**Health Psych 11: Heb.com Worksheet**

***https://www.heb.com/static-page/article-template/Food-Eat-Better***

**“Too Much Sugar”**

1) What are empty calories? What major nutrient is sugar?

**“Protein: Building blocks”**

2) What is the difference between a complete protein and an incomplete protein. What is an example of an incomplete protein?

3) What are the functions of amino acids in the human body?

**Vitamin D**

4) Are you likely vitamin D deficient? How many North Americans are vitamin D deficient

5) What is low vitamin D linked to?

**Grains**

6) Why are processed grains less nutritious than whole grains? What happens during the processing of grains?

7) A whole, unprocessed, grain contains these important nutrients that processed grains do not :

**Cholesterol**

8) Dietary Cholesterol can raise what kind of cholesterol in the blood?

**Saturated Fats:**

9) How much of your total fats for the day should come from saturated fats?

10) What are some foods that are high in saturated fats (name 3)?

**Healthy Unsaturated Fats:**

11) What are PUFA’s and MUFA’s?

12) What percent of your total fat should come from unsaturated fat? What is the ratio of saturated: unsaturated fats that your TOTAL fat should come from?

13) Omega 3 fatty acids are a source of unsaturated fats. Consuming these will help with? (name 5 things). How can you obtain omega 3 acids?

**Artificial Sweeteners:**

14) What is stevia? Is it bad to consume?

15) Some sugars in food is naturally occurring. The rest is added sugar. These can show up in a number of different ways, on ingredient lists. Name some ingredients that really just mean “added sugar” (name 10)

**Fiber:**

16) What are the two types of fiber and what is each responsible for?

17) How much fibre should be consumed per day, for women & men? What are three sources or insoluble fibre? Soluble fibre?

**Sodium:**

18) What is high sodium linked to, in terms of negative health effects?

19) What is the recommended sodium intake for anyone 51 or older, or suffering from hypertension (high blood pressure)?

**Hunger vs. Cravings:**

20) What is the difference between hunger vs. cravings? What are the psychological triggers that prompt cravings?

**Glycemic Index:**

21) Doing some independent research, please address the following:

1. What is the glycemic index?
2. Provide a visual illustrating the glycemic index
3. Why may it be important to consider the Glycemic Index when choosing foods?