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Chapter 02 - The Pursuit of a Healthy Diet

True / False

1. Dry beans are fattening and should only be eaten occasionally.
   a. True
   b. False

ANSWER: False
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

2. The Mediterranean Diet recommends eating meat a few times a week.
   a. True
   b. False

ANSWER: False
DIFFICULTY: Understand
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

3. The only vitamins that must appear on a food label are vitamins C and A.
   a. True
   b. False

ANSWER: True
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

4. Chinese food served in American Chinese restaurants usually is very similar to food eaten by rural Chinese people in China.
   a. True
   b. False

ANSWER: False
DIFFICULTY: Understand
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

5. The EAR for nutrients is set at a point high enough to cover most healthy people.
   a. True
   b. False

ANSWER: False
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake

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values that make up the DRI for nutrients.

6. According to MyPlate, one egg is equivalent to 1 ounce of cooked lean meat.
   a. True
   b. False

ANSWER: True
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

7. The ingredients on a food label are listed in alphabetical order.
   a. True
   b. False

ANSWER: False
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

8. The need for setting Tolerable Upper Intake Levels (UL) for nutrients is the result of more people using large doses of supplements and fortified foods.
   a. True
   b. False

ANSWER: True
DIFFICULTY: Understand
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

9. Phytochemicals provide energy or building materials for cell repair.
   a. True
   b. False

ANSWER: False
DIFFICULTY: Understand
REFERENCES: Eat Well, Be Well: Color Your Plate for Health with a Variety of Fruits and Vegetables
LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

10. A healthy diet should consist of three meals a day without any snacking.
   a. True
   b. False

ANSWER: False
DIFFICULTY: Understand
REFERENCES: Nutrition Action: Grazer's Guide to Smart Snacking
LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as

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emphasized by the Dietary Guidelines for Americans.

11. The DRI requirement of a nutrient is the minimum amount of a nutrient that will prevent the development of deficiency symptoms.

a. True

b. False

ANSWER: True

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

12. Orange juice with added calcium is an example of exceeding the UL of a nutrient.

a. True

b. False

ANSWER: False

DIFFICULTY: Understand

REFERENCES: 2.2 Nutrient Recommendations

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

13. The *Dietary Guidelines for Americans* incorporate two general themes: maintaining calorie balance over time to achieve and maintain a healthy weight, and consuming more nutrient-dense foods and beverages.

a. True

b. False

ANSWER: True

DIFFICULTY: Remember

REFERENCES: 2.3 The Challenge of Dietary Guidelines

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

14. As part of the MyPlate activity recommendations, examples of moderate physical activity are jogging, swimming continuous laps, and bicycling uphill.

a. True

b. False

ANSWER: False

DIFFICULTY: Understand

REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

15. A product that meets the criteria as sodium-free or salt-free has less than 5 mg of sodium per serving.

a. True

b. False

ANSWER: True

DIFFICULTY: Remember

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REFERENCES: 2.6 More Tools for Diet Planning

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

16. Antioxidant nutrients are vitamins and minerals that react with oxygen, thereby protecting other compounds from damaging reactions involving oxygen.
    a. True
    b. False

ANSWER: True

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

17. The DRI nutrient standard value for iron is based on the adult man's DRI.
    a. True
    b. False

ANSWER: False

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

18. In determining portion, one hand, cupped, is a good approximation of eight fluid ounces.
    a. True
    b. False

ANSWER: False

DIFFICULTY: Understand

REFERENCES: 2.5 How Well Do We Eat?

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

Multiple Choice

19. What are the six diet-planning principles for developing a healthy eating pattern?
    a. abundance, balance, conservative, nonfat, moderation, and variety
    b. adequacy, bone development, correction, nutrients, moderation, and variety
    c. adequacy, balance, calorie control, nutrient density, moderation, and variety
    d. abundance, better, choices, multiple, nonfat, and variety
    e. abundance, bone density, calorie control, nutrient-rich, multiple, and variety

ANSWER: c

DIFFICULTY: Remember

REFERENCES: 2.1 The ABCs of Eating for Health

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

20. Foods with a high nutrient density are best characterized as ____.

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a. high in fats
b. a mixture of carbohydrate, fat, and protein
c. those that carry the USDA nutrition label
d. rich in nutrients but relatively low in calories
e. containing all essential nutrients in moderate amounts

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

21. The concept of nutrient density is most helpful in achieving which principle of diet planning?
a. variety
b. moderation
c. balance
d. adequacy
e. calorie control

ANSWER: e
DIFFICULTY: Understand
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

22. Valerie is eating lunch at the college cafeteria and is determined not to gain weight during her freshman year at college. She realizes that controlling portion sizes is the key. Which visual reference could she apply to estimate one cup of pasta?
a. four thumbs together
b. the palm of one hand
c. three clenched fists
d. two hands, cupped together
e. one hand, fingers spread

ANSWER: d
DIFFICULTY: Remember
REFERENCES: The Savvy Diner: Rules of Thumb for Portion Sizes-It's All in Your Hands
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

23. A diet that does not overemphasize any food type or nutrient at the expense of another is following which characteristic of a healthy diet?
a. adequacy
b. balance
c. choices
d. moderation
e. nonfat

ANSWER: b
DIFFICULTY: Understand
REFERENCES: 2.1 The ABCs of Eating for Health

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LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

24. Mark is a five-year-old boy who loves milk. He drinks skim milk all day long. He also loves yogurt and cheese while excluding meat, fish, poultry, and legumes. For which type of deficiency is Mark at risk?

a. iron
b. zinc
c. calcium
d. vitamin D
e. vitamin A

ANSWER: a
DIFFICULTY: Remember
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

25. Peaches are a food source of vitamins A and C. Why would a raw peach be considered a more nutrient-dense snack than a serving of peaches canned in light syrup?

a. The canned peaches are more processed than the raw peach.
b. The raw peach is brighter in color than the canned peaches.
c. The raw peach contains more vitamins per calorie than the canned peaches.
d. The canned peaches contain more vitamins per calorie than the raw peach.
e. The raw peach contains more natural sugar per serving than the canned peaches.

ANSWER: c
DIFFICULTY: Understand
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

26. Steven is nine years old and loves to drink orange juice whenever he can. He often drinks orange juice instead of eating food. This habit interferes most with what eating principle?

a. balance
b. calorie control
c. moderation
d. adequacy
e. nutrient density

ANSWER: a
DIFFICULTY: Understand
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

27. What portion of the current U.S. diet is **closest** to meeting the *Dietary Guidelines for Americans* intake recommendations?

a. vitamin D
b. potassium
c. calcium
d. sodium
e. fiber

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ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.5 How Well Do We Eat?
LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

28. Which snack is the most nutritious choice to take to the library if you know you will be studying for several hours?
    a. bagel with jelly
    b. fruit drink with fruit rolls
    c. peanut butter with celery
    d. tortilla chips with guacamole
    e. buttered popcorn

ANSWER: c
DIFFICULTY: Understand
REFERENCES: Nutrition Action: Grazer's Guide to Smart Snacking
LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

29. The amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender is known as the ____.
    a. Estimated Energy Requirement (EER)
    b. Estimated Average Requirement (EAR)
    c. Recommended Dietary Allowance (RDA)
    d. Adequate Intake (AI)
    e. Tolerable Upper Intake Level (UL)

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

30. Dietary Reference Intakes (DRI) should be avoided when ____.
    a. estimating nutrient requirements for healthy people
    b. assessing dietary nutrient adequacy
    c. planning diets
    d. treating persons with diet-related illnesses
    e. considering dietary differences based on gender and age

ANSWER: d
DIFFICULTY: Understand
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

31. The RDA (Recommended Dietary Allowances) for nutrients are generally ____.
    a. the maximum amounts that average people need

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b. more than twice as high as anyone needs
c. designed to prevent deficiency diseases in half the population
d. designed to be adequate for almost all healthy people
e. the same for all ages for all nutrients

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

32. Spencer's energy requirement is 2,400 calories. What is his DV for protein?
a. 40 grams
b. 60 grams
c. 80 grams
d. 160 grams
e. 360 grams

ANSWER: b
DIFFICULTY: Apply
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

33. Which suggestion would be excluded in the *Dietary Guidelines for Americans*?
a. Eat a variety of vegetables, especially dark-green and red and orange vegetables.
b. Use oils to replace solid fats where possible.
c. Consume at least half of all grains as whole grains.
d. Choose diets that emphasize refined and enriched grain products.
e. Increase intake of fat-free or low-fat milk and milk products.

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.3. The Challenge of Dietary Guidelines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

34. Louise would like to lose some weight. How might the exchange lists be helpful to her?
a. Louise can easily compare several brands of a particular food to find the most nutrient-dense version.
b. Louise can identify low-calorie foods rich in each of the essential vitamins and minerals.
c. Louise can mix and match the portion sizes for different foods that provide the same number of calories to plan calorie-controlled meals.
d. Louise can determine which foods will prevent her from developing diabetes if she consumes them on a regular basis as she loses weight.
e. Louise can compare the best food choices on the exchange lists for a high-protein, low-carbohydrate diet.

ANSWER: c
DIFFICULTY: Understand
REFERENCES: 2.6 More Tools for Diet Planning

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LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

35. A statement linking the nutritional profile of a food to a reduced risk of a particular disease is known as a ____.
    a. nutrient content claim
    b. personal daily value
    c. nutritional fact
    d. health claim
    e. ingredient claim

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

36. For packages with surface area larger than 40 square inches, which piece of information is required on the Nutrition Facts panel?
    a. monounsaturated fat
    b. vitamin C
    c. thiamin
    d. riboflavin
    e. vitamin D

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

37. The tolerable upper limit (UL) is most closely described as ____.
    a. the daily intake of a nutrient that is unlikely to pose adverse effects in healthy people
    b. the amount of foods to which nutrients have been added
    c. the amount of a nutrient estimated to meet the requirement in half of the people of a specific age and gender
    d. the average amount of a nutrient that appears to be adequate for individuals
    e. a set of reference values for energy and nutrients

ANSWER: a
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

38. The Acceptable Macronutrient Distribution Ranges (AMDR) set recommendations for ____.
    a. vitamin E, calcium, and lipids
    b. fat, carbohydrates, and protein
    c. phytochemicals, lipids, and fiber
    d. fiber, iron, and zinc

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e. calcium, zinc, and magnesium

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

39. How much moderate aerobic physical activity is recommended by the MyPlate website to reduce the risk of chronic disease, help prevent weight gain, and help sustain weight loss?

a. 1 hour per week
b. 1 hour and 30 minutes per week
c. 2 hours per week
d. 2 hours and 30 minutes per week
e. 3 hours per week

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

40. Which major goal is part of the *Dietary Guidelines for Americans?*

a. reduce health disparities
b. consume more energy-dense foods
c. balance calories with physical activity to manage weight
d. consume more foods with refined grains
e. decrease complex carbohydrate foods

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.3 The Challenge of Dietary Guidelines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

41. Joe engages in moderately intense physical activity for 30 to 60 minutes a day in addition to other daily activities. What is his activity level?

a. sedentary
b. minimally active
c. moderately active
d. active
e. very active

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

42. According to MyPlate guidelines, which food portion is equivalent to one ounce of grains?

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a. one slice of bread
b. one large bagel
c. one-half cup dry cereal
d. one English muffin
e. one cup cooked rice

ANSWER: a
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

43. According to MyPlate guidelines, which food portion exceeds the equivalent of one ounce from the protein foods group?

a. one egg
b. one-fourth cup cooked dry beans
c. three tablespoons peanut butter
d. one-half cup split pea soup
e. one ounce cooked poultry

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

44. In addition to the five food groups, we need to include a small amount of oil in the diet for the ____ and ____ that oils provide.

a. vitamin K; phytochemicals
b. vitamin E; vitamin C
c. essential fats; vitamin E
d. *trans* fat; vitamin A
e. vitamin D; vitamin K

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

45. Which nutritional value provides the average daily amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA?

a. DRI
b. UL
c. DV
d. AI
e. EAR

ANSWER: d

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DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

46. If you consistently build your diet by choosing mostly nutrient-dense foods, you may be able to meet your nutrient needs without using your full calorie allowance. In this case, the balance of calories is called your ____.
    a. bonus calorie allowance
    b. daily limit for non-essential calories
    c. excess calories
    d. fat and sugar calorie allowance
    e. daily limit for discretionary calories

ANSWER: e
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

47. What food item lacks phytochemicals?
    a. skim milk
    b. mushrooms
    c. canned peas
    d. mango
    e. tomatoes

ANSWER: a
DIFFICULTY: Understand
REFERENCES: Eat Well, Be Well: Color Your Plate for Health with a Variety of Fruits and Vegetables
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

48. According to the Dietary Reference Intakes (DRI), what percentage of the calories in a balanced diet should be obtained from protein?
    a. less than 10 percent
    b. 5 to 15 percent
    c. 10 to 35 percent
    d. 35 to 45 percent
    e. 45 to 65 percent

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

49. What information would be an **optional** element on the Nutrition Facts panel?
    a. calories per serving
    b. calories from fat

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c. vitamin A
d. vitamin E
e. serving size

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

50. Sue picks up a cereal box and reads that one serving provides 15 percent of the DV for total carbohydrate. What does this DV value tell us about the cereal?

a. One serving contains 15 percent of its calories from carbohydrates.
b. One serving provides 15 percent of the total carbohydrates that are recommended to be eaten in a day.
c. The contents of the cereal box provide 15 percent of the carbohydrates that should be eaten in a day.
d. One serving provides 15 percent of the starch recommendation only for the day.
e. One serving includes 15 percent of the daily discretionary calories.

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

51. According to the Dietary Reference Intakes (DRI), ____ percent to ____ percent of the calories in a balanced diet come from fat.

a. 2; 15
b. 15; 25
c. 10; 35
d. 20; 35
e. 50; 65

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations
LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

52. According to the Dietary Reference Intakes (DRI), approximately 45 to 65 percent of the total calories in a balanced diet should come from ____.

a. fats
b. proteins
c. carbohydrates
d. phytochemicals
e. fiber

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.2 Nutrient Recommendations

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LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

53. According to MyPlate, fat from which source should be limited in the diet?
    a. fish
    b. nuts
    c. dairy products
    d. vegetable oils
    e. peanut butter

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

54. Which food is the best example of a nutrient-dense food choice?
    a. a baked potato
    b. bologna
    c. ice cream
    d. refried beans
    e. granola

ANSWER: a
DIFFICULTY: Understand
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

55. Juan is of Hispanic origin and enjoys eating native foods. In which food group would a corn tortilla belong?
    a. fruit
    b. vegetable
    c. grains
    d. dairy
    e. protein foods

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

56. Holly wants to lower her risk of heart disease and decides to follow the Mediterranean diet. What modification to this diet is recommended by major U.S. health organizations?
    a. Eat a small amount of red meat accompanied with a glass of red wine daily.
    b. Include eggs at least three times per week.
    c. Increase the amount of whole grain breads while reducing nuts.
    d. Consume more fruits and vegetables and less dairy products.
    e. Limit fat, including olive oil, to 20 to 35 percent of total calories.

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ANSWER: e
DIFFICULTY: Understand
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

57. Which foods make up the majority of the Mediterranean diet?
    a. eggs, poultry, and fish
    b. fruits, grains, and vegetables
    c. cheese, yogurt, and fish
    d. red meat, oil, and wine
    e. poultry, cheese, and grains

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

58. Which substance would be excluded from a list of sugar terms?
    a. molasses
    b. high-fructose corn syrup
    c. levulose
    d. niacinamide
    e. sorbitol

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

59. Bill is trying to eat healthier now that he is going to college. He takes a nutrition class and determines that his salt intake is very high from a diet analysis. Which characteristic of a healthy diet is Bill violating?
    a. adequacy
    b. balance
    c. moderation
    d. variety
    e. calorie control

ANSWER: c
DIFFICULTY: Understand
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

60. Nicole is reading a food label on a bag of broccoli and sees "high in vitamin C." What does this mean?
    a. A serving prepared properly will provide 10 percent more of the Daily Value for vitamin C.
    b. A serving provides 20 percent or more of the Daily Value for vitamin C.

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c. The bag contains 20 percent or more of the Daily Value for vitamin C.
d. A serving contains more vitamin C than is normally found in broccoli.
e. A serving provides 50 percent of the Daily Value for vitamin C.

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

61. Mary is comparing light potato chips to regular potato chips. What is the difference?
a. The light potato chips are lower in calories.
b. The light potato chips are lighter in color.
c. The light potato chips are lighter in texture.
d. The light potato chips are lower in weight.
e. The light potato chips have been cooked in olive oil.

ANSWER: a
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

62. A food label can make a health claim for soluble fiber. Consuming this nutrient is associated with a lowered risk of ____.
a. heart disease
b. cancer
c. tooth decay
d. high blood pressure
e. Parkinson's disease

ANSWER: a
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

63. A food label can make a health claim for sugar alcohols. Consuming this nutrient is associated with a lower risk of ____.
a. heart disease
b. cancer
c. tooth decay
d. liver disease
e. spinal cord birth defect

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when

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making comparisons between similar products based on health goals.

64. Joe picks up a package of low-fat hot dogs in the supermarket. He can be confident that this food has ____.
    a. no more than 10 grams of fat per serving
    b. no more than 3 grams of fat per serving
    c. no saturated fat
    d. no cholesterol
    e. no *trans* fat

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

65. A cup of skim milk has 8 grams of protein and the Daily Value for protein is 50 grams. What is the % Daily Value for protein in a cup of milk?
    a. 6 percent
    b. 8 percent
    c. 16 percent
    d. 24 percent
    e. 30 percent

ANSWER: c
DIFFICULTY: Apply
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

66. Which are the only vitamins that must appear on a food label?
    a. vitamins D and E
    b. folate and niacin
    c. riboflavin and vitamin C
    d. vitamins A and C
    e. vitamins C and E

ANSWER: d
DIFFICULTY: Remember
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

67. Zach eats a 2000-calorie diet and therefore should eat no more than 65 grams of fat per day. If he has only eaten a soft pretzel (6 grams of fat) and a mocha coffee drink (20 grams of fat), how many more grams of fat can Zach have to stay within his daily fat *budget*?
    a. 26
    b. 39
    c. 91
    d. 120

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e. There is not enough information provided.

ANSWER: b
DIFFICULTY: Apply
REFERENCES: 2.6 More Tools for Diet Planning
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

68. In the typical Mexican diet, which food would provide the most phytochemicals?
a. salsa
b. tortilla shells
c. chorizo
d. vegetable oil
e. rice

ANSWER: a
DIFFICULTY: Understand
REFERENCES: 54
2.5 How Well Do We Eat? | 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

69. Tulley is a 38-year-old man who successfully lost 50 lb. of excess weight. According to MyPlate recommendations, how much physical activity does he need to maintain his weight loss when he consumes only enough for his calorie needs?
a. At least 30 minutes of moderate activity per week
b. At least 60 minutes vigorous activity per week
c. At least 90 minutes vigorous activity per week
d. At least 150 minutes of moderate activity per week
e. At least 180 minutes of vigorous activity per week

ANSWER: d
DIFFICULTY: Understand
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

70. Which choice exceeds the equivalent of one teaspoon from the oils group?
a. one tablespoon low-fat mayonnaise
b. two tablespoon light salad dressing
c. one ounce peanuts
d. one teaspoon soft margarine
e. one teaspoon vegetable oil

ANSWER: c
DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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71. An unhealthful aspect of the traditional Mexican diet is the frequent consumption of ____.

a. tomatoes, chilies, and onions
b. flour tortillas, chorizo, and eggs
c. corn tortillas, amaranth, and rice
d. pinto beans, jicama, and avocado
e. red meat, poultry, and olive oil

ANSWER: b
DIFFICULTY: Remember
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

72. Which style of Chinese cooking is characterized by steaming and stir-frying, and therefore tends to be the lowest in fat?
Szechwan or HunanSzechwan or Hunan

a. Cantonese
b. Peking
c. Shanghai
d. Szechwan or Hunan
e. Mongolian

ANSWER: a
DIFFICULTY: Remember
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

Vignette #1
Carly is an overweight 21-year-old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1. Help Carly evaluate these two breakfast cereals.

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Figure 1: Food Labels for Vignette #1

Cereal #1

Nutrition Facts

Serving Size ½ cup (30g)
Servings Per Container about 11

Amount Per Serving	Cereal	Cereal + ½ cup fortified skim milk
Calories	140	180
Calories from Fat	60	65
	% Daily Value*	
Total Fat 6g	9%	9%
Saturated Fat 1g	5%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 40mg	2%	5%
Total Carbohydrate 19g	6%	8%
Dietary Fiber 2g	8%	8%
Sugars 4g		
Protein 3g		
Vitamin A	0%	6%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	6%	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Cereal #2

Nutrition Facts

Serving Size ½ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal + ½ cup fortified skim milk
Calories	60	100
Calories from Fat	10	10
	% Daily Value*	
Total Fat 1g	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 180mg	5%	11%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	35%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	25%	30%

73. What is the recommended limit for sodium for a 2,500 calorie diet?
    a. less than 30 mg
    b. less than 2400 mg
    c. less than 30 g
    d. less than 80 g
    e. less than 375 g

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ANSWER: b
DIFFICULTY: Apply
REFERENCES: 2.6 More Tools for Diet Planning
PREFACE NAME: Figure 1
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

74. Using the calorie summary information in the accompanying figure, what is the percentage of calories from fat in cereal #1?

a. 9 percent
b. 14 percent
c. 26 percent
d. 31 percent
e. 43 percent

ANSWER: e
DIFFICULTY: Apply
REFERENCES: 2.6 More Tools for Diet Planning
PREFACE NAME: Figure 1
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

75. Carly wants to stay healthy and decides to purchase the cereal that may help prevent heart disease and cancer. Which cereal would she buy and why?

a. Cereal #1 because it contains more protein per serving
b. Cereal #1 because it contains more antioxidants
c. Cereal #2 because it has less sugar
d. Cereal #2 because it contains more fiber
e. Both cereals would be equally effective because they both contain no cholesterol.

ANSWER: d
DIFFICULTY: Apply
REFERENCES: 2.6 More Tools for Diet Planning
PREFACE NAME: Figure 1
LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

76. Carly is concerned about a family history of high blood pressure. Which item listed on the food label is she likely to check?

a. vitamin C
b. iron
c. sodium
d. zinc
e. fiber

ANSWER: c
DIFFICULTY: Understand
REFERENCES: 2.6 More Tools for Diet Planning

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PREFACE NAME: Figure 1

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

77. Carly decides to eat three-fourths of a cup of cereal #1 with three-fourths cup of fortified skim milk. Based on a 2,000 calorie diet, what percent of calories of carbohydrates will she consume?

a. 6 percent
b. 8 percent
c. 10 percent
d. 12 percent
e. 14 percent

ANSWER: d

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

PREFACE NAME: Figure 1

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

Vignette #2
Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietitian at Zoe's pediatrician's office. David's first question is "Can you help us figure out what foods to feed Zoe that will prevent chronic diseases in her future?" Julia seems concerned about how to make sure Zoe gets enough essential nutrients. Imagine you are the dietitian. Using the *Dietary Guidelines for Americans* and the MyPlate tool, answer the following questions.

78. To prevent the risk of chronic disease in adulthood, what practice would you recommend?

a. Reduce time spent in sedentary behaviors.
b. Increase solid fats and reduce oils.
c. Eat primarily cruciferous vegetables.
d. Eat one serving of oatmeal with one-half cup whole milk every day for breakfast.
e. Limit intake of oranges and grapefruits due to high acid content.

ANSWER: a

DIFFICULTY: Apply

REFERENCES: 2.3 The Challenge of Dietary Guidelines

PREFACE NAME: Vignette 2

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

79. You show Julia and David the MyPlate graphic. What important principle can you **best** demonstrate to them using this graphic?

a. adequacy—include at least four different foods on your plate at each meal
b. proportionality—fill at least half your plate with fruits and vegetables
c. food safety—avoid mixing dairy foods with other foods on your plate
d. moderation—limit added sugars and solid fats on your plate
e. calorie control—avoid empty calories on your plate

ANSWER: b

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DIFFICULTY: Apply
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
PREFACE NAME: Vignette 2
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

80. Which food recommendation would you expect the dietitian to give?
a. Consume two cups per day of whole milk or its equivalent.
b. Consume more refined grains.
c. Eat fresh fruit as snacks.
d. Choose foods with more saturated fat and less with monounsaturated fat.
e. Have a cookie every day as a treat.

ANSWER: c
DIFFICULTY: Apply
REFERENCES: 2.3 The Challenge of Dietary Guidelines
PREFACE NAME: Vignette 2
LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

81. A sound strategy for Zoe and her parents regarding MyPlate is to ____.
a. follow strict guidelines in preparing foods the same way each time
b. avoid mixed dish foods that include servings from several groups
c. increase activity to a high level while choosing foods based on moderate activity
d. add variety by choosing different foods within the food groups
e. remember that gender differences are minimal when considering calorie needs

ANSWER: d
DIFFICULTY: Apply
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
PREFACE NAME: Vignette 2
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

82. Julia and David like to drink a glass of beer or wine when they get home from work. The beer and wine contribute _____ to their diets.
a. no calories
b. sweets
c. oils
d. empty calories
e. nutrient-dense calories

ANSWER: d
DIFFICULTY: Apply
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
PREFACE NAME: Vignette 2
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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Matching

Match the term with the short phrase or description that best matches it.

a. vitamins and minerals that protect other compounds
b. nonnutritive substances in plants that possess health-protective benefits
c. control of consumption of energy; a feature of a sound diet plan
d. the attribute of a diet that provides no unwanted constituent in excess
e. a feature of a diet in which different foods are used for the same purposes on different occasions
f. refers to a food that supplies large amounts of nutrients relative to the number of calories it contains
g. a feature of a diet that provides a number of types of foods in harmony with one another
h. lists of foods with portion sizes specified; foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet
i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health

DIFFICULTY: Remember
REFERENCES: 2.1 The ABCs of Eating for Health
LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

83. adequacy
ANSWER: i

84. balance
ANSWER: g

85. calorie control
ANSWER: c

86. moderation
ANSWER: d

87. nutrient dense
ANSWER: f

88. variety
ANSWER: e

Match the term with the short phrase or description that best matches it.

a. vitamins and minerals that protect other compounds
b. nonnutritive substances in plants that possess health-protective benefits
c. control of consumption of energy; a feature of a sound diet plan
d. the attribute of a diet that provides no unwanted constituent in excess
e. a feature of a diet in which different foods are used for the same purposes on different occasions
f. refers to a food that supplies large amounts of nutrients relative to the number of calories it contains
g. a feature of a diet that provides a number of types of foods in harmony with one another
h. lists of foods with portion sizes specified; foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet

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i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health

DIFFICULTY: Remember

REFERENCES: Eat Well, Be Well: Color Your Plate for Health with a Variety of Fruits and Vegetables

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

89. antioxidant nutrients
ANSWER: a

90. phytochemical
ANSWER: b

Match the term with the short phrase or description that best matches it.

a. vitamins and minerals that protect other compounds
b. nonnutritive substances in plants that possess health-protective benefits
c. control of consumption of energy; a feature of a sound diet plan
d. the attribute of a diet that provides no unwanted constituent in excess
e. a feature of a diet in which different foods are used for the same purposes on different occasions
f. refers to a food that supplies large amounts of nutrients relative to the number of calories it contains
g. a feature of a diet that provides a number of types of foods in harmony with one another
h. lists of foods with portion sizes specified; foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet
i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

91. exchange lists
ANSWER: h

Match the term with the short phrase or description that best matches it.

a. a set of reference values for energy and nutrients that can be used for planning and assessing diets for healthy people
b. the minimum amount of a nutrient that will prevent the development of deficiency symptoms
c. the average calorie intake that is predicted to maintain energy balance in a healthy adult of a defined gender, age, weight, height, and physical activity level
d. the amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender
e. the average daily amount of a nutrient that is sufficient to meet the nutrient needs of nearly all healthy individuals of a specific age and gender
f. the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA
g. the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people
h. a range of intakes for a particular energy source that is associated with a reduced risk of chronic disease while

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providing adequate intakes of essential nutrients

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

92. AI
ANSWER: f

93. AMDR
ANSWER: h

94. DRI
ANSWER: a

95. EAR
ANSWER: d

96. EER
ANSWER: c

97. RDA
ANSWER: e

98. requirement
ANSWER: b

99. UL
ANSWER: g

Essay

100. Propose two suggestions for smart snacking in each of the food groups: grains, vegetables, fruits, dairy, and protein foods.

ANSWER: Below are suggested snacks from each of the food groups:

Grains: Whole-grain cereal, whole-grain crackers, mini rice cakes, sliced whole-grain bread, mini bagels, graham crackers, whole-wheat tortillas
Vegetables: Veggie "matchsticks" (thin sticks) made from fresh carrots or zucchini, bell pepper rings, cherry tomatoes, steamed broccoli, green beans, sugar snap peas, avocados
Fruits: Apple slices, clementine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes, berries, dried apricots
Dairy: Low-fat cheese slices or string cheese, fat-free or low-fat milk, low-fat cottage cheese, low-fat regular or Greek yogurt
Protein Foods: Hard-boiled eggs, peanut butter, bean dip, hummus, slices of lean turkey or chicken, shelled pumpkin seeds

DIFFICULTY: Remember

REFERENCES: Nutrition Action: Grazer's Guide to Smart Snacking

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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Chapter 02 - The Pursuit of a Healthy Diet

101. Compare the differences between meals served in a typical American Chinese restaurant to meals traditionally eaten in China.

ANSWER: Chinese food served in American Chinese restaurants is a far cry from the type eaten daily by rural Chinese people. Many Chinese restaurant meals are swimming in oil and contain much more meat and poultry and fewer vegetables than *real* Chinese food. Consider that a typical American Chinese meal might include wonton soup, barbecued spareribs, chicken lo mein, and fried rice—chalking up some 1,400 calories and more than 80 grams of fat. A typical meal eaten in rural China, in contrast, would likely contain a heaping portion of rice, along with fiber- and nutrient-rich vegetables and less than an ounce of meat or fish, and would thereby contain only a fraction of the fat.

DIFFICULTY: Understand

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

102. Define the term *Daily Value* and state the purpose of including Daily Values on food labels.

ANSWER: Daily Value is the amount of fat, sodium, fiber, and other nutrients health experts say should make up a healthful diet. The "% Daily Values" that appear on food labels tell you the percentage of a nutrient that a serving of the food contributes to a healthful diet.

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

103. Define the term *lifestyle disease*. Describe how an individual can play a major part in preventing this kind of disease.

ANSWER: Lifestyle diseases, including some forms of cancer, heart disease, obesity, diabetes, high blood pressure, stroke, osteoporosis, and liver disease, are conditions that may be aggravated by modern lifestyles that include too little exercise, poor diets, and excessive drinking and smoking. Lifestyle diseases are also referred to as diseases of affluence.

People may choose to change lifestyle patterns of exercise, diet, and drinking practices to reduce the risks of acquiring these diseases.

DIFFICULTY: Understand

REFERENCES: 2.3 The Challenge of Dietary Guidelines

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

104. Describe the changes you would make in your diet if you implemented the *Dietary Guidelines for Americans*.

ANSWER: Students' answers will vary but should include reference to key recommendations of the *Dietary Guidelines for Americans:*

- Balancing calories to manage weight
- Foods and food components to reduce
- Foods and food nutrients to increase
- Building healthy eating patterns

DIFFICULTY: Understand

REFERENCES: 2.3 The Challenge of Dietary Guidelines

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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105. Craig's new girlfriend is Mexican-American and he wants to cook her a healthy dinner. Plan a meal with an appetizer, main course, and dessert which contains 20%-35% of its calories from fat and is low in saturated and *trans* fats.

ANSWER: The following is an example of a healthy Mexican-American dinner:

Appetizer: "no-fry" chips—Immerse several tortillas in warm water, drain quickly, cut into six to eight wedges, and place on a nonstick pan; bake in a 500-degree Fahrenheit oven for 3 minutes, flip, and continue to bake for another minute or two until golden brown. Serve with salsa.

Main course: corn tortilla filled with regular, unfried pinto beans mixed with chopped onion and topped with a sprinkle of shredded cheese and a generous portion of lettuce, salsa, a dollop of fat-free plain yogurt or fat-free sour cream, and a garnish of sliced avocado.

Dessert: one-half cup fresh fruit—banana, apple, pineapple, and mango.

DIFFICULTY: Apply

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

106. List and define the major Dietary Reference Intake categories.

ANSWER: **Dietary References Intakes (DRIs)**

DRI for Nutrients

- **EAR, Estimated Average Requirement:** the amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender. The EAR is used in setting the RDA.
- **RDA, Recommended Dietary Allowance:** the average daily amount of a nutrient that is sufficient to meet the nutrient needs of nearly all (97–98 percent) healthy individuals of a specific age and gender.
- **AI, Adequate Intake:** the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA. The AI exceeds the EAR and possibly the RDA.
- **UL, Tolerable Upper Intake Level:** the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people. The UL is not intended to be a recommended level of intake.

DRI for Energy and Energy Nutrients

- **EER, Estimated Energy Requirement**: the average calorie intake that is predicted to maintain energy balance in a healthy adult of a defined age, gender, weight, height, and level of physical activity, consistent with good health.
- **AMDR, Acceptable Macronutrient Distribution Range**: a range of intakes for a particular energy source (carbohydrates, fat, protein) that is associated with a reduced risk of chronic disease while providing adequate intakes of essential nutrients.

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

107. Explain why the "% Daily Value" is used on food labels rather than the DRI values.

ANSWER: The % Daily Values for vitamins and minerals are calculated using standard values designed specifically for use on food labels. These standard values for nutrients were created to help

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manufacturers avoid a stumbling block they face as they label foods. Because manufacturers don't know whether you're an 18-year-old woman or a 30-year-old man, they don't know exactly what your nutritional needs are. You may recall that the DRI include a different set of vitamin and mineral recommendations for each gender and age group.

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

108. Draw the MyPlate. Explain how MyPlate assists the consumer in practicing variety, proportionality, and moderation when planning a meal.

ANSWER:



MyPlate includes variety, proportionality, and moderation as three of six key components that can help achieve a healthy lifestyle.

Variety. MyPlate creates a foundation for good nutrition and health by guiding us to make food selections from all food groups and subgroups. Different foods contain different nutrients and other substances known to be protective against chronic diseases. No one food or no single food group provides all essential nutrients in amounts necessary for good health.

Proportionality. MyPlate shows the proportions of foods that should make up a healthful diet. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting. The plate is split into four sections: red for fruits, green for vegetables, purple for protein, and orange for grains. A separate blue section, shaped like a drinking glass, represents dairy foods. MyPlate provides a visual reminder of a key nutrition principle: Fruits and vegetables form the foundation of a healthy diet and should fill at least half of a plate at every meal. The MyPlate food guide advises you to eat more of some foods (fruits, vegetables, whole grains, and fat-free or low-fat milk products), and at less of others (such as foods high in refined grains and added sugars).

Moderation. Currently, many of the foods and beverages Americans eat and drink supply *empty calories*—calories from **solid fats** and/or **added sugars**. Solid fats and added sugars add calories to the food but few or no nutrients and are thus called *empty calories*. A small amount of empty calories is fine, but most people eat far more than is healthy. It is important to emphasize nutrient-rich foods in the diet and limit empty calories to the amount that fits your calorie and nutrient needs. Making better choices, like unsweetened applesauce or extra-lean ground beef, can help keep your intake of added sugars and solid fats low. To find your personal total calorie needs, enter your information into the Daily Food Plan section of

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www.ChooseMyPlate.gov.

DIFFICULTY: Remember
REFERENCES: 2.4 Introducing the MyPlate Diet-Planning Tool
LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

109. What foods and food components do Americans typically eat too little or too much? Name several nutrient-dense foods that are recommended by the Dietary Guidelines Advisory Committee.
ANSWER: In general, we eat too many calories and too much solid fat, added sugars, refined grains, and sodium. Solid fats and added sugars should make up only a small proportion of total calories in the diet. Americans consume about 35 percent of total calories from foods high in solid fats and added sugars—soft drinks, desserts, fatty meats, French fries, pizza, and whole milk products, in contrast to a recommended limit of no more than 5 to 15 percent of total calories for most individuals.

We also consume too few vegetables, fruits, whole grains, and fat-free or low-fat milk and milk products. Consumers eat only 15 percent of the recommended amount of whole grains, less than 60 percent for vegetables, about 42 percent for fruits, and 52 percent for milk and milk products.

Examples of nutrient-dense selections are:

- Vegetables, fruits, high-fiber whole grains
- Fat-free or low-fat dairy products
- Seafood, lean meat and poultry, eggs, soy products, nuts, seeds, and oils

DIFFICULTY: Remember
REFERENCES: 2.5 How Well Do We Eat?
LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

110. Discuss tools other than the MyPlate website available for diet planning. How would they best be used in counseling clients?
ANSWER: Other available tools for diet planning include:

Information on Food Labels

The Nutrition Facts panel must indicate the amount of certain mandatory nutrients that one serving of the food contains. You can use the Nutrition Facts panel to help you follow a healthful diet by considering the nutrition information that it provides.

A client could be counseled to compare food products based on food label information including:

1) serving size
2) total calories and calories from fat per serving
3) nutrient information
4) percent Daily Values

Nutrient claims
By law, foods carrying terms called **nutrient content claims**—low-fat, low-calorie, light, and so forth—must adhere to specific definitions spelled out by the Food and Drug Administration.

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Health claims
A statement linking the nutritional profile of a food to a reduced risk of a particular disease is known as a **health claim**. The FDA has set forth very strict rules governing the use of such health claims

A client should understand the meanings of nutrient and health claims.

Exchange lists
As their name implies, **exchange lists** are simply lists of categories of foods, such as fruit, with portions specified in a way that allows the foods to be mixed and matched or exchanged with one another in the diet.

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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