

CARBOHYDRATES

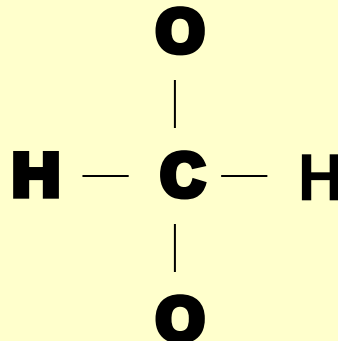
Nutrients: Chemical compounds that make up the food we eat.

MADE FROM THE ELEMENTS:

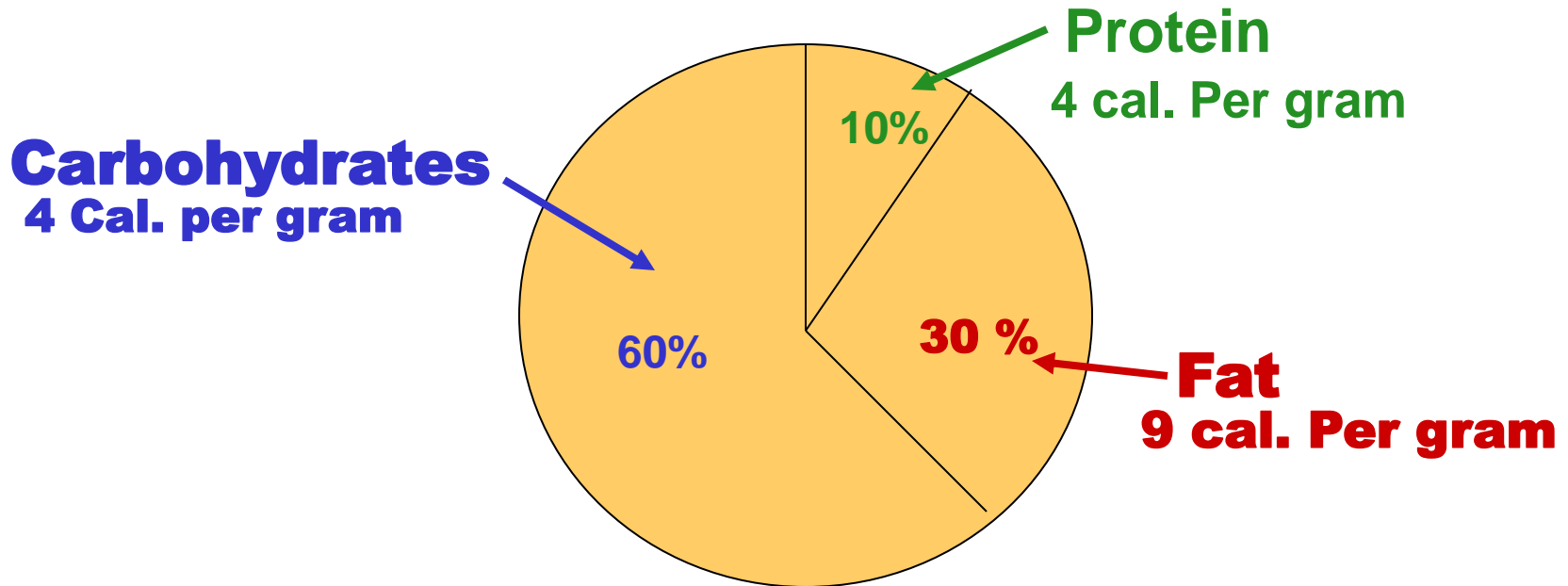
CARBON

HYDROGEN

OXYGEN



PERCENT OF DAILY CALORIES FROM ENERGY NUTRIENTS



Math Assignment

Calculate the number of carbohydrate, fat, and protein calories you need based on the calories you need daily according to your MyPyramid.

Carbohydrate calories: $.6 \times 1800 = \underline{\hspace{2cm}}$ calories

Protein calories: $.1 \times 1800 = \underline{\hspace{2cm}}$ calories

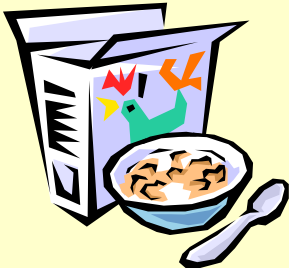
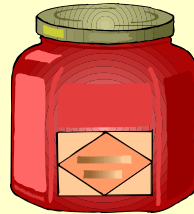
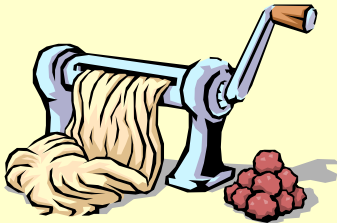
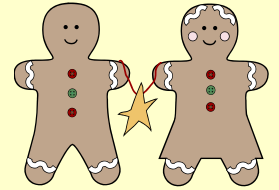
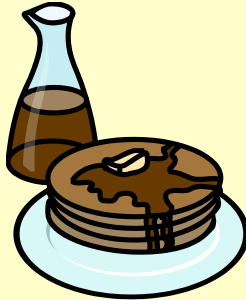
Fat calories : $.3 \times 1800 = \underline{\hspace{2cm}}$ calories

FUNCTIONS OF CARBOHYDRATES

- Supply body's **ENERGY**
- In the **DIGESTION** process they **OXIDIZE** and **METABOLIZE** fats and proteins



FOODS CONTAINING CARBOHYDRATES



MORE
CARBOHYDRATES
THAN NEEDED FOR
ENERGY?

FAT!!!



CARBOHYDRATES COME MAINLY FROM???

PLANT SOURCE FOODS

GRAINS

VEGETABLES

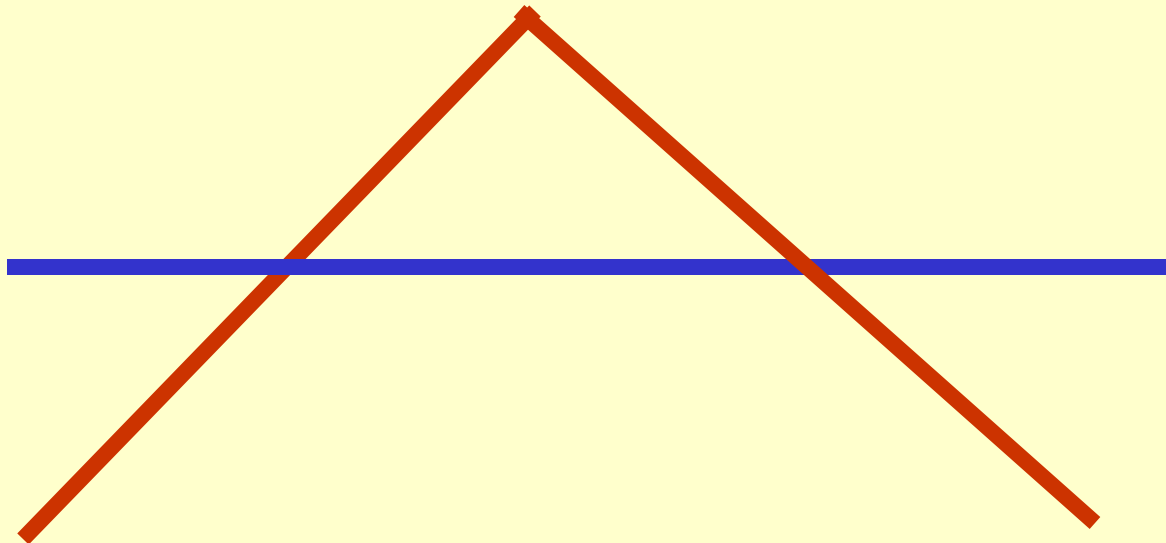
FRUITS

**Animal source in
milk is **lactose****

TYPES OF CARBOHYDRATES

SIMPLE

COMPLEX



SIMPLE CARBOHYDRATES

SUCROSE

**Granulated, powdered,
& brown sugar**

FRUCTOSE

**Fruits and
saps**

MALTOSE

Grains

LACTOSE

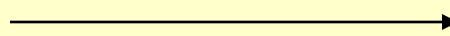
Milk & dairy products

GLUCOSE

**Blood sugar, form all
carbohydrates need to be
in for body to use.**

COMPLEX CARBOHYDRATES

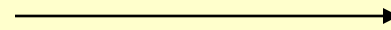
STARCH



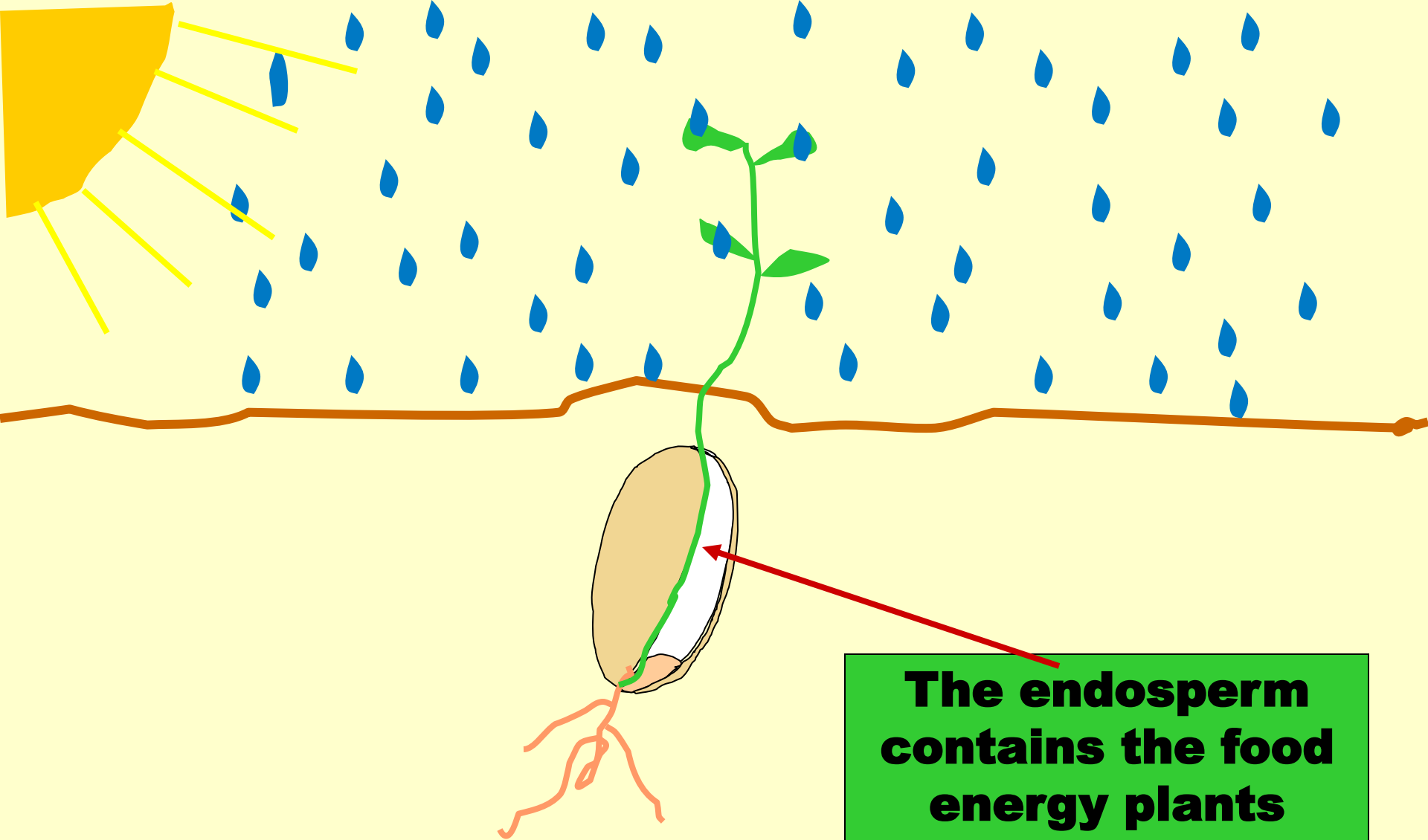
GLUCOSE

DIETARY FIBER

**RICHEST SOURCE OF
COMPLEX
CARBOHYDRATES**



SEEDS



The endosperm contains the food energy plants need until they can develop roots and leaves.

READING DIETARY LABELS FOR CARBOHYDRATE INFORMATION

Sugars refer to
SIMPLE
Carbohydrates

Others refers to
COMPLEX
Carbohydrates

Nutrition Facts

Serving Size ½ cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4