

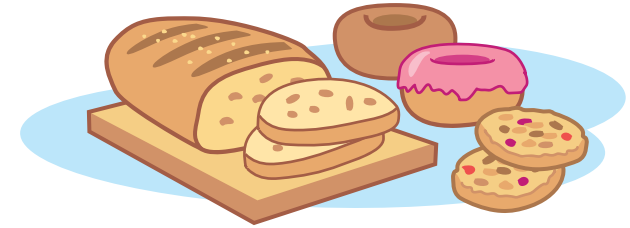
# Sugar, grains, potatoes, fruits, berries and milk contains carbohydrate



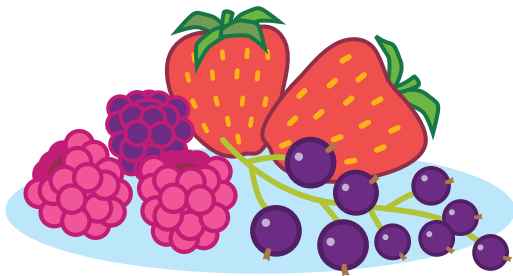
Fruits, juices



Sugar, honey, sweets

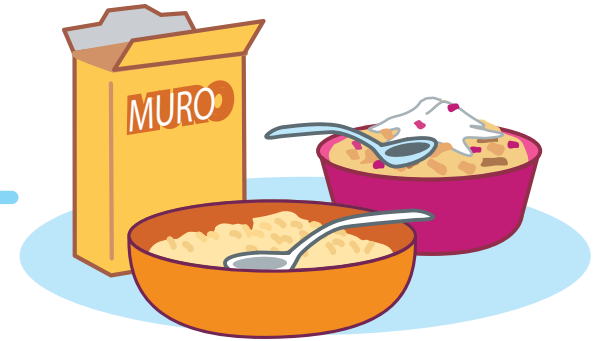


Bread and pastries



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

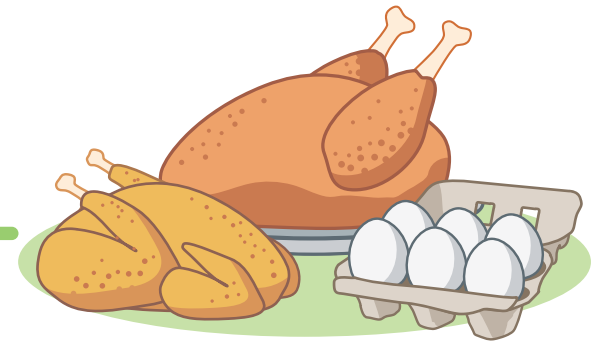


Fish

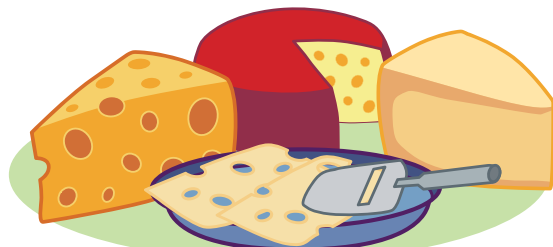


Coffee, tea, light juice

**No  
carbohydrate**



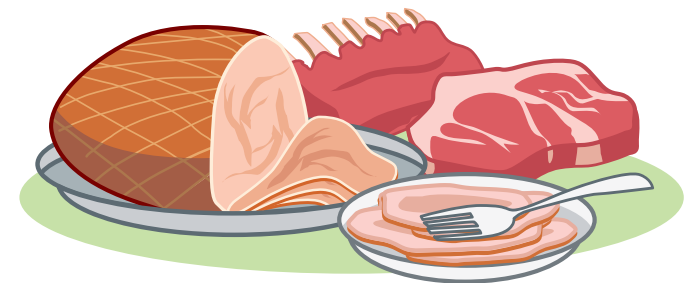
Chicken, eggs



Cheese



Fat, oils



Meat