Understanding Nutrition (Canadian) 2nd edition Whitney Test Bank

SKU: 9780176531546-TEST-BANK

Chapter 2 Planning a Healthy Diet

MULTICHOICE

1. The diet-planning principle that provides all the nutrients, fibre, and energy in amounts sufficient to maintain health is called which of these terms?

(A) variety

(B) adequacy

(C) moderation

(D) kcalorie control

Answer : (B)

2. Which of these practices would indicate that the diet-planning principle of variety is being followed?

(A) choosing foods with the lowest amount of kcalories each day

(B) choosing only foods that are included in a food group

(C) choosing the most nutrient-dense foods each day

(D) choosing different foods within each food group each day

Answer : (D)

3. Which of the following is the most calcium-dense food?

(A) whole milk

(B) skim milk

(C) low-fat milk

(D) cheddar cheese

Answer : (B)

4. Which of the following is the defining characteristic of a *nutrient-dense* food?

(A) contains a low amount of kcalories relative to volume

(B) high in weight relative to volume

(C) contains a high amount of nutrients relative to kcalories

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(D) contains a mixture of the essential nutrients

Answer : (C)

5. The concept of nutrient density is most helpful in achieving which principle of diet planning?

(A) variety

(B) balance

(C) moderation

(D) kcalorie control

Answer : (D)

6. Which of the following values is an expression of the nutrient density of a food?

(A) 0.01 mg iron per kcalorie

(B) 0.5 mg iron per serving

(C) 110 kcalories per cup

(D) 110 kcalories per serving

Answer : (A)

7. An empty-kcalorie food is one that contains which of the following qualities?

(A) only a few or no kcalories

(B) excessive amounts of vitamins and minerals, but only a few or no kcalories

(C) vitamins and minerals, but only a small amount of or no carbohydrates, fat, or protein

(D) kcalories, but only a small amount of or no proteins, vitamins, or minerals

Answer : (D)

8. Which of the following foods is an example of an empty-kcalorie food?

(A) water

(B) potato chips

(C) celery

(D) black tea

Answer : (B)

9. Which of these terms describes the ranking of foods based on their nutrient composition?

(A) nutrient quality

(B) nutrient profiling

(C) food profiling

(D) food quality

Answer : (B)

10. Which of the following best describes what is needed to obtain kcalorie control?

(A) balancing kcalorie intake with kcalorie used by the body

(B) choosing only low fat foods

(C) avoiding foods that are not a part of a food group

(D) eating a wide variety of foods

Answer : (A)

11. Samuel regularly selects foods that are low in solid fats and added sugars, but he occasionally treats himself to a chocolate chip cookie for dessert. Based on this information, Samuel is practicing which one of the basic diet-planning principles?

(A) adequacy

(B) moderation

(C) balance

(D) variety

Answer : (B)

12. Sue regularly consumes the recommended number of servings from all the food groups. Based on this information, Sue is practicing which one of the basic diet-planning principles?

(A) variety

(B) kcalorie control

(C) balance

(D) moderation

Answer : (C)

13. Which diet-planning principle is improved when one applies variety in diet planning?

(A) moderation

(B) kcal control

(C) nutrient density

(D) adequacy

Answer : (D)

14. According to *Eating Well with Canada's Food Guide,* which of the following practices is NOT consistent with achieving a healthy diet?

(A) intake of eggs

(B) intake of nuts

(C) emphasis on *trans* fat

(D) emphasis on low-fat milk products

Answer : (C)

15. According to *Eating Well with Canada's Food Guide,* what is the recommendation for daily consumption of unsaturated fat in a healthy diet?

(A) 15 to 20 millilitres

(B) 20 to 30 millilitres

(C) 25 to 40 millilitres

(D) 30 to 45 millilitres

Answer : (D)

16. Which one of the following beverages is recommended by *Eating Well with Canada's Food Guide* to satisfy one's thirst?

(A) water

(B) 100 percent vegetable or fruit juice

(C) low fat milk

(D) diet soft drinks

Answer : (A)

17. What is the most widely used tool to plan a healthy diet in Canada?

(A) *The Healthy Eating Index*

(B) *Meal Planning for Healthy Eating*

(C) *MyPlate*

(D) *Eating Well with Canada's Food Guide*

Answer : (D)

18. Which of the following is a characteristic of Canada's Food Guide?

(A) It places most foods into one of five groups.

(B) Its nutrients of greatest concern include iron and vitamin B_{12}.

(C) It provides limited flexibility in meal planning for children.

(D) It specifies that a certain quantity of food be consumed from each group.

Answer : (D)

19. The consumption of 1800 kcalories per day is sufficient to meet the estimated energy needs of which of the following groups?

(A) active teenage girls aged 17 to 18 years

(B) active men older than 70 years

(C) sedentary men aged 51 to 70 years

(D) sedentary women aged 31 to 50 years

Answer : (D)

20. Which one of the following foods provides 1 serving of legumes?

(A) 175 mL kidney beans

(B) 175 mL green peas

(C) 125 mL peanuts

(D) 125 mL mashed potatoes

Answer : (A)

21. How many servings of vegetables and fruit are recommended in *Eating Well with Canada's Food Guide* for a 15-year-old female?

(A) 5

(B) 7

(C) 8

(D) 10

Answer : (B)

22. What is the number of gender and age groupings for teens and adults in the Canada Food Guide?

(A) 4

(B) 6

(C) 8

(D) 10

Answer : (B)

23. Why is it recommended that Canadians consume one dark green and one orange vegetable daily?

(A) because green vegetables are high in folate and orange vegetables provide vitamin A

(B) because green vegetables are high in vitamin C and orange vegetables provide calcium

(C) because green vegetables are high in vitamin K and orange vegetables provide iron

(D) because green vegetables are high in vitamin B_{12} and orange vegetables provide potassium

Answer : (A)

24. Compared to younger adults with similar activity levels, the daily energy (kcalories) needs of adults over 70 years of age are which of the following?

(A) higher than the needs of younger adults

(B) half the needs of younger adults

(C) lower than the needs of younger adults

(D) similar to the energy needs of younger adults

Answer : (C)

25. Jamie is a vegetarian who is trying to plan a healthy diet according to *Eating Well with Canada's*

Food Guide. Which of the following would provide two servings of meat alternatives?

(A) 125 mL green peas, 50 g soy cheese, 2 pieces bread

(B) 150 g cheese, ½ sweet potato, 30 mL peanut butter

(C) 175 mL black beans, 30 mL peanut butter, 250 mL spinach

(D) 125 g tofu, 2 egg whites, 1 meal replacement bar

Answer : (C)

26. Which two nutrients are supplied by the meat and alternative group?

(A) vitamins D and E

(B) vitamins A and C

(C) protein and calcium

(D) B vitamins and iron

Answer : (D)

27. Which of the following terms is used to describe nonnutrient compounds found in plant-derived foods that have biological activity in the body?

(A) biochemicals

(B) substitute foods

(C) phytochemicals

(D) imitation foods

Answer : (C)

28. Which of the following foods is an alternative choice for meats in *Eating Well with Canada's Food Guide*?

(A) nuts

(B) bacon

(C) soy milk

(D) sweet potatoes

Answer : (A)

29. In which food group are legumes found?

(A) meats and alternatives

(B) milk and alternatives

(C) vegetables and fruit

(D) grain products

Answer : (A)

30. 250 mL of fresh blueberries is about the size of which of the following items?

(A) a golf ball

(B) a baseball

(C) a grapefruit

(D) a marshmallow

Answer : (B)

31. Which one of the following nutrients is especially important for women who could become pregnant, are pregnant, or are breastfeeding?

(A) vitamin D

(B) calcium

(C) vitamin C

(D) folate

Answer : (D)

32. Which of the following is among the recommendations of *Eating Well with Canada's Food Guide*?

(A) practice good food safety

(B) reduce television and computer viewing time

(C) choose organic foods often

(D) be active every day

Answer : (D)

33. How are foods categorized in exchange lists?

(A) by kcalorie content only

(B) by energy-yielding nutrient content

(C) by percent daily value

(D) by vitamin content

Answer : (B)

34. Food exchange systems were originally developed for people with which of the following conditions?

(A) obesity

(B) high blood pressure

(C) cardiovascular disease

(D) diabetes

Answer : (D)

35. Which of the following is the primary goal of the exchange list system?

(A) to provide assistance in achieving adequacy and kcalorie control

(B) to provide assistance in achieving moderation and adequacy

(C) to provide assistance in achieving balance and kcalorie control

(D) to provide assistance in achieving kcalorie control and moderation

Answer : (D)

36. To which food group in food exchange lists are avocados assigned?

(A) fat

(B) vegetables

(C) grains and starches

(D) fruits

Answer : (A)

37. The addition of calcium to some orange juice products by food manufacturers is most properly termed which of the following?

(A) nutrient enrichment

(B) nutrient restoration

(C) nutrient fortification

(D) nutrient mineralization

Answer : (C)

38. The "Half Your Plate" food campaign promotes increased consumption of which of the following foods?

(A) vegetables and fruit

(B) whole grains

(C) meat alternatives

(D) nonfat milk products

Answer : (A)

39. Which component of the grain is missing from whole-grain flour?

(A) germ

(B) endosperm

(C) bran

(D) husk

Answer : (D)

40. Refined grain products contain only which part of the grain?

(A) bran

(B) husk

(C) germ

(D) endosperm

Answer : (D)

41. Which nutrient makes up most of the endosperm section of grains such as wheat and rice?

(A) vitamins

(B) fibre

(C) starch

(D) protein

Answer : (C)

42. The part of the grain that is rich in vitamins and minerals is which of the following?

(A) bran

(B) germ

(C) husk

(D) endosperm

Answer : (B)

43. Which of the following breads has the highest fibre content?

(A) white

(B) refined

(C) enriched

(D) whole-grain

Answer : (D)

44. According to *Eating Well with Canada's Food Guide,* what minimum percentage of all grains consumed by a person should be whole grains?

(A) 20 percent

(B) 35 percent

(C) 50 percent

(D) 100 percent

Answer : (C)

45. Which one of the following is a characteristic of an enriched grain product?

(A) It has no added nutrients.

(B) It has the fibre restored from the refining procedure.

(C) It has some of the nutrients restored from refining procedure.

(D) It has four vitamins and four minerals added by the food manufacturer.

Answer : (C)

46. Which of the following is a characteristic of the nutrient enrichment of flours in Canada?

(A) Thiamin, riboflavin, and niacin are added in amounts similar to levels in the whole grain.

(B) Fibre levels must be similar to those in the whole grains.

(C) Enrichment is not mandatory in Canada.

(D) Iron and calcium are added in amounts exceeding levels in the whole grain.

Answer : (A)

47. What mineral is added to refined flours in the enrichment process?

(A) calcium

(B) iodine

(C) iron

(D) magnesium

Answer : (C)

48. Which of the following product labels indicates a whole-grain product?

(A) multi-grain

(B) 100 percent wheat

(C) whole wheat

(D) stone-ground

Answer : (C)

49. Which of the following foods is an example of a refined grain?

(A) white rice

(B) popcorn

(C) oatmeal

(D) barley

Answer : (A)

50. Which nutrient was added to the flour enrichment process in 1998 in order to help to prevent some birth defects?

(A) folic acid

(B) pantothenic acid

(C) ascorbic acid

(D) citric acid

Answer : (A)

51. Which of the following nutrients would be supplied in much greater amounts in whole-grain bread versus enriched bread?

(A) zinc

(B) folate

(C) niacin

(D) thiamin

Answer : (A)

52. Which vitamins are added to milk in Canada?

(A) vitamin C and vitamin E

(B) vitamin A and vitamin D

(C) vitamin A and vitamin E

(D) vitamin C and vitamin D

Answer : (B)

53. Which of the following products are the most highly fortified foods available?

(A) frozen dinners

(B) imitation foods

(C) enriched breads

(D) breakfast cereals

Answer : (D)

54. Which of the following terms describes a food that contains physiologically active compounds

that provide health benefits beyond their nutrient contributions?

(A) imitation foods

(B) substitute foods

(C) pseudo foods

(D) functional foods

Answer : (D)

55. Cooking a 220-gram raw steak will reduce the weight of the steak to approximately which weight?

(A) 125 grams

(B) 150 grams

(C) 170 grams

(D) 200 grams

Answer : (C)

56. Textured vegetable protein is usually made from which of the following sources?

(A) soybeans

(B) corn stalks

(C) a mixture of legumes

(D) cruciferous vegetables

Answer : (A)

57. Which of the following terms is used to describe a cut of meat that has a low fat content?

(A) end

(B) loin

(C) prime

(D) choice

Answer : (B)

58. If a person does not choose their milk products carefully they could consume too much of which of the following two nutrients?

(A) fat and vitamin D

(B) sodium and vitamin A

(C) calcium and vitamin A

(D) sodium and fat

Answer : (D)

59. What term describes a food that has the same nutritional value as another food but is physically different?

(A) faux food

(B) pseudo food

(C) imitation food

(D) substitute food

Answer : (D)

60. Your friend Josie has difficulty in determining the accurate portion size of a steak when she goes to a restaurant. Which one of the following pieces of advice would you give her regarding portion sizes?

(A) The steak portion should be the size of a deck of cards.

(B) The steak portion should be the size of a CD.

(C) The steak portion should be the size of a baseball.

(D) The steak portion should be the size of a hockey puck.

Answer : (A)

61. Foods that look and taste like meat but do not contain any animal products are usually composed of which of the following?

(A) soybean protein

(B) peanut protein

(C) rice protein

(D) dairy protein

Answer : (A)

62. A food scientist is developing a new and improved cereal bar. She consults with you to ask in what order the ingredients should be listed on the food label. The ingredients are: Sugar: 30 g; Puffed wheat: 28 g; Dry milk powder: 5 g; Red food colouring: 35 mg; Salt: 2 g. Which is the appropriate order in which to list these ingredients on the food label?

(A) sugar, puffed wheat, dry milk powder, salt, red food colouring

(B) red food colouring, salt, dry milk powder, puffed wheat, sugar

(C) dry milk powder, puffed wheat, red food colouring, salt, sugar

(D) puffed wheat, sugar, dry milk powder, salt, red food colouring

Answer : (A)

63. A food label ingredient list reads in the following order: Wheat flour, vegetable shortening, sugar, salt, and cornstarch. Which of those items would be found in the smallest amount in the food?

(A) salt

(B) sugar

(C) cornstarch

(D) wheat flour

Answer : (C)

64. Which of the following beverages is exempt from providing a nutrition facts label?

(A) orange juice

(B) coffee

(C) water

(D) energy drinks

Answer : (B)

65. Which of these statements is the most accurate regarding Canadian food labelling regulations?

(A) The term "fresh" can be used ONLY for raw and moderately processed food.

(B) Nutrition labels are required to appear on all processed as well as fresh foods.

(C) Restaurants are required to provide nutrient content information on the menu.

(D) Nutrition labelling is NOT required on foods produced by small businesses or products produced and sold in the same establishment.

Answer : (D)

66. Approximately how many millilitres constitute a fluid ounce?

(A) 10 mL

(B) 20 mL

(C) 30 mL

(D) 40 mL

Answer : (C)

67. The Nutrition Facts table of a food states kcalories as 200 per 50-g serving. The total package is 150 g. How many kcalories are in the entire package?

(A) 200 kcal

(B) 400 kcal

(C) 600 kcal

(D) 800 kcal

Answer : (C)

68. Approximately how many grams are in an ounce?

(A) 10 g

(B) 20 g

(C) 30 g

(D) 40 g

Answer : (C)

69. Which one of the following is a feature of serving size information on food labels?

(A) Serving sizes for solid foods are expressed only in millilitres.

(B) Small bags of individually wrapped food items must contain only one serving.

(C) Serving sizes on food labels are not necessarily the same as those of Canada's Food Guide.

(D) Food companies can choose to use any serving size.

Answer : (C)

70. What organization that is responsible for enforcing the food labelling regulations in Canada?

(A) Canadian Food Inspection Agency

(B) Dietitians of Canada

(C) Food and Drug Administration

(D) Health Canada

Answer : (A)

71. George ate 500 mL of lettuce with 30 mL of salad dressing and 75 grams of cooked chicken for his lunch. Calculate the correct number of servings from the applicable food groups in *Eating Well with Canada's Food Guide*.

(A) 4 servings of vegetables and fruit group, 1 serving of fat group, 1 serving of meat and alternatives group

(B) 4 servings of vegetables and fruit group, 2 servings of meat and alternatives group

(C) 2 servings of vegetables and fruit group, 1 serving of meat and alternatives group

(D) 2 servings of vegetables and fruit group, 2 servings of fat, 1 serving of meat and alternatives group

Answer : (C)

72. According to nutrition labelling regulations, which of the following two minerals MUST be listed on the package label as % Daily Value?

(A) calcium and iron

(B) zinc and iron

(C) calcium and magnesium

(D) zinc and magnesium

Answer : (A)

73. Which of the following nutrients must be included in the Nutrition Facts table with both amount (grams or milligrams) and as a % Daily Value?

(A) vitamin A

(B) sodium

(C) sugar

(D) iron

Answer : (B)

74. According to nutrition labelling regulations, the amounts of which two vitamins MUST be listed on the package label as & Daily Value?

(A) vitamins D and A

(B) vitamins A and C

(C) vitamin D and niacin

(D) vitamin C and niacin

Answer : (B)

75. Food labels express the nutrient content as a percent of a reference value known as which of the following designations?

(A) % Daily Value

(B) % Dietary Reference Intake

(C) Relative Nutrient Value

(D) Percent Intake

Answer : (A)

76. On a food label, the % Daily Value contains the amount of key nutrients per serving relative to recommendations for a person consuming how many kcalories daily?

(A) 1500 kcal

(B) 2000 kcal

(C) 2500 kcal

(D) 3000 kcal

Answer : (B)

77. What is the minimum percentage of Daily Value for calcium that would classify a food as an excellent source of calcium?

(A) 20 percent

(B) 25 percent

(C) 30 percent

(D) 35 percent

Answer : (B)

78. What is the maximum number of grams in a serving of food that is labelled "low in fat"?

(A) 1 g

(B) 2 g

(C) 3 g

(D) 4 g

Answer : (C)

79. Gary has a sandwich for lunch. The label on the bread package indicates the bread is a "very high source of fibre." What is the minimum number of grams of fibre in a serving of this bread?

(A) 3 g

(B) 6 g

(C) 8 g

(D) 10 g

Answer : (B)

80. A food label that advertises the product as a "source of fibre" is an example of which of the following claims?

(A) a diet-related nutrient claim

(B) a diet-related nutritious food claim

(C) a diet-related health claim

(D) a diet-related function claim

Answer : (A)

81. According to Canadian food labelling regulations, a clear and well-established link between a nutrient and a reduction in the risk of developing a diet-related disease has been found for which one of these nutrients and disease?

(A) sugar and diabetes

(B) sodium and high blood pressure

(C) fat and cancer

(D) water and stress

Answer : (B)

82. Which of the following is an example of a function claim on food labels?

(A) Non-fermentable carbohydrates may help to reduce dental cavities.

(B) Consumption of green tea helps to protect blood lipids from oxidation.

(C) Foods that contain iron prevent a reduction in red blood cells.

(D) Satisfy your thirst with water.

Answer : (B)

83. Labelling regulations in Canada mandate that ingredients are listed in which one of the following orders?

(A) in descending order of predominance by the number of kcalories

(B) in alphabetical order

(C) in ascending order of predominance by volume

(D) in descending order of predominance by the weight

Answer : (D)

84. A packaged food product's Nutrition Facts table states a 10 percent Daily Value for sodium. What does a 10 percent Daily Value indicate regarding the sodium content in this food product?

(A) It contains a little amount of sodium.

(B) It is a source of sodium.

(C) It is a good source of sodium.

(D) It is a high source of sodium.

Answer : (B)

85. According to *Eating Well with Canada's Food Guide,* how many minutes of moderate-to-vigorous intensity exercise should an adult engage in each week?

(A) 60 mins

(B) 90 mins

(C) 120 mins

(D) 150 mins

Answer : (D)

86. Which of the following foods are allowed in the diet of a lacto-vegetarian?

(A) plant foods only

(B) eggs and plant foods only

(C) milk products and plant foods only

(D) milk products, eggs, and plant foods only

Answer : (C)

87. Tempeh is made from which of the following plant sources?

(A) any fermented legume

(B) fermented soybean

(C) fermented green leafy vegetables

(D) fermented orange vegetables

Answer : (B)

88. Which of the following ingredients found on a food label is a source of protein?

(A) BHT

(B) tofu

(C) corn starch

(D) diglycerides

Answer : (B)

89. Which one of the following is a documented benefit of consuming a vegetarian diet?

(A) lower body weight

(B) lower risk of anemia

(C) lower hunger rates

(D) lower incidence of stress

Answer : (A)

90. Which of the following is a dietary characteristic of a vegan diet compared to a nonvegetarian diet?

(A) lower fat intake

(B) lower fibre intake

(C) higher vitamin B_{12} intake

(D) higher intakes of vitamin A and calcium

Answer : (A)

91. Which of the following nutrients has a higher RDA for vegetarians?

(A) calcium

(B) folate

(C) iron

(D) vitamin A

Answer : (C)

92. Which of the following is a nondairy source of calcium for vegetarians?

(A) broccoli

(B) sunflower seeds

(C) apricots

(D) whole-grain bread

Answer : (A)

93. Which of the following health concerns may arise if a vegetarian does NOT consume an adequate amount of vitamin B_{12}?

(A) kidney stones

(B) dry skin

(C) loss of vision

(D) high blood pressure

Answer : (C)

94. Which one of the following is a typical characteristic of vegetarians?

(A) They are less likely to be iron deficient than omnivores.

(B) Their zinc absorption is efficient due to their high soy intake.

(C) They are at risk for iodine deficiency.

(D) Their need for calcium can be met through fortified and enriched plant-based foods.

Answer : (D)

95. Which of the following is permitted on a macrobiotic diet?

(A) abundant amounts of dairy

(B) small amounts of seeds

(C) small amounts of legumes

(D) abundant amounts of fish

Answer : (B)

ESSAY

96. List and discuss the significance of the 6 basic diet-planning principles.

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

98. Consider the following menu from the point of view of the *Eating Well with Canada's Food Guide*.

Breakfast		Lunch		Supper	
2	eggs	2 oz	tuna fish	3 oz	hamburger meat
1 tsp	margarine		lettuce	1 oz	cheese

2	slices enriched white bread	1 tbsp	mayonnaise	1/2 c	cooked rice
1c	whole milk	2	slices enriched white bread	1/2 c	carrots
	coffee	1	apple		coffee

• How many servings from each food group is in the one day menu?
• Does it meet the daily recommendations of *Eating Well with Canada's Food Guide* for an adult male of 19 to 50 years of age?

Graders Info :

Answers will vary.

99. List the 4 food groups and describe how foods are classified in *Eating Well with Canada's Food Guide*. What are the advantages and disadvantages of this classification?

Graders Info :

Answers will vary.

100. Discuss the disadvantages inherent in using *Eating Well with Canada's Food Guide*.

Graders Info :

Answers will vary.

101. Discuss the meaning, significance, and utility of *Eating Well with Canada's Food Guide* as an educational tool.

Graders Info :

Answers will vary.

102. Identify and discuss the concepts outlined in the Dietary Guidance for Canadians.

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

104. If a person has difficulty in calculating an accurate measurement of a food, what practical objects can he or she use to help him/her to identify an accurate estimate of a serving size? Discuss.

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

106. Discuss the relevance of the online interactive tool, My Food Guide.

Graders Info :

Answers will vary.

107. Discuss the Canada's Food Guide for First Nations, Inuit and Metis populations.

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

109. Provide examples and discuss the importance of the 5 subgroups of the vegetables promoted in the Half Your Plate campaign.

Graders Info :

Answers will vary.

110. Why is it important to eat vegetables of various colours rather than restrict intake to just a few?

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

112. Discuss the benefits and limitations of the Canadian grain enrichment legislation.

Graders Info :

Answers will vary.

113. Why are legumes classified as a meat alternative?

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

115. List the agencies responsible for labelling regulations in Canada.

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

117. Why do food label serving sizes often confuse consumers?

Graders Info :

Answers will vary.

118. List the 13 nutrients that must be found on a Canadian Nutrition Facts table.

Graders Info :

Answers will vary.

119. Calculate a set of personal Daily Values for carbohydrates, total fat, and saturated plus *trans* fat for someone with a 3000-kcalorie diet.

Graders Info :

Answers will vary.

120. What is a diet-related function claim? Give 4 examples.

Graders Info :

Answers will vary.

121. Discuss the regulations for diet-related nutrient and health claims on food labels.

Graders Info :

Answers will vary.

122. List reasons that people become vegetarians.

Graders Info :

Answers will vary.

123. Explain the concepts and dietary practices associated with the macrobiotic diet.

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

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

Graders Info :

Answers will vary.

126. How can vegetarians follow the principles of *Eating Well with Canada's Food Guide*?

Graders Info :

Answers will vary.

127. Develop a modified, one day menu for a lacto-vegetarian and for a vegan using *Eating Well with Canada's Food Guide*.

Graders Info :

Answers will vary.

128. Discuss the adequacy of iron, zinc, and calcium nutrition in vegetarians.

Graders Info :

Answers will vary.

129. Discuss why the adequacy of vitamin D and vitamin B_{12} intake is a concern in vegetarians.

Graders Info :

Answers will vary.

MATCH

130.