Wardlaw's Perspectives in Nutrition A Functional Approach 2nd edition Byrd-Bredbenner Test Bank

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Perspectives in Nutrition, A Functional Approach, 2e **(Byrd)**
Chapter 2 Tools of a Healthy Diet

1) Which is true about the Dietary Reference Intakes (DRIs)?
A) They apply to people in Canada and the U.S.
B) They differ by age group.
C) They include Recommended Dietary Allowances and Tolerable Upper Intake Levels.
D) They were created by the Food and Nutrition Board.
E) All of these responses are true.

Answer: E
Explanation: All responses correct
Difficulty: 1 Easy
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Bloom's: Remember
Est Time: 0-1 minute

2) Dietary Reference Intakes (DRI) values are for people who are _____.
A) 1 to 4 years of age
B) over 4 years of age
C) over 19 years of age
D) of all ages

Answer: D
Explanation: DRIs are for people of all ages.
Difficulty: 1 Easy
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
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Est Time: 0-1 minute

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3) An Adequate Intake (AI) is set for a nutrient when _____.
A) too little research is available to establish an RDA
B) the needs during pregnancy decline instead of increase
C) the set RDA is not adequate enough
D) the nutrient has a high potential for being toxic

Answer: A
Explanation: AI is set when too little research is available to establish an RDA.
Difficulty: 1 Easy
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Bloom's: Remember
Est Time: 0-1 minute

4) Which Dietary Reference Intake (DRI) is set high enough to meet the needs of 97 to 98% of the population?
A) Estimated Energy Requirements
B) Estimated Average Requirements
C) Recommended Dietary Allowances
D) Dietary Reference Intakes

Answer: C
Explanation: The RDA is set to meet the needs of 97-98% of the population.
Difficulty: 1 Easy
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
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5) Tolerable Upper Intake Levels (ULs) are _____.
A) the maximum daily intake level not likely to cause harmful effects
B) based on intakes from only supplements and highly fortified foods
C) nutrient intake goals
D) set for all nutrients

Answer: A
Explanation: UL is the maximum daily level not likely to cause harmful effects related to toxicity.
Difficulty: 1 Easy
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Bloom's: Remember
Est Time: 0-1 minute

6) Which Dietary Reference Intake (DRI) reflects average daily needs?
A) Adequate Intakes
B) Estimated Average Requirements
C) Recommended Dietary Allowances
D) Tolerable Upper Intake Levels

Answer: B
Explanation: EAR reflects average daily needs.
Difficulty: 2 Medium
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Bloom's: Understand
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7) The AMDRs do NOT include estimates for intake of _____.
A) essential fatty acids
B) essential amino acids
C) carbohydrate
D) fat

Answer: B
Explanation: Essential amino acids do not have an established AMDR.
Difficulty: 1 Easy
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Bloom's: Remember
Est Time: 0-1 minute

8) The Recommended Dietary Allowances (RDAs) for nutrients are _____.
A) the maximum amounts allowed for an average 70-kg man
B) twice as high as almost everyone needs
C) average requirements for a population
D) designed to meet the nutrient needs of 97 to 98% of individuals in a specific life stage

Answer: D
Explanation: The RDAs are designed to meet the nutrient needs of 97-98% of the population.
Difficulty: 1 Easy
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
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9) Foods that provide a greater contribution to nutrient needs than calorie needs are said to be _____.
A) empty calorie
B) energy dense
C) calorie dense
D) nutrient dense

Answer: D
Explanation: Nutrient dense foods provide more nutrient needs relative to calorie needs.
Difficulty: 1 Easy
Section: 02.01
Topic: Nutrition monitoring and assessment
Learning Objective: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.
Bloom's: Remember
Est Time: 0-1 minute

10) The nutrient standards used on Nutrition Facts panels are called _____.
A) Recommended Dietary Allowances
B) Daily Values
C) Estimated Average Requirements
D) Adequate Intakes

Answer: B
Explanation: Daily Values are used on all Nutrition Facts Panels.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Bloom's: Remember
Est Time: 0-1 minute

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11) Daily Values differ from Recommended Dietary Allowances in that Daily Values _____.
A) are used on Nutrition Facts panels
B) are based on 2 sets of dietary standards
C) are not gender-specific
D) All of these responses are correct.

Answer: D
Explanation: All responses are correct.
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Bloom's: Understand
Est Time: 0-1 minute

12) Daily Values are based on which sets of dietary standards?
A) Reference Daily Intakes and Daily Reference Values
B) Recommended Dietary Allowances and Daily Reference Values
C) Reference Daily Intakes and Tolerable Upper Intake Levels
D) Recommended Dietary Allowances and Reference Daily Intakes

Answer: A
Explanation: DVs are based on RDAs and DRVs.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Bloom's: Remember
Est Time: 0-1 minute

13) Daily Reference Values are set for _____.
A) fat and cholesterol
B) sodium and potassium
C) carbohydrate and protein
D) All of these responses are correct.

Answer: D
Explanation: DRVs are set for all of those nutrients.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Bloom's: Remember
Est Time: 0-1 minute

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14) The reference calorie intake for calculating percent Daily Values on Nutrition Facts labels is _____.
A) 1500 kcal
B) 2000 kcal
C) 2300 kcal
D) 3000 kcal

Answer: B
Explanation: Nutrition Facts label values are based on a 2000kcal diet.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Bloom's: Remember
Est Time: 0-1 minute

15) Which dietary standard value varies with calorie intake?
A) Fat
B) Vitamin C
C) Calcium
D) Iron

Answer: A
Explanation: Fat recommendations vary with caloric intake.
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Bloom's: Understand
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16) Which is required on all food packages?
A) Name and address of the food manufacturer
B) Date and time of processing
C) Expiration date
D) Percent Daily Value for protein

Answer: A
Explanation: Name/address of food manufacturer are required on a food package.
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Understand
Est Time: 0-1 minute

17) If a can of soup provides 4 servings and has 100 kcal per serving, how many kcal are in the entire can?
A) 100
B) 200
C) 400
D) 800

Answer: C
Explanation: 100 kcal/serving × 4 servings/can = 400 kcal/can
Difficulty: 3 Hard
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Apply
Est Time: 0-1 minute

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18) Food components that MUST be listed on the Nutrition Facts panel include _____.
A) sugars, dietary fiber, and fluoride
B) sugars, dietary fiber, and calcium
C) sugars, dietary fiber, and monounsaturated fat
D) sugars, calcium, and B-vitamins

Answer: B
Explanation: Sugars, dietary fiber, and calcium are all required on the current food label.
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Understand
Est Time: 0-1 minute

19) Which of the following claims are least closely regulated by the Food and Drug Administration (FDA)?
A) Health claims
B) Structure/function claims
C) Nutrient content claims
D) Nutrition Facts Panel

Answer: B
Explanation: Health claims, nutrient content claims and Nutrition Facts Panel are more strongly regulated by the FDA.
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Understand
Est Time: 0-1 minute

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20) To be defined as a "good" source of calcium, a food must contain _____.
A) at least 5% of the Daily Value for calcium in 1 serving of the food
B) at least 10% of the Daily Value for calcium in 1 serving of the food
C) at least 50% of the Daily Value for calcium in 1 serving of the food
D) at least 50% of the Daily Value for calcium in 2 servings of the food

Answer: B
Explanation: A "Good" source is defined by "at least 10% of the DV for that nutrient in 1 serving."
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Understand
Est Time: 0-1 minute

21) When vitamins and/or minerals are added to a food product in amounts in excess of at least 10% above that originally present in the product, the food is designated as _____.
A) light or lite
B) organic
C) imitation
D) fortified

Answer: D
Explanation: Fortified foods have at least 10% more of a nutrient than originally present in that product.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Remember
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22) Which is NOT a permitted health claim?
A) Diets with enough calcium may reduce risk of osteoporosis.
B) Diets low in sugar may reduce the risk of cancer.
C) Diets low in saturated fat and cholesterol may reduce the risk of cardiovascular disease.
D) None of these responses are permitted.

Answer: B
Explanation: "Diets low in sugar may reduce the risk of cancer" is not a definitively proved statement and not a permitted health claim.
Difficulty: 3 Hard
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Apply
Est Time: 0-1 minute

23) What type of claim is "calcium builds strong bones and teeth"?
A) Structure/function claim
B) Health claim
C) Nutrient claim
D) Preliminary health claim

Answer: A
Explanation: "Calcium builds strong bones and teeth" is a structure/function claim because it explains how a nutrient effects the body.
Difficulty: 3 Hard
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Apply
Est Time: 0-1 minute

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24) For a health claim to be made about a food product, it must NOT contain more than _____.
A) 19 g fat
B) 70% carbohydrate
C) 4 g saturated fat
D) 120 mg cholesterol
E) All of these choices are correct.

Answer: C
Explanation: A product with a health claim cannot contain more than 4g sat fat.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Remember
Est Time: 0-1 minute

25) Factors that affect the amount of nutrients in foods include _____.
A) farming conditions
B) ripeness of plants when harvested
C) cooking processes
D) length of time food is stored
E) All of these factors affect nutrient content of foods.

Answer: E
Explanation: All of the listed factors affect nutrient content.
Difficulty: 2 Medium
Section: 02.03
Topic: Nutrition monitoring and assessment
Learning Objective: 02.04 Describe the uses and limitations of the data in nutrient databases.
Bloom's: Understand
Est Time: 0-1 minute

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26) By definition, energy-dense foods are ALL _____.
A) high in calories
B) high in water
C) high in fiber
D) high in volume

Answer: A
Explanation: Energy
Difficulty: 1 Easy
Section: 02.03
Topic: Nutrition monitoring and assessment
Learning Objective: 02.04 Describe the uses and limitations of the data in nutrient databases.
Bloom's: Remember
Est Time: 0-1 minute

27) Nutrient databases can be used to determine _____.
A) a food's energy density
B) a food's nutrient density
C) the nutrient content of your diet
D) the nutrient content of the foods in a recipe
E) All of these responses are appropriate uses of nutrient databases.

Answer: E
Explanation: All responses are correct.
Difficulty: 3 Hard
Section: 02.03
Topic: Nutrition monitoring and assessment
Learning Objective: 02.04 Describe the uses and limitations of the data in nutrient databases.
Bloom's: Apply
Est Time: 0-1 minute

28) The Dietary Guidelines for Americans are designed to reduce the risk of _____.
A) cancer
B) cardiovascular disease
C) obesity
D) All of these responses are correct.

Answer: D
Explanation: All responses are correct.
Difficulty: 1 Easy
Section: 02.04
Topic: Nutrition monitoring and assessment
Learning Objective: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Bloom's: Remember
Est Time: 0-1 minute

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29) The Dietary Guidelines for Americans _____.
A) provide a scientific basis for USDA's school lunch program
B) provide a scientific basis for the Food Stamp Program
C) are designed to reduce the risk of "killer" diseases
D) All of these choices are correct.

Answer: D
Explanation: All responses are correct.
Difficulty: 1 Easy
Section: 02.04
Topic: Nutrition monitoring and assessment
Learning Objective: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Bloom's: Remember
Est Time: 0-1 minute

30) According to the Dietary Guidelines for Americans, those who consume alcoholic beverages should do so in moderation. Which of the following statements is true?
A) A moderate intake is 1 or fewer servings per day for women.
B) Beer is not considered an alcoholic beverage because it is mostly water.
C) An average serving of red wine is 1.6 ounces per glass.
D) To be considered an alcoholic beverage, distilled spirits must be at least 180 proof.

Answer: A
Explanation: One alcoholic drink per day is the definition of moderation for women.
Difficulty: 1 Easy
Section: 02.04
Topic: Nutrition monitoring and assessment; Alcohol
Learning Objective: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Bloom's: Remember
Est Time: 0-1 minute

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31) Which government agency publishes the Dietary Guidelines for Americans?
A) USDA
B) USDHHS
C) FDA
D) USDA and USDHHS
E) FDA and USDA

Answer: D
Explanation: USDA and DHHS publish the DGAs every 5 years.
Difficulty: 1 Easy
Section: 02.04
Topic: Nutrition monitoring and assessment
Learning Objective: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Bloom's: Remember
Est Time: 0-1 minute

32) MyPlate groups foods into _____ major categories.
A) 2
B) 3
C) 4
D) 5

Answer: D
Explanation: MyPlate has 5 categories: fruit, vegetable, protein, grain, and dairy.
Difficulty: 1 Easy
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Remember
Est Time: 0-1 minute

33) Which of the following is a key behavior emphasized in MyPlate?
A) Balancing calories
B) Foods to increase
C) Foods to reduce
D) All of these responses are correct

Answer: D
Explanation: MyPlate emphasizes areas including all responses listed.
Difficulty: 1 Easy
Section: 02.04
Topic: Nutrition monitoring and assessment
Learning Objective: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.
Bloom's: Remember
Est Time: 0-1 minute

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34) According to MyPlate, a mini bagel would represent _____ ounce(s) from the grains group.
A) 0.50
B) 1
C) 2
D) 3
E) 4

Answer: B
Explanation: A small bagel would be 1 portion/1 ounce.
Difficulty: 3 Hard
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Apply
Est Time: 0-1 minute

35) Two cups of plain lettuce salad would equal a serving from which MyPlate food group?
A) Protein
B) Diary
C) Vegetable
D) Grain

Answer: C
Explanation: Lettuce is a vegetable and 1 serving includes 2 cups leafy vegetables.
Difficulty: 3 Hard
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Apply
Est Time: 0-1 minute

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36) MyPlate includes which food group?
A) Dairy
B) Vegetables
C) Protein
D) Fruits
E) All of the responses are correct

Answer: E
Explanation: MyPlate groups include all those listed.
Difficulty: 1 Easy
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Remember
Est Time: 0-1 minute

37) What eating behavior does MyPlate specifically encourage?
A) Make half your plate vegetables.
B) Make half your plate grains.
C) Make at least half your grains whole grains.
D) Add in more empty-calorie foods.

Answer: C
Explanation: "Make at least half your grains whole grains" is a specific recommendation of MyPlate.
Difficulty: 2 Medium
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Understand
Est Time: 0-1 minute

38) What counts as one serving in the dairy group?
A) 1 cup of ice cream
B) 1 cup of yogurt
C) 1 cup of cottage cheese
D) 1 cup grated cheese

Answer: B
Explanation: One cup of yogurt or milk is 1 serving of dairy.
Difficulty: 1 Easy
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Remember
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39) According to MyPlate, four ounces of processed cheese equals _____ serving(s) from the Dairy group.
A) 1
B) 2
C) 3
D) 4

Answer: B
Explanation: Two ounces of cheese is 1 serving from the Dairy group.
Difficulty: 3 Hard
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Apply
Est Time: 0-1 minute

40) Which nutrient is contributed by the fruit group of MyPlate?
A) calcium
B) folate
C) zinc
D) protein

Answer: B
Explanation: Fruit provides a source of folate. Calcium, zinc and protein are not in fruit.
Difficulty: 2 Medium
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Understand
Est Time: 0-1 minute

41) Which nutrient is best contributed by the protein foods group of MyPlate?
A) iron
B) folate
C) vitamin C
D) vitamin A

Answer: A
Explanation: Iron is found in many protein-rich foods. Vitamin C, vitamin A, and folate are generally plant-based.
Difficulty: 2 Medium
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Understand
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42) The MyPlate vegetable group is divided into which subgroups?
A) Starchy vegetables, red and orange vegetables, and dark green vegetables
B) Dark green vegetables and other vegetables
C) Other vegetables, starchy vegetables, and red and yellow vegetables
D) Dark green vegetables, orange vegetables, starchy vegetables, beans and peas, and other vegetables

Answer: D
Explanation: Vegetables groups is further divided into subgroups as listed.
Difficulty: 1 Easy
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Remember
Est Time: 0-1 minute

43) Reading food labels helps consumers _____.
A) identify amounts of salt or sodium in the product
B) determine the sugar content of the product
C) determine amount and kind of fat in the product
D) choose foods with dietary fiber
E) All of these responses are correct.

Answer: E
Explanation: All responses are correct.
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Understand
Est Time: 0-1 minute

44) Mandatory labeling of foods is regulated by the _____.
A) USDHHS
B) FTC
C) FDA
D) GAO

Answer: C
Explanation: The FDA regulates mandatory labeling.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Remember
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45) Labeling laws require that ingredients in food products be listed on the container in descending order of their _____.
A) calories
B) nutrient density
C) weight
D) cost

Answer: C
Explanation: Food ingredients must be listed on the label by descending weight.
Difficulty: 1 Easy
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Remember
Est Time: 0-1 minute

46) Under the current law on nutrition labeling, the Nutrition Facts panel must include _____.
A) total calories from fat
B) total calories from *trans* fat
C) total calories from saturated fat
D) grams of monounsaturated fat

Answer: A
Explanation: Total calories from fat is required on the Nutrition Facts Label.
Difficulty: 2 Medium
Section: 02.02
Topic: Food and supplement labeling
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Understand
Est Time: 0-1 minute

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Wardlaw's Perspectives in Nutrition A Functional Approach 2nd edition Byrd-Bredbenner Test Bank

47) If a group of people consumed an amount of protein equal to the estimated average requirement for their life stage, what percentage would receive insufficient amounts?
A) 2
B) 33
C) 50
D) 98

Answer: C
Explanation: EAR represents average nutrient needs and not meant to use for individuals.
Difficulty: 3 Hard
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Bloom's: Apply
Est Time: 0-1 minute

48) What measure best describes the amounts of nutrients that should be consumed by the population?
A) The Dietary Reference Intakes because they are a set of nutrient intake values for healthy people
B) The Tolerable Upper Intake levels because they are the maximum daily amount of a nutrient needed that is safe for most healthy people
C) The Estimated Average Requirements because they reflect the average daily amount of a nutrient that will maintain a specific function in half of the healthy people of a population
D) The Recommended Dietary Allowances because they represent the daily amount of a nutrient considered adequate to meet the known nutrient needs of nearly all healthy people

Answer: D
Explanation: RDAs are meant to be extrapolated to the population.
Difficulty: 3 Hard
Section: 02.01
Topic: Dietary requirements
Learning Objective: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.
Bloom's: Apply
Est Time: 0-1 minute

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49) If a person consumed 35% of a diet providing 2500 kcalories from protein, approximately how many grams of protein would be ingested?
A) 48
B) 67
C) 165
D) 219

Answer: D
Explanation: 2500 kcal × 0.35 = 875 / 4 kcal/gram = 219 grams
Difficulty: 3 Hard
Section: 02.01
Topic: Dietary requirements; Nutrition computations
Learning Objective: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).
Bloom's: Analyze
Est Time: 0-1 minute

50) Which of the following meals represents the most nutrient-dense meal?
A) medium apple, fat-free milk, turkey sandwich on whole grain bread, carrot slices
B) graham crackers, fruit punch, salami sandwich on white bread, vegetable soup
C) banana, pretzels with peanut butter, chicken breast wrap sandwich, diet soft drink
D) chocolate chip cookies, low-fat cheese slices on rice cakes, whole milk, peanuts

Answer: A
Explanation: All of the items listed in this response have nutrient density.
Difficulty: 3 Hard
Section: 02.01
Topic: Nutrition monitoring and assessment
Learning Objective: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.
Bloom's: Analyze
Est Time: 0-1 minute

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51) Which of the following represents the most energy-dense meal?
A) broiled fish, watermelon, green beans, water
B) whole milk, peanut butter and jelly sandwich on white bread, tortilla chips
C) broccoli, chicken broth, strawberries, fat-free milk
D) light cream cheese on a mini bagel, vegetable soup, kiwi, salad and lemon juice dressing

Answer: B
Explanation: The items listed in this response are all energy dense and contain the most relative calories.
Difficulty: 3 Hard
Section: 02.01
Topic: Nutrition monitoring and assessment
Learning Objective: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.
Bloom's: Analyze
Est Time: 0-1 minute

52) If anticipated results are not seen after implementing various dietary changes, what is likely the recommended next step?
A) Add extra meals to the diet.
B) Seek the help of a registered dietician/nutritionist or physician.
C) Add in supplements.
D) Limit nutrient intake.

Answer: B
Explanation: A health care professional is likely to offer the best advice after initial attempts fail.
Difficulty: 3 Hard
Section: 02.04
Topic: Nutrition monitoring and assessment
Learning Objective: 02.04 Describe the uses and limitations of the data in nutrient databases.
Bloom's: Apply
Est Time: 0-1 minute

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53) A food label that advertises the product as a "rich source of fiber" is an example of a(n)
A) Health claim
B) Structure/function claim
C) Nutrient claim
D) Obesity prevention claim

Answer: C
Explanation: A nutrient claim describes the nutrient(s) in the food.
Difficulty: 3 Hard
Section: 02.02
Topic: Nutrition monitoring and assessment
Learning Objective: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.
Bloom's: Apply
Est Time: 0-1 minute

54) Which program on MyPlate would you use if you were looking for tips on planning healthy food choices to meet individual goals?
A) *The SuperTracker*
B) *My Food-a-pedia*
C) *The Daily Food Plan*

Answer: C
Explanation: The Daily Food Plan tool offer health tips for the public to use.
Difficulty: 3 Hard
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Analyze
Est Time: 0-1 minute

55) The allotment for maximum sugar per day:
A) is the same for all calorie ranges
B) increases as calorie load increases
C) decreases as calorie load increases
D) is not addressed in the most recent Dietary Guidelines for Americans

Answer: B
Difficulty: 3 Hard
Section: 02.05
Topic: Nutrition monitoring and assessment
Learning Objective: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.
Bloom's: Analyze
Est Time: 0-1 minute

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