Facilitator's Guide Diabe **Free Vegetables Starches** Dairy **Proteins Fruits** Carb aka "energy food" Not an energy food Carb aka "energy food" Not an energy food Carb aka "energy food" Carb aka "energy food" Carb aka "energy food" Carb aka "energy food" Not an energy food Not an energy food CHOPPED Carb aka "energy food" Not an energy food Carb aka "energy food" Not an energy food Carb aka "energy food" Carb aka "energy food" Carb aka "energy food" Carb aka "energy food" Not an energy food Not an energy food Leche de arroz Carb aka "energy food" Carb aka "energy food" Carb aka "energy food" Not an energy food Not an energy food Leche

de soya

Carb aka energy food

Not an energy food

Carb aka energy food

Not an energy food

Carb aka energy food