Using E-book Nutrition & You (w/Modmstr//MDA/ET VP Nutr)w/ MyDietAnalysis 1. Edition: 5th 2. ISBN: 9780135656587 3. Author: Blake 4. Publisher: Pearson Chapter 4: Carbohydrates: Sugars, Starches, and Fiber 1.(Fiber) How much fiber should you have at each meal and give a simple meal in order to meet this recommendation. 2.(Sugar Subsitutes) Select one of the sugar substitutes and give a pro and con about using it. Chapter 5: Fats, Oils and Other Lipids 1.(Heart Disease) Name the risk factors of developing heart disease. Respond to others by explaining which risk factors you can't change and why. Also indicate which risk factors you can change and how. 2. (Fat Substitutions) List some substitutions you may be able to make in your diet to lower your fat intake. 3. (Fat content of food) Give some examples of food and the different fats that they provide. Chapter 6: Proteins and Amino Acids 1.(Incomplete Proteins) Give suggestions of putting 2 incomplete proteins together to form a complimentary protein. 2.(Protein Needs) Calculate your protein needs. Respond to another student by indicating how the protein needs would change if the student was a body builder and if they had kidney disease. 3.(RDA for Protein) What groups of people would need above the recommended RDA level for protein and why?