

Exam

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) The measure of nutrients per calorie is known as 1) _____
A) nutrient density. B) energy density.
C) food guidance system. D) proportionality.

Answer: A

Explanation: A)
B)
C)
D)

- 2) Which of the following do not have an Acceptable Macronutrient Distribution Range (AMDR)? 2) _____
A) proteins B) fats C) carbohydrates D) vitamins

Answer: D

Explanation: A)
B)
C)
D)

- 3) Which of the following was developed out of concern over the incidence of overnutrition among Americans? 3) _____
A) Dietary Reference Intakes (DRIs)
B) Estimated Average Requirement
C) Acceptable Macronutrient Distribution Range (AMDR)
D) *Dietary Guidelines for Americans*

Answer: D

Explanation: A)
B)
C)
D)

- 4) Having a diet made of many food groups is known as 4) _____
A) a moderate diet. B) a balanced diet.
C) a varied diet. D) a paleo diet.

Answer: C

Explanation: A)
B)
C)
D)

- 5) MyPlate is a food guidance system that illustrates the recommendations in the *Dietary Guidelines for Americans, 2010* and reinforces the important concepts of 5) _____
- A) meal planning, healthful choices, proportionality, and food labels.
 - B) meal planning, exchange lists, proportionality, and moderation.
 - C) meal planning, calorie counting, moderation, and exchange lists.
 - D) meal planning, healthful choices, proportionality, and moderation.

Answer: D

Explanation: A)
B)
C)
D)

- 6) All of the following are found on a food label except 6) _____
- A) polyunsaturated fat.
 - B) dietary fiber.
 - C) sugars.
 - D) *trans* fat.

Answer: A

Explanation: A)
B)
C)
D)

- 7) Which of the following compounds found in tomatoes may reduce the risk of prostate cancer? 7) _____
- A) probiotics
 - B) anthocyanins
 - C) lycopene
 - D) beta-glucan

Answer: C

Explanation: A)
B)
C)
D)

- 8) Which of the following is not required on a standard food label? 8) _____
- A) the net weight
 - B) the name and address of the manufacturer
 - C) a nutrient content claim
 - D) a list of ingredients

Answer: C

Explanation: A)
B)
C)
D)

- 9) According to MyPlate, how many servings from the vegetable group should a moderately active female who needs 2,000 calories daily consume? 9) _____
- A) 1
 - B) 4
 - C) 3.5
 - D) 2.5

Answer: D

Explanation: A)
B)
C)
D)

- 10) The highest amount of a nutrient that can be consumed without harm in a similar age and group of individuals is the _____
10) _____
A) Recommended Dietary Allowance (RDA).
B) Dietary Reference Intakes (DRI).
C) Tolerable Upper Intake Level (UL).
D) Adequate Intake (AI).
- Answer: C
Explanation: A)
B)
C)
D)
- 11) The relationship of one food entity to another is called _____
11) _____
A) moderation. B) proportionality.
C) personalization. D) variety.
- Answer: B
Explanation: A)
B)
C)
D)
- 12) A food label claims that the food is a "good source of vitamin C." This means that the food _____
12) _____
A) provides 50 percent of the Daily Value for vitamin C.
B) has vitamin C in it, but the amount is undetermined.
C) provides more than 20 percent of the Daily Value for vitamin C.
D) provides 10 to 19 percent of the Daily Value for vitamin C.
- Answer: D
Explanation: A)
B)
C)
D)
- 13) A food guidance system released by the USDA that depicts five food groups using the familiar mealtime visual of a place setting is called _____
13) _____
A) the Food Circle. B) MyPlate. C) the DASH diet. D) MyPyramid.
- Answer: B
Explanation: A)
B)
C)
D)
- 14) In what order are ingredients listed on a food label? _____
14) _____
A) liquids first, then solids B) descending order by weight
C) alphabetical D) random
- Answer: B
Explanation: A)
B)
C)
D)

15) According to the *Dietary Guidelines for Americans, 2010*, what should be the daily sodium intake for a healthy person? 15) _____

- A) more than 2,300 mg
- B) less than 2,300 mg
- C) more than 2,600 mg
- D) less than 2,200 mg

Answer: B

Explanation: A)
B)
C)
D)

16) The average amount of a nutrient that is known to meet the needs of 50 percent of the individuals in a similar age and gender group is known as the 16) _____

- A) Recommended Dietary Allowance (RDA).
- B) Dietary Reference Intakes (DRI).
- C) Estimated Average Requirement (EAR).
- D) Adequate Intake (AI).

Answer: C

Explanation: A)
B)
C)
D)

17) Which of the following is not a structure/function claim? 17) _____

- A) Fiber maintains regularity.
- B) Antioxidants help support a healthy immune system.
- C) Calcium builds strong bones.
- D) The soluble fiber in beans can help you lower your cholesterol.

Answer: D

Explanation: A)
B)
C)
D)

18) Which of the following types of health claim is based on evidence that is still emerging? 18) _____

- A) authorized health claim
- B) health claim based on authoritative statements
- C) structural/functional claim
- D) qualified health claim

Answer: D

Explanation: A)
B)
C)
D)

- 19) A food is considered high in a nutrient if it provides _____
A) 10 percent or more of the Daily Value. B) 20 percent or more of the Daily Value.
C) 15 percent or more of the Daily Value. D) 5 percent or more of the Daily Value.

Answer: B

Explanation: A)
B)
C)
D)

- 20) The average amount of a nutrient that is known to meet the needs of 50 percent of the individuals in a similar age and gender group is called the _____
A) EAR. B) AI. C) UL. D) RDA.

Answer: A

Explanation: A)
B)
C)
D)

- 21) The average amount of a nutrient that meets the needs of 97 to 98 percent of the individuals in a similar group is called the _____
A) EAR. B) AI. C) UL. D) RDA.

Answer: D

Explanation: A)
B)
C)
D)

- 22) If one cup of reduced-fat milk provides 8 percent of your Daily Value for fat, this means that _____
A) 8 percent of the calories in the milk are from fat.
B) the cup of milk provides 8 percent of the total calories allowed in the day.
C) the cup of milk provides 8 percent of the total fat allowed in the day.
D) 8 percent of the calories in the milk are from saturated fat.

Answer: C

Explanation: A)
B)
C)
D)

- 23) Which of the following is not the preferred way of preparing meat and poultry? _____
A) grill B) bake C) fry D) broil

Answer: C

Explanation: A)
B)
C)
D)

- 24) According to the Acceptable Macronutrient Distribution Range (AMDR), what percentage of your daily calories should be provided by carbohydrates? 24) _____
A) 5 to 25 percent B) 40 to 70 percent C) 20 to 45 percent D) 45 to 65 percent
Answer: D
Explanation: A)
B)
C)
D)
- 25) Which of the following does not need to be on a food label? 25) _____
A) iron B) calcium C) vitamin C D) vitamin D
Answer: D
Explanation: A)
B)
C)
D)
- 26) According to MyPlate, how many cups of fat-free or low-fat milk, or their equivalent, should be consumed daily for all calorie levels? 26) _____
A) 1 B) 2 C) 4 D) 3
Answer: D
Explanation: A)
B)
C)
D)
- 27) Which of the following is not a MyPlate tip for making food choices? 27) _____
A) Move away from milk. B) Make half your grains whole.
C) Go lean with protein. D) Vary your veggies.
Answer: A
Explanation: A)
B)
C)
D)
- 28) According to the *Dietary Guidelines for Americans, 2010*, an adult woman should consume no more than how many alcoholic drinks per day? 28) _____
A) 0-2 B) 3-4 C) 0-1 D) 4-5
Answer: C
Explanation: A)
B)
C)
D)

- 29) According to the Acceptable Macronutrient Distribution Range (AMDR), what percentage of your daily calories should be provided by fat? 29) _____
A) 5 to 20 percent B) 20 to 35 percent C) 10 to 35 percent D) 45 to 65 percent
Answer: B
Explanation: A)
B)
C)
D)
- 30) Which of the following are reference levels used only on food labels? 30) _____
A) Estimated Average Requirements B) Daily Values
C) Recommended Dietary Allowances D) Dietary Reference Intakes
Answer: B
Explanation: A)
B)
C)
D)
- 31) According to MyPlate, which of these foods would be considered low in nutrient density? 31) _____
A) nonfat yogurt B) lean meat C) carrots D) fruit drinks
Answer: D
Explanation: A)
B)
C)
D)
- 32) The highest amount of a nutrient that can be consumed daily without harm is referred to as the 32) _____
A) EAR. B) AI. C) UL. D) RDA.
Answer: C
Explanation: A)
B)
C)
D)
- 33) When estimating portion size, a woman's fist is about 33) _____
A) two cups of pasta. B) one cup of pasta.
C) a quarter cup of pasta. D) half a cup of pasta.
Answer: B
Explanation: A)
B)
C)
D)
- 34) The term *fat-free* on a food label is an example of 34) _____
A) a structure/function claim. B) an authorized health claim.
C) a qualified health claim. D) a nutrient content claim.
Answer: D
Explanation: A)
B)
C)
D)

- 35) According to MyPlate, how many servings from the grain group should a moderately active female who needs 2,000 calories daily consume? 35) _____
A) 5 B) 6 C) 3 D) 4
Answer: B
Explanation: A)
B)
C)
D)
- 36) The reference values for the essential nutrients needed to maintain good health, to prevent chronic diseases, and to avoid excesses are known as the 36) _____
A) EAR. B) AI. C) UL. D) DRI.
Answer: D
Explanation: A)
B)
C)
D)
- 37) The approximate amount of a nutrient that groups of similar individuals are consuming to maintain good health is called the 37) _____
A) EAR. B) AI. C) UL. D) RDA.
Answer: B
Explanation: A)
B)
C)
D)
- 38) A health claim linking dietary fat and cancer is an example of 38) _____
A) a nutrient content claim.
B) a qualified health claim.
C) an authorized health claim.
D) a health claim based on authoritative statements.
Answer: C
Explanation: A)
B)
C)
D)
- 39) According to MyPlate, half of your plate should be devoted to which food group? 39) _____
A) grains B) protein
C) vegetables and fruits D) oils
Answer: C
Explanation: A)
B)
C)
D)

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

40) A phytochemical is found in plant-based foods, and a zoochemical is found in animal-based foods. 40) _____

Answer: ☒ True ☐ False

Explanation:

41) Oils are not represented on MyPlate because they should be eliminated entirely from our diets. 41) _____

Answer: ☐ True ☒ False

Explanation:

42) Nutrient density refers to the amount of nutrients a food contains in relationship to the number of calories it contains. 42) _____

Answer: ☒ True ☐ False

Explanation:

43) A qualified health claim is less well-established than an authorized health claim. 43) _____

Answer: ☒ True ☐ False

Explanation:

44) A soup labeled "low sodium" would have less sodium than a food labeled "less sodium." 44) _____

Answer: ☒ True ☐ False

Explanation:

45) Found in dairy products such as yogurt, antibiotics are a beneficial compound found in functional food and may support intestinal health. 45) _____

Answer: ☐ True ☒ False

Explanation:

46) The Daily Value for protein is not listed on most labels. 46) _____

Answer: ☐ True ☒ False

Explanation:

47) The three types of claims on food products are nutrient content claims, health claims, and structure/function claims. 47) _____

Answer: ☒ True ☐ False

Explanation:

48) A food labeled "calorie free" must have zero calories. 48) _____

Answer: ☐ True ☒ False

Explanation:

49) The range of intakes for the energy-containing nutrients are called the Acceptable Macronutrient Dietary Range. 49) _____

Answer: ☐ True ☒ False

Explanation:

50) The Daily Nutrients listed on the Nutrition Facts panel of a product are general reference levels for the nutrients listed on the food label. 50) _____

Answer: ☐ True ☒ False

Explanation:

- 51) The most recent food guidance system released by the USDA for American consumers is MyPyramid. 51) _____
Answer: True ☒ False
Explanation:
- 52) Compounds in plant foods, such as lycopene, that have been shown to reduce the risk of certain diseases are called zoochemicals. 52) _____
Answer: True ☒ False
Explanation:
- 53) The definitions for the terms "lean" and "extra lean" are based only on the total fat content of the product. 53) _____
Answer: True ☒ False
Explanation:
- 54) A person who is overnourished can also be malnourished. 54) _____
Answer: ☒ True False
Explanation:
- 55) All foods with a health claim can also be marketed as functional foods. 55) _____
Answer: ☒ True False
Explanation:
- 56) A single serving of a functional food is enough to gain the beneficial effect of the food compound. 56) _____
Answer: True ☒ False
Explanation:
- 57) The ingredients on a food label are listed in alphabetical order. 57) _____
Answer: True ☒ False
Explanation:
- 58) Full-fat cheese is the number-one source of solid fats in the diets of Americans. 58) _____
Answer: ☒ True False
Explanation:
- 59) Americans typically don't eat enough fiber, vitamin A, vitamin C, and iron. 59) _____
Answer: ☒ True False
Explanation:
- 60) An apple is an example of an energy-dense food. 60) _____
Answer: True ☒ False
Explanation:
- 61) You should eat equal proportions of fruits, grains, vegetables, protein, and dairy every day. 61) _____
Answer: True ☒ False
Explanation:

- 62) It is recommended that protein should comprise between 10 and 35 percent of your daily caloric intake. 62) _____
Answer: ☒ True ☐ False
Explanation:
- 63) The DRIs are listed on the nutrition facts panel to help consumers make wise choices. 63) _____
Answer: ☐ True ☒ False
Explanation:
- 64) If a serving of a food provides 15 percent or more of the DV, it is considered high in that nutrient. 64) _____
Answer: ☐ True ☒ False
Explanation:
- 65) Compounds in animal food products that are beneficial to human health are known as phytochemicals. 65) _____
Answer: ☐ True ☒ False
Explanation:
- 66) A "reduced fat" cookie must have at least 25 percent less fat per serving than the original type. 66) _____
Answer: ☒ True ☐ False
Explanation:
- 67) The Estimated Average Requirement (EAR) is the average amount of a nutrient that is known to meet the needs of 55 percent of the individuals in a similar age and gender group. 67) _____
Answer: ☐ True ☒ False
Explanation:
- 68) The AMDRs are ranges set for carbohydrates, fats, and proteins. 68) _____
Answer: ☒ True ☐ False
Explanation:
- 69) The Daily Values (DVs) on the food label are based on a 1,500-calorie diet in order to discourage obesity. 69) _____
Answer: ☐ True ☒ False
Explanation:
- 70) Whole milk is more nutrient dense than skim milk. 70) _____
Answer: ☐ True ☒ False
Explanation:
- 71) The higher the consumption above the UL, the higher the risk of toxicity. 71) _____
Answer: ☒ True ☐ False
Explanation:
- 72) The nutrition facts panel lists the Daily Values for vitamin C and vitamin A. 72) _____
Answer: ☒ True ☐ False
Explanation:

- 73) A food labeled "low in calories" has fewer calories than a food labeled "reduced calories." 73) _____
Answer: ☒ True ☐ False
Explanation:
- 74) A functional food is one that has been shown to have a positive effect on your health beyond its basic nutrients. 74) _____
Answer: ☐ True ☒ False
Explanation:
- 75) Fat should comprise 25 to 35 percent of your daily calories. 75) _____
Answer: ☐ True ☒ False
Explanation:
- 76) The claim "calcium builds strong bones" is an example of a health claim. 76) _____
Answer: ☐ True ☒ False
Explanation:
- 77) The Dietary Reference Intakes (DRIs) are issued by the Food and Drug Administration. 77) _____
Answer: ☐ True ☒ False
Explanation:
- 78) The sections of the place setting in MyPlate reinforce proportionality, or how much of your total diet should be eaten from each food group. 78) _____
Answer: ☐ True ☒ False
Explanation:
- 79) Based on the EAR, the RDA represents an amount that meets the needs of 97 to 98 percent of healthy individuals in an age/gender group. 79) _____
Answer: ☒ True ☐ False
Explanation:

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 80) What is a functional food? Describe how both naturally-occurring and packaged functional foods can be part of a healthy, well-balanced diet.
Answer: A functional food is a food that has a positive effect on health beyond providing basic nutrients. Naturally occurring phytochemicals and zoochemicals are found in whole grains, fruits, vegetables, fish, dairy products, and healthy vegetable oils. These foods can be part of a healthy diet based on the MyPyramid pattern. Packaged functional foods can be consumed with attention to avoiding overconsumption of one compound. A registered dietitian (RD) can provide advice on the benefits of functional foods in the diet and how to balance them with food intake.
- 81) Describe a one-day meal plan that only contains high-nutrient-dense foods and adheres to the MyPlate food guidance system.
Answer: Answers will vary but may include nutrient-dense choices such as the following: Grain group: Eat at least 6 servings (half from whole grains) per day—whole-grain cereal and skim milk, fruit, brown rice, and whole-grain breads. Vegetable group: 2 1/2 cups per day of fresh, frozen, and canned vegetables, dried peas, and beans. Fruits: 2 cups of dried fruits, whole fruit. Milk: 3 cups of low-fat or nonfat milk, ice cream, cheese, and yogurt. Meat and beans: 5 1/2 ounces of dried beans and peas, eggs, fish, lean meat, nuts, skinless poultry, and seeds. You should also include 3 tablespoons of vegetable oils to your diet over the course of the day.

82) What five reference values comprise the Dietary Reference Intakes (DRIs)? Provide both the abbreviation and the full title for each value.

Answer: The five reference values are EAR—Estimated Average Requirements; UL—Tolerable Upper Intake Level; RDA—Recommended Dietary Allowance; AI—Adequate Intake; and AMDR—Acceptable Macronutrient Distribution Range.

83) Why is exceeding the Tolerable Upper Intake Level (UL) for a nutrient not recommended?

Answer: Consuming more than the UL for a nutrient may result in toxicity and damage to organs, especially the liver.

84) What is the difference between the Estimated Average Requirement (EAR) and the Recommended Dietary Allowance (RDA)?

Answer: The EAR is an average requirement, whereas the RDA is a value set that covers the needs of 97 to 98 percent of the population.

85) List strategies that you can use at home, when eating out, and when shopping to control your portion sizes.

Answer: At home, measure food to develop an "eye" for correct sizes, use smaller plates, keep serving dishes off the table, store leftovers in measured portions, avoid eating snacks directly from the bag or box, and cook smaller portions. When eating out, ask for half orders, choose an appetizer as the entrée, and take part of the meal home. When shopping, read food labels, buy pre-portioned servings, and divide packages of snacks into individual portions.

86) Explain how a person can be obese and malnourished at the same time.

Answer: A person can be obese due to an excessive intake of calories but still not be getting the required amounts of nutrients and can therefore be malnourished. Malnourishment is the long-term outcome of consuming a diet that doesn't meet nutrient needs, or malnutrition.

87) Using two food labels from different brands for similar foods (such as ice cream), compare the foods and discuss why one is superior to the other.

Answer: Students should compare calories per serving, grams of fat, carbohydrates, and protein per serving. When looking at fat, saturated versus unsaturated should be noted. When looking at carbohydrates, students should comment on starch, sugar, and fiber content. Lastly, students should compare the vitamin and mineral content listed.

88) What is the difference between nutrient density and energy density?

Answer: Nutrient density refers to the amount of nutrients a food contains in relationship to the number of calories it contains. More nutrient-dense foods provide more nutrients per calorie (and in each bite) than less nutrient-dense foods, and so are better choices for meeting your DRIs without exceeding your daily calorie needs. Energy density refers to foods that are high in energy but low in weight or volume, such as that potato chip.

Answer Key

Testname: C2

- 1) A
- 2) D
- 3) D
- 4) C
- 5) D
- 6) A
- 7) C
- 8) C
- 9) D
- 10) C
- 11) B
- 12) D
- 13) B
- 14) B
- 15) B
- 16) C
- 17) D
- 18) D
- 19) B
- 20) A
- 21) D
- 22) C
- 23) C
- 24) D
- 25) D
- 26) D
- 27) A
- 28) C
- 29) B
- 30) B
- 31) D
- 32) C
- 33) B
- 34) D
- 35) B
- 36) D
- 37) B
- 38) C
- 39) C
- 40) TRUE
- 41) FALSE
- 42) TRUE
- 43) TRUE
- 44) TRUE
- 45) FALSE
- 46) FALSE
- 47) TRUE
- 48) FALSE
- 49) FALSE
- 50) FALSE

Answer Key
Testname: C2

- 51) FALSE
- 52) FALSE
- 53) FALSE
- 54) TRUE
- 55) TRUE
- 56) FALSE
- 57) FALSE
- 58) TRUE
- 59) TRUE
- 60) FALSE
- 61) FALSE
- 62) TRUE
- 63) FALSE
- 64) FALSE
- 65) FALSE
- 66) TRUE
- 67) FALSE
- 68) TRUE
- 69) FALSE
- 70) FALSE
- 71) TRUE
- 72) TRUE
- 73) TRUE
- 74) FALSE
- 75) FALSE
- 76) FALSE
- 77) FALSE
- 78) FALSE
- 79) TRUE
- 80) A functional food is a food that has a positive effect on health beyond providing basic nutrients. Naturally occurring phytochemicals and zoochemicals are found in whole grains, fruits, vegetables, fish, dairy products, and healthy vegetable oils. These foods can be part of a healthy diet based on the MyPyramid pattern. Packaged functional foods can be consumed with attention to avoiding overconsumption of one compound. A registered dietitian (RD) can provide advice on the benefits of functional foods in the diet and how to balance them with food intake.
- 81) Answers will vary but may include nutrient -dense choices such as the following: Grain group: Eat at least 6 servings (half from whole grains) per day—whole-grain cereal and skim milk, fruit, brown rice, and whole-grain breads. Vegetable group: 2 1/2 cups per day of fresh, frozen, and canned vegetables, dried peas, and beans. Fruits: 2 cups of dried fruits, whole fruit. Milk: 3 cups of low-fat or nonfat milk, ice cream, cheese, and yogurt. Meat and beans: 5 1/2 ounces of dried beans and peas, eggs, fish, lean meat, nuts, skinless poultry, and seeds. You should also include 3 tablespoons of vegetable oils to your diet over the course of the day.
- 82) The five reference values are EAR—Estimated Average Requirements; UL—Tolerable Upper Intake Level; RDA—Recommended Dietary Allowance; AI—Adequate Intake; and AMDR—Acceptable Macronutrient Distribution Range.
- 83) Consuming more than the UL for a nutrient may result in toxicity and damage to organs, especially the liver.
- 84) The EAR is an average requirement, whereas the RDA is a value set that covers the needs of 97 to 98 percent of the population.
- 85) At home, measure food to develop an "eye" for correct sizes, use smaller plates, keep serving dishes off the table, store leftovers in measured portions, avoid eating snacks directly from the bag or box, and cook smaller portions. When eating out, ask for half orders, choose an appetizer as the entrée, and take part of the meal home. When shopping, read food labels, buy pre-portioned servings, and divide packages of snacks into individual portions.

Answer Key

Testname: C2

- 86) A person can be obese due to an excessive intake of calories but still not be getting the required amounts of nutrients and can therefore be malnourished. Malnourishment is the long-term outcome of consuming a diet that doesn't meet nutrient needs, or malnutrition.
- 87) Students should compare calories per serving, grams of fat, carbohydrates, and protein per serving. When looking at fat, saturated versus unsaturated should be noted. When looking at carbohydrates, students should comment on starch, sugar, and fiber content. Lastly, students should compare the vitamin and mineral content listed.
- 88) Nutrient density refers to the amount of nutrients a food contains in relationship to the number of calories it contains. More nutrient-dense foods provide more nutrients per calorie (and in each bite) than less nutrient-dense foods, and so are better choices for meeting your DRIs without exceeding your daily calorie needs. Energy density refers to foods that are high in energy but low in weight or volume, such as that potato chip.