

## CHAPTER 2: PLANNING A HEALTHY DIET

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### MULTIPLE CHOICE

1. Which of the following statements is not among the Dietary Guidelines for Americans, 2010?
- eat plenty of protein-rich foods
  - be physically active each day
  - choose a diet low in saturated and trans fats
  - choose a diet lower in added sugars and salt

ANS: A                      PTS: 1                      DIF: A  
TOP: Dietary Guidelines for Americans

2. Weight loss should not exceed \_\_\_\_.
- 1–2 pounds per week
  - 5 pounds per week
  - 10 pounds per week
  - 15 pounds per month

ANS: A                      PTS: 1                      DIF: A  
TOP: Dietary Guidelines for Americans

3. What is the recommendation for fat intake for a healthy individual?
- less than 10% of total calorie intake
  - 35% or less of total calorie intake
  - 45–50 g of fat daily
  - less than 50 g of fat a day

ANS: B                      PTS: 1                      DIF: A  
TOP: Dietary Guidelines for Americans

4. Excessive amounts of sodium in the diet can contribute to \_\_\_\_.
- diabetes
  - low blood pressure
  - hypertension
  - kidney failure

ANS: C                      PTS: 1                      DIF: A  
TOP: Dietary Guidelines for Americans

5. According to the Dietary Guidelines for Americans, 2010, there are key recommendations for specific population groups. Which of the following is true for a breast-feeding mother?
- 400 micrograms of folic acid should be consumed daily.
  - It safe to consume tilefish, shark, swordfish and king mackerel.
  - Iron supplements should be avoided.
  - Foods that supply heme iron should be decreased.

ANS: A                      PTS: 1                      DIF: A  
TOP: Dietary Guidelines for Americans

6. With the introduction of MyPlate, which of the food groups shown on the old MyPyramid was left off?
- Grains
  - Fats and oils
  - Fruits
  - Vegetables

ANS: B                      PTS: 1                      DIF: A                      TOP: MyPlate

7. With what nutrient is milk fortified?
- vitamin A
  - vitamin B<sub>12</sub>
  - vitamin D
  - calcium

ANS: C                      PTS: 1                      DIF: A                      TOP: MyPlate

8. Based on MyPlate, a 1,800 calorie diet would require how many cups of fruits and vegetables each day?

- a. two cups
- b. three cups
- c. four cups
- d. five to six cups

ANS: C                      PTS: 1                      DIF: B                      TOP: MyPlate

9. In what year did current nutrition labeling regulations become mandatory?

- a. 1990
- b. 1992
- c. 1994
- d. 1995

ANS: C                      PTS: 1                      DIF: A                      TOP: Food Labeling

10. Which of the following items must be included on a food label?

- a. total carbohydrates and cholesterol per serving
- b. vitamins E and D
- c. potassium per serving
- d. all of the above

ANS: A                      PTS: 1                      DIF: A                      TOP: Food Labeling

11. "Low sodium" means \_\_\_\_.

- a. fewer than 120 mg per serving
- b. fewer than 140 mg per serving
- c. fewer than 35 mg per serving
- d. no more than 45 mg per serving

ANS: B                      PTS: 1                      DIF: A                      TOP: Food Labeling

12. Chinese cooking may cause a problem for people with high blood pressure because of the extensive use of soy sauce, which is high in \_\_\_\_.

- a. sugar
- b. salt
- c. iron
- d. fat

ANS: B                      PTS: 1                      DIF: A  
TOP: U.S. Cultural Dietary Influences

13. Foods prepared according to Jewish dietary laws are referred to as \_\_\_\_.

- a. kosher
- b. proper
- c. Orthodox
- d. ceremonial

ANS: A                      PTS: 1                      DIF: A  
TOP: Food Patterns based on Religion or Philosophy

14. Jewish dietary law states that dairy products may not be prepared or eaten with \_\_\_\_.

- a. vegetables
- b. meat
- c. bread
- d. eggs

ANS: B                      PTS: 1                      DIF: A  
TOP: Food Patterns based on Religion or Philosophy

15. Which of the following beverages do Seventh Day Adventists consider harmful?

- a. coffee
- b. tea
- c. alcohol
- d. all of the above

ANS: D                      PTS: 1                      DIF: A  
TOP: Food Patterns based on Religion or Philosophy

16. What type of vegetarian uses dairy products but no meat, poultry, or eggs?

- a. vegans
- b. lacto-vegetarians
- c. lacto-ovo vegetarians
- d. omnivores

ANS: B                      PTS: 1                      DIF: A                      TOP: Other Food Patterns

17. To reduce the risk of chronic disease in adulthood, one should engage in moderately intense exercise for \_\_\_\_.

- a. 30 minutes daily
- b. 60 minutes daily
- c. 45 minutes three to four times a week
- d. 60 minutes three to four times a week

ANS: A                      PTS: 1                      DIF: B                      TOP: Physical Activity

18. MyPlate recommends that at least how many servings consumed from the grains group should be whole grains?

- a. all
- b. half
- c. some
- d. none

ANS: B                      PTS: 1                      DIF: B                      TOP: MyPlate

19. Which of these foods are included in the vegetable group?

- a. green leafy vegetables
- b. legumes
- c. both a and b
- d. none of the above

ANS: C                      PTS: 1                      DIF: C                      TOP: MyPlate

20. Which of these foods is a good source of Vitamin A?

- a. bananas
- b. raspberries
- c. grapefruit
- d. kiwi fruit

ANS: A                      PTS: 1                      DIF: B                      TOP: MyPlate

21. Daily Values on the label state the percentage of Daily Values of each nutritional item listed per serving, based on a daily diet of how many calories?

- a. 1,200
- b. 1,500
- c. 1,800
- d. none of the above

ANS: D                      PTS: 1                      DIF: B                      TOP: Food Labeling

22. When a Registered Dietitian plans a diet for a client, they should consider which of the following things?

- a. client's likes
- b. client's dislikes
- c. client's food customs
- d. all of the above

ANS: D                      PTS: 1                      DIF: C

TOP: Health and Nutrition Considerations

## SHORT ANSWER

1. Discuss nutritional deficiencies and other health risks that may be a result of excess alcohol use.

ANS:

One ounce of most alcoholic beverages contains approximately 80 calories and traces of nutrients. Moderate drinkers have increased appetite, which increases food consumed, resulting in weight gain. Heavy drinkers lose their appetites, and that results in nutritional deficiencies. Excess alcohol causes cirrhosis, liver and brain damage, birth defects, and the risk of cancer of the throat or neck.

PTS: 1                      DIF: C                      TOP: Dietary Guidelines for Americans

2. Examine the labels of five cans or packages of food products in your cabinet. Prepare a chart to compare the contents, per serving, of: sodium, carbohydrates, calories, protein, fat, fiber, serving size, and sugar. What conclusions can you deduce from the chart?

ANS:

The student should recognize the label information as being of value to the consumer. The percentage of Daily Values of each nutritional item is listed per serving. Maximum and minimal amounts of nutrients are also noted. Students should recognize the elevated sodium levels in processed foods, as well as the total carbohydrates and sugar content, which tend to be elevated in different types of foods. In the effort to make the consumer more aware of diet as a factor in good health, health claims that link nutrients to health conditions are on the label. Comparing manufacturers' data will make students more aware of the contents of some of the cheaper brands.

PTS: 1                      DIF: C                      TOP: Food Labeling

3. Discuss the diet as a link to health claims and food labeling.

ANS:

The diet has been linked to many health conditions. Health claims link specific conditions to a nutrient and list them on the label. This allows the consumer to make more appropriate food choices. Examples: calcium and osteoporosis; sodium and hypertension; low saturated fat and cholesterol & high in fiber and coronary heart disease; low fat & high in fiber, antioxidants and vitamins A and C and cancer; folic acid and neural tube defects; soy and cardiac disease. The food must also be a naturally good source (10% daily value) of at least one of the following nutrients: vitamins A and C, iron, calcium or fiber. It also must have less than 20% of the daily value for total fat, saturated fat, cholesterol and sodium.

PTS: 1                      DIF: B                      TOP: Food Labeling

4. List the eight healthy benefits of regular physical activity.

ANS:

Increases physical fitness  
Helps build and maintain healthy bones, muscles, and joints  
Builds endurance and muscular strength  
Helps maintain weight  
Lowers risk factors for cardiovascular disease, colon cancer, and type 2 diabetes  
Helps control blood pressure  
Promotes psychological well-being and self-esteem  
Reduces feelings of depression and anxiety

PTS: 1                      DIF: B                      TOP: Physical Activity

5. The most common nutrient deficiency in the world is the lack of \_\_\_\_\_. It is more prevalent among four specific population groups. List them and describe why those population groups are more at risk. Describe how their diets can be altered to prevent the deficiency.

ANS:

Iron: Children under age two consume more milk instead of eating other food sources with iron. Adolescents lack a nutritional diet because they eat more junk food than regular meals. Pregnant women need increased iron because the developing fetus depletes their blood cells. Women with heavy menstrual flow are at risk for decreased iron levels. Diet plans may vary, but clients should be encouraged to eat foods high in iron such as lean meats, poultry, fish, enriched breads, legumes, leafy green vegetables, dried fruits and nuts.

PTS: 1

DIF: C

TOP: Meat and Beans Group

6. List four foods that contain calcium and indicate how much of each food one would have to consume to equal the amount of calcium found in one 8-ounce glass of milk.

ANS:

1 1/2 ounces of cheddar cheese

2 cups of cottage cheese

1 3/4 cups of ice cream

1 cup of yogurt

PTS: 1

DIF: A

TOP: MyPlate

7. MyPlate suggests that wine be consumed in moderation. Describe what this means and how it is different for men and women.

ANS:

Wine may be consumed with meals—one to two 5 oz glasses per day for men and one 5 oz glass per day for women.

PTS: 1

DIF: B

TOP: MyPlate

8. Vegans avoid all animal products in their diet. Discuss what foods provide protein in a vegan diet and what nutrient deficiencies might result from consuming a vegan diet.

ANS:

Vegans use soybeans, chickpeas, meat analogues, and tofu as sources of protein in their diet. Vegans can show deficiencies of calcium; vitamins A, D, and B<sub>12</sub>, and protein.

PTS: 1

DIF: B

TOP: Other Food Patterns

### MODIFIED TRUE/FALSE

1. Vegetables are a needed addition to the traditional Japanese diet. \_\_\_\_\_

ANS: F, Fruits

PTS: 1

DIF: B

TOP: U.S. Cultural Dietary Influences

2. Italians consume a healthy mix of pasta, rice, beans, olives, fruits, vegetables and seafood in their diets. However, they would benefit from adding lower fat meats to improve their diets.

\_\_\_\_\_

ANS: T

Italians consume high fat meats such as prosciutto, salami, veal and pork routinely.

PTS: 1                      DIF: B                      TOP: U.S. Cultural Dietary Influences

3. Beef is commonly eaten on the Mediterranean side of Italy. \_\_\_\_\_

ANS: F, seldom

PTS: 1                      DIF: B                      TOP: U.S. Cultural Dietary Influences

4. The Japanese diet is almost totally deficient of milk sources. \_\_\_\_\_

ANS: T                                      PTS: 1                      DIF: B  
TOP: U.S. Cultural Dietary Influences

5. Neural tube defects in the newborn may be caused by a folic acid deficiency.  
\_\_\_\_\_

ANS: T                                      PTS: 1                      DIF: B  
TOP: Health Claims

6. Calorie free means the product contains zero calories per serving. \_\_\_\_\_

ANS: F, 5 or fewer

PTS: 1                      DIF: B                      TOP: Terminology

7. Fat free means a food contains less than 0.5 gram of fat per serving. \_\_\_\_\_

ANS: T                                      PTS: 1                      DIF: B  
TOP: Terminology

## CASE

Haley, a 34-year-old single female, weighs 210 pounds, is 5'8" tall, and has a medium frame. The physician asks you to assist Haley in planning a diet that will allow her to lose one to two pounds per week. As you discuss Haley's diet with her, you determine that her typical diet consists of these foods: 2 pieces of bacon, 2 eggs, 1 slice of cheese on one biscuit with 8 oz of 2% milk for breakfast; 4 oz hamburger on a bun, 1 cup of fries, 32 oz cola for lunch; 2 slices of a 12 inch loaded pizza, 2 cups of salad with 2 Tbsp. of ranch dressing, 32 oz sweet tea for dinner; and snacks of 6 oz lite yogurt, 1 oz of chips, 1 oz of pretzels, and diet cola throughout the day.

1. Use approximate measures to determine Haley's usual caloric intake for one day.

ANS:  
3,000–3,200 calories

PTS: 1                      DIF: B                      TOP: Dietary Guidelines for Americans

2. You have determined that Haley lives alone and often eats from fast food restaurants. She states that it seems to be cheaper than cooking for one person. When evaluating Haley's usual dietary intake, which food groups would you find lacking in her diet? In which vitamins, minerals, or nutrients would you expect her to be deficient?

ANS:

Fruits and vegetables. Fiber, vitamins A, B-complex, C, E, and K, iron, calcium, and phosphorus.

PTS: 1

DIF: C

TOP: Dietary Guidelines for Americans

3. A decrease of 500 calories per day will result in a one-pound weight loss in one week. With this knowledge and the information you have collected about Haley, calculate a new total caloric intake for her to consume each day. How many total calories is Haley allowed per day? Devise a sample daily diet for Haley. Remember to include food items that will supply Haley with the vitamins, minerals, and nutrients she needs.

ANS:

A meal plan of 2,200 calories will allow her to lose two pounds per week. A sample diet plan should include an adequate supply of fruits and vegetables and can have variation as long as it meets the guides in the MyPyramid. Sample plans will vary.

PTS: 1

DIF: C

TOP: MyPlate

4. Haley plans to attend a local weight loss group, "Lose Weight the Healthy Way," and has invited you to make a presentation. Focus your presentation on the benefits of exercise to aid in weight loss. Prepare a teaching plan for the presentation and an exercise plan that can be adaptable for a variety of individuals that may attend the group meeting.

ANS:

The teaching plan should include objectives, goals, and interventions. The exercise plan should encourage participants to get regular exercise two to three times per week. Interventions should include an exercise plan beginning with low-impact exercises with an emphasis on walking. The length of walking time and the impact, ranging from walk to jog, could vary, depending on the person's health status, age, or physical condition. This would make the activity plan adaptable or variable. Some participants may not be able to progress to the more rigorous workouts, but could focus on walking and gradually increase the time.

PTS: 1

DIF: C

TOP: Dietary Guidelines for Americans

5. Determine the calories burned with specific types of exercise activity. Plan an exercise regimen based on Haley's height and weight.

ANS:

Haley needs to lose an additional 21 pounds to reach her goal weight of 175 pounds in 12 weeks. (With the decrease in calories, she will lose 24 pounds.) An exercise session may burn an average of 300 calories. For example, low-impact dance aerobics burn 315 calories in 30 minutes and would burn approximately 0.6 lbs per week if exercise is daily. The number of calories burned may be higher or lower depending upon the intensity level and one's actual body weight.

PTS: 1

DIF: C

TOP: Dietary Guidelines for Americans

6. Haley requests a list of snacks she can use during her exercise period or when on break. Devise a list of high-energy, low-calorie, nutritious drinks or snacks. Include the caloric content of each.

ANS:

1 cup yogurt, 127 calories; banana, 100 calories; apple, 80 calories; 2 tablespoons raisins, 60 calories; 1/2 cup pears, 60 calories; 1 cup honeydew melon, 60 calories; 1/2 cup apple juice, 60 calories; 1/2 cup vegetables (most), 40–100 calories; 1/2 cup dry figs, 80 calories; 1 cup cantaloupe, 80 calories. Many choices are available that offer low caloric content with carbohydrates for energy.

PTS: 1                    DIF: B                    TOP: MyPlate

A 5-year-old, Mark, weighing 40 pounds, has been diagnosed with milk allergies. You are going to assist the mother with planning nutritional care for the child. You want to ensure that Mark receives appropriate amounts of all nutrients, vitamins, and minerals.

7. Prior to planning care, you must gather facts about the nutritional status of this age group. What is the daily calcium recommendation for a five-year-old?

ANS:

2 servings of dairy or 800 mg

USDA DRI tables, 2012

PTS: 1                    DIF: A                    TOP: Dietary Guidelines for Americans

8. Prepare a diet plan with alternate food sources to meet the recommended amounts of calcium for this age group. Include food choices that are appropriate for this age and that supply all recommended vitamins, minerals, and nutrients.

ANS:

Students could include any diet plan with alternate food choices for calcium, such as sunflower seeds (an excellent choice for a young child), raisins, carrots, pinto beans, and salmon, brown rice, ground beef, tofu, nuts, etcetera. Plans will vary.

PTS: 1                    DIF: B                    TOP: MyPlate

9. What other vitamins or minerals impact the absorption of calcium and should be included in this plan? List them. What foods must be included to ensure that these are ingested?

ANS:

Vitamin D and phosphorus are necessary for the absorption of calcium. Ensure that the mother is aware of the need for the child to get adequate play outdoors to get additional vitamin D. Phosphorus is found in foods that contain protein (meats, fish, legumes, poultry, eggs, and grains). Sources rich in iron interfere with the absorption of calcium. These food sources should be consumed at separate meals or snacks.

PTS: 1                    DIF: C                    TOP: MyPlate

10. Nursing goals may include: education of the primary caregivers regarding the child's nutritional requirements; correction of nutritional deficiencies; and achievement of an ideal weight in relation to height. What nursing interventions will be planned to meet these goals?

ANS:

Students should recognize that priority nursing interventions would be specific activities directed toward education of caregivers in all areas. When they are educated, the remaining goals will follow. Plans of care need to be individualized and specific to each client. Following up with clients and families would be helpful for ongoing education as the child grows and changes, needs will grow and change.

PTS: 1                    DIF: C                    TOP: Dietary Guidelines for Americans



11. To ensure that the dietary requirements will be met daily, dietary controls must be monitored while Mark is at school. Assist the mother in preparing a diet plan for breakfast and lunch at school.

ANS:

Breakfast could include a hot cereal of brown rice. Other choices could be eggs or hot or cold cereals garnished with raisins or chopped nuts. Lunch choices could include a portion of the calcium requirement from vegetables or pinto beans. Sunflower seeds make a good snack. When making a dietary plan, the student should realize that the calcium requirement of 800 mg can be divided between the three meals, or included in only one or two of the meals or in an afternoon snack.

PTS: 1

DIF: C

TOP: MyPlate