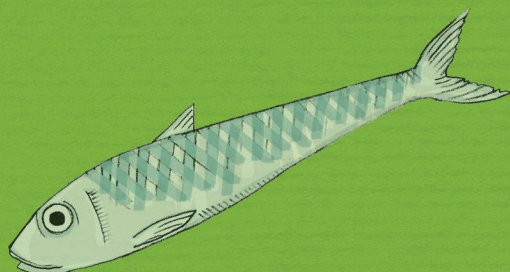
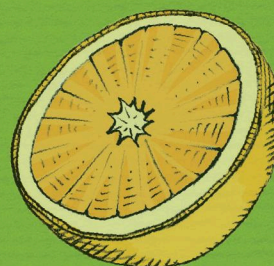
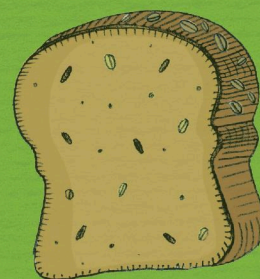
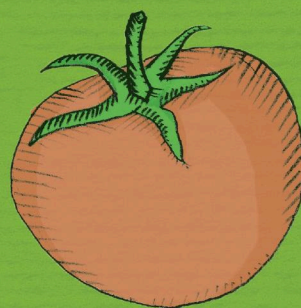


SONIA TUCUNDUVA PHILIPPI



# TABELA DE COMPOSIÇÃO DE ALIMENTOS

SUORTE PARA DECISÃO NUTRICIONAL

5<sup>a</sup>

EDIÇÃO  
revisada e  
atualizada



SONIA  
TUCUNDUVA  
PHILIPPI





# TABELA DE COMPOSIÇÃO DE ALIMENTOS

SUPORTE PARA DECISÃO NUTRICIONAL



# TABELA DE COMPOSIÇÃO DE ALIMENTOS

Suporte para decisão nutricional  
5. ed. revisada e atualizada

**Profa. Dra. Sonia Tucunduva Philippi**  
Nutricionista, professora associada com  
mestrado e doutorado pela Universidade de São Paulo



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Capa: Thereza Almeida

Dados Internacionais de Catalogação na Publicação (CIP)  
(Câmara Brasileira do Livro, SP, Brasil)

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Philippi, Sonia Tucunduva

Tabela de composição de alimentos : suporte para decisão nutricional /

Sonia Tucunduva Philippi. -- 5. ed. rev. e atual. -- Barueri, SP : Manole, 2016.

Bibliografia

ISBN 978-85-204-4524-2

1. Alimentos - Análise 2. Alimentos - Composição 3. Nutrição I. Título.

15-08982

CDD-613.2

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Índices para catálogo sistemático:

1. Alimentos: Tabela nutricional: Nutrição aplicada 613.2

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A Editora Manole é filiada à ABDR – Associação Brasileira de Direitos Reprográficos.

3ª edição – 2012

4ª edição – 2013; reimpressões: 2013 e 2015

5ª edição – 2016

Editora Manole Ltda.

Av. Ceci, 672 – Tamboré

06460-120 – Barueri – SP – Brasil

Tel.: (11) 4196-6000 – Fax (11) 4196-6021

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Impresso no Brasil

*Printed in Brazil*

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# APRESENTAÇÃO

Trazemos para nosso público da área de alimentação e nutrição a 5ª edição revisada e atualizada da *Tabela de Composição de alimentos: suporte para decisão nutricional*, carinhosamente conhecida como Tabela Tucunduva.

As informações nutricionais são organizadas em tabelas de composição química dos alimentos, que são instrumentos de apoio ao planejamento dietético, para um diagnóstico efetivo do consumo alimentar e planejamento de políticas públicas de intervenção populacional.

O conhecimento sobre a composição química dos alimentos é fundamental para as atividades desenvolvidas nas áreas de nutrição e saúde. A evolução dos métodos analíticos aperfeiçoou a qualidade das informações nutricionais e auxiliou na identificação do papel das dietas na prevenção e no controle de doenças crônicas não transmissíveis por meio de dados nutricionais e epidemiológicos.

Os dados da composição química dos alimentos fornecem elementos básicos para ações de promoção da saúde, como orientação nutricional com base em princípios de desenvolvimento local e diversificação da alimentação, em contraposição à massificação de dietas monótonas e inadequadas. O conhecimento da energia e dos macro e micronutrientes dos diferentes alimentos possibilita, em conjunto com outras informações, um adequado planejamento da dieta, não só para coletividades sadias, mas também para necessidades específicas.

Apesar da informação do total de quilocalorias de cada alimento nas tabelas de composição química disponíveis, para cálculo do valor calórico ou energético total de uma dieta é necessário somar o total de carboidratos, proteínas e lipídios provenientes de todos os alimentos e multiplicar por seu valor energético, segundo fatores de Atwater.

As tabelas são instrumentos de apoio ao planejamento dietético, ou seja, as informações nutricionais nelas reunidas possibilitam a tomada de decisão sobre os tipos de alimentos que devem compor a dieta, observadas as devidas recomendações nutricionais, necessidades, preferências alimentares e regionais. Além disso, o conhecimento sobre os valores de energia, umidade, proteína, lipídios, carboidratos, vitaminas, minerais, fibras, ácidos graxos, aminoácidos e outros micronutrientes dos alimentos é imprescindível para um diagnóstico eficiente do consumo alimentar e o planejamento de políticas públicas de intervenção nutricional, principalmente em grupos com maior vulnerabilidade. Para a tomada de decisões, as tabelas de composição de alimentos precisam ser confiáveis e apresentar o maior número de informações sobre a composição do alimento *in natura*, industrializado ou como preparações culinárias.

A elaboração da *Tabela de composição de alimentos: suporte para decisão nutricional*, desde sua primeira edição, partiu da necessidade da existência de uma tabela de composição de alimentos atualizada, com os alimentos consumidos em sua forma

usual e não apenas como uma lista de alimentos crus, contendo informações sobre os principais nutrientes. Para os profissionais que trabalham com avaliação nutricional e com pesquisas sobre consumo de alimentos em indivíduos e populações, há necessidade de informações sobre os alimentos industrializados, com as respectivas marcas comerciais, e sobre as preparações culinárias mais habitualmente consumidas. A tradução do que é informado pela população em inquéritos dietéticos deve estar contemplada da forma mais próxima possível, evitando cálculos desnecessários para se chegar ao valor realmente consumido. As tabelas de composição de alimentos apresentam-se como material de consulta prático e rápido, com a finalidade de auxiliar na tarefa de cálculo do valor nutritivo de dietas em locais ou situações onde não há a possibilidade de utilização de um software destinado a este fim.

Para a composição da Tabela foi utilizado como base o banco de dados do software Web VirtualNutriPlus (Philippi, 2008). As informações dos alimentos *in natura* foram retiradas de várias tabelas de composição de alimentos (vide as referências bibliográficas). Para conhecer o conteúdo nutricional dos alimentos industrializados, foi realizado trabalho de leitura e interpretação das informações contidas em rótulos/embalagens, fichas técnicas e consultas a Serviços ao Consumidor (período de 1995 a 2015).

### ***Como surgiu a primeira tabela?***

A *Tabela de composição de alimentos: suporte para decisão nutricional* foi cedida pela primeira vez ao Ministério da Saúde em 2001 e impressa pela primeira vez em parceria entre a Agência Nacional de Vigilância Sanitária (Anvisa), Fundação de Empreendimentos Científicos e Tecnológicos (Finatec) e Departamentos de Nutrição da UnB e da Faculdade de Saúde Pública da USP. A Tabela foi utilizada quando da introdução da política de rotulagem obrigatória dos alimentos, para auxílio no cálculo de energia, macro e micronutrientes. A rotulagem nutricional e as informações da Tabela

facilitam o conhecimento das propriedades nutricionais dos alimentos, possibilitando melhores escolhas alimentares e um consumo alimentar mais adequado. A partir de 2002 foi feita uma segunda edição com 1.370 itens alimentares, tendo sido realizadas nove reimpressões sucessivas ao longo de 10 anos, totalizando mais de 18.000 exemplares distribuídos. A obra passou a ser conhecida como “Tabela Tucunduva” e adotada nos cursos de Nutrição de todo o Brasil.

De 2011 até 2013 foram realizadas revisões e atualizações no banco de dados e em 2015, nesta 5ª edição, são apresentados 2.381 itens alimentares com valores para energia (kcal) e 33 nutrientes: carboidratos (g), proteína (g), gordura total (g), fibra total (g), fibra solúvel (g), fibra insolúvel (g), colesterol (mg), vitamina A (RE), vitamina C (mg), vitamina B1/tiamina (mg), vitamina B2/riboflavina (mg), vitamina B6/piridoxina (mg), vitamina B12/cobalamina (mcg), vitamina D/calciferol (mcg), niacina/nicotinamida/PP/B3 (mg), folato/folacina/ácido fólico (mcg), ácido pantotênico (mg), vitamina E (mg), iodo (mcg), sódio (mg), cálcio (mg), magnésio (mg), zinco (mg), manganês (mg), potássio (mg), fósforo (mg), ferro (mg), cobre (mg), selênio (mcg) e gordura trans (g).

A Tabela é também composta por alimentos consumidos pela população em forma de preparações, possibilitando a consulta imediata àqueles mais consumidos, como arroz, feijão, pizza, pastel, *fast food*, trazendo informações sobre o valor nutritivo por 100 gramas do alimento pronto para o consumo. Nas receitas das preparações culinárias foram considerados rendimento, forma de preparo, índice de absorção de óleo e indicadores de parte comestível (IPC) e indicador de conversão (IC) do estado do alimento. Foram desenvolvidas 232 receitas no Laboratório de Técnica Dietética da Faculdade de Saúde Pública da Universidade de São Paulo, com metodologia adequada, quantificação das porções e do valor nutritivo por 100 gramas de preparação.

Algumas preparações regionais também foram incluídas, por exemplo, acarajé, pato no tucupi, feijoada, entre outras, ampliando a possibilidade

de utilização da Tabela e abrangendo as variações culinárias das diversas regiões do país.

A Tabela expressa os valores por 100 gramas do alimento/preparação, sendo necessário o ajuste em função da quantidade que o usuário for utilizar.

Para o cálculo de receitas não existentes na tabela, deve-se considerar separadamente todos os ingredientes, para ao final obter o somatório dos valores de energia, dos macro e micronutrientes presentes nos alimentos, por 100 gramas, por quantidade indicada ou no valor de porção do alimento, de acordo com a Resolução RDC n. 360 de 23/12/2003 da Agência Nacional de Vigilância Sanitária – Ministério da Saúde (nutrientes obrigatórios na rotulagem nutricional: valor energético, carboidrato, proteína, gordura total, gordura saturada, gordura trans, fibra alimentar e sódio).

O amplo conhecimento das informações de composição de alimentos de diferentes culturas de diversas regiões e países é importante para garantir a preservação e uso sustentável da biodiversidade em programas de segurança alimentar e nutrição humana. Portanto, o banco de dados de alimentos de um software ou de uma tabela deve estar sempre em construção, atualização e aperfeiçoamento.

### *Outras informações*

Alimentos cujos conteúdos foram obtidos por meio das tabelas de composição de alimentos consultadas podem não apresentar os valores de alguns nutrientes, sendo que a expressão “não disponível (nd)” representa a falta da informação – quando tratados como valor “0” durante o cálculo de uma dieta, podem resultar em subestimativa da ingestão do nutriente.

Considerando que os dados para elaboração da Tabela foram compilados de diversas fontes (tabelas de composição de alimentos e informações

obtidas junto às empresas, no caso de alimentos industrializados), pode haver inconsistências nos dados, que no decorrer da construção da Tabela, deverão ser ajustados.

As tabelas são instrumentos de apoio ao planejamento dietético, ou seja, as informações nutricionais nelas reunidas possibilitam a tomada de decisão sobre os tipos de alimentos que devem compor a dieta, observadas as devidas recomendações.

A utilização dos dados da Tabela é recomendada no caso de elaboração de dietas para indivíduos saudáveis. No caso de dietas específicas e modificadas para pessoas em condições especiais pode haver necessidade de informações mais precisas sobre determinados macro e micronutrientes.

As informações dos alimentos industrializados apresentadas na Tabela podem não ser as mesmas contidas no rótulo dos alimentos, pois os produtos podem ter sofrido modificações em sua composição ou saído da linha de produção da empresa. Em caso de dúvida e para mais informações, deve-se sempre consultar o fabricante do alimento.

As necessidades nutricionais em vitamina A estão expressas em microgramas de equivalente retinol. A denominação “vitamina A” pode ser usada para o retinol, diretamente utilizável pelo organismo, sem transformação e encontrado somente nos produtos animais, e para os carotenos, que o organismo humano transforma em retinol e que são achados tanto nos produtos animais como vegetais.

Para os alimentos que apresentarem no rótulo a mensagem de que as quantidades não são significativas, deve-se atentar para o número de porções de alimento consumido, pois no somatório de gramas os nutrientes presentes nos alimentos podem passar a ser significativos.

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## AGRADECIMENTO

À aluna Letícia Mucci, do curso de graduação em Nutrição da Faculdade de Saúde Pública Universidade de São Paulo, pela ajuda na revisão do banco de dados desta 5ª edição.

## ABREVIATURAS E SÍMBOLOS UTILIZADOS

*	Preparado conforme a embalagem	G mono	Gordura monoinsaturada (g)
nd	Não disponível	G poli	Gordura poli-insaturada (g)
tr	Traço	G sat	Gordura saturada (g)
A	Vitamina A (RE)	G tot	Gordura total (g)
B1	Vitamina B1 (mg)	G trans	Gordura trans (g)
B2	Vitamina B2 (mg)	I	Iodo (mcg)
B6	Vitamina B6 (mg)	K	Potássio (mg)
B12	Vitamina B12 (mcg)	kcal	quilocaloria
C	Vitamina C (mg)	mcg	micrograma
Ca	Cálcio (mg)	mg	miligrama
Carb	Carboidrato (g)	Mg	Magnésio (mg)
Col	Colesterol (mg)	Mn	Manganês (mg)
Cu	Cobre (mg)	Na	Sódio (mg)
D	Vitamina D (mcg)	Nia	Niacina (mg)
E	Vitamina E (mg)	P	Fósforo (mg)
Fe	Ferro (mg)	Pant	Ácido pantotênico (mg)
Fib ins	Fibra insolúvel (g)	Prot	Proteína (g)
Fib sol	Fibra solúvel (g)	RE	Equivalente retinol
Fib tot	Fibra total (g)	Se	Selênio (mcg)
Fol	Folato (mcg)	Umid	Umidade
g	grama	Zn	Zinco (mg)





Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
			G tot (g)	G mono (g)	G trans (g)	Fib tot (g)	Fib ins (g)	D	Fol (mcg)	B1 (mg)	B6 (mg)	Nia (mg)		Cu (mg)	I (mcg)	Mn (mg)	P (mg)	Na (mg)	
Abacate	161.00	74.3 7.4	1.99 15.3	1.96 9.61	2.44 0	0 4.1	1.7 2.4	61.2 0	2.27 61.9	7.9 0.011	0.12 0.28	0 1.92	0.97	11 0.26	1.03 nd	39 0.23	599 41	0 10	0.42
Abacaxi	49.00	86.5 12.4	0.39 0.43	0.15 0.05	0.03 0	0 1.2	0.1 1.1	2.3 0	0.11 10.6	15.4 0.09	0.04 0.09	0 0.42	0.16	7 0.11	0.37 nd	14 1.65	113 7	0.55 1	0.08
Abacaxi (casca)	83.00	22 4.07	0.89 0.24	nd nd	nd nd	nd 3.1	nd nd	0.48 nd	nd nd	nd 16.8	nd nd	nd nd	nd	nd	8.1 nd	nd 0.24	20.2 nd	nd nd	nd
Abacaxi desidratado – Fazenda Tamanduá®	341.30	nd 82.6	2.5 0.1	nd nd	nd 0	nd 7.2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd nd	nd nd	nd nd	nd nd	nd
Abadejo em filé (congelado)	59.00	86.4 0	13.1 0.4	0.1 tr	0.1 nd	31 nd	nd nd	tr nd	nd nd	nd 0.04	tr nd	nd 4.6	nd	10 0.14	0.1 nd	14 0.01	148 91	nd 79	0.40
Abará	153.61	nd 8.39	6.85 10.86	nd nd	nd 0	30.21 3.67	nd nd	4589.71 nd	nd nd	26.83 nd	nd nd	nd nd	nd	57.35 nd	1.92 nd	nd nd	nd nd	nd nd	nd
Abio	95.00	nd 22	2.1 1.1	nd nd	nd 0	0 3	nd nd	46 nd	nd nd	49 nd	nd nd	nd nd	nd	96.153 nd	1.8 nd	nd nd	nd nd	nd nd	nd
Abóbora (casca)	87.00	17.26 1.72	1.65 0.42	nd nd	nd nd	nd 2.34	nd nd	3.94 nd	nd nd	nd 2.16	nd nd	nd nd	nd	nd	nd nd	nd 0.51	nd nd	nd nd	nd
Abóbora-kabotcha (crua)	40.00	nd 9.8	1.2 0.3	nd nd	nd 0	0 0.6	nd nd	350 nd	nd nd	42 0.05	0.04 nd	nd nd	nd	12 nd	0.7 nd	nd nd	nd 27	nd nd	nd
Abóbora-moranga (cozida)	19.99	93.3 4.88	0.73 0.08	0.01 0.01	0.04 0	0 0.92	0.39 0.49	1.070.498 0	0 9.57	5.675 0.031	0.077 0.044	0 0.417	0.20	15.973 0.091	0.61 tr	9.272 0.09	231.069 30.023	1.003 172.935	0.24
Abóbora-moranga (crua)	40.00	88.3 9.8	1.2 0.3	nd nd	nd 0	0 0.6	nd nd	350 nd	nd nd	42 0.05	0.04 nd	nd 0.6	nd	12 nd	0.7 nd	nd nd	nd 27	nd nd	nd
Abóbora (semente)	41.00	221.02 1.65	25.39 12.54	nd nd	nd nd	nd 29.6	nd nd	1.57 nd	nd nd	nd 2.5	nd nd	nd nd	nd	nd	0.8 nd	nd 2.41	0.1 nd	0.01 nd	nd
Abobrinha-italiana (cozida)	20.00	93.7 4.32	0.91 0.31	0.13 0.02	0.06 0	0 1.4	0.53 0.87	28.7 0	0.14 20.1	5.5 0.04	0.04 0.07	0 0.51	0.14	27 0.1	0.36 nd	24 0.21	192 39	2.31 1	0.39
Abobrinha-italiana (crua)	20.00	93.7 4.36	1.19 0.21	0.09 0.02	0.04 0	0 1.9	0.7 1.2	19.6 0	0.25 25.6	14.8 0.06	0.04 0.11	0 0.75	0.10	20 0.08	0.46 nd	23 0.16	195 35	3.15 2	0.26
Abobrinha-italiana (empanada)	193.89	66.31 15.69	3.78 13.19	6.95 3.21	2.07 0	27.3 1.97	0.45 1.52	24.878 0.148	11.087 23.882	9.507 0.18	0.135 0.096	0.071 1.567	0.20	56.095 0.122	1.471 nd	23.548 0.251	172.069 59.911	10.663 161.644	0.46
Abobrinha-italiana (frita)	146.36	76.73 9.07	1.71 11.98	6.89 2.75	1.74 0	0 1.77	0.65 1.12	15.824 0	11.303 22.557	11.949 0.105	0.065 0.089	0 0.872	0.11	17.245 0.121	0.71 nd	20.167 0.178	165.206 36.137	5.006 1.76	0.26
Açaí	247.00	45.9 36.6	3.8 12.2	nd nd	nd 0	nd 16.9	nd nd	nd nd	nd nd	9 0.36	0.01 nd	nd 0.4	nd	118 nd	11.8 nd	nd nd	nd 58	nd nd	nd
Açaí com banana – Frooty®	101.67	nd 18.17	0.66 2.83	nd nd	0.66 0	nd 1.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd nd	nd nd	nd nd	nd 28.17	nd
Açaí natural – Açaí Frooty®	103.33	nd 17.5	0.83 3.33	nd nd	0.83 0	nd 1.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd nd	nd nd	nd nd	nd 32.17	nd
Açaí morango – Açaí Frooty®	101.67	nd 17.5	1.17 3.00	nd nd	0.83 0	nd 1.50	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd nd	nd nd	nd nd	nd nd	nd
Açaí zero açúcar – Açaí Frooty®	76.67	nd 21.67	0.5 2.50	nd nd	0.83 0	nd 1.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd nd	nd nd	nd nd	nd 23.33	nd



Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Ades® (sabor abacaxi)	33.50	nd	0.6 0.35	0.2 0.05	0	0	0	0	nd	nd	nd	3.4	nd	0.18	nd	nd	1.05	nd	nd	nd	0.55
Ades® (sabor laranja)	30.00	nd	0.65 0.35	0.2 0.05	0	0	0	0.35	nd	nd	nd	3.4	nd	0.18	nd	nd	1.05	nd	nd	nd	0.55
Ades® (sabor maçã)	35.5	nd	0.6 0.35	0.2 0.1	0	0	0	0	nd	nd	nd	3.37	nd	0.18	nd	nd	1.05	nd	nd	nd	0.52
Ades® (sabor maracujá)	29.5	nd	0.6 0.35	0.2 0.05	0	0	0	0.30	nd	nd	nd	3.4	nd	0.18	nd	nd	1.05	nd	nd	nd	0.55
Ades® (sabor pêssego)	29.5	nd	0.65 0.35	0.2 0.05	0	0	0	0.30	nd	nd	nd	3.4	nd	0.18	nd	nd	1.05	nd	nd	nd	0.55
Ades® (sabor uva)	35.50	nd	0.6 0.35	0.2 0.1	0	0	0	0	nd	nd	nd	3.37	nd	0.18	nd	nd	1.05	nd	nd	nd	0.52
Adoçante culinário em pó – Linea Sucralose®	375.00	nd	0 125	0 0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Adoçante em pó – Aspasweet®	397.50	nd	nd nd	nd nd	nd 0	nd 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Adoçante em pó – Doce Menor®	333.33	nd	nd 100	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Adoçante em pó (aspartame) – Finn®	375.00	nd	0 100	0 0	0 0	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd nd
Adoçante em pó (stevia) – Finn®	375.00	nd	0 100	0 0	0 0	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd nd
Adoçante em pó (sucralose) – Finn®	375.00	nd	0 100	0 0	0 0	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd nd
Adoçante em pó frutose – Doce menor®	400.00	nd	nd nd	nd nd	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Adoçante em pó – Tal & Qual®	390.00	nd	2.5 95.5	0 0	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 1250	nd nd
Adoçante em pó – Zero Cal®	375.00	nd	0 100	0 0	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Adoçante granular sucralose – Linea®	416.67	nd	0 83.33	0 0	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd nd
Adoçante líquido – Doce Menor®	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Adoçante líquido – Linea®	0	nd	0 0	0 0	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd nd
Adoçante líquido – Zero cal®	30.77	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Agrião	11.00	95.1 1.3	2.31 0.1	0.04 0.01	0.03 0	0 0	0 0	0 1.7	0.75 0.95	470 0	1 9.02	43 0.09	0.12 0.13	0 0.2	0.31	120 0.08	0.2 nd	21 0.24	330 60	nd 41	0.11
Agrião (talo)	97.00	2.927 0.07	0.52 0.063	nd nd	nd nd	nd nd	nd nd	nd 0.59	nd nd	0.85 nd	nd nd	nd 10.17	nd nd	nd nd	nd nd	nd nd	12.6 nd	nd 0.26	0.709 nd	11.3 nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Água	0.00	99.9 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0.00	2 0.01	0.01 tr	1 0	0 0	0 0	0.03
Água com gás – Prata®	nd	nd nd	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	2.685 nd	nd nd	1.167 nd	0.48 nd	nd 19.594	nd
Água de coco	19.00 3.72	95 3.72	0.72 0.2	0 0.01	0 0	0.18 0	0 1.11	0 0	0 2.51	0 0.03	0.06 0.03	0 0.08	0.04	24 0.04	0.29 nd	25 0.14	250 20	3.75 105	0.10
Água de coco – Ducôco®	22.00	nd 5.5	0 0	0 0	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	161 nd	nd 16	nd
Água de coco – Kero Coco®	22.50	nd 5.5	0 0	nd nd	0 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	150 nd	nd 20	nd
Água de coco – Socôco®	20.00	nd 5	nd nd	nd nd	nd nd	nd nd	0 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 30	nd
Água de coco – Trairi®	22.00	nd 4.78	0.3 0.2	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	3 nd	nd nd	147 13	nd 25	nd
Água tônica – Antartica®	30.00	nd 8	0 0	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Água tônica citrus – Schweppes®	34.48	nd 8.96	0 0	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 8.62	nd
Água tônica diet – Antartica®	0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 13.5	nd
Aipo (cozido)	18.00	94.1 4.02	0.83 0.16	0.08 0.03	0.04 0	0 1.6	0.3 1.3	13.2 0	0.73 22	6.1 0.04	0.05 0.09	0 0.32	0.20	42 0.04	0.42 nd	12 0.11	284 25	0.67 91	0.14
Aipo (cru)	16.00	94.6 3.66	0.75 0.14	0.07 0.03	0.04 0	0 1.5	0.4 1.1	13.4 0	0.73 28	7 0.05	0.05 0.09	0 0.32	0.19	40 0.03	0.4 nd	11 0.1	287 25	0.9 87	0.13
Ajinomoto®	0.00	nd 0	0 0	0 0	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 12300	nd
Aji-sal®	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd n	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 36500	nd
Alcachofra (cozida)	50.00	84 11.2	3.49 0.16	0.07 0.01	0.04 0	0 5.4	0.7 4.7	17.7 0	tr 51	10 0.07	0.07 0.11	0 1	0.34	45 0.23	1.29 tr	60 0.26	354 86	0.7 95	0.49
Alcachofra cozida (coração)	45.00	86.5 9.19	3.12 0.5	0.21 0.02	0.12 0	0 5.27	0.66 4.61	16.4 0	nd 119	5 0.06	0.16 0.09	0 0.92	0.20	21 0.06	0.56 nd	31 0.27	264 61	0.71 53	0.36
Alcaravia seca	333.00	9.87 49.9	19.8 14.6	3.27 7.13	0.62 0	0 38	0 tr	36.3 0	tr tr	21 0.38	0.38 tr	0 3.61	tr	689 0.91	16.2 tr	258 1.3	1351 568	9 17	5.50
Alcatra (crua) – carne bovina	283.24	52.44 0	27.42 18.42	0.73 8.26	7.69 0	90.08 0	0 0	0 0.3	0.48 9.01	0.11 0.11	0.26 0.4	2.67 3.86	0.35	11.01 0.14	3.01 tr	28.02 0.02	359.31 218.19	21.82 62.05	5.74
Alcatra sem capa de gordura (crua) – carne bovina	201.88	61.56 0	30.38 8.01	0.31 3.42	3.12 0	88.95 0	0 0	0 0.3	0.39 9.99	0 0.13	0.29 0.45	2.86 4.28	0.39	10.99 0.15	3.37 tr	31.98 0.02	402.76 243.85	32.88 65.96	6.53
Alecrim seco	331.00	9.31 64.1	4.88 15.2	tr tr	tr 0	0 35.3	tr tr	312.8 0	tr tr	61.2 0.51	tr tr	0 1	tr	1280 0.55	29.3 tr	220 1.87	955 70	tr 49.5	3.23
Alface-americana	18.00	94 3.51	1.31 0.3	0.16 0.01	0.04 0	0 1.27	0.6 0.67	0 0	1 49.8	18 0.05	0.08 0.06	0 0.4	0.20	68 0.04	1.4 3.3	11 0.75	264 25	0.2 9	0.29

Alimento	Energia (kcal)	Umidade (g)	Proteína (g)	Gordura (g)	Gordura mono (g)	Gordura trans (g)	Carboidrato (g)	Fibra (g)	Fibra insolúvel (g)	Açúcar (g)	Energia Fol (mcg)	Cálcio (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Cálcio (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Alface-crespa	13.00	95.9	1.02	0.1	0.03	0	0.3	0	0.3	0	0.75	3.9	0.03	0	0.05	19	0.5	9	158	0.2	0.22
		2.1	0.19	0.01	0	0	1	0.7	0	0	56	0.05	0.04	0.19	0	0.03	3.3	0.15	20	9	
Alface-lisa	18.00	94	1.31	0.16	0.04	0	0.6	0	0.6	0	1	18	0.08	0	0.20	68	1.4	11	264	0.2	0.29
		3.51	0.3	0.01	0	0	1.27	0.67	0	0	49.8	0.05	0.06	0.4	0.04	0.04	3.3	0.75	25	9	
Alface-romana	16.00	94.9	1.63	0.11	0.03	0	0.6	0	0.6	0	0.75	24	0.1	0	0.17	36	1.1	6	290	0.2	0.25
		2.28	0.2	0.01	0	0	1.27	0.67	0	0	136	0.1	0.05	0.5	0.04	0.04	3.3	0.64	45	8	
Alga marinha desidratada (hijiki) – Sogobras®	276.00	nd	6	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		62	0	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	3400	nd
Alho	149.00	58.6	6.37	0.25	0.09	0	tr	0	tr	0	tr	31.2	0.11	0	0.60	181	1.7	25	401	24.9	1.17
		33.1	0.5	0.01	0	0	2.1	tr	0	0	3.1	0.2	1.24	0.7	0.3	0.3	tr	1.67	153	17	
Alho granulado – Liganotto®	80.00	nd	0	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		20	0	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Alho-poró	61.00	83	1.51	0.17	0.04	0	0	2.5	1.15	9.5	0.92	12	0.03	0	0.14	59	2.1	28	180	6.73	0.12
		14.2	0.3	0	0	0	0	0	1.35	0	64.1	0.06	0.23	0.4	0.12	0.12	tr	0.48	35	20	
All Bran – Kellogg's®	270.00	nd	15	2	0.75	0	nd	nd	nd	212.5	2.75	37.50	0.50	1.3	nd	nd	11	nd	nd	nd	2.50
		45	3.50	0.75	0	0	27.5	nd	nd	nd	nd	0.50	0.60	7	nd	nd	nd	nd	nd	280	
Almeirão	23.00	92	1.71	0.13	0.07	0	1.67	0	1.67	400	tr	24	0.1	0	1.16	100	0.9	30	420	tr	0.42
		4.71	0.3	0.01	0	0	3.81	2.14	0	0	110	0.06	0.11	0.5	0.3	0.3	tr	0.43	47	45	
Almôndega bovina congelada – Sadia®	177.50	nd	12	nd	4.38	0	21.25	nd	nd	nd	nd	nd	nd	nd	nd	nd	0.9	nd	nd	nd	747.5
		10	9.88	nd	0.38	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Almôndega com molho de tomate – carne bovina	255.96	58.85	19.5	2.1	5.53	0	108.43	0.17	0.17	39.386	2.603	4.248	0.232	2.178	0.44	19.133	2.456	19.859	278.754	6.04	3.89
		7.38	15.96	6.37	0	0	0.56	0.3	0.3	0.324	18.33	0.1	0.232	4.681	0.1	0.1	5.701	0.1	153.319	214.558	
Almôndega de frango congelada – Sadia®	181.25	nd	12	nd	3.25	0	27.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		7.25	11.63	nd	0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	586.25	
Almôndega (frita) – carne bovina	272.00	48.1	18.2	5.5	4.2	nd	36	0	36	tr	nd	nd	0.07	nd	nd	27	1.9	48	536	nd	2.60
		14.3	15.8	5	nd	nd	3.6	nd	nd	nd	nd	0.13	nd	6.6	nd	0.19	nd	0.41	244	1030	
Aluá de abacaxi	276.86	nd	1.54	nd	nd	0	0	nd	nd	5.88	nd	4.95	nd	nd	nd	17.17	1.63	nd	nd	nd	nd
		69.94	0.84	nd	0	0	0.84	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Aluá goiano	54.80	nd	0.11	nd	nd	nd	0	nd	nd	0.74	nd	4.4	nd	nd	nd	2.18	0.111	nd	nd	nd	nd
		14	0.121	nd	nd	0	0.54	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Amaciante de carnes – Maggi®	140.00	nd	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		28	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	23780	
Ambrosia	171.84	nd	4.96	nd	nd	nd	133.74	nd	nd	68.66	nd	0.44	nd	nd	nd	74.85	4.67	nd	nd	nd	nd
		32.47	3.74	nd	0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Ameixa-preta seca	239.00	32.4	2.62	0.11	0.04	0	3.85	0	3.85	199	2.5	3.3	0.16	0	0.46	51	2.49	45	745	2.62	0.53
		62.7	0.52	0.34	0	0	9.25	5.4	5.4	0	3.7	0.08	0.26	1.96	0.43	0.43	tr	0.22	79	4	
Ameixa-preta sem caroço – Celmar®	163.33	nd	3.33	nd	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	50	3.333	nd	nd	nd	nd
		40	0	nd	0	0	16.66	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	13.333	
Ameixa-vermelha	55.00	85.2	0.79	0.13	0.05	0	1.1	0	1.1	32.3	0.86	9.5	0.1	0	0.18	4	0.1	7	172	0.7	0.10
		13	0.62	0.41	0	0	1.95	0	0	0	2.2	0.04	0.08	0.5	0.04	0.04	nd	0.05	10	0	
Amêndoa	589.00	4.43	20	11	4.98	0	1.1	0	1.1	0	24.5	0.6	0.78	0	0.47	266	3.67	296	732	4.7	2.93
		20.4	52.2	33.9	0	0	9.5	8.4	8.4	0	58.7	0.21	0.11	3.36	0.94	0.94	2	2.27	520	11	

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Amêndoa torrada com sal	587.00	3.01 24.2	16.3 51.6	10.8 33.5	4.92 0	0 9.95	1.13 8.82	0 0	24.5 63.8	0.7 0.13	0.6 0.07	0 2.82	0.25 2.82	282 1.23	3.81 2	304 1.98	770 548	4.7 780	4.91
Amêndoa torrada sem sal	587.00	3.01 24.2	16.3 51.6	10.8 33.5	4.92 0	0 9.95	1.13 8.82	0 0	21 63.8	0.7 0.13	0.6 0.07	0 2.82	0.25 2.82	282 1.23	3.81 tr	304 1.98	770 548	4.7 11	4.91
Amêndoas – Mr. Valley Qualität®	500.00	nd 60	5 22.5	nd nd	12.5 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	tr nd	tr nd	nd nd	nd nd	nd 700	nd
Amendocrem – Fugini®	610.00	nd 27.5	13.5 50	nd nd	9.5 0	nd nd	nd nd	180 nd	4.5 nd	nd 0.4	nd nd	0.7 9	nd 9	300 nd	4.2 nd	nd nd	nd 300	nd 200	nd
Amendoim com pele (cru)	570.00	6.4 15.8	26.2 49.6	17.2 22.3	7.64 0	0 6.33	1.9 4.93	0 0	8.36 240	0 0.68	0.14 0.35	0 15.9	1.77 15.9	106 0.9	3.92 20	188 2.64	744 388	4.79 22	2.13
Amendoim torrado e salgado – Dori®	600.00	nd 10	35.33 46.67	nd nd	6.67 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	4.47 nd	nd nd	nd nd	nd 286.67	nd
Amendoim tipo japonês – Dori®	468.00	nd 44	18.4 24.8	nd nd	4 0	nd 6.40	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	2.8 nd	nd nd	nd nd	nd 904	nd
Amendoim torrado com sal	602.00	1.9 7.1	24.5 53	16.5 24.2	9.5 0	0 6	nd nd	0 0	0.66 52	0 0.18	0.1 0.63	0 13.6	1.70 13.6	37 0.54	1.3 19	180 1.9	810 410	4 400	2.90
Amido de milho – Maizena®	340.00	nd 85.0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Amora	56.55	84.620 14.137	0.690 nd	nd nd	nd nd	0 3.03	0 nd	10.347 nd	nd 6.210	13.105 0.048	0.048 0.323	0 0.347	0.097 0.347	6.210 0.511	0.169 nd	4.839 0.282	88.968 10.347	nd 88.968	0.11
Amora congelada – DeMarchi®	70.00	16 0	2.3 0.6	nd nd	0 0	2.7 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	16.30 nd	nd
Anchova	131.00	nd 0	20.35 4.84	1.64 1.18	1.28 0	60 0	0 0	15 nd	nd 9	0 0.06	0.26 0.14	0.62 14.02	0.65 14.02	147 0.21	3.25 nd	41 0.07	383 174	36.5 104	1.72
Angu de milho verde	155.34	nd 24.58	3.01 2.62	nd nd	nd 0	0 2.09	nd nd	8.02 nd	nd nd	43.77 nd	nd nd	nd nd	nd nd	15.2 nd	0.8 nd	nd nd	nd nd	nd nd	nd
Apresuntado	463.00	38.7 1.1	11.9 45.2	nd nd	nd 0	nd 0	0 0	0 nd	nd nd	0 0.31	0.12 nd	nd 5.1	nd 5.1	21 nd	2.7 nd	nd nd	nd 97	nd nd	nd
Aptamil 1 – Danone®	484.00	nd 53	9.8 26	nd nd	11 0	nd 5.8	nd nd	453 8.7	8 nd	68 0.36	0.69 0.26	1.3 3.1	2.4 3.1	410 292	6 88	34 73	490 203	11 135	3.9
Aptamil 2 – Danone®	457.00	nd 53.3	14 21	nd nd	8.1 0	nd 5.4	nd nd	541 9.5	7.4 nd	68 0.34	1 0.3	1.4 nd	2.23 nd	515 0.33	8.1 145	42 60	620 335	11 237	3.9
Aptamil 3 – Danone®	457.00	nd 14	21 8.6	nd nd	3.63 0	nd 5.4	nd nd	507 0.01	0.03 nd	1.7 0.03	0.34 0.74	0.27 nd	2.5 nd	513 279	8.2 81	42 64	616 329	21 246	6.8
Aptamil sem lactose – Danone®	514.00	nd 57	10 27	nd nd	12 0	nd 0	nd nd	428 9.3	9.6 70	65 0.39	0.78 0.31	0.85 nd	2.6 nd	426 326	6.1 93	40 34	506 234	7.6 132	4.4
Aptamil soja 1 – Danone®	523.00	nd 52.8	14.2 28.3	nd nd	nd nd	nd nd	nd nd	630 11.0	7.4 79	63 0.3	0.8 0.3	1.6 nd	2.4 nd	425 320	6.3 102	39 315	512 213	nd 142	4.9
Arenque (cru)	158.00	72.1 0	18 9.05	2.13 10.74	2.04 0	60 0	0 0	28.2 40.7	1.07 10	0.7 0.09	0.23 0.3	13.7 3.22	0.65 0.65	57 0.09	1.11 nd	32 0.04	327 236	40.7 90	0.99
Arenque (defumado)	217.00	59.7 0	24.6 12.4	2.92 5.11	2.79 0	82 0	0 nd	39 3	tr 13.7	1 0.13	0.32 0.41	18.7 4.4	0.88 4.4	84 0.14	1.52 tr	46 0.05	447 325	141 918	1.37



Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Arroz branco (cozido)	124.69	70.11	2.32	0.62	0.2	0	0.13	0	1.075	0.52	0.017	0	0.32	12.428	1.372	9.019	45.506	4.941	0.38
Arroz branco (cru)	365.00	11.6	7.14	0.18	0.18	0	0.32	0	0.5	0	0.05	0	1.01	28	4.32	25	115	15.1	1.10
Arroz com guariroba	126.78	80	0.66	0.21	0	1.3	0.98	0	8	0.58	0.16	4.19	nd	0.22	tr	1.09	115	5	nd
Arroz com jurubeba	258.48	nd	4.42	nd	nd	0	nd	0	nd	2.03	nd	nd	nd	21.31	1.88	nd	nd	nd	nd
Arroz com lentilhas	253.94	35.54	10.98	1.15	0.35	0	0.66	1.133	2.121	2.565	0.092	0	0.93	28.269	4.271	41.842	324.703	8.921	1.49
Arroz com pequi	102.14	nd	3.57	nd	nd	nd	nd	3571.43	nd	nd	nd	nd	nd	8.93	0.81	nd	nd	nd	nd
Arroz de cuxá	87.64	nd	0.6	nd	nd	0	1.37	nd	nd	1.81	nd	nd	nd	58.94	1.62	nd	nd	nd	nd
Arroz de leite	136.10	nd	4.28	nd	nd	10.56	nd	25.12	nd	1.09	nd	nd	nd	97.58	0.61	nd	nd	nd	nd
Arroz-doce	169.33	60.12	3.91	0.14	1.43	8.8	0.08	20.112	0.175	0.818	0.119	0.231	0.45	86.054	1.164	14.958	127.978	4.766	0.52
Arroz-doce – Quase Pronto®*	708.00	nd	17.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Arroz integral (cozido)	76.76	81.95	1.5	0.65	0.22	0	0.07	0	1.124	0	0.018	0	0.28	6.005	0.287	27.778	42.086	4.422	0.41
Arroz integral (cru)	370.00	10.4	7.95	1.04	0.58	0	0.35	0	2.04	0	0.09	0	1.49	23	1.48	143	223	23.4	2.03
Arroz integral parboilizado – Uncle Ben's®	334.00	77.2	2.93	1.06	0	3.5	3.15	0	20	0.4	0.51	5.09	nd	0.28	tr	3.74	333	7	nd
Arroz integral (cru) – Tio João®	350.00	nd	8.20	nd	0	0	0	nd	nd	nd	nd	nd	nd	16.00	1.20	138.00	142.00	nd	nd
Arroz integral orgânico (cru) – Tio João®	334.00	nd	8.20	nd	0	0	0	nd	nd	nd	nd	nd	146.00	12.60	1.20	128.00	178.00	22.00	1.34
Arroz japonês Momiji (cru) – Camil®	342.00	nd	7.40	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Arroz + Vítã (cru) – Tio João®	340.00	76.00	7.00	nd	0	2.20	nd	0.558	nd	1.08	0.16	15.40	0.78	nd	8.86	nd	90.00	18.20	5.08
Arroz parboilizado (cru) – Tio João®	350.00	nd	8.20	nd	0	0	0	nd	nd	nd	nd	1.82	0.78	48.00	0.60	24.00	134.00	nd	1.10
Arroz primavera legumes – Knorr®*	119.00	nd	2.73	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Arroz suíço – Knorr®*	125.30	nd	3.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Asa de frango com pele (crua)	213.00	67.5	18.1	3	4.4	113	nd	10	nd	nd	0.04	nd	nd	11	0.6	23	211	nd	1.20
		0	15.1	6.6	nd	nd	nd	nd	nd	0.11	nd	nd	nd	0.02	nd	0.01	155	96	



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Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Azeite de oliva extravirgem frantoio – OlioVita®	830.77	nd	0	9.23	13.08	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva extravirgem – Gallo®	830.77	0	92.31	69.23	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Azeite de oliva extravirgem – Hacienda Guzmán®	830.77	nd	0	92.31	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva extravirgem – Il Grezzo®	830.77	nd	0	92.31	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva extravirgem – Taeq®	830.77	nd	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva extravirgem reserva da família – Borges®	830.77	nd	0	92.31	nd	14.61	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva extravirgem Amabile – San Giuliano®	923.07	nd	0	107.69	84.61	15.38	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Azeite de oliva extravirgem – Serrata®	866.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva extravirgem – Toscana®	830.77	nd	0	92.31	nd	15.38	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Azeite de oliva extravirgem – Vila Flor®	830.77	nd	0	92.31	6.15	14.61	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva extravirgem – Ybarra®	830.77	nd	0	92.31	11.54	14.62	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva – Figueira da Foz®	830.77	nd	0	92.31	nd	14.61	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Azeite de oliva fruttato gran classe – Pietro Coricelli®	826.67	nd	0	93.33	66.67	13.33	0	nd	nd	nd	nd	nd	nd	nd	0	0	nd	nd	nd	0
Azeite de oliva – Gallo®	830.77	nd	0	92.31	nd	13.07	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Azeite de oliva – Musa®	800.00	nd	0	93.33	6.67	13.33	0	nd	nd	10	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Azeitona preta	115.00	80	0.84	0.91	1.42	0	0.14	0	40.3	2.67	0.9	0	0	0.02	88	3.31	4	8	0.94	0.22
Azeitona verde	116.00	78.2	1.4	0.89	1.4	0	0.1	0	30	tr	0	0	0	0.02	61	1.6	22	55.1	1.08	0.07
Azeitonas pretas – Rivolli®	225.00	nd	0	nd	7	0	3.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	765.00	nd
Azeitonas verdes – Rivolli®	155.00	nd	0	nd	4.5	0	3.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1330	nd
Bacalhau à ilhéu	330.35	nd	5.68	nd	nd	18.52	nd	40.94	nd	4.23	nd	nd	nd	nd	20.6	0.92	nd	nd	nd	nd
Bacalhau (cru)	136.00	47.9	29	0.2	0.6	nd	139	nd	tr	nd	nd	0.21	nd	nd	157	0.9	49	434	nd	0.70
		0	1.3	0.3	nd	nd	nd	nd	nd	tr	nd	nd	nd	nd	0.09	nd	0.03	186	13585	

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) D (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Bacalhau (refogado)	140.00	65.9 1.2	24 3.6	1.2 1.1	0.9 nd	112 0.6	nd nd	tr nd	nd nd	tr 0.03	0.05 nd	nd 5.17	nd	59 0.04	0.2 nd	15 tr	50 51	nd 1256	0.60
Bacalhau seco	290.00	16.1 0	62.8 2.38	0.8 0.34	0.46 0	152 0	0 0	42.3 5.13	0.92 24.7	3.5 0.27	0.24 0.86	nd 7.5	1.68	160 0.18	2.51 tr	133 0.05	1458 950	131 7027	1.60
Bacalhoadá	169.08	66.93 7.79	11.5 10.3	1.03 7.11	1.5 0	46.71 1.08	0.29 0.48	28.296 0.43	0.426 21.485	0.683 0.212	0.243 0.053	0.203 1.607	0.40	66.534 0.127	1.92 13.315	18.123 0.326	182.587 83.563	11.774 39.932	0.50
Bacon	889.00	0 0	98.59 0	7.56 41.9	44.79 0	100.6 0	0 0	0 0.54	7.14 0	0 0	0 0	0 0	0.00	0.66 0	0 0	0.04 0	0.12 0	0 545.2	0.04
Bacon em cubos – Perdigão®	450.00	nd 1	13 44	nd nd	18 0	50 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	30 nd	1 nd	nd nd	nd nd	nd 1240	nd
Bacon em cubos – Sadia®	370.00	nd 0	15 34	nd nd	11 0	30 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	0 nd	nd nd	nd nd	nd 830	nd
Baconzitos – Elma Chips®	408.00	nd 56	7.2 18	nd nd	8.8 0	nd 7.6	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 976	nd
Bagel multigrãos – Wickbold®	292.5	nd 50	10.75 5.25	nd 1.5	1.75 0	1 3	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 405	nd
Baião de dois	138.00	68 26.2	2.9 2.1	nd nd	nd 0	nd 0.3	nd nd	nd nd	nd nd	0 0.03	0.01 nd	nd 0.4	nd	7 nd	0.5 nd	nd nd	nd 15	nd nd	nd
Bala de gelatina – Fini®	365.00	nd 83	6.8 0	0 0	0 0	0 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 69	nd
Banana à milanesa	184.95	63.77 23.86	1.21 10.58	5.85 2.45	1.67 0	11.81 1.7	0.56 1.14	11.889 0.037	9.568 17.224	7.486 0.037	0.096 0.479	0.027 0.447	0.26	7.332 0.128	0.378 8.056	24.183 0.133	329.637 21.782	1.725 4.377	0.17
Banana caramelada	228.77	39.79 58.87	0.55 0.26	0.05 0.02	0.1 0	0 1.08	0.35 0.73	4.271 0	0.171 10.197	4.858 0.024	0.062 0.308	0 0.288	0.14	3.668 0.076	0.194 nd	15.481 0.085	212.33 11.605	0.673 0.998	0.10
Banana (casca)	88.00	16.31 2.19	1.1 0.35	nd nd	nd nd	nd 1.29	nd nd	0.008 nd	nd nd	nd 10.14	nd nd	nd nd	nd	nd nd	nd nd	nd 0.93	15.9 nd	nd nd	nd
Banana-da-terra	128.00	63.9 33.7	1.4 0.2	nd nd	nd nd	0 1.5	nd nd	0 nd	nd nd	15.7 0.03	0.02 0.14	nd nd	nd	nd 0.05	0.3 nd	24 0.16	328 26	nd tr	0.20
Banana frita	225.53	61.77 19.4	0.86 17.28	9.85 3.97	2.58 0	0 1.68	0.54 1.14	6.631 0	16.085 15.833	7.543 0.038	0.084 0.479	0 0.448	0.22	4.98 0.155	0.261 nd	24.46 0.128	328.279 16.622	0.828 0.828	0.13
Banana-maçã	87.00	75.2 22.3	1.8 0.1	nd nd	nd nd	0 2.6	nd nd	0 nd	nd nd	10.5 tr	tr 0.14	nd nd	nd	3 0.11	0.2 nd	24 0.6	264 29	nd tr	0.10
Banana-nanica	92.00	74.3 23.4	1.04 0.48	0.09 0.04	0.19 0	0 2.03	0.65 1.38	8 0	0.32 19.1	9.1 0.05	0.1 0.58	0 0.54	0.26	6 0.1	0.31 8	29 0.15	396 20	1 1	0.16
Banana-ouro	112.00	68.2 29.3	1.5 0.2	nd nd	nd nd	0 2	nd nd	0 nd	nd nd	7.6 tr	tr 0.14	nd nd	nd	3 0.08	0.3 nd	28 0.09	355 22	nd tr	0.30
Banana-pacová	150.00	nd 0.98	36.44 0.08	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Banana passa – Banana Brasil®	346.00	nd 88	3.8 1.8	nd nd	0.6 0	nd 10	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	1492 nd	nd 0	nd
Banana-prata	98.00	71.9 26	1.3 0.1	nd nd	nd nd	0 2	nd nd	0 nd	nd nd	nd tr	0.02 0.1	nd nd	nd	8 0.05	0.4 nd	26 0.42	358 22	nd tr	0.10

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
			G tot (g)	G mono (g)	G mono (g)	G mono (g)	G trans (g)	Fib tot (g)	Fib ins (g)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)	(mg)
Banana split (banana, sorvete, calda, chantili, castanha-de-caju)	264.04	45.46 34.82	3.87 13.83	1.55 5.67	1.55 5.67	5.87 0	5.87 0	25.47 1.18	0.34 0.46	79.648 0.192	1.327 16.538	5.216 0.053	0.151 0.169	0.146 0.382	0.46	63.346 0.35	1.155 27.541	49.605 0.192	251.504 122.008	4.598 73.35	1.04
Banha de porco	902.00	0 0	0 99.93	0 42.42	0 42.42	39.56 0	39.56 0	95 0	0 0	0 70	1.34 0	0 0	0 0	0 0	0.00	0.07 0.03	0 tr	0 0	0.02 0	0.2 0.01	0.11
Banha refinada – Sadia®	900.00	nd 0	0 100	nd nd	nd nd	39 0	39 0	72 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Barra de ameixa e linhaça com chocolate – Banana Brasil®	381.81	nd 72.72	5 8.18	1.82 1.82	1.82 1.82	4.09 0	4.09 0	0 3.63	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 113.63	nd
Barra de banana passa coberta com chocolate branco Supino – Banana Brasil®	403.70	nd 77.78	4.44 6.67	nd nd	nd nd	5.56 0	5.56 0	nd 7.04	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	862.96 nd	nd 0	nd
Barra de banana passa coberta com chocolate branco light Supino – Banana Brasil®	303.70	nd 62.96	4.44 6.67	nd nd	nd nd	6.29 0	6.29 0	nd 6.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	862.96 nd	nd 0	nd
Barra de banana passa com ameixa light – Villefrut®	267.86	nd 50	4.29 5	nd nd	nd nd	2.86 0	2.86 0	nd 16.07	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 450	nd
Barra de banana passa com cereja light – Villefrut®	285.71	nd 60.71	3.93 5.71	nd nd	nd nd	3.21 0	3.21 0	nd 11.43	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 435.714	nd
Barra de banana passa com coco light – Villefrut®	285.71	nd 53.57	5 6.07	nd nd	nd nd	3.93 0	3.93 0	nd 12.5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 421.429	nd
Barra de banana passa com damasco light – Villefrut®	271.43	nd 57.14	4.29 4.64	nd nd	nd nd	2.86 0	2.86 0	nd 11.07	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 496.429	nd
Barra de banana, fibras e linhaça dourada light Supino – Banana Brasil®	304.17	nd 62.5	5 5	nd nd	nd nd	2.5 0	2.5 0	nd 13.33	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	766.67 nd	nd 0	nd
Barra de banana passa com nozes light – Villefrut®	289.29	nd 57.14	5 8.57	nd nd	nd nd	2.86 0	2.86 0	nd 8.93	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 389.286	nd
Barra de banana passa light – Villefrut®	285.71	nd 57.14	4.29 3.93	nd nd	nd nd	2.14 0	2.14 0	nd 13.21	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 400	nd
Barra de cereais aveia, banana e mel Nutry – Nutritional®	359.09	nd 77.27	4.54 2.27	nd nd	nd nd	1.36 0	1.36 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 186.36	nd
Barra de cereais chocolate Nutry – Nutritional®	395.45	nd 77.27	4.54 8.18	nd nd	nd nd	6.82 0	6.82 0	nd 2.73	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 154.54	nd
Barra de cereais de castanha-de-caju com cobertura sabor chocolate Nutry – Nutritional®	413.63	nd 72.73	5.91 11.82	nd nd	nd nd	7.27 0	7.27 0	nd 4.54	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 77.27	nd
Barra de cereais frutas vermelhas com biscoito de chocolate Nutry – Nutritional®	377.27	nd 77.27	5.91 4.54	nd nd	nd nd	1.82 0	1.82 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 109.09	nd



[illegible]



Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Barra de granola crocante com aveia e mel – NatureValley®	442.86	nd	8.09	2.86	1.90	0	1.90	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		61.90	16.19	10.95	0	6.19	4.28	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	338.09	nd
Barra de granola crocante com banana e amêndoas – Nature Valley®	442.86	nd	8.57	3.33	2.38	0	1.43	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		61.90	19.05	12.86	0	6.19	4.76	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	280.95	nd
Barreado	280.50	nd	37.06	nd	nd	72.7	nd	nd	3.61	2.93	0.33	4.22	0.99	34.6	3.67	35.66	739.79	2.1	6.71
		2.89	12.63	nd	0	0.47	nd	nd	11.44	0.19	0.61	9.1	nd	0.2	nd	nd	295.43	nd	nd
Batata (cozida)	87.00	77	1.88	0.04	0.03	0	0.4	0	0.06	13	0.02	0	0.52	5	0.31	22	379	0.8	0.30
		20.1	0.1	0	0	1.8	1.4	0	10	0.11	0.3	1.44	nd	0.19	3	0.14	44	4	nd
Batata (crua)	79.00	79	2.08	0.04	0.03	0	0.38	0	0.07	19.7	0.04	0	0.38	7	0.76	21	543	0.3	0.39
		18	0.1	0	0	1.6	1.22	0	12.8	0.09	0.26	1.48	nd	0.26	tr	0.26	46	6	nd
Batata assada com cream cheese e bacon	232.53	62.7	2.73	1.03	9.81	36.85	0.25	106.805	0.73	8.94	0.049	0.079	0.43	18.45	0.46	18.677	294.928	1.196	0.30
		15.55	18.05	6.36	0	1.05	0.8	0.134	8.774	0.076	0.218	0.998	nd	0.154	2.095	0.113	54.003	136.227	nd
Batata chips	126.68	74.36	1.95	3.48	0.88	0	0.36	0	5.632	18.492	0.038	0	0.36	6.571	0.713	19.712	509.696	0.282	0.37
		16.9	6.04	1.39	0	1.5	1.15	0	12.015	0.084	0.244	1.389	nd	0.263	tr	0.244	43.197	5.632	nd
Batata-doce (frita)	224.49	nd	1.3	nd	nd	0	nd	0	nd	0.07	nd	nd	nd	24.8	0.51	nd	nd	nd	nd
		16.63	17.4	nd	0	2.48	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Batata-doce branca (casca)	88.00	8.24	1.31	nd	nd	nd	nd	0.39	nd	nd	nd	nd	nd	nd	0.06	nd	0.0009	0.0024	nd
		0.48	0.12	nd	nd	1.39	nd	nd	nd	40	nd	nd	nd	nd	nd	0.96	nd	nd	nd
Batata-doce (cozida)	105.00	72.8	1.66	0.13	0.08	0	1.1	1705	3.5	17.1	0.14	0	0.53	21	0.56	10	184	0.7	0.27
		24.3	0.3	0.01	0	2.3	1.2	0	11.1	0.05	0.24	0.64	nd	0.16	2	0.34	27	13	nd
Batata-doce roxa (casca)	66.00	28.24	3.04	nd	nd	nd	nd	1.805	nd	nd	nd	nd	nd	nd	0.69	nd	0.1	0.01	nd
		3.3	0.32	nd	nd	1.46	nd	nd	nd	3.4	nd	nd	nd	nd	nd	6.09	nd	nd	nd
Batata frita	139.01	72.32	1.6	3.9	0.98	0	0.47	0	6.306	6.886	0.016	0	0.47	7.449	0.292	18.61	305.208	0.744	0.25
		18.61	6.77	1.56	0	1.21	0.74	0	8.284	0.09	0.25	1.218	nd	0.181	nd	0.133	37.236	4.653	nd
Batata frita – Fritex®	550.00	nd	5	nd	7.5	0	nd	nd	nd	33.75	0.15	nd	nd	30	1.5	nd	nd	nd	nd
		45	45	nd	0	tr	nd	nd	nd	0.2	nd	nd	nd	nd	nd	nd	160	600	nd
Batata frita – Mc Donald's®	282.35	nd	4.02	nd	4.51	0	nd	nd	nd	nd	nd	nd	nd	10.78	0.80	nd	nd	nd	nd
		34.31	14.70	nd	0	4.12	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	302.94	nd
Batata frita Crocantex – Fritex®	518.80	nd	6.5	nd	nd	nd	nd	nd	nd	33.75	0.15	nd	nd	17.5	3.25	nd	nd	nd	nd
		nd	nd	nd	0	nd	nd	nd	nd	0.2	nd	nd	nd	nd	nd	nd	160	nd	nd
Batata frita de creme de cebola – Pringles®	550.00	nd	5	26.78	15	0	nd	nd	nd	nd	nd	nd	nd	0	1.2	nd	nd	nd	nd
		45	35	nd	0	3.57	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	600	nd
Batata frita de queijo – Pringles®	496.00	nd	5.2	nd	5.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		52	30	nd	0	8.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	516	nd
Batata frita original – Pringles®	550.00	nd	5	30.36	15	0	nd	nd	nd	nd	nd	nd	nd	0	1.3	nd	nd	nd	nd
		45	40	nd	0	5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	550	nd
Batata noisette congelada – McCain®	190.59	nd	2.94	nd	0.82	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		25.88	8.35	nd	0	2.70	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	420	nd
Batata palha	181.38	68.24	1.51	6.97	1.75	0	0.44	0	11.273	6.498	0.018	0	0.45	7.03	0.275	17.564	288.014	0.702	0.24
		17.56	12.06	2.79	0	1.14	0.7	0	7.816	0.087	0.237	1.15	nd	0.193	nd	0.125	35.154	17.25	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Batata palha – Carrefour®	550.00	nd 45	5 45	nd nd	7.5 0	0 tr	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1.5 nd	nd nd	nd nd	nd 600	nd nd
Batata palha – Fritex®	560.00	nd 43.6	5.4 44.3	nd nd	8.8 0	0 3.2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	24 nd	1.5 nd	nd nd	nd nd	nd 594	nd nd
Batata palha – Yoki®	560.00	nd 44	6 40	nd nd	18.8 0	0 2.8	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 220	nd nd
Batata palha extrafina – Yoki®	576.00	nd 44	6 40	nd nd	20 0	0 2.8	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 396	nd nd
Batata palito congelada – McCain®	134.12	nd 21.17	4 3.65	nd nd	0.35 0	0 4.12	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 80	nd nd
Batata palito para forno congelada – McCain®	134.12	nd 21.17	4 3.65	nd nd	0.35 0	nd 4.12	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 80	nd nd
Batata palito pré-frita congelada – CAC®	380.00	nd 45	6 19	nd nd	4 nd	0 6	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	27 nd	3 nd	nd nd	nd nd	nd 0	nd nd
Batata palito tradicional congelada – Bem Brasil®	117.65	nd 18.82	2.47 3.88	nd nd	1.41 0.70	0 2.70	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 80	nd nd
Batata sauté	114.55	74.03 18.85	1.65 3.87	1.22 1.73	0.74 0	0 1.23	0.47 0.76	46.731 0	2.265 8.413	6.971 0.088	0.02 0.255	0 1.235	0.48 0.157	8.579 0.157	0.294 nd	18.914 0.137	309.976 38.279	0.784 369.629	0.26 nd
Batata smiles congelada – McCain®	198.82	nd 30.59	2.82 7.29	nd nd	0.70 0	nd 2.82	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	0 nd	nd nd	nd nd	nd 524.70	nd nd
Bebida à base de soja pêssego – All day®	45.00	nd 11	0.6 0	nd nd	nd 0	0 nd	nd nd	nd nd	nd nd	5 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd nd
Bebida láctea morango e banana Ninho Soleil – Nestlé®	63.00	nd 10	1.95 1.55	nd nd	1.05 0	nd 0	nd 0	0.96 1	nd nd	7 nd	nd nd	nd nd	nd nd	119.5 nd	2.1 nd	nd nd	nd 65	nd nd	nd nd
Bebida láctea Fast Neston – Nestlé®	89.67	nd 13	3.33 2.63	nd nd	1.43 0	nd 0.73	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 78.67	nd nd
Beijinho	420.00	20.88 44.99	7.4 25.22	1.33 3.77	18.71 0	24.24 4.29	0.35 3.93	94.37 0.084	1.724 10.277	2.246 0.08	0.323 0.112	0.319 0.3	0.74 0.209	210.209 0.209	0.965 60.814	40.83 0.688	401.342 232.68	4.718 100.111	1.18 nd
Beijinho Moça Doceria – Nestlé®	320.00	nd 55	4.5 8	nd nd	6 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 75	nd nd
Berinjela (casca)	93.00	7.18 0.71	0.86 0.1	nd nd	nd nd	nd 1.37	nd nd	1.43 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0.27	nd nd	nd nd	nd nd
Berinjela (cozida)	28.00	91.8 6.65	0.83 0.23	0.09 0.02	0.04 0	0 2.5	0.4 2.1	6.4 0	0.03 14.4	1.3 0.08	0.02 0.09	0 0.6	0.08 0.25	6 0.11	0.35 tr	13 0.14	248 22	0.4 3	0.15 nd
Berinjela (crua)	26.00	92 6.08	1.03 0.18	0.08 0.02	0.03 0	0 2.5	1 1.5	8.4 0	0.06 19	1.7 0.05	0.03 0.08	0 0.6	0.25 0.06	7 0.06	0.27 tr	14 0.13	217 22	1.1 3	0.14 nd
Beterraba (casca)	87.00	15.85 1.23	2.26 0.21	nd nd	nd nd	nd 1.74	nd nd	6.28 nd	nd nd	nd 331	nd nd	nd nd	nd nd	nd nd	0.03 nd	nd 0.66	0.029 nd	0.0065 nd	nd nd
Beterraba (cozida)	44.00	87.1 9.97	1.69 0.18	0.06 0.04	0.03 0	0 1.7	0.6 1.2	3.5 0	tr 80	3.6 0.03	0.04 0.07	0 0.33	0.15 0.07	16 0.07	0.79 tr	23 0.33	305 38	0.4 77	0.35 nd

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)	
																						Fib ins (g)
Beterraba (crua)	43.00	87.6 9.57	1.62 0.17	0.06 0.03	0 0	0.03 2	0.8 2	3.8 0	109	tr	4.9 0.03	0.04 0.07	0.33	0	0.16	16 0.08	0.8 tr	23 0.33	325 40	tr	78	0.35
Beterraba (folha)	91.00	16.34 0.68	2.64 0.34	nd nd	nd nd	9.25	nd	nd	557	nd	557	nd	nd	nd	nd	nd	2.91 nd	7.29	0.38 nd	0.02 nd	nd	nd
Beterraba (talo)	92.00	7.75 0.36	0.25 0.59	nd nd	nd nd	0.031	nd	nd	15.21	nd	15.21	nd	nd	nd	nd	nd	34.4 nd	0.44	29 nd	nd	nd	nd
Bife à cavalo – carne bovina	296.68	nd 0.45	20.51 23.15	nd nd	nd nd	52.33	nd	172.5 0	nd	0.11	nd	nd	nd	nd	nd	21.14	2.27	nd	nd	nd	nd	nd
Bife à milanesa de coxão mole – carne bovina	345.14	44.23 10.98	17.52 25.56	8.48 4.43	0 0	34.586 0.402	13.076 14	0.239 0.25	1.667 2.16	0.44	17.532 0.136	2.129 nd	17.517 0.027	222.912 154.338	17.824 238.045	3.41	nd	nd	nd	nd	nd	nd
Bife à rolê – carne bovina	174.00	nd 3.5	21.8 10	nd nd	nd nd	439.5	nd	63.9 0.836	nd	7.445	nd	nd	nd	nd	nd	15.818	2.227	nd	nd	nd	nd	nd
Bife à rolê de contrafilé – carne bovina	354.69	47.55 1.94	17.86 30.22	5 11.91	11.37 0	391.189 0.257	7.06 11.847	0.15 0.2	0.15	4.475 0.087	0.182 0.28	1.709 2.683	2.86 3.705	0.26	0.26	15.16 0.121	2.144 tr	21.902 0.041	292.438 151.242	13.98 496.158	3.70	3.70
Bife frito de contrafilé – carne bovina	297.12	50.73 0.18	26.32 20.46	2.32 8.57	0 0	3.088 0.286	8.651	0.174 0.107	0.253 3.705	0.34	11.683 0.146	2.897 tr	27.009 0.022	346.65 209.982	21.069 277.159	5.51	nd	nd	nd	nd	nd	nd
Bife grelhado de contrafilé – carne bovina	195.00	62.2 nd	30.4 7.21	0.28 3.08	2.81 0	nd tr	10	0.13	0.45	2.86 4.28	0.39	11 0.15	3.37 tr	403 244	66	6.53	nd	nd	nd	nd	nd	nd
Bifum	180.00	nd 4.7	0 0	nd nd	0 0	nd nd	nd 2	tr nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	tr nd	tr nd	nd nd	nd nd	35	nd	nd
Big Mac – Mc Donald's®	242.15	nd 19.61	12.25 12.74	nd nd	4.75 0.24	29.41 1.32	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	86.27 nd	2.84 nd	nd nd	nd nd	nd 400.49	nd	nd
Biscoito água e gergelim – Piraquê®	450.00	nd 63.33	10.67 17	nd nd	8 0	nd 4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 94.33	nd	nd
Biscoito água e sal – Adria®	453.33	nd 70	12 14	nd nd	6 0	nd 3	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	936.67	nd	nd
Biscoito água e sal Levíssimo – Bauducco®	450.00	nd 63.33	12 17	2.33 5.33	8 0	nd 4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	576.67	nd	nd
Biscoito água e sal – Triunfo®	423.33	nd 66.67	9 13.33	nd nd	6 0	nd 3.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	630	nd	nd
Biscoito água light – Piraquê®	420.00	nd 70	10.33 11	nd nd	6 0	nd 4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	660	nd	nd
Biscoito água Tostines – Nestlé®	416.67	nd 66.67	9.67 12.33	nd nd	5.67 0	nd 4.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	520	nd	nd
Biscoito Amandita – Lacta®	510.00	nd 66.67	6.33 23.67	nd nd	11 0	nd 2.33	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	76.67	nd	nd
Biscoito aveia e mel Nestlé – Nestlé®	426.67	nd 70	10.33 12.33	5.33 3.33	4 0	nd 5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	180	nd	nd
Biscoito Bits Chipits Original – Nabisco®	400.00	nd 65	7.5 15	nd nd	2.5 0	nd tr	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	12.5 nd	3 nd	nd nd	nd nd	1000	nd	nd
Biscoito champagne açúcar Cristal – Bauducco Premium®	376.67	nd 80	8 3.33	nd nd	0 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	83.33	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Biscoito champagne açúcar fino – Bauducco Premium®	376.67	nd	8 3.33	0.66 1	0 0	70 0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito chocolate Calipso – Nestlé®	466.67	nd 66.67	7.33 19	nd nd	8.67 0	nd 3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito chocolate ao leite e chocolate branco Trakinas Mondelez Brasil®	476.67	nd 66.67	6.33 19.67	3.33 9.67	6 0	0 3.67	nd	nd	nd	nd	nd	nd	nd	nd	7 nd	nd	nd	nd	240
Biscoito chocolate Trakinas – Mondelez Brasil®	470.00	nd 66.67	6.33 19.67	3.33 9.33	6 0	0 4	nd	nd	nd	nd	nd	nd	nd	nd	7 nd	nd	nd	nd	nd
Biscoito Club Social integral – Mondelez Brasil®	450.00	nd 65.38	8.85 16.92	6.54 4.23	5 0	0 3.07	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito Club Social original – Mondelez Brasil®	465.38	nd 65.38	8.46 18.46	7.31 4.61	5.38 0	0 2.31	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito coco Nesfit – Nestlé®	446.67	nd 66.67	8.67 15.33	6.67 3	3.67 0	5.33 0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	230
Biscoito cracker original – Adria®	453.33	nd 70	12 14	nd nd	6 0	nd 3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito cream cracker – Marilan®	423.33	nd 66.67	12.33 12.67	nd nd	6 0	nd 3.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito crackers reduced fat Ritz – Nabisco®	466.70	nd 73.33	6.67 13.33	nd nd	nd 0	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito cream cracker Levissimo – Bauducco®	450.00	nd 63.33	12 17	2.33 5.33	8 0	2 4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	450
Biscoito cream cracker – Mabel®	450.00	nd 70	10 14.33	nd nd	2.33 1	nd 0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito cream cracker – Triunfo®	423.33	nd 66.67	9 13.33	nd nd	6 0	nd 3.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	630
Biscoito cream cracker – Zadime®	400.00	nd 66.67	12 9.67	nd nd	2.33 1.333	nd 2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	480
Biscoito cream cracker folhata – Adria®	466.67	nd 63.33	11 19	nd nd	8.33 0	nd 2.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	760
Biscoito cream cracker integral Levissimo – Bauducco®	440.00	nd 60	13 17	nd nd	8.67 0	nd 8.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	480
Biscoito cream cracker light Levissimo – Bauducco®	403.33	nd 60	15 12	1.67 4	5.33 0	2 3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	553.33
Biscoito cream cracker Tostines – Nestlé®	416.67	nd 70	11 10.67	nd nd	4.33 0	nd 3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito de aveia	376.12	17.75 61.59	7.93 11.55	3.47 4.92	2.29 0	49.5 3.35	1.32 2.03	134.414 0.151	6.065 41.683	0.411 0.396	0.292 0.095	0.123 2.29	0.61	27.535 0.151	2.625 nd	37.978 0.864	217.606 158.997	19.916 18.293	0.96
Biscoito de castanha	524.45	nd 47.57	6.77 36.45	nd nd	nd 0	36.12 3.27	nd	191.34 nd	nd	3.54 nd	nd	nd	nd	104.64 nd	1.29 nd	nd	nd	nd	nd

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
			G tot (g)	G trans (g)	G mono (g)	G poli (g)	G sat (g)	Fib tot (g)	Fib ins (g)		Fol (mcg)	B1 (mg)	B6 (mg)	Nia (mg)		Cu (mg)	I (mcg)	Mn (mg)	P (mg)	Na (mg)	
Biscoito de chocolate recheado de morango Passatempo – Nestlé®	446.67	73.33	6 14.67	4.33	nd	nd	0	2.33	nd	12	nd	nd	nd	nd	nd	500	nd	nd	nd	210	3.67
Biscoito de cupuaçu recheado Passatempo – Nestlé®	236.02	52.86	1.95 2.53	nd	nd	nd	0	0.4	nd	24.6	nd	8.07	nd	nd	nd	41.04	0.86	nd	nd	nd	nd
Biscoito de fécula de batata	451.89	10.19 62.12	5.31 20.86	3.91 0	6.56 9.33	nd	0	2.76	0.32 2.44	251.745 0	12.316 22.756	5.968 0.337	0.181 0.015	0.014 2.599	0.60	18.802	6.599	33.628	531.182	9.726	11.888
Biscoito de parmesão Bom Gouter – Mondelez Brasil®	440.00	nd	10 64	4.8 0	5.6 3.6	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito de polvilho	292.88	35.15 52.32	2.8 9.04	1.89 0	4.16 2.37	nd	0	73.42	0.32 0.08	37.584 0.401	6.476 11.075	0.173 0.02	0.115 0.035	0.233 0.028	0.35	41.78	1.17	0.069	54.609	5.96	0.32
Biscoito de polvilho de queijo – Cassini®	460.00	73.33	0 18.33	3.33	nd	nd	6	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	930	nd
Biscoito de polvilho doce – Carrefour®	425.00	nd	tr 10	6.25	nd	nd	0	87.5	nd	nd	nd	nd	nd	nd	nd	45.75	2.75	nd	nd	300	nd
Biscoito de polvilho salgado – Cassini®	460.00	73.33	0 18.33	3.33	nd	nd	6	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	930	nd
Biscoito de polvilho salgado – Qualitá®	460.00	73.33	0 18.33	3.33	nd	nd	6	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	930	nd
Biscoito de presunto – Piraquê®	460.00	nd	8 20.8	10.8	nd	nd	0	3.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1176	nd
Biscoito de provolone Bom Gouter – Mondelez Brasil®	444.00	nd	10.4 64	5.2 0	5.6 4	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1568	nd
Biscoito de queijo – Piraquê®	464.00	nd	12 20	10.4	nd	nd	0	3.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1088	nd
Biscoito de queijo e tomate seco Bom Gouter – Mondelez Brasil®	444.00	nd	10.4 64	6	nd	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1232	nd
Biscoito de queijo suíço Bom Gouter – Mondelez Brasil®	456.00	nd	10.4 64	7.2	nd	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1764	nd
Biscoito roladinho de goiabinha – Piraquê®	373.33	nd	3 10.33	5.33	nd	nd	0	1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	260	nd
Biscoito gergelim – Adria®	453.33	nd	13 6.33	5	nd	nd	0	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	490	nd
Biscoito integral Nesfit – Nestlé®	433.33	nd	12.33 14.33	4 0	8 3.33	nd	0	5.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	483.33	nd
Biscoito integral com centeio Nesfit – Nestlé®	450.00	nd	12.67 60	4.33	8.33 3.33	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	546.67	nd
Biscoito leite Passatempo – Nestlé®	426.67	nd	9.33 13.67	2.33	nd	nd	0	2.67	nd	nd	nd	nd	nd	nd	nd	500	nd	nd	nd	266.67	3.67
Biscoito maisena Tostines – Nestlé®	433.33	nd	10.33 70	3.67	nd	nd	0	2.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	363.33	nd



Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Biscoito maisena chocolate – Triunfo®	430.00	nd	8	nd	4.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito mini recheado de chocolate – Trakinas®	476.67	nd	6.667	nd	6.667	nd	nd	nd	nd	nd	0.2	2.4	nd	nd	nd	nd	nd	nd	nd
Biscoito mini recheado de morango – Trakinas®	493.33	nd	6	nd	7	nd	nd	nd	nd	nd	0.2	2.4	nd	nd	nd	nd	nd	nd	nd
Biscoito mousse de chocolate – Adria®	486.67	nd	8.33	nd	5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito pit stop original – Marilan®	373.33	nd	9.67	nd	7.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito pit stop de queijo – Marilan®	406.67	nd	9.67	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito pit stop integral – Marilan®	413.33	nd	9.67	nd	7.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito pit stop light em gorduras – Marilan®	346.67	nd	9	1	5	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito pizzaquê – Piraquê®	452.00	nd	8	nd	9.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito wafer chocolate com avelã – Bauducco®	163.33	nd	53.33	3.33	12	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito wafer brigadeiro – Bauducco®	506.67	nd	4.33	5	13	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito recheado chocolate Passatempo – Nestlé®	453.33	nd	6.67	nd	5.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	3.67
Biscoito wafer chocolate – Bauducco®	523.33	nd	46.67	3.67	9	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito recheado de choco – Triunfo®	470.00	nd	5.67	nd	10	nd	nd	nd	nd	nd	0.66	8	nd	nd	nd	nd	nd	nd	nd
Biscoito recheado de chocolate Bono – Nestlé®	443.33	nd	8.33	nd	4.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Biscoito recheado de chocolate branco Teens – Marilan®	446.67	nd	9.67	nd	4	nd	nd	nd	nd	nd	0.4	4.8	nd	150	nd	nd	nd	nd	nd
Biscoito recheado de chocolate Carinhas – Trakinas®	486.67	nd	5.33	nd	10.67	nd	nd	180	nd	nd	0.4	0.733	nd	206.67	nd	nd	10	nd	nd
Biscoito recheado de chocolate Chocólicia – Nabisco®	476.67	nd	6	2.67	10.67	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	11	nd	nd
Biscoito chocolate ao leite e morango Trakinas – Mondelez Brasil®	476.67	nd	63.33	3.33	6	0	nd	10	nd	nd	nd	nd	nd	nd	7	nd	nd	nd	nd

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Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	G trans (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) D (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)	
Bisnaguinha Bisnaguito – Pullman®	306.00	nd	9.2	5.6	1.2	3	1.4	0	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bisnaguinha de leite – Nutrella®	332.00	nd	6.8	6	nd	nd	2.2	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bisnaguinha Scooby-Doo – Wickbold®	304.00	nd	8.2	3.6	nd	nd	1	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bisteca de porco (assada)	131.77	73.06	18.91	1.33	5.14	2.3	1.76	0	46.7	0.07	1.621	0.447	0.833	0.424	0.553	0.56	20.851	0.673	20.842	379.349	23.274	260.615	1.43
Bisteca de porco (crua)	164.00	68	21.5	0	8	1.2	3.5	nd	56	nd	tr	nd	nd	nd	nd	nd	6	0.5	24	335	nd	nd	1.40
Bisteca de porco (grelhada)	280.00	52	28.9	0	17.4	1.2	7.5	nd	82	nd	tr	nd	nd	0.14	nd	nd	34	0.9	25	366	nd	nd	2.30
Blanquet de peru Califórnia – Sadia®	127.70	nd	19.43	nd	4.89	nd	nd	nd	28.1	nd	nd	nd	nd	nd	nd	nd	30.06	2	23.85	204	nd	nd	nd
Bobó de camarão	164.00	nd	7.1	20.93	5.79	nd	nd	0	nd	nd	1174.2	nd	27.85	nd	nd	nd	51.22	1.61	nd	nd	nd	nd	nd
Bobó de camarão congelado – Seara®	157.00	nd	8	4	10	nd	3	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolacha de araticum	265.82	nd	4.14	35.09	11.95	nd	nd	nd	45.57	nd	76.02	nd	5.88	nd	nd	nd	84.26	1.47	nd	nd	nd	nd	nd
Bolacha de jatobá	357.45	nd	5.83	nd	13.2	nd	nd	0	77.87	nd	80.28	nd	5.04	nd	nd	nd	167.84	0.43	nd	nd	nd	nd	nd
Bolinha de queijo	273.23	46.11	7.79	32.96	12.04	4.11	3.73	0	14.84	0.52	79.372	7.004	1.646	0.277	0.196	0.29	114.694	1.921	16.566	121.504	16.605	190.644	0.72
Bolinho de arroz	355.53	25.13	8.01	49.54	13.34	6.62	2.33	0	94.18	0.41	48.478	10.65	1.576	0.248	0.222	0.78	27.744	3.179	17.818	103.715	20.784	1.277.935	0.85
Bolinho de chuva	270.03	42.4	6.11	42.39	8.31	3.75	1.93	0	38.77	0.46	26.423	6.167	0.398	0.298	0.208	0.40	55.079	1.989	14.142	109.935	15.695	0.51	
Bolinho de mandioca (frito)	241.12	20.76	6.6	14.97	nd	nd	nd	0	37.27	nd	25.56	nd	33.61	nd	nd	nd	160.23	2.81	nd	nd	nd	nd	nd
Bolo branco simples	317.82	29.79	5.94	55.21	8.36	2.27	1.94	0	50.19	0.39	104.733	4.184	0.167	0.325	0.198	0.49	32.623	1.854	11.924	103.137	14.576	26.291	0.49
Bolo de abacaxi – Pullman®	373.33	nd	5.83	55	14.67	nd	4.17	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolo de aipim	170.61	nd	2.45	23	8.01	nd	nd	nd	25.28	nd	33.56	nd	19.55	nd	nd	nd	48.19	1.75	nd	nd	nd	nd	nd
Bolo de algaroba	258.87	nd	3.73	29.66	14	nd	nd	0	61.92	nd	78.27	nd	0.45	nd	nd	nd	68.79	0.35	nd	nd	nd	nd	nd
Bolo de arroz	311.55	55.2	5.77	14.84	nd	nd	nd	0	54.95	nd	71.56	nd	0.17	nd	nd	nd	152.88	0.6	nd	nd	nd	nd	nd
Bolo de batata-doce	156.31	nd	2.15	23.51	6.12	nd	nd	0	45.06	nd	304.09	nd	2.68	nd	nd	nd	19.02	0.33	nd	nd	nd	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Bolo de baunilha – Dr. Oetker®*	311.67	nd	4	nd	2.5	nd	nd	nd	nd	nd	0.33	nd	nd	nd	4.17	nd	nd	nd	nd
		51.67	10.16	nd	0	1	nd	1.25	nd	0.3	0.33	nd	nd	nd	nd	nd	nd	291.67	nd
Bolo de baunilha – Sol®	394.59	nd	4.05	nd	1.89	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		81.08	5.94	nd	1.89	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	294.59	nd
Bolo de cará	170.61	nd	2.45	nd	nd	25.28	nd	33.56	nd	19.55	nd	nd	nd	48.19	1.75	nd	nd	nd	nd
		23	8.01	nd	0	1.71	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolo de carimã	368.75	nd	4.32	nd	nd	155.5	nd	109.91	nd	12.14	nd	nd	nd	26.36	0.83	nd	nd	nd	nd
		36.73	23.21	nd	0	0.31	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolo de cenoura com cobertura de chocolate	372.65	27.19	4.12	9.36	2.91	59.76	0.38	462.516	15.223	1.467	0.21	0.151	0.37	17.647	1.276	10.502	117.862	10.646	0.38
		50.51	17.83	4.52	0	1.17	0.58	0.192	26.232	0.179	0.063	1.458		0.118	7.659	0.171	64.795	32.688	
Bolo de chocolate	358.49	26.42	5.36	4.22	3.17	55.22	0.29	184.37	7.868	0.221	0.306	0.19	0.52	32.009	1.685	13.821	129.931	12.38	0.51
		52.44	14.76	6.45	0	1.31	0.48	0.288	50.497	0.244	0.067	2.143		0.068	9.52	0.21	92.074	118.87	
Bolo de chocolate – Dona Benta®	391.86	nd	5.40	nd	11.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		78.38	6.48	nd	11.67	1.08	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	432.43	nd
Bolo de chocolate – Dr. Oetker®*	326.67	nd	4	nd	2.67	nd	nd	nd	nd	nd	0.33	nd	nd	nd	4	nd	nd	nd	nd
		53.33	11	nd	0	1.83	nd	1.25	nd	0.3	0.33	nd		nd	nd	nd	nd	465	nd
Bolo de chocolate – Pullman®	370.00	nd	6.17	nd	4.17	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		53.33	14.5	nd	0	2.17	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	325	nd
Bolo de chocolate ao leite – Maizena®*	379.31	nd	3.45	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	86.2	nd
		82.75	3.45	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolo de chocolate Casa Suíça – Wickbold®	398.33	nd	5.83	nd	3.83	nd	nd	nd	nd	nd	nd	nd	nd	nd	1.43	nd	nd	nd	nd
		53.33	18.33	nd	0.83	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	140	nd
Bolo de coco – Dona Benta®	400.00	nd	4.05	nd	2.70	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		78.38	7.84	nd	2.43	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	443.24	nd
Bolo de coco – Maizena®*	379.31	nd	tr	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		79.31	3.45	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Bolo de coco – Dr. Oetker®*	311.67	nd	4	nd	2.5	nd	nd	nd	nd	nd	0.33	nd	nd	nd	4.17	nd	nd	nd	nd
		51.67	10.17	nd	0	1	nd	1.25	nd	0.3	0.33	nd		nd	nd	nd	nd	463.33	nd
Bolo de coco – Pullman®	386.67	nd	5.67	nd	7.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	315	nd
		51.67	16.67	nd	0	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolo de coco – Sol®	394.59	nd	4.05	nd	1.89	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	294.59	nd
		81.08	5.94	nd	1.89	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolo de coco e chocolate Casa Suíça – Wickbold®	398.33	nd	5.83	nd	3.83	nd	nd	nd	nd	nd	nd	nd	nd	nd	1.43	nd	nd	nd	nd
		53.33	18.33	nd	0.83	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	140	nd
Bolo de farinha de macaúba	382.35	nd	6.26	nd	nd	108.81	nd	99.12	nd	2.59	nd	nd	nd	192.49	0.48	nd	nd	nd	nd
		52.3	16.74	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Bolo de festa – Sol®	394.59	nd	4.05	nd	1.89	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		81.08	5.94	nd	1.89	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	294.59	nd
Bolo de festa (recheio de pêssego e cobertura)	320.14	30.33	5.06	2.4	2.9	64.22	0.24	130.83	4.376	0.972	0.26	0.236	0.45	73.417	0.984	11.183	136.342	9.032	0.50
		53.65	10.12	4.13	0	0.7	0.46	0.2	23.133	0.145	0.046	1.107		0.046	nd	0.106	102.767	46.54	
Bolo de fubá	320.96	37.75	4.94	7.85	2.95	67.42	0.45	45.378	12.718	0.258	0.265	0.247	0.45	41.57	1.281	14.377	113.551	6.952	0.49
		40.95	15.67	3.92	0	1.8	1.35	0.466	41.996	0.192	0.101	1.491		0.088	nd	0.038	83.217	33.528	

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Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Braço sem capa de gordura (cru) – carne bovina	250.90	55.38	31.09	0.43	5.09	105.96	0	0	tr	0	0.28	2.48	0.35	12.99	3.69	22.99	262.89	tr	10.30
		0	13.09	5.66	0	0	0	tr	6	0.08	0.29	2.67		0.15	tr	0.02	234.91	70.97	
Brigadeirão	298.77	41.4	6.3	0.98	8.91	120.54	0	159.848	1.066	1.191	0.302	0.411	0.59	141.597	0.679	24.314	251.511	6.505	0.81
		35.03	15.95	5.02	0	0.66	0.66	0.486	14.371	0.057	0.054	0.159		0.091	nd	0.082	160.666	100.452	
Brigadeiro	362.50	21.29	7.1	1.33	7.2	28.12	0	104.622	2.535	2.061	0.362	0.383	0.62	240.228	0.591	35.298	377.501	1.489	1.01
		55.91	13.77	4.59	0	0.95	0.95	0.623	9.765	0.081	0.045	0.242		0.121	nd	0.104	227.922	123.204	
Brigadeiro Moça Doceria – Nestlé®	320.00	nd	6.5	nd	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		60	6	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	125	
Broa de amendoim	368.29	5.01	10.58	nd	nd	85.6	nd	50.55	nd	0.12	nd	nd	nd	37.55	1.42	nd	nd	nd	nd
			14.86	nd	0	2.48	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Broa de cará	136.35	nd	3.16	nd	nd	0.54	nd	14.06	nd	6.06	nd	nd	nd	34.16	0.73	nd	nd	nd	nd
		28.03	1.5	nd	0	2.73	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Broa de fubá	288.57	nd	3.71	nd	nd	nd	nd	60	nd	nd	nd	nd	nd	64.29	nd	nd	nd	nd	nd
		52.86	7.14	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Broa especial	280.91	nd	3.94	nd	nd	17.62	nd	75.38	nd	0.25	nd	nd	nd	51.17	0.66	nd	nd	nd	nd
		46.98	8.43	nd	0	0.44	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Brócolis (folha)	79.00	15.99	0.54	nd	nd	nd	nd	23.43	nd	nd	nd	nd	nd	nd	2.49	nd	0.24	0.01	nd
		2.13	0.59	nd	nd	2.59	nd	nd	nd	11.8	nd	nd	nd	nd	nd	7.25	nd	nd	nd
Brócolis (cozido)	28.00	90.7	2.99	0.17	0.05	0	1.45	138.8	1.15	74.6	0.11	0	0.51	46	0.84	24	292	1.9	0.38
		5.07	0.35	0.02	0	3	1.55	0	50	0.06	0.14	0.57		0.04	2	0.22	59	26	
Brócolis (cru)	28.00	90.7	2.99	0.17	0.05	0	0.3	154.2	0.64	93.2	0.12	0	0.54	48	0.88	25	325	3	0.40
		5.25	0.35	0.02	0	3	2.7	0	71	0.07	0.16	0.64		0.05	2	0.23	66	27	
Brócolis (talo)	31.00	2.68	0.11	nd	nd	nd	nd	1.009	nd	nd	nd	nd	nd	nd	3.2	nd	0.18	0.01	nd
		0.29	0.12	nd	nd	1.12	nd	nd	nd	5.7	nd	nd	nd	nd	nd	5.34	nd	nd	nd
Brócolis congelado – Bonduelle®	27.69	nd	3.07	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		5.38	0	nd	0	3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	23.85	nd
Brócolis congelado – PratiGel®	52.86	nd	4.29	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	185.71	1.43	nd	nd	nd	nd
		8.57	0	nd	nd	2.86	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	60	nd
Brócolis-minija – Ki-salada®	24.29	nd	31.428	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	928.571	1.666	nd	nd	nd	nd
		25.714	0	nd	0	6.666	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	128.571	nd
Broto de alfafa (cru)	30.30	91.21	3.94	0.3	0	0	nd	15.15	nd	9.09	0.12	0	0.58	33.33	0.97	27.27	78.79	nd	0.91
		3.64	0.61	0	0	2.42	nd	nd	36.36	0.09	0.03	0.61		0.16	nd	0.19	69.7	6.06	
Broto de bambu (cru)	27.00	91	2.61	0.13	0.07	0	0.15	2	tr	4	0.07	0	0.16	13	0.5	3	533	tr	1.11
		5.21	0.3	0.01	0	2.2	2.05	0	7.1	0.15	0.24	0.6		0.19	tr	0.26	59	4	
Broto de feijão (cozido)	21.00	93.4	2.04	0.03	0.03	0	0.2	1.4	0.07	11.4	0.1	0	0.24	12	0.65	14	101	0.6	0.47
		4.2	0.09	0.01	0	0.8	0.6	0	29.3	0.05	0.05	0.82		0.12	tr	0.14	28	10	
Broto de feijão (cru)	30.00	90.4	3.05	0.06	0.05	0	0.4	2.1	0.2	13.2	0.12	0	0.38	13	0.91	21	149	1.05	0.41
		5.94	0.18	0.02	0	1.8	1.4	0	60.8	0.08	0.09	0.75		0.16	tr	0.19	54	6	
Buchada de bode	129.07	76.43	9.79	3	2.04	60.21	0.11	3.948	4.874	4.094	0.114	0.982	0.44	9.874	1.451	8.454	207.63	1.084	1.66
		4.85	7.66	2.03	0	0.33	0.22	0.19	4.766	0.032	0.057	0.285		0.095	0.862	0.089	60.815	521.451	
Bucho (cozido) – carne bovina	133.00	74.1	21.6	0.1	2.4	245	nd	nd	nd	nd	tr	nd	nd	13	0.6	7	70	nd	2.50
		0	4.5	1.4	nd	nd	nd	nd	nd	tr	nd	2.18		0.05	nd	0.01	63	38	



Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g) G tot	G poli (g) G mono	G sat (g) G trans	Col (mg) Fib tot	Fib sol (g) Fib ins	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)	
Bucho (cru) – carne bovina	137.00	75 0	20.5 5.5	0.1 1.4	3.3 nd	145 nd	nd nd	tr nd	nd nd	nd tr	tr nd	nd 2.13	nd	0.06	9 0.5	6 nd	85 61	nd 45	nd 2.10	
Buri	257.00	nd 0.3	21.4 17.6	3.75 4.33	4.4 0	72 0	0 0	50 8	2 7	2 0.23	2 0.42	3.8 9.5	1.01	0.08	5 0.08	1.3 0.01	26 0.01	380 130	nd 32	0.70
Cação em posta (cozido)	116.00	75.9 0	25.6 0.7	0.2 0.1	0.2 nd	83 nd	nd nd	12 tr	nd nd	nd tr	0.04 nd	9.77	nd	10 0.03	0.3 nd	21 tr	249 204	nd 115	0.60	
Cação em posta (cru)	83.00	81.4 0	17.9 0.8	0.2 0.1	0.1 nd	36 0	nd nd	6 nd	nd nd	nd 0.04	tr nd	nd nd	nd	0.02	9 0.2	19 nd	319 tr	nd 181	nd 124	0.30
Cacau em pó – Caroto®	405.00	nd 50	25 0	nd nd	11 0	0 21.5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd	
Cachaça da terra	231.00	nd 0	0 nd	nd nd	nd 0	0 0	nd nd	nd nd	nd nd	0 nd	nd nd	nd nd	nd	0 nd	0 nd	0 nd	nd nd	nd nd	nd nd	nd
Cachorro quente completo (1 salsicha)	301.83	47.73 20.57	7.46 21.63	6.21 7.65	6.58 0	25.08 1.49	0.33 0.66	54.654 0.246	6.175 20.51	11.086 0.142	0.139 0.198	0.302 1.645	0.33	110.499 0.139	1.149 6.14	21.6 0.163	275.153 122.668	10.028 651.155	0.96	
Cachorro quente completo (2 salsichas)	304.10	48.49 18.38	7.93 22.32	5.65 8.4	6.99 0	28.13 1.3	0.29 0.58	47.999 0.326	5.475 18.5	12.907 0.149	0.137 0.192	0.424 1.765	0.34	98.386 0.131	1.149 5.393	20.189 0.146	262.013 118.218	10.489 708.436	1.07	
Café com açúcar (infusão)	37.21	89.49 9.08	0.3 0.01	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0.004 0	0.698	0	5.351 0.012	0.123 0.044	8.976 0.044	87.543 7.651	0.247 3.672	0.04	
Café em pó	41.00	74.9 13.4	5 1.7	nd nd	nd 0	0 0	nd nd	0 nd	nd nd	0 0.17	0.17 nd	15	nd	84 nd	3.3 nd	nd nd	nd 84	nd nd	nd	
Café instantâneo em pó	241.00	3.1 41.1	12.2 0.5	0.2 0.04	0.2 0	0 0	0 0	0 0	0 0	0 0.01	0.02 0.03	0 28.2	0.10	141 0.14	4.42 tr	327 1.71	3535 303	9 37	0.35	
Café sem açúcar (infusão)	6.50	97.37 1.11	0.33 0.01	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0.002 0	0.762	0	5.75 0.09	0.129 tr	9.794 0.047	95.345 8.173	0.244 0.039	0.04	
Café solúvel – Melitta®	0.00	nd 0	0 0	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd	
Café solúvel original Nescafé – Nestlé®	0.00	nd 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd	
Café torrado e moído – Pelé®	200.00	nd tr	tr 10	nd nd	0 0	0 60	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	tr nd	10.8 nd	nd nd	nd nd	nd nd	nd	
Caipirinha	218.15	62.77 26.93	0.33 0.09	0.03 0	0.01 0	0 0.83	0.27 0.56	0.883 0	0.279 3.131	15.653 0.019	0.009 0.028	0 0.037	0.06	7.924 0.028	0.214 tr	2.36 0.019	42.174 7.069	3.614 1.301	0.05	
Caju	46.00	87.1 11.6	0.8 0.2	nd nd	nd 0	0 1.5	nd nd	40 nd	nd nd	219 0.03	0.03 nd	0.4	nd	4 nd	1 nd	nd nd	nd 18	nd nd	nd	
Caju (polpa)	86.38	nd 7.96	3.66 0.05	nd nd	nd 0	1.09 1.24	nd nd	27.03 nd	nd nd	102.28 nd	nd nd	nd nd	nd	140.57 nd	0.61 nd	nd nd	nd nd	nd nd	nd	
Caju-ameixa	162.89	nd 41.77	0.66 0.22	nd nd	nd 0	0.66 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	12.44 nd	2 nd	nd nd	nd 17.777	nd nd	nd	
Caldeirada de tucunaré	96.53	nd 3.82	12.5 2.92	nd nd	nd 0	84.56 0.27	nd nd	30.73 nd	nd nd	9.34 nd	nd nd	nd nd	nd	44.34 nd	0.61 nd	nd nd	nd nd	nd nd	nd	
Caldeirada paraense	190.09	nd 18.37	15.6 6.01	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Caldo de bacon Maggi – Nestlé®	320.00	nd	0	nd	16	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		24	22	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	18,700	nd
Caldo de camarão à oliveira	73.60	nd	10.14	nd	nd	58.64	nd	52.19	nd	10.62	nd	nd	nd	139.88	1.19	nd	nd	nd	nd
		3.41	2.33	nd	0	1.01	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Caldo de cana	82.00	78.8	0.3	nd	nd	nd	nd	tr	nd	2	0.01	nd	nd	13	0.7	nd	nd	nd	nd
		20.5	0.1	nd	0	0.4	nd	nd	nd	0.02	nd	0.1	nd	nd	nd	nd	12	nd	nd
Caldo de caridade	139.59	nd	1.28	nd	nd	15.59	nd	132.38	nd	23.66	nd	nd	nd	58.27	2.13	nd	nd	nd	nd
		20.96	6.02	nd	0	0.95	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Caldo de carne Maggi – Nestlé®	300.00	nd	0	nd	16	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		20	24	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	19860	nd
Caldo de carne Sazón – Ajinomoto®	155.56	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		26.67	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	26955.56	nd
Caldo de galinha Maggi – Nestlé®	280.00	nd	0	nd	16	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		18	22	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	20,760	nd
Caldo de galinha em pó (0% de gordura) – Maggi®	62.50	nd	tr	nd	0	0	nd	nd	nd	nd	nd	nd	nd	tr	tr	nd	nd	nd	nd
		12.5	0	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	26,375	nd
Caldo de legumes Sazón – Ajinomoto®	155.56	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		26.67	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	22333.33	nd
Camarão (cozido)	90.00	78.7	19	0.2	0.4	241	nd	tr	nd	nd	tr	nd	nd	90	1.3	19	102	367	1.20
		0	1	0.2	0	0	nd	nd	nd	tr	nd	1.07	nd	0.17	nd	0.06	266	nd	nd
Camarão (cru)	47.00	89.1	10	0.2	0.1	124	nd	20	nd	nd	tr	1.160	nd	51	0.7	27	72	201	0.70
		0	0.5	0.1	nd	0	nd	nd	nd	nd	tr	tr	tr	0.11	nd	0.04	234	201	nd
Camarão à milanesa	346.12	nd	15.83	nd	nd	191	nd	36.59	nd	0	nd	nd	nd	79.14	2.35	nd	nd	nd	nd
		23.44	9.48	nd	0	0.81	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Camarão frito com casca	184.00	69.64	18.8	6.65	1.83	175.75	0	59.331	10.115	1.969	0	1.358	0.34	35.164	2.783	30.616	164.009	35.707	1.43
		0	11.74	2.72	0	0	0	3.258	3.123	0	0.136	2.308	0.24	0.204	tr	0	123.482	201.889	0.47
Camarão na moranga	50.64	88.71	4.5	0.42	0.62	34.14	0.27	737	0.627	75	0.086	0.303	0.24	35.993	0.915	13.797	206.191	7.576	0.47
		4.42	1.81	0.65	0	0.61	0.34	0.75	7.114	0.036	0.057	0.742	0.094	0.094	3.765	0.068	58.145	45.38	nd
Canela em pó	261.00	9.52	3.89	0.53	0.65	0	nd	26	tr	28.5	0.14	0	tr	1228	38.2	55.6	500	15	1.97
		79.8	3.19	0.48	0	54.3	nd	0	tr	0.08	0.88	1.3	0.23	0.23	tr	16.7	61.4	26.3	nd
Canelone à bolonhesa – Nestlé®	168.00	nd	8.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		11.2	10	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Canelone de ricota – Nestlé®	174.00	nd	8.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		12.2	10.2	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Canja de galinha	55.22	88.19	2.74	0.68	0.4	6.49	0.05	2.75	1.002	0.389	0.013	0.035	0.19	5.821	0.443	5.673	36.778	3.295	0.20
		67.17	1.8	0.59	0	0.16	0.11	0.031	1.689	0.054	0.071	1.349	0.032	0.032	nd	0.096	28.021	169.026	nd
Canjica	105.18	75.7	2.72	0.13	1.35	8.35	0.84	23.438	0.15	0.67	0.134	0.142	0.23	74.156	0.443	9.812	104.391	1.923	0.29
		18.84	2.22	0.6	0	1.06	0.22	0.204	3.274	0.077	0.031	0.475	0.015	0.015	0.039	0.039	67.124	32.672	nd
Capa de contrafilé com gordura (crua) – carne bovina	217.00	65	19	0.1	6.9	63	nd	4	nd	nd	0.09	1.6	nd	6	1.5	17	267	nd	3.50
		0	15	6.2	0	0	nd	nd	nd	0.09	0.12	1.6	nd	0.06	nd	tr	144	58	nd

Alimento	Energia (kcal)	Umidade (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Capa de contrafilé com gordura (grelhada) – carne bovina	312.00	47.9 0	30.7 20	0.3 8.7	nd nd	nd nd	8.8 nd	120 nd	nd nd	tr nd	nd nd	nd tr	0.06 nd	nd 1.74	nd	7 0.13	2.6 nd	18 tr	323 214	nd 81	6.20
Capa de contrafilé sem gordura (crua) – carne bovina	131.00	73 0	22 4	0.1 1.9	0 0	nd nd	1.9 0	58 0	nd nd	tr nd	nd nd	nd tr	0.04 tr	nd 1.8	nd	6 0.06	2 nd	20 tr	325 178	nd 79	4.60
Capa de contrafilé sem gordura (grelhada) – carne bovina	239.00	53.7 0	35.1 10	0.1 1.9	2 nd	nd nd	2 nd	80 nd	nd nd	tr nd	nd nd	0.03 nd	0.08 nd	nd 1.86	nd	9 0.12	2.8 nd	26 0.01	385 287	nd 83	7.60
Capetele de presunto tender com molho branco congelado – Sadia®	163.67	nd 19	5 7.67	nd nd	4 0.53	nd nd	nd nd	24 2.5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	54.67 nd	0.4 nd	nd nd	nd nd	nd 307	nd
Cappuccino cremoso menta – Cacique®	400.00	nd 63.33	16.67 6.67	nd nd	0 0	nd nd	0 0	tr 6.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	447.633 nd	1.267 nd	nd nd	nd nd	nd 0	nd
Cappuccino em pó	427.97	2.4 43.93	20.9 19.07	0.52 5.64	11.89 0	0 0	0 0	67.88 0.45	0 0	196.089 5.78	0.077 27.154	6.145 0.209	0.874 0.223	2.274 5.494	1.64	664.977 0.132	1.407 131.479	125.327 0.4	1.608.744 609.973	8.823 687.793	2.53
Cappuccino em pó dietético – Doce Menor®	289.20	nd 48.4	24.8 0.74	nd nd	nd 0	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Caqui	70.00	80.3 18.6	0.58 0.19	0.1 0.06	0.03 0	0 0	0 0	0 3.6	0.47 1.23	217 0	nd 7.5	7.5 0.03	0.02 0.1	0 0.1	nd	8 0.11	0.15 nd	9 0.36	161 17	nd 1	0.11
Cará (cozido)	116.00	70.1 27.6	1.5 0.14	0.06 0.01	0.03 0	0 0	0 0	0 3.9	tr tr	0 0	tr 16	12.1 0.1	0.03 0.23	0 0.55	0.31	14 0.15	0.52 tr	18 0.37	670 49	0.7 8	0.20
Cará (cru)	118.00	69.6 27.9	1.54 0.17	0.08 0.01	0.04 0	0 0	0 0	0 4.1	tr tr	0 0	tr 23	17.1 0.11	0.03 0.29	0 0.55	0.31	17 0.18	0.54 tr	21 0.4	816 55	tr 9	0.24
Carambola	33.00	90.9 7.84	0.54 0.35	tr tr	0 0	0.2 2.5	tr 0	0 2.7	0 2.5	49 0	tr 9.5	21.2 0.03	0.03 0.07	0 0.41	tr	4 0.12	0.26 tr	9 0.08	163 16	tr 2	0.11
Caramelo de goma de liquirizia Diorelle – Colavita Brasil®	135.00	nd 54	nd nd	nd nd	5 0	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 70	nd
Caranguejo (cozido)	83.00	77 0	18.5 0.4	tr 0.2	0.2 0.2	tr 0	0.2 nd	85 nd	nd nd	tr nd	nd nd	tr 0.04	0.31 nd	nd 4.17	nd	357 0.72	2.9 nd	52 0.07	186 154	nd 360	5.70
Caranguejo (cru)	87.00	79.06 0	18.1 1.05	0.35 0.23	0.23 0	0 0	0.23 0	77.6 0	0 0	2.35 nd	nd 43.52	3.52 0.08	0.03 0.15	9 2.7	0.35	89.4 0.66	0.74 nd	34.1 0.15	329.4 229.4	nd 292.9	3.54
Carcapa de frango	137.00	nd 0	19.56 5.92	1.47 1.84	1.52 0	0 0	0 0	81 0	0 0	30 nd	0.3 9	3.1 0.07	0.16 0.33	0.36 6.67	1.22	17 0.06	1.04 nd	22 0.02	204 151	nd 82	1.85
Caribéu	57.36	nd 2.84	3.59 3.52	nd nd	nd 0	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Carne bovina assada	270.97	53.68 0.47	25.99 17.55	0.77 7.84	7.29 0	0.77 7.84	0.77 0	85.14 0.08	0.03 0.04	0 0.284	0.585 9.322	0.371 0.108	0.25 0.388	2.526 3.66	0.34	11.966 0.134	2.863 0.008	27.002 0.026	347.579 208.125	20.746 262.258	5.44
Carne bovina assada com castanha	180.31	nd 5.34	10.31 13.12	nd nd	nd 0	nd 0	nd 0	33.42 0.64	nd nd	10.48 nd	nd nd	3.49 nd	nd nd	nd nd	nd	38.09 nd	1.3 nd	nd nd	nd nd	nd nd	nd
Carne bovina gorda (crua)	283.24	63.9 0	27.42 18.42	0.73 8.26	0.73 8.26	0 0	7.69 0	90.08 0	0 0	0 0.3	0.48 9.01	0 0.11	0.26 0.4	2.67 3.86	0.35	11.01 0.14	3.01 tr	28.02 0.02	359.31 218.19	21.82 62.05	5.74

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Carne bovina magra (crua)	175.18	71.4	29.03	0.18	2.08	69.07	0	0	0.2	0	0.17	2.18	0.46	5.01	1.96	27.03	395.4	27.13	4.75
		0	5.72	2.43	0	0	0	0.3	7.01	0.09	0.38	3.75		0.1	tr	0.02	226.23	62.06	
Carne moída (crua)	292.50	52.09	27.25	0.73	7.67	101.17	0	0	tr	0	0.21	3.3	0.37	12.02	2.75	22.04	327.56	tr	5.83
		0	19.53	8.54	0	0	0	0.3	10.02	0.04	0.3	6.48		0.09	tr	0.02	191.32	93.16	
Carne moída (refogada)	293.11	52.15	24.09	2.76	7.27	88.94	0.04	0	3.43	0.699	0.187	2.897	0.34	13.748	2.453	20.259	301.723	0.298	5.15
		0.86	20.83	8.36	0	0.13	0.06	0.264	10.034	0.039	0.284	5.713		0.102	0.126	0.044	171.733	411.328	
Carne seca bovina (cozida)	313.00	47.2	26.9	0.4	10.5	100	nd	tr	nd	nd	0.06	nd	nd	13	1.9	12	86	nd	7.70
		0	21.9	8.3	nd	nd	nd	nd	nd	tr	nd	nd		0.03	0.03	0.02	82	1943	
Carne seca bovina (crua)	313.00	39.2	19.7	0.3	8.7	92	nd	tr	nd	nd	0.07	nd	nd	14	1.3	12	190	nd	3.70
		0	25.4	7.5	nd	nd	nd	nd	nd	tr	nd	2.83		tr	nd	0.01	100	4440	
Carpaccio de carne	287.35	51.8	25.33	0.96	6.59	82.33	0.01	6.517	0.965	3.413	0.214	2.007	0.34	54.078	2.663	20.46	246.696	24.743	4.20
		0.79	19.77	9.87	0	0.08	0.02	0.274	9.527	0.06	0.283	3.108		0.107	tr	0.017	231.814	134.103	
Caruru	215.90	69.25	6.1	1.96	9.8	47.04	0.51	48.238	7.559	9.705	0.04	0.362	0.20	44.869	1.005	40.285	225.148	9.834	0.69
		4.06	20.05	7.35	0	1.41	0.9	0.86	26.567	0.08	0.137	1.118		0.096	tr	0.523	64.601	56.85	
Caruru engrossado	294.32	nd	5.17	nd	nd	0	nd	465.16	nd	30.97	nd	nd	nd	197.83	5.95	nd	nd	nd	nd
		45.88	10.57	nd	0	4.88	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Caruru paraense	160.50	nd	4.66	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		38.43	4.58	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Casquinha baunilha – Mc Donald's®	169.91	nd	4.16	nd	2.83	14.16	nd	nd	nd	nd	nd	nd	nd	92.92	0.52	nd	nd	nd	nd
		28.32	4.69	nd	0.18	0.53	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	91.15	
Casquinha chocolate – Mc Donald's®	169.91	nd	4.69	nd	2.65	14.16	nd	nd	nd	nd	nd	nd	nd	101.77	1.33	nd	nd	nd	nd
		27.43	4.60	nd	0.18	2.21	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	94.69	
Casquinha mista – Mc Donald's®	169.91	nd	4.42	nd	2.74	14.16	nd	nd	nd	nd	nd	nd	nd	97.34	0.97	nd	nd	nd	nd
		27.43	4.60	nd	0.18	1.33	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	92.92	
Casquinha de caranguejo	306.21	nd	5.95	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		60.98	4.29	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Casquinha de siri	168.39	73.75	10	1.34	2.28	43.58	0.11	33.794	1.872	9.784	0.061	3.043	0.30	88.539	0.654	20.024	234.456	18.472	1.89
		2.18	13.45	8.98	0	0.46	0.35	0.061	27.738	0.076	0.107	1.643		0.304	tr	0.122	120.948	177.58	
Castanha-de-caju torrada com sal	574.00	1.71	15.3	7.84	9.16	0	1.7	0	11	0	0.2	0	1.22	45	6.01	260	565	11.4	5.61
		32.7	46.4	27.3	0	3.2	1.5	0	69.2	0.2	0.26	1.4		2.22	11	0.83	490	640	
Castanha-de-caju torrada sem sal	574.00	1.71	15.3	7.84	9.16	0	1.7	0	7.45	0	0.2	0	1.22	45	6.01	260	565	23.4	5.61
		32.7	46.4	27.3	0	3.02	1.5	0	69.2	0.2	0.26	1.4		2.22	11	0.83	490	16	
Castanha-do-pará sem sal	656.00	3.35	14.3	24.1	16.2	0	1.3	0	7.64	0.7	0.12	0	0.24	176	3.41	225	600	2960	4.60
		12.8	66.2	23	0	5.93	4.63	0	4.01	1	0.25	1.62		1.77	20	0.77	600	2	
Castanha-portuguesa	214.29	49.29	2.5	1.07	0.36	0	nd	3.57	nd	42.86	0.18	0	0.50	28.57	1.04	32.14	525	nd	0.54
		46.07	2.14	0.71	0	8.21	nd	nd	64.29	0.25	0.39	1.07		0.45	nd	0.96	92.86	3.57	
Catchup	104.00	66.6	1.53	0.15	0.05	0	0.3	101.6	tr	15.1	0.07	0	0.14	19	0.7	22	481	7.67	0.23
		27.3	0.36	0.06	0	1.3	1	0	15	0.09	0.18	1.37		0.21	tr	0.14	39	1186	
Catchup tradicional – Só Fruta®	127.10	nd	1.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		28.6	0.7	nd	0	0.6	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	3	
Caviar	252.00	47.5	24.6	7.41	4.06	588	0	560	tr	0	0.62	20	3.50	275	11.9	300	181	140	0.95
		4.01	17.9	4.64	0	0	0	5.8	50	0.19	0.32	0.12		0.11	tr	0.05	356	1500	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Cebola	38.00	89.7 8.64	1.17 0.16	0.06 0.02	0.03 0	0 1.68	0.67 1.01	0 0	0.31 19	6.4 0.04	0.02 0.12	0 0.15	0.11	20 0.06	0.22 2	10 0.14	157 33	0.6 3	0.19
Cebolinha verde	30.00	90.7 4.36	3.28 0.73	0.27 0.1	0.15 0	0 2.5	0.75 1.75	435.3 0	tr 105	58.1 0.08	0.12 0.14	0 0.65	0.32	92 0.16	1.6 tr	42 0.37	296 58	tr 3	0.56
Cebolitos Elma Chips – Pepsico®	480.00	nd	5.6 26.8	nd	12.4 nd	nd 2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 992	nd nd	nd
Cenoura (casca)	90.00	8.82 0.81	0.9 0.22	nd nd	nd nd	nd 1.45	nd nd	24.3 nd	nd nd	2.1 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0.78	nd nd	0.402 nd	nd
Cenoura (cozida)	45.00	87.4 10.5	1.1 0.18	0.09 0.01	0.03 0	0 2.53	0 1.23	2455 0	0.5 13.9	2.3 0.03	0.06 0.25	0 0.51	0.30	31 0.13	0.62 tr	13 0.75	227 30	0.8 66	0.30
Cenoura (crua)	43.00	87.8 10.1	1.04 0.19	0.08 0.01	0.03 0	0 2.6	0 1.5	2813 0	0.6 14	9.3 0.1	0.06 0.15	0 0.93	0.20	27 0.05	0.5 tr	15 0.14	323 44	1.1 35	0.20
Cenoura (rama)	82.00	16.82 0.5	2.76 0.42	nd nd	nd nd	nd 3.19	nd nd	12.4 nd	nd nd	nd 16.65	nd nd	nd nd	nd nd	nd nd	68.7 nd	nd 1.15	nd nd	25.5 nd	nd
Cenoura baby congelada – Daucy®	22.31	nd 4.54	0.77 0	nd nd	0 0	nd 2.70	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	29.23 nd	0.46 nd	nd nd	nd nd	nd 36.92	nd
Cereal de milho com açúcar – Nutrifoods®	400.00	nd 90	3.33 0	nd nd	0 0	0 0	nd nd	400 nd	nd 1	30 0.666	0.8 1	0.5 9	nd	26.666 nd	6.666 nd	nd nd	nd nd	nd 266.666	7.33
Cereal infantil de milho Mucilon – Nestlé®	376.19	nd 85.71	5.24 0	nd nd	0 0	nd 0	nd nd	1404.76 17.62	9.52 200	104.76 1.05	nd 0.33	nd 13.81	6.19	276.19 nd	31.43 nd	nd nd	nd 204.76	nd 233.33	14.28
Cereal infantil multicereais Mucilon – Nestlé®	371.00	nd 80.95	8.09 0	nd nd	0 0	nd 0	nd nd	1404.76 17.62	9.52 200	104.76 1.05	nd 0.33	nd 13.81	6.19	252.38 nd	31.43 nd	nd nd	nd 18.57	nd 161.90	14.28
Cereal integral granolas frutas light – Feinkost®	372.5	nd 65	13.5 7	2.5 2.75	1 0	0 10.5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 45	nd
Cereal matinal Nuts Nutry – Nutrimental®	407.50	nd 57.5	12 14.5	6 5.75	2.75 0	0 8.5	4 4.5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 90	nd
Cereal matinal sabor morango com gotas sabor chocolate Nutry – Nutrimental®	405.00	nd 70	10 10	4.25 3	2.5 0	0 7	3.25 4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 72.5	nd
Cereal matinal sabor banana light Nutry – Nutrimental®	367.50	nd 72.5	8.25 4.75	1.5 1.75	1.5 0	0 8.75	3 5.75	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 210	nd
Cereal matinal sabor chocolate Nutry – Nutrimental®	412.50	nd 67.5	1 1	4.5 3.25	3.5 0	0 7.25	3.5 3.75	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 80	nd
Cereal matinal Corn Flakes – Kellogg's®	360.00	nd 80	7 0	0 0	0 0	0 3	nd nd	400 nd	nd 160	30 0.8	0.86 0.86	1.6 10.67	nd	nd nd	10 nd	nd nd	nd nd	nd 680	5
Cereal matinal CornFlakes – Nutrifoods®	383.33	nd 90	3.33 0	nd nd	0 0	0 2.33	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	26.667 nd	6.667 nd	nd nd	nd nd	nd 266.667	nd
Cereal matinal mix chocolate – Quaker®	373.33	nd 63.33	11 9	nd nd	4 0	nd 8.33	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 33.33	nd
Cereal matinal Nescäu – Nestlé®	396.67	nd 76.67	5.67 7	nd nd	2.67 0	nd 4.33	nd nd	nd nd	nd 220	nd nd	0.87 1.1	nd 16	5	nd nd	14 nd	nd nd	nd nd	nd 363.33	4.67

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Cereal shake morango light – Olivebra®	330.00	nd	17.5	nd	0	19	nd	480	5	7.2	1.6	0.2	nd	103	1.5	nd	nd	nd	nd
		53	4	nd	0	16	nd	nd	111	1.1	nd	2.4	nd	nd	nd	nd	78.2	80	nd
Cereal shake morango light – Olivebra® (com leite desnatado)*	130.00	nd	11	nd	0	tr	nd	96	1	9.2	0.6	0.8	nd	350	1.1	nd	nd	nd	nd
		19	1	nd	0	3	nd	nd	61	0.3	nd	2.6	nd	nd	nd	nd	280	119	nd
Cereja em calda	83.00	77.6	0.6	0.05	0.03	0	0.33	15.4	nd	3.6	0.04	0	0.13	9	0.35	9	145	0.61	0.10
		21.3	0.15	0.04	0	0.7	0.37	0	4.2	0.02	0.03	0.4	0.4	0.14	nd	0.06	18	3	3
Cereja fresca	72.00	80.8	1.21	0.29	0.22	0	0.8	21.4	0.9	7	0.06	0	0.13	15	0.39	11	224	1.3	0.06
		16.6	0.96	0.26	0	1.7	0.9	0	4.2	0.05	0.04	0.4	0.4	0.1	tr	0.09	19	0	0
Cerveja	41.00	92.3	0.3	0	0	0	tr	0	0	0	0.03	0.02	0.06	5	0.03	6	25	1.25	0.02
		3.7	0	0	0	0.2	tr	0	6	0.01	0.05	0.45	0.06	0.01	tr	0.01	12	5	5
Chá preto com limão Ice Tea Lipton Tea – Pepsico®	35.00	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		9	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Chá com pêssego Ice Tea Lipton Tea – Pepsico®	30.00	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		8	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Chá com pêssego light Ice Tea Lipton Tea – Pepsico®	1.00	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	0	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Chá em pó	256.00	5.3	11.7	0.12	0.05	0	tr	0	0	0	0.69	0	3.67	55	4.05	363	6596	tr	3.21
		57	0.4	0.02	0	3.7	tr	0	103	0.05	0.73	12.6	0.02	nd	tr	74	442	130	0.05
Chá mate com açúcar (infusão)	9.45	98.58	0.07	0	0	0	0	0	0	0	0.005	0	0.02	2.296	0.036	3.164	39.876	0.006	0.05
		2.38	0	0	0	0.02	nd	0	0.622	0	0.005	0.076	0.076	0.011	nd	0.449	2.71	3.721	0.05
Chá preto sem açúcar (infusão)	1.00	99.7	0	0	0	0	0	0	0	0	0.01	0	0.01	0	0.02	3	37	0.06	0.02
		0.3	0	0	0	0	0	0	5.2	0	0	0	0	0.01	nd	0.22	1	3	0.02
Chá verde	0.00	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Champignon (cogumelo paris)	25.00	91.8	2.1	0.17	0.06	0	0.17	0	0.29	3.5	0.45	0	2.20	5	1.24	10	370	12.3	0.73
		4.66	0.42	0.01	0	1.3	1.13	1.9	21.1	0.1	0.1	4.12	0.49	0.49	3	0.11	104	4	0.73
Champignon em conserva (cogumelo paris)	24.00	91.1	1.88	0.11	0.04	0	0.2	0	0.2	0	0.02	0	0.81	11	0.79	15	129	4.1	0.72
		4.97	0.29	0.01	0	2.6	2.4	1	12.3	0.09	0.06	1.59	0.24	0.24	tr	0.09	66	425	0.72
Chamyto 1+1 cereais coloridos – Nestlé®	104.61	nd	2.23	nd	2.92	nd	nd	nd	nd	nd	nd	nd	nd	120	nd	nd	nd	nd	nd
		15.38	3.85	nd	0	2.92	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	37.69	nd
Chandelle chocolate ao leite – Nestlé®	150.91	nd	4.09	nd	2.36	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		23.64	4.09	nd	0	0.91	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	93.64	nd
Chandelle chocolate branco – Nestlé®	141.82	nd	3.54	nd	3.82	nd	nd	nd	nd	nd	nd	nd	nd	139.09	nd	nd	nd	nd	nd
		18.18	6	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	49.09	nd
Chantibon para sorvete – Kibon®	183.33	nd	2.83	nd	5.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		26.67	7	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	60	nd
Chantili	369.36	50.78	1.83	1.35	22.68	130.59	0	405.762	0.089	0.502	0.1	0.162	0.22	57.255	0.041	6.212	66.815	0.568	0.20
		10.52	36.48	10.6	0	0	0	1.202	3.357	0.018	0.022	0.037	0.037	0.011	12.977	0	55.396	78.239	0.20
Charque (cozido) – carne bovina	263.00	45.8	36.4	0.4	4.8	113	nd	tr	nd	nd	0.07	nd	nd	9	3.5	13	90	nd	6.10
		0	11.9	5.4	nd	nd	nd	nd	nd	0.05	nd	1.5	nd	0.07	nd	0.02	101	1443	6.10

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Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Chocotone – Bauducco®	462.50	nd	6.25	nd	7.5	112.5	nd	nd	nd	nd	nd	nd	nd	6	15.5	nd	nd	nd	nd
		52.5	25	nd	0	tr	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	262.5	nd
Chuchu (casca)	90.00	6.76	0.96	nd	nd	nd	nd	1.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0.46	0.12	nd	nd	1.66	nd	nd	5.81	nd	nd	nd	nd	nd	nd	0.17	nd	nd	nd
Chuchu (cozido)	24.00	93.4	0.62	tr	tr	0	tr	4.7	tr	8	0.04	0	0.41	13	0.22	12	173	tr	0.31
		5.1	0.48	tr	0	0.58	tr	0	18.1	0.03	0.12	0.42	0	0.11	tr	0.17	29	1	1
Chuchu (cru)	24.00	93	0.9	tr	tr	0	tr	5.6	tr	11	0.04	0	0.48	19	0.4	14	150	tr	0.35
		5.41	0.3	tr	0	3	tr	0	27.6	0.03	0.13	0.5	0	0.12	tr	0.19	26	4	4
Chucrute com salsicha	194.00	8.85	nd	nd	nd	30.37	nd	8.66	nd	26.7	nd	nd	nd	59.86	0.24	nd	nd	nd	nd
		3.93	12.61	nd	0	1.37	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Chuleta com osso (crua) – carne bovina	298.42	52.87	25.04	0.8	8.56	83.12	0	0	0.55	0	0.22	2.16	0.30	8.01	2.66	25.04	355.5	25.94	4.70
		0	21.23	8.91	0	0	0	0.3	7.01	0.1	0.34	4.09	0	0.13	tr	0.01	184.26	61.09	0.59
Churros com doce de leite	322.08	35.27	5.62	3.91	5.91	49.86	0.14	82.778	5.928	1.204	0.278	0.266	0.48	137.558	0.729	15.284	192.477	6.206	0.59
		43.58	14.45	3.87	0	0.38	0.23	0.197	11	0.139	0.035	0.787	0	0.058	41.916	0.081	141.055	104.523	0.59
Cidra	40.00	88.7	0.6	nd	nd	0	nd	nd	nd	32	0.04	nd	nd	42	0.4	nd	nd	nd	nd
		10.2	0.1	nd	0	1.4	nd	nd	nd	0.06	nd	0.2	nd	nd	nd	nd	20	nd	nd
Ciriguela	83.00	nd	0.923	nd	nd	0	nd	0.1	nd	0.45	nd	nd	nd	21.769	0.615	nd	nd	nd	nd
		22	0.076	nd	0	0.384	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Clara de ovo de galinha	50.00	87.8	10.5	0	0	0	0	0	0	0	0.45	0.2	0.12	6	0.03	11	143	17.6	0.01
		1.04	0	0	0	0	0	0	3	0.01	0	0.09	0	0.01	55	0	13	164	0.01
Coca-Cola®	42.57	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	5.14	nd
		10.57	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Coca-Cola® light	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	11.5	nd
		nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Coca-Cola® zero	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	14	nd
Cocada	370.00	23.96	1.7	0.19	15.13	0	0.51	0	0	1.687	0.02	0	0.15	7.624	1.272	16.304	182.359	10.235	0.58
		56.82	17.07	0.73	0	4.79	4.28	0	13.45	0.033	0.027	0.275	0	0.242	0.509	0.768	58.554	10.599	0.58
Coco fresco	354.00	47	3.34	0.37	29.7	0	1	0	tr	3.31	0.02	0	0.30	14	2.44	32	356	19.8	1.11
		15.2	33.5	1.43	0	9.4	8.4	0	26.4	0.07	0.05	0.54	0	0.44	1	1.5	113	20	1.11
Coco fresco ralado	354.00	47	3.34	0.37	29.7	0	2	0	tr	3.31	0.02	0	0.30	14	2.44	32	356	19.8	1.11
		15.2	33.5	1.43	0	9.4	7.4	0	26.4	0.07	0.05	0.54	0	0.44	nd	1.5	113	20	1.11
Coco seco ralado	660.00	3.01	6.89	0.71	57.2	0	1.4	0	tr	1.51	0.1	0	0.80	26	3.33	90	543	16	2.02
		24.4	64.5	2.75	0	17.23	15.8	0	9.01	0.06	0.3	0.6	0	0.8	2.98	2.75	206	37	2.02
Coco seco ralado – Socôco®	600.00	nd	8.33	nd	55.8	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		20	60	nd	0	10	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Coelho (assado)	197.00	60.6	29.1	1.57	2.41	82	0	0	tr	0	0.21	8.31	0.93	19	2.28	21	383	1	2.28
		0	8.06	2.18	0	0	0	0.3	11	0.09	0.47	8.43	0	0.19	tr	0.03	263	47	2.28
Coelho (cozido)	173.00	61.4	33	0.68	1.06	123	0	0	tr	0	0.07	7	tr	18	4.86	31	343	tr	2.13
		0	3.52	0.95	0	0	0	0.3	4	0.02	0.3	6.4	tr	0.26	tr	tr	240	45	2.13
Coelho (cru)	151.78	69.6	20.8	0	0	83	nd	0	nd	0	0.66	nd	nd	14	3.5	29	382	nd	nd
		0	7.62	0	0	nd	nd	nd	nd	0.11	0.3	8.6	nd	nd	nd	nd	224	47	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Coelho com molho	126.69	70.38	14.42	2.06	1.49	39.26	0.16	24.336	2.373	8.2	0.12	3.978	0.55	16.284	1.366	16.127	285.048	0.887	1.16
		3.01	6.17	1.57	0	0.61	0.38	0.144	13.656	0.069	0.273	4.274		0.136	0.245	0.084	139.474	573.061	
Coentro seco	279.00	7.3	21.9	tr	tr	0	tr	2000	tr	569	1.51	0	tr	1251	42.7	697	4486	tr	tr
		51.9	4.78	tr	0	10.4	tr	0	tr	1.26	tr	10.8		1.79	tr	6.36	483	212	
Cogumelo seco (shiitake)	296.00	9.51	9.59	0.14	0.25	0	tr	0	tr	3.5	1.27	0	21.90	11	1.72	132	1534	tr	7.67
		75.4	0.99	0.31	0	11.5	tr	41.5	163	0.3	0.97	14.1		5.17	tr	1.18	294	13	
Colomba Pascal – Bauducco®	350.00	nd	5	nd	4.375	75	nd	nd	nd	nd	nd	nd	nd	166.25	2	nd	nd	nd	nd
		56.25	11.25	nd	0	5	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	168.75	
Colorau	334.00	5.6	6.6	nd	nd	0	nd	60	nd	7	0.19	nd	nd	120	5.6	nd	nd	nd	nd
		78.2	4.6	nd	0	14.5	nd	nd	nd	0.09	nd	1.7		nd	nd	nd	116	nd	
Cominho em pó	375.00	8.06	17.8	tr	tr	0	tr	127	tr	7.71	0.33	0	tr	931	66.4	366	1787	tr	4.80
		44.2	22.3	tr	0	10.5	tr	0	tr	0.63	tr	4.58		0.87	tr	3.33	499	168	
Compota de ananás	169.33	nd	0.86	nd	nd	0	nd	2.58	nd	15.4	nd	nd	nd	7.09	0.37	nd	nd	nd	nd
		41.47	0.6	nd	0	1.9	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Compota de araticum	198.73	nd	0.22	nd	nd	0	nd	24.87	nd	13.12	nd	nd	nd	26.84	1.16	nd	nd	nd	nd
		50.16	0.79	nd	0	1.9	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Compota de cagaíta	198.73	nd	0.22	nd	nd	0	nd	24.87	nd	13.12	nd	nd	nd	26.84	1.16	nd	nd	nd	nd
		50.16	0.79	nd	0	1.9	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Compota de goiaba	99.33	nd	0.82	nd	nd	0	nd	23.52	nd	nd	nd	nd	nd	20.57	0.65	nd	nd	nd	nd
		25.24	0.36	nd	0	4.8	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Compota de jenipapo	288.48	nd	1.84	nd	nd	0	nd	10.64	nd	11.71	nd	nd	nd	15.16	1.31	nd	nd	nd	nd
		73.63	1.06	nd	0	3.33	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Compota de lobeira	198.73	nd	0.22	nd	nd	0	nd	24.87	nd	13.12	nd	nd	nd	26.84	1.16	nd	nd	nd	nd
		50.16	0.79	nd	0	1.9	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Compota de mama-cadela	198.73	nd	0.22	nd	nd	0	nd	24.87	nd	13.12	nd	nd	nd	26.84	1.16	nd	nd	nd	nd
		50.16	0.79	nd	0	1.9	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Conhaque	231.00	66.6	0	0	0	0	0	0	0	0	0	0	0.00	0	0.04	0	2	tr	0.04
		0	0	0	0	0	0	0	0	0.01	0	0.01		0.02	tr	0.02	4	1	
Contrafilé (cru) – carne bovina	297.82	52.77	24.99	0.8	8.54	82.95	0	0	0.55	0	0.22	2.16	0.30	8	2.66	24.99	354.79	25.88	4.69
		0	21.19	8.89	0	0	0	0.3	7	0.1	0.34	4.08		0.12	tr	0.01	183.89	60.96	
Contrafilé com gordura (cru) – carne bovina	206.00	65.7	21.2	0.2	5.6	73	nd	4	nd	nd	0.08	nd	nd	4	1.3	18	285	nd	2.80
		0	12.8	5.5	nd	nd	nd	nd	nd	0.11	nd	3.79		0.04	nd	0.01	164	44	
Contrafilé com gordura (grlhado) – carne bovina	278.00	51.7	32.4	0.2	7.4	144	nd	tr	nd	nd	0.18	nd	nd	4	2.4	19	352	nd	4.80
		0	15.5	6.3	nd	nd	nd	nd	nd	tr	nd	4.91		0.09	nd	tr	219	57	
Contrafilé de costela (cru) – carne bovina	202.00	66.4	19.8	0.1	6.7	52	nd	3	nd	nd	0.08	nd	nd	3	1.6	14	245	nd	4.40
		0	13.1	4.6	nd	nd	nd	nd	nd	0.14	nd	2.68		0.04	nd	tr	164	39	
Contrafilé de costela (grlhado) – carne bovina	275.00	52.2	29.9	0.2	8.8	98	nd	tr	nd	nd	0.19	nd	nd	4	2.8	24	383	nd	6.70
		0	16.3	5.6	nd	nd	nd	nd	nd	tr	nd	2.75		0.08	nd	0.01	252	51	
Contrafilé sem gordura (cru) – carne bovina	157.00	69.1	24	0.1	2.7	59	nd	tr	nd	nd	0.2	nd	nd	4	1.7	21	335	nd	3.20
		0	6	2.6	nd	nd	nd	nd	nd	tr	nd	4.64		0.05	nd	tr	184	53	
Contrafilé sem gordura (grlhado) – carne bovina	194.00	57.5	35.9	0.1	2	102	nd	tr	nd	nd	0.17	nd	nd	5	2.4	21	386	nd	5.10
		0	4.5	1.9	nd	nd	nd	nd	nd	tr	nd	4.93		0.09	nd	tr	241	58	

Alimento	Energia (kcal)	Umidade Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Cookies de baunilha com gotas de chocolate light – Good Pure®	376,67	nd	5,33	22	nd	nd	11,33	0	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Cookies integrais com castanha de caju – Vitao®	436,67	nd	7,67	7	2,67	0	4,33	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Coração bovino (cru)	108,00	76,3	18,9	0,1	1,7	0	140	0	nd	tr	0,45	7	0,8	13	2,40	5	4,9	25	320	3	2,00
Coração de frango (cru)	222,00	69,1	12,6	3,4	4,9	159	nd	nd	nd	9	nd	0,35	nd	nd	nd	6	4,1	20	220	nd	2,00
Coração de frango (grelhado)	207,00	63,5	22,4	1,6	3,5	280	nd	nd	nd	tr	nd	0,19	nd	nd	nd	8	6,5	20	243	nd	3,40
Cordon bleu de presunto e queijo congelado – Perdigão®	206,92	nd	15,38	nd	3,08	nd	0,77	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Corimba (cru)	128,00	75,6	17,4	0,3	2,5	40	nd	nd	nd	tr	nd	nd	tr	nd	nd	40	0,5	23	317	nd	0,40
Corvina de água doce (crua)	101,00	79,2	18,9	0,1	1,2	73	nd	nd	nd	8	nd	0,08	nd	nd	nd	39	0,3	25	293	nd	0,40
Corvina do mar (crua)	94,00	79,4	18,6	0,1	0,7	67	nd	nd	nd	65	nd	0,05	nd	nd	nd	0,02	0,4	24	339	nd	0,40
Costela (assada) – carne bovina	373,00	43,2	28,8	0,3	11,8	95	nd	nd	nd	tr	nd	nd	0,08	nd	nd	0,08	2,2	20	270	nd	5,50
Costela (crua) – carne bovina	358,00	52,7	16,7	0,3	14,9	44	0	0	0	0	0,3	0	0,17	2,53	0,31	11	2,32	19	296,06	23,5	5,25
Costela de porco (assada)	402,00	37	30,2	3,1	11,8	113	nd	nd	nd	tr	nd	0,71	nd	10,63	nd	17	1	14	246	nd	3,10
Costela de porco (crua)	256,00	61	18	2,3	7,4	69	nd	nd	nd	tr	nd	0,62	nd	8,27	nd	15	0,9	18	248	nd	2,30
Costela de porco com chucrute	173,46	nd	11,99	nd	nd	18,65	nd	nd	nd	2,05	nd	0,37	nd	nd	nd	13,43	1,28	nd	nd	nd	nd
Couve (talo)	92,00	16,52	0,17	nd	nd	nd	nd	nd	nd	1,338	nd	nd	nd	nd	nd	nd	4,2	nd	0,22	0,01	nd
Couve-de-bruxelas (crua)	43,00	86	3,39	0,15	0,06	0	2,6	0	0	88,3	0,88	85	0,09	0	0,31	42	1,4	23	389	18	0,42
Couve-flor congelada – Pratigel®	31,43	nd	2,86	nd	0	0	0	0	0	nd	nd	nd	nd	nd	nd	21,43	0,71	nd	nd	nd	nd
Couve-flor (cozida)	23,00	93	1,85	0,22	0,08	0	0,56	0	0,56	1,7	0,08	44,3	0,05	0	0,51	16	0,33	9	142	0,51	0,18
Couve-flor (crua)	25,00	91,9	1,99	0,11	0,03	0	0,7	0	0,7	1,9	0,09	46,4	0,06	0	0,65	22	0,44	15	303	0,6	0,28
Couve-flor florete congelada – Daucy®	15,38	nd	1,69	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	22,31	4,61	nd	nd	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Couve-flor (talo)	91.00	14.61 1.61	1.21 0.37	nd nd	nd nd	nd 1.25	nd nd	0.692 nd	nd nd	nd 5.7	nd nd	nd nd	nd nd	nd nd	nd nd	0.02 nd	0.008 2.83	0.0021 nd	nd nd
Couve-flor gratinada	87.57	82.81 7.09	2.91 5.71	0.29 1.64	3.51 0	16.57 1.2	0.43 0.77	52.088 0.417	0.205 34.785	26.383 0.071	0.111 0.141	0.137 0.526	0.49	64.086 0.033	0.435 7.8	14.185 0.113	227.481 66.748	2.105 374.334	0.33
Couve-manteiga (cozida)	32.00	91.2 5.64	1.91 0.4	0.19 0.03	0.05 0	0 2	0 1.1	740 0	tr 13.3	41 0.05	0.07 0.14	0 0.5	0.05	72 0.16	0.9 tr	18 0.42	228 28	0.19 23	0.24
Couve-manteiga (crua)	50.00	84.5 10	3.31 0.7	0.34 0.06	0.09 0	0 3	1.2 1.8	890 0	8 29.3	120 0.11	0.13 0.27	0 1	0.09	135 0.29	1.7 tr	34 0.77	447 56	0.19 43	0.44
Couve-manteiga (refogada)	117.11	76.22 9.05	2.81 8.78	5.02 1.96	1.26 0	0 2.58	1.02 1.54	716.352 0	14.144 25.249	97.382 0.094	0.107 0.238	0 0.823	0.09	112.266 0.274	1.404 0.172	28.465 0.651	376.611 49.129	0.453 802.078	0.38
Couve-manteiga congelada – Pratigel®	35.71	nd 7.14	1.43 0	nd nd	nd nd	0 1.43	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	2.86 nd	nd nd	nd nd	nd 348.57	nd
Couve-manteiga fatiada congelada – Super Chef®	28.57	nd 5.71	1.43 0	nd nd	0 0	0 1.43	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	72 nd	0.857 nd	nd nd	nd nd	nd 0	nd
Coxa de frango (frita)	283.00	42.2 34.5	9.6 11.8	4.7 3.4	2.6 nd	15 5	nd nd	tr nd	nd nd	tr 0.09	tr tr	nd 2.3	nd	18 0.09	1.3 nd	17 0.28	166 93	nd 532	0.50
Coxa de frango com pele (assada)	215.00	59.8 0.1	28.5 10.4	2.2 3.8	3.1 nd	145 nd	nd nd	6 nd	nd nd	nd 0.05	0.05 nd	nd 10.4	nd	8 0.05	1.2 nd	14 tr	318 251	nd 95	2.60
Coxa de frango com pele (crua)	161.00	72.9 0	17.1 9.8	2.2 4.1	3 nd	97 nd	nd nd	10 nd	nd nd	nd 0.16	0.05 nd	nd nd	nd	8 0.03	0.7 0.02	26 0.02	275 185	nd 95	2.00
Coxa de frango inteira (assada)	234.69	60.79 0.71	23.64 14.55	3.22 5.78	4.07 0	87.22 0.16	0.04 0.06	45.058 0.281	1.15 7	0.431 0.067	0.2 0.3	0.272 5.986	1.11	12 0.08	1.35 0.111	22 0.02	222 174	23.9 84	2.37
Coxa de frango inteira (crua)	211.00	67.7 0	17.3 15.3	3.32 6.29	4.35 0	84 0	0 0	42 0.3	1 7	0 0.06	0.15 0.26	0.3 5.43	1.03	10 0.06	0.99 tr	20 0.02	192 145	21 76	1.61
Coxa de frango sem pele (assada)	199.05	64.08 0.71	24.39 10.24	2.34 3.91	2.85 0	89.09 0.16	0.04 0.06	18.8 0.281	1.094 7.615	0.431 0.071	0.219 0.339	0.29 5.986	1.05	13.899 0.081	1.35 0.111	21.698 0.044	220.747 165.774	22.533 213.042	2.24
Coxa de frango sem pele (cozida)	167.00	66.7 0	26.9 5.8	1.1 2.1	2 nd	133 nd	nd nd	tr nd	nd nd	nd 0.07	tr nd	nd 8.2	nd	12 0.03	0.8 nd	11 tr	191 187	nd 64	2.80
Coxa de frango sem pele (crua)	120.00	75.8 0	17.8 3.92	0.97 1.22	1.01 0	83 0	0 0	20 0.3	0.28 10	0 0.08	0.19 0.33	0.35 6.33	1.23	10 0.07	1.05 tr	24 0.02	231 168	21 86	1.92
Coxa de frango sem pele tubelle light – Seara®	79.20	nd nd	15.4 0.6	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Coxa e sobrecoxa de frango sem pele e sem osso (crua)	120.00	76 0	18 5	0.8 2.1	1.6 0	91 0	nd nd	12 nd	nd nd	nd 0.17	0.05 tr	nd nd	nd	8 0.03	0.8 nd	27 tr	291 196	nd 98	2.20
Coxa de peru cozida à rolê Califórnia – Sadia®	105.50	nd nd	20.72 1.68	nd nd	nd 0	32.9 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	25.82 0.07	1.89 nd	22.19 nd	286 259	1130	nd
Coxa de peru sem pele (crua)	114.49	74.7 0	20.5 3.61	nd nd	nd 0	75 nd	nd nd	nd nd	nd nd	nd 0.09	0.18 nd	nd 4.7	1.13	nd 0.16	2 nd	17 0.05	289 nd	86	2.40
Coxão duro sem gordura (cozido) – carne bovina	217.00	58.5 0	31.9 8.9	0.2 4.1	3.5 nd	71 nd	nd nd	2 nd	nd nd	nd tr	tr nd	nd nd	nd	4 0.07	1.7 nd	14 tr	252 189	nd 41	5.00
Coxão duro sem gordura (cru) – carne bovina	148.00	69.8 0	21.5 6.2	0.1 2.4	3 nd	60 nd	nd nd	2 nd	nd nd	nd 0.12	0.2 nd	nd nd	nd	3 0.05	1.9 nd	21 tr	358 189	nd 49	2.80

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G poli (g)		G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
				G tot (g)	G mono (g)															
Coxão mole sem gordura (cozido) – carne bovina	219.00	58	32.4	0.2	4.3	84	nd	2	nd	nd	tr	tr	nd	nd	4	2.6	13	239	nd	4.70
		0	8.9	3.4	nd	nd	nd	nd	nd	nd	tr	nd	nd	nd	0.11	nd	tr	183	44	
Coxão mole sem gordura (cru) – carne bovina	169.00	68.6	21.2	0.1	3.9	84	nd	3	nd	nd	0.19	nd	nd	nd	3	1.9	21	335	nd	2.60
		0	8.7	3.7	nd	nd	nd	nd	nd	nd	0.12	nd	nd	nd	0.05	nd	tr	175	61	
Coxinha de frango congelada – Perdigão®	226.00	nd	9	nd	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		38	8	nd	0.5	3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	708	
Coxinha de frango congelada – Sadia®	235.00	nd	9.25	nd	3.75	8.75	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		30	8.75	nd	0	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	432.5	
Coxinha de frango (frita)	374.44	67.38	9.1	7.64	3.22	7.37	0.71	143.998	13.283	2.118	0.288	0.078	0.078	0.39	22.2	2.667	18.957	124.151	20.422	0.50
		42.02	18.62	6.72	0	1.88	1.18	0.026	18.199	0.445	0.105	4.602	4.602	0.105	0.105	0.078	0.392	92.46	1,301.367	
Cravo da Índia	323.00	6.86	5.98	6.06	4.39	0	tr	53	tr	80.8	0.27	0	0	tr	646	8.68	264	1101	tr	1.09
		61.2	20.1	7.58	0	34.2	nd	nd	tr	0.12	tr	1.46	1.46	0.35	0.35	nd	30	105	243	
Cream cheese tradicional – Danúbio®	250.00	nd	6.67	nd	14.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		3.33	23.33	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	34.67	
Cream cheese light – Danúbio®	183.33	nd	8.33	0.66	10	66.6	63.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	400	nd
		3.33	15	4.33	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	
Creme de arroz – Colombo®	353.00	nd	7.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	9	1.3	nd	nd	nd	nd
		79.7	0.6	nd	0	nd	nd	nd	nd	0.72	nd	12	12	nd	nd	nd	nd	104	nd	
Creme de arroz (cozido)	52.00	87.5	0.9	0.03	0.03	0	nd	0	0.03	0	0	0	0	0.08	3	0.2	3	20	3.54	0.16
		11.5	0.1	0.03	0	0.1	nd	nd	3	nd	0.03	0.4	0.4	0.03	0.03	nd	0.14	17	1	
Creme de cupuaçu	297.01	nd	6.99	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		59.92	6.01	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	
Creme de espinafre	160.32	72.74	3.95	2.96	3.56	10.78	0.15	157.786	5.507	1.359	0.164	0.278	0.278	0.27	115.506	0.54	15.555	143.438	3.68	0.41
		9.49	12.01	4.89	0	0.49	0.25	0.704	10.613	0.088	0.049	0.497	0.497	0.03	0.03	16.122	0.101	91.961	510.335	
Creme de graviola	241.89	nd	4.43	nd	nd	0	nd	0.44	nd	5.33	nd	nd	nd	nd	5.33	0.11	nd	nd	nd	nd
		29.21	12.15	nd	0	0.24	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	
Creme de leite Glória – Quatá®	193.33	nd	0	nd	12	nd	nd	nd	nd	nd	nd	nd	nd	nd	100	nd	nd	nd	40.67	nd
		3.87	2	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	
Creme de leite – Itambé®	233.33	nd	2.67	nd	8.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		10	20	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	86.67	
Creme de leite – Nestlé®	253.33	nd	0	nd	16	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	25.33	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	44.67	
Creme de leite fresco	292.00	63.5	2.18	0.88	19.3	111	0	295	tr	0.61	0.13	0.2	0.2	0.26	69.4	0.03	7.24	96.8	0.59	0.25
		2.97	30.9	9.09	0	0	0	0.18	3.7	0.02	0.03	0.04	0.04	0.26	nd	16	0	61.1	34.3	
Creme de leite light – Nestlé®	160.00	nd	0	0	10	43.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	15.33	4.67	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	60	
Creme de milho	84.33	80.94	3.2	0.79	1.5	7.25	0.04	47.732	1.223	3.517	0.113	0.192	0.192	0.51	64.785	0.258	23.58	201.188	0.995	0.40
		10.92	3.81	1.31	0	1.2	1.15	0.533	22.975	0.109	0.047	0.799	0.799	0.51	0.03	12.26	0.074	89.479	255.385	
Creme vegetal com sal original – Becel®	320.00	nd	0	19	9	0	nd	1600	40	nd	nd	nd	nd	nd	nd	nd	nd	nd	70	nd
		0	35	7	0	0	nd	15	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	
Creme vegetal com sal e Jeurite Yofresh – Doriana®	360.00	nd	nd	21	11	nd	nd	450	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		nd	40	8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	520	





Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Cuscuz paulista	184.68	62.01	5.18	4.23	1.28	33.87	1.03	44.027	6.828	3.702	0.081	0.772	0.35	42.064	1.159	32.968	179.702	9.657	0.75	
		23.13	8.34	2.24	0	4.27	3.21	0.612	18.033	0.097	0.147	1.09			0.13	3.031	0.194	133.478	244.994	
Dadinho®	418.00	nd	7.4	nd	nd	nd	nd	2	nd	1	0.08	nd	nd	nd	45	2.3	nd	nd	nd	nd
		70.5	14.1	nd	0	1	nd	nd	nd	0.25	nd	4.9			nd	nd	nd	147	nd	nd
Damasco	48.00	86.4	1.41	0.08	0.03	0	1	261	0.89	10	0.04	0	0.24	14	0.54	8	296	1.3	0.26	
		11.1	0.39	0.17	0	1.8	0.8	0	8.6	0.03	0.05	0.6			0.09	nd	0.08	19	1	
Damasco seco	238.00	31.1	3.66	0.09	0.03	0	4.5	724	2	2.4	0.15	0	0.75	45	4.71	47	1378	3.09	0.74	
		61.8	0.46	0.2	0	7.8	3.3	0	10.3	0.01	0.16	3			0.43	tr	0.28	117	10	
Damasco seco turco – Estrela do Oriente®	266.66	nd	3.33	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	45	4.666	nd	nd	nd	nd
		63.33	0	nd	0	10	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	0	
Danette chocolate ao leite– Danone®	150.91	nd	3.09	0	3.18	0	0	nd	nd	nd	nd	nd	nd	nd	109.09	nd	nd	nd	nd	nd
		22.73	5.18	0	0	0	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	47.27	nd
Danette chocolate branco – Danone®	134.54	nd	2.82	0	2.82	0	nd	nd	nd	nd	nd	nd	nd	nd	111.82	nd	nd	nd	nd	nd
		20.91	4.36	0	0	nd	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	124.54	nd
Dextrose de milho – Dextroso®	400.00	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		80	0	nd	0	0	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	0	
Diet Shake® tradicional morango	342.86	nd	13.14	nd	nd	0	nd	685.71	11.43	34.28	1.37	1.14	3.43	354.28	18.28	328.57	1.11	62.86	6.86	
		68.57	0	nd	0	3.14	nd	2.86	228.57	0.91	2.28	12.57			1714.28	160	1.14	374.28	628.57	
Dobradinha	43.50	91.5	3.71	0.79	0.85	19.81	0.08	21.82	1.401	7.089	0.051	0.325	0.18	25.269	0.603	6.308	118.651	0.318	0.59	
		1.63	2.53	0.68	0	0.34	0.26	0.068	5.937	0.018	0.035	0.183			0.049	nd	0.04	33.56	195.537	
Doce de abóbora	406.00	8.3	4.4	nd	nd	nd	nd	6	nd	tr	0.09	nd	nd	nd	74	1.3	nd	nd	nd	nd
		73.8	12.3	nd	0	0.3	nd	nd	nd	0.09	nd	1.2			nd	nd	nd	99	nd	nd
Doce de abóbora com coco	241.78	nd	0.8	nd	nd	0	nd	958.17	nd	2.22	nd	nd	nd	nd	14.82	0.86	nd	nd	nd	nd
		53.26	4.06	nd	0	3.61	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	nd	nd
Doce de amendoim	418.00	6.5	7.4	nd	nd	0	nd	2	nd	1	0.08	nd	nd	nd	45	2.3	nd	nd	nd	nd
		70.5	14.1	nd	0	1	nd	nd	nd	0.25	nd	4.9			nd	nd	nd	147	nd	nd
Doce de batata-doce	406.00	8.3	4.4	nd	nd	nd	nd	6	nd	tr	0.09	nd	nd	nd	74	1.3	nd	nd	nd	nd
		73.8	12.3	nd	0	0.3	nd	nd	nd	0.09	nd	1.2			nd	nd	nd	99	nd	nd
Doce de buriti	305.00	nd	6	nd	nd	0	nd	1368	nd	8.66	nd	nd	nd	nd	53	17	nd	nd	nd	nd
		70.06	27	nd	0	32	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	nd	nd
Doce de casca de jabuticaba	162.53	nd	0.66	nd	nd	0	nd	0	nd	8	nd	nd	nd	nd	9.16	1.28	nd	nd	nd	nd
		40.53	0.06	nd	0	0.2	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	nd	nd
Doce de cupuaçu	280.67	nd	0.57	nd	nd	0	0	10	nd	11	nd	nd	nd	nd	8.67	0.9	nd	nd	nd	nd
		71.57	0.53	nd	0	0.17	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	nd	nd
Doce de frutas cristalizadas industrializado	306.00	20	0.7	nd	nd	nd	nd	1	nd	2	0.03	nd	nd	nd	23	1.1	nd	nd	nd	nd
		78.9	0.1	nd	0	1.1	nd	nd	nd	0.01	nd	0.2			nd	nd	nd	10	nd	nd
Doce de guapeva	257.40	nd	0.36	nd	nd	0	nd	2.8	nd	33.6	nd	nd	nd	nd	14.1	0.83	nd	nd	nd	nd
		65.76	0.52	nd	0	0.88	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	nd	nd
Doce de guariroba	195.25	nd	3.21	nd	nd	0.125	nd	40.27	nd	8.35	nd	nd	nd	nd	53.66	1.3	nd	nd	nd	nd
		38.88	3.66	nd	0	0.19	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	nd	nd
Doce de jambo	218.42	nd	0.42	nd	nd	0	nd	12.59	nd	11.2	nd	nd	nd	nd	15.85	0.75	nd	nd	nd	nd
		56.57	0.17	nd	0	0.58	nd	nd	nd	nd	nd	nd			nd	nd	nd	nd	nd	nd



Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Endívia	16.00	93.6 3.2	1.2 0.4	0 0	0 0	0 3.2	nd nd	204 nd	0.44 144	8 0.08	0.08 0.04	0 0.4	0.92	52 0.1	0.84 nd	16 0.42	316 28	nd 24	0.80
Endro fresco	43.00	86 7.03	3.46 1.12	0.1 0.8	0.06 0	0 3	tr tr	772 0	tr 150	85 0.06	0.3 0.19	0 1.57	0.40	208 0.15	6.59 tr	55 1.26	738 66	tr 61	0.91
Endro seco	253.00	7.3 55.8	20 4.36	tr tr	tr tr	0 23.8	tr tr	0 0	1.61 tr	tr 0.42	0.28 1.46	0 2.81	tr	1784 0.49	48.8 tr	451 3.95	3307 543	1.61 208	3.30
Enfamil A.R. Premium – Mead Johnson®	500.00	nd 55	13 26	nd nd	11 0.3	nd 0	nd nd	450 7.5	6.7 80	60 0.4	0.45 0.3	1.5 5	2.50	410 0.33	5.7 75	40 0.05	630 330	nd 175	5.00
Enfamil H.A. – Mead Johnson®	529.00	nd 55	12 29	nd nd	12 0	nd 0	nd 0	468 7.8	6.4 84	63 0.42	0.74 0.32	1.6 5.2	2.60	350 0.4	6.2 75	42 0.06	610 230	nd 160	5.30
Enfamil Premium 1 – Mead Johnson®	525.00	nd 55	11 29	5.8 11	12 0	18 0	nd nd	413 6.5	3.3 65	65 0.47	0.52 0.24	1.1 5.2	2.6	350 0.23	6.2 65	42 0.04	575 225	nd 136	5.2
Enfamil Premium 2 – Mead Johnson®	479.00	nd 58	13 22	4.3 3.8	9.6 0	6.7 0	nd nd	360 6	3 77	60 0.36	0.48 0.29	0.86 4.8	2.4	556 0.36	8.6 60	43 0.04	551 340	nd 192	4.8
Enfamil ProSobree Premium – Mead Johnson®	520.00	nd 47	16 28	nd nd	11 0	nd 0	nd 0	470 7.8	7 84	63 0.42	0.47 0.31	1.6 5.2	2.60	500 0.39	9.4 79	58 0.13	630 390	nd 189	6.30
Enfamil Sem lactose Premium – Mead Johnson®	520.00	nd 56	11 28	nd nd	12 0	nd 0	nd 0	470 7.8	7 83	62 0.42	0.47 0.31	1.6 5.2	2.60	430 0.39	9.4 130	42 0.14	570 290	nd 156	5.20
Erva cidreira (folha)	68.00	14.9 0.36	1.88 0.66	nd nd	nd nd	nd 10.2	nd nd	8.984 nd	nd nd	nd 347	nd nd	nd nd	nd nd	nd nd	0.13 nd	nd 0.63	0.045 nd	0.003 nd	nd
Erva cidreira (talo)	79.00	9.5 1.1	0.78 0.22	nd nd	nd nd	nd 3.38	nd nd	0.57 nd	nd nd	nd 42	nd nd	nd nd	nd nd	nd nd	0.15 nd	nd 0.48	0.019 nd	0.0012 nd	nd
Erva doce seca	350.00	10 50	20 15	nd 10	0 0	0 0	nd nd	50 0	nd 0	0.5 0.5	0.5 0.5	0 5	0.10	650 0.9	37 nd	150 2.3	1450 450	nd 0	5.50
Ervilha congelada – Boduelle®	76.00	nd 13.8	5.2 0	nd nd	0 0	nd 4.8	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 112	nd
Ervilha em conserva – Jurema®	110.00	nd 21	6.5 1	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 174	nd
Ervilha fina congelada – Daucy®	83.07	nd 12.31	7 0.77	nd nd	0 0	nd 8.46	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	24 nd	1.54 nd	nd nd	nd nd	nd 2.54	nd
Ervilha fresca	81.00	78.9 14.5	5.43 0.4	0.19 0.04	0.07 0	0 5.1	1.2 3.9	64 0	1.4 65	40 0.27	0.13 0.17	0 2.09	0.10	25 0.18	1.47 tr	33 0.41	244 108	1.7 5	1.25
Ervilha seca	343.00	12 61	22.5 2	nd nd	nd 0	nd 4.7	nd nd	8 nd	nd nd	1 0.57	0.17 nd	nd 3	nd nd	80 nd	5.8 nd	nd nd	nd 290	nd nd	nd
Ervilha seca – Supergrão®	343.00	nd 61	22.5 2	nd nd	nd 0	nd 4.7	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	80 nd	nd nd	nd nd	nd nd	nd nd	nd
Ervilha seca (cozida)	81.00	nd 14.42	5.32 0.47	nd nd	nd 0	nd 1.11	nd nd	10.63 nd	nd nd	2.12 0.134	0.04 nd	nd 0.71	nd nd	18.912 nd	1.371 nd	nd nd	nd 68.557	nd nd	nd
Ervilha torta fresca	118.00	69 20.3	9.3 0.4	nd nd	nd 0	0 3.8	nd nd	8 nd	nd nd	28 0.28	0.17 nd	nd 1.7	nd nd	31 nd	2.3 nd	nd nd	nd 140	nd nd	nd
Escarola	17.00	93.8 3.36	1.26 0.2	0.09 0	0.05 0	0 2.07	0.9 1.17	205 0	0.4 142	6.5 0.08	0.08 0.02	0 0.4	0.90	52 0.1	0.83 tr	15 0.42	314 28	5.36 22	0.79

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mcg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mcg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
			G tot (g)	G mono (g)	G trans (g)	Fib tot (g)	Fib ins (g)	D (mcg)	Fol (mcg)	B1 (mg)	B6 (mg)	Nia (mg)		Cu (mg)	I (mcg)	Mn (mg)	P (mg)	Na (mg)	
Escarola (refoçada)	224.40	83.9 9.86	2.49 20.49	11.81 4.71	2.98 0	0 3.84	1.62 2.19	286.69 0	19.58 208.98	13.01 0.14	0.12 0.11	0 0.65	1.32	86.13 0.26	1.31 1.09	26.78 0.69	530.21 59.3	8.17 32.64	1.22
Esfiha de carne aberta congelada – Liban®	240.00	nd 29.4	7.4 10	nd nd	2.8 0	0 1.4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 610	nd
Esfiha de carne	286.63	37.96 38.99	12.25 8.84	2.5 2.93	2.5 0	21.24 2.87	0.6 1.01	15.052 0.233	4.408 121.077	2.455 0.493	0.547 0.161	0.681 5.788	0.85	34.888 0.125	3.53 4.112	21.888 0.358	241.895 162.228	16.512 363.151	1.77
Esfiha de queijo	302.14	36.73 25.26	12.56 11.42	2.46 3.25	4.99 0	25.96 2.61	0.54 0.9	83.951 0.218	4.316 113.59	0.17 0.456	0.55 0.109	0.258 4.319	0.74	185.672 0.105	2.811 14.423	21.705 0.327	177.725 229.938	21.9 388.83	1.31
Espetinho de carne bovina com cebola e tomate	206.49	63.83 1.94	19.48 12.96	0.55 5.78	5.39 0	62.95 0.4	0.1 0.23	12.519 0.21	0.542 10.932	4.473 0.094	0.196 0.312	1.868 2.841	0.31	12.396 0.12	2.254 0.152	23.184 0.054	314.625 161.127	15.553 224.281	4.07
Espinafre (cozido)	23.00	91.2 3.76	2.98 0.26	0.11 0.01	0.04 0	0 2.3	0.7 1.6	819 0	2 146	9.8 0.1	0.24 0.24	0 0.49	0.15	136 0.17	3.57 2	87 0.94	466 56	1.5 70	0.76
Espinafre (cru)	22.00	91.6 3.51	2.87 0.35	0.15 0.01	0.06 0	0 2.7	0.7 2	671.5 0	2.73 194	28.1 0.08	0.19 0.2	0 0.72	0.07	99 0.13	2.71 2	79 0.9	558 49	1 79	0.53
Espinafre (talo)	89.00	11.38 0.48	1.78 0.26	nd nd	nd nd	nd 1.97	nd nd	0.213 nd	nd nd	nd 7.23	nd nd	nd nd	nd nd	nd nd	2.59 nd	nd 1.04	39.8 nd	0.91 nd	nd
Espinafre picado congelado – Daucy®	19.23	nd 1.54	2.38 0.77	nd nd	0 0	nd 3.15	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	156.15 nd	1.92 nd	nd nd	nd nd	nd 23.08	nd
Estragão	295.00	7.74 50.2	22.8 7.24	tr tr	tr 0	0 7.4	tr tr	420 0	tr tr	tr 0.25	1.34 tr	0 8.95	tr	1139 0.68	32.3 tr	347 7.97	3019 313	2.08 62.3	3.90
Estragonófe de carne congelado – Perdigão®	160.00	nd 3	11 12	nd nd	5 0	nd 1	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 600	nd
Estragonófe de filé mignon	214.09	63.93 2.99	16.5 14.78	1.17 5.2	6.76 0	70.68 0.39	0.08 0.31	98.09 0.087	1.463 7.587	1.322 0.089	0.2 0.272	1.477 2.337	0.32	23.72 0.131	2.121 nd	21.53 0.043	297.782 154.349	0.848 185.06	3.24
Estragonófe de frango congelado – Sadia®	101.00	nd 3.33	8.33 6	nd nd	3.3 0.3	25.67 5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	22.33 nd	nd nd	nd nd	nd nd	nd 343.33	nd
Estragonófe de frango congelado – Seara®	117.20	nd 4	1.2 7.2	nd nd	3.2 0.16	nd 0.32	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 513.2	nd
Estrudel de maçã	274.00	43.5 41.1	3.3 11.2	1.43 6.16	2.93 0	28 tr	tr tr	9 tr	tr 6	1.7 0.04	0.03 0.04	0.15 0.33	0.18	15 0.03	tr tr	9 0.19	97 33	tr 269	0.19
Extrato de tomate Elefante – Cica®	66.67	nd 14	3 0	nd nd	0 0	nd 3	nd nd	133.33 nd	3.33 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 433.33	nd
Fandangos de presunto Elma Chips – Pepsico®	456.00	nd 72	6.8 16	nd nd	2.8 0	nd 2.8	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 204	nd 688	nd
Fandangos de queijo Elma Chips – Pepsico®	456.00	nd 68	7.2 16.8	nd nd	3.2 0	nd 3.6	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 220	nd 628	nd
Fanta laranja – Coca-Cola®	45.00	nd 11	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Farole de aveia Oat Bran – Quaker®	340.00	nd	18	nd	0	nd	8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Farole de trigo	216.00	9.9	15.6	2.21	0.63	0	3.1	0	9.12	0	0.58	0	2.18	73	10.6	611	1182	77.7	7.28
Farinha de arroz – Mococa®	379.00	64.5	4.26	0.64	0	41.9	38.8	0	79	0.52	1.3	13.6	1	1	tr	11.5	1013	2	nd
Farinha de arroz tradicional	345.45	nd	nd	nd	nd	nd	nd	1172.73	nd	86.36	nd	4.54	nd	nd	28.18	nd	nd	nd	nd
Arrozina – Maizena®	372.00	86.36	nd	nd	0	nd	nd	nd	468.18	nd	2.54	nd	nd	nd	nd	nd	nd	nd	nd
Farinha de aveia – Ferla®	380.00	nd	15.4	nd	1.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Farinha de aveia – Quaker®	324.00	56	9.2	nd	0	10.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Farinha de centeio	354.00	66	7.6	nd	1.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Farinha de mandioca (crua)	361.00	11.1	0.14	1.2	0.31	0	3.7	0	6.68	0	0.25	0	1.46	56	6.46	248	730	35.2	5.63
Farinha de mandioca (torrada)	395.00	68.7	2.7	0.33	0	22.6	18.9	0	60	0.32	0.44	4.27	tr	0.75	tr	6.73	632	1	nd
Farinha de milho	360.00	10.4	1.7	nd	nd	0	nd	nd	nd	14	0.07	nd	nd	61	3.1	nd	nd	nd	nd
Farinha de rosca	354.00	86.4	0.3	nd	0	1.8	nd	nd	nd	0.08	nd	1.6	nd	nd	nd	nd	48	nd	nd
Farinha de semolina	360.00	10.4	1.7	nd	nd	0	nd	nd	nd	14	0.07	nd	nd	61	3.1	nd	nd	nd	nd
Farinha de soja	433.00	86.4	0.3	nd	0	1.8	nd	nd	nd	0.08	nd	1.6	nd	nd	nd	nd	48	nd	nd
Farinha de trigo especial – Buquê®	340.00	10.9	6.94	1.76	0.54	0	3.4	47	5.05	0	0.08	0	0.66	7	2.39	93	315	15	1.74
Farinha de trigo reserva especial – Dona Benta®	360.00	77.9	3.87	1.02	0	13.4	10	0	25	0.25	0.37	1.9	0.31	0.23	tr	0.46	272	5	nd
Farinha de trigo especial Qualidade – Pão de Açúcar®	350.00	6.2	12.5	0.83	1.08	0	tr	0.1	0.52	0	0.44	0.02	0.31	227	6.13	46	221	37.7	1.23
Farinha de trigo – Renata®	344.00	72.5	5.15	1.54	0	4.2	tr	0.36	25	0.77	0.1	6.85	0.58	0.17	tr	0.82	147	862	nd
Farinha de trigo – Sol®	352.00	12.7	12.7	0.43	0.15	0	1.4	0	tr	0	0.57	0	0.58	17	4.37	47	186	12	1.06
Farinha de trigo com fermento – Dona Benta®	330.00	72.8	1.06	0.12	0	3.9	2.5	0	72	0.81	0.1	5.99	1.59	0.19	tr	0.62	136	1	nd
Farinha de trigo especial com fermento Qualidade – Pão de Açúcar®	344.00	5.16	37.8	11.7	3.01	0	0.11	12	8.41	0	1.16	0	0.46	206	6.36	428	2514	7.41	3.92
Farinha de trigo – Renata®	340.00	31.9	20.7	4.56	0	1.98	1.87	0	3.45	0.58	0.46	4.32	tr	2.92	tr	2.27	493	13.1	nd
Farinha de trigo – Sol®	352.00	nd	12	nd	0	0	nd	nd	nd	nd	nd	nd	nd	16	4.2	nd	nd	nd	nd
Farinha de trigo com fermento – Dona Benta®	352.00	70	1	nd	0	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Farinha de trigo especial com fermento Qualidade – Pão de Açúcar®	330.00	nd	10	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	4.2	nd	nd	nd	nd
Farinha de trigo – Renata®	344.00	76	0	nd	0	2	nd	nd	150	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Farinha de trigo – Sol®	352.00	nd	10	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	4.2	nd	nd	nd	nd
Farinha de trigo com fermento – Dona Benta®	330.00	72	1.4	nd	0	2.8	nd	nd	150	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Farinha de trigo – Renata®	344.00	nd	10	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	4.2	nd	nd	nd	nd
Farinha de trigo – Sol®	352.00	76	0	nd	0	2	nd	nd	150	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Farinha de trigo com fermento – Dona Benta®	330.00	nd	10	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	4.2	nd	nd	nd	nd
Farinha de trigo especial com fermento Qualidade – Pão de Açúcar®	330.00	70	1.4	nd	0	2.8	nd	nd	150	nd	nd	nd	nd	nd	4.2	nd	nd	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Farinha de trigo especial com ferro – Rosa Branca®	340.00	nd	10	nd	0	0	nd	nd	nd	nd	nd	nd	nd	30	5.6	nd	nd	nd	nd
Farinha de trigo integral – Mais Vita®	360.00	72	2	nd	nd	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	0
Farinha de trigo integral	340.00	nd	12	nd	0	0	nd	nd	nd	nd	nd	nd	nd	30	2.96	nd	nd	nd	nd
Farinha de trigo integral orgânica – Jasmine®	340.00	74	1	nd	0	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	0
Farinha de trigo integral	340.00	nd	14	nd	0	0	nd	nd	nd	nd	nd	nd	nd	34	4	nd	nd	nd	nd
Farinha de trigo integral	340.00	72	2	nd	0	12	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	0
Farinha láctea – Nestlé®	396.67	nd	12.67	nd	3	3	nd	443.33	3	29.67	0.9	1.2	2.97	293.33	6	nd	nd	nd	nd
Farinha láctea – Nestlé®	396.67	73.33	9.5	nd	0	2.67	nd	5	116.67	0.9	0.5	0.8	nd	nd	nd	nd	303.33	126.67	nd
Farofa d'água	350.63	nd	1.99	nd	nd	nd	nd	190.47	nd	27.49	nd	nd	nd	85.49	3.3	nd	nd	nd	nd
Farofa d'água	350.63	57.22	13.22	nd	0	1.69	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Farofa de carne seca	489.93	nd	14.87	nd	nd	nd	nd	19.58	nd	14.67	nd	nd	nd	78.55	5.27	nd	nd	nd	nd
Farofa de carne seca	489.93	56.67	22.48	nd	0	1.38	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Farofa de farinha de mandioca	386.10	11.65	0.22	3.32	1.74	0	0.49	101.938	6.044	0.009	0	0.009	0.12	19.46	1.404	1.044	12.258	0.016	0.10
Farofa de farinha de mandioca	386.10	78.43	9.56	4.07	0	0.62	0.13	0	3.605	0	0.009	0	0	0.019	nd	0.095	2.552	1.11	nd
Farofa doce crocante de ameidoim – Linguanotto®	500.00	nd	20	nd	0	0	nd	nd	nd	nd	nd	nd	nd	233	4	nd	nd	nd	nd
Farofa doce crocante de ameidoim – Linguanotto®	500.00	50	25	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	0
Farofa mineira	283.00	nd	5	nd	nd	104	nd	390	nd	nd	nd	nd	nd	60	1.5	nd	nd	nd	nd
Farofa mineira	283.00	28	17	nd	0	2.3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Farofa de mandioca pronta – Yoki®	408.57	nd	1.14	1.14	61.14	0	8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Farofa de mandioca pronta – Yoki®	408.57	80	9.14	4	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	522.86	nd
Fécula de batata	351.00	7.61	8.01	0.35	0.22	0	0	0	0.17	19	0.14	0	1.50	33	17.2	88	1588	2.79	1.64
Fécula de batata	351.00	79.9	0.8	0.02	0	6.1	nd	0	50.6	0.42	0.01	3.4	0	1.08	13	1.1	178	34	nd
Fécula de batata – Colombo®	329.00	nd	0.1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	10	1.5	nd	nd	nd	nd
Fécula de batata – Colombo®	329.00	82.1	0.1	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	38	nd	nd
Feijão (cru)	337.00	11.8	22.5	0.59	0.15	0	6.9	0.8	2.09	4.5	0.22	0	0.78	83	6.7	138	1359	7.28	2.80
Feijão (cru)	337.00	61.3	1.07	0.08	0	19.1	12.2	0	394	0.61	0.4	2.11	0	0.7	tr	1.1	406	12	nd
Feijão branco – Yoki®	333.33	nd	23.33	nd	0	0	nd	nd	nd	nd	nd	nd	nd	186.666	3.36	nd	nd	nd	nd
Feijão branco (cru)	336.00	60	0	nd	0	3.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	150	nd
Feijão branco (cru)	336.00	11.7	21.1	0.51	0.3	0	5.47	0	2.58	0	0.21	0	0.73	173	7.74	183	1542	5.26	2.82
Feijão branco (cru)	336.00	62.3	1.19	0.1	0	18.9	13.43	0	386	0.74	0.44	1.34	0	0.64	tr	1.28	445	12	nd
Feijão branco com dobradinha	77.78	86.58	5.46	0.4	0.42	8.76	0.78	13.081	0.629	0.523	0.036	0.144	0.15	40.347	1.744	27.869	264.886	0.037	0.83
Feijão branco com dobradinha	77.78	10.78	1.57	0.62	0	2.69	1.91	0.028	34.546	0.051	0.047	0.069	0.15	0.133	0.065	0.272	55.77	229.441	nd
Feijão branco cozido (só grãos)	142.00	63.2	8.98	0.28	0.17	0	2.28	0	1.12	0	0.06	0	0.25	73	2.85	68	463	2.1	1.20
Feijão branco cozido (só grãos)	142.00	25.8	0.64	0.06	0	7.88	5.6	0	137	0.24	0.13	0.27	0	0.15	tr	0.51	169	2	nd
Feijão branco enlatado – Bonduelle®	96.15	nd	7.15	nd	0.08	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Feijão branco enlatado – Bonduelle®	96.15	12.31	0.61	nd	0	6.31	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	180	nd
Feijão com charque	92.30	nd	6.45	nd	nd	nd	nd	20.51	nd	3.85	nd	nd	nd	24.36	2	nd	nd	nd	nd
Feijão com charque	92.30	13.93	1.41	nd	0	0.98	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Feijão cozido (50% grão/ caldo)	61.00	nd	3.34	nd	nd	0	nd	0.32	0.984	0.55	0.03	0	0.11	18.15	1.034	23.1	185.9	0.655	0.04
Feijão cozido (50% grão/ caldo)	61.00	8.3	1.6	nd	0	4.2	nd	nd	20.51	0.1	0.069	0.354	0	0.115	nd	0	62.7	191.4	nd
Feijão cozido (só caldo)	11.10	nd	0.61	nd	nd	0	nd	0	0.179	0.1	0.005	0	0.02	3.3	0.188	4.2	33.8	0.119	0.08
Feijão cozido (só caldo)	11.10	1.51	0.29	nd	0	0.76	nd	nd	3.73	0.018	0.012	0.064	0	0.02	nd	0	11.4	34.8	nd

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Feijão cozido (só grãos)	111.00	nd 15.1	6.08 2.91	nd nd	nd 0	0 7.65	nd nd	0.59 nd	1.79 37.3	1 0.185	0.056 0.127	0 0.645	0.20	33 0.209	1.88 nd	42 0	338 114	1.19 348	0.79
Feijão cru carioca – Camil®	205.00	nd 28.33	18.33 2.17	nd nd	0.5 nd	nd 33.33	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Feijão sertanejo	134.37	nd 15.46	4.93 6.53	nd nd	nd 0	9.42 2.5	nd nd	0.19 nd	nd nd	0.33 nd	nd nd	nd nd	nd nd	70.43 nd	0.61 nd	nd nd	nd nd	nd nd	nd
Feijão tropeiro	330.65	24.73 49.24	14.43 9.09	2.12 3.19	3.02 0	62.76 12.68	4.22 8.42	42.881 0.203	4.091 206.665	3.855 0.367	0.195 0.31	0.136 1.519	0.72	51.371 0.408	4.109 7.333	92.162 0.665	768.526 290.301	11.433 202.222	1.96
Feijão verde (cozido)	51.10	92.81 1.57	0.39 5.03	2.91 1.17	0.73 0	0 0.7	0.27 0.39	16.645 0	4.691 8.432	4.266 0.017	0.02 0.017	0 0.152	0.02	9.922 0.04	0.257 0.048	5.985 0.046	46.773 8.262	0.132 39.402	0.08
Feijão verde com farofa de manteiga	179.73	nd 30.74	5.07 4.66	nd nd	nd 0	nd 0.94	nd nd	50 nd	nd nd	5.4 nd	nd nd	nd nd	nd nd	33.11 nd	1.42 nd	nd nd	nd nd	nd nd	nd
Feijoadá	172.31	71.09 6.67	8.32 12.55	1.28 5.3	4.95 0	33.04 2.07	0.56 1.46	29.271 0.486	0.242 36.112	2.617 0.179	0.119 0.101	0.386 1.475	0.22	24.098 0.093	1.242 0.056	22.836 0.132	180.069 88.518	5.069 380.824	1.06
Feijoadá – Swift Premium®	96.00	nd	10.9 3.1	1.98 nd	nd 0	20 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Feno grego	323.00	8.84 58.3	23 6.41	tr tr	tr 0	0 20.3	tr tr	0 nd	tr 57	3 0.32	0.37 tr	0 1.64	tr	176 1.11	33.5 tr	191 1.23	770 296	tr 67.3	2.50
Fermento biológico	53.00	70 1.1	11.4 0.4	nd nd	nd 0	0 0	0 0	0 0	tr 1250	tr 0.71	1.7 0.6	tr 11	3.50	25 1.6	5 nd	59 nd	610 390	nd 16	3.20
Fermento biológico fresco – Fleischmann®	126.90	nd 11.06	19.2 0.6	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Fermento biológico seco – Fleischmann®	346.00	nd 30.2	52.4 1.7	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Fermento químico em pó	163.00	6.3 37.8	5.2 tr	0 0	0 0	0 0	0 0	0 0	tr tr	0 tr	tr tr	0 tr	tr	1130 tr	tr nd	9 tr	49 8430	tr 11800	2.80
Fiber mais suplemento de fibras – Nestlé®	0	nd 0	0 0	nd nd	0 0	nd 86	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Fibersource – Nestlé®	122.00	nd 16.8	4.4 4	nd nd	2.3 0	nd 1.5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	100 nd	1.2 nd	26 nd	164 70	3.6 120	0.80
Fibrax® natural	411.76	nd 47.05	11.76 20.58	nd nd	2.94 0	0 23.52	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	64.705 nd	5.882 nd	nd nd	nd nd	nd 382.352	nd
Fibre 1 – Nestlé®	225.00	nd 42.5	7.5 2.5	nd nd	0 0	0 40	nd nd	nd nd	nd 170	19.1 0.6	1.05 1.3	0.65 18	3.80	240 nd	10 nd	nd nd	nd 680	nd 325	8.50
Fígado bovino (cozido)	211.40	54.78 8.16	25.79 7.71	1.66 1.57	2.58 0	463.57 0.04	0 0	10.318.764 0.288	1.558 211.645	22.684 0.206	3.984 1.408	107.717 13.862	5.71	118.54 4.304	6.082 tr	22.608 0.439	357.476 446.139	54.845 802.844	5.27
Fígado bovino (cru)	141.00	71.3 1.1	20.7 5.4	0.1 1.5	3 nd	393 nd	nd nd	7937 nd	nd nd	nd 0.14	0.9 nd	nd nd	nd	4 9.01	5.6 nd	12 0.26	265 334	nd 76	3.50
Fígado bovino (frito)	226.89	54.2 7.97	25.43 9.73	2.86 2.04	2.85 0	457.26 0.03	0 0	10.178.192 0.285	3.522 208.756	22.298 0.2	3.931 1.387	106.247 13.673	5.63	13.596 4.254	5.996 tr	22.236 0.432	351.62 439.701	54.029 698.269	5.20
Fígado bovino (grelhado)	225.00	55 4.2	29.9 9	1.1 2.2	4.7 nd	601 nd	nd nd	14574 nd	nd nd	nd 0.21	2.69 nd	nd nd	nd	6 12.58	5.8 nd	10 0.22	309 420	nd 82	4.00



Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
		G tot (g)	G mono (g)	G trans (g)	Fib tot (g)	Fib ins (g)		D (mcg)	Fol (mcg)	B1 (mg)	B6 (mg)	Nia (mg)		Cu (mg)	I (mcg)	Mn (mg)	P (mg)	Na (mg)	
Fígado de frango (cru)	106.00	77.8	17.6	0.6	1.3	341	nd	3863	nd	nd	0.62	nd	nd	6	9.5	28	281	nd	3.70
		0	3.5	0.7	nd	nd	nd	nd	nd	nd	nd	nd	nd	0.26	nd	0.35	344	82	
Figo	74.00	79.1	0.75	0.14	0.06	0	0.65	14	tr	2	0.05	0	0.30	35	0.37	17	232	2.26	0.15
		19.2	0.3	0.07	0	3.3	2.65	0	3	0.06	0.11	0.4		0.07	tr	0.13	14	1	
Figo seco	255.00	28.4	3.06	0.56	0.23	0	4	13.3	tr	0.8	0.09	0	0.44	144	2.24	59	712	5.99	0.51
		65.4	1.18	0.26	0	9.3	5.3	0	7.5	0.07	0.22	0.69		0.31	tr	0.39	68	11	
Filé de frango (cozido)	163.67	64.77	30.59	0.76	1	83.73	0	5.91	0.261	0.238	0.115	0.333	0.95	16.347	1.046	28.773	255.302	27.401	1.00
		0.25	3.53	1.23	0	0.02	0	0.295	3.963	0.069	0.602	13.499		0.05	tr	0.031	225.759	370.125	
Filé de frango à milanesa	221.00	54.9	28.5	3.3	1.6	84	nd	7	nd	nd	0.04	nd	nd	9	1.1	35	408	nd	0.80
		7.5	7.8	2.4	nd	1.1	nd	nd	nd	0.05	nd	11.07		0.05	nd	0.06	249	122	
Filé de frango (grelhado)	183.63	62.89	29.66	2.36	1.38	81.15	0	5.729	2.873	0.289	0.109	0.324	0.93	16.222	1.02	27.938	248.23	26.611	0.98
		0.31	6.22	1.84	0	0.02	0	0.285	3.85	0.07	0.582	13.086		0.061	tr	0.035	219.118	410.303	
Filé mignon – carne bovina – Pão de Açúcar®	290.00	nd	16	nd	9	95	nd	nd	nd	nd	nd	nd	nd	11	3	nd	nd	nd	nd
		0	24	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	130	
Filé mignon sem gordura (cru)	143.00	71.9	21.6	0.2	2.9	55	nd	4	nd	nd	0.1	nd	nd	3	1.9	21	322	nd	2.80
		0	5.6	1.9	nd	nd	nd	nd	nd	0.12	nd	1.78		0.08	nd	0.01	193	49	
Filé mignon sem gordura (grelhado) – carne bovina	220.00	57	32.8	0.2	4.5	103	nd	tr	nd	nd	0.08	nd	nd	4	2.9	28	326	nd	4.10
		0	8.8	3.1	nd	nd	nd	nd	nd	0.03	nd	4.27		0.14	nd	0.02	308	58	
Filezinho de frango congelado	220.00	nd	12.31	nd	2.61	nd	nd	nd	nd	nd	0.15	0.55	nd	nd	1.61	nd	nd	nd	0.85
Chikenitos Tradicional Turma da Mônica – Perdigão®		23.08	8.46	nd	0	0.23	nd	nd	nd	0.14	0.15	nd		nd	nd	nd	nd	340	
Flan chocolate – Royal®	340.42	nd	7.45	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		69.15	nd	nd	nd	11.70	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	606.38	
Flanco sem gordura (cozido) – carne bovina	196.00	62	29.4	0.1	3.9	nd	nd	2	nd	nd	tr	nd	nd	4	2.8	14	249	nd	5.60
		0	7.8	2.8	nd	nd	nd	nd	nd	tr	nd	nd		0.07	nd	tr	181	42	
Flanco sem gordura (cru) – carne bovina	141.00	72.1	20	0.1	3.1	50	nd	2	nd	nd	0.16	nd	nd	3	1.6	18	324	nd	4.50
		0	6.2	2.3	nd	nd	nd	nd	nd	0.11	nd	nd		0.05	nd	tr	nd	54	
Flocos de milho	360.00	nd	7	nd	nd	nd	nd	667	nd	50	1.33	0.83	nd	nd	11.67	nd	nd	nd	7.50
		84	0.00	nd	0	3	nd	nd	667	1.17	1.67	15		nd	nd	nd	nd	nd	
Flocos de trigo integral, arroz, milho e frutas Nestlé & Frutas – Nestlé®	326.67	nd	8.33	nd	1.33	0	nd	nd	nd	nd	0.66	nd	2.67	500	10.33	nd	nd	nd	5.67
		66.67	2.67	nd	0	11	nd	nd	173.33	nd	0.83	12		nd	nd	nd	nd	320	
FM 85 – Nestlé®	347.00	nd	20	nd	nd	nd	nd	3645	47	216	2.5	2.6	9.40	1423	28	51	828	29	17.00
		66	0.5	nd	nd	0	nd	60	1008	1.3	1.3	21		9.5	386	137	856	420	
Folhado de banana com canela congelado – Forno de Minas®	307.50	nd	3.5	nd	5.75	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		32.5	18.25	nd	0	1.75	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	212.50	
Folhado de frango congelado – Forno de Minas®	272.50	nd	9.75	nd	8.25	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		23	15.75	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	340	
Folhado de presunto e queijo congelado – Forno de Minas®	287.50	nd	7.75	nd	10	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		23.5	18	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	483.33	
Fondue de chocolate – Serrabella®	350.00	nd	0	nd	10	tr	nd	nd	nd	nd	nd	nd	nd	nd	4	nd	nd	nd	nd
		50	20	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)	
Fondue de queijo – Serrabella®	266.67	nd	16.67	0	20	nd	13.33	53.33	nd	nd	nd	nd	nd	nd	nd	566.67	0	nd	nd	nd	nd	nd
Fondue de queijo suíço – Tigre®	218.18	nd	14.54	1.82	16.36	nd	14.54	45.45	nd	nd	nd	nd	nd	nd	nd	901.82	0	nd	nd	nd	nd	nd
Fraldinha (crua) – carne bovina	221.00	65.4	17.6	0	16.1	0.3	7.3	54	0	0	tr	0	0.19	3.26	0.36	3	2.58	24.02	414.41	tr	4.81	
Fraldinha com gordura (cozida) – carne bovina	338.00	49.7	24.2	0	26	0.5	12.1	65	0	tr	0	0	0.05	0	0	3	2	14	207	39	6.50	
Framboesa congelada – DeMarchi®	48.95	nd	0.91	0.56	11.61	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	
Framboesa fresca	49.00	86.6	0.91	11.6	0.55	0.31	0.02	0	0.7	13	tr	25	0.09	0	0.24	22	0.57	18	152	0.5	0.46	
Frango à passarinho	250.00	nd	31	0.69	12.1	7.79	nd	107	nd	17.3	1.89	0.76	0.27	0.37	1.42	18.7	1.52	28.7	290	15.8	3.31	
Frango à passarinho com alho e óleo	408.57	nd	16.15	1.6	37.76	nd	nd	48.95	nd	13.33	nd	4.48	nd	nd	nd	16.25	0.77	nd	nd	nd	nd	
Frango ao molho de açafrão	277.00	nd	27.52	1.23	14.45	nd	nd	74.3	nd	43.67	nd	3.43	nd	nd	nd	14.15	1.16	nd	nd	nd	nd	
Frango ao molho rôti com jardineira de legumes e arroz congelado – Taeq®	134.67	nd	5.67	14.67	6	nd	1.67	1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	437.67	nd	
Frango caipira inteiro com pele (cozido)	243.00	59.7	23.9	0	15.6	2.3	4.4	110	nd	16	nd	nd	tr	nd	nd	17	1.7	18	210	nd	1.70	
Frango caipira inteiro sem pele (cozido)	196.00	61.4	29.6	0	7.7	1.2	2.2	106	nd	6	nd	nd	0.03	nd	nd	66	2.1	23	224	nd	2.70	
Frango com feijão guandú	177.32	nd	15.14	16.77	5.4	nd	nd	nd	nd	2.12	nd	0.32	nd	nd	nd	42.04	1.79	nd	nd	nd	nd	
Frango com quiabo	169.03	65.43	15.03	13.16	3.54	1.57	1.64	47	0.74	36.316	1.306	4.378	0.106	0.155	0.62	24.656	1.016	41.728	243.101	15.696	1.16	
Frango ensopado com jambu	109.04	nd	10.6	1.83	8.44	nd	nd	32.83	nd	52.83	nd	7.19	nd	nd	nd	18.82	0.88	nd	nd	nd	nd	
Frango inteiro com pele (cru)	226.00	66.5	16.4	0	17.3	3.9	5.2	85	nd	7	nd	nd	0.03	nd	nd	6	0.6	24	217	nd	1.10	
Frango inteiro sem pele (assado)	187.00	63.2	28	0	7.5	1.8	2.1	111	nd	tr	nd	nd	tr	nd	nd	9	0.6	14	283	nd	1.60	
Frango inteiro sem pele (cozido)	170.00	67.5	25	0	7.1	1.5	2.2	99	nd	tr	nd	nd	nd	11.2	nd	0.03	nd	tr	233	70		
Frango inteiro sem pele (cru)	129.00	74.9	20.6	0	4.6	1.9	1.4	78	nd	4	nd	nd	0.03	nd	nd	7	0.5	27	238	nd	1.20	
Frango molho paris – Swift Premium®	104.50	nd	13.3	nd	4.1	2.05	nd	70	nd	nd	nd	nd	nd	nd	nd	0.03	nd	0.01	190	73	nd	

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Frango no tucupi	124.85	nd 14.96	9.14 2.94	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Frango xadrez congelado – Perdigão®	121.33	nd 11.33	8 5.33	nd nd	2 0	nd 1.33	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 708	nd nd
Frango xadrez congelado – Sadia®	80.67	nd 4.67	8.33 3.17	nd nd	0.73 0.2	24 0.2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	0.3 nd	nd nd	nd nd	nd 384.67	nd nd
Fritada de maturi	345.93	nd 6.31	17.52 28.44	nd nd	nd 0	570.15 1.13	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	130.15 nd	3.07 nd	nd nd	nd nd	nd nd	nd nd
Frozen iogurte	159.00	65.3 24.2	4 5.6	0.21 1.6	3.43 0	2 0	0 0	57 0.04	tr 6	0.8 0.04	0.22 0.08	0.29 0.29	0.65 0.29	143 0.04	0.3 tr	14 0.01	211 129	1.8 87	0.42
Frozen mousse de chocolate com raspas Miss Daisy – Sadia®	295.00	nd 36.67	0 16.17	nd nd	5.5 2.33	11.33 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1.83 nd	nd nd	nd nd	nd 116.67	nd nd
Frozen mousse sabor chocolate com coco e coco ralado Miss Daisy – Sadia®	295.00	nd 36.67	0 16.17	nd nd	5.5 2.33	5.67 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1.83 nd	nd nd	nd nd	nd 116.67	nd nd
Frozen mousse sabor maramujá Miss Daisy – Sadia®	228.33	nd 35	3.33 8	nd nd	2.83 0.67	5.83 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 126.67	nd nd
Fruta-do-conde	96.00	72.8 24.6	1.6 0.2	nd nd	nd 0	nd 1.6	nd nd	tr nd	nd nd	35 0.11	0.15 nd	nd 0.9	nd nd	28 0.11	1.8 nd	nd nd	nd 36	nd nd	nd nd
Fruta pão (crua com casca)	96.00	nd 24.7	1.299 0.299	nd nd	nd 0	0 1.299	nd nd	2 nd	nd nd	12 nd	nd nd	nd nd	nd nd	28.957 nd	0.7 nd	nd nd	nd nd	nd nd	nd nd
Fubá	362.00	10.3 76.9	8.13 3.6	1.64 0.95	0.51 0	0 7.3	4.2 3.1	47 0	4.5 25.4	0 0.39	0.2 0.3	0 3.63	0 0.43	6 0.19	3.46 2.7	127 0.5	287 241	8.03 35	1.83
Fubá de milho escaldado	198.27	nd 19.65	18.4 9.89	nd nd	nd 0	185.14 1.86	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	28.7 nd	0.85 nd	nd nd	nd nd	nd nd	nd nd
Fundo de alcachofra congelado – Daucy®	30.00	nd 4	1.8 0	nd nd	0 0	nd 10	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	44 nd	1 nd	nd nd	nd nd	nd 15	nd nd
Funghi	354.00	9.26 49.09	30.8 3.84	1.53 1.88	0.43 0	nd 16.1	nd nd	nd nd	nd nd	0.5 nd	nd nd	nd nd	nd nd	26.8 43.09	20.8 0.66	nd nd	nd nd	nd 38.5	nd nd
Furrundu	226.58	nd 58.42	0.38 0.31	nd nd	nd 0	1.29 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Galinha à cabidela	178.11	67.33 1.42	22.85 8.47	1.57 4.03	1.97 0	69.66 0.31	0.09 0.16	21.73 0.235	0.855 9.47	3.553 0.064	0.147 0.388	0.258 7.253	0.89	16.456 0.069	1.12 0.188	22.286 0.045	229.935 158.81	22.318 68.847	1.69
Galinha ao molho pardo	137.71	nd 2.13	20.01 5.13	nd nd	nd 0	60.74 0.45	nd nd	27.21 nd	nd nd	11.43 nd	nd nd	nd nd	nd nd	15.62 nd	1.06 nd	nd nd	nd nd	nd nd	nd nd
Garupa em posta	117.76	nd 0.32	18.25 4.46	nd nd	nd 0	89.63 0.15	nd nd	41.3 nd	nd nd	0.54 nd	nd nd	nd nd	nd nd	104.43 nd	0.93 nd	nd nd	nd nd	nd nd	nd nd
Gatorade de laranja – Pepsico®	23.5	nd 6	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	10 14	nd 52	nd nd
Gatorade de limão – Pepsico®	23.5	nd 6	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	10 14	nd 52	nd nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Gelatina em pó sem sabor branca ou vermelha – Royal®*	350.00	nd	83.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Gelatina limão – Royal®	371.79	nd	17.95	nd	nd	0	nd	nd	nd	205.13	nd	nd	nd	nd	nd	nd	nd	nd	nd
Gelatina (qualquer sabor) – Royal®*	371.79	73.08	nd	nd	nd	0	nd	nd	nd	205.13	nd	nd	nd	nd	nd	nd	nd	1217.95	nd
Gelatina Zero (qualquer sabor) – Royal®	321.43	17.86	53.57	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	3250.00	nd
Geleia	272.00	29	0.6	tr	0	0	tr	1	tr	15	0.03	tr	tr	20	1	tr	88	tr	tr
Geleia de amora	207.89	51.32	1.25	nd	nd	0	nd	23.36	nd	8.82	nd	nd	nd	23.57	467.33	nd	nd	nd	nd
Geleia de cagaita	121.07	nd	0.29	nd	nd	0	nd	1.43	nd	2.99	nd	nd	nd	8.89	0.2	nd	nd	nd	nd
Geleia de lobeira	121.07	31.28	0.3	nd	nd	0	nd	1.43	nd	2.99	nd	nd	nd	8.89	0.2	nd	nd	nd	nd
Geleia de mangaba	97.15	nd	0.57	nd	nd	0	nd	24.04	nd	28.19	nd	nd	nd	33.18	2.25	nd	nd	nd	nd
Geleia de maracujá light – Doce Menor®	44.00	nd	0.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Geleia de mocotó	147.00	61.8	3	nd	nd	0	nd	nd	nd	0.32	nd	1.2	nd	18	1.3	nd	nd	6	nd
Geleia de morango – Ritter®	242.88	nd	0	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Geleia de morango com pedaços – Ritter®	242.88	59.42	0	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Geleia de pera do cerrado	121.07	nd	0.29	nd	nd	0	nd	1.43	nd	2.99	nd	nd	nd	8.89	0.2	nd	nd	nd	nd
Gema de ovo de galinha	358.00	48.8	16.8	4.2	9.55	1281	0	584	tr	0	0.64	3.11	3.31	137	3.53	9.01	94	45.2	3.12
Gemada com leite	113.12	79.1	4.8	0.63	2.94	167.8	0	97.111	0.066	0.782	0.215	0.676	0.73	115.69	0.475	12.239	137.911	6.783	0.70
Gemada sem leite	368.51	30.79	10.59	2.66	6.02	807.83	0	368.275	0	0	0.412	1.963	2.41	86.765	2.243	5.674	60.01	28.619	1.98
Gengibre	70.83	81.66	1.67	0	0	0	nd	0	nd	4.17	0.04	0	0.21	16.67	0.5	41.67	416.67	nd	0.33
Gengibre em pó	347.00	9.38	9.12	1.31	1.94	0	tr	14.7	tr	0.04	0.17	0.83	tr	0.22	nd	0.23	25	12.5	4.72
Gergelim semente seca	573.00	4.7	17.7	21.8	6.96	0	1.9	0.9	2.27	0	0.25	0	0.05	975	14.6	351	468	5.35	7.76
Glucose de milho	286.00	25	0	nd	nd	0	nd	0	96.7	0.79	0.79	4.52	tr	4.08	tr	2.46	629	11	nd
		73.8	0	nd	0	nd	nd	nd	nd	0.06	nd	0	nd	53	3.9	nd	29	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Goiaba	51.00	86.1 11.9	0.82 0.6	0.17 0	0.25 0.06	0.25 0.06	0.17 0	0 5.4	2.7 2.7	79 0	tr 14	184 0.05	0.05 0.14	0 1.2	0.15 0.1	20 0.1	0.31 tr	10 0.14	284 25	tr 3	0.23
Goiaba (casca)	82.00	16.11 2.23	1.01 0.35	nd nd	nd nd	nd nd	nd nd	nd 3.85	nd nd	3.55 nd	nd nd	nd 31.2	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0.21	nd nd	nd nd	nd nd
Goiabada	249.00	35 64.1	0.5 0.1	nd nd	nd nd	nd nd	nd 0	0 0.9	nd nd	1 nd	nd nd	4 0.01	0.03 nd	nd 0.2	nd nd	18 nd	0.9 nd	nd nd	nd 8	nd nd	nd nd
Goiabada – Doces da Christy®	203.51	nd 6.666	7.018 0	nd 0	nd 0	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Cordura vegetal – Mesa®	900.00	nd nd	nd 100	23 30	22 7	23 30	22 7	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd
Cordura vegetal – Saúde®	900.00	nd 0	0 100	nd nd	25 37	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd 0
Cordura vegetal hidrogenada	885.71	0 0	0 100	37.86 42.86	15 0	nd nd	nd nd	0 0	nd nd	0 nd	nd 0	0 0	0 0	0 0	0.00 0	0 0	0 nd	0 0	0 0	0 0	0.00
Granola	487.00	3.3 55.5	12.3 27.2	14.1 7.69	4.8 0	10.5 nd	0 0	0 10.5	nd nd	3.5 0	nd 81	1 0.6	0.25 0.35	0 1.76	0.60 0.57	62 0.57	3.98 nd	116 nd	502 405	20 10	3.67
Grão-de-bico (cozido)	164.00	60.2 27.4	8.87 2.6	1.16 0.58	0.27 0	1.5 3.4	0 4.9	0 4.9	1.5 3.4	2.7 0	1.17 172	1.3 0.12	0.06 0.14	0 0.53	0.29 0.35	49 0.35	2.9 tr	48 1.03	291 168	3.72 7	1.54
Grão-de-bico (cru)	364.00	11.5 60.7	19.3 6.05	2.69 1.36	0.63 0	4.3 7.7	0 12	0 12	4.3 7.7	6.7 0	3.11 557	4 0.48	0.21 0.54	0 1.54	1.59 0.85	105 0.85	6.25 tr	115 2.2	875 366	9 24	3.44
Grão-de-bico com linguiça	352.42	26.46 36.58	16.98 15.97	4.14 6.54	3.87 0	2.56 4.58	21.62 7.14	2.56 4.58	2.56 4.58	69.244 0.36	5.022 329.872	3.242 0.456	0.192 0.413	0.367 2.07	1.07 0.523	70.995 0.523	4.106 0.102	73.25 1.326	608.521 264.857	9.922 979.741	2.70
Grão-de-bico enlatado – Bonduelle®	116.15	nd 15.07	6.92 1.92	nd 0	0.23 0	nd nd	nd 5.61	nd 5.61	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 240	nd
Grapefruit branco	33.00	90.5 8.42	0.69 0.1	0.02 0.01	0.01 0	0.85 0.52	0 1.37	0 1.37	0.85 0.52	1 0	0.26 10	33.3 0.04	0.02 0.04	0 0.27	0.28 0.05	12 0.05	0.06 tr	9 0.01	148 8	0.88 0	0.07
Grapefruit rosa	30.00	91.4 7.69	0.55 0.1	0.02 0.01	0.01 0	0.85 0.52	0 1.37	0 1.37	0.85 0.52	26 0	0.26 12.2	38.1 0.03	0.02 0.04	0 0.19	0.28 0.04	11 0.04	0.12 tr	8 0.01	129 9	0.86 0	0.07
Graviola	66.00	81.2 16.8	1.01 0.3	tr tr	tr 0	tr tr	0 3.3	0 3.3	tr tr	0.2 0	tr 14	20.6 0.07	0.05 0.06	0 0.9	0.25 0.09	14 0.09	0.6 tr	21 tr	278 27	tr 14	0.10
Groselha vermelha fresca	56.00	84 13.8	1.41 0.2	0.09 0.03	0.02 0	0.7 3.6	0 4.3	0 4.3	0.7 3.6	12 0	tr 3.48	41 0.04	0.05 0.07	0 0.1	0.06 0.11	33 0.11	1.01 tr	13 0.19	275 44	0.42 1	0.23
Guabiroba	64.00	82.8 13.9	1.6 1	nd nd	nd 0	nd nd	0 0.8	0 0.8	nd nd	30 nd	nd nd	33 0.04	0.04 nd	nd 0.5	nd nd	38 nd	3.2 nd	nd nd	nd 29	nd nd	nd
Guara Power® (energético)	36.67	nd 8.44	0.66 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	6.667 nd	12.667	nd
Guaraná – Antarctica®	41.5	nd 10	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	5.5 nd	nd
Guaraná diet – Antarctica®	0	nd 0	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 5.5	nd
Guarioba ao molho	70.90	nd 14.04	1.57 3.64	nd 0	nd 0	nd nd	nd 0	0 0.89	nd nd	29.46 nd	nd nd	31.1 nd	nd nd	nd nd	nd nd	41.48 nd	2.83 nd	nd nd	nd nd	nd nd	nd nd

[illegible]

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Hambúrguer de peru – Perdigão®	151.25	nd	18.75	nd	2.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		2.5	7.5	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	590	
Hambúrguer grelhado	174.87	66.67	17.67	0.77	3.13	65.78	0.11	26.174	0.705	2.642	0.291	1.835	0.48	14.745	2.215	20.637	274.889	5.052	3.68
		5.71	8.47	3.49	0	0.37	0.26	0.37	16.217	0.112	0.242	4.252		0.08	nd	0.058	144.775	231.53	
Hambúrguer suíno sabor calabresa – Perdigão®	262.50	nd	20	nd	8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		3	18.75	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	865	
Hambúrguer de soja – Perdigão®	80.00	nd	8.75	nd	0.88	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		3.75	3.75	nd	0	7.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	600	
Hondashi	340.00	nd	82	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		3	66	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	790	
Hortelã	43.00	86.4	3.8	nd	nd	0	nd	0	5	31	0.33	0	nd	210	9.5	nd	260	nd	nd
		5.3	0.7	nd	0	nd	nd	0	110	0.12	nd	1.1		nd	nd	1.4	75	15	
Hot pocket Extreme Cheddar – Sadia®	321.38	nd	19.31	nd	8.27	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		22.07	17.24	nd	0.62	4.07	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	754.48	
Hot pocket Extreme x-burguer – Sadia®	342.76	nd	12.41	nd	7.58	20	nd	nd	nd	nd	nd	nd	nd	162.76	3.03	nd	nd	nd	nd
		27.58	17.24	nd	0.41	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1019.31	
Hot pocket x-burguer com molho churrasco – Sadia®	239.31	nd	11.72	nd	3.79	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		23.45	11.03	nd	0.76	2.62	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	906.89	
Hot pocket x-burguer com molho picante – Sadia®	248.27	nd	11.72	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		23.45	12.41	nd	0.76	2.62	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	965.52	
Hot pocket x-calabresa – Sadia®	276.55	nd	15.86	nd	4.14	11.06	nd	nd	nd	nd	nd	nd	nd	84.83	0.83	nd	nd	nd	nd
		23.45	13.1	nd	0.48	1.17	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	471.72	
Hot pocket x-frango – Sadia®	268.27	nd	13.10	nd	3.79	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		25.51	13.10	nd	0	1.31	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	629.65	
Hot pocket x-picanha – Sadia®	251.72	nd	13.1	nd	4.55	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		23.45	11.72	nd	0.34	1.17	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	598.62	
Impact frutas vermelhas pó – Nestlé®	406.76	nd	22.97	nd	5.95	nd	nd	nd	nd	nd	nd	nd	nd	324.32	5	93.24	543.24	18.92	6.08
		54.05	10.95	nd	0	4.05	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	291.89	429.73	
Impact líquido – Nestlé®	100.00	nd	5.6	nd	1.6	nd	nd	nd	nd	nd	nd	nd	nd	61.2	1.2	22.8	97.2	10	1.50
		13.2	2.8	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	80	156	
Impact pêssego pó – Nestlé®	371.62	nd	22.97	nd	5.95	nd	nd	nd	nd	nd	nd	nd	nd	324.32	5	93.24	543.24	18.92	6.08
		44.59	10.95	nd	0	4.05	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	291.89	429.73	
Ingá	60.00	83	1	nd	nd	0	nd	nd	nd	9	0.06	nd	nd	21	0.9	nd	nd	nd	nd
		15.5	0.1	nd	0	1.2	nd	nd	nd	0.04	nd	0.4	nd	nd	nd	nd	20	nd	nd
Inhame (cozido)	116.00	70.1	1.5	0.06	0.03	0	tr	0	tr	12.1	0.03	0	0.31	14	0.52	18	670	0.7	0.20
		27.6	0.14	0.01	0	3.9	tr	0	16	0.1	0.23	0.55		0.15	tr	0.37	49	8	
Inhame (cru)	118.00	69.6	1.54	0.08	0.04	0	tr	0	tr	17.1	0.03	0	0.31	17	0.54	21	816	tr	0.24
		27.9	0.17	0.01	0	4.1	tr	0	23	0.11	0.29	0.55		0.18	tr	0.4	55	9	
Logurte integral com mel – Nestlé®	98.82	nd	3.59	nd	1.65	nd	nd	nd	nd	nd	nd	nd	nd	121.17	nd	nd	nd	nd	nd
		14.70	2.82	nd	0.12	0.53	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	45.29	
Logurte batido açúcar e mel – Parmalat®	82.20	nd	2.78	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	108	nd	nd	128.6	nd	nd
		14.99	1.24	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	86.6	61.7	



Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib tot (g)	Fib ins (g)	A (RE) D	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)	
logurte com açúcar e cereais – Vigor®	119.39	nd 22.42	3.33 1.70	nd nd	1.03 0	nd nd	0 0	nd 0	nd 0	nd nd	43.63 nd	nd 17.57	3.27 0.09	0.09 0.09	0.17 1.21	nd nd	100.61 nd	1.03 nd	nd nd	nd nd	nd nd	nd 102.42	0.54
logurte com ameixa – Danone®	42.94	nd 5.06	3.23 1.06	nd nd	0.65 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	124.70 nd	nd nd	nd nd	nd nd	nd nd	nd 53.53	nd
logurte integral com mel – Batavo®	101.17	nd 14.70	3.06 3.35	nd nd	2 0	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	104.70 nd	nd nd	nd nd	nd nd	nd nd	nd 41.17	nd
logurte com laranja, cenoura e mel – Danone®	100.59	nd 14.70	3.47 3.12	nd nd	2 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	125.29 nd	nd nd	nd nd	nd nd	nd nd	nd 57.06	nd
logurte com granola e mel – Paulista®	99.41	nd 16.47	2.29 2.70	nd nd	1.70 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	89.41 nd	nd nd	nd nd	nd nd	nd nd	nd 37.65	nd
logurte integral com cenoura, suco de laranja e mel – Nestlé®	101.76	nd 15.88	3.12 2.94	nd nd	1.59 0.12	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	100 nd	nd nd	nd nd	nd nd	nd 35.88	nd nd	nd
logurte de araticum	82.96	nd 13.17	2.21 2.57	nd nd	nd nd	nd nd	nd 0	8.8 1.03	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	92.22 nd	0.79 nd	nd nd	nd nd	nd nd	nd nd	nd
logurte Danio tradicional – Danone®	68.82	nd 7.65	5.88 1.65	nd nd	0.06 0.47	nd nd	1.12 0	76.47 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	747.06 nd	nd nd	nd nd	nd nd	nd nd	nd 48.82	nd
logurte de morango – Parmalat®	80.00	nd 16	2 1	nd nd	0.5 0	nd nd	nd nd	3 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	90 nd	nd nd	nd nd	nd nd	nd 50	nd nd	nd
logurte de morango Corpus – Danone®	40.59	nd 4.76	3.06 1.06	nd nd	0.65 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	124.12 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
logurte desnatado de frutas	102.00	74.5 19.1	4.38 1.09	0.03 0.3	0.7 0	tr tr	4.2 0.1	4.2 0	tr tr	tr tr	11 0.03	tr 9.3	0.66 0.04	0.18 0.04	0.47 0.1	0.49	152 0.08	0.07 18.5	14.6 0.07	195 119	1.5 58.4	0.74	
logurte desnatado natural	63.30	85.1 7.05	5.26 1.43	0.06 0.35	0.95 0	0 0	6.1 0	6.1 0	0 0	0 0	16 0.04	tr 11.2	0.8 0.04	0.21 0.05	0.56 0.11	0.59	183 0.01	0.08 35.6	17.5 0	234 144	1.5 70.2	0.89	
logurte grego tradicional – Vigor®	151.00	nd 16	5.1 7.5	nd nd	5.1 0	nd nd	5.1 0	nd 0	0 nd	0 nd	nd nd	nd nd	0 0	nd nd	nd nd	nd nd	203 nd	nd nd	nd nd	nd nd	nd 42	nd nd	nd
logurte grego baunilha – Vigor®	150.00	nd 16	5 7.4	nd nd	5 0	nd nd	5 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	199 nd	nd nd	nd nd	nd nd	nd 41	nd nd	nd
logurte grego tradicional – Nestlé®	113.00	nd 15	4.6 4	nd nd	2.3 0	nd nd	2.3 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 75	nd nd	nd
logurte grego com pedaços de abacaxi – Nestlé®	135.00	nd 20	4.7 4.2	nd nd	2.3 0	nd nd	2.3 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	170 nd	nd nd	nd nd	nd nd	nd 70	nd nd	nd
logurte grego com frutas vermelhas – Nestlé®	119.00	nd 19	3.7 3.2	nd nd	1.9 0	nd nd	1.9 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 60	nd nd	nd
logurte integral natural	61.40	87.9 4.67	3.48 3.26	0.09 0.89	2.1 0	0 0	2.1 0	12.7 0	0 0	0 0	30 0.04	tr 7.4	0.53 0.03	0.14 0.03	0.37 0.08	0.39	121 0.01	0.05 29	11.6 0	155 94.9	1.4 46.4	0.59	
logurte integral natural – Batavo®	60	nd 5.12	3.53 2.82	nd nd	1.70 0	nd nd	1.70 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	135.29 nd	nd nd	nd nd	nd nd	nd 55.88	nd nd	nd
logurte integral natural – Nestlé®	74.12	nd 5.35	4 4.12	nd nd	2.59 0	nd nd	2.59 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	145.29 nd	nd nd	nd nd	nd nd	nd nd	nd 57.05	nd



Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
loio Nut® cream com avelã	530.00	nd	5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	70	0.35	nd	nd	nd	nd
		60	31.5	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	75	nd	nd
loio Nut® cream com leite e avelã	525.00	nd	4.7	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	95	0.2	nd	nd	nd	nd
		60	31	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	84	nd	nd
Isca de pirarucu	228.07	nd	8.16	nd	nd	nd	10.96	nd	19.99	nd	17.56	nd	nd	nd	130.17	1.02	nd	nd	nd	nd
		15.07	15.25	nd	nd	nd	0	0.51	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Isca de pirarucu ao molho	283.32	nd	12.27	nd	nd	nd	49.82	nd	39.52	nd	3.21	nd	nd	nd	161.9	0.94	nd	nd	nd	nd
		7.73	23.23	nd	nd	nd	0	0.17	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Isosource 1,5 – Nestlé®	152.00	nd	6.8	nd	nd	2.5	0.8	nd	nd	nd	nd	nd	nd	nd	107	1.9	43	214	7.6	3.20
		17	6.4	nd	nd	0	0.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	107	129	nd
Isosource 1,5 sem sacarose – Nestlé®	148.00	nd	6.5	nd	nd	2.8	0.8	nd	nd	nd	nd	nd	nd	nd	107.2	1.9	42.8	214.4	7.6	3.20
		15.3	6.7	nd	nd	0	0.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	107.2	128.8	nd
Isosource HN – Nestlé®	120.00	nd	5.3	nd	nd	2.3	0	nd	nd	nd	nd	nd	nd	nd	100	1.2	26	164	3.6	0.80
		15.7	4	nd	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	70	120	nd
Isosource soya – Nestlé®	122.7	nd	4.4	nd	nd	2.3	0	nd	nd	nd	nd	nd	nd	nd	100	1.2	26	164	3.6	0.80
		17	4.1	nd	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	70	120	nd
Isosource standard – Nestlé®	122.00	nd	4.4	nd	nd	2.3	0	nd	nd	nd	nd	nd	nd	nd	100	1.2	26	164	3.6	0.08
		16.8	4	nd	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	70	120	nd
Itokonyaku	0.00	nd	0.1	0	0	0	0.1	nd	0	nd	0	0	0	nd	43	0.4	nd	60	nd	nd
		2.2	0	0	0	0	0	nd	nd	nd	nd	nd	0	nd	nd	nd	nd	5	10	nd
Jabuticaba	51.30	87.7	1	nd	nd	nd	0	nd	nd	nd	12	0.16	nd	nd	13	1.9	nd	nd	nd	nd
		10.8	0.1	nd	nd	0	0.3	nd	nd	nd	0.06	nd	2.5	nd	nd	nd	nd	14	nd	nd
Jaca	94.00	73.2	1.48	tr	tr	tr	0	2.7	29.7	tr	6.7	0.11	0	tr	34	0.6	37	303	tr	0.42
		24	0.3	tr	tr	0	1.6	nd	0	14	0.03	0.11	0.4	0.19	0.19	0.2	0.2	36	3	nd
Jaca (casca)	87.00	64	1.02	nd	nd	nd	0	nd	0.634	nd	nd	nd	nd	nd	nd	0.04	nd	0.01	0.0009	nd
		14.71	0.12	nd	nd	nd	3.4	nd	nd	nd	403	nd	nd	nd	nd	nd	0.31	nd	nd	nd
Jaca (semente)	88.00	15.13	2.49	nd	nd	nd	nd	nd	0.545	nd	nd	nd	nd	nd	nd	0.76	nd	0.19	tr	nd
		0.82	0.21	nd	nd	nd	2.25	nd	nd	nd	4.4	nd	nd	nd	nd	nd	5.67	nd	nd	nd
Jambo	50.00	nd	0.805	nd	nd	nd	0	nd	25	nd	22	nd	nd	nd	25.974	1.402	nd	nd	nd	nd
		12.805	0.194	nd	nd	0	1.103	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Jaraqui (frito)	300.32	nd	14.87	nd	nd	nd	0	nd	18.75	nd	0	nd	nd	nd	209.26	0.9	nd	nd	nd	nd
		7.4	24.25	nd	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Jardineira	167.77	nd	7.41	nd	nd	nd	0	nd	600.57	nd	10.84	nd	nd	nd	34.47	2.02	nd	nd	nd	nd
		13.39	9.47	nd	nd	0	2.06	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Jatobá	115.00	nd	1	nd	nd	nd	0	nd	30	nd	33	nd	nd	nd	31	0.8	nd	nd	nd	nd
		29.4	0.7	nd	nd	0	10.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Jenipapo	130.14	nd	5.2	nd	nd	nd	0	nd	30	nd	33	nd	nd	nd	40	3.6	nd	nd	nd	nd
		25.7	0.3	nd	nd	0	9.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Jiló	38.00	89.8	1.4	nd	nd	nd	0	nd	66	nd	27	0.07	nd	nd	22	1	nd	nd	nd	nd
		7	1.1	nd	nd	0	1.2	nd	nd	nd	0.07	nd	1	nd	nd	nd	nd	34	nd	nd
Jiló (casca)	86.00	10.14	0.95	nd	nd	nd	nd	nd	0.055	nd	nd	nd	nd	nd	nd	0.39	nd	0.16	tr	nd
		0.91	0.3	nd	nd	nd	4.76	nd	nd	nd	3.9	nd	nd	nd	nd	nd	5.85	nd	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Kamaboko rosa	106.00	nd	16.2	nd	0	0	0	0	nd	nd	nd	nd	0.1	nd	nd	300	1	nd	100	nd	nd
		7.4	0.8	nd	0	0.1	nd	nd	nd	nd	nd	nd	nd	0.5	nd	nd	nd	nd	230	1200	nd
Kani kama (cru)	80.00	nd	10.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		10.00	0.3	nd	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Katsuo bushi (casca de peixe desidratada)	340.00	nd	78.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		1.25	2.5	nd	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	460	nd
Kíbe bovino – Perdigão®	196.25	nd	16.25	nd	3.75	nd	3.75	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		13.75	8.75	nd	0.625	nd	0.625	6.25	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1180	nd
Kibe bovino – Sadia®	235.00	nd	11	nd	5.25	nd	5.25	19.75	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		12.5	15.75	nd	0.75	nd	0.75	1.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	777.50	nd
Kibinho de carne bovina	188.00	nd	12	nd	4	36	nd	4	nd	nd	nd	nd	nd	nd	nd	nd	0.8	nd	nd	nd	nd
– Seara®		8	12	nd	nd	4	nd	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	640	nd
Kinder ovo – Kinder®	565.00	nd	9	nd	23.5	nd	23.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		55	35	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	120	nd
Kiwi	61.00	83.1	0.99	0.19	0.01	0	0.8	0.01	0	17.5	tr	98	0.05	0	0.28	26	0.41	30	332	tr	0.10
		14.9	0.44	0.19	0	1.1	1.1	1.9	nd	0	22.4	0.02	0.06	0.5	0.05	0.05	tr	0.1	40	5	5
Kombu	276.40	nd	5.9	0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	93	2	nd	nd	nd	nd
		63.2	0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	3400	nd
Lagarto (cozido) – carne bovina	222.00	57.6	32.9	0.2	3.9	nd	3.9	56	nd	3	nd	nd	tr	nd	nd	4	1.9	13	254	nd	7.00
		0	9.1	4	nd	nd	nd	nd	nd	nd	nd	tr	nd	nd	nd	0.05	nd	tr	167	48	nd
Lagarto (cru) – carne bovina	135.00	71	20.5	0.1	2.3	nd	2.3	56	nd	2	nd	nd	0.14	nd	nd	3	1.3	20	362	nd	2.40
		0	5.2	2.3	nd	nd	nd	nd	nd	nd	nd	0.1	nd	nd	nd	0.05	nd	tr	185	54	nd
Lagosta (crua)	90.00	76.8	18.8	0.15	0.18	0	0.18	95	0	21	tr	0	0.05	0.93	1.63	48	0.3	27	275	79	3.03
		0.5	0.9	0.26	0	0	0	0	0	0.1	9.1	0.01	0.06	1.46	1.66	1.66	tr	0.06	144	296	nd
Lambari (cru)	131.00	71.9	16.8	1.2	2	nd	2	159	nd	4	nd	nd	tr	nd	nd	1181	0.9	45	244	nd	3.30
		0	6.5	2.2	nd	nd	nd	nd	nd	nd	nd	0.05	nd	3.3	nd	0.09	nd	0.28	696	48	nd
Lambari (frito)	327.00	40.1	28.4	8.1	5.5	246	nd	246	nd	9	nd	nd	0.03	nd	nd	1881	0.8	66	331	nd	5.60
		0	22.8	7	nd	0	nd	0	nd	nd	nd	0.25	nd	8.93	nd	0.31	nd	0.34	1067	65	nd
Lanche rápido congelado de carne com cheddar – Pão de Açúcar®	230.91	nd	8.1	nd	1.91	nd	1.91	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		30.91	8	nd	0.18	nd	0.18	1.27	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	547.27	nd
Lanche rápido congelado de pizza – Pão de Açúcar®	265.45	nd	12.73	nd	4.27	nd	4.27	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		30	10	nd	0	1.09	0	1.09	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	580.91	nd
Laranja	47.00	86.8	0.94	0.03	0.02	0	0.02	0	1.25	20.5	0.24	53.2	0.04	0	0.25	40	0.1	10	181	0.92	0.07
		11.8	0.12	0.02	0	1.9	0.65	0	0.65	0	30.3	0.09	0.06	0.28	0.05	0.05	tr	0.03	14	0	nd
Laranja (casca)	66.00	59.59	1.2	nd	nd	nd	nd	nd	nd	0.003	nd	nd	nd	nd	nd	nd	362	nd	106.9	nd	nd
		12.1	0.71	nd	nd	nd	nd	6.48	nd	nd	nd	13.7	nd	nd	nd	nd	nd	0.33	nd	nd	nd
Laranja-albuminada	68.71	82.17	1.69	0.04	0.02	0	0.02	0	0.06	15.419	0.166	40.844	0.073	0.021	0.17	9.532	0.162	9.946	175.648	2.09	0.04
		15.64	0.16	0.03	0	0.18	0.12	0	0.12	0	24.237	0.072	0.034	0.322	0.039	0.039	7.489	0.013	14.898	18.657	nd
Laranja-kinkan	47.00	86.80	0.94	0.03	0.02	nd	0.02	0	1.25	20.5	0.240	53.2	0.040	0	0.25	40	0.1	10	181	0.920	0.07
		11.80	0.12	0.02	nd	1.90	0.65	1.90	0.65	0	30.300	0.090	0.060	0.280	0.050	0.050	tr	0.030	14	0	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) D (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Laranja-lima	46.00	87 11.5	1.1 0.1	nd nd	nd nd	0 1.8	nd nd	0 nd	nd nd	43.5 0.09	0.05 0.04	nd tr	nd	31 0.03	0.1 nd	10 0.05	130 15	nd 1	0.10
Laranja-pera	37.00	89.6 8.9	1 0.1	nd nd	nd nd	0 0.8	nd nd	0 nd	nd nd	53.7 0.07	0.02 0.02	nd nd	nd	nd 0.03	0.1 nd	9 0.05	163 23	nd tr	0.10
Laranja-seleta	45.80	nd	0.936 0.122	nd nd	nd 0	0 2.259	nd nd	22.308 nd	nd nd	53.2 nd	nd nd	nd nd	nd	40 nd	0.102 nd	nd nd	nd nd	nd nd	nd
Laranjada	35.66	90.8 8.38	0.47 0.14	0.03 0.02	0.02 0	0 0.14	0.04 0.09	13.525 0	0.136 20.49	33.813 0.061	0.021 0.027	0	0.13	8.074 0.032	0.139 1.353	7.75 0.01	135.275 11.524	0.138 1.623	0.04
Lasanha (presunto, queijo e molho à bolonhesa)	185.00	64.11 12.3	12.91 9.06	0.83 3.59	3.58 0	40.26 0.74	0.15 0.59	30.551 0.146	0.741 8.188	3.919 0.156	0.144 0.159	1.127 3.182	0.24	41.972 0.108	1.595 2.232	19.22 0.153	200.366 124.798	10.507 401.517	2.35
Lasanha à bolonhesa congelada Qualitiá – Pão de Açúcar®	116.62	nd	7.69 4.92	nd nd	2.49 0.31	nd 0.98	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 456.92	nd
Lasanha à bolonhesa congelada – Sadia®	123.92	nd	7.08 6.15	nd nd	2.09 0.12	15.08 0.34	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	50.46 nd	0.8 nd	nd nd	nd nd	nd 533.54	nd
Lasanha de calabresa congelada – Sadia®	149.23	nd	7.38 12	nd 8	3.38 0.09	16.92 0.34	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	50.15 nd	0.71 nd	nd nd	nd nd	nd 502.46	nd
Lasanha de camarão congelada – Costa Sul®	132.00	nd	9.43 5.43	nd nd	2.63 0	nd 1.63	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 480	nd
Lasanha de frango ao molho de vegetais congelada – Sadia®	115.38	nd	6.15 5.54	nd nd	2.25 0.12	0 1.29	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	0 nd	0 nd	nd nd	nd nd	nd 323.08	nd
Lasanha de presunto e queijo ao sugo congelada – Sadia®	127.69	nd	5.54 6.77	nd nd	2.65 0.21	13.23 0.49	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	71.69 nd	0.58 nd	nd nd	nd nd	nd 455.38	nd
Lasanha quatro queijos congelada – Pão de Açúcar®	146.77	nd	6.15 7.69	nd nd	4 0.4	nd 0.34	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 384	nd
Lasanha quatro queijos congelada – Sadia®	128.61	nd	6.15 12	nd 6.15	3.69 0.31	16.61 1.91	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	100.61 nd	0.31 nd	nd nd	nd nd	nd 395.08	nd
Lasanha verde à bolonhesa congelada – Sadia®	141.85	nd	6.77 7.69	nd nd	4.61 0.15	15.38 0.37	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	77.23 nd	0.68 nd	nd nd	nd nd	nd 494.15	nd
Leite chocolate Nesquik Nestlé Fast – Nestlé®	62.14	nd	3.07 1.82	nd nd	0.96 0	nd 0.93	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 81.78	nd
Leite com chocolate e açúcar	91.48	79.52 13.55	3.1 3.11	0.13 0.81	2 0	12.25 0.23	0 0.23	28 0.901	0.121 4.725	0.874 0.036	0.153 0.038	0.322 0.095	0.285	108.677 0.04	0.171 nd	15.865 0.031	159.917 89.202	1.47 52.328	0.41
Leite condensado – Glória®	320.00	55	7.5 8	nd nd	5 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	115 nd	nd nd	nd nd	nd nd	nd 270	nd
Leite condensado light Moça – Nestlé®	275.00	nd	9.5 60	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 170	nd
Leite condensado Moça – Nestlé®	330.00	nd	7 55	nd 8	5 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 110	nd
Leite de cabra desnatado – Caprilat®	30.00	nd	3 4.3	nd 0	0 0	2.5 0	nd nd	nd nd	nd 35	nd nd	nd nd	nd nd	nd	123 nd	nd nd	nd nd	nd nd	nd 60	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Leite de cabra integral – Caprilat®	60.00	nd 4.3	3 3.5	nd nd	2.5 0	15 0	nd nd	nd nd	nd 35	nd nd	nd nd	nd nd	nd nd	123 nd	nd nd	nd nd	nd nd	nd 60	nd nd
Leite de cabra integral em pó – Caprilat®	538.46	nd 30.77	26.92 32.31	nd nd	20 0	134.61 0	nd nd	nd nd	nd 250	nd nd	nd nd	nd nd	nd nd	946.15 nd	nd nd	nd nd	nd nd	nd 269.23	nd nd
Leite de cabra integral em pó instantâneo – Caprilat®	538.46	nd 30.77	26.92 32.31	nd nd	20 0	134.61 0	nd nd	nd nd	nd 250	nd nd	nd nd	nd nd	nd nd	946.15 nd	nd nd	nd nd	nd nd	nd 269.23	nd nd
Leite integral em pó – La Sereníssima®	488.46	nd 38.08	25.77 25.77	nd nd	15 0	nd 0	nd nd	715.38 5.77	nd nd	nd nd	nd nd	nd nd	nd nd	896.15 nd	nd nd	nd nd	nd nd	nd 369.23	nd nd
Leite de castanha-do-Brasil	372.27	nd 27.49	7.29 28.92	nd nd	nd 0	0 2.53	nd nd	2.9 nd	nd nd	0.55 nd	nd nd	nd nd	nd nd	112.88 nd	3.63 nd	nd nd	nd nd	nd nd	nd nd
Leite de coco – Ducôco®	22.00	nd 5.5	0 0	nd nd	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	10 nd	161 nd	nd 12	nd nd
Leite de coco – Socôco®	22.50	nd 5.5	nd nd	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	150 nd	nd 22.50	nd nd
Leite de gergelim	329.66	nd 48.34	5.65 15.47	nd nd	nd 0	0 2.93	nd nd	0.28 nd	nd nd	1.14 nd	nd nd	nd nd	nd nd	306.38 nd	4.75 nd	nd nd	nd nd	nd nd	nd nd
Leite de soja	33.00	93.3 1.82	2.76 1.92	0.83 0.33	0.21 0	0 1.31	0.2 1.11	3.2 0	tr 1.5	0 0.16	0.07 0.04	0 0.15	0.05	4 0.12	0.58 tr	19 0.17	141 49	1 12	0.23
Leite em pó total cálcio Molico – Nestlé®	345.00	nd 50	33.5 0	nd nd	0 0	nd 0	nd nd	565 7.5	nd nd	nd nd	nd nd	nd nd	nd nd	2500 nd	nd nd	nd nd	nd nd	nd 470	nd nd
Leite em pó de soja – Sobee®	469.00	nd 58.8	14 19.8	nd nd	nd 0	nd 0.7	nd nd	336 280	7 35	38.5 0.35	0.42 0.28	1.05 5.6	2.10	0.42 0.35	8.4 nd	70 0.7	545 0.28	nd 175	4.20
Leite em pó desnatado – Glória®	342.86	nd 52.38	33.33 0	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1295.24 nd	nd nd	nd nd	nd nd	nd 657.14	nd nd
Leite em pó integral de cabra com ácido fólico – Scabra®	530.80	3 31.92	26.92 31.92	nd nd	nd 0	nd nd	nd nd	140 nd	250 nd	nd nd	nd nd	nd nd	nd nd	950 nd	nd nd	nd nd	1500 750	nd 300	nd nd
Leite em pó integral de cabra com ácido fólico reconstituído – Scabra®*	69.00	0.39 4.06	3.5 4.06	nd nd	nd 0	nd nd	nd nd	18.2 nd	32.5 nd	nd nd	nd nd	nd nd	nd nd	123.5 nd	nd nd	nd nd	195 97.5	nd 39	nd nd
Leite em pó integral enriquecido – Nutricional (Posto de Sa de)	494.00	nd 38	27 26	nd nd	nd 0	nd nd	nd nd	375 270	nd nd	70 nd	nd nd	nd nd	nd nd	nd nd	10 nd	nd nd	nd nd	nd nd	nd nd
Leite em pó integral enriquecido Bônus – Nestlé®	490.00	nd 37.7	26.4 26	nd nd	nd 0	nd nd	nd nd	360 322	nd nd	nd nd	nd nd	nd nd	nd nd	600 nd	nd 0.13	nd nd	nd nd	nd nd	nd nd
Leite em pó integral enriquecido com ferro e vitamina – Nutril®	615.00	nd 38	27 26	nd nd	nd 0	nd nd	nd nd	720 nd	0.6 nd	42 nd	nd 1.2	1.2 10.2	nd nd	nd nd	6 0.06	nd nd	nd nd	nd nd	nd nd
Leite em pó integral fortificado – La Sereníssima®	488.46	nd 111.67	25.77 25.77	nd nd	15 0	nd 0	nd nd	715.38 5.77	nd nd	53.85 nd	1.5 1.5	nd 18.46	nd nd	896.15 nd	16.15 nd	nd 2.65	nd nd	nd 369.23	8.08
Leite em pó integral fortificado instantâneo Ninho – Nestlé®	500.00	nd 38.07	26.15 26.92	nd nd	15 0	nd 0	nd nd	946.15 6.92	nd nd	65.38 nd	nd nd	nd nd	nd nd	946.15 nd	20 nd	nd nd	nd nd	nd 365.38	9.23
Leite em pó integral fortificado Ninho – Nestlé®	500.00	nd 38.08	26.15 26.92	nd nd	15 0	nd 0	nd nd	865.38 6.92	nd nd	65.38 nd	nd nd	nd nd	nd nd	946.15 nd	20 nd	nd nd	nd nd	nd 365.38	9.23

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) D (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Leite em pó modificado – Pregestimil®	460.00	nd	12.9 63	18.4	nd	nd	nd	nd	nd	424 290	10.9 75	51 0.45	0.41 0.29	2.5 5.8	2.20	430 0.45	8.2 nd	51 nd	500 290	nd 220	3.00
Leite em pó modificado Enfalac – Prematuro®	490.00	54.9	14.5 24.7	nd	nd	nd	nd	nd	nd	456 310	12 175	95 0.39	0.8 0.36	2.5 6.1	2.30	580 0.58	1.1 nd	58 180	620 320	nd 200	4.90
Leite em pó modificado Sobee – Mead Johnson®	469.00	nd	14 58.8	19.8	nd	nd	0	0.7	nd	336 nd	5.63 35	38.5 0.35	0.42 0.28	10.5 nd	2.10	420 0.35	8.4 31.5	70 0.7	545 280	nd 175	4.20
Leite em pó Nestogeno Soy – Nestlé®	464.00	nd	16.6 57.5	18.6	4.8 nd	nd	nd	0	nd	420 280	5.6 42	74 0.28	0.63 0.35	1 3.5	2.10	575 0.7	8.3 3.7	85 390	800 415	nd 235	4.20
Leite em pó semidesnatado Bônus – Nestlé®	427.00	nd	31.3 13	nd	nd	nd	0	nd	nd	360 322	nd nd	nd nd	nd nd	nd nd	nd	600 nd	nd 0.13	nd nd	nd nd	nd nd	nd
Leite em pó semidesnatado enriquecido Svelty Soy – Nestlé®	427.00	nd	31.3 13	nd	nd	nd	0	nd	nd	360 322	nd nd	nd nd	nd nd	nd nd	nd	600 nd	nd 0.13	nd nd	nd nd	nd nd	nd
Leite fermentado Chamyto – Nestlé®	54.67	nd	2.13 10.67	nd	nd	nd	nd	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	88 nd	nd nd	nd nd	nd nd	nd 28	1.73
Leite gelificado chocolate – Nestlé®	128.20	nd	3.27 2.82	nd	nd	nd	0	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Leite integral Nescau – Nestlé®	65.00	nd	2.5 1.75	0.05 0.04	1 0	0.05 0.04	0	6.5 0.5	nd nd	57 nd	nd nd	nd 0.11	0.12 0.12	0.22 1.5	0.47	95 nd	1.3 nd	nd nd	nd nd	nd 57.5	nd
Leite longa vida desnatado – Cotochês®	30.5	nd	3 4.65	0 nd	nd	0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	105 nd	nd nd	nd nd	nd nd	nd 65	nd
Leite longa vida desnatado – Elegê®	30.5	nd	3 4.65	0 nd	nd	0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	105 nd	nd nd	nd nd	nd nd	nd 65	nd
Leite longa vida desnatado – Italac®	33.5	nd	2.9 0.5	nd	nd	0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	130 nd	nd nd	nd nd	nd nd	nd 62.5	nd
Leite longa vida desnatado – Leco®	31	nd	3.1 4.65	0 nd	nd	nd	nd	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	115 nd	nd nd	nd nd	nd nd	nd 65	nd
Leite longa vida desnatado – Parmalat®	31.5	nd	0 4.70	0 nd	nd	0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	150 nd	nd nd	nd nd	nd nd	tr 91	nd
Leite longa vida integral – Cotochês®	57.00	nd	3.0 4.5	3.0 nd	nd	1.9 0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	105 nd	nd nd	nd nd	nd nd	nd 65	nd
Leite longa vida integral – Elegê®	57.00	nd	3.0 4.5	3.0 nd	nd	1.9 0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	105 nd	nd nd	nd nd	nd nd	nd 65	nd
Leite longa vida integral – Parmalat®	57.00	nd	2.9 4.65	3 nd	nd	1.6 0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	150 nd	nd nd	nd nd	nd nd	nd 91	nd
Leite longa vida integral zero lactose – Parmalat®	40.00	nd	3 4.5	1 nd	nd	0.5 0	0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	120 nd	nd nd	nd nd	nd nd	nd 50	nd
Leite longa vida integral – Paulista®	60	nd	3 4.8	3.2 nd	nd	2.1 nd	2.1 nd	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	117 nd	nd nd	nd nd	nd nd	nd 65	nd
Leite longa vida emir-desnatado – Cotochês®	39.00	nd	3 4.5	3 1	nd	0.6 0	0.6 0	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	105 nd	nd nd	nd nd	nd nd	nd 65	nd



Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G poli (g)	G mono (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE) D (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)	
Leite longa vida semidesnatado – Elegê®	39.00	nd 4.5	3 1	nd nd	0 0	0.6 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	105 nd	nd nd	nd nd	nd nd	nd 65	nd 65	nd
Leite longa vida semidesnatado – Parmalat®	34.50	nd 4.7	5.80 1	nd nd	0.60 0	0 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	150 nd	nd nd	nd nd	nd nd	nd nd	91 91	nd
Leite materno	69.60	87.5 6.9	1.04 4.39	0.5 1.66	2.01 0	0 0	13.9 0	0 0	64 0.1	5.2 5.2	5.01 0.01	0.04 0.01	0.05 0.18	0.22 0.18	32.2 0.05	0.03 0.05	3.41 0.03	51.2 13.7	1.8 16.9	0.17 0.17	0.17
Leite morango Longuinho – Paulista®	78.00	nd 10.64	2.96 2	nd nd	nd 0	nd 0	nd nd	nd nd	17.4 nd	nd nd	9.27 0.095	0.15 nd	6.535 nd	nd 6.535	134.815 nd	0.445 nd	nd nd	nd nd	93.52 nd	nd nd	nd
Leite morango Nesquik – Nestlé®	85.00	nd 14.50	1.5 2.5	nd nd	1.5 nd	nd 0	7.5 0	nd 0	70 nd	70 nd	6.75 0.15	0.18 0.21	1.95 nd	nd 1.95	61 nd	nd nd	nd nd	nd nd	nd 75	nd 75	nd
Leite pasteurizado light – Paulista®	39.00	nd 5.63	3.29 0.25	nd nd	nd 0	nd 0	nd nd	nd nd	72 24	nd nd	3.6 0.01	0.022 nd	nd nd	nd nd	0.077 nd	0.14 nd	nd nd	nd nd	88 nd	nd nd	nd
Leite semidesnatado – Paulista®	41.5	nd 4.9	3 1.1	nd nd	0.7 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	119 nd	0 nd	nd nd	nd nd	nd 66	nd 66	nd
Leite tipo A integral pasteurizado – Bela Vista®	63.50	nd 4.8	3.2 3.5	nd nd	2.1 0	0 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	107 nd	nd nd	nd nd	nd nd	nd 40	nd 40	nd
Leitoa à purruca	308.66	nd 0.5	20.38 24.4	nd nd	nd 0	nd 0	68.03 0.06	nd nd	1.49 nd	nd nd	0.54 nd	nd nd	nd nd	nd nd	8.57 nd	0.92 nd	nd nd	nd nd	nd nd	nd nd	nd
Lentilha – Bonduelle®	84.00	nd 10.9	5.4 1.4	nd nd	nd 0	nd 0	4.2 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Lentilha – Yoki®	1030.00	nd 70	70 3	nd nd	nd 0	nd 0	12 nd	nd nd	nd nd	1300 nd	1.4 1.6	nd 1.6	nd nd	nd nd	nd nd	21 nd	nd nd	nd nd	nd nd	520 520	nd
Lentilha cozida (grãos)	116.00	69.6 20.1	9.03 0.38	0.18 0.06	0 0	0.05 0	4.55 0	0.75 3.8	0.8 0	0.59 181	1.5 0.17	0.07 0.18	0 1.06	0.64 1.06	19 0.25	3.34 tr	36 0.49	369 180	3.35 2	1.28 2	1.28
Lentilha seca	338.00	11.2 57.1	28.1 0.96	0.45 0.16	0 0	0.14 0	13.1 0	1.6 11.5	3.9 0	1.26 433	6.2 0.48	0.25 0.54	0 2.62	1.85 2.62	51 0.85	9.03 nd	107 1.43	905 454	10.9 10	3.62 3.62	3.62
Licor	353.50	29.65 44.2	0.05 0.3	0.05 0.01	0 0	0.05 0	0 0	0 0	0 0	nd 0	0 0	0.01 0	0 0.07	0.00 0	0.5 0.06	0.07 nd	1.5 0.03	15 3	nd 6.5	0.04 0.04	0.04
Licor de jenipapo	211.00	nd 38.43	3.1 0.1	nd nd	nd 0	nd 0	0 4.2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	20.3 nd	1.041 nd	nd nd	nd nd	nd nd	nd nd	nd
Limão (casca)	59.00	30.28 2.43	3.07 0.92	nd nd	nd nd	nd nd	nd 6.71	nd nd	1.41 nd	nd nd	nd 14.51	nd nd	nd nd	nd nd	nd nd	nd nd	nd 1.96	nd nd	nd nd	nd nd	nd
Limão (suco)	25.00	90.7 8.64	0.38 0.13	0.09 0.01	0 0	0.04 0	0 0.4	0.19 nd	2 0	0.22 12.9	46 0.03	0.01 0.05	0 0.1	0.10 0	7 0.03	0.03 nd	6 0.01	124 6	0.2 1	0.05 0.05	0.05
Limonada com açúcar	54.42	85.46 14.43	0.07 0.02	0.01 0	0 0	0.01 0	0 0.07	0.03 0.04	0.346 0	0.038 2.231	7.956 0.005	0.004 0.004	0 0.017	0.02 0.003	2.737 0.015	0.02 0.003	1.736 0.003	21.706 1.297	0.074 2.4	0.03 0.03	0.03
Limonada sem açúcar	5.00	98.14 1.73	0.08 0.01	0.02 0	0 0	0.01 0	0 0.08	0.04 0.04	0.4 0	0.044 2.581	9.203 0.006	0.002 0.01	0 0.02	0.02 0.002	3.002 0.011	0.014 tr	2.001 0.002	24.809 1.2	0.04 2.602	0.03 0.03	0.03
Língua bovina (cozida)	315.00	53.4 0	21.4 24.8	0.5 10.3	0.5 0.3	11.2 6.8	105 nd	nd nd	tr nd	nd nd	nd tr	0.08 nd	nd 1.83	nd nd	6 0.08	2.1 0.01	12 0.01	175 136	59 59	4.10 4.10	4.10
Língua bovina (crua)	215.00	65 0	17.1 15.8	0.3 6.8	0.3 6.8	6.8 nd	118 nd	nd nd	tr nd	nd nd	nd 0.05	0.04 nd	nd 1.18	nd nd	5 0.09	1.7 nd	15 0.02	251 164	nd 73	2.90 2.90	2.90

Alimento	Energia (kcal)	Umidade Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Língua bovina salgada (crua)	220.00	62.4	15.7	nd	nd	78	0	nd	0.28	3	0.38	5	0.80	7	4.9	19	300	nd	3.50
		0	17.5	nd	0	0	0	nd	6	0.1	0.18	6.4		0.37	nd	0.01	150	1210	
Linguado (cozido)	117.00	73.2	24.2	0.41	0.36	68	0	11	1.89	1.6	0.11	2.51	0.58	18	0.34	58	344	58.2	0.63
		0	1.54	0.31	0	0	0	1.5	9.2	0.08	0.24	2.18		0.03	tr	0.02	289	105	
Linguado (cru)	91.00	79.1	18.8	0.33	0.28	48	0	10	1.5	1.7	0.08	1.52	0.50	18	0.36	31	361	32.7	0.45
		0	1.2	0.23	0	0	0	1.5	8	0.09	0.21	2.9		0.03	tr	0.02	184	81	
Linguiça de frango (crua) – Aurora®	314.00	nd	15.8	nd	10.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		8.8	24	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1064	
Linguiça de frango (crua)	218.00	64.8	14.2	3.5	5.2	64	nd	tr	nd	nd	0.05	nd	nd	11	0.5	19	280	nd	0.70
		0	17.4	7.3	nd	0	nd	nd	nd	0.11	nd	4.6		0.05	nd	0.05	182	1126	
Linguiça de frango (frita)	245.00	59.6	18.3	4.3	5	76	nd	tr	nd	nd	0.05	nd	nd	15	0.8	29	364	nd	1.20
		0	18.5	7.2	nd	nd	nd	nd	nd	0.11	nd	5.67		0.04	nd	0.1	262	1374	
Linguiça de frango (grelhada)	244.00	58.6	18.2	3.4	4.7	80	nd	tr	nd	nd	0.04	nd	nd	14	0.7	21	356	nd	1.00
		0	18.4	6.8	nd	nd	nd	nd	nd	0.12	nd	5.97		0.09	nd	0.1	228	1351	
Linguiça de porco (crua)	227.00	62.5	16.1	1.7	4	53	nd	tr	nd	nd	0.05	nd	nd	6	0.4	14	316	nd	1.40
		0	17.6	5	nd	nd	nd	nd	nd	0.49	nd	2.6		0.04	nd	0.01	157	1176	
Linguiça de porco (frita)	280.00	54.6	20.5	2.7	6.5	75	nd	tr	nd	nd	0.07	nd	nd	8	0.9	18	409	nd	3.10
		0	21.3	8.2	nd	nd	nd	nd	nd	0.41	nd	5.83		0.06	nd	0.01	211	1432	
Linguiça de porco (grelhada)	296.00	50.5	23.2	2.6	7	82	nd	tr	nd	nd	0.07	nd	nd	8	1	19	427	nd	3.50
		0	21.9	8.7	nd	nd	nd	nd	nd	0.4	nd	6.6		0.07	nd	0.01	210	1456	
Lombo assado Linha Festa – Seara®	175.00	nd	21.25	nd	2.5	68.75	nd	nd	nd	nd	nd	nd	nd	tr	1.375	nd	nd	nd	nd
		tr	10	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	1118.75	
Lombo de porco (assado)	210.00	57	35.7	0.7	2.6	103	nd	tr	nd	nd	0.07	nd	nd	20	0.5	18	311	nd	1.80
		0	6.4	2.9	nd	nd	nd	tr	nd	0.75	nd	12.43		0.03	nd	tr	238	39	
Lombo de porco (cru)	176.00	68	22.6	1	3.3	55	nd	tr	nd	nd	tr	nd	nd	4	0.5	24	334	nd	0.90
		0	8.8	3.7	nd	nd	nd	nd	nd	0.95	nd	13.83		0.01	nd	tr	195	53	
Longan	60.00	82.8	1.3	nd	nd	0	nd	nd	nd	84	0.14	0	nd	1	0.13	10	266	nd	0.05
		15.1	0.1	nd	0	nd	nd	nd	nd	0.03	nd	nd		0.169	nd	0.052	21	0	
Lula (cozida)	138.00	70.24	18.81	1.59	1.03	280.8	0	51.04	tr	5.39	0.4	1.49	0.50	40.02	0.82	39.88	298.1	tr	1.84
		3.75	4.7	1.48	0	0	0	tr	5.65	0.02	0.06	2.49		2.28	tr	0.05	267.2	370.2	
Lula (crua)	91.78	78.6	15.53	0.47	0.35	232.98	0	nd	nd	4.707	0.412	1.294	nd	31.77	0.682	32.947	245.923	nd	1.53
		3.06	1.41	nd	0	0	0	nd	nd	0.024	0.059	2.118		1.891	nd	0.035	221.213	43.537	
Lula ensopada recheada com camarão	150.66	73.68	12.7	5.35	1.37	34.33	0.13	77.829	8.459	4.457	0.033	0.262	0.10	40.895	1.425	11.604	91.625	8.966	0.32
		2.39	9.93	2.15	0	0.41	0.21	0.859	6.509	0.023	0.062	1.417		0.117	0.351	0.061	125.863	244.143	
Maçã (casca)	82.00	27.34	0.55	nd	nd	nd	nd	0.903	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		4.71	0.7	nd	nd	2.5	nd	nd	nd	6.2	nd	nd		nd	nd	0.07	nd	nd	
Maçã (sem casca)	57.00	84.5	0.15	0.09	0.05	0	0.72	4.4	tr	4	0.01	0	0.06	4	0.07	3	113	0.4	0.04
		14.8	0.31	0.01	0	1.9	1.17	0	0.4	0.02	0.05	0.09		0.03	tr	0.02	7	0	
Maçã crocante – Croc Apple®	333.33	nd	0	nd	0	0	nd	nd	nd	nd	nd	nd	nd	tr	3.333	nd	nd	nd	nd
		93.333	0	nd	0	13.333	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	116.667	
Maçã – Turma da Mônica®	52.00	85	0.3	nd	0	nd	nd	0.01	nd	5	0.02	nd	0.05	6	0.3	5	116	nd	nd
		15	0.3	nd	0	2	nd	nd	nd	0.02	nd	0.30		nd	nd	nd	12	1	

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Maça vermelha	59.00	83.9 15.3	0.19 0.36	0.11 0.02	0.11 0.02	0.06 0	0.06 0	0 1.97	0 1.22	5.3 0	0.66 2.8	5.7 0.02	0.01 0.05	0 0.08	0 0.06	7 0.04	0.18 tr	5 0.05	115 7	0.3 0	0.04
Macadâmia	702.00	2.89 13.7	8.31 73.7	1.27 58.2	11 0	1.9 3.41	0 5.31	0 5.31	1.9 3.41	0 0	tr 15.7	0 0.35	0.11 0.2	2.14 0	0 0.44	70 0.3	2.42 tr	116 0.59	368 136	7 5	1.72
Macarrão (cozido)	141.00	66 28.3	4.78 0.67	0.27 0.08	0.1 0	0.69 0.81	0 1.5	0 1.5	0.69 0.81	0 0	tr 7	0 0.2	0.1 0.04	1.67 0	0 0.11	7 0.1	1.41 tr	18 0.29	31 54	21.3 1	0.53
Macarrão (cru)	348.00	9.7 75.8	12 1.8	0.8 0.1	0.3 0	0 5	0 5	0 5	0 5	0 0	tr 23	0 0.18	0.05 0.1	2.9 0	0 0.30	25 0.3	1.6 tr	53 0.9	230 180	16 11	1.50
Macarrão à bolonhesa	126.12	70.17 22.11	5.36 1.67	0.26 0.57	0.53 0	0.59 0.8	5.96 1.39	5.96 1.39	0.59 0.8	20.254 0.018	0.102 7.777	2.801 0.164	0.096 0.077	0.194 1.832	0.17	9.077 0.118	1.347 0.018	18.387 0.256	120.315 57.49	15.592 151.67	0.78
Macarrão ao sugo	85.23	79.53 15.65	2.65 1.45	0.76 0.29	0.21 0	0.48 0.81	0 1.29	0 1.29	0.48 0.81	28.402 0	1.317 10.961	8.72 0.121	0.068 0.064	1.065 0	0.17	7.671 0.092	0.882 nd	14.152 0.192	129.321 37.9	9.863 180.396	0.31
Macarrão de sêmola de grão duro – Smurfs Delverde®	348.00	nd	72	0.7	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Macarrão instantâneo cru (sabor galinha) Lámen Maggi – Nestlé®	447.06	nd	9.53	nd	8.23	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Macarrão massa cozida com ovos – Petybon®	143.00	nd	4.6	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Macarrão Nissin Lámen Miojo® cru (qualquer tempero)	434.12	nd	9.88	nd	8.12	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Macarrão para fuso tricolor – Premiata®	121.80	nd	4.1	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Macarrão somem	334.00	nd	11.3	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Macarrão tipo lamen	314.82	nd	12.2	nd	0.34	nd	0	46.3	nd	nd	nd	nd	nd	nd	nd	45.2	2.9	nd	nd	nd	nd
Macaxeira (cozida)	149.00	nd	0.8	nd	nd	nd	0	0	nd	2	nd	39	nd	nd	nd	35	1.1	nd	nd	nd	nd
Macis em pó	475.00	8.17 50.5	6.71 32.4	4.39 11.2	9.51 0	0 20.2	0 20.2	0 20.2	tr tr	80 0	tr tr	tr 0.31	0.45 tr	0 1.35	tr	252 2.47	13.9 tr	163 1.5	463 110	tr 80.1	2.30
Maionese com limão – Hellmann's®	225.00	nd	0	11.67	3.33	18.33	0	18.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Maionese de alho e cebola – Hellmann's®	225.00	nd	0	12.5	3.33	15	0	15	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Maionese de alho – Jurema®	258.33	tr	0	tr	4.17	tr	4.17	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr
Maionese de atum – Hellmann's®	208.33	nd	6.67																		

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	G trans (g)	Col (g)	Fib tot (g)	Fib sol (g)	A (RE) D	E (mcg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)	
Maionese de azeitona – Hellman's®	208.33	nd 9.17	0 19.17	10.83 5	2.50 0	11.67 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 1066.67	nd
Maionese de azeitona – Jurema®	258.33	tr 8.34	0 25	tr tr	4.17 nd	tr 0	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	1250 1250	tr
Maionese de azeitonas verdes – Oderich®	241.67	nd 0	25 25	nd nd	8.33 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	112.50 112.50	nd
Maionese de ervas finas – Oderich®	241.67	nd 0	25 25	nd nd	8.33 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	112.50 112.50	nd
Maionese de limão – Oderich®	241.67	nd 0	25 25	nd nd	8.33 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	112.50 112.50	nd
Maionese de molho tártaro – Oderich®	241.67	nd 0	25 25	nd nd	8.33 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	112.50 112.50	nd
Maionese de pimenta – Jurema®	258.33	tr 8.34	0 25	tr tr	4.17 nd	tr 0	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	1250 1250	tr
Maionese de tártaro – Hellmann's®	200.00	nd 9.17	0 18.33	10.83 4.17	2.50 0	11.67 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1.075 1.075	nd
Maionese de tártaro – Jurema®	258.33	tr 8.34	0 25	tr tr	4.17 nd	tr 0	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	1333.33 1333.33	tr
Maionese de tofu – Ecobras®	120.00	tr 2.67	6.67 10.67	tr tr	2 0	tr 0	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	306.67 306.67	tr
Maionese de tomate seco – Oderich®	241.67	nd 0	25 25	nd nd	8.33 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	112.50 112.50	nd
Maionese Deleite – Hellmann's®	225	nd 9.17	0 20.83	nd nd	3.33 0	16.67 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	708.33 708.33	nd
Maionese light – Carrefour®	333.33	nd 64	5.2 10.4	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1.2 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Maionese light – GoodLight®	183.33	tr 8.34	0 16.67	tr tr	4.17 nd	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	1250 1250	tr
Maionese light – Hellmann's®	250	nd 8.33	0 24.17	14.17 5.83	4.17 0	18.33 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1041.67 1041.67	nd
Maionese light – Jurema®	258.33	tr 8.34	0 25	tr tr	4.17 nd	tr 0	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	1083.33 1083.33	tr
Maionese light – Liza®	175.00	nd 10	0 15	8.33 4.17	2.5 0	22.50 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	1016.67 1016.67	nd
Maionese light – Vigor®	208.33	tr 10	0 18.33	10.83 5	3.33 nd	15 0	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	tr tr	1275 1275	tr
Maionese tradicional – Gourmet®	737.00	nd 1.7	1 81	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	640 640	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Maionese tradicional – Hellmann's®	333.33	nd	0	19.17	5	18.33	nd	nd	2.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Maionese tradicional – Jurema®	300.00	7.5	33.33	8.33	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1050.00	nd
Maionese tradicional – Liza®	241.67	8.34	25	tr	5	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	1083.33	tr
Maionese tradicional – Maioneegg's®	600.00	9.17	22.50	5.83	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1016.67	nd
Maionese tradicional – Maria®	183.33	nd	0	8.33	2.5	15	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	800	nd
Maionese com reduzido teor de lipídios – Oderich®	241.67	11.67	15	4.17	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1041.67	nd
Maionese tradicional – Pão de Açúcar®	300.00	tr	0	tr	6.66	33.32	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	112.50	tr
Maionese tradicional – Vigor®	250.00	6.67	30	tr	nd	0	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	tr	1000	tr
Maionese tradicional	727.00	nd	1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1150	tr
Maisena (milho, aveia, arroz e centeio) – Nutre®	360.00	nd	5.8	nd	nd	nd	nd	400	nd	20	0.24	nd	nd	240	12	nd	nd	nd	nd
Malto dextrina – Nidex®	379.00	23.7	0.15	nd	nd	nd	nd	nd	nd	1.18	nd	nd	nd	nd	nd	nd	nd	nd	nd
Mamão (casca)	86.00	26.31	1.59	nd	nd	1.94	nd	11.2	nd	52.8	nd	nd	nd	nd	10.29	nd	50	nd	nd
Mamão formosa	32.00	90.7	0.5	nd	nd	nd	nd	37	nd	46	0.04	nd	nd	20	0.4	nd	nd	nd	nd
Mamão natural desidratado – Fazenda Tamanduá®	333.70	8.3	0.1	nd	0	0.6	nd	nd	nd	0.03	nd	0.3	nd	nd	nd	nd	13	nd	nd
Mamão papaia	39.00	88.8	0.61	0.03	0.04	0	tr	28.4	tr	61.8	0.03	0	0.22	24	0.1	10	257	tr	0.07
Mamão verde	89.00	9.82	0.14	0.04	0	1.8	tr	0	38	0.03	0.02	0.34	nd	0.02	tr	0.01	5	3	nd
Mamão verde (casca)	90.00	47.46	0.82	nd	nd	nd	nd	0.31	nd	nd	nd	nd	nd	nd	0.1	nd	0.043	0.0006	nd
Mamão verde (casca)	90.00	10.64	0.18	nd	nd	2.16	nd	nd	nd	35	nd	nd	nd	nd	nd	0.42	nd	nd	nd
Mamão verde (casca)	90.00	40.65	0.47	nd	nd	nd	nd	5.88	nd	nd	nd	nd	nd	nd	0.08	nd	0.014	0.0005	nd
Mamão verde (casca)	90.00	9.04	0.29	nd	nd	1.99	nd	nd	nd	87	nd	nd	nd	nd	nd	0.56	nd	nd	nd
Maminha (crua) – carne bovina	153.00	70	21	0.1	3.1	51	nd	3	nd	nd	0.08	nd	nd	3	1.1	16	274	nd	3.50
Maminha (crua) – carne bovina	153.00	0	7	3.1	0	0	nd	nd	nd	0.12	0.03	4.3	nd	0.03	nd	tr	181	37	nd
Mandioca	120.00	68.5	3.11	0.07	0.1	0	0.7	1	tr	48.2	0.1	0	0.33	91	3.6	66	764	tr	0.25
Mandioca	303.35	26.9	0.39	0.1	0	1.65	0.95	0	22.1	0.23	0.3	1.4	nd	0.18	tr	0.41	70	8	nd
Mandioca (frita)	303.35	nd	0.63	nd	nd	0	nd	1.58	nd	30.81	nd	nd	nd	27.66	0.87	nd	nd	nd	nd
Mandioca (frita)	303.35	28.44	21.24	nd	0	0.79	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Mandioca (gratinada)	127.72	72.29	4.6	0.2	3	15.74	0.4	44.229	0.179	24.559	0.134	0.157	0.29	120.502	1.965	39.383	445.935	1.465	0.44
Mandioca (gratinada)	127.72	16.94	4.86	1.37	0	0.97	0.57	0.32	15.443	0.141	0.178	0.854	0.29	0.104	nd	0.229	93.085	180.224	nd

[illegible]

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE) D	E (mcg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Manteiga com sal	717.00	15.9 0.1	0.9 81.1	3.01 24.4	50.5 0	219 0	754 1.4	1.6 3.01	0 0.01	0 0.03	0.13 0	0.11 0.04	24 0.02	0.16 tr	2.01 0	26 23	tr 747	0.05			
Manteiga com sal – Aviação®	740.00	nd nd	0 83	nd nd	48 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 900	nd
Manteiga com sal – Itambe®	720.00	nd nd	0 80	nd nd	55 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 780	nd
Manteiga com sal – Teixeira®	710.00	nd 0	0 80	nd nd	45 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 700	nd
Manteiga extra com sal – Batavo®	740.00	nd 0	0 82	nd nd	46 2	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	15 nd	nd nd	nd nd	nd nd	nd 650	nd
Manteiga extra com sal – Elegê®	740.00	nd 0	0 82	nd nd	46 2	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	15 nd	nd nd	nd nd	nd nd	nd 650	nd
Manteiga extra com sal – La Serenissima®	740.00	nd 0	0 82	nd nd	49 3	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 460	nd
Manteiga extra sem sal – Batavo®	740.00	nd 0	0 82	nd nd	46 2	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	15 nd	0 nd	nd nd	nd nd	nd 0	nd
Manteiga francesa com sal – Président®	720.00	nd 0	0 80	nd nd	57 3	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 740	nd
Manteiga francesa com sal La Motte – Président®	720.00	nd 1	1 80	nd nd	54 3	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 740	nd
Manteiga francesa sem sal – Président®	720.00	nd 0	0 80	nd nd	57 3	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 740	nd
Manteiga sem sal	717.00	17.9 0.06	0.85 81.1	3.01 24.4	50.5 0	219 0	754 1.4	1.6 2.8	0 0.01	0 0.03	0.13 0	0.11 0.04	23.5 0.02	0.16 tr	2.19 0	26 22.8	0.66 11	0.05			
Manteiga sem sal – Aviação®	770.00	nd nd	0 86	nd nd	48 3	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Maracujá	97.00	72.9 23.4	2.21 0.7	nd nd	nd 0	nd 10.4	1.53 1.55	70 nd	14 nd	30 nd	0.13 1.5	nd nd	12 0.12	1.61 nd	29 nd	348 68	nd 28	nd	nd	nd	nd
Maracujá (casca)	86.00	12.83 1.76	0.93 0.23	nd nd	nd nd	nd 5.2	2.85 nd	nd nd	nd 20	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0.58	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Maracujá (semente)	59.00	104.04 1	5.93 8.48	nd nd	nd nd	nd 27.41	6.11 nd	nd nd	nd 5.3	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	3.08 nd	nd 2.75	0.18 nd	0.05 nd	nd
Margarina ao leite com sal – Leco®	590.00	nd nd	nd 65	nd nd	22 10	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 1000	nd nd	nd
Margarina ao leite sem sal – Leco®	720.00	nd nd	nd 80	nd nd	18 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Margarina com manteiga sem sal – Vigor Mix®	740.00	nd nd	nd 82	nd nd	36 10	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 480	nd
Margarina com sal Mila – Delícia®	360.00	nd 0	0 40	nd nd	15 0	nd 0	450 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 900	nd
Margarina cremosa com sal – Delícia®	630	nd 0	0 70	nd nd	20 0	nd 0	450 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 550	nd



[illegible]



Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) D (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Mel	304.00	17.1 82.4	0.3 0	0 0	0 0	0 0	0 0.2	tr tr	0 0	0 0	2 2	2.3 0	0.04 0.02	0 0.12	0 0.07	6 0.04	0.42 tr	2 0.08	52 4	0.8 4	0.22
Melancia	32.00	91.5 7.19	0.62 0.43	0.22 0.08	0 0	0.12 0	0.15 0.23	0.08	36.6 0	2.2 0.08	9.6 0.14	0.02 0.14	0 0.2	0.21	8 0.03	0.17 nd	11 0.04	116 9	0.4 2	0.07	
Melancia (casca)	94.00	5.006 0.29	0.75 0.094	nd nd	nd nd	1.38 nd	1.11 1.11	nd nd	116 nd	29 0.04	0.03 nd	0.6 nd	nd nd	nd nd	15 nd	1.2 nd	nd nd	15 nd	nd nd	nd	
Melão	25.00	92.8 6.2	0.5 0.1	nd nd	nd nd	116 nd	29 0.04	0.03 nd	0.6 nd	nd nd	11 0.21	11 0.05	17 9	309 17	0.5 0.16						
Melão (casca)	93.00	9.62 1.84	0.34 0.1	nd nd	nd nd	2.96 nd	2.98 nd	nd nd	7.27 nd	0.17 nd	20 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	
Melão (semente)	44.00	204.49 1.58	15.86 14.97	nd nd	nd nd	45.05 nd	5 nd	nd nd	0.08 nd	nd nd	1.43 nd	nd nd	0.06 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	
Melão-cantalupe	35.00	89.8 8.37	0.88 0.28	0.09 0.05	0 0	322 0	42.2 0.04	0.02 0.012	0 0.57	0 4	11 0.05	11 0.03	309 17	0.5 9	0.16						
Merluza (assada)	122.00	70.7 0	26.6 0.9	nd nd	nd nd	tr nd	nd nd	0.05 nd	7.97 nd	36 0.4	20 0.03	273 120	0.90								
Merluza (cozida)	108.80	74.9 0	23.64 0.96	0.3 0.15	0.16 0	17 1	11.5 0.04	0.3 0.404	1.28 4.04	33 0.03	1.06 tr	39 0.03	188 68	30.2 68	0.37						
Merluza (crua)	87.00	79.9 0	18.9 0.72	0.24 0.12	0.13 0	16.5 1	11.5 0.04	0.3 0.3	3.8 nd	nd nd	0.77 nd	nd nd	1.77 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	
Merluza defumada	116.00	71.5 0	25.2 0.96	0.32 0.16	0.17 0	22 1	0.44 15.3	0.05 0.4	1.6 5.07	49 0.04	1.41 tr	54 0.03	251 763	40.5 76.5	0.46						
Mexerica	44.00	87.6 11.2	0.63 0.19	0.04 0.03	0.02 0	92 20.4	30.8 0.11	0.02 0.07	0 0.16	14 0.03	0.1 tr	12 0.03	10 1	0.68 1	0.24						
Mexerica (casca)	76.00	36.95 6.65	1.26 0.59	nd nd	nd nd	2.138 nd	6.9 nd	nd nd	nd nd	nd nd	0.77 nd	nd nd	1.77 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	
Mexilhão (cru)	86.00	80.6 3.7	11.9 2.25	0.61 0.51	0.43 0	48 0.02	8 0.16	0.21 0.05	12 1.6	26 0.09	3.96 tr	34 3.4	197 286	54 286	1.61						
Milharina – Quaker®	337.78	nd 73.33	7.11 2	nd nd	0 0	nd 151.11	nd nd	nd nd	4.22 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Milho (bagaço)	79.00	26.94 2.47	3.14 0.5	nd nd	nd nd	0.314 nd	34 nd	nd nd	0.2 nd	nd nd	2.84 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Milho (cabelo)	78.00	18.462 0.58	3.86 0.078	nd nd	nd nd	1.794 nd	55 nd	nd nd	0.23 nd	nd nd	6.24 nd	nd nd	0.46 nd	0.02 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Milho doce congelado – Daucy®	107.69	nd 23.08	3.23 0	nd nd	0 0	nd nd	3.85 nd	nd nd	4 nd	0.77 nd	nd nd	nd nd	5 5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Milho para canjica seco	371.00	10 79.6	8.8 1.2	0.51 0.29	0.16 0	44 0	9.9 1.6	0.38 0.15	0 4.97	2 0.08	3.92 tr	27 0.11	137 73	17 1	0.41						
Milho para pipoca – Yoki®	312.00	nd 68	10.8 0	nd nd	0 0	nd nd	12 nd	nd nd	2.52 nd	nd nd	72 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Milho para pipoca light – Inequanotto®	344.10	nd 54.92	8.92 9.86	nd nd	nd 0	nd 11.6	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Milho verde	108.00	69.6 25.1	3.33 1.29	0.6 0.37	0.2 0	0 2.8	0 2.7	21.7 0	0.49 46.4	6.2 0.22	0.07 0.06	0 1.61	0.88	2 0.05	0.61 nd	32 0.19	249 103	0.4 17	0.48
Milho verde – Etti®	79.23	nd 13.08	2.69 1.61	nd nd	0 0	0 4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 273.08	nd
Milho verde (cozido)	108.00	69.6 25.1	3.33 1.29	0.6 0.37	0.2 0	0 2.8	0 2.7	21.7 0	0.49 46.4	6.2 0.22	0.07 0.06	0 1.61	0.88	2 0.05	0.61 nd	32 0.19	249 103	0.4 17	0.48
Milho verde congelado – Bonduelle®	88.00	nd 20	3 0	nd nd	0 0	nd 2.4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Milho verde em conserva – Jurema®	109.00	nd 18	3.5 2.5	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 33	nd
McShake chocolate – Mc Donald's®	156.84	nd 29.49	2.86 3.12	nd nd	1.71 0.34	9.40 0.47	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	75.21 nd	1.20 nd	nd nd	nd nd	nd 106.84	nd
McShake flocos – Mc Donald's®	156.81	nd 29.58	2.63 3.00	nd nd	1.64 0.37	9.39 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	73.24 nd	0.66 nd	nd nd	nd nd	nd 82.16	nd
McShake morango – Mc Donald's®	165.75	nd 32.42	2.56 2.92	nd nd	1.55 0.36	8.67 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	71.23 nd	0.73 nd	nd nd	nd nd	nd 78.99	nd
Mingau de aveia	95.08	79.32 12.8	3.82 3.31	0.25 0.88	1.97 0	12.15 0.55	0.27 nd	28.242 0.893	0.172 6.218	0.84 0.075	0.154 0.043	0.318 0.118	0.35	109.209 0.029	0.279 nd	20.062 0.204	155.034 109.459	3.213 44.045	0.51
Mingau de couve	50.71	nd 7.14	0.82 1.43	nd nd	nd 0	nd 0.53	nd nd	714.28 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Mingau de jatobá	71.63	nd 57.16	2.76 4.13	nd nd	nd 0	11.13 18.89	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	103.01 nd	0.38 nd	nd nd	nd nd	nd nd	nd
Chikenitos de frango com cenoura congelado Turma da Mônica – Seara®	221.54	nd 23.08	12.31 8.46	nd nd	2.61 0	nd 1.54	nd nd	nd nd	nd nd	nd 0.14	0.15 0.15	0.55 nd	nd	nd nd	1.61 nd	nd nd	110.77 nd	nd 503.85	0.85
Chikenitos tradicional Turma da Mônica – Sadia®	220.00	nd 23.08	12.31 8.46	nd nd	2.61 0	nd 0.23	nd nd	nd nd	nd nd	nd 0.14	0.15 0.15	0.55 nd	nd	nd nd	1.61 nd	nd nd	nd nd	nd 340	0.85
Mini hambúrguer de picanha – Wessel®	272.50	nd 0	30 15.75	nd nd	6 nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 52.5	nd
Mini kibe – Sadia®	235.00	nd 12.5	11 15.75	nd nd	5 0.75	nd 1.5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 777.5	nd
Mini kibe bovino congelado – Perdigão®	157.00	nd 11	13 7	nd nd	3 0.5	nd 5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 944	nd
Mini pão para hot dog – Casa Victoriana®	298.00	nd 55	7.2 3.4	nd nd	1.6 0.62	nd 1.4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 394	nd
Miolo de alcatra sem gordura (cru) – carne bovina	163.00	69.5 0	21.6 7.8	0.1 3.3	3.4 nd	60 nd	nd nd	4 nd	nd nd	nd 0.12	0.07 nd	nd 3.59	nd	3 0.06	2 nd	20 0.01	299 165	nd 43	3.00
Miolo de alcatra sem gordura (grelhado) – carne bovina	241.00	52.4 0	31.9 11.6	0.3 4.9	5.1 nd	92 nd	nd nd	tr nd	nd nd	nd 0.03	0.05 nd	nd nd	nd	5 0.11	3.2 nd	26 0.02	385 279	nd 52	4.80
Miritito congelado – DeMarchi®	70.00	nd 14	0 0	nd nd	0 nd	nd 2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	6.34 nd	0 nd	nd nd	nd nd	nd 6.34	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Missô	206.00	41.5	11.8	3.43	0.88	0	2.61	9	tr	0	0.25	0	0.26	66	2.75	42	164	1.45	3.33
		28	6.08	1.34	0	5.41	2.8	0	33	0.1	0.22	0.86		0.44	tr	0.86	153	3647	
Missoshiru (pó) – Sakura®	289.00	nd	22	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		21	13	nd	0	3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Misto frio	246.14	49.3	14.26	0.91	5.18	39.55	0.46	65.07	0.32	8.4	0.25	0.43	0.34	177.72	1.55	19.62	163.3	22.44	1.51
		23.21	10.94	4	0	0.92	0.46	0.33	17.63	0.43	0.13	3.02		0.09	12.1	0.18	215.89	712.53	
Misto quente	288.90	49.3	13.02	3.1	6.08	35.98	0.42	149.543	4.567	7.651	0.227	0.391	0.31	163.272	1.41	17.996	150.817	20.416	1.37
		21.16	17.26	6.98	0	0.84	0.42	0.3	16.094	0.391	0.118	2.748		0.082	11.009	0.164	197.625	648.456	
Mistura para bolo sabor maracujá – Dona Benta®	400.00	nd	4.05	nd	2.70	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		78.38	7.84	nd	2.43	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	443.24	
Mistura caribenha congelado – Daucy®	62.31	nd	1.54	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	0.46	0.77	nd	nd	nd	nd
		10.77	0	nd	0	4.54	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	14.62	
Mistura quatro legumes congelado – Daucy®	45.38	nd	3.15	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	33.08	0.92	nd	nd	nd	nd
		6.92	0.77	nd	0	4.85	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	10	
Modulen IBD pó – Nestlé®	101.00	nd	3.6	nd	2.9	nd	0	84	1.3	9.6	0.13	0.32	0.50	91	1.1	20	122	3.5	0.96
		11	4.7	nd	0	0	0	1	24	0.12	0.17	1.2		0.1	10	0.2	61	35	
Molho à bolonhesa	86.79	80.97	6.89	0.21	1.66	21.61	0.32	73.381	0.37	10.147	0.09	0.704	0.32	14.512	1.179	19.366	354.528	0.575	1.44
		5.8	4.31	1.84	0	1.11	0.78	0.064	9.801	0.06	0.188	2.253		0.169	0.064	0.18	66.537	546.88	
Molho Blister Mostarda Dijon – Mc Donald's®	160.00	nd	0	nd	2	44	nd	133	nd	nd	nd	nd	nd	0	0	nd	nd	nd	nd
		11.2	12	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1228.00	
Molho branco	128.51	77.43	3.4	2.13	3.03	11.61	0.07	105.589	3.884	0.81	0.165	0.308	0.30	104.034	0.29	12.743	137.445	3.04	0.36
		8.05	9.28	3.66	0	0.17	nd	0.854	5.695	0.074	0.039	0.385		0.017	nd	0.041	86.477	502.864	
Molho chinês	36.79	88.95	0.27	0.03	0.01	0	0.05	17.282	0	2.57	0.014	0	0.02	5.294	0.191	6.431	90.647	1.369	0.06
		9.59	0.06	0.01	0	0.25	nd	0	2.551	0.014	0.032	0.232		0.045	nd	0.027	7.795	345.151	
Molho de pimenta	14.10	95.42	0.59	0.26	0.17	0.5	tr	418	tr	0.5	0.07	60	0.11	28.1	2.7	9.07	129	tr	0.11
		1.6	0.58	0.14	0	0.57	tr	0	1.3	0.04	0.19	0.33		0.11	tr	tr	17.8	593	
Molho de soja – Sakura®	60.00	nd	4	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	5	nd	nd	nd	nd
		12	0	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	5453.33	
Molho de soja (Tozan)	0.00	nd	0	nd	0	0	nd	nd	nd	nd	nd	nd	nd	0	0	nd	nd	nd	nd
		tr	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	4600	
Molho de tomate	39.47	90.58	0.93	1.15	0.3	0	0.31	56.675	2.379	17.113	0.044	0	0.22	9.785	0.52	11.474	214.431	0.457	0.13
		5.27	2.08	0.46	0	1.16	nd	0	15.642	0.054	0.088	0.575		nd	nd	0.118	25.092	325.596	
Molho de tomate com pedaços – Etti®	35.10	nd	1.2	nd	nd	nd	nd	87.79	nd	13.4	0.06	nd	nd	16.8	nd	nd	nd	nd	nd
		6.8	0.6	nd	0	nd	nd	nd	nd	0.16	nd	nd		nd	nd	nd	nd	nd	nd
Molho de tomate refogado receita italiana – Etti®	35.10	nd	1.2	nd	nd	nd	nd	87.79	nd	13.4	0.06	nd	nd	12.9	1	nd	nd	nd	nd
		6.8	0.6	nd	0	nd	nd	nd	nd	0.16	nd	nd		nd	nd	nd	nd	nd	nd
Molho de tomate tradicional – Cirio®	69.43	nd	2.76	nd	0	0	nd	nd	nd	nd	nd	nd	nd	tr	1	nd	nd	nd	nd
		11.1	0	nd	0	5.55	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1000	
Molho de tomate tradicional – Pomarola®	50.00	nd	1.67	nd	0	0	nd	nd	nd	nd	nd	nd	nd	13.33	0.70	nd	nd	nd	nd
		8.33	0.83	nd	0	1.67	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	483.33	
Molho inglês	38.00	87.1	1.3	0.09	0.06	0	tr	0	tr	0	0	0	0.05	61	0.09	25.3	290	2.8	1.17
		9.6	0.2	0.03	0	2.53	tr	0	11.7	0	0.07	tr		0.14	tr	tr	32	96	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Molho inglês – Opêrco®	73.60	nd	0.32	nd	0	0	0	nd	nd	nd	nd	nd	nd	39.49	1.66	nd	nd	nd	nd
Molho madeira	83.67	85.92	0.94	1.88	1.2	0.19	0.07	73.619	3.555	0.007	0.037	0.024	0.04	5.581	0.323	4.181	25.764	1.936	0.07
Molho mostarda escura – Hemmer®	108.33	nd	6.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Molho rosé – Gourmet®	463.00	nd	0.7	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0.92	nd
Molho shoyu – Cepêra®	45.45	nd	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Molho târtaro – Gourmet®	525.00	nd	2.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Molho Ton Katsu	100.00	nd	0	nd	0	0	0	nd	nd	nd	nd	nd	nd	0	0	nd	nd	nd	nd
Molho vinagrete	100.06	83.39	0.38	0.84	1.3	0	0.15	18.679	1.419	6.254	0.013	0	0.07	9.796	0.518	13.893	116.251	0.431	0.07
Moqueca baiana	98.62	nd	9.09	nd	nd	21.01	nd	120.23	nd	10.13	nd	nd	nd	6.15	0.56	nd	nd	nd	nd
Moqueca de peixe	193.57	nd	10.34	nd	nd	1.56	nd	574.68	nd	26.85	nd	nd	nd	0.8	30.57	nd	nd	nd	nd
Moqueca de peixe e camarão	87.05	nd	18.64	nd	nd	1.28	nd	12.02	nd	2.11	nd	nd	nd	0.26	90.26	nd	nd	nd	nd
Morango	30.00	91.6	0.61	0.19	0.02	0	0.55	3	0.26	56.7	0.07	0	0.34	14	0.38	10	166	0.9	0.13
Morangos congelados – DeMarchi®	29.91	nd	0.60	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	0.05	9	0.29	19	1	nd
Mortadela	312.00	55.3	12.2	0.9	12.11	58	0	0	0.49	21	0.11	nd	0.28	12	1.67	12	157	11.3	2.17
Mostarda – Arisco®	50.00	nd	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Mostarda – Mc Donald's®	233.00	nd	1.66	10.3	nd	16.7	nd	14.9	nd	1.5	0.03	nd	nd	50	0.73	nd	nd	nd	nd
Mostarda (talo)	95.00	6.11	0.66	nd	nd	nd	nd	0.917	nd	nd	nd	nd	nd	nd	1.5	nd	nd	0.05	nd
Mostarda folha (cozida)	15.00	94.5	2.27	0.05	0.01	0	1	303	2.14	25.3	0.06	nd	0.12	74	0.7	15	202	0.7	0.11
Mostarda folha (crua)	26.00	90.8	2.71	0.04	0.01	0	0.96	530	2.02	70	0.11	0	0.21	103	1.46	32	354	0.6	0.20
Mostarda folha (refogada)	45.74	87.88	2.45	1.25	0.31	0	0.89	445.57	3.696	59.786	0.096	0	0.19	90.083	1.263	28.286	319.129	0.711	0.20
Mostarda molho industrializado	75.00	80.2	4.7	0.4	0.2	0	tr	0	4.14	0	0	0	tr	84	2	48	130	23.2	0.63

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Moyashi (broto de feijão cru)	30.00	nd	3.05	0.06	0.05	0	0.4	2.1	0.2	13.2	0.12	0	0.38	13	0.91	21	nd	1.05	0.41
		5.94	0.18	0.02	0	1.8	1.4	0	60.8	0.08	0.09	0.75		0.16	tr	0.19	54	6	
Mucilon de arroz – Nestlé®	371.43	nd	5.24	nd	0	nd	nd	1404.76	9.52	nd	nd	nd	6.19	242.86	31.43	nd	nd	nd	14.28
		85.71	0	nd	0	0	nd	17.62	166.67	1.05	0.33	13.81		nd	nd	nd	190.48	166.67	
Mucilon de milho – Nestlé®	376.19	nd	5.24	nd	0	nd	nd	1404.76	9.52	104.76	nd	nd	6.19	276.19	31.43	nd	nd	nd	14.28
		85.71	0	nd	0	0	nd	17.62	200	1.05	0.33	13.81		nd	nd	nd	204.76	233.33	
Mungunzá	100.00	76.2	2.2	nd	nd	nd	nd	14	nd	nd	0.05	nd	nd	31	0.2	nd	nd	nd	nd
		19.6	1.7	nd	0	0.2	nd	nd	nd	0.04	nd	0.3		nd	nd	nd	52	nd	
Músculo sem gordura (cozido)	194.00	62.8	31.2	0.1	2.9	56	nd	2	nd	nd	tr	nd	nd	5	2.4	13	253	nd	6.40
– carne bovina		0	6.7	2.8	nd	nd	nd	nd	nd	nd	nd	nd		0.08	nd	tr	176	62	
Músculo sem gordura (cru) – carne bovina	142.00	72.4	21.6	0.1	2.2	51	nd	2	nd	nd	0.19	nd	nd	4	1.9	17	296	nd	3.70
		0	5.5	2.6	nd	nd	nd	nd	nd	0.09	nd	nd		0.05	nd	tr	162	66	
Müсли – Kellogg's®	375.00	nd	10	5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		77.5	5	nd	0	7.5	nd	nd	nd	nd	nd	nd		nd	nd	nd	275	nd	
Muslix tradicional – Kellogg's®	350.00	nd	10	nd	1.25	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	275	nd	nd
		70	5	nd	0	7.5	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	425	
Musse de açaí	367.18	nd	8.01	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		68.7	0.07	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Musse de chocolate	377.31	31.7	8.04	0.76	14.54	185	0	132.329	0.452	0	0.204	0.407	0.51	21.199	1.943	4.13	253.547	12.266	0.44
		33.81	25.39	3.34	0	7.56	0	0.621	18.85	0.061	0.056	0.402		0.008	21.021	0.011	72.311	50.8	
Musse de chocolate Semifredo – Offellé®	266.67	nd	3.33	nd	11.67	141.67	nd	nd	nd	nd	nd	nd	nd	40	0.7	nd	nd	nd	nd
		28.33	16.67	nd	0	1.67	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	0	
Musse de maracujá	198.57	97.52	4.37	0.46	4.18	97.52	0.04	202.674	0.15	7.809	0.16	0.206	0.27	21.835	0.448	10.498	152.121	6.181	0.25
		29.04	7.7	2.37	0	0.08	0.04	0.438	9.515	0.015	0.028	0.97		0.051	11.833	0.008	53.378	34.699	
Musse de maracujá Semifredo – Offellé®	300.00	nd	1.67	nd	11.67	83.33	nd	nd	nd	nd	nd	nd	nd	26.67	0.47	nd	nd	nd	nd
		43.33	15	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	0	
Nabo (cozido)	18.00	93.6	0.71	0.04	0.01	0	0.91	0	tr	11.6	0.02	0	0.14	22	0.22	8	135	0.53	0.20
		4.91	0.08	0.01	0	2	1.09	0	9.2	0.03	0.07	0.3		0.06	tr	0.1	19	50	
Nabo (cru)	27.00	91.9	0.9	0.05	0.01	0	0.9	0	tr	21	0.03	0	0.20	30	0.3	11	191	0.7	0.27
		6.24	0.1	0.01	0	2.45	1.55	0	14.5	0.04	0.09	0.4		0.09	tr	0.13	27	67	
Nabo (folha)	86.00	22.54	3.78	nd	nd	nd	nd	12.944	nd	nd	nd	nd	nd	nd	3.13	nd	nd	0.02	nd
		0.55	0.58	nd	nd	1.69	nd	nd	nd	7.4	nd	nd		nd	nd	4.13	nd	nd	
Nabo (talo)	nd	0.84	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	3.33	nd	nd	0.02	nd
		0.21	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		nd	nd	4.63	nd	nd	
Namorado	123.00	nd	19.8	1.08	1.04	67	0	180	1.2	3	0.2	2	0.93	12	0.2	29	370	nd	0.50
		0	4.2	1.2	0	0	0	10	8	0.02	0.27	3.9		0.02	nd	0.01	210	81	
Nan Pro 1 – Nestlé®	519.00	nd	9.5	nd	11.0	nd	nd	540	4.2	52	0.9	1.60	1.70	320	6.2	36	515	10	3.90
		58	28	nd	0	0	nd	7.8	62	0.34	0.5	5.2		3.9	78	0.06	160	120	
Nan Pro 2 – Nestlé®	482.00	nd	15	nd	8.6	nd	nd	510	3.2	48	1.2	1.3	3.40	580	8.2	42	680	nd	5.00
		58	21	nd	0	0	nd	11	140	0.72	0.6	11		5.8	100	0.04	330	180	
Nan A.R. – Nestlé®	492.00	nd	13	nd	9.2	nd	nd	480	3.9	49	0.85	1.50	2.40	455	5.9	40	570	nd	3.70
		58	23	nd	0	0	nd	7.4	38	0.4	0.37	4.90		3.7	74	0.03	345	170	



Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Nan Comfort 1 – Nestlé®	505.00	nd	9.3	nd	11	nd	nd	480	6.2	75	1.00	1.00	3.6	320	5.2	39	460	14	5.3
		55	28	nd	0	3	nd	7.2	76	0.6	0.33	4.00		4.00	95	0.09	160	120	
Nan Comfort 2 – Nestlé®	469.00	nd	15	nd	8.6	nd	nd	470	7.90	63	1.3	1.80	5.20	593	7.2	43	598	nd	nd
		54	21	nd	0	2.8	nd	920	110	1.00	0.57	4.30		nd	nd	nd	369	192	
Nan H.A. – Nestlé®	511.00	nd	12	nd	11	nd	nd	600	6.70	51	1.20	1.80	3.50	290	6.80	38	511	nd	4.30
		58	26	nd	0	0	nd	950	70	0.36	0.38	7.0		3.80	77	0.04	150	128	
Nan sem lactose – Nestlé®	503.00	nd	11	nd	10	nd	nd	535	6.5	87	0.55	1.4	5.2	420	5.4	50	600	10	4.00
		59	25	nd	nd	0	nd	6.7	6.7	0.5	0.35	5.3		3.02	68	0.13	245	170	
Nan Soy – Nestlé®	509.00	nd	14	nd	11	nd	nd	510	6.7	81	1	2	3.10	526	5.10	55	581	nd	5.60
		56	26	nd	0	0	nd	7.8	70	0.51	0.5	5.10		5.09	90	0.28	316	180	
Nectarina	49.00	86.3	0.94	0.22	0.07	0	0.6	73.6	tr	5.4	0.04	0	0.16	5	0.15	8	212	0.9	0.09
		11.8	0.46	0.15	0	1.57	0.97	0	3.7	0.02	0.03	0.99		0.07	tr	0.04	16	0	
Nescau tradicional – Nestlé®	375.00	nd	3.50	nd	0	nd	nd	565	nd	nd	1.25	2.25	4.70	940	13	nd	nd	nd	nd
		85	3	nd	0	5	nd	nd	nd	1.15	1.25	15		nd	nd	nd	nd	105	
Nesquik em pó sabor morango – Nestlé®	371.43	nd	0	nd	0	nd	nd	807.14	nd	60	nd	nd	nd	1342.85	18.57	nd	nd	nd	9.28
		92.86	0	nd	0	0	nd	6.71	nd	nd	nd	nd		nd	nd	nd	nd	85.71	
Nesquik prontinho sabor morango – Nestlé®	85.00	nd	1.5	nd	1.5	7.50	nd	105	1.05	6.75	0.18	nd	nd	61	nd	nd	nd	nd	nd
		14.5	2.5	nd	0	0	nd	nd	nd	0.15	0.21	1.95		nd	nd	nd	nd	75	
Nestogeno 1 – Nestlé®	504.00	nd	13	nd	10	nd	nd	530	3	55	0.76	1.50	1.90	475	6	43	650	nd	3.80
		56	26	nd	0	0	nd	7.6	45	0.44	0.42	5		380	76	0.03	410	190	
Nestogeno 2 – Nestlé®	483.00	nd	15	nd	8.7	nd	nd	500	3.3	48	1.40	1.5	7.00	568	7.6	54	680	nd	5.9
		58	22	nd	0	0	nd	8.5	140	0.72	0.58	11		3.60	135	0.04	366	210	
Nestogeno Plus – Nestlé®	483.00	nd	14	nd	8.5	nd	nd	440	3.5	49	0.72	1.4	2.00	510	5.8	49	650	nd	3.60
		57	22	nd	0	0	nd	7.2	nd	0.4	0.45	4.8		2.9	72	0.04	420	205	
Neston três cereais – Nestlé®	356.67	nd	13	nd	0	nd	nd	nd	nd	nd	1.2	nd	nd	nd	10.33	nd	nd	nd	nd
		70	2	nd	0	5.67	nd	nd	nd	1.1	1.1	nd		nd	nd	nd	nd	220	
Neston vitamina banana, maçã e mamão – Nestlé®	347.82	nd	8.69	nd	0	nd	nd	nd	nd	nd	1.04	nd	nd	nd	11.30	nd	nd	nd	nd
		78.26	0	nd	0	4.78	nd	nd	nd	1	1.04	nd		nd	nd	nd	nd	121.74	
Neston vitamina morango, pêra e banana – Nestlé®	347.82	nd	8.69	nd	0	nd	nd	nd	nd	nd	1.04	nd	nd	nd	11.30	nd	nd	nd	nd
		78.26	0	nd	0	4.78	nd	nd	nd	1	1.04	nd		nd	nd	nd	nd	121.74	
Nhá Benta maracujá – Kopenhagen	320.00	nd	4.50	nd	6.75	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		50	11.75	nd	nd	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	60	
Nhoque – Vigor®	130.00	nd	3.46	nd	0.06	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		24.60	2.00	nd	0	1.06	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	550.000	
Nhoque à bolonhesa congelado – Perdigão®	114.00	nd	6	nd	0.50	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		18	2	nd	0	1.90	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	512	
Nhoque de batatas	185.85	56.52	4.88	0.32	1.64	35.63	0.65	33.708	0.519	4.515	0.188	nd	0.52	13.358	1.618	19.235	239.792	12.327	0.44
		34.01	3.23	0.95	0	1.72	nd	1.288	16.192	0.288	0.187	2.485		0.144	nd	0.282	68.207	273.425	
Nhoque de batatas com molho de tomate	115.44	72.94	2.97	0.73	1	18.5	0.49	42.434	1.426	9.999	0.119	nd	0.38	10.896	1.055	15.278	225.74	6.619	0.29
		20.17	2.68	0.72	0	1.43	nd	0.067	15.255	0.175	0.139	1.563		0.117	nd	0.202	47.286	299.927	
Nhoque tradicional – Frescarin®	213.33	nd	6	nd	1	20	nd	nd	nd	nd	nd	nd	nd	15	1.667	nd	nd	nd	nd
		33.333	6	nd	0	2	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	660	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Nira	21.00	nd	1.7	0	0	0	0	0	590	2.6	19	0.13	0	0.50	48	0.7	18	510	nd	0.30
		4	0.3	0	0	0	2.7	nd	0	100	0.06	0.16	0.6		0.07	nd	0.39	31	1	
Nori	500.00	nd	50	0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		50	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	
Novasource – Nestlé®	152.00	nd	6	6	nd	2	nd	nd	nd	nd	nd	nd	nd	nd	75.2	1.1	26	136	3.6	0.80
		18.4			6	nd	0	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	75.2	84	
Novasource pulmonary – Nestlé®	148.00	nd	7.6	6.5	nd	2.5	nd	nd	nd	nd	nd	nd	nd	nd	107.2	1.9	42.8	248	7.6	3.20
		13.7			6.5	nd	0	0.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	107.2	128.8	
Novasource renal – Nestlé®	200.00	nd	7.4	nd	nd	2.3	nd	nd	nd	nd	nd	nd	nd	nd	130	1.8	20	81	10	2.50
		20	10	nd	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	65	90	
Novomilk® em pó chocolate	430.00	nd	14	nd	nd	nd	nd	nd	105	3.7	22.5	0.6	1.1	nd	300	3.7	nd	nd	nd	nd
		66.5	12	nd	0	0	0.5	nd	300	150	0.525	nd	6.7		nd	nd	nd	300	nd	
Novomilk® mamão e banana*	410.00	nd	9	6	nd	nd	nd	nd	280	6	40	0.6	1	nd	300	7	nd	nd	nd	nd
		80			6	nd	0	nd	300	0.05	0.8	nd	9		nd	nd	nd	150	nd	
Noz moscada	525.00	6.23	5.84	0.35	25.9	0	0	tr	10.2	tr	tr	0.06	0	tr	184	3.04	183	350	11.4	2.15
		49.3	36.3	3.22	0	0	20.8	tr	0	tr	0.35	tr	1.3		1.03	tr	2.9	213	16.2	
Nozes	642.00	3.66	14.3	39.1	5.59	0	0	1.5	12.4	19.62	3.21	0.15	0	0.63	94	2.45	169	502	5	2.74
		18.3	61.9	14.2	0	4.53	3.03	0	66	0.38	0.56	0.56	1.04		1.39	9	2.9	317	10	
Nozes-pecãs sem casca	667.00	4.83	7.76	16.7	5.42	0	0	1.45	12.8	3.15	2.01	0.13	0	1.71	36	2.14	128	392	5.2	5.48
		18.2	67.6	42.2	0	4.64	3.16	0	0	39.2	0.85	0.19	0.89		1.18	tr	4.51	291	1	
Nugget frango – Mc Donald's®	262.12	nd	16.67	14.24	nd	3.78	46.97	nd	nd	nd	nd	nd	nd	nd	25.76	2.27	nd	nd	609.09	nd
		16.67			0	0	1.36	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Nuggets de frango com queijo – Sadia®	193.85	nd	13.08	nd	2.92	0	0	1.31	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	400	nd
		17.69	7.69	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Nuggets de frango crocante – Sadia®	213.85	nd	13.85	nd	2.92	0	0	0.77	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		17.69	9.23	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	413.85	nd
Nuggets de frango com presunto – Sadia®	190.77	nd	14.61	nd	2.23	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		13.85	8.46	nd	0	0	1.85	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	460	nd
Nuggets de frango tradicional – Sadia®	186.15	nd	15.38	nd	3.15	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		13.08	7.69	nd	0	0	1.61	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	425.38	nd
Nuggets Vita Soja – Sadia®	293.08	nd	15.38	20	nd	5.54	2	nd	nd	nd	nd	nd	nd	nd	nd	1.9	nd	nd	nd	nd
		13.85			nd	0	1.38	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	733.08	nd
Nutren Active sabor banana – Nestlé®	349.20	nd	23.81	2.86	nd	1.59	nd	nd	571.43	14.28	66.67	1.3	2.51	3.49	1031.75	12.38	311.11	907.94	nd	10.16
		57.14			nd	0	5.40	nd	7.3	222.22	1.71	0.95	19.68		1.29	nd	2.06	546.03	292.06	
Nutren Active sabor baunilha – Nestlé®	349.20	nd	23.81	2.86	nd	1.59	nd	nd	571.43	14.28	66.67	1.3	2.51	3.49	1031.75	12.38	311.11	907.94	nd	10.16
		57.14			nd	0	5.40	nd	7.3	222.22	1.71	0.95	19.68		1.29	nd	2.06	546.03	292.06	
Nutren Active sabor chocolate – Nestlé®	339.68	nd	25.40	3.81	nd	1.90	nd	nd	571.43	14.28	66.67	1.3	2.51	3.49	1050.79	17.14	311.11	946.03	nd	11.11
		50.79			nd	0	7.94	nd	7.3	222.22	1.71	0.95	19.68		1.31	nd	1.81	600	279.36	
Nutren Active sabor morango – Nestlé®	349.20	nd	23.81	2.86	nd	1.59	nd	nd	571.43	14.28	66.67	1.3	2.51	3.49	1031.75	12.38	311.11	907.94	nd	10.16
		57.14			nd	0	5.40	nd	7.3	222.22	1.71	0.95	19.68		1.29	nd	2.06	546.03	292.06	
Nutren kids sabor baunilha – Nestlé®	431.43	nd	12.57	13.43	nd	8.57	nd	nd	411.43	8.57	85.71	0.57	1.14	2.57	1142.86	14.57	71.43	600	17.14	6
		65.71			nd	0	0	nd	5.71	105.71	1.14	1.11	15.14		1142.86	nd	1.57	620	251.43	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Nutren kids sabor chocolate – Nestlé®	434.28	nd 65.71	13.43 13.14	nd	8.57 0	nd	nd	411.43 5.71	8.57 105.71	85.71 1.14	0.57 1.11	1.14 15.14	2.57	1142.86 1291.43	14.57 nd	85.71 1.57	742.86 651.43	17.14 251.43	6
Nutren kids sabor chocolate – Nestlé®	431.43	nd 65.71	12.57 13.43	nd	8.57 0	nd	nd	411.43 5.71	8.57 105.71	85.71 1.14	0.57 1.11	1.14 15.14	2.57	1142.86 1142.86	14.57 nd	71.43 1.57	600 620	17.14 251.43	6
Nutren Senior líquido – Nestlé®	95.50	nd	8 3.2	nd	0.4 0	nd	nd	100 2.4	2.3 46	8 0.14	0.17 0.28	0.17 1.6	0.8	240 300	2.8 nd	26 0.26	170 130	12 67	1.9
Nutren Senior pó – Nestlé®	422.00	nd 36	36 15	nd	9.1 0.5	nd	nd	500 20	9.1 151	35 1.3	0.71 1.3	3.5 4.7	3.6	873 675	7.1 nd	75 1	500 400	53 182	6.7
Óleo de babaçu	884.00	nd 100	nd 100	30.2 18.6	50.9 0.19	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de canola	884.00	nd 100	nd 100	28.4 62.6	7.9 0.37	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de canola – Liza®	830.77	nd 0	0 92.31	28.46 56.15	7.69 0	0	nd	nd nd	18.46 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de canola Qualidade – Pão de Açúcar®	830.77	nd 0	0 92.31	24.61 60	7.69 0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de canola – Purilev®	830.77	nd 0	0 92.31	28.46 56.15	7.69 0	0	nd	nd nd	18.46 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de canola – Salada®	800.00	nd 0	0 93.33	26.67 60	6.67 nd	0	nd	nd nd	20 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de canola – Saúde®	830.77	nd 0	0 92.31	25.38 60	6.92 0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de canola, girassol e soja – Cyclus Saúde®	830.77	nd 0	0 92.31	40.77 40.77	10.77 nd	0	nd	nd nd	23.08 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de gergelim	900.00	nd 0	0 100	nd nd	nd 0	0	0	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de gergelim extravirgem – Pazze®	923.08	nd 0	0 107.69	nd nd	14.62 0	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de girassol	884.00	nd nd	nd 100	62.6 25.4	10.8 1.14	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de girassol – Becel®	900.00	nd nd	nd 100	87 nd	nd 0	nd	nd	nd nd	72 36.92	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de girassol – Liza®	830.77	nd 0	0 92.31	58.46 23.08	10.77 0	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de girassol Qualidade – Pão de Açúcar®	830.77	nd 0	0 92.31	58.46 23.85	10.77 0	0	nd	nd nd	60 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de girassol – Salada®	800.00	nd 0	0 93.33	60 23.33	10 nd	0	nd	nd nd	60 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de girassol – Saúde®	900.00	nd 0	0 93.33	60 20	13.33 nd	0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd
Óleo de linhaça extravirgem – Pazze®	923.08	nd 0	0 107.69	nd nd	nd 0	nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Óleo de milho	884.00	nd	nd	50.9	15.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		nd	100	33.4	0.48	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Óleo de milho – Liza®	830.77	nd	0	45.38	13.85	0	nd	nd	15.38	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	33.07	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de milho – Mazola®	830.77	nd	0	45.38	13.85	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	33.08	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de milho Qualidade – Pão de Açúcar®	830.77	nd	0	44.61	13.85	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	33.85	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de milho – Salada®	800.00	nd	0	46.67	13.33	0	nd	nd	33.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	93.33	33.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de milho – Saúde®	830.77	nd	0	44.62	13.85	0	nd	nd	15.38	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	33.85	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de pequi	884.00	nd	nd	4.2	39.9	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		nd	100	55.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Óleo de soja	884.00	0	0	57.9	14.4	0	0	0	93.7	0	0	0	0.00	0.04	0.02	0.03	0	tr	0.00
		0	100	23.3	0	0	0	0	0	0	0	0	0	0.4	tr	0.01	0.25	0	0
Óleo de soja – Liza®	830.77	nd	0	54.61	15.38	0	nd	nd	13.08	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	22.31	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de soja Qualidade – Pão de Açúcar®	830.77	nd	0	53.85	15.38	0	nd	nd	21.54	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	23.08	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de soja – Saúde®	800.00	nd	0	53.33	13.33	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	93.33	26.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de soja – Soya®	830.77	nd	0	53.85	15.38	0	nd	nd	21.54	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	23.08	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de soja – Veleiro®	800.00	nd	0	nd	13.33	nd	nd	nd	13	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	93.33	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de soja e oliva tradicional – Maria®	830.77	nd	0	47.69	14.61	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	30	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo de soja e oliva ervas finas – Maria®	830.77	nd	0	47.69	14.62	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	30	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Óleo misto tradicional – Olivia®	830.77	nd	0	50	14.61	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	92.31	27.69	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0
Omelete simples	171.44	70.79	11.72	3.35	3.43	398.41	0	179.051	4.154	0	0.478	0.937	1.19	46.495	1.351	9.42	113.614	28.941	1.04
		1.15	12.97	4.41	0	0	0	1.222	44.06	0.055	0.129	0.064	0.028	0.028	nd	0.028	166.874	1.022.886	
Orégano fresco	66.00	81.8	2.2	tr	tr	0	tr	135	tr	45	tr	0	tr	310	tr	53	330	tr	0.90
		9.7	2	tr	0	tr	tr	0	tr	0.07	tr	tr	tr	tr	tr	tr	39	3	
Orégano seco	306.00	7.16	11	5.23	2.66	0	tr	690	tr	66.7	tr	0	tr	1576	44	270	1668	2.71	4.43
		64.4	10.3	0.67	0	15	tr	0	tr	0.34	tr	6.22	tr	0.94	tr	4.67	200	14.7	
Orelha de porco (crua)	258.00	60	18.5	2.8	7.3	83	nd	tr	nd	0.03	nd	nd	nd	4	1.4	2	228	nd	0.60
		0	19.9	11.2	nd	nd	nd	nd	nd	0.07	nd	tr	nd	0.23	nd	0.01	31	616	
Ostra (cozida)	137.00	70.3	14.1	1.94	1.54	105	0	54	tr	6	0.18	35	0.35	90	12	95	281	71.6	182.00
		7.83	4.92	0.63	0	0	0	16.05	14	0.19	0.12	2.48	tr	7.57	tr	0.7	203	422	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Ostra (crua)	68.00	85.2 3.92	7.06 2.47	0.97 0.31	0.77 0	53 0	0 0	30 8	tr 10	3.7 0.1	0.1 0.06	19.5 1.38	0.19	45 4.45	6.67 tr	47 0.37	156 135	63.7 211	90.80
Ovas de salmão	272.00	nd	32.6 0.2	4.97 15.6	2.42 3.82	480 0	0 0	330 44	9.1 100	6 0.42	0.55 0.06	47.3 0.1	2.36	94 0.76	2 nd	95 0.06	210 530	nd 910	2.10
Ovinhos de amendoim – Fritex®	500.00	nd	7.5 30	nd	5 nd	0 0	nd	nd	nd	nd	nd	nd	nd	tr	tr	nd	nd	nd	nd
Ovo de codorna	158.00	74.4 0.41	13.1 11.1	1.32 4.32	3.56 0	844 0	0 0	90 1.39	tr 66.3	0 0.13	0.79 0.15	1.58 0.15	1.76	64 0.06	3.65 tr	12.5 0.04	132 226	tr 141	1.48
Ovo de galinha	149.00	75.3 1.23	12.5 10	1.36 3.81	3.1 0	425 0	0 0	191 1.3	0.84 47	0 0.06	0.51 0.14	1 0.07	1.26	49 0.01	1.44 53	10 0.02	121 178	30.8 126	1.11
Ovo de galinha – Quality eggs®	145.00	nd	12.78 9.1	1.94 3.93	3.08 0	340 0	nd	nd	4.12 nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Ovo de pata	185.00	70.8 1.46	12.8 13.8	1.22 6.53	3.68 0	884 0	0 0	311 5	tr 80	0 0.16	0.4 0.25	5.4 0.2	1.86	63.7 0.06	3.85 tr	16.5 0.04	222 220	tr 146	1.42
Ovo frito	295.86	58.8 0.97	9.76 28.12	12.82 7.7	5.34 0	331.91 0	0 0	149.166 1.015	19.681 36.706	0 0.047	0.39 0.109	0.781 0.062	0.98	38.658 0.094	1.125 41.392	7.841 0.016	94.623 139.06	24.101 703.782	0.88
Ovo pochê	149.00	78.02 1.23	12.4 9.99	1.36 3.79	3.09 0	423 0	0 0	190 1.3	0.84 35	0 0.05	0.43 0.12	0.8 0.06	1.13	49 0.01	1.44 53	10 0.03	120 177	21.3 122	1.11
Ovomaltine flocos crocantes em pó – Ovomaltine®	385.00	nd	4.5	0.5	1	10.5	nd	600	10	nd	1.45	nd	6.5	nd	16.5	nd	nd	nd	7
Paçoca	418.00	6.5 70.5	7.4 14.1	nd	nd	0 1	nd	2 nd	nd	1 0.25	0.08 nd	nd	nd	45 nd	2.3 nd	nd	nd	nd	nd
Paçoca de amendoim – Yoki®	486.36	nd	13.18 24.09	nd	4.54 0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Paçoca de carne de sol	390.00	nd	21 43	nd	nd	0 0.9	nd	nd	nd	nd	nd	nd	nd	nd	6.5	nd	nd	nd	nd
Paçoca de macaúba	471.83	nd	9.5 23.68	nd	nd	0 2.51	nd	0 nd	nd	3.41 nd	nd	nd	nd	134.94	2.43	nd	nd	nd	nd
Paella	91.72	nd	8.98 10.75	nd	nd	89.83 0.42	nd	77.47 nd	nd	20.94 nd	nd	nd	nd	33.39	2.16	nd	nd	nd	nd
Pãesinhos especiais fofinhos – Seven Boys®	305.00	nd	10.25 45	nd	2.25 nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Paleta com gordura (crua)	159.00	70.6	21.4 7.5	0.2 2.9	3.5 nd	nd	nd	tr	nd	nd	0.04	nd	nd	4	1.8	14	250	nd	3.70
Paleta sem gordura (cozida)	194.00	62.9	29.7 0	0.2 3	3.4 nd	56 nd	nd	tr	nd	nd	0.04	2.16	nd	0.1	2.2	18	250	nd	6.80
Paleta sem gordura (crua)	141.00	72.1	21 5.7	0.1 2.1	2.7 nd	42 nd	nd	3 nd	nd	nd	0.21	nd	nd	4	1.9	18	319	nd	3.30
Palma ensoпадinha	78.65	nd	1.54 9.65	nd	nd	0 4.09	nd	194.79 nd	nd	42.28 nd	nd	nd	nd	79.27	1.43	nd	nd	nd	nd
Palmito em conserva	18.00	93.6 3.7	1.6 0.1	nd	nd	0 0.4	nd	0 nd	nd	12 0.03	0.06 nd	0.5	nd	61	0.6	nd	nd	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Palmito em conserva – YCaray®	15.00	nd	2	nd	0	0	0	nd	nd	nd	nd	nd	nd	82	0.4	nd	nd	nd	nd
Pamonha	157.92	69.28 32.08	2.56 3.46	0.47 1.02	1.8 0	7.85 1.76	0.07 1.7	43.349 0.168	0.487 30.65	4.565 0.136	0.064 0.042	0.049 1.123	0.54	17.461 0.045	0.362 2.959	25.963 0.107	197.096 71.191	0.532 39.328	0.35
Panetone – Village®	337.50	nd	7.5 10	nd nd	5 0	97.5 3.75	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	33.75 nd	1.125 nd	nd nd	nd nd	nd 125	nd
Panetone com gotas de chocolate – Village®	387.50	nd	7.5 16.25	nd nd	8.75 0	102.5 3.75	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	51.25 nd	1.125 nd	nd nd	nd nd	nd 125	nd
Panetone de frutas – Bauducco®	362.50	nd	5 12.5	nd nd	5 0	75 5	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	6 nd	15.5 nd	nd nd	nd nd	nd 200	nd
Panqueca de carne moída	162.77	67.56 14.65	8.54 7.67	1.71 2.54	2.64 0	58.5 0.91	0.32 0.59	48.1 0.45	2.602 14.675	3.522 0.152	0.212 0.119	0.702 2.096	0.40	64.479 0.094	1.413 11.392	16.56 0.162	209.111 106.473	8.385 388.995	1.29
Pão 7 grãos Fit – Pullman®	206.00	nd	10.4 9	1.4 1.2	0 0	10.4 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 400	nd
Pão 9 grãos Vitagrão – Pullman®	252.00	nd	14 4.6	0.4 2.4	1.8 0	0 8	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 220	nd
Pão alemão – Pumpernickel®	171.43	nd	5.36 1.79	nd nd	0 nd	0 7.14	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	55.36 nd	3.57 nd	nd nd	nd nd	nd 550	nd
Pão alemão 3 grãos Korn Brot – Wickbold®	212.00	nd	5.2 3.2	nd nd	0.4 0	nd 9.6	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 500	nd
Pão alemão Fitness Brot – Wickbold®	210.00	nd	6.6 2.2	nd nd	0 0	nd 9.2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 490	nd
Pão alemão 100% integral Vollkorn Brot – Wickbold®	198.00	nd	5.4 1	nd nd	0 0	nd 8.8	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 390	nd
Pão caseiro	392.13	11.35 69.73	9.65 7.62	3.86 1.91	1.21 0	15.79 3.15	1.08 1.8	17.638 0.046	6.866 47.255	0.004 0.717	0.496 0.058	0.039 5.581	0.54	15.994 0.155	4.303 1.898	20.473 0.609	115.069 113.769	30.54 438.953	0.72
Pão caseiro de coco Panco®	318.00	nd	8 7.6	nd nd	3.8 0	nd 2.6	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 216	nd
Pão caseiro de milho – Panco®	310.00	nd	8 5.4	1.2 2	2 0	0 2.4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 230	nd
Pão com 10 grãos Estar Leve – Wickbold®	232.00	nd	14.2 2.6	nd 0.4	0.6 0	0 7	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 450	nd
Pão com grãos Grão Sabor – Wickbold®	266.00	nd	14 5.6	nd nd	1 0	nd 6.4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 492	nd
Pão com tucumã	262.98	nd	13.25 9.26	nd nd	nd 0	52 1.54	nd nd	80.9 nd	nd nd	nd nd	nd nd	nd nd	nd	82.67 nd	2.06 nd	nd nd	nd nd	nd nd	nd
Pão de alho temperado – Nosso Pão®	374.00	nd	6 18	nd nd	0 6	0 2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 548	nd
Pão de aveia e linhaça – Wickbold®	230.00	nd	11 40	nd nd	1.2 0	0 14	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 388	nd
Pão de batata	241.35	45.56 36.57	6.79 7.59	3.77 1.83	1.44 0	17.59 2.68	0.56 1.1	12.187 0.219	6.458 101.34	5.934 0.408	0.437 0.161	0.098 4.062	0.78	32.704 0.175	2.594 5.854	20.482 0.352	301.727 122.572	14.237 1.009.097	0.71





Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Pão de forma sem casca original – Wickbold®	262.00	nd	8	nd	0.4	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de forma sem casca Estar Leve – Wickbold®	220.00	nd	10.8	nd	0.2	0	1.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de forma tradicional – Pullman®	250.00	nd	9.2	nd	0	0	nd	nd	nd	nd	nd	nd	0.36	nd	150	2.2	nd	nd	nd	nd
Pão de forma tradicional – Wickbold®	252.00	nd	9.2	nd	0.4	0	2	nd	nd	60	0.18	0.2	2.4	nd	nd	nd	nd	nd	nd	nd
Pão de girassol e castanha – Wickbold®	278.00	nd	14.6	nd	1.2	nd	2.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de granola light	200.00	nd	8	nd	0	0	tr	nd	nd	nd	nd	nd	nd	nd	21.88	1.32	nd	nd	nd	nd
Pão de hambúrguer – Panco®	284.00	nd	7.6	nd	1.4	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de hambúrguer – Pullman®	266.00	nd	8.4	nd	0.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de hambúrguer com gergelim – Wickbold®	308.00	nd	10.8	nd	1.2	0	2.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de hambúrguer original – Wickbold®	282.00	nd	10.8	nd	0.6	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de hot dog – Panco®	298.00	nd	8.8	nd	1.6	0	3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de hot dog – Pullman®	256.00	nd	7	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de hot dog – Wickbold®	266.00	nd	7.6	nd	0.8	nd	2.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de iogurte, cenoura e mel – Nutrella®	214.00	nd	14	nd	1	0	0	nd	218	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de leite – Nutrella®	236.00	nd	7	nd	0.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	296	nd	nd	nd	nd	nd
Pão de leite – Wickbold®	252.00	nd	10	nd	0	0	2.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de linhaça e kummel	250.00	nd	10.8	nd	1	nd	7.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de leite – Wickbold®	250.00	nd	10.8	nd	1	nd	7.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pão de manteiga – Nutrella®	317.82	nd	5.94	2.27	1.94	0.39	50.19	0.39	104.73	4.18	0.17	0.33	0.2	0.49	32.62	1.82	11.92	103.14	14.58	0.49
Pão de mel	250.11	38.36	4.83	0.28	1.03	0.29	46.71	0.29	28.296	0.426	0.683	0.243	0.203	0.40	66.534	1.92	18.123	182.587	11.774	0.50
Pão de mel – Pan®	433.33	nd	10	nd	6.67	0	tr	nd	nd	nd	nd	nd	nd	nd	60	3	nd	nd	nd	nd



[illegible]

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Papinha de peito de peru, legumes e arroz Papinhas Nestlé Etapa 2 – Nestlé®	77.39	nd 8.09	3.74 3.30	nd nd	0.35 0	nd 0	nd 0.96	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 70.43	nd
Papinha legumes com carne Papinhas Nestlé Etapa 2 – Nestlé®	72.17	nd 7.48	3.48 3.13	nd nd	0.52 0	nd 0	nd 1.22	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 65.22	nd
Papinha macarrão, carne e legumes Papinhas Nestlé Etapa 3 – Nestlé®	74.70	nd 8.82	3.47 2.94	nd nd	0.53 0	nd 0	nd 1.41	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 91.76	nd
Papinha gema de ovo, carne e legumes Papinhas Nestlé Etapa 2 – Nestlé®	73.04	nd 6.17	3.39 3.22	nd nd	0.52 0	nd 0	nd 1.04	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 66.09	nd
Papinha frutas sortidas – Nestlé Baby®	63.33	nd 15.83	0 0	nd nd	0 0	nd 0	nd 6.67	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Papinha de peito de frango, legumes e macarrão Papinhas Nestlé Etapa 2 – Nestlé®	92.60	nd 9.07	4.2 4.4	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Papinha maçã Papinhas Nestlé Etapa 1 – Nestlé®	60.83	nd 15	0 0	nd nd	0 0	nd 0	nd 0.66	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Papinha banana e maçã Papinhas Nestlé Etapa 2 – Nestlé®	53.33	nd 11.67	0 0	nd nd	0 0	nd 0	nd 0.83	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Papinha pêra Papinhas Nestlé Etapa 1 – Nestlé®	52.50	nd 12.50	0 0	nd nd	0 0	nd 0	nd 1.66	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Papinha de purezinho Papinhas Nestlé Etapa Jr – Nestlé®	75.60	nd 8	3.8 3.2	nd nd	0.4 0	nd 0	nd 1.12	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	3 nd	nd nd	nd nd	nd 143.20	nd
Papinha picadinho de carne Papinhas Nestlé Etapa Jr – Nestlé®	74.00	nd 7.6	4 3.2	nd nd	0.76 0	nd 0	nd 1	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	2.24 nd	nd nd	nd nd	nd 130	nd
Papinha risotinho de frango Papinhas Nestlé Etapa Jr – Nestlé®	82.40	nd 8.8	4.4 3.32	nd nd	0.4 0	nd 0	nd 0.56	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	2.24 nd	nd nd	nd nd	nd 140.40	nd
Papinha maçã, goiaba e banana Papinhas Nestlé Purezinho de Frutas – Nestlé®	61.67	nd 14.17	0.5 0	nd nd	0 0	nd 0	nd 2.25	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 4.58	nd
Papinha mix de frutas Papinhas Nestlé Purezinho de Frutas – Nestlé®	70.00	nd 16.67	0.75 0	nd nd	0 0	nd 0	nd 1.25	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Papinha pêra e manga Papinhas Nestlé Purezinho de Frutas – Nestlé®	64.17	nd 15	0 0	nd nd	0 0	nd 0	nd 2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Páprica	289.00	9.54 55.7	14.8 13	8.32 1.23	2.1 0	tr	0 20.9	tr	6060 0	8.16 tr	nd 0.65	1.74 tr	0 15.3	1.78	177 0.61	23.6 tr	185 0.84	2344 345	11 33.9	4.06

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Pastel de carne	288.43	36.84 30.97	15.42 10.76	1.33 4.45	3.7 0	41.95 1.33	0.49 0.84	14.84 0.22	1.961 14.93	0.095 0.33	0.3 0.143	1.358 4.969	0.36	25.811 0.11	3.018 2.292	19.702 0.287	191.535 129.824	13.87 2.091.533	2.66
Pastel de palmito	257.86	32.73 48.99	6.83 3.68	1.44 1.07	0.83 0	1.92 2.14	0.7 1.16	21.144 0.141	2.784 19.342	1.429 0.459	0.336 0.171	0.051 3.356	0.29	30.781 0.214	2.973 3.254	16.442 0.395	427.112 101.312	19.649 2.823.013	1.16
Pastel de pizza	244.35	42.82 33.85	9.06 7.86	1.3 2.52	3.52 0	18.35 1.63	0.55 1	80.699 0.14	2.324 15.184	3.35 0.345	0.283 0.048	0.179 2.583	0.27	142.712 0.099	2.336 9.954	18.486 0.333	119.799 140.799	19.113 2.232.282	0.85
Pastel de queijo	290.90	31.92 40.56	10.89 9.06	1.53 2.7	4.25 0	22.48 1.77	0.63 1.04	86.184 0.172	2.674 15.771	0.557 0.412	0.338 0.042	0.219 3.046	0.28	171.742 0.093	7.271 12.192	19.777 0.389	103.513 166.704	23.295 2638.55	1.02
Pastel especial	262.46	45.07 23.09	15.43 11.47	1.28 4.55	4.31 0	99.06 0.97	0.36 0.61	55.69 0.391	1.622 18.146	1.634 0.301	0.32 0.147	1.226 3.933	0.47	65.058 0.089	2.47 11.716	18.226 0.215	180.306 161.306	16.923 1644.12	2.38
Patê de cutite	250.63	nd 3.81	21.57 16.35	nd nd	nd 0	45.74 0.06	nd nd	0 nd	nd nd	0 nd	nd nd	nd nd	nd nd	nd nd	0 nd	nd nd	nd nd	nd nd	nd
Patê de presunto – Sadia®	270.00	nd 0	13 23	nd nd	8 nd	19 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 630	nd
Patê de ricota	237.19	66.06 2.97	6.85 22.41	0.81 6.89	13.71 0	67.63 0.12	0.03 0.09	210.288 0.502	0.643 8.658	0.436 0.017	0.142 0.037	0.272 0.085	0.18	140.919 0.038	0.338 4.794	10.67 0.011	99.765 107.873	1.475 488.052	0.71
Patinho sem gordura (cru) – carne bovina	133.00	72.9 0	21.7 4.5	0.2 1.9	2 nd	56 nd	nd nd	2 nd	nd nd	nd 0.11	0.08 nd	nd 3.61	nd nd	nd 0.05	3 1.8	20 nd	318 0.01	nd 170	4.50 49
Patinho sem gordura (grelhado) – carne bovina	219.00	55.2 0	35.9 7.3	0.3 3.1	3.1 nd	126 nd	nd nd	tr nd	nd nd	nd 0.04	0.03 nd	nd 3.01	nd nd	5 0.12	3 nd	27 0.02	421 289	nd 60	8.10
Pato (cru)	135.81	51.77 0	7.66 11.45	1.47 5.2	3.9 0	33.85 0	0 0	25.39 0.12	0.52 2.42	0 0.07	0.11 0.07	0.12 1.95	0.44	4.43 0.09	1.09 tr	6.45 tr	82.21 62.87	8.02 23.78	0.75
Pato assado sem pele e sem sal	201.00	64.2 0	23.5 11.2	1.44 3.71	4.18 0	89 0	0 0	23 0.3	1.74 10	0 0.26	0.47 0.25	0.4 5.1	1.50	12 0.23	2.71 tr	20 0.02	252 203	19.9 65	2.61
Pato assado sem sal	337.00	51.8 0	19 28.4	3.66 12.9	9.68 0	84 0	0 0	63 0.3	1.28 6	0 0.17	0.27 0.18	0.3 4.83	1.10	11 0.23	2.71 tr	16 0.02	204 156	19.9 59	1.87
Pato no tucupi	303.16	53.75 3.1	14.8 25.48	5.06 10.69	7.9 0	63.56 0.44	0.11 0.18	47.839 0.235	4.688 8.012	2.513 0.147	0.213 0.173	0.227 3.744	0.87	19.083 0.213	2.439 0.297	17.811 0.1	218.822 127.763	15.327 56.119	1.47
Pavê de amendoim	324.86	44.45 24.41	6.4 23.33	3.49 8.34	10.25 0	76.01 1.16	0.49 0.72	131.228 0.568	2.21 35.438	0.4 0.184	0.18 0.073	0.232 2.542	0.50	119.268 0.13	1.303 14.946	30.344 0.392	173.188 133.716	9.277 221.121	0.60
Pé de moleque – Yoki®	464.70	nd 37.65	14.12 28.23	nd nd	5.29 0	nd 5.6	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 32.29	nd
Peito de frango com arroz e creme de milho congelado – Pão de Açúcar®	193.14	nd 20.57	8.29 4.57	nd nd	1.71 0.01	nd 0.86	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 289.43	nd
Peito de frango com pele (assado)	212.00	58.5 0	33.4 7.6	1.8 2.7	2.2 nd	109 nd	nd nd	6 nd	nd nd	nd 0.12	tr nd	nd 15.8	nd	8 0.01	0.5 nd	18 0.01	380 297	nd 56	1.00
Peito de frango com pele (cru)	149.00	71.9 0	20.8 6.7	0.9 3.2	2.2 nd	80 nd	nd nd	4 nd	nd nd	nd 0.09	tr nd	nd nd	nd	8 0.05	0.4 nd	28 0.01	252 213	nd 62	0.60
Peito de frango com pele, sem osso (cru)	148.00	72 0	21 7	0.9 3.2	2.2 0	80 0	nd nd	4 nd	nd nd	nd 0.09	tr tr	nd nd	nd	8 0.05	0.4 nd	28 tr	252 213	nd 62	0.60

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Peito de frango em filé à milanesa	240.00	nd	24.6	nd	nd	93.9	nd	10.4	nd	0.15	nd	nd	nd	18.2	1	nd	nd	nd	nd
		10.8	10.2	nd	0	0.1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Peito de frango sem pele (cozido)	163.00	65.6	31.5	0.6	1.1	89	nd	tr	nd	nd	tr	nd	nd	6	0.3	14	231	nd	0.90
		0	3.2	1.1	nd	nd	nd	nd	nd	0.1	nd	7.6	nd	0.02	nd	tr	224	36	
Peito de frango sem pele (cru)	119.00	74.8	21.5	tr	1.1	59	nd	2	nd	nd	tr	nd	nd	7	0.4	31	267	nd	0.70
		0	3	1.3	nd	nd	nd	nd	nd	0.1	nd	nd	nd	0.03	nd	0.01	222	56	
Peito de frango sem pele (grelhado)	159.00	63.8	32	0.3	0.9	89	nd	tr	nd	nd	tr	nd	nd	5	0.3	18	387	nd	0.80
		0	2.5	0.9	nd	nd	nd	nd	nd	0.11	nd	24.83	nd	0.02	nd	tr	295	50	
Peito de frango sem pele light – Seara®	105.60	nd	15.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		nd	2.2	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Peito de frango sem pele, sem osso (cru)	118.00	75	22	0	1.1	59	nd	2	nd	nd	tr	nd	nd	7	0.4	31	267	nd	0.70
		0	3	1.3	0	0	nd	nd	nd	0.1	tr	nd	nd	0.03	nd	tr	222	56	
Peito de peru (cru)	105.31	73.7	24.1	nd	nd	60	0	nd	nd	nd	0.081	0.52	0.59	nd	1	20	333	nd	1.80
		0	0.99	nd	0	0	0	nd	7	0.047	0.46	11.3	nd	0.13	nd	0.03	nd	46	
Peito de peru ao molho de ervas finas congelado – Pão de Açúcar®	132.86	nd	12	nd	1.14	39.43	nd	nd	nd	nd	nd	nd	nd	41.71	0.86	nd	nd	nd	nd
		11.71	4	nd	nd	0.14	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	244	
Peito de peru defumado Califórnia – Sadia®	132.00	nd	26	nd	1	60	nd	nd	nd	nd	nd	nd	nd	0	0.5	nd	nd	nd	nd
		0	3	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	588	
Peito defumado de chester – Perdigão®	110.00	nd	18	nd	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		4	4	nd	0	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	106	
Peito sem gordura (cozido) – carne bovina	338.00	51.2	22.2	0.4	11.7	100	nd	tr	nd	nd	0.3	nd	nd	4	1.6	14	204	nd	3.90
		0	27	11.5	nd	nd	nd	nd	nd	tr	nd	4.54	nd	0.05	nd	tr	136	56	
Peito sem gordura (cru) – carne bovina	259.00	61.5	17.6	0.5	8.2	59	nd	4	nd	nd	0.07	nd	nd	4	1.3	15	241	nd	2.60
		0	20.4	9.2	nd	nd	nd	nd	nd	0.11	nd	3.91	nd	0.06	nd	tr	124	64	
Peixada	161.83	nd	11.63	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		17.91	4.78	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Peixe-espada (cozido)	179.45	66.63	23.85	1.25	3.71	57.26	0	72.45	0.07	0.99	0.1	1.79	0.38	5.92	0.98	29.33	295.63	47.53	1.39
		0	8.66	3.01	0	0	0	1.02	2.06	0.04	0.32	9.9	nd	0.15	tr	0.02	285.7	136.49	
Peixe-espada (cru)	121.00	75.6	19.8	0.92	1.1	39	0	36	0.52	1.1	0.1	1.75	0.41	4	0.81	27	288	48.1	1.16
		0	4.02	1.55	0	0	0	1	2	0.04	0.33	9.68	nd	0.13	nd	0.02	263	90	
Peixe na telha	82.07	nd	12.57	nd	nd	41.78	nd	58.02	nd	10.53	nd	nd	nd	19.05	0.11	nd	nd	nd	nd
		3.88	2.29	nd	0	0.55	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pepino	13.00	96	0.69	0.06	0.04	0	0.17	21.5	0.25	5.3	0.02	0	0.18	14	0.26	11	144	11.9	0.20
		2.77	0.13	0	0	0.68	0.51	0	13	0.02	0.04	0.22	nd	0.03	tr	0.08	20	2	
Pepino (casca)	94.00	8.28	1.52	nd	nd	nd	nd	3	nd	nd	nd	nd	nd	nd	0.93	nd	0.26	0.01	nd
		0.19	0.16	nd	nd	2.46	nd	nd	nd	3.5	nd	nd	nd	nd	nd	7.21	nd	nd	nd
Peptamen 1.5 líquido – Nestlé®	153.00	nd	6.8	nd	4.4	nd	0	140	2.9	51	0.36	1.2	2.10	100	2.7	40	187	7.6	3.60
		19	5.6	nd	0	0	0	1	81	0.29	0.6	4.2	0.3	0.3	23	0.4	100	103	
Peptamen Junior líquido – Nestlé®	102.00	nd	3	nd	2.5	nd	0	72	1.9	9.6	0.2	0.6	1.00	100	1.4	20	132	3	1.50
		14	3.8	nd	0	0	0	1.4	40	0.24	0.24	2	0.1	0.1	12	0.16	80	46	

Alimento	Energia (kcal)	Umidade (g)	Proteína (g)	Gordura (g)	Gordura total (g)	Gordura saturada (g)	Fibra (g)	Fibra total (g)	Fibra insolúvel (g)	A (mg)	E (mg)	C (mg)	B2 (mg)	B12 (mg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mg)	Zn (mg)
Peptamen Junior pó – Nestlé®	102.00	nd	3	nd	2.5	0	0	nd	0	45	1	8.1	0.1	0.15	0.30	92	1	12	135	3	1.00
Peptamen pó – Nestlé®	100.00	nd	4	nd	1.4	0	0	nd	0	120	1.9	14	0.24	0.8	1.40	80	1.2	40	125	4	1.40
Peptamen Prebio líquido – Nestlé®	101.00	nd	4	nd	3	0	nd	nd	0	94	2	34	0.24	0.81	1.40	80	1.8	30	151	4.8	2.40
Peptamen UTI líquido – Nestlé®	152.00	nd	9.4	nd	4.1	0	0	nd	0	181	6.7	100	0.24	0.81	1.40	100	1.8	40	188	10	3.60
Pequi ao molho	110.34	nd	1.35	nd	nd	0	nd	0	nd	15282	nd	14.7	nd	nd	nd	24.97	1.09	nd	nd	nd	nd
Pequizada	69.14	nd	2.51	nd	nd	0	nd	9.05	nd	6002.29	nd	5.38	nd	nd	nd	85.35	0.58	nd	nd	nd	nd
Pera	59.00	83.8	0.39	0.09	0.02	0	0.5	0	0.5	2	0.5	4	0.04	0	0.07	11	0.25	6	125	0.75	0.12
Pera (casca)	74.00	5.61	0.34	nd	nd	nd	nd	nd	nd	9.78	nd	nd	nd	nd	nd	nd	0.6	nd	0.11	0.01	nd
Perna de cordeiro assado sem sal	191.00	63.9	28.3	0.51	2.77	0	0	89	0	0	0.13	0	0.29	2.65	0.71	8	2.13	0.03	338	26	4.95
Pernil assado com molho	132.85	68.33	18.73	0.5	1.72	0	0.56	57.02	0.16	23.549	0.418	18.339	0.227	0.445	0.46	8.187	0.858	21.467	311.286	21.217	1.84
Pernil de porco (assado)	262.00	49	32.1	1.9	4.8	nd	nd	110	nd	tr	nd	nd	0.09	nd	nd	18	1.3	27	395	nd	3.30
Pernil de porco (cru)	186.00	67	20.1	1.7	4.2	nd	nd	59	nd	tr	nd	nd	0.06	nd	nd	13	0.9	23	256	62	1.70
Peru (assado)	163.00	65.3	26.2	1.4	1.6	nd	nd	91	nd	tr	nd	nd	tr	nd	nd	14	0.6	12	175	nd	1.20
Peru (cru)	94.00	78.2	18.1	0.7	0.4	nd	nd	68	nd	tr	nd	nd	0.06	nd	nd	10	0.9	19	281	nd	1.40
Peru assado sem pele sem sal	175.00	64.4	29.3	1.59	1.83	0	0	73	0	0	tr	0	0.18	0.36	0.91	25	1.77	26	299	35.6	3.04
Pescada branca (crua)	111.00	80	16	0.9	0.8	0	nd	51	nd	3	nd	nd	0.04	nd	nd	16	0.2	19	261	nd	0.30
Pescada branca (frita)	223.00	57	27.4	0.9	0.8	nd	nd	165	nd	39	nd	nd	0.11	nd	nd	378	0.5	30	355	nd	1.10
Pescada no tucupi	93.26	nd	7.36	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pêssego	43.00	87.7	0.7	0.05	0.01	0	0.8	0	0.8	53.5	1	6.6	0.04	0	0.17	5	0.11	7	197	1.3	0.14
Pêssego em calda – Casino®	60.71	nd	0.5	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pêssegos em calda diet – La Pastina®	30.00	nd	0	nd	0	0	nd	0	nd	nd	nd	nd	nd	nd	nd	0	0.36	nd	nd	nd	nd



Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mg)	Zn (mg)
			G tot (g)	G mono (g)	G mono (g)	G mono (g)	G trans (g)	Fib tot (g)	Fib ins (g)	D (mcg)	Fol (mcg)	B1 (mg)	B6 (mg)	Nia (mg)		Cu (mg)	I (mcg)	Mn (mg)	P (mg)	Na (mg)	
Petit gateau de chocolate congelado – Alibey®	452.00	nd 42	6 28	nd	8	nd	nd	236 0.99	nd	nd	nd	nd	nd	nd	nd	106	4	nd	nd	nd	nd
Petit gateau de chocolate light congelado – Alibey®	318.00	nd 36	6 22	nd	6	nd	nd	194 4	nd	nd	nd	nd	nd	nd	nd	36	1.6	nd	nd	nd	nd
Picadinho com ora-pro-nóbis	244.10	2.39	12.46	nd	nd	nd	nd	38.9 0.61	nd	100	nd	10.52	nd	nd	nd	32.76	2.64	nd	nd	nd	nd
Picadinho de carne com frutas	165.62	65.86 13.57	9.64 8.35	1.01 3.64	2.84	0	2.77 1.23	0.31 0.7	0.16	35.434 0.098	1.504 12.051	6.642 0.093	0.113 0.213	0.909 1.673	0.23	19.392 0.099	1.4 0.349	18.449 0.325	264.246 94.396	9.434 767.067	1.48
Picadinho de tartaruga	182.26	nd 20.42	12.5 5.82	nd	nd	nd	nd	5.65 0.56	nd	34.98	nd	6.46	nd	nd	nd	132.42	1.8	nd	nd	nd	nd
Picanha – Friboi®	180.00	nd 0	21 10	nd	3.9	nd	nd	67 0	nd	nd	nd	nd	nd	nd	nd	33	2	nd	nd	nd	nd
Picanha com gordura (crua) – carne bovina	213.00	66 0	19 15	0.3 5.2	4.5	0	60 0	nd	nd	3	nd	nd	0.16	nd	nd	2	1.7	14	232	nd	3.80
Picanha sem gordura (crua) – carne bovina	134.00	72 0	21 5	0.1 2.1	2	0	75 0	nd	nd	tr	nd	tr	0.05	nd	nd	3	2.1	20	322	nd	4.20
Picanha sem gordura (grelhada) – carne bovina	238.00	54.6 0	31.9 11.3	0.3 5.2	4.5	nd	100	nd	nd	tr	nd	tr	0.08	nd	nd	4	3.6	25	377	nd	6.70
Picles	14.00	95.1 3.1	0.7 0.2	nd	nd	0	0	0.4	nd	2	nd	0.01	0.02	nd	nd	21	2.6	nd	nd	5	nd
Pimenta – Tabasco®	nd	nd	nd	nd	nd	nd	nn	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pimenta-caiena	318.00	8.05 56.6	12 17.3	8.37 2.75	3.26	0	25	tr	tr	4161	tr	76.4 0.33	0.92	0	tr	148 0.37	7.8	152	2014	3.91 30	2.48
Pimenta-do-reino em pó	255.00	10.5 64.8	10.9 3.26	1.13 1.01	0.98	0	26.5	0	tr	19	tr	0	0.24	0	tr	437 1.13	28.9	194	1259	5	1.42
Pimentão (miolo)	92.00	22.21 1.67	2.51 0.61	nd	nd	nd	nd	1.92	nd	0.972	nd	2.5	nd	nd	nd	nd	0.1	nd	0.1	0.02	nd
Pimentão amarelo	27.00	92 6.33	1.01 0.21	1.11 0.03	0	0	2.3	0	0.7 1.6	23.8	tr	184 0.03	0.03	0	0.17	11 0.11	0.46	12	212	tr	0.17
Pimentão verde	27.00	92.2 6.44	0.89 0.19	0.1 0.02	0.03	0	1.73	0	0.53 1.2	63.2	tr	89.3 0.07	0.03	0	0.08	9 0.07	0.46	10	177	1.06 2	0.12
Pimentão vermelho	28.00	91.9 6.71	0.92 0.2	0.11 0.02	0.03	0	1.2	0	0.4 0.8	376	0.8	171 0.06	0.03	0	0.08	9 0.07	0.46	10	166	0.7	0.12
Pinga	231.00	66.6 nd	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pingado	47.81	7.88	1.24 1.38	nd	nd	0	5.36	0	nd	7.56	nd	0.36	nd	nd	nd	47.01	0.13	nd	nd	nd	nd
Pingo D'ouro – Elma Chips®	497.00	nd 61	8.5 24.3	nd	nd	0	nd	nd	nd	21.5	nd	1.5	0.45	nd	nd	78	2.5	42.5	nd	nd	nd
Pinha	96.00	nd 24.599	1.599 0.019	nd	nd	0	0	1.599	nd	0	nd	35	nd	nd	nd	28.015	1.801	nd	nd	nd	nd

Alimento	Energia (kcal)	Umidade Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Pinhão (cozido)	297.00	25.4 65.4	5.6 1.4	nd nd	nd nd	nd nd	nd 0	18	nd	3	nd nd	nd 1.35	0.24 nd	nd 4.7	nd	39	6.8 nd	nd nd	nd 82	nd nd	nd nd
Pinhão (cru)	282.00	29.2 62.1	5.3 1.3	nd nd	nd nd	nd nd	nd 0	17.1	nd	3 nd	nd nd	nd 1.28	0.23 nd	nd 4.5	nd	37	6.5 nd	nd nd	nd 78	nd nd	nd nd
Pintado (assado)	192.00	57 0	36.5 4	0.3 1.3	nd nd	nd nd	1.8 nd	126	nd	7 nd	nd nd	nd 0.03	tr nd	nd 6.63	nd	114	0.8 nd	42 0.08	527 332	nd 81	2.10
Pintado (cru)	91.00	80.3 0	18.6 1.3	0.1 0.4	nd nd	nd nd	0.6 nd	50	nd	tr nd	nd nd	nd tr	tr nd	nd nd	nd	12	0.2 nd	24 0.01	294 174	nd 43	0.40
Pintado ao molho de mandioca	164.19	nd 13.58	10.75 10.74	nd nd	nd nd	nd nd	nd 0	40.63 0.91	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	40.07	0.9 nd	nd nd	nd nd	nd nd	nd
Pintado na telha	99.85	nd 2.73	9.45 2.92	nd nd	nd nd	nd nd	nd 0	35.41 0.59	nd	81.3 nd	nd nd	23.07 nd	nd nd	nd nd	nd	16.25	0.52 nd	nd nd	nd nd	nd nd	nd
Pipoca doce de milho caramelizada – Clac®	382.35	nd 89.1	4.7 0.8	nd nd	nd nd	nd nd	0 0	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	0.5	22.33 nd	nd nd	nd nd	nd 5.88	nd
Pipoca doce industrializada	383.00	nd 85.4	6.1 3.5	nd nd	nd nd	nd nd	nd 0	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	5	nd nd	nd nd	256 135	nd nd	nd
Pipoca para micro-ondas manteiga suave – Yoki®	480.00	nd 56	8 24	nd nd	nd nd	nd nd	8 0	0 0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	1.16 nd	nd nd	nd nd	nd 0	nd
Pipoca para micro-ondas natural – Yoki®	440.00	nd 60	8 20	nd nd	nd nd	nd nd	6 0	0 0	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	0	1.04 nd	nd nd	nd nd	nd 0	nd
Pipoca salgada	497.22	2.93 55.67	8.57 28.37	16.05 6.7	nd nd	nd nd	4.06 0	10.79	0	14.006 0	23.767 16.435	0 0.143	0.2 0.179	0 1.386	0.30	7.946	1.915 tr	93.681 0.679	215.351 214.437	9.032 1274.08	2.47
Pipoca salgada com manteiga	449.83	6.55 61.12	9.59 20.28	2.13 5.98	nd nd	nd nd	11.02 0	45.87 11.85	0	173.299 0.29	0.329 18.631	0 0.157	0.227 0.196	0.024 1.53	0.33	12.951	2.126 tr	103.233 0.745	241.625 240.111	9.97 480.386	2.71
Pipoca sem sal	513.86	3.02 57.53	8.86 29.32	16.59 6.93	nd nd	nd nd	4.19 0	11.15	0	14.474 0	24.562 16.985	0 0.148	0.207 0.185	0 1.433	0.31	7.392	1.979 0.414	96.75 0.702	222.287 221.615	9.231 2.954	2.55
Pirarucu de casaca	231.03	nd 23.83	5.45 13.35	nd nd	nd nd	nd nd	nd 0	34.91 1.25	nd	33.97 nd	nd nd	9 nd	nd nd	nd nd	nd	27.55	1.04 nd	nd nd	nd nd	nd nd	nd
Pirarucu no leite de castanha	226.57	nd 3.87	14.92 17.5	nd nd	nd nd	nd nd	nd 0	42.66 2.36	nd	24.89 nd	nd nd	9.83 nd	nd nd	nd nd	nd	82.52	1.19 nd	nd nd	nd nd	nd nd	nd
Pistache	577.00	3.88 24.8	20.6 48.4	7.32 32.7	nd nd	nd nd	6.13 0	10.8	0.32	23.3 0	5.21 58	7.21 0.82	0.17 0.25	0 1.08	1.19	135	6.79 nd	158 0.33	1093 503	9.84 6	1.35
Pistache torrado sem sal	606.00	2.1 27.5	14.9 52.8	7.99 35.7	nd nd	nd nd	6.69 0	10.8	0.3	23.8 0	tr 59.1	7.31 0.42	0.25 0.26	0 1.41	1.21	70	3.18 nd	130 0.33	970 476	9 6	1.37
Pitanga	33.00	90.8 7.5	0.8 0.4	tr tr	nd nd	nd nd	tr 0	0.8	tr	150 0	tr tr	26.3 0.03	0.04 tr	0 0.3	tr	9	0.2 nd	12 tr	103 11	tr 3	tr
Pizza de calabresa	189.40	58.51 25.64	5.97 7.1	2.66 2.43	1.53 0	nd nd	5.15 2.11	5.15	0.53	35.236 0.098	4.307 62.957	5.171 0.353	0.301 0.134	0.125 3.304	0.55	14.285	2.062 0.095	17.292 0.292	240.152 84.069	11.562 406.692	0.66
Pizza de calabresa Apiciatta congelada – Perdigão®	245.00	nd 22.5	15 10	nd nd	5 0	nd nd	nd 0	nd 2.5	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd	nd nd	nd nd	nd nd	nd 787.5	nd
Pizza de calabresa congelada – Sadia®	229.87	nd 25.97	11.43 8.96	nd nd	7.53 0.52	nd nd	19.48 0	19.48	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	116.88	nd nd	nd nd	nd nd	nd 845.45	nd



Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Polenguinho – Polenghi®	276.67	nd	7.67	nd	15.67	nd	300	nd	5	nd	nd	nd	nd	nd	nd	500	nd	nd	nd	nd	nd
		4.33	25	nd	1	0	2.67	nd	nd	2.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	806.67	nd
Polenguinho light – Polenghi®	170.00	nd	11.33	0	7.33	8.67	300	nd	5	nd	nd	nd	nd	nd	nd	500	nd	nd	nd	nd	nd
		4	12	2.67	0	0	2.67	nd	nd	2.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	876.67	nd
Polenta	62.88	85.21	1.02	0.9	0.24	0	6.92	0	1.775	0	0.012	0	0.012	0	0.10	2.84	0.361	14.542	46.426	2.226	0.28
		11.32	1.67	0.41	0	1.97	0	1.47	0	3.681	0.036	0.055	0.28			0.043	tr	0.069	40.052	222.035	
Polenta à brasileira	120.53	nd	7.53	nd	nd	7.46	nd	2.68	nd	12.92	nd	2.27	nd	nd	nd	101.36	0.82	nd	nd	nd	nd
		12.82	5.85	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Polenta básica	209.27	nd	11.45	nd	nd	20.05	nd	0.15	nd	22.16	nd	0	nd	nd	nd	303.26	0.5	nd	nd	nd	nd
		9.67	13.76	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Polenta com dente-de-leão	279.87	nd	5.92	nd	nd	0	69.98	0	1.01	nd	nd	7.78	nd	nd	nd	34.36	1.88	nd	nd	nd	nd
		51.38	5.29	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Polenta com molho de carne	58.73	86.44	2.33	0.63	0.6	4.77	32.053	0.38	1.445	8.531	0.039	0.048	0.079	0.704	0.18	12.508	0.516	13.801	139.486	1.41	0.46
		8.11	2.14	0.68	0	1.51	0.017	1.13	9.337	0.048	0.079	0.048	0.079	0.704		0.061	0.037	0.087	44.74	269.835	
Polenta (frita)	89.39	82.46	0.99	2.74	0.7	nd	6.697	0.48	4.742	nd	0.011	nd	0.011	nd	0.09	2.75	0.35	14.074	44.929	2.154	0.27
		10.96	4.84	1.15	0	1.91	nd	1.42	3.562	0.035	0.053	0.035	0.053	0.271		0.055	tr	0.067	38.769	214.877	
Polenta palito congelada – PratiGel®	84.00	nd	2	nd	0	0	nd	0	nd	nd	nd	nd	nd	nd	nd	6.67	0	nd	nd	nd	nd
		18	0.67	nd	0	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	404	nd
Polenta temperada	170.30	nd	11.46	nd	nd	14.91	140.78	nd	nd	1.87	nd	nd	nd	nd	nd	167.28	2.13	nd	nd	nd	nd
		48.18	21.52	nd	0	4.48	nd	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Polentina com sal – Quaker®	342.00	nd	8	nd	nd	nd	nd	nd	nd	nd	nd	nd	0.1	nd	nd	4.06	2.5	nd	176	nd	nd
		73	2	nd	0	1	nd	1	nd	0.21	nd	0.21	nd	2.11	nd	nd	nd	nd	138	1675	nd
Polentina temperada – Quaker®	339.00	nd	7	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		69	2	nd	0	1	nd	1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Polpa de abacaxi congelada – Maisa®	50.00	nd	0.99	nd	0	0	nd	0	nd	nd	nd	nd	nd	nd	nd	16	0.4	nd	nd	nd	nd
		12	0	nd	nd	nd	nd	0.99	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	30	nd
Polpa de açaí congelada – Maisa®	70.00	nd	2	5	nd	1	147	0	nd	nd	nd	nd	nd	nd	nd	22	1	nd	nd	nd	nd
		3	5	nd	nd	3	nd	3	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	0	nd
Polpa de açaí e guaraná congelada Açai Sport – DeMarchi®	250.00	nd	2.5	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		45	7.5	nd	0	10	nd	10	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	0	nd
Polpa de açaí natural congelada – Frooty®	127.50	nd	0.9	nd	0	0	nd	0	nd	nd	nd	nd	nd	nd	nd	84	8	nd	nd	nd	nd
		17.5	6.1	nd	nd	2.5	nd	2.5	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	20	nd
Polpa de acerola congelada – Maisa®	40.00	nd	0	nd	0	0	133.2	0	nd	799.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		6.66	0	nd	nd	0	nd	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	0	nd
Polpa de caju congelada – Maisa®	45.00	nd	0.99	nd	0	0	nd	0	nd	200	nd	nd	nd	nd	nd	16	0.2	nd	nd	nd	nd
		10	0	nd	nd	0.99	nd	0.99	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	0	nd
Polpa de cupuaçu congelada – Maisa®	64.80	nd	1.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	20.7	nd	nd	nd	nd	nd
		nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	23	nd	nd
Polpa de fruta acerola – Maisa®	30.60	nd	0.7	nd	nd	nd	720	0	nd	800	0.08	0.03	0.08	nd	nd	11.7	0.24	nd	83	nd	nd
		6.95	nd	nd	0	0.6	nd	0.6	nd	nd	nd	nd	nd	nd		nd	nd	nd	10.9	nd	nd

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol Fib ins (g)	A (RE) (mcg)	E Fol (mcg)	C B1 (mg)	B2 B6 (mg)	B12 Nia (mg)	Pant (mg)	Ca Cu (mg)	Fe I (mcg)	Mg Mn (mg)	K P (mg)	Se Na (mcg)	Zn (mg)
Polpa de fruta de açaí – Maisa®	182.40	nd	2.1	22.55	nd	nd	nd	nd	nd	nd	nd	17	0.02	nd	nd	110	9.3	nd	218	nd	nd
Polpa de goiaba congelada – Maisa®	35.00	7	0.99	nd	nd	nd	0	0	nd	135	nd	20	nd	nd	nd	17	0.2	nd	280	nd	nd
Polpa de graviola congelada – Maisa®	66.66	16.65	1	0	nd	nd	0	0	nd	nd	nd	39.96	nd	nd	nd	26.64	0.47	nd	nd	nd	nd
Polpa de manga congelada – Maisa®	50.00	11	1	0	nd	nd	0	0	nd	150	nd	35	nd	nd	nd	20	0.2	nd	nd	nd	nd
Polpa de maracujá congelada – Maisa®	45.00	8	1	1	nd	nd	0	0	nd	156	nd	30	nd	nd	nd	8	0.4	nd	nd	nd	nd
Polpa de morango congelada – Maisa®	40.00	9	0.99	0	nd	nd	0	0	nd	nd	nd	60	nd	nd	nd	22	0.7	nd	155	nd	nd
Polpa de uva congelada – Maisa®	33.33	nd	0	0	nd	nd	0	0	nd	nd	nd	20	nd	nd	nd	nd	nd	nd	nd	nd	nd
Polvilho	357.00	11.4	0.3	88.2	0.1	0.05	0.02	0	tr	0	tr	0	0	0	0.13	40	0.33	tr	11	tr	0.07
Polvo (cozido)	38.07	1.03	6.92	0.49	0.11	0.11	0.11	22.28	0	20.89	tr	2.32	0.02	9.29	0.23	24.61	2.47	13.93	162.49	34.82	0.78
Polvo (cru)	82.00	80.3	14.9	2.21	1.05	0.24	0.23	48	0	0.03	16	5	0.04	20	0.50	53	5.31	30	350	75	1.69
Ponta de agulha (crua) – carne bovina	226.23	59.66	26.43	0	12.51	0.49	5.34	68.07	0	0	tr	0	0.18	3.2	0.35	7.01	2.52	23.02	402.4	tr	4.67
Porco no rolete	174.39	nd	13.42	6.48	10.34	nd	nd	46.59	nd	14.36	nd	7.5	nd	nd	nd	17.63	0.75	nd	nd	nd	nd
Porco no tucupi	145.94	nd	9.99	14.47	5.05	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Porquinho (cru)	93.00	79.2	20.5	0	0.6	0.1	0.4	49	nd	5	nd	nd	tr	nd	nd	26	0.4	24	313	nd	0.70
Pre Nan – Nestlé®	491	nd	14	56	24	nd	nd	nd	nd	440	6.5	79	0.66	0.1	2.7	490	7.4	54	530	11	3.7
Pregestimil Premium – Mead Johnson®	501.00	nd	14	51	28	nd	1.5	nd	0	571	13	60	0.45	1.5	2.50	471	9	55	551	nd	5.00
Presunto de peru Califórnia – Sadia®	103.30	nd	19.7	nd	2.49	nd	nd	29.5	nd	nd	nd	nd	nd	nd	nd	32.27	2.58	25.92	301	nd	nd
Presunto de peru defumado Califórnia – Sadia®	117.60	nd	21.31	nd	3.18	nd	nd	34.5	nd	nd	nd	nd	nd	nd	nd	37.07	2.2	25.52	262	nd	nd
Presunto de porco	182.00	64.6	17.6	3.12	10.6	1.22	3.4	57	0	0	0.5	28	0.25	0.83	0.45	7	0.99	19	332	16.4	2.15
Proteína texturizada de soja	342.80	73.1	52.4	30.51	1.24	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	247	nd	nd
Pudim de açaí	278.33	nd	6.67	33.27	1.38	nd	nd	101.53	nd	45.72	nd	1.03	nd	nd	nd	23.53	0.46	nd	nd	nd	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Pudim de bacuri	242.12	nd	5.08	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		44.4	5.17	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pudim de chocolate – Royal®*	112.00	nd	3.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		19.93	2.67	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pudim de claras	195.49	49.97	5.95	0	0	0	0.01	0.017	0	0.409	0.265	0.114	0.07	4.254	0.045	6.275	82.319	10.114	0.02
		43.77	0	0	0	0.03	0.02	0	1.793	0.004	0.004	0.054	0.07	0.022	31.134	0.006	8.26	93.286	
Pudim de coco – Royal®*	104.10	nd	3.1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		17.58	2.89	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pudim de coco diet – Royal® (com leite desnatado)*	49.20	nd	3.31	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		8.46	0.46	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pudim de coco diet – Royal® (com leite integral)*	74.60	nd	3.54	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		8.38	3.23	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pudim de leite condensado	216.11	52.09	6.57	0.45	3.34	106.26	0	79.731	0.201	1.255	0.313	0.482	0.64	151.943	0.397	15.691	209.558	7.355	0.70
		33.98	6.35	1.97	0	0	0	0.614	15.574	0.058	0.061	0.118	0.07	0.017	49.409	0.009	160.066	88.697	
Pudim de leite Moça – Nestlé®	155.55	nd	5.55	nd	2.77	50	nd	nd	nd	nd	nd	nd	nd	125.555	0.188	nd	nd	nd	nd
		24.44	5	nd	0	tr	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	56.66	
Pudim de morango – Royal®*	110.00	nd	3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		20	2.53	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pudim de tapioca	353.75	nd	6.09	nd	nd	116.19	nd	35.9	nd	1.73	nd	nd	nd	17.09	0.71	nd	nd	nd	nd
		30.65	22.91	nd	0	0.22	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Pupunha	164.00	65.7	2.5	nd	nd	0	nd	1500	nd	35	tr	nd	nd	28	3.3	nd	nd	31	nd
		21.7	9.8	nd	0	8.9	nd	nd	nd	0.06	nd	0.5	nd	nd	nd	nd	nd	nd	nd
Pupunha (cozida)	164.00	nd	2.5	nd	nd	0	nd	1500	nd	36	nd	nd	nd	30.47	3.3	nd	nd	nd	nd
		21.7	9.8	nd	0	8.9	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Purê de abóbora ou jerimum	43.00	nd	1.03	nd	nd	24.77	nd	746.27	nd	3.81	nd	nd	nd	24.47	0.47	nd	nd	nd	nd
		3.77	2.92	nd	0	0.62	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Purê de batatas	108.48	75.69	1.94	1.19	1.1	2.56	0.38	50.655	2.182	5.748	0.045	0.069	0.44	29.548	0.244	17.667	276.593	0.93	0.28
		15.95	4.32	1.82	0	0.98	0.6	0.188	7.668	0.081	0.211	1.002	0.128	0.128	6.583	0.108	48.261	596.265	
Purity 69A – Lorena®	400.00	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	5	0.15	nd	nd	nd	nd
		87	nd	nd	0	0.25	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	200	
Quarteirão com queijo – Mc Donald's®	265.35	nd	15.35	nd	6.93	43.56	nd	nd	nd	nd	nd	nd	nd	117.82	2.77	nd	nd	nd	nd
		17.82	14.85	nd	0.69	1.04	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	534.65	
Queijadinha	344.21	26.92	10.66	0.64	7.88	146.55	0.15	98.265	0.371	0.085	0.254	0.505	0.53	209.366	1.071	16.594	90.69	13.965	0.96
		48.47	12.61	3.04	0	1.17	1.02	0.527	17.738	0.076	0.077	0.454	0.081	0.081	16.528	0.21	186.436	316.767	
Queijo brie	334.00	48.4	20.8	0.83	17.4	100	0	182	tr	0	0.52	1.65	0.69	184	0.5	20	152	3.6	2.39
		0.45	27.7	8.01	0	0	0	0.2	65	0.07	0.24	0.38	0.02	0.02	nd	0.03	188	629	
Queijo camembert	300.00	51.8	19.8	0.72	15.3	72	0	252	tr	0	0.49	1.3	1.36	388	0.33	20	187	6.8	2.39
		0.46	24.3	7.02	0	0	0	0.3	62.2	0.03	0.23	0.63	0.02	0.02	nd	0.04	347	842	
Queijo cheddar	403.00	36.8	24.9	0.94	21.1	105	0	303	tr	0	0.38	0.83	0.41	721	0.68	27.8	98.4	14.2	3.12
		1.29	33.1	9.39	0	0	0	0.3	18.2	0.03	0.07	0.08	0.03	0.03	nd	0.01	512	621	
Queijo cottage (1% gordura)	72.40	82.5	12.4	0.03	0.65	4.4	0	11	0.64	0	0.17	0.63	0.22	60.9	0.14	5.35	85.5	4.1	0.38
		2.73	1.03	0.29	0	0	0	0.01	12.4	0.02	0.07	0.13	0.03	0.03	nd	0	134	406	





Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Petit Suisse morango Batavinho – Batavo®	124.44	nd	6.22 3.78	nd	2.22	nd	nd	200.71 1.67	nd	14.89 nd	nd	nd	nd	333.33 nd	4.67 nd	nd	nd	nd	2.33
Petit Suisse morango Chambinho – Nestlé®	115.00	nd	6.25 3	nd	1.75	nd	nd	282.50 2.35	nd	nd	nd	nd	nd	470 nd	nd	nd	nd	nd	3.25
Petit Suisse meio a meio (uva verde/ uva roxa) Danoninho – Danone®	107.50	nd	6 3	nd	2 nd	nd	nd	nd 1.87	nd	nd	nd	nd	nd	375 nd	nd	nd	160	52.50	nd
Petit Suisse morango Danoninho – Danone®	108.23	nd	6.12 3.06	0	2.12	nd	nd	nd 3.53	3.53	nd	nd	nd	nd	352.94 nd	2.35 nd	nd	242.35	nd	2.35
Petit Suisse chocolate Maxi Chambinho – Nestlé®	150.00	nd	4 23.33	nd	2.5	nd	nd	188.33 1.57	nd	nd	n	nd	nd	313.33 nd	nd	nd	nd	nd	2.17
Petit Suisse morango Maxi Chambinho Nestlé®	116.67	nd	6.17 3.17	nd	1.83	nd	nd	188.33 1.57	nd	nd	nd	nd	nd	313.33 nd	nd	nd	nd	nd	2.17
Petit Suisse morango Ninho Soleil – Nestlé®	115.56	nd	6.22 3.11	nd	1.78	nd	nd	282.22 2.44	nd	nd	n	nd	nd	468.89 nd	nd	nd	nd	nd	6.67
Petit Suisse morango e mel Ninho Soleil – Nestlé®	115.00	nd	6.25 3	nd	1.75	nd	nd	282.50 2.35	nd	nd	nd	nd	nd	470 nd	nd	nd	nd	nd	6.5
Queijo port salut	352.00	45.5	23.8 0.57	0.73 9.34	16.7	123	0	372 0.21	tr	0	0.24	1.5	0.21	650	0.43	24.3	136	3.52	2.61
Queijo prato	357.00	41.6	25 1.44	0.67 8.13	17.6	89.2	0	253 0.9	tr	0	0.39	1.54	0.28	731	0.44	29.8	188	6.4	3.76
Queijo prato – Polenghi®	276.67	nd	13 22.33	nd	13.67	nd	nd	nd nd	nd	nd	nd	nd	nd	390	nd	nd	nd	1600	nd
Queijo prato processado em fatias – Barateiro®	292.63	nd	15.31 21.15	nd	nd	nd	nd	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Queijo provolone	351.00	41	25.6 2.15	0.77 7.39	17.1	68.9	0	264 0.2	tr	0	0.32	1.46	0.48	756	0.52	27.6	138	3.52	3.24
Queijo roquefort	369.00	39.4	21.5 2.01	1.32 8.47	19.3	90	0	299 0.23	tr	0	0.59	0.64	1.73	662	0.56	29.5	90.7	3.52	2.09
Queijo suíço	376.00	37.2	28.4 3.39	0.97 7.27	17.8	91.7	0	253 1.1	tr	0	0.37	1.68	0.43	961	0.17	35.9	111	13.6	3.91
Queijo tilsit com kummel	340.00	42.9	24.4 1.89	0.72 7.14	16.8	102	0	291 0.19	tr	0	0.36	2.1	0.35	700	0.23	13	64.5	3.52	3.51
Queijão	294.53	41.05	1.39 33.66	0.2 0.16	0.29	0	0	2.58 0	0	0.48	0.034	0	nd	37.886	2.361	27.824	206.235	0.315	0.75
Quiabo	32.00	89.9	1.88 7.22	0.05 0.17	0.05	0	0.9	57.5	tr	16.3	0.06	0	0.21	63	0.45	57	322	0.51	0.55
Quipe assado	237.09	5607	18.48 11.5	0.59 5.79	4.82	61.85	0.54	4.043 0.183	0.375 15.308	2.596 0.064	0.148	2.014	0.39	18.337	2.096	36.364	294.853	2.802	3.86
Quipe de berinjela	110.02	69.4	4.01 22.31	0.5 1.49	0.27	0	1.02	26.449	1.717	3.576	0.052	0.001	0.39	36.547	2.424	42.041	255.214	14.119	0.78

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Quiche de cebola congelada – Pão de Açúcar®	333.33	nd	12.5	nd	10.42	83.33	nd	nd	nd	nd	nd	nd	nd	nd	1.04	nd	nd	nd	nd
		33.33	18.75	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	166.67	nd
Quiche de frango congelada – Melhor Bocado®	375.00	nd	10	nd	6.25	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		25	20	nd	3.5	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	290	nd
Quiche de tomate seco congelada – Melhor Bocado®	432.50	nd	10	nd	7.5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		32.5	27.5	nd	3.5	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	547.5	nd
Quiche de tomate seco congelada – Pão de Açúcar®	375.00	nd	16.67	nd	10.42	75	nd	nd	nd	nd	nd	nd	nd	nd	0.83	nd	nd	nd	nd
		29.17	20.83	nd	nd	0.99	nd	nd	nd	nd	nd	nd	nd	18.75	nd	nd	nd	166.67	nd
Quiche lorraine congelada – Melhor Bocado®	350.00	nd	10	nd	9	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		32.5	27.5	nd	3.5	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	547.5	nd
Quindim	273.34	40.57	4.73	0.85	4.27	240.39	0.08	110.706	0.235	0.275	0.185	0.578	0.74	28.332	0.943	5.827	64.934	13.216	0.71
		45.58	8.67	2.36	0	0.78	0.7	0.708	29.323	0.039	0.08	0.061		0.062	29.339	0.141	104.874	31.574	
Quirera lapiana	291.49	nd	19.5	nd	nd	76.21	nd	1.79	nd	13.22	nd	nd	nd	46.11	1.49	nd	nd	nd	nd
		8.85	19.32	nd	0	0.96	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Rã (cozida)	105.80	73.76	23.77	0.16	0.12	72.46	0	19.57	tr	0	0.34	0.52	0.50	26.09	1.96	28.99	371.7	tr	1.45
		0	0.44	0.07	0	0	0	0.3	16.3	0.19	0.16	1.57		0.31	tr	tr	159.8	84.06	
Rã (crua)	73.62	82.6	16.54	nd	nd	nd	nd	nd	nd	nd	0.252	nd	nd	18.154	1.512	nd	nd	nd	nd
		0	0.3	nd	0	nd	nd	nd	nd	0.141	nd	1.21		nd	nd	nd	148.26	nd	nd
Rabanete (cru)	17.00	94.8	0.6	0.05	0.03	0	0.4	1	tr	22.8	0.05	0	0.09	21	0.29	9	232	3.11	0.30
		3.6	0.54	0.02	0	1	0.6	0	27	0.01	0.07	0.3		0.04	nd	0.07	18	24	
Rabanete (folha)	90.00	17.34	3.67	nd	nd	nd	nd	0.91	nd	nd	nd	nd	nd	nd	5.56	nd	0.28	0.09	nd
		0.26	0.18	nd	nd	1.37	nd	nd	nd	8.3	nd	nd		nd	nd	7.09	nd	nd	nd
Rabo de porco (cozido)	377.00	44	15.6	4.3	11.6	89	nd	tr	nd	nd	0.06	nd	nd	22	0.6	4	24	nd	1.40
		0	34.5	16.7	nd	nd	nd	nd	nd	0.2	nd	1.43		0.05	nd	0.01	42	1158	
Ravióli de carne – Frescarini®	282.00	nd	3.1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		51.1	12.3	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Ravióli de ricota e espinafre – Frescarini®	288.00	nd	11	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		52	4	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Recheio de ameixa Moça Fiesta – Nestlé®	312.00	nd	4.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		59.5	6.1	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Recheio de chocolate Moça Fiesta – Nestlé®	324.00	nd	6.7	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		56.4	8	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Recheio doce de leite com coco Moça Fiesta – Nestlé®	330.00	nd	5.9	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		55.4	9.4	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Red Bull® (energético)	44.00	nd	0	nd	0	nd	nd	nd	nd	nd	0.52	0.40	2	nd	nd	nd	nd	nd	nd
		11.20	0	nd	0	0	nd	nd	nd	nd	0.52	6.40		nd	nd	nd	nd	80	nd
Repolho-branco (cozido)	22.00	93.6	1.03	0.2	0.06	0	1.3	13.2	1.7	20.1	0.06	0	0.14	31	0.17	8	97	0.4	0.09
		4.47	0.43	0.03	0	2.8	1.7	0	20	0.06	0.11	0.28		0.01	nd	0.12	15	8	
Repolho-branco (cru)	25.00	92.2	1.45	0.12	0.04	nd	1	13.3	1.67	32.2	0.04	nd	0.14	47	0.59	15	246	1.3	0.18
		5.44	0.27	0.02	0	2.03	1.03	nd	43	0.05	0.1	nd		0.02	nd	0.16	23	18	
Repolho-roxo (cozido)	21.00	93.6	1.06	0.1	0.03	0	1.2	2.7	0.16	34.4	0.02	0	0.22	37	0.35	11	140	5.33	0.15
		4.65	0.2	0.02	0	2.63	1.43	0	12.6	0.03	0.14	0.2		0.07	nd	0.13	29	8	

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Repolho-roxo (cru)	27.00	91.6 6.13	1.4 0.26	0.13 0.03	0.03 0	0 2.95	1.38 1.57	4 0	1.7 20.7	57 0.05	0.03 0.21	0 0.3	0.32	51 0.1	0.49 nd	15 0.18	206 42	1.3 11	0.21
Requeijão – Nestlé®	273.33	nd 0	10.33 25	nd nd	16 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 466.67	nd
Requeijão cremoso tradicional – Danúbio®	260.00	nd 5	9 22.67	nd nd	14.33 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	286.67 nd	nd nd	nd nd	nd nd	nd 653.33	nd
Requeijão cremoso light – Poços de Calda®	130.00	nd 4	12.60 7	0.2 2.2	4.4 0	20 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 556	nd
Requeijão cremoso – Poços de Calda®	246.67	nd 4	10.33 21	nd nd	13.33 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 450	nd
Requeijão cremoso light – Danúbio®	37.14	nd 1	2.28 2.64	0.21 0.71	1.64 0	10 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	72.86 nd	nd nd	nd nd	nd nd	nd 140.71	nd
Resource breeze – Nestlé®	107	nd 22.78	3.8 0	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	42.19 nd	1.14 nd	0.42 nd	8.44 67.51	nd 33.76	1.60
Resource diabetic – Nestlé®	108.00	nd 10	6.2 4.8	nd nd	0.6 0	nd 1.2	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	109.6 nd	1.5 nd	33.8 nd	177.2 109.6	5.9 85.6	1.30
Resource glutamina – Nestlé®	400.00	nd 0	100 0	nd nd	0 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Resource just for kids – Nestlé®	100.00	nd 11.18	3.21 4.81	nd nd	1.73 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	113.92 nd	1.39 nd	19.83 nd	113.92 80.17	4.01 59.07	1.18
Resource plus – Nestlé®	152.00	nd 22	5.6 4.8	nd nd	0.6 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	126.4 nd	1.88 nd	36 nd	192 92	3.4 132	1.20
Resource protein – Nestlé®	370.00	nd 0	90 1	nd nd	0 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Resource puré instant carne com ervilhas – Nestlé®	450.00	nd 42	30 18	9.2 5	4 0	nd 4	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	290 nd	5 nd	90 nd	700 320	40 700	5.40
Resource puré instant peru com champignon – Nestlé®	418.00	nd 34	30 18	9.6 5.6	3 0	nd 12	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	290 nd	5 nd	90 nd	600 300	16 650	5.40
Resource Thicken up – Nestlé®	356.00	nd 89	0 0	nd nd	0 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 222	nd
Resource ultra plus – Nestlé®	200.00	nd 21.6	8.8 8.8	nd nd	2 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	105.6 nd	1.92 nd	42 nd	152 105.6	3.6 80	1.60
Ricola	174.00	71.7 3.05	11.3 13	0.39 3.63	8.3 0	50.6 0	0 0	134 0.1	0.65 12.2	0 0.01	0.2 0.04	0.34 0.1	0.21	207 0.02	0.38 nd	11.3 0.01	105 158	1.83 84.1	1.17
Rim bovino (cru)	86.00	79.8 0	15.7 2.6	0.1 0.7	1.1 0	400 0	0 0	96 nd	0.18 77	10 0.37	2.1 0.32	31 6	3.11	10 0.42	5.7 nd	15 0.11	230 230	110 180	1.90
Risoto à milanese com açafrão – Italian Pasta & Risotti®	359.00	nd 74	7 4	nd nd	1.5 0	1.3 7	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	7 nd	0.1 nd	nd nd	nd nd	nd 0.9	nd
Risoto com funghi porcini – Passarotti®	374.00	nd 77.7	8.2 3.3	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Risoto de frango	178.41	58.32 26.17	10.5 3.16	1.28 0.85	0.75 0	20.36 1.33	0.27 3.17	28.056 0.077	2.151 14.357	5.925 0.212	0.067 0.226	0.093 4.593	0.59	32.118 0.117	1.725 0.188	20.143 0.396	182.878 111.149	11.161 618.558	0.72

Alimento	Energia (kcal)	Umidade Carb (g)	Prot (g)	G tot (g)	G poli (g)	G mono (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Rissoles de carne	415.56	25.75	9.67	24.34	9.81	8.42	4.65	14.36	0.64	133.054	16.564	1.935	0.305	0.475	0.31	21.112	2.783	17.582	132.816	16.768	1.15
Rissoles de catupiri	391.63	26.91	11.51	23.79	6.57	7.78	8.24	24.38	0.46	178.035	11.076	0.051	0.384	0.179	0.49	257.357	1.893	22.485	156.957	17.215	1.38
Rissoles de palmito	318.04	64.83	5.65	17.62	7.6	5.96	3.16	2.26	0.68	117.478	13.188	6.608	0.254	0.056	0.28	38.971	2.118	16.238	130.582	14.515	0.40
Robalo	123.00	nd	19.8	4.2	1.08	1.2	1.04	67	0	180	1.2	3	0.2	0.2	0.93	12	0.2	29	370	nd	0.50
Rocambole recheio de doce de leite	290.22	31.82	6.09	4.99	0.34	1.48	2.75	60.01	0.15	55.631	0.254	1.136	0.298	0.298	0.52	131.305	0.838	15.157	188.546	8.086	0.63
Rocambole recheio de goiaba – Pullman®	360.00	nd	4	10	nd	3	nd	0	nd	nd	nd	nd	nd	nd	nd	74.60	1	nd	nd	nd	nd
Rocambole recheio de morango – Pullman®	360.00	nd	4	10	nd	3	nd	0	nd	nd	nd	nd	nd	nd	nd	70.44	0.9	nd	nd	nd	nd
Romã	68.00	81	0.95	0.3	tr	tr	0	3.55	nd	0	tr	6.1	0.03	0.11	0.60	3	0.3	3	259	tr	tr
Rosquinha de jaracatiá	114.99	nd	4.46	5.19	nd	nd	nd	8.92	nd	0.79	nd	0.32	nd	nd	nd	67.26	0.56	nd	nd	nd	nd
Rúcula	17.22	93.5	1.6	0.3	nd	nd	nd	0	0.66	691.67	nd	51	0.17	nd	nd	180	3.14	34	276	nd	nd
Ruffles original – Pepsico®	564.00	nd	6.4	38.8	nd	nd	16.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	516
Ruffles cebola e salsa – Pepsico®	536.00	nd	6	36.4	nd	nd	17.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	64	nd	nd
Sagu (cru)	352.00	12.6	0.6	0.2	nd	nd	nd	nd	nd	0	nd	0	0.02	nd	nd	10	0.4	nd	nd	nd	nd
Sagu com vinho tinto	146.67	72.87	0.16	0.04	0.01	0.01	0	0.12	0	0.055	0	0.08	0.04	0.004	0.01	6.142	0.249	5.364	42.987	0.25	0.05
Sagu sabor morango – Yoki®	500.00	nd	7.5	30	nd	nd	5	5	nd	nd	nd	nd	nd	nd	nd	tr	tr	nd	nd	nd	nd
Sake mirin®	26.66	nd	0.66	0	0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Sal grosso – Lebre®	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Sal refinado	0.00	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0.00	24	0.1	2.01	8.01	3.03	0.00
Sal refinado – Cisne®	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0.03	6500	0.12	0	38758	nd
Salada de fava	146.32	71.01	3.73	10.1	3.06	5.13	1.41	0	0.67	29.113	4.941	9.007	0.053	0	0.14	25.477	1.038	25.295	205.903	1.242	0.53

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Salada de frutas completa (laranja, banana, mamão, abacaxi, uva, melão, maçã, pera, kiwi)	52.51	84.67	0.7	0.08	0.05	0	0.43	26.584	0.209	38.746	0.038	0	0.18	17.132	0.217	12.353	206.629	1.097	0.08
		12.99	0.29	0.04	0	1.26	0.66	0	22.395	0.069	0.095	0.358		0.061	1.352	0.24	14.177	1.451	
Salada de frutas completa com suco de laranja	55.14	85.72	0.69	0.09	0.06	0	0.56	28.923	0.212	34.632	0.041	0	0.18	19.317	0.223	12.821	208.715	1.418	0.09
		13.9	0.32	0.05	0	1.65	0.85	0	19.508	0.057	0.114	0.342		0.067	1.118	0.321	13.137	1.615	
Salada de frutas Simples (banana, maçã, laranja, mamão)	52.76	85.27	0.75	0.05	0.06	0	0.65	19.524	0.217	43.547	0.043	0	0.22	24.851	0.143	12.408	234.52	0.526	0.08
		13.37	0.21	0.03	0	1.9	0.6	0	27.961	0.05	0.125	0.318		0.043	1.267	0.043	10.867	1.239	
Salada de maionese (batata, cenoura, vagem e maionese)	96.82	77.61	1.59	1.99	0.56	2.73	0.73	450.857	2.813	10.061	0.039	0.012	0.38	19.965	0.602	18.818	276.461	0.834	0.28
		14.87	3.83	1.07	0	1.81	0.99	0.014	16.904	0.078	0.24	0.986		0.148	1.779	0.252	37.109	603.268	
Salada de pinhão	61.31	nd	1.01	nd	nd	0	nd	398.54	nd	27	nd	nd	nd	31.02	0.5	nd	nd	nd	nd
		5.45	1.6	nd	0	2.5	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Salada de repolho com abacaxi- e uva passa	123.66	77.58	1.23	2.97	3.32	18.49	0.49	52.177	4.537	0.043	0.048	0.119	0.16	34.771	0.497	13.167	187.028	1.202	0.16
		10.06	9.58	2.72	0	1.37	0.86	0.045	23.016	0.059	0.294	0.298		0.076	2.107	0.581	25.794	463.924	
Salada russa congelada – Daucy®	53.85	nd	2.38	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	18.46	0.77	nd	nd	nd	nd
		10.77	0	nd	0	2.54	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	27.69	
Salada verão congelada – Daucy®	19.23	nd	1.61	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	46.15	0.77	nd	nd	nd	nd
		2.77	0	nd	0	0.16	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	19.23	
Salame	250.00	60.4	13.9	2.03	8.1	65	0	0	0.68	12	0.38	3.66	0.85	13	2.68	15	198	14.6	2.15
		2.26	20.1	9.2	0	0	0	0.89	2	0.24	0.21	3.55		0.23	nd	0.06	115	1065	
Salgadinho de aipim (mandioca) – Naturabella®	500.00	nd	5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	45	nd	nd	nd	nd	nd
		55	30	nd	0	5	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	850	
Salgadinho de calabresa Torcida – Pepsico®	448.00	nd	10	nd	2.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		68	15.6	nd	0	2.4	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	1280	
Salgadinho de churrasco Torcida – Pepsico®	524.00	nd	5.2	nd	5.2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	4	nd
		48	34.8	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	864	
Salgadinho de presunto – Piraquê®	376.00	nd	8	nd	6.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		44	18	nd	0	2	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	1044	
Salmão (cozido)	182.00	59.6	25.4	3.26	1.26	71	0	13	tr	0	0.49	3.05	1.92	15	1.04	37	628	37.8	0.82
		0	8.14	2.7	0	0	0	7	29	0.28	0.94	10.1		0.32	tr	0.02	256	56	
Salmão (cru)	116.00	76.4	19.9	1.35	0.56	52	0	35	1.35	0	0.06	3	0.75	13	0.77	26	323	45	0.55
		0	3.46	0.93	0	0	0	11.83	4	0.17	0.2	7		0.08	tr	0.02	230	67	
Salmão defumado	117.00	72	18.3	1	0.93	23	0	26	tr	0	0.1	3.26	0.87	11	0.85	18	175	54.1	0.31
		0	4.33	2.02	0	0	0	3	1.9	0.02	0.28	4.72		0.23	tr	0.02	164	784	
Salsão	16.00	94.6	0.75	0.07	0.04	0	0.4	13.4	0.73	7	0.05	0	0.19	40	0.4	11	287	0.9	0.13
		3.66	0.14	0.03	0	1.5	1.1	0	28	0.05	0.09	0.32		0.03	tr	0.1	25	87	
Salsicha	320.00	53.9	11.3	1.65	9.95	50	0	0	0.42	26	0.12	1.31	0.35	11	1.16	10	86	13.8	1.85
		2.56	27.24	13.73	0	0	0	0.9	4	0.2	0.13	2.63		0.08	tr	0.03	167	1120	
Salsicha de frango	257.00	57.5	12.9	4.05	5.55	101	0	130	0.39	0	0.12	0.24	0.83	95	2.01	10	84	18.4	1.05
		6.8	19.5	8.49	0	0	0	0.3	4	0.07	0.32	3.09		0.05	tr	0.02	107	1370	
Salsicha de frango – Seara®	186.00	nd	13	nd	4.20	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		2	14	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	1100	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Salsicha de peru – Sadia®	164.00	nd	12	2.40	3.20	28	nd	nd	nd	nd	nd	nd	nd	nd	1.60	nd	nd	nd	nd
		6.40	10	4.40	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	962.00	nd
Salsichão com picles Santo Amaro – Eder®	188.00	nd	8	nd	8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0.80	20	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	790	nd
Salsinha	36.00	87.7	2.98	0.12	0.13	0	tr	520	tr	133	0.1	0	0.40	138	6.2	50	554	0.5	1.08
		6.34	0.79	0.3	0	4.1	nd	0	152	0.09	0.09	1.31		0.15	nd	0.16	58	56	
Salsinha seca	276.00	9.02	22.4	2.43	0.64	0	tr	2334	tr	122	1.23	0	2.14	1467	97.9	249	3804	tr	4.75
		51.7	4.42	0.36	0	33	nd	0	1400	0.17	1	7.93		0.64	nd	10.5	351	452	
Salsinha (talo)	83.00	16.84	1.16	nd	nd	nd	nd	0.002	nd	nd	nd	nd	nd	nd	31	nd	112.2	nd	nd
		1.97	0.48	nd	nd	3.66	nd	nd	nd	32.67	nd	nd		nd	nd	1.46	nd	nd	
Sálvia fresca	119.00	66.4	3.9	tr	tr	0	tr	215	tr	tr	tr	0	tr	600	tr	160	390	tr	1.70
		15.6	4.6	tr	0	tr	tr	0	tr	0.11	tr	tr		tr	nd	9.1	33	4	
Sálvia seca	315.00	7.96	10.6	1.76	7.03	0	tr	590	tr	32.4	0.34	0	tr	1652	28.1	428	1070	tr	4.70
		60.7	12.7	1.87	0	18	tr	0	tr	0.75	tr	5.72		0.76	nd	3.13	91.3	11	
Sanduíche americano	193.94	63.28	10.88	1.72	3.88	126.7	0.31	124.772	0.386	8.432	0.23	0.541	0.23	109.615	1.933	12.678	187.666	15.257	1.21
		12.74	11.29	4.24	0	0.73	0.42	0.165	25.516	0.245	0.165	1.652		0.065	6.224	0.115	114.057	411.398	
Sanduíche de calabresa	252.92	54.28	12.67	1.95	5.42	31.67	0.34	14.572	0.456	10.73	0.21	0.764	0.51	34.275	1.257	18.325	242.303	16.784	1.56
		14.88	15.54	7.09	0	1.06	0.72	0.605	14.856	0.466	0.21	3.362		0.098	1.472	0.158	107.437	1.472	
Sanduíche de pemil	200.56	61.28	14.94	0.99	3.2	44.18	0.33	15.53	0.479	9.852	0.235	0.32	0.43	27.027	1.194	19.803	249.995	24.08	1.64
		13.98	9.05	4	0	1.06	0.72	0.141	17.203	0.437	0.235	3.408		0.113	1.485	0.169	155.687	173.078	
Sanduíche de sorvete baunilha – Häagen Dazs®	428.17	nd	3.94	nd	13.8	nd	nd	nd	nd	nd	nd	nd	nd	153.52	nd	nd	nd	nd	nd
		28.17	32.39	nd	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	84.51	nd
Sanduíche de sorvete caramelo – Häagen Dazs®	402.82	nd	4.23	nd	12.68	nd	nd	nd	nd	nd	nd	nd	nd	146.48	nd	nd	nd	nd	nd
		28.17	30.99	nd	0.56	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	70.42	nd
Sanduíche de sorvete chocolate – Häagen Dazs®	416.90	nd	4.37	nd	12.82	nd	nd	nd	nd	nd	nd	nd	nd	130.99	nd	nd	nd	nd	nd
		32.39	30.99	nd	0	1.97	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	63.38	nd
Sanduíche natural de atum	246.55	56.66	9.55	7.82	2.64	18.08	0.56	622.503	10.164	2.376	0.1	0.569	0.30	34.679	1.172	18.503	202.928	23.186	0.38
		16.7	16.18	4.77	0	1.25	0.69	1.367	20.509	0.138	0.245	4.063		0.125	2.031	0.157	109.555	338.002	
Sanduíche natural de frango	239.96	57.46	9.69	7.31	2.48	28.39	0.57	633.593	9.812	2.437	0.109	0.096	0.34	37.544	1.241	15.785	165.743	14.062	0.49
		17.13	15.21	4.49	0	1.28	0.71	0.18	20.543	0.148	0.219	3.118		0.109	2.083	0.161	81.872	259.355	
Sarapatel	201.57	67.63	10.73	1.32	7.14	18.09	0.38	30.12	1.259	12.04	0.029	0.063	0.12	157.989	15.976	12.282	155.253	1.535	0.29
		3.71	16.3	6.82	0	3.72	0.58	0.179	19.752	0.06	0.107	0.341		0.061	1.141	0.143	3.021	161.753	
Sarapatel de tartaruga	63.13	nd	1.06	nd	nd	nd	nd	26.69	nd	6.24	nd	nd	nd	62.6	0.92	nd	nd	nd	nd
		1.21	1.63	nd	0	0.3	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	nd
Sardinha (assada)	164.00	60.1	32.2	0.3	1.7	109	nd	tr	nd	nd	tr	nd	nd	438	1.3	51	574	nd	1.80
		0	3	0.5	nd	nd	nd	nd	nd	0.06	nd	5.83		0.14	nd	0.24	578	74	
Sardinha (frita)	257.00	48.5	33.4	6.1	2.6	103	nd	tr	nd	nd	tr	7.1	nd	482	1.1	39	460	nd	1.60
		0	12.7	3.1	nd	nd	nd	nd	nd	0.06	nd	nd		0.14	nd	0.25	629	60	
Sardinha em molho de tomate – Coqueiro®	163.33	nd	16	4.5	1.83	0.054	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		2.67	9.67	2.17	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	273.33	nd
Sardinha em óleo – Coqueiro®	276.67	nd	15.5	10.83	4.50	45	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	23.33	5.5	0	0	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	290	nd



Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Sardinha escabeche	334,59	51,07	10,46	16,88	4,38	56,01	0,19	34,226	24,244	3,862	0,117	3,511	0,32	158,94	1,463	20,33	224,417	22,34	0,61		
	5,72	30,33	7,53	0	0,53	0,31	0,19	2,67	9,785	0,076	0,118	2,397	0,211	0,319	0,136	207,399	449,807				
Sardinha enlatada com molho de tomate	178,00	68,3	16,4	4,3	3,09	61	0,1	70	tr	1	0,23	9	0,73	240	2,31	34	341	57	1,41		
	0,6	12	3,67	0	0,6	0,5	0,12	4,2	24,3	0,04	0,12	4,2	0,27	tr	0,21	366	414				
Sardinha inteira (crua)	114,00	77	21	0,2	1,7	61	nd	tr	nd	nd	0,07	nd	nd	167	1,3	29	312	nd	1,30		
	0	3	0,5	0	0	0	nd	tr	nd	tr	tr	nd	0,13	0,1	0,1	294	60				
Sashimi de atum	144,00	68,1	23,3	1,68	1,26	38	0	655	tr	0	0,25	9,43	1,05	8	1,03	50	252	80	0,60		
	0	4,91	1,36	0	0	0	0	5,38	1,9	0,24	0,46	8,65	0,09	tr	0,02	254	39				
Sashimi de salmão	116,00	76,4	19,9	1,35	0,56	52	0	35	1,35	0	0,06	3	0,75	13	0,77	26	323	45	0,55		
	0	3,46	0,93	0	0	0	0	11,83	4	0,17	0,2	7	0,08	tr	0,02	230	67				
Seleita de legumes em conserva – Jurema®	76,00	nd	4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
	15	1	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	77		
Sembereba	326,00	nd	0,9	nd	nd	nd	nd	1116	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
	67,4	6,5	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
Semente de abóbora com sal	446,00	4,51	18,6	8,84	3,67	0	tr	6,2	3,91	0,3	0,05	0	0,06	55	3,32	262	919	5,59	10,30		
	53,8	19,4	6,03	0	35,9	nd	nd	0	9,01	0,03	0,04	0,29	0,69	nd	0,5	92	575				
Semente de abóbora sem sal	446,00	4,51	18,6	8,84	3,67	0	tr	6,2	3,91	0,3	0,05	0	0,06	55	3,32	262	919	5,59	10,30		
	53,8	19,4	6,03	0	35,9	nd	nd	0	9,01	0,03	0,04	0,29	0,69	nd	0,5	92	18				
Semente de girassol	570,00	5,37	22,8	32,7	5,2	0	1,95	5	tr	1,41	0,25	0	6,75	116	6,78	354	689	59,5	5,07		
	18,8	49,6	9,46	0	6,05	nd	nd	0	227	2,29	0,77	4,5	1,75	nd	2,02	705	3				
Serralha (refogada)	93,95	nd	2,06	nd	nd	0	0	351,08	nd	16,92	nd	nd	nd	nd	nd	nd	nd	nd	nd		
	5,2	7,77	nd	0	0	0,7	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
Shimeji	16,80	nd	2,5	0	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	0,1	nd	nd	nd		
	1,7	0	0	0	0	1,12	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	13,17		
Shitake	34,50	nd	3,1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0,4	nd	nd	nd		
	4,4	0,5	nd	0	0	3,8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
Shoyu – Sakura®	60,00	nd	0	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
	12	0	0	nd	0	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	5700		
Shoyu light – Sakura®	21,00	nd	4,41	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
	0,92	0,64	nd	0	1,92	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd		
Sobrecoxa de frango com pele (assada)	260,00	55	28,7	3,9	4,2	158	nd	8	nd	nd	0,05	nd	nd	11	1,2	15	323	nd	2,20		
	0	15,2	5,4	nd	nd	nd	nd	nd	nd	nd	0,1	11,2	0,06	tr	nd	tr	252	96			
Sobrecoxa de frango com pele (crua)	255,00	63,6	15,5	3,6	6,5	88	nd	7	nd	nd	0,06	nd	nd	7	0,7	22	190	nd	1,30		
	0	20,9	9,6	nd	nd	nd	nd	nd	nd	0,09	nd	nd	0,05	nd	0,01	154	68				
Sobrecoxa de frango cozida com molho de tomate	201,25	67,83	17,66	3,87	3,44	66,76	0,09	42,164	3,169	3,351	0,151	0,143	0,63	10,838	1,12	16,636	172,378	16,458	1,72		
	1,38	13,49	4,95	0	0,28	0,19	0,225	8,12	0,055	0,15	3,765	0,147	0,078	0,043	0,147	110,274	222,115				
Sobrecoxa de frango cozida sem pele com molho de tomate	173,56	69,7	18,93	3,11	2,39	67,36	0,09	23,452	2,921	3,351	0,171	0,157	0,70	10,838	1,157	18,134	182,109	20,282	1,97		
	1,38	9,82	3,35	0	0,28	0,19	0,225	8,868	0,059	nd	3,996	0,147	0,083	0,045	0,147	117,758	225,109				
Sobrecoxa de frango sem pele (assada)	233,00	55,6	29,2	3,1	3,3	145	nd	11	nd	nd	0,05	nd	nd	12	1,2	17	382	nd	2,20		
	0	12	4,2	nd	nd	nd	nd	nd	nd	nd	0,1	10,2	0,07	tr	nd	281	1,6				



Alimento	Energia (kcal)	Umíd Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Sobrecoxa de frango sem pele (crua)	162.00	72.7 0	17.6 9.6	1.6 4.5	3 nd	84 nd	nd	4 nd	nd	nd	0.06 nd	nd	nd	6 0.06	0.9 nd	26 0.02	241 187	nd	1.70
Soja (cozida)	173.00	62.6 9.93	16.6 8.98	5.06 1.98	1.32 0	0 6.27	2.59 nd	0.9 0	6.86 53.8	1.7 0.16	0.29 0.23	0 0.4	0.18	102 0.41	5.15 nd	86 0.82	515 245	1.78 1	1.16
Soja (crua)	416.00	8.55 30.2	36.5 19.9	11.3 4.44	2.93 0	0 16.5	6.8 nd	2.4 0	23.1 375	6 0.87	0.38 0.38	1.62	0.79	2.77 1.66	15.7 nd	280 2.52	1797 704	5.7 2	4.90
Soja à grega	85.83	80.87 6.71	5.1 4.82	1.71 1.7	0.97 0	46.06 2.38	0.88 1.44	471.688 0.141	2.848 29.533	11.806 0.086	0.137 0.141	0.11	0.29	37.787 0.123	1.428 6.011	27.08 0.258	261.183 87.449	4.831 660.751	0.49
Soja em grãos – Mais Vita®	460.00	nd 31.67	38.33 20	nd nd	3.17 0	nd 16.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Sopa creme de cebola – Knorr®	280.00	nd 64.67	5.33 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	5153.33	nd
Sopa creme de cebola – Maggi®	341.18	nd 58.82	8.82 7.65	nd nd	2.94 0	nd 2.94	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Sopa creme de ervilha	46.86	90 2.19	5.41 1.74	0.62 0.51	0.4 0	12.31 0.72	0.18 0.54	8.527 0	1.099 10.855	5.535 0.054	0.058 0.11	0.365	0.09	6.465 0.052	0.647 0.312	9.904 0.065	101.637 51.479	0.299 144.161	1.01
Sopa creme de ervilha e bacon – Knorr®	263.16	nd 38.42	18.95 3.68	nd nd	0 0	nd 18.42	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Sopa creme de ervilha e bacon – Maggi®	317.65	nd 57.06	14.70 3.53	nd nd	1.18 0	nd 5.88	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	4376.47	nd
Sopa creme de galinha – Knorr®	300	nd 68.75	6.25 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	4731.25	nd
Sopa creme de legumes – Knorr®	297.14	nd 68.57	6.28 nd	nd nd	nd nd	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	3840	nd
Sopa creme de queijo – Knorr®	326.15	nd 60.31	8 6.15	nd nd	2.46 nd	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	5150.77	nd
Sopa creme de tomate	37.72	91.15 4.7	1.55 1.57	0.37 0.4	0.7 0	3.09 0.48	0.12 0.34	31.114 0.136	0.841 7.248	7.827 0.031	0.047 0.045	0.069	0.15	43.47 0.039	0.224 2.094	7.719 0.053	113.349 37.117	0.629 309.018	0.16
Sopa de carne com pinhão	274.46	nd 6.08	11.6 20.03	nd nd	nd 0	9.37 1.1	nd	3.55 nd	nd	0.6 nd	nd	nd	nd	11.16 nd	1.98 nd	nd	nd	nd	nd
Sopa de carne conchinha – Maggi®	318.75	nd 62.50	10 0	nd nd	0 0	nd 0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	4137.50	nd
Sopa de carne espagueteinho – Maggi®	20.70	nd 3.56	0.72 0.4	nd nd	nd 0	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	288	nd
Sopa de carne, macarrão e legumes Sopão – Knorr®	34.60	nd 6.92	0.99 0.23	nd nd	nd 0	nd nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	376	nd
Sopa de carne, macarrão e legumes Sopão – Maggi®	352.00	nd 72	8,8 3.6	nd nd	1.2 nd	nd 2.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	2876	nd
Sopa de cebola – Maggi®	347.06	nd 64.70	8.82 7.06	nd nd	2.94 0	nd 0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Sopa de feijão branco	78.38	80.72 12.97	3.77 1.5	0.68 0.39	0.3 0	0.28 2.91	0.86 2	0.664 0.016	1.226 57.762	0.01 0.137	0.05 0.065	0.001	0.14	34.332 0.111	1.389 0.477	29.063 0.224	231.644 71.945	2.895 205.001	0.48

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g) G tot	G poli (g) G mono	G sat (g) G trans	Col (mg) Fib tot	Fib sol (g) Fib ins	A (RE) D	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Sopa de feijão com macarrão	37.31	91.6 4.87	0.19 1.39	0.8 0.31	0.2 0	0 1.51	0 0.89	0.934 0	1.321 23.524	0.931 0.033	0.013 0.039	0 0.148	0.06	10.406 0.058	0.577 0.102	9.716 0.109	85.513 27.694	0.609 118.315	0.24
Sopa de feijão, macarrão e couve Sópão – Knorr®	36.00	nd 6	0.17 0.57	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 320	nd
Sopa de fruta-pão	191.47	nd 33.11	4.14 6.08	nd nd	nd 0	16.85 1.97	nd nd	33.6 nd	nd nd	14.99 nd	nd nd	nd nd	nd	131.42 nd	0.9 nd	nd nd	nd nd	nd nd	nd
Sopa de galinha com arroz – Maggi®	342.86	nd 74.28	6.86 0	nd nd	0 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 4108.57	nd
Sopa de galinha com arroz e legumes Canjão – Knorr®	34.00	nd 6	1.25 0.55	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 312	nd
Sopa de galinha com arroz e legumes Canjão – Maggi®	36.00	nd 6.07	1.18 7.8	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 360	nd
Sopa de galinha fideline – Maggi®	333.33	nd 66	9.33 0	nd nd	0 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 5026.67	nd
Sopa de galinha, macarrão e legumes Sópão – Knorr®	329.89	nd 65.98	9.90 3.30	nd nd	0 0	nd 2.47	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 3183.50	nd
Sopa de galinha, macarrão e legumes Sópão – Maggi®	340.00	nd 64	12.80 3.20	nd nd	0 0	nd 3.20	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd 3164	nd
Sopa de legumes e macarrão	33.59	91.27 5.47	0.8 1.12	0.62 0.25	0.17 0	0 0.84	0.33 0.5	197.29 0	1.046 9.293	8.562 0.048	0.025 0.068	0 0.358	0.08	17.294 0.05	0.536 0.139	13.289 0.097	143.983 19.83	1.286 419.341	0.13
Sopa de legumes, carne e macarrão	66.57	86.12 4.1	3.56 4.03	1.23 1.36	1.13 0	9.77 0.57	0.21 0.35	193.901 0.032	1.948 6.734	5.284 0.047	0.046 0.087	5.284 0.684	0.09	12.652 0.054	0.687 0.105	11.552 0.067	131.932 37.311	3.507 218.07	0.72
Sopa de pinhão	138.93	nd 11.93	7.72 7.25	nd nd	nd 0	22.77 1.62	nd nd	7.79 nd	nd nd	5.02 nd	nd nd	nd nd	nd	11.2 nd	0.61 nd	nd nd	nd nd	nd nd	nd
Sopa infantil com carne	87.00	81.6 6	7.4 0.3	nd nd	nd 0	nd 0.2	nd nd	110 nd	nd nd	nd 0.07	0.17 nd	nd 1.6	nd	13 nd	1.2 nd	nd nd	nd 84	nd nd	nd
Sopa infantil sem carne	37.00	88.5 8.5	1.6 3.7	nd nd	nd 0	nd 0.5	nd nd	470 nd	nd nd	nd 0.05	nd nd	nd 0.6	nd	22 nd	0.9 nd	nd nd	nd 36	nd nd	nd
Sopinha com pedaços carne e legumes – Nestlé baby®	76.70	nd 6.19	3.38 4.28	nd nd	nd 0	nd 1	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Sopinha com pedaços carne, caldo de feijão e arroz – Nestlé baby®	75.20	nd 5.28	3.71 4.19	nd nd	nd 0	nd 1.38	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Sopinha com pedaços carne, legumes e macarrão – Nestlé baby®	72.40	nd 6.71	3.19 4.28	nd nd	nd 0	nd 0.9	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Sopinha com pedaços galinha e legumes – Nestlé baby®	73.30	nd 5.28	3.38 4.28	nd nd	nd 0	nd 1	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Sopinha desidratada carne, legumes e macarrão – Nestlé baby®	378.90	nd 57.37	16.57 9.21	nd nd	nd 0	nd 6.31	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd

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[illegible]



Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE) D	E (mg) Fol	C (mg) B1	B2 (mg) B6	B12 (mg) Nia	Pant (mg)	Ca (mg) Cu	Fe (mg) I	Mg (mg) Mn	K (mg) P	Se (mcg) Na	Zn (mg)
Sorvete de palito coco – Nestlé®	146.43	nd 25	2.86 4.12	nd nd	3.75 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 46.43	nd
Sorvete de palito coco Fruttare – Kibon	140.00	nd 23.33	2 4.33	nd nd	4 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	156.67 nd	nd nd	nd nd	nd nd	nd 33.33	nd
Sorvete de palito limão Fruttare – Kibon®	89.65	nd 22.41	0 0	nd nd	0 0	nd 0	nd 0	nd nd	nd nd	20.69 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Sorvete de palito Mega – Nestlé®	331.17	nd 33.77	4.02 19.48	nd nd	10.52 0	0.91 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 50.65	nd
Sorvete de palito morango Fruttare Caseiro – Kibon®	154.28	nd 24.28	2.14 5.42	nd nd	2.86 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 47.14	nd
Sorvete de palito Tablito – Kibon®	366.67	nd 26.98	3.97 26.98	nd nd	15.87 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 57.14	nd
Sorvete de palito uva Fruttare – Kibon®	101.69	nd 25.42	0 0	nd nd	0 0	nd 0	nd 0	nd nd	nd nd	25 nd	nd nd	nd nd	nd nd	20 nd	1.4 nd	nd nd	nd nd	nd 0	nd
Sorvete Eskibon – Kibon®	327.08	nd 27.08	3.33 22.92	nd nd	14.37 0	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 54.17	nd
Sportade® tangerina	29.00	nd 7	nd nd	nd nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	10 nd	nd 45	nd
Sprite Zero – Mc Donald's®	163.33	nd 0	0 0	nd nd	0 0	0 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	0 nd	0 nd	nd nd	nd nd	nd 19	nd
Steak de frango congelado – Aurora®	213.00	nd 17	14 9.9	nd nd	2.2 0.4	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 826	nd
Steak de peixe congelado – Costa Sul®	89.17	nd 10.83	7.25 2	nd nd	0 0	nd 1.08	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 640	nd
Steak empanado de frango congelado – Perdigão®	312.00	nd 19	18 18	nd nd	4 1	nd 3	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 920	nd
Sticks de frango com presunto e queijo congelados – Perdigão®	249.23	nd 30	7.69 10.77	nd nd	3.85 0.8	nd 2.31	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 707.69	nd
Stiksy – Elma Chips®	350.00	nd 75	10 2.5	nd nd	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	120 nd	2.1 nd	nd nd	nd nd	nd 1800	nd
Suco concentrado de caju – Maguary®	50.00	nd 10	0 0	nd nd	nd nd	nd 3	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Suco concentrado de caju – Serigy®*	50.00	nd 11.50	nd 0	nd nd	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd
Suco de abacaxi Tonyu – Yakult®	44.50	nd 8	1.35 0.80	0.45 0.25	0.10 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 12	nd
Suco de abacaxi com açúcar	55.05	87.69 14.14	0.11 0.12	0.04 0.01	0.01 0	0 0.34	0.03 0.31	0.658 0	0.03 3.033	4.407 0.026	0.012 0.025	0 0.12	0.05	3.326 0.04	0.118 tr	4.615 0.474	32.549 2.215	0.189 2.218	0.04
Suco de abacaxi com hortelã e açúcar	46.61	87.62 11.9	0.18 0.18	0.06 0.02	0.01 0	0 0.52	0.04 0.46	0.953 0	0.044 4.394	6.384 0.038	0.016 0.036	0 0.174	0.07	5.404 0.052	0.324 tr	6.321 0.685	46.974 3.036	0.248 2.33	0.05





Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Suco de limão MID – Ajinomoto®*	9.50	nd	nd	nd	nd	nd	nd	nd	nd	6.50	nd	nd	nd	nd	nd	nd	nd	nd	nd
		2.35	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	13.50	
Suco de maçã Tonyu – Yakult®	38	nd	1.35	0.45	0.10	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		6.50	0.75	0.25	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	12	nd
Suco de manga – Tang®	10.50	nd	nd	nd	nd	nd	nd	45	nd	3.40	nd	nd	nd	nd	1.05	nd	nd	nd	nd
		2.70	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	16.50	nd
Suco de maracujá – Tang®	10.50	nd	nd	nd	nd	nd	nd	45	3.40	nd	nd	nd	nd	nd	1.05	nd	nd	nd	nd
		2.75	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	22.50	nd
Suco de maracujá – Tial®	48.00	nd	0	nd	0	0	0	nd	nd	1.50	nd	nd	nd	nd	nd	nd	nd	nd	nd
		12	0	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1.20	nd
Suco de maracujá Tonyu – Yakult®	39.00	nd	1.35	0.5	0.15	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		6.50	0.85	0.25	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	12.50	nd
Suco de maracujá com açúcar	63.95	83.45	0.06	0	0	0	0	20.452	0	1.545	0.012	0	0	0.00	0.047	2.206	23.896	0.045	0.03
		16.42	0.02	0	0	0.02	0.01	0	0	0	0	0.19	0	0.011	tr	0.002	2.426	2.953	
Suco de maracujá Clight – Nutra Sweet®	294.44	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		33.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	266.67	nd
Suco de melancia com açúcar	41.86	88.69	0.36	0.01	0.01	0	0.06	1.206	0.125	6.433	0.01	0	0.06	3.127	0.171	3.734	84.592	0.225	0.05
		10.6	0.04	0.01	0	0.32	0.26	0	9.448	0.024	0.023	0.161	0	0.018	tr	0.01	2.977	6.458	
Suco de melancia sem açúcar	28.02	92.61	0.54	0.19	0.1	0	0.13	32.048	0	8.406	0.018	0	0.19	7.255	0.15	9.757	101.572	0.35	0.07
		6.3	0.38	0.07	0	0.2	0.07	0	1.926	0.07	0.125	0.175	0	0.03	tr	0.033	7.881	2.127	
Suco de melão com açúcar	41.86	88.69	0.36	0.01	0	0	0.06	1.206	0.125	6.433	0.01	0	0.06	3.127	0.171	3.734	84.592	0.225	0.05
		10.6	0.04	0.01	0	0.32	0.26	0	9.448	0.024	0.023	0.161	0	0.018	tr	0.01	2.977	6.458	
Suco de melão sem açúcar	11.38	96.52	0.39	0.01	0.01	0	0.07	1.313	0.136	7.001	0.009	0	0.06	3.314	0.181	4.064	91.882	0.219	0.05
		2.72	0.04	0.01	0	0.35	0.28	0	10.282	0.026	0.025	0.175	0	0.016	nd	0.01	3.063	6.94	
Suco de morango – Yakult®	40.00	nd	1.50	0.55	0.15	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		6.50	0.90	0.20	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	14.50	nd
Suco de pera diet Clight – Nutra Sweet®*	3.00	nd	0	nd	0	0	0	nd	nd	nd	nd	nd	nd	25	0	nd	nd	nd	nd
		0.5	0	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	14	nd
Suco de pêssego – Tial®	40.50	nd	0	nd	0	0	0	nd	nd	22.50	nd	nd	nd	nd	nd	nd	nd	nd	nd
		10	0	nd	0	0.50	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0.50	nd
Suco de pêssego light – Del Valle®	10.00	nd	nd	nd	nd	nd	nd	15.8	nd	28	nd	nd	nd	7.1	0.17	nd	nd	nd	nd
		5	nd	nd	0	1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	7	nd
Suco de tangerina Clight – Nutra Sweet®	288.89	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	277.78	nd
Suco de tomate integral – Superbom®	15.00	nd	1	nd	0	0	0	nd	nd	11	nd	nd	nd	nd	nd	nd	nd	nd	nd
		3	0	nd	0	0.40	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	295	nd	nd
Suco de uva – Tang®*	11.00	nd	nd	nd	nd	nd	nd	45	nd	3.40	nd	nd	nd	nd	1.05	nd	nd	nd	nd
		2.45	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	16.50	nd
Suco de uva integral – Superbom®	57.14	nd	0	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	164.28	nd
		14.28	0	nd	0	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	nd
Suco vitaminado (laranja, limão, cenoura, tomate, mamão e açúcar)	52.71	85.93	0.7	0.06	0.03	0	0.19	317.903	0.309	40.931	0.034	0	0.19	12.674	0.239	10.63	210.158	0.302	0.07
		12.81	0.2	0.03	0	0.73	0.35	0	25.327	0.073	0.054	0.447	0	0.044	1.137	0.038	18.312	5.81	

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Sucrilhos – Kellogg's®	363.33	nd	4	nd	0	0	nd	480	nd	36.67	1.03	nd	nd	nd	11.33	nd	nd	nd	5.67
		86.67	0	nd	0	0	nd	nd	nd	0.96	nd	12.67	nd	nd	nd	nd	nd	586.67	
Sufilé de aspargos	178.53	68.18	9.57	1.92	4.89	92.39	0.07	119.368	2.416	2.123	0.265	0.557	0.51	237.622	0.69	18.551	150.211	8.265	0.90
		8.04	12.05	4.43	0	0.37	0.12	0.835	23.092	0.365	0.073	0.412		0.046	21.487	0.08	192.072	582.533	
Sufilé de espinafre	60.39	85.82	4.2	0.27	1.55	45.32	0.47	552.177	1.393	6.659	0.235	0.177	0.29	129.283	2.445	59.625	344.682	4.243	0.70
		4.99	3.05	0.92	0	1.56	1.06	0.335	99.969	0.077	0.181	0.368		0.118	10.611	0.604	80.963	294.541	
Sufilé de pinhão	128.52	nd	7.41	nd	nd	108.18	nd	95.25	nd	4.61	nd	nd	nd	31.01	1.06	nd	nd	nd	nd
		9.45	12.91	nd	0	1.38	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Sufilé de queijo	179.09	70.71	9.42	2.2	5.2	125.93	0.04	152.895	3.462	0.505	0.274	0.625	0.55	208.742	0.598	15.386	129.707	10.627	0.94
		5.34	13.27	4.91	0	0.09	0.06	0.918	16.974	0.064	0.07	0.254		0.018	25.543	0.03	183.148	229.013	
Sundae de caramelo – Mc Donald's®	207.05	nd	4.10	nd	3.14	12.82	nd	nd	nd	nd	nd	nd	nd	83.33	0.13	nd	nd	nd	nd
		32.69	6.41	nd	0.19	0.38	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	112.18	
Sundae de chocolate – Mc Donald's®	198.63	nd	4.79	nd	3.29	13.01	nd	nd	nd	nd	0.207	nd	nd	95.20	0.75	nd	nd	nd	nd
		27.40	7.53	nd	0.82	1.03	nd	nd	nd	0.047	nd	nd	nd	nd	nd	nd	nd	130.82	
Sundae de morango – Mc Donald's®	179.75	nd	3.74	nd	2.45	11.04	nd	nd	nd	nd	nd	nd	nd	73.62	0.20	nd	nd	nd	nd
		28.83	5.40	nd	0.12	0.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	70.55	
Suprinitri Sênior sabor baunilha – Sanavita®	336.67	nd	24	nd	0	nd	nd	1200	15	nd	nd	4	nd	1290	12	150	nd	100	20
		50	4.67	nd	0	10	nd	8	300	nd	2.33	27		900	nd	6	530	80	
Sushi de atum	133.17	68.15	6.14	0.34	0.27	6.31	0.12	108.807	0.174	0	0.05	1.57	0.52	12.235	1.262	21.471	75.608	19.519	0.53
		23.75	1.05	0.3	0	0.49	0.34	0.897	5.216	0.174	0.158	2.666		0.075	4.153	0.415	78.125	7.733	
Sushi de salmão	128.52	69.53	5.57	0.29	0.16	8.64	0.12	5.814	0.399	0	0.025	0.498	0.47	13.065	1.221	17.484	87.403	13.705	0.52
		23.75	0.81	0.22	0	0.49	0.34	1.968	5.565	0.166	0.108	2.392		0.075	4.153	0.415	74.138	12.384	
Suspiro	257.72	33.69	4.17	0	0.01	0	0	0.022	0.038	0.503	0.219	0.077	0.12	3.355	0.164	4.825	69.376	6.781	0.07
		61.88	0.03	0.02	0	0.19	0	0	17.24	0.016	0.011	0.306		0.033	20.437	0.011	14.934	61.906	
Sustagem sabor banana – Sustagem®	382.50	nd	24.25	nd	2.25	nd	nd	855	11.50	100	1.90	3.25	6	852.50	18	210	1315	nd	12
		62.5	3.75	nd	0	0	nd	2.12	nd	2.47	2.40	27.50		1.70	260	4	722.50	295	
Taif Man-E – Yakult®	63.64	nd	nd	nd	nd	nd	nd	272.73	6.36	28.64	0.94	1.74	nd	nd	nd	nd	nd	nd	nd
		15.45	nd	nd	0	nd	nd	nd	nd	0.87	0.94	nd		nd	nd	nd	nd	10.91	
Taioba (refogada)	92.24	nd	0.81	nd	nd	0	nd	5.97	nd	5.37	nd	nd	nd	19.11	0.27	nd	nd	nd	nd
		4.73	8.21	nd	0	0.96	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Tamarindo	239.00	31.4	2.81	0.06	0.27	0	tr	3	tr	3.5	0.15	0	0.14	74	2.81	92	628	tr	0.10
		62.5	0.6	0.18	0	5.1	nd	0	14	0.43	0.07	1.94		0.09	nd	tr	113	28	
Tamuatá no tucupi	101.36	nd	6.61	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		14.61	1.84	nd	0	nd	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	
Taperebá	70.00	nd	0.8	nd	nd	nd	nd	23	nd	28	0.06	nd	0.12	26	2.2	nd	nd	nd	nd
		13.8	2.1	nd	nd	nd	nd	nd	nd	0.08	nd	0.5		nd	nd	nd	31	nd	
Tapioca (com queijo e coco ralado)	430.53	10.14	7.58	0.25	15.74	11.13	0.67	24.47	tr	0.342	0.076	0.202	0.34	213.078	1.898	28.316	145.755	5.643	0.99
		62.2	18.94	1.86	0	4.37	3.68	0.101	5.719	0.025	0.089	0.177		0.202	0.683	0.696	165.492	272.303	
Tapioca seca	341.00	11	0.19	0.01	0.01	0	0.56	0	tr	0	0	0	0.14	20	1.59	1	11	0.92	0.12
		88.7	0.02	0.01	0	0.7	0.14	0	4	0	0.01	0		0.02	tr	0.11	7	1	
Tapioquinha	361.04	nd	1.89	nd	nd	6.32	nd	21.92	nd	11.9	nd	nd	nd	55.08	2.89	nd	nd	nd	nd
		72.81	7.41	nd	0	3.49	nd	nd	nd	nd	nd	nd		nd	nd	nd	nd	nd	

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol (g)	A D (mcg)	E Fol (mcg)	C B1 (mg)	B2 B6 (mg)	B12 Nia (mg)	Pant (mg)	Ca Cu (mg)	Fe I (mcg)	Mg Mn (mg)	K P (mg)	Se Na (mcg)	Zn (mg)
Tempero Fondor – Maggi®	160.00	nd 34	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Tempero Grill – Maggi®	160.00	nd 28	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Tempero Sazón – Ajinomoto®	274.00	nd 9.5	57.5 0.74	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Tic Tac® menta	389.79	nd 97.96	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Tikuwa	126.00	nd 14	12 2	nd	nd	nd	0	0	0	nd	nd	nd	nd	nd	nd	15	2	nd	nd	nd	800
Tiras de carne com legumes, purê de batata e arroz congeladas – Tæeq®	129.67	nd 14.67	7 4.33	nd	nd	nd	0.33 0.1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	30
Trinhas de frango congeladas – Seara®	228.00	nd 18	12 12	nd	nd	nd	3 1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Toddy®	400.00	nd 95	0 0	nd	nd	nd	0 0	nd	nd	450	nd	36 0.84	0.96 1.2	12	nd	nd	nd	nd	nd	nd	140
Toddynho®	92.50	nd 16	1.95 2.35	nd	nd	nd	1.05 0	nd	nd	67.5 3.75	nd	33.5 0.9	0.95 0.95	nd	nd	53.5	0.9	nd	nd	nd	65
Tofu	73.00	85 0.7	8.1 4.2	2 0.8	0.5 0	0.3	0	0.3	nd	0	0.95 15	0 0.06	0.02 0.07	0	0.05	510 0.2	1.2	23 0.4	63 95	nd 4	0.70
Tomate	21.00	93.8 4.65	0.85 0.33	0.14 0.05	0.14 0.05	0.14 0.05	0 1.03	0.25 0.78	0 0.25	62.3 0	0.93 15	19.1 0.06	0.05 0.08	0.63	0 0.25	5 0.07	0.45 11	0.45 0.11	222 24	0.4 9	0.09
Tomate-cereja	21.00	93.8 4.65	0.85 0.33	0.14 0.05	0.14 0.05	0.14 0.05	0 1.03	0.25 0.78	0 0.25	62.3 0	0.93 15	19.1 0.06	0.05 0.08	0.63	0 0.25	5 0.07	0.45 11	0.45 0.11	222 24	0.4 9	0.09
Tomate seco	799.42	85.83 84.45	8.58 53.38	5.59 37.37	7.22 0	5.59 37.37	7.22 0	nd 10.41	2.5 7.8	628.18	15.6 150	191.5 0.59	0.49 0.8	nd 6.28	2.47	63.61 0.8	5.05	112.14 1.1	2233.7 242.87	4.4 2222.2	0.97
Tomilho (seco)	276.00	7.79 63.9	9.11 7.43	1.19 0.47	2.73 0	1.19 0.47	2.73 0	tr 18.6	tr	380	tr	tr 0.51	0.4 tr	0 4.94	tr	1889 0.86	124	220 7.87	814 201	7 54.7	6.18
Tomilho fresco	95.00	69.3 15.1	3 2.5	tr	tr	tr	tr	0 tr	tr	126.7	tr	tr 0.16	tr	0 tr	tr	630 tr	tr	73 2.5	270 67	tr 18	2.10
Tonyu maçã – Yakult®	38	nd 6.5	1.35 0.75	0.45 0.25	0.1 0	0.45 0.25	0.1 0	0 0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	12
Top Sundae caramelo – Mc Donald's®	221.83	nd 33.62	4.80 7.42	nd	nd	nd	3.32 0.17	13.97 0.57	nd	nd	nd	nd	nd	nd	nd	88.65	0.28	nd	nd	116.16	nd
Top Sundae chocolate – Mc Donald's®	216.89	nd 29.68	5.48 8.67	nd	nd	nd	3.42 0.59	13.70 1.00	nd	nd	nd	nd	nd	nd	nd	92.58	0.73	nd	nd	128.77	nd
Top Sundae morango – Mc Donald's®	202.54	nd 30.93	4.66 6.78	nd	nd	nd	2.84 0.17	12.29 0.80	nd	nd	nd	nd	nd	nd	nd	81.78	0.33	nd	nd	nd	nd
Toranja	39.00	88.9 9.5	0.7 0.3	nd	nd	nd	nd	0 0.4	nd	5	nd	53 0.05	0.02	nd 0.3	nd	27	0.5	nd	nd	nd	nd
Torrada multigrãos – Bauducco®	466.67	nd 86.67	14.67 8	2 2.67	2 2.67	2 2.67	2 2.67	0 6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd

Alimento	Energia (kcal)	Umíd Carb (g)	Prot (g)	G tot (g)	G mono (g)	G poli (g)	G sat (g)	Col Fib tot (g)	Fib sol (g)	A (RE) (mcg)	E (mg) Fol (mcg)	C (mg) B1 (mg)	B2 (mg) B6 (mg)	B12 (mcg) Nia (mg)	Pant (mg)	Ca (mg) Cu (mg)	Fe (mg) I (mcg)	Mg (mg) Mn (mg)	K (mg) P (mg)	Se (mcg) Na (mg)	Zn (mg)
Torrada de pão francês	428.20	nd	14.12	nd	nd	nd	nd	0	nd	0	0.856	0	0.512	0	0.54	166.416	4.617	29.98	141.22	44.977	0.95
		85.16	2.4	nd	0	nd	0	4.19	nd	nd	55.62	0.685	0.08	5.997	nd	0.217	nd	0	128.485	869.565	
Torrada glúten light – D'aosta®	317.00	nd	19.3	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		56.2	0.8	nd	0	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torrada integral – Bauducco®	350.00	nd	14	nd	nd	nd	4.33	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		56.67	8	nd	0	nd	0	5	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	536.67	nd
Torrada integral Pita Toast®	89.60	nd	3.2	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		17.6	0.56	nd	0	nd	0	1.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	111.20	nd
Torrada levemente salgada – Bauducco®	350.00	nd	13.67	1	nd	nd	3.67	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		56.67	8	2.67	0	nd	0	3.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	536.67	nd
Torrada light Magic Toast – Marilan®	344.00	nd	11.2	1.2	nd	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		68	2.4	0	0	nd	0	3.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	492	nd
Torrada original Magic Toast – Marilan®	364.00	nd	10.4	nd	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	512	nd
		76	0	nd	0	nd	0	2.8	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torrada para canapé – Bauducco®	386.67	nd	11	2.33	nd	nd	3.33	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	553.33	nd
		66.67	8	2	0	nd	0	3.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torradas para canapés alho – Peter Pão	396.67	nd	10	nd	nd	nd	2.727	tr	nd	nd	nd	nd	nd	nd	nd	nd	1.333	nd	nd	nd	nd
		80	3.333	nd	0	nd	0	tr	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torrone – Montevergine®	400.00	nd	5.553	nd	nd	nd	1.66	0	nd	nd	nd	nd	nd	nd	nd	11.11	0.77	nd	nd	55.55	nd
		78.88	6.66	nd	nd	nd	0	tr	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta 3 queijos congelada – Casino®	261.67	nd	9.5	nd	nd	nd	7.83	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	38.33	nd
		21.67	15.33	nd	0.33	nd	0.33	2	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta à la provençale congelada – Casino®	210.00	nd	4.67	nd	nd	nd	6.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	15	nd
		21.67	12	nd	1	nd	1	0.83	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta com recheio de frango com queijoão congelada – Massa Leve®	375.2	nd	7.04	nd	nd	nd	9.6	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1172	nd
		33.6	24	nd	1.12	nd	1.12	1.52	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta com recheio de palmito com queijoão congelada – Massa Leve®	364.00	nd	6.72	nd	nd	nd	10.4	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		33.60	22.40	nd	1.12	nd	1.12	1.12	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	1040	nd
Torta de banana – Mc Donald's®	288.61	nd	2.28	nd	11.77	nd	11.77	0	nd	nd	nd	nd	nd	nd	nd	20.25	0.83	nd	nd	nd	nd
		43.04	11.77	nd	0	nd	0	1.01	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	150.63	nd
Torta de frango	197.73	61	13.94	2.53	1.88	2.53	1.88	59.97	0.32	104.005	4.241	3.739	0.173	0.221	0.57	28.904	1.46	20.107	189.617	16.843	0.69
		15.49	8.61	3.52	0	3.52	0	1.3	0.95	0.273	17.967	0.179	0.253	5.815		0.081	5.669	0.181	129.126	284.599	
Torta de frango com catupiry – Sadia®	302.28	nd	10	nd	7.42	nd	7.42	55.42	nd	nd	nd	nd	nd	nd	nd	32	0.548	nd	nd	405.14	nd
		18.57	20.85	nd	0	nd	0	2.57	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta de frango com catupiry congelada – Sadia®	319.20	nd	8.8	nd	6.72	nd	6.72	17.6	nd	nd	nd	nd	nd	nd	nd	nd	1.2	nd	nd	296.8	nd
		21.6	22.4	nd	nd	nd	nd	2.48	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta de limão	341.02	28.81	6.63	0.68	7.82	0.68	7.82	88.55	0.2	133.841	0.507	3.778	0.341	0.316	0.59	126.975	1.077	16.073	201.114	9.608	0.67
		50.16	13.26	3.98	0	3.98	0	0.68	0.34	0.352	26.412	0.179	0.055	1.201		0.42	40.574	0.115	150.177	152.622	
Torta de maçã – Mc Donald's®	244.44	nd	1.73	nd	4.44	nd	4.44	0	nd	nd	nd	nd	nd	nd	nd	19.75	0.81	nd	nd	nd	nd
		32.10	11.97	nd	0.37	nd	0.37	0.99	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	160.49	nd

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Torta de marmelada-de- -cacho	152.55	nd	2.5	nd	nd	43.75	nd	nd	nd	nd	nd	nd	nd	20.62	0.5	nd	nd	nd	nd
Torta de morango	211.38	59.03	4.36	0.92	6.19	44.11	0.13	93.293	0.725	5.386	0.203	0.25	0.34	132.082	0.511	14.38	182.864	5.464	0.43
Torta de roquete de palmito com catupiry congelada – Sadia®	253.60	nd	7.12	nd	4.88	13.6	nd	nd	nd	nd	nd	nd	nd	66.4	1.68	nd	nd	nd	nd
Torta de peito de peru defumado com creme de queijo congelada – Sadia®	331.20	nd	9.6	nd	5.76	15.2	nd	nd	nd	nd	nd	nd	nd	nd	1.52	nd	nd	nd	nd
Torta de pinhão	216.25	nd	6.42	nd	nd	72.21	nd	18.9	nd	0.34	nd	nd	nd	129.15	0.21	nd	nd	nd	nd
Torta de queijo de cabra congelada – Casino®	248.33	nd	6.83	nd	7.83	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta de sardinha	217.12	60.61	7.95	7.11	2.77	64.45	0.25	55.624	10.712	3.681	0.272	1.242	0.53	97.171	1.52	17.285	186.485	14.472	0.69
Torta holandesa congelada Miss Daisy – Sadia®	356.67	nd	4.33	nd	11	33.33	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta mousse de chocolate com raspas de chocolate Miss Daisy – Sadia®	295.00	7.46	16.67	nd	2.33	0	nd	nd	nd	nd	nd	nd	nd	nd	1.83	nd	nd	116.67	nd
Torta mousse de limão Miss Daisy – Sadia®	268.08	nd	4.25	nd	3.62	14.25	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta mousse de maracujá Miss Daisy – Sadia®	229.79	nd	5.74	nd	2.98	17.23	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Torta napolitana – Nestlé®	181.67	nd	3.5	nd	3.67	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Toucinho (cru)	593.00	28	11.5	10.1	17.7	73	nd	tr	nd	nd	tr	nd	nd	2	0.4	4	58	nd	0.20
Toucinho (frito)	697.00	nd	27.3	14.6	20	89	nd	tr	nd	nd	tr	nd	nd	9	0.9	9	171	nd	0.80
Trigo para quibe	342.00	9.01	12.3	0.54	0.23	0	3.1	0	1.7	0	0.12	0	1.05	35	2.47	164	410	21	1.94
Trio banana, avelã e mel light – Grain Mills®	345.00	nd	4.5	0.5	1	0	nd	nd	7.5	33	nd	nd	nd	nd	nd	nd	nd	nd	nd
Trio cereais, morango com chocolate light – Grain Mills®	370.00	nd	4.5	1	5.5	0	nd	nd	7.5	33	nd	nd	nd	nd	nd	nd	nd	nd	nd
Trio light cereais, avelã e castanha com chocolate light – Grain Mills®	375.00	nd	5	1	6	0	nd	nd	7.5	33	nd	nd	nd	nd	nd	nd	nd	nd	nd
Trufa de chocolate	468.49	10.32	8.12	1.12	14.8	153.13	nd	118.029	3.259	0.869	0.348	0.783	0.84	198.998	1.423	48.922	374.673	7.889	1.48

Alimento	Energia (kcal)	Umid Carb (g)	Prot (g)	G poli (g)	G sat (g)	Col (g)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Truão tradicional – Santa Edwiges®	511.63	nd	6.97	nd	18.6	tr	nd	nd	nd	nd	nd	nd	nd	185.813	1.395	nd	nd	nd	nd
		48.84	32.55	nd	0	tr	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	81.395	nd
Truta (cozida)	150.00	70.5	22.9	1.83	1.62	69	0	15	tr	2	0.1	6.3	1.07	86	0.38	31	448	124	0.51
		0	5.83	1.75	0	0	0	1	19	0.15	0.35	5.77		0.06	tr	0.02	269	56	
Truta (crua)	150.30	70.64	22.95	1.83	1.62	69.14	0	15.03	tr	2	0.1	6.31	1.07	86.17	0.38	31.06	448.9	124.25	0.51
		0	5.84	1.75	0	0	0	1	19.04	0.15	0.35	5.78		0.06	tr	0.02	269.54	56.11	
Tubaina	31.00	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
		8	nd	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Tucunaré (cru)	88.00	79.9	18	0.4	0.6	47	nd	tr	nd	nd	0.05	nd	nd	19	0.3	26	288	nd	0.40
		0	1.2	0.4	nd	nd	nd	nd	nd	tr	nd	0.9		0.1	nd	0.01	168	57	
Tucupi	138.98	nd	1.09	nd	nd	0	nd	1.71	nd	33.39	nd	nd	nd	23.17	0.94	nd	nd	nd	nd
		33.26	0.29	nd	0	1.09	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Tutu à mineira	213.32	50.9	8.54	0.78	1.77	13.22	2.12	0.185	0.051	1.013	0.076	0.28	0.28	26.864	2.377	30.744	309.041	3.9	1.10
		34.04	5.28	2.24	0	5	2.87	0.433	81.56	0.217	0.127	1.077		0.178	tr	0.331	118.637	207.588	
Udon	360.00	nd	11	nd	0	0	nd	nd	nd	nd	nd	nd	nd	30	0.8	nd	nd	nd	nd
		67	1	nd	0	1	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	130	nd
Uisque	250.00	63.9	0	0	0	0	0	0	0	0	0	0	0.00	0	0.04	0	2	tr	0.04
		0.1	0	0	0	0	0	0	0	0.01	0	0.01		0.02	nd	0.02	4	1	
Umbu	44.00	87.9	0.6	nd	nd	0	nd	30	nd	33	0.04	nd	nd	20	2	nd	nd	nd	nd
		10.6	0.4	nd	0	1.5	nd	nd	nd	0.04	nd	0.5		nd	nd	nd	14	nd	nd
Umbuzada	328.04	nd	6.32	nd	nd	21.07	nd	0	nd	0	nd	nd	nd	253.37	0.24	nd	nd	nd	nd
		62.58	6.32	nd	0	0	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Uva-ítilia	71.00	80.6	0.66	0.17	0.19	0	0.1	7.3	tr	10.8	0.06	0	0.02	11	0.26	6	185	9.63	0.05
		17.8	0.58	0.02	0	0.6	0.5	0	3.9	0.09	0.11	0.3		0.09	nd	0.06	13	2	
Uva-passa	300.00	15.4	3.23	0.14	0.15	0	1.05	0.8	tr	3.3	0.09	0	0.05	49	2.09	33	751	6.67	0.27
		79.1	0.46	0.02	0	3.47	2.42	0	3.3	0.16	0.25	0.82		0.31	nd	0.31	97	12	
Uva-rubi	49.00	86.1	0.6	nd	nd	0	nd	0	nd	21	0.02	nd	nd	9	0.2	6	159	nd	tr
		12.7	0.2	nd	nd	0.9	nd	nd	nd	0.02	tr	tr		0.05	nd	0.07	23	8	
Vagem (cozida)	35.00	89.2	1.9	0.15	0.06	0	1.3	66.6	tr	9.7	0.1	0	0.07	46	1.28	25	299	0.4	0.36
		7.9	0.28	0.01	0	3.2	1.9	0	33.3	0.07	0.06	0.61		0.1	nd	0.29	39	3	
Vagem (crua)	31.00	90.3	1.83	0.06	0.03	0	1.4	66.8	tr	16.3	0.11	0	0.09	37	1.04	25	209	0.6	0.24
		7.15	0.12	0.01	0	3.4	2	0	36.5	0.08	0.07	0.75		0.07	nd	0.21	38	6	
Vagem fina congelada – Daucy®	29.23	nd	2.38	nd	0	nd	nd	nd	nd	nd	nd	nd	nd	46.92	0.77	nd	nd	nd	nd
		4.77	0	nd	0	3.61	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	0	
Vatapá	126.00	74.2	8.5	nd	nd	nd	nd	463	nd	1	0.04	nd	nd	22	1	nd	nd	nd	nd
		9.4	6.2	nd	0	0.5	nd	nd	nd	0.05	nd	1.6		nd	nd	nd	124	nd	nd
Vatapá paraense	245.47	nd	5.63	nd	nd	17.73	nd	1386.5	nd	3.9	nd	nd	nd	63.28	1.58	nd	nd	nd	nd
		39.79	7	nd	0	0.65	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd	nd
Vermouth doce	153.00	72.5	0.2	0	0	0	0	0	0	0	0.02	0	0.03	8	0.24	9	92	0.25	0.07
		11.8	0	0	0	0	0	0	0.4	0.02	0	0.21		0.05	nd	0.12	9	9	
Vermouth seco	120.00	77	0.1	0	0	0	0	0	0	0	0.02	0	0.03	6.99	0.34	5	40	0	0.04
		5.5	0	0	0	0	0	0	0.39	0.02	0.01	0.04		0.06	nd	0.4	6.67	16.7	

Alimento	Energia (kcal)	Umid Carb (g)	Prot G tot (g)	G poli (g)	G sat (g)	Col (mg)	Fib sol (g)	A (RE)	E (mg)	C (mg)	B2 (mg)	B12 (mcg)	Pant (mg)	Ca (mg)	Fe (mg)	Mg (mg)	K (mg)	Se (mcg)	Zn (mg)
Vinagre	14.00	93.8 5.91	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0.00	6 0.04	0.6 nd	22 0.01	100 9.01	0.45 1.01	0.00
Vinagre de arroz	0.00	nd 0	0 0	0 0	0 0	0 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Vinagre de maçã – Castelo®	0.00	nd 0	0 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 0	nd
Vinho branco seco	66.40	89.6 0.61	0.1 0	0 0	0 0	0 0	0 0	0 0	0.19 0	0 0	0.01 0.02	0 0.07	0.02	9.24 0.01	0.33 0.01	9.24 0.46	61.3 5.88	0.29 4.2	0.07
Vinho rosé	71.00	88.9 1.4	0.2 0	0 0	0 0	0 0	0 0	0 0	0 1.1	0 0	0.02 0.02	0.01 0.07	0.01	8 0.05	0.38 nd	10 0.11	99 15	0.3 5	0.06
Vinho tinto	72.00	88.5 1.7	0.2 0	0 0	0 0	0 0	0 0	0 0	0 2	0 0.01	0.03 0.03	0.01 0.08	0.04	8 0.02	0.43 nd	13 0.6	112 14	0.5 5	0.09
Virado à paulista	242.61	nd 14.59	13.9 14.19	1.66 6.04	5.05 0	77.48 3.69	1.43 2.26	86.079 0.105	0.765 56.44	3.572 0.215	0.179 0.214	0.443 2.099	0.37	37.844 0.161	2.325 0.452	30.252 0.277	298.671 148.226	15.233 64.043	2.07
Virado de feijão lapiano	190.48	nd 28.89	6.17 19.16	nd nd	nd 0	18.09 5.61	nd nd	13.37 nd	nd nd	1.02 nd	nd nd	nd nd	nd nd	29.6 nd	0.99 nd	nd nd	nd nd	nd nd	nd
Vitamina (mamão, maçã, banana, leite e açúcar)	66.78	817.33 11.24	1.99 1.88	0.1 0.47	1.17 0	7.21 0.84	0.17 0.3	23.586 0.531	0.069 12.034	14.454 0.032	0.103 0.082	0.189 0.172	0.24	69.173 0.023	0.086 12.87	12.039 0.021	183.931 53.399	0.951 26.714	0.24
Vitamina de frutas (mamão, maçã e banana) – Batavo®	75.70	nd 11.21	2.52 2.33	nd nd	1.4 0	7 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	84.11 nd	0 nd	nd nd	nd nd	nd 46.73	nd
Vitamina de jenipapo	77.58	nd 11.04	3.78 2.52	nd nd	nd 0	9.44 2.87	nd nd	22.5 nd	nd nd	10.73 nd	nd nd	nd nd	nd nd	94.86 nd	1.3 nd	nd nd	nd nd	nd nd	nd
Vitela (assada) – carne bovina	160.00	66.1 0	27.7 4.66	0.35 1.74	1.85 0	103 0	0 0	0 0.3	tr 16	0 0.06	0.32 0.31	1.18 9.93	0.99	6 0.13	0.91 tr	28 0.03	389 234	tr 68	3.05
Vitela filé (cru) – carne bovina	109.00	74.9 0	21.1 2.7	0.4 1.2	0.9 0	84 0	nd nd	tr tr	nd 5	0 0.1	0.25 0.3	1 7	0.60	8 0.06	1.2 nd	25 0.01	360 260	8 110	2.80
Vivonex plus – Nestlé®	101	nd 16	5.0 1.7	nd nd	1.00 nd	nd 0	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	67 nd	1.2 nd	27 nd	120 67	4.7 110	1.3
Waffles belgian congelados – Guli Guli®	333.33	nd 43.33	6.67 13.33	nd nd	3.33 nd	50 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	113.33 nd	2 nd	nd nd	nd nd	nd 300	nd
Wassabi (pó)	365.00	nd 68	14 3	nd nd	nd 0	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd 513	nd
Xinxim de galinha	297.52	56.24 0	20.41 23.73	2.81 8.68	10.82 0	93.76 0	0 0	24.316 1.029	7.84 4.222	0.531 0.032	0.096 0.177	0.482 4.069	0.50	17.288 0.08	1.415 tr	20.022 0.016	145.221 117.511	25.482 93.436	1.50
Yakissoba congelado – Sadia®	115.67	nd 13.67	2.83 5.33	nd nd	2.3 nd	6.67 0.96	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	12 nd	0.33 nd	nd nd	nd nd	nd 510	nd
Yakult 40®	63.75	nd 13.75	2 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	86.25 nd	nd nd	nd nd	nd nd	nd 37.5	nd
Yakult®	73.75	nd 16.25	2 nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	nd nd	86.25 nd	nd nd	nd nd	nd nd	nd 37.5	nd





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# TABELA DE COMPOSIÇÃO DE ALIMENTOS



Mais conhecida como Tabela Tucunduva, por ter sido compilada pela Prof. Dra. Sonia Tucunduva Philippi, esta obra surgiu da necessidade de uma tabela de composição de alimentos atualizada, com alimentos consumidos em sua forma usual e informações sobre seus principais nutrientes. Elaborada com base em pesquisas sobre consumo de alimentos em indivíduos e populações, traz informações sobre alimentos industrializados, com as respectivas marcas comerciais, preparações culinárias mais habitualmente consumidas, bem como alimentos *in natura*.

Cedida ao Ministério da Saúde em 2001, esta Tabela foi utilizada quando da introdução da política de rotulagem obrigatória dos alimentos, para auxílio no cálculo de energia, macro e micronutrientes. Desde então passou a ser adotada em cursos de Nutrição por todo o Brasil.

- Obra renomada, mais de 33.000 exemplares distribuídos em todo o Brasil.
- Contém 2.381 itens com valores para energia e 33 nutrientes em 100 gramas do alimento.
- Apresenta valores para alimentos *in natura*, industrializados e preparações mais comuns, como arroz, feijão, pizza, *fast foods*.
- Contém preparações regionais, como acarajé, feijoada e pato no tucupi, entre outros.



SONIA  
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