

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) The four characteristics of a healthful diet are adequacy, balance, moderation, and _____
A) variety. B) Calories. C) value. D) color.
- 2) The RDA values were first published in _____
A) 1941. B) 1897. C) 1965. D) 1903.
- 3) Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the factors to consider in planning diets?
A) moderation B) variety C) Calorie control D) adequacy
- 4) Eating the proper proportion of foods is referred to as _____
A) moderation. B) restriction. C) balance. D) variety.
- 5) Gabriel is a college athlete who requires 2,900 kcal a day to support his total energy needs. However, he only manages to consume approximately 1,800 kcal a day. Which of the four characteristics of a healthful diet is Gabriel not meeting?
A) adequacy B) moderation C) balance D) variety
- 6) Eve is a stay-at-home mom who generally prepares most of the meals for her household. Even though she always prepares meals that offer enough Calories and nutrients for her family of four, she often tends to make the same meals. Which characteristic of a healthy diet is Eve not incorporating into her meal planning?
A) moderation B) adequacy C) balance D) variety
- 7) Which of the following are NOT required to follow the FDA labeling guidelines?
A) meat and coffee B) milk and spices
C) spices, coffee, and fresh produce D) spices and meat
- 8) Which of the following is NOT required on food labels?
A) a photo or illustration of the food B) the net contents of package
C) the name and address of the vendor D) the ingredient list
- 9) The information provided on a food label that identifies intake of nutrients based on 2,000 Calories a day is called the _____
A) Percent Daily Values. B) Nutrition Facts panel.
C) Reference Daily Intake. D) Daily Reference Value.
- 10) The Nutrition Facts panel on a box of crackers indicates that one serving provides 140 Calories, with 55 Calories coming from fat. What is the percentage of Calories from fat in this product?
A) 39% B) 85% C) 55% D) 95%

- 11) You are reading a food label which indicates that the product contains 25% of the DV for calcium, 5% of the DV for iron and 30% of the DV from fat. Based on this information which of the following statements is correct? 11) _____
- A) This product is low in calcium. B) This product is low in fat.
C) This product is high in calcium. D) This product is high in iron.
- 12) The government agency that regulates food labeling in the United States is the 12) _____
- A) U.S. Centers for Disease Control and Prevention (CDC).
B) U.S. Dept. of Agriculture (USDA).
C) U.S. Dept. of Health and Human Services (HHS).
D) U.S. Food and Drug Administration (FDA).
- 13) What are the two types of claims on food labels that are regulated by the FDA? 13) _____
- A) energy and nutrient claims B) growth and energy claims
C) nutrient and health claims D) health and beauty claims
- 14) The level of which of the following must be specified in the list of nutrients on a food label? 14) _____
- A) vitamin E B) zinc C) magnesium D) calcium
- 15) A food with 140 mg or less of sodium per serving could make the claim of 15) _____
- A) very low sodium. B) reduced sodium.
C) light in sodium. D) low sodium.
- 16) The Dietary Guidelines for Americans recommend which of the following? 16) _____
- A) reducing Calories to lose weight B) limiting Calories to lose weight
C) balancing Calories to maintain weight D) reducing portions to maintain weight
- 17) The Dietary Guidelines for Americans are updated every 17) _____
- A) two years. B) five years. C) decade. D) year.
- 18) The Dietary Guidelines for Americans were developed by the USDA and which other agency? 18) _____
- A) U.S. Dept. of Health and Human Services (HHS)
B) Centers for Disease Control (CDC)
C) Academy of Nutrition and Dietetics
D) Food and Drug Administration (FDA)
- 19) The Dietary Guidelines offer several flexible templates to follow to build a healthy eating pattern, including the USDA Food Patterns and 19) _____
- A) the DRIs. B) a raw foods diet.
C) the South Beach Diet. D) the Mediterranean diet.
- 20) Excessive alcohol intake 20) _____
- A) increases coordination.
B) promotes weight loss.
C) stimulates the nervous system.
D) increases the risk for serious health and social problems.
- 21) In the current Dietary Guidelines for Americans, the nutrients to limit include 21) _____
- A) protein. B) fat-soluble vitamins.
C) carbohydrates. D) sodium.

- 22) The Dietary Guidelines for Americans recommend _____
 A) increasing your intake of fruits and vegetables.
 B) making all of your grain choices whole grains.
 C) engaging in aerobic exercise for 60 minutes at least five days a week.
 D) avoiding smoking.
- 23) An important strategy for balancing your Calories is to consistently choose _____
 A) nutrient-dense foods. B) energy drinks.
 C) foods with high water content. D) dietary supplements.
- 24) Which statement BEST describes "nutrient density"? _____
 A) Consume foods that have the most nutrients for their Calories.
 B) Consume a variety of foods from the major food groups every day.
 C) Plan your entire day's diet so that you juggle nutrient sources.
 D) Choose a number of different foods within any given food group rather than the same old thing.
- 25) Which of the following foods is MOST likely to have the greatest nutrient density? _____
 A) 1 cup of fresh strawberries (100 kcal)
 B) 1 cup of strawberry ice cream (160 kcal)
 C) a 15-gram serving of strawberry jam (40 kcal)
 D) 2 cups of strawberry Lifesavers (200 kcal)
- 26) Assuming each has the same number of Calories, which has the greatest nutrient density? _____
 A) 4 Thin Mint Girl Scout cookies B) 1 English muffin
 C) 1 small baked potato D) 1 cup orange juice
- 27) "Get your calcium-rich foods" defines which USDA Food Patterns group? _____
 A) protein foods B) vegetables C) fruits D) dairy foods
- 28) Which of the following is NOT a dedicated food category in the USDA Food Patterns? _____
 A) dairy B) grains C) fruits D) meats
- 29) MyPlate is the visual representation of the _____
 A) DASH Diet. B) ideal diet for everyone.
 C) previous MyPyramid graphic. D) USDA Food Patterns.
- 30) The USDA Food Patterns grains group does NOT emphasize _____
 A) fiber-rich carbohydrates. B) brown rice.
 C) enriched white bread. D) whole grains.
- 31) Empty Calories are those which _____
 A) come from solid fats and/or added sugars and provide few or no nutrients.
 B) cause you to gain weight.
 C) come from naturally-occurring sugars found in fruits and other sweet foods.
 D) provide energy only in short spurts.

- 32) A significant shortcoming of the USDA Food Patterns and MyPlate is that they _____
 A) cannot fully address the issue of serving sizes since no national standard exists.
 B) focus too much on whole foods, rather than prepared foods.
 C) assume that everyone eats the same foods in the same ways.
 D) leave out specific activity recommendations.
- 33) Over the past 30 years, most food portion sizes have _____
 A) fluctuated. B) decreased.
 C) increased. D) remained largely the same.
- 34) For the USDA Food Patterns, the term "ounce-equivalent" refers to a serving size that is 1 ounce or its equivalent for _____
 A) dairy foods. B) fruits and vegetables.
 C) grains and protein foods. D) all food sections.
- 35) In the U.S., about what percentage of all food expenditures is now accounted for by meals eaten out? _____
 A) 65% B) 20% C) 35% D) 50%
- 36) Which of the following health problems is associated with sodium? _____
 A) dental caries B) anemia
 C) neural tube defects D) high blood pressure
- 37) Which of the following characteristics BEST describe the majority of meals offered at fast-food restaurants? _____
 A) high in enriched grains, high in sodium, low in sugar
 B) high in Calories, high in total fat, high in sodium
 C) high in sodium, high in protein, high in fiber
 D) high in total fat, low in Calories, low in carbohydrates
- 38) Requirements for food labeling in the U.S. are identified in the _____
 A) USDA Food Patterns. B) CDC Food Labeling Guide.
 C) Dietary Guidelines for Americans. D) Nutrition Labeling and Education Act.
- 39) How much a serving of food contributes to your overall intake of nutrients is listed on a food label as _____
 A) nutrient density. B) percent daily values.
 C) ounce-equivalent. D) RDA.
- 40) Which of the following is a set of principles developed by two U.S. federal agencies to promote health, reduce risk for chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity? _____
 A) Dietary Guidelines for Americans B) *Healthy People 2020*
 C) USDA Food Patterns D) Dietary Reference Intakes
- 41) A sound strategy for eating out more healthfully would be to _____
 A) drink large glasses of water before, during, and after your meal.
 B) always order an appetizer so you're already full when the main course arrives.
 C) avoid all-you-can-eat, buffet-style restaurants.
 D) avoid grains and carbohydrates completely.

- 42) The Dietary Guidelines recommend keeping your daily sodium intake below 42) _____
 A) one tablespoon of table salt. B) one teaspoon of table salt.
 C) 1/2 teaspoon of table salt. D) two teaspoons of table salt.
- 43) You should limit the empty Calories you consume to a small number that fits your needs 43) _____
 depending on your
 A) weight, overall health, and ethnic background.
 B) age, gender, and physical activity level.
 C) lifestyle, goals, and preferences.
 D) current weight, desired weight, and dieting history.
- 44) The type of food label claim that can be made without FDA approval is called a 44) _____
 A) supplemental claim. B) health claim.
 C) structure-function claim. D) nutrient claim.
- 45) When using diet-planning tools such as the USDA Food Patterns, you should learn the definition 45) _____
 of a serving size for the tool you're using, and then
 A) compare it with the serving sizes of other tools or plans.
 B) eat as much as you're allowed to up to the serving size limit.
 C) measure your food intake to determine if you are meeting the guidelines.
 D) estimate your approximate food intake for each food group through the day.
- 46) Planning meals that include eating a new vegetable each week is one practical approach to eating 46) _____
 A) raw foods. B) a variety of foods.
 C) whole foods. D) well-cooked foods.
- 47) Foods eaten DAILY on the Mediterranean diet include 47) _____
 A) fish. B) sweets.
 C) beans and other legumes. D) eggs.
- 48) The Mediterranean diet 48) _____
 A) is a type of vegetarian diet.
 B) reflects the cuisine of the Calabria region of southern Italy.
 C) and MyPlate share precisely the same recommendations and features.
 D) has been associated with a decreased risk for cardiovascular disease.
- 49) A web-based tool that provides access to nutrient-content information on over 8,000 foods and 49) _____
 helps you to create personalized eating and activity plans is
 A) the USDA Food Patterns. B) MyPlate SuperTracker.
 C) the exchange system. D) www.NuVal.com.
- 50) The Nutrient Database for Standard Reference 50) _____
 A) is maintained by the FDA.
 B) is updated every five years.
 C) is a private database, but you can access it through your university library.
 D) provides information on caffeine and phytochemicals as well as nutrients in foods.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 51) Eating a moderate diet will help you avoid getting into a "food rut." 51) _____

- 52) An adequate diet is one that provides enough energy, nutrients and fiber to maintain health. 52) _____
- 53) A 2,000 kcal daily intake is an appropriate Caloric goal for most Americans. 53) _____
- 54) Since 1990, food labels have been required on all fresh meat and poultry. 54) _____
- 55) The net contents of a package must be reported by weight only. 55) _____
- 56) The last item on an ingredient list is the predominant ingredient in that food product. 56) _____
- 57) The percent daily values on a Nutrition Facts panel are based on an energy intake level of 2,000 Calories a day. 57) _____
- 58) Food labeling regulations allow manufacturers to omit the footnote of the Nutrition Facts panel on smaller products with small labels. 58) _____
- 59) The label of a yogurt containing 0.4 grams of fat per serving is allowed to claim that the food is "fat free." 59) _____
- 60) A box of breakfast cereal providing 3 grams of fiber per serving may contain a statement that the food is a "high fiber cereal." 60) _____
- 61) Functional foods are processed foods that manufacturers develop to contain biologically active ingredients with the potential to provide health benefits beyond those of their nutrients. 61) _____
- 62) "Builds strong bones" is an example of an FDA-regulated health claim. 62) _____
- 63) Nutritional rating systems used by most supermarkets are a marketing gimmick and provide no real value to consumers. 63) _____
- 64) A strength of the USDA Food Patterns and MyPlate tool lies in how they address serving sizes. 64) _____
- 65) Consuming juices or milk products that are unpasteurized does not affect the potential safety of those foods. 65) _____
- 66) Legumes are included in the protein foods section of the USDA Food Patterns. 66) _____
- 67) Wine is included, in moderation, on the Mediterranean diet. 67) _____
- 68) Food portions have generally remained steady over the past 30 years. 68) _____
- 69) Serving sizes as defined in the USDA Food Patterns are often smaller than those sold to consumers. 69) _____
- 70) The food groups represented on the MyPlate graphic help consumers distinguish choices high in empty Calories from nutrient-dense alternatives. 70) _____
- 71) Some foods containing empty Calories from solid fats or added sugars also provide important nutrients. 71) _____

- 72) Bringing your smartphone to the grocery store can help you make more healthful purchases. 72) _____
- 73) The FDA now requires Calorie information for standard menu items in all chain restaurants. 73) _____
- 74) It is currently estimated that about one quarter of the adult population in the U.S. is obese. 74) _____
- 75) Most restaurants, even fast-food restaurants, offer lower-fat menu items. 75) _____
- 76) The exchange system has been used successfully among people with diabetes and people who are trying to lose weight. 76) _____
- 77) The Dietary Guidelines for Americans recommends replacing butter and lard with vegetable oils. 77) _____
- 78) The USDA Food Patterns recommends eating two and a half servings of vegetables daily. 78) _____
- 79) Convenience is one of the components of a healthful diet. 79) _____
- 80) A person can be overweight and still not consume adequate nutrients. 80) _____
- 81) There is no truly healthful way to "eat out" away from home. 81) _____
- 82) A diet that is adequate for one person is generally adequate for most people. 82) _____

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

- 83) List and discuss the four components of a healthful diet. Describe which of the areas you need to most work on, and why. 83) _____
- 84) Describe at least three tools that are currently available to help Americans design a healthful diet, or that help promote health and disease prevention. Choose one of these tools and discuss its possible limitations. 84) _____
- 85) Describe how the USDA Food Patterns determine a serving size. What are the problems associated with determining a standard for serving sizes? Describe ways to determine how many serving sizes you actually eat. 85) _____
- 86) What are the purpose and the essential aspects of the Dietary Guidelines for Americans? Discuss three examples of how you can incorporate the Dietary Guidelines into your daily life. 86) _____
- 87) Carmen does not eat meat, poultry, or fish, and she is allergic to milk. List and define the five food groups in the USDA Food Patterns, and identify at least two foods Carmen could eat in each group. 87) _____
- 88) What are the strengths and the limitations of the USDA MyPlate graphic and the USDA Food Patterns? Be as thorough as possible in your answer. 88) _____
- 89) Describe at least five appropriate and practical recommendations for eating out healthfully. 89) _____

Answer Key

Testname: UNTITLED2

- 1) A
- 2) A
- 3) A
- 4) C
- 5) A
- 6) D
- 7) C
- 8) A
- 9) A
- 10) A
- 11) C
- 12) D
- 13) C
- 14) D
- 15) D
- 16) C
- 17) B
- 18) A
- 19) D
- 20) D
- 21) D
- 22) A
- 23) A
- 24) A
- 25) A
- 26) C
- 27) D
- 28) D
- 29) D
- 30) C
- 31) A
- 32) A
- 33) C
- 34) C
- 35) D
- 36) D
- 37) B
- 38) D
- 39) B
- 40) A
- 41) C
- 42) B
- 43) B
- 44) C
- 45) C
- 46) B
- 47) C
- 48) D
- 49) B
- 50) D

Answer Key

Testname: UNTITLED2

- 51) FALSE
- 52) TRUE
- 53) FALSE
- 54) FALSE
- 55) FALSE
- 56) FALSE
- 57) TRUE
- 58) TRUE
- 59) TRUE
- 60) FALSE
- 61) FALSE
- 62) FALSE
- 63) FALSE
- 64) FALSE
- 65) FALSE
- 66) TRUE
- 67) TRUE
- 68) FALSE
- 69) TRUE
- 70) FALSE
- 71) TRUE
- 72) TRUE
- 73) TRUE
- 74) FALSE
- 75) TRUE
- 76) TRUE
- 77) TRUE
- 78) FALSE
- 79) FALSE
- 80) TRUE
- 81) FALSE
- 82) FALSE
- 83) Answers will vary.
- 84) Answers will vary.
- 85) Answers will vary.
- 86) Answers will vary.
- 87) Answers will vary.
- 88) Answers will vary.
- 89) Answers will vary.