**Carbohydrates**

**Types of Carbohydrates:**

 **Simple:**

 **Complex:**

 **Fiber:**

**Functions of Carbohydrates:**

**Insulin:** (a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regulating hormone gets released to normalize blood sugar \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If cells need energy, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ goes directly to them. If no energy is needed, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is converted to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and stored in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you eat more carbohydrates than the body can convert into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, then the ­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ converts them into \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Carbohydrate Needs**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your daily energy should come from Carbohydrates.

Emphasis should be placed on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for their added \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ benefits.

Simple carbohydrates appear in almost all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods

Limit your intake of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sugars, which are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in calories and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in other nutrients.

**Glycemic Index:**

**Whole Grains:**

Whole grains should be emphasized over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grains.

The whole grain consists of the \_\_\_\_\_\_\_\_\_\_\_\_\_, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which are excellent sources of healthy fats, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, minerals, carbohydrates, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 **What is the problem with refined grains?**

**Healthier Eating**

* Moderation is the key.
* Learn to spot sugar’s aliases on food labels: dextrose, fructose, maltose, malt syrup, sucrose and corn syrup all mean sugar. Watch out if these are among the first 3 ingredients!
* Buy breakfast cereals with 8 grams of sugar or less per serving. And don’t add sugar to your cereal!
* Consider pop to be a treat, and opt for water, skim milk, 100% fruit juice or club soda flavoured with lemon or lime more often.
* Choose fresh fruit over canned fruit packed in syrup.
* When baking, cut the amount of sugar you use by a quarter or even a third.
* Check the labels of “low fat” or “fat free” foods – they may have as much or more sugar than the full fat version!

**Summarize Artificial Sweeteners:**