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| **KP** | **PÄEVA JOOKSUL SÖÖDUD**  **TOIDUENERGIA, kcal. TE** | **PÕHI-AINE-VAHETUS+**  **ÜLDINE**  **AKTIIVSUS.**  **PAVÜA** | **TEADLIK TRENN,**  **TT** | **ENERGIA-**  **KÄIVE,EK.**  **EK=TE-(PAVÜA+TT)** | **KEHA-KAAL** | **MÄRK-MED,**  **VÖÖ** |
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**KOKKUVÕTE, KUIDAS EDASI:**