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Título: ¿Cómo proporcionan energía los carbohidratos

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Su principal función en el organismo de los seres vivos es la de contribuir en el almacenamiento y en la obtención de energía de forma

Los carbohidratos son compuestos orgánicos que se descomponen en glucosa (azúcar) durante la digestión. La glucosa es utilizada por el cuerpo como una fuente primaria de energía para alimentar

¿Qué Son Los Carbohidratos?¿Cuáles Son Los diferentes Tipos de Carbohidratos?¿Qué Alimentos tienen Carbohidratos?¿Qué Tipos de Carbohidratos Debo comer?¿Cuántos Carbohidratos Debo comer?¿Es Seguro Comer Una Dieta Baja en Carbohidratos?Los carbohidratos son moléculas de azúcar. Junto con las proteínas y las grasas, los carbohidratos son uno de los tres nutrientes principales que se encuentran en alimentos y bebidas. Su cuerpo descompone los carbohidratos en glucosa. La glucosa, o azúcar en la sangre, es la principal fuente de energía para las células, tejidos y órganos del cuerpo...Ver más en medlineplus.gov#b_results

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.mc_vtvc_meta_block,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block{display:flex;flex-direction:column;gap:var(--smtc-padding-ctrl-text-side)}#serpvidans.
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.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
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.mc_vtvc_meta_block_area .mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before,#serpvidans.vsacf
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.mc_vtvc_meta_block
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.mc_vtvc_meta_w,.vsacf .mmlist .mc_vtvc_con_rc .mc_vtvc_meta_w{height:auto}.vsacf
.b_title{padding-left:0}.vsacf .b_title
.mmtitle{font:var(--bing-smtc-text-global-subtitle1-strong);margin-bottom:0}.vsacf .b_title .mmtitle
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.mc_vtvc_con_rc,#serpvidans.vsacf .cardless.mmllist .mc_vtvc_th{height:auto}#serpvidans.vsacf
.vsb_tr_c.va_tt{margin:0}#serpvidans.vsacf .vtbc .mv_vtvc_play,#serpvidans.vsacf .vtbc
.mv_vtvc_play_ext{position:static}#serpvidans.vsacf .va_tt
.mc_vtvc_ban_lo{display:block}#serpvidans.vsacf
.mc_bc{width:auto;border-radius:var(--smtc-ctrl-badge-sm-corner);padding:var(--smtc-padding-ctrl-text-side)
var(--smtc-gap-between-content-xx-small)}#serpvidans.vsacf .rmts .mc_bc
ems{display:none}#serpvidans.vsacf a.vsb_tr_t{color:var(--smtc-foreground-content-neutral-primary)}.vsacf
.va_tt .vsb_tr_chd .mc_vtvc_th_dock.rmoveoverlay{height:36px}.vsacf .va_tt .vsb_tr_chd
.mc_vtvc_th_dock{height:92px;position:absolute;bottom:0;background:linear-gradient(180deg,var(--bing-smt
c-background-ctrl-fade-on-image-stop-0) 0%,var(--mai-smtc-background-ctrl-on-image-rest) 100%)}#serpvidans.vsacf
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.mc_vtvc .mc_vtvc_meta,.vsacf .va_tt .vsb_tr_chd .mc_vtvc
.mc_vtvc_title{color:var(--mai-smtc-foreground-ctrl-on-image-rest)}.vsacf
span.vcmt_ctt{font:var(--bing-smtc-text-global-caption2);margin:var(--smtc-gap-between-content-xx-small) 0
0;height:16px}#serpvidans.vsacf .vsb_tr_chd .mc_vtvc_tot .mc_vtvc_title
strong{font-size:14px;line-height:20px;display:unset}#serpvidans.vsacf .va_tt .b_sldrp
.slide:not(:first-child){margin-left:var(--smtc-gap-between-content-small)}#serpvidans.vsacf .va_tt
.vsb_tr_chd .mc_vtvc
.mc_vtvc_title{white-space:normal;display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}#se
rpvidans.vsacf .b_module_expansion_control .b_btnContainer
.b_CompactExpansion{background-color:var(--bing-smtc-background-ctrl-neutral-rest);display:flex;justify-co
ntent:center;align-items:center;gap:4px;width:fit-content;height:auto;padding:8px 12px}#serpvidans.vsacf
.b_module_expansion_control .b_btnContainer .b_CompactExpansion
.b_CompactExpansionBtnText{font:var(--bing-smtc-text-global-caption1-strong);color:var(--bing-smtc-foregr
ound-content-brand-rest)}#serpvidans.vsacf .b_module_expansion_control .b_btnContainer
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1px;background:var(--smtc-stroke-ctrl-on-neutral-rest)}#b_results
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.vasac{padding:unset;margin:0}#b_results .b_ans.b_vidAns .vsa .b_attribution{padding-bottom:0}#b_results
.b_ans.b_vidAns .cardless .salink{margin:0}#b_results .b_ans.b_vidAns .mmllist
.mc_vtvc{margin-top:10px}#b_results .b_ans.b_vidAns .mmllist .mc_vtvc
.mc_vtvc_meta{display:flex;flex-direction:column;justify-content:space-between;margin:0 10px 4px
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.mc_vtvc_meta_row_channel,#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area{color:#666}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
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.mc_vtvc{background-color:unset}.mmtitle>a{display:block}.mc_fh{height:100%;border-radius:6px}.mc_tc_
bs{overflow:hidden}.mmlist .mc_vtvc .mc_vtvc_meta { padding: 12px 16px 16px 16px; } .mmlist .mc_vtvc
.mc_vtvc_meta_w { height: 112px; margin-top: -0px; } .mmlist .mc_vtvc .mc_vtvc_title { height: 44px;
line-height: 22px; margin-bottom: 0px; margin-top: 0px; } .mmlist .mc_vtvc .mc_vtvc_meta_block_area {
height: 40px; } .mmlist .mc_vtvc .vtmu, .mmlist .mc_vtvc .vtpl { bottom: 120px; } .mmlist .mc_vtvc_th_dock
{ height: 112px; } .mmlist .mc_vtvc_th .cico { height: 131px; }
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argin-top:-40px;padding:12px
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ical-align:middle;text-align:center}.mc_vtvc_th_live_b{background-color:#c80000;color:#fff;display:inline-bl
ock;padding:2px 8px;font:11px/14px
Arial;border-radius:2px;text-transform:uppercase;height:15px;width:26px;position:absolute;left:8px;top:110p
x}.isvctrl .isv
.mc_vtvc_ban_up{left:0;right:initial}.mc_vtvc_ban_lo,.mc_vtvc_ban_up{right:0}.vt_text.b_lRight
.b_lLeft{margin:0 0 0 1px;height:14px;line-height:14px;padding:2px
8px;background:rgba(0,0,0,.75);border-radius:2px;font-weight:bold}.mc_vthtb{width:100%;height:100%;bac
kground:rgba(0,0,0,.7);position:absolute;top:0;bottom:0;left:0;right:0;display:table}.mc_vtht{width:100%;pad
ding:0
16px;line-height:16px;color:#fff;text-decoration:underline;word-break:break-word;box-sizing:border-box;vert
```

ical-align:middle;text-align:center;display:table-cell}.vt_text.b_lRight .b_lLeft{margin:0 0 0 1px;height:14px;line-height:14px;padding:2px 8px;background:rgba(0,0,0,.75);border-radius:2px;font-weight:bold}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.mc_vtvc_center_play{width:32px;height:32px;background-size:cover;position:absolute;margin:auto;bottom:0;top:0;left:0;right:0;box-shadow:none;border-radius:0}.mc_vtvc_center_play.rmvbg{width:32px;height:32px;background-image:none}.mc_vtvc_htb,.mc_vtvc_ht{display:none}.vt_onhv .mc_vtvc_htb{display:table}.vt_onhv .mc_vtvc_ht{display:table-cell}.mc_vtvc_center_play{display:inline-block}.vt_onhv .mc_vtvc_center_play{display:none}.mc_vtvc .vtmu,.mc_vtvc .vtpl{bottom:163px}.vsarf .mc_vtvc .vtmu,.vsarf .mc_vtvc .vtpl{bottom:122px}.svarh #mmcar .mc_vtvc .vtmu,.svarh #mmcar .mc_vtvc .vtpl{bottom:137px}.svarht #mmcar .mc_vtvc .vtmu,.svarht #mmcar .mc_vtvc .vtpl{top:8px;left:8px}.mc_vtvc_center_play{background-image:url(data:image/svg+xml,%3Csvg%20width%3D%2232%22%20height%3D%2232%22%20viewBox%3D%220%200%2032%2032%22%20fill%3D%22none%22%20xmlns%3D%22http%3A%2F%2F%2F2000%2Fsvg%22%3E%0D%0A%20%20%20%20%3Cr ect%20width%3D%2232%22%20height%3D%2232%22%20rx%3D%2216%22%20fill%3D%22black%22%20fill-opacity%3D%220.6%22%2F%3E%0D%0A%20%20%20%20%3Cpath%20d%3D%22M14.2354%2010.1923C13.2355%209.62986%2012%2010.3524%2012%2011.4997V20.5C12%2021.6472%2013.2355%2022.3698%2014.2354%2021.8073L22.2356%2017.3073C23.2551%2016.7339%2023.2551%2015.2661%2022.2357%2014.6926L14.2354%2010.1923Z%22%20fill%3D%22white%22%20fill-opacity%3D%220.9%22%2F%3E%0D%0A%3C%2Fsvg%3E)}.mmlist .mc_vtvc{margin:10px 1px 0}.mmlist .mc_vtvc_con_rc{display:flex}.cardless .mmlist .mc_vtvc_con_rc{height:112px}.mmlist .mc_vtvc .mc_vtvc_meta{display:flex;flex-direction:column;justify-content:space-between;margin:0 10px 4px 12px;padding:0}.mmlist .mc_vtvc_title{font-weight:400;font-size:16px;height:44px;line-height:22px;margin-bottom:0;margin-top:0;color:unset}.mmlist .mc_vtvc_meta_row{font-size:13px}.mmlist .mc_vtvc .mc_vtvc_meta_block_area{height:unset}.mmlist .mc_vtvc .vtmu,.mmlist .mc_vtvc .vtpl{bottom:8px}.cardless .mmlist .mc_vtvc{box-shadow:none}.cardless.mmlist .mc_vtvc_center_play{width:32px;height:32px}.cardless.mmlist .mc_vtvc_title{font-size:16px;color:unset}.cardless.mmlist .mc_vtvc_meta_row{line-height:20px}.cardless.mmlist .mc_vtvc_meta_pubdate{padding-bottom:2px;color:#666}.cardless.mmlist .mc_vtvc_th,.cardless.mmlist .mc_vtvc_th .cico,.cardless.mmlist .mc_vtvc_th div.rms_img{border-radius:6px}.cardless.mmlist .mc_vtvc_th{height:111px}.cardless.mmlist .mc_vtvc_htc{border-radius:6px;overflow:hidden}#serpvidans.vasac.cardless{box-shadow:none}.cardless.mmlist .mc_bc{padding:2px 8px;line-height:14px;border-radius:2px;font-weight:normal}.mmlist .mc_vtvc: hover .mc_vtvc_title{text-decoration:underline}.mc_vtvc_meta{box-sizing:border-box;display:inline-block;line-height:18px;position:relative;width:100%}.mc_vtvc_meta_block{bottom:0;position:absolute;width:100%}.mc_vtvc_meta_row{line-height:16px;font-size:11px;height:17px;overflow:hidden;text-overflow:ellipsis;white-space


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e:nowrap}.mc_vtvc_meta_row
a: hover{text-decoration:underline}.mc_vtvc_meta_block_area{position:relative}.mc_vtvc_meta_block,.mc_v
vtvc_meta_block
a{color:#444}.b_dark
.mc_vtvc_meta_block{color:#edebe9}.mc_vtvc_meta_row>:nth-of-type(n+2)::before{content:"
"}.mc_vtvc_meta_row
.mc_vtvc_meta_row_channel::before{content:"
"}.mc_vtvc_kmt_title{line-height:18px;padding-bottom:4px;font-weight:bold;color:#00809d;text-transform:u
ppercase;font-size:11px}.mc_vtvc_kmt,.mc_vtvc_con_rc.onhov
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.mc_vtvc_meta_row,.mc_vtvc_con_rc.onhov
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.wkmt
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0
16px
0
0;color:#444}.mc_vtvc_meta
.mc_vtvc_kmt_title{line-height:18px}.mc_vtvc_title: hover{text-decoration:none}.mc_vtvc_meta_pubdate{co
lor:#444;padding-bottom:3px}.mc_vtvc_meta_channel{color:#444}.mc_vtvc_meta_w,.mc_vplvc_meta_w{po
sition:relative}.mc_vtvc_meta_bg_w,.mc_vplvc_meta_bg_w{height:100%;width:100%;overflow:hidden;posit
ion:absolute;top:0}.mc_vtvc_meta_bg_w
.cico,.mc_vplvc_meta_bg_w
.cico{border-radius:0;overflow:visible}.dg_u
.mm_vidch_th_c{overflow:visible}.dg_u
.mm_vidch_th_bg
img{margin-top:-20px}.emptyStyleForDebuggingPurpose{top:0}.mc_vtvc_meta_w
.mc_vtvc_meta{background:rgba(255,255,255,.75)}.mc_vtvc_meta_bg_w
img,.mc_vtvc_meta_bg_w
.mc_vtvc_cb_w{filter:blur(25px);transform:scale(1.2)}body{--video-metadata-channel-color:#3c3c3c}body.b
_dark{--video-metadata-channel-color:unset}.vsarf
.mc_vtvc_meta_pubdate{color:unset}.vsarf
.mc_vtvc_meta_channel{color:var(--video-metadata-channel-color)}.vsarf
.mc_vtvc
.mc_vtvc_meta_w
.mc_vtvc_title,.vsarf
.mc_vtvc
.mc_vtvc_meta_w
.mc_vtvc_title
strong{font-weight:bold}.vsarf
.mc_vtvc_meta_w
.mc_vtvc_meta_row{font-size:13px}.emptyStyleForDebuggingPurpose{top:0}.vsarf
.mc_vtvc_th
.cico{height:132px}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.empt
yStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurp
ose{top:0}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.vtbc
.mv_vtvc_play{display:inline-block;position:absolute;bottom:8px;left:9px;height:8px;width:7px}.vtbc
.mv_vtvc_play_ext{background:url(/rp/Lp38sn_O4jegSK0IHxZVxyp-yKQ.png)
-172px
-31px;display:inline-block;height:8px;width:12px;position:absolute;bottom:8px;left:6px}.vtbc
.pivot{height:20px;width:8px;min-width:8px}.vtbc
.mv_vtvc_play{background:url(
MAAADHKvg1AAAIVBMVEX////////////////////9/gMdvAAAACnRSTIMAETNEVWwImbv
uo4D1oAAAAB9JREFUCB1jmMoABKuaQcSqQhCxKgFGgLhNQIkpQAwA8zkLyQA16F0AAAAASUVO
RK5CYII=)}.mc_bc_w{height:18px;padding:8px;text-align:right}.mc_bc{background-color:rgba(0,0,0,.75);p
adding:2px
8px;line-height:14px;color:#fff;display:inline-block;vertical-align:middle;border-radius:2px;font-weight:bold}
```

```
.mc_bc_w .pivot{text-align:center;margin-right:1px;height:14px}.vsarr .mmgrid .mc_bc_w
.mc_bc{background-color:rgba(0,0,0,.75);opacity:1}.mmsi{height:16px;width:16px;position:relative;top:5px;
padding-right:var(--smtc-gap-between-content-xx-small)}.mmsi-microsoftnews,.mmsi-msn{top:3px}.vrhdata
{display:none}.mmgrid>div{width:197px;display:inline-block;margin-right:8px;margin-bottom:8px;box-shad
ow:0 0 0 1px
rgba(0,0,0,.05);position:relative;vertical-align:top;overflow:hidden;white-space:normal;border-radius:6px}.vs
arr .mmgrid>div,.vsarr1stbig .mmgrid>div{margin-right:8px;margin-bottom:8px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta{height:auto}#serpvidansrr .mc_vtvc
.mc_vtvc_title{display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}.mmgrid
.mc_tc{border:0}.vsa .mmgrid>div:nth-child(3n){margin-right:0}.vsa
.b_moreLink{padding-top:4px}#serpvidansrr
.mc_vtvc_meta_row{line-height:18px;font-size:100%;height:17px}.vsarr
.mmgrid>div:nth-child(2n){margin-right:0}#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{bottom:128px}.vsarr1stbig .mmgrid>div:nth-child(2){margin-right:0}#serpvidansrr.uipolish
.mc_vtvc_meta_pubdate,#serpvidansrr.uipolish .mc_vtvc_meta_channel,#serpvidansrr.uipolish #vidans2
.b_videocard .video_metadata .video_source{color:#767676}#serpvidansrr #vidans2 .b_videocard
.video_metadata_container,#serpvidansrr #vidans2 .b_videocard .video_metadata_container
.video_metadata>h3{width:100%}@media(max-width:1362.9px){#serpvidansrr
.mmgrid>div{width:168px;height:206px}#serpvidansrr .mmgrid>div .cico,#serpvidansrr .mmgrid>div .cico
.rms_img{width:168px;height:100px}#serpvidansrr .mc_vtvc .mc_vtvc_meta{padding:12px}#serpvidansrr
.mc_vtvc .mc_vtvc_title{height:32px;line-height:16px;margin-bottom:16px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta_block_area{height:34px}#serpvidansrr
.mc_vtvc_meta_row{line-height:15px;font-size:13px;height:15px}#serpvidansrr
.mc_vtvc_meta_pubdate{padding-bottom:4px}#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{bottom:114px}#serpvidansrr #vidans2 .b_videocard .videoPlayer,#serpvidansrr #vidans2 .b_videocard
.videoPlayer .cico,#serpvidansrr #vidans2 .b_videocard .videoPlayer .cico
.rms_img{width:343px!important;height:194px!important;margin-right:0}#media(max-width:1274.9px){#s
erpvidansrr .mmgrid>div{width:124px;height:164px}#serpvidansrr .mmgrid>div .cico,#serpvidansrr
.mmgrid>div .cico .rms_img{width:124px;height:76px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta{padding:8px}#serpvidansrr .mc_vtvc
.mc_vtvc_title{height:32px;line-height:16px;margin-bottom:12px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta_block_area{height:28px}#serpvidansrr
.mc_vtvc_meta_row{line-height:13px;font-size:11px;height:13px}#serpvidansrr
.mc_vtvc_meta_pubdate{padding-bottom:2px}#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{bottom:96px}#serpvidansrr #vidans2 .b_videocard .videoPlayer,#serpvidansrr #vidans2 .b_videocard
.videoPlayer .cico,#serpvidansrr #vidans2 .b_videocard .videoPlayer .cico
.rms_img{width:256px!important;height:144px!important;margin-right:0}#serpvidansrr .maskthumb
.mc_bc_w{padding:8px 4px 4px 8px}#serpvidansrr.withsplitline
.mmgrid>div:nth-last-child(1),#serpvidansrr.withsplitline
```

```
.mmgrid>div:nth-last-child(2){margin-bottom:24px}#serpvidansrr.withsplitline .mmgrid{border-bottom:1px
solid #ecec;margin-bottom:16px}#serpvidansrr #vidans2 .b_videocard
.video_metadata{max-width:auto;padding:12px 16px}#serpvidansrr #vidans2
.b_videocard{margin-bottom:12px;box-shadow:0 0 1px rgba(0,0,0,.05),0 2px 3px
rgba(0,0,0,.1);border-radius:6px}#serpvidansrr .b_rich{padding-top:0}#serpvidansrr #vidans2
.videoPlayer{border-radius:6px 6px 0 0;overflow:hidden}#serpvidansrr #vidans2 .b_videocard
.video_metadata>h3{white-space:nowrap;overflow:hidden;text-overflow:ellipsis;-webkit-line-clamp:1;line-he
ight:15px;height:15px;font-size:13px;color:#000;margin-bottom:20px;font-family:"Arial",Helvetica,Sans-Seri
f;font-style:normal;display:block}#serpvidansrr.vsarr1stbig #vidans2 .b_videocard .video_metadata
.actionmenu{display:none}#serpvidansrr #vidans2 .b_videocard .video_summary,#serpvidansrr #vidans2
.b_videocard .video_source{line-height:15px}#serpvidansrr #vidans2 .b_videocard .videoPlayer
.vtbc{right:0}.vrhc line.nhvpv .pffvi,.vrhc line.nhvpv[data-tps="S"] .pffvt,.vrhc line.nhvpv[data-tps="M"]
.pffvt,.vrhc line.nhvpv[data-tps="L"] .pffvt{display:inline-flex}.vrhc line.nhvpv .vrhvc.pffv
.vrhc{display:none}.vrhc line.nhvpv .vrhvc.pffv
.player_ol{background:var(--mai-smtc-background-ctrl-on-image-hover);transition:background-color
.5s;display:flex;align-items:center;justify-content:center;padding:var(--smtc-gap-between-content-x-small);ga
p:var(--smtc-gap-between-content-x-small);box-sizing:border-box}.mc_vtvc_th img{transition:all .3s
ease-out}.nhvpv+.mc_vtvc_th
img{transform:scale(1.1)}.smtplayerhtml5{height:100%;width:100%;overflow:hidden}.smtplayerhtml5
video{min-height:100%;min-width:100%}.smtplayerhtml5
.videoplaying{background-color:#000}.smtplayerhtml5.hide{display:none}.pffvt{display:none;color:var(--ma
i-smtc-foreground-ctrl-on-image-rest);font:var(--bing-smtc-text-global-subtitle2-strong)}.pffvi{mask:url(/rp/ui
07wU6K7FR_inzG7DRbP1i8fGo.svg) center
no-repeat;mask-size:12px;background:var(--bing-smtc-background-card-on-image-default);width:20px;height
:20px;flex-shrink:0;align-self:flex-start}[data-tps="L"]
.pffvt{font:var(--bing-smtc-text-global-subtitle2-strong)}[data-tps="L"]
.pffvi{width:22px;height:22px;mask-size:16px}[data-tps="S"] .pffvt{font-size:0}[data-tps="S"]
.pffvi{width:24px;height:24px;mask-size:24px;align-self:center}.hvpv.h5s
.pffvt{display:inline-flex}.hvpv.h5s .vrhvc.pffv .vrhc{display:none}.hvpv.h5s .vrhvc.pffv
.player_ol{background:var(--mai-smtc-background-ctrl-on-image-hover);transition:background-color
.5s;display:flex;align-items:center;justify-content:center;padding:var(--smtc-gap-between-content-x-small);ga
p:var(--smtc-gap-between-content-x-small);box-sizing:border-box}.pffvt{text-decoration:underline}.vrhvc
.vrhc{position:absolute;width:100%;height:35px;max-height:35px;bottom:0;left:0;padding:0;background:non
e;display:block;z-index:9}.vrhvc .vrhc.hide,.vrhvc .vrhc
.hide{display:none}.vrhc{white-space:nowrap;text-overflow:ellipsis;overflow:hidden;display:inline-block;po
sition:absolute;max-width:240px;height:18px;line-height:14px;margin-left:8px;top:10px;left:0;right:0;border-
radius:2px;padding-right:8px}.vrhc div{display:inline-block}.vrhc
nt{color:#fff;font-size:11px;font-weight:bold;background-color:rgba(0,0,0,.75);padding:2px
8px;margin-left:0;top:0;box-sizing:border-box;position:relative}.vrhc
```



```
.ricons{position:absolute;right:8px;top:10px;left:auto;bottom:auto;height:18px;display:inline-block;cursor:poi
nter}.vrhol.icons_1 .vrhot{margin-right:27px}.vrhol.icons_2 .vrhot{margin-right:49px}.vrhol.icons_3
.vrhot{margin-right:79px}.vrhol .vrhot nt,.vsb_tr_chd .vrhol.icons_1
.vrhot{margin-right:0}.vpb{position:absolute;display:block;bottom:0;left:0;height:4px}.vpb
div{position:absolute}.vpb nt{width:0;background:#fff}.vpb
nt.test{display:none}.vpb.back{background-color:#999}.vrhcp
.vrhol.npb{height:36px;max-height:36px}.vrhol
.vadda{width:22px;height:18px;padding:0;margin-right:0;margin-left:2px;bottom:0;position:relative;display:i
nline-block;z-index:1;background:rgba(0,0,0,.75);border-radius:2px;overflow:hidden}.vrhol
.vadda.hide{display:none}.vrhol .vadda .mc_vfaa{margin:3px 5px}.ricons .vol{float:left}.ricons
.adultFlag{float:right}.vol{width:22px;height:18px;bottom:0;margin-left:1px;margin-right:1px;position:relati
ve;display:inline-block}.vol.hide,.vol .hide{display:none}.vol
.bg{background:rgba(0,0,0,.75);border-radius:2px}.vol.bg,.vol nt{position:absolute;bottom:0}.vol
.vol.bg.volnb{border-radius:0 0 2px 2px}.vol .volsliderHandle.bg{border-radius:2px 2px 0 0}.vol nt
.volsliderHandle{height:70px;display:none;width:22px;float:left;bottom:18px;position:absolute;display:block
}.vol nt .volsliderHandle.hide{display:none}.volsliderHandle
.vsb{height:54px;width:4px;background-color:#999;margin:9px auto
8px;position:relative;display:block;border-radius:2px}.volsliderHandle
.vsh{height:6px;width:14px;padding:9px 7px 9px 7px;margin:0
-12px;display:block;position:absolute;top:30px}.volsliderHandle .vsh.hide{display:none}.volsliderHandle
.vshi{height:4px;width:14px;background-color:#fff;border-radius:2px}.volMuteIcon{width:16px;height:14px;
margin:2px
4px;float:left}.volMuteHandle{width:22px;height:18px}.vo{background:url(/rp/fFZxBXEIP9WYOO0jhTaEl
yLhEVU.svg) no-repeat}.vm{background:url(/rp/fsX-ZVd03wB2TL0vmQJxSp4U9vs.svg)
no-repeat}.vl{background:url(/rp/YXYMPC1Rry_XJGc7Yg8lR4B2eEs.svg)
no-repeat}.vf{background:url(/rp/NosrlR4amKTs1zYxWy3laZN3HRk.svg)
no-repeat}@media(forced-colors:active){.vol{forced-color-adjust:none}}.vrhc line .vt_vp,.vrhc.popout
.vt_vp,.vrhc.mousefollow
.vt_vp{position:absolute;bottom:0;border:hidden;padding:0;top:0;left:0;z-index:3}.vrhtc
.hide{display:none}.vrh_clc .vt_vp,.vrh_clc .vrhtc .vrhi,.vrh_clc .player_ol{cursor:pointer}.vrh_clc
.cico{border-radius:0}.vrhtc{border:hidden;top:0;left:0;padding:0}.vrhc.mousefollow .vrhtc,.vrhc.popout
.vrhtc{background-color:#999}.vrhtpc.load
.player_ol{background:url(/rp/J_o2maogFDeUOsovPJL-ofEuxJ4.gif) center center no-repeat}.vrhc line .vrhtc
.vrhi,.vrhc.popout .vrhtc .vrhi,.vrhc.mousefollow .vrhtc
.vrhi{position:absolute!important;border:hidden;z-index:2;padding:0;left:0;top:0}.player_ol{position:absolute
;width:100%;height:100%;bottom:0;border:hidden;z-index:7}.vrhc.popout,.vrhc
line,.vrhc.mousefollow{border-radius:6px;overflow:hidden;display:table-row-group;background:none}.vrhc.p
opout,.vrhc.mousefollow{z-index:4;box-shadow:0 4px 4px rgba(0,0,0,.1),0 2px 80px rgba(0,0,0,.2)}.vrhc
line{z-index:1;margin:0}.vrhc.popout,.vrhc line{position:absolute;top:0}.vrhc.popout{border:1px solid
```

```
#fff}.vrhc.mousefollow{position:fixed}.vrhcp{position:relative;top:0;left:0;display:table-row}.vrhcp
.vrhtc{position:relative;overflow:hidden}.vrhc.hide{display:none}@keyframes
vh_fadein{from{opacity:0}to{opacity:1}}.vrhc:not(.hide){animation:vh_fadein 250ms}.vrhc line
img{color:transparent}.vrhc
line.fullsize{height:100%}.vrhc,.vrhc: hover,.vrhc: link,.vrhc: active,.vrhc: visited{color:#000;text-decoration: no
ne}.vrhc.vrh_clc{cursor:pointer}a.hover-anchor{display:block;height:100%;width:100%;text-decoration:none
}.vrhstat{height:0;overflow:hidden}.vsb_tr_c{position:relative;width:100%;overflow:hidden;background:#1d
1b28;height:583px;margin-bottom:16px}.vsb_tr_c.tr_nh{height:294px}.vsb_tr_c .mm_vrc h2,.vsb_tr_c
.mm_vrc .see_more{display:none}.vsb_tr_c .mm_vrc>div{padding-bottom:20px}.vsb_tr_c
.vsb_tr_t{position:absolute;top:16px;left:160px;font:normal 16px/19px
"Arial",Helvetica,Sans-Serif;font-weight:700;color:#fff;z-index:1}.vsb_tr_c
.vsb_tr_t::after{width:17px;height:12px;display:inline-block;background-size:7px
12px;background-repeat:no-repeat;background-position-x:right;opacity:.7;content:""}.vsb_tr_c
.vsb_tr_t: hover::after{opacity:1}.vsb_tr_c .mm_vrc
.mc_vtvc{background-color:#585858;border-radius:6px}.vsb_tr_c .mm_vrc
.mc_vtvc_con_rc{border-radius:6px}.vsb_tr_c .vsb_tr_chd{position:absolute;bottom:0;width:100%}.vsb_tr_c
.onhov .mc_vtvc_ban_lo{display:none}.vsb_tr_chd .mc_vtvc_tot
.mc_vtvc_title{line-height:15px}.vsb_tr_chd .mc_vtvc_tot .mc_vtvc_meta_row,.vsb_tr_chd .mc_vtvc_tot
.mc_vtvc_meta_row a{color:#dadada}.vsb_tr_chd .grad_b{top:30%;height:auto}.vsb_tr_chd .mc_vtvc_tot
.mc_vtvc_meta_row{font-size:12px;line-height:16px;height:16px}.vsb_tr_chd .mc_vtvc_tot
.meta_pd_content{display:none}.vsb_tr_chd .mc_vtvc_tot .mc_vtvc_title strong{font-weight:500}.vsb_tr_c
.slide video{object-fit:cover}.vsb_tr_c .mc_vtvc_th .cico{width:100%;height:100%}.vsb_tr_c
.vrhcac{width:647px;position:absolute;width:calc(42% - 160px);bottom:200px;margin:0 0 0
160px;height:auto;padding:0;pointer-events:auto}.vsb_tr_c .vrhcac .mc_vtvc_title{font:normal 30px/35px
"Arial",Helvetica,Sans-Serif;font-weight:700;height:70px;overflow:hidden;color:#fff;text-overflow:ellipsis;di
splay:-webkit-box;-webkit-box-orient:vertical;-webkit-line-clamp:2}.vsb_tr_c .vrhcac
.mc_vtvc_meta_block_area{height:50px;margin:12px 0 0 0}.vsb_tr_c .vrhcac
.mc_vtvc_meta_row{font:normal 13px/15px "Arial",Helvetica,Sans-Serif;margin:5px 0 5px
0;color:#dadada}.vsb_tr_c .mm_vrc .b_overlay .btn.bigrounded .cr>div,.vsb_tr_c .mm_vrc .b_overlay
.btn.bigrounded .cr>div: hover{background-image:url(/rp/qA6EopzJjTm5qQJvnXlrWGNP778.svg)}.vsb_tr_c
.vsb_tr_t::after{background-image:url(data:image/svg+xml,%3Csvg%20width%3D%227%22%20height%3D
%2214%22%20viewBox%3D%220%200%207%2014%22%20fill%3D%22none%22%20xmlns%3D%22http
%3A%2F%2F%2F2000%2Fsvg%22%3E%0D%0A%20%20%20%20%3Cpath%20d%3D%22M0.186925%2
01.19491L5.4643%207L0.186925%2012.8051C-0.0623082%2013.0792%20-0.0623082%2013.5214%200.18
6925%2013.7944C0.436158%2014.0685%200.838112%2014.0685%201.08628%2013.7944L6.81334%207.4
9465C6.93212%207.36515%207%207.18433%207%207C7%206.81567%206.93212%206.63485%206.8133
4%206.50535L1.08628%200.205616C0.837052%20-0.0685388%200.435097%20-0.0685388%200.186925%
200.205616C-0.0612477%200.479772%20-0.0623082%200.92192%200.186925%201.19491Z%22%20fill%
3D%22white%22%20fill-opacity%3D%220.7%22%2F%3E%0D%0A%3C%2Fsvg%3E)}}.va_tt
```

.mm_vrc{padding:11px 2px 0 0}.va_tt .vsb_tr_t{position:relative;top:auto;left:auto;font:normal 18px/22px "Arial",Helvetica,Sans-Serif;font-weight:400;color:#4007a2;z-index:auto}.b_dark .va_tt .vsb_tr_t{color:#82c7ff}.va_tt .vsb_tr_tp,.va_tt .vsb_tr_tl{display:inline-block;margin-right:5px}.va_tt .vsb_tr_chd{position:relative}.vsb_tr_c.va_tt{--va-st-padding-bottom:16px;height:auto;background-color:transparent;margin-top:22px;overflow:visible;padding-bottom:var(--va-st-padding-bottom);margin-bottom:0}.va_tt .mc_vtvc_ban_lo,.va_tt .vsb_tr_t::after,.va_tt .mc_vtvc_hover .mc_vtvc_center_play,.va_tt .vsb_tr_chd .vt_onhv .mc_vtvc .mc_vtvc_meta{display:none}.va_tt .mc_vtvc_hover .mc_vtvc_ht,.va_tt .mc_vtvc_hover .mc_vtvc_htb{display:table-cell}.va_tt .mc_vtvc_htb{padding-top:50px;background:linear-gradient(360deg,rgba(0,0,0,.6) 60.35%,rgba(0,0,0,0) 100%);font-size:11px;line-height:13px}.va_tt .mc_vtvc_ht{padding:0 24px;text-shadow:0 1px 2px rgba(0,0,0,.2)}.va_tt .mc_vtvc_center_play{bottom:52px}.va_tt .mc_vtvc_hover .mc_vtvc_title{max-height:52px;white-space:normal;display:-webkit-box;-webkit-box-orient:vertical;-webkit-line-clamp:4}#serpvidans .va_tt .slide{margin-right:0;vertical-align:bottom;transition:width .2s,height .2s;border-radius:var(--mai-smtc-corner-card-default)!important}#serpvidans .va_tt .slide:not(:first-child){margin-left:8px}#serpvidans .va_tt .mm_vrc>div{padding-bottom:0}.va_tt .vsb_tr_chd .mc_vtvc .mc_vtvc_meta{height:auto;padding:8px;color:#ddd}.va_tt .vsb_tr_chd .mc_vtvc_th_dock{height:72px;position:absolute;bottom:0;background:linear-gradient(360deg,rgba(0,0,0,.55) 60.35%,rgba(0,0,0,0) 100%)}.va_tt .mc_vtvc_meta_row_channel{font-size:13px;line-height:15px;font-weight:500;color:#fff;white-space:nowrap;overflow:hidden;text-overflow:ellipsis;margin-bottom:6px}.va_tt .vsb_tr_chd .mc_vtvc .mc_vtvc_title{height:auto;font-size:11px;line-height:13px;color:#ddd;white-space:nowrap;overflow:hidden;text-overflow:ellipsis}.va_tt .slide .mc_vtvc{width:100%}.va_tt .slide video{object-fit:cover}.va_tt .mc_vtvc_th .cico{width:100%;height:204px}.va_tt .b_overlay .btn.bigrounded{top:auto;bottom:0;margin-bottom:93px}.va_tt .vt_onhv .mc_vtvc_htb{padding-top:86px}.va_tt .vsb_tr_chd .mc_vtvc .vtmu,.va_tt .vsb_tr_chd .mc_vtvc .vtpl{bottom:6px}.va_tt .vcmt_ct,.va_tt .vcmt_ctt{display:block;margin-bottom:4px;font-size:11px}.va_tt .vasyt::before{content:"";background:url( AAAYCAYAAADgdz34AAABRklEQVR4Ae2UT0rDQBjFX7QICtaoIOimAReiUNuV696jmx5A8AalZ/Alp bdwIT2B6wqlWYkuWgnBP7jo+D7SkcmiM4kd6KYPfjNDeHlfJt8kwEYOBXqhgENOd+SGnJKQ7JFjsr3k/j mZkg/yQn7IE7lncAwjvEImRHlCskKzQMduOZWsrcWNS7hX+dmgQurNQzxD52YBQ6s1maTb3UCtNsoo TOzwI7THkXAYAD0+9narVyTR9aGtVoqpyRRqtdzNXls7qCCMqpWgXodqNVsrrkZ/ImiimMe6g4wHLqci Qx6BzOXGwn93S7QaBQJF6Uy6B28Wq3y1HKSZC6uL7PAG1wFymaskg35FY/jX899Kfkxk6vE/JfIRhvw XJEH8r5C8Iw8kmudGyzbH037nI6Q9UnWu8i+eDnf38iamC7saVDkJG60Fv0CnB4IzftPhuMAAAAASUVO RK5CYII=) no-repeat;background-size:18px 18px;padding-right:22px}.va_tt .vasig::before{content:"";background:url( AAAYCAYAAADgdz34AAAEsUIEQVR4Ad1UTWxUVRT+zn3vzbz5ozNtFQpRa2hDjC6qhKWICwjWTV mwMRKIMSG44W9hXIGRRKPRUMMCEySgidHEXFXjxkgJEU0ISEhEaItg0bZU7bTz99689+49nvem5Sft hVt5yc3ce+ee7zvfd869wP/9o/sXm4bKxUaAfQ6bnVkT9GZNiAwuDPcmiM4MLDZwAKDmJNgJoKWGZ O6ZZhPK0RHj44+O99GsGltuRhkzJkshwMF00ROwHM6hKzhCnjaREjFBCYmMHcDWYYmJSQKgbIQgi



¿Cómo proporcionan energía a los carbohidratos

Fuente: <https://aprendoenaprendo.es/Fri-19-Aug-2022-13622.html>

Sitio web: <https://aprendoenaprendo.es>

7XlPXiEom9RKBcf1+X1gMF3USBZQjBk2sdPLY2h+6VTgJqSdYqybyVfWPGw9x4FeWxKiIhCY0FH9ZA
l7L2yt9vP0BQ0s2dHZJ5hxB05zReObIWvQMF/Jdv+uwMrrzzMxo1g4BsNI29q42gK/J6SzGB8bH9zf4E/PqJ
MUyN/A79ZxVpMSHFWgKMmGGSGuTXlZBbvxi9BzYgm1+PK3vOJgQe7N4l3HsEuoFOIYht6Xu+E79+
dAXTX40t1iCQodkRI2yxR6xiEpNWfjBEsVmVTy6iY/d6rO5zURmvwCcHbQTdknlJe3i875FkHV6c5G4uI0
dNyva46Dz0EqX6u0GFNPzRG1T78HsQxUqAYOQXQAg6+/Nsj90h34TcRlASBUUWFatWJev0xDjlqcaZn
gKXPt9Bcb/4IxeK7wipjU+j84sdKL96AnqqKhrsGJCcNVIKi9oUaWojKKIuo4IMecm6k6bZogj5A9uIazVU3j
jGPFNGbI7/5RkqfnYQKw4NorLnU6lGC4YohFK+nLlnkVqarOB5dOAvuKgl8dakMNVyfYZBOcuAbOTI
FWDsuqEO7e5+e2PsPt7BLQORY0WgVxKkjtJvmAgg6a4xLNwqVqIk/AiKSxXJMAxJnVEghRIJfXoniPC
hmQ1ZBNp+W5KCDlgYzmdgVqlgpqWkL91h8xoGRrbkwgNfgCrNU52RRS2YvnzsbNEJ67kGQvWbeSEkt
VHE9+ew3y4nlKIYIU0NrISibSj/6x9yk7fByZj98lff68KBD7tmxJjSPHU8sAaUWUUQBPFaK22uQTf9DlPf
YLEy1NtZ1SaVD6PAP1A+9Dj09BmfbNjhbN0NPjqOxfzfz/G0my2Onf1WCyDMzYlFzeQVWscHsGtJz15N
1astmNL87Gbcna32bGqffAk5KbCQ5BdKzTYvEV8CXi7fhqSTG3BiXA02i+x7puwRcikgIoOtXObp5idKDr
4HVAsLJi8SzY5y8yyHYhLGLCuzLk9GzBqkNg0hv34noh5/YTFwnIjdOdzmC8JY8/E+YDFN95CByLx+Gu
3U/XC24PK/yRddvQx/+D2pWSRvdyhg1s12gg59Chl9mDKW1MzAO3cE1rWvobr6oHKPin4N8QocCUAk
T0RlBgzNoCd+I3NN8IwicqRdTSQqotNtBMgFw6qQH1JufoDcrNz7tPRzBfz3JehZI8BifODDeHUZNXAjJF
RtUNVipGyilNiWkmse6MvGjoaxnNTyN0NFV7l72S3sstxML9nxBRL7l00c+my8BhmvwqZRJV0vMKoSt
CDgQsQV+xbNq1OmYoZLo6PzeGi+fwFJbz1IhJBeawAAAABJRU5ErkJggg==)

no-repeat;background-size:18px 18px;padding-right:22px}.va_tt
.vastt::before{content:"";background:url(
AAAMCAYAAABWdVznAAAA90lEQVR4AZWQu2sCQRDGJyYHCQdqPEKqShr7NOZFyvQJi1YKYII
1irY+ieoiKXYKZaniI3Wloqg4AMfhaAcCMJ93q2vwkXODz6WnZnf7swQE0U0w6D1Wn7y4cOJO/sLL8c
H8ps1ernCdYCueCoJm03iAyaLGWa3SztDFg028BoBvnfdw4IW+r+hTgtLVUX67ZcBcjCKV0HEl/h0epT2c
gT8lBalyjt+KNNsHMLU3yhUUebH+xGwWx+JRjOKdutUk+53wZVCPLGvnj/f2ZCFchXh6RjDwYS1dnF
LHo8XvZIMNVuE7PyD1SScATcHyqhuNevQt8H62BZHiaf6ZtXqegAAAABJRU5ErkJggg==)
no-repeat;background-size:contain;padding-right:20px}.va_tt
.vasfb::before{content:"";background:url(/rp/zvtkyPveEhrXqHA-euzAa983fpQ.png)
no-repeat;background-size:contain;padding-right:20px}.vcmt_ctt.vasyt::before{background-size:15px
15px;padding-right:19px}.vcmt_ctt.vasig::before{background-size:15px
15px;padding-right:19px}.vcmt_ctt.vastt::before{background-size:contain;padding-right:17px}.vcmt_ctt.vasf
b::before{padding-right:17px}.mm_vrc{padding:24px 32px}@media screen and
(max-width:1022px){.mm_vrc{margin:0}}@media screen and
(max-width:766px){.mm_vrc{margin:0}.mm_vrcc{padding:0 32px 0;margin-bottom:0}.mm_vrcc
h2{padding-bottom:20px}.mm_vrcc h2 a{font-family:"Segoe
UI",Arial,Helvetica;font-size:20px;color:#000;line-height:18px}.mm_vrcc .b_overlay
.btn{z-index:3}.mm_vrcc .vrhc{z-index:2}.mm_vrcc .mc_vtvc_th .cico{padding-bottom:0}#dg_c
.mm_vrc,#dg_c .mm_vrcc{padding:8px 16px 0 16px}#dg_c .mm_vrcc .mc_vtvc{width:100%}#dg_c
.mm_vrcc a:hover{text-decoration:underline}.isvctrl .mm_vrcc
.slide{overflow:visible}.mm_vrc{padding:16px 100px 0 160px}.mm_vrc .b_overlay
.btn.bigrounded.next{right:-44px}.mm_vrc .b_overlay .btn.bigrounded.prev{left:-44px}.mm_vrc .b_overlay


```
.btn.bigrounded .cr>div,.mm_vrc .b_overlay .btn.bigrounded
.cr>div:hover{box-shadow:none;border-radius:0;margin:0;background-position:16px
9px;background-size:12px
22px;background-color:transparent;background-image:url(/rp/rKVnxf6wkbxI0DbA2Au3IVC5Sog.svg)}.mm_
vrc .b_overlay .btn.bigrounded .cr>div{opacity:.7}.mm_vrc .b_overlay .btn.bigrounded
.cr>div:hover{opacity:1}.mm_vrc h2
a{font-family:"Arial",Helvetica,Sans-Serif;font-style:normal;font-weight:500;color:#111}.mm_vrc
h2{display:inline-block;padding-bottom:16px}.mm_vrc>div{position:relative;padding-bottom:32px}.mm_vrc
.see_more{position:absolute;right:0;top:3px}.mm_vrc
.see_more>a{font-family:"Arial",Helvetica,Sans-Serif;font-style:normal;font-weight:normal;font-size:16px;li
ne-height:18px;color:#000}#vsb_more{padding:16px 0 4px 160px;color:#111}#vsb_vid_cat .mm_vrc h2
a::after{display:inline-block;margin-left:12px;content:"";background-image:url(/rp/rKVnxf6wkbxI0DbA2Au3
IVC5Sog.svg);background-size:7px 14px;width:7px;height:14px;opacity:.7}#vsb_vid_cat .mm_vrc h2
a:hover::after{opacity:1}.mm_vrc .mm_vrc_sub{display:inline-block;margin-left:24px}.mm_vrc
.b_hList{position:absolute;height:20px;top:3px;overflow:hidden}.mm_vrc
.b_hList>li{padding-right:24px;padding-bottom:0}.mm_vrc .b_hList a{font:normal 13px/20px
"Arial",Helvetica,Sans-Serif;color:#111}.mm_vrc .mc_vtvc_tot .mmsts
.mc_vtvc_meta{display:none}.b_slideexp{margin-bottom:20px;position:relative}.b_ans>.b_slideexp>.slide:la
st-child,.b_ans>.b_slideexp:last-child,.b_vPanel
.b_slideexp:last-child{margin-bottom:0;padding-bottom:0}.b_slidebar
.slide{display:inline-block;vertical-align:top}.b_slidebar .slide,.b_slideexp
.b_viewport{overflow:hidden}.b_slideexp
.b_viewport{margin:auto}.b_slidebar{white-space:nowrap}.b_slidebar
.slide{white-space:normal;position:relative}.b_cards .cico,.b_slidebar .slide
.cico{border-radius:0}.b_slidebar,.b_slidebar .slide{width:100%}.b_slidebar.anim{transition:margin-left .35s
cubic-bezier(.15,.85,.35,1)}.slide>.spinner{position:absolute;left:50%}.slide>.spinner>
ner{position:relative;left:-50%;width:40px;height:40px;background:url(/rp/OJWYLxkTdSOmE7-V53KpAdO
j-xY.gif) no-repeat;margin:40px auto
30px;z-index:1000}.slide_mask.hideSlideMask{visibility:hidden}.b_slidebar.b_autoslidingfade
.slide.slide_fading{opacity:1}.slide_mask,.b_slidebar.b_autoslidingfade .slide{transition:opacity .3s
linear}.slide_mask.slide_fading,.b_slidebar.b_autoslidingfade
.slide{opacity:0}.slide_mask{position:absolute;width:100%;height:100%;opacity:.7;top:0}.carousel_seemore{
text-align:center}.carousel_seemore.dark a{color:#fff}.b_slidebar.enable_selecting
.slide.selected::after,.b_slidebar.enable_selecting .slide:hover::after{box-shadow:inset 0 0 0 2px
#fff}.b_slidebar .slide.selected::after,.b_slidebar .slide:focus::after{box-shadow:inset 0 0 0 2px
#0099bc}.b_slidebar.enable_selecting .slide.selected::after,.b_slidebar.enable_selecting
.slide:hover::after,.b_slidebar .slide.selected::after,.b_slidebar
.slide:focus::after{content:"";height:100%;width:100%;position:absolute;left:0;top:0}.b_slideexp
.b_antiSideBleed{display:inline-block}.carousel_seemore>.b_moreLink.rndChev{vertical-align:middle;height
```



```
:92px;text-decoration-color:#444;display:inline-block}.carousel_seemore
.seeAll_txt{display:block;color:#444;line-height:17px}.carousel_seemore
.seeAll_chev{display:block;height:48px;padding-bottom:12px;margin-top:15px}html[dir="rtl"]
.carousel_seemore.seeAll_chev{transform:scaleX(-1)}.b_slideexp
.b_viewport.scrollbar{overflow-x:auto;-ms-overflow-style:none;scrollbar-width:none}.b_slideexp
.b_viewport.scrollbar::-webkit-scrollbar{display:none}.b_slideexp
.b_viewport{-webkit-overflow-scrolling:touch}.b_overlay
.btn.rounded{position:absolute;cursor:pointer;z-index:1;-moz-user-select:none;-khtml-user-select:none;-webkit-user-select:none;-o-user-select:none;-ms-user-select:none;user-select:none}.b_overlay
.btn.rounded,.b_overlay .btn.rounded .bg,.b_overlay .btn.rounded .cr,.b_overlay .btn.rounded
.cr>div,.b_overlay .btn.rounded .vcac>div{border-radius:50%}.b_overlay .btn.rounded
.vcac{height:0}.b_overlay .btn.rounded{height:32px;width:32px;top:50%;margin-top:-16px}.b_overlay
.btn.rounded .bg,.b_overlay .btn.rounded: hover .bg{opacity:0}.b_overlay .btn.rtl.rounded
.cr{direction:ltr}.b_overlay .btn.hidden.rounded .cr,.b_overlay .btn.disabled.rounded
.cr{visibility:hidden}.b_overlay .btn.rounded .cr>div{border:1px solid #ecec;box-shadow:0 2px 3px 0
rgba(0,0,0,.1);height:30px;width:30px;overflow:hidden;background-image:none;background-color:#fff}.b_ov
erlay .btn.rounded .cr>div: hover{box-shadow:0 2px 4px 1px rgba(0,0,0,.14)}.b_overlay .btn.rounded
.cr>div: after{bottom:5px;background-color:#fff;transform-origin:-430px
0;display:inline-block;transform:scale(.5);position:relative}.b_overlay .btn.rounded
.cr>div: hover: after{transform-origin:-514px 0}.b_overlay .btn.ltr.rounded .cr>div: after{right:5px}.b_overlay
.btn.rtl.rounded .cr>div: after{left:5px}.b_overlay .btn.prev.ltr.rounded .cr,.b_overlay .btn.next.rtl.rounded
.cr{transform:scaleX(-1)}body .b_overlay .btn.rounded.next{right:-12px}body .b_overlay
.btn.rounded.prev{left:-13px}.ra_car_container .b_overlay .btn.prev.ltr.rounded .cr>div,.ra_car_container
.b_overlay .btn.next.rtl.rounded .cr>div{transform:unset}.ra_car_container .b_overlay .btn.rounded
.cr>div{background-position:0;border:unset}.ra_car_container .b_overlay .btn.rounded
.cr>div: after{content:unset}@media screen and (forced-colors:active){.b_overlay .btn.rounded.hidden
*,.b_overlay .btn.rounded.disabled *{background:none}.b_overlay .btn.rounded.hidden,.b_overlay
.btn.rounded.disabled{background:none}}.b_overlay .btn.rounded
.cr>div: after{content:url(/rp/EX_mgILPdYtFnI-37m1pZn5YKII.png)}.b_overlay{position:relative}.vcac{posi
tion:absolute;width:100%;top:50%}.vcac>div{position:relative;width:100%}.vsb_tr_chd .mc_vtvc
.mc_vtvc_meta { padding: 10px 10px 10px 10px; } .vsb_tr_chd .mc_vtvc .mc_vtvc_meta_w { height: 190px;
margin-top: -0px; } .vsb_tr_chd .mc_vtvc .mc_vtvc_title { height: 150px; line-height: 15px; margin-bottom:
0px; margin-top: 0px; } .vsb_tr_chd .mc_vtvc .mc_vtvc_meta_block_area { height: 20px; } .vsb_tr_chd
.mc_vtvc .vtmu, .vsb_tr_chd .mc_vtvc .vtpl { bottom: 198px; } .vsb_tr_chd .mc_vtvc_th_dock { height:
190px; } .vsb_tr_chd .mc_vtvc_th_dock { height: 60px; } .tr_bt .mc_vtvc_th
img{height:auto;width:100%}.grad_b{position:absolute;width:100%;top:30%;bottom:0%;background:linear-
gradient(180deg,rgba(48,44,39,0) 0%,#302c27 100%)}
.mc_vtvc_th_dock{width:100%;background:#302c27}.mc_vtvc_tot
.mc_vtvc_th{background-color:transparent}.vsadc .grad_b{top:81.8%}.mc_vtvc_tot
```

```
.mc_vtvc_meta{line-height:15px;position:absolute;bottom:0%;background:transparent}.mc_vtvc_tot
.mc_vtvc_meta_row{line-height:16px;font-size:12px;height:16px}.mc_vtvc_tot
.mc_vtvc_meta_row,.mc_vtvc_tot          .mc_vtvc_meta_row          a{color:#dadada}.mc_vtvc_tot
.mc_vtvc_title,.mc_vtvc_tot          .mc_vtvc_title          a{color:#fff}.vsadc          .mc_vtvc_tot
.mc_vtvc_title{line-height:18px}.vsadc          .mc_vtvc_tot          .mc_vtvc_meta_row,.vsadc          .mc_vtvc_tot
.mc_vtvc_meta_row          a{color:rgba(255,255,255,.7)}.vsadc
.mc_vtvc_meta_pubdate{padding-bottom:2px}.vtdc_default{background:#302c27}.vtdc_default_g{backgrou
nd:linear-gradient(180deg,rgba(48,2,39,0)          0%,#302c27
100%)}.vtdc_black{background:#111}.vtdc_black_g{background:linear-gradient(180deg,rgba(17,17,17,0)
0%,#111
100%)}.vtdc_blue{background:#3a4e74}.vtdc_blue_g{background:linear-gradient(180deg,rgba(58,78,116,0)
0%,#3a4e74
100%)}.vtdc_brown{background:#69423d}.vtdc_brown_g{background:linear-gradient(180deg,rgba(105,66,6
1,0)          0%,#69423d
100%)}.vtdc_grey{background:#464646}.vtdc_grey_g{background:linear-gradient(180deg,rgba(70,70,70,0)
0%,#464646
100%)}.vtdc_green{background:#324f32}.vtdc_green_g{background:linear-gradient(180deg,rgba(50,79,50,0
)          0%,#324f32
100%)}.vtdc_orange{background:#8c5400}.vtdc_orange_g{background:linear-gradient(180deg,rgba(140,84,
0,0)          0%,#8c5400
100%)}.vtdc_pink{background:#a3394b}.vtdc_pink_g{background:linear-gradient(180deg,rgba(163,57,75,0)
0%,#a3394b
100%)}.vtdc_purple{background:#774077}.vtdc_purple_g{background:linear-gradient(180deg,rgba(119,64,1
19,0)          0%,#774077
100%)}.vtdc_red{background:#811515}.vtdc_red_g{background:linear-gradient(180deg,rgba(129,21,21,0)
0%,#811515
100%)}.vtdc_white{background:#464646}.vtdc_white_g{background:linear-gradient(180deg,rgba(70,70,70,0
)          0%,#464646
100%)}.vtdc_yellow{background:#755b00}.vtdc_yellow_g{background:linear-gradient(180deg,rgba(117,91,
0,0)          0%,#755b00
100%)}.vtdc_teal{background:#256868}.vtdc_teal_g{background:linear-gradient(180deg,rgba(37,104,104,0)
0%,#256868
100%)}.cipr,.cipg,.cipa,.cipl,.ciptr,.ciplr{display:inline-block}.cipa,.cipl,.ciplr{cursor:pointer}.vab{vertical-ali
gn:bottom}.vam{vertical-align:middle}.vat{vertical-align:top}.vabl{vertical-align:baseline}.vatt{vertical-alig
n:text-top;border-radius:0}.vatb{vertical-align:text-bottom}          evronDown12,
evronUp12{background:url(/rp/QKlTrqL25sGDqfRYQjkMWJWDeG8.png)
no-repeat;background-size:494px 58px;width:12px;height:12px} evronDown12{background-position:-372px
0} evronUp12{background-position:-372px -14px}@media(prefers-color-scheme:dark){#bpage.b_med
evronDown12{background-position:-386px 0}#bpage.b_med          evronUp12{background-position:-386px
```

¿Cómo proporcionan energía los carbohidratos

Fuente: <https://aprendoenaprendo.es/Fri-19-Aug-2022-13622.html>

Sitio web: <https://aprendoenaprendo.es>

-14px}}#bpage.b_drk evronDown12{background-position:-386px 0}#bpage.b_drk evronUp12{background-position:-386px -14px}.cipt,.cipl{margin-right:10px}.cipt .cico,.cipl .cico,.ciplr .cico{border-radius:0}.b_action>.cipt,.b_action>.cipl{float:left}.ciptr,.ciplr{margin-left:10px}.sw_play{height:16px;width:16px}:not(.dc_aud_wrp)>.sw_play{background-image:url( E6QAFKUAEqYAD58AE6QAE6UAFKQAEqUAD6QAE6MAE6QAD6cAE6QAFaQAFKQAEqQAFKUA EeqQAFKUAEqIAFKMAEqMAE6MAD58AE6UAE6UAE6IAFKYAFKYAE6MaDJ//AAAAI3RSTlMAEG Cfz+//XyCQj79vMEDfIKAwok/vYL9gcHDPMM9QkK+fnzHYYSkAAAEVSURBVHgBdZMFkuwEEPV k/ULx8nSMN7/jh/X1dUDKgjpYaTIZavqLUF6q2rTo5o24aoaRVkH9MNokk1DD3QW8AzV7M/zAtLDNGby qKA5k9+d58OkKPukZFjmU0/0Qf6PdeXGVcDu3wBQphcXpxH+vlioyhtyHRwLrWQeICCEzHyZvunlBmLI mo0WtsEQQnZU2jMFQwg5cFTCGiGEGF8CBUMMGReGdCpvng/xaT7Ennc3RFyaOMZlOu7LXLF2Q8GL 1tSyROMGx3/O0aSzH1bEyznOUKYZcC/C+XVh2nJT6Yk+yd7giz3wV/LstS8NfvgTPCN0qVkofAk8A+th MsnehzXQmqLmBVdqHXfZ97JPkPa3ldP6DeOGDIAP873EAAAAAEIftkSuQmCC);background-size:16px 16px}#slideexp0_4DACF5 .slide { width: 94px; margin-right: 20px; }#slideexp0_4DACF5c .b_slidebar .slide { border-radius: 6px; }#slideexp0_4DACF5 .slide:last-child { margin-right: 1px; }.b_slrdp .slide{box-shadow:0 0 0 1px rgba(0,0,0,.05)}.b_cards .cico,.b_slidebar .slide .cico{border-radius:0}#b_content .b_wpt_container .l_eprd_imgsetgrid.l_eprd_imgsetgrid_actionlink .l_eprd_imgsetgrid_item .cico{border-radius:0!important}.b_slrdp .slide.see_more{box-shadow:0 0 0 0 rgba(0,0,0,0)}.b_slrdp .slide.see_more .carousel_seemore{border:0}.b_slrdp .slide.see_more: hover{box-shadow:0 0 0 0 rgba(0,0,0,0)}#slideexp0_4DACF5c { margin: -4px; } #slideexp0_4DACF5c .b_viewport { padding: 4px 1px 4px 1px; margin: 0 3px; }#slideexp0_4DACF5c .b_slidebar .slide[data-mini="1"] { display:none; }Vídeos de ¿Cómo Proporcionan energía los carbohidratos?Ver vídeo0:25Carbohydrates: Myth or Real Energy ? | Nutritionist explains Erasmo Flores Nutriologo7,1K visualizacionesHace 6 mesesVer vídeo0:30¿Cuáles son los Carbohidratos y cómo nos proporcionan energía? Orlando Castaneda - Nutricionista Ortomolecular141 visualizaciones27 de jun. de 2024Ver vídeo8:01ENERGY SOURCES ? Carbohydrates - Fats - Proteins ?? (macronutrients) Profesor Matias Rodriguez2,4K visualizacionesHace 11 mesesVer vídeo completoVídeos brevescómo proporcionan energía los carbohidratos00:30 00:25 01:12 00:57 00:11Instagram00:15 Ver todoVer vídeo completobalancesaludyvida Carbohidratos: Energía para el Cuerpo y la MenteLos carbohidratos son compuestos orgánicos que se descomponen en glucosa (azúcar) durante la digestión. La glucosa es utilizada por el cuerpo como una fuente primaria de energía para alimentar

Al ingerir alimentos con carbohidratos, el cuerpo descompone el azúcar y el almidón, y los transforma en glucosa (azúcar en la sangre), para utilizarlos como energía.

Los carbohidratos descompuestos en glucosa principalmente son la fuente de energía preferida para nuestro cuerpo, ya que las células en nuestro cerebro, músculo y todos los

¿Cómo proporcionan energía los carbohidratos

Fuente: <https://aprendoenaprendo.es/Fri-19-Aug-2022-13622.html>

Sitio web: <https://aprendoenaprendo.es>

Su principal función en el organismo de los seres vivos es la de contribuir en el almacenamiento y en la obtención de energía de forma inmediata, sobre todo al cerebro y al sistema

Los carbohidratos son esenciales para nuestra salud por varias razones, pero la más importante es su capacidad para proporcionar energía rápida. Esto es especialmente necesario

En términos sencillos, los carbohidratos son compuestos que, al ser consumidos y descompuestos, proporcionan la energía que necesitamos para todas nuestras

Un gramo de carbohidratos aporta aproximadamente 4 calorías, y cuando se consumen en cantidades adecuadas, el cuerpo los utiliza

Un gramo de carbohidratos aporta aproximadamente 4 calorías, y cuando se consumen en cantidades adecuadas, el cuerpo los utiliza como la fuente de energía preferida,

Su cuerpo descompone los carbohidratos en glucosa. La glucosa, o azúcar en la sangre, es la principal fuente de energía para las células, tejidos y órganos del cuerpo.

Los carbohidratos son esenciales para nuestra salud por varias razones, pero la más importante es su capacidad para proporcionar

Cuando consumes carbohidratos, tu cuerpo los descompone en glucosa, que es utilizada por las células como energía. Este proceso es crucial durante

En términos sencillos, los carbohidratos son compuestos que, al ser consumidos y descompuestos, proporcionan la energía que necesitamos para todas nuestras actividades diarias. La estructura

Cuando consumes carbohidratos, tu cuerpo los descompone en glucosa, que es utilizada por las células como energía. Este proceso es crucial durante actividades físicas intensas, donde el cuerpo

Los carbohidratos se descomponen en una fuente de energía para el cuerpo, especialmente para el cerebro. También añaden fibra a la dieta, lo que ayuda a proteger contra

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