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Simple Carbohydrates 1. Break Down easily 2. Used for quick energy 3. Found in the form of fructose from fruit and sucrose from sugar 4. Food Sources include a. "Bad" Simple Carbs : processed foods, soda, candy b. "Good" Simple Carbs : such as apples, berries, melons and oranges

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View Carbohydrates Study Guide.pdf from Science SC134 at Fisher College. Carbohydrates are major source of energy from our diet and it made from carbon, hydrogen and oxygen elements. Examples: bread,

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Guide Answers Introduction To Plants Study Guide Answers study guide for carbohydrates answers Complex Carbohydrates. 1. Broken down by the body at a slower pace. 2. Provide a more sustained level of energy. 3. Food Sources include whole grains, legumes, certain fruits, vegetables and brown rice. Subjects. Arts and Humanities.

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Carbohydrate molecules are usually built of rings of carbon atoms and an oxygen atom. Carbohydrates contain carbon, hydrogen and oxygen. Rank the following food sources in order of increasing carbon footprint, starting with the food that has the lowest carbon footprint at the end of the list.

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NR 228 Week 2 Study Guide: Chapters 4, 7 and 8 Chapter 4: Carbohydrates Carbohydrate: What is the Dietary Reference Intake (DRI) and Acceptable Macronutrient Distribution Range (AMDR) for carbohydrates? According to your book Chapter 4 paragraph 3, what are the recommended average daily servings for Review Box 4-1 and compare and contrast whole grains with refined grains. What does the term ...

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Carbohydrates • Carbohydrates means: Carbo = Carbon and Hydrates = Water. • Carbohydrate family consist of three types of substance. Simple Sugars Complex Carbohydrates Total Fiber Protein • Protein is integral part of our diet and performs several functions • Supports the development of muscles, tissue, organs and hemoglobin.

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Biochemistry Study Guide Name: Type your answers in a different color (ie RED or PURPLE) Vocabulary: Give a good definition for each with an example if possible Hydrogen Bond - Acid- Base- Buffer- Metabolism- ...

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After eating a big meal, the carbohydrates are broken down into glucose and passed into your bloodstream. Your pancreas tells the body to move the excess glucose out of the blood and into the cells.

~~Carbohydrates in Nutrition Chapter Exam—Study.com~~

#11 Fiber is not digestible Fiber absorbs water Fiber creates mass which helps food move through large intestine Fiber absorbs blood cholesterol and helps remove it from the body How Carbs Can Make You Fat If your body has too much glucose that it can store as glycogen in the

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carbohydrates - molecules w/ carbon, hydrogen, oxygen in ratio 1:2:1 empirical formula -  $(\text{CH}_2\text{O})_n$  ; releases energy from C-H bonds when oxidized; sugars - most important energy-storage carbohydrate ; monosaccharides - simplest of the carbohydrates can contain as few as 3 carbon, but most contain 6;  $\text{C}_6\text{H}_{12}\text{O}_6$ , or  $(\text{CH}_2\text{O})_6$

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## Carbohydrates | CourseNotes

Carbohydrates are also known as sugars (starches, cellulose and other substances are also carbohydrates). Carbohydrates are polyhydroxy aldehydes or polyhydroxy ketones (polyalcohol aldehydes or polyalcohol ketones). Polyhydroxylated aldehydes are called aldoses and polyhydroxylated ketones are called ketoses. More Bite-Sized Q&As Below

## 7 Q&As to Study the Properties of Carbohydrates

Carbohydrates - Cyclic structures and anomers. Carbohydrates- di and polysaccharides. Keto-enol tautomerization (by Jay) Next lesson. Carbohydrate Metabolism. Carbohydrates - naming and classification. Up Next. Carbohydrates - naming and classification. Our mission is to provide a free, world-class education to anyone, anywhere.

## Carbohydrate questions (practice) | Khan Academy

Exam 2 Study Guide. Unit 1 How many calories are in a gram of fat, carbohydrate, and protein? o Fat- 9, Carbohydrate- 4, Protein- 4. Unit 19 What does the ' organic ' label mean? o No antibiotics, growth hormones, or pesticides / GMO ' s. Unit 13 What are nutrient content claims?

## Exam Study Guide 2 2018, questions and answers — StuDocu

A new observational study, published in The BMJ, suggests an association between eating more red meat and an increased risk of heart disease. It also found links between eating plants — instead of animals — and better health. Unfortunately, this study is — literally — a repeat of many low-quality studies that have come before it. It uses the same dataset to replicate earlier ...

## New Study Claims Red Meat Leads to Heart Disease — Diet Doctor

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