

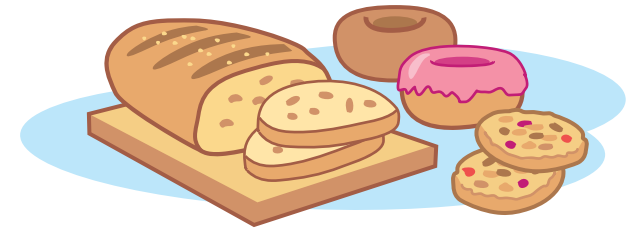
Sugar, grains, potatoes, fruits, berries and milk contains carbohydrate



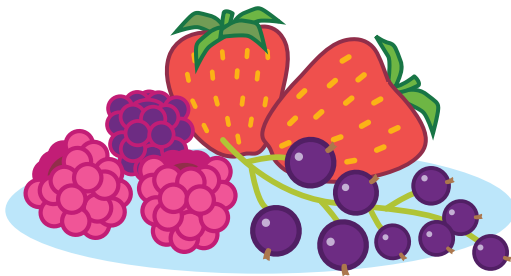
Fruits, juices



Sugar, honey, sweets



Bread and pastries

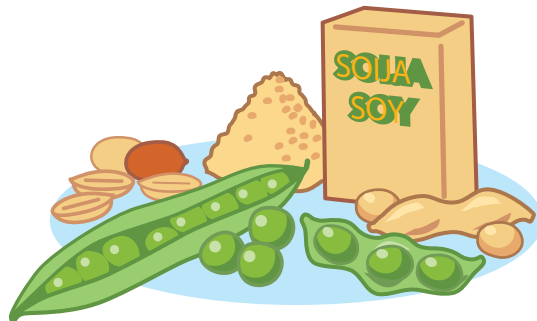


Berries

**Contains
carbohydrate**



Porridge, breakfast cereals, muesli



Peas, beans



Potato, rice, pasta, corn



Milk, dairy products

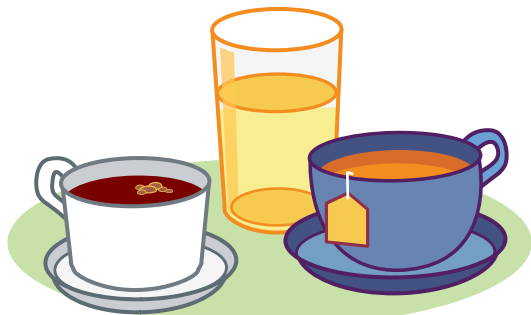
Fish, chicken, meat, cheese, oil and vegetables do not contain significant amount of carbohydrate



Vegetables

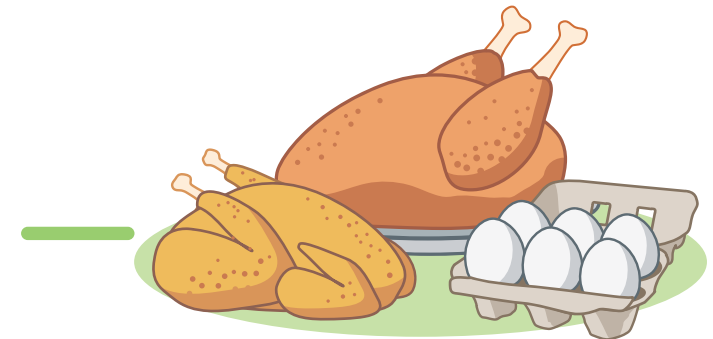


Fish

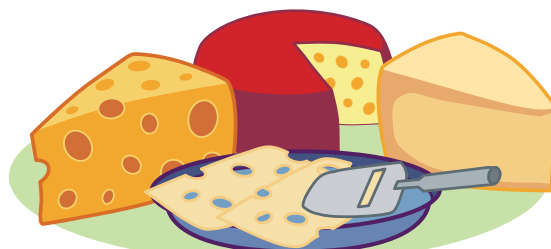


Coffee, tea, light juice

**No
carbohydrate**



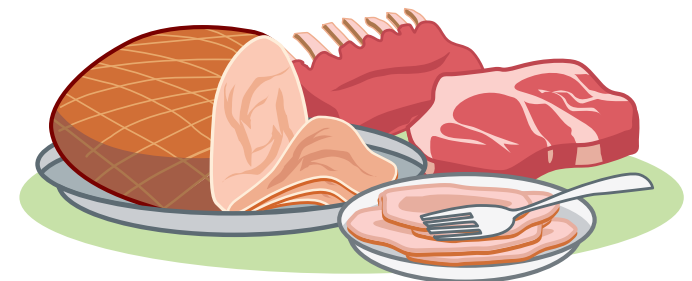
Chicken, eggs



Cheese



Fat, oils



Meat