Carbohydrates (study guide)

In class discussions we will cover the following terms that you need to find from assigned readings

Define:

3.1 Classification of dietary carbohydrates

Monosaccharide's, Disaccharides, Plyols (sugar alcohol), Oligosaccharides, polysaccharides (starch and non starch polysaccharides)

3.3.5 Dietary Fiber- suggested health benefits, types (soluble vs insoluble)

3.5 Digestion and absorption of carbohydrates

3.6 Glycemic index and Glycemic response

3.7 Carbohydrate metabolism

Glycolysis, gluconeogenesis, glycogenolysis, storage of CHO as glycogen and triglycerides, insulin and glucagon

3.10 .1 Lactose intolerance