

Carbohydrates

Primary function - Fuel for the body

Insulin Release

Simple carbohydrates break down the fastest and thus can be used by the body faster

Glycemic Index

Carbohydrates for Digestion		
Fast	Medium	Slower
Cornflakes	Bran Muffin	Apple
Honey	Oatmeal	Low-fat Milk
Baked Potato	Spaghetti (plain)	Pear
Bagel	White Rice	Whole Milk
Sports Drink	Apple Juice	Banana
White Bread	Brown Rice	Barley
Watermelon	Strawberries	Grapefruit
Cheerios	Peas	Peach
Wheat Bread	Kidney Beans	Pasta