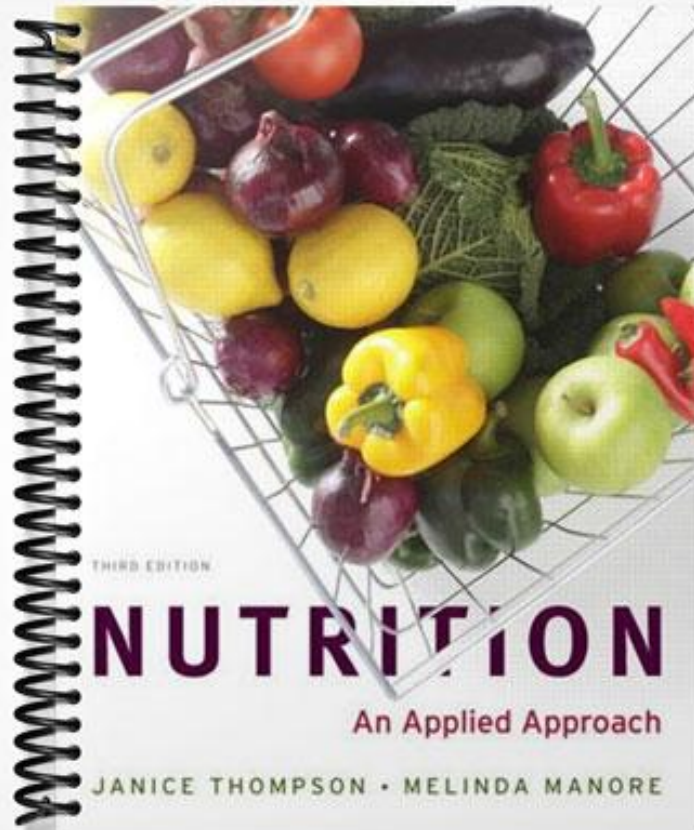


TEST BANK



THIRD EDITION

NUTRITION

An Applied Approach

JANICE THOMPSON • MELINDA MANORE

Nutrition: An Applied Approach, 3e (Thompson)
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: 40-41

Skill: Factual

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

- A) 1,200
- B) 1,500
- C) 2,300
- D) 3,000

Answer: C

Page Ref: 50

Skill: Applied

3) Milk is a good source of calcium but a poor source of iron. Meat is a good source of iron but a poor source of calcium. Individuals who eat from both of these food groups are incorporating what characteristic of a healthy diet into their meal plan?

- A) moderation
- B) balance
- C) variety
- D) freshness

Answer: B

Page Ref: 41

Skill: Applied

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

- A) eggs
- B) bread
- C) meat
- D) yogurt

Answer: C

Page Ref: 41

Skill: Applied

5) 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: 44

Skill: Factual

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

- A) net contents of the package
- B) statement of identity
- C) name and address of the vendor
- D) taste of the food

Answer: D

Page Ref: 42

Skill: Factual

7) 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) 89%

Answer: A

Page Ref: 43

Skill: Applied

8) 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 consumes only 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: 40

Skill: Conceptual

9) 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 repeatedly. 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: 41

Skill: Conceptual

10) The government agency that regulates food labeling in the United States is the

- A) U.S Department of Agriculture (USDA).
- B) U.S. Food and Drug Administration (FDA).
- C) Centers for Disease Control and Prevention (CDC).
- D) U.S. Department of Health and Human Services (USDHHS).

Answer: B

Page Ref: 41

Skill: Factual

11) The government agency that regulates the food labels on fresh meat and poultry in the United States is the

- A) U.S Department of Agriculture (USDA).
- B) U.S. Food and Drug Administration (FDA).
- C) Centers for Disease Control and Prevention (CDC).
- D) U.S. Department of Health and Human Services (USDHHS).

Answer: A

Page Ref: 41

Skill: Factual

12) According to the Food Guide Pyramid, which of the following foods is NOT a food that is considered to have discretionary Calories?

- A) butter
- B) salad dressing
- C) sour cream
- D) grapes

Answer: D

Page Ref: 52

Skill: Conceptual

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

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

Answer: B

Page Ref: 44

Skill: Conceptual

14) A set of principles developed by the USDA and the USDHHS to help reduce the risk of developing chronic disease is called _____.

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

Answer: B

Page Ref: 48

Skill: Factual

15) 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: 41

Skill: Applied

16) 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: 48-50

Skill: Factual

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

Skill: Conceptual

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

Skill: Factual

19) Diets low in sodium and high in potassium can reduce the risk of

- A) hypertension.
- B) colon cancer.
- C) neural tube defects.
- D) diverticulitis.

Answer: A

Page Ref: 50

Skill: Conceptual

20) Servings in the USDA Food Guide are represented in

- A) grams.
- B) ounce-equivalents.
- C) percentages.
- D) calories.

Answer: B

Page Ref: 54

Skill: Factual

21) Juanita does not 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: 41

Skill: Conceptual

22) Why are there several ethnic variations of MyPyramid?

- A) to guide individuals when eating out in different types of restaurants
- B) to allow for personal preferences
- C) to allow for culturally and ethnically different foods choices
- D) to account for individual variances in gender, age, and activity levels

Answer: C

Page Ref: 56

Skill: Conceptual

23) 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: 48

Skill: Applied

24) 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: 48

Skill: Applied

25) Moderate alcohol consumption for men is defined as consuming no

- A) alcohol at all.
- B) more than one drink per week.
- C) more than one drink per day.
- D) more than two drinks per day.

Answer: D

Page Ref: 51

Skill: Factual

26) 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: 40

Skill: Applied

27) The Dietary Guidelines for Americans recommends consuming less than _____ mg of sodium/day.

- A) 1,000
- B) 1,500
- C) 2,300
- D) 3,000

Answer: C

Page Ref: 50

Skill: Factual

28) 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: 59

Skill: Conceptual

29) Healthier fat sources include _____ and vegetable oils.

- A) butter
- B) lard
- C) margarine
- D) nuts

Answer: D

Page Ref: 50

Skill: Factual

30) What is represented at the base of the Mediterranean Diet and Pyramid?

- A) daily physical activity
- B) olive oil
- C) beans, legumes, and nuts
- D) yogurt

Answer: A

Page Ref: 60

Skill: Conceptual

31) Which of the following is a limitation of the USDA Food Guide?

- A) The serving sizes do not always represent standard amounts of food that people buy, prepare, and serve.
- B) Low-fat and low-calorie foods are very clearly defined in each food category.
- C) The USDA Food Guide goes too far in encouraging individuals to consume healthier foods.
- D) No ethnic varieties of the USDA Food Guide exist.

Answer: A

Page Ref: 56, 59

Skill: Applied

32) Which of the following would NOT be a good practice for eating out healthfully?

- A) Share an entrée with a friend.
- B) Order salad dressing served on the side.
- C) Order cream-based soups to increase your calcium intake.
- D) Instead of a beef burger order a chicken or veggie burger.

Answer: C

Page Ref: 61

Skill: Applied

33) An adequate intake of _____ during pregnancy is associated with a decreased risk of neural tube defects in newborns?

- A) calcium
- B) iron
- C) protein
- D) folate

Answer: D

Page Ref: 46

Skill: Applied

34) The statement of identity on a food label indicates

- A) the common and identifiable name of the food product.
- B) the date, time, and location that the food product was produced.
- C) the name and address of the food manufacturer.
- D) the complete list of every ingredient contained in the food product.

Answer: A

Page Ref: 42

Skill: Factual

35) The label on a bag of potato chips indicates that on serving contains 250 Calories with 150 Calories from fat. What percent of Calories come from fat?

- A) 25
- B) 50
- C) 60
- D) 80

Answer: C

Page Ref: 43

Skill: Applied

36) The Dietary Guidelines for Americans recommends a total daily fat intake of between _____ percent of total Calories.

- A) 10-15
- B) 15-20
- C) 20-35
- D) 30-35

Answer: C

Page Ref: 50

Skill: Factual

37) Good food safety practices include all of the following EXCEPT

- A) storing and cooking foods at the proper temperature.
- B) avoiding unpasteurized milk products and raw seafood.
- C) washing hands when preparing and cooking foods.
- D) thawing frozen food at room temperature on the kitchen counter.

Answer: D

Page Ref: 51

Skill: Factual

38) 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: 40

Skill: Applied

39) Which of the following is a limitation of USDA Food Guide?

- 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: 56

Skill: Applied

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

- A) high in calories
- B) low in total fat
- C) low in sodium
- D) provide fresh fruits and vegetables

Answer: A

Page Ref: 60

Skill: Conceptual

41) A method for eating out healthfully is to

- 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) eat out only when you are not especially hungry.

Answer: B

Page Ref: 61

Skill: Applied

True/False Questions

1) The Dietary Guidelines for Americans follows a standardized definition for a serving size of each food.

Answer: FALSE

Page Ref: 48

Skill: Applied

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

Answer: TRUE

Page Ref: 41

Skill: Factual

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

Answer: FALSE

Page Ref: 42

Skill: Applied

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: 44

Skill: Factual

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

Answer: FALSE

Page Ref: 41

Skill: Applied

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

Answer: TRUE

Page Ref: 44

Skill: Applied

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

Skill: Conceptual

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: 56

Skill: Conceptual

9) MyPyramid recommends that all grain sources be whole-grain choices.

Answer: FALSE

Page Ref: 53

Skill: Conceptual

10) *Discretionary calories* is a new concept introduced by MyPyramid.

Answer: TRUE

Page Ref: 52

Skill: Conceptual

11) The recommendations presented in USDA Food Guide separate high-fat and high-Calorie food choices from low-fat and low-Calorie alternatives.

Answer: FALSE

Page Ref: 59

Skill: Applied

12) A strength of MyPyramid is that it offers different pyramids for several different ethnic groups.

Answer: TRUE

Page Ref: 56

Skill: Factual

13) There is no single dietary modification plan appropriate for all individuals.

Answer: TRUE

Page Ref: 59

Skill: Applied

14) The serving sizes recommended in the USDA Food Guide are close to those sold in grocery stores.

Answer: FALSE

Page Ref: 56

Skill: Conceptual

15) The USDA Food Guide recommends the consumption of less than 100 calories of discretionary calories each day.

Answer: FALSE

Page Ref: 52

Skill: Conceptual

16) The Dietary Guidelines encourages healthier fats such as butter, margarine, and shortening.

Answer: FALSE

Page Ref: 50

Skill: Applied

17) Foods companies are prohibited from using nutrient or health claims in food labels that are not approved by the FDA.

Answer: TRUE

Page Ref: 63

Skill: Applied

18) Moderate alcohol consumption is defined as no more than two drink a day for men and no more than one drink a day for women.

Answer: TRUE

Page Ref: 51

Skill: Factual

19) Over the past 20 years, the U.S. restaurant and fast-food industry has seen a steady decline in sales.

Answer: FALSE

Page Ref: 59

Skill: Applied

20) Most Americans eat outside of the home at least once per week.

Answer: TRUE

Page Ref: 59

Skill: Factual

21) The FDA tightly regulates the ingredients found in functional foods.

Answer: FALSE

Page Ref: 63

Skill: Applied

Matching Questions

Match the following items.

- A) Eating enough, but not too much, of the right amounts of foods to optimize the body's function
- B) Provides the proper combination of energy and nutrients and is adequate, moderate, balanced, and varied
- C) Provides enough energy, nutrients, and fiber to maintain health
- D) Eating many different foods
- E) Large amount of nutrients relative to the amount of calories
- F) Containing the proper proportion of nutrients

1) Adequacy
Page Ref: 40
Skill: Factual

2) Balance
Page Ref: 41
Skill: Factual

3) Moderation
Page Ref: 40
Skill: Factual

4) Variety
Page Ref: 41
Skill: Factual

5) Nutrient density
Page Ref: 48
Skill: Factual

6) Healthful diet
Page Ref: 40
Skill: Factual

Answers: 1) C 2) F 3) A 4) D 5) E 6) B

Match the following items.

- A) Regulated by the FDA; recommendations are listed as a percentage of daily values (%DVs)
- B) *"low in sodium"*
- C) Quantity of food product in entire package
- D) *"Slows signs of aging"*
- E) Information of ingredients listed in descending order by weight
- F) Common name of the product

7) Statement of identity

Page Ref: 42

Skill: Factual

8) Net contents

Page Ref: 42

Skill: Factual

9) Ingredient list

Page Ref: 42

Skill: Factual

10) Structure-function claim

Page Ref: 44

Skill: Factual

11) Nutrition Facts Label

Page Ref: 43

Skill: Factual

12) Nutrient claim

Page Ref: 40

Skill: Factual

Answers: 7) F 8) C 9) E 10) D 11) A 12) B

Match the following items.

- A) Regulated by the FDA; recommendations are listed as a percentage of daily values (%DVs)
- B) The colorful graphic representation of the USDA Food Guide
- C) Key recommendations include the following: consume a variety of nutrient-dense foods and choose foods limited in saturated fats, *trans* fats, cholesterol, added sugars, salt and alcohol
- D) Developed by the USDA; a conceptual framework for the types and amounts of foods Americans should eat to provide a healthy diet
- E) FDA ranking system based on current scientific research

13) MyPyramid

Page Ref: 51

Skill: Factual

14) USDA Food Guide

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Skill: Factual

15) Dietary Guidelines for Americans

Page Ref: 48-51

Skill: Factual

16) Health Claims Report Card

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Skill: Factual

17) Nutrition Facts Panel

Page Ref: 43

Skill: Factual

Answers: 13) B 14) D 15) C 16) E 17) A

Short Answer Questions

1) Nutrient _____ refers to the amount of nutrients compared with the amount of calories contained in a food.

Answer: density

Page Ref: 48

Skill: Factual

2) The Nutrition _____ Panel on a food package contains the nutrition information on that product. (Be sure to capitalize the first letter of your answer.)

Answer: Facts

Page Ref: 43

Skill: Factual

3) Required on all food products, a statement of _____ is a common name of the item that clearly describes its contents.

Answer: identity

Page Ref: 42

Skill: Applied

4) Provided on the Nutrition Facts Panel, the percent _____ values (%DV) tells the consumer how much one serving contributes to the recommended overall daily intake of nutrients.

Answer: daily

Page Ref: 44

Skill: Conceptual

5) The Dietary Guidelines are updated every _____ years.

Answer: five

Page Ref: 48

Skill: Factual

6) MyPyramid was developed by the United States Department of _____. (Be sure to capitalize the first letter of your answer.)

Answer: Agriculture

Page Ref: 51

Skill: Factual

7) Consuming alcoholic beverages in moderation is defined as no more than _____ drink/s for women per day and no more than two drinks per day for men.

Answer: one

Page Ref: 51

Skill: Factual

8) Serving sizes for the grains and beans section of the USDA Food Guide are expressed in _____ equivalents.

Answer: ounce

Page Ref: 54

Skill: Factual

9) Planning a meal that includes many different-colored foods is a practical approach to eating a _____ of foods.

Answer: variety

Page Ref: 41

Skill: Conceptual

10) The Dietary Guidelines for Americans recommend a minimum of _____ minutes of exercise per day.

Answer: 30

Page Ref: 48

Skill: Factual

11) Eating the right amount of foods to maintain a healthy weight is called _____.

Answer: moderation

Page Ref: 40

Skill: Applied

12) A _____ food is one that provides a health benefit beyond basic nutrition.

Answer: functional

Page Ref: 45

Skill: Applied

13) The Dietary Guidelines for Americans recommend a total daily fat intake between 20- _____ percent of total daily energy intake. (Write your answer as a numeral.)

Answer: 35

Page Ref: 50

Skill: Factual

14) The term used in MyPyramid that describes the extra calories one can consume after having met essential nutrient needs is _____.

Answer: discretionary

Page Ref: 52

Skill: Applied

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

Answer: phytochemicals

Page Ref: 50

Skill: Factual

16) Accumulating at least _____ minutes of moderate activity per day, most, or all days of the week will reduce the risk for chronic disease. (Write your answer as a numeral.)

Answer: 30

Page Ref: 48

Skill: Factual

Essay Questions

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

Page Ref: 51-52

Skill: Conceptual

2) Discuss the limitations of the USDA Food Guide.

Page Ref: 56-59

Skill: Conceptual

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: 43-44

Skill: Applied

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

Page Ref: 59-62

Skill: Applied

Nutrition Debate Questions

1) Foods that have been manipulated to provide additional health benefits beyond what is naturally found are called _____.

A) functional foods

B) free radical foods

C) phytochemicals

D) prebiotics

Answer: A

Page Ref: 63

Skill: Factual

2) Which federal agency regulates functional foods?

A) U.S Department of Agriculture (USDA)

B) U.S. Food and Drug Administration (FDA)

C) Centers for Disease Control and Prevention (CDC)

D) U.S. Department of Health and Human Services (USDHHS)

Answer: B

Page Ref: 63

Skill: Factual

3) Which of the following conditions have probiotics been to shown assist with?

A) hypertension and cardiovascular disease

B) anxiety and depression

C) diarrhea and lactose intolerance

D) macular degeneration and cataracts

Answer: C

Page Ref: 63

Skill: Applied

4) Which of the following is a rich source of probiotics?

- A) enriched eggs
- B) yogurt
- C) iodized salt
- D) sauerkraut

Answer: B

Page Ref: 63

Skill: Conceptual

Questions from Chapter Boxes

1) Miguel'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 Miguel 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

Skill: Applied

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

Page Ref: 59

Skill: Conceptual

3) Mark weighs 254 pounds and would like to lose weight. He starts a walking program that expends 1.2 kcal/pound/hour. If he walks 45 minutes a day for one week, how many calories will he burn in one week?

- A) 800 kcals
- B) 1,200 kcals
- C) 1,600 kcals
- D) 1,800 kcals

Answer: C

Page Ref: 58

Skill: Factual

4) Which of the following is a structure-function statement that would be allowed on a food label?

- A) good source of calcium
- B) boosts the immune system
- C) excellent source of vitamin C
- D) low in sodium

Answer: B

Page Ref: 47

Skill: Applied