

B	I	N	G	O
Table sugar	Added sugar	Added sugar	Glycogen	Simple Sugar
Nuts	Energy storage	Sugar Sweetened beverage	Processed foods	Cellulose
Sucrose	Unprocessed foods	FREE	Complex carbohydrate	Polysaccharide
Liver	Muscles	Starch	Nutrient dense	Refined grain
Starchy Vegetable	Insulin	Minerals	Plants	Grains

B	I	N	G	O
Complex carbohydrate	Empty calories	Polysaccharide	Plant cell walls	Nuts
Cellulose	Sucrose	Simple carbohydrate	Liver	Complex carbohydrate
Minerals	Sugar Sweetened beverage	FREE	Unprocessed foods	Sugar
Added sugar	Simple Sugar	Muscles	Fiber	Glycogen
Quick Energy	Processed foods	Starchy Vegetable	Refined grain	Plants

B	I	N	G	O
Plants	Added sugar	Liver	Added sugar	Nuts
Energy storage	Polysaccharide	Table sugar	Complex carbohydrate	Whole grain
Vitamins	Fiber	FREE	Cellulose	Simple carbohydrate
Processed foods	Glucose	Unprocessed foods	Empty calories	Simple Sugar
Minerals	Glycogen	Complex carbohydrate	Muscles	Insulin