

Student name: _____

- 1) Which is true about the Dietary Reference Intakes (DRIs)?
- A) They apply to people in Canada and the U.S.
B) They differ by age group.
C) They include Recommended Dietary Allowances and Tolerable Upper Intake Levels.
D) They were created by the Food and Nutrition Board.
E) All of these responses are true.
- 2) Dietary Reference Intakes (DRI) values are for people who are _____.
A) 1 to 4 years of age
B) over 4 years of age
C) over 19 years of age
D) of all ages
- 3) An Adequate Intake (AI) is set for a nutrient when _____.
A) too little research is available to establish an RDA
B) the needs during pregnancy decline instead of increase
C) the set RDA is not adequate enough
D) the nutrient has a high potential for being toxic
- 4) Which Dietary Reference Intake (DRI) is set high enough to meet the needs of 97 to 98% of the population?
A) Estimated Energy Requirements
B) Estimated Average Requirements
C) Recommended Dietary Allowances
D) Dietary Reference Intakes

5) Tolerable Upper Intake Levels (ULs) are _____.

A) the maximum daily intake level not likely to cause harmful effects

B) based on intakes from only supplements and highly fortified foods

C) nutrient intake goals

D) set for all nutrients

6) Which Dietary Reference Intake (DRI) reflects average daily needs?

A) Adequate Intakes

B) Estimated Average Requirements

C) Recommended Dietary Allowances

D) Tolerable Upper Intake Levels

7) The AMDRs do NOT include estimates for intake of _____.

A) essential fatty acids

B) essential amino acids

C) carbohydrate

D) fat

8) The Recommended Dietary Allowances (RDAs) for nutrients are _____.

A) the maximum amounts allowed for an average 70-kg man

B) twice as high as almost everyone needs

C) average requirements for a population

D) designed to meet the nutrient needs of 97 to 98% of individuals in a specific life stage

9) Foods that provide a greater contribution to nutrient needs than calorie needs are said to be _____.

A) empty calorie

B) energy dense

C) calorie dense

D) nutrient dense

10) The nutrient standards used on Nutrition Facts panels are called _____.

- A) Recommended Dietary Allowances
- B) Daily Values
- C) Estimated Average Requirements

D) Adequate
Intakes

11) Daily Values differ from Recommended Dietary Allowances in that Daily Values _____.

- A) are used on Nutrition Facts panels
- B) are based on 2 sets of dietary standards
- C) are not gender-specific

D) All of these
responses are correct.

12) Daily Values are based on which sets of dietary standards?

- A) Reference Daily Intakes and Daily Reference Values
- B) Recommended Dietary Allowances and Daily Reference Values
- C) Reference DailyIntakes and Tolerable Upper

Intake Levels
D) Recommended
Dietary Allowances and
Reference Daily Intakes

13) Daily Reference Values are set for _____.

- A) fat and cholesterol
- B) sodium and potassium
- C) carbohydrate and protein

D) All of these
responses are correct.

- A) 1500 kcal
- B) 2000 kcal

- C) 2300 kcal
- D) 3000 kcal

15) Which dietary standard value varies with calorie intake?

- A) Fat
- B) Vitamin C

- C) Calcium
- D) Iron

16) Which is required on all food packages?

- A) Name and address of the food manufacturer
- B) Date and time of processing

- C) Expiration date
- D) Percent Daily Value for protein

17) If a can of soup provides 4 servings and has 100 kcal per serving, how many kcal are in the entire can?

- A) 100
- B) 200

- C) 400
- D) 800

18) Food components that **MUST** be listed on the Nutrition Facts panel include _____.

- A) sugars, dietary fiber, and fluoride
- B) sugars, dietary fiber, and calcium
- C) sugars, dietary fiber, and monounsaturated fat

- D) sugars, calcium, and B-vitamins

- A) Health claims
- B) Structure/function claims
- C) Nutrient content claims

D) Nutrition Facts
Panel

20) To be defined as a "good" source of calcium, a food must contain _____.

- A) at least 5% of the Daily Value for calcium in 1 serving of the food
- B) at least 10% of the Daily Value for calcium in 1 serving of the food
- C) at least 50% of the Daily Value for calcium in 1

serving of the food
D) at least 50% of the Daily Value for calcium in 2 servings of the food

21) When vitamins and/or minerals are added to a food product in amounts in excess of at least 10% above that originally present in the product, the food is designated as _____.

- A) light or lite
- B) organic

C) imitation
D) fortified

22) Which is NOT a permitted health claim?

- A) Diets with enough calcium may reduce risk of osteoporosis.
- B) Diets low in sugar may reduce the risk of cancer.
- C) Diets low in saturated fat and cholesterol may

reduce the risk of cardiovascular disease.
D) None of these responses are permitted.

23) What type of claim is "calcium builds strong bones and teeth"?

- A) Structure/functionclaim
- B) Health claim

- C) Nutrient claim
- D) Preliminary healthclaim

24) For a health claim to be made about a food product, it must NOT contain more than _____.

- A) 19 g fat
- B) 70% carbohydrate
- C) 10% saturated fat

- D) 120 mg cholesterol
- E) All of these choices are correct.

25) Factors that affect the amount of nutrients in foods include _____.

- A) farming conditions
- B) ripeness of plants when harvested
- C) cooking processes
- D) length of time food is stored

- E) All of these factors affect nutrient content of foods.

26) By definition, energy-dense foods are ALL _____.

- A) high in calories
- B) high in water

- C) high in fiber
- D) high in volume

27) Nutrient databases can be used to determine _____.

- A) a food's energy density
- B) a food's nutrient density
- C) the nutrient content of your diet
- D) the nutrient content of the foods in a recipe

- E) All of these responses are appropriate uses of nutrient databases.

28) The Dietary Guidelines for Americans are designed to reduce the risk of _____.

- A) cancer
- B) cardiovascular disease

- C) obesity
- D) All of these responses are correct.

29) The Dietary Guidelines for Americans _____.

- A) provide a scientific basis for USDA's school lunch program
- B) provide a scientific basis for the Food Stamp Program

- C) are designed to reduce the risk of "killer" diseases
- D) All of these choices are correct.

30) According to the Dietary Guidelines for Americans, those who consume alcoholic beverages should do so in moderation. Which of the following statements is true?

- A) A moderate intake is 1 or fewer servings per day for women.
- B) Beer is not considered an alcoholic beverage because it is mostly water.
- C) An average serving of red wine is 1.6 ounces per

glass.

- D) To be considered an alcoholic beverage, distilled spirits must be at least 180 proof.

31) Which government agency publishes the Dietary Guidelines for Americans?

- A) USDA
- B) USDHHS
- C) FDA

- D) USDA and USDHHS
- E) FDA and USDA

32) MyPlate groups foods into _____ major categories.

- A) 2
- B) 3

- C) 4
- D) 5

33) Which of the following is a key behavior emphasized in MyPlate?

- A) Balancingcalories
- B) Foods toincrease
- C) Foods to reduce

D) All of these responses are correct

34) According to MyPlate, amini bagel would represent _____ ounce(s) from the grains group.

- A) 0.50
- B) 1

- C) 2
- D) 3
- E) 4

35) Two cups of plain lettuce salad would equal a serving from which MyPlate food group?

- A) Protein
- B) Diary

- C) Vegetable
- D) Grain

36) MyPlate includes which food group?

- A) Dairy
- B) Vegetables
- C) Protein

D) Fruits
E) All of the responses are correct

37) What eating behavior does MyPlate specifically encourage?

- A) Make half yourplate vegetables.
- B) Make half yourplate grains.
- C) Make at least halfyour grains whole grains.

D) Add in more empty-calorie foods.

38) What counts as one serving in the dairy group?

- A) 1 cup of icecream
- B) 1 cup ofyogurt
- C) 1 cup of cottagecheese

D) 1 cup gratedcheese

39) According to MyPlate, four ounces of processed cheese equals ____ serving(s) from the Dairy group.

- A) 1
- B) 2

C) 3
D) 4

40) Which nutrient is contributed by the fruit group of MyPlate?

- A) calcium
- B) folate

C) zinc
D) protein

41) Which nutrient is best contributed by the protein foods group of MyPlate?

A) iron

B) fibre
C) vitamin C

D) vitamin A

42) The MyPlate vegetable group is divided into which subgroups?

A) Starchy vegetables, red and orange vegetables, and dark green vegetables

B) Dark green vegetables and other vegetables

C) Other vegetables, starchy vegetables, and red and yellow vegetables

D) Dark green vegetables, orange vegetables, starchy vegetables, beans and peas, and other vegetables

43) Reading food labels helps consumers _____.

A) identify amounts of salt or sodium in the product

B) determine the sugar content of the product

C) determine amount and kind of fat in the product

D) choose foods with dietary fiber

E) All of these responses are correct.

44) Mandatory labeling of foods is regulated by the _____.

A) USDHHS

B) FTC

C) FDA

D) GAO

45) Labeling laws require that ingredients in food products be listed on the container in descending order of their _____.

A) calories

B) nutrient density

C) weight

D) cost

- A) grams of total fat
- B) total calories from *trans* fat
- C) total calories from saturated fat

D) grams of monounsaturated fat

47) If a group of people consumed an amount of protein equal to the estimated average requirement for their life stage, what percentage would receive insufficient amounts?

- A) 2
- B) 33

- C) 50
- D) 98

48) What measure best describes the amounts of nutrients that should be consumed by the population?

- A) The Dietary Reference Intakes because they are a set of nutrient intake values for healthy people
- B) The Tolerable Upper Intake levels because they are the maximum daily amount of a nutrient needed that is safe for most healthy people
- C) The Estimated Average Requirements because they reflect the average daily amount of a nutrient that will maintain a specific function in half of the healthy people of a

population

- D) The Recommended Dietary Allowances because they represent the daily amount of a nutrient considered adequate to meet the known nutrient needs of nearly all healthy people

49) If a person consumed 35% of a diet providing 2500 kcalories from protein, approximately how many grams of protein would be ingested?

- A) 48
- B) 67

- C) 165
- D) 219

50) Which of the following meals represents the most

- A) medium apple, fat-free milk, turkey sandwich on whole grain bread, carrot slices
- B) graham crackers, fruit punch, salami sandwich on white bread, vegetable soup
- C) banana, pretzels with peanut butter, chicken breast

nutrient-dense meal?

wrap sandwich, diet soft drink

D) chocolate chip cookies, low-fat cheese slices on rice cakes, whole milk, peanuts

51) Which of the following represents the most energy-dense meal?

- A) broiled fish, watermelon, green beans, water
- B) whole milk, peanut butter and jelly sandwich on white bread, tortilla chips
- C) broccoli, chicken broth, strawberries, fat-free milk

D) light cream cheese on a mini bagel, vegetable soup, kiwi, salad and lemon juice dressing

52) If anticipated results are not seen after implementing various dietary changes, what is likely the recommended next step?

- A) Add extra meals to the diet.
- B) Seek the help of a registered dietician/nutritionist or physician.

C) Add in supplements.

D) Limit nutrient intake.

53) A food label that advertises the product as a “rich source of fiber” is an example of a(n)

- A) Health claim
- B) Structure/function claim

C) Nutrient claim

D) Obesity prevention claim

54) To put MyPlate into action, what would your first step be?

- A) *Compare your energy needs to servings sizes from food groups*
- B) *Cut out food groups you eat too much of*
- C) *Estimate how many calories you need*
- D) *is not addressed in the most recent Dietary Guidelines for Americans*

55) The allotment for maximum sugar per day:

- A) *is the same for all calorie ranges*
- B) *increases as calorie load increases*
- C) *decreases as calorie load increases*
- D) *is not addressed in the most recent Dietary Guidelines for Americans*

Answer Key

Test name: Chapter 02 Test Bank

1) E

All responses correct

2) D

DRIs are for people of all ages.

3) A

AI is set when too little research is available to establish an RDA.

4) C

The RDA is set to meet the needs of 97-98% of the population.

5) A

UL is the maximum daily level not likely to cause harmful effects related to toxicity.

6) B

EAR reflects average daily needs.

7) B

Essential amino acids do not have an established AMDR.

8) D

The RDAs are designed to meet the nutrient needs of 97-98% of

the population.

9) D

Nutrient dense foods provide more nutrient needs relative to calorie needs.

10) B

Daily Values are used on all Nutrition Facts Panels.

11) D

All responses are correct.

12) A

DVs are based on RDAs and DRVs.

13) D

DRVs are set for all of those nutrients.

14) B

Nutrition Facts label values are based on a 2000kcal diet.

15) A

Fat recommendations vary with caloric intake.

16) A

Name/address of food manufacturer are required on a food package.

17) C

100 kcal/serving x 4 servings/can = 400

kcal/can

18) B

Sugars, dietary fiber, and calcium are all required on the current food label.

19) B

Health claims, nutrient content claims and Nutrition Facts Panel are more strongly

regulated by the FDA.

20) B

A “Good” source is defined by “at least 10% of the DV for that nutrient in 1 serving”.

21) D

Fortified foods have at least 10% more of a nutrient than originally present in that product.

22) B

“Diets low in sugar may reduce the risk of cancer” is not a definitively proved statement

and not a permitted health claim.

23) A

“Calcium builds strong bones and teeth” is a structure/function claim because it explains

how a nutrient effects the body.

24) C

A product with a health claim cannot contain more than 10% of calories from sat fat.

25) E

All of the listed factors affect nutrient content.

26) A

Energy

27) E

All responses are correct.

28) D

All responses are correct.

29) D

All responses are correct.

30) A

One alcoholic drink per day is the definition of moderation for women.

31) D

USDA and DHHS publish the DGAs every 5 years.

32) D

MyPlate has 5 categories: fruit, vegetable, protein, grain, and dairy.

33) D

MyPlate emphasizes areas including all responses listed.

34) B

A small bagel would be 1 portion/1 ounce.

35) C

Lettuce is a vegetable and 1 serving includes 2 cups leafy vegetables.

36) E

MyPlate groups include all those listed.

37) C

“Make at least half your grains whole grains” is a specific recommendation of MyPlate.

38) B

One cup of yogurt or milk is 1 serving of dairy.

39) B

Two ounces of cheese is 1 serving from the Dairy group.

40) B

Fruit provides a source of folate. Calcium, zinc and protein are not in fruit.

41) A

Iron is found in many protein-rich foods. Vitamin C, vitamin A, and folate are generally plant-based.

42) D

Vegetables groups is further divided into subgroups as listed.

43) E

All responses are correct.

44) C

The FDA regulates mandatory labeling.

45) C

Food ingredients must be listed on the label by descending weight.

46) A

Grams of total fat is required on the Nutrition Facts Label.

47) C

EAR represents average nutrient needs and not meant to use for individuals.

48) D

RDAs are meant to be extrapolated to the population.

49) D

$2500 \text{ kcal} \times 0.35 = 875 / 4 \text{ kcal/gram} = 219$
grams

50) A

All of the items listed in this response have nutrient density.

51) B

The items listed in this response are all energy dense and contain the most relative calories.

52) B

A health care professional is likely to offer the best advice after initial attempts fail.

53) C

A nutrient claim describes the nutrient(s) in the food.

54) C

The first step is to estimate your energy needs.

55) B