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| **Makronæringsstoffer** | **Vitaminer** | **Mineraler** |
| Energi | A vitamin | Kalcium |
| Fedt | Thiamin, B1 | Fosfor |
| Protein | Riboflavin, B2 | Magnesium |
| Kulhydrat | B6 vitamin | Jern |
| Fibre | B12 vitamin | Zink |
| Alkohol | Folinsyre | Jod |
|  | C vitamin | Selen |
|  | D vitamin |  |
|  | E vitamin |  |