TABLEAU DE LA VALEUR NUTRITIVE DES INSECTES

Insecte (par 100 g)	Protéines (g)	Lipides (g)	Glucides (g)	Calcium (mg)	Fer (mg)
Sauterelles	12.9	5.5	5.1	75.8	9.5
Petites sauterelles	20.6	6.1	3.9	35.2	5.0
Coléoptères aquatiques géants	19.8	8.3	2.1	43.5	13.6
Fourmis rouges	13.9	3.5	2.9	47.8	5.7
Chrysalides de vers à soie	9.6	5.6	2.3	41.7	1.8
Termites	14.2	S.O.	S.O.	0.050	35.5
Charançons	6.7	S.O.	S.O.	0.186	13.1

G. Davenport, Wilderness Survival, Stackpole Books (page 161)

Figure G-1 Valeur nutritive

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