

Simple Carbs vs Complex Carbs (vsdiff.com)

Feature	Simple Carbohydrates	Complex Carbohydrates
Chemical form	One or two sugar molecules (monosaccharides/disaccharides)	Longer chains of sugars (polysaccharides)
Digestion speed	Generally <i>faster</i>	Generally <i>slower</i>
Fiber content	Usually <i>low</i>	Often <i>higher</i>
Common sources	Table sugar, fruit sugars, sweets, some dairy	Whole grains, legumes, starchy vegetables, some seeds
Typical effect on blood sugar	More likely to cause <i>rapid spikes</i>	Tends to produce a <i>flatter</i> blood glucose response

Source: <https://vsdiff.com/simple-carbs-vs-complex-carbs/>