**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.
3. Name the 2 polysaccharides and what happens to each in the digestive system.
4. What is the difference between simple carbohydrates and complex carbohydrates?
5. If someone’s diet does not provide enough carbohydrates, how will the body produce energy?
6. What are 2 benefits of having fiber in your diet?
7. Which will make a person feel more full: cotton candy or a large soft pretzel (same sizes)?
8. Where is glycogen stored in the body?
9. Which fibers reduce the risk of some cancers: soluble fibers or insoluble fibers?
10. For nutrition experts, why do refined sugars cause a greater concern than naturally occurring sugars?
11. If a person needs 3000 calories per day, about how many of theose calories should come from complex carbohydrates?
12. List 3 food sources of fiber.
13. Are starchy foods fattening? Explain.
14. What 2 factors affect the risk of dental caries?
15. What is the difference between Type I diabetes and Type II diabetes?
16. What causes lactose intolerance?