

Nutrition test flashcard



**ASSIGN
BUSTER**

When dining out at a restaurant, which of the following is the most healthful appetizer choice? grilled asparagus
A healthful eating-out strategy includes avoiding _____ appetizers. all of the above
The first law requiring food labels to contain nutrition information was passed in 2000. False
Which 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 panel
The 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. False
Which 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. True
The %DV listed on the nutrition label is based on a 3,000-calorie intake. False
The Dietary Guidelines for Americans recommend most people consume fewer than _____ mg of sodium per day. 2,300
A woman's palm is approximately the size of _____ ounces of cooked meat, chicken, or fish. 3
Mindful eating is a _____. nonjudgmental awareness of sensations while eating
A 1-cup equivalent in the dairy food group based on the MyPlate pattern is: 1 cup yogurt
An example of hunger is eating because _____. you haven't eaten in a few hours and your stomach is empty
Someone practicing mindful eating would _____. remove distractions
The Dietary Guidelines for Americans encourage eating from _____ food groups. several
A healthful diet is adequate, moderate, balanced, and _____. varied
The _____ 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 Americans
Which nutrient database

would be helpful when searching for foods high in a specific ingredient? U. S. Department of Agriculture database
The Dietary Guidelines recommendations for food safety include: separate raw and cooked foods during storage and preparation
A food label that claims to be low sodium has _____ or less sodium per serving. 140 mg
Which meal plan best illustrates the recommendations of the Dietary Guidelines? Chicken sandwich on wheat bread with lettuce and tomato, raisins, and milk
Which is an example of a learned factor in driving appetite? A preference for foods your family served
The percent of daily values (%DV) is based on a _____ calorie diet. 2,000
Sensory data influences appetite and includes _____. sound
Which is an example of social cues triggering appetite? Eating a hot dog at a ballpark
To ensure portion sizes are appropriate, it's a good idea to _____. pay attention to serving sizes as well as listed nutrient values
Conditioned taste aversion occurs in response to _____. illness
A food that is labeled “ high fiber” should have ___ or more of fiber per serving
5 g
The desire to eat in response to anxiety, boredom, or stress is likely the result of _____. appetite
Which eating plan was designed as a tool for people with diabetes? The exchange system
For a 2,000-calorie diet in the MyPlate pattern, how many protein food equivalents are recommended? 5. 5 ounces
The Nutrition Facts Panel does not include information on _____. toxicity levels
The food groups emphasized by the U. S. Department of Agriculture’s Dietary Guidelines include grains, vegetables, fruits, protein foods, and _____. dairy
What meal best illustrates the Mediterranean diet recommendations? Lentil soup, fish, and greens with olive oil and nuts
A(n) _____ on a food label clearly states what a product is. statement of identity
Appetite is triggered by environmental factors
The following three diseases are strongly associated

with poor nutrition: heart disease, diabetes, and _____. stroke
Macronutrients provide _____. energy
A snack of 15 grams of carbohydrate and 10 grams of protein contains ____ calories. 100
The composition of the human microbiome may protect against _____. obesity and Type II diabetes
Energy is measured in _____. kcal
A significant challenge of nutrigenomics is _____. large number of variables
A 2000-calorie diet meeting the AMDR for carbohydrates would have _____. g carbohydrate. 225 to 325
To determine the effect of an intervention on health, the best research method is _____.
clinical trial
As 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 _____. Wellness
Water is a(n) _____. nutrient.
inorganic
Phytochemicals are naturally occurring compounds believed to protect plants against the _____. they produce. oxygen
To be effective, foods containing probiotics must provide an adequate number of _____.
bacteria
Nutrient _____. can cause serious illnesses. deficiencies
Government sources of nutritional information are usually _____. trustworthy
Which is least likely to be considered a reliable source of nutrition information?
Nutritionist
The 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 _____. vitamins
Phytochemicals slow _____. tumor cell growth
The two categories of minerals are major and _____. minerals. trace
A good source of prebiotics would be _____.
fruit
Phytochemicals are _____. chemicals. plant
Probiotics may be beneficial for some conditions such as _____. diarrhea
Grains, vegetables, fruits, and

legumes are primary sources of _____. carbohydrates A good source of probiotics would be _____. yogurt Students looking to maintain a robust gut flora may plan a breakfast containing _____ yogurt and fruit Fats are an important source of energy for a person's body while they are _____. at rest Proteins support _____ growth, repair, and maintenance. tissue The 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 _____. observation Which 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 disease Which of the following is NOT a function of water in the body? provides a source of energy to work and play The 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 the Tolerable Upper Intake Level (UL). How many classes of nutrients are there? six What 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 group One of the earliest developments in the field of nutrition linking nutritional deficiency to illness was the discovery that eating citrus fruits prevent scurvy. Which of the following is the primary link between poor nutrition and higher mortality rates? obesity The four characteristics of a healthful diet are adequacy, balance, moderation, and variety. According to the USDA Food Patterns, which of the following foods is NOT a food that is considered to have empty Calories? grapes A set of principles developed by the USDA and the USDHHS to help reduce the risk of developing chronic disease is called Dietary 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 iron To maintain a healthful weight, the Dietary Guidelines for Americans recommends increasing 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 pancakes Why are there several ethnic variations of the 2005 MyPyramid? to allow for culturally and ethnically different food choices Milk 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? balance Which 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? meat Which of the following

characteristics describes the majority of meals offered at fast-food restaurants? high in Calories A serving size defined by the USDA Food Patterns may 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 the Percent Daily Values. Which of the following BEST describes exercise? leisure physical activity that is purposeful, planned, and structured In which of the following types of exercise would creatine phosphate (CP) be an important source of energy? sprinting in a 100-meter race Which of the following is NOT one of the physiological effects of regular physical activity? decreases high-density lipoprotein (HDL) cholesterol In which of the following events would carbohydrate loading NOT be beneficial? weight lifting Marco wants to improve his cardiorespiratory fitness. Which type of activity would be the MOST effective to achieve this goal? swimming three times a week What is meant by the overload principle? improving fitness by placing extra physical demand on the body Which 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. False The target intensity for flexibility is to stretch through a joint's full range of motion. True The amount of ATP stored in muscles is unlimited. False The human body cannot store glycogen during the first 24 hours of recovery from intense exercise. False Carbohydrate loading is effective for most athletes and poses no disadvantages. False Substances used to improve overall exercise and athletic performance are known as ergogenic aids. Which of the following

ergogenic aids is illegal in the United States? anabolic steroids Some athletes believe that caffeine can enhance athletic performance because it has been shown to increase the use of fat as a fuel source. An ergogenic aid's patent granted by the U. S. government proves the product's effectiveness.

False Anabolic steroid use can cause shriveled testicles, enlarged breast tissue, and other signs of "feminization" in men. True Creatine use enhances an athlete's ability to perform sprints in swimming, running, and cycling.

True Research 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. True Ephedra has been shown to reduce weight and body fat in athletes but not in sedentary people. False A body weight that

exceeds 100% of the normal standard for a given height is called Morbid

Obesity Lance 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,

200 The 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? 324 Which of the following is

LEAST likely to promote healthy increases in muscle mass? amino acid and protein supplements The thrifty gene theory suggests that some 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 is overweight. The use of stimulants for weight loss is dangerous because the stimulants can increase heart rate and blood pressure. BMI is a measurement

used to determine a person's body composition. False Oversecretion of the hormone leptin will result in weight gain. False A diagnosis of metabolic

syndrome indicates an increased risk for heart disease, type 2 diabetes, and stroke. True
The Women's Health Initiative Randomized Controlled Dietary Modification Trial studied the effects of a very low-fat diet on women aged 21 to 49. False
Lower-body obesity significantly increases one's risk for chronic disease. False
Because minerals and vitamins have no energy value, they can be disregarded when calculating a day's total energy intake. True
Which of the following MOST accurately describes disordered eating? general term that describes a variety of abnormal or atypical eating behaviors
Which of the following symptoms is characteristic of bulimia nervosa? episodes of extreme overeating followed by purging
Which of the following family characteristics is NOT associated with anorexia nervosa? angry and disruptive family environment
An eating disorder is a psychiatric condition. True
If your sibling has or has had an eating disorder, it places you at a higher risk of developing an eating disorder. True
More women die from anorexia nervosa than die from bulimia nervosa. True
Individuals suffering from binge-eating disorder and night-eating syndrome are often overweight or obese. True