Package Title: Test Bank
Course Title: Smolin4e
Chapter Number: 2

Question Type: Multiple Choice

1) Recommended Dietary Allowances were first published in which decade?

a) 1920s
b) 1940s
c) 1960s
d) 1980s

Answer: b

Difficulty: Easy
Learning Objective: LO 2.1 Identify the reasons for population-wide nutritional recommendations.
Section Reference: Section 2.1 The Development of Nutrition Recommendations

2) Which is NOT a goal of the Dietary Reference Intakes (DRIs)?

a) Prescribing what a person should eat each day
b) Prevention of nutrient deficiencies
c) Promotion of healthful eating
d) Reduction of chronic diseases

Answer: a

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

3) The Recommended Dietary Allowances (RDAs) are estimated to meet the nutrient needs of what percentage of a healthy population group?

a) 33%
b) 50%
c) 75%
d) 97-98%

Answer: d

Difficulty: Easy
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

4) The Estimated Average Requirement (EAR) for a selected nutrient would meet the needs of approximately what percentage of individuals in a population?

a) 33%
b) 50%
c) 75%
d) 99%

Answer: b

Difficulty: Easy
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

5) Which is TRUE regarding Tolerable Upper Intake Levels (ULs)?

a) For some groups, there is an established benefit of consuming nutrients at this level.
b) It is a not a recommended level for consumption.
c) Consuming nutrients at this level will probably cause adverse health effects.
d) The UL is set at the level of intake that causes adverse effects in 5% of the population .

Answer: b

Difficulty: Hard
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

6) Which is the FALSE statement regarding RDAs?

a) RDAs recommend amounts of nutrients that can serve as a goal for individual intake.
b) The RDAs are one component of the DRIs.
c) The EARs are derived from the RDAs.
d) RDAs are often used in menu planning.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

7) Which would most likely be used to plan menus for a school breakfast and lunch program?

a) AIs
b) DRVs
c) RDAs
d) ULs

Answer: c

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

8) Which is NOT included in the *Dietary Guidelines for Americans*?

a) Limit your intake of saturated fat, cholesterol, and *trans fat.*
b) Limit consumption of foods containing refined grains and added sugars.
c) Exercise three times a week.
d) Balance calories to maintain weight.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.3 Discuss the purpose and recommendations of the Dietary Guidelines.
Section Reference: Section 2.3 The Dietary Guidelines for Americans

9) The purpose of the AMDRs is to:

a) make recommendations for the proportions of fats, carbohydrates and proteins that make up a healthy diet.
b) inform people how to choose from all the different food groups.
c) allow individuals to calculate their energy needs and to determine how their diet meets these needs.

d) encourage individuals to make healthy food choices.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

10) The variables used to calculate Estimated Energy Requirements include:

a) age, BMI, weight and gender.
b) age, gender, weight, height, and physical activity level.
c) physical activity level, gender and BMI.
d) gender, age, weight, physical activity level and proportions of kcals consumed as fats.

Answer: b

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

11) Which is NOT a goal or objective of the *Healthy People Initiative*?

a) Eliminating health disparities among Americans
b) Decreasing prevalence of obesity among adults
c) Increasing the number of formula-fed infants in the U.S.
d) Reduction of deaths due to heart disease

Answer: c

Difficulty: Medium
Learning Objective: LO 2.6 Describe nutrition recommendations that promote a healthy diet and lifestyle.
Section Reference: Section 2.6 Other Nutrition Guidelines

12) The nutritional analysis of a diet that follows The MyPlate recommendations would most closely resemble which DRI group?

a) EARs
b) RDAs
c) AIs

d) ULs

Answer: b

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

13) Which is typically not found on a Nutrition Facts label?

a) Calories from fat
b) Calories per serving as compared to comparable products
c) Percent daily values for key nutrients
d) Serving size

Answer: b

Difficulty: Hard
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

14) A healthy eating pattern emphasizes all of the following EXCEPT:

a) nutrient-dense foods.
b) medium amounts of high protein foods.
c) consuming more oils than solid fats.
d) eating 3 servings of foods containing refined grains per day.

Answer: d

Difficulty: Easy
Learning Objective: LO 2.3 Discuss the purpose and recommendations of the Dietary Guidelines.
Section Reference: Section 2.3 The Dietary Guidelines for Americans

15) Which is the FALSE statement regarding the MyPlate guidelines?

a) No matter your caloric requirements, MyPlate can be effectively used as a guide for eating.
b) MyPlate Daily Food Plan does NOT include recommendations for physical activity.

c) The amount of the plate covered by each food group is proportional to the amount each group should contribute to a healthy diet.
d) MyPlate emphasizes proportionality, variety, moderation and nutrient density.

Answer: b

Difficulty: Hard
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

16) How is the order in which ingredients are listed on a food label determined?

a) By contribution to total weight
b) By contribution to total volume
c) By nutrient density
d) In alphabetical order

Answer: a

Difficulty: Easy
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

17) Which of the following is NOT an authorized health claim associating intake with a health consequence?

a) Soluble fiber and coronary heart disease
b) Dietary fat and cancer risk
c) Sodium intake and blood pressure
d) Vitamin A intake and risk of cataracts

Answer: d

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

18) Which is the least logical use of information from the National Health and Nutrition Examination Survey (NHANES)?

a) Determining priorities for funding government health programs
b) Determining effectiveness of existing programs
c) Eestablishing daily requirements for major nutrients in selected population groups
d) Planning public policy and goals

Answer: c

Difficulty: Hard
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

19) A system that scores the average American diet is the:

a) Dietary Guidelines.
b) Food Guide Pyramid.
c) Exchange List.
d) Healthy Eating Index.

Answer: d

Difficulty: Medium
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

20) Which of the following methods is MOST likely to provide accurate information about what a person typically eats?

a) A computerized food frequency questionnaire
b) A 3-day food record that includes a weekend day kept by the individual
c) Analyzing all grocery store and restaurant receipts kept over a 60 day time period
d) A diet history that includes a 24 hour recall and a food frequency questionnaire

Answer: d

Difficulty: Hard
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

21) A question such as “Who does the grocery shopping in your house?” would most appropriately be included in a:

a) 24-hour recall.
b) diet history.
c) food frequency questionnaire.
d) food record.

Answer: b

Difficulty: Medium
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

22) To manage weight and prevent unhealthy weight gain, the MyPlate guide recommends:

a) a minimum of 150 minutes of activity weekly.
b) 30 minutes most days of the week.
c) 60 minutes 3 days of the week.
d) 75-100 minutes of vigorous activity every 10 days.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

23) Which is NOT an anthropometric measurement?

a) Blood glucose level
b) Height
c) Weight in kilograms
d) Wrist circumference

Answer: a

Difficulty: Easy
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

24) Daily Values are based on a _____ kcalorie diet.

a) 1000
b) 1500
c) 2000
d) 2500

Answer: c

Difficulty: Easy
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

25) Which of the following statements about the assessment of food intake is FALSE?

a) Food frequency questionnaires do not give specific information about an individual's food intake.
b) Food records are reliable but individuals may change their usual intake while recording his or her intake.
c) The most common error made in reporting food intake is to overestimate portion sizes.
d) Food intake records should include one weekend day for greatest accuracy.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

26) *Nutrition Facts* labels include information about which vitamins?

a) A & C
b) A & E
c) A & D
d) C & D

Answer: a

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Learning Objective 2: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

27) *Nutrition Facts* labels contain information about which minerals?

a) Calcium and iron
b) Calcium and zinc
c) Iron and magnesium
d) Iron and zinc

Answer: a

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

28) The descriptor, *Healthy,* can legally be used on a food product when the product contains adequate levels of at least one selected nutrient and *is low in*:

a) fat, saturated fat, sodium, and cholesterol.
b) fat, fiber and protein.
c) fat, sugar and cholesterol.
d) fat, sodium and protein.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

29) Exchange lists:

a) are the basis of MyPlate.
b) group foods according to macronutrient and energy content.
c) simplify MyPlate for the general population.
d) were first developed to help people lose weight.

Answer: b

Difficulty: Medium
Learning Objective: LO 2.6 Describe nutrition recommendations that promote a healthy diet and lifestyle.
Section Reference: Section 2.6 Other Nutrition Guidelines

30) Which of the following is true regarding the *Dietary Guidelines for Americans 2010*?

a) Recommendations are made for specific amounts of individual nutrients.
b) The *DGA 2010* is based on the DRIs.
c) They are intended to promote health and reduce the prevalence of overweight and obesity and the risk of chronic disease.
d) These recommendations are designed for Americans 19 years and older.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.3 Discuss the purpose and recommendations of the Dietary Guidelines.
Section Reference: Section 2.3 The Dietary Guidelines for Americans

31) _____ are used when not enough information is available to establish an EAR for a particular nutrient.

a) AIs
b) DRIs
c) RDAs
d) ULs

Answer: a

Difficulty: Easy
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

32) The three main categories in the Exchange List are carbohydrate, meat and meat substitutes, and:

a) protein.
b) fiber.
c) fruits & vegetables.
d) fat.

Answer: d

Difficulty: Easy

Learning Objective: LO 2.6 Describe nutrition recommendations that promote a healthy diet and lifestyle.
Section Reference: Section 2.6 Other Nutrition Guidelines

33) Computer software can be used to analyze diets. The most appropriate time to use a nutrition analysis program would be when:

a) checking for a clinical symptom of nutritional deficiency.
b) you wanted to know how many third graders in a classroom ate breakfast.
c) comparing the planned menu for children in an elementary school to the RDAs.
d) determining the estimated energy requirements of senior citizens.

Answer: c

Difficulty: Hard
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

34) Which health claim on a food label is NOT allowed?

a) Diets low in fat and rich in fruits and vegetables may reduce the risk of some types of cancer.
b) Diets rich in vitamin C will reduce the incidence of colds and flu.
c) Adequate calcium intake throughout life helps maintain bone health and reduce the risk of osteoporosis.
d) Diets high in sodium may increase the risk of high blood pressure in some people.

Answer: b

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

35) Food Disappearance Surveys are used to identify:

a) general trends in food intake among a population.
b) processing losses.
c) at-risk groups in the population.
d) marketing trends.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

36) A complete nutritional assessment would include all of the following EXCEPT:

a) laboratory measurements.
b) past and present dietary intake information.
c) setting nutritional goals.
d) anthropometric measurements.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

37) Using dietary information provided by _____would be the most practical approach to evaluate your own diet.

a) Exchange Lists
b) Dietary Guidelines for Americans
c) DRVs
d) MyPlate

Answer: d

Difficulty: Easy
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

38) Tolerable Upper Intake Levels are most likely to be exceeded when:

a) large quantities of food are consumed by highly trained athletes.
b) people are recovering from surgery and need more kcalories.
c) dietary supplements are taken.
d) people eat meat from wild game animals.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

39) Which statement regarding foods selected in a restaurant is FALSE?

a) A menu item labeled "low fat" must meet the same criteria as a packaged product with a "low fat" label.
b) Nutrient claims about menu items must be backed up with appropriate nutrition information.
c) A restaurant cannot make a health claim on its menu.
d) Restaurants are not required to have food labels unless the establishment has 20 or more locations.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

40) Analysis of blood can be used to determine:

a) what someone ate the previous day.
b) glucose and cholesterol levels.
c) an individual's overall nutritional status.
d) bone mineral density.

Answer: b

Difficulty: Medium
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

41) Which of the following is true regarding "qualified" health claims?

a) They result from significant scientific agreement.
b) They must be accompanied by a statement of explanation.
c) Their use on food labels does not require FDA approval.
d) They can only be used on dietary supplements.

Answer: b

Difficulty: Hard
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

42) A food frequency questionnaire reveals that an individual has very low energy intake. What other information would be needed before a diagnosis of malnutrition could be made?

a) Anthropometric measurements
b) Medical history
c) Physical exam
d) All of these analyses would be required.

Answer: d

Difficulty: Easy
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health

43) Which statement about dietary supplements is true?

a) The label must include all the ingredients in the dietary supplement.
b) All dietary supplements are produced according to the same strict laws that govern drug manufacturing.
c) All dietary supplements must be approved by the FDA to ensure safety and effectiveness.
d) Dietary supplements cannot be removed from the market once they are introduced.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

44) Which of the following statements is true about the Daily Values standards?

a) DVs help consumers know if a food is a good source of a particular nutrient.

b) A DV of 5% or less on a food label indicates that the food is low in that nutrient.
c) The DVs may overestimate nutrient needs for some populations but they would never underestimate the requirements for any group.
d) All of these statements are true.

Answer: d

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

45) Which statement about proportionality is true?

a) Proportionality means we need to eat more of some types of foods than others.
b) Proportionality is represented by the area covered on the MyPlate logo.
c) Proportionality indicates that grains, vegetables, fruits and dairy are the groups from which to eat the most foods.
d) All of these statements are true.

Answer: d

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

46) The recommendation of moderation in healthy diets:

a) means limiting portion sizes and choosing nutrient-dense foods.
b) means choosing nutrient dense foods as often as energy-dense foods.
c) relates to consuming moderate amounts of complex carbohydrates.
d) All of these statements are true.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

47) Empty calories are:

a) from added sugars and/or solid fats.
b) contributed by junk foods and are completely banned in a healthy diet.
c) suggested to be limited to ≤ 50% of the kcals in a healthy diet.
d) the kcals consumed when an eating plan other than MyPlate is followed.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

48) Which of the following is true of structure/function claims?

a) FDA approval is required.
b) They do NOT have to be accompanied by a disclaimer.
c) Some describe a benefit in relation to a nutrient-deficiency disease.
d) Common examples are “high fiber and “fat free”.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

49) The amount of a nutrient estimated to meet the needs of 50% of people in the same gender and life stage group is the:

a) EAR.
b) RAE.
c) AI.
d) RDA.

Answer: a

Difficulty: Easy
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes

50) Which of the following is FALSE concerning the MyPlate web site?

a) The tools on the web site are only applicable to a 2000 kcal dietary requirement.
b) Nutrition information can be personalized for individuals.
c) The website allows individuals to analyze their diets for energy and nutrient intake.
d) The website is of little use to those Americans without internet access.

Answer: a

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

51) How would donuts be categorized in the MyPlate food plan?

a) Grains & dairy
b) Protein & grains
c) Grains & empty calories
d) Empty calories & vegetables

Answer: c

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

52) The MyPlate plan separates foods into groups to help Americans apply the recommendations of the Dietary Guidelines to their individual diets. These groups are:

a) milk, meat, grains, fruits & vegetables and legumes.
b) meat, milk, beans & nuts, grains and fruits & vegetables.
c) fruits, vegetables, grains, protein foods and dairy.
d) grains, vegetables, fruits, dairy and meat, beans & nuts.

Answer: c

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

53) On the MyPlate guide, oils are:

a) listed in the fat group.
b) included and recommendations are given in teaspoons.
c) not given specific consideration.
d) considered empty calories.

Answer: b

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

54) The Dietary Guidelines for Americans 2010 considers all of the following healthy eating patterns EXCEPT:

a) USDA Food Patterns.
b) the Asian Cultural Food Consumption Program.
c) Mediterranean-style eating pattern.
d) the DASH Eating Plan.

Answer: b

Difficulty: Medium
Learning Objective: LO 2.3 Discuss the purpose and recommendations of the Dietary Guidelines.
Section Reference: Section 2.3 The Dietary Guidelines for Americans

Question Type: Essay

55) How do Dietary Reference Intakes (DRIs) differ from the original RDAs?

Answer:

Difficulty: Easy
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes
Solution: RDAs were focused on prevention of deficiencies. The DRIs are designed to promote health as well as prevent disease and address problems of excess and deficiency.

56) Explain the differences between the Estimated Average Requirement (EAR), Recommended Dietary Allowances (RDAs), Adequate Intakes (AIs) and Tolerable Upper Intake Levels (ULs).

Answer:

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes
Solution: EAR: Intakes that meet estimated nutrient needs of 50% of individuals in a gender and life-stage group.

RDA: Intakes sufficient to meet the nutrient needs of almost all healthy people (97-98%) in a gender and life-stage group.

AI: Intakes used as a goal when no RDA exists.

UL: Maximum daily intake level unlikely to pose a risk of adverse health effects to almost all individuals in a gender and life-stage group.

57) Explain the purpose of RDAs, EARs, and ULs.

Answer:

Difficulty: Easy
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes
Solution: EAR: Evaluate nutrient intake of populations.

RDA: Goals for individual intake.

UL: Helps individuals prevent nutrient toxicities.

58) How do the goals and objectives of Dietary Guidelines for Americans and the Healthy People Initiative differ? How are they similar?

Answer:

Difficulty: Medium
Learning Objective: LO 2.3 Discuss the purpose and recommendations of the Dietary Guidelines.
Section Reference: Section 2.3 The Dietary Guidelines for Americans

Solution:
The Dietary Guidelines are targeted to those over the age of 2 and provide overall diet and lifestyle choices that will promote health and reduce chronic disease in the U.S.

HPI also promotes health and prevents illness, disability and premature death. There is a focus on increasing the quality and length of life and eliminating health disparities. It also includes recommendations for infant feeding.

59) Describe two uses for information gleaned from a national food disappearance survey.

Answer:

Difficulty: Easy
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health
Solution: Estimate what food is available to the population; provide year to year comparisons; identify trends.

60) Describe the components of a complete nutritional assessment for an individual?

Answer:

Difficulty: Medium
Learning Objective: LO 2.7 Explain how evaluating the nutritional status of individuals and populations can identify nutritional needs and be used to plan diets to meet them.
Section Reference: Section 2.7 Assessing Nutritional Health
Solution: Review of past and present dietary intake – to look for dietary deficiencies and excesses.
Clinical evaluation – body measurements, medical and physical history; measurements are compared to standards. Needs vary with health status and genetic background.
Laboratory assessment – used to detect nutrient deficiencies and excesses.

61) Jason is a 24-year-old computer programmer, working about 55 hours a week. He has gained a little weight recently and thinks he will have more energy and feel better if he made more healthful food selections. He cooks for himself at home and usually buys lunch at the company cafeteria. The following is a 24-hour recall from Jason:

Food Items Consumed	Serving Size	Number of Servings	Food Group

7 AM			
Cereal- chocolate rice puffs	2 cups	2 ounces	Grain
Whole milk	2 cups	2 cups	Milk
White Toast with	2 slices	2 ounces	Grain
butter	2 tblsp		Discretionary
Banana	1 medium	½ cup	Fruit
Cola	12 oz		Discretionary
12:30 PM			
Hamburgers, fried	2 gr beef patties	6 ounces	Meat/beans
	2 buns	4 ounces	Grain
French fries	1 large fries	1 cup	Vegetable
Chocolate Cake with Fudge Frosting	1 3" square piece		Discretionary
Orange juice	1 cup	1 cup	Fruit
4 PM			
Apple	1 medium	½ cup	Fruit
8 PM			
2 Peanut butter sandwiches – white bread	4 slices bread, 6 tblsp peanut butter	4 ounces 1½ ounces	Grain Meat/beans
Vanilla Pudding	1/2 cup	½ cup	Milk
Corn chips	1/2 cup		Discretionary
Cookies, chocolate chip, lowfat	3 each		Discretionary
Banana	1 medium	½ cup	Fruit
Soda pop, regular	12 oz.		Discretionary

A. How does Jason's diet compare to the MyPlate recommendations?
B. What would you suggest that Jason do to improve his diet?
C. If this 24-hour recall were typical of Jason's diet, how would you evaluate it against the *Dietary Guidelines for Americans*?
D. If cookies are labeled "Low Fat" what does this tell you about the energy content, or kcalories, in the cookies?
E. What things might Jason do to incorporate more fruits and vegetables into his diet? What kinds of foods would be good choices for snacks, especially if Jason decides to take some to work?

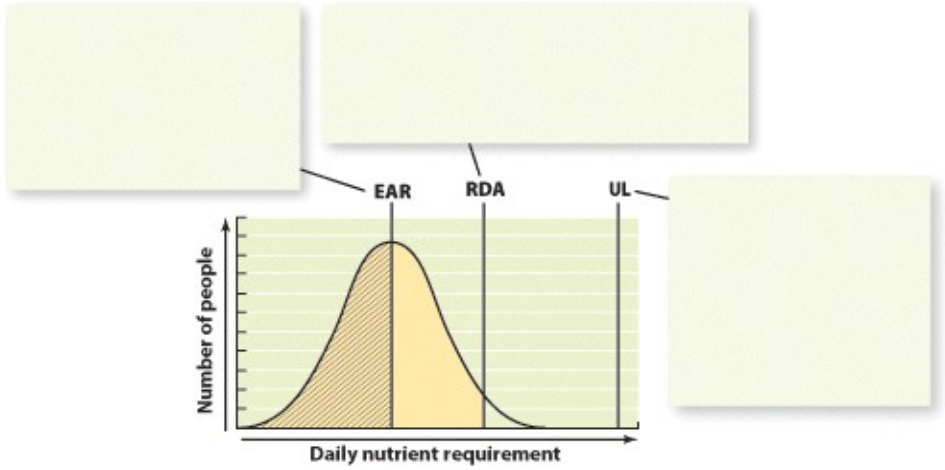
Answer:

Difficulty: Medium

Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice

Solution:A. It has too much grains, meat, discretionary calories and insufficient fruit & vegetables.
B. Decrease portion sizes of meat and grain, cut fat, reduce soda & sweets, eat more and a greater variety of fruits and vegetables.
C. Exceeds calories, too much fat, not enough fruit/veg.
D. Nothing, except that compared to a standard cookie without a claim, there are fewer grams of fat.
E. Eat fruit for dessert, have a salad instead of fries, take apples or other fruit to work in place of chips.

62) Indicate on the diagram where nutrient levels are set for the following standards. Then, briefly define or describe the standard: Tolerable Upper Intake Levels, Recommended Dietary Allowance, Estimated Average Requirement.



Answer:

Difficulty: Medium
Learning Objective: LO 2.2 Describe the types and purposes of the Dietary Reference Intakes (DRIs) and how to calculate Estimates Energy Requirements (EERs).
Section Reference: Section 2.2 Dietary Reference Intakes
Solution: EAR- vertical line in the middle of curve. Estimated intake that meets the needs of 50% of a population.

RDA- vertical line on the right side of the curve. Intake level that meets the needs of 97-98% of a population.

UL- vertical line on the far right side, off the curve. Level which should not be exceeded by individuals to avoid potential toxicities.

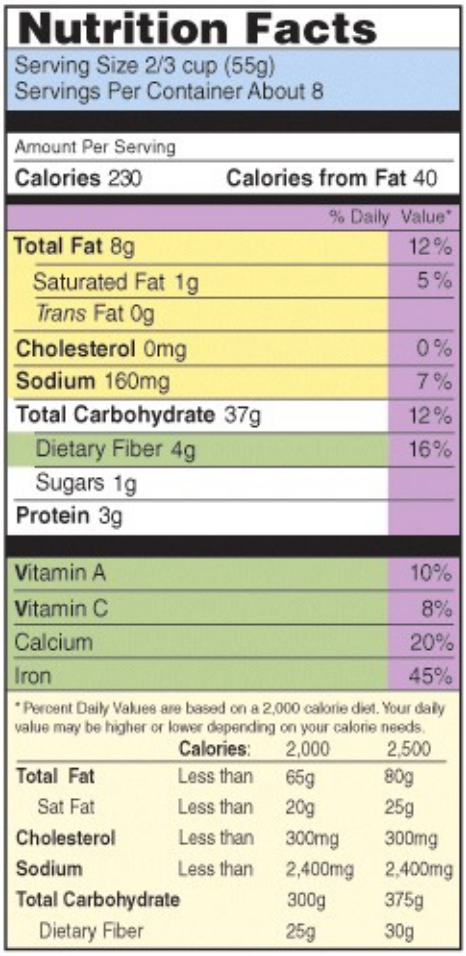
63) Identify the food group represented by each colored portion on MyPlate. List two foods to increase and two to reduce.

Answer:

Difficulty: Medium
Learning Objective: LO 2.4 Describe how MyPlate can be used to guide a healthy diet and apply MyPlate recommendations to someone of your age, gender, and activity level.
Section Reference: Section 2.4 MyPlate: Putting the Dietary Guidelines into Practice
Solution: Red - fruits
Green - vegetables
Brown - grains
Purple - protein
Blue (off to the right of the plate) - dairy
Foods to increase - fruits and vegetables, whole grains, fat-free or low fat milk
Foods to decrease - foods high in sodium (e.g. soup, breads and frozen foods), sugary drinks

64) Indicate the nutrients that are low in this food, and those that are high, based on the Daily Value. Is this food a good choice for someone limiting their intake of saturated fat?

Why or why not?



Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	**Calories from Fat** 40
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Answer:

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels
Solution: Low- Fiber, vitamins A & C, iron
High- Total and saturated fat, cholesterol, sodium, calcium
This food is a bad choice as the fat content is high, particularly since it is high in saturated fat and cholesterol, which are associated with the development of heart disease.

65) A. What is the primary ingredient (greatest by weight) in this supplement?

B. Are the structure/function claims made on the label of this supplement approved by the FDA?
C. How do you know if the claim is/is not approved?
D. Based on the label information, is it possible for this supplement to replace a food in the diet or does the supplement replace a component found in food? Explain your answer.

Answer:

Difficulty: Medium
Learning Objective: LO 2.5 Use the nutrition facts on food and supplement labels to help plan diets.
Section Reference: Section 2.5 Food and Supplement Labels

Solution: A - Salmon oil
B - No
C - A disclaimer is required if it is not FDA approved.
D - Supplements should never replace whole foods. Foods contain many substances that promote health which are not necessarily present in supplements. Moreover, the supplement industry is not tightly regulated so the contents may or may not be exactly as stated on the Nutrition Facts panel and contaminants may be present.