**Part A**

Please respond to the following questions in complete sentences and paragraphs. This section should be at least 200 words.

* What is meant by the AMDR, and what is this range for carbohydrates?
* How does the type of carbohydrate impact health?
* What is one negative health impact from carbohydrate intake?
* **What is one positive health impact from carbohydrate intake?**

**Part B**

Here is a sample one-day menu for Mr. Brown. His doctor just told him to **cut down on added sugars** in addition to **increasing his fiber** intake. He hopes to meet with a dietitian next week, but in the meantime needs some help making these changes. List five suggestions for Mr. Brown’s diet. Make sure to provide only changes that address the meal planning goals mentioned above. Tell him which food(s) you would have him omit and how you would replace these items. You may also change portion sizes. Highlight (yellow only, please) or bold the item you are changing. Then write the change next to that. You may make more than five changes, but if you do so, you will only receive full credit when all changes correctly match the assigned directions.

**Breakfast**  
1 cup sugar-frosted flake cereal  
8 oz 1% milk  
8 oz orange juice  
2 scrambled eggs

**Snack**  
1/2 peanut butter and jelly sandwich (1 slice white bread, 1 TBSP Skippy peanut butter, 1 TBSP grape jelly)

**Lunch**  
8 oz tomato soup  
6 Saltine crackers  
1 turkey sandwich (3 oz turkey, 2 slices white bread)  
1/2 cup canned pears in heavy syrup  
8 oz grape juice

**Snack**  
6 oz fruited yogurt, sweetened  
1 oz almonds

**Dinner**  
5 oz BBQ chicken  
1 medium baked potato with 1 TBSP butter  
1/2 cup cooked broccoli  
8 oz cola  
4 oz 1% milk

**Snack**  
1/2 cup chocolate ice cream