**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.