

# Functions & Benefits of Carbohydrates

## Provides energy

Carbohydrates are broken down into glucose, which act as the primary source of fuel for the body.

The brain and nerve cells only use glucose for energy.



## Spares protein & fat

When your body needs fuel, it first breaks down carbohydrates before turning to protein and fat (sparing them for other functions).



## Promotes digestive health

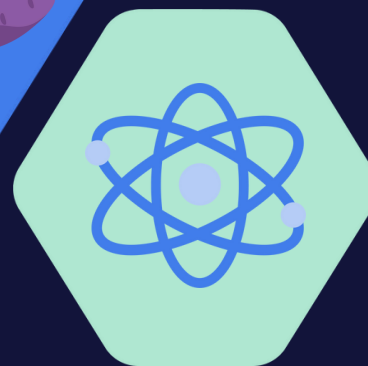
Dietary fiber adds bulk to the stool and promotes GI tract motility & bowel movement regularity.



## Regulates metabolism

Carbohydrates participate in metabolism & breakdown of cholesterol & fat for use in the body.

Complex carbohydrates help control blood glucose levels and insulin release.



### References:

1. Holesh JE, Aslam S, Martin A. Physiology, Carbohydrates. Updated May 12, 2023. Accessed Dec 18, 2024. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK459280/>
2. Hermann J. Carbohydrates in the Diet. Oklahoma State University Extension. Published Apr 2021. Accessed Dec 17, 2024. <https://extension.okstate.edu/fact-sheets/carbohydrates-in-the-diet.html>