

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? Simple sugars in foods with few nutrients
Complex carbs generally have great satiety, more nutrients & vitamins

15. How can you identify foods that are high in refined sugars? By reading the labels to see where sugars are on the ingredient list

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? males 38g females 26g

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? _____