4. Looking at your CHO intake on the “Chart for Sorting Carbohydrate-Containing Foods,” what do you see? Is there a good mix of complex and simple sugars or is your “other simple sugar” category overloaded? Is there a “group” of sugars missing? Could this be a problem? What changes do you need to make, be specific?

5. Why is a diet that is high in “other simple sugars” a problem?

6. Fiber intake.
   Looking at your spreadsheet, what was your fiber intake for the day? _______ Grams

7. List the 3 foods and their fiber content (grams) that contained the most fiber in your food list.

8. Are these foods regularly included in your diet? If not, what foods could you include that are higher in fiber?

9. How does your total intake compare with the recommendation of 25-35 grams/day? What changes do you need to make, if any, in your diet? Explain and be specific.

10. Overall, what did you learn about your CHO intake?