

# CARBOHYDRATES

## COMPLEX

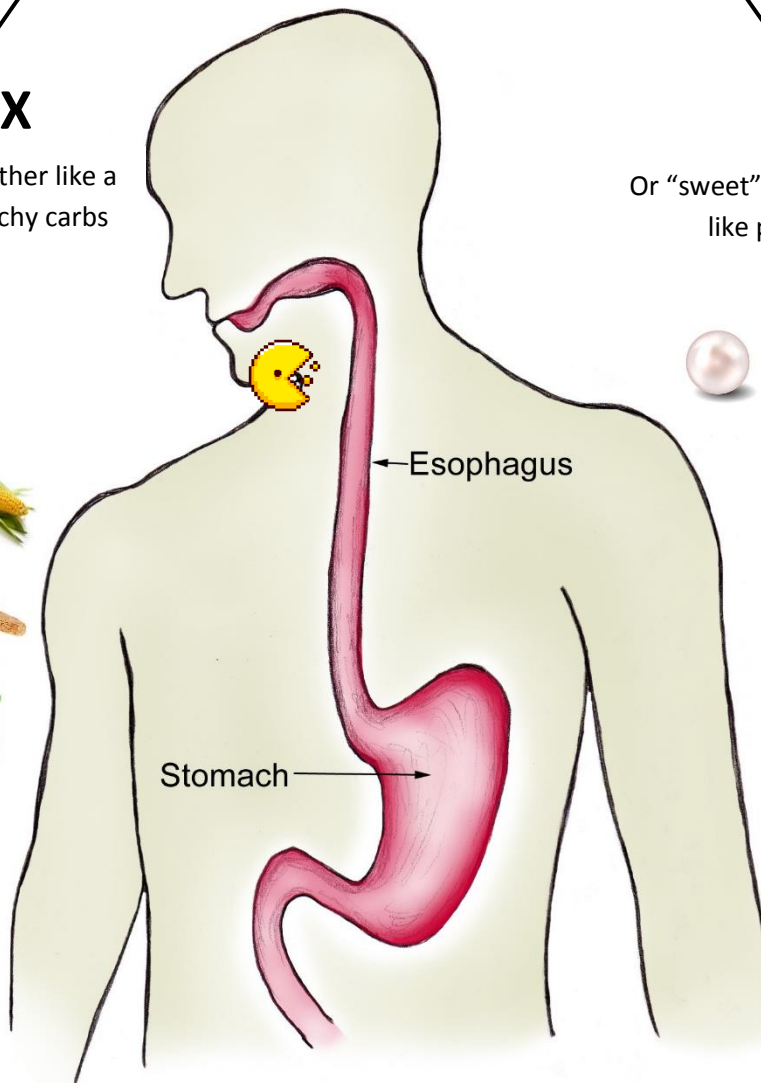
The sugars are bonded together like a string of pearls – often starchy carbs

**+ FIBRE**



## SIMPLE

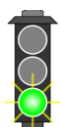
Or “sweet” carbs – the sugars are free like pearls by themselves



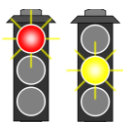
### What happens within your body?

When we eat starchy foods the process of chewing along with enzymes in our mouth (like little pacmen) break down the bonds between the sugar (or the string between the pearls). Sweet foods and drinks are already broken down, like pearls by themselves, so both starchy and sweet foods and drinks end up as sugar/glucose in the tummy.

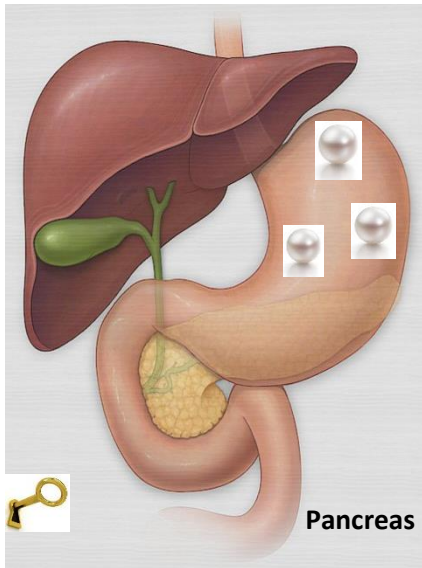
The sugar, which is quick energy for the heart, brain and muscles, goes straight into the bloodstream to be transported around the body.



Carbohydrates aren't “bad” – the main message is to choose ones that are full of fibre and nutrients (eg. the complex ones) because they give us steady energy.



Limit or avoid carbohydrates that are highly processed and beige-coloured because they are processed really quickly, giving us a sugar rush, and don't give us many nutrients.



The pancreas is a fish-shaped organ that sits behind the stomach. One of its roles is to produce the hormone insulin which can be described as a key. The pancreas shoots out “keys” into the blood to help our body process the sugar/glucose. Insulin then “unlocks” the cells in the brain, heart and muscles to let the sugar/glucose in to be used as fuel. Any “leftover” sugar/glucose will be stored as fat.