

Test Bank

Scientific American: Nutrition for a Changing World, First Edition

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Chapter 2 Healthy Diets

Multiple-Choice Questions

1. A healthy diet will include which of the following components?

- A. balance
- B. adequacy
- C. moderation
- D. variety
- E. All of the above.

Answer: E

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the primary characteristics of a healthy diet (Infographic 2.1)

Keywords: healthy diet

2. A balanced diet contains _____, which are the fundamental components of eating healthfully.

- A. refined carbohydrates
- B. an abundance of calories to meet energy requirements
- C. carbohydrates, fats, and proteins
- D. energy-dense foods
- E. empty-calorie foods

Answer: C

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the primary characteristics of a healthy diet (Infographic 2.1)

Keywords: balanced diet

3. The primary factors that determine the energy density of a food item are the

- A. number of calories.
- B. water, fiber, and fat content.
- C. proportion of essential proteins to nonessential proteins.
- D. electrolyte content.
- E. levels of cholesterol and saturated fats.

Answer: B

Type: Comprehension

Difficulty: Medium

Learning Objective: Define nutrient and energy density and describe why it is necessary to consider these factors when making food selections (Infographics 2.2 and 2.3)

Keywords: energy density

4. Nutrient-dense foods are foods with

- A. a high number of calories for their weight.
- B. a low number of calories for their weight.
- C. more than one essential nutrient.
- D. a high proportion of healthy nutrients relative to the number of calories.
- E. a high proportion of protein relative to carbohydrates and fats.

Answer: D

Type: Comprehension

Difficulty: Easy

Learning Objective: Define nutrient and energy density and describe why it is necessary to consider these factors when making food selections (Infographics 2.2 and 2.3)

Keywords: nutrient density

5. _____ is an example of a meal with high energy density, while _____ is an example of a meal with high nutrient density.

- A. Spinach salad with Italian dressing; chicken salad sandwich on French bread
- B. Hamburger and French fries; ham sandwich on rye bread, vegetable soup, fruit salad
- C. Caesar salad with grilled chicken; hot dog with cracker jacks
- D. Pizza with pepperoni, green peppers, and olives; fried chicken and mashed potatoes
- E. Tomato soup; grilled cheese sandwich

Answer: B

Type: Application

Difficulty: Medium

Learning Objective: Define nutrient and energy density and describe why it is necessary to consider these factors when making food selections (Infographics 2.2 and 2.3)

Keywords: energy density, nutrient density

6. The average American typically gets _____ of their calories from SOFAs (solid fats and added sugars) each day.

- A. all
- B. 75%
- C. 50%
- D. one-third

E.25%

Answer: D

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the key excesses and inadequacies of the current average American diet (Infographic 2.4)

Keyword: SOFAs

7. The Dietary Guidelines for Americans

A. provide essential advice for how to eat healthfully and reduce the risk of chronic diseases.

B. are newly released every year.

C. include calorie intake amounts for various lifestyles and life stages.

D. outline the health benefit of specific nutrients.

E. All of the above.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: List the core recommendations of the Dietary Guidelines for Americans and discuss the significant changes that have occurred in dietary recommendations to Americans over time (Infographics 2.5 and 2.6)

Keywords: Dietary Guidelines for Americans

8. Which of the following food items is considered nutrient dense?

A. cheese

B. diet soda

C. whole-grain bread

D. tortilla chips made from corn

E. sausage

Answer: C

Type: Application

Difficulty: Medium

Learning Objective: Define nutrient and energy density and describe why it is necessary to consider these factors when making food selections (Infographics 2.2 and 2.3)

Keywords: nutrient density

9. The most recent Dietary Guidelines for Americans

A. stress the importance of electrolyte balance.

B. stress the consumption of nutrient-dense foods.

C. limit the daily intake of dairy foods.

D. aim to increase the calories from SOFAs.

E. aim to decrease the consumption of fiber.

Answer: B

Type: Comprehension

Difficulty: Easy

Learning Objective: List the core recommendations of the Dietary Guidelines for Americans and discuss the significant changes that have occurred in dietary recommendations to Americans over time (Infographics 2.5 and 2.6)

Keywords: Dietary Guidelines for Americans

10. The Dietary Guidelines for Americans are based on

- A. survey results from typical American diets.
- B. common health problems in America.
- C. scientific evidence.
- D. statistical analysis of food purchases in America.
- E. All of the above.

Answer: C

Type: Comprehension

Difficulty: Medium

Learning Objective: List the core recommendations of the Dietary Guidelines for Americans and discuss the significant changes that have occurred in dietary recommendations to Americans over time (Infographics 2.5 and 2.6)

Keywords: Dietary Guidelines for Americans

11. Which of the following nutrients plays a role in the management of blood pressure and can affect the progression of heart disease?

- A. calcium
- B. sodium
- C. glucose
- D. electrolytes
- E. fiber

Answer: B

Type: Comprehension

Difficulty: Easy

Learning Objective: List the core recommendations of the Dietary Guidelines for Americans and discuss the significant changes that have occurred in dietary recommendations to Americans over time (Infographics 2.5 and 2.6)

Keywords: sodium

12. Which of the following is NOT a key message from the Dietary Guidelines for Americans?

- A. consume less than 300 mg per day of cholesterol
- B. keep trans fatty acid consumption as low as possible
- C. reduce sodium intake

- D.replacesolid fats with oils when possible
- E.consume more than 10% of calories from saturated fats

Answer: E

Type: Comprehension

Difficulty: Easy

Learning Objective: List the core recommendations of the Dietary Guidelines for Americans and discuss the significant changes that have occurred in dietary recommendations to Americans over time (Infographics 2.5 and 2.6)

Keywords: Dietary Guidelines for Americans

13. The newest release of food guides from the USDA is a visual presentation of foods from the five food groups “on a dinner plate” to represent the ideal balance that will provide a spectrum of nutrients. It is called

- A. The Food Guide Pyramid.
- B. A Guide to Good Eating.
- C. Food for Fitness.
- D.MyPlate.
- E. Hassle Free Daily Food Guide.

Answer: D

Type: Comprehension

Difficulty: Easy

Learning Objective: Describe how the USDAs MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: Dietary Guidelines for Americans, MyPlate

14. MyPlate advises that half of the food choices at a meal should consist of

- A. lean protein sources.
- B.energy-dense foods.
- C.vegetables and fruits (slightly more vegetables than fruits).
- D.whole grains.
- E.low-fat dairy products.

Answer: C

Type: Comprehension

Difficulty: Medium

Learning Objective: Describe how the USDAs MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: Dietary Guidelines for Americans, MyPlate

15. How does MyPlate represent dairy products?

- A. as a cup of milk or carton of yogurt off to the side
- B.as one-fourth of the daily calcium needs

- C.in an equal proportion to the amount of grains at a meal
- D.in a higher proportion of the amount of fruits and vegetables
- E. Dairy is not represented on the MyPlate food guide.

Answer: A

Type: Comprehension

Difficulty: Medium

Learning Objective: Describe how the USDAs MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: Dietary Guidelines for Americans, MyPlate

16. Which of the following items is a good cue for estimating a portion size equal to one cup?

- A. spoonful
- B. baseball
- C. golf ball
- D. six dice
- E. matchbox

Answer: B

Type: Comprehension

Difficulty: Easy

Learning Objective: Describe how the USDA's MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: portion size

17. Resources for daily food plans, portion sizes, and MyPlate guidelines can be found at

- A. ChooseMyPlate.gov.
- B. full-service grocery stores.
- C. convenience stores.
- D. fast-food restaurant menus.
- E. All of the above.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Describe how the USDAs MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: Dietary Guidelines for Americans, MyPlate

18. Which of the following is NOT a common characteristic from food guides around the world?

- A. Eat more plant foods.
- B. Choose lean protein foods.
- C. Choose saturated fats over unsaturated fats.
- D. Control portion sizes.

E. Be physically active.

Answer: C

Type: Comprehension

Difficulty: Easy

Learning Objective: Explain what characteristics of a healthy diet are common throughout the world (Infographic 2.9)

Keywords: food guides

19. Which governmental agency or agencies(is/are) responsible for designing food policy guidelines?

A. United States Department of Agriculture and the Department of Health and Human Services

B. Food and Drug Administration

C. Centers for Disease Control

D. Environmental Protection Agency

E. All of the above.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: Dietary Guidelines for Americans, MyPlate, USDA

20. The Nutrition Labeling and Education Act of 1990 requires which of the following?

A. restaurants must provide nutrition details to consumers

B. most foods be labeled using a standardized format

C. all food be labeled with calorie amounts

D. packaged food will include nutrient claims

E. all health claims must be placed on the front of the packaging

Answer: B

Type: Comprehension

Difficulty: Medium

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: Nutrition Labeling and Education Act

21. The declaration on a food package of the nutrient content is called

A. percent daily value (%DV).

B. food labeling.

C. ingredients list.

D. health claims.

E. nutrient claims.

Answer: B

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: food label

22. An estimation of the amount of a specific nutrient contained in one serving, based on a daily intake of 2000 calories, is called

- A. percent daily value (%DV).
- B. food labeling.
- C. ingredients list.
- D. health claims.
- E. nutrient claims.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: percent daily value (%DV)

23. A list of the more specific information about what the food package contains is called

- A. percent daily value (%DV).
- B. food labeling.
- C. ingredients list.
- D. health claims.
- E. nutrient claims.

Answer: C

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: ingredients list

24. On a food package, ingredients are listed

- A. in descending order of amount, according to weight.
- B. in ascending order amount, according to weight.
- C. in the order of nutrient importance.
- D. in alphabetical order.
- E. None of the above.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: ingredients list

25. A nutrient claim is

- A. a declaration on food packages to indicate a possibly beneficial nutrient.
- B. not federally regulated.
- C. more specific information about what the food product contains.
- D. a statement on the label about how that nutrient may affect the human body's structure.
- E. All of the above.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the types of claims that can be made on food labels and discuss how their use is regulated by the FDA (Infographic 2.11)

Keywords: nutrient claim

26. Which of the following is a declaration on a food package to indicate a link between a food, food component, or dietary supplement and a reduction in the risk of a disease?

- A. food additive
- B. supplemental health information
- C. structure/function claim
- D. health claim
- E. nutrient claim

Answer: D

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the types of claims that can be made on food labels and discuss how their use is regulated by the FDA (Infographic 2.11)

Keywords: health claim

27. Which of the following claims are NOT evaluated or regulated by the FDA?

- A. vitamin content
- B. structure/function claims
- C. health claims
- D. nutrient claims
- E. food additives

Answer: B

Type: Comprehension

Difficulty: Medium

Learning Objective: Identify the types of claims that can be made on food labels and discuss how their use is regulated by the FDA (Infographic 2.11)

Keywords: Structure/function claims

28. Which of the following is a dietary principle of not overindulging in potentially harmful foods, such as those that contain unhealthy levels of fat, sugar, and salt?

A. moderation

B. variety

C. balance

D. adequacy

E. sufficiency

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the primary characteristics of a healthy diet (Infographic 2.1)

Keywords: healthy diet, moderation

29. An individual eats chicken regularly but not other sources of protein. What aspect of a healthy diet is the person missing?

A. moderation

B. variety

C. balance

D. adequacy

E. None of the above.

Answer: B

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the primary characteristics of a healthy diet (Infographic 2.1)

Keywords: healthy diet, variety

30. An individual consumes significantly more than 100% of the recommended daily allowance for fat intake. What aspect of a healthy diet is the person missing?

A. moderation

B. variety

C. balance

D. adequacy

E. None of the above.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the primary characteristics of a healthy diet (Infographic 2.1)

Keywords: healthy diet, moderation

31. An individual consumes 1,500 calories and expends 2,000 calories per day. What aspect of a healthy diet is the person missing?

- A. moderation
- B. variety
- C. balance
- D. adequacy
- E. None of the above.

Answer: D

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the primary characteristics of a healthy diet (Infographic 2.1)

Keywords: healthy diet

32. Which of the following are harder to find in food deserts in America?

- A. nutrient-dense foods
- B. empty-calorie foods
- C. junk foods
- D. energy-dense foods
- E. All of the above.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the key excesses and inadequacies of the current average American diet (Infographic 2.4)

Keywords: food desert, nutrient density

33. The purpose of the Dietary Guidelines for Americans and MyPlate is to encourage people to do all of the following, except

- A. increase physical activity and reduce time spent in sedentary behaviors.
- B. maintain appropriate calorie balance throughout each stage of life.
- C. eat a variety of vegetables.
- D. stop eating carbohydrates.
- E. increase fruit intake.

Answer: D

Type: Comprehension

Difficulty: Easy

Learning Objective: List the core recommendations of the Dietary Guidelines for Americans and discuss the significant changes that have occurred in dietary recommendations to Americans over time (Infographics 2.5 and 2.6)

Keywords: Dietary Guidelines for Americans, MyPlate

34. On a food label, the % Daily Value table compares key nutrients per serving for a person consuming how many kilocalories daily?

- A. 2,000
- B. 1,500
- C. 2,500
- D. 3,000
- E. It depends on the person's age, weight, height, and level of activity.

Answer: A

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: percent daily value (%DV)

35. Which of the following is NOT a characteristic of MyPlate?

- A. It places most foods into one of five groups based on nutrient content.
- B. It places a higher value on eating protein than any other food group.
- C. It can be used with great flexibility in planning a healthy diet.
- D. It specifies that a certain quantity of food be consumed from each group.
- E. It can be used as an educational tool.

Answer: B

Type: Comprehension

Difficulty: Medium

Learning Objective: Describe how the USDAs MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: Dietary Guidelines for Americans, MyPlate

36. Which of the following information is NOT provided on a Nutrition Facts Panel for a packaged food item?

- A. serving size
- B. calories from fat
- C. percent daily value (%DV)
- D. percentage of calories from carbohydrates
- E. amount of trans fat per serving

Answer: D

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: food label

Short Answer Questions

37. What is the typical relationship between inexpensive fast-food items and nutrient density?

Answer: Fast food items are generally higher in energy density, but the nutrient density is low. Even though nutrient-dense foods may cost more, they provide a better value in nutrient content and in the delay of hunger.

Type: Application

Difficulty: Medium

Learning Objective: Define nutrient and energy density and describe why it is necessary to consider these factors when making food selections (Infographics 2.2 and 2.3)

Keywords: nutrient density

38. Describe the term *food desert* as it applies to American living.

Answer: A food desert is a neighborhood or community with little access to a variety of affordable healthy food, such as bananas, oranges, and other fresh fruits and vegetables.

Type: Comprehension

Difficulty: Easy

Learning Objective: Identify the key excesses and inadequacies of the current average American diet (Infographic 2.4)

Keywords: food desert, American diet

39. Compare and contrast the food items commonly found at corner convenience stores versus items found at a full-service grocery store. How does this affect nutrient density in food choices for residents without a full-service grocery store nearby?

Answer: A corner convenience store sells an abundance of chips, fast food, and processed food. A full-service grocery store sells an abundance of produce, dairy, and meat selections. Residents located farther away from grocery stores meet their caloric needs through many empty-calorie, nutrient-poor foods.

Type: Application

Difficulty: Medium

Learning Objective: Identify the key excesses and inadequacies of the current average American diet (Infographic 2.4)

Keywords: food desert, American diet, nutrient density

40. Why should consumers use the USDA's MyPlate to develop their daily food plans?

Answer: MyPlate, a tool released by the FDA in 2011, can help consumers make better food choices. The guidelines focus on 12 key messages for Americans to encourage them to eat a healthful diet and increase physical activity levels.

Type: Application

Difficulty: Easy

Learning Objective: Describe how the USDA's MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: Dietary Guidelines for Americans, MyPlate

41. Which of the following foods would be considered nutrient dense?

- A. applesauce
- B. orange sherbet
- C. lemonade
- D. hot chocolate
- E. All of the above.

Answer: A

Type: Application

Difficulty: Easy

Learning Objective: Define nutrient and energy density and describe why it is necessary to consider these factors when making food selections (Infographics 2.2 and 2.3)

Keywords: nutrient density

42. How does MyPlate (released in 2011) differ from the Food Guide Pyramid (used from 1992 – 2010)?

Answer: The Food Guide Pyramid places each food category into a pyramid, and the number of servings recommended increases for most food groups to address energy requirements.

MyPlate is arranged like a plate of food, showing what percentage each food group should compose.

Type: Application

Difficulty: Medium

Learning Objective: List the core recommendations of the Dietary Guidelines for Americans and discuss the significant changes that have occurred in dietary recommendations to Americans over time (Infographics 2.5 and 2.6)

Keywords: Dietary Guidelines for Americans, MyPlate

43. What is a structure/function claim and how is it displayed on a package? Name one example of a structure/function claim.

Answer: A structure/function claim must not make any link to a disease or health-related condition, they are supposed to be truthful and not misleading, and they are not reviewed or

authorized by the FDA. On the package, a disclaimer must state that the FDA has not evaluated the claim, and that the product is not intended to diagnose, treat, cure, or prevent any disease. An example of a structure/function claim is the term *heart healthy*.

Type: Application

Difficulty: Medium

Learning Objective: Identify the types of claims that can be made on food labels and discuss how their use is regulated by the FDA (Infographic 2.11)

Keywords: structure/function claim

44. What are three differences between a typical American diet and the Mediterranean diet?

Answer: A typical American diet is high in sodium, high in sugar, and lacks portion control. A typical Mediterranean diet includes a much higher amount of fish and seafood, wine, and olive oil.

Type: Application

Difficulty: Medium

Learning Objective: Explain what characteristics of a healthy diet are common throughout the world (Infographic 2.9)

Keywords: American diet

45. Compare and contrast the three types of claims that can be found on food labels.

Answer: Nutrient content claims explain the level of a nutrient or dietary substance in the product and uses terms such as *good source*, *high*, *reduced*, or *free*. A health claim describes the link between a food, food component, or dietary supplement substance and reduced risk of a disease. A structure/function claim describes the role of a nutrient or a dietary substance in maintaining health.

Type: Application

Difficulty: Hard

Learning Objective: Identify the types of claims that can be made on food labels and discuss how their use is regulated by the FDA (Infographic 2.11)

Keywords: structure/function claim, health claim, nutrient claim

46. What nutrients are required to be on the Nutrition Facts Panel?

Answer: Calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, calcium, iron, vitamins A and C.

Type: Comprehension

Difficulty: Hard

Learning Objective: Identify the information that is required on food labels and describe how this information can be used to select healthier foods (Infographic 2.10)

Keywords: food label

Essay Questions

47. Compare and contrast the amount of fast-food restaurants from a lower-income section of your town with a more affluent neighborhood.

Type: Application

Difficulty: Medium

Learning Objective: Identify the key excesses and inadequacies of the current average American diet (Infographic 2.4)

Keywords: American diet

48. In reference to Infographic 2.8, describe the relationship between low-income households and accessibility to full-service grocery stores. How does this vary across the country?

Type: Application

Difficulty: Medium

Learning Objective: Identify the key excesses and inadequacies of the current average American diet (Infographic 2.4)

Keywords: American diet

49. After familiarizing yourself with food guides from around the world, how do the French Diet Steps, the Mediterranean Diet Pyramid, and the Japanese Diet Spinning Top incorporate exercise compared with America's MyPlate?

Type: Application

Difficulty: Medium

Learning Objective: Explain what characteristics of a healthy diet are common throughout the world (Infographic 2.9)

Keywords: American diet, MyPlate

50. Does your total food intake from yesterday (breakfast, lunch, dinner, and snacks) fall into line with the recommendations from MyPlate? Why or why not? How can you better adjust your meals and snacks to align with the core concepts from MyPlate?

Type: Application

Difficulty: Easy

Learning Objective: Describe how the USDA's MyPlate and the associated My Daily Food Plan can be used to design a healthy diet (Infographic 2.7)

Keywords: Dietary Guidelines for Americans, MyPlate, diet analysis