

Carbohydrates in the diet

Carbohydrates should pay 58-60% of the energy intake. These are sugars:

- **Simple** – (monosaccharides, disaccharides).
- **Compound** – (polysaccharides – starch and fiber).

Fiber is a plant material resistant to the digestive enzymes of the GIT. It alleviates the rise in glycemia after a meal, has a positive effect on the action of insulin, has a satiating effect, lowers cholesterol ..

The recommended daily intake

The recommended daily carbohydrate intake is approximately **4-6 g / kg / day**.

Function

Carbohydrates are a source of muscle energy. They are an important building block and an equally important taste factor. Fiber function - see above

Excess

Excessive intake of simple sugars is related to:

1. Unnecessarily increased energy intake and subsequently obesity .
2. With **glucose intolerance**.
3. Hyperlipidemia.
4. Increased risk of **tooth decay**.

One-sided excessive supply of crude fiber reduces the absorption of important elements (Fe, Cu, Zn, Ca) and other protective substances.

Deficiency

Lack of fiber increases the risk of:

- Colon tumors;
- Ischemic heart disease;
- Chronic ischemic disease of the lower limbs.

The optimum ratio of the major nutrients in the total energy value

- Protein: 12-14%.
- Carbohydrates: 58-60%.
- Fats: 28-30%.

Links

Related articles

- Saccharides (biochemistry, clinically important carbohydrates) • Saccharides (1. LF UK, NT)
- Lipids • Lipids (1. LF UK, NT) • Dietary Fats • Fats as energy source • Lipid degradation and ketone metabolism • Fatty acids
- Proteins in food • Proteins (1. LF UK, NT) • aminoacids
- Types of food • Minerals in food • Trace elements
- Nutritional recommendation
- Diabetes mellitus

References

- BENCKO, Vladimír. *Hygiena – učební texty k seminářům a praktickým cvičením*. 2. edition. Univerzita Karlova, 2002. 204 pp. ISBN 80-7184-551-5.



Bakery products



Potatoes



Pasta

