



PRODUITS LAITIERS ET PRODUITS DE SOJA ENRICHIS EN CALCIUM

Teneurs par 100 g

LAIT

| | kcal | kJ | g | g | g | g | g | g | g | g | g | mg | g | g | g | g | mg | mg | mg | mg | mg | mg | mg | mg | mg | µg | µg | mg | mg | µg | mg | µg | mg | µg |
|--|---------|---------|-----------|---------|------------------|-------------------------|-------------------------|------------------|------------------|----------------|----------------|-------------|----------------------|--------|--------|--------|-----|--------|-----------|---------|-----------|-----------|-----|--------|------|----------|-------------------|---------|---------|----------|--------|--------|----|----|
| | ENERGIE | ENERGIE | PROTEINES | LIPIDES | AC. GRAS SATURÉS | AC. GRAS MONO-INSATURÉS | AC. GRAS POLY-INSATURÉS | AC. GRAS OMEGA-3 | AC. GRAS OMEGA-6 | AC. LINOLEIQUE | AC. GRAS TRANS | CHOLESTEROL | GLUCIDES DIGESTIBLES | SUCRES | AMIDON | FIBRES | EAU | SODIUM | POTASSIUM | CALCIUM | PHOSPHORE | MAGNESIUM | FER | CUIVRE | ZINC | SELENIUM | VIT. A - ACTIVITE | VIT. B1 | VIT. B2 | VIT. B12 | VIT. C | VIT. D | | |
| Boisson lactée, trois-quarts écrémé | 43 | 179 | 3.6 | 0.8 | 0.5 | 0.2 | 0.1 | - | - | - | - | 4 | 5.3 | 5.3 | 0.0 | 0.0 | 89 | 41 | 150 | 128 | 86 | 11 | 0.0 | - | 0.0 | 3 | 8 | 0.04 | 0.18 | 0.41 | 1 | 0.5 | | |
| Lait battu aux fruits | 62 | 258 | 2.3 | 0.4 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1 | 12.3 | 12.3 | 0.0 | 0.1 | 84 | 20 | 120 | - | 72 | 10 | 0.0 | 0.0 | 0.3 | 1 | 5 | 0.03 | 0.13 | 0.19 | 1 | 0.0 | | |
| Lait battu, non sucré | 33 | 137 | 2.8 | 0.5 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1 | 4.3 | 4.3 | 0.0 | 0.0 | 91 | 41 | 141 | 115 | 84 | 10 | 0.0 | 0.0 | 0.3 | 1 | 14 | 0.04 | 0.28 | 0.17 | 2 | 0.0 | | |
| Lait battu, sucré | 58 | 241 | 2.3 | 0.4 | 0.2 | 0.1 | 0.0 | - | - | 0.0 | 0.0 | 1 | 11.2 | 11.2 | 0.0 | 0.0 | 85 | 32 | 132 | 100 | 70 | 9 | 0.2 | 0.0 | 0.3 | - | 23 | 0.07 | 0.24 | 0.35 | 3 | - | | |
| Lait chocolaté, demi-écrémé | 71 | 297 | 3.2 | 1.5 | 1.1 | 0.5 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 14 | 11.5 | 11.3 | 0.0 | 0.0 | 83 | 50 | 151 | 112 | 90 | 20 | 0.4 | 0.0 | 0.8 | 1 | 15 | 0.03 | 0.18 | 0.44 | 1 | 0.0 | | |
| Lait chocolaté, entier | 90 | 380 | 3.5 | 2.5 | 1.1 | 0.7 | 0.1 | 0.0 | 0.1 | 0.1 | - | 8 | 13.0 | 11.8 | 1.2 | 0.6 | 81 | 50 | 192 | 118 | 96 | 18 | 0.7 | 0.0 | 0.4 | 1 | 32 | 0.03 | 0.16 | 0.33 | 2 | 0.1 | | |
| Lait chocolaté, maigre | 62 | 258 | 3.3 | 0.4 | 0.3 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1 | 11.0 | 11.0 | 0.0 | 0.4 | 84 | 45 | 190 | 112 | 96 | 18 | 0.2 | 0.1 | 0.5 | 2 | 1 | 0.11 | 0.12 | 0.70 | 5 | 0.0 | | |
| Lait concentré à l'huile végétal, demi-écrémé | 110 | 460 | 6.8 | 4.3 | 0.5 | 1.3 | 2.5 | 0.2 | 2.3 | 2.3 | 0.0 | 5 | 10.9 | 10.9 | 0.0 | 0.0 | 77 | 118 | 433 | 235 | 195 | 25 | 0.1 | 0.0 | 0.9 | 3 | 24 | 0.07 | 0.39 | 0.48 | 1 | 0.1 | | |
| Lait concentré, demi-écrémé | 113 | 472 | 7.4 | 4.3 | 2.9 | 0.9 | 0.1 | 0.0 | 0.1 | 0.1 | 0.2 | 14 | 11.4 | 11.4 | 0.0 | 0.0 | 75 | 120 | 308 | 211 | 213 | 21 | 0.1 | 0.0 | 0.7 | 3 | 45 | 0.05 | 0.34 | 0.38 | 1 | 0.0 | | |
| Lait concentré, entier | 141 | 589 | 7.0 | 8.0 | 4.9 | 2.8 | 0.2 | 0.1 | 0.1 | 0.1 | 0.2 | 26 | 10.1 | 10.1 | 0.0 | 0.0 | 73 | 100 | 301 | 256 | 213 | 24 | 0.2 | 0.0 | 0.8 | - | 115 | 0.06 | 0.36 | 0.51 | 1 | 0.1 | | |
| Lait concentré, entier, sucré | 288 | 1209 | 7.0 | 7.5 | 4.7 | 3.0 | 0.2 | 0.0 | 0.2 | 0.2 | - | 34 | 48.3 | 48.3 | 0.0 | 0.0 | 36 | 110 | 340 | 262 | 205 | 25 | 0.1 | 0.0 | 1.0 | - | 115 | 0.06 | 0.36 | 0.50 | 1 | 5.4 | | |
| Lait concentré, maigre, sucré | 269 | 1123 | 10.0 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | - | 1 | 56.7 | 56.7 | 0.0 | 0.0 | 29 | 150 | 450 | 330 | 270 | 33 | 0.3 | 0.0 | 1.2 | - | 31 | 0.11 | 0.51 | 0.90 | 5 | 0.9 | | |
| Lait de chèvre | 65 | 270 | 3.3 | 3.7 | 2.5 | 0.9 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 | 11 | 4.5 | 4.5 | 0.0 | 0.5 | 88 | 54 | 192 | 134 | 156 | 18 | 0.1 | 0.1 | 0.5 | 2 | 50 | 0.05 | 0.14 | 0.08 | 1 | 0.3 | | |
| Lait de jument | 44 | 183 | 2.5 | 1.0 | - | - | - | - | - | - | - | - | 6.2 | 6.2 | 0.0 | 0.0 | 90 | - | 64 | 110 | 54 | 9 | 0.1 | 0.0 | 0.0 | - | 17 | 0.03 | 0.03 | 0.03 | 15 | - | | |
| Lait en poudre, entier | 504 | 2108 | 27.1 | 28.4 | 16.4 | 7.7 | 0.8 | 0.2 | 0.4 | 0.4 | 0.8 | 84 | 35.0 | 35.0 | 0.0 | 0.0 | 4 | 344 | 1209 | 930 | 750 | 85 | 0.2 | 0.0 | 3.1 | 10 | 300 | 0.28 | 1.30 | 4.20 | 0 | 0.5 | | |
| Lait en poudre, maigre | 349 | 1460 | 35.0 | 1.0 | 0.6 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 20 | 50.0 | 50.0 | 0.0 | 0.0 | 4 | 557 | 1580 | 1290 | 1020 | 110 | 0.8 | 0.0 | 4.1 | 10 | 9 | 0.34 | 2.18 | 1.96 | 2 | 0.0 | | |
| Lait, demi-écrémé | 47 | 196 | 3.3 | 1.6 | 1.0 | 0.3 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 5 | 4.8 | 4.8 | 0.0 | 0.0 | 89 | 42 | 165 | 120 | 94 | 10 | 0.0 | 0.0 | 0.5 | 1 | 22 | 0.04 | 0.18 | 0.20 | 2 | 0.0 | | |
| Lait, demi-écrémé, Ca+ | 47 | 195 | 3.3 | 1.6 | 1.0 | 0.5 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 5 | 4.9 | 4.9 | 0.0 | 0.0 | 88 | 53 | 162 | 145 | 99 | 12 | 0.0 | 0.0 | 0.4 | 1 | 90 | 0.04 | 0.19 | 0.45 | 1 | 0.1 | | |
| Lait, demi-écrémé, pasteurisé | 46 | 192 | 3.3 | 1.6 | 1.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7 | 4.8 | 4.8 | 0.0 | 0.0 | 90 | 37 | 167 | 119 | 95 | 10 | 0.0 | 0.0 | 0.5 | - | 23 | 0.04 | 0.18 | 0.40 | 1 | 0.0 | | |
| Lait, demi-écrémé, UHT | 47 | 199 | 3.4 | 1.6 | 1.0 | 0.4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 6 | 4.8 | 4.8 | 0.0 | 0.0 | 89 | 44 | 163 | 120 | 90 | 10 | 0.0 | 0.0 | 0.5 | 1 | 22 | 0.04 | 0.18 | 0.20 | - | 0.0 | | |
| Lait, demi-écrémé, vitaminé | 46 | 191 | 3.2 | 1.6 | 1.0 | 0.5 | 0.1 | - | - | - | - | 5 | 4.8 | 4.8 | 0.0 | 0.0 | 89 | 50 | 165 | 120 | 91 | 11 | 0.0 | 0.0 | 0.4 | 1 | 67 | 0.28 | 0.32 | 0.20 | 2 | 0.0 | | |
| Lait, demi-écrémé, vitaminé + oligo-éléments | 46 | 190 | 3.2 | 1.5 | 0.9 | 0.5 | 0.1 | - | - | - | - | 7 | 4.8 | 4.8 | 0.0 | 0.0 | 90 | 50 | 155 | 100 | 70 | 18 | 1.0 | - | 1.5 | - | 100 | 0.15 | 0.17 | 0.30 | 6 | - | | |
| Lait, écrémé | 34 | 142 | 3.3 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1 | 4.9 | 4.9 | 0.0 | 0.0 | 91 | 41 | 162 | 120 | 100 | 10 | 0.0 | 0.0 | 0.4 | 1 | 1 | 0.04 | 0.18 | 0.23 | 2 | 0.0 | | |
| Lait, écrémé, stérilisé | 34 | 142 | 3.3 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2 | 4.9 | 4.9 | 0.0 | 0.0 | 91 | 45 | 153 | 114 | 95 | 10 | 0.0 | 0.0 | 0.4 | - | 1 | 0.03 | 0.14 | 0.10 | - | - | | |
| Lait, écrémé, UHT | 35 | 145 | 3.5 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 4.9 | 4.9 | 0.0 | 0.0 | 90 | 45 | 165 | 120 | 104 | 11 | 0.0 | 0.0 | 0.5 | 1 | 1 | 0.04 | 0.21 | 0.36 | 2 | 0.0 | | |