

| ALIMENTS | QUANTITE | POINTS 100 gr ou unité | POINTS 10 gr ou unité | CALORIES | PROTEINES | GLUCIDES | LIPIDES |
|---|-----------|---------------------------|--------------------------|----------|-----------|----------|---------|
| Tic tac menthe verte chlorophylle | 1 unité | 0.0 | 0.0 | 2 | 0 | 0.5 | 0 |
| Tipiak cereales et légumes secs | 100 g | 6.0 | 0.6 | 334 | 15.2 | 59.1 | 4.1 |
| Tipiak croustons pain frotés à l'ail et persil | 100 g | 7.8 | 0.8 | 424 | 11.3 | 81.1 | 6.5 |
| Tiramisu | 100 g | 5.3 | 0.5 | 239 | 6 | 32 | 12 |
| Tiramisu (carrefour-discount) | 100 g | 4.6 | 0.5 | 221 | 3.8 | 33.4 | 8 |
| Tiramisu au mascarpone (milsa - aldi) | 100 g | 5.1 | 0.5 | 252 | 3.5 | 40.3 | 8.5 |
| Tiramisu carrefour - recette italienne | 100 g | 5.0 | 0.5 | 243 | 4.6 | 31.5 | 8.8 |
| Tiramisu grand jury : par coupelle de 80 g | 1 portion | 4.0 | 0.4 | 194 | 3.7 | 25.2 | 7 |
| Titeuf lu (2 biscuits=28g) | 1 unité | 3.2 | 0.3 | 144 | 1.8 | 18.5 | 7 |
| Toast bio (roger) | 100 g | 8.0 | 0.8 | 421 | 12.5 | 73 | 8.8 |
| Toast brioché nature | 100 g | 7.6 | 0.8 | 413 | 14 | 75 | 6.6 |
| Toast nature carrefour | 100 g | 5.4 | 0.5 | 286 | 8.5 | 50.5 | 5.6 |
| Toast pour saumon jacquet persil saveur citron | 100 g | 5.6 | 0.6 | 298 | 8 | 52 | 6 |
| Toastés doré au four à l' emmental de chez vico | 100 g | 9.6 | 1.0 | 460 | 12 | 63 | 17 |
| Toastés doré au four à la provencale de chez vico | 100 g | 9.3 | 0.9 | 450 | 11 | 63 | 16 |
| Toastinette de la vache qui rit (tranche) | 1 tranche | 1.3 | 0.1 | 51.6 | 2.8 | 1.1 | 4 |
| Toastinette pour croque-monsieur nature "la vache qui rit" | 100 g | 6.5 | 0.7 | 258 | 14 | 5.5 | 20 |
| Toasts briochés (leclerc) | 100 g | 6.7 | 0.7 | 380 | 14 | 72 | 3.5 |
| Toasts briochés pelletier | 100 g | 7.7 | 0.8 | 400 | 13 | 67 | 9 |
| Toasts briochés pur beurre (monoprix) | 100 g | 8.8 | 0.9 | 448 | 12 | 73 | 12 |
| Toasts migros | 100 g | 4.8 | 0.5 | 263 | 9 | 48 | 3.5 |
| Toblerone | 100 g | 12.0 | 1.2 | 525 | 5.4 | 60 | 29 |
| Toblerone noir | 100 g | 11.7 | 1.2 | 500 | 6 | 50.5 | 30 |
| Tofinelle sésame et curry | 100 g | 3.5 | 0.4 | 146 | 12 | 2.1 | 9.9 |
| Tofou nature -céréral bio | 100 g | 3.4 | 0.3 | 141 | 13.6 | 11 | 9.1 |
| Tofu | 100 g | 3.6 | 0.4 | 160 | 15 | 2.5 | 8 |
| Tofu bio | 100 g | 1.9 | 0.2 | 91.5 | 11 | 3.6 | 3.5 |
| Tofu dessert sunrise 150g | 1 pot | 1.8 | 0.2 | 90 | 5 | 14 | 2.5 |
| Tofu fumé au bois de hêtre soy | 100 g | 4.1 | 0.4 | 170 | 16.5 | 1.1 | 11.1 |
| Tofu lamelles alpro soja | 100 g | 5.0 | 0.5 | 206 | 18 | 1.5 | 14 |
| Tofu nature | 100 g | 3.4 | 0.3 | 142 | 14 | 0.9 | 9.1 |
| Tofu nature bjorg | 100 g | 3.1 | 0.3 | 131 | 14 | 0.5 | 7.8 |
| Tofu soyeux | 100 g | 1.0 | 0.1 | 47 | 5.5 | 1.7 | 2.2 |
| Tolberone | 100 g | 12.0 | 1.2 | 524 | 5.4 | 59 | 29.5 |
| Tomacouli panzani | 100 g | 0.5 | 0.1 | 31 | 1.7 | 5.6 | 0.2 |
| Tomacouli-panzani | 100 g | 0.6 | 0.1 | 33 | 1.7 | 6.2 | 0.2 |
| Tomacouilis de panzani sauce tomate 100% tomates fraiches | 100 g | 0.6 | 0.1 | 33 | 1.7 | 6.2 | 0.2 |
| Tomate | 100 g | 0.4 | 0.0 | 21 | 0.8 | 4.6 | 0.3 |
| Tomate farcie | 100 g | 2.9 | 0.3 | 120 | 8 | 4 | 8 |
| Tomate farcie maison | 100 g | 3.4 | 0.3 | 133.1 | 5.9 | 4.2 | 10.3 |
| Tomate jaune crue | 1 unité | 0.6 | 0.1 | 32 | 2.08 | 6.32 | 0.55 |
| Tomate séchée bio (pas d'huile) | 100 g | 4.9 | 0.5 | 230 | 5 | 35 | 10 |
| Tomates | 100 g | 0.4 | 0.0 | 19 | 0.8 | 3.5 | 0.3 |
| Tomates (double concentré auchan) | 100 g | 1.4 | 0.1 | 82 | 5.2 | 14.7 | 0.3 |
| Tomates en sauce avec oignons, poivrons verts et céleri en consei | 100 ml | 0.8 | 0.1 | 43 | 0.99 | 9.27 | 0.78 |
| Tomates entières pelées au jus (monoprix) | 100 g | 0.4 | 0.0 | 19 | 1.2 | 2.8 | 0.3 |
| Tomates entières sans ogm pelées au jus (victoria) | 100 g | 0.3 | 0.0 | 17 | 1.1 | 3 | 0.1 |
| Tomates et legumes | 100 g | 0.6 | 0.1 | 27 | 0.6 | 5.7 | 1.7 |
| Tomates farcies at riz cuisiné auchan | 100 g | 2.5 | 0.2 | 110 | 4.8 | 9.8 | 5.7 |
| Tomates farcies charal | 100 g | 2.5 | 0.2 | 103 | 7 | 5 | 7 |
| Tomates farcies et riz cuisiné casino | 100 g | 2.7 | 0.3 | 119 | 5 | 11 | 6.1 |
| Tomates farcies leader price surgelées | 100 g | 1.4 | 0.1 | 65 | 4.6 | 4.5 | 3.1 |
| Tomates farcies riz cuisiné (cora) | 100 g | 1.8 | 0.2 | 87 | 4.2 | 10.3 | 3.2 |
| Tomates gratinées provençale surgelée leader price | 100 g | 1.9 | 0.2 | 79 | 3.5 | 5.1 | 5 |
| Tomates nature | 100 g | 0.4 | 0.0 | 21 | 0.8 | 4.6 | 0.3 |
| Tomates pelées en conserve | 100 g | 0.4 | 0.0 | 21 | 1.2 | 3 | 0.1 |
| Tomates séchées à l'huile d'olive extra vierge (di vita) | 100 g | 3.2 | 0.3 | 135 | 4.7 | 9.5 | 8.7 |
| Tomato coulis panzani | 100 g | 0.6 | 0.1 | 33 | 1.7 | 6.2 | 0.2 |
| Tomato ketchup heinz | 100 g | 1.7 | 0.2 | 103 | 0.9 | 24.1 | 0.1 |
| Tomatocoulis 100% tomate fraichede panzani | 100 g | 0.6 | 0.1 | 33 | 1.7 | 6.2 | 0.2 |
| Tome de savoie | 100 g | 8.6 | 0.9 | 350 | 26.5 | 0 | 24.5 |
| Tonimalt | 100 g | 6.5 | 0.6 | 373 | 7.2 | 81 | 2.2 |
| Top cao au lait | 100 g | 9.0 | 0.9 | 434 | 9.5 | 63 | 16 |
| Top céréales musfruits | 100 g | 8.3 | 0.8 | 406 | 8 | 62 | 14 |
| Topinambour cru | 100 g | 1.0 | 0.1 | 60 | 1.6 | 13.8 | 0 |
| Topté fine ligne leader price 0 % | 100 ml | 0.0 | 0.0 | 1 | 0 | 0.3 | 0 |
| Torsade quinoa | 100 g | 6.4 | 0.6 | 335 | 14 | 59 | 7 |
| Torsades aux fricadelles | 100 g | 1.5 | 0.1 | 78 | 4 | 11.4 | 1.6 |
| Torsades et poulet aux champignons leader price pour 1 personne | 100 g | 2.1 | 0.2 | 101 | 7.6 | 8.4 | 4.1 |
| Torsades pazzia | 100 g | 6.1 | 0.6 | 354 | 11.8 | 72 | 1.5 |
| Torsades semi-complètes | 100 g | 6.1 | 0.6 | 350 | 11 | 70 | 2 |
| Torsades semi-complètes bio village | 100 g | 6.1 | 0.6 | 350 | 11 | 70 | 2 |
| Torsades tomate basilic 2 mn leader price | 100 g | 3.0 | 0.3 | 152 | 5.3 | 23.4 | 4.1 |
| Torsades turini marque repère | 100 g | 6.2 | 0.6 | 360 | 12 | 72 | 2 |
| Torsettes au blé complet lustucru (crues) | 100 g | 5.7 | 0.6 | 332 | 13 | 66 | 1.8 |
| Tortellini jambon leader price | 100 g | 5.2 | 0.5 | 274 | 11 | 44 | 6 |
| Tortelli au chocolat giovanni rana | 100 g | 7.8 | 0.8 | 362 | 9 | 45 | 16.3 |
| Tortellini à la viande (lidl) | 100 g | 5.4 | 0.5 | 283 | 11 | 45 | 6.5 |