Test 3 - Chapters 4 & 5

True/False
Indicate whether the statement is true or false. Mark A for true and B for false.

___ 1. Carbohydrate has been rightly accused of being the fattening ingredient of foods; therefore, we need to consume fewer starchy foods.

___ 2. Research has shown that eating too much carbohydrate can cause diabetes.

___ 3. Fatty acids in foods influence the composition of fats in the body.

___ 4. Pork chop is an example of a cut of meat from which the fat can be trimmed.

___ 5. The Mediterranean diet includes an eating style famous for supporting the health of the heart while including foods high in fat.

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

___ 6. Complex carbohydrates:
   a. include single sugars
   b. are known as the monosaccharides and disaccharides.
   c. are long chains of sugar units arranged to form starch or fiber.
   d. include linked pairs of sugars
   e. include glucose

___ 7. Which monosaccharide is responsible for the sweet taste of fruit?
   a. glucose
   b. fructose
   c. galactose
   d. sucrose

___ 8. Which of the following is the most-used monosaccharide inside the body?
   a. fructose
   b. lactose
   c. glucose
   d. galactose

___ 9. Fruits differ from concentrated sweets because:
   a. their sugars are natural
   b. they are packaged with fiber
   c. they are less nutrient dense
   d. they don’t differ
   e. none of the above

___ 10. Which of the following is the preferred fuel for most body functions?
    a. protein
    b. ketones
    c. carbohydrate
    d. fat
11. Current dietary guidelines for the United States recommend:
a. restricted intake of carbohydrates for diabetic clients.
b. increased consumption of all kinds of carbohydrates.
c. reduction in both simple and complex carbohydrate intakes.
d. increased consumption of fiber-rich, whole food sources of carbohydrate.

12. According to the Dietary Reference Intakes, people should obtain about _____ percent of their daily energy from carbohydrates.
   a. 40 - 55   b. 45 - 65   c. 50 - 65   d. 50 - 75

13. Which of the following is not an effect of fiber?
   a. promotes weight gain and feeling of fullness
   b. prevents constipation and hemorrhoids
   c. reduces the risks of heart and artery disease
   d. prevents appendicitis and diverticulosis

14. The best way to achieve a desirable amount of fiber is to:
   a. include fruits, vegetables, and grains in the diet
   b. emphasize natural foods
   c. add purified fibers to foods
   d. take a fiber supplement
   e. include more meat based foods

15. Digestion of most starch begins in the:
   a. mouth.   b. esophagus.   c. stomach.   d. small intestine.

16. Which of the following nutrients is not required by law to be added to refined grain products?
   a. riboflavin
   b. folate
   c. magnesium
   d. thiamin
   e. niacin

17. Which of the following terms would you look for on a bread label to choose the most nutritious product?
   a. wheat flour   b. whole grain   c. unbleached flour   d. brown bread

18. Approximately _____ grams a day of carbohydrate are needed to ensure complete sparing of body protein in an average-size person.
   a. 50   b. 75   c. 100   d. 130

19. Characteristics of type 2 diabetes include all of the following except:
   a. insulin resistance of the body's cells.
   b. blood glucose levels that rise too high.
   c. a pancreas that makes too little or no insulin.
   d. blood insulin levels that rise too high.
20. Which of the following helps prevent type 2 diabetes?
   a. weight control, exercise, and a healthy lifestyle
   b. taking oral hypoglycemic agents
   c. restricting protein intake
   d. watching caffeine intake

21. You are teaching a client how to possibly lower blood cholesterol levels by consuming foods high in fiber. Which of the following foods would be least effective for this purpose?
   a. oat bran cereals
   b. whole-wheat breads
   c. carrots
   d. legumes

22. Lactose intolerance can cause nutritional complications because:
   a. the person affected will not be able to consume adequate carbohydrate in their diet.
   b. inadequate calcium intake from avoiding dairy products can affect bone development.
   c. it happens most frequently in young children who then will consume inadequate protein.
   d. it results in the inability to eat any types or amounts of dairy products.

23. When considering the health concerns of diabetes it is important to remember that:
   a. it only affects a small number of people compared to other chronic diseases.
   b. if poorly controlled it can damage major organs and tissues in the body.
   c. type 2 diabetes is never seen in children so is not of concern for them.
   d. type 1 diabetes can be prevented by controlling sugar intake in the diet.

24. What would be the best advice to give for physical activity for a person with diabetes?
   a. regular physical activity is beneficial for controlling weight and tissue sensitivity to insulin in type 2 diabetes
   b. physical activity needs to be strenuous enough to result in weight loss for it to be of benefit in type 2 diabetes
   c. although physical activity has health benefits, it does not improve status of individuals with diabetes
   d. individuals with type 1 diabetes should always avoid strenuous activity because it may cause too much of a drop in blood glucose

25. A person with newly diagnosed type 2 diabetes has just been advised that he should begin a 2100-calorie diet with 45% of the energy coming from carbohydrate. How many grams of carbohydrate would that be?
   a. 105
   b. 135
   c. 236
   d. 337

26. You are trying to decide which type of sugar to use, and want to choose the one that would have the greatest nutritional value. Your best choice would be:
   a. to select any of the sugars because none of them is "more healthy" than another.
   b. to select molasses because it has a much higher iron content.
   c. to select honey because it has fewer calories than table sugar.
   d. to select a fruit spread because it has a higher nutrient content from the fruit.

27. Which of the following is most closely related to diabetes?
   a. sugar content of the diet
   b. body fatness
   c. fat content of the diet
   d. lean body tissue
28. About 95% of the lipids in foods and in the human body are:
   a. triglycerides.  
   b. phospholipids.  
   c. sterols.  
   d. cholesterol.

29. Which of the following is not a function of fat in the human body?
   a. protects the body from temperature extremes
   b. cushions the internal organs from physical shock
   c. carries the water-soluble nutrients
   d. provides the major material from which cell membranes are made

30. If the fat in a container is solid at room temperature, what type of fat is it?
   a. polyunsaturated fat
   b. monounsaturated fat
   c. saturated fat
   d. short-chain fatty acids

31. The role of bile in fat digestion is to:
   a. digest fats in the stomach.
   b. emulsify fats in the small intestine.
   c. transport fats through the circulatory system.
   d. split fats into smaller components.

32. DRI recommendations concerning intakes of fats include:
   a. consume greater than 35% of calories as fat
   b. keep saturated fat intake as low as possible
   c. keep cholesterol intake at 100 mg
   d. keep trans fat at moderate levels
   e. keep total fat intake as low as possible

33. The main dietary factor associated with elevated blood cholesterol is:
   a. high dietary cholesterol intake.
   b. high food fat intake.
   c. high saturated and trans fat intake.
   d. high polyunsaturated fat intake.

34. Which of the following is characteristic of a diet to prevent heart disease?
   a. high in saturated fats
   b. low in vegetables and fruits
   c. low in trans fats
   d. low in whole grains and legumes

35. Which of the following is not a desirable blood lipid value?
   a. low total cholesterol
   b. high LDL
   c. high HDL
   d. low blood triglycerides

36. EPA and DHA are:
   a. not important in nutrition
   b. are widely available
   c. found in the oils of fish
   d. omega-6 fatty acids

37. The best way to increase consumption of omega-3 fatty acids is to:
   a. increase intake of seed oils.
   b. consume 2 fish meals per week.
   c. limit intake of polyunsaturated fats.
   d. take fish oil in supplements.

38. To protect yourself from consuming too much _____, you would limit your consumption of swordfish, king mackerel, and shark.
   a. lead
   b. arsenic
   c. iodine
   d. mercury
39. Which of the following statements about trans fatty acids is true?
   a. They are made by the body
   b. Their amounts are never listed on food labels
   c. They arise when unsaturated oils are hydrogenated
   d. They are a by-product of the enrichment process

40. The major storage form of fats in our body is:
   a. triglycerides, which are made up of fatty acids and glycerol.
   b. fatty acids, which are made up of trans fats and bile.
   c. cholesterol, which is stored in the blood.
   d. lecithin, which is stored in the liver.

41. What does the term "point of unsaturation" mean?
   a. the area on a fatty acid chain where the carbon bond is holding a hydrogen
   b. the area on a fatty acid chain where a nitrogen is attached
   c. the area on a fatty acid chain where a hydrogen is missing from the bond
   d. the area on the fatty acid chain where there is a zig-zag formation.

42. Which of the following fats is the most saturated?
   a. safflower oil  
   b. palm oil  
   c. olive oil  
   d. coconut oil

43. Which of the following mechanisms is important for the digestion of fat in foods?
   a. in the mouth chewing and enzyme action dissolve the fat in saliva
   b. lecithin in the stomach emulsifies the fat and begins its digestion
   c. bile in the small intestine emulsifies the fat for enzyme action
   d. if the gallbladder is removed, the body is not able to digest fat

44. Which of the following statements best describes the impact the diet has on LDL:
   a. unsaturated fats increase LDL cholesterol
   b. saturated fats increase LDL cholesterol
   c. monounsaturated fats increase HDL cholesterol
   d. polyunsaturated fats increase LDL cholesterol

45. The lipoproteins LDL and HDL are important in heart disease risk because of the following properties and actions:
   a. LDL are much lighter in weight because they do not contain as much cholesterol to take to the cells.
   b. HDL are affected by the amount of cholesterol we eat in our diet.
   c. LDL are beneficial because they transport cholesterol to the tissues and away from blood.
   d. HDL play an important role in scavenging cholesterol from the tissues for disposal.

46. A 26-year-old male works in a high-stress sales position. He has a family history of premature heart disease and he is physically inactive. How many risk factors for CVD does he have?
   a. 1  
   b. 2  
   c. 3  
   d. 4
47. When attempting to increase intake of the essential fatty acids it would be best to adjust your diet to:
   a. eat more omega-6 fatty acids because they are more abundant in foods than omega-3 fatty acids.
   b. increase intake of fish containing EPA and DHA because of heart health benefits.
   c. consume foods that help the body to make linoleic and linolenic acid.
   d. include a fish oil supplement to make up for the deficiency in omega-3 fatty acids in your diet.

48. Which of the following words on an ingredient list would alert you to the presence of trans fatty acids in the product?
   a. partially hydrogenated vegetable oil
   b. liquid corn oil
   c. shortening
   d. cottonseed oil
   e. saturated fats

49. What is the most accurate statement to make about the process of hydrogenation of liquid vegetable oils?
   a. hydrogenation makes the oils more healthy because of the addition of hydrogen to keep them liquid in food products
   b. oils that have been hydrogenated are more resistant to oxidation that will spoil them and make them rancid
   c. hydrogenation will increase the activity of vitamins found in the oils
   d. eating hydrogenated oils has the same health benefits as eating liquid vegetable oils

50. Current recommendations for heart health are to reduce intake of trans fats in the diet. How would this be best accomplished?
   a. simply eliminate all foods with trans fats from your diet
   b. read labels to select foods that say "trans-fat free" because all are healthier food selections
   c. read labels to select foods that say "0 grams of trans fat per serving" because they do not contain trans fats
   d. read the ingredients to see if the foods have partially hydrogenated vegetable oil