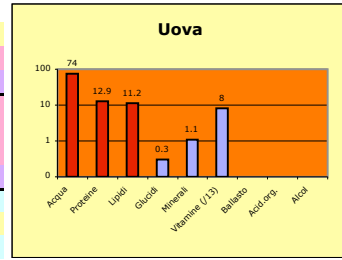
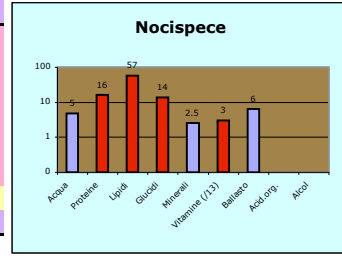
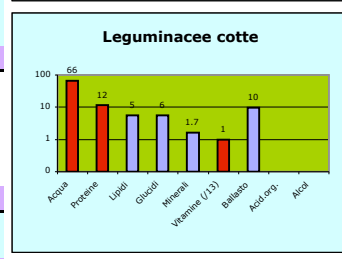
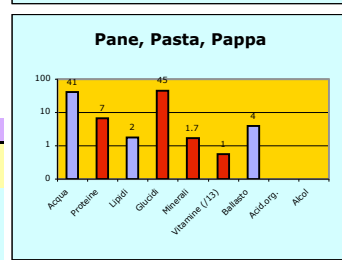
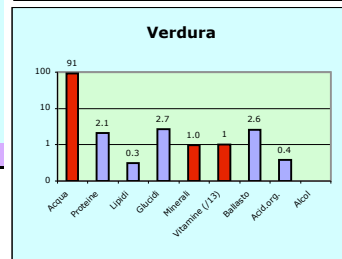
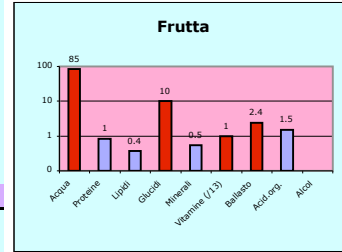
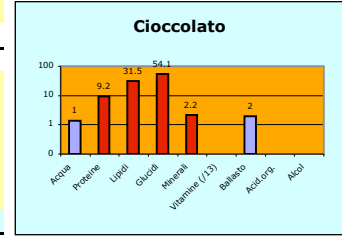
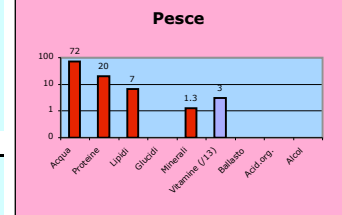
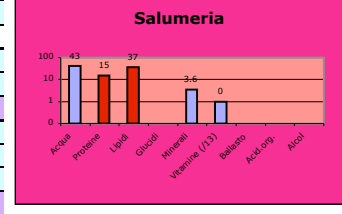
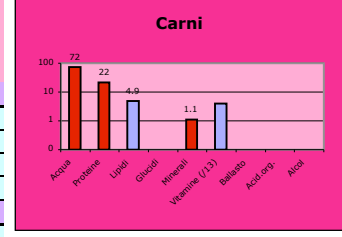
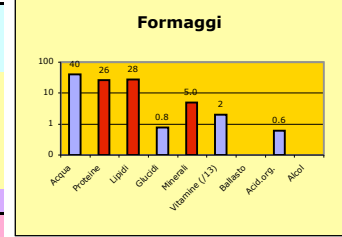
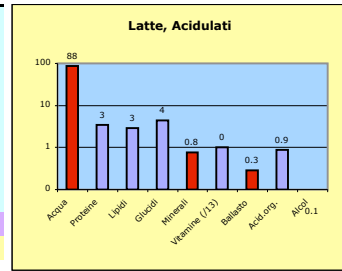


Contenuti in gr / 100gr (%) (kCal/100gr)	1/kCal	1/kg	1/kg	100	= >	15	2	0.5/kg	30/kg	
	Acqua	Proteine	Lipidi	Glucidi	Minerali	Vitamine (/13)	Ballasto	Acid.org.	Alcol	kCa/100gr
Frutta										
Mela	85	0.3	0.4	12	0.3	1	2.3	0.80		57
Arancio	86	1	0.2	8	0.5	1	2.2	1.20		42
Limone	90	0.7	0.6	3.2	0.5	1	4.90			21
Banana	74	1.2	0.2	21	0.8	1	2	0.60		95
Albicocca	85	0.9	0.1	8.5	0.7	1	2	1.40		43
Mirtilli	85	0.6	0.6	6	0.3	1	4.9	1.40		42
Ficco	86	1.3	0.5	13	0.7	1	2			66
Uva	81	0.7	0.3	16	0.5	1	1.6	0.60		73
Fragola	90	0.8	0.4	5.5	0.5	1	2	1.00		33
Verdura	85	1	0.4	10	0.5	1	2.4	1.5		52
Carotta	88	1.0	0.2	4.6	0.9	1	3.4	0.30		31
Cavolo	86	4.3	0.9	2.5	1.7	1	4.2	0.40		44
Lattuga	95	1.3	0.2	1.1	0.7	1	1.5			14
Porri	89	2.2	0.3	3.2	0.9	1	2.3			29
Pomodori	94	1.0	0.2	3.0	0.6	1	1.8	0.50		21
Cavolfiore	92	2.5	0.3	2.6	0.8	1	2.9			29
Broccoli	90	3.3	0.2	2.5	1.1	1	3.0	0.30		31
Cicoria	94	1.3	0.2	2.3	1.0	1	1.3			19
Graminacee secche	91	2.1	0.3	2.7	1.0	1	2.6	0.4		27
Fruento	13	11.7	2.0	61.0	1.8		10.3			329
Avena	13	11.7	7.1	59.7	2.9		5.6			361
Riso	13	6.8	0.6	77.8	0.5		1.4			347
Segale	14	8.8	1.7	60.7	1.9		13.2			320
Miglio	12	9.8	3.9	68.8	1.6		3.8			357
Farro	13	10.8	2.7	63.2	2.0		8.8			338
Orzo	12	9.8	2.1	64.3	2.3		9.8			335
Granoturco	13	8.5	3.8	64.7	1.3		9.2			345
Pasta secca (all'uovo)	11	12.3	2.8	69.9	0.9		3.4			361
Graminacee preparate	12	10	3	66	1.7		7			344
Fiocchi d'avena	10	12.5	7.0	63.3	1.8	1	5.4			377
Corn Flakes	6	7.2	0.6	79.6	2.9	3	4.0			361
Pane (frumento)	38	7.6	1.2	47.8	1.6	0	3.5			239
Pane integrale	42	7.0	0.9	41.4	1.5	0	7.5			217
Panini	35	8.3	1.9	49.6	1.8	0	3.0			255
Riso cotto	78	2.0	0.2	19.5	1.1	0				88
Pasta cotta	81	2.6	0.6	13.7	1.2	0	0.7			72
Leguminacee secche	41	7	2	45	1.7	1	4			230
Piselli	11	22.9	1.4	41.9	2.7		16.6			305
Ceci	11	19.8	3.4	48.6	2.7		10.7			326
Fagioli	8	21.3	1.6	47.8	4.0		17.0			325
Lenticchie	9	23.5	1.4	52.0	3.2		10.6			336
Soia	9	33.7	18.1	6.1	4.7		28.9			380
Leguminacee cotte	10	24	5	39	3.5		17			334
Leguminacee cotte	85	4.0	0.5	7.5	0.6	1	2.3			55
Soiapasti	47	19.5	10.5	3.5	2.7	1	16.8			220
Nocispece	66	12	5	6	1.7	1	10			138
Paranoci	6	13.6	66.8	3.6	3.7	3	6.7			683
Pekanoci	3	9.3	72.0	13.9	1.6	3				741
Noccioline	5	25.3	48.1	12.1	2.2	3	7.1			597
Mandorle	6	18.7	54.1	9.0	2.7	3	9.8			617
Noci	4	14.4	62.5	12.1	2.0	3	4.6			678
Nocciuole	5	12.0	61.6	11.4	2.4	3	7.4			663
Pistachi	6	17.6	51.6	15.7	2.7	3	6.5			611
Cashewnoci	4	17.5	42.2	30.5	2.9	3	2.9			578
Semi oleosi	5	16	57	14	2.5	3	6			646
Lino	6	24.4	30.9				38.6			453
Girasole	7	22.5	49.0	12.3	3.3		6.3			593
Papavero	6	20.2	42.2	4.2	6.8		20.5			518
Sesamo	5	17.7	50.4	10.2	5.3		11.2			588
Oli	6	21	43	9	5.1		19			538
Olio d'uliva			100.0			1				900
Olio di girasole			100.0			1				900
Olio d'arachide			100.0			1				900
Uova			100			1				809
Uovo intero	74	12.9	11.2	0.3	1.1	8				154
Tuorlo	50	16.1	31.9	0.2	1.7					352
Albume	87	11.1	0.2	0.4	0.7					48

Cave: Scale logaritmiche!



Contenuti in gr / 100gr (%) (kCal/100gr)	VITAMINE (I13)									
	Acqua	Proteine	Lipidi	Glucidi	Minerali	Vitamine (I13)	Ballasto	Acid.org.	Alcol	kCal/100gr
Latti										
Latte	88	3.3	3.6	4.6	0.7	0	0.2	0		64
Latte scremato	91	3.5	0.1	4.8	0.8	0	0.2	0		35
Latte di pecora	83	5.3	6.3	4.8	0.9	0	0.1	0		97
Latte di capra	87	3.7	3.9	4.2	0.8	0	0.1	0		67
Latte di burro	91	3.5	0.5	4.0	0.8	0	0.8	0		36
Siero di latte	94	0.8	0.2	4.7	0.6	0	0.3	0		24
Latte acidulato	87	3.3	3.8	4.0	0.7	0		0.80	0	63
Yoghurt	87	3.9	3.8	4.4	0.7	0		1.10	0	67
Kefir	88	3.3	3.5	4.0	0.8	0		0.70	0.5	64
Panna	88	3	3	4	0.8	0	0.3	0.9	0.1	58
Formaggi										
Cottage cheese	79	12.3	4.3	3.3		2		0.60		101
Ricotta	78	12.5	5.1	2.7	0.8	2		0.70		107
Mozzarella	60	19.9	16.1	0		2		0.80		225
Gorgonzola	42	19.4	31.2	0		2				358
Roquefort	39	21.5	30.6	0	6.4	2		0.20		361
Emmental	36	28.7	29.7	0	3.9	2		0.50		382
Gruyère	33	29.8	32.3	0	4.3	2		0.90		410
Parmiggiano	30	35.6	25.8	0.1	5.5	2				375
Grassi										
Burro	15	0.7	83.2	0.6	0.1	2				754
Margarina	19	0.2	80.0	0.4	0.3	2				722
Marg.dietetica	19	0.2	80.0	0.2		2				722
Marg.vegetale	19	0.2	80.0	0.4	0.3	2				722
Strutto	0	0.1	99.7			0				898
Carni										
Manzo (spalla)	70	25.6	3.8		1.2	0				137
Maiale (spalla)	69	20.4	8.8		1.0	4				161
Vitello (filetto)	77	20.6	1.4		1.2					95
Pollo (da friggere)	73	20.6	5.6		1.1					133
Interiora e preparati										
Fegato (di vitello)	71	19.2	4.1		1.4	11				114
Gelatina	14	84.2	0.1		1.7					
Salumeria										
Insaccati	58	12.4	24.4		2.6					269
Salumi	28	17.8	49.7		4.6					519
Pesce, Frutta di mare										
Pesce dolce (trotta)	43	15	37		3.6	0				394
Pesce marittimo (tonno)	76	19.5	2.7		1.3	0				102
Gamberi	62	21.5	15.5		1.1	3				226
Gamberi	78	18.6	1.4		1.4					87
Bevande analcoliche										
Acqua (Magliaso)	100				0.0	0				0
Tè zuccherato	90			10		0				40
Cafè zuccherato	90			10		0				40
Succo di mele	87	0.4	0.4	11	0.3	0		0.80	0.1	50
Succo d'arancio	88	0.7	0.2	9	0.4	0	1	1.20		43
Coca Cola	94			6.14	?	0		?		43
Bevande alcoliche										
Birra	91	0.5	2.9		0.2	2		3.6		57
Vino Bianco	87	0.2		0.1	0.3	2	0.50	10.0		75
Vino rosso	89	0.2		0.3	0.3		0.30	10.0		72
Grappa	55							45.0		315
Altri sfizi										
Cioccolato al latte	1	9.2	31.5	54.1	2.2	2				541
Zucchero	0			99.8	0.1					399
Melassa granulata	3			93	4.0					400
Miele	19	0.4		75.1	0.2	6				314
Lievito medicinale	19	40	5	35	0.1	1				345
Spirulina	2	62	5	19	8.0	4				345
Aceto	95			0.7	0.1			4.50		18



>100 >20 >10 <1% del fabbis. giornaliero in 100 gr Vitamine contate: > del 20%