

**Chapter 01**

1. Minerals and water are organic and yield energy in the human body.

- a. True
- b. False

ANSWER: False

2. An excess intake of protein will never lead to weight gain.

- a. True
- b. False

ANSWER: False

3. The Dietary Reference Intakes (DRI) reflect the collaborative efforts of scientists to produce a set of standards for the amount of energy, nutrients, and other dietary components that best support health.

- a. True
- b. False

ANSWER: True

4. If people's usual intake of a nutrient falls below the Estimated Average Requirement (EAR), their intake is probably inadequate, and there is a greater possibility of a deficiency.

- a. True
- b. False

ANSWER: True

5. Dietary Reference Intakes (DRI) are values that are appropriate to use for planning and assessing diets for individuals and groups.

- a. True
- b. False

ANSWER: True

6. Consuming nutrient-dense foods can help control your calorie intake.

- a. True
- b. False

ANSWER: True

7. The "% Daily Value" column on a label compares nutrients in a serving of the food with the daily goals of a person consuming 2,500 calories.

- a. True
- b. False

ANSWER: False

8. A food contains 270 calories and 15 grams of fat. This means the percentage of calories coming from fat is 50 percent.

- a. True
- b. False

ANSWER: True

9. If a label on a carton of yogurt claims the product is low fat, then, its Nutrition Facts panel must indicate that one

**Chapter 01**

serving contains fewer than five grams of fat.

- a. True
- b. False

**ANSWER:** False

10. A package of cookies claims the cookies are Low Calorie, and the Nutrition Facts panel indicates that one serving contains 60 calories. This product can legally make this claim.

- a. True
- b. False

**ANSWER:** False

11. All registered dietitians are nutritionists, but not all nutritionists are registered dietitians.

- a. True
- b. False

**ANSWER:** True

12. Many Americans enjoy turkey and pumpkin pie at Thanksgiving due to:

- a. habit.
- b. positive associations.
- c. values.
- d. emotional state.
- e. age.

**ANSWER:** b

13. What taste preferences are most widely liked?

- a. sweet and sour
- b. sweet and bitter
- c. salty and sweet
- d. salty and sour
- e. umami and sweet

**ANSWER:** c

14. Chloe prefers to purchase produce from local farmers to reduce the environmental costs associated with transporting food long distances. Chloe's preference is most likely based on:

- a. associations.
- b. values.
- c. social interaction.
- d. ethnic heritage.
- e. religious beliefs.

**ANSWER:** b

15. Which of the following foods best exemplifies the Asian cuisine?

- a. grape leaves, squid, rice, and peanuts
- b. tomatoes, olives, fish, and mozzarella cheese

**Chapter 01**

- c. tortillas, corn, avocado, and refried beans
- d. rice, bok choy, kumquats, and duck
- e. rice, pineapple, chicken, and chili peppers

**ANSWER:**

d

16. Choose the ultra-processed food that should be eaten sparingly.

- a. soft drinks, corn chips, and toaster pastries
- b. oils, fats, flours, and refined starches
- c. vegetables, legumes, fruit, seafood, eggs, and nuts
- d. milk, yogurt, cheese, and eggs
- e. fruit, meat, nuts, and fish

**ANSWER:**

a

17. Which nutrient is not required on food labels?

- a. potassium
- b. sodium
- c. vitamin C
- d. vitamin D
- e. iron

**ANSWER:**

c

18. All of the following nutrients are organic EXCEPT:

- a. vitamins.
- b. fat.
- c. protein.
- d. minerals.
- e. carbohydrates.

**ANSWER:**

d

19. Which nutrients supply energy?

- a. carbohydrate, fat, and protein
- b. carbohydrate, fat, and water
- c. carbohydrate, fat, and vitamins
- d. protein, fat, and minerals
- e. fat, vitamins, and minerals

**ANSWER:**

a

20. Which of the following statements about minerals is true?

- a. They are inorganic.
- b. They contain carbon.
- c. They are the medium in which all the body's processes take place.
- d. They provide energy to the body.
- e. They are all non-essential nutrients.

**Chapter 01**

**ANSWER:**

a

21. The essential nutrients are those:

- a. the body can make for itself.
- b. that are predominant in most foods.
- c. that must be obtained from foods.
- d. included in the main Dietary Reference Intake (DRI) table.
- e. that contribute to weight gain.

**ANSWER:**

c

22. How many calories are in a food that contains 14 grams carbohydrate, nine grams protein, and six grams fat?

- a. 116
- b. 134
- c. 146
- d. 161
- e. 209

**ANSWER:**

c

23. Which of the following does NOT yield energy for the body?

- a. carbohydrate
- b. protein
- c. alcohol
- d. vitamins
- e. fat

**ANSWER:**

d

24. Vitamins provide \_\_\_\_\_ kcalories per gram.

- a. 0
- b. 4
- c. 7
- d. 9
- e. 27

**ANSWER:**

a

25. If a food contains 25 grams of carbohydrates, six grams of protein, and five grams of fat, approximately what percentage of calories is from fat?

- a. 3 percent
- b. 14 percent
- c. 21 percent
- d. 27 percent
- e. 45 percent

**ANSWER:**

d

**Chapter 01**

26. Which nutrient has the greatest energy density?

- a. carbohydrate
- b. protein
- c. fat
- d. vitamins
- e. alcohol

**ANSWER:**

c

27. How many calories are from fat are in a food that contains 20 grams of fat?

- a. 60
- b. 80
- c. 140
- d. 180
- e. There is not enough information to determine this.

**ANSWER:**

d

28. How many calories did Roberto consume if he consumed 108 grams protein, 97 grams fat, 272 grams carbohydrate, and 15 grams alcohol?

- a. 2,498 calories
- b. 2,334 calories
- c. 3,373 calories
- d. 2,528 calories
- e. 2,304 calories

**ANSWER:**

a

29. Which energy-yielding food is pure fat?

- a. black beans
- b. steak
- c. a baked potato
- d. canola oil
- e. corn on the cob

**ANSWER:**

d

30. Which of the following is a true statement about alcohol?

- a. It is a nutrient.
- b. Although not essential, it promotes maintenance and repair in the body.
- c. It does not contribute to body fat.
- d. It is metabolized into energy.
- e. It is a pure fat.

**ANSWER:**

d

31. Dietary Reference Intakes are designed to:

- a. recommend numbers of servings of food to eat per day.

**Chapter 01**

- b. help food manufacturers decide on product contents and processing methods.
- c. meet minimum nutrient needs to prevent malnutrition in people.
- d. specify nutrient needs that best support the health of people in the United States and Canada.
- e. provide Daily Value (DV) recommendations for children only.

**ANSWER:**

d

32. The Recommended Dietary Allowances (RDAs):

- a. are designed primarily to prevent toxicities.
- b. are set when a lack of scientific data generates an Adequate Intakes (AI) guideline.
- c. focus on all dietary components.
- d. are the same as the Adequate Intakes (AI) guidelines.
- e. are the foundation of the Dietary Reference Intakes (DRI).

**ANSWER:**

e

33. Which of the following Dietary Reference Intake (DRI) categories is most appropriately used to develop and evaluate nutrition programs for groups?

- a. Estimated Average Requirement (EAR)
- b. Tolerable Upper Intake Level (TUIL)
- c. Adequate Intakes (AI)
- d. Recommended Dietary Allowance (RDA)
- e. Estimated Energy Requirement (EER)

**ANSWER:**

a

34. Consumers who take vitamin/mineral supplements should be aware that excessive intakes can pose hazards and should refer to which values of the Dietary Reference Intakes (DRI)?

- a. Adequate Intake (AI)
- b. Estimated Average Requirement (EAR)
- c. Recommended Dietary Allowance (RDA)
- d. Tolerable Upper Intake Level (TUIL)
- e. Estimated Energy Requirement (EER)

**ANSWER:**

d

35. Which statement about Dietary Reference Intakes (DRI) is *false*?

- a. The DRI is designed to merely prevent nutrient deficiency diseases.
- b. The DRI focuses on disease prevention.
- c. The DRI focuses on adequacy of nutrients.
- d. The DRI applies to the diets of individuals.
- e. The DRI reflects research from both the United States and Canada.

**ANSWER:**

a

36. Dietary Reference Intakes may be used to:

- a. treat persons with diet-related illnesses.
- b. assess dietary nutrient adequacy.

**Chapter 01**

- c. specify the minimum daily intake of all nutrients.
- d. design weight loss plans.
- e. make nutrient recommendations for adults only.

**ANSWER:**

b

37. All of the following are leading causes of death in the United States that are nutrition-related except:

- a. cancer.
- b. stroke.
- c. diabetes mellitus
- d. poor appetite.
- e. kidney disease.

**ANSWER:**

d

38. Chronic Disease Risk Reduction (CDRR) intakes are:

- a. used in population research studies.
- b. average daily nutrient intake to prevent chronic disease
- c. nutrient intakes associated with a low risk of chronic disease.
- d. the minimum nutrient intake to lower chronic disease risk.
- e. used by policymakers to set revised health guidelines.

**ANSWER:**

c

39. According to the Dietary Reference Intake (DRI) committee, what percentage of daily kcalories should be supplied by protein?

- a. 45 to 65 percent
- b. 20 to 35 percent
- c. 10 to 35 percent
- d. 15 to 40 percent
- e. 20 to 45 percent

**ANSWER:**

c

40. The data collected in nutrition surveys are used by the government to:

- a. establish public policy on nutrition education.
- b. regulate nutrition labeling on food products.
- c. decide what nutrition issues will be granted funds for research.
- d. assess the effectiveness of government publications about nutrition.
- e. guide decisions on new product development.

**ANSWER:**

a

41. Which of the following is NOT a correct statement about how food intake has changed over the years based on national nutrition studies?

- a. Portions have increased in size.
- b. We snack more than in previous decades.
- c. We eat more meals prepared at home.

**Chapter 01**

- d. Calorie intake has increased.
- e. We drink more sweetened beverages.

**ANSWER:**

c

42. Major reports regarding the contribution of diet and nutrition status to the health of the people of the United States depend on information collected by the:

- a. Continuing Survey of Food Intakes by Individuals (CSFII).
- b. Healthy People program.
- c. National Health and Nutrition Examination Surveys (NHANES)
- d. National Nutrition Monitoring program.
- e. Supplemental Nutrition Assistance Program (SNAP).

**ANSWER:**

c

43. How often does Healthy People program set new goals for improving the nation's health?

- a. every year
- b. every five years
- c. every seven years
- d. every 10 years
- e. every 20 years

**ANSWER:**

d

44. Nutrient-dense foods:

- a. are rich in iron.
- b. contain a mixture of carbohydrate, fat, and protein.
- c. carry nutrient labeling information.
- d. deliver the most nutrients for the smallest number of kcalories.
- e. contain an excess of added sugars.

**ANSWER:**

d

45. What lifestyle habit has a greater influence on a person's health compared to diet?

- a. sedentary lifestyles
- b. smoking and tobacco use
- c. not wearing seatbelts
- d. sun exposure
- e. alcohol consumption

**ANSWER:**

b

46. A diet that does not overemphasize one nutrient or food type at the expense of another is:

- a. adequate.
- b. balanced
- c. calorie controlled
- d. nutrient dense.
- e. moderate.

## Chapter 01

ANSWER:

b

47. Gabrielle eats dessert on occasion and regularly selects foods low in solid fats and added sugars. What diet principle is she practicing?

- a. balance
- b. calorie control
- c. adequacy
- d. moderation
- e. nutrient density

ANSWER:

d

48. Which of the following foods would provide the highest nutrient density for calcium?

- a. cheddar cheese
- b. fat-free milk
- c. ice cream
- d. frozen yogurt
- e. soy milk

ANSWER:

b

49. Foods such as potato chips, candy, and colas are called *empty calorie foods* because they:

- a. are inexpensive.
- b. are lacking in calories.
- c. provide calories but few nutrients.
- d. should be eaten in moderation.
- e. contain little fat.

ANSWER:

c

50. Based on recommendations in the *Dietary Guidelines for Americans*, how many calories from added sugars should a person stay below when consuming a 2,400-calorie diet?

- a. 24 calories
- b. 48 calories
- c. 72 calories
- d. 120 calories
- e. 240 calories

ANSWER:

e

51. Russell runs for 20 minutes at a pace of six miles/hour. Assuming his runs are always this length and pace, what is the minimum number of runs he needs to do each week to meet the weekly time guidelines for activity?

- a. two
- b. three
- c. four
- d. five
- e. six

**Chapter 01**

**ANSWER:**

**b**

52. How many days a week does the American College of Sports Medicine (ACSM) recommend for strength exercise?

- a. one or more days
- b. one to three consecutive days
- c. two or more non-consecutive days
- d. five to seven consecutive days
- e. two to three consecutive days

**ANSWER:**

**c**

53. Which type of physical activities are recommended by the American College of Sports Medicine (ACSM) for developing and maintaining fitness?

- a. cardiorespiratory, strength, and flexibility training
- b. a balance of low-, moderate-, and high-intensity activities
- c. aerobic physical activity only
- d. a combination of team sports and brisk walking
- e. competitive bodybuilding

**ANSWER:**

**a**

54. Which group is not a basic food group included in the USDA Food Intake Patterns?

- a. milk and milk products group
- b. vegetable group
- c. fruits group
- d. grains group
- e. oil group

**ANSWER:**

**e**

55. A client consumes the following foods from the grain group of the USDA Food Intake Patterns:  $\frac{1}{2}$  cup oatmeal, two slices of bread, three cups popped popcorn, and one cup pasta. How many ounce equivalents did the client consume?

- a. 2
- b. 4
- c. 6
- d. 8
- e. 10

**ANSWER:**

**c**

56. According to the USDA Food Intake Patterns, which of the following provides three ounces of protein?

- a. three tablespoons peanut butter
- b.  $\frac{1}{2}$  cup tofu
- c. six hard-boiled eggs
- d.  $1\frac{1}{2}$  cups black beans
- e. four ounces of walnuts

**ANSWER:**

**a**

## **Chapter 01**

57. The USDA Food Intake Patterns:

- a. do not emphasize nutrient-dense foods within each food group.
- b. are a rigid guide for providing a balanced diet.
- c. fail to encourage the consumption of whole grains.
- d. do not specify portion sizes.
- e. build a diet from categories of foods similar in vitamin and mineral content.

**ANSWER:**

e

58. The USDA Food Intake Patterns categorizes legumes in the:

- a. protein group.
- b. grain group.
- c. vegetable group
- d. vegetable and protein group.
- e. grain and protein group.

**ANSWER:**

d

59. Which of the following is NOT one of the nutrients most commonly lacking in the diets of Americans?

- a. calcium
- b. dietary fiber
- c. choline
- d. vitamin B1
- e. vitamin C

**ANSWER:**

d

60. You are assessing your own diet. Which of the following would be the most practical tool to use?

- a. [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- b. Estimated Average Requirements (EARs)
- c. Daily Values (DVs)
- d. *Dietary Guidelines for Americans*
- e. Individual food labels

**ANSWER:**

a

61. Which statement is true regarding nutrition information on food labels?

- a. The 20 most frequently eaten fresh fruits and vegetables must be sold in packages with nutrition labels on them.
- b. Food manufacturers held to strict standards, called standards of identity, are not required to list ingredients on their labels.
- c. Nutrition information is not required on the labels of raw meat and poultry products.
- d. Plain coffee, tea, spices, and other foods containing few nutrients are exempt from nutrition labeling requirements.
- e. Food imported from other countries is not required to be sold with nutrition labels.

**ANSWER:**

d

**Chapter 01**

62. A set of nutrient standards designed strictly for use on food labels is called the:

- a. Recommended Dietary Allowances (RDAs).
- b. Dietary Reference Intakes (DRI).
- c. Daily Values (DVs).
- d. MyPlate guidelines.
- e. nutrient claims.

**ANSWER:**

c

63. The Nutrition Facts label requires information of all of the following minerals except for:

- a. calcium.
- b. zinc.
- c. iron.
- d. sodium.
- e. potassium.

**ANSWER:**

b

64. What can you assume if a label states the food is “an excellent source vitamin C”?

- a. It contains 10 percent more than comparable products.
- b. One serving provides 100 percent of the Recommended Daily Allowance (RDA).
- c. One serving contains at least 10 percent of the Daily Value (DV).
- d. Two servings of the food will fully meet your daily needs.
- e. One serving contains at least 20 percent of the Daily Value (DV).

**ANSWER:**

e

65. Which health claim linking nutrients and food constituents to disease is NOT reliable?

- a. Calcium may reduce osteoporosis risk.
- b. Zinc may enhance immune system response.
- c. Folate may reduce neural tube defects risk.
- d. Vegetables may reduce cancer risk.
- e. Sodium reduces hypertension risk.

**ANSWER:**

e

66. A product featuring a qualified health claim on its label:

- a. must have the highest degree of scientific support for that claim.
- b. must provide an insert with a detailed explanation of the scientific support backing the claim.
- c. cannot be sold.
- d. must bear a statement explaining the degree of scientific evidence backing the claim.
- e. must be sold at a higher price than a similar product without a qualified health claim.

**ANSWER:**

a

67. “Supports immune health” is an example of:

- a. a qualified health claim.
- b. a structure-function claim.

## **Chapter 01**

- c. scientific evidence.
- d. an unsupported claim.
- e. a nutrient claim.

**ANSWER:**

b

68. Jayden is reviewing information about a new supplement. Which of the following would be considered valid information and not a quackery warning sign?

- a. The term “natural” on the label
- b. The produce offers a money-back guarantee
- c. The manufacturers reference a simple conclusion drawn from a complex study
- d. The supplement is the subject of several abstracts published on the National Library of Medicine (NLM) PubMed website
- e. Several professional athletes have provided testimonials about their usage of the supplement

**ANSWER:**

d

69. Sanjay is searching the Internet for credible sources of nutrition information. Which address suggests it is the least credible?

- a. [www.cdc.gov](http://www.cdc.gov)
- b. [www.eatright.org](http://www.eatright.org)
- c. [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- d. [www.bestsuperfoods.com](http://www.bestsuperfoods.com)
- e. [www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed)

**ANSWER:**

d

70. The Food & Drug Administration (FDA) advises consumers that:

- a. a product labeled as “natural” and “non-toxic” is always safe to use.
- b. products based on “ancient remedies” are preferable to those based on modern “scientific breakthroughs.”
- c. they should be suspicious of product claims that use impressive-sounding medical terms.
- d. an offer of a “money-back” guarantee from the manufacturer means the product is more likely to be effective.
- e. personal testimonials effectively back up scientific validity.

**ANSWER:**

c

71. You make an appointment to see a nutrition expert. In her office, a bachelor’s degree diploma from an accredited university hangs on the wall next to a certificate of completion of a dietetic internship. This person is most likely a:

- a. dietetic technician.
- b. registered dietitian.
- c. nutritionist.
- d. nutrition consultant.
- e. physician.

**ANSWER:**

b

72. Identify at least seven different factors that influence food choices and give an example of each.

**ANSWER:** Answers may include any of the following factors and examples will vary by student.

**Chapter 01**

1. Preference, such as sugar or salt tastes;
2. Habit, such as always eating a sandwich for lunch or a bowl of cereal for breakfast;
3. Associations, such positive associations many have with holiday meals;
4. Ethnic heritage, such as olive oil consumption in the Mediterranean;
5. Social interaction, such as sharing food to demonstrate hospitality;
6. Values, choices made to reflect environmental concerns, religious beliefs, or political views, such as choosing organic and/or locally grown produce;
7. Emotional state, such as boredom or stress eating;
8. Availability, such as fast food and the range of products available in your local area
9. Age, such as teen girls avoiding fattening foods and adults choosing foods for health reasons;
10. Body weight/image, such as avoiding fat to fit into a wedding dress;
11. Medical conditions, such as avoiding sugar in diabetics;
12. Health/nutrition, such as making diet changes to prevent heart disease or to manage diabetes.

73. Explain how answering the five questions “Who? When? Where? Why? and What?” can help you evaluate the reliability of health and nutrition websites.

**ANSWER:** To determine whether a website offers reliable nutrition information, ask the following questions:

- Who? Who is responsible for the site? Is it staffed by qualified professionals? Look for the authors’ names and credentials. Have experts reviewed the content for accuracy?
- When? When was the site last updated? Because nutrition is an ever-changing science, sites need to be dated and updated frequently.
- Where? Where is the information coming from? The three letters following the dot in a Web address identify the site’s affiliation. Addresses ending in “gov” (government), “edu” (educational institute), and “org” (organization) generally provide reliable information; “com” (commercial) sites represent businesses and, depending on their qualifications and integrity, may or may not offer dependable information.
- Why? Why is the site giving you this information? Is the site providing a public service or selling a product? Some commercial sites provide accurate information, but when money is the prime motivation, the information may be biased. If you are satisfied with the answers to all of the previous questions, then ask this final question:
- What? What is the message, and is it in line with other reliable sources? Information that contradicts common knowledge should be questioned. Many reliable sites provide links to other sites to facilitate your quest for knowledge, but this provision alone does not guarantee a reputable intention. Be aware, too, that any site can link to any other site without permission.

74. List and briefly describe the major categories of Dietary Reference Intakes (DRI) and their uses.

**ANSWER:**

- Recommended Dietary Allowances (RDAs): The foundation of DRI. The RDAs are a set of values reflecting the average daily amounts of nutrients considered adequate to meet the known nutrient needs of practically all healthy people in a particular life stage and gender group, in other words, a goal for dietary intake by individuals
- Adequate Intakes (AI): a set of values that are used as guides for nutrient intakes when scientific evidence is insufficient to determine an RDA
- Estimated Average Requirements (EARs): the average daily nutrient intake levels estimated to meet the requirements of half of the healthy individuals in a given age and gender group
- Tolerable Upper Intake Levels (UL): a set of values reflecting the highest average daily nutrient intake levels that are likely to pose no risk of toxicity to almost all healthy individuals in a particular life stage and gender group
- Estimated Energy Requirement (EER): the dietary energy intake level that is predicted to maintain energy balance in a healthy adult of a defined age, gender, weight, and physical activity level

**Chapter 01**

consistent with good health

- Chronic Disease Risk Reduction Intakes (CDRR): nutrient intakes associated with a low risk of chronic disease

75. List the six principles of diet planning and briefly describe each one.

**ANSWER:**

- Adequacy: a diet with enough energy and enough of every nutrient (as well as fiber) to meet the needs of healthy people
- Balance: the food choices should not overemphasize one nutrient or food type at the expense of another
- kcalorie (energy) control: the foods should provide the amount of energy needed to maintain a healthy body weight
- Nutrient density: selection of foods that deliver the most nutrients for the least food energy
- Moderation: the provision of enough, but not too much, food
- Variety: consumption of a wide selection of foods within and among the major food groups

76. From the list of benefits of a physically active lifestyle presented in your text, choose five that apply directly to you and explain why. Answers may vary.

**ANSWER:**

1. Improved body composition: I struggle with limiting body fat and maintaining lean tissue, so physical activity helps improve it.
2. Improved bone density: My risk of developing osteoporosis is increased, so physical activity helps to delay it.
3. Lower risk of CVD and Type 2 diabetes: Both these diseases run in my family, so physical activity can help delay progression of both.
4. Lower incidence of anxiety/depression: exercise has been shown to prevent and reduce symptoms of anxiety and depression.
5. High quality of life: I want to be able to do the things I want to do for as long as possible.

77. Explain how the three types of claims made on labels differ and give two examples of each.

**ANSWER:**

1. Nutrient claims are statements that characterize the quantity of a nutrient in a food based on the Food & Drug Administration (FDA) definitions. Examples: "Good source of calcium" and "Low-fat".

2. Health claims describe the relationship of a food or food component to a disease or health-related condition. The FDA authorizes health claims based on an extensive review of the scientific literature. 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. Examples: "Soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease" or "A diet low in total fat may reduce the risk of some cancers."

3. Structure-function claims describe the effect that a substance has on the structure or function of the body but do not make reference to a disease. 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. Examples: "Improves memory," and "Supports immunity and digestive health".