

# Carbohydrates (Key)

Complete the functions and food sources for carbohydrates.

	<b>Functions</b>	<b>Food Sources</b>
<p><b>Sugars:</b> Simple carbohydrates</p>	<ul style="list-style-type: none"> <li>• Digested quickly                             <ul style="list-style-type: none"> <li>– Monosaccharide                                     <ul style="list-style-type: none"> <li>• Glucose</li> <li>• Fructose</li> <li>• Galactose</li> </ul> </li> <li>– Disaccharides                                     <ul style="list-style-type: none"> <li>• Sucrose</li> <li>• Lactose</li> <li>• Maltose</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Strawberries</li> <li>• Oranges</li> <li>• Carrots</li> <li>• Beets</li> <li>• Milk</li> </ul>
<p><b>Starches:</b> Complex carbohydrates</p>	<ul style="list-style-type: none"> <li>• Requires more work for body to digest                             <ul style="list-style-type: none"> <li>– Polysaccharide</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Grains or grass seeds</li> <li>• Peas</li> <li>• Corn</li> <li>• Beans</li> <li>• Winter squash</li> <li>• Potatoes</li> </ul>
<p><b>Dietary fiber</b></p>	<ul style="list-style-type: none"> <li>• Helps digestive system work properly</li> <li>• Helps protect body for heart disease and cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Only in plant sources                             <ul style="list-style-type: none"> <li>– Fruits</li> <li>– Vegetables</li> <li>– Whole grain products</li> <li>– Nuts, seeds, and dry beans</li> <li>– Peas and lentils</li> </ul> </li> </ul>