# *Williams Essentials of Nutrition and Diet Therapy 13th edition Gilbert Test Bank*

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# Test Bank - Chapter 01

Q: A physical science that contributes to understanding how nutrition relates to health and well-being is

A. anatomy.
**B. biochemistry. (Correct)**
C. physics.
D. pharmacology.

Q: The body of scientific knowledge related to nutritional requirements of human growth, maintenance, activity, and reproduction is known as

A. physiology.
**B. nutrition science. (Correct)**
C. biochemistry.
D. dietetics.

Q: The best source of nutrients is provided by

A. specific food combinations.
**B. a variety of foods. (Correct)**
C. individual foods.
D. a variety of food supplements.

Q: Macronutrients include

A. minerals.
**B. proteins. (Correct)**
C. vitamins.
D. enzymes.

Q: Micronutrients include

A. fats.
B. proteins.
**C. vitamins. (Correct)**
D. carbohydrates.

Q: The sum of all chemical processes inside living cells of the body that sustain life and health is known as

A. physiology.
B. digestion.
**C. metabolism. (Correct)**
D. nutrition.

Q: A primary function of macronutrients in the body is to

**A. supply energy. (Correct)**
B. regulate metabolic processes.
C. maintain homeostasis.

D. control cellular activity.

Q: Nutrients interact in the body to regulate metabolic processes, to build and repair tissue, and to

**A. provide energy. (Correct)**
B. control cellular waste.
C. control hormone levels.
D. regulate absorption.

Q: Some foods are sources of natural health-promoting substances known as

A. nutrigenomics.
**B. phytochemicals. (Correct)**
C. metabolic factors.
D. macronutrients.

Q: The nutrient group that provides the primary source of energy for the body is

**A. carbohydrates. (Correct)**
B. fats.
C. proteins.
D. vitamins.

Q: The primary function of carbohydrates as a food source is to

A. regulate metabolic processes.
B. build body tissue.
**C. supply energy. (Correct)**
D. provide bulk.

Q: The main body storage form of carbohydrates is

**A. glycogen. (Correct)**
B. starch.
C. fat.
D. glucose.

Q: The number of kilocalories (kcalories or kcal) provided by a food that contains 30 g of carbohydrate is

A. 90.
**B. 120. (Correct)**
C. 180.
D. 270.

Q: The percentage of the total daily energy intake for healthy individuals that should be supplied by carbohydrate is

A. 10% to 35%.
B. 20% to 35%.
C. 40% to 55%.
**D. 45% to 65%. (Correct)**

Q: It has been generally accepted that the percentage of total daily kilocalories supplied by fats should be no more than

A. 10% to 15%.
B. 10% to 35%.
**C. 20% to 35%. (Correct)**
D. 40% to 55%.

Q: The number of kilocalories (kcal) provided by a food that contains 22 g of fat is

A. 88.
B. 132.
C. 154.
**D. 198. (Correct)**

Q: The primary function of protein in the body is to

A. supply energy.
B. regulate metabolic processes.
C. control muscle contractions.
**D. build tissue. (Correct)**

Q: The number of kilocalories provided by 15 g of protein is

A. 15.
B. 45.
**C. 60. (Correct)**
D. 135.

Q: For a healthy person, the percentage of daily kilocalories supplied by protein should be

A. 5% to 10%.
**B. 10% to 35%. (Correct)**
C. more than 25%.
D. more than 35%.

Q: The mineral that helps control enzyme actions in cell mitochondria that produce and store high-energy compounds is

**A. iron. (Correct)**
B. thiamin.
C. hemoglobin.
D. vitamin $B_{12}$.

Q: The nutrients involved in metabolic regulation and control include minerals, vitamins, and

A. amino acids.
B. carbohydrates.
C. fats.
**D. water. (Correct)**

Q: Signs of malnutrition can appear when

**A. nutrient reserves are depleted. (Correct)**

B. nutrient intake exceeds daily needs.
C. energy intake is restricted.
D. caloric expenditure increases.

Q: An age group that is very vulnerable to malnutrition is

**A. infants. (Correct)**
B. teenagers.
C. young adults.
D. middle-age adults.

Q: The function of Dietary Reference Intakes (DRIs) is to designate nutrient recommendations for

A. different ethnic groups.
B. all individuals.
C. most people.
**D. most healthy people. (Correct)**

Q: The Tolerable Upper Intake Level (UL) is

A. a replacement for recommended dietary allowances (RDAs).
B. a safe level of intake for people of all ages.
C. a potentially toxic level of intake of a nutrient.
**D. the highest amount of a nutrient that can be safely consumed. (Correct)**

Q: It is important to understand standard serving sizes of foods because

A. it is easy to eat too much of some nutrients when choosing healthful foods.
B. serving sizes have generally decreased over the past few decades.
**C. most people have difficulty estimating the amount of food they eat. (Correct)**
D. food portions need to be weighed to check serving sizes accurately.

Q: A diet would meet the Acceptable Macronutrient Distribution Range (AMDR) guidelines if it provides

**A. 55% kcals as carbohydrate, 33% kcals as fat, and 22% kcals as protein. (Correct)**
B. 70% kcals as carbohydrate, 17% kcals as fat, and 13% kcals as protein.
C. 35% kcals as carbohydrate, 45% kcals as fat, and 20% kcals as protein.
D. 43% kcals as carbohydrate, 17% kcals as fat, and 40% kcals as protein.

Q: *Food Lists for Diabetes* groups foods that are equivalent in their

A. weight.
B. serving size.
C. micronutrient content.
**D. macronutrient content. (Correct)**

Q: Most Americans consume excessive amounts of

A. calcium.
**B. sodium. (Correct)**
C. fiber.
D. vitamin D.

Q: In the most recent edition of *Food Lists for Diabetes*, the three groups into which foods are arranged are

A. fruits and vegetables, breads, and meats.
B. fats, starches and sugars, and meat and milk.
C. fruits and vegetables, meat and milk, and starches.
**D. carbohydrates, proteins, and fats. (Correct)**