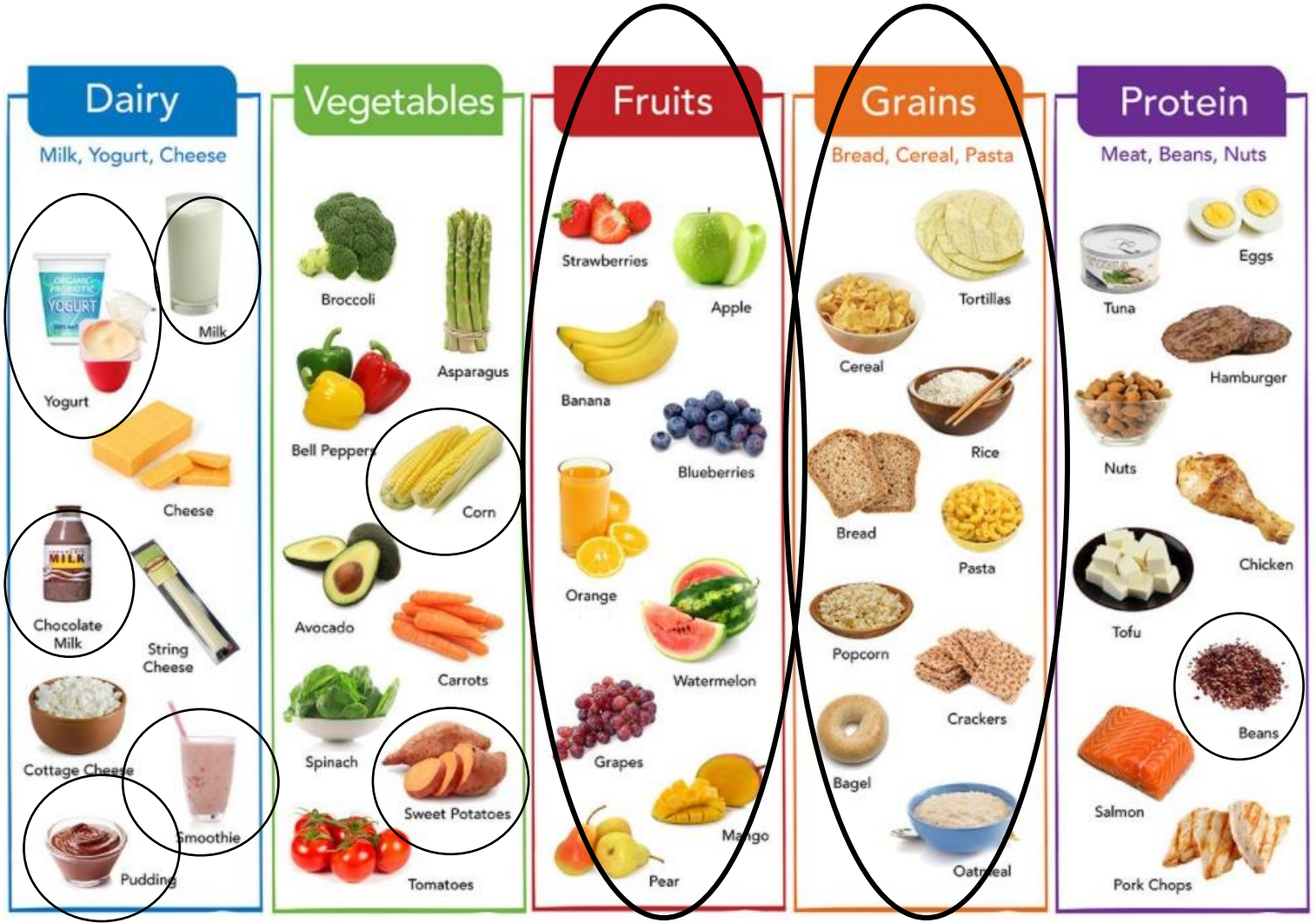
Circled foods = Have carbs

Not circled= No carbs




Peanut Butter