



I. How Does Your Diet Rate for Carbohydrate and Fiber?

Let's reevaluate the nutritional assessment you completed at the end of Chapter 2. Here are your tasks:

1. Look at your analysis and find the total number of grams of carbohydrate you ate.

TOTAL GRAMS OF CARBOHYDRATE _____

- A. Did you consume at least the RDA of 130 grams? Yes _____ No _____
- B. Now calculate the percentage of calories in your diet from carbohydrate. You will need the total grams of carbohydrate from your assessment, as well as the total kcals you ate. Use this formula to calculate it:

$$\frac{\text{Total grams of carbohydrate} \times 4}{\text{Total kcals consumed}} \times 100 = \% \text{ of calorie intake from carbohydrate}$$

ANSWER: _____

Was about 60% of your total calorie intake from carbohydrate? Yes _____ No _____

If not, list several ways you could increase your carbohydrate intake.

2. Look again at the list of foods you ate, including the amounts, and determine the total amount of fiber you consumed. If you have a computer analysis of your diet, your fiber intake is listed in the printout. Otherwise, look up the fiber content of each food you ate in the food composition table in Appendix J; then calculate your total intake, taking into account the amount of each food you ate.

TOTAL AMOUNT OF FIBER CONSUMED _____ grams

- A. Did you consume the 25 to 38 grams suggested for women and men, respectively, in this chapter? Yes _____ No _____
- B. If not, what could you do to increase your fiber intake? What foods could you substitute for some of the foods you ate?

3. Finally, use Table 4-7 as a guide if you need to reduce your intake of added sugars, especially if you need to watch your total calorie intake to maintain an appropriate weight. What three foods might you, in fact, limit in the future?



II. Can You Choose the Sandwich with the Most Fiber?

Assume the sandwiches on the blackboard below are available at your local deli and sandwich shop. All of the sandwiches provide about 350 kcal. The fiber content ranges from about 1 gram to about 7.5 grams. Rank the sandwiches from highest amount of fiber to lowest amount; then check your answers at the bottom of the page.

Deli

Turkey & Swiss on Rye
Served with tomato slices, sliced cucumbers, romaine lettuce, and mustard

Ham & Swiss on Sourdough
Extra-lean ham served with mayonnaise

Tuna Salad on Whole Wheat
Our tuna salad contains tuna, grated carrots, onions, and mayonnaise, and is served with alfalfa sprouts, romaine lettuce, and cucumber slices

Specials

Hot Dog
Served on a white bun with relish, mustard, and catsup

Soyburger
Served on a whole-wheat English muffin with tomato and pickle slices, romaine lettuce, and mayonnaise

PB & J
Soft white bread with strawberry jelly and smooth peanut butter

Answer Key: 1. Soyburger: 7.5 grams, 2. Tuna Salad on Whole Wheat: 7 grams, 3. Turkey & Swiss on Rye: 4 grams, 4. PB&J: 3 grams, 5. Ham & Swiss on Sourdough: 1.5 grams, 6. Hot Dog: 1 gram.