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| (choices)  (grams) | 0 Carbohydrates  0 1 2 3 4 5  ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | ½ Carbohydrates  6 7 8 9 10  ⬣ ⬣ ⬣ ⬣ ⬣ | 1 Carbohydrate  11 12 13 14 15 16 17 18 19 20  ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |
| 1 ½ Carbohydrate  21 22 23 24 25  ⬣ ⬣ ⬣ ⬣ ⬣ | 2 Carbohydrates  26 27 28 29 30 31 32 33 34 35  ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | 2 ½ Carbohydrates  36 37 38 39 40  ⬣ ⬣ ⬣ ⬣ ⬣ | 3 Carbohydrates  41 42 43 44 45 46 47 48 49 50  ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |
| 3 ½ Carbohydrate  51 52 53 54 55  ⬣ ⬣ ⬣ ⬣ ⬣ | 4 Carbohydrates  56 57 58 59 60 61 62 63 64 65  ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ | 4 ½ Carbohydrates  66 67 68 69 70  ⬣ ⬣ ⬣ ⬣ ⬣ | 5 Carbohydrates  71 72 73 74 75 76 77 78 79 80  ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ ⬣ |



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