

Choose well and eat right!

panic			Nuts 642			Lard 891	Almond nougat 479 Fondant Chocolate 542 Milk Chocolate 565
red	Biscuit rusks 410 Biscuits 418 Crackers 428			Salami 424	Gorgonzola 358 Parmisan cheese 374	Mayonnaise 655 Butter 758 Vegetal Oil 900	Sugar 392
yellow	Bread (type 00) 290 Superfine Pasta 356 Cornflakes 364 Hulled Rice 362 Noodles 368	Potatoes 102	Bananas 102		Mozzarella 243		Cream Ice Cream 218 Jam 222 Honey 303
green		Carrots 35 Onions 31 Lettuce 24 Eggplants 16 Peppers 26 Tomatoes 19 Chicory 18 Spinach 37	Apricots 30 Pineapple 70 Oranges 43 Cherries 44 Watermelon 29 Strawberries 29 Apples 48 Melon 70	Pork 160 Chicken breast 152 Veal 92 Parma Ham 159	Cow's whole milk 61 Goose whole egg 165		Shrimp 158 Codfish 94 Cuttlefish 144 Sole 179 Tuna 166 Trout 156

Starch



Vegetables



Fruit



Meat



Dairy Products



Fats



Fish



Sweets



All values are expressed in kcal and calculated per 100gr of product