

Chapter 02

1. Beans and legumes fall in two food groups, grains and proteins.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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2. The Mediterranean Diet recommends eating meat several times a week.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

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3. Revisions to the Nutrition Facts panel made by the FDA in 2016 require Vitamin D as the only vitamin to be listed.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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4. Chinese food served in American Chinese restaurants usually is very similar to food eaten by rural Chinese people in China.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

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5. The EAR for nutrients represents the average amount of a nutrient needed by a population meaning its value is usually enough to meet the needs of most healthy people.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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6. According to MyPlate, one egg is equivalent to 1 ounce of cooked lean meat.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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7. The ingredients on a food label are listed in alphabetical order.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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8. The need for setting Tolerable Upper Intake Levels (UL) for nutrients is the result of more people using large doses of supplements and the increased availability of fortified foods.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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9. Phytochemicals provide energy or building materials for cell repair.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: The Savvy Diner: Color Your Plate for Health with a Variety of Fruits and Vegetables

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

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10. A healthy diet should consist of three meals a day without any snacking.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: Nutrition Action: Grazer's Guide to Smart Snacking

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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11. The DRI requirement of a nutrient is the minimum amount of a nutrient that will prevent the development of deficiency symptoms.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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12. Orange juice with added calcium is a food that likely exceeds the UL for calcium.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake

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CTIVES: values that make up the DRI for nutrients.

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13. The *Dietary Guidelines for Americans* incorporate two general themes: maintaining calorie balance over time to achieve and maintain a healthy weight, and consuming more nutrient-dense foods and beverages.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.3 The Challenge of Dietary Guidelines

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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14. MyPlate activity recommends at least 2 ½ hours per week of moderate physical activity such as jogging, swimming continuous laps, and bicycling uphill.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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15. A product that meets the criteria as sodium-free or salt-free has less than 5 mg of sodium per serving.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: True / False

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HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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16. Antioxidant nutrients are vitamins and minerals that react with oxygen, thereby protecting other compounds from damaging reactions involving oxygen.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 The Savvy Diner: Color Your Plate for Health with a Variety of Fruits and Vegetables

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

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17. The DRI values for nutrients are the same for all genders and ages.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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18. In determining portion, one hand, cupped, is a good approximation of 8 fluid ounces.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.5 How Well Do We Eat?

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QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

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19. What are the six diet-planning principles for developing a healthy eating pattern?

- a. adequacy, balance, nutrients, weight control, moderation, and variety
- b. adequacy, bone development, correction, nutrients, moderation, and variety
- c. adequacy, balance, calorie control, nutrient density, moderation, and variety
- d. abundance, better choices, weight control, multiple, nutrient-rich, and variety
- e. abundance, bone density, calorie control, nutrient-rich, multiple, and variety

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

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20. Foods with a high-nutrient density are best characterized as ____.

- a. those that are good sources of calcium, iron, and protein
- b. a mixture of carbohydrate, fat, and protein
- c. those that carry the label "healthy"
- d. rich in nutrients but relatively low in calories
- e. containing all essential nutrients in moderate amounts

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

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21. Valerie is eating lunch at the college cafeteria and is determined not to gain weight during her freshman year at

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college. She realizes that controlling portion sizes is the key. Which visual reference could she apply to estimate one cup of pasta?

- a. four thumbs together
- b. the palm of one hand
- c. three clenched fists
- d. two hands, cupped together
- e. one hand, fingers spread

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: The Savvy Diner: Rules of Thumb for Portion Sizes—It's All in Your Hands

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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22. A diet that does not overemphasize any food type or nutrient at the expense of another is following which characteristic of a healthy diet?

- a. Adequacy
- b. Balance
- c. Choices
- d. Moderation
- e. Nonfat

ANSWER: b

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

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23. Mark is a 5-year-old boy who loves milk. He drinks skim milk all day long. He also loves yogurt and cheese while excluding meat, fish, poultry, and legumes. For which type of deficiency is Mark at risk?

- a. Iron
- b. Zinc
- c. Calcium
- d. Vitamin D

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e. Vitamin A

ANSWER: a

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

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24. Peaches are a food source of vitamins A and C. Why would a raw peach be considered a more nutrient-dense snack than a serving of peaches canned in light syrup?

- a. The canned peaches are more processed than the raw peach.
- b. The raw peach is brighter in color than the canned peaches.
- c. The raw peach contains similar nutrients but fewer calories because of the added sugars in the canned.
- d. The canned peaches contain more vitamins per calorie than the raw peach.
- e. The raw peach contains more natural sugar per serving than the canned peaches.

ANSWER: c

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

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25. Steven is 9 years old and loves to drink orange juice whenever he can. He often drinks orange juice instead of eating food. This habit interferes most with what eating principle?

- a. Balance
- b. Calorie control
- c. Moderation
- d. Adequacy
- e. Nutrient density

ANSWER: a

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.1 The ABCs of Eating for Health

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QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

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26. Which snack is the most nutritious choice to take to the library if you know you will be studying for several hours?

- a. Bagel with jelly
- b. 100 percent fruit juice with fruit rolls
- c. Peanut butter with celery
- d. Potato chips with dip
- e. Buttered popcorn

ANSWER: c

POINTS: 1

DIFFICULTY: Understand

REFERENCES: Nutrition Action: Grazer's Guide to Smart Snacking

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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27. Dietary Reference Intakes (DRI) should be avoided when ____.

- a. estimating nutrient requirements for healthy people
- b. assessing dietary nutrient adequacy
- c. planning diets
- d. treating individuals with certain medical conditions
- e. considering dietary differences based on gender and age

ANSWER: d

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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28. The RDA (Recommended Dietary Allowances) for nutrients are generally ____.

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- a. the maximum amounts that average people need
- b. more than twice as high as anyone needs
- c. designed to prevent deficiency diseases in half the population
- d. designed to be adequate for almost all healthy people
- e. the same for all ages for all nutrients

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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29. Spencer's energy requirement is 2,400 calories. What is his DV for protein?

- a. 40 grams
- b. 60 grams
- c. 80 grams
- d. 160 grams
- e. 360 grams

ANSWER: b

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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30. Which suggestion would be excluded in the *Dietary Guidelines for Americans*?

- a. Eat a variety of vegetables, especially dark-green and red and orange vegetables.
- b. Use oils to replace solid fats where possible.
- c. Consume at least half of all grains as whole grains.
- d. Choose diets that emphasize refined and enriched grain products.
- e. Choose fat-free or low-fat milk and milk products.

ANSWER: d

POINTS: 1

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DIFFICULTY: Remember

REFERENCES: 2.3. The Challenge of Dietary Guidelines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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31. Louise would like to lose some weight. How might the exchange lists be helpful to her?

- a. Louise can easily compare several brands of a particular food to find the most nutrient-dense version.
- b. Louise can identify low-calorie foods rich in each of the essential vitamins and minerals.
- c. Louise can mix and match the portion sizes for different foods that provide the same number of calories, carbohydrates, proteins, and fats to plan calorie-controlled meals.
- d. Louise can determine which foods will prevent her from developing diabetes if she consumes them on a regular basis as she loses weight.
- e. Louise can compare the best food choices on the exchange lists for a high-protein, low-carbohydrate diet.

ANSWER: c

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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32. A new requirement to the Nutrition Facts panel is the addition of _____.

- a. *trans* fats
- b. vitamin C
- c. added sugars
- d. iron
- e. vitamin A

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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33. The tolerable upper limit (UL) is most closely described as ____.
- a. the daily intake of a nutrient that is unlikely to pose adverse effects in healthy people
 - b. the amount of foods to which nutrients have been added
 - c. the amount of a nutrient estimated to meet the requirement in half of the people of a specific age and gender
 - d. the average amount of a nutrient that appears to be adequate for individuals
 - e. a set of reference values for energy and nutrients

ANSWER: a

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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34. The Acceptable Macronutrient Distribution Ranges (AMDR) set recommendations for ____.
- a. vitamin E, calcium, and lipids
 - b. fat, carbohydrates, and protein
 - c. phytochemicals, lipids, and fiber
 - d. fiber, iron, and zinc
 - e. calcium, zinc, and magnesium

ANSWER: b

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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35. Which major goal is part of the *Dietary Guidelines for Americans*?
- a. Reduce health disparities
 - b. Consume more energy-dense foods
 - c. Balance calories with physical activity to manage weight

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- d. Consume more foods with refined grains
- e. Decrease complex carbohydrate foods

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.3 The Challenge of Dietary Guidelines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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36. Joe engages in moderately intense physical activity for 30 to 60 minutes a day in addition to other daily activities. What is his activity level?

- a. Sedentary
- b. Minimally active
- c. Moderately active
- d. Active
- e. Very active

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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37. According to MyPlate guidelines, which food portion is equivalent to 1 ounce of grains?

- a. One slice of bread
- b. One large bagel
- c. One-half cup dry cereal
- d. One English muffin
- e. One cup cooked rice

ANSWER: a

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

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QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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38. According to MyPlate guidelines, which food portion exceeds the equivalent of 1 ounce from the protein foods group?

- a. One egg
- b. One-fourth cup cooked dry beans
- c. Three tablespoons peanut butter
- d. One-half cup split pea soup
- e. 1 ounce cooked poultry

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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39. In addition to the five food groups, we need to include a small amount of oil in the diet for the ____ and ____ that oils provide.

- a. vitamin K; phytochemicals
- b. vitamin E; vitamin C
- c. essential fats; vitamin E
- d. *trans* fat; vitamin A
- e. vitamin D; vitamin K

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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40. If you consistently build your diet by choosing mostly nutrient-dense foods, you may be able to meet your nutrient needs without using your full calorie allowance. In this case, the balance of calories is called your ____.

- a. bonus calorie allowance
- b. daily limit for non-essential calories
- c. excess calories
- d. fat and sugar calorie allowance
- e. daily limit for discretionary calories

ANSWER: e

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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41. What food item lacks phytochemicals?

- a. Skim milk
- b. Mushrooms
- c. Canned peas
- d. Mango
- e. Tomatoes

ANSWER: a

POINTS: 1

DIFFICULTY: Understand

REFERENCES: The Savvy Diner: Color Your Plate for Health with a Variety of Fruits and Vegetables

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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42. Based on the 2016 changes, what information is not a required element on the Nutrition Facts panel?

- a. Calories per serving
- b. Calories from fat
- c. Potassium
- d. Added sugars
- e. Serving size

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ANSWER: b

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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43. Sue picks up a cereal box and reads that one serving provides 15 percent of the DV for total carbohydrate. What does this DV value tell us about the cereal?

- a. One serving contains 15 percent of its calories from carbohydrates.
- b. One serving provides 15 percent of the total carbohydrates that are recommended to be eaten in a day.
- c. The contents of the cereal box provide 15 percent of the carbohydrates that should be eaten in a day.
- d. One serving provides 15 percent of the starch recommendation only for the day.
- e. One serving includes 15 percent of the daily discretionary calories.

ANSWER: b

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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44. According to the Dietary Reference Intakes (DRI), ____ to ____ percent of the calories in a balanced diet come from fat.

- a. 2; 15
- b. 15; 25
- c. 10; 35
- d. 20; 35
- e. 50; 65

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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45. According to MyPlate, which food would be considered a less nutrient-dense choice that should be limited in the diet?

- a. Salmon
- b. Peanut butter
- c. Cheddar cheese
- d. Vegetable oils
- e. 1 percent milk

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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46. Which food is the best example of a nutrient-dense food choice?

- a. A baked potato
- b. Bologna
- c. Ice cream
- d. Refried beans
- e. Granola

ANSWER: a

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

DATE CREATED: 12/8/2017 5:02 AM

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47. Juan is of Hispanic origin and enjoys eating native foods. In which food group would a corn tortilla belong?

- a. Fruit

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- b. Vegetable
- c. Grains
- d. Dairy
- e. Protein foods

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

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48. Holly wants to lower her risk of heart disease and decides to follow the Mediterranean diet. What modification to this diet is recommended by major U.S. health organizations?

- a. Eat a small amount of red meat accompanied with a glass of red wine daily.
- b. Include eggs at least three times per week.
- c. Increase the amount of whole-grain breads while reducing nuts.
- d. Consume more fruits and vegetables and less dairy products.
- e. Limit fat, including olive oil, to 20 to 35 percent of total calories.

ANSWER: e

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

DATE CREATED: 12/8/2017 5:02 AM

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49. Which foods make up the majority of the Mediterranean diet?

- a. Eggs, poultry, and fish
- b. Fruits, grains, and vegetables
- c. Cheese, yogurt, and fish
- d. Red meat, oil, and wine
- e. Poultry, cheese, and grains

ANSWER: b

POINTS: 1

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DIFFICULTY: Remember
REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.
DATE CREATED: 12/8/2017 5:02 AM
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50. Which substance is not indicative of an added sugar in an ingredient list?

- a. Molasses
- b. High-fructose corn syrup
- c. Levulose
- d. Niacinamide
- e. Honey

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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51. Bill is trying to eat healthier now that he is going to college. He takes a nutrition class and determines that his salt intake is very high from a diet analysis. Which characteristic of a healthy diet is Bill violating?

- a. Adequacy
- b. Balance
- c. Moderation
- d. Variety
- e. Calorie control

ANSWER: c

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

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52. Nicole is reading a food label on a bag of broccoli and sees “high in vitamin C.” What does this mean?

- a. A serving prepared properly will provide 10 percent more of the Daily Value for vitamin C.
- b. A serving provides 20 percent or more of the Daily Value for vitamin C.
- c. The bag contains 20 percent or more of the Daily Value for vitamin C.
- d. A serving contains more vitamin C than is normally found in broccoli.
- e. A serving provides 50 percent of the Daily Value for vitamin C.

ANSWER: b

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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53. Mary is comparing light potato chips to regular potato chips. What is the difference?

- a. The light potato chips are lower in calories.
- b. The light potato chips are lighter in color.
- c. The light potato chips are lighter in texture.
- d. The light potato chips are lower in weight.
- e. The light potato chips have been cooked in olive oil.

ANSWER: a

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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54. A food label can make a health claim for sugar alcohols. Consuming this nutrient is associated with a lower risk of ____.

- a. heart disease
- b. cancer
- c. tooth decay

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- d. liver disease
- e. spinal cord birth defect

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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55. Joe picks up a package of low-fat hot dogs in the supermarket. He can be confident that this food has ____.

- a. no more than 10 grams of fat per serving
- b. no more than 3 grams of fat per serving
- c. no saturated fat
- d. no cholesterol
- e. no *trans* fat

ANSWER: b

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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56. A cup of skim milk has 8 grams of protein and the Daily Value for protein is 50 grams. What is the % Daily Value for protein in a cup of milk?

- a. 6 percent
- b. 8 percent
- c. 16 percent
- d. 24 percent
- e. 30 percent

ANSWER: c

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

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QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:02 AM

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57. Which of the following are now voluntary nutrients that a manufacturer may include on the Nutrition Facts panel?

- a. Vitamins D and E
- b. Folate and niacin
- c. Riboflavin and vitamin C
- d. Vitamins A and C
- e. Vitamins C and E

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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58. Zach eats a 2000-calorie diet and therefore should eat no more than 65 grams of fat per day. If he has only eaten a soft pretzel (6 grams of fat) and a mocha coffee drink (20 grams of fat), how many more grams of fat can Zach have to stay within his daily fat *budget*?

- a. 26
- b. 39
- c. 91
- d. 120
- e. There is not enough information provided.

ANSWER: b

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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59. In the typical Mexican diet, which food would provide the most phytochemicals?

- a. Salsa
- b. Tortilla shells
- c. Chorizo
- d. Vegetable oil
- e. Rice

ANSWER: a

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.5 How Well Do We Eat?
2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

DATE CREATED: 12/8/2017 5:02 AM

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60. Tulley is a 38-year-old man who successfully lost 50 lb of excess weight. According to MyPlate recommendations, how much physical activity does he need to maintain his weight loss when he consumes only enough for his calorie needs?

- a. At least 30 minutes of moderate activity per week
- b. At least 60 minutes vigorous activity per week
- c. At least 90 minutes vigorous activity per week
- d. At least 150 minutes of moderate activity per week
- e. At least 180 minutes of vigorous activity per week

ANSWER: d

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

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61. Which choice exceeds the equivalent of one teaspoon from the oils group?

- a. One tablespoon low-fat mayonnaise
- b. Two tablespoons light salad dressing
- c. 1 ounce peanuts

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- d. One teaspoon soft margarine
- e. One teaspoon vegetable oil

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:02 AM

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62. An unhealthful aspect of the traditional Mexican diet is the frequent consumption of ____.

- a. tomatoes, chilies, and onions
- b. flour tortillas, chorizo, and eggs
- c. corn tortillas, amaranth, and rice
- d. pinto beans, jicama, and avocado
- e. red meat, poultry, and olive oil

ANSWER: b

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

DATE CREATED: 12/8/2017 5:02 AM

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Vignette #1

Carly is an overweight 21-year-old who is committed to good health after taking a nutrition course. She realizes that being a savvy shopper is part of the process and decides to learn how to look more critically at food labels. She picks up two different boxes of ready-to-eat breakfast cereal and sees the food labels shown in Figure 1. Help Carly evaluate these two breakfast cereals.

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Cereal #1

Nutrition Facts			
11 Servings Per Container			
Serving Size ½ cup (30g)			
Amount Per Serving		Cereal	Cereal + ½ cup fortified skim milk
Calories		140	180
		% Daily Value*	
Total Fat 6g		9 %	9 %
Saturated Fat 1g		5 %	5 %
Trans Fat 0g			
Cholesterol 0mg		0 %	0 %
Sodium 40mg		2 %	5 %
Total Carbohydrate 19g		6 %	8 %
Dietary Fiber 2g		8 %	8 %
Sugars 4g			
Includes 3g Added Sugars		1 %	1 %
Protein 3g			
Vitamin D		0 %	10 %
Calcium		2 %	15 %
Iron		6 %	6 %
Potassium		9 %	9 %
* 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Cereal #2

Nutrition Facts		
15 Servings Per Container		
Serving Size ½ cup (30g)		
Amount Per Serving		Cereal + ½ cup fortified skim milk
Calories		60 100
		% Daily Value*
Total Fat 1g		1 % 2 %
Saturated Fat 0g		0 % 0 %
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg		0 % 1 %
Sodium 105mg		4 % 7 %
Total Carbohydrate 25g		8 % 10 %
Dietary Fiber 14g		57 % 57 %
Sugars 0g		
Includes 0g Added Sugars		0 % 0 %
Protein 2g		
Vitamin D		0 % 10 %
Calcium		10 % 25 %
Iron		25 % 25 %
Potassium		5 % 11 %
Vitamin A		0 % 4 %
Vitamin C		10 % 10 %
Thiamin		25 % 30 %
Riboflavin		25 % 35 %
Niacin		25 % 25 %
Vitamin B ₆		25 % 35 %
Folic Acid		25 % 25 %
Vitamin B ₁₂		25 % 35 %
Phosphorus		10 % 20 %
Magnesium		10 % 15 %
Zinc		25 % 30 %

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63. How much food is in the entire package of Cereal #2?

- a. $\frac{1}{2}$ cup
- b. 1 $\frac{1}{2}$ cups
- c. 3 cups
- d. 6 cups
- e. 7 $\frac{1}{2}$ cups

ANSWER: e

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Figure 1

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:02 AM

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64. What percentage of calories from fat does one serving of cereal #1 (without milk) have?

- a. 9 percent
- b. 14 percent
- c. 26 percent
- d. 39 percent
- e. 43 percent

ANSWER: d

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Figure 1

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:02 AM

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65. Carly wants to stay healthy and decides to purchase the cereal that may help prevent heart disease and cancer. Which cereal would she buy and why?

- a. Cereal #1 because it contains more protein per serving
- b. Cereal #1 because it contains more antioxidants
- c. Cereal #2 because it has less sugar

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- d. Cereal #2 because it contains more fiber and no saturated fat
- e. Both cereals would be equally effective because they both contain no cholesterol.

ANSWER: d

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Figure 1

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:02 AM

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66. Carly is concerned about a family history of high blood pressure. Which item listed on the food label is she likely to check?

- a. Vitamin C
- b. Iron
- c. Sodium
- d. Zinc
- e. fiber

ANSWER: c

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Figure 1

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:02 AM

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67. Carly decides to eat three-fourths of a cup of cereal #1 with three-fourths cup of fortified skim milk. Based on a 2,000-calorie diet, what percent of calories of carbohydrates will she consume?

- a. 6 percent
- b. 8 percent
- c. 10 percent
- d. 12 percent
- e. 14 percent

ANSWER: d

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POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Figure 1

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:02 AM

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Vignette #2

Julia and David are new parents of a 13-year-old girl, Zoe. They want to make sure they are feeding her the most nutritious diet possible. Julia makes an appointment with a registered dietitian at Zoe's pediatrician's office. David's first question is "Can you help us figure out what foods to feed Zoe that will prevent chronic diseases in her future?" Julia seems concerned about how to make sure Zoe gets enough essential nutrients. Imagine you are the dietitian. Using the *Dietary Guidelines for Americans* and the MyPlate tool, answer the following questions.

68. To prevent the risk of chronic disease in adulthood, what practice would you recommend?
- a. Reduce time spent in sedentary behaviors.
 - b. Increase solid fats and reduce oils.
 - c. Eat primarily cruciferous vegetables.
 - d. Eat one serving of oatmeal with one-half cup whole milk every day for breakfast.
 - e. Limit intake of oranges and grapefruits due to high acid content.

ANSWER: a

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.3 The Challenge of Dietary Guidelines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Vignette 2

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

DATE CREATED: 12/8/2017 5:02 AM

DATE MODIFIED: 12/8/2017 5:18 AM

69. You show Julia and David the MyPlate graphic. What important principle can you **best** demonstrate to them using this graphic?
- a. adequacy—include at least four different foods on your plate at each meal
 - b. proportionality—fill at least half your plate with fruits and vegetables
 - c. food safety—avoid mixing dairy foods with other foods on your plate
 - d. moderation—limit added sugars and solid fats on your plate
 - e. calorie control—avoid empty calories on your plate

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ANSWER: b

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Vignette 2

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:02 AM

DATE MODIFIED: 12/8/2017 7:25 AM

70. Which food recommendation would you expect the dietitian to give?

- a. Consume two cups per day of whole milk or its equivalent.
- b. Consume more refined grains.
- c. Eat fresh fruit as snacks.
- d. Choose foods with more saturated fat and less with monounsaturated fat.
- e. Have a cookie every day as a treat.

ANSWER: c

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.3 The Challenge of Dietary Guidelines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Vignette 2

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

DATE CREATED: 12/8/2017 5:02 AM

DATE MODIFIED: 12/8/2017 5:19 AM

71. A sound strategy for Zoe and her parents regarding MyPlate is to ____.

- a. follow strict guidelines in preparing foods the same way each time
- b. avoid mixed dish foods that include servings from several groups
- c. increase activity to a high level while choosing foods based on moderate activity
- d. add variety by choosing different foods within the food groups
- e. remember that gender differences are minimal when considering calorie needs

ANSWER: d

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False

PREFACE NAME: Vignette 2

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:02 AM

DATE MODIFIED: 12/8/2017 5:20 AM

72. Julia and David like to drink a glass of beer or wine when they get home from work. The beer and wine contribute _____ to their diets.

- a. discretionary calories
- b. sweets
- c. oils
- d. empty calories
- e. nutrient-dense calories

ANSWER: a

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

PREFACE NAME: Vignette 2

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:02 AM

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73. The concept of nutrient density is most helpful in achieving _____.

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

ANSWER: e

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

DATE CREATED: 12/8/2017 5:02 AM

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DATE MODIFIED: 12/8/2017 5:08 AM

74. In the current U.S. diet, the nutrient that is **closest** to meeting the *Dietary Guidelines for Americans* intake recommendations is _____.

- a. vitamin D
- b. potassium
- c. calcium
- d. sodium
- e. fiber

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.5 How Well Do We Eat?

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

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75. _____ is the amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender.

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

ANSWER: b

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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76. A statement linking the nutritional profile of a food to a reduced risk of a particular disease is known as a _____.

- a. nutrient content claim
- b. structure function claim
- c. nutritional fact

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- d. health claim
- e. ingredient claim

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:02 AM

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77. To reduce the risk of chronic disease, help prevent weight gain, and help sustain weight loss, MyPlate recommends at least _____ of moderate activity per week.

- a. 1 hour
- b. 1 hour and 30 minutes
- c. 2 hours
- d. 2 hours and 30 minutes
- e. 3 hours

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:02 AM

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78. According to the Dietary Reference Intakes (DRI), _____ of the calories in a balanced diet should be obtained from protein.

- a. less than 10 percent
- b. 5 to 15 percent
- c. 10 to 35 percent
- d. 35 to 45 percent
- e. 45 to 65 percent

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

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REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

DATE CREATED: 12/8/2017 5:02 AM

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79. A food product is high in soluble fiber which means the food label can make the health claim that consuming it is associated with a lowered risk of ____.

- a. heart disease
- b. cancer
- c. tooth decay
- d. high blood pressure
- e. Parkinson's disease

ANSWER: a

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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80. _____ is a style of Chinese cooking characterized by steaming and stir-frying, and therefore tends to be the lowest in fat.

- a. Cantonese
- b. Peking
- c. Shanghai
- d. Szechwan or Hunan
- e. Mongolian

ANSWER: a

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

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DATE MODIFIED: 12/8/2017 5:08 AM

81. The ____ is the average daily amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA.

- a. DRI
- b. UL
- c. DV
- d. AI
- e. EAR

ANSWER: d

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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82. According to the Dietary Reference Intakes (DRI), approximately 45 to 65 percent of the total calories in a balanced diet should come from ____.

- a. fats
- b. proteins
- c. carbohydrates
- d. phytochemicals
- e. fiber

ANSWER: c

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

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Match the term with the short phrase or description that best matches it.

- a. sweeteners added to a food during processing and preparation
- b. nonnutritive substances in plants that possess health-protective benefits
- c. planning and selecting food choices to meet nutrient needs within energy needs

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- d. an individual's balance of daily calories that may be used for less nutrient-dense foods and food components
- e. making a point to choose a diverse selection of foods among and within the food groups
- f. a less healthy component of the diet that is composed primarily of saturated fat
- g. a feature of a diet that provides a number of types of foods in harmony with one another
- h. lists of foods with portion sizes specified; foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet
- i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health
- j. the attribute of a diet that provides no unwanted constituent in excess
- k. vitamins and minerals that protect other compounds

DIFFICULTY: Remember

REFERENCES: 2.1 The ABCs of Eating for Health

QUESTION TYPE: Matching

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.1 - List and describe six characteristics of planning a healthy diet.

DATE CREATED: 12/8/2017 5:24 AM

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83. adequacy

ANSWER: i

POINTS: 1

84. balance

ANSWER: g

POINTS: 1

85. calorie control

ANSWER: c

POINTS: 1

86. moderation

ANSWER: j

POINTS: 1

87. variety

ANSWER: e

POINTS: 1

Match the term with the short phrase or description that best matches it.

- a. sweeteners added to a food during processing and preparation
- b. nonnutritive substances in plants that possess health-protective benefits
- c. planning and selecting food choices to meet nutrient needs within energy needs

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- d. an individual's balance of daily calories that may be used for less nutrient-dense foods and food components
- e. making a point to choose a diverse selection of foods among and within the food groups
- f. a less healthy component of the diet that is composed primarily of saturated fat
- g. a feature of a diet that provides a number of types of foods in harmony with one another
- h. lists of foods with portion sizes specified; foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet
- i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health
- j. the attribute of a diet that provides no unwanted constituent in excess
- k. vitamins and minerals that protect other compounds

DIFFICULTY: Remember

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Matching

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:28 AM

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88. discretionary calories

ANSWER: d

POINTS: 1

89. solid fats

ANSWER: f

POINTS: 1

90. added sugars

ANSWER: a

POINTS: 1

Match the term with the short phrase or description that best matches it.

- a. sweeteners added to a food during processing and preparation
- b. nonnutritive substances in plants that possess health-protective benefits
- c. planning and selecting food choices to meet nutrient needs within energy needs
- d. an individual's balance of daily calories that may be used for less nutrient-dense foods and food components
- e. making a point to choose a diverse selection of foods among and within the food groups
- f. a less healthy component of the diet that is composed primarily of saturated fat
- g. a feature of a diet that provides a number of types of foods in harmony with one another
- h. lists of foods with portion sizes specified; foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet
- i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health

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j. the attribute of a diet that provides no unwanted constituent in excess

k. vitamins and minerals that protect other compounds

DIFFICULTY: Remember

REFERENCES: The Savvy Diner: Color Your Plate for Health with a Variety of Fruits and Vegetables

QUESTION TYPE: Matching

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

DATE CREATED: 12/8/2017 5:28 AM

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91. antioxidant nutrients

ANSWER: k

POINTS: 1

92. phytochemical

ANSWER: b

POINTS: 1

Match the term with the short phrase or description that best matches it.

a. sweeteners added to a food during processing and preparation

b. nonnutritive substances in plants that possess health-protective benefits

c. planning and selecting food choices to meet nutrient needs within energy needs

d. an individual's balance of daily calories that may be used for less nutrient-dense foods and food components

e. making a point to choose a diverse selection of foods among and within the food groups

f. a less healthy component of the diet that is composed primarily of saturated fat

g. a feature of a diet that provides a number of types of foods in harmony with one another

h. lists of foods with portion sizes specified; foods on a single list are similar with respect to nutrient and calorie content and thus can be mixed and matched in the diet

i. characterizes a diet that provides all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health

j. the attribute of a diet that provides no unwanted constituent in excess

k. vitamins and minerals that protect other compounds

DIFFICULTY: Remember

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Matching

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

DATE CREATED: 12/8/2017 5:36 AM

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93. exchange lists

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ANSWER: h

POINTS: 1

Match the term with the short phrase or description that best matches it.

- a. a set of reference values for energy and nutrients that can be used for planning and assessing diets for healthy people
- b. the minimum amount of a nutrient that will prevent the development of deficiency symptoms
- c. the average calorie intake that is predicted to maintain energy balance in a healthy adult of a defined gender, age, weight, height, and physical activity level
- d. the amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender
- e. the average daily amount of a nutrient that is sufficient to meet the nutrient needs of nearly all healthy individuals of a specific age and gender
- f. the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA
- g. the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people
- h. a range of intakes for a particular energy source that is associated with a reduced risk of chronic disease while providing adequate intakes of essential nutrients

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Matching

HAS VARIABLES: False

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

DATE CREATED: 12/8/2017 5:40 AM

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94. AI

ANSWER: f

POINTS: 1

95. RDA

ANSWER: e

POINTS: 1

96. AMDR

ANSWER: h

POINTS: 1

97. DRI

ANSWER: a

POINTS: 1

98. EAR

ANSWER: d

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POINTS: 1

99. EER

ANSWER: c

POINTS: 1

100. requirement

ANSWER: b

POINTS: 1

101. UL

ANSWER: g

POINTS: 1

102. Define the term *Daily Value* and state the purpose of including Daily Values on food labels.

ANSWER: Daily Value is the amount of fat, sodium, fiber, and other nutrients health experts say should make up a healthful diet. The “% Daily Values” that appear on food labels tell you the percentage of a nutrient that a serving of the food contributes to a 2000-calorie healthy diet.

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Subjective Short Answer

HAS VARIABLES: False

STUDENT ENTRY Basic

MODE:

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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103. Define the term *lifestyle disease*, and give three examples of a lifestyle disease.

ANSWER: Lifestyle diseases, including some forms of cancer, heart disease, obesity, diabetes, high blood pressure, stroke, osteoporosis, and liver disease, are conditions that may be aggravated by modern lifestyles that include too little exercise, poor diets, and excessive drinking and smoking. Lifestyle diseases are also referred to as diseases of affluence.

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.3 The Challenge of Dietary Guidelines

QUESTION TYPE: Subjective Short Answer

HAS VARIABLES: False

STUDENT ENTRY Basic

MODE:

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

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DATE CREATED: 12/8/2017 5:02 AM

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104. Propose two suggestions for smart snacking in each of the food groups: grains, vegetables, fruits, dairy, and protein foods.

ANSWER:

Below are suggested snacks from each of the food groups:

Grains: Whole-grain cereal, whole-grain crackers, mini rice cakes, sliced whole-grain bread, mini bagels, graham crackers, whole-wheat tortillas

Vegetables: Veggie "matchsticks" (thin sticks) made from fresh carrots or zucchini, bell pepper rings, cherry tomatoes, steamed broccoli, green beans, sugar snap peas, avocados

Fruits: Apple slices, clementine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes, berries, dried apricots

Dairy: Low-fat cheese slices or string cheese, fat-free or low-fat milk, low-fat cottage cheese, low-fat regular or Greek yogurt

Protein Foods: Hard-boiled eggs, peanut butter, bean dip, hummus, slices of lean turkey or chicken, shelled pumpkin seeds

POINTS: 1

DIFFICULTY: Remember

REFERENCES: Nutrition Action: Grazer's Guide to Smart Snacking

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY Basic

MODE:

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

DATE CREATED: 12/8/2017 5:02 AM

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105. Explain the dietary components of the Mediterranean diet and how they differ from the current American diet.

ANSWER:

The Mediterranean Diet is centered around fruits, vegetables, and grains, as well as beans, nuts and seeds, and liberal use of olive oil. The eating pattern also includes low to moderate amounts of dairy products like cheese and yogurt and fish and poultry, but only features very small amounts of red meat. Alcohol consumption is moderate, and wine is chosen when consumed.

There are several ways that the Mediterranean Diet eating pattern differs from the current American diet intake. Key differences that students may suggest are:

- Type of fat consumed: Americans consume excessive solid fat, while the Mediterranean Diet contains very little due to low red meat intake, usage of olive oil, and high intake of nuts and seeds.
- Fruits and vegetables: Americans consume too few fruits and vegetables, and produce makes up a key part of meals in the Mediterranean Diet.
- Added sugars consumed: Americans consume excessive amounts of added sugars, and the Mediterranean Diet features very little if any added sugars.

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.7 Spotlight: A Tapestry of Cultures and Cuisines

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY Basic

MODE:

Chapter 02

LEARNING OBJECTIVES: PNUT.BOYL.16.2.7 - Discuss tips for incorporating ethnic food choices into a healthy eating pattern.

DATE CREATED: 12/8/2017 5:02 AM

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106. Describe the changes you would make in your diet if you implemented the *Dietary Guidelines for Americans*.

ANSWER: Students' answers will vary but should include reference to key recommendations of the *Dietary Guidelines for Americans*:

- Balancing calories to manage weight
- Foods and food components to reduce
- Foods and food nutrients to increase
- Building healthy eating patterns

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.3 The Challenge of Dietary Guidelines

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: PNUT.BOYL.16.2.3 - Describe three major goals for building healthy eating patterns as emphasized by the Dietary Guidelines for Americans.

DATE CREATED: 12/8/2017 5:02 AM

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107. Jennifer calculated her energy needs to be approximately 1,800 calories. A recommended eating plan for 1,800 calories is made up of the following: 6 oz grains, 2 ½ cups vegetables, 1 ½ cups fruits, 3 cups dairy, 5 oz protein foods, 5 tsp oils, and a limit of 120 discretionary calories. Create a 1-day menu for Jennifer based on the recommendations, identifying the serving size and food group that each menu item represents.

ANSWER: The following is an example of an 1800-calorie menu:
Breakfast: 1 whole-grain English muffin, toasted (2 oz grains)
1 Tbsp almond butter (1 oz protein and 2 tsp oils)
1 large orange (1 cup fruit)
1 cup 1 percent milk (1 cup dairy)

Lunch:

Turkey sandwich made with 2 slices whole wheat bread, 2 oz turkey breast, and 1 tsp mayonnaise (2 oz grains, 2 oz protein, and 1 tsp oil)
12 baby carrots (1 cup vegetable)
Water

Afternoon snack:

8 oz low-fat yogurt topped with ½ cup berries (1 cup dairy and ½ cup fruit)

Dinner:

1 medium "loaded" baked potato topped with 2 tsp soft margarine without trans fats, 1/3 cup reduced-fat shredded cheddar cheese, 2 oz skinless, shredded chicken breast, and ½ cup steamed broccoli florets (1 ½ cup vegetables, 2 oz protein, 1 cup dairy, 2 tsp oils)
Water

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Dessert: 2 (50-calorie) pieces of dark chocolate (approximately 100 calories of discretionary calories)

Student answers will vary.

POINTS: 1

DIFFICULTY: Apply

REFERENCES: 2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:02 AM

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108. Define the major Dietary Reference Intake values used for nutrients and give an example of when you might use each.

ANSWER:

Dietary References Intakes (DRIs)

DRI for Nutrients

- **EAR, Estimated Average Requirement:** the amount of a nutrient that is estimated to meet the requirement for the nutrient in half of the people of a specific age and gender. The EAR is used in setting the RDA.
- **RDA, Recommended Dietary Allowance:** the average daily amount of a nutrient that is sufficient to meet the nutrient needs of nearly all (97–98 %) healthy individuals of a specific age and gender. Individuals use the RDA and the AI as goals for nutrient intakes.
- **AI, Adequate Intake:** the average amount of a nutrient that appears to be adequate for individuals when there is not sufficient scientific research to calculate an RDA. The AI exceeds the EAR and possibly the RDA.
- **UL, Tolerable Upper Intake Level:** the maximum amount of a nutrient that is unlikely to pose any risk of adverse health effects to most healthy people. The UL is not intended to be a recommended level of intake. The UL can be used by individuals to determine whether their nutrient intake levels may pose adverse risks over time.

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.2 Nutrient Recommendations

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: PNUT.BOYL.16.2.2 - Describe the purpose of each of the four categories of nutrient intake values that make up the DRI for nutrients.

DATE CREATED: 12/8/2017 5:02 AM

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109. Draw the MyPlate. Explain how MyPlate assists the consumer in practicing variety, proportionality, and moderation when planning a meal.

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ANSWER:

Answers may vary slightly.



MyPlate includes variety, proportionality, and moderation as three of six key components that can help achieve a healthy lifestyle.

Variety. MyPlate creates a foundation for good nutrition and health by guiding us to make food selections from all food groups and subgroups. Different foods contain different nutrients and other substances known to be protective against chronic diseases. No one food or no single food group provides all essential nutrients in amounts necessary for good health.

Proportionality. MyPlate shows the proportions of foods that should make up a healthful diet. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting. The plate is split into four sections: red for fruits, green for vegetables, purple for protein, and orange for grains. A separate blue section, shaped like a drinking glass, represents dairy foods. MyPlate provides a visual reminder of a key nutrition principle: Fruits and vegetables form the foundation of a healthy diet and should fill at least half of a plate at every meal. The MyPlate food guide advises you to eat more of some foods (fruits, vegetables, whole grains, and fat-free or low-fat milk products), and at less of others (such as foods high in refined grains and added sugars).

Moderation. Currently, many of the foods and beverages Americans eat and drink supply *empty calories*—calories from **solid fats** and/or **added sugars**. Solid fats and added sugars add calories to the food but few or no nutrients and are thus called *empty calories*. A small amount of empty calories is fine, but most people eat far more than is healthy. It is important to emphasize nutrient-rich foods in the diet and limit empty calories to the amount that fits your calorie and nutrient needs. Making better choices, like unsweetened applesauce or extra-lean ground beef, can help keep your intake of added sugars and solid fats low. To find your personal total calorie needs, enter your information into the Daily Food Plan section of www.ChooseMyPlate.gov.

POINTS:

1

DIFFICULTY:

Remember

REFERENCES:

2.4 Introducing the MyPlate Food Planning Tool

QUESTION TYPE:

Essay

HAS VARIABLES:

False

STUDENT ENTRY

Basic

MODE:

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LEARNING OBJECTIVES: PNUT.BOYL.16.2.4 - Explain how the MyPlate Food Guide incorporates the principles of diet planning to help consumers make healthy meal choices.

DATE CREATED: 12/8/2017 5:02 AM

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110. List what foods and food components Americans typically eat too little or too much, and explain how these choices are causing Americans to not have adequate intake of some nutrients while often exceeding calorie needs.

ANSWER: In general, we eat too many calories and too much solid fat, added sugars, refined grains, and sodium while consuming too few vegetables, fruits, whole grains, dairy products, and oils. In fact, solid fats and added sugars should make up only a small proportion of total calories in the diet. Americans consume about 35 percent of total calories from foods high in solid fats and added sugars—soft drinks, desserts, fatty meats, French fries, pizza, and whole-milk products, in contrast to a recommended limit of no more than 5 to 15 percent of total calories for most individuals. Excessive intake of solid fats and added sugars is caused by choosing energy-dense foods choices as opposed to nutrient-dense food choices. These food choices are what causes many Americans to be deficient in their intake of nutrients like calcium and potassium while greatly exceeding energy needs.

POINTS: 1

DIFFICULTY: Remember

REFERENCES: 2.5 How Well Do We Eat?

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: PNUT.BOYL.16.2.5 - List four nutrients whose intakes are low enough to be of public health concern in the United States.

DATE CREATED: 12/8/2017 5:02 AM

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111. What information does the FDA require to be listed on food packages based on the 2016 label updates?

ANSWER: By law, labels must contain: name of food, name of manufacturer with contact information, net quantity, ingredient list, Nutrition Facts panel, and any of the eight major allergens in the product. Following the FDA's 2016 nutrition label updates, the required nutrients are now calories, total fat, saturated fat, *trans* fat, cholesterol, sodium, total carbohydrate, dietary fiber, added sugars, protein, vitamin D, calcium, iron, and potassium.

POINTS: 1

DIFFICULTY: Understand

REFERENCES: 2.6 More Tools for Diet Planning

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: PNUT.BOYL.16.2.6 - List the information found on food labels that is useful to use when making comparisons between similar products based on health goals.

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