

Bread is not the Enemy Study guide

Power point From FACS power point presentations

Name

1. What is the % of America's diet that is dominated by carbohydrates?
2. Name 3 sources of those carbohydrates.
3. What can overeating the "bad carbs" do to a person?
4. According to a governmental study how many grams of fiber from food does a person need a day?
5. Why are whole grains consider a cancer fighting food?
6. Does eating breads make you fat? Why or why not?

7. Why is high fiber carbs important?

8. What is another name for whole brown rice?

9. Name a kind of whole wheat rye bread?