Nutritional Assessment 7th edition Nieman Test Bank

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Chapter 02
Multiple Choice

1. Which one of the following statements is true about the nutrition recommendations developed by Carl Voit and Wilber Atwater?

A. They were observational in nature
B. They included recommendations for vitamins A & C, thiamin, and riboflavin
C. They served as the basis for the Recommended Dietary Allowances
D. They were the first to make recommendations for pregnancy, lactation, and growth

Ans: A

2. Which one of the following statements about early, observational dietary standards and guidelines is false?

A. A catalyst for their development was starvation & associated diseases resulting from economic dislocation & unemployment
B. They addressed ways of providing nutrition at the lowest cost
C. They were developed from calorimetry and nitrogen balance studies on humans
D. They assumed that observed intake equaled physiologic need

Ans: C

3. Which one of the following represents the point of nutrient intake at which one half of the members of a given group will have its nutrient needs met while the remaining half will not?

A. Estimated Average Requirement
B. Adequate Intake
C. Recommended Dietary Allowance
D. Tolerable Upper Intake Level

Ans: A

4. Which of the following is the nutrient intake level sufficient to meet the nutrient requirements of approximately 97% of people in a given sex/age group?

A. Estimated Average Requirement
B. Adequate Intake
C. Recommended Dietary Allowance
D. Tolerable Upper Intake Level

Ans: C

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5. The recommended intakes for most nutrients for infants up to age 1 year are expressed in terms of _____.

A. Estimated Average Requirement
B. Adequate Intake
C. Recommended Dietary Allowance
D. Tolerable Upper Intake Level

Ans: B

6. Which one of the following was developed to assist persons with diabetes in planning their diets?

A. The Dietary Reference Intakes
B. The Daily Values
C. The Dietary Guidelines for Americans
D. The Food Exchange System

Ans: D

7. The recommendations contained within the Dietary Guidelines for Americans are applicable to the general public living in the United States _____.

A. beginning at the time of birth
B. beginning at about two years of age
C. beginning at about the age children begin attending kindergarten
D. beginning in adolescence

Ans: B

8. Which of the following is a nutrient whose intake is less than the recommended intake level for a significant part of the population?

A. A shortfall nutrient
B. A missing nutrient
C. A phantom nutrient
D. A misplaced nutrient

Ans: A

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9. Which one of the following was developed by the USDA for assessing the quality of the diets of Americans?

A. U.S. Dietary Goals
B. Hassle-Free Foundation Diet
C. Nutrient Density
D. Healthy Eating Index

Ans: D

10. Which of the following is the recommended daily dietary intake level that is assumed to be adequate and that is based on experimentally determined approximations of observed nutrient intake by a group of healthy people?

A. Estimated Average Requirement
B. Adequate Intake
C. Recommended Dietary Allowance
D. Tolerable Upper Intake Level

Ans: B

11. Which of the following is the highest level of daily nutrient intake that is likely to pose no risk of adverse health effects to almost all apparently healthy individuals in the general population?

A. Estimated Average Requirement
B. Adequate Intake
C. Recommended Dietary Allowance
D. Tolerable Upper Intake Level

Ans: D

12. The food labeling values established by the Food and Drug Administration for use in the Nutrition Facts panel are known as _____.

A. the U.S. Dietary Goals
B. the Dietary Guidelines for Americans
C. Dietary Reference Intakes
D. the Daily Values

Ans: D

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13. Broccoli dipped in batter and deep-fat fried would have _____ nutrient density compared to steamed broccoli, lightly salted, and served with a lemon wedge.

A. about the same
B. a lower
C. a higher
D. double the

Ans: B

14. Which of the following options correctly represents the chronological sequence in the development of the three graphic food guides listed?
A. Food Guide Pyramid; MyPlate; MyPyramid
B. Food Guide Pyramid; MyPyramid; MyPlate
C. MyPlate; MyPyramid; Food Guide Pyramid
D. MyPyramid; Food Guide Pyramid; MyPlate

Ans: B

15. The primary focus of the 2015-2020 Dietary Guidelines for Americans is _____.
A. an improved nutrient density
B. a healthy eating pattern
C. increased intake of shortfall nutrients
D. a decrease in saturated fats and cholesterol

Ans: B

16. Which one of the following is NOT one of the five general guidelines for the 2015-2020 Dietary Guidelines for Americans?
A. Focus on foods with high levels of antioxidant nutrients
B. Follow a healthy eating pattern across the lifespan
C. Support healthy eating patterns for all
D. Limit calories from added sugars and saturated fats and reduce sodium intake

Ans: A

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17. The 2015-2020 Dietary Guidelines for Americans focus on three examples of healthy eating patterns. Which one of the following was NOT included?
A. The Healthy U.S.-Style Eating Pattern
B. The Healthy Mediterranean-Style Eating Pattern
C. The Healthy Vegetarian Eating Pattern
D. The Healthy Paleolithic Eating Pattern

Ans: D

18. On May 20, 2016, the FDA announced the new Nutrition Facts label for packaged foods. Which one of the following updates to the Nutrition Facts label was mandated by 2018?
A. Serving sizes must be based on what they should be eating
B. Include "Calories from Fat"
C. Increase the type size for "Calories"
D. Listing "added sugars" no longer required

Ans: C

19. The _____ are dietary reference values intended to help consumers use food label information to plan healthy diets.
A. Dietary Guidelines for Americans
B. DRIs
C. EARs
D. Daily Values

Ans: D

20. The _____ system is a method of planning meals that simplifies controlling energy consumption (particularly from carbohydrate), helps ensure adequate nutrient intake, and allows considerable variety in food selection.
A. Choose Your Foods
B. Dietary Guidelines for Americans
C. DRIs
D. Daily Values

Ans: A

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21. In the HEI-2010, all of the components are assessed on a _____ basis to allow a common standard to be applied to individual diets or any other mix of foods.
A. percentage
B. volume
C. density
D. mass

Ans: C

True/False

22. One of the weaknesses of the Dietary Reference Intakes is that they provide no guidance on the use of nutritional supplements.

Ans: False

23. One of the changes that was made when the Dietary Reference Intakes were developed was eliminating the Recommended Dietary Allowance.

Ans: False

24. The "reference amount" is the amount of a food that people customarily consume per eating occasion and which is used by the U.S. Food and Drug Association in establishing the serving size in the Nutrition Facts label for that food.

Ans: True

25. A food guide is a nutrition tool that translates scientific knowledge and dietary standards and recommendations into an understandable and practical form for use by those who have little or no nutrition training.

Ans: True

26. The primary purpose of the Dietary Guidelines for Americans is to prevent or delay the onset of chronic diseases.

Ans: True

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27. There is no Recommended Dietary Allowance or Tolerable Upper Intake Level for energy.

Ans: True

28. The Dietary Reference Intakes (DRIs) are the result of an on-going collaborative effort by nutrition scientists in Canada and the United States.

Ans: True

29. The U.S. Food and Drug Administration and the U.S. Centers for Disease Control and Prevention are jointly responsible for developing the Dietary Guidelines for Americans.

Ans: False

30. Since they were first established in 1980, a basic premise of the Dietary Guidelines for Americans has been that nutrient needs should be met primarily by consuming naturally occurring foods as opposed to relying on fortified foods or dietary supplements.

Ans: True

31. In contrast to early indices of diet quality, which tended to focus on preventing nutrient deficiency diseases, more recent indices tend to focus on the prevention of chronic disease.

Ans: True

Fill-in-the-Blank

32. A food's vitamin and mineral content relative to its energy content is known as _____.

Ans: nutrient density

33. Using evidence-based criteria to rank or classify foods based on their nutrient composition is known as _____.

Ans: nutrient profiling

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34. _____ is an approach to help people plan diets that maintain adequate nutrient intake while minimizing consumption of unnecessary energy and reducing the intake of sodium, solid fats, dietary cholesterol, added sugars, and refined grains.

Ans: Nutrient density

35. An innovative, on-line tool designed by the U.S. Department of Agriculture to help consumers understand their energy, food, and nutrient requirements is known as _____.

Ans: SuperTracker

36. The average dietary energy intake that is predicted to maintain energy balance in a healthy person of a defined age, gender, weight, and level of physical activity consistent with good health is known as the _____.

Ans: Estimated Energy Requirement

37. The _____ was created in response to concerns about the potential for excessive nutrient intakes resulting from recent increases in consumption of nutrient- fortified foods and dietary supplements.

Ans: Tolerable Upper Intake Level

38. A _____ is a nutrition education tool translating scientific knowledge and dietary standards and recommendations into an understandable and practical form for use by those who have little or no training in nutrition.

Ans: food guide

39. The _____ provide guidance to individuals on the consumption of total fat, polyunsaturated fatty acids, saturated fatty acids, dietary cholesterol, carbohydrate, and protein to ensure adequate intake and to decrease risk of chronic disease.

Ans: Acceptable Macronutrient Distribution Ranges

40. Statements from authoritative scientific bodies translating nutritional recommendations into practical advice to consumers about their eating habits are known as _____.

Ans: dietary guidelines or dietary goals

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41. Because the Adequate Intake is based on observed or experimentally derived approximations of average nutrient intake that appear to maintain a defined nutritional state or criterion of adequacy in a group of people, it is considered an _____ standard.

Ans: observational

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