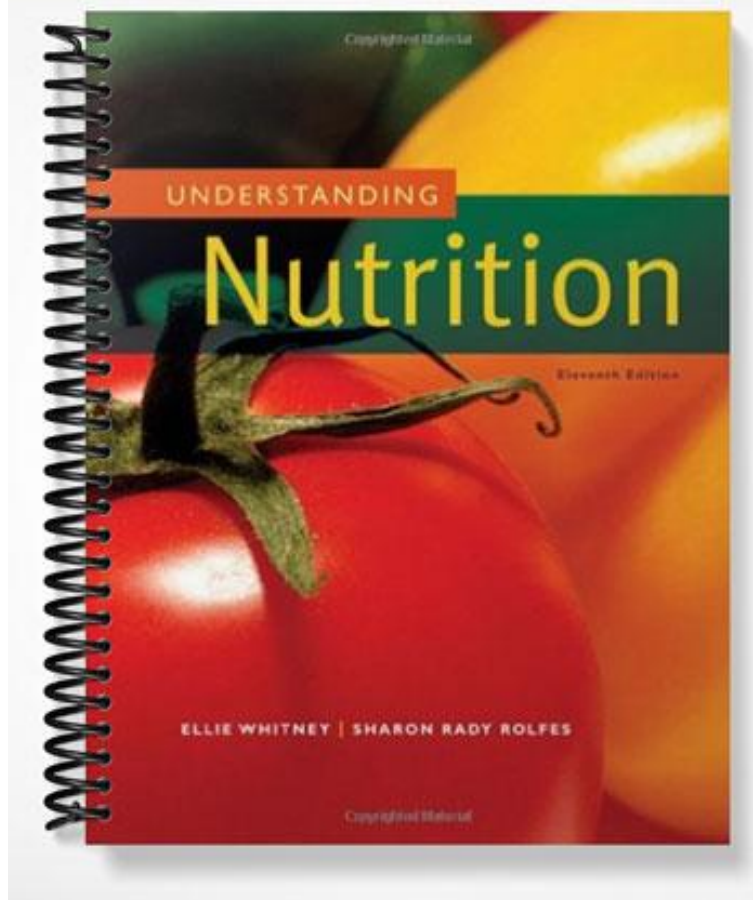


TEST BANK



Chapter 2--Planning a Healthy Diet

Student: _____

- Which of the following is **not** a feature of a food group plan?
 - Defines serving equivalents
 - Considered a tool for diet planning
 - Sorts foods of similar water content
 - Specifies the number of servings from each group
- What are the "ABCDMV" principles of diet planning?
 - Abundance, B vitamins, kcalories, diet control, minerals, and variety
 - Abundance, balance, conservative, diversity, moderation, and vitamins
 - Adequacy, bone development, correction, vitamin density, master, and variety
 - Adequacy, balance, kcalorie control, nutrient density, moderation, and variety
- Which of the following is the most calcium-dense food?
 - Whole milk
 - Nonfat milk
 - Low-fat milk
 - Cheddar cheese
- Nutrient dense* refers to foods that
 - carry the USDA nutrition labeling.
 - are higher in weight relative to volume.
 - provide more nutrients relative to kcalories.
 - contain a mixture of carbohydrate, fat, and protein.
- The concept of nutrient density is most helpful in achieving what principle of diet planning?
 - Variety
 - Balance
 - Moderation
 - kCalorie control
- Which of the following is an expression of the nutrient density of a food?
 - 0.01 mg iron per kcalorie
 - 110 kcalories per cup
 - 0.5 mg iron per serving
 - 110 kcalories per serving

7. Providing enough, but not an excess, of a food is a diet-planning principle known as
- A. safety.
 - B. variety.
 - C. moderation.
 - D. undernutrition.
8. An empty-kcalorie food is one that contains
- A. no calories.
 - B. an abundance of vitamins but little or no minerals.
 - C. an abundance of minerals but little or no vitamins.
 - D. excess energy and little or no protein, vitamins or minerals.
9. Applying the principle of variety in food planning ensures the benefits of
- A. moderation.
 - B. vegetarianism.
 - C. nutrient density.
 - D. dilution of harmful substances.
10. Which of the following is among the recommendations of the *Dietary Guidelines for Americans 2005*?
- A. Practice good foot hygiene
 - B. Reduce television viewing time
 - C. Reduce computer internet time
 - D. Engage in regular physical activities
11. In which of the following food groups are legumes found?
- A. Meats
 - B. Dairy
 - C. Fruits
 - D. Grains
12. Which of the following is **not** characteristic of the USDA Food Guide?
- A. It places most foods into one of five groups
 - B. Its nutrients of greatest concern include iron, chromium, and vitamin B₁₂
 - C. It can be used with great flexibility once its intent is understood
 - D. It specifies that a certain quantity of food be consumed from each group, based upon energy intake

13. Consider the following menu from the point of view of the USDA Food Guide.

Breakfast

2 eggs
1 tsp margarine
2 slices enriched white bread

1 c whole milk

coffee

Lunch

2 oz tuna fish
lettuce
1 tbsp mayonnaise

2 slices enriched white bread

1 apple

Supper

3 oz hamburger meat
1 oz cheese
 $\frac{1}{2}$ c cooked rice

$\frac{1}{2}$ c carrots

coffee

Which of the following describes the nutritional value of the fruits and vegetables in this menu?

- A. A source of vitamin A is missing
 - B. A source of vitamin C is marginal
 - C. The daily amounts recommended for a 2000-kcalorie diet are met
 - D. The daily amounts recommended for a 2000-kcalorie diet are exceeded
14. Of the daily recommended intake of fruit servings, what maximum percentage may be supplied by fruit juice?
- A. 10
 - B. 20
 - C. 33
 - D. 50
15. What two major nutrients are supplied by the fruit and vegetable groups?
- A. Vitamins D and E
 - B. Vitamins A and C
 - C. Protein and calcium
 - D. B vitamins and iron
16. The consumption of 2000 kcalories per day is sufficient to meet the energy needs of most
- A. teenage girls.
 - B. most children.
 - C. sedentary men.
 - D. sedentary women.

17. Jamie is a vegetarian who is trying to plan a healthy diet with the help of MyPyramid. Which of the following meat alternatives would be the best nutrient choices for one day?
- A. 2 pieces bacon, $\frac{1}{2}$ can tuna, 2 pieces bread
 - B. 3 oz. cheese, $\frac{1}{2}$ sweet potato, 2 tbsp peanut butter
 - C. $\frac{1}{2}$ cup black beans, 2 tbsp peanut butter, 1 c spinach
 - D. 1 skinless chicken breast, 2 egg whites, meal replacement bar
18. Which of the following is an alternative choice for meats in the USDA Food Guide?
- A. Nuts
 - B. Bacon
 - C. Baked potatoes
 - D. Sweet potatoes
19. All of the following are examples of legumes **except**
- A. peas.
 - B. beans.
 - C. peanuts.
 - D. potatoes.
20. Which of the following foods could help meet the iron needs of vegetarians who consume dairy?
- A. Coconut
 - B. Legumes
 - C. Skim milk
 - D. Potato salad
21. Approximately how many kcalories more per day are needed by an average college-age student who is active compared with her inactive counterpart?
- A. 400-500
 - B. 600-800
 - C. 1000-1200
 - D. 1500-2000
22. How many subgroups comprise the vegetable food group?
- A. 1
 - B. 3
 - C. 5
 - D. 7

23. General features of legumes include all of the following **except**
- A. they are high in fat.
 - B. they are low in cost.
 - C. they are rich in fiber.
 - D. they include peanuts.
24. Legumes are used as meat alternatives for all of the following reasons **except**
- A. they are economical.
 - B. they can be graded as prime, choice, and select.
 - C. they can be processed to look and taste like meat.
 - D. they contribute the same key nutrients, including iron and protein.
25. Which of the following foods provides discretionary kcalories for the person on a weight reduction diet?
- A. Watermelon
 - B. Canned pears in syrup
 - C. Milk with all fat removed
 - D. Chicken with the skin removed
26. Which of the following foods' kcalories would be considered as part of one's discretionary kcalorie allowance?
- A. Jam
 - B. Watermelon
 - C. Raw carrots
 - D. Brussels sprouts
27. According to the principles of the USDA Food Guide, the foundation of a healthful diet should consist of
- A. dairy.
 - B. fruits.
 - C. nutrient-dense foods.
 - D. meats and alternatives.
28. A cup of fresh blueberries is about the size of a
- A. golf ball.
 - B. baseball.
 - C. grapefruit.
 - D. marshmallow.

29. Which of the following is **not** descriptive of MyPyramid?
- A. An education tool that illustrates the concepts of the *Dietary Guidelines* and USDA Food Guide
 - B. A graphic image designed to encourage consumers to make healthy food and physical activity choices every day
 - C. A multi-colored pyramid that illustrates variety, with each color representative of the five food groups, plus one for oils
 - D. A broad-based figure that conveys the message that grains should be abundant and form the foundation of a healthy diet
30. Food exchange systems were originally developed for people with
- A. diabetes.
 - B. terminal diseases.
 - C. cardiovascular disease.
 - D. life-threatening obesity.
31. Which of the following is a feature of the exchange list system?
- A. Foods are grouped according to their source
 - B. Adequate intakes of minerals and vitamins are virtually guaranteed
 - C. A fat portion provides about twice the energy as a carbohydrate portion
 - D. All foods are grouped according to their content of carbohydrate, protein, and fats
32. In food exchange lists, to what group are olives assigned?
- A. Fat
 - B. Meat
 - C. Carbohydrate
 - D. Meat substitute
33. Approximately what minimum percentage of all grains consumed by a person should be whole grains?
- A. 20
 - B. 35
 - C. 50
 - D. 100
34. Whole-grain flour contains all parts of the grain with the exception of the
- A. bran.
 - B. husk.
 - C. germ.
 - D. endosperm.

35. Refined grain products contain only the
- A. bran.
 - B. husk.
 - C. germ.
 - D. endosperm.
36. The addition of calcium to some orange juice products by food manufacturers is most properly termed nutrient
- A. enrichment.
 - B. restoration.
 - C. fortification.
 - D. mineralization.
37. What nutrient makes up most of the endosperm section of grains such as wheat and rice?
- A. Fat
 - B. Fiber
 - C. Starch
 - D. Protein
38. Which of the following is a characteristic of enriched grain products?
- A. They have all of the added nutrients listed on the label
 - B. They have the fiber restored from the refining procedure
 - C. They have virtually all the nutrients restored from refining procedure
 - D. They have only 4 vitamins and 4 minerals added by the food manufacturer
39. The part of the grain that remains after being refined is the
- A. bran.
 - B. germ.
 - C. husk.
 - D. endosperm.
40. Which of the following breads has the highest fiber content?
- A. White
 - B. Refined
 - C. Enriched
 - D. Whole-grain
41. What mineral is added in the enrichment process of refined flours?
- A. Iron
 - B. Iodine
 - C. Calcium
 - D. Magnesium

42. All of the following are features of the process of nutrient enrichment of flours **except**
- A. it includes products such as pastas.
 - B. fiber levels are similar to those in the whole grains.
 - C. it is required of all refined grain products that cross state lines.
 - D. thiamin and riboflavin are added in amounts exceeding their levels in the whole grain.
43. The most highly fortified foods on the market are
- A. frozen dinners.
 - B. imitation foods.
 - C. enriched breads.
 - D. breakfast cereals.
44. Which of the following is an enrichment nutrient for grains?
- A. Zinc
 - B. Folate
 - C. Protein
 - D. Calcium
45. The "5 to 9 a Day" food campaign promotes increased consumption of
- A. fruits and vegetables.
 - B. fish and skinless poultry.
 - C. five to nine kcalories less per day.
 - D. food only during the hours between 5 a.m. and 9 p.m.
46. Cooking an 8-ounce raw steak will reduce the weight (ounces) to approximately
- A. $3 \frac{1}{2}$.
 - B. 5.
 - C. 6.
 - D. 7.
47. Which of the following is **not** the same as fat-free milk?
- A. Skim milk
 - B. No-fat milk
 - C. 1% milk
 - D. Non-fat milk

48. What term describes a food that resembles and substitutes for another food but is nutritionally inferior to it?
- A. Faux food
 - B. Pseudo food
 - C. Imitation food
 - D. Food substitute
49. Textured vegetable protein is usually made from
- A. soybeans.
 - B. corn stalks.
 - C. a mixture of legumes.
 - D. cruciferous vegetables.
50. Which of the following terms is used to describe a cut of meat having a low fat content?
- A. End
 - B. Round
 - C. Prime
 - D. Choice
51. A meat described as "prime cut" means that it
- A. has an extended shelf life.
 - B. usually carries a high price.
 - C. is served only in restaurants.
 - D. is higher in fat than other cuts of meat.
52. According to food labeling laws, acceptable synonyms for nonfat milk include all of the following **except**
- A. skim milk.
 - B. no-fat milk.
 - C. zero-fat milk.
 - D. reduced-fat milk.
53. Which of the following is a feature of U.S. laws governing information on food labels?
- A. The term "fresh" can be used **only** for raw and moderately processed food
 - B. Nutrition labeling **must** appear on virtually all processed as well as fresh foods
 - C. Restaurant foods **must** provide nutrient content information on the menu
 - D. Nutrition labeling is **not** required on foods produced by small businesses or products produced and sold in the same establishment

54. Information that must be lawfully provided on food labels includes all of the following **except**
- A. the amount recommended for ingestion each day.
 - B. the amounts of specified nutrients and food components.
 - C. the net contents expressed by weight, measure, or count.
 - D. the name and address of the manufacturer, packer, or distributor.
55. Which of the following is a characteristic of food serving sizes?
- A. Serving sizes for most foods have not yet been established by the FDA
 - B. The serving size for ice cream is 2 cups and the serving size for all beverages is 12 fluid ounces
 - C. Serving sizes on food labels are not always the same as those of the USDA Food Guide
 - D. Serving sizes must be listed in common household measures, such as cups, or metric measures, such as milliliters, but not both
56. A food scientist is developing a new and improved cereal bar. She consults with you to ask in what order the ingredients should be listed on the food label. The ingredients are: Sugar: 30 g, Puffed wheat: 28 g, Dry milk powder: 5 g, Red food coloring: 35 mg, Salt: 2 g. What is the appropriate order in which to list these ingredients on the food label?
- A. Sugar, puffed wheat, dry milk powder, salt, red food coloring
 - B. Red food coloring, salt, dry milk powder, puffed wheat, sugar
 - C. Dry milk powder, puffed wheat, red food coloring, salt, sugar
 - D. Puffed wheat, sugar, dry milk powder, salt, red food coloring
57. A food label ingredient list reads in the following order: Wheat flour, vegetable shortening, sugar, salt, and cornstarch. What item would be found in the smallest amount in the food?
- A. Salt
 - B. Sugar
 - C. Cornstarch
 - D. Wheat flour
58. By law, a serving size on beverage food labels is
- A. 4-6 fluid ounces.
 - B. 8 fluid ounces.
 - C. 10-12 fluid ounces.
 - D. 16 fluid ounces.
59. Approximately how many milliliters constitute a fluid ounce?
- A. 10
 - B. 20
 - C. 30
 - D. 40

60. Approximately how many grams are in an ounce?
- A. 10
 - B. 20
 - C. 30
 - D. 40
61. All of the following are features of serving size information on food labels **except**
- A. serving sizes for solid foods are expressed in both ounces and grams.
 - B. small bags of individually wrapped food items must contain only one serving.
 - C. serving sizes on food labels may not be the same as those of MyPyramid.
 - D. for a given product, the serving size is the same, no matter how large the package.
62. According to nutrition labeling laws, the amounts of what two vitamins **must** be listed on the package label?
- A. Vitamins D and E
 - B. Vitamins A and C
 - C. Thiamin and riboflavin
 - D. Vitamin B₆ and niacin
63. Population groups such as sedentary older men, sedentary younger women, and active older women have a daily energy need (kcalories) of approximately
- A. 1200.
 - B. 1500.
 - C. 2000.
 - D. 2700.
64. Food labels express the nutrient content in relation to a set of standard values known as the
- A. Daily Values.
 - B. FDA Standards.
 - C. Reference Dietary Intakes.
 - D. Recommended Dietary Intakes.
65. On a food label, the "% Daily Value" table compares key nutrients per serving for a person consuming how many kcalories daily?
- A. 1500
 - B. 2000
 - C. 2500
 - D. 3000

66. Which of the following is a feature of the Daily Values found on food labels?
- A. They are updated every two years as mandated by the USDA
 - B. They are expressed on a "per 1000-kcalorie intake" basis
 - C. They assist people in determining whether a food contains a little or a lot of a nutrient
 - D. They define a food as an excellent source of a nutrient if it contributes at least 50% of the dietary recommended intake
67. Which of the following foods qualifies as a "good source" of calcium?
- A. Cheese with 50 g of calcium
 - B. Yogurt with 150 mg of calcium
 - C. Ice cream with 90 mg calcium
 - D. Whole milk with 300 mg of calcium
68. A food label that advertises the product as a "rich source of fiber" is an example of a
- A. nutrient claim.
 - B. lite-food claim.
 - C. weight reduction claim.
 - D. structure-function claim.
69. Greg is trying to decide which brand of cereal to buy, but he is a somewhat confused by the health claims. Which of the following represents the highest level of significant scientific agreement?
- A. "Promotes a healthy heart"
 - B. "This cereal supports heart health"
 - C. "This product contains whole grains which have been proven to reduce the risk of heart disease and certain cancers"
 - D. "Very limited and preliminary scientific research suggests this product can reduce risk for cancers, FDA concludes that there is little scientific evidence supporting this claim"
70. Which of the following is descriptive of the FDA's "A" list?
- A. A series of unqualified health claims on food labels
 - B. A list of foods conforming to the USDA Food Guide
 - C. The most nutrient-dense foods found within MyPyramid
 - D. A list of foods that should be avoided to maintain a healthy diet
71. Which of the following is a feature of the FDA's regulations of food label health claims?
- A. The claims cannot be reviewed in a court of law
 - B. There are four grades of health claim quality: A, B, C, and D
 - C. There are three grades of health claim quality: prime, choice, and select
 - D. All health claims must undergo careful and scientifically thorough evaluation to ensure accuracy

72. According to U.S. food labeling regulations, clear and convincing evidence has been found for all of the following health claims regarding nutrition and disease **except**
- A. sugar and diabetes.
 - B. sodium and hypertension.
 - C. calcium and osteoporosis.
 - D. lipids and cancer and cardiovascular disease.
73. According to the FDA, which of the following diet-health messages requires a disclaimer on food labels?
- A. Fiber and cancer
 - B. Lipids and obesity
 - C. Calcium and osteoporosis
 - D. Sodium and high blood pressure
74. Which of the following is a characteristic of structure-function claims on food labels?
- A. They are allowed only for unprocessed food
 - B. They can be made without any FDA approval
 - C. They must conform to guidelines of the "A" list of health claims
 - D. They must state the name of the disease or symptom for which a benefit is claimed
75. What is a flexitarian?
- A. A strict vegetarian who adheres to a macrobiotic diet one week per month
 - B. A vegetarian who occasionally eats small amounts of meat
 - C. A vegetarian who practices complementary protein intake even though dairy products and eggs are consumed
 - D. A vegetarian whose food intake is guided by a personalized MyPyramid plan that emphasizes meat alternatives
76. Which of the following ingredients found on a food label is a source of protein?
- A. BHT
 - B. Tofu
 - C. Corn starch
 - D. Diglycerides
77. For the most part, all of the following are advantages of vegetarian diets **except**
- A. fat intake is lower.
 - B. fiber intake is higher.
 - C. vitamin B₁₂ intake is higher.
 - D. intakes of vitamins A and C are higher.

78. All of the following are typical characteristics of vegetarians **except**
- they are no more iron deficient than are omnivores.
 - their zinc absorption is efficient due to their high soy intake.
 - they are at risk for iodine toxicity when consuming high amounts of seaweeds.
 - their need for calcium can be met, in large part, from enriched soy milk, breakfast cereals, and fortified juices.
79. Which of the following are allowed in the diet of a lactovegetarian?
- Plant foods only
 - Eggs and plant foods only
 - Meat, eggs, and plant foods only
 - Milk products and plant foods only
80. In vegetarians, the RDA is higher for
- iron.
 - folate.
 - calcium.
 - vitamin A.
81. Which of the following is a feature of iron nutrition in vegetarians?
- Vegetarians absorb iron more efficiently
 - Iron utilization is inhibited by the high zinc content in grains
 - The absorption of iron is low due to the high vitamin C intake
 - More iron deficiency is found in vegetarians than in people eating a mixed diet
82. Textured vegetable protein is usually made of
- soy protein.
 - fish protein.
 - bean plus rice proteins.
 - bean plus cheese proteins.
83. All of the following are documented benefits for people following a vegetarian diet **except**
- lower body weights.
 - lower rates of anemia.
 - lower blood cholesterol levels.
 - lower rates of certain types of cancer.
84. Which of the following is a feature of vitamin B₁₂ nutrition in vegetarians?
- Vitamin B₁₂ in fortified cereals has low bioavailability
 - Vegan mothers need only infrequent intake of vitamin B₁₂-fortified cereals
 - The vitamin B₁₂ in fermented soy products may have low bioavailability
 - Infants born to vegan mothers are resistant to the development of vitamin B₁₂ deficiency

85. Match each of the following options to a phrase below:

- | | | |
|---|---------------------------------------|-------|
| 1. Origin of the Food Guide eating plan | Balance | _____ |
| 2. Serving size of rice on a food label | Nutrient density | _____ |
| 3. Example of a fortified food | USDA | _____ |
| 4. Nutrient commonly added in cow's milk fortification process | 3 | _____ |
| 5. Health claim not allowed on food labels without a disclaimer | Green peas | _____ |
| 6. Legume belonging to the starch category of exchange lists | Bran | _____ |
| 7. Agency that regulates food labeling | Iron | _____ |
| 8. Reliable health claim allowed on food labels | Endosperm | _____ |
| 9. Number of USDA Food Guide ounce equivalents in $\frac{3}{4}$ cup cooked legumes | Orange juice containing added calcium | _____ |
| 10. The principle of consuming a number of foods in proportion to each other | Margarine containing plant sterols | _____ |
| 11. Nutrient commonly added in soy milk fortification process | Soybeans | _____ |
| 12. The principle of recognizing that a food has more iron than another food when expressed per calorie | Vitamin A | _____ |
| 13. Grams of fat supplied by a 1200-kcalorie diet that is 30% fat | $\frac{1}{2}$ cup | _____ |
| 14. Nutrient added in grain enrichment process | 1 cup | _____ |
| 15. Commonly used to make textured vegetable protein | 65 | _____ |
| 16. Maximum number of grams of fat recommended on a 2000-kcalorie diet | 40 | _____ |
| 17. Serving size (equivalent to 1 oz) of rice in the Food Guide | FDA | _____ |
| 18. Part of grain containing most of the starch | Sodium and hypertension | _____ |
| 19. Example of a functional food | Antioxidants and heart disease | _____ |
| 20. Part of grain richest in fiber | Vitamin B ₁₂ | _____ |

86. List and discuss the significance of six diet-planning principles.
87. What is meant by the term "nutrient-dense food"? Give 3 examples each of foods with high nutrient density and low nutrient density.
88. Why do dietary guidelines include recommendations for physical activity?

89. List and discuss 7 key recommendations of the *Dietary Guidelines for Americans 2005*.
90. Provide examples and discuss the importance of the 5 subgroups of the vegetables food group.
91. List the five food groups and describe how foods are classified in the USDA Food Guide. What are the advantages and disadvantages of the plan?

92. Discuss the disadvantages inherent in using the USDA Food Guide.

93. What is the meaning, significance, and utility of the discretionary calorie allowance?

94. Discuss ways in which dietary guidelines can be applied to ethnic diets.

95. Discuss the meaning, significance, and utility of MyPyramid as an educational tool.

96. What is the origin of food exchange lists? How are they best utilized?

97. Calculate a set of personal Daily Values for someone with a 3000-kcalorie diet.

98. Discuss the meaning and significance of foods that are refined, enriched, fortified, or whole-grain.

99. Discuss the benefits and limitations of the U.S. grain enrichment legislation.

100. When preparing meat, fish, and poultry, what steps can be taken to reduce the contribution of fat calories?

101. Discuss the benefits and adverse effects of regularly consuming soy products.

102. Describe the major aspects of nutrition labeling regulations. List the information that must be displayed on food labels.

103. Discuss the regulations for nutrient claims and health claims on food labels.

104. List 5 approved food label health claims from the "A" list and the criteria that support the claims.

105. What is a structure-function claim? Give 4 examples.

106. List reasons that people become vegetarians.

107. List the advantages of a vegetarian diet. What nutrient requirements are more difficult to meet on this diet, and what precautions are needed to prevent insufficient intakes in the child, in the adult, and in the pregnant woman?
108. How can vegetarians conform to the principles of the USDA Food Guide and MyPyramid?
109. Develop a modified MyPyramid for a vegetarian and for a vegan.

Chapter 2--Planning a Healthy Diet **Key**

1. Which of the following is **not** a feature of a food group plan?
 - A. Defines serving equivalents
 - B. Considered a tool for diet planning
 - C.** Sorts foods of similar water content
 - D. Specifies the number of servings from each group
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 - B. Abundance, balance, conservative, diversity, moderation, and vitamins
 - C. Adequacy, bone development, correction, vitamin density, master, and variety
 - D.** Adequacy, balance, kcalorie control, nutrient density, moderation, and variety
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 - C. Low-fat milk
 - D. Cheddar cheese
4. *Nutrient dense* refers to foods that
 - A. carry the USDA nutrition labeling.
 - B. are higher in weight relative to volume.
 - C.** provide more nutrients relative to kcalories.
 - D. contain a mixture of carbohydrate, fat, and protein.
5. The concept of nutrient density is most helpful in achieving what principle of diet planning?
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 - B. Balance
 - C. Moderation
 - D.** kCalorie control
6. Which of the following is an expression of the nutrient density of a food?
 - A.** 0.01 mg iron per kcalorie
 - B. 110 kcalories per cup
 - C. 0.5 mg iron per serving
 - D. 110 kcalories per serving

7. Providing enough, but not an excess, of a food is a diet-planning principle known as
- A. safety.
 - B. variety.
 - C.** moderation.
 - D. undernutrition.
8. An empty-kcalorie food is one that contains
- A. no calories.
 - B. an abundance of vitamins but little or no minerals.
 - C. an abundance of minerals but little or no vitamins.
 - D.** excess energy and little or no protein, vitamins or minerals.
9. Applying the principle of variety in food planning ensures the benefits of
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 - B. vegetarianism.
 - C. nutrient density.
 - D.** dilution of harmful substances.
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 - B. Reduce television viewing time
 - C. Reduce computer internet time
 - D.** Engage in regular physical activities
11. In which of the following food groups are legumes found?
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 - B. Dairy
 - C. Fruits
 - D. Grains
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 - B.** Its nutrients of greatest concern include iron, chromium, and vitamin B₁₂
 - C. It can be used with great flexibility once its intent is understood
 - D. It specifies that a certain quantity of food be consumed from each group, based upon energy intake

13. Consider the following menu from the point of view of the USDA Food Guide.

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2 eggs
1 tsp margarine
2 slices enriched white bread

1 c whole milk

coffee

Lunch

2 oz tuna fish
lettuce
1 tbsp mayonnaise

2 slices enriched white bread

1 apple

Supper

3 oz hamburger meat
1 oz cheese
1 $\frac{1}{2}$ c cooked rice

1 $\frac{1}{2}$ c carrots

coffee

Which of the following describes the nutritional value of the fruits and vegetables in this menu?

- A. A source of vitamin A is missing
 - B.** A source of vitamin C is marginal
 - C. The daily amounts recommended for a 2000-kcalorie diet are met
 - D. The daily amounts recommended for a 2000-kcalorie diet are exceeded
14. Of the daily recommended intake of fruit servings, what maximum percentage may be supplied by fruit juice?
- A. 10
 - B. 20
 - C.** 33
 - D. 50
15. What two major nutrients are supplied by the fruit and vegetable groups?
- A. Vitamins D and E
 - B.** Vitamins A and C
 - C. Protein and calcium
 - D. B vitamins and iron
16. The consumption of 2000 kcalories per day is sufficient to meet the energy needs of most
- A. teenage girls.
 - B. most children.
 - C. sedentary men.
 - D.** sedentary women.

17. Jamie is a vegetarian who is trying to plan a healthy diet with the help of MyPyramid. Which of the following meat alternatives would be the best nutrient choices for one day?
- A. 2 pieces bacon, $\frac{1}{2}$ can tuna, 2 pieces bread
 - B. 3 oz. cheese, $\frac{1}{2}$ sweet potato, 2 tbsp peanut butter
 - C.** $\frac{1}{2}$ cup black beans, 2 tbsp peanut butter, 1 c spinach
 - D. 1 skinless chicken breast, 2 egg whites, meal replacement bar
18. Which of the following is an alternative choice for meats in the USDA Food Guide?
- A.** Nuts
 - B. Bacon
 - C. Baked potatoes
 - D. Sweet potatoes
19. All of the following are examples of legumes **except**
- A. peas.
 - B. beans.
 - C. peanuts.
 - D.** potatoes.
20. Which of the following foods could help meet the iron needs of vegetarians who consume dairy?
- A. Coconut
 - B.** Legumes
 - C. Skim milk
 - D. Potato salad
21. Approximately how many kcalories more per day are needed by an average college-age student who is active compared with her inactive counterpart?
- A.** 400-500
 - B. 600-800
 - C. 1000-1200
 - D. 1500-2000
22. How many subgroups comprise the vegetable food group?
- A. 1
 - B. 3
 - C.** 5
 - D. 7

23. General features of legumes include all of the following **except**
- A. they are high in fat.
 - B. they are low in cost.
 - C. they are rich in fiber.
 - D. they include peanuts.
24. Legumes are used as meat alternatives for all of the following reasons **except**
- A. they are economical.
 - B.** they can be graded as prime, choice, and select.
 - C. they can be processed to look and taste like meat.
 - D. they contribute the same key nutrients, including iron and protein.
25. Which of the following foods provides discretionary calories for the person on a weight reduction diet?
- A. Watermelon
 - B.** Canned pears in syrup
 - C. Milk with all fat removed
 - D. Chicken with the skin removed
26. Which of the following foods' calories would be considered as part of one's discretionary calorie allowance?
- A. Jam
 - B. Watermelon
 - C. Raw carrots
 - D. Brussels sprouts
27. According to the principles of the USDA Food Guide, the foundation of a healthful diet should consist of
- A. dairy.
 - B. fruits.
 - C.** nutrient-dense foods.
 - D. meats and alternatives.
28. A cup of fresh blueberries is about the size of a
- A. golf ball.
 - B.** baseball.
 - C. grapefruit.
 - D. marshmallow.

29. Which of the following is **not** descriptive of MyPyramid?
- A. An education tool that illustrates the concepts of the *Dietary Guidelines* and USDA Food Guide
 - B. A graphic image designed to encourage consumers to make healthy food and physical activity choices every day
 - C. A multi-colored pyramid that illustrates variety, with each color representative of the five food groups, plus one for oils
 - D.** A broad-based figure that conveys the message that grains should be abundant and form the foundation of a healthy diet
30. Food exchange systems were originally developed for people with
- A.** diabetes.
 - B. terminal diseases.
 - C. cardiovascular disease.
 - D. life-threatening obesity.
31. Which of the following is a feature of the exchange list system?
- A. Foods are grouped according to their source
 - B. Adequate intakes of minerals and vitamins are virtually guaranteed
 - C. A fat portion provides about twice the energy as a carbohydrate portion
 - D.** All foods are grouped according to their content of carbohydrate, protein, and fats
32. In food exchange lists, to what group are olives assigned?
- A.** Fat
 - B. Meat
 - C. Carbohydrate
 - D. Meat substitute
33. Approximately what minimum percentage of all grains consumed by a person should be whole grains?
- A. 20
 - B. 35
 - C.** 50
 - D. 100
34. Whole-grain flour contains all parts of the grain with the exception of the
- A. bran.
 - B.** husk.
 - C. germ.
 - D. endosperm.

35. Refined grain products contain only the
- A. bran.
 - B. husk.
 - C. germ.
 - D.** endosperm.
36. The addition of calcium to some orange juice products by food manufacturers is most properly termed nutrient
- A. enrichment.
 - B. restoration.
 - C.** fortification.
 - D. mineralization.
37. What nutrient makes up most of the endosperm section of grains such as wheat and rice?
- A. Fat
 - B. Fiber
 - C.** Starch
 - D. Protein
38. Which of the following is a characteristic of enriched grain products?
- A.** They have all of the added nutrients listed on the label
 - B. They have the fiber restored from the refining procedure
 - C. They have virtually all the nutrients restored from refining procedure
 - D. They have only 4 vitamins and 4 minerals added by the food manufacturer
39. The part of the grain that remains after being refined is the
- A. bran.
 - B. germ.
 - C. husk.
 - D.** endosperm.
40. Which of the following breads has the highest fiber content?
- A. White
 - B. Refined
 - C. Enriched
 - D.** Whole-grain
41. What mineral is added in the enrichment process of refined flours?
- A.** Iron
 - B. Iodine
 - C. Calcium
 - D. Magnesium

42. All of the following are features of the process of nutrient enrichment of flours **except**
- A. it includes products such as pastas.
 - B.** fiber levels are similar to those in the whole grains.
 - C. it is required of all refined grain products that cross state lines.
 - D. thiamin and riboflavin are added in amounts exceeding their levels in the whole grain.
43. The most highly fortified foods on the market are
- A. frozen dinners.
 - B. imitation foods.
 - C. enriched breads.
 - D.** breakfast cereals.
44. Which of the following is an enrichment nutrient for grains?
- A. Zinc
 - B.** Folate
 - C. Protein
 - D. Calcium
45. The "5 to 9 a Day" food campaign promotes increased consumption of
- A.** fruits and vegetables.
 - B. fish and skinless poultry.
 - C. five to nine kcalories less per day.
 - D. food only during the hours between 5 a.m. and 9 p.m.
46. Cooking an 8-ounce raw steak will reduce the weight (ounces) to approximately
- A. $3 \frac{1}{2}$.
 - B. 5.
 - C.** 6.
 - D. 7.
47. Which of the following is **not** the same as fat-free milk?
- A. Skim milk
 - B. No-fat milk
 - C.** 1% milk
 - D. Non-fat milk

48. What term describes a food that resembles and substitutes for another food but is nutritionally inferior to it?
- A. Faux food
 - B. Pseudo food
 - C. Imitation food**
 - D. Food substitute
49. Textured vegetable protein is usually made from
- A. soybeans.**
 - B. corn stalks.
 - C. a mixture of legumes.
 - D. cruciferous vegetables.
50. Which of the following terms is used to describe a cut of meat having a low fat content?
- A. End
 - B. Round**
 - C. Prime
 - D. Choice
51. A meat described as "prime cut" means that it
- A. has an extended shelf life.
 - B. usually carries a high price.
 - C. is served only in restaurants.
 - D. is higher in fat than other cuts of meat.**
52. According to food labeling laws, acceptable synonyms for nonfat milk include all of the following **except**
- A. skim milk.
 - B. no-fat milk.
 - C. zero-fat milk.
 - D. reduced-fat milk.**
53. Which of the following is a feature of U.S. laws governing information on food labels?
- A. The term "fresh" can be used **only** for raw and moderately processed food
 - B. Nutrition labeling **must** appear on virtually all processed as well as fresh foods
 - C. Restaurant foods **must** provide nutrient content information on the menu
 - D. Nutrition labeling is not required on foods produced by small businesses or products produced and sold in the same establishment**

54. Information that must be lawfully provided on food labels includes all of the following **except**
- A. the amount recommended for ingestion each day.
 - B. the amounts of specified nutrients and food components.
 - C. the net contents expressed by weight, measure, or count.
 - D. the name and address of the manufacturer, packer, or distributor.
55. Which of the following is a characteristic of food serving sizes?
- A. Serving sizes for most foods have not yet been established by the FDA
 - B. The serving size for ice cream is 2 cups and the serving size for all beverages is 12 fluid ounces
 - C. Serving sizes on food labels are not always the same as those of the USDA Food Guide
 - D. Serving sizes must be listed in common household measures, such as cups, or metric measures, such as milliliters, but not both
56. A food scientist is developing a new and improved cereal bar. She consults with you to ask in what order the ingredients should be listed on the food label. The ingredients are: Sugar: 30 g, Puffed wheat: 28 g, Dry milk powder: 5 g, Red food coloring: 35 mg, Salt: 2 g. What is the appropriate order in which to list these ingredients on the food label?
- A. Sugar, puffed wheat, dry milk powder, salt, red food coloring
 - B. Red food coloring, salt, dry milk powder, puffed wheat, sugar
 - C. Dry milk powder, puffed wheat, red food coloring, salt, sugar
 - D. Puffed wheat, sugar, dry milk powder, salt, red food coloring
57. A food label ingredient list reads in the following order: Wheat flour, vegetable shortening, sugar, salt, and cornstarch. What item would be found in the smallest amount in the food?
- A. Salt
 - B. Sugar
 - C. Cornstarch
 - D. Wheat flour
58. By law, a serving size on beverage food labels is
- A. 4-6 fluid ounces.
 - B. 8 fluid ounces.
 - C. 10-12 fluid ounces.
 - D. 16 fluid ounces.
59. Approximately how many milliliters constitute a fluid ounce?
- A. 10
 - B. 20
 - C. 30
 - D. 40

60. Approximately how many grams are in an ounce?
- A. 10
 - B. 20
 - C. 30**
 - D. 40
61. All of the following are features of serving size information on food labels **except**
- A. serving sizes for solid foods are expressed in both ounces and grams.
 - B.** small bags of individually wrapped food items must contain only one serving.
 - C. serving sizes on food labels may not be the same as those of MyPyramid.
 - D. for a given product, the serving size is the same, no matter how large the package.
62. According to nutrition labeling laws, the amounts of what two vitamins **must** be listed on the package label?
- A. Vitamins D and E
 - B.** Vitamins A and C
 - C. Thiamin and riboflavin
 - D. Vitamin B₆ and niacin
63. Population groups such as sedentary older men, sedentary younger women, and active older women have a daily energy need (kcalories) of approximately
- A. 1200.
 - B. 1500.
 - C.** 2000.
 - D. 2700.
64. Food labels express the nutrient content in relation to a set of standard values known as the
- A.** Daily Values.
 - B. FDA Standards.
 - C. Reference Dietary Intakes.
 - D. Recommended Dietary Intakes.
65. On a food label, the "% Daily Value" table compares key nutrients per serving for a person consuming how many kcalories daily?
- A. 1500
 - B.** 2000
 - C. 2500
 - D. 3000

66. Which of the following is a feature of the Daily Values found on food labels?
- A. They are updated every two years as mandated by the USDA
 - B. They are expressed on a "per 1000-kcalorie intake" basis
 - C.** They assist people in determining whether a food contains a little or a lot of a nutrient
 - D. They define a food as an excellent source of a nutrient if it contributes at least 50% of the dietary recommended intake
67. Which of the following foods qualifies as a "good source" of calcium?
- A. Cheese with 50 g of calcium
 - B.** Yogurt with 150 mg of calcium
 - C. Ice cream with 90 mg calcium
 - D. Whole milk with 300 mg of calcium
68. A food label that advertises the product as a "rich source of fiber" is an example of a
- A.** nutrient claim.
 - B. lite-food claim.
 - C. weight reduction claim.
 - D. structure-function claim.
69. Greg is trying to decide which brand of cereal to buy, but he is a somewhat confused by the health claims. Which of the following represents the highest level of significant scientific agreement?
- A. "Promotes a healthy heart"
 - B. "This cereal supports heart health"
 - C.** "This product contains whole grains which have been proven to reduce the risk of heart disease and certain cancers"
 - D. "Very limited and preliminary scientific research suggests this product can reduce risk for cancers, FDA concludes that there is little scientific evidence supporting this claim"
70. Which of the following is descriptive of the FDA's "A" list?
- A.** A series of unqualified health claims on food labels
 - B. A list of foods conforming to the USDA Food Guide
 - C. The most nutrient-dense foods found within MyPyramid
 - D. A list of foods that should be avoided to maintain a healthy diet
71. Which of the following is a feature of the FDA's regulations of food label health claims?
- A. The claims cannot be reviewed in a court of law
 - B.** There are four grades of health claim quality: A, B, C, and D
 - C. There are three grades of health claim quality: prime, choice, and select
 - D. All health claims must undergo careful and scientifically thorough evaluation to ensure accuracy

72. According to U.S. food labeling regulations, clear and convincing evidence has been found for all of the following health claims regarding nutrition and disease **except**
- A. sugar and diabetes.
 - B. sodium and hypertension.
 - C. calcium and osteoporosis.
 - D. lipids and cancer and cardiovascular disease.
73. According to the FDA, which of the following diet-health messages requires a disclaimer on food labels?
- A. Fiber and cancer
 - B. Lipids and obesity
 - C. Calcium and osteoporosis
 - D. Sodium and high blood pressure
74. Which of the following is a characteristic of structure-function claims on food labels?
- A. They are allowed only for unprocessed food
 - B. They can be made without any FDA approval
 - C. They must conform to guidelines of the "A" list of health claims
 - D. They must state the name of the disease or symptom for which a benefit is claimed
75. What is a flexitarian?
- A. A strict vegetarian who adheres to a macrobiotic diet one week per month
 - B. A vegetarian who occasionally eats small amounts of meat
 - C. A vegetarian who practices complementary protein intake even though dairy products and eggs are consumed
 - D. A vegetarian whose food intake is guided by a personalized MyPyramid plan that emphasizes meat alternatives
76. Which of the following ingredients found on a food label is a source of protein?
- A. BHT
 - B. Tofu
 - C. Corn starch
 - D. Diglycerides
77. For the most part, all of the following are advantages of vegetarian diets **except**
- A. fat intake is lower.
 - B. fiber intake is higher.
 - C. vitamin B₁₂ intake is higher.
 - D. intakes of vitamins A and C are higher.

78. All of the following are typical characteristics of vegetarians **except**
- A. they are no more iron deficient than are omnivores.
 - B.** their zinc absorption is efficient due to their high soy intake.
 - C. they are at risk for iodine toxicity when consuming high amounts of seaweeds.
 - D. their need for calcium can be met, in large part, from enriched soy milk, breakfast cereals, and fortified juices.
79. Which of the following are allowed in the diet of a lactovegetarian?
- A. Plant foods only
 - B. Eggs and plant foods only
 - C. Meat, eggs, and plant foods only
 - D.** Milk products and plant foods only
80. In vegetarians, the RDA is higher for
- A.** iron.
 - B. folate.
 - C. calcium.
 - D. vitamin A.
81. Which of the following is a feature of iron nutrition in vegetarians?
- A.** Vegetarians absorb iron more efficiently
 - B. Iron utilization is inhibited by the high zinc content in grains
 - C. The absorption of iron is low due to the high vitamin C intake
 - D. More iron deficiency is found in vegetarians than in people eating a mixed diet
82. Textured vegetable protein is usually made of
- A.** soy protein.
 - B. fish protein.
 - C. bean plus rice proteins.
 - D. bean plus cheese proteins.
83. All of the following are documented benefits for people following a vegetarian diet **except**
- A. lower body weights.
 - B.** lower rates of anemia.
 - C. lower blood cholesterol levels.
 - D. lower rates of certain types of cancer.
84. Which of the following is a feature of vitamin B₁₂ nutrition in vegetarians?
- A. Vitamin B₁₂ in fortified cereals has low bioavailability
 - B. Vegan mothers need only infrequent intake of vitamin B₁₂-fortified cereals
 - C.** The vitamin B₁₂ in fermented soy products may have low bioavailability
 - D. Infants born to vegan mothers are resistant to the development of vitamin B₁₂ deficiency

85. Match each of the following options to a phrase below:

- | | | |
|--|---------------------------------------|-----------|
| 1. Origin of the Food Guide eating plan | Balance | <u>10</u> |
| 2. Serving size of rice on a food label | Nutrient density | <u>12</u> |
| 3. Example of a fortified food | USDA | <u>1</u> |
| 4. Nutrient commonly added in cow's milk fortification process | 3 | <u>9</u> |
| 5. Health claim not allowed on food labels without a disclaimer | Green peas | <u>6</u> |
| 6. Legume belonging to the starch category of exchange lists | Bran | <u>20</u> |
| 7. Agency that regulates food labeling | Iron | <u>14</u> |
| 8. Reliable health claim allowed on food labels | Endosperm | <u>18</u> |
| 9. Number of USDA Food Guide ounce equivalents in $\frac{3}{4}$ cup cooked legumes | Orange juice containing added calcium | <u>3</u> |
| 10. The principle of consuming a number of foods in proportion to each other | Margarine containing plant sterols | <u>19</u> |
| 11. Nutrient commonly added in soy milk fortification process | Soybeans | <u>15</u> |
| 12. The principle of recognizing that a food has more iron than another food when expressed per kcalorie | Vitamin A | <u>4</u> |
| 13. Grams of fat supplied by a 1200-kcalorie diet that is 30% fat | $\frac{1}{2}$ cup | <u>17</u> |
| 14. Nutrient added in grain enrichment process | 1 cup | <u>2</u> |
| 15. Commonly used to make textured vegetable protein | 65 | <u>16</u> |
| 16. Maximum number of grams of fat recommended on a 2000-kcalorie diet | 40 | <u>13</u> |
| 17. Serving size (equivalent to 1 oz) of rice in the Food Guide | FDA | <u>7</u> |
| 18. Part of grain containing most of the starch | Sodium and hypertension | <u>8</u> |
| 19. Example of a functional food | Antioxidants and heart disease | <u>5</u> |
| 20. Part of grain richest in fiber | Vitamin B ₁₂ | <u>11</u> |

86. List and discuss the significance of six diet-planning principles.

Answer not provided.

87. What is meant by the term "nutrient-dense food"? Give 3 examples each of foods with high nutrient density and low nutrient density.

Answer not provided.

88. Why do dietary guidelines include recommendations for physical activity?

Answer not provided.

89. List and discuss 7 key recommendations of the *Dietary Guidelines for Americans 2005*.

Answer not provided.

90. Provide examples and discuss the importance of the 5 subgroups of the vegetables food group.

Answer not provided.

91. List the five food groups and describe how foods are classified in the USDA Food Guide. What are the advantages and disadvantages of the plan?

Answer not provided.

92. Discuss the disadvantages inherent in using the USDA Food Guide.

Answer not provided.

93. What is the meaning, significance, and utility of the discretionary kcalorie allowance?

Answer not provided.

94. Discuss ways in which dietary guidelines can be applied to ethnic diets.

Answer not provided.

95. Discuss the meaning, significance, and utility of MyPyramid as an educational tool.

Answer not provided.

96. What is the origin of food exchange lists? How are they best utilized?

Answer not provided.

97. Calculate a set of personal Daily Values for someone with a 3000-kcalorie diet.

Answer not provided.

98. Discuss the meaning and significance of foods that are refined, enriched, fortified, or whole-grain.

Answer not provided.

99. Discuss the benefits and limitations of the U.S. grain enrichment legislation.

Answer not provided.

100. When preparing meat, fish, and poultry, what steps can be taken to reduce the contribution of fat calories?

Answer not provided.

101. Discuss the benefits and adverse effects of regularly consuming soy products.

Answer not provided.

102. Describe the major aspects of nutrition labeling regulations. List the information that must be displayed on food labels.

Answer not provided.

103. Discuss the regulations for nutrient claims and health claims on food labels.

Answer not provided.

104. List 5 approved food label health claims from the "A" list and the criteria that support the claims.

Answer not provided.

105. What is a structure-function claim? Give 4 examples.

Answer not provided.

106. List reasons that people become vegetarians.

Answer not provided.

107. List the advantages of a vegetarian diet. What nutrient requirements are more difficult to meet on this diet, and what precautions are needed to prevent insufficient intakes in the child, in the adult, and in the pregnant woman?

Answer not provided.

108. How can vegetarians conform to the principles of the USDA Food Guide and MyPyramid?

Answer not provided.

109. Develop a modified MyPyramid for a vegetarian and for a vegan.

Answer not provided.