

carbohydrates

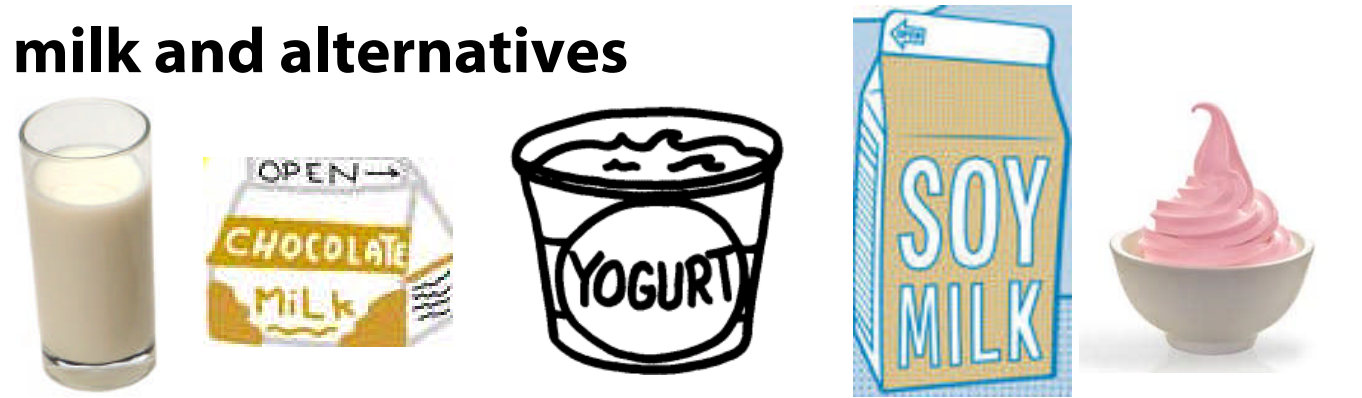
grains and starches



fruits



milk and alternatives



other choices (sweet foods and snacks)

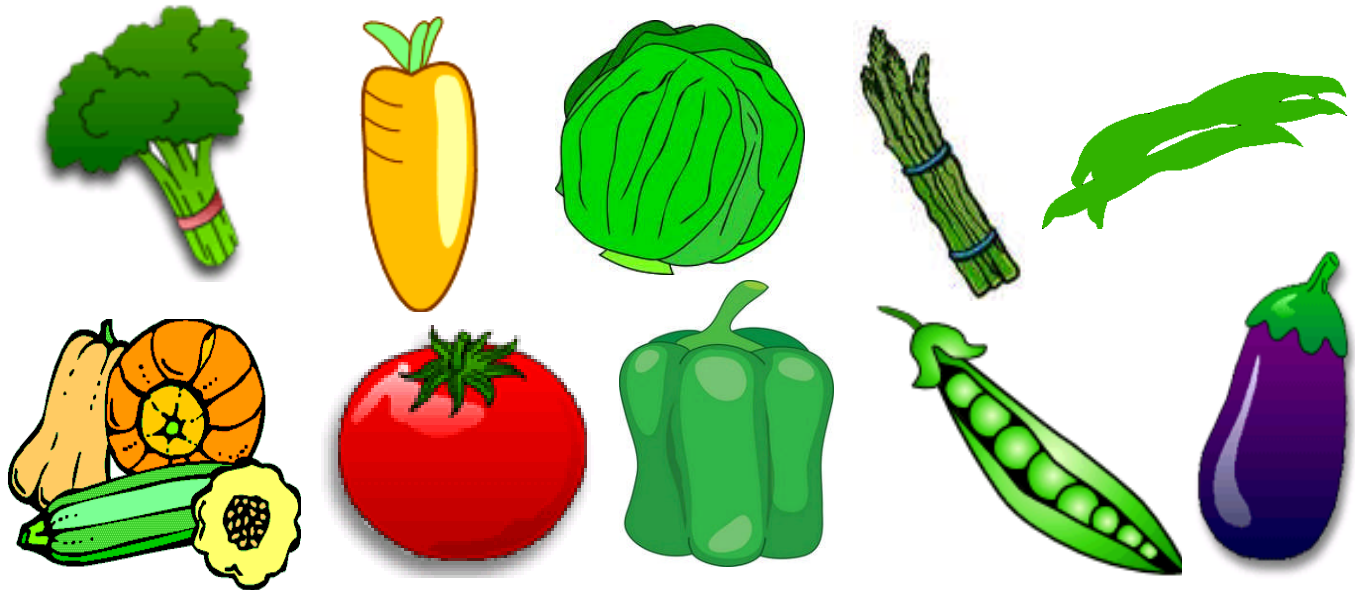




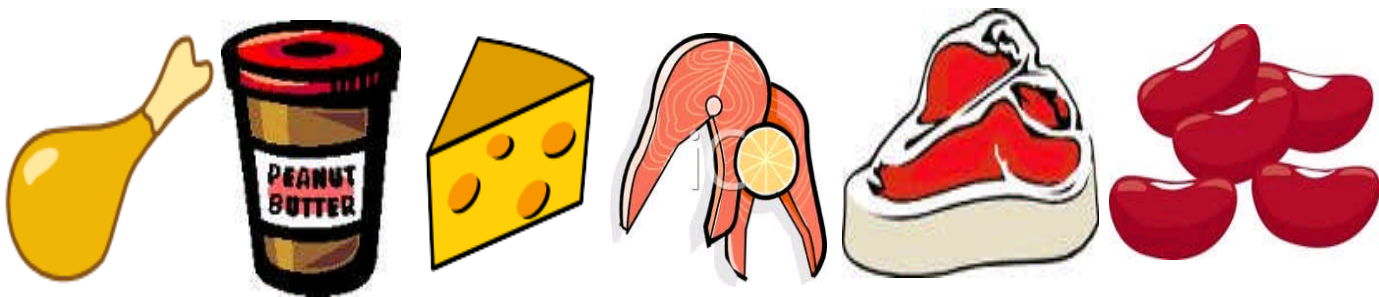
non-carbohydrates

guide | carbohydrate containing food

vegetables



meat and alternatives



fats

