Grosvenor 3e: Testbank: Chapter 2

Question Type: Multiple Choice

1) In 1894, the first dietary recommendations in the US were published by the _____. The purpose of these recommendations was to _____.

a) FDA, keep Americans healthy
b) FDA, show Americans what a balance diet looked like
c) USDA, keep Americans healthy
d) USDA, show Americans what a balanced diet looked like

Answer: c

Difficulty: Medium
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.1 Explain the purpose of government nutrition recommendations.
Section Reference 1: Section 2.1 Nutrition Recommendations

2) The set of health promotion and disease prevention objectives that is revised every 10 years are the _____.

a) Dietary Allowances
b) Healthy People objectives
c) USDA Food Guidance System
d) US Diet Requirements

Answer: b

Difficulty: Easy
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.1 Explain the purpose of government nutrition recommendations.
Section Reference 1: Section 2.1 Nutrition Recommendations

3) Nutrition recommendations are developed to:

a) address the nutritional concerns of the population.
b) evaluate the nutrient intake of populations.
c) help individuals meet their specific nutrient needs.
d) All of these are true.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

4) All of the following are characteristics of the Dietary Reference Intakes EXCEPT:

a) the standards are designed to prevent nutrient deficiency.
b) the standards are designed to reduce the risk of chronic disease.
c) there are two sets of standards, one for healthy people and one for when someone is sick.
d) they can be used to determine if a person's diet provides adequate amounts of the essential nutrients.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.1 Summarize the purpose of the DRIs.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

5) DRIs vary based on each of these EXCEPT:

a) age.
b) gender.
c) lifestyle stage.
d) race.

Answer: d

Difficulty: Easy
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.1 Summarize the purpose of the DRIs.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

6) Which nutrient intake recommendation is used as a goal when a Recommended Dietary Allowance does not exist?

a) Adequate Intake
b) Estimated Average Requirement
c) Estimated Energy Requirement

d) Tolerable Upper Intake Level

Answer: a

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

7) The DRI that is most commonly used to determine the nutritional value of individual diets are the:

a) Adequate Intakes.
b) Estimated Average Requirements.
c) Recommended Dietary Allowances.
d) Tolerable Upper Intake Levels.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

8) As intake rises above the UL, the likelihood of _____ increases.

a) deficiency
b) normalcy
c) toxicity
d) nutrient density

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

9) All of the following are variables that increase the Estimated Energy Requirement except:

a) a child who grows taller.
b) adding 20 minutes per day of physical activity.
c) getting older.
d) adding muscle mass by weight lifting.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

10) The energy recommendation that describes the proportions of calories that should come from carbohydrate, fat, and protein are the:

a) AIs.
b) AMDRs.
c) DRIs.
d) EARS.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.4 Explain the concept of the Acceptable Macronutrient Ranges (AMDRs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

11) According to the AMDR, the majority of calories you eat should come from:

a) carbohydrates.
b) fat.
c) protein.
d) vitamins.

Answer: a

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.4 Explain the concept of the Acceptable Macronutrient Ranges (AMDRs).

Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

12) Which of the following statements regarding the AMDRs is false?

a) They allow flexibility in food intake patterns.
b) They are available for vitamins and minerals.
c) They are used in conjunction with the EER.
d) They are intended to promote diets that minimize disease risk.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.4 Explain the concept of the Acceptable Macronutrient Ranges (AMDRs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

13) All of the following are nutrient-dense protein sources EXCEPT:

a) almonds.
b) bananas.
c) black beans.
d) sunflower seeds.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

14) According to the Dietary Guidelines for Americans, maintaining a healthy body weight is emphasized by:

a) following a diet that provides fewer than 120 grams of carbohydrate daily.
b) following a diet with less than 10% of total calories from fat.
c) increasing protein intake.
d) moderating calorie intake.

Answer: d

Difficulty: Medium

Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

15) The Dietary Guidelines for Americans promote a minimum of _____ minutes of moderate exercise weekly.

a) 40
b) 80
c) 120
d) 150

Answer: d

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

16) Which of the following is NOT a key recommendation promoted by the Dietary Guidelines for Americans?

a) Consume less than 300 mg of dietary cholesterol daily.
b) Drink one glass of red wine daily.
c) Increase fruit and vegetable consumption.
d) Use oils to replace solid fats where possible.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

17) The Dietary Guidelines for Americans recommend that no more than ____ percent of calories come from saturated fat.

a) 5
b) 7

c) 10
d) 12

Answer: c

Difficulty: Easy
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

18) Which of the following groups of individuals is(are) recommended to consume less than 1500 mg of sodium daily?

a) Adults 51 and older
b) African Americans
c) Those with diabetes and/or hypertension
d) All of these individuals are advised to consume less than 1500 mg/daily.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

19) MyPlate:

a) divides foods into 4 groups.
b) illustrates the appropriate proportions of food.
c) replaces the Dietary Guidelines for Americans.
d) All of these are characteristic of MyPlate.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.2 Explain the purpose of MyPlate.
Section Reference 1: Section 2.3 Tools for Diet Planning

20) Which of the following is not a component of the DASH diet?

a) Consuming plenty of whole grains, nuts and seeds.
b) Consuming full-fat dairy products.
c) Eating plenty of fruits and vegetables.
d) Increasing foods rich in calcium and magnesium.

Answer: b

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

21) Which of the following is promoted by the Mediterranean Eating Pattern?

a) Eating poultry and eggs daily.
b) Consuming full-fat dairy products frequently.
c) Eating red meat and sweets less often.
d) Limiting consumption of nuts and seeds.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

22) To decrease your chance of getting a food-borne illness, you should:

a) cut your fresh produce and raw meat on the same cutting board to limit waste.
b) eat your fresh fruits and vegetables without washing them first to preserve the nutritional value.
c) order your steaks rare to medium-well in doneness.
d) wash your hands frequently.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

23) Discretionary calories come from:

a) alcohol and added sugars.
b) added sugars and solid fats.
c) alcohol and solid fats.
d) Alcohol, added sugars, and solid fats.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.4 Identify foods that are high in empty calories.
Section Reference 1: Section 2.3 Tools for Diet Planning

24) Which of the following is NOT considered to be a source of empty calories?

a) Donuts and other pastries
b) Soft drinks and candy
c) Table sugar and butter
d) Oils

Answer: d

Difficulty: Hard
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.4 Identify foods that are high in empty calories.
Section Reference 1: Section 2.3 Tools for Diet Planning

25) On the food label, a %DV is NOT required for:

a) monounsaturated fats.
b) saturated fats.
c) total fat.
d) *trans* fat.

Answer: a

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

26) The _____ is a reference value for the intake of nutrients used on the food label.

a) Adequate Intake
b) Daily Value
c) Estimated Average Requirement
d) Recommended Dietary Allowance

Answer: b

Difficulty: Easy
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

27) The Daily Value amounts listed in the Nutrition Facts panel are based on a _____ calorie diet.

a) 1500
b) 1800
c) 2000
d) 2500

Answer: c

Difficulty: Easy
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

28) If Joe consumed 2500 calories daily, he would need to consume ____ the %DV listed in the Nutrition Facts panel.

a) greater than
b) less than
c) the same as

Answer: a

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.

Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

29) Which of the following pieces of information is NOT required on the foods label?

a) Name of the product
b) Total weight or volume of the contents
c) Name, address and website of the manufacturer, distributor or packager
d) Ingredients in descending order by weight

Answer: c

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

30) Where would you look on the food label to determine if sugar was added to the product?

a) Ingredients list
b) Front of the label
c) Nutrition Facts panel
d) Serving size information

Answer: a

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

31) A _____ claim refers to a relationship between a nutrient, food, or dietary supplement and a reduced risk of a disease.

a) Dietary
b) Health
c) Nutrient content
d) Structure/function

Answer: b

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

32) Nutrient content and health claims are approved by the:

a) FDA.
b) food manufacturer.
c) USDA.
d) US Department of Public Health.

Answer: a

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

33) For a dietary supplement to claim "high potency," it must contain _____ percent of the Daily Value for the given nutrient based on the stated serving size.

a) 20
b) 50
c) 100
d) 125

Answer: c

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

34) Structure/function claims are:

a) approved by the FDA.
b) allowed on all food and supplement labels.

c) required to include a disclaimer that the product is not intended to diagnose, treat, cure or prevent any disease.
d) the same as health and nutrient claims.

Answer: c

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

35) Dietary supplements:

a) are approved by the FDA.
b) are exempt from providing any nutritional information.
c) are regulated as foods.
d) include multivitamin pills, herbs, and enzymes.

Answer: d

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

Question Type: True/False

36) Overt nutrient deficiencies are now rare in the United States.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.1 Explain the purpose of government nutrition recommendations.
Section Reference 1: Section 2.1 Nutrition Recommendations

37) The Dietary Reference Intakes are only concerned with the correction of nutrient deficiencies.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.2 Discuss how U.S. nutrition recommendations have changed over the past 100 years.
Section Reference 1: Section 2.1 Nutrition Recommendations

38) The basic premise of federal dietary guidance has remained fairly unchanged, and it is to choose the right combinations of foods to promote health.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.2 Discuss how U.S. nutrition recommendations have changed over the past 100 years.
Section Reference 1: Section 2.1 Nutrition Recommendations

39) The purpose of a food guide is to translate nutrient intake recommendations into recommended food choices.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

40) A limitation of the information obtained from population health and nutrition surveys is that the information cannot be used if the nation is meeting health and nutrition goals.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

41) A complete assessment of an individual's nutritional status includes a diet analysis, physical exam, medical history, and laboratory tests.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

42) A person's nutritional status is influenced by his/her intake and utilization of nutrients.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.
Section Reference 1: Section 2.1 Nutrition Recommendations

43) The DRIs tell you how much of each nutrient you need and help you choose foods that will meet these needs.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.1 Summarize the purpose of the DRIs.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

44) For most nutrients, exceeding the Tolerable Upper Intake Levels (UL) through food consumption is difficult.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.

Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

45) For all nutrients, Tolerable Upper Intake (UL) Levels are set for intakes from dietary supplements only.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

46) The EARs are set higher than the RDAs.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

47) For many foods, there is no UL because too little information is available to determine it.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

48) The Estimated Energy Requirements (EERs) estimate calorie needs to promote weight loss among adults.

Answer: False

Difficulty: Easy

Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)

49) The Dietary Guidelines for Americans are designed to promote health and reduce the risk of overweight, obesity, and chronic diseases in toddlers.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

50) The Dietary Guidelines recommend that at least half of your grains come from whole grain sources.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

51) The current edition of the Dietary Guidelines for Americans focuses on balancing calorie intake with physical activity and consuming nutrient-dense foods and beverages.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

52) Losing weight requires burning fewer calories than you consume.

Answer: False

Difficulty: Easy
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning

53) MyPlate was designed to put the recommendations of the Dietary Guidelines into practice.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.2 Explain the purpose of MyPlate.
Section Reference 1: Section 2.3 Tools for Diet Planning

54) Following the MyPlate food guide is the healthiest plan to follow.

Answer: False

Difficulty: Easy
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

55) A fundamental premise of the Dietary Guidelines is that nutrients should come primarily from foods.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

56) According to MyPlate, half of your plate should be fruits and vegetables.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

57) The DASH eating plan includes more servings per day of fruits and vegetables than MyPlate.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

58) Oatmeal and brown rice are whole grains.

Answer: True

Difficulty: Easy
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

59) Canned and dried fruit are not as nutritious as fresh fruit, and should be avoided in a healthy diet.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

60) Beans and peas are good sources of the nutrients found in both vegetables and protein foods, so they can be counted in either food group.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

61) MyPlate emphasizes the importance of proportionality, moderation, and nutrient density, but not variety.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.3 Plan a diet that meets your daily food plan.
Section Reference 1: Section 2.3 Tools for Diet Planning

62) Some empty calories come from foods that belong to a food group but contain added sugars and fats.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.4 Identify foods that are high in empty calories.
Section Reference 1: Section 2.3 Tools for Diet Planning

63) Limiting empty calories is important as they provide mostly calories and fewer nutrients.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.4 Identify foods that are high in empty calories.
Section Reference 1: Section 2.3 Tools for Diet Planning

64) Food labels are designed to help consumers make wise food choices at the point of purchase.

Answer: True

Difficulty: Medium

Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

65) Restaurants, upon request, must be able to provide consumers with the nutritional information of the foods served.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

66) A qualified health claim does not have the same amount of research to support it as a health claim.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

67) An ingredient list is required on all products containing more than one ingredient.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.4 Food and Supplement Labels

68) Ingredients on a food label are listed in descending order by weight.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.4 Food and Supplement Labels

69) Food additives must be included in the ingredients list.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.4 Food and Supplement Labels

70) All health claims are reviewed by the food manufacturer before printed on the food label.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

71) A Supplement Facts panel appears on the label of every dietary supplement.

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

72) Dietary supplements are required to carry a Supplement Facts panel similar to the Nutrition Facts panel on food labels.

Answer: True

Difficulty: Medium

Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

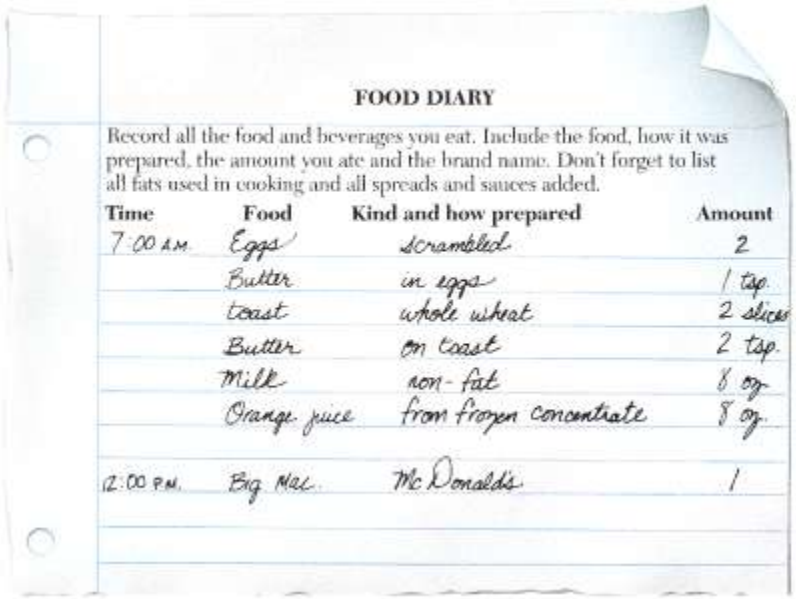
73) Because structure/function claims on supplements have undergone rigorous scientific study, the FDA has approved these claims.

Answer: False

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

Question Type: Essay

74) Based on the visuals below, what would you determine the "kids'" risk for heart disease to be?

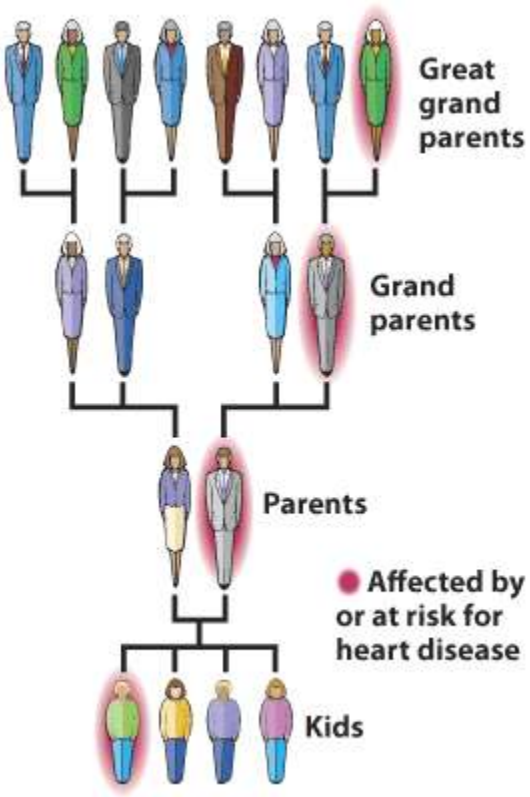


FOOD DIARY

Record all the food and beverages you eat. Include the food, how it was prepared, the amount you ate and the brand name. Don't forget to list all fats used in cooking and all spreads and sauces added.

Time	Food	Kind and how prepared	Amount
7:00 A.M.	Eggs	scrambled	2
	Butter	in eggs	1 tsp.
	toast	whole wheat	2 slices
	Butter	on toast	2 tsp.
	Milk	non-fat	8 oz.
	Orange juice	from frozen concentrate	8 oz.
12:00 P.M.	Big Mac	McDonald's	1

Nutrient	Percent of recommendation 0% 50% 100%
Vitamin A	75%
Vitamin C	115%
Iron	54%
Calcium	75%
Saturated fat	134%

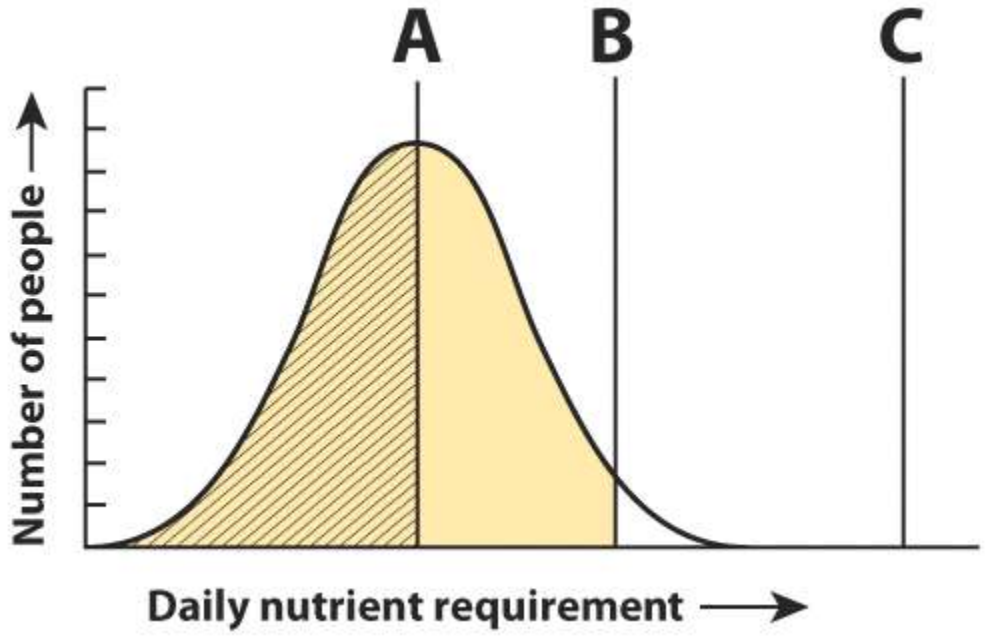


Answer:

Difficulty: Hard
Learning Objective 1: 2.1 Describe the development and rationales of government nutrition recommendations.
Learning Objective 2: LO 2.1.3 Describe how nutrition recommendations are used to evaluate nutritional status and set public health policy.

Section Reference 1: Section 2.1 Nutrition Recommendations
Solution: Based on these four visuals, his abbreviated food intake shows foods high in saturated fat, *trans* fat, and cholesterol. He has a genetic tendency towards heart disease, but his blood lipid values are likely still healthy.

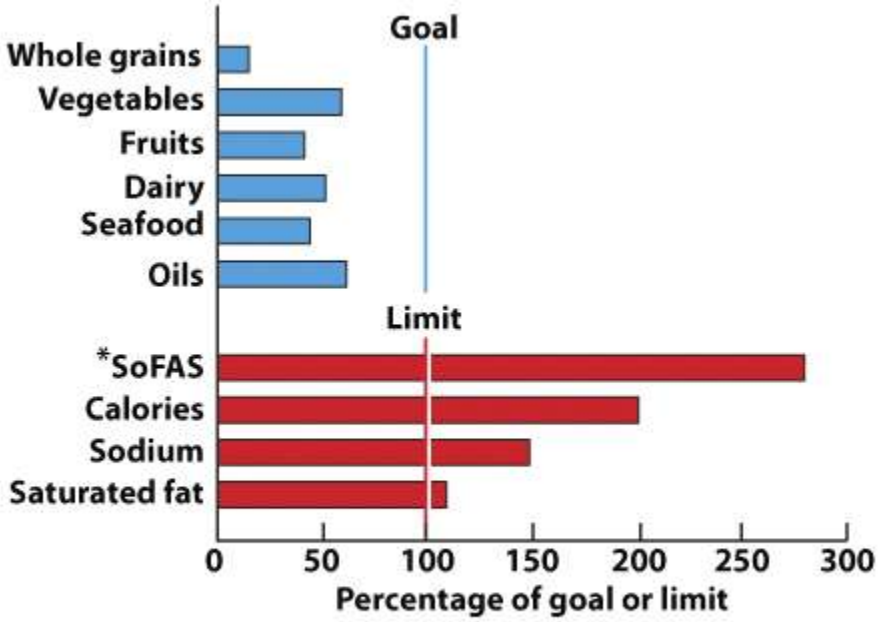
75) Label letters A, B, and C with the appropriate description.



Answer:

Difficulty: Medium
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.2 Describe the four sets of DRI values used in recommending nutrient intake.
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)
Solution: A = Estimated Average Requirements, B = Recommended Dietary Allowanced, C = Tolerable Upper Intake Levels

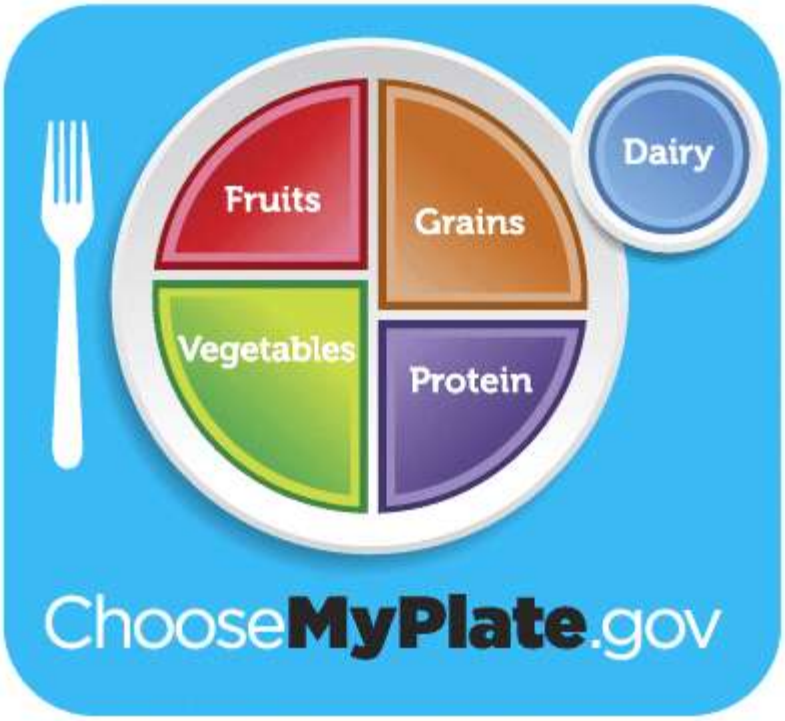
76) The current U.S. dietary pattern is not as healthy as it could be. The visual below compares the usual U.S. intake of selected foods and nutrients as a percentage of the recommended goal or limit. Discuss how the Dietary Guidelines for Americans incorporated research results such as those depicted in the visual below.



Answer:

Difficulty: Hard
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.1 Discuss how following recommendations of the Dietary Guidelines can help prevent chronic disease.
Section Reference 1: Section 2.3 Tools for Diet Planning
Solution: Answers will vary, but should relate back to the Key Recommendations of the 2010 Dietary Guidelines as displayed in Table 2.1.

77) The MyPlate icon shows what a balanced meal should look like. Explain how the Dietary Guidelines for Americans and MyPlate are related.

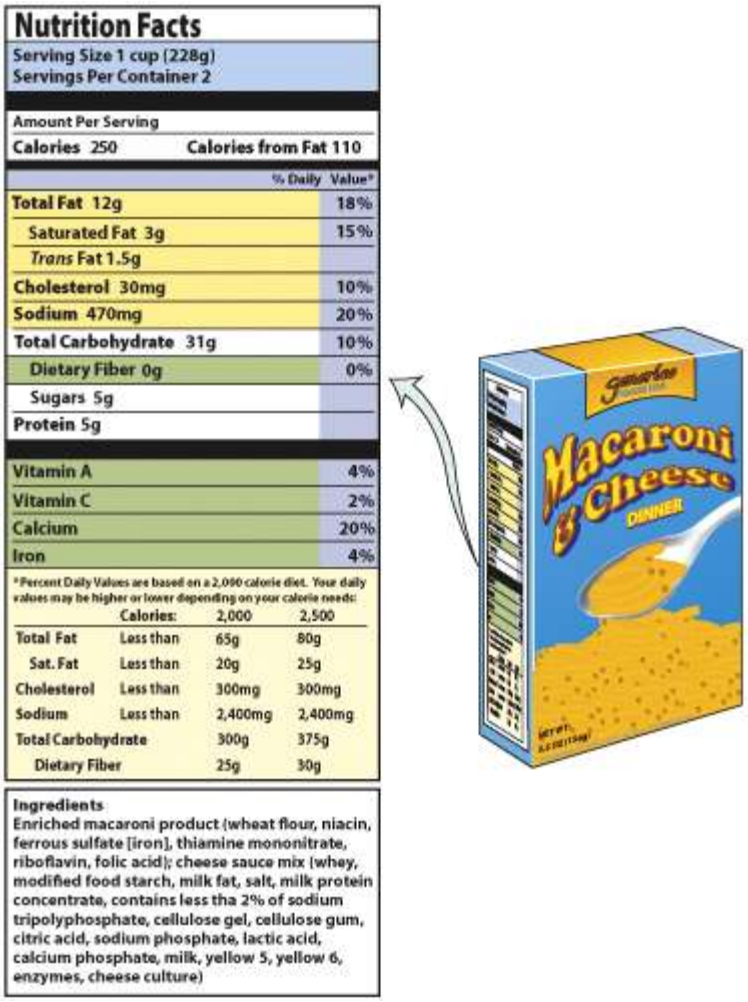


Answer:

Difficulty: Hard
Learning Objective 1: 2.3 Discuss how dietary planning can improve health, and what tools are available to guide choices.
Learning Objective 2: 2.3.2 Explain the purpose of MyPlate.
Section Reference 1: Section 2.3 Tools for Diet Planning
Solution: The Dietary Guidelines for Americans highlight four key messages: balancing calories, foods to increase, foods to reduce, and building healthy eating patterns. The MyPlate icon is a visual representation of these messages.

Question Type: True/False

78) This food is high in sodium.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

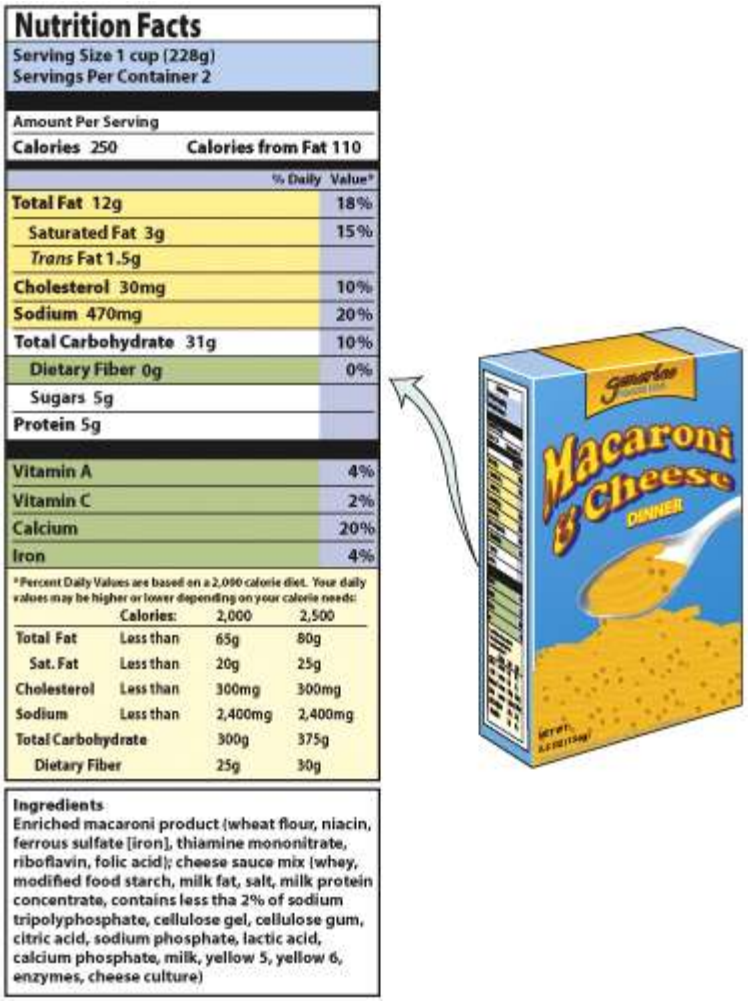
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients
Enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid); cheese sauce mix (whey, modified food starch, milk fat, salt, milk protein concentrate, contains less tha 2% of sodium tripolyphosphate, cellulose gel, cellulose gum, citric acid, sodium phosphate, lactic acid, calcium phosphate, milk, yellow 5, yellow 6, enzymes, cheese culture)

Answer: True

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

79) This food is high in iron.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
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Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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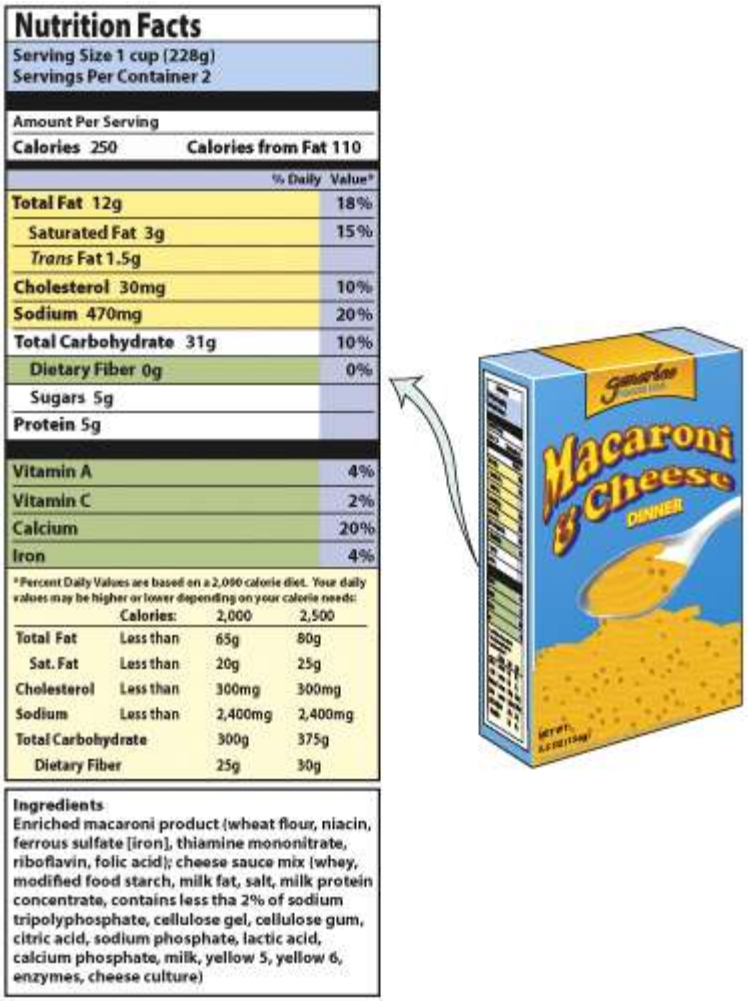
Answer: False

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

80) This food is low in saturated fat.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
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Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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Ingredients
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Answer: False

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.2 Determine whether a food is high or low in fiber, sodium, or saturated fat.
Section Reference 1: Section 2.4 Food and Supplement Labels

Question Type: Multiple Choice

81) If you ate the entire box, how many calories from fat would you have consumed?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
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Iron	4%

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Ingredients
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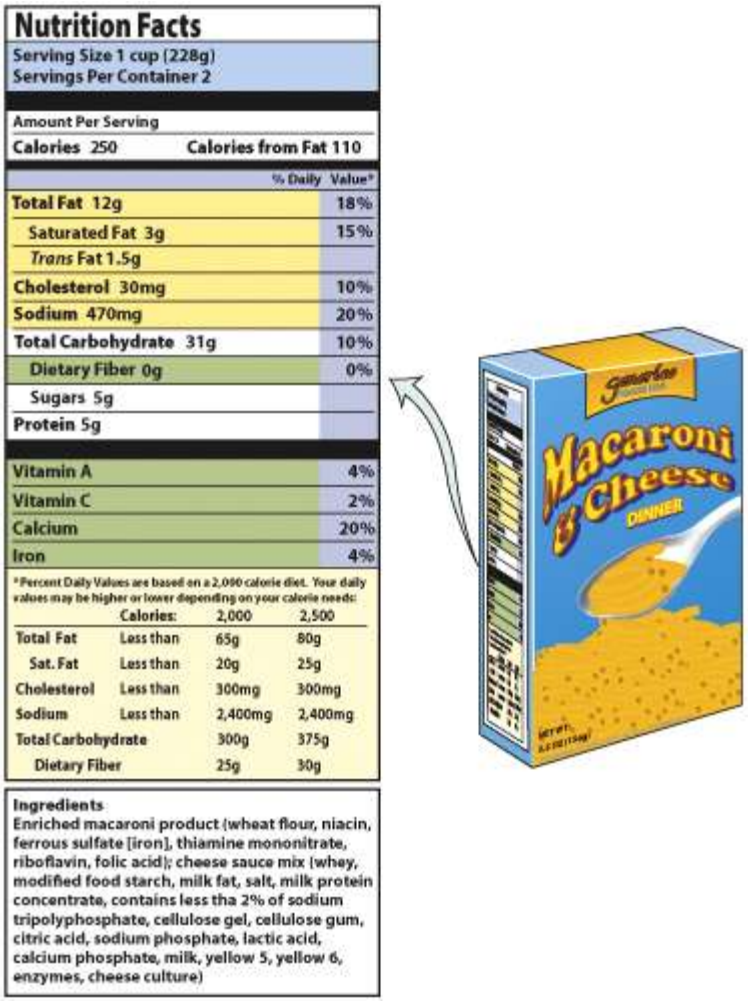
a) 110
b) 220
c) 250
d) 500

Answer: b

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

82) If you consumed the entire box, what %DV of sodium would you have consumed?



Nutrition Facts

Serving Size 1 cup (228g)
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Amount Per Serving	
Calories 250	Calories from Fat 110
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Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients
Enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid); cheese sauce mix (whey, modified food starch, milk fat, salt, milk protein concentrate, contains less tha 2% of sodium tripolyphosphate, cellulose gel, cellulose gum, citric acid, sodium phosphate, lactic acid, calcium phosphate, milk, yellow 5, yellow 6, enzymes, cheese culture)

a) 20%
b) 30%
c) 40%
d) 70%

Answer: c

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

83) Based on the ingredients listing for drinks A and B, which would be the healthier choice?

Orange Juice

Nutrition Facts

Serving Size 8 fl oz (240 g)

Amount Per Serving

Calories 110

	% Daily Value*
Sodium 0mg	0%
Total Carbohydrates 26 g	9%
Sugars 22 g	

Vitamin A 0% •	Vitamin C 120%
Calcium 2% •	Iron 0%

* Based on a 2000 calorie diet

Ingredients: Water, concentrated orange juice

Juice Drink

Nutrition Facts

Serving Size 8 fl oz (240 g)

Amount Per Serving

Calories 120

	% Daily Value*
Sodium 160mg	7%
Total Carbohydrates 29 g	10%
Sugars 28 g	

Vitamin A 0% •	Vitamin C 100%
Calcium 0% •	Iron 0%

* Based on a 2000 calorie diet

Ingredients: Water, high-fructose corn syrup, pear and grape juice concentrates, citric acid, water extracted orange and pineapple juice concentrates, ascorbic acid (vitamin C), natural flavor

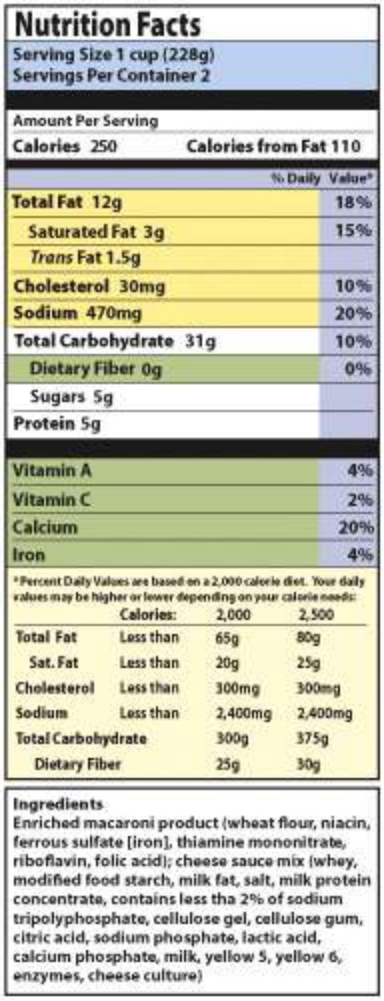
a) Drink A
b) Drink B
c) Drinks A and B are comparable (neither is healthier)

Answer: a

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.1 Discuss how the information on food labels can help you choose a healthy diet.
Section Reference 1: Section 2.4 Food and Supplement Labels

Question Type: True/False

84) Based on the Ingredients List below, the product is a whole-grain product.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans **Fat** 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
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Answer: False

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.3 Explain how the order of ingredients on a food label is determined.
Section Reference 1: Section 2.4 Food and Supplement Labels

85) Which of the following claim types is depicted in this visual?

a) Health claim
b) Nutrient content claim
c) Structure/function claim

Answer: c

Difficulty: Medium
Learning Objective 1: 2.4 Describe the information found on food labels and how this information is arranged.
Learning Objective 2: 2.4.4 Explain the types of claims that are common on dietary supplement labels.
Section Reference 1: Section 2.4 Food and Supplement Labels

Question Type: Essay

86) Advocates of super-fortified foods point out that they add health-promoting substances to the diet. But, do they provide the benefits that the original foods would have? Justify your response.

Answer:

Difficulty: Hard
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)
Solution: Solution should state that in some cases they do such as calcium fortified orange juice, Conversely fish oil consumed from capsules does not have all of the heart-health benefits of fish oil consumed in a piece of fish.

87) Should super-fortified foods be classified as foods or as dietary supplements? How would their regulation vary? Justify your response.

Answer:

Difficulty: Hard
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)
Solution: Solution should state that fortified foods could be considered as foods since they provide calories like traditional foods. Conversely a dietary supplement is a product intended to add nutrients or supplements to the diet which is what fortified foods do.

88) Should foods fortified to levels above the RDA for one or more nutrients carry a consumer warning to avoid overconsumption? Justify your response.

Answer:

Difficulty: Hard
Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)
Solution: Solution should discuss the dangers of consuming fortified foods in excess and that one could easily exceed the UL of certain nutrients. Therefore while they are labeled as foods they may have the same toxicity as supplements.

89) Which groups of individuals could benefit the most from the consumption of super-fortified foods? Which groups of individuals could be harmed the most? Justify your response.

Difficulty: Hard

Learning Objective 1: 2.2 Explain the meanings of DRIs, EARs, RDAs, AIs, ULs, EERs, and AMDRs.
Learning Objective 2: 2.2.3 List the factors that are considered when estimating an individual's energy needs (EERs).
Section Reference 1: Section 2.2 Dietary Reference Intakes (DRIs)
Solution: Solution should state that individuals who are limiting their calories may benefit from fortified foods and those with food intolerances or allergies. For example, obtaining calcium from fortified orange juice is they are lactose intolerant. Individuals who may be harmed could be athletes who may consume sports foods in excess, the very young, the very old, and pregnant and lactating women.