Understanding Normal and Clinical Nutrition 11th edition Rolfes Test Bank

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MULTIPLE CHOICE

1 : A persons customary intake of foods and beverages over time defines her or his ____.
A : body weight
B : eating pattern
C : genetic predisposition
D : risk for inherited diseases

Correct Answer : B

2 : The diet-planning principle that provides all the nutrients, fiber, and energy in amounts sufficient to maintain health is called ____.
A : variety
B : adequacy
C : moderation
D : kcalorie control

Correct Answer : B

3 : What are the principles of diet planning?
A : abundance, B vitamins, kcalories, diet control, minerals, and variety
B : abundance, balance, conservative, diversity, moderation, and vitamins
C : adequacy, bone development, correction, vitamin density, master, and variety
D : adequacy, balance, kcalorie control, nutrient density, moderation, and variety

Correct Answer : D

4 : In a balanced diet, foods that are rich in some nutrients ____.
A : provide enough energy and nutrients to meet the needs of almost everyone
B : do not crowd out foods that are rich in other nutrients
C : provide enough energy at the expense of kcalorie control
D : take the place of any other foods with other nutrients

Correct Answer : B

5 : Nutrient dense refers to foods that ____.
A : carry the USDA nutrition labeling
B : are higher in weight relative to volume
C : provide more nutrients relative to kcalories
D : contain a mixture of carbohydrate, fat, and protein

Correct Answer : C

6 : The concept of nutrient density is most helpful in achieving what principle of diet planning?
A : variety
B : balance
C : moderation
D : kcalorie control

Correct Answer : D

7 : What is an added sugar that contributes to weight gain without providing nutrients?

A : sucrose
B : fructose
C : saccharin
D : lactose

Correct Answer : A

8 : An empty-kcalorie food is one that contains ____.
A : no kcalories
B : an abundance of vitamins but little or no minerals
C : an abundance of minerals but little or no vitamins
D : energy and little or no proteins, vitamins, or minerals

Correct Answer : D

9 : A food that provides 100 milligrams of magnesium and 25 kcalories in a serving has a magnesium density (mg per kcal) of ____.
A : 0.4
B : 4.0
C : 250
D : 2500

Correct Answer : B

10 : Ranking foods according to their overall nutrient composition is known as ____.
A : biological value
B : nutrient profiling
C : the risk reduction score
D : the healthy eating index

Correct Answer : B

11 : Providing enough, but not an excess, of a food is a diet-planning principle known as ____.
A : safety
B : variety
C : moderation
D : undernutrition

Correct Answer : C

12 : A person who eats the same foods day after day may have an adequate diet but it would lack ____.
A : moderation
B : kcalorie control
C : nutrient density
D : variety

Correct Answer : D

13 : By law, how often are the Dietary Guidelines for Americans reviewed and revised?
A : every year
B : every 5 years
C : every 10 years

D : every 25 years

Correct Answer : B

14 : Matt is drinking a cup of orange juice that has been fortified with calcium. One cup of orange juice contains 100 kcal and has 250 mg of calcium. What is the nutrient density of this orange juice per kcalorie?
A : 2.5 milligrams per kcalorie
B : 3.5 milligrams per kcalorie
C : 25 milligrams per kcalorie
D : 35 milligrams per kcalorie

Correct Answer : A

15 : What is a key recommendation associated with the Dietary Guidelines for Americans 20152020?
A : Decrease sodium intake to < 3000 mg per day.
B : Focus on nutrient variety and adequacy.
C : Meet the Physical Activity Guidelines for Americans.
D : Limit protein intakes to fewer than two servings per day.

Correct Answer : C

16 : Jamie is a vegetarian who is planning a healthy diet according to the USDA Food Patterns. Which protein foods would be the best nutrient choices for one day?
A : 2 pieces of bacon, ½ can tuna, 2 pieces of bread
B : ½ c pinto beans, ½ c tofu, 2 tbs peanut butter
C : ½ c black beans, 2 tbs peanut butter, 1 c spinach
D : 1 skinless chicken breast, 2 egg whites, meal replacement bar

Correct Answer : C

17 : According to the USDA Food Patterns, which protein foods should be most limited?
A : shrimp
B : baked beans
C : peanut butter
D : skinless chicken

Correct Answer : B

18 : In what food group would legumes be found?
A : dairy
B : fruits
C : grains
D : protein

Correct Answer : D

19 : Consider the following menu from the point of view of the USDA Food Patterns.Breakfast2 eggs1 tsp margarine2 slices enriched white bread1 c whole milkcoffee Lunch2 oz tuna fishlettuce1 tbs mayonnaise2 slices enriched white bread1 apple Supper3 oz hamburger meat1 oz cheese1/2 c cooked rice1/2 c carrotscoffeeWhat describes the nutritional value of the fruits and vegetables in this menu?

A : A source of vitamin A is missing.
B : A source of vitamin C is marginal.
C : The daily amounts recommended for a 2000-kcalorie diet are met.
D : The daily amounts recommended for a 2000-kcalorie diet are exceeded.

Correct Answer : B

20 : According to the USDA Food Patterns: Healthy US-Style Eating Pattern, a 45-year-old male on a 2200 kcalorie diet should consume how much milk or dairy each day?
A : 1½ cups
B : 2 cups
C : 2½ cups
D : 3 cups

Correct Answer : D

21 : Selena is a 21-year-old college student who leads a sedentary lifestyle and who takes in approximately 2000 kcalories per day. The RD working with Selena recommends that she eat 2½ cups of vegetables each day. What vegetable dish would be most appropriate for Selena to meet this need?
A : coleslaw
B : sweet potatoes
C : tempura vegetables
D : potato salad

Correct Answer : B

22 : Which food provides discretionary kcalories for a person on a weight-reduction diet?
A : watermelon
B : canned pears in syrup
C : milk with all fat removed
D : chicken with the skin removed

Correct Answer : B

23 : What food item would most likely be in the fruit group for someone who eats Asian cuisine?
A : olives
B : papaya
C : mango
D : kumquats

Correct Answer : D

24 : MyPlate was created to ____.
A : illustrate the five food groups
B : reinforce the MyPyramid concept
C : reinforce the Healthy Eating Index
D : encourage eating more meals at home

Correct Answer : A

25 : What has been shown to be a major criticism of the MyPlate educational tool?
A : It allows for oversized portions.

B : The dairy group excludes ice cream.
C : The five groups are not clearly identified.
D : It treats all foods within a single group the same.

Correct Answer : D

26 : What is a feature of the exchange list system?
A : Foods are grouped according to their source.
B : Adequate intakes of minerals and vitamins are virtually guaranteed.
C : A fat portion provides about twice the energy as a carbohydrate portion.
D : All foods are grouped according to their content of carbohydrate, protein, and fats.

Correct Answer : D

27 : The part of the grain that remains after being refined is the ____.
A : bran
B : germ
C : husk
D : endosperm

Correct Answer : D

28 : What mineral is added to refined flours in the enrichment process?
A : iron
B : iodine
C : calcium
D : magnesium

Correct Answer : A

29 : Which nutrient is used as enrichment for grains?
A : zinc
B : folate
C : protein
D : calcium

Correct Answer : B

30 : Textured vegetable protein is usually made from ____.
A : soybeans
B : corn stalks
C : a mixture of legumes
D : cruciferous vegetables

Correct Answer : A

31 : A meat described as prime cut means that it ____.
A : has an extended shelf life
B : usually carries a high price
C : is served only in restaurants
D : is higher in fat than other cuts of meat

Correct Answer : D

32 : What best describes an example of an imitation food?
A : powdered milk
B : margarine with added plant sterols
C : omega-3 enriched eggs
D : pasteurized cheese snack

Correct Answer : D

33 : What term describes a food that resembles and substitutes for another food but is nutritionally inferior to it?
A : faux food
B : pseudo food
C : imitation food
D : food substitute

Correct Answer : C

34 : A food scientist is developing a new and improved cereal bar. She consults with you to ask in what order the ingredients should be listed on the food label. The ingredients are: sugar: 30 g, puffed wheat: 28 g, dry milk powder: 5 g, red food coloring: 35 mg, salt: 2 g. What is the appropriate order in which to list these ingredients on the food label?
A : sugar, puffed wheat, dry milk powder, salt, red food coloring
B : red food coloring, salt, dry milk powder, puffed wheat, sugar
C : dry milk powder, puffed wheat, red food coloring, salt, sugar
D : puffed wheat, sugar, dry milk powder, salt, red food coloring

Correct Answer : A

35 : Restaurants with 20 or more locations must provide menu listings of an items kcalories, grams of saturated fat, and ____.
A : grams of protein
B : glycemic index
C : milligrams of sodium
D : grams of sugar

Correct Answer : C

36 : According to nutrition labeling laws, what two minerals must be listed on the package label as a percent Daily Value?
A : calcium and iron
B : zinc and phosphorus
C : fluoride and chloride
D : chromium and magnesium

Correct Answer : A

37 : A food label ingredient list reads in the following order: wheat flour, vegetable shortening, sugar, salt, and cornstarch. What item would be found in the smallest amount in the food?
A : salt
B : sugar
C : cornstarch
D : wheat flour

Correct Answer : C

38 : To maintain the voluntary status of front-of-package labels, major food industry associations have created a standardized presentation of nutrient information called ____.
A : Label It
B : Facts Up Front
C : To Your Health
D : Quick Guidelines

Correct Answer : B

39 : Food labels express the nutrient content in relation to a set of standard values known as the ____.
A : Daily Values
B : FDA Standards
C : Dietary Reference Intakes
D : Recommended Dietary Intakes

Correct Answer : A

40 : On a food label, the % Daily Value table compares key nutrients per serving for a person consuming how many kcalories daily?
A : 1,500
B : 2,000
C : 2,500
D : 3,000

Correct Answer : B

41 : Luciannas energy requirement is 1,600 kcal/day. What is her personal Daily Value for saturated fat?
A : 17 grams
B : 20 grams
C : 53 grams
D : 65 grams

Correct Answer : C

42 : What is a feature of the Daily Values found on food labels?
A : They are updated every 2 years as mandated by the USDA.
B : They are expressed on a per 1,000-kcalorie intake basis.
C : They assist people in determining whether a food contains a little or a lot of a nutrient.
D : They define a food as an excellent source of a nutrient if it contributes at least 50 percent of the dietary recommended intake.

Correct Answer : C

43 : What is a feature of the Nutrition Facts panel on a food label?
A : Trans fat content is optional.
B : Saturated fat must be listed.
C : Naturally present sugars are excluded.
D : Soluble and insoluble fiber must be listed separately.

Correct Answer : B

44 : According to the FDA, a food label that reads improves memory is an example of a ____.
A : health claim
B : Daily Value claim
C : qualified health claim
D : structure-function claim

Correct Answer : D

45 : Greg is trying to decide which brand of cereal to buy, but he is confused by the health claims. Which of the following represents the highest level of significant scientific agreement?
A : This cereal promotes a healthy heart.
B : This cereal supports heart health.
C : This cereal product contains whole grains, which have been proven to reduce the risk of heart disease and certain cancers.
D : This cereal may reduce risk for cancers from the limited scientific evidence that has been cited about this product.

Correct Answer : C

46 : A food that has fewer than 5 kcalories per serving can be labeled as ____.
A : low kcalorie
B : kcalorie free
C : light
D : reduced kcalorie

Correct Answer : B

47 : What classification would be included in mayonnaise that is labeled as being low fat?
A : 25 percent less fat than a comparison brand of mayonnaise
B : less than 0.5 gram of trans fat per serving
C : less than 2 grams of both saturated fat and cholesterol per serving
D : 3 grams or less of fat per serving

Correct Answer : D

48 : Which description is a characteristic of structure-function claims on food labels?
A : They are allowed only for unprocessed food.
B : They can be made without any FDA approval.
C : They must include evidence supporting their claim.
D : They must state the name of the disease or symptom for which a benefit is claimed.

Correct Answer : B

49 : Which foods are allowed in the diet of a lactovegetarian?
A : plant foods only
B : eggs and plant foods only
C : meat, eggs, and plant foods only
D : milk products and plant foods only

Correct Answer : D

50 : A diet that does not exclude specific foods but that does include many foods derived from both animals and plants is called a(n) ____ diet.
A : omnivorous
B : vegan
C : macrobiotic
D : lacto-ovo vegetarian

Correct Answer : A

51 : Tempeh is made from ____.
A : soybeans
B : any legume
C : fermented leafy vegetables
D : fermented yellow vegetables

Correct Answer : A

52 : What is another name for a vegan diet?
A : pure vegetarian diet
B : plant-based diet
C : lacto-vegetarian diet
D : macrobiotic diet

Correct Answer : A

53 : What is a feature of people who regularly eat meals based on tofu?
A : They show less heart disease but more colon cancer than omnivores.
B : They show evidence of marginal protein intake compared with omnivores.
C : They have lower blood pressure levels than those eating meat.
D : They have lower sodium intakes but blood pressure is similar to those eating red meat.

Correct Answer : C

54 : What dietary factor, which is less frequently found in a vegetarian diet, contributes the most to heart disease?
A : added sugars
B : sodium
C : saturated fat
D : alcohol

Correct Answer : C

55 : Which ingredient found on a food label is a source of protein?
A : BHT
B : tofu
C : corn starch
D : diglycerides

Correct Answer : B

56 : Meat replacements consumed by vegetarians are usually made of ____.
A : soy protein

B : fish protein
C : bean plus rice proteins
D : bean plus cheese proteins

Correct Answer : A

57 : What describes a feature of vitamin B12 nutrition in vegetarians?
A : Vitamin B12 in fortified cereals has low bioavailability.
B : Vegan mothers need only infrequent intake of vitamin B12-fortified cereals.
C : The vitamin B12 in fermented soy products may be present in an inactive form.
D : Infants born to vegan mothers are resistant to the development of vitamin B12 deficiency.

Correct Answer : C

58 : When selecting from the vegetable and fruit groups, vegetarians may want to emphasize particularly good sources of which two nutrients?
A : sodium and magnesium
B : calcium and iron
C : potassium and vitamin A
D : vitamin C and folate

Correct Answer : B

59 : What food would be a good source of zinc for a person who follows a vegetarian diet?
A : spinach
B : whole grains
C : dried fruit
D : walnut oil

Correct Answer : B

60 : What best describes iron nutrition in vegetarians?
A : The iron RDA for vegetarians is higher than for others.
B : Iron utilization is inhibited by the high zinc content in grains.
C : The absorption of iron is low due to the high vitamin C intake.
D : More iron deficiency is found in vegetarians than in people eating a mixed diet.

Correct Answer : A

61 : What is a characteristic of a macrobiotic diet?
A : It excludes all hot and salty foods.
B : It permits inclusion of many nonorganic foods.
C : It represents a way of life rather than just a way of eating.
D : It emphasizes abundant amounts of fish, fruits, nuts, and seeds.

Correct Answer : C

62 : What statement best describes the vitamin D status of vegetarians?
A : The requirement for vitamin D is small and it only comes from animal proteins.
B : Vegetarians are at risk of vitamin D deficiency when they do not drink milk.
C : Vegetarians are not usually deficient in vitamin D, but vegan dieters are.
D : The vitamin D status of vegetarians is similar to that of nonvegetarians.

Correct Answer : D

MATCHING

63 : Match each value or word or phrase with the most appropriate definition or explanation.

A : the principle of consuming a number of foods in proportion to each other	A : 5
B : the principle of recognizing that a food has more iron than another food when expressed per kcalorie	B : 40
C : origin of the MyPlate graphic	C : 65
D : number of major food groups	D : ½ cup
E : legume belonging to the starch category of exchange lists	E : 1 cup
F : part of grain richest in fiber	F : FDA
G : part of grain containing most of the starch	G : bran
H : nutrient added in grain-enrichment process	H : iron
I : example of a fortified food	I : USDA
J : commonly used to make textured vegetable protein	J : soybeans
K : example of a functional food	K : green peas
L : nutrient commonly added in cows milk fortification process	L : balance
M : maximum number of grams of fat recommended on a 2,000-kcalorie diet based on the Daily Value	M : vitamin B12
N : the amount of cooked rice that is equivalent to 1 oz serving of grains	N : vitamin D
O : the amount of dry pasta that is equivalent to 1 oz serving of grains	O : endosperm
P : agency that regulates food labeling	P : nutrient density
Q : grams of fat supplied by a 1,200-kcalorie diet that is 30 percent fat	Q : hypertension
R : condition that is less commonly associated with a vegetarian diet	R : omega-3 fatty acids
S : nutrients provided by flaxseed or walnuts if fatty fish is not part of the diet	S : margarine containing plant sterols
T : nutrient that may be added in soy milk fortification process	T : orange juice containing added calcium

Correct Answer :
A : A11

B : A15

C : I

D : A

E : K

F : G

G : A14

H : H

I : A19

J : J

K : A18

L : A13

M : C

N : D

O : E

P : F

Q : B

R : A16

S : A17

T : A12

ESSAY

64 : Define the term discretionary kcalories and provide three examples of foods that provide them. Under what circumstances is the intake of discretionary kcalories permitted?

Correct Answer : ?Discretionary kcalories are the kcalories remaining in a person’s energy allowance after consuming enough nutrient-dense foods to meet all nutrient needs for a day, also referred to as kcalories available for other uses. Discretionary kcalories allow a person to choose whether to eat additional nutrient-dense foods, such as an extra serving of skinless chicken or a second ear of corn; select a few foods with solid fats or added sugars; add a little fat or sugar to foods, such as butter or jelly on toast; or consume a little alcohol. Alternatively, a person wanting to lose weight might choose not to use discretionary kcalories. Discretionary kcalories reflect about 5 to 15 percent of total kcalories.

65 : Discuss how dietary planning guides can be applied to ethnic diets and list examples of some foods included.

Correct Answer : ?People can use the USDA Food Patterns and still enjoy a diverse array of culinary styles by sorting ethnic foods into their appropriate food groups. For example, a person eating Mexican foods would find tortillas in the grains group, jicama in the vegetable group, and

guava in the fruit group. Ethnic foods can be subdivided into the main food groups including grains (rice, noodles, couscous) vegetables (cactus, yams, grape leaves, baby corn, bok choy), fruits (guava, kumquat, lychee, figs, olives), protein foods (fish, seafood, soy products, lamb, peanuts), and milk and milk products (feta cheese, mozzarella, yogurt, custard).

66 : Discuss the meaning, significance, and utility of MyPlate as an educational tool.

Correct Answer : ?The USDA created an educational tool called MyPlate to illustrate the five food groups. The MyPlate icon divides a plate into four sections, each representing a food group—fruits, vegetables, grains, and protein foods. The sections vary in size, indicating the relative proportion each food group contributes to a healthy diet. A circle next to the plate represents the milk group (dairy). The MyPlate icon does not stand alone as an educational tool. A wealth of information can be found at the website. Consumers can choose the kinds and amounts of foods they need to eat each day based on their height, weight, age, gender, and activity level. Information is also available for children, pregnant and breastfeeding women, and college students. In addition to creating a personal plan, consumers can find daily tips to help them improve their diet and increase physical activity. A key message of the website is to enjoy food, but eat less by avoiding oversized portions.

67 : Discuss the meaning and significance of foods that are refined, enriched, fortified, or whole-grain.

Correct Answer : When shopping for grain products, you will find them described as refined, enriched, or whole grain. These terms refer to the milling process and the making of grain products, and they have different nutrition implications. Refined grains have lost many nutrients during processing; enriched grains have had some nutrients added back; and whole-grain products have all the nutrients and fiber found in the original grain. Products described as “multi-grain,” “stone-ground,” or “100% wheat” are usually not whole-grain products. Brown color is also not a useful hint, but fiber content often is.?

68 : What is textured vegetable protein and how is it used in nutrition?

Correct Answer : ?Textured vegetable protein is processed soybean protein used in vegetarian products such as soy burgers. It can be used instead of ground beef in a casserole, spaghetti sauce, or chili, saving fat kcalories. Meat replacements are products formulated to look and taste like meat, seafood, or poultry and are usually made of textured vegetable protein.

69 : What is a structure-function claim? Provide four examples.

Correct Answer : ?Unlike health claims, which require food manufacturers to collect scientific evidence and petition the FDA, structure-function claims can be made without any FDA approval. Structure-function claims are statements that characterize the relationship between a nutrient or other substance in a food and its role in the body. The only criterion for a structure-function claim is that it must not mention a disease or symptom. Examples of structure-function claims include products that say, “promotes a healthy heart,” “builds strong bones,” “improves memory,” and “slows aging.”

70 : List some reasons for why people become vegetarians.

Correct Answer : People who choose to exclude meat and other animal-derived foods from their diets today do so for many of the same reasons the Greek philosopher Pythagoras cited in the 6th century BC: physical health, ecological responsibility, and philosophical concerns. They might also cite world hunger issues, economic reasons, ethical concerns, or religious beliefs as

motivating factors. Whatever their reasons—and even if they don’t have a particular reason—people who exclude meat will be better prepared to plan well-balanced meals if they understand the nutrition and health implications of their choices.?

71 : Explain the concepts and dietary practices associated with the macrobiotic diet.

Correct Answer : ?Some vegetarians choose to follow a macrobiotic diet. Those following a macrobiotic diet select natural, organic foods and embrace a Zen-like spirituality. In other words, a macrobiotic diet represents a way of life, not just an eating pattern. Such a diet emphasizes whole grains, legumes, and vegetables, with small amounts of fish, fruits, nuts, and seeds. Practices include selecting locally grown foods, eating foods in their most natural state, and balancing cold, sweet, and passive foods with hot, salty, and aggressive ones. Some items, such as processed foods, alcohol, hot spices, and potatoes, are excluded from the diet. Today’s macrobiotic diet reflects a modified vegetarian approach with an appreciation of how foods can enhance health. With careful planning, a macrobiotic diet can provide an array of nutrients that support good health