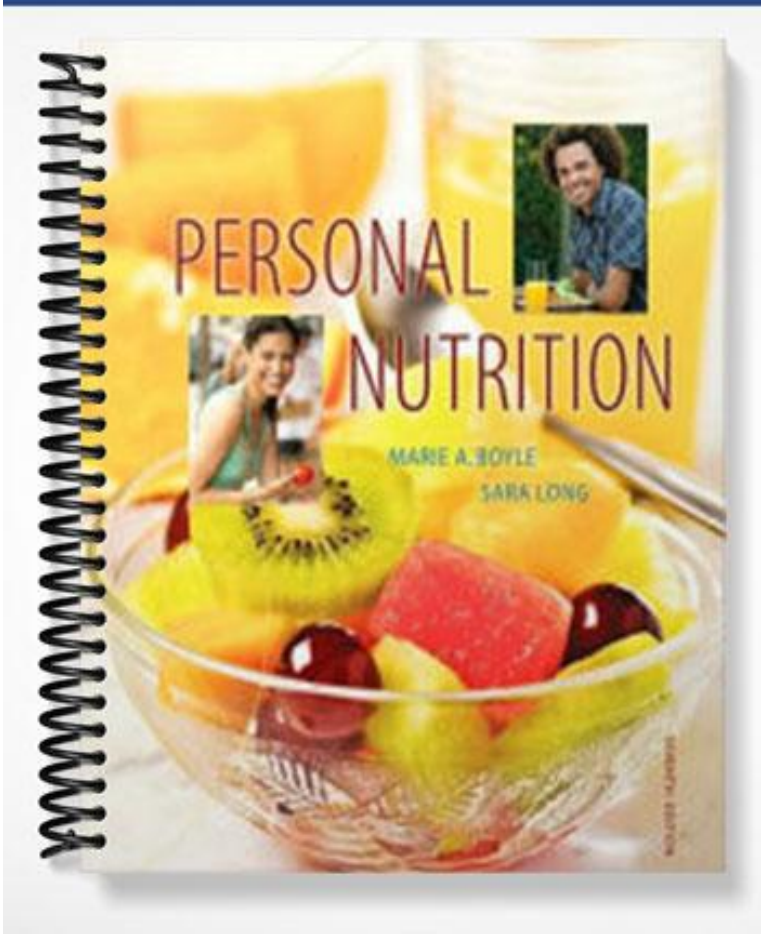
TEST BANK



Chapter 2 - The Pursuit of a Healthy Diet

Student: _____

1. The "ABCMV" diet-planning principles are:
A. abundance, balance, conservative, moderation, and variety.
B. adequacy, bone development, correction, moderation, and variety.
C. adequacy, balance, calorie control, moderation, and variety.
D. abundance, better, choices, multiple, and variety.

2. Foods with a high nutrient density:
A. are iron rich.
B. contain a mixture of carbohydrate, fat, and protein.
C. carry the USDA nutrition labeling.
D. are rich in nutrients but relatively low in calories.

3. The concept of nutrient density is most helpful in achieving which principle of diet planning?
A. Variety
B. Moderation
C. Balance
D. Adequacy
E. Calorie control

4. Valerie is eating lunch at the college cafeteria and is determined not to gain weight during her freshman year at college. She realizes that controlling portion size is the key to not over indulging. Which of the following visual references would equal 1 cup of pasta?
A. Four thumbs together
B. Palm of one hand
C. Three clenched fists
D. Two hands, cupped

5. A diet that does not overemphasize any food type or nutrient at the expense of another is following which characteristic of a healthy diet?
A. Adequacy
B. Balance
C. Calorie control
D. Moderation

6. Mark is a 5-year-old boy who loves milk. He drinks skim milk all day long. He also loves yogurt and cheese. What type of deficiency is Mark at risk for?
A. Iron
B. Zinc
C. Calcium
D. Vitamin D

7. Peaches are a food source of vitamins A and C. Why would a raw peach be considered a more nutrient-dense snack than a serving of peaches canned in light syrup?
A. The canned peaches are more processed than the raw peach.
B. The raw peach is brighter in color than the canned peaches.
C. The raw peach contains more vitamins per calorie than the canned peaches.
D. The canned peaches contain more vitamins per calorie than the raw peach.

8. Steven is 9 years old and loves to drink orange juice whenever he can. He often drinks orange juice instead of eating food. Which characteristic of healthy eating is this not in agreement with?
A. Balance
B. Calorie control
C. Moderation
D. Adequacy

9. What is the 80/20 rule?
A. Getting 80% of your calories from carbohydrates and 20% from protein.
B. Eating 80% of the time at home and 20% of the time at restaurants.
C. Eating low-fat, nutrient-dense foods 80% of the time and splurging a little 20% of the time.
D. Eating 80% of your food intake before 7 o'clock at night and 20% after 7 o'clock.

10. Which of these snacks would you take to the library if you knew you would be studying for several hours?
A. Fruit rolls
B. Fruit drink
C. Half a peanut butter sandwich
D. Candy bar

11. Which of the following statements about the DRI is **not** correct?
A. They are for healthy people only.
B. They are nutrient requirements that people should meet every day.
C. Separate recommendations are made for different groups of people.
D. They were established by the National Academy of Sciences.

12. Dietary Reference Intakes (DRI) should **not** be used to:
A. estimate nutrient requirements for healthy people.
B. assess dietary nutrient adequacy.
C. plan diets.
D. treat persons with diet-related illnesses.

13. The RDA (Recommended Dietary Allowances) for nutrients are generally:
A. the minimum amounts that average people need.
B. more than twice as high as anyone needs.
C. designed to prevent deficiency diseases in half the population.
D. designed to be adequate for almost all healthy people.
E. the same for all ages for all nutrients.

14. The DVs:
A. are nutrient levels set by the FDA.
B. are used in food labeling.
C. serve as a guide for planning diets of individuals or groups.
D. a and b
E. b and c

15. The 2005 *Dietary Guidelines for Americans* make all of the following suggestions except:
A. choose diets that emphasize dark green and orange vegetables.
B. include beans and nuts.
C. choose foods low in saturated and *trans* fats.
D. choose diets that emphasize refined and enriched grain products.
E. choose a diet low in added sugars and sodium.

16. Louise would like to lose some weight. How might the exchange lists be helpful to her?
A. Louise can easily compare several brands of a particular food to find the most nutrient-dense version.
B. Louise can identify low-calorie foods rich in each of the essential vitamins and minerals.
C. Louise can mix and match the portion sizes for different foods that provide the same number of calories to plan calorie-controlled meals.
D. Louise can determine which foods will prevent her from developing diabetes if she consumes them on a regular basis as she loses weight.

17. The FDA has approved health claims on food labels for all of the following conditions **except**: _____.
A. osteoporosis
B. heart disease
C. tooth decay
D. arthritis
E. all of the above are approved health claims

18. The Nutrition Facts panel of the food label must provide information about all of the items listed below **except**:
A. monounsaturated fat.
B. vitamin A.
C. total fat.
D. fiber.
E. sodium.

19. The RDA for a nutrient is set at which point?
A. A point high enough to cover most healthy people.
B. A minimum value you are supposed to exceed.
C. An average value.
D. An upper limit to prevent overdoses.

20. The Acceptable Macronutrient Distribution Ranges (AMDR) set recommendations for which of the following nutrients?
A. Vitamin E, calcium, lipids
B. Fat, carbohydrates, protein
C. Phytochemicals, lipids, fiber
D. Fiber, iron, zinc

21. How much moderately intense physical activity does the DRI report suggest to reduce the risk of chronic disease?
A. 20 minutes four to seven days a week
B. 30 minutes every day
C. 15 minutes three times a week
D. 60 minutes every day

22. All of the following are recommendations included in the *Dietary Guidelines for Americans 2005* **except**:
A. consume less than 30% of calories from saturated fats.
B. consume less than 1 teaspoon of salt each day.
C. consume 3 cups per day of fat-free milk.
D. avoid unpasteurized milk.

23. Joe spends between 30 and 60 minutes a day engaged in moderately intense physical activity, in addition to other daily activities. What activity level would he belong to?
A. Sedentary
B. Moderately active
C. Active
D. Very active

24. All of the following are equivalent to 1 ounce of grains **except**:
A. 1 slice of bread.
B. 1 English muffin.
C. 3 cups popcorn.
D. 1/2 cup cooked pasta.

25. All of the following are equivalent to 1 ounce from the meat and beans group **except**:
A. 1 egg.
B. 1/4 cup cooked dry beans.
C. 3 tbsp peanut butter.
D. 1/2 cup split pea soup.

26. In addition to the five food groups, we need to include a small amount of oil in the diet for the _____ and _____ that oils provide.
A. vitamin K, phytochemicals
B. vitamin E, vitamin C
C. essential fats, vitamin E
D. *trans* fat, vitamin A

27. Which of the following foods is **not** a fortified food?
A. Bread
B. Breakfast cereals
C. Milk
D. Apples

28. The balance of calories remaining in a person's energy allowance after accounting for the number of calories needed to meet recommended nutrient intakes is known as the:
A. bonus calorie allowance.
B. discretionary calorie allowance.
C. extra calorie allowance.
D. fat and sugar calorie allowance.

29. All of the following foods contain phytochemicals **except**:
A. skim milk.
B. mushrooms.
C. canned peas.
D. a frozen tofu burger.

30. According to the Dietary Reference Intakes (DRI), what percentage of the calories in a balanced diet should come from protein?
A. 2 to 15 percent
B. 10 to 35 percent
C. 35 to 45 percent
D. 45 to 65 percent

31. Which of the following does **not** have to appear on the Nutrition Facts panel?
A. Calories
B. Calories from fat
C. Vitamin A
D. Vitamin E

32. Sue picked up a cereal box and read that one serving provides 15 percent of the DV for total carbohydrate. Which of the following statements is true regarding this cereal?
A. One serving contains 15 percent of its calories from carbohydrates.
B. One serving provides 15 percent of the total carbohydrates that are recommended to be eaten in a day.
C. The contents of the cereal box provide 15 percent of the carbohydrates that should be eaten in a day.
D. One serving provides 15 percent of the starch recommendation only for the day.

33. Approximately _____% to _____% of the calories in a balanced diet come from fat.
A. 2, 15
B. 10, 35
C. 20, 35
D. 50, 65

34. Approximately 45 to 65 percent of the total calories in a balanced diet should come from which of the following?
A. Fats
B. Proteins
C. Carbohydrates
D. Phytochemicals

35. According to MyPyramid, you should avoid fat from
A. fish.
B. nuts.
C. dairy products.
D. vegetable oils.

36. Which of the following is **not** a nutrient-dense food choice?
A. Bologna
B. Water-packed tuna
C. A baked potato
D. Bread
E. Orange juice

37. Juan is of Hispanic origin and enjoys eating native foods. What food group would a corn tortilla belong to?
A. Fruit
B. Vegetable
C. Grains
D. Milk, yogurt and cheese

38. Holly wants to lower her risk of heart disease and decides to follow the Mediterranean Food Guide Pyramid. How often may she eat red meat?
A. Daily
B. A few times a week
C. A few times per month
D. Never

39. David wants to lower his risk of heart disease and decides to follow the Mediterranean Food Guide Pyramid. How often should he consume olive oil?
A. Daily
B. A few times a week
C. A few times a month
D. Never

40. In the Mediterranean Food Guide Pyramid shown in your text, which foods are you encouraged to consume a few times per week?
A. Eggs, poultry, and fish
B. Fruits, beans, legumes, nuts and vegetables
C. Cheese, yogurt, and fish
D. Red meat, oil, and sweets

41. All of the following are forms of added sugar **except**:
A. molasses.
B. high-fructose corn syrup.
C. levulose.
D. niacinamide.

42. Bill is trying to eat healthier now that he is going to college. He takes a nutrition class, does a diet analysis, and finds out that his salt intake is very high. Which characteristic of a healthy diet is Bill violating?
A. Adequacy
B. Balance
C. Moderation
D. Variety

43. Nicole is reading a food label on a bag of broccoli and sees that it says it is "high in vitamin C." What exactly does this mean?
A. A serving has 20% or more of the Daily Value for vitamin C.
B. The bag has 20% or more of the Daily Value for vitamin C.
C. A serving has more vitamin C than is normally found in broccoli.
D. A serving has 50% of the Daily Value for vitamin C.

44. Mary is comparing light brown sugar to regular brown sugar. What is the difference?
A. The light brown sugar is lower in calories.
B. The light brown sugar is lighter in color.
C. The light brown sugar is lighter in texture.
D. The light brown sugar is lower in weight.

45. A food label can make a health claim for soluble fiber. Which disease is this nutrient associated with a lower risk of?
A. Heart disease
B. Cancer
C. Tooth decay
D. High blood pressure

46. A food label can make a health claim for sugar alcohols. Which disease is this nutrient associated with a lower risk of?
A. Heart disease
B. Cancer
C. Tooth decay
D. Liver disease

47. The % Daily Values for vitamins and minerals on labels represent the _____ of all the DRI values.
A. lowest
B. average
C. highest
D. It is different for different nutrients.

48. Joe picks up a package of low-fat hot dogs in the supermarket. He can be confident that this food has:
A. no more than 10 grams of fat per serving.
B. no more than 3 grams of fat per serving.
C. no saturated fat.
D. no cholesterol.

49. If a cup of skim milk has 8 grams of protein and the Daily Value for protein is 50 grams, what percentage of the DV is this?
A. 6%
B. 8%
C. 16%
D. 625%

50. Which are the only vitamins that must appear on a food label?
A. Vitamins D and E
B. Folate and niacin
C. Riboflavin and vitamin C
D. Vitamins C and A

51. Zach eats a 2000-calorie diet and therefore should eat no more than 65 grams of fat per day. While at the mall he had a soft pretzel (6 grams of fat) and a mocha coffee drink (20 grams of fat). How many more grams of fat can Zach have to stay within his fat "budget"?
A. 26
B. 39
C. 91
D. There is not enough information provided.

52. In the typical Mexican diet, which of the following would provide the most phytochemicals?
A. Salsa
B. Tortilla shells
C. Chorizo
D. Vegetable oil

53. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

Which cereal would provide the fewest calories per serving?

A. Cereal #1
B. Cereal #2
C. Both cereals have the same calories per serving.
D. It is impossible to determine from the information provided.

54. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

What is the percentage of calories from fat in cereal #1?

A. 9%
B. 43%
C. 60%
D. 65%

55. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

Carly wants to also stay healthy and decides to purchase the cereal that may help prevent heart disease and cancer. Which cereal would she buy and why?

A. Cereal #1 because it contains more protein per serving.
B. Cereal #2 because it has less sugar.
C. Cereal #2 because it contains more fiber.
D. Both cereals would be equally effective because they both contain no cholesterol.

56. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

If both cereals cost the same amount, which cereal is a better economic value?

A. Cereal #1
B. Cereal #2
C. Both have the same value.
D. Not enough information is provided.

57. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

Which of the following statements is **incorrect** about the two cereals?
A. A serving of either cereal provides the same amount of vitamin A.
B. Only cereal #1 can be labeled as being a *good source* of fiber.
C. Cereal #1 provides less fiber and more protein than cereal #2.
D. Both cereals can be labeled as *low in sodium*.

58. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

To prevent the risk of chronic disease in adulthood, what is the minimum amount of moderate physical activity recommended?
A. 30 minutes most every day
B. 60 minutes every day
C. 90 minutes every other day
D. Exercise recommendations are not included in the *Dietary Guidelines for Americans 2005*

59. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

All of the following would be recommended to prevent foodborne illnesses **except**:
A. Cook foods to a safe internal temperature.
B. Drink unpasteurized apple juice from a local producer.
C. Do not snack on raw cookie dough containing eggs.
D. Do not rinse poultry or meat before preparing.

60. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

Which of the following food recommendations would you expect the dietician to make?
A. Consume 2 cups per day of fat-free milk or its equivalent.
B. Consume more refined grains.
C. Eat fresh fruit as snacks.
D. Choose foods with more saturated fat and less monounsaturated fat.

61. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

Which of the following snacks would be the best for Zoe and her parents?
A. Half a bagel with 1 tablespoon of peanut butter
B. One cup cereal with skim or soy milk
C. An apple and low-fat cheddar cheese
D. All these are smart snacks.

62. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

Julia and David like to have a beer or glass of wine when they get home from work. If they do drink, how much alcohol is considered moderate?
A. One drink a day for both Julia and David.
B. Two drinks a day for both Julia and David.
C. Two drinks a day for Julia and three for David.
D. One drink a day for Julia and two for David.

63. Dry beans are fattening and should only be eaten occasionally.
True False

64. The Mediterranean Diet recommends eating meat a few times a week.
True False

65. The only vitamins that must appear on a food label are vitamins C and A.
True False

66. Chinese food served in American Chinese restaurants usually is very similar to food eaten by rural Chinese people in China.
True False

67. The EAR for nutrients is set at a point high enough to cover most healthy people.
True False

68. According to MyPyramid, one egg is equivalent to 1 ounce of cooked lean meat.
True False

69. The ingredients on a food label are listed in alphabetical order.
True False

70. The need for setting Tolerable Upper Intake Levels (UL) for nutrients is the result of more people using large doses of supplements and fortified foods.
True False

71. Phytochemicals do not provide energy or building materials.
True False

72. A healthy diet should consist of 3 meals a day without any snacking.
True False

73. *Match the short phrase or description with the appropriate term.*

1. variety	characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health.	____
2. exchange lists	a feature of a diet that provides a number of types of foods in balance with one another.	____
3. fortified foods	control of consumption of energy; a feature of a sound diet plan.	____
4. calorie control	lists of foods with portion sizes specified. The foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet.	____
5. nutrient dense	a diet-planning tool that groups foods according to similar origin and nutrient content.	____
6. adequacy	foods to which nutrients have been added.	____
7. moderation	the attribute of a diet that provides no unwanted constituent in excess.	____
8. balance	refers to a food that supplies large amounts of nutrients relative to the number of calories it contains.	____
9. food group plan	a feature of a diet in which different foods are used for the same purposes on different occasions.	____

74. *Match the short phrase or description with the appropriate term.*

1. EAR	the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA.	____
2. AI	a range of intakes for a particular energy source that is associated with a reduced risk of chronic disease while providing adequate intakes of essential nutrients.	____
3. RDA	a set of reference values for energy and nutrients that can be used for planning and assessing diets for healthy people.	____
4. AMDR	the amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender.	____
5. EER	the average calorie intake that is predicted to maintain energy balance in a healthy adult of a defined gender, age, weight, height, and physical activity level.	____
6. DRI	the average daily amount of a nutrient that is sufficient to meet the nutrient needs of nearly all healthy individuals of a specific age and gender.	____
7. UL	the minimum amount of a nutrient that will prevent the development of deficiency symptoms.	____
8. requirement	the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people.	____

75. Propose five suggestions for smart snacking and discuss their value in achieving a healthy diet.

76. Compare the differences between meals served in a typical American Italian or American Chinese restaurant to meals traditionally eaten in these countries.

77. Define the term *Daily Value* and state the purpose of including Daily Values on food labels.

78. Define the term *lifestyle disease*. Describe how an individual can play a major part in preventing this kind of disease.

79. Describe the changes you would make in your diet if you implemented the *Dietary Guidelines for Americans 2005*.

80. Discuss how the traditional ethnic cuisine of one of the following groups fits into a healthful eating pattern: (a) Mexican American, (b) Chinese, (c) Italian, (d) African American, (e) Jewish, or (f) Indian.

81. Craig's new girlfriend is Mexican-American and he wants to cook her a healthy dinner. Plan a meal with an appetizer, main course, and dessert which contains 20%-35% of its calories from fat and is low in saturated and *trans* fats.

82. List and define the major Dietary Reference Intake categories.

83. Explain why the "% Daily Value" is used on food labels rather than the DRI values.

84. Draw the MyPyramid. List the recommended amounts for each of the food groups for a 2,000-calorie diet.

85. You work for the USDA and are given the task to plan the next food pyramid (or other graphic). Create a better one than the MyPyramid.

Chapter 2 - The Pursuit of a Healthy Diet Key

1. The "ABCMV" diet-planning principles are:
A. abundance, balance, conservative, moderation, and variety.
B. adequacy, bone development, correction, moderation, and variety.
C. adequacy, balance, calorie control, moderation, and variety.
D. abundance, better, choices, multiple, and variety.

2. Foods with a high nutrient density:
A. are iron rich.
B. contain a mixture of carbohydrate, fat, and protein.
C. carry the USDA nutrition labeling.
D. are rich in nutrients but relatively low in calories.

3. The concept of nutrient density is most helpful in achieving which principle of diet planning?
A. Variety
B. Moderation
C. Balance
D. Adequacy
E. Calorie control

4. Valerie is eating lunch at the college cafeteria and is determined not to gain weight during her freshman year at college. She realizes that controlling portion size is the key to not over indulging. Which of the following visual references would equal 1 cup of pasta?
A. Four thumbs together
B. Palm of one hand
C. Three clenched fists
D. Two hands, cupped

5. A diet that does not overemphasize any food type or nutrient at the expense of another is following which characteristic of a healthy diet?
A. Adequacy
B. Balance
C. Calorie control
D. Moderation

6. Mark is a 5-year-old boy who loves milk. He drinks skim milk all day long. He also loves yogurt and cheese. What type of deficiency is Mark at risk for?
A. Iron
B. Zinc
C. Calcium
D. Vitamin D

7. Peaches are a food source of vitamins A and C. Why would a raw peach be considered a more nutrient-dense snack than a serving of peaches canned in light syrup?
A. The canned peaches are more processed than the raw peach.
B. The raw peach is brighter in color than the canned peaches.
C. The raw peach contains more vitamins per calorie than the canned peaches.
D. The canned peaches contain more vitamins per calorie than the raw peach.

8. Steven is 9 years old and loves to drink orange juice whenever he can. He often drinks orange juice instead of eating food. Which characteristic of healthy eating is this not in agreement with?
A. Balance
B. Calorie control
C. Moderation
D. Adequacy

9. What is the 80/20 rule?
A. Getting 80% of your calories from carbohydrates and 20% from protein.
B. Eating 80% of the time at home and 20% of the time at restaurants.
C. Eating low-fat, nutrient-dense foods 80% of the time and splurging a little 20% of the time.
D. Eating 80% of your food intake before 7 o'clock at night and 20% after 7 o'clock.

10. Which of these snacks would you take to the library if you knew you would be studying for several hours?
A. Fruit rolls
B. Fruit drink
C. Half a peanut butter sandwich
D. Candy bar

11. Which of the following statements about the DRI is **not** correct?
A. They are for healthy people only.
B. They are nutrient requirements that people should meet every day.
C. Separate recommendations are made for different groups of people.
D. They were established by the National Academy of Sciences.

12. Dietary Reference Intakes (DRI) should **not** be used to:
A. estimate nutrient requirements for healthy people.
B. assess dietary nutrient adequacy.
C. plan diets.
D. treat persons with diet-related illnesses.

13. The RDA (Recommended Dietary Allowances) for nutrients are generally:
A. the minimum amounts that average people need.
B. more than twice as high as anyone needs.
C. designed to prevent deficiency diseases in half the population.
D. designed to be adequate for almost all healthy people.
E. the same for all ages for all nutrients.

14. The DVs:
A. are nutrient levels set by the FDA.
B. are used in food labeling.
C. serve as a guide for planning diets of individuals or groups.
D. a and b
E. b and c

15. The 2005 *Dietary Guidelines for Americans* make all of the following suggestions except:
A. choose diets that emphasize dark green and orange vegetables.
B. include beans and nuts.
C. choose foods low in saturated and *trans* fats.
D. choose diets that emphasize refined and enriched grain products.
E. choose a diet low in added sugars and sodium.

16. Louise would like to lose some weight. How might the exchange lists be helpful to her?
A. Louise can easily compare several brands of a particular food to find the most nutrient-dense version.
B. Louise can identify low-calorie foods rich in each of the essential vitamins and minerals.
C. Louise can mix and match the portion sizes for different foods that provide the same number of calories to plan calorie-controlled meals.
D. Louise can determine which foods will prevent her from developing diabetes if she consumes them on a regular basis as she loses weight.

17. The FDA has approved health claims on food labels for all of the following conditions **except**: _____.
A. osteoporosis
B. heart disease
C. tooth decay
D. arthritis
E. all of the above are approved health claims

18. The Nutrition Facts panel of the food label must provide information about all of the items listed below **except**:
A. monounsaturated fat.
B. vitamin A.
C. total fat.
D. fiber.
E. sodium.

19. The RDA for a nutrient is set at which point?
A. A point high enough to cover most healthy people.
B. A minimum value you are supposed to exceed.
C. An average value.
D. An upper limit to prevent overdoses.

20. The Acceptable Macronutrient Distribution Ranges (AMDR) set recommendations for which of the following nutrients?
A. Vitamin E, calcium, lipids
B. Fat, carbohydrates, protein
C. Phytochemicals, lipids, fiber
D. Fiber, iron, zinc

21. How much moderately intense physical activity does the DRI report suggest to reduce the risk of chronic disease?
A. 20 minutes four to seven days a week
B. 30 minutes every day
C. 15 minutes three times a week
D. 60 minutes every day

22. All of the following are recommendations included in the *Dietary Guidelines for Americans 2005* **except**:
A. consume less than 30% of calories from saturated fats.
B. consume less than 1 teaspoon of salt each day.
C. consume 3 cups per day of fat-free milk.
D. avoid unpasteurized milk.

23. Joe spends between 30 and 60 minutes a day engaged in moderately intense physical activity, in addition to other daily activities. What activity level would he belong to?
A. Sedentary
B. Moderately active
C. Active
D. Very active

24. All of the following are equivalent to 1 ounce of grains **except**:
A. 1 slice of bread.
B. 1 English muffin.
C. 3 cups popcorn.
D. 1/2 cup cooked pasta.

25. All of the following are equivalent to 1 ounce from the meat and beans group **except**:
A. 1 egg.
B. 1/4 cup cooked dry beans.
C. 3 tbsp peanut butter.
D. 1/2 cup split pea soup.

26. In addition to the five food groups, we need to include a small amount of oil in the diet for the _____ and _____ that oils provide.
A. vitamin K, phytochemicals
B. vitamin E, vitamin C
C. essential fats, vitamin E
D. *trans* fat, vitamin A

27. Which of the following foods is **not** a fortified food?
A. Bread
B. Breakfast cereals
C. Milk
D. Apples

28. The balance of calories remaining in a person's energy allowance after accounting for the number of calories needed to meet recommended nutrient intakes is known as the:
A. bonus calorie allowance.
B. discretionary calorie allowance.
C. extra calorie allowance.
D. fat and sugar calorie allowance.

29. All of the following foods contain phytochemicals **except**:
A. skim milk.
B. mushrooms.
C. canned peas.
D. a frozen tofu burger.

30. According to the Dietary Reference Intakes (DRI), what percentage of the calories in a balanced diet should come from protein?
A. 2 to 15 percent
B. 10 to 35 percent
C. 35 to 45 percent
D. 45 to 65 percent

31. Which of the following does **not** have to appear on the Nutrition Facts panel?
A. Calories
B. Calories from fat
C. Vitamin A
D. Vitamin E

32. Sue picked up a cereal box and read that one serving provides 15 percent of the DV for total carbohydrate. Which of the following statements is true regarding this cereal?
A. One serving contains 15 percent of its calories from carbohydrates.
B. One serving provides 15 percent of the total carbohydrates that are recommended to be eaten in a day.
C. The contents of the cereal box provide 15 percent of the carbohydrates that should be eaten in a day.
D. One serving provides 15 percent of the starch recommendation only for the day.

33. Approximately _____% to _____% of the calories in a balanced diet come from fat.
A. 2, 15
B. 10, 35
C. 20, 35
D. 50, 65

34. Approximately 45 to 65 percent of the total calories in a balanced diet should come from which of the following?
A. Fats
B. Proteins
C. Carbohydrates
D. Phytochemicals

35. According to MyPyramid, you should avoid fat from
A. fish.
B. nuts.
C. dairy products.
D. vegetable oils.

36. Which of the following is **not** a nutrient-dense food choice?
A. Bologna
B. Water-packed tuna
C. A baked potato
D. Bread
E. Orange juice

37. Juan is of Hispanic origin and enjoys eating native foods. What food group would a corn tortilla belong to?
A. Fruit
B. Vegetable
C. Grains
D. Milk, yogurt and cheese

38. Holly wants to lower her risk of heart disease and decides to follow the Mediterranean Food Guide Pyramid. How often may she eat red meat?
A. Daily
B. A few times a week
C. A few times per month
D. Never

39. David wants to lower his risk of heart disease and decides to follow the Mediterranean Food Guide Pyramid. How often should he consume olive oil?
A. Daily
B. A few times a week
C. A few times a month
D. Never

40. In the Mediterranean Food Guide Pyramid shown in your text, which foods are you encouraged to consume a few times per week?
A. Eggs, poultry, and fish
B. Fruits, beans, legumes, nuts and vegetables
C. Cheese, yogurt, and fish
D. Red meat, oil, and sweets

41. All of the following are forms of added sugar **except**:
A. molasses.
B. high-fructose corn syrup.
C. levulose.
D. niacinamide.

42. Bill is trying to eat healthier now that he is going to college. He takes a nutrition class, does a diet analysis, and finds out that his salt intake is very high. Which characteristic of a healthy diet is Bill violating?
A. Adequacy
B. Balance
C. Moderation
D. Variety

43. Nicole is reading a food label on a bag of broccoli and sees that it says it is "high in vitamin C." What exactly does this mean?
A. A serving has 20% or more of the Daily Value for vitamin C.
B. The bag has 20% or more of the Daily Value for vitamin C.
C. A serving has more vitamin C than is normally found in broccoli.
D. A serving has 50% of the Daily Value for vitamin C.

44. Mary is comparing light brown sugar to regular brown sugar. What is the difference?
A. The light brown sugar is lower in calories.
B. The light brown sugar is lighter in color.
C. The light brown sugar is lighter in texture.
D. The light brown sugar is lower in weight.

45. A food label can make a health claim for soluble fiber. Which disease is this nutrient associated with a lower risk of?
A. Heart disease
B. Cancer
C. Tooth decay
D. High blood pressure

46. A food label can make a health claim for sugar alcohols. Which disease is this nutrient associated with a lower risk of?
A. Heart disease
B. Cancer
C. Tooth decay
D. Liver disease

47. The % Daily Values for vitamins and minerals on labels represent the _____ of all the DRI values.
A. lowest
B. average
C. highest
D. It is different for different nutrients.

48. Joe picks up a package of low-fat hot dogs in the supermarket. He can be confident that this food has:
A. no more than 10 grams of fat per serving.
B. no more than 3 grams of fat per serving.
C. no saturated fat.
D. no cholesterol.

49. If a cup of skim milk has 8 grams of protein and the Daily Value for protein is 50 grams, what percentage of the DV is this?
A. 6%
B. 8%
C. 16%
D. 625%

50. Which are the only vitamins that must appear on a food label?
A. Vitamins D and E
B. Folate and niacin
C. Riboflavin and vitamin C
D. Vitamins C and A

51. Zach eats a 2000-calorie diet and therefore should eat no more than 65 grams of fat per day. While at the mall he had a soft pretzel (6 grams of fat) and a mocha coffee drink (20 grams of fat). How many more grams of fat can Zach have to stay within his fat "budget"?
A. 26
B. 39
C. 91
D. There is not enough information provided.

52. In the typical Mexican diet, which of the following would provide the most phytochemicals?
A. Salsa
B. Tortilla shells
C. Chorizo
D. Vegetable oil

53. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

Which cereal would provide the fewest calories per serving?

A. Cereal #1

B. Cereal #2

C. Both cereals have the same calories per serving.

D. It is impossible to determine from the information provided.

54. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

What is the percentage of calories from fat in cereal #1?

A. 9%
B. 43%
C. 60%
D. 65%

55. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

Carly wants to also stay healthy and decides to purchase the cereal that may help prevent heart disease and cancer. Which cereal would she buy and why?

A. Cereal #1 because it contains more protein per serving.
B. Cereal #2 because it has less sugar.
C. Cereal #2 because it contains more fiber.
D. Both cereals would be equally effective because they both contain no cholesterol.

56. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

If both cereals cost the same amount, which cereal is a better economic value?

A. Cereal #1

B. Cereal #2

C. Both have the same value.

D. Not enough information is provided.

57. **Vignette #1**

Carly is an overweight 21 year old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1 (see following page). Help Carly evaluate these 2 breakfast cereals.

Figure 1: Food Labels for Vignette #1	
Cereal #1	**Cereal #2**

Nutrition F

Serving Size 1/2 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cere
Calories	14
Calories from Fat	6
	%
Total Fat 6g*	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Amount in Cereal. One half cup skim milk c
additional 40 calories, 65mg sodium, 6g tot
(6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000
Your Daily Values may be higher or lower d
your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300m
Sodium	Less than	2400
Total Carbohydrate		300g
Dietary Fiber		25g

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½cup fortified skimmilk
Calories	60	100
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

* Amount in Cereal. A servingof cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 120mg sodium, 380mg potassium, 31g total carbohydrate (6g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

Which of the following statements is **incorrect** about the two cereals?

A. A serving of either cereal provides the same amount of vitamin A.
B. Only cereal #1 can be labeled as being a *good source* of fiber.
C. Cereal #1 provides less fiber and more protein than cereal #2.
D. Both cereals can be labeled as *low in sodium*.

58. **Vignette #2**

Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

To prevent the risk of chronic disease in adulthood, what is the minimum amount of moderate physical activity recommended?

A. 30 minutes most every day
B. 60 minutes every day
C. 90 minutes every other day
D. Exercise recommendations are not included in the *Dietary Guidelines for Americans 2005*

59. **Vignette #2**

Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

All of the following would be recommended to prevent foodborne illnesses **except**:

A. Cook foods to a safe internal temperature.
B. Drink unpasteurized apple juice from a local producer.
C. Do not snack on raw cookie dough containing eggs.
D. Do not rinse poultry or meat before preparing.

60. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

Which of the following food recommendations would you expect the dietician to make?
A. Consume 2 cups per day of fat-free milk or its equivalent.
B. Consume more refined grains.
C. Eat fresh fruit as snacks.
D. Choose foods with more saturated fat and less monounsaturated fat.

61. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

Which of the following snacks would be the best for Zoe and her parents?
A. Half a bagel with 1 tablespoon of peanut butter
B. One cup cereal with skim or soy milk
C. An apple and low-fat cheddar cheese
D. All these are smart snacks.

62. **Vignette #2**
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietician at Zoe's pediatrician's office. The first thing David asks the dietician is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about food safety and how to make sure Zoe doesn't get any foodborne illnesses. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2005*, answer the following questions:

Julia and David like to have a beer or glass of wine when they get home from work. If they do drink, how much alcohol is considered moderate?
A. One drink a day for both Julia and David.
B. Two drinks a day for both Julia and David.
C. Two drinks a day for Julia and three for David.
D. One drink a day for Julia and two for David.

63. Dry beans are fattening and should only be eaten occasionally.
FALSE

64. The Mediterranean Diet recommends eating meat a few times a week.
FALSE

65. The only vitamins that must appear on a food label are vitamins C and A.
TRUE

66. Chinese food served in American Chinese restaurants usually is very similar to food eaten by rural Chinese people in China.
FALSE

67. The EAR for nutrients is set at a point high enough to cover most healthy people.
FALSE

68. According to MyPyramid, one egg is equivalent to 1 ounce of cooked lean meat.
TRUE

69. The ingredients on a food label are listed in alphabetical order.
FALSE

70. The need for setting Tolerable Upper Intake Levels (UL) for nutrients is the result of more people using large doses of supplements and fortified foods.
TRUE

71. Phytochemicals do not provide energy or building materials.
TRUE

72. A healthy diet should consist of 3 meals a day without any snacking.
FALSE

73. *Match the short phrase or description with the appropriate term.*

1. variety	characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health.	**6**
2. exchange lists	a feature of a diet that provides a number of types of foods in balance with one another.	**8**
3. fortified foods	control of consumption of energy; a feature of a sound diet plan.	**4**
4. calorie control	lists of foods with portion sizes specified. The foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet.	**2**
5. nutrient dense	a diet-planning tool that groups foods according to similar origin and nutrient content.	**9**
6. adequacy	foods to which nutrients have been added.	**3**
7. moderation	the attribute of a diet that provides no unwanted constituent in excess.	**7**
8. balance	refers to a food that supplies large amounts of nutrients relative to the number of calories it contains.	**5**
9. food group plan	a feature of a diet in which different foods are used for the same purposes on different occasions.	**1**

74. *Match the short phrase or description with the appropriate term.*

1. EAR	the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA.	**2**
2. AI	a range of intakes for a particular energy source that is associated with a reduced risk of chronic disease while providing adequate intakes of essential nutrients.	**4**
3. RDA	a set of reference values for energy and nutrients that can be used for planning and assessing diets for healthy people.	**6**
4. AMDR	the amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender.	**1**
5. EER	the average calorie intake that is predicted to maintain energy balance in a healthy adult of a defined gender, age, weight, height, and physical activity level.	**5**
6. DRI	the average daily amount of a nutrient that is sufficient to meet the nutrient needs of nearly all healthy individuals of a specific age and gender.	**3**
7. UL	the minimum amount of a nutrient that will prevent the development of deficiency symptoms.	**8**
8. requirement	the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people.	**7**

75. Propose five suggestions for smart snacking and discuss their value in achieving a healthy diet.

See pp. 40-42.

76. Compare the differences between meals served in a typical American Italian or American Chinese restaurant to meals traditionally eaten in these countries.

See pp. 64-67.

77. Define the term *Daily Value* and state the purpose of including Daily Values on food labels.

See pp. 57, 59-60.

78. Define the term *lifestyle disease*. Describe how an individual can play a major part in preventing this kind of disease.

See pp. 38-39, 42.

79. Describe the changes you would make in your diet if you implemented the *Dietary Guidelines for Americans 2005*.

See p. 39.

80. Discuss how the traditional ethnic cuisine of one of the following groups fits into a healthful eating pattern: (a) Mexican American, (b) Chinese, (c) Italian, (d) African American, (e) Jewish, or (f) Indian.

See pp. 63-70.

81. Craig's new girlfriend is Mexican-American and he wants to cook her a healthy dinner. Plan a meal with an appetizer, main course, and dessert which contains 20%-35% of its calories from fat and is low in saturated and *trans* fats.

See pp. 48-51, 63-64.

82. List and define the major Dietary Reference Intake categories.

See pp. 34-38.

83. Explain why the "% Daily Value" is used on food labels rather than the DRI values.

See pp. 59-60.

84. Draw the MyPyramid. List the recommended amounts for each of the food groups for a 2,000-calorie diet.

See p. 44, 46.

85. You work for the USDA and are given the task to plan the next food pyramid (or other graphic). Create a better one than the MyPyramid.

See pp. 43-54.