

Name _____

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

- 1) Individuals who are consuming a mixture of different food groups and foods within each group are meeting the diet principle of _____
A) balance. B) variety.
C) nutrient density. D) moderation.
- 2) Individuals who are providing the correct proportion of nutrients to maintain health and prevent disease are meeting the diet principle of _____
A) nutrient density. B) variety.
C) moderation. D) balance.
- 3) Individuals who are providing reasonable but not excessive amounts of foods and nutrients are meeting the diet principle of _____
A) nutrient density. B) moderation.
C) variety. D) balance.
- 4) Ana wants to lose weight so she should try to eat more _____ foods. _____
A) small portions of calorie-dense foods B) nutrient-dense foods
C) medium-dense foods D) energy-dense foods
- 5) A balanced diet includes fewer _____ foods and more _____ foods. _____
A) balanced--varied B) energy-dense--nutrient-dense
C) energy-dense--calorie-rich D) high-fiber--high-carbohydrate
- 6) Nutrient-dense foods contain _____ nutrients and _____ calories. _____
A) fewer--more B) balanced--more
C) more--fewer D) balanced--moderate
- 7) A meal that contains foods from _____ is part of a balanced, and healthy diet. _____
A) low-fat food groups B) every food group
C) two or more food groups D) important food groups
- 8) Raw fresh fruits and vegetables are considered to be _____
A) dense. B) energy-dense. C) nutrient-dense. D) calorie-dense.
- 9) Apple pie is _____, but a fresh apple is _____. _____
A) calorie-dense--nutrient-dense
B) dense--more dense
C) nutrient-dense--calorie-dense
D) nutritionally superior--nutritionally inferior
- 10) A meal that contains foods from every food group is part of a _____ diet. _____
A) energy-dense B) calorie-dense
C) dense D) balanced and healthy

- 11) Amy's favorite foods are mostly high-fat, high-sugar processed foods, and her blood cholesterol is higher than recommended. This increases her risk of a heart attack. When she decides to try healthier eating, Amy needs to _____ 11) _____
A) eat any vegetable whenever she has a high-fat, high-sugar food.
B) develop and use a system of punishments whenever she eats her favorite foods.
C) stop eating her favorite foods and eat only fruits and vegetables.
D) eat her favorite foods in moderation by limiting the portion size and number of servings.
- 12) Dried fruits and nuts are high in fat and calories, but they are also _____ 12) _____
A) dense.
B) nutrient-dense.
C) moderate.
D) beneficial for those who want to lose weight.
- 13) The quantity of food which is usually eaten at one sitting is a _____ 13) _____
A) serving size. B) kilocalorie. C) portion. D) serving.
- 14) Portion _____, or perceiving larger portions of food as appropriate sizes, may be contributing to obesity _____ 14) _____
A) proportion B) proportionality C) size D) distortion
- 15) Which government agency regulates the labeling on all packaged foods? _____ 15) _____
A) FDA B) DRI C) MyPlate D) USDA
- 16) When Mary receives a meal on a large plate in a restaurant, she is more likely to eat larger portions and her estimate of the kilocalories of the meal is likely to _____ 16) _____
A) be consuming less of the meal.
B) underestimate the number of kilocalories that she is consuming.
C) be drinking less fluid at the meal.
D) be accurate in kilocalorie estimation.
- 17) _____ includes food groups and typical foods. _____ 17) _____
A) The Nutrition Facts panel B) The food label
C) MyPlate D) The Change System
- 18) The RDAs are _____ 18) _____
A) the average daily amounts of a nutrient needed by 50 percent of the individuals in a similar age and gender group.
B) set lower than the EAR.
C) the recommended daily amounts of a nutrient that meets the needs of nearly all individuals in a similar age and gender group.
D) set above the UL.
- 19) The exchange system of healthy eating was developed from an exchange system which was _____ 19) _____
designed for persons with
A) diarrhea. B) diabetes. C) HIV. D) hypertension.

- 20) A food is considered nutrient-dense if the following nutrients on a food label are present in large quantities 20) _____
 A) added sugar, unsaturated fat. B) sodium, potassium, iron.
 C) calories, potassium, vitamin D. D) fiber, calcium, iron, potassium.
- 21) The DRIs, the Dietary Guidelines for Americans, MyPlate, the Nutrition Facts Panel, and the Exchange List for Healthy Eating are designed to help _____ to eat healthy. 21) _____
 A) infants B) children
 C) Americans D) persons with diabetes
- 22) EARs, RDAs, AIs, ULs, and AMDRs represent 22) _____
 A) MyPlate. B) components of the Nutrition Facts Panel.
 C) the DRIs. D) the RDIs.
- 23) If Maria consumes more than the UL of a nutrient in a supplement on a regular basis, she is likely to experience _____ symptoms. 23) _____
 A) toxicity B) average C) deficiency D) no
- 24) When planning a healthy diet, persons should aim to use the following reference values 24) _____
 A) RDA, AI, UL. B) RDA, AI, AMDR.
 C) UL. D) EAR, UL.
- 25) Americans should aim to meet the RDA or AI and to be _____ for each nutrient daily while maintaining sufficient energy intake. 25) _____
 A) below the UL B) below the LU C) above the UL D) above the LU
- 26) The EER can help determine the appropriate amount of energy needed to maintain _____ given an individual's age, gender, height, and activity levels. 26) _____
 A) a healthy body weight B) good mental health
 C) consciousness D) appropriate height
- 27) The recommended range of carbohydrate, fat, and protein intake expressed as a percentage of total energy is the 27) _____
 A) EER. B) EAR. C) RDA. D) AMDR.
- 28) The _____ are designed to help individuals age 2 and over improve the quality and content of their diet and make other lifestyle choices to lower their risk of chronic diseases and conditions, such as diabetes mellitus, cardiovascular disease, certain cancers, osteoporosis, and obesity. 28) _____
 A) AGM B) Dietary Guidelines for Americans
 C) HHS D) Dietary Guidelines for Infants
- 29) The Exchange System includes the following six food groups 29) _____
 A) added sugars, fruit, milk, vegetables, meat, oils.
 B) starch, fruit, milk, vegetables, meat, fat.
 C) starch, fruit, milk, vegetables, meat, oils.
 D) natural sugars, fruit, milk, vegetables, meat, oils.
- 30) _____ are updated by the USDA and HHS every 5 years. 30) _____
 A) MyPlate Guidelines B) The DRIs
 C) The Dietary Guidelines for Americans D) The Nutrition Facts Panel Guidelines

- 31) _____ help/helps persons to identify the amounts of each nutrient that one needs to consume to maintain good health. 31) _____
 A) EER B) The DRI C) MyPlate D) The RDI
- 32) Which of the following should be limited to maintain health 32) _____
 A) water.
 B) alcohol, trans fats, added sugars, dietary cholesterol, caffeine, saturated fat, sodium.
 C) nutritional supplements.
 D) alcohol, fiber, added sugars, dietary cholesterol, caffeine, sodium, potassium.
- 33) Dried fruit (apple rings) and whole fruit (apple) are nutritionally superior to fruit pies (apple pie) because unprocessed fruit is 33) _____
 A) nutrient-dense. B) energy-dense. C) cal-dense. D) calorie-dense.
- 34) The recommended size of approximately 3 ounces of cooked meat, chicken, or fish is equivalent to 34) _____
 A) the thumb. B) the "O" made by a the thumb.
 C) the tip of the finger. D) the palm of the hand.
- 35) Over the years, restaurant portions have 35) _____
 A) stayed the same. B) increased.
 C) decreased in price. D) decreased.
- 36) Posting calorie content on restaurant menu items has 36) _____
 A) reduced calorie intake substantially.
 B) had little impact on calorie intake.
 C) increased calorie intake.
 D) reduced the cost of the meal for most restaurant patrons.
- 37) Recommendations such as 1) measure your foods until you recognize a healthy portion size, 2) use smaller glasses and plates, 3) divide larger packages of food into individual portion sizes, and 4) share meals when eating out would be helpful to Americans who wish to 37) _____
 A) build muscle mass. B) reduce muscle mass.
 C) lose weight. D) gain weight.
- 38) Acceptable Macronutrient Distribution Ranges (AMDRs) recommend that _____ should provide more calories than either proteins or fats. 38) _____
 A) nutrients B) carbohydrates C) natural sugars D) fiber
- 39) In recent years, America's incidence of overweight and obesity has been 39) _____
 A) decreasing. B) stabilizing.
 C) increasing only in the poorer states. D) increasing.
- 40) A food label can carry a nutrient content claim using descriptive terms such as *free*, *high*, or *extra lean*, as long as it _____ strict FDA criteria. 40) _____
 A) meets B) meets the health claims and
 C) exceeds D) is lower than the percent DV and

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

- 41) The Nutrition Facts panel must list the serving size of the food and the corresponding amount of kilocalories, fat, saturated fat, *trans* fat, cholesterol, sodium, sugars, added sugars, dietary fiber, protein, vitamin D, calcium, iron, and potassium. 41) _____
- 42) MyLabel groups foods according to their carbohydrate, protein, fat, and kilocalorie content while providing specific portion sizes. 42) _____
- 43) A food label can carry a nutrient content claim using descriptive terms such as *free*, *high*, and *extra lean*, as long as it meets strict FDA criteria. 43) _____
- 44) Maria wants to lose 10 pounds weight so she should begin to use smaller plates. 44) _____
- 45) Many people overestimate the correct portion size. 45) _____
- 46) Individuals who choose nutrient-dense foods are more likely to have low calorie intakes. 46) _____
- 47) Satiety, the feeling of fullness, usually results after a meal of energy-dense foods. 47) _____
- 48) Fatty foods are usually energy-dense because 1 gram of fat provides more than twice as many calories as one gram of protein or fat. 48) _____
- 49) Teaching consumers how to interpret the Nutrition Facts panel on a food label would be helpful to them on their next supermarket visit. 49) _____
- 50) Chocolates, chips, and candy are beneficial because they are energy-dense, they are very good bargains, and they are inexpensive. 50) _____
- 51) The exchange system groups foods according to their macronutrient content, thus making it easier to plan meals. 51) _____
- 52) The Nutrition Facts Panel offers valuable recommendations on consumptions of added sugars, saturated fats, sodium, cholesterol, and caffeine. 52) _____
- 53) MyPlate guidelines are grouped according to life stage—such as childhood, older age, or pregnancy. 53) _____
- 54) MyPlate guidelines have been updated 10 times. 54) _____
- 55) Nutrient requirements represent specific amounts of nutrients needed to prevent malnutrition or deficiency, and these are reflected in the DRIs. 55) _____
- 56) Recommended Dietary Allowances (RDA) are based on the EAR, but they are set higher. 56) _____
- 57) The RDAs for each nutrient varies according to age and gender. 57) _____
- 58) The UL of a nutrient is higher than the RDA or the EAR. 58) _____

- 59) Men have a higher RDA for iron than women because of womens' monthly menstruation. 59) _____
- 60) The AMDR for added sugars is higher than for either fats or proteins. 60) _____
- 61) To meet all nutrient needs, it is important to exceed the UL. 61) _____
- 62) To improve health, portion sizes of fruits, vegetables, grains, and proteins need to be reduced. 62) _____
- 63) A balanced diet includes foods which have high percents of Daily Values for all nutrients. 63) _____
- 64) The Dietary Guidelines for Americans are used to determine the nutrient needs of hospitalized persons. 64) _____
- 65) On the new food label, serving sizes and calories per serving are larger. 65) _____
- 66) Percent Daily Values describe the percentage of a daily nutrient intake provided in one serving of the food. 66) _____
- 67) For healthier eating, individuals should consume foods which have higher percent Daily Values for fiber, potassium, calcium and vitamin D, and recommended foods should also have lower percent Daily Values for fat, added sugars, and sodium. 67) _____
- 68) All foods have a food label and a Nutrition Facts panel. 68) _____
- 69) The portion size and serving size of a food are similar. 69) _____
- 70) MyPlate offers more detailed quantitative guidelines than the Nutrition Facts panel. 70) _____
- 71) If a serving provides 20 percent or more of the %DV for a nutrient, it is considered high in that nutrient. 71) _____
- 72) Foods which are labeled low -sodium are lower in sodium than comparable foods. 72) _____
- 73) Grandma Moses has been troubled with constipation and has been advised to eat more fiber, so she would benefit from eating more foods which are labelled as "high-fiber". 73) _____
- 74) As long as a food is labeled "fat-free", you are free to eat any amount of it. 74) _____
- 75) Beef which is labeled as "extra lean" contains no fat. 75) _____

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

- 76) Explain how MyPlate and the Dietary Guidelines for Americans differ.
- 77) Explain how the Exchange System can be used as a guide to plan a balanced diet.
- 78) Describe the main difference between energy-dense and nutrient-dense foods.

- 79) Which foods are recommended for overweight or obese persons who plan to lose weight?
- 80) Explain how the Dietary Reference Intake guidelines can be used to plan healthy eating.
- 81) Name the key principles of healthy eating.
- 82) Explain how the Dietary Guidelines for Americans can be used to promote healthy eating.
- 83) Describe how the food label and the Nutrition Facts panel can be used to promote healthy eating.
- 84) Explain the AMDR.
- 85) List three tools which can be used to plan healthy eating.
- 86) Explain the difference between a portion and a serving size.
- 87) Why is it important to ensure that nutrient intakes stay below the UL?
- 88) Which tool for healthy eating was originally developed from the meal planning recommendations for persons with diabetes?
- 89) Which healthy eating tool recommends approximately 25% of grains, fruits, vegetables, protein at each meal?
- 90) Which foods do not have a nutrition facts panel?
- 91) Describe how the percent Daily Values can be used to promote healthy eating?
- 92) Are nutrient-dense foods superior to energy-dense foods?
- 93) What is moderation?
- 94) Why are portion sizes important?
- 95) How are nutrient content claims different to health claims?
- 96) What is a structure/function claim?
- 97) How can consumers use health claims to promote healthy eating?
- 98) How does the Food and Drug Administration help to guide consumers on healthy eating?
- 99) How can consumers control portion sizes?
- 100) How is the new food label different to the old label?

Answer Key

Testname: UNTITLED5

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

Answer Key

Testname: UNTITLED5

- 51) TRUE
- 52) FALSE
- 53) FALSE
- 54) FALSE
- 55) TRUE
- 56) TRUE
- 57) TRUE
- 58) TRUE
- 59) TRUE
- 60) FALSE
- 61) FALSE
- 62) FALSE
- 63) FALSE
- 64) FALSE
- 65) TRUE
- 66) TRUE
- 67) TRUE
- 68) FALSE
- 69) FALSE
- 70) FALSE
- 71) TRUE
- 72) TRUE
- 73) TRUE
- 74) FALSE
- 75) FALSE
- 76) MyPlate is a representational icon that depicts the recommended five food groups using the familiar mealtime visual of a place setting. The Dietary Guidelines emphasize following a healthy, plant-based diet to maintain a healthy weight and reduce the risk for chronic disease. They recommend limited intake of added sugars, saturated fats, sodium, cholesterol, and caffeine.
- 77) This diet-planning tool groups foods together based on their carbohydrate, protein, and fat content. One food on the list can be exchanged for another food on the same list. Exchange lists consist of six food groups: starch, meat, vegetables, fruit, milk, fat.
- 78) Energy-dense foods are high in calories because their high sugar and fat contents. Consumption of these empty calories increases the likelihood of overweight and obesity. However, nutrient-dense foods are rich in nutrients and low in calories. They are whole unprocessed foods with little fat or sugar. Nutrient-dense foods are essential for persons who need to lose weight. While an apple is a nutrient-dense food, apple pie is a calorie-dense food.
- 79) Nutrient-dense foods (a baked potato with plain non-fat yogurt, an apple) are chock full of nutrients and low in calories. Persons who wish to lose weight need to minimize the fat and sugar calories in energy-dense foods (potato chips, apple pie). They also need to meet their nutrient needs by consuming foods which offer lots of nutrients per calorie consumed.

- 80) The DRIs provide recommendations to prevent malnutrition and chronic diseases for each nutrient. They identify the amounts of each nutrient that people in a specific life stage need to consume to maintain good health, prevent chronic diseases, and avoid unhealthy excesses. The recommendations are grouped according to life stage—such as childhood, older age, or pregnancy—because nutrient requirements differ according to these stages. Reference values for nutrients are used to plan and evaluate the diets of healthy people in the United States and Canada. They include the Estimated Average Requirement (EAR), the Recommended Dietary Allowance (RDA), the Adequate Intake (AI), and the Tolerable Upper Intake Level (UL). To prevent malnutrition, persons should not use Estimated Average Requirement (EAR), or the UL. Instead, they should aim to meet the Recommended Dietary Allowance (RDA) or the Adequate Intake (AI). Do aim for the AI amount if an RDA is not available. The Tolerable Upper Intake Level (UL) should not be exceeded on a daily basis. The Acceptable Macronutrient Distribution Range (AMDR) are the recommended guidelines regarding the percentage of carbohydrates, protein, and fat in the diet.
- 81) Balance, moderation, and a variety of nutrient-dense foods.
- 82) The *Dietary Guidelines* emphasize following a healthy, plant-based diet to maintain a healthy weight and reduce the risk for chronic disease by limiting intake, of added sugars, saturated fats, sodium, cholesterol, and caffeine. Healthy eating emphasizes consuming the right amount of food from a variety of food groups to provide an adequate intake of nutrients and a moderate level of energy. Choosing nutrient-dense and low-energy-dense foods ensures a diet high in nutrient content and low enough in energy to prevent weight gain.
- 83) The Nutrition Facts panel on a food label can be used to compare the nutrient density of foods—its serving size, number of servings per package, kilocalories per serving, macronutrients, dietary fiber, vitamins and minerals, and the percent Daily Values.
- 84) The Acceptable Macronutrient Distribution Range (AMDR) is the recommended range of carbohydrate, fat, and protein intake expressed as a percentage of total energy. The AMDR for carbohydrates is 45–65%, fat: 20–35%, and protein: 10–35%.
- 85) The Dietary Reference Intakes, *Dietary Guidelines for Americans*, MyPlate, Nutrition Facts Panel, and the Exchange Lists for Healthy Eating.
- 86) The USDA defines a portion as the amount of food eaten at one sitting. In contrast, a serving size (a term that is used only on food labels) is a standard amount of food for which the nutrient composition is presented. It is important to review the serving size on food labels because different individuals use their own portion sizes which may be different to the stated serving size. This is particularly important for individuals who wish to lose weight and reduce calorie intake. For many persons, the portion size is often larger than the serving size, and this may be related to excessive calorie intake.
- 87) The Upper Limit of a nutrient represents the level beyond which nutrient toxicity symptoms are likely to occur. Toxicity symptoms may be minor or fatal for different nutrients.
- 88) The Exchange List for Healthy Eating.
- 89) MyPlate.
- 90) Raw fruits and vegetables.
- 91) The percent Daily Values (%DVs) which are listed on the Nutrition Facts panel are general reference levels for the nutrients listed on the food label. The %DVs give an idea of how the nutrients in the foods you buy fit into your overall diet. For example, if calcium is listed at 10 percent, a serving of that food provides 10 percent of most adults' daily requirement for calcium. Because the %DVs on the food label are based on a 2,000-kilocalorie diet, if you need more or fewer than 2,000 kilocalories daily, some of your %DV numbers may be higher or lower than those listed on the Nutrition Facts panel.
- 92) Nutrient-dense foods are nutritionally superior because they contain minimum fat and added sugar. They are particularly useful for individuals who want to lose weight. Energy-dense foods are usually high-calorie foods because of their high fat and sugar content.
- 93) Eating foods in moderation means limiting the portion size and number of servings you eat. Energy-dense and high-calorie foods such as nuts can be accommodated in the diet when portion size and the number of servings are closely monitored and balanced with nutrient-dense low-calorie fruits and vegetables.

Answer Key

Testname: UNTITLED5

- 94) Many people overestimate the appropriate portion sizes of foods. This may lead to overconsumption of calories particularly when individuals do not take time to closely monitor food labels and their eating patterns. Eating with friends or while watching television may take the focus away from the food and may lead to overconsumption of calories and ultimately overweight or obesity.
- 95) A food product can make a claim about the amount of a nutrient it contains (or does not contain) by using descriptive terms such as *free* (fat-free yogurt), *high* (high-fiber crackers), *low* (low saturated fat cereal), *reduced* (reduced-sodium soup), and *extra lean* (extra lean ground beef) as long as it meets the strict criteria designated by the FDA. However, a health claim contains: (1) a food or a dietary compound, such as fiber, and (2) a corresponding disease or health-related condition that is associated with the substance. For example: The soluble fiber in oats, as part of a heart-healthy diet, can help lower your cholesterol level.
- 96) A structure/function claim, describes how a nutrient or dietary compound affects the structure or function of the human body. The claims "Calcium builds strong bones" and "Fiber maintains bowel regularity" are examples of structure/function claims. Structure/function claims cannot state that the nutrient or dietary compound can be used to treat a disease or a condition. They do not need to be preapproved by the FDA.
- 97) Since the FDA has authorized only 12 health claims, some health claims on a food label may be based on questionable evidence. There is no way for consumers to know if a specific claim is based on substantial evidence or on less well established evidence.
- 98) The FDA regulates the labeling on all packaged foods. Every food label must contain the name of the food, its net weight, the name and address of the manufacturer or distributor, a list of ingredients, and a Nutrition Facts panel containing standardized nutrition information. The FDA allows the use of nutrient content claims, health claims, and structure/function claims on food labels. Any foods or dietary supplements displaying these label claims must meet specified criteria and the claims must be truthful.
- 99) One easy way to tell if you are helping yourself to too much of a food is to use a visual that represents a standard serving size of the food, such as a cup of vegetables, three ounces of meat, or 1 tablespoon of salad dressing. A woman's palm is the size of approximately 3 ounces of cooked meat, chicken, or fish. The "O" made by a woman's thumb and forefinger is the size of about 1 tablespoon of vegetable oil. A woman's fist is the size of about 1 cup (a man's fist is the size of about 2 cups). The tip of the finger is about 1 teaspoon of margarine or butter. Measure your foods until you recognize a healthy portion size, use smaller glasses and plates, divide larger packages of food into individual portion sizes, and share meals when eating out to control portion sizes.
- 100) In the new food label: serving sizes are larger and bolder. Serving sizes have been updated and more realistic. Calories are larger to stand out more. "Calories from fat" is removed. A shorter footnote that more clearly explains %DV is included. The %DV for added sugar is included. Added sugars are listed. Vitamin D, calcium, iron, and potassium are now required. Vitamins A and C are voluntary. Actual amounts of each nutrient are listed as well as the %DV.