Nutrition and Diet Therapy 12th edition Roth Test Bank

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Chapter 02 Planning a Healthy Diet

MULTICHOICE

1. Which of the following statements is NOT one of the overarching guidelines in the Dietary Guidelines for Americans, 2015-2020?

(A) eat plenty of protein-rich foods

(B) follow a healthy eating pattern across the life span

(C) focus on variety, nutrient density, and amount

(D) support healthy eating patterns for all

Answer : (A)

2. Weight loss should not exceed ____.

(A) 1-1 1/2 pounds per week

(B) 5 pounds per week

(C) 10 pounds per week

(D) 15 pounds per month

Answer : (A)

3. What is the recommendation for saturated fat intake for a healthy individual?

(A) less than 10% of total calorie intake

(B) 35% or less of total calorie intake

(C) 45-50 g of fat daily

(D) less than 50 g of fat a day

Answer : (A)

4. Excessive amounts of sodium in the diet can contribute to ____.

(A) diabetes

(B) low blood pressure

(C) hypertension

(D) kidney failure

Answer : (C)

5. According to the Dietary Guidelines for Americans, 2015-2020, what is the recommendation for consuming whole grains?

(A) Strive to make half of all grains consumed be whole grains.

(B) Include as many grains as possible, regardless of type.

(C) Select foods that have whole grains listed as their last ingredient.

(D) Select white bread whenever possible.

Answer : (A)

6. With the introduction of MyPlate, which of the food groups shown on the old MyPyramid was left off?

(A) grains

(B) fats and oils

(C) fruits

(D) vegetables

Answer : (B)

7. With what nutrient is milk fortified?

(A) vitamin A

(B) vitamin B_{12}

(C) vitamin D

(D) calcium

Answer : (C)

8. Based on MyPlate, a 1,800-calorie diet would require how many cups of fruits and vegetables each day?

(A) two cups

(B) three cups

(C) four cups

(D) five to six cups

Answer : (C)

9. In what year did current nutrition labeling regulations become mandatory?

(A) 1990

(B) 1992

(C) 1994

(D) 1995

Answer : (C)

10. Which of the following items must be included on a food label?

(A) total carbohydrates and cholesterol per serving

(B) vitamins E and D

(C) all B vitamins

(D) cost per serving

Answer : (A)

11. "Low sodium" means ____.

(A) fewer than 120 mg per serving

(B) fewer than 140 mg per serving

(C) fewer than 35 mg per serving

(D) no more than 45 mg per serving

Answer : (B)

12. Chinese cooking may cause a problem for people with high blood pressure because of the extensive use of soy sauce, which is high in ____.

(A) sugar

(B) salt

(C) iron

(D) fat

Answer : (B)

13. Foods prepared according to Jewish dietary laws are referred to as ____.

(A) kosher

(B) proper

(C) Orthodox

(D) ceremonial

Answer : (A)

14. Jewish dietary law states that dairy products may not be prepared or eaten with ____.

(A) vegetables

(B) meat

(C) bread

(D) eggs

Answer : (B)

15. Which of the following beverages does Seventh-Day Adventists consume?

(A) coffee

(B) tea

(C) alcohol

(D) milk

Answer : (D)

16. What type of vegetarian uses dairy products but no meat, poultry, or eggs?

(A) vegans

(B) lacto-vegetarians

(C) lacto-ovo vegetarians

(D) omnivores

Answer : (B)

17. For adults to receive substantial health benefits from exercise, which of the following is true?

(A) At least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity is necessary

each week.

(B) At least 75 minutes of moderate-intensity or 150 minutes of vigorous aerobic activity is necessary each week.

(C) Aerobic exercise should be performed in episodes of at least 30 minutes in order to be effective.

(D) Only aerobic exercise provides health benefits-strength training is not necessary.

Answer : (A)

18. MyPlate recommends that at least how many servings consumed from the grains group should be whole grains?

(A) all

(B) half

(C) some

(D) none

Answer : (B)

19. All of the following can help increase total vegetable intake EXCEPT _____.

(A) increase vegetable content of mixed dishes

(B) blend vegetables into meals and snacks

(C) increase protein added to dishes

(D) eat a salad with meals

Answer : (C)

20. Fruits provide all of the following EXCEPT _____.

(A) protein

(B) vitamin A

(C) vitamin C

(D) potassium

Answer : (A)

21. Daily Values on the label state the percentage of Daily Values of each nutritional item listed per serving, based on a daily diet of how many calories?

(A) 1,200

(B) 1,500

(C) 1,800

(D) 2,000

Answer : (D)

22. When a registered dietitian plans a diet for a client, he or she should consider all of the following things EXCEPT _____.

(A) client's likes

(B) client's dislikes

(C) client's food customs

(D) dietician's beliefs

Answer : (D)

ESSAY

23. Discuss nutritional deficiencies and other health risks that may be a result of excess alcohol use.

Graders Info :

One ounce of most alcoholic beverages contains approximately 80 calories and traces of nutrients. Moderate drinkers have increased appetite, which increases food consumed, resulting in weight gain. Heavy drinkers lose their appetites, and that results in nutritional deficiencies. Excess alcohol causes cirrhosis, liver and brain damage, birth defects, and the risk of cancer of the throat or neck.

24. Examine the labels of five cans or packages of food products in your cabinet. Prepare a chart to compare the contents, per serving, of sodium, carbohydrates, calories, protein, fat, fiber, serving size, and sugar. What conclusions can you deduce from the chart?

Graders Info :

The student should recognize the label information as being of value to the consumer. The percentage of Daily Values of each nutritional item is listed per serving. Maximum and minimal amounts of nutrients are also noted. Students should recognize the elevated sodium levels in processed foods, as well as the total carbohydrates and sugar content, which tend to be elevated in different types of foods. In the effort to make the consumer more aware of diet as a factor in good health, health claims that link nutrients to health conditions are on the label. Comparing

manufacturers' data will make students more aware of the contents of some of the cheaper brands.

25. Discuss the diet as a link to health claims and food labeling.

Graders Info :

The diet has been linked to many health conditions. Health claims link specific conditions to a nutrient and list them on the label. This allows the consumer to make more appropriate food choices. Examples include calcium and osteoporosis; sodium and hypertension; low saturated fat and cholesterol and high in fiber and coronary heart disease; low fat and high in fiber, antioxidants, and vitamins A and C and cancer; folic acid and neural tube defects; soy and cardiac disease. The food must also be a naturally good source (10% daily value) of at least one of the following nutrients: vitamins A and C, iron, calcium, or fiber. It also must have less than 20% of the daily value for total fat, saturated fat, cholesterol, and sodium.

26. List the eight healthy benefits of regular physical activity.

Graders Info :

Increases physical fitnessHelps build and maintain healthy bones, muscles, and joints
Builds endurance and muscular strength
Helps maintain weight
Lowers risk factors for cardiovascular disease, colon cancer, and type 2 diabetes
Helps control blood pressure
Promotes psychological well-being and self-esteem
Reduces feelings of depression and anxiety

27. The most common nutrient deficiency in the world is the lack of _____. It is more prevalent among four specific population groups. List them and describe why those population groups are more at risk. Describe how their diets can be altered to prevent the deficiency.

Graders Info :

Iron: Children under age 2 consume more milk instead of eating other food sources with iron. Adolescents lack a nutritional diet because they eat more junk food than regular meals. Pregnant women need increased iron because the developing fetus depletes their blood cells. Women with heavy menstrual flow are at risk for decreased iron levels. Diet plans may vary, but clients should be encouraged to eat foods high in iron such as lean meats, poultry, fish, enriched breads, legumes, leafy green vegetables, dried fruits, and nuts.

28. List four foods that contain calcium and indicate how much of each food one would have to consume to equal the amount of calcium found in one 8-oz glass of milk.

Graders Info :

1 1/2 oz of cheddar cheese2 cups of cottage cheese
1 3/4 cups of ice cream
1 cup of yogurt

29. MyPlate suggests that wine be consumed in moderation. Describe what this means and how it is different for men and women.

Graders Info :

Wine may be consumed with meals-one to two 5-oz glasses per day for men and one 5-oz glass per day for women.

30. Vegans avoid all animal products in their diet. Discuss what foods provide protein in a vegan diet and what nutrient deficiencies might result from consuming a vegan diet.

Graders Info :

Vegans use soybeans, chickpeas, meat analogues, and tofu as sources of protein in their diet. Vegans can show deficiencies of calcium; vitamins A, D, and B_{12}; and protein.

TRUEFALSE

31. Vegetables are a needed addition to the traditional Japanese diet. _____

(A) True

(B) False

Answer : (B)

32. Beef is commonly eaten on the Mediterranean side of Italy. _____

(A) True

(B) False

Answer : (B)

33. Calorie free means the product contains zero calories per serving. _____

(A) True

(B) False

Answer : (B)

34. Italians consume a healthy mix of pasta, rice, beans, olives, fruits, vegetables, and seafood in their diets. However, they would benefit from adding lower-fat meats to improve their diets.

_____

(A) True

(B) False

Answer : (A)

35. The Japanese diet is almost totally deficient of milk sources. _____

(A) True

(B) False

Answer : (A)

36. Neural tube defects in the newborn may be caused by a folic acid deficiency.

_____

(A) True

(B) False

Answer : (A)

37. Fat free means a food contains less than 0.5 g of fat per serving. _____

(A) True

(B) False

Answer : (A)

ESSAY

38. Haley, a 34-year-old single female, weighs 210 pounds, is 5′8″ tall and has a medium frame. The physician asks you to assist Haley in planning a diet that will allow her to lose 1 to 2 pounds per week. As you discuss Haley's diet with her, you determine that her typical diet consists of these foods: two pieces of bacon, two eggs, one slice of cheese on one biscuit with 8 oz of 2% milk for breakfast; 4 oz hamburger on a bun, one cup of fries, 32 oz of cola for lunch; two slices of a 12-inch loaded pizza, two cups of salad with 2 tbsp of ranch dressing, 32 oz sweet tea for dinner; and snacks of 6 oz lite yogurt, 1 oz of chips, 1 oz of pretzels, and diet cola throughout the day.

Use approximate measures to determine Haley's usual caloric intake for 1 day.

Graders Info :

3,000-3,200 calories

39. Haley, a 34-year-old single female, weighs 210 pounds, is 5′8″ tall and has a medium frame. The physician asks you to assist Haley in planning a diet that will allow her to lose 1 to 2 pounds per week. As you discuss Haley's diet with her, you determine that her typical diet consists of these foods: two pieces of bacon, two eggs, one slice of cheese on one biscuit with 8 oz of 2% milk for breakfast; 4 oz hamburger on a bun, one cup of fries, 32 oz of cola for lunch; two slices of a 12-inch loaded pizza, two cups of salad with 2 tbsp of ranch dressing, 32 oz sweet tea for dinner; and snacks of 6 oz lite yogurt, 1 oz of chips, 1 oz of pretzels, and diet cola throughout the day.

You have determined that Haley lives alone and often eats from fast-food restaurants. She states that it seems to be cheaper than cooking for one person. When evaluating Haley's usual dietary intake, which food groups would you find lacking in her diet? In which vitamins, minerals, or nutrients would you expect her to be deficient?

Graders Info :

Fruits and vegetables, fiber, vitamins A, B-complex, C, E, and K, iron, calcium, and phosphorus.

40. Haley, a 34-year-old single female, weighs 210 pounds, is 5′8″ tall and has a medium frame. The physician asks you to assist Haley in planning a diet that will allow her to lose 1 to 2 pounds per week. As you discuss Haley's diet with her, you determine that her typical diet consists of these foods: two pieces of bacon, two eggs, one slice of cheese on one biscuit with 8 oz of 2% milk for breakfast; 4 oz hamburger on a bun, one cup of fries, 32 oz of cola for lunch; two slices of a 12-inch loaded pizza, two cups of salad with 2 tbsp of ranch dressing, 32 oz sweet tea for dinner; and snacks of 6 oz lite yogurt, 1 oz of chips, 1 oz of pretzels, and diet cola throughout the day.

A decrease of 500 calories per day will result in a 1-pound weight loss in 1 week. With this knowledge and the information you have collected about Haley, calculate a new total caloric intake for her to consume each day. How many total calories is Haley allowed per day? Devise a sample daily diet for Haley. Remember to include food items that will supply Haley with the vitamins, minerals, and nutrients she needs.

Graders Info :

A meal plan of 2,200 calories will allow her to lose 2 pounds per week. A sample diet plan should include an adequate supply of fruits and vegetables and can have variation as long as it follows the recommendations in the Dietary Guidelines for Americans 2015-2020.

41. Haley, a 34-year-old single female, weighs 210 pounds, is 5′8″ tall and has a medium frame. The physician asks you to assist Haley in planning a diet that will allow her to lose 1 to 2 pounds per week. As you discuss Haley's diet with her, you determine that her typical diet consists of these foods: two pieces of bacon, two eggs, one slice of cheese on one biscuit with 8 oz of 2% milk for breakfast; 4 oz hamburger on a bun, one cup of fries, 32 oz of cola for lunch; two slices of a 12-inch loaded pizza, two cups of salad with 2 tbsp of ranch dressing, 32 oz sweet tea for dinner; and snacks of 6 oz lite yogurt, 1 oz of chips, 1 oz of pretzels, and diet cola throughout the day.

Haley plans to attend a local weight loss group, "Lose Weight the Healthy Way," and has invited you to make a presentation. Focus your presentation on the benefits of exercise to aid in weight loss. Prepare a teaching plan for the presentation and an exercise plan that can be adaptable for a variety of individuals who may attend the group meeting.

Graders Info :

The teaching plan should include objectives, goals, and interventions. The exercise plan should encourage participants to get regular exercise two to three times per week. Interventions should include an exercise plan beginning with low-impact exercises with an emphasis on walking. The length of walking time and the impact, ranging from walk to jog, could vary, depending on the person's health status, age, or physical condition. This would make the activity plan adaptable or variable. Some participants may not be able to progress to the more rigorous workouts, but could focus on walking and gradually increase the time.

42. Haley, a 34-year-old single female, weighs 210 pounds, is 5′8″ tall and has a medium frame. The physician asks you to assist Haley in planning a diet that will allow her to lose 1 to 2 pounds per week. As you discuss Haley's diet with her, you determine that her typical diet consists of these foods: two pieces of bacon, two eggs, one slice of cheese on one biscuit with 8 oz of 2% milk for breakfast; 4 oz hamburger on a bun, one cup of fries, 32 oz of cola for lunch; two slices of a 12-inch loaded pizza, two cups of salad with 2 tbsp of ranch dressing, 32 oz sweet tea for dinner; and snacks of 6 oz lite yogurt, 1 oz of chips, 1 oz of pretzels, and diet cola throughout the day.

Determine the calories burned with specific types of exercise activity. Plan an exercise regimen based on Haley's height and weight.

Graders Info :

Haley needs to lose an additional 21 pounds to reach her goal weight of 175 pounds in 12 weeks. (With the decrease in calories, she will lose 24 pounds.) An exercise session may burn an average of 300 calories. For example, low-impact dance aerobics burn 315 calories in 30 minutes and would burn approximately 0.6 pound per week if exercise is daily. The number of calories burned may be higher or lower depending upon the intensity level and one's actual body weight.

43. Haley, a 34-year-old single female, weighs 210 pounds, is 5′8″ tall and has a medium frame. The physician asks you to assist Haley in planning a diet that will allow her to lose 1 to 2 pounds per week. As you discuss Haley's diet with her, you determine that her typical diet consists of these foods: two pieces of bacon, two eggs, one slice of cheese on one biscuit with 8 oz of 2% milk for breakfast; 4 oz hamburger on a bun, one cup of fries, 32 oz of cola for lunch; two slices of a 12-inch loaded pizza, two cups of salad with 2 tbsp of ranch dressing, 32 oz sweet tea for dinner; and snacks of 6 oz lite yogurt, 1 oz of chips, 1 oz of pretzels, and diet cola throughout the day.

Haley requests a list of snacks she can use during her exercise period or when on break. Devise a list of high-energy, low-calorie, nutritious drinks or snacks. Include the caloric content of each.

Graders Info :

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1 cup yogurt, 127 calories; banana, 100 calories; apple, 80 calories; 2 tbsp raisins, 60 calories; 1/2 cup pears, 60 calories; 1 cup honeydew melon, 60 calories; 1/2 cup apple juice, 60 calories; 1/2 cup vegetables (most), 40-100 calories; 1/2 cup dry figs, 80 calories; 1 cup cantaloupe, 80 calories. Many choices are available that offer low caloric content with carbohydrates for energy.

44. A 5-year-old, Mark, weighing 40 pounds, has been diagnosed with milk allergies. You are going to assist the mother with planning nutritional care for the child. You want to ensure that Mark receives appropriate amounts of all nutrients, vitamins, and minerals.

Prior to planning care, you must gather facts about the nutritional status of this age group. What is the daily calcium recommendation for a 5-year-old?

Graders Info :

1,100 mg
USDA DRI tables, 2012

45. A 5-year-old, Mark, weighing 40 pounds, has been diagnosed with milk allergies. You are going to assist the mother with planning nutritional care for the child. You want to ensure that Mark receives appropriate amounts of all nutrients, vitamins, and minerals.

Prepare a diet plan with alternate food sources to meet the recommended amounts of calcium for this age group. Include food choices that are appropriate for this age and that supply all recommended vitamins, minerals, and nutrients.

Graders Info :

Students could include any diet plan with alternate food choices for calcium, such as sunflower seeds (an excellent choice for a young child), raisins, carrots, pinto beans, salmon, brown rice, ground beef, tofu, nuts. Plans will vary.

46. A 5-year-old, Mark, weighing 40 pounds, has been diagnosed with milk allergies. You are going to assist the mother with planning nutritional care for the child. You want to ensure that Mark receives appropriate amounts of all nutrients, vitamins, and minerals.

What other vitamins or minerals impact the absorption of calcium and should be included in this plan? List them. What foods must be included to ensure that these are ingested?

Graders Info :

Vitamin D and phosphorus are necessary for the absorption of calcium. Ensure that the mother is aware of the need for the child to get adequate play outdoors to get additional vitamin D. Phosphorus is found in foods that contain protein (meats, fish, legumes, poultry, eggs, and grains). Sources rich in iron interfere with the absorption of calcium. These food sources should be consumed at separate meals or snacks.

47. A 5-year-old, Mark, weighing 40 pounds, has been diagnosed with milk allergies. You are going to assist the mother with planning nutritional care for the child. You want to ensure that Mark receives appropriate amounts of all nutrients, vitamins, and minerals.

Nursing goals may include education of the primary caregivers regarding the child's nutritional requirements; correction of nutritional deficiencies; and achievement of an ideal weight in relation to height. What nursing interventions will be planned to meet these goals?

Graders Info :

Students should recognize that priority nursing interventions would be specific activities directed toward education of caregivers in all areas. When they are educated, the remaining goals will follow. Plans of care need to be individualized and specific to each client. Following up with clients and families would be helpful for ongoing education as the child grows and changes, needs will grow and change.

48. A 5-year-old, Mark, weighing 40 pounds, has been diagnosed with milk allergies. You are going to assist the mother with planning nutritional care for the child. You want to ensure that Mark receives appropriate amounts of all nutrients, vitamins, and minerals.

To ensure that the dietary requirements will be met daily, dietary controls must be monitored while Mark is at school. Assist the mother in preparing a diet plan for breakfast and lunch at school.

Graders Info :

Breakfast could include a hot cereal of brown rice. Other choices could be eggs or hot or cold cereals garnished with raisins or chopped nuts. Lunch choices could include a portion of the calcium requirement from vegetables or pinto beans. Sunflower seeds make a good snack. When making a dietary plan, the student should realize that the calcium requirement of 800 mg can be divided between the three meals, or included in only one or two of the meals or in an afternoon snack.