Nutrition Now 8th edition Brown Test Bank

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Unit 02 - The Inside Story about Nutrition and Health

True / False

1. Genetic traits exert the strongest overall influence on health and longevity.
   a. True
   b. False

ANSWER: False
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

2. The bodies of modern humans adapted to exist on a diet of wild game, fish, fruits, nuts, seeds, roots, vegetables, and grubs.
   a. True
   b. False

ANSWER: True
REFERENCES: Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.
KEYWORDS: Bloom's: Remember

3. Chronic diseases are on the rise in countries adopting the Western diet.
   a. True
   b. False

ANSWER: True
REFERENCES: Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.
KEYWORDS: Bloom's: Remember

4. Americans have the highest life expectancy in the world.
   a. True
   b. False

ANSWER: False
REFERENCES: Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.
KEYWORDS: Bloom's: Understand

5. Chronic diseases are an inevitable consequence of Westernization.
   a. True
   b. False

ANSWER: False
REFERENCES: Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.

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KEYWORDS: Bloom's: Remember

6. Beginning in 2011, food guidance materials became labeled “MyPyramid.”
   a. True
   b. False

ANSWER: False
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

7. Humans are born with an internal compass that directs them to select a healthy diet.
   a. True
   b. False

ANSWER: False
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

8. Free radicals are chemical substances that are missing electrons.
   a. True
   b. False

ANSWER: True
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

9. Low intake of fruits and vegetables and regular consumption of processed meat is linked to cancer.
   a. True
   b. False

ANSWER: True
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

10. Reducing the proportion of adults who are obese and eliminating very low food security are *Healthy People 2020* nutrition objectives for the nation.
   a. True
   b. False

ANSWER: True
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

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11. Some diseases are promoted by interactions between nutrients and genes.
    a. True
    b. False

ANSWER: True
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

12. The leading causes of death among Americans are accidents and diabetes.
    a. True
    b. False

ANSWER: False
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

13. Vitamins A and D function as antioxidants.
    a. True
    b. False

ANSWER: False
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

14. The National Health and Nutrition Examination Survey assesses dietary intake, health, and nutritional status in a sample of adults and children in the United States on a continual basis.
    a. True
    b. False

ANSWER: True
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

15. Hypertension is defined as blood pressure exerted inside of blood vessel walls that typically exceeds 120/80 mm Hg.
    a. True
    b. False

ANSWER: False
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

Multiple Choice

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16. Regular consumption of processed meats and low vegetable and fruit intake is associated with the development of _____.

a. tooth decay
b. osteoporosis
c. cancer
d. hypertension
e. heart disease

ANSWER: c
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

17. Which type of diabetes is the most common?

a. type 1
b. type 2
c. juvenile
d. gestational
e. beta

ANSWER: b
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

18. According to government survey data, _____% of Americans have a chronic condition.

a. 15
b. 23
c. 35
d. 44
e. 50

ANSWER: d
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

19. A dietary risk factor linked to Alzheimer's disease is _____.

a. high intake of olive oil
b. excessive vigorous exercise
c. regular intake of high animal-fat products
d. excessive body fat
e. excessive alcohol consumption

ANSWER: c

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REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

20. The American Heart Association concludes that future gains in heart health among Americans will stem primarily from _____.
    a. improved dietary intakes
    b. improved hypertension medications
    c. improved hyperlipidemia medications
    d. decreased stress
    e. decreased caffeine consumption

ANSWER: a
REFERENCES: Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.
KEYWORDS: Bloom's: Remember

21. Which country has the highest life expectancy?
    a. Japan
    b. United States
    c. Germany
    d. France
    e. Spain

ANSWER: a
REFERENCES: Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.
KEYWORDS: Bloom's: Remember

22. What is the leading cause of death in the United States?
    a. kidney disease
    b. stroke
    c. accidents
    d. cancer
    e. heart disease

ANSWER: e
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

23. Which disease or disorder is more likely to occur in an individual with excessive body fat?
    a. stroke
    b. osteoporosis

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c. anemia
d. cancer
e. Alzheimer's disease

ANSWER: d
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

24. Damage induced by oxidation reactions can generally be repaired by antioxidants produced by the body and consumed in vegetables, fruits, and _____.
a. whole-grain products
b. dairy products
c. seafood
d. poultry
e. refined grains

ANSWER: a
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

25. People with the "high-risk" form of the FTO gene experience a 20% higher lifetime risk of _____ compared to those who have the "low-risk" form of the gene.
a. experiencing a stroke
b. becoming anemic
c. developing cancer
d. developing heart disease
e. becoming overweight or obese

ANSWER: e
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

26. Low intake of _____ is associated with lower levels of inflammation.
a. dried beans
b. olive oil
c. processed meats
d. coffee
e. low-fat dairy products

ANSWER: c
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.

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KEYWORDS: Bloom's: Remember

27. What is the second leading cause of death in the United States?
    a. heart disease
    b. cancer
    c. stroke
    d. kidney disease
    e. diabetes

ANSWER: b
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

28. People who consume Western-type diets are at higher risk of developing obesity, diabetes, cancer, heart disease, and _____.
    a. cirrhosis of the liver
    b. cerebrovascular disease
    c. Alzheimer's disease
    d. osteoporosis
    e. hypertension

ANSWER: e
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

29. The _____ rate tends to increase among some population groups after they immigrate to the United States.
    a. hypertension
    b. Alzheimer's disease
    c. obesity
    d. anemia
    e. cirrhosis of the liver

ANSWER: c
REFERENCES: Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.
KEYWORDS: Bloom's: Remember

30. High intake of _____ is associated with decreased inflammation and oxidative stress.
    a. fish
    b. whole milk
    c. red meat
    d. sweetened beverages
    e. refined grains

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ANSWER: a
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

31. An example of an objective for *Healthy People 2020* is to _____.
    a. decrease the proportion of schools that offer nutritious foods and beverages outside of school meals
    b. increase the consumption saturated fat
    c. increase the proportion of Americans with access to a store selling foods encouraged by the Dietary Guidelines
    d. reduce iron deficiency among men
    e. increase the consumption of sodium

ANSWER: c
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

32. Which lifestyle change would be recommended to someone trying to adopt a healthier lifestyle?
    a. Eliminate sweets.
    b. Increase intake of refined grains.
    c. Increase intake of high-fat dairy products.
    d. Eliminate soft drinks.
    e. Increase intake of dried beans.

ANSWER: e
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Understand

33. Cirrhosis of the liver is caused by a poor overall diet and excessive consumption of _____.
    a. red meat
    b. sugar
    c. alcohol
    d. processed foods
    e. sodium

ANSWER: c
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

34. Which food most likely resembles what our early human ancestors would have eaten?
    a. whole milk
    b. oatmeal
    c. cheese
    d. berries

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e. refined grain products

ANSWER: d

REFERENCES: Diet and Diseases of Western Civilization

LEARNING OBJECTIVES: NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans that may promote the development of certain diseases.

KEYWORDS: Bloom's: Remember

35. Jamie wants to change her diet to reduce her risk of hypertension, so she decides to maintain a _____ intake.
    a. high sodium
    b. high alcohol
    c. high potassium
    d. low vegetable and fruit
    e. high fat

ANSWER: c

REFERENCES: Nutrition in the Context of Overall Health

LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.

KEYWORDS: Bloom's: Understand

36. Dietary factors associated with a stroke include _____.
    a. low vegetable and fruit intake
    b. moderate red wine intake
    c. high fiber intake
    d. moderate animal-fat intake
    e. excessive body fat

ANSWER: a

REFERENCES: Nutrition in the Context of Overall Health

LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.

37. Dietary risk factors including low intake of vegetables, fruits, fish, and whole grains and excessive calorie and high animal-fat intake are associated with _____.
    a. insomnia
    b. eating disorders
    c. chronic inflammation and oxidative stress
    d. impaired growth
    e. asthma

ANSWER: c

REFERENCES: Nutrition in the Context of Overall Health

LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.

KEYWORDS: Bloom's: Remember

38. According to ChooseMyPlate, make at least _____% of your grains whole grains.
    a. 20

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b. 30
c. 50
d. 80
e. 100

ANSWER: c
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

39. According to ChooseMyPlate.gov, half of your plate should consist of _____.
a. dairy
b. fruits and dairy
c. protein
d. vegetables and fruits
e. grains and dairy

ANSWER: d
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

40. According to ChooseMyPlate.gov compare _____ in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
a. calcium
b. sodium
c. potassium
d. iron
e. calories

ANSWER: b
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

41. Type 2 diabetes is associated with _____ intake.
a. high caffeine
b. high iron
c. high saturated fat
d. low fruit and vegetable
e. low added sugar

ANSWER: d
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

42. Which factor exerts the strongest overall influence on health and longevity?

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a. lifestyle
b. genetic makeup
c. environmental exposure to toxins
d. access to quality health care
e. smoking habits

ANSWER: a
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

43. In the 1930s _____ deficiency and _____ deficiency were leading causes of hospitalization of children in the United States.

a. vitamin A; vitamin E
b. omega-3 fatty acid; vitamin C
c. iron; sodium
d. vitamin D; calcium
e. vitamin D; niacin

ANSWER: e
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

44. Excessive alcohol intake is associated with _____.

a. stroke
b. diabetes
c. heart disease
d. Alzheimer’s disease
e. iron-deficiency anemia

ANSWER: a
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

45. Diabetes is a disease characterized by abnormal utilization of _____ by the body.

a. amino acids
b. lipids
c. glucose
d. cholesterol
e. lactose

ANSWER: c
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific

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diseases.

KEYWORDS: Bloom's: Remember

46. Which foods are characteristic of the Western-type diet?
    a. fish and seafood
    b. meat and refined grains
    c. dark green and root vegetables
    d. dried beans and rice
    e. high-fat dairy products and olive oil

ANSWER: b
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

47. Isothiocyanates can be found in _____.
    a. fish
    b. root vegetables
    c. tropical fruits
    d. cruciferous vegetables
    e. legumes

ANSWER: d
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

48. ChooseMyPlate recommends which type of milk?
    a. whole
    b. 2%
    c. 1% or fat-free
    d. organic
    e. lactose-free

ANSWER: c
REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

49. ChooseMyPlate recommends replacing sugary drinks with _____.
    a. milk
    b. tea
    c. juice
    d. coffee
    e. water

ANSWER: e

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REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects, they each discover that they both have genetic tendencies toward several chronic diseases. Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions regarding their health and nutrition by answering questions 35-40.

50. Which foods should Ellen consume to help increase her calcium intake and reduce her risk of osteoporosis?
    a. whole-grain products
    b. *trans* fats
    c. chicken and pork
    d. mixed berries and nuts
    e. low-fat dairy products fortified with vitamin D

ANSWER: e
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Understand

51. What should Ellen do to reduce her risk of developing hypertension?
    a. Reduce her intake of lean meats.
    b. Increase her intake of fresh fruits and vegetables.
    c. Increase her intake of processed grains.
    d. Increase her wine consumption.
    e. Reduce her intake of vegetable oils.

ANSWER: b
REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Understand

52. Jane has learned that the chronic diseases she is genetically susceptible to are all _____.
    a. associated with inadequate calcium and vitamin D
    b. largely preventable
    c. associated with excessive body fat or calorie intake
    d. largely genetically determined and associated with malnutrition
    e. largely preventable and associated with excessive body fat or calorie intake

ANSWER: e
REFERENCES: Nutrition in the Context of Overall Health and Diet and Diseases of Western Civilization
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
NNOW.BRWN.17.2.2 - Explain the differences in diets between early and modern humans

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that may promote the development of certain diseases.

KEYWORDS: Bloom's: Understand

53. What dietary changes should Jane make to help prevent the chronic diseases to which she is susceptible?

a. Decrease her intake of high-protein, low-fat foods.
b. Choose a high protein diet and minimize fruits and grains.
c. Select a weight-loss diet program that replaces meals with protein shakes.
d. Decrease her intake of *trans* fat, added sugar, and overall calories.
e. Adopt a gluten-free diet.

ANSWER: d

REFERENCES: Nutrition in the Context of Overall Health

LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.

KEYWORDS: Bloom's: Understand

54. Ellen would like to be proactive in reducing her risk of cancer. What specific change can she make to her diet to reduce her risk?

a. Decrease her intake of whole grains.
b. Increase her wine intake.
c. Decrease her intake of processed meats.
d. Increase her intake of dairy products.
e. Adopt a Mediterranean style diet.

ANSWER: c

REFERENCES: Nutrition in the Context of Overall Health

LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.

KEYWORDS: Bloom's: Remember

55. Jane and Ellen realize that they can reduce their risk of multiple chronic diseases by following recommendations for reducing risk of developing what other chronic health problem?

a. chronic inflammation
b. anemia
c. chronic obstructive pulmonary disease
d. osteoporosis
e. Alzheimer’s disease

ANSWER: a

REFERENCES: Nutrition in the Context of Overall Health

LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.

KEYWORDS: Bloom's: Understand

Matching

Match each term with the appropriate definition.

a. a condition in which bones become fragile and susceptible to fracture due to a loss of calcium and other minerals
b. disease characterized by abnormal utilization of glucose by the body and elevated blood glucose levels

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c. the first response of the body's immune system to infectious agents, toxins, or irritants
d. high blood pressure
e. a report outlining goals and objectives for changes in health status in the United States
f. condition that occurs when cells are exposed to more oxidizing molecules than to antioxidant molecules
g. chemical substances that are missing electrons
h. chemical substances that prevent or repair damage to cells caused by oxidizing agents
i. disease usually linked to excessive alcohol consumption and poor overall diet
j. slow-developing, long-lasting diseases that are not contagious
k. food guidance materials that reflect current concerns about food choices, nutrition, and health
l. disease linked to low intake of olive oil, vegetables, fruits, fish, wine, and whole grains
m. performs regular surveys of food and nutrient intake and understanding of diet and health relationships among a national sample of individuals in the United States
n. linked to excessive body fat, high intake of *trans* fat, added sugar, and salt
o. ongoing studies begun in 1961 that determine the levels of various contaminants and nutrients in foods and diets

REFERENCES: Nutrition in the Context of Overall Health
LEARNING OBJECTIVES: NNOW.BRWN.17.2.1 - Discuss the significance of diet in the development of specific diseases.
KEYWORDS: Bloom's: Remember

56. Alzheimer's disease
ANSWER: i

57. antioxidants
ANSWER: h

58. chronic diseases
ANSWER: j

59. chronic inflammation
ANSWER: c

60. cirrhosis of the liver
ANSWER: i

61. diabetes
ANSWER: b

62. free radicals
ANSWER: g

63. heart disease
ANSWER: n

64. hypertension
ANSWER: d

65. osteoporosis

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ANSWER: a

66. oxidative stress
ANSWER: f

Match each term with the appropriate definition.
a. a condition in which bones become fragile and susceptible to fracture due to a loss of calcium and other minerals
b. disease characterized by abnormal utilization of glucose by the body and elevated blood glucose levels
c. the first response of the body's immune system to infectious agents, toxins, or irritants
d. high blood pressure
e. a report outlining goals and objectives for changes in health status in the United States
f. condition that occurs when cells are exposed to more oxidizing molecules than to antioxidant molecules
g. chemical substances that are missing electrons
h. chemical substances that prevent or repair damage to cells caused by oxidizing agents
i. disease usually linked to excessive alcohol consumption and poor overall diet
j. slow-developing, long-lasting diseases that are not contagious
k. food guidance materials that reflect current concerns about food choices, nutrition, and health
l. disease linked to low intake of olive oil, vegetables, fruits, fish, wine, and whole grains
m. performs regular surveys of food and nutrient intake and understanding of diet and health relationships among a national sample of individuals in the United States
n. linked to excessive body fat, high intake of *trans* fat, added sugar, and salt
o. ongoing studies begun in 1961 that determine the levels of various contaminants and nutrients in foods and diets

REFERENCES: Improving the American Diet
LEARNING OBJECTIVES: NNOW.BRWN.17.2.3 - List the types of food that are core components of healthful diets.
KEYWORDS: Bloom's: Remember

67. ChooseMyPlate
ANSWER: k

68. *Healthy People 2020*
ANSWER: e

69. Nationwide Food Consumption Survey
ANSWER: m

70. Total Diet Study
ANSWER: o

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