

Nutrition Concepts And Controversies 12th Edition

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By the time you finish reading this article you will understand the bodies need, function and the roles carbohydrates play in our nutrition. We start our discussion by comparing complex and simple carbohydrates. Complex carbohydrates include bread, pasta and cereals. They are digested at a slower rate than simple carbohydrates.

What are Carbs? - Carbohydrate Definition, Function ==

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