CHAPTER FOUR

The body’s need for CHO

CHO as a fuel source:

2 categories of CHO

Simple CHO
   Monosaccharides:

   Disaccharides

Complex CHO

Glycogen

Starch:

Fiber:

   Soluble:

   Insoluble:

Digestion & absorption of CHO

Digestion:
Popular misconceptions re: sugar:

Health effects of starches & fibers

Positive:

Negative:

Recommended intake:

Artificial sweeteners

CHAPTER FOUR QUESTIONS