

NUTRIENTS

Carbohydrates

It is the body's primary source of energy and is mainly found in plant based foods.

- The brain is highly dependent on a regular, predictable supply of glucose.
- The building blocks of carbohydrate are called sugars or simple sugars i.e. glucose, fructose and galactose

Carbohydrate:		Simple sugar:
Sucrose (table sugar)	=	glucose + fructose
Maltose (malt sugar)	=	glucose + glucose
Lactose (milk sugar)	=	glucose + galactose

- Simple sugars link together to form large complex carbohydrates which are present in food i.e. sucrose, maltose and lactose.
 - In plants carbohydrates are stored as starch
 - In animals carbohydrates are stored as glycogen

For further, personalized and more detailed information, please contact a dietitian registered with the Health Professions Council of South Africa. References from the scientific literature used to compile this document are available on request.

Human Nutrition | Menslike Voeding

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