

cat. food 0 - vegetables and fresh vegetables

Code	Description	Kcal
0	carrots and leeks	32
1	onions and cabbage	25
2	green beans and cabbage	20
3	mushrooms	23
4	eggplant, artichoke, pumpkin	18
5	potatoes and legumes	80
6	peppers	22
7	tomatoes	19
8	salad, fennel and celery	15
9	zucchini and cucumbers	14

cat. food 1 - fruit (fresh and dried)

Code	Description	Kcal
0	apricots, peaches, melons	28
1	oranges	34
2	chestnuts and dried plums	180
3	fresh figs and plums	50
4	dried figs	246
5	almonds and pine nuts	575
6	apples and pears	43
7	walnuts, hazelnuts and peanuts	630
8	grapes and banana	63
9		

cat. food 2 - fresh meat and eggs

Code	Description	Kcal
0	lamb	162
1	duck	159
2	capon	226
3	rabbit and wild boar	120
4	pig	180
5	beef	160
6	chicken and turkey	130
7	whole eggs	130
8	egg yolk	325
9		

cat. food 3 - fresh and preserved fish

Code	Description	Kcal
0	Anchovies and salted anchovies	128
1	anchovies and fresh anchovies	110
2	Sea bass and cod	82
3	shellfish	85
4	cuttlefish, octopus and squid	70
5	smoked salmon	180
6	fresh sardines and sea bream	120
7	sardines and tuna with oil	250
8	mackerel, tuna, salmon fr	160
9	fresh trout	100

cat. food 4 - milk and dairy products

Code	Description	Kcal
0	fresh cheeses	240
1	hard aged cheeses	400
2	soft aged cheeses	310
3	whole milk and yogurt	64
4	milk and skimmed yogurt	46
5	mascarpone cheese	460
6	cream	300
7	ricotta cheese	146
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cat. food 5 - preserved meats

Code	Description	Kcal
0	raw ham	159
1	baked ham	138
2	speck	303
3	mortadella	317
4	fresh sausage	170
5	salami	400
6	bacon	661
7	bresaola	153
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cat. food 6 - cereals and derivatives

Code	Description	Kcal
0	shortbread and rice biscuits	465
1	flour and starch	350
2	dry slices and biscuits	390
3	potato gnocchi	156
4	seasoned bread	285
5	fresh bread and pasta	270
6	whole grain bread	230
7	dry wholemeal pasta	335
8	fresh filled pasta	280
9	rice and dry pasta	362

cat. food 7 - condiments and semi-finished products

Code	Description	Kcal
0	oil and lard	900
1	butter	750
2	stock cube	180
3	lard	891
4	margarine	760
5	tomato concentrate	50
6	peeled tomat. and tomato sauce	20
7	dried vegetables	310
8	Pearl barley	319
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cat. food 8 - industrial products

Code	Description	Kcal
0	cereal flakes	360
1	candied fruit	250
2	canned beans and corn	90
3	jam	284
4	honey	204
5	pickled olives	110
6	canned peas	55
7	semolina	350
8	sugar	392
9	nutella and chocolate	533

cat. food 9 - drinks

Code	Description	Kcal
0	sweetened fizzy drinks	45
1	light drinks	22
2	beer	42
3	liqueur 40 degrees	240
4	wine 12 degrees	66
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