

## **CHAPTER 4**

# **CARBOHYDRATES**

### **OVERVIEW**

This chapter discusses the energy yielding nutrient, carbohydrates. Simple and complex carbohydrates are defined and identified with a highlight on fiber. Carbohydrates found in the food we eat are presented with a Looking Further section exploring various alternative sweeteners. The digestion and absorption of carbohydrates are examined. The hormonal regulation of blood glucose is discussed along with diseases that affect the regulation. Carbohydrate intake recommendations are summarized including the new RDAs and simple sugar recommendations from the Food and Nutrition Board. The importance of complex carbohydrates and their role in maintenance of health are explored. The potential health effects of excess sugar consumption and lactose maldigestion are illustrated along with new information on Glycemic Index, Glycemic Load.