

Introduction

Carbohydrates - micronutrient; most abundant forms are *sugar, fiber* and *starch*

Preferred source of energy of fats and proteins because

1. Can produce ATP through fermentation
2. Fats are the most efficient source of fuel
3. Prevents protein from being converted to energy
4. Cheapest form of energy

CHO Classifications

Monosaccharides - simple sugar

Glucose common in nature

Fructose fruit sugar

Galactose

INSULIN and **GLUCAGON** regulate blood glucose homeostasis

Disaccharides

Sucrose table sugar or white sugar

Lactose principal CHO of milk

Maltose malt sugar

Polysaccharides

Starch Staple grains (rice, wheat corn)

legumes (beans and peas)

root vegetables (fiber)

Glycogen CHO storage form @ liver

Dietary Fibers natural fiber in food



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