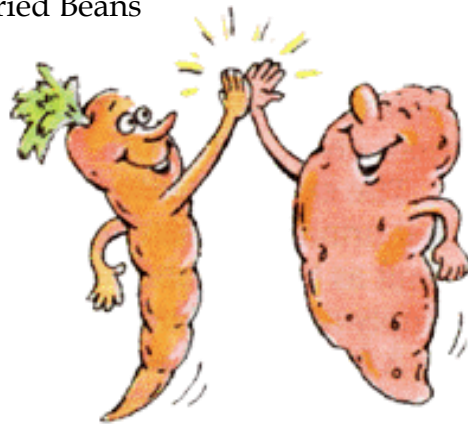
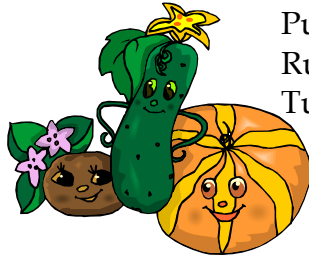


Carbohydrate Content of Fruits & Vegetables



Vegetables

3%	6%	15%	20%
Asparagus	Beans, string	Artichoke	Corn
Bean Sprouts	Beets	Oyster plant	Potato
Broccoli	Brussel Sprouts	Parsnip	Sweet Potato
Cabbage	Chives	Peas, green	Yam
Cauliflower	Dandelion Greens	Squash	
Celery	Eggplant	Carrot	
Swiss Chard	Kale	Dried Beans	
Cucumber	Kohlrabi		
Endive	Leeks		
Lettuce	Okra		
Mustard Greens	Onion		
Radish	Parsley		
Spinach	Pepper, red		
Watercress	Pimento		
	Pumpkin		
	Rutabaga		
	Turnip		



Fruits

3%	6%	15%	20+%
Cantaloupe	Apricot	Apple	Banana
Rhubarb	Blackberries	Blueberries	Figs
Strawberries	Cranberries	Cherries	Prunes
Watermelon	Grapefruit	Grapes	Dried Fruit
Melons	Guava	Kumquats	
Tomato	Lemon	Loganberries	
	Lime	Mango	
	Orange	Mulberries	
	Papaya	Pear	
	Peach	Pineapple (fresh)	
	Plum	Pomegranate	
	Raspberries		
	Tangerine		
	Kiwi		

