



Keywords:

Introduction

What Are Carbohydrates?

As a macromolecule, carbohydrates are essential for energy production and cellular function. They are composed of carbon, hydrogen, and oxygen atoms, typically in a 1:2:1 ratio. Carbohydrates are classified into simple and complex carbohydrates based on their chemical structure and how they are processed by the body.

Simple Carbohydrates:

Complex Carbohydrates:

The Role of Carbohydrates in the Body

Energy Production:

Brain Function:

Carbohydrates provide the primary source of energy for the body, particularly for the brain and muscles. The brain uses glucose as its main energy source, and muscles use glycogen (stored carbohydrates) for energy during physical activity. Athletes often consume carbohydrates before and after exercise to replenish glycogen stores and improve performance.

Athletic Performance:

Digestive Health:

Blood Sugar Regulation:

The Benefits of Including Carbs in Your Diet

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Heart Health:

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Improved Mood and Mental Health:

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Importance of Choosing the Right Carbs

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Nuts and seeds

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Carbs and the Low-Carb Trend

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Conclusion

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References

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