

Carbohydrates (Energy source of 4kcal per gram)

The molecules that form carbohydrates include

- Monosaccharides – (glucose, fructose, galactose)

Sometimes referred to as '*Simple Carbs*'

- Disaccharides and Polysaccharides – (Starch which takes longer to breakdown/absorbed into bloodstream)

Sometimes referred to as '*Complex Carbs*'

Good sources of carbohydrates include

Apples, bananas, cauliflower, carrots, oats, brown rice and chick peas

