

Chapter 02

Tools of a Healthy Diet

Multiple Choice Questions

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

Bloom's: 1. Remember

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

Section: 2.01

Topic: Healthy Diet Guidelines

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

Bloom's: 1. Remember

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

Section: 2.01

Topic: Healthy Diet Guidelines

3. An Adequate Intake (AI) is set for a nutrient when _____.

- A. too little research is available to establish an RDA
- B. the needs during pregnancy decline instead of increase
- C. the need for a nutrient depends on total calories eaten
- D. the nutrient has a high potential for being toxic

Bloom's: 1. Remember

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

Section: 2.01

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.01

Topic: Healthy Diet Guidelines

5. Tolerable Upper Intake Levels (ULs) are _____.

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

Bloom's: 1. Remember

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

Section: 2.01

Topic: Healthy Diet Guidelines

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

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

Bloom's: 2. Understand

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

Section: 2.01

Topic: Healthy Diet Guidelines

7. The AMDRs do NOT include estimates for intake of _____.

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

Bloom's: 1. Remember

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

Section: 2.01

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.01

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.01

Topic: Nutrition Basics

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

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Healthy Diet Guidelines

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

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

Bloom's: 2. Understand

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

Section: 2.02

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Healthy Diet Guidelines

13. Daily Reference Values are set for _____.

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Healthy Diet Guidelines

15. Which dietary standard values vary with calorie intake?

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

Bloom's: 2. Understand

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

Section: 2.02

Topic: Healthy Diet Guidelines

16. Which is required on a food package?

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

Bloom's: 2. Understand

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

Section: 2.02

Topic: Nutrition Basics

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

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

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

Bloom's: 3. Apply

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

Section: 2.02

Topic: Nutrition Basics

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

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

Bloom's: 2. Understand

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

Section: 2.02

Topic: Nutrition Basics

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

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

Bloom's: 2. Understand

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

Section: 2.02

Topic: Nutrition Basics

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

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Nutrition Basics

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

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Nutrition Basics

22. Which is NOT a permitted health claim?

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Nutrition Basics

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

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

Bloom's: 2. Understand

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

Section: 2.02

Topic: Nutrition Basics

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

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

Bloom's: 1. Remember

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

Section: 2.02

Topic: Nutrition Basics

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

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

Bloom's: 2. Understand

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

Section: 2.03

Topic: Nutrition Basics

26. Energy-dense foods are _____.

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

Bloom's: 1. Remember

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

Section: 2.03

Topic: Nutrition Basics

27. Nutrient databases can be used to determine _____.

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

Bloom's: 2. Understand

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

Section: 2.03

Topic: Nutrition Basics

28. The Dietary Guidelines for Americans are designed to reduce the risk of _____.

- A. cancer
- B. cardiovascular disease
- C. obesity
- D. foodborne illness
- E.** All of these responses are correct

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2010 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

29. The Dietary Guidelines for Americans _____.

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

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2010 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2010 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

Learning Outcome: 2.05 Discuss the 2010 Dietary Guidelines for Americans and the diseases they are designed to prevent or minimize.

Section: 2.04

Topic: Healthy Diet Guidelines

32. MyPlate groups foods into _____ major categories.

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 3. Apply

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 3. Apply

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

Section: 2.05

Topic: Healthy Diet Guidelines

36. Which counts as one cup of fruit?

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

37. MyPlate includes which food group?

- A. Dairy
- B. Vegetables
- C. Protein foods
- D. Fruits
- E.**

All of these

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

38. What eating behavior does MyPlate encourage?

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 3. Apply

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 2. Understand

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 2. Understand

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

44. A balanced diet is one that _____.

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

Bloom's: 1. Remember

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

Section: 2.05

Topic: Healthy Diet Guidelines

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

Bloom's: 2. Understand

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

Section: 2.02

Topic: Nutrition Basics

47. Mandatory labeling of foods is regulated by the _____.

- A. USDHHS
- B. FTC
- C. FDA
- D. GAO

Bloom's: 1. Remember

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

Section: 2.02

Topic: Nutrition Basics

48. Labeling laws require that ingredients in food products be listed on the container in descending order of their _____.

- A. calories
- B. nutrient density
- C. weight
- D. cost

Bloom's: 1. Remember

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

Section: 2.02

Topic: Nutrition Basics

49. Under the current law on nutrition labeling, the Nutrition Facts panel must include

- _____.
- A.** total calories from fat
 - B. total calories from *trans* fat
 - C. total calories from saturated fat
 - D. grams of monounsaturated fat

Bloom's: 2. Understand

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

Section: 2.02

Topic: Nutrition Basics

True / False Questions

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

TRUE

Bloom's: 1. Remember

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

Section: 2.02

Topic: Nutrition Basics

Chapter 02 - Tools of a Healthy Diet

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

TRUE

Bloom's: 1. Remember

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

Section: 2.03

Topic: Healthy Diet Guidelines

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

TRUE

Bloom's: 1. Remember

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

Section: 2.03

Topic: Healthy Diet Guidelines