Function of Carbohydrates in the Body after Digestion

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Abstract
Carbohydrates is any group of organic compounds that are polyhydroxy aldehydes or polyhydroxy ketones, or change to such substances on simple chemical alteration, as hydrolysis, oxidation, or decrease and that type the supporting tissues of plants and are essential food for animals and people. The foods we eat consist nutrients that supply energy and other things of the body requirements. Most of the nutrients in food fall into three main groups: proteins, fats and carbohydrates. The two major forms of carbohydrates are sugars (such as fructose, glucose and lactose) and starches, which are mostly found in various foods like starchy vegetables, grains, rice, breads, and cereals. The body breaks down the majority carbohydrates into the sugar glucose which is absorbed after into the bloodstream. When the glucose intensity raises in the body then the pancreas discharge a hormone called insulin. Insulin is necessary to move sugar from the blood into the cells, where it can be used as a source of energy.

Keywords
Carbohydrates; Body; Digestion

Introduction
Function
Provide Energy
When carbs are digested, they turned into glucose. Glucose is the chief source of energy for your body. Simple carbs can provide a quick burst of energy, but compound carbs will give energy for your body for the long period of time because they discharge the sugar into your bloodstream more slowly. Fat and protein can also give energy for your body, but the carbs provide most energy per gram. Pigman W [1]. Eades M R.and Eades M D [2].

Decrease Disease
Eating much simple or processed carbs has negative effects on your cardiovascular health, but other carbs can really decrease the risk of various diseases. Complex carbs, particularly fiber, are associate with lower cholesterol level. They are also concerned with a lower risk of diabetics because they don’t lead to blood sugar spikes. Willett W [3].

Weight Control
Complex carbs keep you full for long period of time because your body breaks them slowly. This means that eating complex carbs may help in control your body weight. This is especially true that eat a lot of fiber and moderate amount of whole grains. Eades M R.and Eades M D [4].

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Aid in Gut Motility

Carbohydrates is a type of fibrous substance. When carbohydrates are digesting, this material absorbs water in the guts, swell and increase the load. This load is helpful to increase intestinal motility and discharge of waste (feces). Thus carbohydrates aid clear gut and avoid constipation.

Necessary for Fat Oxidation

The body needs carbs in order to burn fat. The breakdown produce of carbohydrates is called oxaloacetic acid which is essential to metabolize fats. Without this breakdown product fats get curved into ketones, which can be toxic to the bodies. This why we need carbs in order to allow fats to be metabolized properly by the body. Begum R M [5].

Help Gastro-Intestinal (GI) Function in the Body

Carbohydrates play an important role in the production of B complex vitamins made by beneficial bacteria in the body. The useful bacteria live off the carbohydrates obsessive by the GI tract and can then help us in come back by producing valuable vitamins we require to task. One of the functions of carbohydrates is to give fuel for these useful bacteria so that they can symbiotically help us in return. Carbohydrates, such as lactate, aid the body absorb calcium better, which is good for our bones. Kaplan, B. J., Rucklidge, J. J., Romijn, A., and McLeod, K. [6].

Make Our Food More Flavorful

Carbohydrates provide us with more flavors in the diet. Carbohydrates come in more multiplicity than just about any other food. They are easily digested by the GI tract, especially when cooked and provide us the staple food our bodies need to function. Duyff, R. L. [7].

Help Cellular Recognition Processes

Carbohydrates are key to our immune system. Many antibodies and proteins use in the immune system consist of both carbs and protein. Without carbs, these mixture protein/carbohydrate molecules cannot form. The carbohydrate component aid the liver to disgrace the antibody by being cleaved off the proteins making up the immunoglobulin. Playfair J H L, and Chain B M. [5].

References