

CARBOHYDRATES and WEIGHT LOSS

- 1) Which of the following statements about carbohydrates is **NOT** true?
 - a. Carbohydrates are one of the main sources of energy for the body
 - b. Carbohydrates have 4 calories per gram
 - c. All carbohydrate containing foods are equal in their nutritional value
 - d. Carbohydrates should provide 45 to 65% of our calorie intake

- 2) Added sugars in the ingredient list on a food label would include all of the following **except**:
 - a) Corn syrup
 - b) Honey
 - c) Brown sugar
 - d) Butter

- 3) Examples of foods which are healthier carbohydrates include all the following **except**:
 - a) Bananas
 - b) Milk
 - c) Brownies
 - d) Potatoes

- 4) Benefits of fiber in the diet include(s):
 - a) Improves blood sugar control, lowers cholesterol, & helps one feel full longer
 - b) Prevents constipation
 - c) Lowers the risk of certain types of cancers
 - d) All of the above

- 5) Examples of foods which provide good sources of fiber include all the following **except**:
 - a) Fruits & Vegetables
 - b) Nuts & Seeds
 - c) Beans/Lentils
 - d) Poultry

- 6) The American Heart Association recommends limiting daily-added sugars in the diet for most men and women to:
 - a) 10 tsp per day for men and 6 tsp per day for women
 - b) 9 tsp per day for men and 4 tsp per day for women
 - c) 9 tsp per day for men and 6 tsp per day for women
 - d) 8 tsp per day for men and 8 tsp per day for women