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easily 2. Useds for quick energy 3. Found in the form of fructose from fruit and sucrose from sugar 4. Food Sources include a. "Bad" Simple Carbs : processed foods, soda, candy b. "Good" Simple Carbs : such as Page 11/48

apples, berries, melons and oranges

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Carbohydrates are major source of energy from our diet and it made from carbon, hydrogen and oxygen elements. Examples: bread,

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are major ...
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Guide Answers Introduction To Plants Study Guide Answers On study quide for carbohydrates answers Complex Carbohydrates. 1. Broken down by the body at a slower pace. 2. Provide a more sustained level of energy. 3. Page 14/48

Food Sources include whole grains, legumes, certain fruits, vegetables and brown rice.
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molecules areas usually built of rings of carbon atomshand antion oxygen atom. Carbohydrates contain carbon, hydrogen and oxygen. Rank the following food sources in order of increasing carbon footprint, Page 16/48

starting with the food that has the lowest carbon footprint at the end of the list.

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<del>. . .</del>

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Chapters 4,27es and 8 Chapter 4: Carbohydrates Carbohydrate: On What is the Dietary Reference Intake (DRI) and Acceptable Macronutrient Distribution Range (AMDR) for carbohydrates? According to Page 18/48

your book rates Chapter 4 paragraph 3, what are the recommended average daily servings for Review Box 4-1 and compare and contrast whole grains with refined grains. What does the term Page 19/48

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а.

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Complex vdrates Carbohydrates Total Fiber **Teacher.**Edition Protein is integral part of our diet and performs several functions of Supports the development of muscles, tissue, organs and hemoglobin. Page 25/48

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a. "Bad" Simple Carbs : processed foods, soda, candy b. "Good" Simple Carbs : such as apples, berries, melons and oranges Carbohydrates Study Guide Flashcards | Quizlet

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Carbohydrates Study Guide <del>Answer Key</del> peugeotocm.com After eating a big meal, the carbohydrates are broken down into glucose and passed into your bloodstream. Your pancreas tells the body to move the Page 32/48

excess glucoses out of the blood and into the cells.

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#11 Fiber is not digestible Fiber absorbs water
Fiber creates
mass which helps

food move rates through large intestine Fiber absorbs blood on cholesterol and helps remove it from the body How Carbs Can Make You Fat If your body has too much glucose that it can store as glycogen in the Page 34/48

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Carbohydrates Study Guide by keacher Edition Prezi carbohydrates molecules w/ carbon, hydrogen, oxygen in ratio 1:2:1 empirical formula -(CH2O)n ; releases energy Page 35/48

from C-H bonds when oxidized; sugars - most important energystorage carbohydrate ; monosaccharides - simplest of the carbohydrates can contain as few as 3 carbon, but most contain 6; C6H12O6, or Page 36/48

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Carbohydrates | CourgeNotes Ition Carbohydrates are also known as sugars (starches, cellulose and other substances are also carbohydrates). Carbohydrates are polyhydroxy Page 37/48

aldehydes or es polyhydroxy ketones (polyalcohol aldehydes or polyalcohol ketones). Polyhydroxylated aldehydes are called aldoses and polyhydroxylated ketones are called ketoses. Page 38/48

More Bite-Sized Q&As Below

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tautomerization (by Jay) Next lesson. Carbohydrate Metabolism. Carbohydrates naming and classification. Up Next. Carbohydrates naming and classification. Our mission is to provide a Page 40/48

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calories are in
a gram of fat,
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