

YOUR CARBOHYDRATE ENCYCLOPEDIA

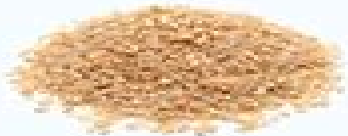
CALORIES, CARBS & FIBRE CONTENT PER 100G SERVING
(RAW WEIGHT) FOR VARIOUS FOOD SOURCES

GRAINS



Rolled Oats

Cals: 336 Carbs: 50g
Fibre: 9.5g



Brown Rice

Cals: 338 Carbs: 69g
Fibre: 3.5g



White Pasta

Cals: 342 Carbs: 69g
Fibre: 3.2g



Quinoa

Cals: 347 Carbs: 59g
Fibre: 12g

VEGETABLES



White Potato

Cals: 68 Carbs: 14g
Fibre: 2.2g



Sweet Potato

Cals: 86 Carbs: 20g
Fibre: 3g



Pumpkin (Butternut)

Cals: 42 Carbs: 7g
Fibre: 1.8g



Kidney Beans (Canned)

Cals: 90 Carbs: 14g
Fibre: 6.5g

FRUIT



Strawberries

Cals: 21 Carbs: 4g
Fibre: 2.5g



Green Pear

Cals: 60 Carbs: 12.4g
Fibre: 3g



Red Apple

Cals: 52 Carbs: 12.4g
Fibre: 2.7g



Banana

Cals: 87 Carbs: 20g
Fibre: 2.2g

Low Carb Souces Everything Carbohydrate

Puja Mehta



Low Carb Souces Everything Carbohydrate:

Whispering the Techniques of Language: An Psychological Quest through **Low Carb Souces Everything Carbohydrate**

In a digitally-driven earth wherever monitors reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within words often get unheard. However, set within the pages of **Low Carb Souces Everything Carbohydrate** a charming fictional value pulsating with raw emotions, lies a fantastic journey waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus attracts readers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the emotional depths of this moving evaluation, we will embark upon a heartfelt exploration of the book is key themes, dissect their fascinating publishing design, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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