

NAME - _____

CDC - Carbs, Fats, and Protein Worksheet

Carbohydrates

1. Carbohydrates get broken down into what simple sugar?
2. What are the two main types of carbohydrates?
3. What does the term “bad carbs” refer to?
4. What percentage of grain consumption should be “whole grains”?
5. Why are foods that contain naturally occurring simple carbohydrates better than foods that contain added sugars?

Proteins

1. Where can protein be found in the human body?
2. What does protein get broken down into?
3. Amino acids that cannot be made by the human body are called _____ amino acids.
4. What is the difference between a complete and incomplete protein?
5. Adult men need about _____ grams of protein a day, whereas adult women should

consume about _____ grams a day.

6. What are some good tips in making sure that the protein we consume is low-fat (lean protein)?

Fats

1. What are the two main types of fat, and which one is healthier for the human body?

2. What percentage of a person's diet should consist of saturated fat?

3. What are the two types of unsaturated fats?

4. Why are trans fats considered unhealthy?

5. What are the two main sources of trans fatty acids?