


Manje ki rich an idrat kabòn

Chwazi Anpil Fib Vejetal, Idrat Kabòn ki pa gen anpil sik - enpe fib vejetal (+ 3 gram) ak/oswa ti kras sik (6



Pwa, legim

Ti kras lèt

Senp djogou

Fwi

gram oswa mwens)

Bannann, planten

grenn seral konplè, awwàn, ble, pat, pen, ak diri entegral

Fib Idrat Kabòn ki modere – pa anpil fib vejetal (3 gram oswa mwens) ak/oswa enpe sik (6 gram)



Pen blan

Espageti blan, vèmisèl, aspageti

Fwi vejetal - pòmdetè, manyòk, tayo, kasav, elat.

Corn and pwa

Tortilla, chapati, woti

Diri blan

Diminye Kantite Sik, Kantite Idrat Kabòn - tròp sik (10 grams) ak/oswa twò satire (3 gram)



Gato, bonbon, pastisri

Sirèt, Chokola

Ji

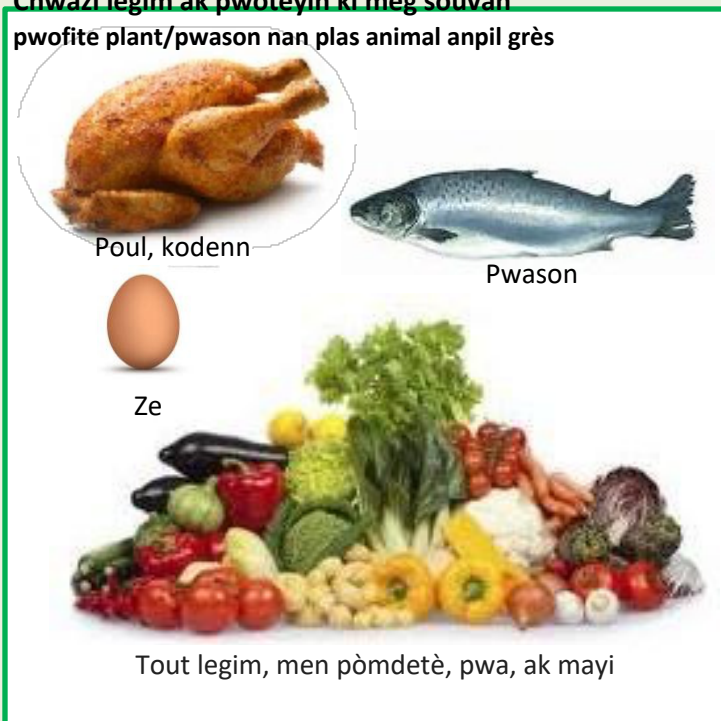
papita, biskwit

ti bisbwit

djogou sikre

Manje ki pa gen anpil idrat kabòn

Chwazi legim ak pwoteyin ki mèg souvan pwofite plant/pwason nan plas animal anpil grès



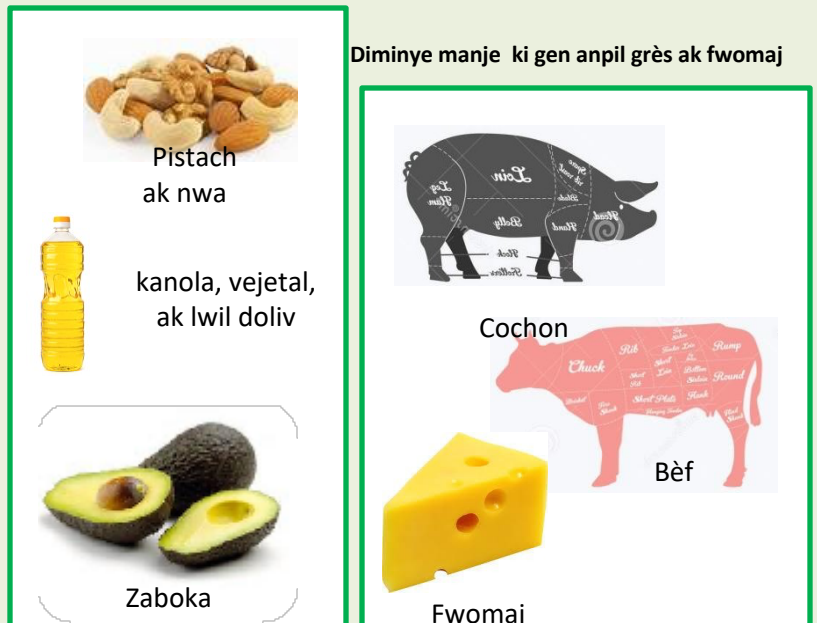
Poul, kodenn

Pwason

Ze

Tout legim, men pòmdetè, pwa, ak mayi

Diminye manje ki gen anpil grès ak fwomaj



Pistach ak nwa

kanola, vejetal, ak lwil doliv

Zaboka

Cochon

Bèf

Fwomaj