**Carbohydrates**

Nutrition for Healthy Living 120

***Textbook: Nutrition, Food and Fitness***

*You may answer on this page, write your answers on your own paper or type your answers on a computer.*

1. Name the 3 monosaccharides and explain where they are found.
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Name the 3 disaccharides and explain where they are found and what monosaccarides they will break down into when digested.
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Name the 2 polysaccharides and what happens to each in the digestive system.
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* + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What is the difference between simple carbohydrates and complex carbohydrates?
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1. If someone’s diet does not provide enough carbohydrates, how will the body produce energy?
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1. What are 2 benefits of having fiber in your diet?
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* + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Which will make a person feel more full: cotton candy or a large soft pretzel (same sizes)?
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1. Where is glycogen stored in the body?
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1. Which fibers reduce the risk of some cancers: soluble fibers or insoluble fibers?
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2. For nutrition experts, why do refined sugars cause a greater concern than naturally occurring sugars?
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1. If a person needs 3000 calories per day, about how many of theose calories should come from complex carbohydrates?
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1. List 3 food sources of fiber.
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1. Are starchy foods fattening? Explain.
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1. What 2 factors affect the risk of dental caries?
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1. What is the difference between Type I diabetes and Type II diabetes?
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1. What causes lactose intolerance?
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