

Nr. Crt.	Denumire produs	Brand	Glucide g/100g	Zaharuri (gla glucoze) g/100g
1	MELE DE CEREALE EXTRUDATE CU MIERE	Purmy	82	32
2	BREAD Honeyrings	Rommac	82	32
3	BILE DE CEREALE EXTRUDATE CU CACAO	Purmy	77.9	20.4
4	VITALIS Muesli crocant cu fructe	Dr. Oetker	85	29
5	Emma Pilews Choco	Emma	61	28
6	Vanilla packets	K-Classico	62	28
7	Tiel 5 MINI Choco Balls	Rommac	81	28
8	Emma Honey Rings	Emma	71	27
9	OREO'S CEREAL	OREO	81	27
10	Com Flakes Gluten free	Nestle	79	26.7
11	MUSLI CU 32% MIX DE FRUCTE	Pruti	73	26
12	CINI MINIS	Nestle	72.6	24.9
13	CROWNFIELD FRUITS MUSLI	Crownfield	63.8	24.7
14	LION CARAMEL SI CIOCOLATA	Nestle	73.6	23.9
15	CRUNCHY MUESLI CHOCO AND HAZELNUTS	Purmy	84	23
16	CHOCAPIC	Nestle	73.6	22.4
17	COOKIE CRISP	Nestle	78	22.4
18	Cheerios MIERE	Nestle	71.1	22.3
19	Muesli 4 tipuri de cereale Ciocolata	Carbona	71.7	22
20	Quality Fruite-Muesli Muesli aux fruits	TIQ	59	22
21	VITALIS Muesli cu ciocolata clasic	Dr. Oetker	61	21
22	Emma Muesli Crunchy Hazelnuts	Emma	65	20
23	MILK COCOA BITS	K-Classico	65	20
24	MUSLI MERISORE	SandVita	58.6	20
25	GRANOLA CRUNCHY	Carrefour Sensation	66	19
26	Emma Muesli Crunchy Strawberry	Emma	68	18
27	CRUNCHY MUESLI STRAWBERRY	Purmy	67	17
28	Lit's Mango & Macadamia	Lit's	50.5	14.1
29	PORNIDE CU MIERE SI SCORTISOARA	One Day More	60.4	13.9
30	Vegan Granola BERRYFUL	Carbona	50	7.8
31	Vegan Granola COCOA DREAM	Carbona	47.5	7
32	FILGI DE PORUMB Crocant Prajit	K-Classico	83	6.3
33	VITALIS Mix pentru gustare de ovaz cu ciocolata	Dr. Oetker	17	5.4
34	VITALIS Muesli cu mar si scortisoara	Dr. Oetker	15	5.4
35	Com Flakes Fulgi de porumb Clasic	Rommac	89	4
36	Fulgi de porumb cu multivitamine si Ber	MEGA	84	3.6
37	Fiber sticks	Rommac	52	2.8
38	PROTEIN granola hazelnut, almond ciocolata	GO ON	44	1.6
39	Fulgi de porumb fara aditivi de zaharuri	MEGA	87.7	1.4
40	Hafer-flucken aus dem ganzen Korn	K-Classico	68	1.3
41	Pitlan Fulgi de secara	Pitlan	59	1
42	Pitlan Amestec de cereale integrale	Pitlan	59.7	0.7
43	Pitlan Fulgi de ovaz	Pitlan	60.7	0.7
44	Vollkorn Hafer Flucken	SandVita	59	0.7
45	Pitlan Fulgi de hrisca	Pitlan	68.4	0.1