**WHAT ARE YOUR SOURCES OF CARBOHYDRATES?**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_ Score:\_\_\_\_\_/20**

**Directions:** Fill in the chart below with the following information:

1. **Name Column:** Identify 10 foods found in your home that would be considered a carbohydrate food. Record each food in this column. Please note that animal products are NOT considered to be carbohydrates!
2. **Type Column:** What kind of carbohydrate are the foods you selected? Record one of the following: Simple or Complex.
3. **Grams Column:** Looking at the food label, find out how many grams (per serving size) of carbohydrates are found in each food. The labels identify the carbohydrates under these titles: Simple Carbs or Sugars, Complex Carbs or Other Carbohydrates, and Dietary Fiber.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **No.** | **Name of**  **Food** | **Type of Carbohydrate** | **Grams**  **Simple** | **Grams Complex** | **Grams Fiber** |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
| 9 |  |  |  |  |  |
| 10 |  |  |  |  |  |

**HOW MUCH FIBER?**

**Directions:** How much fiber does your diet contain? Assess your diet for fiber content by completing the following table.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **How often do you eat…?**  **(fiber grams per serving)** | **Seldom**  **or never** | **1-2 x**  **a week** | **3-4 x**  **a week** | **Almost**  **daily** |
| Whole wheat bread  (3 grams per slice) |  |  |  |  |
| Bran cereal  (4-10 grams per 2/3 cup) |  |  |  |  |
| Brown rice  (3 grams per ½ cup) |  |  |  |  |
| Fruits with skins  (3 grams per piece) |  |  |  |  |
| Legumes (cooked beans or peas)  (5 grams per ½ cup) |  |  |  |  |
| Raw, fresh vegetables  (2 grams per ½ cup) |  |  |  |  |
| Starchy vegetables (potatoes, squash)  (3 grams per ½ cup) |  |  |  |  |

1. In general, how often are you consuming foods high in fiber?
2. What could you do to increase the amount of fiber in your diet?

Be specific and give real examples.