# CARBS

PER 100 CALORIES



DATES 27g



RAISINS 26g



BANANA 25.5g



CARROTS 23g



SWEET POTATO 23g



WHEAT PASTA 22g



**BROWN RICE 20g** 



BREAD 19g



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**CORN 15.3g** 



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# **Good Carb Diet Overview**

**M Lipman** 

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