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Week 3-4 Paper

Carbohydrates is any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. Carbohydrates has an important role to our body , and they help our body function on a daily basis . The role of carbohydrates is to provide energy, as they are the body’s main source of fuel needed for physical activity, brain function, and operation of the organs.Our body cells and tissues needs carbohydrates ,and they are important for intestinal health and waste elimination. When you eat foods that contain carbohydrate, your body breaks them down into glucose. Glucose provides fuel for each cell in your body,especially your brain and nerve cells. Your body can break down carbohydrates for energy much more efficiently than protein or fat. If your body doesn’t need glucose immediately, it will store energy in the form of glycogen to be used later on. If you don’t eat enough carbohydrates, your body will use protein as an energy source. Protein is needed to build muscle as well as several other functions, but if it is used for energy due to lack of carbohydrates, it cannot perform its proper function.