

TABLE OF COMPOSITION USED FOR THE PREPARATION

A home-made diet is subjected to the variation of the composition of the ingredients. Depending on their origin, the nutritional analysis of the ingredients can be different and the final balance of the diet will vary.

		Metabolizable energy (kcal/100 g)	Protein-calorie ratio (g/1000 kcal)	Dry matter (%)	Protein (%)	Fat (%)	Digestible carbohydrates (%)	Total carbohydrates (%)	Calcium (mg/100g)	Phosphorus (mg/100g)	Sodium (mg/100g)	Magnesium (mg/100g)	Potassium (mg/100g)
Meat	Beef, minced meat, 5% fat	115	191	26.2	22.0	3.0			7	197	74	27	439
	Beef, minced meat, 10% fat	172	114	33.4	19.5	10.4			7	186	64	21	342
	Beef, minced meat, 15% fat	208	99	34.8	20.5	14.0			9	186	62	19	300
	Beef, minced meat, 20% fat	252	68	39.1	17.0	20.4			7	140	68	18	270
	Mutton, shoulder	194	97	33.3	18.7	13.2			9	140	75		295
	Veal, muscle	92	230	23.6	21.3	0.8			13	198	94	16	358
	Veal, brisket	131	142	26.3	18.6	6.3			11	237	105		329
	Veal, shoulder	107	195	25.1	20.9	2.6			12	204	87	15	395
	Pork, shoulder	219	80	35.0	17.5	16.5			9	149	74		291
	Chicken, breast with skin	145	154	29.6	22.2	6.2			14	212	66		264
	Chicken, boiled	257	72	40.0	18.5	20.3			11	180		17	180
	Turkey, breast without skin	105	229	26.3	24.1	1.0			26	238	46	20	333
	Duck	132	148	26.7	19.6	6.0			11	202	90	19	262
	Ox liver	128	152	29.7	19.5	3.4	5.3		6	352	116	21	330
	Hare	113	190	26.7	21.6	3.0			14	210	44	24	276
	Venison, haunch	97	221	24.3	21.4	1.3			5	220	60		309
	Venison, back	309	184	27.8	22.4	3.6			25	220	84		342
Wild boar meat	162	121	29.8	19.5	9.3			10	167	94	22	359	
Fish	Alaskan hake	74	226	188	16.7	0.8			8	376	100	57	338
	Cod	77	231	19.5	17.7	0.6			26	194	72	24	352
	Sardine	118	164	25.5	19.4	4.5			85	258	100	24	
	Mullet	120	170	25.9	20.4	4.3			53	217	69	29	404
	Halibut	96	210	23.9	20.1	1.7			14	202	67	28	446
	Herring, Atlantic	233	78	37.6	18.2	17.8			34	250	117	31	360
	Mackerel	182	103	32.0	18.7	11.9			12	244	84	30	386
	Haddock	77	232	19.8	17.9	0.6			18	176	116	24	301
Tuna	226	95	38.5	21.5	15.5			40	200	43	50	363	
Egg	Hard-boiled egg	156	82	25.7	12.8	11.3	0.7		54	214	144	12	147
Oils and fats	Sunflower oil	900	0	100		100.0							
	Rapeseed oil	900	0	100		100.0							
	Linseed oil	900	0	100		100.0							
	Bacon	759	5	87	4.1	82.5			2	13	21		14
	Margarine	722	0	80.8	0.2	80.0	0.4				101		
	Butter	751	1	84.7	0.7	83.2			13	21	5	3	16
Lard	900	0	100	0.0	100.0								

OF THE MAIN INGREDIENTS OF HOME-MADE DIETS

		Metabolizable energy (kcal/100 g)	Protein calorie ratio (g/1000 kcal)	Dry matter (%)	Protein (%)	Fat (%)	Digestible carbohydrates (%)	Total Dietary Fibre (%)	Calcium (mg/100 g)	Phosphorus (mg/100 g)	Sodium (mg/100g)	Magnesium (mg/100g)	Potassium (mg/100g)
Dairy products	Quark, fresh cheese, 0% fat	71	190	18.7	13.5	0.3	4.0		92	160	40	12	95
	Quark, fresh cheese, 20% fat	109	115	22.0	12.5	5.1	3.4		85	165	35	11	87
	Quark, fresh cheese, 40% fat	159	70	26.5	11.1	11.4	3.3		95	187	34	10	82
	Acid curd cheese	124	237	36.0	29.4	0.7			125	266	787	13	106
	Cheddar cheese	398	64	63.7	25.4	32.2	1.7		752	489	675	30	102
	Cottage cheese	100	123	21.5	12.3	4.3	3.3		95	150	230		88
	Cow's milk, UHT	66	51	12.8	3.3	3.8	4.9		120	92	48	12	157
	Cow's milk, reduced fat, UHT	47	72	10.7	3.4	1.6	5.0		118	91	47	12	155
	Yoghurt, low fat	36	95	10.2	3.5	0.1	5.8		143	109	57	14	187
Carbo- hydrate sources	Rice	344	21	87.1	7.4	0.6	77.7	1.4	6	114	4	32	109
	Rice, cooked	119	19	29.6	2.3	0.2	26.3	0.5	4	37	1	8	34
	Pasta made with eggs	336	37	89.3	12.3	2.8	69.9	3.4	23	153	17	42	219
	Pasta made with eggs, cooked	91	47	23.2	4.3	0.9	17.5		9	62	7	14	53
	Pasta, wheat whole-meal	318	46	90	14.5	2.3	63.7	6.7	46	300	3	87	460
	Potato, cooked, with skin	67	30	22.2	2.0	0.1	15.5	1.7	12	50	3	21	416
	Tapioca	357	1	87.0	0.5	0.2	94.3	0.4	11	20	4	3	20
Vegetables & Fiber sources	Carrots (boiled, drained)	18	45	8.8	0.8	0.2	3.4	2.5	30	29	42	10	180
	French beans	32	76	10.5	2.4	0.2	5.3	1.9	60	37	2	24	238
	Leek	24	93	12.1	2.2	0.3	3.3	2.3	63	48	4	16	267
	Tomato	15	62	5.8	1.0	0.2	2.6	1.0	9	22	3	12	242
	Lentils, dry	260	90	88.5	23.4	1.5	40.6	17.0	65	411	7	129	837
	Lentils, cooked	73	101	23.4	7.4	0.4	10.7	4.5	23	130	1		255
	Wheat bran	172	93	88.5	16.0	4.7	17.7	45.1	67	1143	2	490	1352
	Rolled oats	337	40	90.0	13.5	7.0	58.7	10.0	48	415	7	134	374
	Wheat germ	312	92	88.3	28.7	9.2	30.6	17.7	49	1022	5	285	993
	Pectin			100					100				
	Cellulose			100					100				
Vegetable protein source	Tofu	82	98	15.4	8.1	4.8	1.9		87	97	4	99	97
Miscel- laneous	Brewer's yeast	229	209	94.0	47.9	4.2			50	1900	77	230	1410
	Honey	302	1	81.4	0.4		75.1		6	5	2	2	45

In red: ingredients used in the different examples of home-made diets presented in this book

Sources

Food Composition and Nutrition Tables. 6th rev. ed. Boca Raton: CRC Press, 2000.

Répertoire général des aliments - Table de composition. J.-C. Favier, J. Ireland-Ripert, C. Toque, M. Feinberg, Ciquel-Regal. Tec & Doc Lavoisier, 1995.