

Study Guide Chapter 5

1. List and describe the 3 types of carbohydrates. Name examples.

Mono saccharides
glucose - blood
fructose - sugar/honey
galactose - milk

Disaccharides
- sucrose - sugar
- lactose - in milk
- maltose - grains/malt

Polysaccharides
Starch - pasta, potatoe
fiber, beans legumes

2. The three common chemical elements that make up carbohydrates are...

H-hydrogen C carbon O oxygen

3. The four key functions performed by carbohydrates are....

- ① Provide Energy
- ② Spare Proteins
- ③ Break down fats
- ④ Provide Bulk for digestion

4. A variety of studies have shown that dietary fiber plays a role in promoting wellness. What four things can dietary fiber help prevent.

Constipation, lower rates of GI diseases, prevent appendicitis, lower risk of heart, artery disease, reduce risk of colon cancer

5. Refined sugars are used for...

Sweetening agent / food additives/bulk

- help control diabetes of colon

6. Why do some people not lose weight when they eat fat reduced products?

So much sugar added to product for taste.

7. Where does the body store glycogen? liver + muscle

8. Body glycogen usage is

1/3 in liver for rest of body use

2/3 in muscle for muscular activities

Can the liver store a certain amount?

limited amount / too much carbs converts to fat by liver

9. Added sugar intake should be no more than 25% of a day's total intake.

10. Sugar provides 4 calories per gram.

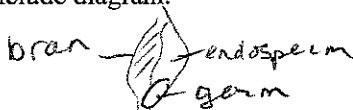
11. Starches (complex carbs) should be a minimum of 20% of days total calorie intake.

12. the DRI for males fiber intake 38g

13. the DRI for females fiber intake 26g

14. Describe a whole grain vs refined grains, include diagram.

refined on endosperm
no fiber/no nutrients



whole grain has the bran - fiber
germ nutrients
endosperm - starches

15. What is diabetes mellitus & list a few symptoms of the disease?

lack of or inability to use hormone insulin
• hunger + thirst, weakness, irritability, nausea,

16. Explain why it is better to get fiber through food sources than from a supplement.

Do not offer the range of nutritional benefits of food sourced fiber

17. How can you use a food label to help you meet your carbohydrate needs?

Check the amount of carbs, look at ingredients to see if good or bad carbs

18. How are foods order in the ingredient list?

highest weight listed order

19. How would you respond if someone asked you, "Should I cut starchy foods out of my diet because they are fattening?"

No starchy foods are not fattening if eaten in moderation
toppings tend to be fatty, although excess carbs can be converted into fat by the liver.