Nutrition and Diet Therapy 10th edition DeBruyne Test Bank

SKU: 9780357039861-TEST-BANK

Chapter 01

1. Minerals and water are organic molecules that yield energy in the human body.

a. True

b. False

ANSWER:	False
POINTS:	1
DIFFICULTY:	Bloom's: Understand
REFERENCES:	1.2 The Nutrients
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED:	3/11/2015 1:52 AM
DATE MODIFIED:	3/17/2015 4:35 AM

2. An excess intake of any energy nutrient can lead to weight gain.

a. True

b. False

ANSWER:	True
POINTS:	1
DIFFICULTY:	Bloom's: Understand
REFERENCES:	1.2 The Nutrients
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED:	3/11/2015 2:44 AM
DATE MODIFIED:	3/17/2015 4:35 AM

3. To ensure that the vitamin and mineral recommendations meet the needs of as many people as possible, the recommendations are set near the top end of the range of the population's estimated average requirements.

a. True

b. False

ANSWER:	True
POINTS:	1
DIFFICULTY:	Bloom's: Understand
REFERENCES:	1.3 Nutrient Recommendations
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED:	3/11/2015 2:46 AM
DATE MODIFIED:	3/17/2015 4:35 AM

4. Dietary Reference Intakes are values that are appropriate to use for planning and assessing diets for individuals and

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groups.

a. True

b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 2:47 AM
DATE MODIFIED: 3/17/2015 4:35 AM

5. Consuming nutrient-dense foods can help control one's kcalorie intake.

a. True

b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/11/2015 2:48 AM
DATE MODIFIED: 3/17/2015 4:35 AM

6. The ingredients list on a food label must list the ingredients in descending order of predominance by weight.

a. True

b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.6 Food Labels
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED: 3/11/2015 2:50 AM
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7. The Nutrition Facts panel on a package of prunes indicates that the product contains 12% of the Daily Value for dietary

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fiber; therefore, this product can legally make the claim that it is a good source of fiber.

a. True

b. False

ANSWER:	True
POINTS:	1
DIFFICULTY:	Bloom's: Apply
REFERENCES:	1.6 Food Labels
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED:	3/11/2015 3:06 AM
DATE MODIFIED:	3/17/2015 4:35 AM

8. The Nutrition Facts panel of a carton of yogurt indicates that it contains 5 grams of fat per serving; therefore, this product can legally claim to be fat free.

a. True

b. False

ANSWER:	False
POINTS:	1
DIFFICULTY:	Bloom's: Apply
REFERENCES:	1.6 Food Labels
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED:	3/11/2015 3:07 AM
DATE MODIFIED:	9/30/2018 10:34 AM

9. A package of cookies that, according to the Nutrition Facts panel, contains 70 kcalories per serving, can legally claim to be low kcalorie food.

a. True

b. False

ANSWER:	False
POINTS:	1
DIFFICULTY:	Bloom's: Apply
REFERENCES:	1.6 Food Labels
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED:	3/11/2015 3:08 AM
DATE MODIFIED:	3/17/2015 4:35 AM

10. There is no nationally accepted definition for the term *nutritionist*.

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a. True
b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.7 Finding the Truth about Nutrition
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
DATE CREATED: 3/11/2015 3:10 AM
DATE MODIFIED: 3/17/2015 4:35 AM

11. The reason that most of us enjoy turkey and pumpkin pie at Thanksgiving is because of our:
a. habits.
b. associations.
c. values.
d. emotional states.
e. age.

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.
DATE CREATED: 3/11/2015 3:12 AM
DATE MODIFIED: 9/30/2018 10:59 AM

12. Personal preference plays a significant part in the food choices of an individual. Widely shared preferences include:
a. a desire for sour tastes.
b. significant nutritional value.
c. tastes for salt and sugar.
d. a craving for protein.
e. craving bitter flavors.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.

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DATE CREATED: 3/11/2015 3:13 AM
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13. You are at a friend's house for dinner and high-fat foods are being served. You go ahead and consume these foods primarily because of:

a. emotional state.
b. associations.
c. social interaction.
d. ethnic heritage.
e. medical conditions.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.
DATE CREATED: 3/11/2015 3:15 AM
DATE MODIFIED: 9/30/2018 11:00 AM

14. Which foods best exemplify the Asian culture?

a. soybeans, squid, rice, peanuts
b. tomatoes, olives, fish, mozzarella cheese
c. tortillas, corn, avocado, refried beans
d. black-eyed peas, biscuits, peaches, beef
e. couscous, polenta, bulgur, corn

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.
DATE CREATED: 3/11/2015 3:17 AM
DATE MODIFIED: 3/17/2015 4:35 AM

15. The diets of some ethnic groups typically do not include:

a. milk.
b. green leafy vegetables.
c. grains and grain products.
d. meat and meat products.
e. fish and seafood.

ANSWER: a

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POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.
DATE CREATED: 3/11/2015 3:19 AM
DATE MODIFIED: 9/30/2018 11:00 AM

16. Choose the ultra-processed food that should be eaten sparingly.
    a. oils, fats, flours, and refined starches
    b. soft drinks, corn chips, and toaster pastries
    c. vegetables, legumes, fruit, seafood, eggs, and nuts
    d. milk, yogurt, cheese, and eggs
    e. fruit, meat, nuts, and fish

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.
DATE CREATED: 3/11/2015 3:20 AM
DATE MODIFIED: 8/10/2018 1:46 PM

17. An example of an inorganic nutrient class is:
    a. carbohydrates.
    b. fats.
    c. proteins.
    d. minerals.
    e. triglycerides.

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:22 AM
DATE MODIFIED: 9/30/2018 11:01 AM

18. The kcalorie content of a food is NOT dependent on how much _____ it contains.

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a. carbohydrate
b. fat
c. water
d. protein
e. sugar

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:24 AM
DATE MODIFIED: 8/10/2018 1:36 PM

19. Vitamins:
a. are inorganic.
b. facilitate the release of energy from the energy-yielding nutrients.
c. facilitate all of the body's biochemical reactions.
d. provide energy to the body.
e. are directly responsible for a food's energy density.

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:25 AM
DATE MODIFIED: 9/30/2018 11:01 AM

20. The essential nutrients are those:
a. the body can make for itself.
b. that are predominant in most foods.
c. that must be obtained from foods.
d. included in the main DRI table.
e. that are most easily used as fuel by the body.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:27 AM
DATE MODIFIED: 9/30/2018 11:02 AM

21. Which becomes a major fuel for the body only when the other fuels are unavailable?
    a. carbohydrate
    b. fat
    c. protein
    d. water
    e. minerals

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:28 AM
DATE MODIFIED: 3/17/2015 4:35 AM

22. Although _____ are necessary for health, they do not yield energy.
    a. carbohydrates
    b. proteins
    c. fats
    d. vitamins
    e. sugars

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:30 AM
DATE MODIFIED: 3/17/2015 4:35 AM

23. Plants from the bean and pea family that are rich in protein compared to other plant-derived foods are called:

    a. legumes.
    b. fruits.
    c. vegetables.

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d. carbohydrates.
e. phytochemicals.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:32 AM
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24. How many kcalories are provided by a food that contains 25 g carbohydrate, 6 g protein, and 5 g fat?
a. 172
b. 169
c. 142
d. 102
e. 225

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:34 AM
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25. Which nutrient has the highest energy density?
a. carbohydrate
b. protein
c. fat
d. vitamins
e. minerals

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

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DATE CREATED: 3/11/2015 3:36 AM
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26. A food that contains 15 grams of fat contains _____ fat kcalories.
    a. 60
    b. 105
    c. 135
    d. 215
    e. 75

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:37 AM
DATE MODIFIED: 3/17/2015 4:35 AM

27. Your friend always refers to meat as "protein." You try to correct her by stating that:
    a. nearly all foods contain mixtures of the energy-yielding nutrients.
    b. protein is not the predominant nutrient in meat.
    c. protein-rich foods are always high in fat.
    d. meat contains more carbohydrate than protein.
    e. protein is a catch-all term for all the organic nutrients.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:39 AM
DATE MODIFIED: 9/30/2018 11:03 AM

28. Alcohol:
    a. is a nutrient.
    b. promotes maintenance and repair in the body.
    c. is not metabolized into energy.
    d. contributes to body fat.
    e. is a kind of phytochemical.

ANSWER: d

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POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:41 AM
DATE MODIFIED: 9/30/2018 11:03 AM

29. Which energy-yielding food is pure fat?
    a. beef
    b. potato
    c. oil
    d. legumes
    e. corn

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/11/2015 3:47 AM
DATE MODIFIED: 8/10/2018 1:50 PM

30. Dietary Reference Intakes are designed to:
    a. recommend numbers of servings of food to eat per day.
    b. help food manufacturers decide on product contents and processing methods.
    c. meet minimum nutrient needs to prevent malnutrition in people.
    d. specify nutrient needs that best support the health of people in the United States and Canada.
    e. guide people in establishing daily energy intake levels to maintain energy balance.

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
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31. The Recommended Dietary Allowances:

a. are designed primarily to prevent toxicities.
b. are set when there is a lack of scientific data to generate an Adequate Intake.
c. focus on all dietary components.
d. are the foundation of the Dietary Reference Intakes.
e. focus strictly on inorganic nutrients.

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 3:51 AM
DATE MODIFIED: 9/30/2018 11:04 AM

32. Which Dietary Reference Intake category is most appropriately used to develop and evaluate nutrition programs for groups?

a. Estimated Average Requirement
b. Tolerable Upper Intake Level
c. Adequate Intake
d. Recommended Dietary Allowance
e. Acceptable Macronutrient Distribution Ranges

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 3:53 AM
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33. Consumers who take vitamin/mineral supplements should be aware that excessive intakes could pose hazards, and should refer to the _____ values of the Dietary Reference Intakes.

a. Adequate Intake
b. Estimated Average Requirement
c. Recommended Dietary Allowance
d. Tolerable Upper Intake Level
e. Acceptable Macronutrient Distribution Ranges

ANSWER: d

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POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 3:54 AM
DATE MODIFIED: 9/30/2018 10:40 AM

34. The Estimated Energy Requirement (EER) is not generous because:
    a. excess energy intake cannot be excreted.
    b. the UL proposes tolerable upper limits for energy intake.
    c. most people have energy reserves.
    d. it does not address dietary fat intake.
    e. energy intake deficiencies can be augmented with vitamin supplements.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 8:20 AM
DATE MODIFIED: 9/30/2018 11:04 AM

35. Dietary Reference Intakes may be used to:
    a. treat persons with diet-related illnesses.
    b. assess dietary nutrient adequacy.
    c. specify the minimum daily intake of all nutrients.
    d. estimate energy needs.
    e. measure empty-kcalorie foods.

ANSWER: b
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 8:22 AM
DATE MODIFIED: 9/30/2018 11:04 AM

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36. A good indicator that an individual's energy intake is appropriate is a:
    a. standard height.
    b. healthy weight.
    c. characteristic elbow breadth.
    d. low body protein stores.
    e. clear skin tone.

ANSWER: b
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 8:24 AM
DATE MODIFIED: 9/30/2018 11:05 AM

37. An individual's Estimated Energy Requirement (EER) is deemed adequate in the absence of:
    a. bone loss.
    b. weight gain or loss
    c. obvious signs of malnutrition.
    d. body fat.
    e. tooth decay.

ANSWER: b
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 8:26 AM
DATE MODIFIED: 9/30/2018 11:05 AM

38. According to the DRI committee, protein should provide _____ of daily kcalories.
    a. 45-65%
    b. 20-40%
    c. 10-35%
    d. 35-45%
    e. 0-10%

ANSWER: c
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/11/2015 8:28 AM
DATE MODIFIED: 3/17/2015 4:35 AM

39. The data collected in nutrition surveys is used by the government to:
    a. establish public policy on nutrition education.
    b. regulate nutrition labeling on food products.
    c. decide which nutrition issues will be granted funds for research.
    d. assess the effectiveness of government publications about nutrition.
    e. determine whether health providers should provide nutrition training to patients.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.4 - Describe the kinds of information researchers collect from nutrition surveys and explain how the information is used.
DATE CREATED: 3/11/2015 8:29 AM
DATE MODIFIED: 9/30/2018 11:05 AM

40. One of the first nutrition surveys, taken before World War II, suggested that:
    a. at least 90% of the population had adequate nutritional intakes.
    b. 75% of the population needed to change their eating habits.
    c. less than 5% of the population were eating appropriately.
    d. up to one-third of the population may have been eating poorly.
    e. one in two pregnant women did not have adequate nutritional intakes.

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.4 - Describe the kinds of information researchers collect from nutrition surveys and explain how the information is used.
DATE CREATED: 3/11/2015 8:32 AM
DATE MODIFIED: 9/30/2018 11:05 AM

41. Major reports regarding the contribution of diet and nutrition status to the health of the people of the United States depend on information collected by the:
    a. Continuing Survey of Food Intakes by Individuals.
    b. National Health and Nutrition Examination Survey.

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c. National Nutrition Monitoring Program.
d. Nationwide Food Consumption Survey.
e. National Diet and Health Reporting Agency.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.4 - Describe the kinds of information researchers collect from nutrition surveys and explain how the information is used.
DATE CREATED: 3/11/2015 8:34 AM
DATE MODIFIED: 9/30/2018 11:06 AM

42. *Healthy People* is a program that sets goals every ____ years for improving the nation's health.
a. 5
b. 7
c. 10
d. 20
e. 15

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.4 - Describe the kinds of information researchers collect from nutrition surveys and explain how the information is used.
DATE CREATED: 3/11/2015 8:35 AM
DATE MODIFIED: 3/17/2015 4:35 AM

43. Nutrient density refers to foods that:
a. are iron-rich.
b. contain a mixture of carbohydrate, fat, and protein.
c. carry nutrient labeling information.
d. deliver the most nutrients for the least amount of kcalories.
e. are the most nutritionally balanced.

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to

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	plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED:	3/11/2015 8:37 AM
DATE MODIFIED:	9/30/2018 11:06 AM

44. Research confirms that a common contributor to three of the leading causes of death is _____.
    a. undernutrition
    b. overnutrition
    c. lack of exercise
    d. gender
    e. alcohol

ANSWER:	b
POINTS:	1
DIFFICULTY:	Bloom's: Understand
REFERENCES:	1.5 Dietary Guidelines and Food Guides
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED:	3/11/2015 8:39 AM
DATE MODIFIED:	9/30/2018 11:06 AM

45. The six diet planning principles include:
    a. adequacy, B vitamins, carbohydrates, meat, variety, and portion control.
    b. abundance, balance, carbohydrates, moderation, vegetables, and variety.
    c. adequacy, balance, kcalorie control, moderation, variety, and nutrient density.
    d. abundance, B vitamins, kcalorie control, milk, vegetables, and nutrient density.
    e. adequacy, balance, kcalorie control, moderation, variety, and protein.

ANSWER:	c
POINTS:	1
DIFFICULTY:	Bloom's: Understand
REFERENCES:	1.5 Dietary Guidelines and Food Guides
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED:	3/11/2015 8:42 AM
DATE MODIFIED:	9/30/2018 11:07 AM

46. Which group of foods has the highest nutrient density?
    a. lamb, ice cream, and pre-sweetened cereal
    b. whole-grain bread, poultry, and skim milk
    c. cottage cheese, sweet potatoes, and ham

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d. dried apples, legumes, and pancakes
e. legumes, lamb, and baked apples

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/11/2015 8:44 AM
DATE MODIFIED: 8/10/2018 2:09 PM

47. Which food has the highest nutrient density for calcium?
a. cheddar cheese
b. fat-free milk
c. ice cream
d. frozen yogurt
e. butter

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/11/2015 8:46 AM
DATE MODIFIED: 3/17/2015 4:35 AM

48. Foods such as potato chips, candy, and colas are called *empty-kcalorie foods* because they:
a. are inexpensive.
b. are lacking in calories.
c. are low in nutrient density.
d. should be eaten in moderation.
e. are mostly vitamins and minerals.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/11/2015 8:48 AM
DATE MODIFIED: 9/30/2018 11:07 AM

49. You are advising a client on components of the *Dietary Guidelines for Americans*. Which of the following would you include in your advice?

a. Increase vegetable and fruit intake.
b. Decrease intake of milk and milk products to two servings per day.
c. Decrease intake of whole grains and other complex carbohydrates.
d. Increase intake of *trans* fats and saturated fats.
e. Increase intake of protein and decrease vegetable fibers.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/11/2015 8:50 AM
DATE MODIFIED: 3/17/2015 4:35 AM

50. The 2015 *Dietary Guidelines for Americans* recommend that people over the age of 51 reduce their intake of sodium to _____ mg per day.

a. 1500
b. 2300
c. 3000
d. 3200
e. 2500

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/11/2015 8:55 AM
DATE MODIFIED: 8/12/2018 1:48 PM

51. The 2015 *Dietary Guidelines for Americans* recommend keeping the consumption of *trans* fatty acids and saturated fats to less than 10% of kilocalories per day. To do this, you should avoid eating:

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a. tropical oils.
b. low-fat dairy products.
c. partially hydrogenated oils.
d. avocados, olives, and nuts.
e. peanut butter.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:26 AM
DATE MODIFIED: 9/30/2018 11:07 AM

52. The 2015 *Dietary Guidelines for Americans* specifically recommends eating at least _____ of your grains from whole grains.

a. 50%
b. 100%
c. 75%
d. 25%
e. 60%

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:28 AM
DATE MODIFIED: 9/30/2018 10:44 AM

53. The _____ group is not included as a member of the USDA Food Patterns.

a. milk products
b. vegetables
c. fruits
d. grains
e. fats and sugars

ANSWER: e
POINTS: 1
DIFFICULTY: Bloom's: Remember

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REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:35 AM
DATE MODIFIED: 9/30/2018 11:08 AM

54. A client consumes the following foods from the grain group of the USDA Food Guide: 1 cup cooked rice, 2 slices of bread, 3 cups popcorn, and 1 cup pasta. How many ounce equivalents did the client consume?

a. 2
b. 4
c. 7
d. 8
e. 9

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Evaluate
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:38 AM
DATE MODIFIED: 3/17/2015 4:35 AM

55. According to the USDA Food Guide, someone who needs 2000 kcal/day should consume _____ cup(s) of milk or the equivalent in milk products each day.

a. 1
b. 2
c. 3
d. 4
e. 5

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:40 AM

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DATE MODIFIED: 3/17/2015 4:35 AM

56. The USDA Food Patterns:
    a. emphasizes nutrient-dense foods within each food group.
    b. is a very rigid guide for providing a balanced diet.
    c. fails to encourage the consumption of whole grains.
    d. does not specify portion sizes.
    e. does not take physical activity levels into account.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:42 AM
DATE MODIFIED: 9/30/2018 11:42 AM

57. The difference between the kcalories needed to supply nutrients and those needed to maintain weight is referred to as:
    a. nutrient density.
    b. the discretionary kcalorie allowance.
    c. the recommended kcalorie allowance.
    d. excess kilocalories.
    e. supplementary kcalories.

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:45 AM
DATE MODIFIED: 9/30/2018 11:42 AM

58. For comparison purposes, 3 ounces of meat can be visualized as being about the size of _____ .
    a. a 9-volt battery.
    b. a CD case.
    c. a deck of cards.
    d. a paperback book.
    e. a cellular phone.

ANSWER: c

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POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:47 AM
DATE MODIFIED: 9/30/2018 10:45 AM

59. You are assessing your own diet. Which would be the most practical tool to use?
    a. MyPlate
    b. EARs
    c. DVs
    d. *Dietary Guidelines for Americans*
    e. a body mass calculator

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 1:49 AM
DATE MODIFIED: 3/17/2015 4:35 AM

60. Nutrition information on food labels:
    a. is required for the 20 most frequently eaten fresh fruits and vegetables.
    b. does not include a list of ingredients.
    c. is required for raw fish.
    d. is not required for plain coffee, tea, spices and other foods containing few nutrients.
    e. must include percent daily values for sugars.

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED: 3/12/2015 1:51 AM
DATE MODIFIED: 9/30/2018 11:42 AM

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61. A set of nutrient standards designed specifically for use on food labels is called the:
    a. Recommended Dietary Allowances.
    b. Dietary Reference Intakes.
    c. Daily Values.
    d. FAO recommendations.
    e. Measured Nutrition Standard.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED: 3/12/2015 1:53 AM
DATE MODIFIED: 9/30/2018 11:43 AM

62. According to labeling standards, the Nutrition Facts label must contain information about:
    a. calcium and iron.
    b. calcium and magnesium.
    c. iron and selenium.
    d. iron and zinc.
    e. calcium and vitamin B.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED: 3/12/2015 1:56 AM
DATE MODIFIED: 9/30/2018 11:43 AM

63. To be labeled as "healthy," a food must be low in fat, saturated fat, cholesterol, and sodium, and contain at least _____% of the DV for vitamin A, vitamin C, iron, calcium, protein, or fiber.
    a. 5
    b. 10
    c. 15
    d. 20
    e. 25

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember

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REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED: 3/12/2015 1:59 AM
DATE MODIFIED: 3/17/2015 4:35 AM

64. The FDA's list of reliable health claims includes the correlation between _____ deficiency and _____.
a. calcium; osteoporosis
b. zinc; immune system response
c. folate; cancer
d. dietary fat; autoimmune deficiency
e. potassium; neural tube defects
ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED: 3/12/2015 2:01 AM
DATE MODIFIED: 3/17/2015 4:35 AM

65. According to the *Dietary Guidelines for Americans*, Americans need to consume more of certain nutrients, including:
a. sodium, fiber, magnesium, and vitamin A.
b. potassium, fiber, calcium, and vitamin D.
c. vitamin D, fluoride, protein, and niacin.
d. calcium, iron, omega-3 fatty acids, and sodium.
e. folate, magnesium, fiber, and sodium.
ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 2:04 AM
DATE MODIFIED: 9/30/2018 11:44 AM

66. Statements on the label of a food or dietary supplement about the substance's effect on a structure or function of the body are called:

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a. "B" list claims.
b. structure-function claims.
c. scientific evidence.
d. unsupported claims.
e. health claims.

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
DATE CREATED: 3/12/2015 2:08 AM
DATE MODIFIED: 9/30/2018 11:44 AM

67. In order to comply with recommendations of the 2015 *Dietary Guidelines for Americans* regarding vegetable intake, Americans should consume 2.5 cups of vegetables daily choosing from _____ subgroups of vegetables throughout the week.

a. five
b. four
c. three
d. six
e. seven

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 2:10 AM
DATE MODIFIED: 8/10/2018 2:39 PM

68. Which is a protein-rich food?

a. green beans
b. almonds
c. bread
d. banana
e. spinach

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand

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REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 2:12 AM
DATE MODIFIED: 2/8/2016 2:50 PM

Nutrition in Practice – Finding the Truth about Nutrition

69. Which is indicative of valid nutritional information?
    a. a product that promises a quick and easy fix
    b. a claim made to help sell a product
    c. a simple conclusion drawn from a complex study
    d. an abstract published on the NLM's PubMed website
    e. numerous personal testimonials

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.7 Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
PREFACE NAME: Nutrition
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
DATE CREATED: 3/12/2015 2:14 AM
DATE MODIFIED: 3/17/2015 4:35 AM

70. When searching the Internet for a credible source of nutrition information, one should go to the website of a:
    a. government health agency.
    b. national health food store chain.
    c. multi-level marketing company that sells supplements.
    d. popular fitness magazine.
    e. a popular health club website.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.7 Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
DATE CREATED: 3/12/2015 2:16 AM
DATE MODIFIED: 9/30/2018 11:45 AM

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71. The FDA advises consumers that:
    a. a product that is labeled as "natural" or "nontoxic" is always safe to use.
    b. products based on "ancient remedies" are preferable to those based on modern "scientific breakthroughs."
    c. they should be suspicious of product claims that use impressive-sounding medical terms.
    d. an offer of a "money-back" guarantee from the manufacturer means the product is more likely to be effective.
    e. numerous testimonials about the effectiveness of a product means the product is likely to work well.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.7 Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
DATE CREATED: 3/12/2015 2:18 AM
DATE MODIFIED: 9/30/2018 11:46 AM

72. The primary nutrition expert on the healthcare team is the:
    a. dietetic technician.
    b. registered dietitian.
    c. nutritionist.
    d. nutrition consultant.
    e. primary care physician.

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 1.7 Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
DATE CREATED: 3/12/2015 2:46 AM
DATE MODIFIED: 9/30/2018 11:46 AM

Match each nutrition term with the appropriate definition.

a. A set of values for the dietary nutrient intakes of healthy people in the United States and Canada.
b. A set of values reflecting the average daily amounts of nutrients considered adequate to meet the known nutrient needs of practically all healthy people in a particular life stage and gender group; a goal for dietary intake by individuals.
c. A set of values that are used as guides for nutrient intakes when scientific evidence is insufficient to determine RDA.
d. The lowest continuing intake of a nutrient that will maintain a specified criterion of adequacy.
e. In regard to nutrient intake, the amount below which almost all healthy people can be expected, over time, to experience deficiency symptoms.

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f. The average daily nutrient intake levels estimated to meet the requirements of half of the healthy individuals in a given age and gender group.
g. A set of values reflecting the highest average daily nutrient intake levels that are likely to pose no risk of toxicity to almost all healthy individuals in a particular life stage and gender group.
h. The dietary energy intake level that is predicted to maintain energy balance in a healthy adult of a defined age, gender, weight, and physical activity level consistent with good health.
i. Ranges of intakes for the energy-yielding nutrients that provide adequate energy and nutrients and reduce the risk of chronic disease.

DIFFICULTY: Bloom's: Remember
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Matching
HAS VARIABLES: False
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 10/6/2015 8:57 AM
DATE MODIFIED: 2/4/2019 4:39 PM

73. AI
ANSWER: c
POINTS: 1

74. AMDR
ANSWER: i
POINTS: 1

75. deficient
ANSWER: e
POINTS: 1

76. DRI
ANSWER: a
POINTS: 1

77. EAR
ANSWER: f
POINTS: 1

78. EER
ANSWER: h
POINTS: 1

79. RDA
ANSWER: b
POINTS: 1

80. requirement

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ANSWER: d
POINTS: 1

81. UL
ANSWER: g
POINTS: 1

Match each nutrition term with the appropriate definition.
a. Customary intake of foods and beverages over time.
b. The characteristic of a diet that provides all the essential nutrients, fiber, and energy necessary to maintain health and body weight.
c. Diseases characterized by slow progression, long duration, and degeneration of body organs due in part to such personal lifestyle elements as poor food choices, smoking, alcohol use, and lack of physical activity.
d. A measure of the nutrients a food provides relative to the energy it provides. The more nutrients and the fewer kcalories, the higher the nutrient density.
e. The dietary characteristic of providing foods in proportion to one another and in proportion to the body's needs.
f. Overconsumption of food energy or nutrients sufficient to cause disease or increased susceptibility to disease; a form of malnutrition.
g. The provision of enough, but not too much, of a substance.
h. Sugars, syrups, and other kcaloric sweeteners that are added to foods during processing or preparation or at the table.
i. Underconsumption of food energy or nutrients severe enough to cause disease or increased susceptibility to disease; a form of malnutrition.

DIFFICULTY:	Bloom's: Remember
REFERENCES:	1.5 Dietary Guidelines and Food Guides
QUESTION TYPE:	Matching
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED:	10/6/2015 9:04 AM
DATE MODIFIED:	2/4/2019 4:40 PM

82. overnutrition
ANSWER: f
POINTS: 1

83. adequacy
ANSWER: b
POINTS: 1

84. eating pattern
ANSWER: a
POINTS: 1

85. undernutrition
ANSWER: i

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POINTS: 1

86. chronic diseases
ANSWER: c
POINTS: 1

87. balance
ANSWER: e
POINTS: 1

88. nutrient density
ANSWER: d
POINTS: 1

89. moderation
ANSWER: g
POINTS: 1

90. added sugars
ANSWER: h
POINTS: 1

91. Discuss how the genetics of taste influences food choices. Why do you think humans evolved an ability to taste bitter compounds, such as those found in some plants?

ANSWER: *Preference*: Why do people like certain foods? One reason, of course, is their preference for certain tastes. Some tastes are widely liked, such as the sweetness of sugar and the savoriness of salt. Research suggests that genetics influence people's taste preferences, a finding that may eventually have implications for clinical nutrition. For example, sensitivity to bitter taste is an inherited trait. People born with great sensitivity to bitter tastes tend to avoid foods with bitter flavors such as broccoli, cabbage, brussels sprouts, spinach, and grapefruit juice.

Humans may have evolved an ability to taste bitter compounds in order to avoid toxic bitter-tasting compounds in plants.

POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.
DATE CREATED: 3/12/2015 3:24 AM
DATE MODIFIED: 2/8/2016 2:53 PM

92. Provide a rationale for the following statement: "Too much meat is just as fattening as too many potatoes."

ANSWER: The rationale is based on the concept of energy storage in the body. The body first uses the

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energy-yielding nutrients to build new compounds and fuel metabolic and physical activities. Excesses are then rearranged into storage compounds, primarily body fat, and put away for later use. Thus, if you take in more energy than you expend, whether from carbohydrate (e.g., potatoes), fat, or protein (e.g., meat), the result is an increase in energy stores and weight gain. Similarly, if you take in less energy than you expend, the result is a decrease in energy stores and weight loss.

POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
DATE CREATED: 3/12/2015 3:26 AM
DATE MODIFIED: 3/17/2015 4:35 AM

93. Describe the relationship between the Estimated Average Requirements (EAR) and the Recommended Dietary Allowances (RDA) for nutrient intake. Why are the RDA levels set higher than those of the EAR?

ANSWER: *Recommended Dietary Allowances (RDA):* a set of values reflecting the average daily amounts of nutrients considered adequate to meet the known nutrient needs of practically all healthy people in a particular life stage and gender group; a goal for dietary intake by individuals.
Estimated Average Requirements (EAR): the average daily nutrient intake levels estimated to meet the requirements of half of the healthy individuals in a given age and gender group; used in nutrition research and policymaking and as the basis on which RDA values are set.

The RDA is set high enough to cover nearly everyone's nutrient requirements, without being too high as to approach toxicity. The EAR is an average intake level; that is, adequate to meet the requirement of half of the population (see Figure 1-2).

POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.3 - Define the four categories of the DRI, the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR), and explain their purposes.
DATE CREATED: 3/12/2015 3:27 AM
DATE MODIFIED: 3/17/2015 6:23 AM

94. List the six principles of diet planning and briefly describe each one.

ANSWER: The six principles of diet planning are adequacy, balance, kCalorie control, nutrient density, moderation, and variety.
Adequacy: An adequate diet has enough energy and enough of every nutrient (as well as fiber) to meet the needs of healthy people.

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Balance: the food choices do not overemphasize one nutrient or food type at the expense of another. Balance in the diet helps to ensure adequacy.
kCalorie control: the foods provide the amount of energy needed to maintain a healthy body weight—not more, not less. The key to kcalorie control is to select foods that deliver the most nutrients for the least food energy.
Nutrient density: Nutrient density promotes adequacy and kcalorie control. A person who makes nutrient-dense choices, such as fruit instead of cola, can meet daily nutrient needs on a lower energy budget. Such choices support good health.
Moderation: Moderation contributes to adequacy, balance, and kcalorie control. Foods rich in fat and sugar often provide enjoyment and energy but relatively few nutrients. In addition, they promote weight gain when eaten in excess. A person who practices moderation eats such foods only on occasion and regularly selects foods low in solid fats and added sugars, a practice that automatically improves nutrient density. Returning to the example of cheddar cheese and fat-free milk, the milk not only offers more calcium for less energy, but also it contains far less fat than the cheese.
Variety:
the foods chosen differ from one day to the next. A diet may have all the virtues just described and still lack variety if a person eats the same foods day after day. People should select foods from each of the food groups daily and vary their choices within each food group from day to day.

POINTS: 1
DIFFICULTY: Bloom's: Apply
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
DATE CREATED: 3/12/2015 3:29 AM
DATE MODIFIED: 3/17/2015 4:35 AM

95. Explain the difference between a health claim and a structure-function claim on a food label.

ANSWER: Health claims describe the relationship of a food or food component to a disease or health-related condition. In some cases, the FDA authorizes health claims based on an extensive review of the scientific literature. Structure-function claims describe the effect that a substance has on the structure or function of the body but do not make reference to a disease—for example, "calcium builds strong bones." Unlike health claims, which require food manufacturers to collect scientific evidence and petition the FDA, structure-function claims can be made without any FDA approval.

POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
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96. Identify characteristics of the Daily Values used on food labels, and explain their appropriate uses.

ANSWER: To help consumers evaluate the information found on labels, the FDA created a set of nutrient standards called the Daily Values specifically for use on food labels. The Daily Values do two things: they set adequacy standards for nutrients that are desirable in the diet such as protein, vitamins, minerals, and fiber, and they set moderation standards for other nutrients that must be limited, such as fat, saturated fat, cholesterol, and sodium. The "% Daily Value" column on a label provides a ballpark estimate of how individual foods contribute to the total diet. It compares key nutrients in a serving of food with the daily goals of a person consuming 2000 kcalories. Although the Daily Values are based on a 2000-kcalorie diet, people's actual energy intakes vary widely; some people need fewer kcalories, and some people need many more. This makes the Daily Values most useful for comparing one food with another and less useful as nutrient intake targets for individuals. By examining a food's general nutrient profile, however, a person can determine whether the food contributes "a little" or "a lot" of a nutrient, whether it contributes "more" or "less" than another food, and how well it fits into the consumer's overall diet.

POINTS: 1
DIFFICULTY: Bloom's: Analyze
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
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97. Briefly describe how a person could use scientific principles to evaluate nutrition and health claims.

ANSWER: Valid nutrition information derives from scientific research, which has the following characteristics: Scientists test their ideas by conducting properly designed scientific experiments. They report their methods and procedures in detail so that other scientists can verify the findings through replication; scientists recognize the inadequacy of personal testimonials; scientists who use animals in their research do not apply their findings directly to human beings; and scientists may use specific segments of the population in their research. When they do, they are careful not to generalize the findings to all people; scientists report their findings in respected scientific journals. Their work must survive a screening review by their peers before it is accepted for publication. With each report from scientists, the field of nutrition changes a little—each finding contributes another piece to the whole body of knowledge.

POINTS: 1
DIFFICULTY: Bloom's: Evaluate
REFERENCES: 1.7 Finding the Truth about Nutrition
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.7 - Recognize misinformation and describe how to identify reliable nutrition information.

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98. Define food variety and describe why it is essential for a well-balanced, nutritious diet.
ANSWER: A major characteristic of a nutritious diet is variety: the foods chosen differ from one day to the next. A diet may have all the virtues just described and still lack variety if a person eats the same foods day after day. People should select foods from each of the food groups daily and vary their choices within each food group from day to day, for a couple of reasons. First, different foods within the same group contain different arrays of nutrients. Among the fruits, for example, strawberries are especially rich in vitamin C while apricots are rich in vitamin A. Variety improves nutrient adequacy. Second, no food is guaranteed entirely free of substances that, in excess, could be harmful. The strawberries might contain trace amounts of one contaminant, the apricots another. By alternating fruit choices, a person will ingest very little of either contaminant.
POINTS: 1
DIFFICULTY: Bloom's: Analyze
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Patterns help make diet planning easier.
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99. What is wellness? Discuss the Health Line and its relation to wellness.
ANSWER: Wellness is defined as: maximum well-being; the top range of health states; the goal of the person who strives toward realizing his or her full potential physically, mentally, emotionally, spiritually, and socially. The choices people make each day affect not only their physical health but also their wellness —all the characteristics that make a person strong, confident, and able to function well with family, friends, and others. People who consistently make poor lifestyle choices on a daily basis increase their risks of developing diseases. A person's health can fall anywhere along a continuum, from maximum wellness on the one end to total failure to function (death) on the other. This is what's known as the Health Line.
POINTS: 1
DIFFICULTY: Bloom's: Analyze
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NUTR.DEBR.16.01.1.1 - Describe how various factors influence personal food choices.
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100. What is a Registered Dietician Nutritionist and how are they different from "nutritionists"?

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ANSWER:	Registered dietitian nutritionists (RDNs), also called registered dietitians (RDs), and nutrition professionals with advanced degrees (M.S., Ph.D.) are experts. These professionals are probably in the best position to answer a person's nutrition questions. On the other hand, a "nutritionist" may be an expert or a quack, depending on which state the person practices in. Some states require people who use this title to meet strict standards. In other states, a "nutritionist" may be any individual who claims a career connection with the nutrition field. There is no accepted national definition for the term nutritionist. Other purveyors of nutrition information may also lack credentials. A health-food store owner may be in the nutrition business simply because it is a lucrative market. The owner may have a background in business or sales and no education in nutrition at all. Such a person is not qualified to provide nutrition information to customers. For accurate nutrition information, seek out a trained professional with a college education in nutrition—an expert in the field of dietetics. All registered dietitians are nutritionists, but not all nutritionists are registered dietitians. Some state licensing boards set specific qualifications for holding the title. For states that regulate this title, the definition varies from state to state. To obtain some "nutritionist" credentials requires little more than a payment.
POINTS:	1
DIFFICULTY:	Bloom's: Analyze
REFERENCES:	1.7 Finding the Truth About Nutrition
QUESTION TYPE:	Essay
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	NUTR.DEBR.16.01.1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
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