

CARBOHYDRIDE

Meaning: Carbohydrate: a type of macronutrient found in foods and drinks, primarily composed of sugars, starches, and fibers, that serves as a key energy source for the body.

1. Carbohydrates are essential macronutrients that provide energy for the body.
2. The body breaks down carbohydrates into glucose, which fuels our cells.
3. A diet high in simple carbohydrates can lead to rapid spikes in blood sugar levels.
4. Whole grains are a healthier source of carbohydrates compared to refined sugars.
5. Carbohydrates can be classified into three main types: sugars, starches, and fiber.
6. Many athletes rely on carbohydrate-rich foods for sustained energy during competitions.
7. Complex carbohydrates take longer to digest, providing a steady release of energy.
8. Eating too many carbohydrates without enough physical activity can lead to weight gain.
9. Fiber, a type of carbohydrate, plays a crucial role in digestive health.
10. Understanding the distinction between simple and complex carbohydrates is important for balanced nutrition.

Source: sentences.whatistheurl.com

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