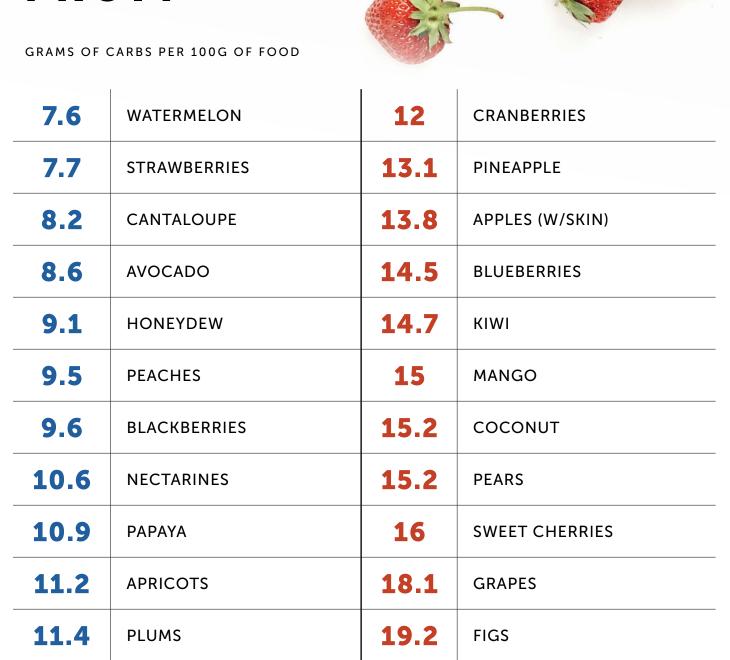
## FRUIT

11.8

11.9

**ORANGES** 

**RASPBERRIES** 



22.8

23.4

**BANANA** 

**PASSION FRUIT** 

## CARBS IN VEGGIES

GRAMS OF CARBS PER 100G OF FOOD

2.2	CUCUMBER (W/OUT SKIN)	5.9	BROCCOLI
3	CELERY	6	SPAGHETTI SQUASH
3	ICEBERG LETTUCE	7	GREEN BEANS
3.1	ZUCCHINI WITH SKIN	7.6	SNAP PEAS
3.3	ROMAINE LETTUCE	8.8	JICAMA
3.3	WHITE MUSHROOMS	9	BRUSSELS SPROUTS
3.4	RADISHES	9.3	ONIONS
3.6	SPINACH	9.6	CARROTS
3.6	CUCUMBER W/SKIN	9.6	BEETS
3.9	RED TOMATO	10.5	ARTICHOKES
3.9	ASPARAGUS	11.7	BUTTERNUT SQUASH
4.4	KALE	14.5	PEAS
4.6	BELL PEPPER (GREEN)	15.7	POTATO (WHITE)
5	TURNIP	18.7	CORN (YELLOW)
5.8	PUMPKIN	20.1	SWEET POTATO