

# Carbohydrates



Carbohydrates gives us instant energy. Any person who does lot of physical work needs more carbohydrates. Carbohydrates are found in sugar, potato , cereals, pulses , bananas etc.

Cereals such as rice, wheat, maize etc. are rich in carbohydrates. Food made from these cereals such as bread, chapatti and dosa also have the same property.

