**CARBOHYDRATES AND FIBER STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_\_**

1. What is a Carbohydrate?
   1. Carbohydrates are the main *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*found in the *\_\_\_\_\_\_\_\_\_\_\_\_* group.
   2. Carbohydrates can be found in *\_\_\_\_\_\_\_\_\_\_\_\_* quantities from the other \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   3. Carbohydrates should be *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*% of our daily food intake.
   4. The primary function of carbohydrates is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Caloric Content of Carbohydrates
   1. Carbohydrates provide *\_\_\_\_\_* calories per gram.
   2. A *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is the unit used to measure the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of foods.
   3. So, for each *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* of carbohydrate you eat, you are given *\_\_\_\_\_\_\_\_\_\_\_\_\_*units of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Types of Carbohydrates
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Carbohydrates
      1. Also called *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Carbohydrates
      1. Also called *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. Also called *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      2. A form of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Functions of Carbohydrates
   1. Simple Carbohydrates
      1. Provides a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*energy source.
   2. Complex Carbohydrates
      1. Provides a \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_, continuous energy source.
   3. Fiber
      1. Attracts *\_\_\_\_\_\_\_\_\_\_\_\_\_* to our *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*and *\_\_\_\_\_\_\_\_\_\_\_\_\_*food through the intestines faster.
      2. Helps to keep *\_\_\_\_\_\_\_\_\_\_\_\_\_*movements *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* in form and reduces problems related to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. Foods Sources of Simple Carbohydrates
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* 
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* sugar
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* sugar
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* sugar
   4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* sugar
   5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*sugar
6. Food Sources of Complex Carbohydrates
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*grains
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* products
   3. Dried *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
7. Parts of a Wheat Kernel
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. Nutrients Provided
         1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
         2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

(#7 - Parts of a Wheat Kernel continued)

* + 1. Nutrients Provided:
       1. Unsaturated \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
       4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
       5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
       6. Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
     1. Nutrients Provided:
        1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
        2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
        3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. Food Sources of Fiber
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      1. Especially the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   2. Whole *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Cereals
   5. Dry *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   6. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   7. Split *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   8. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Digestive Process of Simple and Complex Carbohydrates
   1. Simple Carbohydrates
      1. Digested *\_\_\_\_\_\_\_\_\_\_\_\_*and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* by the body.
   2. Complex carbohydrates
      1. *\_\_\_\_\_\_\_\_\_\_\_\_* down into *\_\_\_\_\_\_\_\_\_\_\_\_\_* sugars for an *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*digestive process.

1. Digestive Process of Fiber
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is a non-digestible fiber.
      1. Which means the body does not *\_\_\_\_\_\_\_\_\_\_\_\_\_* or *\_\_\_\_\_\_\_\_\_\_\_\_*fiber.
      2. It passes right through your body like a bull dozer, \_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_ as it goes.
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* plenty of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is key for a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*digestive process.

1. Fiber and Water
   1. In the small and large intestines, *\_\_\_\_\_\_\_\_\_\_\_\_* attracts *\_\_\_\_\_\_\_\_\_\_\_\_* just like a dry sponge soaking up water.
   2. When fiber acts like a sponge, the amount of material in the intestine is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
   3. Therefore, fiber creates *\_\_\_\_\_\_\_\_\_\_\_\_\_* in the diet.
   4. You are going to feel *\_\_\_\_\_\_\_\_\_\_\_*longer.
   5. The \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ mixture of fiber and water help *\_\_\_\_\_\_\_\_\_\_\_\_*food through the intestines.
   6. *\_\_\_\_\_\_\_\_\_*fiber diets do *\_\_\_\_\_\_\_\_\_\_* attract *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
   7. Without the presence of fiber and water in the intestines, the digested food mixture becomes *\_\_\_\_\_\_\_\_\_\_\_\_*, hard or stale – you become *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*!
2. Daily Recommendations for Carbohydrates and Fiber
   1. Make *\_\_\_\_\_\_\_\_\_\_\_\_* your grain intake *\_\_\_\_\_\_\_\_\_\_\_\_\_* grains.
   2. The National Cancer Institute recommends *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* grams of daily fiber.
   3. Fiber may reduce the risks of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, *\_\_\_\_\_\_\_\_\_\_\_\_*and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*cancer.