



Protein & Fat 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 Protein & Fat 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	SugarCarbs	Fiber Carbs	Starch Carbs	Total Carbs	SugarCarbs	Fiber Carbs	Starch Carbs	Total Carbs	SugarCarbs	Fiber Carbs	Starch Carbs	Total Carbs	SugarCarbs	Fiber Carbs	Starch Carbs

1. What is the total amount of Carbohydrates you would consume in grams (g), if you ate your six favorite Protein & Fat foods in one day?
2. What is the total amount of Sugar you would consume in grams (g), if you ate your six favorite Protein & Fat foods in one day?
3. How many more grams (g) of Sugar then Fiber would you consume from eating your six favorite Protein & Fat foods in one day?
4. What is the total amount of Starch you would consume in grams (g), if you ate your six favorite Protein & Fat 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 if Fiber you would consume in grams (g) if you ate your six favorite Protein & Fat foods in one day?