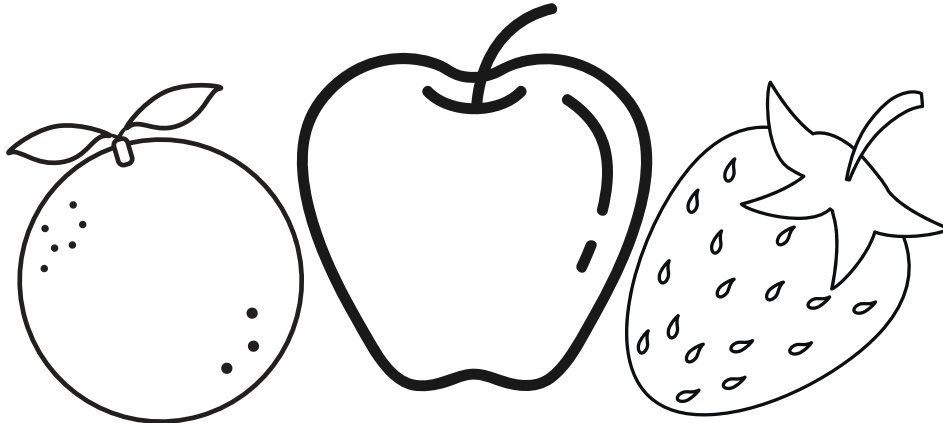


WHAT IS A CARB?



Carbohydrates (Carbs)

Carbohydrates, like proteins and fats, are one of the three main components of food that provide energy to the body.

The carbs that are in food are broken-down to glucose in your body. Glucose is then absorbed into the blood stream. Insulin is needed to move glucose from the blood into the cells, where it's used as an energy source.

Carbs are a healthy and important part of a nutritious diet.

