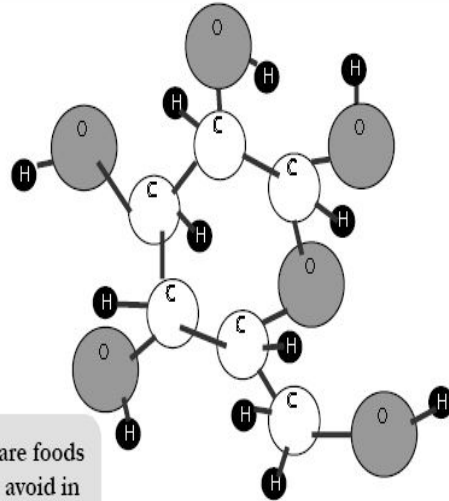
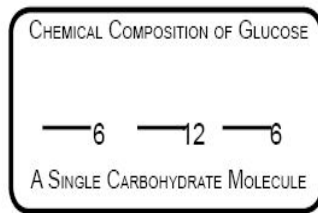


Explain the role of carbohydrates in the diet.



TRUE OR FALSE

Carbohydrates are a major part of our diet and provide most of our energy.

Carbohydrates are foods that we need to avoid in order to stay healthy.

The glycemic index indicates how quickly food is broken down into a single glucose molecule. The higher the glycemic index, the faster it enters the blood stream as a glucose molecule, and more likely to cause weight gain problems. The lower the index, the healthier the food is and more likely to be used for energy when needed, and less likely to cause weight gain, heart problems, or diabetes.

Low Glycemic	Medium Glycemic	High Glycemic