

Vegetables



Sugars



# Carbohydrate Rich Food



Milk Products



PULSES



Maize



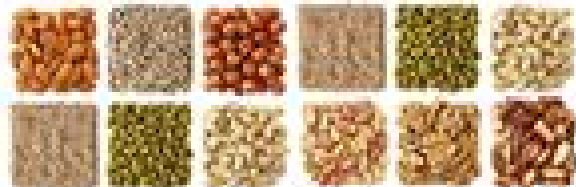
Soybeans



leeks



Burdock



NUTS



Oil Seeds

BRISK



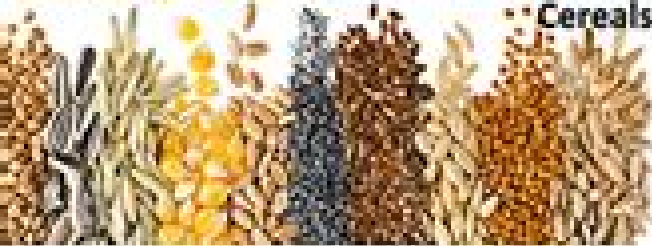
Jerusalem



Onions



Asparagus



Cereals



Potatoes

POST



Chicory



Artichoke

# Carbohydrates In Food

**RC Schank**



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