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By the time you finish reading this article you will understand the bodies need, function and the roles carbohydrates play in our nutrition. We start our discussion by comparing complex and simple carbohydrates. Complex carbohydrates include bread, pasta and cereals. They are digested at a slower rate than simple carbohydrates.

What are Carbs? Carbohydrate Definition, Function

Ideal for both non-majors and mixed-majors, NUTRITION: CONCEPTS AND CONTROVERSIES provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower readers to make lasting behavior changes. Do pregnant women really crave pickles and ice cream? Are carbohydrates good or bad?