



Avec les Nuls, tout devient facile !

La Table des calories

POUR
LES NULS

- ✓ + de 10 000 aliments passés au crible
- ✓ Connaître la valeur calorique et la composition de ce que vous mangez
- ✓ Comparer les marques entre elles
- ✓ Faire les bons choix au supermarché et au restaurant

Jean-Paul Blanc

Dietéticien, auteur du Petit livre de la minceur (16 éditions)

Catherine Poggi

Dietéticienne



La Table Des Calories Pour Les Nuls

**Association des chimistes et
ingénieurs de sucreries, distilleries et
industries agricoles de France et de
l'union français**

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