Nutrition Essentials for Nursing Practice 8th edition Dudek Test Bank

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Chapter 1 Nutrition in Health and Health Care

MULTIPLE CHOICE

1. Examples of informal education include

a. attending a workshop on coronary artery disease sponsored by the American Heart Association.
b. watching a television show about diabetes.
c. learning about food safety techniques in a high school economics course.
d. joining a support group to help overcome an eating disorder.

ANS: B

Watching a television show about diabetes is an example of informal education because it is an experience that occurs through a daily activity. Attending a workshop or joining a support group would be considered nonformal education; a high school course would be considered formal education.

DIF:Cognitive Level: ApplyingREFage 6

TOP: Nursing Process: Implementation MSC: Client Needs: Health promotion and maintenance

2. A college student exercises regularly and generally eats a healthy variety of foods, is taking a course in general nutrition, buys locally produced food whenever possible, is an active member of an on-campus faith-based organization, and keeps a journal to help process her emotions. What else could be important for her to include in her life in order to develop her overall wellness?

a. Growing some of her own food
b. Keeping a food record to help evaluate what she eats
c. Eating meals with friends throughout the week
d. Meeting with a registered dietitian to review her food choices

ANS: C

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Wellness enhances a persons level of health through development of each of the six dimensions of health: physical health, intellectual health, emotional health, social health, spiritual health, and environmental health. Exercise and eating a health variety of foods help develop physical health; taking a course in general nutrition helps develop intellectual health; buying locally produced food helps develop environmental health; being part of a faith-based organization helps develop spiritual health; and keeping a journal helps develop emotional health. The missing dimension in this example is development of social health; eating meals with friends throughout the week would add this dimension. Growing her own food would be another example of environmental health; keeping a food record would be another contributor to physical health; and meeting with a registered dietitian may contribute to physical, intellectual, and emotional health.

DIF:Cognitive Level: AnalyzingREFages 1-3

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

3. For a client who is missing meals because of poor planning or is too busy to eat, emotional health can be affected by _____, which can cause confusion or anxiety.

a. low blood sugar levels
b. high blood sugar levels
c. high blood pressure
d. extremely low blood pressure

ANS: D

Poor eating habits affect emotional health. Missing meals may cause blood sugar levels to decrease, which can cause anxiety or confusion or make it difficult to control emotions. Late night binges on snack food are likely to result in excessive energy intake but would have a less direct effect on emotional health. Eating small meals throughout the day is likely to maintain more constant blood sugar levels, which would actually have a positive effect on emotional health. Excessive caffeine consumption may contribute to anxiety, but 2 cups of caffeinated coffee is not considered excessive.

DIF:Cognitive Level: AnalyzingREFage 2

TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial integrity

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4. The best example of the type of concern that is likely to be addressed by the U.S. Department of Health and Human Services when target goals for *Healthy People 2030* are updated is

a. preference for vegetarian eating patterns among white women.
b. low intake of fruits and vegetables by African American children.
c. widespread use of bottled water in higher socioeconomic groups.
d. common use of protein and vitamin supplements in athletes.

ANS: B

Healthy People is used to set targets for health promotion to improve the health of all individuals. It addresses environmental and social issues that affect health outcomes. Low intake of fruits and vegetables by African American children is likely to have an adverse effect on their health and so may be addressed when target goals are set. Vegetarian eating patterns, use of bottled water, and use of protein and vitamin supplements do not necessarily have an adverse effect on nutritional health and so are less likely to be addressed.

DIF: Cognitive Level: Applying REF: dm 4-6 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

5. An example of community support for health promotion is

a. teaching a young mother skills in safe food preparation.
b. watching a television documentary about industry errors in food processing.
c. labeling fresh poultry packages with information about proper food storage.
d. being aware that *Salmonella* can be transmitted because of inadequate food preparation.

ANS: C

Food labeling information is an example of community support because it is a regulatory measure that supports new health-promoting behaviors within a social context. Teaching, watching television and awareness may increase knowledge, but they do not alter the social context by regulation or environmental change.

DIF:Cognitive Level: ApplyingREFage 4

TOP: Nursing Process: Implementation MSC: Client Needs: Health promotion and maintenance

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6. An example of a technique for health promotion is

a. exercising five times a week.
b. local supermarkets expanding the availability of fresh fruits and vegetables.
c. teaching a teenager how to choose healthier foods at fast-food restaurants.
d. information about the relationship of dietary intake and diet-related disorders.

ANS: C

Health promotion consists of strategies that are designed improve the health of individuals, families, groups, and communities, such as teaching a teenager how to choose healthier fast foods. Exercising regularly contributes to wellness, but it is not bringing about a change in health unless this is a change in behavior. Stocking a wider availability of fresh produce does not promote health, unless the supermarket uses specific strategies to encourage consumption. Information about the relationship between nutrients and disease is simply information unless it is used to promote behavior change.

DIF:Cognitive Level: ApplyingREFage 4

TOP: Nursing Process: Implementation MSC: Client Needs: Health promotion and maintenance

7. For the efficient functioning and maintenance of the body, a person needs to consume sufficient amounts of

a. fiber.
b. nutrients.
c. minerals.
d. supplements.

ANS: B

The body needs sufficient amounts of all nutrients for efficient functioning and maintenance. Both fiber and minerals are needed, but each represents only one type of nutrient. Supplements are not always necessary because sufficient nutrients can often be obtained from food.

DIF:Cognitive Level: UnderstandingREFages 8-10

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

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8. A nurse has just been assigned to a community health program for older adults. She should check the document *Healthy People 2020* to become familiar with

a. nutrition priorities and goals for older American adults.
b. dietary standards for Americans older than 50 years.
c. dietary guidelines recommended for older adults.
d. *MyPlate* recommendations for older adults.

ANS: A

Healthy People 2020 focuses on targets and goals for improving the health of the nation. The nurse would check the Dietary Reference Intakes for information about dietary standards. The *Dietary Guidelines for Americans* and *MyPlate* are separate documents from *Healthy People 2020* and focus on specific advice and guidelines for healthy eating.

DIF:Cognitive Level: ApplyingREFages 4-5 | dm 10

TOP: Nursing Process: Planning MSC: Client Needs: Health promotion and maintenance

9. A healthy female middle-aged client asks what she can do to prevent the development of type 2 diabetes. Weight control and nutrition strategies discussed are considered

a. primary treatment.
b. primary prevention.
c. secondary prevention.
d. tertiary prevention.

ANS: B

Action to prevent the development of type 2 diabetes is considered primary prevention. Secondary prevention involves early detection to halt and minimize the effects of the disease, and tertiary prevention minimizes complications and helps restore health after the disorder has developed. Primary treatment is not a recognized term.

DIF: Cognitive Level: Applying REF: dm 5-6 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

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10. As a home health care nurse, you are visiting a 70-year-old client who has just returned home from the hospital after being treated for coronary artery disease. The medical nutrition therapy developed for him by the hospital dietitian is considered

a. palliative care.
b. primary prevention.
c. secondary prevention.
d. tertiary prevention.

ANS: D

This is an example of tertiary prevention, which entails minimizing complications and helping restore health after heart disease has developed. Primary prevention would occur before the disease developed, and secondary prevention would involve early detection to minimize the effects of the disease. Palliative care is intended only to minimize symptoms.

DIF: Cognitive Level: Applying REF: dm 5-6 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

11. A nutrient that can be made by the body is called

a. essential.
b. complete.
c. incomplete.
d. nonessential.

ANS: D

Nonessential nutrients can be made by the body. Essential nutrients cannot be made by the body and must be consumed. The terms *complete* and *incomplete* refer to proteins. Complete proteins contain all the essential amino acids; incomplete proteins are lacking one or more essential amino acids.

DIF:Cognitive Level: RememberingREFages 8-9

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

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12. A client exercises regularly and wants to make sure he has sufficient energy for his workouts. The type of nutrient that will be most helpful in providing the energy he needs is

a. carbohydrates.
b. water.
c. minerals.
d. protein.

ANS: A

Carbohydrates are the best source of fuel to provide energy for the body. Protein can also provide fuel for energy, but its primary purpose is important structural and functional roles. Water and minerals are important for health but do not provide fuel for energy.

DIF: Cognitive Level: Applying REF: dm 8-10 TOP: Nursing Process: Planning

MSC:Client Needs: Physiological integrity

13. A 45-year-old man tells you that he drinks 3 oz of Scotch whiskey most evenings. His alcohol intake is considered

a. insignificant.
b. moderate.
c. higher than is recommended.
d. dangerously high.

ANS: B

Moderate alcohol intake is two servings or fewer per day for men. One serving of spirits, such as whiskey, is 1.5 ounces. Therefore, 3 oz of whiskey per day is considered moderate alcohol intake.

DIF:Cognitive Level: AnalyzingREFage 9

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

14. A dessert contains 4 g of protein, 30 g of carbohydrate, 15 g of fat, and 5 g of alcohol. The nutrient that provides the most kilocalories in the dessert is

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a. protein.
b. carbohydrate.
c. fat.
d. alcohol.

ANS: C

Fat provides the highest number of kilocalories: At 9 kcal per gram, 15 g of fat provides 135 kcal. At 4 kcal per gram, 4 g of protein provides 16 kcals. At 4 kcal per gram, 30 g of carbohydrate provides 120 kcal. At 7 kcal per gram, 5 g of alcohol provides 35 kcal.

DIF:Cognitive Level: ApplyingREFage 9

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

15. A cup of frozen yogurt contains 24 g of carbohydrate, 2 g of fat, and 4 g of protein. The total number of kilocalories in the frozen yogurt is

a. 110.
b. 130.
c. 140.
d. 162.

ANS: B

At 4 kcal per gram, 24 g of carbohydrate provides 96 kcal. At 9 kcal per gram, 2 g of fat provides 18 kcal. At 4 kcal per gram, 4 g of protein provides 16 kcal. Therefore, the total kilocalories in the frozen yogurt is 130 kcal (96 + 18 + 16).

DIF:Cognitive Level: ApplyingREFages 8-9

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

16. Combinations of amino acids link together to form

a. protein.
b. carbohydrates.
c. dietary fiber.
d. lipids.

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ANS: A

Proteins are made up of various combinations of amino acids, linked together. Carbohydrates are made up of one or more units of simple sugars. Dietary fiber consists mostly of carbohydrate that cannot be digested. Lipids are made up of glycerol and triglycerides or sterols.

DIF:Cognitive Level: RememberingREFages 8-9

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

17. A bodybuilder tells you that all of his meals and snacks include high-protein foods such as eggs, canned tuna, chicken, milk, and cheese. Most of the extra protein is probably used by his body to form

a. strong bones and joints.
b. body fat stores.
c. healthy brain tissue.
d. increased muscle mass.

ANS: B

Excess protein is broken down to amino acids and then used for energy or stored as body fat. This mans body will use some of this protein to increase muscle mass, but increasing protein intake beyond the amount needed does not increase muscle formation. Excess protein intake does not improve bone, joint, or brain health.

DIF:Cognitive Level: ApplyingREFage 9

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

18. When clients have a strong family history of both heart disease and cancer, the nurse should encourage them to reduce their intake of

a. dietary fiber.
b. protein.
c. monounsaturated fat.
d. saturated fat.

ANS: D

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Saturated fat intake is related to risk of heart disease and certain types of cancer. Monounsaturated fat intake has less effect on risk of these diseases. Dietary fiber intake should be increased to help reduce risk of cardiovascular disease and cancer. The effects of protein intake on risk of these diseases are much less significant.

DIF: Cognitive Level: Applying REF: dm 9 TOP: Nursing Process: Planning

MSC:Client Needs: Physiological integrity

19. The National Health and Nutrition Examination Survey (NHANES) is able to assess the overall nutritional and health status of Americans because

a. the populations surveyed are representative of the total population.
b. it focuses on ethnic and socioeconomic groups at greatest risk.
c. it collects large volumes of survey data from all over the nation.
d. survey methods and standards are consistent from year to year.

ANS: A

Data from NHANES represent America overall because the survey populations are carefully selected to represent the total population. Their data therefore provide a better indication of the nations overall health than do large amounts of data from all over the country. It does not focus specifically on populations at high risk for disease. Standardization over time provides useful data on trends and changes but does not reveal the overall health of the nation.

DIF:Cognitive Level: ApplyingREFages 4-5

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

20. In working with a ethnic minority population, a helpful way to increase health literacy could be to

a. invite members of the community to help identify needs and teaching strategies.
b. encourage acculturation and adoption of healthful American eating patterns.
c. set up a feeding program to provide healthy food for members of the community.
d. use visual aids rather than written materials during health education encounters.

ANS: A

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Members of an ethnic minority population can be very helpful in identifying needs and effective teaching strategies for people in their community and in encouraging people in the community to accept advice from nurses or other health professionals. They do not necessarily need to adopt American eating patterns; often these are less healthful than their traditional eating patterns. Setting up feeding programs does not promote positive self-efficacy. Visual aids may be helpful, but their use is not necessarily the best educational strategy.

DIF: Cognitive Level: Applying REF: dm 6-7 TOP: Nursing Process: Planning

MSC:Client Needs: Physiological integrity

21. A client has heard that nutrients can be converted to other nutrients in the body. He takes high-dose vitamin C supplements because he believes this will supply his bodys need for other vitamins. What would you tell him?

a. He should switch to a multivitamin supplement instead of just vitamin C.
b. Each vitamin has a specific function and needs to be supplied through a variety of foods.
c. Vitamin C can provide only water-soluble vitamins, and he still needs to consume fat-soluble vitamins.
d. Vitamin C supplements should be taken only when he has symptoms of a cold or influenza.

ANS: B

Vitamins cannot be converted into other vitamins; each has a specific function, and the best way to consume adequate amounts of each vitamin is to eat a variety of foods. Vitamin C is water soluble, but it cannot be converted to other water-soluble vitamins. Vitamin C is needed by the body at all times, not just when someone is ill. A multivitamin supplement would provide a better range of vitamins than just vitamin C, but it is still better to consume vitamins from food, rather than from supplements.

DIF:Cognitive Level: ApplyingREFages 9-10

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

22. For a mother with two children who works in health care management 60 to 70 hours a week, the biggest barrier to healthy eating is likely to be

a. lack of concern for her own or her childrens health.

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b. inadequate income to purchase healthy foods.
c. insufficient time to plan and prepare healthful meals.
d. lack of knowledge about healthy eating.

ANS: C

For busy professionals and families, the biggest barrier to healthy eating is usually hectic schedules and lack of time to plan and prepare healthy meals. Most mothers, especially those who work in a health care field, are concerned about their familys health. Many professional women have at least some understanding of healthy eating. With a professional job, lack of income is not very likely to be a barrier to healthy eating.

DIF: Cognitive Level: Applying REF: dm 7 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

23. A class of nutrients that is important in body structure and influences the function of muscles and the central nervous system is

a. proteins.
b. minerals.
c. vitamins.
d. carbohydrates.

ANS: B

Minerals are important in body structures and influence the function of muscles and the central nervous system. Proteins are structural components and form part of muscles but are less influential in the central nervous system. Vitamins and carbohydrates do not have structural functions.

DIF:Cognitive Level: UnderstandingREFage 10

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

24. If mine workers were trapped in a mine and it took several days for a rescue team to reach them, the nutrient that they would need most in order to survive is

a. protein.

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b.carbohydrates.
c.water.
d.vitamins.

ANS: C

The body can survive only a few days without water. The body may not function optimally without other nutrients, but it can survive many days and even weeks without them.

DIF:Cognitive Level: ApplyingREFages 8-10

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

25. The client who would benefit most from an increase in dietary fiber intake is one with

a.fatigue.
b.constipation.
c.dehydration.
d.coronary heart disease.

ANS: B

Adequate dietary fiber and fluid intake can help alleviate constipation. It has a small but less significant effect in helping reduce risk of coronary heart disease. Dietary fiber intake does not affect fatigue or hydration status.

DIF: Cognitive Level: Applying REF: dm 9 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

26. To provide adequate amounts of vitamins and minerals, the best course of action is to

a.lose weight to achieve ideal body weight.
b.eat a variety of foods from each food group.
c.follow the same general food pattern each day.
d.consume foods high in fiber and low in saturated fat.

ANS: B

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Including a variety of foods from each food group increases the likelihood of obtaining adequate amounts of vitamins and minerals. Achieving ideal body weight does not guarantee adequate nutrient intake. Following the same general food pattern each day could actually limit vitamin and mineral intake because the assortment of foods is likely to be limited. Choosing foods high in fiber and low in saturated fat diet does not necessarily result in intake of adequate levels of vitamins and minerals.

DIF: Cognitive Level: Applying REF: dm 12 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

27. If a nurse wants to evaluate whether a clients vitamin or mineral supplement contains too much of a specific nutrient, the nurse should

a. check the manufacturers recommendations about intake for that nutrient.
b. request blood and urine tests to determine the clients body stores of that nutrient.
c. compare the amount in the supplement to the tolerable upper intake level (UL) for that nutrient.
d. compare the amount in the supplement to the Recommended Dietary Allowance (RDA) for that nutrient.

ANS: C

The UL is the maximum intake that should not be exceeded to prevent adverse health risks; this should be compared to the amount in the supplement. The Recommended Dietary Allowance is the amount that meets the needs of most health individuals in a life-stage and gender group, but it is not the upper level for safety. Manufacturers do not necessarily provide reliable information about safety of supplements they are marketing. Blood and urine tests may or may not show whether the body is accumulating unsafe levels of a nutrient, depending on the nutrient and how long the supplement has been taken.

DIF:Cognitive Level: ApplyingREFage 11

TOP:Nursing Process: Assessment| Nursing Process: Evaluation

MSC:Client Needs: Physiological integrity

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28. Why is it difficult to specify the number of grams of protein that he or she should eat each day?

a. More research studies are needed to help determine ideal levels of protein intake for various age and gender groups.
b. Health care professionals should not give specific advice to clients, to avoid lawsuits.
c. It is unrealistic to expect clients to meet precise levels of protein intake.
d. Recommended protein intakes are expressed as a range and are based on a percentage of energy intake, which varies between individuals.

ANS: D

Protein intake does not need to be precise and can be within an acceptable range, expressed as a percentage of energy intake. Health care professionals should not give unnecessarily precise advice, but they can give scientifically based advice without concern for lawsuits. A reasonable amount of research has been conducted to be able to give at least general advice about protein intake. The likelihood that clients will achieve a specific protein intake is not related to the difficulty in identifying what their intake level should be.

DIF:Cognitive Level: AnalyzingREFages 8-9 | dm 11

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

29. If a college student is eating only one small meal per day in an attempt to lose weight and is taking high doses of vitamin and mineral supplements to try to make up for the lack of food, the student would be described as having

a. malnutrition.
b. disordered nutrition.
c. overnutrition.
d. undernutrition.

ANS: A

An imbalance of intake of nutrients, energy, or both (in this case, high intake of some nutrients and low intake of energy) is called *malnutrition. Overnutrition* refers only to excessive intake, excessive nutrients, or excessive energy. *Undernutrition* refers only to inadequate intakes of nutrients, energy, or both. Disordered nutrition is not a recognized term.

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DIF:Cognitive Level: ApplyingREFage 12

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

30. An overweight client has been trying to lose weight for years. She tells you that she believes she is genetically designed to be overweight and that the foods available in supermarkets today make weight loss impossible. The clients attitude shows

a. positive self-efficacy.
b. negative self-efficacy.
c. poor environmental health.
d. poor emotional health.

ANS: B

The clients attitude demonstrates negative self-efficacy. She does not perceive that she has power over her life and behaviors. A belief that she could change her personal behaviors would reflect positive self-efficacy. She is able to express her feelings, and so she does not necessarily have poor emotional health. Her belief about healthy food choices in her environment is not necessarily accurate.

Chapter 2 Carbohydrates

MULTIPLE CHOICE

1. The primary function of carbohydrates in the body is to provide

a. sweetness.
b. satiety.
c. energy.
d. dietary fiber.

ANS: C

The most important function of carbohydrates in the body is to provide energy. Unrefined sources of carbohydrate do provide dietary fiber, but refined carbohydrates do not. Similarly, unrefined carbohydrates may add to satiety, but refined carbohydrates contribute less to satiety

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than do protein and fat. Simple carbohydrates provide sweetness; this is pleasant but not essential to the body.

DIF: Cognitive Level: Remembering REF: dm 51 | dm 54 | dm 58-59 | dm 64-66

TOP: Nursing Process: Planning MSC: Client Needs: Health promotion and maintenance

2. Fructose, galactose, and glucose are examples of

a. disaccharides.
b. polysaccharides.
c. monosaccharides.
d. complex carbohydrates.

ANS: C

Fructose, galactose, and glucose each consist of a single unit of carbohydrate and are therefore monosaccharides. Disaccharides consist of two carbohydrate units; polysaccharides and complex carbohydrates consist of several carbohydrate units.

DIF:Cognitive Level: RememberingREFages 53-54 | dm 58

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

3. The sweetness in a banana comes mostly from

a. fructose and sucrose.
b. fructose and glucose.
c. glucose and maltose.
d. maltose and sucrose.

ANS: A

The most common sugars found naturally in fruits such as a banana are fructose and sucrose. It may also contain some glucose, but this contributes less to the sweetness. Fructose is the sweetest of the sugars, and so it contributes most to the sweetness. Maltose is found only in germinating grains or as a product of partial starch digestion in the gut.

DIF: Cognitive Level: Applying REF: dm 53-54 | dm 58-59

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TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

4. A blood glucose level of 60 mg/dL is considered to be

a. inconclusive.
b. representative of hypoglycemia.
c. representative of normoglycemia.
d. representative of hyperglycemia.

ANS: B

The normal range for blood glucose level is 70 to 100 mg/dL. Therefore, 60 mg/dL is considered to represent hypoglycemia.

DIF:Cognitive Level: ApplyingREFage 57

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

5. In comparison with table sugar (sucrose), honey tastes _____ because it contains _____.

a. sweeter; fructose
b. sweeter; maltose
c. less sweet; fructose
d. less sweet; maltose

ANS: A

Honey is sweeter than table sugar because it contains fructose, the sweetest of all the sugars. Maltose is less sweet than table sugar and is not found in honey; it is found only in germinating grains and as a product of partial starch digestion.

DIF:Cognitive Level: ApplyingREFages 54-56 | dm 58

TOP: Nursing Process: Planning MSC: Client Needs: Health promotion and maintenance

6. Someone who follows a strict vegetarian (vegan) diet and eats very few refined foods is likely to have _____ intake of _____ carbohydrates and dietary fiber.

a. low; complex
b. high; complex

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c. low; simple
d. high; simple

ANS: B

Strict vegetarian diets contain only plant foods that have high levels of carbohydrates. Refined foods contain more simple sugars and some starch. Unrefined foods contain mostly complex carbohydrates and fiber. Therefore, someone who follows a strict vegetarian diet and eats very few refined foods is likely to have a high intake of complex carbohydrates and dietary fiber.

DIF: Cognitive Level: Applying REF: dm 52-53 | dm 62 | dm 64-65 | dm 68

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

7. A person would be most likely to produce excessive ketones if his or her food intake that day consisted only of

a. green salad with oil and vinegar dressing.
b. refried pinto beans and rice.
c. cheeseburgers and French fries.
d. fried eggs with bacon and hash brown potatoes.

ANS: A

Ketones are produced when insufficient carbohydrate is available and the body has to metabolize fat for energy. A green salad with oil and vinegar dressing provides energy from fat but minimal amounts of carbohydrate. In the other meals, carbohydrate is provided by beans, rice, the bun for the burger, and the potatoes used to make the fries and hash browns.

DIF: Cognitive Level: Applying REF: dm 54 | dm 57 | dm 63

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

8. Since the 1970s, consumption of refined white sugar has decreased, mostly because

a. health-conscious consumers are using less of it.
b. use of high-fructose corn syrup has increased.
c. use of artificial sweeteners has increased.
d. use of honey and other natural sweeteners has increased.

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ANS: B

Use of refined white sugar has decreased because use of high-fructose corn syrup has increased. High-fructose corn syrup is used because it is cheaper to produce and sweeter than white table sugar. Unfortunately, consumers are not using less sugar; in fact, they are consuming more sugar overall. Use of artificial sweeteners, honey, and other natural sweeteners has increased, but this is not the main contributor to decreased refined white sugar consumption.

DIF: Cognitive Level: Remembering REF: dm 59 TOP: Nursing Process: Evaluation

MSC: Client Needs: Health promotion and maintenance

9. The person who is most likely to develop dental caries is one who

a. eats dessert after each meal.
b. drinks two or three regular soft drinks every day.
c. snacks on candy bars between meals.
d. chews gum throughout the day.

ANS: C

Dental caries is mostly likely to be caused by snacking on sweet, sticky foods (like candy bars) between meals. When desserts are eaten with meals, the teeth are exposed to carbohydrates for less time each day, so bacteria have less time to ferment the carbohydrate and cause caries. Soft drinks do not stick to the teeth like more sticky sweet foods and so are less likely to contribute to caries. Chewing gum may stimulate saliva production, which washes the teeth, and so it does not usually contribute to dental caries.

DIF:Cognitive Level: UnderstandingREFages 59-61

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

10. The most significant effect of bacteria in the mouth is fermentation of

a. dietary fiber, which promotes formation of beneficial short-chain fatty acids.
b. dietary fiber, which increases intestinal gas production.
c. simple carbohydrates, which promotes production of sugar alcohols and causes halitosis.
d. simple carbohydrates, which promotes formation of plaque and tooth decay.

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ANS: D

Bacteria cause fermentation of sugars in the mouth and promote formation of plaque, which causes tooth decay. Bacteria are not capable of producing sugar alcohols, although their action on food may contribute to halitosis. Fermentation of dietary fiber occurs in the large intestine, not in the mouth.

DIF: Cognitive Level: Remembering REF: dm 59 | dm 61 | dm 65 | dm 67

TOP: Nursing Process: Assessment MSC: Client Needs: Health promotion and maintenance

11. The primary reason for chewing sugar-free gum instead of sugar-sweetened gum is that sugar-free gum

a. is calorie-free and helps with weight control.
b. contains sugar alcohols that do not promote dental caries.
c. contains gums that provide soluble dietary fiber.
d. is sweeter than sugar-sweetened gum because it contains artificial sweeteners.

ANS: B

Sugar-free gum is usually made with sugar alcohols, which are not fermented by bacteria in the mouth and so do not promote dental caries. Sugar alcohols contain fewer kilocalories than other sugars but nonetheless contain 2 to 3 kcal per gram, and so they are not calorie-free. Chewing gum is not usually swallowed and so would not contribute to dietary fiber; in addition, this is not different with sugar-sweetened versus sugar-free gum. Sugar-free gum is usually sweetened with sugar alcohols, which are actually less sweet than other sugars.

DIF: Cognitive Level: Remembering REF: dm 60-62 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

12. Aspartame should not be consumed by

a. infants and school-aged children.
b. individuals who suffer from arthritis.
c. individuals who have phenylketonuria (PKU).
d. anyone who is underweight or trying to gain weight.

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ANS: C

Aspartame contains phenylalanine, and so it should not be consumed by individuals who have phenylketonuria. There is no evidence that moderate intake of aspartame is harmful for infants and school-aged children, although there may be no reason for them to consume it. Claims that aspartame causes arthritis have not be verified. Food sweetened with aspartame rather than sugar will provide fewer kilocalories and so will not help individuals gain weight, but this does not mean that underweight people should avoid aspartame.

DIF: Cognitive Level: Remembering REF: dm 60-62 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance | Client Needs: Physiological integrity

13. John wants to increase his dietary fiber intake. The best breakfast choice to help him achieve this goal would be

a. pancakes and orange juice.
b. oatmeal with raisins.
c. scrambled egg and toast.
d. blueberry muffin and jam.

ANS: B

The best sources of dietary fiber are whole grains, fruits, and vegetables. Therefore, the breakfast with the highest amount of dietary fiber would be oatmeal with raisins. Pancakes, toast, and the muffin could contribute dietary fiber if they are made with whole wheat flour, but this was not specified. Orange juice is basically oranges with the fiber removed. Jam made with whole fruit may be high in fiber, but relatively small amounts are eaten. Animal foods such as eggs do not contain dietary fiber.

DIF: Cognitive Level: Applying REF: dm 64-66 TOP: Nursing Process: Planning

MSC: Client Needs: Physiological integrity | Client Needs: Health promotion and maintenance

14. Colon cancer runs in Janes family. She may be able to decrease her risk of developing this cancer if she increases her intake of

a. fish and bran.

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b.apples, strawberries and citrus fruit.
c.oatmeal, barley and legumes.
d.whole grains and vegetables.

ANS: D

High intake of insoluble fiber helps decrease risk of colon cancer because it is fermented to produce short-chain fatty acids that decrease risk of tumor formation. The best sources of insoluble fiber are whole grains and vegetables. Oatmeal, barley, legumes, apples, strawberries, and citrus fruit contain more soluble than insoluble fiber. Bran has high amounts of insoluble fiber, but fish does not contain dietary fiber.

DIF: Cognitive Level: Applying REF: dm 64-66 TOP: Nursing Process: Planning

MSC: Client Needs: Health promotion and maintenance

15. Eating a bowl of oatmeal for breakfast every day may help prevent

a.heart disease because it contains soluble fiber.
b.high blood pressure because it contains potassium.
c.hypoglycemia because it contains complex carbohydrate.
d.osteoporosis because it contains calcium and vitamin D.

ANS: A

Oatmeal helps prevent heart disease because it contains soluble fiber, which helps decrease blood cholesterol levels. It is not a significant source of potassium and is unlikely to affect blood pressure, except by displacing other foods with high levels of sodium. Hypoglycemia is prevented by consuming foods that contain protein and carbohydrate throughout the day, rather than eating a specific food at one meal. Oatmeal would contain a significant amount of calcium and vitamin D only if it is made or eaten with milk, and so it would not necessarily help prevent osteoporosis.

DIF: Cognitive Level: Applying REF: dm 57-58 | dm 65-67

TOP: Nursing Process: Planning MSC: Client Needs: Health promotion and maintenance

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16. Athletes use physical training and dietary manipulation to increase their body stores of energy in the form of

a. glucose.
b. glycogen.
c. amino acids.
d. short-chain fatty acids.

ANS: B

Athletes use these methods to increase their body stores of energy in the form of glycogen. Glycogen is the form of carbohydrate stored in the liver and muscles. Glucose and amino acids are not stored in the body. Also, the primary function of amino acids is tissue building, not energy production. Short-chain fatty acids are produced when bacteria cause fermentation of dietary fiber in the colon. They are used as an energy source only by epithelial cells in the colon.

DIF:Cognitive Level: UnderstandingREFages 56-57 | dm 65

TOP: Nursing Process: Planning MSC: Client Needs: Physiological integrity

17. After a high-carbohydrate meal, the dominant process would be
a. glycogenesis.
b. glycogenolysis.
c. gluconeogenesis.
d. glucagon production.

ANS: A

After a high-carbohydrate meal, the carbohydrate is digested and absorbed as glucose. Excess glucose is converted to glycogen; this process is called *glycogenesis.* The other three processes occur a long time after a meal, after a fast, or after exercise, when glucose stores are low. In glycogenolysis, glycogen is converted back to glucose. Gluconeogenesis is conversion of fat and protein to glucose. Production of the hormone glucagon increases blood glucose levels by stimulating glycogenolysis and gluconeogenesis.

DIF: Cognitive Level: Applying REF: dm 56-57 TOP: Nursing Process: Planning

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MSC: Client Needs: Health promotion and maintenance

18. A dietary fiber intake of 18 g daily is considered

a. the minimum recommended.
b. below the optimal range of intake.
c. within the optimal range of intake.
d. above the optimal range of intake.

ANS: B

A fiber intake of 18 g is below the optimal range of daily intake for dietary fiber. The recommended range is 25 to 38 g/day.

DIF:Cognitive Level: RememberingREFages 67-69

TOP:Nursing Process: Assessment

MSC: Client Needs: Health promotion and maintenance | Client Needs: Physiological integrity

19. A beneficial effect of bacterial fermentation of dietary fiber in the colon is

a. production of intestinal gas.
b. providing monosaccharides for energy.
c. production of short-chain fatty acids.
d. production of long-chain fatty acids.

ANS: C

Bacteria cause fermentation of dietary fiber in the colon to produce short-chain fatty acids, which provide energy for mucosal cells and inhibit tumor formation.

DIF:Cognitive Level: RememberingREFages 64-67

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological integrity

20. Increased consumption of fruits and vegetables would be most beneficial to someone with

a. arthritis.
b. diarrhea.

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