

Tabela de Composição Nutricional (A)

Alimento (100 g)	Energia (calorias)	Carb (g)	Prot (g)	Gord (g)	Satur (g)	Fibra (g)	Dens (g)
Abacate	108	2.3	1.1	10.5	2.2	3.0	1.1
Abóbora	9	1.7	0.3	0.2	0.1	0.7	0.09
Acelgas	28	5	1.6	0.3	0	0.8	0.3
Açúcar	384	97.5	0	0	0	0	3.9
Agrião	23	0.4	3.4	0.1	0.3	3	0.2
Água	0	0	0	0	0	0	0.0
Água aromatizada	5	2	0	0	0	0	0.1
Aguardente	308	0	0	44*	0	0	3.1
Aipo	11	1.5	1.1	0	0	2	0.1
Alcachofra	41	6.8	3	0.2	0	5	0.4
Aletria massa	340	72	12	1	3	3	3.5
Alface	12	0.8	1.8	0.2	0	1.3	0.1
Alheira	309	27.1	8.3	18.1	5.2	1.4	3.1
Alho	67	11.3	3.8	0.6	0.1	3.0	0.7
Alho francês	21	2.9	1.8	0.3	0.1	0.1	0.2
Almôndegas c/puré batata	152	22	11	7	2.9	1	1.5
Amêijoia	66	2.6	12	0.9	0.2	0	0.6
Ameixa	36	13	7.4	0.2	0	2	0.4
Ameixa seca	158	38	3	0.3	0	15	1.6
Amêndoa	619	7.2	22	56	5	12	6.2
Amendoim s/ casca	571	10.1	25	48	8.5	8.8	5.7
Amoras	57	1	0.2	0	0.2	0.8	
Ananás	44	9.5	0.5	0.2	0	1.2	0.4
Ananás em conserva	91	23	0.2	0.2	0	1.2	0.9
Anis	385	36	0	34*	0	0	3.9
Arroz cozido simples	127	28	2.5	0.2	0	0.8	3.0
Arroz doce	231	45	4.3	3.7	1.2	0.4	2.3
Arroz integral	352	71.6	8.6	2.5	0.5	3.8	3.5
Arroz tuado c/ chocolate	390	85	5	2.5	1	2.5	3.9
Atum em conserva	214	0	24	13	1	0	2.4
Atum fresco	140	0	24	1	0	1.7	1.4
Avelãs s/casca	677	10	14	66	4.9	6.1	6.8
Azeite	900	0	0	100	14	0	9.0
Azeitona preta	172	0	0	19	0	0	1.7
Azeitona verde recheada	104	2	1	11	1	1	1.0
Bacalhau	76	0	18	0.5	0	0	7.6
Bacalhau à Brás	159	7.9	10	9	1.5	0.8	1.6
Bacon	367	0	14	35	12	0	3.7
Banana	95	22	1.6	0.4	0.1	3.1	0.9
Banha porco	896	0	0	100	48	0	9.0
Batata	89	19	2.5	0	0	2	0.9
Batata doce	119	29	1	0	0	2.7	1.2
Batata frita de pacote	526	39	5.7	38	15	2.4	5.3
Batatas fritas	225	28	3.7	11	1.4	2.4	2.3
Berbigão	60	2.7	11	0.7	0	0	0.6
Beringela	16	2.4	1.1	0.2	0	2.5	0.2
Beterraba	18	3.5	1	0	0	2.6	0.4
Bife de vaca	122	0	21	4.3	1.8	0	1.2
Bife de vaca frito	201	0	24	12	6.1	0	2.0
Biscoitos de manteiga	482	71	6.2	21	11	3	4.8
Bola de Berlim	399	44	6.8	22	8	3	3.3
Bolacha Maria	436	72	8.4	12	3.4	1	4.4
Bolachas cream cracker	443	62	11	17	6.9	3.1	4.4

Alimento (100 g)	Energia (calorias)	Carb (g)	Prot (g)	Gord (g)	Satur (g)	Fibra (g)	Dens (g)
Bolachas de água e sal	451	61	9.8	18	7.6	3	4.5
Bolachas de araruta	410	71	13	8	0	0	4.1
Bolachas de chocolate	466	65	6	20	5.6	1	4.6
Bolo de arroz	404	63	4	15	4	1	4.0
Bolo de chocolate	456	47	7.4	26	11	2	4.6
Bolo de coco	445	38	4.2	31	22	3.4	4.5
Borrego (costeletas)	124	0	20	5	2.2	0	1.2
Brandy	246	1	0	35*	0	0	2.5
Brócolos	27	1.5	3.4	0.8	0.1	2.6	0.3
Búzios	206	2.5	21	1.4			2.1
Cabrito (perna)	114	0	19	4	1.2	0	1.1
Cacau	335	11	20	24	14	0	3.4
Cachorro quente	286	50	9	5	1	3	2.9
Café expresso	4	0.3	0.4	0.1	0	0	0.0
Cajú s/ casca com sal	607	19	19	50	10	3.3	6.1
Caldos concentrados	211	0.2	18	12	3.3	0	3.0
Camarão cozido	95	0	21	1	0.2	0	1.0
Canelones de bolonhesa	150	13	6	8.2			1.7
Caracóis	76	0.2	15	0.8			0 0.8
Caramelos de leite	200	40	8	5			2.0
Caranguejo	151	3	16	8	2	0	1.5
Carapau	105	0	20	2.9	0.7	0	1.1
Castanha	185	40	3.1	1	0.2	6.1	1.9
Caviar	252	4	25	18	4	0	2.5
Cebola	41	3.1	0.9	0.2	0	1.3	0.4
Cenoura	19	4.4	0.6	0	2.6	3	0.4
Cereais com chocolate	383	79	7.3	4.2	1.6	4.7	3.8
Cereais ricos em fibra	264	10	43	3	0.5	32	2.6
Cereja	60	13	0.8	0.8	0.2	1.6	3.7
Cerveja	29	0.5	0.4	0	0	0	0.3
Chá preto	0	0	0.1	0	0	0	0.0
Chá verde	0	0	0.1	0	0	0	0.0
Chantilly	240	12	2.6	21	14	0	2.4
Chantilly "light"	292	3	2	31	19	0	2.9
Cherne	132	0	18	6.7	2.0	0	1.3
Chicharro	105	0	20	3	0.7	0	1.1
Choco	79	0	19	0.4	0.1	0	0.8
Chocolate branco	539	59	6	31			5.4
Chocolate de leite	546	53	8.6	34	20	1.3	5.5
Chocolate negro	469	44	5.4	31	19	1.3	5.0
Chouriço de carne magro	334	0	26	33	9	0	3.3
Clara de ovo	47	0	11	0.3	0.1	0	0.5
Coco	354	15	3	34	30	9	3.5
Coco ralado	606	6.4	5.6	62	53	21	6.1
Codorniz	170	0	22	9.3	2.6	0	1.7
Coelho	117	0	20	4	1.3	0	1.2
Cogumelos enlatados	12	0	2.1	4	0.1	2.7	0.1
Cogumelos frescos	14	0.5	1.8	0.5	0.1	2.3	0.2
Cola (bebida)	34	9	0	0	0	0	0.3
Compota de fruta	215	56	0.4	0	0	0.9	2.2
Compota de fruta "light"	182	45	0.5	0.1	0	3	1.8
Congro	147	0	19	8			1.5
Corn Flacks	374	81	7.9	1.1	0.3	3.9	3.7
Corvina	94	0	20	1.4	0.3	0	0.9
Couve branca	22	3.5	1.4	0.4	0.1	2.4	0.2
Couve de Bruxelas	42	4.0	3.5	1.4	0.3	3.8	0.4
Couve flor	29	3.3	3.7	0.2	0	1.9	0.3

Alimento (100 g)	Energia (calorias)	Carb (g)	Prot (g)	Gord (g)	Satur (g)	Fibra (g)	Dens (g)
Couve lombarda	19	2.1	2.4	0.2	0	3.1	0.2
Couve roxa	23	3.9	2.0	0	0	3.3	0.2
Crema barrar chocolate	539	64	5.9	33	8.2	0.1	5.4
Croissant	416	42	7.6	24	11	2.6	4.2
Croissant folhado	406	46	8	21	12	3	4.1
Croquetes de carne	317	23	19	19	2	7	2.4
Damasco	44	8.5	0.8	0.1	0	2.1	0.5
Diospiro	58	15	0.6	0	0	1.5	0.7
Donut	395	43	6.6	22	9.6	3	4.0
Dourada	167	0	20	9.8	2.1	0	1.7
Éclair (chocolate)	376	37	4.1	24	10	0.5	3.8
Endívia	17	3	1	0	0	3	0.2
Enguia	303	0	13	13	9	0	3.0
Ervilha	54	7	5.3	0.5	0.1	7	0.5
Espargo	18	2.7	2.1	0	0	1.5	0.2
Esparguete	358	71	12	1.9	0.4	5.1	3.6
Esparguete integral	303	65	13	1	vest.	14	3.0
Esparguete à bolonhesa	474	61	23	14	10	7	4.7
Espinafre	22	0.8	2.6	0.9	0.1	2.6	0.2
Espumante doce	107	12	0.1	9*	0	0	1.1
Espumante meio seco	89	7	0.1	9*	0	0	0.9
Faisão	133	0	24	3	1	0	1.3
Farinha de milho	364	75	8.3	2.2	0.3	2.6	3.6
Farinha de trigo	347	74	7.8	1.1	0.2	2.9	4.5
Farinheira	498	27	4.8	31	15	1.2	6.0
Fava	69	8.5	7.4	0.5	0.1	6.1	0.7
Feijão branco	277	44	21	1.4	0.3	23	2.8
Feijão encarnado	332	58	23	1.2	0	1	3.3
Feijão frade	329	55	23	1.3	0.6	9.4	0.9
Feijão verde	25	3.8	1.9	0.3	0.1	3.0	0.2
Fiambre peru	119	1.4	16	5.4	2	0	1.2
Fiambre porco	303	0.5	18	26	8.9	0	3.0
Fígado porco	129	0	21	5	1.7	0	1.3
Figo	70	16	0.9	0.5	0.1	2.3	0.7
Figo seco	234	58	2.3	0.6	0	1.5	2.4
Framboesa	34	5.1	0.9	0.6	0	6.7	0.3
Frango	201	0	20	14	3.2	0	2.0
Garoupa	95	0	22	1.4	0.3	0	0.9
Gelado de café	185	29	8	4	2	0	1.8
Gelado de chocolate	188	23	4	9			1.9
Gelado de iogurte e morango	175	34	1.5	3.6			0 1.1
Gelatina	87	27	2.4	0	0	0.5	3.6
Geleia	262	68	0.3	0	0	0.7	2.6
Ginja	51	12	0.9	0.3	0.1	0	0.5
Gomas	130	30	3	0	0	0	3.9
Goraz	100	0	19	2.7	0.7	0	1.0
Grão	332	62	19	5	0.5	14	3.4
Grelos	23	2.5	2.4	0.4	0.1	2.6	0.2
Groselha	63	15	1	0	0	9	0.6
Hambúrguer	142	0	20	6.8	5.8	0	1.4
Hambúrguer de bacon	206	16	12	11	4	1	2.1
Hambúrguer duplo queijo	440	34	25	23	11	2	4.4
Hambúrguer de queijo	300	33	15	12	6	2	3.0
Ice tea	32	9	0	0	0	0	0.3
Ice tea light	1	1	0	0	0	0	0.0
Iogurte pedaços fruta	91	15	4.3	1.7	1.0	0	0.9

Tabela de Composição Nutricional (B)



Alimento (100 g)	Energia (calorias)	Carb (g)	Prot (g)	Gord (g)	Satur (g)	Fibra (g)	Dens (g)
logurte magro pedaços	47	5.7	4.3	0.4	0.2	1.0	0.5
logurte magro natural	47	6.3	5.0	0.1	0.1	0	0.5
Ketchup	113	27	1.7	0.3	0	1.1	1.1
Kiwi	53	11	1.1	0.5	0.1	1.8	0.5
Lagosta	90	0.2	21	0.8	0.2	0	0.9
Lagostim	89	0.2	21	0.5	0.1	0	0.9
Laranja	42	8.9	1.1	0.2	0	1.8	0.4
Lasanha bolonhesa	123	15	6	4	2	1	1.2
Lavagante	99	0.5	23	0.8	0	0	1.0
Leite condensado	334	56	7.8	9	5.4	0	3.3
Leite condensado light	150	10	7	9	0	0	1.5
Leite de coco	50	0	0	5			0.5
Leite de soja	70	0.6	7.2	4.2	0	0	0.7
Leite em pó	493	39	27	38	15	0	5.0
Leite em pó magro	356	53	35	0.9	0.5	0	3.6
Leite evaporado	135	9.8	1.4	7.8	4.4	0	1.4
Leite gordo	62	4.7	3	3.5	2	0	0.6
Leite magro	34	4.9	3.4	0.2	0.1	0	0.3
Leite meio gordo	47	4.9	3.3	1.6	0.9	0	0.5
Lentilha	303	48	25	0.7	0.1	12	3.0
Lichias	66	17	1	0	0	1	0.7
Licor	292	24	0	28*	0	0	2.9
Lima	30	11	1	0	0	2	0.3
Limão	26	1.9	0.5	0.3	0.1	2.1	0.3
Linguado	82	0	20	0.2	0	0	0.8
Linguiça	437	0	22	39	13	0	4.3
Lula	92	0	16	0.9	0.2	0	0.9
Maçã	57	13	0.2	0.5	0.1	2.1	0.6
Maionese	657	0	4	71	11	0	6.6
Maionese light	372	8	0.5	38		0	3.7
Manga	52	12	0.5	0.3	0.1	2.9	0.5
Manteiga	739	0.7	0.1	82	46	0	7.4
Manteiga de amendoim	514	63	10	25	5	2.1	5.9
Margarina	722	0.4	0.1	80	40	0	7.2
Marmelada	271	70	0.1	0	0	2.2	2.7
Massas	354	70	12	1.8	0.4	5.1	3.6
Mel	309	78	0.5	0	0	0	3.1
Melancia	24	5.5	0.4	0.2	0	0.3	0.2
Melão	27	5.7	0.6	0.3	0.1	0.9	0.3
Mexilhão	69	2	12	1.5	0.3	0.3	0.7
Mil folhas	415	52	7.4	20	0	0.1	4.2
Molho bechamel	130	9.6	4	8.4	4.7	0.2	6.9
Molho vinagrete	94	23	0	0	0	0	0.9
Morango	29	5.3	0.6	0.4	0	2	0.7
Morcela de arroz	225	12	12	14	0	0	2.3
Morcela de carne	363	12	12	30	9.7	0.6	3.4
Mortadela	379	1.7	18	33	12	0	3.8
Mostarda	106	15	0.8	4.7			1.0
Mousse de caramelo	142	24	3	4	2	0	1.4
Mousse de chocolate	278	31	9.5	13	5.7	2.3	2.8
Muesli	379	70	10	6.3	0.4	6.5	3.8
Nabo	16	3	0.4	0.4	0	2	0.2
Nata	335	3.1	1.8	35	20	0	2.0
Nata light	152	2.4	2	15	8.4	0	1.5

Alimento (100 g)	Energia (calorias)	Carb (g)	Prot (g)	Gord (g)	Satur (g)	Fibra (g)	Dens (g)
Néctar de fruta	46	11	0.2	0.1	0	0.4	0.5
Nêspera	45	10	0.4	0.4	0.1	2.1	0.5
Noz	689	3.6	17	68	5.4	5.2	6.9
Óleo de amendoim	886	0	0	99	17	0	8.9
Óleo girassol, milho, soja	896	0	0	100	12	0	8.9
Orelha de porco	234	1	22	15	5	0	2.3
Ostra	64	3.9	8.6	1.7	0.3	0	0.6
Ovas	82	0	14	3	0	0	0.8
Ovo	149	0	13	11	2.7	0	1.5
Paio	288	0	29	19	6.5	0	2.5
Paio magro	289	0	29	19	0	0	2.9
Pão forma integral emb.	240	44	12	4	0	2	2.4
Pão forma embalado	267	50	8	4	1	2	2.7
Pão de íó	367	64	9.6	8.1	2.4	1.1	3.7
Pão de milho	185	37	5.3	1.2	0.2	3.7	1.9
Pão de trigo	289	57	8.4	2.2	0.5	3.8	2.9
Papaia	39	9.1	0.6	0.1	0	2.3	0.4
Pargo	79	0	19	0.2	0	0	0.8
Pasta de fígado	462	5	11	44	15	0	4.6
Pastel de bacalhau	226	12	14	13	1.8	1.2	2.3
Pastel de nata	298	49	2.9	10	4.6	1	3.0
Pato	394	0	12	38	9.7	0	3.9
Peixe espada	103	0	18	3.4	1	0	1.0
Peixe frito	176	1.7	23	8.4	1	0	1.8
Pepino	17	1.7	0.4	0.6	0.2	0.7	0.2
Pêra	41	9.4	0.3	0.4	0	2.2	0.4
Percebes	69	1	13	2	0	0	0.7
Perdiz	104	0	23	1.3	0.4	0	1.0
Peru	137	0	21	6.1	2	0	1.4
Pescada	75	0	17	0.8	0.2	0	0.8
Pêssego	38	8.1	0.6	0.3	0	2.3	0.4
Pêssego em calda	83	21	0.6	0.3	0	1	0.8
Pevides	570	7	39	44	9	27	5.7
Pickles (pepino)	11	2	0	0	0	0	0.1
Pimento	22	2.7	1.6	0.6	0.1	2	0.2
Pinhão	618	5	33	52	3.5	1.9	6.2
Pipoca	500	57	9	28	5	10	5.0
Pistácio	599	13	18	53	6.7	8.5	6.0
Pizza 4 estações	259	29	12	11	5	1	2.6
Pizza de queijo	236	27	10	10	3	1	2.4
Pizza tomate e queijo	210	26	8	7.9	2.6	1.8	2.1
Polvo	73	0	16	1.2	0.3	0	0.7
Porco (lombo magro)	131	0	22	4.7	1.6	0	1.3
Porco costeletas	185	0	20	11	4	0	1.9
Preparado choc. beber	349	90	3	3	2	0	3.5
Preparado choc. beber light	74	12	3	2	1	0	0.7
Presunto	215	0	25	13	4.1	0	2.2
Puré de batata	112	17	2	4	2.1	1.4	1.1
Puré de batata inst.	318	69	8	0.5			3.2
Queijo brie	334	0	21	28	17	0	3.3
Queijo camembert	254	0.2	19	20	11	0	2.5
Queijo da ilha	357	0.2	32	26	14	0	3.6
Queijo de Azeitão	313	0.1	21	25	13	0	3.1
Queijo de Évora	417	1.4	26	34	17	0	4.1
Queijo de Serpa	335	0.3	25	26	14	0	3.4
Queijo flamengo 20%	237	0	26	15	5	0	2.4
Queijo flamengo 30%	247	0.2	30	14	7.5	0	2.5
Queijo flamengo 45%	316	0.2	26	23	13	0	3.2

Alimento (100 g)	Energia (calorias)	Carb (g)	Prot (g)	Gord (g)	Satur (g)	Fibra (g)	Dens (g)
Queijo fresco	145	5	12	8	5	0	1.5
Queijo gorgonzola	359	1	19	31	19	0	3.6
Queijo gruyère	267	0	30	27	17	0	2.7
Queijo parmesão	406	0.1	38	28	15	0	4.1
Queijo roquefort	372	0.2	22	32	17	0	3.7
Queijo serra curado	389	0.2	26	32	17	0	3.9
Queijo serra fresco	333	0.2	21	27	14	0	3.3
Queijo emental	367	0	27	30	17	0	3.7
Rabanete	13	1.9	1	0.2	0.1	0.9	0.1
Rebentos de soja	140	5.6	13	7.5	1	5.6	1.4
Refrigerante de sumo	40	11	0	0	0	0	0.4
Refrigerante sumo light	19	5	0	0	0	0	0.2
Requeijão	187	5.1	13	13	6.8	0	1.9
Rissóis de camarão	281	32	7.3	13	3.4	1.3	2.8
Robalo	145	0	19	7.9	1.8	0	1.5
Romã	50	12	0.4	0.4	0.1	3.4	0.5
Salmão fumado	167	0	24	6.1	2.7	0	1.7
Salmonete	129	0	19	6	0	0	1.3
Salpicão	412	0	21	37	13	0	4.4
Salsicha	201	2.8	10	17	4.9	0	2.0
Sandes atum maionese	157	21	6	5	1	1	1.6
Sandes de delícia do mar	114	12	13	1			0.1.1
Sandes de frango	283	21	13	16	5	0	2.8
Sandes mista	241	23	14	11	4	0	2.4
Santola	90	0	19	1	0	0	0.9
Sardinha	221	0	18	16	4.7	0	2.2
Sardinha conserva azeite	204	0	24	12	3	0	2.0
Sardinha conserva tomate	179	0	24	9			0.1.8
Semente de girassol	570	19	23	50	5	11	5.7
Solha	90	0	19	1.6	0.3	0	0.9
Sopa de cenoura	33	4.4	0.6	1.4	0.2	0.8	1.9
Sopa de feijão-verde	39	5.4	0.9	1.5	0.2	0.8	0.4
Sumo de 100%	40	9.5	0.2	0.1	0	0.3	0.4
Sumo de tomate	19	3.5	1	0	0	0.6	0.2
Tâmara seca	265	67	2.5	0.3	7.8	0.1	2.7
Tamboril	73	0	18	0.2	0	0	0.7
Tangerina	40	8.7	0.7	0.1	0	1.7	0.4
Tarte de legumes	197	25	4	9	4	2	2.0
Tomate	19	3.5	0.8	0.3	0	1.3	0.2
Toranja	31	6	0.9	0.1	0	16	0.3
Torresmos	215	15	9	14	5	0	2.2
Tosta integral	364	63	15	5.1	1	7.4	3.6
Tosta de trigo	378	72	11	3.8	1	4.5	3.8
Toucinho	682	0	8.4	72	24	0	6.8
Tremoço	116	7	16	2	0.3	0	1.2
Truta	92	0	18	2.3	0.5	0	0.9
Uva	75	18	0.3	0.5	0	1	0.8
Uva passa	265	67	1.8	0.7	0.2	6.1	2.7
Vaca (cozer)	227	0	21	16	6	0	2.3
Vinho branco verde	59	0.1	0	0	0	0	0.6
Vinho do porto	162	14	0.1	0	0	0	1.6
Vinho maduro branco	72	1.2	0.1	0			0.0.7
Vinho tinto	66	0.2	0.1	0	0	0	0.7
Vinho verde branco	59	0.1	0	0	0	0	0.6
Visceras (tripas)	252	0	10	23	8	0	2.5
Whisky	232	0	0	33*	0	0	2.3