

Macdoine De Lgumes Surgels Picard

Lise Decarpentrie

La nouvelle table des calories : Fodmaps, IG, détox, sucre, sel... Lise Decarpentrie, 2018-01-09 Les céréales Spécial K® au chocolat sont-elles plus caloriques que celles aux fruits rouges ? Deux soupes Knorr® ont-elles la même valeur énergétique et nutritionnelle ? Que vous souhaitiez garder la ligne ou que vous ayez besoin d'adopter un régime spécifique, cette nouvelle table des calories ultra-complète vous aidera à contrôler votre alimentation en toute simplicité ! Le guide indispensable pour comparer les produits à la calorie près et faire les meilleurs choix pour votre santé ! Retrouvez dans ce livre : - Plus de 5 300 produits alimentaires, classés par rayon et par marque. - Des fiches nutritionnelles précises et complètes : calories, lipides, glucides, fibres, protéines, sel... - Et des informations inédites en plus : Fodmaps, index glycémique, propriétés détoxifiantes...

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