Food Sources of Carbohydrates, Lipids, Proteins

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

CARBOHYDRATES		
Monosaccharides	1- Glucose & 2- Fructose	fruits & juices, vegetables, corn syrup, honey
	3- Galactose	NOT found in food all by itself
Disaccharides	1- Maltose	SPROUTED seeds
	2- Sucrose	table sugar, fruits & juices, vegetable.
	3- Lactose	milk (NOT butter)
Polysaccharides	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		
Triglycerides		**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
Phospholipids	Lecithin is 1 type	egg yolk, soybeans (like tofu), lecithin
Sterols	Cholesterol	egg yolk (much smaller amounts in any food with animal fat)
PROTEINS- both kinds are good		
Complete Protein		meat, fish, poultry, milk, cheese, eggs, soybeans
Incomplete Protein		**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	HEALTH **BENEFIT** OF OVER 10% DV	HEALTH **HAZARD** OF OVER 10% DV
CARBOHYDRATES		
Starch	Glucose for the brain **&** muscles satisfies hunger	Perhaps obesity if not whole food
Fibers: Insoluble	Decreased constipation	Decreased mineral absorption Increased water loss
Fiber: Viscous (soluble)	Slows glucose & cholesterol absorption so may decrease risk **heart** disease & improve **diabetes** symptoms	
Sugars: mostly added sugar (high if over 2 tsp.)	Glucose for the brain & muscles satisfies hunger	Cavities, empty calories
Sugar: natural	Glucose for the brain & muscles Satisfies hunger	None if mostly whole foods
LIPIDS		
Total Fat	Satisfies hunger & appetite Energy for muscles (not brain)	Obesity
Saturated Fat	Satisfies hunger & appetite Energy for muscles (not brain)	Increased risk heart disease
MUFAS	satisfies hunger & appetite, perhaps less risk heart disease	
Omega <u>3</u> PUFAS	less risk heart disease, healthy skin, nerve cells from EFA	
Omega <u>6</u> PUFAS	healthy skin, nerve cells from EFA	
Cholesterol		*perhap*s 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	