

**carbohydrates.** One of the six classes of nutrients that includes sugars, starches, and fibers. Carbohydrates are the body's main source of energy.

**complex carbohydrate.** A polysaccharide. Starch and fiber are complex carbohydrates.

**dental caries.** Tooth decay.

**diabetes mellitus.** A lack of or an inability to use the hormone insulin, which results in a buildup of glucose in the bloodstream.

**dietary fiber.** The nondigestible carbohydrates and lignins that make up the tough, fibrous cell walls of plants.

**disaccharide.** A carbohydrate made up of two sugar units. Sucrose, lactose, and maltose are the disaccharides.

**functional fiber.** The isolated, nondigestible carbohydrates that have beneficial effects in human health.

**functional food.** A food to which ingredients have been added, such as fiber, to provide health benefits beyond basic nutrition.

**glucose.** A monosaccharide that circulates in the bloodstream and serves as the body's source of energy.

**glycemic index (GI).** A measure of the speed at which various carbohydrates are digested into glucose, absorbed, and enter the bloodstream.

**glycogen.** The body's storage form of glucose.

**hormone.** A chemical produced in the body and released into the bloodstream to regulate specific body processes.

**hypoglycemia.** A low blood glucose level.

**insulin.** A hormone secreted by the pancreas to regulate blood glucose level.

**lactose intolerance.** An inability to digest lactose, the main carbohydrate in milk, due to a lack of the digestive enzyme lactase.

**monosaccharide.** A carbohydrate made up of single sugar units. Glucose, fructose, and galactose are the monosaccharides.

**polysaccharide.** A carbohydrate made up of many sugar units that are linked in straight or branched chains.

**refined sugar.** A carbohydrate sweetener that is separated from its natural source for use as a food additive.

**satiety.** The feeling of fullness a person has after eating food.

**simple carbohydrate.** A monosaccharide or disaccharide.

**starch.** A polysaccharide that is the storage form of energy in plants.

**sugars.** A collective term used to refer to all the monosaccharides and disaccharides.

**supplement.** A concentrated source of a nutrient, usually in pill, liquid, or powder form.

**total fiber.** The sum of dietary and functional fibers.