etc)	150	2,3														
Rote Bete	150	3,6														
Rotkraut	150	3,8														
Shiitake	150	3,2														
Spargel	150	2,2														
Spinat	150	3,1														
Süßkartoffel	150	4,6														
Tomaten (auch in Dosen)	150	1,3														
Waldpilze (Werte für Eierschwamm)	150	5,6														
Weißkraut, gekocht	150	4,3														
Weißkraut, roh	150	4,5														
Wirsingkohl	150	4,7														
Zucchini	150	1,7														
PUNKTE																

Nährstoffbooster Challenge

-  1/2 Punkt
-  1 Punkt
-  2 Punkte

	Portionsgröße (g)	Ballaststoffe	senkt LDL	Omega 3	Omega 6	Vit D	Vit E	Vit B1	Vit B5	Folsäure	Vit C	Kalium	Kalzium	Magnesium	Eisen	Jod	
Milch & Eier	Eier	2 Eier															
	Joghurt	250															
	Käse (halbfest)	50															
	Milch	250															
	Topfen/Quark	100															
Nüsse & Kerne	Chia	20	7,7	X													
	Erdnüsse	20	2,3	X													
	Hanf	20	1,2	X													
	Haselnüsse	20	1,5	X													
	Kürbiskerne	20	1,7	X													
	Leinsamen	20	4,5	X													
	Mandeln	20	3,2	X													
	Paranüsse	20	1,6	X													
	Pinienkerne	20	1,4	X													
	Sesam	20	2,2	X													
	Sonnenblumenkerne	20	1,2	X													
	Apfel	150	3	X													
	Bananen	150	3														
	Erdbeere	150	3,8	X													
	Johannisbeere, schwarz	150	5,3														
Kiwi	60 g (1 Ki	2,3															
Mandarine	150	2,6															
Mango	150	2,7															
Orange	150	3,5	X														
Schokolade 85-90%	20	2,3	X														
PUNKTE																	