

CARBOHYDRATE

Meaning: Carbohydrate: a type of organic compound, typically found in foods like grains, fruits, and vegetables, that serves as a primary source of energy for the body.

1. Carbohydrates are a major source of energy for the body.
2. Many athletes focus on their carbohydrate intake to enhance performance.
3. Whole grains are an excellent source of complex carbohydrates.
4. Not all carbohydrates are created equal; some are healthier than others.
5. Dietary guidelines recommend a balanced intake of carbohydrates.
6. When planning meals, it's important to include a variety of carbohydrates.
7. Excessive consumption of refined carbohydrates can lead to health issues.
8. Fruits and vegetables provide essential vitamins along with carbohydrates.
9. Some people choose low-carbohydrate diets for weight management.
10. Understanding how carbohydrates affect blood sugar is crucial for diabetics.

Source: sentences.whatistheurl.com

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