

Types of carbohydrates

There are 3 types of carbohydrates:



Sugars are simple carbohydrates that are easy to digest. They raise blood sugar levels **quickly**.



Starches are complex carbohydrates that are made up of sugars linked together. The speed at which starches are digested by the body into sugar depend on how processed they are and how much fibre the food item contains.



Fibre is the part of complex carbohydrates that cannot be digested by the body. It makes you feel full and helps with sugar control by slowing down the passage of food through the digestive system.