

MYTHS BUSTED ABOUT CARBS

Understanding the evidence concerning one of the major nutrient in our diet

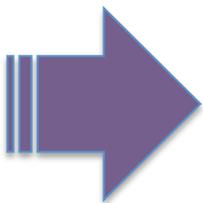
What are Carbs? Carbohydrates, or carbs, are a major source of energy, especially for the brain and the nervous system. When eaten, they are broken down into glucose before being absorbed into the bloodstream. From there, the glucose enters the body's cells with the help of the hormone insulin where it is used to fuel cells such as those of the brain and muscles. If unused, glucose can be converted to fat, for long-term storage. A small part of glucose is stored as glycogen in the liver and muscles.

Energy from food:

- ✓ 1 g of carbs: 17kJ (4 Cal)
- ✓ 1 g of protein: 17kJ (4 Cal)
- ✓ 1 g of fat: 37kJ (9 Cal)

Carbs are classified as simple or complex, based on their chemical structure

Simple or Sugar	Complex or Starch
<p>Have one (single) or two (double) sugar</p> <ul style="list-style-type: none">• Fructose (found in fruits)• Lactose (found in dairy)• Sucrose (glucose+fructose, table sugar) <p>Sugar is found naturally in some foods, including fruit, fruit juices, milk and vegetables.</p> <p>Other sugars (eg table sugar) are also added to processed foods and drinks such as sweets, chocolates, biscuits and soft drinks</p> <p>'Empty calories': refined sugars provide calories, but lack in every nutrient.</p>	<p>Made up of many sugar units bonded together</p> <ul style="list-style-type: none">• Legumes• Starchy vegetables• Breads and cereals <p>Starch is the most common form of carbohydrate in our diet.</p> <p>Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.</p> <p>Low processed starchy food contains fibre, protein, calcium, iron and B vitamins.</p>



What is most important is the *type of carbohydrate* you choose to eat. The *amount of carbohydrate* in the diet – high or low – is secondary



The healthiest sources of carbohydrates—

unprocessed or minimally processed whole grains (for example wholemeal bread, rye, barley and quinoa), vegetables, fruits and beans. They promote good health by delivering vitamins, minerals and fibre.



Unhealthier sources of carbohydrates —

include white bread and pasta as well as pastries, soft drinks and other highly processed or refined foods. These items contain easily digested carbohydrates that may contribute to weight gain, interfere with weight loss, and promote diabetes and heart disease.

For any further information please don't hesitate to contact me at: valentina.nutrition@gmail.com

