

## A Quick Lesson in Carbohydrates

Nowadays, you hear about carbohydrates all the time. Did you know there are three main types of carbohydrates?

**Starch** – Starch is also known as a complex carbohydrate. Foods high in starch include vegetables like peas, corn, lima beans, dried beans, lentils, potatoes, and grains like oats, barley and rice.

**Sugar** – Sugar is also known as a simple or fast-acting carbohydrate. Sugar can be naturally occurring like that found in milk or fruit. It can also be added during processing, such as sugar added to make soft drinks and fruit drinks.

**Fiber** – Foods high in fiber include fruits and vegetables, especially those with edible skin and those with edible seeds (like berries). Whole-grain foods, beans, legumes, and nuts are all excellent sources of fiber.

*Just remember, when you see the term “total carbohydrate” on a nutrition label, it includes all three types of carbohydrates.*

**Source:**

“Types of Carbohydrate,” *American Diabetes Association*. 2006. Retrieved from <<http://www.diabetes.org/nutrition-and-recipes/nutrition/types-of-carb.jsp>> on 10/31/2006.



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