

YOUR CARBOHYDRATE ENCYCLOPEDIA

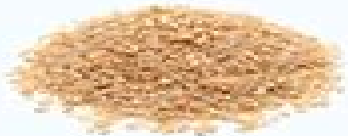
CALORIES, CARBS & FIBRE CONTENT PER 100G SERVING
(RAW WEIGHT) FOR VARIOUS FOOD SOURCES

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

SA Dillow



Low Carb Souces Everything Carbohydrate:

Low Carb Souces Everything Carbohydrate Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Low Carb Souces Everything Carbohydrate**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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