

Food Item	CARB/ Calorie	Food Item	CARB/ Calorie	Food Item	CARB/ Calorie
B		B		B	
S		S		S	
L		L		L	
S		S		S	
D		D		D	
S		S		S	

Food Item	CARB/ Calorie	Food Item	CARB/ Calorie	Food Item	CARB/ Calorie
B		B		B	
S		S		S	
L		L		L	
S		S		S	
D		D		D	
S		S		S	