

Name _____

13. How does fiber help prevent constipation, reduce the likelihood of hemorrhoids, and relieve diarrhea? _____

14. If the body converts all carbohydrates to glucose anyway, why do experts recommend eating more complex carbohydrates than simple sugars? _____

15. How can you identify foods that are high in refined sugars? _____

16. Why would a dentist advise a patient to avoid snacking on sugars and starches between meals? _____

17. How might someone who is lactose intolerant meet his or her need for calcium? _____

Apply & Practice

18. How many grams of fiber should you include in your diet each day? _____
19. Imagine you are giving a birthday party for a young child. Several parents express concern about their children coming home hyperactive from all the sweets eaten at the party. How will you address these concerns? _____

20. A friend tells you he thinks he has hypoglycemia because he gets a headache and feels shaky every afternoon. How would you respond? _____
