

← Fewer carbs

More carbs →



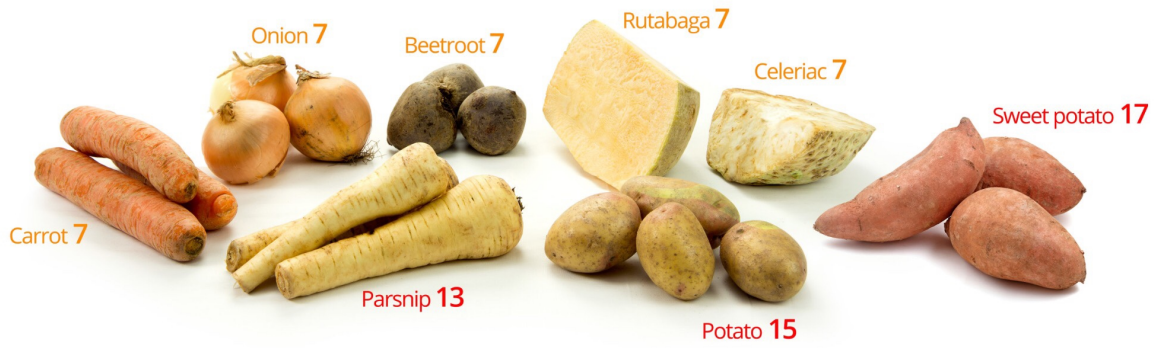
Grains and pure sugar



Peas, corn, beans, lentils, quinoa



Below ground

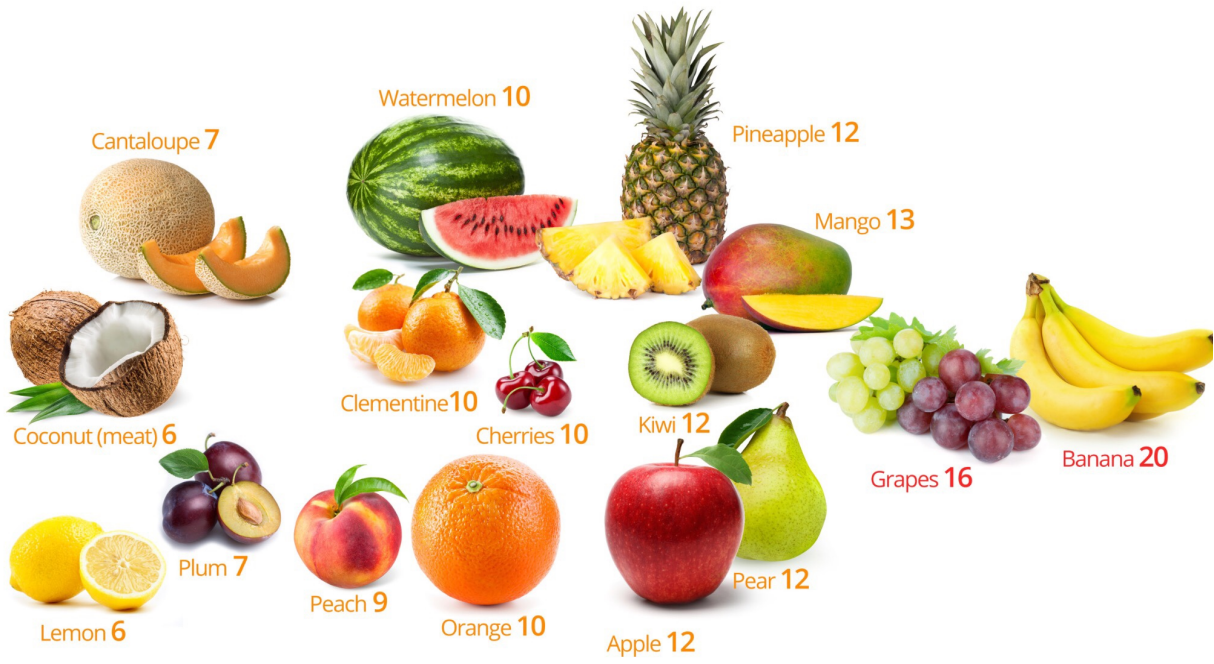


Above ground

Carbs per 100 grams (3.5 ounces)



Fruits



Berries

