<table>
<thead>
<tr>
<th>Type de farine</th>
<th>Taux d’extraction moyen %</th>
<th>Utilisation</th>
</tr>
</thead>
<tbody>
<tr>
<td>45</td>
<td>70 - 75</td>
<td>Patisserie</td>
</tr>
<tr>
<td>55</td>
<td>75 – 80</td>
<td>Pain blanc</td>
</tr>
<tr>
<td>65</td>
<td>78 – 83</td>
<td>Pain, pizza</td>
</tr>
<tr>
<td>80</td>
<td>82 – 86</td>
<td>Pains spéciaux</td>
</tr>
<tr>
<td>110</td>
<td>87 – 90</td>
<td>Pain complet</td>
</tr>
<tr>
<td>150</td>
<td>90 - 98</td>
<td>Pain au son</td>
</tr>
</tbody>
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