



IAPM
Interregional Academy of
Personnel Management



**SUSTAINABLE
DEVELOPMENT
GOALS**

THE RECOMMENDED AVERAGE DAILY FOOD SET FOR STUDENTS

NAME OF THE PRODUCT	AMOUNT IN GRAMS	
	boys	girls
Meat and meat products	127	107
Fish, fish products	53	43
Milk	370	313
Soft cheese	21	18
Sour cream, hard cheese	16	18
Milk and milk products (in terms of milk)	1097	963
Eggs (in terms of milk)	26	22
Butter	16	13
Vegetable oil	26	22
Sugar	95	80
Total bakery products (in terms of flour)	407	343
Potato	317	268
Vegetable and gourds	376	317
Fresh fruits	132	112
Dried fruit	5	4