Nutrition and You 4th edition Blake Test Bank

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

1) The average amount of a nutrient that is known to meet the needs of 50 percent of the individuals in a similar age and gender group is known as the
   A) Dietary Reference Intakes (DRIs). B) Estimated Average Requirement (EAR).
   C) Adequate Intake (AI). D) Recommended Dietary Allowance (RDA).
   Answer: B

2) The highest amount of a nutrient that can be consumed without likely harm in a group of individuals of a similar age is the
   A) Recommended Dietary Allowance (RDA). B) Dietary Reference Intakes (DRI).
   C) Adequate Intake (AI). D) Tolerable Upper Intake Level (UL).
   Answer: D

3) According to the Acceptable Macronutrient Distribution Ranges (AMDR), what percentage of your daily calories should be provided by carbohydrates?
   A) 20 to 45 percent B) 5 to 25 percent C) 45 to 65 percent D) 40 to 70 percent
   Answer: C

4) According to the Acceptable Macronutrient Distribution Ranges (AMDR), what percentage of your daily calories should be provided by fat?
   A) 10 to 35 percent B) 5 to 20 percent C) 45 to 65 percent D) 20 to 35 percent
   Answer: D

5) Which of the following types of health claims is based on evidence that is still emerging?
   A) health claim based on authoritative statements B) authorized health claims
   C) qualified health claims D) structural/functional claims
   Answer: C

6) Which of the following do *not* have Acceptable Macronutrient Distribution Ranges (AMDR)?
   A) fats B) proteins C) vitamins D) carbohydrates
   Answer: C

7) Which of the following was developed out of concern over the incidence of overnutrition among Americans?
   A) Dietary Reference Intakes (DRIs)
   B) *Dietary Guidelines for Americans*
   C) Acceptable Macronutrient Distribution Ranges (AMDR)
   D) Estimated Average Requirement (EAR)
   Answer: B

8) According to the *Dietary Guidelines for Americans, 2010*, what should be the daily sodium intake for a healthy person?
   A) less than 2,200 mg B) less than 2,300 mg
   C) more than 2,600 mg D) more than 2,300 mg
   Answer: B

9) According to the *Dietary Guidelines for Americans, 2010*, an adult woman should consume no more than how many alcoholic drinks per day?
   A) 3–4 B) 0–2 C) 4–5 D) 0–1
   Answer: D

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10) MyPlate is a food guidance system that illustrates the recommendations in the *Dietary Guidelines for Americans, 2010* and reinforces the important concepts of
A) variety, healthful choices, proportionality, and food labels.
B) meal planning, exchange lists, proportionality, and moderation.
C) meal planning, calorie counting, moderation, and exchange lists.
D) variety, personalization, proportionality, and moderation.
Answer: D

11) According to MyPlate, half of your plate should be devoted to which food group?
A) protein
B) vegetables and fruits
C) grains
D) oils
Answer: B

12) According to MyPlate, which of the following foods would be considered low in nutrient density?
A) nonfat yogurt
B) lean meat
C) fruit drinks
D) carrots
Answer: C

13) Which of the following is *not* the preferred way of preparing meat and poultry?
A) broiling
B) grilling
C) baking
D) frying
Answer: D

14) According to MyPlate, how many cups of fat–free or low–fat milk, or their equivalent, should be consumed daily for all calorie levels?
A) 1
B) 3
C) 2
D) 4
Answer: B

15) When estimating portion size, a woman's fist is about
A) a quarter cup of pasta or vegetables.
B) one cup of pasta or vegetables.
C) two cups of pasta or vegetables.
D) a half cup of pasta or vegetables.
Answer: B

16) According to MyPlate, how many servings from the grain group should a moderately active female who needs 2,000 calories daily consume?
A) 3
B) 4
C) 5
D) 6
Answer: D

17) According to MyPlate, how many cups from the vegetable group should a moderately active female who needs 2,000 calories daily consume?
A) 3.5
B) 1
C) 2.5
D) 4
Answer: C

18) Which of the following pieces of information is *not* required on a standard food label?
A) a list of ingredients in the food
B) a nutrient content claim
C) the net weight of the food
D) the name and address of the manufacturer or distributor
Answer: B

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19) Which of the following does *not* need to be listed on a food label?
A) vitamin C content B) iron content C) calcium content D) vitamin D content

Answer: D

20) In what order are ingredients listed on a food label?
A) in alphabetical order
B) in random order
C) in descending order by weight
D) liquids first, then solids

Answer: C

21) Which of the following quantities are reference levels that are used only on food labels?
A) Daily Values
B) Estimated Average Requirements
C) Recommended Dietary Allowances
D) Dietary Reference Intakes

Answer: A

22) If one cup of reduced–fat milk provides 8 percent of your Daily Value for fat, this means that
A) 8 percent of the calories in the milk are from saturated fat.
B) one cup of milk provides 8 percent of the total calories allowed for the day.
C) 8 percent of the calories in the milk are from fat.
D) one cup of milk provides 8 percent of the total fat allowed for the day.

Answer: D

23) A food is considered high in a nutrient if it provides
A) 10 percent or more of the Daily Value.
B) 5 percent or more of the Daily Value.
C) 20 percent or more of the Daily Value.
D) 15 percent or more of the Daily Value.

Answer: C

24) The term *fat–free* on a food label is an example of a(n)
A) qualified health claim.
B) authorized health claim.
C) structure/function claim.
D) nutrient content claim.

Answer: D

25) Which of the following compounds found in tomatoes may reduce the risk of prostate cancer?
A) beta–glucan B) lycopene C) anthocyanins D) probiotics

Answer: B

26) A food label claims that the food is a "good source of vitamin C." This means that the food
A) has vitamin C in it, but the amount is undetermined.
B) provides more than 20 percent of the Daily Value for vitamin C.
C) provides 50 percent of the Daily Value for vitamin C.
D) provides 10 to 19 percent of the Daily Value for vitamin C.

Answer: D

27) Which of the following is *not* a MyPlate tip for making food choices?
A) Vary your veggies.
B) Move away from milk.
C) Make half your grains whole.
D) Go lean with protein.

Answer: B

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28) A claim that links dietary fat and cancer is a(n)
A) nutrient content claim.
B) qualified health claim.
C) health claim based on authoritative statements.
D) authorized health claim.
Answer: D

29) Which of the following substances is *not* included in a food label?
A) polyunsaturated fat
B) sugars
C) dietary fiber
D) *trans* fat
Answer: A

30) Which of the following statements is *not* a structure/function claim?
A) The soluble fiber in beans can help you lower your cholesterol.
B) Calcium builds strong bones.
C) Antioxidants help support a healthy immune system.
D) Fiber maintains regularity.
Answer: A

31) The average amount of a nutrient that is known to meet the needs of 50 percent of the individuals in a similar age and gender group is called the
A) EAR.
B) AI.
C) UL.
D) RDA.
Answer: A

32) The average amount of a nutrient that meets the needs of 97 to 98 percent of the individuals in a similar group is called the
A) EAR.
B) AI.
C) UL.
D) RDA.
Answer: D

33) The approximate amount of a nutrient that individuals in a similar age and gender group should consume to maintain good health is called the
A) EAR.
B) AI.
C) UL.
D) RDA.
Answer: B

34) The highest amount of a nutrient that can be consumed daily without likely causing harm is referred to as the
A) EAR.
B) AI.
C) UL.
D) RDA.
Answer: C

35) The specific amounts of each nutrient that an individual needs to consume to maintain good health, prevent chronic diseases, and avoid unhealthy excesses are known as the
A) AI.
B) DRIs.
C) UL.
D) EAR.
Answer: B

36) Having a diet made of many different foods is known as a
A) paleo diet.
B) varied diet.
C) balanced diet.
D) moderate diet.
Answer: B

37) The relationship of one food entity to another in the diet is called
A) proportionality.
B) personalization.
C) variety.
D) moderation.
Answer: A

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38) A food guidance system released by the USDA that depicts five food groups using the familiar mealtime visual of a place setting is called
A) the Food Circle. B) MyPlate. C) the DASH diet. D) MyPyramid.
Answer: B

39) The measure of nutrients per calorie is known as
A) energy density. B) nutrient density.
C) a food guidance system. D) proportionality.
Answer: B

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

40) A person who is overnourished can also be malnourished.
Answer: True False

41) All foods with a health claim can also be marketed as functional foods.
Answer: True False

42) The claim "calcium builds strong bones" is an example of a health claim.
Answer: True False

43) A "reduced fat" cookie must have at least 25 percent less fat per serving than the original version of the cookie.
Answer: True False

44) The definitions for the terms *lean* and *extra lean* are based only on the total fat content of the product.
Answer: True False

45) A food labeled "low in calories" has fewer calories than a food labeled "reduced calories."
Answer: True False

46) The Dietary Reference Intakes (DRIs) are issued by the Food and Drug Administration.
Answer: True False

47) Fat should comprise 25 to 35 percent of your daily intake of calories.
Answer: True False

48) An apple is an example of an energy–dense food.
Answer: True False

49) Whole milk is more nutrient dense than skim milk.
Answer: True False

50) A food labeled "calorie free" must have zero calories.
Answer: True False

51) The Daily Value for protein is not listed on most labels.
Answer: True False

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52) The Daily Values listed on the food label are based on a 1,500–calorie diet.
Answer: True False

53) A soup labeled "low sodium" would have less sodium than a food labeled "less sodium."
Answer: True False

54) A qualified health claim is less well established than an authorized health claim.
Answer: True False

55) A single serving of a functional food is enough to gain the beneficial effects of that food.
Answer: True False

56) Phytochemicals are found in plant–based foods, whereas zoochemicals are found in animal–based foods.
Answer: True False

57) Eating breakfast provides more energy throughout the day and results in the consumption of fewer calories.
Answer: True False

58) Mixed dishes such as hamburgers and pizza a major sources of solid fats in the diets of Americans.
Answer: True False

59) The DRIs are listed on the Nutrition Facts panel to help consumers make wise choices.
Answer: True False

60) The current Nutrition Facts panel always lists the Daily Values for vitamin C and vitamin A.
Answer: True False

61) The Estimated Energy Requirement (EER) is the amount of energy you need each day to maintain a healthy body weight and meet your caloric needs according to your age, gender, height, weight, and activity level.
Answer: True False

62) For any given age group and gender, active people have a higher need for calories each day compared to sedentary people.
Answer: True False

63) The ranges of intakes for the energy–containing nutrients are called the Acceptable Macronutrient Dietary Ranges.
Answer: True False

64) The higher the consumption above the UL, the higher the risk of toxicity.
Answer: True False

65) The most recent food guidance system released by the USDA for American consumers is MyPyramid.
Answer: True False

66) The foundation of your diet should be calorie–rich foods with little solid fats and added sugars.
Answer: True False

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67) Oils are not represented on MyPlate because they should be eliminated entirely from our diets.
Answer: True False

68) You should eat equal proportions of fruits, grains, vegetables, protein, and dairy every day.
Answer: True False

69) Nutrient density refers to the amount of nutrients a food contains in relationship to the number of calories it contains.
Answer: True False

70) The Daily Nutrients listed on the Nutrition Facts panel of a product are general reference levels for those nutrients.
Answer: True False

71) If a serving of a food provides 15 percent or more of the DV, it is considered high in that nutrient.
Answer: True False

72) A functional food is a food that has a positive effect on your health beyond providing basic nutrients.
Answer: True False

73) Compounds in plant foods that have been shown to reduce the risk of certain diseases are called zoochemicals.
Answer: True False

74) Compounds in animal food products that are beneficial to human health are known as phytochemicals.
Answer: True False

75) The three types of claims on food products are nutrient content claims, health claims, and structure/function claims.
Answer: True False

76) The ingredients on a food label are listed in alphabetical order.
Answer: True False

77) The AMDRs are ranges set for carbohydrates, fats, and proteins.
Answer: True False

78) It is recommended that proteins comprise between 10 and 35 percent of your daily caloric intake.
Answer: True False

79) The substances in active cultures in fermented dairy products (such as yogurt) that may support intestinal health are antibiotics.
Answer: True False

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

80) Provide the full name and abbreviations for each of the five reference values of the Dietary Reference Intakes (DRIs).
Answer: The five reference values are Estimated Average Requirement (EAR); Tolerable Upper Intake Level (UL); Recommended Dietary Allowance (RDA); Adequate Intake (AI); and Acceptable Macronutrient Distribution Ranges (AMDR).

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81) Explain how a person can be obese and malnourished at the same time.

Answer: A person who is obese due to an excessive intake of calories may not be getting the required amounts of nutrients and can therefore be malnourished. Malnourishment is the long–term outcome of consuming a diet that doesn't meet nutrient needs.

82) What is the difference between the Estimated Average Requirement (EAR) and the Recommended Dietary Allowance (RDA)?

Answer: The EAR is the average daily intake of a nutrient that meets the needs for 50 percent of the individuals in a similar age and gender group, whereas the RDA (which is based on the EAR) is the average daily intake level that is estimated to meet the needs of 97 to 98 percent of the individuals in a similar group.

83) Why is exceeding the Tolerable Upper Intake Level (UL) for a nutrient not recommended?

Answer: Consuming more than the UL for a nutrient may result in toxicity and damage to organs, especially the liver.

84) What is the difference between nutrient density and energy density?

Answer: Nutrient density refers to the amount of nutrients a food contains in relationship to the number of calories it contains. More nutrient–dense foods provide more nutrients per calorie (and in each bite) than do less nutrient–dense foods, and so are better choices for meeting your DRIs without exceeding your daily caloric needs. Energy density refers to the number of calories a food contains relative to its weight (grams) or volume. To summarize: nutrient density = amount of nutrients per calorie in a food; energy density = number of calories per gram (or volume) of food.

85) List some strategies that you can use to control your portion sizes at home, when eating out, and when shopping.

Answer: At home, measure food to develop an "eye" for correct sizes, use smaller plates, keep serving dishes off the table, store leftovers in measured portions, avoid eating snacks directly from the bag or box, and cook smaller portions. When eating out, ask for half orders, choose an appetizer as the entrée, and take part of the meal home. When shopping, read food labels, buy pre–portioned servings, and divide packages of snacks into individual portions.

86) Describe a one–day meal plan that only contains high–nutrient–dense foods and adheres to the MyPlate food guidance system.

Answer: Answers will vary but may include nutrient–dense choices such as the following:
Grain group: 6 servings (half from whole grains) per day–whole–grain cereal (perhaps with skim milk and fruit), brown rice, and whole–grain breads
Vegetable group: 2 1/2 cups per day of fresh, frozen, or canned vegetables; dried peas; and beans
Fruits: 2 cups of dried fruits or whole fruit
Dairy: 3 cups of low–fat or nonfat milk, ice cream, cheese, or yogurt
Meat and beans: 5 1/2 ounces of dried beans or peas, eggs, fish, lean meat, nuts, skinless poultry, or seeds.
You should also include 2 tablespoons of vegetable **oils** to your diet over the course of the day.

87) Using two food labels from different brands for similar foods (such as ice cream), compare the foods and discuss in what ways one is superior to the other.

Answer: Students should compare calories per serving, plus grams of fat, carbohydrates, and protein per serving. When looking at fat, saturated versus unsaturated should be noted. When looking at carbohydrates, students should comment on starch, sugar, and fiber content. Lastly, students should compare the vitamin and mineral content listed.

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88) Define a functional food, and describe how both naturally occurring and packaged functional foods can be part of a healthy, well–balanced diet.

Answer: A functional food is a food that has a positive effect on health beyond providing basic nutrients. Naturally occurring phytochemicals are found in whole grains, fruits, vegetables, and healthy vegetable oils; zoochemicals are present in fish, dairy products, and other foods derived from animals. These foods can be part of a healthy diet based on the MyPlate pattern. Packaged functional foods can be consumed if you take care to avoid overconsumption of any given compound. A registered dietitian nutritionist (RDN) can provide advice on the benefits of functional foods in your diet and how to balance them with food intake.

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