

## What are carbohydrates?

Carbohydrates are foods that turn into glucose after being digested.

This is the body's main source of energy, and is especially important for the brain, which cannot use other energy sources (such as fats or proteins) easily.

### Types of carbohydrates

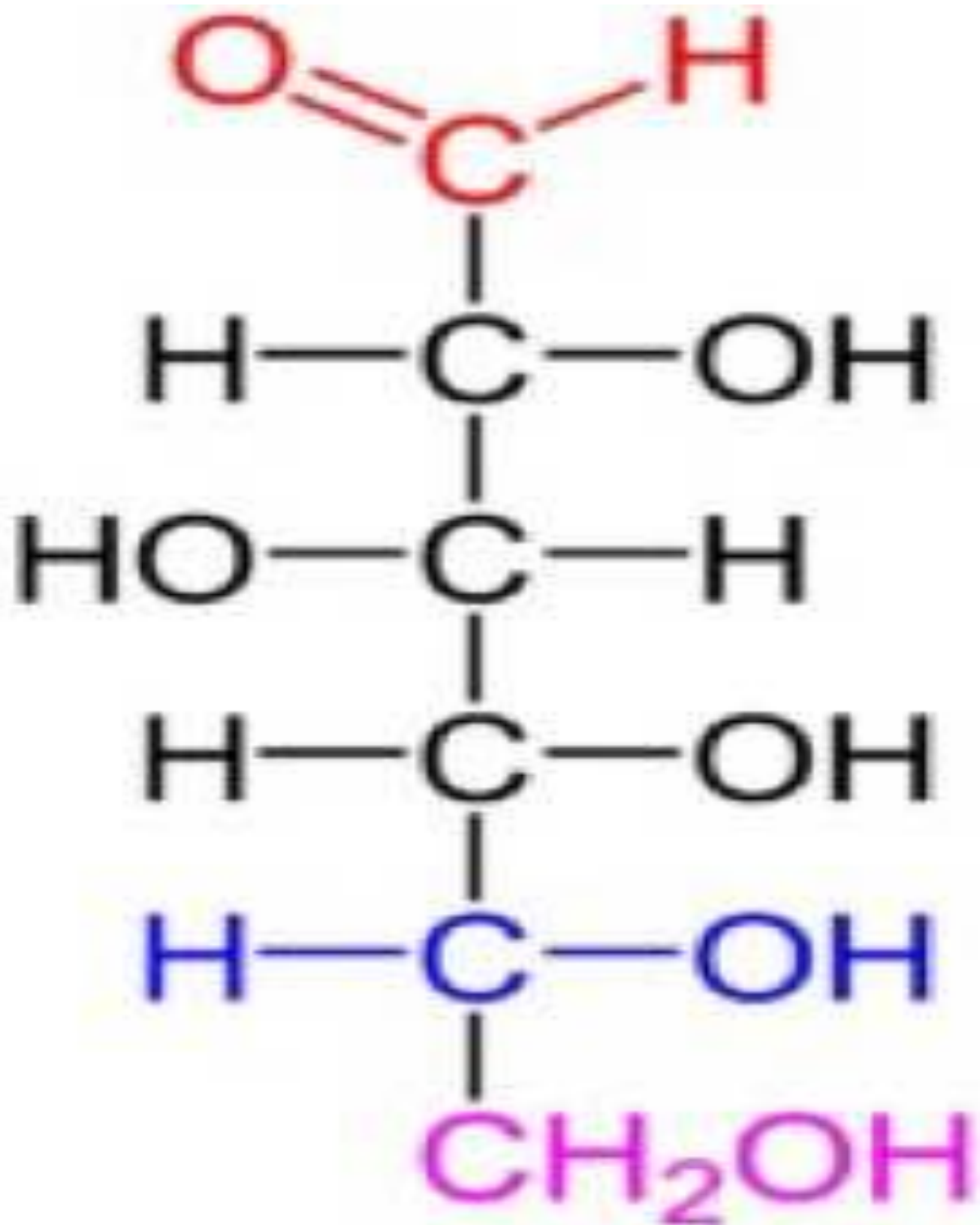
There are two main types of carbohydrates:

Simple carbohydrates: contain sugars and are available in foods such as: food sugar, honey, dairy products, fruits, and juice.

Complex carbohydrates: These are starches - long chains of glucose molecules - that include grain products such as bread, chips, pasta and rice. It can be divided into:

Refined carbohydrates.

Whole grain carbohydrates



Common sources of naturally occurring carbohydrates include:

fruits

vegetables

the milk

nuts

cereal

Seeds

Legumes



fiber

They are healthy carbohydrates that are not digested or broken down within the body and have been shown to be beneficial for heart health and weight management, and what makes them one of the healthy carbohydrates is that they contain a number of vitamins and minerals.

What is the relationship of carbohydrates and the glycemic index?

The glycemic index, or glycemic index, is a system of ranking foods containing carbohydrates on a scale from 0 to 100 according to how quickly they raise blood sugar (glucose) levels when they are eaten.

High glycemic index foods are foods that are quickly digested, absorbed, and metabolized within the body. These foods lead to marked fluctuations in blood sugar levels that affect cardiovascular health.

Examples of foods rich in carbohydrates with a high glycemic index:

Potatoes.

white bread.

Short grain rice.

Thank You