

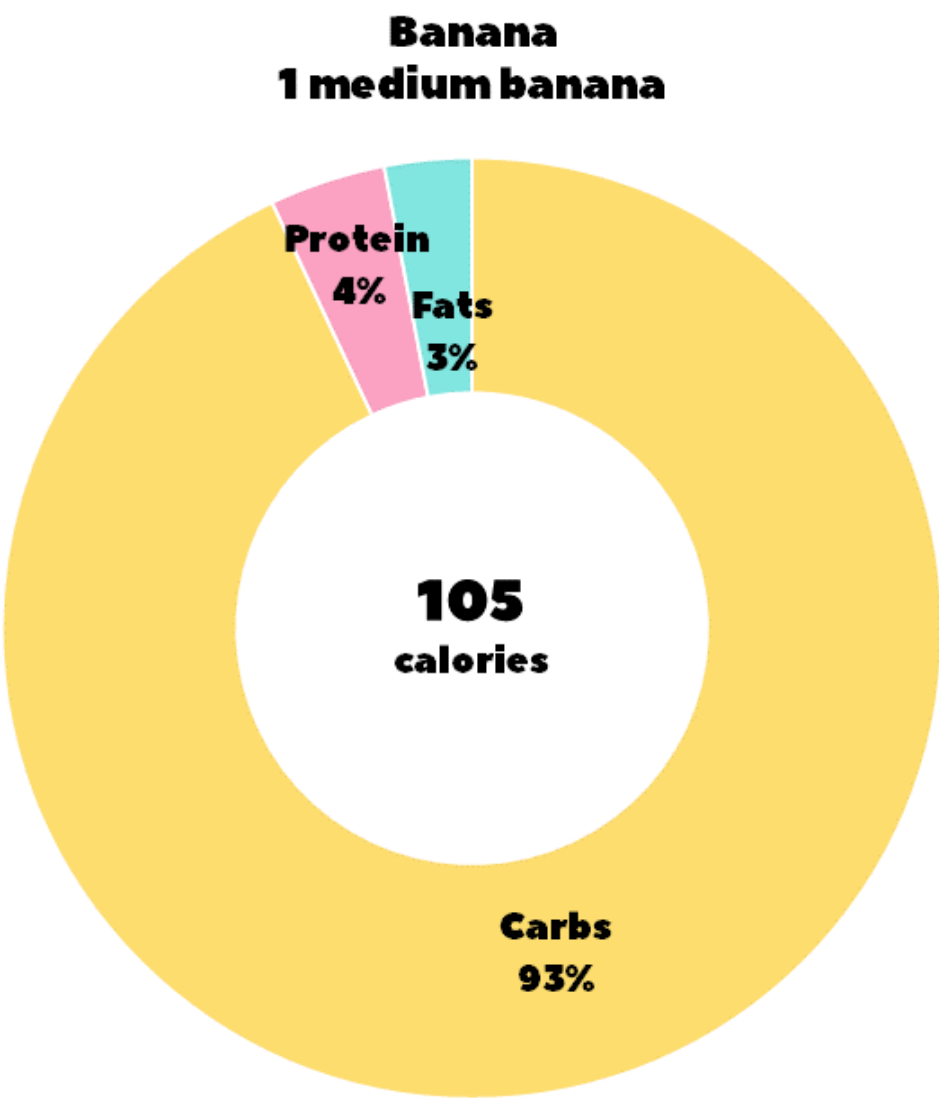
Carbohydrates

Banana

Serving size: 1 medium banana

Calories: 105

	% Daily Value
Total Fat: 0.4 g	0%
Saturated fat: 0.1 g	
Polyuaturated fat: 0.1 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 27 g	29%
Dietary fiber: 3.1 g	
Sugars: 14.4 g	
Protein: 1.3 g	0%

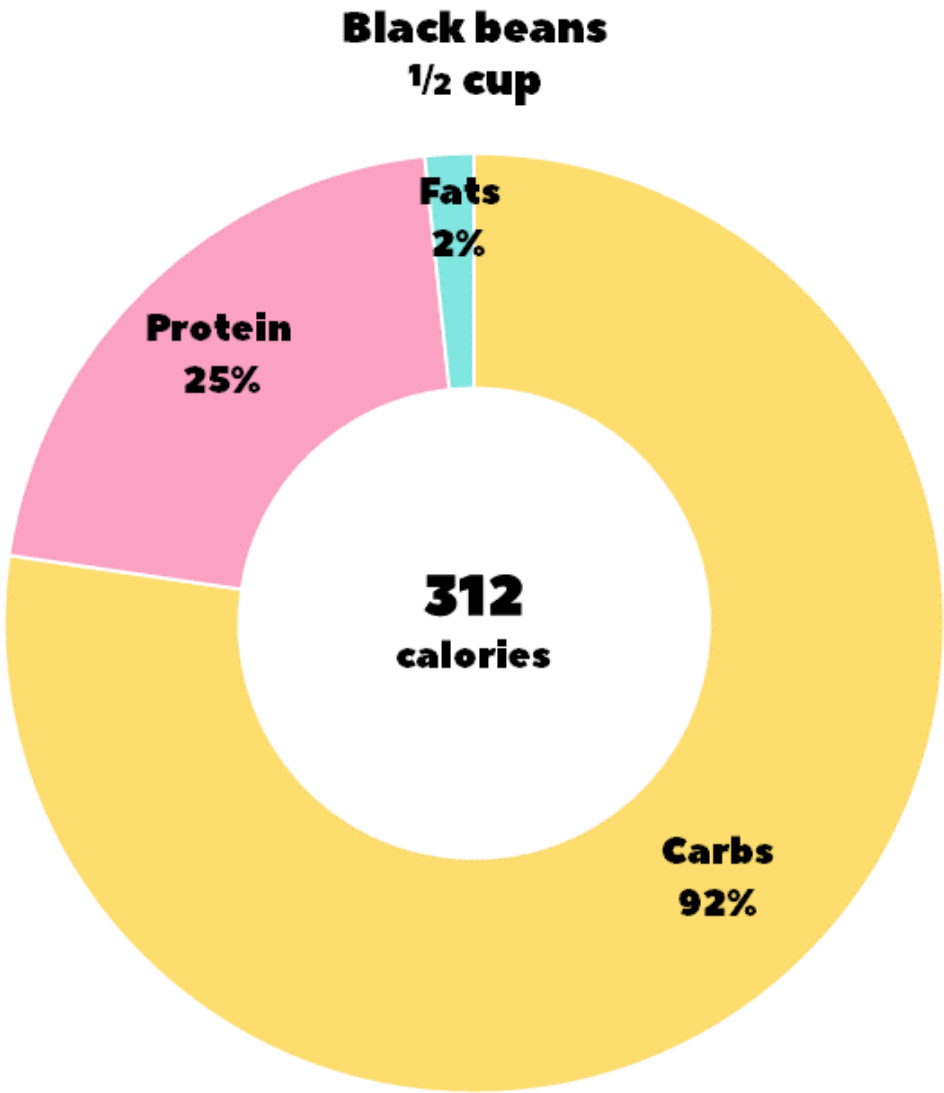


Black beans

Serving size: 1/2 cup

Calories:312

	% Daily Value
Total Fat: 0.8 g	%
Saturated fat: 0.2 g	
Polyuaturated fat: 0.4 g	
Monounsaturated fat: 0.1 g	
Total Carbohydrates: 58 g	62%
Dietary fiber: 14 g	
Sugars: 2 g	
Protein: 20 g	13%



Bread

Serving size: 1 slice

Calories: 110

% Daily Value

Total Fat: 2 g 3%

Saturated fat: 0 g

Polyunsaturated fat: 0 g

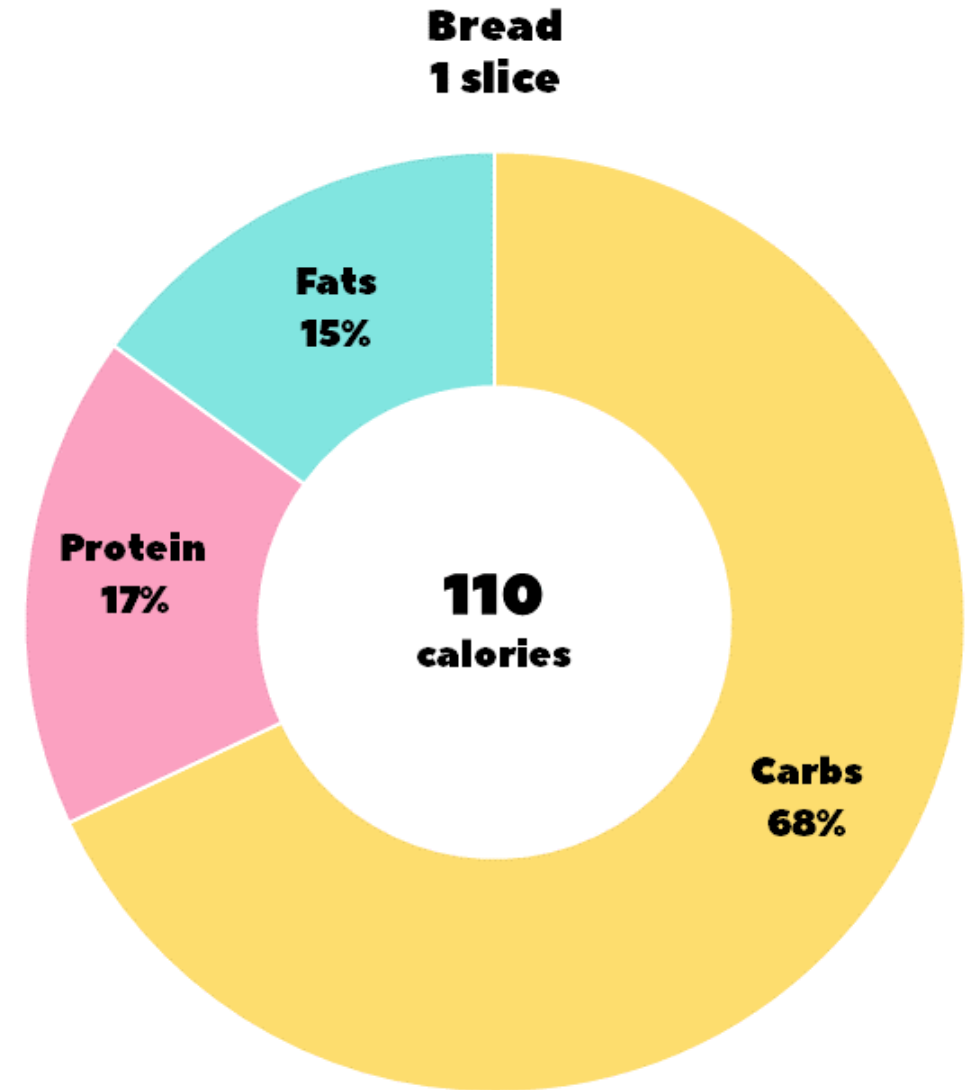
Monounsaturated fat: 0 g

Total Carbohydrates: 20 g 21%

Dietary fiber: 5 g

Sugars: 4 g

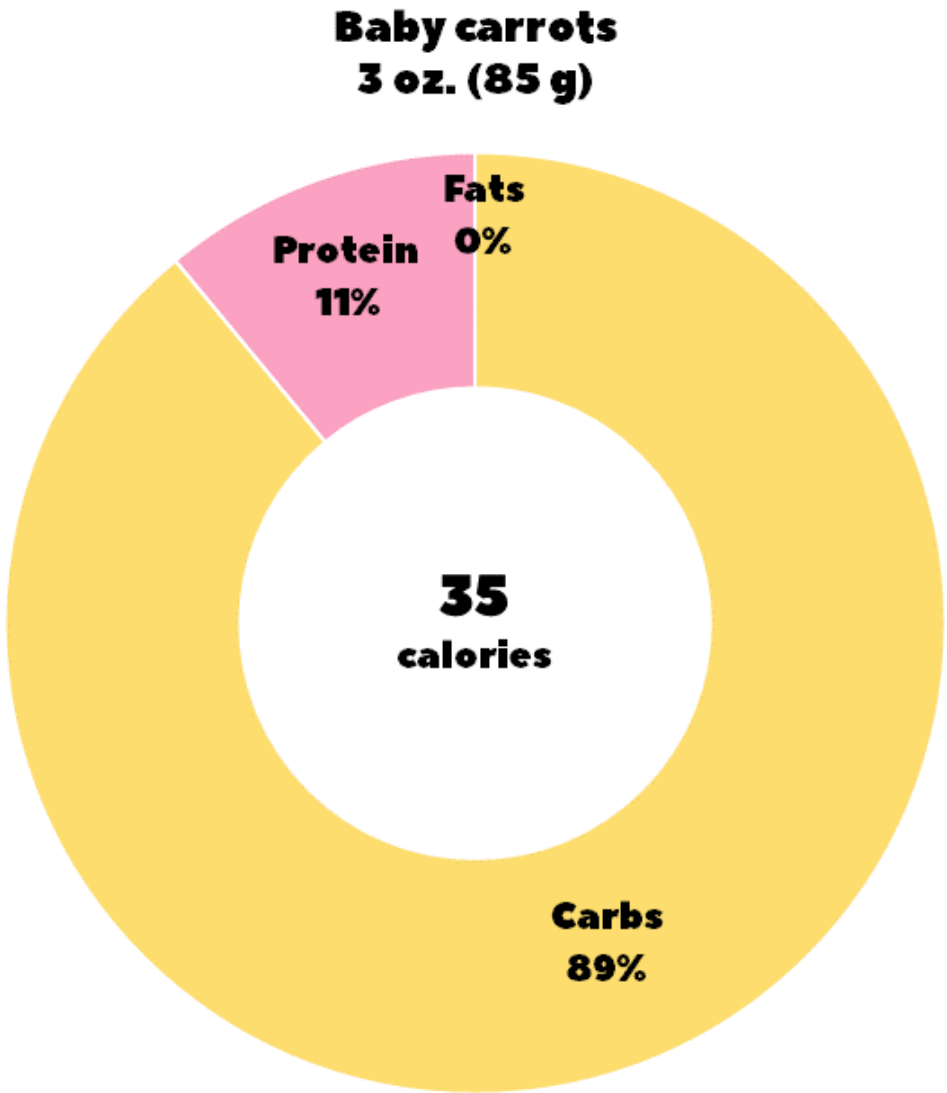
Protein: 5 g 3%



Baby carrots

Serving size: 3 oz. (85 g)
Calories: 35

	% Daily Value
Total Fat: 0 g	0%
Saturated fat: 0 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 8 g	9%
Dietary fiber: 2 g	
Sugars: 5 g	
Protein: 1 g	0%

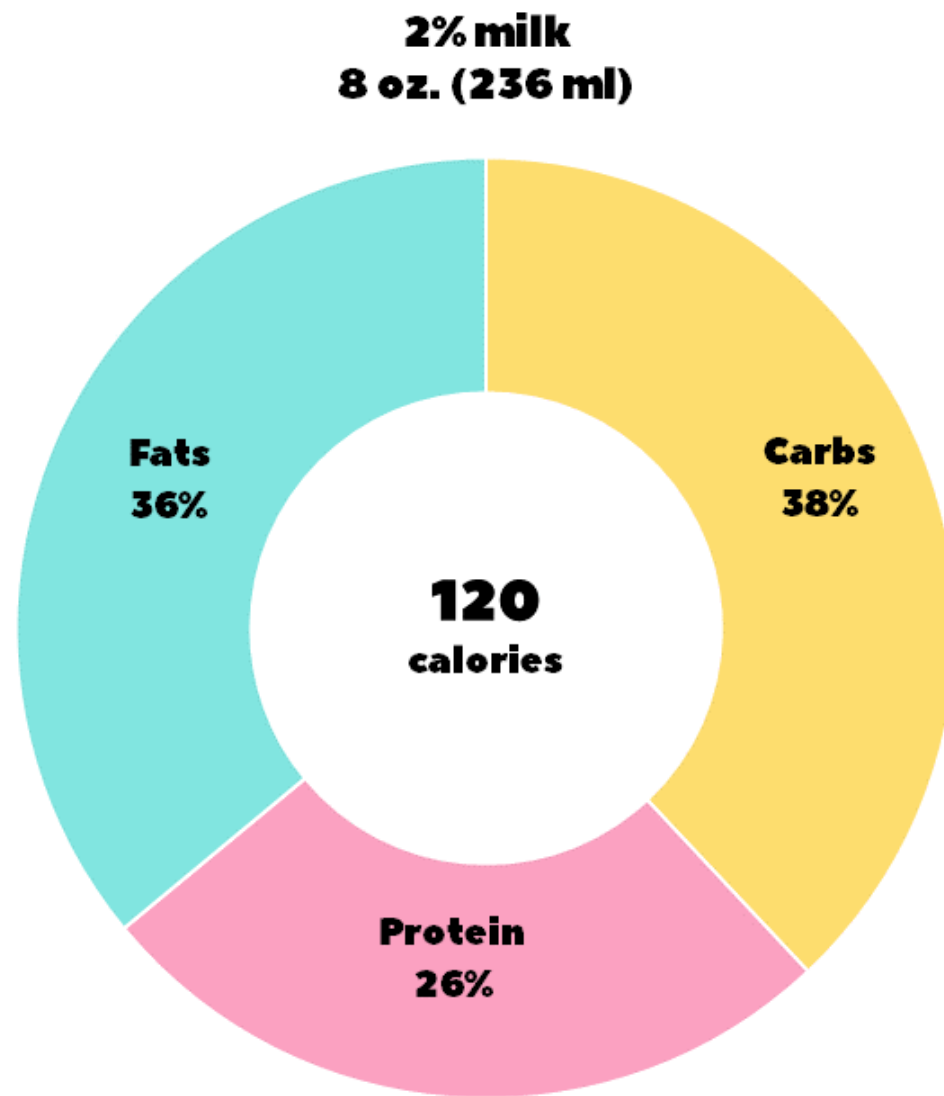


2% milk

Serving size: 8 oz. (236 ml)

Calories: 120

	% Daily Value
Total Fat: 5 g	9%
Saturated fat: 3 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 12 g	13%
Dietary fiber: 0 g	
Sugars: 11 g	
Protein: 8 g	5%



Oats

Serving size: 1/2 cup

Calories: 150

% Daily Value

Total Fat: 2.5 g 4%

Saturated fat: 0 g

Polyunsaturated fat: 0 g

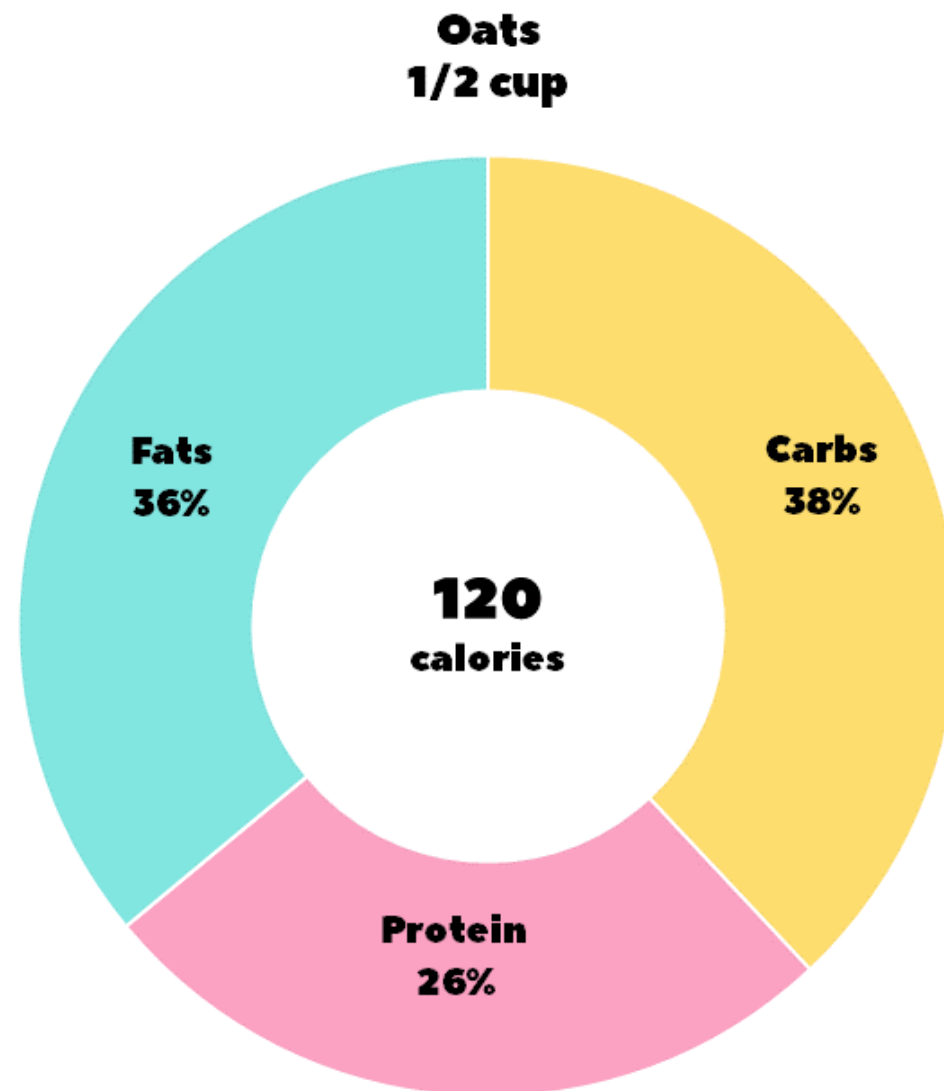
Monounsaturated fat: 0 g

Total Carbohydrates: 27 g 29%

Dietary fiber: 4 g

Sugars: 1 g

Protein: 5 g 3%



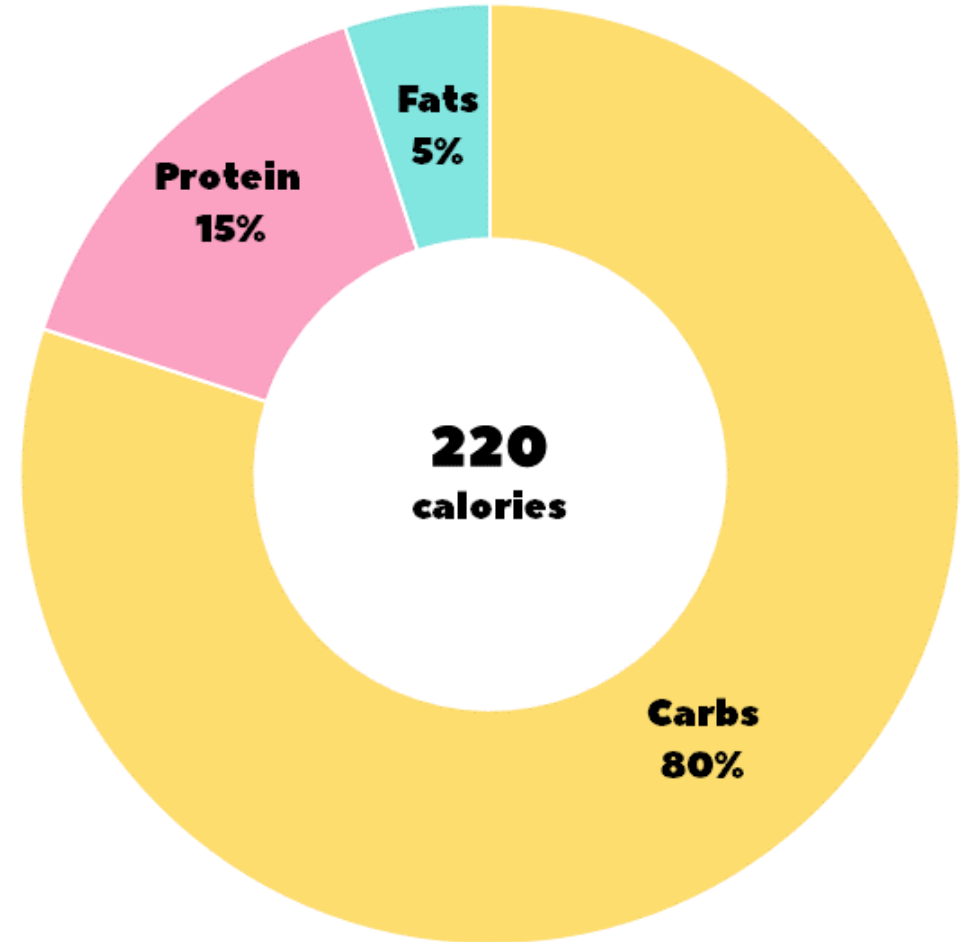
Pasta

Serving size: 1 cup cooked

Calories: 220

	% Daily Value
Total Fat: 1.5 g	2%
Saturated fat: 0.2 g	
Polyunsaturated fat: 0.4 g	
Monounsaturated fat: 0.2 g	
Total Carbohydrates: 43 g	46%
Dietary fiber: 2.5 g	
Sugars: 0.8 g	
Protein: 8 g	5%

Pasta 1 cup cooked

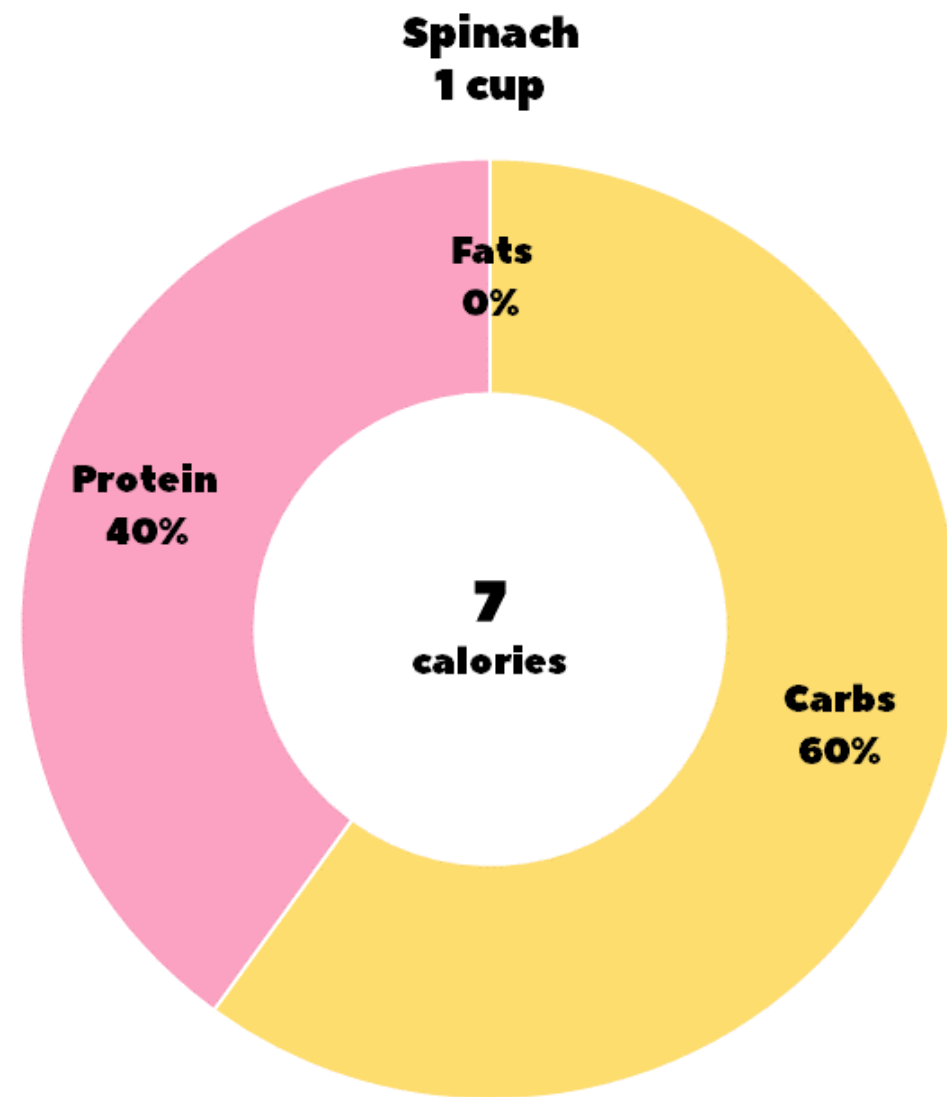


Spinach

Serving size: 1 cup

Calories: 7

	% Daily Value
Total Fat: 0 g	0%
Saturated fat: 0 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 1 g	1%
Dietary fiber: 0.7 g	
Sugars: 0.1 g	
Protein: 0.7 g	0%

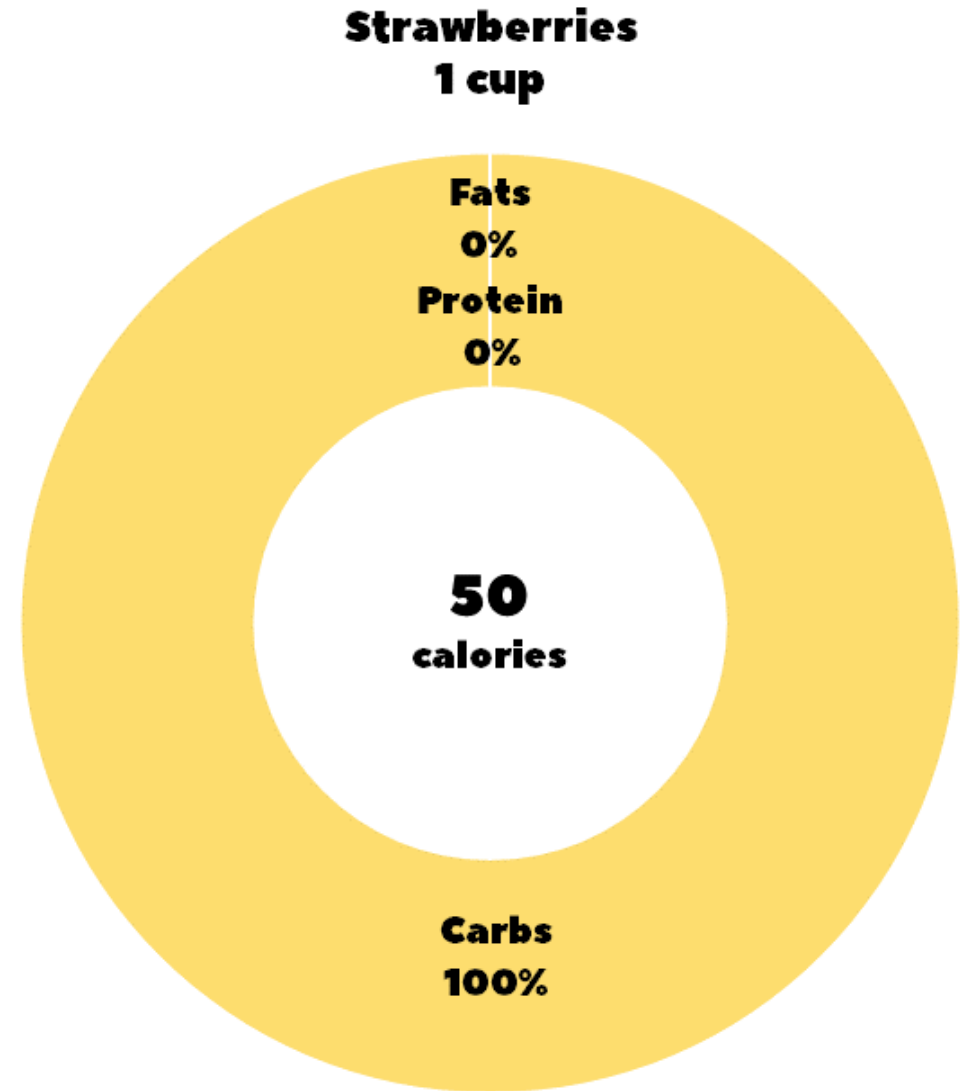


Strawberries

Serving size: 1 cup

Calories: 50

	% Daily Value
Total Fat: 0 g	0%
Saturated fat: 0 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 13 g	14%
Dietary fiber: 3 g	
Sugars: 9 g	
Protein: 0 g	0%



Baked sweet potato

Serving size: 1 medium

Calories: 112

	% Daily Value
Total Fat: 0 g	0%
Saturated fat: 0 g	
Polyuaturated fat: 0 g	
Monounsaturated fat 0 g	
Total Carbohydrates: 26 g	28%
Dietary fiber: 4 g	
Sugars: 5 g	
Protein: 2 g	1%

