

CARBOHYDRATES

Function: Major source of energy, supplies fiber

Food Sources:

- Simple Carbohydrates “bad carbs”- found in fruits (sucrose, glucose, fructose), milk (lactose), and soft drinks and sweets.
- Complex Carbohydrates “good carbs”- found in vegetables, whole grain cereals, flour, bread, rice, corn, oats, potatoes, and legumes.

Recommended Percentage in Diet: 50% - 60% of daily caloric intake. Limit your intake of simple carbohydrates (10%)