

About 10 grams of carbohydrates



2 dl sour milk "vili"



1 dl ice cream



1 glass of milk (2 dl)



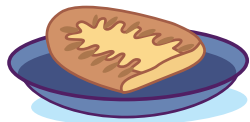
Yoghurt
- with sugar 1 dl
- with sweetener 2 dl



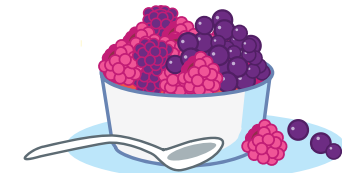
1 fruit (about 100-130 g)
or half a banana (50-60 g)



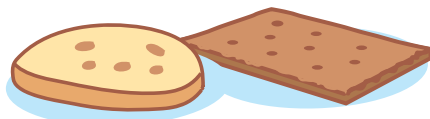
1 potato (size of an egg)



1/2 rye pasty filled with rice, Karelian pasty



2-3 dl berries



1 slice of bread (n. 20-30 g)
1 crispbread
- about half of the weight is carbohydrates



1 dl porridge,
breakfast cereals



3/4 dl of rice, pasta
or mashed potatoes