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Name:_____ Class:_____ Date:_____

Chapter 02

1. A healthy diet will include which of the following components?
   a. balance
   b. adequacy
   c. moderation
   d. variety
   e. All of these are correct.

ANSWER: e

2. Which of the following is true regarding ultra-processed foods?
   a. Ultra-processed foods typically have few added ingredients.
   b. Ultra-processed foods are often formulated to be convenient and highly palatable.
   c. Ultra-processed foods are abundant in farmers' markets.
   d. Ultra-processed foods contribute about 60% of the added sugar intake in the United States.
   e. Intake of ultra-processed foods typically contributes to high diet quality.

ANSWER: b

3. A balanced diet contains _____, which are the fundamental components of eating healthfully.
   a. refined carbohydrates
   b. an abundance of calories to meet energy requirements
   c. foods from each of the food groups
   d. energy-dense foods
   e. empty-calorie foods

ANSWER: c

4. Which of the following foods is the LEAST processed?
   a. canned tomatoes
   b. tomato sauce
   c. fresh tomato
   d. pasta sauce
   e. lasagna

ANSWER: c

5. Which of the following foods is the MOST processed?
   a. cinnamon roll
   b. unbleached all-purpose flour
   c. whole wheat flour
   d. oats
   e. white bread

ANSWER: a

6. The primary factor that determines the energy density of a food item is the:

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a. number of calories.
b. water and fat content.
c. proportion of essential proteins to nonessential proteins.
d. electrolyte content.
e. amount of cholesterol and saturated fats.

ANSWER: b

7. Nutrient-dense foods are foods with:
a. a high number of calories for their weight.
b. a low number of calories for their weight.
c. more than one essential nutrient.
d. a high proportion of healthy nutrients relative to the number of calories.
e. a high proportion of protein relative to carbohydrates and fats.

ANSWER: d

8. _____ is an example of a meal with high energy density, while _____ is an example of a meal with high nutrient density.
a. Spinach salad with Italian dressing; chicken salad sandwich on French bread
b. Hamburger and French fries; ham sandwich on whole-grain bread, vegetable soup, and fruit salad
c. Caesar salad with grilled chicken; hot dog with cracker jacks
d. Pizza with pepperoni, green peppers, and olives; fried chicken and mashed potatoes
e. Tomato soup; grilled cheese sandwich

ANSWER: b

9. The average American typically gets _____ of their calories from solid fats and added sugars each day.
a. all
b. about 75%
c. about 50%
d. about one-third
e. about 25%

ANSWER: e

10. The Dietary Guidelines for Americans:
a. provide essential advice for how to eat healthfully and reduce the risk of chronic diseases.
b. are newly released every year.
c. encourage Americans to limit milk products.
d. outline the health benefit of specific nutrients.
e. All of these are correct.

ANSWER: a

11. Which of the following food items is considered nutrient dense?

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a. jelly beans
b. diet soda
c. whole-grain bread
d. tortilla chips made from corn
e. sausage

ANSWER: c

12. The Dietary Guidelines for Americans:
a. provide a basis for federal food and nutrition education programs.
b. are developed by the U.S. Department of Agriculture and the Department of Health and Human Services every eight years.
c. were created initially in 1990.
d. provide guidance on how to avoid primarily infectious diseases.
e. All of these are correct.

ANSWER: a

13. Which of the following is NOT an example of a shift in food intake that aligns with the Dietary Guidelines for Americans?
a. Replace fruit juice with whole fruit.
b. Replace white bread with whole wheat bread.
c. Replace oil with butter.
d. Replace soda with water.
e. Replace potato chips with baked potatoes.

ANSWER: c

14. Which of the following nutrients plays a role in the management of blood pressure and can affect the progression of heart disease?
a. calcium
b. sodium
c. glucose
d. electrolytes
e. fiber

ANSWER: b

15. Which of the following is NOT a key message from the Dietary Guidelines for Americans?
a. Follow a healthy eating pattern across the lifespan.
b. Focus on variety, nutrient density, and amount.
c. Limit calories from added sugars and saturated fats and reduce sodium intake.
d. Shift to healthier food and beverage choices.
e. Limit intake of added sugars to less than 25% of total calories.

ANSWER: e

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16. The newest release of food guides from the USDA is a visual presentation of foods from the five food groups "on a dinner plate" to represent the ideal balance that will provide a spectrum of nutrients. It is called:
    a. The Food Guide Pyramid.
    b. A Guide to Good Eating.
    c. Food for Fitness.
    d. MyPlate.
    e. Hassle Free Daily Food Guide.

ANSWER: d

17. MyPlate advises that half of the food choices at a meal should consist of:
    a. lean protein sources.
    b. energy-dense foods.
    c. vegetables and fruits (slightly more vegetables than fruits).
    d. whole grains.
    e. low-fat dairy products.

ANSWER: c

18. How does MyPlate represent dairy products?
    a. as a cup of dairy on the side of the plate
    b. as one-fourth of the daily calcium needs
    c. in an equal proportion to the amount of grains at a meal
    d. in a higher proportion of the amount of fruits and vegetables
    e. Dairy is not represented on the MyPlate food guide.

ANSWER: a

19. Which of the following items is a good cue for estimating a portion size equal to one cup?
    a. spoonful
    b. baseball
    c. golf ball
    d. six dice
    e. matchbox

ANSWER: b

20. Which of the following is NOT a common recommendation from food guides around the world?
    a. Eat more plant foods.
    b. Choose lean protein foods.
    c. Choose saturated fats over unsaturated fats.
    d. Control portion sizes.
    e. Be physically active.

ANSWER: c

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21. Which governmental agency is responsible for regulation of food labeling?
    a. U.S. Department of Agriculture and the Department of Health and Human Services
    b. Food and Drug Administration
    c. Centers for Disease Control and Prevention
    d. Environmental Protection Agency
    e. All of these are correct.

ANSWER: b

22. The Nutrition Labeling and Education Act of 1990 requires which of the following?
    a. Restaurants must provide nutrition details to consumers.
    b. Products sold in the United States must provide detailed nutrition information using a standardized format.
    c. Amounts for a minimum of 10 vitamins and minerals must be listed on nutrition facts labels.
    d. Nutrient claims must appear on all packaged foods.
    e. All health claims must be placed on the back of the packaging.

ANSWER: b

23. _____ refers to the declaration on a food package of the nutrient content and serving size of a food.
    a. Percent daily value (%DV)
    b. Food labeling
    c. Ingredients list
    d. Health claims
    e. Nutrient claims

ANSWER: b

24. An estimation of the amount of a specific nutrient contained in one serving, based on a daily intake of 2000 calories, is called:
    a. percent daily value (%DV).
    b. food labeling.
    c. ingredients list.
    d. health claims.
    e. nutrient claims.

ANSWER: a

25. A list that provides specific details about what a food package contains is called:
    a. percent daily value (%DV).
    b. food labeling.
    c. ingredients list.
    d. health claims.
    e. nutrient claims.

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ANSWER: c

26. On a food package, ingredients are listed:
    a. in descending order of amount, according to weight.
    b. in ascending order amount, according to weight.
    c. in the order of nutrient importance.
    d. in alphabetical order.
    e. None of these is correct.

ANSWER: a

27. Which of the following is a nutrient claim?
    a. high fiber
    b. good source of calcium
    c. low fat
    d. reduced sodium
    e. All of these are correct.

ANSWER: e

28. Which of the following is a declaration on a food package to indicate a link between a food, food component, or dietary supplement and a reduction in disease risk?
    a. food additive
    b. supplemental health information
    c. structure/function claim
    d. health claim
    e. nutrient claim

ANSWER: d

29. Which of the following are NOT evaluated or regulated by the FDA?
    a. vitamin content
    b. structure/function claims
    c. health claims
    d. nutrient claims
    e. food additives

ANSWER: b

30. Which of the following is a dietary principle of not excluding any foods from the diet while also not overindulging in less healthy foods, such as foods high in solid fats, sugar, and salt?
    a. moderation
    b. variety
    c. balance
    d. adequacy

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e. sufficiency

ANSWER: a

31. An individual eats chicken regularly but not other sources of protein. What aspect of a healthy diet is the person missing?

a. moderation
b. variety
c. balance
d. adequacy
e. None of these is correct.

ANSWER: b

32. An individual consumes significantly more than the recommended daily allowance for added sugar intake. What aspect of a healthy diet is the person missing?

a. moderation
b. variety
c. balance
d. adequacy
e. None of these is correct.

ANSWER: a

33. An individual consumes 7 mg of iron but needs 18 mg of iron. What aspect of a healthy diet is the person missing?

a. moderation
b. variety
c. balance
d. adequacy
e. None of these is correct.

ANSWER: d

34. Which of the following is considered a food desert?

a. a rural community where people are not living within two miles of a grocery store
b. a rural community where people are not living within five miles of a grocery store
c. a rural community where people are not living within eight miles of a grocery store
d. an urban community where people are not living within a mile of a grocery store
e. an urban community where people are not living within half a mile of a grocery store

ANSWER: d

35. Which of the following are harder to find in food deserts in America?

a. nutrient-dense foods
b. empty-calorie foods

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c. junk foods
d. energy-dense foods
e. All of these are correct.

ANSWER: a

36. The purpose of the Dietary Guidelines for Americans and MyPlate is to encourage people to do all of the following EXCEPT:
a. increase physical activity and reduce time spent in sedentary behaviors.
b. maintain appropriate calorie balance throughout each stage of life.
c. eat a variety of vegetables.
d. stop eating carbohydrates.
e. vary intake of protein-containing foods.

ANSWER: d

37. Which of the following information is NOT required on a Nutrition Facts Panel for a packaged food item?
a. serving size
b. amount of sodium
c. percent daily value (%DV)
d. amount of magnesium
e. amount of trans fat per serving

ANSWER: d

38. Which of the following micronutrients is required to be on the new version of the nutrition facts label?
a. vitamin D
b. vitamin A
c. vitamin C
d. magnesium
e. selenium

ANSWER: a

39. Which of the following is true about menu labeling regulations?
a. Restaurant chains with five or more locations are required to provide calorie information on menus or menu boards.
b. Vending machine operators with 20 or more locations are required to disclose calorie information for items sold.
c. Restaurant chains with 20 or more locations are required to list calories and information on five key nutrients on menus or menu boards.
d. Vending machine operators with five or more locations are required to disclose calorie information for items sold.
e. None of these is true.

ANSWER: b

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40. Which of the following is NOT true regarding Americans' diets compared to dietary recommendations?
    a. Most Americans are consuming inadequate amounts of vegetables.
    b. Most Americans are consuming excessive added sugars.
    c. Most Americans are consuming excessive sodium.
    d. Most Americans are consuming excessive saturated fats.
    e. All of these are correct.

ANSWER: e

41. The energy density of a food is strongly influenced by the fat and water content.
    a. true
    b. false

ANSWER: a

42. What is the typical relationship between inexpensive fast-food items and nutrient density?

ANSWER: Fast-food items are generally higher in energy density, but the nutrient density is low. Even though nutrient-dense foods may cost more, they provide a better value in nutrient content and in the delay of hunger.

43. Describe the term *food desert* as it applies to American living.

ANSWER: A food desert is a neighborhood or community with little access to a variety of affordable healthy food, such as bananas, oranges, and other fresh fruits and vegetables.

44. Compare and contrast the food items commonly found at corner convenience stores versus items found at a full-service grocery store. How does this affect nutrient density in food choices for residents without a full-service grocery store nearby?

ANSWER: A corner convenience store sells an abundance of chips, fast food, and processed food. A full-service grocery store sells an abundance of produce, dairy, and meat selections. Residents located farther away from grocery stores may experience difficulty accessing fresh foods and may meet their caloric needs through many empty-calorie, nutrient-poor foods.

45. How can using the USDA's MyPlate to develop their daily food plans impact diet quality?

ANSWER: MyPlate, a tool released by the USDA in 2011, can help consumers make balanced food choices since the plate conveys the idea of proportionality (half fruits and vegetables, for example). Key messages that accompany MyPlate promote making healthy choices within each food group.

46. What is a structure/function claim, and how is it displayed on a package? Name one example of a structure/function claim.

ANSWER: A structure/function claim must not make any link to a disease or health-related condition. They are supposed to be truthful and not misleading, and they are not reviewed or authorized by the FDA) On the package, a disclaimer must state that the FDA has not evaluated the claim and that the product is not intended to diagnose, treat, cure, or prevent any disease. An example of a structure/function claim is the term *heart healthy*.

47. List at least five nutrients that are required to be on the new version of the Nutrition Facts Panel.

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ANSWER: Calories, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, calcium, iron, vitamin D, and potassium.

48. Compare and contrast the original food Nutrition Facts Panel with the new Nutrition Facts Panel. List at least three changes and indicate how these changes may reflect current needs of the typical American consumer.
ANSWER: Answers will vary.

49. In reference to Infographic 2.10, describe the relationship between low-income households and accessibility to full-service grocery stores. How does this vary across the country?
ANSWER: Answers will vary.

50. After familiarizing yourself with food guides from around the world, how do the French Diet Steps, the Paraguay nutrition pot, and the Japanese Diet Spinning Top incorporate exercise compared with the USDA's MyPlate?
ANSWER: Answers will vary.

51. Does your total food intake from yesterday (breakfast, lunch, dinner, and snacks) fall into line with the recommendations from the Dietary Guidelines for Americans (DGA) and MyPlate? Why or why not? How can you better adjust your meals and snacks to align with the core concepts from DGA and MyPlate?
ANSWER: Answers will vary.

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