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# Carbohydrate

National Diabetes Information Clearinghouse (NDIC)

## Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

One of the three main nutrients in food. Foods that provide carbohydrate are **starches**, vegetables, fruits, dairy products, and **sugars**.



Sources of carbohydrate