

## Chapter 02

### Healthful Nutrition for Fitness and Sport: The Consumer Athlete

#### Multiple Choice Questions

1. The three key words to a healthful diet are balance, variety, and
- A. availability.
  - B. moderation.**
  - C. quality.
  - D. complementarity.

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-03*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

2. Nutrients that the body needs, but cannot produce in adequate quantities are called
- A. essential nutrients.**
  - B. dispensable nutrients.
  - C. nonessential nutrients.
  - D. nondispensable nutrients.

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

3. Macronutrients
- A. may provide energy but do not support growth and development of body tissues.
  - B. have a daily requirement that is less than a few grams.
  - C. include carbohydrates, fats, and proteins, as well as water.**
  - D. contain no Calories.

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

4. One example of a micronutrient is

- A. water.
- B.** minerals.
- C. carbohydrate.
- D. fat.

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

5. A good example of a nonessential nutrient is

- A. fiber.
- B. calcium.
- C. niacin.
- D.** creatine.

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

6. MyPlate stresses all but which one of the following:

- A.** Weight loss
- B. Variety
- C. Activity
- D. Personalization

*Bloom's Level: 2. Understand*

*Learning Objective: 02-03*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

7. One of the nutrients included in the Key Nutrient concept is

- A. vitamin D.
- B. vitamin E.
- C. potassium.
- D.** calcium.

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

8. Nutrient density

- A. is an important concept based on food processing and fortification.
- B. will automatically increase simply by increasing the amount of dietary fat and sugar.
- C.** is when a food possesses a significant amount of specific nutrients per serving relative to its caloric content.
- D. is an indicator of food irradiation.

*Bloom's Level: 1. Remember*

*Learning Objective: 02-04*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

9. When considering the key-nutrient concept, which of the following is NOT true?

- A. The theory is based on the eight nutrients central to human nutrition
- B.** Highly processed foods to which some vitamins have been added are acceptable to this concept
- C. If the key nutrients are adequate in your diet, you will probably receive an ample supply of all nutrients essential to humans
- D. The Food Exchange Lists can be a useful guide to securing the key nutrients, if one keeps in mind that there is some variation in the proportion of the nutrients within each food exchange

*Bloom's Level: 2. Understand*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

10. Which of the following statements about the Food Exchange System is correct?
- A. It is a food guide, but it is dissimilar to MyPlate
  - B. It was developed by the American Dietetic Association and American Diabetic Association, as well as other health organizations**
  - C. It was developed specifically for prevention of cardiovascular disease
  - D. It includes eight exchanges that contain approximately the same amount of Calories, carbohydrate, fat, and protein

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

11. Which statement about the typical American diet is FALSE?
- A. Americans eat too much saturated fat
  - B. Americans eat too many Calories
  - C. Americans obtain adequate amounts of calcium**
  - D. Americans do not eat enough fiber-rich foods

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-03*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

12. According to the Prudent Healthy Diet guidelines, the recommended dietary goal for fat Calories is less than \_\_\_\_\_ percent of the total daily Calories.
- A. 40
  - B. 30**
  - C. 20
  - D. 10

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-05*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

13. The recommended daily dietary goal for cholesterol intake is no more than
- A. 150mg.
  - B. 200mg.
  - C. 250mg.
  - D.** 300mg.

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-05*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

14. When considering the types of food a vegetarian eats, which of the following is true?
- A. Semivegetarians do not eat meat such as fish and poultry
  - B. Ovovegetarians will eat both egg and milk products
  - C. Vegans will eat fish and poultry, but will eat no red meat
  - D.** Lactovegetarians will include foods in the milk group in their diets

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-06*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

15. If foods are not selected carefully, strict vegetarians may incur nutritional deficiencies involving
- A. vitamin A.
  - B. vitamin C.
  - C.** calcium.
  - D. potassium.

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-06*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

16. To obtain protein complementarity, you would combine rice with
- A. wheat.
  - B. oats.
  - C. corn.
  - D.** soybeans.

*Bloom's Level: 1. Remember*

*Learning Objective: 02-06*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

17. Of the following statements, which is true of a healthy vegetarian diet?
- A. It is always healthier than a diet that includes foods in the meat and milk groups
  - B. The major nutritional difference between a nonvegetarian and a vegetarian diet appears to be the higher content of saturated fats and cholesterol in the latter
  - C.** It supplies more than an adequate amount of nutrients and is rather low in caloric content
  - D. Vitamin B12 deficiencies are very rare with a pure vegetarian diet

*Bloom's Level: 1. Remember*

*Learning Objective: 02-06*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

18. What is the term used to describe the average daily dietary intake that is sufficient to meet the nutrient requirement of nearly all healthy individuals?
- A. Tolerable Upper Intake Limit (UL)
  - B. Estimated Average Requirement (EAR)
  - C. Adequate Intake (AI)
  - D.** Recommended Dietary Allowance (RDA)

*Bloom's Level: 1. Remember*

*Learning Objective: 02-02*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

19. What is the term used to describe the recommended daily nutrient intake level based on observed or experimentally determined approximations of nutrient intake by a group of healthy people?

- A. Tolerable Upper Limit (UL)
- B. Estimated Average Requirement (EAR)
- C. Adequate Intake (AI)**
- D. Recommended Dietary Allowance (RDA)

*Bloom's Level: 1. Remember*

*Learning Objective: 02-02*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

20. The Dietary Reference Intake (DRI) consists of which of the following reference intakes?

- A. RDA and AI
- B. RDA and UL
- C. RDA, AI and UL
- D. RDA, AI, UL and EAR**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-02*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

21. Which of the following is an optional listing on a Nutrition Facts Label?

- A. Amount per serving of total fat
- B. Amount per serving of Calcium
- C. Amount per serving of all B vitamins**
- D. Amount per serving of saturated fat

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

22. Food manufacturers may make health claims under the new labeling regulations A. because the FDA believes that there may be sufficient scientific data supporting a relationship between consumption of a specific nutrient and possible prevention of certain chronic diseases.
- B. if the degree of risk reduction is stated in specific terms.
  - C. and currently five such claims are allowed.
  - D. if the food is considered a functional food.

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-07*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

23. When the body cannot properly digest a portion of food resulting in gastrointestinal distress, you are most likely suffering from
- A. food poisoning.
  - B. food allergy.
  - C. foodborne illness.
  - D. food intolerance.

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-10*  
*Question Type: Multiple Choice*  
*Topic: Human Digestion and Absorption*

24. Which of the following is true about food processing and its impact on food quality?
- A. We consume many totally synthetic products, but additives and supplements give them the same nutrient value as their natural counterparts
  - B. Research suggests that home processing may actually cause less nutrient loss than commercial preservation
  - C. Niacin and vitamin K may be seriously depleted by food processing
  - D. The major problem with food processing is the excessive use of highly refined products and questionable additives

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-09*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics; Food Supply*



25. A food that is "low in saturated fat" contains:

- A. Only unsaturated fats
- B. <20 grams of fat per serving and not more than 15% of kilocalories from saturated fatty acids
- C. <1 gram of fat per serving and not more than 15% of kilocalories from trans-fatty acids
- D.** <1 gram of fat per serving and not more than 15% of kilocalories from saturated fatty acids

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

26. In general, a solid precompetition meal should

- A. be eaten about two hours prior to competition.
- B.** be high in carbohydrate and low in fat and protein, providing for easy digestibility.
- C. restrict fluid intake in order to prevent body water retention.
- D. contribute to a reverse osmotic effect.

*Bloom's Level: 1. Remember*

*Learning Objective: 02-09*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics; Sports and Exercise Nutrition*

27. Which of the following foods would make a good choice to include in a precompetition meal?

- A.** Oatmeal
- B. Beans
- C. Bran products
- D. Spicy shrimp casserole

*Bloom's Level: 1. Remember*

*Learning Objective: 02-11*

*Question Type: Multiple Choice*

*Topic: Sports and Exercise Nutrition*

28. A breakfast

- A. that is balanced and high in refined carbohydrates will help prevent the onset of mid-morning hunger.
- B. with only an average amount of protein may trigger an insulin response and produce hypoglycemia in the middle of the morning.
- C.** that is balanced may be especially important for the physically active individual.
- D. that is high in saturated fat is best to fuel mid-day physical activity.

*Bloom's Level: 3. Apply*

*Learning Objective: 02-11*

*Question Type: Multiple Choice*

*Topic: Sports and Exercise Nutrition*

29. A food that is "low sodium" contains:

- A. <5 milligrams per serving
- B.** 140 milligrams or less of sodium per serving
- C. At least 50% less sodium per serving than the reference food
- D. At least 25% or less sodium per serving than the reference food

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

30. Which of the following is true concerning diet and competition?

- A. There is no need to consume anything during most types of athletic competition with the possible exception of electrolytes and water
- B. On the day following competition, carbohydrate loading is prudent so muscle glycogen will be replaced more quickly
- C.** Those individuals involved in daily physical activity of a prolonged nature should stress complex carbohydrate foods in their daily diet
- D. Those individuals involved in athletic competition or prolonged daily physical activity have no need to consume anything except electrolytes and water during competition, but do need to stress complex carbohydrate foods in a daily diet

*Bloom's Level: 3. Apply*

*Learning Objective: 02-11*

*Question Type: Multiple Choice*

*Topic: Sports and Exercise Nutrition*

31. Antioxidant nutrients and phytochemicals that may provide a medical or health benefit are referred to, collectively, as

- A. pharmaceuticals.
- B. nutraceuticals.**
- C. saturated fats.
- D. enzymes.

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-06*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

32. Of the following, vegetarian diets normally are least likely to contain inadequate amounts of

- A. fiber.**
- B. vitamin B-12.
- C. calcium.
- D. iron.

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-06*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

33. Which of the following statements regarding dietary supplements is FALSE?

- A. Dietary supplements may be harmful if individuals use them as substitutes for a healthy diet
- B. Health claims listed on the label have been substantiated by the Food and Drug Administration (FDA)**
- C. Dietary supplements of the same product, such as ginseng, may vary greatly in quality
- D. Dietary supplements may actually impair one's health, and may even be fatal, when used improperly
- E. In some countries, dietary supplements are regulated as drugs

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-08*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

34. Which of the following is not one of the classes of dietary supplements documented in the DSHEA?

- A. Herbals and botanicals
- B. Vitamins
- C. Amino acids
- D. Minerals
- E.** Alcohol

*Bloom's Level: 1. Remember*

*Learning Objective: 02-08*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

35. Approximately how many Calories are in a meal with 2 starch/bread exchanges, 4 very lean meat exchanges, 1 fruit exchange, 1 vegetable exchanges, 2 fat exchanges and 1 skim milk exchange?

- A. 420
- B. 490
- C.** 565
- D. 715
- E. 780

*Bloom's Level: 3. Apply*

*Learning Objective: 02-05*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

36. How many Calories are in a Whopper sandwich, a large order of French fries, and a medium soft drink if this meal contains 25 grams of protein, 80 grams of carbohydrate, and 40 grams of fat?

- A. 686
- B.** 780
- C. 911
- D. 1,066
- E. 1,140

*Bloom's Level: 3. Apply*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

37. An order of Chicken McNuggets has 314 Calories and 19 grams of fat. What percentage of this meal is composed of fat Calories?

- A. 26
- B. 35
- C. 44
- D. 54**
- E. 66

*Bloom's Level: 3. Apply*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

38. Compared to skim milk, a glass of whole milk contains about an additional seven grams of fat. How many additional Calories does this represent?

- A. 16
- B. 28
- C. 63**
- D. 95
- E. 120

*Bloom's Level: 3. Apply*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

39. The current USDA MyPlate Guide is based on the following food groups:

- A. Grains, vegetables, fruits, proteins, dairy**
- B. Grains, vegetables, fruits, dairy, proteins, sweets
- C. Grains, vegetables, fruits, oils, proteins
- D. Vegetables, fruit, oils, dairy

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-03*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

40. Which of the following is NOT an acceptable definition for food labels with the listing "free"?

- A. Fat free-less than 0.5 grams of total fat per serving
- B. Cholesterol free-less than 2 milligrams per serving
- C. Sugar free-less than 5 grams per serving**
- D. Calorie free-less than 5 Calories per serving
- E. Sodium free-less than 5 milligrams per serving

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-07*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

41. Which of the following is NOT a recommended dietary guideline associated with the Prudent Healthy Diet?

- A. Maintain a healthy body weight
- B. Eat a variety of wholesome, natural foods
- C. Choose a diet with plenty of complex carbohydrates
- D. Choose a diet low in fat and saturated fat
- E. Take a daily one-a-day multivitamin/mineral tablet with at least twice the RDA for all vitamins and minerals**

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-05*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

42. The Daily Values (DV) on food labels are based on certain dietary recommendations for Americans. Which of the following does not currently serve as a basis for the determination of the DV on the food label?

- A. Maximum of 30% of total fat Calories
- B. Maximum of 10% of saturated fat Calories
- C. Minimum of 60% carbohydrate Calories
- D. Less than 300 milligrams cholesterol
- E. Minimum of 5 grams of fiber per 1,000 Calories**

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-05*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

43. The best food exchange from which to obtain good to excellent sources of both vitamin C and vitamin A (beta-carotene) is the

- A. Milk exchange
- B. Meat exchange
- C. Starch/bread exchange
- D.** Vegetable exchange
- E. Fat exchange

*Bloom's Level: 3. Apply*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

44. Dietary fiber is classified as a(n):

- A.** carbohydrate
- B. lipid
- C. protein
- D. vitamin
- E. mineral

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

45. Which of the following food exchanges is a good source of protein, calcium and vitamin D?

- A. lean meat
- B.** skim milk
- C. starch/bread
- D. fruit

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

46. Which is NOT a good example of a TYPICAL food exchange SERVING SIZE?

- A. eight ounces of skim milk in the milk exchange
- B. a slice of whole wheat bread in the starch/bread exchange
- C. a medium-size apple in the fruit exchange
- D. eight ounces of broiled flounder in the lean meat exchange**
- E. a half-cup of cooked broccoli in the vegetable exchange

*Bloom's Level: 3. Apply*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

47. Which of the following foods would not be consumed by a lacto-vegetarian?

- A. scrambled eggs**
- B. skim milk
- C. cheese
- D. yogurt
- E. ice cream

*Bloom's Level: 1. Remember*

*Learning Objective: 02-06*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

48. The addition of a nutrient to a food that did not originally contain that nutrient makes it what type of food?

- A. imitation
- B. engineered
- C. fabricated
- D. fortified**
- E. artificial

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*



49. Which of the following is not a key (indicator) nutrient as defined by the key nutrient concept?

- A. iron
- B. calcium
- C. vitamin A
- D.** chromium
- E. vitamin C

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

50. The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrate, as a percentage of the daily Calories, is approximately

- A. 10-20
- B. 10-35
- C. 20-35
- D. 30-45
- E.** 45-65

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-02*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

51. The recommended dietary goals for healthy Americans suggest that cholesterol intake be reduced to less than how many milligrams per day?

- A. 50
- B. 100
- C.** 300
- D. 600
- E. 1,000

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-05*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

52. Of the eight key nutrients, how many are vitamins?

- A. 2
- B. 3
- C. 4
- D. 5**
- E. 6

*Bloom's Level: 1. Remember*

*Learning Objective: 02-05*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

53. Which two key nutrients should be stressed in the diets of women and children because they are often consumed in less than desired amounts in the United States?

- A. protein and calcium
- B. thiamin and riboflavin
- C. vitamins A and C
- D. iron and calcium**
- E. protein and vitamin C

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Human Digestion and Absorption*

54. Which of the following food exchanges contains the most Calories per serving?

- A. starch/bread
- B. low-fat (2%) milk**
- C. fat
- D. high fat meat
- E. vegetable

*Bloom's Level: 1. Remember*

*Learning Objective: 02-05*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

55. Expressed as a percentage of its total caloric value, which food exchange has the highest protein content?

- A. starch/bread
- B. skim milk
- C. vegetable
- D.** very lean meat
- E. fruit

*Bloom's Level: 3. Apply*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Human Digestion and Absorption*

56. Using the term "essential" in the nutrition sense, how many essential amino acids are required by the average adult?

- A. 4
- B.** 9
- C. 12
- D. 16
- E. 20

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

57. Per serving, which of the following food exchanges contains the greatest amount of carbohydrates in grams?

- A. lean meat
- B. skim milk
- C.** fruit
- D. vegetable
- E. fat

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Human Digestion and Absorption*

58. Per serving, which of the following food exchanges contains the greatest amount of protein in grams?

- A. lean meat
- B. skim milk**
- C. starch/bread
- D. fruit
- E. vegetable

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Human Digestion and Absorption*

59. Which food exchange is the best (in terms of highest content) source of calcium?

- A. skim milk**
- B. lean meat
- C. starch/bread
- D. fruit
- E. vegetable

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Human Digestion and Absorption*

60. Which food exchange is the best (in terms of content and bioavailability) source of iron?

- A. skim milk
- B. lean meat**
- C. starch/bread
- D. fruit
- E. vegetable

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Human Digestion and Absorption*

61. Which key nutrient is not usually found in substantial amounts in the milk group (fortified milk)?

- A. protein
- B. vitamin A
- C. riboflavin
- D. calcium
- E. iron

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

62. Which key nutrient is not usually found in substantial amounts in the meat group?

- A. vitamin C
- B. iron
- C. protein
- D. niacin
- E. thiamin

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

63. Which of the following is a nonessential or dispensable nutrient?

- A. protein
- B. vitamin C
- C. creatine
- D. linoleic fatty acid
- E. calcium

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

64. Which of the following cannot be used as a source of energy in the form of Calories in the human body?

- A. carbohydrate
- B. vitamin C**
- C. fat
- D. alcohol
- E. protein

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

65. Although the nutrients found in food perform a wide variety of functions, which of the following is of primary importance since the other functions are subordinated to it in times of need?

- A. support growth
- B. provide energy**
- C. regulate metabolic processes
- D. provide for development and maturation
- E. form cells and tissues

*Bloom's Level: 3. Apply*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

66. A food may claim to be a HIGH SOURCE of a nutrient if it provides at least \_\_\_\_\_ percent of Daily Reference Value of that nutrient in a single serving.

- A. 2-4
- B. 6-8
- C. 10-12
- D. 15
- E. 20**

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-07*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

67. The main ingredient (by weight) in a product whose label contains an ingredient list which reads, in order, "Whole wheat, dextrose, hydrogenated vegetable oil, and salt" is:

- A. whole wheat
- B. sugar
- C. added fat
- D. salt
- E. impossible to tell

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-07*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

68. Which of the key nutrients does not need to be listed (not mandatory) on a food label?

- A. protein
- B. thiamin
- C. calcium
- D. vitamin C
- E. iron

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-01*  
*Question Type: Multiple Choice*  
*Topic: Nutrition Basics*

69. A typical Supersize fast-food meal of a triple burger, French fries and a cola-type drink is usually high in:

- A. calcium, folate, and iron
- B. calcium, folate, and protein
- C. vitamin C, riboflavin, and vitamin A
- D. fat, sodium, and sugar
- E. vitamins C, vitamin D, and vitamin B12

*Bloom's Level: 2. Understand*  
*Learning Objective: 02-04*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

70. Escherichia and Salmonella are associated with

- A. food allergy
- B. food sensitivity
- C. food poisoning**
- D. food intolerance
- E. food reactivity

*Bloom's Level: 1. Remember*

*Learning Objective: 02-10*

*Question Type: Multiple Choice*

*Topic: Human Digestion and Absorption*

71. Food rich in folic acid, or folate, may carry health claims because such foods may help prevent the development of

- A. Heart disease
- B. Cancer
- C. Neural tube defects**
- D. Hypertension or high blood pressure
- E. Osteoporosis

*Bloom's Level: 3. Apply*

*Learning Objective: 02-01*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

72. Which of the following is NOT considered to be a safe practice to help prevent food poisoning?

- A. Treat all meat, poultry, fish, seafood, and eggs as if they were contaminated
- B. Buy fruits and vegetables coated with wax and do not wash to remove the wax**
- C. Do not use canned foods that are extensively dented or bulging
- D. Do not eat raw shellfish
- E. Microwaving food preparation utensils may help kill bacteria

*Bloom's Level: 3. Apply*

*Learning Objective: 02-10*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*



73. The GRAS list contains:

- A. carcinogenic food additives
- B. food additives believed to be safe**
- C. researchers qualified to test food additives
- D. governmental regulations for pesticide use
- E. a list of drug-food interactions

*Bloom's Level: 1. Remember*

*Learning Objective: 02-10*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

74. A vegetarian-type diet, particularly a vegan diet, may be more healthful than the current typical American diet for all of the following reasons except which? (Choose the false statement)

- A. a vegan diet is higher in easily absorbed iron**
- B. a vegan diet is higher in fiber
- C. a vegan diet is lower in saturated fats
- D. a vegan diet usually contains more phytochemicals thought to confer health benefits
- E. a vegan diet is lower in cholesterol

*Bloom's Level: 3. Apply*

*Learning Objective: 02-06*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

75. For a vegan, which of the following would NOT be an example of protein complementarity to get a proper mixture of amino acids?

- A. kidney beans and rice
- B. bread and navy beans
- C. kidney beans in a taco shell made from corn and wheat
- D. pasta with tomato sauce and Italian bread**
- E. pasta e fagioli (pasta fazool) or pasta cooked with navy beans

*Bloom's Level: 3. Apply*

*Learning Objective: 02-06*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

76. Which of the following is NOT a common food that may cause a susceptible individual to experience a food allergy or food intolerance reaction?

- A. eggs
- B. milk
- C. citrus fruits like oranges**
- D. nuts
- E. seafood like clams

*Bloom's Level: 1. Remember*

*Learning Objective: 02-10*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

77. Foods rich in potassium and low in sodium may carry health claims because such foods may help prevent the development of

- A. Dental caries
- B. Cancer
- C. Neural tube defects
- D. Hypertension or high blood pressure**
- E. Osteoporosis

*Bloom's Level: 3. Apply*

*Learning Objective: 02-05*

*Question Type: Multiple Choice*

*Topic: Nutrition and Disease*

78. Which of the following terms is most appropriate to describe an adverse reaction of the immune system when food that contains specific types of proteins is consumed?

- A. food allergy**
- B. food intolerance
- C. food additivity
- D. food processing
- E. food poisoning

*Bloom's Level: 1. Remember*

*Learning Objective: 02-10*

*Question Type: Multiple Choice*

*Topic: Human Digestion and Absorption*

79. For a product to be labeled "low" in cholesterol, it must have no more than \_\_\_\_\_?

- A. 3 grams per serving
- B. 300 milligrams per serving
- C. 0 milligrams per serving
- D. 1 gram per serving
- E.** 20 milligrams per serving

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

80. The DV for vitamin C is lower than the current RDA; the current DV on food labels is

- A. 15 mg
- B. 30 mg
- C. 45 mg
- D.** 60 mg
- E. 75 mg

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

81. The DV for calcium on food labels, which is lower than the RDA for teenagers and older adults, is:

- A. 200 mg
- B. 600 mg
- C.** 1,000 mg
- D. 2,000 mg
- E. 4,000 mg

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

82. The recommended dietary goals for healthy Americans suggest that the intake of saturated fat, as a percentage of daily Calories, be less than what percent?

- A. 10
- B. 20
- C. 30
- D. 40
- E. 50

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-05*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

83. Which of the following is classified as a starch exchange rather than a vegetable exchange?

- A. broccoli
- B. potato
- C. tomato
- D. spinach
- E. celery

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-05*  
*Question Type: Multiple Choice*  
*Topic: Healthy Diet Guidelines*

84. Which of the following is not added back to refined grain products when they are enriched?

- A. iron
- B. thiamin
- C. vitamin E
- D. riboflavin
- E. niacin

*Bloom's Level: 1. Remember*  
*Learning Objective: 02-09*  
*Question Type: Multiple Choice*  
*Topic: Food Supply*

85. The 1994 Dietary Supplement Health and Education Act (DSHEA) stipulates that:
- A. All nutritional supplements must have scientific tests to prove they are effective.
  - B. All nutritional supplements must have scientific tests to prove they are safe.
  - C. The burden of proof regarding safety and efficacy rests with the government.
  - D. The daily value of a food must appear on the label.

*Bloom's Level: 1. Remember*

*Learning Objective: 02-08*

*Question Type: Multiple Choice*

*Topic: Sports and Exercise Nutrition*

86. What is the definition of a dietary supplement?
- A. those that contain ergogenic substances
  - B. those that are not regulated by DSHEA
  - C. those that contain at least 1 of these: vitamin, mineral, herb, botanical, amino acid, metabolite, extract of a plant
  - D. those that contain ingredients that have been scientifically proven to have the effect that the manufacturer states on the label

*Bloom's Level: 1. Remember*

*Learning Objective: 02-08*

*Question Type: Multiple Choice*

*Topic: Sports and Exercise Nutrition*

87. The tolerable upper limit refers to:
- A. the most exercise a person can do in a day
  - B. the most exercise a person can do in a week
  - C. the maximum intake unlikely to pose health risks
  - D. the ingested amount of a nutrient that promotes health

*Bloom's Level: 1. Remember*

*Learning Objective: 02-02*

*Question Type: Multiple Choice*

*Topic: Nutrition Basics*

88. Peanuts would be classified as:

- A. A poor food source because they are high in salt
- B. A poor food source because they are high in fat
- C. A good food source because they are nutrient dense**
- D. A poor food source because they contain no micronutrients

*Bloom's Level: 1. Remember*

*Learning Objective: 02-04*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

89. A young woman has decided to forsake the consumption of all animal products and become a vegan vegetarian. However, a possible negative aspect of eating this way could be due to the fact that:

- A. Many vegetables are high in saturated fats
- B. Vitamin B12 is only naturally found in animal products**
- C. Fruits are low in fiber and minerals
- D. It is not possible to obtain enough protein with this type of eating

*Bloom's Level: 2. Understand*

*Learning Objective: 02-06*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

90. The definition of a sugar free food is:

- A. There is no sugar (zero) per serving
- B. No sugar was added during processing
- C. There is <0.5 grams of sugar per serving**
- D. At least 25% less sugar than the reference food

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

91. A "low calorie" food is one that has:

- A.** <40 kilocalories per serving
- B. <100 kilocalories per serving
- C. <5 kilocalories per serving
- D. At least 25% fewer kilocalories per serving than the reference food

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: Multiple Choice*

*Topic: Healthy Diet Guidelines*

### **True / False Questions**

92. Nonessential nutrients, or dispensable nutrients, may be formed in the body.

**TRUE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: True/False*

*Topic: Nutrition Basics*

93. Micronutrients help to regulate metabolic processes and are usually measured in grams.

**FALSE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-01*

*Question Type: True/False*

*Topic: Nutrition Basics*

94. About half the Calories that the average American eats are derived from fat and sugar.

**TRUE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-04*

*Question Type: True/False*

*Topic: Healthy Diet Guidelines*

95. Nutrient RDAs do not necessarily guide us in appropriate food selection.

**TRUE**

*Bloom's Level: 3. Apply  
Learning Objective: 02-02  
Question Type: True/False  
Topic: Healthy Diet Guidelines*

96. MyPlate contains useful food recommendations for the general population but does not provide any recommendations for specific populations, such as pregnant women and the elderly.

**FALSE**

*Bloom's Level: 1. Remember  
Learning Objective: 02-03  
Question Type: True/False  
Topic: Healthy Diet Guidelines*

97. Foods that are exactly alike in nutrient composition are grouped together in the MyPlate and the Food Exchange Lists.

**FALSE**

*Bloom's Level: 1. Remember  
Learning Objective: 02-03  
Question Type: True/False  
Topic: Healthy Diet Guidelines*

98. The basic premise behind the key-nutrient concept is that if five key nutrients are adequately obtained in your diet, you will probably receive an ample supply of all nutrients essential to humans.

**FALSE**

*Bloom's Level: 1. Remember  
Learning Objective: 02-01  
Question Type: True/False  
Topic: Healthy Diet Guidelines*



99. One healthful dietary recommendation is to limit sodium intake to less than 1,500 mg daily.

**TRUE**

*Bloom's Level: 1. Remember  
Learning Objective: 02-05  
Question Type: True/False  
Topic: Healthy Diet Guidelines*

100. Broiling and baking are healthful alternatives to frying foods, but the use of microwave ovens is not an acceptable alternative.

**FALSE**

*Bloom's Level: 3. Apply  
Learning Objective: 02-05  
Question Type: True/False  
Topic: Healthy Diet Guidelines*

101. Adherence to the twelve simple guidelines for reducing the risk of chronic disease will guarantee you good health.

**FALSE**

*Bloom's Level: 2. Understand  
Learning Objective: 02-05  
Question Type: True/False  
Topic: Healthy Diet Guidelines*

102. The two most common plant foods that are combined to achieve protein complementarity are grains and legumes.

**TRUE**

*Bloom's Level: 1. Remember  
Learning Objective: 02-06  
Question Type: True/False  
Topic: Nutrition Basics*

103. If not exposed to sunlight, vegans will need dietary supplements of vitamin B12.

**FALSE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-06*

*Question Type: True/False*

*Topic: Nutrition Basics*

104. Plant foods possess a high content of fiber and other nutrients that have been associated with reduced levels of serum cholesterol and help in the prevention of coronary heart disease.

**TRUE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-06*

*Question Type: True/False*

*Topic: Healthy Diet Guidelines*

105. Compared to an omnivorous diet, research strongly suggests that vegetarian diets are associated with significant impairment in aerobic endurance capacity.

**FALSE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-06*

*Question Type: True/False*

*Topic: Healthy Diet Guidelines*

106. A well-balanced diet containing animal products can be just as healthful as a vegetarian diet when obtaining the nutrients a physically active body needs.

**TRUE**

*Bloom's Level: 3. Apply*

*Learning Objective: 02-06*

*Question Type: True/False*

*Topic: Healthy Diet Guidelines*

107. Functional foods are food products designed to provide health benefits beyond basic nutrition.

**TRUE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: True/False*

*Topic: Nutrition Basics*

108. Health claims on food labels must have extensive supportive scientific evidence and must have FDA approval.

**FALSE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: True/False*

*Topic: Nutrition Basics*

109. The large amounts of fat, sodium, and sugar that are added in the processing of many foods are a more significant health concern than most additives currently in use.

**TRUE**

*Bloom's Level: 3. Apply*

*Learning Objective: 02-09*

*Question Type: True/False*

*Topic: Nutrition Basics*

110. A food sensitivity or food allergy is caused almost exclusively by pesticide residues or synthetic additives.

**FALSE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-10*

*Question Type: True/False*

*Topic: Nutrition Basics*

111. The precompetition meal should allow for the stomach to be relatively empty at the start of competition.

**TRUE**

*Bloom's Level: 3. Apply*

*Learning Objective: 02-11*

*Question Type: True/False*

*Topic: Human Digestion and Absorption; Sports and Exercise Nutrition*

112. Liquid meals should be used primarily as a substitute for precompetition nutrition and should not be used to replace the balanced diet-concept.

**TRUE**

*Bloom's Level: 3. Apply*

*Learning Objective: 02-11*

*Question Type: True/False*

*Topic: Human Digestion and Absorption; Sports and Exercise Nutrition*

113. The basic premise underlying the Prudent Healthy Diet is to move toward a vegetarian diet.

**TRUE**

*Bloom's Level: 2. Understand*

*Learning Objective: 02-06*

*Question Type: True/False*

*Topic: Healthy Diet Guidelines*

114. Available research supports the beneficial effect of a vegetarian diet upon physical performance capacity.

**FALSE**

*Bloom's Level: 3. Apply*

*Learning Objective: 02-06*

*Question Type: True/False*

*Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition*

115. Male athletes need more dietary iron than adolescent and premenopausal females.

**FALSE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-11*

*Question Type: True/False*

*Topic: Nutrition Basics; Sports and Exercise Nutrition*

116. The FDA has no standards for health claims that are permitted on food labels.

**FALSE**

*Bloom's Level: 1. Remember*

*Learning Objective: 02-07*

*Question Type: True/False*

*Topic: Nutrition Basics*

117. Commercial food processing causes more nutrient loss than home processing.

**FALSE**

*Bloom's Level: 2. Understand*

*Learning Objective: 02-09*

*Question Type: True/False*

*Topic: Nutrition Basics*

118. It is not possible to obtain a healthful diet at a fast-food restaurant due to the high-fat content of foods served there.

**FALSE**

*Bloom's Level: 3. Apply*

*Learning Objective: 02-09*

*Question Type: True/False*

*Topic: Nutrition Basics*

Chapter 02 - Healthful Nutrition for Fitness and Sport: The Consumer Athlete

119. Relative to sports participation, children are like little adults, experiencing the same responses to exercise under hot environmental conditions.

**FALSE**

*Bloom's Level: 3, Apply  
Learning Objective: 02-11  
Question Type: True/False  
Topic: Nutrition Basics*