

ALIMENTS	QUANTITE	POINTS	POINTS	CALORIES	PROTEINES	GLUCIDES	LIPIDES
		100 gr ou unité	10 gr ou unité				
Yaourt taillefine nature de danone	100 g	0.6	0.1	37.7	4.3	5	0.06
Yaourt taillefine recette fromage blanc peche	100 g	1.5	0.2	52	6.5	6.2	6
Yaourt vanille lite - coles	100 g	1.6	0.2	90	4.1	15.4	0.8
Yaourt velouté fraise	100 g	1.8	0.2	89	3.2	12.6	2.9
Yaourt velouté nature danone	100 g	1.6	0.2	74	4.5	6.1	3.5
Yaourt yogosan stracciatella	100 g	2.8	0.3	138	3.5	20.6	4.6
Yaourt yogosan strawberry	100 g	2.5	0.3	124	3.6	17.7	4.3
Yaourt zuzu 0% nature	100 g	0.5	0.1	31	3.4	4.5	0.1
Yaurte 03% de la coop	100 g	0.9	0.1	50	4.5	7	0.2
Yaurth deli'light aux fruits	1 pot	0.8	0.1	50	5	7.5	0
Yaurth entier aux abricots	100 g	2.0	0.2	102	3.5	16.1	2.6
Yaourts aromatisés champion 0% mat grasse 0% de sucres ajouté	100 g	0.6	0.1	36	4.3	4.5	0.1
Yaourts aux fruits 0% syfine (dia)	100 g	0.8	0.1	49	4.3	7.2	0.1
Yaourts aux fruits carrefour light	100 g	0.8	0.1	47	4.4	7	0.1
Yaourts aux fruits mixés sans morceaux leader price	1 pot	2.5	0.2	124	4.3	18.5	3.6
Yaourts brassés nature 0%(leader price)	100 g	0.8	0.1	45	5.1	6.1	0.1
Yaourts brassés nature u	100 g	1.5	0.1	67	4.5	4.7	3.4
Yaourts brassés natures 0% carrefour	100 g	0.7	0.1	41	5	4.4	0.4
Yaourts fruits et fibres 0% leader price	100 g	0.7	0.1	40	3.9	5.6	0.1
Yaourts maigres sucrés aux fruits linessa	100 g	1.4	0.1	86	4.2	17	0.1
Yaourts nature auchan	100 g	0.9	0.1	45	4.2	4.2	1.4
Yaourts natures 0% carrefour	100 g	0.6	0.1	35	4.3	4.5	0
Yaourts panier de yoplait aux fruits cerise	100 g	6.8	0.7	393	3.2	16	1.8
Yaout b de yoplait saveur amande	100 g	2.4	0.2	117	4.9	15.6	3.9
Yawmy de danone	100 g	1.2	0.1	67.5	1.55	13.3	0.9
Yayourt delisse delilight aux fruits (leclerc)	1 pot	0.8	0.1	47	4.8	7	0
Yellow fin (thon)	100 g	1.9	0.2	105	24	0	1
Yes cacao de nestlé	100 g	10.1	1.0	445	4	51	24
Yoco pocket (framboise)	100 ml	1.6	0.2	84	3.5	12.9	2
Yoco pocket (framboise) : par gourde de 80 g	100 g	1.3	0.1	67	2.8	10.3	1.6
Yoghourt mocca	100 g	3.4	0.3	182	5.4	27	3.5
Yoghourt nature 0% leader price	100 g	1.4	0.1	42	4.3	0	6
Yoghurt danone nature sucré	100 g	1.3	0.1	74	3.5	13.4	0.7
Yogourt	1 portion	1.3	0.1	80	8	12	0
Yogourt à la saveur de café et de vanille, 1,9% mg	100 g	1.7	0.2	92	4.1	15.49	1.9
Yogourt à la vanille "source" de yoplait	100 g	0.6	0.1	35	4	5	0
Yogourt activia à la vanille	100 g	2.0	0.2	100	4	14	3
Yogourt bio liberty svelte sans gras	100 g	0.9	0.1	51.43	7.43	4.6	0.06
Yogourt écrémé nature weight watchers	1 pot	1.6	0.2	91	9	12.6	0.4
Yogourt grec 0% liberté	100 g	1.0	0.1	57	10.3	3.4	0
Yogourt liberté grec 0%	1 portion	2.5	0.3	150	18	20	0.4
Yogourt nature 0% liberté	100 g	0.9	0.1	51.5	6.85	5.7	0
Yogourt nestlé hirz 0%	100 g	0.8	0.1	47	5	5.5	0.1
Yogourt silhouette 0+	100 g	0.6	0.1	35	3	6	0
Yogourt silhouette de danone	100 g	0.7	0.1	40	3	7	0
Yoo-hoo allégée ed	100 g	6.7	0.7	380	10.6	77.7	3
Yop bleuets	1 canette	2.8	0.3	150	5	26	3
Yop chocolat	100 ml	1.8	0.2	93	4	4	2.2
Yop coco	100 ml	1.5	0.1	79	2.8	13.6	1.3
Yop cranberry	100 ml	1.6	0.2	86	2.9	13.4	1.3
Yop fraise	100 ml	1.5	0.1	79	2.8	13.6	1.3
Yop framboise	100 ml	1.5	0.1	79	2.8	13.6	1.3
Yop nature/fruits	100 ml	1.5	0.2	81	2.7	14	1.7
Yop parfum fraise (la bouteille)	1 unité	2.6	0.3	142.2	5.04	24.48	2.34
Yop vanille	100 ml	1.5	0.1	79	2.8	13.6	1.3
Yourt weightwatchers	100 g	0.6	0.1	37	4.1	4.7	0.1
Z'animo	100 g	10.8	1.1	495	6	62	23
Z'animo cadbury	100 g	10.8	1.1	495	6	62	23
Z'habitant (crustacé)	100 g	1.3	0.1	72	16	1	0.5
Zafari (biscuits st-michel)	100 g	7.4	0.7	412	7.4	84.2	5.1
Zero carb fat isobest	100 g	6.4	0.6	382.5	90	0	0
Zinger kfc	100 g	5.3	0.5	242	15.2	19.5	11.5
Zinger tower kfc	100 g	5.8	0.6	261	13.4	23	12.8
Ziz portions	1 portion	1.4	0.1	54	2.4	1.2	4.4