

Although the body possesses enzymes to convert excess protein to body fat, this process is far less efficient than converting excess carbohydrate, and especially excess fat, to body fat.

When we consume more carbohydrates than our immediate energy needs, the excess is first converted into glycogen, a stored form of glucose found mainly in the liver and muscles.

Carbohydrates are stored as glycogen in the liver and muscles, while excess energy from carbohydrates, proteins, and fats is stored as triglycerides in adipose tissue.

Digestion and Absorption of Carbohydrates
 Liver GlycogenMuscle GlycogenCarbs Stored in Fat Tissue
 Additionally, certain intermediate molecules in carb metabolism can be converted to fat and stored in fat tissue. After you absorb single-sugar carbs into the bloodstream, your tissues must further break down the sugar into ATP, a form of energy your cells can use. This process involves multiple enzymatic reactions in the mitochondria. Depending on...See more on healthfully

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#b_results li.b_ans.b_mop.b_mopb,#b_results
li.b_ans.b_nonfirsttopb{border-radius:6px;box-shadow:0 0 0 1px
rgba(0,0,0,.05);margin-top:12px;margin-bottom:10px;padding:15px 19px 10px}#b_results
li.b_ans.b_mop.b_mopb .b_sideBleed{margin-left:-19px;margin-right:-19px}#b_results
.b_vidAns{border-radius:6px;box-shadow:0 0 1px rgba(0,0,0,.05);padding:16px
20px;gap:10px;background:#fff}@charset "UTF-8";#b_results
.b_ans.b_vidAns{box-shadow:none!important;padding:var(--smtc-gap-between-content-medium)
0!important;background:var(--bing-smtc-background-ctrl-fade-on-image-stop-0)}#b_results #serpvidans.vsacf
.mc_vtvc,#b_results #serpvidans.vsacf .mc_vtvc_th,#b_results #serpvidans.vsacf .cico,#b_results
#serpvidans.vsacf .mc_vtvc_htb,#b_results #serpvidans.vsacf .vrhc,#b_results #serpvidans.vsacf
.vrhcp,#b_results #serpvidans.vsacf .vrhtc,#b_results #serpvidans.vsacf
.vrhtpc{border-radius:var(--mai-smtc-corner-list-card-default)}#b_results #serpvidans.vsacf .mmlist
.mc_vtvc,#b_results #serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta{margin:0}#b_results
#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_channel,#b_results #serpvidans.vsacf
.mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_row_channel{color:var(--smtc-foreground-content-neutral-primary)}#serpvidans.vsacf,#serpv
idans.vsacf .expctn .expbody,#serpvidans.vsacf
.mmlist{display:flex;flex-direction:column;gap:var(--smtc-gap-between-content-medium)}#serpvidans.vsacf
.cico{height:auto}#serpvidans.vsacf .mc_vtvc_ban_lo{top:0;right:auto}#serpvidans.vsacf .mc_cwvc .mc_vtvc
.mc_vtvc_meta,#serpvidans.vsacf .mmlist .mc_vtvc
.mc_vtvc_meta{height:auto;padding:var(--smtc-gap-between-content-xx-small) 0
var(--smtc-gap-between-content-xx-small)
var(--smtc-gap-between-content-medium);display:flex;flex-direction:column;justify-content:space-between}#
serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_title,#serpvidans.vsacf .mmlist .mc_vtvc

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.mc_vtvc_meta
.mc_vtvc_title{color:var(--smtc-ctrl-link-foreground-brand-rest);font:var(--bing-smtc-text-global-body2);height:auto;display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}#serpvidans.vsacf .mc_cwvc
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area,#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.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.
vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area .mc_vtvc_meta_row,#serpvidans.vsacf
.mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block
.mc_vtvc_meta_row{color:var(--smtc-foreground-content-neutral-primary);height:var(--mai-smtc-padding-card-default);font:var(--bing-smtc-text-global-caption1)}#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before,#serpvidans.vsacf
.mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row
.mc_vtvc_meta_row_channel::before,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before,#serpvidans.vsacf
.mmlist .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row
.mc_vtvc_meta_row_channel::before{content:" . "}#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block
.mc_vtvc_meta_pubdate{color:var(--bing-smtc-foreground-content-neutral-tertiary);padding-bottom:0}.vsacf
.mc_cwvc .mc_vtvc_con_rc,.vsacf .mmlist .mc_vtvc_con_rc{display:flex}.vsacf .mc_cwvc .mc_vtvc_con_rc
.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
a::after{content:"";margin:5px 5px 0 0;border-top:2px solid
var(--smtc-foreground-content-neutral-primary);border-right:2px solid
var(--smtc-foreground-content-neutral-primary);background-size:7px
7px;width:7px;height:7px;transform:rotate(45deg);display:inline-block;margin-left:4px}#serpvidans.vsacf
.b_title .mmtitle{margin-bottom:0}#serpvidans.vsacf .b_title .mmtitle
a{color:var(--smtc-foreground-content-neutral-primary)}#serpvidans.vsacf
.mc_cwvc{width:100%;margin-bottom:var(--smtc-gap-between-content-x-small)}#serpvidans.vsacf
.mc_cwvc .mc_vtvc{box-shadow:none}#serpvidans.vsacf .mc_cwvc .mc_vtvc
.mc_vtvc_meta{height:100%;padding:var(--smtc-gap-between-content-x-small) 0
var(--smtc-gap-between-content-x-small)
var(--mai-smtc-padding-card-default);background:var(--bing-smtc-background-ctrl-fade-on-image-stop-0)}#s
erpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_title{font:var(--bing-smtc-text-global-body1)}#serpvidans.vsacf .cardless.mmlist

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.mc_vtvc_con_rc,#serpvidans.vsacf      .cardless.mmlist      .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.rmoverlay{height:36px}.vsacf      .va_tt      .vsb_tr_chd
.mc_vtvc_th_dock{height:92px;background:linear-gradient(180deg,var(--bing-smtc-background-ctrl-fade-on-i
image-stop-0) 0%,var(--mai-smtc-background-ctrl-on-image-rest) 100%)}#serpvidans.vsacf      .va_tt      a.vsb_tr_t{padding:0
0;font:var(--bing-smtc-text-global-body-2-alt-strong)}.vsacf      .va_tt      .vsb_tr_chd      .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
.b_CompactExpansion      .b_arrow{display:flex;margin:0;height:auto}#serpvidans.vsacf
.b_module_expansion_control      .b_btnContainer      .b_CompactExpansion      .b_arrow
path#Shape{fill:var(--bing-smtc-foreground-content-brand-rest)}#serpvidans.vsacf
.b_module_expansion_control
.b_btnContainer::after{content:"";position:absolute;width:100%;bottom:20px;left:0;height:1px;border-radius:
1px;background:var(--smtc-stroke-ctrl-on-neutral-rest)}#b_results
.b_ans.b_vidAns{box-shadow:none;padding:12px      20px      0}#b_results      .b_ans.b_vidAns
.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      .mmlist
.mc_vtvc{margin-top:10px}#b_results      .b_ans.b_vidAns      .mmlist      .mc_vtvc
.mc_vtvc_meta{display:flex;flex-direction:column;justify-content:space-between;margin:0      10px      4px
12px}#b_results      .b_ans.b_vidAns      .mmlist      .mc_vtvc      .mc_vtvc_meta
.mc_vtvc_meta_channel{color:#111}#b_results      .b_ans.b_vidAns      .mmlist      .mc_vtvc      .mc_vtvc_meta
.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
.mc_vtvc_meta_block_area{bottom:0;height:unset}.b_dark      .vsa.cardless

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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}#mc_cwvc_1770636761950 { width:356px; max-width: 100%; } .mc_vtvc
.mc_vtvc_meta { padding: 16px 16px 16px 16px; } .mc_vtvc .mc_vtvc_meta_w { height: 139px; margin-top:
-0px; } .mc_vtvc .mc_vtvc_title { height: 54px; line-height: 18px; margin-bottom: 18px; margin-top: 0px; }
.mc_vtvc .mc_vtvc_meta_block_area { height: 35px; } .mc_vtvc .vtmu, .mc_vtvc .vtpl { bottom: 147px; }
.mc_vtvc_th_dock { height: 139px; } .mc_vtvc_th .cico { height: 200px; }
.mc_vtvc{background-color:#fff;box-shadow:0 0 0 1px
rgba(0,0,0,.05);line-height:0;margin:0;position:relative;border-radius:6px;overflow:hidden}.mc_vtvc.noshado
w{box-shadow:none}.mc_vtvc_con_rc{border-radius:6px;overflow:hidden;position:relative}.mc_vtvc>a{colo
r:#71777d;display:block;text-decoration:none;width:100%}.mc_vtvc>a:focus::after{outline:2px solid
#00a89d;width:100%;height:100%;content:"";outline-offset:-2px;position:absolute;top:0;left:0}.mc_vtvc_th{ba
ckground-color:#d5d5d5;position:relative}.mc_vtvc_th
.cico{border-radius:0}.mc_vtvc_ban_lo,.mc_vtvc_ban_up{position:absolute;vertical-align:middle}.mc_vtvc_
ban_lo{bottom:0}.mc_vtvc_ban_up{top:0}.mc_vtvc_title{font-weight:normal;margin-bottom:11px;overflow:
hidden;color:#111;height:54px;line-height:18px}.mc_vtvc_title
a{display:inline-block;color:#111}.mc_vtvc_title
a:hover{text-decoration:underline}.mc_vtvc_src_ico{float:left;margin-right:4px}.mc_vtvc_act{height:16px;m
argin-top:-40px;padding:12px
8px;z-index:1}.mc_vtvc_actc{right:16px;bottom:16px;position:absolute;display:inline-block;z-index:1}.mc_v
tvc_act_sep{border-top:1px solid #d5d5d5;height:40px;margin:0 8px}.mc_vtvc_fh
.mc_vtvc_act_sep,.mc_vtvc_fh .mc_vtvc_act{visibility:hidden}#serpvidans
.b_topTitle{margin-bottom:8px}.mc_vtvc_htc{width:100%;height:100%;position:absolute;top:0;bottom:0;left
:0;right:0}.mc_vtvc_htb{width:100%;height:100%;background:rgba(0,0,0,.7);position:absolute;top:0;bottom:
0;left:0;right:0}.mc_vtvc_ht{width:100%;padding: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}.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_IRight
.b_ILeft{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_IRight .b_ILeft{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:c
ontain;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:no
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ne}.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%22
none%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%201
0.1923C13.2355%209.62986%2012%2010.3524%2012%2011.4997V20.5C12%2021.6472%2013.2355%202
2.3698%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%2
F%3E%0D%0A%3C%2Fsvg%3E)}.mc_vtvc_meta{box-sizing:border-box;display:inline-block;line-height:18
px;position:relative;width:100%}.mc_vtvc_meta_block{bottom:0;position:absolute;width:100%}.mc_vtvc_m
eta_row{line-height:16px;font-size:11px;height:17px;overflow:hidden;text-overflow:ellipsis;white-space:now
rap}.mc_vtvc_meta_row a{display:inline-block}.mc_vtvc_meta_row
a:hover{text-decoration:underline}.mc_vtvc_meta_block_area{position:relative}.mc_vtvc_meta_block,.mc_v
tvc_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 .wkmt
.mc_vtvc_meta_row,.mc_vtvc_con_rc.onhov .wkmt .tbc_tt{display:none}.mc_vtvc_con_rc.onhov .wkmt
.mc_vtvc_title{max-height:18px;margin-bottom:18px;overflow:hidden}.mc_vtvc_con_rc.onhov.mmsts
.mc_vtvc_title{visibility:hidden}.mc_vtvc_con_rc.onhov
.mc_vtvc_kmt{display:block}.mc_vtvc_kmt_content
.b_factrow{line-height:17px;font-size:11px;max-height:34px;overflow:hidden;text-overflow:ellipsis;padding:
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

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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}.vrhot
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.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
.bg{background:rgba(0,0,0,.75);border-radius:2px}.vol.bg,.vol
.volsliderHandle.bg{border-radius:2px 2px 0 0}.vol
.volsliderHandle{height:70px;display:none;width:22px;float:left;bottom:18px;position:absolute;display:block
}.vol
.vsb{height:54px;width:4px;background-color:#999;margin:9px
8px;position:relative;display:block;border-radius:2px}.volsliderHandle
.vsh{height:6px;width:14px;padding:9px
-12px;display:block;position:absolute;top:30px}.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_XJGc7Yg8IR4B2eEs.svg)
no-repeat}.vf{background:url(/rp/NosrIR4amKTs1zYxWy3laZN3HRk.svg)
no-repeat}@media(forced-colors:active){.vol{forced-color-adjust:none}.vrhc
.vt_vp,.vrhc.mousefollow
.vt_vp{position:absolute;bottom:0;border:hidden;padding:0;top:0;left:0;z-index:3}.vrhc
.hide{display:none}.vrh_clc .vt_vp,.vrh_clc .vrhc .vrhi,.vrh_clc .player_ol{cursor:pointer}.vrh_clc
.cico{border-radius:0}.vrhc{border:hidden;top:0;left:0;padding:0}.vrhc.mousefollow .vrhc,.vrhc.popout
.vrhc{background-color:#999}.vrhtpc.load
.player_ol{background:url(/rp/J_o2maogFDeUOsovPJL-ofEuxJ4.gif) center center no-repeat}.vrhc line .vrhc
.vrhi,.vrhc.popout .vrhc .vrhi,.vrhc.mousefollow .vrhc
.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

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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}.vrhc.p{position:relative;top:0;left:0;display:table-row}.vrhc.p
.vrhc{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}.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; } .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;c
olor: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.m
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}.mmgrid>div { width:197px;display:inline-block;margin-right:8px;m
argin-bottom:8px;box-shadow: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,.vsarr 1stbig .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}.vsarr 1stbig .mmgrid>div:nth-child(2){margin-right:0}#serpvidansrr.uipolish

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.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}Videos of Excess Carbohydrates Are Stored AsWatch video11:57Carbohydrates & sugars -
biochemistry Osmosis from Elsevier2.3M viewsApr 4, 2018Watch full videoWatch video4:28Introduction to
carbohydrates | High school biology | Khan Academy Khan Academy171.9K viewsMar 1, 2018Watch
video1:03How Excess Carbs Damage Your Health and Metabolism MetabolismoTV - Official Channel In
English1.7K views4 months agoWatch video22:26Carbohydrate Digestion & Absorption Dr Matt & Dr
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Mike88.9K views Oct 25, 2024 Watch full video snuggymom Excess Carbohydrates- How Are They Stored? | Nutritional Insights Excess carbohydrates are primarily stored as glycogen in the liver and muscles, and any surplus is converted into fat for long-term storage. Carbohydrates are one of the three macronutrients essential ...

Excess carbs are stored as glycogen and fat. Learn how the body manages excess glucose through glycogenesis and lipogenesis, regulated by insulin, to maintain energy balance.

Excess carbohydrates are primarily stored as glycogen in the liver and muscles, and any surplus is converted into fat for long-term storage. Carbohydrates are one of the three macronutrients essential ...

Dietary carbohydrates provide glucose that body cells can use for energy. Excess glucose beyond what the body needs for immediate energy is converted into glycogen, a storage form of carbohydrate, or ...

Plants store carbohydrates in long polysaccharides chains called starch, while animals store carbohydrates as the molecule glycogen. These large polysaccharides contain many chemical bonds ...

Excess carbohydrates are kept for future use in the form of triglycerides. When glycogen is used, then the stored fat is used for energy production. ketones are formed in the above process of energy ...

Excess carbohydrates are converted to glucose, stored as glycogen in the liver and muscles, or transformed into fat for long-term energy.

Your body stores carbs in the form of glycogen in your liver and muscles. Additionally, your body converts excess carbs to be stored in fat tissue.