![C:\Users\vveigel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\4NH5DKQ7\MC900228875[1].wmf]()Carbohydrates

* The main function of carbohydrates is to provide \_\_.
* Carbohydrates provide calories per gram.
* % of our food should come from carbohydrates.
* If we eat more carbohydrates than are needed for , the extra is stored in the liver or in the tissues as \_\_\_\_\_\_\_\_.

**3 TYPES of Carbohydrates:**

**1. Simple Carbohydrates**

* Simple carbohydrates are \_\_\_\_\_energy sources.
* They come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* They do not usually supply any other nutrients or fiber.

Examples of simple carbohydrates:

**2. Complex Carbohydrates**

* Complex carbohydrates\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into simple sugars in the digestion process.
* This process is what gives us \_\_\_\_\_\_\_\_\_\_\_\_.
* Complex carbohydrates come from \_\_\_\_\_\_\_\_foods such as :

Examples of complex carbohydrates:

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is also a carbohydrate. It is found in whole grains, fruits & vegetables.

* Most carbohydrates come from plant sources and fall under the \_\_\_\_\_group.

**Grain Facts**

1. The edible seeds of certain grasses are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Grains are a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food.

3. When grains are milled many of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are lost.

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grains have had the vitamins and minerals replaced.

Types of grains:

Foods made of grains:

1 serving = oz. oz. daily is recommended.

Nutrients in grains:

|  |  |
| --- | --- |
| **Parts of a wheat kernel** | **Nutrients** |
| **Endosperm** |  |
| **Germ** |  |
| **Bran** |  |

Give a description of these simple carbohydrates:

|  |  |
| --- | --- |
| **Types of Sugar** | **Description** |
| **Glucose** |  |
| **Sucrose** |  |
| **Fructose** |  |
| **Maltose** |  |
| **Lactose** |  |

* How do you know if a food has sugar in it?