

Chapter 9: Use the Complex Carbohydrates (Starches and Cellulose) in the Body presentation to complete:

Food Science

Complex carbohydrates should be _____ of your calorie intake daily

Divided into **2** categories:

DIGESTIBLE	<ul style="list-style-type: none"> Intestinal _____ can break down Body efficiently changes _____ to _____ <p>FOOD SOURCES:</p>
INDIGESTIBLE	<p><u>CELLULOSE</u></p> <ul style="list-style-type: none"> _____ made from large amounts of _____ Forms _____ structure of _____ <ul style="list-style-type: none"> Examples: _____ Humans lack the _____ needed to _____ the bonds in cellulose molecules <p>CELLULOSE IN OUR DIET= _____</p> <p>Although plants contain cellulose, that _____ always mean the plant is _____ in fiber</p> <p>FOOD SOURCES:</p>

Nutritional Functions of Carbohydrates

1. Body's main source of _____, typically from _____.

Provide _____ for both:

- _____ **System**
Part of the nervous system that consists of the _____.
- _____ **System**
The muscles use the _____ present in the _____ and in the _____

Relationship to Breakfast:

- Body will slow _____ and _____ functions to conserve _____
- More difficulty _____ : may remember only _____ of what you what you _____
- Lowers _____ rate

Glycogen Storage & Exercise:

- Excess carbs stored as glycogen in _____ and _____
- Body usually uses up glycogen stores within less than _____ hours of _____ exercise
 - Important to eat carbs every _____

Nutritional Functions of Carbohydrates *continued from Energy*

2. Provide _____ for the _____ process
3. Tie up _____, decreasing _____
4. _____
5. Promote utilization of _____

Body does NOT need fat to properly use starch

Carbohydrates must be present to convert _____ to _____

Potential Problems for Removing Carbohydrates from a Diet

- **Ketosis:** Process of _____
- _____ **Bodies:** By-product of ketosis
 - Damage to _____
 - During pregnancy: _____ & _____ disabilities in babies