

Contenido en hidratos de carbono de bebidas no alcohólicas

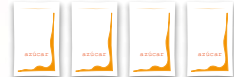


2 sobres
de azúcar
20g de HC

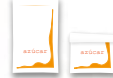


Refresco de cola light
200ml = 0g de HC
330ml = 0g de HC

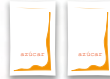
Bebida isotónica
500ml = 40g de HC



200ml = 15g de HC



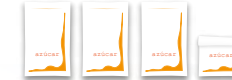
Bitter
200ml
20g de HC



Refresco de naranja
200ml = 20g de HC



330ml = 35g de HC



Refresco de cola
200ml = 20g de HC



330ml = 35g de HC



Tónica
250ml = 20g de HC



Bebida energética
250ml = 30g de HC



Alicia
alicia

IDIBAPS

www.diabetesalacarta.org