



How does carbohydrates provide energy

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Ashley Marcin is a freelance health writer and blogger based in upstate New York. Aside from her work with Healthline, her recipes and other tips have been featured on sites like Real Simple, Reader's Digest, HuffPost, Apartment Therapy, Brit + Co., Gizmodo, The Kitchn, and more. Ashley is a work-at-home mom to three awesome daughters and also has a professional background in marketing communications and higher education.

Ginger Vieira is an author, freelancer, and video creator living with type 1 diabetes. Her books include *Exercise with Type 1 Diabetes*, *Pregnancy with Type 1 Diabetes*, *Dealing with Diabetes Burnout*, *Emotional Eating with Diabetes*, and two books for children: *When I Go Low and Ain't Gonna Hide My T1D!* Her background includes a Bachelor of Science degree in professional writing and certifications in coaching, personal training, and yoga. Find all of Ginger's articles at [GingerVieira](#) and watch her videos on [YouTube](#)!

Brian Krans is an award-winning investigative, political, spot news, and rollerblading reporter, and former senior writer for Healthline who helped co-found Healthline News. His work has appeared on the airwaves and on the pages of KQED, The California Report, East Bay Express, Salon, The Huffington Post, Wired, and other outlets. He graduated from the UC Berkeley Graduate School of Journalism, where he studied at its Investigative Reporting Program while investigating corruption in California. He, his wife, and their dog live in Oakland. Find him on [Twitter](#).

Victoria Stokes is a writer from the United Kingdom. When she's not writing about her favorite topics, personal development, and well-being, she usually has her nose stuck in a good book. Victoria lists coffee, cocktails, and the color pink among some of her favorite things. Find her on [Instagram](#).

Beth Ann Mayer is a New York-based freelance writer and content strategist who specializes in health and parenting writing. Her work has been published in *Parents*, *Shape*, and *Inside Lacrosse*. She is a co-founder of digital content agency *Lemonseed Creative* and is a graduate of Syracuse University. You can connect with her on [LinkedIn](#).

Nancy Schimelpfening, MS, earned her master's degree in community health education from Old Dominion University. She's a freelance writer whose work has appeared in various online publications, including not only Healthline, but *Verywell Health* and *Mindbodygreen*. She's also the president of *Depression Sanctuary*, a nonprofit organization that offers free support to people living with depression and other mental illnesses. You can follow Nancy and her work with *Depression Sanctuary* on [Twitter](#) and [Facebook](#).

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Biologically speaking, carbohydrates are molecules that contain carbon, hydrogen and oxygen atoms in specific ratios.

But in the nutrition world, they're one of the most controversial topics.

Some believe eating fewer carbohydrates is the way to optimal health, while others prefer higher-carb diets. Still, others insist moderation is the way to go.

No matter where you fall in this debate, it's hard to deny that carbohydrates play an important role in the human body. This article highlights their key functions.

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