

Health: The Basics, 12e (Donatelle)

Chapter 9 Nutrition: Eating for a Healthier You

1) Which of the following BEST describes appetite?

- A) It is the social meaning attached to food.
- B) It is the same as hunger.
- C) It is more psychological than physiological.
- D) It is not triggered by smells or taste.

Answer: C

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

2) In the United States, which of the following factors does NOT affect most people's choices about dietary intake?

- A) convenience
- B) cultural traditions
- C) advertising
- D) limited food supply

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

3) Which of the following is TRUE about calories?

- A) Calories are a unit of measure of the energy obtained from food.
- B) Calories are one of the basic nutrient groups.
- C) All nutrients provide calories.
- D) Caloric needs stay about the same during various life stages.

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

4) What type of proteins contain all nine essential amino acids?

- A) incomplete
- B) complete
- C) plant-source
- D) complementary

Answer: B

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

5) What substance is not soluble in water, is derived from animal-based foods and synthesized by the body, and while circulating in the blood, can accumulate on the inner walls of arteries and restrict blood flow?

- A) cholesterol
- B) high-density lipoproteins
- C) triglycerides
- D) saturated fat

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

6) All of the following points about the Dietary Guidelines for Americans are true EXCEPT that

- A) they are a set of recommendations for healthy eating.
- B) they form the basis for the MyPlate food guidance system.
- C) they provide specific recipes to facilitate meal preparation.
- D) they are designed to combat the growing obesity epidemic.

Answer: C

Diff: 2

Skill: Understanding

Section: Nutritional Guidelines

Learning Outcome: 9.2

7) What is the difference between a portion and a serving?

- A) A serving is the amount you choose to eat, and a portion is the recommended amount to be consumed.
- B) A serving is the recommended amount to be consumed, and a portion is the amount you choose to eat.
- C) A serving amount is twice the size of a portion.
- D) A serving amount is half the size of a portion.

Answer: B

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

8) One medium fruit serving is about the size of a(n)

- A) checkbook.
- B) golf ball.
- C) baseball.
- D) egg.

Answer: C

Diff: 1

Skill: Remembering

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

9) Calories from saturated fats and/or sugar in foods that have little or no nutritional value, such as ice cream and soda, are called

- A) empty calories.
- B) non-nutritive calories.
- C) soluble calories.
- D) nutrient-dense calories.

Answer: A

Diff: 2

Skill: Understanding

Section: Nutritional Guidelines

Learning Outcome: 9.2

10) Over the past three decades, daily calorie consumption by Americans has

- A) decreased slightly.
- B) primarily come from junk foods.
- C) remained about the same.
- D) increased significantly.

Answer: D

Diff: 2

Skill: Understanding

Section: Nutritional Guidelines

Learning Outcome: 9.2

11) Nutrients are

- A) the constituents in food that the body requires to function properly.
- B) units of measure that indicate the amount of energy in a particular food.
- C) made up of three basic food groups: proteins, carbohydrates, and fats.
- D) the healthful compounds found in vitamins and minerals.

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

12) Which of the following foods is the most nutrient-dense?

- A) butter
- B) low-fat milk
- C) ice cream
- D) frozen yogurt

Answer: B

Diff: 3

Skill: Applying

Section: Nutritional Guidelines

Learning Outcome: 9.2

13) Which of the following vitamins is readily excreted from the body in urine and unlikely to develop to toxic levels?

- A) vitamin A
- B) vitamin C
- C) vitamin D
- D) vitamin E

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

14) What percentage of a person's body weight is water?

- A) 10 to 30 percent
- B) 30 to 50 percent
- C) 50 to 70 percent
- D) 70 to 90 percent

Answer: C

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

15) Molecules that are the building blocks of protein are

- A) minerals.
- B) starches.
- C) amino acids.
- D) fatty acids.

Answer: C

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

16) Which of the following is FALSE about fiber?

- A) It is the indigestible portion of plant foods.
- B) It adds bulk and roughage to the diet.
- C) It helps move foods through the digestive system.
- D) It is the digestible portion of plant foods.

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

17) Which of the following foods is an example of a complete protein?

- A) pinto beans
- B) chicken breast
- C) peanuts
- D) whole-grain bread

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

18) High-fiber diets may help decrease the risk of all of the following EXCEPT

- A) colon cancer.
- B) heart disease.
- C) obesity.
- D) fibromyalgia.

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

19) Dietary fats that are solid at room temperature are made up mostly of

- A) essential fatty acids.
- B) polyunsaturated fatty acids.
- C) saturated fatty acids.
- D) monounsaturated fatty acids.

Answer: C

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

20) The milk sugar that some people can't digest properly is

- A) lactose.
- B) glucose.
- C) sucrose.
- D) fructose.

Answer: A

Diff: 1

Skill: Remembering

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

21) The complex carbohydrate form of a sugar that is stored in the liver and muscles is

- A) glucagon.
- B) galactose.
- C) glucose.
- D) glycogen.

Answer: D

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

22) Which type of fiber dissolves in water and can be digested by bacteria in the colon?

- A) soluble
- B) complex
- C) insoluble
- D) composite

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

23) Potent and essential organic compounds that promote growth and help to maintain life and health are

- A) minerals.
- B) nutrients.
- C) vitamins.
- D) additives.

Answer: C

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

24) All the following are good sources of complex carbohydrates EXCEPT

- A) oatmeal.
- B) spinach.
- C) carrots.
- D) milk.

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

25) High levels of this type of cholesterol appear to reduce the risk of atherosclerosis, or cholesterol-clogged arteries.

- A) LDL
- B) HDL
- C) Triglycerides
- D) ADL

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

26) The ideal cholesterol ratio for an individual would include

- A) high HDL and high LDL.
- B) low HDL and low LDL.
- C) low HDL and high LDL.
- D) high HDL and low LDL.

Answer: D

Diff: 4

Skill: Analyzing

Section: Essential Nutrients for Health

Learning Outcome: 9.1

27) The purpose of hydrogenating unsaturated fats is to

- A) make them more liquid at room temperature.
- B) reduce the amount of cholesterol.
- C) make them more solid at room temperature.
- D) increase the levels of protein.

Answer: C

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

28) When liquid oils are hydrogenated,

- A) LDLs are produced.
- B) *trans* fatty acids are produced.
- C) HDLs are produced.
- D) cholesterol is produced.

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

29) Which of the following has the most saturated fat?

- A) coconut oil
- B) palm kernel oil
- C) peanut oil
- D) olive oil

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

30) Taking a large amount of this vitamin can be toxic because excess amounts can accumulate in the liver.

- A) A
- B) B₆
- C) C
- D) B₁₂

Answer: A

Diff: 3

Skill: Analyzing

Section: Essential Nutrients for Health

Learning Outcome: 9.1

31) Minerals that the body needs in very small amounts are

- A) major minerals.
- B) organic minerals.
- C) trace minerals.
- D) microminerals.

Answer: C

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

32) The mineral necessary for the regulation of blood and body fluids is

- A) zinc.
- B) sodium.
- C) iodine.
- D) calcium.

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

33) The most common nutrient deficiency in the world is

- A) iron deficiency.
- B) sodium deficiency.
- C) calcium deficiency.
- D) potassium deficiency.

Answer: A

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

34) The chief function of this mineral in the body is to make teeth resistant to decay and bones resistant to mineral loss.

- A) calcium
- B) fluoride
- C) magnesium
- D) phosphorus

Answer: B

Diff: 4

Skill: Analyzing

Section: Essential Nutrients for Health

Learning Outcome: 9.1

35) Which is NOT a good source of folate?

- A) spinach
- B) liver
- C) lentils
- D) fish

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

36) Which substances protect against oxidative stress and the resultant cell damage?

- A) hormones
- B) enzymes
- C) proteins
- D) antioxidants

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

37) Riboflavin is one of the

- A) C vitamins.
- B) D vitamins.
- C) B vitamins.
- D) E vitamins.

Answer: C

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

38) Which of the following is TRUE about Recommended Dietary Allowances (RDAs)?

- A) They are the reference standard for intake levels necessary to meet the needs of most healthy individuals.
- B) They are the highest amount of a particular nutrient that can be safely consumed on a daily basis.
- C) They are the recommended average daily intake by healthy people when the research is limited.
- D) They are the amount of intake needed to prevent chronic disease.

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

39) Which of the following could be included in a vegan diet?

- A) eggs
- B) raw milk
- C) fish
- D) apples

Answer: D

Diff: 3

Skill: Applying

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

40) Kurt, who is a vegetarian, had a cheese omelet for lunch. He is a

- A) pesco-vegetarian.
- B) lacto-vegetarian.
- C) lacto-ovo-vegetarian.
- D) semivegetarian.

Answer: C

Diff: 3

Skill: Applying

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

41) To ensure safety, leftovers that have been properly wrapped and refrigerated should be eaten within

- A) one day.
- B) two days.
- C) three days.
- D) four days.

Answer: C

Diff: 1

Skill: Remembering

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

42) An increase in the spread of foodborne illness could be attributed to all of the following EXCEPT

- A) the globalization of the food supply.
- B) increased consumption of locally grown or raised food.
- C) the inadvertent introduction of pathogens into new geographic regions.
- D) insufficient education about food safety.

Answer: B

Diff: 2

Skill: Understanding

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

43) The safest way to thaw frozen food is

- A) in warm water.
- B) in the refrigerator.
- C) in sunlight.
- D) on the kitchen counter.

Answer: B

Diff: 2

Skill: Understanding

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

- 44) Substances in food or supplements that destroy free radicals and slow their formation are
- A) antioxidants.
 - B) antibiotics.
 - C) antigens.
 - D) anticoagulants.

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

- 45) According to the criteria set by the USDA, which of the following would be an appropriate label for an apple grown without toxic and persistent pesticides or fertilizers?

- A) organic
- B) 100 percent organic
- C) made with organic ingredients
- D) some organic ingredients

Answer: B

Diff: 3

Skill: Applying

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

- 46) A person who avoids all foods and food products of animal origin, including dairy and eggs, is a

- A) lacto-ovo-vegetarian.
- B) vegetarian.
- C) vegan.
- D) pesco-vegetarian.

Answer: C

Diff: 1

Skill: Remembering

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

- 47) What proportion of people avoid a particular food because they think they are allergic to it?

- A) about one-tenth
- B) about one-third
- C) about one-half
- D) about one-fourth

Answer: B

Diff: 2

Skill: Understanding

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

48) Common food allergens include all of the following EXCEPT

- A) oats.
- B) peanuts.
- C) milk.
- D) eggs.

Answer: A

Diff: 2

Skill: Understanding

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

49) The physiological need to eat to sustain life is

- A) craving.
- B) appetite.
- C) nutrition.
- D) hunger.

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

50) The psychological desire to eat is

- A) craving.
- B) appetite.
- C) nutrition.
- D) hunger.

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

51) The science that studies food and nourishment, including food composition and the physiological effects of food on the body, is

- A) biology.
- B) genetics.
- C) nutrition.
- D) medicine.

Answer: C

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

52) Which of the following foods is an example of an incomplete protein?

- A) steak
- B) kidney beans
- C) eggs
- D) fish

Answer: B

Diff: 3

Skill: Applying

Section: Essential Nutrients for Health

Learning Outcome: 9.1

53) Which of the following provides a ready source of energy for daily activities?

- A) carbohydrates
- B) proteins
- C) fats
- D) water

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

54) Which of the following play a role in developing and repairing bone, muscle, skin, and blood cells?

- A) carbohydrates
- B) proteins
- C) fats
- D) water

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

55) Which of the following is the most energy-dense source of calories in the human diet?

- A) carbohydrates
- B) proteins
- C) fats
- D) water

Answer: C

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

56) Which of the following is essential for life and is the major component of blood?

- A) carbohydrates
- B) proteins
- C) fats
- D) water

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

57) The body converts all forms of simple sugars into which of the following substances to provide energy to cells?

- A) maltose
- B) glucose
- C) starch
- D) glycogen

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

58) Carbohydrates are used by the body primarily for

- A) antioxidants.
- B) short-term energy.
- C) sustained energy.
- D) tissue growth and healing.

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

59) A condition in which a person experiences a depletion of body fluids is

- A) dehydration.
- B) hyponatremia.
- C) anemia.
- D) desalination.

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

60) What percentage of fruits and vegetables is water?

- A) 8 to 10 percent
- B) 20 to 25 percent
- C) about 50 percent
- D) 80 to 95 percent

Answer: D

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

61) Alicia doesn't eat meat, cheese, or eggs. She is making her shopping list for the week and wants to make sure that she buys beans, nuts, grains, and seeds to meet her protein needs.

Combining two or more of these plant sources in a meal will provide her with

- A) simple carbohydrates.
- B) complementary proteins.
- C) resistant proteins.
- D) omega-3 fats.

Answer: B

Diff: 3

Skill: Applying

Section: Essential Nutrients for Health

Learning Outcome: 9.1

62) A grain that contains the bran, germ, and endosperm is a

- A) milled grain.
- B) refined grain.
- C) whole grain.
- D) raw grain.

Answer: C

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

63) About 95 percent of total body fat is made up of

- A) triglycerides.
- B) cholesterol.
- C) cellulite.
- D) water.

Answer: A

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

64) Which form of fat poses high risks for heart disease and cardiac-related death?

- A) omega-3 fats
- B) omega-6 fats
- C) monounsaturated fats
- D) *trans* fats

Answer: D

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

65) Foods believed to have additional health benefits beyond the basic nutrition they provide are known as

- A) health foods.
- B) functional foods.
- C) curative foods.
- D) organic foods.

Answer: B

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

66) On a food product label, the amount shown as % Daily Value shows

- A) how many servings are in the package.
- B) the number of calories in a serving.
- C) how much of an average adult's allowance for a nutrient is in one serving.
- D) the food's nutrient-density score.

Answer: C

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

67) Which controversial process is used by some food growers to enhance production and create disease- or insect-resistant plants?

- A) cross pollination
- B) genetic modification
- C) crop rotation
- D) soil rejuvenation

Answer: B

Diff: 2

Skill: Understanding

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

68) One of the keys to eating well in college is to

- A) eat a complete breakfast.
- B) never eat meals out.
- C) only eat salad.
- D) avoid all fats.

Answer: A

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

69) As a student seeking a healthy diet, which of the following tips is NOT recommended when eating fast food?

- A) Ask for nutritional analyses of food items.
- B) Eat salads and add all available food options.
- C) Try baked "fries" rather than traditional french fries.
- D) Avoid giant-size portions of food or drink.

Answer: B

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

70) Silvio wants to eat a healthy meal in the college dining hall. Which of the following choices is the BEST thing he can order?

- A) salad made up of lettuce and creamy dressing
- B) fried chicken in mushroom sauce
- C) baked potato with salsa
- D) apple and a donut

Answer: C

Diff: 3

Skill: Applying

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

71) Which of the following is a good tip for simple, healthy eating while going to college?

- A) Buy packaged foods to save money.
- B) Make sure half of what you eat is protein.
- C) Eat as much as possible when you can to avoid getting hungry later.
- D) Eat snacks such as dried fruit, nuts, and yogurt without added sugar.

Answer: D

Diff: 3

Skill: Applying

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

72) How can you eat well and save money when living as a student on a tight budget?

- A) Buy large amounts of produce at one time.
- B) Buy prewashed and precut vegetables to save time.
- C) Buy and eat fruit and vegetables when they are in season.
- D) Buy frozen food in small amounts because it's more expensive.

Answer: C

Diff: 3

Skill: Applying

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

73) Dietary supplements are generally NOT recommended for which of the following groups of people?

- A) pregnant women
- B) people on low-calorie weight loss diets
- C) healthy individuals wanting to boost their energy levels
- D) patients with malabsorption problems or other significant health issues

Answer: C

Diff: 4

Skill: Analyzing

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

74) Which of the following statements is TRUE about organic foods as compared to traditionally grown foods?

- A) They have better nutrient quality.
- B) They are likely to have lower pesticide residues.
- C) They are declining in sales and market share.
- D) They are always locally grown and produced.

Answer: B

Diff: 4

Skill: Analyzing

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

75) Individuals need more protein if they are pregnant, fighting off a serious infection, or recovering from surgery or burns.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

76) Simple sugars provide short-term energy.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

77) Many processed foods contain added sodium and sugar.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

78) Fats should make up less than 10 percent of daily calories consumed.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

79) Iron deficiency anemia is characterized by feeling tired and run down.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

80) Antioxidants have been scientifically proven to slow the aging process.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Essential Nutrients for Health

Learning Outcome: 9.1

81) Eating yogurt provides probiotics that are thought to reduce the risk of certain gastrointestinal disorders.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Essential Nutrients for Health

Learning Outcome: 9.1

82) Food allergy and food intolerance mean the same thing.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

83) Dietary supplements are not regulated like other food and drug products.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

84) Nutritional supplements would not be advised for alcohol-dependent individuals.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

85) A locavore is someone who makes a point of eating out in his or her own neighborhood.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

86) Organic farming is better for the environment.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4

87) Most fast food chains do not offer nutritional analyses of their food.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

88) It costs more to eat a nutrient-dense diet than to eat a nutrient-poor diet.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

89) Summarize the recommendations of the Dietary Guidelines and MyPlate food guidance system for healthy eating.

Answer: The Dietary Guidelines for Americans and the MyPlate system are provided by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA). They contain the following recommendations:

1. Balance calories by eating smaller portions of a variety of foods.
2. Eat more nutrient-dense foods, making half your plate fruits and vegetables, one-quarter of your plate whole grains, and one-quarter protein foods low in saturated fat. Use fat-free or 1 percent milk instead of higher-fat versions.
3. Reduce intake of sodium and empty-calorie foods. Drink more water instead of sugary drinks.
4. Aim for at least 30 minutes of moderate daily physical activity.

Diff: 4

Skill: Analyzing

Section: Nutritional Guidelines

Learning Outcome: 9.2

90) Explain what fiber is, discuss its benefits in a healthy diet, and list food groups that tend to be high in fiber.

Answer: Fiber, sometimes referred to as "bulk" or "roughage," is the indigestible portion of plant foods that helps move foods through the digestive system, delays absorption of cholesterol and other nutrients, and softens stools by absorbing water. A high-fiber diet is important for healthy bowel functioning and is thought to reduce the risk for obesity, colon and rectal cancers, heart disease, constipation, and possibly even type 2 diabetes. Foods high in fiber include many fruits, legumes and other vegetables, whole grains, and nuts and seeds.

Diff: 4

Skill: Analyzing

Section: Essential Nutrients for Health

Learning Outcome: 9.1

91) Identify two vitamins that may be low in a vegan diet, and explain why.

Answer: Vitamin D: The best food sources of vitamin D are fatty fish and fortified cow's milk. These foods are not included in a vegan diet. Thus, the vegan has to consume adequate vitamin D from fortified milk alternatives, other fortified foods and beverages, and/or dietary supplements. Although the body can synthesize adequate levels of vitamin D provided that the person has sufficient exposure to sunlight, most people, especially in northern latitudes, cannot rely on skin synthesis.

Vitamin B₁₂: The only natural sources of vitamin B₁₂ are animal-based foods, which are not included in a vegan diet. Thus, the vegan has to consume adequate vitamin B₁₂ from fortified milk alternatives, other fortified foods and beverages, and/or dietary supplements.

Diff: 4

Skill: Analyzing

Section: How Can I Eat More Healthfully?

Learning Outcome: 9.3

92) Explain the difference between a food allergy and a food intolerance. Give examples of each.

Answer: A food allergy is an immune hypersensitivity—an overreaction by the immune system—to a protein in a food. It can produce discomfort such as a rash or abdominal cramps, or more serious symptoms, such as impaired breathing or even life-threatening, body-wide inflammation and cardiovascular problems known as anaphylaxis. Common food allergens are milk, peanuts, eggs, wheat, soy, tree nuts, fish, and shellfish.

Food intolerance is not due to an immune hypersensitivity. Rather, it reflects the body's inability to digest some component of a food. Although it may produce physical symptoms such as bloating, abdominal cramps, and diarrhea, they tend to be temporary and resolve as soon as the food has passed through the gastrointestinal tract. The most common food intolerance is to the lactose disaccharide in milk. Many people believe that they have an intolerance to gluten, a protein found in wheat, rye, and barley. Gluten intolerance is not the same as celiac disease, which is a serious autoimmune disorder in which an affected person's immune system produces an inflammatory response in the small intestine whenever the person consumes gluten. The immune response degrades the lining of the small intestine, reducing nutrient absorption, and leading to weight loss, pain, and other signs and symptoms.

Diff: 4

Skill: Analyzing

Section: Food Safety: A Growing Concern

Learning Outcome: 9.4