

Tableau des glucides



Chocolat Nestle - Coffee Crips - 1 barre - 8g
 Chocolat Nestle - Smarties - 1 boîte - 8g
 Chocolat Nestle - Kit-Kat - 1 barre - 8g
 Chocolat Nestle - Aero - 1 barre - 5g



Skittles - Fruits originaux - 1 paquet - 14 g
 Skittles - Surets - 1 paquet - 14g
 Staburst - Fruits originaux - 1 paquet - 8g
 Staburst - Deli-rouge - 1 paquet - 8g



SMott's fruitsations - 1 paquet - 19g



Jolly Rancher - 1 morceau - 9g



Rockets - 1 rouleau - 7g



Maynards - Sour patch kids - 1 paquet - 12g
 Maynards - Swedish Fish - 1 paquet - 12g
 Maynards - Swedish Berries - 1 paquet - 12g
 Maynards - Fuzzy Peach - 1 paquet - 12g



Cheetos Crunchy - 1 sac - 10g
 Doritos - 1 sac - 10g
 Cheetos Flamin Hot - 1 sac - 8g
 Funyuns - 1 sac - 8g
 Cheetos Puffs - 1 sac - 8g
 Lays Classic - 1 sac - 6g