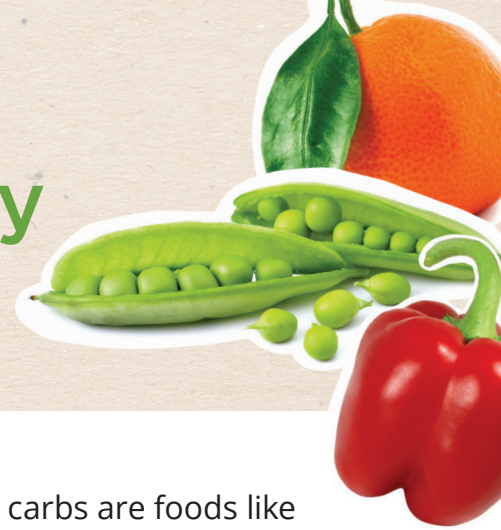




# Carbs for energy



For most people, available carbohydrates, which our bodies can absorb and easily use, are the main source of energy in their diet. You need energy to get through your day at school, whether you're solving a maths problem or playing basketball in PE. A lunch of whole-grain sandwiches or pasta and vegetables, plus an apple or a banana will give you energy to keep going during the day.

Like protein, which is made of amino acids, carbohydrates are made up of building blocks of sugars. There are two types of carbohydrate: simple and complex. Simple carbohydrates are sugars like glucose, fructose (the sugar in fruit), and lactose (the natural sugar in milk), which all our cells, including those in our brain, need to fuel us through

the day. Complex carbs are foods like starchy vegetables (potatoes, corn, and pumpkin); food made from grains (cereal, rice, pasta, and whole-grain breads); legumes like beans, lentils, and chickpeas; and leafy green vegetables.

Dietary fibre is also a carbohydrate that is found in fruit and vegetables, whole grain foods, legumes, nuts, and seeds. Unlike sugars and starch, dietary fibre is not readily available for our body to use as a source of energy. However, dietary fibre plays an important role in keeping our gut healthy and may help prevent heart disease.

Like protein and fats, available carbohydrates are macronutrients that give us energy.

