

Sample Test for EXAM 1 500

- a 4 1. The human body and foods are made of the same materials, arranged in different ways.
- a. true
b. false
- c 4 2. Which of the following conditions is the most nutrition responsive?
- a. hypertension
b. diabetes
c. iron-deficiency anemia
d. sickle-cell anemia
- b 20-21 3. The major key to evaluating a food is to:
- a. explore how it can help prevent an illness
b. determine how you use it within your total diet over time
c. judge how popular it is among consumers
d. study the role it plays in the body
- c 4 4. The nutrients fall into _____ classes.
- a. two
b. four
c. six
d. eight
- b 5 5. The most energy-rich of the nutrients is:
- a. carbohydrate
b. fat
c. protein
d. water
- a 5 6. All of the following nutrients are organic except:
- a. minerals
b. fat
c. vitamins
d. carbohydrates
- e 31 7. If a nutrient does not have a Tolerable Upper Intake Level, this means that:
- a. it is safe to consume in any amount
b. insufficient data exist to establish a value

- c. the committee has yet to complete its work for that nutrient
d. a and b
e. b and c
- d 34 8. Characteristics of Daily Values include the following:
a. they apply to all people
b. they are ideal for allowing comparisons among foods
c. they are useful as nutrient intake goals for individuals
d. a and b
e. a and c
- a 33 9. On average, one should try to get 100% or more of the DRI for every nutrient to ensure an adequate intake over time.
a. true
b. false
- a 34 10. The primary difference between recommendations for nutrient intakes and values set for energy intake is that the value for energy intake is not generous.
a. true
b. false
- d 36 11. Based on the Food Guide Pyramid, _____ servings should be consumed from the bread, cereal, rice and pasta group each day.
a. 2-3
b. 3-5
c. 5-8
d. 6-11
- d 36 12. Which of the following foods in the meat group of the Food Guide Pyramid has the highest nutrient density?
a. peanut butter
b. fried fish
c. duck
d. poultry
- c 104 13. Which of the following is the preferred fuel for most body functions?
a. protein
b. ketones
c. carbohydrate
d. fat
- b 104 14. Carbohydrate has been rightly accused of being the fattening ingredient of foods; therefore, we need to consume fewer starchy foods.

- a. true
b. false
- d 104-105 15. Current dietary guidelines for the United States recommend:
- a. restricted intake of carbohydrates for diabetic clients
b. increased consumption of all kinds of carbohydrates
c. reduction in both simple and complex carbohydrate intakes
d. increased consumption of all kinds of complex carbohydrate-rich foods
- a 104-105 16. Which of the following is not an effect of fiber?
- a. promotes weight gain and feeling of fullness
b. prevents constipation and hemorrhoids
c. reduces the risks of heart and artery disease
d. prevents appendicitis and diverticulosis
- b 106 17. Most refined plant foods contain a mix of fiber types.
- a. true
b. false
- c 106 18. Which of the following foods would you choose as an effective stool-softening agent?
- a. oat bran
b. carrots
c. wheat bran
d. legumes
- e 16 19. Which of the following research designs are among the most powerful tools in nutrition research because they show the effects of treatments?
- a. case study
b. laboratory study
c. intervention study
d. a and b
e. b and c
- b 14 20. Heart disease deaths have fallen substantially and the number of overweight people has declined based on evaluation of the nation's progress toward achieving national health objectives.
- a. true
b. false
- d 9 21. A certain amount of fiber in foods contributes to the health of the digestive tract, but too much fiber leads to nutrient losses. The characteristic of diet planning illustrated by this statement is called:
- a. adequacy
b. calorie control
c. balance
d. moderation

c 14 22. Nutrition-related health objectives for the nation have been published by the:

- a. Department of Agriculture
- b. Food and Drug Administration
- c. Department of Health and Human Services
- d. Centers for Disease Control and Prevention

b 8 23. Sugar, butter, and corn oil are examples of _____ foods which provide few nutrients with many calories.

- a. natural
- b. partitioned
- c. processed
- d. enriched

a 7 24. Data from a national survey showed that on a given day almost half of our population consume no:

- a. fruits or fruit juices
- b. vegetables
- c. grains
- d. meat

b Appendix D 25. In the exchange lists, milk is categorized according to:

- a. the type of fat
- b. fat content
- c. protein content
- d. calcium content

Appendix D 26. Match the exchange lists on the right with the amount of energy nutrients they contain listed on the left.

	<u>CHO</u>	<u>PRO</u>	<u>FAT</u>	
e	15	3	0-1	a. lean meat
g	-	7	8	b. vegetable
c	12	8	0-3	c. nonfat milk
d	-	-	5	d. fat
b	5	2	-	e. starch
a	-	7	3	f. fruit
f	15	-	-	g. high-fat meat
i	-	7	5	h. whole milk
h	12	8	8	i. medium-fat meat
i	12	8	5	j. low-fat milk

a 39 27. The exchange list system highlights the fact that many meats contain more calories from fat than from protein.

- a. true
- b. false

- d 46 28. Which of the following foods is exempt from listing ingredients on the label?
- a. mayonnaise
 - b. salad dressing
 - c. ice cream
 - d. none of the above
- d 36 29. In the Food Guide Pyramid, one serving of meat is equal to all of the following except:
- a. 3 ounces fish
 - b. 2 1/2 ounces veal
 - c. 2-3 ounces chicken
 - d. 1/2 cup cooked legumes
- e 46 30. Amounts of these types of fats must be listed on food labels:
- a. monounsaturated fat
 - b. total fat
 - c. cholesterol
 - d. a and b
 - e. b and c
- a 114 31. When the blood glucose level rises after a meal, the first organ to respond is the:
- a. pancreas
 - b. liver
 - c. stomach
 - d. gallbladder
- b 115 32. A measure of the extent to which a food raises the blood glucose level and elicits an insulin response as compared with pure glucose is called:
- a. digestibility effect
 - b. glycemic effect
 - c. hypoglycemic effect
 - d. insulin effect
- a 116 33. The glycemic effect of foods in mixed meals tends to balance each other so most people need not worry about the glycemic effect of the foods they have.
- a. true
 - b. false
- d 117-118 34. Characteristic(s) of type 1 diabetes include(s):

- a. the person's immune system attacks the cells of the pancreas
- b. the pancreas no longer produces insulin
- c. the person is usually overweight
- d. a and b
- e. b and c

a 118-119

35. Which of the following helps prevent type 2 diabetes?

- a. weight control and exercise
- b. taking oral hypoglycemic agents
- c. restricting protein intake
- d. watching caffeine intake

c 121

36. Which of the following food groups in the Food Guide Pyramid provides the least amount of carbohydrates to the diet?

- a. milk, cheese and yogurt
- b. bread, cereal, rice and pasta
- c. meat, poultry, fish, dry beans, eggs and nuts
- d. vegetables

a 6

37. A food provides 8 grams of fat and 300 total calories. What is the percentage of calories as fat in this product?

- a. 24%
- b. 30%
- c. 48%
- d. 52%

- d 20 38. Which of the following foods offers the most nutrients per calorie?
- potatoes
 - corn
 - green peas
 - carrots
- c 6 39. A compound in cranberries may prevent some bacteria from clinging to the urinary tract and help prevent urinary tract infections. This compound is an example of a:
- nutraceutical
 - functional food
 - phytochemical
 - natural food
- c 5 40. Your best friend tells you that she has started taking vitamin supplements to give her energy. How would you respond to her statement?
- vitamins are organic and are a great energy source
 - vitamins provide energy because they undergo oxidation
 - vitamins do not yield usable energy
 - a and b
 - b and c
- d 8-9 41. Most foods that are high in calcium are poor sources of iron. This statement illustrates the characteristic of a nutritious diet known as:
- adequacy
 - variety
 - moderation
 - balance
- e 9 42. Harry has a monotonous diet and eats the same foods every day. You try to convince him to eat a variety of foods because:
- some less well-known nutrients and some nonnutrient food components could be important to health
 - a monotonous diet may deliver large amounts of unwanted toxins or contaminants
 - a monotonous diet may lead to decreased appetite and severe weight loss
 - a and c
 - a and b
- d 45-49 43. If vitamin C has been added to cranberry juice, the label must include:
- nutrient information
 - an ingredients list
 - a health claim
 - a and b

$$\begin{array}{r} 111 \rightarrow 100\% \\ 23 \rightarrow x \\ \hline 23 \times 100 \\ 111 \end{array}$$

- e. b and c
- a 47-48 44. In order to make a dietary fat and cancer health claim, a food product must:
- contain 3 g or less fat per serving
 - contain fewer than 20 mg of cholesterol per serving
 - contain 1 g or less saturated fat per serving
 - a and b
 - b and c
- c 46 45. The Nutrition Facts Panel on a food label lists the following information for amounts per serving: 111 calories; 23 calories from fat. What percentage of the calories are provided by fat?
- 11%
 - 19%
 - 21%
 - 32%
- b 58 46. All of the following are examples of phytochemicals except:
- lycopene
 - bacterial cultures
 - flavonoids
 - lutein
- a 60 47. Which of the following is the best and safest source of phytochemicals?
- whole foods
 - supplements
 - herbal remedies
 - organic foods
- d 60 48. Which phytochemical is contained in whole grains, fruits, vegetables, herbs, spices, teas and red wine?
- carotenoids
 - lignans
 - lutein
 - flavonoids
- a 27 49. The credential R.D. displayed by a dietitian's name indicates registration with:
- the American Dietetic Association
 - the American Association of Nutrition and Dietary Consultants
 - the International Academy of Nutritional Consultants
 - the American Society for Clinical Nutrition
- a 26 50. Only about a quarter of all medical schools in the United States require students to take even one nutrition course.
- true

- b. false
- a 28 51. Licensing provides a way to identify people who have met minimum standards of education and experience.
- a. true
b. false
- e 108-110 52. How would you respond to someone who states that white bread is just as nutritious as whole wheat bread?
- a. white bread is just as nutritious because it has been enriched with iron, niacin, riboflavin, thiamin, and folate
b. whole wheat bread is preferable because it is likely to contain several nutrients not added to white bread
c. whole wheat bread is higher in fiber content than white bread
d. a and b
e. b and c
- c 111 53. After chewing a piece of bread for awhile, you begin to experience a slightly sweet taste. This taste results from:
- a. sucrose used in making bread
b. an abnormal use of the carbohydrate in bread
c. the liberation of maltose from starch
d. one of the symptoms of diabetes
- e 113 54. Which of the following would you recommend for a person with lactose intolerance?
- a. milk
b. aged cheese
c. yogurt
d. a and b
e. b and c
- d 120 55. Which of the following would be appropriate to try if you experience symptoms of postprandial hypoglycemia?
- a. eat regularly timed meals
b. consume balanced meals that contain protein
c. deprive your system of carbohydrates
d. a and b
e. a and c
- a 32-33 56. The Dietary Reference Intakes (DRI) are appropriately used for all of the following except:
- a. estimating the nutrient needs of persons with medical problems
b. estimating the adequacy of an individual's nutrient intake
c. planning diets for population groups like military personnel
d. ensuring that minimum nutrient requirements are met

- a 30 57. So far, the DRI Committee has published recommendations for the vitamins and most minerals.
- a. true
 - b. false
- a 30 58. Currently, the DRI values for protein, lipids, carbohydrates, water, sodium and potassium are forthcoming.
- a. true
 - b. false
- d 31 59. Which of the following establishes population-wide average requirements used by nutrition policymakers?
- a. Recommended Dietary Allowances
 - b. Daily Values
 - c. Recommended Daily Allowances
 - d. Estimated Average Requirements
- a 35 60. The United States is among many countries which establishes and publishes guidelines for appropriate nutrient intakes.
- a. true
 - b. false
- d 116 61. What recommendations would you provide to someone trying to improve his workout?
- a. eat a small snack rich in complex carbohydrates two hours before the workout
 - b. drink some extra fluid before the workout
 - c. avoid caffeine-containing beverages before the workout
 - d. a and b
 - e. b and c
- b 110 62. The term "*brown bread*" on a label is a guarantee that the bread has been made with whole-grain flour.
- a. true
 - b. false
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