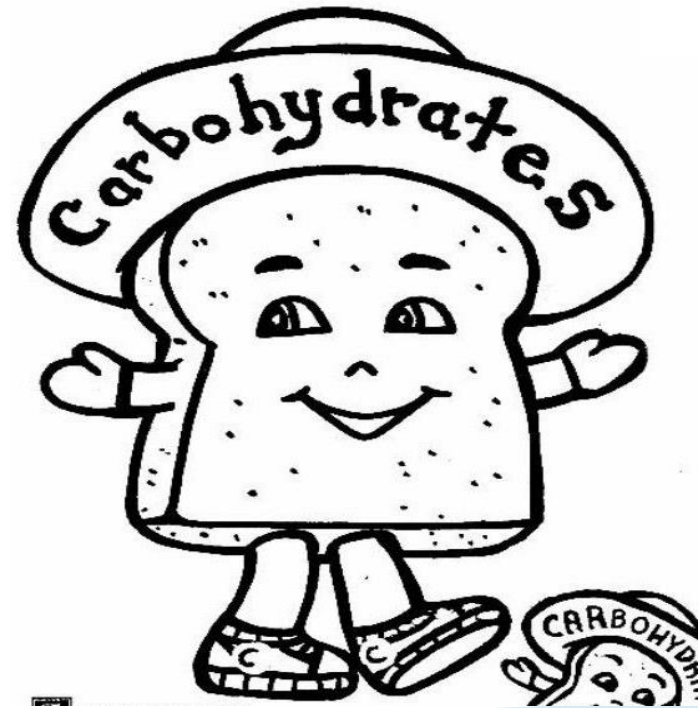


Chapter 2

Preview from Notesale.co.uk
Page 1 of 34

Carbohydrates

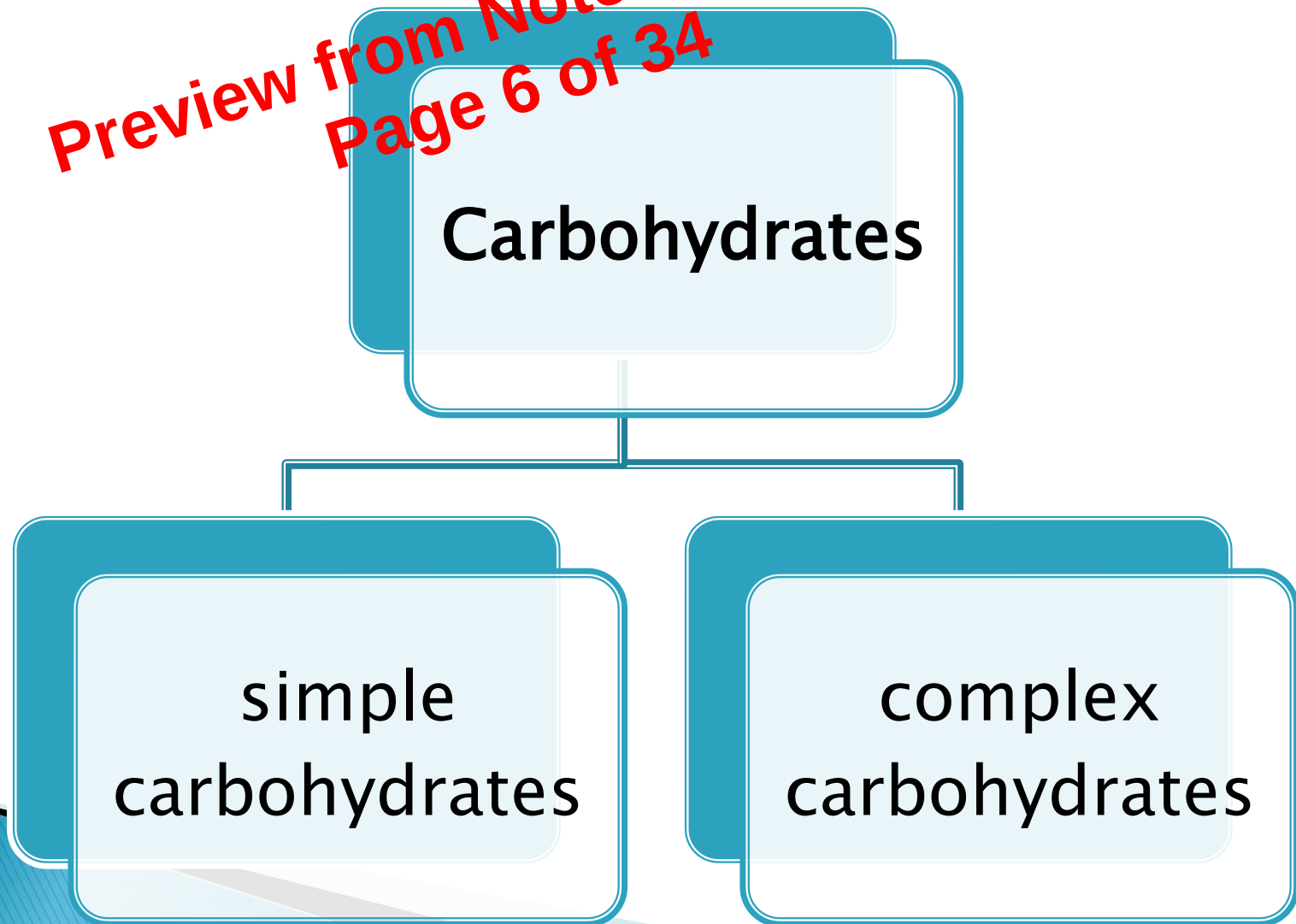


Introduction

- ▶ A carbohydrate is an organic compound with the formula $C_6H_{12}O_6$.
- ▶ Carbohydrates, proteins, and fats supply 90% of the dry weight of the diet and 100% of its energy.
- ▶ All three provide energy (measured in calories), but the amount of energy in 1 gram differs:
 - 4 calories in a gram of carbohydrate or protein
 - 9 calories in a gram of fat.
- ▶ These nutrients also differ in how quickly they supply energy. Carbohydrates are the quickest, and fats are the slowest.

Types of carbohydrates:

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Page 6 of 34



Complex carbohydrates must be broken down into simple carbohydrates before they can be absorbed

They tend to provide energy to the body more slowly than simple carbohydrates but still more quickly than protein or fat.

they are digested more slowly than simple carbohydrates, they are less likely to be converted to fat.

They increase blood sugar levels more slowly and to lower levels than simple CHO but for a longer time

preview from Notesale.co.uk
page 12 of 34

Preview from Notesale.co.uk
Page 17 of 34

Raisin Bran ²	87	61
Sweet corn ²	86	60
Couscous ²	61	61
Rice ²	73	51
Brown rice ²	72	50
Ice cream ²	89	62
Soy milk ²	63	44
Raw apple ²	57	40
Banana ²	73	51
Orange ²	69	48
Raw pineapple ²	94	66
Baked beans ²	57	40
Dried beans ²	52	36
Kidney beans ²	33	23
Lentils ²	40	28
Spaghetti, durum wheat (boiled) ²	91	64
Spaghetti, whole meal (boiled) ²	32	46
Sucrose ²	83	58