

Teen Health Series

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# Diet Information For Teens, Third Edition

Health Tips About Nutrition Fundamentals And Eating Plans

Including Facts About Vitamins, Minerals, Food Additives,  
And Weight-Related Concerns

Edited by Zachary Klimecki and Karen Bellenir

*Omni*graphics

155 W. Congress, Suite 200  
Detroit, MI 48226

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# Carbohydrates

Not sure what to think about carbohydrates these days? You've come to the right chapter. Here are the facts to separate the hype from the truth about carbohydrates.

## Basic Facts About Carbohydrates

Your body uses carbohydrates, or carbs, to make glucose, which is the fuel that gives you energy and helps keep everything going.

Your body can use glucose immediately or store it in your liver and muscles for when it is needed. You can find carbohydrates in the following foods:

- Fruits
- Vegetables
- Breads, cereals, and other grains
- Milk and milk products
- Foods containing added sugars (for example, cakes, cookies, and sugar-sweetened beverages)

Healthier foods higher in carbohydrates include ones that provide dietary fiber and whole grains as well as those without added sugars.

What about foods higher in carbohydrates such as sodas and candies that also contain added sugars? Those are the ones that add extra calories but not many nutrients to your diet.

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About This Chapter: Excerpted from "Carbohydrates," Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), December 2008.

There are two main types of carbohydrates: complex carbohydrates and simple carbohydrates.

### “Good” And “Bad” Carbs

Some diet books use “bad” carbs to talk about foods with refined carbohydrates (this means they’re made from white flour and added sugars). Examples include white bread, cakes, and cookies.

“Good” carbs is used to describe foods that have more fiber and complex carbohydrates. Complex carbohydrates are carbohydrates that take longer to break down into glucose.

These terms aren’t used in the *Dietary Guidelines for Americans*. Instead, the guidelines recommend choosing fiber-rich carbohydrate choices from the vegetable, fruit, and grain groups and avoid added sugars.

It is also recommended that at least half of your daily grain choices are whole grains. With this plan, you can also choose to have small amounts of added sugars and count them as discretionary calories.

### Complex Carbohydrates

Starch and dietary fiber are the two types of complex carbohydrates. Starch must be broken down through digestion before your body can use it as a glucose source. Quite a few foods contain starch and dietary fiber. Starch is also found in breads, cereals, grains, and certain vegetables (like potatoes, dry beans, peas, and corn). Dietary fiber is also found in vegetables, fruits, and whole grain foods.

### Dietary Fiber

You may have seen dietary fiber on the label listed as soluble fiber or insoluble fiber.

Soluble fiber is found in the following:

- Oatmeal
- Oat bran
- Nuts and seeds
- Most fruits (for example, strawberries, blueberries, pears, and apples)
- Dry beans and peas

Insoluble fiber found in the following:

- Whole wheat bread
- Barley
- Brown rice
- Couscous
- Bulgur or whole grain cereals
- Wheat bran
- Seeds
- Most vegetables
- Fruits

Which type is best? Both. Each has important health benefits so eat a variety of these foods to get enough of both. You're also more likely to get other nutrients that you might miss if you just chose one or two high-fiber foods.

**Table 21.1.** Easy Dietary Fiber Estimator

Daily calorie needs	Daily dietary fiber needs
1000	14 grams
1200	17 grams
1400	20 grams
1600	22 grams
1800	25 grams
2000	28 grams
2200	31 grams
2400	34 grams
2600	36 grams
2800	39 grams
3000	42 grams

## Dietary Fiber Requirements

It's recommended that you get 14 grams of dietary fiber for every 1,000 calories that you consume each day. If you need 2,000 calories each day, you should try to include 28 grams of dietary fiber.

At first, you may find it challenging to eat all of your daily fiber grams. Just take it slowly and try to choose higher-fiber foods more often. Over time, you'll gradually be eating more fiber. Try the following tips to jump-start your intake of dietary fiber:

- Choose whole fruits more often than fruit juice. Fresh, frozen, or canned—it doesn't matter—they all count.
- Try to eat two vegetables with your evening meal.
- Keep a bowl of veggies already washed and prepared your refrigerator—try carrots, cucumbers, or celery for a quick snack.
- Make a meal around dried beans or peas (also called legumes) instead of meat.

Choose whole grain foods more often. A good guide is to make at least half of your grain choices be whole grains.

Start your day with a whole grain breakfast cereal low in added sugar. Top your cereal with fruit for even more fiber. While bananas may come to your mind first, you can add even more variety by also trying sliced peaches or berries. You can often find these fruits all year in the frozen foods section of your grocery store.

### Whole Grains

Whole grains are a good source of fiber and nutrients. Whole grains refer to grains that have all of the parts of the grain seed (sometimes called the kernel). These parts of the kernel are called the bran, the germ, and the endosperm.

If the whole grain has been cracked, crushed, or flaked (as in cracked whole grain bread or flake cereal), then the whole grain must still have about the same proportions of bran, germ, and endosperm to be called a whole grain.

When whole grains are processed, some of the dietary fiber and other important nutrients are removed. A processed grain is called a “refined” grain.

Some refined grain products have key nutrients, such as folic acid and iron, which were removed during the initial processing and added back. These are called enriched grains. White rice and white bread are enriched grain products.

Some enriched grain foods have extra nutrients added. These are called fortified grains.

The *Dietary Guidelines for Americans* recommend that you try to make at least half of your daily grain choices as whole grains.

### Less Familiar Grains

The following list describes some of the less-familiar grains:

**Bulgur:** A staple of Middle Eastern dishes. Bulgur wheat consists of kernels that have been steamed, dried, and crushed. It has a tender and chewy texture.

**Millet:** A staple grain in parts of Africa and Asia. Millet comes in several varieties and has a bland flavor that is a background to other seasonings.

**Quinoa:** A grain that has been traditionally used in South American cuisine. Its texture has been compared to that of couscous.

**Triticale:** A grain that is a hybrid of wheat and rye. It comes in several varieties including whole berry, flakes, and flour.



You can find out if the food you are eating is made of whole grains by looking at the ingredients list of the food label. The whole grain should be the first ingredient listed. The following are some examples of how whole grains could be listed:

- Brown rice
- Bulgur (cracked wheat)
- Wild rice
- Triticale
- Whole-grain corn
- Whole rye
- Buckwheat
- Millet
- Quinoa
- Whole-grain barley
- Whole oats/oatmeal
- Whole wheat

Popcorn is also a whole grain that can have added fat and salt. Try air-popping your popcorn to avoid these extras. If you're buying microwave popcorn, look for a lower-fat variety. You may also want to try the snack size bag to help with portion control.

## Simple Carbohydrates

Simple carbohydrates include sugars found naturally in foods such as fruits, vegetables, milk, and milk products. Simple carbohydrates also include sugars added during food processing and refining. What's the difference? In general, foods with added sugars have fewer nutrients than foods with naturally occurring sugars.

## Avoiding Added Sugars

One way to avoid these sugars is to read the ingredient lists on food labels. Look for the following ingredients as added sugars:

- Brown sugar
- Corn syrup
- Fructose
- Glucose
- Honey
- Lactose
- Malt Syrup
- Raw sugar
- Sugar
- Corn sweetener
- Dextrose
- Fruit juice concentrates
- High-fructose corn syrup
- Invert sugar
- Maltose
- Molasses
- Sucrose
- Syrup

If you see any of these in the ingredient list, you know the food has added sugars. The closer to the top of the list, the more of that sugar is in the food.

### **Tips For Avoiding Added Sugars**

Try the following tips to avoid added sugars:

- Drink water instead of sugar-sweetened sodas.
- Try a half a cup of 100% fruit juice rather than a fruit drink
- Have a piece of fruit for dessert and skip desserts with added sugar.
- Choose breakfast cereals that contain no or less added sugars.

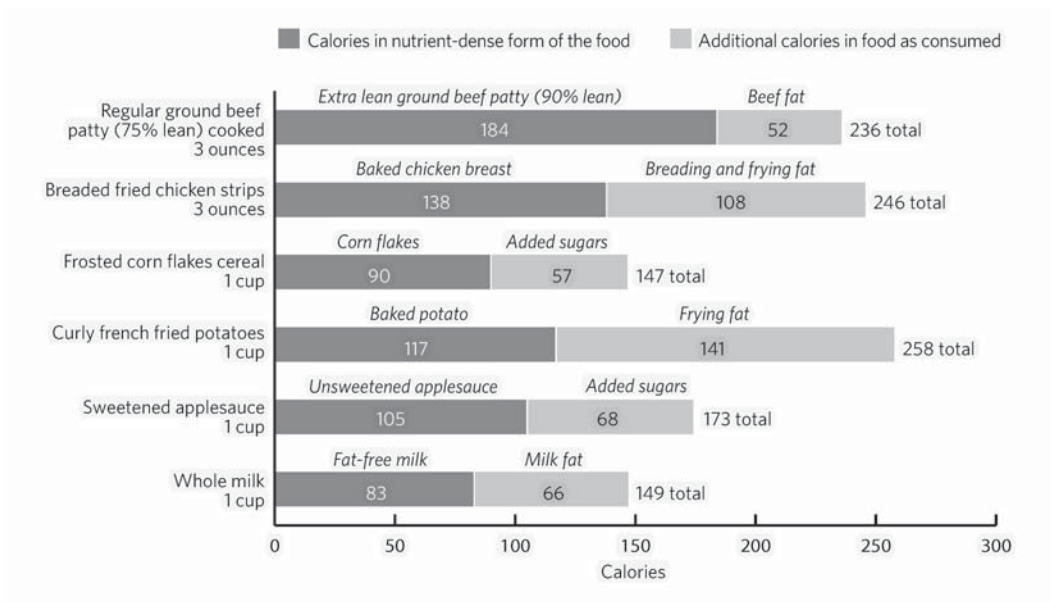
You probably already know sugars and starches can play a role in causing cavities. But it's worth mentioning again, particularly as far as teens are concerned. Be sure to also brush and floss to help prevent cavities.

lots of calories, but not many nutrients. Instead of buying snacks from vending machines at school, bring food from home. Try packing your lunch with a lean turkey sandwich on whole-grain bread, healthy foods like fruits, vegetables, low-fat yogurt, and nuts.

### Snack Smart

A healthy snack can contribute to a healthy eating plan and give you the energy boost you need to get through the day. Try these snack ideas, but keep in mind that most of these foods should be eaten in small amounts:

- Fruit (any kind—fresh, canned, dried, or frozen)
- Peanut butter on rice cakes or whole-wheat crackers
- Baked potato chips or tortilla chips with salsa
- Veggies with low-fat dip
- String cheese, low-fat cottage cheese, or low-fat yogurt



Based on data from the U.S. Department of Agriculture, Agricultural Research Service, Food and Nutrient Database for Dietary Studies 4.1. <http://www.ars.usda.gov/Services/docs.htm?docid=20511> and USDA National Nutrient Database for Standard Reference, Release 23. <http://www.nal.usda.gov/fnic/foodcomp/search/>.

**Figure 27.2.** Examples Of The Calories In Food Choices That Are Not Nutrient Dense Forms And The Calories In Nutrient Dense Forms Of These Foods. (Source: *Dietary Guidelines for Americans 2010*, U.S. Department of Agriculture, December 2010.)

The U.S. Department of Agriculture has identified some common foods with added sugars. Table 22.1 lists a few examples and the number of calories from added sugars they contain. Note the calories here are only from added sugars in the food, not the total amount of calories in the food.

**Table 22.1.** Calories From Added Sugars In Common Foods

<b>Food</b>	<b>Calories from added sugars per serving</b>
Carbonated soda, 12 oz. can	132.5
Canned peaches in heavy syrup, 1 cup	115.4
Jelly beans, 10 large	78.4
Non-fat fruit yogurt, 6 oz. container	77.5
Milk chocolate, 1 bar (1.55 oz)	77.4
Cake doughnut (1)	74.2
Sweetened condensed milk, 1 fl oz	73.8
Fruit punch drink, 12 oz can	62.1
Angel food cake, 1 piece	60.4
Chocolate puff cereal, 1 cup	56.4
Vanilla ice cream, 1/2 cup	48.0
Pancake syrup, 1 Tbsp	26.5
Chocolate chip cookies (1)	13.6
Cinnamon raisin bagel (4" diameter)	12.8

## Finding Added Sugars In Food

Unfortunately, you can't tell easily by looking at the nutrition facts panel of a food if it contains added sugars. The line for "sugars" includes both added and natural sugars. Naturally occurring sugars are found in milk (lactose) and fruit (fructose). Any product that contains milk (such as yogurt, milk, or cream) or fruit (fresh, dried) contains some natural sugars.

Reading the ingredient list on a processed food's label can tell you if the product contains added sugars, just not the exact amount if the product also contains natural sugars.

Names for added sugars on labels include:

- Brown sugar
- Corn syrup
- High-fructose corn syrup
- Corn sweetener
- Fruit juice concentrates
- Honey

## Remember

The food label provides:

- Nutrition labeling for most foods
- Standardized serving sizes
- Information on saturated fat, trans fat, cholesterol, dietary fiber, and other nutrients of major concern
- Nutrient reference values to help us understand how that food fits into a daily diet
- Uniform definitions for nutrient claims, such as “light,” “low-fat,” and “high-fiber”
- Health claims about the relationship between a nutrient and a disease

Source: December 2010. © Colorado State University Extension.

## Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250                      Calories from Fat 110

% Daily Value\*

Total Fat 12g                      18%

    Saturated Fat 3g                      15%

    Trans Fat 1.5g

Cholesterol 30mg                      10%

Sodium 470mg                      20%

Total Carbohydrate 31g                      10%

    Dietary Fiber 0g                      0%

    Sugars 5g

Protein 5g

Vitamin A                      4%

Vitamin C                      2%

Calcium                      20%

Iron                      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## The Front Of The Package

**Nutrient Descriptors And Claims:** The front of the package is designed to get your attention. Manufacturers use different packaging techniques to get us to buy their products. For many years, specific nutrient descriptors and claims appeared on packages with a loosely defined form of standardization. Today, descriptors such as “high fiber,” “light,” or “low fat,” as well as specific nutrient claims, have standard definitions and requirements that consumers can use as a quick guide for making smart selections. By understanding what the nutrient descriptors and claims mean, you can more effectively and efficiently select foods and choose between products. Table 3.2 provides a glossary of nutrient descriptors and claims.

**Health Claims:** Health claims describe the relationship between a nutrient or a food and the risk of a disease. Products that make a health claim must contain a defined amount of the nutrient that is directly linked to the health-related condition.

Figure 3.1. A sample nutrition facts panel.

Lists links to different types of recipe pages with topics including kids' recipes, cooking for a crowd, and special recipe collections and publications. This unique government site also lists recipes "From Famous Americans" for some historical American cooking ideas.

### **Teen-Friendly Cookbooks**

#### **Cooking Up a Storm: The Teen Survival Cookbook**

By Sam Stern

Published by Candlewick Press, 2006

#### **Eat Fresh Food: Awesome Recipes for Teen Chefs**

By Rozanne Gold and Phil Mansfield

Published by Bloomsbury USA, 2009

#### **Student's Vegetarian Cookbook For Dummies**

By Connie Sarros

Published by John Wiley, 2011

#### **Student's Vegetarian Cookbook: Quick, Easy, Cheap, and Tasty Vegetarian Recipes, Revised Edition**

By Carole Raymond

Published by Crown, 2003

#### **Teen Cuisine**

By Matthew Locricchio

Published by Marshall Cavendish, 2010

#### **Teens Cook Dessert**

By Megan Carle and Jill Carle

Published by Ten Speed Press, 2006

#### **Teens Cook: How to Cook What You Want to Eat**

By Meghan Carle, Jill Carle, and Judi Carle

Published by Ten Speed Press, 2004

#### **Teen's Vegetarian Cookbook**

By Judy Krizmanic and Matthew Wawiora

Published by Paw Prints, 2008

## Resources For Dietary Information

### ***American Diabetes Association***

1701 North Beauregard Street  
Alexandria, VA 22311  
Toll-Free: 800-DIABETES (342-2383)  
Website: <http://www.diabetes.com>

### ***American Dietetic Association***

120 S. Riverside Plaza  
Suite 2000  
Chicago, IL 60606-6995  
Toll-Free: 800-877-1600  
Fax: 312-899-4899  
Website: <http://www.eatright.org>  
E-mail: [hotline@eatright.org](mailto:hotline@eatright.org)

### ***American Heart Association***

7272 Greenville Avenue  
Dallas, TX 75231-4596  
Toll-Free: 800-AHA-USA1 (242-8721)  
Website: <http://www.americanheart.org>

### ***Asthma and Allergy Foundation of America***

8201 Corporate Drive  
Suite 1000  
Landover, MD 20785  
Toll-Free: 800-7-ASTHMA (727-8462)  
Website: <http://www.aafa.org>  
E-mail: [info@aafa.org](mailto:info@aafa.org)

### ***Celiac Disease Foundation***

13251 Ventura Blvd.  
Suite 1  
Studio City, CA 91604  
Phone: 818-990-2354  
Fax: 818-990-2379  
Website: <http://www.celiac.org>  
E-mail: [cdf@celiac.org](mailto:cdf@celiac.org)

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About This Chapter: The resources listed in this chapter were compiled from the Food and Nutrition Information Center's Eating Smart resource list, Weight-Control Information Network Resources page, and other sources deemed accurate. Inclusion does not constitute endorsement and there is no implication associated with omission. All contact information was verified in April 2011.

**Center for Nutrition Policy  
and Promotion**

3101 Park Center Dr. 10<sup>th</sup> Floor  
Alexandria, VA 22302-1594  
Website: <http://www.choosemyplate.gov>  
E-mail: [support@cnpp.usda.gov](mailto:support@cnpp.usda.gov)

**Center for Science in the  
Public Interest**

1220 L St. NW., Suite 300  
Washington, DC 20009  
Phone: 202-332-9110  
Fax: 202-265-4954  
Website: <http://www.cspinet.org>  
E-mail: [cspi@cspinet.org](mailto:cspi@cspinet.org)

**Centers for Disease Control  
and Prevention (CDC)**

Division of Nutrition, Physical Activity,  
and Obesity (DNPAO)  
1600 Clifton Road  
Atlanta, GA 30333  
Toll-Free: 800-CDC-INFO (232-4636)  
Toll-Free TTY: 888-232-6348  
Nutrition Website: <http://www.cdc.gov/nutrition/index.html>  
E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

**Eating Disorder Referral and  
Information Center**

2923 Sandy Pointe, Suite 6  
Del Mar, CA 92014-2052  
Phone: 858-792-7463  
Fax: 858-220-7417  
Website: <http://www.edreferral.com>  
E-mail: [edreferral@aol.com](mailto:edreferral@aol.com)

**Food Allergy and Anaphylaxis  
Network**

11781 Lee Jackson Hwy.  
Suite 160  
Fairfax, VA 22033  
Toll-Free: 800-929-4040  
Website: <http://www.foodallergy.org>  
E-mail: [faan@foodallergy.org](mailto:faan@foodallergy.org)

**Food and Nutrition Informa-  
tion Center**

USDA Agriculture Research Service  
10301 Baltimore Ave.  
Beltsville, MD 20705-2351  
Phone: 301-504-5719  
Website: <http://www.nal.usda.gov/fnic>  
E-mail: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov)

**Food Safety and Inspection  
Service**

United States Department of Agriculture  
1400 Independence Ave., SW  
Room 2932-S  
Washington, DC 20250-3700  
Website: <http://www.fsis.usda.gov>  
E-mail: [fsis@usda.gov](mailto:fsis@usda.gov)

**Institute of Food  
Technologists**

525 West Van Buren  
Suite 1000  
Chicago, IL 60607  
Toll-Free: 800-IFT-FOOD (438-3663)  
Website: <http://www.ift.org>



## Interactive Tools and Other Online Resources

### ***Ask the Dietitian Calculators***

Healthy Eating for Life Plan:

<http://www.dietitian.com/calchelp.php>

Healthy Body Calculator:

<http://www.dietitian.com/calcbody.php>

### ***Body and Mind: Food and Nutrition***

Centers for Disease Control and Prevention

Website: [http://www.bam.gov/](http://www.bam.gov/sub_foodnutrition/index.html)

[sub\\_foodnutrition/index.html](http://www.bam.gov/sub_foodnutrition/index.html)

### ***Body Mass Index Calculator***

National Heart, Lung, and Blood Institute

Website: [http://www.nhlbisupport.com/](http://www.nhlbisupport.com/bmi/bmicalc.htm)

[bmi/bmicalc.htm](http://www.nhlbisupport.com/bmi/bmicalc.htm)

### ***Calcium Quiz—What’s Your Calcium Intake?***

Dairy Council of California

Website: [http://www.dairycouncilofca.org/](http://www.dairycouncilofca.org/Tools/CalciumQuiz)

[Tools/CalciumQuiz](http://www.dairycouncilofca.org/Tools/CalciumQuiz)

### ***Eat Local: Search for Local Produce or Farmers Markets***

National Resources Defense Council

Website:

<http://www.simplesteps.org/eat-local>

### ***Get Moving! Calculate the Number of Calories Burned***

Calorie Control Council

Website: [http://www.caloriecontrol.org/](http://www.caloriecontrol.org/exercalc.html)

[exercalc.html](http://www.caloriecontrol.org/exercalc.html)

### ***Girl’s Health: Nutrition***

Office on Women’s Health

Website:

<http://www.girlshealth.gov/nutrition>

### ***Farmers Market Search***

USDA, Agricultural Marketing Service

Website:

<http://apps.ams.usda.gov/FarmersMarkets>

### ***Fruits and Veggies Matter Interactive Tools***

Centers for Disease Control and Prevention

Includes “Analyze My Plate,” and “Recipe Remix”

Website: [http://www.fruitsandveggies](http://www.fruitsandveggiesmatter.gov/activities/index.html)

[matter.gov/activities/index.html](http://www.fruitsandveggiesmatter.gov/activities/index.html)

### ***Healthy Dining Finder***

Website:

<http://www.healthydiningfinder.com>

### ***Kidnetic***

International Food Information Council

Website: <http://kidnetic.com>

### ***Kidshealth.org***

Nemours Foundation

Website: <http://www.kidshealth.org>

### ***MyPlate***

U.S. Department of Agriculture

Website: <http://www.choosemyplate.gov>

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