

13. CARBOHYDRATE RECOMMENDATIONS

NAME: _____.

TOTAL ENERGY NEEDS 2349 kcal .

Recommended % kcal as carbs = $0.55 \times \text{kcal}$ 1292 kcal .

Recommended intake of carbs = kcal/4 per gram 323 grams.

Recommended intake of fiber = 20 to 35 grams .

DAILY CARBOHYDRATE INTAKE

| Food | amt | grams of carbs | grams of fiber | types of carbs | |
|--------------------------------|----------------|-------------------|-------------------|----------------|--------|
| | | | | sugar | starch |
| Cheerios | 1 cup | 17 | 2 | X | X |
| 2% milk | 3/4 cup | 9 | 0 | X | |
| Frosted jelly Danish pastry | 4.5 in diam | 45 | 0 | X | X |
| Café mocha | 2 cups | 86 | 0 | X | |
| Whipped cream | 4 Tbs. | 1 | 0 | X | |
| Flour tortilla, 10 inches | 1 | 40 | 2 | | X |
| Grated American cheese | 2 oz. | 1 | 0 | X | |
| Tomato based salsa | 3 Tbs. | 1.5 | 0.4 | | X |
| Refried beans | 3/4 cup | 29.5 | 9.8 | | X |
| Mexican rice | 1/2 cup | 21 | 2 | | X |
| Tortilla Chips | 10 | 11 | 1 | | X |
| Guacamole | 1/4 c. | 8 | 3 | | X |
| Luna Energy bar | 1.5 oz | 26 | 2 | X | X |
| Fried tofu | 1/2 cup | 2 | 0 | | X |

| | | | | | |
|--|--------------|-------|------|---|---|
| Steamed white rice | 1 cup | 45 | 1 | | X |
| Steamed asparagus | 1/4 cup | 2 | 0.5 | | X |
| Coke | 12 fl oz | 39 | 0 | X | |
| Choc cake with icing (1/12 of cake) | 9" diam. | 51.9 | 3 | X | X |
| Red wine | 4 fl. oz. | 2 | 0 | X | |
| TOTAL INTAKE | | 437.9 | 26.7 | | |