

Manual Fotográfico de
**QUANTIFICAÇÃO
ALIMENTAR**

Realização:

MANUAL FOTOGRAFICO DE
QUANTIFICAÇÃO ALIMENTAR

1ª Edição

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Apresentação

Este álbum fotográfico contém fotos de porções e formas de alimentos, bem como fotos de medidas caseiras, e foi desenvolvido com o intuito de auxiliar a quantificação do consumo alimentar no Brasil, utilizando um método computadorizado de recordatório 24-horas (Software GloboDiet). Constam no álbum 96 alimentos, 14 formas e 16 medidas caseiras em diversos tamanhos.

A utilização primária do álbum é intrínseca ao software GloboDiet, previamente chamado EPIC-Soft, da qual a metodologia do desenvolvimento das fotos foi adaptada. O software GloboDiet foi desenvolvido pela Agência Internacional em Pesquisa em Câncer da Organização Mundial da Saúde (IARC/OMS), com o objetivo de coletar dados de consumo alimentar harmonizados entre diversas populações no mundo. Como utilização secundária, o álbum pode servir outras avaliações do consumo alimentar no Brasil. Ressalta-se, no entanto, que certas especificações escolhidas para as fotos do presente álbum foram assim determinadas para auxiliar o software GloboDiet, de maneira que se otimizasse sua aplicação, segundo os métodos de quantificação do software, e facilitasse a comparação dos dados internacionalmente. Por exemplo, pedaços de alimentos foram dispostos nos pratos de maneira não ordenada, já que a idéia da foto é ajudar na visualização de quantidades não uniformes usualmente consumidas. A quantificação ordenada de pedaços de alimentos se faz de maneira diferente pelo software, utilizando unidades padrões. Da mesma forma, os códigos utilizados nas fotos não possuem uma sequência óbvia, pois atendem a especificações do software. Assim, para facilitar a busca dos alimentos, as fotos de porções estão dispostas inicialmente de acordo com grupos alimentares pré-definidos.

Algumas das fotos de alimentos apresentadas no álbum trazem entre 4 e 6 tamanhos de porções do alimento. Já outras fotos de alimentos, chamadas de “fotos de alimentos em unidades padrões”, servem para escolher o tipo do alimento ou tamanho da unidade do alimento, como por exemplo tipos de peixe ou tamanhos de laranja. Alimentos que tragam um formato mais definido, tais como pizzas e panquecas, podem ser quantificados com o auxílio das “formas de alimentos” disponíveis no álbum e para tanto, poucas fotos desses alimentos foram criadas.

Por fim, algumas fotos existentes nesse álbum foram desenvolvidas em outros projetos, originadas na Europa. A variação dos pesos das porções alimentares dessas fotos foi comparada e verificada com os dados coletados na última pesquisa nacional de consumo alimentar, coletado durante a Pesquisa de Orçamento Familiar (POF) 2008/09, e no Inquérito de Saúde em São Paulo (ISA). Outras fotos foram desenvolvidas no Brasil no ano de 2015. Todas estão referenciadas no final do álbum.

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H006	Copo, tulipa pequena (chopp garotinho)	Glass, tulip shape, small	13
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SOPAS

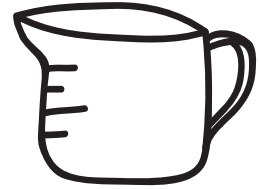
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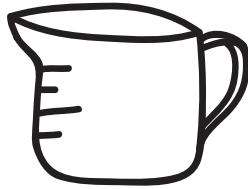
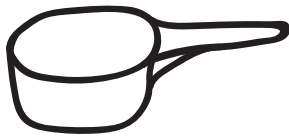
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medidas
CASEIRAS

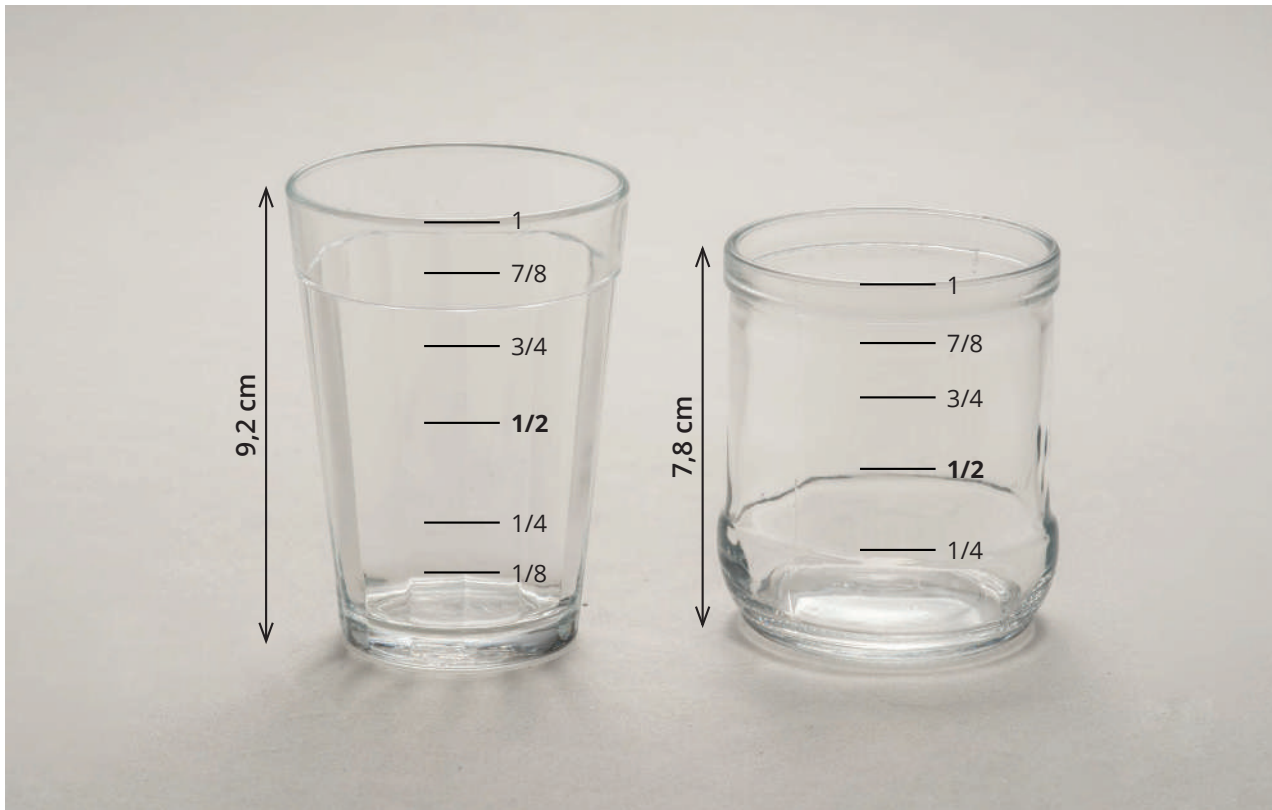




H001

H002

H003



H004

H005



H006

H007

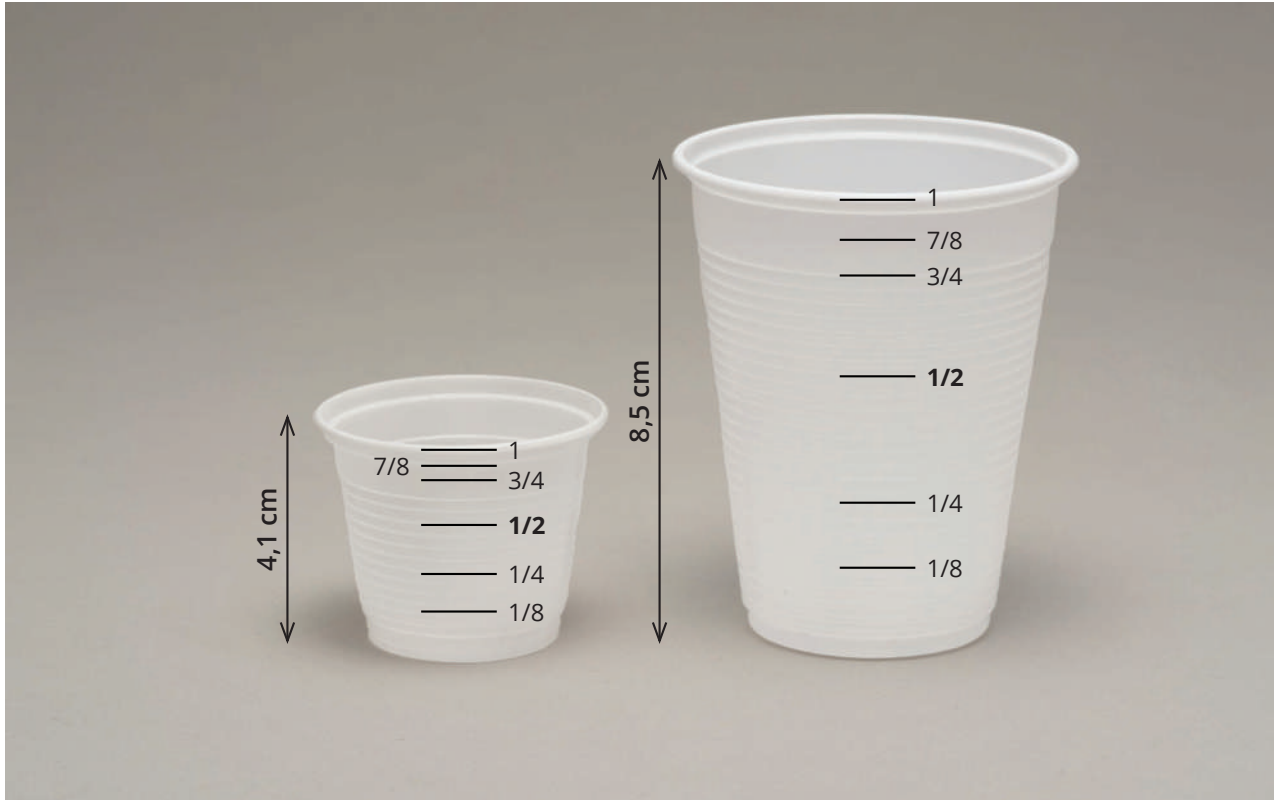
H008



H009

H010

H011



H012

H013



H014

H015

H016





H017

H018

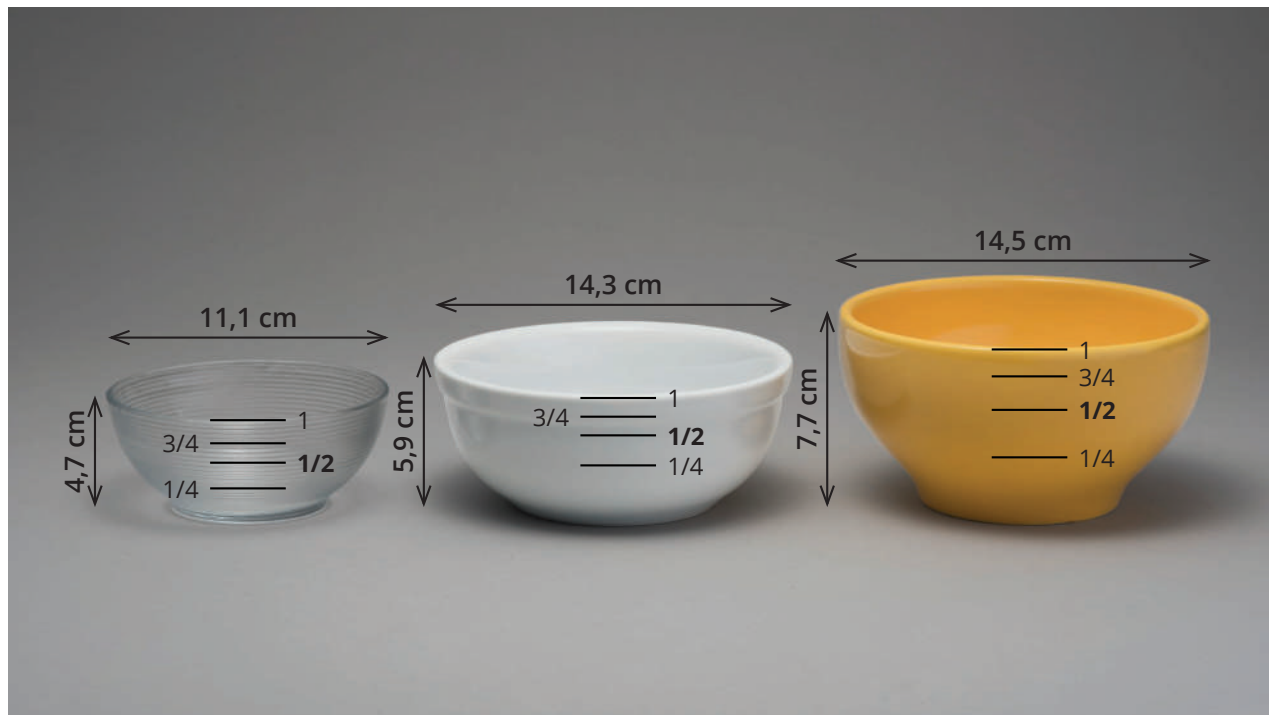


H019

H020

H021

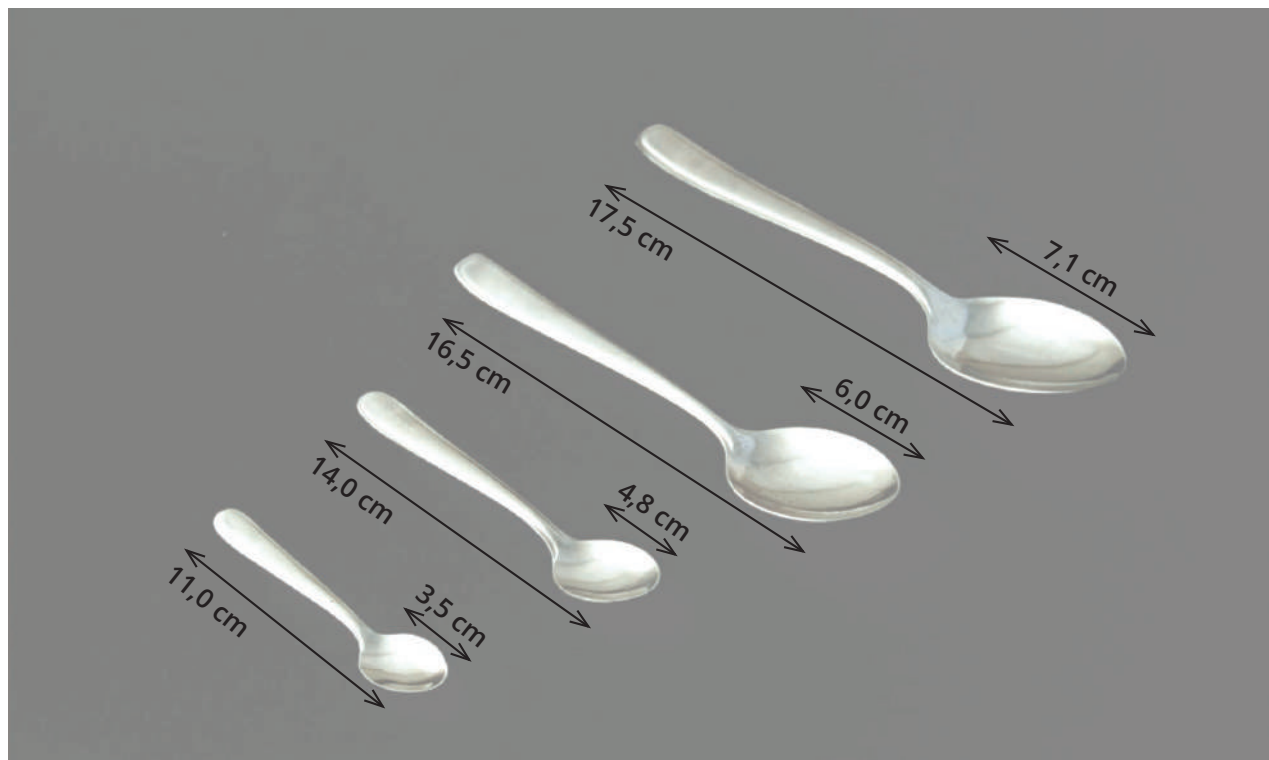




H022

H023

H024



H026

Colher de café

H028

Colher de chá

H030

Colher de sobremesa

H032

Colher de sopa

H027

Colher de café cheia

H029

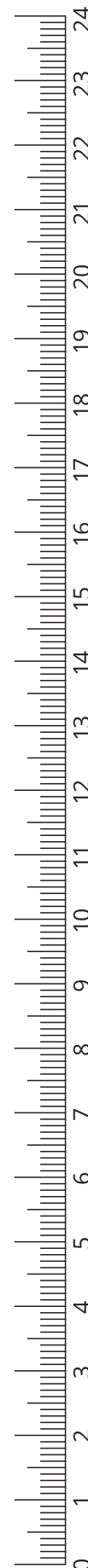
Colher de chá cheia

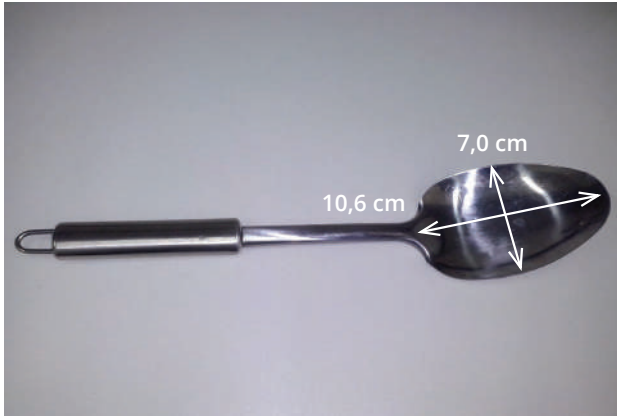
H031

Colher de sobremesa cheia

H033

Colher de sopa cheia



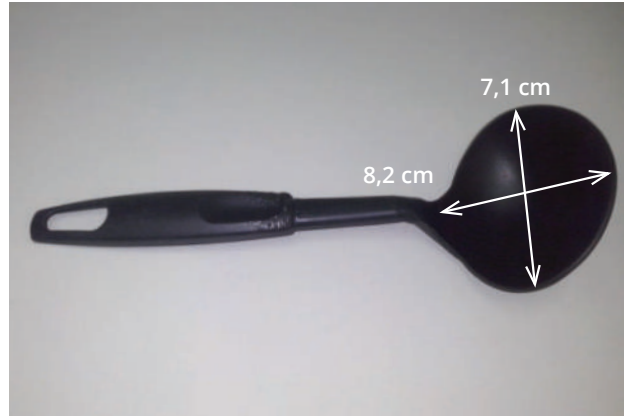


H034

Colher de servir

H035

Colher de servir cheia

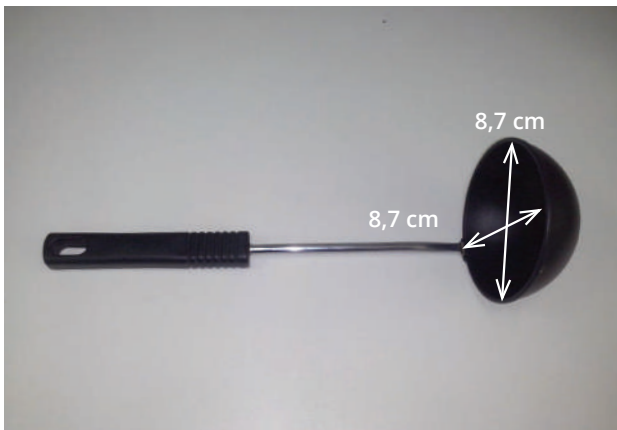


H036

Concha pequena

H037

Concha pequena cheia

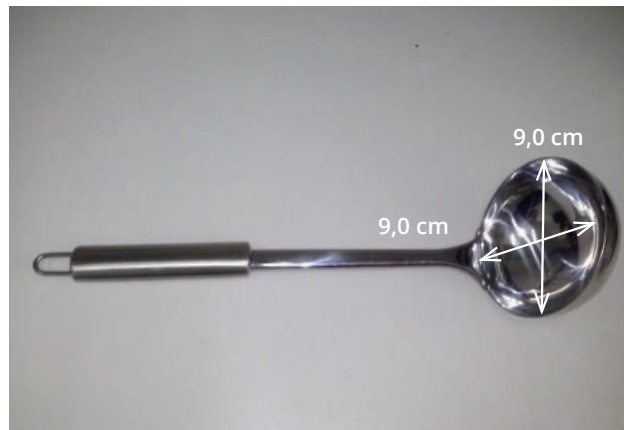


H038

Concha média

H039

Concha média cheia



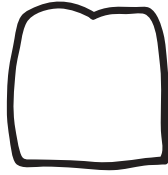
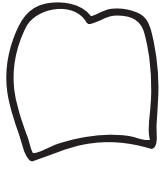
H040

Concha grande

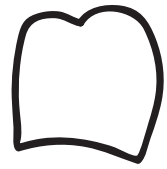
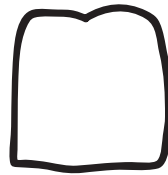
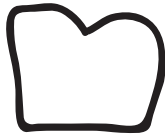
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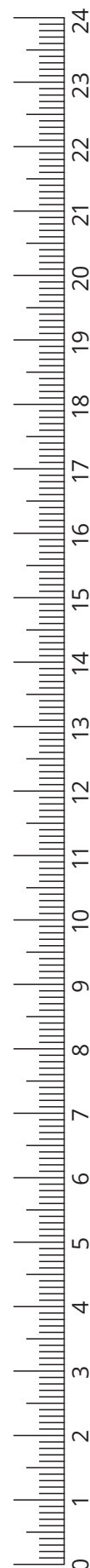
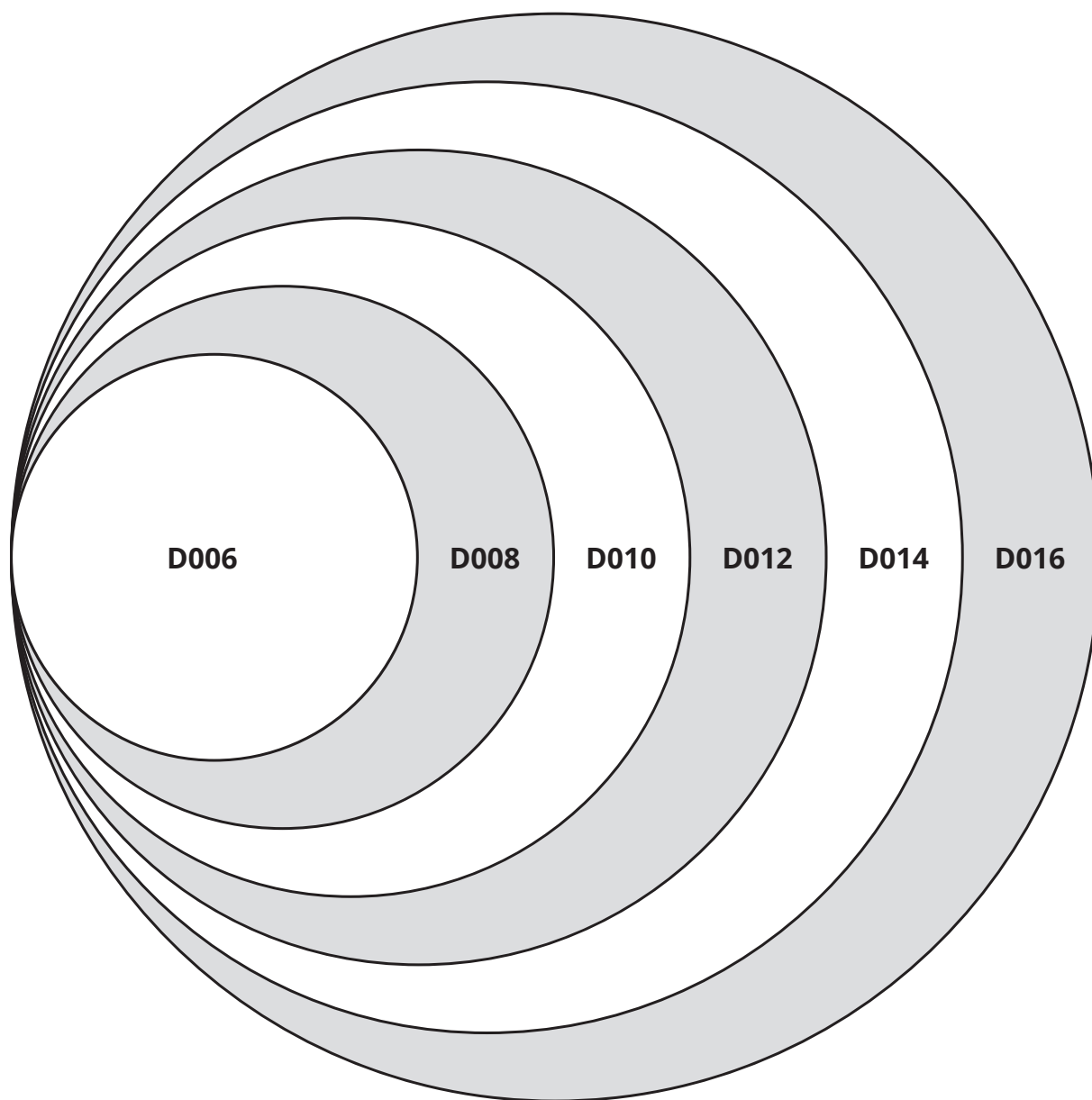
Concha grande cheia

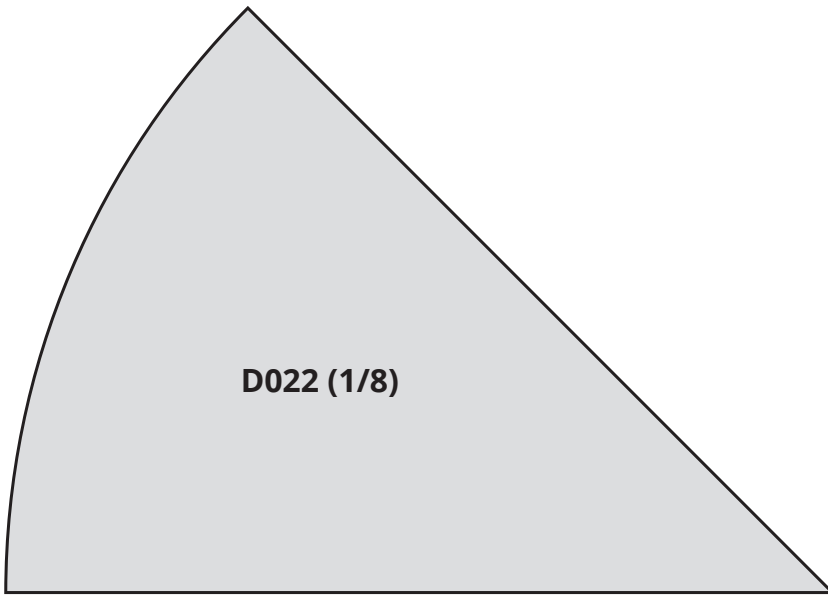




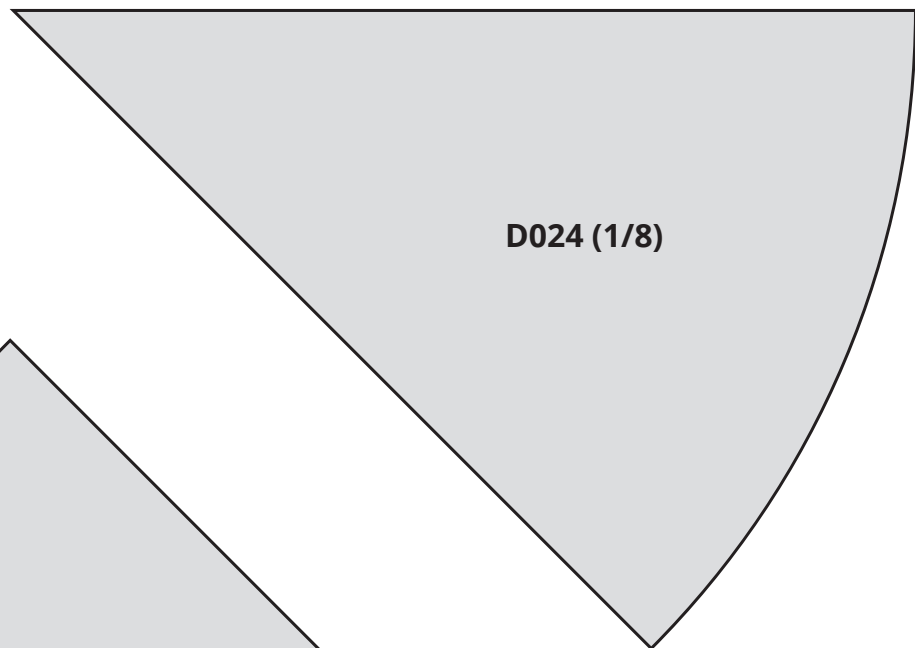
formas de
ALIMENTOS



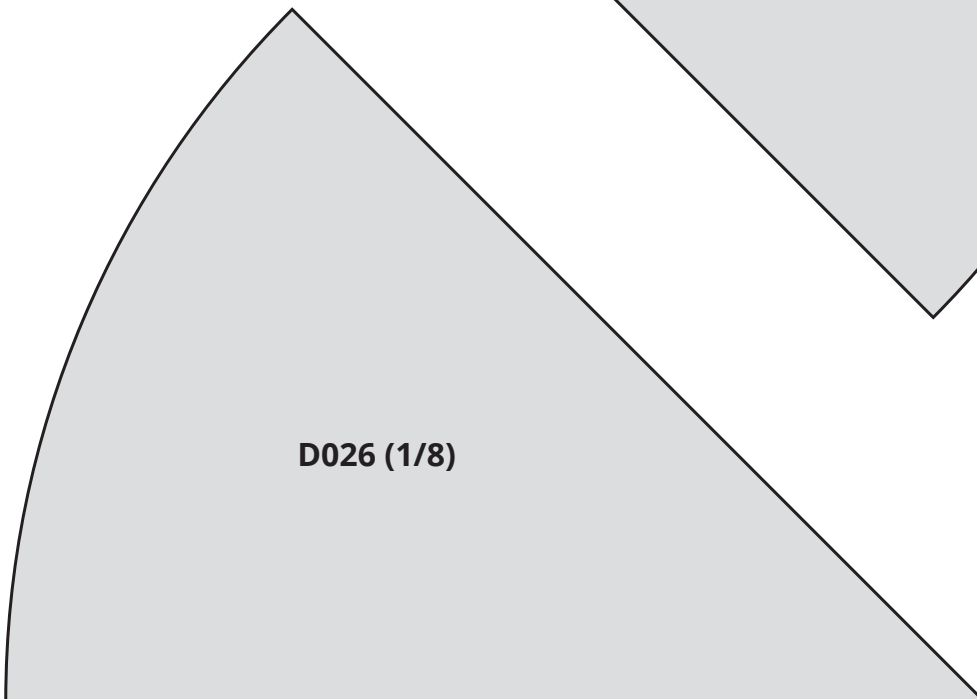




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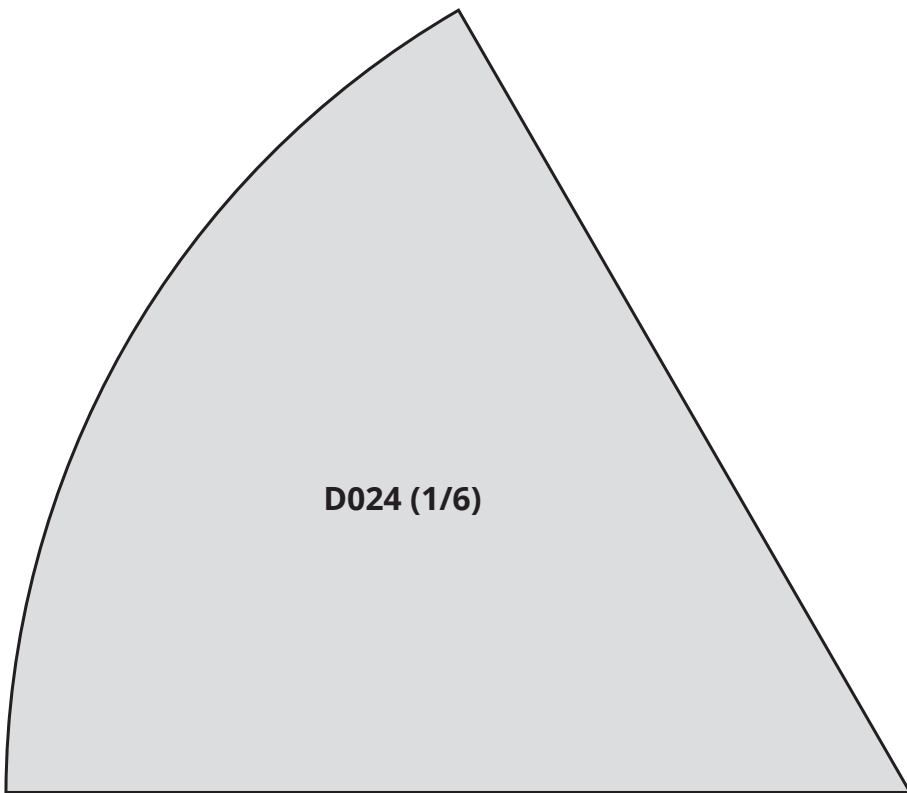
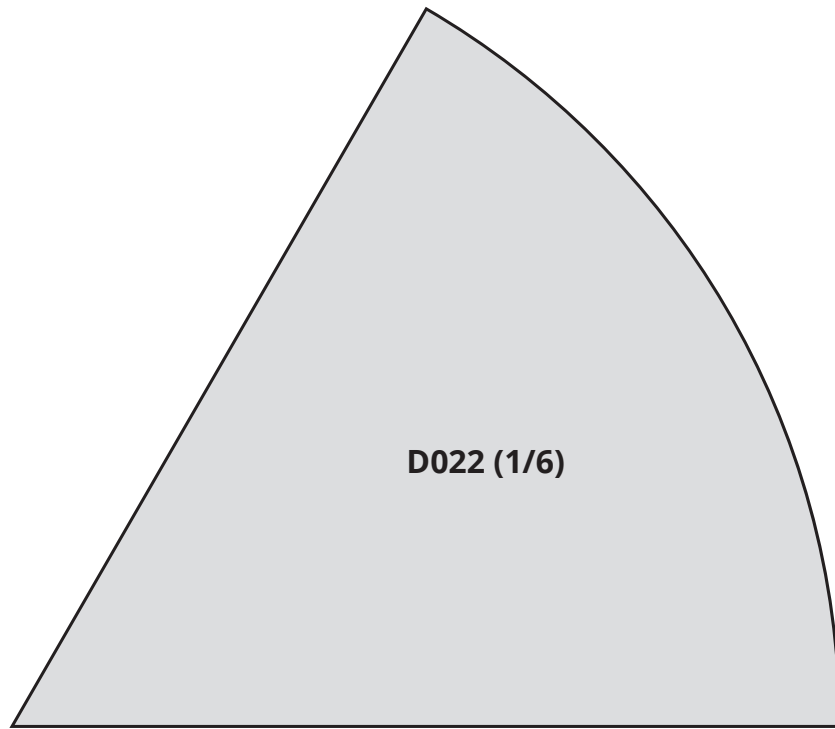


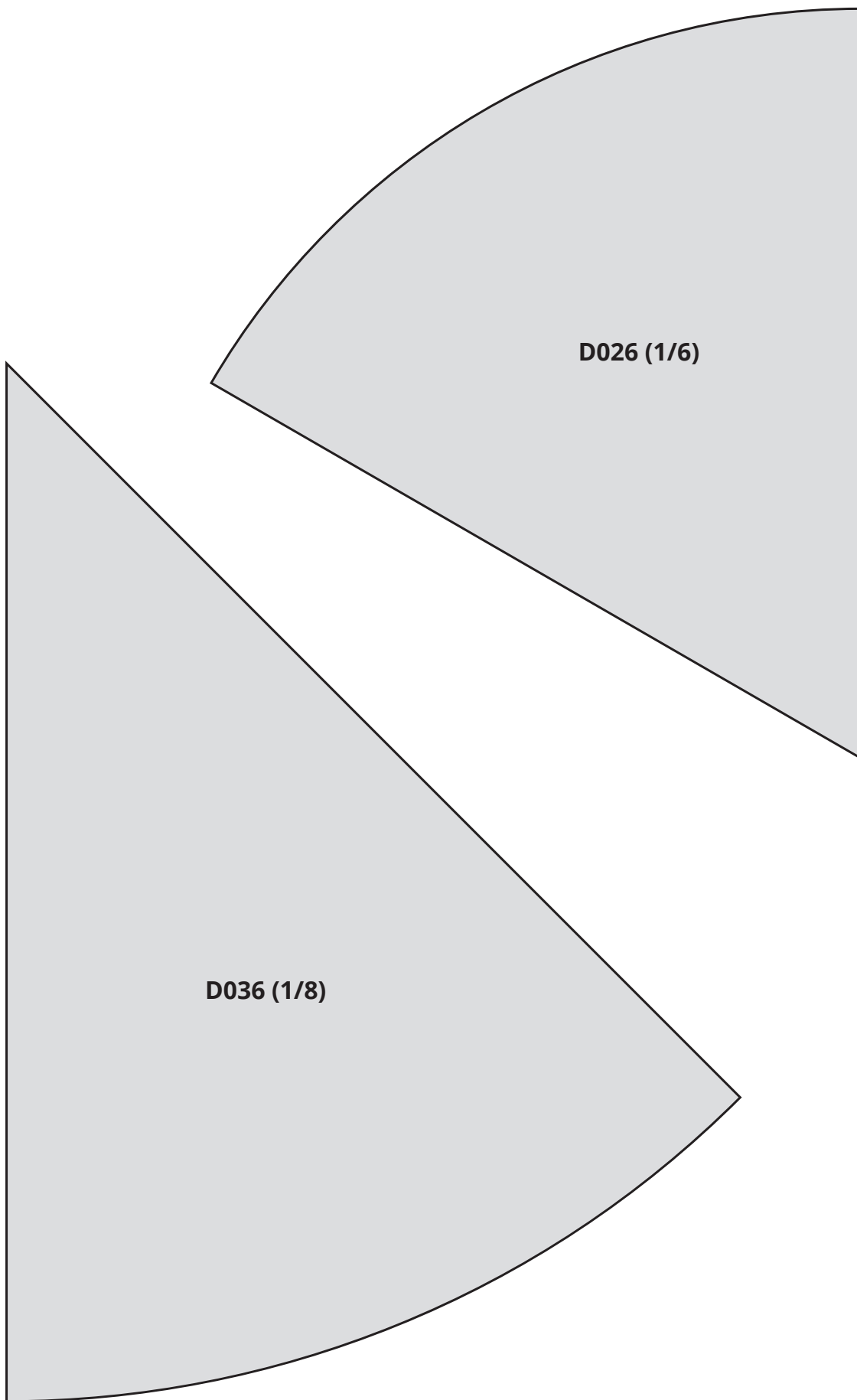
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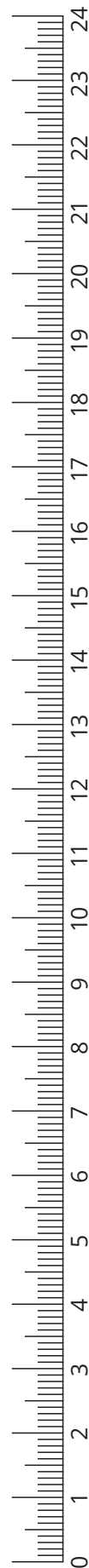
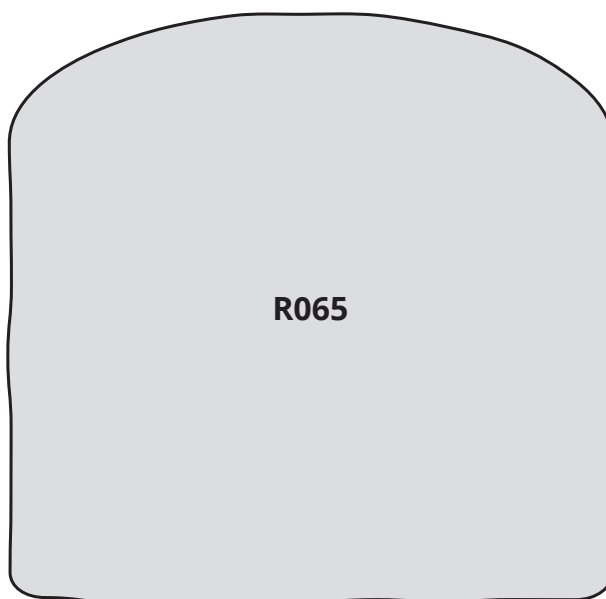
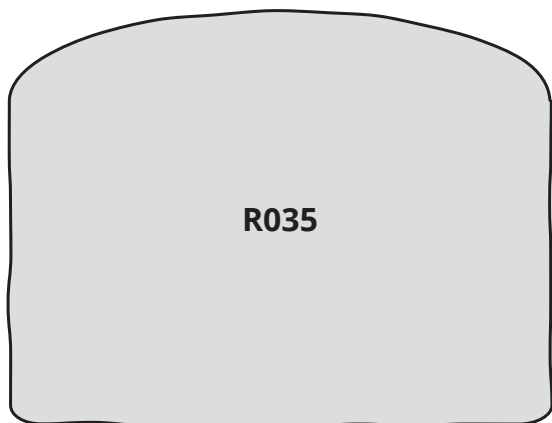
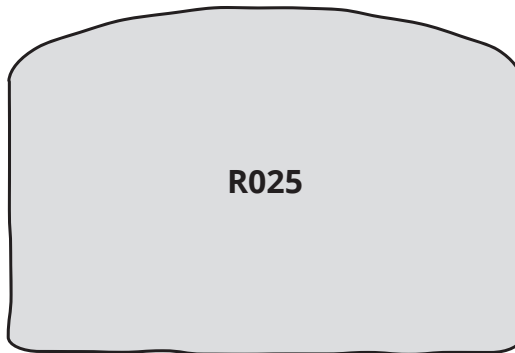
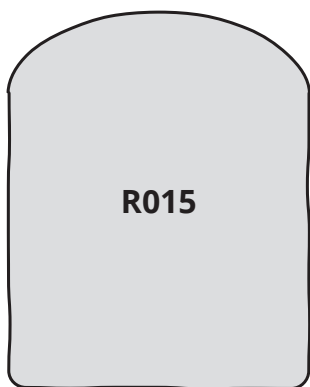


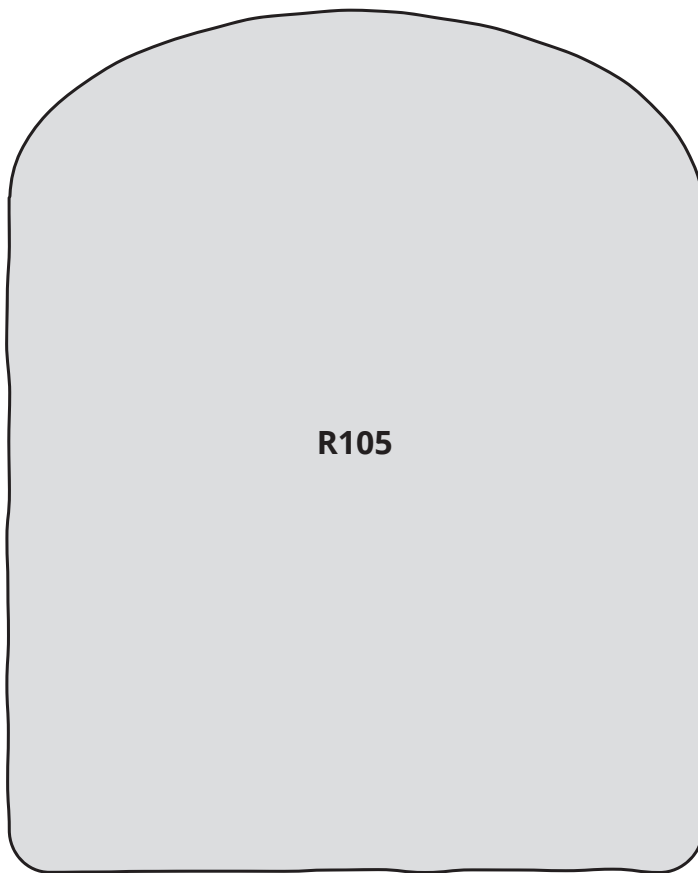
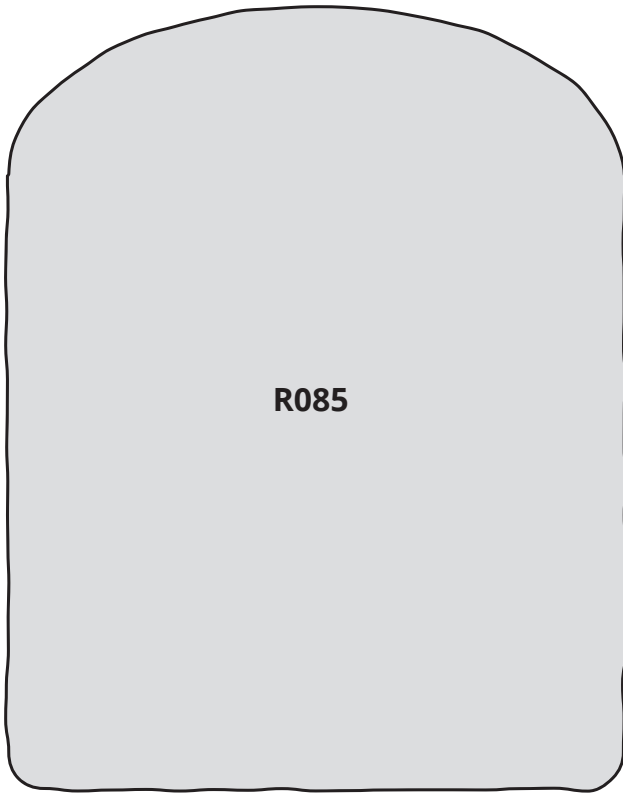
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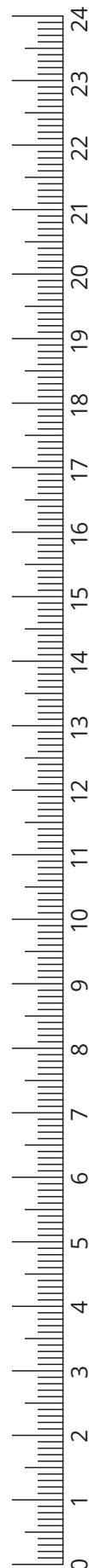
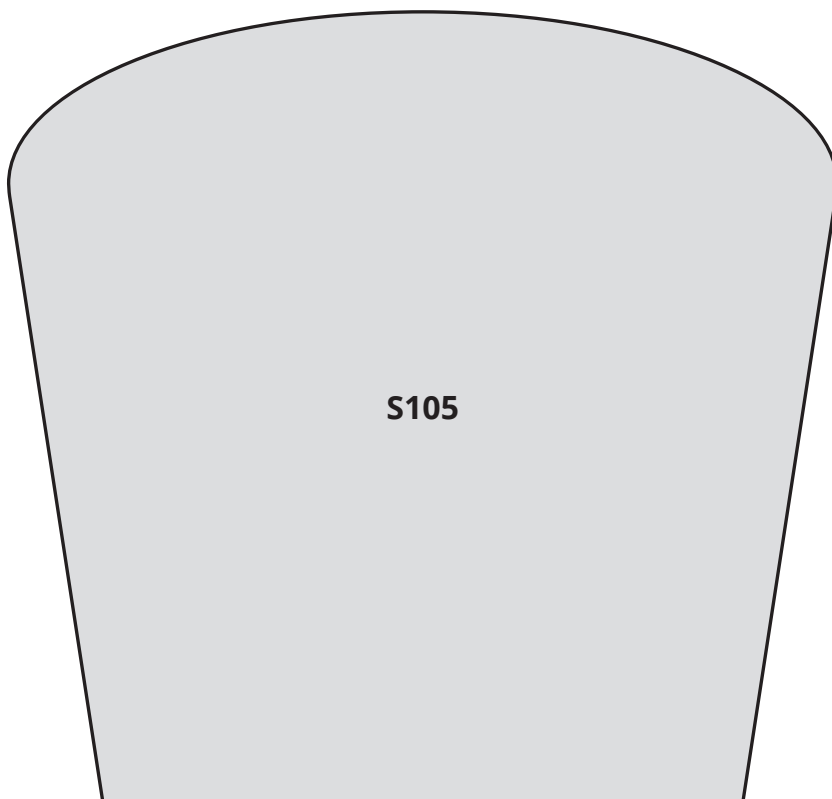
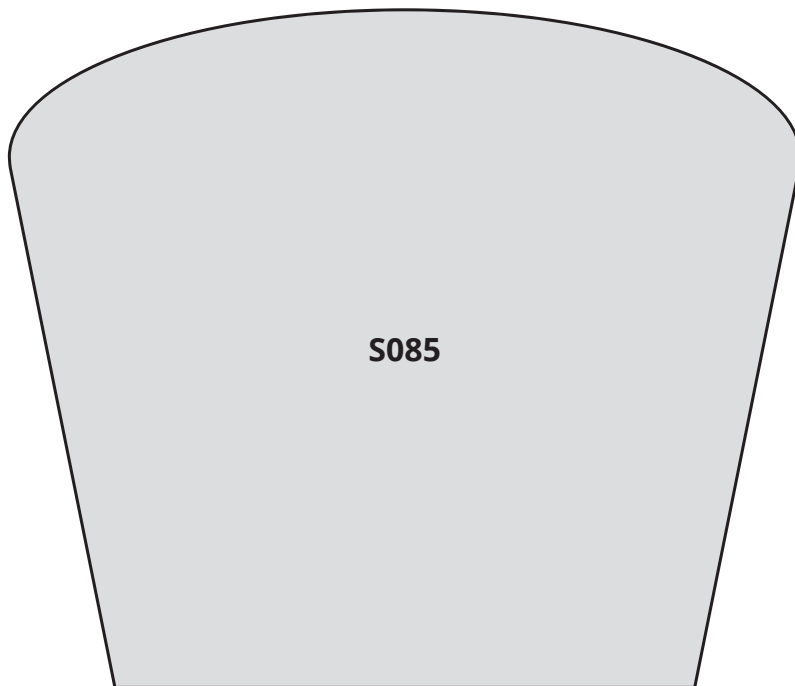


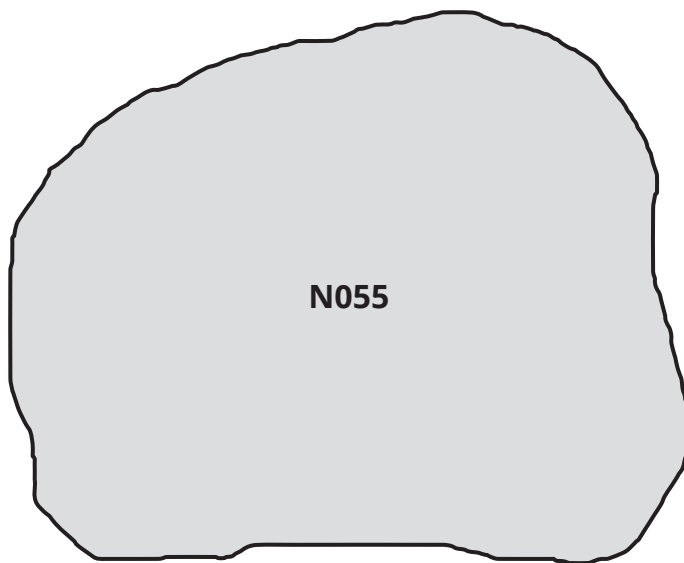
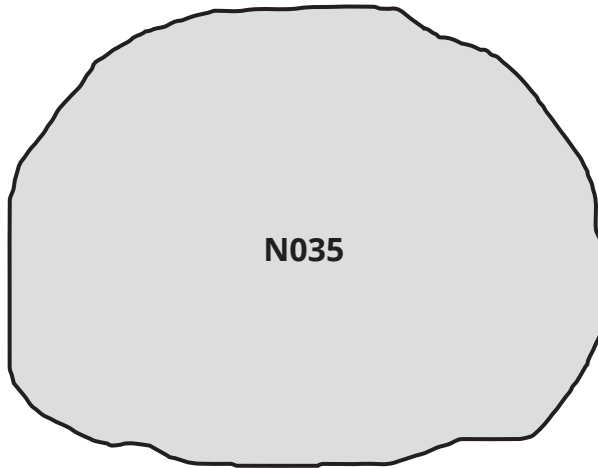
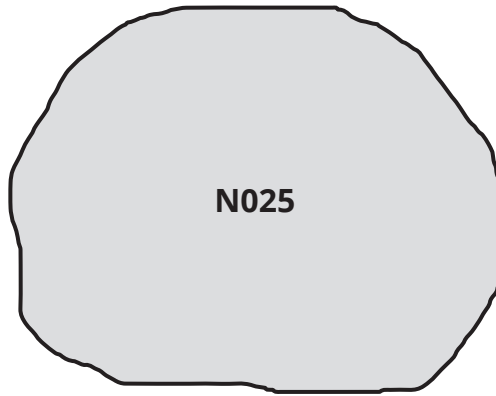


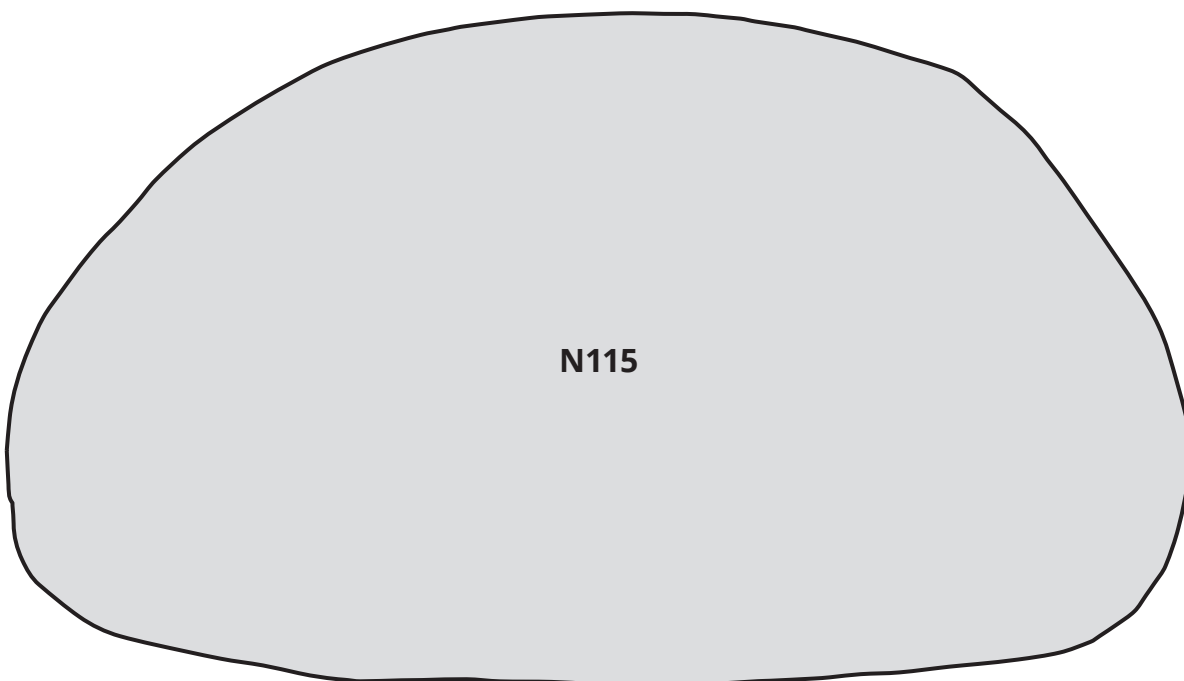
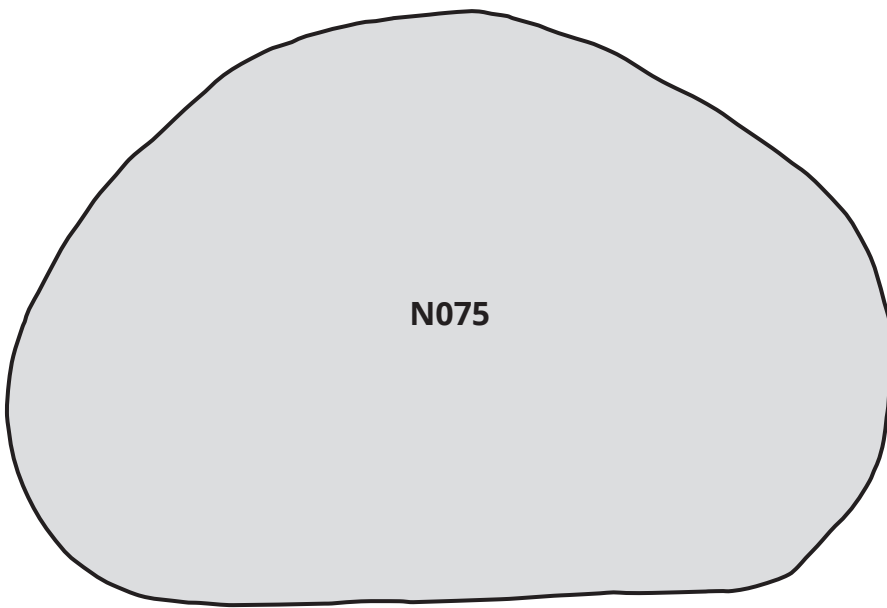
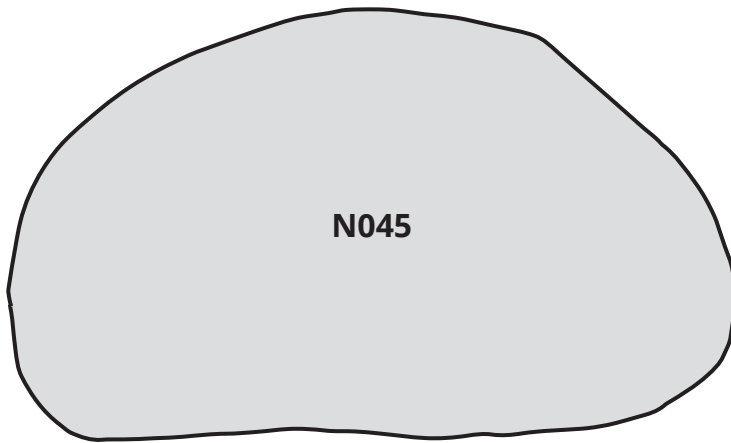


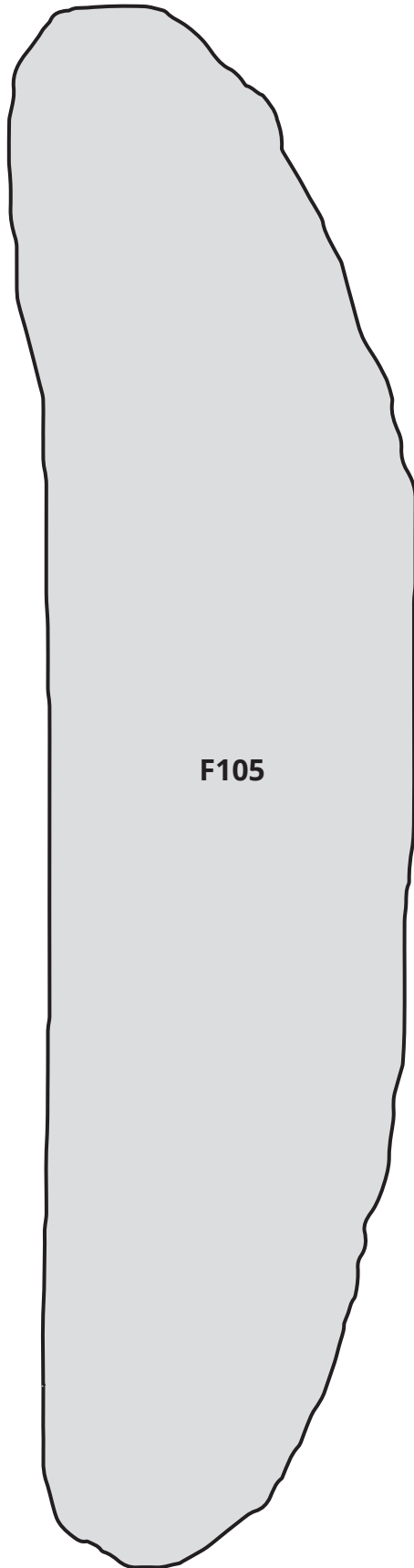
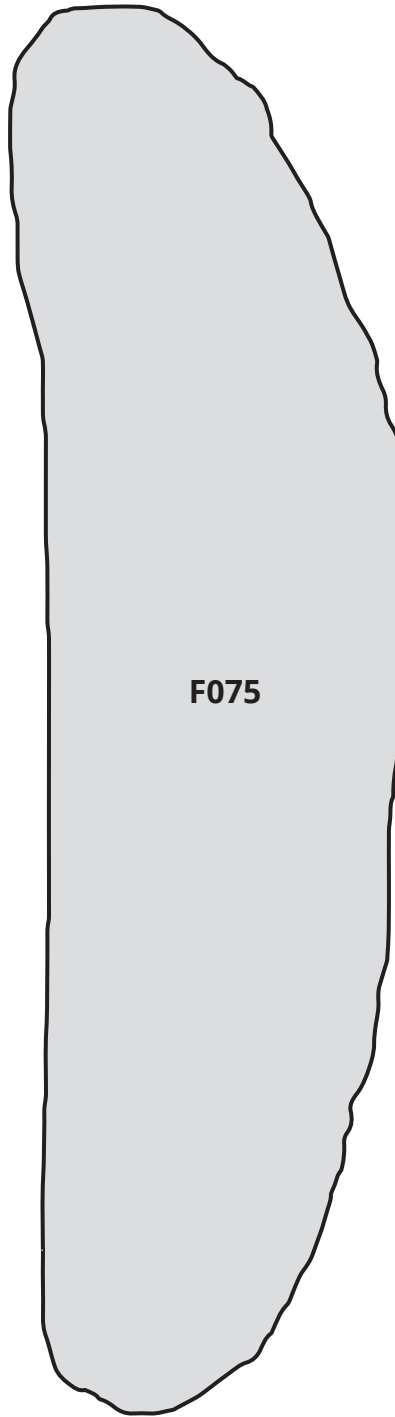
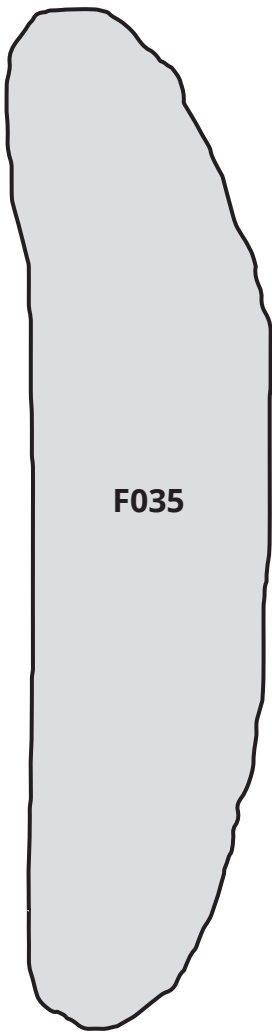


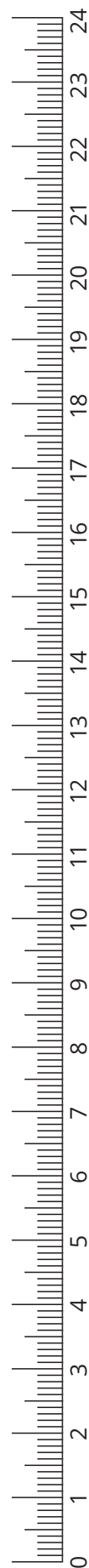
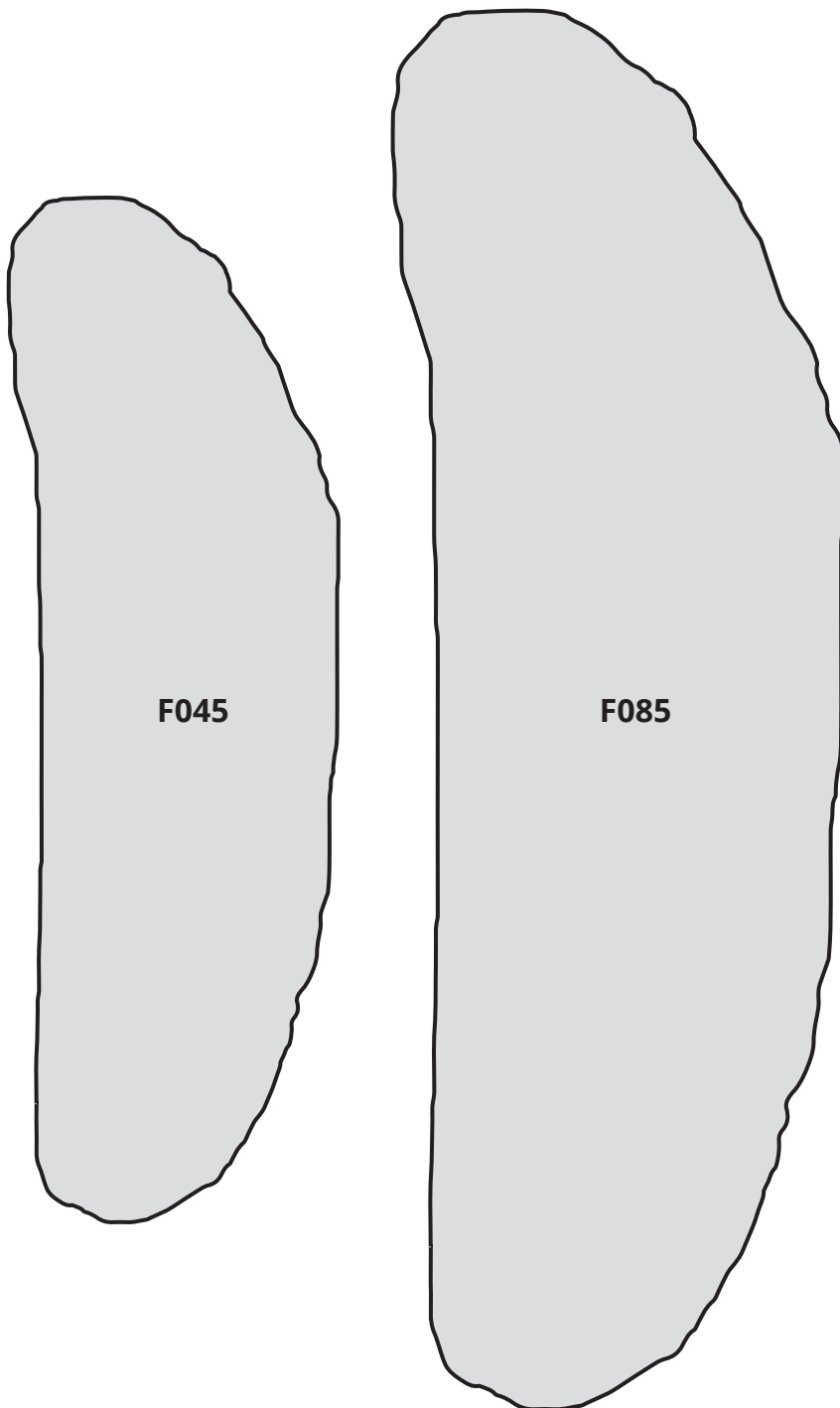


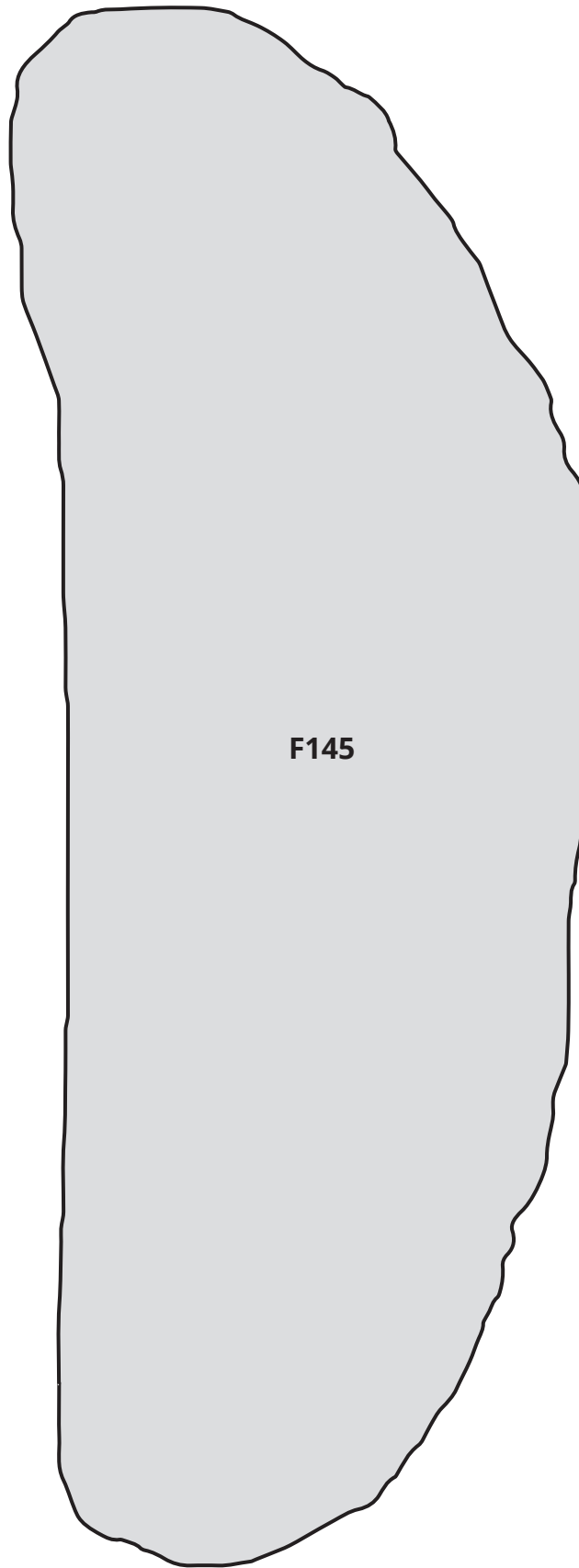






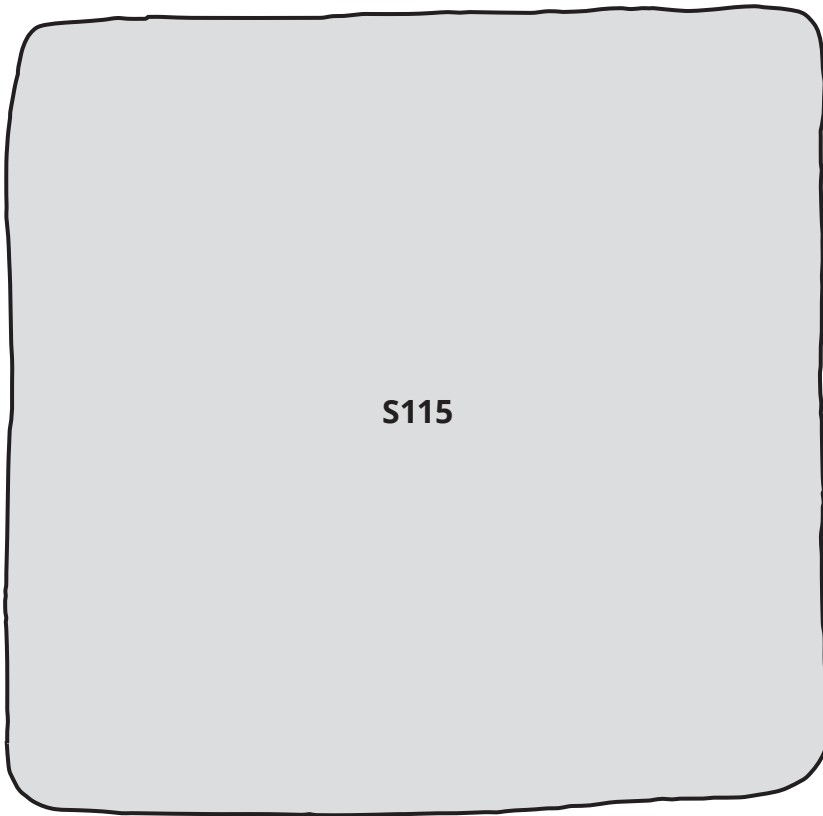
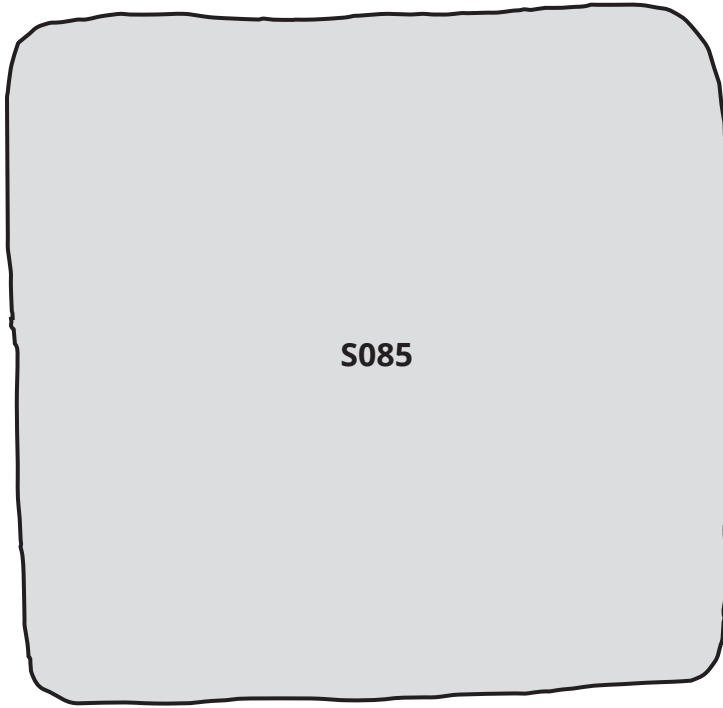


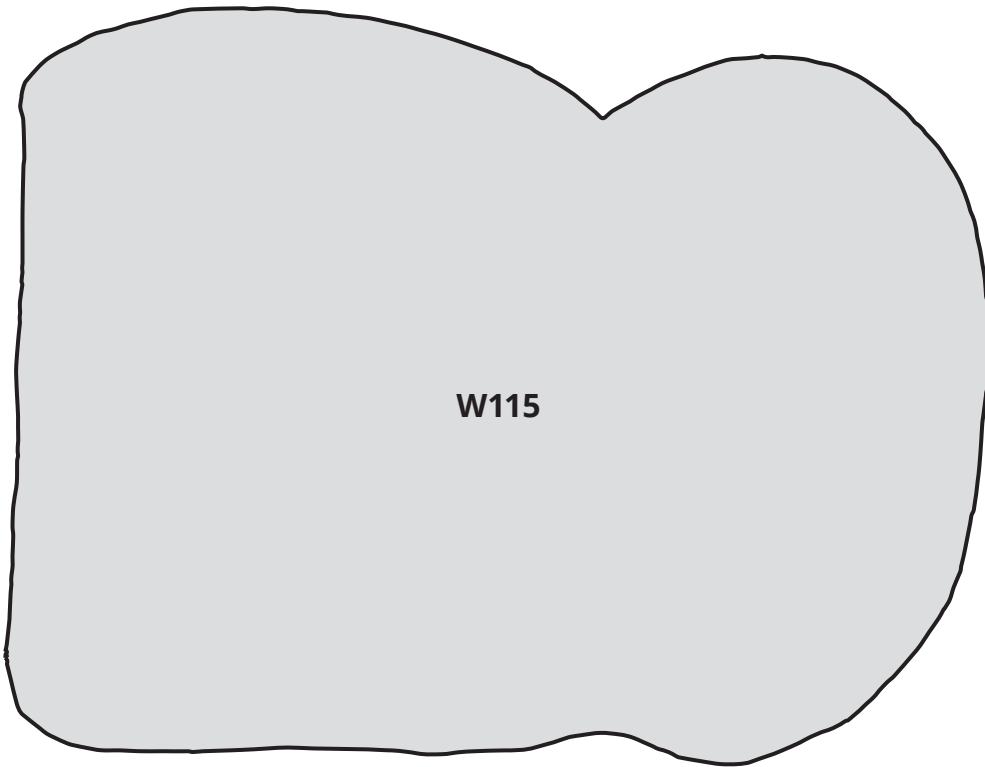
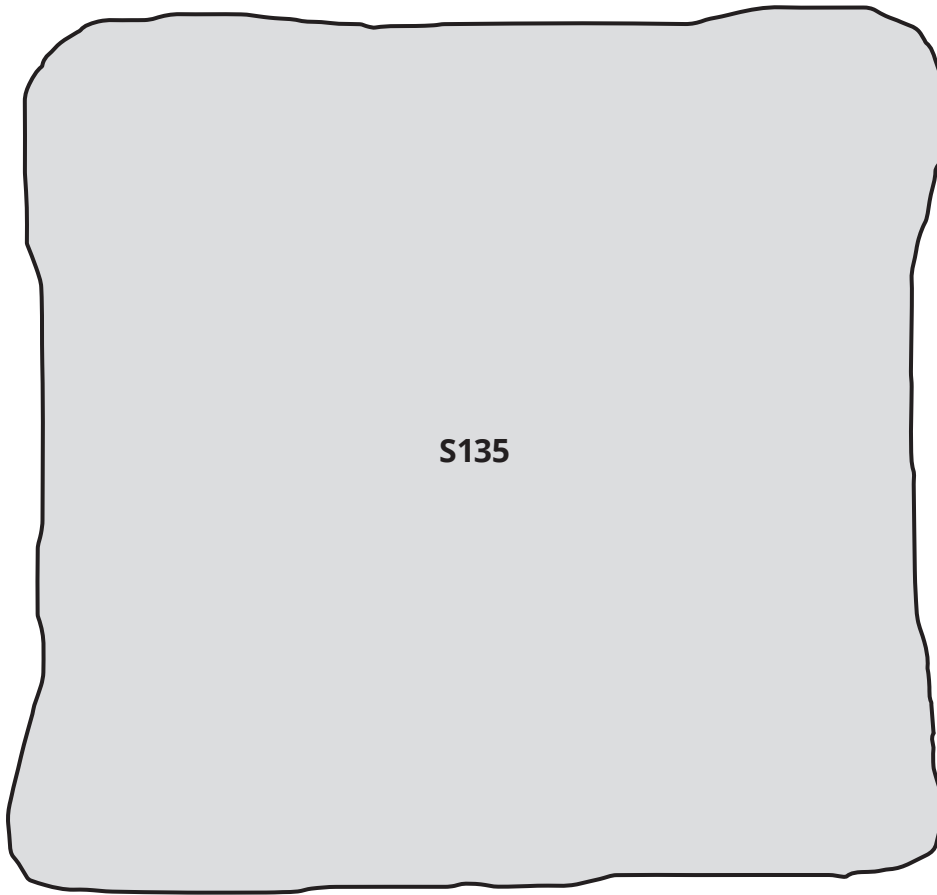


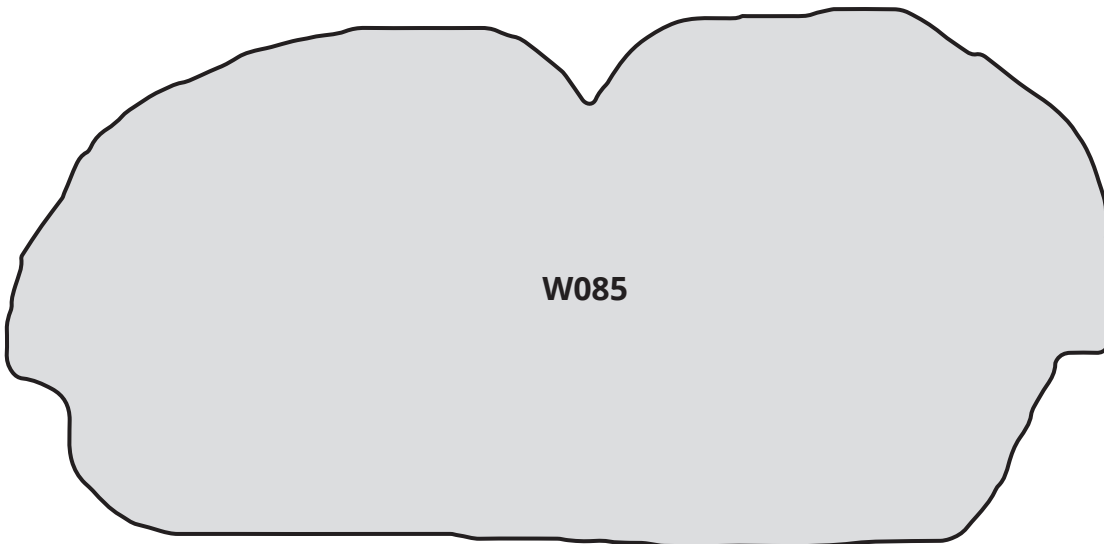
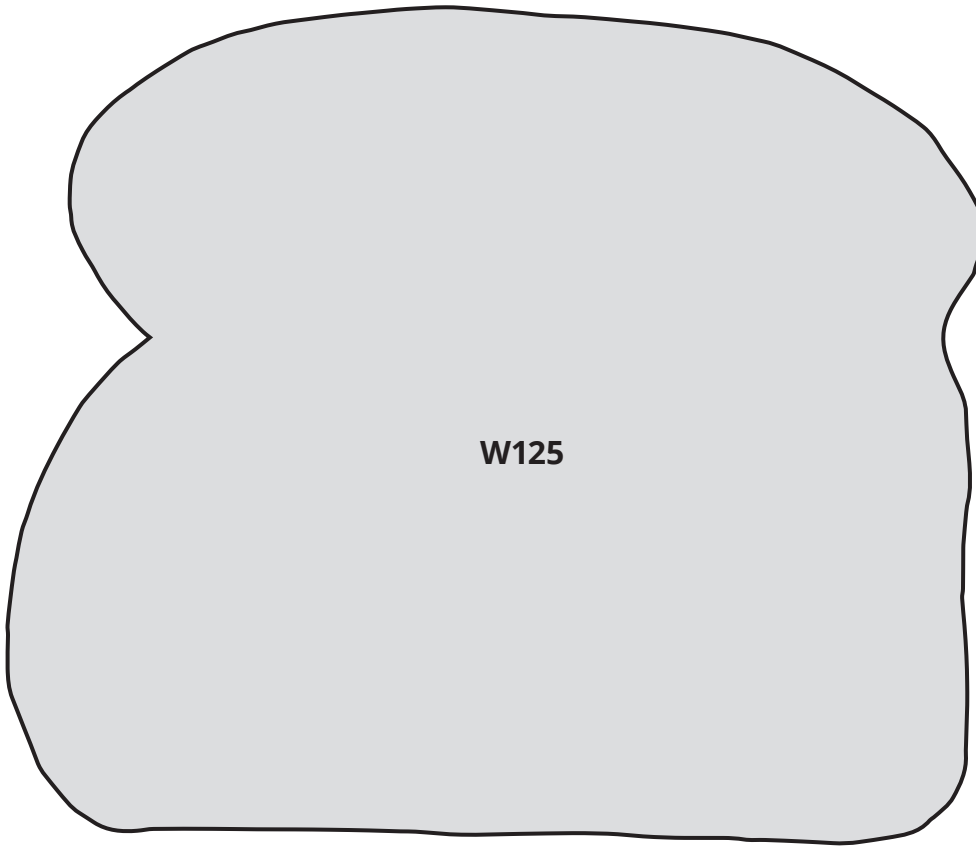


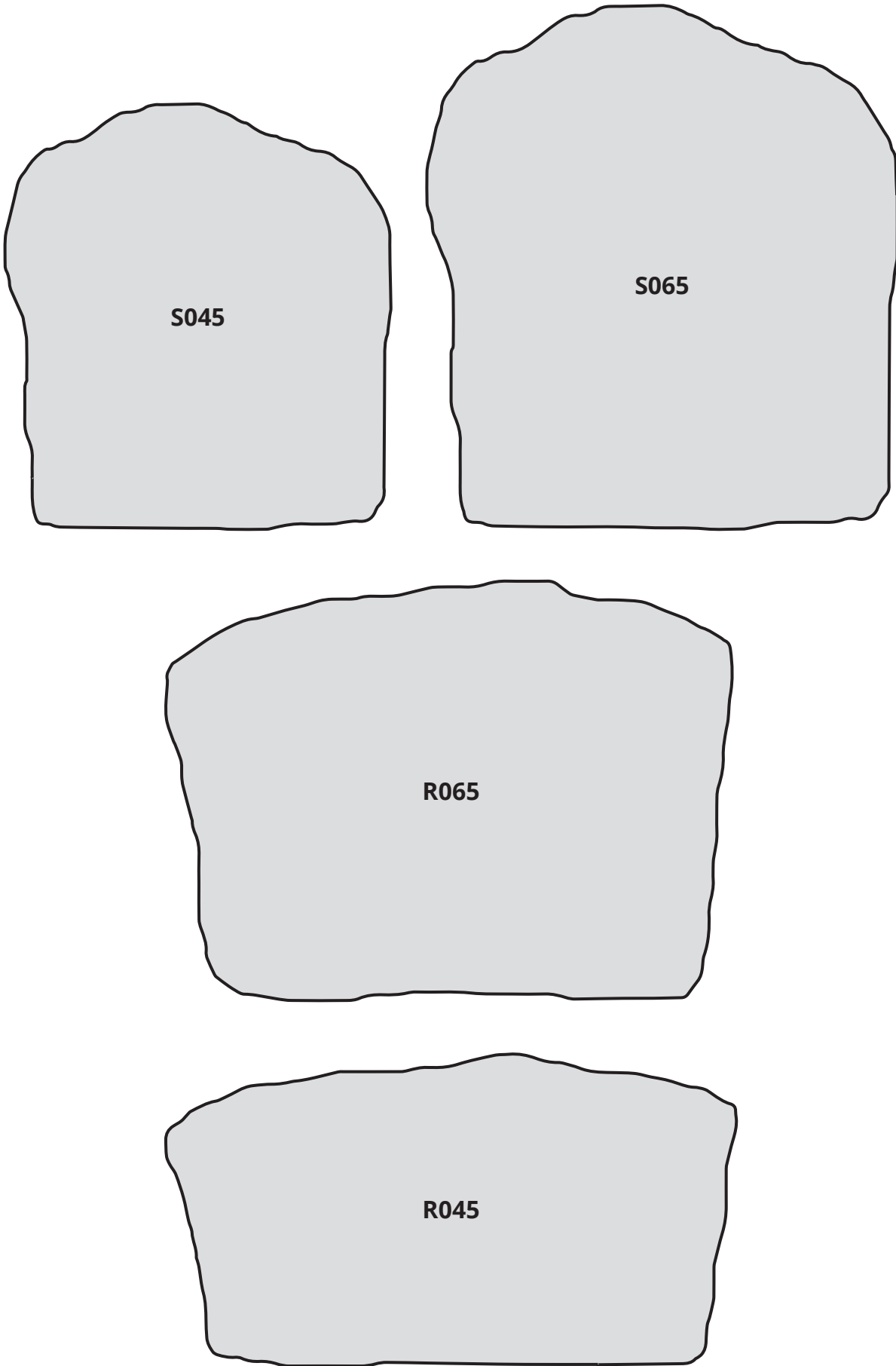
F145



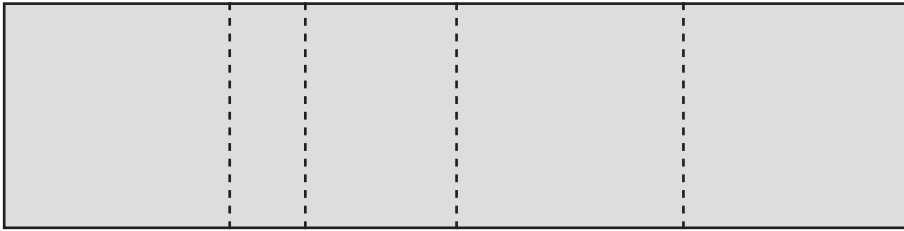






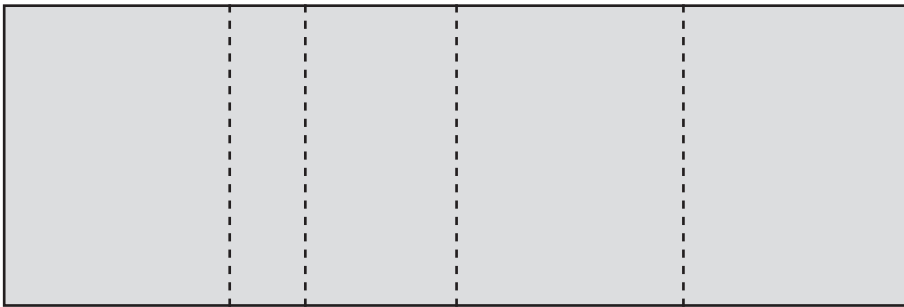


R035



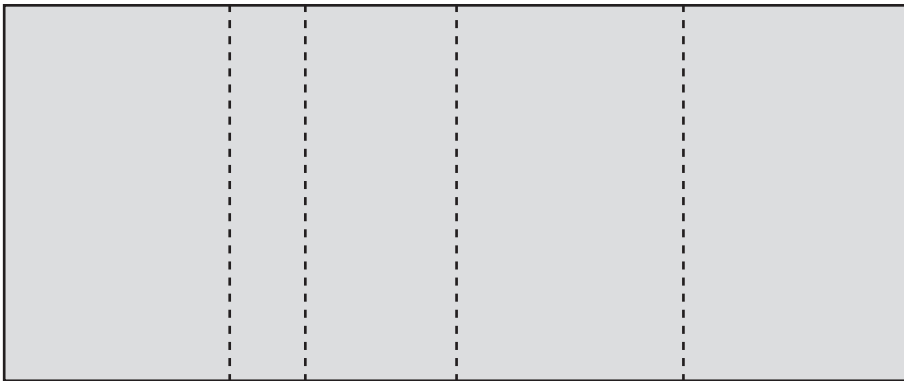
3 cm

R045



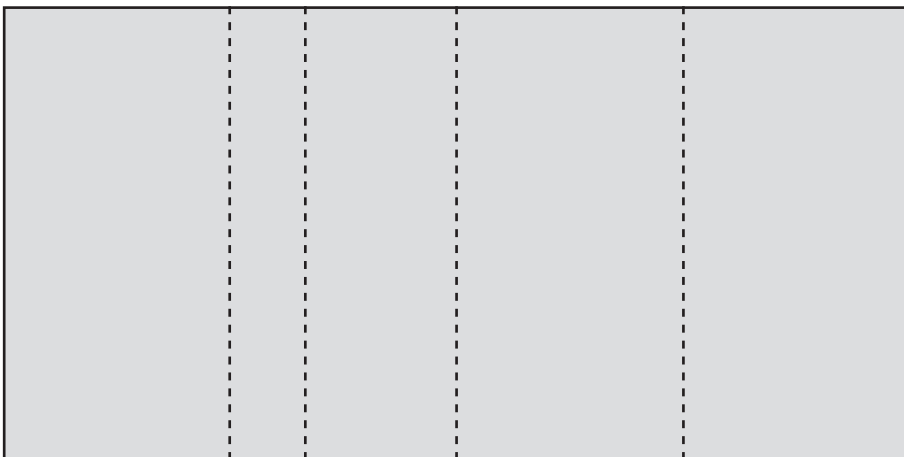
4 cm

R065



5 cm

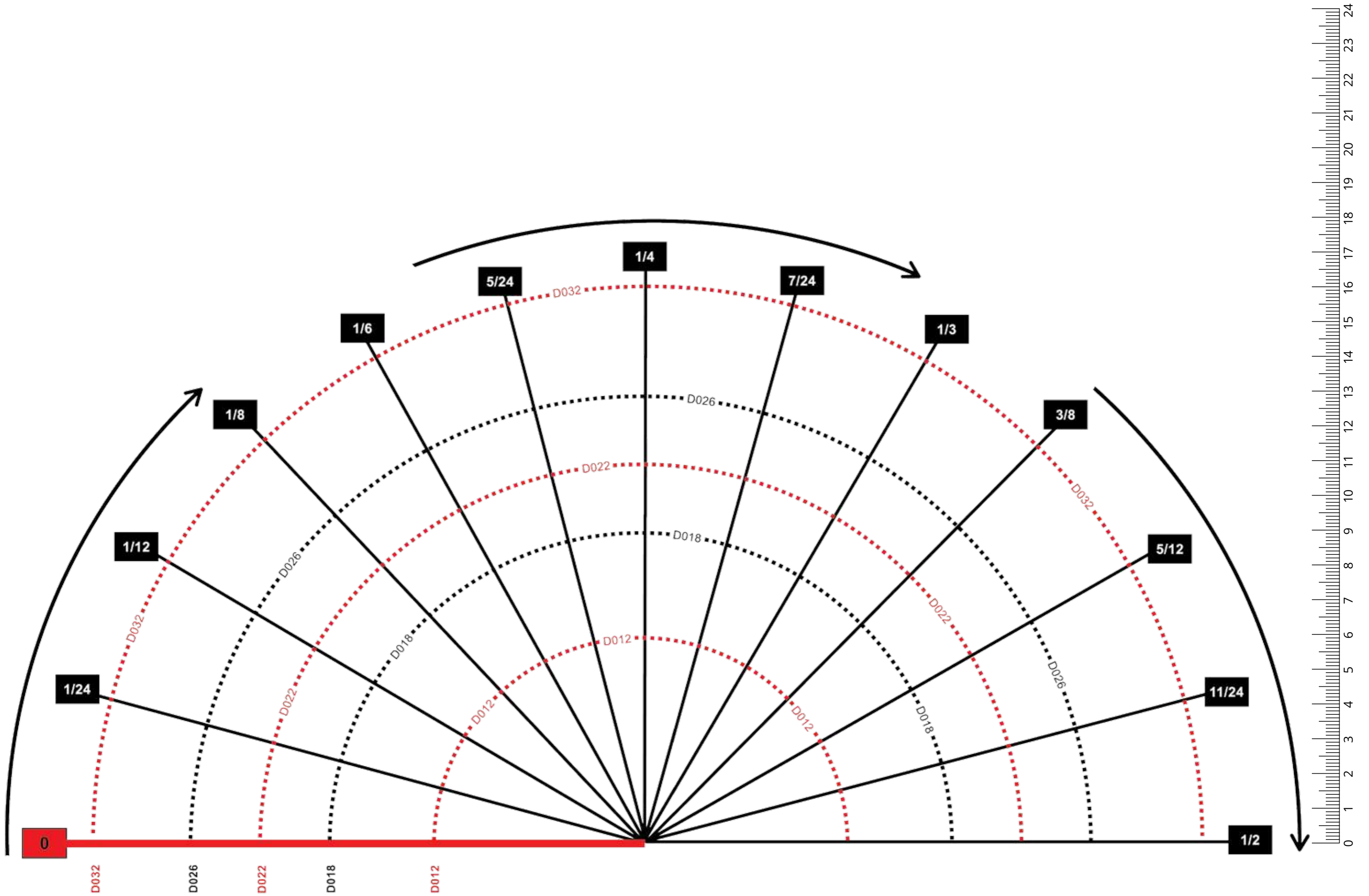
R075



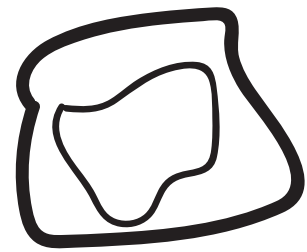
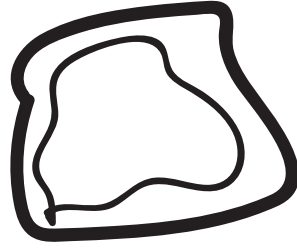
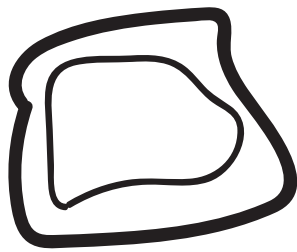
6 cm

12 cm

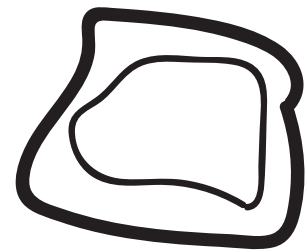
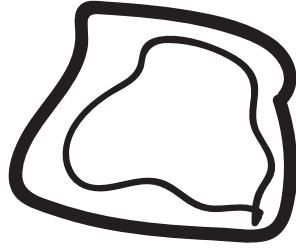
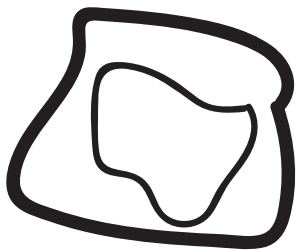


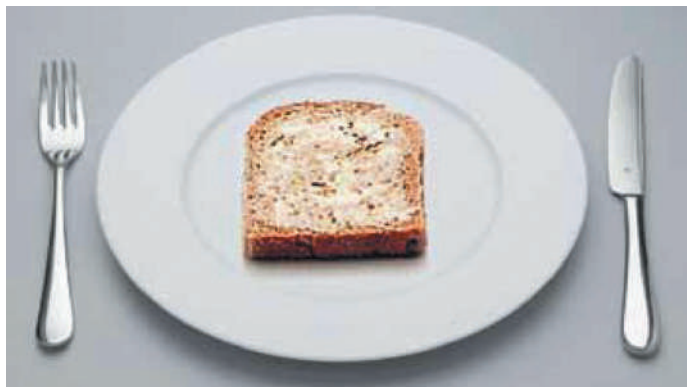




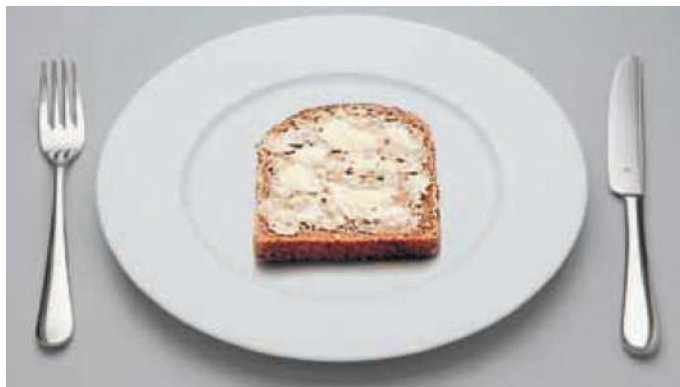


ESPESSURAS

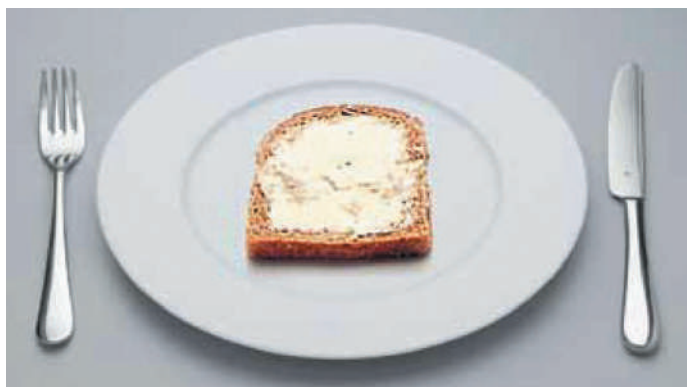




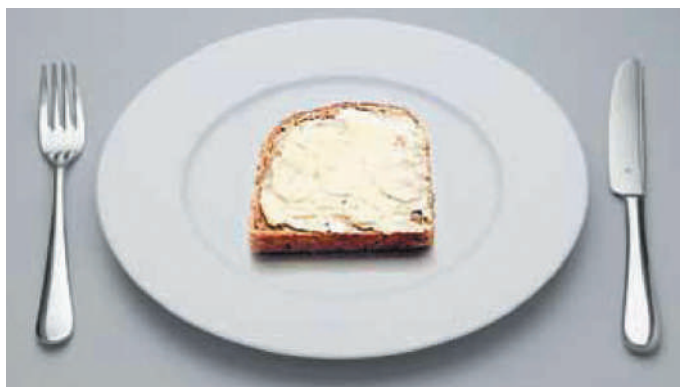
P058 - 1



P058 - 2



P058 - 3



P058 - 4



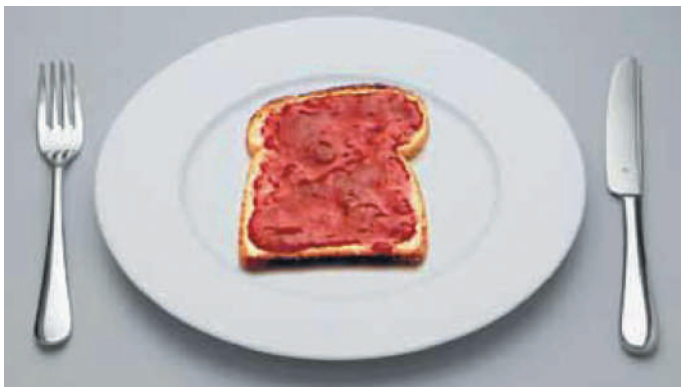
P058 - 5



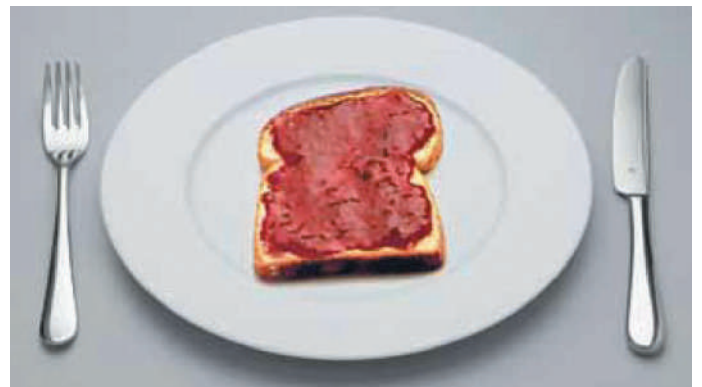
P059 - 1



P059 - 2



P059 - 3



P059 - 4



P707 - 1



P707 - 2



P707 - 3



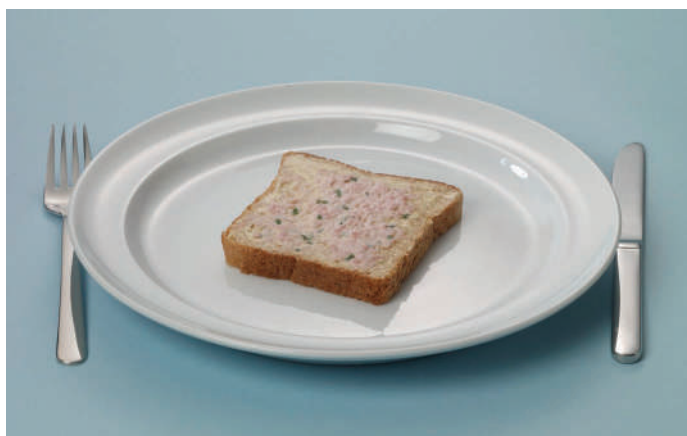
P707 - 4



P707 - 5



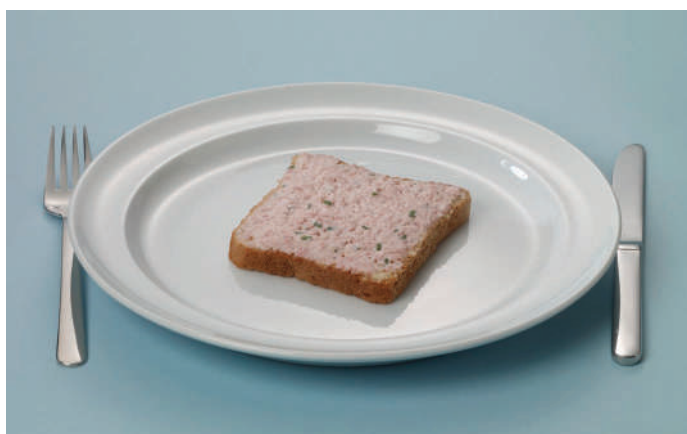
P707 - 6



P709 - 1



P709 - 2



P709 - 3



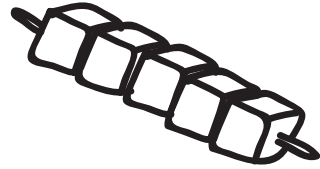
P709 - 4



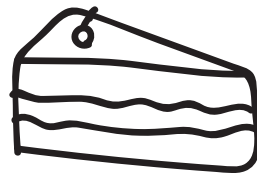
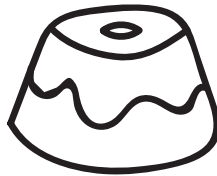
P709 - 5

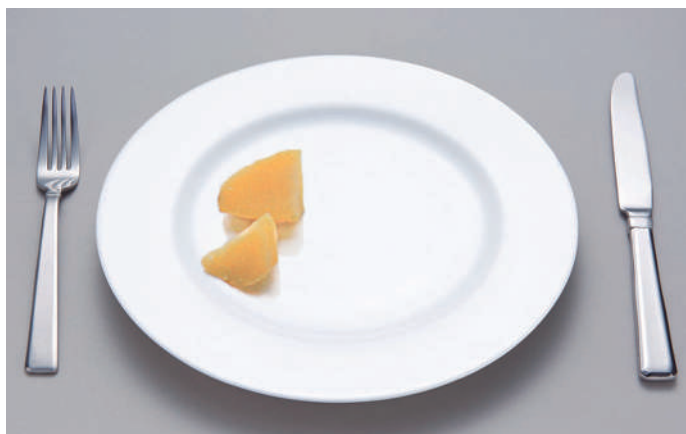


P709 - 6



porções de
ALIMENTOS

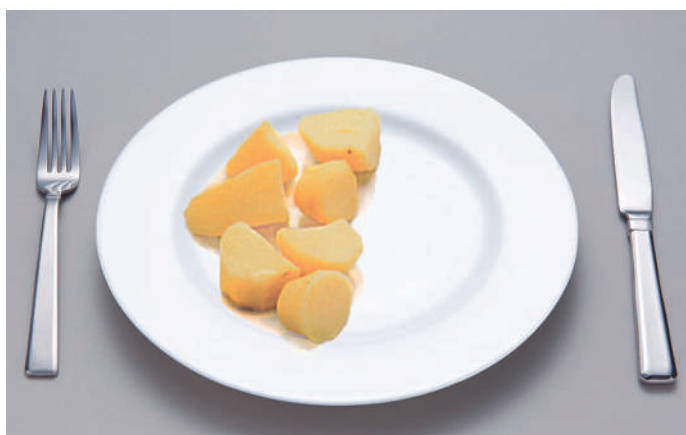




P001 - 1



P001 - 2



P001 - 3



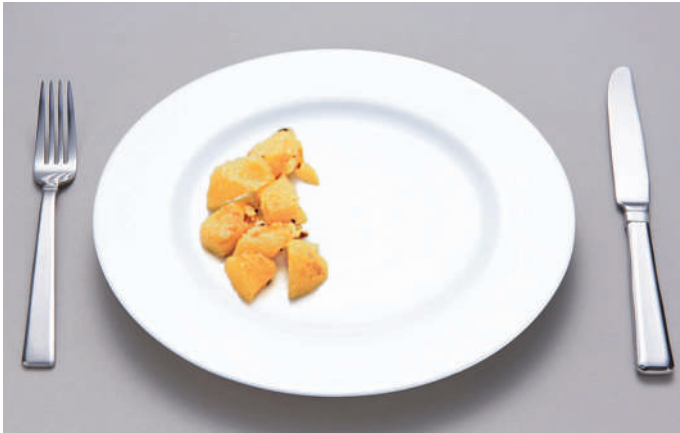
P001 - 4



P001 - 5



P001 - 6



P002 - 1



P002 - 2



P002 - 3



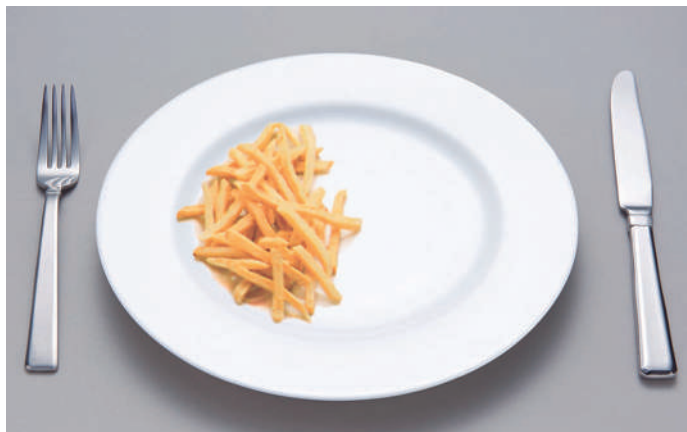
P002 - 4



P002 - 5



P002 - 6



P003 - 1



P003 - 2



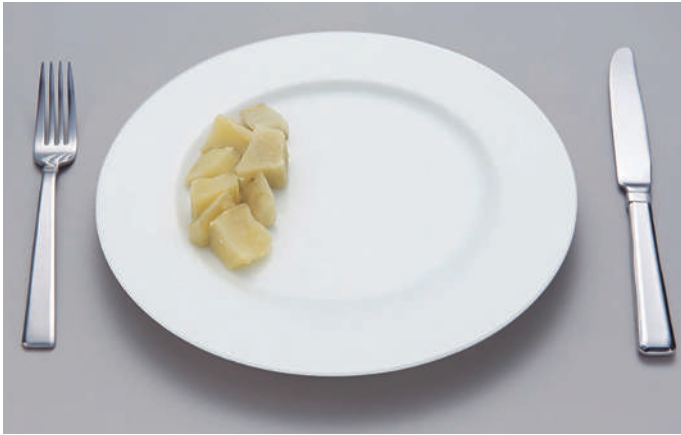
P003 - 3



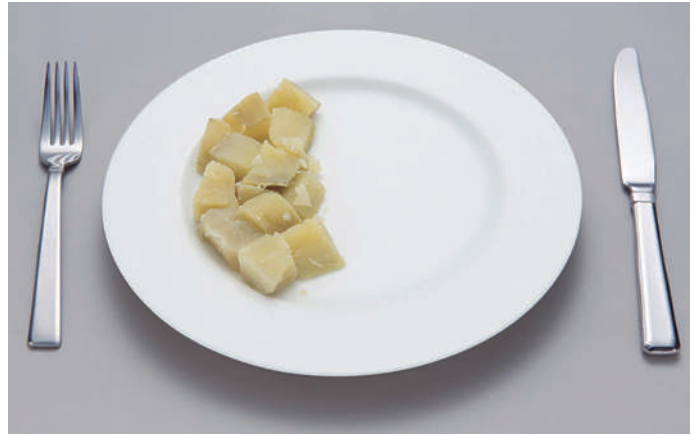
P003 - 4



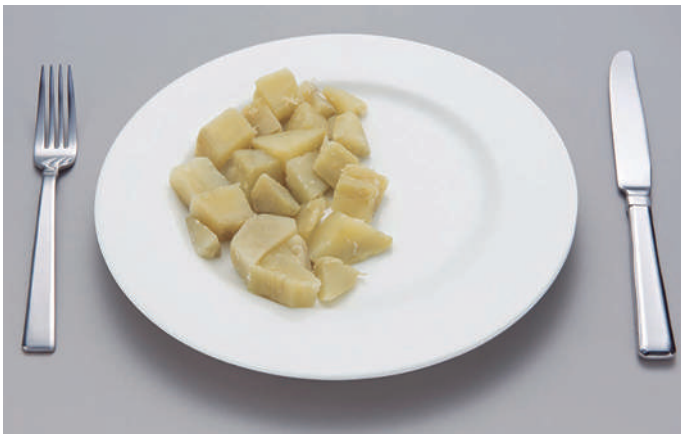
P003 - 5



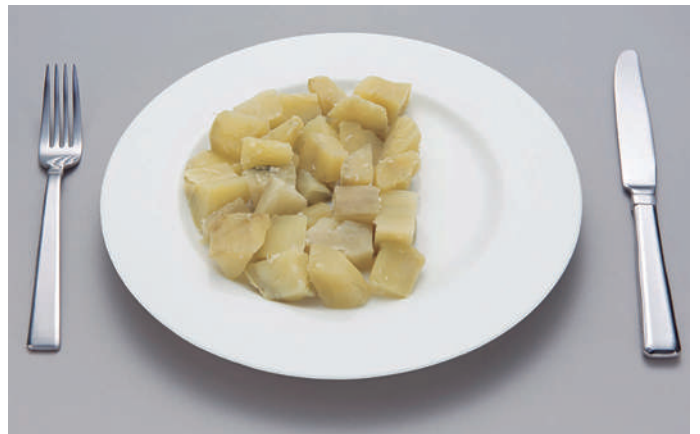
P125 - 1



P125 - 2



P125 - 3



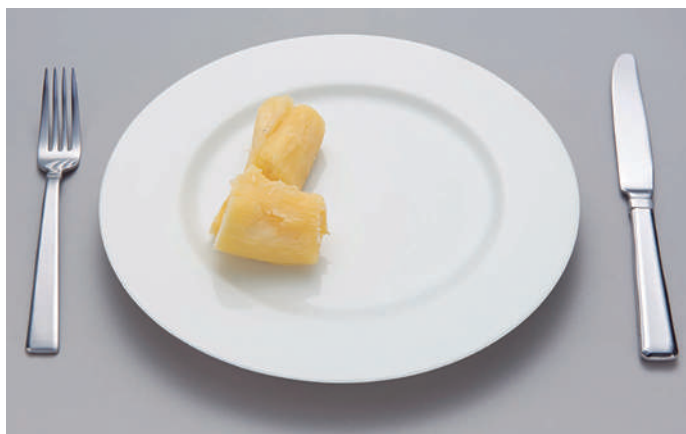
P125 - 4



P125 - 5



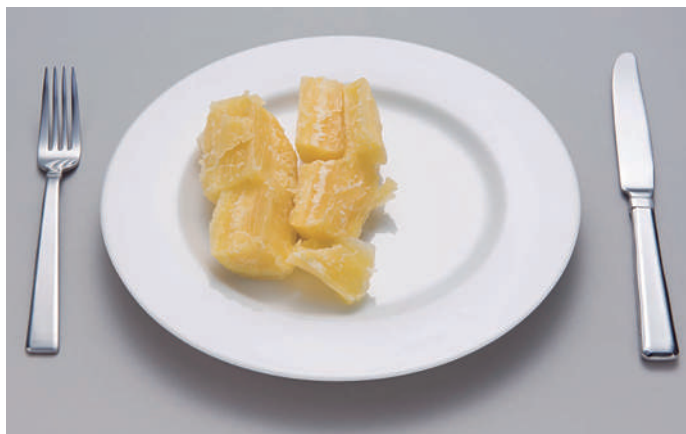
P125 - 6



P126 - 1



P126 - 2



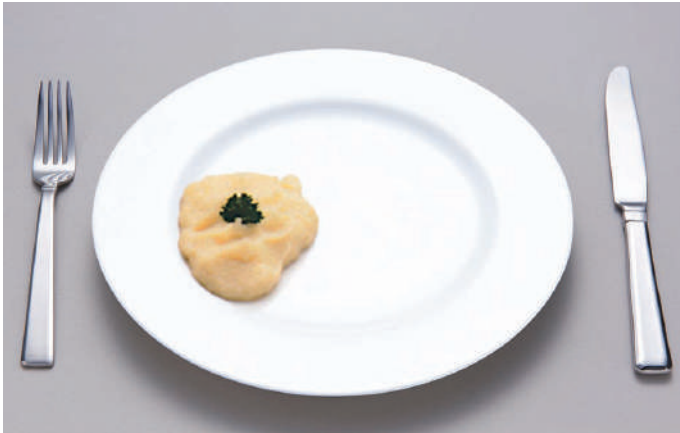
P126 - 3



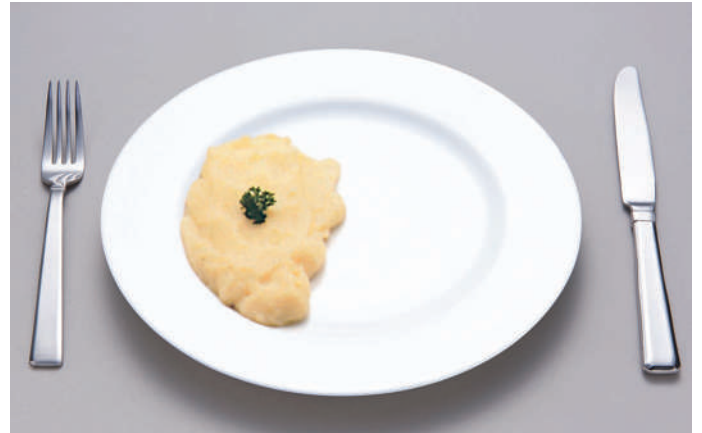
P126 - 4



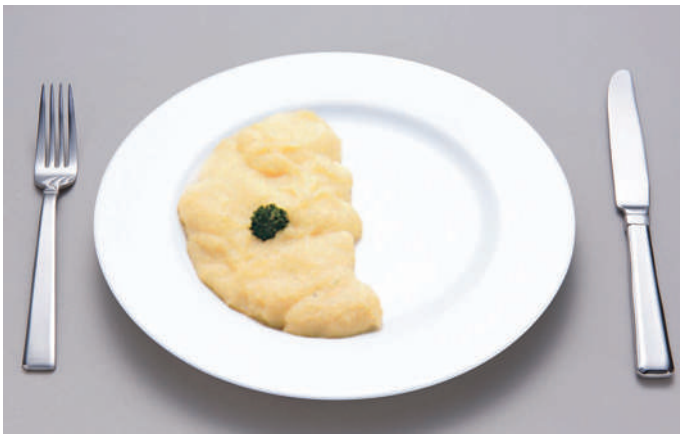
P126 - 5



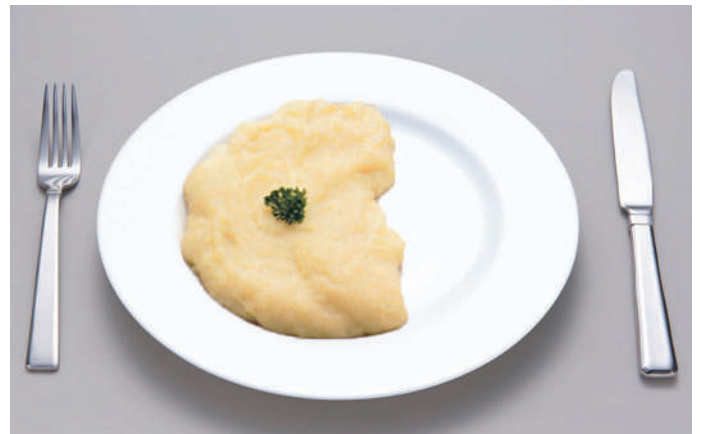
P004 - 1



P004 - 2



P004 - 3



P004 - 4



P004 - 5



P004 - 6



P512 - 1



P512 - 2



P512 - 3



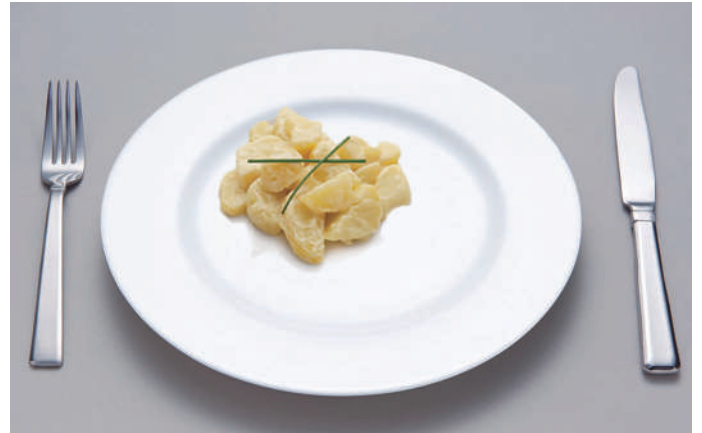
P512 - 4



P512 - 5



P802 - 1



P802 - 2



P802 - 3



P802 - 4



P802 - 5



P802 - 6



P130 - 1



P130 - 2



P130 - 3



P130 - 4



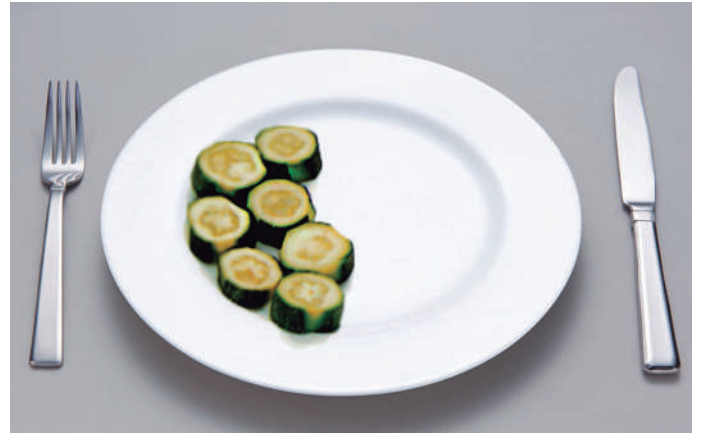
P130 - 5



P130 - 6



P011 - 1



P011 - 2



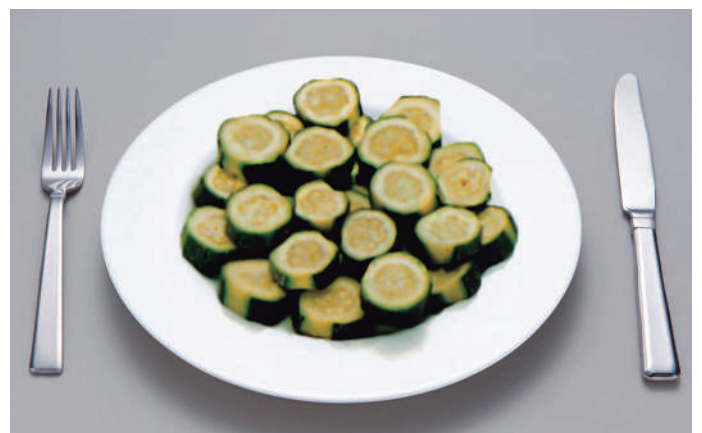
P011 - 3



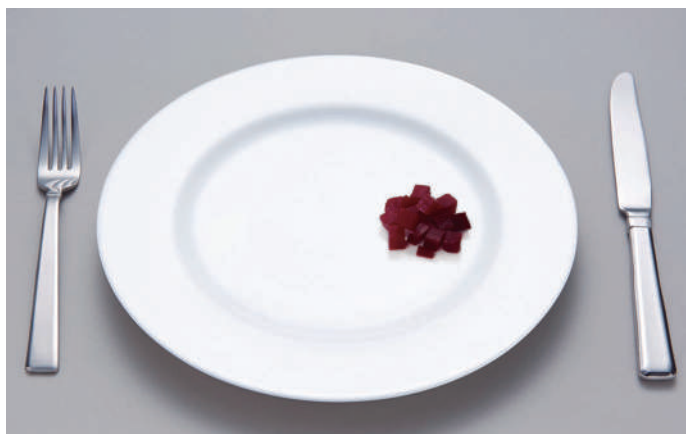
P011 - 4



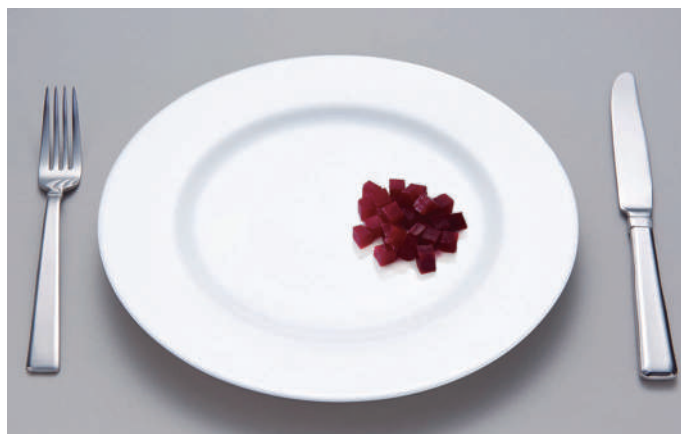
P011 - 5



P011 - 6



P750 - 1



P750 - 2



P750 - 3



P750 - 4



P750 - 5



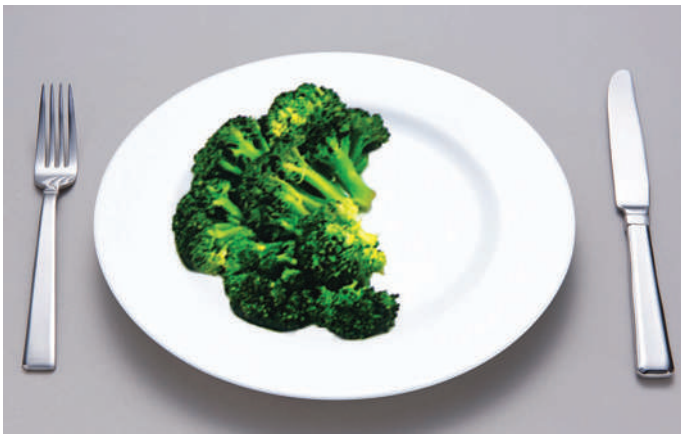
P750 - 6



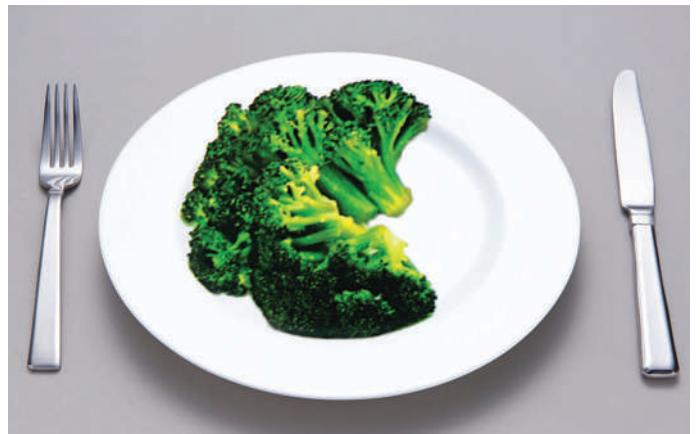
P017 - 1



P017 - 2



P017 - 3



P017 - 4



P017 - 5



P751 - 1



P751 - 2



P751 - 3



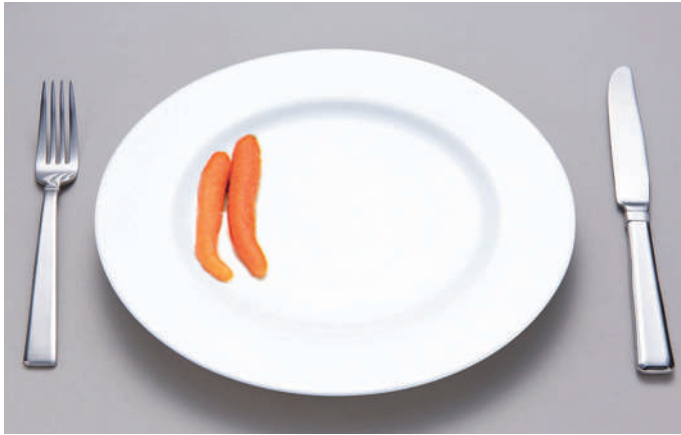
P751 - 4



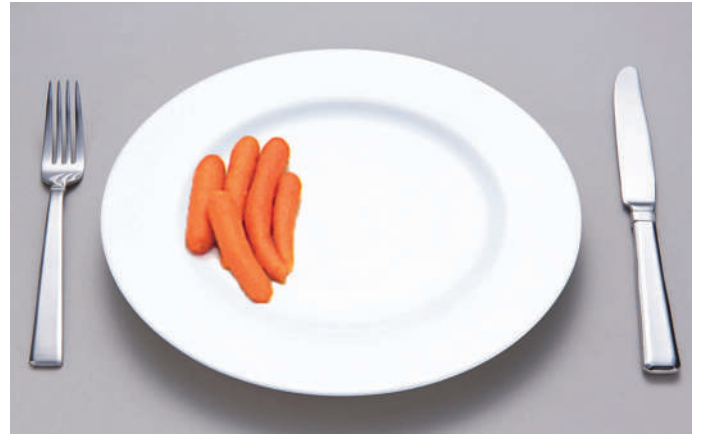
P751 - 5



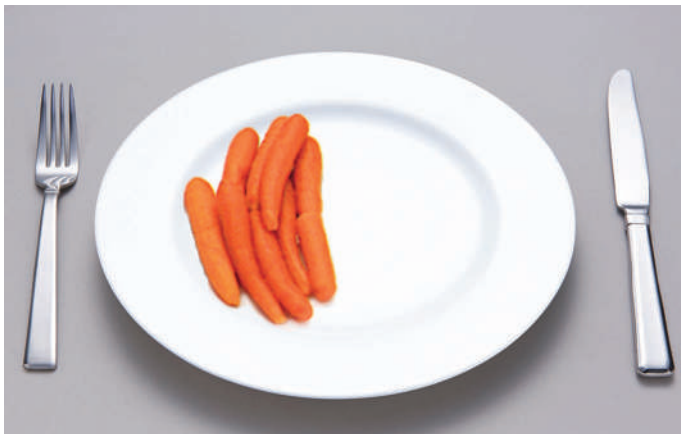
P751 - 6



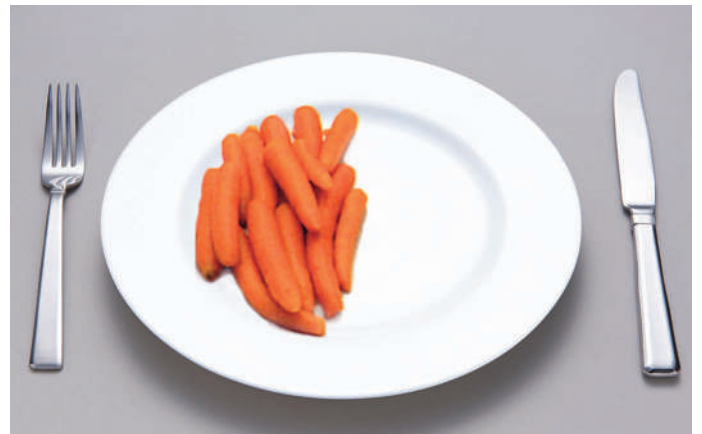
P090 - 1



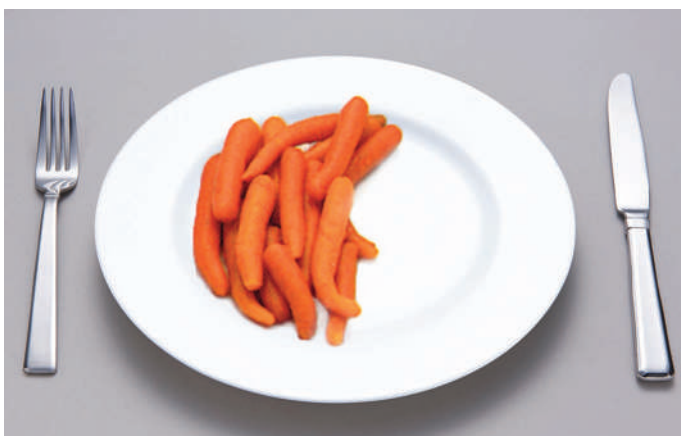
P090 - 2



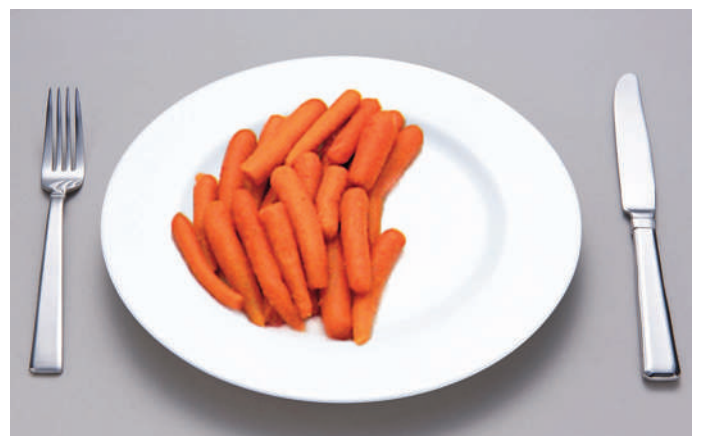
P090 - 3



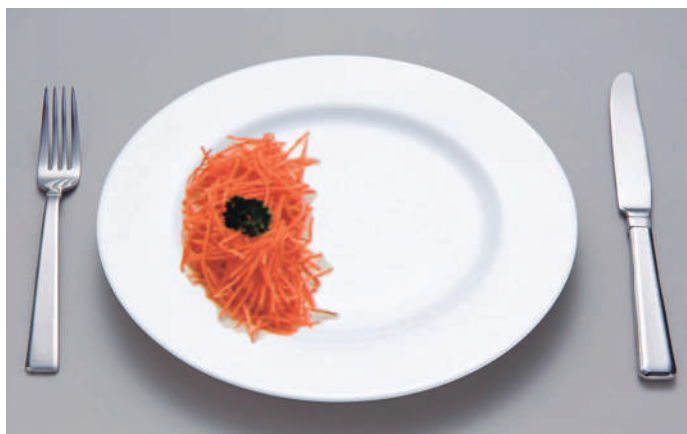
P090 - 4



P090 - 5



P090 - 6



P016 - 1



P016 - 2



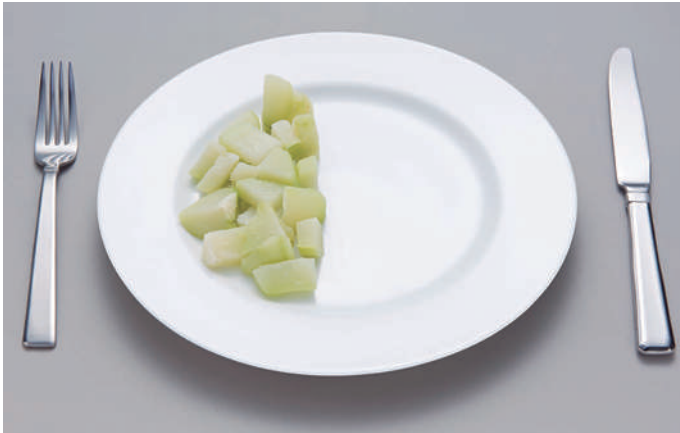
P016 - 3



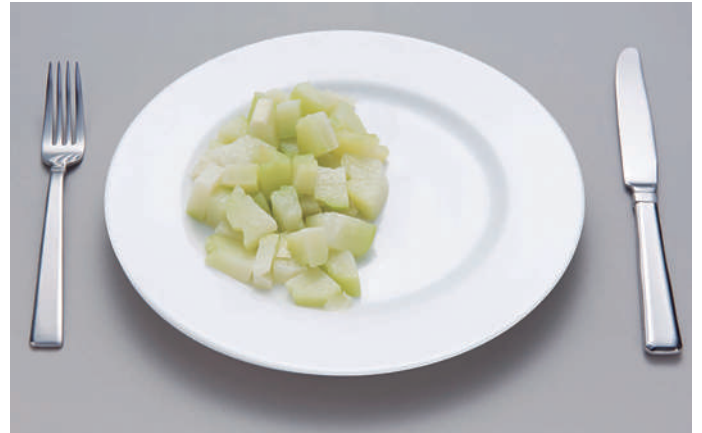
P016 - 4



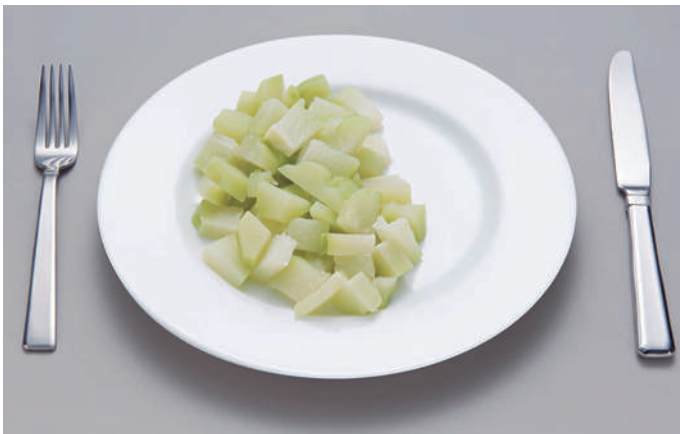
P016 - 5



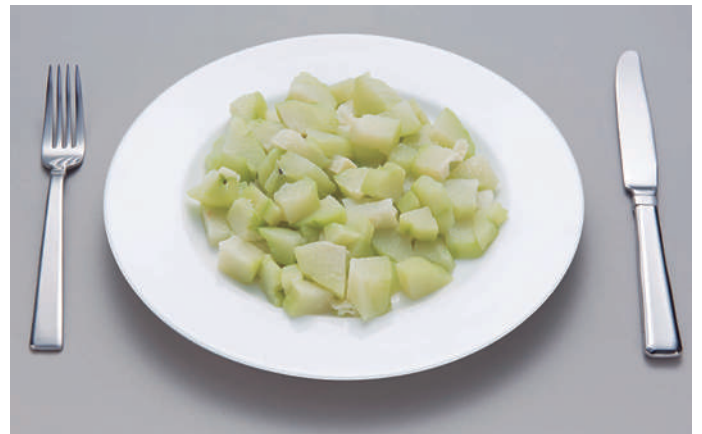
P138 - 1



P138 - 2



P138 - 3



P138 - 4



P128 - 1



P128 - 2



P128 - 3



P128 - 4



P128 - 5



P128 - 6



P007 - 1



P007 - 2



P007 - 3



P007 - 4



P129 - 1



P129 - 2



P129 - 3



P129 - 4



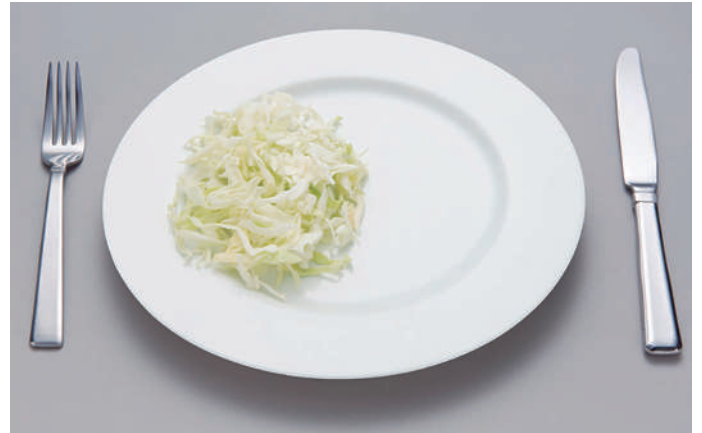
P129 - 5



P129 - 6



P136 - 1



P136 - 2



P136 - 3



P136 - 4



P136 - 5



P136 - 6



P774 - 1



P774 - 2



P774 - 3



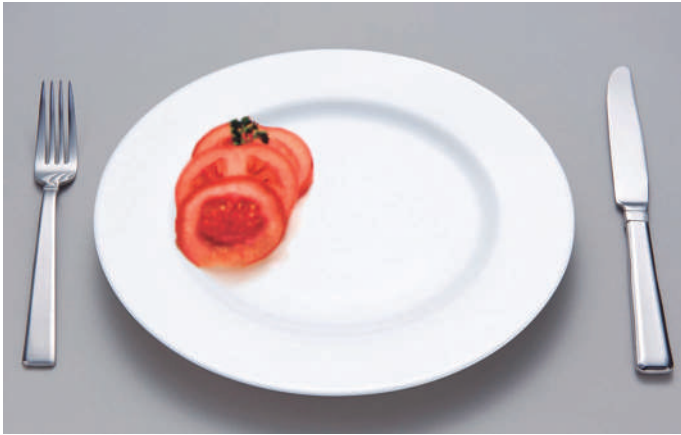
P774 - 4



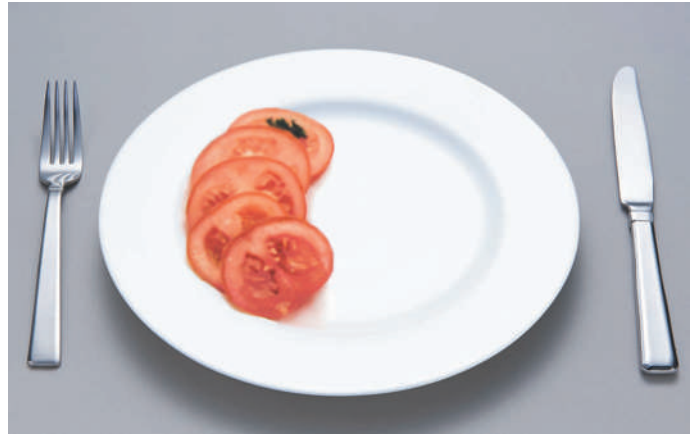
P774 - 5



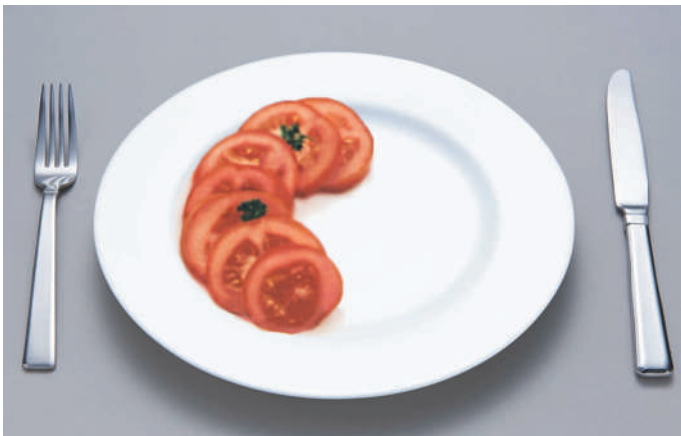
P774 - 6



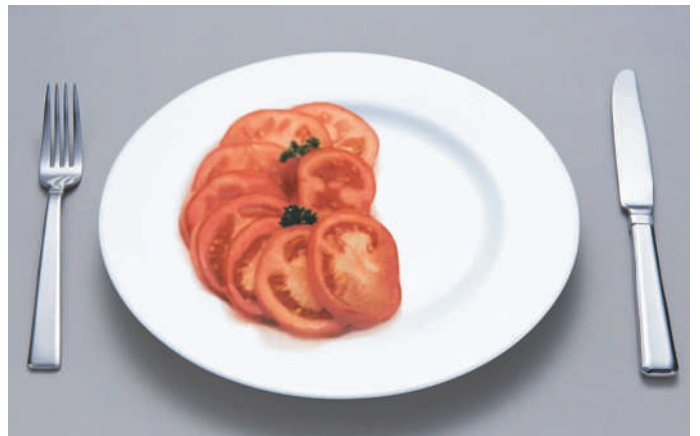
P015 - 1



P015 - 2



P015 - 3



P015 - 4



P021 - 1



P021 - 2



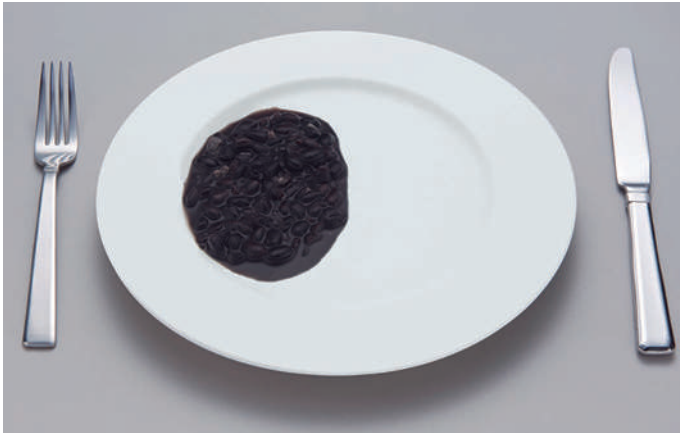
P021 - 3



P021 - 4



P021 - 5



P124 - 1



P124 - 2



P124 - 3



P124 - 4



P124 - 5



P124 - 6



P760 - 1



P760 - 2



P760 - 3



P760 - 4



P760 - 5



P760 - 6



P145 - 1



P145 - 2



P145 - 3



P145 - 4



P145 - 5



P145 - 6



P143 - 1



P143 - 2



P143 - 3



P143 - 4



P143 - 5



P143 - 6



P141 - 1



P141 - 2



P141 - 3



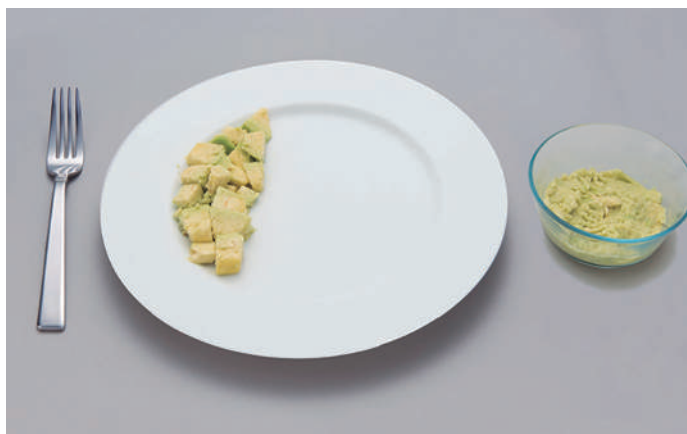
P141 - 4



P141 - 5



P141 - 6



P131 - 1



P131 - 2



P131 - 3



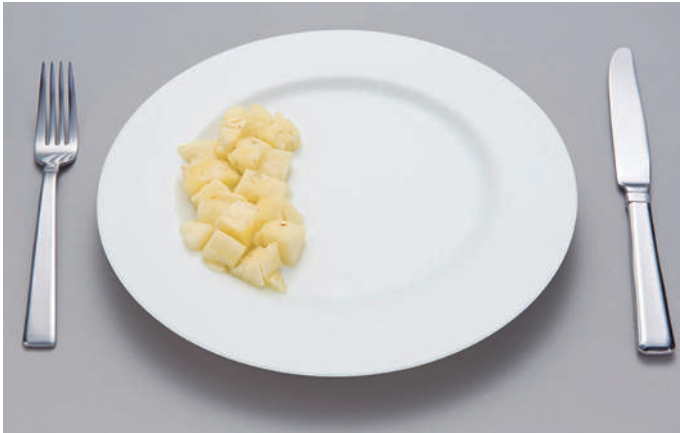
P131 - 4



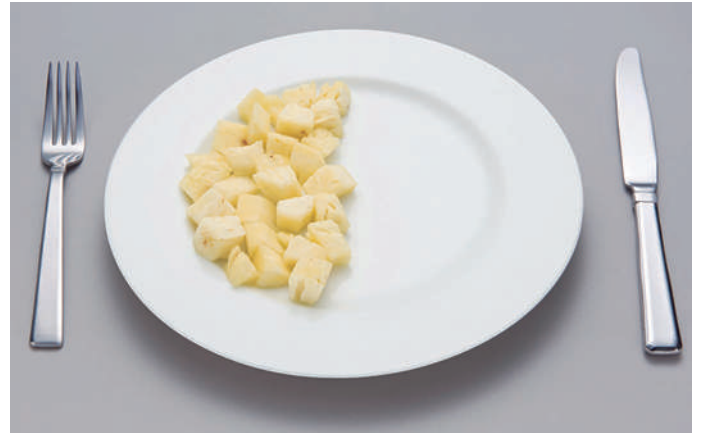
P131 - 5



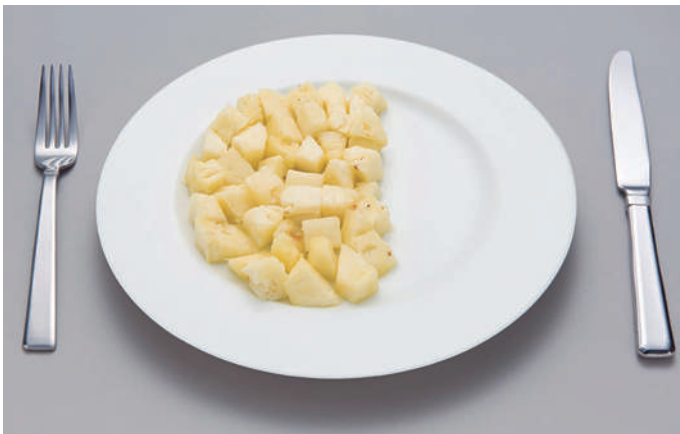
P131 - 6



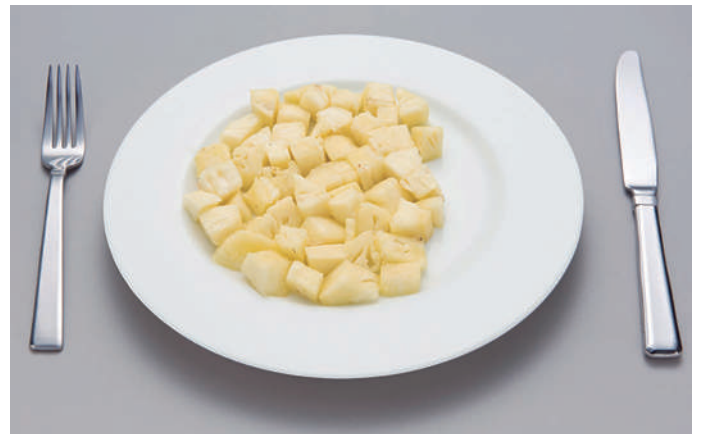
P137 - 1



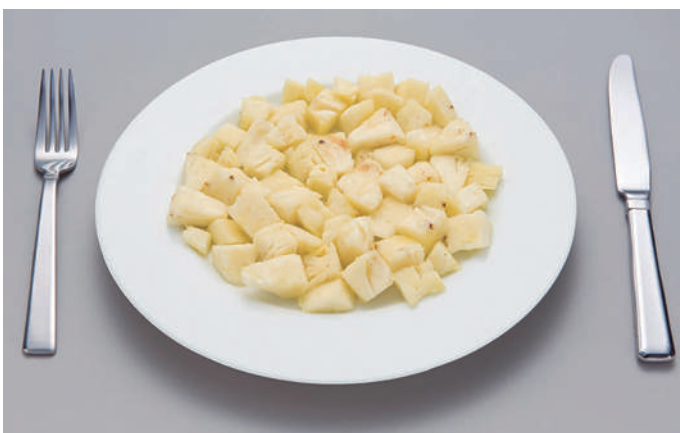
P137 - 2



P137 - 3



P137 - 4



P137 - 5



P137 - 6



P028/029 - 1



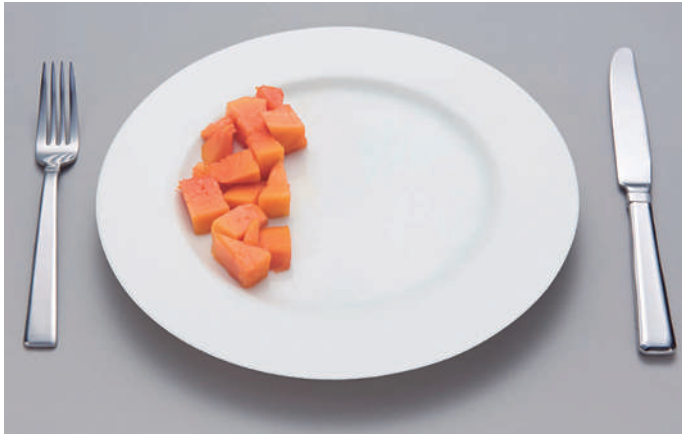
P028/029 - 2



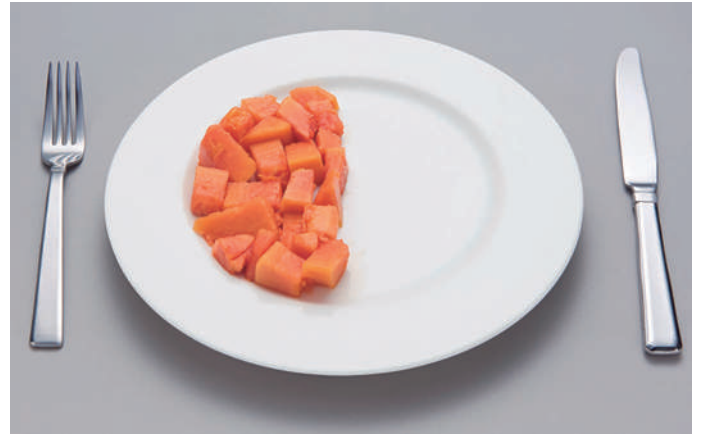
P028/029 - 3



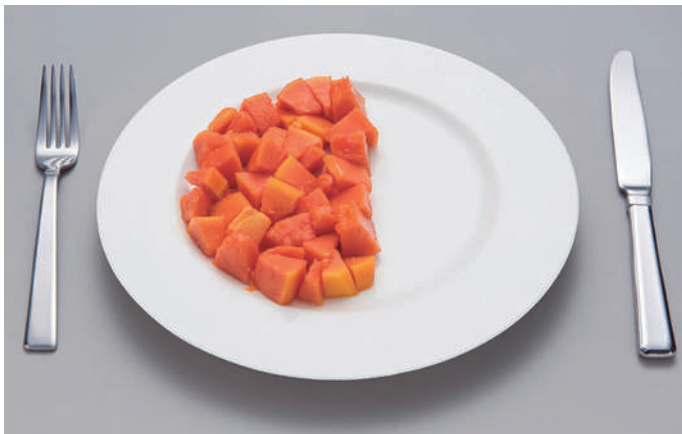
P028/029 - 4



P132 - 1



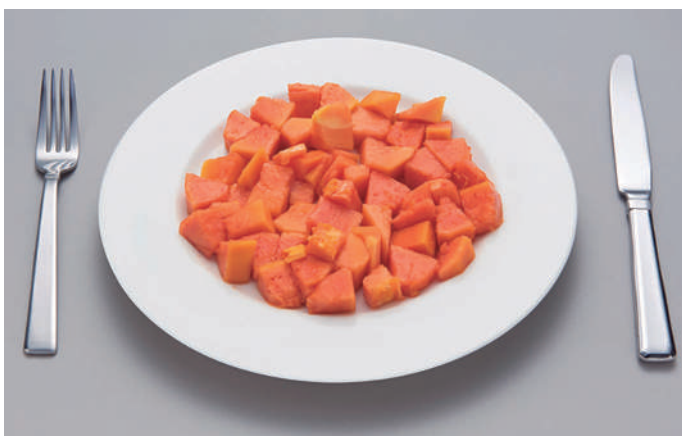
P132 - 2



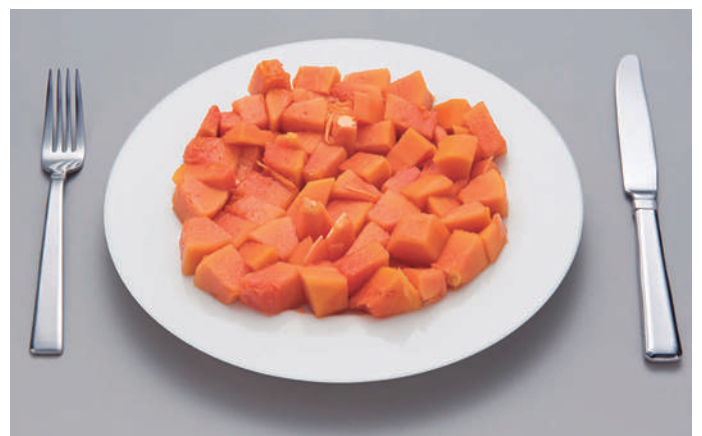
P132 - 3



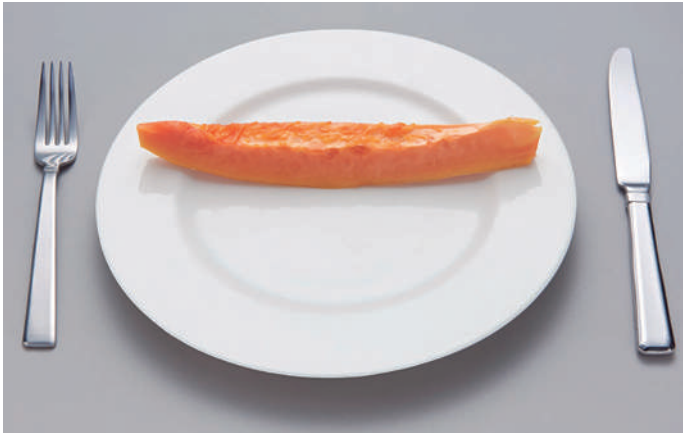
P132 - 4



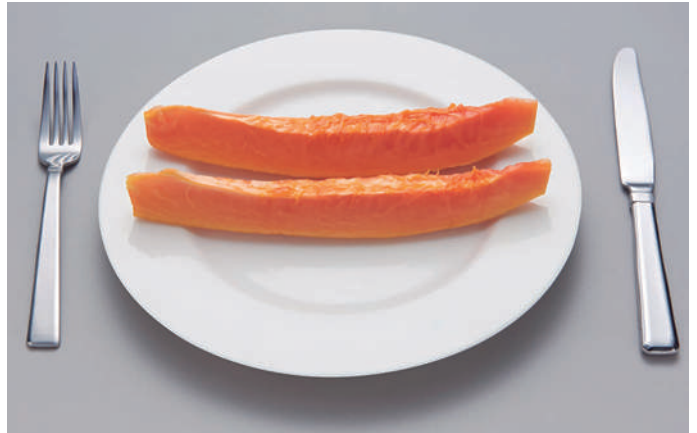
P132 - 5



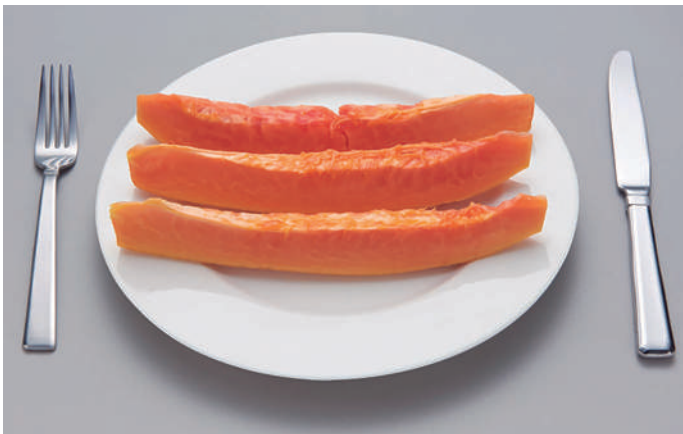
P132 - 6



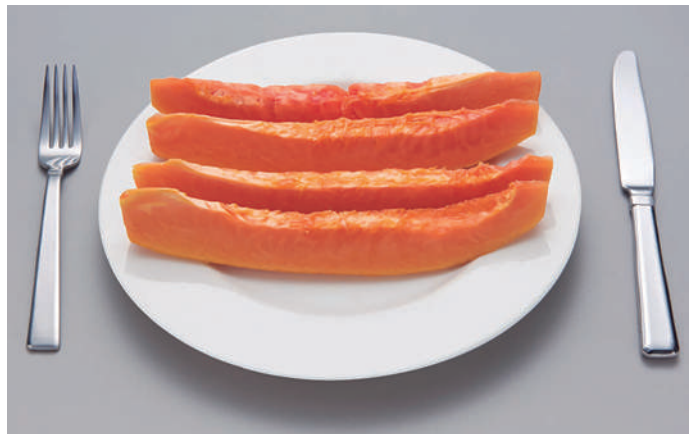
P135 - 1



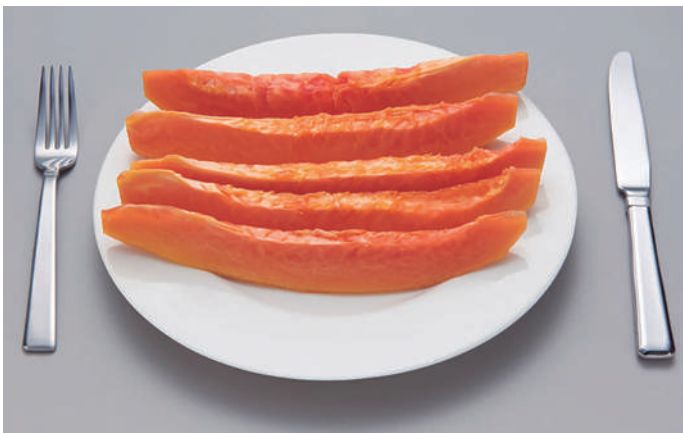
P135 - 2



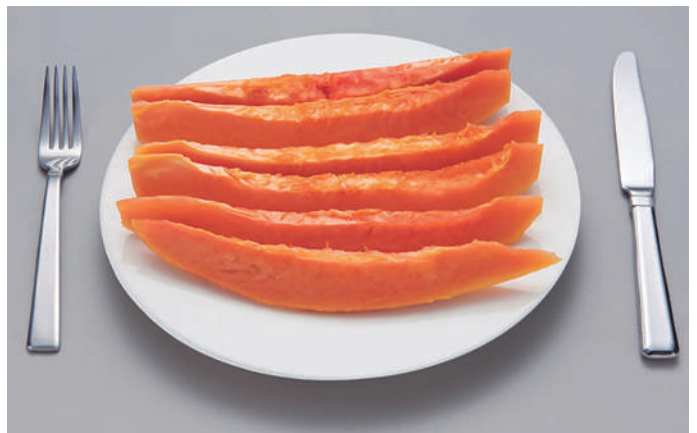
P135 - 3



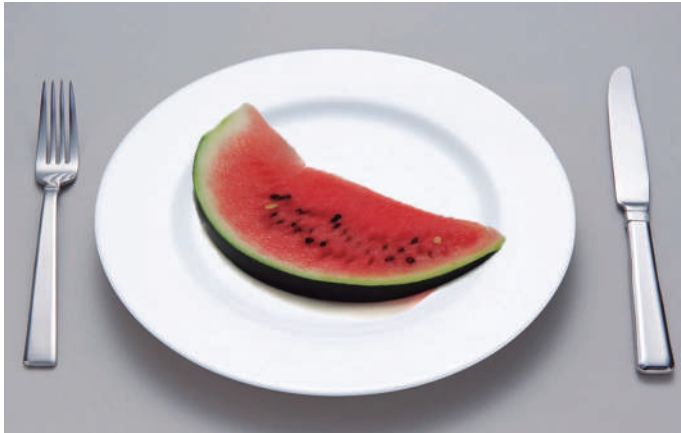
P135 - 4



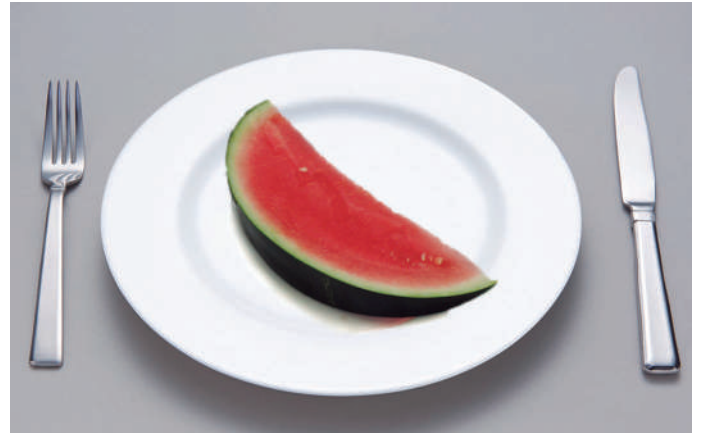
P135 - 5



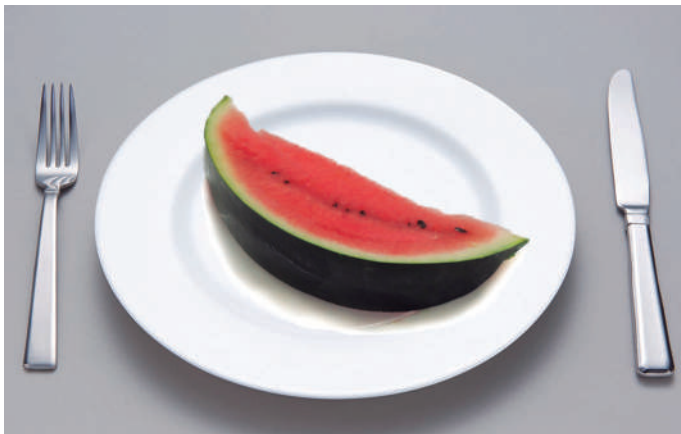
P135 - 6



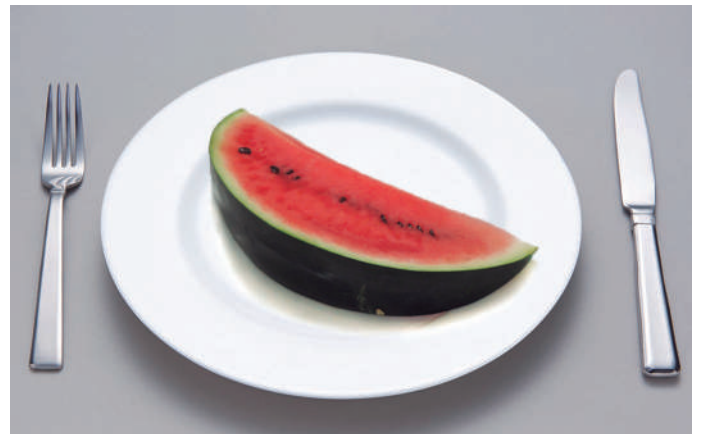
P098 - 1



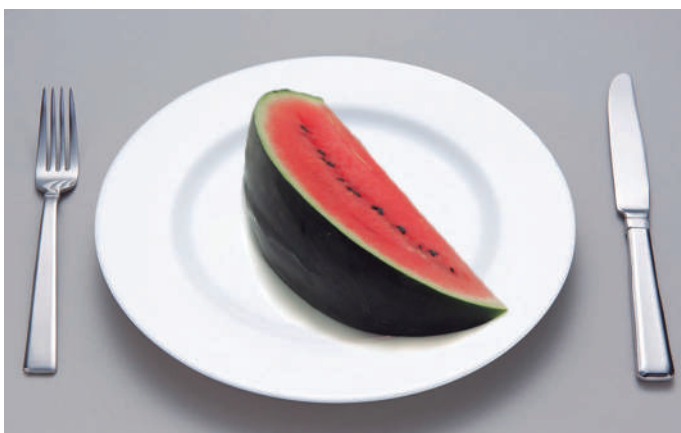
P098 - 2



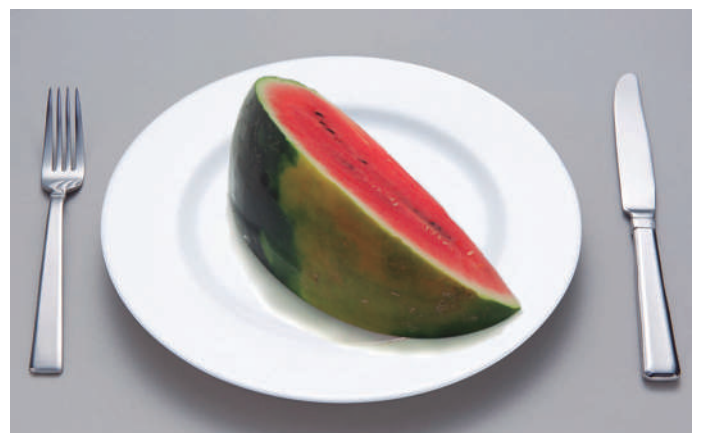
P098 - 3



P098 - 4



P098 - 5



P098 - 6



P024 - 1



P024 - 2



P024 - 3



P024 - 4



P024 - 5



P092/093 - 1



P092/093 - 2



P092/093 - 3



P092/093 - 4



P092/093 - 5



P092/093 - 6



P067 - 1



P067 - 2



P067 - 3



P067 - 4



P147 - 1



P147 - 2



P147 - 3



P147 - 4



P147 - 5



P094 - 1



P094 - 2



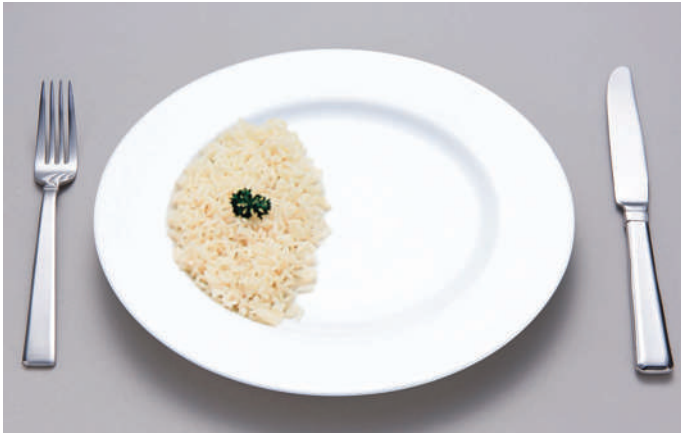
P094 - 3



P094 - 4



P094 - 5



P036 - 1



P036 - 2



P036 - 3



P036 - 4



P036 - 5



P036 - 6



P772 - 1



P772 - 2



P772 - 3



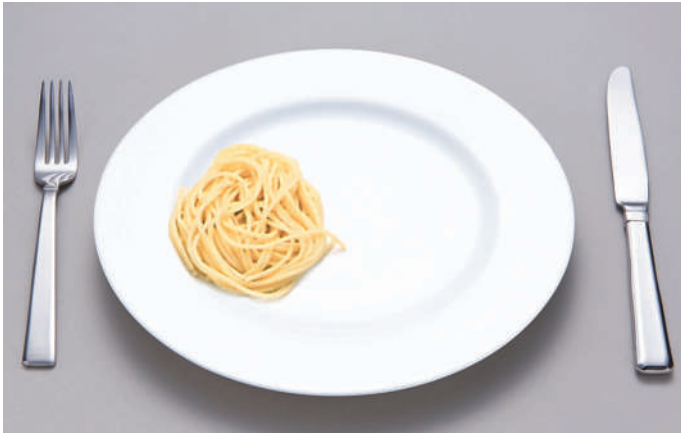
P772 - 4



P772 - 5



P772 - 6



P075 - 1



P075 - 2



P075 - 3



P075 - 4



P075 - 5



P075 - 6



P041 - 1



P041 - 2



P041 - 3



P041 - 4



P034 - 1



P034 - 2



P034 - 3



P034 - 4



P034 - 5



P076 - 1



P076 - 2



P076 - 3



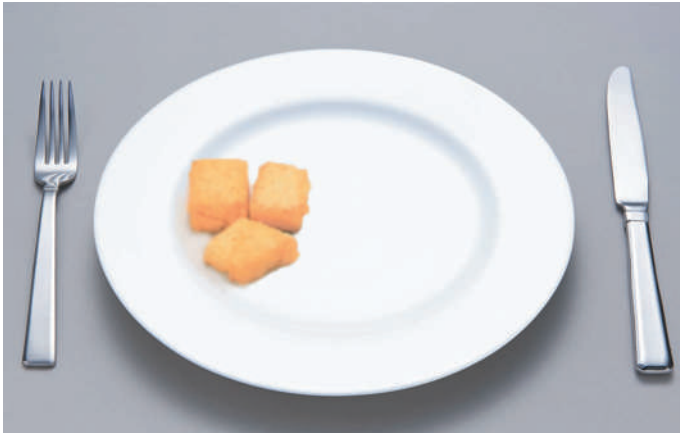
P076 - 4



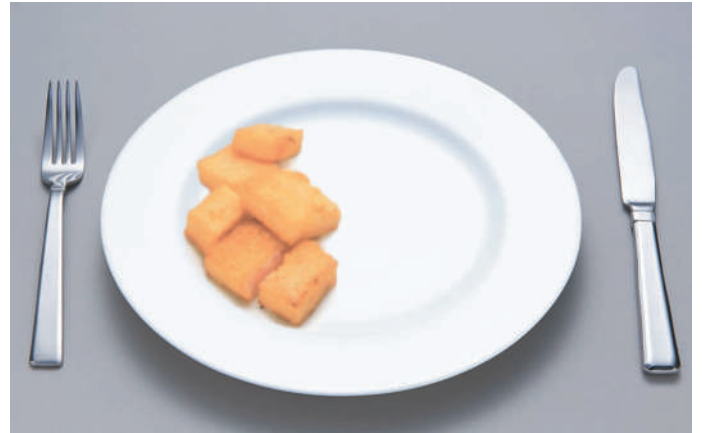
P076 - 5



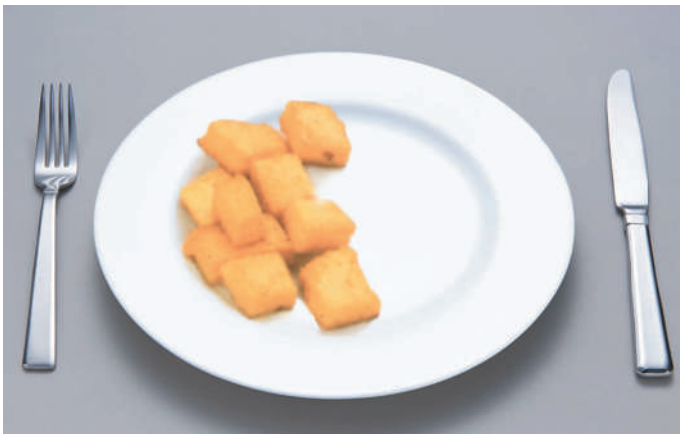
P076 - 6



P077 - 1



P077 - 2



P077 - 3



P077 - 4



P077 - 5



P077 - 6



P078 - 1



P078 - 2



P078 - 3



P078 - 4



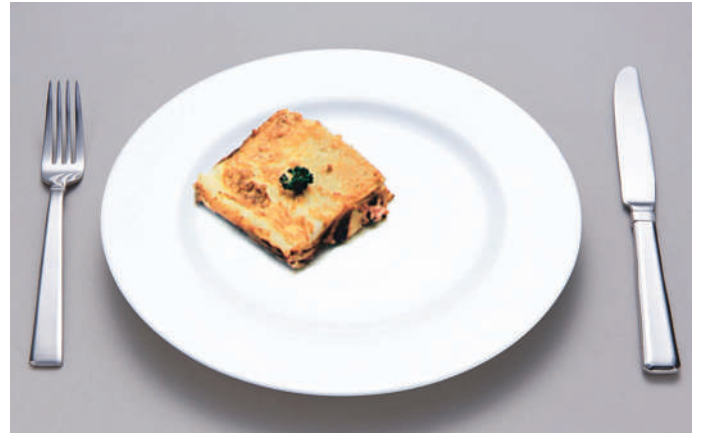
P078 - 5



P078 - 6



P037 - 1



P037 - 2



P037 - 3



P037 - 4



P037 - 5



P037 - 6



P074 - 1



P074 - 2



P074 - 3



P074 - 4



P074 - 5



P402 - 1



P402 - 2



P402 - 3



P402 - 4



P402 - 5



P404 - 1



P404 - 2



P404 - 3



P404 - 4



P404 - 5



P405 - 1



P405 - 2



P405 - 3



P405 - 4



P405 - 5



P047 - 1



P047 - 2



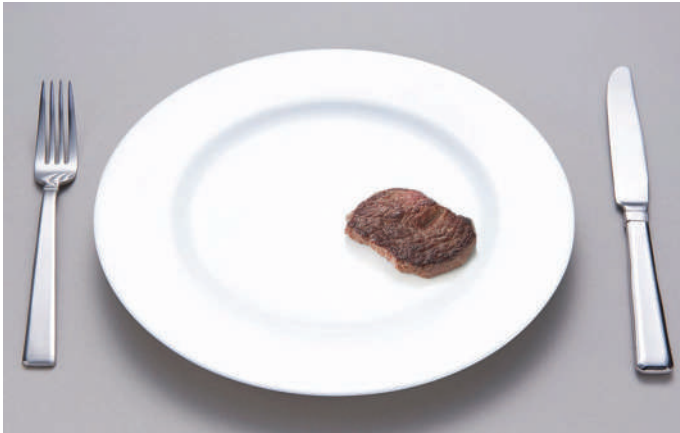
P047 - 3



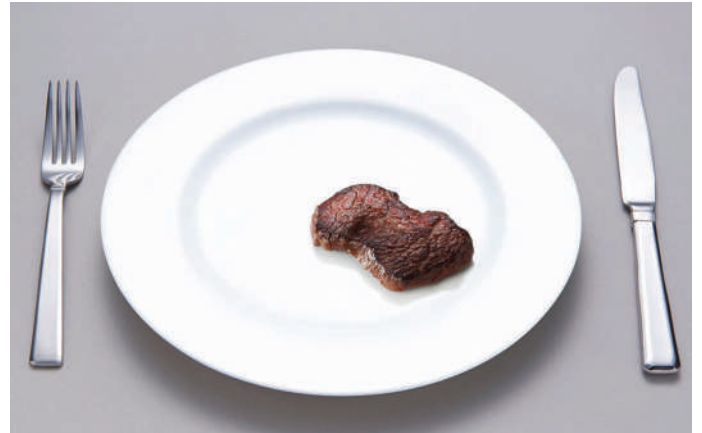
P047 - 4



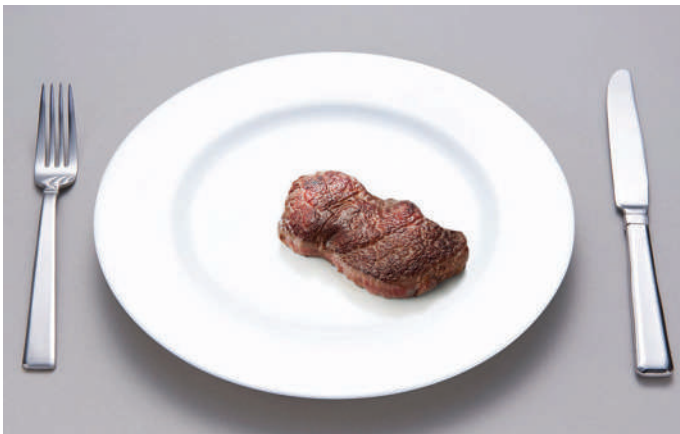
P047 - 5



P773 - 1



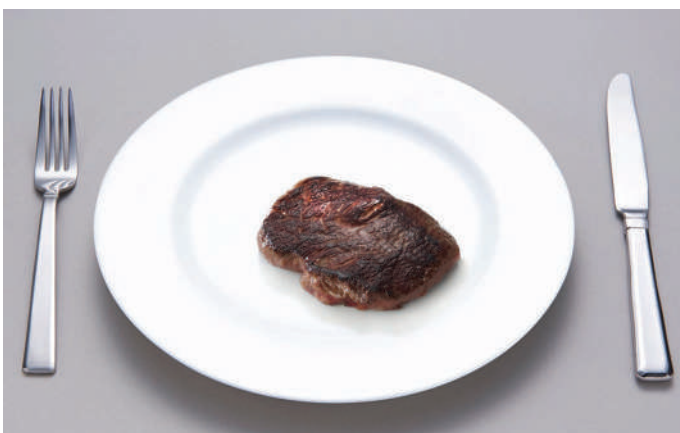
P773 - 2



P773 - 3



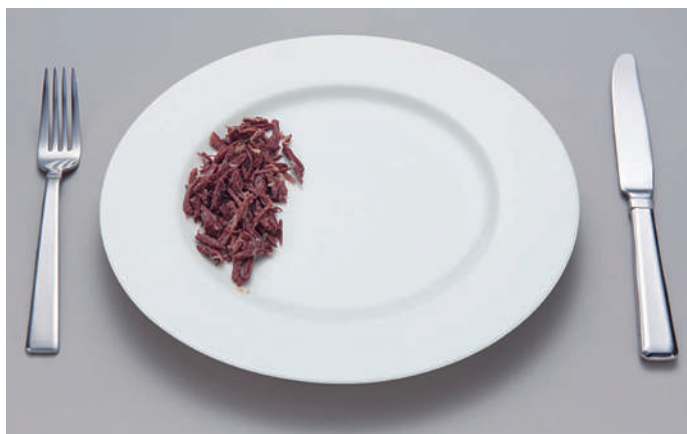
P773 - 4



P773 - 5



P773 - 6



P148 - 1



P148 - 2



P148 - 3



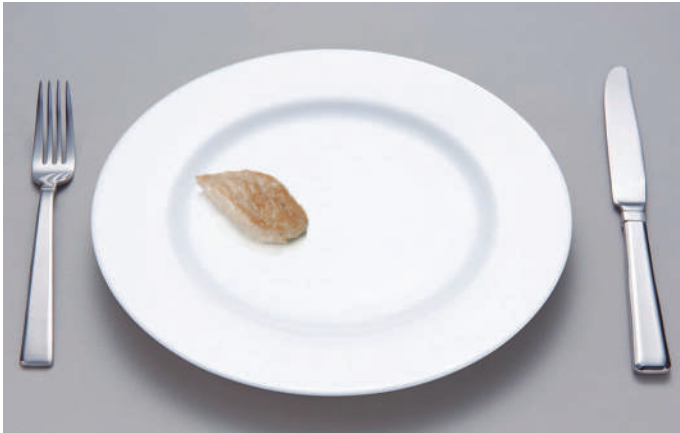
P148 - 4



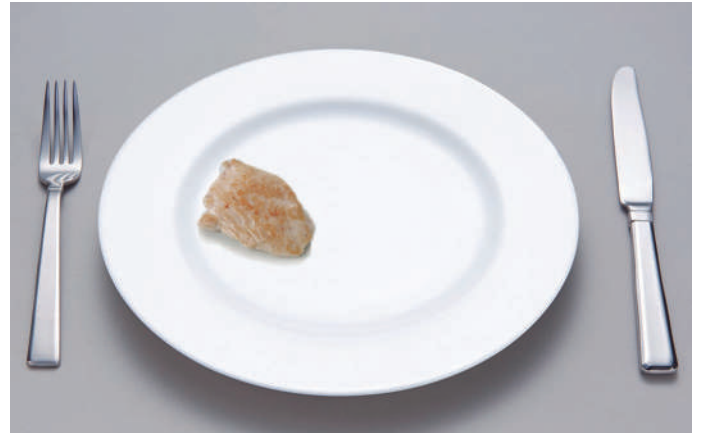
P148 - 5



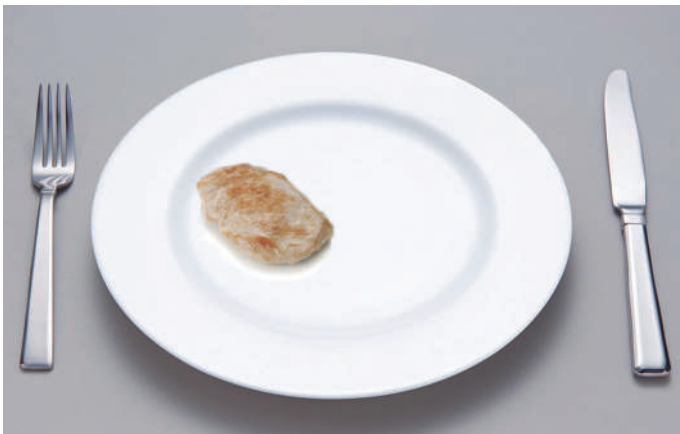
P148 - 6



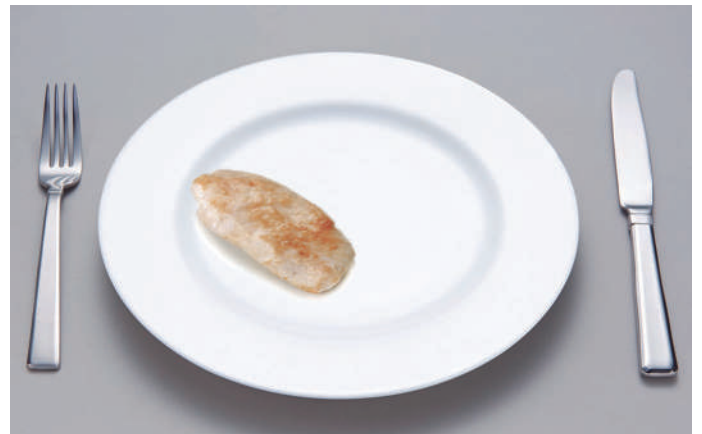
P755 - 1



P755 - 2



P755 - 3



P755 - 4



P755 - 5



P755 - 6



P086 - 1



P086 - 2



P086 - 3



P086 - 4



P086 - 5



P043 - 1



P043 - 2



P043 - 3



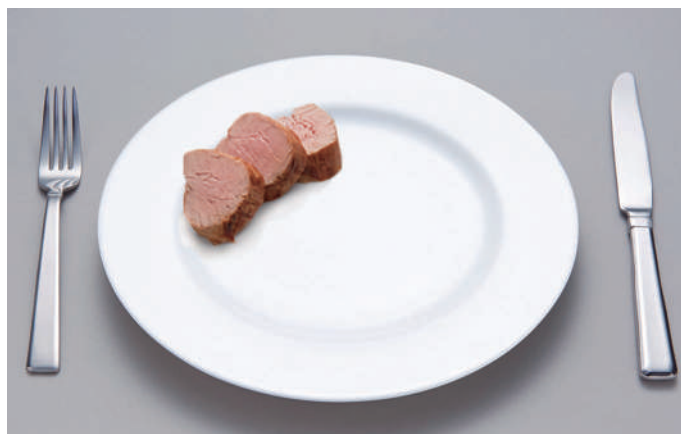
P043 - 4



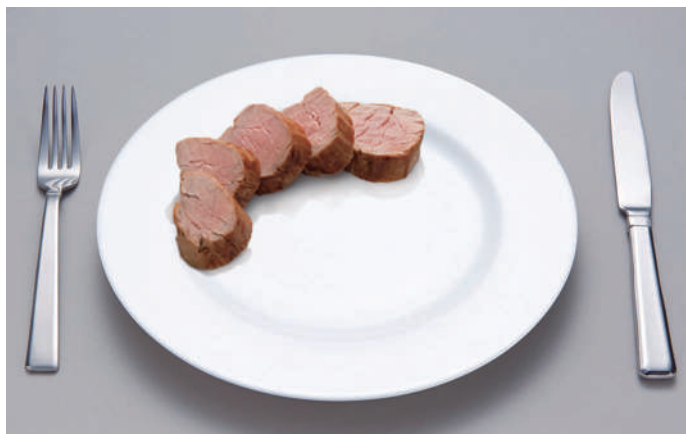
P043 - 5



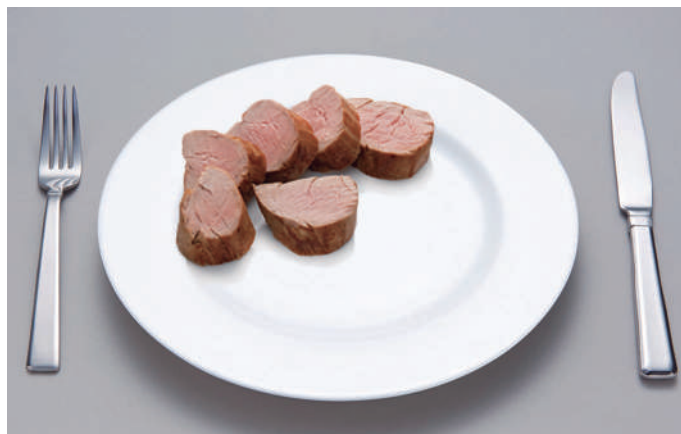
P826 - 1



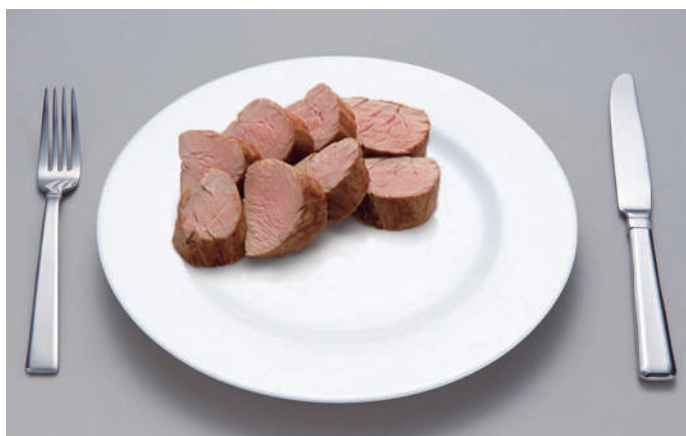
P826 - 2



P826 - 3



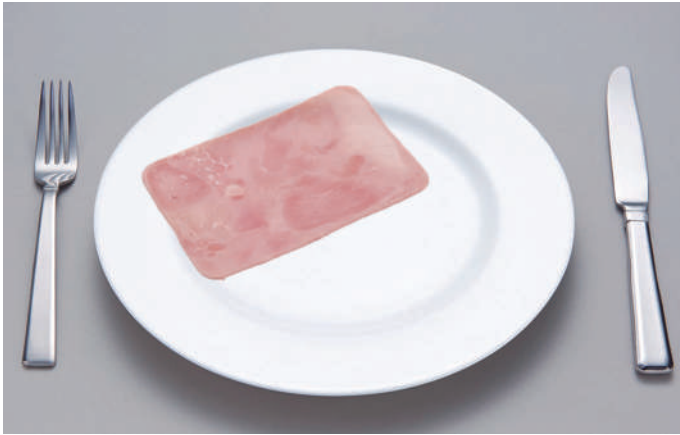
P826 - 4



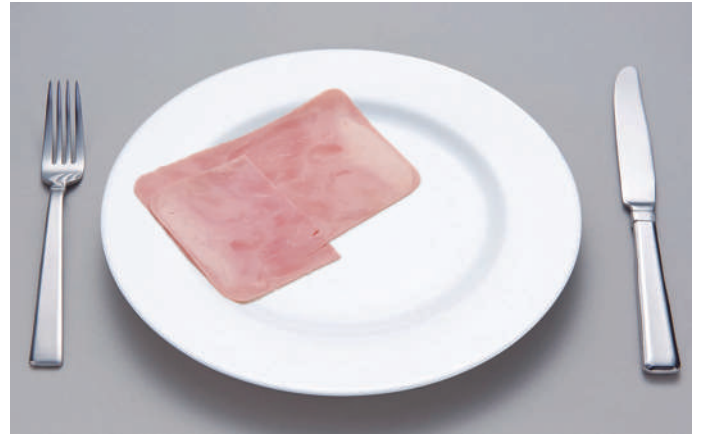
P826 - 5



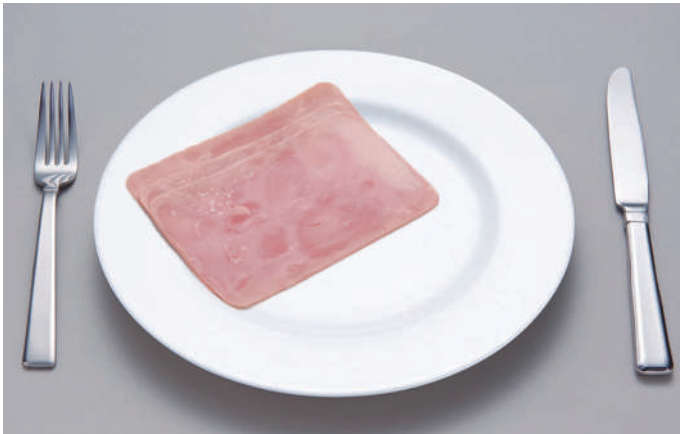
P826 - 6



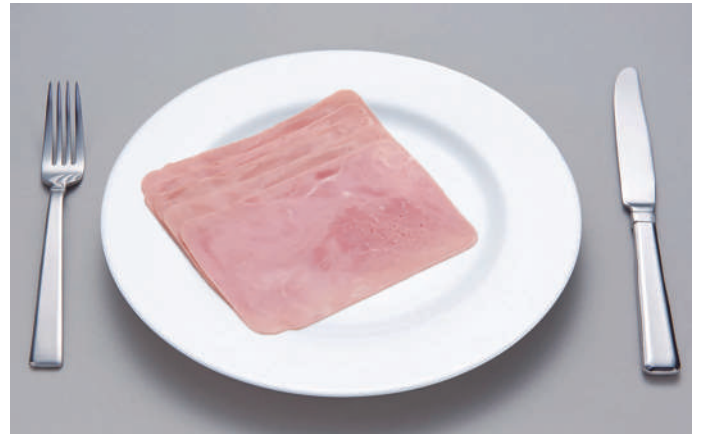
P832 - 1



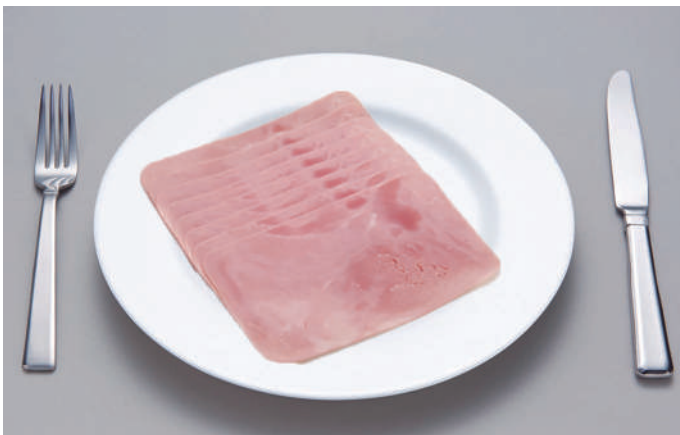
P832 - 2



P832 - 3



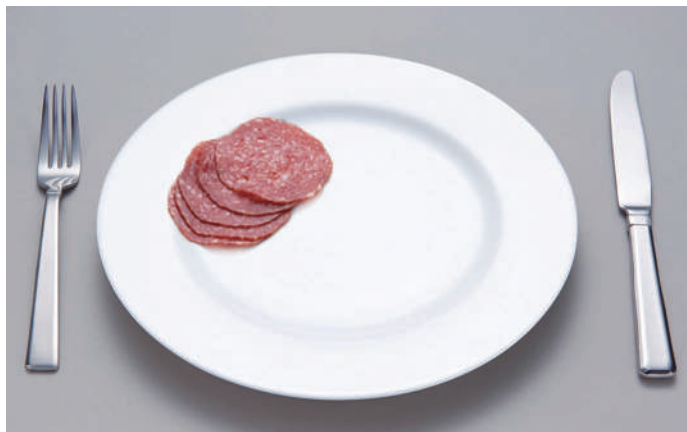
P832 - 4



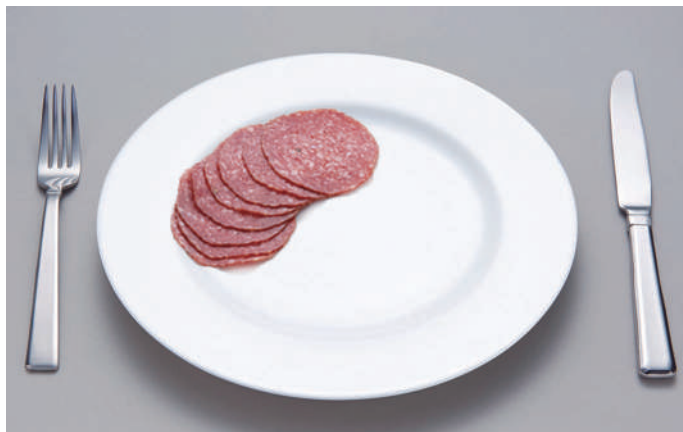
P832 - 5



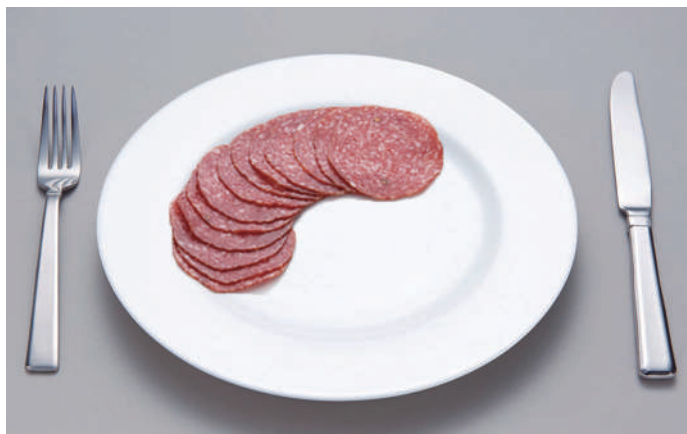
P832 - 6



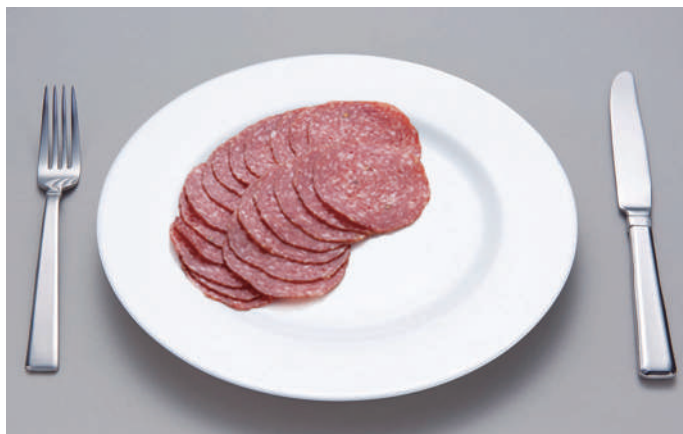
P834 - 1



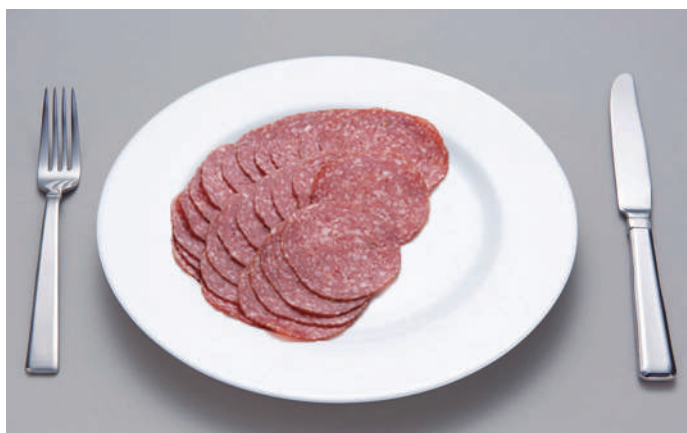
P834 - 2



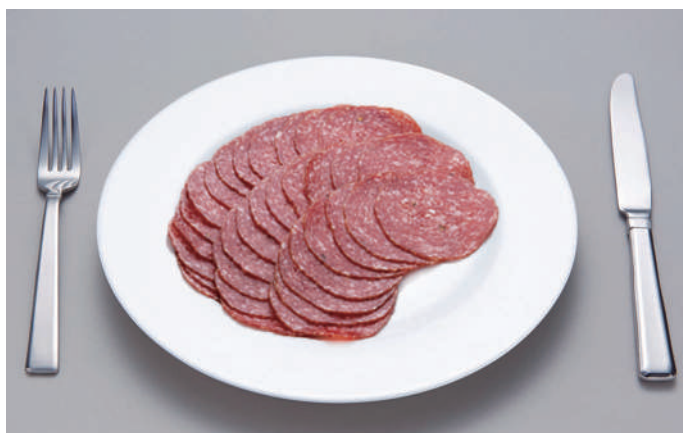
P834 - 3



P834 - 4



P834 - 5



P834 - 6



P146 - 1



P146 - 2



P146 - 3



P146 - 4



P146 - 5



P146 - 6



P106 - 1



P106 - 2



P106 - 3



P106 - 4



P106 - 5



P106 - 6



P116 - 1



P116 - 2



P116 - 3



P116 - 4



P116 - 5



P116 - 6



P140 - 1



P140 - 2



P140 - 3



P140 - 4



P140 - 5



P140 - 6



P718 - 1



P718 - 2



P718 - 3



P718 - 4



P718 - 5



P718 - 6



P133 - 1



P133 - 2



P133 - 3



P133 - 4



P133 - 5



P133 - 6



P139 - 1



P139 - 2



P139 - 3



P139 - 4



P139 - 5



P139 - 6



P120 - 1



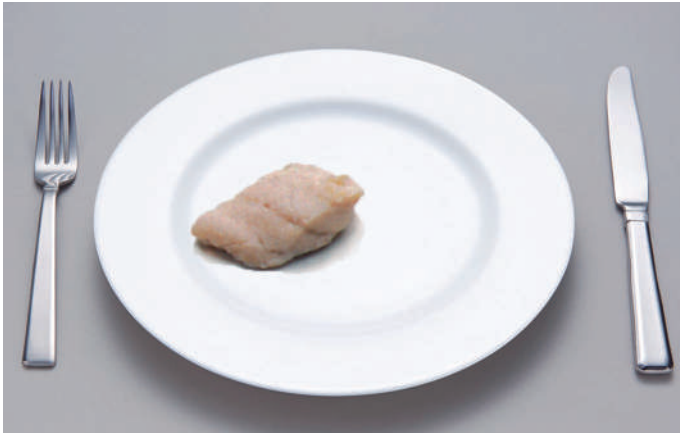
P120 - 2



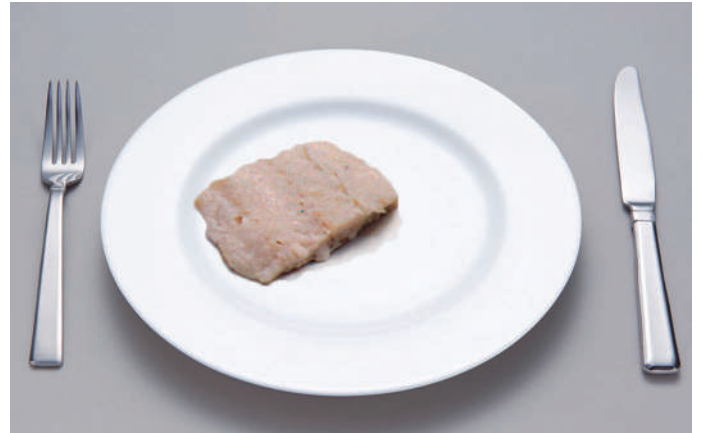
P120 - 3



P120 - 4



P051 - 1



P051 - 2



P051 - 3



P051 - 4



P051 - 5



P052 - 1



P052 - 2



P052 - 3



P052 - 4



P052 - 5



P142 - 1



P142 - 2



P142 - 3



P142 - 4



P142 - 5



P142 - 6



P302 - 1



P302 - 2



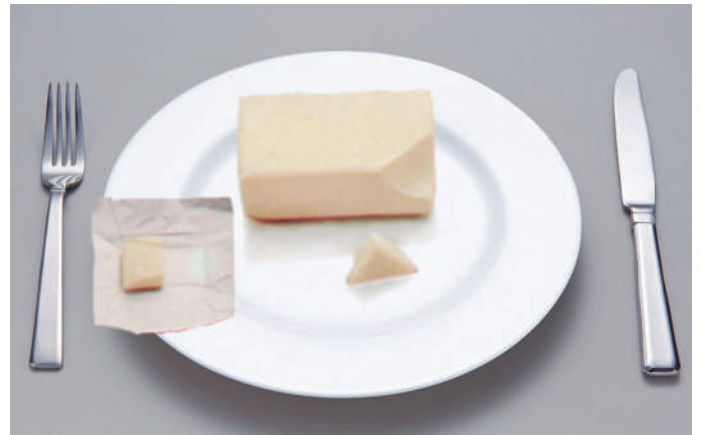
P302 - 3



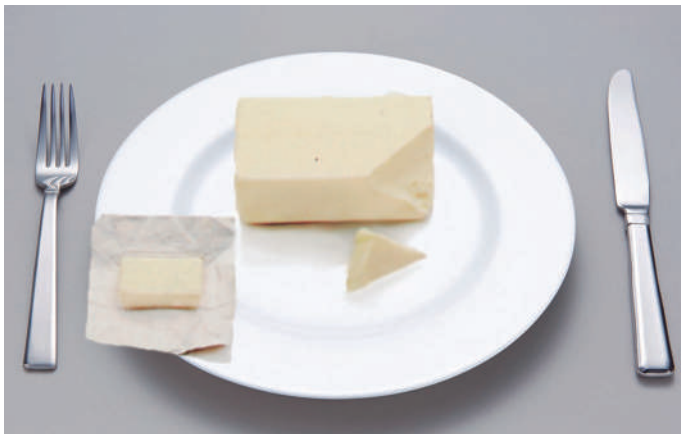
P302 - 4



P057 - 1



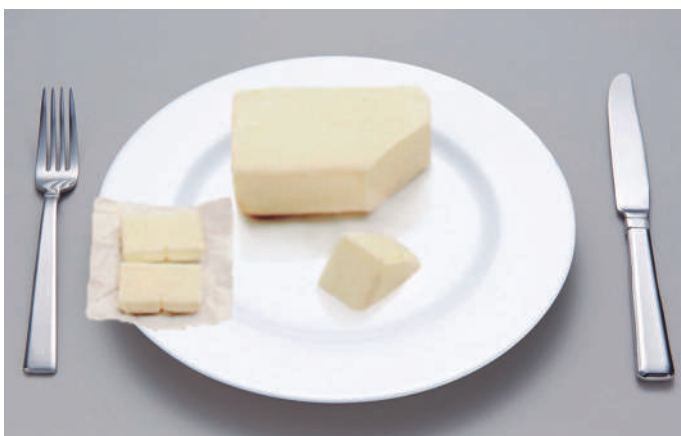
P057 - 2



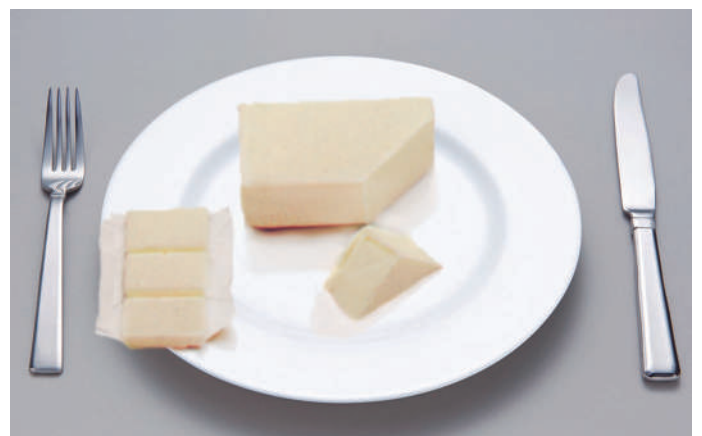
P057 - 3



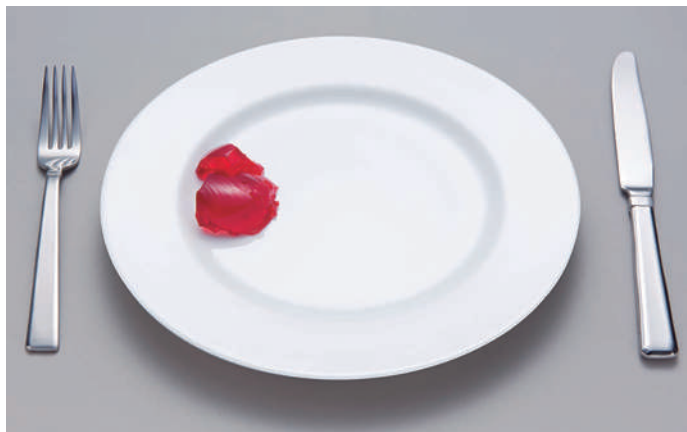
P057 - 4



P057 - 5



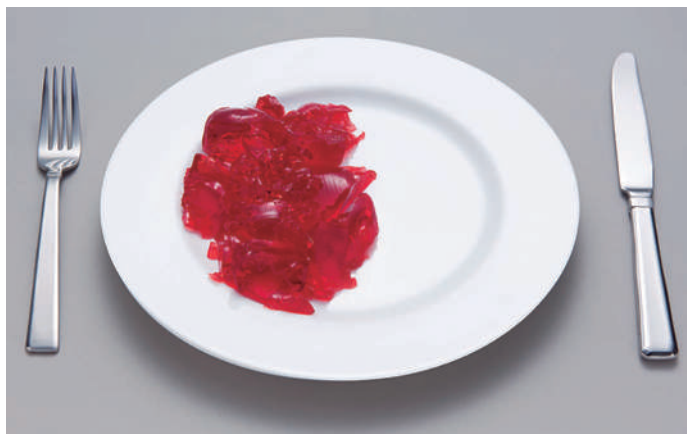
P057 - 6



P134 - 1



P134 - 2



P134 - 3



P134 - 4



P134 - 5



P134 - 6



P626 - 1



P626 - 2



P626 - 3



P626 - 4



P064 - 1



P064 - 2



P064 - 3



P064 - 4



P064 - 5



P736 - 1



P736 - 2



P736 - 3



P736 - 4



P736 - 5



P736 - 6



P845 - 1



P845 - 2



P845 - 3



P845 - 4



P845 - 5



P845 - 6



P843 - 1



P843 - 2



P843 - 3



P843 - 4



P843 - 5



P843 - 6



P121 - 1



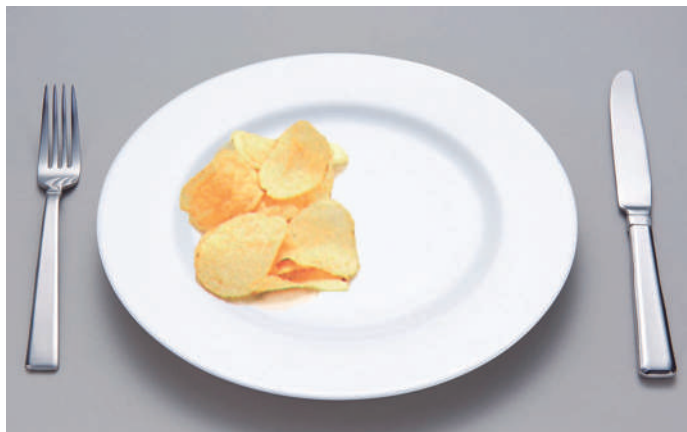
P121 - 2



P121 - 3



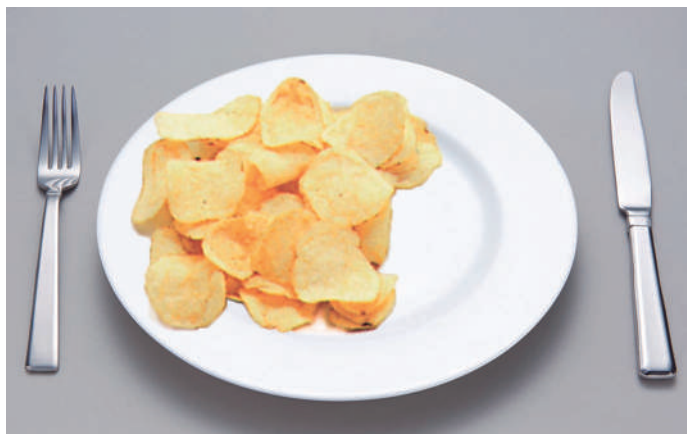
P121 - 4



P005 - 1



P005 - 2



P005 - 3



P005 - 4



P005 - 5



P144 - 1



P144 - 2



P144 - 3



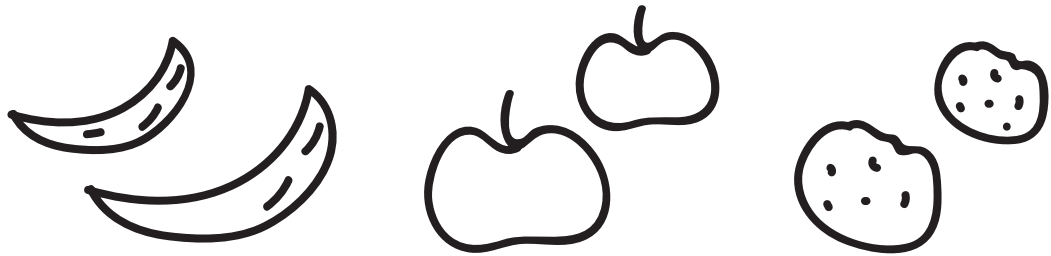
P144 - 4



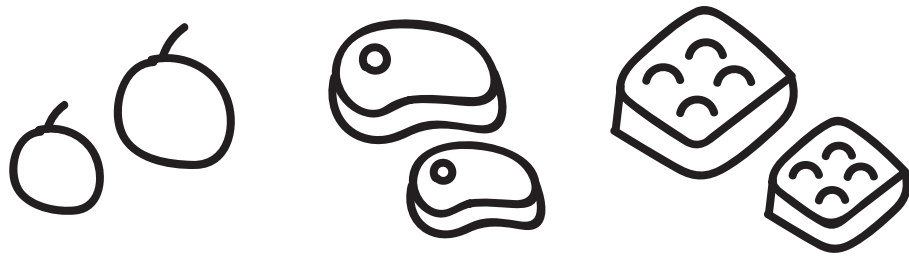
P144 - 5

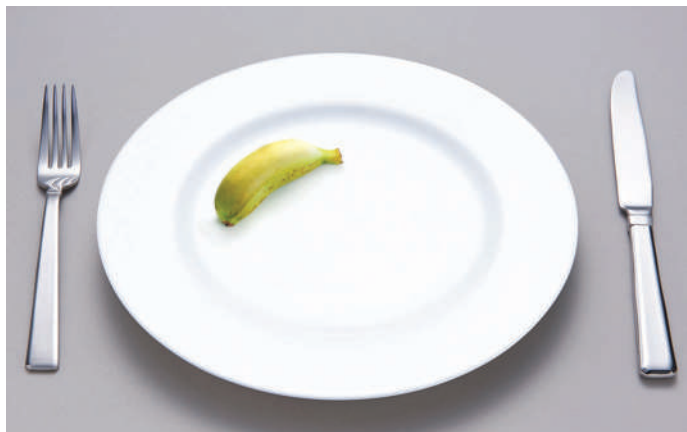


P144 - 6

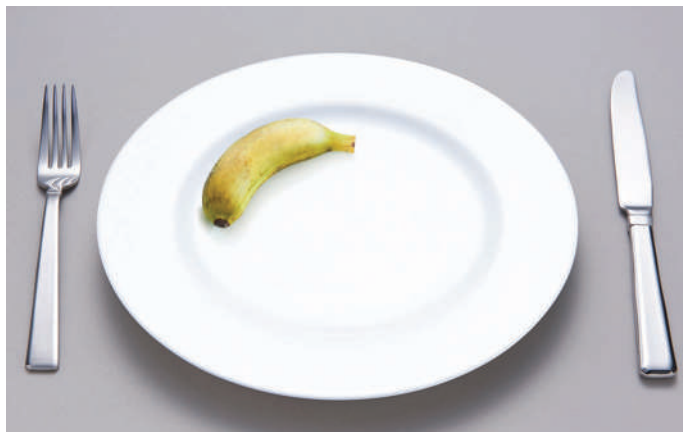


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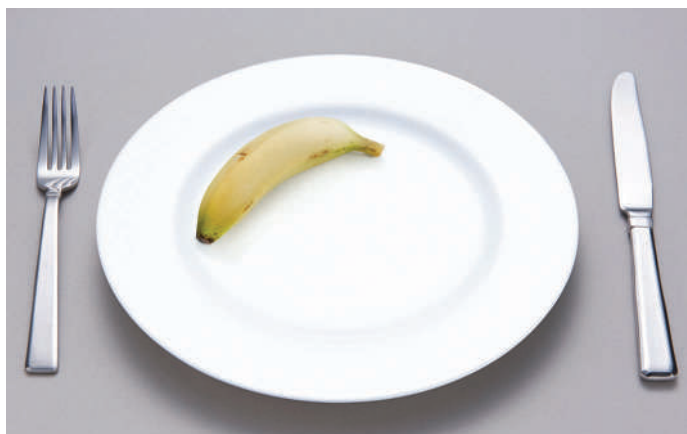




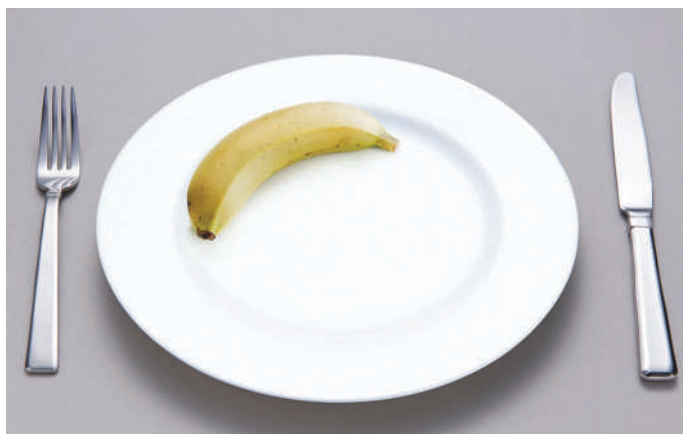
P910 - 1



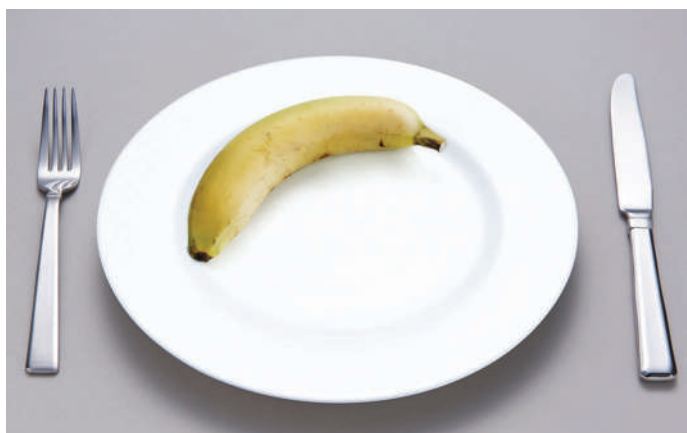
P910 - 2



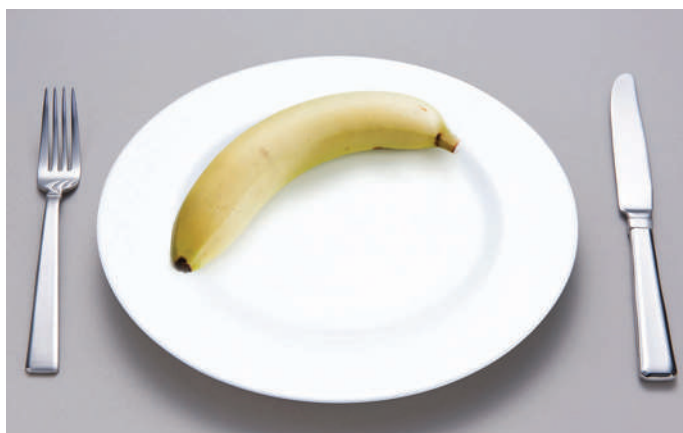
P910 - 3



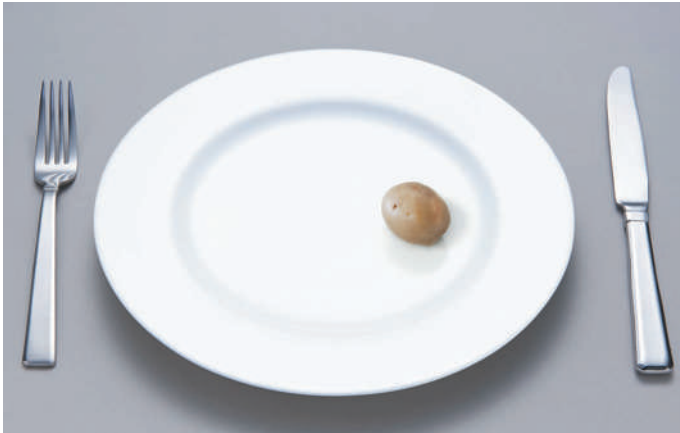
P910 - 4



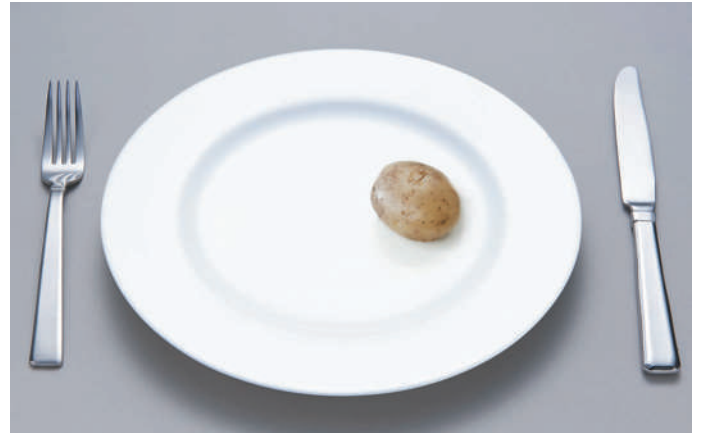
P910 - 5



P910 - 6



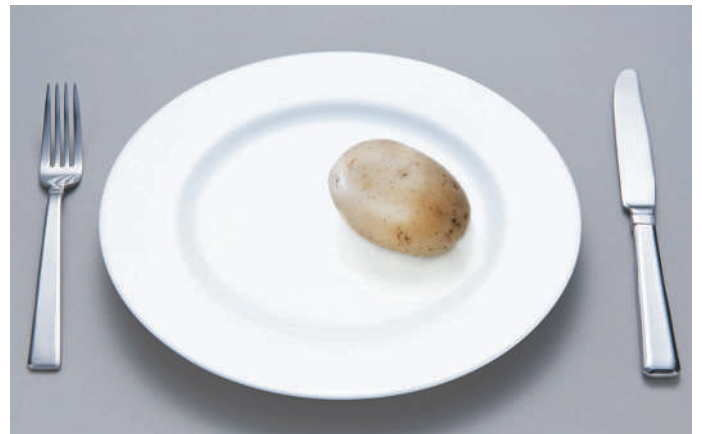
P914 - 1



P914 - 2



P914 - 3



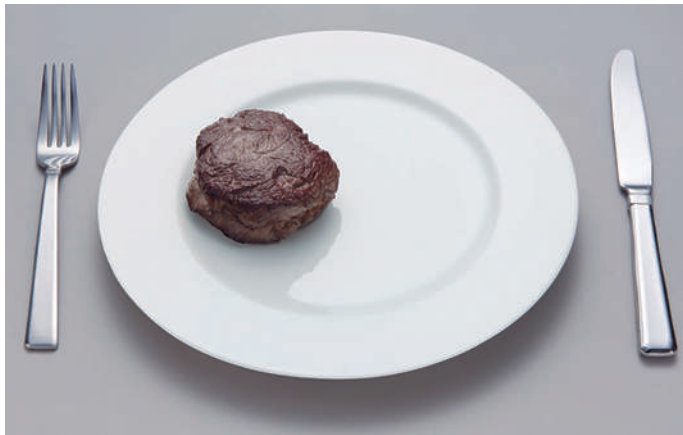
P914 - 4



P914 - 5



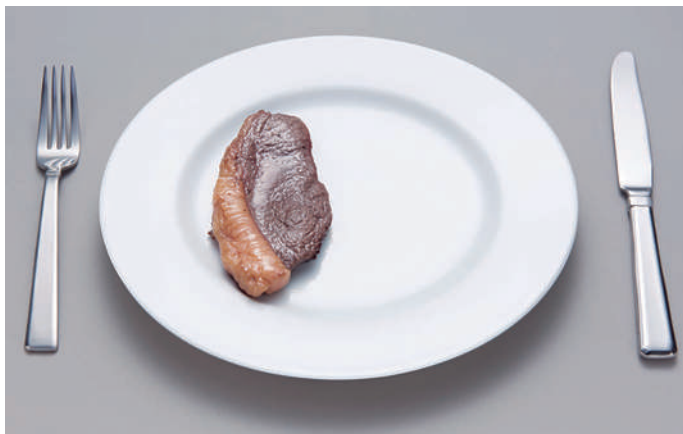
P914 - 6



P929 - 1



P929 - 2



P929 - 3



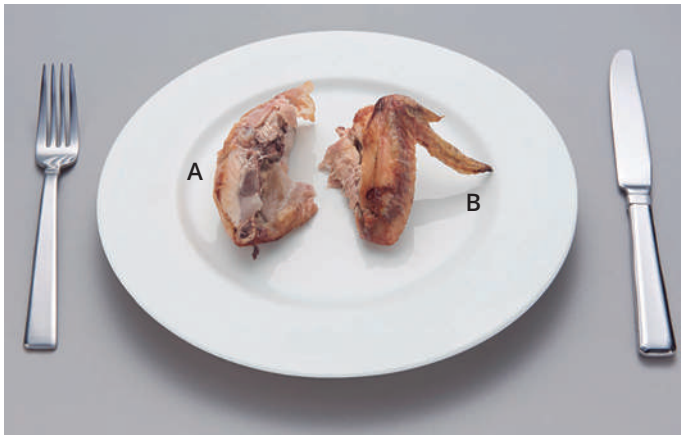
P929 - 4



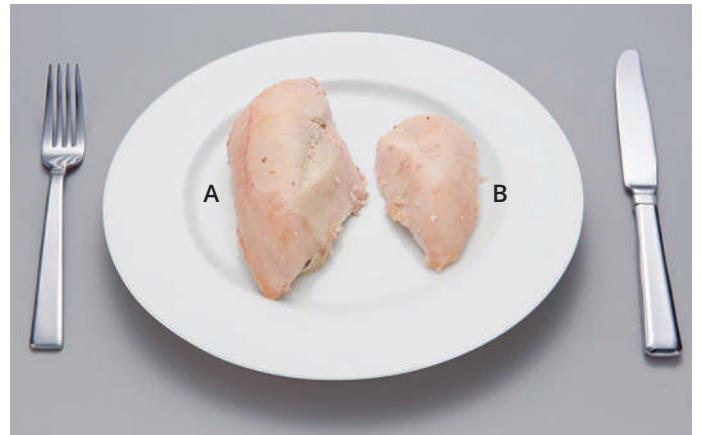
P929 - 5



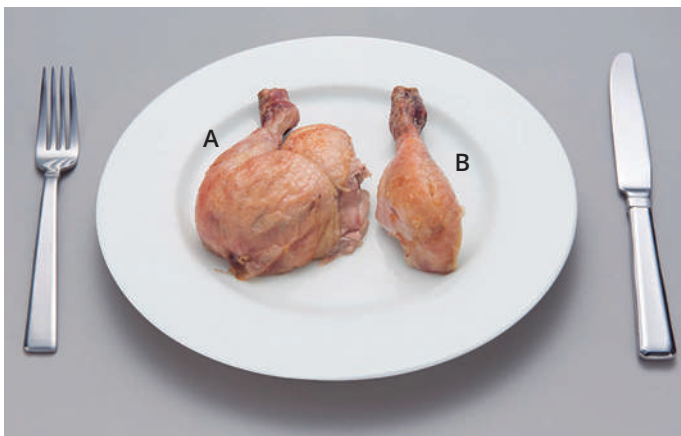
P929 - 6



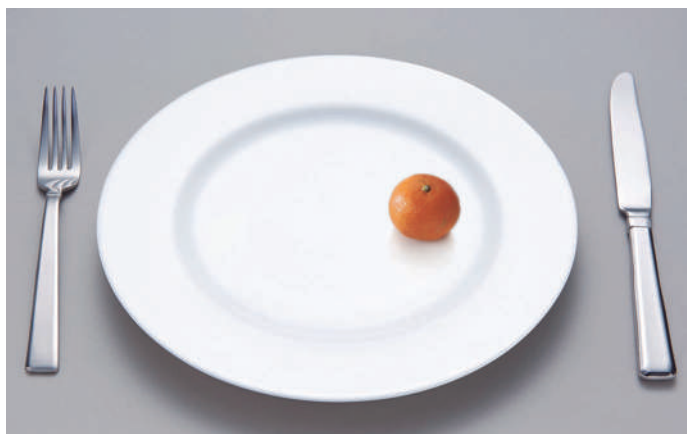
P925 - 1



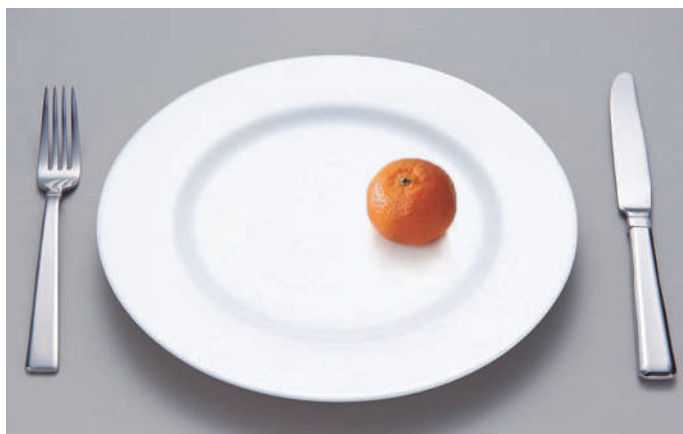
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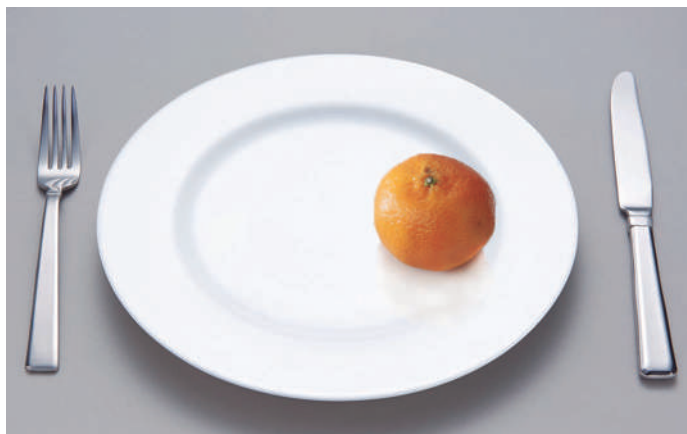
P925 - 3



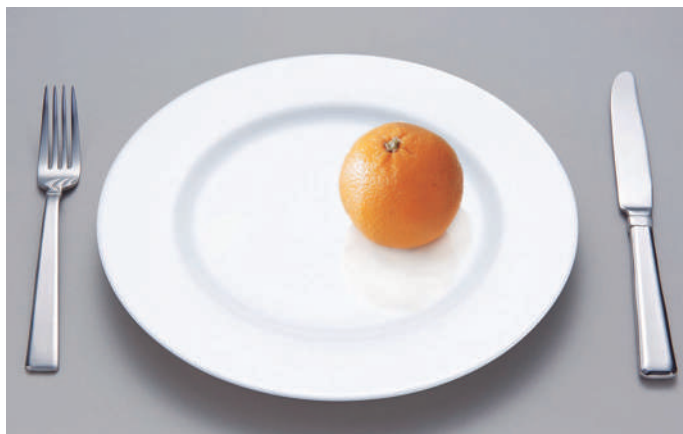
P911 - 1



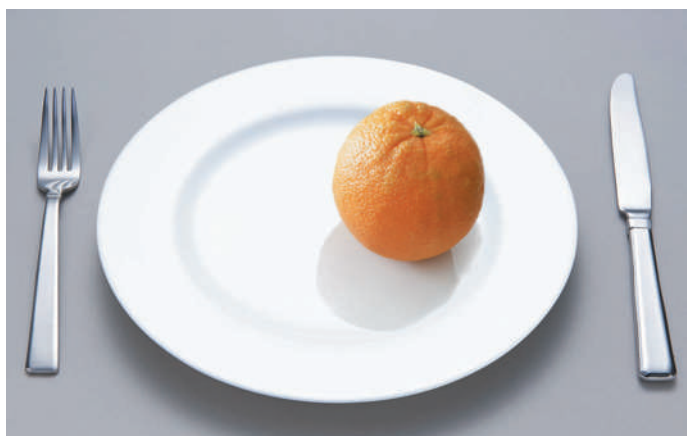
P911 - 2



P911 - 3



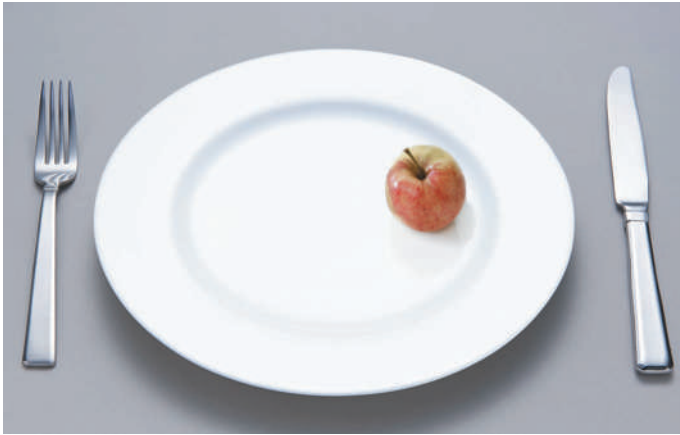
P911 - 4



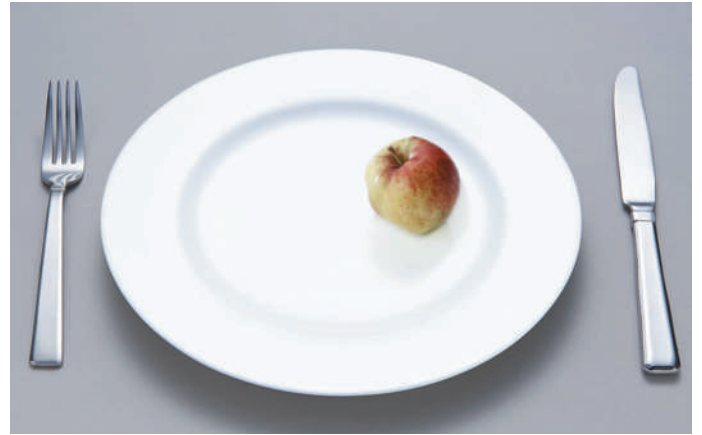
P911 - 5



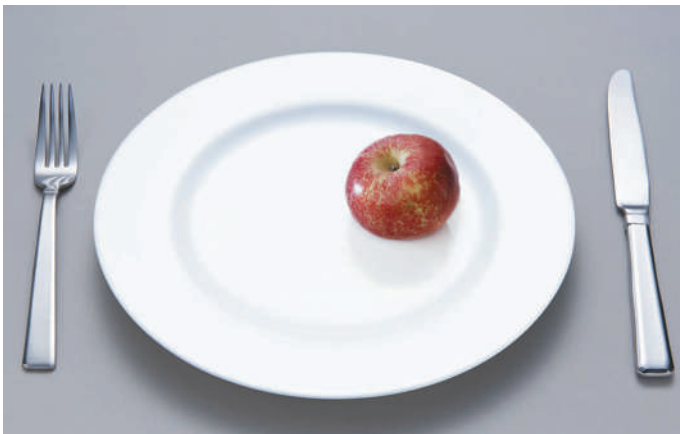
P911 - 6



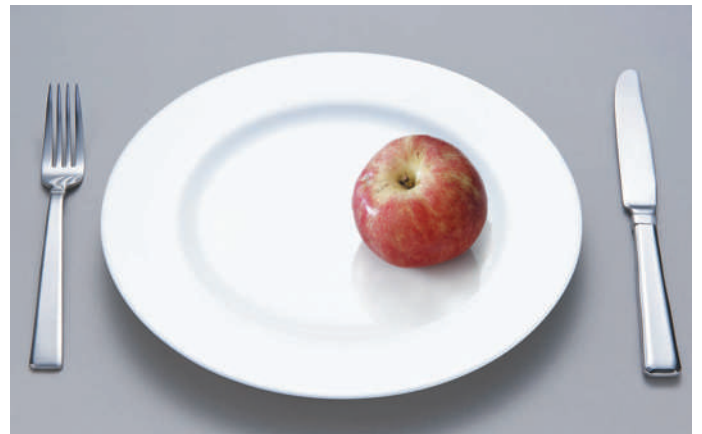
P913 - 1



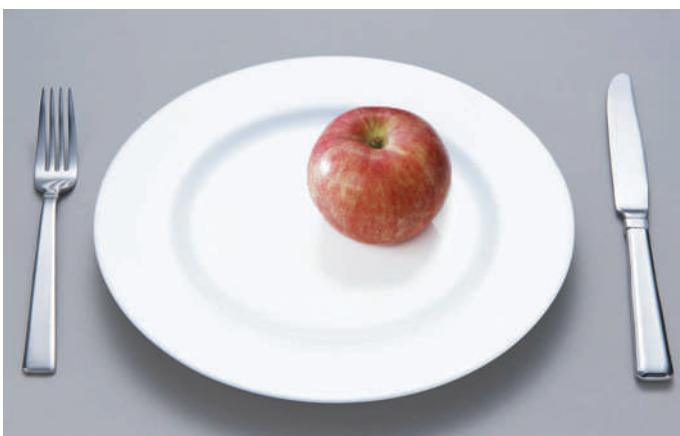
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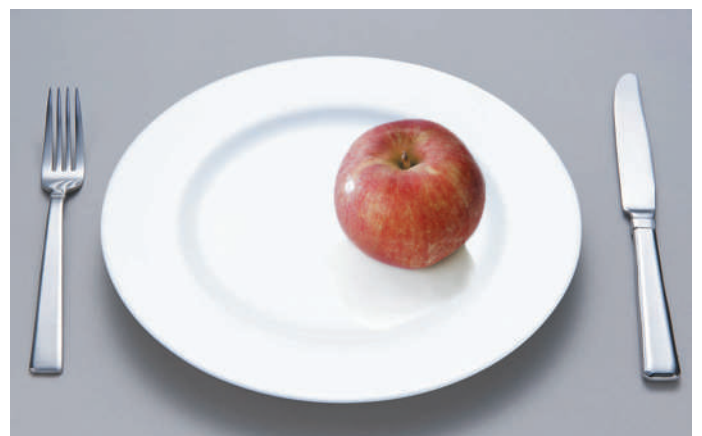
P913 - 3



P913 - 4



P913 - 5



P913 - 6



P938 - 1



P938 - 2



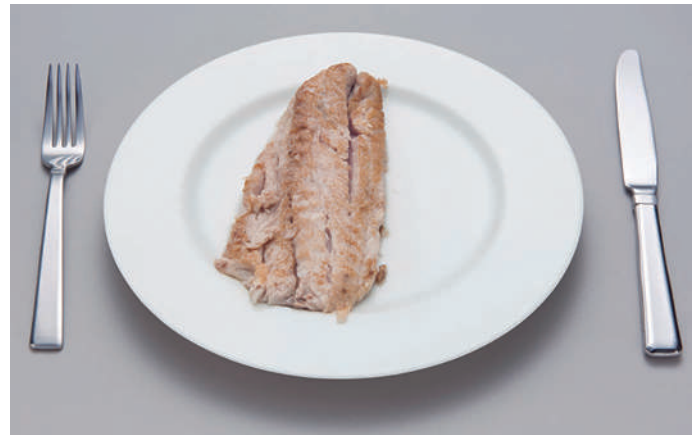
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P938 - 4



P927 - 1



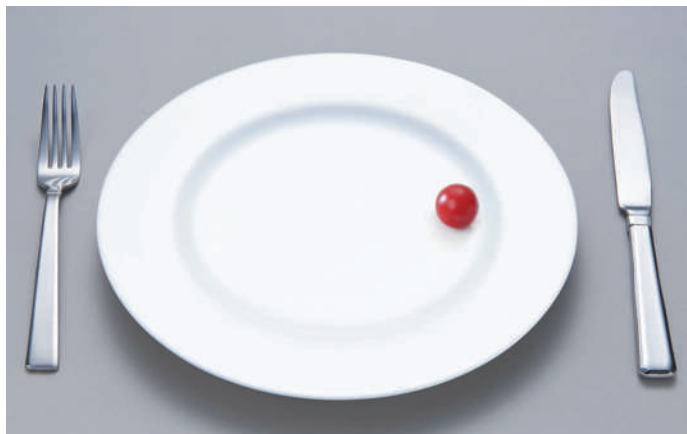
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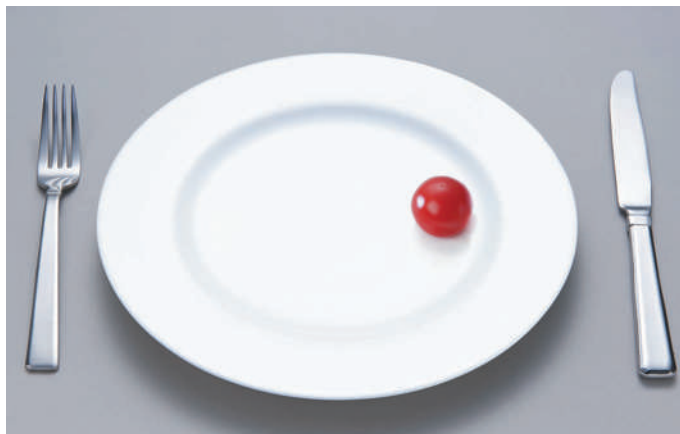
P927 - 3



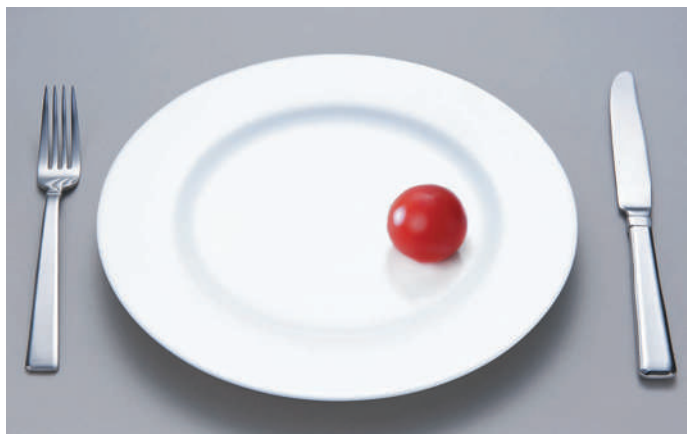
P927 - 4



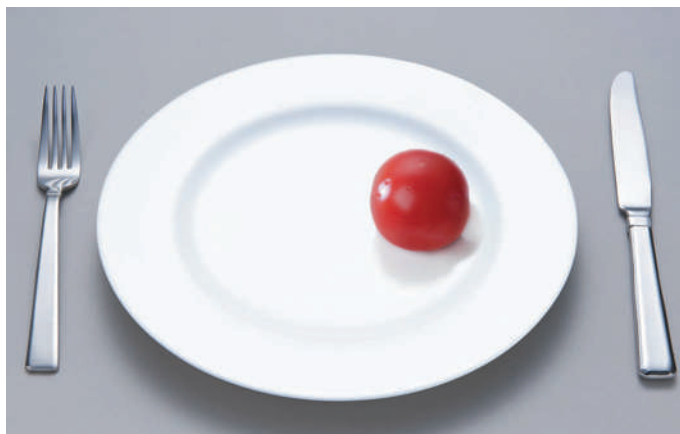
P916 - 1



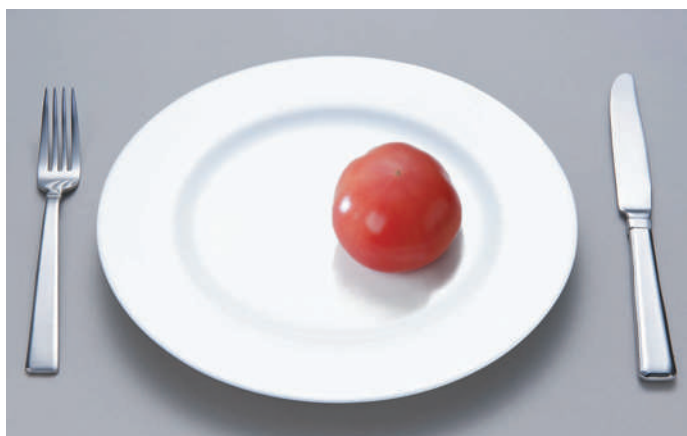
P916 - 2



P916 - 3



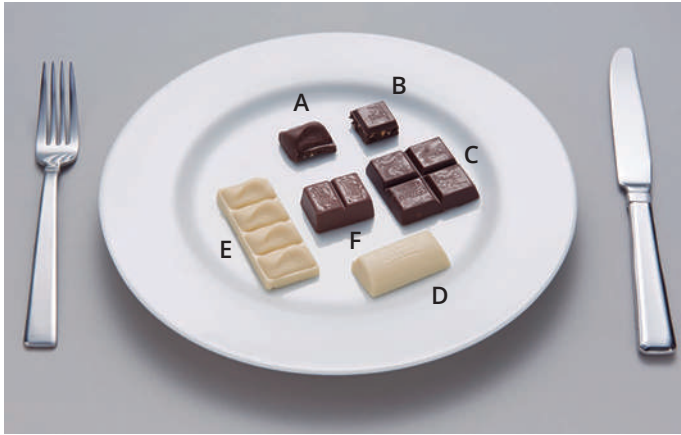
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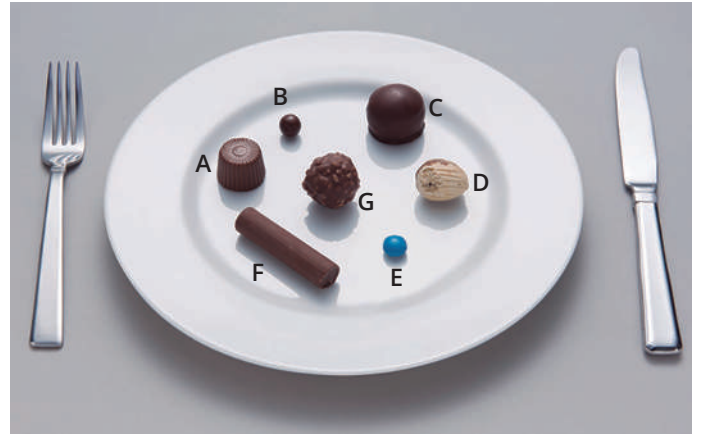
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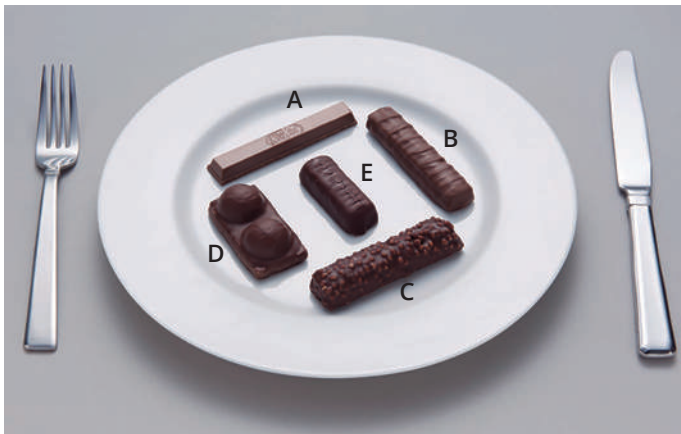
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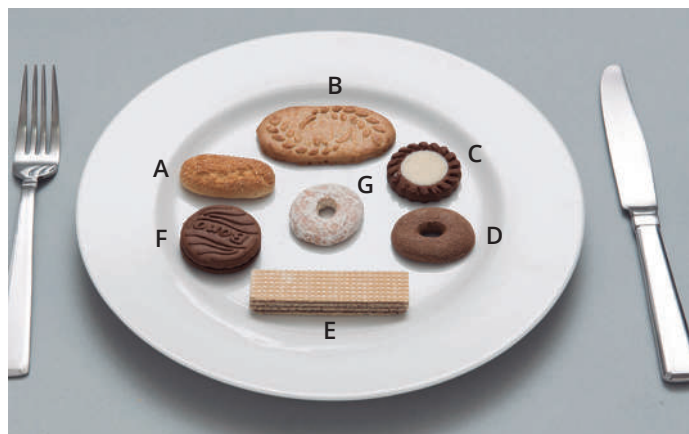
P926 - 1



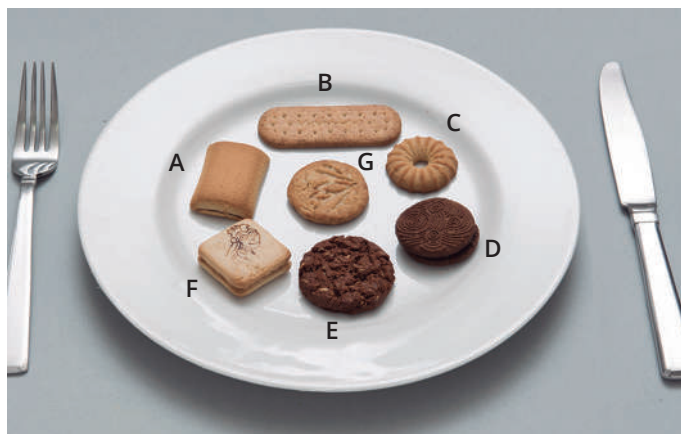
P926 - 2



P926 - 3



P928 - 1



P928 - 2

Volume das medidas caseiras

Código	Nome da medida	Volume, segundo as frações (ml)					
		1/8	1/4	1/2	3/4	7/8	1
H001	Copo, de requeijão		68	135	203	236	270
H002	Copo, médio		73	145	218	254	290
H003	Copo, duplo	39	78	155	233	271	310
H004	Copo, americano	25	49	98	147	172	196
H005	Copo, pequeno (copo de geléia)		48	95	143	166	190
H006	Copo, tulipa pequena (chopp garotinho)		50	100	150	175	200
H007	Copo, tulipa média	36	73	145	218	254	290
H008	Copo, grande (caneca de chopp)	59	118	235	353	411	470
H009	Taça de cerveja	39	78	155	233	271	310
H010	Taça de vinho	41	81	163	244	284	325
H011	Taça de Champagne	23	45	90	135	158	180
H012	Copo, descartável de cafezinho	7	14	28	41	48	55
H013	Copo, descartável pequeno	25	50	100	150	175	200
H014	Copo, térmico (isopor)	31	63	125	188	219	250
H015	Copo, descartável médio	39	78	155	233	271	310
H016	Copo, descartável grande	63	125	250	375	438	500
H017	Xícara de chá	24	48	95	143	166	190
H018	Xícara de café	10	20	40	60	70	80
H019	Caneca, de leite pequena	31	63	125	188	219	250
H020	Caneca, de leite média	40	80	160	240	280	320
H021	Caneca, de leite grande	49	99	198	296	345	395
H022	Tigela, pequena		63	125	188		250
H023	Tigela, média		125	250	375		500
H024	Tigela, grande (cumbuca)		178	355	533		710
H026	Colher, café						1,8
H028	Colher, chá						2,8
H030	Colher, sobremesa						8
H032	Colher, sopa						10
H034	Colher, de servir						50
H036	Concha, pequena						70
H038	Concha, média						140
H040	Concha, grande						170

Área das formas de alimentos

Código	Nome da forma	Área de superfície (cm ²)
D006	Formas redondas	28
D008	Formas redondas	50
D010	Formas redondas	78
D012	Formas redondas	113
D014	Formas redondas	154
D016	Formas redondas	201
D018	Formas redondas	254
D022	Fatia de bolo/torta	380
D024	Fatia de bolo/torta	452
D026	Fatia de bolo/torta	531
D032	Fatia de bolo/torta	804
D036	Fatia de bolo/torta	1017
R015	Fatia de pão	15
R025	Fatia de pão	25
R035	Fatia de pão/Forma retangular	35
R045	Forma retangular	45
R065	Fatia de pão/Forma retangular	65
R075	Forma retangular	75
R085	Fatia de pão/Forma retangular	85
R105	Forma retangular	105
F035	Forma oval	35
F045	Forma oval	45
F075	Forma oval	75
F085	Forma oval	85
F105	Forma oval	105
F145	Forma oval	145
N025	Forma redonda	25
N035	Forma redonda	35
N045	Forma redonda	45
N055	Forma redonda	55
N075	Forma redonda	75
N115	Forma redonda	115
S045	Forma retangular	45
S065	Forma retangular	65
S085	Fatia de pão	85
S105	Fatia de pão	105
S115	Fatia de pão	115
S135	Fatia de pão	135
W085	Forma irregular	85
W115	Forma irregular	115
W125	Forma irregular	125

A quantidade em gramas de um alimento estimado pelas formas pode ser estimada utilizando a área do alimento, se informação sobre o volume final e a densidade do alimento estiverem disponíveis (quantidade em gramas=volume*densidade). Para o cálculo do volume final é necessário saber a espessura do alimento estimado pela forma.

Gramatura das porções alimentares

Código	Nome do alimento/receita	Gramatura em cada foto/porção (g)					
		1	2	3	4	5	6
P001	Batata-inglesa, pedaços grandes	70	141	228	304	405	507
P002	Batata-inglesa, pedaços pequenos	60	119	189	259	343	440
P003	Batatas fritas	62	97	142	184	265	
P004	Purê de batata	71	141	221	311	399	499
P005	Batata chips (salgadinhos)	10	20	40	60	80	
P007	Espinafre	52	98	172	243		
P011	Abobrinha	48	99	172	241	319	400
P015	Tomates	55	102	145	206		
P016	Cenoura, ralada	25	50	85	120	160	
P017	Brócolis	78	131	182	238	305	
P021	Feijões (sem caldo)	80	140	210	280	360	
P024	Salada de frutas	49	100	159	229	301	
P028	Amendoim	30	50	70	100		
P029	Pistache	17	28	39	55		
P034	Macarrão	60	109	171	240	317	
P036	Arroz	60	112	171	239	318	403
P037	Lasanha	87	151	201	256	375	523
P041	Granola	20	40	60	80		
P043	Carne de porco, fatias	53	89	111	172	225	
P047	Almôndegas	53	93	144	190	263	
P051	Filé de peixe	64	97	151	199	285	
P052 ¹	Posta de peixe	87	118	175	232	298	
P057	Manteiga/Margarina	2.5	5	10	15	22	30
P064	Bolo de frutas	54	93	137	199	277	
P067	Pudim	110	208	294	433		
P074	Pizza	61	105	169	211	324	
P075	Espaguete	61	110	170	240	320	400
P076	Macarrão, tipo penne	60	98	168	241	321	400
P077	Polenta/Angu de milho, em pedaços	58	110	169	236	314	395
P078	Polenta/Angu de milho, cremosa	86	173	250	327	411	511
P086	Fígado frito	38	71	106	142	179	
P090	Cenoura, inteira	28	61	100	140	180	230
P092	Uvas	50	108	184	266	329	384
P093 ¹	Cerejas	54	113	178	259	330	395
P094	Sorvete, bolas	36	66	99	130	160	
P098 ¹	Melancia	144	196	310	410	563	864
P106	Carne moída em molho	60	120	182	251	325	402
P116	Carne com batata cozida	110	159	211	277	375	504
P120	Camarão pequeno	91	157	223	289		
P121 ²	Sopa de carne com legumes	100	260	350	450		
P124	Feijões (com caldo)	61	105	146	174	354	454
P125	Batata doce	68	123	198	257	310	434
P126	Mandioca, cozida	118	149	238	327	415	
P128	Couve, refogada	20	34	48	62	76	90
P129	Repolho, cozido	10	44	78	112	146	180
P130	Abóbora	36	109	182	255	327	400
P131	Abacate	55	93	140	180	235	316
P132	Mamão formosa, em pedaços	70	135	187	250	301	437
P133 ¹	Camarão médio, com casca	59	86	120	187	273	366
P134	Gelatina	25	116	207	298	389	480
P135	Mamão formosa, fatiado	139	256	390	486	554	614
P136	Repolho, cru	17	34	46	57	88	123

Código	Nome do alimento/receita	Gramatura em cada foto/porção (g)					
		1	2	3	4	5	6
P137	Abacaxi	63	109	180	200	273	397
P138	Chuchu	108	196	284	372		
P139	Camarão médio, sem casca	59	86	120	187	273	366
P140	Vaca atolada	89	136	182	288	329	527
P141	Tutu de feijão	21	40	63	89	128	193
P142	Moqueca baiana	76	143	210	277	344	411
P143	Baião de dois	37	68	115	163	252	380
P144	Pipoca	12	23	41	59	77	95
P145 ²	Feijoada	70	236	402	568	734	900
P146	Torresmo	33	48	62	83	106	126
P147	Queijos	23	45	90	135	180	
P148	Carne seca	22	37	63	102	150	229
P302	Omelete/ovos mexidos	69	100	123	190		
P402	Risoto	107	233	329	455	504	
P404	Macarronada	70	140	220	310	400	
P405	Salada de arroz	61	121	189	262	356	
P512	Salada de maionese	43	92	152	223	301	
P626	Bolo branco	56	80	96	136		
P718	Strogonofe	15	50	100	180	260	340
P736	Bolo de chocolate, com cobertura	25	55	80	105	135	165
P750	Beterraba, em pedaços	15	25	42	71	119	200
P751	Cenoura, rodela	20	32	50	80	126	200
P755	Filé de frango	22	34	49	76	102	158
P760	Lentilha	30	48	75	119	189	300
P772	Cuscuz marroquino, simples	30	46	70	107	164	250
P773	Bife (carne bovina)	55	93	153	180	235	310
P774	Salada mista de folhas	5	9	17	30	55	100
P802	Salada de batatas	60	103	160	234	313	382
P826	Filé mignon, em pedaços	48	82	137	163	216	285
P832	Presunto, fatias	18	34	59	97	158	200
P834	Salame	23	35	56	92	118	149
P843	Tiramisu/Pavê	56	110	154	210	250	325
P845	Cheesecake/Torta	88	136	206	277	321	407
P910 ³	Banana, tipos	42	61	89	126	182	227
P911 ⁴	Laranja/Tangerina, tipos	36	68	131	176	305	454
P913 ³	Maçã, tipos	50	66	103	158	198	217
P914 ⁵	Batata, tipos	25	51	74	125	290	434
P916 ⁶	Tomate, tipos	9	23	50	103	194	307
P925 ⁷	Frango, partes ⁷		1a-63, 1b-123, 2a-226, 2b-71, 3a-191, 3b-85				
P926	Chocolate, tipos		1a-6.25, 1b-6.25, 1c-25, 1d-17.5, 1e-25, 1f-15, 2a-13, 2b-1.25, 2c-21.5, 2d-7.5, 2e-1.12, 2f-16, 2g-12.5, 3a-11.25, 3b-20, 3c-32, 3d-20, 3e-19.5				
P927 ⁸	Peixe, tipos	182	203	144	228		
P928	Biscoito, tipos		1a-7.5, 1b-10, 1c-7.5, 1d-5.5, 1e-7.5, 1f-10, 1g-5.5, 2a-10, 2b-4.3, 2c-6.8, 2d-12.8, 2e-10, 2f-10, 2g-6				
P929 ⁹	Carne, cortes	150	101	98	110	150	
P938	Mortadela, tipos	17,7	19,5	25	27		
P058 ¹⁰	Espessura de manteiga/creme vegetal	0,050	0,100	0,150	0,200	0,300	
P059 ¹⁰	Espessura de geléia/doce de fruta	0,076	0,152	0,265	0,379		
P707 ¹⁰	Espessura de queijo cremoso	0,065	0,130	0,260	0,390	0,520	0,650
P709 ¹⁰	Espessura de patê/pasta	0,065	0,130	0,260	0,390	0,520	0,650

1. Peso com partes não comestíveis, aplicar fator de correção

2. Quantidade em volume (ml)

3. Cru com casca

4. Com casca

5. Cozida sem casca

6. Cru com pele

7. Assado com osso

8. Cozido; 4 = Sardinha inteira

9. Assado, só carne (1-2), Assado com osso e/ou gordura (3-6)

10. Espessura é apresentada em cm para ser utilizada com as formas dos alimentos.

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Referências

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