Nutrition Concepts and Controversies (Canadian) 5th edition Sizer Test Bank

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Chapter 2 - Nutrition Tools - Standards and Guidelines

Multiple Choice

1. Which statement best describes the recommended dietary allowances (RDA)?
    a. They are average nutrient intake goals that meet the needs of nearly all healthy people.
    b. They are a new DRI category based on chronic disease risk.
    c. They are updated annually with new intake values to be followed.
    d. They are the minimum requirements needed daily for each nutrient.

ANS: a
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-01

2. Which standard establishes population-wide average requirements used by nutrition policymakers?
    a. Daily Values (DV)
    b. Recommended Dietary Allowances (RDA)
    c. Recommended Daily Allowances (RDA)
    d. Estimated Average Requirements (EAR)

ANS: d
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-02

3. Which statement best describes the dietary reference intakes (DRI)?
    a. They are for healthy individuals.
    b. They are based on review of available testimonials.
    c. They are published by a committee composed of dietitians.
    d. They are maximum requirements, not recommendations.

ANS: a
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-03

4. Which statement best describes Daily Values (DV)?
    a. They are based on nutrient recommendations for a 3,000-Calorie diet.
    b. They are the best way to compare the nutritional content of packaged foods.
    c. They are required on Canadian food labels and restaurant menus.
    d. They are useful as nutrient intake goals for all adults.

ANS: b
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-04

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5. As a result of the basic assumptions made by the Dietary Reference Intakes (DRI) committee, the DRI recommendations would apply to which of the following individuals?

a. Robert, a 20-year-old with cystic fibrosis
b. Harry, a 35-year-old businessman with type 1 diabetes
c. Cindy, a 21-year-old university student
d. Joanne, a 35-year-old woman who smokes and is a vegetarian

ANS: c
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-05

6. Why would you suggest that an adult athlete become familiar with tolerable upper intake levels (UL) prior to taking nutritional supplements?

a. to avoid using supplements
b. to prevent illness from nutrient toxicity
c. to maximize athletic performance
d. to prevent deficiencies in specific nutrients important for athletes

ANS: b
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-06

7. What does the absence of a tolerable upper intake level (UL) for a specific nutrient indicate?

a. All food sources contain acceptable levels of the nutrient.
b. Insufficient data exist to establish a value for the nutrient.
c. Caution is only required when consuming supplements of the nutrient.
d. It is safe to consume the nutrient in any amount.

ANS: b
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-07

8. According to the Dietary Reference Intakes (DRI) committee, a diet should contain what percentage of its Calories from carbohydrate?

a! 10–20
b! 20–35
c! 45–65
d! 65–70

ANS: c
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-08

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9. Which type of study measures the body's intake and excretion of a nutrient to find out how much intake is required to balance excretion?
   a. intake study
   b. excretion study
   c. balance study
   d. requirement study

ANS: c
PTS: 1
REF: How the Committee Establishes DRI Values—An RDA Example
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-09

10. Which statement best describes Estimated Energy Requirements (EER)?
   a. It provides a generous amount of Calories for healthy individuals to consume each day.
   b. The UL for energy is set at 2,000 Calories per day.
   c. Small amounts of excessive energy consumed daily are of little significance to the body.
   d. The value is predicted to maintain body weight for healthy adults.

ANS: d
PTS: 1
REF: Setting Energy Requirements
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-10

11. The appropriate Daily Values for fat, saturated, and *trans* fatty acids, carbohydrates, fibre, sodium, and potassium are based on the Health and Medicine Division of the National Academies of Science Dietary Reference Intakes (DRI) report for a diet of how many kilocalories?
   a! 1,500–1,800
   b! 1,800–2,000
   c! 2,200–2,800
   d! 2,800–3,000

ANS: c
PTS: 1
REF: Why Are Daily Values Used on Labels?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-11

12. The %DV for calcium on food labels in Canada is 1,100 mg. One cup (250 mL) of 2% milk contains about 300 mg of calcium. What is the %DV for this one cup of milk?
   a! 20%
   b! 23%
   c! 25%
   d! 27%

ANS: d
PTS: 1
REF: Why Are Daily Values Used on Labels?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order

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CUSTOMID: 02-12

13. According to the *Canadian Physical Activity Guidelines for Adults—18–64 years*, how much exercise is recommended for adults to maintain a healthy body?
    a! 20 minutes every day
    b! 30 minutes alternating days
    c! 60 minutes a day
    d! 150 minutes weekly

ANS: d
PTS: 1
REF: Why Are Daily Values Used on Labels?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-13

14. According to Canada's Food Guide, which recommendation is considered part of healthy eating?
    a. Being mindful of your eating habits.
    b. Eating meals quietly on your own.
    c. Avoiding foods containing unsaturated fats.
    d. Learning to select packaged foods that do not require cooking.

ANS: a
PTS: 1
REF: Canada's Food Guide
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-14

15. According to Canada's Food Guide, which of the following food items should fill half of your plate at meals?
    a. whole wheat pasta
    b. tofu and nuts
    c. mixed peas and carrots
    d. wild rice

ANS: c
PTS: 1
REF: Canada's Food Guide
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-15

16. It is recommended that Canadians should choose less of which of the following food items?
    a. banana
    b. sweet potato
    c. lower-fat milk
    d. white bread

ANS: d
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-16

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17. Which statement best describes Canada's Food Guide?
    a. It is intended for Canadians 18 years of age and older.
    b. There are total of four food groups along with water, as the beverage of choice.
    c. The food intake pattern is consistent with the latest scientific evidence.
    d. It is based on feedback from nutrition educators only.

ANS: c
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-17

18. When you drill down into Canada's Food Guide, which recommendation is made regarding fats and oils?
    a. Include 45–60 mL added fat in the diet daily.
    b. Limit consumption of butter, lard, and shortening.
    c. Choose hard margarines over soft margarines.
    d. Use vegetable oils such as coconut and palm kernel.

ANS: b
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-18

19. According to the comprehensive summary of Canada's Food Guide tools and resources, which of the following processed foods may be considered part of a healthy eating pattern?
    a. unpasteurized milk
    b. fruit flavoured soda pop
    c. frozen vegetables
    d. dill pickles

ANS: c
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-19

20. Which key nutrient is found in the vegetables and fruits group of the Canadian food guide?
    a. complex carbohydrates
    b. high quality protein
    c. dietary calcium
    d. vitamin B_{12}

ANS: a
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-20

21. Which type of diet planning tool sorts foods into groups based on their nutrient content?

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a. exchange system
b. food group plan
c. controlled Calorie allowance
d. discretionary allowance pattern

ANS: b
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-21

22. Which statement best describes the discretionary Calorie allowance?
a. Added fat absorbed by the batter in fried chicken contributes to discretionary Calories.
b. It must be spent on nutrient-dense foods composed primarily of water.
c. The more physical activity completed the fewer discretionary Calories available.
d. It should be consumed even if the person is trying to lose weight.

ANS: a
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-22

23. Using the concept of portion control, which of the following common objects is an acceptable way to identify a medium-sized piece of fruit?
a. a regular 60-watt light bulb
b. one typical ice cream scoop
c. a nine-volt battery
d. a deck of cards

ANS: a
PTS: 1
REF: Portion Control
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-23

24. Which class of lipids must be listed on food labels in Canada?
a. monounsaturated fat
b. omega-3 fat
c. saturated fat
d. polyunsaturated fat

ANS: c
PTS: 1
REF: The Healthy Eating Index for Assessing Diet Quality
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-24

25. How many core food components must be listed on the Nutrition Facts panel on a food label in Canada?
a! 10

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b! 11
c! 12
d! 13

ANS: d
PTS: 1
REF: The Healthy Eating Index for Assessing Diet Quality
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-25

26. Which nutrient should be limited to 5 percent or less of the %DV on a food label?
a. iron
b. folate
c. calcium
d. sodium

ANS: d
PTS: 1
REF: Checking Out Food Labels
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-26

27. You are speaking to a group of consumers about ways to use food labels to choose healthy foods in the grocery store. Which point would you emphasize during your presentation?
a. understanding that the %DV are based on a 3,000-Calorie diet
b. using the grams on the labels to calculate percentages for Daily Values
c. comparing the number of food additives in a product
d. understanding the descriptor terms used on food labels

ANS: d
PTS: 1
REF: Checking Out Food Labels
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-27

28. How many grams of fibre must a food contain for it to be considered a “very high” source of fibre?
a! 2 grams or more
b! 4 grams or more
c! 6 grams or more
d! 8 grams or more

ANS: c
PTS: 1
REF: Checking Out Food Labels
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-28

29. A diet-related health claim on a food label is acceptable for which of the following health conditions?
a. diabetes
b. food allergy
c. high blood pressure

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d. celiac disease

ANS: c
PTS: 1
REF: Checking Out Food Labels
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-29

30. What is the name for the type of fat in butter, milk, and other dairy products that has shown some healthful biological activity in animal studies?
a. omega12 fatty acid
b. conjugated linoleic acid
c. miso fatty acid
d. essential fatty acid

ANS: b
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-30

31. What is the name of the phytochemical contained in black-eyed peas, grapes, lentils, and wine that may inhibit carcinogen activation and cancer promotion?
a. organosulphur compounds
b. indoles
c. tannins
d. phytic acid

ANS: c
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-31

32. Which phytochemical is contained in whole grains, fruits, vegetables, herbs, spices, teas, and red wine?
a. lignans
b. flavonoids
c. lutein
d. carotenoids

ANS: b
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-32

33. Which phytochemical has been attributed to lower rates of osteoporosis and heart disease in Asian people living in Asia?
a. phytoestrogen
b. carotenoid

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c. flavonoid
d. lycopene

ANS: a
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-33

34. Which of the following foods is a source of lycopene?
a. garlic
b. watermelon
c. peanuts
d. red wine

ANS: b
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Higher Order
CUSTOMID: 02-34

35. Which term refers to the compound contained in flaxseed that is converted into biologically active phytoestrogens by bacteria in the human intestine?
a. lignans
b. lycopene
c. genistein
d. lutein

ANS: a
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-35

36. Which source of phytochemicals is the best and safest for consumers?
a. supplements
b. herbal remedies
c. whole foods
d. organic foods

ANS: c
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-36

37. Which term refers to a fermented liquid yogurt beverage?
a. keratin
b. kelphate
c. kale
d. kefir

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ANS: d
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?
QUESTIONTYPE: Multiple Choice
KEYWORDS: Remember
CUSTOMID: 02-37

True/False

38. Recommendations for vitamins and minerals, carbohydrates, fibre, lipids, proteins, and energy have been published by the Dietary Reference Intakes (DRI) committee.

ANS: True
PTS: 1
REF: Nutrient Recommendations
QUESTIONTYPE: True / False
KEYWORDS: Remember
CUSTOMID: 02-38

39. The absence of a tolerable upper intake level (UL) for a nutrient implies that it is safe to consume in any amount.

ANS: False
PTS: 1
REF: Goals of the DRI Committee
QUESTIONTYPE: True / False
KEYWORDS: Remember
CUSTOMID: 02-39

40. On average, consuming 100 percent of the Dietary Reference Intakes (DRI) for every nutrient ensures adequate intake over time.

ANS: True
PTS: 1
REF: Understanding the DRI Recommendations
QUESTIONTYPE: True / False
KEYWORDS: Remember
CUSTOMID: 02-40

41. The primary difference between recommendations for nutrient intakes and values set for energy intake is that the value for energy intake is generous.

ANS: False
PTS: 1
REF: Setting Energy Requirements
QUESTIONTYPE: True / False
KEYWORDS: Higher Order
CUSTOMID: 02-41

42. As a nation, Canadians are eating too few servings of the protein food group.

ANS: False
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?

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QUESTIONTYPE: True / False
KEYWORDS: Remember
CUSTOMID: 02-42

43. The Reference Daily Values on food labels for cholesterol, total fat, and sodium suggests an intake goal to strive to reach.

ANS: False
PTS: 1
REF: Checking Out Food Labels
QUESTIONTYPE: True / False
KEYWORDS: Remember
CUSTOMID: 02-43

Short Answer

44. Describe how the Dietary Reference Intakes (DRI) committee establishes DRI values.
ANS: The first step: Find out how much of each identified nutrient is required for various healthy individuals. Different individuals will have different requirements even though they may be of the same age or gender. The most valid research data are selected to support the DRI values. To set the value, the committee must decide what intake to recommend for all healthy people.

The final decision: Set the value high enough so that 97 to 98 percent of the population will be covered, but not so high as to be excessive. DRI values are updated periodically in light of new knowledge.
PTS: 1
REF: How the Committee Establishes DRI Values—An RDA Example
QUESTIONTYPE: Subjective Short Answer
KEYWORDS: Higher Order
CUSTOMID: 02-44

45. Explain how the Estimated Energy Requirements (EER) are established.
ANS: Estimated Energy Requirements (EER) are set at the average energy intake level predicted to maintain body weight for an individual of a particular age, gender, height, weight, and physical activity level consistent with good health. The values are not generous; they reflect a balancing act to consume enough food to support health and life but not too much energy to cause unhealthy weight gain that can lead to associated diseases.
PTS: 1
REF: Setting Energy Requirements
QUESTIONTYPE: Subjective Short Answer
KEYWORDS: Higher Order
CUSTOMID: 02-45

46. Describe characteristics of the Daily Values listed on food labels and how they should be used for healthy eating.
ANS: The percent Daily Values (%DV) reflect the needs of an average person—someone eating 2,000 to 2,500 Calories daily. The purpose of having a %DV is to show whether the food has a lot or a little of a nutrient in a stated amount of food. The Daily Values are ideal for allowing comparisons among packaged foods; they are much less useful as nutrient intake goals for individuals.
PTS: 1
REF: Why Are Daily Values Used on Labels?
QUESTIONTYPE: Subjective Short Answer
KEYWORDS: Higher Order
CUSTOMID: 02-46

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47. Explain what is meant by Canada's Food Guide recommendations to be mindful of your eating habits and to cook more often.
ANS: The benefits of mindful eating habits (e.g., noticing when we are hungry and when we are full, making healthier food choices more often), aims to explain how to pay more attention to our eating environment, at home and elsewhere. Cooking more often (e.g., taking control over the healthy ingredients we include and relying less on highly processed foods) aims to identify the benefits of cooking including preparing foods using healthier ingredients and healthy eating on a budget.

PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Subjective Short Answer
KEYWORDS: Higher Order
CUSTOMID: 02-47

48. Explain the concept of the discretionary Calorie allowance and describe ways this allowance may be "spent."
ANS: The discretionary Calorie allowance is the balance of Calories remaining in a person's daily energy needs after accounting for the number of Calories needed to meet nutrient intakes through consumption of nutrient-dense foods. A person with a discretionary Calorie allowance to spend may choose to consume the following, within the limits of the allowance: 1. Extra servings of the same nutrient-dense foods that make up the base of the diet. 2. Fats from two sources. 3. Added sugars, such as jams, colas, and honey. 4. Alcohol, within limits. 5. Omit the discretionary Calories from the diet. This is a safe strategy because discretionary Calories are not essential for delivering needed nutrients to the diet.
PTS: 1
REF: How Can Canada's Food Guide Help Me Eat Well, Live Well?
QUESTIONTYPE: Subjective Short Answer
KEYWORDS: Higher Order
CUSTOMID: 02-48

49. Explain nutrient content claims and diet-related health claims allowed on food labels in Canada.
ANS: Nutrient content claims are allowable on labels if the foods meet certain criteria compared with a reference amount and serving of stated size. For example, a food claiming to be "high fibre" would have to contain 4 g or more of fibre per reference amount and serving of stated size (new reference amounts are being proposed).
In 2002, Health Canada introduced, for the first time, new disease risk reduction claims on foods. Acceptable disease risk reduction claims exist for hypertension, osteoporosis, cancer, dental caries, heart disease, and more.
PTS: 1
REF: Checking Out Food Labels
QUESTIONTYPE: Subjective Short Answer
KEYWORDS: Higher Order
CUSTOMID: 02-49

50. Defend the statement that foods, not supplements, are the best and safest source of phytochemicals.
ANS: The body is clearly accustomed to handling phytochemicals in foods, the reasoning goes, so it follows that supplements of these phytochemicals must be safe for the body as well. Such thinking raises concerns among scientists. They point out that although the body is equipped to handle phytochemicals when diluted among all the other constituents of natural foods, it is not adapted to receiving concentrated doses of phytochemicals in supplement form. When considering concentrated supplements of phytochemicals, be aware that any normally beneficial substance, even water, can be toxic when taken in too high a dose. The bottom line, researchers who study phytochemicals conclude that the best-known, most effective, and safest sources for phytochemicals are in foods, not supplements.
PTS: 1
REF: Phytochemicals and Functional Foods: What Do They Promise? What Do They Deliver?

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QUESTIONTYPE: Subjective Short Answer
KEYWORDS: Higher Order
CUSTOMID: 02-50

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