

### Lapte si preparate din lapte

<b>Alimentul (100g)</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Calorii</b>
Lapte de vaca integral	3.5	3.5	4.5	65
Lapte de vaca normalizat	3.5	1.7	4.9	50
Lapte smantanit	3.5	0.1	5.0	36
Lapte de bivolita	5.0	8.0	5.2	116
Lapte de oaie	6.0	7.5	4.6	113
Lapte de capra	3.5	3.7	4.5	67
Lapte batut de vaca	3.2	2.9	5.5	63
Chefir	4.0	2.8	1.0	59
Sana	3.5	3.6	1.0	64
Iaurt	3.2	2.6	1.0	54
Lapte praf	27.0	24.0	10.0	498
Branza grasa de vaca	13.0	9.0	4.5	155
Branza dietetica de vaca	18.0	0	4.0	90
Branza de burduf	27.4	27.4	9.5	360
Telemea de oaie	18.9	24.0	1.0	305
Telemea de vaca	19.4	20.4	1.0	373
Cascaval Dobrogea	28.6	32.4	1.0	423
Cascaval Penteleu	26.0	19.0	1.0	283
Branza de Olanda	31.4	25.4	0.2	365
Branza topita	7.0	36.0	0.9	366

### Carne si preparate din carne

<b>Alimentul (100g)</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Calorii</b>
Carne de vaca slaba	20.4	2.2	0	104
Carne de vaca semigrasa	17.0	7.0	0	134
Carne de vaca grasa	12.0	24.5	0	277
Carne de porc slaba	20.4	6.3	0	142
Carne de porc semigrasa	16.0	24.7	0	295
Carne de porc grasa	15.0	30.0	0	340
Carne de oaie	17.0	12.0	0	131
Carne de miel	18.0	20.0	0	260
Carne de gaina	21.0	6.0	0	142
Carne de pui	20.1	10.2	0	177
Carne de curca	24.5	8.5	0	179
Carne de gasca	18.4	20.0	0	261
Carne de rata	19.6	6.0	0	136
Carne de iepure	22.0	1.0	0	100
Creier	10.5	9.0	0	127

Ficat	19.7	3.0	0	109
Inima	17.0	4.0	0	107
Parizer, Cremwurst, polonez	13.0	26.0	0	295
Salam Sibiu	26.5	43.1	0	579
Salam de vara	20.0	17.0	0	312
Caltabos alb	18.2	19.7	0	258
Toba	23.0	22.0	0	200
Leberwurst	16.8	30.1	0	349
Pateu de ficat	19.6	19.5	0	261
Carnati de casa	18.0	26.9	0	321
Carnati trandafir, cabanos	19.4	31.73	0	374
Sunca presata	24.9	20.7	0	294
Muschi tiganesc	21.6	26.3	0	333
Conserva de porc in suc propriu	20.5	14.9	0	223
Conserva de vita in suc propriu	21.6	8.6	0	168

### **Peste si preparate din peste**

<b>Alimentul (100g)</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Calorii</b>
Crap	18.9	2.8	0	104
Crap de elesteu	16.0	10.1	0	160
Salau	19.4	0.4	0	83
Stiuca	19.1	0.4	0	82
Somn	16.8	18.8	0	244
Scrumbii de Dunare	14.2	25.9	0	299
Calcan	17.0	2.0	0	88
Morun	17.5	4.7	0	115
Nisetru	18.5	17.3	0	237
Stavrid de Marea Neagra	16.6	5.1	0	115
Cod	19.0	1.0	0	87
Hering	18.0	10.0	0	167
Macrou	22.0	10.0	0	183
Stavrid	21.0	3.0	0	114
Rasol de stiuca	16.0	0.9	0	74
Rasol de salau	17.1	1.2	0	88
Rasol de macrou cu legume	9.6	3.4	3.4	88

### **Conserve din peste**

<b>Alimentul(100g)</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Calorii</b>
Crap in sos tomat	10.6	6.9	4.3	125
Stiuca in sos tomat	11.7	4.3	2.7	99

Caras in sos tomat	11.5	6.2	3.4	118
Babusca in sos tomat	11.1	5.6	3.4	112
Cod in sos tomat	14.9	1.3	2.9	85
Hering in sos tomat	16.2	10.4	1.8	170
Macrou in sos tomat	14.5	10.6	1.6	164
Stavrid in sos tomat	15.5	6.6	0	125
Ghiveci de stiuca	9.7	2.7	3.0	77
Ghiveci de platica	10.2	3.3	3.7	87
Ghiveci de macrou	10.2	5.4	4.1	109
Ghiveci de stavrid	11.0	3.8	3.8	94
Scrumbie de Dunare in ulei	12.4	39.1	0	414
File de macrou in ulei	16.2	20.7	0	259
Heringi in ulei	13.7	36.0	0	325

### Semiconserva din peste

ALIMENTUL(100g)	Proteine	Lipide	Glucide	Calorii
File de sardina in ulei	19.3	21.6	0	280
Sardela tip Lissa-Stavrid	19.5	20.0	0	266
Chilca in sos picant	17.5	4.7	0	115
Sardeluta in sos picant	19.5	12.1	0	192
Icre de crap	25.0	3.0	0	130
Icre de stiuca	27.0	1.5	0	125
Icre negre (caviar)	26.0	15.0	0	246
Icre de Manciuira	31.0	12.0	0	256

### Oua

ALIMENTUL(100g)	Proteine	Lipide	Glucide	Calorii
Ou de gaina integral	14.0	12.0	0.6	174
Galbenus de ou de gaina	16.0	32.0	0.3	361
Albus de ou de gaina	13.0	0.2	0.5	57
Un ou de rata (cca 60g)	7.0	8.0	0.2	104

### Legume proaspete

ALIMENTUL (100g)	Proteine	Lipide	Glucide	Calorii
Andive si cicoare	1.7	0.2	4.1	20
Anghinare	3.0	0.2	11.8	51
Ardei iute	1.2	0.2	5.3	24
Ardei gras verde	1.1	0.2	2.5	17
Ardei gras rosu	1.3	0.4	7.3	39

Bureti	2.3	0.35	3.4	22
Cartofi noi	1.7	0.2	17.4	80
Cartofi natur	2.0	0.1	19.1	85
Castraveti	0.8	0.1	3.0	13
Ceapa verde	1.0	0.2	3.5	20
Ceapa uscata	1.4	0.2	9.0	40
Ciuperci	4.0	0.15	3.3	26
Conopida	2.4	0.2	4.9	25
Dovlecei	0.9	0.1	3.2	18
Fasole verde	2.4	0.2	7.6	35
Gulii	3.1	0.4	5.4	30
Linte uscata	25.7	1.0	59.2	339
Hrean	3.0	3.0	17.0	107
Loboda	3.0	0	1.0	16
Mazare verde proaspata	6.7	0.4	17.0	90
Manatarci	4.6	0.4	4.6	34
Morcovi	1.1	1.0	9.1	40
Papadie	2.7	0.3	8.8	44
Pastarnac	1.4	0.5	15.0	72
Patrunjel radacini	3.7	0.2	9.0	50
Patlagele rosii	1.1	0.3	3.4	20
Patlagele vinete	1.3	0.2	4.8	27
Praz	2.4	0.7	6.0	33
Ridichi	1.1	1.0	4.2	20
Ridichi de iarna	1.3	0.1	4.9	26
Rosii	1.0	0.3	4.0	23
Rubarba	0.5	0.1	3.8	16
Salata verde	1.3	0.3	2.8	15
Sfecla rosie	1.6	0.1	9.6	42
Spanac	2.2	0.3	3.9	22
Sparanghel	2.1	0.2	4.1	21
Telina radacina	1.7	0.3	9.0	46
Urzici	7.9	0.7	7.1	68
Usturoi	7.2	0.2	26.0	137
Varza	1.6	0.1	5.7	25
Varza de Bruxelles	4.7	0.5	8.7	47
Varza murata	1.1	0.2	3.4	20
Vinete	1.0	0	5.0	24

### **Legume conservate**

#### **ALIMENTUL (100 g) Proteine Lipide Glucide Calorii**

Conopida in apa	0.9	0	1.5	10
Dovlecei in apa	1.8	0.5	2.5	22
Fasole verde	1.4	0.4	2.5	18
Mazare verde	6.5	0.5	10.0	72
Bame in bulion	1.5	0.6	6.0	36
Ghiveci in bulion	1.4	0.5	3.7	26
Tomate in bulion	1.7	0.4	3.1	23
Vinete in bulion	1.0	0.5	1.6	15
Ghiveci in ulei	2.0	8.0	4.2	100
Vinete in ulei	1.8	8.0	2.4	92
Tocana de legume	1.0	6.0	3.1	73
Ardei	1.2	8.0	8.0	112
Spanac cu orez	2.0	8.0	2.0	91
Bame in ulei	1.9	6.0	6.2	89
Bulion de tomate	3.6	0	11.6	62
Pasta de tomate	5.4	0	15.4	85

### **Legume uscate, deshidratate, murate**

#### **ALIMENTUL (100g) Proteine Lipide Glucide Calorii**

Fasole alba uscata	22.0	1.5	62.1	350
Linte boabe	25.0	1.9	52.0	333
Mazare uscata	24.5	1.0	61.7	354
Cartofi rondele (deshid.)	7.8	0.4	77.0	350
Ciuperci (deshid.)	41.7	1.7	30.8	313
Morcovi (deshid.)	9.0	1.5	61.4	303
Castraveti in otet	0.6	0	1.5	9
Gogosari in otet	0.7	0	3.0	15
Salata de varza rosie	1.0	0	3.0	16
Salata de sfecla rosie	1.0	0	8.2	38
Varza acra	1.2	0	3.3	16

### **Fructe proaspete**

#### **ALIMENTUL (100g) Proteine Lipide Glucide Calorii**

Afine	0.6	0,6	15,1	61
Agrise	0.8	0.5	8.3	35
Banane	1.3	0.4	24	94

Caise	0.9	0.2	12.9	51
Capsuni	0.8	0.6	8.1	37
Cirese	1.1	0.4	14.6	60
Coacaze	1.4	0.4	13.9	58
Coacaze de munte	0.7	0.1	12	45
Coarne	1.0	0	20.0	84
Corcoduse	0	0	10.0	40
Dude	0	0	17.0	68
Fragi de padure	1.3	1.0	9.8	54
Grapefruit	0.5	0.2	6.5	30
Gutui	0.3	0	14.1	52
Lamaie	0.9	0.6	8.7	32
Mandarine	0.8	0.3	10.9	44
Macese	4.1	1.7	21.8	107
Mere	0.3	0.4	15.0	58
Mure	1.2	1.1	11.9	56
Pepene galben	0.8	0.1	13.5	54
Pepene verde	0.5	0.2	6.9	28
Pere	0.5	0.4	15.5	61
Piersici	0.8	0.2	11.8	47
Portocale	0.9	0.2	11.3	45
Prune	0.7	0.2	12.9	50
Struguri	0.8	0.4	16.7	68
Visine	1.0	0.5	14.0	65
Zmeura	1.1	0.6	14.4	66

### Fructe uscate, oleaginoase

#### ALIMENTUL(100g) Proteine Lipide Glucide Calorii

Caise fara samburi	5.2	0.4	68.0	304
Curmale cu samburi	2.2	0.6	75.0	284
Mere	1.0	1.0	55.0	239
Pere	2.4	0.4	70.0	300
Piersici	3.0	0.6	69.4	302
Prune cu samburi	2.5	0.5	71.0	306
Smochine uscate	3.1	0.2	73	270
Stafide	2.3	0.5	71.2	268
Arahide	30.6	46.1	18.2	560
Migdale	18.6	54.1	19.6	596
Alune curatate	12.7	60,9	18.0	671
<b>Castane</b>	3.4	1.9	45.6	213

Masline negre	20.0	35.0	7.2	437
Masline verzi	12.5	10.0	8.1	177
Nuci	15.0	64.4	15.6	654

### Sucuri si compoturi de fructe

#### ALIMENTUL (100g) Proteine Lipide Glucide Calorii

Suc de mere	0.09	0	17.4	72
Suc de mere concentrat	0.5	0	64.4	266
Suc de pere	0.02	0	14.1	57
Suc de prune	0.09	0	13.7	56
Suc de zmeura	0.16	0	12.3	51
Suc de struguri	0.13	0	20.0	83
Suc de tomate	1.0	0	5.0	23
Compot de caise	0.5	0	14.0	59
Compot de cirese	0.4	0	15.5	65
Compot de gutui	0	0	17.0	70
Compot de mere	0.3	0	17.5	73
Compot de pere	0.2	0	20.5	85
Compot de piersici	0.6	0	16.1	68
Compot de prune	0.4	0	15.3	64
Compot de struguri	0.5	0	19.0	80
Compot de visine	0.4	0	15.5	65

### Produse derivate din cereale

#### ALIMENTUL (100g) Proteine Lipide Glucide Calorii

Paine alba	7.5	0.4	52.0	247
Paine intermediara	7.5	0.7	48.0	234
Paine neagra	8.4	1.2	48.0	242
Paine de secara	12.4	1.7	67.7	344
Paine Graham	9.1	1.0	51.0	256
Cornuri, chifle simple	8.2	0.4	57.1	278
Cornuri, chifle cu material	8.2	4.4	61.6	327
Faina de grau extractie 75%	11.8	1.4	72.0	336
Faina de grau extractie 85%	11.0	1.4	71.0	349
Faina de secara	8.9	1.2	74.6	353
Faina de porumb	9.6	1.7	72.1	351
Arpacas de orz	9.5	1.5	72.0	343
Orez decorticat	8.1	1.2	75.5	354
Gris	9.4	0.9	75.9	358
Fulgi de ovaz	13.6	6.3	63.3	374

Paste fainoase obisnuite	10.9	0.6	75.6	360
Paste fainoase cu ou	10.2	2.2	79.1	386
Biscuiti	8.2	9.5	74.0	425

### **Produse zaharoase**

#### **ALIMENTUL (100g)    Proteine   Lipide   Glucide   Calorii**

Zahar	0	0	100.0	410
Glucoza	0	0	78.0	320
Miere de albine	0.5	0.2	81.0	336
Amidon	0	0	83.0	340
Caramele cu lapte	1.2	6.4	83.1	405
Carmele cu fructe	0	0	96.0	394
Caramele cu malt	5.7	0.1	82.0	360
Caramele cu miere	3.7	5.0	84.0	406
Caramele cu rom	2.7	5.4	64.0	323
Caramele cu lapte si malt	6.4	6.5	81.0	422
Dropsuri	0	0	98.5	403
Dropsuri cu lapte	2.3	2.0	95.0	447
Drajeuri	0	0	99.0	405
Bomboane de ciocolata	7.0	33.8	66.3	574
Sirop de visine	0.4	0	54.0	264
Sirop de zmeura	0.09	0	70.0	288
Gem de caise	0.65	0	58.0	240
Gem de piersici	0.64	0	39.0	244
Gem de zmeura	0	0	60.0	246
Gem de visine	0.88	0	60.0	250
Gem de capsuni	0.34	0	38.0	239
Gem de gutui	0.35	0	38.0	239
Dulceata de trandafiri	0	0	68.0	278
Dulceata de caise	0.74	0	70.0	290
Dulceata de visine	0.77	0	68.0	282
Jeleu de afine	0.6	0	76.0	314
Jeleu de mure	0.5	0	65.0	369
Marmelada amestec	0.8	0	54.0	325
Marmelada extra	0.42	0	71.0	292
Magiun de prune	1.5	0	55.0	292
Pasta de macese	0.8	0	66.0	274
Ciocolata menaj	6.5	27.5	62.0	536
Ciocolata cu lapte	6.9	40.0	50.0	605
Halva de floarea soarelui	18.8	31.5	43.0	546



## **Grasimi**

### **ALIMENTUL(100g) Proteine Lipide Glucide Calorii**

Smantana	2.5	30.0	3.1	302
Unt	6.0	74.0	2.0	721
Untura de porc	0.2	99.6	0	927
Untura de gasca	0.5	99.0	0	923
Ulei	0	100.0	0	930
Margarina	0	82.5	0	767

## **Bauturi**

### **ALIMENTUL (100g) Proteine Lipide Glucide Calorii**

Bere blonda	0	3.0	5.0	47
Bere neagra	0	3.0	5.0	47
Cafea neindulcita	0	0	1.0	4.1
Ceai neindulcit	0	0	0	0
Limonada	0	0	12.0	48
Pepsi	0	0	10.0	40
Whiskey	0	0	100.0	400