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Chapter 1
What Is Nutrition?

Multiple Choice Questions

1) Which of the following nutrients could you not survive more than a few days without?
   A) vitamins
   B) water
   C) minerals
   D) protein

   Answer: B
   Page Ref: 5

2) When it comes to choosing what to eat, which of the following has been shown to be the most important?
   A) habit
   B) media messages
   C) taste
   D) emotions

   Answer: C
   Page Ref: 5

3) Which of the following causes of death in the United States is not nutrition related?
   A) respiratory diseases
   B) diabetes
   C) stroke
   D) cancer

   Answer: A
   Page Ref: 8

4) Which of the following influences the food choices people make?
   A) availability
   B) food trends
   C) culture
   D) all of the above

   Answer: D
   Page Ref: 5
5) Which of the following does nutritional genomics study?
   A) The protein content of an individual.
   B) How certain nutrients affect an individual’s gene expression.
   C) The genetic sequence of an individual’s genome.
   D) The precise amount of micronutrients needed.

   Answer: B
   Page Ref: 9

6) Which of the following is not a macronutrient?
   A) vitamins
   B) carbohydrates
   C) lipids
   D) proteins

   Answer: A
   Page Ref: 9

7) Of the following nutrients, which contains nitrogen?
   A) vitamins
   B) carbohydrates
   C) lipids
   D) proteins

   Answer: D
   Page Ref: 10

8) Which nutrient class supplies glucose as the main source of energy for the body?
   A) proteins
   B) vitamins
   C) carbohydrates
   D) lipids

   Answer: C
   Page Ref: 10
9) Which nutrient class is used to build body tissues and make enzymes?
   A) lipids
   B) proteins
   C) vitamins
   D) carbohydrates
   Answer: B
   Page Ref: 10

10) Which of the following is not a function of water in the body?
    A) helps maintain body temperature
    B) helps transports nutrients and oxygen
    C) lubricates your joints
    D) functions as a coenzyme
    Answer: D
    Page Ref: 11

11) Which food listed contains phytochemicals?
    A) skim milk
    B) carrots
    C) eggs
    D) salmon
    Answer: B
    Page Ref: 12

12) All of the following are correct about the typical American diet except that it is
    A) high in sodium.
    B) low in vitamin E.
    C) high in fiber.
    D) low in calcium.
    Answer: C
    Page Ref: 13
13) Which of the following do Americans need to consume more of?

A) fruits  
B) vegetables  
C) whole grains  
D) all of the above

Answer: D  
*Page Ref: 13*

14) As of 2000, which percentage of Americans are at a healthy weight?

A) 25 percent  
B) 42 percent  
C) 56 percent  
D) 74 percent

Answer: B  
*Page Ref: 13*

15) Which is the first step of the scientific method?

A) revise the hypothesis  
B) conduct an experiment  
C) formulate a hypothesis  
D) observe

Answer: D  
*Page Ref: 15*

16) The group given a specific treatment during an experiment is called

A) the control group.  
B) the experimental group.  
C) the double-blind group.  
D) the blind group.

Answer: B  
*Page Ref: 17*
17) Jim wants to improve his health and would like a professional to help him with his diet. Which of the following would be the best person to help Jim?

A) a licensed dietician  
B) a nutritionist  
C) a registered dietician  
D) a public health nutritionist  

Answer: C  
*Page Ref: 18*

18) When obtaining information on the Internet, which ending for a URL is probably not as reliable as the others?

A) .gov  
B) .edu  
C) .com  
D) They are all equally reliable.  

Answer: C  
*Page Ref: 20*

19) Which of the following questions is important to ask when you view a nutrition-related website?

A) Where does the information come from?  
B) Who pays for the site?  
C) How does the site choose links to other sites?  
D) All of these are important questions to ask.  

Answer: D  
*Page Ref: 20*

20) Which food is commonly included in Indian meals?

A) corn  
B) lentils  
C) mutton  
D) fish  

Answer: B  
*Page Ref: 5*
21) Amanda is looking in a magazine and sees an advertisement for a food. Which food is the advertisement least likely to be for?

A) fresh vegetables  
B) breakfast cereals  
C) soft drinks  
D) gum and candy

Answer: A  
*Page Ref: 6*

22) Approximately what percentage of Americans eat food outside the home?

A) 10 percent  
B) 15 percent  
C) 45 percent  
D) 65 percent

Answer: C  
*Page Ref: 7*

23) Jane is sitting in the library cramming for a nutrition test. She has eaten a plate full of brownies and is now ordering a pizza. Which of the following is probably affecting the way Jane is eating?

A) habits  
B) advertising  
C) culture  
D) emotions

Answer: D  
*Page Ref: 7*

24) Which of the following can affect your long-term health?

A) chronic deficiencies of nutrients  
B) chronic excesses of nutrients  
C) imbalances of nutrients  
D) all of the above

Answer: D  
*Page Ref: 8*
25) Which of the following is affected by nutrition?
   A) blood poisoning
   B) heart disease
   C) Alzheimer’s disease
   D) kidney disease

   Answer: B
   *Page Ref: 8*

26) Which of the following influences the amount of calories that you need to maintain your weight?
   A) age
   B) gender
   C) activity level
   D) all of the above

   Answer: D
   *Page Ref: 10*

27) Which is the correct definition of the term *organic*?
   A) contains carbon
   B) grown in rich soil
   C) contains nitrogen
   D) all of the above

   Answer: A
   *Page Ref: 10*

28) Which of the following is inorganic?
   A) minerals
   B) water
   C) salts
   D) all of the above

   Answer: D
   *Page Ref: 11*
29) If a scientist wants to design an experiment to measure the affect of vitamin C on colds, which would be an appropriate placebo?

A) the recommended daily amount of vitamin C  
B) half the recommended daily amount of vitamin C  
C) a sugar pill that does not contain vitamin C  
D) the recommended daily amount of vitamin D  

Answer: C  
Page Ref: 17

30) Which person would be the least likely to give sound nutrition advice?

A) a trainer at the gym  
B) a public health nutritionist  
C) a licensed physician  
D) a registered dietician  

Answer: A  
Page Ref: 18

True or False Questions

31) Commercials for fruits and vegetables are just as common as commercials for other foods.

Answer: FALSE  
Page Ref: 6

32) The macronutrients include carbohydrates, lipids, and proteins.

Answer: TRUE  
Page Ref: 9

33) The micronutrients include lipids, vitamins, and minerals.

Answer: FALSE  
Page Ref: 9

34) Macronutrients are so named because they are more important than the micronutrients.

Answer: FALSE  
Page Ref: 9

35) Alcohol is an essential nutrient because it contains energy.

Answer: FALSE  
Page Ref: 9
36) Minerals are inorganic because they do not contain carbon.  
Answer: TRUE  
Page Ref: 11

37) According to Healthy People 2010, Americans eat enough fruits but not enough vegetables.  
Answer: FALSE  
Page Ref: 13

38) A public health nutritionist is eligible to take the American Dietetics Association (ADA) exam.  
Answer: FALSE  
Page Ref: 18

39) Being overweight is the same thing as being obese.  
Answer: FALSE  
Page Ref: 13

40) If the consensus supports a hypothesis, it may become a theory.  
Answer: TRUE  
Page Ref: 14

41) If a study is done on lab animals, it is not relevant to humans.  
Answer: FALSE  
Page Ref: 16

42) It is not a good idea to change your diet based on a single study.  
Answer: TRUE  
Page Ref: 16

43) A regular magazine is just as credible as a peer-reviewed journal.  
Answer: FALSE  
Page Ref: 17

44) The "gold standard" of research experiments is the blind placebo-controlled study.  
Answer: FALSE  
Page Ref: 17

45) Epidemiological research looks at populations of people.  
Answer: TRUE  
Page Ref: 17
46) The Human Genome Project sequenced the entire human genome.
   Answer: TRUE
   Page Ref: 9

47) The genetic instructions needed to develop and direct the activities of your body are in the protein found in the body.
   Answer: FALSE
   Page Ref: 9

48) The foods you eat do not affect the expression of genes in your cells.
   Answer: FALSE
   Page Ref: 9

49) A registered dietician has passed an exam administered by the American Dietetic Association.
   Answer: TRUE
   Page Ref: 18

50) A quack is a person who promotes products solely to make money, with no regard for the actual effectiveness of the product.
   Answer: TRUE
   Page Ref: 19

Fill-in-the-Blank Questions

51) Carbohydrates, lipids, and _______ can all provide you with energy.
   Answer: protein
   Page Ref: 10

52) Carbohydrates supply _______ the simple sugar that your cells use as a major energy source.
   Answer: glucose
   Page Ref: 10

53) Nutrients that contain _______ are called organic.
   Answer: carbon
   Page Ref: 10

54) A research journal in which fellow scientists review studies to assess if they are accurate before they are published is known as a ________ journal.
   Answer: peer-reviewed
   Page Ref: 17
55) The group given a placebo during an experiment is called the _______ group.
   Answer: control
   Page Ref: 17

56) An idea generated by scientists based on their observations is a _______.
   Answer: hypothesis
   Page Ref: 15

57) A person carrying an excessive amount of body fat above the level of being overweight is called _______.
   Answer: obese
   Page Ref: 12

58) The part of plant foods that isn’t digested in the small intestine is _______.
   Answer: fiber
   Page Ref: 12

59) The set of health objectives set forth by the Office of Disease Prevention and Health Promotion for Americans for the first decade of the millennium is called _______.
   Answer: Healthy People 2010
   Page Ref: 13

60) The promotion and selling of health products and services of questionable validity is known as _______.
   Answer: quackery
   Page Ref: 19

61) _______ bathes the inside and outside of your cells and also helps maintain body temperature.
   Answer: Water
   Page Ref: 11

62) Substances that speed up reactions in your body are known as _______.
   Answer: enzymes
   Page Ref: 11

63) There are _______ classes of nutrients.
   Answer: six
   Page Ref: 5
64) Nonnutritive compounds in plant foods that may play a role in fighting chronic diseases are called ________.

   Answer: phytochemicals
   Page Ref: 5

65) ________ is the science that studies how the nutrients and compounds in foods affect your body and health.

   Answer: Nutrition
   Page Ref: 8

66) The project to determine the complete sequence of DNA in human cells and identify all human genes is known as the ________.

   Answer: Human Genome Project
   Page Ref: 9

67) The energy value of foods is measured in units called ________.

   Answer: calories or kcalories
   Page Ref: 5

68) Fats, proteins, and ________ are organic nutrients that provide energy.

   Answer: carbohydrates
   Page Ref: 10

69) Only the energy nutrient ________ contains the element nitrogen.

   Answer: protein
   Page Ref: 10

70) When a nutrient such as a vitamin is lacking in the diet, a ________ may result.

   Answer: deficiency
   Page Ref: 8
Chapter 1: What Is Nutrition?

Matching Questions

Match the food with the culture or country.

71) maize

Page Ref: 5

A) Native American

72) rice

Page Ref: 5

B) Mexican

73) fish

Page Ref: 5

C) Asian

74) mutton

Page Ref: 5

D) India

75) lentils

Page Ref: 5

E) Alaskan

71) B 72) C 73) E 74) A 75) D

Match the definition on the right with the term on the left.

76) public health nutritionist

Page Ref: 18

A) generic term with no legal definition

77) registered dietician

Page Ref: 18

B) person who is an expert in nutrition and has met specified educational and experience criteria deemed by a state licensing board but has not passed an exam administered by the ADA

78) nutritionist

Page Ref: 19

C) person who may have an undergraduate degree in nutrition but who isn’t an RD and is not eligible to take the ADA exam

79) licensed dietician

Page Ref: 19

D) person who promotes questionable products to make money

80) quack

Page Ref: 19

E) health professional who has passed an exam administered by the ADA
81) List the six leading causes of death in the United States and comment on which are nutrition related.

Answer: Heart disease, cancer, stroke, respiratory diseases, accidents, and diabetes. Heart disease, cancer, stroke, and diabetes are related to nutrition.

Page Ref: 8

82) List the six classes of nutrients, noting which are organic and how much energy they contain, if any.

Answer: Carbohydrates organic 4 calories/gram
Lipids organic 9 calories/gram
Protein organic 4 calories/gram
Vitamins organic 0 calories/gram
Minerals not organic 0 calories/gram
Water not organic 0 calories/gram

Page Ref: 10

83) Jan and Mark are having friends over to watch a football game on television. Describe three influences that may lead to certain food choices being made during the evening.

Answer: advertising, mood (happy, in this case), peer pressure to eat, cultural influences on what people eat watching a sport (e.g. beer, chips), health (someone may prefer cut-up vegetables to higher fat snacks)

Page Ref: 5

84) What is the difference between a macronutrient and a micronutrient?

Answer: A macronutrient is needed in larger quantities than a micronutrient. Vitamins and minerals are micronutrients, and the energy nutrients (carbohydrates, proteins, and fats) are macronutrients.

Page Ref: 9

85) What are phytochemicals and why might they be important?

Answer: At least 900 different phytochemicals have been identified in foods so far. These nonnutritive chemicals work with fiber, nutrients, or unknown substances in foods to provide synergistic effects on health.

Page Ref: 12
Essay Questions

86) Sue and Joe are eating lunch in the school lunchroom. Joe says he wants to learn to eat healthier and will be seeing a nutritionist he met at the deli last week. What advice should Sue give Joe about seeking sound nutrition advice?

Answer: He should check the person’s credentials and make sure he or she graduated from an accredited school. He should also beware if the person giving advice is selling something (supplements, book, etc.).

Page Ref: 18

87) Tom is writing a paper for his nutrition class and is using the Internet as a resource. Describe what he should consider when deciding whether a site is reliable or not.

Answer: If a site URL ends in "edu" or "gov" it is probably a reliable site. If the site is not selling something, it is a good sign also. If the people who sponsor the site are open about their credentials such as being medical doctors or registered dieticians, then the site is more credible. A site sponsored by a pharmaceutical company may be prone to push their drugs or treatments and not be unbiased. Links should also be credible. How current is the information on the site?

Page Ref: 20

88) Describe a situation when your emotions lead you to make inappropriate food choices.

Answer: If a person is bored, lonely, sad, happy, celebrating an event, angry. These emotions may influence the types of foods and the quantity that people may consume.

Page Ref: 7

89) Discuss how our cultural background influences our food choices. Give specific examples.

Answer: Italians like pasta, Asians eat a lot of vegetables and rice and soy -based foods, Irish eat potatoes, Hispanics eat rice/beans and corn tortillas.

Page Ref: 5

90) Describe an experiment you would design to test the following hypothesis: Vitamin C supplements cure colds.

Answer: An appropriate experiment would involve two groups of individuals of the same sex and age. They should be given a cold by inhaling a cold virus. They should be divided into two groups: experimental group and control group, which gets a placebo. The experiment should be double-blind. The experimental group will receive vitamin C supplements (same dose to each person). Signs and symptoms of both groups are tracked over 10 days. After collecting data and analyzing it, conclusions are made as to whether the vitamin C had an effect on the cold.

Steps:
A. Select a large number of subjects with colds.
B. Randomly divide them into two groups (experimental vs. control).
C. Give placebo or vitamin C.
D. Compare results.

Page Ref: 15
Multiple Choice Questions

1) The average amount of a nutrient that is known to meet the needs of 50 percent of the individuals in a similar age and gender group is known as the
   A) Estimated Average Requirement (EAR).
   B) Recommended Dietary Allowance (RDA).
   C) Adequate Intake (AI).
   D) Dietary Reference Intakes (DRI).

Answer: A
Page Ref: 30

2) The highest amount of a nutrient that can be consumed without harm in a similar age and group of individuals is the
   A) Recommended Dietary Allowance (RDA).
   B) Adequate Intake (AI).
   C) Dietary Reference Intakes (DRI).
   D) Tolerable Upper Intake Level (UL).

Answer: D
Page Ref: 30

3) According to the Acceptable Macronutrient Distribution Range (AMDR), what percentage of your daily calories should be provided by carbohydrates?
   A) 20 to 35 percent
   B) 45 to 65 percent
   C) 10 to 35 percent
   D) none of the above

Answer: B
Page Ref: 31
4) According to the Acceptable Macronutrient Distribution Range (AMDR), what percentage of your daily calories should be provided by fat?

   A) 20 to 35 percent  
   B) 45 to 65 percent  
   C) 10 to 35 percent  
   D) none of the above

   Answer: A  
   Page Ref: 31

5) Which of the following health claims is based on evidence that is still emerging?

   A) authorized health claim  
   B) qualified health claim  
   C) health claims based on authoritative statements  
   D) all of the above

   Answer: B  
   Page Ref: 51

6) Which of the following does not have an Acceptable Macronutrient Distribution Range (AMDR)?

   A) fat  
   B) vitamins  
   C) carbohydrates  
   D) protein

   Answer: B  
   Page Ref: 31

7) Which of the following was developed out of concern over the incidence of overnutrition among Americans?

   A) Acceptable Macronutrient Distribution Range (AMDR)  
   B) Dietary Reference Intakes (DRIs)  
   C) Dietary Guidelines for Americans  
   D) Tolerable Upper Intake Level (UL)

   Answer: C  
   Page Ref: 31
8) According to the Dietary Guidelines, how much time should you spend exercising?
   A) 30 minutes every day
   B) 30 minutes three times per week
   C) 60 minutes four times per week
   D) 90 minutes once per week
   Answer: A  
   Page Ref: 32

9) Which of the following individuals should not consume alcohol?
   A) a woman of childbearing age who may become pregnant
   B) a person taking medication that can interact with alcohol
   C) a lactating woman
   D) all of the above
   Answer: D  
   Page Ref: 33

10) According to MyPyramid, which of the following is not considered a food group?
    A) fruits
    B) vegetables
    C) oils
    D) grains
    Answer: C  
    Page Ref: 35

11) According to MyPyramid, which food group should provide the bulk of your diet?
    A) fruits
    B) vegetables
    C) meat and beans
    D) grains
    Answer: D  
    Page Ref: 35
12) According to MyPyramid, which of these foods would be considered low in nutrient density?

A) pasta  
B) fruit drinks  
C) nonfat yogurt  
D) lean meat

Answer: B  
*Page Ref: 37*

13) Which of the following is not the preferred way of preparing meat and poultry?

A) broil  
B) bake  
C) fry  
D) grill

Answer: C  
*Page Ref: 38*

14) According to MyPyramid, how many cups of milk, or its equivalent, should be consumed daily?

A) 2  
B) 3  
C) 4  
D) 5

Answer: B  
*Page Ref: 38*

15) When estimating portion size, a woman's fist is about

A) one-fourth cup pasta.  
B) one half cup of pasta.  
C) one cup of pasta.  
D) two cups of pasta.

Answer: C  
*Page Ref: 40*
16) How many servings from the grain group should a moderately active female who needs 2,000 calories daily consume?

   A) 3
   B) 4
   C) 5
   D) 6

Answer: D
Page Ref: 40

17) According to MyPyramid, how many servings from the vegetable group should a moderately active female who needs 2,000 calories daily consume?

   A) 1
   B) 2 1/2
   C) 3 1/2
   D) 4

Answer: B
Page Ref: 40

18) Which of the following must be on a standard food label?

   A) the name and address of the manufacturer
   B) the net weight
   C) a list of ingredients
   D) all of the above

Answer: D
Page Ref: 44

19) Which of the following does not need to be on a food label?

   A) vitamin D
   B) vitamin C
   C) calcium
   D) iron

Answer: A
Page Ref: 44
Chapter 2: Tools for Healthy Eating

20) In what order are ingredients listed on a food label?
   A) alphabetical
   B) random
   C) liquids first, then solids
   D) descending order by weight

   Answer: D  
   *Page Ref: 44*

21) Which of the following are reference levels used only on food labels?
   A) Dietary Reference Intakes
   B) Estimated Average Requirements
   C) Daily Values
   D) Recommended Dietary Allowances

   Answer: C  
   *Page Ref: 46*

22) If one cup of reduced fat milk provides 8 percent of your Daily Value for fat, this means that
   A) 8 percent of the calories in the milk are from fat.
   B) 8 percent of the calories in the milk are from saturated fat.
   C) the cup of milk provides 8 percent of the total fat allowed in the day.
   D) the cup of milk provides 8 percent of the total calories allowed in the day.

   Answer: C  
   *Page Ref: 46*

23) A food is considered high in a nutrient if it provides
   A) 5 percent or more of the Daily Value.
   B) 10 percent or more of the Daily Value.
   C) 20 percent or more of the Daily Value.
   D) None of the above

   Answer: C  
   *Page Ref: 47*
24) The term fat-free on a food label is an example of
   A) structure/function claim.
   B) nutrient content claim.
   C) health claim.
   D) Both B and C

   Answer: B  
   Page Ref: 48

25) Which of the following compounds found in tomatoes may reduce the risk of prostate cancer?
   A) lycopene
   B) probiotics
   C) beta-glucan
   D) proanthocyanins

   Answer: A  
   Page Ref: 53

26) A food label claims that the food is a "good source of vitamin C." This means that the food
   A) provides 50 percent of the Daily Value for vitamin C.
   B) provides more than 20 percent of the Daily Value for vitamin C.
   C) provides 10 to 19 percent of the Daily Value for vitamin C.
   D) has vitamin C in it, but the amount is undetermined.

   Answer: C  
   Page Ref: 50

27) A health claim that is based on evidence that is still emerging is known as
   A) an authorized health claim.
   B) a qualified health claim.
   C) a health claim based on authoritative statements.
   D) All of the above

   Answer: B  
   Page Ref: 51
28) A health claim linking dietary fat and cancer is an example of
   A) an authorized health claim.
   B) a qualified health claim.
   C) a health claim based on authoritative statements.
   D) All of the above

   Answer: A
   Page Ref: 51

29) All of the following are found on a food label EXCEPT
   A) trans fat.
   B) polyunsaturated fat.
   C) sugars.
   D) dietary fiber.

   Answer: B
   Page Ref: 46

30) Which of the following is a structure/function claim?
   A) The soluble fiber in beans can help you lower your cholesterol.
   B) Calcium builds strong bones.
   C) Fiber maintains regularity.
   D) Both B and C are structure/function claims.

   Answer: D
   Page Ref: 52

True or False Questions

31) A person who is obese can also be malnourished.
   
   Answer: TRUE
   Page Ref: 4

32) All foods with a health claim can also be marketed as functional foods.

   Answer: TRUE
   Page Ref: 54

33) The claim "calcium builds strong bones" is an example of a health claim.

   Answer: FALSE
   Page Ref: 48
34) A "reduced fat" cookie must have at least 25 percent less fat per serving than the original type.
   Answer: TRUE
   Page Ref: 50

35) The labels "lean" and "extra lean" can be used on all foods that meet the criteria.
   Answer: FALSE
   Page Ref: 50

36) A food labeled "low in calories" has fewer calories than a food labeled "reduced calories."
   Answer: TRUE
   Page Ref: 50

37) The Dietary Reference Intakes (DRIs) are issued by the Food and Drug Administration.
   Answer: FALSE
   Page Ref: 29

38) Fat should comprise 20 to 35 percent of your daily calories.
   Answer: TRUE
   Page Ref: 31

39) The best strategy for reducing your risk of chronic diseases is a plant-based diet with some lean meats, poultry, and fish.
   Answer: TRUE
   Page Ref: 38

40) Whole milk is more nutrient dense than skim milk.
   Answer: FALSE
   Page Ref: 37

41) The nutrition facts panel on a packaged food must list the Daily Value for vitamin E.
   Answer: FALSE
   Page Ref: 44

42) The Daily Value for protein is not listed on most labels.
   Answer: TRUE
   Page Ref: 47

43) The Daily Values (DVs) on the food label are based on a 1,500-calorie diet in order to discourage obesity.
   Answer: FALSE
   Page Ref: 47
44) A soup labeled “low sodium” would have less sodium than a food labeled “less sodium”.
Answer: TRUE
Page Ref: 48

45) A qualified health claim is less well-established than an authorized health claim.
Answer: TRUE
Page Ref: 51

46) A single serving of a functional food is enough to gain the beneficial effect of the food compound.
Answer: FALSE
Page Ref: 52

47) A phytochemical is found in plant-based foods and a zoochemical is found in animal-based foods.
Answer: TRUE
Page Ref: 52

48) Studies show that if you give people larger portions of food, they eat more at that meal.
Answer: TRUE
Page Ref: 55

49) Americans typically don’t eat enough fiber, vitamin A, vitamin C, and iron.
Answer: TRUE
Page Ref: 46

50) The DRIs are listed on the nutrition facts panel to help consumers make wise choices.
Answer: FALSE
Page Ref: 46

Short Answer Questions

51) The nutrition facts panel lists the Daily Values for vitamin C and vitamin ________.
Answer: A
Page Ref: 46

52) The average amount of a nutrient that is known to meet the needs of 50 percent of the individuals in a similar age and gender group is known as the ________.
Answer: Estimated Average Requirement (EAR)
Page Ref: 30
53) The highest amount of a nutrient that can be consumed daily without harm in a similar age and group of individuals is known as the _______. 
Answer: Tolerable Upper Intake Level (UL)

Page Ref: 30

54) The ranges of intakes for the energy-containing nutrients are called the _______. 
Answer: Acceptable Macronutrient Distribution Ranges (AMDRs)

Page Ref: 31

55) The higher the consumption above the UL, the higher the risk of _______. 
Answer: toxicity

Page Ref: 30

56) _______ is the most recent food guide system released by the USDA for American eaters. 
Answer: MyPyramid

Page Ref: 34

57) The widths of the color bands in MyPyramid reinforce _______, or how much of your total diet should be eaten from each of the five food groups. 
Answer: proportionality

Page Ref: 35

58) The thinnest yellow band in MyPyramid represents _______. 
Answer: oils

Page Ref: 35

59) The different color bands in MyPyramid reinforce ______, to encourage a diet that contains all food groups. 
Answer: variety

Page Ref: 36

60) Nutrient ______ refers to the amount of nutrients a food contains in relationship to the number of calories it contains. 
Answer: density

Page Ref: 36

61) The ______ listed on the Nutrition Facts panel of a product are general reference levels for the nutrients listed on the food label. 
Answer: Daily Values (DVs)

Page Ref: 46
62) If a serving of a food provides ________ percent or more of the DV, it is considered high in that nutrient.

Answer: 20
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63) A ________ food is one that has been shown to have a positive effect on your health beyond its basic nutrients.

Answer: functional
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64) Compounds in plant foods, such as lycopene, that have been shown to reduce the risk of certain diseases are called ________.

Answer: phytochemicals
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65) Compounds in animal food products that are beneficial to human health are known as ________.

Answer: zoochemicals
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66) The three types of claims on food products are nutrient content claims, health claims, and ________ claims.

Answer: structure/function
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67) The ________ on a food label are listed in descending order by weight.

Answer: ingredients
Page Ref: 45

68) The AMDRs are ranges set for carbohydrates, fats, and ________.

Answer: proteins
Page Ref: 31

69) It is recommended that ________ should comprise between 10 and 35 percent of your daily caloric intake.

Answer: protein
Page Ref: 31

70) ________ found in dairy products such as yogurt are a functional food and may support intestinal health.

Answer: Probiotics
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