

# Carbohydrates 101

**CARBS** are naturally occurring nutrients that your body needs to function properly

## 3 TYPES

Get your carbs from fiber-rich, whole foods.

### FIBER

- complex carbs
- cannot be digested

### STARCHES

- complex carbs
- break down into sugar and used for energy

### SUGARS

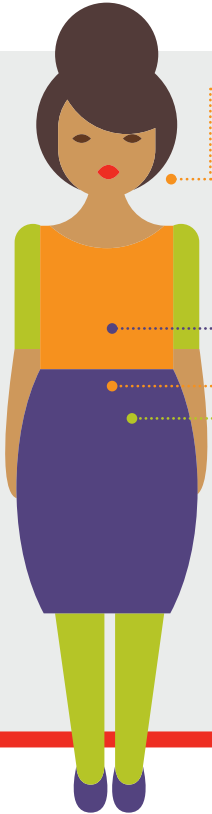
- simple carbs
- body uses quickly or stores

Carbs should make up about  $\frac{1}{2}$  of a healthy diet.

## WHY do you need carbs?

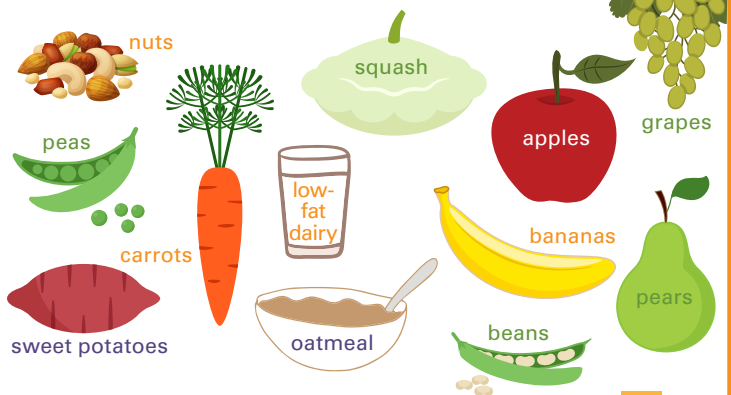
fuel | digestion | disease prevention | weight management

## HOW does your body use carbs?



- Carb digestion starts as you chew.
- Acid in stomach stops the digestion started in the mouth.
- In the intestines, carbs are turned into glucose or simple sugars to fuel cells. Fiber can't be fully digested, so it slows the absorption of starches and simple sugars.
- The broken down carbs are absorbed into your bloodstream and sent to muscles, organs and tissues. This keeps cells healthy and gives you energy. Excess carbs are stored in the liver as glycogen, an energy source, and in the body as fat.

### Choose healthy carbs:



### Avoid unhealthy carbs:

