

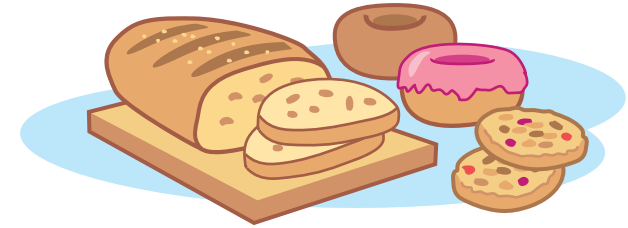
# Suhkur, teraviljad, kartul, puuviljad, marjad ja piim ning nendest valmistatud toidud sisaldavad süsivesikuid



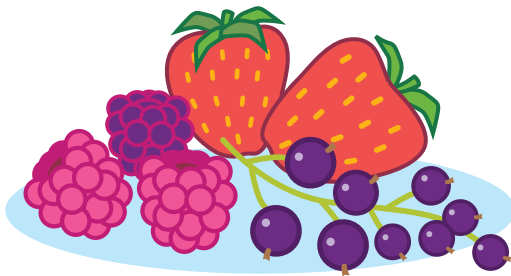
Puuviljad ja mahlad



Suhkur, mesi ja karamell



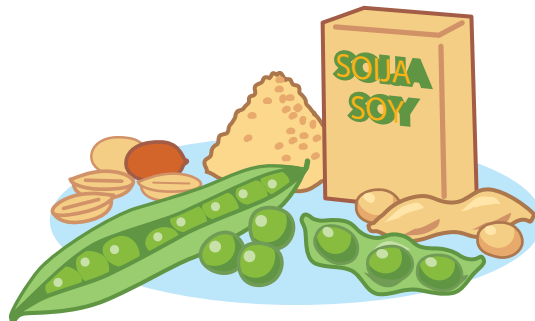
Leiva- ja saiatooted



Marjad



Puder, helbed ja müsli



Kaunviljad



Kartul, riis, pasta, mais, tatar



Piimatooted

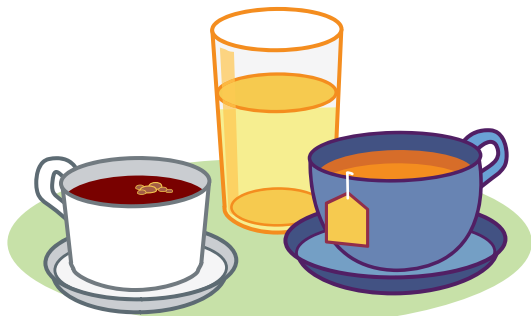
# Kala, kana, liha, juust, öli ja köögiviljad ei sisalda süsivesikuid



Köögiviljad

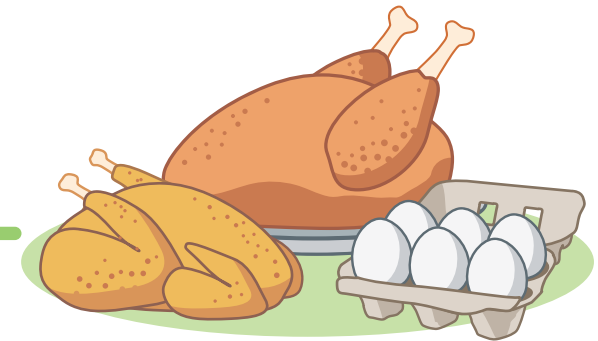


Kala

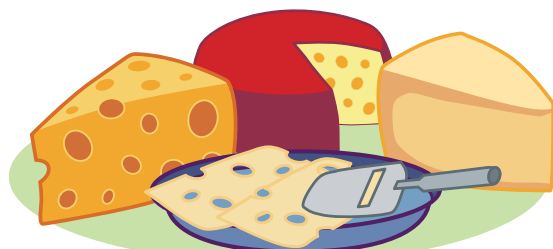


Kohvi, tee, vesi

Ei sisalda  
süsivesikuid



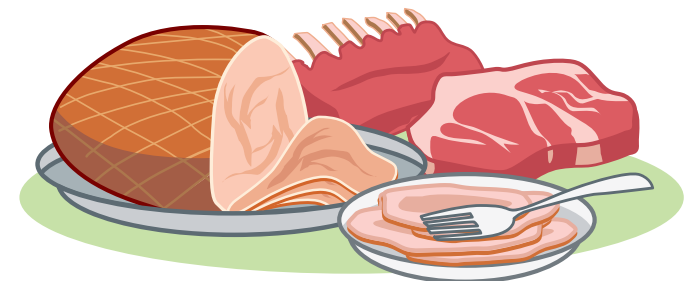
Kana, munad



Juust



Rasvad



Liha