

Chapter 2

Guidelines for a Healthy Diet

Multiple-Choice Questions

1. What is the function of the Dietary Reference Intakes (DRIs)?
 - a. health promotion
 - b. prevention of nutrient deficiencies
 - c. reduction of chronic diseases
 - d. all of the above

Answer: d; page 27; Level of Difficulty: Medium

2. DRIs is an acronym representing
 - a. Daily Required Intakes
 - b. Dietary Reference Intakes
 - c. Dietary Requirement Intakes
 - d. none of the above

Answer: b; page 27, Level of Difficulty: Easy

3. The Estimated Average Requirement (EAR) is the amount estimated to meet nutritional needs of approximately what percent of a healthy population?
 - a. 30%
 - b. 50%
 - c. 90%
 - d. >99%

Answer: b; page 27; Level of Difficulty: Medium

4. Which is TRUE regarding Tolerable Upper Intake Levels (ULs)?
 - a. For some groups, there is an established benefit of consuming nutrients at this level.
 - b. It is not a recommended level for consumption.
 - c. Consuming nutrients at this level will probably cause adverse health effects.
 - d. The UL is set at the level of intake which causes adverse effects in 5% of the population.

Answer: a; page 28; Level of Difficulty: Hard

5. Which would be most useful in assessing the dietary adequacy of a large group of preschoolers?
- a. EARs
 - b. RDAs
 - c. AIs
 - d. ULs

Answer: a; page 27; Level of Difficulty: Hard

6. Which is a FALSE statement regarding The Food Guide Pyramid?
- a. It can be used by people with different energy needs.
 - b. Foods are grouped using the exact same criteria as in the Exchange Lists.
 - c. The amount of space in the pyramid devoted to each food group is proportional to the amount each group should contribute to a healthy diet.
 - d. Young children can follow a modified Food Guide Pyramid designed especially for children.

Answer: b; page 29-34; 45-46; Level of Difficulty: Hard

7. From bottom to top, the food categories of the Food Guide Pyramid are
- a. (1) grains; (2) meat and dairy; (3) fruit and vegetable; (4) fats and sweets
 - b. (1) meat and dairy; (2) grains; (3) fats and sweets; (4) fruit and vegetable
 - c. (1) grains; (2) fruit and vegetable; (3) meat and dairy; (4) fats and sweets
 - d. (1) fruit and vegetable; (2) grains; (3) meat and dairy; (4) fats and sweets

Answer: c; page 29; Level of Difficulty: Medium

8. The Food Guide Pyramid recommends _____ servings from the grain group each day.
- a. 3-5
 - b. 4-6
 - c. 6-11
 - d. 8-12

Answer: c; page 29; Level of Difficulty: Easy

9. The Food Guide Pyramid recommends _____ servings from the meat group each day.
- a. 1
 - b. 2-3
 - c. 2-4

d. 3-5

Answer: b; page 29; Level of Difficulty: Easy

10. How does the Food Guide Pyramid recommend consumption from the fats, oils, and sugars group?

- a. 2 or fewer servings daily
- b. 3-4 servings daily
- c. 4-5 servings daily
- d. use sparingly

Answer: d; page 29; Level of Difficulty: Easy

11. The Food Guide Pyramid suggests a range of servings per day from each group in order to

- a. allow people with different total caloric needs to use the guide.
- b. allow for people who use different serving sizes.
- c. allow for uncooked vs. cooked serving sizes.
- d. all of the above.

Answer: a; page 31; Level of Difficulty: Medium

12. Orange juice would be found in which pyramid Food Group?

- a. Fats, Oils, & Sweets
- b. Fruit
- c. Beverages
- d. none of the above

Answer: b; page 29-32; Level of Difficulty: Easy

13. A sedentary woman would be suggested to consume ____ servings per day from the bread, cereal, rice, & pasta group while a very active man would be suggested to consume ____ servings from that group.

- a. 6; 8
- b. 4; 11
- c. 4; 9
- d. 6; 11

Answer: d; page 33; Level of Difficulty: Medium

14. A teenage boy would be recommended to consume ____ servings from the milk, yogurt, & cheese group each day.
- a. 4
 - b. 3
 - c. 2
 - d. 1

Answer: b; page 33, Level of Difficulty: Medium

15. The following meal is consumed:
Sandwich (2 ounces of meat and two slices of bread)
 $\frac{1}{2}$ cup raw carrots
8 ounces milk
4 cookies

How many servings from the Bread, Cereal, Rice and Pasta group are eaten?

- a. 2
- b. 3
- c. 4
- d. 6

Answer: c; page 32; Level of Difficulty: Medium

16. The following meal is consumed:
Sandwich (5 ounces of meat and two slices of bread)
 $\frac{1}{2}$ cup raw carrots
8 ounces milk
 $\frac{2}{3}$ cup salted peanuts

How many servings from the Meat group are eaten?

- a. 1
- b. 2
- c. 3
- d. 4

Answer: c; page 32; Level of Difficulty: Medium

17. Which is NOT legally required on a Nutrition Facts label?
- a. calories per serving
 - b. calories from fat
 - c. calories from sugar
 - d. grams of protein

Answer: c; page 30; 36-41; Level of Difficulty: Medium

18. A Nutrition Facts label on a box of crackers states that 45% of the calories come from fat. Which is the most reasonable nutritional advice regarding the crackers?
- a. Eating any of the crackers should be avoided because they exceed the recommendation, < 30% of calories from fat.
 - b. A moderate serving of these crackers can be part of a healthy diet.
 - c. Eating large amount of crackers is a good idea if cheese is eaten at the same time because cheese is a good source of calcium.
 - d. Only fat-free crackers can be part of a healthy diet.

Answer: b; page 36-37; Level of Difficulty: Hard

19. Nutrition Facts labels include information about which vitamins?
- a. Vitamin C and Vitamin D
 - b. Vitamin A and Vitamin E
 - c. Vitamin A and Vitamin C
 - d. Vitamin A and Vitamin D

Answer: c; page 36; Level of Difficulty: Easy

20. Nutrition Facts labels contain information about which minerals?
- a. calcium and iron
 - b. iron and magnesium
 - c. calcium and zinc
 - d. iron and zinc

Answer: a; page 36, Level of Difficulty: Easy

21. The Daily Value on a Nutrition Facts label is based on a _____ - kcal diet.
- a. 1000
 - b. 1500
 - c. 2000
 - d. 2500

Answer: c; page 36; Level of Difficulty: Medium

22. It may be difficult to make healthy food choices at a restaurant because
- restaurant food is often higher in calories, fat, and cholesterol compared to foods eaten at home.
 - restaurants often serve meals containing larger portions.
 - ingredients in restaurant meals are usually not provided to customers.
 - All of the above are correct.

Answer: d; page 38, Level of Difficulty: Hard

23. Which is the FALSE statement about foods selected in a restaurant?
- A menu item labeled “lowfat” must meet the same criteria as a packaged product with a “lowfat” label.
 - Nutrient claims about menu items must be backed up with appropriate nutrition information.
 - A restaurant cannot make a health claim on its menu.
 - Menus may include general dietary advice.

Answer: c; page 38; Level of Difficulty: Hard

24. How is the order in which ingredients are listed on a food label determined?
- by contribution to total weight
 - by contribution to total volume
 - by nutrient density
 - in alphabetical order

Answer: a; page 39; Level of Difficulty: Hard

25. Descriptive terms such as low-fat or healthy on food products are
- defined by the FDA
 - permitted on any packaged food regardless of its nutrient content
 - marketing devices with no common definitions
 - required on all frozen foods

Answer: a; page 39; Level of Difficulty: Hard

26. The descriptor, “Healthy”, can legally be used on a food product when the product contains adequate levels of at least one selected nutrient and is low in
- fat, sodium, and cholesterol
 - fat, fiber, and protein
 - fat, sugar, and cholesterol
 - fat, sodium, and protein

Answer: a; page 40, Level of Difficulty: Medium

27. A product labeled “fat-free” may legally contain up to ____ fat per serving
- a. 0 grams
 - b. 0.5 grams
 - c. 1 gram
 - d. 2 grams

Answer: b; page 40, Level of Difficulty: Easy

28. A food product is labeled as “A good source of vitamin C”. This product must supply
- a. >50% of the Daily Value of vitamin C.
 - b. 30-49% of the Daily Value of vitamin C.
 - c. 20-29% of the Daily Value of vitamin C.
 - d. 10-19% of the Daily Value of vitamin C.

Answer: d; page 40, Level of Difficulty: Medium

29. Health claims suggesting certain foods may help lower blood cholesterol levels or help prevent osteoporosis must be approved by the:
- a. USDA
 - b. FDA
 - c. ADA
 - d. none of the above

Answer: b; page 40-41; Level of Difficulty: Easy

30. A food label indicates one serving of cereal contains 230 Calories, of which 80 Calories is provided by fat. What percent fat does this food source contain?
- a. 15%
 - b. 25%
 - c. 35%
 - d. 45%

Answer: c; page 42; Level of Difficulty: Hard

31. A food label indicates one serving of whole contains 8 grams of fat, 12 grams of carbohydrate, and 8 grams of protein. How many Calories are in one serving of this milk?
- a. 28
 - b. 112
 - c. 152
 - d. 252

Answer: c; page 42; Level of Difficulty: Hard

32. Which is NOT included in the Dietary Guidelines for Americans?
- a. Aim for a healthy weight
 - b. Choose a diet low in saturated fat and cholesterol and moderate in fat
 - c. Choose beverages and foods that limit your intake of sugars
 - d. Exercise at least four times a week

Answer: d; page 43; Level of Difficulty: Medium

33. Most of the food-borne illness in the United States is caused by restaurant-prepared food
- a. True
 - b. False

Answer: b; page 43, Level of Difficulty: Easy.

34. Exchange lists
- a. simplify the Food Guide Pyramid for the general population
 - b. are the basis of the Food Guide Pyramid
 - c. were first developed to help people lose weight
 - d. group foods according to macronutrient and energy content

Answer: d; page 45; Level of Difficulty: Medium

35. The three main categories in the Exchange Lists are carbohydrate, meat, and _____.
- a. sugar
 - b. fruit
 - c. fat
 - d. alcohol

Answer: c; page 45; Level of Difficulty: Easy

36. Exchange lists were first developed as an aid for individuals
- a. with diabetes
 - b. with high blood pressure
 - c. wanting to lose weight
 - d. none of the above

Answer: a; page 45; Level of Difficulty: Medium

37. Which is NOT a goal or objective of the Healthy People Initiative?
- a. increasing the percentage of children eating school lunch
 - b. decreasing the prevalence of obesity in young adults
 - c. more breast-fed infants in the United States
 - d. decreasing the adverse effect of poverty on health care among Americans

Answer: d; page 46; Level of Difficulty: Hard

38. Which federal agency developed the Healthy People Initiative?
- a. USDA
 - b. FDA
 - c. US Public Health Service
 - d. none of the above

Answer: c; page 46; Level of Difficulty: Hard

39. A complete nutritional assessment would include all EXCEPT
- a. laboratory test results
 - b. past and present dietary intake information
 - c. setting nutritional goals
 - d. assessing body size

Answer: c; page 47; Level of Difficulty: Medium

40. You are completing a general evaluation of the adequacy of your own diet. Which dietary guideline would be the most practical tool for this purpose?
- a. EARs
 - b. Dietary Guidelines for Americans
 - c. RDAs
 - d. Food Guide Pyramid

Answer: d; page 47; Level of Difficulty: Medium

41. A nutritional assessment includes the following EXCEPT
- a. physical exam
 - b. medical history
 - c. family history
 - d. all of the above are included in a nutritional assessment

Answer: d; page 47; Level of Difficulty: Easy

42. Which of the following would NOT be medical test used to measure body nutrient levels?
- a. measuring levels of iron in the blood
 - b. measuring blood cholesterol levels
 - c. measuring mineral levels in a urine sample
 - d. measuring blood pressure

Answer: d; page 50; Level of Difficulty: Hard