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Can carbs cause high blood pressure?

What carbs are good for high blood pressure?

Are carbs bad for high blood pressure?

Can carbohydrates raise your blood pressure?

Carbs causing high blood pressure. Does carbs affect blood pressure.

Is carbohydrates good for high blood pressure.

Carbs and high blood pressure. Carbs and blood pressure.

Carbohydrates, or carbs, are the sugars, starches, and dietary fiber that occur in certain foods.

The body breaks them down into glucose, which provides energy for bodily functions.Carbohydrates are mainly found in plant foods. They also occur in dairy products in the form of a milk sugar called lactose. Foods high in carbohydrates include bread, pasta, beans, potatoes, rice, and cereals.Carbohydrates play several roles in living organisms, including providing energy. Byproducts of carbohydrates are involved in the immune system, the development of disease, blood clotting, and reproduction.This article looks at types of carbohydrates, nutrition, and their effects on health. We also look at the relationship between carbohydrates and diabetes.Share on PinterestSDI Productions/Getty ImagesCarbohydrates, also known as saccharides or carbs, provide energy for the body. Each gram of carbohydrates provides 4 calories. The body breaks carbohydrates down into glucose, which is the primary energy source for the brain and muscles.Carbohydrates are one of three macronutrients, which are nutrients that the body needs in larger amounts. The other macronutrients are protein and fats. Proteins provide 4 calories per gram, and fats provide 9 calories per gram.Its generally recommended that people consume between 45-65% of their total calories in the form of carbohydrates per day. However, carbohydrate needs depend on many factors, including body size, activity levels, and blood sugar control.The Food and Drug Administration (FDA) recommend that people get 275 g of carbohydrate each day in a 2,000-calorie diet. This includes dietary fiber, total sugars, and added sugars, which are listed on food labels.Carbohydrates in foods occur in various forms, including the following:Dietary fiber, a type of carbohydrate that the body cannot easily digest. It occurs naturally in fruits, vegetables, nuts, seeds, beans, and whole grains.Total sugars, which include sugars that occur naturally in foods, such as dairy products, as well as added sugars, which are common in baked goods, sweets, and desserts. The body very easily digests and absorbs sugars.Sugar alcohols, a type of carbohydrate that the body does not fully absorb. They have a sweet taste and fewer calories than sugar. Sugar alcohols are added to foods as reduced-calorie sweeteners, such as in chewing gum, baked goods, and sweets.Dietary fiber helps promote regular bowel movements, lowers blood sugar and cholesterol, and may help reduce a persons calorie intake. The FDA recommend that people get 28 g of dietary fiber per day in a 2,000-calorie diet.Most people in the United States exceed the recommended daily limits for added sugar. This can increase a persons risk of developing cardiovascular disease and dental cavities. Guidelines recommend that people get less than 10% of their total daily calories from added sugars, meaning less than 200 calories of added sugars each day.However, limiting added sugar as much as possible is best for overall health. The American Heart Association recommend that those assigned female at birth (AFAB) limit added sugar to less than 6 teaspoons (25 g) per day and those assigned male at birth (AMAB) limit their intake to less than 9 teaspoons (36 g) per day.The chemical structures of carbohydrates contain carbon, hydrogen, and oxygen atoms. Two basic compounds make up carbohydrates: Aldehydes, which are double-bonded carbon and oxygen atoms, plus a hydrogen atom, and ketones, which are double-bonded carbon and oxygen atoms, plus two additional carbon atoms.Carbohydrates can combine to form polymers, or chains, to create different types of carbohydrates.Monosaccharides are single units of sugar. Examples include:glucose, the bodys main source of energygalactose, which is most readily available in milk and dairy productsfructose, which mostly occurs in fruits and vegetablesDisaccharides are two sugar molecules joined together. Examples include:lactose, found in milk, which is made up of glucose and galactosesucrose, or table sugar, which is made up of glucose and fructosePolysaccharides are chains of many sugars. They can consist of hundreds or thousands of monosaccharides. When describing a carb that contains 310 monosaccharides, health experts may refer to it as an oligosaccharide. Polysaccharides act as food stores for plants and animals. Examples include:glycogen, which stores energy in the liver and musclesstarches, which are abundant in potatoes, rice, and wheatcellulose, one of the main structural components of plantsHealth experts may refer to two types of carbs: simple and complex. Monosaccharides and disaccharides are simple carbohydrates, and polysaccharides are complex carbohydrates.Simple carbohydrates are sugars. They consist of just one or two molecules. They provide a rapid source of energy, but the person soon feels hungry again. Examples include white bread, sugars, and candies.Complex carbohydrates consist of long chains of sugar molecules. This includes whole grains and foods that contain fiber. Examples include fruits, vegetables, beans, and whole grain pasta.Complex carbohydrates make a person feel full for longer and have more health benefits than simple carbohydrates, as they contain more vitamins, minerals, and fiber.Read on to learn more about simple and complex carbohydrates.In a typical diet, carbohydrates are the main energy source for the body. The body uses them as fuel for the cells.Many people have turned to low carb diets, such as the keto diet, for their potential health benefits and weight loss. However, some types of carbohydrates including whole grains and dietary fiber have substantial health benefits. Other types of carbohydrates, including simple carbohydrates such as white bread, have much lower nutritional value.Added sugars are a type of carbohydrate that can have adverse health effects. Eating large amounts of foods that contain added sugars can contribute to obesity, T2DM, and cardiovascular disease.When making dietary changes, it is important to aim for a healthful diet that contains the range of nutrients that the body needs. A person can discuss dietary changes with a dietitian. Some argue that the global rise in obesity may relate to a high intake of carbs. However, a number of factors contribute to rising obesity rates, including:lower physical activity levelsgreater availability of ultraprocessed food or junk fooda lack of access to affordable fresh produceoversized portions, which increase a persons calorie intakefewer hours of sleeptenetic factorstress and emotional factorsMany manufacturers promote low carb diets to sell weight loss products, including nutritional bars and powders. However, these products are not often as healthful as they suggest. It is advisable for a person to check the ingredients label of any product, whether it is a diet food or not, and see if it fits into their dietary plan. Nutritional bars and similar products can be convenient, but they are not superior to whole foods.After a meal, the body breaks carbohydrates down into glucose, causing blood sugar levels to increase. This causes the pancreas to produce insulin, a hormone that allows the bodys cells to use this sugar for energy or storage.Over time, repeated spikes in blood sugar levels can damage the cells that make insulin, wearing them out. Eventually, the body may stop producing insulin, or may not be able to use it properly. This is known as insulin resistance.Eating carbohydrates or sugars alone does not cause diabetes. Carbohydrates are an important source of nutrients in most diets. However, people are more likely to have insulin resistance and develop T2DM if they have overweight or obesity, which can be linked with a diet high in sugar. Insulin resistance increases the risk of developing metabolic syndrome, which refers to a group of risk factors that raise the risk of heart disease, stroke, and other medical conditions.If a person has elevated blood sugar levels, reducing their intake of added sugar and refined carbohydrates can help reduce their blood sugar levels, improve insulin resistance, and may help promote healthy weight loss if needed.People can reduce their risk of insulin resistance by eating healthful carbohydrates, maintaining good sleeping habits, and exercising regularly.Healthful carbohydrates include fruit, vegetables, legumes, whole grains, and some cereals. These foods contain essential vitamins, minerals, fiber, and key phytonutrients.The Mediterranean diet has a moderate amount of carbohydrates from mostly whole food sources plus some animal or fish protein. This diet relates to a lower risk of developing T2DM. The glycemic index (GI) ranks how quickly a food raises blood sugar levels on a scale of 0 to 100. Foods with a high GI cause rapid spikes in blood sugar. Foods with a low GI take longer for the body to digest, leading to more balanced blood sugar levels.Eating lots of foods with a high GI may increase a persons risk for T2DM and other health concerns, including heart disease and certain cancers.A diet with plenty of low GI foods, together with exercise and regular sleep, may help a person maintain health and a moderate weight.One factor that increases the GI score of a food is the milling and grinding process, which often leaves no more than the starchy endosperm, or the inner part, of the seed or grain. This is mainly starch.This process also eliminates other nutrients, such as minerals, vitamins, and dietary fibers.To follow a low GI diet, a person can eat more unrefined foods, such as:oats, barley, or branwhole-grain breadbrown riceplenty of fresh fruit and vegetablesfresh, whole fruit instead of juicewhole-grain pastasalads and raw vegetablesSome FAQs about carbohydrates may include:Carbohydrates generally refer to foods containing a lot of sugar that the body can break down to release energy. Examples include whole grains, vegetables, fruits, and beans.Some health experts may describe certain carbohydrates as being less healthy than others. It may be advisable to try and limit or reduce these carbs. Examples can include white bread, pastries, sodas, and other highly processed or refined foods.Carbohydrates are a macronutrient that provide the body with glucose. The body is able to convert this sugar into energy that supports bodily functions and physical activity.Read on to learn more about what carbohydrates do.Carbohydrates are an important source of energy for the body. Some types are more healthful than others. For instance, dietary fiber is a carbohydrate that protects heart and gut health, whereas added sugars can lead to an increased risk of T2DM, heart disease, and overweight. Following a well-balanced diet that includes unprocessed carbohydrates, and getting enough sleep and physical activity, are more likely to lead to good health and a healthful body weight than focusing on or eliminating a particular nutrient.DiabetesEndocrinologyNutrition / DietObesity / Weight Loss / FitnessMedical News Today has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Added sugars. (2021). T M, et al. (2020). The health benefits of dietary fibre. . (2023), and diabetes: What you need to know. (n.d.). value on the nutrition and supplement facts labels. (2024) . (n.d.). guidelines for Americans 20202025. (2020). E J, et al. (2023). Added sugar intake is associated with weight gain and risk of developing obesity over 30 years: The CARDIA study. 2300429-5/fulltextFood and Nutrition Information Center (FNIC). (n.d.). the facts: Added sugars. (2021). J E, et al. (2023). Physiology, carbohydrates. Y, et al. (2023). Dietary sugar consumption and health: Umbrella review. A, et al. (2022). Dietary glycemic index, glycemic load, and chronic disease: An umbrella review of meta-analyses of prospective cohort studies. M D, et al. (2018). Vegetarian diets and the risk of diabetes, food labels. (n.d.). carbs. (n.d.). C, et al. (2023). The Mediterranean diet: Effects on insulin resistance and secretion in individuals with overweight or obesity. T S, et al. (2023). Dietary fiber in the prevention of obesity and obesity-related chronic diseases: From epidemiological evidence to potential molecular mechanisms. causes obesity & overweight? (2016). is metabolic syndrome? (2022). Health & Medicine Anatomy & Physiology carbohydrate, class of naturally occurring compounds and derivatives formed from them. Carbohydrates are probably the most abundant and widespread organic substances in nature and are essential constituents of all living things. The term carbohydrate means watered carbon; the general formula Cx(H2O)y is commonly used to represent many carbohydrates.starch granulesWheat starch granules stained with iodine.In the early part of the 19th century, substances such as wood, starch, and linen were found to be composed mainly of molecules containing atoms of carbon (C), hydrogen (H), and oxygen (O) and to have the general formula CxH12O6; other organic molecules with similar formulas were found to have a similar ratio of hydrogen to oxygen.Carbohydrates are formed by green plants from carbon dioxide and water during the process of photosynthesis. They serve as energy sources and as essential structural components in organisms; in addition, part of the structure of nucleic acids, which contain genetic information, consists of carbohydrate. Although a number of classification schemes have been devised for carbohydrates, the division into four major groupsmonosaccharides, disaccharides, oligosaccharides, and polysaccharidesused here is among the most common. Most monosaccharides, or simple sugars, are found in grapes, other fruits, and honey. Although they can contain from three to nine carbon atoms, the most common representatives consist of five or six joined together to form a chainlike molecule. Three of the most important simple sugarsglucose (also known as dextrose, grape sugar, and corn sugar), fructose (fruit sugar), and galactosehave the same molecular formula, (C6H12O6), but, because their atoms have different structural arrangements, the sugars have different characteristics; i.e., they are isomers. Slight changes in structural arrangements are detectable by living things and influence the biological significance of isomeric compounds. It is known, for example, that the degree of sweetness of various sugars differs according to the arrangement of the hydroxyl groups (OH) that compose part of the molecular structure. A direct correlation that may exist between taste and any specific structural arrangement, however, has not yet been established; that is, it is not yet possible to predict the taste of a sugar by knowing its specific structural arrangement. The energy in the chemical bonds of glucose indirectly supplies most living things with a major part of the energy that is necessary for them to carry on their activities. Galactose, which is rarely found as a simple sugar, is usually combined with other simple sugars in order to form larger molecules. lactose crystallallactose crystals are shown suspended in oil. Their distinct shape allows them to be identified in foods examined for research.Two molecules of a simple sugar that are linked to each other form a disaccharide, or double sugar. The disaccharide sucrose, or table sugar, consists of one molecule of glucose and one molecule of fructose; the most familiar sources of sucrose are sugar beets and cane sugar. Milk sugar, or lactose, and maltose are also disaccharides. Before the energy in disaccharides can be utilized by living things, the molecules must be broken down into their respective monosaccharides. Oligosaccharides, which consist of three to six monosaccharide units, are rather infrequently found in natural sources, although a few plant derivatives have been identified. Polysaccharides (the term means many sugars) represent most of the structural and energy-reserve carbohydrates found in nature.

Large molecules that may consist of as many as 10,000 monosaccharide units linked together, polysaccharides vary considerably in size, in structural complexity, and in sugar content; several hundred distinct types have thus far been identified. Cellulose, the principal structural component of plants, is a complex polysaccharide comprising many glucose units linked together; it is the most common polysaccharide. The starch found in plants and the glycogen found in animals also are complex glucose polysaccharides. Starch (from the Old English word *stearcan*, meaning to stiffen) is found mostly in seeds, roots, and stems, where it is stored as an available energy source for plants. Plant starch may be processed into foods such as bread, or it may be consumed directlyas in potatoes, for instance. Glycogen, which consists of branching chains of glucose molecules, is formed in the liver and muscles of higher animals and is stored as an energy source. The generic nomenclature ending for the monosaccharides is -ose; thus, the term pentose (pent = five) is used for monosaccharides containing five carbon atoms, and hexose (hex = six) is used for those containing six. In addition, because the monosaccharides contain a chemically reactive group that is either an aldehyde group or a keto group, they are frequently referred to as aldopentoses or ketopentoses or aldohexoses or ketohexoses. The aldehyde group can occur at position 1 of an aldopentose, and the keto group can occur at a further position (e.g., 2) within a ketohexose. Glucose is an aldohexose,i.e., it contains six carbon atoms, and the chemically reactive group is an aldehyde group, beginning of content Carbohydrates are a macronutrient found in food. They provide your body with energy and helps your body function. Carbohydrates are found in different foods in 3 different forms (e.g., 2) within a ketohexose. 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