

Carbohydrates

Carbohydrate is one of the important macronutrients that exist in food and drinks.

Mainly **sugar, fiber, and starch** are forms of Carbohydrates.

The main source of body energy is because of carbohydrate. After eating carbohydrate rich food, the digestive system breaks it down into glucose after that the absorption, then body will use it as energy fuel.

Starch

Starch is complex carbohydrate; body takes longer time to break down the complex carbohydrate so as a result blood sugar level stays stable, and fullness lasts longer.

Starchy carbohydrates found in,

- **Beans and legumes** as black beans, chickpeas, lentils, and kidney beans.
- **Fruits** as apple, berries, and melons.
- **Vegetables** as corn, lima beans, and potatoes.
- **Whole-grain product** as brown rice, oatmeal and whole wheat bread and pasta.

Fiber

Fiber is type of carbohydrate. There are two type fibers, **soluble fiber** and **non-soluble fiber**, first type (soluble fiber) that dissolves in water, helps reduce the blood sugar (glucose); second type (non-soluble fiber) that does not dissolve in water, helps in digestion process and constipation related issues.

Commonly found in:

- **Whole grain**
- **Fruit**
- **Vegetable**
- **Legumes**
- **Nuts and seeds**

Sugar

Sugars are the type of carbohydrates also known as simple carbs, that are easy to digest and breaks down quickly. Also, there are two types of sugar as well, natural sugar such as fruit sugar, milk sugar etc., and secondly the added sugar such as sweet, candy soda etc.

Recommended Daily Amount (RDA)

There are many factors that affects the daily intake recommendation such as age, gender, medical history, medical status, actual weight, fat level etc.

So the international recommendation daily amount is to follow something called MyPlate Plan (healthy plate) approach divided as :

- **Half fruits and vegetable**
- **One quartier whole grain**
- **One quartier protein**