

DIETARY STARCHES AND SUGARS IN MAN A COMPARISON%0A

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[Starchy foods \(carbs\) - British Nutrition Foundation](#) Although these starchy foods are often referred to as 'carbs', this is a little misleading as carbohydrates include both starch and sugars, as well as fibre. Starchy foods are an important source of energy.

[The Digestion of Starches and Sugars Present in the Diet ...](#)

Flouri B. (1989) The Digestion of Starches and Sugars Present in the Diet. In: Dobbing J. (eds) Dietary Starches and Sugars in Man: A Comparison. ILSI Human Nutrition Reviews, Springer, London In: Dobbing J. (eds) Dietary Starches and Sugars in Man: A Comparison.

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Carbohydrates: Sugar, Starch, and Fiber | MyNetDiary

Carbohydrate is an umbrella term that includes all starches and sugars. Technically, carbs are molecules that contain single, double, or multiple sugar (saccharide) units.

Simple sugars contain only one or two saccharide units and are typically sweet tasting. Complex carbohydrates are

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265.6 Dietary Carbohydrates: Sugars and Starches

SUMMARY The primary role of carbohydrates (sugars and starches) is to provide energy to cells in the body, particularly the brain, which is