

TOPIC: DIETARY GUIDELINES FOR CARBOHYDRATES

Recommended Dietary Guidelines: Carbohydrates

- ◆ RDA recommends a *minimum* of _____g of carbohydrates per day for adults.
 - This RDA is based on the estimated minimum amount of _____ needed for adequate *brain function*.
 - This RDA does _____ cover amount needed for daily activities; active people require much more.
- ◆ Carbohydrates have a *false* reputation for being “fattening” – a *calorie surplus* from any food causes weight gain.
- ◆ Most carbs you eat should be nutrient-dense, _____-rich, whole grain, & unprocessed (low added sugar).

Nutrient	AMDR	RDA	Kcal/g
Carbohydrates	_____ % of total calories	_____ g/day (minimum for brain function)	____
Fat	20–35% of total calories	Not established (emphasis on essential fatty acids)	9
Protein	10–35% of total calories	0.8 g/kg body weight per day (adults)	4

EXAMPLE

Carbohydrates provide 4 Kcal of energy per gram. Therefore, according to RDA guidelines, what is the minimum number of Kcal that you should be getting from carbohydrates each day?

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- a) 130 Kcal. b) 260 Kcal. c) 520 Kcal. d) 65 Kcal.

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Recommended Dietary Guidelines: Fiber

- ◆ Most Americans only eat ~½ fiber they need; recent AI recommends 25g of fiber for women & 38g fiber for men.
 - Or ____g of fiber for every 1000 Kcal a person consumes.
 - Fiber consumption has many health benefits, but ____-consumption (>50g/day) can cause health issues.
- ◆ Because fiber binds H₂O, you should drink at least ____ 8-oz glasses of H₂O with a fiber-rich diet.
- ◆ Excellent sources of fiber include whole grains, vegetables, fruits, legumes, nuts, & seeds.

Nutrition Facts	
6 servings per container	
Serving size	1 Slice (96g)
Amount per serving	
Calories	270
Total Fat 15g	30%
Sodium 220mg	10%
Total carbohydrate 50g	10%
Dietary Fiber 5g	10%
Total Sugars 8g	16%
Includes 4g A	8%
Calcium 5g	10%
Iron 1.5mg	8%
Potassium 150mg	3%



PRACTICE

Jackie is training for a powerlifting competition and has increased her Calorie intake to 3,000 Kcal per day. Based on AI recommendations, how many grams of fiber should she consume per day?

- a) 25 grams.
- b) 30 grams.
- c) 38 grams.
- d) 42 grams.

PRACTICE

It's recommended that carbohydrates make up around ____% of your total energy intake. The primary function of carbohydrates is to provide your body with ____.

- a) 70-80; nutrients.
- b) 45-65; disease resistance.
- c) 25-45; energy.
- d) 45-65; energy.

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Added Sugars

- ◆ *Added sugars* should be _____ in our diet, accounting for _____ than 10% of our total energy.
- ◆ **Added Sugars:** any sugar, syrup, or sweetener _____ to foods during processing/preparation.
 - Contribute _____ calories & _____ nutrients than natural sugars.
 - Added sugars _____ risk of obesity, diabetes, heart disease & tooth decay.
 - Pay close attention to “Added Sugars” on nutrition labels & try to limit **High Fructose Corn Syrup (HFCS)**!



EXAMPLE

José is in middle school and his parents are worried about his added sugar intake. He drinks at least one can of soda per day and he snacks on candy bars between meals. He currently consumes 2,000 Calories per day, 500 of which are from added sugars. How many grams of added sugar is he currently consuming per day? Also, in order to reduce his added sugar intake to 10% of his total caloric intake, how many grams of added sugar should he limit himself to per day? _____

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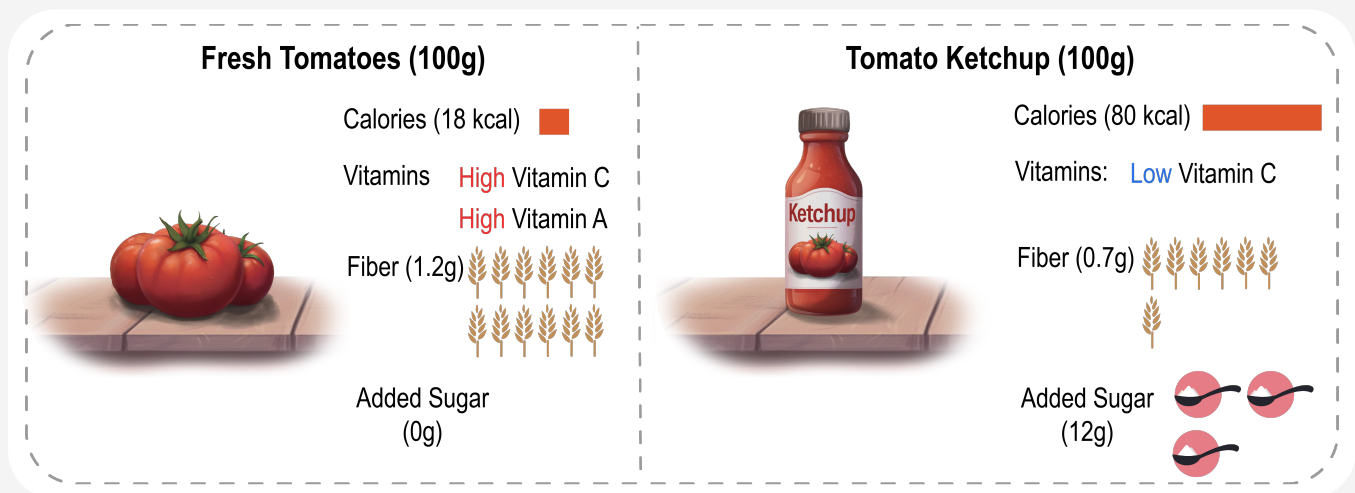
PRACTICE

What percentage of your daily caloric intake should come from added sugars?

- a) 45-65%.
- b) 14%.
- c) At least 10%.
- d) 10% or less.

PRACTICE

Consider the provided information and indicate which of the following statements is true.



- a) The natural, fresh tomatoes are more nutrient dense than tomato ketchup.
- b) While they both contain sugar, only the tomato ketchup contains added sugar.
- c) You should probably aim to limit the amount of tomato ketchup you consume as part of a healthful diet.
- d) All of the above are true.