

MACRONUTRIENTS

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| 1. sugars, starches, fiber; chief source of energy | A. glycemic index |
| 2. a single sugar unit (glucose, fructose) | B. Carbohydrates |
| 3. two sugar units (sucrose, lactose, maltose) | C. soluble fiber |
| 4. complex carbohydrate; provides bulk in diet and intestinal health; regulates absorption of glucose | D. 56-69 |
| 5. dissolved by water; helps lower blood glucose and cholesterol | E. disaccharides |
| 6. does not dissolve in water | F. insoluble fiber |
| 7. simple sugar made by the body from carbs, fats, and sometimes protein; main source of fuel | G. glycogen |
| 8. complex carbohydrate used to store energy in liver and muscle tissue | H. glucose |
| 9. the rate carb sources raise blood sugar and the effect on insulin released | I. less than 55 |
| 10. high on the glycemic index | J. Fiber |
| 11. moderate on the glycemic index | K. greater than 70 |
| 12. Low on the glycemic index | L. monosaccharide |