

# Understanding Carbohydrates

## Friend or Foe?

- DO YOU REMEMBER THAT:
- It is recommended that a person's diet be composed of \_\_\_\_\_ carbohydrates
- FYI:
  - Protein should account for 20% to 35%
  - Fat should account for 10% to 15%.

## What does that % Mean?

- The percentage means the \_\_\_\_\_ a person should get from the \_\_\_\_\_.
- The amount of calories in each "gram" of carbohydrate equals 4 calories.
- As a side note: one gram of protein = 4 calories and one gram of fat = 9 calories.

## Let's Calculate

- Remember that
- So a bowl of honey nut clusters (210 calories total) has a total of 49 grams of carbohydrates. How many calories come from carbohydrates?
- A plain doughnut (210 calories total) has a total of 25 grams of carbohydrates. How many calories come from carbohydrates?
- Which one would you choose?
- What do you think the "remaining" calories tell us?

## What about Teens

- Most \_\_\_\_\_ between the ages of 13 and 18 require a minimum of \_\_\_\_\_ per day for optimum health.
- \_\_\_\_\_ require a slightly higher caloric diet a minimum of \_\_\_\_\_. Note that calories change as you age.
- So what amount of carbohydrate intake would you recommend?

## Recommendations

- It is recommended that teenagers eat at least 130 grams of carbs per day.
- Teens who consume \_\_\_\_\_ will meet their needs.
- **A teen girl who eats 2,000 calories per day requires \_\_\_\_\_**
- **A teen boy consuming 2,600 calories a day needs \_\_\_\_\_**

## The Active Ones

- Active teens (athletes) require an even higher carbohydrate intake \_\_\_\_\_
- According to the University of Florida IFAS Extension, the carbohydrate intake of an active teen should equal between 60 and 70 percent of his calorie count.
- Although this figure may seem high, the majority of these carbohydrates burn off during exercise. Any carbohydrates that active teens do not burn remain in reserve as a fuel source when activity resumes.

## The Burn

- It is important to know that we burn calories all the time—when we sleep, eat, and even talk.

- The more you move, the more calories you burn and the less you move, the less you burn, SO the less you should consume.
- As a teen the following factors should be taken into consideration when choosing different foods to eat: activity level, metabolism, body type, age and stage of puberty.

### **Inactive**

- The 2010 "Dietary Guidelines for Americans," the USDA and U.S. Department of Health and Human Services suggest that the daily caloric needs of teens vary with their age and gender.
- For inactive adolescent girls between the ages of 9 and 13, the USDA recommends between \_\_\_\_\_ calories per day. Inactive boys in the same age range need slightly more, with the USDA and USDHHS recommending between \_\_\_\_\_ calories per day.

### **The Average Diet**

- Sadly, the average teen diet in America is very poor.
  - **Many teens**
- According to the Dietary Guidelines for Americans 2010, the **top three sources of**

1. List 10 good sources of carbs below.

2. List 10 examples of less healthy carb options.

3. Evaluate your carb consumption? Are your carbs coming from healthy/unhealthy sources?