

## Apply What You Learned: Carbohydrates and Weight Loss

### Part A:

- 1. Which of the following statements about carbohydrates is NOT true?**
  - a. Carbohydrates are one of the main sources of energy for the body
  - b. Carbohydrates have 4 calories per gram
  - c. All carbohydrate containing foods are equal in their nutritional value
  - d. Carbohydrates should provide 45 to 65% of our calorie intake
  
- 2. Added sugars in the ingredient list on a food label would include all of the following EXCEPT:**
  - a. Corn syrup
  - b. Honey
  - c. Brown sugar
  - d. Butter
  
- 3. Examples of foods which are healthier carbohydrates include all the following EXCEPT:**
  - a. Bananas
  - b. Milk
  - c. Brownies
  - d. Potatoes
  
- 4. Benefits of fiber in the diet include(s):**
  - a. Improves blood sugar control, lowers cholesterol, & helps one feel full longer
  - b. Prevents constipation
  - c. Lowers the risk of certain types of cancers
  - d. All of the above
  
- 5. Examples of foods which provide good sources of fiber include all the following EXCEPT:**
  - a. Fruits & Vegetables
  - b. Nuts & Seeds
  - c. Beans/Lentils
  - d. Poultry
  
- 6. The American Heart Association recommends limiting daily added sugars in the diet for most men and women to:**
  - a. 10 tsp per day for men and 6 tsp per day for women
  - b. 9 tsp per day for men and 4 tsp per day for women
  - c. 9 tsp per day for men and 6 tsp per day for women
  - d. 8 tsp per day for men and 8 tsp per day for women

Part B:

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 AND protein rich food with each meal and snack.**

<p><b>Fruits:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p><b>Starchy Vegetables:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p><b>Grains (breads, cereals, pasta, etc.):</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"><li>• Carbohydrate: _____</li><li>• Protein: _____</li></ul> <p><b>Lunch/Dinner</b></p> <ul style="list-style-type: none"><li>• Carbohydrate: _____</li><li>• Protein: _____</li></ul> <p><b>Snack</b></p> <ul style="list-style-type: none"><li>• Carbohydrate: _____</li><li>• Protein: _____</li></ul>
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*\*Milk and yogurt contain carbohydrates and protein. For this exercise all dairy foods will be classified as a protein-rich food.*