Supplementary Notes

Processing of FFQ Data

Dietary habits were collected at enrolment using a quantitative Food Frequency Questionnaire (FFQ). The FFQ included questions on weekly consumption frequency (daily for coffee) of various foods and beverages, including coffee, beer, wine, spirits, milk (whole, semi-skimmed, and skimmed), yogurt, cheese, red and white meat, fish, processed meat, eggs, pasta/rice, bread, vegetables, fruit, olive oil, and butter. Data quality checks were performed to identify missing or inconsistent values, which were corrected, if necessary, using participants' daily dietary diaries. Weekly consumption rates are given in **Supplementary Notes - Table 1**.

FFQ responses were processed using a custom R script (*FFQ_convert.R*), available in our github folder (see **Data Availability Statement**), designed to convert reported consumption frequencies into estimated daily nutrient intakes. First, categorical frequency responses (e.g., "daily," "weekly," "occasional" — defined as less than once per week) were standardized into quantitative daily consumption frequencies. This standardization accounted for variations in response formats and food subtypes, such as whole, semi-skimmed, and skimmed milk.

Next, daily frequencies were multiplied by standard portion sizes (in grams or milliliters) to calculate average daily amounts of each food consumed. Standard portions were obtained from the Italian Society of Human Nutrition's table (https://sinu.it/wp-content/uploads/2019/07/20141111_LARN_Porzioni.pdf). The calculated daily food amounts were then merged with nutrient data from the Italian Food Composition Database (BDA) (https://bda.ieo.it/), which provides nutrient content per 100 g of food or 100 ml of beverage for over a thousand foods. For each FFQ food group (e.g., pasta and rice), we estimated average nutrient composition based on the most consumed items in that category (**Supplementary Notes - Table 2**). Finally, nutrient intakes for each participant were computed as the product of food-specific nutrient values and the corresponding daily amounts, then summed across all foods to obtain total daily intakes. These totals included carbohydrates, fats, proteins, sugars, sodium, cholesterol, fiber, and energy, making them directly comparable with nutrient information from MyFitnessPal.

Diet scores derived from FFQ

Four commonly used dietary indices were derived for each participant using standard definitions adapted to the foods available in the FFQ: the Mediterranean Diet Score (aMED), the simplified Healthy Eating Index (HEI), the Dietary Approaches to Stop Hypertension (DASH) score, and the Alternative Healthy Eating Index (AHEI). All dietary indices were computed using a custom R script (*Derive_Diet_Scores.R*), available in our github folder (see **Data Availability Statement**), implementing the scoring algorithms described below.

Adherence to the aMED was assessed using a population-specific, median-based scoring system. The score included vegetables, fruits, cereals (pasta/rice plus bread), fish, red and processed meats (red meat plus cured meats), and dairy products (whole milk plus cheese). Participants received 1 point for each beneficial component if intake was above the population median and 1 point for each detrimental component if intake was below the median, resulting in total scores ranging from 0 to 9.

The HEI was calculated by rescaling each dietary component to a 0–10 scale, with higher values indicating better adherence. Components included vegetables, fruits, fish, grains, low-fat dairy products, olive oil, and alcohol, while red and processed meat and foods high in saturated fat (butter, cheese, whole milk) were reverse-scored. Alcohol intake was scored as 10 for moderate consumption (1–2 units/day), 8 for abstainers, and 5 for higher intake. The total HEI score was calculated as the mean of all component scores multiplied by 10, yielding a 0–100 scale.
The modified DASH score was based on quintile rankings (1–5) for vegetables, fruits, cereals (pasta/rice plus bread), and low-fat dairy products (skimmed milk, semi-skimmed milk, and yogurt), with higher intakes receiving higher scores. Red and processed meat intake was reverse-scored (6 minus quintile). The total DASH score was obtained by summing all component scores.
The AHEI included fruits, vegetables, whole grains, fish, olive oil, alcohol, and red and processed meat. All components were rescaled to a 0–10 range, with red and processed meat reverse-scored and alcohol optimally scored for moderate intake. The total AHEI score was calculated as the mean of all component scores multiplied by 10, resulting in a 0–100 scale.

Processing of daily dietary data from MyFitnessPal

For each participant, intake data were collected directly from her personal MyFitnessPal account. The diaries can be exported in two possible formats (PDF or HTML), so two different extraction procedures were applied accordingly.
When the diary was downloaded as a PDF file, we extracted the nutritional tables using Tabula (https://tabula.technology/ version 1.2.1). The software usually detected the table layout automatically; however, when needed, we manually adjusted the selection to ensure that all daily tables were correctly captured. Once extracted, each day was saved as a separate CSV file and later combined so that all entries from the same diary formed a single dataset for that participant. The resulting files were then processed in R (version 4.4.3), where column names and formats were standardized across days to ensure consistency. If a diary contained unlogged days, an empty entry with all values set to NA was added to preserve the temporal structure and maintain a continuous daily time series.
When the diary was available as an HTML file, extraction followed a slightly different but more streamlined workflow. Each daily log was converted into CSV format using a custom Python script available in our github folder (see **Data Availability Statement**). As with the PDF workflow, the daily CSV files were then combined into a single dataset for each participant and harmonized in R. In this case as well, if one or more days were missing from the original diary, we inserted empty rows with all values set to NA so that the time series remained complete and aligned daily.
After assembling the complete dataset for each participant, we performed a data-cleaning step to manage implausible diary entries. Since incomplete logging was common, total daily caloric intake was used as the basis for identifying unrealistic values. Any day with a reported intake of less than 500 kcal or more than 2,500 kcal was classified as an outlier. These thresholds were selected because they closely matched the 2.5th and 97.5th percentiles of the calorie distribution observed among the first participants screened and were therefore considered reasonable boundaries for plausible daily intake.
Rather than removing those days, we treated them as missing. For each flagged entry, values for calories and all associated nutrient variables (carbohydrates, fat, protein, sugars, sodium, cholesterol, and fiber) were replaced with NA. This approach kept the daily timeline intact while preventing implausible or incomplete records from affecting downstream analyses.

Boxplots were generated for the distribution of each nutrient using both the whole-study and the whole-week daily averages. Extreme outliers were defined according to the 3 × IQR criterion. This process was implemented using a custom R script (*Identify_MyFitnessPal_Outliers.R*), available in our github folder (see **Data Availability Statement**). Suspect values recorded in MyFitnessPal were then cross-checked against corresponding food entries in FatSecret (https://foods.fatsecret.com/), and any discrepancies were corrected. Overall, an error rate of approximately 2% was observed in MyFitnessPal entries, with missing or incorrect values occurring most frequently for cholesterol, sodium, and fiber (see **Supplementary Notes – Appendix**).

To obtain a more stable estimate of dietary intake and reduce day-to-day variability, we calculated a 3-day averaged intake for each participant. For every biological sampling day, we identified the three preceding days in the diary and computed the arithmetic mean of total calories and all recorded nutrient variables (carbohydrates, fat, protein, sugars, sodium, cholesterol, and fiber). The average was calculated using all available valid values within that 3-day window, even when only one or two days contained usable data. Only when none of the three days included a valid numeric entry was the 3-day average assigned as missing. Finally, hormonal phase–specific averages were calculated by taking the mean of the 3-day averaged nutrient intakes corresponding to the same hormonal phase. This process was implemented using a custom R script (*Prepare_Diaries_3day.R*), available in our github folder (see **Data Availability Statement**).

Differences across study centers

Differences in energy and nutrient intakes (carbohydrates, fats, proteins, cholesterol, sodium, sugars, and fiber) across study centers were evaluated using both total individual means derived from daily food diaries and estimates obtained from food frequency questionnaires (FFQs). Linear models adjusted for age and BMI were fitted, and the resulting residuals were used in subsequent analyses to account for potential confounding. For FFQ-based analyses, an additional parameter was included to account for the different questionnaire administered to the first 30 participants in the Trieste cohort. Pairwise Wilcoxon rank-sum tests were used to compare energy and nutrient intake distributions between centers, and Kruskal–Wallis tests were performed to assess overall differences across all study centers.

Differences across study centers were also assessed for the four dietary scores (aMED, HEI, DASH, and AHEI), adjusted for age and BMI. All analyses were conducted using a custom R script (*Compare_Study_Centers.R*), available in our github folder (see **Data Availability Statement**).

Most nutrient intakes showed limited significant differences across study centers, varying by dietary assessment method. Protein intake differed significantly between Trieste and Cagliari in daily diaries, supported by both pairwise tests (adjusted p = 0.01) and Kruskal-Wallis tests (adjusted p = 0.017), with higher intake in Cagliari compared to Trieste (daily protein: 65.7 g vs. 53.3 g, respectively) (**Supplementary Notes – Figure 1**). For FFQ-derived estimates, fiber intake differed significantly between Trieste and Cagliari in pairwise comparisons (adjusted $p = 0.047$); however, this difference did not remain statistically significant in the global Kruskal–Wallis test after correction for multiple testing. Other nutrients displayed nominal differences that were not robust after adjustment. Overall, protein intake exhibited the most consistent variation across centers (**Supplementary Notes – Table 3** and **Figure 2**).

Diet quality scores differed across study centers, with the strongest and most consistent differences observed between Trieste and Cagliari. For HEI, DASH, and AHEI, pairwise Wilcoxon

tests showed significant differences between Trieste and Cagliari after multiple-testing correction (adjusted p-values ranging from 0.017 to 0.019), and these findings were supported by significant global Kruskal–Wallis tests (adjusted $p \leq 0.027$). The aMED score showed only nominal differences between centers, which did not remain significant after correction in either pairwise or global analyses (**Supplementary Notes – Table 4** and **Figure 3**).

Identification of dietary patterns

Macronutrient intake data were used to identify underlying dietary patterns across study samples using data derived separately from FFQs and daily diaries (total mean intakes). Macronutrient intakes were converted into energy contributions using standard Atwater conversion factors (4 kcal/g for carbohydrates and proteins; 9 kcal/g for fats). Total energy intake was calculated as the sum of energy derived from the three macronutrients, and macronutrient proportions were expressed as fractions of total energy intake. Given the compositional nature of macronutrient proportion data, a Centered Log-Ratio (CLR) transformation was applied prior to multivariate analyses to mitigate spurious correlations and enable the use of Euclidean-based statistical methods. Principal Component Analysis (PCA) was then performed on the CLR-transformed variables to explore variance structure and reduce data dimensionality. To identify homogeneous dietary patterns, K-means clustering was applied to the PCA scores. The optimal number of clusters was determined using the Elbow method, based on the within-cluster sum of squares. Finally, cluster-specific mean macronutrient proportions were calculated to summarize the dietary composition characterizing each identified dietary pattern. All analyses were performed using a custom R script (*Identify_Clusters.R*)

Microbiome Composition across centers and menstrual phases

We analyzed the relative abundance of genera and species across the three study centers (Trieste, Cagliari, and Bologna). At the genus level, samples from Cagliari and Trieste were predominantly composed of *Bacteroides* (14% in Cagliari, 13% in Trieste) and *Phocaeicola* (9.5% in Cagliari, 11.7% in Trieste), whereas Bologna samples were enriched in *Bacteroides* (11.8%) and *Segatella* (10.6%), shown in Supplementary Figure 4. At the species level, center-specific differences were more evident: in Bologna, the most abundant species were *Segatella copri* (8.4%) and *Faecalibacterium prausnitzii* (5.7%), while in Cagliari and Trieste, the dominant species included *Bacteroides uniformis* (6% in Cagliari), *Faecalibacterium prausnitzii* (5.7% in both centers), and *Phocaeicola vulgatus* (6.8% in Trieste).

Pairwise comparisons of *Segatella* abundance were performed using Wilcoxon tests, where Trieste exhibited a significantly lower *Segatella* abundance compared to both Bologna and Cagliari, while Bologna and Cagliari showed comparable levels (Wilcoxon paired tests, adjusted p-values: Trieste versus Bologna, $p = 0.004$; Trieste versus Cagliari, $p = 4.23 \times 10^{-6}$; Bologna vs Cagliari, p-value = 0.98). Post-hoc Dunn's tests showed negative z-values for Trieste versus Bologna and Trieste versus Cagliari, further confirming a reduced *Segatella* abundance in Trieste, compared to the other centers (Dunn's test, adjusted p-values: Bologna versus Trieste, $p = 1.67 \times 10^{-3}$; Cagliariversus Trieste, p-value $= 1.92 \times 10^{-5}$). Comparison between Bologna and Cagliari was not statistically significant (adjusted p-value = 0.61). These results indicated that Trieste was depleted in *Segatella* relative to the other centers. We also modeled *Segatella* relative abundance using a linear mixed-effects model, including fixed effects for phase, center, batch, total post-QC reads, and DNA concentration, with a random intercept for women ID. In Bologna, the model indicated a significant increase in *Segatella* abundance associated with the

Bologna center itself (estimate = 0.069, standard error = 0.026, t = 2.64, p-value= 0.009), consistent with our cross-center comparisons. Among menstrual phases, late luteal phase was associated with a modest but statistically significant decrease in *Segatella* abundance (estimate = -0.0125, standard error = 0.0060, t = -2.07, p-value = 0.039), whereas ovulatory and early luteal phases did not show significant differences relative to follicular phase. Other covariates, including batch, total post-QC reads, and DNA concentration, were not significantly associated with *Segatella* abundance (all p-value > 0.25). These results suggested that center-specific differences primarily drove the variation in *Segatella* abundance. Finally, gut microbiomes of Bologna women were the least diverse and most dominated by few taxa (**Supplementary Notes - Figure 4**).

Supplementary Notes Tables

Supplementary Notes Table 1. Descriptive statistics of food habits from FFQ

Descriptive statistics of food habits. Mean, standard deviation (SD), minimum and maximum values of standardized weekly consumption of food categories (Coffee is referring to daily consumption). Last column indicate % of participants who consumed at least some quantity during the week.

weekly_consumption_ffq	Mean	SD	Min	Max	% of consumers
Beer	0.66	0.89	0	5	0.47
Bread	4.91	4.22	0	20	0.89
Butter	0.84	1.27	0	10	0.52
Cheese	3.13	2.20	0	14	0.93
Coffee	*1.71*	*1.37*	*0*	*7*	*0.85*
Cold_cuts	1.21	1.23	0	7	0.71
Eggs	1.82	1.30	0	10	0.93
Fish	1.65	1.25	0	8	0.87
Fruit	6.99	4.48	0	21	0.96
Olive_oil	10.26	3.90	0	14	0.99
Pasta_or_rice	5.04	2.31	1	14	1.00
Red_meat	1.42	1.21	0	6	0.80
Semi_skimmed_milk	2.09	3.34	0	14	0.39
Skimmed_milk	0.34	1.24	0	7	0.10
Spirits	0.32	0.48	0	2	0.32
Vegetables	10.32	3.98	0	20	0.99
White_meat	1.94	1.52	0	10	0.84
Whole_milk	0.79	1.89	0	7	0.21
Wine	0.62	0.78	0	3	0.47
Yogurt	2.65	2.60	0	14	0.77

Supplementary Notes Table 2 – Standard portion sizes and nutrient composition of foods included in the FFQ derived from the BDA database.

For each food, the table reports energy (kcal), available carbohydrates, total fat, total protein, cholesterol, sodium, total dietary fiber, and sugars. Sugars correspond to the sum of glucose, fructose, galactose, sucrose, maltose, and lactose. Nutrient values are expressed per 100 grams or 100 milliliters. These values were used to estimate average daily nutrient intakes from FFQ responses.

Food Name	Standard Portion (g/ml)	Energy (kcal)	Available Carbohydrates (g)	Total Fat (g)	Total Protein (g)	Cholesterol (mg)	Sodium (mg)	Total Fiber (g)	Sugars (g)
Coffee	*50*	1	0	0	0.1	0	6.7	0	0
Beer	*330*	33.7	0.8	0	0.3	0	8.4	0	1
Wine	*125*	73.4	1.4	0	0	0	7.6	0	0.1
Spirits	*40*	232.1	3.4	0	0	0	1.4	0	2.2
Whole Milk	*125*	61.7	4.9	3.4	3.2	11	49	0	4.9
Skimmed Milk	*125*	36	5.3	0.2	3.7	2	50.5	0	5.3
Semi-Skimmed Milk	*125*	45.7	5	1.5	3.3	7	44.7	0	5
Yogurt	*125*	71.7	7.8	2.9	4	7.6	54.1	0.1	7.8
Cheese	*75*	324.5	1.3	25.7	21.8	83.3	714.5	0	1.2
Red Meat	*100*	160.4	0	8.6	20.9	71.6	66.2	0	0
White Meat	*100*	163.5	0.1	7.8	23.4	81.4	86.5	0	0
Fish	*100*	122	0.9	5.1	18.1	73.7	302.5	0	0.5
Processed Meats	*50*	319.2	0.6	24.9	23.2	80	1537.6	0	0.4
Eggs	*50*	128	0	8.7	12.4	371	137	0	0
Pasta & Rice	*100*	334.5	65.4	3.4	11.6	15.3	48.2	6.1	1.1
Bread	*50*	315.8	58.8	5.7	9.1	1	597	4	0.9
Vegetables	*200*	26.4	3.1	0.3	2	0	39	2.2	0
Fruit	*150*	56	9.7	0.9	0.9	0	3.8	2.9	9.4
Olive Oil	*10*	899.5	0	100	0	0	0	0	0
Butter	*10*	758	1.1	83.4	0.8	250	7	0	1.1

Supplementary Notes Table 3 – Differences across study centers.

Pairwise Wilcoxon rank-sum tests were performed between all cohort pairs, and a Kruskal–Wallis test was used to assess differences in energy and nutrient intakes across study centers (Trieste, Cagliari, Bologna). All pairwise comparisons are reported, together with the corresponding p-values corrected for multiple testing using the Bonferroni method. All traits were adjusted for age and BMI to account for potential confounding. For FFQ-based analyses, an additional parameter was included to account for the different questionnaire administered to the first 30 participants.

	Pairwise Wilcoxon rank-sum tests (unpaired)						Kruskal-Wallis				
Trait	cohort 1	cohort 2	Daily Diaries		FFQ		Daily Diaries			FFQ	
			pvalue	p.adj	pvalue	p.adj	chi-squared	pvalue	p.adj	chi-squared	pvalue
Calories	CAGLIARI	BOLOGNA	ns	1	ns	1	3.50	ns	1	7.46	0.0240
	TRIESTE	BOLOGNA	ns	1	0.0358	ns					
	TRIESTE	CAGLIARI	0.0721	1	0.0304	ns					
Carbohydrates	CAGLIARI	BOLOGNA	0.0482	1	ns	1	4.98	0.0830	ns	4.94	0.0847
	TRIESTE	BOLOGNA	ns	1	ns	1					
	TRIESTE	CAGLIARI	0.0363	ns	0.0518	1					
Fats	CAGLIARI	BOLOGNA	ns	1	ns	1	2.29	ns	1	5.49	0.0643
	TRIESTE	BOLOGNA	ns	1	0.0923	1					
	TRIESTE	CAGLIARI	ns	1	0.0533	1					
Proteins	CAGLIARI	BOLOGNA	0.0200	ns	ns	1	12.34	0.0021	0.0168	7.01	0.0300
	TRIESTE	BOLOGNA	ns	1	0.0327	ns					
	TRIESTE	CAGLIARI	0.0004	0.0100	0.0446	1					
Cholesterol	CAGLIARI	BOLOGNA	ns	1	ns	1	4.75	0.0930	ns	4.76	0.0925
	TRIESTE	BOLOGNA	ns	1	0.0959	1					
	TRIESTE	CAGLIARI	0.0248	ns	0.0769	1					
Sodium	CAGLIARI	BOLOGNA	ns	1	ns	1	2.17	ns	1	4.34	ns
	TRIESTE	BOLOGNA	ns	1	0.0643	1					
	TRIESTE	CAGLIARI	ns	1	ns	1					
Sugar	CAGLIARI	BOLOGNA	0.0186	ns	0.0238	ns	5.33	0.0697	ns	7.28	0.0263
	TRIESTE	BOLOGNA	ns	1	ns	1					
	TRIESTE	CAGLIARI	ns	1	0.0106	ns					
Fiber	CAGLIARI	BOLOGNA	ns	1	0.0642	1	4.11	ns	1	9.99	0.0068
	TRIESTE	BOLOGNA	ns	1	ns	1					
	TRIESTE	CAGLIARI	0.0504	1	0.0020	0.0472					

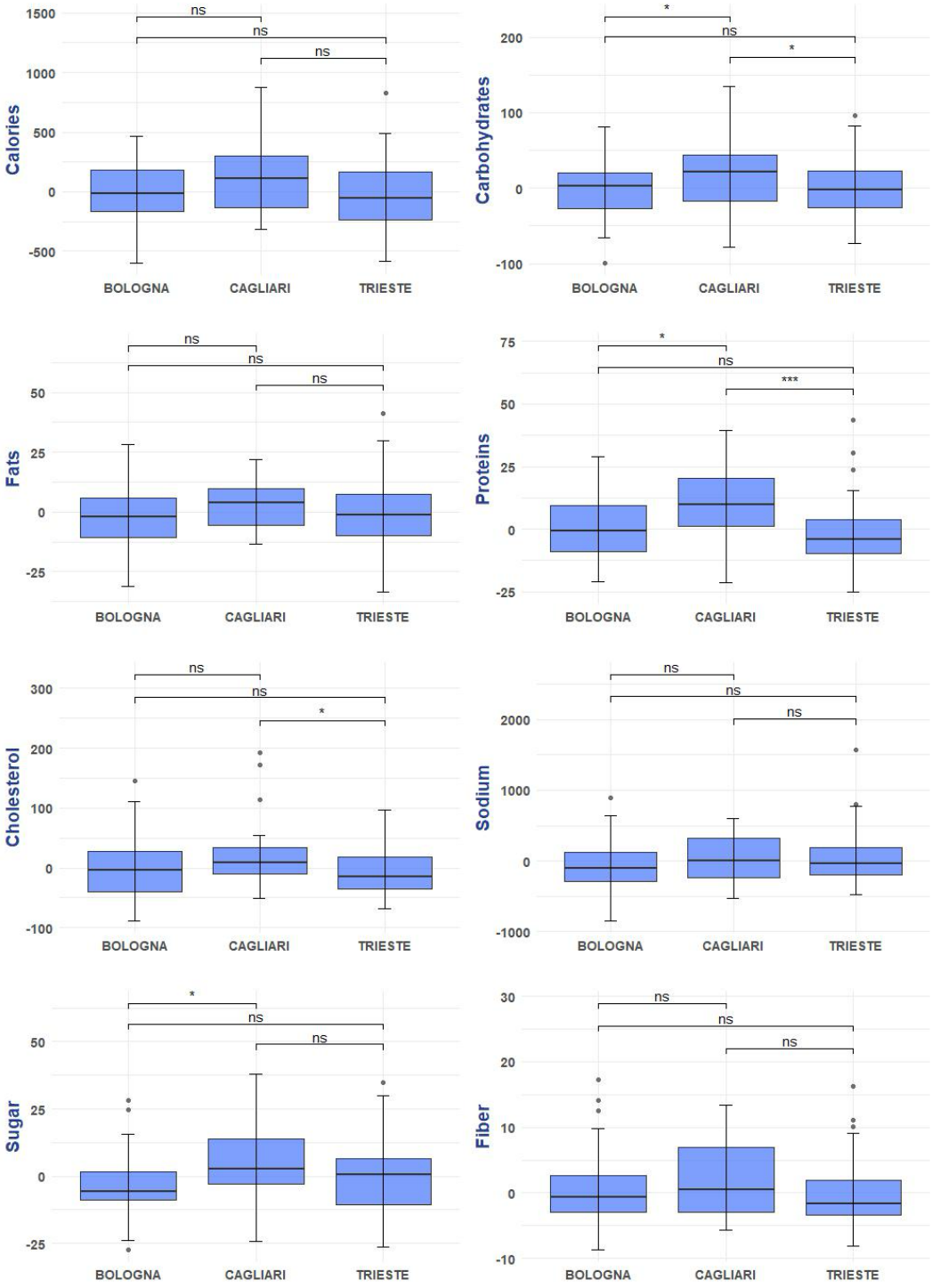
Supplementary Notes Table 4 – Dietary scores differences across study centers.
Pairwise Wilcoxon rank-sum tests performed between all cohort pairs and Kruskal–Wallis test were used to assess differences for FFQ-derived diet scores across study centers (Trieste, Cagliari, Bologna). All pairwise comparisons are reported, together with the corresponding p-values corrected for multiple testing using the Bonferroni method. Diet scores were adjusted for age and BMI to account for potential confounding, and an additional parameter included to account for the different questionnaire administered to the first 30 participants in the Trieste cohort.

Diet score	Pairwise Wilcoxon rank-sum tests (unpaired)				Kruskal-Wallis		
	cohort 1	cohort 2	pvalue	p.adj	chi-squared	pvalue	p.adj
aMED	CAGLIARI	BOLOGNA	0.0722	ns	6.27	0.0435	ns
	TRIESTE	BOLOGNA	ns	1			
	TRIESTE	CAGLIARI	0.0118	ns			
HEI	CAGLIARI	BOLOGNA	0.0445	ns	10.56	0.0051	0.0203
	TRIESTE	BOLOGNA	ns	1			
	TRIESTE	CAGLIARI	0.0016	0.0186			
DASH	CAGLIARI	BOLOGNA	ns	1	12.69	0.0018	0.007
	TRIESTE	BOLOGNA	0.0211	ns			
	TRIESTE	CAGLIARI	0.0015	0.0175			
AHEI	CAGLIARI	BOLOGNA	0.057	ns	10	0.0067	0.0269
	TRIESTE	BOLOGNA	ns	1			
	TRIESTE	CAGLIARI	0.0014	0.0171			

Supplementary Notes Figures

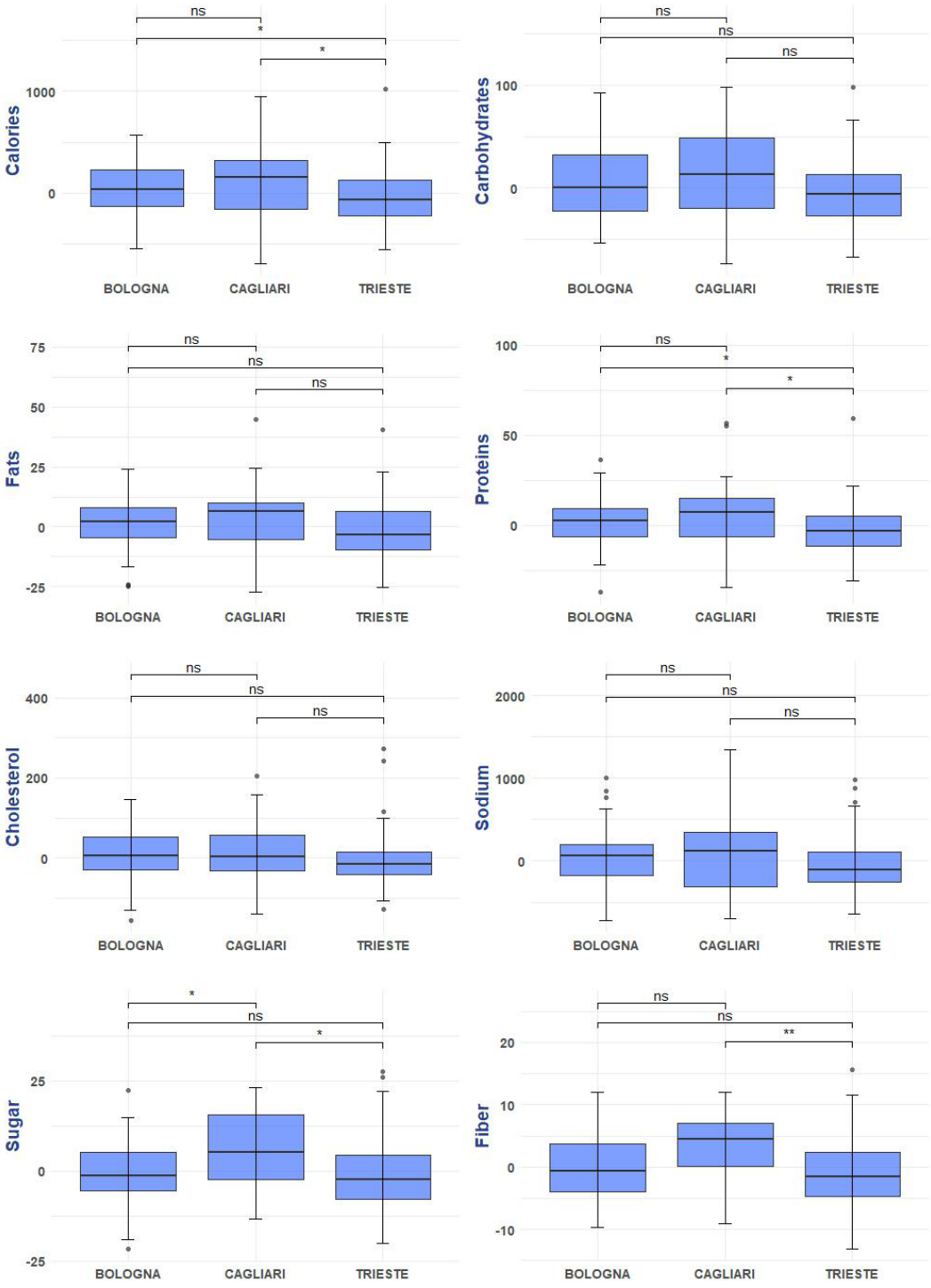
Supplementary Notes Figure 1 – Boxplots of daily diaries energy and nutrients intake across study centers

Pairwise Wilcoxon rank-sum tests between all cohort pairs. Nominal significant differences are indicated above the corresponding boxplot pairs (ns = not significant; * = p < 0.05; ** = p < 0.01; *** = p < 0.001). All traits were adjusted for age and BMI to account for potential confounding.

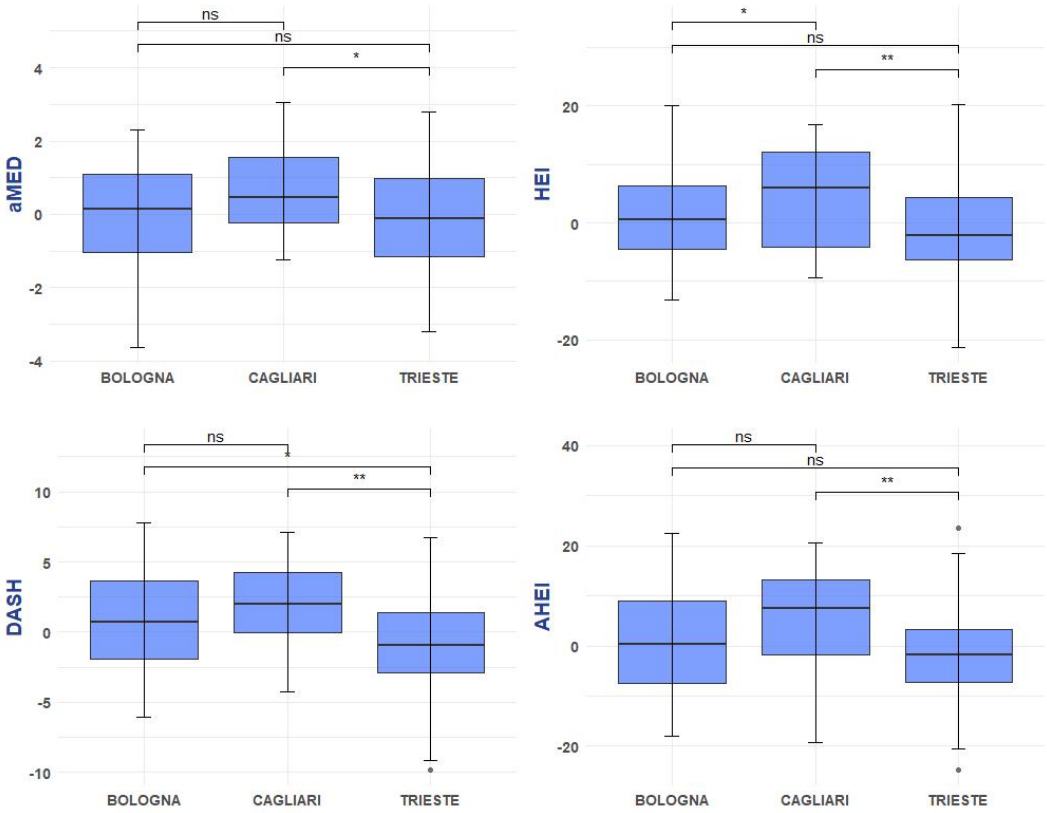


Supplementary Notes Figure 2 – Boxplots of FFQ energy and nutrients intake across study centers

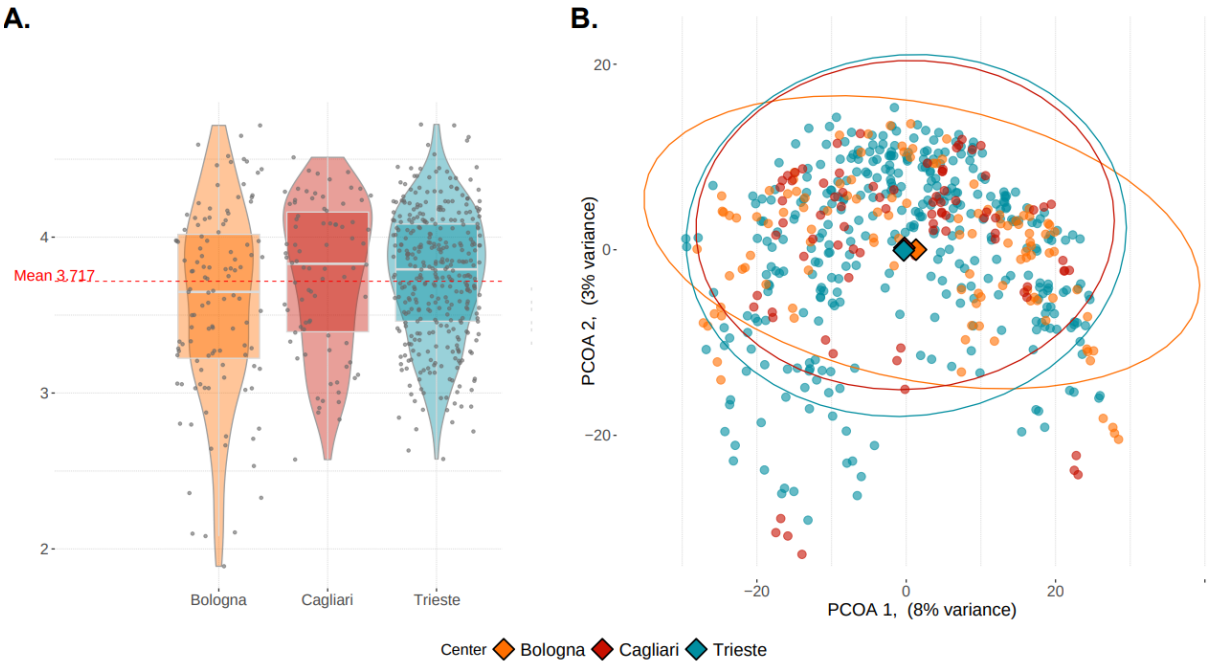
Pairwise Wilcoxon rank-sum tests between all cohort pairs. Nominal significant differences are indicated above the corresponding boxplot pairs (ns = not significant; * = p < 0.05). All traits were adjusted for age and BMI to account for potential confounding, and for an additional parameter to account for the different questionnaire administered to the first 30 participants in the Trieste cohort.



Supplementary Notes Figure 3 – Boxplots of FFQ-derived diet scores across study centers
Pairwise Wilcoxon rank-sum tests between all cohort pairs. Nominal significant differences are indicated above the corresponding boxplot pairs ns =(not significant; * = p < 0.05; ** = p < 0.01). All traits were adjusted for age and BMI to account for potential confounding, and for an additional parameter to account for the different questionnaire administered to the first 30 participants in the Trieste cohort.



Supplementary Notes Figure 4: Distribution of alpha and beta diversity of microbial species across study centers. (**A**) Alpha diversity, measured by the Shannon index, is shown for each study center, illustrating within-sample diversity. (**B**) Beta diversity is visualized using centered CLR–transformed species abundances and the first principal coordinates (PCoA), with the proportion of variance explained indicated.



Appendix

Corrections of food nutritional values in MyFitnessPal.

Nutritional values recorded in MyFitnessPal (reported in parentheses) were corrected using values derived from corresponding entries in the FatSecret database. Corrections were applied when MyFitnessPal entries exhibited extreme outliers, defined according to the 3 × IQR criterion, using either the whole-study daily averages or the whole-week daily averages.

Italian food name	English food name	Calories	Carbohydrates	Fats	Proteins	Cholesterol	Sodium	Sugar	Fiber
Vemondo Lidl - Cotoletta Vegetale, 100 g	Vemondo Lidl - Vegetable Cutlet, 100 g	262 (1013)	25 (22)	11 (9)	14 (16)	0	388 (870)	1 (2)	4 (5)
2 Uova - Uova Sode, 2 uovo	2 Eggs - Boiled Eggs, 2 egg	128 (153)	0	9 (93)	12 (59)	371 (504)	137 (140)	0 (1)	0
A pizza- Pizza Margherita, 350 g	A pizza- Pizza Margherita 350 g	658	98	15	28	0	700 (4900)	9	6
Galette di mais -Galette di mais , 40 g	Corn galette -Corn galette , 40 g	96.25 (1607)	20.25 (85)	0.8 (1)	2.1 (7)	0	73 (1)	0	0.75 (2)
Alida - Cornetto, 1 cono	Alida - Croissant, 1 cone	218 (971)	25	11 (13)	3	0	68 (0)	18 (17)	1.5 (0)
Almaverde Bio - Uova Fresche, 100 (=2)	Almaverde Bio - Fresh Eggs, 100 (=2)	128	0	9	12	371 (0)	137 (342)	0	0
Amy's - Pesto Tortellini, 1 bowl	Amy's - Pesto Tortellini, 1 bowl	530 (2218)	62	22	20	40	590	4	4
Anacardi naturali biologici - Anacardi, 5	Natural organic cashews - Cashews, 5	46 (2910)	3 (135)	4 (220)	1 (90)	0	24 (0)	0 (30)	0
Bar - Cornetto alla Nutella, 60	Bar - Nutella Croissant, 60	251 (1050)	29 (28)	13	5	36	400 (404)	10 (9)	2
Bennet - Cornetto ai Frutti di Bosco, 1 unità	Bennet - Berry Croissant, 1 unit	392 (1431)	50 (39)	16.4 (17)	6.2 (8)	0	160 (0)	22 (0)	10 (0)
Bio - Uova Fresche, 100 g	Bio - Fresh Eggs, 100 g	128	1	9	12	400 (0)	120 (0)	1	0
bio - Uovo, 1 uovo	bio - egg, 1 egg	32	0	2	3	90 (0)	30 (0)	0	0
Biscotti integrali Carrefour - Biscotti integrali, 6 g	Carrefour whole biscuits - whole biscuits, 6 g	189 (11799)	25.5 (384)	7.65 (114)	3 (46)	0	300 (0)	8.1 (120)	2.55 (39)
Brioche - Brioche preconfezionata, 100	Brioche - Prepackaged Brioche, 100	354	53	12	8	59	300 (1000)	13	2
Buondì - Buondì Motta al Cioccolato, 46 g	buondì - Motta Chocolate Buondì, 46 g	184 (791)	25	8	3	0	80 (0)	14 (0)	1
Cameo - Panna Cotta ai Frutti di Bosco, 94 g	Cameo - Panna Cotta Berry, 94 g	199 (833)	18	13	3	0	100	17	0
Carbonara bianca - Carbonara bianca, 100 g	White Carbonara - White Carbonara, 100 g	379 (1548)	41 (66)	17 (6)	14	60 (0)	560 (0)	0 (4)	2 (0)
Carne - Petto di Pollo in Padella, 100 g	Meat - Chicken Breast in Pan, 100 g	195 (477)	0	8 (3)	30 (21)	83 (64)	400 (116)	0	0
Casa - Uova Ripiene, 2 porzioni	Casa - Stuffed Eggs, 2 servings	128 (65)	0	9 (4)	12 (6)	371 (0)	137 (0)	0	0
Casa - Vellutata di Lenticchie, Patate e Carote, 100 g	Casa - Lentil Potato Carrot Soup, 100 g	80 (112)	10 (1670)	2 (210)	4 (750)	0 (670)	200 (0)	2 (0)	4 (0)
Cavolfiori cotti	cooked cauliflowers	48 (119)	4	3 (10)	2	0	288 (40004)	1	3 (1)
Cavolo - Cavolo Nero cotto, 100 g	Cabbage - Cooked Black Cabbage, 100 g	23 (96)	1	1	2	0	16 (0)	0	2 (0)
Chop House Salad - Insalata, 1 porzione	Chop House Salad - Salad, 1 salad	64 (256)	0	4.5 (17)	6 (25)	185.5 (716)	68.5 (274)	0	0
Claudio - Uovo, 1 pz.	Claudio - Egg, 1 pc.	64 (173)	0	4.5 (12)	6 (17)	185.5 (0)	68.5 (0)	0	0
Conchilioni con Ricotta Fresca - Pasta, 1 piatto	Conchilioni with Fresh Ricotta - Pasta, 1 plate	455 (1318)	65 (48)	13 (7)	19 (16)	25 (0)	14 (0)	5 (0)	3 (0)
Coop - Linguine allo Scolio, 275 g	Coop - Linguine with Scolio, 275	374	56	9	16	781 (200)	580	7	4
Cornetto vuoto - Cornetto vuoto, 1 cornetto	Empty Croissant - Empty Croissant, 1 croissant	231 (858)	26 (24)	12 (11)	5 (3)	38 (0)	400 (0)	6 (5)	2 (1)
Crackers integrali - Crackers, 1 pack	Wholemeal Crackers - crackers, 1 pack	100 (1753)	15 (73)	2 (11)	2 (4)	0	176 (0)	2 (0)	4 (0)
Crea - Uova, 2 unità (50 g)	Crea - Eggs, 2 units (50 g)	128	0	9	12	371 (0)	137 (0)	0	0
Crich - Frollini al Cioccolato, 6 frollini	crich - Chocolate Cookies, 6 cookie	232.5 (11573)	29.5 (422)	9.5 (96)	4.5 (47)	0	168 (0)	11 (0)	5.5 (15)
Cucina Barilla - Polenta al Ragu, 100 g	cucinabarilla - Cornmeal with Rau, 100 g	298 (335)	50 (13)	6 (2)	10 (3)	0	352 (0)	5 (1)	0 (1)
Despar - Uova Biologiche, 10 g	Despar - Organic Eggs, 10 g	13	0	1	1	45 (0)	14 (0)	0	0
Despar - Uova Biologiche, 20 g	Despar - Organic Eggs, 20 g	26	0	2	2	90 (0)	28 (0)	0	0
Digestive Biscuits - Digestive Biscuits, 6 biscotti	Digestive biscuits - Digestive Biscuits, 6 biscuit	426 (1782)	55.8 (56)	18.6 (19)	6 (7)	0	480 (0)	13.2 (15)	4.8 (3)

Eat me - Panino Fesa, 1 panino	Eat me - Turkey Sandwich, 1 sandwich	329 (1565)	26 (57)	11 (10)	29 (15)	67 (0)	560 (0)	2 (0)	1 (0)
El - Uovo Medio Sodo - Uovo Sodo, 80 g	El - Medium Boiled Egg - Boiled Egg 80, 80	64 (65)	0	4.5 (4)	6	185.5 (0)	68.5 (0)	0	0
Esselunga - Olive all'Ascolana, 6 olive	Esseluna - Ascolana Olives, 6 olive	240 (4017)	21.6 (77)	11.4 (38)	10.2 (66)	24 (0)	0	1200 (0)	3 (0)
Esselunga - Trofie al Pesto e Patate, 239 g	esseluna - Trofie with Pesto and Potatoes, 239 g	568.82 (1046)	40.63 (26)	35.85 (14)	15.535 (5)	0	640.52 (0)	1.195 (0)	5.258 (0)
Euro Uova - Uova, 2 uovo	Euro Eggs - Eggs, 2 egg	154	1	10	15	380 (0)	150 (0)	0	0
Eurospin - Fettina Panata, 100 g	eurospin - Breaded Slice, 100 g	205 (837)	15 (16)	9 (8)	16	0	720 (0)	0 (1)	0
Farabella - Perle di Patate con Riso, 100 g	Farabella - Potato Pearls with Rice, 100 g	185 (774)	41	1	4	0	520 (1300)	1	2
Fatta in Casa - Torta di Grano Saraceno, 1 fetta	Homemade Buckwheat Cake, 1 slice	187 (321)	25 (51)	8 (1212)	3 (444)	0	320 (0)	14 (0)	1 (0)
Fermenti Lattici - Fermenti, 100 g	Lactic Ferments - Ferments, 100 g	NA (30)	NA (15)	NA (0)	NA (0)	NA (0)	NA (0)	NA (10)	NA (85)
Fesa - Fesa di Tacchino, 100 g	Turkey Breast - Turkey Breast, 100	111 (464)	0	1	25	62 (0)	48 (0)	0	0
Findus - Bastoncini di Pesce, 4 bastoncini	Findus - Fish Sticks, 4 stick	213 (887)	21	8	13	0	860	1	1
Forno - Maritozzo, 1 pezzo	Forno - Maritozzo, 1 piece	157 (1515)	30 (52)	3 (14)	3 (7)	10 (0)	96 (0)	10 (0)	1 (0)
Fresco - Filetto di Branzino, 125 g	Fresh Sea Bass Fillet, 125	103	8	19	22 (206)	0	480 (0)	0	0
Frittata - Frittata con Solo Uova, 1 porzione	Omelette - Omelette with Only Eggs 1 serving	64 (68)	0	4.5 (5)	6	185.5 (186)	68.5 (122)	0	0 (NA)
Frittata con 4 uova - Frittata Uova, 1 uovo	Omelette with 4 eggs - egg omelette, 1 egg	75	0	6 (0)	5 (0)	200 (0)	85 (0)	0	0
Galbani S.r.l. - Certosa Crescenza Italiana, 100 g	Galbani Sr.l. - Italian Crescenza Cheese, 100 g	276 (163)	2 (3)	24 (9)	13 (17)	0	0 (800)	1 (2)	0 (800)
Gallina Bianca - Uova Allevamento a Terra, 120 g	Gallina Bianca - Free-range Eggs, 120 g	154	0	10	15	430 (0)	150 (0)	0	0
Generic - 2 Uova Strapazzate, 165 g	Generic - 2 Scrambled Eggs, 165 g	128 (275)	0 (4)	9 (20)	12 (18)	371 (400)	137 (462)	0 (3)	0
Generic - Girella al Cioccolato, 45 g	Generic - Chocolate Swiss Roll, 45	133 (644)	21	4 (6)	2 (4)	0	40 (0)	11 (0)	1 (0)
Generic - Pasta con Zucca, 100 g	Generic - Pasta with Pumpkin 100 grams	NA (31)	NA (691)	NA (57)	NA (64)	NA (0)	NA (17)	NA (276)	NA (15)
Generic - Pizza Ortolana, 1 pizza	Generic - Vegetable Pizza, 1 pizza	1392 (795)	172 (1.161)	49 (1.935)	65 (387)	138 (0)	2272 (0)	3 (0)	4 (0)
Generic - Riso al suo Homemade, 100 g	Generic - Homemade Rice, 100 g	115 (135)	19 (26)	4 (2)	2 (294)	0	352 (0)	1 (226)	1 (0)
Generic - Uova al Tegamino, 100 g	Generic - Poached Eggs, 100	64 (143)	0 (1)	4.5 (10)	6 (13)	185.5 (372)	68.5 (142)	0	0
Generic - Uovo Sodo, 100 g	Generic - Boiled Egg, 100	64 (128)	0	4.5 (9)	6 (12)	185.5 (0)	68.5 (93)	0	0
Generic - Uovo Strapazzato, 1 tuorlo, 2 albumi - uova medie	Generic - Scrambled Egg, 1 yolk, 2 whites - medium eggs	205.5 (214)	0 (1)	14.5 (16)	19 (15)	668.5 (575)	200.5 (476)	0 (1)	0
Generic Pane Ciabatta Vitto - Ciabatta (Pane), 100 g	Generic Ciabatta Bread, 100 g	81 (69)	15 (13)	1 (86)	3 (199)	0	176 (177)	0 (112)	1 (0)
Generico - Pasta alla Gricia, 100 g	Generic - Pasta alla Gricia, 100 g	304 (2209)	26 (63)	18 (19)	8 (26)	20 (0)	232 (0)	1 (0)	2 (0)
Generico - Patatine Fritte, 300 g	Generic - French Fries, 300 g	936	123	45	10.2 (102)	0	630	1	11.4 (114)
Generico - Uovo Medio Sodo, 1 medio	Generic - Medium Boiled Egg, 1 medium	67	0	5	7	186 (0)	122 (0)	0	0
Generico - Uovo Sodo, 1 uovo	Generic - Boiled Egg, 1 egg	64 (68)	0	4.5 (5)	6	185.5 (186)	68.5 (122)	0	0 (NA)
Generico - Uovo Strapazzato, 0.5 uovo grande	Generic - Scrambled Egg, 0.5 large egg	51	1	4	3	108	86 (0)	1	0
Girella - Girella Crema Cioccolato, 100 g	Swiss Roll - Chocolate Cream, 100 g	266 (1393)	42 (58)	8	4 (7)	0	80 (0)	22 (0)	2 (0)
Hamburer - Hamburer, 125 g	Hamburger, 125 g	199 (1121)	0	12 (19)	22 (25)	0	0	0	0
Home - Uovo Fritto, 1 pezzo	Home - Fried Egg, 1 piece	92	0	7	6	250 (0)	240	0	0
Homemade - Cipolla Bollita, 1	Homemade - Boiled Onion, 1	56 (44)	10	2 (0)	1	0	184 (3)	4 (473)	1
Homemade - Insalata di Riso, 1 porzione	Homemade - Rice Salad, 1 portion	283 (4164)	33 (818)	12 (48)	11 (107)	40 (0)	57 (3192)	2 (6)	3 (0)
Homemade - Pane e Marmellata, 1 fetta	Homemade - Bread with Jam, 1 slice	75 (247)	15 (46)	1 (273)	3 (9)	0	144 (0)	3 (0)	2 (0)
Homemade - Pane e Marmellata, 2 fette	Homemade - Bread with Jam, 2 slices	150 (494)	30 (92)	2 (546)	6 (17)	0	288 (0)	6 (0)	4 (0)
Homemade - Pasta Amatriciana, 100 g	Homemade - Pasta Amatriciana, 100 g	183 (724)	23 (237)	7 (73)	6 (46)	3 (117)	216 (0)	2 (0)	1
Homemade - Polpette di Carne e Formaggio, 100 g (4 polpette)	Homemade - Meat and Cheese Meatballs, 100 g (4 meatballs)	228 (216)	8 (1285)	16 (978)	12 (1686)	84 (0)	544 (7511)	0	0
Homemade - Uova al Pomodoro, 100 g	Homemade - Eggs in Tomato Sauce, 100 g	64 (280)	0	4.5 (0)	6 (0)	185.5 (0)	68.5 (0)	0	0
Homemade - Uova Sode, 2 uovo	Homemade - Boiled Eggs, 2 eggs	128 (85)	0	9 (6)	12 (8)	371 (253)	137 (32)	0	0

Homemade - Uovo all'Occhio di Bue, 1 uovo medio, 60 g	Homemade - Sunny-side Up Egg, 1 medium egg, 60 g	64 (107)	0 (1)	4.5 (8)	6 (7)	185.5 (287)	68.5 (238)	0	0
Homemade - Uovo all'Occhio di Bue, 2 uovo medio, 60 g	Homemade - Sunny-side Up Egg, 2 medium eggs, 60 g	128 (79)	0	9 (4)	12 (10)	371 (665)	137 (69)	0	0
I uova - Uova fresche, 2 uova	I Eggs - Fresh Eggs, 2 eggs	128 (173)	0	9 (12)	12 (17)	371 (0)	137 (0)	0	0
I Uova - Uova, 2 uovo	I Eggs - Eggs, 2 eggs	128	0 (3)	9	12	371 (0)	137 (0)	0 (1)	0
Insalata Iceberg - Insalata Verde, 4 piatti	Iceberg Salad - Green Salad, 4 servings	17 (59)	3	0	2 (0)	0	28 (0)	1 (0)	2 (0)
Intrapan - Panino Prosciutto, 100 g	Intrapan - Ham Sandwich, 100 g	259 (1172)	34 (33)	8 (12)	12 (11)	0	736 (0)	4 (0)	2 (0)
Iperal Uova - Uova Sode, 2 uova	Iperal Eggs - Boiled Eggs, 2 eggs	128	0 (3)	9	12	371 (0)	137 (0)	0 (1)	0
Kinder - Kinder Minis, 1 mini	Kinder - Kinder Minis, 1 mini	34 (126)	3	2	1	0	0 (7)	3 (2)	0
La Vie - Le Parisien Jambon Végétal, Cornichon, 145 g	La Vie - Le Parisien Vegetable Ham, Pickle, 145 g	352	33	16	15	0	928 (2320)	3	0
Lavazza - Caffè Espresso Macchiato, 1	Lavazza - Espresso Macchiato, 1	10 (14)	1 (2)	1 (0)	1	0	0	1	0 (20)
Lavazza - Caffè Espresso, 1 tazzina (30 ml)	Lavazza - Espresso Coffee, 1 cup (30 ml)	5 (1)	1 (0)	0	0	0	0 (14)	0	0
Lavazza - Caffè Macchiato, 1 espresso cup	Lavazza - Macchiato Coffee, 1 espresso cup	10 (14)	1 (2)	1 (0)	1	0	0	1	0 (20)
Lavazza - Caffè Macchiato, 2 espresso cup	Lavazza - Macchiato Coffee, 2 espresso cups	20 (28)	2 (3)	2 (1)	2	0	0	2	0 (40)
Lavazza cup	Lavazza cup	5 (14)	1 (2)	0	0 (1)	0	0	0 (1)	0 (20)
Lavazza cup - Caffè Macchiato, 1 espresso	Lavazza Cup - Macchiato Coffee, 1 espresso	10 (14)	1 (2)	1 (0)	1	0	0	1	0 (20)
Lavazza Espresso, 30 ml	Lavazza Espresso, 30 ml	5 (2)	1 (0)	0	0	0	0 (14)	0	0
Lavazza Espresso, 60 ml	Lavazza Espresso, 60 ml	10 (4)	2 (0)	0	0	0	0 (28)	0	0
LeNaturelle - Uova Strapazzate, 2 piatti	LeNaturelle - Scrambled Eggs, 2 servings	220	3	16	16	400 (0)	400 (0)	0	0
Lidl - Hummus di Ceci, 100 g	Lidl - Chickpea Hummus, 100 g	117 (1284)	20 (9)	9 (26)	5 (6)	0	240 (0)	0 (1)	4 (6)
Lidl - Pains au Chocolat, 1 pain	Lidl - Chocolate Pastry, 1 piece	270 (820)	34 (0)	12 (11)	5 (0)	60 (0)	270 (0)	8 (5)	1 (0)
Linea Gourmet Polpa e Ciccia - Hamburger di Fassona con Bacon e Cipolle Caramellate, 1 hamburger	Linea Gourmet Polpa e Ciccia - Fassona Hamburger with Bacon and Caramelized Onions, 1 hamburger	165 (1013)	5	10 (17)	19 (15)	0	640 (0)	0 (2)	0
Marherita - Pizza Margherita, 100 g	Margherita - Margherita Pizza, 100 g	910 (929)	153 (29)	17 (5)	32 (11)	39 (0)	648 (1700)	2 (3)	7 (1)
McDonald's - Patatine Fritte, 50 g	McDonald's - French Fries, 50 g	434 (1966)	54 (59)	21 (23)	5 (7)	0	400 (0)	0	5 (0)
Mensa - Uova Strapazzate, 1 piatto	Cafeteria - Scrambled Eggs, 1 serving	194	3	12	18	350 (0)	300	3	0
Milk - Yogurt da Bere, 125 g	Milk - Drinkable Yogurt, 125 g	72 (90)	5 (1575)	3 (125)	8 (38)	0	54 (5)	5 (1575)	0
Mozzarella 50 - Mozzarella, 50 g	Mozzarella 50 - Mozzarella, 50 g	150 (636)	2 (0)	10 (11)	13 (11)	27 (39)	264 (316)	0	0 (1)
Mulan - Noodles con Pollo e Verdure, 100 g	Mulan - Noodles with Chicken and Vegetables, 100 g	161 (640)	18	7	5	0	320 (840)	2	0
My Personal Trainer - Uova al Tegamino, 2 uova	My Personal Trainer - Fried Eggs, 2 eggs	176	1	14	12	479	400 (0)	0	0
Olio d'Oliva - Olio, 2 cucchiai	Olive Oil - Oil, 2 tablespoons	176 (2092)	22 (0)	5 (0)	10 (0)	0	0	3 (0)	2 (0)
Olio Extravergine di Oliva - Olio, 1 g	Extra Virgin Olive Oil - Oil, 1 g	83 (229)	0 (43)	9 (4)	0 (4)	0	0 (1300)	0 (3)	0 (6)
Pam - Pizzetta Margherita, 240 g	Pam - Mini Margherita Pizza, 240 g	619.2 (912)	80.64 (201)	22.08 (26)	22.8 (210)	33.6 (0)	1152 (0)	3.36 (0)	3.6 (0)
Pam - Pizzetta Margherita, 80 g	Pam - Mini Margherita Pizza, 80 g	206.4 (304)	26.88 (67)	7.36 (9)	7.6 (70)	11.2 (0)	384 (0)	1.12 (0)	1.2 (0)
Pane - Pane Casareccio, 100 g	Bread - Homemade Bread, 100 g	229 (828)	43 (0)	4 (92)	4 (0)	0	1300 (0)	3 (0)	6 (0)
Pane Integrale - Pane Integrale 70 g, 0.5 fetta	Whole Wheat Bread - 70 g, 0.5 slice	35	6	1	1	0	200 (0)	1 (0)	1 (10)
Pane Integrale - Pane Integrale 70 g, 1 fetta	Whole Wheat Bread - 70 g, 1 slice	69	13	1	3	0	400 (0)	2 (0)	2 (19)
Pane Integrale - Pane Integrale 70 g, 1.5 fetta	Whole Wheat Bread - 70 g, 1.5 slices	104	19	2	4	0	600 (0)	3 (0)	3 (29)
Pane Integrale - Pane Integrale 70 g, 2 fette	Whole Wheat Bread - 70 g, 2 slices	138	26	2	5	0	800 (0)	4 (0)	4 (38)
Pane Integrale - Pane Integrale 70 g, 3 fette	Whole Wheat Bread - 70 g, 3 slices	207	39	4	8	0	1200 (0)	6 (0)	6 (57)
Pane Integrale fetta	Whole Wheat Bread slice	69	13	1	3	0	400 (0)	2 (0)	2 (19)
Paren - Zuppa di Legumi e Cereali, 300 g	Paren - Legume and Cereal Soup, 300 g	333	36	10	15	0	1068 (2670)	2	22
Pasta - Aglio Olio, 1 piatto	Pasta - Garlic and Oil, 1 plate	552 (1042)	78 (41)	20 (6)	14 (7)	0	700 (2)	2 (0)	4 (3)

Pasta - Pasta in Bianco, 100 g	Pasta - Plain Pasta, 100 g	202 (1552)	31 (75)	5 (2)	7 (13)	4 (0)	320 (0)	1 (2)	2
Pasta e Ceci, 100 g	Pasta with Chickpeas, 100 g	160	25	5	5	0	232 (2320)	1	2
Pavesi - Gocciole, 7 pz	Pavesi - Gocciole Cookies, 7 pcs	413 (1728)	56 (53)	21 (19)	7 (6)	0	168 (0)	21 (18)	0 (3)
Peperoni cotti in padella - Peperoni Saltati in Padella, 100 g	Cooked Peppers - Pan-fried Peppers, 100 g	45 (143)	7 (24)	2	1 (5)	0	104 (0)	4 (24)	1 (87)
Petto di Tacchino - Petto di Tacchino, 100 g	Turkey Breast - Turkey Breast, 100 g	111 (448)	0	1	25 (24)	62 (50)	48 (52)	0	0
Piadina - Piadina, 1 piada	Flatbread - Flatbread, 1 piece	365 (761)	54 (27)	12 (7)	9 (4)	33 (31)	380 (190)	1 (0)	2 (1)
Pizza con Prosciutto Cotto - Pizza con Prosciutto Cotto, 100 g	Pizza with Cooked Ham - Pizza with Cooked Ham, 100 g	915 (937)	131 (30)	22 (7)	44 (10)	77 (0)	2000 (0)	1 (0)	6 (0)
Pniko - Mela Val Venosta, 1 mela	Pniko - Val Venosta Apple, 1 apple	72 (619)	19 (14)	0	0	0	0 (23)	14 (0)	3 (0)
Prope Uovo - Uovo, 1 uovo	Prope Egg - Egg, 1 egg	64 (65)	0 (1)	4.5 (4)	6	185.5 (186)	68.5 (83)	0	0
Prope Uovo - Uovo, 2 uova	Prope Egg - Egg, 2 eggs	128 (130)	0 (1)	9	12	371 (372)	137 (166)	0	0
Ravioli Sardi - Ravioli Ricotta e Zafferano, 1 piatto	Sardinian Ravioli - Ricotta and Saffron Ravioli, 1 plate	217	35 (2809)	7	9	0	115 (0)	1 (0)	2 (0)
Ricky - Frittata di Albumi, 100 g	Ricky - Egg White Omelette, 100 g	64 (222)	1 (2)	2	10 (6)	0	356 (0)	1 (0)	0
Risotto con Crema di Melanzane e Pomodorini Confit - Cucina Botanica, 15 porzioni	Risotto with Eggplant Cream and Confit Cherry Tomatoes - Botanical Kitchen, 15 servings	474 (767)	119 (99)	2 (29)	11 (21)	0 (11)	1140 (10072)	2 (7)	3 (9)
Ristorante - Pasta Panna e Prosciutto, 100 g	Restaurant - Pasta with Cream and Ham, 100 g	334	35	16	16	50 (163)	800	4	2 (0)
Saclà - Orzo con Verdure, 1.5 piatto	Saclà - Barley with Vegetables, 1.5 plate	221 (441)	21 (369)	12 (24)	4 (78)	0	1950 (0)	2 (0)	6
Saper di Sapori - Tortellini Bolognesi con Parmigiano Reggiano, 100 g	Saper di Sapori - Bolognese Tortellini with Parmesan, 100 g	302 (1264)	36	10	16	0	400	2	2
Sarchio - Biscotti di Avena, 1 biscotto	Sarchio - Oat Biscuit, 1 biscuit	45	7	1	1 (4)	0	22 (0)	2	1 (33)
Sisa - Panino con Fesa e Rana, 100 g	Sisa - Sandwich with Turkey Breast and Cheese, 100 g	241 (1172)	23 (0)	11 (15)	14 (36)	40 (0)	528 (0)	0	0
Sole - Uova, 2 uova	Sole - Eggs, 2 eggs	128	0 (1)	9	12	371 (370)	137 (136)	0 (1)	0
Sole e Rano - Base Pinsa Farinata, 150 g	Sole e Rano - Pinsa Dough Base, 150 g	456	74	11	13	0	1200 (2550)	2	5
Soto - Bio Börek Involtini Spinaci e Feta, 300 g	Soto - Organic Börek Spinach and Feta Rolls, 300 g	585	69	25	18	0	1440 (3600)	1	8
Spaghetti di Soia con Verdure - Spaghetti, 100 g	Soy Spaghetti with Vegetables, 100 g	140 (502)	14 (10)	8	1	0	360 (3)	1 (3)	2 (0)
Spunti Service - Panino al Prosciutto Cotto, 1 panino	Spunti Service - Sandwich with Cooked Ham, 1 sandwich	186 (309)	15 (5376)	7.4 (6)	14 (1404)	38 (0)	374 (192)	1 (204)	1 (0)
Sten - Uovo Strapazzato, 100 g	Sten - Scrambled Egg, 100 g	84	0	11	13	200 (0)	124	1	0
Tabella CREA - Uova di Gallina, Intero, 100 g	CREA Table - Hen Eggs, Whole, 100 g	64 (128)	0	4.5 (9)	6 (12)	185.5 (358)	68.5 (137)	0	0
Tabella CREA - Uova di Gallina, Intero, 200 g	CREA Table - Hen Egg, Whole, 200 g	147 (256)	1 (0)	10 (17)	13 (25)	423 (716)	140 (274)	1 (0)	0
Taliata - Taliata di Scottona, 100 g	Taliata - Beef Striploin, 100 g	117 (100)	11 (21)	7 (1)	3 (103)	0	7 (0)	6 (20)	2
Taliatelle - Taliatelle al Ragù, 100 g	Tagliatelle - Tagliatelle with Ragù, 100 g	280 (900)	41 (14)	7 (15)	13 (6)	0	0 (1)	5 (2)	0 (1)
Toast al Prosciutto e Formaggio, 1 toast	Ham and Cheese Toast, 1 toast	388 (1623)	70	10	4	0	0	1	3
Topina - Suo Pomodoro e Mozzarella, 1 mozzarella e il suo	Topina - Tomato and Mozzarella, 1 mozzarella and its portion	128 (238)	0 (4)	9 (16)	12 (20)	371 (0)	137 (0)	0	0
Topsix - Barretta alla Frutta, 1 barretta	Topsix - Fruit Bar, 1 bar	64 (77)	0	4.5 (5)	6 (7)	185.5 (185)	68.5 (70)	0	0
Tortellini - Ricotta e Spinaci, 1 porzione	Tortellini - Ricotta and Spinach, 1 portion	64 (256)	0 (1)	4.5 (17)	6 (24)	185.5 (0)	68.5 (0)	0	0
Trianoli di Mais Biologico, 100 g	Organic Corn Trianoli, 100 g	128 (173)	0	9 (12)	12 (17)	371 (0)	137 (0)	0	0
Uova - Uova Bollite Carmelo, 60 g	Eggs - Boiled Eggs Carmelo, 60 g	64 (87)	0	4.5 (6)	6 (8)	185.5 (0)	68.5 (0)	0	0
Uova - Uova Fresche, 2 uova	Eggs - Fresh Eggs, 2 eggs	128 (93)	0	9 (6)	12 (8)	371 (242)	137 (92)	0	0
Uova - Uova Fresche, 3 uova	Eggs - Fresh Eggs, 3 eggs	192 (384)	0 (2)	13.5 (26)	18 (36)	556.5 (0)	205.5 (0)	0	0
Uova - Uova Sode, 100 g	Eggs - Boiled Eggs, 100 g	65 (128)	0 (1)	4 (9)	6 (12)	186 (0)	64 (0)	0	0
Uova - Uova Strapazzate, 2 uova	Eggs - Scrambled Eggs, 2 eggs	130 (256)	0 (1)	8 (17)	12 (24)	372 (0)	128 (0)	0	0
Uova - Uova Strapazzate, 3 uova	Eggs - Scrambled Eggs, 3 eggs	195 (384)	0 (2)	12 (26)	18 (36)	558 (0)	192 (0)	0	0

Uova - Uova, 1 uovo	Eggs - Egg, 1 egg	64 (128)	0	4.5 (9)	6 (12)	185.5 (371)	68.5 (122)	0	0
Uova - Uova, 2 uova	Eggs - Eggs, 2 eggs	136 (256)	0 (1)	10 (17)	10 (25)	372 (742)	240 (244)	1	0
Uova al Tonno - Uova Sode Ripiene di Tonno, 1 uovo	Tuna Eggs - Boiled Egg Stuffed with Tuna, 1 egg	128 (87)	0	9 (6)	12 (8)	371 (0)	137 (0)	0	0
Uova in Camicia - Secondi di Uova, 1 pezzo	Poached Eggs - Egg Main Dish, 1 piece	64 (84)	0	4.5 (11)	6 (13)	185.5 (0)	68.5 (124)	0 (1)	0
Uova Medie - Uova, 140 g	Medium Eggs - Eggs, 140 g	128 (130)	0 (1)	9	12 (11)	371 (0)	137 (0)	0 (1)	0
Uova Mie Galline - Uova Strapazzate, 100 g	My Chicken Eggs - Scrambled Eggs, 100 g	128	0	9	12	372 (0)	240 (0)	0	0
Uova Sode, 2	Boiled Eggs, 2	223	1	19	13	400 (0)	300 (0)	1	0
Uova Strapazzate	Scrambled Eggs	335	2	28	19	645 (0)	516 (0)	1	0
Uovo - Uovo Cotto, 1 uovo da 50 g	Egg - Cooked Egg, 1 egg of 50 g	64 (35)	0 (1)	4.5 (2)	6 (3)	185.5 (0)	68.5 (0)	0	0
Uovo - Uovo Medio, 0.5 uovo medio	Egg - Medium Egg, 0.5 medium egg	33	0	2	3	90 (0)	30 (0)	0	0
Uovo - Uovo Medio, 0.7 uovo medio	Egg - Medium Egg, 0.7 medium egg	46	0	3	4	120 (0)	50 (0)	0	0
Uovo - Uovo Medio, 1 uovo medio	Egg - Medium Egg, 1 medium egg	64 (65)	0	4.5 (4)	6	185.5 (0)	68.5 (0)	0	0
Uovo - Uovo Medio, 1.3 uovo medio	Egg - Medium Egg, 1.3 medium egg	85	0	6	7	210 (0)	80 (0)	0	0
Uovo - Uovo Medio, 2 uova medie	Egg - Medium Egg, 2 medium eggs	64 (149)	0 (2)	4.5 (11)	6 (10)	185.5 (277)	68.5 (145)	0 (1)	0
Uovo - Uovo Medio, 2 uovo medio	Egg - Medium Egg, 2 medium eggs	130	1	9	11	372 (0)	128 (0)	1	0
Uovo - Uovo Medio, 2.5 uovo medio	Egg - Medium Egg, 2.5 medium eggs	163	1	11	14	465 (0)	128 (0)	1	0
Uovo 1 - Uovo, 100 g	Egg 1 - Egg, 100 g	128	1	9	12	423 (0)	140 (0)	1	0
Uovo Bollito, 1	Boiled Egg, 1	64 (89)	0	4.5 (7)	6	185.5 (210)	68.5 (0)	0	0
Uovo Occhio di Bue, 46 g	Sunny-side Up Egg, 46 g	89	0	7	6	210	96 (0)	0	0
Uovo Sodo, 1	Boiled Egg, 1	64 (130)	0 (1)	4.5 (9)	6 (11)	185.5 (0)	68.5 (0)	0 (1)	0
Uovo Sodo, 2	Boiled Eggs, 2	128 (34)	0	9 (2)	12 (3)	371 (93)	137 (61)	0	0
Uovo Strapazzato	Scrambled Egg	64 (NA)	0 (NA)	4.5 (NA)	6 (NA)	185.5 (NA)	68.5 (NA)	0 (NA)	0 (NA)
Gustato - Aglio, Olio e Peperoncino, 100 g	Gustato - Garlic, Oil and Chili, 100 g	225 (1778)	32 (4)	8 (45)	6 (1)	0	288 (0)	1 (0)	2 (0)
Vallelata - Ricotta Vallelata, 100 g	Vallelata - Vallelata Ricotta, 100 g	138 (686)	5 (6)	8 (12)	11 (8)	31 (0)	124 (0)	0 (5)	0
Vemondo (Lidl) - Cotoletta Vegetale, 80 g	Vemondo (Lidl) - Vegetable Cutlet, 80 g	178	5	10	18	0	800 (2000)	1	2
Vemondo Lidl - Noci Vegetali, 100 g	Vemondo Lidl - Mixed Nuts, 100 g	233 (1109)	21 (16)	10 (17)	13 (10)	0	560 (1)	0	5
VVV - Sale, 1 cucchiaino	VVV - Salt, 1 teaspoon	NA (0)	NA (0)	NA (0)	NA (0)	NA (0)	NA (2000)	NA (0)	NA (0)
Zucchine Scure, 200 g	Dark Zucchini, 200 g	177 (1347)	6 (11)	14 (24)	11 (13)	35 (0)	400 (0)	2 (0)	1 (0)