

# Table of provisions



Basic food provisions for one person for 10 days<sup>1</sup> with an average daily energy intake of 2,200 kilocalories (kcal)

Food groups		Food				Energy content <sup>2</sup> [kcal]		
Product	Quantities	Examples	Quantities	Unit	Remarks	100 g	Total quantity	
<b>Cereal products, bread, potatoes</b>	3.3 kg	Wholemeal bread, packaged	710	g		213	1,512	
		Rusk	180	g		385	693	
		Crisp bread	710	g		349	2,478	
		Pasta, uncooked	280	g		357	1,000	
		Rice, uncooked	180	g		355	639	
		Oat, cereal flakes	540	g		373	2,014	
		Potatoes, uncooked	710	g		peeled	76	540
<b>Vegetables, mushrooms</b>	4.0 kg	Green beans, tinned <sup>3</sup>	570	g	Drained net weight	21	120	
		Peas/carrots, tinned	640	g	Drained net weight	55	352	
		Red cabbage, tinned	500	g	Drained net weight	60	300	
		Sauerkraut, tinned	500	g	Drained net weight	21	105	
		Asparagus, tinned	290	g	Drained net weight	18	52	
		Sweetcorn, tinned	290	g	Drained net weight	81	235	
		Mushrooms, tinned	290	g	Drained net weight	36	104	
		Gherkins, tinned	290	g	Drained net weight	11	32	
		Beetroot, tinned	290	g	Drained net weight	36	104	
		Onions, fresh	360	g	Drained net weight	30	108	
		<b>Fruit</b>	2.5 kg	Cherries, tinned	400	g	Drained net weight	87
Pears, tinned	180			g	Drained net weight	69	124	
Apricots, tinned	180			g	Drained net weight	70	126	
Mandarins, tinned	250			g	Drained net weight	86	215	
Pineapple, tinned	250			g	Drained net weight	69	173	
Raisins	140			g			314	440
Hazelnut kernels	100			g			664	664
Prunes	250			g			252	630
Fresh fruit, e.g.	710			g				
Apple, raw						Example of fresh fruit	65	462
Pear, raw						Example of fresh fruit	58	412
Banana, raw						Example of fresh fruit	93	660
Orange, raw						Example of fresh fruit	47	334
<b>Drinks</b>	20 l			Mineral water <sup>4</sup>	20	l		0
		Lemon juice	0.14	l		38	53	
		Coffee (powder), instant coffee <sup>5</sup>	180	g				
		Black tea, dry <sup>5</sup>	90	g				
<b>Milk, dairy products</b>	2.5 kg	UHT milk, 3.5 % fat	2	l		66	1,32	
		Hard cheese	500	g		378	1,89	
<b>Eggs, meat, sausage and fish</b>	1.2 kg	Tuna, tinned without oil	165	g	Drained net weight	100	165	
		Sardines in oil, tinned	50	g	Drained net weight	221	111	
		Herring fillet in sauce, tinned	50	g	Drained net weight	204	102	
		Corned beef, tinned	160	g		141	226	
		Veal liver sausage, tinned	160	g		345	552	
		Cured sausage (e.g. salami)	160	g		371	594	
		Bockwurst sausage, tinned	160	g	Drained net weight	271	434	
		Eggs (weight class M)	5	Eggs	Weight of each egg without its shell approx. 53 g	137	363	
<b>Fats, oil</b>	330 g	Spreadable fat, e.g.	180	g				
		Butter			Example of spreadable fat	741	1,334	
		Margarine			Example of spreadable fat	709	1,276	
		Cooking oil (e.g. rapeseed oil)	0.15	l		884	1,326	

Information based on: German Nutrition Society; Austrian Nutrition Society; Swiss Society for nutrition Research (ed.): Referenzwerte für die Nährstoffzufuhr, Umschau Braus, Frankfurt am Main (2015)

<sup>1</sup> These are general recommendations that must be adapted to the individual dietary requirements where appropriate.

<sup>2</sup> Energy content: information from the Federal Food Key (BLS) Version 3.02, Max Rubner-Institut (MRI) – Federal Research Centre for Nutrition and Food, 2014.

<sup>3</sup> Other pulses can be used as an alternative to beans and peas, e.g. chickpeas, lentils, lupins.

<sup>4</sup> In addition to the average required fluid intake of an adult of 1.5 litres per person per day, the quantities of water required to cook the specified quantities of pasta, potatoes and rice, amounting to 0.5 litres per person per day, are taken into consideration in the suggested stock of mineral water.

<sup>5</sup> For persons aged 65 and over, an increased intake of 2 litres per person per day is recommended. Children (not infants) aged 12 and younger need to drink an average of 1 litre per person per day. The information is based on recommendations of the German Nutrition Society and the Max-Rubner Institut – Federal Research Centre for Nutrition and Food.

<sup>6</sup> Coffee (drink): quantity ready for consumption 150 ml = 3 kcal, 100 ml = 2 kcal; black tea (drink): quantity ready for consumption 150 ml = 0 kcal, 100 ml = 0 kcal