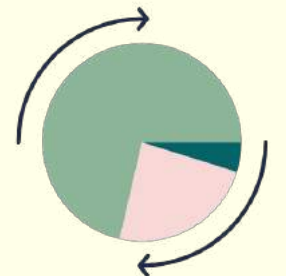




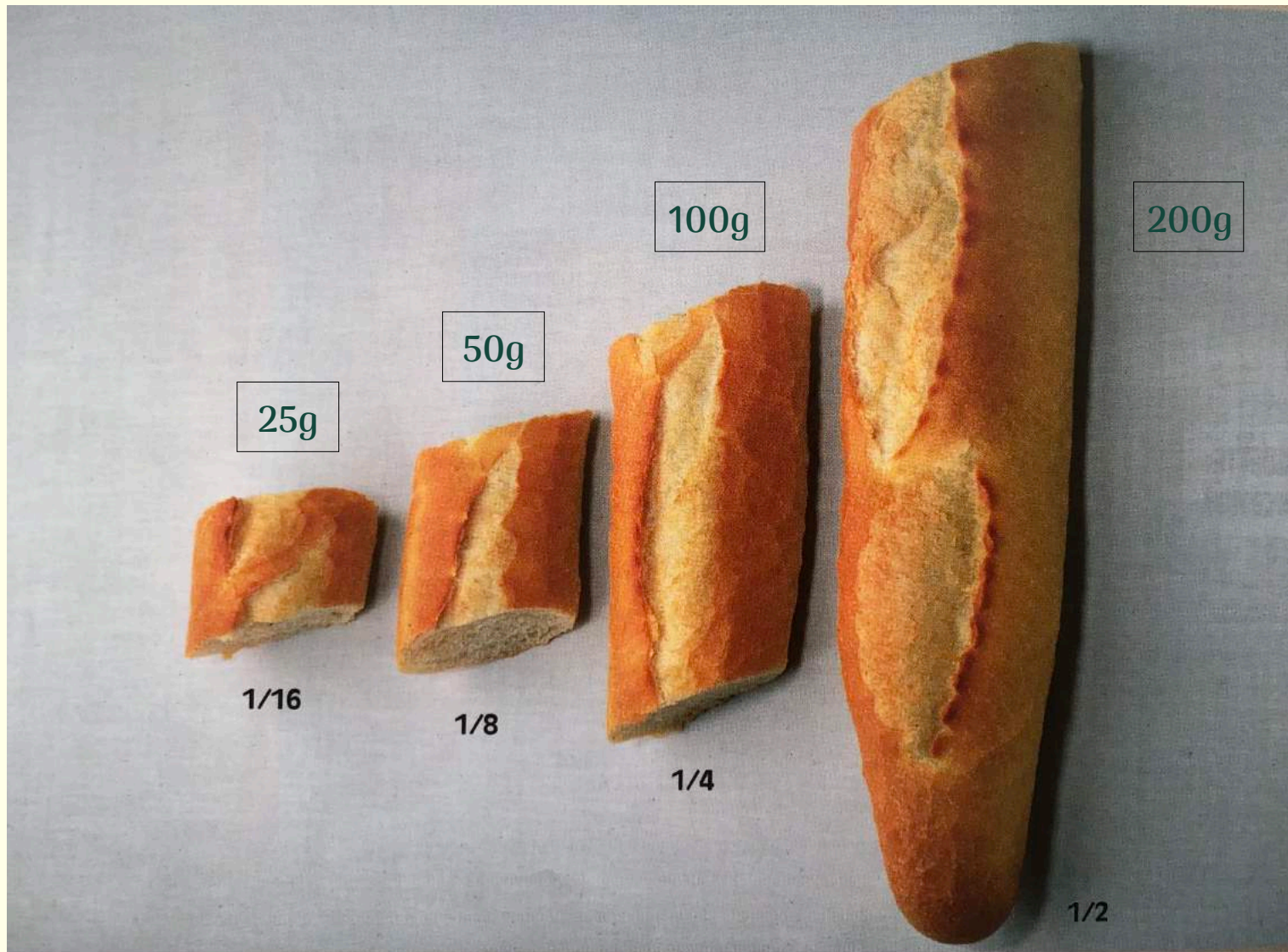
Guide des portions alimentaires

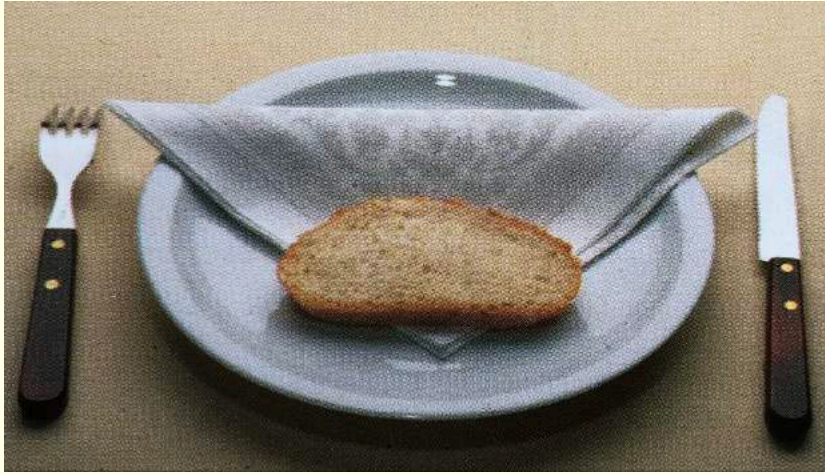


Voici quelques photos pour aider mes patients à estimer les quantités de leurs portions et qu'ils puissent remplir correctement leur bilan alimentaire :)



Pain

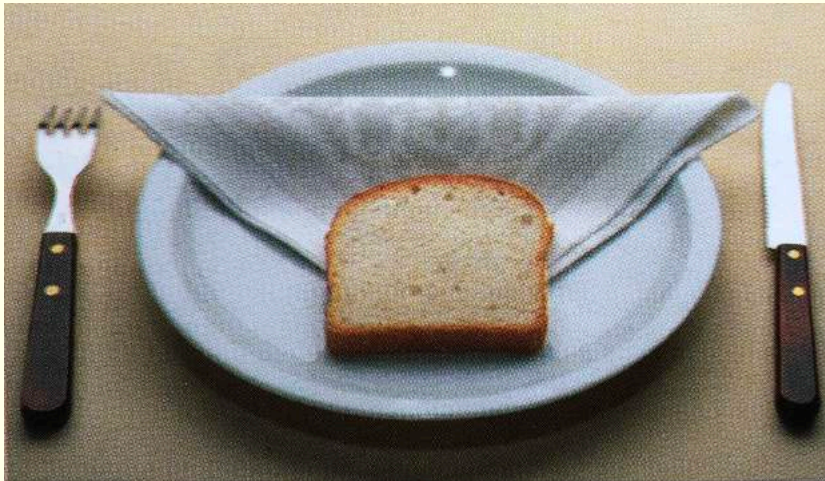




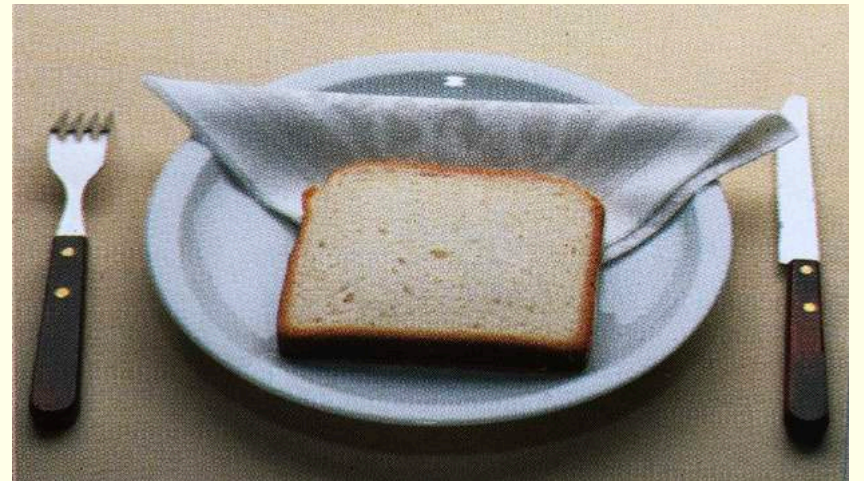
30g



50g

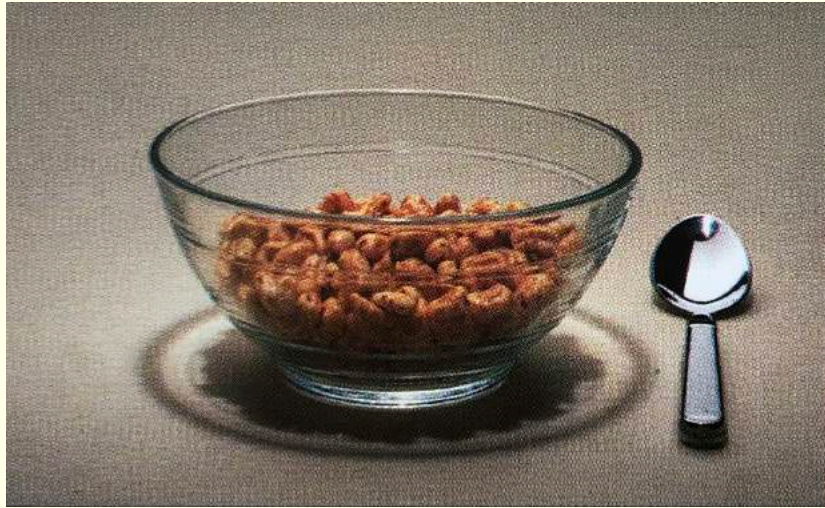


20g



35g

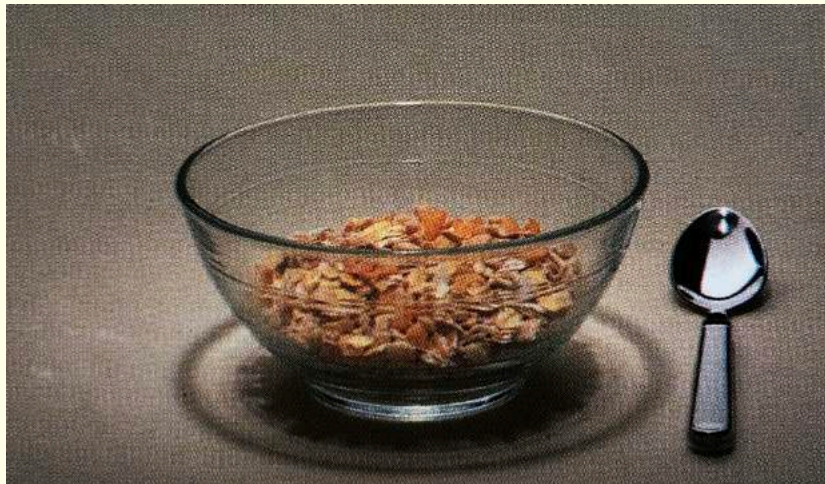
Céréales et muesli



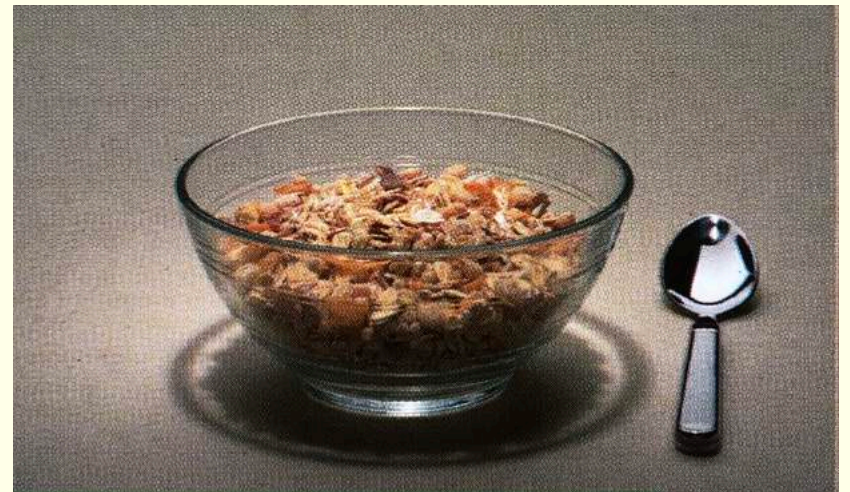
30g



60g



50g



100g

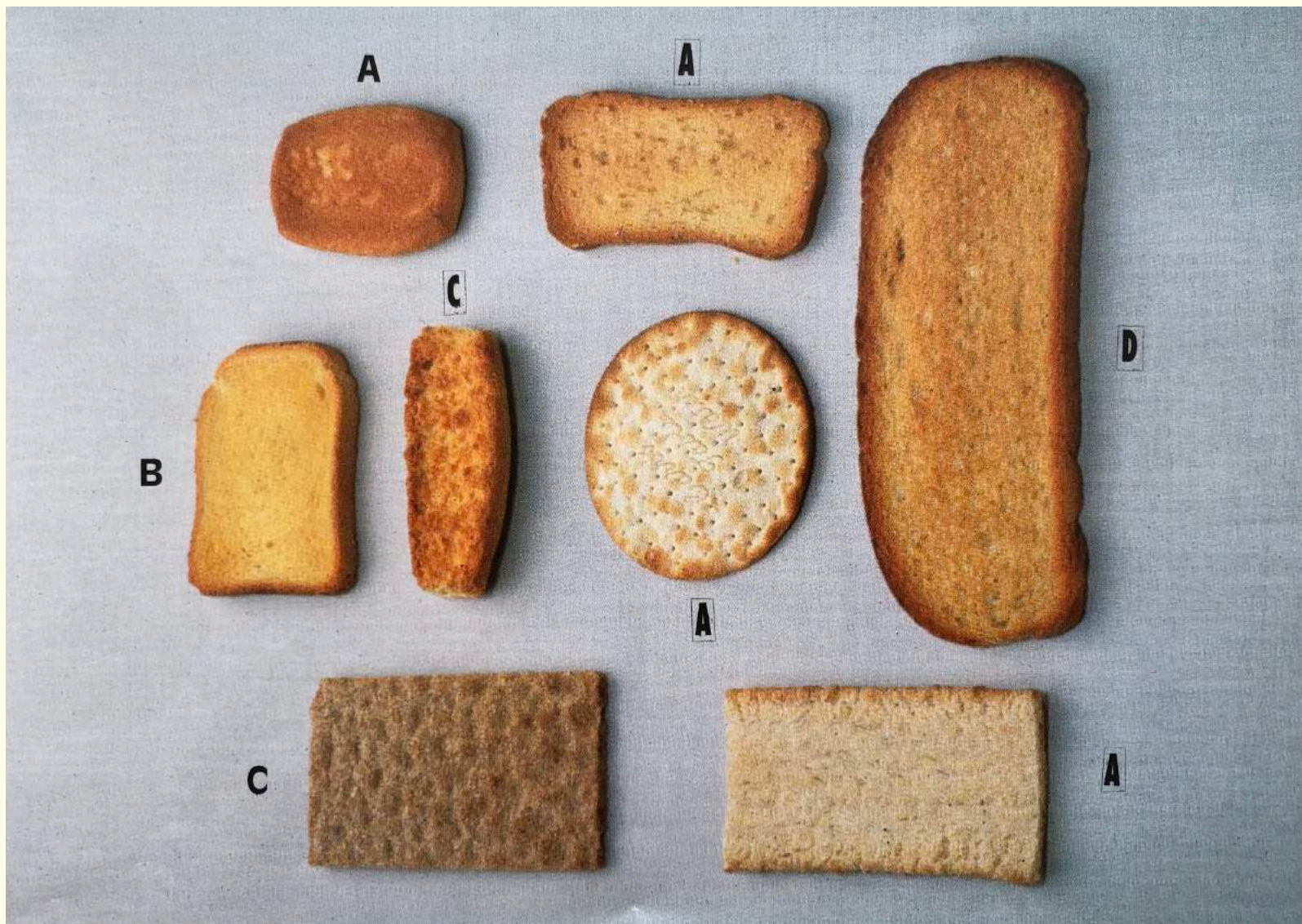
Biscottes

A = 5g

B = 8g

C = 15g

D = 20g



Brioches

A = 15g

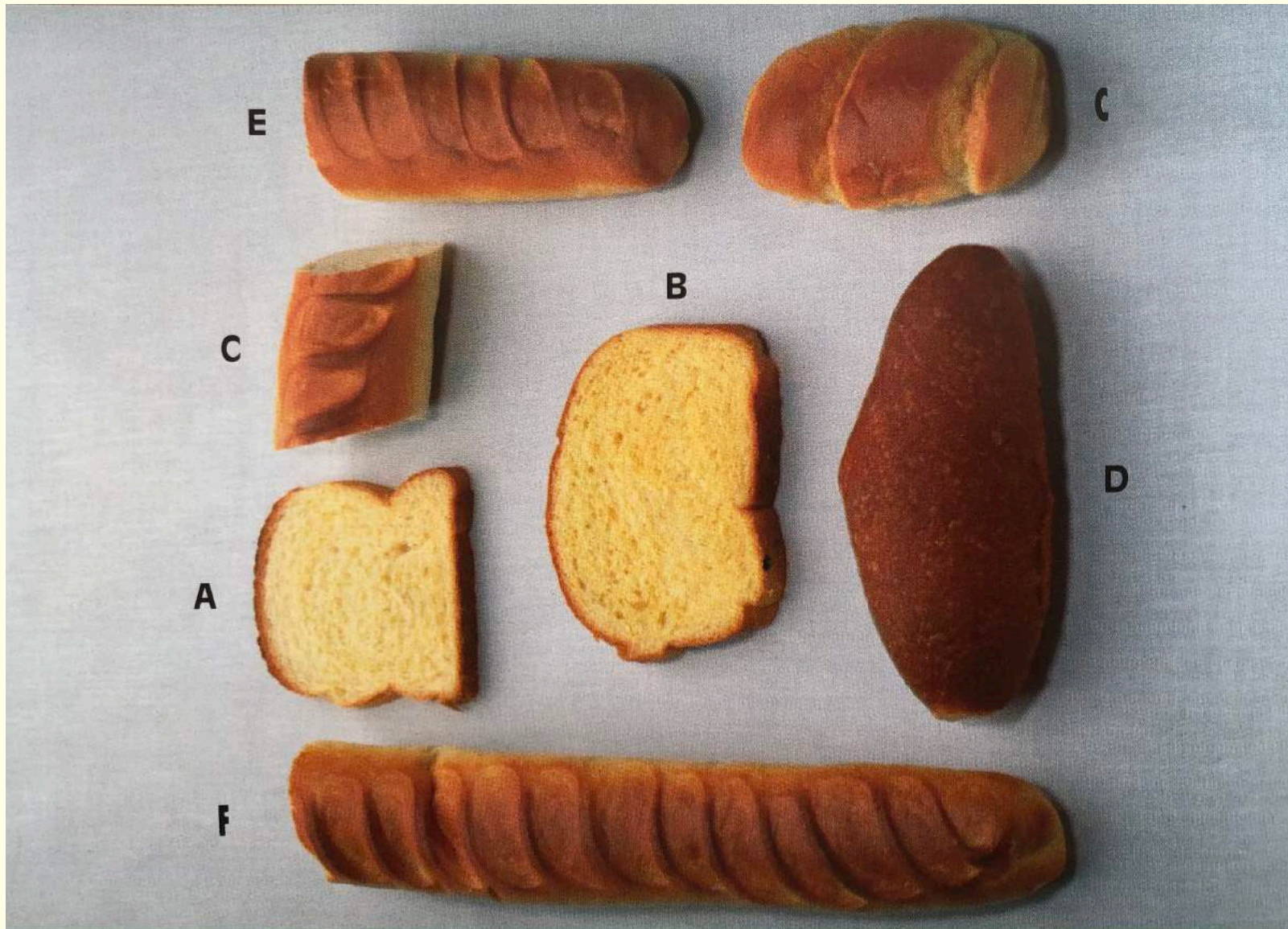
B = 30g

C = 35g

D = 50g

E = 70g

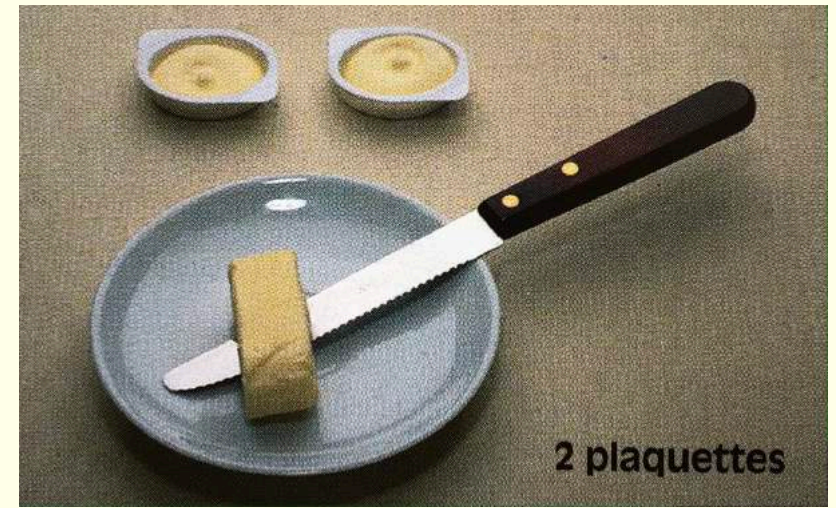
F = 140g



Beurre



10g

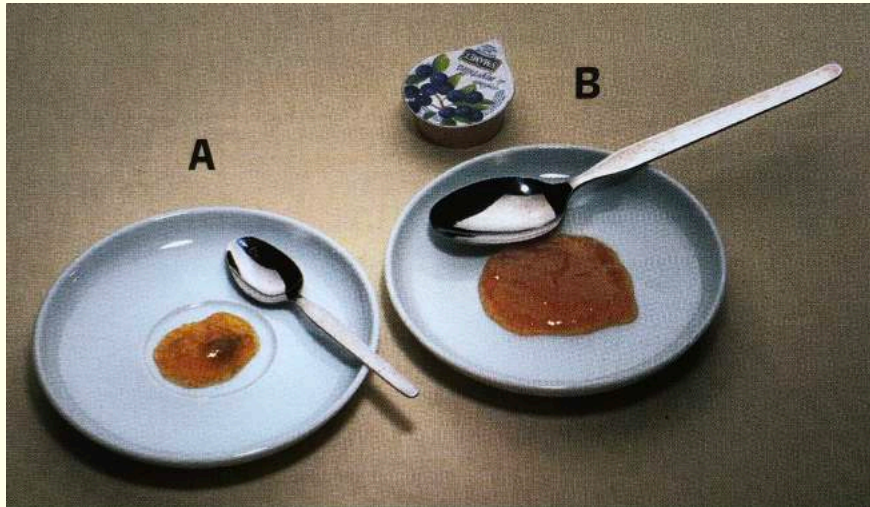


20g



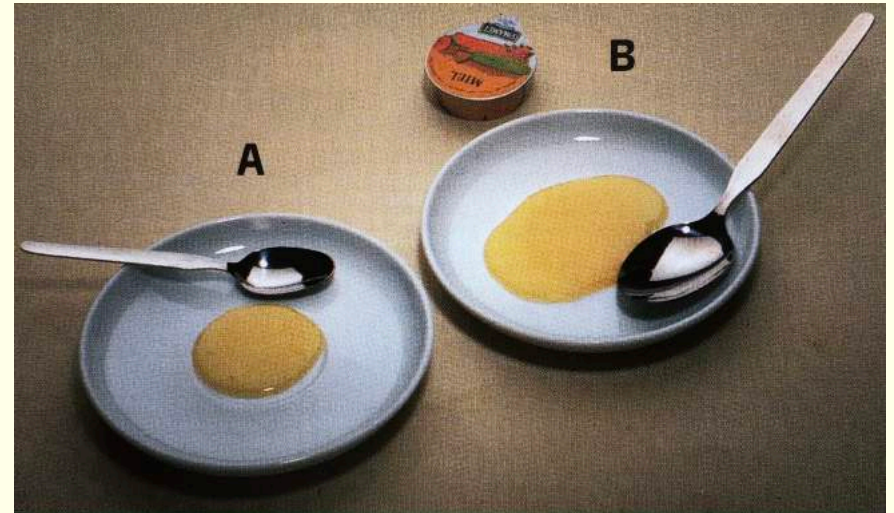
30g

Confiture et miel



A = 10g

B = 30g



A = 8g

B = 25g

Plats industriels



80g



170g



500g



100g

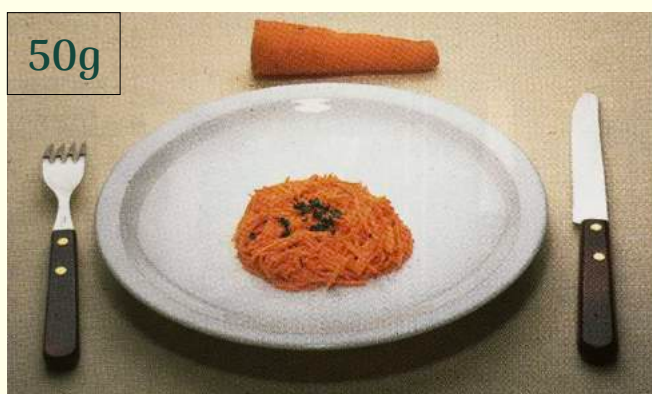
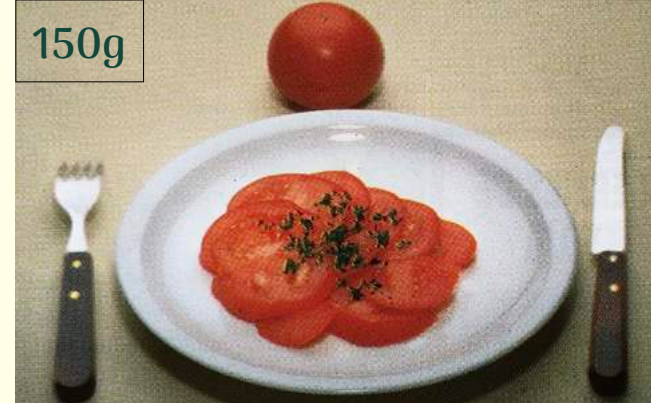
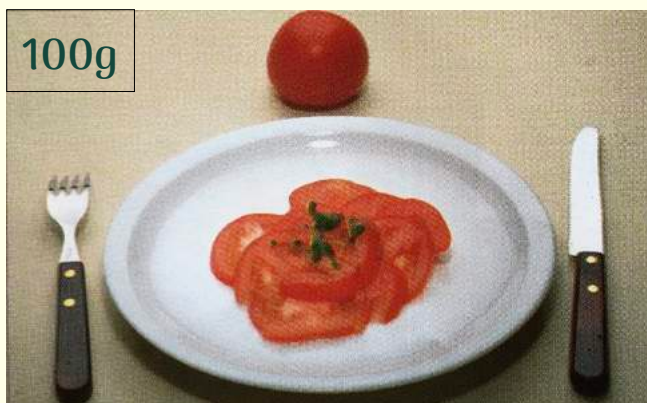
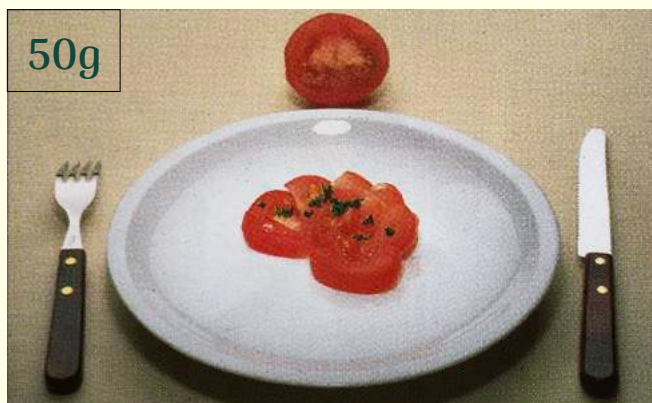


210g

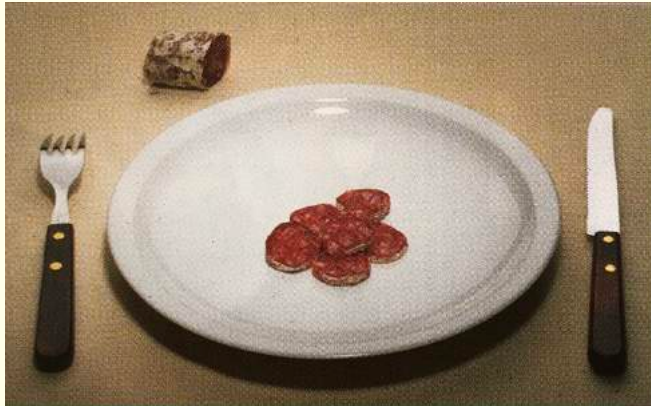


430g

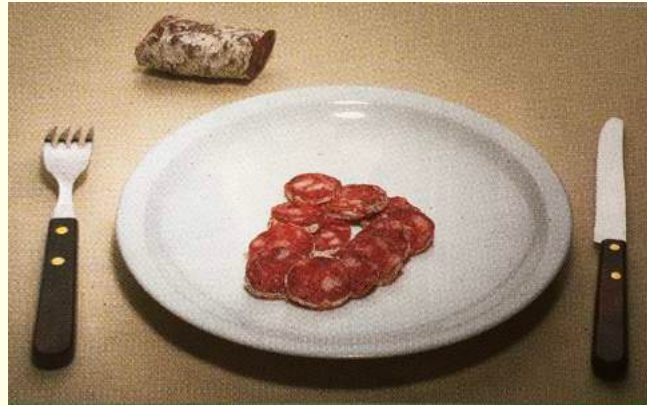
Légumes en salade



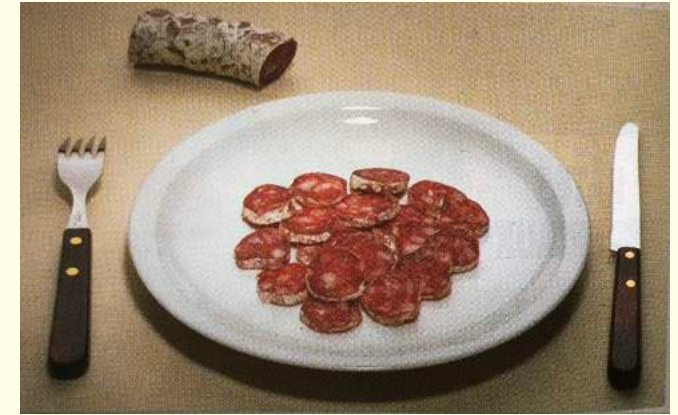
Charcuteries



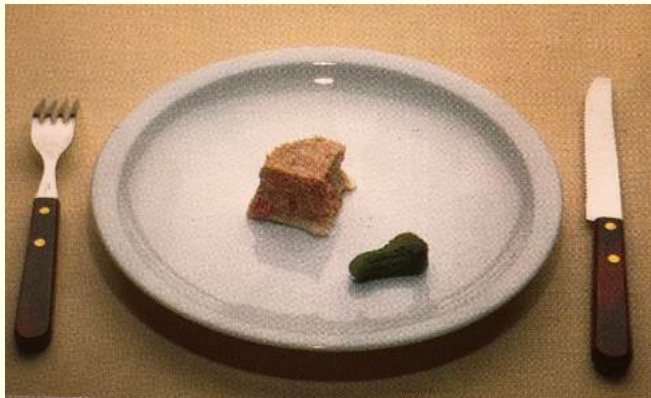
25g



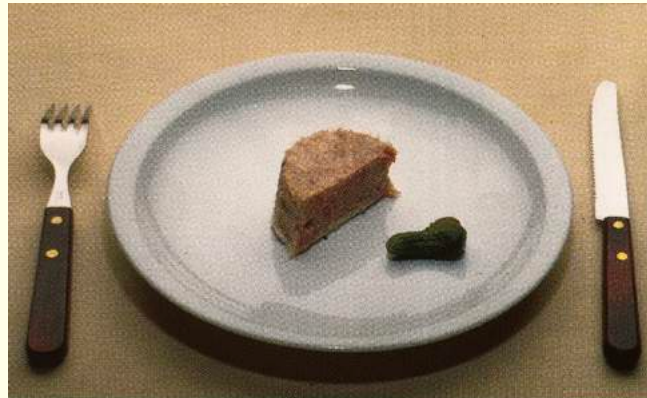
50g



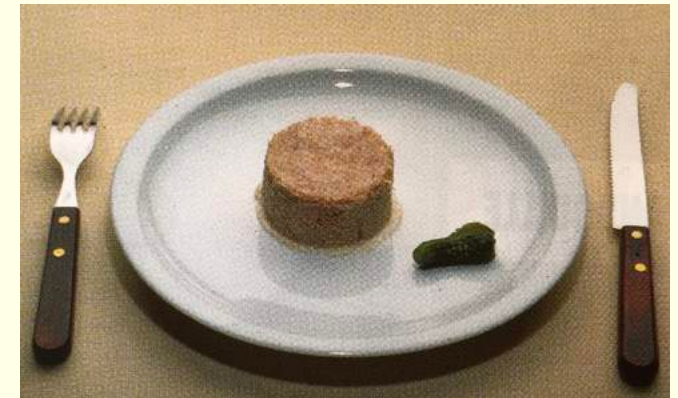
75g



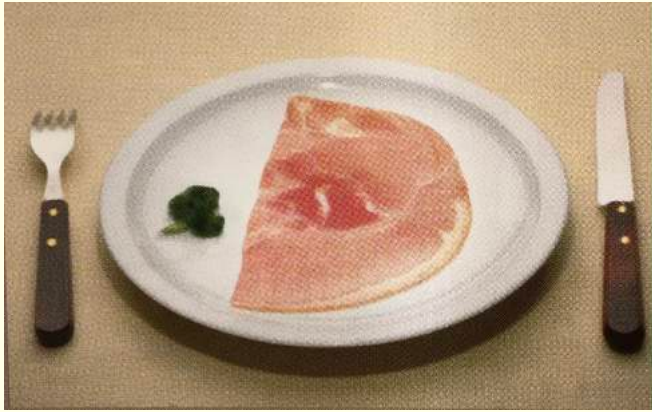
25g



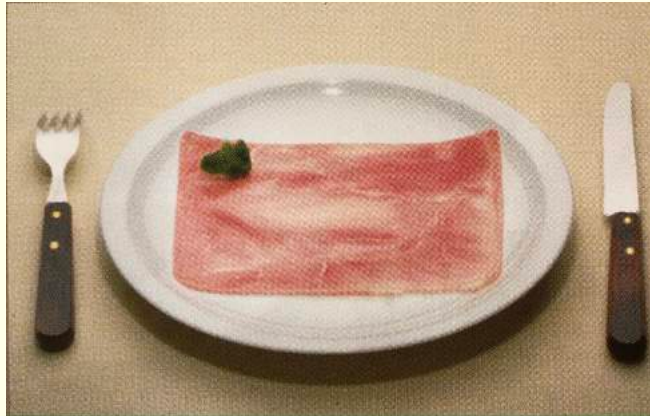
50g



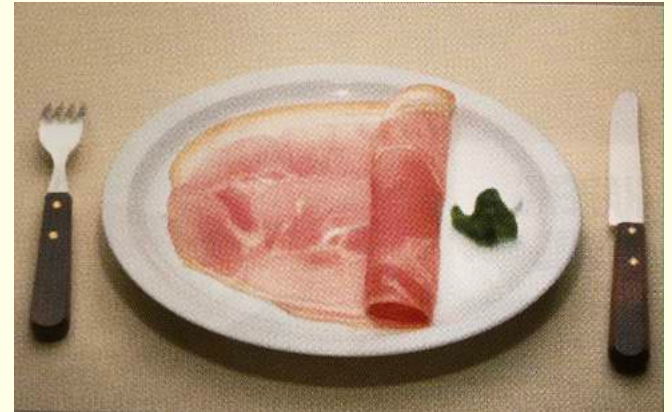
100g



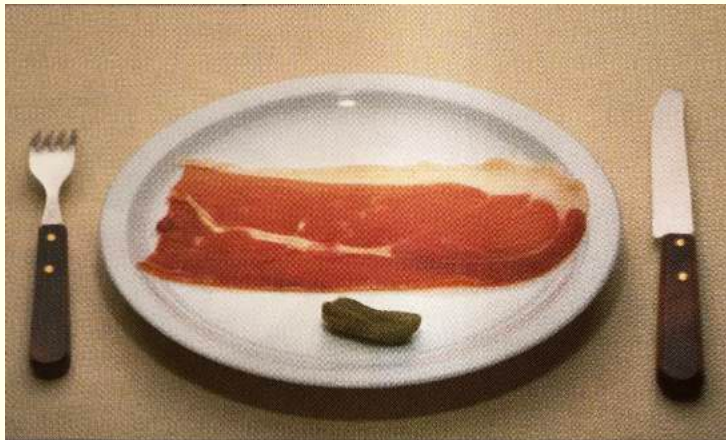
30g



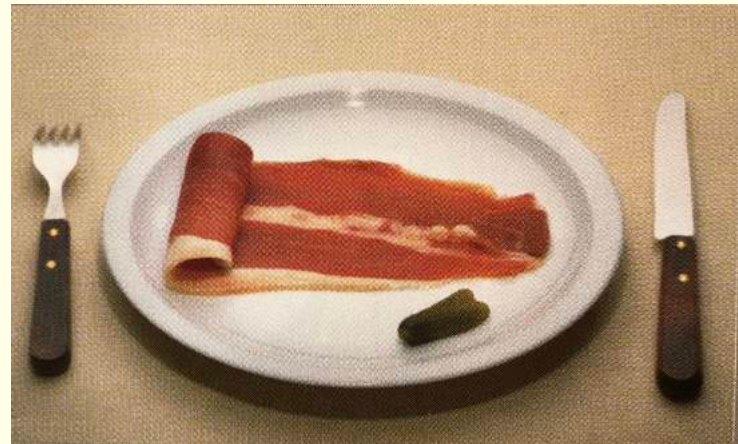
50g



70g

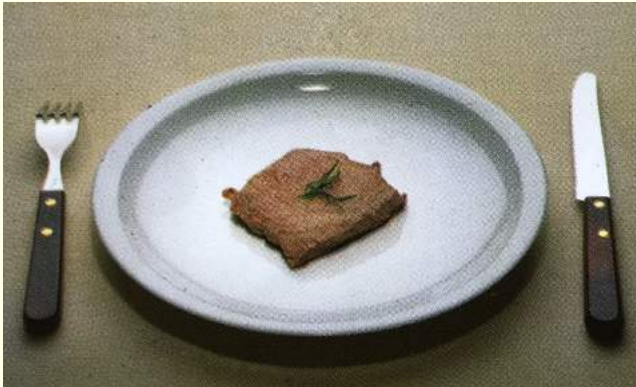


30g

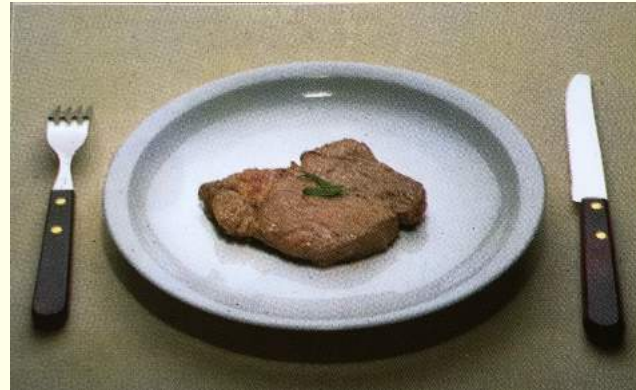


70g

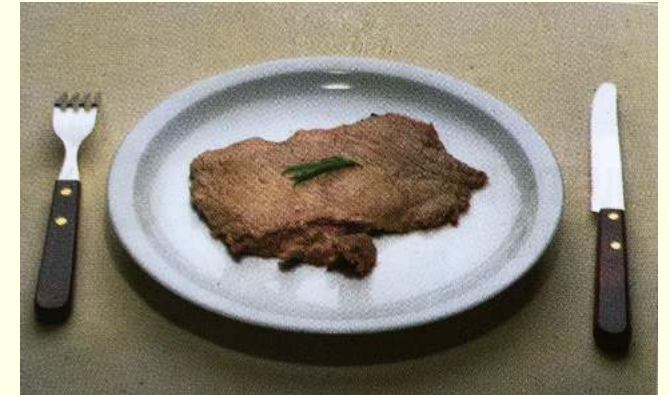
Viandes



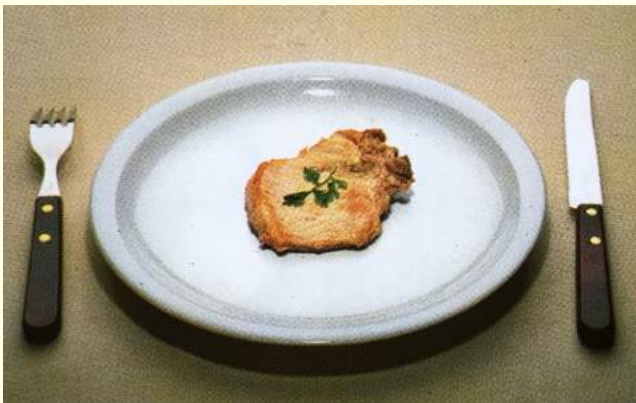
80g



130g



200g



100g



140g



215g

Poissons

100g



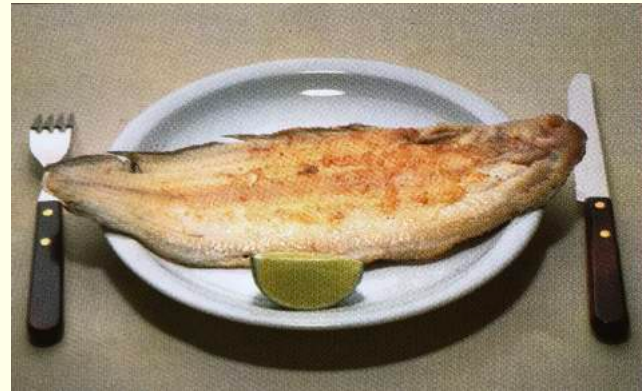
200g



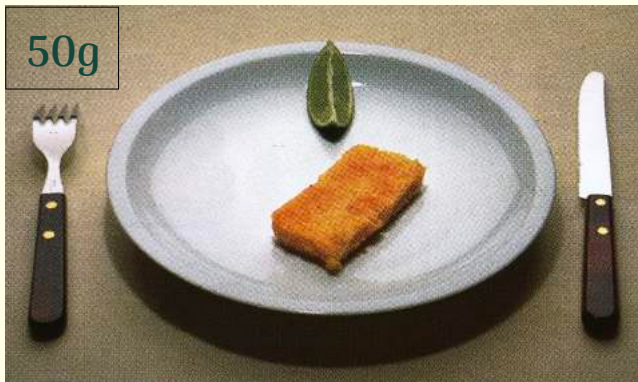
150g



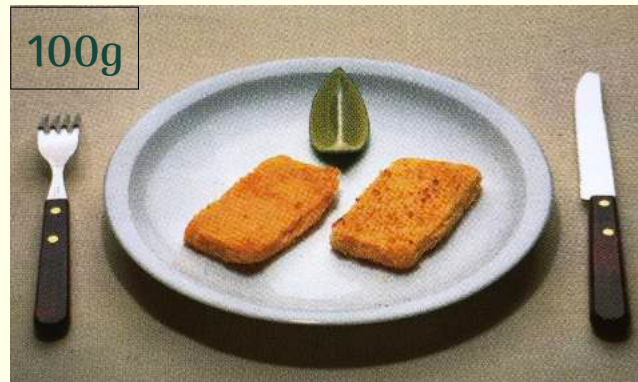
400g



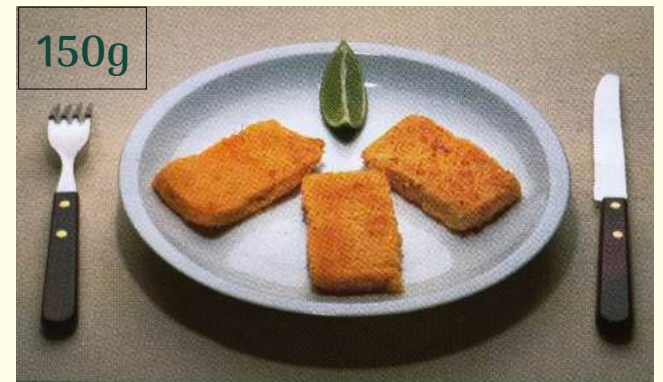
50g



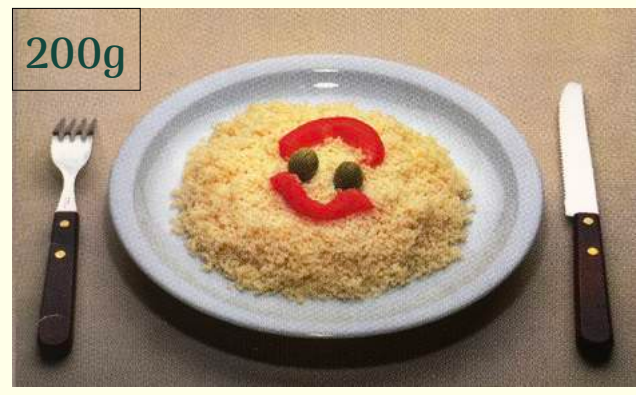
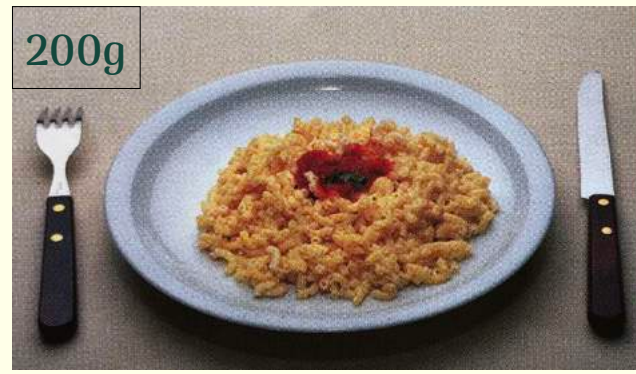
100g



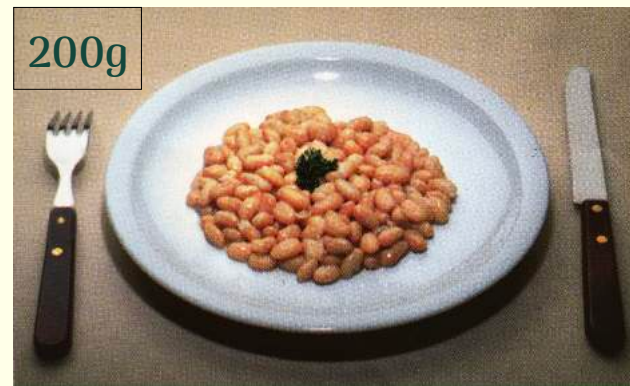
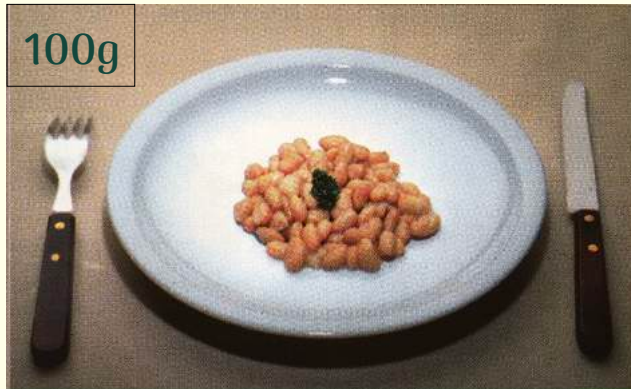
150g



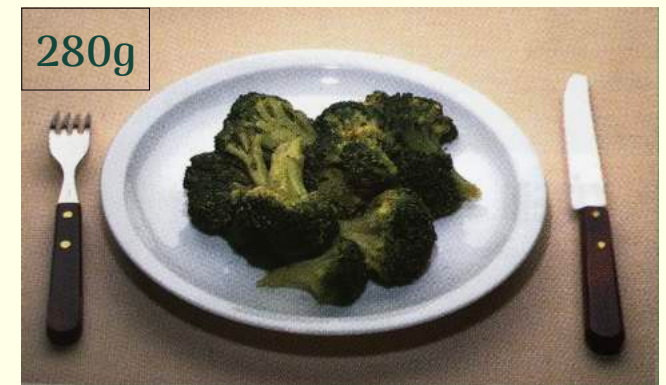
Féculents



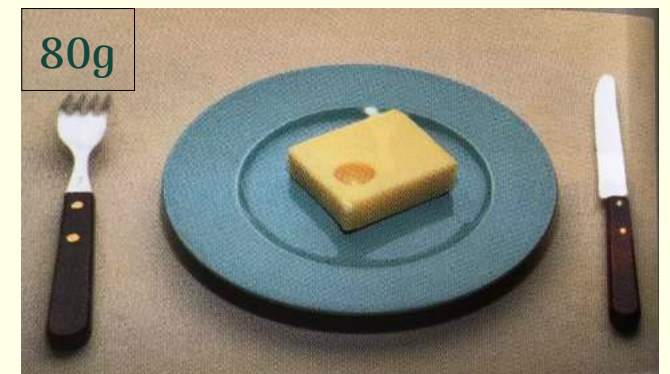
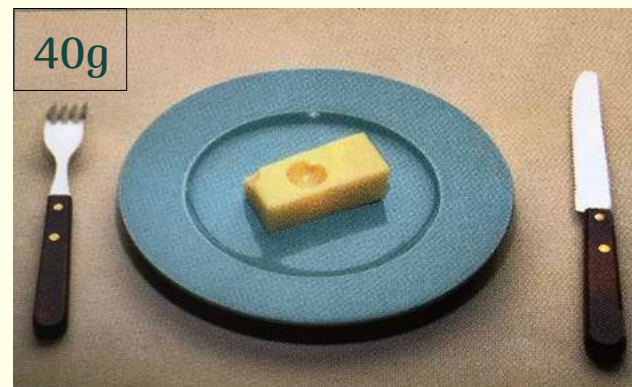
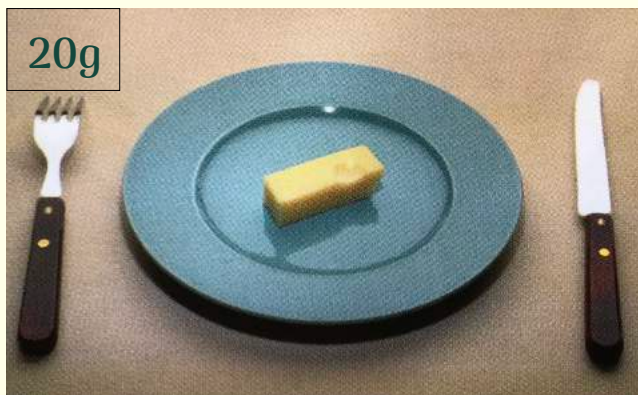
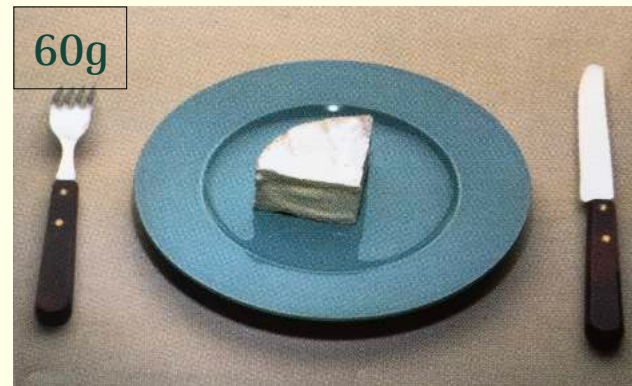
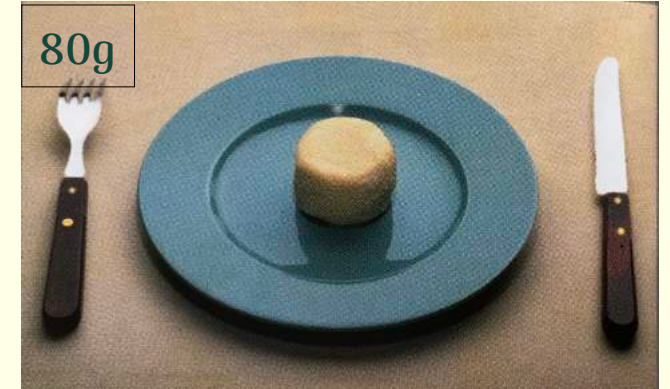
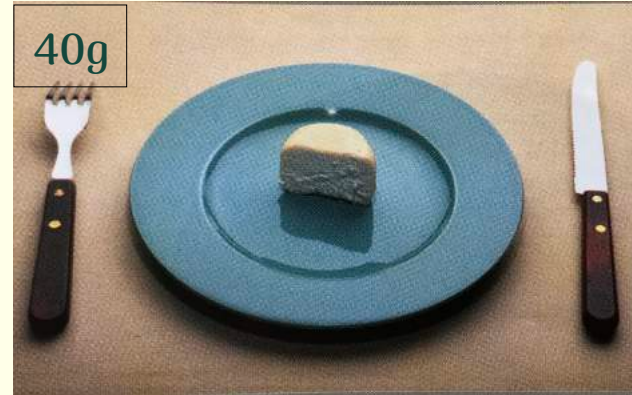
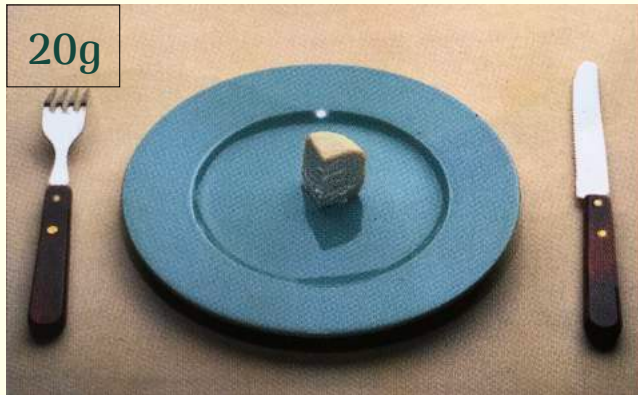
Légumineuses



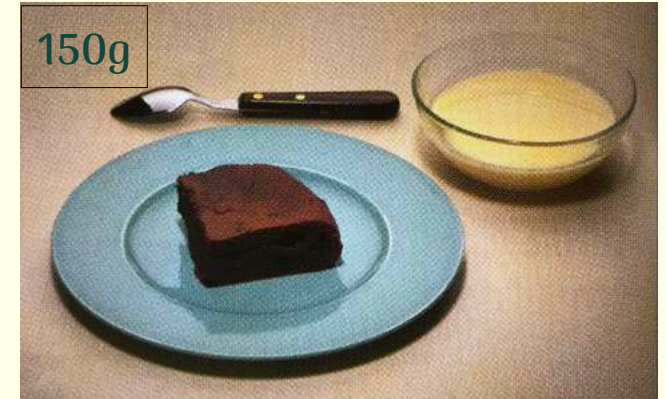
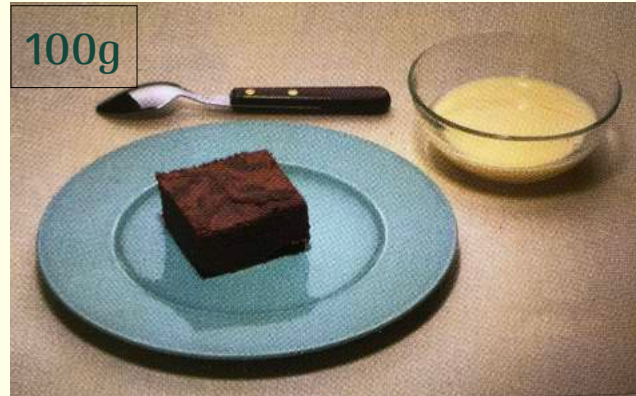
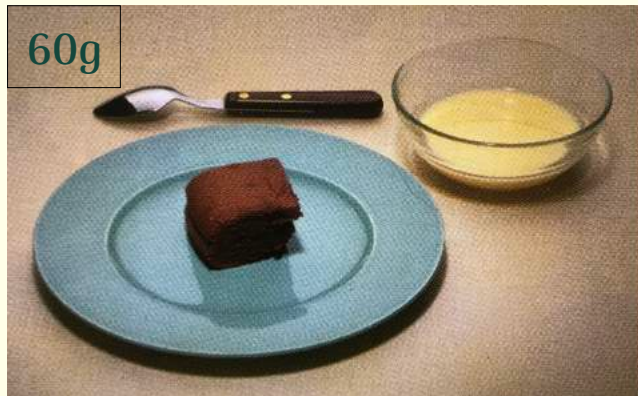
Légumes



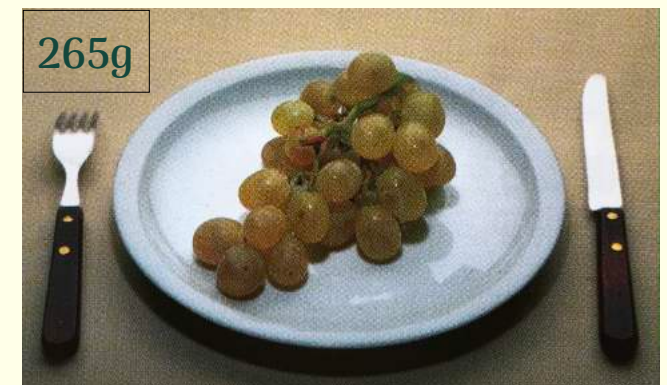
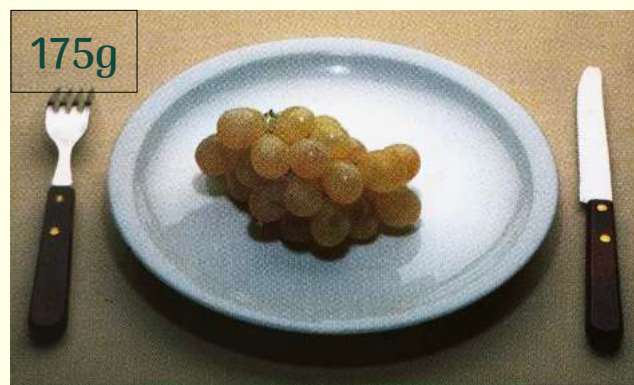
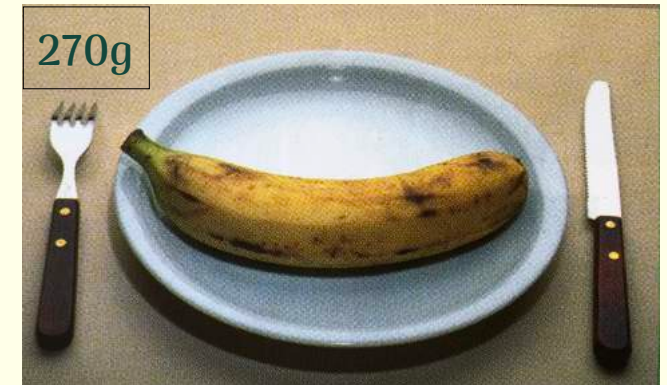
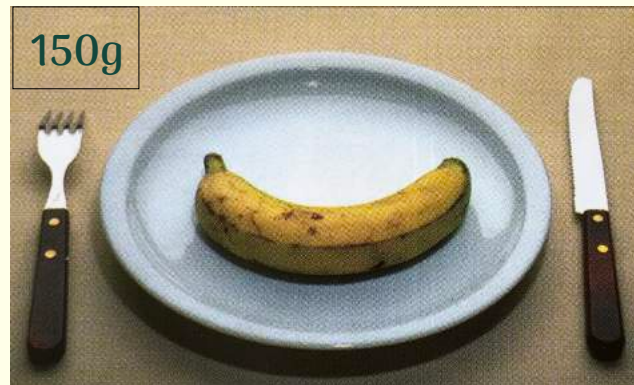
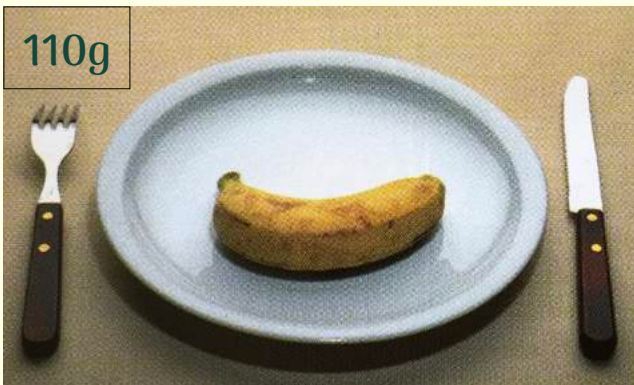
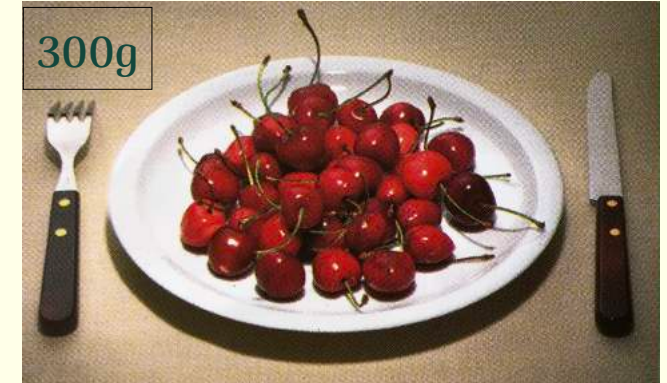
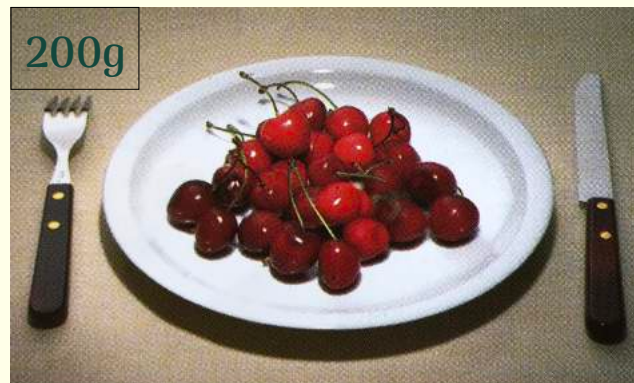
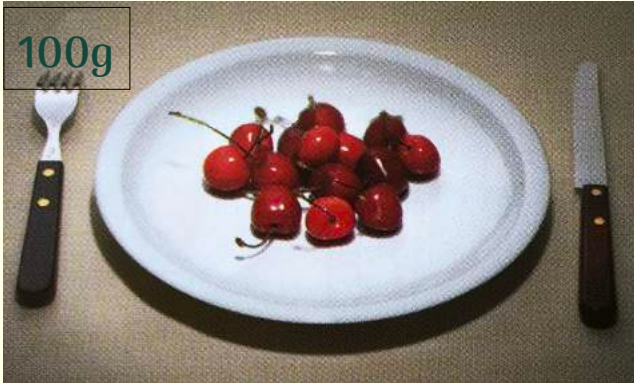
Fromages



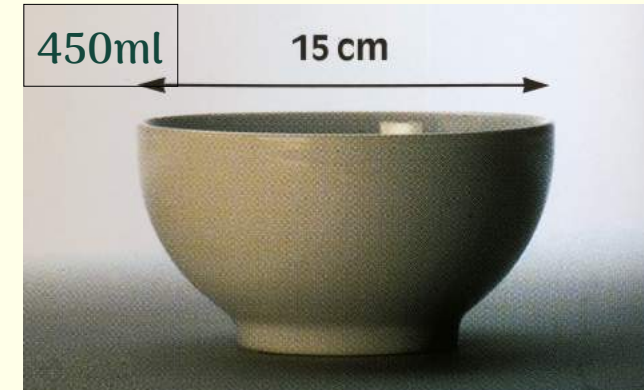
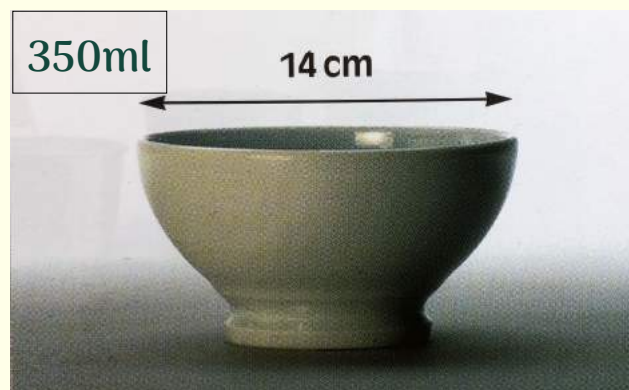
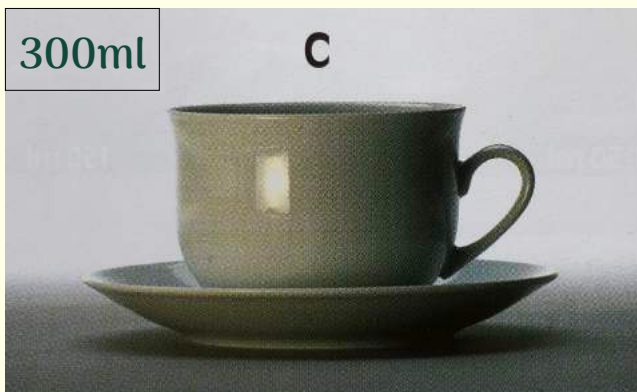
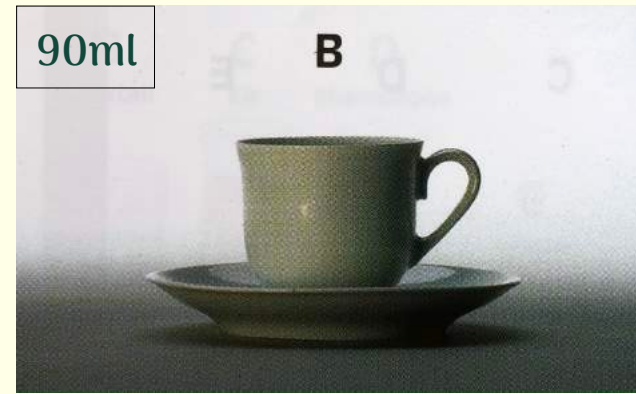
Pâtisseries



Fruits



Tasses et bols



Quelques équivalences supplémentaires

1 cuillère à café \rightarrow 5g / ml

1 cuillère à entremet \rightarrow 10g / ml

1 cuillère à soupe \rightarrow 15g / ml

1 verre de vin \rightarrow 90 à 100ml

1 noisette de beurre \rightarrow 4g

1 noix de beurre \rightarrow 15g

1 yaourt \rightarrow 125g

1 œuf \rightarrow 55 à 60g

Jaune d'œuf \rightarrow 20g

Blanc d'œuf \rightarrow 30g

Gousse d'ail \rightarrow 5g

Multipliez par **3** le poids sec d'un féculent sauf pour la pomme de terre !

Ex n°1 : 100g de pâtes crues = 300g de pâtes cuites

Ex n°2 : 100g de pommes de terre = 100g de pommes de terre