

WHAT ARE YOUR SOURCES OF CARBOHYDRATES?

Name _____ Period ____ Assign #

Read the labels on four different cereal boxes. List the cereal and complete the chart by listing the number of grams per **1 ounce** of cereal:

Summarize

NAME OF CEREAL	SIMPLE CARBS (Sugar)	COMPLEX CARBS (Other Carbohydrates)	Dietary Fiber			Total Carbohydrates		
	Grams	Grams	G r a m s	% Daily Value		G r a m s	% Daily Value	
				% w/ Cereal	% w/ Milk		% w/ Cereal	% w/ Milk

Answer the following:

1. Do all cereals contain the same amounts of carbohydrates and dietary fiber? Why or why not?

2. Why is it necessary to eat starch (complex carbohydrate)?

3. Why is it necessary to eat dietary fiber?