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| **True / False** |

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| 1. Cholesterol must be obtained in the diet.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 2. A diet low in fat-soluble vitamins will result in a more rapid onset of deficiency symptoms than one low in water-soluble vitamins.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 3. Typically, we absorb a greater percentage of minerals than vitamins.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 4. Poor nutrition, or malnutrition, can result from both inadequate and excessive levels of nutrient intake.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 5. Gastrointestinal bleeding or alcoholism may cause secondary malnutrition.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 6. Individuals are 99.9 percent genetically identical, but the 0.1 percent difference in genetic codes makes everyone unique.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 7. Water is a nonessential nutrient.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 8. A product labeled “trans fat-free” could contain 0.4 grams of trans fat and of saturated fat.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| 9. A dietary supplement can legally claim to treat, cure, or prevent a disease.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| 10. There are no programs designed to improve eating behaviors in school-aged children.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *REFERENCES:* | Public Food and Nutrition Programs | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.5 - Identify the basic elements of four public food and nutrition programs. | | *KEYWORDS:* | Remember | |

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| 11. The DASH Eating plan is effective for reducing high blood pressure and risk of some types of cancer, osteoporosis, and heart disease.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.6 - Apply the characteristics of healthful diets to the design of one. | | *KEYWORDS:* | Remember | |

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| **Multiple Choice** |

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| 12. ​What are the six categories of nutrients?   |  |  |  | | --- | --- | --- | |  | a. | ​carbohydrates, alcohol, fats, proteins, vitamins, and minerals | |  | b. | ​carbohydrates, fibers, fats, proteins, vitamins, and minerals | |  | c. | ​carbohydrates, proteins, fats, vitamins, minerals, and water | |  | d. | ​carbohydrates, proteins, lipids, fiber, water, and vitamins | |  | e. | ​carbohydrates, proteins, fiber, water, alcohol, and lipids |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 13. ​Which substance is considered an essential nutrient?   |  |  |  | | --- | --- | --- | |  | a. | ​fiber | |  | b. | ​LDL cholesterol | |  | c. | ​linoleic acid | |  | d. | ​glucose | |  | e. | ​sucrose |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 14. ​A calorie is \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​a measure of the amount of energy transferred from food to the body | |  | b. | ​a measure of the amount of energy inside the body’s fat cells | |  | c. | ​a serving size of any essential or nonessential nutrient | |  | d. | ​the level of nutrients found to be essential for adequate functioning | |  | e. | ​any substance that is present in food |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 15. ​What term refers to recommended intake levels of nutrients (intake standards) for planning and assessing diets for healthy people?   |  |  |  | | --- | --- | --- | |  | a. | ​Adequate Intake Levels | |  | b. | ​Tolerable Upper Limits | |  | c. | ​Essential Nutrients | |  | d. | ​Dietary Reference Intakes | |  | e. | ​Maximum Caloric Consumption |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 16. ​The Estimated Average Requirement (EAR) refers to \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​an intake level estimated to meet the nutrient needs of 98% of healthy people | |  | b. | ​an intake value estimated to meet the nutrient needs of half the healthy individuals in a group | |  | c. | ​the upper limits of a nutrient estimated to be compatible with health | |  | d. | ​an estimated nutrient intake standard for healthy people | |  | e. | ​an estimated nutrient intake standard for unhealthy people |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 17. ​Complex carbohydrates include \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​glucose, glycogen, and most types of fiber | |  | b. | ​glucose, sucrose, and fructose | |  | c. | ​starches, glycogen, and most types of fiber | |  | d. | ​starches, glucose, and sucrose | |  | e. | ​starches, glycogen, and glucose |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 18. ​What two monosaccharides are found in sucrose (table sugar)?   |  |  |  | | --- | --- | --- | |  | a. | ​glucose and lactose | |  | b. | ​glucose and glucose | |  | c. | ​glucose and maltose | |  | d. | ​glucose and fructose | |  | e. | ​maltose and lactose |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 19. ​Blood sugar is also known as \_\_\_\_\_, while fruit sugar is also known as \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​glucose; fructose | |  | b. | ​glucose; lactose | |  | c. | ​lactose; fructose | |  | d. | ​maltose; lactose | |  | e. | ​fructose; maltose |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 20. ​Human digestive enzymes are unable to break down \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​sucrose | |  | b. | ​glycogen | |  | c. | ​alcohol sugars | |  | d. | ​maltose | |  | e. | ​fiber |  |  |  | | --- | --- | | *ANSWER:* | e | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 21. ​Carbohydrates with a high glycemic index \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​improve blood glucose control in people with diabetes | |  | b. | ​reduce elevated levels of blood cholesterol and triglycerides | |  | c. | ​increase levels of HDL cholesterol | |  | d. | ​decrease the risk of developing type 2 diabetes | |  | e. | ​raise blood glucose levels more than carbohydrates with a low glycemic index |  |  |  | | --- | --- | | *ANSWER:* | e | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 22. ​The only important animal source of carbohydrates is \_\_\_\_\_ found in \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​lactose; meat | |  | b. | ​glucose; meat | |  | c. | ​maltose; milk | |  | d. | ​lactose; milk | |  | e. | ​sucrose; milk |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 23. ​Triglycerides are composed of \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​two glycerol molecules attached to a fatty acid | |  | b. | ​two fatty acids attached to a glycerol molecule | |  | c. | ​three glycerol molecules attached to a fatty acid | |  | d. | ​three fatty acids attached to a glycerol molecule | |  | e. | ​three fatty acids attached to three glycerol molecules |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 24. ​Which substance provides the most energy per gram?   |  |  |  | | --- | --- | --- | |  | a. | ​protein | |  | b. | ​fiber | |  | c. | ​fat | |  | d. | ​sucrose | |  | e. | ​glucose |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 25. ​The two essential fatty acids are \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​linoleic acid and alpha-linolenic acid | |  | b. | ​linoleic acid and thromboxane | |  | c. | ​alpha-linolenic acid and thromboxane | |  | d. | ​thromboxane and prostaglandin | |  | e. | ​glycogen and linoleic acid |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 26. ​A fat containing one double bond is \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​monosaturated | |  | b. | ​polysaturated | |  | c. | ​polyunsaturated | |  | d. | ​saturated | |  | e. | ​monounsaturated |  |  |  | | --- | --- | | *ANSWER:* | e | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 27. ​LDL cholesterol is \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​lowered by intake of trans-fatty acids | |  | b. | ​associated with heart-disease risk when present in high levels | |  | c. | ​associated with heart-disease risk when present in low levels | |  | d. | ​raised by intake of unsaturated fatty acids | |  | e. | ​unaffected by intake of saturated fatty acids |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Understand | |

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| 28. ​Hydrogenation makes \_\_\_\_\_ by adding hydrogen to the \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​oils solid; single bond of their saturated fatty acids | |  | b. | ​oils liquid; single bond of their saturated fatty acids | |  | c. | ​fats liquid; single bond of their saturated fatty acids | |  | d. | ​oils solid; double bond of their unsaturated fatty acids | |  | e. | ​fats solid; double bond of their unsaturated fatty acids |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Understand | |

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| 29. ​Essential amino acids \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​are produced by the human body | |  | b. | ​must be obtained in the diet | |  | c. | ​must be synthesized from other amino acids | |  | d. | ​can be found in all plant protein sources | |  | e. | ​are constituents of starch |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 30. ​There are \_\_\_\_\_ essential amino acids.   |  |  |  | | --- | --- | --- | |  | a. | ​8 | |  | b. | ​9 | |  | c. | ​21 | |  | d. | ​3 | |  | e. | ​6 |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 31. ​Which combination is an example of complementary proteins?   |  |  |  | | --- | --- | --- | |  | a. | ​grains and seeds | |  | b. | ​grains and dried beans | |  | c. | ​seeds and milk | |  | d. | ​soybeans and milk | |  | e. | ​eggs and onions |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 32. ​Fat-soluble vitamins \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​are stored only for a few weeks by the body | |  | b. | ​include vitamins A, D, E, and C | |  | c. | ​can be consumed in very high amounts without causing harmful effects | |  | d. | ​can be stored in the body for months to years | |  | e. | ​are immediately metabolized by the body and never stored |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Understand | |

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| 33. ​Which vitamin acts as an antioxidant in the body?   |  |  |  | | --- | --- | --- | |  | a. | ​vitamin C | |  | b. | ​thiamin | |  | c. | ​riboflavin | |  | d. | ​biotin | |  | e. | ​vitamin D |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 34. ​Which term refers to chemical substances in plants, some of which affect body processes in humans that may benefit health?   |  |  |  | | --- | --- | --- | |  | a. | ​vitamins | |  | b. | ​coenzymes | |  | c. | ​phytochemicals | |  | d. | ​amino acids | |  | e. | ​minerals |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 35. ​After class, you go to Jamba Juice and get an “Orange-a-Peel” smoothie that contains the following nutrients: 9 g of protein, 102 g carbohydrate, and 1 g of fat. How many total calories does this provide?   |  |  |  | | --- | --- | --- | |  | a. | ​299 | |  | b. | ​399 | |  | c. | ​448 | |  | d. | ​453 | |  | e. | ​546 |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Apply | |

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| 36. ​After class, you go to Jamba Juice and get an “Orange-a-Peel” smoothie that contains the following nutrients: 9 g of protein, 102 g carbohydrate, and 1 g of fat. Given that the daily value of total fat intake is 65 g, what is the % DV of fat in the smoothie?   |  |  |  | | --- | --- | --- | |  | a. | ​0% | |  | b. | ​1.5% | |  | c. | ​10% | |  | d. | ​15% | |  | e. | ​19% |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Apply | |

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| 37. ​A woman eats half of a pita bread sandwich filled with tuna salad. The entire sandwich contained 20 grams carbohydrate, 8 grams protein, and 5 grams fat. Approximately how many calories will she obtain?   |  |  |  | | --- | --- | --- | |  | a. | ​80 | |  | b. | ​130 | |  | c. | ​150 | |  | d. | ​160 |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Apply | |

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| 38. ​The standard levels of nutrient intakes listed in the Nutrition Facts panel on packaged foods are known as \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​Daily Values | |  | b. | ​Adequate Intakes | |  | c. | ​Recommended Dietary Allowances | |  | d. | ​Recommended Intakes | |  | e. | ​Tentative Values |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Apply | |

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| 39. ​One example of an empty-calorie food is \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​dried fruit | |  | b. | ​red kidney bean in chili | |  | c. | ​black coffee | |  | d. | ​a cheese twist | |  | e. | ​nonfat yogurt |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 40. ​A 65-year-old woman is buying an iron supplement for her “weak blood.” She asks the pharmacist to advise her on the highest amount that she should take daily. What dietary intake standards could the pharmacist use to provide the best recommendation?   |  |  |  | | --- | --- | --- | |  | a. | ​Recommended Dietary Allowances (RDAs) | |  | b. | ​Adequate Intakes (AIs) | |  | c. | ​Tolerable Upper Intake Levels (ULs) | |  | d. | ​Estimated Average Requirements (EARs) | |  | e. | ​AIs and EARs |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Apply | |

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| 41. ​Which nutrient is considered nonessential?   |  |  |  | | --- | --- | --- | |  | a. | ​vitamin C | |  | b. | ​iron | |  | c. | ​cholesterol | |  | d. | ​potassium | |  | e. | ​vitamin E |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 42. ​Adults are approximately \_\_\_\_\_ water by weight.   |  |  |  | | --- | --- | --- | |  | a. | ​20-30% | |  | b. | ​40-50% | |  | c. | ​50-60% | |  | d. | ​60-70% | |  | e. | ​70-80% |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 43. ​The balance of fluids, nutrients, gases, temperature, and other conditions needed to ensure proper functioning of cells is known as \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​regulation | |  | b. | ​homeostasis | |  | c. | ​energy balance | |  | d. | ​cellular respiration | |  | e. | ​metabolism |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 44. ​Which disorder is characterized by high levels of the amino acid phenylalanine in the blood and can lead to intellectual disability, poor growth, and other problems?   |  |  |  | | --- | --- | --- | |  | a. | ​hemochromatosis | |  | b. | ​galactosemia | |  | c. | ​malnutrition | |  | d. | ​hypertension | |  | e. | ​phenylketonuria |  |  |  | | --- | --- | | *ANSWER:* | e | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 45. ​Secondary malnutrition is sometimes precipitated by a(n) \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​excessive intake of vitamin A | |  | b. | ​serious vitamin A deficiency | |  | c. | ​nutrient “ripple effect” | |  | d. | ​surgical procedure | |  | e. | ​poor nutritional state that is dietary in nature |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Understand | |

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| 46. ​Nutrient-dense foods have \_\_\_\_\_ levels of nutrients and \_\_\_\_\_ calorie values.   |  |  |  | | --- | --- | --- | |  | a. | ​high; low | |  | b. | ​low; high | |  | c. | ​high; high | |  | d. | ​low; low | |  | e. | ​high; variable |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 47. ​The water-soluble vitamins include \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​A, D, E, and K | |  | b. | ​A and C | |  | c. | ​B-complex and C | |  | d. | ​B-complex and K | |  | e. | ​A, B-complex, and E |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 48. ​The fat-soluble vitamins include \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​A, D, E, and K | |  | b. | ​A and C | |  | c. | ​B-complex and C | |  | d. | ​B-complex and K | |  | e. | ​A, B-complex, and E |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 49. ​A food product ingredient label reads: wheat flour, vegetable shortening, sugar, salt, and cornstarch. What item would contribute the greatest amount of weight in that food?   |  |  |  | | --- | --- | --- | |  | a. | ​salt | |  | b. | ​sugar | |  | c. | ​wheat flour | |  | d. | ​cornstarch | |  | e. | ​vegetable shortening |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Understand | |

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| 50. ​Which food item could be labeled “enriched”?   |  |  |  | | --- | --- | --- | |  | a. | ​juice | |  | b. | ​milk | |  | c. | ​bread | |  | d. | ​candy | |  | e. | ​apples |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| 51. ​By law, milk must be fortified with \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​vitamin D | |  | b. | ​vitamin C | |  | c. | ​calcium | |  | d. | ​fiber | |  | e. | ​folic Acid |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| 52. ​Fiber-like forms of indigestible carbohydrates that support the growth of beneficial bacteria in the lower intestine are called \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​minerals | |  | b. | ​refined elements | |  | c. | ​probiotics | |  | d. | ​prebiotics | |  | e. | ​antibiotics |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| 53. ​Probiotics may be found in \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​cottage cheese | |  | b. | ​barley | |  | c. | ​rye | |  | d. | ​leeks | |  | e. | ​garlic |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| |  |  |  |  | | --- | --- | --- | --- | | **Nutrition Facts** | | | | | Serving Size 1/4 cup (40g) | | | | | **Amount Per Serving** | | | | | **Calories** 170 | Calories from Fat 45 | | | | ​ | | | **% Daily Value\*** | | **Total Fat** 5g | | | **5**% | | Saturated Fat 0.5g | | | **3**% | | *Trans* Fat 0g | | | ​ | | **Cholesterol** 0mg | | | **0**% | | **Sodium** 10mg | | | **0**% | | **Potassium** 310mg | | | **9**% | | **Total Carbohydrate** 31g | | | **10**% | | Dietary Fiber 2g | | | ​ | | Sugars 29g | | | ​ | | **Protein** 1g | | | **2**% | | Vitamin A 0% | • | Iron 6% | | | Calcium 2% | • | ​ | | |

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| 54. ​What is the percent of calories from fat?   |  |  |  | | --- | --- | --- | |  | a. | ​3% | |  | b. | ​16% | |  | c. | ​26% | |  | d. | ​35% | |  | e. | ​45% |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Apply | |

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| 55. ​Which mandatory nutrient is missing from the food label?   |  |  |  | | --- | --- | --- | |  | a. | ​Unsaturated fats | |  | b. | ​Simple sugars | |  | c. | ​Vitamin C | |  | d. | ​Vitamin K | |  | e. | ​Biotin |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| 56. ​Percent Daily Values on the Nutrition Facts label are based on a \_\_\_\_\_-calorie diet.   |  |  |  | | --- | --- | --- | |  | a. | ​1000 | |  | b. | ​1200 | |  | c. | ​1500 | |  | d. | ​1800 | |  | e. | ​2000 |  |  |  | | --- | --- | | *ANSWER:* | e | | *REFERENCES:* | Nutritional Labeling | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Remember | |

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| 57. ​Foods permitted for consumption according to Islamic dietary laws \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​are called kosher foods | |  | b. | ​are called halal foods | |  | c. | ​include alcoholic beverages | |  | d. | ​do not include meats | |  | e. | ​​include pork |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | The Life-Course Approach to Nutrition and Health | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.3 - Cite two examples of how nutrient needs change during the life cycle and how nutritional status at one stage during the life cycle can influence health status during another. | | *KEYWORDS:* | Remember | |

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| 58. ​Which statement correctly describes nutritional needs during the life cycle?   |  |  |  | | --- | --- | --- | |  | a. | ​Healthy individuals require different nutrients depending on their stage in life. | |  | b. | ​The amount of nutrients healthy individuals require is constant throughout life. | |  | c. | ​The Mediterranean diet is the best diet for meeting nutritional needs. | |  | d. | ​Nutritional status at one stage in life influences the health status in the next stages. | |  | e. | ​Nutritional requirements are independent of growth and development of the individual. |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | The Life-Course Approach to Nutrition and Health | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.3 - Cite two examples of how nutrient needs change during the life cycle and how nutritional status at one stage during the life cycle can influence health status during another. | | *KEYWORDS:* | Understand | |

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| 59. ​Which statement reflects the most accurate assessment of dietary intake?   |  |  |  | | --- | --- | --- | |  | a. | ​An older adult weighing herself at home in the morning and before bedtime | |  | b. | ​A new breastfeeding mom recording what she ate over the past 24 hours | |  | c. | ​A dietitian interviewing a woman about what she ate over the past 24 hours and verifying her responses with a crosscheck food frequency questionnaire | |  | d. | ​A physician asking the height of an 80-year-old male patient | |  | e. | ​A physician assessing a patient’s physical characteristics, such as brittle hair, to identify nutrition-related problems |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Nutrition Assessment | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Understand | |

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| 60. ​What terms refers to the repeated use of questions that hone the accuracy of information provided by interviewees about the food they ate the previous day?   |  |  |  | | --- | --- | --- | |  | a. | diet narrative​ | |  | b. | ​anthropometrics | |  | c. | ​quantitative testing | |  | d. | ​multiple pass | |  | e. | ​24-hour recall |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Nutrition Assessment | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Understand | |

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| 61. ​The Healthy Eating Index \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​assigns scores based on the extent to which diets meet recommended standards of intake | |  | b. | ​assesses a person’s dietary intake based on 12 dietary components | |  | c. | ​is primarily used for monitoring an individual’s dietary quality | |  | d. | ​bases its guidelines on Food and Drug Administration dietary restrictions | |  | e. | ​cannot be used for research purposes to assess population dietary quality |  |  |  | | --- | --- | | *ANSWER:* | a | | *REFERENCES:* | Nutrition Assessment | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Understand | |

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| 62. ​An example of an anthropometric measurement is the \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​number of servings of fruit an individual eats in a day | |  | b. | ​amount of fat in a serving of ice cream | |  | c. | ​height of an individual | |  | d. | ​percentage of a population that meets dietary intake requirements | |  | e. | ​percent daily value of vitamin C in orange juice |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Nutrition Assessment | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Understand | |

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| 63. ​A young child who tires easily and has a short attention span may have blood taken for analyses of hemoglobin and serum ferritin to assess \_\_\_\_\_ levels.   |  |  |  | | --- | --- | --- | |  | a. | calcium​ | |  | b. | ​iron | |  | c. | ​vitamin B | |  | d. | ​sodium | |  | e. | ​fiber |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Nutrition Assessment | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Understand | |

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| 64. ​Continuous assessment of nutritional status for the purpose of detecting changes in trend or distribution in order to initiate corrective measures is called \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | the automated multiple-pass method​ | |  | b. | ​biochemical assessment | |  | c. | ​anthropometry | |  | d. | ​nutritional monitoring | |  | e. | ​nutritional surveillance |  |  |  | | --- | --- | | *ANSWER:* | e | | *REFERENCES:* | Nutrition Assessment | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Remember | |

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| 65. ​Which statement about national food and nutrition programs is true?   |  |  |  | | --- | --- | --- | |  | a. | ​The School Lunch Program is the U.S.’s largest food assistance program. | |  | b. | ​Women with incomes above the poverty line are automatically ineligible for WIC. | |  | c. | ​None of the USDA food assistance programs have been shown to be cost-effective. | |  | d. | ​WIC vouchers can be exchanged for peanut butter, fruits, and vegetables. | |  | e. | ​WIC provides food vouchers for low-income men and women. |  |  |  | | --- | --- | | *ANSWER:* | d | | *REFERENCES:* | Public Food and Nutrition Programs | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.5 - Identify the basic elements of four public food and nutrition programs. | | *KEYWORDS:* | Remember | |

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| 66. ​According to the 2015 Dietary Guidelines for Americans, cholesterol intake \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​should be increased in women | |  | b. | ​should be increased in men | |  | c. | ​should be increased in men and women | |  | d. | ​should be decreased in men and women | |  | e. | ​is not considered a nutrient of concern for overconsumption |  |  |  | | --- | --- | | *ANSWER:* | e | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.6 - Apply the characteristics of healthful diets to the design of one. | | *KEYWORDS:* | Remember | |

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| 67. ​The Dietary Guidelines for Americans must be updated every \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​6 months | |  | b. | ​year | |  | c. | ​5 years | |  | d. | ​10 years | |  | e. | 15 years​ |  |  |  | | --- | --- | | *ANSWER:* | c | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.6 - Apply the characteristics of healthful diets to the design of one. | | *KEYWORDS:* | Remember | |

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| 68. ​Healthy dietary patterns include the regular consumption of \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​refined grain products | |  | b. | ​all types of nuts | |  | c. | ​processed meat | |  | d. | ​tropical oils | |  | e. | ​foods high in saturated fats |  |  |  | | --- | --- | | *ANSWER:* | b | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.6 - Apply the characteristics of healthful diets to the design of one. | | *KEYWORDS:* | Remember | |

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| **Matching** |

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| ​Matching   |  |  | | --- | --- | | a. | A unit of measure of the amount of energy supplied in food​ | | b. | ​Chemical substance that prevents or repairs damage to cells caused by oxidation | | c. | ​The chemical changes that take place in the body | | d. | ​The building blocks of proteins | | e. | ​Chemical substances that activate enzymes | | f. | ​Chemical substances used by the body for growth and health | | g. | ​High blood pressure | | h. | ​A fat-like substance found in all animal cell membranes | | i. | ​The process of making a vegetable oil solid by adding hydrogen | | j. | ​A type of unsaturated fat present in hydrogenated oils |  |  |  | | --- | --- | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Remember | |

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| 69. Hypertension​   |  |  | | --- | --- | | *ANSWER:* | g | |

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| 70. Nutrients​   |  |  | | --- | --- | | *ANSWER:* | f | |

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| 71. Calorie​   |  |  | | --- | --- | | *ANSWER:* | a | |

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| 72. Metabolism​   |  |  | | --- | --- | | *ANSWER:* | c | |

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| 73. Coenzyme​   |  |  | | --- | --- | | *ANSWER:* | e | |

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| 74. Hydrogenation​   |  |  | | --- | --- | | *ANSWER:* | i | |

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| 75. Trans fat​   |  |  | | --- | --- | | *ANSWER:* | j | |

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| 76. Cholesterol​   |  |  | | --- | --- | | *ANSWER:* | h | |

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| 77. Antioxidant​   |  |  | | --- | --- | | *ANSWER:* | b | |

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| 78. Amino acids​   |  |  | | --- | --- | | *ANSWER:* | d | |

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| **Subjective Short Answer** |

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| 79. Explain the connection between energy-dense and empty-calorie foods.   |  |  | | --- | --- | | *ANSWER:* | Many energy-dense foods are nutrient poor, or contain low levels of nutrients given their caloric value. These foods are sometimes referred to as empty-calorie foods and include products such as soft drinks, sherbet, hard candy, alcohol, and cheese twists. Excess intake of energy-dense and empty-calorie foods increases the likelihood that caloric needs will be met or exceeded before nutrients needs are met. | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Understand | |

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| 80. Describe the “ripple effect” relating to nutrient intake.   |  |  | | --- | --- | | *ANSWER:* | Dietary changes affect the level of intake of many nutrients. Switching from a high-fat to a low-fat diet, for instance, may result in a lower intake of calories and higher intake of dietary fiber and vitamins. Consequently, dietary changes introduced for the purpose of improving intake of a particular nutrient produce a “ripple effect” on the intake of other nutrients. | | *REFERENCES:* | Principles of the Science of Nutrition | | *LEARNING OBJECTIVES:* | NTLC.BRWN.17.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Understand | |