Carbohydrates

Sugars: Simple Carbohydrates
Starches: Complex Carbohydrates
Dietary Fiber
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Carbohydrates

• Largest part of a healthy diet
• Body’s main source of energy
• Come mostly from plant foods
• Three types
  – Sugars
  – Starches
  – Fiber
Sugars: Simple Carbohydrates

- Digested quickly
  - Monosaccharide
    - Glucose
    - Fructose
    - Galactose
  - Disaccharides
    - Sucrose
    - Lactose
    - Maltose

Sugar in food:
- Apples
- Strawberries
- Oranges
- Carrots
- Beets
- Milk
Starches: Complex Carbohydrates

- Requires more work for body to digest
  - Polysaccharide

Starches in food:
- Grains or grass seeds
- Peas
- Corn
- Beans
- Winter squash
- Potatoes
Dietary Fiber

- Helps digestive system work properly
- Helps protect body from heart disease and cancer
- Teens need 26 to 38 grams of dietary fiber a day
- Adults need 19 to 38 grams of dietary fiber a day

Fiber in foods:
- Only in plant sources
  - Fruits
  - Vegetables
  - Whole grain products
  - Nuts, seeds, and dry beans
  - Peas and lentils
The Benefits of Whole Grains

Click on link
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References and Resources

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