



Différence entre un lait écrémé, un lait demi-écrémé et un lait entier

Le lait écrémé, très faible en calories, est recommandé pour les personnes voulant limiter leur apport calorique, avec seulement 1g de lipide par litre; Comme son nom l'indique, le lait demi-écrémé a été débarrassé d'environ la moitié de ses matières grasses : un litre de lait demi-écrémé contient ainsi en moyenne 15 grammes de lipides. Un litre de lait entier apporte en moyenne 35 grammes de protéines, 50 grammes de glucides et 1 200 milligrammes de calcium à l'organisme.

La Lithothéacutérapie Encyclopeacutedie Le Savezvous T

Christian G. Meyer



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