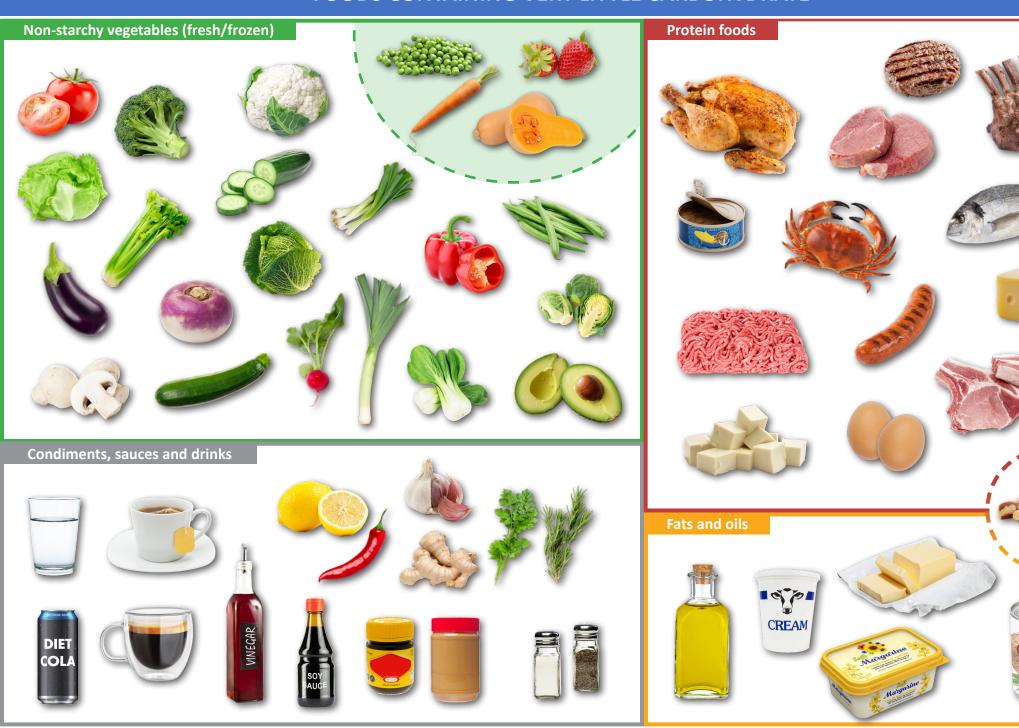
## **FOODS CONTAINING VERY LITTLE CARBOHYDRATE**



## **CARBOHYDRATE CONTAINING FOODS**

All carbohydrates are broken down by the body into glucose. Some carbohydrates digest quickly and others more slowly.









## **Sweet and sugary carbohydrates**

















