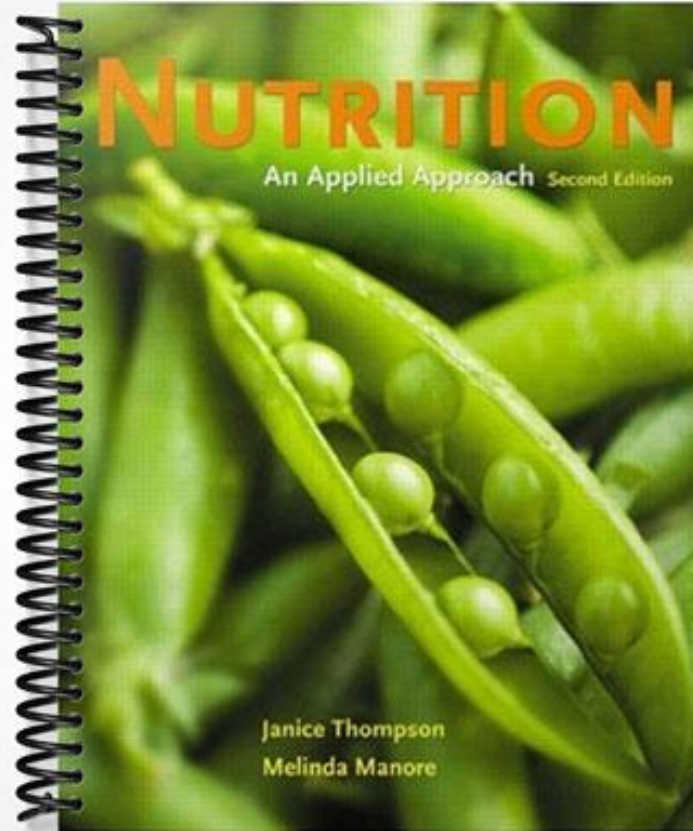


TEST BANK



Nutrition: An Applied Approach, 2e (Thompson/Manore)

Chapter 2 Designing a Healthful Diet

Multiple-Choice Questions

1) The four characteristics of a healthful diet are adequacy, balance, moderation, and _____.

- A) calories
- B) color
- C) value
- D) variety

Answer: D

Page Ref: 38

2) One teaspoon of salt contains about _____ mg of sodium.

- A) 1200
- B) 1500
- C) 2300
- D) 3000

Answer: C

Page Ref: 50

3) Which of the following is exempt from standard food labeling regulations?

- A) coffee
- B) spices
- C) meat
- D) all of the above

Answer: D

Page Ref: 40

4) The information provided on a food label that identifies how much a serving of food contributes to your intake of nutrients based on 2,000 calories a day is called the:

- A) ounce-equivalent.
- B) percent Daily Value.
- C) Daily Reference Value.
- D) Reference Daily Intake.

Answer: B

Page Ref: 42

5) Which of the following is required on all food labels?

- A) the net contents of the package
- B) ingredient list
- C) the name and address of the vendor
- D) all of the above

Answer: D

Page Ref: 40-41

- 6) The Nutrition Facts Panel on a box of crackers indicates that one serving provides 140 calories, with 55 calories coming from fat. Calculate the percentage of calories from fat in this product.
- A) 39%
 - B) 55%
 - C) 85%
 - D) Need more information to calculate.

Answer: A

Page Ref: 42

- 7) Jack is a college athlete who requires 2,800 kilocalories a day to support his total energy needs. Even though Jack likes many different foods and makes it a point to try new things, he only consumes approximately 1,600 kilocalories a day. Which one of the characteristics of a healthy diet is Jack missing?
- A) adequacy
 - B) balance
 - C) moderation
 - D) variety

Answer: A

Page Ref: 58-59

- 8) Suzie is a stay-at-home mom who generally prepares the majority of meals for her household. Even though she always prepares meals that offer enough calories and nutrients for her family of four, she tends to make the same meals again and again. Which one of the characteristics of a healthy diet is Suzie not incorporating into her meal planning?
- A) adequacy
 - B) balance
 - C) moderation
 - D) variety

Answer: D

Page Ref: 62

- 9) The government agency that regulates food labeling in the United States is the:
- A) USDA.
 - B) FDA.
 - C) CDC.
 - D) all of the above

Answer: B

Page Ref: 41

- 10) The government agency that regulates the food labels on fresh meat and poultry in the United States is the:
- A) USDA.
 - B) NCI.
 - C) EDA.
 - D) FBI.

Answer: A

Page Ref: 40

- 11) Milk and dairy products are rich sources of all of the following nutrients EXCEPT:
- A) calcium.
 - B) iron.
 - C) protein.
 - D) vitamin D.

Answer: B

Page Ref: 59

12) Which of the following is NOT required on a food label?

- A) sodium (mg/serving)
- B) folic acid (μg /serving)
- C) dietary fiber (g/serving)
- D) total cholesterol (mg/serving)

Answer: B

Page Ref: 42

13) _____ is/are a set of principles developed by the USDA and the USDHHS to help reduce the risk of developing chronic disease.

- A) Food Fundamentals
- B) Dietary Guidelines for Americans
- C) South Beach Diet
- D) DASH Diet

Answer: B

Page Ref: 48

14) If Alexandra were to consume all of her protein from milk and cheese she might develop deficiencies of _____ over time.

- A) calcium and phosphorus
- B) protein and vitamin D
- C) riboflavin and vitamin A
- D) zinc and iron

Answer: D

Page Ref: 39

15) The Dietary Guidelines for Americans recommends a minimum of:

- A) 30 minutes of moderate activity most or all days of the week.
- B) 60 minutes of moderate activity most or all days of the week.
- C) 60 minutes of intense activity 3 days a week.
- D) 8 hours of moderate activity per week.

Answer: A

Page Ref: 49

16) Which of the following is NOT one of the eight food allergens required to be clearly identified in the ingredient list of a food label?

- A) shellfish
- B) chocolate
- C) milk
- D) wheat

Answer: B

Page Ref: 41

17) Diets high in sugar are directly associated with:

- A) tooth decay.
- B) elevated blood pressure.
- C) diabetes.
- D) hyperactivity.

Answer: A

Page Ref: 50

18) Excess sodium in the diet is linked to _____ in some individuals.

- A) cancer
- B) hyperactivity
- C) obesity
- D) hypertension

Answer: D

Page Ref: 50

19) The fruits section of MyPyramid emphasizes "Focus on fruits" and encourages the consumption of all of the following EXCEPT:

- A) fruit juice.
- B) canned fruit.
- C) dried fruit.
- D) frozen fruit.

Answer: A

Page Ref: 52

20) _____ is the slogan used by MyPyramid to encourage gradual improvements in diet and lifestyle.

- A) Five a Day The Color Way
- B) Steps to a Healthier You
- C) You are What You Eat
- D) Take One Day at a Time

Answer: B

Page Ref: 53

21) Why are there 12 possible pyramids generated by the MyPyramid.gov website?

- A) to account for differences in estimating portion sizes
- B) to account for individual variances in gender, age, and activity level
- C) to account for both children's and adults' dietary requirements
- D) to allow for personal preferences

Answer: B

Page Ref: 52

22) According to MyPyramid, which of the following foods would count toward an individual's discretionary calorie allowance?

- A) butter
- B) table sugar
- C) alcohol
- D) all of the above

Answer: D

Page Ref: 54

23) Julie doesn't care for meat and poultry and restricts her intake of animal foods to only milk and yogurt sources. Which dietary guideline is Julie failing to practice?

- A) adequacy
- B) value
- C) balance
- D) moderation

Answer: C

Page Ref: 39

- 24) Which two tools does the Dietary Guidelines for Americans suggest using to design a balanced diet?
- A) Nutrition Facts Panel and the Exchange System
 - B) MyPyramid and the DASH diet
 - C) Healthy Eating Pyramid and the Exchange System
 - D) Mediterranean Diet Pyramid and Atkins Diet plan

Answer: B

Page Ref: 48

- 25) Which statement best describes nutrient density?
- A) Choose a number of different foods within any given food group.
 - B) Consume a variety of foods from the five major food groups every day.
 - C) Plan your entire day's diet so that you juggle nutrient sources.
 - D) Consume foods that have the most nutrients for their calories.

Answer: D

Page Ref: 62

- 26) Which of the following foods has the greatest nutrient density?
- A) 2 cups of strawberry Lifesavers (200 kcal)
 - B) 2 tablespoons of strawberry jelly (100 kcal)
 - C) 8 fluid ounces of strawberry soda (100 kcal)
 - D) 1 cup of fresh strawberries (100 kcal)

Answer: D

Page Ref: 62

- 27) Moderate alcohol consumption for women is defined as:
- A) consuming no alcohol at all.
 - B) consuming no more than one drink per week.
 - C) consuming no more than one drink per day.
 - D) consuming no more than two drinks per day.

Answer: C

Page Ref: 50

- 28) Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the factors to consider in planning diets?
- A) adequacy
 - B) calorie control
 - C) variety
 - D) moderation

Answer: D

Page Ref: 39

- 29) The Dietary Guidelines for Americans recommends consuming less than _____ mg of sodium/day.
- A) 1000
 - B) 1500
 - C) 2300
 - D) 3000

Answer: C

Page Ref: 50

- 30) Which of the following recommendations is emphasized in the grains group of MyPyramid?
- A) Make half your grains whole.
 - B) Choose grains low in fats and added sugars.
 - C) Focus on fiber.
 - D) Find your balance between enriched and whole grains.

Answer: A

Page Ref: 53

- 31) Healthier fat sources include _____ and vegetable oils.
- A) butter
 - B) lard
 - C) margarine
 - D) nuts

Answer: D

Page Ref: 53

- 32) The Exchange System was originally designed for individuals with:
- A) diabetes mellitus.
 - B) hypertension.
 - C) obesity.
 - D) cardiovascular disease.

Answer: A

Page Ref: 69

- 33) As an alternative to the USDA's Food Guide Pyramid, the Harvard School of Public Health created the:
- A) Vegetarian Pyramid.
 - B) Healthy Eating Pyramid.
 - C) Mediterranean Pyramid.
 - D) Low-Carbohydrate Pyramid.

Answer: B

Page Ref: 65

- 34) The DASH diet recommends no more than _____ mg of sodium per day.
- A) 1200
 - B) 1500
 - C) 2300
 - D) 3000

Answer: D

Page Ref: 68

- 35) What is at the base of the Healthy Eating Pyramid?
- A) bread, cereal, rice and pasta
 - B) low fat dairy foods
 - C) fruits and vegetables
 - D) daily exercise and weight control

Answer: D

Page Ref: 67

36) The oils section of *MyPyramid* emphasizes "know your fats" and encourages people to include fats from all of the following EXCEPT:

- A) meat.
- B) fish.
- C) nuts.
- D) vegetable oils.

Answer: A

Page Ref: 53

37) Reduced rates of hypertension is the central objective of the:

- A) Food Guide Pyramid.
- B) 5-A-Day Program.
- C) DASH diet.
- D) Exchange System.

Answer: C

Page Ref: 67-68

38) In which group are cheeses listed in the Exchange System?

- A) milk
- B) meat
- C) fruit
- D) starch

Answer: B

Page Ref: 70

39) Which of the following is a limitation of the Exchange System?

- A) It can be difficult to learn because the portion sizes differ between exchange lists.
- B) Some find the plan restrictive because combination and special occasion foods are prohibited.
- C) The diet plan can be monotonous because dietary substitutions are difficult to calculate.
- D) Individuals may consume too many kilocalories following this plan because there is no distinction between lean and high-fat meats.

Answer: A

Page Ref: 70

40) There are many types of diet plans available today. The overall best diet plan is one that:

- A) provides adequate calories.
- B) provides enough fiber and not too much cholesterol.
- C) fits the lifestyle and needs of the individual.
- D) suggests only unprocessed and natural foods.

Answer: C

Page Ref: 69

41) Which of the following is a limitation of *MyPyramid*?

- A) It does not allow for different calorie levels.
- B) It does not emphasize physical activity.
- C) Recommended serving sizes do not always coincide with the foods people buy.
- D) It does not allow for any high calorie foods such as fats or sweets.

Answer: C

Page Ref: 63

42) Which of the following characteristics describes the majority of meals offered at fast-food restaurants?

- A) high in calories
- B) high in total fat
- C) high in sodium
- D) all of the above

Answer: D

Page Ref: 72

43) A method for eating out healthfully is:

- A) Order several appetizers so that you will not eat your entire entree when it arrives.
- B) Order any meat dish grilled or broiled, and avoid fried or breaded meat dishes.
- C) Ask for only water as a beverage.
- D) Only eat out when you are not especially hungry.

Answer: B

Page Ref: 73

True or False Questions

1) In contrast to other scientific disciplines such as physics, chemistry, and astronomy, nutrition is a relatively young science.

Answer: TRUE

Page Ref: 38

2) The U.S. Food & Drug Administration regulates nutrition labels and the description of information found on food packages.

Answer: TRUE

Page Ref: 40

3) The last item on an ingredient list is the predominant ingredient in that food product.

Answer: FALSE

Page Ref: 41

4) Percent Daily Values listed on food labels are based on an energy intake level of 2,000 calories a day.

Answer: TRUE

Page Ref: 43

5) Since 1990, food labels have been required on all fresh meat and poultry.

Answer: FALSE

Page Ref: 40

6) Food labeling regulations allow manufacturers to omit the footnote of the Nutrition Facts Panel on smaller products.

Answer: TRUE

Page Ref: 43

7) The Dietary Guidelines are a set of principles designed by the World Health Organization (WHO) for all developing and developed countries.

Answer: FALSE

Page Ref: 48

8) One of the limitations of MyPyramid is that the portion recommendations may not be equal to the common serving sizes identified on food labels.

Answer: TRUE

Page Ref: 63

- 9) MyPyramid recommends that all grains sources be whole-grain choices.
Answer: FALSE
Page Ref: 53
- 10) *Discretionary calories* is a new concept introduced by MyPyramid.
Answer: TRUE
Page Ref: 54
- 11) The recommendations presented in MyPyramid separate high-fat and high-calorie food choices from lower-fat and lower-calorie alternatives.
Answer: FALSE
Page Ref: 53
- 12) Consuming the recommended number of servings from each of the food groups of MyPyramid should help you attain a proper balance of nutrients.
Answer: TRUE
Page Ref: 59
- 13) There is no single dietary modification plan appropriate for all individuals.
Answer: TRUE
Page Ref: 69
- 14) Developed for busy individuals with limited cooking skills, the DASH diet focuses on consuming processed and ready-to-eat foods.
Answer: FALSE
Page Ref: 67-68
- 15) Currently, there is no scientific evidence to suggest that the DASH diet is effective in reducing rates of hypertension.
Answer: FALSE
Page Ref: 68
- 16) The oils section of MyPyramid emphasizes "know your fats" and encourages healthier fats like butter, margarine, and shortening.
Answer: FALSE
Page Ref: 53
- 17) The Exchange System was originally designed for diabetics.
Answer: TRUE
Page Ref: 69
- 18) Moderate alcohol consumption is defined as no more than one drink a day for both men and women.
Answer: FALSE
Page Ref: 50-51
- 19) Over the last 20 years, the U.S. restaurant and fast-food industry has seen a steady decline in sales.
Answer: FALSE
Page Ref: 71-72
- 20) Most Americans eat outside of the home at least once per week.
Answer: TRUE
Page Ref: 71

Short Answer Questions

- 1) _____ refers to the amount of nutrients compared with the amount of calories contained in a food.
Answer: Nutrient density
Page Ref: 62
- 2) The _____ on a food package contains the nutrition information on that product.
Answer: Nutrition Facts Panel
Page Ref: 41
- 3) Required on all food products, _____ is a common name of the item that clearly describes its contents.
Answer: a statement of identity
Page Ref: 40
- 4) Provided on the Nutrition Facts Panel, the _____ tell the consumer how much one serving contributes to the recommended overall daily intake of nutrients.
Answer: percent daily values (%DVs)
Page Ref: 42
- 5) The Dietary Guidelines are updated every _____ years.
Answer: five
Page Ref: 48
- 6) MyPyramid was developed by the _____.
Answer: United States Department of Agriculture (USDA)
Page Ref: 51
- 7) Consuming alcoholic beverages in moderation is defined as no more than _____ drink(s) for women and no more than _____ drink(s) for men per day.
Answer: one; two
Page Ref: 51-52
- 8) The grains section of MyPyramid emphasizes making _____ of your grains whole.
Answer: half
Page Ref: 53
- 9) Planning a meal that includes many different-colored foods is a practical approach to eating a _____ of foods.
Answer: variety
Page Ref: 62
- 10) The _____ was developed by the Harvard School of Public Health as a healthier alternative to the previous Food Guide Pyramid.
Answer: Healthy Eating Pyramid
Page Ref: 66
- 11) _____ refers to eating the right amount of foods to maintain a healthy weight.
Answer: Moderation
Page Ref: 39
- 12) Research suggests that following the DASH diet will decrease _____.
Answer: blood pressure
Page Ref: 68

13) Developed from research on high blood pressure, the DASH diet is an acronym standing for _____.

Answer: Dietary Approaches to Stop Hypertension

Page Ref: 67

14) The Exchange System was originally designed for people with _____.

Answer: diabetes

Page Ref: 69

15) _____ are naturally occurring chemicals found in plant foods that enhance health.

Answer: Phytochemicals

Page Ref: 53

16) Accumulating at least _____ of moderate activity per day, most, or all days of the week will reduce the risk for chronic disease.

Answer: 30 minutes

Page Ref: 49

Matching Questions

Match the following items.

1) Adequacy

Page Ref: 38

2) Balance

Page Ref: 39

3) Moderation

Page Ref: 39

4) Variety

Page Ref: 39

5) Nutrient density

Page Ref: 62

6) Healthful diet

Page Ref: 38

A) Containing the proper proportion of nutrients

B) Provides enough energy, nutrients, and fiber to maintain health

C) Eating enough, but too much, of the right amounts of foods to optimize the body's function

D) Large amount of nutrients relative to the amount of calories

E) Provides the proper combination of energy and nutrients and is adequate, moderate, balanced, and varied

F) Eating many different foods

1) B

2) A

3) C

4) F

5) D

6) E

Match the following items.

7) MyPyramid

Page Ref: 51

8) DASH diet

Page Ref: 67-68

9) Exchange System

Page Ref: 69

10) Dietary Guidelines for Americans

Page Ref: 48-50

11) Healthy Eating Pyramid

Page Ref: 66

12) Health Claims Report Card

Page Ref: 43

13) Nutrition Facts Panel

Page Ref: 41

A) Key recommendations include: consume a variety of nutrient-dense foods and choose foods limited in saturated fats, *trans* fats, cholesterol, added sugars, salt and alcohol

B) Activity serves as the plan's foundation; developed by the Harvard School of Public Health

C) Originally developed as a dietary approach to treat hypertension

D) F.D.A. ranking system based on current scientific research

E) Regulated by the FDA, recommendations are listed as a percentage of daily values (%DVs)

F) Developed by the USDA, a conceptual framework for the types and amounts of foods Americans should eat to provide a healthy diet

G) Originally developed for diabetics

7) F

8) C

9) G

10) A

11) B

12) D

13) E

Essay Questions

1) What are the characteristics of a healthy diet? How does the MyPyramid illustrate these goals?

Page Ref: 38-40; 58-63

2) Explain the ways that MyPyramid has improved upon the previous USDA Food Guide Pyramid.

Page Ref: 78

3) Describe each of the following components of a Nutrition Facts Panel: Serving size and servings per container, Calories and calories from fat per serving, List of nutrients, Percent daily values (%DV), and the Footnote.

Page Ref: 41-43

4) Discuss appropriate and practical recommendations for eating out healthfully.

Page Ref: 73

Nutrition Debate Questions

- 1) In 2005 the previous USDA Food Guide Pyramid was revised and renamed MyPyramid. One of the criticisms of the previous Food Guide Pyramid was that it was overly simple.

Answer: TRUE

Page Ref: 78

- 2) The USDA released MyPyramid in 2005. Discuss three criticisms of this new food guidance system.

Page Ref: 78-79

Questions from Chapter Boxes

- 1) Which of the following statements does NOT describe the Mediterranean-style diet?

A) Meat is consumed monthly.

B) Fruits and vegetables are consumed daily.

C) The major fat used for cooking and flavor is olive oil.

D) The diet is lower in total fat than the typical western-style diet.

Answer: D

Page Ref: 61

- 2) Jose's doctor has recommended that he include more fiber-rich foods in his diet and suggests he try to consume at least 25 grams a day. He looks at the label on his favorite cereal and notices that it has 8% of the Daily Value of fiber per $\frac{1}{2}$ cup serving. If Jose eats 1 cup of this cereal how much fiber will he be consuming?

A) 2 grams

B) 4 grams

C) 8 grams

D) 12 grams

Answer: B

Page Ref: 56

- 3) Describe the dietary pattern of the Mediterranean-style diet. What health benefits have been linked to this diet?

Page Ref: 61-62