

TEST BANK



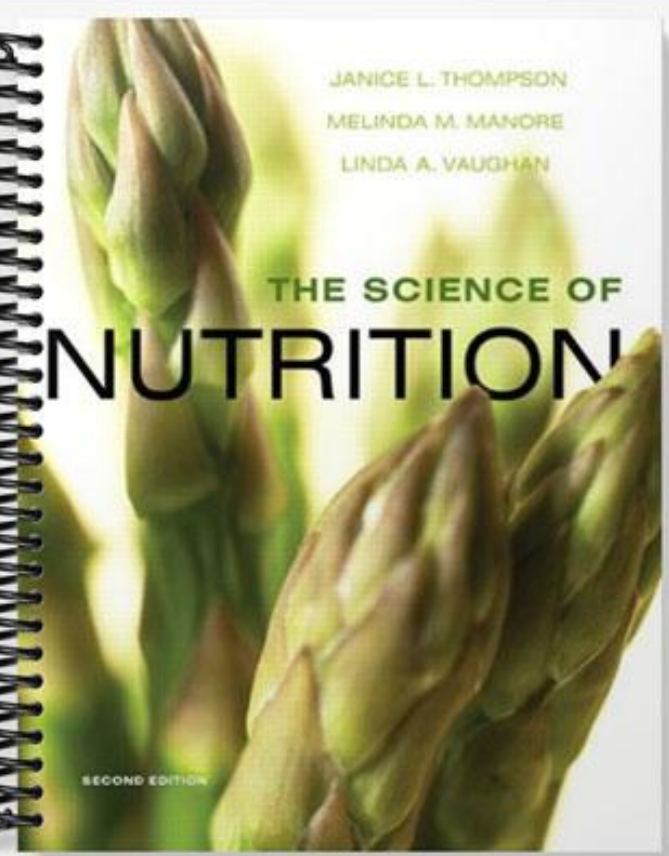
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THE SCIENCE OF
NUTRITION

SECOND EDITION



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

- 1) The four characteristics of a healthful diet are adequacy, balance, moderation, and: 1) _____
A) calories. B) variety. C) value. D) color.
- 2) The RDA values were first published in: 2) _____
A) 1941. B) 1900. C) 1985. D) 1897.
- 3) Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the factors to consider in planning diets? 3) _____
A) calorie control B) moderation C) adequacy D) variety
- 4) _____ refers to eating the right proportion of foods. 4) _____
A) Restriction B) Variety C) Moderation D) Balance
- 5) Gabriel is a college athlete who requires 2,900 kcals a day to support his total energy needs. However, Gabriel only manages to consume approximately 1,800 kcals a day. Which of the four characteristics of a healthful diet can you determine that Gabriel is not meeting? 5) _____
A) Variety B) Adequacy C) Moderation D) Balance
- 6) Tran is a stay-at-home mom who generally prepares the majority of meals for her household. Even though she always prepares meals that offer enough calories and nutrients for her family of four, she tends to make the same meals again and again. Which one of the characteristics of a healthy diet is Tran not incorporating into her meal planning? 6) _____
A) moderation B) variety C) adequacy D) balance
- 7) Which of the following is/are exempt from standard food labeling regulations? 7) _____
A) spices, coffee, and meat B) meat and coffee
C) coffee and spices D) spices and meat
- 8) Which of the following is required on all food labels? 8) _____
A) the net contents of package and ingredient list
B) the name and address of the vendor and the net contents of package
C) the net contents of the package, ingredient list, and name and address of the vendor
D) the ingredient list and name and address of the vendor
- 9) The information provided on a food label that identifies intake of nutrients based on 2,000 calories a day is called the: 9) _____
A) Reference Daily Intake. B) Daily Reference Value.
C) Nutrition Facts Panel. D) Percent Daily Value.
- 10) The Nutrition Facts Panel on a box of crackers indicates that one serving provides 140 calories, with 55 calories coming from fat. Calculate the percentage of calories from fat in this product. 10) _____
A) 55% B) 85% C) 39% D) 95%
- 11) You are reading a food label which indicates that the product contains 22% of the DV of calcium, 2% of the DV of Vitamin C and 30% of the DV from fat. Based on this information which of the following statements is correct? 11) _____
A) This product is low in fat. B) This product is high in calcium.
C) This product is low in calcium. D) This product is high in vitamin C.

- 12) The government agency that regulates food labeling in the United States is the: 12) _____
 A) FDA. B) CDC. C) USDA. D) USFG
- 13) The government agency that regulates the food labels on fresh meat and poultry in the United States is the: 13) _____
 A) EDA. B) FBI. C) NCI. D) USDA.
- 14) Which of the following is required on a food label? 14) _____
 A) Magnesium (mg/serving) B) Processed sugar (mg/serving)
 C) Potassium (mg/serving) D) Calcium (mg/serving)
- 15) A food with 140 mg or less of sodium per serving could make the claim of: 15) _____
 A) low sodium. B) reduced sodium.
 C) light in sodium. D) very low sodium.
- 16) The Dietary Guidelines for Americans recommend limiting intake of which of the following? 16) _____
 A) insoluble fiber B) cis fats
 C) complex carbohydrate D) saturated fat
- 17) The Dietary Guidelines for Americans has defined physically active as a: 17) _____
 A) minimum of 30 minutes of moderate activity most days.
 B) minimum of 15 minutes of intense activity most days.
 C) minimum of 60 minutes of moderate activity most days.
 D) total of 8 hours of moderate activity per week.
- 18) The Dietary Guidelines for Americans was developed by which two agencies? 18) _____
 A) USDHHS and USDA B) USFG and FDA
 C) FDA and USDHHS D) USDA and FDA
- 19) Processed and prepared foods often contain high amounts of: 19) _____
 A) potassium. B) selenium.
 C) sodium. D) polyunsaturated fats.
- 20) Alcohol intake increases: 20) _____
 A) the risk of kidney disease. B) reflex time.
 C) nervous system stimulation. D) risk for serious health problems.
- 21) Based on the Dietary Guidelines for Americans, what % of calories should come from saturated fat in a daily diet? 21) _____
 A) less than 10% B) at least 10% C) >35% D) up to 30%
- 22) The Dietary Guidelines for Americans are updated every _____ years. 22) _____
 A) 10 B) 5 C) 7 D) 2
- 23) Go lean on protein defines which MyPyramid group? 23) _____
 A) fruits B) vegetables C) meat and beans D) milk
- 24) The Dietary Guidelines for Americans recommends using the _____ to assist in designing a healthful diet. 24) _____
 A) Mediterranean Diet Pyramid B) Exchange System
 C) Nutrition Facts information D) MyPyramid

- 25) Which statement best describes nutrient density? 25) _____
- A) Plan your entire day's diet so that you juggle nutrient sources.
 - B) Choose a number of different foods within any given food group rather than the same old thing.
 - C) Consume foods that have the most nutrients for their calories.
 - D) Consume a variety of foods from the five major food groups every day.
- 26) Which of the following foods has the greatest nutrient density? 26) _____
- A) 1 cup of strawberry Lifesavers (100 kcal)
 - B) 8 fluid ounces of strawberry soda (100 kcal)
 - C) 2 cups of strawberry Lifesavers (200 kcal)
 - D) 1 cup of fresh strawberries (100 kcal)
- 27) Assuming each has the same number of calories, which has the greatest nutrient density? 27) _____
- A) 1 medium fresh orange
 - B) 1 slice of white enriched bread
 - C) 2 thin mint Girl Scout cookies
 - D) 3/4 cup orange juice
- 28) Which of the following is considered to be a source of discretionary calories in MyPyramid? 28) _____
- A) mayonnaise
 - B) potato
 - C) carbohydrate
 - D) whole grains
- 29) Alcoholic beverages are classified as _____ in MyPyramid. 29) _____
- A) milk and dairy products
 - B) discretionary calories
 - C) grains and cereals
 - D) meats and poultry
- 30) Select the food that best represents one serving from the grains group in MyPyramid. 30) _____
- A) 1 cup of pasta
 - B) one piece of toast
 - C) 2 cups of oatmeal
 - D) a large whole-wheat bagel
- 31) Naturally occurring plant based chemicals that potentially enhance health are called: 31) _____
- A) Chemokines.
 - B) Phytochemicals.
 - C) Plant stimulants.
 - D) Phytokines.
- 32) The MyPyramid guidelines were developed by which agency? 32) _____
- A) FDA.
 - B) USDA.
 - C) EDA.
 - D) NCI.
- 33) The recommended number of discretionary calories per day for most people is: 33) _____
- A) > 500.
 - B) 100-300.
 - C) 500.
 - D) < 50.
- 34) There are many types of diet plans available today. The overall best diet plan is one that: 34) _____
- A) fits the lifestyle and needs of the individual.
 - B) provides enough fiber and not too much cholesterol.
 - C) suggests only unprocessed and natural foods.
 - D) provides adequate calories.
- 35) About _____ of Americans report eating out at least once per week. 35) _____
- A) 1/3
 - B) 1/4
 - C) 1/2
 - D) 3/4
- 36) Which disease or health condition is associated with sodium? 36) _____
- A) Neural tube defects
 - B) Hypertension
 - C) Dental Caries
 - D) Osteoporosis
- 37) Which of the following characteristic(s) describes the majority of meals offered at fast-food restaurants? 37) _____

- ? 37) _____

- A) high in total fat
 - B) high in sodium
 - C) high in calories, high in total fat, and high in sodium
 - D) high in total fat and high in sodium

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

- 38) The initial RDA values were first published in the late 1800s. 38) _____
- 39) An adequate diet is one that provides enough fiber. 39) _____
- 40) The reference 2,000 kcal daily intake is an adequate caloric goal for most Americans. 40) _____
- 41) Since 1990, food labels have been required on all fresh meat and poultry. 41) _____
- 42) The net content of a package must be reported by weight (i.e. grams). 42) _____
- 43) The last item on an ingredient list is the predominant ingredient in that food product. 43) _____
- 44) Nutrient information required for food labels is based on an energy intake level of 2,000 calories a day. 44) _____
- 45) Food labeling regulations allow manufacturers to omit the footnote of the Nutrition Facts Panel on smaller products. 45) _____
- 46) One of the drawbacks of the MyPyramid is that it cannot be adapted to different ethnic groups and cultures. 46) _____
- 47) Omitting dairy products from the diet will always result in a calcium deficiency. 47) _____
- 48) Legumes are categorized in the meat and beans section of MyPyramid. 48) _____
- 49) Serving sizes defined in MyPyramid may not be equal to a serving defined on a food label. 49) _____
- 50) Serving sizes defined in MyPyramid are generally smaller than those sold to consumers. 50) _____
- 51) The recommendations presented in MyPyramid separate high-fat and high-calorie food choices from lower-fat and lower-calorie alternatives. 51) _____
- 52) Serving sizes are the same for all foods. 52) _____
- 53) MyPyramid is limited because it is only available on the internet. 53) _____
- 54) Over the last 20 years, the U.S. restaurant and fast-food industry has seen a steady decline in sales. 54) _____
- 55) It is currently estimated that approximately 30% of the population is overweight or obese. 55) _____
- 56) Most restaurants, even fast-food restaurants, offer lower-fat menu items. 56) _____
- 57) MyPyramid suggests eating 1 1/2 cups of vegetables every. 57) _____

- 58) Total fat intake should be about 20% to 35% of one's total energy intake. 58) _____
- 59) An ingredient list is not required to be included on a food label. 59) _____
- 60) The science of nutrition emerged around 1900, with the discovery of the first vitamin in 1897. 60) _____
- 61) A bagel from 20 years ago had approximately the same serving size as a bagel does today (6-in diameter, 350 calories). 61) _____

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

- 62) The _____ Act of 1990 specifies which foods require a food label. 62) _____
- 63) _____ tells you how much a serving of food contributes to your overall intake of nutrients listed on the label. 63) _____
- 64) The _____ are a set of principles developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services to assist Americans in designing a healthful diet and lifestyle. 64) _____
- 65) Moderate alcohol consumption for men is _____ per day and for women _____ per day. 65) _____
- 66) The MyPyramid recommends _____ cups of fruits every day. 66) _____
- 67) _____ calories represent the extra energy one can consume after the essential needs have been met. 67) _____
- 68) _____ are naturally occurring plant chemicals that enhance health. 68) _____
- 69) _____ is a term used to define a serving size that is 1 ounce. 69) _____
- 70) Planning a meal that includes many different-colored foods is a practical approach to eating a _____ of foods. 70) _____
- 71) The amount of nutrients contained in a food compared with the amount of calories is referred to as _____. 71) _____

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

Match the following items.

- | | | |
|----------------|-----------------------------------------------------------------------------------------------------------------|------------------|
| 72) Adequacy | A) Large amount of nutrients relative to the amount of calories and is adequate, moderate, balanced, and varied | 72) _____ |
| 73) Moderation | | 73) _____ |
| 74) Balance | B) Provides the proper combination of energy and nutrients | 74) _____ |
| 75) Variety | C) Eating enough, but not too much, of the right amounts of foods to optimize the | bod function's n |

75)

76)

Nutrient density

76) _____

77)

Healthful diet

D) Provides enough energy, nutrients, and fiber to maintain health

77) _____

E) Eating many different foods

F) Containing the proper proportion of nutrients

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

78) List and discuss the four characteristics of a healthy diet. Which of the four areas do you need the most work? Why?

79) List three tools discussed in class that are provided to help design a healthy diet. Choose one of these tools and describe how it may be used to design a healthy diet.

80) Describe how the FDA determines a serving size. What is the best way to determine how many serving sizes you actually eat?

81) What is the purpose of the Dietary Guidelines for Americans? Discuss three examples of how you can incorporate the Dietary Guidelines into your daily life.

82) List and define the six groups that are emphasized in the USDA Food Guide.

83) What are the limitations of MyPyramid?

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

85) Janna is trying to eat a more healthful diet but wants to go to a fast food restaurant. Provide Janna with some strategies or suggestions for making healthful choices when she dines out.

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

- 52) FALSE
- 53) TRUE
- 54) FALSE
- 55) FALSE
- 56) TRUE
- 57) FALSE
- 58) TRUE
- 59) FALSE
- 60) TRUE
- 61) FALSE
- 62) Nutrition Labeling and Education
- 63) Percent daily values
- 64) Dietary Guidelines for Americans
- 65) no more than two drinks; one drink
- 66) two
- 67) Discretionary
- 68) Phytochemicals
- 69) Ounce-equivalent
- 70) variety
- 71) nutrient density
- 72) D
- 73) C
- 74) F
- 75) E
- 76) A
- 77) B
- 78)
- 79)
- 80)
- 81)
- 82)
- 83)
- 84)
- 85)