

# [Nutrition test flashcard](https://assignbuster.com/nutrition-test-flashcard/)

When dining out at a restaurant, which of the following is the most healthful appetizer choice? grilled asparagusA healthful eating-out strategy includes avoiding \_\_\_\_\_\_\_\_ appetizers. all of the aboveThe first law requiring food labels to contain nutrition information was passed in 2000. FalseWhich of the following information must be included on food labels? the common name of the food, the net weight, the manufacturer’s name and address, the ingredients, and a nutrition facts panelThe top five ingredients in a packaged food must be listed on a food label, beginning with the macronutrients and followed by any additives the food contains. FalseWhich of the following statements is FALSE? In January of 2000, the Food Allergen Labeling and Consumer Protection Act became effective. The top portion of the nutrition label lists foods that we should limit in our daily diet. TrueThe %DV listed on the nutrition label is based on a 3, 000-calorie intake. FalseThe Dietary Guidelines for Americans recommend most people consume fewer than \_\_\_\_ mg of sodium per day. 2, 300A woman’s palm is approximately the size of \_\_\_ ounces of cooked meat, chicken, or fish. 3Mindful eating is a\_\_\_\_. nonjudgmental awareness of sensations while eatingA 1-cup equivalent in the dairy food group based on the MyPlate pattern is: 1 cup yogurtAn example of hunger is eating because \_\_\_\_\_. you haven’t eaten in a few hours and your stomach is emptySomeone practicing mindful eating would \_\_\_\_. remove distractionsThe Dietary Guidelines for Americans encourage eating from \_\_\_\_\_\_ food groups. severalA healthful diet is adequate, moderate, balanced, and \_\_\_\_\_\_. variedThe \_\_\_\_\_\_\_\_\_ is(are) a set of principles developed by the U. S. Department of Agriculture and the Department. of Health and Human Services designed to assist Americans in designing a healthful diet. Dietary Guidelines for AmericansWhich nutrient database would be helpful when searching for foods high in a specific ingredient? U. S. Department of Agriculture databaseThe Dietary Guidelines recommendations for food safety include: separate raw and cooked foods during storage and preparationA food label that claims to be low sodium has \_\_\_\_\_ or less sodium per serving. 140 mgWhich meal plan best illustrates the recommendations of the Dietary Guidelines? Chicken sandwich on wheat bread with lettuce and tomato, raisins, and milkWhich is an example of a learned factor in driving appetite? A preference for foods your family servedThe percent of daily values (%DV) is based on a \_\_\_\_\_\_ calorie diet. 2, 000Sensory data influences appetite and includes\_\_\_\_\_\_. soundWhich is an example of social cues triggering appetite? Eating a hot dog at a ballparkTo ensure portion sizes are appropriate, it’s a good idea to \_\_\_\_\_. pay attention to serving sizes as well as listed nutrient valuesConditioned taste aversion occurs in response to \_\_\_\_. illnessA food that is labeled “ high fiber” should have \_\_ or more of fiber per serving5 gThe desire to eat in response to anxiety, boredom, or stress is likely the result of \_\_\_\_\_\_. appetiteWhich eating plan was designed as a tool for people with diabetes? The exchange systemFor a 2, 000-calorie diet in the MyPlate pattern, how many protein food equivalents are recommended? 5. 5 ouncesThe Nutrition Facts Panel does not include information on \_\_\_\_\_\_\_\_. toxicity levelsThe food groups emphasized by the U. S. Department of Agriculture’s Dietary Guidelines include grains, vegetables, fruits, protein foods, and \_\_\_\_\_\_. dairyWhat meal best illustrates the Mediterranean diet recommendations? Lentil soup, fish, and greens with olive oil and nutsA(n) \_\_\_\_\_\_\_\_ on a food label clearly states what a product is. statement of identityAppetite is triggered byenvironmental factorsThe following three diseases are strongly associated with poor nutrition: heart disease, diabetes, and \_\_\_\_\_. strokeMacronutrients provide \_\_\_\_\_\_. energyA snack of 15 grams of carbohydrate and 10 grams of protein contains \_\_\_\_\_ calories. 100The composition of the human microbiome may protect against \_\_\_\_\_. obesity and Type II diabetesEnergy is measured in \_\_\_\_\_\_\_. kcalA significant challenge of nutrigenomics is \_\_\_\_\_large number of variablesA 2000-calorie diet meeting the AMDR for carbohydrates would have \_\_\_\_\_\_ g carbohydrate. 225 to 325To determine the effect of an intervention on health, the best research method is\_\_\_\_\_. clinical trialAs the study of nutrition evolves, what best reflects the objectives of current nutrition research? The role of diet in the development of obesity and Type 2 diabetes. Diets based on the dietary reference intakes (DRIs) promote \_\_\_\_\_. WellnessWater is a(n) \_\_\_\_\_\_ nutrient. inorganicPhytochemicals are naturally occurring compounds believed to protect plants against the \_\_\_\_\_ they produce. oxygenTo be effective, foods containing probiotics must provide an adequate number of \_\_\_\_\_\_. bacteriaNutrient \_\_\_\_\_ can cause serious illnesses. deficienciesGovernment sources of nutritional information are usually \_\_\_\_\_\_\_. trustworthyWhich is least likely to be considered a reliable source of nutrition information? NutritionistThe average daily nutrient intake level estimated to meet the requirement of half of the healthy individuals in a particular life stage or gender group is \_\_\_\_\_\_\_\_\_\_. estimated average requirement (EAR)Micronutrients consist of minerals and \_\_\_\_\_. vitaminsPhytochemicals slow \_\_\_\_\_\_. tumor cell growthThe two categories of minerals are major and \_\_\_\_ minerals. traceA good source of prebiotics would be \_\_\_\_. fruitPhytochemicals are \_\_\_\_ chemicals. plantProbiotics may be beneficial for some conditions such as \_\_\_\_\_\_\_. diarrheaGrains, vegetables, fruits, and legumes are primary sources of \_\_\_\_\_\_\_. carbohydratesA good source of probiotics would be\_\_\_\_\_. yogurtStudents looking to maintain a robust gut flora may plan a breakfast containing\_\_\_\_\_yogurt and fruitFats are an important source of energy for a person’s body while they are \_\_\_\_\_\_. at restProteins support \_\_\_\_\_ growth, repair, and maintenance. tissueThe government-based group that protects the health and safety of Americans is the \_\_\_\_\_\_. Centers for Disease Control and Prevention (CDC)If you are planning a research project, initiate the process by \_\_\_\_\_\_. observationWhich statement is FALSE concerning the field of nutrition? Nutrition encompasses how we consume, digest, absorb, and store food. Nutrition is the study of how food nourishes the body. Nutrition involves studying the factors that influence eating patterns. Correct! Nutrition is an ancient science that dates back to the fourteenth century. Which dietary standard, expressed as percentages of total energy, defines the recommended intake range for the macronutrients? Acceptable Macronutrient Distribution Range (AMDR)Which of the following chronic diseases is NOT strongly associated with dietary choices? Alzheimer’s diseaseWhich of the following is NOT a function of water in the body? provides a source of energy to work and playThe highest average amount of a nutrient that can be consumed without a risk of adverse health effects to almost all individuals in a particular age and gender group is called theTolerable Upper Intake Level (UL). How many classes of nutrients are there? sixWhat is the leading federal agency in the United States that protects human health and safety? Centers for Disease Control and Prevention (CDC)Your grandmother has recently been diagnosed with type 2 diabetes. Which of the following professionals is MOST likely to be qualified to offer your grandmother assistance in planning her diabetic diet? registered dietitian (RD)The type of study that compares a group of individuals with a disease to another similar but healthy group is called a(n)case control study. What is the group given a specific treatment or intervention during an experiment called? the experimental groupOne of the earliest developments in the field of nutrition linking nutritional deficiency to illness was the discovery that eating citrus fruits preventsscurvy. Which of the following is the primary link between poor nutrition and higher mortality rates? obesityThe four characteristics of a healthful diet are adequacy, balance, moderation, andvariety. According to the USDA Food Patterns, which of the following foods is NOT a food that is considered to have empty Calories? grapesA set of principles developed by the USDA and the USDHHS to help reduce the risk of developing chronic disease is calledDietary Guidelines for Americans. If Alexandra were to consume all of her protein from milk and cheese, she might develop which deficiencies over time? zinc and ironTo maintain a healthful weight, the Dietary Guidelines for Americans recommendsincreasing the level of physical activity and reducing sedentary activities. Which of the following is an ounce-equivalent serving from the USDA Food Patterns? two small pancakesWhy are there several ethnic variations of the 2005 MyPyramid? to allow for culturally and ethnically different food choicesMilk is a good source of calcium but a poor source of iron. Meat is a good source of iron but a poor source of calcium. Individuals who eat from both of these food groups are incorporating what characteristic of a healthy diet into their meal plan? balanceWhich of the following would NOT be a good practice for eating out healthfully? Order cream-based soups to increase your calcium intake. Which of the following foods is exempt from standard food labeling regulations? meatWhich of the following characteristics describes the majority of meals offered at fast-food restaurants? high in CaloriesA serving size defined by the USDA Food Patternsmay be different than the serving size on a food label. The information provided on a food label that identifies how much a serving of food contributes to your intake of nutrients based on 2, 000 Calories a day is called thePercent Daily Values. Which of the following BEST describes exercise? leisure physical activity that is purposeful, planned, and structuredIn which of the following types of exercise would creatine phosphate (CP) be an important source of energy? sprinting in a 100-meter raceWhich of the following is NOT one of the physiological effects of regular physical activity? decreases high-density lipoprotein (HDL) cholesterolIn which of the following events would carbohydrate loading NOT be beneficial? weight liftingMarco wants to improve his cardiorespiratory fitness. Which type of activity would be the MOST effective to achieve this goal? swimming three times a weekWhat is meant by the overload principle? improving fitness by placing extra physical demand on the bodyWhich of the following is NOT recommended to ensure adequate hydration after completing an exercise session? Drink a caffeinated carbonated beverage to restore electrolytes. Due to the high cost, physical education programs are no longer mandated in schools throughout the United States. FalseThe target intensity for flexibility is to stretch through a joint’s full range of motion. TrueThe amount of ATP stored in muscles is unlimited. FalseThe human body cannot store glycogen during the first 24 hours of recovery from intense exercise. FalseCarbohydrate loading is effective for most athletes and poses no disadvantages. FalseSubstances used to improve overall exercise and athletic performance are known asergogenic aids. Which of the following ergogenic aids is illegal in the United States? anabolic steroidsSome athletes believe that caffeine can enhance athletic performance because it has been shown toincrease the use of fat as a fuel source. An ergogenic aid’s patent granted by the U. S. government proves the product’s effectiveness. FalseAnabolic steroid use can cause shriveled testicles, enlarged breast tissue, and other signs of “ feminization” in men. TrueCreatine use enhances an athlete’s ability to perform sprints in swimming, running, and cycling. TrueResearch has shown that supplements containing both ephedra and caffeine can help prolong the time that it takes an athlete to become exhausted during a workout. TrueEphedra has been shown to reduce weight and body fat in athletes but not in sedentary people. FalseA body weight that exceeds 100% of the normal standard for a given height is calledMorbid ObesityLance would like to lose two pounds a week. If his present energy intake is 4, 200 kcal a day and his energy expenditure does not change, how many kilocalories should he consume each day to achieve his goal? 3, 200The label on a ready-to-eat cereal box indicates that 1 cup contains 32 grams of carbohydrate, 4 grams of protein, and 2 grams of fat. How many kilocalories are there in two cups of this cereal? 324Which of the following is LEAST likely to promote healthy increases in muscle mass? amino acid and protein supplementsThe thrifty gene theory suggests thatsome people possess a gene that causes them to expend less energy than other people. Serena is 5’8″ tall and weighs 180 pounds. Serena’s BMI indicates that she isoverweight. The use of stimulants for weight loss is dangerous because the stimulants canincrease heart rate and blood pressure. BMI is a measurement used to determine a person’s body composition. FalseOversecretion of the hormone leptin will result in weight gain. FalseA diagnosis of metabolic syndrome indicates an increased risk for heart disease, type 2 diabetes, and stroke. TrueThe Women’s Health Initiative Randomized Controlled Dietary Modification Trail studied the effects of a very low-fat diet on women aged 21 to 49. FalseLower-body obesity significantly increases one’s risk for chronic disease. FalseBecause minerals and vitamins have no energy value, they can be disregarded when calculating a day’s total energy intake. TrueWhich of the following MOST accurately describes disordered eating? general term that describes a variety of abnormal or atypical eating behaviorsWhich of the following symptoms is characteristic of bulimia nervosa? episodes of extreme overeating followed by purgingWhich of the following family characteristics is NOT associated with anorexia nervosa? angry and disruptive family environmentAn eating disorder is a psychiatric condition. TrueIf your sibling has or has had an eating disorder, it places you at a higher risk of developing an eating disorder. TrueMore women die from anorexia nervosa than die from bulimia nervosa. TrueIndividuals suffering from binge-eating disorder and night-eating syndrome are often overweight or obese. True