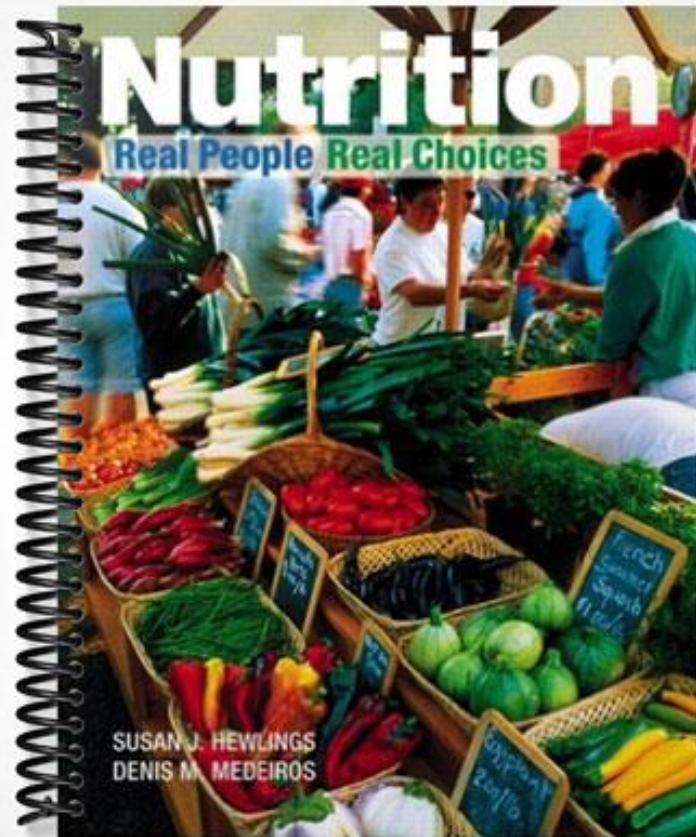


TEST BANK



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

- 1) Nutritional needs of humans do not change throughout the lifespan. 1) _____
- 2) Energy balance is an important part of a healthy diet. 2) _____
- 3) The Dietary Guidelines for Americans are published every year. 3) _____
- 4) The DASH diet plan is a tool designed to help people increase their calorie and iron intake. 4) _____
- 5) Empty calorie foods contain no energy. 5) _____
- 6) MyPyramid recommends that all grain products should be from whole-grain sources. 6) _____
- 7) Food labels are required for restaurant foods that state health claims. 7) _____
- 8) Serving size listed on food labels is determined by the food manufacturing companies. 8) _____
- 9) Health claims on food products are not regulated. 9) _____
- 10) Soluble fiber found in whole-grain oats can help decrease the risk of heart disease. 10) _____
- 11) When putting together your daily nutrition plan, the first question you should ask is, "What did I eat yesterday?" 11) _____
- 12) Putting together a healthy diet plan requires little planning. 12) _____
- 13) The basic premise of the Dietary Guidelines for Americans is that it is no longer possible to obtain all of the nutrients necessary for good health through diet alone. 13) _____
- 14) The Recommended Nutrient Intakes (RNI) are Canada's version of the DRIs. 14) _____
- 15) The Estimated Energy Requirement (EER) does not account for an individual's physical activity. 15) _____
- 16) Discretionary calories are calories that can be consumed beyond the calories needed to satisfy nutrient needs. 16) _____
- 17) Foods on a restaurant menu that are labeled "low-fat" are required to have the nutrition information available upon request. 17) _____
- 18) Serving sizes on nutrition labels may vary from manufacturer to manufacturer. 18) _____
- 19) A mint can contain 6 calories and still be labeled as calorie-free. 19) _____

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

- 20) Which of the following situations is an example of thinking before you eat? 20) _____
 - A) Thinking about what you have eaten for breakfast and lunch and making choices for dinner based on the foods you are missing
 - B) Devouring a food that you have been craving
 - C) Letting your appetite guide your eating
 - D) Making an impulse selection from a restaurant's menu

- 21) Which of the following phrases best defines a healthy diet? 21) _____
 A) Fulfilling the daily recommendation for vitamins and minerals
 B) Balancing calories taken in with calories expended
 C) Eating an adequate, balanced diet that incorporates a variety of foods eaten in moderation
 D) Eating food from each of the food groups
- 22) Incorporating all food groups into a daily diet plan is an example of a/an _____ meal plan. 22) _____
 A) moderate B) varied C) balanced D) adequate
- 23) Donald generally eats healthy but only likes two kinds of vegetables, carrots and cucumbers. 23) _____
 What is his diet lacking?
 A) variety B) moderation C) adequacy D) balance
- 24) The nutrient content in food relative to its number of calories is called: 24) _____
 A) nutrient balance B) nutrient calories
 C) nutrient density D) moderation
- 25) Which of the following foods is the most nutrient dense? 25) _____
 A) jelly beans B) a milk chocolate bar
 C) sugar-free gum D) plain peanuts
- 26) Which of the following beverages is an example of empty calories? 26) _____
 A) diet soda B) chocolate milk C) regular cola D) orange juice
- 27) Foods that are nutrient dense are _____ than foods that are empty calories. 27) _____
 A) higher in calories B) less healthy
 C) lower in calories D) healthier
- 28) Which concept of a healthy diet focuses on portion control? 28) _____
 A) moderation B) balance C) adequacy D) variety
- 29) A healthy eating plan includes all of the following except: 29) _____
 A) balance B) variety C) fat restriction D) moderation
- 30) Portion size is most closely related to: 30) _____
 A) variety B) moderation C) adequacy D) balance
- 31) Diane consumes a piece of fish, green beans, applesauce, a glass of skim milk, and brown rice for 31) _____
 dinner everyday. This demonstrates:
 A) variety, but not moderation B) variety, but not balance
 C) balance, but not moderation D) balance, but not variety
- 32) Peter consumes the following vegetables throughout the course of the day; carrots, beans, 32) _____
 cauliflower, and corn. This demonstrates the principle of:
 A) variety B) moderation C) overindulgence D) balance
- 33) Delaney knows she needs more calcium. She chooses to eat a small container of non-fat yogurt 33) _____
 rather than a bowl of ice cream. She is following the principle of:
 A) calorie restriction B) moderation
 C) nutrient density D) variety
- 34) Which set of government guidelines provides a summary of advice to promote health and 34) _____
 reduce the

risk of chronic disease through physical activity and nutrition ?

- A) Nutrition Fact Labels
B) Dietary Guidelines for Americans
C) Supplemental Nutrition Guidelines
D) The Dietary Reference Intakes

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- 34) _____
- 35) How do the Dietary Guidelines for Americans compare to dietary guidelines from other countries? 35) _____
A) The U.S. guidelines are exactly the same as guidelines from other countries.
B) The U.S. guidelines are very similar to the guidelines from other countries.
C) The U.S. guidelines are much less specific than guidelines from other countries.
D) The U.S. guidelines are very different than guidelines from other countries.
- 36) Which of the following foods is an example of a fortified food? 36) _____
A) genetically engineered corn
B) white bread
C) old-fashioned oatmeal
D) soy milk with calcium and iron added
- 37) Which of the following foods could be labeled *enriched*? 37) _____
A) white bread
B) reduced fat cheese
C) whole wheat pasta
D) calcium-fortified orange juice
- 38) Why is it important to eat a variety of foods daily? 38) _____
A) to reverse aging
B) to cure health problems
C) to ensure adequate nutrient intake
D) to ensure weight management
- 39) RDA is the abbreviation for 39) _____
A) reference dietary amount
B) reference daily allowances
C) recommended daily allowance
D) recommended dietary allowances
- 40) The United States version of the most updated nutrient recommendations for healthy people is called: 40) _____
A) Recommended Nutrient Intakes
B) Dietary Guidelines for Americans
C) Healthy People 2010
D) Dietary Reference Intakes
- 41) The Dietary Reference Intakes are designed to do all of the following except: 41) _____
A) treat chronic disease
B) prevent deficiency diseases
C) set limits for over consumption of nutrients
D) prevent the onset of chronic disease
- 42) What is the value assigned to a nutrient that has insufficient scientific evidence to establish a RDA for the nutrient? 42) _____
A) EAR
B) RNI
C) AI
D) UL
- 43) As intake of a nutrient increases above the _____, the potential risk for adverse health effects increases. 43) _____

- A) Recommended Dietary Allowance
- B) Adequate Intake
- C) Tolerable Upper Intake Level
- D) Estimated Average Requirements

- 44) What two countries have combined their efforts to establish the most recent set of Dietary Reference Intakes? 44) _____
- A) the United States and Mexico
 - B) the United Kingdom and the United States
 - C) the United States and Canada
 - D) Canada and France
- 45) What population of people was the DRI established for? 45) _____
- A) cancer patients
 - B) healthy people
 - C) people suffering with acute infection
 - D) AIDS patients
- 46) Alexa is a Registered Dietitian who is designing a meal plan for a healthy, active college student. What guidelines will she use to establish recommended nutrient needs for the student? 46) _____
- A) Adequate Intakes
 - B) Estimated Average Requirement
 - C) Tolerable Upper Intake Levels
 - D) Dietary Reference Intakes
- 47) What factor do the Estimated Energy Requirements not take into consideration? 47) _____
- A) health status
 - B) age
 - C) weight
 - D) gender
- 48) The Acceptable Macronutrient Distribution Range is designed to help consumers determine: 48) _____
- A) the amount of vitamins and minerals in each type of food
 - B) the number of calories that they need from each of the macronutrients
 - C) how many calories they need each day
 - D) how many calories are expended from physical activity each day
- 49) What is the Acceptable Macronutrient Distribution Range for protein? 49) _____
- A) 30%-45%
 - B) 45%-65%
 - C) 10%-35%
 - D) 20%-35%
- 50) What is the Acceptable Macronutrient Distribution Range for carbohydrates? 50) _____
- A) 30%-45%
 - B) 45%-65%
 - C) 20%-35%
 - D) 10%-35%
- 51) What is the Acceptable Macronutrient Distribution Range for fat? 51) _____
- A) 30%-45%
 - B) 45%-65%
 - C) 10%-35%
 - D) 20%-35%
- 52) The overall purpose of the Dietary Guidelines for Americans is to encourage people to do all of the following except: 52) _____
- A) make healthier food choices
 - B) consume fewer calories
 - C) get more exercise
 - D) go on a diet
- 53) The Dietary Guidelines for Americans are aimed at: 53) _____
- A) healthy people over the age of 12
 - B) adults only
 - C) healthy people over the age of 2
 - D) children only
- 54) All of the following are true of Healthy People 2010 except: 54) _____
- A) It identifies the most significant preventable health threats
 - B) It is funded and managed through private organizations
 - C) It sets guidelines for health promotion programs
 - D) It was created by a collaborative effort of scientists, federal and state agencies, and public feedback

- 55) The Dietary Reference Intakes (DRI) were not established for: 55) _____
A) women who are breastfeeding B) people over the age of 70
C) people with chronic or acute diseases D) competitive athletes
- 56) The Recommended Dietary Allowances were intended to establish standards in order to: 56) _____
A) prevent nutrient toxicity
B) prevent diseases, such as cancer and heart disease
C) establish average intake levels
D) prevent diseases caused by nutrient deficiencies
- 57) The Dietary Reference Intakes (DRI) includes all of the following except 57) _____
A) Estimated Average Requirement (EAR) B) Recommended Dietary Allowance (RDA)
C) Minimum Intake (MI) D) Tolerable Upper Intake Level (UL)
- 58) The Estimated Average Requirement (EAR) is: 58) _____
A) the amount of a nutrient that would meet the needs of 50% of people of a specific age or gender
B) the minimum amount of a nutrient, on average, that is needed to maintain health
C) the average number of nutrients needed by the general population
D) the amount of a nutrient that would meet the needs of an individual under typical, or average, circumstances
- 59) The Recommended Daily Allowance (RDA) is 59) _____
A) the average amount needed daily for nutrient intake for the general population
B) the maximum amount of nutrient intake recommended for the general population
C) the minimum amount of nutrient intake recommended for the general population
D) the recommended amount of nutrient intake needed daily for 98% of the population
- 60) Which of the following would be used as the guide for safe limits of folate added to a breakfast cereal? 60) _____
A) Tolerable Upper Intake Level B) Estimated Average Requirement
C) Adequate Intake D) Recommended Dietary Allowance
- 61) All of the following fall within the Acceptable Macronutrient Distribution Range for percent of daily calories except: 61) _____
A) 20% of calories from fats and 30% of calories from protein
B) 20% of calories from protein and 40% of calories from carbohydrates
C) 15% of calories from protein and 60% of calories from carbohydrates
D) 25% of calories from fats and 65% of calories from carbohydrates
- 62) MyPyramid is designed to help the consumer: 62) _____
A) become experts in the field of nutrition
B) lose weight
C) understand the nutrients that are found in specific foods
D) understand the types and amounts of foods they should be eating each day
- 63) Which of the following types of vegetarians consume no form of animal product? 63) _____
A) semi vegetarian B) lacto-ovo vegetarian
C) vegan D) ovo vegetarian

- 64) What does the figure running up stairs on the MyPyramid icon signify? 64) _____
 A) diversity
 B) decreased portion size
 C) increasing nutrient density at the top of the pyramid
 D) the importance of physical activity
- 65) What units does MyPyramid use to determine serving size? 65) _____
 A) pounds and kilograms
 B) tablespoons and cups
 C) ounces and tablespoons
 D) cups and ounces
- 66) After meeting nutrient requirements, _____ are the calories that can be consumed without going over your total energy requirement for each day. 66) _____
 A) bonus calories
 B) fats
 C) sweets
 D) discretionary calories
- 67) What is considered a 1-ounce equivalent of grain? 67) _____
 A) 1 cup of cooked rice
 B) ½ cup of cooked pasta
 C) two slices of bread
 D) 1 ½ cups of ready-to-eat breakfast cereal
- 68) How many cups of milk are recommended for people needing to consume between 1600-3200 calories a day? 68) _____
 A) 1 cup
 B) 2 cups
 C) 4 cups
 D) 3 cups
- 69) What has prompted the USDA to revise the use of "servings" on MyPyramid? 69) _____
 A) confusion about measurement units
 B) the cost of food
 C) confusion about portion size
 D) nutrient deficiencies
- 70) How often does the Healthy Eating Pyramid recommend eating red meat? 70) _____
 A) sparingly
 B) once a week
 C) at each meal
 D) daily
- 71) The MyPyramid image incorporates all of the following concepts except: 71) _____
 A) organic lifestyle
 B) variety
 C) exercise
 D) balance
- 72) Which of the following do vegans not consume? 72) _____
 A) eggs
 B) rice
 C) peanut butter
 D) beans
- 73) The base of the Healthy Eating Pyramid is: 73) _____
 A) dairy and eggs
 B) breads and cereals
 C) fruits and vegetables
 D) whole grains and plant oils
- 74) Which two government agencies oversee the labeling of foods? 74) _____
 A) Federal Trade Commission and State Food Regulators
 B) Grocery Manufacturers of America and Federal Trade Commission
 C) Food and Drug Administration and United States Department of Agriculture
 D) State Food Regulators and United States Department of Agriculture
- 75) Which of the following foods does not have to have a food label? 75) _____
 A) fresh meat and cheese from a deli
 B) potato chips
 C) frozen vegetables
 D) packaged breakfast cereal
- 76) All of the following are a required part of the food label except: 76) _____

- A) the manufacturer information
- B) the name of the food
- C) the health benefits of the food
- D) the Nutrition Fact Panel

- 77) All of the following are a required part of the Nutrition Fact Panel except: 77) _____
A) vitamins K and D
B) calories
C) fiber
D) serving size
- 78) Why are the nutrients, fats, *trans* fat, and cholesterol listed first on the Nutrient Fact Panel? 78) _____
A) These nutrients contribute to heart disease and certain cancers.
B) They are most expensive.
C) They are the highest in calories.
D) They are underconsumed in the U.S. today.
- 79) The % Daily Value helps consumers: 79) _____
A) determine if a food is a high or low source of a particular nutrient
B) understand how much food they need each day
C) determine the amount of physical activity they need each day
D) understand that they need only 2000 calories a day
- 80) What does the nutrient content claim mean if a product label states "low-fat"? 80) _____
A) There are fewer than 3 grams of fat per serving.
B) There is less than 10% of the Daily Value for fat
C) The product contains no cholesterol.
D) There are fewer than 10 grams of fat per serving
- 81) What does the nutrient content claim mean if a product label states "a good source of calcium"? 81) _____
A) The product has at least 50% of the daily value for calcium.
B) The product is a source of dairy.
C) The product has at least 10% of the daily value for calcium.
D) The product is fortified with calcium.
- 82) What does the term "cage-free" on eggs mean? 82) _____
A) The chickens are raised indoors but not in cages.
B) The chickens are able to roam freely both indoors and outdoors.
C) Chickens are raised in a humane way with access to the outdoors.
D) The psychological health of the chicken has been maintained.
- 83) Health claims made on food packages are monitored by: 83) _____
A) the Food and Drug Administration
B) the Federal Trade Commission
C) the United States Department of Agriculture
D) no agency, as health claims are not regulated
- 84) Which of the following correlations is not an approved health claim? 84) _____
A) vitamin D and reduced risk of heart disease
B) calcium and a decreased risk of osteoporosis
C) fruits and vegetables and a lower risk of cancer
D) lower saturated fat and decreased risk of heart disease
- 85) Enriched foods are: 85) _____
A) foods that have nutrients added to otherwise naturally nonnutritive food
B) foods that have had nutrients added in addition to the nutrients naturally present

- C) superior to the natural food
D) foods that have had some of the nutrients added back that were removed during processing
- 86) Nutrition labeling is required for all of the following foods except: 86) _____
A) canned beans B) breakfast cereal
C) a can of soda pop D) watermelon
- 87) Which of the following foods is exempt from nutrition labeling? 87) _____
A) an airline meal
B) frozen peas
C) an entree labeled "heart healthy" in a restaurant
D) a box of crackers
- 88) A nutrition label lists the following ingredients: water, egg noodles, sodium, onions, spices. 88) _____
Which ingredient is found in the largest amount?
A) water B) spices
C) egg noodles D) cannot be determined
- 89) What nutrient needs to be limited in the typical American diet? 89) _____
A) vitamin A B) fiber C) saturated fat D) calcium
- 90) The typical American should strive to increase all of the following in their diet except: 90) _____
A) cholesterol B) iron C) fiber D) vitamin C
- 91) The Daily Value, used on food labels, is based on a _____ calorie diet. 91) _____
A) 2400 B) 1800 C) 2000 D) 1500
- 92) Typically, a % Daily Value is listed on nutrition labels for all of the following except: 92) _____
A) sugar B) trans fats C) proteins D) cholesterol
- 93) A % Daily Value is needed for protein if the food is intended for 93) _____
A) the chronically ill B) the elderly
C) athletes D) children under 4 years of age
- 94) All of the foods listed can have "low" on the label except 94) _____
A) a "low-sodium" serving of soup with 130 mg of sodium
B) a "low-calorie" slice of bread with 50 calories
C) a "low-cholesterol" hot dog with 18 mg of cholesterol and 1 g of saturated fat
D) a "low-fat" cookie with 2.5 g of fat
- 95) In order to have "high" on the label, a serving of a food must contain at _____% of the Daily 95) _____
Value.
A) 10 B) 50 C) 20 D) 33
- 96) A food can have "reduced" on the label if a serving contains at least _____% less of a nutrient 96) _____
or fewer calories than the regular food.
A) 25 B) 33 C) 10 D) 15
- 97) All of the following are health claims that have been approved by the FDA except: 97) _____
A) Lower sodium may reduce the risk of high blood pressure.
B) Folic acid can reduce the risk of neural tube defects.

- C) Fruits and vegetables may reduce the risk of heart disease.
- D) Coral calcium may reduce risk of cancer.

- 98) Which of the following is not mandatory on a nutrition food label? 98) _____
A) name and address of the manufacturer B) common name for the product
C) list of ingredients D) monounsaturated fat content
- 99) Which of the following nutrients is least difficult to obtain in a vegetarian diet? 99) _____
A) iron B) zinc C) calcium D) vitamin C
- 100) Which of the following foods is not a good source of protein for vegetarians? 100) _____
A) nuts B) soy products C) beans D) root vegetables

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

- 101) Calories that can be consumed after meeting one's daily nutrient needs are called _____ calories. 101) _____
- 102) Eggs produced by hens that are allowed to roam outside are called _____ eggs. 102) _____
- 103) Foods that contain sugar but few other nutrients are referred to as _____ calories. 103) _____
- 104) _____ is an interactive, online Food Guide Pyramid. 104) _____
- 105) A vegetarian who eats no animal products is called a _____. 105) _____
- 106) One serving of rice or pasta is equal to _____ cup(s). 106) _____

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

- 107) Describe how a vegetarian can meet his or her protein needs.
- 108) Discuss the factors that determine how many calories an individual will need per day.
- 109) Compare and contrast the Healthy Eating Pyramid with MyPyramid. Give three examples of how they are similar and three examples of how they are different.
- 110) Discuss the pros and cons of the revised MyPyramid. How would you make further changes to improve MyPyramid?
- 111) List and describe the four standards that comprise the Dietary Reference Intakes.
- 112) Discuss the concept of nutrient density and give examples
- 113) List at least three nutrients that vegetarians may lack and explain how they can attain them in their diet.
- 114) Explain the difference between the terms "free-range" and "cage-free".
- 115) Why is it important to think before you eat?
- 116) List and explain the components of a healthy diet?
- 117) Susan is trying to understand how to be a better consumer of nutrition but doesn't have the time or money to see a registered dietitian. What can she do to start tracking her dietary intake?

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

- 52) D
- 53) C
- 54) B
- 55) C
- 56) D
- 57) C
- 58) A
- 59) D
- 60) A
- 61) B
- 62) D
- 63) C
- 64) D
- 65) D
- 66) D
- 67) B
- 68) D
- 69) C
- 70) A
- 71) A
- 72) A
- 73) D
- 74) C
- 75) A
- 76) C
- 77) A
- 78) A
- 79) A
- 80) A
- 81) C
- 82) A
- 83) A
- 84) A
- 85) D
- 86) D
- 87) A
- 88) A
- 89) C
- 90) A
- 91) C
- 92) C
- 93) D
- 94) B
- 95) C
- 96) A
- 97) D
- 98) B
- 99) B
- 100) D
- 101) discretionary
- 102) free-range
- 103) empty

- 104) MyPyramid
- 105) vegan
- 106) 1/2
- 107) A vegetarian can eat a variety of different plant-based proteins and still meet their daily requirement for protein. Good sources of protein include soy products, beans, nuts, and whole grains.
- 108) Age, gender, genetics, height, weight, physical activity, chronic diseases, smoking, drug and alcohol use.
- 109) Same: 1) both emphasize whole grains. 2) both place an emphasis on vegetables, 3) both place an emphasis on fruits
Different: 1) the Healthy Eating Pyramid places a greater emphasis on plant oils, 2) MyPyramid puts more emphasis on dairy-rich foods, 3) MyPyramid combines meats and beans, while the Healthy Eating Pyramid separates the categories into Nuts and Legumes, Fish, Poultry, and Eggs, and Red Meat and Butter.
- 110) Answers will vary based on opinion
- 111) RDA: recommended dietary allowance, recommended intake to meet the daily nutrient need for 98% of the population. AI, adequate intake, the value assigned to nutrients that only some scientific evidence is available about recommendation. EAR, estimated average requirement, the nutrient value that would meet 50% of the nutrient of a specific population. UL, tolerable upper intake level, the highest level of daily nutrient intake that poses little risk of adverse health effects.
- 112) Nutrient density is the comparison of nutrients to calories provided by a food. A food that has a large quantity of nutrients and a relatively low number of calories would be considered nutrient dense, for example, chick peas or whole grain bread. A food that provides calories but few or no nutrients is considered to be an empty calorie food, for example, soda or candy.
- 113) iron: fortified cereals and grain products, beans, dried apricots, and raisins, calcium: calcium fortified soy milk and orange juice, dark green leafy vegetables; vitamin B₁₂: fortified breakfast cereal, fortified soy beverages, and nutritional yeast; zinc: beans, wheat germ and fortified breakfast cereal
- 114) Free-range eggs are produced by chickens that can roam freely indoors and outdoors; cage-free eggs are produced by chickens that are raised indoors but not in cages.
- 115) Thinking about the foods that you have already eaten in the day and the types of foods that you need to eat will help establish balance, moderation, adequacy, and a healthy diet.
- 116) Balance: foods from all food groups. Variety: within a food group, including several different foods. Moderation: overconsumption of any one food or food group.
- 117) Susan can go online to MyPyramid.gov and track her dietary intake. She will also be able to learn about how much of each food group that she needs and the amount of exercise that she should be engaging in.