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ATLAS NAMIRNICA I GOTOVIH JELA SA BALKANSKOG PODRUČJA



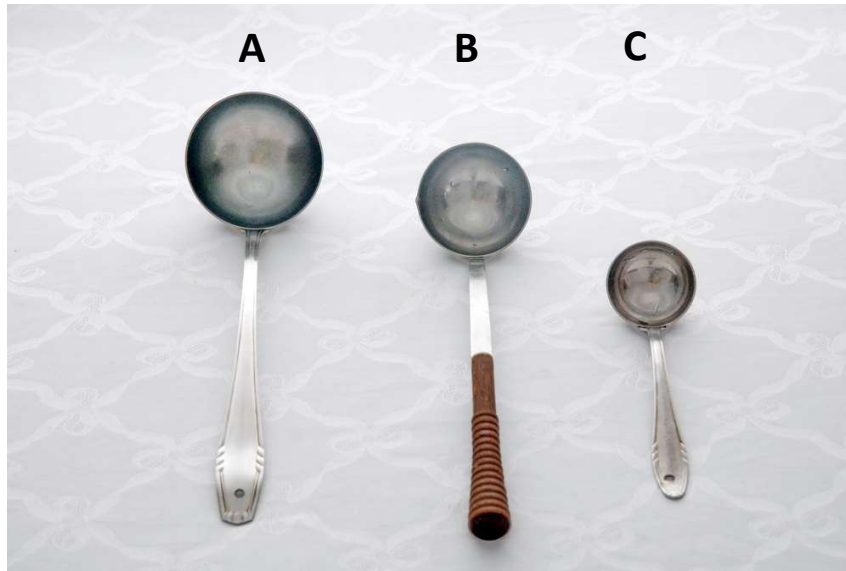
Beograd, 2018

Sadržaj

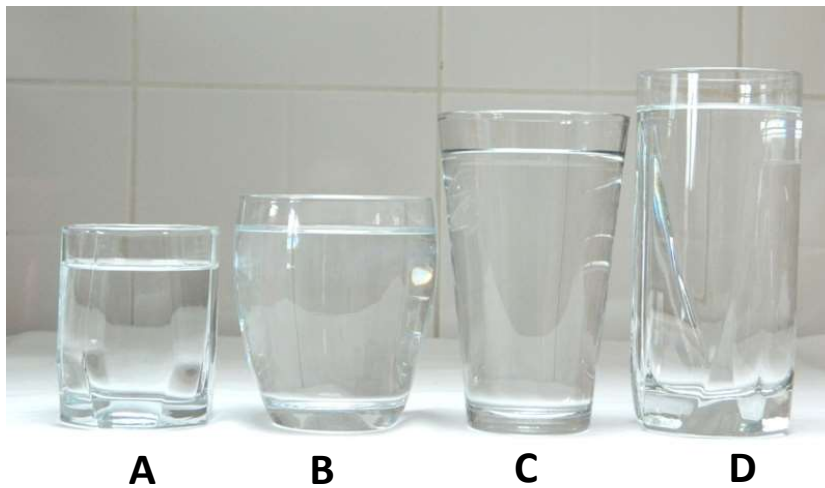
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Standardne kuhinjske mere

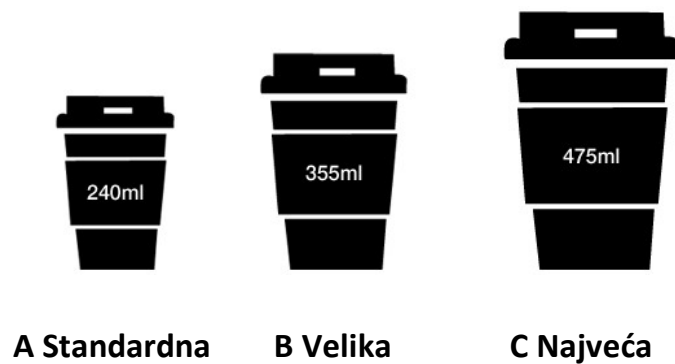
1. Kutlača



2. Čaša



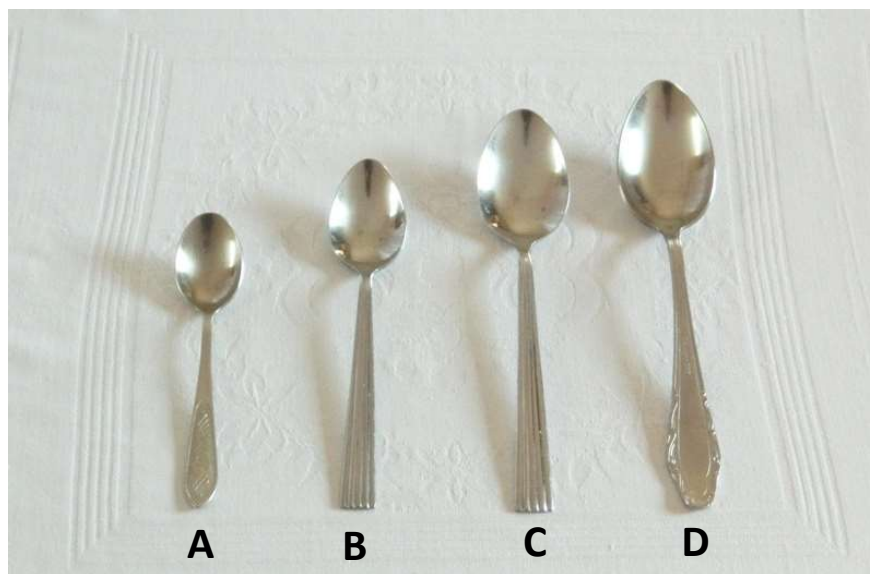
3. Kafa za poneti



4. Šoljice za kafu



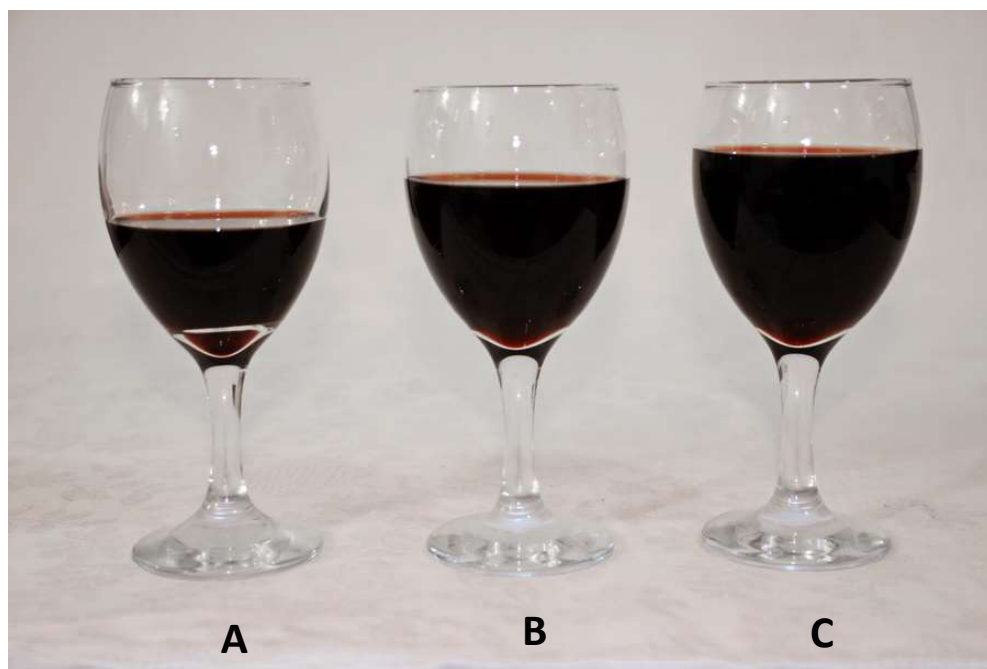
5. Kašika



6. Šećer



7. Vino

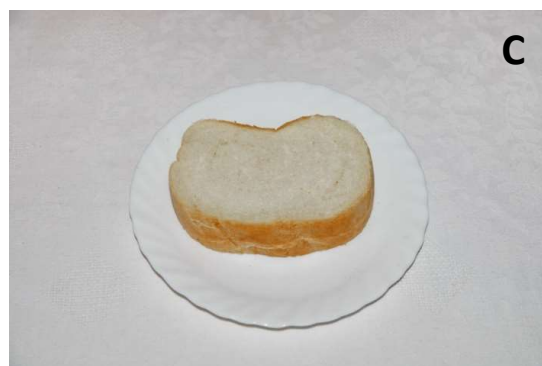


8. Rakija/kratka alkoholna pića



Hleb, peciva i žitarice

9. Hleb pšenični beli



10. Hleb pšenični beli, sa namazom



11. Hleb sa semenkama svetli



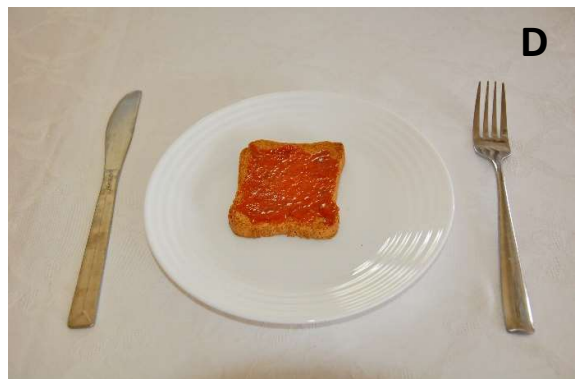
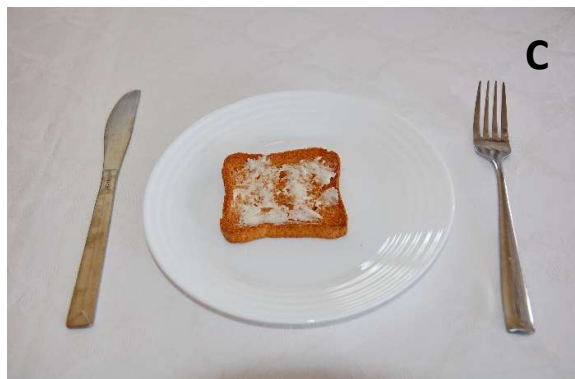
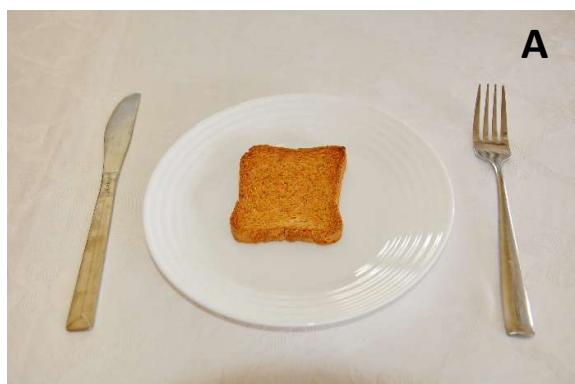
12. Hleb sa semenkama tamni



13. Hleb domaći



14. Tost



15. Kifla, pšenična bela



16. Pletenica



17. Slani štاپici



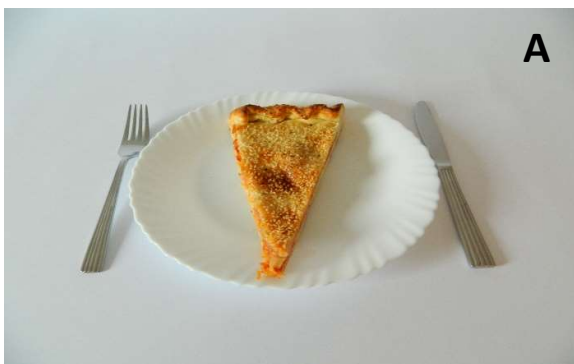
18. Kroasan od lisnatog testa



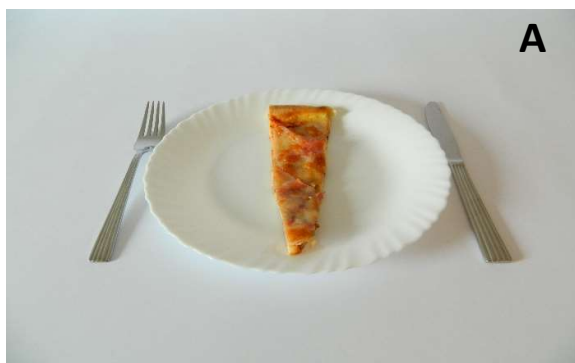
19. Krofna



20. Preklopljena pica



21. Klasična pica



22. Kalcona/piroška



23. Musli sa mlekom



24. Ovsena kaša



25. Keks, mleveni



Grickalice

26. Čips



27. Smoki

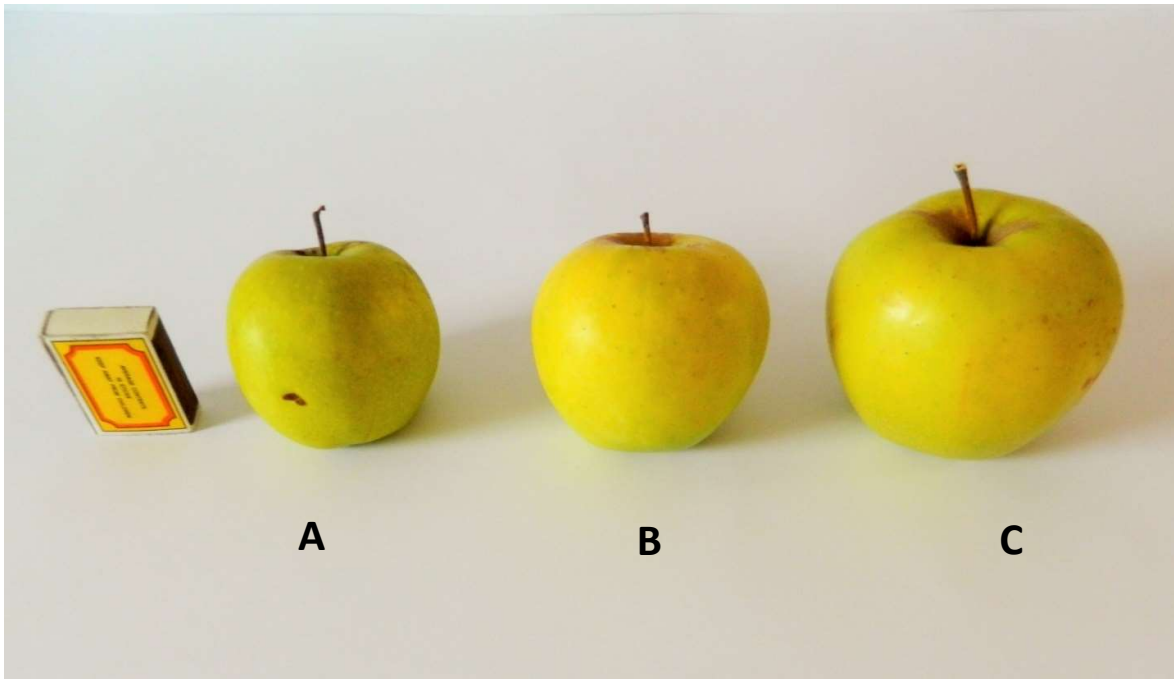


28. Grisini

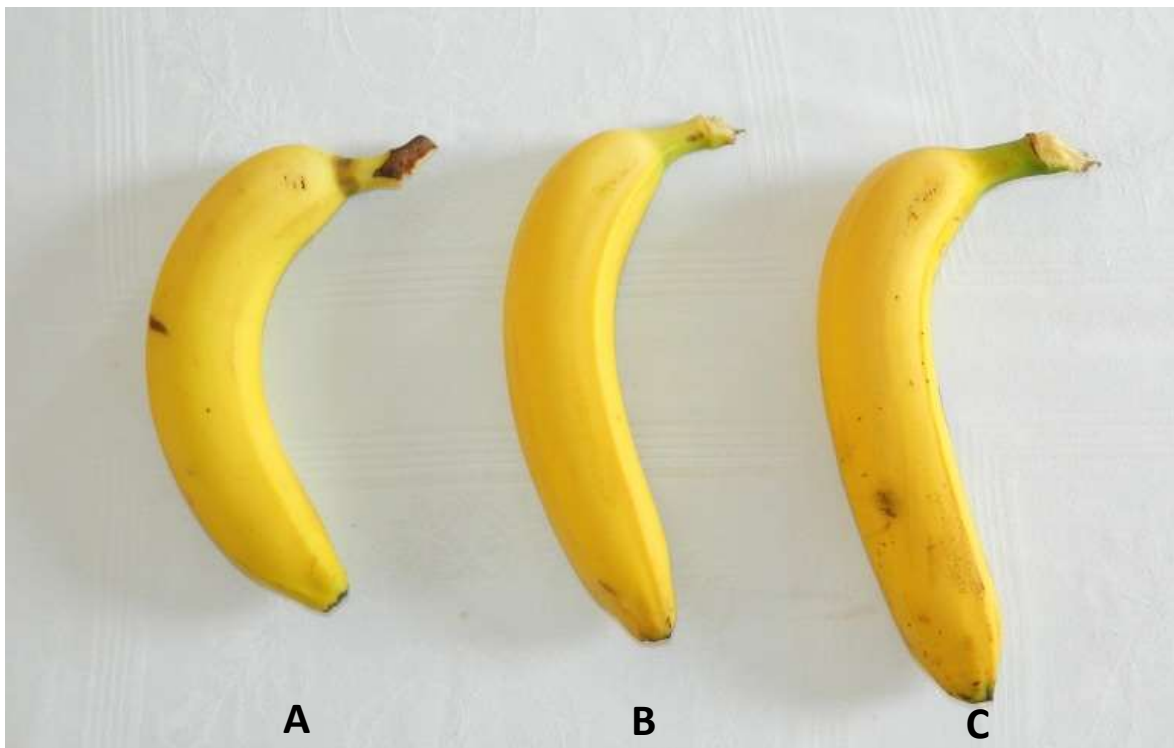


Voće

29. Jabuka



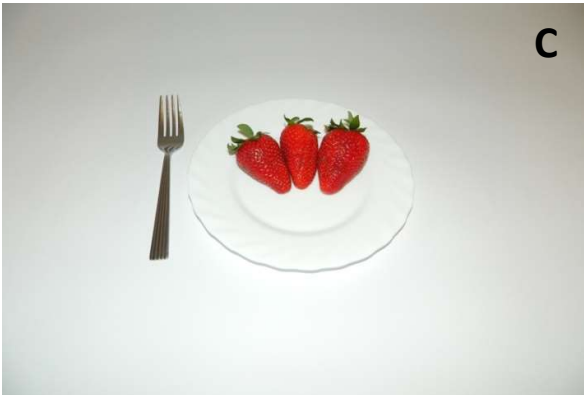
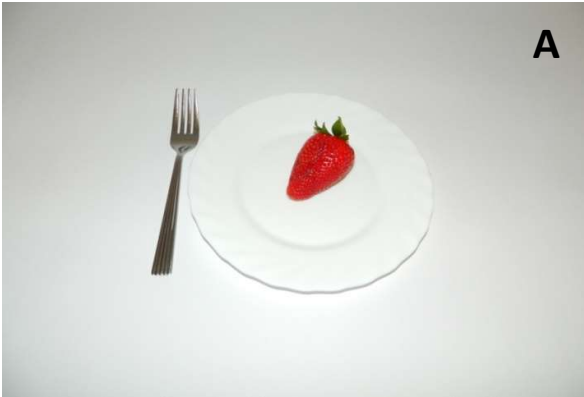
30. Banana



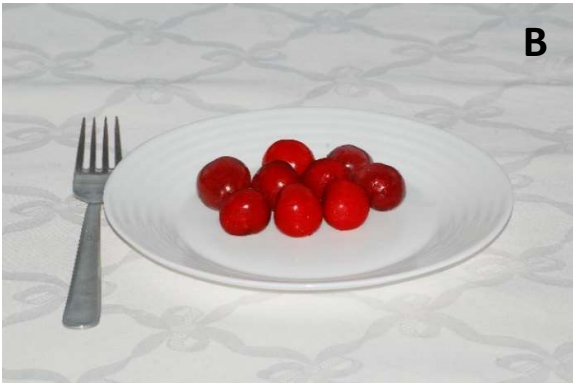
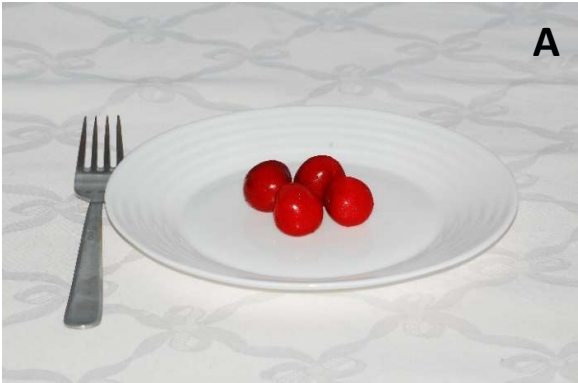
31. Banana, pire



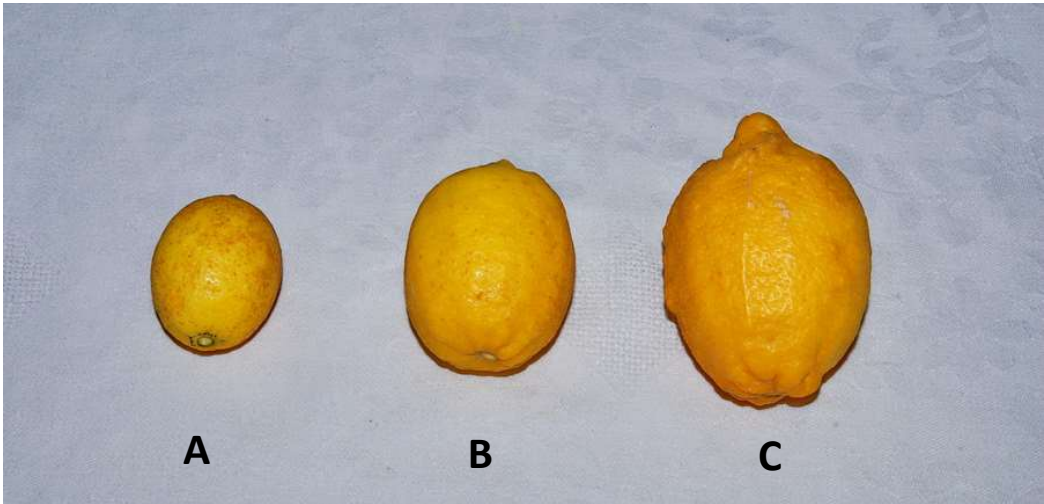
32. Jagode



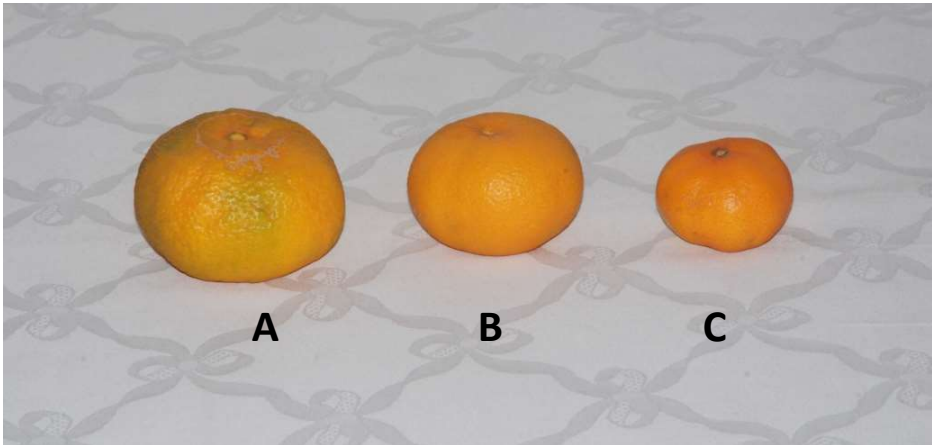
33. Trešnje



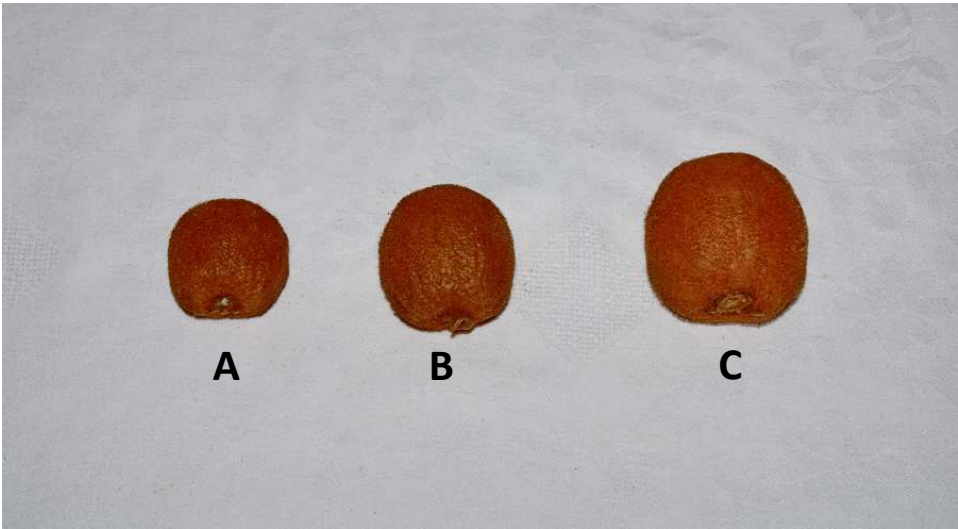
34. Limun



35. *Mandarina*



36. *Kivi*



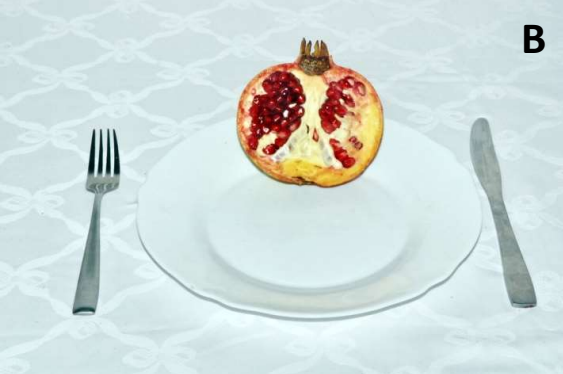
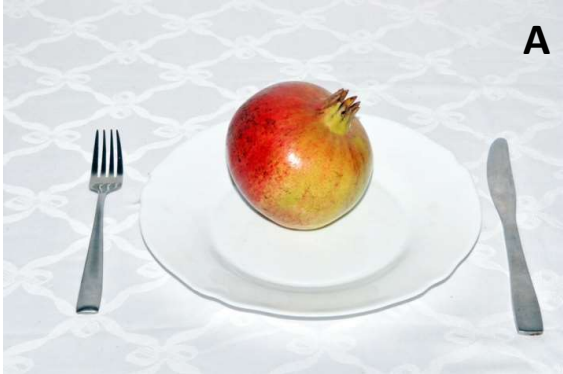
37. Grožđe belo



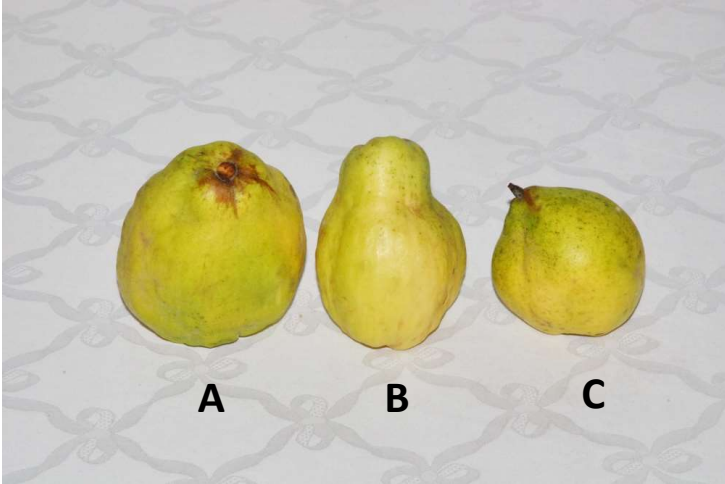
38. Grožđe crno



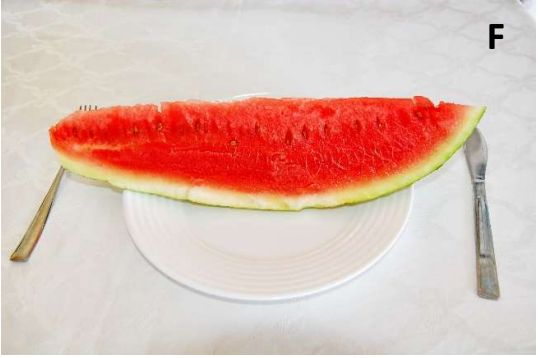
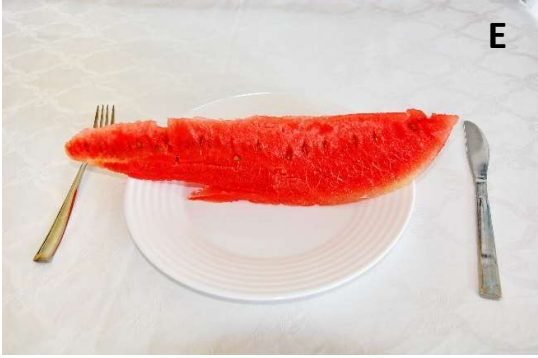
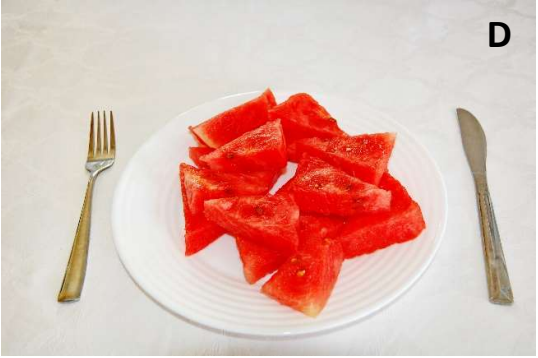
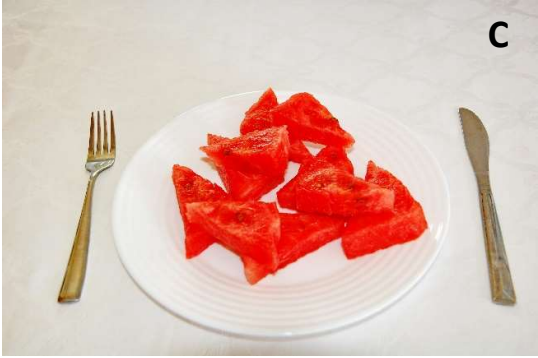
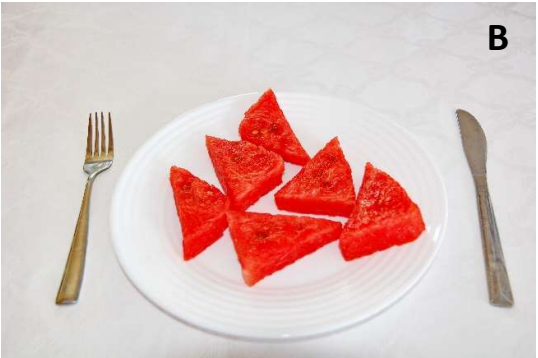
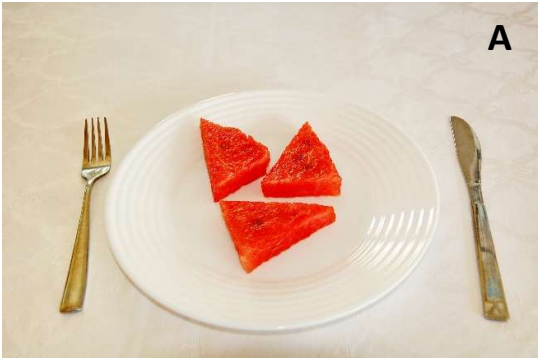
39. Nar



40. Dunja



41. Lubenica



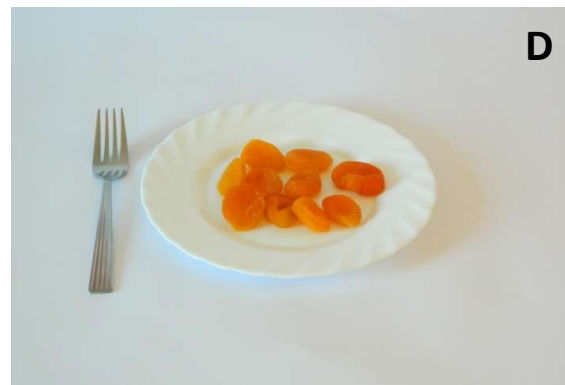
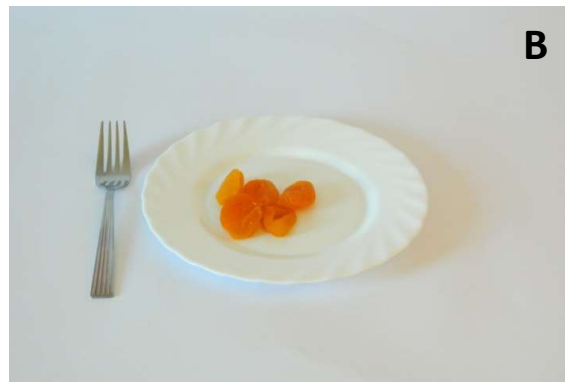
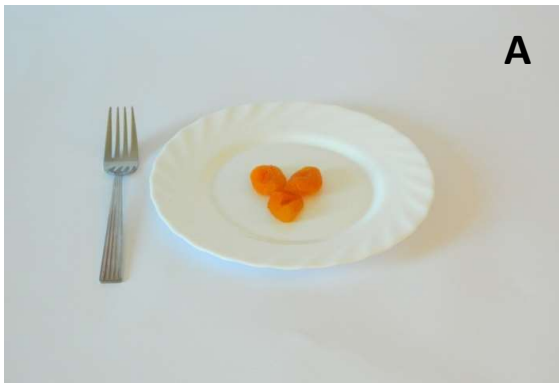
42. Orasi



43. Suve šljive



44. Suve kajsije



45. Masline, crne

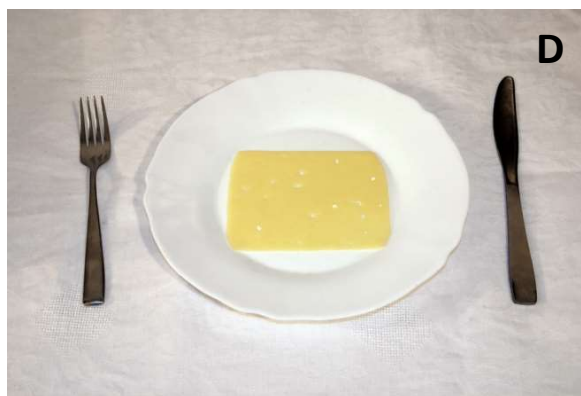
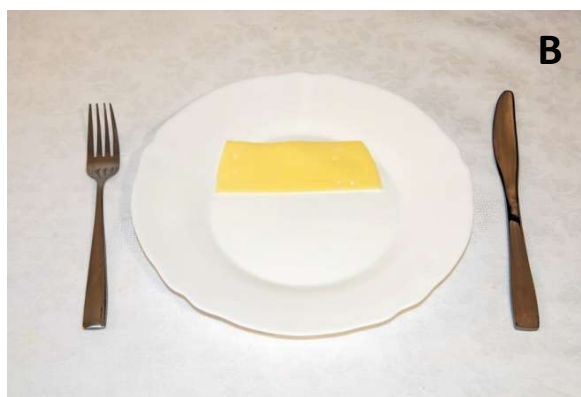


46. Masline, zelene krupne

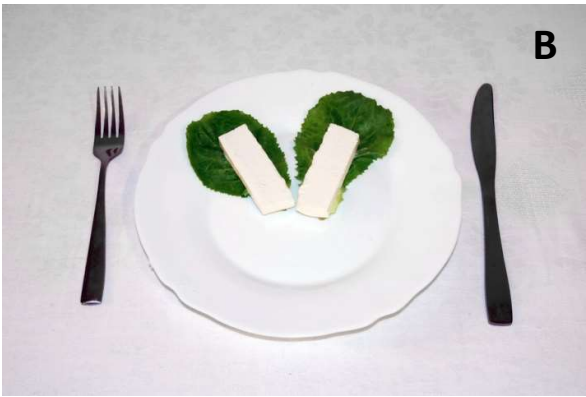
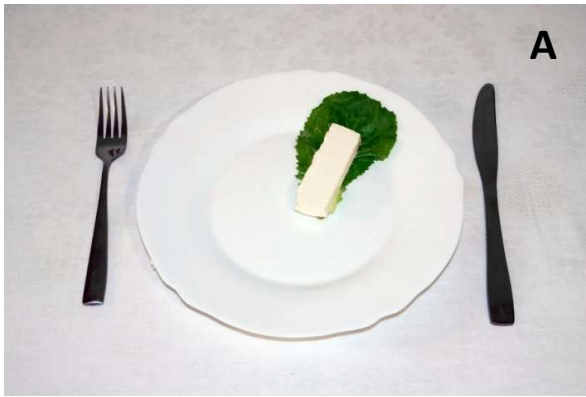


Mlečni proizvodi

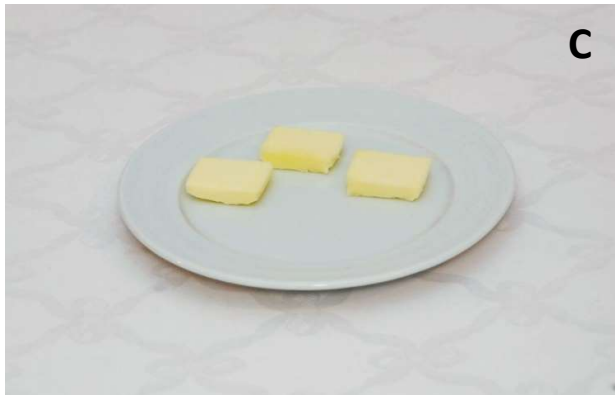
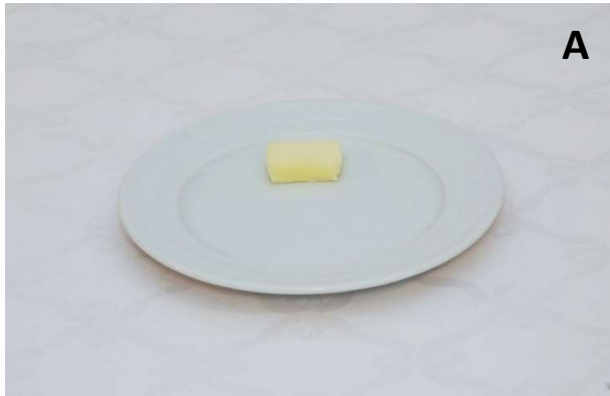
47. Kačkavalj/trapist/ghouda



48. Feta sir



49. Puter





50. Pavlaka

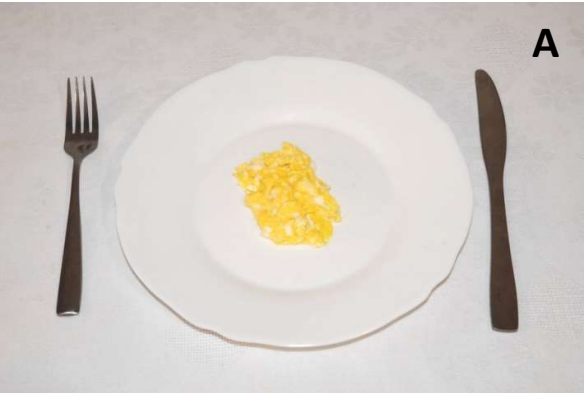


51. Kajmak

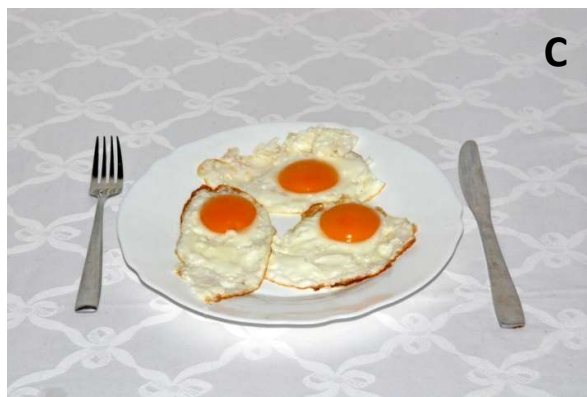
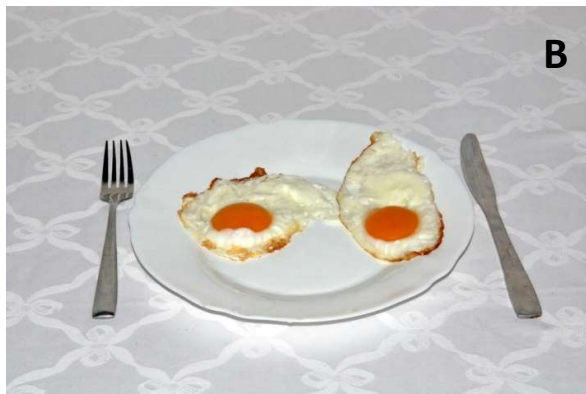


Jaja

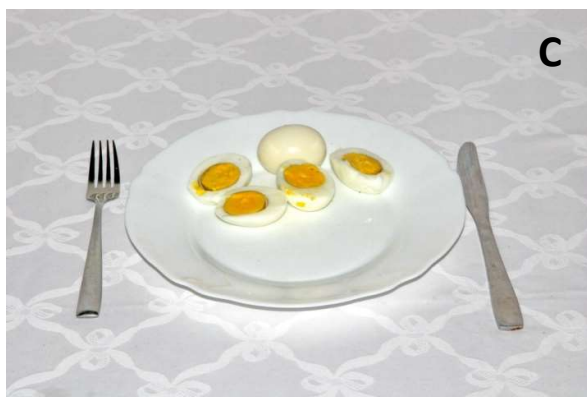
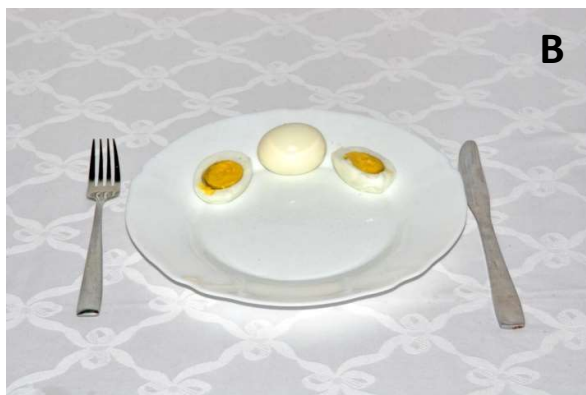
52. Kajgana



53. Jaje prženo



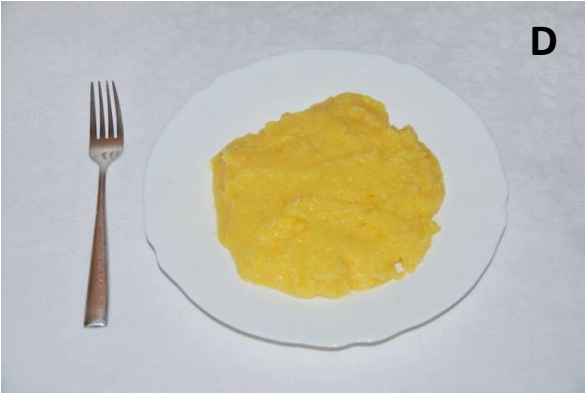
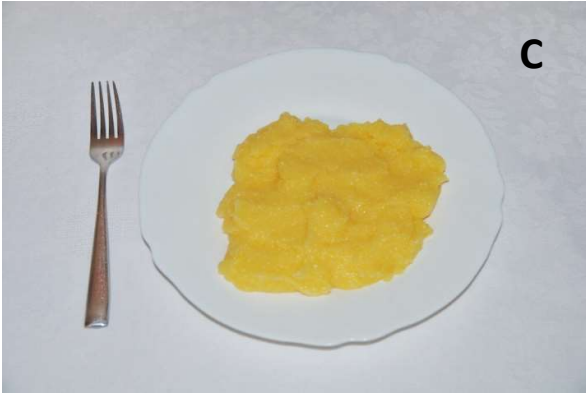
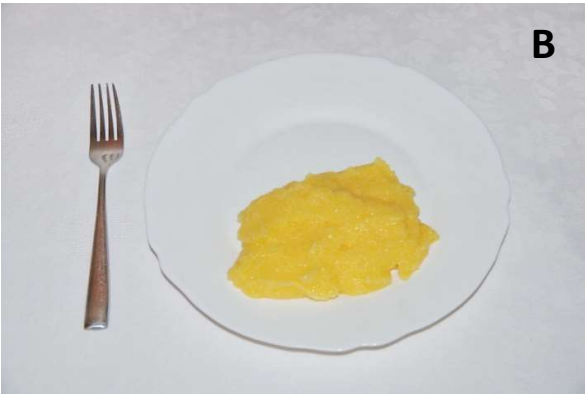
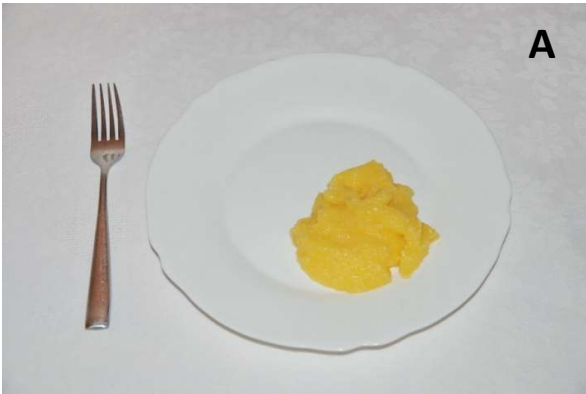
54. Jaje kuvano



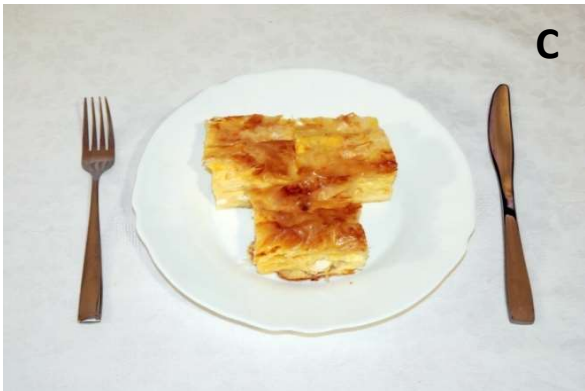
55. Sataraš



56. Palenta

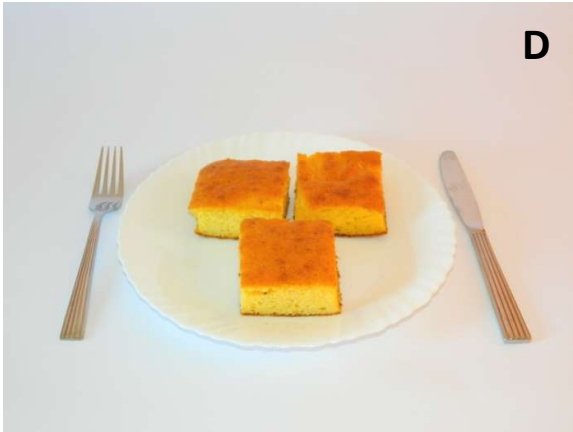
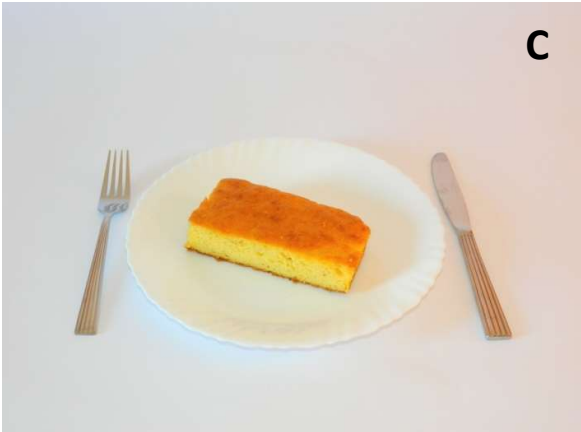
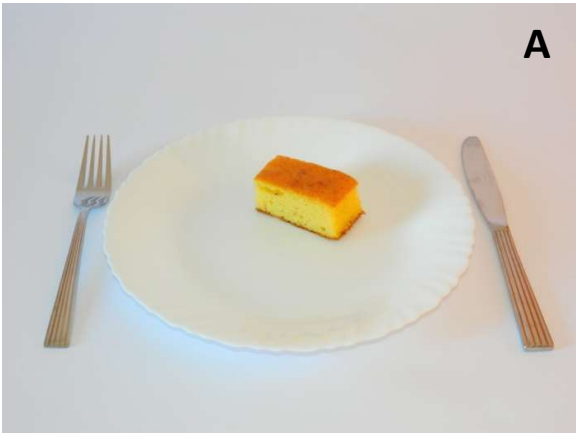


57. Gibanica



58. Burek





60. Prženice



61. Slana torta



62. Ruska salata



63. Ajvar



Povrće

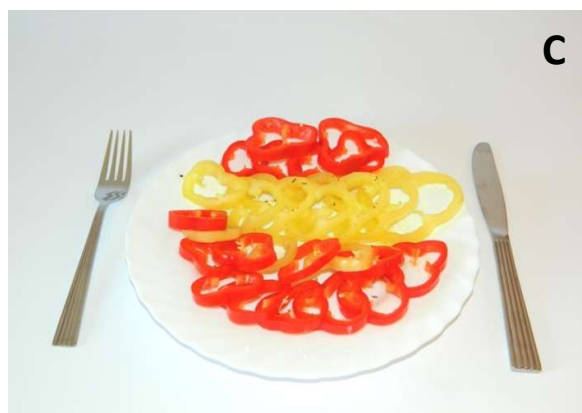
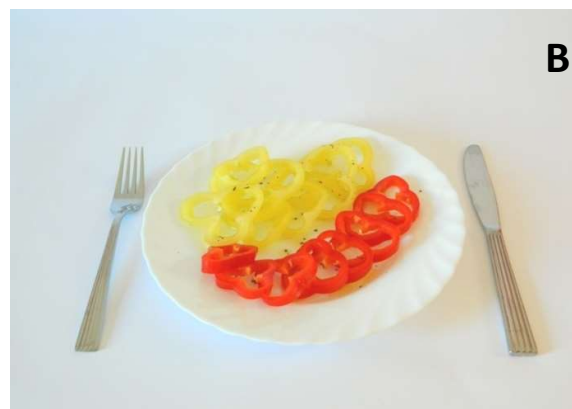
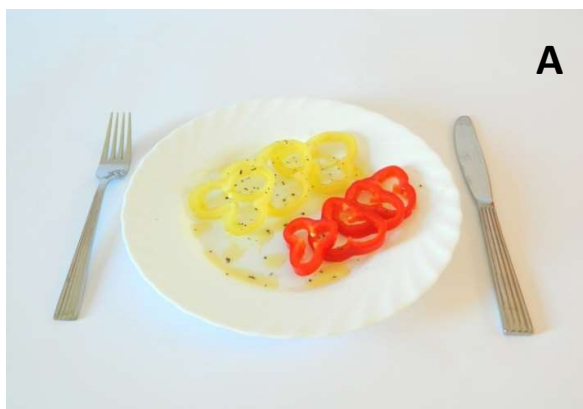
64. Kupus salata



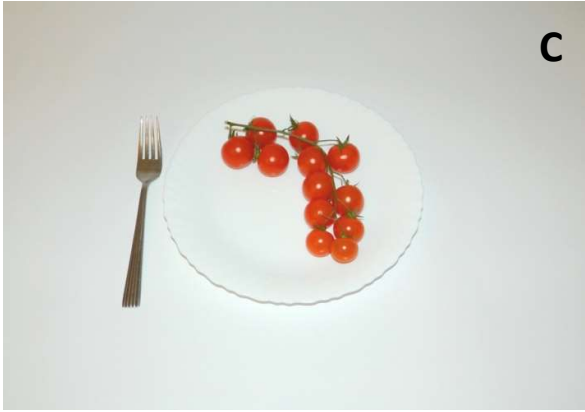
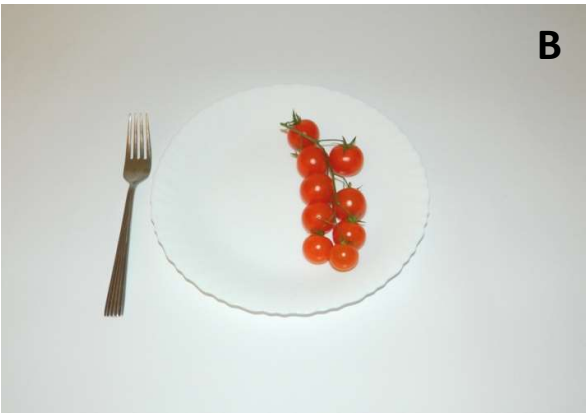
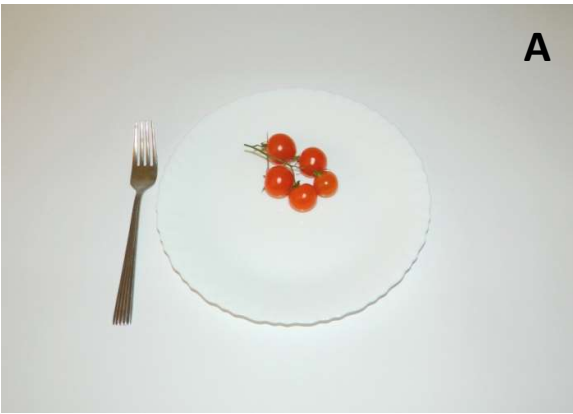
65. Mešana salata



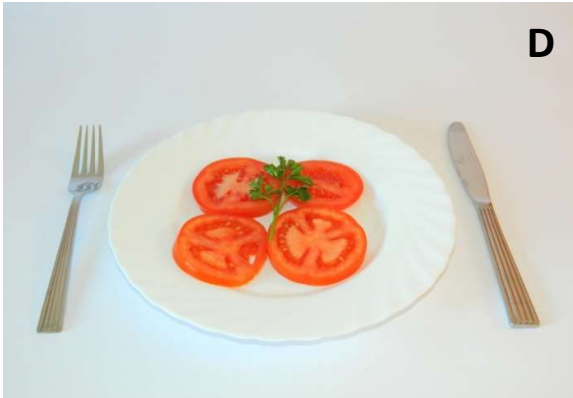
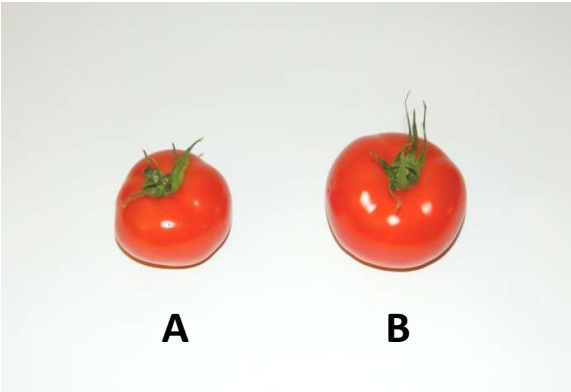
66. Paprika, sveža

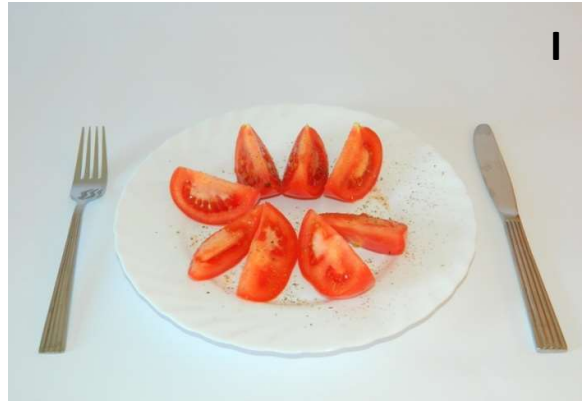
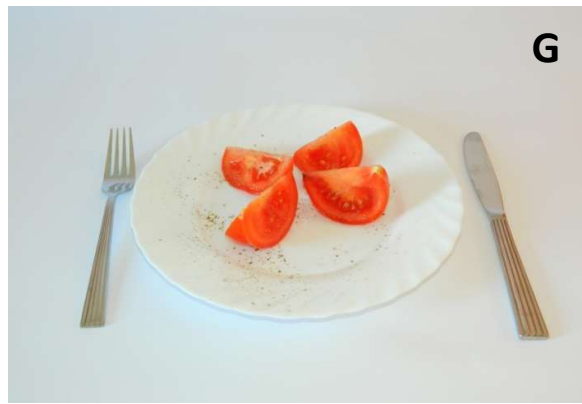
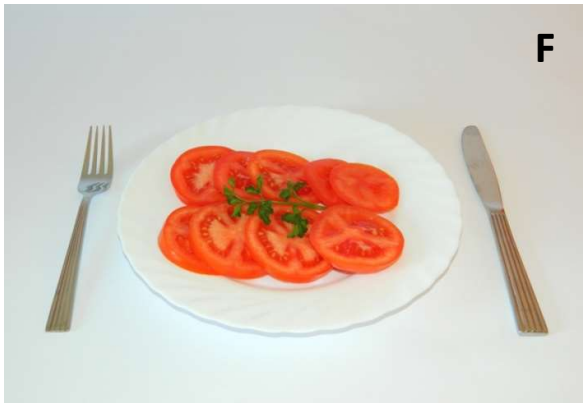


67. Cherry paradajz

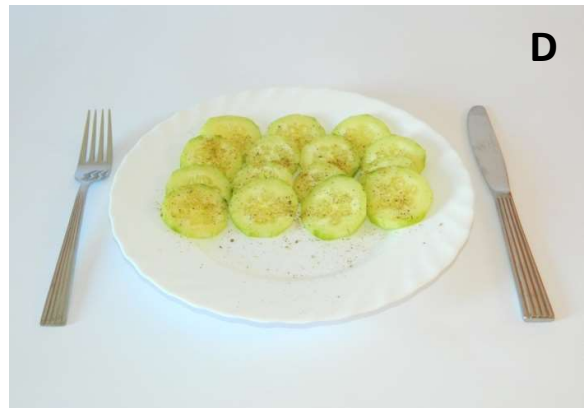
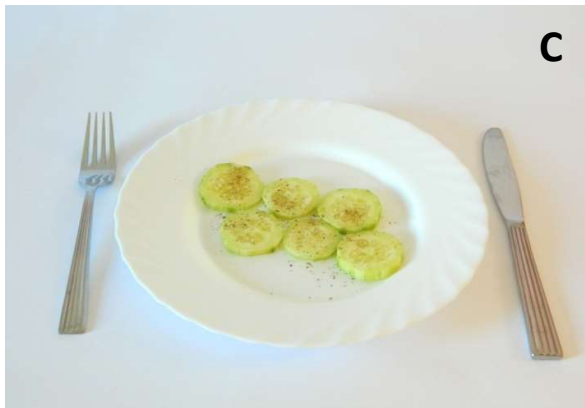
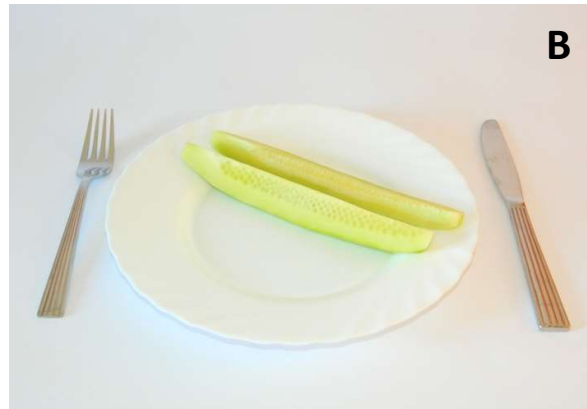
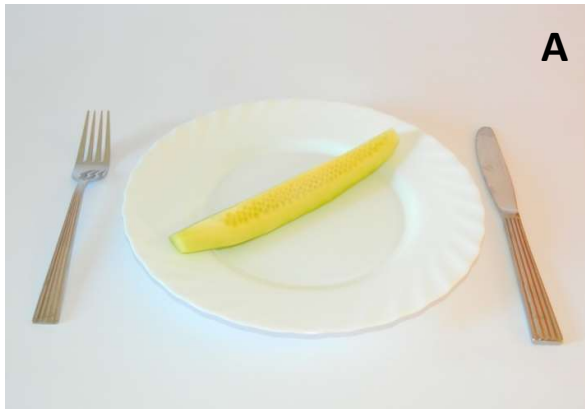


68. Paradajz



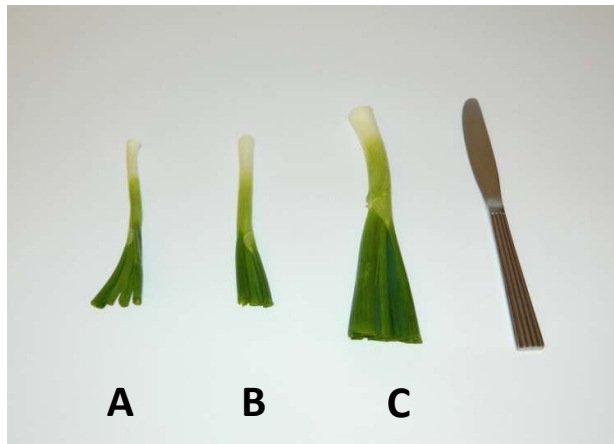


69. Krastavac

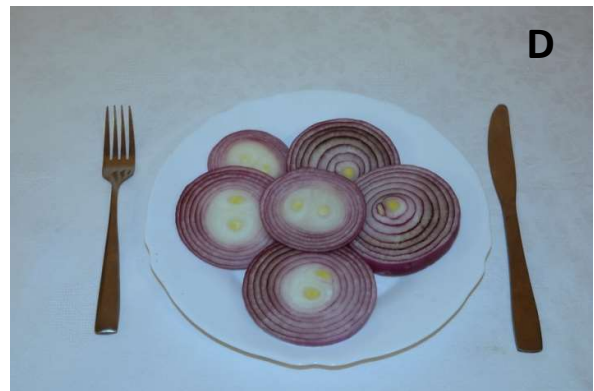
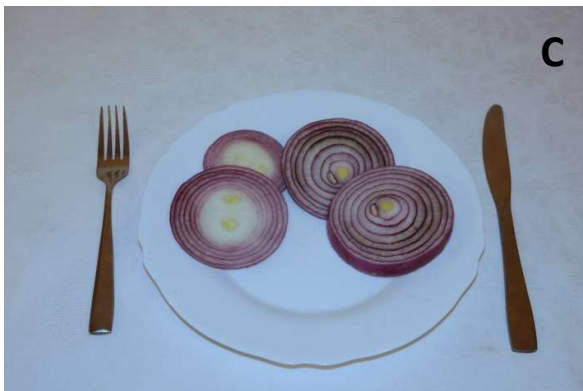
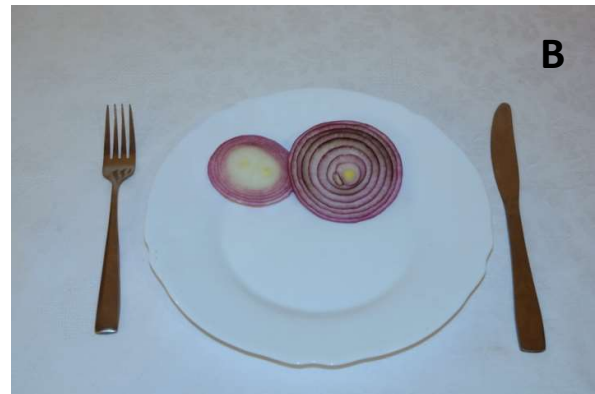


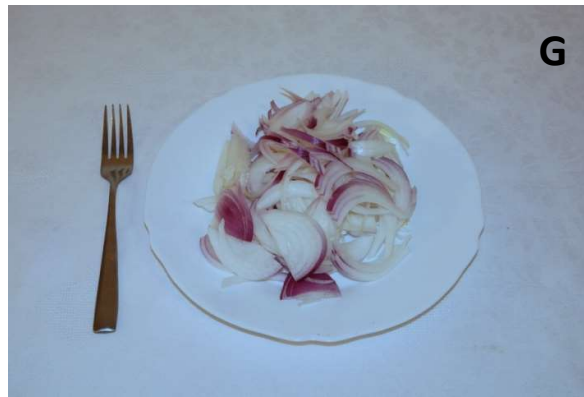
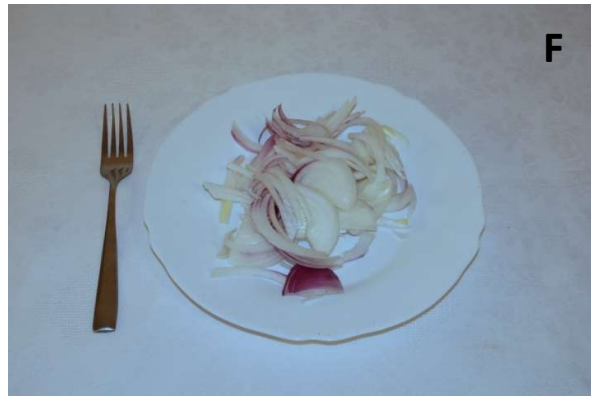
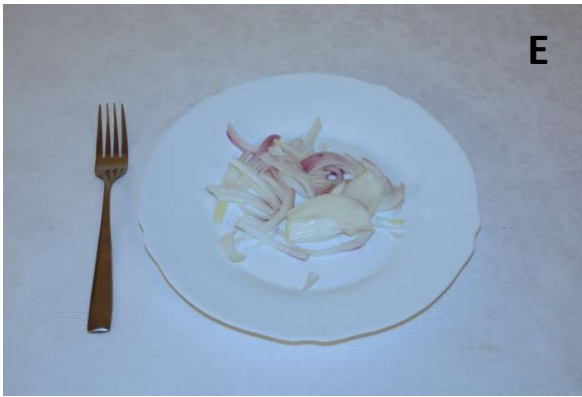


70. Luk, mladi



71. Luk, crni

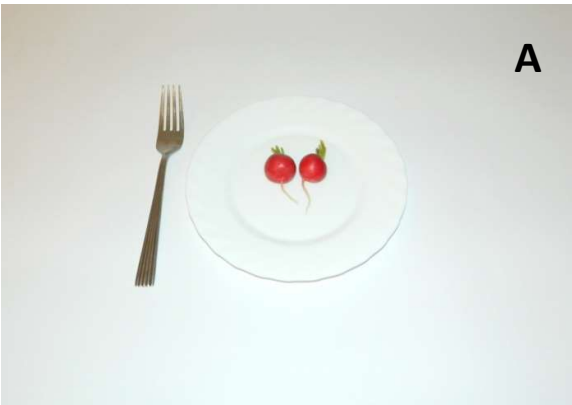




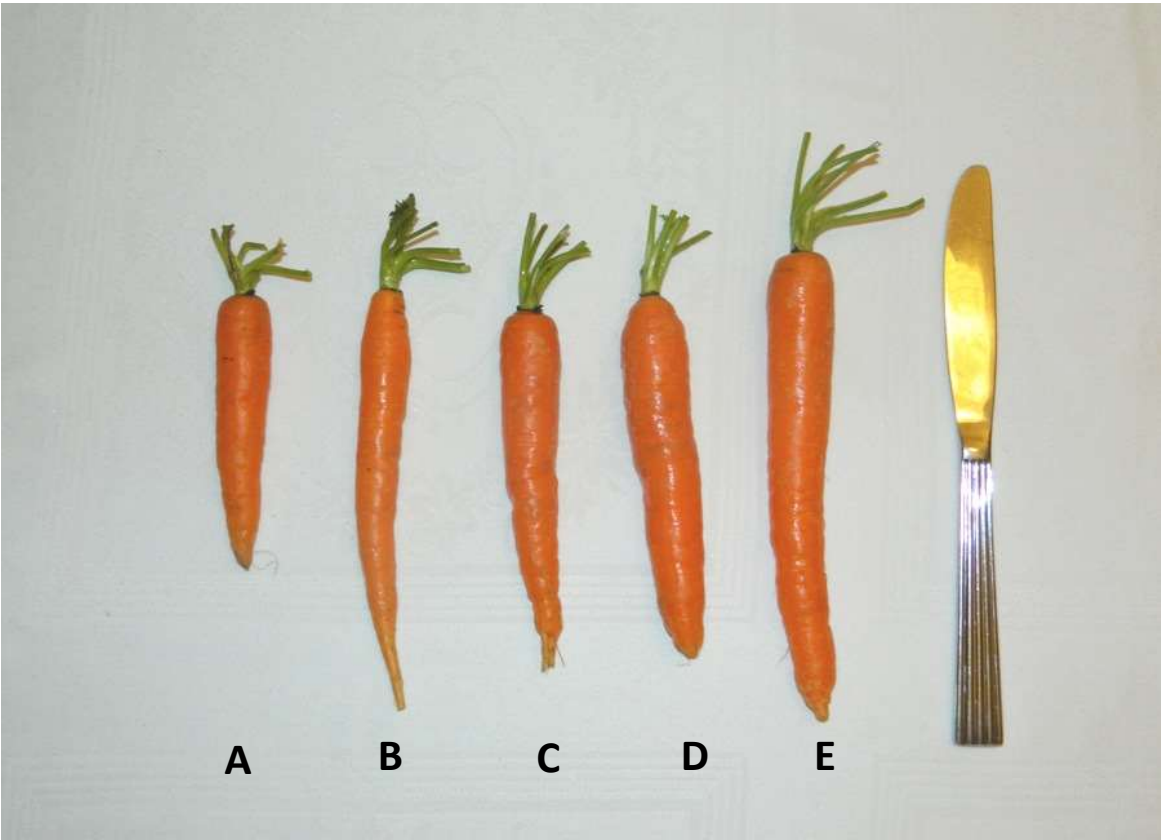
72. Luk, beli



73. Rotkvice



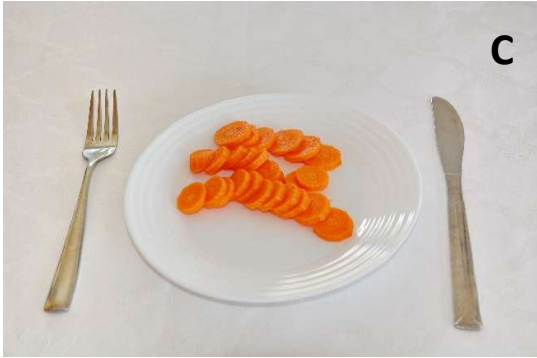
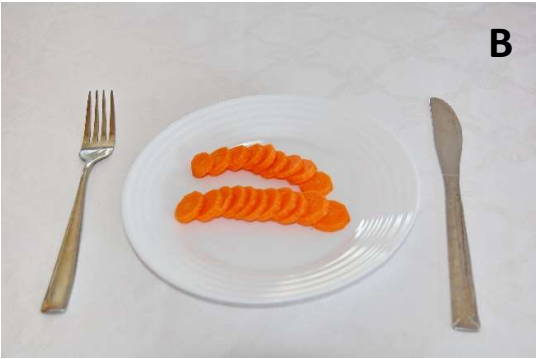
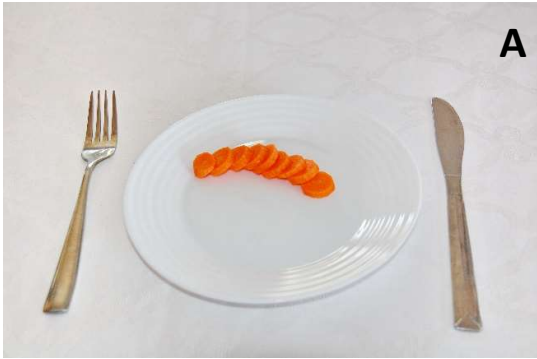
74. Šargarepa



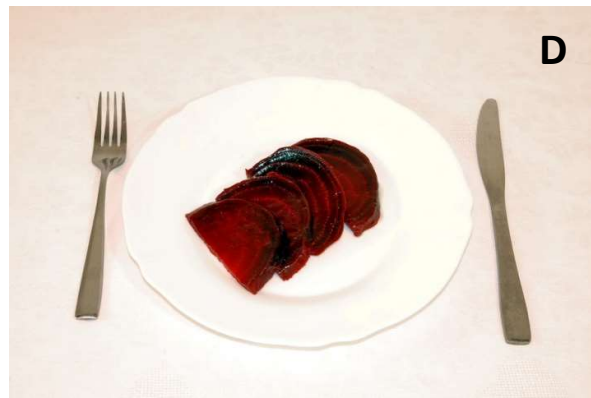
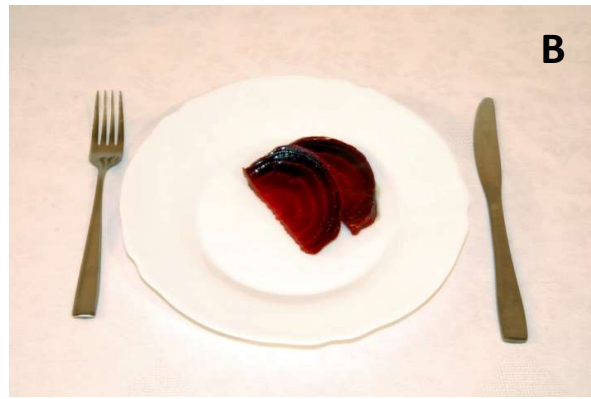
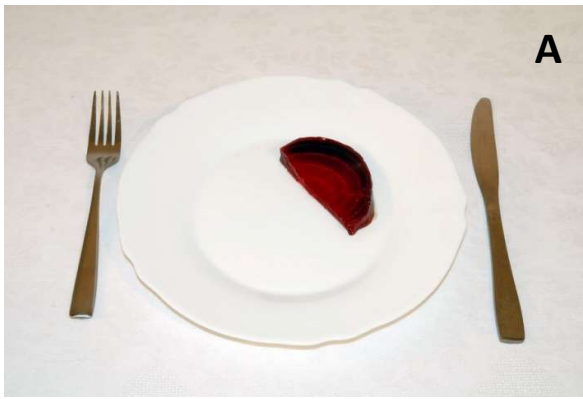
75. Šargarepa rendana



76. Šargarepa, seckana



77. Cvekla, kuvana



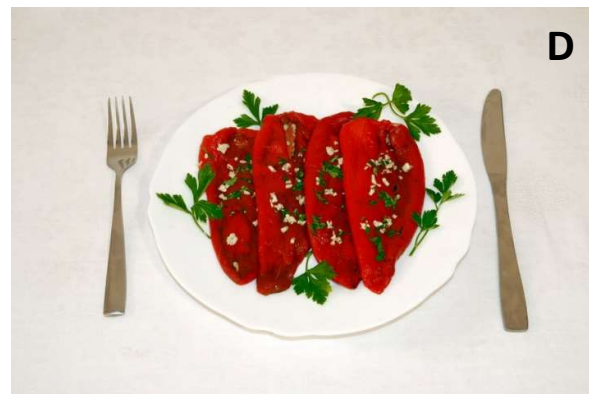
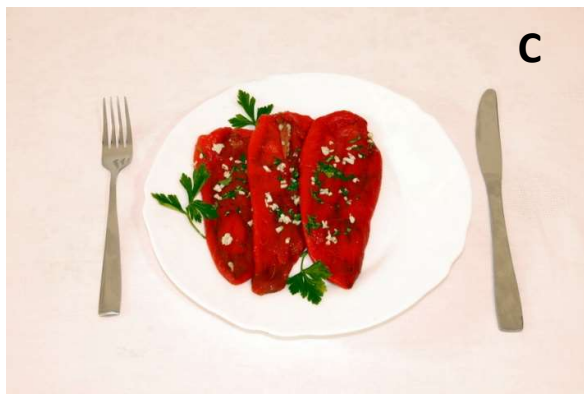
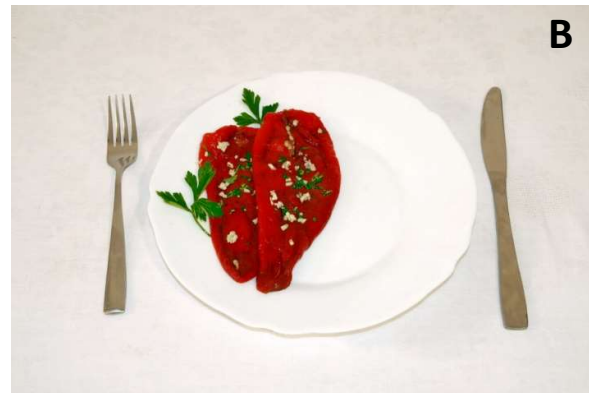
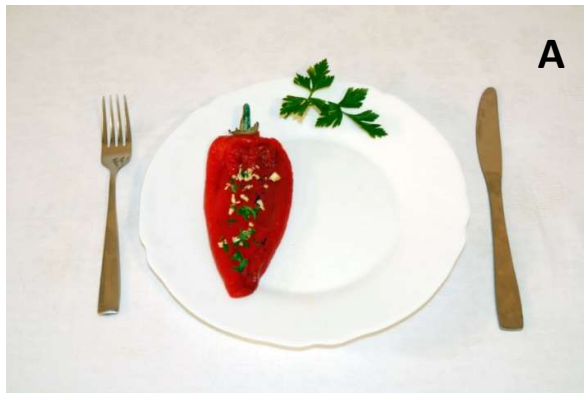
78. Kupus, kiseli, ribanac



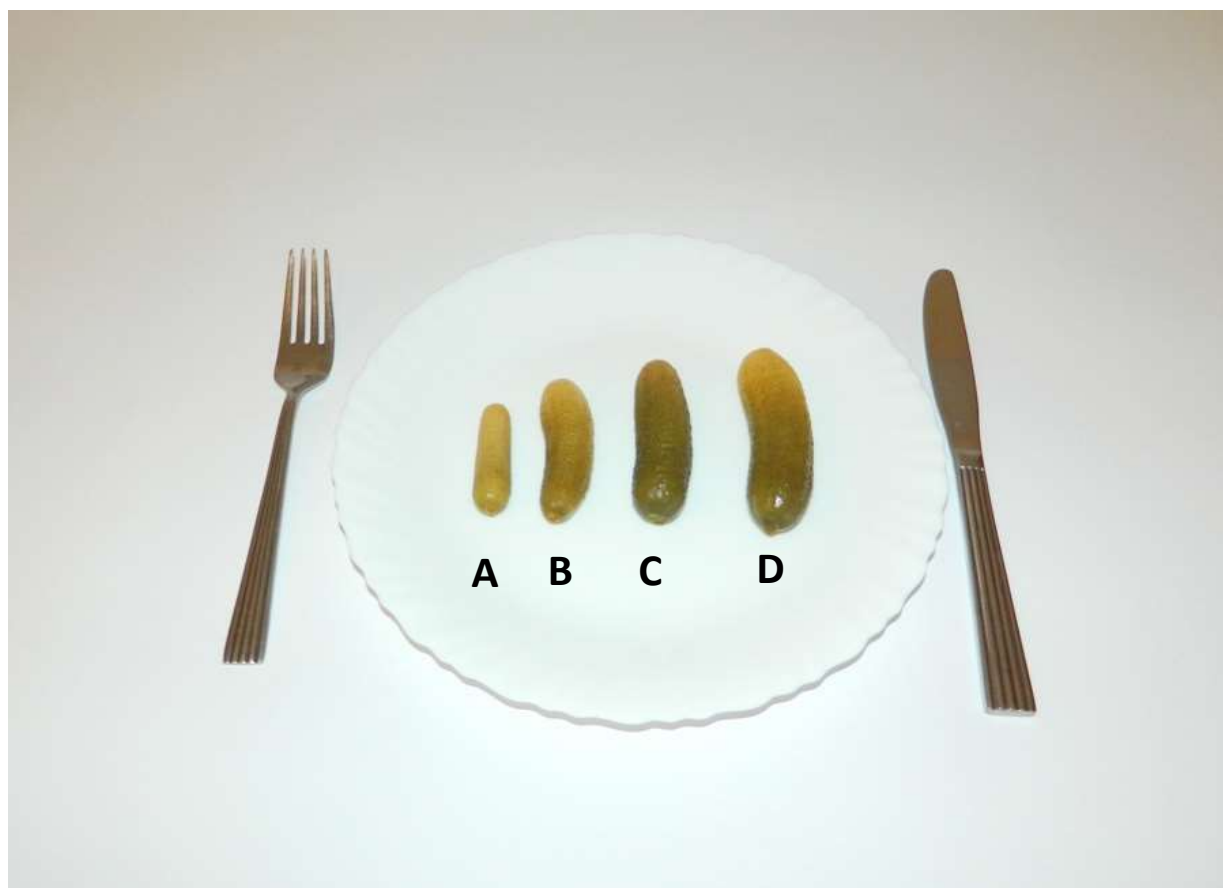
79. Kupus, kiseli, rezani



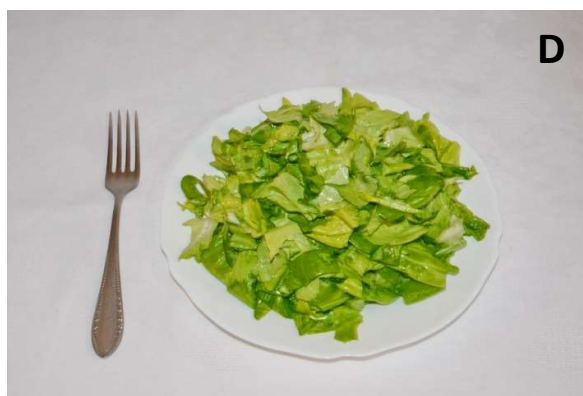
80. Paprika, pečena



81. Krastavci, kiseli



82. Salata, zelena



Kuvana jela

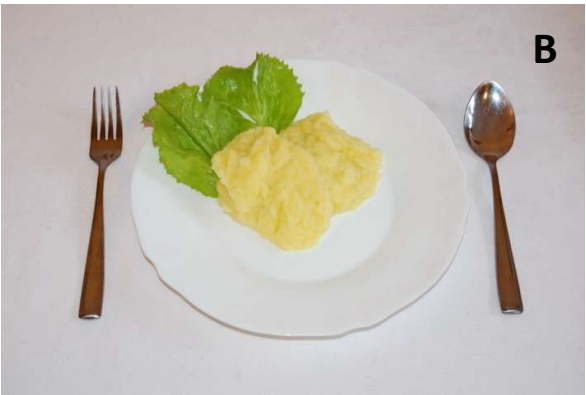
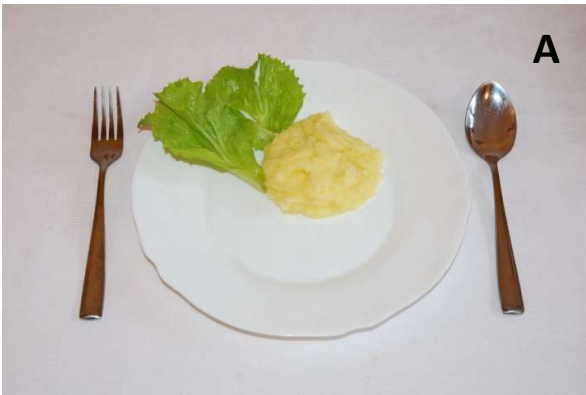
83. Supa sa knedlama



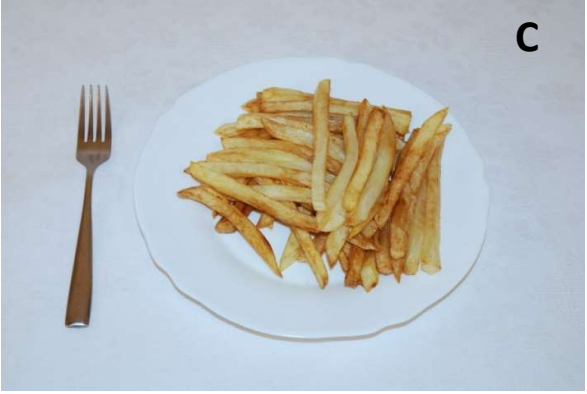
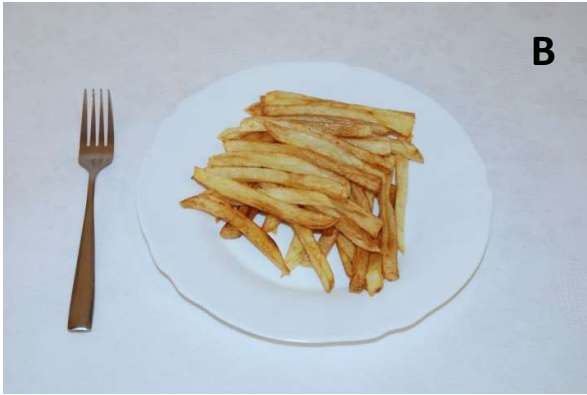
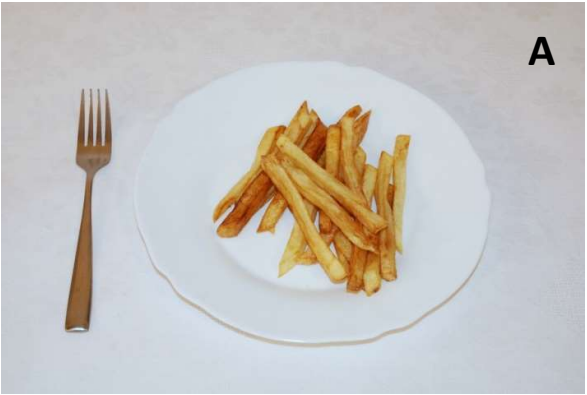
84. Krompir pečeni



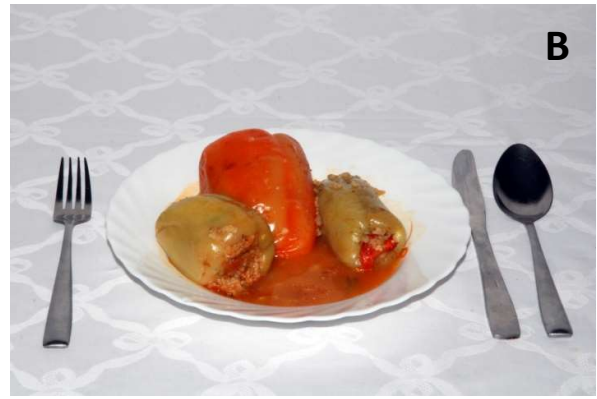
85. Krompir pire



86. Pomfrit



87. Punjene paprika



88. Grašak sa mesom



89. Boranija sa mesom



90. Prebranac



91. Pasulj čorbast



92. Podvarak



93. *Sarma od kiselog kupusa*



94. *Sarmice od zelja*



95. Španač



96. Šampinjoni



97. Tikvice, pohovane



98. Kupus, dinstani, slatki



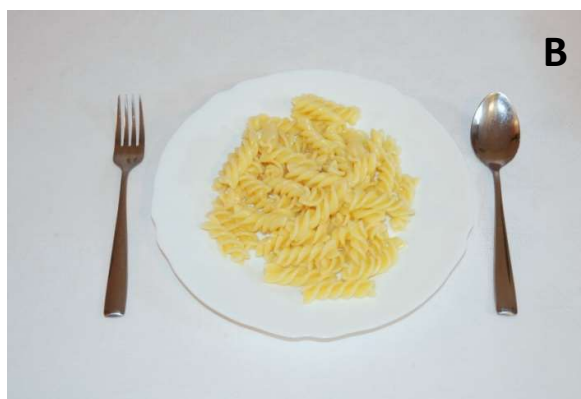
99. Musaka



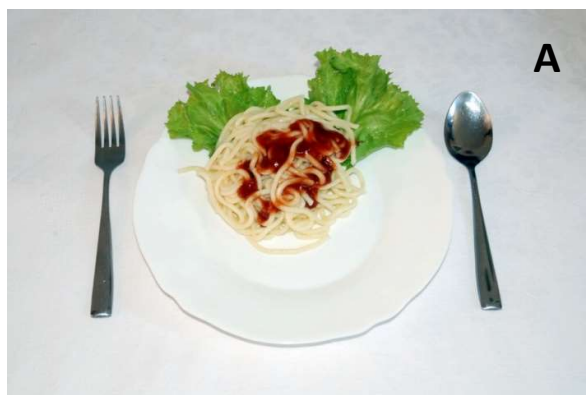
100. Pirinač sa povrćem



101. *Makarone fusili*



102. *Špagete sa kečapom*



103. Makarone sa povrćem-pužići



104. Špagete sa povrćem



105. Čučeg sa jajima



106. Raštan sa krompirom



107. *Girice*



108. *Pastrmka*



109.

Riba-palamida



Meso i mesne prerađevine

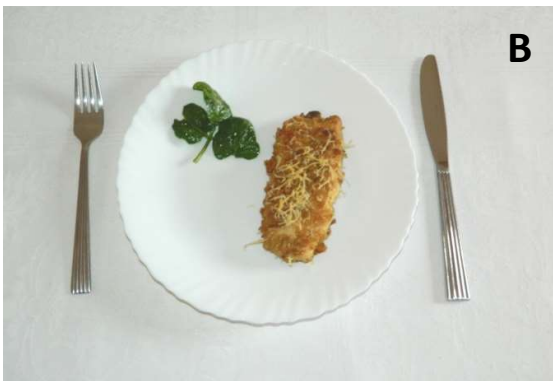
110. Ćufte od mesa



111. Meso pečeno svinjsko



112. Meso pileće belo pohovano



113. Batak



114. *Pileća krilca*



115. *Batak otkošten*



116. *Rolovano pileće belo meso*



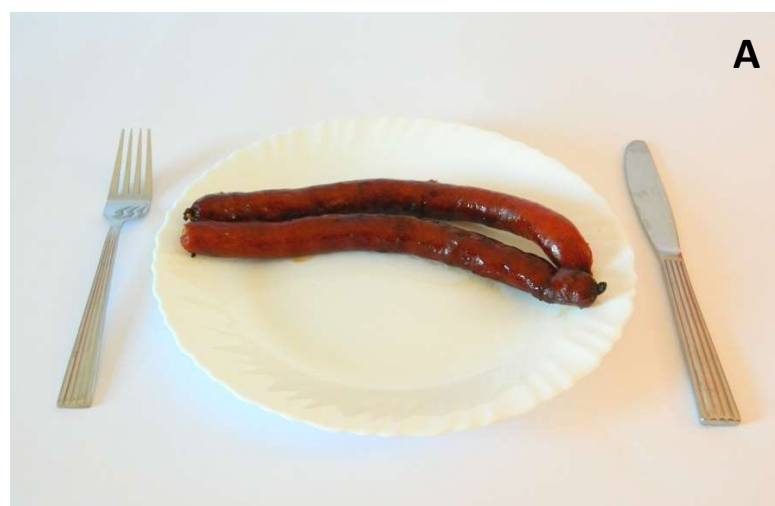
117. Čevapi



118. Bela vešalica



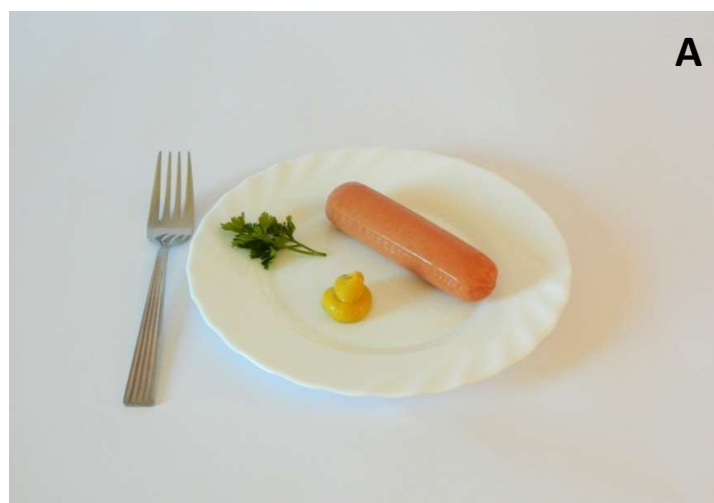
119. Roštiljske kobasice



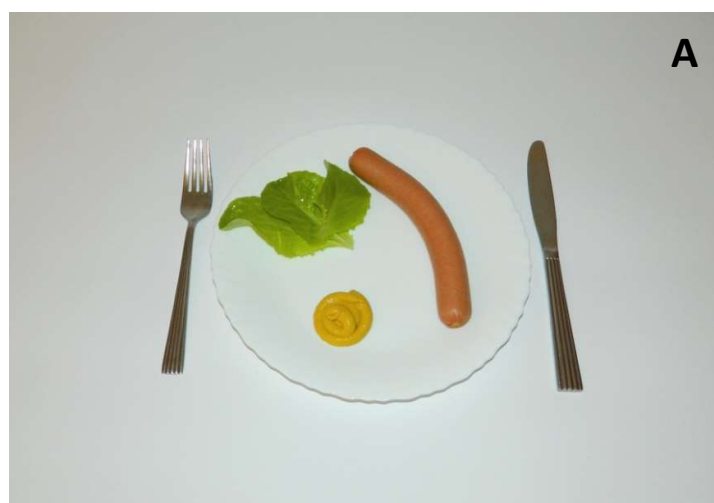
120. *Svinjski vrat*



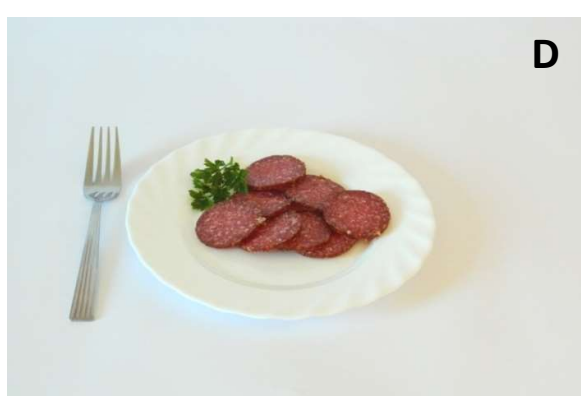
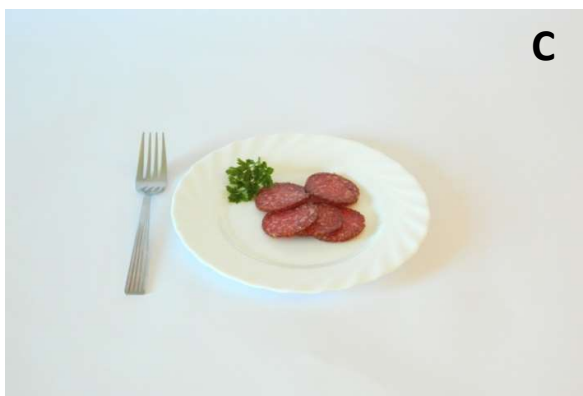
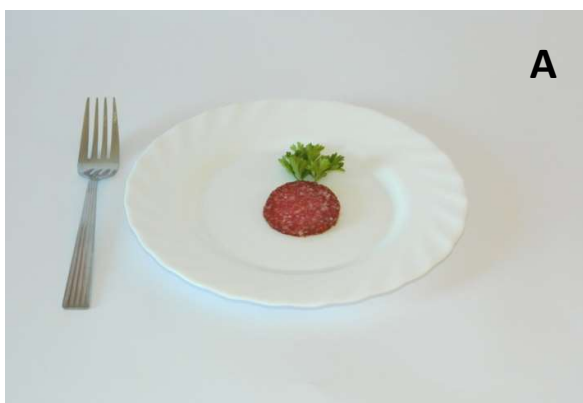
121. *Viršla pileća mala*



122. *Viršla pileća velika*



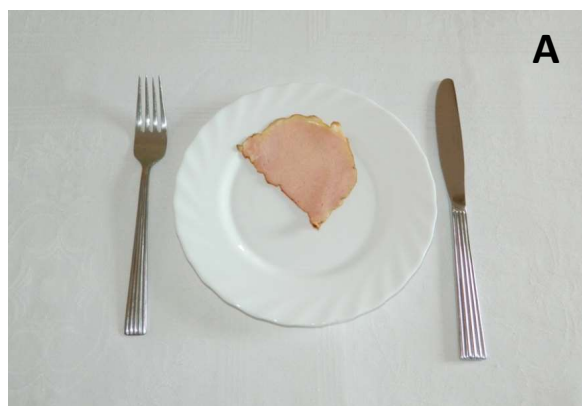
123. Čajna kobasica



124. Mortadela



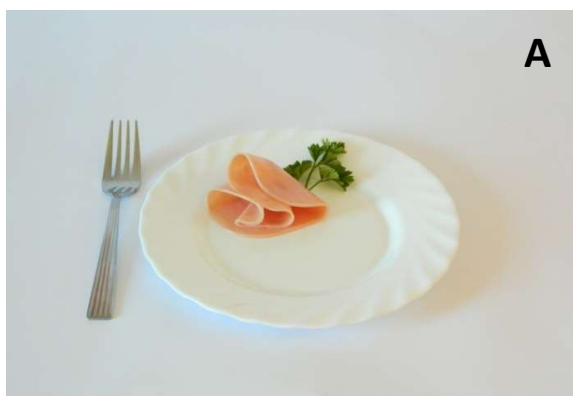
125. Pečenica

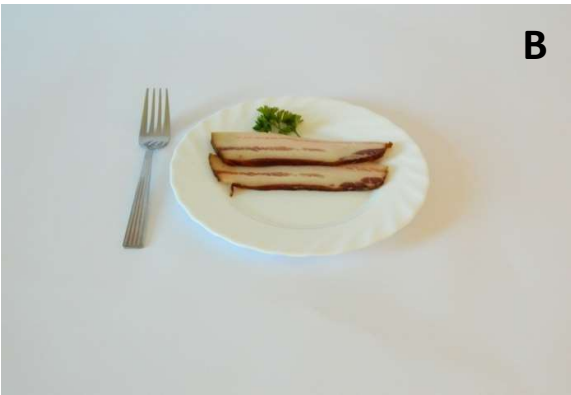
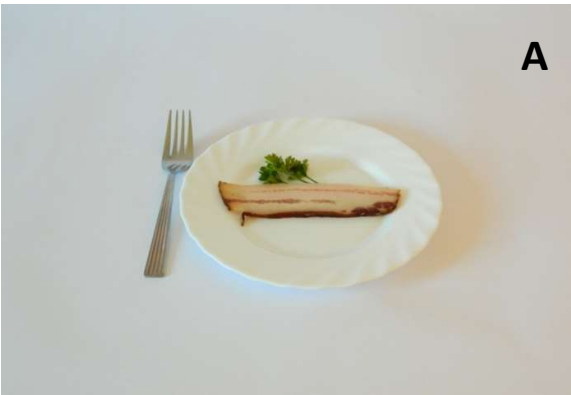


126. Šunka u crevu



127. Šunka za picu





129. Čvarci

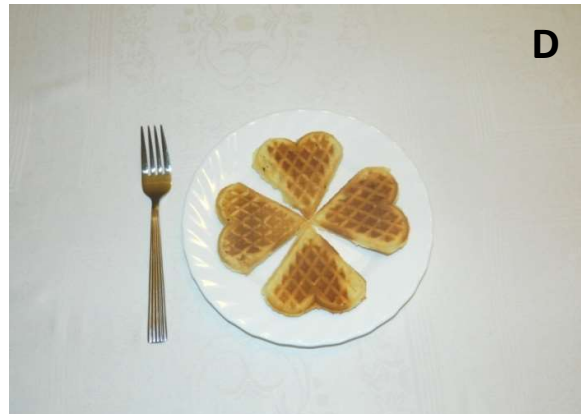
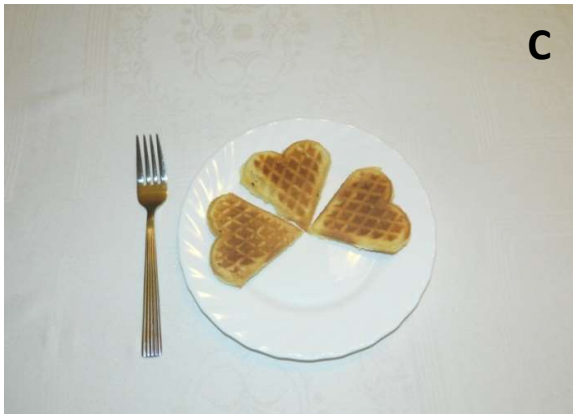
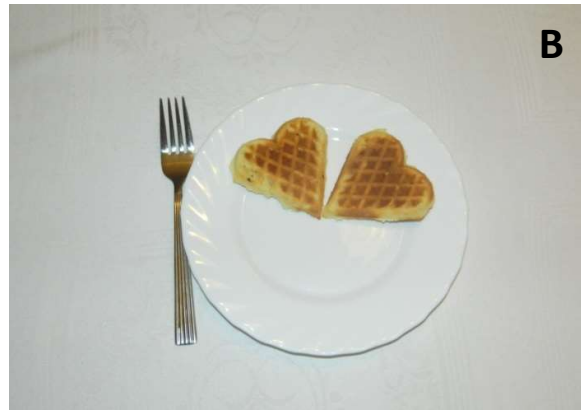
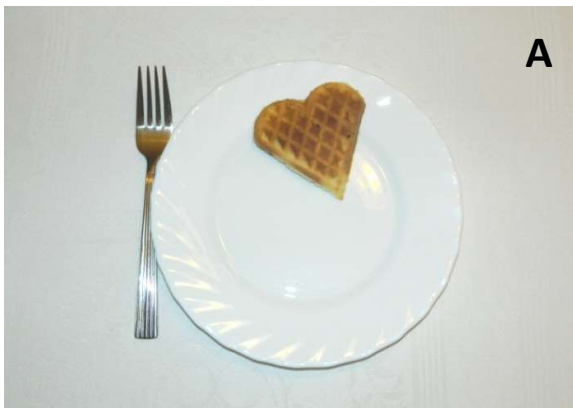


Torte i kolači

130. Krempite



131. *Bakin kolač*



132. *Makovnjača*





133. *Palačinke*



134. Kolač od sira



135. Kolač sa višnjama



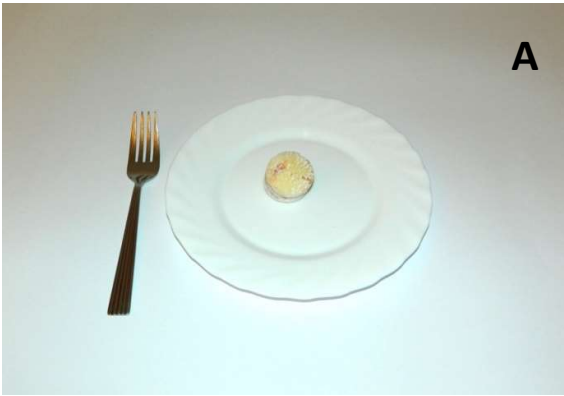
136. *Kompot od dunja*



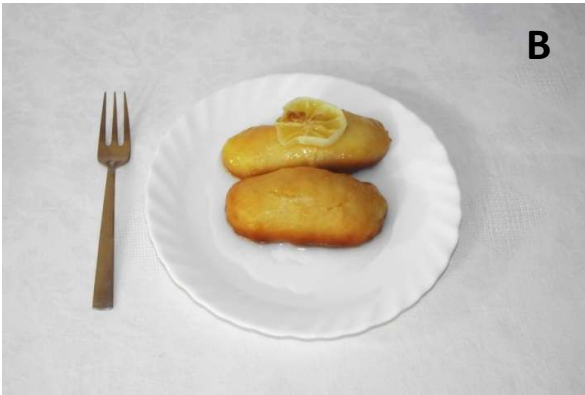
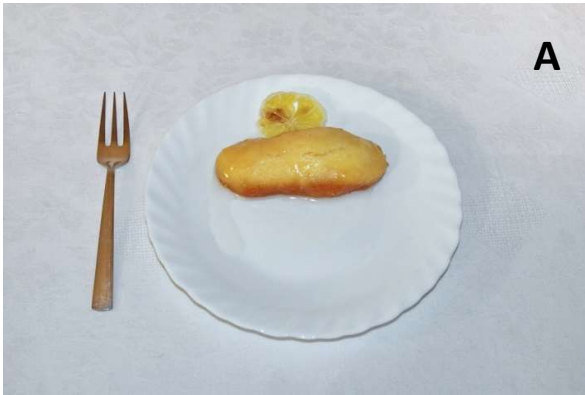
137. *Lenja pita*



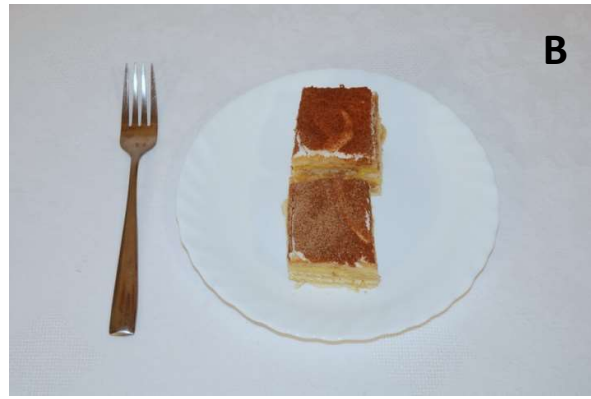
138. Vanilice



139. Urmašice

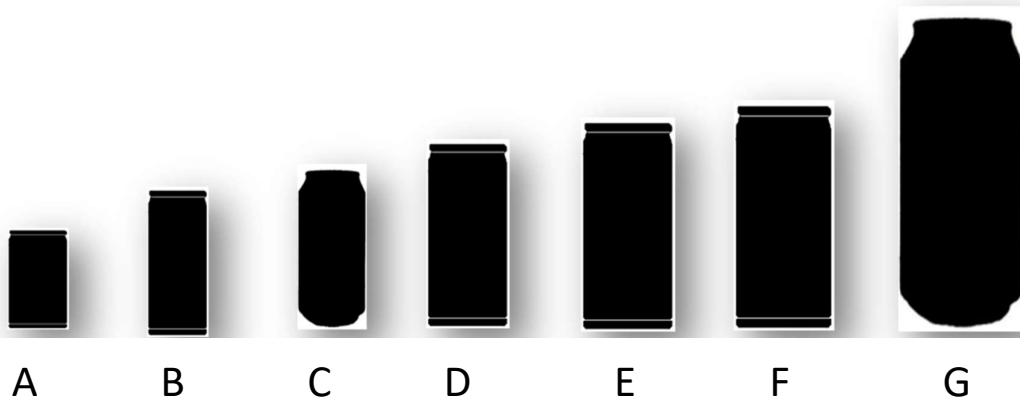


140. Keks torta



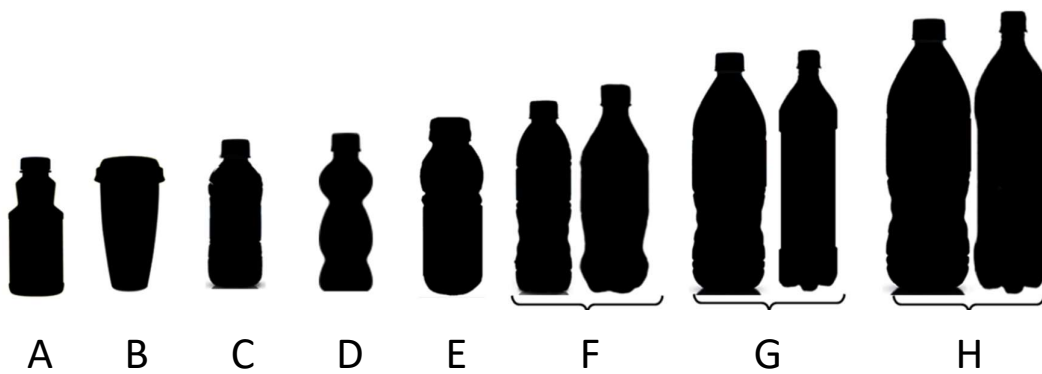
Mere industrijskih pakovanja

141. Konzerve

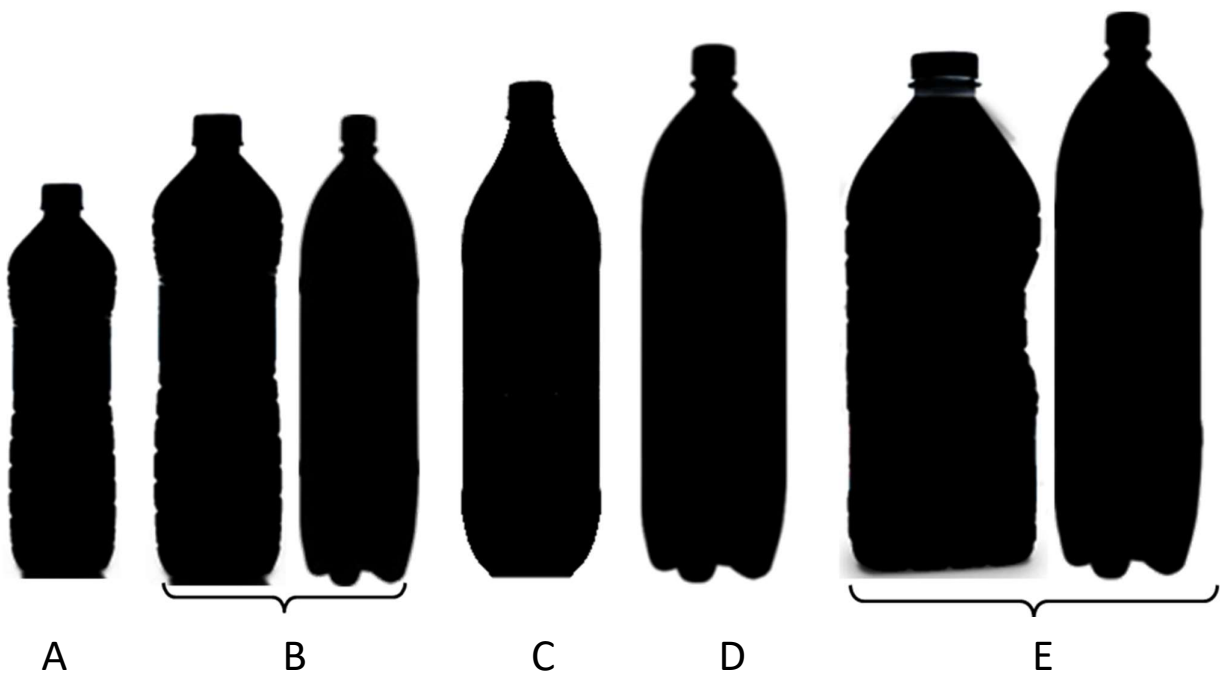




143. Plastične flaše zapremine do 1L



144. Plastične flaše veće od 1L



145. Termos flaše i plastični kontejneri



Dečji dozeri

146. Dečje flašice



ŠIFARNIK

CAPNUTRA watermark

Redni broj	Naziv hrane	Način serviranja	Velicina serviranja (g)											
			A	B	C	D	E	F	G	H	I			
1	Kutlača		90	60	30									
2	Čaša		150	250	250	330								
3	Kafa za poneti		240	355	475									
4	Šoljice za kafu		80	150	200	300								
5	Kašika		3	6	10	15								
6	Šećer		3	7	15	30								
7	Vino		62	187	250									
8	Rakija/kratka alkoholna pića		10	20	30									
9	Hleb pšenični beli	standardni veliki plitki tanjir (prečnik - 24cm)	32	52	72									
10	Hleb pšenični beli sa namazom	standardni veliki plitki tanjir (prečnik - 24cm)	55	55										
11	Hleb sa semenkama svetli	standardni veliki plitki tanjir (prečnik - 24cm)	20	28	44									
12	Hleb sa semenkama tamni	standardni veliki plitki tanjir (prečnik - 24cm)	26	36	44									
13	Hleb domaći	standardni veliki plitki tanjir (prečnik - 24cm)	24	36	62	94								
14	Tost	standardni veliki plitki tanjir (prečnik - 24cm)	9	18	12	17								
15	Kifla pšenična bela	standardni veliki plitki tanjir (prečnik - 24cm)	56	116										
16	Pletenica	standardni veliki plitki tanjir (prečnik - 24cm)	144											
17	Slani stapić	standardni veliki plitki tanjir (prečnik - 24cm)	76											
18	Kroasan od lisnatog testa	standardni veliki plitki tanjir (prečnik - 24cm)	74	87										
19	Krofna	standardni veliki plitki tanjir (prečnik - 24cm)	120											
20	Pica, prekopoljena	standardni veliki plitki tanjir (prečnik - 24cm)	151	303										
21	Pica, parče	standardni veliki plitki tanjir (prečnik - 24cm)	55	110	168									
22	Piroška	standardni veliki plitki tanjir (prečnik - 24cm)	282											
23	Musli	mala dublja činija (prečnik - 14 cm)	27	55	95	151								
23a	Mleko	čaša	64	126	207	295								
24	Ovsena kaša	standardni veliki plitki tanjir (prečnik - 24cm)	10	35	60	80								
25	Plazma, mlevena	standardni veliki plitki tanjir (prečnik - 24cm)	10	35	60	80								
26	Čips	mala dublja činija (prečnik - 14 cm)	21	36	50	90								

Redni broj	Naziv hrane	Način serviranja	Velicina serviranja (g)									
			A	B	C	D	E	F	G	H	I	
27	Smoki	mala dublja činija (prečnik - 14 cm)	21	37	50	50						
28	Grisini	mala dublja činija (prečnik - 14 cm)	30	65	100	100						
29	Jabuka zelena		198	263	400							
30	Banana		165	198	241							
31	Banana, pire	standardni veliki plitki tanjir (prečnik - 24cm)	50	100	150	200						
32	Jagoda	standardni mali plitki tanjir (prečnik - 20 cm)	40	69	101	127						
33	Trešnje	standardni mali plitki tanjir (prečnik - 20 cm)	40	80	120	130						
34	Limun		48	108	178							
35	Mandarina		140	90	40	80	50	30				
36	Kiwi		36	56	96							
37	Grožđe belo		200	400	600							
38	Grožđe crno		200	400	600							
39	Nar		600	300	70	135	270					
40	Dunja		220	300	430							
41	Lubenica		131	250	363	484	491	794				
42	Orasi	mala dublja činija (prečnik - 18 cm)	40	75	150							
43	Šljive suve	standardni mali plitki tanjir (prečnik - 20 cm)	10	21	30	39						
44	Kajsije suve	standardni mali plitki tanjir (prečnik - 20 cm)	16	28	38	53						
45	Masline, crne	standardni mali plitki tanjir (prečnik - 20 cm)	3	11	24	52						
46	Masline, zelene	standardni mali plitki tanjir (prečnik - 20 cm)	6	17	40	87						
47	Sir žuti kačkavalj / trapist / gauda	standardni veliki plitki tanjir (prečnik - 24cm)	10	12	20	22						
48	Sir feta	standardni veliki plitki tanjir (prečnik - 24cm)	30	60	90	120						
49	Puter	standardni mali plitki tanjir (prečnik - 20 cm)	10	20	30	62	125					
50	Pavlaka	standardni mali plitki tanjir (prečnik - 20 cm)	20	40	65	100						
51	Kajmak	standardni mali plitki tanjir (prečnik - 20 cm)	20	37	56	71						
52	Kajgana	standardni veliki plitki tanjir (prečnik - 24cm)	35	70	105	140						
53	Jaje prženo	standardni veliki plitki tanjir (prečnik - 24cm)	60	120	180							

Redni broj	Naziv hrane	Način serviranja	Velicina serviranja (g)											
			A	B	C	D	E	F	G	H	I			
54	Jaje kuvano	standardni veliki plitki tanjir (prečnik - 24cm)	60	120	180									
55	Sataraš	standardni veliki plitki tanjir (prečnik - 24cm)	120	250	380	530								
56	Palenta	standardni veliki plitki tanjir (prečnik - 24cm)	96	200	296	393								
57	Gibanica	standardni veliki plitki tanjir (prečnik - 24cm)	90	180	270	360								
58	Burek	standardni veliki plitki tanjir (prečnik - 24cm)	524	405	246	168								
59	Proja	standardni veliki plitki tanjir (prečnik - 24cm)	34	76	153	235								
60	Prženice	standardni veliki plitki tanjir (prečnik - 24cm)	122	266										
61	Slana torta	standardni veliki plitki tanjir (prečnik - 24cm)	102	202										
62	Ruska salata	standardni veliki plitki tanjir (prečnik - 24cm)	98	206	328	436								
63	Ajvar	standardni mali plitki tanjir (prečnik - 20 cm)	17	39	60	86								
64	Kupus salata	mala dublja činija (prečnik - 18 cm)	25	50	75	100								
65	Mešana salata	standardni mali plitki tanjir (prečnik - 20 cm)	33	59	84	132								
66	Paprika sveža seckana	standardni veliki plitki tanjir (prečnik - 24cm)	53	100	150									
67	Paradajz cherry	standardni veliki plitki tanjir (prečnik - 24cm)	59	123	180									
68	Paradajz	standardni veliki plitki tanjir (prečnik - 24cm)	161	255	50	100	156	221	114	172	224			
69	Krastavac	standardni veliki plitki tanjir (prečnik - 24cm)	73	118	40	109	167							
70	Luk mladi		7	12	35									
71	Luk crni / crveni	standardni veliki plitki tanjir (prečnik - 24cm)	240	58	154	228	50	112	222					
72	Luk beli	mali tanjiric (prečnik - 12 cm)	45	45	20	8								
73	Rotkvice	standardni mali plitki tanjir (prečnik - 20 cm)	40	50	60									
74	Šargarepa		25	27	35	53	64							
75	Šargarepa, rendana	standardni veliki plitki tanjir (prečnik - 24cm)	14	28	41	53								
76	Šargarepa, seckana	standardni veliki plitki tanjir (prečnik - 24cm)	15	34	48	63								
77	Cvekla kuvana	standardni veliki plitki tanjir (prečnik - 24cm)	33	68	103	140								
78	Kupus kiseli ribanac	mala dublja činija (prečnik - 18 cm)	33	66	100	200								
79	Kupus kiseli rezani	standardni veliki plitki tanjir (prečnik - 24cm)	64	97	175	288								
80	Paprika pečena	standardni veliki plitki tanjir (prečnik - 24cm)	85	135	195	255								

Redni broj	Naziv hrane	Način serviranja	Velicina serviranja (g)								
			A	B	C	D	E	F	G	H	I
81	Krastavac kiseli	standardni veliki plitki tanjir (prečnik - 24cm)	7	18	29	42					
82	Salata zelena	standardni veliki plitki tanjir (prečnik - 24cm)	50	100	150	200					
83	Supa sa knedlama	standardni veliki duboki tanjir (prečnik - 24 cm)	135	187	253	393					
84	Krompir pečeni	standardni veliki plitki tanjir (prečnik - 24cm)	108	188	296	394					
85	Krompir pire	standardni veliki plitki tanjir (prečnik - 24cm)	96	176	264	365					
86	Krompir prženi / pomfrit	standardni veliki plitki tanjir (prečnik - 24cm)	90	184	264	346					
87	Punjene paprike	standardni veliki duboki tanjir (prečnik - 24 cm)	364	484	738						
88	Grašak sa mesom	standardni veliki duboki tanjir (prečnik - 24 cm)	130G + 44M	186G + 84M	286G + 116M	388G + 160M					
89	Boranija sa mesom	standardni veliki plitki tanjir (prečnik - 24cm)	126B + 34M	254B + 76M	374B + 114M	504B + 156M					
90	Prebranac	standardni veliki plitki tanjir (prečnik - 24cm)	190	380	570						
91	Pasulj čorbast	standardni veliki duboki tanjir (prečnik - 24 cm)	122	264	406	538					
92	Podvarak	standardni veliki plitki tanjir (prečnik - 24cm)	132	228	370	470					
93	Sarma od kiselog kupusa	standardni veliki duboki tanjir (prečnik - 24 cm)	122	232	353	460					
94	Sarma od zelja sa kiselim mlekom	standardni veliki duboki tanjir (prečnik - 24 cm)	106S+40KM	222S+85KM	332S+125KM						
95	Spanać	standardni veliki duboki tanjir (prečnik - 24 cm)	110	224	342	464					
96	Šampinjoni	standardni veliki plitki tanjir (prečnik - 24cm)	70	140	210						
97	Tikvice pohovane	standardni veliki plitki tanjir (prečnik - 24cm)	100	180	250						
98	Kupus dinstani slatki	standardni veliki plitki tanjir (prečnik - 24cm)	98	196	296	394					
99	Musaka	standardni veliki plitki tanjir (prečnik - 24cm)	90	180	270	360					
100	Pirinač sa povrćem	standardni veliki plitki tanjir (prečnik - 24cm)	98	196	290	382					
101	Makarone fusili	standardni veliki plitki tanjir (prečnik - 24cm)	100	210	306	400					
102	Špagete sa kečapom	standardni veliki plitki tanjir (prečnik - 24cm)	158	306	450	600					
103	Makarone sa povrćem pužići	standardni veliki plitki tanjir (prečnik - 24cm)	64	130	198	268					
104	Špagete sa povrćem	standardni veliki plitki tanjir (prečnik - 24cm)	140	239	310	385					
105	Čučeg sa jajima	mala dublja činija (prečnik - 18 cm)	40	80	120	160					
106	Raštan sa krompirom	standardni veliki duboki tanjir (prečnik - 24 cm)	108	216	325	433					

Redni broj	Naziv hrane	Način serviranja	Velicina serviranja (g)								
			A	B	C	D	E	F	G	H	I
107	Riba girice	standardni veliki plitki tanjir (prečnik - 24cm)	92	184	294						
108	Riba pastrmka	standardni veliki plitki tanjir (prečnik - 24cm)	200								
109	Riba palamida	standardni veliki plitki tanjir (prečnik - 24cm)	140	280	420	680					
110	Ćufte od mesa	standardni veliki plitki tanjir (prečnik - 24cm)	118	234	360	462					
111	Meso pečeno svinjsko	standardni veliki plitki tanjir (prečnik - 24cm)	78	176	260	334					
112	Meso pileće belo pohovano	standardni veliki plitki tanjir (prečnik - 24cm)	57	93	146	170					
113	Pileći batak	standardni veliki plitki tanjir (prečnik - 24cm)	208								
114	Pileća krilca	standardni veliki plitki tanjir (prečnik - 24cm)	57								
115	Pileći batak odkošten	standardni veliki plitki tanjir (prečnik - 24cm)	150								
116	Pileće belo meso rolovano	standardni veliki plitki tanjir (prečnik - 24cm)	150								
117	Čevapi	standardni veliki plitki tanjir (prečnik - 24cm)	175								
118	Bela vešalica	standardni veliki plitki tanjir (prečnik - 24cm)	88								
119	Roštiljske kobasice	standardni veliki plitki tanjir (prečnik - 24cm)	75	140							
120	Svinjski vrat	standardni veliki plitki tanjir (prečnik - 24cm)	122								
121	Viršla pileća mala	standardni mali plitki tanjir (prečnik - 20 cm)	51								
122	Viršla pileća velika	standardni veliki plitki tanjir (prečnik - 24cm)	84								
123	Čajna kobasica	standardni mali plitki tanjir (prečnik - 20 cm)	4	13	26	42					
124	Mortadela	standardni veliki plitki tanjir (prečnik - 24cm)	41								
125	Pečenica	standardni mali plitki tanjir (prečnik - 20 cm)	9								
126	Šunka u crevu	standardni mali plitki tanjir (prečnik - 20 cm)	16								
127	Šunka za picu	standardni mali plitki tanjir (prečnik - 20 cm)	16	34	50	66					
128	Slanina	standardni mali plitki tanjir (prečnik - 20 cm)	22	47	22	31	47				
129	Čvarci	standardni mali plitki tanjir (prečnik - 20 cm)	8	17	24	47					
130	Krempite	standardni veliki plitki tanjir (prečnik - 24cm)	70	150	210	270					
131	Bakin kolač	standardni mali plitki tanjir (prečnik - 20 cm)	13	29	43	58					
132	Makovnjača	standardni veliki plitki tanjir (prečnik - 24cm)	40	80	120	160	139				
133	Palačinke	standardni veliki plitki tanjir (prečnik - 24cm)	72	100	100						

Redni broj	Naziv hrane	Način serviranja	Velicina serviranja (g)									
			A	B	C	D	E	F	G	H	I	
134	Kolač od sira	standardni mali plitki tanjir (prečnik - 20 cm)	65	86	128							
135	Kolač sa višnjama	standardni mali plitki tanjir (prečnik - 20 cm)	78	170	242	328						
136	Kompot od dunja	mala duboka staklena činija (prečnik - 16 cm)	150	300	450							
137	Lenja pita	standardni mali plitki tanjir (prečnik - 20 cm)	66	136	198	270						
138	Vanilice	standardni mali plitki tanjir (prečnik - 20 cm)	14	32	49	65						
139	Urmašice	standardni mali plitki tanjir (prečnik - 20 cm)	78	164								
140	Keks torta	standardni mali plitki tanjir (prečnik - 20 cm)	132	254	366	480						
141	Konzerve		150	250	330	330	350	375	500			
142	Tetrapak		200	220	310	500	750	1L	1.5L	2L		
143	Plastične flaše do 1L		200	230	330	330	400	500	750	1L		
144	Plastične flaše veće od 1L		1.25L	1.5L	2L	2.25L	2.5L					
145	Termos flaše i plastični kontejneri		400	600	1L	1.5L						
146	Dečje flašice		150	250	300							

Više informacija o izradi i validaciji atlasa nalazi se na:

<https://www.frontiersin.org/articles/10.3389/fnut.2018.00078/full>

Nikolić M, Milešević J, Zeković M, Gurinović M and Glibetić M (2018) The Development and Validation of Food Atlas for Portion Size Estimation in the Balkan Region. *Front. Nutr.* 5:78. doi: 10.3389/fnut.2018.

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