

Food Sources of Carbohydrates, Lipids, Proteins

* LEGUMES (pea in pod) like kidney beans, soybeans, split peas, lentils, peanuts

CARBOHYDRATES		
<i>Monosaccharides</i>	1- Glucose & 2- Fructose	fruits & juices, vegetables, corn syrup, honey
	3- Galactose	NOT found in food all by itself
<i>Disaccharides</i>	1- Maltose	SPROUTED seeds
	2- Sucrose	table sugar, fruits & juices, vegetable.
	3- Lactose	milk (NOT butter)
<i>Polysaccharides</i>	1- Starch	seed foods (bread, rice, oatmeal, corn, peas, dried legumes*)
		roots (cassava[tapioca]), tubers (potatoes)
	2- Glycogen	NOT in food
	3- Fiber: Insoluble (Cellulose is 1 type)	ALL whole plant foods have some especially high in the bran of whole wheat
	Viscous (Soluble) (Pectin & Gums are 2 types)	dried legumes*, oatmeal, some fruits & vegetables
LIPIDS		
<i>Triglycerides</i>		any food with fat has triglycerides
	w/mostly Sa FAs	many animal fats, palm & coconut oil
	w/ Sa FAs & trans P UFAs	hydrogenated oils?
	w/mostly M UFAs	olive oil, canola oil
	w/mostly omega 6 P UFAs	corn oil, soybean oil, canola oil, most nuts,
	w/mostly short chain omega 3 P UFAs	flax, sunflower & sesame seeds wheat germ;
	mostly long chain omega 3 P UFAs	human milk, shellfish, fatty fish
<i>Phospholipids</i>	Lecithin is 1 type	egg yolk, soybeans (like tofu), lecithin
<i>Sterols</i>	Cholesterol	egg yolk (much smaller amounts in any food with animal fat)
PROTEINS- both kinds are good		
<i>Complete Protein</i>		meat, fish, poultry, milk, cheese, eggs, soybeans
<i>Incomplete Protein</i>		vegetables , " seed " foods (bread, rice, oatmeal, corn, peas, nuts, seeds, dried legumes*) roots (cassava[tapiocas]), tubers (potatoes)

Making Judgments About DVs on Food Labels

NUTRIENT	<u>HEALTH BENEFIT</u> OF OVER 10% DV	<u>HEALTH HAZARD</u> OF OVER 10% DV
CARBOHYDRATES		
<i>Starch</i>	Glucose for the brain & muscles satisfies hunger	Perhaps obesity if not whole food
<i>Fibers: Insoluble</i>	Decreased constipation	Decreased mineral absorption Increased water loss
<i>Fiber: Viscous (soluble)</i>	Slows glucose & cholesterol absorption so may decrease risk heart disease & improve diabetes symptoms	
<i>Sugars: mostly added sugar (high if over 2 tsp.)</i>	Glucose for the brain & muscles satisfies hunger	Cavities, empty calories
<i>Sugar: natural</i>	Glucose for the brain & muscles Satisfies hunger	None if mostly whole foods
LIPIDS		
<i>Total Fat</i>	Satisfies hunger & appetite Energy for muscles (not brain)	Obesity
<i>Saturated Fat</i>	Satisfies hunger & appetite Energy for muscles (not brain)	Increased risk heart disease
<i>MUFAS</i>	satisfies hunger & appetite, perhaps less risk heart disease	
<i>Omega 3 PUFAS</i>	less risk heart disease, healthy skin, nerve cells from EFA	
<i>Omega 6 PUFAS</i>	healthy skin, nerve cells from EFA	
<i>Cholesterol</i>		<i>perhaps</i> increased risk heart disease
PROTEINS	provides amino acids for building muscles, hormones, enzymes, etc.	No % DV on food labels
SODIUM	none, unless exercising a lot, then important for maintaining water balance outside cells	may increase blood pressure in some people
VITAMIN A: retinoids	vision, outside & internal skin, bones	
VITAMIN A: carotenes in food	same as retinoids plus decreased risk cancer	
VITAMIN C	improved immune system, antihistamine, antioxidant so helps make collagen needed for healing	