

Voedingsmiddelenanalyses van de Vakgroep Humane Voeding

DEEL IX

ALFABETISCH REGISTER VOOR DE DELEN I - VIII

HUMANE VOEDING

Landbouwwuniversiteit



**Wageningen**

## Voedingsmiddelenanalyses van de Vakgroep Humane Voeding

- Deel I Voedingsmiddelenanalyses 1973-1979
- Deel II Vetzuursamenstelling, transvetzuur en cholesterolgehalte van margarine en andere eetbare vetten
- Deel III Nutrient composition of 167 food items from Ghana, The Philippines, Italy and Finland
- Deel IV Voedingsmiddelen uit bedrijfsrestaurants en kant- en klaarproducten
- Deel V Alfabetisch register en monsterdocumentatie voor de Delen I-IV
- Deel VI Zout- en vetgehalte van sauzen, kruiden, vleeswaren en andere produkten
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- Deel VIII Alternatieve voedingsmiddelen
- Deel IX Alfabetisch register voor de Delen I-VIII

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De rapporten zijn te bestellen bij:

De Beheerder

Vakgroep Humane Voeding

Landbouwuniversiteit

De Dreijen 12

6703 BC Wageningen

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Voedingsmiddelenanalyses van de Vakgroep Humane Voeding

DEEL IX

ALFABETISCH REGISTER VOOR DE DELEN I-VIII

Ben A. Scholte, Marian A.W. Willems, Martijn B. Katan

Eerste druk

1987

Vakgroep Humane Voeding

Landbouwuniversiteit

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## VOORWOORD

Dit negende deel van de serie "Voedingsmiddelenanalyses van de Vakgroep Humane Voeding" is het cumulatieve alfabetische register van alle in voorgaande delen beschreven voedingsmiddelen. Van elk voedingsmiddel wordt aangegeven in welk deel en op welke bladzijde welke gegevens te vinden zijn.

De dank van de auteurs gaat uit naar allen die aan de totstandkoming van dit deel een bijdrage hebben geleverd.

Wageningen, oktober 1987

Martijn B. Katan



**AFKORTINGENLIJST**

A#	AARDAPPELEN	CHI#	CHICKEN
ABR#	ABRIKOOS	CHO#	CHOCOLA
ADV#	ADVOCAAT	COCK#	COCKTAIL
AH#	ALBERT HEYN	CON#	CONDENSED
AK#	AKWARIUS	CONF#	CONFEZIONALI
AN#	ANANAS	CONI#	CONIMEX
AND#	ANDIJVIE	CORN#	CORNETTI
AP#	APPELS	CR#	CREAM
APPELM#	APPELMOES	CRBL#	CROSS & BLACKWELL
AV#	AVITA	CUMBER#	CUMBERLAND
B#	BEUTELSBACHER	CUR#	CURED
BA#	BANAAN	D#	DUYVIS
BAN#	BANGUS	DA#	DAIRY
BART#	BARTLETT	DE#	DEVOS LEMMENS
BE#	BES	DEL#	DEL MONTE
BECHAM#	BECHAMEL	DESPR#	DE SPRANKEL
BEV#	BEVERAGE	DIEP#	DIEPVRIES
BIOL#	BIOLOGISCH	DIERL#	DIERLIJK
BISC#	BISCUITS, BISCOTTI	DIV#	DIVERSEN
BL#	BLOEMKOOL	DL#	DUITSLAND
BO#	BONEN	DOP#	DOPERWTEN
BOERENMET#	BOERENMETWORST	DRLK#	DIERLIJK
BOIL#	BOILED	DS#	DE SCHAAP
BOURGUIGN#	BOURGUIGNONNE	E#	EDEN
BR#	BRUINE	ENG#	ENGELS
BRA#	BRAMEN	ER#	ERWTEN
BUF#	BUFALO	EURO#	EUROMA
C#	CALVE	EV#	EVAPORATED
CA#	CALIFORNIA	EXE#	EXELSIOR
CAP#	CAPRA	F#	FAT
CB#	CROMBACH	FARC#	FARCITI
CH#	CHAMPIGNONS	FILL#	FILLED
CHAM#	CHAMPIGNONS	FINN#	FINNISH
CHE#	CHEESE	FOR#	FORMAGGIO





FR#	FRAMBOOS	KAL#	KALKOEN
FRE#	FRESCO; FRESH	K & K#	KANT EN KLAAR
FRI#	FRIED	KNOR#	KNORR
FV#	FEDERATIE VERDEELCENTRA	KOE#	KOEKJES
	VAN EKOLOGISCHE	L#	LEAN
	LEVENS MIDDELEN	LEM#	LEMAIRE
G#	GARDEN	LI#	LIMA
GA#	GAIAPOLIS	LOC#	LOCALLY
GB#	GEBONDEN	M#	MET
GBIO#	GEDEELTELIJK BIOLOGISCH	MA#	MAGGI
GDR#	GEDROOGD	MAC#	MACARONI
GEK#	GEKOOKT	MADRIL#	MADRILENA
GEL#	GELATI	MARG#	MARGARINE
GEM#	GEMENGD	MCC#	MC. CORMICK
GERSTEM#	GERSTEMOUT	ME#	MEAT
GESN#	GESNEDEN	MED#	MEDIUM
GEST#	GESTOOFD	ML#	MERKLOOS
GC#	GOLDEN GARDEN	MM#	MENGMONSTER
GH#	GHANA IAN	MN#	MANNA
GIR#	GIRON DINE	MND#	MAANDEN
GO#	GOAT	MO#	MORGENSTOND
GOT#	GO TAN	MT#	MAALTIJD
GOU#	GOUDAPPELTJE	N#	NATUFOOD
GR#	GROENTEN	NAP#	NAPOLETANO
GW#	GOLDEN WONDER	NIEU#	NIEUWE
H#	HELDER	NO#	NOOTZAAK
HAVL#	HAVERVLOKKEN	ON#	ONBEKEND
HELA#	HERMAN LASSE	P#	PERRIES
HENGSTEN#	HENGSTENBERG	PAK#	PAKJE
HO#	HORIZON	PANETT#	PANETTONI
HON#	HONING	PAPRIK#	PAPRIKA
HONG#	HONGAARS	PAS#	PASTRY
INP#	INPROBA	PF#	PHARMAFOOD
INST#	INSTANT	PH#	PHILIPPIJNS
IT#	ITALIAN	PL#	PLANTAARDIG
JONKF#	JONKER FRIS	PLAN#	PLANTAIN

POE#	POEDER	UNRI#	UNRIPE
PR#	PRUIMEN	UYT#	UYTTEWAAL
PREP#	PREPARED	V#	VAN
PRO#	PROSERPINA	V HO#	VAN HOUTEN
PROD#	PRODUKT	VA#	VETARA
PUDD#	PUDDING	VANI#	VANILLE
RA#	RAGOUT	VE#	VERSTEGEN
RIC#	RICOTTA	VELUC#	VELUCO
RIJ#	RIJST	VERK#	VERKADE
RO#	ROZEBOTTEL	VF#	VERDEELCENTRUM
ROA#	ROASTED		FERTILKIA/TINTESE
S#	SWEETENED	VG#	VERDEELCENTRUM
SA#	SAUS		DE GROENE LIJN
SAUS#	SAUSAGE	VK#	VOLKOREN
SCH#	SCHIL	VL#	VLEES
SCHNIT#	SCHNITZEL	VLOEIBA#	VLOEIBAAR
SH#	SHORT	VN#	VERDEELCENTRUM
SHERWO#	SHERWOODS		DE NIEUWE LELIE
SI#	SILVO	VO#	VOELKEL
SILV#	SILVO	VOED#	VOEDING
SIN#	SINAASAPPEL	VR#	VRUCHTEN
SMIK#	SMOKED	VRUCHTVL#	VRUCHTVLEES
SO#	SOEP	VT#	VERDEELCENTRUM TRIVLIA
SOTAN#	SOTANGHON	VWIJNG#	VAN WIJNGAARDEN
SPAGH#	SPAGHETTI	W#	WORST
SPEC#	SPECIAAL	WI#	WINSSENER
SPER#	SPERCIEBONEN	WILR#	WILL RAISA
SPIN#	SPINAZIE	WO#	WORTELEN
STA#	STAGIONATO	WW#	WITTE WONDER
STER#	STER BRAND	Y#	YAKSO
SUI#	SUINO	Z#	ZONDER
TAM#	TAMBAM	ZD#	ZUURDESEM
TAR#	TARWE	ZO#	ZONNATURA
TO#	TOESPIJS	ZONNEBL#	ZONNEBLOEM
TOM#	TOMATEN	ZZ#	ZEEZOUT
TUN#	TUNSOY		

ALFABETISCH REGISTER

Aardappelen

Pagina 1

e	d	v	k	a	v	p	v	t	c	p	N	K	C	M	A	D	Blz - Blz
n	r	i	e	o	s	e	e	r	h	l	a					D	
e	w	t	o		z	k	t	o								E	
r	s	i	l		e	t	z	v	l	s						R	
g	t	t	h		l	i	e		t							E	
i	o		y			n	t		e								
e	f		d			e	z		r								

Aardappelen																			
ongespec.																	6	25 - 26	
ongespec.																		7	25
ongespec.																		7	50 - 89
kriel																		6	39
nieuw																		1	139 -140
oud																		1	139 -140
Aardappelpanees																			
3-kant																		4	76 - 78
Aardappelpoeder																			
ongespec.																		7	20
Aardappelpuree																			
ongespec.																		7	55 - 70
Aardnoten																			
zie Pinda's																			
Abrikozen																			
ongespec.																		1	141
Adukibonen																			
ongespec.																		8	29 - 36
Advokaat																			
ongespec.																		1	11
Agardrank																			
zie Ph.drinks																			
Amandelen																			
ongespec.																		1	63
Amesake																			
ongespec.																		8	30 - 46
Amsterdamseuien																			
zie Uien																			
Ananas																			
blik																		1	141
Andijvie																			
ongespec.																		7	25
ongespec.																		6	39
ongespec.																		1	139 -140
ongespec.																		7	53 - 85
ongespec.																		6	26
a la creme																		7	51 - 86
a la creme																		6	39
diepvries																		1	140
Ansjoavis																			
zie Ghanaian fish																			
Appel																			
ongespec.																		7	25

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Appel

Pagina 2

	e	d	r	i	v	k	a	v	p	v	t	c	p	N	K	C	M	A	D	Blz	-	Blz
	n	r	w	t	o	s	e	e	e	r	h	l	a	a	g	N			D			
	r	s	i	l	e	t	z	v	l	s								E				
	g	t	t	h	l	i	e	t										R				
	i	o	y	n	t	e	r											E				
	e	f	d	e	z	e	r															
schil								+														
Appeldiksap																						
zie Sap																						
Appelen																						
klokhuis								+														
vruchtvl#+schil								+														
vruchtvl								+														
Appelmoes																						
blik								+														
Appelpulp																						
ongespec.								+														
Appelsap																						
zie Sap																						
Appelstroop																						
ongespec.																						
zie ook Stroop																						
Arame																						
zie Zeewier																						
Asperges																						
blik								+														
Atjar tjampoer																						
ongespec.																						
Augurken																						
zoetzuur								+														
zure								+														
zure								+														
Azukibonen																						
zie Aduki bonen																						
Baby desserts																						
fruitvoeding								+														
Babyflesvoeding																						
zie Melk																						
Babymeel																						
zie Babyvoeding																						
Babyvoeding																						
biol#3-6 maanden								+														
biol#6-12 mnd#								+														
biol#9-12 mnd#								+														
biol#babymeel								+														
biol#kindermeel								+														
biol#na 12 mnd#								+														
biol#rijstemeel								+														
diversen								+														
Bacon																						
ongespec.								+														

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ALFABETISCH REGISTER

Bacon

Pagina 3

	e	d	v	k	a	v	p	v	t	c	p	N	K	C	M	A	D	Blz	-	Blz
	n	r	i	e	o	s	e	e	r	h	l	a	a	g	N		E			
	e	w	t	o	z	k	t	o									l			
	r	s	i	l	e	t	z	v	l	s										
	g	t	t	h	l	i	n	e	t	e										
	i	o		y																
	e	f		d		e		z	r											
ongespec.				+				+									1	103	-	106
Bak en braadvet																	1	91	-	92
ongespec.								+												
Bak-en braadvet																	2	30		
dieet								+	+	+	+						2	30		
m. dierlijk vet								+	+	+	+						2	30		
Bakaardappeltje																				
zie Rosti																				
Bakbokking																				
ongespec.				+	+	+	+										7	6		
Bami goreng																				
ongespec.												+	+				1	133	-	136
Bamibal																				
ongespec.				+	+			+									1	69	-	76
Banaan																				
ongespec.												+					7	25		
zie ook Gh.roots&fruits																				
zie ook Ph.miscellaneous																				
Bananen																				
ongespec.				+		+		+	+								1	139	-	141
Barbequesaus																				
zie Saus																				
Becel																				
zie Margarine																				
Bessensap																				
zie Sap																				
Bier																				
ongespec.												+	+				1	135		
Bierworst																				
ongespec.								+									1	103	-	106
Bieten																				
rode				+				+	+								1	139	-	140
Bietensap																				
zie Sap																				
Bietenstroop																				
zie Stroop																				
Biffi worstjes																				
ongespec.								+									1	103	-	106
Biscuits																				
zie Gh.cereal prod.																				
zie ook It.cereal prod.																				
zie ook Koekjes																				
zie ook Ph.cereal prod.																				
zie ook Zoute biscuits																				

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 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Bitterballen

Pagina 4

e	d	e	v	k	a	v	p	v	t	c	p	N	K	C	M	A	D	Blz	-	Blz
n	r	i	e	o	s	e	e	r	h	l	a						N	e		
e	w	t	o	z	k	t	o										D	e		
r	s	i	l	e	t	z	v	l	s								E	l		
g	t	t	h	l	i	e	t	t	e								R			
i	o		y		n	t	e										E			
e	f		d		e	z	r													

Bitterballen																				
oven	+	+	+	+	+			+		+								4		82 - 83
Bitterkoekjes																				
zie Koekjes																				
Bladerdeegbakje																				
zie Pasteibakje																				
Bloedworst																				
zie Worst																				
Bloemkool																				
ongespec.	+					+	+											1		139 -140
ongespec.										+								7		25
Boerenkool																				
ongespec.														+	+			1		133 -136
Boerenmetworst																				
zie Worst																				
Bokking																				
gerookt				+					+									1		29 - 39
gestoomd				+					+									1		29 - 39
Bonen																				
bruin	+			+		+	+											1		140
wit	+			+		+	+											1		139 -140
zie ook Gh.legumes																				
Borrelnootjes																				
cocktail	+	+		+					+									1		50 - 60
gemengd	+	+		+					+									1		50 - 60
speciaal mix	+	+		+					+									1		50 - 60
Borrelworst																				
ongespec.						+			+									1		103 -106
Borstvoeding																				
zie Moedermelk																				
Boter																				
room												+						7		47
zie ook Roomboter																				
Boterhamworst																				
zie Worst																				
Boterkoek																				
zie Koek																				
Bouillon																				
kip	+	+	+	+						+		+	+					4		73
kip													+	+				1		134
runder	+	+	+	+						+		+	+					4		73
vlees													+	+				1		134
Braadworst																				
ongespec.						+			+									7		36

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## ALFABETISCH REGISTER

Brasem

Pagina 5

	e	d	e	v	k	a	v	p	v	t	c	p	N	K	C	M	A	D	Blz	-	Blz
n	r	i	e	o	s	e	e	r	h	l	a	a	g	N				D			
e	w	t	o	z	k	t	o	l	s									E			
r	s	i	l	e	t	z	v	l	s									R			
g	t	t	h	l	i	e	t	e	r									E			
i	o		y	n	t	e	r														
e	f		d	e	z	r															

## Brasem

zie Ghanaian fish

## Broccoli

ongespec.

+ + + + + + + + 7 59 - 89

## Brood

biol#lem#zd#

+ + + + + + + + + + 8 27 - 34

biol#vk#gist

+ + + + + + + + + + 8 27 - 34

biol#vk#zd#

+ + + + + + + + + + 8 27 - 34

volkoren

+ 7 25

volkoren

+ + 1 139 -142

wit

+ 1 142

zie ook Gh.cereal prod.

zie ook It.cereal prod.

zie ook Ph.cereal prod.

## Bruine bonen

ongespec.

+ + 1 133 -136

## Brussels lof

zie Witlof

## Cacaopoeder

ongespec.

+ + + 1 142

## Cake

becel

+ + + + 1 114 -117

gemengd

+ + + + 7 9

kleine

+ + + + 7 9

roomboter

+ + + + 1 114 -117

zie ook It.cereal prod.

## Caseinaat

ongespec.

+ + + + 7 32 - 35

## Cashewnoten

ongespec.

+ + 1 63

## Cassave

zie Gh.roots&amp;fruits

## Casselerrib

ongespec.

+ + + 7 28 - 29

ongespec.

+ + + + 6 67 - 68

ongespec.

+ + + + 7 41 - 42

## Cervelaatworst

zie Worst

## Chapatie

appel bramen

+ + + + + + + 4 28 - 30

rundvlees

+ + + + + + + 4 29 - 30

## Chips

chipsfrisch dl#

+ + 1 118

naturel

+ + + 1 49 - 60

paprika

+ + + 1 49 - 60

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ALFABETISCH REGISTER

Chips

Pagina 6

|                          | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |     |     |          |
|--------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|-----|-----|----------|
|                          | n | r | i | e | o | s | e | e | r | h | l | a |   |   | a | g | N | D |     |   |     |     |     |          |
|                          | e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   | E | E |     |   |     |     |     |          |
|                          | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | R |   |     |   |     |     |     |          |
|                          | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   | E |   |     |   |     |     |     |          |
|                          | i | o |   | y | n | t | e |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
|                          | e | f |   | d | e | z | r |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| xox (duits)              |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   | 1   | 118 |     |          |
| xox rot (duits)          |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     | 1   | 118 |          |
| zie ook It.miscellaneous |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| Chocolade                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| bitter                   |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     | 1   | 142 |          |
| melk                     |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     | 1   | 142 |          |
| Chocoladedrank           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     | +   | 7   | 30       |
| Chutney                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| mango                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 6   | 36       |
| Cola                     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 1   | 135      |
| Corca's                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 1   | 49 - 61  |
| Cordon bleu              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 7   | 52 - 82  |
| Corned beef              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 1   | 103 -106 |
| ongespec.                |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 6   | 67 - 69  |
| ongespec.                |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 7   | 41 - 42  |
| Crackers                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| cream crackers           |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 1   | 114 -117 |
| Custard                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 7   | 8        |
| Daikon(wortel)           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| biologisch               |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 8   | 31 - 38  |
| Dieetmargarine           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| zie Margarine            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| Dieetolie                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| zie Olie                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| Dieetzout                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| zie Zout                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| Diepvrieskip             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| zie Kip                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| Diepvriesmaalt.          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| a.gr.vlees               |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 4   | 101 -107 |
| Diepvriesmld             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| a#gr#vl#                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 1   | 133 -136 |
| Dip snek                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 1   | 50 - 61  |
| Dipsaus                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| zie Saus                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| Doperwten                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |     |          |
| ongespec.                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     | 1   | 133 -136 |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
 ANDERE=diverse vitamines, mineralen en aminozuren.



ALFABETISCH REGISTER

Dressing

Pagina 7

| e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   |           |
| e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   |           |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |           |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |           |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |           |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |           |

|                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
|-------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----------|
| Dressing          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| ongespec.         | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 7 | 37       |
| becel             |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 7 | 47 - 48  |
| Droge soep        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| zie Soep          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| Druiven           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| blauw met schil   | + |   |   |   |   |   | + | + |   |   |   |   |   |   |   | 1 | 139 -141 |
| blauw z#schil     | + |   |   |   |   |   | + | + |   |   |   |   |   |   |   | 1 | 139 -141 |
| wit met schil     | + |   |   |   |   |   | + | + |   |   |   |   |   |   |   | 1 | 139 -141 |
| wit z#schil       | + |   |   |   |   |   | + | + |   |   |   |   |   |   |   | 1 | 139 -141 |
| Eend              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| wild              |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   | 1 | 10       |
| Ei                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| kip               |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   | 1 | 8        |
| Ei,eend           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| zie Ph.meat&eggs  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| Eidooier          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| kip               | + | + | + |   | + |   | + | + |   |   |   |   |   |   |   | 7 | 39 - 40  |
| kip               |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   | 1 | 8        |
| kip               |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 7 | 36       |
| Eieren            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| kippe             |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   | 7 | 47       |
| kippe             | + |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 7 | 44       |
| Eipoeder          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| ongespec.         | + | + | + | + |   | + |   |   |   |   |   |   |   |   |   | 7 | 21       |
| Enterale voed#    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| ongespec.         | + | + | + | + | + | + |   | + | + | + | + | + | + | + | + | 7 | 11       |
| Erwten            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| groen             | + |   |   | + |   | + | + | + |   |   |   |   |   |   |   | 1 | 140      |
| zie ook Doperwten |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| Filet americain   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| bestraald         |   |   |   |   |   |   |   |   |   |   |   | + |   |   |   | 6 | 40       |
| onbetaald         |   |   |   |   |   |   |   |   |   |   |   | + |   |   |   | 6 | 40       |
| Finn.dairyprod.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| cheese,edam       | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| cheese,emmental   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| ice cream         | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| Finn.meat         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |          |
| balkamin          | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| cooked me#saus#   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| dry sausage       | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| hot dog           | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| laurentai         | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| lenkki            | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |
| maksamakkara      | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 | 13 - 20  |

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tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Finn.oils&amp;fats

Pagina 8

|                        | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | -   | Blz |     |
|------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|-----|-----|-----|
|                        | n | r | i | e | o | s | e | e | e | r | h | l | a |   |   |   |   | e |     |     |     |     |
|                        | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | r |   |     |     | 1   |     |
|                        | g | t | t | h | l | i | n | t | e | r |   |   |   |   |   |   | i |   |     |     |     |     |
|                        | e | f |   | d | e | e | z | r |   |   |   |   |   |   |   |   | e |   |     |     |     |     |
| Finn.oils&fats         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| margarine pl#          |   | + | + | + |   |   |   | + |   | + |   |   |   |   |   |   |   | 3 |     | 13  | -   | 20  |
| Fricandea              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.              |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 41  | -   | 42  |
| ongespec.              |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 7 |     | 36  |     |     |
| Fricandel              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.              |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     | 71  |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 |     | 135 |     |     |
| ongespec.              |   | + | + | + |   |   |   | + |   | + |   |   |   |   |   |   |   | 1 |     | 69  | -   | 76  |
| magere                 |   | + | + | + | + | + |   | + |   | + |   |   | + | + |   |   |   | 4 |     | 42  | -   | 44  |
| spec#met saus          |   | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |     | 70  | -   | 77  |
| speciaal               |   | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |     | 69  | -   | 76  |
| Frisdranken            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 |     | 135 |     |     |
| Frites                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| 123frites              |   | + |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 4 |     | 1   |     |     |
| zie ook Patates frites |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| Frites flips           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.              |   | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |     | 49  | -   | 61  |
| Frites saus            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| zie Saus               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| Frites sticks          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| naturel                |   | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |     | 49  | -   | 60  |
| paprika                |   | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |     | 49  | -   | 60  |
| Fritessa               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| zie Saus               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| Frituurolie            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| zie Olie               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| Frituurvet             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   | 1 |     | 91  | -   | 92  |
| dierlijk vet           |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   |   |   | 2 |     | 30  |     |     |
| half vloeibaar         |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   | 7 |     | 15  | -   | 16  |
| zuiver plant.          |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   |   |   | 2 |     | 30  |     |     |
| Fruitcocktail          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| zie Vruchtensla        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| Garnalen               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| gekookt                |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   | 1 |     | 11  |     |     |
| Gebak                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| appelcarre             |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 9   |     |     |
| banketstaaf            |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 9   |     |     |
| creme                  |   | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |     | 114 | -   | 117 |
| kwarktaart             |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 9   |     |     |
| slagroom               |   | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |     | 114 | -   | 117 |
| soezen                 |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 9   |     |     |
| vlaai                  |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 9   |     |     |

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ALFABETISCH REGISTER

Gebak

Pagina 9

|                        | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
|                        | n | r | i | e | o | s | e | e | r | h | l | a |   | a | g | N | E |     |   |     |
|                        | e | w | t | o | z | e | t | z | v | l | s |   |   |   |   |   | D |     |   |     |
|                        | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | E |     |   |     |
|                        | g | t | t | h | l | i | n | t | e |   |   |   |   |   |   |   | R |     |   |     |
|                        | i | o |   | y |   |   |   |   |   |   |   |   |   |   |   |   | E |     |   |     |
|                        | e | f |   | d |   | e |   | z | r |   |   |   |   |   |   |   |   |     |   |     |
| vruchten               | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 114 | - | 117 |
| vruchtenvlaai          | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 114 | - | 117 |
| zandtaartjes           | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     |   | 9   |
| <b>Gebraden gehakt</b> |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.              |   | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 4 | 46  | - | 47  |
| ongespec.              |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 41  | - | 42  |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 61  | - | 63  |
| ongespec.              |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 7 |     |   | 36  |
| ongespec.              |   | + |   | + |   |   |   |   |   |   |   | + |   |   |   |   | 6 | 57  | - | 58  |
| kalfs                  |   | + |   | + |   |   |   |   |   |   |   | + | + |   |   |   | 6 |     |   | 69  |
| <b>Gehakt</b>          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.              | + | + | + | + | + | + |   | + |   |   |   | + | + |   |   |   | 7 | 50  | - | 80  |
| eet                    | + | + | + | + | + | + |   | + |   | + |   | + | + |   |   |   | 4 | 65  | - | 66  |
| runder                 |   |   |   |   |   | + |   | + |   |   |   |   |   |   |   |   | 1 | 99  | - | 102 |
| runder                 |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     |   | 43  |
| runder                 |   |   |   |   |   | + |   | + |   |   |   |   |   |   |   |   | 7 |     |   | 36  |
| runder/varkens         |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 99  | - | 102 |
| Gehakt met soja        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Gehakt             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie ook Gehakt+culimix |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| <b>Gehakt+culimix</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| runder                 | + | + | + | + | + | + |   | + |   | + |   | + | + |   |   |   | 4 | 84  | - | 85  |
| runder/varken          | + | + | + | + | + | + |   | + |   | + |   | + | + |   |   |   | 4 | 84  | - | 85  |
| <b>Gehaktbal</b>       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| snackbar               | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 69  | - | 76  |
| <b>Gehaktballen</b>    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.              | + | + | + | + | + | + |   | + |   | + |   | + | + |   |   |   | 4 | 21  | - | 26  |
| ongespec.              |   | + |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 |     |   | 39  |
| zie ook Lunchballen    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| <b>Gehaktballetjes</b> |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Soepballetjes      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| <b>Geitekaas</b>       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Kaas               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| <b>Gelderse schijf</b> |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.              |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 99  | - | 102 |
| <b>Gepaneerde vis</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Visfilet           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie ook Visschnitzel   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie ook Visstick       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| <b>Gerstem#stroop</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Stroop             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| <b>Gerstepap</b>       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Pap                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| <b>Gerstmiso</b>       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Miso               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Gh.cereal prod.

Pagina 10

|                  | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz     |
|------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|---------|
|                  | n | r | i | e | o | s | e | e | r | h | l | a | a | g | N | D | e |     |   |         |
|                  | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   | E | l |     |   |         |
|                  | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   | R |   |     |   |         |
|                  | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   | E |   |     |   |         |
|                  | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |     |   |         |
| Gh.cereal prod.  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| akassa, koko     | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| akpler           | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| banku            | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| biscuits         | + | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| kenkey, fante    | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| kenkey, ga       | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| rice, cooked     | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| rice, raw        | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| togbei3          | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| wheat bread      | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| Gh.dairy prod.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| milk nestle      | + | + | + | + |   |   |   |   | + |   | + |   |   |   |   |   | 3 |     |   | 10 - 15 |
| Gh.legumes       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| beans5           | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| Gh.miscellaneous |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| milk candy       | + | + | + | + |   |   |   |   |   |   | + |   |   |   |   |   | 3 |     |   | 10 - 15 |
| sugar cane       | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| toffee           | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| Gh.nuts&seeds    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| coconut flesh    | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| coconut milk     | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| groundnuts,roa#  | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| Gh.oils&fats     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| coconut oil      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| margarine drlk   | + |   |   |   |   |   |   |   | + |   | + | + |   |   |   |   | 3 |     |   | 10 - 15 |
| palm kernel oil  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| palm oil         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| Gh.roots&fruits  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| banana           | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| cassave balls    | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| cassave, boiled  | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| cassave, raw     | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| cocoyam, boiled  | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| cocoyam,porridg  | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| cocoyam4         | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| gari             | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9       |
| kokoute          | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| plan#, roasted   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| plan#balls,ripe  | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| plan#ripe boil#  | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| plan#unri#boil#  | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| plantain, fufu   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| plantain, ripe3  | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| plantain, ripe4  | + | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |

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## ALFABETISCH REGISTER

Gh.roots&amp;fruits

Pagina 11

|                  | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz     |
|------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|---------|
|                  | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   |     |   |         |
|                  | e | w | t | o | z | k | t | v | o |   |   |   |   |   |   |   |   |     |   |         |
|                  | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |     |   |         |
|                  | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |     |   |         |
|                  | i | o |   | y | n | t | e |   |   |   |   |   |   |   |   |   |   |     |   |         |
|                  | e | f |   | d | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |         |
| yake yake        | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| yam, boiled      | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| yam, raw         | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| yam3             | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| Ghanaian fish    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| anchovy, smoked  | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| anchovy, sundrie | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| crab             | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| fishmix          | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| fishmix, smoked  | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| herring, smoked  | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| mackerel, smoked | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| mackerel, tom#   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| sardines, canned | + | + | + |   |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| sardines, fried3 | + | + | + |   |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| sardines, smoked | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| seabream, smoked | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| tilapia, salted  | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| tilapia3,4       | + | + | + |   |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| triggerfish      | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| tuna, smoked     | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| Ghanaian meat    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| cowhide          | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| snails           | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| Ghanaian sauces  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| gravy3,4,5       | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| palaver sauce    | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| Ghanaian soups   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| groundnut soup   | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| light soup       | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 |     |   | 9       |
| okro soup        | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| okro soup 5      | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| palm soup        | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 9 - 15  |
| Ghanaian stews   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| agushie stew     | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| bean stew        | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| garden egg stew  | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| nkontomire stew  | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| okro&g#egg stew  | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| pie              | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| rice and beans   | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| rice and stew    | + | + | + | + |   |   | + | + | + |   |   |   |   |   |   |   | 3 |     |   | 10 - 15 |
| Gierstepap       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |
| zie Pap          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |         |

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ALFABETISCH REGISTER

Gomasio

Pagina 12

|                 | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | -   | Blz   |
|-----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|-----|-------|
|                 | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   | e |     |     |       |
|                 | e | w | t | o | z | k | t | v | l | s |   |   |   |   |   |   | e |     |     |       |
|                 | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | l |     |     |       |
|                 | g | t | t | h | l | i | n | t | e | r |   |   |   |   |   |   |   |     |     |       |
|                 | i | o |   | y | d | e | z |   |   |   |   |   |   |   |   |   |   |     |     |       |
|                 | e | f |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| Gomasio         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| ongespec.       |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 |     | 38  |       |
| Gortepap        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| zie Pap         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| Goulash         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| hongaar         |   |   | + | + |   |   |   | + |   | + | + | + | + |   |   |   | 4 |     | 9   | - 11  |
| runder          |   |   | + | + |   |   |   | + |   | + | + | + | + |   |   |   | 4 |     | 9   | - 11  |
| Grapefruit      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| ongespec.       |   |   | + |   |   |   |   | + | + |   |   |   |   |   |   |   | 1 |     | 139 | - 141 |
| Groente         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| mexicaanse      |   |   | + | + | + | + | + | + |   |   |   |   |   | + | + |   | 7 |     | 52  | - 82  |
| Hachee          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| ongespec.       |   |   | + | + |   |   |   | + |   | + | + | + | + |   |   |   | 4 |     | 9   | - 11  |
| runder          |   |   | + | + |   |   |   | + |   | + | + | + | + |   |   |   | 4 |     | 9   | - 11  |
| vlaamse         |   |   | + | + |   |   |   | + |   | + | + | + | + |   |   |   | 4 |     | 9   | - 11  |
| Halvarine       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| ongespec.       |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 89  | - 90  |
| ongespec.       |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 1 |     | 135 |       |
| dieet           |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   |   | 2 |     | 29  |       |
| m. dierlijk vet |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   |   | 2 |     | 29  |       |
| zuiver plant.   |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   |   | 2 |     | 29  |       |
| Halvidel        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| ongespec.       |   |   | + |   |   |   |   |   |   |   |   |   |   | + | + |   | 4 |     | 45  |       |
| Ham             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| achter          |   |   |   | + |   |   |   |   |   |   |   |   |   | + | + |   | 6 |     | 61  | - 64  |
| achter          |   |   | + | + |   |   |   |   |   |   |   |   |   | + |   |   | 6 |     | 43  | - 44  |
| gekookt         |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   | 1 |     | 9   |       |
| gekookt         |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 103 | - 106 |
| gekookte        |   |   | + | + |   |   |   | + |   |   |   |   |   |   |   |   | 7 |     | 28  | - 29  |
| rauw            |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 103 | - 106 |
| rauwe           |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 41  | - 42  |
| rauwe           |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 7 |     | 36  |       |
| rauwe           |   |   | + | + |   |   |   |   |   |   |   |   |   | + | + |   | 6 |     | 67  | - 68  |
| schouder        |   |   | + | + |   |   |   |   |   |   |   |   |   | + |   |   | 6 |     | 41  | - 42  |
| schouder        |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 41  | - 42  |
| schouder        |   |   |   | + |   |   |   |   |   |   |   |   |   | + | + |   | 6 |     | 61  | - 64  |
| Hamburger       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |       |
| ongespec.       |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 99  | - 102 |
| ongespec.       |   |   | + | + | + | + | + | + |   | + |   |   |   | + | + |   | 4 |     | 33  | - 37  |
| ongespec.       |   |   | + | + | + | + | + | + |   |   |   |   |   | + | + |   | 7 |     | 57  | - 87  |
| ongespec.       |   |   | + | + | + | + | + | + |   | + |   |   |   | + | + |   | 4 |     | 38  | - 39  |
| eetburger       |   |   | + | + | + | + | + | + |   | + |   |   |   | + | + |   | 4 |     | 65  | - 66  |
| mager           |   |   | + | + | + | + | + | + |   | + |   |   |   | + | + |   | 4 |     | 33  | - 37  |
| met brood en ui |   |   | + | + | + | + | + | + |   |   |   |   |   | + | + |   | 4 |     | 38  | - 39  |
| met groenten    |   |   | + | + | + | + | + | + |   | + |   |   |   | + | + |   | 4 |     | 33  | - 37  |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Hamburger

Pagina 13

|                          | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | -   | Blz |    |
|--------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|-----|-----|----|
|                          | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   |     |     |     |    |
|                          | e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   |     |     |     |    |
|                          | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |     |     |     |    |
|                          | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |     |     |     |    |
|                          | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |     |     |     |    |
|                          | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |     |     |     |    |
| ongepaneerd              |   | + | + | + | + |   |   | + |   | + |   |   |   |   |   |   | 4 |     | 33  | -   | 37 |
| Hamburger+soja           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Hamburger            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Hammen                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Varkensvlees         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Haring                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| blik tom#saus            |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 1 |     | 134 |     |    |
| diverse sausen           |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 30  | -   | 40 |
| panharing                |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 29  | -   | 39 |
| rolmops                  |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 30  | -   | 40 |
| zoute                    |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   | 1 |     | 10  |     |    |
| zoute                    |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 29  | -   | 39 |
| zure                     |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 4 |     | 5   |     |    |
| zie ook Ghanaian fish    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Haring+vulling           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Rolmops              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Haringfilet              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| blik cockt#saus          |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 1 |     | 134 |     |    |
| Havermoutpap             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Pap                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Haverpap                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Pap                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Havervlokken             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| ongespec.                |   |   |   | + | + | + | + |   |   |   |   |   |   |   |   |   | 7 |     | 9   |     |    |
| Havervlokkenpap          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Pap                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Hazelnoten               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| ongespec.                |   |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 63  |     |    |
| Hiziki                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Zeewier              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Hollandse nieu#          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Haring               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Hom                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| haring(rauw)             |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   | 1 |     | 11  |     |    |
| Ijs                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie Finn.dairyprod.      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie ook It.dairy prod.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zie ook It.miscellaneous |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| Instantstampot           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| zuur+boerenkool          |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 1 |     | 133 |     |    |
| It.cereal prod.          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |    |
| biscotti farc#a          |   |   |   | + | + | + | + |   | + |   |   |   |   |   |   |   | 3 |     | 12  | -   | 19 |
| biscotti farc#b          |   |   |   | + | + | + | + |   | + |   | + |   |   |   |   |   | 3 |     | 12  | -   | 19 |
| biscotti farc#c          |   |   |   | + | + | + | + |   | + |   |   |   |   |   |   |   | 3 |     | 12  | -   | 19 |
| biscotti farc#d          |   |   |   | + | + | + | + |   | + |   |   |   |   |   |   |   | 3 |     | 12  | -   | 19 |

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tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
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## ALFABETISCH REGISTER

It.cereal prod.

Pagina 14

|                  | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
|                  | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   | D |     |   |     |
|                  | e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   | E |     |   |     |
|                  | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | 1 |     |   |     |
|                  | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   | R |     |   |     |
|                  | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   | E |     |   |     |
|                  | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |     |   |     |
| colomba-panett#  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| deliziosa        | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| diplomatici      | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| pane biscotti    | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| pesca            | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| sfogliatella     | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| tartufi          | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| tea pas#amareti  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| tea&sh#pas#cho#  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| tea&short pas#   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| It.dairy prod.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| for#di cap#frc#  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| for#di cap#sta#  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| gel#conf#bisc#   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| gel#conf#corn#   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| ice cream mix    | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| latte di capra   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| mozzarella       | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| mozzarella buf#  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| ric#fre#che#cow  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| ric#fre#che#go#  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| sofficini,fried  | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| zuppa inglese    | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| It.meat worst    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| mortadella sui#  | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| salame nap#      | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| salsiccia secca  | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| salsicia fresca  | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| sanguinaccio     | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| soppressata      | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| It.miscellaneous |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ice cream loc#   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| patatine         | + | + | + | + |   |   |   | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| It.oils&fats     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| olive oil        |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| It.sauces        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| gran ragu        | + | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 | 12  | - | 19  |
| Jam              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| aardbeien        | + |   |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 | 142 |   |     |
| abrikozen        | + |   |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 | 142 |   |     |
| Jus              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.        | + | + |   | + |   |   |   | + |   |   |   | + | + |   |   |   | 7 | 50  | - | 89  |
| gehaktbaljus     | + |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 39  |   |     |
| korrels          |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 36  |   |     |
| smeltjus         |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 36  |   |     |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
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ALFABETISCH REGISTER

Jusblokjes

Pagina 15

| e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
| n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   | e |     |   |     |
| e | w | t | o | z | k | t |   | o |   |   |   |   |   |   |   |   | e |     |   |     |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   | l |     |   |     |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |     |   |     |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |     |   |     |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |     |

Jusblokjes

|                         |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
|-------------------------|--|---|---|---|---|---|--|--|---|---|--|---|---|---|--|---|---|--|-----------|
| plantaardig             |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   | 6 |  | 39        |
| Juspoeder               |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   | 6 |  | 39        |
| vlees                   |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   | 6 |  | 39        |
| K&k diner               |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| zie Diepvriesmaalt.     |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| K&k mltd                |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| zie Babyvoeding         |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| zie ook Kleutervoeding  |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| Kaas                    |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| 20+                     |  | + | + |   |   |   |  |  |   |   |  |   |   |   |  |   | 7 |  | 28 - 29   |
| 40+                     |  | + | + |   |   |   |  |  |   |   |  |   |   |   |  |   | 7 |  | 45        |
| 40+                     |  |   | + |   |   |   |  |  |   |   |  |   |   |   |  |   | 7 |  | 33        |
| 48+                     |  | + | + |   |   |   |  |  |   |   |  |   |   |   |  |   | 7 |  | 45        |
| boursin                 |  |   |   |   |   |   |  |  |   |   |  |   | + | + |  |   | 1 |  | 134       |
| brie                    |  |   |   |   |   |   |  |  |   |   |  |   | + | + |  |   | 1 |  | 134       |
| camembert               |  |   |   |   |   |   |  |  |   |   |  |   | + | + |  |   | 1 |  | 134       |
| edammer 40+             |  |   |   |   |   |   |  |  |   |   |  | + |   |   |  |   | 1 |  | 8         |
| emmenthaler             |  |   |   |   |   |   |  |  |   |   |  |   | + | + |  |   | 1 |  | 134       |
| frischkase              |  |   |   |   |   |   |  |  |   |   |  |   | + | + |  |   | 1 |  | 134       |
| geite                   |  | + | + | + | + |   |  |  |   |   |  |   | + | + |  | + | + |  | 8 31 - 46 |
| goudse volvet           |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   | 1 |  | 8         |
| goudse volvet           |  | + | + |   |   |   |  |  | + | + |  |   |   |   |  |   | 7 |  | 47 - 48   |
| leidse 20+              |  |   |   |   |   |   |  |  |   | + |  |   |   |   |  |   | 1 |  | 8         |
| smeer                   |  | + | + |   |   |   |  |  | + |   |  |   |   |   |  |   | 7 |  | 28 - 29   |
| volvet                  |  | + | + |   |   |   |  |  | + |   |  |   |   |   |  |   | 7 |  | 28 - 29   |
| volvet                  |  |   |   | + |   |   |  |  | + |   |  |   |   |   |  |   | 7 |  | 36        |
| zie ook Finn.dairyprod. |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| zie ook It.dairy prod.  |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| Kaas,geit               |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| zie It.dairy prod.      |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| Kaasdomino's            |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| ongespec.               |  | + | + | + |   |   |  |  | + |   |  |   |   |   |  |   | 1 |  | 49 - 61   |
| Kaasflips               |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| ongespec.               |  | + | + | + |   |   |  |  | + |   |  |   |   |   |  |   | 1 |  | 49 - 61   |
| Kaaskoekjes             |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| gevulde                 |  |   |   |   |   |   |  |  |   |   |  |   | + | + |  |   | 1 |  | 135       |
| Kaassoufflees           |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| ongespec.               |  | + | + | + | + | + |  |  | + | + |  | + | + |   |  |   | 4 |  | 86 - 90   |
| Kabeljauw               |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| moot                    |  | + | + | + | + |   |  |  |   |   |  |   |   |   |  |   | 7 |  | 6         |
| rauw                    |  |   |   |   |   |   |  |  |   |   |  |   | + |   |  |   | 1 |  | 11        |
| sticks-diep#            |  |   |   |   |   |   |  |  |   |   |  | + |   |   |  |   | 1 |  | 11        |
| Kalfslever              |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |
| zie Lever               |  |   |   |   |   |   |  |  |   |   |  |   |   |   |  |   |   |  |           |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
ANDERE=diverse vitamines, mineralen en aminozuren.



## ALFABETISCH REGISTER

Kip

Pagina 17

|                         | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |
|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
|                         | n | r | i | e | o | s | e | e | r | h | l | a | a | g | N | D | E |           |
|                         | e | w | t | o | l | z | k | t | v | l | s |   |   |   |   |   |   |           |
|                         | r | s | i | l | l | e | t | z | v | l | s |   |   |   |   |   |   |           |
|                         | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |           |
|                         | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |           |
|                         | e | f |   | d |   | e | z | e |   |   |   |   |   |   |   |   |   |           |
| diepvries               |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 99 -102   |
| vers                    |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   | 4 | 3 - 4     |
| vers                    |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 99 -102   |
| Kippelever              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Lever               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Kippevlees              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Ph.meat&eggs        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Kleutervoeding          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| diversen                |   |   |   | + |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 132       |
| papvoeding              |   |   |   | + |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 130       |
| Knakworst               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.               |   |   |   | + |   | + |   |   |   |   |   |   | + |   |   |   | 6 | 59 - 62   |
| ongespec.               |   |   |   |   |   | + |   |   | + |   |   |   |   |   |   |   | 1 | 103 -106  |
| Koek                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| boter                   |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   | 7 | 9         |
| gevulde                 |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| groningr koek           |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| haver                   |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   | 7 | 9         |
| kokosmakronen           |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| prince fourre           |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| sprits                  |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| Koeken                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| groot                   |   |   |   | + |   | + |   |   |   |   |   | + |   |   |   |   | 7 | 46        |
| Koekjes                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| allerhande              |   |   |   | + |   | + |   |   |   |   |   |   |   |   |   |   | 7 | 46        |
| allerhande              |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| allerhande              |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 7 | 47 - 48   |
| bitterkoekjes           |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| cafe noir               |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| diverse                 |   |   | + | + | + |   |   |   | + |   | + |   |   |   |   |   | 7 | 37        |
| diverse                 |   |   | + | + | + | + |   |   | + |   | + |   |   |   |   |   | 7 | 36 - 38   |
| frou-frou               |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| goudgraantjes           |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| maria biscuits          |   |   | + | + | + | + | + | + |   |   |   |   |   |   |   |   | 7 | 21        |
| maria biscuits          |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| mokka sticks            |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| parein choco-as         |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| roggebiscuit            |   |   | + |   |   |   |   | + | + |   |   |   |   |   |   |   | 7 | 20        |
| speculaasjes            |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| sultana's               |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| tarwe biscuit           |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 1 | 135       |
| tarwe biscuit           |   | + | + | + |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 114 -117  |
| zie ook It.cereal prod. |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Koffiecreamer           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.               |   |   |   | + |   | + |   |   | + |   |   |   |   |   |   |   | 4 | 67        |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Koffiemelk

Pagina 18

| e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
| n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   |     |   |     |
| e | w | t | o |   | z | k | t | o |   |   |   |   |   |   |   |   |     |   |     |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |     |   |     |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |     |   |     |
| i | o |   | y | n | t | e |   |   |   |   |   |   |   |   |   |   |     |   |     |
| e | f |   | d | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |     |

|                    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
|--------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|-----|
| Koffiemelk         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Gh.dairy prod. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Koffiewitmaker     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Koffiecreamer  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kokosmelk          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Ph.nuts&seeds  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kokosnoot          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Gh.nuts&seeds  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kombu              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Zeewier        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Komkommer          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| ongespec.          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 7 |  | 25  |
| ongespec.          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  | 140 |
| Konijn             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| tam                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| wild               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kool               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| chinese            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| groene             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| rode               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| rode               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| savooie+saus       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| witte              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| witte+saus         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Koolvis            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| schnittel-diep#    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Krab               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Ghanaian fish  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Krenten            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| ongespec.          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kroepoek           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| ongespec.          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kroket             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| ongespec.          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| ongespec.          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| ongespec.          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| oven               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kropsla            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Sla            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kroten             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| zie Bieten         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| Kruiden            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| bami               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| barbecue           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |
| chilipoeder        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |     |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Kruiden

Pagina 19

| e | d | e | v | k | a | v | p | v | t | c | N | K | C | M | A | D | Blz - Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| n | r | i | e | o | s | e | e | r | h | l | a | a | g | N | D | e |           |
| e | w | t | o | z | k | t | o | l | s |   |   |   |   |   | E | l |           |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   | R |   |           |
| g | t | t | h | l | i | e | t | e | r |   |   |   |   |   | E |   |           |
| i | o |   | y |   | n | t | e | r |   |   |   |   |   |   |   |   |           |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |           |

|                 |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
|-----------------|--|--|--|---|---|---|---|---|---|---|--|--|--|--|--|--|---|----------|
| gehakt          |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 27       |
| goulash         |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 28       |
| hachee          |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 28       |
| kerrievoeder    |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 29       |
| kip             |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 28       |
| knoflookvoeder  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 29       |
| knoflookzout    |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 29       |
| macaroni        |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 28       |
| nasi            |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 31       |
| selderiezout    |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 30       |
| shoarma         |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 27       |
| spagh#macaroni  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 28       |
| spaghetti       |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 28       |
| uipoeder        |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 29       |
| vis             |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 27       |
| vlees           |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 27       |
| Kruidenbultje   |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| kippe           |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 29       |
| vlees           |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 6 | 29       |
| Kuit            |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| haring(rauw)    |  |  |  |   |   |   |   |   | + |   |  |  |  |  |  |  | 1 | 11       |
| Kwark           |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| mager naturel   |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 8        |
| Lamsvlees       |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| ongespec.       |  |  |  | + |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 99 -102  |
| ongespec.       |  |  |  |   |   |   |   |   |   | + |  |  |  |  |  |  | 1 | 9        |
| ongespec.       |  |  |  | + | + | + | + |   |   |   |  |  |  |  |  |  | 7 | 50 - 80  |
| Lekkerbekjes    |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| ongespec.       |  |  |  | + | + | + | + |   |   |   |  |  |  |  |  |  | 7 | 6        |
| Lemairebroodzd# |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| zie Brood       |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| Lever           |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| ongespec.       |  |  |  | + | + |   |   |   |   |   |  |  |  |  |  |  | 6 | 67 - 68  |
| kalfs           |  |  |  |   |   |   |   |   |   | + |  |  |  |  |  |  | 1 | 9        |
| kip             |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 10       |
| kippe           |  |  |  | + | + | + | + | + | + |   |  |  |  |  |  |  | 7 | 57 - 87  |
| runder          |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 9        |
| runder          |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 100 -102 |
| varken          |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 100 -102 |
| varkens         |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 9        |
| Leverkaas       |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| ongespec.       |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 103 -106 |
| Leverpastei     |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |          |
| ongespec.       |  |  |  | + | + |   |   |   |   |   |  |  |  |  |  |  | 7 | 41 - 42  |
| ongespec.       |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  | 1 | 103 -106 |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Leverpastei

Pagina 20

|                     | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz       |
|---------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----------|
|                     | n | r | i | e | o | s | e | e | e | r | h | l | a |   |   |   |   | D |     |   |           |
|                     | r | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   | E |     |   |           |
|                     | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |   | E |     |   |           |
|                     | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   | R |     |   |           |
|                     | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   | E |     |   |           |
|                     | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   | 1 |     |   | 10        |
| Leverworst          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| berliner            |   |   |   |   | + |   |   |   |   | + |   |   |   |   |   |   |   |   |     |   | 103 -106  |
| berliner            |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   |     |   | 10        |
| haagse              |   |   |   |   | + |   |   |   |   | + |   |   |   |   |   |   |   |   |     |   | 103 -106  |
| saksische           |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   | 6 55 - 56 |
| saksische           |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   | 63 - 64   |
| saksische           |   |   |   |   | + |   |   |   |   | + |   |   |   |   |   |   |   |   |     |   | 103 -106  |
| Liga                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| zie Kinderkoek      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Limonade            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| vruchten            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Linzen              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   | + |   | + |   |   | + |   |   |   |   |   |   |   |   |     |   |           |
| groene,biol#        |   |   |   |   | + | + | + |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Loempia             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Lunchballen         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Maaltijd            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| schooljongens       |   |   |   |   | + | + | + | + |   | + |   |   |   |   |   |   |   |   |     |   |           |
| Maaltijdsoep        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| zie Soep            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Macademiapulp       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   | + | + | + | + |   | + |   |   |   |   |   |   |   |   |     |   |           |
| Macaroni            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ham kaas            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Mais                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| zie Ph.cereal prod. |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Maiskiemolie        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| zie Olie            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Maismoutstroop      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| zie Stroop          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Maisolie            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| zie Olie            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Maizena             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.           |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| Makreel             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| blik                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| blik olie           |   |   |   |   | + |   |   |   |   | + |   |   |   |   |   |   |   |   |     |   |           |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Makreel

Pagina 21

|                        | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |     |
|------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|-----|
|                        | n | r | i | e | o | s | e | e | e | r | h | l | a | a | g | N | D |     |   |     |     |
|                        | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | E |     |   |     |     |
|                        | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   | R |     |   |     |     |
|                        | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   | E |     |   |     |     |
|                        | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |     |   |     |     |
| blik olie              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | +   |   | 1   | 134 |
| gestoomd               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   | +   | +   |
| vers                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   | +   | +   |
| zie ook Ghanaian fish  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Margarine              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| dieet                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| dieet                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| dieet                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| dieet                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| dieet                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| engelse                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| m. dierlijk vet        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| zuiver plant.          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| zie ook Finn.oils&fats |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| zie ook Gh.oils&fats   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| zie ook Ph.oils&fats   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Mayonaise              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| ongespec.              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| slank-o-naise          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Mebosipruim            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| zie Umeboshipruim      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Meel                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| rogge                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| soja                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| tarwe, volkoren        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Melk                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| gehumaniseerd          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| halfvolle              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| mager                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| volle                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Melk, geit             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| zie It.dairy prod.     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Melkpoeder             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| vol-vet                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Meloen                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| water                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Mini pizza             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| espagne                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| italia                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| Minifriet              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
| naturel                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

|                | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
|                | n | r | i | e | o | s | e | e | e | r | h | l | a |   | a | g | N | D |     |   |     |
|                | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | E | l |     |   |     |
|                | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   | R |   |     |   |     |
|                | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   | E |   |     |   |     |
|                | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |     |
| paprika        | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 | 49  | - | 60  |
| Miso           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| gerst,gbio#    | + | + | + | + | + | + | + |   |   |   |   |   | + | + | + | + | + | 8 | 29  | - | 45  |
| gerst,gbio#    | + | + | + | + | + | + | + |   |   |   |   |   | + | + | + | + | + | 8 | 29  | - | 45  |
| mugi           |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 37  |   |     |
| natto          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | 8 | 29  | - | 46  |
| natto          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | 8 | 29  | - | 46  |
| rijst,gbio#    | + | + | + | + | + | + | + |   |   |   |   |   | + | + | + | + | + | 8 | 30  | - | 46  |
| soja           |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 37  |   |     |
| Mochi rijst    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Rijst      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Moedermelk     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| humaan         |   |   | + |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 1 | 130 |   |     |
| Mosselen       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| in het zuur    |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   |   | 1 | 11  |   |     |
| Mosterdsaus    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Saus       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Muesli         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.      |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 135 |   |     |
| Nagerecht      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| aardbeienvla   | + | + | + | + | + | + | + |   |   |   |   |   | + | + |   |   |   | 7 | 54  | - | 68  |
| adv#mousse     | + | + | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   | 7 | 56  | - | 72  |
| bananenvla     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 50  | - | 80  |
| bitterkoe#vla  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 59  | - | 79  |
| caramelvla     | + | + | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   | 7 | 59  | - | 78  |
| chipolatapudd# |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 54  | - | 68  |
| citroenpudding |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 55  | - | 77  |
| fr#pudd#saus   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 54  | - | 69  |
| fruitcocktail  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 59  | - | 78  |
| griesmeel      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 50  | - | 81  |
| griesmeel+sap  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 51  | - | 63  |
| kwark m#vr#    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 53  | - | 66  |
| perzikvla      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 52  | - | 74  |
| rhumpudding    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 55  | - | 70  |
| rijstepudding  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 56  | - | 73  |
| riz conde      |   |   | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   | 7 | 64  |   |     |
| sinaasappelvla | + | + | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   | 7 | 55  | - | 74  |
| vanillevla     |   |   | + | + | + |   | + |   |   |   |   |   |   |   |   |   |   | 7 | 57  | - | 75  |
| vr#griesmeel   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 50  | - | 60  |
| yoghurt vla    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 51  | - | 66  |
| Nasi goreng    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.      |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 133 | - | 136 |
| ongespec.      | + | + | + | + | + | + |   | + |   | + |   |   | + | + |   |   |   | 4 | 55  | - | 56  |
| Nasibal        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.      | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 | 69  | - | 76  |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitaminen, mineralen en aminozuren.



ALFABETISCH REGISTER

Nasischijven

Pagina 23

|   | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|--|
| n | r | i | e | o | s | e | e | e | r | h | l | a |   |   |   |   |   |   |           |  |
| e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   |   |   |           |  |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |   |   |           |  |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |   |           |  |
| i | o |   | y | n | t | e | r |   |   |   |   |   |   |   |   |   |   |   |           |  |
| e | f |   | d | e | z | e | r |   |   |   |   |   |   |   |   |   |   |   |           |  |

|                      |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
|----------------------|--|---|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|---|---|---------|----------|
| Nasischijven         |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| ongespec.            |  | + |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | 4 | 50 - 51 |          |
| Natto miso           |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zie Miso             |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| Nibbit cocktail      |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| ongespec.            |  | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   | 1 | 50 - 61 |          |
| Nier                 |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| runder               |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   | 1       | 9        |
| varkens              |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   | 1       | 9        |
| Nori                 |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zie Zeewier          |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| Noten                |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| cashew               |  | + |   | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   | 1       | 139 -142 |
| gemengd              |  |   |   | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   | 7       | 47 - 48  |
| hazel                |  | + |   | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   | 1       | 139 -142 |
| wal                  |  | + |   | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   | 1       | 139 -142 |
| Oersuiker            |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zie Rietsuiker       |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| Olie                 |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| ongespec.            |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| becel                |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| cooking no 2         |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| fiesta               |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| friolene             |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| lauret               |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| mais                 |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| maiskiem             |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| mazola               |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| olijf                |  |   |   | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| olijf                |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| olijf                |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| saffloer             |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| sla                  |  |   |   | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| sla                  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| soja                 |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zonnebloem           |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zonnebloem           |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zonnebloem           |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zonnebloem           |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zie ook Gh.oils&fats |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zie ook It.oils&fats |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| Olijfolie            |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| zie Olie             |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| Ontbijtspek          |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
| ongespec.            |  |   |   | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |
|                      |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |         |          |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

|                 | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz      |
|-----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|----------|
|                 | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   | e |     |   |          |
|                 | e | w | t | o | z | k | t | o | l | s |   |   |   |   |   |   |   | D |     |   |          |
|                 | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   | E |     |   |          |
|                 | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   | R |     |   |          |
|                 | i | o |   | y | n | t | e |   |   |   |   |   |   |   |   |   |   | E |     |   |          |
|                 | e | f |   | d | e | z | r |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| ongespec.       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 135      |
| ongespec.       |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     |   | 33       |
| Ossetong        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| gerookt         |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 103 -106 |
| Ovenfrites      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| zie Frites      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| Paardevlees     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| ongespec.       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 9        |
| Paddestoeljapan |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| zie Shitake     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| Paling          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| gerookt         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| gerookt         |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 11       |
| Pap             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 29 - 39  |
| br#rijste biol# |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| gerste,biol#    |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| gerste,biol#    |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| gierste,biol#   |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| haver,biol#     |   |   |   | + | + |   | + | + | + | + |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| havl#biol#      |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| havl#biol#      |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| zoete rijste    |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 28 - 43  |
| Paprika         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| rode en gele    |   |   |   | + |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 |     |   | 140      |
| Paranoten       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| ongespec.       |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 63       |
| Pasteibakje     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| ongespec.       |   |   |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   | 4 |     |   | 57 - 58  |
| Pastinaak       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| biologisch      |   |   |   | + | + |   | + | + |   |   |   |   |   |   |   |   |   | 8 |     |   | 31 - 38  |
| Patates frites  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| frites m#saus   |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 70 - 77  |
| frites z#saus   |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 70 - 77  |
| met strooizout  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 135      |
| Pate            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| ongespec.       |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     |   | 51 - 52  |
| ongespec.       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     |   | 61 - 62  |
| champignon      |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     |   | 51 - 52  |
| de foie         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 10       |
| de foie         |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 103 -106 |
| hausmacher      |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 103 -106 |
| kalfslever      |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     |   | 51 - 52  |
| room            |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     |   | 51 - 52  |
| Pectine         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |          |
| citrus          |   |   |   | + |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 |     |   | 142      |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Pectine

Pagina 25

|                     | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|---------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
|                     | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   | N | E |     |   |     |
|                     | e | r | w | t | o |   | z | k | t | o |   |   |   |   |   |   | D | 1 |     |   |     |
|                     | r | s | i | l | h |   | e | t | z | v | l | s |   |   |   |   | E |   |     |   |     |
|                     | g | t | t |   | y |   | l | i | n | t | e |   |   |   |   |   | R |   |     |   |     |
|                     | i | o |   |   | d |   | e |   | z | r |   |   |   |   |   |   | E |   |     |   |     |
|                     | e | f |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| citrus              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Peenloof            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Wortelloof      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Pekelvlees          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Peren               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| blik                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| vruchtvlees         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Perendiksap         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Sap             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Perensap            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Sap             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Perenstroop         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Stroop          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Perziken            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| blik                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Peterselie          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| biologisch          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Peulvruchten        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Bruine bonen    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie ook Kapucijners |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie ook Witte bonen |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Ph.cereal prod.     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| american loaf       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| bisc#favorita       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| biscuits marie      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| fri#corn grits      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| mamon               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| mike;luto           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| pan de sal          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| rice krupek         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Ph.dairy prod.      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| con#s#fill#milk     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ev#filled milk      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Ph.drinks           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ceylon moss bev     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Ph.fish             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ayungin, dried      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| fish f#prep#ban     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| fish f#raw ban#     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| fish lean prep#     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| fish med#f#prep     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| fish med#f#raw      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tam#dried prep#     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tam#smok#prep#      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
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 ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Ph. fish

Pagina 26

|                       | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | -   | Blz |     |
|-----------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|-----|-----|-----|
|                       | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   | N | D |     |     |     |     |
|                       | e |   | w | t | o |   | z | k | t | o |   |   |   |   |   |   |   | E |     |     |     |     |
|                       | r | s | i | l |   |   | e | t | z | v | l | s |   |   |   |   |   | R |     |     |     |     |
|                       | g | t | t | h |   |   | l | i | e | t |   |   |   |   |   |   |   | E |     |     |     |     |
|                       | i | o |   | y |   |   | n | t | e |   |   |   |   |   |   |   |   |   |     |     |     |     |
|                       | e | f |   | d |   |   | e | z | r |   |   |   |   |   |   |   |   |   |     |     |     |     |
| tun#dried prep#       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| Ph.meat&eggs          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| balut                 |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| beef lean prep#       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| chi#l#me#prep#        |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| chi#wings prep#       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| cur#pork me#raw       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| cur#porkme#prep       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| hot dogs prep#        |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| hot dogs unprep       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| longanisa prep#       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| pork l#me#prep#       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| pork med#f#prep       |   |   | + | + | + |   |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| Ph.miscellaneous      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| halo-halo             |   |   | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| turon                 |   |   | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| Ph.nuts&seeds         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| coconut milk          |   |   | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| fried peanuts3        |   |   | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| peanut butter         |   |   | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| Ph.oils&fats          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| margarine pl#         |   |   | + |   |   |   |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| margarine-da#cr       |   |   | + |   |   |   |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 19  |
| Ph.soups&stews        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| beef mami             |   |   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| bopiz                 |   |   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| dinuguan              |   |   | + | + | + | + |   |   | + | + |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| mungbean sotan#       |   |   | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 3 |     | 11  | -   | 17  |
| Piccalilli            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.             |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     | 35  |     |     |
| Pinda                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.             |   |   |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   | 7 |     | 25  |     |     |
| Pinda's               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.             |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 63  |     |     |
| geroosterd            |   |   | + |   | + |   |   | + | + |   |   |   |   |   |   |   |   | 1 |     | 139 | -   | 142 |
| gezouten              |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 1 |     | 135 |     |     |
| met huidje            |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 1 |     | 135 |     |     |
| zoute                 |   |   | + |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 4 |     | 81  |     |     |
| zie ook Gh.nuts&seeds |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| zie ook Ph.nuts&seeds |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| Pindaflips            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.             |   |   | + | + |   | + |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 49  | -   | 61  |
| Pindakaas             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |     |     |
| ongespec.             |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     | 119 | -   | 120 |
| ongespec.             |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 7 |     | 47  | -   | 48  |

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ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Pindakaas

Pagina 27

|                    | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |
|--------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
|                    | n | r | i | e | o | s | e | e | e | r | h | l | a |   |   |   |   | e |           |
|                    | e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   | e |           |
|                    | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   | l |           |
|                    | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |           |
|                    | i | o | y | d | e | n | t | e |   |   |   |   |   |   |   |   |   |   |           |
|                    | e | f |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.          |   |   | + |   | + |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 142       |
| met honing         |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 119 -120  |
| met noot           |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 119 -120  |
| Pindaknabbels      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.          |   | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 49 - 61   |
| Pindasaus          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Satesaus       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Pindasoep          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Ghanaian soups |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Pizza              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| bella napoli       |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 19        |
| campagnola         |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 19        |
| kaas ham           |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 20        |
| kaas tomaten       |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 20        |
| kaas tonijn        |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 20        |
| kaas vis ham       |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 20        |
| napoli             |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 19        |
| pizza              |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 19        |
| pizza mare         |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 19        |
| prima vera         |   | + | + | + | + |   |   |   | + |   |   |   | + | + |   |   |   | 4 | 19        |
| salami+bolognes    |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 133       |
| Platzli            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| champignon         |   |   | + |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8         |
| kaas               |   |   | + |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8         |
| vlees              |   |   | + |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8         |
| Pocketworstje      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Biffi worstjes |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Poffertjes         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.          |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 9         |
| Pom tips           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.          |   | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 49 - 61   |
| Pompoen            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| biol#groene        |   |   | + | + |   | + | + |   |   |   |   |   | + | + | + | + | + | 8 | 31 - 38   |
| biol#oranje        |   |   | + | + |   | + | + |   |   |   |   |   | + | + | + | + | + | 8 | 31 - 38   |
| Potato frietjes    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| naturel            |   | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 49 - 60   |
| paprika            |   | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 49 - 60   |
| Potato sticks      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| naturel            |   | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 49 - 60   |
| paprika            |   | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 | 49 - 60   |
| Prei               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.          |   |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 139 -140  |
| ongespec.          |   | + | + | + | + | + | + | + | + |   |   |   | + | + |   |   |   | 7 | 56 - 58   |
| a la creme         |   | + | + | + | + | + | + | + | + |   |   |   | + | + |   |   |   | 7 | 50 - 80   |

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tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Pruimen

Pagina 28

|                   | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|-------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
|                   | n | r | i | e | o | s | e | e | e | r | h | l | a |   | a | g | N | E |     |   |     |
|                   | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | D |   |     |   |     |
|                   | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   | E |   |     |   |     |
|                   | i | o |   | y | n | t | e |   |   |   |   |   |   |   |   |   | R |   |     |   |     |
|                   | e | f |   | d | e | z | r |   |   |   |   |   |   |   |   |   | E |   |     |   |     |
| Pruimen           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| blauw met schil   |   |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 139 | - | 141 |
| blauw z#schil     |   |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 139 | - | 141 |
| geel met schil    |   |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 139 | - | 141 |
| geel z#schil      |   |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 139 | - | 141 |
| Pruimpickel       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Umeboshipruim |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Pudding           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| chocolade         |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   | 1 | 12  |   |     |
| Quick lunch       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| bami              |   | + | + | + | + | + |   |   | + |   |   | + | + |   |   |   |   | 4 | 70  | - | 72  |
| bami              |   | + |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8   |   |     |
| kaas              |   | + |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8   |   |     |
| kerrie            |   | + |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8   |   |     |
| macaroni          |   | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 4 | 70  | - | 72  |
| nasi              |   | + |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8   |   |     |
| nasi              |   | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 4 | 70  | - | 72  |
| rijst ala sateh   |   | + |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8   |   |     |
| rijst ala sateh   |   | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 4 | 70  | - | 72  |
| spaghetti         |   | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | 4 | 70  | - | 72  |
| tomaat            |   | + |   |   |   |   |   |   |   |   |   | + | + | + | + |   |   | 4 | 8   |   |     |
| Rabarber          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| moes              |   |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 139 | - | 140 |
| Ragout            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1 | 135 |   |     |
| champignon        |   | + |   | + |   |   |   | + |   | + | + | + | + |   |   |   |   | 4 | 15  | - | 18  |
| ham kaas          |   | + |   | + |   |   |   | + |   | + | + | + | + |   |   |   |   | 4 | 16  | - | 18  |
| kalf              |   | + |   | + |   |   |   | + |   | + | + | + | + |   |   |   |   | 4 | 15  | - | 18  |
| kip               |   | + |   | + |   |   |   | + |   | + | + | + | + |   |   |   |   | 4 | 15  | - | 18  |
| lam               |   | + |   | + |   |   |   | + |   | + | + | + | + |   |   |   |   | 4 | 16  | - | 18  |
| lams              |   | + | + | + | + | + | + |   | + |   |   |   |   |   |   |   |   | 7 | 52  | - | 82  |
| rundvlees         |   | + |   | + |   |   |   | + |   | + | + | + | + |   |   |   |   | 4 | 15  | - | 18  |
| wild              |   | + |   | + |   |   |   | + |   | + | + | + | + |   |   |   |   | 4 | 16  | - | 18  |
| Rauwkost          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.         |   | + | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   | 7 | 54  | - | 84  |
| Rettich(wortel)   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| biologisch        |   | + | + |   |   | + | + |   |   |   |   |   |   |   |   |   |   | 8 | 31  | - | 39  |
| Rietsuiker        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongeraffineerd    |   | + | + |   |   | + |   |   |   |   |   |   |   |   |   |   |   | 8 | 30  | - | 37  |
| ongeraffineerd    |   | + | + |   |   | + |   |   |   |   |   |   |   |   |   |   |   | 8 | 30  | - | 37  |
| Rijst             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| bruine,biol#      |   | + | + | + |   | + | + | + |   |   |   |   |   |   |   |   |   | 8 | 27  | - | 45  |
| bruine,biol#      |   | + | + | + |   | + | + | + |   |   |   |   |   |   |   |   |   | 8 | 27  | - | 45  |
| gekookt           |   | + | + | + |   | + |   |   |   |   |   |   |   |   |   |   |   | 7 | 52  | - | 82  |
| snelkook          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 | 25  | - | 26  |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Rijst

Pagina 29

|                         | e | d | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |
|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
|                         | n | r | i | e | o | s | e | e | e | r | h | l | a | a | g | N | D | e         |
|                         | e | w | t | o | z | k | t | o | v | l | s |   |   |   |   |   |   | l         |
|                         | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |           |
|                         | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |           |
|                         | e | f |   | d |   | e | z | e |   |   |   |   |   |   |   |   |   |           |
| zoete                   |   |   |   | + | + | + |   |   |   |   |   |   |   |   |   |   | 8 | 27 - 45   |
| zie ook Gh.cereal prod. |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie ook Ph.cereal prod. |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rijst geferment         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Amesake             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rijstemeel              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Babyvoeding         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rijstepap bruin         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Pap                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rijstepap zoete         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Pap                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rijstmiso               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Miso                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rijstmoutstroop         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Stroop              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rijstwafels             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| biol#m#zeezout          |   |   |   | + | + | + | + | + | + |   |   |   |   |   |   |   | 8 | 27 - 34   |
| biol#z#zeezout          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 8 | 27 - 34   |
| Ringlings               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.               |   |   |   | + | + |   |   |   | + |   |   |   |   |   |   |   | 1 | 50 - 61   |
| Roggebrood              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| donker                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 25        |
| licht                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 25        |
| Roggemeel               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Meel                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rolmops                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 4 | 6         |
| zie ook Haring          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Rookvlees               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 135       |
| ongespec.               |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   | 7 | 41 - 42   |
| paard                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 9         |
| paard                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 103 - 106 |
| runder                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 9         |
| Rookworst               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.               |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   | 6 | 53 - 54   |
| ongespec.               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 135       |
| ongespec.               |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   | 7 | 43        |
| ongespec.               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 | 61 - 63   |
| ambachtelijk            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 99 - 102  |
| extra                   |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   | 6 | 53        |
| fijn                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 9         |
| grof                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 9         |
| industrieel             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 | 99 - 102  |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Roomboter

Pagina 30

| e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
| n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   |   |     |   |     |
| e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   |   |     |   |     |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |   |     |   |     |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |     |   |     |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |     |   |     |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |     |

|                      |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
|----------------------|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|--|---|--|----------|
| Roomboter            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| ongespec.            |  |   |   |   |   |   | + | + | + |   |   |   |   |   |   |  |  | 2 |  | 27       |
| ongespec.            |  |   |   |   |   |   |   |   |   | + |   |   |   |   |   |  |  | 1 |  | 8        |
| Rosbief              |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| ongespec.            |  | + | + |   |   |   |   | + |   |   |   |   |   |   |   |  |  | 7 |  | 28 - 29  |
| Rosti                |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| ongespec.            |  | + | + | + | + | + |   | + |   |   |   | + | + |   |   |  |  | 4 |  | 91 - 92  |
| ongespec.            |  |   |   |   |   |   |   |   |   |   | + | + | + | + |   |  |  | 4 |  | 9 - 11   |
| ongespec.            |  |   |   |   |   |   |   |   |   |   | + | + | + | + |   |  |  | 4 |  | 9 - 11   |
| Rozijnen             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| ongespec.            |  |   | + |   |   |   |   | + | + |   |   |   |   |   |   |  |  | 1 |  | 141      |
| Runderhuid           |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| zie Ghanaian meat    |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| Runderlever          |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| zie Lever            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| Rundernier           |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| zie Nier             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| Rundvlees            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| ongespec.            |  |   |   | + |   |   |   |   | + |   |   |   |   |   |   |  |  | 1 |  | 99 - 102 |
| ongespec.            |  |   |   |   |   |   |   |   |   | + |   |   |   |   |   |  |  | 1 |  | 9        |
| lappen               |  | + | + | + | + | + | + | + |   |   |   | + | + |   |   |  |  | 7 |  | 51 - 88  |
| lendelappen          |  | + | + | + | + |   | + | + |   |   |   | + | + |   |   |  |  | 7 |  | 54 - 84  |
| steak madrilena      |  | + | + | + | + |   | + | + |   |   |   | + | + |   |   |  |  | 7 |  | 55 - 85  |
| sucadelap            |  |   | + | + |   |   |   |   |   |   |   |   |   |   |   |  |  | 7 |  | 43       |
| zie ook Ph.meat&eggs |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| Saffloerolie         |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| zie Olie             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| Salade               |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| aardappel            |  |   | + | + |   |   |   | + |   | + | + | + | + |   |   |  |  | 4 |  | 12 - 14  |
| ei                   |  |   | + | + |   |   |   | + |   | + | + | + | + |   |   |  |  | 4 |  | 12 - 14  |
| garnalen             |  |   | + | + |   |   |   | + |   | + | + | + | + |   |   |  |  | 4 |  | 13 - 14  |
| hongaarse            |  | + | + | + | + | + | + | + |   |   |   | + | + |   |   |  |  | 7 |  | 54 - 84  |
| huzaren              |  |   | + | + |   |   |   | + |   | + | + | + | + |   |   |  |  | 4 |  | 12 - 14  |
| knolselderie         |  |   |   |   |   |   |   |   |   |   |   |   | + | + |   |  |  | 6 |  | 36       |
| paprika              |  |   |   |   |   |   |   |   |   |   |   |   |   | + | + |  |  | 6 |  | 36       |
| sellerie             |  |   | + | + |   |   |   | + |   | + | + | + | + |   |   |  |  | 4 |  | 13 - 14  |
| vlees                |  |   | + | + |   |   |   | + |   | + | + | + | + |   |   |  |  | 4 |  | 12 - 14  |
| witlof               |  | + | + | + | + | + | + | + |   |   |   | + | + |   |   |  |  | 7 |  | 54 - 84  |
| wortel               |  |   |   |   |   |   |   |   |   |   |   |   |   | + | + |  |  | 6 |  | 36       |
| zalm                 |  |   | + | + |   |   |   | + |   | + | + | + | + |   |   |  |  | 4 |  | 13 - 14  |
| Salamiworst          |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| zie Worst            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| Sambal               |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |   |  |          |
| oelek                |  |   |   |   |   |   |   |   |   |   |   |   | + | + |   |  |  | 6 |  | 31       |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
 ANDERE=diverse vitaminen, mineralen en aminozuren.



ALFABETISCH REGISTER

Sambal oelek

Pagina 31

| e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
| n | r | i | e | o | s | e | e | e | r | h | l | a |   |   |   |   | e |     |   |     |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | E |   |     |   |     |
| g | t | t | h | l | i | e | t | e | r |   |   |   |   |   |   | R |   |     |   |     |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   | E |   |     |   |     |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |     |

|                       |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
|-----------------------|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|----|----------|
| Sambal oelek          |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| ongespec.             |  |   |   |   |   |   |   |   |   | + | + |   |   |   |   |   | 1 |  |    | 135      |
| Sandwich spread       |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| ongespec.             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |  |    | 36       |
| ongespec.             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| Sap                   |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| appel                 |  | + |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 |  |    | 29       |
| appel                 |  | + |   |   |   |   | + |   |   |   |   |   |   |   |   |   | 1 |  |    | 141      |
| bessen                |  | + |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 |  |    | 141      |
| biol#appel            |  | + | + | + |   | + | + |   |   |   |   | + | + | + | + | + | 8 |  | 33 | - 45     |
| biol#appeldik         |  | + | + | + |   | + | + |   |   |   |   | + | + | + | + | + | 8 |  | 32 | - 45     |
| biol#bieten           |  | + | + | + |   | + | + |   |   |   |   | + | + | + | + | + | 8 |  | 33 | - 45     |
| biol#peren            |  | + | + | + |   | + | + |   |   |   |   | + | + | + | + | + | 8 |  | 33 | - 45     |
| biol#perendik         |  | + | + | + |   | + | + |   |   |   |   | + | + | + | + | + | 8 |  | 33 | - 45     |
| biol#wortel           |  | + | + | + |   | + | + |   |   |   |   | + | + | + | + | + | 8 |  | 33 | - 45     |
| biol#zuurkool         |  | + | + | + |   | + | + |   |   |   |   | + | + | + | + | + | 8 |  | 33 | - 45     |
| sinaasappel           |  | + |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 |  |    | 141      |
| tomaten               |  | + |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 |  |    | 141      |
| Sardientjes           |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| blik olie             |  |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |  | 30 | - 40     |
| Sardines              |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| blik olie             |  |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 1 |  |    | 134      |
| in olijfolie          |  |   |   |   |   |   |   |   |   |   |   |   | + |   |   |   | 1 |  |    | 10       |
| zie ook Ghanaian fish |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| Sate                  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| kip                   |  | + | + | + | + | + |   | + | + |   |   |   |   |   |   |   | 4 |  | 52 | - 54     |
| varken                |  | + | + | + | + | + |   | + | + |   |   |   |   |   |   |   | 4 |  | 52 | - 54     |
| Sate peppers          |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| ongespec.             |  | + | + |   |   |   |   | + |   |   |   |   |   |   |   |   | 1 |  |    | 49 - 61  |
| Satesaus              |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| ongespec.             |  | + | + | + | + | + |   | + | + |   |   |   |   |   |   |   | 4 |  |    | 52 - 54  |
| Saucijzebroodje       |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| ongespec.             |  | + | + | + | + | + |   | + | + |   |   |   |   |   |   |   | 4 |  |    | 59 - 61  |
| Saucijzenbrood        |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| ongespec.             |  | + | + |   |   |   |   | + |   |   |   |   |   |   |   |   | 1 |  |    | 114 -117 |
| Saus                  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |    |          |
| barbecue              |  |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 6 |  |    | 33       |
| bourguignonne         |  |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   | 1 |  |    | 121      |
| cocktail              |  |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   | 6 |  |    | 33       |
| cocktail              |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |  |    | 121      |
| eng#cumberland        |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |  |    | 121      |
| fricandel             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |  |    | 33       |
| fricandelsaus         |  | + | + |   |   |   |   | + |   |   |   |   |   | + | + |   | 1 |  |    | 70 - 77  |
| frites                |  |   |   |   |   |   |   | + |   |   |   |   |   |   |   |   | 1 |  |    | 118 -120 |
| frites 25% olie       |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |  |    | 11       |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Saus

Pagina 32

|                 | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz       |
|-----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----------|
|                 | n | r | i | e | o | s | e | e | e | r | h | l | a |   |   |   |   | e |     |   |           |
|                 | e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   | 1 |     |   |           |
|                 | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |   |     |   |           |
|                 | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |     |   |           |
|                 | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |     |   |           |
|                 | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |           |
| frites 25%olie  |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 34        |
| frites 35% olie |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 1 |     |   | 135       |
| frites saus     |   | + | + |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     |   | 70 - 77   |
| groente         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 6 |     |   | 35        |
| hong#paprika    |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 121       |
| kerrie          |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     |   | 119 - 120 |
| madeira         |   | + |   |   | + |   |   |   |   |   |   |   |   | + | + |   |   | 7 |     |   | 54 - 84   |
| madrilena       |   | + | + |   | + |   |   |   |   |   |   |   |   | + | + |   |   | 7 |     |   | 55 - 70   |
| mix-dip droog   |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 121       |
| mosterd         |   | + | + |   | + |   |   |   | + |   |   |   |   | + | + |   |   | 7 |     |   | 51 - 84   |
| mosterd         |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     |   | 119 - 120 |
| peterselie      |   | + | + |   | + |   |   |   |   |   |   |   |   | + | + |   |   | 7 |     |   | 50 - 80   |
| pinda sateh     |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 34        |
| schaschlik      |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 121       |
| sla             |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 1 |     |   | 135       |
| sla             |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     |   | 118 - 120 |
| sla             |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   |   | 1 |     |   | 11        |
| sla 25%olie     |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 34        |
| sla 5%olie      |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 34        |
| sla fiks        |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 34        |
| sla fris        |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 34        |
| sla-mix         |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     |   | 118 - 120 |
| spagh#macaroni  |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 35        |
| spaghetti       |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 35        |
| tabasco         |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 35        |
| uien            |   | + | + |   | + |   |   |   | + |   |   |   |   | + | + |   |   | 7 |     |   | 57 - 87   |
| vis             |   | + | + |   | + |   |   |   | + |   |   |   |   | + | + |   |   | 7 |     |   | 53 - 83   |
| whisky-cocktail |   |   |   |   | + |   |   |   | + |   |   |   |   |   |   |   |   | 1 |     |   | 119 - 120 |
| worcester       |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     |   | 35        |
| zigeuner        |   |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     |   | 121       |
| Schelvis        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| rauw            |   |   |   |   |   |   |   |   |   |   |   |   |   | + |   |   |   | 1 |     |   | 11        |
| Schelvislever   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.       |   |   |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   | 1 |     |   | 30 - 40   |
| Schnittsel      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| kaas            |   | + | + | + | + | + |   |   | + | + |   |   |   | + | + |   |   | 4 |     |   | 27        |
| Schnitzel       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| vlees paprika   |   | + | + | + | + | + | + |   | + | + |   |   |   | + | + |   |   | 7 |     |   | 52 - 82   |
| Schol           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.       |   | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     |   | 6         |
| rauw            |   |   |   |   |   |   |   |   |   |   |   |   |   | + |   |   |   | 1 |     |   | 11        |
| Schorseneren    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| ongespec.       |   | + | + | + | + | + | + |   |   |   |   |   |   | + | + |   |   | 7 |     |   | 53 - 67   |
| Seitan          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |           |
| gbio#m#zeezout  |   | + | + |   | + | + | + |   |   |   |   |   |   | + | + | + | + | 8 |     |   | 27 - 34   |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalten ; chol=cholesterol ; pl ster=plantesterolen ;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Sesampasta

Pagina 33

| e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
| n | r | i | e | o | s | e | e | e | r | h | l | a |   |   |   |   |   |     |   |     |
| e | w | t | o |   | z | k | t |   | o |   |   |   |   |   |   |   |   |     |   |     |
| r | s | i | l |   | e | t | z |   | v | l | s |   |   |   |   |   |   |     |   |     |
| g | t | t | h |   | l | i | e |   | t |   |   |   |   |   |   |   |   |     |   |     |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |     |   |     |
| e | f |   | d |   | e | z | e |   | r |   |   |   |   |   |   |   |   |     |   |     |

|                       |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
|-----------------------|---|---|---|---|---|---|---|---|--|--|--|---|---|---|---|---|---|-----|---|-----|
| Sesampasta            |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| br#m#zz#gbio#         | + | + | + | + | + | + |   |   |  |  |  | + | + | + | + | + | 8 | 30  | - | 37  |
| br#z#zz#gbio#         |   |   |   |   |   |   |   |   |  |  |  | + |   |   |   |   | 8 | 31  | - | 38  |
| met zout              |   |   |   |   |   |   |   |   |  |  |  | + | + |   |   |   | 6 | 37  |   |     |
| zonder zout           |   |   |   |   |   |   |   |   |  |  |  | + | + |   |   |   | 6 | 37  |   |     |
| Shitake               |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| gedroogd              | + | + | + |   | + | + |   |   |  |  |  | + | + | + | + | + | 8 | 31  | - | 39  |
| Shoyu                 |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Sojasaus          |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Sinaasappelsap        |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Sap               |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Sinasappelen          |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| ongespec.             | + |   |   |   |   | + | + |   |  |  |  |   |   |   |   |   | 1 | 139 | - | 141 |
| Sjalotten             |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| ongespec.             | + |   |   |   |   |   | + | + |  |  |  |   |   |   |   |   | 1 | 140 |   |     |
| Sla                   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| ongespec.             | + |   |   |   |   |   | + | + |  |  |  |   |   |   |   |   | 1 | 139 | - | 140 |
| Sla-olie              |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Olie              |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Slaatje               |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| groot                 | + | + |   | + |   |   |   | + |  |  |  |   |   |   |   |   | 1 | 70  | - | 77  |
| klein                 | + | + |   | + |   |   |   | + |  |  |  |   |   |   |   |   | 1 | 70  | - | 77  |
| Slagroom              |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| ongespec.             | + |   | + |   |   |   |   | + |  |  |  |   |   |   |   |   | 7 | 28  | - | 29  |
| Slakken               |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Ghanaian meat     |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Slank-o-naise         |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Mayonaise         |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Slankonaise           |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Saus              |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Slaolie               |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Olie              |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Slasaus               |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Saus              |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Slavink               |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| ongespec.             | + | + | + | + |   | + |   |   |  |  |  | + | + |   |   |   | 7 | 55  | - | 85  |
| ongespec.             | + |   | + |   |   |   |   |   |  |  |  |   |   |   |   |   | 7 | 43  |   |     |
| Snack                 |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie Chapatie          |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie ook Halvidel      |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie ook Kaassoufflees |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie ook Mini pizza    |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| zie ook Schnitsel     |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| Snijbonen             |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |     |   |     |
| ongespec.             | + |   |   | + |   | + | + | + |  |  |  |   |   |   |   |   | 1 | 139 | - | 140 |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Snijbonen

Pagina 34

|                 | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | -  | Blz |    |     |
|-----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|----|-----|----|-----|
|                 | n | r | i | e | o | s | e | e | r | h | l | a |   |   | a | g | N | D |     |    |     |    |     |
|                 | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | E | R |     |    |     |    |     |
|                 | g | t | t | h | l | i | n | t | e | r |   |   |   |   |   |   | E |   |     |    |     |    |     |
|                 | i | o |   | y | d | e | z |   |   |   |   |   |   |   |   |   |   |   |     |    |     |    |     |
|                 | e | f |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |    |     |    |     |
| ongespec.       | + | + | + | + | + | + |   | + |   |   |   |   | + | + |   |   |   | 7 |     | 59 | -   | 89 |     |
| Snijworst       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |    |     |    |     |
| zie Worst       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |    |     |    |     |
| Soep            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |    |     |    |     |
| asperge         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 | -  | 136 |
| asperge         | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 51  | -  | 86  |
| asperge         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 100 |    |     |
| bonen           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 96  | -  | 100 |
| bouillon        | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   | + | + | 7   |    | 52  | -  | 82  |
| bruine bonen    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 |    |     |
| bruine bonen    | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 56  | -  | 86  |
| bruine bonen    | + | + | + | + |   |   |   |   |   |   | + |   |   |   |   |   | + | + | 4   |    | 74  |    |     |
| bruine bonen mt | + | + | + | + |   |   |   |   |   |   |   | + |   |   |   |   | + | + | 4   |    | 74  |    |     |
| champignon      | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 51  | -  | 81  |
| champignon      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 | -  | 136 |
| consomme        | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   | + | + | 7   |    | 58  | -  | 76  |
| drinkbouillon   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 6   |    | 37  |    |     |
| edelprei        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 | -  | 136 |
| erwten          | + | + | + | + |   |   |   |   |   |   | + |   |   |   |   |   | + | + | 4   |    | 74  |    |     |
| erwten          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 |    |     |
| erwten maaltijd | + | + | + | + |   |   |   | + |   | + |   |   |   |   |   |   | + | + | 4   |    | 74  | -  | 75  |
| goulash         | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 55  | -  | 71  |
| goulash         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 |    |     |
| goulash         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 100 |    |     |
| goulash         | + | + | + | + |   |   |   | + |   | + |   |   |   |   |   |   | + | + | 4   |    | 74  | -  | 75  |
| groente         | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 50  | -  | 80  |
| groente         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 | -  | 136 |
| groente         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 6   |    | 39  |    |     |
| groente         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 96  | -  | 100 |
| groente         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 8   |    |     |
| groente blik    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + |   | 1   |    | 12  |    |     |
| hubertus        | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   | + | + | 7   |    | 54  | -  | 84  |
| julienne        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 | -  | 136 |
| kerrie          | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 52  | -  | 82  |
| kervel          | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 59  | -  | 89  |
| kip             | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 74  |    |     |
| kip             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 1   |    | 134 | -  | 136 |
| kip             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 8   |    |     |
| kip maaltijd    | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 74  |    |     |
| kip-kerrie      | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 58  | -  | 88  |
| kippe           | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   | + | + | 7   |    | 59  | -  | 79  |
| kreeft          | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 73  |    |     |
| linzen          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | + | 4   |    | 98  | -  | 99  |
| londonderry     | + | + | + | + | + |   |   | + |   |   |   |   |   |   |   |   | + | + | 7   |    | 53  | -  | 83  |
| minestrone      | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   | + | + | 7   |    | 58  | -  | 77  |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurpercentage ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.

## ALFABETISCH REGISTER

Soep

Pagina 35

|                  | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
|                  | n | r | i | e | o | s | e | e | r | h | l | a | a | g | N | D | E | R | E   |   |     |
|                  | e | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |     |   |     |
|                  | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |     |   |     |
|                  | i | o | y | n | t | e | r |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
|                  | e | f | d | e | z | r |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ossestaart       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ossestaart       | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ossestaart       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| parmentier       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| rundvlees        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| scandinav.kool   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| schildpad        | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| selderij         | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| st germaine      | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tomaten          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tomaten          | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tomaten          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tomaten          | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tomaten          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tomaten-groente  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tomatenmaaltijd  | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| uien             | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| vermicelli       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| vermicelli       | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| vermicelli       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| witte bonen      | + | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie ook Bouillon |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Soepballetjes    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.        | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Soepextract pl#  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Miso         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Soja-isolaat     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.        | + | + |   |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Soja-olie        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Olie         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Sojaconcentraat  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| ongespec.        | + | + |   |   | + |   | + |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Sojaferment      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Tempeh       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Sojakaas         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Tofu         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Sojameel         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Meel         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Sojapasta        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| zie Miso         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| Sojasaus         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| shoyu,gbio#      | + | + |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tamari           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |
| tamari           | + | + |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.



ALFABETISCH REGISTER

Tarwemeel

Pagina 37

|                       | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |
|-----------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
|                       | n | r | i | e | o | s | e | e | e | r | h | l | a | a | g | N | D | e |           |
|                       | e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   |   |           |
|                       | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |   |           |
|                       | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |           |
|                       | i | o |   | y | n | t | e |   |   |   |   |   |   |   |   |   |   |   |           |
|                       | e | f |   | d | e | z | r |   |   |   |   |   |   |   |   |   |   |   |           |
| Tarwemeel             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Meel              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Taugeh                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   | + |   |   |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 140       |
| Tempoh                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| biologisch            |   |   | + | + | + | + | + | + |   |   |   |   | + | + | + | + | + | 8 | 30 - 37   |
| Toetje                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Nagerecht         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Toffee                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Gh.miscellaneous  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Tofu                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| biol#naturel          |   |   | + | + | + | + | + | + |   |   |   |   | + | + | + | + | + | 8 | 30 - 37   |
| biol#naturel          |   |   | + | + | + | + | + | + |   |   |   |   | + | + | + | + | + | 8 | 30 - 37   |
| Tomaten               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   | + |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 | 139 -140  |
| Tomatenpuree          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   | + |   |   |   |   |   | + | + |   |   |   |   |   |   |   | 1 | 140       |
| Tomatensap            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Sap               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Tong                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   | + | + |   |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 67 - 68   |
| gekookt               |   |   | + | + |   |   |   |   | + |   |   |   |   |   |   |   |   | 7 | 28 - 29   |
| runder                |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 41 - 42   |
| Tongeworst            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Worst             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Tonijn                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| blik olie             |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 134       |
| zie ook Ghanaian fish |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Tuinbonen             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   | + |   | + |   | + | + |   |   |   |   |   |   |   |   |   | 1 | 139 -140  |
| ongespec.             |   |   | + | + | + | + | + | + |   | + |   |   | + | + |   |   |   | 7 | 56 - 86   |
| Uien                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   | + |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 | 139 -140  |
| amsterdamse           |   |   | + |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 4 | 5         |
| zilver-zoetzuur       |   |   | + |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 4 | 5         |
| zilver-zuur           |   |   | + |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 4 | 5         |
| zie ook Sjalotten     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Umeboshipruim         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   | + | + |   | + |   |   |   |   |   |   | + | + | + | + | + | 8 | 33 - 46   |
| ongespec.             |   |   | + | + |   | + |   |   |   |   |   |   | + | + | + | + | + | 8 | 33 - 46   |
| Vanillevla            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| mager                 |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 29        |
| Varkenslever          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Lever             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Varkensnier

Pagina 38

| e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | - | Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|
| n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   |   |     |   |     |
| e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   |   |     |   |     |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |   |     |   |     |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |     |   |     |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |     |   |     |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |     |   |     |

Varkensnier

zie Nier

Varkensspek

zie Spek

Varkensvlees

ongespec.

+

+

1

99 - 102

ongespec.

+

1

9

achterbout

+

6

70 - 75

achterbout

+

6

70 - 75

carree

+

+

+

+

7

55 - 85

gemiddeld

+

+

7

36

halskarbonade

+

+

+

+

7

58 - 88

hamlap

+

+

7

43

hamlappen

+

+

+

+

7

56 - 86

lappen

+

+

+

+

7

53 - 88

rib

+

+

+

+

7

59 - 89

saucijsjes

+

+

7

43

zie ook Ph.meat&eggs

zie ook Ph.soups&stews

Verse kip

zie Kip

Vet

kalf

+

1

8

lam

+

1

8

rund

+

1

8

varken

+

1

8

Vetsin

ongespec.

+

6

31

Vinaigrette

zie Saus

Vis

gebakken

+

+

+

+

7

50 - 83

gest#kabeljauw

+

+

+

+

7

51 - 81

lekkerbekje

+

+

+

+

7

54 - 84

pickled cap

+

6

40

pickled gouramy

+

6

40

surinaams

+

+

7

5

Visfilet

kabeljauw

+

+

+

7

6

wijting

+

+

+

+

4

108 - 112

Viskoppen

ongespec.

+

+

+

+

7

7

Vismeel

ongespec.

+

+

+

+

7

7

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen ;  
ANDERE=diverse vitamines, mineralen en aminozuren.



ALFABETISCH REGISTER

Visschnitzel

Pagina 39

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |
| n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   | e |           |
| e | w | t | o | z | k | t |   | o |   |   |   |   |   |   |   |   | e |           |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   | l |           |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |           |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |           |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |           |

|                       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
|-----------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| Visschnitzel          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| kabeljauw             | + | + | + | + | + |   | + | + |   | + | + |   |   |   |   |   | 4 | 108 - 112 |
| Visstick              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| kabeljauw             | + | + | + | + | + |   | + | + |   | + | + |   |   |   |   |   | 4 | 108 - 112 |
| koolvis               | + | + | + | + | + |   | + | + |   | + | + |   |   |   |   |   | 4 | 108 - 112 |
| Vissticks             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             | + | + | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 6         |
| zie ook Kabeljauw     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Vlaai                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Gebak             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Vlindersnacks         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             | + | + |   | + |   |   | + |   |   |   |   |   |   |   |   |   | 1 | 49 - 61   |
| Volkorenbrood         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Brood             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Volrijst              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Rijst             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Vruchtensla           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| blik                  |   | + |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 | 141       |
| Wakame                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Zeewier           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Walnoten              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   |   | 1 | 63        |
| Warme maaltijd        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie Kantinemaaltijd   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| zie ook Ziekenhuismt# |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| Waterkers             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| biologisch            |   | + | + |   |   | + | + |   |   |   |   | + | + | + | + | + | 8 | 31 - 39   |
| Witlof                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   | + |   |   |   |   | + | + |   |   |   |   |   |   |   |   | 1 | 139 - 140 |
| gebonden              |   | + | + | + | + | + | + |   |   |   |   | + | + |   |   |   | 7 | 52 - 82   |
| Witte bonen           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 133 - 136 |
| in tomatensaus        |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 133 - 136 |
| Wokkels               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| ongespec.             |   | + | + |   | + |   | + |   |   |   |   |   |   |   |   |   | 1 | 49 - 61   |
| Worst                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |
| berliner              |   | + | + |   |   |   |   |   | + |   |   |   |   |   |   |   | 7 | 41 - 42   |
| bloed                 |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   |   | 1 | 103 - 106 |
| boerenmet             |   | + | + |   |   |   |   |   |   |   |   | + |   |   |   |   | 6 | 45 - 46   |
| boerenmet             |   |   |   | + |   |   |   |   |   |   |   | + | + |   |   |   | 6 | 61 - 64   |
| boerenmetworst        |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   |   | 1 | 103 - 106 |
| boterham              |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   | 1 | 135       |
| boterham              |   | + | + |   |   |   |   |   |   |   |   | + |   |   |   |   | 6 | 49 - 50   |
| boterham              |   |   |   | + |   |   | + |   |   |   |   |   |   |   |   |   | 1 | 103 - 106 |
| boterham              |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 | 41 - 42   |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
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ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Worst

Pagina 40

|                      | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz | -   | Blz     |
|----------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|-----|---------|
|                      | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   | E |     |     |         |
|                      | e | w | t |   | o |   | z | k | t |   |   |   |   |   |   |   |   | D |     |     |         |
|                      | r | s | i | l |   |   | e | t | z | v | l | s |   |   |   |   |   | E |     |     |         |
|                      | g | t | t | h |   |   | l | i | e | t |   |   |   |   |   |   |   | R |     |     |         |
|                      | i | o |   | y |   |   | n | t | e |   |   |   |   |   |   |   |   | E |     |     |         |
|                      | e | f |   | d |   |   | e | z | r |   |   |   |   |   |   |   |   |   |     |     |         |
| boterham             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     | 61  | - 62    |
| boterham             |   |   |   | + |   |   |   |   | + |   |   |   |   |   |   |   |   | 7 |     | 36  |         |
| cervelaat            |   |   |   |   | + |   |   |   |   | + |   |   |   |   |   |   |   | 7 |     | 36  |         |
| cervelaat            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     | 103 | -106    |
| cervelaat            |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 41  | - 42    |
| gekookt              |   |   |   | + |   |   |   |   |   |   |   |   |   | + | + |   |   | 6 |     | 69  |         |
| salami               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     | 103 | -106    |
| snij                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 33  |         |
| snij                 |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     | 47  | - 48    |
| snij                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     | 61  | - 63    |
| snijworst            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     | 103 | -106    |
| tong                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     | 103 | -106    |
| tonge                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7 |     | 36  |         |
| tonge                |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     | 67  | - 68    |
| vlees                |   |   |   | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     | 69  |         |
| zie ook Finn.meat    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| zie ook Ph.meat&eggs |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| Worstebroodje        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| ongespec.            |   |   |   | + | + | + | + | + |   | + |   |   |   |   |   |   |   | 4 |     | 62  | - 64    |
| Wortel+dop#          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| ongespec.            |   |   |   | + | + | + | + | + | + |   |   |   |   |   |   |   |   | 7 |     | 55  | - 71    |
| Wortelen             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| ongespec.            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1 |     | 139 | -140    |
| ongespec.            |   |   |   | + | + | + | + | + | + |   |   |   |   |   |   |   |   | 7 |     | 50  | - 84    |
| Wortelloof           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| biologisch           |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   | 8 |     | 32  | - 39    |
| Wortelsap            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| zie Sap              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| Worteltjes           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| ongespec.            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     | 39  |         |
| ongespec.            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6 |     | 26  |         |
| Yam                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| zie Gh.roots&fruits  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| Yinnies              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| zie Stroop           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| Yogho-yogho          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| ongespec.            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | + | 7   |     | 39      |
| Yoghurt              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| magere               |   |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   |   |   | 7   |     | 31      |
| volle                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 7   |     | 36      |
| Yogonaise            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| ongespec.            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 6   |     | 34      |
| Zalm                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |         |
| blik                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1   |     | 134     |
| blik                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1   |     | 30 - 40 |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
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ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Zalm

Pagina 41

|                         | e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |           |
|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|-----------|
|                         | n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   | N | D |           |           |
|                         | e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   | E | e |           |           |
|                         | r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   | R | l |           |           |
|                         | g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   | E |   |           |           |
|                         | i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |           |           |
|                         | e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |           |           |
| blik                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | 1         | 10        |
| Zeegroente              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie Zeewier             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| Zeewier                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| arame                   |   |   | + | + |   | + | + |   |   |   |   | + | + | + | + | + |   |   | 8         | 32 - 39   |
| arame                   |   |   | + | + |   | + | + |   |   |   |   | + | + | + | + | + |   |   | 8         | 32 - 39   |
| hiziki                  |   |   | + | + |   | + | + |   |   |   |   | + | + | + | + | + |   |   | 8         | 32 - 39   |
| kombu                   |   |   | + | + |   | + | + |   |   |   |   | + | + | + | + | + |   |   | 8         | 32 - 46   |
| mori                    |   |   | + | + |   | + | + |   |   |   |   | + | + | + | + | + |   |   | 8         | 32 - 39   |
| wakame                  |   |   | + | + |   | + | + |   |   |   |   | + | + | + | + | + |   |   | 8         | 32 - 40   |
| Zemelen                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| tarwe                   |   |   | + |   |   | + | + | + |   |   |   |   |   |   |   |   |   |   | 1         | 139 - 142 |
| tarwe                   |   |   | + |   |   | + | + |   |   |   |   |   |   |   |   |   |   |   | 7         | 20        |
| Ziekenhuismt#           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| so#a#gr#kip toe         |   |   | + | + | + | + | + | + | + |   | + | + | + | + | + |   |   |   | 7         | 60 - 79   |
| so#a#gr#ra#toe          |   |   | + | + | + | + | + | + | + |   | + | + | + | + |   |   |   |   | 7         | 60 - 79   |
| so#a#gr#vis to#         |   |   | + | + | + | + | + | + | + |   | + | + | + | + |   |   |   |   | 7         | 60 - 79   |
| so#a#gr#vl#to#          |   |   | + | + | + | + | + | + | + |   | + | + | + | + |   |   |   |   | 7         | 60 - 79   |
| Zilveruitjes            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie Uien                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| Zilvervliesrij#         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie Rijst               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| Zonnebloemolie          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie Olie                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| Zonnebloempitte         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| biologisch              |   |   | + | + | + |   | + | + |   |   |   | + | + | + | + | + |   |   | 8         | 31 - 38   |
| Zout                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| markensalz              |   |   |   |   |   |   |   |   |   |   |   |   | + |   |   |   |   |   | 4         | 7         |
| Zoute biscuits          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| diversen                |   |   |   |   |   |   |   |   |   |   |   |   | + | + |   |   |   |   | 1         | 135       |
| Zoutjes                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie Borrelnootjes       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Chips           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Corca's         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Dip snek        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Frites flips    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Frites sticks   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Kaasdomino's    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Kaasflips       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Kroepoek        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Minifriet       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Nibbit cocktail |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Pindaflips      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Pindaknabbels   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |
| zie ook Pom tips        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |           |           |

#:ZIE AFKORTINGENLIJST. dr stof=droge stof ; vetz=vetzuursamenstelling ;  
 tr vetz=transvetzuurgehalte ; chol=cholesterol ; pl ster=plantesterolen;  
 ANDERE=diverse vitamines, mineralen en aminozuren.

ALFABETISCH REGISTER

Zoutjes

Pagina 42

| e | d | e | v | k | a | v | p | v | t | c | p | N | K | C | M | A | D | Blz - Blz |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| n | r | i | e | o | s | e | e | r | h | l | a |   |   |   |   |   |   |           |
| e | w | t | o | z | k | t | o |   |   |   |   |   |   |   |   |   |   |           |
| r | s | i | l | e | t | z | v | l | s |   |   |   |   |   |   |   |   |           |
| g | t | t | h | l | i | e | t |   |   |   |   |   |   |   |   |   |   |           |
| i | o |   | y |   | n | t | e |   |   |   |   |   |   |   |   |   |   |           |
| e | f |   | d |   | e | z | r |   |   |   |   |   |   |   |   |   |   |           |

zie ook Potato frietjes  
 zie ook Potato sticks  
 zie ook Ringlings  
 zie ook Sate peppers  
 zie ook Vlindersnacks  
 zie ook Wokkels

Zure bommen  
 zie Augurken

Zure haring  
 zie Haring

Zure zult

|           |   |   |  |   |   |   |   |         |
|-----------|---|---|--|---|---|---|---|---------|
| ongespec. | + | + |  |   | + | + | 6 | 67 - 68 |
| ongespec. | + | + |  | + |   |   | 4 | 40 - 41 |
| paprika   | + | + |  |   |   | + | 6 | 67 - 68 |

Zuurdesembrood  
 zie Brood

Zuurkool

|            |   |   |  |   |   |  |   |          |
|------------|---|---|--|---|---|--|---|----------|
| ongespec.  | + |   |  | + | + |  | 1 | 139 -140 |
| biologisch | + | + |  | + | + |  | 8 | 32 - 39  |

Zuurkoolsap  
 zie Sap

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