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| (choices)(grams) | 0 Carbohydrates0 1 2 3 4 5 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | ½ Carbohydrates6 7 8 9 10 ⬣ ⬣ ⬣ ⬣ ⬣ | 1 Carbohydrate11 12 13 14 15 16 17 18 19 20 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |
| 1 ½ Carbohydrate21 22 23 24 25 ⬣ ⬣ ⬣ ⬣ ⬣ | 2 Carbohydrates26 27 28 29 30 31 32 33 34 35 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | 2 ½ Carbohydrates36 37 38 39 40 ⬣ ⬣ ⬣ ⬣ ⬣ | 3 Carbohydrates41 42 43 44 45 46 47 48 49 50 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |
| 3 ½ Carbohydrate51 52 53 54 55 ⬣ ⬣ ⬣ ⬣ ⬣ | 4 Carbohydrates56 57 58 59 60 61 62 63 64 65 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | 4 ½ Carbohydrates66 67 68 69 70 ⬣ ⬣ ⬣ ⬣ ⬣ | 5 Carbohydrates71 72 73 74 75 76 77 78 79 80 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |



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| (choices)(grams) | 0 Carbohydrates0 1 2 3 4 5 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | ½ Carbohydrates6 7 8 9 10 ⬣ ⬣ ⬣ ⬣ ⬣ | 1 Carbohydrate11 12 13 14 15 16 17 18 19 20 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |
| 1 ½ Carbohydrate21 22 23 24 25 ⬣ ⬣ ⬣ ⬣ ⬣ | 2 Carbohydrates26 27 28 29 30 31 32 33 34 35 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | 2 ½ Carbohydrates36 37 38 39 40 ⬣ ⬣ ⬣ ⬣ ⬣ | 3 Carbohydrates41 42 43 44 45 46 47 48 49 50 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |
| 3 ½ Carbohydrate51 52 53 54 55 ⬣ ⬣ ⬣ ⬣ ⬣ | 4 Carbohydrates56 57 58 59 60 61 62 63 64 65 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | 4 ½ Carbohydrates66 67 68 69 70 ⬣ ⬣ ⬣ ⬣ ⬣ | 5 Carbohydrates71 72 73 74 75 76 77 78 79 80 ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |