

Nutrition assignment



Carbohydrates Glucose simplest sugar found primary in plant based foods
 Most 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 carbs 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 carbs vs. bad carbs 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 carbs Good give nutrition give vitamins minerals Bad give only
 energy and spike in blood sugar Bad are mono- and di-carries

Maltose glucose+glucose Sucrose glucose+ fructose Lactose glucose+
 galactose (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 carbs Polysaccharides Long chains linked together Complex
 Starch Storage in plants Amylase straightening of glucose unit
 Implementation branches out onto single chain glycogen in animals Fiber
 Implementation has more exposure to the amylase Fiber fermentation?

Happens in large intestine IEE : 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 dense, 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 cavities Presentable sugars and starch feed bacteria coating teeth, produce acid that destroy tooth enamel Minimize tooth decay Include foods that fight cavities