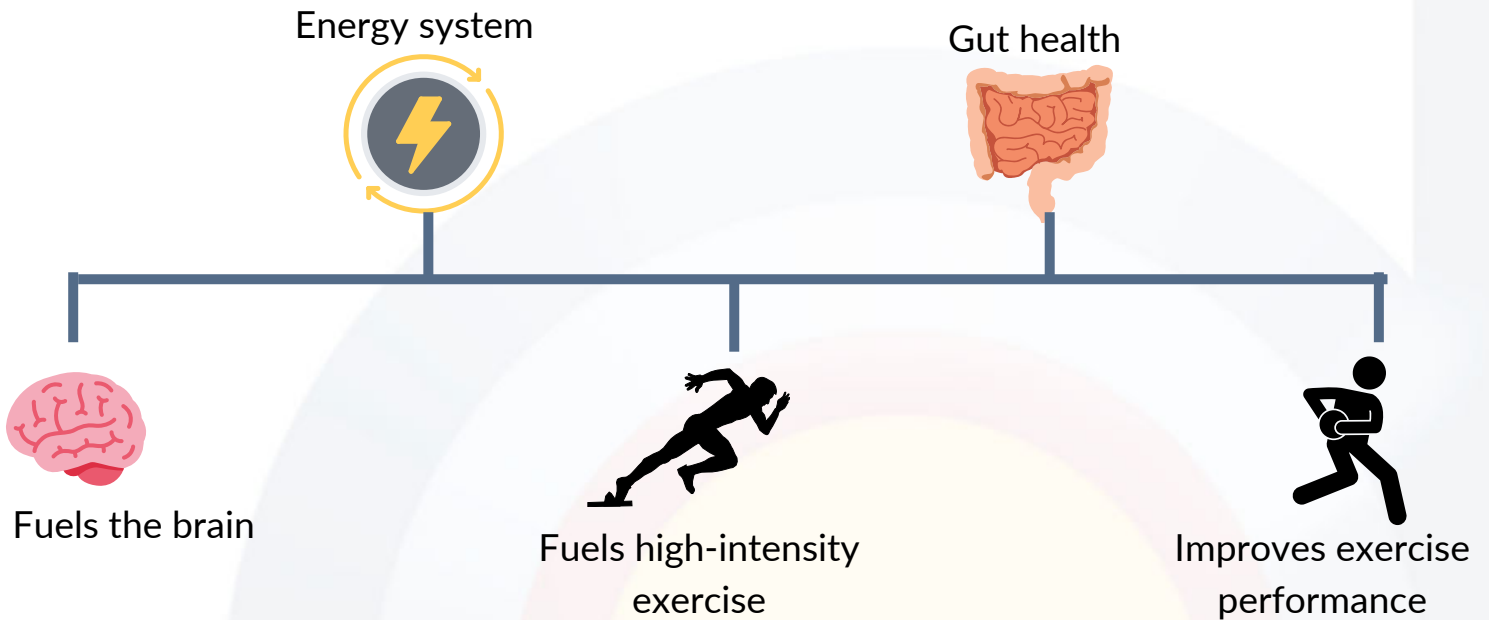


CARBOHYDRATES

Why do we need carbohydrates?

1. Carbohydrates provide energy to fuel your brain and everyday activity such as going to school and exercise.

2. Many carbohydrate foods are sources of dietary fibre, important for gut health and digestion. Including, wholegrains, fruit, vegetables and legumes



Sources of Carbohydrate

Complex Carbs

Are broken down by the body slowly and provide a steady supply of energy.

Simple

They can be digested quickly and provide a quick supply of energy to the body.

