

# Carbohydrate



## What does it do?

- Supplies energy.
- Carries other nutrients present in foods.
- Spares protein for purposes of body building and repair.
- Rapidly oxidize to provide fuel, energy and heat.

## What are the negative effects?

- Raises Triglycerides in the blood.
- Excess - converted to fat and stored as adipose tissue, obesity, diabetes.
- Decreases appetite and not good if underweight or poor appetite.
- Tooth decay.

## Best Food Sources:

- Complex Carbohydrates (High Fiber) - Whole grains, legumes, fruits, beans, corn, peas, lentils, baked beans, refried beans.
- Simple Carbohydrates - juices, sugar, jellies, jams, honey, molasses.

## Information:

- Simple or complex and your body converts it to glucose (blood sugar) to use for energy.
- Contains 4 calories per gram - usually 55 to 60% of your calories.
- Carbohydrates - trigger an increase in the neurotransmitter called serotonin and this affects the mood (calming effect).
- Excess Carbohydrate - results in being sleepy and energy-starved.
- Indigestible form - cellulose - provides bulk for the intestines, greatly aids digestion, elimination and helps to decrease the consumption of processed and refined foods.

