

APORT CALÒRIC DELS ALIMENTS

VERDURES



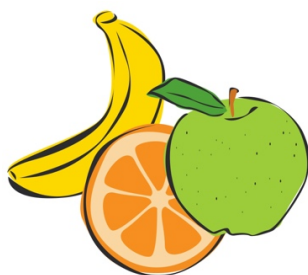
33 kcal/100g
Ex: 200g de verdura = 66 kcal

CEREALS



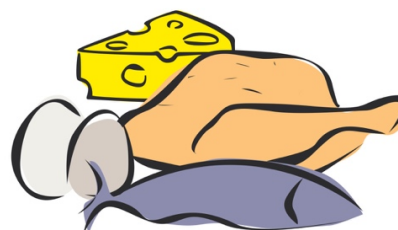
255Kcal/100g
Ex: 60g Pa= 153 kcal

FRUITES



44Kcal/100g
ex: 160g poma = 70Kcal

PROTEINES



181Kcal/100g
ex: 150g bistec v = 270Kcal

LACTICS



49Kcal/100g
ex: 200ml llet semi = 98Kcal

GREIXOS



900Kcal/100g
ex: 20ml Oli = 180kcal

ALIMENTS SUPERFLUS



Xocolata 550Kcal/100g
Ex: 10g xocolata = 55Kcal
Refrescos 48 kcal/100ml
Ex: 1 llauna coca-cola = 158kcal
1 croissant petit (60g) xocolata = 281 Kcal