

| ALIMENTS | QUANTITE | POINTS 100 gr ou unité | POINTS 10 gr ou unité | CALORIES | PROTEINES | GLUCIDES | LIPIDES |
|---|-----------|---------------------------|--------------------------|----------|-----------|----------|---------|
| Cheddar fondu sans gras | 100 g | 2.6 | 0.3 | 148 | 22.5 | 13.4 | 0.8 |
| Cheddar kraft | 100 g | 8.4 | 0.8 | 325 | 20.8 | 0 | 26.5 |
| Cheerios de nestlé | 100 g | 7.1 | 0.7 | 392 | 8 | 79 | 4.9 |
| Cheese bacon charal | 1 unité | 9.4 | 0.9 | 427 | 23.3 | 36.4 | 20.9 |
| Cheese burger charal | 100 g | 5.6 | 0.6 | 255 | 14.1 | 22.6 | 12.1 |
| Cheese burger eco+ leclerc | 100 g | 6.1 | 0.6 | 270 | 13 | 24 | 14 |
| Chevenne | 100 g | 1.5 | 0.2 | 85 | 18 | 0 | 1 |
| Chèvre 1/2 sec | 100 g | 8.5 | 0.9 | 326 | 18.5 | 0 | 28 |
| Chèvre à tartiner ail et fines herbes(soignon) | 100 g | 4.2 | 0.4 | 170 | 12 | 3 | 12 |
| Chèvre chaud à dorer valcrest | 100 g | 7.2 | 0.7 | 300 | 15 | 15 | 20 |
| Chèvre frais | 100 g | 5.4 | 0.5 | 207.5 | 11 | 1.5 | 17.5 |
| Chèvre moyen | 100 g | 7.6 | 0.8 | 320 | 20 | 15 | 20 |
| Chèvre sec | 100 g | 12.3 | 1.2 | 470 | 27.5 | 0 | 40 |
| Chewing gum mentos cube | 100 g | 2.7 | 0.3 | 158 | 0.3 | 63.5 | 0.5 |
| Chewing gum mentos juice blast | 100 g | 2.9 | 0.3 | 173 | 0 | 72 | 0 |
| Chewing gum relax thé vert hollywood | 100 g | 2.6 | 0.3 | 154 | 1 | 63 | 0 |
| Chewing gum style hollywood chewing gum fraise onctueuse sans | 100 g | 2.7 | 0.3 | 160 | 0.5 | 62.2 | 0.6 |
| Chewing gum style hollywood chewing gum menthol sans sucres | 100 g | 2.5 | 0.3 | 150 | 0.4 | 62 | 0.4 |
| Chicken dips de quick | 1 unité | 1.2 | 0.1 | 50.75 | 2.7 | 3.38 | 2.95 |
| Chicken nuggets (100g) | 100 g | 5.4 | 0.5 | 236 | 15 | 15 | 13 |
| Chicorée bonjour | 100 g | 8.8 | 0.9 | 424 | 14.5 | 51.2 | 16 |
| Chicorée café au lait soluble carrefour | 100 g | 9.2 | 0.9 | 438 | 17 | 54 | 17 |
| Chicorée douce café leroux | 100 g | 4.1 | 0.4 | 242 | 10.2 | 41.3 | 1 |
| Chicorée douce chocolat leroux | 100 g | 5.1 | 0.5 | 289 | 5.4 | 55.2 | 2.6 |
| Chicorée douce vanille leroux | 100 g | 4.3 | 0.4 | 254 | 2.4 | 50.4 | 0.5 |
| Chicorée soluble nature (leroux) | 100 g | 5.1 | 0.5 | 290 | 4 | 57.4 | 2.5 |
| Chili con carné (kerguelen)barquette prêt à réchauffer | 100 g | 2.5 | 0.3 | 118 | 6.5 | 11.6 | 5.1 |
| Chili con carne carrefour | 100 g | 3.2 | 0.3 | 164 | 7.6 | 24 | 4.2 |
| Chili con carne daucy | 100 g | 1.9 | 0.2 | 95 | 8.2 | 7.7 | 2.6 |
| Chili con carne et riz blanc fleury michon (barquette de 300 g) | 1 portion | 7.9 | 0.8 | 393 | 19.2 | 52.5 | 11.7 |
| Chili con carne leader price | 100 g | 2.4 | 0.2 | 122 | 7.4 | 15.1 | 3.5 |
| Chili con carne leader price pour 1 personne | 100 g | 2.5 | 0.2 | 121 | 9.7 | 10.8 | 4.3 |
| Chili con carne les légendaire (aldi) | 100 g | 1.6 | 0.2 | 84 | 6.9 | 9.5 | 2 |
| Chili con carne netto | 100 g | 2.1 | 0.2 | 103 | 7 | 12 | 3 |
| Chili en poudre | 100 g | 7.1 | 0.7 | 314 | 12.26 | 54.66 | 16.76 |
| Chili(hot) en bouteille | 100 g | 2.6 | 0.3 | 155 | 1.5 | 36 | 0 |
| China mix ringis | 100 g | 0.4 | 0.0 | 24 | 2 | 6 | 0.2 |
| Chinois (brioche fourrée à la crème patissière) | 100 g | 6.1 | 0.6 | 303 | 5.5 | 50 | 9 |
| Chinois aux oeufs frais (viennoiserie à la crème) super u | 100 g | 6.2 | 0.6 | 309 | 5.6 | 49.9 | 9.7 |
| Chipolata | 1 unité | 5.1 | 0.5 | 189 | 7.42 | 0.33 | 17.6 |
| Chipolata de porc (poids moyen d'une chipolata : 40g) | 100 g | 9.2 | 0.9 | 342 | 13.5 | 0.6 | 31.7 |
| Chips | 100 g | 13.8 | 1.4 | 570 | 5 | 50 | 39 |
| Chips (crème oignon) leader price | 100 g | 11.5 | 1.1 | 510 | 5.5 | 62.2 | 26.6 |
| Chips (pringles) | 100 g | 12.3 | 1.2 | 517 | 4.1 | 52 | 33 |
| Chips de pomme croq'pommes | 100 g | 6.6 | 0.7 | 386 | 2.2 | 91.6 | 1.2 |
| Chips goût poulet rôti et thym (pirato) | 100 g | 12.5 | 1.3 | 532 | 6.4 | 52 | 33.1 |
| Chips lays cuites au four -70% de mg | 100 g | 7.7 | 0.8 | 400 | 6.5 | 73 | 9 |
| Chips lays maxi craquantes (ondulées) | 100 g | 12.6 | 1.3 | 530 | 6.5 | 49 | 34 |
| Chips lays saveur poulet rôti et thym | 100 g | 12.4 | 1.2 | 525 | 6.5 | 50 | 33 |
| Chips leader price saveur poulet rôti au thym | 100 g | 13.1 | 1.3 | 551 | 5 | 54 | 35 |
| Chips légume tyrells | 100 g | 12.0 | 1.2 | 490 | 5.3 | 38.5 | 34.7 |
| Chips nutradia ketchup -75% | 100 g | 6.9 | 0.7 | 360 | 4.6 | 76.2 | 8.5 |
| Chips nutradia sel & poivre | 100 g | 6.9 | 0.7 | 360 | 4.4 | 76.6 | 8.5 |
| Chips ondulées vico | 100 g | 13.1 | 1.3 | 544 | 5.7 | 49.4 | 36 |
| Chips pirato au sel | 100 g | 13.0 | 1.3 | 540 | 5.5 | 50 | 36 |
| Chips rusti lidl | 100 g | 12.0 | 1.2 | 518 | 4 | 58 | 30 |
| Chips salées (pirato) | 100 g | 13.0 | 1.3 | 546 | 5.8 | 52 | 35 |
| Chips vicente vidal artisanale (à l'huile d'olive) | 100 g | 12.1 | 1.2 | 517 | 7.1 | 52.2 | 31.1 |
| Chips'bouton d'or' | 100 g | 13.0 | 1.3 | 548 | 6.3 | 52 | 35 |
| Chips'bouton d'or'intermache | 1 portion | 3.9 | 0.4 | 164 | 1.9 | 15.6 | 10.5 |
| Chips'bouton d'or'intermache/1 portion(30g) | 1 portion | 3.9 | 0.4 | 164 | 1.9 | 15.6 | 10.5 |
| Chipster salé belin 75 g | 100 g | 9.7 | 1.0 | 449 | 5.5 | 61.7 | 20 |
| Choc'o barre bio kalibio | 100 g | 8.8 | 0.9 | 432 | 5.8 | 70 | 14.3 |
| Choc'o pétales bio-kalibio | 100 g | 7.0 | 0.7 | 398 | 7.7 | 83.4 | 3.7 |
| Chocolat poudre instantanée | 100 g | 6.5 | 0.7 | 372 | 4 | 80 | 2.8 |
| Chocapic | 100 g | 6.8 | 0.7 | 375.6 | 7.3 | 75.8 | 4.8 |
| Chocapic de marque casino | 100 g | 7.0 | 0.7 | 391 | 8 | 77 | 4.3 |
| Choco balade | 100 g | 5.0 | 0.5 | 233 | 5.3 | 29.5 | 10 |
| Choco canderel | 100 g | 11.6 | 1.2 | 472 | 5.5 | 52.5 | 34 |
| Choco cappuccino en dosette (nescafé) | 100 g | 8.8 | 0.9 | 413 | 10 | 53 | 17.4 |
| Choco fun pépito | 100 g | 11.0 | 1.1 | 500 | 6.5 | 63 | 24 |
| Choco pops | 100 g | 6.6 | 0.7 | 380.5 | 4.5 | 85 | 2.5 |
| Choco prince de lu | 100 g | 9.9 | 1.0 | 470 | 5.7 | 69 | 19 |
| Chococino dolce gusto | 1 unité | 3.1 | 0.3 | 147 | 4.9 | 19.8 | 5.4 |
| Chocolade jean hervé (bio) | 100 g | 14.4 | 1.4 | 591 | 9.5 | 37.7 | 40.6 |
| Chocolat à la crème extra fin (bellarom) | 100 g | 13.5 | 1.3 | 564 | 6.2 | 51.8 | 36.5 |
| Chocolat amer entremets hyperprotéiné | 100 g | 6.2 | 0.6 | 348 | 61.8 | 3.2 | 4 |
| Chocolat au lait | 100 g | 7.1 | 0.7 | 400 | 5 | 86 | 4 |