

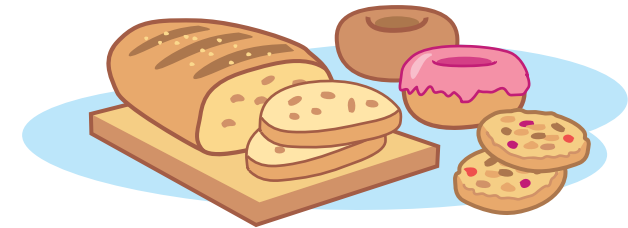
Suhkur, teraviljad, kartul, puuviljad, marjad ja piim ning nendest valmistatud toidud sisaldavad süsivesikuid



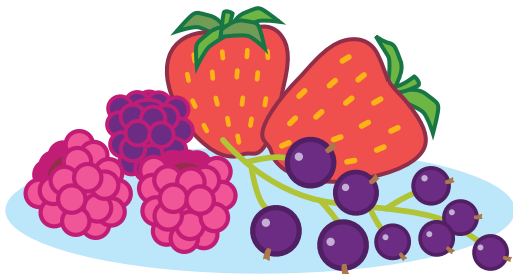
Puuviljad ja mahlad



Suhkur, mesi ja karamell



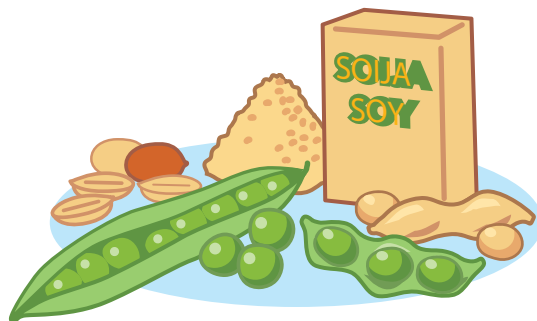
Leiva- ja saiatooted



Marjad



Puder, helbed ja müsli



Kaunviljad



Kartul, riis, pasta, mais, tatar



Piimatooted

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



Köögiviljad

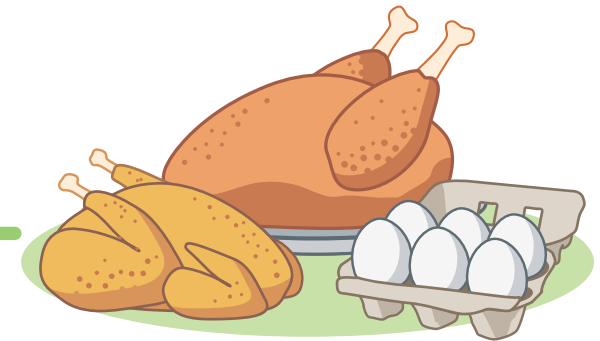


Kala

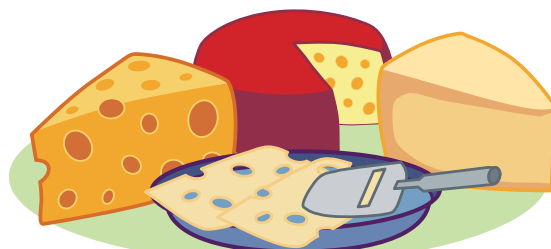


Kohvi, tee, vesi

Ei sisalda
süsivesikuid



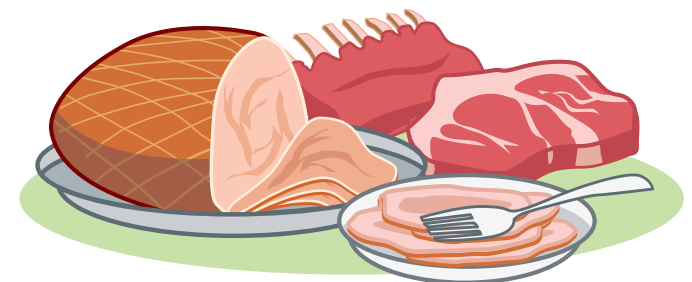
Kana, munad



Juust



Rasvad



Liha