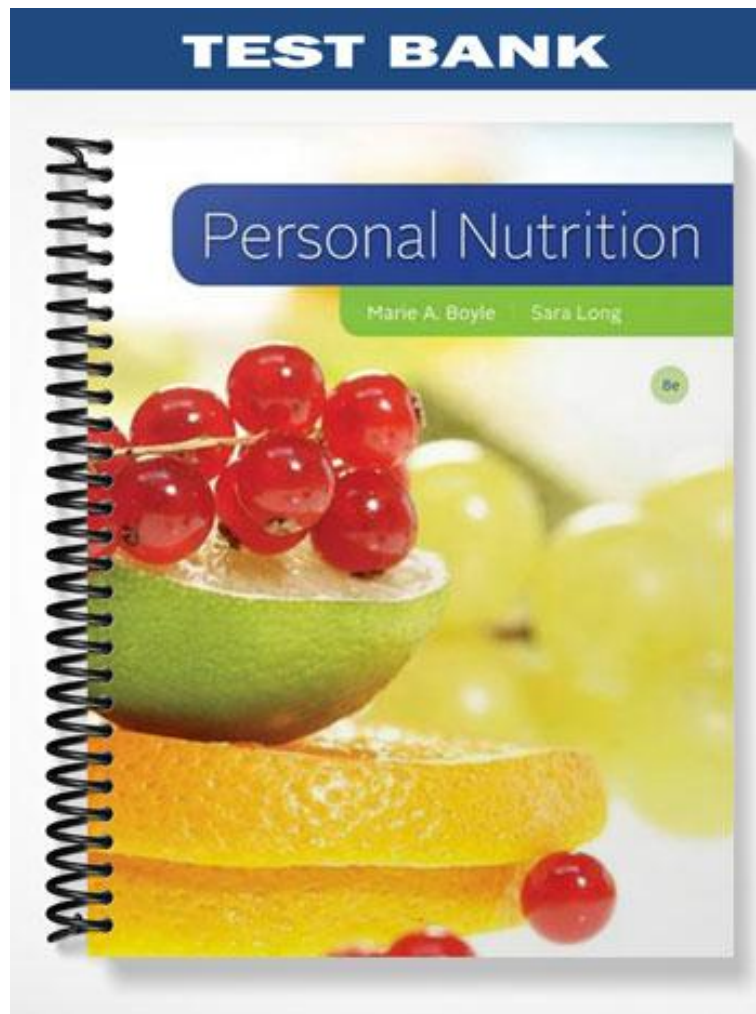


**TEST BANK**



**Personal Nutrition**

Marie A. Boyle | Sara Long

be

## Test Bank<sup>1</sup> for *Personal Nutrition 8e* Chapter 2 – The Pursuit of a Healthy Diet

### Question information key:

ANS = correct answer; REF = textbook page reference; TOP = question topic

### Multiple Choice

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.

ANS: c      REF: 30      TOP: The ABCs of Eating for Health

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.

ANS: d      REF: 31      TOP: The ABCs of Eating for Health

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

ANS: e      REF: 31      TOP: The ABCs of Eating for Health

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

ANS: d      REF: 50      TOP: Rules of Thumb for Portion Sizes

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<sup>1</sup> By Judy Kaufman of Monroe Community College; revised by Tania Rivera of Florida International University. A ready-to-print blank test containing the same questions is included at the end of this document.

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?
- Adequacy
  - Balance
  - Calorie control
  - Moderation

ANS: b REF: 30

TOP: The ABCs of Eating for Health

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?
- Iron
  - Zinc
  - Calcium
  - Vitamin D

ANS: a REF: 30

TOP: The ABCs of Eating for Health

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?
- The canned peaches are more processed than the raw peach.
  - The raw peach is brighter in color than the canned peaches.
  - The raw peach contains more vitamins per calorie than the canned peaches.
  - The canned peaches contain more vitamins per calorie than the raw peach.

ANS: c REF: 31

TOP: The ABCs of Eating for Health

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?
- Balance
  - Calorie control
  - Moderation
  - Adequacy

ANS: a REF: 30

TOP: The ABCs of Eating for Health

9. For which nutrient is the current U.S. diet **closest** to meeting the 2010 *Dietary Guidelines for Americans* intake recommendation?
- Vitamin D
  - Potassium
  - Calcium
  - Sodium

ANS: c REF: 49

TOP: How Well Do We Eat

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

ANS: c REF: 38

TOP: Grazer's Guide to Smart Snacking

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

ANS: b    REF: 32-33    TOP: Nutrient Recommendations

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

ANS: d    REF: 32    TOP: Nutrient Recommendations

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

ANS: d    REF: 34    TOP: Nutrient Recommendations

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

ANS: d    REF: 53-55    TOP: More Tools for Diet Planning

15. The 2010 *Dietary Guidelines for Americans* make all of the following suggestions **except**:
- eat a variety of vegetables, especially dark-green and red and orange vegetables.
  - use oils to replace solid fats where possible.
  - consume at least half of all grains as whole grains.
  - choose diets that emphasize refined and enriched grain products.
  - increase intake of fat-free or low-fat milk and milk products.

ANS: d    REF: 37    TOP: The Challenge of Dietary Guidelines

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

ANS: c    REF: 56-58    TOP: More Tools for Diet Planning

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

ANS: d      REF: 58

TOP: More Tools for Diet Planning

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.

ANS: a      REF: 52|53

TOP: More Tools for Diet Planning

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

ANS: a      REF: 34|35

TOP: Nutrient Recommendations

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

ANS: b      REF: 35

TOP: Nutrient Recommendations

21. The MyPlate website suggests how much moderate aerobic physical activity to reduce the risk of chronic disease, help prevent weight gain, and help sustain weight loss?

- a. 1 hour/week
- b. 1 hour and 30 minutes/week
- c. 2 hours/week
- d. 2 hours and 30 minutes/week

ANS: d      REF: 40

TOP: The MyPlate Diet-Planning Tool

22. All of the following are major goals from the *Dietary Guidelines for Americans 2010* **except**:

- a. reduce health disparities.
- b. consume more nutrient-dense foods.
- c. balance calories with physical activity to manage weight.
- d. consume fewer foods with sodium, saturated fats, *trans* fats, cholesterol, added sugars, and refined grains.

ANS: a      REF: 36-37

TOP: The Challenge of Dietary Guidelines

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?
- Sedentary
  - Moderately active
  - Active
  - Very active

ANS: b REF: 43

TOP: The MyPlate Diet Planning Tool

24. All of the following are equivalent to 1 ounce of grains **except**:
- 1 slice of bread.
  - 1 English muffin.
  - 3 cups popcorn.
  - ½ cup cooked pasta.

ANS: b REF: 44

TOP: The MyPlate Diet Planning Tool

25. All of the following are equivalent to 1 ounce from the protein foods group **except**:
- 1 egg.
  - ¼ cup cooked dry beans.
  - 3 tbsp peanut butter.
  - ½ cup split pea soup.

ANS: c REF: 44

TOP: The MyPlate Diet Planning Tool

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.
- vitamin K, phytochemicals
  - vitamin E, vitamin C
  - essential fats, vitamin E
  - trans* fat, vitamin A

ANS: c REF: 45

TOP: The MyPlate Diet Planning Tool

27. Which of the following is used to describe the maximum daily amount of a nutrient that is unlikely to pose risk of adverse effects?
- DRI
  - AI
  - DV
  - UL

ANS: d REF: 34

TOP: Nutrient Recommendations

28. If you consistently build your diet by choosing mostly nutrient-dense foods that are low in solid fat and added sugars, you may be able to meet your nutrient needs without using your full calorie allowance. In this case, the balance of calories is called your:
- bonus calorie allowance.
  - daily limit for empty calories.
  - extra calorie allowance.
  - fat and sugar calorie allowance.

ANS: b REF: 45

TOP: The MyPlate Diet Planning Tool

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

ANS: a REF: 54

TOP: Color Your Plate for Health

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

ANS: b REF: 36

TOP: Nutrient Recommendations

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

ANS: d REF: 52|53

TOP: More Tools for Diet Planning

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?
- One serving contains 15 percent of its calories from carbohydrates.
  - One serving provides 15 percent of the total carbohydrates that are recommended to be eaten in a day.
  - The contents of the cereal box provide 15 percent of the carbohydrates that should be eaten in a day.
  - One serving provides 15 percent of the starch recommendation only for the day.

ANS: b REF: 55

TOP: More Tools for Diet Planning

33. Approximately \_\_\_\_% to \_\_\_\_% of the calories in a balanced diet come from fat.
- 2, 15
  - 10, 35
  - 20, 35
  - 50, 65

ANS: c REF: 36

TOP: Nutrient Recommendations

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

ANS: c REF: 36

TOP: Nutrient Recommendations

35. According to MyPlate, you should avoid fat from
- fish.
  - nuts.
  - dairy products.
  - vegetable oils.

ANS: c REF: 41

TOP: The MyPlate Diet Planning Tool

36. Which of the following is **not** a nutrient-dense food choice?
- Bologna
  - Water-packed tuna
  - A baked potato
  - Whole grain bread
  - An orange

ANS: a REF: 31

TOP: The ABCs of Eating for Health

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

ANS: c REF: 60

TOP: A Tapestry of Cultures and Cuisines

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

ANS: c REF: 62 | 63

TOP: A Tapestry of Cultures and Cuisines

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

ANS: a REF: 62 | 63

TOP: A Tapestry of Cultures and Cuisines

40. Which foods make up the majority of the Mediterranean diet?
- Eggs, poultry, and fish
  - Fruits, beans, legumes, nuts, and vegetables
  - Cheese, yogurt, and fish
  - Red meat, oil, and sweets

ANS: b REF: 62 | 63

TOP: A Tapestry of Cultures and Cuisines



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

ANS: d REF: 53

TOP: More Tools for Diet Planning

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?
- Adequacy
  - Balance
  - Moderation
  - Variety

ANS: c REF: 30|32

TOP: The ABCs of Eating for Health

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 serving provides 20% or more of the Daily Value for vitamin C.
  - The bag contains 20% or more of the Daily Value for vitamin C.
  - A serving contains more vitamin C than is normally found in broccoli.
  - A serving provides 50% of the Daily Value for vitamin C.

ANS: a REF: 57

TOP: More Tools for Diet Planning

44. Mary is comparing light potato chips to regular potato chips. What is the difference?
- The light potato chips are lower in calories.
  - The light potato chips are lighter in color.
  - The light potato chips are lighter in texture.
  - The light potato chips are lower in weight.

ANS: a REF: 57

TOP: More Tools for Diet Planning

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

ANS: a REF: 58

TOP: More Tools for Diet Planning

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

ANS: c REF: 58

TOP: More Tools for Diet Planning

47. The % Daily Values for vitamins and minerals on labels represent the \_\_\_\_\_ of all the DRI values.
- lowest
  - average
  - highest
  - It is different for different nutrients.

ANS: c REF: 55

TOP: More Tools for Diet Planning

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

ANS: b REF: 57

TOP: More Tools for Diet Planning

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?
- 6%
  - 8%
  - 16%
  - 625%

ANS: c REF: 55

TOP: More Tools for Diet Planning

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

ANS: d REF: 52|53

TOP: More Tools for Diet Planning

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”?
- 26
  - 39
  - 91
  - There is not enough information provided.

ANS: b REF: 53-54

TOP: More Tools for Diet Planning

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

ANS: a REF: 54

TOP: Color Your Plate for Health

53. Plain, low-fat yogurt with fresh blueberries:
- is a good snack choice because it provides a mixture of energy nutrients.
  - is a poor snack choice because it combines two food groups.
  - is a good snack choice because it is low in carbohydrate and high in protein.
  - is a poor snack choice because it contains fat.

ANS: a REF: 38

TOP: Grazer's Guide to Smart Snacking

54. Tulley is a 38-year-old man who successfully lost 50 lb. of excess weight. According to MyPlate recommendations, how much physical activity does he need to maintain his weight loss when he doesn't exceed his calorie needs?
- At least 90 minutes of moderate activity per week
  - At least 30-60 minutes vigorous activity per week
  - At least 150 minutes of moderate activity per week
  - At least 180 minutes of vigorous activity per week

ANS: c REF: 40

TOP: The MyPlate Diet Planning Tool

55. Which of the following foods provides empty calories?
- Roasted skinless turkey breast
  - Whole-wheat bread
  - Frozen peaches
  - Reduced-fat milk

ANS: d REF: 45

TOP: The MyPlate Diet Planning Tool

56. Which of the following does not equal 1 tsp from the "Oils" group?
- 1 tbsp low-fat mayonnaise
  - 2 tbsp light salad dressing
  - 1 oz peanuts
  - 1 tbsp soft margarine

ANS: d REF: 44

TOP: The MyPlate Diet Planning Tool

57. An unhealthful aspect of the traditional Mexican diet is the frequent consumption of:
- tomatoes, chilis, and onions.
  - flour tortillas, chorizo, and eggs.
  - corn tortillas, amaranth, and rice.
  - pinto beans, jicama, and avocado.

ANS: b REF: 59

TOP: A Tapestry of Cultures and Cuisines

58. Which style of Chinese cooking is characterized by steaming and stir-frying, and therefore tends to be the lowest in fat?
- Cantonese
  - Peking
  - Shanghai
  - Szechwan or Hunan

ANS: a REF: 60

TOP: A Tapestry of Cultures and Cuisines

59. Which statement below is true?
- Indian cuisines are noted for their very mild, almost bland flavors.
  - Women in India typically eat more meat than men do.
  - Fish is avoided by people in India, even those residing in coastal areas.
  - Vegetarianism has been practiced in India for thousands of years.

ANS: d REF: 62-63

TOP: A Tapestry of Cultures and Cuisines

**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.

60. Which cereal would provide the fewest calories per serving?
- Cereal #1
  - Cereal #2
  - Both cereals have the same calories per serving.
  - It is impossible to determine from the information provided.

ANS: b REF: 51-53

TOP: More Tools for Diet Planning

61. What is the percentage of calories from fat in cereal #1?
- 9%
  - 43%
  - 60%
  - 65%

ANS: b REF: 51-53

TOP: More Tools for Diet Planning

62. 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?
- Cereal #1 because it contains more protein per serving.
  - Cereal #2 because it has less sugar.
  - Cereal #2 because it contains more fiber.
  - Both cereals would be equally effective because they both contain no cholesterol.

ANS: c REF: 51-53 | 58

TOP: More Tools for Diet Planning

63. If both cereals cost the same amount, which cereal is a better economic value?
- Cereal #1
  - Cereal #2
  - Both have the same value.
  - Not enough information is provided.

ANS: b REF: 51-53

TOP: More Tools for Diet Planning

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

Cereal #1				Cereal #2			
<b>Nutrition Facts</b>				<b>Nutrition Facts</b>			
Serving Size ½ cup (30g)				Serving Size ½ cup (30g)			
Servings Per Container about 11				Servings Per Container about 15			
		Cereal + ½ cup fortified skim milk				Cereal + ½ cup fortified skim milk	
Amount Per Serving		Cereal		Amount Per Serving		Cereal	
Calories		140	180	Calories		60	100
Calories from Fat		60	65	Calories from Fat		10	10
		% Daily Value*				% Daily Value*	
Total Fat	6g	9%	9%	Total Fat	1g	1%	2%
Saturated Fat	1g	5%	5%	Saturated Fat	0g	0%	0%
Trans Fat	0g			Trans Fat	0g		
Cholesterol	0mg	0%	0%	Polyunsaturated Fat	0g		
Sodium	40mg	2%	5%	Monounsaturated Fat	0g		
Total Carbohydrate	19g	6%	8%	Cholesterol	0mg	0%	1%
Dietary Fiber	2g	8%	8%	Sodium	105mg	4%	7%
Sugars	4g			Potassium	180mg	5%	11%
Protein	3g			Total Carbohydrate	25g	8%	10%
Vitamin A		0%	6%	Dietary Fiber	14g	57%	57%
Vitamin C		0%	0%	Sugars	0g		
Calcium		2%	15%	Other Carbohydrate	11g		
Iron		6%	6%	Protein	2g		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.				* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000	2,500			
Total Fat	Less than	65g	80g		Vitamin A	0%	4%
Sat Fat	Less than	20g	25g		Vitamin C	10%	10%
Cholesterol	Less than	300mg	300mg		Calcium	10%	25%
Sodium	Less than	2400mg	2400mg		Iron	25%	25%
Total Carbohydrate		300g	375g		Vitamin D	0%	10%
Dietary Fiber		25g	30g		Thiamin	25%	30%
					Riboflavin	25%	35%
					Niacin	25%	25%
					Vitamin B <sub>6</sub>	25%	35%
					Folic Acid	25%	25%
					Vitamin B <sub>12</sub>	25%	35%
					Phosphorus	10%	20%
					Magnesium	10%	15%
					Zinc	25%	30%

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

ANS: b REF: 51-53, 57

TOP: More Tools for Diet Planning

**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 dietitian at Zoe's pediatrician's office. The first thing David asks the dietitian is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about how to make sure Zoe gets enough essential nutrients. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2010* and the MyPlate tool, answer the following questions.

65. To prevent the risk of chronic disease in adulthood, what would be recommended?
- Reduce time in sedentary behaviors
  - Increase solid fats and reduce oils
  - Eat a variety of vegetables
  - a and c

ANS: d REF: 37

TOP: The Challenge of Dietary Guidelines

66. You show Julia and David the MyPlate graphic. What important principle can you **best** demonstrate to them using this graphic?
- Adequacy—include at least 4 different foods on your plate at each meal
  - Proportionality—fill at least half your plate with fruits and vegetables
  - Food safety—avoid mixing dairy foods with other foods on your plate
  - Moderation—limit added sugars and solid fats on your plate

ANS: b REF: 40-41

TOP: The MyPlate Diet-Planning Tool

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

ANS: c REF: 37

TOP: The Challenge of Dietary Guidelines

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

ANS: d REF: 38-39

TOP: Grazer's Guide to Smart Snacking

69. Julia and David like to have a beer or glass of wine when they get home from work. The beer and wine contribute \_\_\_\_\_ to their diets.
- no calories
  - sweets
  - oils
  - empty calories

ANS: d REF: 44|45

TOP: MyPlate Diet-Planning Tool

**True/False**

1. Dry beans are fattening and should only be eaten occasionally.  
ANS: F    REF: 47    TOP: The MyPlate Diet Planning Tool
2. The Mediterranean Diet recommends eating meat a few times a week.  
ANS: F    REF: 62|63    TOP: A Tapestry of Cultures and Cuisines
3. The only vitamins that must appear on a food label are vitamins C and A.  
ANS: T    REF: 52|53    TOP: More Tools for Diet Planning
4. Chinese food served in American Chinese restaurants usually is very similar to food eaten by rural Chinese people in China.  
ANS: F    REF: 59-61    TOP: A Tapestry of Cultures and Cuisines
5. The EAR for nutrients is set at a point high enough to cover most healthy people.  
ANS: F    REF: 34    TOP: Nutrient Recommendations
6. According to MyPlate, one egg is equivalent to 1 ounce of cooked lean meat.  
ANS: T    REF: 44    TOP: The MyPlate Diet Planning Tool
7. The ingredients on a food label are listed in alphabetical order.  
ANS: F    REF: 51|52    TOP: More Tools for Diet Planning
8. 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.  
ANS: T    REF: 34    TOP: Nutrient Recommendations
9. Phytochemicals do not provide energy or building materials.  
ANS: T    REF: 54    TOP: Color Your Plate for Health
10. A healthy diet should consist of 3 meals a day without any snacking.  
ANS: F    REF: 38-39    TOP: Grazer's Guide to Smart Snacking

**Matching**

*Match the term with the short phrase or description that best matches it.*

- a. vitamins and minerals that protect other compounds.
- b. nonnutritive substances in plants that possess health-protective benefits.
- c. control of consumption of energy; a feature of a sound diet plan.
- d. the attribute of a diet that provides no unwanted constituent in excess.

- e. a feature of a diet in which different foods are used for the same purposes on different occasions.
- f. refers to a food that supplies large amounts of nutrients relative to the number of calories it contains.
- g. a feature of a diet that provides a number of types of foods in harmony with one another.
- h. 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.
- i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health.

- 1. adequacy
- 2. antioxidant nutrients
- 3. balance
- 4. calorie control
- 5. exchange lists
- 6. moderation
- 7. nutrient dense
- 8. phytochemical
- 9. variety

- |           |            |                                    |
|-----------|------------|------------------------------------|
| 1. ANS: i | REF: 30    | TOP: The ABCs of Eating for Health |
| 2. ANS: a | REF: 54    | TOP: Color Your Plate              |
| 3. ANS: g | REF: 30    | TOP: The ABCs of Eating for Health |
| 4. ANS: c | REF: 30    | TOP: The ABCs of Eating for Health |
| 5. ANS: h | REF: 56-57 | TOP: More Tools for Diet Planning  |
| 6. ANS: d | REF: 30    | TOP: The ABCs of Eating for Health |
| 7. ANS: f | REF: 31    | TOP: The ABCs of Eating for Health |
| 8. ANS: b | REF: 54    | TOP: Color Your Plate              |
| 9. ANS: e | REF: 30    | TOP: The ABCs of Eating for Health |

*Match the term with the short phrase or description that best matches it.*

- a. a set of reference values for energy and nutrients that can be used for planning and assessing diets for healthy people.
- b. the minimum amount of a nutrient that will prevent the development of deficiency symptoms.
- c. 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.
- d. 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.
- e. 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.
- f. the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA.
- g. the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people.
- h. 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.

- 10. AI
- 11. AMDR
- 12. DRI
- 13. EAR
- 14. EER
- 15. RDA



16. requirement

17. UL

10. ANS: f	REF: 35	TOP: Nutrient Recommendations
11. ANS: h	REF: 35	TOP: Nutrient Recommendations
12. ANS: a	REF: 32	TOP: Nutrient Recommendations
13. ANS: d	REF: 34   35	TOP: Nutrient Recommendations
14. ANS: c	REF: 35	TOP: Nutrient Recommendations
15. ANS: e	REF: 35	TOP: Nutrient Recommendations
16. ANS: b	REF: 33	TOP: Nutrient Recommendations
17. ANS: g	REF: 35	TOP: Nutrient Recommendations

## Essay

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

ANS: See p. 38-41

TOP: Grazer's Guide to Smart Snacking

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

ANS: See p. 59-62

TOP: A Tapestry of Cultures and Cuisines

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

ANS: See p. 55

TOP: More Tools for Diet Planning

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

ANS: See p. 37

TOP: The Challenge of Dietary Guidelines

5. Describe the changes you would make in your diet if you implemented the *Dietary Guidelines for Americans 2010*.

ANS: See p. 37

TOP: The Challenge of Dietary Guidelines

6. 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
- f. Indian

ANS: See 59-65

TOP: A Tapestry of Cultures and Cuisines

7. 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.

ANS: See p. 59|60 TOP: A Tapestry of Cultures and Cuisines

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

ANS: See p. 35 TOP: Nutrient Recommendations

9. Explain why the “% Daily Value” is used on food labels rather than the DRI values.

ANS: See p. 55 TOP: More Tools for Diet Planning

10. Draw the MyPlate. Explain how MyPlate assists the consumer in practicing variety, proportionality, and moderation when planning a meal.

ANS: See p. 41-42 TOP: The MyPyramid Diet Planning Tool

11. What foods and food components do Americans typically eat too little or too much of? Name several nutrient-dense foods that are recommended by the 2010 Dietary Guidelines Advisory Committee.

ANS: See p. 49-50 TOP: How Well Do We Eat?

12. Discuss tools other than the MyPlate website available for diet planning. How would they best be used in counseling clients?

ANS: See p. 51-58 TOP: More Tools for Diet Planning

## ***Personal Nutrition 8e Chapter 2 Test***

### **Multiple Choice**

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. For which nutrient is the current U.S. diet **closest** to meeting the 2010 *Dietary Guidelines for Americans* intake recommendation?
  - a. Vitamin D
  - b. Potassium
  - c. Calcium
  - d. Sodium
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 2010 *Dietary Guidelines for Americans* make all of the following suggestions **except**:
  - a. eat a variety of vegetables, especially dark-green and red and orange vegetables.
  - b. use oils to replace solid fats where possible.
  - c. consume at least half of all grains as whole grains.
  - d. choose diets that emphasize refined and enriched grain products.
  - e. increase intake of fat-free or low-fat milk and milk products.

16. Louise would like to lose some weight. How might the exchange lists be helpful to her?
- Louise can easily compare several brands of a particular food to find the most nutrient-dense version.
  - Louise can identify low-calorie foods rich in each of the essential vitamins and minerals.
  - Louise can mix and match the portion sizes for different foods that provide the same number of calories to plan calorie-controlled meals.
  - 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**: \_\_\_\_\_.
- osteoporosis
  - heart disease
  - tooth decay
  - arthritis
  - 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**:
- monounsaturated fat.
  - vitamin A.
  - total fat.
  - fiber.
  - sodium.
19. The RDA for a nutrient is set at which point?
- A point high enough to cover most healthy people
  - A minimum value you are supposed to exceed
  - An average value
  - An upper limit to prevent overdoses
20. The Acceptable Macronutrient Distribution Ranges (AMDR) set recommendations for which of the following nutrients?
- Vitamin E, calcium, lipids
  - Fat, carbohydrates, protein
  - Phytochemicals, lipids, fiber
  - Fiber, iron, zinc
21. The MyPlate website suggests how much moderate aerobic physical activity to reduce the risk of chronic disease, help prevent weight gain, and help sustain weight loss?
- 1 hour/week
  - 1 hour and 30 minutes/week
  - 2 hours/week
  - 2 hours and 30 minutes/week

ANS: d REF: 40

TOP: The MyPlate Diet-Planning Tool

22. All of the following are major goals from the *Dietary Guidelines for Americans 2010* **except**:
- reduce health disparities.
  - consume more nutrient-dense foods.
  - balance calories with physical activity to manage weight.
  - consume fewer foods with sodium, saturated fats, *trans* fats, cholesterol, added sugars, and refined grains.

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?
- Sedentary
  - Moderately active
  - Active
  - Very active
24. All of the following are equivalent to 1 ounce of grains **except**:
- 1 slice of bread.
  - 1 English muffin.
  - 3 cups popcorn.
  - ½ cup cooked pasta.
25. All of the following are equivalent to 1 ounce from the protein foods group **except**:
- 1 egg.
  - ¼ cup cooked dry beans.
  - 3 tbsp peanut butter.
  - ½ 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.
- vitamin K, phytochemicals
  - vitamin E, vitamin C
  - essential fats, vitamin E
  - trans* fat, vitamin A
27. Which of the following is used to describe the maximum daily amount of a nutrient that is unlikely to pose risk of adverse effects?
- DRI
  - AI
  - DV
  - UL
28. If you consistently build your diet by choosing mostly nutrient-dense foods that are low in solid fat and added sugars, you may be able to meet your nutrient needs without using your full calorie allowance. In this case, the balance of calories is called your:
- bonus calorie allowance.
  - daily limit for empty calories.
  - extra calorie allowance.
  - fat and sugar calorie allowance.
29. All of the following foods contain phytochemicals **except**:
- skim milk.
  - mushrooms.
  - canned peas.
  - 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?
- 2 to 15 percent
  - 10 to 35 percent
  - 35 to 45 percent
  - 45 to 65 percent

31. Which of the following does **not** have to appear on the Nutrition Facts panel?
- Calories
  - Calories from fat
  - Vitamin A
  - 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?
- One serving contains 15 percent of its calories from carbohydrates.
  - One serving provides 15 percent of the total carbohydrates that are recommended to be eaten in a day.
  - The contents of the cereal box provide 15 percent of the carbohydrates that should be eaten in a day.
  - 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.
- 2, 15
  - 10, 35
  - 20, 35
  - 50, 65
34. Approximately 45 to 65 percent of the total calories in a balanced diet should come from which of the following?
- Fats
  - Proteins
  - Carbohydrates
  - Phytochemicals
35. According to MyPlate, you should avoid fat from
- fish.
  - nuts.
  - dairy products.
  - vegetable oils.
36. Which of the following is **not** a nutrient-dense food choice?
- Bologna
  - Water-packed tuna
  - A baked potato
  - Whole grain bread
  - An orange
37. Juan is of Hispanic origin and enjoys eating native foods. What food group would a corn tortilla belong to?
- Fruit
  - Vegetable
  - Grains
  - Milk, yogurt and cheese
38. Holly wants to lower her risk of heart disease and decides to follow the Mediterranean diet. How often may she eat red meat?
- Daily
  - A few times a week
  - A few times per month
  - Never

39. David wants to lower his risk of heart disease and decides to follow the Mediterranean diet. How often should he consume olive oil?
- Daily
  - A few times a week
  - A few times a month
  - Never
40. Which foods make up the majority of the Mediterranean diet?
- Eggs, poultry, and fish
  - Fruits, beans, legumes, nuts, and vegetables
  - Cheese, yogurt, and fish
  - Red meat, oil, and sweets
41. All of the following are forms of added sugar **except**:
- molasses.
  - high-fructose corn syrup.
  - levulose.
  - 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?
- Adequacy
  - Balance
  - Moderation
  - 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 serving provides 20% or more of the Daily Value for vitamin C.
  - The bag contains 20% or more of the Daily Value for vitamin C.
  - A serving contains more vitamin C than is normally found in broccoli.
  - A serving provides 50% of the Daily Value for vitamin C.
44. Mary is comparing light potato chips to regular potato chips. What is the difference?
- The light potato chips are lower in calories.
  - The light potato chips are lighter in color.
  - The light potato chips are lighter in texture.
  - The light potato chips are 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?
- Heart disease
  - Cancer
  - Tooth decay
  - 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?
- Heart disease
  - Cancer
  - Tooth decay
  - Liver disease



47. The % Daily Values for vitamins and minerals on labels represent the \_\_\_\_\_ of all the DRI values.
- lowest
  - average
  - highest
  - 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:
- no more than 10 grams of fat per serving.
  - no more than 3 grams of fat per serving.
  - no saturated fat.
  - 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?
- 6%
  - 8%
  - 16%
  - 625%
50. Which are the only vitamins that must appear on a food label?
- Vitamins D and E
  - Folate and niacin
  - Riboflavin and vitamin C
  - 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”?
- 26
  - 39
  - 91
  - There is not enough information provided.
52. In the typical Mexican diet, which of the following would provide the most phytochemicals?
- Salsa
  - Tortilla shells
  - Chorizo
  - Vegetable oil
53. Plain, low-fat yogurt with fresh blueberries:
- is a good snack choice because it provides a mixture of energy nutrients.
  - is a poor snack choice because it combines two food groups.
  - is a good snack choice because it is low in carbohydrate and high in protein.
  - is a poor snack choice because it contains fat.
54. Tulley is a 38-year-old man who successfully lost 50 lb. of excess weight. According to MyPlate recommendations, how much physical activity does he need to maintain his weight loss when he doesn't exceed his calorie needs?
- At least 90 minutes of moderate activity per week
  - At least 30-60 minutes vigorous activity per week
  - At least 150 minutes of moderate activity per week
  - At least 180 minutes of vigorous activity per week

55. Which of the following foods provides empty calories?
- Roasted skinless turkey breast
  - Whole-wheat bread
  - Frozen peaches
  - Reduced-fat milk
56. Which of the following does not equal 1 tsp from the “Oils” group?
- 1 tbsp low-fat mayonnaise
  - 2 tbsp light salad dressing
  - 1 oz peanuts
  - 1 tbsp soft margarine
57. An unhealthful aspect of the traditional Mexican diet is the frequent consumption of:
- tomatoes, chilis, and onions.
  - flour tortillas, chorizo, and eggs.
  - corn tortillas, amaranth, and rice.
  - pinto beans, jicama, and avocado.
58. Which style of Chinese cooking is characterized by steaming and stir-frying, and therefore tends to be the lowest in fat?
- Cantonese
  - Peking
  - Shanghai
  - Szechwan or Hunan
59. Which statement below is true?
- Indian cuisines are noted for their very mild, almost bland flavors.
  - Women in India typically eat more meat than men do.
  - Fish is avoided by people in India, even those residing in coastal areas.
  - Vegetarianism has been practiced in India for thousands of years.

**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.

60. Which cereal would provide the fewest calories per serving?
- Cereal #1
  - Cereal #2
  - Both cereals have the same calories per serving.
  - It is impossible to determine from the information provided.
61. What is the percentage of calories from fat in cereal #1?
- 9%
  - 43%
  - 60%
  - 65%

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

Cereal #1				Cereal #2			
<b>Nutrition Facts</b>				<b>Nutrition Facts</b>			
Serving Size ½ cup (30g)				Serving Size ½ cup (30g)			
Servings Per Container about 11				Servings Per Container about 15			
		Cereal + ½ cup fortified skim milk				Cereal + ½ cup fortified skim milk	
Amount Per Serving		Cereal		Amount Per Serving		Cereal	
Calories		140	180	Calories		60	100
Calories from Fat		60	65	Calories from Fat		10	10
		% Daily Value*				% Daily Value*	
Total Fat	6g	9%	9%	Total Fat	1g	1%	2%
Saturated Fat	1g	5%	5%	Saturated Fat	0g	0%	0%
Trans Fat	0g			Trans Fat	0g		
Cholesterol	0mg	0%	0%	Polyunsaturated Fat	0g		
Sodium	40mg	2%	5%	Monounsaturated Fat	0g		
Total Carbohydrate	19g	6%	8%	Cholesterol	0mg	0%	1%
Dietary Fiber	2g	8%	8%	Sodium	105mg	4%	7%
Sugars	4g			Potassium	180mg	5%	11%
Protein	3g			Total Carbohydrate	25g	8%	10%
Vitamin A		0%	6%	Dietary Fiber	14g	57%	57%
Vitamin C		0%	0%	Sugars	0g		
Calcium		2%	15%	Other Carbohydrate	11g		
Iron		6%	6%	Protein	2g		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.				* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500	Vitamin A		0%	4%
Total Fat	Less than	65g	80g	Vitamin C		10%	10%
Sat Fat	Less than	20g	25g	Calcium		10%	25%
Cholesterol	Less than	300mg	300mg	Iron		25%	25%
Sodium	Less than	2400mg	2400mg	Vitamin D		0%	10%
Total Carbohydrate		300g	375g	Thiamin		25%	30%
Dietary Fiber		25g	30g	Riboflavin		25%	35%
				Niacin		25%	25%
				Vitamin B <sub>6</sub>		25%	35%
				Folic Acid		25%	25%
				Vitamin B <sub>12</sub>		25%	35%
				Phosphorus		10%	20%
				Magnesium		10%	15%
				Zinc		25%	30%

62. 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?
- Cereal #1 because it contains more protein per serving.
  - Cereal #2 because it has less sugar.
  - Cereal #2 because it contains more fiber.
  - Both cereals would be equally effective because they both contain no cholesterol.
63. If both cereals cost the same amount, which cereal is a better economic value?
- Cereal #1
  - Cereal #2
  - Both have the same value.
  - Not enough information is provided.
64. Which of the following statements is **incorrect** about the two cereals?
- A serving of either cereal provides the same amount of vitamin A.
  - Only cereal #1 can be labeled as being a *good source* of fiber.
  - Cereal #1 provides less fiber and more protein than cereal #2.
  - Both cereals can be labeled as *low in sodium*.

### 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 dietitian at Zoe's pediatrician's office. The first thing David asks the dietitian is "Please help us figure out what foods to feed Zoe that will help prevent chronic diseases in her future." Julia seems concerned about how to make sure Zoe gets enough essential nutrients. Imagine you are the dietitian. Thinking about the *Dietary Guidelines for Americans 2010* and the MyPlate tool, answer the following questions.

65. To prevent the risk of chronic disease in adulthood, what would be recommended?
- Reduce time in sedentary behaviors
  - Increase solid fats and reduce oils
  - Eat a variety of vegetables
  - a and c
66. You show Julia and David the MyPlate graphic. What important principle can you **best** demonstrate to them using this graphic?
- Adequacy—include at least 4 different foods on your plate at each meal
  - Proportionality—fill at least half your plate with fruits and vegetables
  - Food safety—avoid mixing dairy foods with other foods on your plate
  - Moderation—limit added sugars and solid fats on your plate
67. Which of the following food recommendations would you expect the dietitian to make?
- Consume 2 cups per day of milk or its equivalent.
  - Consume more refined grains.
  - Eat fresh fruit as snacks.
  - Choose foods with more saturated fat and less monounsaturated fat.
68. Which of the following snacks would be the best for Zoe and her parents?
- Half a bagel with 1 tablespoon of peanut butter
  - One cup cereal with skim or soy milk
  - An apple and low-fat cheddar cheese
  - All these are smart snacks.

69. Julia and David like to have a beer or glass of wine when they get home from work. The beer and wine contribute \_\_\_\_\_ to their diets.
- no calories
  - sweets
  - oils
  - empty calories

### True/False

- Dry beans are fattening and should only be eaten occasionally.
- The Mediterranean Diet recommends eating meat a few times a week.
- The only vitamins that must appear on a food label are vitamins C and A.
- Chinese food served in American Chinese restaurants usually is very similar to food eaten by rural Chinese people in China.
- The EAR for nutrients is set at a point high enough to cover most healthy people.
- According to MyPlate, one egg is equivalent to 1 ounce of cooked lean meat.
- The ingredients on a food label are listed in alphabetical order.
- 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.
- Phytochemicals do not provide energy or building materials.
- A healthy diet should consist of 3 meals a day without any snacking.

### Matching

*Match the term with the short phrase or description that best matches it.*

- vitamins and minerals that protect other compounds.
  - nonnutritive substances in plants that possess health-protective benefits.
  - control of consumption of energy; a feature of a sound diet plan.
  - the attribute of a diet that provides no unwanted constituent in excess.
  - a feature of a diet in which different foods are used for the same purposes on different occasions.
  - refers to a food that supplies large amounts of nutrients relative to the number of calories it contains.
  - a feature of a diet that provides a number of types of foods in harmony with one another.
  - 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.
  - characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health.
- adequacy
  - antioxidant nutrients
  - balance

4. calorie control
5. exchange lists
6. moderation
7. nutrient dense
8. phytochemical
9. variety

*Match the term with the short phrase or description that best matches it.*

- a. a set of reference values for energy and nutrients that can be used for planning and assessing diets for healthy people.
- b. the minimum amount of a nutrient that will prevent the development of deficiency symptoms.
- c. 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.
- d. 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.
- e. 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.
- f. the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA.
- g. the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people.
- h. 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.

10. AI
11. AMDR
12. DRI
13. EAR
14. EER
15. RDA
16. requirement
17. UL

## **Essay**

1. Propose five suggestions for smart snacking and discuss their value in achieving a healthy diet.
2. Compare the differences between meals served in a typical American Italian or American Chinese restaurant to meals traditionally eaten in these countries.
3. Define the term *Daily Value* and state the purpose of including Daily Values on food labels.
4. Define the term *lifestyle disease*. Describe how an individual can play a major part in preventing this kind of disease.
5. Describe the changes you would make in your diet if you implemented the *Dietary Guidelines for Americans 2010*.

6. 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
  - f. Indian
7. 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.
8. List and define the major Dietary Reference Intake categories.
9. Explain why the "% Daily Value" is used on food labels rather than the DRI values.
10. Draw the MyPlate. Explain how MyPlate assists the consumer in practicing variety, proportionality, and moderation when planning a meal.
11. What foods and food components do Americans typically eat too little or too much of? Name several nutrient-dense foods that are recommended by the 2010 Dietary Guidelines Advisory Committee.
12. Discuss tools other than the MyPlate website available for diet planning. How would they best be used in counseling clients?