CARBOHYDRATE/FIBER WORKSHEET (2 pages)

The purpose of this exercise is to look at your carbohydrate (CHO) intake. First you will look at the overall CHO intake, the types of CHO, your refined sugar intake and finally your fiber intake. Using your computer spreadsheet, follow the directions and use the formulas provided to make your calculations. Note that CHO's are called "Carb" on the Spreadsheet. Round off decimals to whole numbers.

1. Overall Carbohydrate intake:
   Total calories consumed for day: ________calories
   
   Total grams of carbohydrate (Carb) consumed: ________ grams
   
   Calculate how many calories are from Carb?
   Grams of Carb multiplied by 4 (cals/gram of Carb) = Calories from Carb
   
   ________ grams Carb X 4 cal/gram = ________ Calories from Carbohydrate

2. Percentage of your total calories from Carbohydrates:
   Divide Carb-calories by Total Calories & multiply answer by 100 = % of Carb Calories
   
   ________ Carb Calories + ________ Total Calories X 100 = ________ % Carbohydrates
   
   The new (2002) carbohydrate recommendation is 45-65% of your total calories. How does your intake compare?

3. Grain products and vegetables (complex), and fruits and milk (simple) are key parts of a varied diet. Most of the calories in your diet should come from these foods. Refined sugars (other simple sugars) should provide only a small % of your total calories. In the following chart, sort the Carb-containing food items on your computer printout into three groups.

   Chart for Sorting Carbohydrate-Containing Foods

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>White Rice</th>
<th>Other Simple Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complex (grains &amp; vegetables)</td>
<td>Simple Sugar (milk &amp; fruit)</td>
<td>(concentrated sugars – candy, fruit juice, regular soda, etc.)</td>
</tr>
</tbody>
</table>