

Chapter 02 - Guidelines for Designing a Healthy Diet

**Chapter 02**  
**Guidelines for Designing a Healthy Diet**

**Fill in the Blank Questions**

1. Alan has been hospitalized and you are concerned about his nutritional status. The five ways you would attempt to assess his nutritional status would be to take anthropometric measurements, determine economic status, and do a biochemical evaluation, clinical examination, and \_\_\_\_\_ analysis.

**dietary** or

**diet**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Topic: Healthy Diet Guidelines*

2. The RDAs are designed to cover the needs of \_\_\_\_\_% of the population.

**97** or

**ninety-seven**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

3. The \_\_\_\_\_ are the recommended nutrient intakes that meet the needs of essentially all healthy people of similar age and gender.

**RDA**s or  
**Recommended Dietary Allowances** or  
**Recommended Dietary Allowance** or  
**RDA**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

4. When there is insufficient research to determine the RDA for a nutrient, the \_\_\_\_\_, based on estimates of intakes that appear to maintain a defined nutritional state in a specific life stage, is the nutrient standard.

**AI** or  
**AIs** or  
**Adequate Intake** or  
**Adequate Intakes**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

5. A \_\_\_\_\_ is generally a fake medicine used to disguise the treatments of participants in an experiment.

**placebo**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.03 Understand the basis of the scientific method as it is used in developing hypotheses and theories in the field of nutrition, including the determination of nutrient needs.*

*Section: 02.04 Using the Scientific Method to Determine Nutrient Needs*

*Topic: Healthy Diet Guidelines*

6. According to the 2010 Dietary Guidelines, adults should \_\_\_\_\_ intake of fat-free or low-fat milk and milk products.

**increase**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

7. According to MyPlate, eggs belong in the \_\_\_\_\_ group.

**Protein Foods** or

**Protein** or

**Proteins**

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

8. (p. 62) When using MyPlate to choose fruits and vegetables, one should include a vitamin C source such as citrus fruit and a dark green vegetable each day, as a source of \_\_\_\_\_.

**vitamin A**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

9. The amount of a particular nutrient in a serving of food compared to its kilocalorie content is called its \_\_\_\_\_.

**nutrient density**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

10. (p. 55) Calories from solid fats and/or added sugars are also called \_\_\_\_\_ calories.

**empty**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

11. (p. 51) The 2010 Dietary Guidelines recommend consuming less than 10% of calories from \_\_\_\_\_ fatty acids.

**saturated** or  
**trans**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

12. Which government agency is responsible for most U.S. food labeling?

**FDA** or  
**Food and Drug Administration** or  
**Food & Drug Administration**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

### Multiple Choice Questions

13. Which of the following is true about the way we should eat to achieve good nutritional status?
- A. Eat fruits and vegetables because we can get all the nutrients we need from these.
  - B. Do the best we can but take supplements to fill in the deficient areas.
  - C. Eat a wide variety of foods because no single natural food meets all human nutrient needs.**
  - D. Eat only plant products because animal products are bad and generally filled with hormones for animal growth.

*Bloom's Level: 2. Understand*

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

14. Which meal contains foods from all food groups represented in MyPlate?
- A. Chef's salad containing ham, lettuce, an egg, Thousand Island dressing, and croutons; bagel; apple; and soft drink
  - B. Steak, baked potato with margarine, broccoli, salad with oil and vinegar dressing, milk
  - C. Refried beans, onions, tomatoes, and cheddar cheese wrapped in a tortilla; orange; and water**
  - D. Pasta, marinara (tomato) sauce with clams, house salad with vegetables, Italian bread with butter, and wine

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

15. Ann Miles, a triathlete, wants to eat a health-promoting diet and achieve dietary adequacy. Which principles should she follow to achieve dietary balance?

- A. Eat only unrefined plant products.
- B.** Consume a variety of foods from MyPlate's five major food groups every day.
- C. Eat only "good" foods such as fruits and vegetables and avoid the "bad" foods such as steak and ice cream.
- D. Plan to eat something relatively low in fat and sodium for dinner if she had a high fat and high sodium breakfast.

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

16. Which statement best describes the healthful diet principle of moderation?

- A. Choose a number of different foods within any given food group rather than the "same old thing."
- B. Consume a variety of foods from MyPlate's five major food groups every day.
- C.** Pay attention to portion size and plan your entire day's diet so that you don't overconsume nutrient sources.
- D. Consume foods that have the most nutrition for their kilocalories.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

17. Which statement best describes nutrient density?

- A. Choose a number of different foods within any given food group rather than the "same old thing."
- B. Consume a variety of foods from MyPyramid's five major food groups every day.
- C. Plan your entire day's diet so that you don't overconsume nutrient sources.
- D.** Consume foods that have the most nutrition for their kilocalories.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

18. Which statement best describes the healthful diet principle of balance?

- A. Choose a number of different foods within any given food group rather than the "same old thing."
- B.** Consume a variety of foods from each of MyPlate's five major food groups every day.
- C. Plan your entire day's diet so that you don't overconsume nutrient sources.
- D. Consume foods that have the most nutrition for their kilocalories.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

19. Measurements of height, weight, body circumferences, and body fat are called

- A. sonography.
- B. electrocardiography.
- C. echocardiography.
- D.** anthropometry.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Topic: Healthy Diet Guidelines*



20. Which of the following measures does not assess nutritional status?
- A. Dietary analysis
  - B. Biochemical evaluation
  - C. Clinical evaluation
  - D.** Psychoanalysis

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Topic: Healthy Diet Guidelines*

21. The acronym RDA stands for
- A.** Recommended Dietary Allowance.
  - B. Recommended Daily Allowance.
  - C. Required Dietary Allowance.
  - D. Required Daily Allowance.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

22. Which term describes failing health that results from a long-standing dietary intake that does not meet nutritional needs?
- A. Desirable nutrition
  - B. Balanced nutrition
  - C.** Undernutrition
  - D. Inferior nutrition

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.02 States of Nutritional Health*

*Topic: Healthy Diet Guidelines*

23. The RDAs are considered to be adequate to meet the known nutritional needs of
- A. all persons except the very young and very old.
  - B. all persons except pregnant and lactating women.
  - C. nearly all healthy persons.
  - D. all persons diseased and healthy.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

24. The RDAs for nutrients generally are
- A. the minimum amounts the average adult male requires.
  - B. more than twice the requirements.
  - C. designed to prevent deficiency disease in half the population.
  - D. designed to be adequate for almost all healthy people.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

25. If an individual's intake of a nutrient is less than the RDA, the individual
- A. is likely to be deficient in that nutrient.
  - B. is suffering from a deficiency of that nutrient.
  - C. has a 97.5% probability of being deficient in that nutrient.
  - D. may or may not be deficient.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

26. Tina is consuming 15 mg of iron per day. Her RDA is 18 mg. She has no condition warranting a greater-than-normal need for iron. Which of the following statements is true about her consumption of this nutrient?

- A. She is likely to be deficient in iron.
- B. She will need to consume significantly more iron, above the RDA, to make up for her intake.
- C.** Only if her intake is consistently less than 70% of the RDA would she be at great risk of nutritional deficiency.
- D. She couldn't possibly be getting enough iron for her needs.

*Bloom's Level: 5. Evaluate*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

27. Adequate Intakes (AI)

- A.** are established for nutrients for which there is not enough information to set RDAs.
- B. are established for carbohydrate, total fat, and dietary fiber.
- C. represent minimum nutrient needs.
- D. are established for all vitamins and minerals.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

28. You pick up a box of Cheerios cereal in the supermarket. The Nutrition Facts panel tells you that a 1-cup serving provides 25 percent of the \_\_\_\_\_ for iron.

- A. RDA
- B. Daily Value**
- C. Minimum Requirement
- D. ESADDI

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

29. One serving of Raisin Bran cereal contains 50 percent of the 18 mg Daily Value for iron. How much iron will one serving of your cereal provide?

- A. 5 mg
- B. 9 mg**
- C. 15 mg
- D. 36 mg

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

30. A food label states that a serving of a particular product contains 13 grams of total fat and 20 percent of the Daily Value for fat. This means that
- A. when you eat a serving of this product, you will be getting 20 percent of the RDA for fat.
  - B.** when you eat a serving of this product you will be getting 20 percent of the Daily Reference Value for total fat based on a 2,000-kcalorie diet.
  - C. you should eat more of the product to get the amount of fat you need that would equal 100 percent of the Daily Reference Value.
  - D. you should eat more of the product to get the amount of fat you need that would equal 100 percent of the RDA.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

31. The term "Daily Values" on a food label refers to
- A.** a generic standard set at or close to the highest RDA value or related nutrient standard.
  - B. RDAs.
  - C. minimum requirements.
  - D. AIs.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

32. The label on a package of Kool Aid indicates that it contains vitamin C. The amount listed is a percentage of the

- A. Daily Value.
- B. RDA.
- C. minimum requirement.
- D. AI.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

33. According to MyPlate, consumption of foods from the Grains group should include

- A. an equal amount of whole grain and refined grain products.
- B. at least half of the grain servings as whole grain cereals, breads, crackers, rice, or pasta every day.
- C. only whole grain products.
- D. a serving of grain products at each meal.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

34. According to MyPlate, an adult age 18 or older should consume how many cups of milk or milk equivalent per day on a 2,000-calorie diet?

- A. 1
- B. 2
- C. 3**
- D. 4

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

35. EER refers to

- A. a set of nutrient recommendations that includes RDAs, AIs, and ULs.
- B.** estimated calorie needs for the average person of a specific height, weight, age, gender, and physical activity pattern.
- C. a person's actual calorie needs, as measured by calorimetry.
- D. the level of dietary intake of a nutrient that is likely to meet the needs of nearly all healthy individuals in a particular life stage and gender group.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

36. Which of the following is *not* a true statement about the MyPlate Fruit group?

- A. Eat 2 cups every day for every 2000 kcal.
- B. Eat a variety of fruit.
- C.** Include plenty of fruit juices for your fruit servings.
- D. Choose fresh, frozen, canned, or dried fruit.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

37. (p. 57) According to MyPlate, how much do you need from the Protein Foods group when consuming a 2,000-calorie diet?

- A. 2 to 3 ounce-equivalents every day
- B. 4 ounce-equivalents every day
- C.** 5 1/2 ounce-equivalents every day
- D. 10 ounce-equivalents every day

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

38. Which of the following is true about the use of MyPlate?

- A. The guide applies to infants.
- B. Milk and meat are essential to good nutrition.
- C.** Variety is the key to the plan.
- D. The guide does not permit use of fats, oils, and sweets.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*



39. Margaret, an elderly woman, needs to limit her kilocalorie intake without sacrificing needed nutrients. Keeping in mind MyPlate, which of the following could she do?

- A. Eliminate carbohydrate.
- B. Carefully select foods rich in nutrients but low in kilocalories.**
- C. Count kilocalories and not worry about the food groups.
- D. Eliminate dairy foods.

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

40. Which of the following is not a wise application of MyPlate?

- A. Using low-fat and nonfat choices for milk and cheese
- B. Including several servings of vegetable proteins per week
- C. Using whole grain breads and cereals
- D. Eliminating foods from the Fruits group to lose weight**

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

41. Nutrient density can be defined as the amount of

- A. a particular nutrient in a serving of food divided by the number of kilocalories in that serving.**
- B. a particular nutrient in a serving of food divided by the number of grams of protein.
- C. kilocalories in a food divided by the amount of kilocalories needed in a day.
- D. a nutrient in a serving of food divided by the amount of the nutrient needed for that day.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

42. One cup of apple juice has 111 kilocalories and 1.4 mg of vitamin C. The same serving size of orange juice has 112 kilocalories and 124 mg of vitamin C. Which of the following is true regarding their nutrient density?

- A. Apple juice is more nutrient dense for vitamin C than orange juice.
- B. To get adequate vitamin C while watching kilocalorie intake, it would be better to consume apple juice than orange juice.
- C. Apple juice provides more vitamin C per kilocalorie than orange juice.
- D.** Orange juice is more nutrient dense for vitamin C than apple juice.

*Bloom's Level: 5. Evaluate*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.01 A Food Philosophy That Works*

*Topic: Healthy Diet Guidelines*

43. The acronym DRI stands for

- A. Dietary Required Intake.
- B.** Dietary Reference Intake.
- C. Daily Required Intake.
- D. Daily Reference Intake.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Topic: Healthy Diet Guidelines*

44. The 2010 Dietary Guidelines for Americans recommend which of the following?

- A.** Consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains.
- B. Consume two alcoholic beverages per day.
- C. Eliminate oils and solid fats from the diet.
- D. Decrease vegetable and fruit intake.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

45. The most important changes in the 2010 Dietary Guidelines include powerful emphases on

- A. reduction of both total calories and physical activity.
- B.** reduction of total calories, sugar-sweetened beverages, saturated fat, and sodium.
- C. increase in animal protein and refined grains.
- D. increase in all types of dairy products.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

46. Which of the following statements is consistent with the 2010 Dietary Guidelines for Americans?

- A. Choose a diet very low in fat and cholesterol.
- B. Balance the calories you eat with physical activity.**
- C. Choose a diet with plenty of animal products including milk and meats.
- D. Eat an abundance of saturated fats.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

47. Which of the following is not a limitation of nutritional assessments?

- A. A long time may elapse between the initial development of poor nutritional health and the first clinical evidence of a problem.
- B. Clinical signs and symptoms of nutritional deficiencies often are not very specific.
- C. Often it is not possible to separate the best nutritional state from one that is slightly jeopardized.
- D. Most nutrition assessments are time-consuming, costly, and do not provide valuable information.**

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Topic: Healthy Diet Guidelines*

48. Jeff, a world-class triathlete, visits a dietitian to obtain sports nutrition advice. During his visit, Jeff is asked to recall what he ate for the past 24 hours. Which part of a nutritional assessment is this?

- A. Biochemical evaluation
- B. Dietary assessment**
- C. Clinical examination
- D. Menu planning

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Topic: Healthy Diet Guidelines*

49. Missy visits a doctor because she feels tired most of the time, is easily distracted, and feels chilled. As part of her examination, Missy has blood drawn to be tested for concentrations of nutrients and their by-products. This part of the examination is the

- A. anthropometric assessment.
- B. physical examination.
- C. biochemical evaluation.**
- D. clinical examination.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Topic: Healthy Diet Guidelines*

50. Mrs. Mitchell was hospitalized after being found unconscious in her home. A dietitian conducted a nutritional assessment noting the general appearance of Mrs. Mitchell's skin, eyes, and tongue. Which part of the assessment is this?

- A. Medical history
- B. Diet history
- C. Biochemical evaluation
- D.** Clinical examination

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Topic: Healthy Diet Guidelines*

51. Kate consumes 1,900 kcalories each day. She requires 1,750 kcalories to meet daily energy needs. Over time, Kate's calorie consumption could lead to

- A. undernutrition.
- B. unbalanced nutrition.
- C. balanced nutrition.
- D.** overnutrition.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 02.02 States of Nutritional Health*

*Topic: Healthy Diet Guidelines*

52. Which government agency is responsible for regulating most U.S. food labeling?

- A. Food and Drug Administration
- B. U.S. Department of Agriculture
- C. Bureau of Alcohol, Tobacco, and Firearms
- D. Center for Science in the Public Interest

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

53. When looking at the ingredient label of a bottled spaghetti sauce, you see that olive oil is the second ingredient. This means that olive oil is

- A. the second ingredient by alphabetical listing.
- B. just one of the ingredients present in the sauce.
- C. the second most abundant ingredient by weight.
- D. the second most abundant ingredient by volume.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

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*Topic: Healthy Diet Guidelines*

54. A nutrition label must be present on the product if
- A. a claim is made about the health benefits of a specific nutrient.
  - B. the food is a packaged item.
  - C. the food is prepared using a specific standardized recipe, such as catsup.
  - D. the food is sold in the supermarket.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

55. Which of the following is not required on a nutrition label?
- A. The amount of all vitamins and minerals for which there is an RDA
  - B. The serving size
  - C. Total kcalories from fat per serving
  - D. Total fat, saturated fat, cholesterol, sodium, protein, and total carbohydrate in sugars and dietary fiber

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*



56. According to the 2010 Dietary Guidelines, the food and nutrients to increase are
- A. milk, meat, and beans.
  - B.** fruits, vegetables, low-fat milk, and whole grains.
  - C. grains, beans, and solid fats.
  - D. fruit juice, beans, and meat.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

57. The number of servings to consume from each MyPlate food group depends on a person's
- A. height, weight, and waist circumference.
  - B. taste preferences.
  - C.** age, gender, height, and weight.
  - D. frame size.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

58. Which of the following most accurately describes the term *epidemiology*?
- A. A test made to examine the validity of an educated guess
  - B. An educated guess by a scientist to explain a phenomenon
  - C.** A study of how disease rates vary among different population groups
  - D. An explanation for a phenomenon that has numerous lines of evidence to support it

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.03 Understand the basis of the scientific method as it is used in developing hypotheses and theories in the field of nutrition, including the determination of nutrient needs.*

*Section: 02.04 Using the Scientific Method to Determine Nutrient Needs*

*Topic: Healthy Diet Guidelines*

59. The food grouping guidelines most recently released from the United States government are called
- A. The Food Guide Pyramid.
  - B. The Basic Four Food Groups.
  - C. MyPyramid.
  - D.** MyPlate.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

60. Which of the following accurately describes the term *hypothesis*?
- A. A test made to examine the validity of an educated guess
  - B. An educated guess by a scientist to explain a phenomenon**
  - C. A study of how disease rates vary among different population groups
  - D. An explanation for a phenomenon that has numerous lines of evidence to support it

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.03 Understand the basis of the scientific method as it is used in developing hypotheses and theories in the field of nutrition, including the determination of nutrient needs.*

*Section: 02.04 Using the Scientific Method to Determine Nutrient Needs*

*Topic: Healthy Diet Guidelines*

61. (p. 64) Physical Activity Guidelines for Americans, released in 2008, advise a minimum of \_\_\_\_\_ minutes per week of moderate-intensity physical activity for adults.
- A. 30
  - B. 60
  - C. 90
  - D. 150**

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

62. RDAs are not used in food labeling because
- A. they are age- and gender-specific.
  - B. they are too generic.
  - C. there are too many of them.
  - D. their values are set too high.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.07 Food Labels and Diet Planning*

*Topic: Healthy Diet Guidelines*

63. Two tablespoons (tbsp) of salad dressing, peanut butter, or margarine is about the size of a
- A. yoyo
  - B. baseball
  - C. tennis ball
  - D. golf ball

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

64. In order to make healthful and logical nutrition decisions, beware of
- A. testimonials about personal experience.
  - B. reputable publication sources.
  - C. registered dietitians.
  - D. evidence from other scientific studies.

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.08 Identify reliable sources of nutrition information.*

*Section: Nutrition and Your Health: Evaluating Nutrition Claims and Dietary Supplements*

*Topic: Healthy Diet Guidelines*

65. The Dietary Supplement Health and Education Act (DSHEA) of 1994 classified vitamins, minerals, amino acids, and herbal remedies as

- A. drugs.
- B. foods.**
- C. supplements.
- D. phytochemicals.

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.08 Identify reliable sources of nutrition information.*

*Section: Nutrition and Your Health: Evaluating Nutrition Claims and Dietary Supplements*

*Topic: Healthy Diet Guidelines*

66. The “Supplement Facts” panel on dietary supplements resembles the \_\_\_\_\_ and is required on all dietary supplements.

- A. Drug Facts panel on drugs
- B. Cosmetic Facts panel on cosmetics
- C. Nutrition Facts panel on food**
- D. Health Facts panel on drugs

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.08 Identify reliable sources of nutrition information.*

*Section: Nutrition and Your Health: Evaluating Nutrition Claims and Dietary Supplements*

*Topic: Healthy Diet Guidelines*

67. The Mediterranean Diet Pyramid patterns dietary data from parts of the Mediterranean region that enjoy

- A. the lowest adult life expectancy.
- B. the highest intake of saturated fat.
- C. the lowest recorded rates of chronic diseases.**
- D. the lowest intake of carbohydrates.

*Bloom's Level: 2. Understand*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

Compare the following menu to MyPlate and answer the subsequent questions.

<u>Breakfast Menu</u>	<u>Lunch Menu</u>	<u>Dinner Menu</u>
2 white biscuits	2 slices white bread	2 C spinach salad
Butter and jelly	1 1/3 oz cheese	Salad dressing
3/4 C apricot juice	2 oz. ham	4 oz. roast beef
Coffee	Chicken noodle soup	1/2 C white rice
	3 wheat crackers	1/2 C squash
	1/2 C whole baby carrots	Chocolate cake w/icing
	1 watermelon wedge	Coffee
	Iced tea	

*Bloom's Level: 3. Apply*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

68. Using MyPlate's Daily Food Plan for 2000 kilocalories as a reference, the Fruits and Vegetables in this menu are

- A. missing a vitamin A source.
- B. missing a vitamin C source.
- C. present in adequate quantities.**
- D. missing a dark green vegetable source.

*Bloom's Level: 5. Evaluate*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

69. Using MyPlate's Daily Food Plan for 2000 kilocalories as a reference, the servings from the Dairy group in this menu are

- A. adequate.
- B. lacking 1 serving.
- C. lacking 2 servings.**
- D. lacking 3 servings.

*Bloom's Level: 5. Evaluate*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

70. Using MyPlate's Daily Food Plan for 2000 kilocalories as a reference, the Grains are

- A. adequate in number of servings but lacking fiber.**
- B. adequate in number of servings and fiber.
- C. inadequate in number of servings.
- D. inadequate in number of servings and fiber.

*Bloom's Level: 5. Evaluate*

*Learning Outcome: 02.06 Exemplify a meal that conforms to MyPlate recommendations.*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*

## Matching Questions

71. Match the following with the descriptions below

1. Calorie free	General goals for nutrient intakes and diet composition	<u>10</u>
2. Daily values	Recommended nutrient intakes that meet the needs of almost all healthy people of similar age and gender	<u>3</u>
3. RDAs	Planning food choices so that nutrient sources are not overconsumed	<u>11</u>
4. Nutrient density	Failing health that results from long-standing dietary practices that do not coincide with nutritional needs	<u>12</u>
5. Overnutrition	Food Label claim defined as containing less than 5 calories per serving	<u>1</u>
6. Nutritional state	A state in which nutritional intake greatly exceeds the body's needs	<u>5</u>
7. Phytochemicals	The standard based on observing dietary intakes of people that appear to be maintaining nutritional health; no evidence of a deficiency is apparent	<u>8</u>
8. AIs	Used as a reference for expressing nutrient content on nutrition labels	<u>2</u>
9. Undernutrition	Nutritional health as determined by ABCDE assessments	<u>6</u>
10. Dietary Guidelines	Failing health that results from long-standing dietary practices that are inadequate to meet nutritional needs	<u>9</u>
11. Moderation	A food's nutrient content in relation to its energy contribution	<u>4</u>
12. Malnutrition	Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly	<u>7</u>



Chapter 02 - Guidelines for Designing a Healthy Diet

*Bloom's Level: 1. Remember*

*Learning Outcome: 02.01 Develop a healthy eating plan.*

*Learning Outcome: 02.02 Outline the measurements used (ABCDEs) in nutrition assessment: anthropometric, biochemical, clinical, dietary, and environmental status.*

*Learning Outcome: 02.04 Describe what the Recommended Dietary Allowances (RDAs) and other dietary standards represent.*

*Learning Outcome: 02.05 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.*

*Learning Outcome: 02.07 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.*

*Section: 02.01 A Food Philosophy That Works*

*Section: 02.02 States of Nutritional Health*

*Section: 02.03 How Can Your Nutritional State Be Measured?*

*Section: 02.05 Specific Nutrient Standards and Recommendations*

*Section: 02.07 Food Labels and Diet Planning*

*Section: 2.06 Recommendations for Healthy Living*

*Topic: Healthy Diet Guidelines*