Nutrition for Health Fitness and Sport 11th edition Williams Test Bank

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Chapter 02 Test Bank

Student: _____

1. The three key words to a healthful diet are balance, variety, and
   A. availability.
   B. moderation.
   C. quality.
   D. complementarity.

2. Nutrients that the body needs, but cannot produce in adequate quantities are called
   A. essential nutrients.
   B. dispensable nutrients.
   C. nonessential nutrients.
   D. nondispensable nutrients.

3. Macronutrients
   A. may provide energy but do not support growth and development of body tissues.
   B. have a daily requirement that is less than a few grams.
   C. include carbohydrates, fats, and proteins, as well as water.
   D. contain no Calories.

4. One example of a micronutrient is
   A. water.
   B. minerals.
   C. carbohydrate.
   D. fat.

5. A good example of a nonessential nutrient is
   A. fiber.
   B. calcium.
   C. niacin.
   D. creatine.

6. MyPlate stresses all but which one of the following:
   A. Weight loss
   B. Variety
   C. Activity
   D. Personalization

7. One of the nutrients included in the Key Nutrient concept is
   A. vitamin D.
   B. vitamin E.
   C. potassium.
   D. calcium.

8. Nutrient density
   A. is an important concept based on food processing and fortification.
   B. will automatically increase simply by increasing the amount of dietary fat and sugar.
   C. is when a food possesses a significant amount of specific nutrients per serving relative to its caloric content.
   D. is an indicator of food irradiation.

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9. When considering the key-nutrient concept, which of the following is NOT true?
   A. The theory is based on the eight nutrients central to human nutrition
   B. Highly processed foods to which some vitamins have been added are acceptable to this concept
   C. If the key nutrients are adequate in your diet, you will probably receive an ample supply of all nutrients essential to humans
   D. The Food Exchange Lists can be a useful guide to securing the key nutrients, if one keeps in mind that there is some variation in the proportion of the nutrients within each food exchange

10. Which of the following statements about the Food Exchange System is correct?
   A. It is a food guide, but it is dissimilar to MyPlate
   B. It was developed by the American Dietetic Association and American Diabetic Association, as well as other health organizations
   C. It was developed specifically for prevention of cardiovascular disease
   D. It includes eight exchanges that contain approximately the same amount of Calories, carbohydrate, fat, and protein

11. Which statement about the typical American diet is FALSE?
   A. Americans eat too much saturated fat
   B. Americans eat too many Calories
   C. Americans obtain adequate amounts of calcium
   D. Americans do not eat enough fiber-rich foods

12. According to the National Academy of Sciences, fat should provide _____ of overall Calories in the diet.

   A. 20% to 35%

   B. 10% to 35%

   C. 45% to 65%

   D. 5% to 20%

13. The recommended daily dietary goal for cholesterol intake is no more than
   A. 150mg.
   B. 200mg.
   C. 250mg.
   D. 300mg.

14. When considering the types of food a vegetarian eats, which of the following is true?
   A. Semivegetarians do not eat meat such as fish and poultry
   B. Ovovegetarians will eat both egg and milk products

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C. Vegans will eat fish and poultry, but will eat no red meat
D. Lactovegetarians will include foods in the milk group in their diets

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15. If foods are not selected carefully, strict vegetarians may incur nutritional deficiencies involving
    A. vitamin A.
    B. vitamin C.
    C. calcium.
    D. potassium.

16. To obtain protein complementarity, you would combine rice with
    A. wheat.
    B. oats.
    C. corn.
    D. soybeans.

17. Of the following statements, which is true of a healthy vegetarian diet?
    A. It is always healthier than a diet that includes foods in the meat and milk groups
    B. The major nutritional difference between a nonvegetarian and a vegetarian diet appears to be the higher content of saturated fats and cholesterol in the latter
    C. It supplies more than an adequate amount of nutrients and is rather low in caloric content
    D. Vitamin B12 deficiencies are very rare with a pure vegetarian diet

18. What is the term used to describe the average daily dietary intake that is sufficient to meet the nutrient requirement of nearly all healthy individuals?
    A. Tolerable Upper Intake Limit (UL)
    B. Estimated Average Requirement (EAR)
    C. Adequate Intake (AI)
    D. Recommended Dietary Allowance (RDA)

19. What is the term used to describe the recommended daily nutrient intake level based on observed or experimentally determined approximations of nutrient intake by a group of healthy people?
    A. Tolerable Upper Limit (UL)
    B. Estimated Average Requirement (EAR)
    C. Adequate Intake (AI)
    D. Recommended Dietary Allowance (RDA)

20. The Dietary Reference Intake (DRI) consists of which of the following reference intakes?
    A. RDA and AI
    B. RDA and UL
    C. RDA, AI and UL
    D. RDA, AI, UL and EAR

21. Which of the following is an optional listing on a Nutrition Facts Label?
    A. Amount per serving of total fat
    B. Amount per serving of Calcium
    C. Amount per serving of all B vitamins
    D. Amount per serving of saturated fat

22. Food manufacturers may make health claims under the new labeling regulations
    A. because the FDA believes that there may be sufficient scientific data supporting a relationship between consumption of a specific nutrient and possible prevention of certain chronic diseases.
    B. if the degree of risk reduction is stated in specific terms.
    C. and currently five such claims are allowed.
    D. if the food is considered a functional food.

23. When the body cannot properly digest a portion of food resulting in gastrointestinal distress, you are most likely suffering from
    A. food poisoning.

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B. food allergy.
C. foodborne illness.
D. food intolerance.

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24. Which of the following is true about food processing and its impact on food quality?
A. We consume many totally synthetic products, but additives and supplements give them the same nutrient value as their natural counterparts
B. Research suggests that home processing may actually cause less nutrient loss than commercial preservation
C. Niacin and vitamin K may be seriously depleted by food processing
D. The major problem with food processing is the excessive use of highly refined products and questionable additives

25. A food that is "low in saturated fat" contains:
A. Only unsaturated fats
B. <20 grams of fat per serving and not more than 15% of kilocalories from saturated fatty acids
C. <1 gram of fat per serving and not more than 15% of kilocalories from trans-fatty acids
D. <1 gram of fat per serving and not more than 15% of kilocalories from saturated fatty acids

26. In general, a solid precompetition meal should
A. be eaten about two hours prior to competition.
B. be high in carbohydrate and low in fat and protein, providing for easy digestibility.
C. restrict fluid intake in order to prevent body water retention.
D. contribute to a reverse osmotic effect.

27. Which of the following foods would make a good choice to include in a precompetition meal?
A. Oatmeal
B. Beans
C. Bran products
D. Spicy shrimp casserole

28. A breakfast
A. that is balanced and high in refined carbohydrates will help prevent the onset of mid-morning hunger.
B. with only an average amount of protein may trigger an insulin response and produce hypoglycemia in the middle of the morning.
C. that is balanced may be especially important for the physically active individual.
D. that is high in saturated fat is bets to fuel mid-day physical activity.

29. A food that is "low sodium" contains:
A. <5 milligrams per serving
B. 140 milligrams or less of sodium per serving
C. At least 50% less sodium per serving than the reference food
D. At least 25% or less sodium per serving than the reference food

30. Which of the following is true concerning diet and competition?
A. There is no need to consume anything during most types of athletic competition with the possible exception of electrolytes and water
B. On the day following competition, carbohydrate loading is prudent so muscle glycogen will be replaced more quickly
C. Those individuals involved in daily physical activity of a prolonged nature should stress complex carbohydrate foods in their daily diet
D. Those individuals involved in athletic competition or prolonged daily physical activity have no need to consume anything except electrolytes and water during competition, but do need to stress complex carbohydrate foods in a daily diet

31. Antioxidant nutrients and phytochemicals that may provide a medical or health benefit are referred to, collectively, as
A. pharmaceuticals.

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B. nutraceuticals.
C. saturated fats.
D. enzymes.

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32. Of the following, vegetarian diets normally are least likely to contain inadequate amounts of
    A. fiber.
    B. vitamin B-12.
    C. calcium.
    D. iron.

33. Which of the following statements regarding dietary supplements is FALSE?
    A. Dietary supplements may be harmful if individuals use them as substitutes for a healthy diet
    B. Health claims listed on the label have been substantiated by the Food and Drug Administration (FDA)
    C. Dietary supplements of the same product, such as ginseng, may vary greatly in quality
    D. Dietary supplements may actually impair one's health, and may even be fatal, when used improperly
    E. In some countries, dietary supplements are regulated as drugs

34. Which of the following is not one of the classes of dietary supplements documented in the DSHEA?
    A. Herbals and botanicals
    B. Vitamins
    C. Amino acids
    D. Minerals
    E. Alcohol

35. Approximately how many Calories are in a meal with 2 starch/bread exchanges, 4 very lean meat exchanges, 1 fruit exchange, 1 vegetable exchanges, 2 fat exchanges and 1 skim milk exchange?
    A. 420
    B. 490
    C. 565
    D. 715
    E. 780

36. How many Calories are in a Whopper sandwich, a large order of French fries, and a medium soft drink if this meal contains 25 grams of protein, 80 grams of carbohydrate, and 40 grams of fat?
    A. 686
    B. 780
    C. 911
    D. 1,066
    E. 1,140

37. An order of Chicken McNuggets has 314 Calories and 19 grams of fat. What percentage of this meal is composed of fat Calories?
    A. 26
    B. 35
    C. 44
    D. 54
    E. 66

38. Compared to skim milk, a glass of whole milk contains about an additional seven grams of fat. How many additional Calories does this represent?
    A. 16
    B. 28
    C. 63
    D. 95
    E. 120

39. The current USDA MyPlate Guide is based on the following food groups:
    A. Grains, vegetables, fruits, proteins, dairy

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B. Grains, vegetables, fruits, dairy, proteins, sweets
C. Grains, vegetables, fruits, oils, proteins
D. Vegetables, fruit, oils, dairy

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40. Which of the following is NOT an acceptable definition for food labels with the listing "free"?
    A. Fat free-less than 0.5 grams of total fat per serving
    B. Cholesterol free-less than 2 milligrams per serving
    C. Sugar free-less than 5 grams per serving
    D. Calorie free-less than 5 Calories per serving
    E. Sodium free-less than 5 milligrams per serving

41. Which of the following is NOT a recommended dietary guideline associated with the Prudent Healthy Diet?
    A. Maintain a healthy body weight
    B. Eat a variety of wholesome, natural foods
    C. Choose a diet with plenty of complex carbohydrates
    D. Choose a diet low in fat and saturated fat
    E. Take a daily one-a-day multivitamin/mineral tablet with at least twice the RDA for all vitamins and minerals

42. The Daily Values (DV) on food labels are based on certain dietary recommendations for Americans. Which of the following does not currently serve as a basis for the determination of the DV on the food label?
    A. Maximum of 30% of total fat Calories
    B. Maximum of 10% of saturated fat Calories
    C. Minimum of 60% carbohydrate Calories
    D. Less than 300 milligrams cholesterol
    E. Minimum of 5 grams of fiber per 1,000 Calories

43. The best food exchange from which to obtain good to excellent sources of both vitamin C and vitamin A (beta-carotene) is the
    A. Milk exchange
    B. Meat exchange
    C. Starch/bread exchange
    D. Vegetable exchange
    E. Fat exchange

44. Dietary fiber is classified as a(n):
    A. carbohydrate
    B. lipid
    C. protein
    D. vitamin
    E. mineral

45. Which of the following food exchanges is a good source of protein, calcium and vitamin D?
    A. lean meat
    B. skim milk
    C. starch/bread
    D. fruit

46. Which is NOT a good example of a TYPICAL food exchange SERVING SIZE?
    A. eight ounces of skim milk in the milk exchange
    B. a slice of whole wheat bread in the starch/bread exchange
    C. a medium-size apple in the fruit exchange
    D. eight ounces of broiled flounder in the lean meat exchange
    E. a half-cup of cooked broccoli in the vegetable exchange

47. Which of the following foods would not be consumed by a lacto-vegetarian?

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A. scrambled eggs
B. skim milk
C. cheese
D. yogurt
E. ice cream

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48. The addition of a nutrient to a food that did not originally contain that nutrient makes it what type of food?
    A. imitation
    B. engineered
    C. fabricated
    D. fortified
    E. artificial

49. Which of the following is not a key (indicator) nutrient as defined by the key nutrient concept?
    A. iron
    B. calcium C.
    vitamin A D.
    chromium E.
    vitamin C

50. The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrate, as a percentage of the daily Calories, is approximately
    A. 10-20
    B. 10-35
    C. 20-35
    D. 30-45
    E. 45-65

51. The recommended dietary goals for healthy Americans suggest that cholesterol intake be reduced to less than how many milligrams per day?
    A. 50
    B. 100
    C. 300
    D. 600
    E. 1,000

52. Of the eight key nutrients, how many are vitamins?
    A. 2
    B. 3
    C. 4
    D. 5
    E. 6

53. Which two key nutrients should be stressed in the diets of women and children because they are often consumed in less than desired amounts in the United States?
    A. protein and calcium
    B. thiamin and riboflavin
    C. vitamins A and C
    D. iron and calcium
    E. protein and vitamin C

54. Which of the following food exchanges contains the most Calories per serving?
    A. starch/bread
    B. low-fat (2%) milk
    C. fat
    D. high fat meat
    E. vegetable

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55. Expressed as a percentage of its total caloric value, which food exchange has the highest protein content?

    A. starch/bread
    B. skim milk
    C. vegetable
    D. very lean meat
    E. fruit

56. Using the term "essential" in the nutrition sense, how many essential amino acids are required by the average adult?
    A. 4
    B. 9
    C. 12
    D. 16
    E. 20

57. Per serving, which of the following food exchanges contains the greatest amount of carbohydrates in grams?
    A. lean meat
    B. skim milk
    C. fruit
    D. vegetable
    E. fat

58. Per serving, which of the following food exchanges contains the greatest amount of protein in grams?
    A. lean meat
    B. skim milk
    C. starch/bread
    D. fruit
    E. vegetable

59. Which food exchange is the best (in terms of highest content) source of calcium?
    A. skim milk
    B. lean meat
    C. starch/bread
    D. fruit
    E. vegetable

60. Which food exchange is the best (in terms of content and bioavailability) source of iron?
    A. skim milk
    B. lean meat
    C. starch/bread
    D. fruit
    E. vegetable

61. Which key nutrient is not usually found in substantial amounts in the milk group (fortified milk)?
    A. protein
    B. vitamin A
    C. riboflavin
    D. calcium
    E. iron

62. Which key nutrient is not usually found in substantial amounts in the meat group?
    A. vitamin C

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B. iron
C. protein
D. niacin
E. thiamin

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63. Which of the following is a nonessential or dispensable nutrient?
    A. protein
    B. vitamin C
    C. creatine
    D. linoleic fatty acid
    E. calcium

64. Which of the following cannot be used as a source of energy in the form of Calories in the human body?

    A. carbohydrate
    B. vitamin C
    C. fat
    D. alcohol
    E. protein

65. Although the nutrients found in food perform a wide variety of functions, which of the following is of primary importance since the other functions are subordinated to it in times of need?
    A. support growth
    B. provide energy
    C. regulate metabolic processes
    D. provide for development and maturation
    E. form cells and tissues

66. A food may claim to be a HIGH SOURCE of a nutrient if it provides at least _____percent of Daily Reference Value of that nutrient in a single serving.
    A. 2-4
    B. 6-8
    C. 10-12
    D. 15
    E. 20

67. The main ingredient (by weight) in a product whose label contains an ingredient list which reads, in order, "Whole wheat, dextrose, hydrogenated vegetable oil, and salt" is:
    A. whole wheat
    B. sugar
    C. added fat
    D. salt
    E. impossible to tell

68. Which of the key nutrients does not need to be listed (not mandatory) on a food label?
    A. protein
    B. thiamin
    C. calcium
    D. vitamin C
    E. iron

69. A typical Supersize fast-food meal of a triple burger, French fries and a cola-type drink is usually high in:
    A. calcium, folate, and iron
    B. calcium, folate, and protein
    C. vitamin C, riboflavin, and vitamin A
    D. fat, sodium, and sugar
    E. vitamins C, vitamin D, and vitamin B12

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70. Escherichia and Salmonella are associated with
    A. food allergy
    B. food sensitivity
    C. food poisoning
    D. food intolerance
    E. food reactivity

71. Food rich in folic acid, or folate, may carry health claims because such foods may help prevent the development of
    A. Heart disease
    B. Cancer
    C. Neural tube defects
    D. Hypertension or high blood pressure
    E. Osteoporosis

72. Which of the following is NOT considered to be a safe practice to help prevent food poisoning?
    A. Treat all meat, poultry, fish, seafood, and eggs as if they were contaminated
    B. Buy fruits and vegetables coated with wax and do not wash to remove the wax
    C. Do not use canned foods that are extensively dented or bulging
    D. Do not eat raw shellfish
    E. Microwaving food preparation utensils may help kill bacteria

73. The GRAS list contains:
    A. carcinogenic food additives
    B. food additives believed to be safe
    C. researchers qualified to test food additives
    D. governmental regulations for pesticide use
    E. a list of drug-food interactions

74. A vegetarian-type diet, particularly a vegan diet, may be more healthful than the current typical American diet for all of the following reasons except which? (Choose the false statement)
    A. a vegan diet is higher in easily absorbed iron
    B. a vegan diet is higher in fiber
    C. a vegan diet is lower in saturated fats
    D. a vegan diet usually contains more phytochemicals thought to confer health benefits
    E. a vegan diet is lower in cholesterol

75. For a vegan, which of the following would NOT be an example of protein complementarity to get a proper mixture of amino acids?
    A. kidney beans and rice
    B. bread and navy beans
    C. kidney beans in a taco shell made from corn and wheat
    D. pasta with tomato sauce and Italian bread
    E. pasta e fagioli (pasta fazool) or pasta cooked with navy beans

76. Which of the following is NOT a common food that may cause a susceptible individual to experience a food allergy or food intolerance reaction?
    A. eggs
    B. milk
    C. citrus fruits like oranges
    D. nuts
    E. seafood like clams

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77. Foods rich in potassium and low in sodium may carry health claims because such foods may help prevent the development of
    A. Dental caries
    B. Cancer
    C. Neural tube defects
    D. Hypertension or high blood pressure
    E. Osteoporosis

78. Which of the following terms is most appropriate to describe an adverse reaction of the immune system when food that contains specific types of proteins is consumed?
    A. food allergy
    B. food intolerance
    C. food additivity
    D. food processing
    E. food poisoning

79. For a product to be labeled "low" in cholesterol, it must have no more than _____?
    A. 3 grams per serving
    B. 300 milligrams per serving
    C. 0 milligrams per serving
    D. 1 gram per serving
    E. 20 milligrams per serving

80. The DV for vitamin C is lower than the current RDA; the current DV on food labels is
    A. 15 mg
    B. 30 mg
    C. 45 mg
    D. 60 mg
    E. 75 mg

81. The DV for calcium on food labels, which is lower than the RDA for teenagers and older adults, is:
    A. 200 mg
    B. 600 mg
    C. 1,000 mg
    D. 2,000 mg
    E. 4,000 mg

82. The recommended dietary goals for healthy Americans suggest that the intake of saturated fat, as a percentage of daily Calories, be less than what percent?
    A. 10
    B. 20
    C. 30
    D. 40
    E. 50

83. Which of the following is classified as a starch exchange rather than a vegetable exchange?
    A. broccoli
    B. potato
    C. tomato
    D. spinach
    E. celery

84. Which of the following is not added back to refined grain products when they are enriched?
    A. iron

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B. thiamin
C. vitamin E
D. riboflavin
E. niacin

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85. The 1994 Dietary Supplement Health and Education Act (DSHEA) stipulates that:
    A. All nutritional supplements must have scientific tests to prove they are effective.
    B. All nutritional supplements must have scientific tests to prove they are safe.
    C. The burden of proof regarding safety and efficacy rests with the government.
    D. The daily value of a food must appear on the label.

86. What is the definition of a dietary supplement?
    A. those that contain ergogenic substances
    B. those that are not regulated by DSHEA
    C. those that contain at least 1 of these: vitamin, mineral, herb, botanical, amino acid, metabolite, extract of a plant
    D. those that contain ingredients that have been scientifically proven to have the effect that the manufacturer states on the label

87. The tolerable upper limit refers to:
    A. the most exercise a person can do in a day
    B. the most exercise a person can do in a week
    C. the maximum intake unlikely to pose health risks
    D. the ingested amount of a nutrient that promotes health

88. Peanuts would be classified as:
    A. A poor food source because they are high in salt
    B. A poor food source because they are high in fat
    C. A good food source because they are nutrient dense
    D. A poor food source because they contain no micronutrients

89. A young woman has decided to forsake the consumption of all animal products and become a vegan vegetarian, consuming only natural unprocessed foods and no supplements. However, a possible negative aspect of eating this way could be due to the fact that
    A. Many vegetables are high in saturated fats
    B. Vitamin B12 is found only naturally in animal products
    C. Fruits are low in fiber and minerals
    D. It is not possible to obtain enough protein with this type of eating

90. The definition of a sugar free food is:
    A. There is no sugar (zero) per serving
    B. No sugar was added during processing
    C. There is <0.5 grams of sugar per serving
    D. At least 25% less sugar than the reference food

91. A "low calorie" food is one that has:
    A. <40 kilocalories per serving
    B. <100 kilocalories per serving
    C. <5 kilocalories per serving
    D. At least 25% fewer kilocalories per serving than the reference food

92. Nonessential nutrients, or dispensable nutrients, may be formed in the body.
    True False

93. Micronutrients help to regulate metabolic processes and are usually measured in grams.
    True False

94. About half the Calories that the average American eats are derived from fat and sugar.
    True False

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95. Nutrient RDAs do not necessarily guide us in appropriate food selection.
True False

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96. MyPlate contains useful food recommendations for the general population but does not provide any recommendations for specific populations, such as pregnant women and the elderly.
True False

97. Foods that are exactly alike in nutrient composition are grouped together in the MyPlate and the Food Exchange Lists.
True False

98. The basic premise behind the key-nutrient concept is that if five key nutrients are adequately obtained in your diet, you will probably receive an ample supply of all nutrients essential to humans.
True False

99. One healthful dietary recommendation is to limit sodium intake to less than 1,500 mg daily.
True False

100. Broiling and baking are healthful alternatives to frying foods, but the use of microwave ovens is not an acceptable alternative.
True False

101. Adherence to the twelve simple guidelines for reducing the risk of chronic disease will guarantee you good health.
True False

102. The two most common plant foods that are combined to achieve protein complementarity are grains and legumes.
True False

103. If not exposed to sunlight, vegans will need dietary supplements of vitamin B12.
True False

104. Plant foods possess a high content of fiber and other nutrients that have been associated with reduced levels of serum cholesterol and help in the prevention of coronary heart disease.
True False

105. Compared to an omnivorous diet, research strongly suggests that vegetarian diets are associated with significant impairment in aerobic endurance capacity.
True False

106. A well-balanced diet containing animal products can be just as healthful as a vegetarian diet when obtaining the nutrients a physically active body needs.
True False

107. Functional foods are food products designed to provide health benefits beyond basic nutrition.
True False

108. Health claims on food labels must have extensive supportive scientific evidence and must have FDA approval.
True False

109. The large amounts of fat, sodium, and sugar that are added in the processing of many foods are a more significant health concern than most additives currently in use.
True False

110. A food sensitivity or food allergy is caused almost exclusively by pesticide residues or synthetic additives.
True False

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111. The precompetition meal should allow for the stomach to be relatively empty at the start of competition.
True False

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112. Liquid meals should be used primarily as a substitute for precompetition nutrition and should not be used to replace the balanced diet-concept.
True False

113. The basic premise underlying the Prudent Healthy Diet is to move toward a vegetarian diet.
True False

114. Available research supports the beneficial effect of a vegetarian diet upon physical performance capacity.
True False

115. Male athletes need more dietary iron than adolescent and premenopausal females.
True False

116. The FDA has no standards for health claims that are permitted on food labels.
True False

117. Commercial food processing causes more nutrient loss than home processing.
True False

118. It is not possible to obtain a healthful diet at a fast-food restaurant due to the high-fat content of foods served there.
True False

119. Relative to sports participation, children are like little adults, experiencing the same responses to exercise under hot environmental conditions.
True False

120.

Which of the following foods need t be included in the diet of female athletes?

A.
Iron-rich foods

B.
Phosphate-rich foods

C.
Refined sugar rich foods

D.
Selenuim-rich foods

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121.

_____is primarily caused by consuming foods contaminated with certain pathogenic bacteria.

A.
Food intolerance

B.
Food additive

C.
Food allergy

D.
Food poisoning

122.

_____is an adverse reaction to food that does not involve the immune system.

A.
Food tolerance

B.
Hypersensitivity

C.
Food allergy

D.
Food intolerance

123.

The label of an energy bar indicates it is made with organic ingredients. Based on your knowledge

A.
All ingredients are for sure 100% organic.

B.
This energy bar is certified organic.

C.
This energy bar contains a least 70% organic ingredients.

D.

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This energy bar contains a least 95% organic ingredients.

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124.
True False

Organic foods are safe from bacterial contamination and never lead to food poisoning.

125.
True False

If a 26 years old male consumes daily a healthy diet containing a variety of nutrient-rich foods and does not have any health issue or deficiency, it is wiser for him to avoid taking any dietary supplement to avoid any toxicity level.

126.____
____
____

____

Food labels must contain (check all that apply)

Serving size

Total Calories

Total carbohydrates

Soluble fibers

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127.

Jane bought a loaf of multi-grains bread; as she is reading the label, the list of grains added was the last one in the list of ingredients. Based on your knowledge, what this indicates?

A.
The bread is rich in multi-grains.

B.
This is a multi-grains rich bread.

C.
The bread does not contain any multi-grains.

D.
The bread contains a small quantity of multi-grains.

128.
True False

Functional foods contain foods component such as vitamins and minerals that may provide positive health benefits.

129.
True False

The various classes of vegetarians are mainly based on the type of foods they eat.

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130.____
____
____

____

Which of the following are nutritional concerns with a vegetarian diet? Check all that apply

Low calories intake.

Vitamin B12 deficiency.

Lack of complementary proteins in their food intake.

Certain minerals deficiencies.

131.
True False

With its high nutrient dense, low fat and high content of fibers, the vegetarian diet is associated with low lipid blood level and maintaining normal glycemia.

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132.____
____
____

____

Which of the followings are included in the Healthy Prudent Diet?

Balance the food intake with a physical activity.

Eat a balanced diet rich in a wide variety of nutrient-rich foods.

Choose a diet rich in meat about 65% of your daily calories should come from red meat.

Choose a diet moderate in total fat.

133.

As a nutritional coach, which of the following will you recommend to female athletes to include in their healthy diet to satisfy their iron's needs?

A.
Eating 3oz of oysters.

B.
Eating 1oz of oysters.

C.
Eating 3oz of yellowfin tuna.

D.
Female athletes do not need iron, only children need it.

134.
True False

Nutrient density is a key concept indicating the proportions of essential nutrients found in specific foods.

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135.

For adults, the AMDR of a healthy diet is composed of

A.
50% of fat and 50% of carbohydrates.

B.
45-65% of carbohydrates, 20-35% of fat and 10-35% of proteins.

C.
45-65% of fat, 20-35% of carbohydrates and 10-35% of proteins.

D.
45-65% of proteins, 20-35% of fat and 10-35% of carbohydrates.

136.
True False

The Food Exchange System is a group of foods in 6 categories containing similar amount of calories.

137.
True False

According tio the Key-nutrient concept, a diet rich in process food supplies all nutrients essential to a normal body functioning.

138.

John would like to evaluate his daily vitamin C intake, which of the following will you recommend him?

A.
The EAR

B.
The RDA

C.
The UL

D.
The AMDR

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139.

During a nutrition coaching session, while analyzing Samantha's daily food intake, the nutritionist informed her that 30% of her total energy intake came from fat.Which of the following Dietary Reference Intakes did he use?

A.
The EER

B.
The AMDR

C.
The AI

D.
The EAR

140.
True False

Malnutrition may occur due to deficiency in vitamin B group.

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Chapter 02 Test Bank Key

1. The three key words to a healthful diet are balance, variety, and
   A. availability.
   B. moderation.
   C. quality.
   D. complementarity.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

2. Nutrients that the body needs, but cannot produce in adequate quantities are called
   A. essential nutrients.
   B. dispensable nutrients.
   C. nonessential nutrients.
   D. nondispensable nutrients.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

3. Macronutrients
   A. may provide energy but do not support growth and development of body tissues.
   B. have a daily requirement that is less than a few grams.
   C. include carbohydrates, fats, and proteins, as well as water.
   D. contain no Calories.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

4. One example of a micronutrient is
   A. water.
   B. minerals.
   C. carbohydrate.
   D. fat.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

5. A good example of a nonessential nutrient is
   A. fiber.
   B. calcium.
   C. niacin.
   D. creatine.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

6. MyPlate stresses all but which one of the following:
   A. Weight loss
   B. Variety
   C. Activity
   D. Personalization

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Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

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7. One of the nutrients included in the Key Nutrient concept is
   A. vitamin D.
   B. vitamin E.
   C. potassium.
   D. calcium.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

8. Nutrient density
   A. is an important concept based on food processing and fortification.
   B. will automatically increase simply by increasing the amount of dietary fat and sugar.
   C. is when a food possesses a significant amount of specific nutrients per serving relative to its caloric content.
   D. is an indicator of food irradiation.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-04
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

9. When considering the key-nutrient concept, which of the following is NOT true?
   A. The theory is based on the eight nutrients central to human nutrition
   B. Highly processed foods to which some vitamins have been added are acceptable to this concept
   C. If the key nutrients are adequate in your diet, you will probably receive an ample supply of all nutrients essential to humans
   D. The Food Exchange Lists can be a useful guide to securing the key nutrients, if one keeps in mind that there is some variation in the proportion of the nutrients within each food exchange

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

10. Which of the following statements about the Food Exchange System is correct?
   A. It is a food guide, but it is dissimilar to MyPlate
   B. It was developed by the American Dietetic Association and American Diabetic Association, as well as other health organizations
   C. It was developed specifically for prevention of cardiovascular disease
   D. It includes eight exchanges that contain approximately the same amount of Calories, carbohydrate, fat, and protein

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

11. Which statement about the typical American diet is FALSE?
   A. Americans eat too much saturated fat
   B. Americans eat too many Calories
   C. Americans obtain adequate amounts of calcium
   D. Americans do not eat enough fiber-rich foods

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

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12.

According to the National Academy of Sciences, fat should provide _____of overall Calories in the diet.

A.
20% to 35%

B.
10% to 35%

C.
45% to 65%

D.
5% to 20%

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

13. The recommended daily dietary goal for cholesterol intake is no more than
A. 150mg.
B. 200mg.
C. 250mg.
D. 300mg.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

14. When considering the types of food a vegetarian eats, which of the following is true?
A. Semivegetarians do not eat meat such as fish and poultry
B. Ovovegetarians will eat both egg and milk products
C. Vegans will eat fish and poultry, but will eat no red meat
D. Lactovegetarians will include foods in the milk group in their diets

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

15. If foods are not selected carefully, strict vegetarians may incur nutritional deficiencies involving
A. vitamin A.
B. vitamin C.
C. calcium.
D. potassium.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice

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16. To obtain protein complementarity, you would combine rice with
A. wheat.
B. oats.
C. corn.
D. soybeans.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

17. Of the following statements, which is true of a healthy vegetarian diet?
A. It is always healthier than a diet that includes foods in the meat and milk groups
B. The major nutritional difference between a nonvegetarian and a vegetarian diet appears to be the higher content of saturated fats and cholesterol in the latter
C. It supplies more than an adequate amount of nutrients and is rather low in caloric content
D. Vitamin B12 deficiencies are very rare with a pure vegetarian diet

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

18. What is the term used to describe the average daily dietary intake that is sufficient to meet the nutrient requirement of nearly all healthy individuals?
A. Tolerable Upper Intake Limit (UL)
B. Estimated Average Requirement (EAR)
C. Adequate Intake (AI)
D. Recommended Dietary Allowance (RDA)

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-02
Question Type: Multiple Choice
Topic: Nutrition Basics

19. What is the term used to describe the recommended daily nutrient intake level based on observed or experimentally determined approximations of nutrient intake by a group of healthy people?
A. Tolerable Upper Limit (UL)
B. Estimated Average Requirement (EAR)
C. Adequate Intake (AI)
D. Recommended Dietary Allowance (RDA)

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-02
Question Type: Multiple Choice
Topic: Nutrition Basics

20. The Dietary Reference Intake (DRI) consists of which of the following reference intakes?
A. RDA and AI
B. RDA and UL
C. RDA, AI and UL
D. RDA, AI, UL and EAR

D. Amount per serving of saturated fat

21. Which of the following is an optional listing on a Nutrition Facts Label?
A. Amount per serving of total fat
B. Amount per serving of Calcium
C. Amount per serving of all B vitamins

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Bloom's Level: 1. Remember Gradable: automatic Learning Objective: 02-02
Question Type: Multiple Choice

Topic: Nutrition Basics

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Nutrition Basics

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22. Food manufacturers may make health claims under the new labeling regulations
A. because the FDA believes that there may be sufficient scientific data supporting a relationship between consumption of a specific nutrient and possible prevention of certain chronic diseases.
B. if the degree of risk reduction is stated in specific terms.
C. and currently five such claims are allowed.
D. if the food is considered a functional food.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Nutrition Basics

23. When the body cannot properly digest a portion of food resulting in gastrointestinal distress, you are most likely suffering from
A. food poisoning.
B. food allergy.
C. foodborne illness.
D. food intolerance.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Human Digestion and Absorption

24. Which of the following is true about food processing and its impact on food quality?
A. We consume many totally synthetic products, but additives and supplements give them the same nutrient value as their natural counterparts
B. Research suggests that home processing may actually cause less nutrient loss than commercial preservation
C. Niacin and vitamin K may be seriously depleted by food processing
D. The major problem with food processing is the excessive use of highly refined products and questionable additives

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-09
Question Type: Multiple Choice
Topic: Nutrition Basics; Food Supply

25. A food that is "low in saturated fat" contains:
A. Only unsaturated fats
B. <20 grams of fat per serving and not more than 15% of kilocalories from saturated fatty acids
C. <1 gram of fat per serving and not more than 15% of kilocalories from trans-fatty acids
D. <1 gram of fat per serving and not more than 15% of kilocalories from saturated fatty acids

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

26. In general, a solid precompetition meal should
A. be eaten about two hours prior to competition.
B. be high in carbohydrate and low in fat and protein, providing for easy digestibility.
C. restrict fluid intake in order to prevent body water retention.
D. contribute to a reverse osmotic effect.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-11
Question Type: Multiple Choice
Topic: Nutrition Basics; Sports and Exercise Nutrition

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27. Which of the following foods would make a good choice to include in a precompetition meal?
A. Oatmeal
B. Beans
C. Bran products
D. Spicy shrimp casserole

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-11
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition

28. A breakfast
A. that is balanced and high in refined carbohydrates will help prevent the onset of mid-morning hunger.
B. with only an average amount of protein may trigger an insulin response and produce hypoglycemia in the middle of the morning.
C. that is balanced may be especially important for the physically active individual.
D. that is high in saturated fat is bets to fuel mid-day physical activity.

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-11
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition

29. A food that is "low sodium" contains:
A. <5 milligrams per serving
B. 140 milligrams or less of sodium per serving
C. At least 50% less sodium per serving than the reference food
D. At least 25% or less sodium per serving than the reference food

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Nutrition Basics

30. Which of the following is true concerning diet and competition?
A. There is no need to consume anything during most types of athletic competition with the possible exception of electrolytes and water
B. On the day following competition, carbohydrate loading is prudent so muscle glycogen will be replaced more quickly
C. Those individuals involved in daily physical activity of a prolonged nature should stress complex carbohydrate foods in their daily diet
D. Those individuals involved in athletic competition or prolonged daily physical activity have no need to consume anything except electrolytes and water during competition, but do need to stress complex carbohydrate foods in a daily diet

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-11
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition

31. Antioxidant nutrients and phytochemicals that may provide a medical or health benefit are referred to, collectively, as
A. pharmaceuticals.
B. nutraceuticals.
C. saturated fats.
D. enzymes.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice

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32. Of the following, vegetarian diets normally are least likely to contain inadequate amounts of
A. fiber.
B. vitamin B-12.
C. calcium.
D. iron.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

33. Which of the following statements regarding dietary supplements is FALSE?
A. Dietary supplements may be harmful if individuals use them as substitutes for a healthy diet
B. Health claims listed on the label have been substantiated by the Food and Drug Administration (FDA)
C. Dietary supplements of the same product, such as ginseng, may vary greatly in quality
D. Dietary supplements may actually impair one's health, and may even be fatal, when used improperly
E. In some countries, dietary supplements are regulated as drugs

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-08
Question Type: Multiple Choice
Topic: Nutrition Basics

34. Which of the following is not one of the classes of dietary supplements documented in the DSHEA?

A. Herbals and botanicals
B. Vitamins
C. Amino acids
D. Minerals
E. Alcohol

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-08
Question Type: Multiple Choice
Topic: Nutrition Basics

35. Approximately how many Calories are in a meal with 2 starch/bread exchanges, 4 very lean meat exchanges, 1 fruit exchange, 1 vegetable exchanges, 2 fat exchanges and 1 skim milk exchange?
A. 420
B. 490
C. 565
D. 715
E. 780

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

36. How many Calories are in a Whopper sandwich, a large order of French fries, and a medium soft drink if this meal contains 25 grams of protein, 80 grams of carbohydrate, and 40 grams of fat?
A. 686
B. 780
C. 911
D. 1,066
E. 1,140

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-03

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Question Type: Multiple Choice
Topic: Nutrition Basics

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37. An order of Chicken McNuggets has 314 Calories and 19 grams of fat. What percentage of this meal is composed of fat Calories?
A. 26
B. 35
C. 44
D. 54
E. 66

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

38. Compared to skim milk, a glass of whole milk contains about an additional seven grams of fat. How many additional Calories does this represent?
A. 16
B. 28
C. 63
D. 95
E. 120

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

39. The current USDA MyPlate Guide is based on the following food groups:
A. Grains, vegetables, fruits, proteins, dairy
B. Grains, vegetables, fruits, dairy, proteins, sweets
C. Grains, vegetables, fruits, oils, proteins
D. Vegetables, fruit, oils, dairy

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

40. Which of the following is NOT an acceptable definition for food labels with the listing "free"?
A. Fat free-less than 0.5 grams of total fat per serving
B. Cholesterol free-less than 2 milligrams per serving
C. Sugar free-less than 5 grams per serving
D. Calorie free-less than 5 Calories per serving
E. Sodium free-less than 5 milligrams per serving

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Nutrition Basics

41. Which of the following is NOT a recommended dietary guideline associated with the Prudent Healthy Diet?
A. Maintain a healthy body weight
B. Eat a variety of wholesome, natural foods
C. Choose a diet with plenty of complex carbohydrates
D. Choose a diet low in fat and saturated fat
E. Take a daily one-a-day multivitamin/mineral tablet with at least twice the RDA for all vitamins and minerals

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice

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42. The Daily Values (DV) on food labels are based on certain dietary recommendations for Americans. Which of the following does not currently serve as a basis for the determination of the DV on the food label?
A. Maximum of 30% of total fat Calories
B. Maximum of 10% of saturated fat Calories
C. Minimum of 60% carbohydrate Calories
D. Less than 300 milligrams cholesterol
E. Minimum of 5 grams of fiber per 1,000 Calories

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Nutrition Basics

43. The best food exchange from which to obtain good to excellent sources of both vitamin C and vitamin A (beta-carotene) is the
A. Milk exchange
B. Meat exchange
C. Starch/bread exchange
D. Vegetable exchange
E. Fat exchange

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

44. Dietary fiber is classified as a(n):
A. carbohydrate
B. lipid
C. protein
D. vitamin
E. mineral

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

45. Which of the following food exchanges is a good source of protein, calcium and vitamin D?
A. lean meat
B. skim milk
C. starch/bread
D. fruit

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

46. Which is NOT a good example of a TYPICAL food exchange SERVING SIZE?
A. eight ounces of skim milk in the milk exchange
B. a slice of whole wheat bread in the starch/bread exchange
C. a medium-size apple in the fruit exchange
D. eight ounces of broiled flounder in the lean meat exchange
E. a half-cup of cooked broccoli in the vegetable exchange

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

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47. Which of the following foods would not be consumed by a lacto-vegetarian?
A. scrambled eggs
B. skim milk
C. cheese
D. yogurt
E. ice cream

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Nutrition Basics

48. The addition of a nutrient to a food that did not originally contain that nutrient makes it what type of food?
A. imitation
B. engineered
C. fabricated
D. fortified
E. artificial

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Nutrition Basics

49. Which of the following is not a key (indicator) nutrient as defined by the key nutrient concept?
A. iron
B. calcium
C. vitamin A
D. chromium
E. vitamin C

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

50. The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrate, as a percentage of the daily Calories, is approximately
A. 10-20
B. 10-35
C. 20-35
D. 30-45
E. 45-65

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-02
Question Type: Multiple Choice
Topic: Nutrition Basics

51. The recommended dietary goals for healthy Americans suggest that cholesterol intake be reduced to less than how many milligrams per day?
A. 50
B. 100
C. 300
D. 600
E. 1,000

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice

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52. Of the eight key nutrients, how many are vitamins?
A. 2
B. 3
C. 4
D. 5
E. 6

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

53. Which two key nutrients should be stressed in the diets of women and children because they are often consumed in less than desired amounts in the United States?
A. protein and calcium
B. thiamin and riboflavin
C. vitamins A and C
D. iron and calcium
E. protein and vitamin C

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Human Digestion and Absorption

54. Which of the following food exchanges contains the most Calories per serving?
A. starch/bread
B. low-fat (2%) milk
C. fat
D. high fat meat
E. vegetable

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Nutrition Basics

55. Expressed as a percentage of its total caloric value, which food exchange has the highest protein content?
A. starch/bread
B. skim milk
C. vegetable
D. very lean meat
E. fruit

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Human Digestion and Absorption

56. Using the term "essential" in the nutrition sense, how many essential amino acids are required by the average adult?
A. 4
B. 9
C. 12
D. 16
E. 20

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice

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57. Per serving, which of the following food exchanges contains the greatest amount of carbohydrates in grams?
A. lean meat
B. skim milk
C. fruit
D. vegetable
E. fat

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Human Digestion and Absorption

58. Per serving, which of the following food exchanges contains the greatest amount of protein in grams?

A. lean meat
B. skim milk
C. starch/bread
D. fruit
E. vegetable

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Human Digestion and Absorption

59. Which food exchange is the best (in terms of highest content) source of calcium?
A. skim milk
B. lean meat
C. starch/bread
D. fruit
E. vegetable

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Human Digestion and Absorption

60. Which food exchange is the best (in terms of content and bioavailability) source of iron?
A. skim milk
B. lean meat
C. starch/bread
D. fruit
E. vegetable

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Human Digestion and Absorption

61. Which key nutrient is not usually found in substantial amounts in the milk group (fortified milk)?
A. protein
B. vitamin A
C. riboflavin
D. calcium
E. iron

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Nutrition Basics

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62. Which key nutrient is not usually found in substantial amounts in the meat group?
A. vitamin C
B. iron
C. protein
D. niacin
E. thiamin

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

63. Which of the following is a nonessential or dispensable nutrient?
A. protein
B. vitamin C
C. creatine
D. linoleic fatty acid
E. calcium

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

64. Which of the following cannot be used as a source of energy in the form of Calories in the human body?
A. carbohydrate
B. vitamin C
C. fat
D. alcohol
E. protein

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

65. Although the nutrients found in food perform a wide variety of functions, which of the following is of primary importance since the other functions are subordinated to it in times of need?
A. support growth
B. provide energy
C. regulate metabolic processes
D. provide for development and maturation
E. form cells and tissues

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-01
Question Type: Multiple Choice
Topic: Nutrition Basics

66. A food may claim to be a HIGH SOURCE of a nutrient if it provides at least _____percent of Daily Reference Value of that nutrient in a single serving.
A. 2-4
B. 6-8
C. 10-12
D. 15
E. 20

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice

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67. The main ingredient (by weight) in a product whose label contains an ingredient list which reads, in order, "Whole wheat, dextrose, hydrogenated vegetable oil, and salt" is:
A. whole wheat
B. sugar
C. added fat
D. salt
E. impossible to tell

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Nutrition Basics

68. Which of the key nutrients does not need to be listed (not mandatory) on a food label?
A. protein
B. thiamin
C. calcium
D. vitamin C
E. iron

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Nutrition Basics

69. A typical Supersize fast-food meal of a triple burger, French fries and a cola-type drink is usually high in:
A. calcium, folate, and iron
B. calcium, folate, and protein
C. vitamin C, riboflavin, and vitamin A
D. fat, sodium, and sugar
E. vitamins C, vitamin D, and vitamin B12

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-04
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

70. Escherichia and Salmonella are associated with
A. food allergy
B. food sensitivity
C. food poisoning
D. food intolerance
E. food reactivity

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Human Digestion and Absorption
Topic: Nutrition Basics; Food Supply

71. Food rich in folic acid, or folate, may carry health claims because such foods may help prevent the development of
A. Heart disease
B. Cancer
C. Neural tube defects
D. Hypertension or high blood pressure
E. Osteoporosis

Bloom's Level: 3. Apply
Gradable: automatic

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Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Food Supply
Topic: Healthy Diet Guidelines

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72. Which of the following is NOT considered to be a safe practice to help prevent food poisoning?
A. Treat all meat, poultry, fish, seafood, and eggs as if they were contaminated
B. Buy fruits and vegetables coated with wax and do not wash to remove the wax
C. Do not use canned foods that are extensively dented or bulging
D. Do not eat raw shellfish
E. Microwaving food preparation utensils may help kill bacteria

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Food Supply
Topic: Nutrition Basics
Topic: Nutrition Basics; Food Supply
Topic: Nutrition and Disease

73. The GRAS list contains:
A. carcinogenic food additives
B. food additives believed to be safe
C. researchers qualified to test food additives
D. governmental regulations for pesticide use
E. a list of drug-food interactions

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Food Supply
Topic: Healthy Diet Guidelines

74. A vegetarian-type diet, particularly a vegan diet, may be more healthful than the current typical American diet for all of the following reasons except which? (Choose the false statement)
A. a vegan diet is higher in easily absorbed iron
B. a vegan diet is higher in fiber
C. a vegan diet is lower in saturated fats
D. a vegan diet usually contains more phytochemicals thought to confer health benefits
E. a vegan diet is lower in cholesterol

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

75. For a vegan, which of the following would NOT be an example of protein complementarity to get a proper mixture of amino acids?
A. kidney beans and rice
B. bread and navy beans
C. kidney beans in a taco shell made from corn and wheat
D. pasta with tomato sauce and Italian bread
E. pasta e fagioli (pasta fazool) or pasta cooked with navy beans

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

76. Which of the following is NOT a common food that may cause a susceptible individual to experience a food allergy or food intolerance reaction?
A. eggs
B. milk
C. citrus fruits like oranges
D. nuts

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E. seafood like clams

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Nutrition Basics
Topic: Nutrition and Disease

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77. Foods rich in potassium and low in sodium may carry health claims because such foods may help prevent the development of
A. Dental caries
B. Cancer
C. Neural tube defects
D. Hypertension or high blood pressure
E. Osteoporosis

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Nutrition Basics
Topic: Nutrition and Disease

78. Which of the following terms is most appropriate to describe an adverse reaction of the immune system when food that contains specific types of proteins is consumed?
A. food allergy
B. food intolerance
C. food additivity
D. food processing
E. food poisoning

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Human Digestion and Absorption
Topic: Nutrition Basics
Topic: Nutrition and Disease

79. For a product to be labeled "low" in cholesterol, it must have no more than _____?
A. 3 grams per serving
B. 300 milligrams per serving
C. 0 milligrams per serving
D. 1 gram per serving
E. 20 milligrams per serving

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

80. The DV for vitamin C is lower than the current RDA; the current DV on food labels is
A. 15 mg
B. 30 mg
C. 45 mg
D. 60 mg
E. 75 mg

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

81. The DV for calcium on food labels, which is lower than the RDA for teenagers and older adults, is:
A. 200 mg
B. 600 mg
C. 1,000 mg
D. 2,000 mg
E. 4,000 mg

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Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

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82. The recommended dietary goals for healthy Americans suggest that the intake of saturated fat, as a percentage of daily Calories, be less than what percent?
A. 10
B. 20
C. 30
D. 40
E. 50

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

83. Which of the following is classified as a starch exchange rather than a vegetable exchange?
A. broccoli
B. potato
C. tomato
D. spinach
E. celery

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Human Digestion and Absorption

84. Which of the following is not added back to refined grain products when they are enriched?
A. iron
B. thiamin
C. vitamin E
D. riboflavin
E. niacin

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-09
Question Type: Multiple Choice
Topic: Food Supply

85. The 1994 Dietary Supplement Health and Education Act (DSHEA) stipulates that:
A. All nutritional supplements must have scientific tests to prove they are effective.
B. All nutritional supplements must have scientific tests to prove they are safe.
C. The burden of proof regarding safety and efficacy rests with the government.
D. The daily value of a food must appear on the label.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-08
Question Type: Multiple Choice
Topic: Food Supply
Topic: Sports and Exercise Nutrition

86. What is the definition of a dietary supplement?
A. those that contain ergogenic substances
B. those that are not regulated by DSHEA
C. those that contain at least 1 of these: vitamin, mineral, herb, botanical, amino acid, metabolite, extract of a plant
D. those that contain ingredients that have been scientifically proven to have the effect that the manufacturer states on the label

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-08
Question Type: Multiple Choice
Topic: Food Supply

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87. The tolerable upper limit refers to:
A. the most exercise a person can do in a day
B. the most exercise a person can do in a week
C. the maximum intake unlikely to pose health risks
D. the ingested amount of a nutrient that promotes health

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Human Digestion and Absorption
Topic: Nutrition Basics
Topic: Nutrition and Disease

88. Peanuts would be classified as:
A. A poor food source because they are high in salt
B. A poor food source because they are high in fat
C. A good food source because they are nutrient dense
D. A poor food source because they contain no micronutrients

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-04
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

89. A young woman has decided to forsake the consumption of all animal products and become a vegan vegetarian, consuming only natural unprocessed foods and no supplements. However, a possible negative aspect of eating this way could be due to the fact that
A. Many vegetables are high in saturated fats
B. Vitamin B12 is found only naturally in animal products
C. Fruits are low in fiber and minerals
D. It is not possible to obtain enough protein with this type of eating

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-06
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Human Digestion and Absorption
Topic: Nutrition Basics
Topic: Nutrition and Disease

90. The definition of a sugar free food is:
A. There is no sugar (zero) per serving
B. No sugar was added during processing
C. There is <0.5 grams of sugar per serving
D. At least 25% less sugar than the reference food

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Food Supply
Topic: Healthy Diet Guidelines

91. A "low calorie" food is one that has:
A. <40 kilocalories per serving
B. <100 kilocalories per serving
C. <5 kilocalories per serving
D. At least 25% fewer kilocalories per serving than the reference food

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Food Supply
Topic: Healthy Diet Guidelines

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92. Nonessential nutrients, or dispensable nutrients, may be formed in the body.
TRUE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-01
Question Type: True/False
Topic: Nutrition Basics

93. Micronutrients help to regulate metabolic processes and are usually measured in grams.
FALSE

Bloom's Level: 1. Remember
Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-01
Question Type: True/False
Topic: Nutrition Basics

94. About half the Calories that the average American eats are derived from fat and sugar.
TRUE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-04
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Human Digestion and Absorption

95. Nutrient RDAs do not necessarily guide us in appropriate food selection.
TRUE

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-02
Question Type: True/False
Topic: Healthy Diet Guidelines

96. MyPlate contains useful food recommendations for the general population but does not provide any recommendations for specific populations, such as pregnant women and the elderly.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: True/False
Topic: Healthy Diet Guidelines

97. Foods that are exactly alike in nutrient composition are grouped together in the MyPlate and the Food Exchange Lists.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: True/False
Topic: Healthy Diet Guidelines

98. The basic premise behind the key-nutrient concept is that if five key nutrients are adequately obtained in your diet, you will probably receive an ample supply of all nutrients essential to humans.
FALSE

Bloom's Level: 1. Remember
Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-03
Question Type: True/False
Topic: Healthy Diet Guidelines

99. One healthful dietary recommendation is to limit sodium intake to less than 1,500 mg daily.
TRUE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-05
Question Type: True/False

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Topic: Healthy Diet Guidelines
Topic: Nutrition and Disease

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100. Broiling and baking are healthful alternatives to frying foods, but the use of microwave ovens is not an acceptable alternative.
FALSE

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-05
Question Type: True/False
Topic: Healthy Diet Guidelines

101. Adherence to the twelve simple guidelines for reducing the risk of chronic disease will guarantee you good health.
FALSE

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-05
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Nutrition and Disease

102. The two most common plant foods that are combined to achieve protein complementarity are grains and legumes.
TRUE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Human Digestion and Absorption
Topic: Nutrition Basics
Topic: Nutrition and Disease

103. If not exposed to sunlight, vegans will need dietary supplements of vitamin B12.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Nutrition Basics
Topic: Nutrition and Disease

104. Plant foods possess a high content of fiber and other nutrients that have been associated with reduced levels of serum cholesterol and help in the prevention of coronary heart disease.
TRUE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Nutrition and Disease

105. Compared to an omnivorous diet, research strongly suggests that vegetarian diets are associated with significant impairment in aerobic endurance capacity.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition

106. A well-balanced diet containing animal products can be just as healthful as a vegetarian diet when obtaining the nutrients a physically active body needs.
TRUE

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines

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107. Functional foods are food products designed to provide health benefits beyond basic nutrition.
TRUE

Bloom's Level: 1. Remember
Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-07
Question Type: True/False
Topic: Nutrition Basics
Topic: Nutrition and Disease

108. Health claims on food labels must have extensive supportive scientific evidence and must have FDA approval.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: True/False
Topic: Nutrition Basics

109. The large amounts of fat, sodium, and sugar that are added in the processing of many foods are a more significant health concern than most additives currently in use.
TRUE

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-09
Question Type: True/False
Topic: Nutrition Basics
Topic: Nutrition and Disease

110. A food sensitivity or food allergy is caused almost exclusively by pesticide residues or synthetic additives.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-10
Question Type: True/False
Topic: Nutrition Basics
Topic: Nutrition and Disease

111. The precompetition meal should allow for the stomach to be relatively empty at the start of competition.
TRUE

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-11
Question Type: True/False
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Human Digestion and Absorption; Sports and Exercise Nutrition
Topic: Nutrition Basics; Sports and Exercise Nutrition

112. Liquid meals should be used primarily as a substitute for precompetition nutrition and should not be used to replace the balanced diet-concept.
TRUE

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-11
Question Type: True/False
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Human Digestion and Absorption; Sports and Exercise Nutrition
Topic: Nutrition Basics; Sports and Exercise Nutrition

113. The basic premise underlying the Prudent Healthy Diet is to move toward a vegetarian diet.
TRUE

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines

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114. Available research supports the beneficial effect of a vegetarian diet upon physical performance capacity.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Nutrition Basics; Sports and Exercise Nutrition

115. Male athletes need more dietary iron than adolescent and premenopausal females.
FALSE

Bloom's Level: 1. Remember
Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-11
Question Type: True/False
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Nutrition Basics; Sports and Exercise Nutrition

116. The FDA has no standards for health claims that are permitted on food labels.
FALSE

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Question Type: True/False
Topic: Food Supply
Topic: Nutrition Basics

117. Commercial food processing causes more nutrient loss than home processing.
FALSE

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-09
Question Type: True/False
Topic: Food Supply
Topic: Nutrition Basics

118. It is not possible to obtain a healthful diet at a fast-food restaurant due to the high-fat content of foods served there.
FALSE

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-09
Question Type: True/False
Topic: Food Supply
Topic: Healthy Diet Guidelines
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Nutrition Basics

119. Relative to sports participation, children are like little adults, experiencing the same responses to exercise under hot environmental conditions.
FALSE

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-11
Question Type: True/False
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Nutrition Basics

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120.

Which of the following foods need t be included in the diet of female athletes?

A.
Iron-rich foods

B.
Phosphate-rich foods

C.
Refined sugar rich foods

D.
Selenuim-rich foods

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-11
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Nutrition Basics; Sports and Exercise Nutrition

121.

_____is primarily caused by consuming foods contaminated with certain pathogenic bacteria.

A.
Food intolerance

B.
Food additive

C.
Food allergy

D.
Food poisoning

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Nutrition and Disease

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122.

_____is an adverse reaction to food that does not involve the immune system.

A.
Food tolerance

B.
Hypersensitivity

C.
Food allergy

D.
Food intolerance

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-10
Question Type: Multiple Choice
Topic: Nutrition and Disease

123.

The label of an energy bar indicates it is made with organic ingredients. Based on your knowledge

A.
All ingredients are for sure 100% organic.

B.
This energy bar is certified organic.

C.
This energy bar contains a least 70% organic ingredients.

D.
This energy bar contains a least 95% organic ingredients.

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-09
Question Type: Multiple Choice
Topic: Food Supply

124.

FALSE

Organic foods are safe from bacterial contamination and never lead to food poisoning.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-09
Question Type: True/False

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Topic: Food Supply
Topic: Human Digestion and Absorption
Topic: Nutrition Basics; Food Supply

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125.

TRUE

If a 26 years old male consumes daily a healthy diet containing a variety of nutrient-rich foods and does not have any health issue or deficiency, it is wiser for him to avoid taking any dietary supplement to avoid any toxicity level.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-08
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Human Digestion and Absorption
Topic: Nutrition Basics
Topic: Nutrition and Disease

126.

Food labels must contain (check all that apply)

X Serving size

X Total Calories

X Total carbohydrates

__ Soluble fibers

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-07
Topic: Food Supply
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

127.

Jane bought a loaf of multi-grains bread; as she is reading the label, the list of grains added was the last one in the list of ingredients. Based on your knowledge, what this indicates?

A. The bread is rich in multi-grains.

B. This is a multi-grains rich bread.

C. The bread does not contain any multi-grains.

D. The bread contains a small quantity of multi-grains.

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Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-07
Question Type: Multiple Choice
Topic: Food Supply
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

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128.

TRUE

Functional foods contain foods component such as vitamins and minerals that may provide positive health benefits.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-07
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

129.

TRUE

The various classes of vegetarians are mainly based on the type of foods they eat.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

130.

Which of the following are nutritional concerns with a vegetarian diet? Check all that apply

X Low calories intake.

X Vitamin B12 deficiency.

X Lack of complementary proteins in their food intake.

X Certain minerals deficiencies.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-06
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics
Topic: Nutrition and Disease

131.

TRUE

With its high nutrient dense, low fat and high content of fibers, the vegetarian diet is associated with low lipid blood level and maintaining normal glycemia.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-06
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

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132.

Which of the followings are included in the Healthy Prudent Diet?

X Balance the food intake with a physical activity.

X Eat a balanced diet rich in a wide variety of nutrient-rich foods.

__ Choose a diet rich in meat about 65% of your daily calories should come from red meat.

X Choose a diet moderate in total fat.

Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 02-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition
Topic: Nutrition Basics

133.

As a nutritional coach, which of the following will you recommend to female athletes to include in their healthy diet to satisfy their iron's needs?

A. Eating 3oz of oysters.

B. Eating 1oz of oysters.

C. Eating 3oz of yellowfin tuna.

D. Female athletes do not need iron, only children need it.

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-04
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics
Topic: Nutrition Basics; Sports and Exercise Nutrition
Topic: Nutrition and Disease

134.

TRUE

Nutrient density is a key concept indicating the proportions of essential nutrients found in specific foods.

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Bloom's Level: 1. Remember
Learning Objective: 02-04
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

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135.

For adults, the AMDR of a healthy diet is composed of

A.
50% of fat and 50% of carbohydrates.

B.
45-65% of carbohydrates, 20-35% of fat and 10-35% of proteins.

C.
45-65% of fat, 20-35% of carbohydrates and 10-35% of proteins.

D.
45-65% of proteins, 20-35% of fat and 10-35% of carbohydrates.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

136.

TRUE

The Food Exchange System is a group of foods in 6 categories containing similar amount of calories.

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 02-03
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Nutrition Basics

137.

FALSE

According tio the Key-nutrient concept, a diet rich in process food supplies all nutrients essential to a normal body functioning.

Bloom's Level: 2. Understand
Learning Objective: 02-03
Question Type: True/False
Topic: Nutrition Basics

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138.

John would like to evaluate his daily vitamin C intake, which of the following will you recommend him?

A.
The EAR

B.
The RDA

C.
The UL

D.
The AMDR

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-02
Question Type: Multiple Choice
Topic: Nutrition Basics

139.

During a nutrition coaching session, while analyzing Samantha's daily food intake, the nutritionist informed her that 30% of her total energy intake came from fat.Which of the following Dietary Reference Intakes did he use?

A.
The EER

B.
The AMDR

C.
The AI

D.
The EAR

Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-02
Question Type: Multiple Choice
Topic: Nutrition Basics

140.

TRUE

Malnutrition may occur due to deficiency in vitamin B group.

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Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 02-01
Question Type: True/False
Topic: Nutrition Basics
Topic: Nutrition and Disease

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Chapter 02 Test Bank Summary

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Topic: Human Digestion and Absorption; Sports and Exercise Nutrition	2
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