

Chapter 2 Tools for Healthy Eating

Multiple-Choice Questions

1) The nutrition facts panel lists the Daily Values for vitamin C and vitamin _____.

- A) A
- B) D
- C) E
- D) K

Answer: A

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2) The approximate amount of a nutrient that groups of similar individuals are consuming to maintain good health is defined as

- A) Estimated Average Requirement (EAR).
- B) Recommended Dietary Allowance (RDA).
- C) Adequate Intake (AI).
- D) Dietary Reference Intakes (DRI).

Answer: C

Page Ref: 33

3) Based on the EAR, the _____ represents an amount that meets the needs of 97 to 98 percent of healthy individuals in an age/gender group.

- A) Recommended Dietary Allowance (RDA)
- B) Acceptable Macronutrient Distribution Range (AMDR)
- C) Adequate Intake (AI)
- D) Dietary Reference Intakes (DRI)

Answer: A

Page Ref: 33

4) The range of intakes for the energy-containing nutrients are called the _____
Macronutrient Distribution Range.

- A) Admissible
- B) Recommended
- C) Advisable
- D) Acceptable

Answer: D

Page Ref: 33

5) The higher the consumption above the UL, the higher the risk of

- A) chronic disease.
- B) toxicity.
- C) indigestion.
- D) overnutrition.

Answer: B

Page Ref: 32

6) Which of the following does NOT represent a nutrition message from ChooseMyPlate.gov?

- A) avoid oversized portions
- B) increase fruits and vegetables
- C) reduce sugary drinks
- D) increase portions of meat, chicken and fish

Answer: D

Page Ref: 398

7) The relationship between the amounts of different foods in MyPlate emphasize the concept of

- A) nutrient density.
- B) proportionality.
- C) color.
- D) energy density.

Answer: B

Page Ref: 39

8) Which of the following is not represented on MyPlate?

- A) grains
- B) dairy
- C) vegetables
- D) oils

Answer: D

Page Ref: 39

9) Which of the following is NOT a tip to increase the variety of foods in the diet?

- A) make half your grains whole
- B) vary your veggies
- C) sweeten with sugars
- D) focus on fruits

Answer: C

Page Ref: 3942

10) Which of the following statements is true when comparing potato chips with a baked potato?

- A) A baked potato is a more nutrient dense option than chips.
- B) A medium baked potato is more energy dense than an ounce of potato chips.
- C) Potato chips can be functional foods.
- D) A medium baked potato is comparable to an ounce of potato chips in terms of vitamin content.

Answer: A

Page Ref: 40

11) The _____ Values listed on the Nutrition Facts panel of a product are general reference levels for the nutrients listed on the food label.

- A) Reference
- B) Daily
- C) Recommended
- D) Acceptable

Answer: B

Page Ref: 50

12) The Daily Values on a food label are based on how many dietary calories?

- A) 1600
- B) 2000
- C) 2200
- D) 2500

Answer: B

Page Ref: 50

13) Define a functional food.

- A) A food that has a positive effect on health that is a sum of its basic nutrients.
- B) A food that functions like the nutrients that it does not contain.
- C) A food that can be used as a drug to treat illness.
- D) A food that has a positive effect on health beyond its basic nutrients.

Answer: D

Page Ref: 58

14) Which of the following is NOT an example of a phytochemical?

- A) omega 3 fatty acid
- B) lycopene
- C) beta glucan
- D) isothiocyanate

Answer: A

Page Ref: 598

15) Which of the following is an example of a zoochemical?

- A) flavonols
- B) omega 3 fatty acid
- C) beta glucan
- D) soy protein

Answer: B

Page Ref: 598

16) Which of the following is not a type of claim found on food products?

- A) daily allowance claim
- B) nutrient content claim
- C) health claim
- D) structure/function claim

Answer: A

Page Ref: 52

17) All of the following are listed on a food label EXCEPT

- A) ingredients.
- B) address of manufacturer.
- C) origin of ingredients.
- D) serving sizes.

Answer: C

Page Ref: 48

18) The nutrient that should comprise 10 — 35% of daily calories is

- A) carbohydrates.
- B) lipids.
- C) proteins.
- D) vitamins.

Answer: C

Page Ref: 33

19) The AMDRs are ranges set for which nutrients?

- A) carbohydrates, fats, proteins
- B) vitamins and minerals
- C) all nutrients
- D) all non-nutritive substances

Answer: A

Page Ref: 33

20) Found in dairy products such as yogurt, _____ are a functional food and may support intestinal health.

- A) isoflavones
- B) probiotics
- C) anthocyanins
- D) beta glucan

Answer: B

Page Ref: 59

21) The average amount of a nutrient that is known to meet the needs of 50 percent of the individuals in a similar age and gender group is known as the

- A) Estimated Average Requirement (EAR).
- B) Recommended Dietary Allowance (RDA).
- C) Adequate Intake (AI).
- D) Dietary Reference Intakes (DRI).

Answer: A

Page Ref: 33

22) The highest amount of a nutrient that can be consumed without harm in a similar age and group of individuals is the

- A) Recommended Dietary Allowance (RDA).
- B) Adequate Intake (AI).
- C) Dietary Reference Intakes (DRI).
- D) Tolerable Upper Intake Level (UL).

Answer: D

Page Ref: 33

23) According to the Acceptable Macronutrient Distribution Range (AMDR), what percentage of your daily calories should be provided by carbohydrates?

- A) 20 to 35 percent
- B) 45 to 65 percent
- C) 10 to 35 percent
- D) 5 to 20 percent

Answer: B

Page Ref: 33

24) According to the Acceptable Macronutrient Distribution Range (AMDR), what percentage of your daily calories should be provided by fat?

- A) 20 to 35 percent
- B) 45 to 65 percent
- C) 10 to 35 percent
- D) 5 to 20 percent

Answer: A

Page Ref: 33

25) Which of the following types of health claim is based on evidence that is still emerging?

- A) authorized health claim
- B) qualified health claim
- C) health claim based on authoritative statements
- D) structural/functional claim

Answer: B

Page Ref: 56

26) Which of the following do NOT have an Acceptable Macronutrient Distribution Range (AMDR)?

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

Answer: B

Page Ref: 33

27) Which of the following was developed out of concern over the incidence of overnutrition among Americans?

- A) Acceptable Macronutrient Distribution Range (AMDR)
- B) Dietary Reference Intakes (DRIs)
- C) Dietary Guidelines for Americans
- D) Estimated Average Requirement

Answer: C

Page Ref: 35

28) Which of the following statements most accurately describes MyPlate?

- A) a visual model of the 2005 Dietary Guidelines for Americans
- B) a graphic representation of the 2010 Dietary Guidelines for Americans
- C) a pyramid-shaped overview of the components of ethnic diets
- D) a visual guide to the Calories and fat content of fast-food meals

Answer: B

Page Ref: 38

29) The primary food groups emphasized in the MyPlate graphic are:

- A) grains, vegetables, fruits, dairy foods, meats and beans, and oil.
- B) meats, sweets, eggs and poultry, fish, vegetable oils, fruits and vegetables, and legumes.
- C) grains, nuts and seeds, oil, fruits, and vegetables.
- D) grains, vegetables, fruits, dairy, and protein.

Answer: D

Page Ref: 39

30) To help individuals consume appropriate Calories and nutrients, MyPlate emphasizes the consumption of foods with:

- A) no added sugar and with either no fat or the leanest fat content.
- B) no added oils or dairy protein.
- C) a nutrient-dense, high-protein and high-fat content.
- D) no artificial or highly allergenic ingredients.

Answer: A

Page Ref: 43

31) One half of the "plate" in the MyPlate eating plan consists of:

- A) protein.
- B) grains.
- C) fruits and vegetables.
- D) dairy.

Answer: C

Page Ref: 39

32) MyPlate's dairy cup graphic serves as a reminder to consume what quantity and type of calcium-rich foods daily?

- A) 1 cup of whole milk and 1 1/2 ounces of cheese
- B) 1 cup of fat-free milk or yogurt or equivalent non-dairy sources
- C) 2 cups of low-fat or fat-free dairy products or equivalent non-dairy sources
- D) 3 cups of low-fat or fat-free dairy products or equivalent non-dairy sources

Answer: D

Page Ref: 42

33) Since he was a child, Hiram's favorite home-cooked meals have been protein- and fat-rich dinners of steak and French fries and fried chicken with mashed potatoes and gravy. How can Hiram modify his choices to more closely follow MyPlate's recommendations for a healthful diet?

- A) Eliminate the potatoes from his meals.
- B) Choose lean meats and poultry and bake, broil, or grill them.
- C) Choose fried chicken instead of steak.
- D) Serve each meal with 1/2 cup of salad and 2 ounces of cheese.

Answer: B

Page Ref: 42

34) MyPlate's recommended serving size for grains and proteins is measured in:

- A) ounces or ounce-equivalents (oz-equivalent or oz eq).
- B) cups.
- C) grams.
- D) Calories.

Answer: A

Page Ref: 42-43

35) A practical way to gauge an appropriate portion size is to use the hands as a guide. Which of the following represents one cup of pasta or vegetables?

- A) a woman's fist
- B) a man's fist
- C) both hands cupped together to form a bowl
- D) a woman's palm

Answer: A

Page Ref: 44

- 36) Samira is concerned about eating a healthful amount of nutrient-rich vegetables every day. Based on MyPlate, what would be a practical suggestion to guide her daily choices?
- A) Eat at least 1 cup of potatoes and other light-colored vegetables at every meal.
 - B) Eat at least 2 cups of salad at breakfast, lunch, and dinner.
 - C) Eat at least 2 1/2 cups of a variety of vegetables, especially dark-green and orange vegetables and beans and peas.
 - D) Eat at least 5 cups of a variety of vegetables, including dark-green and orange vegetables and beans and peas.

Answer: C

Page Ref: 42

- 37) Which of the following is NOT an advantage of MyPlate?
- A) It can be accessed on the Internet.
 - B) It can be personalized to meet an individual's Calorie and nutrient requirements.
 - C) It offers a variety of food choices.
 - D) It offers a set meal plan for everyone.

Answer: D

Page Ref: 39

- 38) Which of the following counts as one serving of the grains group, according to MyPlate?
- A) 2 slices of whole-wheat bread
 - B) 1/2 cup of cooked brown rice
 - C) 1 cup of pasta
 - D) 1 hamburger bun

Answer: B

Page Ref: 42

- 39) MyPlate's serving-size recommendations counter which significant social trend that contributes to excess Calorie intake and weight gain?
- A) increasing popularity of ethnic food choices
 - B) rising rates of food allergies
 - C) lack of affordable fresh fruits and vegetables at most supermarkets
 - D) dramatic increase in portion sizes

Answer: D

Page Ref: 42, 47

- 40) For a healthy adult consuming a standard 2,000-kcal/day diet, which of the following meets MyPlate's recommended daily serving of fruit?
- A) 1/2 of a grapefruit for breakfast and 1/2 cup of strawberries for dessert
 - B) 1 cup of orange juice at every meal
 - C) 1 cup of pears (1 medium pear) at lunch and 1 cup of fruit salad with dinner
 - D) 1/4 cup of dried apricots for a snack

Answer: C

Page Ref: 42, 43, 45

41) Which statement about alcohol consumption is FALSE?

- A) A woman of childbearing age who may become pregnant should avoid alcohol.
- B) A person taking medication that can interact with alcohol should avoid alcohol.
- C) Consuming alcohol in moderation may be heart-healthy for some individuals
- D) A lactating woman should limit alcohol intake to two servings per day.

Answer: D

Page Ref: 37

42) MyPlate is a food guidance system that illustrates the recommendations in the Dietary Guidelines for Americans and what you should consume to meet

- A) the Dietary Reference Intakes.
- B) the Healthy People 2020 goals.
- C) the DASH diet.
- D) Daily Values.

Answer: A

Page Ref: 38

43) Which of the following is NOT the preferred way of preparing meat and poultry?

- A) broil
- B) bake
- C) fry
- D) grill

Answer: C

Page Ref: 42

44) When estimating portion size, a woman's fist is about

- A) a quarter cup of pasta.
- B) half a cup of pasta.
- C) one cup of pasta.
- D) two cups of pasta.

Answer: C

Page Ref: 44

45) Which of the following is required on a standard food label?

- A) the net density of the contents
- B) the net weight
- C) health benefits of the product
- D) a nutrient content claim

Answer: B

Page Ref: 48

46) Which of the following does NOT need to be on a food label?

- A) vitamin D
- B) vitamin C
- C) calcium
- D) iron

Answer: A

Page Ref: 48

47) In what order are ingredients listed on a food label?

- A) alphabetical
- B) random
- C) liquids first, then solids
- D) descending order by weight

Answer: D

Page Ref: 48

48) A food is considered low in a nutrient if it provides

- A) 1 percent or less of the Daily Value.
- B) 2 percent or less of the Daily Value.
- C) 5 percent or less of the Daily Value.
- D) 7 percent or more of the Daily Value.

Answer: C

Page Ref: 50

49) If one cup of reduced-fat milk provides 8 percent of your Daily Value for fat, this means that

- A) 8 percent of the calories in the milk are from fat.
- B) 8 percent of the calories in the milk are from saturated fat.
- C) the cup of milk provides 8 percent of the total fat allowed in the day.
- D) the cup of milk provides 8 percent of the total calories allowed in the day.

Answer: C

Page Ref: 50

50) A food is considered high in a nutrient if it provides

- A) 5 percent or more of the Daily Value.
- B) 10 percent or more of the Daily Value.
- C) 15 percent or more of the Daily Value.
- D) 20 percent or more of the Daily Value.

Answer: C

Page Ref: 50

51) The term fat-free on a food label is an example of

- A) a structure/function claim.
- B) a nutrient content claim.
- C) an authorized health claim.
- D) a qualified health claim.

Answer: B

Page Ref: 52

52) Which of the following compounds found in tomatoes may reduce the risk of prostate cancer?

- A) lycopene
- B) probiotics
- C) beta-glucan
- D) anthocyanins

Answer: A

Page Ref: 59

53) A food label claims that the food is a "good source of vitamin C." This means that the food

- A) provides 50 percent of the Daily Value for vitamin C.
- B) provides more than 20 percent of the Daily Value for vitamin C.
- C) provides 10 to 19 percent of the Daily Value for vitamin C.
- D) has vitamin C in it, but the amount is undetermined.

Answer: C

Page Ref: 54

54) A health claim linking dietary fat and cancer is an example of

- A) an authorized health claim.
- B) a qualified health claim.
- C) a health claim based on authoritative statements.
- D) a nutrient content claim.

Answer: A

Page Ref: 55

55) All of the following are found on a food label EXCEPT

- A) trans fat.
- B) polyunsaturated fat.
- C) sugars.
- D) dietary fiber.

Answer: B

Page Ref: 49

56) Which of the following is NOT a structure/function claim?

- A) The soluble fiber in beans can help you lower your cholesterol.
- B) Calcium builds strong bones.
- C) Fiber maintains regularity.
- D) Antioxidants help support a healthy immune system.

Answer: A

Page Ref: 53

True/False Questions

1) A person who is overnourished can also be malnourished.

Answer: TRUE

Page Ref: 31

2) All foods with a health claim can also be marketed as functional foods.

Answer: TRUE

Page Ref: 56

3) The claim "calcium builds strong bones" is an example of a health claim.

Answer: FALSE

Page Ref: 54

4) A "reduced fat" cookie must have at least 25 percent less fat per serving than the original type.

Answer: TRUE

Page Ref: 54

5) The definitions for the terms "lean" and "extra lean" are based only on the total fat content of the product.

Answer: FALSE

Page Ref: 54

6) A food labeled "low in calories" has fewer calories than a food labeled "reduced calories."

Answer: TRUE

Page Ref: 54

7) The Dietary Reference Intakes (DRIs) are issued by the Food and Drug Administration.

Answer: FALSE

Page Ref: 32

8) Fat should comprise 20 to 35 percent of your daily calories.

Answer: TRUE

Page Ref: 33

9) The food guidance systems from Great Britain, Korea, Portugal, and Puerto Rico all recommend a plant-based diet with some lean meats, poultry, and fish.

Answer: TRUE

Page Ref: 38

10) Whole milk is more nutrient dense than skim milk.

Answer: FALSE

Page Ref: 40

11) A food labeled "calorie free" must have zero calories.

Answer: FALSE

Page Ref: 54

12) The Daily Value for protein is not listed on most labels.

Answer: TRUE

Page Ref: 50

13) Oils is one of the five food groups of MyPlate.

Answer: FALSE

Page Ref: 39

14) MyPlate emphasizes moderation, variety, proportionality, and personalization in developing a healthful eating plan.

Answer: TRUE

Page Ref: 39

15) MyPlate recommends choosing whole grains for every daily grain serving.

Answer: FALSE

Page Ref: 39

16) The FDA and the USDA MyPlate have developed consistent standardized serving sizes for all foods.

Answer: FALSE

Page Ref: 46

17) The USDA MyPlate was introduced in 2011.

Answer: TRUE

Page Ref: 38

18) The Daily Values (DVs) on the food label are based on a 1,500-calorie diet in order to discourage obesity.

Answer: FALSE

Page Ref: 50

19) A soup labeled "low sodium" would have less sodium than a food labeled "less sodium."

Answer: TRUE

Page Ref: 53

20) A qualified health claim is less well-established than an authorized health claim.

Answer: TRUE

Page Ref: 55

21) A single serving of a functional food is enough to gain the beneficial effect of the food compound.

Answer: FALSE

Page Ref: 59

22) A phytochemical is found in plant-based foods, and a zoochemical is found in animal-based foods.

Answer: TRUE

Page Ref: 58

23) Studies show that if you give people larger portions of food, they eat more at that meal.

Answer: TRUE

Page Ref: 46

24) Americans typically don't eat enough fiber, vitamin A, vitamin C, and iron.

Answer: TRUE

Page Ref: 50

25) The DRIs are listed on the nutrition facts panel to help consumers make wise choices.

Answer: FALSE

Page Ref: 49

Short Answer Questions

1) What five reference values comprise the Dietary Reference Intakes (DRIs)? Provide both the abbreviation and the full title for each value.

Answer: The five reference values are EAR—Estimated Average Requirements; UL—Tolerable Upper Intake Level; RDA—Recommended Dietary Allowance; AI—Adequate Intake; and AMDR—Acceptable Macronutrient Distribution Range.

Page Ref: 32

2) Explain how a person can be obese and malnourished at the same time.

Answer: A person can be obese due to an excessive intake of calories but still not be getting the required amounts of nutrients and can therefore be malnourished. Malnourishment is the long-term outcome of consuming a diet that doesn't meet nutrient needs.

Page Ref: 30

3) What is the difference between the Estimated Average Requirement (EAR) and the Recommended Dietary Allowance (RDA)?

Answer: The EAR is an average requirement, whereas the RDA is a value set that covers the needs of 97 to 98 percent of the population.

Page Ref: 33

4) Why is exceeding the Tolerable Upper Intake Level (UL) for a nutrient not recommended?

Answer: Consuming more than the UL for a nutrient may result in toxicity and damage to organs, especially the liver.

Page Ref: 33

5) How can you "spend" your discretionary calorie allowance?

Answer: These calories can be used for extra servings from the food groups (grain, fruit, vegetable, meat and milk) or as added fat, sweets, or desserts.

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Essay Questions

1) List strategies that you can use at home, when eating out, and when shopping to control your portion sizes.

Answer: At home, measure food to develop an "eye" for correct sizes, use smaller plates, keep serving dishes off the table, store leftovers in measured portions, avoid eating snacks directly from the bag or box, and cook smaller portions. When eating out, ask for half orders, choose an appetizer as the entrée, and take part of the meal home. When shopping, read food labels, buy pre-portioned servings, and divide packages of snacks into individual portions.

Page Ref: 47

2) Compare and contrast a food guidance system from another country with MyPlate.

Answer: Students may compare the U.S. MyPlate to the Asian one and notice that grains are still the foundation of a healthy diet. However, the Asian diet does not include dairy. The Mediterranean diet includes daily olive oil and meat only once or twice a month; it also recommends moderate alcohol intake.

Page Ref: 38

3) Felice is 20 years old and stays busy all day with school and work. She has little time for regular exercise, though she occasionally walks to class rather than riding the bus. Provide a meal plan (breakfast, lunch, dinner, and a snack) for her that meets MyPlate's recommendations for a healthful daily intake. In addition, offer suggestions for physical activity for Felice based on MyPlate.

Answer: Answers will vary but should list meal plans for breakfast, lunch, dinner, and a snack that meet the daily MyPlate requirements of 2 cups of fruit; 2 1/2 cups of vegetables (especially dark-green and orange vegetables, beans and legumes); 6 servings of grains (half of them whole grains); 3 cups of low-fat or fat-free dairy foods or equivalent high-calcium lactose-free dairy products or calcium-fortified juices; and 5 1/2 ounces of low-fat or lean meats or poultry, fish, soy, beans, nuts, and seeds. Suggestions for physical activity should offer ways to increase level of physical activity, e.g. increasing the number of times Felice walks to class every week.

Page Ref: 39-45

4) Discuss the importance of portion control in a healthful diet and describe the difficulties in determining proper portion size. Describe how MyPlate encourages portion control.

Answer: Portion control encourages moderation and a balance of calories. Difficulties include the trend of increasing portion sizes and the lack of standardization of portion sizes. MyPlate encourages portion control by recommending serving sizes and the number of servings to choose from each food group.

Page Ref: 39, 42, 46-47

5) Using two food labels from different brands for similar foods (such as ice cream), compare the foods and discuss why one is superior to the other.

Answer: Students should compare calories per serving, grams of fat, carbohydrates, and protein per serving. When looking at fat, saturated versus unsaturated should be noted. When looking at carbohydrates, students should comment on starch, sugar, and fiber content. Lastly, students should compare the vitamin and mineral content listed.

Page Ref: 51

6) What is a functional food? Describe how both naturally-occurring and packaged functional foods can be part of a healthy, well-balanced diet.

Answer: A functional food is a food that has a positive effect on health beyond providing basic nutrients. Naturally occurring phytochemicals and zoochemicals are found in whole grains, fruits, vegetables, fish, dairy products, and healthy vegetable oils. These foods can be part of a healthy diet. Packaged functional foods can be consumed with attention to avoiding overconsumption of one compound. A registered dietitian (RD) can provide advice on the benefits of functional foods in the diet and how to balance them with food intake.

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