

# [Nutrition assignment](https://assignbuster.com/nutrition-assignment-essay-samples-3/)

Carbohydrates Glucose simplest sugar found primary in plan based foods Moons desirable form of energy Body always wants to use most observable easiest to use Eventually some skateboarding Veggies are much easier to digest If body consumes egg of crabs burning same as consume don’t gain weight Body will use some but leftovers become fat Have fat storage Body can only store so much…. Via cogent Have to eat healthy carbohydrates Photosynthesis Plants / leaves stored carbohydrates. -glucose stored as starch Good crabs vs. bad crabs Bad have a lot of starch no real nutrition Anything in excess. Stored in the form of fat

Glucose in plants starch In animals glycogen In tag end in order tube absorbed in body it must be in form of glucose Clangor and insulin control blood sugar are the hormones that control blood sugar – in respect to diabetes Selenologists breakdown of glycogen into glucose when blood stream sugar VI gets low Clangor released by pancreas Glycogen broken down into glucose It is from the muscles and liver Glossiness’s Creation of glucose Glycogen must be released for glossiness’s to occur Simple vs. complex crabs Good give nutrition give vitamins minerals Bad give only energy and spike in blood sugar Bad are mono- and did-carries

Maltose glucose+glucose Sucrose glucose+ fructose Lactose glucose+ calaboose ( all components are inconsiderate) With fruits you do get some good Gets fiber ND nutrients 1 cookie takes 20 minutes to work it off Complex crabs Polysaccharides Long chains linked typesetter Complex Starch Storage in plants Amylase straightening of glucose unit Implementation branches out onto single chain glycogen in animals Fiber Implementation h a s more exposure to the amylase Fiber fermentation?

Happens in large intestine IEEE : Cellulose homelessness founding plants stalks Aligning pectin Potatoes are used as. Filler But outside has fiber Functional fibers metallic etc Should get fiber from foods naturally Soluble fiber absorbs water ND becomes a gel and ferments Moves slowly Pectin in veggies. Petulance in oats. And gumming legumes. Insoluble groceries through cellulose homelessness aligning Seeds re insoluble. Same as corn Inside apples soluble Out side insoluble Glycogen.

Branched glucose similar to Implementation Stored in liver and muscle cells Only limited amounts important source of glucose for blood Nutrition in real world Grains important staple and source of nutrition Three edible parts bran endosperm germ Refined grins. Milling removes bran and germ gallium Some vitamin b vitamins iron photochemical and dietary fiber lost as a result IEEE whet or white bread, white rice Enriched grains.

Folic acid , thiamin, niacin, riboflavin and iron added to restored some of lost nutrition Whole grains food continually three parts Brown rice, oatmeal, whole wheat bread Want to eat entire oat/grain Multiplying are good Wheat bread not a good choice Flour. Should use very little in cooking Digesting meal of pasta (starch) Milk (lactose) and cherries(sucrose and fiber) Digest crabs in mouth and insistence Starts breaking down amylase implementation in pasta into smaller starch units and maltose

Carbohydrate absorption Break down polysaccharides into mono acridness Takes Tit 4 hour be complementary down Teeth start digestion salivary amylase starts to hydrology crabs In stomach citric Juices. Inactivate amylase Chem. into duodenum Fiber passes thru small intestines and promotes healthy digestive tract Carbohydrates count Added sugars naturally occurring sugars found in fruits and dairy Usually more nutrient defense, provide more nutrition power bite Americans consumes ebbs of sugar per person Metropolises Processed foods and sweets contain added sugars Yearly consumption increased over 20% between Andean 2000

Research does not support claim that sugar promotes hyper activity Too sugar lowers good had increase triglycerides Moderation, balance, and staying within daily calorie need essential when comes to added sugars Sugars on food labeled appear under numerous names Honey and fructose are not nutritionally superior To sucrose Naturally occurring sugars are not distinguished from added sugars o on food labels Crabs play a role in dental captivities Presentable sugars and starch feed bacteria coating teeth, produce acid that destroy tooth enema el Minimize tooth decay Include foods that fight cavities