Wardlaws Perspectives in Nutrition 10th edition Byrd-Bredbenner Test Bank

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Chapter 02
Tools of a Healthy Diet

Multiple Choice Questions

1. Which is true about the Dietary Reference Intakes (DRIs)?
A. They apply to people in Canada and the U.S.
B. They differ by age group.
C. They include Recommended Dietary Allowances and Tolerable Upper Intake Levels.
D. They were created by the Food and Nutrition Board.
E. All of these responses are true.

Bloom's: 1. Remember
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Section: 2.01
Topic: Dietary requirements

2.

Dietary Reference Intakes (DRI) values are for people who are _____.

A. 1 to 4 years of age
B. over 4 years of age
C. over 19 years of age
D. of all ages

Bloom's: 1. Remember
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Section: 2.01
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3. An Adequate Intake (AI) is set for a nutrient when _____.
A. too little research is available to establish an RDA
B. the needs during pregnancy decline instead of increase
C. the need for a nutrient depends on total calories eaten
D. the nutrient has a high potential for being toxic

Bloom's: 1. Remember
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Section: 2.01
Topic: Dietary requirements

4. Which Dietary Reference Intake (DRI) is set high enough to meet the needs of 97 to 98% of the population?
A. Estimated Energy Requirements
B. Estimated Average Requirements
C. Recommended Dietary Allowances
D. Dietary Reference Intakes

Bloom's: 1. Remember
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Section: 2.01
Topic: Dietary requirements

5. Tolerable Upper Intake Levels (ULs) are _____.
A. the maximum daily intake level not likely to cause harmful effects
B. based on intakes from only supplements and highly fortified foods
C. nutrient intake goals
D. set for all nutrients

Bloom's: 1. Remember
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
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6. Which Dietary Reference Intake (DRI) reflects average daily needs?
A. Adequate Intakes
B. Estimated Average Requirements
C. Recommended Dietary Allowances
D. Tolerable Upper Intake Levels

Bloom's: 2. Understand
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Section: 2.01
Topic: Dietary requirements

7. The AMDRs do NOT include estimates for intake of _____.
A. essential fatty acids
B. essential amino acids
C. carbohydrate
D. fat

Bloom's: 1. Remember
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Section: 2.01
Topic: Dietary requirements

8. The Recommended Dietary Allowances (RDAs) for nutrients are _____.
A. the minimum amounts needed by an average 70-kg man
B. twice as high as almost everyone needs
C. average requirements for a population
D. designed to meet the nutrient needs of 97 to 98% of individuals in a specific life stage

Bloom's: 1. Remember
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Section: 2.01
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9. Foods that provide a greater contribution to nutrient needs than calorie needs are said to be _____.
A. empty calorie
B. energy dense
C. calorie dense
D. nutrient dense

Bloom's: 1. Remember
Learning Outcome: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.
Section: 2.01
Topic: Nutrition monitoring and assessment

10. The nutrient standards used on Nutrition Facts panels are called _____.
A. Recommended Dietary Allowances
B. Daily Values
C. Estimated Average Requirements
D. Dietary Reference Intakes

Bloom's: 1. Remember
Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Section: 2.02
Topic: Food and supplement labeling

11. Daily Values differ from Recommended Dietary Allowances in that Daily Values _____.
A. are used on Nutrition Facts panels
B.

are based on 2 sets of dietary standards

C. are not gender-specific
D.

All of these responses are correct.

Bloom's: 2. Understand
Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Section: 2.02
Topic: Food and supplement labeling

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12. Daily Values are based on which sets of dietary standards?
A. Reference Daily Intakes and Daily Reference Values
B. Recommended Dietary Allowances and Daily Reference Values
C. Reference Daily Intakes and Tolerable Upper Intake Levels
D. Recommended Dietary Allowances and Reference Daily Intakes

Bloom's: 1. Remember
Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Section: 2.02
Topic: Food and supplement labeling

13. Daily Reference Values are set for _____.
A. fat and cholesterol
B. sodium and potassium
C. carbohydrate and protein
D.

All of these responses are correct.

Bloom's: 1. Remember
Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Section: 2.02
Topic: Food and supplement labeling

14. The reference calorie intake for calculating percent Daily Values on Nutrition Facts labels is _____.
A. 1500 kcal
B. 2000 kcal
C. 2300 kcal
D. 3000 kcal

Bloom's: 1. Remember
Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Section: 2.02
Topic: Food and supplement labeling

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15.

Which dietary standard value varies with calorie intake?

A. Fat
B. Vitamin C
C. Calcium
D. Iron

Bloom's: 2. Understand
Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Section: 2.02
Topic: Food and supplement labeling

16. Which is required on a food package?
A. Name and address of the food manufacturer
B. Date and time of processing
C. Expiration date
D. Percent Daily Value for protein

Bloom's: 2. Understand
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

17. If a can of soup provides 4 servings and has 100 kcal per serving, how many kcal are in the entire can?
A. 100
B. 200
C. 400
D. 800

100 kcal/serving x 4 servings/can = 400 kcal/can

Bloom's: 3. Apply
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

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18. Food components that must be listed on the Nutrition Facts panel include _____.
A. sugars, dietary fiber, and fluoride
B. sugars, dietary fiber, and calcium
C. sugars, dietary fiber, and monounsaturated fat
D. sugars, calcium, and B-vitamins

Bloom's: 2. Understand
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

19. Which claims are NOT closely regulated by the Food and Drug Administration (FDA)?
A. Health claims
B. Structure/function claims
C. Nutrient content claims

Bloom's: 2. Understand
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

20. To be defined as a "good" source of calcium, a food must contain _____.
A. at least 5% of the Daily Value for calcium in 1 serving of the food
B. at least 10% of the Daily Value for calcium in 1 serving of the food
C. at least 50% of the Daily Value for calcium in 1 serving of the food
D. at least 50% of the Daily Value for calcium in 2 servings of the food

Bloom's: 2. Understand
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

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21. When vitamins and/or minerals are added to a food product in amounts in excess of at least 10% above that originally present in the product, the food is designated as _____.
A. light or lite
B. organic
C. imitation
D. fortified

Bloom's: 1. Remember
Section: 2.02
Topic: Food and supplement labeling

22. Which is NOT a permitted health claim?
A. Diets with enough calcium may reduce risk of osteoporosis.
B. Diets low in sugar may reduce the risk of cancer.
C. Diets low in saturated fat and cholesterol may reduce the risk of cardiovascular disease.
D. None of these responses are permitted.

Bloom's: 3. Apply
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

23. What type of claim is "calcium builds strong bones and teeth"?
A. Structure/function claim
B. Health claim
C. Nutrient claim
D. Preliminary health claim

Bloom's: 3. Apply
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

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24. For a health claim to be made about a food product, it must NOT contain more than _____.
A. 19 g fat
B. 70% carbohydrate
C. 4 g saturated fat
D. 120 mg cholesterol
E.

All of these choices are correct.

Bloom's: 1. Remember
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

25. Factors that affect the amount of nutrients in foods include _____.
A. farming conditions
B. ripeness of plants when harvested
C. cooking processes
D. length of time food is stored
E.

All of these factors affect nutrient content of foods.

Bloom's: 2. Understand
Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.
Section: 2.03
Topic: Nutrition monitoring and assessment

26. Energy-dense foods are _____.
A. high in calories
B. high in water
C. high in fiber
D. high in volume

Bloom's: 1. Remember
Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.
Section: 2.03
Topic: Nutrition monitoring and assessment

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27. Nutrient databases can be used to determine _____.
A. a food's energy density
B. a food's nutrient density
C. the nutrient content of your diet
D. the nutrient content of the foods in a recipe
E.

All of these responses are appropriate uses of nutrient databases.

Bloom's: 3. Apply
Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.
Section: 2.03
Topic: Nutrition monitoring and assessment

28. The Dietary Guidelines for Americans are designed to reduce the risk of _____.
A. cancer
B. cardiovascular disease
C. obesity
D. foodborne illness
E.

All of these responses are correct.

Bloom's: 1. Remember
Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Section: 2.04
Topic: Nutrition monitoring and assessment

29. The Dietary Guidelines for Americans _____.
A. provide a scientific basis for USDA's school lunch program
B. provide a scientific basis for the Food Stamp Program
C. are designed to reduce the risk of "killer" diseases
D.

All of these choices are correct.

Bloom's: 1. Remember
Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Section: 2.04
Topic: Nutrition monitoring and assessment

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30. According to the Dietary Guidelines for Americans, those who consume alcoholic beverages should do so in moderation. Which of the following statements is true?
A. A moderate intake is 1 or fewer servings per day for women.
B. Beer is not considered an alcoholic beverage because it is mostly water.
C. An average serving of red wine is 1.6 ounces per glass.
D. To be considered an alcoholic beverage, distilled spirits must be at least 180 proof.

Bloom's: 1. Remember
Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Section: 2.04
Topic: Nutrition monitoring and assessment

31.

Which government agency publishes the Dietary Guidelines for Americans?

A. USDA
B. USDHHS
C. FDA
D.

USDA and USDHHS

E. FDA and USDA

Bloom's: 1. Remember
Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Section: 2.04
Topic: Nutrition monitoring and assessment

32. MyPlate groups foods into _____ major categories.
A. 2
B. 3
C. 4
D. 5

Bloom's: 1. Remember
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

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33. Which is NOT a key behavior emphasized in MyPlate?
A. Balancing calories
B. Foods to increase
C. Disease prevention
D. Foods to reduce

Bloom's: 1. Remember
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

34. According to MyPlate, a mini bagel would represent _____ ounce(s) from the grains group.
A. 0.50
B. 1
C. 2
D. 3
E. 4

Bloom's: 3. Apply
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

35. Two cups of lettuce salad would equal a cup from which MyPlate food group?
A. Free
B. Others
C. Vegetable
D. Salad

Bloom's: 3. Apply
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

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36. MyPlate includes which food group?
A. Dairy
B. Vegetables
C. Protein foods
D. Fruits
E. All of the above

Bloom's: 1. Remember
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

37. What eating behavior does MyPlate encourage?
A. Make half your plate vegetables.
B. Make half your plate grains.
C. Make at least half your grains whole grains.
D.

Add in more empty-calorie foods.

Bloom's: 2. Understand
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

38. What counts as a cup in the dairy group?
A. 1 cup of ice cream
B. 1 cup of yogurt
C. 1 cup of cottage cheese
D. 1 cup grated cheese

Bloom's: 1. Remember
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

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39.

According to MyPlate, four ounces of processed cheese equals ____ serving(s) from the milk group.

A. 1
B. 2
C. 3
D. 4

Bloom's: 3. Apply
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

40. Which nutrients are contributed by the fruit group of MyPlate?
A. calcium
B. folate
C. zinc
D. protein

Bloom's: 2. Understand
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

41.

Which nutrient is contributed by the protein foods group of MyPlate?

A. iron
B. calcium
C. vitamin C
D.

vitamin A

Bloom's: 2. Understand
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
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42. The MyPlate vegetable group is divided into which subgroups?
A.

Starchy vegetables, red and orange vegetables, and dark green vegetables

B. Dark green vegetables and other vegetables
C.

Other vegetables, starchy vegetables, and red and yellow vegetables

D.

Dark green vegetables, orange vegetables, starchy vegetables, beans and peas, and other vegetables

Bloom's: 1. Remember
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.05
Topic: Nutrition monitoring and assessment

43. Reading food labels helps consumers _____.
A. identify amounts of salt or sodium in the product
B. determine the sugar content of the product
C. determine amount and kind of fat in the product
D. choose foods with dietary fiber
E.

All of these responses are correct.

Bloom's: 2. Understand
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Section: 2.02
Topic: Food and supplement labeling

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44. Mandatory labeling of foods is regulated by the _____.
A. USDHHS
B. FTC
C. FDA
D. GAO

Bloom's: 1. Remember
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

45. Labeling laws require that ingredients in food products be listed on the container in descending order of their _____.
A. calories
B. nutrient density
C. weight
D. cost

Bloom's: 1. Remember
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

46. Under the current law on nutrition labeling, the Nutrition Facts panel must include _____.
A. total calories from fat
B. total calories from *trans* fat
C. total calories from saturated fat
D. grams of monounsaturated fat

Bloom's: 2. Understand
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
Topic: Food and supplement labeling

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47.

If a group of people consumed an amount of protein equal to the estimated average requirement for their life stage, what percentage would receive insufficient amounts?

A.

2

B.

33

C.

50

D.

98

Bloom's: 3. Apply
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
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48.

What measure best describes the amounts of nutrients that should be consumed by the population?

A.

The Dietary Reference Intakes because they are a set of nutrient intake values for healthy people

B.

The Tolerable Upper Intake levels because they are the maximum daily amount of a nutrient needed that is safe for most healthy people

C.

The Estimated Average Requirements because they reflect the average daily amount of a nutrient that will maintain a specific function in half of the healthy people of a population

D.

The Recommended Dietary Allowances because they represent the daily amount of a nutrient considered adequate to meet the known nutrient needs of nearly all healthy people

Bloom's: 3. Apply
Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Section: 2.01
Topic: Dietary requirements

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49.

If a person consumed 35% of a diet providing 2500 kcalories from protein, approximately how many grams of protein would be ingested?

A.

48

B.

67

C.

165

D.

219

Bloom's: 4. Analyze
Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
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50.

Which of the following meals represents the most nutrient-dense meal?

A.

medium apple, fat-free milk, turkey sandwich on whole grain bread, carrot slices

B.

graham crackers, fruit punch, salami sandwich on white bread, vegetable soup

C.

banana, pretzels with peantu butter, chicken breast wrap sandwich, diet soft drink

D.

chocolate chip cookies, low-fat cheese slices on rice cakes, whole milk, peanuts

Bloom's: 4. Analyze
Learning Outcome: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.
Section: 2.01
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51.

Which of the following represents the most energy-dense meal?

A.

broiled fish, watermelon, green beans, water

B.

whole milk, peanut butter and jelly sandwich on white bread, tortilla chips

C.

broccoli, chicken broth, strawberries, fat-free milk

D.

cream cheese on a bagel, vegetable soup, kiwi, salad and lemon juice dressing

Bloom's: 4. Analyze
Learning Outcome: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.
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52.

If anticipated results are not seen after implementing dietary changes, what is the next step?

A.

Add extra meals to the diet.

B.

Seek the help of a registered dietician or physician.

C.

Add in supplements.

D.

Limit nutrient intake.

Bloom's: 3. Apply
Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.
Section: 2.04
Topic: Nutrition monitoring and assessment

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53.

A food label that advertises the product as a “rich source of fiber” is an example of a(n)

A.

Health claim

B.

Structure/function claim

C.

Nutrient claim

D.

Obesity prevention claim

Bloom's: 3. Apply
Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Section: 2.02
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54.

Which program on MyPlate would you use if you were looking for tips on planning healthy food choices to meet individual goals?

A.

The SuperTracker

B.

My Food-a-pedia

C.

The Daily Food Plan

Bloom's: 4. Analyze
Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
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