

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the factors to consider in planning diets? 1) _____
- A) moderation B) variety C) Calorie control D) adequacy

Answer: A

Explanation: A)
B)
C)
D)

- 2) Which of the following foods has the greatest nutrient density? 2) _____
- A) 8 fluid ounces of strawberry soda (100 kcal)
B) 2 tablespoons of strawberry jelly (100 kcal)
C) 1 cup of fresh strawberries (100 kcal)
D) 2 cups of strawberry Lifesavers (200 kcal)

Answer: C

Explanation: A)
B)
C)
D)

- 3) If Alexandra were to consume all of her protein from milk and cheese, she might develop which deficiencies over time? 3) _____
- A) riboflavin and vitamin A B) calcium and phosphorus
C) protein and vitamin D D) zinc and iron

Answer: D

Explanation: A)
B)
C)
D)

- 4) What recommendation does the 2010 Dietary Guidelines for Americans make about consumption of saturated fats? 4) _____
- A) Strive for at least five servings daily of butter and other nutrient-rich saturated fats.
B) Eliminate all saturated fat from the diet.
C) There is no need to monitor daily consumption of dietary fat.
D) Less than 10% of total daily Calories should come from saturated fat.

Answer: D

Explanation: A)
B)
C)
D)

5) Eating the right amount of foods to maintain a healthful diet is called 5) _____
A) adequacy. B) moderation. C) variety. D) balance.

Answer: B

Explanation: A)
B)
C)
D)

6) Which part of a food label is the primary tool for determining the healthfulness of the product? 6) _____
A) statement of identity B) Nutrition Facts panel
C) net contents of package D) name and address of the manufacturer

Answer: B

Explanation: A)
B)
C)
D)

7) Which of the following is a limitation of the USDA MyPlate? 7) _____
A) MyPlate recommends that all grains consumed should be whole grains.
B) MyPlate replaces ethnic variations of the USDA Food Guide Pyramid.
C) MyPlate does not illustrate the benefits of regular physical activity.
D) The USDA MyPlate goes too far in encouraging individuals to consume healthier foods.

Answer: C

Explanation: A)
B)
C)
D)

8) Moderate alcohol consumption for men is defined as consuming 8) _____
A) no more than two drinks per day. B) no alcohol at all.
C) no more than one drink per day. D) no more than one drink per week.

Answer: A

Explanation: A)
B)
C)
D)

9) Which of the following was intended to promote MyPlate's daily use for choosing healthful foods? 9) _____
A) vegan-friendly graphics
B) user-friendly graphics and food group organization
C) graphics showing low-quality carbohydrates to avoid
D) its pyramid shape ranking food groups

Answer: B

Explanation: A)
B)
C)
D)

- 10) Which of the following equals one serving of the USDA Food Patterns' vegetable group? 10) _____
A) 1/2 oz of almonds B) 2 cups of raw spinach
C) 16 fl oz of tomato juice D) 1 tablespoon peanut butter

Answer: B

Explanation: A)
B)
C)
D)

- 11) Which of the following is NOT one of the improvements in the 2010 revision of the Dietary Guidelines for Americans? 11) _____

- A) replacing red meat with fish and chicken
B) replacing unhealthy fats with healthy fats
C) cutting out red meat, butter, cheese, and sugar
D) increased emphasis on eating more legumes, vegetables, fruits, whole grains, and nuts

Answer: C

Explanation: A)
B)
C)
D)

- 12) Diets high in sugar promote 12) _____
A) diabetes. B) elevated blood pressure.
C) tooth decay. D) hyperactivity.

Answer: C

Explanation: A)
B)
C)
D)

- 13) The statement of identity on a food label indicates the 13) _____
A) complete list of every ingredient contained in the food product.
B) date, time, and location that the food product was produced.
C) name and address of the food manufacturer.
D) common and identifiable name of the food product.

Answer: D

Explanation: A)
B)
C)
D)

- 14) Excess sodium in the diet is linked to what disease in some individuals? 14) _____
A) high blood pressure B) hyperactivity
C) cancer D) obesity

Answer: A

Explanation: A)
B)
C)
D)

15) Suzie generally prepares the majority of meals for her household. Even though she always prepares meals that offer enough Calories and nutrients for her family of four, she tends to make the same meals repeatedly. Which one of the characteristics of a healthy diet is Suzie NOT incorporating into her meal planning? 15) _____

- A) variety B) adequacy C) balance D) moderation

Answer: A

Explanation: A)
B)
C)
D)

16) MiPlato, the Spanish language version of MyPlate, recommends 16) _____

- A) daily lean meat consumption.
B) beans, legumes, and cheese as primary protein sources.
C) cheese and yogurt in moderation.
D) a variety of choices from the five major food groups.

Answer: D

Explanation: A)
B)
C)
D)

17) Which of the following explains why many people eat too large a portion of snack foods and meat and too small a portion of fruits and vegetables? 17) _____

- A) hunger-inhibiting phytochemicals found in fruits and vegetables
B) lack of knowledge of how big a serving size is
C) hunger-promoting probiotics found in snack foods and meat
D) lack of food labels on snack foods and meat

Answer: B

Explanation: A)
B)
C)
D)

18) Which of the following do some experts consider unnecessary to include as much as in the MyPlate recommendations? 18) _____

- A) protein B) fruits C) grains D) dairy

Answer: D

Explanation: A)
B)
C)
D)

19) According to the USDA Food Patterns, which of the following foods is NOT a food that is considered to have empty Calories? 19) _____

- A) grapes B) fruit drinks C) whole milk D) chocolate cake

Answer: A

Explanation: A)
B)
C)
D)

20) Which of the following is an ounce-equivalent serving from the USDA Food Patterns? 20) _____
A) one small pancake B) two small pancakes
C) 1 cup of cooked brown rice D) 2 slices of bread

Answer: B
Explanation: A)
B)
C)
D)

21) Which of the following is NOT required on a food label? 21) _____
A) statement of identity B) name and address of the vendor
C) taste of the food D) net contents of the package

Answer: C
Explanation: A)
B)
C)
D)

22) Planning a meal that includes many different-colored foods is an example of which characteristic of a healthful diet? 22) _____
A) variety B) moderation C) balance D) adequacy

Answer: A
Explanation: A)
B)
C)
D)

23) How many daily serving of grains does the MyPlate recommend? 23) _____
A) 2 cups B) 5 ounce-equivalents
C) 6 ounce-equivalents D) 3 cups

Answer: C
Explanation: A)
B)
C)
D)

24) Miguel's doctor has recommended that he consume less fat and saturated fat. At his favorite fast-food restaurant for lunch, Miguel chooses between a chicken club sandwich (620 Calories, 29 g of total fat, 15 g of saturated fat) and a grilled chicken sandwich (460 Calories, 16 g of total fat, 6 g of saturated fat). What is the percent daily value of total fat and saturated fat in the lower-fat grilled sandwich? 24) _____
A) 31% total fat/11% saturated fat B) 42% total fat/21% saturated fat
C) 51% total fat/37% saturated fat D) 21% total fat/5% saturated fat

Answer: A
Explanation: A)
B)
C)
D)

25) The Nutrition Facts panel on a box of crackers indicates that one serving provides 140 Calories, with 55 Calories coming from fat. Calculate the percentage of Calories from fat in this product. 25) _____
A) 39% B) 55% C) 89% D) 85%

Answer: A
Explanation: A)
 B)
 C)
 D)

26) Which statement BEST describes nutrient density? 26) _____
A) Choose a number of different foods within any given food group.
B) Plan your entire day's diet so that you juggle nutrient sources.
C) Consume a variety of foods from the five major food groups every day.
D) Consume foods that have the most nutrients for their Calories.

Answer: D
Explanation: A)
 B)
 C)
 D)

27) To maintain a healthful weight, the Dietary Guidelines for Americans recommends 27) _____
A) 60 minutes of intense activity 3 days a week.
B) 60 minutes of moderate activity most or all days of the week.
C) increasing the level of physical activity and reducing sedentary activities.
D) 8 hours of moderate activity per week.

Answer: C
Explanation: A)
 B)
 C)
 D)

28) Why are there several ethnic variations of the 2005 MyPyramid? 28) _____
A) to account for individual variances in gender and age
B) to guide individuals when eating out in different types of restaurants
C) to allow for culturally and ethnically different food choices
D) to account for variations in activity level

Answer: C
Explanation: A)
 B)
 C)
 D)

29) Milk is a good source of calcium but a poor source of iron. Meat is a good source of iron but a poor source of calcium. Individuals who eat from both of these food groups are incorporating what characteristic of a healthy diet into their meal plan? 29) _____
A) moderation B) balance C) freshness D) variety

Answer: B
Explanation: A)
 B)
 C)
 D)

30) An ounce-equivalent of cheese is roughly the size of 30) _____
A) a deck of cards. B) four stacked dice.
C) a man's fist. D) a woman's fist.

Answer: B
Explanation: A)
 B)
 C)
 D)

31) With the exception of a few high-risk groups, the 2010 Dietary Guidelines for Americans 31) _____
recommends consuming how many mg of sodium per day?
A) less than 2,300 B) less than 1,000 C) less than 1,500 D) less than 3,000

Answer: A
Explanation: A)
 B)
 C)
 D)

32) Which of the following does the Harvard School of Public Health's Healthy Eating Plate NOT 32) _____
include?
A) emphasis on healthy oils
B) consumption of almost all grains as whole grains
C) drinking tea or coffee with little or no added sugar
D) preference for raw whole milk and cheeses

Answer: D
Explanation: A)
 B)
 C)
 D)

33) How does the Physicians Committee for Responsible Medicine's Power Plate differ from MyPlate? 33) _____
A) Power Plate recommends refined grains.
B) Power Plate calls for more servings of dairy.
C) Power Plate emphasizes whole grains and vegetarian protein sources.
D) Power Plate recommends pork and chicken rather than tofu and legumes.

Answer: C
Explanation: A)
 B)
 C)
 D)

34) Which of the following is NOT a safe food-handling practice? 34) _____
A) washing hands when preparing and cooking foods
B) cooking foods to a proper temperature
C) avoiding unpasteurized milk products and raw seafood
D) leaving frozen food on the kitchen counter to thaw

Answer: D
Explanation: A)
 B)
 C)
 D)

35) Which of the following characteristics describes the majority of meals offered at fast-food restaurants? 35) _____
A) high in Calories B) provide fresh fruits and vegetables
C) low in sodium D) low in total fat

Answer: A
Explanation: A)
B)
C)
D)

36) Which of the following foods is exempt from standard food labeling regulations? 36) _____
A) bread B) cereal C) yogurt D) meat

Answer: D
Explanation: A)
B)
C)
D)

37) Which of the following is NOT included in the net contents label of a packaged food? 37) _____
A) weight in grams B) volume in fluid ounces
C) number of servings D) number of items in package

Answer: C
Explanation: A)
B)
C)
D)

38) The "supersizing" phenomenon refers to the 38) _____
A) proliferation of genetically modified produce.
B) increase in the size and cholesterol content of grade A eggs.
C) increase in the protein content of beef.
D) substantial growth in serving sizes of purchased meals.

Answer: D
Explanation: A)
B)
C)
D)

39) The 2010 Dietary Guidelines for Americans recommends a total daily cholesterol intake of 39) _____
A) less than 300 mg. B) 0 mg.
C) less than 500 mg. D) 10 mg.

Answer: A
Explanation: A)
B)
C)
D)

40) Mark weighs 254 pounds and would like to lose weight. He starts a walking program that expends 1.2 kcal/pound/hour. If he walks 45 minutes a day for one week, how many Calories will he burn in one week? 40) _____

- A) 1,800 kcal B) 1,600 kcal C) 800 kcal D) 1,200 kcal

Answer: B

- Explanation: A)
B)
C)
D)

41) A method for eating out healthfully is to 41) _____

- A) order several appetizers so that you will not eat your entire entrée when it arrives.
B) eat out only when you are not especially hungry.
C) ask for only water as a beverage.
D) order any meat dish grilled or broiled and avoid fried or breaded meat dishes.

Answer: D

- Explanation: A)
B)
C)
D)

42) Which of the following groups should limit daily sodium intake to no more than 1,500 mg? 42) _____

- A) people over age 50 B) children under age 12
C) all healthy adults D) pregnant women

Answer: A

- Explanation: A)
B)
C)
D)

43) Julie does not care for meat and poultry and restricts her intake of animal foods to only milk and yogurt sources. Which dietary guideline is Julie failing to practice? 43) _____

- A) value B) adequacy C) balance D) moderation

Answer: C

- Explanation: A)
B)
C)
D)

44) The four characteristics of a healthful diet are adequacy, balance, moderation, and 44) _____

- A) color. B) value. C) variety. D) Calories.

Answer: C

- Explanation: A)
B)
C)
D)

45) The label on a bag of potato chips indicates that one serving contains 250 Calories, with 150 Calories from fat. What percent of Calories comes from fat? 45) _____
A) 50 B) 80 C) 60 D) 25

Answer: C

Explanation: A)
 B)
 C)
 D)

46) The information provided on a food label that identifies how much a serving of food contributes to your intake of nutrients based on 2,000 Calories a day is called the 46) _____
A) ounce-equivalent. B) Daily Reference Values.
C) Reference Daily Intake. D) Percent Daily Values.

Answer: D

Explanation: A)
 B)
 C)
 D)

47) Serving sizes of prepared foods purchased at grocery stores and restaurants are generally 47) _____
A) not able to be compared to USDA serving-size standards.
B) smaller than the USDA serving-size standards.
C) larger than USDA serving-size standards.
D) the same as USDA serving-size standards.

Answer: C

Explanation: A)
 B)
 C)
 D)

48) The USDA Food Patterns recommends that a healthful diet contains foods from which of the following groups? 48) _____
A) grains, vegetables, fruits, dairy, and protein
B) starch/bread, meat and meat substitutes, vegetables, fruits, milk, and fat
C) nuts and legumes, fats, and dairy
D) carbohydrates, fats, and protein

Answer: A

Explanation: A)
 B)
 C)
 D)

49) Jack is a college athlete who requires 2,800 kilocalories a day to support his total energy needs. Even though Jack likes many different foods and makes it a point to try new things, he consumes only approximately 1,600 kilocalories a day. Which one of the characteristics of a healthy diet is Jack missing? 49) _____

- A) balance B) adequacy C) moderation D) variety

Answer: B

- Explanation: A)
B)
C)
D)

50) A set of principles developed by the USDA and the USDHHS to help reduce the risk of developing chronic disease is called 50) _____

- A) Dietary Guidelines for Americans. B) South Beach Diet.
C) DASH Diet. D) Food Fundamentals.

Answer: A

- Explanation: A)
B)
C)
D)

51) The 2010 Dietary Guidelines for Americans recommends that a healthful diet include proteins that are 51) _____

- A) free from allergenic nuts. B) lower in solid fats and Calories.
C) not from shellfish. D) primarily from meat and poultry.

Answer: B

- Explanation: A)
B)
C)
D)

52) Which of the following statements does NOT describe the Mediterranean-style diet? 52) _____

- A) The diet is higher in saturated fats than the U.S. dietary recommendations.
B) Fruits and vegetables are consumed daily.
C) The major fat used for cooking and flavor is olive oil.
D) Meat is consumed monthly.

Answer: A

- Explanation: A)
B)
C)
D)

- 53) Which of the following would NOT be a good practice for eating out healthfully? 53) _____
- A) Order cream-based soups to increase your calcium intake.
 - B) Instead of a beef burger, order a chicken or veggie burger.
 - C) Share an entrée with a friend.
 - D) Order low-fat or nonfat salad dressing served on the side.

Answer: A

- Explanation: A)
B)
C)
D)

- 54) At the grocery store, Janice studies the labels on fortified rice milk to find one that is high in calcium. Which of the following would indicate that a particular brand is high in this nutrient? 54) _____
- A) percent daily value of calcium more than 20%
 - B) calcium included in the statement of identity
 - C) percent daily value of calcium more than 5%
 - D) calcium listed last in the list of ingredients

Answer: A

- Explanation: A)
B)
C)
D)

- 55) The label on a container of cottage cheese describes it as "fat free." What is the FDA-approved requirement for this to be true? 55) _____
- A) less than 0.5 g of fat per serving
 - B) 3 g of fat per serving
 - C) at least 25 percent less fat per serving than regular cottage cheese
 - D) 1 g or less of saturated fat per serving

Answer: A

- Explanation: A)
B)
C)
D)

- 56) A serving size defined by the USDA Food Patterns 56) _____
- A) may be different than the serving size on a food label.
 - B) takes into account the "super-sizing" of portions.
 - C) is always the same as a serving size on a food label.
 - D) cannot be practically measured outside a laboratory.

Answer: A

- Explanation: A)
B)
C)
D)

57) Servings in the 2010 USDA MyPlate are represented in 57) _____
A) Calories. B) percentages.
C) ounce-equivalents. D) grams.

Answer: C
Explanation: A)
B)
C)
D)

58) Which of the following is NOT required on a food label? 58) _____
A) folic acid (µg/serving) B) dietary fiber (g/serving)
C) cholesterol (mg/serving) D) sodium (mg/serving)

Answer: A
Explanation: A)
B)
C)
D)

59) The term used in the 2010 USDA Food Patterns that describes the nutrient-poor Calories from solid 59) _____
fats and/or added sugars is
A) probiotic. B) functional. C) supplemental. D) empty.

Answer: D
Explanation: A)
B)
C)
D)

60) The FDA's Health Claims Report Card helps consumers evaluate 60) _____
A) the safety of packaged foods.
B) the health and nutrition claims on packaged foods.
C) the Percent Daily Values (%DV) of fat in packaged foods.
D) the overall nutrient supply of a packaged food.

Answer: B
Explanation: A)
B)
C)
D)

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

61) Since 1990, food labels have been required on all fresh meat and poultry. 61) _____
Answer: True False
Explanation:

62) Moderate alcohol consumption is defined as no more than two drinks a day for men and no more 62) _____
than one drink a day for women.
Answer: True False
Explanation:

- 63) Food labeling regulations allow manufacturers to omit the footnote of the Nutrition Facts panel on smaller products. 63) _____
Answer: True False
Explanation:
- 64) Required on all food products, a statement of identity lists the nutrient and health claims of its contents. 64) _____
Answer: True False
Explanation:
- 65) MyPlate cannot be used to create a healthful eating plan for vegetarians. 65) _____
Answer: True False
Explanation:
- 66) The 2010 USDA Food Patterns recommends the consumption of less than 100 Calories of empty Calories each day. 66) _____
Answer: True False
Explanation:
- 67) The 2010 Dietary Guidelines for Americans encourages healthier fats such as butter and lard. 67) _____
Answer: True False
Explanation:
- 68) Provided on the Nutrition Facts panel, the percent daily values (%DVs) section tells the consumer how much one serving contributes to the recommended overall daily intake of nutrients. 68) _____
Answer: True False
Explanation:
- 69) Ethnic foods can be incorporated into a healthful diet. 69) _____
Answer: True False
Explanation:
- 70) The Dietary Guidelines are a set of principles designed by the World Health Organization (WHO) for all developing and developed countries. 70) _____
Answer: True False
Explanation:
- 71) Ordering steamed vegetables or a baked potato with no toppings is a healthful choice when eating out. 71) _____
Answer: True False
Explanation:
- 72) One of the limitations of the USDA MyPlate is that it cannot be accessed on the Internet. 72) _____
Answer: True False
Explanation:
- 73) Most Americans eat outside of the home at least once per week. 73) _____
Answer: True False
Explanation:

- 74) Percent Daily Values listed on food labels are based on an energy intake level of 2,000 Calories a day. 74) _____
Answer: True False
Explanation:
- 75) Oils are included as a separate group in the 2010 USDA Food Patterns. 75) _____
Answer: True False
Explanation:
- 76) Fast-food restaurants do not provide healthy food choices that are consistent with the USDA Food Patterns recommendations. 76) _____
Answer: True False
Explanation:
- 77) The FDA regulates nutrition labels and the description of information found on food packages. 77) _____
Answer: True False
Explanation:
- 78) The serving sizes recommended in the USDA Food Patterns are close to those sold in grocery stores. 78) _____
Answer: True False
Explanation:
- 79) Foods companies are prohibited from using nutrient or health claims in food labels that are not approved by the FDA. 79) _____
Answer: True False
Explanation:
- 80) Yogurt parfaits offered at some fast food restaurants are a more healthful choice than fruit. 80) _____
Answer: True False
Explanation:
- 81) The number of servings of each food group recommended in the USDA Food Patterns is based on age, gender, and activity level. 81) _____
Answer: True False
Explanation:
- 82) The Nutrition Facts panel on a food package contains the structure-function claims on that product. 82) _____
Answer: True False
Explanation:
- 83) The USDA MyPlate recommends that all grain sources be whole-grain choices. 83) _____
Answer: True False
Explanation:
- 84) The last item on an ingredient list is the predominant ingredient in that food product. 84) _____
Answer: True False
Explanation:

85) MyPlate is based on the concept that a single dietary modification plan is appropriate for all individuals. 85) _____

Answer: True False

Explanation:

86) The Dietary Guidelines for Americans follows a standardized definition for a serving size of each food. 86) _____

Answer: True False

Explanation:

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

87) What are the characteristics of a healthful diet? How does the 2011 MyPlate illustrate these goals?

Answer: Answers will vary.

88) Discuss four appropriate and practical recommendations for eating out healthfully.

Answer: Answers will vary.

89) Discuss the difficulties in determining portion size.

Answer: Answers will vary.

90) Describe the results of research studies on the impact of Calorie-labeling on food choices at restaurants. Has clear labeling resulted in consumers making healthier food choices when dining out?

Answer: Answers will vary.

91) How does each of the following components of a Nutrition Facts panel—serving size and servings per container, Calories and Calories from fat per serving, list of nutrients, percent daily values (%DVs), and the footnote—show the nutritional adequacy of a given food?

Answer: Answers will vary.

Answer Key
Testname: C2

- 1) A
- 2) C
- 3) D
- 4) D
- 5) B
- 6) B
- 7) C
- 8) A
- 9) B
- 10) B
- 11) C
- 12) C
- 13) D
- 14) A
- 15) A
- 16) D
- 17) B
- 18) D
- 19) A
- 20) B
- 21) C
- 22) A
- 23) C
- 24) A
- 25) A
- 26) D
- 27) C
- 28) C
- 29) B
- 30) B
- 31) A
- 32) D
- 33) C
- 34) D
- 35) A
- 36) D
- 37) C
- 38) D
- 39) A
- 40) B
- 41) D
- 42) A
- 43) C
- 44) C
- 45) C
- 46) D
- 47) C
- 48) A
- 49) B
- 50) A

Answer Key
Testname: C2

- 51) B
- 52) A
- 53) A
- 54) A
- 55) A
- 56) A
- 57) C
- 58) A
- 59) D
- 60) B
- 61) FALSE
- 62) TRUE
- 63) TRUE
- 64) FALSE
- 65) FALSE
- 66) FALSE
- 67) FALSE
- 68) TRUE
- 69) TRUE
- 70) FALSE
- 71) TRUE
- 72) FALSE
- 73) TRUE
- 74) TRUE
- 75) FALSE
- 76) FALSE
- 77) TRUE
- 78) FALSE
- 79) TRUE
- 80) FALSE
- 81) TRUE
- 82) FALSE
- 83) FALSE
- 84) FALSE
- 85) FALSE
- 86) FALSE
- 87) Answers will vary.
- 88) Answers will vary.
- 89) Answers will vary.
- 90) Answers will vary.
- 91) Answers will vary.