

**Test Bank for Nutrition Your Life Science 1st Edition Turley  
Thompson 0538494840 9780538494847**

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Question Information Key

ANS = correct answer

REF = page reference

TOP = module section

**Exam A**

True/False

1. For a food manufacturer to make a health claim concerning fiber and heart disease, the food must provide at least 10% of the DRV for fiber.

ANS: F

REF: 55

TOP: 2.1

2. The Dietary Reference Intakes (DRIs) are appropriate to use for making nutrient prescriptions for sick and healthy humans.

ANS: F

REF: 57

TOP: 2.2

3. The Reference Daily Intakes (RDIs) are the nutrient levels established to indicate nutrient density on food package labels.

ANS: T

REF: 51

TOP: 2.1

4. The Dietary Reference Intake (DRI) for physical activity for adults is 30 minutes cumulative moderate activity per day.

ANS: F

REF: 60

TOP: 2.2

5. The Tolerable Upper Intake Levels (ULs) for vitamins and minerals are levels likely to pose no adverse health effect when consumed daily.

ANS: T

REF: 58

TOP: 2.2

6. The MyPlate dairy group can provide empty Calories.

ANS: T

REF: 65 | 66

TOP: 2.3

7. Foods from the MyPlate grain group all provide an excellent source of dietary fiber.

ANS: F

REF: 64

TOP: 2.3

- 8. Foods in the MyPlate vegetable group provide a good source of cholesterol.  
ANS: F                                      REF: 64                                      TOP: 2.3
  
- 9. Foods from the MyPlate fruit group provide the majority of their Calories from carbohydrate.  
ANS: T                                      REF: 64                                      TOP: 2.3
  
- 10. The MyPlate food guidance system provides a personalized pattern of food intake based upon an individualized Calorie recommendation.  
ANS: T                                      REF: 61                                      TOP: 2.3
  
- 11. Limiting the intake of high-fat meat and dairy foods may reduce cancer risk.  
ANS: T                                      REF: 75                                      TOP: 2.4
  
- 12. Food composition tables and databases explain the biological function of nutrients.  
ANS: F                                      REF: 77-78                                      TOP: 2.5
  
- 13. There is an Exchange List for high-sodium foods.  
ANS: F                                      REF: 79                                      TOP: 2.5
  
- 14. Within the Exchange List for fat is a sub-list for saturated fat.  
ANS: T                                      REF: 79                                      TOP: 2.5
  
- 15. Food composition information can be used to perform dietary analysis.  
ANS: T                                      REF: 78                                      TOP: 2.5
  
- 16. The Estimated Energy Requirement (EER) equations determine an Estimated Average Requirement (EAR) for Calories per day.  
ANS: T                                      REF: 59                                      TOP: 2.2

<p><i>Answer questions 17-22 based on the information below.</i></p> <p>Breakfast: 3 scrambled eggs, 2 pieces white toast with 2 teaspoons butter, and 2 cups black coffee</p> <p>Snack: 2 cups 2% milk and 2 glazed doughnuts</p> <p>Lunch: 1 double bacon-cheeseburger, 1 regular french fries, and 12 ounces regular Coke</p> <p>Dinner: 6 ounces light roasted chicken meat, 0.5 cups cooked carrots, 1 medium potato with 1</p>	
<p>tablespoon sour cream and 1 tablespoon butter</p> <p>Snack: 2 cups vanilla ice cream</p> <p>Partial Nutrient Analysis:</p> <p>Calories: 4047</p> <p>Protein: 160 grams</p> <p>Carbohydrate: 375 grams</p> <p>Fat: 210 grams</p>	<p>Fiber: 18.5 grams Cholesterol: 1162 milligrams Sodium: 3970 milligrams</p>

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Saturated fat: 19%

17. The diet shown meets the Acceptable Macronutrient Distribution Range (AMDR, % Calories from carbohydrate, protein and fat) for all the energy-producing nutrients.

ANS: F                                      REF: 59 | 60                                      TOP: 2.2

18. The diet shown does not meet the 2010 Dietary Guidelines recommendation for “Shift food intake patterns to a more plant-based diet.”

ANS: T                                      REF: 70                                      TOP: 2.4

19. The diet shown does not meet the American Heart Association recommended intake for saturated fat and cholesterol.

ANS: T                                      REF: 74                                      TOP: 2.4

20. The diet shown exceeds the 2010 Dietary Guidelines recommendation for sodium intake.

ANS: T                                      REF: 72                                      TOP: 2.4

21. The diet shown provided one-half the grains in whole grain form.

ANS: F                                      REF: 64                                      TOP: 2.3

22. The diet shown meets the American Cancer Society dietary guidelines.

ANS: F                                      REF: 75                                      TOP: 2.4

### Matching

*Match the short phrase or term with the associated short phrase or term. Choose the best answer. You may use some answers more than once or not at all.*

- A. Grains
- B. Fruits and vegetables
- C. Empty-Calorie foods
- D. Milk products
- E. Oils

1. MyPlate foods that may reduce neural tube defects:
2. MyPlate foods that provide high-quality protein:
3. MyPlate foods that may prevent osteoporosis:
4. MyPlate foods that provide essential fatty acids:
5. MyPlate foods that may reduce some cancers:

Answers:

- |           |         |          |
|-----------|---------|----------|
| 1. ANS: A | REF: 64 | TOP: 2.3 |
| 2. ANS: D | REF: 65 | TOP: 2.3 |
| 3. ANS: D | REF: 65 | TOP: 2.3 |
| 4. ANS: E | REF: 65 | TOP: 2.3 |
| 5. ANS: B | REF: 64 | TOP: 2.3 |

## Multiple Choice

1. There is no Dietary Reference Intake (DRI) for adults for:
- A. protein.
  - B. carbohydrate.
  - C. fiber.
  - D. calories.
  - E. cholesterol.

ANS: E

REF: 57 | 60

TOP: 2.2

2. Which of the following statements is true regarding the Dietary Reference Intakes (DRIs)?
- A. They are based on a 2000-Calorie diet.
  - B. They are set at minimum levels to prevent deficiency.
  - C. They are established for each gender.
  - D. They are specific for age groups.
  - E. Both C and D are true.

ANS: E

REF: 57

TOP: 2.2

3. The Tolerable Upper Intake Levels (ULs) are:
- A. levels known to cause toxic reactions.
  - B. established for most essential vitamins and minerals.
  - C. established for carbohydrate, protein, and fat.
  - D. A and B
  - E. A and C

ANS: B

REF: 58

TOP: 2.2

4. The Dietary Reference Intakes (DRIs) are used for:
- A. food package label health claims.
  - B. MyPlate patterning.
  - C. exchange system servings.
  - D. dietary analysis.
  - E. All of the above

ANS: D

REF: 61

TOP: 2.2

5. Consuming an adequate amount of potassium is associated with a reduced risk of:
- A. cancer.
  - B. high blood pressure (hypertension).
  - C. osteoporosis.
  - D. heart disease.
  - E. obesity.

ANS: B

REF: 56

TOP: 2.1

6. Which of the following nutrients has an Acceptable Macronutrient Distribution Range (AMDR)?
- A. Alpha-linolenic acid
  - B. Alcohol
  - C. Vitamin A
  - D. Calcium
  - E. None of the above

ANS: A

REF: 59

TOP: 2.2

7. The portion sizes in the Exchange Lists are based on:
- A. % AMDRs.
  - B. MyPlate.
  - C. grams of carbohydrate, protein, and fat and total Calories.
  - D. nutrient density.
  - E. a 2000-Calorie diet.

ANS: C

REF: 79

TOP: 2.5

8. The Exchange Lists were designed to plan diets for individuals with:
- A. heart disease.
  - B. cancer.
  - C. diabetes.
  - D. osteoporosis.
  - E. stroke.

ANS: C

REF: 78

TOP: 2.5

9. Which of the following is a tool that can be used to plan, manage, or evaluate diets?
- A. MyPlate
  - B. The Exchange Lists system
  - C. Dietary analysis software
  - D. A and B
  - E. A, B, and C

ANS: E

REF: 61 | 78

TOP: 2.3 | 2.5

10. Which of the following answers is not a predominant directive of the Dietary Guidelines, 2010?
- A. To promote the intake of more plant foods
  - B. To reduce the intake of solid fat and added sugar
  - C. To reduce obesity
  - D. To promote the intake of animal protein
  - E. To promote physical activity

ANS: D

REF: 70

TOP: 2.4

11. There is a food package label health claim for all of the following nutrients except:
- A. folic acid.
  - B. sodium.
  - C. calcium.
  - D. potassium.
  - E. vitamin E.

ANS: E

REF: 55-56

TOP: 2.1

12. The RDIs are expressed as \_\_\_\_ on the food package label.
- percentages
  - grams
  - 2000 Calories
  - units
  - None of the above

ANS: A

REF: 51

TOP: 2.1

Answer questions 13-23 based on the information below.

Nutrition Facts: Sunflower Seeds	
Serving Size 1 oz. (28g)	<b>Ingredients:</b> Sunflower seeds, peanut oil, salt
Servings Per Container 16	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 130
<b>% Daily Value</b>	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%

13. What percent of Calories come from total fat in the sunflower seeds?
- 123
  - 81
  - 45
  - 31
  - 22

ANS: B

REF: 50 | 51 | 53

TOP: 2.1

14. The amount of fiber present in 2 ounces of sunflower seeds is \_\_\_\_ grams.
- 5
  - 10
  - 3
  - 6
  - 0

ANS: D

REF: 49

TOP: 2.1

15. There are \_\_\_\_ Calories from protein provided per serving by the sunflower seeds.

- A. 0
- B. 28
- C. 49
- D. 63
- E. 75

ANS: B

REF: 53

TOP: 2.1

16. The RDI for iron is 18 mg. How many mg of iron are provided per serving by the sunflower seeds?

- A. 0.2
- B. 1.44
- C. 144
- D. 14444
- E. 2000

ANS: B

REF: 51|53

TOP: 2.1

17. The percentage of total fat by gram weight for the sunflower seeds is:

- A. 5%.
- B. 22%.
- C. 50%.
- D. 75%.
- E. 81%.

ANS: C

REF: 53

TOP: 2.1

18. If the sunflower seeds were modified and labeled as reduced sodium, this would mean that the reduced product has \_\_\_\_% less sodium than the original product:

- A. 10
- B. 25
- C. 35
- D. 50
- E. 75

ANS: B

REF: 54

TOP: 2.1

19. The sunflower seeds are nutrient dense for:

- A. vitamin A.
- B. vitamin C.
- C. calcium.
- D. iron.
- E. None of the above

ANS: E

REF: 51

TOP: 2.1

20. Which of the following terms could be used regarding the sodium content in the sunflower seeds?
- A. Free
  - B. Negligible
  - C. Nutrient dense
  - D. Lean
  - E. None of the above

ANS: E

REF: 48 | 51 | 54

TOP: 2.1

21. The manufacturer of the sunflower seeds could legally make the following health claim:
- A. Our product is low in sodium, so it may protect against high blood pressure.
  - B. Our product is a good source of fiber, so it may protect against cancer.
  - C. Our product is low in fat, so it may protect against heart disease.
  - D. Our product is nutrient dense for calcium, so it may protect against osteoporosis.
  - E. The manufacturer of the sunflower seeds could legally make no health claims.

ANS: E

REF: 55

TOP: 2.1

22. The most abundant ingredient in the sunflower seeds is:
- A. sunflower seeds.
  - B. peanut oil.
  - C. salt.
  - D. water.
  - E. None of the above

ANS: A

REF: 52

TOP: 2.1

23. According to the Food Allergen Labeling and Consumer Protection Act of 2004, if the sunflower seeds were processed on equipment shared with any the following except \_\_\_\_\_, the manufacturer would have to state this on the food package label.
- A. wheat
  - B. soy
  - C. milk
  - D. rice
  - E. eggs

ANS: D

REF: 53

TOP: 2.1

## Exam B

### True/False

1. The Dietary Reference Intake for physical activity for adults is 30 minutes cumulative moderate activity three times a week.  
ANS: F                      REF: 60                      TOP: 2.2
2. The MyPlate food guidance system recommends eating 1/4 of the needed grain ounce equivalents as whole grains.  
ANS: F                      REF: 64                      TOP: 2.3
3. For a food manufacturer to make a health claim concerning fiber and heart disease, the food must provide at least 15% of the Daily Reference Value for fiber.  
ANS: F                      REF: 55                      TOP: 2.1
4. The Dietary Reference Intakes (DRIs) are not appropriate to use for making nutrient prescriptions for sick humans.  
ANS: T                      REF: 57                      TOP: 2.2
5. The Reference Daily Intakes (RDIs) are specific to age and gender.  
ANS: F                      REF: 51                      TOP: 2.1
6. Exceeding the Tolerable Upper Intake Levels (ULs) for a vitamin or a mineral may cause adverse health effects.  
ANS: T                      REF: 58                      TOP: 2.2
7. Foods in the MyPlate protein foods group all provide a good source of dietary fiber.  
ANS: F                      REF: 65                      TOP: 2.3
8. Oils from plants and fish provide a good source of cholesterol.  
ANS: F                      REF: 65                      TOP: 2.3
9. The processed foods in the MyPlate starchy vegetable subgroup can provide empty Calories.  
ANS: T                      REF: 63 | 64 | 66                      TOP: 2.3
10. Foods in the MyPlate grain group provide the majority of their Calories from carbohydrate.  
ANS: T                      REF: 64 | 72                      TOP: 2.3 | 2.4
11. Food composition tables and databases define the intake of nutrients for each gender and age group.

ANS: F

REF: 77-78

TOP: 2.5

12. The consumption of plant sterols is associated with increased risk for heart disease.

ANS: F REF: 56 TOP: 2.1

13. Limiting the intake of high-fat animal products may reduce cancer risk.

ANS: T REF: 75 TOP: 2.4

14. The Exchange Lists System contains an exchange list called “High-Protein Foods.”

ANS: F REF: 79 TOP: 2.5

*Use the dietary information provided below to answer questions 15-20.*

Breakfast: 2 cups Frosted Cheerios with 1 cup 2% milk

Lunch: Taco Bell Big Beef Burrito Supreme and 1 liter regular Coke

Dinner: Half pound bucket of batter-fried chicken wings and 1 pint sweetened grape juice

Partial Nutrient Analysis:

Calories: 2290

Protein: 81 grams

Carbohydrate: 319 grams

Fat: 79 grams

Fiber: 14.5 grams

Cholesterol: 1162 milligrams

Sodium: 3814 milligrams

% Calories Protein:

14% Carbohydrate:

55% Fat: 31 %

Saturated fat: 11%

Linoleic Acid: 3%

Alpha-Linolenic Acid: 0.3%

15. The diet shown meets the 2010 Dietary Guidelines recommendation to “shift food intake patterns to a more plant-based diet.”

ANS: F REF: 70 TOP: 2.4

16. The diet shown meets the Acceptable Macronutrient Distribution Ranges for protein, total carbohydrate, and total fat.

ANS: T REF: 59 TOP: 2.2

17. The diet shown meets the American Heart Association recommendations for saturated fat and cholesterol intakes.

ANS: F REF: 74 TOP: 2.4

18. The diet shown does not exceed the 2010 Dietary Guidelines recommendation for sodium intake.

ANS: F REF: 72 TOP: 2.4

19. The diet shown meets the American Cancer Society dietary guidelines.

ANS: F REF: 75 TOP: 2.4

20. The diet shown meets the 2010 Dietary Guidelines recommendation to “reduce the intake of foods containing added sugars and solid fats.”

ANS: F

REF: 70 | 72

TOP: 2.4

## Matching

Match the short phrase or term with the associated short phrase or term. Choose the best answer. You may use some answers more than once or not at all.

- A. Whole grains
- B. Beans and peas
- C. Empty-Calorie foods
- D. Nonfat milk products
- E. Oils

1. MyPlate foods containing solid fat and/or added sugars:
2. MyPlate foods that provide high-quality protein:
3. MyPlate foods that may help prevent osteoporosis:
4. MyPlate vegetable subgroup foods:
5. MyPlate foods that prevent neural tube defects:

Answers:

- |           |         |          |
|-----------|---------|----------|
| 1. ANS: C | REF: 66 | TOP: 2.3 |
| 2. ANS: D | REF: 65 | TOP: 2.3 |
| 3. ANS: D | REF: 65 | TOP: 2.3 |
| 4. ANS: B | REF: 64 | TOP: 2.3 |
| 5. ANS: A | REF: 64 | TOP: 2.3 |

## Multiple Choice

1. There is no Dietary Reference Intake (DRI) for:
  - A. alpha-linolenic acid.
  - B. linoleic acid.
  - C. triglycerides.
  - D. Calories.
  - E. physical activity.

ANS: C                      REF: 57                      TOP: 2.2

2. Dietary Reference Intakes (DRIs) are not established for:
  - A. each gender.
  - B. age groups.
  - C. ethnic groups.
  - D. pregnant females.
  - E. lactating females.

ANS: C                      REF: 57                      TOP: 2.2

3. The Tolerable Upper Intake Levels (ULs) are established for:
  - A. essential vitamins.
  - B. essential minerals.
  - C. carbohydrate, protein, and fat.
  - D. A and B
  - E. A and C

ANS: D                      REF: 58                      TOP: 2.2

4. The Dietary Reference Intakes (DRIs) are beneficial for the dietary planning of:
- A. healthy people.
  - B. injured people.
  - C. individuals with chronic disease.
  - D. A and B
  - E. A, B, and C

ANS: A

REF: 57

TOP: 2.2

5. Which of the following energy-producing substances does not have an Acceptable Macronutrient Distribution Range (AMDR)?
- A. The essential fatty acids
  - B. Carbohydrate
  - C. Total fat
  - D. Protein
  - E. Alcohol

ANS: E

REF: 59

TOP: 2.2

6. The portion sizes in the Exchange Lists system are based on:
- A. health status.
  - B. satiety.
  - C. grams of energy-producing nutrients and total Calories.
  - D. nutrient density.
  - E. Daily Reference Values (DRVs).

ANS: C

REF: 79

TOP: 2.5

7. Which of the following is a tool that can be used to plan, manage, or evaluate diets?
- A. MyPlate
  - B. The Exchange Lists system
  - C. Dietary Guidelines
  - D. A and C
  - E. A, B, and C

ANS: E

REF: 61 | 70 | 78

TOP: 2.3 | 2.4 | 2.5

8. Which of the following is a potentially biologically harmful substance identified on the food package label?
- A. Protein
  - B. Fiber
  - C. Calcium
  - D. Carbohydrate
  - E. *Trans* fatty acids

ANS: E

REF: 52

TOP: 2.1

9. The American Heart Association recommends an intake of no more than \_\_\_\_ alcoholic beverage(s) per day for an adult female.
- A. 0
  - B. 1
  - C. 2
  - D. 3
  - E. 4

ANS: B

REF: 74

TOP: 2.4

10. Which word below best describes the information provided in food composition tables and databases?
- A. Adequate
  - B. Basal
  - C. Chemical
  - D. Moderate
  - E. Excessive

ANS: C

REF: 77-78

TOP: 2.5

11. Plant sterol/stanol esters have a health claim for possibly reducing risk of:
- A. cancer.
  - B. diabetes.
  - C. heart disease.
  - D. neural tube defects.
  - E. tooth decay.

ANS: C

REF: 56

TOP: 2.1

12. The Dietary Guidelines are based upon:
- A. public demand.
  - B. Dietary Reference Intakes.
  - C. food manufacturers.
  - D. scientific evidence.
  - E. None of the above

ANS: D

REF: 70

TOP: 2.4

13. According to the Acceptable Macronutrient Distribution Ranges, sugars in the diet should be limited to no more than:
- A. 5% of Calories.
  - B. 10% of Calories.
  - C. 15% of Calories.
  - D. 20% of Calories.
  - E. 25% of Calories.

ANS: E

REF: 59

TOP: 2.2

14. The Daily Reference Values (DRVs) are based on a \_\_\_\_ diet.

- A. nutrient-dense
- B. 2,000-Calorie
- C. low-fat
- D. phytochemical-rich
- E. All of the above

ANS: B

REF: 48

TOP: 2.1

Answer questions 15-25 based on the information below.

Nutrition Facts: Extra Crunchy All Natural Peanut Butter	
Serving Size 2 Tbsp. (32g)	<b>Ingredients:</b> Peanuts, sugar, vegetable oil, salt
Servings Per Container 25	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 130
<b>% Daily Value</b>	
<b>Total Fat</b> 16g	<b>26%</b>
Saturated Fat 3g	<b>16%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

15. What percent of Calories come from total fat in the peanut butter?

- A. 146
- B. 68
- C. 47
- D. 33
- E. 20

ANS: B

REF: 50 | 51 | 53

TOP: 2.1

16. In terms of percent of Calories from fat, the peanut butter is a:

- A. high-fat food.
- B. moderately high-fat food.
- C. low-fat food.

ANS: A

REF: 50

TOP: 2.1

17. The peanut butter is nutrient dense for:

- A. vitamin A.
- B. vitamin C.
- C. calcium.
- D. iron.
- E. None of the above

ANS: E

REF: 51

TOP: 2.1

18. The manufacturer of the peanut butter could legally make the following health claim:

- A. Our product is low in sugar, so it may protect against diabetes.
- B. Our product is a good source of fiber, so it may protect against cancer.
- C. Our product is low in fat, so it may protect against heart disease.
- D. Our product is nutrient dense for calcium, so it may protect against osteoporosis.
- E. None of the above

ANS: E

REF: 55-56

TOP: 2.1

19. There are \_\_\_\_ Calories from protein provided per serving of the peanut butter.

- A. 8
- B. 32
- C. 72
- D. 144
- E. None of the above

ANS: B

REF: 53

TOP: 2.1

20. The Reference Daily Intake (RDI) for Iron is 18 mg. How many mg of iron are provided per serving by the peanut butter?

- A. 0.72
- B. 7.2
- C. 72
- D. 4%
- E. None of the above

ANS: A

REF: 51 | 53

TOP: 2.1

21. The most abundant ingredient in the peanut butter is:

- A. peanuts.
- B. vegetable oil.
- C. salt.
- D. sugar.
- E. None of the above

ANS: A

REF: 52

TOP: 2.1

22. The peanut butter is \_\_\_\_ free.

- A. cholesterol
- B. fat
- C. sodium
- D. All of the above
- E. None of the above

ANS: A

REF: 54

TOP: 2.1

23. According to the Food Allergen Labeling and Consumer Protection Act of 2004, if the peanut butter were processed on equipment shared with any of the following except \_\_\_\_\_, the manufacturer would have to state this on the food package label.
- A. soy
  - B. wheat
  - C. tree nuts
  - D. fish
  - E. corn

ANS: E

REF: 53

TOP: 2.1

24. The percentage of total fat by gram weight for the peanut butter is:
- A. 5%.
  - B. 22%.
  - C. 50%.
  - D. 75%.
  - E. 81%.

ANS: C

REF: 53

TOP: 2.1

25. The peanut butter was modified and labeled as reduced Calorie. This would mean that the reduced product provides \_\_\_\_\_% fewer Calories than the original product:
- A. 10
  - B. 25
  - C. 35
  - D. 50
  - E. 75

ANS: B

REF: 54

TOP: 2.1

## Exam C

### True/False

1. Cancer is a chronic disease that is associated with a diet high in fat.  
ANS: T                                      REF: 75                                      TOP: 2.4
2. The 2010 Dietary Guidelines report that most Americans are sedentary, are overweight or obese, and achieve nutrient adequacy.  
ANS: F                                      REF: 71                                      TOP: 2.4
3. To promote heart health, the American Heart Association recommends reducing the intake of saturated fatty acids.  
ANS: T                                      REF: 74                                      TOP: 2.4
4. The Acceptable Macronutrient Distribution Range for sugar is less than or equal to 25% of Calories.  
ANS: T                                      REF: 59                                      TOP: 2.2
5. There is an Acceptable Macronutrient Distribution Range for *trans* fatty acids.  
ANS: F                                      REF: 59                                      TOP: 2.2
6. Fruit provides a good source of calcium.  
ANS: F                                      REF: 64                                      TOP: 2.3
7. A person who consumes 5 servings of grains in one day is in accordance with the American Cancer Society guidelines.  
ANS: F                                      REF: 75                                      TOP: 2.4
8. There is a fats list in the Exchange Lists system.  
ANS: T                                      REF: 79                                      TOP: 2.5
9. The MyPlate food guidance system recommends the consumption of unsaturated fats over saturated fats.  
ANS: T                                      REF: 65-66                                      TOP: 2.3
10. Legumes can be included in the MyPlate vegetable group.  
ANS: T                                      REF: 64                                      TOP: 2.3
11. Animal meat provides a good source of all the essential vitamins and minerals.  
ANS: F                                      REF: 65                                      TOP: 2.3

12. The MyPlate food guidance system considers physical activity when prescribing Calories and food group recommendations for an individual.

ANS: T                      REF: 63                      TOP: 2.3

13. The Dietary Reference Intakes (DRIs) have a category for those who are critically ill.

ANS: F                      REF: 57                      TOP: 2.2

14. Saturated fatty acids can be biologically harmful.

ANS: T                      REF: 52                      TOP: 2.1

15. For a food manufacturer to make a health claim for fiber and cancer prevention, the food must provide at least 10% of the DRV for fiber per serving.

ANS: F                      REF: 55                      TOP: 2.1

16. Food package label heart health claims can be made for *trans* fat-free foods.

ANS: F                      REF: 55-56                      TOP: 2.1

17. If a food is labeled as being reduced Calorie, then it must provide at least 25% fewer Calories per serving than the original product made by the same manufacturer.

ANS: T                      REF: 54                      TOP: 2.1

18. If a food has 15 mg of cholesterol per serving, then it can be labeled as low cholesterol.

ANS: T                      REF: 54                      TOP: 2.1

19. A company makes their chocolate milk one third lighter in color. It could be advertised as a light product.

ANS: T                      REF: 54                      TOP: 2.1

20. Corn is one of the leading food allergens required by law to be plainly labeled on packaged foods.

ANS: F                      REF: 53                      TOP: 2.1

### Multiple Choice

1. Given that the Reference Daily Intake for vitamin A is 5,000 IU and the food package label for a one-cup serving of mango nectar states that it provides 34% vitamin A per serving, then one 1 cup of mango nectar provides \_\_\_\_\_ IU vitamin A.

- A. 1700
- B. 147
- C. 170
- D. 1470
- E. 170,000

ANS: A                      REF: 51 | 53                      TOP: 2.1

2. A food package label health claim can legally be made for:
- A. plant stanols and protection against cancer.
  - B. omega-three fatty acids and protection against osteoporosis.
  - C. oats and protection against neural tube defects.
  - D. sugar alcohols and protection against diabetes.
  - E. None of the above

ANS: E

REF: 55-56

TOP: 2.1

3. If a food product weighs 150 grams total per serving and the fat in one serving weighs 8 grams, then the food can be said to be \_\_\_\_\_ percent fat free.
- A. 97
  - B. 95
  - C. 5
  - D. 90
  - E. 50

ANS: B

REF: 53

TOP: 2.1

4. The Food and Drug Administration has approved the food label term “lean.” A meat can be labeled lean with reference to fat if there are ten grams or less of fat per 100 grams (3.5 ounces) and:
- A. the food provides at least 20% of the DV for fiber.
  - B. if there are 4.5 grams or less of saturated fat per 100 grams.
  - C. the food is low in sodium.
  - D. if there are 95 milligrams or less of cholesterol per 100 grams.
  - E. Both B and D

ANS: E

REF: 54

TOP: 2.1

5. A diet that provides 34% of the Calories from fat could be said to:
- A. meet the Acceptable Macronutrient Distribution Range for fat.
  - B. be a low-fat diet.
  - C. be a moderate-fat diet.
  - D. not meet the Acceptable Macronutrient Distribution Range for fat.
  - E. Both A and C

ANS: E

REF: 50 | 59

TOP: 2.1 | 2.2

6. What type of information does the United States Department of Agriculture (USDA) database on food composition provide?
- A. Nutrient functions in metabolism
  - B. Nutrient quantities in specific amounts of many types of foods
  - C. Pesticide residues in the foods
  - D. The ingredients of the foods
  - E. None of the above

ANS: B

REF: 77-78

TOP: 2.5

7. Which of the following foods would provide the best source of protein?
- A. Carrot
  - B. Orange
  - C. Soybeans
  - D. Vegetable juice
  - E. Oil

ANS: C

REF: 65

TOP: 2.3

8. The Tolerable Upper Intake Levels (ULs) are established for:
- A. total fat.
  - B. essential fatty acids.
  - C. fiber.
  - D. sugar.
  - E. None of the above

ANS: E

REF: 58

TOP: 2.2

9. The Dietary Reference Intakes are:
- A. revised by elite nutrition scientists.
  - B. based on the current scientific evidence.
  - C. inclusive of different age and genders.
  - D. levels established to support safe and adequate nutrient intakes.
  - E. All of the above

ANS: E

REF: 57-58

TOP: 2.2

10. The Acceptable Macronutrient Distribution Range (AMDR) for monounsaturated fat (MUFA) is:
- A. 10-35% of Calories.
  - B. 5-10% of Calories.
  - C. 0.6-1.2% of Calories.
  - D. 20-35% of Calories.
  - E. There is no AMDR for MUFAs.

ANS: E

REF: 59

TOP: 2.2

11. Which commercially prepared food below commonly provides empty Calories?
- A. Whole-wheat bread
  - B. Corn bread
  - C. Vinegar and oil salad dressing
  - D. Almonds
  - E. Nonfat yogurt

ANS: B

REF: 66

TOP: 2.3

12. Which statement below most accurately reflects the purpose of the Dietary Reference Intakes?
- A. Nutrient values determined for foods
  - B. Nutrient standards used to prescribe and evaluate diets
  - C. A table of essential nutrients appropriate for a 2,000-Calorie diet
  - D. A guide used to design diets for individuals with chronic disease
  - E. Don't recall it!

ANS: B

REF: 57|61

TOP: 2.2

13. The Dietary Reference Intake for:
- A. fiber is 1.4 grams per 100 Calories per day.
  - B. fat is 20 grams per day.
  - C. protein is 50 grams per day.
  - D. Both A and B
  - E. Both B and C

ANS: A

REF: 60

TOP: 2.2

14. The Dietary Reference Intake for fiber for a 2,000-Calorie diet is:
- A. 20 grams.
  - B. 25 grams.
  - C. 28 grams.
  - D. 38 grams.
  - E. 60 grams.

ANS: C

REF: 60

TOP: 2.2

15. The Dietary Reference Intakes (DRIs) are designed to meet nutrient intake needs for:
- A. men and women.
  - B. healthy individuals.
  - C. pregnant and lactating women.
  - D. specific age groups.
  - E. All of the above

ANS: E

REF: 57

TOP: 2.2

16. The Daily Reference Value (DV) for total fat is 65 grams. Beverly's sandwich contained 23 grams of fat. What percentage of the DV was provided by the sandwich?
- A. 18%
  - B. 28%
  - C. 35%
  - D. 48%
  - E. 58%

ANS: C

REF: 48 | 50

TOP: 2.1

17. Which of the following is NOT an Exchange List?
- A. Beans
  - B. Other carbohydrate
  - C. Non-starchy vegetables
  - D. Combination foods
  - E. Fats

ANS: A

REF: 79

TOP: 2.5

18. Dietary fat intake is not directly associated with increased risk for:
- A. heart disease.
  - B. cancer.
  - C. osteoporosis.
  - D. All of the above
  - E. None of the above

ANS: C

REF: 74-75

TOP: 2.4

19. There is no Dietary Reference Intake (DRI) for:

- A. riboflavin.
- B. protein.
- C. water.
- D. sodium.
- E. cobalt.

ANS: E

REF: 60

TOP: 2.2

20. An adult selects the appropriate Estimated Energy Requirement mathematical equation to calculate his or her Calorie need based on:

- A. gender and age.
- B. height and weight.
- C. body mass index.
- D. physical activity level.
- E. chronic disease conditions.

ANS: A

REF: 59

TOP: 2.2

21. Dietary guidelines to control alcohol intake are provided by the:

- A. American Cancer Society.
- B. 2010 Dietary Guidelines.
- C. American Heart Association.
- D. All of the above
- E. None of the above

ANS: D

REF: 72 | 74 | 75

TOP: 2.4

22. Which of the following substances has a Tolerable Upper Intake Level value for adults but not a Recommended Dietary Allowance or an Adequate Intake?

- A. *Trans* fatty acids
- B. Beta-carotene
- C. Choline
- D. Boron
- E. Sodium

ANS: D

REF: 58 | 60

TOP: 2.2

23. The Acceptable Macronutrient Distribution Range (AMDR) for protein is:

- A. 10-35% of Calories.
- B. 20-35% of Calories.
- C. 45-65% of Calories.
- D. 55-75% of Calories.
- E. None of the above

ANS: A

REF: 59 | 60

TOP: 2.2

24. The portion sizes in the Exchange Lists are based on:

- A. the water content of the food.
- B. the nutrient density of the food.
- C. the grams of carbohydrate, protein, and fat in a food.
- D. All of the above
- E. None of the above

ANS: C

REF: 79

TOP: 2.5

25. Dietary recommendations made by national health organizations are meant to promote:

- A. food intake.
- B. supplement use.
- C. calorie reduction.
- D. health.
- E. All of the above

ANS: D

REF: 69

TOP: 2.4

*Answer questions 26-30 based on the case study "Zachary" information below.*

Zachary is a 22-year-old male college student who is overweight and does engage in regular physical activity. He ate the following in 1 day: sausage and egg sandwich, coffee with cream and sugar, chocolate doughnut, double cheeseburger, super-sized onion rings, meat-lovers pizza, and regular soda. Diet analysis showed there to be 410 mg cholesterol and 3,925 mg sodium in this day's worth of eating.

26. Zachary's diet met the American Heart Association dietary guidelines for cholesterol.

- A. True
- B. False

ANS: B

REF: 74

TOP: 2.4

27. Which food in Zachary's diet would provide a source of fat but not cholesterol?

- A. Onion rings
- B. Cheeseburger
- C. Sausage
- D. Egg sandwich
- E. Cream

ANS: A

REF: 64-65

TOP: 2.3

28. Zachary's diet met the American Cancer Society guideline for consumption of:

- A. fruits.
- B. vegetables.
- C. both fruits and vegetables.
- D. neither fruits nor vegetables.

ANS: D

REF: 75

TOP: 2.4

29. Zachary's diet did not exceed the Tolerable Upper Intake Level for sodium.

- A. True
- B. False

ANS: B

REF: 82

TOP: 2.2

30. Zachary's diet/lifestyle meets the 2010 Dietary Guidelines directive for \_\_\_\_.
- A. a plant-based diet
  - B. reducing overweight and obesity
  - C. reducing solid fat intake
  - D. reducing added sugar intake
  - E. physical activity

ANS: E

REF: 70

TOP: 2.4

## Exam D

### True/False

1. Cancer is a chronic disease that is associated with the consumption of a diet high in animal fat.  
ANS: T                      REF: 75                      TOP: 2.4
2. The 2010 Dietary Guidelines report that most Americans are physically inactive and obese, yet malnourished.  
ANS: T                      REF: 71                      TOP: 2.4
3. To promote heart health, the American Heart Association recommends reducing the intake of high-fat animal products.  
ANS: T                      REF: 74                      TOP: 2.4
4. The Acceptable Macronutrient Distribution Range for protein is 15-25% of Calories.  
ANS: F                      REF: 59 | 60                      TOP: 2.2
5. There is an Acceptable Macronutrient Distribution Range for sugar.  
ANS: T                      REF: 59 | 60                      TOP: 2.2
6. Fruit provides a good source of potassium.  
ANS: T                      REF: 64                      TOP: 2.3
7. A person who consumes 2-3 servings of a variety of fruits and vegetables in one day complies with the American Cancer Society guidelines.  
ANS: F                      REF: 75                      TOP: 2.4
8. There is a combination food list in the Exchange Lists system.  
ANS: T                      REF: 79                      TOP: 2.5
9. The MyPlate food guidance system recommends the consumption of solid fats over liquid oils.  
ANS: F                      REF: 61 | 65-66                      TOP: 2.3
10. A baked potato would fit in the MyPlate starchy vegetable group.  
ANS: T                      REF: 64                      TOP: 2.3
11. Beef provides a good source of iron.  
ANS: T                      REF: 65                      TOP: 2.3

12. Being physically active is associated with reducing heart disease and cancer risk.  
ANS: T                                      REF: 74 | 75                                      TOP: 2.4
13. Adult males should consume their protein sources from meat rather than beans according to the MyPlate food guidance system.  
ANS: F                                      REF: 64-66                                      TOP: 2.3
14. The Dietary Reference Intakes (DRIs) are designed to minimally prevent nutrient deficiency.  
ANS: F                                      REF: 57                                      TOP: 2.2
15. The consumption of too much *trans* fatty acids can be biologically harmful.  
ANS: T                                      REF: 52                                      TOP: 2.1
16. Food package label heart health claims exist for omega-3 fatty acids and olive oil.  
ANS: F                                      REF: 55-56                                      TOP: 2.1
17. If a food is labeled as being reduced Calorie, then it provides 50% fewer Calories per serving than the original product made by the same manufacturer.  
ANS: F                                      REF: 54                                      TOP: 2.1
18. If a food has 190 mg of sodium per serving, then it can be labeled “low sodium.”  
ANS: F                                      REF: 54                                      TOP: 2.1
19. A taco provides 15 grams of total fat, and thus provides 135 Calories from fat. The taco provides 175 total Calories. This taco is a high-fat food.  
ANS: T                                      REF: 50                                      TOP: 2.1
20. A taco provides 40 mg of cholesterol. It is a low-cholesterol food.  
ANS: F                                      REF: 54                                      TOP: 2.1

### Multiple Choice

1. Given that the Reference Daily Intake for vitamin C is 60 mg and a taco provides 6% vitamin C per serving, then the taco provides \_\_\_\_\_ mg vitamin C.  
A. 0.036  
B. 3.6  
C. 0.36  
D. 36  
ANS: B                                      REF: 51 | 53                                      TOP: 2.1

2. A food package label health claim can be made for:
- A. soy protecting against cancer.
  - B. fiber protecting against osteoporosis.
  - C. soluble fiber from oats and barley protecting against heart disease.
  - D. sugar alcohols protecting against diabetes.
  - E. All of the above

ANS: C

REF: 55

TOP: 2.1

3. If a food product weighs 100 grams total per serving and the fat in the servings weighs 5 grams, then the food can be said to be \_\_\_\_\_ percent fat free.
- A. 97
  - B. 95
  - C. 5
  - D. 90
  - E. 50

ANS: B

REF: 53

TOP: 2.1

4. There is a Food and Drug Administration-approved food package label health claim for blood pressure. For this claim to be used, the food must be a good source of potassium and also:
- A. low in folate.
  - B. high in calcium, phosphorus, and magnesium.
  - C. moderate in carbohydrate and high in fiber.
  - D. low in fat, saturated fat, *trans* fat, cholesterol, and sodium.
  - E. high in sodium.

ANS: D

REF: 56

TOP: 2.1

5. A diet that provides 22% of its Calories from fat could be said to:
- A. meet the Acceptable Macronutrient Distribution Range for fat.
  - B. be a low-fat diet.
  - C. be a moderate-fat diet.
  - D. not meet the Acceptable Macronutrient Distribution Range for fat.
  - E. Both A and B

ANS: E

REF: 50|57

TOP: 2.1|2.2

6. What type of information do food composition tables and databases provide?
- A. Nutrient functions
  - B. Nutrient quantities in food servings
  - C. Nutrient activity in living foods
  - D. The dietary reference intakes
  - E. None of the above

ANS: B

REF: 77-78

TOP: 2.5

7. Which of the following foods would provide the best source of vitamin C?
- A. Carrot
  - B. Grapefruit
  - C. Milk
  - D. Bread
  - E. Oil

ANS: B

REF: 64

TOP: 2.3

8. The Tolerable Upper Intake Levels (ULs) are established for:
- A. carbohydrate, protein, and fat.
  - B. physical activity.
  - C. fiber.
  - D. essential vitamins.
  - E. water.

ANS: D

REF: 58

TOP: 2.2

9. The Dietary Reference Intakes are established for:
- A. those with chronic diseases.
  - B. healthy Americans.
  - C. different ethnic populations.
  - D. those that eat a 2000-Calorie diet.
  - E. All of the above

ANS: B

REF: 57-58

TOP: 2.2

10. The Acceptable Macronutrient Distribution Range (AMDR) for alpha-linolenic acid is:
- A. 10-35% of Calories.
  - B. 5-10% of Calories.
  - C. 0.6-1.2% of Calories.
  - D. 20-35% of Calories.
  - E. None of the above

ANS: C

REF: 59|60

TOP: 2.2

11. Which food below provides empty calories?
- A. Oats
  - B. Cheese
  - C. Baked potato
  - D. Sunflower seeds
  - E. Nonfat milk

ANS: B

REF: 66

TOP: 2.3

12. Which statement below most accurately reflects the purpose of the Dietary Reference Intakes?
- A. Safe and adequate nutrient intake recommendations based on age and gender
  - B. Nutrient standards used to prescribe and evaluate diets of critical care patients
  - C. A table of vitamins and minerals appropriate for a 2,000-Calorie diet
  - D. A nutrient guide used to promote weight loss
  - E. Levels of essential nutrients commonly found in supplements

ANS: A

REF: 57

TOP: 2.2

13. The Dietary Reference Intake for fiber is \_\_\_\_ grams per 100 Calories.

- A. 1.0
- B. 1.1
- C. 1.2
- D. 1.3
- E. 1.4

ANS: E

REF: 60

TOP: 2.2

14. The minimum carbohydrate intake according to the Dietary Reference Intake is:

- A. 20 grams.
- B. 60 grams.
- C. 130 grams.
- D. 210 grams.
- E. 300 grams.

ANS: C

REF: 60

TOP: 2.2

15. Foods in the \_\_\_\_ MyPlate food group(s) are beneficial for reducing type 2 diabetes.

- A. dairy
- B. fruits
- C. vegetables
- D. fruits and vegetables
- E. dairy, fruits, and vegetables

ANS: E

REF: 64

TOP: 2.3

16. Healthy People 2020 includes:

- A. measurement standards for body composition.
- B. public health objectives to improve the health of Americans.
- C. dietary analysis tools.
- D. guidelines for creating sustainable food systems.
- E. None of the above

ANS: B

REF: 76

TOP: 2.4

17. Which of the following is NOT an Exchange List?

- A. Starch
- B. Other carbohydrate
- C. Fruit
- D. Free foods
- E. High-cholesterol foods

ANS: E

REF: 79

TOP: 2.5

18. Diet is not linked to which disease or condition below?

- A. Heart disease
- B. Diabetes
- C. Cancer
- D. Osteoporosis
- E. None of the above

ANS: E

REF: 55-56

TOP: 2.1

19. There is no Dietary Reference Intake for:

- A. vitamin A.
- B. carbohydrate.
- C. fiber.
- D. physical activity.
- E. oleic acid.

ANS: E

REF: 60

TOP: 2.2

20. The Estimated Energy Requirement determines a person's daily Calorie need by incorporating \_\_\_\_\_ into a mathematical equation.

- A. age
- B. height
- C. weight
- D. physical activity level
- E. All of the above

ANS: E

REF: 59|60

TOP: 2.2

21. The Reference Daily Intakes are used for:

- A. food package labeling.
- B. MyPlate patterning.
- C. exchanges.
- D. dietary analysis.
- E. All of the above

ANS: A

REF: 51

TOP: 2.1

22. The Dietary Reference Intakes are used for:

- A. food package labeling.
- B. MyPlate patterning.
- C. exchange system servings.
- D. dietary analysis.
- E. All of the above

ANS: D

REF: 57|61

TOP: 2.2

23. The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrate is:

- A. 10-35% of Calories.
- B. 20-35% of Calories.
- C. 45-65% of Calories.
- D. 55-75% of Calories.
- E. None of the above

ANS: C

REF: 59|60

TOP: 2.2

24. The portion sizes in Exchange Lists are based on:

- A. the grams of carbohydrate, protein, and fat in a food.
- B. the total Calories in a food.
- C. the amount of cholesterol and sodium in a food.
- D. A and B
- E. A, B, and C

ANS: D

REF: 79

TOP: 2.5

25. Dietary recommendations made by national health organizations are meant to reduce:
- A. food intake.
  - B. genetic abnormalities.
  - C. caloric value.
  - D. nutrition-related medical conditions/chronic diseases.
  - E. the need for physical activity.

ANS: D

REF: 69

TOP: 2.4

26. The MyPlate food guidance system is sensitive to:
- A. age.
  - B. gender.
  - C. Calories.
  - D. physical activity.
  - E. All of the above

ANS: E

REF: 63

TOP: 2.3

*Answer questions 27-30 based on the case study "Timothy" information below.*

Timothy is a 20-year-old male college student who has a normal body weight but does not engage in regular physical activity. He ate the following in 1 day: sausage and egg McMuffin, Diet Coke, chocolate chip cookies, double cheeseburger, super-sized French fries, apple pie, more Diet Coke, sausage and pepperoni pizza, and more Diet Coke.

27. Which food in Timothy's diet would provide the most cholesterol and saturated fatty acids?
- A. French fries
  - B. Sausage
  - C. Diet Coke
  - D. Apples in the apple pie
  - E. Pizza crust

ANS: B

REF: 65 | 66

TOP: 2.3

28. Timothy's diet met the American Cancer Society guideline for consumption of:
- A. fruits.
  - B. vegetables.
  - C. both fruits and vegetables.
  - D. neither fruits nor vegetables.
  - E. *trans* fatty acid intake.

ANS: D

REF: 75

TOP: 2.4

29. Diet analysis of Timothy's diet showed that his fatty acid profile was 22% saturated fatty acids (SFA), 9% monounsaturated fatty acids (MUFA), and 2% polyunsaturated fatty acids (PUFA). What's wrong with this profile?
- A. It indicates a possible deficiency of essential fatty acids.
  - B. It indicates an unhealthy excess of SFAs and risk for heart disease.
  - C. It indicates an unhealthy excess of MUFAs and risk for heart disease.
  - D. A and B
  - E. A, B, and C

ANS: D

REF: 59 | 60 | 74

TOP: 2.2 | 2.4

30. Timothy's diet meets the 2010 Dietary Guidelines \_\_\_\_\_ directive.
- A. plant-based diet
  - B. reduced obesity
  - C. reduced solid fat and added sugar intakes
  - D. physical activity
  - E. None of the above

ANS: B

REF: 70

TOP: 2.4

## Practice Exam

### True/False

1. A prepared chicken enchilada dinner provides 83 Calories from fat and 340 total Calories. It is a low-fat food.  
ANS: T                                      REF: 50                                      TOP: 2.1
2. A prepared chicken enchilada dinner provides 470 mg of sodium per serving; therefore, it is a low-sodium food.  
ANS: F                                      REF: 54                                      TOP: 2.1
3. A prepared chicken enchilada dinner provides 30 mg cholesterol per serving. Therefore, it could be labeled “low cholesterol.”  
ANS: F                                      REF: 54                                      TOP: 2.1
4. A prepared chicken enchilada dinner provides 15% of the RDI for vitamin C. Therefore, it could be labeled “nutrient dense” for vitamin C.  
ANS: F                                      REF: 51                                      TOP: 2.1
5. The Acceptable Macronutrient Distribution Range (AMDR) for protein is 10-35% of calories.  
ANS: T                                      REF: 59 | 60                                      TOP: 2.2
6. There is a Dietary Reference Intake (DRI) for water for adults.  
ANS: T                                      REF: 58 | 60                                      TOP: 2.2
7. A person who consumes 2,715 mg of sodium in one day is in accordance with the 2010 Dietary Guidelines for sodium intake.  
ANS: F                                      REF: 72                                      TOP: 2.4
8. A person who consumes 5 or more of a variety of fruits and vegetables in one day is eating in accordance with the American Cancer Society guidelines.  
ANS: T                                      REF: 75                                      TOP: 2.4
9. Food composition tables provide the same information as seen on a food package label.  
ANS: F                                      REF: 48 | 51 | 77-78                                      TOP: 2.1 | 2.5
10. There is a Dietary Reference Intake (DRI) for the essential fatty acids for adults.  
ANS: T                                      REF: 57                                      TOP: 2.2

11. The Tolerable Upper Intake Level (UL) for vitamin C is 2000 mg for adult men and women. The DRI for vitamin C is 75 mg for adult women and 90 mg for adult men. If you are a woman consuming 1,500 mg of vitamin C daily from food and supplements you are at a high risk for developing vitamin C toxicity.

ANS: F                                      REF: 58                                      TOP: 2.2

12. Food composition tables and databases can be used to perform dietary analysis.

ANS: T                                      REF: 78                                      TOP: 2.5

13. Foods from the fruit group provide an excellence source of iron.

ANS: F                                      REF: 64                                      TOP: 2.3

14. If a food product weighs 120 grams total per serving and the fat in a serving weighs 12 grams, then the food can be labeled “90 percent fat free.”

ANS: T                                      REF: 53                                      TOP: 2.1

15. Foods from the vegetable group provide a source of fiber.

ANS: T                                      REF: 64                                      TOP: 2.3

16. The Acceptable Macronutrient Distribution Range (AMDR) for fat is 25-35% of total Calories.

ANS: F                                      REF: 59 | 60                                      TOP: 2.2

17. MyPlate equivalents and Exchange List portion sizes are the same for comparable foods.

ANS: F                                      REF: 64-65 | 79                                      TOP: 2.3 | 2.5

*Answer questions 18-20 based on the case study “Joseph” information below.*

Joseph ate the following in 1 day: egg McMuffin, coffee with cream, doughnut, Coke, hamburger, French fries, apple, phili-steak Subway sandwich.

18. Joseph’s diet met the American Cancer Society guideline for consumption of fruits and vegetables.

ANS: F                                      REF: 75                                      TOP: 2.4

19. Joseph’s diet does not meet the 2010 Dietary Guidelines recommendation for “shifting food intake patterns to a more plant-based diet.”

ANS: T                                      REF: 70                                      TOP: 2.4

20. The foods in Joseph’s diet are promoting heart health.

ANS: F                                      REF: 74-75                                      TOP: 2.4

## Multiple Choice

Answer questions 1-2 based on the case study "Joseph" information below.

Joseph ate the following in 1 day: egg McMuffin, coffee with cream, doughnut, Coke, hamburger, French fries, apple, phili-steak Subway sandwich.

1. Which food in Joseph's diet provided phytochemicals?
  - A. Apple
  - B. Cream
  - C. Coke
  - D. Hamburger
  - E. All of the above

ANS: A

REF: 68

TOP: 2.3

2. Which food in Joseph's diet provided empty Calories?
  - A. French fries
  - B. Coke
  - C. Hamburger
  - D. Doughnut
  - E. All of the above

ANS: E

REF: 66

TOP: 2.3

3. Given that the RDI for iron is 18 milligrams (mg) and a chicken enchilada dinner provides 10% of the RDI for iron per serving, then one serving provides \_\_\_\_\_ mg iron.
  - A. 0.18
  - B. 1.8
  - C. 18
  - D. 36
  - E. 3

ANS: B

REF: 51 | 53

TOP: 2.1

4. A food package label health claim may be made for:
  - A. fiber and cancer.
  - B. fiber and heart disease.
  - C. low saturated fat and cholesterol and heart disease.
  - D. folic acid and neural tube defects.
  - E. All of the above

ANS: E

REF: 55

TOP: 2.1

5. Which word below best describes the information provided in food composition tables and databases?
  - A. Adequate
  - B. Basal
  - C. Chemical
  - D. Dietary
  - E. Essential

ANS: C

REF: 77-78

TOP: 2.5

6. The MyPlate vegetable food group is rich in which nutrient(s)?

- A. Vitamin B<sub>12</sub>
- B. Calcium
- C. Vitamin A
- D. Pro-vitamin A and vitamin C
- E. Iron

ANS: D

REF: 64

TOP: 2.4

7. The Dietary Reference Intake (DRI) for physical activity for adults is \_\_\_\_\_ minutes or more of moderate activity per day.

- A. 30
- B. 45
- C. 60
- D. 75
- E. 90

ANS: C

REF: 60

TOP: 2.2

8. The MyPlate food guidance system recommends eating \_\_\_\_\_ of the needed grain ounce equivalents as whole grains.

- A. 1/8
- B. 1/4
- C. 1/2
- D. 3/4
- E. all

ANS: C

REF: 64

TOP: 2.3

9. For a food manufacturer to make a health claim concerning fiber and heart disease, the food must provide at least \_\_\_\_\_% of the DRV for fiber.

- A. 5
- B. 10
- C. 15
- D. 20
- E. 25

ANS: D

REF: 55

TOP: 2.1

10. Dietary Reference Intakes (DRIs) are specific to:

- A. age.
- B. gender.
- C. healthy people.
- D. A and B
- E. A, B, and C

ANS: E

REF: 57

TOP: 2.2

11. There is a free foods list in the
- A. Exchange Lists system.
  - B. MyPlate food guidance system.
  - C. DRIs.
  - D. RDIs.
  - E. 2010 Dietary Guidelines.

ANS: A

REF: 79

TOP: 2.5

12. A food package label states that the food inside provides 10 grams of protein and a total of 305 Calories. What percentage of Calories comes from protein?
- A. 3%
  - B. 8% C.
  - 13% D.
  - 76% E.
  - 130%

ANS: C

REF: 53

TOP: 2.1

13. Ingredients on food package labels are listed in descending order by:
- A. Calories.
  - B. density.
  - C. cost.
  - D. weight.
  - E. hydration.

ANS: D

REF: 52

TOP: 2.1

14. MyPlate foods that provide high-quality protein include:
- A. fruits.
  - B. beans and peas.
  - C. empty-Calorie foods.
  - D. dairy foods.
  - E. oils.

ANS: D

REF: 65

TOP: 2.3

15. A MyPlate food group that may help prevent osteoporosis is:
- A. fruits.
  - B. beans and peas.
  - C. empty-Calorie foods.
  - D. dairy.
  - E. oils.

ANS: D

REF: 65

TOP: 2.3

16. MyPlate vegetable subgroup foods include:
- A. fruits.
  - B. beans and peas.
  - C. empty-Calorie foods.
  - D. dairy foods.
  - E. oils.

ANS: B

REF: 64

TOP: 2.3

17. MyPlate foods that provide essential fatty acids include:

- A. fruits.
- B. beans and peas.
- C. empty-Calorie foods.
- D. dairy foods.
- E. oils.

ANS: E

REF: 65

TOP: 2.3

18. MyPlate foods that may reduce risk for some cancers include:

- A. fruits.
- B. grains that have been refined.
- C. empty-Calorie foods.
- D. dairy foods.
- E. oils.

ANS: A

REF: 64

TOP: 2.3

19. The portion sizes in the Exchange Lists system are based on:

- A. % AMDRs.
- B. MyPlate.
- C. grams carbohydrate, protein, and fat and total Calories.
- D. nutrient density.
- E. a 2000-Calorie diet.

ANS: C

REF: 79

TOP: 2.5

20. Which of the following is not one of the top eight common foods causing allergy?

- A. Peanuts
- B. Shellfish
- C. Milk
- D. Corn
- E. Eggs

ANS: D

REF: 53

TOP: 2.1

21. The Tolerable Upper Intake Levels (ULs) are not established for:

- A. fiber and essential fatty acids.
- B. water and electrolytes.
- C. carbohydrate, protein, and fat.
- D. cholesterol and phospholipids.
- E. All of the above

ANS: E

REF: 58 | 60

TOP: 2.2

22. The Exchange Lists system contains an exchange list called

- A. "high-fat foods."
- B. "high-protein foods."
- C. "other carbohydrates."
- D. "low-sodium foods."
- E. All of the above

ANS: C

REF: 79

TOP: 2.5

23. Which of the following nutrients has an Acceptable Macronutrient Distribution Range (AMDR)?

- A. Physical activity
- B. Alcohol
- C. Vitamin A
- D. Calories
- E. Linoleic acid

ANS: E

REF: 59 | 60

TOP: 2.2

24. There is a food package label health claim for all of the following diseases or conditions except:

- A. neural tube defects.
- B. osteoporosis.
- C. cancer.
- D. heart disease.
- E. allergy.

ANS: E

REF: 55-56

TOP: 2.1

25. The Dietary Reference Intake (DRI) for fiber for adults is:

- A. 1 gram per 100 Calories recommended.
- B. 1.4 gram per 100 Calories recommended.
- C. 1 gram per 100 Calories consumed.
- D. 1.4 gram per 100 Calories consumed.
- E. None of the above

ANS: D

REF: 60

TOP: 2.2

26. Which of the following statements is true regarding the Dietary Reference Intakes (DRIs)?

- A. They are based on a 2000-Calorie diet.
- B. They are set at minimum levels to prevent deficiency.
- C. They are established for each gender.
- D. They are specific for age groups.
- E. Both C and D are true.

ANS: E

REF: 57

TOP: 2.2

27. The 2010 Dietary Guidelines are released by the:

- A. public.
- B. RDIs committee.
- C. food manufacturers.
- D. government.
- E. American Medical Association.

ANS: D

REF: 70

TOP: 2.4

28. The Acceptable Macronutrient Distribution Range (AMDR) for fat is:

- A. 10-35% of Calories.
- B. 20-35% of Calories.
- C. 45-65% of Calories.
- D. 55-75% of Calories.
- E. None of the above

ANS: B

REF: 59 | 60

TOP: 2.2

29. The term “reduced” on a food package labels means \_\_\_\_% less than the original product.
- A. 5
  - B. 10
  - C. 15
  - D. 20
  - E. 25

ANS: E

REF: 54

TOP: 2.1

30. The American Heart Association recommendation for alcohol intake for men is:
- A. to eliminate all alcohol intake.
  - B. to consume 3 drinks per day.
  - C. for those who drink to limit intake to not more than 2 drinks per day.
  - D. None of the above

ANS: C

REF: 74

TOP: 2.4

## Ready-to-Print Module 2 Exam A

### True/False

1. For a food manufacturer to make a health claim concerning fiber and heart disease, the food must provide at least 10% of the DRV for fiber.
2. The Dietary Reference Intakes (DRIs) are appropriate to use for making nutrient prescriptions for sick and healthy humans.
3. The Reference Daily Intakes (RDIs) are the nutrient levels established to indicate nutrient density on food package labels.
4. The Dietary Reference Intake (DRI) for physical activity for adults is 30 minutes cumulative moderate activity per day.
5. The Tolerable Upper Intake Levels (ULs) for vitamins and minerals are levels likely to pose no adverse health effect when consumed daily.
6. The MyPlate dairy group can provide empty Calories.
7. Foods from the MyPlate grain group all provide an excellent source of dietary fiber.
8. Foods in the MyPlate vegetable group provide a good source of cholesterol.
9. Foods from the MyPlate fruit group provide the majority of their Calories from carbohydrate.
10. The MyPlate food guidance system provides a personalized pattern of food intake based upon an individualized Calorie recommendation.
11. Limiting the intake of high-fat meat and dairy foods may reduce cancer risk.
12. Food composition tables and databases explain the biological function of nutrients.
13. There is an Exchange List for high-sodium foods.
14. Within the Exchange List for fat is a sub-list for saturated fat.
15. Food composition information can be used to perform dietary analysis.
16. The Estimated Energy Requirement (EER) equations determine an Estimated Average Requirement (EAR) for Calories per day.

*Answer questions 17-22 based on the information below.*

Breakfast: 3 scrambled eggs, 2 pieces white toast with 2 teaspoons butter, and 2 cups black coffee

Snack: 2 cups 2% milk and 2 glazed doughnuts

Lunch: 1 double bacon-cheeseburger, 1 regular french fries, and 12 ounces regular Coke

Dinner: 6 ounces light roasted chicken meat, 0.5 cups cooked carrots, 1 medium potato with 1 ~~tablespoon sour cream and 1 tablespoon butter~~

Snack: 2 cups vanilla ice cream

Partial Nutrient Analysis: Calories: 4047 Protein: 160 grams Carbohydrate: 375 grams Fat: 210 grams Fiber: 18.5 grams Cholesterol: 1162 milligrams Sodium: 3970 milligrams	% Calories Protein: 16% Carbohydrate: 37% Fat 47% Saturated fat: 19%
---	---

17. The diet shown meets the Acceptable Macronutrient Distribution Range (AMDR, % Calories from carbohydrate, protein and fat) for all the energy-producing nutrients.
18. The diet shown does not meet the 2010 Dietary Guidelines recommendation for “Shift food intake patterns to a more plant-based diet.”
19. The diet shown does not meet the American Heart Association recommended intake for saturated fat and cholesterol.
20. The diet shown exceeds the 2010 Dietary Guidelines recommendation for sodium intake.
21. The diet shown provided one-half the grains in whole grain form.
22. The diet shown meets the American Cancer Society dietary guidelines.

### Matching

*Match the short phrase or term with the associated short phrase or term. Choose the best answer. You may use some answers more than once or not at all.*

- A. Grains
- B. Fruits and vegetables
- C. Empty-Calorie foods
- D. Milk products
- E. Oils

1. MyPlate foods that may reduce neural tube defects:
2. MyPlate foods that provide high-quality protein:
3. MyPlate foods that may prevent osteoporosis:
4. MyPlate foods that provide essential fatty acids:
5. MyPlate foods that may reduce some cancers:

### Multiple Choice

1. There is no Dietary Reference Intake (DRI) for adults for:
  - A. protein.
  - B. carbohydrate.
  - C. fiber.
  - D. calories.
  - E. cholesterol.

2. Which of the following statements is true regarding the Dietary Reference Intakes (DRIs)?
  - A. They are based on a 2000-Calorie diet.
  - B. They are set at minimum levels to prevent deficiency.
  - C. They are established for each gender.
  - D. They are specific for age groups.
  - E. Both C and D are true.
3. The Tolerable Upper Intake Levels (ULs) are:
  - A. levels known to cause toxic reactions.
  - B. established for most essential vitamins and minerals.
  - C. established for carbohydrate, protein, and fat.
  - D. A and B
  - E. A and C
4. The Dietary Reference Intakes (DRIs) are used for:
  - A. food package label health claims.
  - B. MyPlate patterning.
  - C. exchange system servings.
  - D. dietary analysis.
  - E. All of the above
5. Consuming an adequate amount of potassium is associated with a reduced risk of:
  - A. cancer.
  - B. high blood pressure (hypertension).
  - C. osteoporosis.
  - D. heart disease.
  - E. obesity.
6. Which of the following nutrients has an Acceptable Macronutrient Distribution Range (AMDR)?
  - A. Alpha-linolenic acid
  - B. Alcohol
  - C. Vitamin A
  - D. Calcium
  - E. None of the above
7. The portion sizes in the Exchange Lists are based on:
  - A. % AMDRs.
  - B. MyPlate.
  - C. grams of carbohydrate, protein, and fat and total Calories.
  - D. nutrient density.
  - E. a 2000-Calorie diet.
8. The Exchange Lists were designed to plan diets for individuals with:
  - A. heart disease.
  - B. cancer.
  - C. diabetes.
  - D. osteoporosis.
  - E. stroke.

9. Which of the following is a tool that can be used to plan, manage, or evaluate diets?
- MyPlate
  - The Exchange Lists system
  - Dietary analysis software
  - A and B
  - A, B, and C
10. Which of the following answers is not a predominant directive of the Dietary Guidelines, 2010?
- To promote the intake of more plant foods
  - To reduce the intake of solid fat and added sugar
  - To reduce obesity
  - To promote the intake of animal protein
  - To promote physical activity
11. There is a food package label health claim for all of the following nutrients except:
- folic acid.
  - sodium.
  - calcium.
  - potassium.
  - vitamin E.
12. The RDIs are expressed as \_\_\_\_\_ on the food package label.
- percentages
  - grams
  - 2000 Calories
  - units
  - None of the above

Answer questions 13-23 based on the information below.

Nutrition Facts: Sunflower Seeds	
Serving Size 1 oz. (28g)	<b>Ingredients:</b> Sunflower seeds, peanut oil, salt
Servings Per Container 16	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	<b>Calories from Fat</b> 130
<b>% Daily Value</b>	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

13. What percent of Calories come from total fat in the sunflower seeds?
- A. 123
  - B. 81
  - C. 45
  - D. 31
  - E. 22
14. The amount of fiber present in 2 ounces of sunflower seeds is \_\_\_\_ grams.
- A. 5
  - B. 10
  - C. 3
  - D. 6
  - E. 0
15. There are \_\_\_\_ Calories from protein provided per serving by the sunflower seeds.
- A. 0
  - B. 28
  - C. 49
  - D. 63
  - E. 75
16. The RDI for iron is 18 mg. How many mg of iron are provided per serving by the sunflower seeds?
- A. 0.2
  - B. 1.44
  - C. 144
  - D. 14444
  - E. 2000
17. The percentage of total fat by gram weight for the sunflower seeds is:
- A. 5%.
  - B. 22%.
  - C. 50%.
  - D. 75%.
  - E. 81%.
18. If the sunflower seeds were modified and labeled as reduced sodium, this would mean that the reduced product has \_\_\_\_% less sodium than the original product:
- A. 10
  - B. 25
  - C. 35
  - D. 50
  - E. 75
19. The sunflower seeds are nutrient dense for:
- A. vitamin A.
  - B. vitamin C.
  - C. calcium.
  - D. iron.
  - E. None of the above

20. Which of the following terms could be used regarding the sodium content in the sunflower seeds?
- A. Free
  - B. Negligible
  - C. Nutrient dense
  - D. Lean
  - E. None of the above
21. The manufacturer of the sunflower seeds could legally make the following health claim:
- A. Our product is low in sodium, so it may protect against high blood pressure.
  - B. Our product is a good source of fiber, so it may protect against cancer.
  - C. Our product is low in fat, so it may protect against heart disease.
  - D. Our product is nutrient dense for calcium, so it may protect against osteoporosis.
  - E. The manufacturer of the sunflower seeds could legally make no health claims.
22. The most abundant ingredient in the sunflower seeds is:
- A. sunflower seeds.
  - B. peanut oil.
  - C. salt.
  - D. water.
  - E. None of the above
23. According to the Food Allergen Labeling and Consumer Protection Act of 2004, if the sunflower seeds were processed on equipment shared with any the following except \_\_\_\_\_, the manufacturer would have to state this on the food package label.
- A. wheat
  - B. soy
  - C. milk
  - D. rice
  - E. eggs

## Module 2 Ready-to-Print Exam B

### True/False

1. The Dietary Reference Intake for physical activity for adults is 30 minutes cumulative moderate activity three times a week.
2. The MyPlate food guidance system recommends eating 1/4 of the needed grain ounce equivalents as whole grains.
3. For a food manufacturer to make a health claim concerning fiber and heart disease, the food must provide at least 15% of the Daily Reference Value for fiber.
4. The Dietary Reference Intakes (DRIs) are not appropriate to use for making nutrient prescriptions for sick humans.
5. The Reference Daily Intakes (RDIs) are specific to age and gender.
6. Exceeding the Tolerable Upper Intake Levels (ULs) for a vitamin or a mineral may cause adverse health effects.
7. Foods in the MyPlate protein foods group all provide a good source of dietary fiber.
8. Oils from plants and fish provide a good source of cholesterol.
9. The processed foods in the MyPlate starchy vegetable subgroup can provide empty Calories.
10. Foods in the MyPlate grain group provide the majority of their Calories from carbohydrate.
11. Food composition tables and databases define the intake of nutrients for each gender and age group.
12. The consumption of plant sterols is associated with increased risk for heart disease.
13. Limiting the intake of high-fat animal products may reduce cancer risk.
14. The Exchange Lists System contains an exchange list called "High-Protein Foods."

*Use the dietary information provided below to answer questions 15-20.*

Breakfast: 2 cups Frosted Cheerios with 1 cup 2% milk

Lunch: Taco Bell Big Beef Burrito Supreme and 1 liter regular Coke

Dinner: Half pound bucket of batter-fried chicken wings and 1 pint sweetened grape juice

Partial Nutrient Analysis:

Calories: 2290

Protein: 81 grams

Carbohydrate: 319 grams

Fat: 79 grams

Fiber: 14.5 grams

Cholesterol: 1162 milligrams

Sodium: 3814 milligrams

% Calories Protein:

14% Carbohydrate:

55% Fat: 31 %

Saturated fat: 11%

Linoleic Acid: 3%

Alpha-Linolenic Acid: 0.3%

15. The diet shown meets the 2010 Dietary Guidelines recommendation to “shift food intake patterns to a more plant-based diet.”

16. The diet shown meets the Acceptable Macronutrient Distribution Ranges for protein, total carbohydrate, and total fat.
17. The diet shown meets the American Heart Association recommendations for saturated fat and cholesterol intakes.
18. The diet shown does not exceed the 2010 Dietary Guidelines recommendation for sodium intake.
19. The diet shown meets the American Cancer Society dietary guidelines.
20. The diet shown meets the 2010 Dietary Guidelines recommendation to “reduce the intake of foods containing added sugars and solid fats.”

### Matching

*Match the short phrase or term with the associated short phrase or term. Choose the best answer. You may use some answers more than once or not at all.*

- A. Whole grains
  - B. Beans and peas
  - C. Empty-Calorie foods
  - D. Nonfat milk products
  - E. Oils
1. MyPlate foods containing solid fat and/or added sugars:
  2. MyPlate foods that provide high-quality protein:
  3. MyPlate foods that may help prevent osteoporosis:
  4. MyPlate vegetable subgroup foods:
  5. MyPlate foods that prevent neural tube defects:

### Multiple Choice

1. There is no Dietary Reference Intake (DRI) for:
  - A. alpha-linolenic acid.
  - B. linoleic acid.
  - C. triglycerides.
  - D. Calories.
  - E. physical activity.
2. Dietary Reference Intakes (DRIs) are not established for:
  - A. each gender.
  - B. age groups.
  - C. ethnic groups.
  - D. pregnant females.
  - E. lactating females.
3. The Tolerable Upper Intake Levels (ULs) are established for:
  - A. essential vitamins.
  - B. essential minerals.
  - C. carbohydrate, protein, and fat.
  - D. A and B
  - E. A and C

4. The Dietary Reference Intakes (DRIs) are beneficial for the dietary planning of:
  - A. healthy people.
  - B. injured people.
  - C. individuals with chronic disease.
  - D. A and B
  - E. A, B, and C
5. Which of the following energy-producing substances does not have an Acceptable Macronutrient Distribution Range (AMDR)?
  - A. The essential fatty acids
  - B. Carbohydrate
  - C. Total fat
  - D. Protein
  - E. Alcohol
6. The portion sizes in the Exchange Lists system are based on:
  - A. health status.
  - B. satiety.
  - C. grams of energy-producing nutrients and total Calories.
  - D. nutrient density.
  - E. Daily Reference Values (DRVs).
7. Which of the following is a tool that can be used to plan, manage, or evaluate diets?
  - A. MyPlate
  - B. The Exchange Lists system
  - C. Dietary Guidelines
  - D. A and C
  - E. A, B, and C
8. Which of the following is a potentially biologically harmful substance identified on the food package label?
  - A. Protein
  - B. Fiber
  - C. Calcium
  - D. Carbohydrate
  - E. *Trans* fatty acids
9. The American Heart Association recommends an intake of no more than \_\_\_\_ alcoholic beverage(s) per day for an adult female.
  - A. 0
  - B. 1
  - C. 2
  - D. 3
  - E. 4
10. Which word below best describes the information provided in food composition tables and databases?
  - A. Adequate
  - B. Basal
  - C. Chemical
  - D. Moderate
  - E. Excessive

11. Plant sterol/stanol esters have a health claim for possibly reducing risk of:
- cancer.
  - diabetes.
  - heart disease.
  - neural tube defects.
  - tooth decay.
12. The Dietary Guidelines are based upon:
- public demand.
  - Dietary Reference Intakes.
  - food manufacturers.
  - scientific evidence.
  - None of the above
13. According to the Acceptable Macronutrient Distribution Ranges, sugars in the diet should be limited to no more than:
- 5% of Calories.
  - 10% of Calories.
  - 15% of Calories.
  - 20% of Calories.
  - 25% of Calories.
14. The Daily Reference Values (DRVs) are based on a \_\_\_\_\_ diet.
- nutrient-dense
  - 2,000-Calorie
  - low-fat
  - phytochemical-rich
  - All of the above

Answer questions 15-25 based on the information below.

Nutrition Facts: Extra Crunchy All Natural Peanut Butter	
Serving Size 2 Tbsp. (32g)	<b>Ingredients:</b> Peanuts, sugar, vegetable oil, salt
Servings Per Container 25	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	<b>Calories from Fat</b> 130
<b>% Daily Value</b>	
<b>Total Fat</b> 16g	<b>26%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

15. What percent of Calories come from total fat in the peanut butter?
- A. 146
  - B. 68
  - C. 47
  - D. 33
  - E. 20
16. In terms of percent of Calories from fat, the peanut butter is a:
- A. high-fat food.
  - B. moderately high-fat food.
  - C. low-fat food.
17. The peanut butter is nutrient dense for:
- A. vitamin A.
  - B. vitamin C.
  - C. calcium.
  - D. iron.
  - E. None of the above
18. The manufacturer of the peanut butter could legally make the following health claim:
- A. Our product is low in sugar, so it may protect against diabetes.
  - B. Our product is a good source of fiber, so it may protect against cancer.
  - C. Our product is low in fat, so it may protect against heart disease.
  - D. Our product is nutrient dense for calcium, so it may protect against osteoporosis.
  - E. None of the above
19. There are \_\_\_\_ Calories from protein provided per serving of the peanut butter.
- A. 8
  - B. 32
  - C. 72
  - D. 144
  - E. None of the above
20. The Reference Daily Intake (RDI) for Iron is 18 mg. How many mg of iron are provided per serving by the peanut butter?
- A. 0.72
  - B. 7.2
  - C. 72
  - D. 4%
  - E. None of the above
21. The most abundant ingredient in the peanut butter is:
- A. peanuts.
  - B. vegetable oil.
  - C. salt.
  - D. sugar.
  - E. None of the above
22. The peanut butter is \_\_\_\_ free.
- A. cholesterol
  - B. fat
  - C. sodium
  - D. All of the above

E. None of the above

23. According to the Food Allergen Labeling and Consumer Protection Act of 2004, if the peanut butter were processed on equipment shared with any of the following except \_\_\_\_\_, the manufacturer would have to state this on the food package label.
- A. soy
  - B. wheat
  - C. tree nuts
  - D. fish
  - E. corn
24. The percentage of total fat by gram weight for the peanut butter is:
- A. 5%.
  - B. 22%.
  - C. 50%.
  - D. 75%.
  - E. 81%.
25. The peanut butter was modified and labeled as reduced Calorie. This would mean that the reduced product provides \_\_\_\_\_% fewer Calories than the original product:
- A. 10
  - B. 25
  - C. 35
  - D. 50
  - E. 75

## Module 2 Ready-to-Print Exam C

### True/False

1. Cancer is a chronic disease that is associated with a diet high in fat.
2. The 2010 Dietary Guidelines report that most Americans are sedentary, are overweight or obese, and achieve nutrient adequacy.
3. To promote heart health, the American Heart Association recommends reducing the intake of saturated fatty acids.
4. The Acceptable Macronutrient Distribution Range for sugar is less than or equal to 25% of Calories.
5. There is an Acceptable Macronutrient Distribution Range for *trans* fatty acids.
6. Fruit provides a good source of calcium.
7. A person who consumes 5 servings of grains in one day is in accordance with the American Cancer Society guidelines.
8. There is a fats list in the Exchange Lists system.
9. The MyPlate food guidance system recommends the consumption of unsaturated fats over saturated fats.
10. Legumes can be included in the MyPlate vegetable group.
11. Animal meat provides a good source of all the essential vitamins and minerals.
12. The MyPlate food guidance system considers physical activity when prescribing Calories and food group recommendations for an individual.
13. The Dietary Reference Intakes (DRIs) have a category for those who are critically ill.
14. Saturated fatty acids can be biologically harmful.
15. For a food manufacturer to make a health claim for fiber and cancer prevention, the food must provide at least 10% of the DRV for fiber per serving.
16. Food package label heart health claims can be made for *trans* fat-free foods.
17. If a food is labeled as being reduced Calorie, then it must provide at least 25% fewer Calories per serving than the original product made by the same manufacturer.
18. If a food has 15 mg of cholesterol per serving, then it can be labeled as low cholesterol.
19. A company makes their chocolate milk one third lighter in color. It could be advertised as a light product.

20. Corn is one of the leading food allergens required by law to be plainly labeled on packaged foods.

### Multiple Choice

- Given that the Reference Daily Intake for vitamin A is 5,000 IU and the food package label for a one-cup serving of mango nectar states that it provides 34% vitamin A per serving, then one 1 cup of mango nectar provides \_\_\_\_\_ IU vitamin A.
  - 1700
  - 147
  - 170
  - 1470
  - 170,000
- A food package label health claim can legally be made for:
  - plant stanols and protection against cancer.
  - omega-three fatty acids and protection against osteoporosis.
  - oats and protection against neural tube defects.
  - sugar alcohols and protection against diabetes.
  - None of the above
- If a food product weighs 150 grams total per serving and the fat in one serving weighs 8 grams, then the food can be said to be \_\_\_\_\_ percent fat free.
  - 97
  - 95
  - 5
  - 90
  - 50
- The Food and Drug Administration has approved the food label term “lean.” A meat can be labeled lean with reference to fat if there are ten grams or less of fat per 100 grams (3.5 ounces) and:
  - the food provides at least 20% of the DV for fiber.
  - if there are 4.5 grams or less of saturated fat per 100 grams.
  - the food is low in sodium.
  - if there are 95 milligrams or less of cholesterol per 100 grams.
  - Both B and D
- A diet that provides 34% of the Calories from fat could be said to:
  - meet the Acceptable Macronutrient Distribution Range for fat.
  - be a low-fat diet.
  - be a moderate-fat diet.
  - not meet the Acceptable Macronutrient Distribution Range for fat.
  - Both A and C
- What type of information does the United States Department of Agriculture (USDA) database on food composition provide?
  - Nutrient functions in metabolism
  - Nutrient quantities in specific amounts of many types of foods
  - Pesticide residues in the foods
  - The ingredients of the foods
  - None of the above

7. Which of the following foods would provide the best source of protein?
  - A. Carrot
  - B. Orange
  - C. Soybeans
  - D. Vegetable juice
  - E. Oil
  
8. The Tolerable Upper Intake Levels (ULs) are established for:
  - A. total fat.
  - B. essential fatty acids.
  - C. fiber.
  - D. sugar.
  - E. None of the above
  
9. The Dietary Reference Intakes are:
  - A. revised by elite nutrition scientists.
  - B. based on the current scientific evidence.
  - C. inclusive of different age and genders.
  - D. levels established to support safe and adequate nutrient intakes.
  - E. All of the above
  
10. The Acceptable Macronutrient Distribution Range (AMDR) for monounsaturated fat (MUFA) is:
  - A. 10-35% of Calories.
  - B. 5-10% of Calories.
  - C. 0.6-1.2% of Calories.
  - D. 20-35% of Calories.
  - E. There is no AMDR for MUFAs.
  
11. Which commercially prepared food below commonly provides empty Calories?
  - A. Whole-wheat bread
  - B. Corn bread
  - C. Vinegar and oil salad dressing
  - D. Almonds
  - E. Nonfat yogurt
  
12. Which statement below most accurately reflects the purpose of the Dietary Reference Intakes?
  - A. Nutrient values determined for foods
  - B. Nutrient standards used to prescribe and evaluate diets
  - C. A table of essential nutrients appropriate for a 2,000-Calorie diet
  - D. A guide used to design diets for individuals with chronic disease
  - E. Don't recall it!
  
13. The Dietary Reference Intake for:
  - A. fiber is 1.4 grams per 100 Calories per day.
  - B. fat is 20 grams per day.
  - C. protein is 50 grams per day.
  - D. Both A and B
  - E. Both B and C

14. The Dietary Reference Intake for fiber for a 2,000-Calorie diet is:
- A. 20 grams.
  - B. 25 grams.
  - C. 28 grams.
  - D. 38 grams.
  - E. 60 grams.
15. The Dietary Reference Intakes (DRIs) are designed to meet nutrient intake needs for:
- A. men and women.
  - B. healthy individuals.
  - C. pregnant and lactating women.
  - D. specific age groups.
  - E. All of the above
16. The Daily Reference Value (DV) for total fat is 65 grams. Beverly's sandwich contained 23 grams of fat. What percentage of the DV was provided by the sandwich?
- A. 18%
  - B. 28%
  - C. 35%
  - D. 48%
  - E. 58%
17. Which of the following is NOT an Exchange List?
- A. Beans
  - B. Other carbohydrate
  - C. Non-starchy vegetables
  - D. Combination foods
  - E. Fats
18. Dietary fat intake is not directly associated with increased risk for:
- A. heart disease.
  - B. cancer.
  - C. osteoporosis.
  - D. All of the above
  - E. None of the above
19. There is no Dietary Reference Intake (DRI) for:
- A. riboflavin.
  - B. protein.
  - C. water.
  - D. sodium.
  - E. cobalt.
20. An adult selects the appropriate Estimated Energy Requirement mathematical equation to calculate his or her Calorie need based on:
- A. gender and age.
  - B. height and weight.
  - C. body mass index.
  - D. physical activity level.
  - E. chronic disease conditions.

21. Dietary guidelines to control alcohol intake are provided by the:
- American Cancer Society.
  - 2010 Dietary Guidelines.
  - American Heart Association.
  - All of the above
  - None of the above
22. Which of the following substances has a Tolerable Upper Intake Level value for adults but not a Recommended Dietary Allowance or an Adequate Intake?
- Trans* fatty acids
  - Beta-carotene
  - Choline
  - Boron
  - Sodium
23. The Acceptable Macronutrient Distribution Range (AMDR) for protein is:
- 10-35% of Calories.
  - 20-35% of Calories.
  - 45-65% of Calories.
  - 55-75% of Calories.
  - None of the above
24. The portion sizes in the Exchange Lists are based on:
- the water content of the food.
  - the nutrient density of the food.
  - the grams of carbohydrate, protein, and fat in a food.
  - All of the above
  - None of the above
25. Dietary recommendations made by national health organizations are meant to promote:
- food intake.
  - supplement use.
  - calorie reduction.
  - health.
  - All of the above

*Answer questions 26-30 based on the case study "Zachary" information below.*

Zachary is a 22-year-old male college student who is overweight and does engage in regular physical activity. He ate the following in 1 day: sausage and egg sandwich, coffee with cream and sugar, chocolate doughnut, double cheeseburger, super-sized onion rings, meat-lovers pizza, and regular soda. Diet analysis showed there to be 410 mg cholesterol and 3,925 mg sodium in this day's worth of eating.

26. Zachary's diet met the American Heart Association dietary guidelines for cholesterol.
- True
  - False
27. Which food in Zachary's diet would provide a source of fat but not cholesterol?
- Onion rings
  - Cheeseburger
  - Sausage
  - Egg sandwich
  - Cream

28. Zachary's diet met the American Cancer Society guideline for consumption of:
- A. fruits.
  - B. vegetables.
  - C. both fruits and vegetables.
  - D. neither fruits nor vegetables.
29. Zachary's diet did not exceed the Tolerable Upper Intake Level for sodium.
- A. True
  - B. False
30. Zachary's diet/lifestyle meets the 2010 Dietary Guidelines directive for \_\_\_\_.
- A. a plant-based diet
  - B. reducing overweight and obesity
  - C. reducing solid fat intake
  - D. reducing added sugar intake
  - E. physical activity

## Module 2 Ready-to-Print Exam D

### True/False

1. Cancer is a chronic disease that is associated with the consumption of a diet high in animal fat.
2. The 2010 Dietary Guidelines report that most Americans are physically inactive and obese, yet malnourished.
3. To promote heart health, the American Heart Association recommends reducing the intake of high-fat animal products.
4. The Acceptable Macronutrient Distribution Range for protein is 15-25% of Calories.
5. There is an Acceptable Macronutrient Distribution Range for sugar.
6. Fruit provides a good source of potassium.
7. A person who consumes 2-3 servings of a variety of fruits and vegetables in one day complies with the American Cancer Society guidelines.
8. There is a combination food list in the Exchange Lists system.
9. The MyPlate food guidance system recommends the consumption of solid fats over liquid oils.
10. A baked potato would fit in the MyPlate starchy vegetable group.
11. Beef provides a good source of iron.
12. Being physically active is associated with reducing heart disease and cancer risk.
13. Adult males should consume their protein sources from meat rather than beans according to the MyPlate food guidance system.
14. The Dietary Reference Intakes (DRIs) are designed to minimally prevent nutrient deficiency.
15. The consumption of too much *trans* fatty acids can be biologically harmful.
16. Food package label heart health claims exist for omega-3 fatty acids and olive oil.
17. If a food is labeled as being reduced Calorie, then it provides 50% fewer Calories per serving than the original product made by the same manufacturer.
18. If a food has 190 mg of sodium per serving, then it can be labeled "low sodium."
19. A taco provides 15 grams of total fat, and thus provides 135 Calories from fat. The taco provides 175 total Calories. This taco is a high-fat food.
20. A taco provides 40 mg of cholesterol. It is a low-cholesterol food.

### Multiple Choice

- Given that the Reference Daily Intake for vitamin C is 60 mg and a taco provides 6% vitamin C per serving, then the taco provides \_\_\_\_ mg vitamin C.
  - 0.036
  - 3.6
  - 0.36
  - 36
- A food package label health claim can be made for:
  - soy protecting against cancer.
  - fiber protecting against osteoporosis.
  - soluble fiber from oats and barley protecting against heart disease.
  - sugar alcohols protecting against diabetes.
  - All of the above
- If a food product weighs 100 grams total per serving and the fat in the servings weighs 5 grams, then the food can be said to be \_\_\_\_ percent fat free.
  - 97
  - 95
  - 5
  - 90
  - 50
- There is a Food and Drug Administration-approved food package label health claim for blood pressure. For this claim to be used, the food must be a good source of potassium and also:
  - low in folate.
  - high in calcium, phosphorus, and magnesium.
  - moderate in carbohydrate and high in fiber.
  - low in fat, saturated fat, *trans* fat, cholesterol, and sodium.
  - high in sodium.
- A diet that provides 22% of its Calories from fat could be said to:
  - meet the Acceptable Macronutrient Distribution Range for fat.
  - be a low-fat diet.
  - be a moderate-fat diet.
  - not meet the Acceptable Macronutrient Distribution Range for fat.
  - Both A and B
- What type of information do food composition tables and databases provide?
  - Nutrient functions
  - Nutrient quantities in food servings
  - Nutrient activity in living foods
  - The dietary reference intakes
  - None of the above
- Which of the following foods would provide the best source of vitamin C?
  - Carrot
  - Grapefruit
  - Milk
  - Bread
  - Oil

8. The Tolerable Upper Intake Levels (ULs) are established for:
  - A. carbohydrate, protein, and fat.
  - B. physical activity.
  - C. fiber.
  - D. essential vitamins.
  - E. water.
  
9. The Dietary Reference Intakes are established for:
  - A. those with chronic diseases.
  - B. healthy Americans.
  - C. different ethnic populations.
  - D. those that eat a 2000-Calorie diet.
  - E. All of the above
  
10. The Acceptable Macronutrient Distribution Range (AMDR) for alpha-linolenic acid is:
  - A. 10-35% of Calories.
  - B. 5-10% of Calories.
  - C. 0.6-1.2% of Calories.
  - D. 20-35% of Calories.
  - E. None of the above
  
11. Which food below provides empty calories?
  - A. Oats
  - B. Cheese
  - C. Baked potato
  - D. Sunflower seeds
  - E. Nonfat milk
  
12. Which statement below most accurately reflects the purpose of the Dietary Reference Intakes?
  - A. Safe and adequate nutrient intake recommendations based on age and gender
  - B. Nutrient standards used to prescribe and evaluate diets of critical care patients
  - C. A table of vitamins and minerals appropriate for a 2,000-Calorie diet
  - D. A nutrient guide used to promote weight loss
  - E. Levels of essential nutrients commonly found in supplements
  
13. The Dietary Reference Intake for fiber is \_\_\_\_\_ grams per 100 Calories.
  - A. 1.0
  - B. 1.1
  - C. 1.2
  - D. 1.3
  - E. 1.4
  
14. The minimum carbohydrate intake according to the Dietary Reference Intake is:
  - A. 20 grams.
  - B. 60 grams.
  - C. 130 grams.
  - D. 210 grams.
  - E. 300 grams.

15. Foods in the \_\_\_\_ MyPlate food group(s) are beneficial for reducing type 2 diabetes.
- A. dairy
  - B. fruits
  - C. vegetables
  - D. fruits and vegetables
  - E. dairy, fruits, and vegetables
16. Healthy People 2020 includes:
- A. measurement standards for body composition.
  - B. public health objectives to improve the health of Americans.
  - C. dietary analysis tools.
  - D. guidelines for creating sustainable food systems.
  - E. None of the above
17. Which of the following is NOT an Exchange List?
- A. Starch
  - B. Other carbohydrate
  - C. Fruit
  - D. Free foods
  - E. High-cholesterol foods
18. Diet is not linked to which disease or condition below?
- A. Heart disease
  - B. Diabetes
  - C. Cancer
  - D. Osteoporosis
  - E. None of the above
19. There is no Dietary Reference Intake for:
- A. vitamin A.
  - B. carbohydrate.
  - C. fiber.
  - D. physical activity.
  - E. oleic acid.
20. The Estimated Energy Requirement determines a person's daily Calorie need by incorporating \_\_\_\_ into a mathematical equation.
- A. age
  - B. height
  - C. weight
  - D. physical activity level
  - E. All of the above
21. The Reference Daily Intakes are used for:
- A. food package labeling.
  - B. MyPlate patterning.
  - C. exchanges.
  - D. dietary analysis.
  - E. All of the above

22. The Dietary Reference Intakes are used for:
- A. food package labeling.
  - B. MyPlate patterning.
  - C. exchange system servings.
  - D. dietary analysis.
  - E. All of the above
23. The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrate is:
- A. 10-35% of Calories.
  - B. 20-35% of Calories.
  - C. 45-65% of Calories.
  - D. 55-75% of Calories.
  - E. None of the above
24. The portion sizes in Exchange Lists are based on:
- A. the grams of carbohydrate, protein, and fat in a food.
  - B. the total Calories in a food.
  - C. the amount of cholesterol and sodium in a food.
  - D. A and B
  - E. A, B, and C
25. Dietary recommendations made by national health organizations are meant to reduce:
- A. food intake.
  - B. genetic abnormalities.
  - C. caloric value.
  - D. nutrition-related medical conditions/chronic diseases.
  - E. the need for physical activity.
26. The MyPlate food guidance system is sensitive to:
- A. age.
  - B. gender.
  - C. Calories.
  - D. physical activity.
  - E. All of the above

*Answer questions 27-30 based on the case study "Timothy" information below.*

Timothy is a 20-year-old male college student who has a normal body weight but does not engage in regular physical activity. He ate the following in 1 day: sausage and egg McMuffin, Diet Coke, chocolate chip cookies, double cheeseburger, super-sized French fries, apple pie, more Diet Coke, sausage and pepperoni pizza, and more Diet Coke.

27. Which food in Timothy's diet would provide the most cholesterol and saturated fatty acids?
- A. French fries
  - B. Sausage
  - C. Diet Coke
  - D. Apples in the apple pie
  - E. Pizza crust
28. Timothy's diet met the American Cancer Society guideline for consumption of:
- A. fruits.
  - B. vegetables.
  - C. both fruits and vegetables.
  - D. neither fruits nor vegetables.

E. *trans* fatty acid intake.

29. Diet analysis of Timothy's diet showed that his fatty acid profile was 22% saturated fatty acids (SFA), 9% monounsaturated fatty acids (MUFA), and 2% polyunsaturated fatty acids (PUFA). What's wrong with this profile?
- A. It indicates a possible deficiency of essential fatty acids.
  - B. It indicates an unhealthy excess of SFAs and risk for heart disease.
  - C. It indicates an unhealthy excess of MUFAs and risk for heart disease.
  - D. A and B
  - E. A, B, and C
30. Timothy's diet meets the 2010 Dietary Guidelines \_\_\_\_\_ directive.
- A. plant-based diet
  - B. reduced obesity
  - C. reduced solid fat and added sugar intakes
  - D. physical activity
  - E. None of the above

## Module 2 Ready-to-Print Practice Exam

### True/False

1. A prepared chicken enchilada dinner provides 83 Calories from fat and 340 total Calories. It is a low-fat food.
2. A prepared chicken enchilada dinner provides 470 mg of sodium per serving; therefore, it is a low-sodium food.
3. A prepared chicken enchilada dinner provides 30 mg cholesterol per serving. Therefore, it could be labeled “low cholesterol.”
4. A prepared chicken enchilada dinner provides 15% of the RDI for vitamin C. Therefore, it could be labeled “nutrient dense” for vitamin C.
5. The Acceptable Macronutrient Distribution Range (AMDR) for protein is 10-35% of calories.
6. There is a Dietary Reference Intake (DRI) for water for adults.
7. A person who consumes 2,715 mg of sodium in one day is in accordance with the 2010 Dietary Guidelines for sodium intake.
8. A person who consumes 5 or more of a variety of fruits and vegetables in one day is eating in accordance with the American Cancer Society guidelines.
9. Food composition tables provide the same information as seen on a food package label.
10. There is a Dietary Reference Intake (DRI) for the essential fatty acids for adults.
11. The Tolerable Upper Intake Level (UL) for vitamin C is 2000 mg for adult men and women. The DRI for vitamin C is 75 mg for adult women and 90 mg for adult men. If you are a woman consuming 1,500 mg of vitamin C daily from food and supplements you are at a high risk for developing vitamin C toxicity.
12. Food composition tables and databases can be used to perform dietary analysis.
13. Foods from the fruit group provide an excellent source of iron.
14. If a food product weighs 120 grams total per serving and the fat in a serving weighs 12 grams, then the food can be labeled “90 percent fat free.”
15. Foods from the vegetable group provide a source of fiber.
16. The Acceptable Macronutrient Distribution Range (AMDR) for fat is 25-35% of total Calories.
17. MyPlate equivalents and Exchange List portion sizes are the same for comparable foods.

*Answer questions 18-20 based on the case study “Joseph” information below.*

Joseph ate the following in 1 day: egg McMuffin, coffee with cream, doughnut, Coke, hamburger, French fries, apple, phili-steak Subway sandwich.

18. Joseph's diet met the American Cancer Society guideline for consumption of fruits and vegetables.
19. Joseph's diet does not meet the 2010 Dietary Guidelines recommendation for "shifting food intake patterns to a more plant-based diet."
20. The foods in Joseph's diet are promoting heart health.

### Multiple Choice

*Answer questions 1-2 based on the case study "Joseph" information below.*

Joseph ate the following in 1 day: egg McMuffin, coffee with cream, doughnut, Coke, hamburger, French fries, apple, phili-steak Subway sandwich.

1. Which food in Joseph's diet provided phytochemicals?
  - A. Apple
  - B. Cream
  - C. Coke
  - D. Hamburger
  - E. All of the above
2. Which food in Joseph's diet provided empty Calories?
  - A. French fries
  - B. Coke
  - C. Hamburger
  - D. Doughnut
  - E. All of the above
3. Given that the RDI for iron is 18 milligrams (mg) and a chicken enchilada dinner provides 10% of the RDI for iron per serving, then one serving provides \_\_\_\_\_ mg iron.
  - A. 0.18
  - B. 1.8
  - C. 18
  - D. 36
  - E. 3
4. A food package label health claim may be made for:
  - A. fiber and cancer.
  - B. fiber and heart disease.
  - C. low saturated fat and cholesterol and heart disease.
  - D. folic acid and neural tube defects.
  - E. All of the above
5. Which word below best describes the information provided in food composition tables and databases?
  - A. Adequate
  - B. Basal
  - C. Chemical
  - D. Dietary
  - E. Essential

6. The MyPlate vegetable food group is rich in which nutrient(s)?
  - A. Vitamin B<sub>12</sub>
  - B. Calcium
  - C. Vitamin A
  - D. Pro-vitamin A and vitamin C
  - E. Iron
7. The Dietary Reference Intake (DRI) for physical activity for adults is \_\_\_\_ minutes or more of moderate activity per day.
  - A. 30
  - B. 45
  - C. 60
  - D. 75
  - E. 90
8. The MyPlate food guidance system recommends eating \_\_\_\_ of the needed grain ounce equivalents as whole grains.
  - A. 1/8
  - B. 1/4
  - C. 1/2
  - D. 3/4
  - E. all
9. For a food manufacturer to make a health claim concerning fiber and heart disease, the food must provide at least \_\_\_\_% of the DRV for fiber.
  - A. 5
  - B. 10
  - C. 15
  - D. 20
  - E. 25
10. Dietary Reference Intakes (DRIs) are specific to:
  - A. age.
  - B. gender.
  - C. healthy people.
  - D. A and B
  - E. A, B, and C
11. There is a free foods list in the
  - A. Exchange Lists system.
  - B. MyPlate food guidance system.
  - C. DRIs.
  - D. RDIs.
  - E. 2010 Dietary Guidelines.
12. A food package label states that the food inside provides 10 grams of protein and a total of 305 Calories. What percentage of Calories comes from protein?
  - A. 3%
  - B. 8%
  - C. 13%
  - D. 76%
  - E. 130%

13. Ingredients on food package labels are listed in descending order by:
- A. Calories.
  - B. density.
  - C. cost.
  - D. weight.
  - E. hydration.
14. MyPlate foods that provide high-quality protein include:
- A. fruits.
  - B. beans and peas.
  - C. empty-Calorie foods.
  - D. dairy foods.
  - E. oils.
15. A MyPlate food group that may help prevent osteoporosis is:
- A. fruits.
  - B. beans and peas.
  - C. empty-Calorie foods.
  - D. dairy.
  - E. oils.
16. MyPlate vegetable subgroup foods include:
- A. fruits.
  - B. beans and peas.
  - C. empty-Calorie foods.
  - D. dairy foods.
  - E. oils.
17. MyPlate foods that provide essential fatty acids include:
- A. fruits.
  - B. beans and peas.
  - C. empty-Calorie foods.
  - D. dairy foods.
  - E. oils.
18. MyPlate foods that may reduce risk for some cancers include:
- A. fruits.
  - B. grains that have been refined.
  - C. empty-Calorie foods.
  - D. dairy foods.
  - E. oils.
19. The portion sizes in the Exchange Lists system are based on:
- A. % AMDRs.
  - B. MyPlate.
  - C. grams carbohydrate, protein, and fat and total Calories.
  - D. nutrient density.
  - E. a 2000-Calorie diet.
20. Which of the following is not one of the top eight common foods causing allergy?
- A. Peanuts
  - B. Shellfish
  - C. Milk

- D. Corn
- E. Eggs

21. The Tolerable Upper Intake Levels (ULs) are not established for:
- A. fiber and essential fatty acids.
  - B. water and electrolytes.
  - C. carbohydrate, protein, and fat.
  - D. cholesterol and phospholipids.
  - E. All of the above
22. The Exchange Lists system contains an exchange list called
- A. "high-fat foods."
  - B. "high-protein foods."
  - C. "other carbohydrates."
  - D. "low-sodium foods."
  - E. All of the above
23. Which of the following nutrients has an Acceptable Macronutrient Distribution Range (AMDR)?
- A. Physical activity
  - B. Alcohol
  - C. Vitamin A
  - D. Calories
  - E. Linoleic acid
24. There is a food package label health claim for all of the following diseases or conditions except:
- A. neural tube defects.
  - B. osteoporosis.
  - C. cancer.
  - D. heart disease.
  - E. allergy.
25. The Dietary Reference Intake (DRI) for fiber for adults is:
- A. 1 gram per 100 Calories recommended.
  - B. 1.4 gram per 100 Calories recommended.
  - C. 1 gram per 100 Calories consumed.
  - D. 1.4 gram per 100 Calories consumed.
  - E. None of the above
26. Which of the following statements is true regarding the Dietary Reference Intakes (DRIs)?
- A. They are based on a 2000-Calorie diet.
  - B. They are set at minimum levels to prevent deficiency.
  - C. They are established for each gender.
  - D. They are specific for age groups.
  - E. Both C and D are true.
27. The 2010 Dietary Guidelines are released by the:
- A. public.
  - B. RDIs committee.
  - C. food manufacturers.
  - D. government.
  - E. American Medical Association.

28. The Acceptable Macronutrient Distribution Range (AMDR) for fat is:
- A. 10-35% of Calories.
  - B. 20-35% of Calories.
  - C. 45-65% of Calories.
  - D. 55-75% of Calories.
  - E. None of the above
29. The term “reduced” on a food package labels means \_\_\_\_\_% less than the original product.
- A. 5
  - B. 10
  - C. 15
  - D. 20
  - E. 25
30. The American Heart Association recommendation for alcohol intake for men is:
- A. to eliminate all alcohol intake.
  - B. to consume 3 drinks per day.
  - C. for those who drink to limit intake to not more than 2 drinks per day.
  - D. None of the above