

MEDIDAS CASEIRAS

Abreviaturas utilizadas para as medidas caseiras dos alimentos:

Bp	bola pequena
Bg	bola grande
CADn	copo americano duplo nivelado
CADr	copo americano duplo raso
CADch	copo americano duplo cheio
CAn	copo americano nivelado
CAr	copo americano raso
CAch	copo americano cheio
CARr	colher de arroz rasa
CARch	colher de arroz cheia
CCch	colher de café cheia
CCDr	copo de café descartável raso
CCHn	colher de chá nivelada
CCHr	colher de chá rasa
CCHch	colher de chá cheia
CCr	colher de café rasa
COpch	concha pequena cheia
COMch	concha média cheia
COgr	concha grande rasa
COgch	concha grande cheia
CSn	colher de sopa nivelada
CSr	colher de sopa rasa
CSch	colher de sopa cheia
CSOn	colher de sobremesa nivelada
CSOr	colher de sobremesa rasa
CSOch	colher de sobremesa cheia
Epr	escumadeira pequena rasa
Em	escumadeira média
Emr	escumadeira média rasa
Eg	escumadeira grande

Fp	fatia pequena
Ff	fatia fina
Fm	fatia média
Fg	fatia grande
FOp	folha pequena
FOM	folha média
FOg	folha grande
PEp	pedaço pequeno
PEm	pedaço médio
PEg	pedaço grande
PICr	pires de café raso
PICch	pires de café cheio
PIChr	pires de chá raso
PICHch	pires de chá cheio
POp	porção pequena
POM	porção média
POg	porção grande
PRFr	prato fundo raso
PRFch	prato fundo cheio
PRRr	prato raso raso
PRRch	prato raso cheio
PRSO r	prato de sobremesa raso
U	unidade
Up	unidade pequena
Um	unidade média
Ug	unidade grande
XCr	xícara de café rasa
XCch	xícara de café cheia
XCHr	xícara de chá rasa
XCHch	xícara de chá cheia

1. Leite e Derivados

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Coalhada	CAn	135,0
	CAr	160,0
	CAch	185,0
	CADn	190,0
	CADr	230,0
	CADch	275,0
	XCHr	130,0
	XCHch	195,0
Cream cheese	CSOr	9,0
	CSOch	17,0
	CSr	16,0
	CSch	33,0
Iogurte cremoso	CAn	150,0
	CAr	180,0
	CAch	200,0
	CADn	220,0
	CADr	250,0
	CADch	290,0
Iogurte líquido	CAn	145,0
	CAr	175,0
	CAch	185,0
	CADn	200,0
	CADr	240,0
	CADch	280,0
Leite com achocolatado (sem açúcar)	CAn	142,0
	CAr	167,0
	CADn	192,0
	CADr	230,0
	XCHr	145,0
	XCHch	168,0
Leite com achocolatado (com açúcar)	CAn	146,0
	CAr	165,0
	XCHr	140,0
Leite com café (sem açúcar)	CAn	138,0
	CAr	155,0
	XCHr	138,0
Leite com café (com açúcar)	CAn	140,0
	CAr	160,0
	XCHr	140,0
Leite condensado	CSOr	9,0
	CSOch	17,0
	CSr	18,0
	CSch	30,0
Leite desnatado líquido	CAn	136,0
	CAr	154,0
	CAch	182,0

	CADn	190,0
	CADr	232,0
	CADch	264,0
	XCHr	154,0
	XCHch	194,0
Leite em pó desnatado	CSr	4,0
	CSch	8,0
Leite em pó integral	CSr	9,0
	CSch	12,0
Leite enriquecido com banana e leite enriquecido com mamão (vitamina)	CAn	140,0
	CAr	170,0
	CAch	196,0
	CADn	200,0
	CADr	240,0
	CADch	285,0
Leite pasteurizado	CAn	140,0
	CAr	165,0
	CAch	190,0
	CADn	195,0
	CADr	240,0
	CADch	275,0
	XCHr	140,0
	XCHch	180,0
Queijo minas frescal	Ff	20,0
	Fm	30,0
Queijo minas ralado	CSOr	4,5
	CSOch	11,0
	CSr	6,0
	CSch	12,0
	XCHr	80,0
	XCHch	100,0
Queijo muçarela	Ff	15,0
	Fm	30,0
Queijo parmesão ralado	CSr	7,0
Queijo parmesão ralado	CSch	15,0
Queijo prato	Ff	15,0
	Fm	25,0
Requeijão cremoso	CCHr	3,0
	CCHch	6,0
	CSOr	10,0
	CSOch	14,0
	CSr	14,0
	CSch	21,0
Ricota	Ff	10,0
	Fm	34,0

2. Carnes e derivados

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Carne bovina preparada:		
Almôndega	Up	20,0
	Um	40,0
	Ug	50,0
Bife	Up	60,0
	Um	80,0
	Ug	120,0
Bife à milanesa	Up	70,0
	Um	110,0
	Ug	140,0
Carne de panela	PEp	30,0
	PEm	40,0
	PEg	60,0
Costela de boi assada (sem osso)	PEp	30,0
	PEm	40,0
	PEg	60,0
Hambúrguer	Um	42,0
Maminha assada	Fp	65,0
	Fm	95,0
	Fg	145,0
Moída refogada (coxão duro)	CSr	15,0
	CSch	20,0
Picadinho (acém)	CSr	20,0
	CSch	25,0
Picanha assada	Fp	36,0
	Fm	60,0
	Fg	100,0
Lagarto fatiado (preparado)	Ff	15,0
	Fm	20,0
	Fg	30,0
Lagarto fatiado (para sanduíche)	POm	40,0
Carnes processadas:		
Linguiça frita	POm	80,0
	POg	100,0
Mortadela tradicional	Ff	15,0
	Fm	25,0
	Fg	55,0
Presunto	Ff	15,0
	Fm	30,0
Salsicha <i>hot dog</i>	Um	45,0
Salaminho italiano	Ff	2,5
	Fm	4,0
	Fg	6,5
Peito de peru defumado light	Ff	15,0
Peito de peru	Ff	15,0

Frango		
Frango assado (sem osso):		
Asa	Um	12,0
Costela	Um	60,0
Coxa	Um	50,0
Coxinha da asa	Um	11,0
Jogo	Um	115,0
Peito	Um	225,0
Sobre	Um	37,0
Sobrecoxa	Up	50,0
	Um	70,0
	Ug	95,0
Frango ensopado:		
Coxa sem osso	Up	30,0
	Um	40,0
	Ug	60,0
Frango frito (sem osso):		
Asa	Um	27,0
Costela	Um	20,0
Coxa	Um	52,0
Coxinha da asa	Um	25,0
Jogo	Um	55,0
Peito	Um	130,0
Sobre	Um	34,0
Sobrecoxa	Um	67,0
Peito cozido sem osso	Up	80,0
	Um	120,0
	Ug	170,0
Filé de peito de frango grelhado	Up	60,0
	Um	85,0
Frango refogado (sem osso)	Pm	80,0
Miúdos refogados de frango		
Coração	Ug	8,0
	Um	5,0
	Up	3,0
Moela	Ug	27,0
	Um	18,0
	Up	14,0
Fígado	Ug	45,0
	Um	30,0
	Up	25,0
Fígado preparado		
Bife	Um	100,0
Isca	CSch	20,0
Peixe		
Atum enlatado	CSOr	16,0
	CSOch	26,0

	CSr	24,0
	CSch	32,0
Filé frito	Up	80,0
	Um	130,0
Posta cozida	Up	120,0
	Um	220,0
	Ug	300,0
Peixe na telha (pintado)	POm	230,0
Sardinha em conserva	Um	40,0
Porco		
Costela de porco cozida (sem osso)	Up	15,0
	Um	25,0
	Ug	40,0
Costelinha frita (com osso)	U	29,0
Costelinha frita (sem osso)	U	22,0
	POp	40,0
	POm	65,0
	POg	90,0
Lombo de porco assado	Ff	30,0
	Fm	63,0
	Fg	120,0

3. Ovos

ALIMENTO	MEDIDA CASEIRA	PESO (g).
Codorna (cozido e sem casca)	Um	12,0
Galinha:		
Cozido	Um	50,0
	Ug	60,0
Cru e sem casca	Up	30,0
	Ug	50,0
Clara (crua)	Up	20,0
	Ug	30,0
Gema (crua)	Up	10,0
	Ug	20,0
Frito (gema sólida)	Um	38,0
Frito (gema mole)	Um	45,0
Omelete (1 ovo)	Um	40,0
Pochê	Um	55,0

4. Cereais e derivados

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Angu de milho	CSch	35,0
	POm	110,0
Arroz com lentilha (25% de lentilha e 75% de arroz)	CSr	6,0
	CSch	11,0

	CARr	20,0
	CARch	36,0
	Epr	34,0
	Epch	60,0
	Emr	37,0
	Emch	68,0
	Egr	70,0
	Egch	125,0
Arroz com linguiça	CARch	60,0
	POm	180,0
Arroz com pequi	CARch	60,0
	POm	180,0
Arroz branco (preparado)	CSr	18,0
	CSch	25,0
	Epr	50,0
	Epch	84,0
	Emr	78,0
	Emch	106,0
	Egr	94,0
	Egch	140,0
	CARr	45,0
	CARch	68,0
	COgr	230,0
Arroz integral (preparado)	CSr	15,0
	CSch	20,0
	Epr	42,0
	Epch	76,0
	Emr	70,0
	Emch	95,0
	CARr	40,0
	CARch	60,0
Arroz integral cru	CSr	13,0
	CSch	18,0
	CAch	145,0
	CADch	210,0
Arroz agulhinha tipo 1 polido cru	CAn	110,0
	CAr	127,0
	CAch	150,0
Aveia		
Farinha	CSr	6,5
	CSch	9,5
Flocos	CSr	5,5
	CSch	7,5
Barra de cereais		
Com frutas	U	25,0
Com brigadeiro	U	20,0
Morango com iogurte	U	20,0
Biscoito		
Champagne	U	10,0
Cream cracker	U	7,5

Integral	U	7,0
Maisena	U	5,0
Maria	U	6,0
Nata	U	6,0
Passatempo leite	U	6,0
Passatempo recheada	U	16,0
Recheada de chocolate	U	14,0
Wafer chocolate	U	7,5
Bolo caseiro		
Simples (farinha de trigo), fubá de milho	Ff	30,0
	Fm	50,0
	Fg	80,0
Cenoura com cobertura de chocolate	PEp	70,0
	PEm	100,0
	PEg	145,0
Bolo industrializado		
Sabor: banana com canela, coco, chocolate, formigueiro, laranja	Ff	20,0
	Fm	30,0
	Fg	50,0
Brioche	Um	30,0
Canjica	CSOr	12,0
	CSOch	22,0
	CSr	18,0
	CSch	28,0
	CAn	140,0
	CAr	170,0
	CAch	185,0
	CADn	210,0
	CADr	248,0
	CADch	280,0
	COr	65,0
	COch	140,0
	PRRr	255,0
	PRRch	520,0
	PRFr	440,0
PRFch	570,0	
Canjica com coco e amendoim	CSOr	11,0
	CSOch	23,0
	CSr	14,0
	CSch	28,0
	CAn	145,0
	CAr	170,0
	CAch	190,0
	CADn	220,0
	CADr	250,0
	CADch	285,0
	PRRr	340,0
	PRRch	570,0
PRFr	425,0	
PRFch	630,0	

Cereal matinal com passas	CSOr	5,0
	CSOch	8,0
	CSr	9,0
	CSch	12,0
Creme de milho verde	CSOr	19,0
	CSOch	26,0
	CSr	28,0
	CSch	40,0
	CARr	54,0
Curau de milho verde	CARch	78,0
	POm	120,0
Farelo de trigo tostado	POg	180,0
	CCHr	0,6
	CCHch	1,3
	CSOr	3,0
	CSOch	5,0
	CSr	4,7
Farinha láctea	CSch	7,0
	CSr	7,0
Farinha de rosca	CSch	12,0
	CSr	10,0
Farinha de trigo	CSch	15,0
	CSr	15,0
Fubá de milho	CSch	20,0
	CSr	15,0
Granola (mix de cereais)	CSch	20,0
	CSOr	5,0
	CSOch	7,0
	CSr	8,5
Granola	CSch	12,0
	CSOr	7,0
	CSOch	10,0
	CSr	11,0
Massas	CSch	14,0
	POp	80,0
	POm	150,0
	POg	240,0
Capeletti de frango ao molho branco	POp	90,0
	POm	200,0
	POg	430,0
Lasanha	PRRr	155,0
	PRFr	230,0
	PRSr	95,0
Macarrão espaguete (cozido)	PRRr	200,0
	Um	7,5
Macarrão ao sugo	POp	100,0
	POm	200,0
	POg	300,0
	Nhoque à bolonhesa	

Panqueca com recheio de carne moída (29% carne, 9% queijo)	POm	110,0
Ravioli de carne ao molho bolonhesa com queijo	POp	130,0
	POm	250,0
	POg	400,0
Maisena (amido de milho)	CSOr	4,0
	CSOch	8,0
	CSr	6,0
	CSch	11,0
Milho verde (grão cru)	CSr	14,0
	CSch	22,0
Milho verde em conserva	CSr	17,0
	CSch	23,0
Milho verde refogado	CSOr	8,0
	CSOch	14,0
	CSr	15,0
	CSch	20,0
	CARr	30,0
	CARch	55,0
Mingau de aveia	CSOr	8,0
	CSOch	15,0
	CSr	12,0
	CSch	19,0
	PRSr	150,0
	PRRr	220,0
	PRFr	327,0
Mingau de cremogema	CSOr	7,0
	CSOch	16,0
	CSr	6,0
	CSch	20,0
	PRRr	220,0
Mingau de maisena	CSOr	11,0
	CSOch	20,0
	CSr	14,0
	CSch	25,0
	PRSOOr	150,0
	PRRr	250,0
	PRFn	380,0
Mingau de neston	CSOr	7,0
	CSOch	15,0
	CSr	10,0
	CSch	18,0
	PRSr	180,0
	PRRr	235,0
	PRFr	338,0
Mucilon de milho	CSr	8,0
	CSch	12,0
Neston	CSOr	3,0
	CSOch	5,5
	CSr	4,0

	CSch	7,0
Pamonha assada	PEm	50,0
Pamonha-de-doce com queijo (sem palha)	Um	130,0
Pamonha-de- sal com queijo (sem palha)	Um	170,0
Pamonha-de-doce ou de sal (comercial)	Um	200,0
Pão:		
Batata	Up	20,0
	Um	30,0
	Ug	75,0
Careca (para cachorro quente)	Um	65,0
Doce ou rosca	Um	80,0
Milho	Ug	58,0
Forma	Fm	25,0
Forma integral	Ff	25,0
	Fm	30,0
	Fg	40,0
Francês	Um	50,0
	Ug	70,0
Sírio (com leite)	Up	13,0
Sírio (sem leite)	Up	10,0
	Um	65,0
	Ug	100,0
Pipoca	CAn	4,5
	CAch	5,5
	CADn	7,5
	CADch	9,5
	PRRr	25,0
	PRRch	55,0
	PRFr	30,0
	PRFch	60,0
Pizza	Fp	150,0
	Fm	220,0
	Fg	340,0
Polenta frita	PEp	10,0
	PEm	20,0
	PEg	30,0
Sucrilhos (cereal matinal corn flakes)	CSOr	2,0
	CSOch	4,0
	CSr	4,0
	CSch	6,0
Torrada de pão francês	Ff	3,0
	Fm	5,0
	Fg	10,0
Torrada de pão de forma industrial.	U	8,0
Torrada de pão de forma integral industrializada	U	10,0

5. Leguminosas e oleaginosas

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Amendoim cru	CSr	15,0
	CSch	22,0
	XCHch	170,0
Amendoim torrado	CSch	20,0
Azeitona preta	Up	3,0
	Um	4,0
	Ug	6,0
Azeitona verde	Up	3,0
	Um	4,5
Broto de feijão cru	CSOr	7,0
	CSOch	14,0
	CSr	10,5
	CSch	20,0
	PICr	35,0
	PICch	65,0
	PIChr	75,0
	PICHch	115,0
Broto de feijão cozido	CSOr	9,0
	CSOch	14,0
	CSr	12,0
	CSch	20,0
	PICr	35,0
	PICch	63,0
	PIChr	76,0
	PICHch	120,0
Ervilha em conserva	CSr	15,0
	CSch	25,0
Feijão		
Feijão em caldo	CSr	15,0
	CSch	25,0
	COpch	120,0
	COMch	160,0
	COgch	190,0
Tropieiro	CSr	8,0
	CSch	14,0
	CARr	20,0
	CARch	35,0
	Epr	29,0
	Epch	59,0
	Emr	40,0
	Emch	67,0
	Egr	48,0
	Egch	95,0
Tutu	CSr	20,0
	CSch	37,0
	COpr	40,0
	COpch	70,0

	COmr	77,0
	COmch	160,0
	COgr	106,0
	COgch	188,0
Grão de bico cozido	CSr	10,0
	CSch	15,0
	CARr	22,0
	CARch	36,0
Lentilha cozida	CSr	15,0
	CSch	20,0
Proteína texturizada de soja (PTS ou PVT) fina crua	CSOr	4,0
	CSOch	6,0
	CSr	5,5
	CSch	8,0
	CAn	55,0
Proteína texturizada de soja (PTS ou PVT) fina hidratada	CSOr	5,5
	CSOch	10,0
	CSr	8,0
	CSch	14,0
Proteína texturizada de soja (PTS ou PVT) média crua	CSOr	4,5
	CSOch	7,5
	CSr	6,5
	CSch	11,0
Proteína texturizada de soja (PTS ou PVT) média hidratada	CSOr	11,0
	CSOch	19,0
	CSr	17,0
	CSch	26,0
Proteína texturizada de soja (PTS ou PVT) média hidratada e espremida	CSOr	4,0
	CSOch	7,0
	CSr	7,5
	CSch	11,0
	CARr	24,0
	CARch	34,0
Proteína texturizada de soja (PTS ou PVT) grossa crua	PICr	22,0
	PICch	30,0
	PICrHr	40,0
	PICrHch	65,0
Proteína texturizada de soja (PTS ou PVT) grossa hidratada	PICr	60,0
	PICch	84,0
	PICrHr	94,0
	PICrHch	140,0
Proteína texturizada de soja (PTS ou PVT) grossa hidratada e espremida	CSOr	6,5
	CSOch	12,0
	CSr	12,0
	CSch	16,0
	CARr	32,0
	CARch	42,0
Soja crua	CSOr	8,0
	CSOch	11,0
	CSr	12,0

	CSch	16,0
	CAn	100,0
	CAch	135,0
Soja cozida (sem película e sem caldo)	CSOr	8,0
	CSOch	12,0
	CSr	11,0
	CSch	17,0
Soja, extrato em pó	CSOr	3,0
	CSOch	6,0
	CSr	5,0
	CSch	9,0
Soja, extrato caseiro (líquido)	CAn	136,0
	CAr	150,0
	CAch	170,0
	CADn	190,0
	CADr	215,0
	CADch	240,0
	XCHr	115,0
	XCHch	140,0
Soja, extrato industrializado (líquido)	CAn	135,0
	CAr	150,0
	CAch	160,0
	CADn	190,0
	CADr	220,0
	CADch	235,0
	XCHr	120,0
	XCHch	140,0
Soja refogada com óleo e sal (sem película)	CSOr	10,0
	CSOch	18,0
	CSr	14,0
	CSch	21,0
Soja torrada (sem película)	CSOr	5,0
	CSOch	8,0
	CSr	7,5
	CSch	10,0
	XCHr	64,0
	XCHch	80,0
Soja torrada industrializada (sem película)	CSOr	5,0
	CSOch	7,0
	CSr	7,0
	CSch	9,5
	XCHr	60,0
	XCHch	80,0

6.Castanhas, sementes e oleaginosas

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Amêndoa sem casca	CSOr	9,5
	CSOch	14,0

	CSr	12,0
	CSch	18,0
Avelã sem casca	CSOr	9,0
	CSOch	10,0
	CSr	12,0
	CSch	15,0
Castanha-de-caju	CSOr	10,0
	CSOch	15,0
	CSr	14,0
	CSch	20,0
Castanha-de-caju (xerém)	CCHr	1,0
	CCHch	2,0
	CSOr	5,5
	CSOch	8,0
	CSr	7,0
	CSch	9,5
Castanha-do-pará (castanha-do-Brasil)	Up	3,5
	Um	4,0
	Ug	5,5
Nozes sem casca	CSOr	6,5
	CSOch	9,5
	CSr	8,0
	CSch	12,5
Pistache sem casca	CSOr	7,5
	CSOch	11,0
	CSr	10,0
	CSch	15,0
Semente de gergelim	CCHr	2,5
	CCHch	3,0
	CSOr	5,0
	CSOch	9,0
	CSr	10,0
	CSch	12,0
Semente de girassol sem casca	CCr	1,0
	CCch	1,5
	CCHr	1,0
	CCHch	2,0
	CSOr	6,0
	CSOch	8,5
	CSr	7,5
	CSch	12,0
Semente de girassol sem casca	CCr	0,5
	CCch	1,2
	CCHr	1,5
	CCHch	2,5
	CSOr	5,5
	CSOch	7,5
	CSr	7,0
	CSch	11,0

Semente de linhaça	CCr	0,5
	CCch	0,8
	CCHr	1,0
	CCHch	1,6
	CSOr	5,0
	CSOch	8,0
	CSr	6,0
	CSch	10,0

7. Hortaliça A (1 a 7,5% de carboidratos)

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Abobrinha crua (batidinha)	CSOr	8,0
	CSOch	11,0
	CSr	8,0
	CSch	12,0
Abobrinha cozida (cubos)	CSOr	14,0
	CSOch	17,0
	CSr	16,0
	CSch	20,0
Abobrinha refogada (cubos)	CSOr	12,0
	CSOch	16,0
	CSr	17,0
	CSch	23,0
	CARr	30,0
	CARch	60,0
Abobrinha refogada (em tirinhas)	CSOr	5,5
	CSOch	8,0
	CSr	7,5
	CSch	12,0
	CARr	22,0
	CARch	40,0
Abobrinha refogada (batidinha)	CSOr	11,0
	CSOch	14,0
	CSr	14,0
	CSch	17,0
	CARr	28,0
	CARch	55,0
Acelga	FOM	60,0
Acelga picada	PICr	30,0
	PICHr	68,0
Agrião (ramos)	PICr	10,0
	PICHr	18,0
Alface americana	FOP	7,0
	FOM	19,0
	FOg	24,0
Alface americana picada	PICr	18,0
	PICHr	36,0

	PICHch	40,0
Alface bailarina	FOP	4,0
	FOM	14,0
	FOg	19,0
	PICr	10,0
Alface bailarina picada	PICch	13,0
	PICHr	15,0
	PICHch	21,0
	FOP	5,5
Alface comum	FOM	8,5
	PICr	12,0
Alface comum picada	PICHr	20,0
	FOP	5,5
Alface manteiga	FOM	8,0
	FOg	12,0
	PICr	6,0
Alface manteiga picada	PICch	12,0
	PICHr	20,0
	PICHch	35,0
	FOM	10,0
Almeirão		
Almeirão picado	PICr	16,0
	PICHr	32,0
Berinjela crua	Ff	15,0
Berinjela cozida e picada	CSr	25,0
	CSch	30,0
Berinjela cozida e picada, com azeite	CSOr	6,5
	CSOch	10,0
	CSr	9,0
	CSch	13,0
	CARr	24,0
	CARch	38,0
Brócolis americana cozida	CSOr	4,0
	CSOch	7,0
	CSr	7,0
	CSch	13,0
Brócolis americana cozida (sem talo)	PICr	26,0
	PICch	50,0
	PICHr	65,0
Brócolis comum cozida e picada	PICr	35,0
	PICHr	50,0
Chicória	FOP	7,0
	FOM	12,0
	FOg	20,0
Chicória picada	PICr	9,0
	PICch	15,0
	PICHr	20,0
	PICHch	27,0
Cogumelo fresco	Up	5,5
	Um	8,0
	Ug	16,5

Couve cortada fina	PICr	25,0
Couve refogada	CSch	15,0
Couve flor	PICr	80,0
Couve flor cozida e picada	CSr	10,0
	CSch	16,0
	PICr	50,0
	PICr	100,0
Espinafre picado	PICr	15,0
	PICch	24,0
	PICr	32,0
	PICch	55,0
Folha de cenoura com talo	FOr	6,0
	Fog	8,0
	PICr	10,0
Guariroba ao molho	POr	65,0
Jiló inteiro (cru)	Up	12,0
	Um	22,0
Jiló refogado	CSOr	7,5
	CSOch	12,0
	CSr	11,0
	CSch	16,0
	CARr	33,0
	CARch	50,0
Jiló cozido e picado	CSOr	7,0
	CSOch	10,0
	CSr	10,0
	CSch	17,0
	PICr	90,0
Maxixe inteiro (cru)	Up	15,0
	Um	25,0
Maxixe cozido e picado	CSr	16,0
	CSch	25,0
	PICr	74,0
Mostarda (sem talo)	FOr	3,5
	FOr	6,5
	Fog	11,0
Mostarda picada (sem talo)	PICr	7,5
	PICch	14,0
	PICr	17,0
	PICch	28,0
Nabo (fatia)	Ff	0,5
	Fm	2,0
	Fg	3,0
Nabo (ralado)	CSr	6,0
	CSch	10,0
	CSOr	5,0
	CSOch	8,0
Nabo (picado em cubinhos)	CSr	8,0
	CSch	10,0
	CSOr	5,0

	CSOch	7,0
Palmito em conserva	CSOr	15,0
	CSOch	19,0
Palmito picado	CSr	20,0
	CSch	30,0
	Um	17,0
Pepino fatiado	Ff	3,0
Pepino picado	CSch	10,0
Rabanete	Ff	0,5
	PICr	15,0
	Up	13,0
	Um	22,5
	Ug	44,5
Rabanete picado	CSOr	4,0
	CSOch	7,0
	CSr	5,5
	CSch	8,5
Repolho cru picado	PICr	26,0
	PICch	50,0
	PIChr	60,0
	PICHch	98,0
	CARr	16,0
	CARch	26,0
Repolho picado e cozido	PICr	34,0
	PICch	65,0
	PIChr	70,0
	PICHch	120,0
	CARr	19,0
	CARch	30,0
Rúcula (sem talo)	PICr	8,0
	PICch	14,0
	PIChr	10,0
	PICHch	22,0
Rúcula (com talo)	FOp	0,5
	FOg	2,0
Taioba picada e cozida	CSr	12,0
	CSch	21,0
Tomate	Up	70,0
	Um	100,0
	Ug	170,0
Tomate cereja	Um	10,0
Tomate picado em cubos	CSOr	10,0
	CSOch	16,0
	CSr	14,0
	CSch	24,0
Tomate em fatias (rodela)	Ff	5,5
	Fm	13,0
	Fg	27,0
	PICr	44,0
	PIChr	65,0

Tomate seco	CSOch	13,0
	CSch	24,0

8. Hortaliça B (7,5 a 10,5% de carboidratos)

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Abóbora Kabutiá picada e cozida	CSr	14,0
	CSch	24,0
Abóbora Kabutiá refogada	CSr	20,0
	CSch	27,0
	CARr	46,0
	CARch	64,0
Beterraba crua sem casca	Up	80,0
	Um	175,0
Beterraba cozida e picada	CSch	20,0
	Fm	30,0
Beterraba crua ralada	CSOr	7,0
	CSOch	9,0
	CSr	8,0
	CSch	11,0
	PICr	34,0
	PICch	55,0
Cenoura crua ralada	PIChr	70,0
	CSOr	7,0
	CSOch	9,0
	CSr	8,0
Cenoura cozida e picada	CSch	11,0
	CSOch	17,0
	CSr	16,0
	CSch	22,0
Cenoura refogada em cubos	CSOr	13,0
	CSOch	18,0
	CSr	16,0
	CSch	24,0
	CARr	35,0
Chuchu cozido e picado	CARch	52,0
	CSOr	10,0
	CSOch	14,0
	CSr	16,0
Chuchu refogado	CSch	20,0
	CSOr	11,0
	CSOch	14,0
	CSr	17,0
	CSch	21,0
	CARr	19,0
	CARch	39,0

Folha de beterraba	PICr	12,0
	PIC Hr	20,0
Folha de beterraba picada	FOP	3,0
	FOM	5,5
	FOG	7,5
Pimentão cozido e picado (com azeite)	CSOr	5,0
	CSOch	9,0
	CSr	6,5
	CSch	12,5
	CARr	16,5
	CARch	35,0
Pimentão cru	Up	50,0
	Um	126,0
	PIC Hr	25,0
	Ff	2,0
	CCHr	2,5
	CCHch	4,0
	CSOr	7,0
	CSOch	12,0
	CSr	8,5
	CSch	14,0
Quiabo refogado	CSOr	12,0
	CSOch	16,0
	CSr	16,0
	CSch	20,0
	CARr	30,0
	CARch	48,0
Vagem cozida e picada	CSr	10,0
	CSch	15,0
	CARr	18,0
	CARch	48,0
Vagem refogada	CSr	12,0
	CSch	20,0

9. Hortaliça C (17 a 55% de carboidratos) e derivados

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Batata-doce frita	Fm	9,0
	POp	30,0
	POm	45,0
	POG	65,0
Batata-doce cozida e picada	CSr	12,0
	CSch	20,0
Batata inglesa cozida e picada	CSr	25,0
	CSch	35,0
Batata inglesa (cozida)	Up	60,0
	Um	120,0

	Ug	250,0
Batata inglesa crua com casca	Up	127,5
	Um	185,0
	Ug	193,0
Batata inglesa crua sem casca	Up	106,0
	Um	154,0
	Ug	164,0
Batata inglesa frita (palha)	CSch	10,0
Batata inglesa frita (palito)	Epr	20,0
	Emr	30,0
Batata inglesa frita (ondulada)	POp	15,0
	POm	25,0
	POg	40,0
Batata inglesa (purê)	CSr	25,0
	CSch	35,0
Batata inglesa (refogada)	CSch	40,0
Batata inglesa (sautê)	CSOr	23,0
	CSOch	35,0
	CSr	27,0
	CSch	38,0
Batata salsa cozida	Um	85,0
Batata salsa cozida e fatiada	Ff	2,5
	PIChr	37,0
	PICHch	63,0
Beiju (preparado com polvilho ou tapioca)	Up	65,0
	Um	100,0
	Ug	120,0
Cará cozido e picado	CSr	20,0
	CSch	27,0
	POm	100,0
Farinha de mandioca	CSr	13,0
	CSch	17,0
Farofa simples (farinha de mandioca)	CSr	10,0
	CSch	15,0
	POm	30,0
Mandioca cozida e picada	CSr	22,0
	CSch	37,0
Mandioca cozida	POm	50,0
	POg	100,0
Mandioca frita	POm	75,0
	POg	120,0
Quibebe de inhame	CSr	15,0
	CSch	36,0
	POp	60,0
	POm	90,0
	POg	120,0
Quibebe de mandioca	CSr	14,0
	CSch	35,0
	CAr	50,0
	Cach	72,0

Quibebe de mandioca com carne seca	CSOr	14,0
	CSOch	26,0
	CSr	22,0
	CSch	35,0
	CARr	42,0
	CARch	60,0

10. Frutas *in natura* e desidratadas

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Abacate	Up	145,0
	Um	300,0
Abacaxi	Ff	50,0
	Fm	90,0
	Fg	120,0
Ameixa preta (sem casca e sem caroço)	Up	60,0
	Um	70,0
	Ug	115,0
Ameixa rosada (sem casca e sem caroço)	Up	25,0
	Um	35,0
	Ug	55,0
Ameixa seca sem semente	U	6,0
Ata ou pinha (sem casca e sem semente)	Up	70,0
	Um	165,0
	Ug	220,0
Banana maçã (sem casca)	Um	60,0
	Ug	64,0
Banana nanica (sem casca)	Up	63,0
	Um	100,0
	Ug	132,0
Banana nanicão (sem casca)	U	165,0
Banana ouro (sem casca)	Up	24,0
	Um	40,0
Banana prata (sem casca)	Up	55,0
	Um	75,0
	Ug	90,0
Banana da terra (sem casca)	Um	100,0
Banana da terra (frita)	Um	90,0
Caju (com casca e sem castanha)	Up	55,0
	Um	70,0
	Ug	90,0
Caqui (sem casca e sem semente)	Up	100,0
	Um	120,0
	Ug	140,0
Damasco seco	U	8,0
Figo maduro	Um	40,0
Goiaba	Um	195,0
	Ug	230,0

Jabuticaba (sem caroço e sem casca)	Up	3,0
	Um	4,0
	Ug	6,5
Kiwi (sem casca)	Um	80,0
Laranja pera (sem casca)	Up	100,0
	Um	150,0
	Ug	200,0
Laranja lima (sem casca e sem semente)	Up	155,0
	Um	185,0
	Ug	220,0
Maçã fuji (com casca e sem semente)	Up	90,0
	Um	135,0
	Ug	180,0
Maçã fuji (sem casca e sem semente)	Up	76,0
	Um	125,0
	Ug	170,0
Maçã gala (com casca e sem semente)	Up	80,0
	Um	130,0
	Ug	155,0
Maçã gala (sem casca e sem semente)	Up	74,0
	Um	120,0
	Ug	140,0
Mamão papaia (sem casca e semente)	Um	420,0
	Ff	60,0
	Fm	90,0
	Fg	155,0
Mamão formosa (sem casca e semente)	Ff	100,0
	Fm	200,0
	Fg	250,0
Manga Palmer (sem casca e sem caroço)	Up	270,0
	Um	380,0
	Ug	490,0
Manga Tommy (sem casca e sem caroço)	Up	210,0
	Um	290,0
	Ug	390,0
Maracujá (polpa, sem a casca)	Um	50,0
Melancia (sem casca)	Ff	185,0
	Fm	300,0
	Fg	500,0
Melão (sem casca)	Ff	75,0
	Fm	160,0
	Fg	300,0
Mexerica cravo (sem casca e sem caroço)	Um	100,0
Mexerica fuxiqueira (sem casca e sem semente)	Up	90,0
Mexerica murcote (sem casca e sem semente)	Up	80,0
	Um	100,0
	Ug	132,0

Mexerica ponkan (sem casca e sem caroço)	Up	110,0
	Um	150,0
	Ug	210,0
Morango	Up	6,5
	Um	15,0
	Ug	25,0
Nectarina (sem casca e sem semente) - nacional	Up	55,0
	Um	80,0
	Ug	100,0
Pera (com casca e sem caroço)	Up	140,0
	Um	160,0
	Ug	220,0
Pera (sem casca e sem caroço)	Up	120,0
	Um	145,0
	Ug	185,0
Pêssego (sem casca e sem caroço)	Up	35,0
	Um	50,0
	Ug	80,0
Tangerina ver mexerica		
Uva Itália	Um	12,0
Uva rubi	Um	15,0
Uva passa	CCHr	4,0
	CCHch	5,5
	CSOr	6,5
	CSOch	13,0
	CSr	11,0
	CSch	16,0
	PICr	36,0
	PICch	62,0

11. Gorduras

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Azeite de oliva	CCHn	2,0
	CSOn	5,0
	CSn	10,0
Azeite de dendê	CSn	10,0
Banha de porco	CSOr	7,0
	CSOch	13,0
	XCHr	130,0
	XCHch	170,0
Creme de leite com soro industrializado (líquido)	CSOr	7,0
	CSOch	10,0
	CSr	9,5
	CSch	14,0
Creme de leite com soro industrializado (cremoso)	CSOr	7,5
	CSOch	12,0
	CSr	10,0
	CSch	18,0

Gordura vegetal hidrogenada	CSr	16,0
	CSch	20,0
Manteiga e Margarina	CCHr	4,0
	CCHch	6,0
	CSOr	8,0
	CSOch	15,0
	CSr	15,0
	CSch	20,0
Manteiga clarificada (líquida)	CSOn	5,0
	CSn	8,0
	CARn	22,0
Maionese industrializada	CSOr	12,0
	CSOch	15,0
	CSr	15,0
	CSch	25,0
Óleo vegetal	CCHn	2,0
	CSOn	5,0
	CSn	8,0
	CAn	120,0
	XCHr	120,0
Toucinho defumado (bacon)	CSr	12,0
	CSch	20,0

12. Condimentos e fermentos

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Açafrão	CCr	0,5
	CCch	1,0
	CCHr	1,0
	CCHch	1,5
Alho poró (cortado em fatias finas)	CSr	2,5
	CSch	4,0
Bicarbonato de sódio	CCch	3,0
	CCHch	5,0
	CSOn	8,0
	CSOr	10,0
Cebola inteira sem casca	UM	110,0
Cebola média sem casca em fatia	Ff	6,5
	Fm	8,0
	Fg	12,0
Cebola média picada sem casca	CSOr	6,0
	CSOch	10,0
	CSr	7,5
	CSch	14,0
Fermento químico (pó)	CSOr	5,0
	CSOch	10,0
	CSr	7,0
	CSch	12,0

Folha de louro desidratada	PICr	3,5
	PICch	11,5
Manjeriçã (folhas sem talo)	PICr	6,5
	PCch	14,0
	PCHr	12,0
	PICchch	23,0
Sal (cloreto de sódio)	CCr	1,0
	CCch	2,5
	CCHr	2,0
	CCHch	4,0
	CSOr	5,0
	CSOch	10,0
	CSr	8,0
	CSch	16,0
Salsa com pouco talo	PICr	4,0
	PICch	8,5
Salsão picado	CSOr	5,0
	CSOch	8,5
	CSr	7,5
	CSch	9,5
Tomilho fresco (ramos)	PICr	4,5
	PICch	10,0

13. Açúcares, açucarados, doces, achocolatados e sobremesas

ALIMENTO	MEDIDA CASEIRA	PESO (g)
Açúcar branco cristal	CCr	1,5
	CCch	2,5
	CCHr	2,5
	CCHch	4,0
	CSOr	9,5
	CSOch	12,0
	CSr	13,0
	CSch	16,0
	XCHr	150,0
	XCHch	200,0
Açúcar branco refinado	CCr	1,0
	CCch	2,0
	CCHr	2,0
	CCHch	3,5
	CSOr	7,0
	CSOch	9,0
	CSr	11,0
	CSch	14,0
Açúcar mascavo	CSOr	5,0
	CSOch	8,0
	CSr	8,0
	CSch	12,0
	CCr	0,5

	CCch	2,0
	CCHr	1,8
	CCHch	3,0
Ambrosia	POm	80,0
Ameixa em calda	Um	8,0
	Ug	10,0
Ameixa de queijo	Um	12,0
	POm	70,0
Compota de abacaxi	Ff	50,0
Compota de figo (sem calda)	Up	20,0
	Um	32,0
	Ug	45,0
Compota de pêsego (sem caroço)	POp	35,0
	POm	65,0
	POg	130,0
Dextrosol-Dextrose de milho	CSr	15,0
	CSch	20,0
Doce de figo em calda	POp	35,0
	POm	60,0
	POg	115,0
Doce de goiaba em pasta	CSOr	13,0
	CSOch	20,0
	CSr	26,0
	CSch	44,0
Doce de mamão e coco ralados	CSOr	19,0
	CSOch	26,0
	CSr	18,0
	POp	40,0
	POm	58,0
	POg	90,0
Doce de leite em pasta	CSr	25,0
	CSch	35,0
Doce de leite em pedaços	PEp	20,0
	PEm	36,0
Doce de leite em pedaços	PEg	57,0
Doce de ovos	POm	60,0
Gelatina	CSch	35,0
	POm	100,0
Geleia de fruta	CCHr	5,0
	CCHch	10,0
	CSOr	16,0
	CSOch	24,0
Glucose de milho	CSr	10,0
	CSch	15,0
Goiabada	Ff	30,0
	Fm	40,0
	Fg	60,0
Mel	CCHch	4,0
	CSOch	10,0
	CSr	10,0

	CSch	15,0
Marrom glacê	Ff	40,0
	Fm	65,0
	Fg	100,0
	POm	100,0
Mousse de chocolate	POm	100,0
Mousse de maracujá	POm	100,0
Nescau	CCHr	2,5
	CCHch	3,5
	CSOr	7,0
	CSOch	11,0
	CSr	8,5
	CSch	14,0
Pé de moleque	PEp	20,0
Pudim de leite	Ff	24,0
	Fm	36,0
	Fg	50,0
	POm	100,0
Quindim	POm	90,0
Rapadura	PEp	25,0
	PEm	40,0
	PEg	55,0
Salada de frutas	POg	200,0
	POm	140,0
	POp	80,0
Sorvete	Bp	45,0
	Bg	100,0
Toddy	CCHr	2,0
	CCHch	2,5
	CSOr	6,0
	CSOch	8,0
	CSr	9,5
	CSch	12,0

14. Suplemento alimentar

Sustagem	CSOr	6,0
	CSOch	10,0
	CSr	10,0
	CSch	16,0

15. Molhos e patês

<i>Catchup</i>	CCHr	5,5
	CCHch	10,0
	CSOr	17,0
	CSOch	26,0
	CSr	18,0
	CSch	30,0

Molho de tomate	CSOr	20,0
	CSOch	28,0
	CSr	22,0
	CSch	30,0
	CARr	60,0
	CARch	83,0
Molho para cachorro quente	CSch	9,0
Molho para lagarto	CSOr	4,5
	CSr	6,5
Molho rosê	CSOr	10,0
	CSOch	18,0
	CSr	20,0
	CSch	26,0
Molho Inglês	CCn	1,0
	CCHn	2,0
	CSOn	4,0
	CSn	6,0
Molho de soja (<i>Shoyo</i>)	CCn	1,5
	CCHn	2,5
	CSOn	6,5
	CSn	7,0
Patê de atum	CSOr	18,0
	CSOch	30,0
	CSr	23,0
	CSch	35,0
Patê de ricota	CCr	1,0
	CCch	1,5
	CCHr	2,0
	CCHch	3,5
	CSOr	8,0
	CSOch	15,0

16. Bebidas

Água de coco	CAn	136,0
	CAr	155,0
	CAch	169,0
	CADn	194,0
	CADr	222,0
	CADch	242,0
Café (infusão sem açúcar)	CAn	130,0
	CAr	153,0
	CAch	177,0
	CADn	180,0
	CADr	220,0
	CADch	250,0
	CCDr	50,0
	XCr	62,0
XCch	76,0	

	XCHr	135,0
	XCHch	183,0
Café (infusão com açúcar)	CAn	132,0
	CAr	160,0
	CAch	184,0
	CADn	190,0
	CADr	230,0
	CADch	270,0
	XCr	63,0
	XCch	77,0
	XCHr	148,0
	XCHch	196,0
Chá sem açúcar (camomila, erva cidreira e erva doce)	CAn	130,0
	CAr	150,0
	XCHr	135,0
Chá com açúcar (camomila, canela, erva cidreira, erva doce e mate)	CAn	140,0
	CAr	160,0
	XCHr	145,0
Chá mate (sem açúcar)	CAn	130,0
	CAr	150,0
	XCHr	130,0
Chá preto (sem açúcar)	CAn	79,5
	CAr	98,0
	XCHr	130,0
Chá preto (com açúcar)	CAn	140,0
	CAr	145,0
	XCHr	140,0
	XCHch	147,5
Refresco industrializado com açúcar	CAn	140,0
	CAr	160,0
	CAch	190,0
	CADn	195,0
	CADr	230,0
	CADch	280,0
Refresco natural (abacaxi, limão, tamarindo) com açúcar	CAn	145,0
	CAr	165,0
	CAch	195,0
	CADn	210,0
	CADr	240,0
	CADch	280,0
Refresco natural caju, goiaba, acerola (com açúcar) e suco natural de laranja (sem açúcar)	CAn	140,0
	CAr	160,0
	CAch	190,0
	CADn	200,0
	CADr	230,0
	CADch	278,0
Suco natural de laranja (com açúcar)	CAn	142,0
	CAr	167,0
	CAch	194,0
	CADn	198,0

	CADr	238,0
	CADch	282,0
Refrigerante	CAn	136,0
	CAr	160,0
	CAch	187,0
	CADn	190,0
	CADr	230,0
	CADch	270,0

17. Salgadinhos e quitandas

Lanche:		
Biscoito de queijo	Up	12,0
	Um	25,0
Bolo de arroz	Um	70,0
Broa de fubá	Up	10,0
Coxinha de frango	Um	105,0
Empada de frango	Um	55,0
Empada de frango	Up	12,0
Empadão goiano	Um	300,0
Enroladinho de queijo	Um	65,0
Enroladinho de salsicha	Um	132,0
Esfiha de carne	Um	128,0
Esfiha de frango	Um	112,0
Inhoque gaúcho	U	15,0
Mané pelado	PEm	70,0
	PEg	100,0
Pão de queijo	Up	20,0
	Um	30,0
	Ug	80,0
Quibe frito	Ug	85,0
	Um	50,0
	Up	12,0
Quibe frito com <i>catupiry</i>	Um	50,0
Rosca húngara	Up	18,0
Torta de frango com <i>catupiry</i>	PEp	95,0
	PEm	200,0
	PEg	250,0
Festa:		
Bolinha de queijo	Up	10,0
Coxinha de frango	Up	25,0
Croquete	Up	14,0
Empada de frango	Up	20,0
Enroladinho de queijo	Up	16,0
Esfiha de carne	Up	10,0
Pastelzinho de carne	Up	12,0
Pastelzinho de presunto	Up	13,0
Quibe frito	Up	22,0
Quibe frito com <i>catupiry</i>	Up	25,0