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You can read the recommendations in the user guide, the technical guide or the installation guide for SILVERCREST KH 809 NUTRITION SCALES. You'll find the answers to all your questions on the SILVERCREST KH 809 NUTRITION SCALES in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual SILVERCREST KH 809 NUTRITION SCALES
User guide SILVERCREST KH 809 NUTRITION SCALES
Operating instructions SILVERCREST KH 809 NUTRITION SCALES
Instructions for use SILVERCREST KH 809 NUTRITION SCALES
Instruction manual SILVERCREST KH 809 NUTRITION SCALES

3 A

■ Nutrition Scales



DE **Nutrition Scales**
Operating instructions

FI **Dieettiavaaka**
Käyttöohje

SE **Diätökösvåg**
Bruksanvisning

KOMPERNASS GMBH · BURGSTRASSE 21 · D-44867 BOCHUM
www.kompernass.com
ID-Nr.: KH809-08/09-V5



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Manual abstract:

Read the information included here so that you can quickly familiarize yourself with your appliance and thus make full use of its functions. We wish you a great deal of enjoyable use. This manual is a component part of the Nutrition Scales KH809 (hereafter referred to as "the appliance") and provides important notices about its intended use, safety as well as the operation of the appliance. The operating instructions must be constantly kept available close to the appliance. It is to be read and utilised by every person who is entrusted with the operation of the appliance. Keep these operating instructions and hand them over with the appliance to any future owners. All rights including those of photographic reproduction, duplication and distribution by means of particular methods (for example data processing, data carriers and data networks), wholly or partially as well as substantive and technical changes are reserved. All technical information, data and directions for operation contained in these operating instructions correspond to the latest status at the time of printing and, to the best of our knowledge, also take into account all of our previous experiences and awarenesses. No claims can be derived from the details, illustrations and descriptions in these instructions. The manufacturer assumes no responsibility for damage caused by failure to observe the instructions, improper use, inappropriate repairs, making unauthorized changes or for using unapproved replacement parts.

@@If the dangerous situation is not avoided it can lead to injuries. The directives in this warning are there to avoid personal injuries. @@If the situation is not avoided it can lead to property damage. The directives in this warning are there to avoid property damage. @@ it is intended for domestic use only.

@@ WARNING Risks from unintended use! Risks can be presented by the appliance if used for unintended purposes and/ or other types of use. Use the appliance exclusively for its intended purposes. observe the procedures described in these operating instructions. Claims of any kind for damage resulting from unintended use will not be accepted. In this chapter you receive important safety information regarding handling of the appliance.

This appliance complies with the statutory safety regulations. Incorrect usage can, however, lead to personal injury and property damage. For safe handling of the appliance observe the following safety information: **WARNING - RISK OF INJURY!** before use check the appliance for visible external damage. Do not take into use an appliance that is damaged or has fallen down. Persons who, due to their physical, intellectual or motor abilities, are incapable of operating the appliance safely may only use the appliance under supervision or direction from a responsible person. Only permit children to use the appliance under supervision. Repairs should only be carried out by authorized specialist companies or by the customer service department. **WARNING - PROPERTY DAMAGE** Defective components may only be replaced with original replacement parts. Only by using original replacement parts can you guarantee that the safety requirements are complied with. Protect the appliance from moisture and liquid penetration.

Do not place anything on the scale if it is not in use. Protect the scales from impacts, moisture, dust, chemicals, extremes of temperature and being too close to sources of heat (ovens, radiators). Do not press on the buttons with excessive force or sharp objects. Do not expose the appliance to high temperatures or strong electromagnetic fields (eg mobile phones). **NOTICE** A repair to the appliance during the warranty period may only be carried out by a customer service department authorized by the manufacturer otherwise no additional warranty claims can be considered for subsequent damages. For safe handling of batteries observe the following safety instructions: Do not throw the batteries into a fire. When handling a damaged or leaking battery special care should be taken. If you do not intend to use the appliance for a long time, remove the batteries. Packaging material should not be used as a play thing. There is a risk of suffocation! The appliance is delivered with the following components as standard: Nutrition Scales 2 x Button cells, 3V, CR2032 Operating instructions

NOTICE Check the contents to make sure everything is there and for visible damage.

If the contents are not complete or are damaged due to defective packaging or transportation, contact the Service Hotline. The packaging materials are selected from the point of view of their environmental friendliness and disposal technology and are therefore recyclable. The return of packaging to the material circulation saves raw materials and reduces waste volumes. Dispose of packaging material that is no longer needed according to the regionally established regulations. **NOTICE** If possible preserve the appliance's original packaging during the warranty period so that in the case of a warranty claim you can package the appliance properly for return.

1 Weighing plate 2 Unit switch For setting the desired units of weight (g/kg or oz/lb) 3 Display 4 M+ To save the measured value 5 MR To display added measurement values 6 MC To delete saved/added measurement values or the entered foodstuff codes 7 Number buttons to enter in the foodstuff codes 8 Function buttons: Switch on and off / Tara function (Nil setting) Bread units shows the carbohydrate content in grammes (g) shows the fat content in grammes (g) shows the protein content in grammes (g) shows the cholesterol content in milligrammes (mg) shows the weight in grammes / kilogrammes (g) Switch between the units kcal and kJ 9 Battery compartment Open the battery compartment 9 on the underside of the scales and remove the small plastic strips which are clamped between the batteries and the contacts. @@ the scale can display weights in grams (g) or oz (ounce). You can set the unit on the rear of the appliance. slide the units switch 2 to the desired unit. @@A firm standing is the prerequisite for correct measurement.

nOTICE This appliance is equipped with non-slip rubber feet. @@@@ the weight will be indicated. @@@@ (3) Enter in the 3-figure code with the number buttons 7, e. @@ the code will be deleted. Enter the code in once again. If no further buttons are pressed, after approx. @@@@In this case, enter in the desired code. @@@@Or Wait for about 60 seconds after the last usage. You can save all indicated values of a foodstuff. @@ .

@@@@You have previously made a measurement and entered the code. 1) Press the save button M+ 4 to save the measurement. @@@@ **nOTICE** You can save up to 99 measurements (M99). @@@@If the nutritive value upper limit is reached with a memory input, "M" blinks in the display 3 and no further measurements can be added. You can retrieve the added measurement values at any time, for example, daily. 1) Press the button MR 5. In the display 3 appears the sum sign, the number of occupied save locations and the added-up measurement values.



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2) Using the function buttons 8 (except ON/OFF TARE the nutrient and energy value. NOTICE When the sum of the saved energy values exceeds 199999 kJ, or another nutritive or energy value is exceeded, the display 3 indicates E- - - . After about 8 seconds, if no other buttons are pressed, the scales switches back to the weighing mode.

NOTICE If you press the button MR 5 although no measured values have been saved, the indicator "NULL" appears in the display 3. When you wish to delete the saved measurement values, press the button MC 6 continuously until the number of the last occupied memory space extinguishes. Wipe the scale with a soft cloth moistened with mild soap suds. Clean the display 3 only with a lightly moistened cloth and then wipe it dry with a lint-free towel. Dry the weighing plate 1 well before placing it back onto the scales and pressing it down.

In this chapter you will receive important information for malfunction localization and remedies. WARNING Observe the following safety information to avoid danger and property damage: Repairs to electronic appliances may only be carried out by specialists who have been trained by the manufacturer. The following table will help with localizing and remedying minor malfunctions: Display In the display 3 "LO" is indicated and the battery symbol appears No indicators in the display 3. The permitted maximum weight of 5 kg/ 11lb is being exceeded. In the display 3 "0 - Ld" appears In the display 3 "NULL" appears when one tries to retrieve the saved values.

Remove some weight from the scales. First save some measured values. NOTICE If you cannot resolve the problem with the above steps, please contact Customer Support. Do not dispose of the appliance in your normal domestic waste. This product is subject to the European directive 2002/96/EC-WEEE (Waste Electrical and Electronic Equipment). Dispose of the appliance through an approved disposal centre or at your community waste facility. observe the currently applicable regulations. In case of doubt, please contact your waste disposal centre. Used batteries/rechargeable batteries may not be disposed of in household waste. Every consumer is legally obliged to dispose of batteries at a collection site in his community / city district or at a retail store.

The purpose of this obligation is to ensure that batteries are disposed of in a non-polluting manner. Only dispose of batteries/cells when they are fully discharged. @@@@Please retain your receipt as proof of purchase. @@@@Only in this way can a post-free despatch for your goods be assured. The warlate Cake, Fruit Cake, Gingerbread Cake, Pineapple Cake, Sponge, Cream-filling Cake, Sponge Cake, Sponge-roll Cheesecake, baked Cheesecake, unbaked Biscuits, Fortune cookies Hot Dog in Maize pastry Cracker, Cheese Cracker, Cream Cracker, Matzen, Egg Cracker, Matzen, plain Cracker, Matzen, Wholewheat Cracker, Ricecake Cracker, Saltine Cracker, Cheese filling Cracker, plain Cracker, Wheat Cracker, Wholewheat Finger biscuits Doughnuts, Cream filling Doughnuts, plain Doughnuts, with sugar glaze Hamburger, one patty Hamburger, two patties Hot Dog, plain Hot Dog, with chili Melba Toast, plain Melba Toast, Rye Melba Toast, Wholewheat 174 175 176 172 173 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 148 149 150 151 152 153 Muffins, Blueberry Muffins, Maize Muffins, English, plain Oat bran Muffins, Bran and raisins Pancakes, ready-made dry mixture Pancake, plain Pancake, Blueberry Pie, Apple Pie, Banana Pie, Blueberry Pie, Cherry Pie, Egg custard Tart (with Fish and Potato topping) Pie, Lemon meringue Pie, Mince Pie, Peach Pie, Pumpkin Onion cake Pizza, Magherita Pizza, Peperoni, frozen Pizza, Peperoni Pizza, Meat and Vegetable Pop Tarts, deep-frozen, reduced fat Pop Tarts, Fruit Bretzel, hard with Chocolate coating Bretzel, hart, salted Bretzel, soft Sandwich, Roast beef, plain 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 Sandwich, "Submarine" in Baguette with cold cuts Strudel, Apple Tortilla, Chips, Nacho Tortilla, Chips, low-fat fried Tortilla Chips, plain Tortilla, Chips, red, Nacho, thick Tortilla, made of flour Tortilla, made of cornflour Waffels, plain toasted Waffel, plain Vegetables Alfalfa, Sprouts, fresh Amaranth Aniseed, seeds Arrowroot, raw Arrowroot, flour Artichokes, cooked Artichokes, raw Asparagus, cooked Asparagus, raw Baked beans, in tomato sauce Baked beans, unsalted Baked beans, with Chipolatas Bamboo shoots, in the can Bamboo shoots, raw Runner beans, fresh Beans, black, cooked Beans, black, dried Beans, Cranberry Beans, tinned Beans, Cranberry Beans, cooked Beans, Cranberry Beans, dried 228 229 230 231 232 233 220 221 222 223 224 225 226 227 219 207 208 209 210 211 212 213 214 215 216 217 218 Beans, Princessbeans, dried Beans, Kidney beans, tinned Beans, Kidney beans, cooked Beans, Kidney beans, dried Beans, White beans, sprouted Beans, White beans, sprouted, cooked Beans, Kidney beans, canned Beans, Kidney beans, cooked Beans, Pinto beans, dried Beans, French beans, cooked Beans, French beans, fresh Beansprouts, Mungo beans, cooked Beansprouts, Mung beans, fresh Beansprouts, Mung beans, roasted Broccoli, raw Broccoli, cooked, from frozen Broccoli, cooked Brussels sprouts, cooked Brussels sprouts, raw Brussels sprouts, cooked, from frozen Cabbage, Chinese cabbage, cooked Cabbage, Pak Choi, raw Cabbage, Savoy, raw Cabbage, White cabbage, cooked Cabbage, White cabbage, raw Red cabbage, raw Carob 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 Baby carrots Carrots, cooked Carrots, cooked, from frozen Carrots, tinned Carrots, raw Radishes, fresh Cauliflower, cooked Cauliflower, raw Cauliflower, cooked, from frozen Celeriac, raw Celery, raw Chickpeas, tinned Chickpeas, cooked Chickpeas, dried Chives Feverfew, raw Coleslaw, retail package Cabbage, raw Coriander, fresh Red beet, fresh Cucumber, raw Endive, Chicory, raw Fennel, raw Fennel, seeds Fenugreek, seeds Garlic, raw Garlic, powder Ginger, Ginger Ale Ginger, Ginger root, fresh Ginger, ground Hearts of palm, fresh Hearts of palm, tinned 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 266 267 268 269 Kale, raw Leek, cooked Leek, raw Lemon grass, Citronella, cooked Lemon grass, Citronella, fresh Lentils, cooked with salt Lentils, dried Lettuce, Butterhead, raw Lettuce, Green leaf, raw Iceberg lettuce, raw Mushrooms, Oyster, raw Mushrooms, Straw, tinned Mushrooms, Shitake, cooked Mushrooms, Shitake, dried Mushrooms, raw Mushrooms, dried Mushrooms, tinned Mustard, green, cooked Mustard, green, raw Mustard, yellow seeds Porcino, fresh Chanterelles, fresh Onions, powder Onions, cooked Onions, chopped Onions, raw Parsley, dried Parsley, fresh Parsley, cooked Parsnip, raw Peas, green, tinned Peas, green, frozen 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 Peas, green, raw Peas, green, cooked Peas, Podded peas, cooked Peas, Podded peas, raw Peas, soft, canned Peas, fine peas, canned in brine Peas and carrots, canned Peas and carrots, frozen Pimento (Mini/paprika), tinned Cooking banana, raw Cooking banana, cooked Potato, baked, without skin Potato, baked, with skin Potato, baked, only skin Potato, baked, with Cheese Potato, baked, with Ham and Cheese Potato, baked, with Cheese and Chili Potato, cooked, without skin Potato flour Potato, Mashed, from dry mixture Potato, Mashed, with Milk and Margarine Potato, Mashed, with Milk Potato, Mashed, with Milk and Butter Potato, Grated, homemade Potato, red, raw Potato, red, baked Potato, Salat Potato, topped, with Butter Potato, topped with Margarine 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 327 328 329 330 331 332 333 Potato, Sweet potato, raw Potato, Sweet potato, canned Potato, Sweet potato, baked Potato, white, raw, with skin Potato, white, raw, without skin Potato dumpling, from cooked potatoes Potato dumpling, half/half, from raw and cooked potatoes Potato croquettes, ready to eat Pumpkin, raw Pumpkin, cooked Pumpkin, in slices Radish, raw Rhubarb, fresh Rhubarb, frozen Rhubarb, cooked, with Sugar Rosemary, dried Rosemary, fresh Shalotts, raw Soyabeans, green, cooked Soyabeans, cooked Soyabeans, dried, raw Green mint, fresh Spinach, cooked Spinach, tinned Spinach, raw cooked Pumpkin, acorn, raw Pumpkin, Butternut, raw Pumpkin, Spaghetti, raw Swede, Rutabaga, cooked Swede, Rutabaga, raw Tapioca, Pearl, dry mixture 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 Kale, fresh Paprika, red, tinned, drained Zucchini, fresh Aubergine, fresh Tarragon, dried Thyme, dried Thyme, fresh Tofu, Soya-bean curd, firm Tofu, Soya-bean curd, roasted Tofu, Soya-bean curd, soft Tomato, peeled, tinned Tomato, sun-dried, in oil Tomato, sun-dried Tomato, whole, tinned Tomato, steamed, tinned Tomato, fresh, green Tomato, fresh, red Tomato, steamed Kohlrabi, cooked Kohlrabi, raw Watercress, raw Fats & Oils Fat, from beef, with greaves Lard Oil, Almond oil Oil, Rapeseed oil Oil, Coconut oil Oil, Maize oil Oil, Olive oil Oil, Palm oil Oil, Peanut oil Oil, Sesame oil 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 389 390 391 Oil, Soya oil Oil, Sunflower oil Suet, Beef, raw Fish & Seafood

Mussels, raw Mussels, in oil, tinned Shrimps, raw Shrimps, in oil, tinned Shrimp-Chips Cuttlefish, raw Eel, raw Fish, Anchovies, raw Fish, Anshovies, in oil tinned Fish, Bass, raw Fish, Butterfish, raw Fish, Carp, raw Fish, Catfish, raw Fish, Cod, raw Fish, Cod, baked Fish, Cod, pickled Fish, Langouste, raw Fish, Flounder, Plaice, Butt Fish, Shellfish, raw Fish, Shellfish, baked Fish, Shellfish, smoked Fish, Halibut, raw Fish, Herring, raw Fish, Herring, pickled Fish, Mackerel, raw Fish, Monkfish, raw Fish, Mullet, raw Fish, Pike, raw Fish, Pollack, raw 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 Fish, Rainbow plaice, raw Fish, Salmon, raw Fish, Salmon, smoked Fish, Salmon, pink, tinned Fish, Salmon, baked Fish, Salmon, raw, farmed salmon Fish, Sardines, in oil tinned Fish, Sardinen, tinned, with Tomaton Fish, young herring, fresh Fish, Rollmops, fresh Fish, Sturgeon, raw Fish, Swordfish, raw Fish, Trout, raw Fish, Tuna, raw Fish, Tuna, in oil, tinned Fish, Tuna, in brine, tinned Lobster, raw Fish, Plaice, frisch Octopus, raw Oyster, raw Oyster, breaded, roasted Oyster, in batter, fried Scallops, raw Scallops, breaded, fried Calamares, raw Calamares, fried Broth, Fish Tuna, Salat Whelk, raw Fruit Apple, dried 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 Apple, with peel Apple, without skin Apple sauce, unsweetened Apricots, fresh Apricots, tinned, in own juice Apricots, tinned, in syrup Apricots, dried Banana, fresh Banana, dried Blackberry, fresh Blackberry, frozen Blueberry, fresh Blueberry, frozen Cherries, tinned, in light syrup Cherries, tinned, in heavy syrup Cherries, sour Cherries, sweet Coconut, Cream, raw Coconut, Cream, tinned Coconut, desiccated, sweetened Coconut, desiccated Coconut, Milk, tinned Coconut, liquid Coconut, raw pulp Redcurrants Dates, fresh Figs, dried Figs, fresh Fruit salad, tinned, in juice Fruit salad, tinned, in light syrup Fruit salad, tinned, in heavy syrup 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 Gooseberries, fresh Grapefruit, tinned, in own juice Grapefruit, fresh Grapes, fresh Cape gooseberries, fresh Guava, fresh Lychees, fresh Kunquats, fresh Lemons, fresh Lemons, fresh, with peel Lemons, only peel Loganberries, frozen Loganberries, fresh Mango, fresh Melon, Cantaloupe, fresh Melon, Honey melon, fresh Nectarines, fresh Olives, tinned Olives, preserved in oil, tinned Orange, fresh Orange, fresh, with peel Orange, only peel Papaya, Paw Paw, fresh Passion fruit, fresh Peach, fresh Peach, tinned, in water Peach, tinned, in juice Peach, tinned, in light syrup Peach, tinned, in heavy syrup Peach, dried Pear, fresh Pear, dried Pears, tinned, in water 539 540 541 542 543 544 535 536 537 538 522 523 524 525 526 527 528 529 530 531 532 533 534 515 516 517 518 519 520 521 Pears, tinned, in juice Pears, tinned, in syrup Persimmons, Sharon fruit, fresh Pineapple, tinned, in water Pineapple, tinned, in juice Pineapple, tinned, in light syrup Pineapple, tinned, in heavy syrup Pineapple, fresh Plums, fresh Plums, tinned, in water Plums, tinned, in juice Plums, tinned, in heavy syrup Pomegranate, fresh Grapefruit, fresh Raisins, Sultanas, seedless Raspberries, tinned, in heavy syrup Raspberries, frozen Raspberries, fresh Star fruit, Carambole, fresh Strawberries, tinned, in heavy syrup Strawberries, fresh Strawberries, frozen Sweetsop, Suuar apples, fresh Watermelon Meat & Meat Products Bacon, streaky Diced Bacon, fatty Bacon Beef, Brisket, raw Beef, Brisket, lean, raw Beef, Chuck, lean, raw Beef, Corned Beef, tinned 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 Beef, Fat, raw Beef, Fat, cooked Beef, Pemmican Beef, Roast, in Aspic Beef, Pastrami Beef, Rib, lean, raw Beef, Rib, raw Beef, Rib, roasted Beef, Sirloin, lean, raw Beef, Sirloin, lean, roasted in the pan Beef, T-Bone-Steak, raw Beef, Tenderloin, lean, roasted Beef, Tenderloin, lean, raw Beef, lean, raw Beef, lean, cooked Beef, raw Beef, cooked Beef stew, tinned Berliner, Sausage, Pork and Beef Bison, Buffalo, raw Wild boar, raw Bockwurst, Sausage, Pork and Veal, raw Mortadella, Sausage, Pork and Beef Mortadella, Turkey Bratwurst, Sausage, Pork cooked Chorizo, Spanish sausage, Pork and Beef Frankfurter sausage, Chicken Frankfurter sausage, Pork and Beef 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 573 574 575 576 577 Goat, raw Goulasch, frozen Ham, Honey, roasted, smoked Ham, Parma Ham, smoked, lean and lowsalt Ham, chopped, tinned Ham, cooked, in slices Knackwurst, Pork and Beef Lamb, Filet, raw Lamb, Fat, raw Lamb, Chops, raw Lamb, Kidneys, raw Lamb, Rib, raw Lamb, Leg, lean, roasted Lamb, Leg, roasted Lamb, Ribpiece, raw Lamb, Ribpiece, roasted Lamb, Rib, lean, raw Lamb, Rib, raw Lamb, Rib, roasted Lamb, Shoulder, lean, raw Lamb, Shoulder, raw Lamb, Shoulder, roasted Lamb, braised, lean Lamb, Steak, raw Lamb, Tongue, raw Liver, Sausage, Pork Cooked meat, Pork and Beef Meatballs, with noodles, frozen Pastrami, Turkey Pate, Chicken liver, tinned Pate, Liver, Sausage, Pork 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 Peperoni-Salami, Pork and Beef Polony, Sausage, Pork Pork, Backrib, cooked Pork, Hock, raw Pork, Trotter, raw Pork, Kidney, raw Pork, Loin chop, raw Pork, Loin chop, braised Pork, lean, raw Pork, raw Pork, Salt, cured Pork, Spare rib, braised Pork, Steak, braised Pork, Steak, raw Pork, Tongue, raw Pork, cured, bacon, Canadian style Pork, cured, bacon, cooked Pork, cured, bacon, raw Pork, cured, Trotters, pickled Pork, cured, Ham, cooked Rabbit, Stew Rabbit, raw Salami, Pork and Beef Salami, Pork and Beef dry Sausage, Pork and Beef Sausage, Italian, Pork Sausage, Pork, raw Sausage, Pork, cooked Sausage, Pork and Beef, cooked Vienna sausage, Pork and Beef, tinned 654 655 656 657 658 659 660 661 662 663 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 635 636 637 Escargot, raw Broth, Beef Sweetbread, Veal sweetbread, raw Turkey-ham, cooked in slices Veal, Brain, raw Veal, Cutlet, raw Veal, Cutlet, roasted Veal, Heart, raw Veal, Kidneys, raw Veal, Liver, raw Veal, Liver, roasted in the pan Veal, raw Veal, cooked Veal, lean, raw Beverages Bloody Mary, Tomato cocktail Club, Soda Coffee, Espresso, prepared Coffee, ground, prepared Coffee, Instant, coffein-free powder Coffee, Instant, coffein-free prepared Coffee, Instant, powder Coffee, Instant, prepared Cola, coffein-free Cola, normal Drink, malted Energy drink, with added coffein Gin 40% Juice, Apple Juice, Carrot 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 Juice, Cranberry Juice, Grape Juice, Grapefruit, concentrate Juice, Grapefruit, Pink Juice, Grapefruit, sweetened Juice, Grapefruit Juice, Lemon, in bottles Juice, Lemon, fresh Juice, Orange, concentrate Juice, Orange, canned Juice, Passion fruit, purple Juice, Passion fruit, yellow Juice, Pineapple Juice, Plum, tinned Juice, Tomato, tinned Juice drink, Grape, tinned Juice drink, Orange Lemonade, prepared from concentrate Lemonade, pink, prepared from concentrate Liqueur, Coffee, 26,6 Vol.



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@@ % Whisky , 40. Vol % Wine, alcohol-free Wine, red Wine, rosé Wine, sweet dessert wine Wine, white Wine, Champagne Dairy Products Butter, salted Butter, unsalted Butter caramell/Butter bonbon Cream Soda (Softdrink with vanilla flavour) Cream, sour, low-fat Cream, soured, normal Cream, Whipped cream, Spray cream Cream substitue, powder Creme Fraîche, 18% Creme Fraîche, 38% Milk, Buttermilk, dried Milk, Buttermilk, low-fat 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 Milk, Cocoa, low-fat Milk, Cocoa, whole-milk Milk, Condensed milk, sweetened Milk, Condensed milk, skimmed fat-free Milk, Condensed (min. 7. 5 % Fat) Milk, Goats milk Milk, Powdered, skimmed, fat-free Milk Shake, dry mixture, fruit-flavoured Chocolate bar, Candy-Creme Margarine, hardened Margarine, spread, 20% Fat Margarine, spread, 40% Fat Margarine, spread, 60% Fat Margarine, 80 % Fat Margarine, spread, fat-free Cheese Cheese, Blue mould Cheese, Brie Cheese, Camembert Cheese, Caraway Cheese, Cheddar Cheese, Cheshire Cheese, Colby Cheese, Cottage cheese, Normal Cheese, Cottage cheese, low-fat 2% Cheese, Cottage cheese, low-fat 1% 771 772 773 774 775 776 766 767 768 769 770 759 760 761 762 763 764 765 748 749 750 751 752 753 754 755 756 757 758 Cheese, Fresh-cheese Cheese, Edam Cheese, Feta Cheese, Fontina Cheese, Gjetost Cheese, Gouda Cheese, Gruyere Cheese, Limburg Cheese Monterey Cheese, Mozzarella, whole-milk Cheese, Mozzarella, part-skimmed Milk Cheese, Munster Cheese, Neufchatel Cheese, Parmesan Cheese, Port de Salut Cheese, Provolone Cheese, Ricotta, whole-milk Cheese, Ricotta, part-skimmed milk Cheese, Romano Cheese, Swiss Cheese, Tilsiter Cheese, American, spreading cheese Cheese, Swiss, spreading cheese Cheese, Goat, hard Cheese, Goat, soft Cheese, Fondue Cheese, Cheddar, low-fat Cheese, Roquefort Cheese, Fresh-cheese, low-fat 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 Cheese, Burger, double-slice Cheese, for Burger, large Cheese, for Burger, single slices Cheese, Cottage cheese, with fruit Cheese, Emmental, 45% Fat in dry measure, grated Cheese, Gorgonzola, low-fat Cheese, for Macaroni, tinned Herbs & Spices Pimento, milled Chili Powder Cinnamon, milled Graham cinnamon, Cereals Cloves, milled Cocoa butter Cocoa powder Curry Powder Pepper, ground Honey Horseradish, prepared Horseradish, raw Nutmeg, milled Mint Paprika Pepper, black Pepper, white Pepper, Cayenne Peppermint, fresh Pepper, Chili, sharp, green, fresh Pepper, Chili, sharp, red, fresh Pepper, Chili, sharp, red, without core 829 830 831 832 833 825 826 827 828 823 824 820 821 822 806 807 808 809 810 811 812 813 814 815 816 817 818 819 Pepper, Jalapeno, tinned Pepper, Jalapeno, raw Pepper, sweet, green, raw Pepper, sweet, red, raw Pepper, sweet, yellow, raw Salt, table ready Sugar, brown Sugar, Granulate Sugar, Maple Turmeric, milled Vanilla Extract Yeast, dry yeast Yeast, fresh Yeast extract, Marmite Legumes, Nuts & Seeds Almonds, sugared Coffee beans, coated with plain chocolate Coffeebeans, coated with milk chocolate Peanuts, chocolate coated Nuts, Almonds, blanched (without skin) Nuts, Almonds, roasted, salted Nuts, Almonds Nuts, Brazil, unblanched (with skin) Nuts, Cashew, dry-roasted, salted Nuts, Cashew, roasted in Oil, salted Nuts, Cashew, raw Nuts, Chestnuts, raw Nuts, Chestnuts, roasted Nuts, Hazelnuts, raw 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 Nuts, Macadamia, raw or cooked Nuts, mixed, dry-roasted salted Nuts, mixed, roasted in oil, salted Nuts, Pecan, roasted, salted Nuts, Pecan Nuts, Pine nuts, dried Nuts, Pistachio, roasted, salted Nuts, Walnuts Peanut butter, with pieces Peanut butter, creamy Peanuts, dry, roasted, without salt Peanuts, dry, roasted, salted Peanuts, roasted in oil, without salt Peanuts, roasted in oil, salted Peanuts, raw Pumpkin seeds, roasted, salted Seeds, Caraway Seeds, Cumin Seeds, Poppy Seeds, Sesame, dried Seeds, Sesame, roasted Seeds, Sunflower, dried Water chestnuts, tinned Sugar Preserves and Snacks Apple, cooked with Sugar Apple, cooked Breadsticks, plain Corn Pops, Cereals Chips, fried in vegetable oil 879 880 881 882 883 884 885 886 887 888 889 878 866 867 868 869 870 871 872 873 874 875 876 877 862 863 864 865 Gelatine, dry mixture, fruit flavour Gelatine, preparation with water Jellybeans Onion rings, baked, from frozen Onion ring, baked in batter Popcorn, Popcorn cake Popcorn, air-popped Popcorn, caramel Popcorn, Caramel - Peanut Popcorn, oilpopped Popcorn, sweet, airpopped Pudding, Rice pudding Taco, Salat Taco, Tortilla chips, baked Taco Tostadas, Beef, beans and cheese Turkey, patties, baked in pastry Cereals and Cereal Products All Bran, Cereals Baking powder, low sodium Breadcrumbs Wheat starch Barley, flour Barley Bran Flakes, Cereals Buckwheat Bulgur, cooked Bulgur, dry Cereal bar, Granola, hard plain 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 Cereal bar, Granola, soft plain Maize, Cob, cooked Cornflour, white Maize, Cereal, cooked with water Maize, Cereal, dry Maize, Sweetcorn, cooked Maize, Sweetcorn, cooked from frozen Maize, Sweetcorn, tinned in brine Maize, Sweetcorn, tinned in Creamsauce Maize, Sweetcorn, yellow - white Cornflakes, Cereals Corn on the cob, with Butter Cormmeal, full corn Cornmeal, degermed Couscous, cooked Couscous, raw Muesli with dried fruits Flour, Bread flour, white Flour, Rice flour, white Flour, Whole grain Lasagne, frozen Mini wheats, Cereals, frosted Noodles, Egg, dry Noodles, Egg, cooked with salt Noodles, Soba, dry Noodles, Somen, dry Oats Pasta, Corn, dry Pasta, Spinat, fresh, cooked 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 921 922 923 924 925 926 927 928 929 930 931 919 920 Pasta, Spinach, fresh, raw Pasta, Tortellini, with cheese filling Pasta, Wholewheat, dry, cooked Pasta, Wholewheat, dry, raw Pasta, dry, cooked Pasta, dry, raw Pasta, fresh, cooked Pasta, fresh, raw Pastry, Creampuff, baked Pastry, Cream puff, frozen Puffed rice, Cereals Puffed wheat, Cereals Ravioli, Meat and Tomato sauce Rice, brown, cooked Rice, brown, raw Rice, Ricecake, plain Rice, Ricecake, with Sesame Rice, fried Egg Rice, Ricenoodles, cooked Rice, Ricenoodles, dry Rice, white, cooked with salt Rice, Wildrice, cooked Rice, Wildrice, raw Rice, white, raw Rice, half wild rice/half white rice Rice, "Crispy Rice", Cereal Semolina, raw Spaghetti, Bolognese, frozen Spring roll, fried Wheat, Hard wheat 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 Wonton Pastry Poultry & Game Chicken, for Burger, FilletSandwich Chicken, Fat Chicken, Liver, fried in the pan Chicken, Nuggets, breaded Chicken, Past, frozen Chicken, from the tin Chicken, cooked and in slices Chicken, dark meat, raw Chicken, dark meat, baked in batter Chicken, dark meat baked, breaded Chicken, light meat, breaded Chicken, only fried meat Chicken, fried with skin Chicken, light meat, Chicken, light meat, baked in batter Chicken, Skin and Meat, raw Chicken, only roasted meat Chicken, roasted with skin Chicken, roasted Chicken, only skin, raw Chicken, sauted, only meat Chicken, sauted, with skin Chicken, Leg, with skin, raw Chickenbreast, only meat, grilled Chickenbreast, only meat, roasted Chickenbreast, only meat, raw 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 Duck, Fat Duck, only meat, raw Duck, only roasted meat Duck, roasted, with skin Duck, raw, with skin Goose, Fat Goose, only roasted meat Goose, roasted with skin Goose liver, Pate, tinned Pheasant, only meat, raw Pheasant, with skin, raw Pigeon, Squab, meat and skin, roasted Pigeon, Squab, meat and skin, raw Broth, Chicken Sweet-Sour, Chicken, tinned Turkey, only meat, raw Turkey, roasted, only meat Turkey, roasted, with skin Turkey, with gravy Turkey, with skin, raw Turkeybreast, only meat, raw Turkeybreast, roasted, only meat Turkeybreast, roasted, with skin Turkeybreast, with skin, raw Alla rättigheter förbehålles, inklusive rätten till fotomekanisk återgivning, mångfaldigande och distribuering med särskilda metoder (t ex databearbetning, flyttbara lagringsmedia och datanät), även delvis, samt rätten till förändringar av innehållet och tekniska ändringar.



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När man kommer upp till den högsta gränsen för näringsvärden blinkar M på displayen 3 och det går inte att lägga till några fler mätningar. Lämna in den till ett företag som har tillstånd att ta hand om den här typen av uttjänta produkter eller till din kommunala avfallsanläggning. 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 Skorpa Kaka, morotskaka Kaka, choklad Kaka, frukt Kaka, pepparkaka Kaka, ananas Kaka, biskvi, krämfyllning Kaka, biskvi Kaka, biskvirulle Cheese cake, gräddad Cheese cake, ogräddad Småkaka, lyckokaka Varmkorv i majsbrödsdeg Smörgåskex, ost Smörgåskex, cream cracker Smörgåskex, osyrat, ägg Smörgåskex, osyrat, slät Smörgåskex, osyrat, fullkorn Smörgåskex, riskaka Smörgåskex, saltiner Smörgåskex, ostfyllning Smörgåskex, slätt Smörgåskex, vete Smörgåskex, fullkorn Savoyardkex Donuts, krämfyllning Donuts, släta Donuts, med sockerglasyr Hamburgare, en Hamburgare, två Varmkorv, slät Varmkorv, med chili Melba toast, slät 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 Melba toast, råg Melba toast, fullkorn Muffins, blåbär Muffins, majs Muffins, engelsk, slät Havrekex Muffins, kli och russin Pannkaka, pulvermix Pannkaka, slät Pannkaka, blåbär Kaka, äppel Kaka, banan Kaka, blåbär Kaka, körsbär Kaka, äggcreme Smörgåstårta (med fisk och potatis) Kaka, citronkräm Kaka, mint Kaka, persika Kaka, pumpa Lökpaj Pizza, magerita Pizza, peperoni, djupfryst Pizza, peperoni Pizza, kött och grönsaker Pop tarts, djupfrysta, fettsnåla Pop tarts, frukt Bretzel, hård, med chokladöverdrag Bretzel, hård, salt Bretzel, mjuk Sandwich, rostbiff, skiva .



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