

CHART OF CARBOHYDRATES



FONDATION
RESSOURCES
POUR LES
ENFANTS
DIABÉTIQUES



Nestle chocolate - Coffee Crips - 1 bar - 8g
Nestle chocolate - Smarties - 1 box - 8g
Nestle chocolate - Kit-Kat - 1 bar - 8g
Nestle chocolate - Aero - 1 bar - 5g



Skittles - Original Fruits - 1 pack - 14 g
Skittles - Sour - 1 paquet - 14g
Staburst - Original Fruits - 1 pack - 8g
Staburst - Deli-rouge - 1 pack - 8g



Smott's fruitsations - 1 pack - 19g



Jolly Rancher - 1 piece - 9g



Rockets - 1 roll - 7g



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



Cheetos Crunchy - 1 bag - 10g
Doritos - 1 bag - 10g
Cheetos Flamin Hot - 1 bag - 8g
Funiyuns - 1 bag - 8g
Cheetos Puffs - 1 bag - 8g
Lays Classic - 1 bag - 6g