

CARBOHYDRATES

Dietary carbohydrates include **sugars**, **starches**, and **fibres** and are grouped according to their **chemical structure**.

SUGARS

The term sugars includes **monosaccharides** (single unit structure) and **disaccharides** (two monosaccharide units).

Sugars are found **naturally** in **fruits**, **vegetables** and **milk products**, or are **added** to foods and beverages.

The term sugar is used to describe **sucrose** (i.e., table sugar).

MONOSACCHARIDES



DISACCHARIDES



TOTAL SUGARS =

NATURALLY
OCCURRING SUGARS



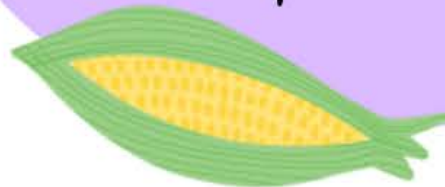
Fruits,
vegetables,
and milk
products



+

FREE SUGARS

Smoothies



Fruit and
vegetable
juices



ADDED SUGARS

Sugar,
syrup
and
honey

