

CARBOHYDRATE RICH FOODS



Sugar
(चीनी)
Carbohydrate - 100g



Jaggery cane
(गुड़)
Carbohydrate - 83g



Rice, raw, milled
(चावल)
Carbohydrate - 78 g



Wheat flour, refined
(मैदा)
Carbohydrate - 74 g



Horse gram, whole
(कुलती)
Carbohydrate - 57 g

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Red gram dal
(अरहर की दाल)
Carbohydrate - 55 g



Mushroom oyster, dried
(डिंगरी मुषरूम)
Carbohydrate - 33 g



Banana
(केला)
Carbohydrate - 25 g



Sweet potato
(शकरकंदी)
Carbohydrate - 24 g



Milk, whole, buffalo
(भैंस का दूध)
Carbohydrate - 9 g

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