

TEST BANK



Nutrition

From Science to You



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MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Which of the following is *not* a key principle of healthy eating? 1) _____
A) adequacy B) variety C) moderation D) availability
- 2) A diet consisting of only meat and potatoes would be considered 2) _____
A) fair and balanced. B) substantial.
C) inadequate. D) adequate.
- 3) The estimated serving size for pasta and vegetables according to the "hand method" is 3) _____
A) fist-sized. B) palm of your hand.
C) tip of your finger. D) 2 tablespoons.
- 4) Which of the following is an example of a "nutrient-dense" food? 4) _____
A) avocados
B) peanut butter
C) broccoli
D) nuts
E) all of the above
- 5) What is the difference between nutrient density (ND) and energy density (ED)? 5) _____
A) ED refers to foods that are high in nutrients (such as vitamins and minerals) but low in kilocalories.
B) ED refers to foods that are low in nutrients high in energy; ND refers to foods high in nutrients and energy.
C) ND refers to foods that are high in nutrients (such as vitamins and minerals) and low in kilocalories; ED refers to foods high in energy and low in volume/weight.
D) ND refers to foods high in weight/volume; ED refers to foods high in nutrients (such as vitamins and minerals) and high in kilocalories.
- 6) Reasons for unintentional weight gain include all of the following *except* 6) _____
A) the food industry's increase in portion size.
B) Americans being offered a variety of sizes, flavors, and prices for items.
C) more Americans eating at home rather than eating out.
D) Americans' enthusiasm for larger portions that are inexpensive.
- 7) According to recent studies, all of the following are good methods to reduce portion size *except* 7) _____
A) cooking smaller quantities of food.
B) purchasing "mini-sized" bars/crackers/snacks.
C) ordering an appetizer as the main entrée.
D) using smaller plates.
- 8) What agency is responsible for the development of Daily Values (DVs)? 8) _____
A) FDA B) CDC C) DRI D) USDA
- 9) Dietary Reference Intakes (DRIs) are 9) _____
A) recommendations of nutrient needs based on socioeconomic status.
B) recommendations set for weight loss.
C) nutrient recommendations based on population groups rather than individuals.
D) nutrient intake recommendations based on individuals rather than population groups.
- 10) Which of the following reference values used in planning a healthy diet is *not* a good index of its 10) _____
nutritional

quality? 10)

- A) Estimated Average Requirement (EAR)
- B) Acceptable Macronutrient Distribution Range (AMDR)
- C) Adequate Intake (AI)
- D) Recommended Dietary Allowance (RDA)

- 11) The amounts of specific nutrients needed to prevent malnutrition or deficiency, reflected in the DRIs, are referred to as 11) _____
- A) nutrient requirements.
 - B) the Estimated Energy Requirement (EER).
 - C) Adequate Intake (AI).
 - D) none of the above
- 12) The main difference between the Estimated Average Requirement (EAR) and the Recommended Dietary Allowance (RDA) is 12) _____
- A) the RDA is nutrient recommendations for 50 percent of the individuals in a specific age group and gender; the EAR is nutrient recommendations for 75 percent of a specific age group and gender.
 - B) the RDA is nutrient recommendations for 50 percent of the individuals in a specific group and gender; the EAR is nutrient recommendations for 97 to 98 percent of a specific age group and gender.
 - C) the RDA is nutrient recommendations for 97 to 98 percent of the individuals in a specific age group and gender; the EAR is nutrient recommendations for 50 percent of a specific age group and gender.
 - D) none of the above
- 13) When no RDA is established for a nutrient, which of the following reference values is used as the alternative? 13) _____
- A) UL
 - B) AI
 - C) EER
 - D) EAR
- 14) According to the Acceptable Macronutrient Distribution Range, proteins should comprise what percentage of daily kilocalories? 14) _____
- A) 10 to 35 percent
 - B) 45 to 65 percent
 - C) 25 to 45 percent
 - D) 40 to 55 percent
- 15) The method that is used to determine the amount of energy one needs is called 15) _____
- A) the Estimated Energy Requirement (EER).
 - B) the Daily Energy Allowance (DEA).
 - C) the Estimated Energy Expenditure (EEE).
 - D) all of the above
- 16) The Estimated Energy Requirement (EER) is a calculation based on all of the following *except* 16) _____
- A) ethnicity.
 - B) gender.
 - C) weight.
 - D) age.
 - E) height.
- 17) According to the National Institute of Medicine, moderately active is defined as 17) _____
- A) 30 to 60 minutes of moderate activity per day.
 - B) > 60 minutes of moderate activity per day.
 - C) about 65 minutes of moderate activity per day.
 - D) < 35 minutes of moderate activity per day.
- 18) For a sedentary female aged 21 to 25, the average amount of kilocalories needed daily is 18) _____
- A) 2,200.
 - B) 1,700.
 - C) 1,800.
 - D) 2,000.

- 19) Given the Acceptable Macronutrient Distribution Range (AMDR) for fat, how many kilocalories should a person consume from fat if his or her EER is 2,400 kilocalories? 19) _____
A) 100 to 225 kilocalories B) 950 to 1,000 kilocalories
C) 855 kilocalories D) 480 to 840 kilocalories
- 20) Since 1990, the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (DHHS) have mandated that the *Dietary Guidelines* be updated every 20) _____
A) ten years. B) five years. C) seven years. D) four years.
- 21) Each of the following is a category of the *Dietary Guidelines* except 21) _____
A) weight management.
B) fats.
C) food safety.
D) food groups to encourage.
E) proteins.
- 22) According to MyPyramid.gov, 22) _____
A) wider bands in the pyramid depict a food group to be eaten in larger portions and thinner bands depict foods to be eaten in smaller portions.
B) thinner bands in the pyramid depict the healthiest foods whereas wider bands depict unhealthy foods.
C) wider bands depict how many times a food group is to be eaten per day.
D) none of the above apply.
- 23) MyPyramid is an illustrated graphic used to summarize guidelines for healthy eating and is referred to as a 23) _____
A) food intake system. B) food guidance system.
C) food awareness manager. D) food managing system.
- 24) The different-colored bands on MyPyramid are used to represent 24) _____
A) serving/portion sizes. B) food groups.
C) nutrient density. D) energy density.
- 25) The balance of kilocalories remaining in one's energy allowance once all nutrient needs have been met is referred to as 25) _____
A) free kilocalories. B) discretionary kilocalories.
C) allowance kilocalories. D) empty kilocalories.
- 26) Which of the following food items is considered discretionary? 26) _____
A) whole milk on cereal B) honey drizzled on top of cornbread
C) bread crumbs on baked chicken D) all of the above
- 27) Vigorous activity is defined as expending 27) _____
A) > 7.0 kilocalories per minute. B) 6.0 to 7.0 kilocalories per minute.
C) 3.5 to 7.0 kilocalories per minute. D) none of the above
- 28) Satiety ratios are determined/calculated by examining 28) _____
A) size of meal based on DRIs.
B) size of the meal based on time between meals.
C) time between meals based on size of previous meal.
D) size of meal based on weight.

- 29) All of the following must be printed on a food label *except* 29) _____
 A) potassium, folic acid, and chloride levels.
 B) name and address of the manufacturer or distributor.
 C) ingredients (in descending order by weight).
 D) uniform serving size compared with similar products.
- 30) Which of the following does *not* require a food label? 30) _____
 A) foods from small businesses (< \$500,000 total sales)
 B) deli items
 C) packaged tea and coffee
 D) spices, herbs, flavorings
 E) all of the above
- 31) The area on the food label that provides a list of specific nutrients obtained in one serving of the food is referred to as 31) _____
 A) the Nutrient Facts panel. B) the Nutrition Facts panel.
 C) the Nutrition Information panel. D) none of the above
- 32) If there are 280 kilocalories per cup and 3 servings per container, what is the approximate serving size if an individual consumed 420 kilocalories? 32) _____
 A) 1.5 servings B) 2.0 servings C) 1.2 servings D) 2.3 servings
- 33) The Daily Values on a food label are based on a 33) _____
 A) 2,100-kilocalorie diet. B) 2,000-kilocalorie diet.
 C) 1,800-kilocalorie diet. D) 2,500-kilocalorie diet.
- 34) What percentage of a nutrient per serving of a food would be considered high? 34) _____
 A) 18 percent B) 15 percent C) 20 percent D) 10 percent

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 35) Eating a *balanced* diet means consuming reasonable but not excessive amounts of foods and nutrients. 35) _____
- 36) Undernutrition is a state of inadequate nutrition due to the diet not meeting nutrient and/or energy needs. 36) _____
- 37) Nutrient-dense foods are low in fat and added sugar, and high in kilocalories. 37) _____
- 38) Measuring portion sizes, using smaller plates, and utilizing portioned containers are all appropriate methods for controlling portion sizes. 38) _____
- 39) In terms of energy density, nuts are less energy dense than lean meats and legumes. 39) _____
- 40) When there is insufficient data to establish an Estimated Average Requirement (EAR), the Recommended Dietary Allowance (RDA) cannot be calculated. 40) _____
- 41) The Food and Nutrition Board (FNB) will use Adequate Intake (AI) when there is insufficient evidence to calculate the RDA for a specific nutrient. 41) _____
- 42) The Tolerable Upper Intake Level (UL) is the average amount of a nutrient that will most likely not cause any toxicity symptoms. 42) _____

- 43) For infants, AIs are the only estimations for nutrients to evaluate dietary adequacy. 43) _____
- 44) The Estimated Energy Requirement (EER) is calculated for age, gender, ethnicity, height, and weight. 44) _____
- 45) The Acceptable Macronutrient Distribution Range pertains to the recommended levels of vitamins, minerals, and water in the diet. 45) _____
- 46) According to the AMDR, the acceptable carbohydrate range (%) of daily kilocalories should be 15 to 20 percent. 46) _____
- 47) If an individual is consuming 900 kilocalories of protein and his or her Estimated Energy Requirement (EER) is ~ 2,500 kilocalories, the percent of kilocalories from protein is ~36. 47) _____
- 48) The Food and Drug Administration (FDA) and the National Institutes of Health are primarily responsible for updating the *Dietary Guidelines* every five years. 48) _____
- 49) According to the *Dietary Guidelines for Americans*, one should consume less than 10 percent of kilocalories from saturated fat. 49) _____
- 50) The wide bands of MyPyramid refer to nutrient-dense foods that should be eaten in small quantities to avoid unintentional weight gain. 50) _____
- 51) When using MyPyramid, the narrowing of the pyramid from a wide base to a thin tip tells you to choose mostly nutrient-dense foods from each food group. 51) _____
- 52) The colored bands of MyPyramid depict the nutrient classes: carbohydrates, proteins, fats, vitamins, minerals, and water. 52) _____
- 53) In terms of blood pressure (hypertension), as potassium intake increases, the risk for developing high blood pressure increases. 53) _____
- 54) According to the Centers for Disease Control (CDC), bicycling at 12 mph would be considered vigorous activity. 54) _____
- 55) According to the USDA, 2 cups of raw leafy greens is considered 1 cup from the vegetable group. 55) _____
- 56) According to the USDA, 1 cup of 100% fruit juice and ½ cup of dried fruit are both equal to 1 cup from the fruit group. 56) _____
- 57) According to recent studies, skipping breakfast is an effective way to promote weight loss and provide satiety throughout the day. 57) _____
- 58) Although more energy dense, one doughnut has a lower satiety index than one banana. 58) _____
- 59) Based on current studies, eating later in the day has been seen to be less satisfying, and thus promotes overeating in the evening hours. 59) _____
- 60) Food labels are under the strict control of and regulation by the CDC. 60) _____
- 61) Ingredients on the food label must be labeled in ascending order by weight, with the heaviest ite ms

- listed last. 61) _____
- 62) There are no DVs listed on a nutrition label for *trans* fat, sugars, and protein. 62) _____
- 63) The DV for protein is listed if the food is being marketed for children under the age of 4. 63) _____

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

- 64) A nutrition label will refer to an item as "reduced fat" when the food contains at least _____ percent less fat per serving. 64) _____
- 65) Labeling terms such as "a good source of" a particular nutrient refers to that item having _____ percent of the DV for that particular nutrient per serving. 65) _____
- 66) _____ claims can be made on both foods and dietary supplements. 66) _____
- 67) The role of soluble fiber in prevention of coronary heart disease is an example of a(n) _____ health claim, approved by the FDA. 67) _____
- 68) Qualified health claims are _____ well established than health claims based on authoritative statements. 68) _____
- 69) Exchange lists are diet planning tools that group foods together based on their _____, _____, and _____ content. 69) _____
- 70) Healthy eating involves _____ between all of the food groups. 70) _____
- 71) According to many Registered Dietitians, "there are no good or bad foods, just good or bad _____?" 71) _____

MATCHING. Choose the item in column 2 that best matches each item in column 1.

Match the following:

- | | | |
|-------------------------------|--|-----------|
| 72) Malnutrition | A) reference values developed by the FDA; used on nutrition labels | 72) _____ |
| 73) Undernutrition | B) | 73) _____ |
| 74) Overnutrition | a diet that provides more kilocalories or nutrients than needed | 74) _____ |
| 75) Nutrient density | C) nutrients and/or energy needs not met through diet | 75) _____ |
| 76) Energy density | D) low in kilocalories compared to total nutrients | 76) _____ |
| 77) Dietary Reference Intakes | E) amount of kilocalories compared to weight of food item | 77) _____ |
| 78) Daily Values | | 78) _____ |

F) an imbalance of nutrients in the diet

G) reference values developed by the FNB;
used to evaluate diets

Match the following:

79) Estimated Average Intake (EAR)

A) Kilocalorie needs based on age, weight,
height, gender, and activity

79) _____

80) Adequate Intake (AI)

B)
percentages of carbohydrates, fats, and
proteins considered healthy

80) _____

81)

Tolerable Upper Intake Level (UL)

C) value used to calculate the RDA for
nutrients

81) _____

82)

Estimated Energy Requirement (EER)

82) _____

83)

Acceptable Macronutrient
Distribution Ranges (AMDR)

D) a nutrient is considered safe below this
daily amount

83) _____

E) Approximate amount of nutrient to meet
individual needs

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

84) Why would milk and/or yogurt be placed in the carbohydrate category of the Exchange System? 84) _____

85) What type of statement(s) must accompany a qualified health claim in terms of the beneficial nature of a nutrient or food item? 85) _____

86) How are meat and meat substitutes categorized in the Exchange System? 86) _____

87) What are three examples of ways that one can control his or her portion size? 87) _____

88) Name the five reference values that make up the Dietary Reference Intakes (DRIs). 88) _____

89) What is the Estimated Energy Requirement (EER)? 89) _____

90) What does AMDR stand for and what are the three components of this reference value? 90) _____

91) What are the *Dietary Guidelines for Americans 2005*? 91) _____

92) What are discretionary calories? 92) _____

93) Give three examples of discretionary calories and give three examples of their ideal replacement food. 93) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

94) Describe the goals of the *Dietary Guidelines for Americans*, and the recommendations for carbohydrate and fat intake.

95) Explain the difference between nutrient dense and energy dense; provide two examples of foods from each

category.

96) Describe nutrient content claims, health claims, and structure/function claims.

97) Describe what an authorized health claim means.

98) Describe the difference between portion size and serving size.

99) Describe some of the key factors that have led to increased portion sizes, as well as their implications for overall health.

- 1) D
- 2) C
- 3) A
- 4) E
- 5) C
- 6) C
- 7) B
- 8) A
- 9) C
- 10) A
- 11) A
- 12) C
- 13) B
- 14) A
- 15) A
- 16) A
- 17) A
- 18) D
- 19) D
- 20) B
- 21) E
- 22) A
- 23) B
- 24) B
- 25) B
- 26) D
- 27) A
- 28) C
- 29) A
- 30) E
- 31) B
- 32) A
- 33) B
- 34) C
- 35) FALSE
- 36) TRUE
- 37) FALSE
- 38) TRUE
- 39) FALSE
- 40) TRUE
- 41) TRUE
- 42) FALSE
- 43) TRUE
- 44) FALSE
- 45) FALSE
- 46) FALSE
- 47) TRUE
- 48) FALSE
- 49) TRUE
- 50) FALSE
- 51) TRUE

- 52) FALSE
- 53) FALSE
- 54) TRUE
- 55) TRUE
- 56) TRUE
- 57) FALSE
- 58) TRUE
- 59) TRUE
- 60) FALSE
- 61) FALSE
- 62) TRUE
- 63) TRUE
- 64) 25
- 65) 10 to 19
- 66) Structure/function
- 67) authorized
- 68) less
- 69) carbohydrate; protein; fat
- 70) balance
- 71) habits
- 72) F
- 73) C
- 74) B
- 75) D
- 76) E
- 77) G
- 78) A
- 79) C
- 80) E
- 81) D
- 82) A
- 83) B
- 84) Milk and yogurt contain higher amounts of sugar (lactose/carbohydrates) than other foods such as cheese, which contains higher amounts of protein.
- 85) "The evidence to support the claim is limited or not conclusive" or "Some scientific evidence suggests..."
- 86) Lean meat and low-fat substitutes, medium-fat meat and substitutes, high-fat meat and substitutes
- 87) Cook smaller quantities; ask for half orders at restaurants; keep tempting foods out of sight
- 88) EAR, AI, RDA, UL, AMDR
- 89) The amount of daily energy to maintain a healthy body weight and meet energy needs based on age, gender, height, weight, and activity level.
- 90) Acceptable Macronutrient Distribution Range; carbohydrates, fats, proteins (45 to 65 percent, 20 to 35 percent, and 10 to 35 percent, respectively).
- 91) The *Dietary Guidelines* consist of nine categories that address concerns about the chronic diseases most common in the United States to lower risk of dying of these conditions. They are also guidelines that reflect the most current nutrition and physical activity recommendations for good health (ages 2 and over).
- 92) The balance of kilocalories remaining in one's energy allowance once all nutrient needs have been met. These kilocalories can be thought of as a sort of currency (you can "spend" these extra kilocalories on an extra serving of any food group, or as added fat, sweets, dessert, alcohol, etc.).
- 93) Whole milk replaced with low-fat milk, a doughnut replaced with an English muffin, regular soda replaced with a diet soda.
- 94) • Improve the nutritional quality of Americans' diets and try to reduce the incidence of overnutrition and its associated health problems.

- lean dairy products, whole grains, fruits, and vegetables more often than sugary soft drinks, candy, bakery items, Carb and fruit drinks.
- ohyd
- Fats: Keep dietary fat intake to between 20 and 35 percent of daily kilocalories and get mostly heart-healthy, rates: unsaturated fats such as those found in vegetable oils, nuts, and fish. Consume less than 10 percent of kilocalories Choo from saturated fat by choosing only lean meats, skinless poultry, and low-fat dairy foods. Eat fewer commercially se made baked goods that are made with *trans* fats. Consume less than 300 milligrams of dietary cholesterol daily.
- 95) • Energy density: kilocalories in food compared to weight; nutrient density: measure of nutrients in foods compared to kilocalorie content
- Energy dense: avocado, chocolate, doughnut
 - Nutrient dense: broccoli, carrots, beans/legumes
- 96) • Nutrient content claims describe the nutrient content of food (for example, free/lite/high/reduced).
- Health claims describe the relationship between a nutrient in food and its influence or function in the body (for example, calcium builds strong bones; fiber helps with bowel regularity)
 - Structure/function claims describe the relationship between a food, nutrient, or dietary component and a disease or condition. (for example, fiber in a cereal, as a part of a healthy diet, can help to lower your cholesterol)
- 97) • It is based on a well-established relationship between a food and a health benefit.
- It is approved by the FDA.
 - It must be backed by experts, scientists, and general consensus.
 - Examples include claims about calcium and osteoporosis, sodium and hypertension, and dietary fat and cancer.
- 98) • Portion size is the amount of food eaten at one sitting, rather than the standard amount of food for which the nutrient composition is presented.
- Serving sizes are listed on food labels.
 - Americans usually overestimate their portion sizes and can eat several times the recommended serving size of a food at a time.
 - Portion distortion can lead to various diseases (cardiovascular disease, diabetes, hypertension, joint problems, and certain cancers).
- 99) • More food for less money is attractive.
- People are eating out more often.
 - There is a wide variety of choices.
 - Americans are unaware of portion size changes.
 - Implications include increases in obesity, weight gain, all chronic diseases, and conditions related to obesity.