

ALIMENTS	QUANTITE	POINTS 100 gr ou unité	POINTS 10 gr ou unité	CALORIES	PROTEINES	GLUCIDES	LIPIDES
Weider giant mega mass 4000	100 g	6.7	0.7	390	30.3	64.3	1.4
Weider mega aminos	1 unité	0.1	0.0	7.4	1.42	0.26	0.08
Weider pure pro shake	1 canette	2.7	0.3	160	35	6	0
Weight gain aptonia chocolat	100 g	6.4	0.6	363	20	63	3.5
Weight gain ration énergétique aptonia fraise	100 g	6.2	0.6	371	20	72	0.3
Wellness flakes chocolat(lidl)	100 g	7.4	0.7	400	12	73	6.7
Whaou crêpes au chocolat	100 g	10.1	1.0	457	7.3	57.9	21.9
Wheat choco (pétales choco leader price)	100 g	7.4	0.7	412	9.3	83.5	4.5
Whey 0% lactose (nutrimuscle)	100 g	7.1	0.7	386	77	6	6
Whey 95 aptonia	100 g	6.3	0.6	370	86	4	1
Whey arkens	100 g	6.2	0.6	362	81	6.3	1.4
Whey bio active	100 g	6.7	0.7	376	75	10	4
Whey bio-active (nutrimuscle)	100 g	6.7	0.7	376	75	10	4
Whey bioactive (nutrimuscle)	100 g	6.7	0.7	376	75	10	4
Whey gold plus scientec nutrition (choco)	100 g	7.2	0.7	388.3	68.7	13	6.8
Whey ht chocolat - eiylolab	100 g	7.3	0.7	396.9	78.57	7.33	5.92
Whey ht chocolat (eiylolab)	100 g	7.3	0.7	396	78.5	7.3	5.9
Whey ht vanille (eiylolab)	100 g	7.6	0.8	408	81.2	5.4	6.83
Whey isolat (nutrimuscle)	100 g	6.3	0.6	375	90	2.5	0.5
Whey maxx protéine triple chocolat	100 g	7.5	0.8	412	70.5	25	6
Whey olimp pure whey isolate 95	100 g	6.0	0.6	355	87	0.98	0.3
Whey pro basic ap	100 g	6.6	0.7	365	79.6	5.1	4.6
Whey pro gainer 1	100 g	6.2	0.6	365	12.7	75.8	0.7
Whey pro isolat 100	100 g	6.4	0.6	377	94	2	1
Whey protein plus isostar (arôme chocolat)	100 g	7.1	0.7	384	73.1	9.3	6
Whey protéine dymatize - iso 100	100 g	6.3	0.6	379	89	0	0
Whey proteine fusion - peak	100 g	6.1	0.6	352	81	3.31	1.67
Whey proteine isolate (myproteincoouk)	100 g	6.3	0.6	370	93	0.67	1
Whey scitec 100 % professionnel	100 g	7.3	0.7	384	76	2	8
Whey scitec nutrition	100 g	7.2	0.7	396	73.3	12.6	5.6
Whey supreme ultimate nutrition	100 g	6.7	0.7	369	65.6	15.6	4.7
Whey x eggs	100 g	1.9	0.2	112	21	4	0.7
Whisky (dose apero 2cl)	1 portion	0.8	0.1	48	0	0	0
Whisky (40% alcool par volume)	100 ml	3.6	0.4	217	0	0	0
Whisky (43% alcool par volume)	100 ml	3.9	0.4	235	0	0.09	0
Whisky (45% alcool par volume)	100 ml	3.9	0.4	234	0	0.09	0
Whisky (47% alcool par volume)	100 ml	4.3	0.4	258	0	0	0
Whisky (50% alcool par volume)	100 ml	4.6	0.5	276	0	0	0
William saurin tartiflette	100 g	2.0	0.2	94	3.9	10.2	4.1
Wizz de brossard chocular au lait et noix de pecan	100 g	9.9	1.0	436	5.4	49.6	24
Wok thai surgelé	100 g	0.6	0.1	35	1.5	7	0.3
Wok viet nam (légumes surgelés) findus	100 g	0.5	0.1	30	5	0.2	0.3
Worcestershire sauce	100 ml	0.1	0.0	4	0	1	0
Wrap légumes brebis carrefour	100 g	5.0	0.5	222	7.3	21.3	11.9
Wrap poulet sauce caesar	100 g	4.9	0.5	230	11	23	10
Wrap sans gluten	100 g	5.4	0.5	273	3	45.5	7.6
X energy drink kanel (smart drinks)	100 ml	0.8	0.1	50	0	12	0
X treme weight gainer	100 g	7.6	0.8	408	15	75	7.5
X-treme muscle 95	100 g	6.6	0.7	391	95	0.6	0.9
X-treme muscle gainer	100 g	6.2	0.6	362	85	2	1.5
X-treme whey protein	100 g	6.3	0.6	359	80	3	3
Yabon gâteau de semoule chocolat	100 g	2.6	0.3	137.2	3.1	24	3.2
Yahourt - ferme et fondant café	100 g	1.6	0.2	86	4.9	15.8	1.5
Yahourt activia à la mangue	100 g	2.0	0.2	98	3.5	13.8	3.2
Yahourt au fruit 0% auchan	100 g	0.7	0.1	41	4	5.9	0.13
Yahourt au lait de chèvre soignon à la vanille naturelle	100 g	2.1	0.2	97	3.9	10.7	4.3
Yahourt aux fruits 0% yoplait	100 g	0.8	0.1	50	4	8.2	0.1
Yahourt bifidus super u saveur vanille	1 pot	2.2	0.2	110	3.9	15.4	3.6
Yahourt fromage frais light carrefour 0%	100 g	0.8	0.1	48	7.4	4	0.3
Yahourt nature 0% auchan	1 pot	0.8	0.1	48	5.5	6.5	0
Yahourt nature 0% casino	1 pot	0.7	0.1	44	5.4	5.6	0.1
Yahourt nature au sucre de canne 35% matgr	100 g	2.0	0.2	99	3.1	13.8	3.5
Yahourt nature dannone 125g	100 g	1.0	0.1	53	3.9	7.1	1
Yahourt nature marque pouce auchan	1 portion	1.0	0.1	48.8	4.3	5.1	1.3
Yahourt naturea (paturage)	100 g	0.9	0.1	46	4.3	5	1
Yahourt peche-passion 18%	1 pot	3.9	0.4	213	8.3	35	3.3
Yahourt taillefine 0% fruits	1 pot	1.0	0.1	60	5.6	9	0.13
Yahourt vrai au bifidus saveur vanille	100 g	1.7	0.2	87	3.8	14	1.8
Yahourts paturages printillignes 0%	100 g	0.8	0.1	47	4	7.5	0.3
Yakult	1 portion	0.5	0.1	31	0.8	7.9	0.03
Yakult light	1 pot	0.5	0.0	27.3	0.9	6.6	0.1
Yakult original depuis 1935	1 unité	0.8	0.1	48.4	1.4	17.2	0.2
Yaourt '1919' nature danone : par pot de 135g (pot en grès)	1 pot	2.7	0.3	124	4.18	9.18	6.07
Yaourt 0% au lait de brebis	1 pot	0.9	0.1	54	7.2	6.1	0
Yaourt 0% au lait de brebis bio	100 g	0.7	0.1	43	5.8	4.9	0.1
Yaourt 0% au lait de brebis biochamps	100 g	0.7	0.1	43	5.8	4.9	0
Yaourt 0% aux fruits mixés (auchan)	100 g	0.6	0.1	37	4.4	4.6	0.1
Yaourt 0% delilight aromatises leclerc	100 g	0.6	0.1	35	4.5	4.5	0