True/False
*Indicate whether the statement is true or false.*

___ 1. Malnutrition includes deficiencies, imbalances, and excesses of nutrients, any of which can be detrimental over time.
___ 2. Once a new finding is published in a scientific journal, it is still only preliminary.
___ 3. On average, one should try to get 100% of the DRI for every nutrient to ensure an adequate intake over time.
___ 4. The absence of a Tolerable Upper Intake Level for a nutrient implies that it is safe to consume in any amount.

Multiple Choice
*Identify the choice that best completes the statement or answers the question.*

___ 5. Which of the following conditions is the most nutrition responsive?
   a. hypertension  
   b. diabetes  
   c. iron-deficiency anemia  
   d. sickle-cell anemia

___ 6. Of the 10 leading causes of death in the United States, _____ are related to nutrition, and 1 to alcohol consumption.
   a. 2  
   b. 3  
   c. 4  
   d. 5

___ 7. The nutrients fall into _____ classes.
   a. two  
   b. four  
   c. six  
   d. eight

___ 8. The energy-yielding nutrients include:
   a. protein.  
   b. fat.  
   c. vitamins.  
   d. a and b  
   e. a and c

___ 9. One gram of alcohol is equal to _____ calories.
   a. two  
   b. four  
   c. seven  
   d. nine

___ 10. In nutrition, the word *essential* means:
   a. necessary for good health and proper functioning of the body.  
   b. a necessary nutrient that can be obtained only from the diet.  
   c. that the body can manufacture the nutrient from raw materials.  
   d. compounds the body can make for itself.

___ 11. Carbohydrate and protein each contain _____ calories in a gram.
   a. 2  
   b. 4  
   c. 7  
   d. 9

___ 12. The compound that gives hot peppers their burning taste is called a:
   a. toxin.  
   b. nutrient.  
   c. supplement.  
   d. phytochemical.
13. Which of the following terms was coined in an attempt to identify foods that might lend protection against chronic diseases by way of the nutrients or nonnutrients they contain?
   a. natural foods     c. basic foods
   b. organic foods    d. functional foods

14. One of the characteristics of a nutritious diet is that the foods provide enough of each essential nutrient, fiber, and energy. This principle of diet planning is called:
   a. variety.     c. moderation.
   b. balance.    d. adequacy.

15. What type of research studies populations and is often used to search for correlations between dietary habits and disease incidence?
   a. intervention study     c. case study
   b. laboratory study    d. epidemiological study

16. In the precontemplation stage of change, the best action to take is to:
   a. collect information and learn about your current behaviors.
   b. write out a plan for change with specific actions to take.
   c. commit to making a change and set a date to start.
   d. persevere through any lapses that may occur.

17. Your food intake on a daily basis affects your health because:
   a. you must eat excess amounts of every nutrient daily to stay healthy.
   b. improper balance of nutrients over time can lead to chronic diseases in the future.
   c. malnutrition is a result of not eating enough foods.
   d. overeating will result in very quickly developing a chronic disease.

18. How many calories are in a food that contains 20 grams of carbohydrate, 8 grams protein, and 5 grams of fat?
   a. 157     c. 258
   b. 232    d. 378

19. Your best friend tells you that she has started taking vitamin supplements to give her energy. How would you respond to her statement?
   a. Vitamins are organic and are a great energy source.
   b. Vitamins provide energy because they undergo oxidation.
   c. Vitamins do not yield usable energy.
   d. a and b
   e. b and c

20. Liquid formulas that have been introduced as "meal replacers" have been shown to:
   a. be an effective way for people to supplement their diets if they are not eating adequately.
   b. help support growth and health without medical complications in severely ill patients.
   c. be better than a diet of real foods for many people because of their food choices.
   d. have a limited use that is lifesaving for hospitalized patients who cannot eat real foods.

21. Phytochemicals found in foods are important because:
   a. they increase the risk of developing certain diseases when they are eaten.
   b. they decrease the risk of developing certain diseases when they are eaten.
   c. they are considered to be essential nutrients.
   d. they are a new category of vitamins.

22. You purchase a food product that is enriched. This means that:
   a. the product is superior to similar products.
   b. the product is low in calories and high in nutrients.
   c. the product could be either nutritious or not nutritious.
   d. a and b
23. When making food choices, the best types of foods to include in your diet are:
   a. natural foods, because they are the most nutritious and complete.
   b. fast foods, because they are the most readily available.
   c. whole foods, because they provide the basis of a nutritious diet.
   d. processed foods, because they are fortified with all missing nutrients.

24. Most foods that are high in calcium are poor sources of iron. This statement illustrates the importance of the characteristic of a nutritious diet known as:
   a. adequacy.  
   b. variety.  
   c. balance.  
   d. moderation.

25. Scientists have developed a new type of margarine containing plant ingredients they think will lower blood cholesterol levels in people who use the margarine. They want to test this by having some people use the new margarine for a while and then compare their cholesterol levels with those of a group of people who use regular margarine. This is an example of what type of research design?
   a. epidemiological study  
   b. case study  
   c. intervention study  
   d. laboratory study

26. You see a new finding about nutrition reported in your local newspaper. Based on this information you would:
   a. decide that the information is factual.  
   b. contribute it to media sensationalism.  
   c. feel confident about changing your diet accordingly.  
   d. wait to apply the findings until they have been repeated and confirmed by scientists.

27. Three ounces of beef stew offers about the same amount of iron as three ounces of water-packed tuna, but the beef contains over 300 calories while the tuna contains about 100 calories. This is an example of:
   a. balance.  
   b. nutrient density.  
   c. dietary variety.  
   d. moderation.

28. An advertisement for a new performance-enhancing supplement is on the Internet. What can you assume about the advertisement for the supplement?
   a. it is providing accurate information because all information on the Internet has been screened
   b. the information is valid because the ad describes the research that was done in the company's lab
   c. the information needs to be checked for scientific validity and accuracy
   d. testimonials from individuals who have used the supplement prove that it works

29. You can tell a claim about nutrition is suspect if it bears the following characteristics:
   a. it is being made by an advertiser who is paid to make claims.
   b. the evidence used to support the claim is from a university laboratory.
   c. it appears in a scientific journal that is peer-reviewed.
   d. it is being made by a registered dietitian

30. Characteristics of a legitimate and qualified nutrition expert include:
   a. graduation from a university after completing a program of dietetics.
   b. completion of a medical degree.
   c. use of the term "nutritionist" after the individual's name.
   d. completion of a certificate in nutrition

31. Which of the following statements is not true about the DRI?
   a. The committee that publishes them is comprised of nutrition experts.
   b. They are minimum requirements, not recommendations.
   c. They are based on review of available scientific research.
   d. They are for individuals who are healthy.
32. If a nutrient does not have a Tolerable Upper Intake Level, this means that:
   a. it is safe to consume in any amount.
   b. insufficient data exist to establish a value.
   c. no caution is required when consuming supplements of that nutrient.
   d. it is safe when supplemental levels are added to foods.

33. The DRI Committee recommended a diet that contains _____% of its calories from carbohydrate.
   a. 10-35  
   b. 20-35  
   c. 45-65  
   d. 50-70

34. The Dietary Reference Intakes (DRI) are appropriately used for all of the following except:
   a. estimating the nutrient needs of persons with medical problems.
   b. estimating the adequacy of an individual's nutrient intake.
   c. planning diets for population groups like military personnel.
   d. ensuring that minimum nutrient requirements are met.

35. The Daily Values reflect the needs of an "average person" consuming between _____ calories a day.
   a. 1,500  
   b. 2,000  
   c. 2,600  
   d. 3,000

36. The Dietary Guidelines for Americans are intended for healthy adults and children ages _____ and older.
   a. one  
   b. two  
   c. three  
   d. four

37. A major guideline for healthy people is to limit calorie intakes and obtain more and varied selections of _____.
   a. fruits and vegetables  
   b. whole grains  
   c. nonfat or low-fat milk or milk products  
   d. all of the above

38. Which of the following is characteristic of Daily Values?
   a. They provide nutrient values by categories of people.
   b. They are ideal for allowing comparisons among foods.
   c. They are useful as nutrient intake goals for individuals.
   d. They provide information on all DRI nutrients.

39. Which of the following foods do not fit into any of the five major food groups in the USDA Food Guide?
   a. yogurt, legumes, and cheese  
   b. peaches, peanuts, and ready-to-eat cereal  
   c. margarine, gravy, and jelly  
   d. eggs, frozen yogurt, and avocados

40. Which of the following foods in the meat, poultry, fish, legumes, eggs, and nuts group of the USDA Food Guide has the highest nutrient density?
   a. luncheon meats  
   b. fried fish  
   c. duck with skin  
   d. chicken with no skin

41. All of the following are true regarding the discretionary calorie allowance except:
   a. it may be spent on nutrient-dense foods.
   b. the added fat absorbed by the batter in fried chicken does not contribute to discretionary calories.
   c. it may be affected by physical activity level.
   d. it may be spent on added sugars.

42. Which of the following foods is exempt from listing ingredients on the label?
   a. mayonnaise  
   b. salad dressing  
   c. ice cream  
   d. none of the above
43. Amounts of which types of lipids must be listed on food labels?
   a. monounsaturated fat
   b. trans fat
   c. cholesterol
   d. a and b
   e. b and c

44. Any food providing 10% or more of the Daily Value for a nutrient is considered to be a _____ source of the nutrient.
   a. poor
   b. reliable
   c. good
   d. excellent

45. Concerned about the toxic effects of added nutrients in fortified foods and supplements, when eaten in addition to staple foods, scientists established the _____ category of the Dietary Reference Intakes (DRI).
   a. Recommended Dietary Allowances (RDA)
   b. Adequate Intakes (AI)
   c. Estimated Average Requirements (EAR)
   d. Tolerable Upper Intake Levels (UL)

46. George is a 35-year-old athlete using nutrient supplements to give him a competitive advantage. Which of the following nutrient intake recommendations would you suggest that George become familiar with?
   a. Adequate Intakes
   b. Estimated Average Requirements
   c. Tolerable Upper Intake Levels
   d. Recommended Dietary Allowances

47. Which of the following people would not be covered by the DRI, based on assumptions made by the DRI committee?
   a. Harry, a 35-year-old healthy businessman
   b. Cindy, a 21-year-old college athlete
   c. Robert, a 20 year old with cystic fibrosis
   d. Joann, a 35-year-old female vegetarian

48. You are planning a meal that includes a hamburger on a bun, coleslaw, and French fries. To have a more nutrient-dense meal, you should eat:
   a. fried chicken, potato salad, biscuit, and canned peaches.
   b. pork tenderloin, green peas, brown rice, and strawberries.
   c. spare ribs, scalloped potatoes, cornbread, and chocolate pudding.
   d. fried catfish, baked beans, white dinner roll, and vanilla ice cream.

49. Which of the following is the best and safest source of phytochemicals?
   a. whole basic foods
   b. supplements
   c. herbal remedies
   d. natural foods

50. One of the best sources of lycopene is:
   a. tomatoes.
   b. soy products.
   c. garlic.
   d. flaxseed.