

Foods and Digestion Handout

Look at the food label provided. Write each ingredient in the ingredient column then check which macronutrient(s) that ingredient contains.

Ingredient	Starch	Fiber	Maltose	Lactose	Sucrose	Glucose	Fructose	Galactose	Triglycerides	Cholesterol	Protein
Example: Oatmeal	x	x							x		x

Of the macronutrients this product contains, which ones need to be enzymatically digested?

Once these macronutrients are enzymatically digested what is absorbed into the cells of the small intestine?

What do you notice about the ingredients? How do they differ in terms of their macronutrient content?