

What do the following items have in common?



Jolly Ranchers
Bananas



Whole Wheat Bread



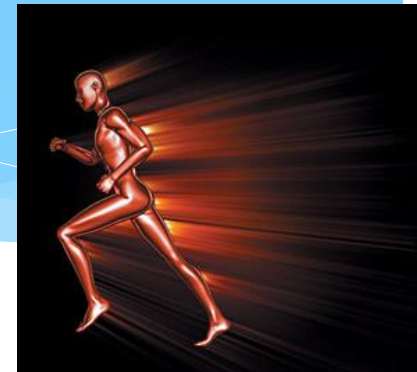
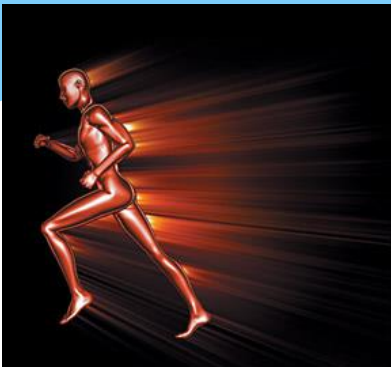
CARBOHYDRATES

Sugars and starches that occur naturally in foods , primarily in plants.



The major function of carbs is to
provide

ENERGY



Food Sources of Carbohydrates

Food Sources of Carbohydrates

Rice

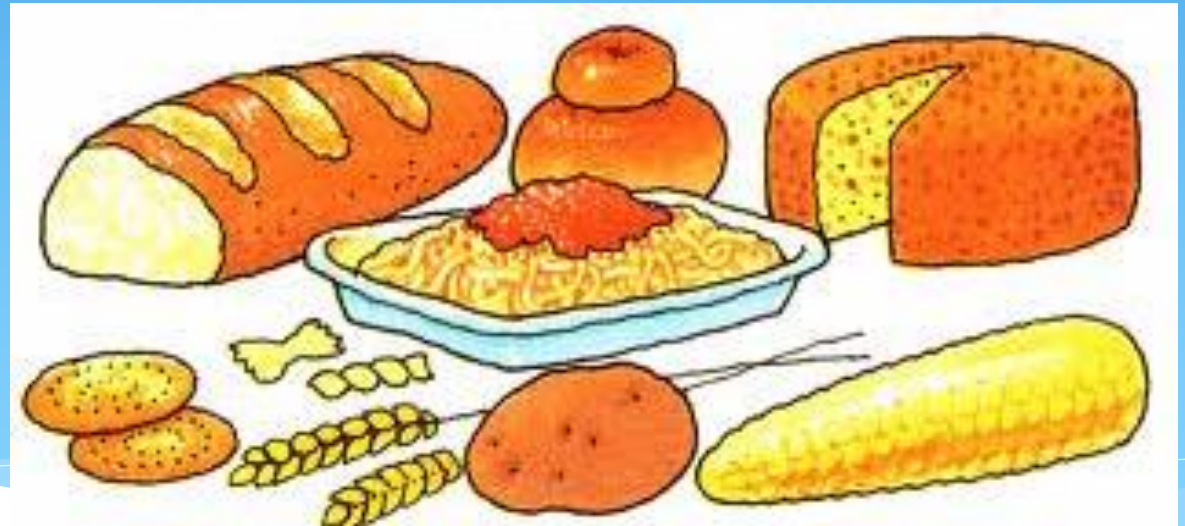
Pastas

Fruits

Potatoes

Breads

Corn



SIMPLE CARBS

sugar molecules that remain separate

Fruits

Many vegetables

Milk and milk products

Sodas

Candies



COMPLEX CARBS

sugar molecules that join together to form long chains called starches and fiber

Rice

Pasta

Dried beans

Potatoes

Oatmeal



Notice that both fruits &
candies appear together.
Which is the:

Empty Calorie Food?
Candy

The Natural Sugar?
Fruit

The Refined Sugar?
Candy



Carbs convert to



Sugar

Which goes into the bloodstream
and the body makes



Insulin

Too Many Carbs in Diet Can:

- Cause weight gain if stored and not used in exercise
- Lead to Diabetes; Type II if eating a lot of refined-→ leads to weight gain
- Cause energy bursts if refined & Continued energy if complex carbs have been overloaded

Too Few Carbs in Diet

- Cause “shaky” & light headed feeling
- Low energy; lethargic feelings
- Can affect diabetes if you already have it