Visualizing Nutrition Everyday Choices 5th edition Grosvenor Test Bank

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Package Title: Test bank
Course Title: GrosvenorVis5e
Chapter Number: 02

Question type: Multiple-Choice

1) In 1894, the first dietary recommendations in the U.S. were published by the _____. The purpose of these recommendations was to _____.

a) FDA, keep Americans healthy
b) FDA, show Americans what a balance diet looked like
c) USDA, keep Americans healthy
d) USDA, show Americans what a balanced diet looked like

Answer: c

Difficulty: Medium
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.1 Explain the purpose of government nutrition recommendations.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: Multiple-Choice

2) _____ is the set of health promotion and disease prevention objectives that are revised every 10 years.

a) The Dietary Allowances
b) Healthy People
c) The USDA Food Guidance System
d) The US Diet Requirements

Answer: b

Difficulty: Easy
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.1 Explain the purpose of government nutrition recommendations.

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Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: Multiple-Choice

3) Nutrition recommendations are developed to do all of the following EXCEPT

a) address the nutritional concerns of the population.
b) evaluate the nutrient intake of populations.
c) help individuals meet their specific nutrient needs.
d) justify government regulations that restrict consumption of less healthy foods.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: Multiple-Choice

4) All of the following are characteristics of the Dietary Reference Intakes EXCEPT

a) the standards are designed to prevent nutrient deficiency.
b) the standards are designed to reduce the risk of chronic disease.
c) there are two sets of standards, one for healthy people and one for those who are sick.
d) they can be used to determine if a person's diet provides adequate essential nutrients.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.1 Summarize the purpose of the DRIs.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

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Question type: Multiple-Choice

5) DRI values vary based on each of these factors EXCEPT

a) age.
b) gender.
c) lifestyle stage.
d) race.

Answer: d

Difficulty: Easy
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.1 Summarize the purpose of the DRIs.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

6) Which nutrient intake recommendation is used as a goal when a Recommended Dietary Allowance does NOT exist?

a) Adequate Intake
b) Estimated Average Requirement
c) Estimated Energy Requirement
d) Tolerable Upper Intake Level

Answer: a

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the five sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

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7) As intake rises above the UL, the likelihood of _____ increases.

a) deficiency
b) normalcy
c) toxicity
d) nutrient density

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the five sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

8) All of the following are variables that increase the Estimated Energy Requirement EXCEPT

a) a child growing taller.
b) adding 20 minutes per day of physical activity.
c) getting older.
d) adding muscle mass by weightlifting.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

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9) The energy recommendation that describes the proportions of calories that should come from carbohydrate, fat, and protein are the

a) AIs.
b) AMDRs.
c) DRIs.
d) EARs.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.4 Explain the concept of the Acceptable Macronutrient Ranges (AMDRs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

10) According to the DRIs, the majority of calories you eat should come from

a) carbohydrates.
b) fat.
c) protein.
d) vitamins.

Answer: a

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.4 Explain the concept of the Acceptable Macronutrient Ranges (AMDRs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

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11) Which of the following statements regarding the AMDRs is FALSE?

a) They allow flexibility in food intake patterns.
b) They are available for vitamins and minerals.
c) They are used in conjunction with the EER.
d) They are intended to promote diets that minimize disease risk.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.4 Explain the concept of the Acceptable Macronutrient Ranges (AMDRs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

12) All of the following are a good source of protein EXCEPT

a) almonds.
b) bananas.
c) black beans.
d) sunflower seeds.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key component of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

13) According to the Dietary Guidelines' Key Recommendations, maintaining a healthy body weight is emphasized by

a) following a diet that provides fewer than 120 grams of carbohydrate daily.
b) following a diet with less than 10% of total calories from fat.
c) increasing protein intake.
d) physical activity.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key component of the Dietary Guidelines as well as characteristics of a healthy eating pattern. Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

14) The Dietary Guidelines for Americans promote a minimum of _____ minutes of moderate exercise weekly.

a) 40
b) 80
c) 120
d) 150

Answer: d

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key component of the Dietary Guidelines as well as characteristics of a healthy eating pattern. Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

15) Which of the following is NOT a key recommendation promoted by the Dietary Guidelines for Americans?

a) limit sodium intake to less than 2300 mg/day
b) drink one glass of red wine daily

c) select more whole fruits and eat a variety of vegetables
d) reduce added sugars intake to less than 10% of calories

Answer: b

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key component of the Dietary Guidelines as well as characteristics of a healthy eating pattern. Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

16) The Dietary Guidelines for Americans recommend that no more than ____ of calories come from saturated fat.

a) 5%
b) 7%
c) 10%
d) 12%

Answer: c

Difficulty: Easy
Learning Objective 1: 2.3 Explain the purpose and key component of the Dietary Guidelines as well as characteristics of a healthy eating pattern. Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

17) MyPlate

a) divides foods into 4 groups.
b) illustrates the appropriate proportions of food.
c) replaces the Dietary Guidelines for Americans.
d) encourages all Americans to eat a 2000 Calorie diet.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.1 Explain how MyPlate supports the Dietary Guidelines recommendations.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice.

Question type: Multiple-Choice

18) Which of the following is NOT a component of the DASH diet?

a) consuming plenty of whole grains, nuts, and seeds
b) consuming full-fat dairy products
c) eating plenty of fruits and vegetables
d) increasing foods rich in calcium and magnesium

Answer: b

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key component of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.3 Explain why nutrient-dense choices from each of the food groups are important.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

19) Which of the following is promoted by the Mediterranean Eating Pattern?

a) eating poultry and eggs daily
b) consuming full-fat dairy products frequently
c) eating red meat and sweets less often
d) limiting consumption of nuts and seeds

Answer: c

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key component of the Dietary Guidelines as well as characteristics of a healthy eating pattern. Learning Objective 2: 2.3.3 Explain why nutrient-dense choices from each of the food groups are important.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

20) Which of the following is NOT considered to be a source of empty calories?

a) donuts and other pastries
b) soft drinks and candy
c) table sugar and butter
d) olive and canola oil

Answer: d

Difficulty: Hard
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.3. Use the MyPlate recommendations to plan a meal that fits into a healthy eating routine.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice

Question type: Multiple-Choice

21) On the food label, there is no %DV for

a) added sugars.
b) saturated fats.
c) total fat.
d) *trans* fat.

Answer: d

Difficulty: Hard
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.

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Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

22) The _____ is a reference value for the amount of nutrients in a serving of a food.

a) Adequate Intake
b) Daily Value
c) Estimated Average Requirement
d) Recommended Dietary Allowance

Answer: b

Difficulty: Easy
Learning Objective 1: 2. 5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

23) The Daily Value amounts listed in the Nutrition Facts panel are based on a _____ calorie diet.

a) 1500
b) 1800
c) 2000
d) 2500

Answer: c

Difficulty: Easy
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.

Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

24) If Joe consumed 2500 calories daily, he would need to consume ____ the %DV listed in the Nutrition Facts panel.

a) more than
b) less than
c) the same as

Answer: a

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

25) Which of the following pieces of information is NOT required on the food label?

a) name of the product
b) total weight or volume of the contents
c) the website of the manufacturer, distributor, or packager
d) ingredients in descending order by weight

Answer: c

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

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Question type: Multiple-Choice

26) Which of the following is a correct statement about the word “natural” when used on food labels?

a) The term has been defined by the FDA for manufacturer usage on labels.
b) Some products with the label “natural” contain nutrients that should be limited in a healthy diet.
c) Looking for the term “natural” on a food label is a good way for consumers to identify healthier choices.
d) “Natural” foods may contain added colors and artificial flavors.

Answer: b

Difficulty: Hard
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

27) A _____ claim refers to a relationship between a nutrient, food, or dietary supplement and a reduced risk of a disease.

a) dietary
b) health
c) nutrient content
d) structure/function

Answer: b

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.

Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

28) Nutrient content and health claims are approved by the

a) FDA.
b) food manufacturer.
c) USDA.
d) US Department of Public Health.

Answer: a

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

29) For a dietary supplement to claim "high potency," it must contain ____ of the Daily Value for the given nutrient based on the stated serving size.

a) 20%
b) 50%
c) 100%
d) 125%

Answer: c

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on food and dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

30) Structure/function claims are

a) approved by the FDA.
b) allowed on all food and supplement labels.
c) required to include a disclaimer that the product is not intended to diagnose, treat, cure or prevent any disease.
d) the same as health and nutrient claims.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on food and dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

31) Dietary supplements

a) are approved by the FDA.
b) are exempt from providing any nutritional information.
c) are regulated in the same way as foods.
d) include multivitamin pills, herbs, and enzymes.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

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Question type: True-False

32) Overt nutrient deficiencies are now rare in the United States.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: 2.1.1 Explain the purpose of government nutrition recommendations.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: True-False

33) The primary focus of the Dietary Reference Intakes is to correct nutrient deficiencies.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.2 Discuss how the focus of U.S. nutrition recommendations has changed over the past 100 years.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: True-False

34) The basic premise of federal dietary guidance has remained fairly unchanged, and it is to choose the right combinations of foods to promote health.

Answer: True

Difficulty: Medium

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Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.2 Discuss how the focus of U.S. nutrition recommendations has changed over the past 100 years.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: True-False

35) The purpose of a food guide is to translate nutrient intake recommendations into recommended food choices.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.1Explain the purpose of government nutrition recommendations.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: True-False

36) Information obtained from population health and nutrition surveys provides little insight as to whether or not the nation is meeting health and nutrition goals.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.3 Describe the information needed to assess an individual's nutritional status.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: True-False

37) A complete assessment of an individual's nutritional status includes a diet analysis, physical exam, medical history, and laboratory tests.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.3 Describe the information needed to assess an individual's nutritional status.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: True-False

38) A person's nutritional status is influenced by his/her intake and utilization of nutrients.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: 2.1.3 Describe the information needed to assess an individual's nutritional status.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: True-False

39) The DRIs tell you how much of each nutrient you need and then helps you choose foods that will meet these needs.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.1 Summarize the purpose of the DRIs.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

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Question type: True-False

40) For most nutrients, exceeding the Tolerable Upper Intake Levels (UL) through food consumption is difficult.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the five sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: True-False

41) Tolerable Upper Intake Levels (UL) are set for intakes from dietary supplements only.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the five sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: True-False

42) The EARs are set higher than the RDAs.

Answer: False

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Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the five sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: True-False

43) Some nutrients do NOT have a UL because too little information exists to set one.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the five sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: True-False

44) The Estimated Energy Requirements (EERs) estimate calorie needs to promote weight loss among adults.

Answer: False

Difficulty: Easy
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: True-False

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45) The Dietary Guidelines for Americans are designed to promote health and reduce the risk of overweight, obesity, and chronic diseases in toddlers.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: True-False

46) The Dietary Guidelines recommend that at LEAST half of your grains come from whole grain sources.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: True-False

47) The current edition of the Dietary Guidelines for Americans focuses on balancing calorie intake with physical activity and consuming nutrient-dense foods and beverages.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

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Question type: True-False

48) Losing weight requires burning fewer calories than you consume.

Answer: False

Difficulty: Easy
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.1 Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: True-False

49) MyPlate was designed to put the recommendations of the Dietary Guidelines into practice.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.1 Explain how MyPlate supports the Dietary Guidelines recommendations.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice.

Question type: True-False

50) When compared to other diets and eating approaches, the MyPlate food guide is considered the healthiest plan to follow.

Answer: False

Difficulty: Medium

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Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.3 Use the MyPlate recommendations to plan a meal that fits into a healthy eating routine.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice

Question type: True-False

51) A fundamental premise of the Dietary Guidelines is that nutrients should come primarily from foods.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.3 Explain why nutrient-dense choices from each of the food groups are important.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: True-False

52) According to MyPlate, half of your plate should be fruits and vegetables.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.2 Describe the food group recommendations to plan your healthy eating style.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice.

Question type: True-False

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53) The DASH eating plan includes more servings per day of fruits and vegetables than MyPlate.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.3 Explain why nutrient-dense choices from each of the food groups are important.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: True-False

54) Oatmeal and brown rice are whole grains.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.3 Use the MyPlate recommendations to plan a meal that fits into a healthy eating routine.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice.

Question type: True-False

55) Canned and dried fruit are NOT considered a nutrient-dense fruit choice.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.3 Use the MyPlate recommendations to plan a meal that fits into a healthy eating routine.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice.

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Question type: True-False

56) Beans and peas are good sources of the nutrients found in both vegetables and protein foods, so they can be counted in either food group.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.3 Use the MyPlate recommendations to plan a meal that fits into a healthy eating routine.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice.

Question type: True-False

57) MyPlate emphasizes the importance of proportionality, moderation, and nutrient density, but NOT variety.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.3 Use the MyPlate recommendations to plan a meal that fits into a healthy eating routine.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice.

Question type: True-False

58) Foods that belong to one food group may also contain added sugars and fats.

Answer: True

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Difficulty: Medium
Learning Objective 1: 2.4 Explain the purpose and recommendations of MyPlate and the Choice Lists.
Learning Objective 2: 2.4.3 Use the MyPlate recommendations to plan a meal that fits into a healthy eating routine.
Section Reference 1: Section 2.4 MyPlate: Putting the Guidelines into Practice

Question type: True-False

59) Limiting foods that provide empty calories is important since they provide mostly calories and few nutrients.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.2 Describe the concept of a healthy dietary pattern at every life stage.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: True-False

60) Food labels are designed to help consumers make wise food choices at the point of purchase.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

61) Restaurants, upon request, must be able to provide consumers with the nutritional information of the foods served.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

62) A qualified health claim does NOT have the same amount of research to support it as a health claim.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

63) An ingredient list is required on all products containing more than one ingredient.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

64) Ingredients on a food label are listed in descending order by weight.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

65) Food additives must be included in the ingredients list.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

66) All health claims are reviewed by the food manufacturer before being printed on the food label.

Answer: False

Difficulty: Medium

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Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on food and dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

67) What information is required on dietary supplements labels that is NOT required on food labels?

a) ingredients are listed in descending order of prominence by weight
b) serving size
c) directions for use
d) the common name

Answer: c

Difficulty: Hard
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on food and dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

68) Dietary supplements are required to carry a Supplement Facts panel similar to the Nutrition Facts panel on food labels.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on food and dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

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Question type: True-False

69) Because structure/function claims on supplements have undergone rigorous scientific study, the FDA has approved these claims.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on food and dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

70) In comparison to food safety guidelines, creating regulations to reduce excessive intake of nutrients that increase chronic disease risk is more difficult. This is because

a) Americans' food intake is hard to track.
b) almost all food has some nutritional benefits which makes it difficult to classify as healthy or unhealthy.
c) one's environment has little impact on food choices.
d) it is difficult to identify specific foods that cause disease.

Answer: b

Difficulty: Hard
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: Multiple-Choice

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71) All of the following are incentives that could be offered through government interventions to promote healthier choices EXCEPT

a) implementing programs that make fruits and vegetables less expensive.
b) reimbursing food assistance recipients for fruit and vegetable purchases.
c) limiting the types of foods advertised on children's television channels.
d) doubling food assistance dollars spent on fruits and vegetables.

Answer: c

Difficulty: Hard
Learning Objective 1: 2.1 Describe the purpose of government nutrition recommendations and how they are applied and have evolved.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

Question type: Multiple-Choice

72) _____ is/are designed to tell you how much of each nutrient you need while _____ is/are designed to help you choose a diet or eating pattern to meet your needs.

a) MyPlate, the Dietary Guidelines
b) The DRIs, Healthy People
c) The Dietary Guidelines, MyPlate
d) The DRIs, the Dietary Guidelines

Answer: d

Difficulty: Hard
Learning Objective 1: 2.3 Explain the purpose and key components of the Dietary Guidelines as well as characteristics of a healthy eating pattern.
Learning Objective 2: 2.3.Discuss the purpose of the Dietary Guidelines.
Section Reference 1: Section 2.3 The Dietary Guidelines for Americans

Question type: Multiple-Choice

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73) Which DRI value represents the estimated amount of nutrients that will meet the needs of half of the population?

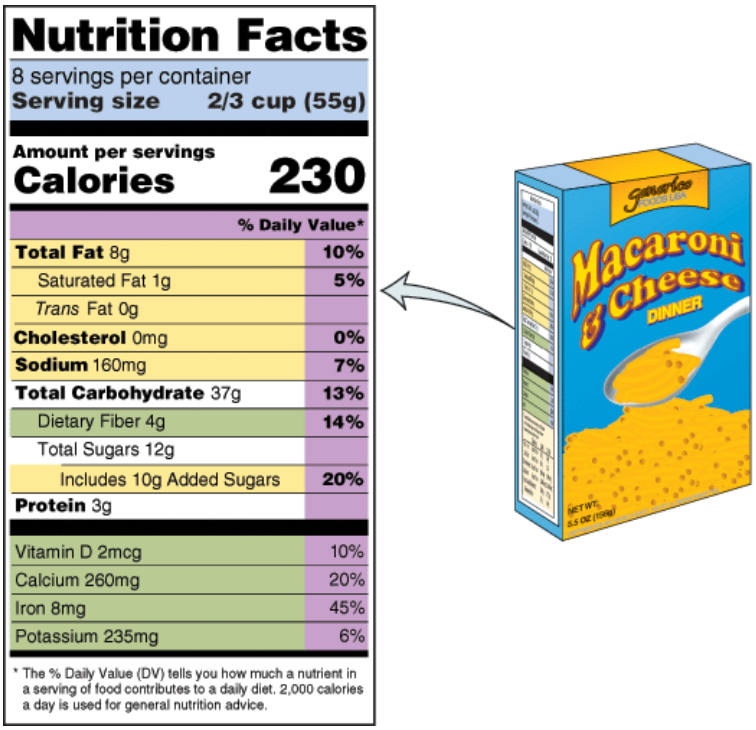
a) RDA
b) AMDR
c) EAR
d) AI

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the five sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

74) Based on the Nutrition Facts, this food could make the claim that it is "high" in or a good source of



Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per servings
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

a) iron.
b) iron and calcium.
c) iron, calcium, vitamin D, and fiber.
d) iron, calcium, vitamin D, fiber, and added sugars.

Answer: b

Difficulty: Hard
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.2 Determine whether a food a food is high or low in fiber, sodium, or saturated fat.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

75) How many grams of protein would you consume if you ate three servings?

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per servings
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



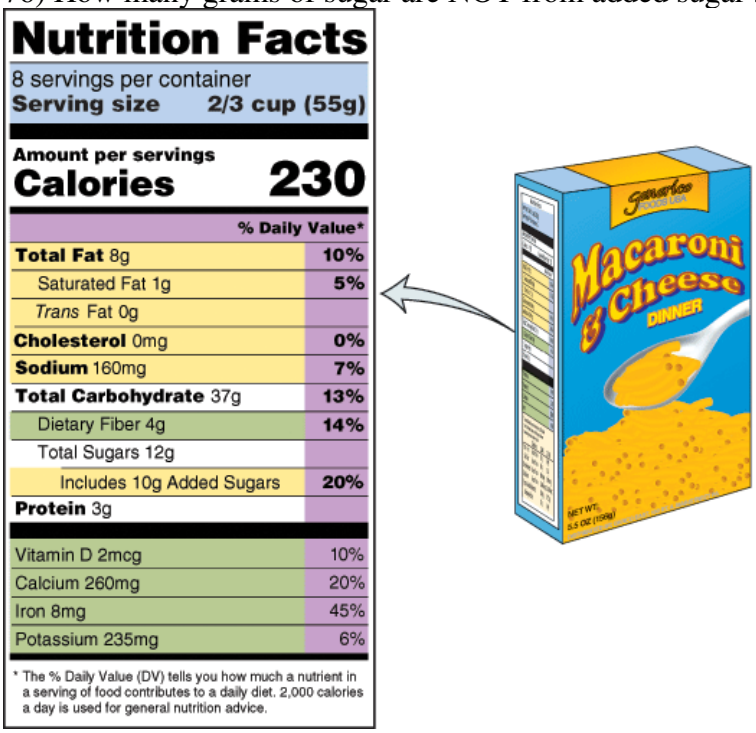
a) 3 grams
b) 6 grams
c) 9 grams
d) 12 grams

Answer: c

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.2 Determine whether a food a food is high or low in fiber, sodium, or saturated fat.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

76) How many grams of sugar are NOT from added sugar sources?



Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per servings
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

a) 0 grams
b) 2 grams
c) 4 grams
d) 10 grams

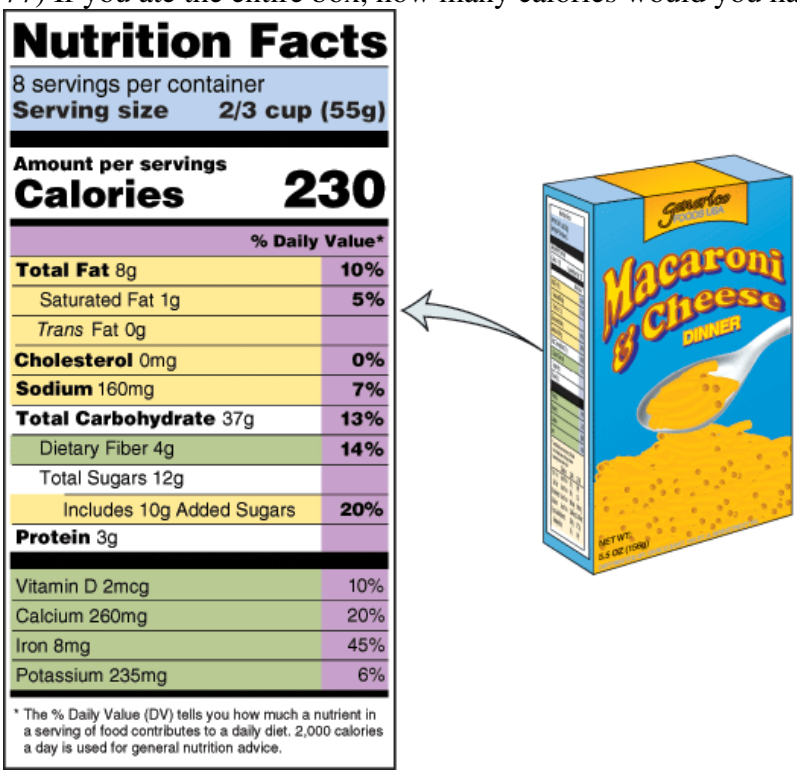
Answer: b

Difficulty: Medium

Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.2 Determine whether a food is high or low in fiber, sodium, or saturated fat.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

77) If you ate the entire box, how many calories would you have consumed?



Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per servings
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

a) 230 calories
b) 1840 calories
c) 2000 calories
d) 500 calories

Answer: b

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.

Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

78) If you consumed the entire box, what %DV of sodium would you have consumed?

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per servings
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



a) 7%
b) 30%
c) 56%
d) 70%

Answer: c

Difficulty: Hard
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

79) Based on the ingredients lists for the orange juice and the juice drink, which would be the healthier choice?

Orange Juice

Nutrition Facts

Serving Size 8 fl oz (240 g)

Amount Per Serving	
Calories 110	
	% Daily Value*
Sodium 0 mg	0%
Total Carbohydrates 26 g	9%
Sugars 22 g	
Vitamin A 0% •	Vitamin C 120%
Calcium 2% •	Iron 0%

* Based on a 2000 calorie diet

Ingredients: Water, concentrated orange juice

Juice Drink

Nutrition Facts

Serving Size 8 fl oz (240 g)

Amount Per Serving	
Calories 120	
	% Daily Value*
Sodium 160 mg	7%
Total Carbohydrates 29 g	10%
Sugars 28 g	
Vitamin A 0% •	Vitamin C 100%
Calcium 0% •	Iron 0%

* Based on a 2000 calorie diet

Ingredients: Water, high-fructose corn syrup, pear and grape juice concentrates, citric acid, water extracted orange and pineapple juice concentrates, ascorbic acid (vitamin C), natural flavor

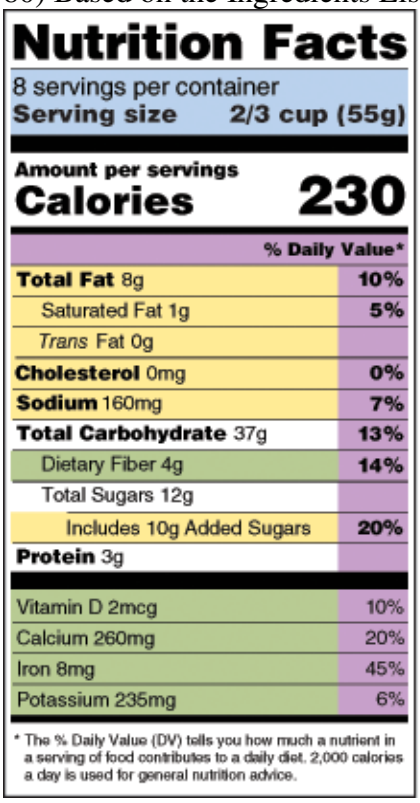
a) the orange juice
b) the juice drink
c) both are comparable; neither is healthier
d) not enough information to determine this

Answer: a

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: True-False

80) Based on the Ingredients List below, the product is a whole-grain product.



Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per servings
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

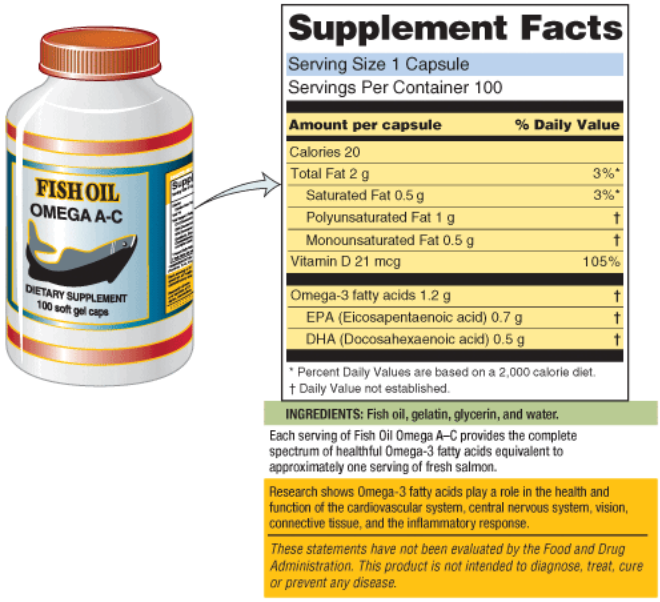
Ingredients:
Enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid); cheese sauce mix (whey, modified food starch, milk fat, salt, milk protein concentrate, contains less than 2% of sodium tripolyphosphate, cellulose gel, cellulose gum, citric acid, sodium phosphate, lactic acid, calcium phosphate, milk, yellow 5, yellow 6, enzymes, cheese culture)

Answer: False

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

81) What type of claim is depicted in this visual?



a) a health claim
b) a nutrient content claim
c) a structure/function claim
d) a qualified health claim

Answer: c

Difficulty: Medium
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.4 Explain the types of claims that are common on food and dietary supplement labels.
Section Reference 1: Section 2.5 Food and Supplement Labels

Question type: Multiple-Choice

82) Which of the following values does NOT fall within the DRIs recommended ranges for daily macronutrient intake?

a) 34% of calories from protein
b) 18% calories from fat
c) 10% of calories from protein
d) 47% of calories from carbohydrate

Answer: b

Difficulty: Hard
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

83) Yesterday, Jose's total calorie intake was 1,945 calories. He calculates that 980 of these calories were from carbohydrates and 460 calories were from protein. What percentage of his calories yesterday were from fat?

a) 24%
b) 26%
c) 50%
d) 56%

Answer: b

Difficulty: Hard
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

84) When Jennifer analyzed her daily intake, she found that she consumed approximately 58% of calories from carbohydrate, 32% of calories from fat, and 10% of calories from protein. Which of the following is a correct statement about her intake in comparison to the DRI ranges recommended for macronutrient intake?

a) Her carbohydrate and fat intake are within recommended ranges, but her protein intake is below.
b) Her carbohydrate intake is within the recommended range, her fat intake is above the recommendation range, and her protein intake is below.

c) Her carbohydrate and fat intakes are above the recommended ranges, and her protein intake is below.
d) Her intake for all three nutrients is within recommended ranges.

Answer: d

Difficulty: Hard
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

Question type: Multiple-Choice

85) Why are vitamin D, calcium, iron, and potassium included on the Nutrition Facts label?

a) They are all considered to be at risk in the American diet since most do not meet intake recommendations.
b) They are the most common nutrient deficiencies.
c) These four nutrients are the most important when assessing a food's overall health value.
d) Their nutrient values are the ones that consumers are most interested in.

Answer: a

Difficulty: Hard
Learning Objective 1: 2.5 Describe the arrangement of information found on food labels and types of dietary supplements claims.
Learning Objective 2: 2.5.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.5 Food and Supplement Labels

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