Carbohydrates

**Carbohydrate to Glucose**

**Carbohydrates are sugars that break down inside the body to create glucose.**

**Glucose is moved around the body in the blood and is the primary source of energy for the brain, muscles, and other essential cells.**

**Carbohydrate Groups and Foods**

**Carbohydrates are separated into simple groups such**

**as; sugar complex, fibre, starch and carbohydrates.**

**These foods contain a high percentage of carbohydrates; pasta, bread, rice, milk, potatoes, baked goods, fruits, vegetables, cereals and popcorn.**

**Carbs in Your Diet**

**Carbohydrates should account for 45%-65% of the calories in your diet. This is roughly 225g-325g of your carbohydrates for someone on a 2,000 calorie diet.**

**You can get good carbs and bad carbs. For example you could choose good carbs like salad and brown bread instead of chips or white bread.**

**Recommended Daily Intake**

* **Men aged 50 or younger should get 38g of fibre a day.**
* **Women aged 50 or younger should get 25g of fibre a day.**
* **Because we need less calories as we get older, men aged 50 or over should get 30g of fibre a day.**
* **Women aged 50 or over should get 21g of fibre a day.**

**The time when you eat carbohydrates the most is normally at breakfast, lunch and dinner. You should eat carbohydrates in the morning to give you energy.**

[](http://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRxqFQoTCLe88-OW7McCFQlC2wodfg0LJA&url=http://www.rocketswag.com/medicine/nutrition/carbohydrates/simple-carbohydrates/index.html&psig=AFQjCNG6ks7VZydYTx_OWTal3Q6E1KejuA&ust=1441964149252976)[](http://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRxqFQoTCLe88-OW7McCFQlC2wodfg0LJA&url=http://www.livestrong.com/article/440045-high-carbohydrate-foods-and-beverages/&psig=AFQjCNG6ks7VZydYTx_OWTal3Q6E1KejuA&ust=1441964149252976)