

CARBS

CHEAT SHEET

PER 100 CALORIES



DATES 27g



RAISINS 26g



BANANA 25.5g



CARROTS 23g



SWEET POTATO 23g



WHEAT PASTA 22g



BROWN RICE 20g



BREAD 19g



BLACK BEANS 18g



GREEN PEAS 17g



CORN 15.3g



OATMEAL 15g

Good Carb Diet Overview

Xiaolong Qi



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