

Chapter 2: Using Food Guides, Dietary Recommendations, and Nutrition Labels to Plan Menus

TEST QUESTIONS

Multiple Choice

1. The current food guide for Americans to use is:
 - a. *Dietary Recommendations for Americans*
 - b. MyPyramid
 - c. MyPlate
 - d. Mediterranean diet

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

2. The Asian and Mediterranean diets emphasize:
 - a. wine
 - b. animal foods
 - c. plant foods
 - d. dairy

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

3. Dietary Reference Intakes (DRIs) are quite different from dietary recommendations because DRIs deal with specific:
 - a. nutrients
 - b. foods
 - c. health conditions
 - d. ethnic groups

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

4. Which of the following is not depicted on MyPlate?
 - a. Dairy
 - b. Fruits
 - c. Grains
 - d. Oils

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

5. Which of these foods is in a nutrient-dense form?
 - a. creamed spinach

- b. buttered corn
- c. steamed broccoli
- d. French fries

Difficulty: Medium

Bloom's: Comprehension

Section Reference: 2.1

6. If you can eat 2000 kcalories using MyPlate, how many ounces of grains do you need daily?
- a. 5 ounces
 - b. 6 ounces
 - c. 7 ounces
 - d. 8 ounces

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

7. If you can eat 2000 kcalories using MyPlate, how many cups of vegetables do you need daily?
- a. 1 cup
 - b. 2 cups
 - c. 2.5 cups
 - d. 3 cups

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

8. Which vegetable subgroup do potatoes fit into?
- a. starchy vegetables
 - b. dry beans and peas
 - c. red and orange vegetables
 - d. other vegetables

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

9. 1 cup of raw or cooked vegetables is equivalent to how many cups of raw leafy greens?
- a. 1 cup
 - b. 1.5 cups
 - c. 2 cups
 - d. 2.5 cups

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

10. Fruits and vegetables are a good source of which nutrient?

- a. vitamin B₁₂
- b. vitamin C
- c. calcium
- d. iron

Difficulty: Medium

Bloom's: Knowledge

Section Reference: 2.1

11. Consuming whole fruits rather than juice helps you take in more:

- a. vitamin A
- b. vitamin C
- c. fiber
- d. thiamin

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

12. If you can eat 2,000 kcalories using MyPlate, how many cups of fruits do you need daily?

- a. 1 cup
- b. 2 cups
- c. 2.5 cups
- d. 3 cups

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

13. Eating lots of fruits and vegetables is associated with a reduced risk of:

- a. heart disease
- b. osteoporosis
- c. ulcers
- d. all of the above

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

14. Which of the following is considered 1 cup from the fruit group?

- a. 1 plum
- b. $\frac{1}{4}$ cup of dried fruit
- c. $\frac{1}{2}$ cup orange juice
- d. 1 small apple

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

15. Three of the following are refined grains. Which is a whole grain?

- a. white flour
- b. white rice
- c. degermed cornmeal
- d. oatmeal

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

16. Refined grain products contain the:

- a. endosperm only
- b. endosperm and germ
- c. endosperm and bran
- d. endosperm, bran, and germ

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

17. One slice of bread is equivalent to:

- a. 1 cup of pasta (cooked)
- b. 1 cup of cooked cereal
- c. $\frac{1}{2}$ of an English muffin
- d. 1 large corn muffin

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

18. Whole grains have more _____ than refined grains.

- a. kcalories
- b. fat
- c. vitamin D
- d. dietary fiber

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

19. Refined grains are enriched with:

- a. certain B vitamins and iron
- b. calcium and iron
- c. vitamins A and D
- d. magnesium and selenium

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

20. Which of the following foods is NOT in the dairy group?

- a. fortified soymilk
- b. ice cream
- c. cheese
- d. cream

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

21. Most choices in the dairy group should be:

- a. fortified
- b. enriched
- c. fat-free or low-fat
- d. all of the above

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

22. Using MyPlate, adults need _____ cups from the dairy group daily.

- a. 1
- b. 2
- c. 2.5
- d. 3

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

23. One cup of milk is equivalent to:

- a. 1 ounce American cheese
- b. 1.5 ounces American cheese
- c. 2.0 ounces American cheese
- d. 2.5 ounces American cheese

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

24. Food in the dairy group provides:

- a. calcium
- b. vitamin D
- c. protein
- d. all of the above

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

25. The dairy group is most important for which system of the body?

- a. bones
- b. nervous system
- c. muscles
- d. kidneys

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

26. Adults should eating about _____ ounces of seafood a week.

- a. 4
- b. 6
- c. 8
- d. 12

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

27. One ounce of meat is equivalent to:

- a. $\frac{1}{4}$ cup cooked dry beans
- b. 2 eggs
- c. 2 tablespoons of peanut butter
- d. 1 soy burger

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

28. Which food is highest in saturated fat?

- a. skinless chicken breast
- b. 75 percent ground beef
- c. salmon
- d. canola oil

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

29. Which of the following is NOT high in saturated fat?

- a. beef fat
- b. butter
- c. stick margarine
- d. corn oil

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

30. Which of the following provides empty calories from saturated fats AND added sugars?

- a. cheese pizza
- b. sweetened applesauce
- c. ice cream
- d. bacon

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

31. Which of these foods contain oils?

- a. mayonnaise
- b. salad dressings
- c. soft margarine with no trans fats
- d. all of the above

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

32. Being overweight puts you at an increased risk of:

- a. heart disease
- b. stroke
- c. type 2 diabetes
- d. all of the above

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

33. Sodium is primarily consumed as:

- a. sodium carbonate
- b. baking powder
- c. salt
- d. soy sauce

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

34. Most of the salt we eat comes from:

- a. processed foods
- b. salt in fruits and vegetables
- c. salt added at the table
- d. salt used in cooking at home

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

35. What effect does sodium have on health?

- a. improves muscle tone
- b. increases blood pressure
- c. increases cancer risk
- d. increases diabetes risk

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

36. Which foods contain saturated and/or trans fat that contribute to heart disease?

- a. whole milk
- b. commercial baked goods such as cakes
- c. fried foods such as donuts and potatoes
- d. all of the above

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

37. Which of the following foods is LOW in added sugars?

- a. Coca Cola
- b. cupcake
- c. orange juice
- d. candy bar

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

38. Which of the following nutrients is optional on the food label?

- a. carbohydrate
- b. fat
- c. protein
- d. thiamin

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.3

39. Which of the following health claims can be used on food labels?

- a. A diet high in calcium is linked to a reduced risk of osteoporosis.
- b. A diet low in sodium may help lower blood pressure.
- c. A diet low in total fat may reduce the risk of cancer.
- d. All of the above.

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.3

40. The percentage of the Daily Value (%DV) is based on a _____ calorie diet.
- a. 1,800
 - b. 2,000
 - c. 2,200
 - d. 2,400

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.3

41. As of 12/1/2016, which nutrition information must be labeled on menus and/or menu boards of restaurants with 20 or more locations?
- a. calories
 - b. fat
 - c. sugar
 - d. all of the above

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.3

True/False

42. You should include both animal and plant sources of protein in your diet.
- a. True
 - b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

43. Whereas dietary recommendations discuss specific foods to eat for optimum health, food guides tell us the amounts of foods we need to eat to have a nutritionally adequate diet.
- a. True
 - b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

44. Drinking juice rather than eating whole fruits (fresh, canned, or dried) is recommended.
- a. True
 - b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

45. White rice is a whole grain.

- a. True
- b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

46. Butter is counted in the dairy group.

- a. True
- b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.1

47. Most Americans eat the amounts of vegetables recommended daily.

- a. True
- b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

48. Americans should replace solid fats with oils and use oils in small amounts.

- a. True
- b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

49. Processed and restaurant foods are high in sodium.

- a. True
- b. False

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.2

50. How much physical activity should an adult get each week?

- a. 30 minutes
- b. 60 minutes
- c. 150 minutes
- d. 250 minutes

Difficulty: medium

Bloom's: Knowledge

Section Reference: 2.2

51. In addition to peanut allergies, some people are allergic to milk.

- a. True
- b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 2.3

52. The Daily Value for Vitamin D and potassium will be on the food label in 2018.

- a. True
- b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 2.3

53. "Low fat" on a food label is an example of a health claim.

- a. True
- b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 2.3

ESSAY

54. Compare and contrast the Asian and Mediterranean diets, including health effects.

Difficulty: Medium
Bloom's: Analysis
Section Reference: 2.1

55. Give two reasons why you should eat lots of vegetables and fruits.

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 2.1

56. List two foods in your diet that supply saturated fats or sugars. What alternates could you pick that are lower in saturated fats or sugars?

Difficulty: Medium
Bloom's: Comprehension
Section Reference: 2.1

57. List three tips to help you lose weight or keep weight off.

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 2.2

58. Give three examples of foods high in sodium.

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 2.2

59. Give three ways to eat less sodium.

Difficulty: Medium

Bloom's: Comprehension

Section Reference: 2.2

60. Define moderate alcohol consumption for men and women.

Difficulty: Easy

Learning Objective: Knowledge

Section Reference: 2.2

61. Use the food label to answer following questions:

- How large is one serving?
- How many kcalories per serving?
- How many total grams of fat per serving?
- How many grams of fiber are in each serving?
- How many milligrams of salt (sodium) are in each serving?
- What is the percent Daily Value of Vitamin C in each serving?
- How many grams of protein are in each serving?

Difficulty: Medium

Bloom's: Application

Section Reference: 2.3

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

62. List five guidelines you would use to ensure that a menu follows both the Dietary Guidelines for Americans, 2015, and MyPlate.

Difficulty: Easy

Bloom's: Knowledge

Section Reference: 2.4

63. Evaluate the following high school lunch menu using MyPlate and the Dietary Guidelines.

Monday	Tuesday	Wednesday	Thursday	Friday
French Dip Hoagie (Roast	Popcorn Chicken	Meatball Sub OR General	Chicken Broccoli	Hot Ham and Cheese on a

Beef with gravy) OR Pasta with Meatballs & Alfredo Sauce Steamed Peas OR Fresh Baby Carrots Garlic Bread Nectarines Chocolate Milk Cupcakes	Crunch (fried) OR Taco with Seasoned Beef Broccoli OR Corn Fiesta Rice Cheese Sauce Sliced Cucumbers Fruit Choice Low-Fat Milk Apple Pie	Tso Chicken OR Teriyaki Pork White Rice Oriental Mixed Vegetables OR Leafy Green Salad Fruit Choice Low-Fat Milk Brownies	Alfredo OR Beef Cheese Steak with Peppers & Onions Seasoned Wax Beans OR Celery Sticks Dinner Roll Fruit Choice Low-Fat Milk Chocolate Chip Cookies	Bun OR Macaroni and Cheese Stewed Tomatoes OR Mixed Bean Salad Fruit Choice Chocolate Milk Ice Cream
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Also available every day: Pizza, Chef's Salad, Chicken Caesar Salad, Sandwiches, Water

Difficulty: Medium

Bloom's: Analysis

Section Reference: 2.4

64. Write a one-day menu including 3 meals and 2 snacks for a 2000-kcalorie MyPlate diet. Please include 2 cups of fruits, 2.5 cups of vegetables, 3 cups of dairy, 6 ounces of protein, and 6 grains. Your menu should be balanced and contain only about 250 empty calories.

Difficulty: Medium

Bloom's: Synthesis

Section Reference: 2.4 and 2.2

TEST QUESTIONS ANSWER KEY

Multiple Choice

1. c	16. a	31. d
2. c	17. c	32. d
3. a	18. d	33. c
4. d	19. a	34. a
5. c	20. d	35. b
6. b	21. c	36. d
7. c	22. d	37. c
8. a	23. c	38. d
9. c	24. d	39. d
10. b	25. a	40. b
11. c	26. c	41. a
12. b	27. c	
13. a	28. b	
14. d	29. d	

15. d	30. c	
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True False

42. True
43. True
44. False
45. False
46. False
47. False
48. True
49. True

Question 50

Answer: C

Essay Questions

54. The Asian diet is high in plant foods, including rice, vegetables, fruits, beans, legumes, nuts, and vegetable oil. The diet varies, of course, from country to country and region to region. For example, people who live near the sea tend to eat more seafood. The Mediterranean diet can be described as an eating pattern that emphasizes vegetables, fruits, nuts, olive oil, and grains—often whole grains. Only small amounts of meats and full-fat milk and milk products are usually consumed. Wine is often included with meals. Individuals following Asian and Mediterranean diets tend to have less chronic disease, such as cardiovascular disease.

55. Reduced risk of cardiovascular disease, low in calories, and full of nutrient Americans don't often get enough of—such as folate, magnesium, fiber, and vitamin C.

56. Answers will vary. Examples of foods high in saturated fats include butter, stick margarine, shortening, whole milk, desserts and baked goods, many cheeses, sausages, hot dogs, bacon, ribs, ice cream, and other dairy desserts, French fries, regular ground beef, and cuts of meat with marbling or visible fat, and fried chicken and other chicken dishes with the skin. Added sugars are sugars like white sugar that are added to a food for sweetening and flavor (such as soda and cookies) or added to foods or beverages at the table (such as sugar added to coffee). Alternates include lean meats, poultry without skin, seafood, low-fat or non-fat dairy—they are all much lower in saturated fat. To avoid added sugars, drink water and eat foods high in natural sugar such as fruit.

57. (1) Increase intake of vegetables, fruits, and whole grains. (2) Reduce intake of soda. (3) Focus on the total number of calories consumed and eat less. (4) Monitor your food intake. (5) Monitor calorie intake from alcohol. (6) Prepare, serve, and eat small portions. (7) Eat a nutrient-dense breakfast. (8) When eating out, order small sizes, share a meal, and check calorie counts. (9) Limit screen time. (10) Be physically active.

58. Processed chicken, sausage, franks, bacon, cold cuts, many canned and frozen foods, cheese

59. Use the Nutrition Facts label. Eat more fresh foods. Eat more home-prepared foods. When eating out, ask that salt not be added.

60. Moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks per day for men.

61. 8 fluid ounces

- a. 150
- b. 8 grams
- c. 0 grams
- d. 125 milligrams
- e. 4 percent
- f. 8 grams

62. Any of the following.

- Does a day's menu on the average provide at least the number of servings required from each of the major food groups for a 2,000-kcalorie diet?
- Are your portion sizes appropriate and accurate?
- Are most of the menu items flavorful and nutrient dense (without saturated fat or sugars added)?
- Does the menu have whole-grain breads and grains available at each meal?
- Are most meat and poultry items lean?
- Is seafood available?
- Are beans, nuts, whole grains, and other meat alternates available?
- Does the menu include servings from each of the vegetable subgroups: dark green, orange, beans, starchy, and other?
- Do most vegetables and fruits have their skins and seeds (baked potatoes with skin,

berries, and apples or pears with peels)?

- Are there more choices for fresh, canned, or dried fruit than for fruit juices? Are fruits available for dessert?
- Are flavorful vinaigrette salad dressings available using high-quality vegetable oils?
- Are low-fat or fat-free milk and other dairy choices available?
- Are the fruit juices 100 percent juice?
- Are foods (especially desserts) high in fat, sugar, and/or sodium balanced with choices lower in these nutrients?
- Is a soft margarine available that does not contain trans fat?
- Are unsweetened beverages and water available?

63. Answers:

- Many of the menu items seem to be flavorful, but many also are high in solid fat—such as Alfredo sauce, Popcorn chicken, Meatballs, Ham, Cheese, Mac and Cheese, etc.
- The desserts are evenly split between fruit and a sweet dessert—most of those have a lot of solid fat and added sugars. There could be more variety in non-sweet desserts.
- There is no evidence that the rolls, bread, etc. are whole grain.
- Many of the meat dishes use ground beef—it may or may not be lean. The only chicken seems to be fried (Popcorn chicken), in an alfredo sauce, or in General Tso Chicken, which tends to be high in sodium. Chicken is also in the salads which is good.
- No fish is available.
- The only meat alternates would be pizza (high in solid fat) or macaroni and cheese (also high in solid fat). There may be some beans in the Beef Taco.
- The vegetable choices don't include beans.
- Most vegetables and fruits have their skins and seeds.
- A variety of fresh fruit is available most days—no juices.
- Low-fat or fat-free milk should be available ALL days.
- Water is available—could use more variety of unsweetened beverages.
- Menu needs more healthy entrées (such as fish or grilled chicken), vegetables (especially beans), whole grains, healthy desserts, fruit juices, and nonfat and low-fat milk every day.

64. Answers will vary.