

Carbs- molecules composed of carbon, hydrogen, and oxygen. Sources of carbs are grains, dairy products, fruits, legumes, and starchy vegetables. Almost all our carbs come from plants, except lactose. **Cells like the central nervous system and red blood cells rely solely on carbs for energy.**

Complex carbs- are also called polysaccharides because they contain many sugars. All polysaccharides are made up of many glucose molecules bonded together, but they differ in their structure and the type of bonds. Most foods contain a combination of different types of carbohydrates. For example, whole grain bread is mostly starch, with a good amount of fiber, and a little added sugar for sweetness. When we categorize foods, we generally look at the primary carbohydrate in that food.

- A diet high in simple sugars is associated with low nutrient intakes. This fact is primarily because Americans do not overconsume fruits. They overeat added sugars in low nutrient-dense foods. **When the primary food sources are high in sugar and low in nutrients, fiber, vitamins, and minerals suffer.**

- Sugar has a direct connection to tooth decay, especially in the absence of proper dental care such as brushing after meals. Sugar combines with bacteria naturally present in the mouth, which forms a plaque on the teeth. If left on teeth, plaque creates an acid that can dissolve tooth enamel, eventually leading to cavities. Sucrose has the biggest effect on tooth decay. Research has shown that sugar in fruits has fiber that helps reduce the risk and sugar from milk has protein and minerals that are protective of the teeth. The worst offending foods are ones that stick to the teeth such as starches and chewy candy, including gummy bears, candy bars, and fruit chews (also known as fruit snacks and fruit gummies).

Simple carbs- sometimes called "sugars" or "simple sugars." **Monosaccharides** contain just one sugar ("saccharide") unit, so they're the smallest of the carbohydrates. They require no digestion when consumed as monosaccharides. However, all other food carbohydrates must be broken down into monosaccharides in the body before they can be absorbed into the gastrointestinal tract. They also circulate in the blood in monosaccharide form.

Disaccharides contain two sugar units bonded together.

Simple sugars - Sugar is a simple carbohydrate. Simple carbohydrates don't take much to digest, which means they reach the bloodstream quickly. This can lead to a spike in blood sugar that can have a detrimental effect on health if it occurs frequently. High blood sugar is associated with increased inflammation and a higher risk of diseases like diabetes, heart disease, cancer, and obesity. However, note that two of the simple sugars are found in fruit and milk, two food groups that contribute to a healthy diet.

- The amount of simple carbohydrates consumed also makes a difference. Consuming simple sugar does not automatically spike blood sugar. It takes a pretty good amount to cause negative effects, and other nutrients (fiber and protein) in food often slow down how fast sugar is absorbed. We also need simple carbohydrates for energy. The problem is when excess amounts are consumed, because not only can it spike the blood sugar, but the excess will be stored as fat. This can lead to obesity, insulin resistance, and eventually, Type 2 diabetes. Sugar does not cause Type 1 diabetes, which is an autoimmune disorder.

- Too much sugar may also increase the risk of developing nonalcoholic fatty liver disease, high blood triglycerides, and cardiovascular disease. Even if you don't add much sugar to your foods, added sugars hide in many foods that you may purchase. They are also found in organic foods and things you may purchase at health food stores.

- A misconception about sugar is that it causes hyperactivity. No studies have ever confirmed that sugar is linked to attention deficit hyperactivity disorder (ADHD), or that sugar has any influence on attention or learning competency in children. Current research is ongoing to determine if ADHD may be related to the consumption of coloring agents and preservatives in processed foods, however.

- The bottom line is that the amount of simple carbohydrates is what's important. It is more difficult to consume too much sugar from fruit (found naturally in foods) than it is from sweetened beverages where sugar is added. **The recommendation for best health is reducing added sugars rather than identifying good versus bad carbohydrates.**

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Annie Ward, Mildred Murray-Ward



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