

CARBOHYDRATES

Function: = Energy
vital processes
as **FAT** – if you
Carbohydrates are



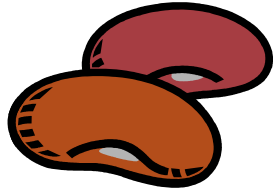
Preferred source (60%) for
and activity. Excess is stored
don't use it, you wear it!
100% fat free - - hmmm?

Food Sources:



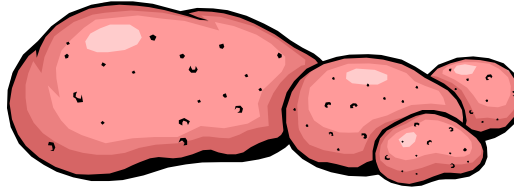
1. All foods made from **grain/flour**
Cereal, pasta, breads etc.

These
protein.



2. **Seeds** which are 40% starch by
weight, lima beans, pinto, kidney,
also contain a substantial amount of

3. **Tubers:**
potato,
yam and



sweet potato are excellent sources of
carbohydrates in many non-western societies.

TYPES OF CARBOHYDRATES:

Simple: sugars, easily broken down by the body, quick
energy, they can provide other nutrients or relatively few
depending on the source (fruit juice vs. soda pop)

Complex: starch, not easily broken down, long lasting
energy, provide other nutrients as well

Fiber: classified a non-nutrient, chemically it's a
complex carbohydrate, so complex we can't break it down.
BOTH PROVIDE 4 CALORIES PER GRAM (1 t. = 5 g.)

Complex are the healthier choice!