Carbohydrates

Sugars: Simple Carbohydrates
Starches: Complex Carbohydrates
Dietary Fiber
ChooseMyPlate – Grains and Carbohydrates

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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

Sugar is the form of carbohydrate that supplies energy to the body.
Starches are a carbohydrate with a more complex chemical structure than a sugar.
Fiber is a plant material that cannot be digested (not a nutrient, but essential to good health).
### Sugars: Simple Carbohydrates

<table>
<thead>
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<th></th>
<th>Sugars in food:</th>
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</thead>
<tbody>
<tr>
<td>Digested quickly</td>
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<tr>
<td>Monosaccharide</td>
<td>Apples</td>
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<tr>
<td>Glucose</td>
<td>Strawberries</td>
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<tr>
<td>Fructose</td>
<td>Oranges</td>
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<td>Galactose</td>
<td>Carrots</td>
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<td>Disaccharides</td>
<td>Beets</td>
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<tr>
<td>Sucrose</td>
<td>Milk</td>
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<td>Lactose</td>
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<td>Maltose</td>
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Simple Carbohydrates are carbohydrates with a simple chemical structure.

Monosaccharide is a sugar with a single chemical unit.
- Glucose – mildly sweet sugar found in fruits, vegetables, honey and corn
- Fructose – lightly sweet sugar found in fruits, many vegetables and honey
- Galactose – not very sweet sugar found in few foods including milk. Helps create milk sugar (lactose)

Disaccharides – a sugar made of two monosaccharides.
- Sucrose – found in fruits, sugar cane, and sugar beets
- Lactose – found only in milk and milk products
- Maltose – forms when starch is digested
Starches: Complex Carbohydrates

- Requires more work for body to digest
  - Polysaccharide

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

Polysaccharide is a sugar made of several monosaccharides.
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

Dietary fiber is sometimes called bulk, cellulose, or roughage.
Click on hyperlink The Benefits of Whole Grains to view video.

The Benefits of Whole Grains
Dietitian provides tips and tricks on how to eat better for weight loss and incorporate grains into your diet.
http://youtu.be/j6OWmgqrcbY
Questions?
References and Resources

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