



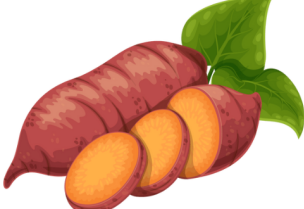

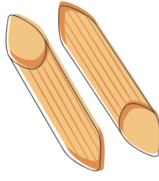

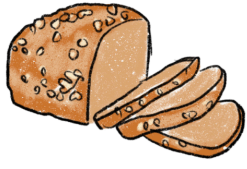












## TABLEAU DES GLUCIDES

POSSIBLE SOURCE DE GLUCIDES	GLUCIDES POUR 100G	CALORIES POUR 100G
<p>Flocons d'avoine</p> 	26g	143 kcal
<p>Riz blanc</p> 	28,2g	130 kcal (cuit)
<p>Riz brun</p> 	23g	111 kcal (cuit)
<p>Pommes de terre</p> 	16,7g	80 kcal
<p>Patates douces</p> 	24g	90 kcal
<p>Pâtes normales</p> 	18g	152 kcal

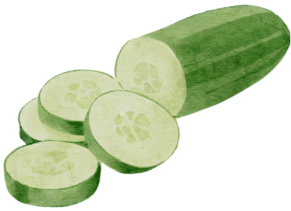





## TABLEAU DES GLUCIDES

<p>Pâtes complètes</p> 	26,8g	144 kcal
<p>Pain blanc</p> 	43g	210 kcal
<p>Pain complet</p> 	38,3g	226 kcal
<p>Pain céréales</p> 	43,3g	265 kcal
<p>Pain pita</p> 	69,7g	321 kcal
<p>Galettes de riz (rice cakes)</p> 	81g	381 kcal
<p>Couscous</p> 	23,2g	112 kcal





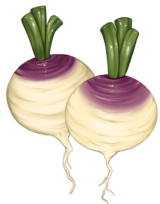

## TABLEAU DES GLUCIDES

Semoule 	23g	106 kcal
Quinoa 	21,2g	120 kcal
Lentilles 	20,1g	116 kcal
Brocoli 	6,64g	34 kcal
Poivrons 	6,03g	26 kcal
Céleri 	2,97g	14 kcal







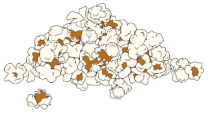
## TABLEAU DES GLUCIDES

Concombre 	2,16g	12 kcal
Laitue 	2,97g	14 kcal
Chou 	4,52g	22 kcal
Chou-fleur 	5,3g	25 kcal
Radis 	1,8g	14 kcal
Courgettes 	3,35g	16 kcal


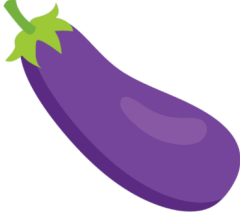


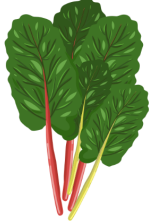

## TABLEAU DES GLUCIDES

<p>Épinards</p> 	<p>3,63g</p>	<p>23 kcal</p>
<p>Petits pois</p> 	<p>14,46g</p>	<p>81 kcal</p>
<p>Haricots verts</p> 	<p>7,13g</p>	<p>31 kcal</p>
<p>Asperges</p> 	<p>3,88g</p>	<p>20 kcal</p>
<p>Navets</p> 	<p>6,43g</p>	<p>28 kcal</p>
<p>Betterave</p> 	<p>8,8g</p>	<p>68 kcal</p>







## TABLEAU DES GLUCIDES

Rutabaga 	8,13g	36 kcal
Panais 	17,99g	75 kcal
Jicama 	8,82g	38 kcal
Tomates 	3,92g	18 kcal
Carottes 	9,58g	41 kcal
Maïs 	19,02g	86 kcal
Pop-corn 	77,8g	387 kcal

## TABLEAU DES GLUCIDES

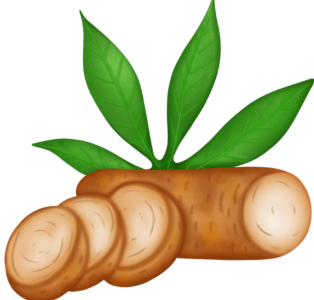





Champignons 	3,28g	22 kcal
Aubergine 	5,7g	24 kcal
Oignon 	10,11g	42 kcal
Kale 	9g	49 kcal
Blette 	4,05g	38 kcal
Chou de Bruxelles 	8,95g	43 kcal

## TABLEAU DES GLUCIDES







Fenouil 	7,29g	31 kcal
Poireau 	14,15g	61 kcal
Potiron 	7,54g	30 kcal
Artichaut 	10,87g	67 kcal
Scarole 	0,3g	14 kcal
Endive 	3,35g	17 kcal









## TABLEAU DES GLUCIDES

Manioc 	38,06g	160 kcal
Potimarron 	11,18g	43 kcal
Rhubarbe 	4,54g	21 kcal
Roquette 	3,65g	25 kcal
Salsifis 	5,2g	31 kcal
Topinambour 	17,44g	76 kcal







## TABLEAU DES GLUCIDES

Pastèque 	7,55g	30 kcal
Fraise 	7,68g	32 kcal
Pêche 	9,54g	39 kcal
Nectarine 	10,55g	44 kcal
Prune 	11,42g	46 kcal
Groseilles 	6,83g	30 kcal








## TABLEAU DES GLUCIDES

Myrtilles 	14,49g	57 kcal
Framboises 	11,94g	52 kcal
Mirabelles 	15,1g	58 kcal
Cerises 	16,01g	63 kcal
Melon 	8,16g	34 kcal
Banane 	22,84g	89 kcal







## TABLEAU DES GLUCIDES

Kaki 	18,59g	70 kcal
Mangue 	17g	65 kcal
Fruit de la passion 	23,38g	97 kcal
Abricot 	11,12g	48 kcal
Pomme 	13,81g	52 kcal
Poire 	15,46g	58 kcal




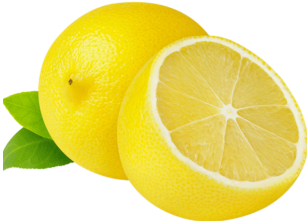


## TABLEAU DES GLUCIDES

Mûre 	9,61g	43 kcal
Kiwi 	14,66g	61 kcal
Mandarine 	13,34g	53 kcal
Clémentine 	12,02g	47 kcal
Nèfle 	12,25g	45 kcal
Reine-Claude 	10,62g	43 kcal
Ananas 	12,63g	48 kcal





## TABLEAU DES GLUCIDES

Orange 	11,75g	47 kcal
Papaye 	9,81g	39 kcal
Pamplemousse 	8,08g	32 kcal
Goyave 	14,32g	68 kcal
Raisins 	18,1g	69 kcal
Courge 	11,69g	45 kcal

## TABLEAU DES GLUCIDES

Avocat 	8,53g	160 kcal
Figues 	19,18g	74 kcal
Dattes 	75,03g	282 kcal
Citron 	9,32g	29 kcal
Cranberry 	9,1g	45 kcal
Fruit du dragon 	12,38g	51 kcal

## TABLEAU DES GLUCIDES

Litchi 	16,53g	66 kcal
Noix de coco 	15,23g	354 kcal
Coing 	15,3g	57 kcal
Jujube 	20,23g	79 kcal

