

The image shows a light blue tray with a meal. The meal includes a large white bowl filled with buckwheat, meat, and vegetables, a slice of cake on a small plate, a green apple on another small plate, and a white cup of tea. In the background, a white board displays a detailed nutritional table. The table has columns for food items, portions, and various nutrient values. The table is titled 'Содержание питательных веществ в продуктах питания' and includes a list of food items and their corresponding nutrient values.

