

↓
carbohydrates
are eaten

carbs



enzymes (alpha
amylase) break
down food into
sugar (fuel)



fuel is absorbed
by the intestine



excess fuel is
stored as fat

↓
carbohydrates
are eaten

carbs



Phase II
(white kidney
bean) blocks
enzymes (alpha
amylase)



carbohydrates
now
pass through
intestine



no fuel is
stored as fat

