

Carbohydrates and Weight Loss Activity



Carbohydrate rich foods should be a part of a healthy diet.

1. The carbohydrate-rich foods are on the left side of the table below. Please list your favorite foods within each category.
2. In the right column, plan 2 meals and one snack. Incorporate a carbohydrate rich food from each group into your meal plan. Be sure to include a protein-rich food with each meal and snack.

<p><u>Fruits:</u> *Can include canned fruit packed in fruit juice or water; frozen fruit with no sugar added; or fresh fruit.</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ <p><u>Vegetables:</u></p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ <p><u>Grains: (Breads, cereals, pasta, etc.)</u></p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ <p>*Milk and yogurt contain carbohydrates and protein. For this exercise all dairy foods will be classified as a protein-rich food. Foods in the meat group include: meat, fish, poultry, eggs, nuts, nut butters, beans, lentils.</p>	<p>*Note you do not have to fill in all blank lines when planning meals & snack.</p> <p><u>Example: Snack</u> Apple Reduced –fat cheese (Protein)</p> <p><u>Breakfast:</u> Protein: _____ _____ _____</p> <p><u>Lunch or Dinner:</u> Protein: _____ _____ _____ _____</p> <p><u>Snack:</u> Protein: _____ _____ _____</p>
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