

Calorieën –Eiwitten-Koolhydraten-Vetten Tabel

A

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
aalbessen	100 gr	24	1.0	5.0	0.0
aardappelen	100 gr	85	2.6	18.6	0.0
aardappelkroketten	100 gr	356	34.0	28.2	12.0
aardappelpuree	100 gr	100	2.8	11.0	5.0
aardappelsoesje	100 gr	188	5.3	16.4	11.2
aardappelzetmeel	100 gr	337	0.5	83.8	0.1
aardbeien	100 gr	24	1.0	5.0	0.0
abrikoos	1 stuk	20	0.0	5.0	0.0
achterham	100 gr	130	18.0	1.0	6.0
all bran	100 gr	267	14.0	46.0	3.0
amandelbroodje	100 gr	463	7.6	43.0	28.9
amandelen	100 gr	578	18.3	4.3	54.2
americain	100 gr	125	20.0	0.0	5.0
americain prepare	100 gr	244	16.0	0.0	20.0
amsoi (gekookt)	100 gr	28	2.0	5.0	0.0
ananas	100 gr	88	0.0	22.0	0.0
andijvie	100 gr	17	1.8	2.1	0.2
anijshagel	100 gr	393	0.1	98.2	0.0
ansjovis in olie	100 gr	189	18.0	0.0	13.0
appel	1 stuk	60	1.0	14.0	0.0
appelbeignet	100 gr	190	2.6	18.6	11.7
appelcarre	100 gr	318	3.7	38.6	16.6
appelflap	1 stuk	146	2.0	12.0	10.0
appelmoes	100 gr	76	0.0	19.0	0.0
appelstroop	1 eetlpl	44	0.0	11.0	0.0
appeltaart	100 gr	234	3.6	38.6	7.2
aquarius	1 blikje	95	0.0	23.7	0.0
artisjok	100 gr	59	2.4	12.2	0.1
asperges	100 gr	16	1.0	3.0	0.0
atjar tjampoer	100 gr	24	1.0	5.0	0.0
aubergine	100 gr	24	1.0	5.0	0.0
augurken	100 gr	18	0.9	3.6	0.0
avocado	1 stuk	226	4.0	12.0	18.0



B

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
babi pangang	100 gr	217	13.6	3.9	16.4
babybel bonbel	100 gr	314	22.6	0.1	24.8
bacon	100 gr	430	13.0	0.0	42.0
bak- en braadvet	100 gr	876	0.3	0.0	97.3
bakbokking	100 gr	334	21.6	3.0	26.2
baklava	100 gr	435	4.2	53.7	22.7
balisto	1 stuk	223	4.0	27.0	11.0
bambix	100 gr	344	9.5	72.0	2.0
bamboespruiten	100 gr	32	2.0	6.0	0.0
bami goreng	100 gr	145	6.0	19.0	5.0
bamibal	100 gr	274	7.0	30.0	14.0
banaan	1 stuk	124	1.0	30.0	0.0
banketbakkersroom	100 gr	145	3.9	23.2	4.1
banketstaaf	100 gr	462	7.6	43.0	28.9
barbecuesaus	100 gr	92	1.0	22.0	0.0
basterdsuiker	100 gr	380	0.0	95.0	0.0
bayonne-ham	100 gr	259	24.0	0.2	18.0
belgian pickels(devos lemmens)	100 gr	51	0.8	9.6	0.4

berehap - bereklauw	100 gr	252	9.7	9.4	19.5
berlinerbol	100 gr	386	5.5	39.1	23.1
beschuit	100 gr	379	9.9	75.5	4.2
bichoc delacre	100 gr	465	5.3	72.5	17.1
bieflap	100 gr	168	27.8	0.8	6.0
biefstuk	100 gr	115	22.0	0.0	3.0
bierworstje - bifiworstje	100 gr	402	19.1	0.9	35.8
bieslook	100 gr	57	4.0	8.0	1.0
bieten	100 gr	20	2.0	3.0	0.0
big bacon (Quick)	1 stuk	501	27.2	21.9	33.8
big mac (McDonald's)	1 stuk	505	25.7	43.4	25.4
biogarde mager	100 gr	33	4.0	4.0	0.1
biogarde natuur	100 gr	57	4.6	6.3	1.5
biogarde vol	100 gr	56	3.4	3.5	3.2
biogarde (halfvol)	100 gr	50	4.3	4.7	1.5
bisc & bounty	100 gr	539	4.9	55.9	32.9
bisc & mars	100 gr	523	5.3	61.4	28.5
bisc & snickers	100 gr	536	7.8	53.0	32.5
bisc & twix	100 gr	518	5.4	61.6	27.8
biscuitje (groot)	100 gr	432	8.8	76.7	10.1
bitterbal	100 gr	232	10.7	16.9	13.6
bizonsteak	100 gr	101	23.0	0.0	1.0
bladerdeeg	100 gr	390	7.0	41.0	22.0
bleekselderij	100 gr	24	2.0	4.0	0.0
blinde vink	100 gr	189	25.6	1.2	9.1
bloem	100 gr	333	11.0	70.0	1.0
bloemkool	100 gr	20	2.0	3.0	0.0
blue	100 gr	353	21.1	0.0	29.8
bluefort	100 gr	354	20.0	1.0	30.0
boerenkool	100 gr	41	4.0	4.0	1.0
boerenkoolstampot	100 gr	89	2.7	10.7	3.9
boerenpate	100 gr	308	15.0	2.5	26.4
bokkepoot	100 gr	446	16.0	55.0	18.0
bokking (gerookt)	100 gr	236	23.0	0.0	16.0
bokking (gestoomd)	100 gr	233	21.2	0.5	16.2
bonbon	100 gr	409	4.5	62.8	15.6
bonbon (met likeur)	100 gr	351	3.0	42.2	18.9
bonen	100 gr	266	20.0	43.0	1.5
borrelnootjes	100 gr	518	15.0	45.0	31.0
borstplaat (room)	100 gr	328	0.8	72.2	4.1
borstplaat (water)	100 gr	380	0.0	95.0	0.0
bosbessen	100 gr	35	0.3	7.4	0.5
bosbessen op siroop	100 gr	128	1.0	31.0	0.0
bossche bol	100 gr	349	4.5	21.0	27.4
boter	10 gr	75	0.1	0.1	8.2
boter (gezouten)	100 gr	761	0.9	0.0	84.2
boterhamworst	100 gr	335	12.0	4.0	30.0
boterkoek	100 gr	515	4.0	55.0	31.0
boterletter	100 gr	461	7.6	43.0	28.9
boter (halfvol)	100 gr	390	6.3	0.3	40.5
boter (ongezouten)	100 gr	763	4.2	1.1	82.5
boudoir	100 gr	395	7.4	84.0	3.3
bounty	1 stuk	243	3.0	24.0	15.0
boursin	100 gr	418	10.0	1.0	41.5
braadharing	100 gr	219	17.0	4.0	15.0
braadworst (varken)	100 gr	308	22.2	0.9	24.0
braambessen	100 gr	38	1.2	7.2	0.5
brado	100 gr	236	23.0	0.0	16.0
bramen	100 gr	37	1.0	6.0	1.0
bran buds	100 gr	100	3.6	18.9	1.1
bressot	100 gr	332	8.5	1.0	32.7

brie (50+)	100 gr	317	22.0	1.0	25.0
brie (60+)	100 gr	365	17.0	0.0	33.0
brinta	100 gr	366	12.0	74.0	2.5
brinta fruitvit	100 gr	330	9.2	68.6	1.5
broccoli	100 gr	20	2.0	3.0	0.0
brood (volkoren)	100 gr	208	5.7	40.0	2.8
brood (wit)	100 gr	226	6.5	50.0	0.0
broodje (bruin)	100 gr	250	9.5	45.1	3.5
broodje (gemiddeld)	100 gr	240	8.7	45.8	2.5
broodje (luxe wit)	100 gr	294	9.3	53.1	5.0
broodje (meergranen)	100 gr	212	8.4	40.5	1.8
broodje (muesli)	100 gr	273	8.1	52.3	3.5
broodje (tarwe)	100 gr	250	9.5	45.1	3.5
broodje (volkoren)	100 gr	211	8.4	40.5	1.8
broodje (wit)	100 gr	259	8.1	52.0	2.1
brood (gemiddeld)	100 gr	240	8.7	45.8	2.5
bruinbrood	100 gr	250	9.5	45.1	3.5
bruine bonensoep	100 gr	46	3.5	7.5	0.3
bulgaarse yoghurt (fruit)	100 gr	124	5.0	17.0	4.0
bulgaarse yoghurt (mager)	100 gr	48	5.0	6.0	0.5
bulgaarse yoghurt (vol)	100 gr	89	4.8	7.0	4.7



C

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
cake	100 gr	446	6.9	44.8	26.6
camembert (45+)	100 gr	284	25.0	1.0	20.0
camembert (50+)	100 gr	314	18.0	2.0	26.0
candybar	100 gr	478	5.9	63.2	22.4
cantadou	100 gr	328	6.0	3.5	32.3
capellini (Soubry)	100 gr	350	13.0	71.0	1.5
carre confiture	100 gr	401	3.4	50.0	20.8
cashew-noten	100 gr	578	18.0	32.0	42.0
casselerrib	100 gr	183	18.0	3.0	11.0
cassoulet (William Saurin)	100 gr	109	7.6	8.4	5.0
cervela	100 gr	387	18.0	0.0	35.0
champignons	100 gr	16	3.0	1.0	0.0
chavroux	100 gr	173	10.0	4.0	13.0
cheddar	100 gr	401	26.0	0.0	33.0
cheeseburger (Quick)	1 stuk	275	16.8	24.7	12.1
chili con carne	100 gr	145	8.7	8.0	8.7
chinese kool	100 gr	12	1.2	1.2	0.3
chipolatapudding	100 gr	225	4.3	24.1	12.4
chips (light)	100 gr	502	6.0	61.0	26.0
chips (naturel)	100 gr	544	6.0	4 9.0	36.0
choco (kwatta)	100 gr	362	1.9	71.5	7.6
chocolade (melk)	100 gr	518	6.6	54.7	30.3
chocolade (melk)	100 gr	528	8.0	52.0	32.0
chocolade (met noten)	100 gr	608	10.3	30.0	49.6
chocolade (puur)	100 gr	507	5.0	51.0	31.5
chocolade (puur)	100 gr	512	4.0	52.0	32.0
chocoladebiscuit	100 gr	470	6.9	63.8	20.8
chocoladehagelslag	100 gr	431	6.1	63.6	16.9
chocoladekorrels	100 gr	437	6.5	63.5	17.5
chocolademelk (halfvol)	100 gr	84	3.7	13.3	1.8
chocolademelk (mager)	100 gr	58	3.6	10.4	0.3
chocolademelk (vol)	100 gr	79	3.4	11.1	2.4
chocolademousse	100 gr	252	2.5	26.3	15.2
chocoladepasta	100 gr	578	3.0	56.0	38.0
chocoladepudding	100 gr	125	4.0	20.0	3.2

chocoladesaus	100 gr	254	2.0	57.0	2.0
chocoladevla (mager)	100 gr	77	3.3	15.5	0.2
chocoladevla (vol)	100 gr	86	3.3	12.5	2.6
chocoladevlokken (melk)	100 gr	446	8.0	63.0	18.0
chocoladevlokken (puur)	100 gr	429	5.0	64.0	17.0
chocomousse (danone)	100 gr	91	2.1	12.2	3.7
chocoprince	100 gr	482	5.6	67.5	21.1
citroen	1 stuk	10	0.0	2.5	0.0
cocktailsaus (devos lemmens)	100 gr	582	1.2	7.1	61.0
confiture	100 gr	262	0.5	65.0	0.0
corned beef	100 gr	289	16.0	0.0	25.0
cornetto	1 stuk	262	3.5	26.0	16.0
cornflakes	100 gr	381	8.5	84.0	1.2
cottage cheese	100 gr	93	11.2	3.2	3.9
courgette	100 gr	6	0.5	1.0	0.0
couscous	100 gr	133	4.4	28.0	0.4
cracotte	100 gr	477	11.0	97.0	5.0
cranberriecompote	100 gr	81	0.0	20.3	0.0
cream cracker	100 gr	465	8.0	70.0	17.0
creme fraiche	100 gr	344	2.2	3.0	35.9
cremetaart	100 gr	477	5.0	40.0	33.0
croissant	1 stuk	130	4.0	24.0	2.0
cruesli	100 gr	389	10.6	68.3	8.2
curry (devos lemmens)	100 gr	647	1.1	2.7	70.2
curryketchup	100 gr	104	0.9	25.3	0.0
custardpoeder	100 gr	340	0.0	85.0	0.0



D

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
dadels (vers)	100 gr	165	2.0	37.0	1.0
dadels (geconfijt)	100 gr	300	2.0	73.0	0.0
danette chocolade	100 gr	148	4.9	21.2	4.8
danette vanille	100 gr	124	4.7	16.9	4.2
danish blue	100 gr	353	20.0	1.0	30.0
dextro-energie (tabletten)	100 gr	364	0.0	91.0	0.0
djoez	100 gr	51	0.9	11.8	0.1
donut	100 gr	413	6.2	34.6	27.8
doperwten	100 gr	60	5.0	10.0	0.0
doperwten en wortelen	100 gr	36	3.3	5.8	0.0
dorade	100 gr	106	17.5	0.0	4.0
doritos nacho cheese	100 gr	526	6.0	58.0	30.0
double chicken (Quick)	1 stuk	465	19.6	25.3	31.7
drinkyoghurt (Inza)	100 gr	60	2.0	12.5	0.2
drinkyoghurt (Campina)	100 ml	62	2.7	12.1	0.0
drop (engelse)	100 gr	362	4.0	82.0	2.0
drop (gemiddeld)	100 gr	309	4.3	73.0	0.0
drop (zoet)	100 gr	348	10.0	77.0	0.0
drop (zout)	100 gr	336	9.0	75.0	0.0
druiven	100 gr	66	0.5	16.0	0.0
dubbeldrank	100 gr	52	0.3	12.8	0.0



E

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
edammer	100 gr	314	28.0	1.0	22.0
eend	100 gr	217	18.3	0.0	16.0
eendenfilet	100 gr	341	20.0	0.0	29.0

ei	1 stuk	82	7.0	0.0	6.0
ei-eiwit	1 stuk	16	4.0	0.0	0.0
eierkoek	1 stuk	85	1.0	18.0	1.0
eiersalade	100 gr	246	6.4	8.3	20.9
emmental	100 gr	390	27.0	3.0	30.0
entrecote	100 gr	189	25.6	1.2	9.1
erwten	100 gr	81	6.5	12.6	0.5
erwten & wortelen	100 gr	45	3.0	7.3	0.4
evergreen	1 stuk	73	2.0	13.0	1.5
evergreen (krenten)	100 gr	373	9.0	73.0	5.0
extran eiwitdrank	100 gr	98	12.5	11.5	0.3
extran energiedrank	100 gr	160	0.0	40.0	0.0
extran energiereep m. muesli	100 gr	367	5.6	76.0	4.5
extran hypotone dorstlesser	100 gr	16	0.0	4.1	0.0



F

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
feta	100 gr	248	15.6	1.5	20.0
filet americain	100 gr	161	18.5	2.2	8.7
filet d'anvers	100 gr	158	26.0	0.0	6.0
filet de york	100 gr	146	22.0	1.0	6.0
finesse (Gervais)	100 gr	210	2.7	4.8	20.0
fishsticks	100 gr	228	18.0	12.0	12.0
flantaart	100 gr	227	6.0	31.5	8.5
flensje	100 gr	157	6.4	18.4	6.5
foe yung hai	100 gr	127	5.7	7.7	8.2
forel	100 gr	99	18.0	0.0	3.0
frambozen	100 gr	30	1.3	5.6	0.3
frambozen op siroop	100 gr	92	0.0	23.0	0.0
frangipane	100 gr	478	5.0	65.0	22.0
fricandeau (varkens)	100 gr	151	31.2	0.0	2.9
friese nagelkaas 20+	100 gr	269	38.0	0.0	13.0
friese nagelkaas 40+	100 gr	327	25.5	0.1	25.0
frieten	100 gr	456	40.0	38.0	16.0
frikadellen (Beckers)	100 gr	259	12.0	7.0	20.0
frikadelsaus	100 gr	231	1.0	23.0	15.0
fritessaus (25% olie)	100 gr	282	0.5	11.6	26.0
fritessaus. 35% olie	100 gr	372	0.0	12.0	36.0
frituurvet	100 gr	898	0.1	0.3	99.7
frituurvet (vloeibaar)	100 gr	900	0.0	0.0	100.0
fruitcoctail	100 gr	68	0.0	17.0	0.0
fruitsap (sinas)	25 cl	122	2.0	28.5	0.0



G

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
gado gado	100 gr	173	7.2	7.8	12.6
galette	100 gr	530	6.7	65.0	27.0
gamba	100 gr	137	18.5	0.0	7.0
gans	100 gr	350	15.6	0.0	32.0
ganzelever	100 gr	462	7.0	6.0	45.6
garderroom	100 gr	253	3.0	4.0	25.0
garnalen	100 gr	90	18.0	0.0	2.0
gebonden soep	100 gr	37	2.2	0.9	2.7
gebraden gehakt	100 gr	342	15.0	3.0	30.0
gehakt-tomatensaus	100 gr	138	11.7	1.1	9.7
gehakt (gemengd)	100 gr	348	15.0	0.0	32.0

geitekaas	100 gr	205	13.0	0.0	17.0
geitemelk	100 gr	70	3.4	4.4	4.3
gekookte worst	100 gr	380	12.0	2.0	36.0
gelatine	100 gr	235	43.0	0.0	7.0
gember op siroop	100 gr	276	0.0	69.0	0.0
gepelde tomaten (cirio)	100 gr	23	1.3	4.0	0.2
geraspte kaas (volvet)	100 gr	385	24.9	0.4	31.5
gestampde muisjes	100 gr	389	0.0	95.0	1.0
gevogeltegehakt	100 gr	171	20.2	0.0	10.0
gevulde koek	100 gr	435	5.5	61.1	18.8
gevulde speculaas	100 gr	488	8.6	52.8	27.0
giant (quick)	1 stuk	535	25.0	24.5	37.4
gierst	100 gr	109	3.6	23.1	0.3
gomasio	100 gr	524	21.8	5.0	46.3
gorgonzola	100 gr	340	19.1	0.2	29.2
gouda	100 gr	366	25.5	0.2	29.2
goudbrasem	100 gr	103	19.0	0.0	3.0
goudse kaas	100 gr	385	24.9	0.4	31.5
goulash	100 gr	155	9.5	2.5	11.9
granaatappel	100 gr	62	1.0	13.7	0.3
granny (amandel-abrikoos)	1 stuk	131	2.1	19.2	5.1
granny (chocolade)	1 stuk	96	1.9	19.2	1.3
grapefruit	100 gr	30	0.9	6.6	0.0
grapefruit op siroop	100 gr	64	1.0	15.0	0.0
grapefruitsap	100 gr	30	0.4	7.0	0.1
griekse noedels	100 gr	355	13.0	73.0	1.5
groene aalbes	100 gr	40	0.8	8.8	0.2
groene erwten	100 gr	109	8.4	17.2	0.8
groene kool	100 gr	37	3.0	4.0	1.0
groentesaus uit pakje	100 gr	62	1.7	10.6	1.4
groentespread	100 gr	20	1.0	4.0	0.0
gruyere	100 gr	435	29.0	1.0	35.0
guave	100 gr	72	1.0	17.0	0.0



H

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
haas	100 gr	113	21.5	0.0	3.0
hachee	100 gr	89	6.8	2.8	5.6
hagelslag melk	100 gr	427	6.5	66.4	15.1
hagelslag puur	100 gr	403	3.4	59.9	16.7
halfvolle koffiemelk	100 ml	100	6.3	9.8	4.0
halvarine	100 gr	360	0.0	0.0	40.0
halvarineprodukt (-40%)	100 gr	259	2.7	2.2	26.7
ham-kaassaus	100 gr	174	10.2	6.2	12.0
ham (rauw, gerookt)	100 gr	369	18.0	0.0	33.0
hamburger (Quick)	1 stuk	266	13.1	26.8	11.8
hamlappen	100 gr	182	31.3	0.0	6.3
hangop	100 gr	63	10.0	3.5	1.0
haring	100 gr	297	18.0	0.0	25.0
haring in tomatensaus	100 gr	162	15.0	2.0	10.5
haring (gerookt)	100 gr	259	22.2	0.0	19.0
haring (zoute)	100 gr	168	19.2	0.5	9.9
haring (zure)	100 gr	208	16.0	0.0	16.0
hartige taart	100 gr	172	8.9	13.7	9.1
hartige taart (bladerdeeg)	100 gr	273	10.8	9.9	21.2
hausmacher	100 gr	325	16.0	0.0	29.0
haverkoek	100 gr	344	8.2	53.8	10.7
havermout	100 gr	363	13.0	62.0	7.0
havermoutpap	100 gr	74	3.9	7.5	3.2

hazelnootpasta	100 gr	538	7.4	59.0	30.3
hazelnoten	100 gr	644	11.9	10.5	61.6
heilbot	100 gr	113	17.0	0.0	5.0
heldere soep	100 gr	39	4.0	2.3	1.5
hoestbonbon	100 gr	396	0.6	98.4	0.0
honing	1 eetlpl	68	1.0	16.0	0.0
hopje	100 gr	380	0.0	95.0	0.0
hot ketchup	100 gr	104	0.9	25.3	0.0
hotdog	100 gr	295	9.8	37.5	11.8
hotdog relish	100 gr	104	0.0	26.0	0.0
hutspot	100 gr	62	1.5	8.2	2.6
huttenkase	100 gr	93	11.6	1.9	4.3
huzarenslaatje	100 gr	105	7.9	9.0	4.2



I

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
ijs	100 gr	186	3.0	19.7	10.6
ijs (conotop)	100 gr	246	6.0	24.0	14.0
ijs (met chocolade)	100 gr	218	3.2	22.8	12.7
ijs (room)	100 gr	181	3.0	22.0	9.1
ijs (sorbet)	100 gr	106	0.5	26.0	0.0
ijs (yoghurt)	100 gr	107	4.0	16.0	3.0
ijscoupe met likeur	100 gr	164	2.3	21.2	7.8
ijslolly - waterijs	100 gr	73	0.0	18.2	0.0
ijswafeltje (koekje)	100 gr	433	8.8	76.7	10.1
irish coffee	100 gr	108	0.6	5.2	9.4
isostar energiedrank	100 gr	28	0.0	7.0	0.0
italiaanse schotel (zwan)	100 gr	101	4.0	10.0	5.0
italiano pastasaus (miracoli)	100 gr	68	1.3	9.2	2.8



J

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
jachtschotel	100 gr	101	5.0	9.0	5.0
jam (marmelade)	100 gr	240	0.2	60.0	0.0
jam (halva en light)	100 gr	112	0.0	28.0	0.0
japanse mix	100 gr	362	8.0	73.7	3.9



K

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
kaas 20+	100 gr	269	38.0	0.0	13.0
kaas 40+	100 gr	327	25.5	0.1	25.0
kaas (trenta)	100 gr	370	25.0	0.0	30.0
kaas (edammer)	100 gr	368	25.0	4.0	28.0
kaas (gouda)	100 gr	385	26.0	5.0	29.0
kaas (light)	100 gr	154	14.5	5.0	8.5
kaas (parmezaan)	100 gr	411	40.0	2.0	27.0
kaas (volvet)	100 gr	384	24.9	0.4	31.5
kaasprodukt 30+	100 gr	283	31.7	1.0	17.0
kaasprodukt (volvet)	100 gr	370	25.0	0.0	30.0
kaasoesje	100 gr	334	12.0	9.0	27.8
kaaswafel	100 gr	565	14.3	37.4	39.9
kabeljauw	100 gr	76	18.0	0.0	0.5
kaki	100 gr	66	0.5	16.0	0.0

kalfsentrecote	100 gr	189	25.6	1.2	9.1
kalfsfricandeau (beleg)	100 gr	156	31.9	0.0	3.2
kalfsgehakt	100 gr	185	18.0	0.0	12.5
kalfslapjes	100 gr	102	21.0	0.0	2.0
kalfslever	100 gr	185	28.0	2.0	7.2
kalfstong	100 gr	132	17.5	1.0	6.5
kalfszwezerik	100 gr	218	5.0	4.6	20.0
kalkoen	100 gr	143	20.0	0.0	7.0
kalkoenfilet	100 gr	85	19.0	0.0	1.0
kano	100 gr	435	5.5	61.1	18.8
kapucijners	100 gr	106	8.0	17.2	0.6
karbonade (haas)	100 gr	156	26.0	0.0	5.8
karbonade (hals)	100 gr	272	27.6	0.0	18.0
karbonade (rib)	100 gr	211	28.3	0.5	10.7
karbonade (schouder)	100 gr	272	27.6	0.0	18.0
karnemelk	25 cl	65	7.5	8.8	0.0
karper	100 gr	115	18.0	0.0	4.8
kastanjes	100 gr	165	4.0	35.0	1.0
katenspek	100 gr	403	15.2	0.4	37.9
kauwgom	100 gr	280	0.0	70.0	0.0
kaviaar	100 gr	244	26.1	0.0	15.5
kefir	100 gr	55	3.1	3.8	3.0
kellogg's all bran	100 gr	267	14.0	46.0	3.0
kellogg's choco pops	100 gr	374	5.0	84.0	2.0
kellogg's cornflakes	100 gr	367	8.0	82.0	0.8
kellogg's frosties	100 gr	377	5.0	88.0	0.5
kellogg's fruit & fiber	100 gr	357	9.0	69.0	5.0
kellogg's muesli	100 gr	362	10.0	67.0	6.0
kellogg's raisin bran	100 gr	318	8.0	67.0	2.0
kellogg's rice crisp	100 gr	377	6.0	86.0	1.0
kellogg's smacks	1 reep	91	2.0	14.0	3.0
kellogg's special k	100 gr	369	14.0	76.0	1.0
kernhemmer	100 gr	413	20.0	0.0	37.0
kerriesaus	100 gr	278	0.5	13.0	25.0
kersen	100 gr	64	1.0	15.0	0.0
kersen op siroop	100 gr	76	1.0	18.0	0.0
kersenbonbon	100 gr	350	3.0	42.2	18.9
kerstkrans	100 gr	461	7.6	43.0	28.9
kervel	100 gr	71	4.0	11.5	1.0
ketchup	1 eetlpl	16	0.0	4.0	0.0
ketjap	1 eetlpl	20	1.0	4.0	0.0
ketjap asin	100 gr	120	12.0	18.0	0.0
ketjap manis	100 gr	136	10.0	24.0	0.0
kidney beans	100 gr	95	7.1	15.2	0.7
kievietsbonen	100 gr	265	20.0	43.0	1.5
kikkerbil	100 gr	68	16.4	0.0	0.3
kikkererwten	100 gr	163	8.0	26.0	3.0
kinderbiscuit	100 gr	396	9.0	72.0	8.0
kip-kap	100 gr	207	18.0	0.0	15.0
kip-kerriesalade	100 gr	280	5.5	8.7	24.8
kipburger	100 gr	306	14.5	9.9	23.2
kipnugget - kipkantje	100 gr	272	17.5	12.2	17.1
kippebouillion	100 ml	10	0.6	2.0	0.0
kippelever	100 gr	184	28.0	2.0	7.2
kippenfilet	100 gr	111	21.0	0.0	3.0
kippenham	100 gr	88	20.0	2.0	0.0
kippepoot	100 gr	229	26.4	0.0	13.7
kiprollade	100 gr	165	24.0	1.7	7.0
kipschnitzel (gepaneerd)	100 gr	217	17.5	8.3	12.7
kiri creme	100 gr	341	8.5	2.5	33.0
kit kat	100 gr	482	5.6	67.5	21.1

kiwi	1 stuk	24	0.0	6.0	0.0
klapstuk	100 gr	265	34.0	0.0	14.4
knackebrood wasa	100 gr	350	11.0	72.0	2.0
knackebrood (lichtgewicht)	100 gr	374	10.0	79.0	2.0
knakworst	100 gr	297	10.9	2.5	27.1
knoflook	1 teentje	14	0.3	0.0	1.4
knolselderij	100 gr	36	2.0	7.0	0.0
koffie verkeerd	100 gr	29	2.3	2.8	1.0
koffiebroodje	100 gr	329	7.0	55.0	9.0
koffiemelk (halfvol)	100 gr	104	7.8	9.3	4.0
koffiemelk (mager)	100 gr	77	7.7	11.2	0.2
koffiemelk (vol)	100 gr	152	8.4	10.7	8.4
koffiemelkpoeder	100 gr	550	4.0	55.0	35.0
koffiemelkprodukt (halfvol)	100 gr	104	7.2	10.0	4.0
koffiemelkprodukt (vol)	100 gr	136	7.5	9.5	7.6
koffieroom	100 gr	206	2.7	3.8	20.0
koffiewitmaker	100 gr	551	4.0	55.0	35.0
kokosbrood	100 gr	422	4.0	34.0	30.0
kokosmakaron	100 gr	451	4.0	57.0	23.0
kokosnoot	100 gr	389	4.0	10.0	37.0
komkommer	100 gr	8	1.0	1.0	0.0
komkommerspread	100 gr	157	1.0	13.5	11.0
konijn	100 gr	160	21.0	1.0	8.0
koolraap	100 gr	12	1.0	2.0	0.0
koolrabi	100 gr	24	2.0	4.0	0.0
koolvis	100 gr	72	18.0	0.0	0.0
korstgebak	100 gr	611	7.0	40.0	47.0
kouseband	100 gr	40	3.0	7.0	0.0
krab	100 gr	82	16.0	0.0	2.0
kreeft	100 gr	82	16.0	0.0	2.0
krenten	100 gr	308	2.0	75.0	0.0
krentenbol	100 gr	267	8.0	51.7	3.2
krentenbrood	100 gr	255	7.0	50.0	3.0
krentenbrood (volkoren)	100 gr	230	7.1	47.4	1.4
krieken	100 gr	39	0.2	9.0	0.2
krisprol	100 gr	404	12.4	75.0	6.0
kroepoek	100 gr	498	4.0	62.0	26.0
kroket	100 gr	233	10.7	16.9	13.6
kruimelvlaai	100 gr	293	5.9	40.4	12.0
kruisbessen	100 gr	40	1.0	9.0	0.0
krulandijvie	100 gr	13	1.8	0.9	0.2
kumquat	100 gr	42	1.1	7.4	0.9
kwark vruchten (mager)	100 gr	124	7.0	15.0	4.0
kwark (mager)	100 gr	64	13.0	3.0	0.0
kwark (vol)	100 gr	159	11.1	3.2	11.4
kwarktaart	100 gr	228	4.9	27.2	11.1



L

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
lamsbout	100 gr	350	25.8	0.0	27.4
lamsfilet	100 gr	143	20.0	0.0	7.0
lamskarbonade	100 gr	350	25.8	0.0	27.4
lamskotelet	100 gr	279	18.0	0.0	23.0
lange vingers	100 gr	399	7.0	77.0	7.0
langoest	100 gr	84	17.2	1.3	1.1
langoestine	100 gr	82	19.0	0.0	0.7
lasagna. m. vlees & saus	100 gr	158	6.7	9.2	10.5
leidse kaas 20+	100 gr	269	38.0	0.0	13.0
lekkerbekje	100 gr	219	24.9	2.1	12.3

lever	100 gr	133	20.0	2.0	5.0
leverpastei	100 gr	317	14.0	0.0	29.0
leverworst	100 gr	421	12.0	1.0	41.0
leverworst (saksische)	100 gr	384	13.0	2.0	36.0
limburgse kaas	100 gr	281	21.0	2.0	21.0
linzen (gedroogd)	100 gr	32	3.0	5.0	0.0
linzensoep	100 gr	50	1.6	5.1	2.6
lion	1 stuk	193	2.0	26.0	9.0
loempia	100 gr	176	7.0	18.6	8.2
lolly	100 gr	380	0.0	95.0	0.0
lychee	100 gr	68	1.0	16.0	0.0



M

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
maaltijdsoep	100 gr	63	3.0	6.0	3.0
maaslander	100 gr	370	25.0	0.0	30.0
macaroni	100 gr	358	13.0	72.0	2.0
madeleine (lotus)	100 gr	437	6.0	53.0	21.0
magnum (ola)	1 stuk	300	4.0	26.0	20.0
mais	100 gr	114	3.3	23.0	1.0
maisgriesmeel	100 gr	357	8.8	78.0	1.1
maiskorrels	100 gr	70	2.7	12.0	1.3
maizena	100 gr	337	0.0	84.0	0.1
makaron	100 gr	393	4.0	65.0	13.0
makreel	100 gr	158	17.0	0.0	10.0
mandarijn	1 stuk	16	0.0	4.0	0.0
mandarijnen op siroop	100 gr	56	0.0	14.0	0.0
mango	1 stuk	64	1.0	15.0	0.0
mango chutney	100 gr	208	0.0	52.0	0.0
marcassin	100 gr	104	21.0	0.4	2.0
maresous	100 gr	315	23.0	0.5	24.5
margarine (60-70% vet)	100 gr	589	0.2	0.8	65.0
margarine (dieet)	100 gr	748	0.2	0.6	82.8
margarine (gezouten)	100 gr	747	0.0	0.0	83.0
marmite (gistextract)	100 gr	166	41.4	0.0	0.1
mars	1 stuk	267	3.0	39.0	11.0
marsepein	100 gr	360	8.0	64.0	8.0
marsh mellows	100 gr	328	2.0	80.0	0.0
mascarpone	100 gr	457	5.2	4.3	46.5
matse	100 gr	325	11.0	68.0	1.0
mayonaise 50%	1 eetlpl	98	2.0	0.0	10.0
mayonaise 80%	1 eetlpl	144	0.0	0.0	16.0
mayonaise (effi dressing)	1 kofflpl	47	0.0	0.5	5.0
meergranenbrood	100 gr	212	8.4	40.5	1.8
melk (half volle)	10 cl	50	4.0	5.0	1.5
melk (magere)	10 cl	33	3.2	4.9	0.1
melk (volle)	10 cl	64	3.2	4.7	3.6
meloen (honing)	100 gr	28	1.0	6.0	0.0
meloen (water)	100 gr	24	1.0	5.0	0.0
mergpijpje	100 gr	443	6.6	49.5	24.3
mie	100 gr	94	3.1	19.3	0.5
mierik	100 gr	63	2.8	12.4	0.3
mihoen	100 gr	144	3.0	33.0	0.0
Milk & Fruit (Friesche Vlag)	100 ml	75	2.5	14.0	1.0
minarine alpro	100 gr	362	1.5	0.0	39.5
minestroneoep	100 gr	74	5.0	9.0	2.0
mini boss nature	100 gr	120	3.5	18.5	3.5
mini pizza	100 gr	287	12.0	35.0	11.0
minute soup	1 pakje	91	2.8	12.8	3.2

miso	100 gr	116	11.7	6.2	5.0
mispel	100 gr	48	0.4	10.6	0.4
mixed pickles	1 eetlpl	4	0.0	1.0	0.0
mokkataart	100 gr	477	5.0	40.0	33.0
monchou	100 gr	332	8.5	1.0	32.7
moorkop	1 stuk	201	3.0	18.0	13.0
mortadella	100 gr	345	12.4	0.0	32.8
mosselen	100 gr	49	10.0	0.0	1.0
mosterd (devos lemmens)	100 gr	112	6.5	4.5	7.5
moussaka	100 gr	93	4.5	7.5	5.0
mozzarella	100 gr	299	26.5	1.0	21.0
muesli	100 gr	374	6.5	68.0	8.5
muisjes	100 gr	393	0.1	98.2	0.0
m&m met chocolade	100 gr	483	4.6	70.5	20.3
m&m met pinda's	100 gr	514	10.2	57.3	27.1



N

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
nasi goreng zonder ei	100 gr	126	4.1	21.8	2.5
nasibal	100 gr	301	6.0	31.0	17.0
nectarine	1 stuk	50	0.5	12.0	0.0
negerzoen	100 gr	365	4.7	38.6	21.3
netmeloen	100 gr	24	0.0	6.0	0.0
nogat	100 gr	472	6.0	67.0	20.0
nutella (choco)	100 gr	533	6.5	57.0	31.0



O

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
oesters	100 gr	65	9.0	5.0	1.0
olie	1 eetlpl	108	0.0	0.0	12.0
olijven	100 gr	232	6.0	7.0	20.0
ontbijtkoek	100 gr	288	4.0	68.0	0.0
ontbijtkoek met noten	100 gr	367	8.7	55.5	12.3
ontbijtspek	100 gr	785	5.0	0.0	85.0
ossehaas	100 gr	189	25.6	1.2	9.1
osseworst	100 gr	232	25.0	0.7	14.4
ovenfrites	100 gr	286	5.8	46.0	8.8



P

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
paardenbiefstuk	100 gr	107	20.0	0.0	3.0
paardenrookvlees	100 gr	88	22.0	0.0	0.0
paling	100 gr	209	14.0	0.0	17.0
paling (gerookt)	100 gr	286	17.9	0.0	23.8
paling (gestoofd)	100 gr	175	16.0	0.0	12.4
palingworst	100 gr	424	12.0	4.0	40.0
palnhart	100 gr	36	2.1	5.5	0.6
pandabrood	100 gr	270	14.4	36.4	7.5
paneermeel	1 eetlpl	37	1.0	6.0	1.0
pannenkoek	100 gr	194	8.3	29.2	4.9
papaya	100 gr	36	1.0	8.0	0.0
paprika (rood)	100 gr	48	2.0	10.0	0.0
paprika (groen)	100 gr	28	1.0	6.0	0.0

pap. halfvolle melk	100 gr	69	4.2	9.8	1.5
paranoten	100 gr	683	15.0	5.0	67.0
parelhoen	100 gr	150	23.1	0.0	6.4
parmazaan	100 gr	375	35.6	0.0	25.8
parmezaanse kaas	100 gr	411	40.0	2.0	27.0
parovita	100 gr	437	10.0	70.0	13.0
passendale	100 gr	357	20.0	4.0	29.0
passievrucht	100 gr	102	2.0	19.0	2.0
pasta	100 gr	347	12.0	71.3	1.5
pastei (herta-fijn)	100 gr	242	15.5	0.0	20.0
pasteibakje	100 gr	655	7.0	42.0	51.0
pat,	100 gr	420	11.0	4.0	40.0
patrijs	100 gr	115	25.0	0.5	1.4
paturain	100 gr	364	10.0	0.0	36.0
peer	1 stuk	52	1.0	12.0	0.0
pekelvlees	100 gr	289	16.0	0.0	25.0
pennywafel	100 gr	482	5.6	67.5	21.1
pensen (witte)	100 gr	269	11.0	0.0	25.0
pensen (zwarte)	100 gr	371	16.0	2.5	33.0
peperkoek	100 gr	263	3.4	60.4	0.9
pepermunt	100 gr	396	0.0	99.0	0.0
pepernoot	100 gr	489	6.1	68.3	21.3
pere joseph	100 gr	321	22.7	0.0	25.6
peren op siroop	100 gr	60	0.3	14.7	0.0
perenstroop	100 gr	226	1.9	54.6	0.0
peresap	100 gr	35	0.1	8.7	0.0
perzik	1 stuk	46	0.8	10.5	0.1
perziken op siroop	100 gr	70	0.6	17.0	0.0
pesto (Bertoli)	100 gr	391	5.6	4.8	39.0
peterselie	100 gr	56	4.0	10.0	0.0
petit beurre (match)	100 gr	507	6.6	67.6	23.3
petit filous yoplait	100 gr	128	7.6	13.7	4.8
petit four	100 gr	477	5.0	40.0	33.0
petit gervais (calcium)	100 gr	142	6.0	16.0	6.0
petit gervais (fruit)	100 gr	171	6.5	18.0	8.1
petit suisse creme	100 gr	146	8.7	3.3	10.9
piccalilly	1 eetlpl	8	0.0	2.0	0.0
pijnboompitten	100 gr	670	12.5	20.0	60.0
pims cake	100 gr	312	4.5	52.0	9.5
pinda's (gezouten)	100 gr	625	28.8	8.6	52.8
pinda's (ongezouten)	100 gr	629	28.5	12.6	51.6
pindakaas	100 gr	647	26.2	16.2	53.1
pindanoten	100 gr	617	26.0	18.0	49.0
pistachenootjes (gepeld)	100 gr	591	19.0	5.0	55.0
pistolet	1 stuk	104	3.0	23.0	0.0
pittabroodje	100 gr	257	8.6	53.0	1.2
pittasaus (devos lemmens)	100 gr	586	0.9	6.3	61.7
pizza	100 gr	224	7.7	23.5	11.0
poestasaus	100 gr	100	2.0	23.0	0.0
pomodoro	100 gr	41	2.0	6.0	1.0
pompelmoes	1 stuk	72	1.0	17.0	0.0
pompoen	100 gr	36	1.0	8.0	0.0
poon (gekookt)	100 gr	113	17.0	0.0	5.0
popcorn	100 gr	376	13.0	72.0	4.0
port salut	100 gr	314	21.0	0.0	25.5
postelein (gekookt)	100 gr	16	2.0	2.0	0.0
postelijn	100 gr	26	1.5	4.3	0.3
prei	100 gr	28	2.0	5.0	0.0
prei- en hamsalade	100 gr	271	2.3	8.5	25.3
prince chocolade (lu)	1 stuk	108	1.4	15.7	4.4
prinsessenbonen	100 gr	32	3.0	5.0	0.0

pro 80%	100 gr	359	80.0	7.5	1.0
proteïne blast	1 stuk	136	10.2	17.7	2.7
pruim	1 stuk	24	0.0	6.0	0.0
pruimen op siroop	100 gr	68	0.0	17.0	0.0
pruimen (geweekt)	100 gr	122	1.3	29.3	0.0



Q

quorn

<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
100 gr	86	12.5	1.8	3.2



R

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
raap	100 gr	16	0.1	4.0	0.0
rabarber	1 stuk	8	0.0	2.0	0.0
rabarbermoes	100 gr	72	1.0	17.0	0.0
raclette fonduekaas	100 gr	356	25.6	0.0	28.2
radijsjes	100 gr	20	1.0	4.0	0.0
rambol	100 gr	282	13.0	8.0	22.0
rauwe ham	100 gr	305	20.0	0.0	25.0
rauwkost (bladgroente)	100 gr	13	1.2	2.1	0.0
ravioli	100 gr	113	5.0	12.0	5.0
ree	100 gr	118	21.4	0.0	3.6
reuzel	100 gr	900	0.0	0.0	100.0
riblap	100 gr	265	34.0	0.0	14.4
rice crispies	100 gr	377	6.0	86.0	1.0
ricotta	100 gr	196	9.5	3.5	16.0
rijst (basmati)	100 gr	347	7.0	78.5	0.5
rijst (zilvervlies)	100 gr	369	8.9	78.0	2.4
rijstevlaai	100 gr	255	7.5	31.7	10.9
rijstpap (danone)	100 gr	137	3.2	23.2	3.5
rijsttaart	100 gr	249	5.3	38.0	8.4
rijstwafel	1 stuk	26	0.5	6.0	0.0
rivella light	100 ml	4	0.0	1.0	0.0
rode bessen	100 gr	24	1.0	5.0	0.0
rode biet	100 gr	37	1.5	7.6	0.1
rode kool	100 gr	28	2.0	5.0	0.0
rodekool met appeltjes	100 gr	50	1.1	9.1	1.0
roerbakmie (Soubry)	100 gr	367	14.0	71.0	3.0
roggebrood (donker)	100 gr	189	5.0	40.0	1.0
roggebrood (licht)	100 gr	197	7.0	40.0	1.0
rolmops	1 stuk	125	10.0	1.0	9.0
rondo	100 gr	435	5.5	61.1	18.8
rookvlees	100 gr	152	22.9	0.6	6.5
rookworst	100 gr	338	13.0	4.0	30.0
rookworst (light)	100 gr	248	16.0	1.0	20.0
roomijs	100 gr	159	4.0	20.0	7.0
roomijs caramel	100 ml	121	1.5	12.0	7.5
roomijs pecan caramel	100 ml	104	1.5	11.0	6.0
roomijs stracciatella	100 ml	117	1.5	12.0	7.0
roomkaas (60+)	100 gr	422	20.0	0.0	38.0
roomsoes	100 gr	248	4.2	33.0	11.0
roquefort	100 gr	359	19.0	1.0	31.0
rosbief	100 gr	115	22.0	0.0	3.0
rosti	100 gr	144	1.9	22.8	5.1
roti (alleen koek)	100 gr	244	8.2	43.3	4.3
roti (kip)	100 gr	168	12.1	20.9	4.0

rozebottelsiroop	100 gr	228	0.0	57.0	0.0
rozijnen	100 gr	276	2.0	64.8	1.0
rozijnenbrood	100 gr	255	7.0	50.0	3.0
rubens	100 gr	327	24.1	0.0	25.6
rundbouillion	100 ml	1	0.0	0.3	0.0
rundergehakt	100 gr	197	20.0	0.0	13.0
runderlappen (vet)	100 gr	278	31.0	0.7	16.9
runderpoelet	100 gr	195	30.8	0.5	7.8
runderrollade	100 gr	167	28.3	0.8	5.7
rundertong	100 gr	210	16.0	0.5	16.0



S

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
saint paulin	100 gr	329	25.0	1.0	25.0
salami	100 gr	414	18.0	0.0	38.0
salami (beleg)	100 gr	522	18.0	0.0	50.0
salami (zwan)	100 gr	487	17.6	0.0	46.3
sambal oelek	100 gr	20	3.0	2.0	0.0
sandwich	1 stuk	159	5.0	28.0	3.0
sandwichspread	100 gr	228	2.0	14.5	18.0
santane cottage cheese	100 gr	105	11.0	4.0	5.0
santane smeerkaas ham	100 gr	190	14.5	8.3	11.0
santane smeerkaas natuur	100 gr	190	14.5	8.3	11.0
santane tilsit	100 gr	281	32.0	0.1	17.0
santen. kokosmelk	100 gr	346	4.0	6.0	34.0
sardines (blik)	100 gr	226	24.0	1.0	14.0
sate kip-met saus	100 gr	187	16.0	6.0	11.0
sate varkens-met saus	100 gr	226	15.1	6.8	15.4
satesaus	100 gr	310	8.5	18.5	22.5
saucijs	100 gr	308	22.2	0.9	24.0
saucijzebroodje	100 gr	446	11.0	33.0	30.0
saucisson	100 gr	375	15.0	0.7	34.7
saus napoletana	100 gr	208	0.0	52.0	0.0
sausijzsjes (varken)	100 gr	252	18.0	0.0	20.0
scampi	100 gr	90	18.0	0.0	2.0
schapekaas	100 gr	341	13.9	8.9	27.8
schapekaas (mager)	100 gr	318	18.4	7.1	24.1
schapentong	100 gr	187	13.5	0.0	14.8
schapevlees	100 gr	293	17.0	0.0	25.0
schar (gebakken)	100 gr	118	21.5	0.6	3.3
schaschliksaus	100 gr	99	0.7	24.0	0.1
schelvis	100 gr	76	18.0	0.0	0.5
schelvislever	100 gr	408	7.0	0.0	42.3
schnitzel (met kaas)	100 gr	324	18.0	18.0	20.0
schol	100 gr	68	17.0	0.0	0.1
schorseneren	100 gr	68	1.0	16.0	0.0
schouderham	100 gr	194	16.0	1.0	14.0
schuimpje	100 gr	380	0.0	95.0	0.0
seitan	100 gr	90	19.6	3.0	0.0
selderijsalade	100 gr	334	1.0	6.0	34.0
selderstengel	100 gr	21	1.2	3.6	0.2
sesamzaad	100 gr	614	26.0	6.0	54.0
shoarma met broodje	100 gr	236	10.8	14.7	14.9
shoarmarol	100 gr	176	7.0	18.6	8.2
shoarmavlees	100 gr	293	17.0	0.0	25.0
sinaasappel	1 stuk	48	1.0	11.0	0.0
sjalot	100 gr	75	1.3	17.0	0.2
sla	100 gr	10	0.5	2.0	0.0
slagroom (geklopt)	100 gr	349	2.0	12.7	32.3

slagroom (ongeklopt)	100 gr	344	2.2	3.0	35.9
slagroomsoesje	100 gr	309	4.4	13.5	26.4
slagroomtaart	100 gr	332	5.5	30.0	20.0
slakken	100 gr	81	16.0	2.0	1.0
slasaus 25%	100 gr	279	0.7	11.0	25.8
slasaus 50%	100 gr	478	1.0	6.0	50.0
slasaus. 05% olie of light	100 gr	93	0.1	12.0	5.0
slavink	100 gr	298	21.1	0.0	23.8
smarties	100 gr	483	4.6	70.5	20.3
smeerkaas 20+	100 gr	185	18.0	8.0	9.0
smeerkaas 30+	100 gr	219	20.0	1.0	15.0
smeerkaas 40+	100 gr	251	19.0	1.0	19.0
smeerkaas (volvet)	100 gr	269	19.0	1.0	21.0
snickers	1 stuk	301	6.0	31.0	17.0
snijbiet (gekookt)	100 gr	24	3.0	3.0	0.0
snijbonen	100 gr	16	2.0	2.0	0.0
snoek	100 gr	82	18.2	0.0	1.0
soep	100 gr	29	1.0	4.0	1.0
soepgroenten	100 gr	32	2.0	6.0	0.0
soepstengel	100 gr	360	14.0	67.0	4.0
sojabonen	100 gr	171	15.2	10.4	7.6
sojabrokjes	100 gr	114	17.2	10.6	0.3
sojadessert choco (alpro)	100 gr	81	3.0	13.1	1.8
sojadessert vanille (alpro)	100 gr	81	3.0	13.1	1.8
sojamelk	100 gr	42	3.6	1.0	2.6
sojasaus	100 gr	120	12.0	18.0	0.0
sojascheuten	100 gr	31	2.0	4.6	0.5
spaghetti	100 gr	346	12.0	71.0	1.5
spaghetti (volkoren)	100 gr	332	13.5	64.0	2.5
sparerib	100 gr	308	22.2	0.9	24.0
speculaas	100 gr	493	5.2	73.0	20.0
spek (gezouten)	100 gr	522	10.6	0.0	53.3
spekkie	100 gr	352	6.0	82.0	0.0
sperziebonen (gekookt)	100 gr	24	2.3	3.8	0.0
spinazie	100 gr	24	3.0	3.0	0.0
spinazie a la creme	100 gr	68	3.0	5.0	4.0
spirelli	100 gr	349	12.0	72.0	1.4
spitskool (rauw)	100 gr	37	3.0	4.0	1.0
sprits	100 gr	539	5.5	58.7	31.4
sprot (gebakken)	100 gr	334	21.6	3.0	26.2
spruiten	100 gr	53	4.0	7.0	1.0
stilton	100 gr	464	26.0	0.0	40.0
stokbrood	100 gr	259	8.1	52.0	2.1
strooiaroma	100 gr	1	0.2	0.2	0.0
stroop	100 gr	288	0.0	72.0	0.0
stroopwafel	1 stuk	136	1.0	15.0	8.0
struisvogelsteak	100 gr	108	21.0	0.0	2.7
studentenhaver	100 gr	468	8.8	35.3	32.4
sucadelappen	100 gr	248	33.0	0.0	13.0
suiker	100 gr	400	0.0	100.0	0.0
suikerbrood	100 gr	294	6.1	64.0	1.5
suikerklontje	100 gr	400	0.0	100.0	0.0
suikermeloen	100 gr	28	0.9	6.3	0.0
sultana	100 gr	378	6.6	72.8	6.8
supreme cheese (quick)	1 stuk	687	37.7	46.1	39.2



T	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
taai-taai	100 gr	263	3.4	60.4	0.9

taartbodem (groot 22 cm)	100 gr	351	8.0	73.0	3.0
taco shells (Old el paso)	100 gr	478	7.8	60.8	22.8
tagliatelle	100 gr	373	14.1	70.8	3.7
tahin	100 gr	553	21.9	0.1	51.7
tahoe	100 gr	112	11.6	1.0	6.9
taksi	100 gr	51	0.9	11.8	0.1
tamari	100 gr	102	15.0	10.0	0.3
tartaar	100 gr	189	25.6	1.2	9.1
tarwebrood	100 gr	250	9.5	45.1	3.5
tarwekiemen	100 gr	287	27.0	20.0	11.0
taug,	100 gr	41	5.0	3.0	1.0
tempe	100 gr	141	10.8	8.0	7.3
theeworst	100 gr	539	10.0	1.0	55.0
tjaptjoi	100 gr	113	8.6	3.3	7.3
toffee	100 gr	445	2.0	71.0	17.0
tofu	100 gr	67	8.0	2.0	3.0
tomate-groentesap	100 gr	20	1.0	4.0	0.0
tomaten	100 gr	16	1.0	3.0	0.0
tomaten-(curry) ketchup	100 gr	92	0.9	22.2	0.0
tomatenpuree (elvea)	100 gr	96	3.9	20.4	0.4
tomatesap	100 gr	18	1.0	3.5	0.0
tompouce	100 gr	286	3.8	36.5	13.9
tong (varken)	100 gr	227	15.1	0.5	18.3
tong (gebakken)	100 gr	194	22.0	2.0	10.9
tong (gekookt)	100 gr	105	23.0	1.0	1.0
tongfilets	100 gr	72	18.0	0.0	0.0
tonijn in olie	100 gr	228	21.0	0.0	16.0
tonijn, eigen nat	100 gr	113	27.0	0.0	0.5
toostje	100 gr	359	14.0	67.0	4.0
topping (opgeklopt)	100 gr	216	4.0	23.0	12.0
tosti	1 stuk	232	9.0	22.0	12.0
tuinbonen (gekookt)	100 gr	36	5.0	4.0	0.0
tuinkers	100 gr	40	4.2	4.1	0.7
tussendoorbiscuit (chocola)	100 gr	451	11.5	62.0	17.5
tussendoorbiscuit (fruit)	100 gr	394	8.5	71.0	8.5
tussendoorbiscuit (krenten)	100 gr	373	9.0	73.0	5.0
tuttifrutti (geweekt)	100 gr	98	1.0	23.5	0.0
tv-worstjes (zwan)	100 gr	178	9.0	4.0	14.0
tweedrank	100 gr	40	0.2	9.9	0.0
twix	1 stuk	277	3.0	37.0	13.0



U

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
ui	100 gr	44	1.0	10.0	0.0
uiensoep (franse)	100 gr	62	3.0	8.0	2.0
uitjes (devos lemmens)	100 gr	11	0.8	2.0	0.0
uitsmijter ham (2 eieren)	100 gr	249	12.8	16.3	14.7
uitsmijter kaas (2 eieren)	100 gr	284	13.6	16.2	18.3
umer	100 gr	65	6.5	3.0	3.0



V

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
vanilleijs	100 gr	187	3.2	25.5	8.0
vanillepudding	100 gr	105	4.5	19.0	1.3
vanillevla (mager)	100 gr	67	3.5	13.0	0.1
vanillevla (vol)	100 gr	75	2.9	10.1	2.6

varkensfilet	100 gr	178	31.3	0.0	5.8
varkenshaas	100 gr	147	27.6	0.4	3.9
varkenskotelet	100 gr	336	15.4	0.0	30.5
varkenslap (mager)	100 gr	172	30.2	0.2	5.6
varkenslap (vet)	100 gr	305	22.0	0.7	23.9
varkensoester	100 gr	147	27.6	0.4	3.9
varkensreuzel	100 gr	898	0.1	0.0	99.7
varkensschnitzel	100 gr	156	21.0	0.0	8.0
varkensschouderlap	100 gr	272	27.6	0.0	18.0
varkensvlees (mager)	100 gr	161	20.0	0.0	9.0
vegetarische groenteschijf	100 gr	133	3.5	12.8	7.5
vegetarische hamburger	100 gr	159	17.5	9.8	5.5
vegetarische kebab	100 gr	150	18.5	7.7	5.0
vegetarische schnitzel	100 gr	272	15.5	14.4	17.0
veldsla	100 gr	13	1.8	0.7	0.4
venkel	100 gr	36	2.0	7.0	0.0
vetarme geraspte kaas	100 gr	280	29.5	0.1	18.0
viennetta	100 ml	155	2.0	12.0	11.0
vietnamese loempia	100 gr	204	7.4	21.9	9.6
Vifit calcimel	100 ml	65	3.0	11.0	1.0
vijgen (gedroogd)	100 gr	228	4.0	53.0	0.0
vijgen (gedroogd)	100 gr	273	4.0	62.0	1.0
vijgen (vers)	100 gr	63	0.9	13.0	0.8
vinaigrettesaus	100 gr	532	0.2	0.0	59.0
visburger	100 gr	238	16.4	13.9	13.0
vissalade	100 gr	276	7.0	6.9	24.5
visschnitzel	100 gr	238	16.4	13.9	13.0
vissticks	100 gr	167	12.0	14.0	7.0
vitabis	100 gr	417	8.6	76.2	8.6
vitalinea sinaas -chocolade	1 reep	116	0.9	21.3	3.0
vitalinea pruimen	1 reep	108	1.1	20.7	2.4
vitalinea abrikozen	1 reep	102	1.4	18.0	2.6
vitalinea rode vruchten	1 reep	81	1.1	14.8	1.9
vleessaus uit pakje	100 gr	76	1.7	7.2	4.5
volkoren biscuit	100 gr	451	9.0	68.0	16.0
volkorenbrood	100 gr	211	8.4	40.5	1.8
vruchten op siroop	100 gr	76	0.4	18.7	0.0
vruchtenhagelslag	100 gr	393	0.1	98.2	0.0
vruchtenkoekje	100 gr	292	0.0	73.0	0.0
vruchtenlimonade	100 gr	39	0.0	9.8	0.0
vruchtensaus	100 gr	160	0.0	40.0	0.0
vruchtentaart	100 gr	264	3.7	36.3	11.6
vruchtenvlaai	100 gr	231	3.6	37.4	7.5
vruchtesap	100 gr	41	0.0	10.1	0.0



W

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
wafel (choco)	100 gr	472	5.0	59.0	24.0
wafel (suiker)	100 gr	467	5.0	60.0	23.0
wafels	1 stuk	177	3.0	21.0	9.0
walnoten	100 gr	659	15.0	8.0	63.0
watergruwel	100 gr	60	1.0	14.0	0.0
waterkers	100 gr	21	1.6	2.9	0.3
watermeloen	100 gr	36	1.0	8.0	0.0
weense worstjes (zwan)	100 gr	119	10.0	4.0	7.0
whey proteïne	100 gr	382	81.5	11.7	1.0
wienerschnitzel	100 gr	188	20.1	6.3	9.2
wijting	100 gr	77	18.0	0.0	0.6
winegums	100 gr	204	1.0	50.0	0.0

wit waterbrood	100 gr	259	8.1	52.0	2.1
witloof	100 gr	12	1.0	2.0	0.0
witte bonen	100 gr	334	21.0	58.0	2.0
witte bonen in tomatensaus	100 gr	75	5.2	12.7	0.4
witte kool	100 gr	24	1.4	4.2	0.2
wittebrood (melk)	100 gr	270	9.7	51.3	2.9
wittekool (gekookt)	100 gr	11	0.9	1.8	0.0
wittekool (rauw)	100 gr	24	2.0	4.0	0.0
wokkels	100 gr	473	3.0	68.0	21.0
worstebroodje	100 gr	395	13.0	25.0	27.0
wortelen	100 gr	32	1.0	7.0	0.0



Y

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
yoghurt bio nature	100 gr	68	3.8	5.5	3.4
yoghurt (danone)	100 gr	103	3.6	16.0	2.8
yoghurt (halfvol)	100 gr	50	4.3	4.7	1.5
yoghurt (light met fruit)	100 gr	43	4.0	6.0	0.4
yoghurt (mager met fruit)	100 gr	65	3.6	12.4	0.1
yoghurt (mager)	100 gr	42	4.0	5.0	0.7
yoghurt (mager)	100 gr	33	4.0	4.0	0.1
yoghurt (vol met fruit)	100 gr	93	4.0	14.2	2.3
yoghurt (vol)	100 gr	56	3.4	3.5	3.2
yoghurtdrank	100 gr	66	3.2	13.3	0.0
yogonaise	100 gr	276	0.8	12.0	25.0



Z

	<u>Eenheid</u>	<u>Kcal</u>	<u>Eiwit</u>	<u>Koolh.</u>	<u>Vet</u>
zalm (gerookt)	100 gr	136	25.0	0.0	4.0
zalm in blik (rode)	100 gr	215	19.0	0.0	15.5
zalm in blik (roze)	100 gr	160	23.0	0.0	7.5
zalmfilet	100 gr	206	20.0	0.0	14.0
zemelen	100 gr	218	14.0	27.0	6.0
zemelkoek	1 stuk	52	1.4	9.1	1.1
zilveruien (zoetzuur)	100 gr	28	0.0	7.0	0.0
zonnebloempitten	100 gr	632	18.0	13.0	56.5
zout biscuitje	100 gr	502	7.0	51.0	30.0
zout koekje	100 gr	611	7.0	40.0	47.0
zout stokje	100 gr	370	12.0	67.0	6.0
zure room	100 gr	203	2.7	3.2	20.0
zuring	100 gr	25	2.6	2.6	0.5
zuurkool	100 gr	24	2.0	4.0	0.0
zuurkoolstampot	100 gr	52	1.9	10.9	0.1
zuurtje	100 gr	380	0.0	95.0	0.0
zwarte bessen	100 gr	40	2.0	8.0	0.0
zwitserse strooikaas	100 gr	128	32.0	0.0	0.0