Williams Nutrition for Health Fitness and Sport 12th edition Rawson Test Bank

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Nutrition for Health, Fitness & Sport, 12e **(Williams)**
Chapter 2 Healthful Nutrition for Fitness and Sport

1) Three keys to a healthy diet are moderation, balance, and _____.
A) availability
B) variety
C) quality
D) complementarity

Answer: B
Section: Introduction
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.

2) Nutrients that the body needs, but cannot produce at all, or in adequate amounts, are called _____.
A) essential nutrients
B) dispensable nutrients
C) nonessential nutrients
D) nondispensable nutrients

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.01 List the six major classes of nutrients that are essential for human nutrition and identify specific nutrients within each class.

3) Macronutrients _____.
A) may provide energy, but do not support growth and development of body tissues
B) have a daily requirement that is less than a few grams
C) include carbohydrates, fats, and proteins
D) provide no kcals

Answer: C
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.01 List the six major classes of nutrients that are essential for human nutrition and identify specific nutrients within each class.

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4) Which of the following is an example of a micronutrient?
A) Vitamin C
B) Protein
C) Carbohydrates
D) Fats

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.01 List the six major classes of nutrients that are essential for human nutrition and identify specific nutrients within each class.
Activity Type: New

5) Which of the following is an example of a macronutrient?
A) Protein
B) Water
C) Vitamin D
D) Sodium

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.01 List the six major classes of nutrients that are essential for human nutrition and identify specific nutrients within each class.
Activity Type: New

6) Of the water-soluble vitamins, only folic acid and vitamin B12 are considered essential nutrients.

Answer: FALSE
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics
Bloom's: 2. Understand
Learning Outcome: 02.01 List the six major classes of nutrients that are essential for human nutrition and identify specific nutrients within each class.
Activity Type: New

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7) What is the term used to describe the average daily dietary intake that is sufficient to meet the nutrient requirement of nearly all (97–98%) healthy individuals of a given life-stage/sex group?
A) Tolerable Upper Intake Limit (UL)
B) Estimated Average Requirement (EAR)
C) Daily Value (DV)
D) Recommended Dietary Allowance (RDA)

Answer: D
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.

8) The _____ represents the average need for a particular nutrient for healthy adults in a given life-stage/sex group.
A) estimated average requirement
B) adequate intake
C) tolerable upper intake level
D) recommended dietary allowance

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.
Activity Type: New

9) Which of the following are components of the Dietary Reference Intakes (DRI's)?
A) RDA, AI, UL
B) RDA, AMDR, and DV
C) DV, RDA, and AI
D) DV, EAR, UL

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.
Activity Type: New

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10) You are working with a friend to plan her diet and are wanting to determine how much vitamin K is recommended for a 20-year-old, healthy female. Using the Dietary Reference Intakes, you should look at the Adequate Intake for vitamin K for 20-year-old females. This will tell you about how much vitamin K your friend should consume daily.

Answer: TRUE
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.
Activity Type: New

11) According to the Acceptable Macronutrient Distribution Ranges (AMDR's), healthy adults should consume _____ percent of total daily kcals from carbohydrates.
A) 45–65
B) 20–35
C) 10–35
D) 50–70

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.
Activity Type: New

12) According to the Acceptable Macronutrient Distribution Ranges (AMDR's), healthy adults should consume _____ percent of total daily kcals from protein.
A) 10–35
B) 20–35
C) 45–65
D) 30–50

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.
Activity Type: New

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13) Hazel consumes approximately 1,600 kcals daily. If she would like to consume 30% of her total daily kcals from fat, Hazel should eat approximately _____ grams of fat daily.
A) 53
B) 480
C) 120
D) 69

Answer: A
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 3. Apply
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.
Activity Type: New

14) Bo is a 25-year-old healthy male who eats approximately 3,000 daily kcals. He maintains an active lifestyle, exercising 5–6 days per week. According to the AMDR's, Bo could follow a diet that is 50% carbohydrates, 25% fat, and 25% protein and be within the AMDR guidelines for adults.

Answer: TRUE
Section: Essential Nutrients and Recommended Nutrient Intakes
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.02 Explain the development of the DRIs and explain the meaning of their various components, including the RDA, AI, AMDR, UL, EAR, and EER.
Activity Type: New

15) The MyPlate recommendations emphasize all of the following except _____.
A) weight loss
B) variety in food choices
C) regular physical activity
D) balanced nutrient intake

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.
Activity Type: New

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16) Nutrient density _____.
A) is an important concept based on food processing and fortification
B) will automatically increase by increasing the amount of dietary fat and sugar consumed
C) is when a food possesses a significant amount of specific nutrients per serving relative to its caloric content
D) is an indicator of food irradiation

Answer: C
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 1. Remember
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.

17) When considering the key-nutrient concept, which of the following statements is false?
A) The theory is based on the eight nutrients central to human nutrition
B) Highly processed foods to which some vitamins have been added are acceptable to this concept
C) If the key nutrients are adequate in your diet, you will probably receive an ample supply of all nutrients essential to humans
D) MyPlate can be a useful guide to securing the key nutrients, if one keeps in mind that there is some variation in the proportion of the nutrients within each food group

Answer: B
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.

18) According to MyPlate guidelines, consuming _____ will provide 1 ounce of grains.
A) 1 slice of bread
B) 1/2 cup ready-to-eat cereal
C) 1 cups cooked pasta
D) 2 tortillas

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.
Activity Type: New

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19) According to MyPlate guidelines, consuming _____ will provide 1 ounce of protein foods.
A) 1 Tbsp peanut butter
B) 2 eggs
C) 2 ounces lean meat
D) 1 ounce nuts

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.
Activity Type: New

20) According to the MyPlate guidelines, healthy adults should avoid low-fat or fat-free dairy products and focus on whole-fat dairy products, including whole milk and cheese.

Answer: FALSE
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.
Activity Type: New

21) According to the MyPlate guidelines, which of the following recommendations is false?
A) Choose solid fats, such as butter, instead of oils
B) Eat at least half of all grains as whole grains
C) Choose a variety of lean protein-rich foods
D) Select fresh, frozen, or dried fruit more than juice

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.
Activity Type: New

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22) Which statement about the typical American diet is FALSE?
A) Many Americans eat too much saturated fat.
B) Many Americans eat too many kcals.
C) Many Americans consume too much calcium.
D) Many Americans do not eat enough fiber-rich foods.

Answer: C
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 1. Remember
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.

23) Which of the following would be considered a source of empty kcals?
A) Solid fats and added sugars
B) Oils and starchy vegetables
C) Berries and oils
D) Grains and added sugars

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.
Activity Type: New

24) Which of the following statements about the Exchange System is true?
A) The Exchange System is a guide that helps consumers estimate the kcal, protein, carbohydrate, and fat in common food sources.
B) The Exchange System is widely used by health professionals in meal planning.
C) Like MyPlate, the Exchange System groups foods as fruits, vegetables, protein foods, grains, and dairy foods.
D) The Exchange System was developed in 2018 by the US Food and Drug Administration.
E) All of these statements about the Exchange System are true.

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.03 Discuss the concept of a balanced diet and the basic components and recommendations of the MyPlate food guide.
Activity Type: New

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25) According to the key-nutrient concept, if eight key nutrients are consumed in adequate amounts in the diet, a person will probably be meeting their need for all essential nutrients.

Answer: TRUE
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

26) According to the key-nutrient concept, each of the following nutrients are considered "key" except _____.
A) fiber
B) iron
C) calcium
D) thiamin

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 1. Remember
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

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27) Which of the following foods would be considered most nutrient-dense with regard to calcium?

8 oz Greek yogurt: 100 kcals, 400 mg calcium

1 cup low-fat milk: 100 kcals, 300 mg calcium

1 cup ice cream: 400 kcals, 200 mg calcium

1 oz Brie cheese: 90 kcals, 50 mg calcium

A) Greek yogurt
B) Low-fat milk
C) Ice cream
D) Brie cheese

Answer: A
Section: The Balanced Diet and Nutrient Density
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 3. Apply
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

28) According to the *2015–2020 Dietary Guidelines for Americans*, less than _____ percent of total daily kcals should be provided by added sugars.
A) 10
B) 20
C) 30
D) 5

Answer: A
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.04 Explain the key recommendations of the 2015-2020 Dietary Guidelines for Americans, including recommendations for saturated fat, added sugars, and sodium intake.
Activity Type: New

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29) To meet the recommendations of the *2015–2020 Dietary Guidelines for Americans*, healthy adults should consume less than _____ percent of total daily kcals from saturated fats.
A) 10
B) 20
C) 30
D) 5

Answer: A
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.04 Explain the key recommendations of the 2015-2020 Dietary Guidelines for Americans, including recommendations for saturated fat, added sugars, and sodium intake.
Activity Type: New

30) Karlie has been planning her dietary according to the recommendations of the *2015–2020 Dietary Guidelines for Americans*. Based on these guidelines, Karlie should consume less than 3,000 mg of sodium daily.

Answer: FALSE
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines; Dietary Requirements
Bloom's: 1. Remember
Learning Outcome: 02.04 Explain the key recommendations of the 2015-2020 Dietary Guidelines for Americans, including recommendations for saturated fat, added sugars, and sodium intake.
Activity Type: New

31) Which of the following statements about the Mediterranean diet is FALSE?
A) Red meats are emphasized in the diet.
B) The diet includes significant amounts of olive oil.
C) The diet emphasizes enjoying meals with family and friends.
D) The diet has been associated with reducing one's risk for heart disease, diabetes, and obesity.
E) Plant-based foods are important in the diet.

Answer: A
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

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32) Which of the following statements are in line with the recommendations of the Prudent Healthy Diet?
A) Limit consumption of added sugars from sugar-sweetened beverages
B) Prepare foods with less salt
C) Emphasize fruits, vegetables, whole-grains, legumes, and other plant-based foods
D) Select lean sources of protein
E) All of these statements are in line with the Prudent Healthy Diet recommendations

Answer: E
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

33) Which of the following is NOT a recommended dietary guideline associated with the Prudent Healthy Diet?
A) Maintain a healthy body weight
B) Eat a variety of wholesome, natural foods
C) Choose a diet rich in whole grains
D) Choose a diet low in total fat and saturated fat
E) Take a daily one-a-day multivitamin/mineral tablet with at least twice the RDA for all vitamins and minerals

Answer: E
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.

34) Recommendations of both the Prudent Healthy Diet and MyPlate are to consume at least _____ of grains from whole grain sources.
A) half
B) one-third
C) two-thirds
D) one-quarter

Answer: A
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

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35) One of the recommendations of the Prudent Healthy Diet is to "Choose a diet adequate in calcium and iron." Consuming enough calcium and iron is particularly important to males given their larger body frame size and muscle mass.

Answer: FALSE
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

36) Adrianna prepares most of the meals at home for her family and wants to ensure she is using good food safety practices. All of the following are recommended except _____.
A) refrigerate foods within three hours to a temperature of 45 degrees F
B) separate ready-to-eat foods from foods that will need to be prepared
C) use a food thermometer to check internal cooking temperatures when preparing cooked foods
D) wash cutting boards, cooking utensils, and dishes regularly

Answer: A
Section: Healthful Dietary Guidelines
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.05 Describe key principles of healthy eating and provide examples for how food might be selected or prepared in order to adhere to these guidelines.
Activity Type: New

37) If foods are not selected carefully, strict vegetarians may consume inadequate amounts of _____.
A) vitamin A
B) vitamin C
C) calcium
D) potassium

Answer: C
Section: Vegetarianism
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 1. Remember
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

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38) To obtain protein complementarity, you would combine rice with _____.
A) wheat
B) oats
C) corn
D) black beans

Answer: D
Section: Vegetarianism
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 1. Remember
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

39) Of the following statements, which is true of a healthy vegetarian diet?
A) A vegetarian diet is always healthier than a diet that includes animal foods.
B) The major nutritional difference between a nonvegetarian and a vegetarian diet appears to be the higher content of saturated fats and cholesterol in the latter.
C) A vegetarian diet generally provides more than adequate amounts of nutrients and tends to be lower in kcals than a typical nonvegetarian diet.
D) Vitamin B12 deficiencies are very rare in a vegan diet.

Answer: C
Section: Vegetarianism
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 1. Remember
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

40) A/An _____ is a vegetarian who eats no animal products at all.
A) vegan
B) ovovegetarian
C) lactovegetarian
D) pescovegetarian

Answer: A
Section: Vegetarianism
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.
Activity Type: New

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41) Charlie eats eggs and foods from the dairy group, but does not consume any other animal food products. This type of diet is considered a/an _____ diet.
A) ovolactovegetarian
B) vegan
C) ovovegetarian
D) lactovegetarian
E) semivegetarian

Answer: A
Section: Vegetarianism
Topic: Nutrition Basics
Bloom's: 2. Understand
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.
Activity Type: New

42) For a vegan, which of the following would NOT be an example of protein complementarity to get a proper mixture of amino acids?
A) Kidney beans and rice
B) Bread and navy beans
C) Kidney beans in a taco shell made from corn and wheat
D) Pasta with tomato sauce and Italian bread
E) Pasta e fagioli (pasta fazool) or pasta cooked with navy beans

Answer: D
Section: Vegetarianism
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 3. Apply
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

43) Which of the following foods would NOT be consumed by a lactovegetarian?
A) Scrambled eggs
B) Skim milk
C) Cheese
D) Yogurt
E) Ice cream

Answer: A
Section: Vegetarianism
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 1. Remember
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

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44) A vegetarian-type diet, particularly a vegan diet, may be more healthful than the typical American diet for all of the following reasons except _____.
A) a vegan diet is higher in easily absorbed iron
B) a vegan diet is higher in fiber
C) a vegan diet is lower in saturated fats
D) a vegan diet usually contains more phytonutrients
E) a vegan diet is typically lower in cholesterol

Answer: A
Section: Vegetarianism
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

45) Of the following nutrients, the one LEAST likely to be deficient in a vegetarian diet is _____.
A) fiber
B) vitamin B-12
C) calcium
D) iron

Answer: A
Section: Vegetarianism
Topic: Nutrition Basics; Healthy Diet Guidelines
Bloom's: 2. Understand
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

46) Antioxidant nutrients and phytonutrients that may provide a medical or health benefit are referred to, collectively, as _____.
A) pharmaceuticals
B) nutraceuticals
C) saturated fats
D) enzymes

Answer: B
Section: Vegetarianism
Topic: Nutrition Basics; Dietary Supplements
Bloom's: 1. Remember
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.

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47) Which of the following foods is the BEST source of lycopene?
A) Tomatoes
B) Onions
C) Spinach
D) Blackberries

Answer: A
Section: Vegetarianism
Topic: Nutrition Basics
Bloom's: 3. Apply
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.
Activity Type: New

48) Ahmad is a collegiate athlete who follows a vegan diet. A well-planned, appropriately supplemented, vegan diet can support Ahmad's athletic performance, even at the elite level.

Answer: TRUE
Section: Vegetarianism
Topic: Nutrition Basics; Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 2. Understand
Learning Outcome: 02.06 Describe the various classes of vegetarians, what foods may be consumed in vegetarian diets, and the potential health benefits of following a vegetarian diet.
Activity Type: New

49) Each of the following nutrients MUST be listed on the Nutrition Facts Panel (2018 food label) except _____.
A) vitamin C
B) cholesterol
C) added sugars
D) calcium

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

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50) Which of the following statements about food labels is FALSE?
A) Food labels are optional in the United States.
B) The Food and Drug Administration (FDA) provides guidance on nutritional labeling.
C) Serving sizes on the nutrition facts panel are based on provided standards.
D) Kcals provided per serving are emphasized as part of the nutrition facts panel.

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 2. Understand
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

51) An ingredient list for a granola bar reads: *Brown rice syrup, rolled oats, soy protein isolate, cane syrup, rice flour, sunflower oil, sea salt, cinnamon*. Which ingredient is found in the highest concentration in the granola bar?
A) Brown rice syrup
B) Cinnamon
C) Rolled oats
D) Soy protein isolate
E) There is not enough information provided to tell.

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 2. Understand
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

52) The new Nutrition Facts Panel (2018) requires the label to provide the grams of dietary fiber, total sugars, and added sugars provided per serving in a particular food or beverage.

Answer: TRUE
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 2. Understand
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

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53) Daily values _____.
A) are required on nutrition facts panels
B) are the same as RDAs and AIs
C) are used to determine how much of a micronutrient a person should consume per day
D) are provided based on a person's age, gender, and ethnicity

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 2. Understand
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

54) A reduced fat food _____.
A) provides at least 25% less fat per serving than the regular-fat product
B) provides at least 50% less fat per serving than the regular-fat product
C) provides less than 3 grams of fat per serving
D) provides less than 5 grams of fat per serving

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

55) A cereal is being marketed as "high fiber." To be called high fiber, the cereal must contain _____ grams of fiber or more per serving and be low fat.
A) 5
B) 2
C) 10
D) 15

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 1. Remember
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

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56) Which of the following statements about health claims is false?
A) Health claims are approved by the United States Department of Agriculture (USDA).
B) Health claims are approved only if there is significant scientific agreement supporting a relationship between consuming a certain nutrient and prevention of a certain chronic disease.
C) Approved health claims can be listed by food manufacturers on food labels.
D) Health claims include language that certain nutrients "may" or "might" impact a specific aspect of health.

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics; Dietary Requirements
Bloom's: 2. Understand
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

57) Which of the following is an example of a functional food?
A) Blueberries, soybeans, salmon, and Greek yogurt are all considered functional foods.
B) Blueberries
C) Soybeans
D) Salmon
E) Greek yogurt

Answer: A
Section: Consumer Nutrition-Food Labels and Health Claims
Topic: Nutrition Basics
Bloom's: 2. Understand
Learning Outcome: 02.07 List the nutrients that must be included on a nutrition facts panel and explain how reading food labels may help one consume a healthier diet.
Activity Type: New

58) According to the DSHEA, which of the following is NOT considered a dietary supplement?
A) Tobacco
B) Vitamin
C) Mineral
D) Amino acid
E) Herb or plant product

Answer: A
Section: Consumer Nutrition-Dietary Supplements and Health
Topic: Nutrition Basics; Dietary Supplements
Bloom's: 2. Understand
Learning Outcome: 02.08 Identify the various types of dietary supplements and discuss, in general, the potential benefits and risks associated with taking dietary supplements.
Activity Type: New

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59) Which of the following individuals could most likely benefit from a vitamin/mineral supplement?
A) A woman who is pregnant or of child-bearing age
B) A teenager playing on the high school men's soccer team
C) A semivegetarian
D) An adult under the age of 50

Answer: A
Section: Consumer Nutrition-Dietary Supplements and Health
Topic: Nutrition Basics; Dietary Supplements
Bloom's: 2. Understand
Learning Outcome: 02.08 Identify the various types of dietary supplements and discuss, in general, the potential benefits and risks associated with taking dietary supplements.
Activity Type: New

60) The Supplement Facts panel on a multivitamin/multimineral and the Nutrition Facts panel on a food product have the same requirements and structural organization to make it easy for consumers.

Answer: FALSE
Section: Consumer Nutrition-Dietary Supplements and Health
Topic: Nutrition Basics; Dietary Supplements
Bloom's: 2. Understand
Learning Outcome: 02.08 Identify the various types of dietary supplements and discuss, in general, the potential benefits and risks associated with taking dietary supplements.
Activity Type: New

61) In general, a solid precompetition meal should _____.
A) be eaten about 1 hour prior to competition
B) provide adequate kcals, primarily from carbohydrates
C) restrict fluid intake in order to prevent body water retention
D) contribute to a reverse osmotic effect

Answer: B
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 1. Remember
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.

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62) Which of the following foods would make a good choice to include in a precompetition meal?
A) Whole grain pasta
B) Bean soup
C) French fries
D) Spicy shrimp casserole

Answer: A
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 1. Remember
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.

63) Caroline goes for a 3–4 mile run nearly every morning before she goes to work. Lately, she has been increasing her distance in preparation for running her first half-marathon in a few months. Caroline normally just drinks a glass of water before she heads out on her run. However, now that she has been going a further distance with each run, she has been feeling sluggish those last couple of miles of the run. To optimize her athletic performance and maintain energy levels, Caroline might consider all of the following except _____.
A) eat a high-sugar breakfast, such as a bowl of refined cereal, before exercising
B) eat a breakfast with a moderate amount of protein, such as almonds and fresh berries mixed in with Greek yogurt
C) eat a breakfast low in fat to avoid GI upset
D) avoid high-fiber breakfast foods, such as bran cereal

Answer: A
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 3. Apply
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.
Activity Type: New

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64) Kent belongs to a local cycling club that goes on long bike rides (4–5 hours) two or three days per week. As an endurance athlete, Kent should particularly emphasize _____ in his diet.
A) carbohydrates
B) fats
C) protein
D) vitamins

Answer: A
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 2. Understand
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.
Activity Type: New

65) Nick is a competitive basketball player who generally plays almost the entire game (40 minutes total) each game. He does a lot of running each game, which involves intermittent high-intensity activity. During the game, what dietary advice do you have for Nick to maximize his athletic performance?
A) Focus on hydration and carbohydrate intake, drinking water and/or a sports drink throughout the game
B) Focus on protein intake, consuming a protein shake at half-time of the game
C) Focus on intake of complex carbohydrates, snacking on pretzels or whole-grain crackers during time-outs
D) Focus on electrolyte intake, taking a salt supplement at half-time

Answer: A
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 2. Understand
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.
Activity Type: New

66) For athletes, a precompetition solid meal should typically be eaten about 3 to 4 hours prior to competition to allow the stomach to be relatively empty during the competition, yet hunger sensations minimized and energy levels sufficient.

Answer: TRUE
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 2. Understand
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.
Activity Type: New

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67) Alana is traveling to Europe to compete in an international alpine skiing competition. Which of the following snack foods could she bring with her that would provide a good source of protein while at the competition venue all day?
A) Peanut butter
B) Carrots
C) Pita bread
D) Graham crackers

Answer: A
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 2. Understand
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.
Activity Type: New

68) For athletes over the age of 50 years, particular attention should be paid to _____ intake as, in some older adults, supplements may be needed to obtain adequate amounts. A deficiency of this nutrient can impact both exercise performance and health.
A) vitamin B12
B) sodium
C) protein
D) fiber

Answer: A
Section: Healthful Nutrition: Recommendations for Better Physical Performance
Topic: Nutrition Basics; Sports and Exercise Nutrition
Bloom's: 2. Understand
Learning Outcome: 02.09 Provide practical recommendations to athletes in relation to optimal nutrition for training and competition to maximize sports performance.
Activity Type: New

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