Understanding Nutrition 15th edition Whitney Test Bank

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Chapter 02

1. Which plants of the bean and pea family have seeds that are rich in protein when compared with other plant-derived foods?

a. Turnip
b. Legumes
c. Swiss Chard
d. Squash
e. Scallions

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.2 Diet-Planning Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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2. The diet-planning principle that ensures that a diet provides all the nutrients, fiber, and energy in amounts sufficient to maintain health is called ____.

a. variety
b. adequacy
c. moderation
d. kcalorie control
e. nutrient density

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Multiple Choice
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3. Fruits contribute _____ when consumed.

a. vitamin K
b. vitamin E
c. magnesium
d. folate

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e. vitamin D

ANSWER: d
POINTS: 1
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4. By consuming a variety of vegetables every day you contribute all of the following to your diet EXCEPT _____.

a. niacin
b. potassium
c. magnesium
d. folate
e. vitamin C

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
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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
e. give the most protein for the consumer's food dollar

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.1 Principles and Guidelines
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6. By consuming a variety of grains what do we contribute to our diet?
   a. Vitamin D
   b. Potassium
   c. Calcium
   d. Riboflavin
   e. Vitamin C

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
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7. A food that provides 100 mg of magnesium and 25 kcal in a serving has a magnesium density (mg per kcal) of ____.
   a. 0.25
   b. 0.4
   c. 2.5
   d. 4
   e. 25

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Apply
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8. Ranking foods according to their overall nutrient composition is known as ____.

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a. biological value
b. nutrient profiling
c. the risk reduction score
d. the healthy eating index
e. compositional profiling

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
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9. Choosing a variety of protein foods, including seafood in place of meat or poultry twice a week, will provide which vitamin?

a. Riboflavin
b. Fiber
c. Selenium
d. Folate
e. Niacin

ANSWER: e
POINTS: 1
DIFFICULTY: Bloom's: Understand
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10. Which of the following products have all the nutrients and fiber found in the original grain?

a. Pseudo-cereal grains
b. Enriched grain
c. Refined grain
d. True cereal grains
e. Whole-grain

ANSWER: e

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POINTS: 1
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11. Which recommendation is part of the 2015-2020 *Dietary Guidelines for Americans*?
    a. Limit kcalories from added sugars and saturated fats.
    b. Limit protein intake.
    c. Lower iron intake.
    d. Reduce seafood consumption.
    e. Become vegetarians.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
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12. Which type of flour is finely ground endosperm, which is usually enriched with nutrients and bleached for whiteness; sometimes called white flour?
    a. Cured flour
    b. Enriched grain
    c. Refined flour
    d. Wheat flour
    e. Whole-wheat flour

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
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within a specified energy allowance.
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13. Which seed grows into a mature wheat plant, especially rich in vitamins and minerals?
    a. Sesame
    b. Chia
    c. Bran
    d. Germ
    e. Poppy

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
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14. What two major nutrients are supplied by the fruit group?
    a. Vitamins D and E
    b. Vitamins A and C
    c. Protein and calcium
    d. B vitamins and iron
    e. Vitamin K and magnesium

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember
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15. How much fruit juice (100%) is equivalent to 1 cup of fresh fruit?
    a. 1/4 cup
    b. 1/2 cup

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c. 1 cup
d. 1 1/2 cups
e. 2 cups

ANSWER: c
POINTS: 1
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16. All of the following statements are true EXCEPT:
a. White flour refers to refined flour.
b. Most whole wheat is made from red wheat.
c. Any flour made from the endosperm of the wheat kernel is wheat flour.
d. White bread is a whole-grain product only if it is made from whole white wheat.
e. Refined-grain products contain germ and bran as well as endosperm.

ANSWER: e
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.2 Diet-Planning Guides
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17. Which food item is a healthy choice for protein in the USDA Food Patterns?
a. Nuts
b. Bacon
c. Luncheon meats
d. Sweet potatoes
e. Marbled meats

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.2 Diet-Planning Guides

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18. In the USDA Food Patterns, in which food group are legumes found?
    a. Dairy
    b. Fruits
    c. Grains
    d. Protein
    e. Oils
ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Remember
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19. _____ can be used to correct or prevent a widespread nutrient deficiency or to balance the total nutrient profile of a food.
    a. Refined flour
    b. Enriched flour
    c. Moderation
    d. Whole grain flour
    e. Fortified flour
ANSWER: e
POINTS: 1
DIFFICULTY: Bloom's: Understand
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20. Kcalories from which of these foods would most likely be part of someone's discretionary kcalories allowance?

a. Jam
b. Watermelon
c. Raw carrots
d. Brussels sprouts
e. Green beans

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
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21. The principle of providing foods in proportion to one another and in proportion to the body's needs is known as _____.

a. nutrient profiling
b. nutrient density
c. kcalorie control
d. moderation
e. balance

ANSWER: e
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
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22. What assessment tool is designed to measure how well a diet meets the recommendations of the *Dietary Guidelines*?

a. Healthy Eating Index
b. Supplemental Nutrition Assistance Program
c. Dietitian's Comparative Effectiveness Plan
d. U.S. Public Health Nutrient Assessment Barometer

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e. U.S. Preventive Services Task Force (Forge) Guide

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
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23. In the MyPlate icon, which food group is shown separate from the plate?

a. Fat
b. Dairy
c. Carbohydrate
d. Micronutrients
e. Protein

ANSWER: b
POINTS: 1
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24. A popular term used to denote foods that contribute energy but lack protein, vitamins, and minerals is _____.

a. empty kcalorie foods
b. variety
c. moderate foods
d. kcalorie control
e. sustainable diets

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Multiple Choice

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25. Which food group is most typically consumed in amounts greater than the amounts recommended by the USDA?
    a. Dairy
    b. Fruits
    c. Vegetables
    d. Protein foods
    e. Grains
ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Remember
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26. Food lists, formerly called exchange lists, were originally developed for people with ____.
    a. diabetes
    b. cancer
    c. cardiovascular disease
    d. life-threatening obesity
    e. neurological impairments
ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
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27. A measure of the nutrients a food provides relative to the energy it provides; the more nutrients and the

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fewer kcalories, the higher the _____.

a. moderation
b. kcalorie foods
c. nutrient density
d. variety
e. balance

ANSWER: c
POINTS: 1
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28. With food lists, to what group are olives assigned?

a. Fat
b. Meat
c. Carbohydrate
d. Meat substitute
e. Fruit

ANSWER: a
POINTS: 1
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29. Whole-grain flour contains all parts of the grain except for the ____.

a. bran
b. husk
c. germ
d. endosperm
e. heart

ANSWER: b

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POINTS: 1
DIFFICULTY: Bloom's: Remember
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30. The only original part remaining in refined grain products is the ____.
    a. bran
    b. husk
    c. germ
    d. endosperm
    e. chaff

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Remember
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31. Adding calcium to an orange juice product is an example of nutrient ____.
    a. enrichment
    b. restoration
    c. fortification
    d. mineralization
    e. adulteration

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Remember
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32. Solid fats are not usually liquid at room temperature; they are commonly found in most foods and derived from animals and vegetable oils that have been _____.

a. processed
b. combined with sugars
c. hydrogenated
d. oxygenated
e. nutrient dense

ANSWER: c
POINTS: 1
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33. What typically contain more saturated and trans fats than most oils?

a. Solid fats
b. kCalorie control
c. Added sugars
d. Proteins
e. Carbohydrates

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
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34. What are added to foods during processing, preparation, or at the table?

a. Added sugars
b. kCalorie control
c. Oils

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d. Solid fats
e. Hydrogenated fats

ANSWER: a
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35. By law, what mineral must be added to refined flours during the enrichment process?
a. Iron
b. Iodine
c. Calcium
d. Magnesium
e. Copper

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
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36. What is the first guideline from 'The 2015–2020 Dietary Guidelines for Americans' that encourages healthy eating patterns?
a. That all segments of our society have a role to play in supporting healthy choices.
b. Focusing on variety, nutrient density, and amounts helps a person meet nutrient needs within kcalorie limits.
c. To be sure and limit their intake of added sugars, saturated fats, sodium, and alcoholic beverages.
d. Appropriate kcalorie levels support adequate nutrition, good health, and a healthy body weight throughout life.
e. People will need to make shifts in their food and beverage choices to achieve a healthy eating pattern.

ANSWER: d
POINTS: 1

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37. The federal mandate for enrichment of grain products in the United States was initiated in the ____.
    a. 1880s
    b. 1900s
    c. 1920s
    d. 1940s
    e. 1960s

ANSWER: d
POINTS: 1
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38. Which one of these nutrients must be used to enrich grains?
    a. Zinc
    b. Folate
    c. Protein
    d. Calcium
    e. Sodium

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember
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39. The most highly fortified foods on the market are ____.

a. frozen dinners
b. imitation foods
c. enriched breads
d. ready-to-eat breakfast cereals
e. canned fruits and vegetables

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Remember
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40. Which guideline acknowledges that all segments of our society have a role to play in supporting healthy choices?

a. First guideline
b. Third guideline
c. Fifth guideline
d. Fourth guideline
e. Second guideline

ANSWER: c
POINTS: 1
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41. Which of the items below does a healthy eating pattern limit?

a. A variety of protein foods, lean meats
b. Sodium to less than 2300 milligrams per day
c. A variety of vegetables
d. Fat-free or low-fat dairy including milk, yogurt

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e. Fruits, especially whole fruits

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.
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42. Textured vegetable protein is usually made from ____.

a. soybeans
b. corn stalks
c. a variety of legumes
d. cruciferous vegetables
e. dark green, red, and orange vegetables

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.2 Diet-Planning Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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43. What variety of protein foods are included in healthy eating patterns?

a. Milk, yogurt, cheese, and fortified beverages
b. Seafood, lean meats, eggs, and soy products
c. Whole grains
d. Oils
e. A variety of vegetables--dark green, red and orange--beans and peas

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.
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44. The patterns of eating that promote health and provide food security for the present population and for future generations is called _____.

a. sustainable diets
b. balance
c. adequacy
d. nutrient profiling
e. moderation

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.
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45. Omega-3 fatty acids are commonly found in _____.

a. oils
b. crabs
c. peanuts
d. fatty fish
e. chicken

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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46. In northern climates during winter months, young children on vegan diets can readily develop rickets because of which deficiency?

a. Vitamin A

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b. Vitamin E
c. Vitamin B12
d. Vitamin C
e. Vitamin D

ANSWER: e
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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47. According to updated nutrition labeling laws, the content of which of these two minerals **must** be listed on the Nutrition Facts panel?

a. Calcium and iron
b. Zinc and phosphorus
c. Fluoride and chloride
d. Chromium and magnesium
e. Copper and potassium

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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48. 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 this food?

a. Salt
b. Sugar
c. Cornstarch
d. Wheat flour
e. Vegetable shortening

ANSWER: c
POINTS: 1

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DIFFICULTY: Bloom's: Understand
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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49. Which vitamin is found only in animal-derived foods?
    a. Vitamin E
    b. Vitamin C
    c. Vitamin B12
    d. Vitamin D
    e. Vitamin A

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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50. Vegan diets exclude what kind of products?
    a. Seeds
    b. All animal products
    c. Legumes
    d. Nuts
    e. Soy products

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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51. On the updated Nutrition Facts panel, the content of which of these vitamins **must** be provided?

a. Vitamins A and C
b. Vitamin D
c. Thiamin and riboflavin
d. Vitamin B6 and niacin
e. Vitamins E and K

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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52. 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
e. USDA Intake Standards

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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53. Population groups such as sedentary older men, sedentary younger women, and active older women have a daily energy need of approximately ____ kcalories.

a. 1200
b. 1500
c. 1800
d. 2000
e. 2400

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ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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54. On a food label, how many calories is the "% Daily Value" based on?
    a. 1200
    b. 1500
    c. 1800
    d. 2000
    e. 2400

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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55. What is a feature of the of the updated Nutrition Facts panel?
    a. *Trans* fat content is optional.
    b. Saturated fat content must be listed.
    c. The content of naturally present sugars is not required.
    d. Soluble and insoluble fiber contents must be listed separately.
    e. Unsaturated fats content must be listed.

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to

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make selections that meet specific dietary and health goals.
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56. Which of the following statements is correct in context with non-vegetarians?
    a. They easily obtain large quantities of other nutrients including folate, vitamin C, vitamin A.
    b. They lack vitamin B12, vitamin D, and omega-3 fatty acids.
    c. They tend to have higher intakes of plant proteins and fiber.
    d. They lack protein, iron, zinc, and calcium.
    e. They tend to have higher intakes of saturated fat.
ANSWER: e
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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57. A food label that advertises the product as a "rich source of fiber" is an example of a ____.
    a. nutrient claim
    b. health claim
    c. weight reduction claim
    d. structure-function claim
    e. peer-reviewed research claim
ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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58. According to the FDA, a food label that reads "improves memory" is an example of a ____.
    a. health claim
    b. Daily Value claim
    c. ingredient claim

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d. structure-function claim
e. nutrient claim

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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59. Which of these food labeling claims represents the highest level of significant scientific agreement?
a. "This cereal promotes a healthy heart."
b. "This cereal supports heart health."
c. "This product contains whole grains, which have been proven to reduce the risk of heart disease and certain cancers."
d. "Very limited and preliminary scientific research suggests this product can reduce risk for cancers; FDA concludes that there is little scientific evidence supporting this claim."
e. “Anecdotal evidence demonstrates a clear relationship between consumption of this product and elimination of health risk factors.”

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Evaluate
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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60. What 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 can appear only on the Nutrition Facts panel.
d. They can state the name of a disease or symptom.
e. They must be based on peer-reviewed research.

ANSWER: b
POINTS: 1

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DIFFICULTY: Bloom's: Understand
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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61. Which food items are consumed 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
    e. Fish, eggs, and dairy only

ANSWER: d
POINTS: 1
DIFFICULTY: Bloom's: Evaluate
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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62. Tempeh is made from ____.
    a. soybeans
    b. any legume
    c. fermented leafy vegetables
    d. fermented yellow vegetables
    e. wheat proteins

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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63. An eating pattern that includes milk and milk products, but excludes meat, poultry, seafood, and eggs from the diet, is known as:

a. Lacto-ovo-vegetarian diet
b. Plant-based diet
c. Lactovegetarian diet
d. Omnivorous diet
e. Macrobiotic diet

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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64. A philosophical eating pattern based on mostly plant foods such as whole grains, legumes, and vegetables, with small amounts of fish, fruits, nuts, and seeds, is known as:

a. Omnivorous diet
b. Macrobiotic diet
c. Plant-based diets
d. Lacto-ovo-vegetarian diet
e. Lactovegetarian diet

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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65. In vegetarians, the RDA is higher for ____.

a. iron
b. folate
c. calcium
d. vitamin A
e. protein

ANSWER: a

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POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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66. Which statement describes a feature of iron nutrition in vegetarians?
    a. Vegetarians adapt to absorbing iron more efficiently.
    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.
    e. There are no differences in iron intake or utilization in vegetarians.

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Evaluate
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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67. 'Kcalorie-free' is an example of a (an)_____claim.
    a. nutrient
    b. health
    c. meaningless
    d. fraudulent
    e. structure-function

ANSWER: a
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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68. What is typically a characteristic of a vegetarian diet?
    a. Fat intake is higher.
    b. Fiber intake is lower.
    c. Vitamin B12 intake is lower.
    d. Intakes of vitamins A and C are lower.
    e. Iron intake is higher.

ANSWER: c
POINTS: 1
DIFFICULTY: Bloom's: Evaluate
REFERENCES: H-2 Vegetarian Diets
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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69. Which of the following food-label descriptions is this: “less than 2 milligrams of cholesterol per serving and 2 grams or less of saturated fat and trans-fat?”
    a. Extra lean
    b. Cholesterol-free
    c. Less fat
    d. Fat-free
    e. Lean

ANSWER: b
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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70. Statements that characterize the relationship between a nutrient or other substance in a food and its role in the body is known as:
    a. Structure-function claims
    b. Health claims
    c. Nutrient claims
    d. Daily Values

ANSWER: a

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POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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71. Applying the meal-planning principle of _____ helps ensure a diet that provides sufficient energy and enough of all the nutrients to meet the needs of healthy people.
ANSWER: adequacy
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.
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72. To calculate the nutrient density of a food item, divide the _____ by the _____.
ANSWER: milligrams; kcalories
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.
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73. _____ refers to a measure of the nutrients a food provides relative to the energy it provides.
ANSWER: Nutrient density
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
QUESTION TYPE: Completion
HAS VARIABLES: False

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LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.
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74. Diet-planning tools that sort foods into groups based on nutrient content and then specify that people should eat certain amounts of foods from each group are called _____ plans.
ANSWER: food group
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.2 Diet Planning Guides
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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75. The plant foods called _____ contribute the same key nutrients—notably, protein, iron, and zinc—as meats, poultry, and seafood.
ANSWER: legumes
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.2 Diet Planning Guides
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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76. The kcalories remaining in a person's energy allowance after consuming enough nutrient-dense foods to meet all nutrient needs for a day are called _____ kcalories.
ANSWER: discretionary
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.2 Diet Planning Guides
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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77. The educational tool developed by the government to remind consumers to make healthy food choices is known as _____.

ANSWER: MyPlate
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.2 Diet-Planning Guides
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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78. Diet-planning tools that organize foods by their proportions of carbohydrate, fat, and protein are called _____.

ANSWER: food lists
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.2 Diet Planning Guides
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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79. The _____ is the seed that grows into a wheat plant, so it is especially rich in vitamins and minerals to support new life.

ANSWER: germ
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.2 Diet-Planning Guides
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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a. 5
b. 40
c. 78
d. 1/2 cup
e. Health claim
f. FDA
g. Bran
h. Iron
i. USDA
j. Soybeans
k. Green peas
l. Balance
m. Vitamin B_{12}
n. 1,600
o. Endosperm
p. Nutrient density
q. Sodium and hypertension
r. Structure-function claim
s. 270
t. Orange juice containing added calcium

DIFFICULTY: Bloom's: Remember
REFERENCES: 2.1 Principles and Guidelines
2.2 Diet Planning Guides
2.3 Food Labels
H-2 Vegetarian Diets
QUESTION TYPE: Matching
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.
UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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80. Diet-planning principle of consuming a number of foods in proportion to each other
ANSWER: l
POINTS: 1

81. Measure that shows a food has more iron than another food when expressed per kcalorie

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ANSWER: p
POINTS: 1

82. Origin of the MyPlate graphic
ANSWER: i
POINTS: 1

83. Number of major food groups
ANSWER: a
POINTS: 1

84. Legume belonging to the starch category of food lists
ANSWER: k
POINTS: 1

85. Part of grain rich in fiber
ANSWER: g
POINTS: 1

86. Part of grain containing starch
ANSWER: o
POINTS: 1

87. Nutrient added in grain enrichment process
ANSWER: h
POINTS: 1

88. Example of a fortified food
ANSWER: t
POINTS: 1

89. Commonly used to make textured vegetable protein
ANSWER: j
POINTS: 1

90. Number of discretionary kcalories in a 2,000-kcalorie diet
ANSWER: s
POINTS: 1

91. Estimated daily energy needed for a sedentary 60-year old woman in kcalories
ANSWER: n
POINTS: 1

92. Maximum number of grams of fat recommended on a 2000-kcalorie diet based on the Daily Value

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ANSWER: c
POINTS: 1

93. Serving size (equivalent to 1 oz of grains) of cooked rice in the USDA Food Patterns
ANSWER: d
POINTS: 1

94. Claim on food labels requiring FDA approval
ANSWER: e
POINTS: 1

95. Agency that developed the Daily Values
ANSWER: f
POINTS: 1

96. Grams of fat supplied by a 1200-kcalorie diet that is 30% fat
ANSWER: b
POINTS: 1

97. A health claim allowed on food labels
ANSWER: q
POINTS: 1

98. Claim that does not require FDA approval to appear on a food label
ANSWER: r
POINTS: 1

99. Nutrient commonly added in soy milk fortification process
ANSWER: m
POINTS: 1

100. The Nutrition Facts panel must provide the _____, the _____, or both for important nutrients.

ANSWER:	nutrient amount; percent Daily Value percent Daily Value; nutrient amount;
POINTS:	1
DIFFICULTY:	Bloom's: Remember
REFERENCES:	2.3 Food Labels
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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Chapter 02

101. Why is it important to eat a variety of foods within the same food group from day to day?

ANSWER: Variety improves nutrient adequacy. People should select foods from each of the food groups daily and vary their choices within each group for several reasons. First, different foods within the same group contain different arrays of nutrients. Among the fruits group, for example, strawberries are especially rich in vitamin C while apricots are rich in vitamin A. Second, no food is guaranteed to be entirely free of substances that, in excess, could be harmful. The strawberries might contain trace amounts of one contaminant, the apricots another. By alternating fruit choices, a person will ingest very little of either contaminant. Third, as the adage goes, variety is the spice of life. A person who eats beans frequently can enjoy pinto beans in Mexican burritos today, garbanzo beans in a Greek salad tomorrow, and baked beans with barbecued chicken on the weekend. Eating nutritious meals need never be boring.

POINTS: 1

DIFFICULTY: Bloom's: Evaluate

REFERENCES: 2.1 Principles and Guidelines

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: UNUT.WHRO.16.2.1 - Explain how each of the diet-planning principles can be used to plan a healthy diet.

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102. List the nutritional contributions of the five food groups in the USDA Food Patterns.

ANSWER: Fruits contribute folate, vitamin A, vitamin C, potassium, and fiber. Vegetables contribute folate, vitamin A, vitamin C, vitamin K, vitamin E, magnesium, potassium, and fiber. Grains contribute folate, niacin, riboflavin, thiamin, iron, magnesium, selenium, and fiber. Protein foods contribute protein, essential fatty acids, niacin, thiamin, vitamin B6, vitamin B12, iron, magnesium, potassium, and zinc. Milk and milk products contribute protein, riboflavin, vitamin B12, calcium, potassium, and, when fortified, vitamin A and vitamin D. Oils are not a food group, but they are important because they contribute vitamin E and essential fatty acids.

POINTS: 1

DIFFICULTY: Bloom's: Understand

REFERENCES: 2.2 Diet-Planning Guides

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.

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103. Define the Dietary Guidelines for Americans, including their purposes, and how they play a role in food politics.

ANSWER: The Dietary Guidelines for Americans are an evidenced-based document used to develop federal food, nutrition, and health policies and programs. They help translate the nutrient recommendations of the DRI into food recommendations.
By law, the Dietary Guidelines for Americans are reviewed and revised as needed every

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five years. Each edition shares some similarities with previous editions but also sets precedent in new ways. For example, the current edition, the 2015-2020 Dietary Guidelines for Americans, focuses on eating patterns—the foods and beverages a person consumes over time. This edition recognizes that "healthy eating patterns and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout all stages of the lifespan.
The controversy surrounding the release of the 2015-2020 Dietary Guidelines for Americans is a reminder that food politics plays an ongoing role in defining nutrition policy and healthy recommendations. While most nutrition professionals applauded the work of the Dietary Guidelines committee and its scientific report, many objected to the final report, which had been substantially revised, claiming that those revisions reflected the special interests of the food industry and politicians. Specific wording became vague and a new chapter on sustainable diets had been deleted. Food sustainability recognizes that foods and beverages have a large environmental impact—from farm to plate to waste—and that a sustainable food supply is essential to a healthy population and planet both for today and in the future. Many in the food industry opposed the inclusion of sustainability and convinced politicians that sustainability was outside the scope of providing dietary guidance.

POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.2 Diet-Planning Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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104. Describe the purpose and use of the USDA's MyPlate.tool.
ANSWER: The USDA created MyPlate as an educational tool to illustrate the five food groups and remind consumers to make healthy food choices from each of 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 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. It is accompanied by a wealth of information on the website (www.choosemyplate.gov). 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 lactating women, and for vegetarians. 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.

POINTS: 1
DIFFICULTY: Bloom's: Evaluate
REFERENCES: 2.2 Diet-Planning Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.

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Chapter 02

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105. Define processed, refined, enriched, fortified, and whole-grain foods.
ANSWER: Processed foods are foods that have been treated to change their physical, chemical, microbiological, or sensory properties. Fortified foods are foods to which one or more nutrients that were not original to the food or were present in insignificant amounts only have been added.Refined foods are those to which the coarse parts of a food are removed. When wheat is refined into flour, for example, the bran, germ, and husk are removed, leaving only the endosperm. Enriched foods are those in which specific nutrients lost during the food's processing have been replaced so that the food meets a specified standard. Whole grain is a grain product that maintains the same relative proportions of starchy endosperm, germ, and bran (but not the husk) as was in the original grain.
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.2 Diet-Planning Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.2 - Use the USDA Food Patterns to develop a meal plan within a specified energy allowance.
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106. Describe the information that must be provided on the updated Nutrition Facts panel of the food label.
ANSWER: Serving Sizes: Because labels present nutrient information based on one serving, the Nutrition Facts panel must identify the size of the serving. The Food and Drug Administration (FDA) has established specific serving sizes for various foods and requires that all labels for a given product use the same serving size.
Nutrient Quantities: In addition to the serving size and the servings per container, the content of kcalories and select nutrients must be provided. The content of the nutrient must be given in both a quantity (such as grams) and as a percentage of the nutrient's Daily Value, or if there is no Daily Value, the quantity by weight only. The calories and nutrients are:
Total food energy (kcalories)
Total fat
Saturated fat
Trans fat
Cholesterol
Sodium
Total carbohydrate, which includes
Dietary Fiber
Sugars, including Added
Protein
The Nutrition Facts panel must also present nutrient content information for:
Vitamin D
Calcium
Iron
Potassium
POINTS: 1
DIFFICULTY: Bloom's: Remember

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REFERENCES: 2.3 Food Labels
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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107. Explain the Daily Values
ANSWER: Food labels list the amount of some nutrients in a product as a percentage of its Daily Value, which makes the numbers more meaningful to consumers. The Daily Values reflect dietary recommendations for nutrients and dietary components that have important relationships with health. The "% Daily Value" column on a label provides a ballpark estimate of how individual foods contribute to the total diet.
POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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108. Define and explain the purpose of Front-of-Package Labels.
ANSWER: Some consumers find the many numbers on Nutrition Facts panels overwhelming. They want an easier and quicker way to interpret information and select products. Food manufacturers have responded by creating front-of-package labels that incorporate text, color, and icons to present key nutrient facts.
POINTS: 1
DIFFICULTY: Bloom's: Remember
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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109. Other than the Nutrition Facts panel, what other information on the food label can help consumers identify healthier food choices?
ANSWER: The Ingredient List:All packaged foods must list all ingredients. The ingredients are listed in descending order of predominance by weight. Knowing that the first ingredient predominates by weight, consumers can learn much about the products. Compare the

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ingredients of these cereal products, for example: One begins “puffed mill corn, sugar, corn syrup, molasses, salt…: The other begins “100 percent rolled oats.” In this comparison, consumers can see that the second product is more nutrient dense.
Front of package labels: Some food manufacturers use front-of-package labels that incorporate text, color and icons to present key nutrient facts. In general, consumers find front-of-package labeling a quick and easy way to select products.
Nutrient claims on labels: Have you noticed phrases such as “good source of fiber” on a box of cereal or “rich in calcium” on a package of cheese? These and other nutrient claims may be used on labels so long as they meet FDA definitions, which include the conditions under which each term can be used. For example, in addition to having less than 2 milligrams of cholesterol, a “cholesterol-free” product may not contain more than 2 grams of saturated fat and trans fat combined per serving. The accompanying glossary defines nutrient terms on food labels, including criteria for foods described as “low,” “reduced,” and “free.” When nutrients have been added to enriched or fortified products, they must appear in the ingredients list. Some descriptions imply that a food contains, or does not contain, a nutrient. Implied claims are prohibited unless they meet specified criteria. For example, a claim that a product “contains no oil” implies that the food contains no fat. If the product is truly fat-free, then it may make the no-oil claim, but if it contains another source of fat, such as butter, it may not.
Health claims on labels: Health claims describe a relationship between a food (or food component) and a disease or health-related condition. In some cases, the FDA authorizes health claims based on an extensive review of the scientific literature. For example, the health claim that “Diets low in sodium may reduce the risk of high blood pressure” is based on enough scientific evidence to establish a clear link between diet and health. In cases where there is emerging—but not established—evidence for a relationship between a food or food component and disease, the FDA allows the use of qualified health claims that must use specific language indicating that the evidence supporting the claim is limited. A qualified health claim might claim that “Very limited and preliminary research suggests that eating one-half to one cup of tomatoes and/or tomato sauce a week may reduce the risk of prostate cancer. The FDA concludes that there is little scientific evidence supporting the claim.”
Structure-function claims on labels: 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. Product labels can claim to “slow aging,” “improve memory,” and “build strong bones” without any proof. The only criterion for a structure-function claim is that it must not mention a disease or symptom. Unfortunately, structure-function claims can be deceptively similar to health claims, and most consumers do not distinguish between different types of claims.

POINTS: 1
DIFFICULTY: Bloom's: Understand
REFERENCES: 2.3 Food Labels
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: UNUT.WHRO.16.2.3 - Compare and contrast the information on food labels to make selections that meet specific dietary and health goals.
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110. List and discuss the health benefits of a vegetarian diet.

ANSWER: Healthier body weight: Vegetarians tend to maintain a lower and healthier body weight than non-vegetarians. In general, those who eat meat have higher energy intakes and body weights. Vegetarians’ lower body weights correlate with their high intakes of fiber and low intakes of fat.

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Reduced risk of diabetes: Obesity and weight gains are strong risk factors for diabetes, which partially explains why non-vegetarian diets are more often associated with diabetes than vegetarian diets. Even when body weight and life-style factors are taken into account, vegetarian eating patterns seem to protect against diabetes.
Reduced risk of hypertension: Vegetarians tend to have lower blood pressure and lower rates of hypertension than non-vegetarians. Appropriate body weight helps to maintain a healthy blood pressure, as does a diet low in saturated fat and cholesterol and high in fiber, fruits, vegetables, whole grains, low-fat milk products, and protein from plant sources.
Decreased risk of heart disease: Meat is associated with an increased risk of heart disease and stroke. The incidence of heart disease and related deaths and the concentrations of blood cholesterol are lower for vegetarians than for non-vegetarians, which can partly be explained by their avoidance of meat. The dietary factor most directly related to heart disease is saturated animal fat, and in general, vegetarian diets are lower in total fat, saturated fat, and cholesterol than typical meat-based diets. The fats common in plant-based diets—the monounsaturated fats of olives, seeds, and nuts and the polyunsaturated fats of vegetable oils—are associated with a decreased risk of heart disease. Furthermore, vegetarian diets are generally higher in dietary fiber, antioxidant vitamins, and phytochemicals—all factors that help control blood lipids and protect against heart disease. Many vegetarians include soy products such as tofu in their diets. Soy products—with their polyunsaturated fats, fibers, vitamins, and minerals, and little saturated fat—may help to protect against heart disease.
Lower risk of cancer: Vegetarians have a lower overall cancer incidence than the general population. Their low cancer rates may be due to their high intakes of fruits and vegetables. Some scientific findings indicate that vegetarian diets are associated not only with lower cancer mortality in general, but also with lower incidence of cancer at specific sites as well, most notably, colon cancer. People with colon cancer seem to eat more meat. Some cancer experts recommend limiting consumption of red meat to no more than 11 ounces a week, with very little (if any) processed meat.
Lower risk of osteoporosis, diverticular disease, gallstones, cataracts, and rheumatoid arthritis: Vegetarian diets may help prevent these diseases and conditions.

POINTS:	1
DIFFICULTY:	Bloom's: Understand
REFERENCES:	H-2 Vegetarian Diets
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	UNUT.WHRO.16.H-2 - Develop a well-balanced vegetarian meal plan.
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