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Chapter 02 Designing a Healthy Dietary Pattern Answer Key

Multiple Choice Questions

1. The RDAs for nutrients are set

A. to cover the needs of 97% – 98% of the population.

B. based on the dietary intakes of people who appear to be maintaining nutritional health.

C. by the FDA for food labeling purposes.

D. based on a person's height and weight.

Blooms Level: 1. Remember

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Section: 02.06 Specific Nutrient Standards and Recommendations

Topic: Dietary requirements

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2. Which of the following is true about the way we should eat to achieve good nutritional status?

A. Eat fruits and vegetables because we can get all the nutrients we need from these.
B. Do the best we can but take supplements to fill in the deficient areas.
C. Eat a wide variety of foods because no single natural food meets all human nutrient needs.
D. Eat only plant products because animal products are bad and generally filled with hormones for animal growth.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

3. Which meal contains foods from all food groups represented in MyPlate?

A. Chef's salad containing ham, lettuce, an egg, Thousand Island dressing, and croutons; bagel; apple; and soft drink
B. Steak, baked potato with margarine, broccoli, salad with oil and vinegar dressing, milk
C. Refried beans, onions, tomatoes, and cheddar cheese wrapped in a tortilla; orange; and water
D. Pasta, marinara (tomato) sauce with clams, house salad with vegetables, Italian bread with butter, and wine

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

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4. Which statement best describes the healthful diet principle of moderation?

A. Choose a number of different foods within any given food group rather than the "same old thing."

B. Consume a variety of foods from MyPlate's five major food groups every day.

C. Pay attention to portion size and plan your entire day's diet so that you don't overconsume nutrient sources.

D. Consume foods that have the most nutrition for their kilocalories.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

5. Which of the following behaviors exemplifies the concept of dietary moderation?

A. Eat only unprocessed plant products.

B. Choose several different foods from each food group throughout the day.

C. Eat only "good" foods such as fruits and vegetables and avoid the "bad" foods such as steak and ice cream.

D. If breakfast was high in fat and sodium, plan to eat something relatively low in fat and sodium for dinner.

Blooms Level: 3. Apply
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.

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Section: 02.01 A Food Philosophy That Works

Topic: Public health and nutrition

6. Which statement best describes nutrient density?

A. Choose a number of different foods within any given food group rather than the "same old thing."

B. Consume a variety of foods from MyPlate's five major food groups every day.

C. Plan your entire day's diet so that you don't overconsume nutrient sources.

D. Consume foods that have the most nutrients when compared to their kilocalories.

Blooms Level: 1. Remember

Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.

Section: 02.01 A Food Philosophy That Works

Topic: Nutrition basics

7. Measurements of height, weight, body circumferences, and body fat are called

A. sonography.

B. electrocardiography.

C. radiography.

D. anthropometry.

Blooms Level: 1. Remember

Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.

Section: 02.05 Measuring Your Nutritional State

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Topic: Nutrition monitoring and assessment

8. Which of the following is *not* a way to assess nutritional status?

A. Dietary assessment
B. Biochemical tests
C. Clinical evaluation
D. Psychoanalysis

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

9. The acronym RDA stands for

A. Recommended Dietary Allowance.
B. Recommended Daily Allowance.
C. Required Dietary Allowance.
D. Required Daily Allowance.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

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10. Which term describes failing health that results from a long-standing dietary intake that is inadequate to meet nutritional needs?

A. Desirable nutrition
B. Balanced nutrition
C. Undernutrition
D. Inferior nutrition

Blooms Level: 1. Remember
Learning Outcome: 02.04 Describe the three states of nutritional health.
Section: 02.04 States of Nutritional Health
Topic: Nutrition monitoring and assessment

11. The RDAs are considered to be adequate to meet the known nutritional needs of

A. all persons except the very young and very old.
B. all persons except pregnant and lactating women.
C. nearly all healthy persons.
D. all persons diseased and healthy.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
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12. The RDAs for nutrients generally are

A. the minimum amounts the average adult male requires.

B. more than twice the actual requirements.

C. designed to prevent deficiency disease in half the population.

D. designed to be adequate for almost all healthy people.

Blooms Level: 1. Remember

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Section: 02.06 Specific Nutrient Standards and Recommendations

Topic: Dietary requirements

13. The RDA for iron is 18 milligrams per day. Tina usually consumes about 15 milligrams of iron per day. She is a healthy young woman with no condition that significantly increases her needs for iron. Which of the following statements is true about her consumption of this nutrient?

A. She is likely to be deficient in iron.

B. She will need to consume significantly more iron, above the RDA, to make up for her intake.

C. Only if her intake is consistently less than 70% of the RDA would she be at great risk of nutritional deficiency.

D. She couldn't possibly be getting enough iron for her needs.

Blooms Level: 5. Evaluate

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Section: 02.06 Specific Nutrient Standards and Recommendations

Topic: Dietary requirements

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14. Adequate Intakes (AI)

A. are established for nutrients for which there is not enough information to set RDAs.

B. are established for carbohydrate, total fat, and dietary fiber.

C. represent minimum nutrient needs.

D. are established for all vitamins and minerals.

Blooms Level: 1. Remember

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Section: 02.06 Specific Nutrient Standards and Recommendations

Topic: Dietary requirements

15. Which of the following nutrient standards is referenced on the Nutrition Facts panel of a box of Cheerios™?

A. Recommended Dietary Allowance

B. Daily Value

C. Adequate Intake

D. Estimated Safe and Adequate Daily Dietary Intake

Blooms Level: 3. Apply

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Section: 02.06 Specific Nutrient Standards and Recommendations

Topic: Dietary requirements

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16. One serving of Raisin Bran cereal contains 50 percent of the 18 mg Daily Value for iron. How much iron will one serving of your cereal provide?

A. 5 mg

B. 9 mg

C. 15 mg

D. 36 mg

Blooms Level: 3. Apply

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Section: 02.06 Specific Nutrient Standards and Recommendations

Topic: Dietary requirements

17. A food label states that a serving of a particular product provides 20 percent of the Daily Value for fat. This means that

A. when you eat a serving of this product, you will be getting one-fifth of the RDA for fat.

B. a serving of this product provides about 13 grams of fat.

C. this product is not a good choice to achieve your nutritional needs.

D. fat makes up 20% of the weight of the food product.

Blooms Level: 2. Understand

Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.

Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning

Topic: Dietary requirements

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18. The term "Daily Value" on a food label refers to

A. a generic standard set at or close to the highest RDA value or related nutrient standard.

B. RDAs.

C. minimum requirements.

D. AIs.

Blooms Level: 1. Remember

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Section: 02.06 Specific Nutrient Standards and Recommendations

Topic: Dietary requirements

19. According to MyPlate, food choices from the Grains group should include

A. an equal amount of whole grain and refined grain products.

B. at least half of the grain servings as whole grain cereals, breads, crackers, rice, or pasta every day.

C. only whole grain products.

D. a serving of grain products at each meal.

Blooms Level: 1. Remember

Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.

Section: 02.03 MyPlate-A Menu-Planning Tool

Topic: Public health and nutrition

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20. An adult who follows a 2000-kcal Healthy U.S.-Style Eating Pattern should consume _____ cups of milk or milk equivalents per day.

A. 1
B. 2
C. 3
D. 4

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

21. EER refers to

A. a set of nutrient recommendations that includes RDAs, AIs, and ULs.
B. estimated calorie needs for the average person of a specific height, weight, age, gender, and physical activity pattern.
C. a person's actual calorie needs, as measured by calorimetry.
D. the level of dietary intake of a nutrient that is likely to meet the needs of nearly all healthy individuals in a particular life stage and gender group.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

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22. When it comes to choosing fruit, the Dietary Guidelines recommend

A. avoiding fruit if you want to lose weight.

B. eating a variety of fruit—fresh, canned, or frozen.

C. including plenty of fruit juices for your fruit servings.

D. choosing only whole, fresh fruits.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

23. An adult who follows a 2000-kcal Healthy U.S.-Style Eating Pattern should consume _____ ounce-equivalents from the Protein Foods group per day.

A. 2 to 3

B. 4

C. 5.5

D. 10

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

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24. Which of the following is true about the use of MyPlate?

A. The guide applies to infants.

B. Milk and meat are essential to good nutrition.

C. Variety is the key to the plan.

D. The guide does not permit use of fats, oils, and sweets.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

25. Margaret, an elderly woman, needs to limit her kilocalorie intake without sacrificing needed nutrients. Keeping MyPlate in mind, which of the following could she do?

A. Eliminate carbohydrates.

B. Carefully select foods rich in nutrients but low in kilocalories.

C. Count kilocalories and not worry about the food groups.

D. Eliminate dairy foods.

Blooms Level: 3. Apply
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

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26. Which of the following is *not* a wise application of MyPlate?

A. Using low-fat and nonfat choices for milk and cheese
B. Including several servings of plant sources of protein per week
C. Using whole grain breads and cereals
D. Eliminating foods from the Fruits group to lose weight

Blooms Level: 3. Apply
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

27. Nutrient density can be defined as the amount of

A. a particular nutrient in a serving of food divided by the number of kilocalories in that serving.
B. a particular nutrient in a serving of food divided by the number of grams of protein.
C. kilocalories in a food divided by the amount of kilocalories needed in a day.
D. a nutrient in a serving of food divided by the amount of the nutrient needed for that day.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

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28. One cup of apple juice has 111 kilocalories and 1.4 mg of vitamin C. The same serving size of orange juice has 112 kilocalories and 124 mg of vitamin C. Which of the following is true regarding their nutrient density?

A. Apple juice is more nutrient dense for vitamin C than orange juice.
B. To get adequate vitamin C while watching kilocalorie intake, it would be better to consume apple juice than orange juice.
C. Apple juice provides more vitamin C per kilocalorie than orange juice.
D. Orange juice is more nutrient dense for vitamin C than apple juice.

Blooms Level: 5. Evaluate
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

29. The acronym DRI stands for

A. Dietary Required Intake.
B. Dietary Reference Intake.
C. Daily Required Intake.
D. Daily Reference Intake.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
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30. The Dietary Guidelines for Americans recommend which of the following?

A. Limit calories from saturated fats and added sugars.

B. Consume two alcoholic beverages per day.

C. Eliminate oils and solid fats from the diet.

D. Decrease vegetable and fruit intake.

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

31. The Dietary Guidelines emphasize

A. reduction of both total calories and physical activity.

B. reduction of total calories, sugar-sweetened beverages, saturated fat, and sodium.

C. increase in animal protein and refined grains.

D. increase in all types of dairy products.

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

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32. Which of the following statements is consistent with the Dietary Guidelines for Americans?

A. Choose a diet very low in fat and cholesterol.

B. Balance the calories you eat with physical activity.

C. Choose a diet with plenty of animal products, including milk and meats.

D. Eat an abundance of saturated fats.

Blooms Level: 2. Understand
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

33. Jeff, a world-class triathlete, visits a dietitian to obtain sports nutrition advice. During his visit, Jeff is asked to recall what he ate for the past 24 hours. Which part of a nutritional assessment is this?

A. Biochemical evaluation

B. Dietary assessment

C. Clinical examination

D. Menu planning

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

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34. Missy visits a doctor because she feels tired most of the time, is easily distracted, and feels chilled. As part of her examination, Missy has blood drawn to be tested for concentrations of nutrients and their by-products. This part of the examination is the

A. anthropometric assessment.
B. physical examination.
C. biochemical evaluation.
D. clinical examination.

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

35. Mrs. Mitchell was hospitalized after being found unconscious in her home. A dietitian conducted a nutritional assessment, noting the general appearance of Mrs. Mitchell's skin, eyes, and tongue. Which part of the assessment is this?

A. Medical history
B. Diet history
C. Biochemical evaluation
D. Clinical examination

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

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36. Kate consumes 1,900 kilocalories each day. She requires 1,750 kilocalories to meet daily energy needs. Over time, Kate's kilocalorie consumption could lead to

A. undernutrition.
B. balanced nutrition.
C. overnutrition.

Blooms Level: 2. Understand
Learning Outcome: 02.04 Describe the three states of nutritional health.
Section: 02.04 States of Nutritional Health
Topic: Nutrition monitoring and assessment

37. Which government agency is responsible for regulating most U.S. food labeling?

A. Food and Drug Administration
B. U.S. Department of Agriculture
C. Bureau of Alcohol, Tobacco, and Firearms
D. Center for Science in the Public Interest

Blooms Level: 1. Remember
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning
Topic: Food and supplement labeling

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38. Looking at the ingredients list on a jar of spaghetti sauce, you see that olive oil is the second ingredient. This means that olive oil is

A. the second ingredient by alphabetical listing.
B. just one of the ingredients present in the sauce.
C. the second most abundant ingredient by weight.
D. the second most abundant ingredient by volume.

Blooms Level: 2. Understand
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning
Topic: Food and supplement labeling

39. By law, which of the following food items must display a Nutrition Facts panel?

A. Box of granola bars
B. Navel oranges
C. Fresh catfish fillet
D. Fresh spinach

Blooms Level: 2. Understand
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning
Topic: Food and supplement labeling

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40. Which of the following is *not* required on a Nutrition Facts panel?

A. The amount per serving of all vitamins and minerals for which there is an RDA

B. The serving size

C. Total kilocalories from fat per serving

D. Total fat, saturated fat, and cholesterol per serving

Blooms Level: 1. Remember
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning
Topic: Food and supplement labeling

41. According to the Dietary Guidelines, Americans should adjust their dietary patterns to include more

A. milk, meat, and beans.

B. fruits, vegetables, low-fat milk, and whole grains.

C. grains, beans, and solid fats.

D. fruit juice, beans, and meat.

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

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42. The number of servings to consume from each MyPlate food group depends on a person's

A. height, weight, and waist circumference.

B. taste preferences.

C. age, gender, height, and weight.

D. frame size.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

43. The food grouping guidelines most recently released from the United States government are called

A. The Food Guide Pyramid.

B. The Basic Four Food Groups.

C. MyPyramid.

D. MyPlate.

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

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44. Physical Activity Guidelines for Americans, released in 2008, advise a minimum of _____ minutes per week of moderate-intensity physical activity for adults.

A. 30

B. 60

C. 90

D. 150

Blooms Level: 1. Remember

Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.

Section: 02.02 Dietary and Physical Activity Guidelines

Topic: Public health and nutrition

45. RDAs are *not* used in food labeling because

A. they are age- and gender-specific.

B. they are too generic.

C. there are too many of them.

D. their values are set too high.

Blooms Level: 2. Understand

Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.

Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning

Topic: Food and supplement labeling

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46.

Two tablespoons (tbsp) of salad dressing, peanut butter, or margarine is about the size of a

A.
yoyo.

B.
baseball.

C.
tennis ball.

D.
golf ball.

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Nutrition basics

True / False Questions

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47.

The results of an observational study show that women who regularly take multivitamins tend to have healthier body weight.

Taking multivitamins causes weight loss.

FALSE

Blooms Level: 4. Analyze
Learning Outcome: 02.07 Identify reliable sources of nutrition information.
Section: 02.07 Evaluating Nutrition Information
Topic: Evaluating nutrition information

Multiple Choice Questions

48. In order to make healthful and logical nutrition decisions, beware of

A. testimonials about personal experience.
B. reputable publication sources.
C. registered dietitian nutritionists.
D. evidence from other scientific studies.

Blooms Level: 3. Apply
Learning Outcome: 02.07 Identify reliable sources of nutrition information.
Section: 02.07 Evaluating Nutrition Information
Topic: Evaluating nutrition information

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49. The Mediterranean Diet Pyramid represents the dietary patterns of people from parts of the Mediterranean region that enjoy

A. the lowest recorded rates of chronic diseases.

B. the highest intake of saturated fat.

C. the lowest adult life expectancy.

D. the lowest intake of carbohydrates.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Too
Topic: Public health and nutrition

50. When there is insufficient research to determine the RDA for a nutrient, the _____, based on estimates of intakes that appear to maintain a defined nutritional state in a specific life stage, is the nutrient standard.

A. Tolerable Upper Intake Level (UL)

B. Daily Value (DV)

C. Adequate Intake (AI)

D. Estimated Average Requirement (EAR)

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

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51. According to the Dietary Guidelines, adults should _____ intake of fat-free or low-fat milk and milk products.

A. decrease
B. maintain current
C. increase

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

52. According to MyPlate, eggs belong in the _____ group.

A. chicken
B. protein
C. grains
D. dairy

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

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53. In order to ensure adequate intake of nutrients, choose vegetables

A. that have no preservatives.

B. that are organic.

C. from all five vegetable subgroups.

D. from local farms.

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

54. A comparison of the kilocalorie content of a food to the weight of that food is

A. body density.

B. nutrient density.

C. diet quality.

D. energy density.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

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55. Which of the following is a major contributor of empty calories in American diets?

A. Sugar-sweetened beverages

B. Diet soft drinks

C. Canned fruits

D. Whole grain breakfast cereals

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate-A Menu-Planning Tool
Topic: Public health and nutrition

56. Which government agency is responsible for most U.S. food labeling?

A. FDA

B. IOM

C. USDA

D. EPA

Blooms Level: 1. Remember
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning
Topic: Healthy diet guidelines

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57. The Dietary Guidelines recommend limiting intake of _____ to less than 10% of calories.

A. saturated fatty acids

B. total fat

C. essential fatty acids

D. *trans* fatty acids

Blooms Level: 1. Remember

Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.

Section: 02.02 Dietary and Physical Activity Guidelines

Topic: Public health and nutrition

Matching Questions

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58. Match the following with the descriptions below

1. DV	Recommended nutrient intake that meets the needs of almost all healthy people of similar age and gender	**5**
2. UL	Nutrient intake level that appears to maintain nutritional health; set when insufficient research evidence is available to determine precise nutrient needs	**4**
3. EER	Used as a reference for expressing nutrient content on nutrition labels	**1**
4. AI	Maximum daily chronic intake level that is unlikely to cause adverse health effects	**2**
5. RDA	Estimate of energy needs based on weight, height, age, gender, and physical activity level	**3**

Blooms Level: 1. Remember

Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.

Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.

Section: 02.06 Specific Nutrient Standards and Recommendations

Section: 02.08 Nutrition and Your Health: Food Labels and Diet Planning

Topic: Nutrition basics

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59. Match the following with the descriptions below.

1. Variety	Choosing foods from all the food groups and subgroups	**1**
2. Proportionality	Planning food choices so that nutrient sources are not overconsumed	**3**
3. Moderation	A food's nutrient content in relation to its energy contribution	**5**
4. Energy density	A food's kilocalorie content compared to the weight of the food	**4**
5. Nutrient density	Choosing more nutrient-dense foods and fewer nutrient-poor foods	**2**

Blooms Level: 1. Remember

Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.

Section: 02.01 A Food Philosophy That Works

Topic: Nutrition basics

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60. Match the following with the descriptions below.

1. Malnutrition	Failing health that results from long-standing dietary practices that do not coincide with nutritional needs	**1**
2. Undernutrition	A state in which nutritional intake greatly exceeds the body's needs	**3**
3. Overnutrition	Nutritional health as determined by ABCDE assessments	**4**
4. Nutritional state	Failing health that results from long-standing dietary practices that are inadequate to meet nutritional needs	**2**

Blooms Level: 1. Remember
Learning Outcome: 02.04 Describe the three states of nutritional health.
Section: 02.04 States of Nutritional Health
Topic: Nutrition monitoring and assessment

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