

Natural Low GI Fruit Sugar

Understanding Carbohydrate

2.1 Types of Carbohydrate in the Food Pyramid

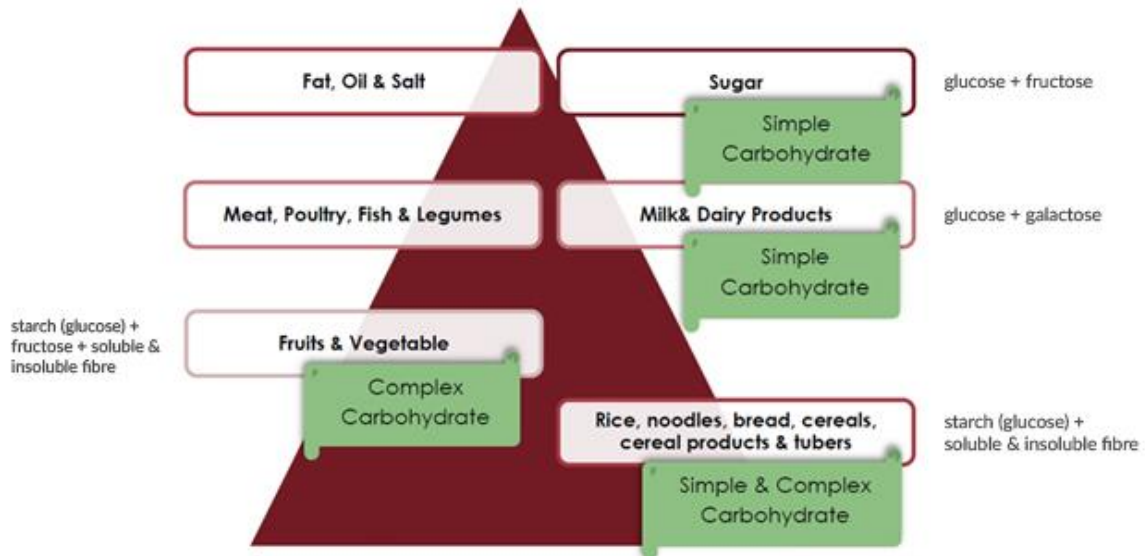


Figure 2.1

Identifying Food Groups that are Part of to the Carbohydrate Family in the Malaysian Food Pyramid¹ (Refer to Appendix A for a better understanding)

Carbohydrates are primarily broken down into **glucose** (simplest form of sugar) as the main source of energy in the body.

*2

Glucose can be used immediately or stored in the liver and muscles for when it is needed.

*2

