



Mineral & Vitamin Foods

“GO GET THE FACTS” GRAPH

Using your GO GET THE FACTS PRACTICE DRILL, graph the Total Carbohydrates, Fiber, Sugar and Starch in grams, (g) for six of your favorite Mineral & Vitamin foods. Then answer the questions below.

To find starch,
subtract
fiber and sugar
from total
carbohydrates

	ITEM 1	ITEM 2	ITEM 3	ITEM 4	ITEM 5	ITEM 6														
60 GRAMS																				
55 GRAMS																				
50 GRAMS																				
45 GRAMS																				
40 GRAMS																				
35 GRAMS																				
30 GRAMS																				
25 GRAMS																				
20 GRAMS																				
15 GRAMS																				
10 GRAMS																				
5 GRAMS																				
4 GRAMS																				
3 GRAMS																				
2 GRAMS																				
1 GRAM																				
	Total Carbs	Sugar	Fiber	Starch	Total Carbs	Sugar	Fiber	Starch	Total Carbs	Sugar	Fiber	Starch	Total Carbs	Sugar	Fiber	Starch	Total Carbs	Sugar	Fiber	Starch

1. What is the total amount of Carbohydrates you would consume in grams (g), if you ate your six favorite Mineral & Vitamin foods in one day?
2. What is the total amount of Sugar you would consume in grams (g), if you ate your six favorite Mineral & Vitamin foods in one day?
3. How many more grams (g) of Sugar than Fiber would you consume from eating your six favorite Mineral & Vitamin foods in one day?
4. What is the total amount of Starch you would consume in grams (g), if you ate your six favorite Mineral & Vitamin foods in one day?
5. It is recommended that you eat at least 25 grams (g) of Fiber daily. Knowing this, what is the total amount of Fiber you would consume in grams (g) if you ate your six favorite Mineral & Vitamin foods in one day?