

Chapter 02 - Tools of a Healthy Diet

Chapter 02
Tools of a Healthy Diet

Multiple Choice Questions

1. Which is true about the Dietary Reference Intakes (DRIs)?
- A. They apply to people in Canada and the U.S.
 - B. They differ by age group.
 - C. They include Recommended Dietary Allowances and Tolerable Upper Intake Levels.
 - D. They were created by the Food and Nutrition Board.
 - E.** All of these responses are true.

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

2. Dietary Reference Intakes (DRIs) values are for people who are
- A. 1 to 4 years of age.
 - B. over 4 years of age.
 - C. over 19 years of age.
 - D.** of all ages.

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

3. An Adequate Intake (AI) is set for a nutrient when
- A.** too little research is available to establish an RDA.
 - B. the needs during pregnancy decline instead of increase.
 - C. the need for a nutrient depends on total calories eaten.
 - D. the nutrient has a high potential for being toxic.

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

4. Which Dietary Reference Intake (DRI) is set high enough to meet the needs of 97 to 98% of the population?

- A. Estimated Energy Requirements
- B. Estimated Average Requirements
- C. Recommended Dietary Allowances**
- D. Dietary Reference Intakes

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

5. Tolerable Upper Intake Levels (ULs) are

- A. the maximum daily intake level not likely to cause harmful effects.**
- B. based on intakes from only supplements and highly fortified foods.
- C. nutrient intake goals.
- D. set for all nutrients.

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

6. Which Dietary Reference Intake (DRI) reflects average daily needs?

- A. Adequate Intakes
- B. Estimated Energy Requirements**
- C. Recommended Dietary Allowances
- D. Tolerable Upper Intake Levels

Bloom's: 2. Understand

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

7. The AMDRs do NOT include estimates for intake of

- A. essential fatty acids.
- B. essential amino acids.**
- C. carbohydrate.
- D. fat.

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

8. The Recommended Dietary Allowances (RDAs) for nutrients are

- A. the minimum amounts needed by an average 70-kg man.
- B. twice as high as almost everyone needs.
- C. average requirements for a population.
- D. designed to meet the nutrient needs of 97 to 98% of individuals in a specific life stage.**

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Healthy Diet Guidelines

9. Foods that provide a greater contribution to nutrient needs than calorie needs are said to be

- A. empty calorie.
- B. energy dense.
- C. calorie dense.
- D. nutrient dense.**

Bloom's: 1. Remember

Learning Outcome: 2.01 Explain the purpose of the Recommended Dietary Allowances (RDAs) and relate them to the other standards included in the Dietary Reference Intakes.

Section: 2.01

Topic: Nutrition Basics

Chapter 02 - Tools of a Healthy Diet

10. The nutrient standards used on Nutrition Facts panels are called

- A. Recommended Dietary Allowances.
- B. Daily Values.**
- C. Estimated Average Requirements.
- D. Dietary Reference Intakes.

Bloom's: 1. Remember

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Healthy Diet Guidelines

11. Daily Values differ from Recommended Dietary Allowances in that Daily Values

- A. are used on Nutrition Facts panels.
- B. are not age-specific.
- C. are not gender-specific.
- D. All of these responses are correct.**

Bloom's: 2. Understand

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Healthy Diet Guidelines

12. Daily Values are based on which sets of dietary standards?

- A. Reference Daily Intakes and Daily Reference Values**
- B. Recommended Dietary Allowances and Daily Reference Values
- C. Reference Daily Intakes and Tolerable Upper Intake Levels
- D. Recommended Dietary Allowances and Reference Daily Intakes

Bloom's: 1. Remember

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

13. Daily Reference Values are set for

- A. fat and cholesterol.
- B. sodium and potassium.
- C. carbohydrate and protein.
- D.** All of these responses are correct.

Bloom's: 1. Remember

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Healthy Diet Guidelines

14. The reference calorie intake for calculating percent Daily Values on Nutrition Facts labels is

- A. 1500 kcal.
- B.** 2000 kcal.
- C. 2300 kcal.
- D. 3000 kcal.

Bloom's: 1. Remember

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Healthy Diet Guidelines

15. Which dietary standard values vary with calorie intake?

- A.** Fat
- B. Vitamin C
- C. Calcium
- D. Iron

Bloom's: 2. Understand

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

16. Which is required on a food package?

- A.** Name and address of the food manufacturer
- B. Date and time of processing
- C. Expiration date
- D. Percent Daily Value for protein

Bloom's: 2. Understand

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Nutrition Basics

17. If a can of soup provides 4 servings and has 100 kcal per serving, how many kcal are in the entire can?

- A. 100
- B. 200
- C.** 400
- D. 800

$$100 \text{ kcal/serving} \times 4 \text{ servings/can} = 400 \text{ kcal/can}$$

Bloom's: 3. Apply

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

18. Food components that must be listed on the Nutrition Facts panel include

- A. sugars, dietary fiber, and fluoride.
- B.** sugars, dietary fiber, and calcium.
- C. sugars, dietary fiber, and monounsaturated fat.
- D. sugars, calcium, and B-vitamins.

Bloom's: 2. Understand

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

19. Which claims are NOT closely regulated by the Food and Drug Administration (FDA)?

- A. Health claims
- B. Structure/function claims**
- C. Nutrient content claims
- D. All of the above

Bloom's: 2. Understand

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

20. To be defined as a "good" source of calcium, a food must contain

- A. at least 5% of the Daily Value for calcium in 1 serving of the food.
- B. at least 10% of the Daily Value for calcium in 1 serving of the food.**
- C. at least 50% of the Daily Value for calcium in 1 serving of the food.
- D. at least 50% of the Daily Value for calcium in 2 servings of the food.

Bloom's: 1. Remember

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

21. When vitamins and/or minerals are added to a food product in amounts in excess of at least 10% above that originally present in the product, the food is designated as

- A. light or lite.
- B. organic.
- C. imitation.
- D. fortified.**

Bloom's: 1. Remember

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

Chapter 02 - Tools of a Healthy Diet

22. Which is NOT a permitted health claim?

- A. Diets with enough calcium may reduce risk of osteoporosis.
- B. Diets low in sugar may reduce the risk of cancer.**
- C. Diets low in saturated fat and cholesterol may reduce the risk of cardiovascular disease.
- D. None of these responses are permitted.

Bloom's: 1. Remember

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

23. What type of claim is "calcium builds strong bones and teeth"?

- A. Structure/function claim**
- B. Health claim
- C. Nutrient claim
- D. Preliminary health claim

Bloom's: 2. Understand

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

24. For a health claim to be made about a food product, it must NOT contain more than

- A. 19 g fat.
- B. 70% carbohydrate.
- C. 4 g saturated fat.**
- D. 120 mg cholesterol.
- E. All of these choices are correct.

Bloom's: 1. Remember

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.02

Topic: Nutrition Basics

Chapter 02 - Tools of a Healthy Diet

25. Factors that affect the amount of nutrients in foods include

- A. farming conditions.
- B. ripeness of plants when harvested.
- C. cooking processes.
- D. length of time food is stored.
- E.** All of these factors affect nutrient content of foods.

Bloom's: 2. Understand

Learning Outcome: 2.04 Describe the uses and limitations of the data in nutrient databases.

Section: 2.03

Topic: Nutrition Basics

26. Energy-dense foods are

- A.** high in calories.
- B. high in water.
- C. high in fiber.
- D. high in volume.

Bloom's: 1. Remember

Learning Outcome: 2.04 Describe the uses and limitations of the data in nutrient databases.

Section: 2.03

Topic: Nutrition Basics

27. Nutrient databases can be used to determine

- A. a food's energy density.
- B. a food's nutrient density.
- C. the nutrient content of your diet.
- D. the nutrient content of the foods in a recipe.
- E.** All of these responses are appropriate uses of nutrient databases.

Bloom's: 2. Understand

Learning Outcome: 2.04 Describe the uses and limitations of the data in nutrient databases.

Section: 2.03

Topic: Nutrition Basics

Chapter 02 - Tools of a Healthy Diet

28. The Dietary Guidelines for Americans are designed to reduce the risk of
- A. cancer.
 - B. cardiovascular disease.
 - C. obesity.
 - D. foodborne illness.
 - E.** All of these responses are correct.

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2005 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

29. The Dietary Guidelines for Americans
- A. provide a scientific basis for USDA's school lunch program.
 - B. provide a scientific basis for the Food Stamp Program.
 - C. are designed to reduce the risk of "killer" diseases.
 - D.** All of these choices are correct.

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2005 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

30. According to the Dietary Guidelines for Americans, those who consume alcoholic beverages should do so in moderation. Which of the following statements is true?
- A.** A moderate intake is 1 or fewer servings per day for women.
 - B. Beer is not considered an alcoholic beverage because it is mostly water.
 - C. An average serving of red wine is 1.6 ounces per glass.
 - D. To be considered an alcoholic beverage, distilled spirits must be at least 180 proof.

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2005 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

31. According to the Dietary Guidelines for Americans, those who consume alcoholic beverages should do so in moderation. Which of the following statements is true?

- A.** A moderate intake is 1 or fewer servings per day for women.
- B. Beer is not considered an alcoholic beverage because it is mostly water.
- C. An average serving of red wine is 1.6 ounces per glass.
- D. To be considered an alcoholic beverage, distilled spirits must be at least 180 proof.

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2005 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

32. Which government agency publishes the Dietary Guidelines for Americans?

- A. USDA
- B. USDHHS
- C. FDA
- D.** UDSA and USDHHS
- E. FDA and USDA

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2005 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

33. MyPlate groups foods into _____ major categories.

- A. 2
- B. 3
- C. 4
- D.** 5

Bloom's: 1. Remember

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

34. Which is NOT a key behavior emphasized in MyPlate?

- A. Balancing calories
- B. Foods to increase
- C. Disease prevention**
- D. Foods to reduce

Bloom's: 1. Remember

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

35. According to MyPlate, a mini bagel would represent _____ ounce(s) from the grains group.

- A. 0.50
- B. 1**
- C. 2
- D. 3
- E. 4

Bloom's: 3. Apply

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

36. Two cups of lettuce salad would equal a cup from which MyPlate food group?

- A. Free
- B. Others
- C. Vegetable**
- D. Salad

Bloom's: 3. Apply

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

37. Which counts as one cup of fruit?

- A. Large banana
- B. Small apple
- C. Medium pear
- D.** All of the above

Bloom's: 1. Remember

Learning Outcome: 2.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.

Section: 2.05

Topic: Healthy Diet Guidelines

38. MyPlate includes which food group?

- A. Dairy
- B. Vegetables
- C. Protein foods
- D. Fruits
- E.** All of the above

Bloom's: 1. Remember

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

39. What eating behavior does MyPlate encourage?

- A. Make half your plate vegetables.
- B. Make half your plate grains.
- C. Make at least half your grains whole grains.
- D. Switch to fat-free or low-fat milk.
- E.** Both C and D.

Bloom's: 1. Remember

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

40. What counts as a cup in the dairy group?

- A. 1 cup of ice cream
- B.** 1 cup of yogurt
- C. 1 cup of cottage cheese
- D. 1 cup grated cheese

Bloom's: 1. Remember

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

41. According to MyPlate, four ounces of processed cheese equals ____ servings from the milk group.

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

Bloom's: 3. Apply

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

42. Which nutrients are contributed by the fruit group of MyPlate?

- A. calcium
- B.** folate
- C. zinc
- D. protein

Bloom's: 2. Understand

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

43. Which nutrients are contributed by the protein foods group of MyPlate?

- A. iron
- B. calcium
- C. vitamin C
- D. folate

Bloom's: 2. Understand

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

44. The MyPlate vegetable group is divided into which subgroups?

- A. Starchy vegetables, red & orange vegetables, and dark green vegetables
- B. Dark green vegetables and other vegetables
- C. Other vegetables, starchy vegetables, and red & yellow vegetables
- D. Dark green vegetables, red & orange vegetables, starchy vegetables, beans and peas, and other vegetables

Bloom's: 1. Remember

Learning Outcome: 2.06 Discuss the MyPyramid food groupings and plan a diet using this tool.

Section: 2.05

Topic: Healthy Diet Guidelines

45. A balanced diet is one that

- A. includes foods from every food group in the recommended amounts.
- B. includes different foods from each food group.
- C. keeps portion sizes under control.
- D. incorporates dietary supplements.

Bloom's: 1. Remember

Learning Outcome: 2.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.

Section: 2.05

Topic: Healthy Diet Guidelines

Chapter 02 - Tools of a Healthy Diet

46. Moderation in one's diet means that the diet
- A. includes foods from every food group in the recommended amounts.
 - B. includes different foods from each food group.
 - C. keeps portion sizes under control.
 - D. incorporates dietary supplements.

Bloom's: 1. Remember

Learning Outcome: 2.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.

Section: 2.05

Topic: Healthy Diet Guidelines

47. Reading food labels helps consumers
- A. identify amounts of salt or sodium in the product.
 - B. determine the sugar content of the product.
 - C. determine amount and kind of fat in the product.
 - D. choose foods with dietary fiber.
 - E. All of these responses are correct.

Bloom's: 2. Understand

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Nutrition Basics

48. Mandatory labeling of foods is regulated by the
- A. USDHHS.
 - B. FTC.
 - C. FDA.
 - D. GAO.

Bloom's: 1. Remember

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Nutrition Basics

49. Labeling laws require that ingredients in food products be listed on the container in descending order of their
- A. calories.
 - B. nutrient density.
 - C.** weight.
 - D. cost.

Bloom's: 1. Remember

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Nutrition Basics

50. Under the current law on nutrition labeling, the Nutrition Facts panel must include
- A.** total calories from fat.
 - B. total calories from *trans* fat.
 - C. total calories from saturated fat.
 - D. grams of monounsaturated fat.

Bloom's: 2. Understand

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Nutrition Basics

True / False Questions

51. The FDA has expressed concern about nutrition symbols (e.g., check marks) placed on the front of food packages because inconsistent criteria were used to determine if a food was eligible for a symbol.

TRUE

Bloom's: 1. Remember

Learning Outcome: 2.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.

Section: 2.02

Topic: Nutrition Basics

Chapter 02 - Tools of a Healthy Diet

52. About half of the money Americans spend on food is used to buy foods prepared outside the home.

TRUE

Bloom's: 1. Remember

Learning Outcome: 2.04 Describe the uses and limitations of the data in nutrient databases.

Section: 2.03

Topic: Healthy Diet Guidelines

53. Those who frequently eat at fast foods restaurants have an increased risk for obesity.

TRUE

Bloom's: 1. Remember

Learning Outcome: 2.03 Describe Nutrition Facts panels and the claims permitted on food packages.

Section: 2.03

Topic: Healthy Diet Guidelines