

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

- 1) The four characteristics of a healthful diet are adequacy, balance, moderation, and
A) value. B) variety. C) Calories. D) color.

Answer: B

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

Answer: C

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

Answer: B

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

Answer: B

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

Answer: A

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

Answer: C

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

Answer: A

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

Answer: D

- 9) Suzie generally prepares the majority of meals for her household. Even though she always prepares meals that offer enough Calories and nutrients for her family of four, she tends to make the same meals repeatedly. Which one of the characteristics of a healthy diet is Suzie NOT incorporating into her meal planning?
A) variety B) moderation C) adequacy D) balance

Answer: A

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

Answer: C

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

Answer: B

- 12) According to the USDA Food Patterns, which of the following foods is NOT a food that is considered to have empty Calories?
- A) chocolate cake
 - B) whole milk
 - C) grapes
 - D) fruit drinks

Answer: C

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

Answer: B

- 14) A set of principles developed by the USDA and the USDHHS to help reduce the risk of developing chronic disease is called
- A) Food Fundamentals.
 - B) DASH Diet.
 - C) Dietary Guidelines for Americans.
 - D) South Beach Diet.

Answer: C

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

Answer: D

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

Answer: A

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

Answer: B

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

Answer: D

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

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

Answer: A

20) Servings in the 2010 USDA MyPlate are represented in

- A) ounce-equivalents.
- B) Calories.
- C) percentages.
- D) grams.

Answer: A

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

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

Answer: C

22) Why are there several ethnic variations of the 2005 MyPyramid?

- A) to account for variations in activity level
- B) to account for individual variances in gender and age
- C) to allow for culturally and ethnically different food choices
- D) to guide individuals when eating out in different types of restaurants

Answer: C

23) Which statement BEST describes nutrient density?

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

Answer: D

24) Which of the following foods has the greatest nutrient density?

- A) 2 cups of strawberry Lifesavers (200 kcal)
- B) 1 cup of fresh strawberries (100 kcal)
- C) 8 fluid ounces of strawberry soda (100 kcal)
- D) 2 tablespoons of strawberry jelly (100 kcal)

Answer: B

25) Moderate alcohol consumption for men is defined as consuming

- A) no more than one drink per day.
- B) no more than one drink per week.
- C) no more than two drinks per day.
- D) no alcohol at all.

Answer: C

26) Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the factors to consider in planning diets?

- A) variety
- B) moderation
- C) adequacy
- D) Calorie control

Answer: B

27) With the exception of a few high-risk groups, the 2010 Dietary Guidelines for Americans recommends consuming how many mg of sodium per day?

- A) less than 1,000
- B) less than 2,300
- C) less than 1,500
- D) less than 3,000

Answer: B

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

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

Answer: C

29) What recommendation does the 2010 Dietary Guidelines for Americans make about consumption of saturated fats?

- A) Eliminate all saturated fat from the diet.
- B) Less than 10% of total daily Calories should come from saturated fat.
- C) There is no need to monitor daily consumption of dietary fat.
- D) Strive for at least five servings daily of butter and other nutrient-rich saturated fats.

Answer: B

30) MiPlato, the Spanish language version of MyPlate, recommends

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

Answer: C

31) Which of the following is a limitation of the USDA MyPlate?

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

Answer: B

32) Which of the following would NOT be a good practice for eating out healthfully?

- A) Share an entrée with a friend.
- B) Instead of a beef burger, order a chicken or veggie burger.
- C) Order low-fat or nonfat salad dressing served on the side.
- D) Order cream-based soups to increase your calcium intake.

Answer: D

33) The label on a container of cottage cheese describes it as "fat free." What is the FDA-approved requirement for this to be true?

- A) less than 0.5 g of fat per serving
- B) 3 g of fat per serving
- C) 1 g or less of saturated fat per serving
- D) at least 25 percent less fat per serving than regular cottage cheese

Answer: A

34) The statement of identity on a food label indicates the

- A) common and identifiable name of the food product.
- B) complete list of every ingredient contained in the food product.
- C) name and address of the food manufacturer.
- D) date, time, and location that the food product was produced.

Answer: A

35) The label on a bag of potato chips indicates that one serving contains 250 Calories, with 150 Calories from fat. What percent of Calories comes from fat?

- A) 60 B) 25 C) 80 D) 50

Answer: A

36) The 2010 Dietary Guidelines for Americans recommends a total daily cholesterol intake of

- A) less than 500 mg. B) less than 300 mg. C) 0 mg. D) 10 mg.

Answer: B

37) Which of the following is NOT a safe food-handling practice?

- A) washing hands when preparing and cooking foods
B) leaving frozen food on the kitchen counter to thaw
C) cooking foods to a proper temperature
D) avoiding unpasteurized milk products and raw seafood

Answer: B

38) The USDA Food Patterns recommends that a healthful diet contains foods from which of the following groups?

- A) nuts and legumes, fats, and dairy
B) carbohydrates, fats, and protein
C) starch/bread, meat and meat substitutes, vegetables, fruits, milk, and fat
D) grains, vegetables, fruits, dairy, and protein

Answer: D

39) Which of the following equals one serving of the USDA Food Patterns' vegetable group?

- A) 16 fl oz of tomato juice B) 2 cups of raw spinach
C) 1 tablespoon peanut butter D) 1/2 oz of almonds

Answer: B

40) Which of the following characteristics describes the majority of meals offered at fast-food restaurants?

- A) provide fresh fruits and vegetables B) low in total fat
C) low in sodium D) high in Calories

Answer: D

41) A method for eating out healthfully is to

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

Answer: C

42) A serving size defined by the USDA Food Patterns

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

Answer: C

43) An ounce-equivalent of cheese is roughly the size of

- A) a woman's fist. B) a deck of cards. C) a man's fist. D) four stacked dice.

Answer: D

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

Answer: D

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

Answer: B

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

Answer: B

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

Answer: A

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

Answer: D

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

Answer: A

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

Answer: C

- 51) Which of the following explains why many people eat too large a portion of snack foods and meat and too small a portion of fruits and vegetables?
- A) lack of knowledge of how big a serving size is
 - B) hunger-inhibiting phytochemicals found in fruits and vegetables
 - C) hunger-promoting probiotics found in snack foods and meat
 - D) lack of food labels on snack foods and meat

Answer: A

- 52) The 2010 Dietary Guidelines for Americans recommends that a healthful diet include proteins that are
- A) not from shellfish.
 - B) lower in solid fats and Calories.
 - C) free from allergenic nuts.
 - D) primarily from meat and poultry.

Answer: B

- 53) Which of the following is NOT one of the improvements in the 2010 revision of the Dietary Guidelines for Americans?
- A) replacing unhealthy fats with healthy fats
 - B) increased emphasis on eating more legumes, vegetables, fruits, whole grains, and nuts
 - C) cutting out red meat, butter, cheese, and sugar
 - D) replacing red meat with fish and chicken

Answer: C

- 54) Which of the following do some experts consider unnecessary to include as much as in the MyPlate recommendations?
- A) grains
 - B) dairy
 - C) protein
 - D) fruits

Answer: B

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

Answer: D

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

Answer: C

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

Answer: A

- 58) Mark weighs 254 pounds and would like to lose weight. He starts a walking program that expends 1.2 kcal/pound/hour. If he walks 45 minutes a day for one week, how many Calories will he burn in one week?
- A) 1,200 kcal
 - B) 1,600 kcal
 - C) 800 kcal
 - D) 1,800 kcal

Answer: B

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

Answer: D

60) At the grocery store, Janice studies the labels on fortified rice milk to find one that is high in calcium. Which of the following would indicate that a particular brand is high in this nutrient?

- A) percent daily value of calcium more than 20% B) percent daily value of calcium more than 5%
C) calcium included in the statement of identity D) calcium listed last in the list of ingredients

Answer: A

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

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

Answer: True ☒ False

62) The FDA regulates nutrition labels and the description of information found on food packages.

Answer: ☒ True False

63) The last item on an ingredient list is the predominant ingredient in that food product.

Answer: True ☒ False

64) Percent Daily Values listed on food labels are based on an energy intake level of 2,000 Calories a day.

Answer: ☒ True False

65) Since 1990, food labels have been required on all fresh meat and poultry.

Answer: True ☒ False

66) Food labeling regulations allow manufacturers to omit the footnote of the Nutrition Facts panel on smaller products.

Answer: ☒ True False

67) The Dietary Guidelines are a set of principles designed by the World Health Organization (WHO) for all developing and developed countries.

Answer: True ☒ False

68) One of the limitations of the USDA MyPlate is that it cannot be accessed on the Internet.

Answer: True ☒ False

69) The USDA MyPlate recommends that all grain sources be whole-grain choices.

Answer: True ☒ False

70) The number of servings of each food group recommended in the USDA Food Patterns is based on age, gender, and activity level.

Answer: ☒ True False

71) Oils are included as a separate group in the 2010 USDA Food Patterns.

Answer: True ☒ False

72) Ethnic foods can be incorporated into a healthful diet.

Answer: ☒ True False

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

Answer: True ☒ False

- 74) The serving sizes recommended in the USDA Food Patterns are close to those sold in grocery stores.
Answer: True ☒ False
- 75) The 2010 USDA Food Patterns recommends the consumption of less than 100 Calories of empty Calories each day.
Answer: True ☒ False
- 76) The 2010 Dietary Guidelines for Americans encourages healthier fats such as butter and lard.
Answer: True ☒ False
- 77) Foods companies are prohibited from using nutrient or health claims in food labels that are not approved by the FDA.
Answer: ☒ True False
- 78) Moderate alcohol consumption is defined as no more than two drinks a day for men and no more than one drink a day for women.
Answer: ☒ True False
- 79) Fast-food restaurants do not provide healthy food choices that are consistent with the USDA Food Patterns recommendations.
Answer: True ☒ False
- 80) Most Americans eat outside of the home at least once per week.
Answer: ☒ True False
- 81) Yogurt parfaits offered at some fast food restaurants are a more healthful choice than fruit.
Answer: True ☒ False
- 82) Ordering steamed vegetables or a baked potato with no toppings is a healthful choice when eating out.
Answer: ☒ True False
- 83) The Nutrition Facts panel on a food package contains the structure–function claims on that product.
Answer: True ☒ False
- 84) Required on all food products, a statement of identity lists the nutrient and health claims of its contents.
Answer: True ☒ False
- 85) Provided on the Nutrition Facts panel, the percent daily values (%DVs) section tells the consumer how much one serving contributes to the recommended overall daily intake of nutrients.
Answer: ☒ True False
- 86) MyPlate cannot be used to create a healthful eating plan for vegetarians.
Answer: True ☒ False

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

- 87) What are the characteristics of a healthful diet? How does the 2011 MyPlate illustrate these goals?
Answer: Answers will vary.

88) Discuss the difficulties in determining portion size.

Answer: Answers will vary.

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

Answer: Answers will vary.

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

Answer: Answers will vary.

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

Answer: Answers will vary.

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

- 1) The basic biological urge to eat when our body senses that we need food is
A) appetite. B) olfaction. C) hunger. D) satiety.
Answer: C
- 2) The psychological desire to eat stimulated by the sight, smell, or thought of food is
A) satiety. B) appetite. C) hunger. D) olfaction.
Answer: B
- 3) Which of the following plays a key role in stimulating appetite and enables us to taste foods?
A) conditioned taste aversion B) cultural conditioning
C) satiety D) olfaction
Answer: D
- 4) What role does mouthfeel play in determining our food choices?
A) It is a psychological desire to eat certain foods.
B) It stimulates hunger.
C) It signals satiety.
D) It stimulates nerve endings in the mouth and tongue.
Answer: D
- 5) Which of the following social situations would be most likely to inhibit appetite?
A) dinner date B) dinner at home with family
C) birthday party D) family holiday gathering
Answer: A
- 6) Mako grew up in Japan and regularly includes fish, rice, and seaweed in her daily meals. Which type of appetite cue is this an example of?
A) cultural B) social C) olfactory D) sensory
Answer: A
- 7) Craving food when frustrated, worried, or bored is an example of a(n)
A) sensory cue. B) emotional cue.
C) cultural cue. D) biological hunger cue.
Answer: B
- 8) Which of the following is NOT true about the influence of learning on food choices?
A) Nutrition education can help people make healthier food choices.
B) Preferences for particular foods are learned.
C) Food preferences cannot be changed after childhood.
D) An illness linked to a particular food can cause a food aversion.
Answer: C
- 9) After learning about the mistreatment of animals at slaughterhouses, Laura has become a vegetarian and cannot stand the thought of eating meat. Her dislike for a food she once enjoyed is an example of
A) cultural conditioning. B) internal cues.
C) social conditioning. D) conditioned taste aversion.
Answer: D

- 10) Which of the following diet analysis programs allows you to create a personalized healthy eating and physical activity plan?
- A) U.S. Department of Agriculture's Nutrient Database for Standard Reference
 - B) MyDietAnalysis
 - C) Mindfulness-Based Stress Reduction Program
 - D) MyPlate Supertracker

Answer: D

- 11) Which of the following diet analysis programs allows you to search for foods high in a particular nutrient?
- A) U.S. Department of Agriculture's Nutrient Database for Standard Reference
 - B) MyDietAnalysis
 - C) Mindfulness-Based Stress Reduction Program
 - D) MyPlate Supertracker

Answer: A

- 12) Which of the following diet analysis programs is tailored for use in college nutrition courses?
- A) U.S. Department of Agriculture's Nutrient Database for Standard Reference
 - B) MyDietAnalysis
 - C) Mindfulness-Based Stress Reduction Program
 - D) MyPlate Supertracker

Answer: B

- 13) The nonjudgmental awareness of one's emotional and physical responses to eating is known as
- A) conditioned tasting.
 - B) emotional eating.
 - C) satiety.
 - D) mindful eating.

Answer: D

- 14) Which of the following is a good strategy for helping identify unhealthy patterns of eating in response to external stimuli?
- A) running a search in the USDA's Nutrient Database for Standard Reference
 - B) experimenting with conditioned taste aversion to particular foods
 - C) generating a report using MyDiet Analysis
 - D) keeping a "cues" log

Answer: D

- 15) Which of the following is NOT a component of mindful eating?
- A) smelling your food
 - B) tracking Calorie consumption on your smartphone as you eat
 - C) chewing slowly
 - D) avoiding conversations as you eat

Answer: B

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

- 16) A pilot study has shown that mindful eating has no effect on the food choices of adults with type 2 diabetes.

Answer: True ☒ False

- 17) Eating a relaxing meal while watching television is an example of mindful eating.

Answer: True ☒ False

18) It is impossible to practice mindful eating when dining at a restaurant.

Answer: True ☒ False

19) Sights, smells, and other aspects of our environment affect appetite.

Answer: ☒ True False

20) Olfaction is the tactile sensation we experience when we eat food.

Answer: True ☒ False

21) Appetite can be stimulated when we mask an emotional response to a failing grade, an argument, or other negative event.

Answer: ☒ True False

22) For an adult to enjoy a food, it must have been introduced in childhood.

Answer: True ☒ False

23) MyPlate Supertracker is a web-based tool used to create a personalized eating and physical activity plan.

Answer: ☒ True False

24) Eating only when your physiological hunger ranks as a 1 on a 1–5 scale is an example of mindful eating.

Answer: True ☒ False

25) Cultural cues that influence eating patterns include advertisements and the types of restaurants available in a neighborhood.

Answer: ☒ True False