

[NDT] Carbohydrates Cheat Sheet

by _primoooooo via cheatography.com/215471/cs/46965/

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

CHC	Cla	ooific	otio	20
CHU) (Ja	SSIIIO	anoi	115

ccharides	

Glucose common in nature

Frutose 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

s natural fiber in food



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Not published yet.

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