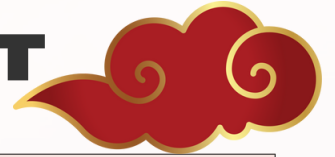


CHINESE NEW YEAR CARB CHART



DISH	SERVING SIZE	CARB COUNT
CRUCIAN CARP	1 G	0.1 G
CHŪN JUǎN	1 PIECE	8 G
JIǎO ZI	1 G	23.8 G
ZHĒNG YÚ	1 PIECE	7.7 G
NIÁN GǎO	1 PIECE	76 G
LONGEVITY NOODLES	4 OZ	70 G
CHINESE MUD CARP	1 PIECE	2.4 G
CATFISH	1 PIECE	0.6 G
BAMBOO SHOOTS	1 CUP	8 G
MUSKMELON	1 SLICE	4.5 G
SEAWEED	7 G	1.7 G
FA GAO	1 SLICE	35 G
TANGYUAN	1 BALL	8.7 G
BRAISED SHIITAKE MUSHROOMS	1 G	7 G
TANGERINE	1 TANGERINE	12 G
ORANGE	1 ORANGE	18 G
JUJUBE	100 G	20 G
EIGHT TREASURES RICE	1 /4 CUP	36 G
LION'S HEAD MEATBALLS	1 BALL	2.8 G