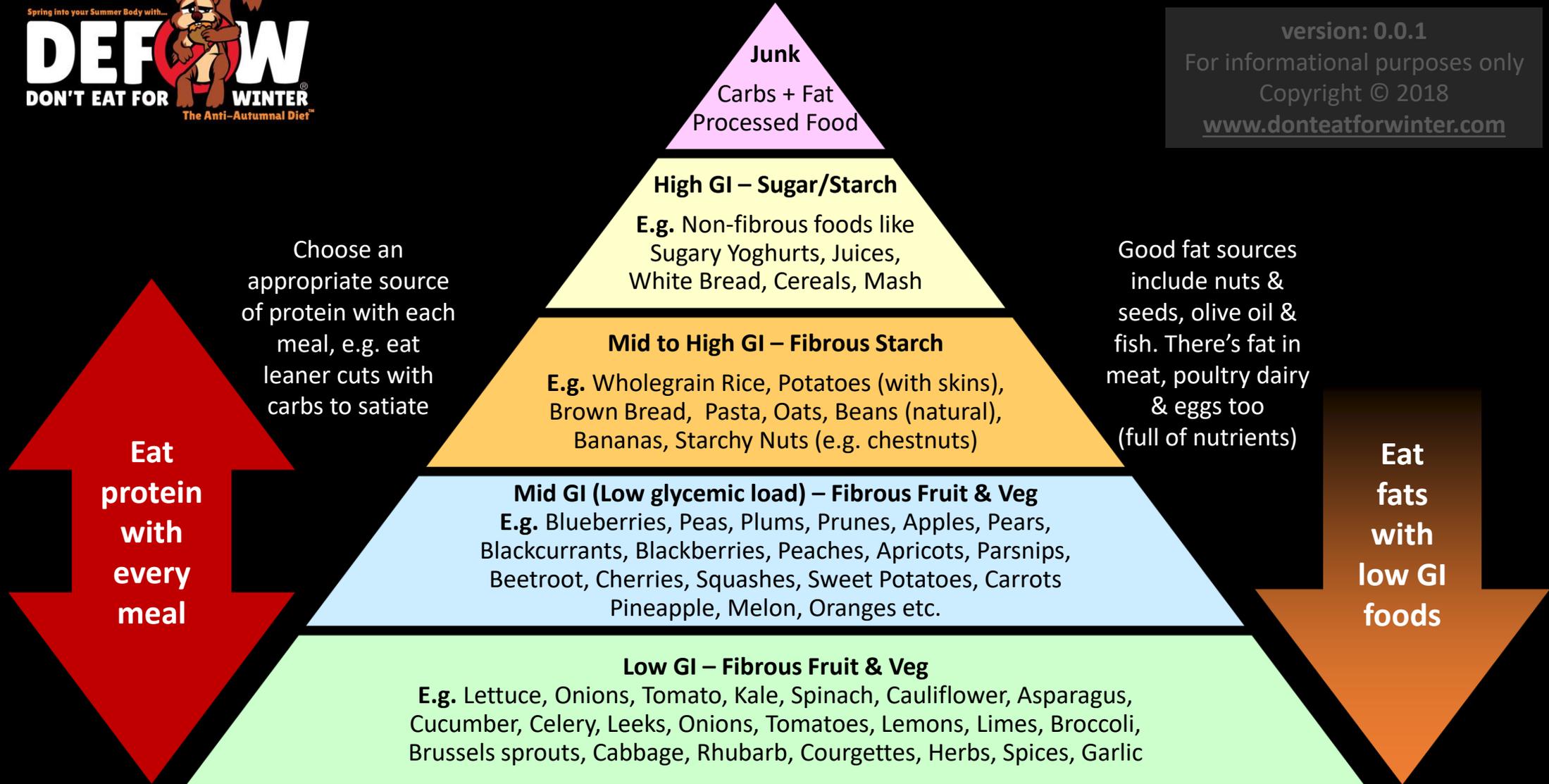


The Carb Pyramid



version: 0.0.1
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Low GI fibrous foods provide lots of minerals and vitamins and are very low calorie
Eat in season, locally sourced veg & fruit on a 5 : 2 (veg : fruit) basis to reduce sugar intake