

TABELLA COMPLETA DEGLI ALIMENTI

| Cod. | ALIMENTO | Kcal | Carboidrati | Proteine | Grassi | Colest. |
|-------------|-------------------------------|-------------|--------------------|-----------------|---------------|----------------|
| | ### CEREALI E DERIVATI | ### | ### | ### | ### | ### |
| 001 | Crusca di frumento | 206 | 26.60 | 14.10 | 5.50 | |
| 002 | Farina di frumento | 341 | 76.20 | 11.50 | 1.00 | |
| 003 | Farina di frumento integrale | 319 | 67.80 | 11.90 | 1.90 | |
| 004 | Farina di mais | 362 | 80.80 | 8.70 | 2.70 | |
| 005 | Farina di segale | 311 | 65.00 | 11.70 | 2.30 | |
| 006 | Farina di soia | 446 | 23.40 | 36.80 | 23.50 | |
| 007 | Farro | 335 | 67.10 | 15.10 | 2.50 | |
| 008 | Fette biscottate | 408 | 82.30 | 11.30 | 6.00 | |
| 009 | Frumento | 317 | 65.20 | 12.30 | 2.60 | |
| 010 | Germe di frumento | 408 | 55.00 | 28.00 | 10.00 | |
| 011 | Grano saraceno | 314 | 62.50 | 12.40 | 3.30 | |
| 012 | Grissini o crackers | 431 | 68.40 | 12.30 | 13.90 | |
| 013 | Mais in scatola, sgocciolato | 72 | 12.70 | 2.70 | 1.30 | |
| 014 | Maizena | 327 | 86.80 | 0.30 | 0.00 | |
| 015 | Miglio | 356 | 72.90 | 11.80 | 3.90 | |
| 016 | Orzo decorticato | 319 | 60.20 | 12.50 | 2.30 | |
| 017 | Orzo perlato | 354 | 70.50 | 10.40 | 1.40 | |
| 018 | Pane al latte | 295 | 48.20 | 9.00 | 8.70 | |
| 019 | Pane all'olio | 299 | 57.50 | 7.70 | 5.80 | |
| 020 | Pane azzimo | 377 | 87.10 | 10.70 | 0.80 | |
| 021 | Pane comune | 289 | 66.90 | 8.60 | 0.40 | |
| 022 | Pane integrale | 224 | 48.50 | 7.50 | 1.30 | |
| 023 | Pangrattato | 351 | 77.80 | 10.10 | 2.10 | |
| 024 | Pasta all'uovo fresca | 270 | 57.00 | 9.50 | 1.70 | 80 |
| 025 | Pasta all'uovo secca | 366 | 77.90 | 13.00 | 2.40 | 94 |
| 026 | Pasta di semola | 353 | 79.10 | 10.90 | 1.40 | |
| 027 | Pasta integrale | 320 | 65.10 | 11.00 | 2.00 | |
| 028 | Pizza | 271 | 52.90 | 5.60 | 5.60 | |
| 029 | Riso brillato | 332 | 80.40 | 6.70 | 0.40 | |
| 030 | Segale | 335 | 55.20 | 14.80 | 2.50 | |
| 031 | Seitan cotto | 90 | 1.00 | 20.00 | 0.50 | |
| 032 | Spaghetti di soia | 353 | 79.10 | 10.90 | 1.40 | |
| | #### LATTE E YOGURT ## | kcal | carboidrati | proteine | grassi | colest. |
| 033 | Latte scremato | 36 | 5.30 | 3.60 | 0.20 | 0 |
| 034 | Latte intero | 63 | 4.70 | 3.30 | 3.60 | 10 |
| 035 | Latte parzialmente scremato | 46 | 5.10 | 3.20 | 1.60 | 5 |

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|-----|--------------------------------|-------------|--------------------|-----------------|---------------|----------------|
| 036 | Panna fresca | 337 | 3.40 | 2.30 | 35.00 | 120 |
| 037 | Panna UHT | 242 | 4.00 | 2.50 | 23.90 | 80 |
| 038 | Yogurt intero bianco | 66 | 4.30 | 3.80 | 3.90 | 10 |
| 039 | Yogurt greco intero bianco | 115 | 2.00 | 6.40 | 9.10 | 20 |
| 040 | Yogurt greco magro bianco | 52 | 3.00 | 10.00 | 0.10 | 0 |
| 041 | Yogurt magro bianco | 36 | 5.00 | 3.30 | 0.50 | 0 |
| 042 | Formaggi magri | 220 | 6.50 | 14.70 | 16.00 | 60 |
| 043 | Formaggi semigrassi | 300 | 3.00 | 21.10 | 24.00 | 80 |
| 044 | Formaggi grassi | 400 | 0.80 | 24.60 | 29.60 | 100 |
| 045 | Formaggio spalmabile | 313 | 0.00 | 8.60 | 31.00 | 90 |
| 046 | Formaggio spalmabile, light | 179 | 3.10 | 9.20 | 14.50 | 40 |
| 047 | Grana o parmigiano | 384 | 0.00 | 33.00 | 28.00 | 100 |
| 048 | Mascarpone | 455 | 0.30 | 7.60 | 47.00 | 120 |
| 049 | Mozzarella di bufala | 288 | 0.40 | 16.70 | 24.40 | 80 |
| 050 | Mozzarella di vacca | 253 | 0.70 | 18.70 | 19.50 | 80 |
| 051 | Mozzarella light | 172 | 0.50 | 20.00 | 10.00 | 60 |
| 052 | Ricotta di pecora | 157 | 4.20 | 9.50 | 11.50 | 50 |
| 053 | Ricotta di vacca | 146 | 3.50 | 8.80 | 10.90 | 50 |
| | ### UOVA DI GALLINA ### | kcal | carboidrati | proteine | grassi | colest. |
| 054 | Albume | 43 | 0.00 | 10.70 | 0.00 | 0 |
| 055 | Tuorlo | 325 | 1.70 | 15.80 | 29.10 | 1300 |
| 056 | Uova di gallina intere (NETTO) | 128 | 1.20 | 12.40 | 8.70 | 371 |
| 057 | Uova di gallina intere (LORDO) | 111 | 1.00 | 10.70 | 7.60 | 320 |
| | #### VERDURA #### | kcal | carboidrati | proteine | grassi | colest. |
| 058 | Asparagi | 24 | 3.00 | 3.00 | 0.10 | |
| 059 | Barbabietole rosse crude | 19 | 4.00 | 1.10 | 0.00 | |
| 060 | Bieta | 17 | 2.80 | 1.30 | 0.10 | |
| 061 | Broccoletti (cime) di rapa | 22 | 2.00 | 2.90 | 0.30 | |
| 062 | Broccoli | 27 | 3.10 | 3.00 | 0.40 | |
| 063 | Capperi | 20 | 2.10 | 2.60 | 0.10 | |
| 064 | Carciofi | 22 | 2.50 | 2.70 | 0.20 | |
| 065 | Cardi | 10 | 1.70 | 0.60 | 0.10 | |
| 066 | Carote | 35 | 7.60 | 1.10 | 0.20 | |
| 067 | Cavolfiore | 25 | 2.70 | 3.20 | 0.20 | |
| 068 | Cavoli di bruxelles | 37 | 4.20 | 4.20 | 0.50 | |
| 069 | Cavolo cappuccio | 20 | 2.70 | 1.90 | 0.20 | |
| 070 | Cavolo verza | 20 | 3.00 | 2.00 | 0.10 | |
| 071 | Cetrioli | 14 | 1.80 | 0.70 | 0.50 | |

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| 072 | Cicoria | 12 | 1.70 | 1.20 | 0.10 | |
| 075 | Cipolle | 26 | 5.70 | 1.00 | 0.10 | |
| 076 | Cipolline | 38 | 8.50 | 1.30 | 0.10 | |
| 077 | Finocchi | 9 | 1.00 | 1.20 | 0.00 | |
| 078 | Fiori di zucca | 12 | 0.50 | 1.70 | 0.40 | |
| 079 | Funghi freschi | 28 | 4.50 | 2.20 | 0.30 | |
| 080 | Germogli di soia | 49 | 3.00 | 6.20 | 1.40 | |
| 081 | Indivia belga | 18 | 3.20 | 0.70 | 0.30 | |
| 082 | Insalata generica | 19 | 2.20 | 1.80 | 0.40 | |
| 083 | Lattuga | 19 | 2.20 | 1.80 | 0.40 | |
| 084 | Melanzane | 18 | 2.60 | 1.10 | 0.40 | |
| 085 | Patate americane | 141 | 32.00 | 2.00 | 0.50 | |
| 086 | Patate crude | 85 | 17.90 | 2.10 | 1.00 | |
| 087 | Patatine fritte | 507 | 58.50 | 5.40 | 29.60 | |
| 088 | Peperoni | 22 | 4.20 | 0.90 | 0.30 | |
| 089 | Pomodori da insalata | 17 | 2.80 | 1.20 | 0.20 | |
| 090 | Pomodori secchi al naturale | 258 | 55.80 | 14.10 | 3.00 | |
| 091 | Pomodori, passata | 18 | 3.00 | 1.30 | 0.20 | |
| 092 | Porri | 29 | 5.20 | 2.10 | 0.10 | |
| 093 | Radicchio rosso | 13 | 1.60 | 1.40 | 0.10 | |
| 094 | Rape crude | 18 | 3.80 | 1.00 | 0.00 | |
| 095 | Ravanelli | 11 | 1.80 | 0.80 | 0.10 | |
| 096 | Rughetta o rucola | 28 | 3.90 | 2.60 | 0.30 | |
| 097 | Sedano | 23 | 2.40 | 2.30 | 0.20 | |
| 098 | Sedano rapa | 23 | 3.80 | 1.90 | 0.10 | |
| 099 | Spinaci | 31 | 2.90 | 3.40 | 0.70 | |
| 100 | Spinaci, surgelati | 23 | 3.00 | 2.80 | 0.00 | |
| 101 | Topinambur | 25 | 4.50 | 2.00 | 0.00 | |
| 102 | Zucca al forno | 36 | 7.00 | 2.20 | 0.20 | |
| 103 | Zucca | 18 | 3.50 | 1.10 | 0.10 | |
| 104 | Zucchine | 11 | 1.40 | 1.30 | 0.10 | |
| | #### DOLCI ##### | kcal | carboidrati | proteine | grassi | colest. |
| 105 | Biscotti amaretti | 500 | 66.00 | 5.00 | 24.00 | 70 |
| 106 | Biscotti | 429 | 73.70 | 7.00 | 13.80 | 70 |
| 107 | Cioccolato | 545 | 50.50 | 7.30 | 36.30 | 70 |
| 108 | Gelato al latte | 220 | 29.00 | 5.00 | 7.00 | 60 |
| 109 | Gelato alla frutta | 130 | 25.00 | 3.00 | 3.00 | 0 |
| 110 | Gelato alle creme | 260 | 32.90 | 5.10 | 14.00 | 80 |

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|-----|------------------------------|-------------|--------------------|-----------------|---------------|----------------|
| 111 | Marmellate 40% zuccheri | 160 | 40.00 | 0.50 | 0.00 | 0 |
| 112 | Marmellate 50% zuccheri | 200 | 50.00 | 0.50 | 0.00 | 0 |
| 113 | Marmellate 60% zuccheri | 240 | 60.00 | 0.50 | 0.00 | 0 |
| 114 | Miele | 304 | 80.30 | 0.60 | 0.00 | 0 |
| 115 | Nutella | 533 | 57.00 | 6.50 | 31.00 | 50 |
| 116 | Paste dolci o salate | 370 | 38.00 | 8.30 | 20.30 | 70 |
| 117 | Savoardi | 391 | 69.60 | 11.90 | 9.20 | 70 |
| 118 | Torrone | 479 | 52.00 | 10.80 | 26.80 | 0 |
| 119 | Zucchero | 392 | 104.50 | 0.00 | 0.00 | 0 |
| | ### FRUTTA ### | kcal | carboidrati | proteine | grassi | colest. |
| 120 | Albicocche | 28 | 6.80 | 0.40 | 0.10 | |
| 121 | Albicocche, secche | 274 | 66.50 | 5.00 | 0.50 | |
| 122 | Amarene | 42 | 10.20 | 0.80 | 0.00 | |
| 123 | Anacardi | 598 | 33.00 | 15.00 | 46.00 | |
| 124 | Ananas | 40 | 10.00 | 0.50 | 0.00 | |
| 125 | Ananas sciroppato | 80 | 17.00 | 0.50 | 0.00 | |
| 126 | Arachidi (LORDO) | 388 | 8.50 | 29.00 | 50.00 | |
| 127 | Arachidi (NETTO) | 598 | 5.52 | 18.85 | 32.50 | |
| 128 | Arance (LORDO) | 27 | 6.20 | 0.60 | 0.20 | |
| 129 | Arance (NETTO) | 34 | 7.80 | 0.70 | 0.20 | |
| 130 | Avocado | 231 | 1.80 | 4.40 | 23.00 | |
| 131 | Banane (LORDO) | 42 | 10.00 | 0.80 | 0.20 | |
| 132 | Banane (NETTO) | 65 | 15.40 | 1.20 | 0.30 | |
| 133 | Carrube | 207 | 49.90 | 3.30 | 0.70 | |
| 134 | Castagne arrostate | 190 | 42.80 | 3.70 | 2.40 | |
| 135 | Castagne bollite (LORDO) | 105 | 23.00 | 2.20 | 1.10 | |
| 136 | Castagne bollite (NETTO) | 120 | 26.10 | 2.50 | 1.30 | |
| 137 | Castagne crude (LORDO) | 140 | 31.20 | 2.50 | 1.40 | |
| 138 | Castagne crude (NETTO) | 165 | 36.70 | 2.90 | 1.70 | |
| 139 | Castagne secche | 287 | 62.00 | 6.00 | 3.40 | |
| 140 | Ciliege | 38 | 9.00 | 0.80 | 0.10 | |
| 141 | Cocco | 364 | 9.40 | 3.50 | 35.00 | |
| 142 | Cocco essiccato o in polvere | 604 | 6.40 | 5.60 | 62.00 | |
| 143 | Cocomero | 16 | 3.70 | 0.40 | 0.40 | |
| 144 | Datteri | 253 | 63.10 | 2.70 | 0.60 | |
| 145 | Fichi | 47 | 11.20 | 0.90 | 0.20 | |
| 146 | Fichi d'india | 53 | 13.00 | 0.80 | 0.10 | |
| 147 | Fichi secchi | 256 | 58.00 | 3.50 | 2.70 | |

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| 148 | Fragole | 27 | 5.30 | 0.90 | 0.40 | |
| 149 | Frutta candita | 250 | 66.20 | 0.40 | 0.00 | |
| 150 | Kiwi | 44 | 9.00 | 1.20 | 0.60 | |
| 151 | Lamponi | 34 | 6.50 | 1.00 | 0.60 | |
| 152 | Limoni | 11 | 2.30 | 0.60 | 0.00 | |
| 153 | Loti o kaki | 65 | 16.00 | 0.60 | 0.30 | |
| 154 | Mandaranci | 53 | 12.80 | 0.80 | 0.20 | |
| 155 | Mandarini | 72 | 17.60 | 0.90 | 0.30 | |
| 156 | Mandorle (LORDO) | 144 | 1.10 | 5.30 | 13.30 | |
| 157 | Mandorle (NETTO) | 603 | 4.60 | 22.00 | 55.30 | |
| 158 | Mango | 53 | 12.60 | 1.00 | 0.20 | |
| 159 | Melagrane | 63 | 15.90 | 0.50 | 0.20 | |
| 160 | Mele | 53 | 13.70 | 0.30 | 0.10 | |
| 161 | Mele disidratate | 369 | 92.20 | 1.30 | 2.00 | |
| 162 | Melone | 33 | 7.40 | 0.50 | 0.20 | |
| 163 | Mirtilli | 25 | 5.10 | 0.90 | 0.20 | |
| 164 | More | 36 | 8.10 | 1.30 | 0.00 | |
| 165 | Nespole | 28 | 6.10 | 0.40 | 0.40 | |
| 166 | Nocciole (LORDO) | 275 | 2.60 | 5.80 | 26.90 | |
| 167 | Nocciole (NETTO) | 655 | 6.10 | 13.80 | 64.10 | |
| 168 | Noci (LORDO) | 268 | 2.00 | 5.60 | 26.60 | |
| 169 | Noci (NETTO) | 689 | 5.10 | 14.30 | 68.10 | |
| 170 | Noci pecan | 705 | 7.90 | 7.20 | 71.80 | |
| 171 | Olive in salamoia | 126 | 1.00 | 1.20 | 13.00 | |
| 172 | Olive al forno | 200 | 1.00 | 2.00 | 22.00 | |
| 173 | Papaia | 28 | 6.90 | 0.40 | 0.10 | |
| 174 | Pere | 35 | 8.80 | 0.30 | 0.10 | |
| 175 | Pesche | 25 | 5.80 | 0.70 | 0.00 | |
| 176 | Pinoli | 595 | 4.00 | 31.90 | 50.30 | |
| 177 | Pistacchi (LORDO) | 304 | 4.00 | 9.00 | 28.00 | |
| 178 | Pistacchi (NETTO) | 608 | 8.10 | 18.10 | 56.10 | |
| 179 | Pompelmo | 26 | 6.20 | 0.60 | 0.00 | |
| 180 | Prugne | 42 | 10.50 | 0.50 | 0.10 | |
| 181 | Prugne secche | 220 | 55.00 | 2.20 | 0.50 | |
| 182 | Semi di girasole | 570 | 9.00 | 22.80 | 49.60 | |
| 183 | Semi di sesamo | 573 | 12.00 | 17.00 | 49.00 | |
| 184 | Succo di frutta zuccherato | 56 | 14.50 | 0.30 | 0.10 | |
| 185 | Uva | 61 | 15.60 | 0.50 | 0.10 | |

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|-----|-----------------------------------|-------------|--------------------|-----------------|---------------|----------------|
| 186 | Uva secca | 283 | 72.00 | 1.90 | 0.60 | |
| | ### CARNE ##### | kcal | carboidrati | proteine | grassi | colest. |
| 187 | Agnello coscio | 103 | 0.00 | 20.00 | 2.50 | 70 |
| 188 | Agnello costoletta | 106 | 0.00 | 20.40 | 2.70 | 70 |
| 189 | Anatra | 159 | 0.00 | 21.40 | 8.20 | 80 |
| 190 | Bovino magra | 134 | 0.00 | 21.80 | 5.20 | 70 |
| 191 | Bovino semigrassa | 171 | 0.00 | 19.70 | 10.20 | 70 |
| 192 | Bresaola | 151 | 0.00 | 32.00 | 2.60 | 70 |
| 193 | Cavallo | 143 | 0.60 | 19.80 | 6.80 | 60 |
| 194 | Ciccioli | 523 | 0.00 | 40.80 | 40.00 | 100 |
| 195 | Coniglio | 118 | 0.00 | 19.90 | 4.30 | 60 |
| 196 | Coppa (capocollo stagionato) | 398 | 0.60 | 23.60 | 33.50 | 100 |
| 197 | Cotechino | 450 | 0.00 | 17.20 | 42.30 | 70 |
| 198 | Fagiano | 144 | 0.00 | 24.30 | 5.20 | 70 |
| 199 | Faraona | 127 | 0.30 | 24.00 | 3.30 | 60 |
| 200 | Fegato | 142 | 5.90 | 20.00 | 4.40 | 200 |
| 201 | Frattaglie | 123 | 4.00 | 18.00 | 4.50 | 150 |
| 202 | Gallina | 194 | 0.00 | 20.90 | 12.30 | 60 |
| 203 | Lardo stagionato | 800 | 0.00 | 0.00 | 90.00 | 90 |
| 204 | Lingua | 232 | 0.40 | 17.10 | 18.00 | 120 |
| 205 | Maiale grassa | 290 | 0.00 | 15.00 | 25.30 | 80 |
| 206 | Maiale magra | 110 | 0.00 | 20.20 | 3.20 | 80 |
| 207 | Maiale semigrassa | 160 | 0.00 | 20.80 | 9.90 | 80 |
| 208 | Mortadella | 317 | 1.50 | 14.70 | 28.10 | 80 |
| 209 | Oca | 373 | 0.00 | 15.80 | 34.40 | 70 |
| 210 | Pancetta o guanciale | 337 | 0.00 | 20.90 | 28.10 | 80 |
| 211 | Pollo arrosto con pelle (NETTO) | 246 | 0.00 | 28.30 | 14.70 | 80 |
| 212 | Pollo arrosto con pelle (LORDO) | 182 | 0.00 | 21.00 | 11.00 | 60 |
| 213 | Pollo arrosto senza pelle (NETTO) | 206 | 0.00 | 27.30 | 11.00 | 80 |
| 214 | Pollo arrosto senza pelle (LORDO) | 144 | 0.00 | 19.10 | 7.70 | 60 |
| 215 | Pollo senza pelle crudo (NETTO) | 110 | 0.00 | 19.40 | 3.60 | 80 |
| 216 | Pollo senza pelle crudo (LORDO) | 68 | 0.00 | 12.00 | 2.20 | 60 |
| 217 | Pollo, ala con pelle (NETTO) | 196 | 0.00 | 16.70 | 14.30 | 80 |
| 218 | Pollo, ala con pelle (LORDO) | 196 | 0.00 | 16.70 | 14.30 | 60 |
| 219 | Pollo, fuso senza pelle (NETTO) | 107 | 0.00 | 18.50 | 3.70 | 80 |
| 220 | Pollo, fuso senza pelle (LORDO) | 70 | 0.00 | 12.20 | 2.40 | 60 |
| 221 | Pollo, petto | 100 | 0.00 | 23.30 | 0.80 | 60 |
| 222 | Prosciutto cotto con grasso | 215 | 0.90 | 19.80 | 14.70 | 70 |

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|-----|---|-------------|--------------------|-----------------|---------------|----------------|
| 223 | Prosciutto cotto senza grasso | 132 | 1.00 | 22.20 | 4.40 | 60 |
| 224 | Prosciutto crudo con grasso | 268 | 0.00 | 25.50 | 18.40 | 70 |
| 225 | Prosciutto crudo senza grasso | 145 | 0.00 | 27.50 | 3.90 | 60 |
| 226 | Salame | 375 | 0.50 | 30.50 | 27.90 | 90 |
| 227 | Salsiccia di suino, fresca | 304 | 0.60 | 15.40 | 26.70 | 80 |
| 228 | Salsiccia di suino, secca | 480 | 0.00 | 22.00 | 45.30 | 100 |
| 229 | Speck | 303 | 0.50 | 28.30 | 20.90 | 80 |
| 230 | Struzzo | 92 | 0.00 | 20.90 | 0.90 | 50 |
| 231 | Tacchino, coscia senza pelle (NETTO) | 113 | 0.00 | 18.00 | 4.60 | 80 |
| 232 | Tacchino, coscia senza pelle (LORDO) | 82 | 0.00 | 13.10 | 3.40 | 60 |
| 233 | Tacchino, fesa | 107 | 0.00 | 24.00 | 1.20 | 60 |
| 234 | Trippa di bovino | 108 | 0.00 | 15.80 | 5.00 | 90 |
| 235 | Wurstel | 270 | 1.40 | 13.70 | 23.30 | 70 |
| | ### GRASSI E CONDIMENTI ### | kcal | carboidrati | proteine | grassi | colest. |
| 236 | Burro | 758 | 1.10 | 0.80 | 83.40 | 250 |
| 237 | Burro chiarificato | 900 | 0 | 0 | 99.90 | 280 |
| 238 | Ketchup | 98 | 24.00 | 2.10 | 0.00 | 0 |
| 239 | Maionese | 655 | 2.10 | 4.30 | 70.00 | 70 |
| 240 | Maionese light | 560 | 2.10 | 4.30 | 60.00 | 70 |
| 241 | Margarina | 760 | 0.40 | 0.60 | 84.00 | 0 |
| 242 | Olio | 900 | 0 | 0 | 99.90 | 0 |
| 243 | Senape | 10 | 2.5 | 0 | 0 | 100 |
| 244 | Strutto | 900 | 0 | 0 | 99.90 | 100 |
| | ### PESCE ##### | kcal | carboidrati | proteine | grassi | colest. |
| 245 | Acciuga o alice, sotto sale (NETTO) | 137 | 2.30 | 25.00 | 3.10 | 110 |
| 246 | Acciuga o alice, sotto sale (LORDO) | 68 | 1.20 | 12.50 | 1.60 | 60 |
| 247 | Acciuga o alice, sott'olio, sgocciolata | 206 | 0.20 | 25.90 | 11.30 | 110 |
| 248 | Anguilla | 261 | 0.10 | 11.80 | 23.70 | 90 |
| 249 | Aragosta | 85 | 1.00 | 16.00 | 1.90 | 70 |
| 250 | Cozza (NETTO) | 84 | 3.40 | 11.70 | 2.70 | 120 |
| 251 | Cozza (LORDO) | 26 | 1.10 | 3.80 | 0.90 | 30 |
| 252 | Aringa affumicata | 194 | 0.00 | 19.90 | 12.70 | 80 |
| 253 | Gamberi (NETTO) | 71 | 2.90 | 13.60 | 0.60 | 150 |
| 254 | Gamberi (LORDO) | 31 | 1.30 | 6.10 | 0.30 | 70 |
| 255 | Pesce grasso (NETTO) | 170 | 0.50 | 17.00 | 11.10 | 90 |
| 256 | Pesce grasso (LORDO) | 127 | 0.40 | 12.70 | 8.30 | 70 |
| 257 | Pesce magro (NETTO) | 100 | 0.50 | 20.00 | 2.00 | 40 |
| 258 | Pesce magro (LORDO) | 80 | 0.40 | 14.20 | 1.50 | 30 |

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| 259 | Pesce semigrasso (NETTO) | 150 | 1.20 | 19.70 | 8.40 | 70 |
| 260 | Pesce semigrasso (LORDO) | 112 | 0.90 | 14.80 | 6.30 | 50 |
| 261 | Polpo o piovra | 57 | 1.40 | 10.00 | 1.00 | 70 |
| 262 | Salmone al naturale in scatola sgocciolato | 185 | 0.00 | 21.00 | 11.00 | 30 |
| 263 | Salmone, affumicato | 147 | 1.20 | 25.40 | 4.50 | 50 |
| 264 | Seppia | 72 | 0.70 | 14.00 | 1.50 | 60 |
| 265 | Sgombro in scatola al naturale sgocciolato | 170 | 0.00 | 20.00 | 10.00 | 100 |
| 266 | Sgombro sott'olio sgocciolato | 190 | 0.00 | 25.00 | 12.00 | 100 |
| 267 | Stoccafisso ammollato | 92 | 0.30 | 20.70 | 0.90 | 50 |
| 268 | Surimi | 102 | 10.00 | 12.00 | 1.30 | 20 |
| 269 | Tonno al naturale sgocciolato | 100 | 0.00 | 24.00 | 0.60 | 60 |
| 270 | Tonno sott'olio sgocciolato | 192 | 0.00 | 25.20 | 10.10 | 70 |
| 271 | Vongole (NETTO) | 72 | 2.20 | 10.20 | 2.50 | 34 |
| 272 | Vongole (LORDO) | 18 | 0.50 | 2.50 | 0.60 | 10 |
| | ### BEVANDE ##### | kcal | carboidrati | proteine | grassi | colest. |
| 273 | Bevande gassate | 39 | 10.50 | 0.00 | 0.00 | |
| 274 | Aperitivi a base di vino | 186 | 17.00 | 0.00 | 0.00 | |
| 275 | Birra | 34 | 3.50 | 0.20 | 0.00 | |
| 276 | Birra doppio malto | 52 | 5.00 | 0.20 | 0.00 | |
| 277 | Vino da pasto | 75 | 0.00 | 0.00 | 0.00 | |
| 278 | Vini liquorosi | 150 | 12.00 | 0.00 | 0.00 | |
| 279 | Superalcolici | 230 | 0.00 | 0.00 | 0.00 | |
| | ### LEGUMI ##### | kcal | carboidrati | proteine | grassi | colest. |
| 280 | Ceci secchi | 316 | 46.90 | 20.90 | 6.30 | |
| 281 | Ceci in scatola, scolati | 100 | 13.90 | 6.70 | 2.30 | |
| 282 | Fagioli secchi | 303 | 50.80 | 23.60 | 2.00 | |
| 283 | Fagioli freschi | 133 | 22.70 | 10.20 | 0.80 | |
| 284 | Fagioli in scatola, scolati | 76 | 14.00 | 7.00 | 0.60 | |
| 285 | Fagiolini freschi | 18 | 2.40 | 2.10 | 0.10 | |
| 286 | Fave fresche sgusciate | 41 | 4.50 | 5.20 | 0.40 | |
| 287 | Fave secche | 224 | 29.70 | 21.30 | 3.00 | |
| 288 | Lenticchie secche | 291 | 51.10 | 22.70 | 1.00 | |
| 289 | Lenticchie in scatola, scolate | 82 | 15.40 | 5.00 | 0.50 | |
| 290 | Piselli freschi o surgelati | 52 | 6.50 | 5.50 | 0.60 | |
| 291 | Piselli secchi | 286 | 48.20 | 21.70 | 2.00 | |
| 292 | Piselli in scatola, scolati | 68 | 11.10 | 5.30 | 0.60 | |
| 293 | Soia secca | 407 | 23.20 | 36.90 | 19.10 | |

| Cod. | ## ALIMENTI PERSONALI ## | kcal | carboidrati | proteine | grassi | colest. |
|-------------|---------------------------------|-------------|--------------------|-----------------|---------------|----------------|
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