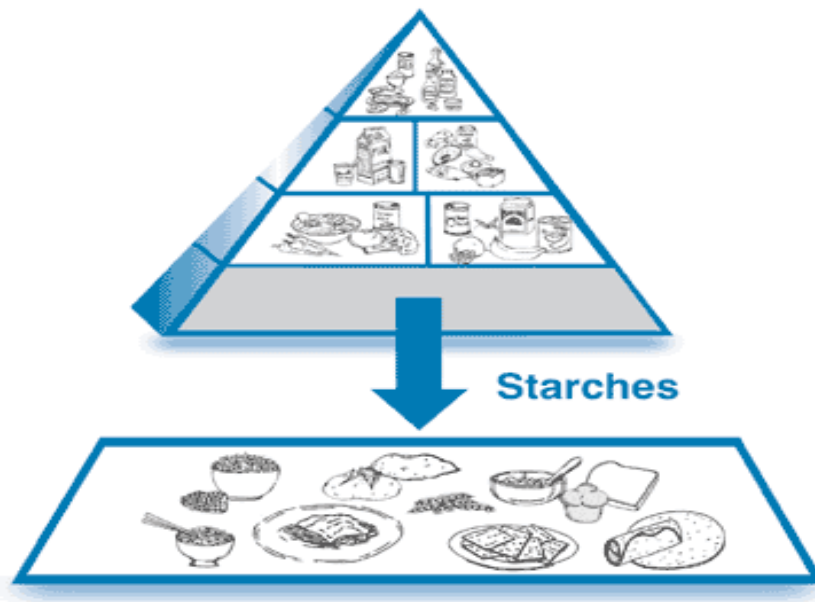


STARCHES



Examples of starches include

- bread
- potatoes
- tortillas
- pasta
- rice
- beans
- corn
- crackers
- yams

How much is a serving of starch?

Examples of 1 serving:

