

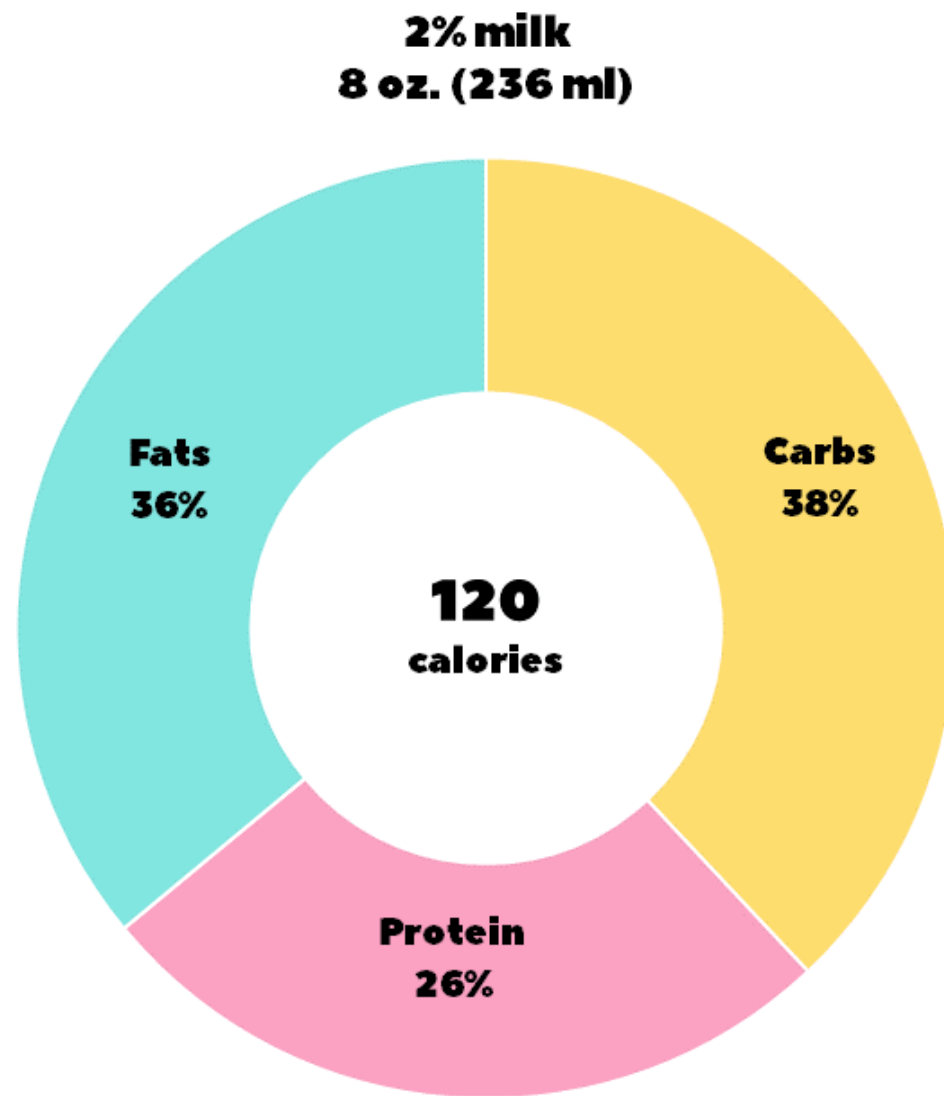
# Carbohydrates Guide

## 2% milk

Serving size: 8 oz. (236 ml)

Calories: 120

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

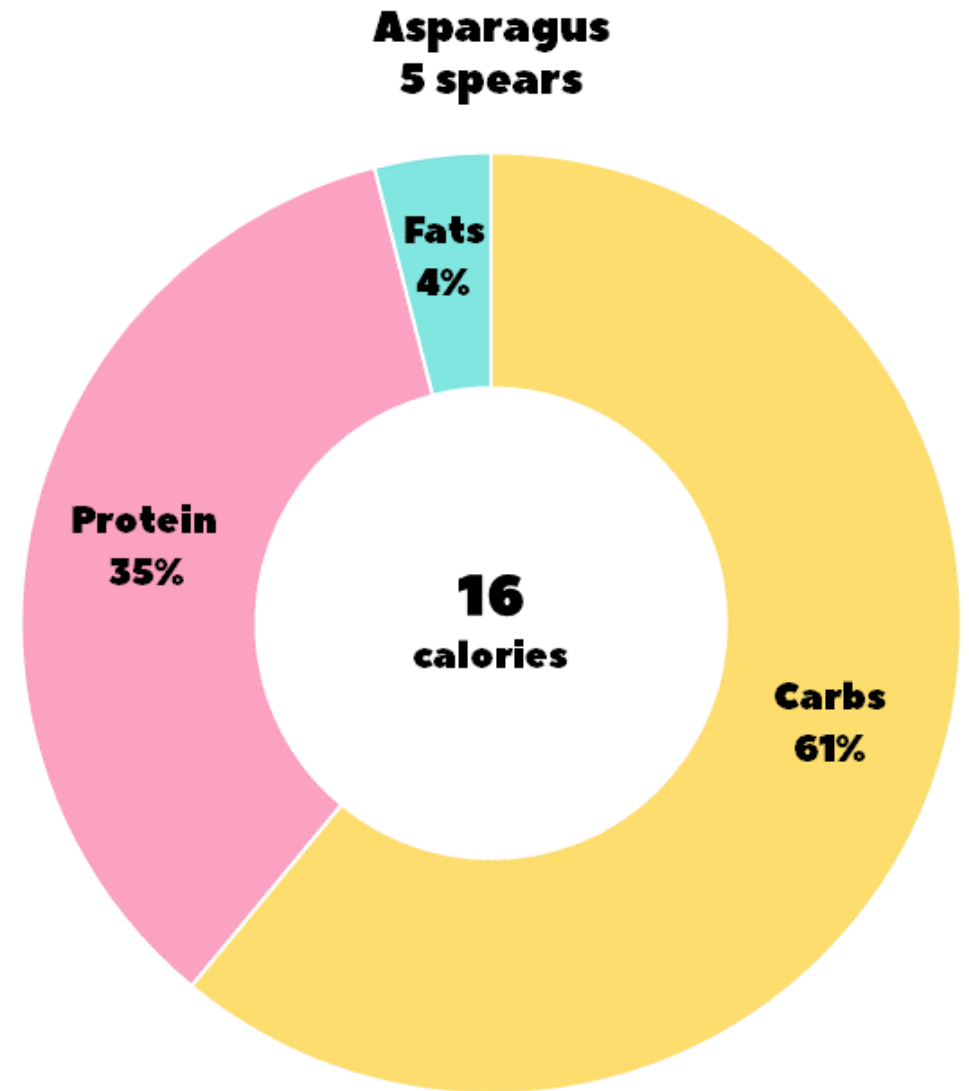


# Asparagus

Serving size: 5 spears

Calories: 16

	% Daily Value
<b>Total Fat: 0.1 g</b>	<b>0%</b>
Saturated fat: 0 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
<b>Total Carbohydrates: 3.1 g</b>	<b>3%</b>
Dietary fiber: 1.7 g	
Sugars: 1.5 g	
<b>Protein: 1.8 g</b>	<b>1%</b>

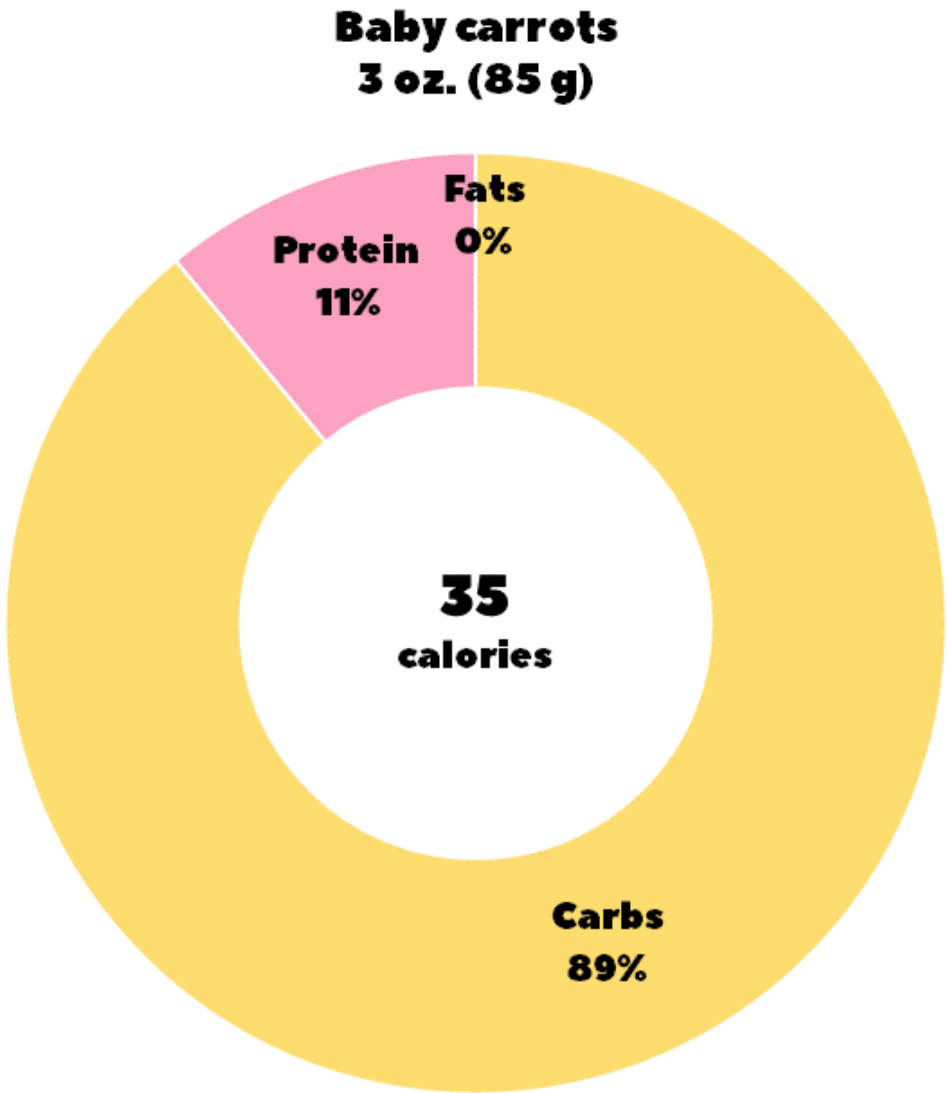


# Baby carrots

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%

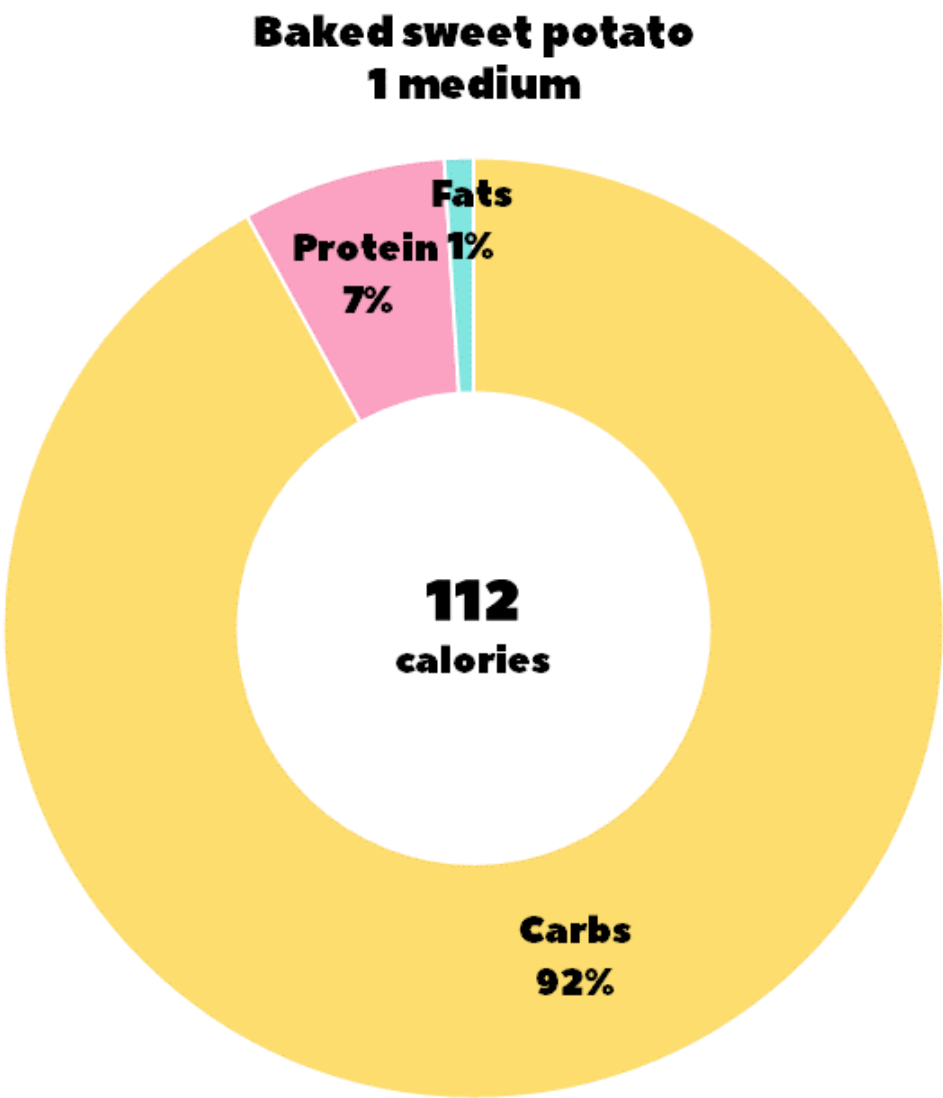


# Baked sweet potato

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%

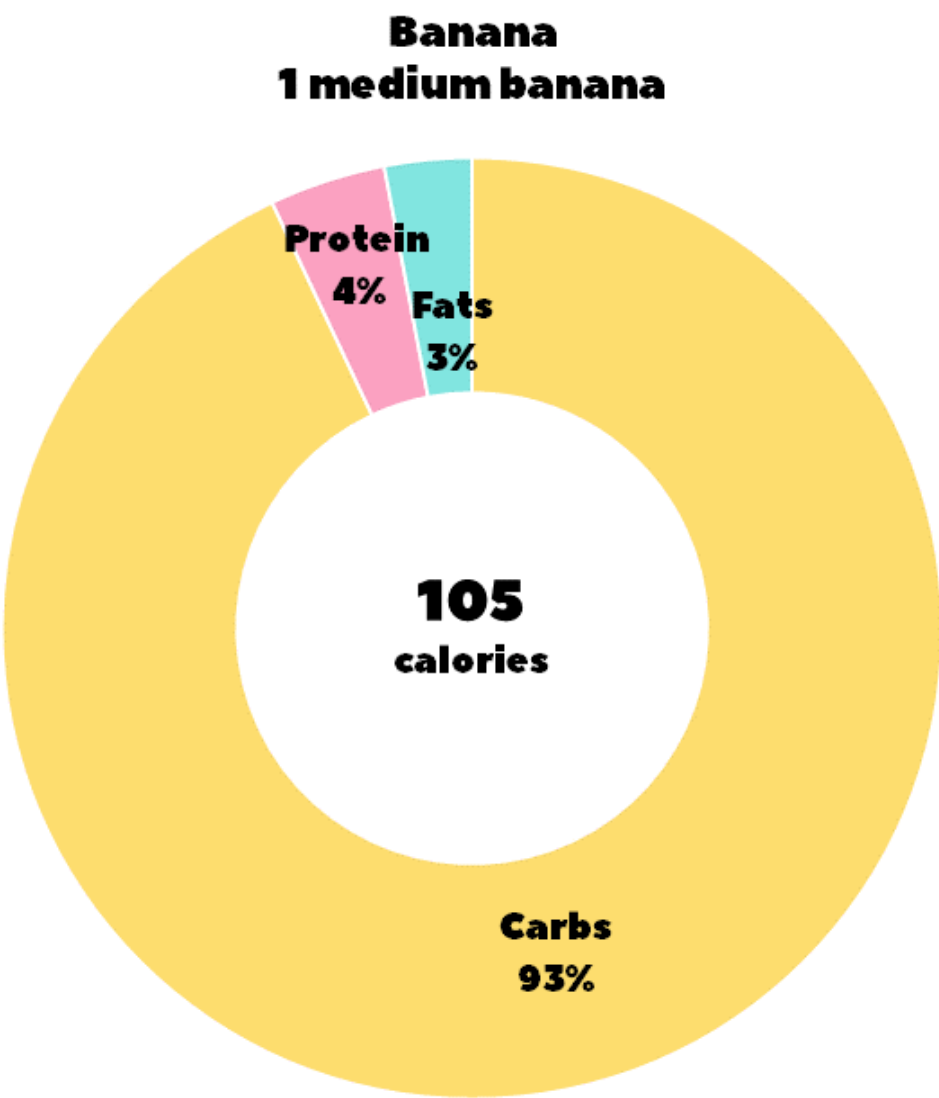


# Banana

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** 1%

Saturated fat: 0.2 g

Polyuaturated fat: 0.4 g

Monounsaturated fat: 0.1 g

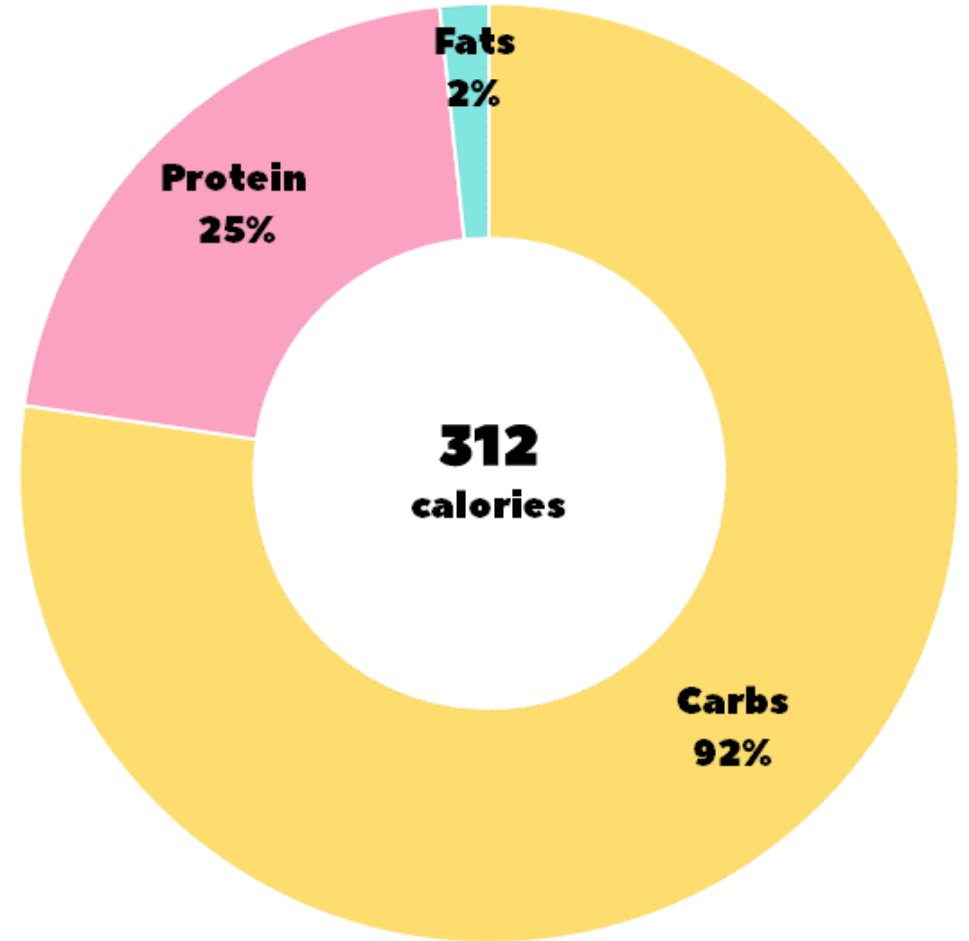
**Total Carbohydrates: 58 g** 62%

Dietary fiber: 14 g

Sugars: 2 g

**Protein: 20 g** 13%

**Black beans**  
**1/2 cup**

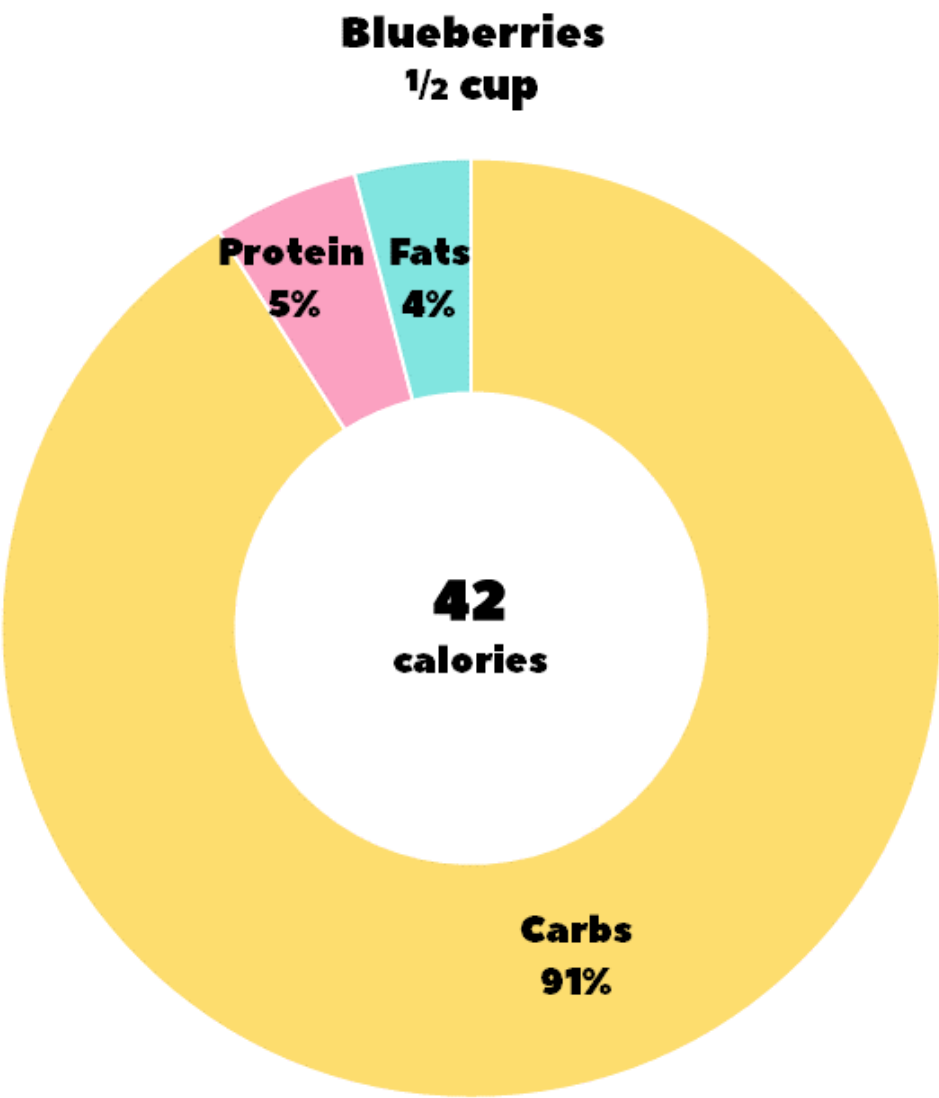


# Blueberries

Serving size: 1/2 cup

Calories: 42

	% Daily Value
<b>Total Fat: 0.2 g</b>	<b>0%</b>
Saturated fat: 0 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
<b>Total Carbohydrates: 10.7 g</b>	<b>8%</b>
Dietary fiber: 1.8 g	
Sugars: 7.4 g	
<b>Protein: 0.5 g</b>	<b>0%</b>





# Bread

Serving size: 1 slice

Calories: 110

% Daily Value

Total Fat: 2 g 3%

Saturated fat: 0 g

Polyunsaturated fat: 0 g

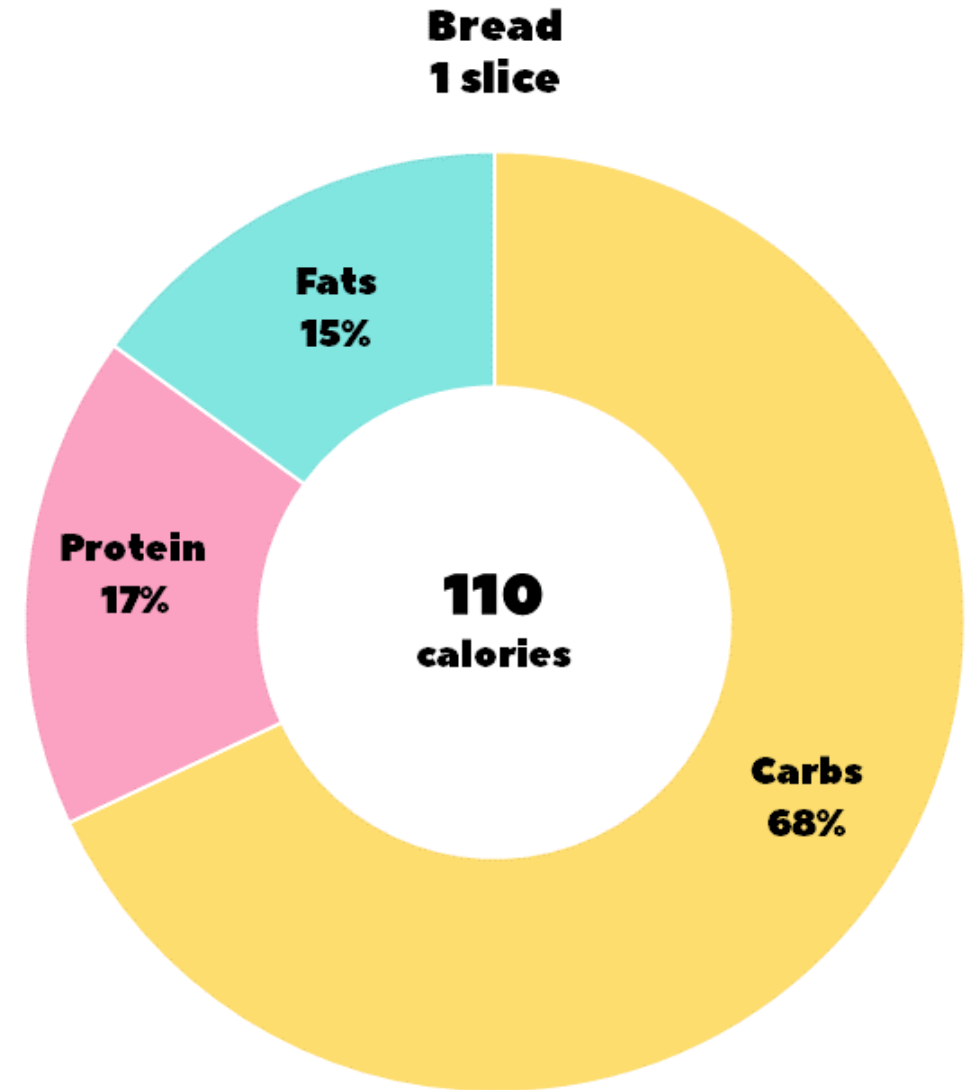
Monounsaturated fat: 0 g

Total Carbohydrates: 20 g 21%

Dietary fiber: 5 g

Sugars: 4 g

Protein: 5 g 3%

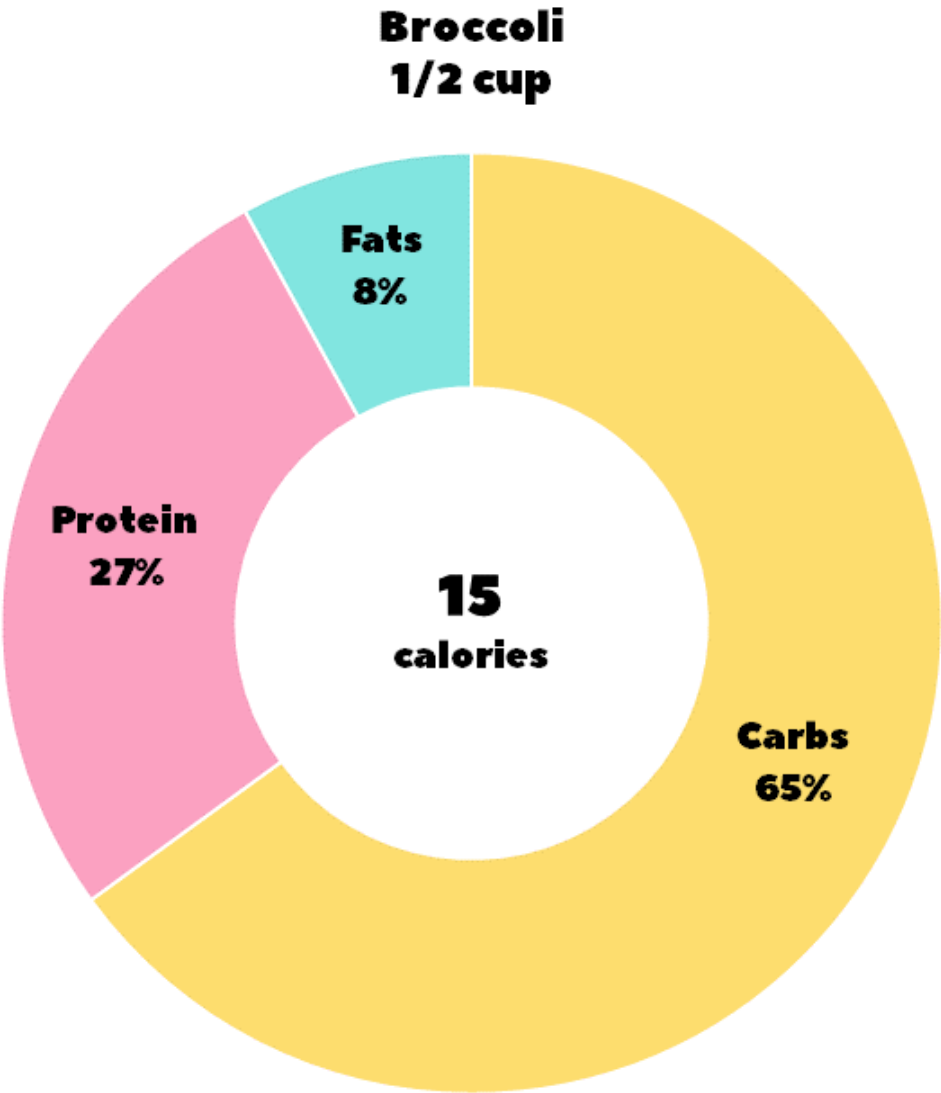


# Broccoli

Serving size: 1/2 cup

Calories: 15

	% Daily Value
Total Fat: 0.2 g	0%
Saturated fat: 0 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 3 g	2%
Dietary fiber: 1.2 g	
Sugars: 0.8 g	
Protein: 1.3 g	0%

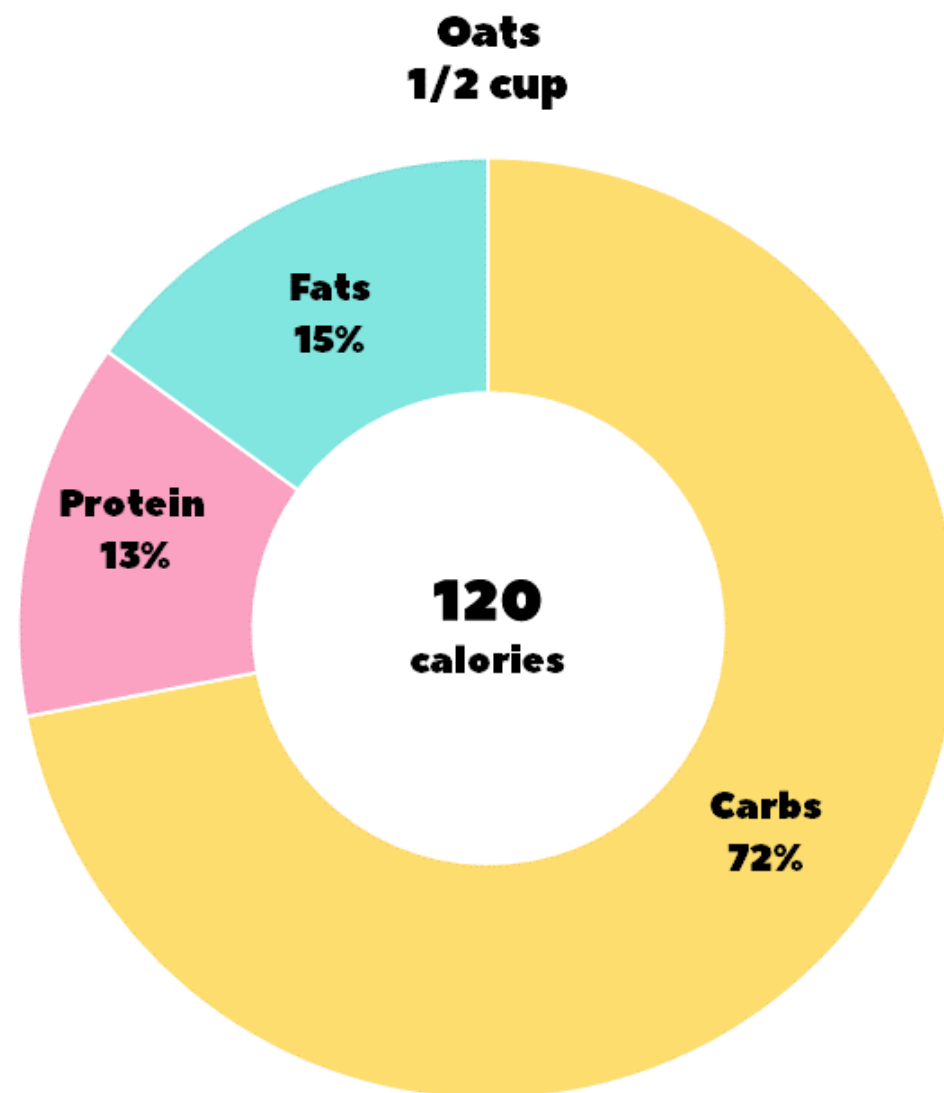


# Oats

Serving size: 1/2 cup

Calories: 150

	% Daily Value
<b>Total Fat: 2.5 g</b>	<b>4%</b>
Saturated fat: 0 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
<b>Total Carbohydrates: 27 g</b>	<b>29%</b>
Dietary fiber: 4 g	
Sugars: 1 g	
<b>Protein: 5 g</b>	<b>3%</b>



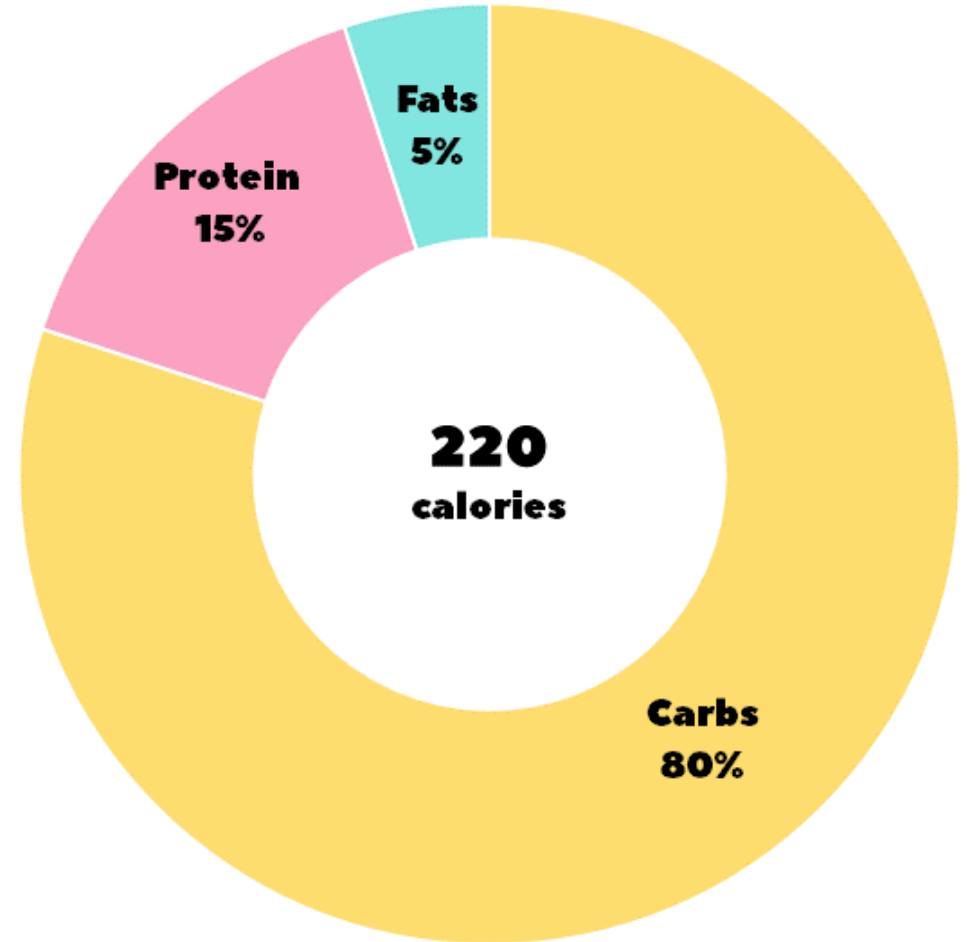
# Pasta

Serving size: 1 cup cooked

Calories: 220

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

## Pasta 1 cup cooked

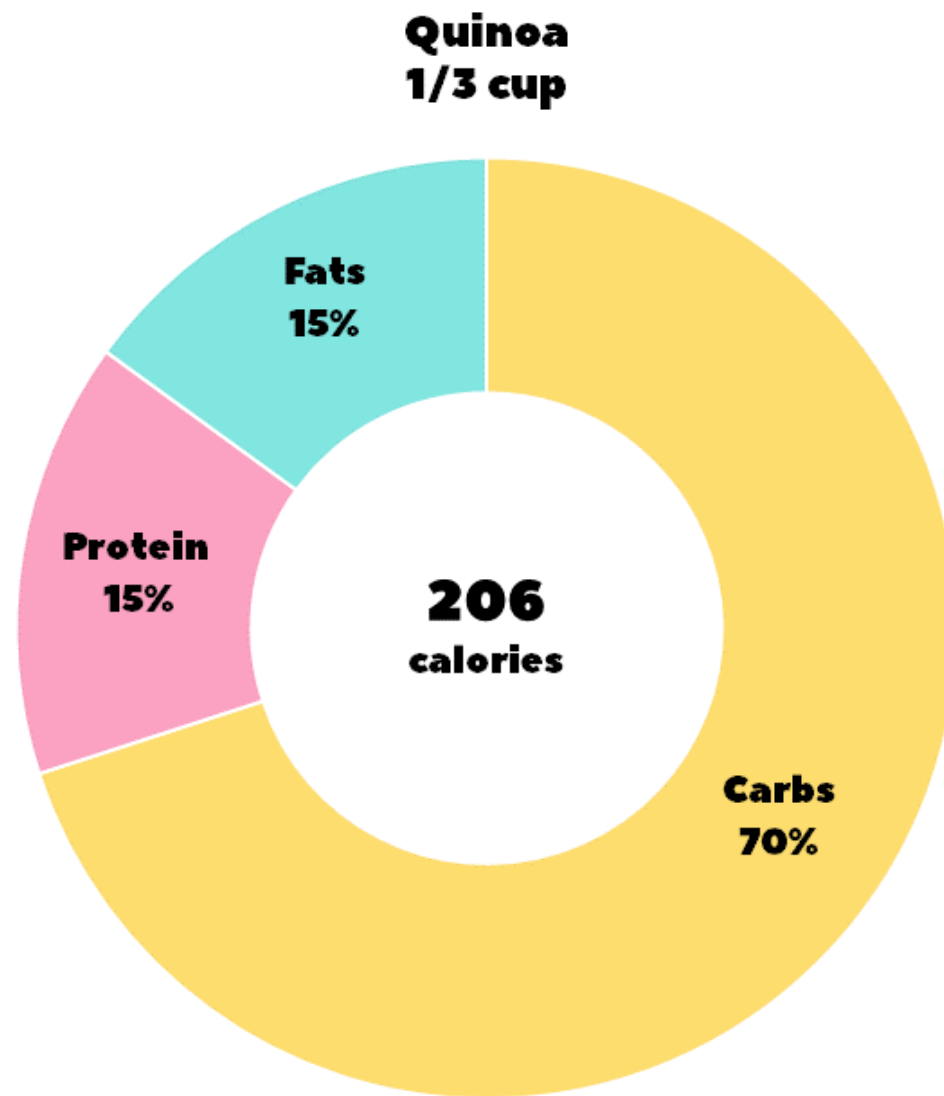


# Quinoa

Serving size: 1/3 cup

Calories: 206

	% Daily Value
<b>Total Fat: 3.4 g</b>	<b>8%</b>
Saturated fat: 0.4 g	
Polyunsaturated fat: 1.8 g	
Monounsaturated fat: 0.9 g	
<b>Total Carbohydrates: 36 g</b>	<b>27%</b>
Dietary fiber: 3.9 g	
Sugars: 0 g	
<b>Protein: 8 g</b>	<b>5%</b>

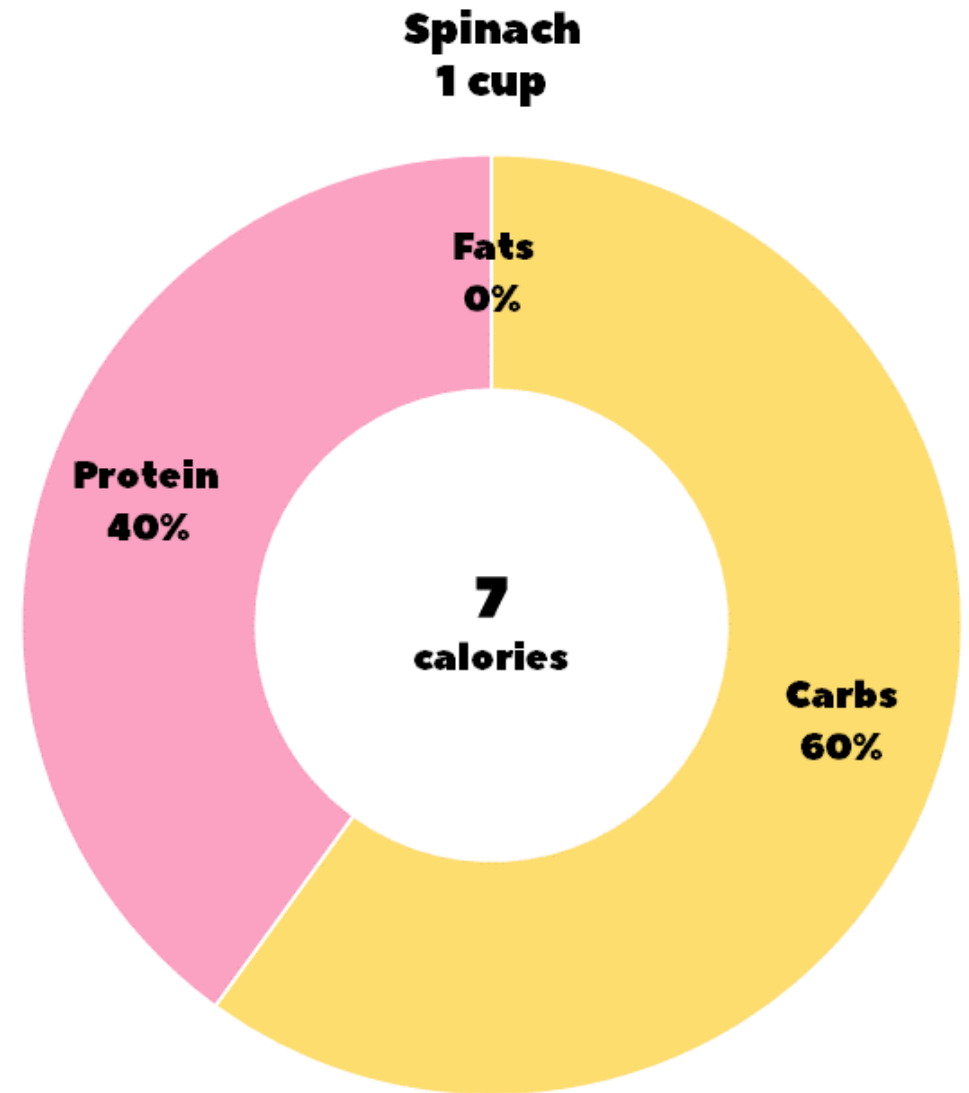


# Spinach

Serving size: 1 cup

Calories: 7

	% Daily Value
<b>Total Fat: 0 g</b>	<b>0%</b>
Saturated fat: 0 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
<b>Total Carbohydrates: 1 g</b>	<b>1%</b>
Dietary fiber: 0.7 g	
Sugars: 0.1 g	
<b>Protein: 0.7 g</b>	<b>0%</b>



# Strawberries

Serving size: 1 cup

Calories: 50

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

