



Céréales Granola Granola Cereals	Portion/Serving (g)	Calories (cal)	Lipides/Fat (g)	Gras Saturés/Sat. Fat (g)	Gras Trans/Trans Fat (g)	Cholestérol/Cholesterol (mg)	Sodium (mg)	Glucides/Carbs (g)	Fibres/Fiber (g)	Sucres/Sugar (g)	Protéines/Protein (g)	Vitamine A (%)	Vitamine C (%)	Calcium (%)	Fer/Iron (%)
Miel Amandes Honey Almond	40	150	3	0.5	0	0	0	26	4	7	5	0	0	2	8
Raisins Amandes Raisin Almond	40	150	3	0.5	0	0	0	27	4	8	5	0	0	2	8
Canneberges Amandes Cranberry Almond	40	150	3	0.5	0	0	0	26	4	7	5	0	0	2	8
Canneberges Bleuets Amandes Cranberry Blueberry Almond	40	150	3	0.5	0	0	0	26	4	8	5	0	0	2	8
Érable Pommes Raisins Amandes Maple Apple Raisin Almond	40	150	3	0.5	0	0	0	26	3	8.5	5	0	0	2	8
Chocolat Amandes Chocolate Almond	40	150	4	1	0	0	0	26	4	8	5	0	0	2	8
Muesli Raisins Amandes Raisin Almond Muesli	40	160	2	1	0	0	0	24	4	2	6	0	0	2	10
Avoine Rôtie Roasted Oats	40	150	3	0.5	0	0	0	27	4	7	5	0	0	2	8
Érable Beurre d'Arachide Maple Peanut Butter	40	150	4	1	0	0	5	24	3	8	4	0	0	2	6

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Barres Granolas Granola Bars	Portion/Serving (g)	Calories (cal)	Lipides/Fat (g)	Gras Saturés/Sat. Fat (g)	Gras Trans/Trans Fat (g)	Cholestérol/Cholesterol (mg)	Sodium (mg)	Glucides/Carbs (g)	Fibres/Fiber (g)	Sucres/Sugar (g)	Protéines/Protein (g)	Vitamine A (%)	Vitamine C (%)	Calcium (%)	Fer/Iron (%)
Thé Vert Amandes Green Tea Almond	40	140	2	0.3	0	0	0	28	3	12	4	0	0	2	6
Miel Amandes Honey Almond	40	150	2.5	0.3	0	0	0	28	3	11	4	0	0	2	6
Chocolat Amandes Chocolate Almond	40	150	3	1.5	0	0	0	27	3	12	4	0	0	2	6
Canneberges Amandes Cranberry Almond	40	140	2	0.3	0	0	0	28	3	12	4	0	0	2	6
Raisins Amandes Raisin Almond	40	140	2	0.3	0	0	0	28	3	12	4	0	0	2	6
Crunches/Bites															
Citrouilles Amandes Pumpkin Almond	40	180	10	1.5	0	0	10	20	1	4	7	0	0	5	6

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Délices au Chocolat Chocolate Clusters	Portion/Serving (g)	Calories (cal)	Lipides/Fat (g)	Gras Saturés/Sat. Fat (g)	Gras Trans/Trans Fat (g)	Cholestérol/Cholesterol (mg)	Sodium (mg)	Glucides/Carbs (g)	Fibres/Fiber (g)	Sucres/Sugar (g)	Protéines/Protein (g)	Vitamine A (%)	Vitamine C (%)	Calcium (%)	Fer/Iron (%)
Délice Chocolat Noir & Raisins Dark Chocolate Cluster & Raisins	40	190	9	8	0	0	10	25	2	18	3	0	0	2	8
Délice Chocolat Blanc & Canneberges White Chocolate Cluster & Cranberries	40	200	10	8	0	0	35	25	1	19	3	0	2	8	2
Délice Chocolat Noir & Cappuccino Dark Chocolate Cluster & Cappuccino	40	190	10	8	0	0	10	25	2	16	3	0	0	2	8



Collations Santé Healthy Snacks	Portion/Serving (g)	Calories (cal)	Lipides/Fat (g)	Gras Saturés/Sat. Fat (g)	Gras Trans/Trans Fat (g)	Cholestérol/Cholesterol (mg)	Sodium (mg)	Glucides/Carbs (g)	Fibres/Fiber (g)	Sucres/Sugar (g)	Protéines/Protein (g)	Vitamine A (%)	Vitamine C (%)	Calcium (%)	Fer/Iron (%)
Mélange au Chocolat Chocolate Mélange	40	180	9	5	0.5	0	15	27	1	24	2	0	2	2	4
Mélange du Sentier Trail Mix	40	170	8	1	0	0	70	21	2	14	5	2	2	4	6
Mélange Énergie Energy Mix	40	170	7	2	0	0	35	24	3	19	3	0	2	2	4
Noix de Luxe Mixed Nuts	40	240	20	3	0	0	160	8	3	2	9	0	0	4	6
Mélange Oriental Oriental Mix	40	110	0	0	0	0	170	25	0	1	2	0	0	0	6
Bâtons de Sésame Sesame Sticks	40	230	16	2	0	0	590	19	0	0	4	0	0	8	10
Mélange BBQ BBQ Mix	40	180	12	1.5	0	0	350	18	2	2	5	0	0	4	10
Tutti Frutti 100% Naturel 100% Natural Tutti Frutti	40	150	4	2	0	0	30	28	2	22	1	10	4	2	4
Mélange Lin & Sésame Flax Sesame Mix	40	220	13	2	0	0	430	19	2	0	4	0	2	6	8
Croustilles aux Graines de Lin Flax Chips	40	200	10	1.5	0	0	230	20	4	0	4	0	2	2	2

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Pretzels ABC ABC Pretzel	40	160	1	0	0	0	530	31	1	1	4	0	0	0	10
Mélange Cajoux Cashews Mix	40	230	19	3.5	0	0	130	16	1	2	6	0	0	2	15
Noix & Raisins Nuts & Raisins	40	180	10	1	0	0	70	20	3	15	5	0	0	4	6
Mélange d'Amandes Almond Mix	40	240	22	1.5	0	0	160	8	4	2	8	0	0	10	10
Mélange Asiatique Asian Mix	40	130	2	0.5	0	0	140	24	0	2	4	0	0	0	2
Croustilles aux Legumes Veggie Chips	40	180	8	0.5	0	0	100	26	3	7	1	14	7	3	6
Mélange d'Automne Harvest Mix	40	130	3	0.5	0	0	20	25	2	21	2	0	0	2	6
Mélange Sultan Sultan Mix	40	140	2	0.5	0	0	10	29	2	25	2	0	2	2	4
3 Raisins	40	130	0	0	0	0	10	31	2	29	1	0	2	2	6
Biscottis aux Canneberges Cranberry Biscotti	40	170	5	2.5	0	45	45	21	2	16	3	4	0	4	4
Soya Savoureux Savoury Soya	40	210	14	2	0	0	90	12	3	1	12	0	2	4	10

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