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| **Matching** |

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| *Match each value or word or phrase with the most appropriate definition or explanation.*   |  |  | | --- | --- | | a. | ​7 | | b. | ​16 | | c. | ​20 | | d. | ​40 | | e. | ​1 kcalorie | | f. | ​fat | | g. | ​water | | h. | ​energy | | i. | ​protein | | j. | ​organic | | k. | ​placebo | | l. | ​inorganic | | m. | ​validity | | n. | ​hypothesis | | o. | undernutrition | | p. | ​overnutrition | | q. | anthropometrics | | r. | ​overt deficiency | | s. | ​physical examination | | t. | ​subclinical deficiency | |

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| 1. nutrient with the highest body concentration   |  |  | | --- | --- | | *ANSWER:* | g | |

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| 2. substance containing no carbon or not pertaining to living things   |  |  | | --- | --- | | *ANSWER:* | l | |

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| 3. number of indispensable nutrients for human beings   |  |  | | --- | --- | | *ANSWER:* | d | |

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| 4. most substances containing carbon-hydrogen bonds   |  |  | | --- | --- | | *ANSWER:* | j | |

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| 5. substance containing nitrogen   |  |  | | --- | --- | | *ANSWER:* | i | |

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| 6. energy required to increase temperature of 1 kilogram of water from 0° C to 100° C   |  |  | | --- | --- | | *ANSWER:* | e | |

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| 7. nutrient with the highest energy density   |  |  | | --- | --- | | *ANSWER:* | f | |

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| 8. energy (kcalorie) yield of 5 grams of sugar   |  |  | | --- | --- | | *ANSWER:* | c | |

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| 9. energy (kcalorie) yield of 1 gram of alcohol   |  |  | | --- | --- | | *ANSWER:* | a | |

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| 10. number of minerals known to be essential in human nutrition   |  |  | | --- | --- | | *ANSWER:* | b | |

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| 11. ​an unproven statement   |  |  | | --- | --- | | *ANSWER:* | n | |

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| 12. ​an inert medication   |  |  | | --- | --- | | *ANSWER:* | k | |

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| 13. ​possessing the quality of being evidence-based   |  |  | | --- | --- | | *ANSWER:* | m | |

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| 14. ​the recommended intake is set at the population mean   |  |  | | --- | --- | | *ANSWER:* | h | |

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| 15. ​excess nutrient intake leads to this   |  |  | | --- | --- | | *ANSWER:* | p | |

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| 16. ​deficient nutrient intake leads to this   |  |  | | --- | --- | | *ANSWER:* | o | |

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| 17. ​measurement of physical characteristics   |  |  | | --- | --- | | *ANSWER:* | q | |

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| 18. ​inspection of skin, tongue, eyes, hair, and fingernails   |  |  | | --- | --- | | *ANSWER:* | s | |

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| 19. ​a nutrient deficiency showing outward signs   |  |  | | --- | --- | | *ANSWER:* | r | |

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| 20. ​a nutrient deficiency in the early stages   |  |  | | --- | --- | | *ANSWER:* | t | |

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| **Multiple Choice** |

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| 21. ​Research suggests that genetics is likely to influence \_\_\_\_ and, therefore, food likes and dislikes.   |  |  |  | | --- | --- | --- | |  | a. | ​ad susceptibility | |  | b. | ​ethnic biases | |  | c. | ​taste perception | |  | d. | ​socioeconomic status |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 22. ​A child develops a strong dislike of noodle soup after she eats some while sick with the flu. This is an example of a food-related \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​habit | |  | b. | ​association | |  | c. | ​emotion | |  | d. | ​social interaction |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 23. ​A person who eats a bowl of oatmeal for breakfast every day is most likely making a food choice based on \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​environmental concerns | |  | b. | ​availability | |  | c. | ​ethnic heritage | |  | d. | ​habit |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 24. ​Approximately what percentage of meals in the United States is prepared in the home?   |  |  |  | | --- | --- | --- | |  | a. | ​30 | |  | b. | ​50 | |  | c. | ​70 | |  | d. | ​90 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 25. ​Individuals who frequently prepare their own meals are more likely to \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​consume larger amounts of fat, protein, and kcalories | |  | b. | ​have a lower incidence of acute health problems | |  | c. | ​report more positive emotions and healthier food choices | |  | d. | ​eat with family members than to eat alone |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 26. ​Eating in response to negative emotions and stress can easily lead to \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​overweight and obesity | |  | b. | ​food aversions | |  | c. | ​healthy food choices | |  | d. | ​lack of appetite |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 27. ​Foods that provide health benefits beyond their nutrient combinations are called \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​health-enhancing foods | |  | b. | ​enriched foods | |  | c. | ​fortified foods | |  | d. | ​functional foods |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 28. ​What are the simplest types of functional foods?   |  |  |  | | --- | --- | --- | |  | a. | ​whole foods | |  | b. | ​food supplements | |  | c. | ​commercial foods | |  | d. | ​antioxidants |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 29. ​Nonnutrient substances found in plant foods that show biological activity in the body are commonly known as \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​folionutrients | |  | b. | ​inorganic nutriments | |  | c. | ​phytochemicals | |  | d. | ​carotenoids |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 30. ​What is the best example of a functional food?   |  |  |  | | --- | --- | --- | |  | a. | ​tomato | |  | b. | ​instant oatmeal | |  | c. | ​white bread | |  | d. | ​calcium-fortified orange juice |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 31. Approximately how much water would be found in a 120-pound person?​   |  |  |  | | --- | --- | --- | |  | a. | ​12 pounds | |  | b. | ​24 pounds | |  | c. | ​36 pounds | |  | d. | ​72 pounds |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 32. ​Inorganic nutrients are those that do not contain which element?   |  |  |  | | --- | --- | --- | |  | a. | ​hydrogen | |  | b. | ​oxygen | |  | c. | ​carbon | |  | d. | ​chloride |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 33. Which term refers to a nutrient needed by the body that must be supplied by foods?​   |  |  |  | | --- | --- | --- | |  | a. | ​nutraceutical | |  | b. | ​metabolic unit | |  | c. | ​essential nutrient | |  | d. | ​phytonutrient |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 34. Which element would be classified as a micronutrient?​   |  |  |  | | --- | --- | --- | |  | a. | ​protein | |  | b. | ​iron | |  | c. | ​alcohol | |  | d. | ​carbohydrate |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 35. ​Which component is an organic compound?   |  |  |  | | --- | --- | --- | |  | a. | ​salt | |  | b. | ​water | |  | c. | ​calcium | |  | d. | ​vitamin C |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 36. What compound is an example of an energy-yielding nutrient?​   |  |  |  | | --- | --- | --- | |  | a. | ​protein | |  | b. | ​water | |  | c. | ​minerals | |  | d. | ​vitamins |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 37. Gram for gram, which element provides the most energy?​   |  |  |  | | --- | --- | --- | |  | a. | ​fats | |  | b. | ​alcohol | |  | c. | ​proteins | |  | d. | ​carbohydrates |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 38. ​Food energy is commonly expressed in kcalories and in \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​kilojoules | |  | b. | ​thermal units | |  | c. | ​fluence of energy | |  | d. | ​newtons |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 39. Lisa is trying to lose weight and has reduced her daily intake to 1400 kcalories, which includes 30 grams of fat. Approximately what percentage of the total energy in Lisa’s diet consists of fat?​   |  |  |  | | --- | --- | --- | |  | a. | ​8.5 percent | |  | b. | ​15 percent | |  | c. | ​19 percent | |  | d. | ​25.5 percent |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 40. Jeremy’s diet provides a total of 2200 kcalories, of which 40 percent of the energy is from fat and 20 percent is from protein. How many grams of carbohydrate are contained in the diet?​   |  |  |  | | --- | --- | --- | |  | a. | ​220 grams | |  | b. | ​285 grams | |  | c. | ​450 grams | |  | d. | ​800 grams |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 41. ​What is the kcalorie value of a meal that contains 110 grams of carbohydrates, 25 grams of protein, 20 grams of fat, and 5 grams of alcohol?   |  |  |  | | --- | --- | --- | |  | a. | ​160 kcalories | |  | b. | ​345 kcalories | |  | c. | ​550 kcalories | |  | d. | ​755 kcalories |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 42. ​Each of the \_\_\_\_ total vitamins has a special role to play in the human body.   |  |  |  | | --- | --- | --- | |  | a. | ​8 | |  | b. | ​11 | |  | c. | ​13 | |  | d. | ​15 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 43. ​What best describes a feature of the minerals as nutrients?   |  |  |  | | --- | --- | --- | |  | a. | ​Minerals yield only a small amount of energy. | |  | b. | ​Minerals are easily destroyed and must be handled carefully. | |  | c. | ​Minerals are never bound to any substance in the body. | |  | d. | ​Minerals can be lost during food-refining processes. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 44. ​Only \_\_\_\_ minerals are known to be essential in human nutrition.   |  |  |  | | --- | --- | --- | |  | a. | ​12 | |  | b. | ​16 | |  | c. | ​21 | |  | d. | ​24 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 45. ​The study of how a person's genes interact with nutrients is known as \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​genetic counseling | |  | b. | ​nutritional genomics | |  | c. | ​nutrigenetics | |  | d. | ​biomics |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 46. Carrie took a daily supplement of vitamin C and then stated that she felt a lot better. Her experience is best described as a(n) \_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​blind experiment | |  | b. | ​random outcome | |  | c. | ​case control experiment | |  | d. | ​anecdote |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 47. What best describes a double-blind experiment?​   |  |  |  | | --- | --- | --- | |  | a. | ​Both subject groups alternate receiving each treatment. | |  | b. | ​Neither the subjects nor the researchers know which subjects are in each group. | |  | c. | ​The subjects do not know whether they are in the control or experimental groups, but the researchers do know. | |  | d. | ​The subjects know whether they are in the control or experimental groups, but the researchers do not know. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 48. In the scientific method, a tentative solution to a problem is called the \_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​anecdote | |  | b. | ​experiment | |  | c. | ​hypothesis | |  | d. | ​analysis |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 49. What best describes a major weakness of a laboratory-based study?​   |  |  |  | | --- | --- | --- | |  | a. | ​The costs are too high. | |  | b. | ​The results cannot be replicated in humans. | |  | c. | ​The sample sizes are not large enough. | |  | d. | ​The findings usually cannot be published. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 50. ​In studies examining the effectiveness of a nutrient, subjects are divided into two groups. The \_\_\_\_ group receives the nutrient, while the control group does not.   |  |  |  | | --- | --- | --- | |  | a. | ​experimental | |  | b. | ​placebo | |  | c. | ​randomized | |  | d. | ​sample |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 51. What is the benefit of using controls in an experiment?​   |  |  |  | | --- | --- | --- | |  | a. | ​The size of the groups can be very large. | |  | b. | ​The subjects do not need to know anything about the experiment. | |  | c. | ​The subjects who are treated are balanced against the placebos. | |  | d. | ​The groups are similar in all respects except for the treatment being tested. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 52. What is a benefit of using placebos in an experiment?​   |  |  |  | | --- | --- | --- | |  | a. | ​All of the subjects are similar. | |  | b. | ​All of the subjects receive pills. | |  | c. | ​Neither the subjects nor the researchers know who is receiving treatment. | |  | d. | ​One group of subjects receives a treatment and the other group receives nothing. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 53. ​Which type of study is an example of an experimental study?   |  |  |  | | --- | --- | --- | |  | a. | ​case control study | |  | b. | ​human intervention study | |  | c. | ​cohort study | |  | d. | ​cross-sectional study |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 54. ​An increase in exercise accompanied by a decrease in body weight is an example of a \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​variable effect | |  | b. | ​positive correlation | |  | c. | ​negative correlation | |  | d. | ​randomization effect |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 55. The lowest continuing intake of a nutrient that maintains a specified criterion of adequacy is called the nutrient \_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​allowance | |  | b. | ​requirement | |  | c. | ​tolerable limit | |  | d. | ​adequate intake |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 56. The \_\_\_\_ is the usual amount of each nutrient that appears sufficient for half of the population.​   |  |  |  | | --- | --- | --- | |  | a. | ​Recommended Dietary Allowance (RDA) | |  | b. | ​Estimated Average Requirements (EAR) | |  | c. | ​Adequate Intake (AI) requirement | |  | d. | ​Tolerable Upper Intake Level (UL) |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 57. ​Recommended Dietary Allowances may be used to \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​measure nutrient balance of population groups | |  | b. | ​assess dietary nutrient adequacy for individuals | |  | c. | ​treat persons with diet-related illnesses | |  | d. | ​calculate exact food requirements for most individuals |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 58. ​Recommended Dietary Allowances are based on the \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​Lower Tolerable Limit | |  | b. | ​Upper Tolerable Limit | |  | c. | ​Subclinical Deficiency Value | |  | d. | ​Estimated Average Requirement |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 59. The amount of a nutrient that meets the needs of about 98 percent of a population is termed the \_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​Adequate Intake | |  | b. | ​Daily Recommended Value | |  | c. | ​Tolerable Upper Intake Level | |  | d. | ​Recommended Dietary Allowance |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 60. ​What is one purpose of both the Recommended Dietary Allowance and Adequate Intake?   |  |  |  | | --- | --- | --- | |  | a. | ​setting nutrient goals for individuals | |  | b. | ​identifying toxic intakes of nutrients | |  | c. | ​restoring the health of malnourished individuals | |  | d. | ​developing nutrition programs for schoolchildren |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 61. ​What set of values is used to recommend the average kcalorie intake to maintain populations in energy balance?   |  |  |  | | --- | --- | --- | |  | a. | ​Estimated Energy Requirement | |  | b. | ​Adequate Average Requirement | |  | c. | ​Recommended Dietary Allowance | |  | d. | ​Acceptable Energy Distribution Range |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 62. ​Shelly is working with a registered dietitian to review her diet and food choices so that she can lose weight. Shelly is confused about how many nutrients she needs to take each day and may have misunderstood information related to Recommended Dietary Allowances. What would be an accurate recommendation for Shelly?   |  |  |  | | --- | --- | --- | |  | a. | ​Shelly should strive to take in no more than 45 percent of her kcalories from fat. | |  | b. | ​In addition to a balanced diet, Shelly should take a vitamin supplement to ensure that she reaches the upper limit of vitamin C. | |  | c. | ​In contrast to the RDA and AI values for nutrients, the energy recommendation for Shelly is generous. | |  | d. | ​The nutrient intakes for Shelly refer to average daily intakes; she should not try to meet the recommendations for every nutrient every day. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 63. ​Which standard covers the percentages of kcalorie intakes for protein, fat, and carbohydrate that are thought to reduce the risk of chronic diseases?   |  |  |  | | --- | --- | --- | |  | a. | ​Estimated Energy Requirements | |  | b. | ​Tolerable Range of Kilocalorie Intakes | |  | c. | ​Estimated Energy Nutrient Recommendations | |  | d. | ​Acceptable Macronutrient Distribution Ranges |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 64. ​What is the AMDR for protein?   |  |  |  | | --- | --- | --- | |  | a. | ​10–35 percent | |  | b. | ​40–45 percent | |  | c. | ​50–65 percent | |  | d. | ​70–85 percent |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 65. If a person consumed the upper AMDR limit for protein as part of a diet providing 2500 kcalories, approximately how many grams of protein would be ingested?​   |  |  |  | | --- | --- | --- | |  | a. | ​41 grams | |  | b. | ​63 grams | |  | c. | ​135 grams | |  | d. | ​219 grams |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 66. ​The Dietary Reference Intakes may be used to \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​treat people with diet-related disorders | |  | b. | ​assess adequacy of all required nutrients | |  | c. | ​plan and evaluate diets for healthy people | |  | d. | ​assess adequacy of only vitamins and minerals |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 67. With a deficiency of energy, a person may display the symptoms of \_\_\_\_ by becoming extremely thin and losing muscle tissue.​   |  |  |  | | --- | --- | --- | |  | a. | ​malnutrition | |  | b. | ​undernutrition | |  | c. | ​subclinical nutrition | |  | d. | ​overnutrition |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 68. Which process would most likely be used to detect nutrient deficiencies?​   |  |  |  | | --- | --- | --- | |  | a. | ​assessment techniques | |  | b. | ​nutrient stages identification | |  | c. | ​overt symptoms identification | |  | d. | ​outward manifestations assessment |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 69. As a registered dietitian at Jones Hospital, you are instructed to write a policy statement on nutrition assessment procedures for all new patients. What are the most useful parameters for the nutrition assessment of individuals?   |  |  |  | | --- | --- | --- | |  | a. | ​diet recall, food likes and dislikes, allergies, and favorite family recipes | |  | b. | ​anthropometric data, physical examinations, food likes and dislikes, and family tree | |  | c. | ​diet record that includes what the patient usually eats, which will provide sufficient information | |  | d. | ​historical information, anthropometric data, physical examinations, and laboratory tests |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 70. What is an example of an anthropometric measure?​   |  |  |  | | --- | --- | --- | |  | a. | ​body weight | |  | b. | ​urinalysis | |  | c. | ​blood iron level | |  | d. | ​food intake information |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 71. ​Inspection of hair, eyes, skin, and posture is part of the nutrition assessment component known as \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​a diet history | |  | b. | ​anthropometrics | |  | c. | ​laboratory testing | |  | d. | ​physical examination |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 72. Michael has a primary deficiency of iron due to inadequate intake of foods containing the nutrient. Which assessment method would most likely reveal changes related to Michael’s primary iron deficiency?​   |  |  |  | | --- | --- | --- | |  | a. | ​anthropometric measurements | |  | b. | ​laboratory tests | |  | c. | ​diet history | |  | d. | ​physical examination |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 73. ​Which factor would most likely lead to a primary nutrient deficiency?   |  |  |  | | --- | --- | --- | |  | a. | ​inadequate nutrient intake | |  | b. | ​reduced nutrient absorption | |  | c. | ​increased nutrient excretion | |  | d. | ​increased nutrient destruction |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 74. What type of deficiency is caused by inadequate absorption of a nutrient?​   |  |  |  | | --- | --- | --- | |  | a. | ​primary | |  | b. | ​clinical | |  | c. | ​secondary | |  | d. | ​subclinical |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 75. A subclinical nutrient deficiency is defined as one that \_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​shows overt signs | |  | b. | ​is in the early stages | |  | c. | ​shows resistance to treatment | |  | d. | ​is similar to a secondary deficiency |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 76. ​The purpose of the *Healthy People* initiative is to \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​establish the DRI | |  | b. | ​identify national trends in food consumption | |  | c. | ​identify leading causes of death in the United States | |  | d. | ​set goals for the nation's health over the next 10 years |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 77. Of the ten leading causes of illness and death, how many are associated directly with nutrition?​   |  |  |  | | --- | --- | --- | |  | a. | ​one | |  | b. | ​four | |  | c. | ​seven | |  | d. | ​ten |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 78. Factors known to be related to a disease but not proven to be causal are called \_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​risk factors | |  | b. | ​genetic factors | |  | c. | ​degenerative factors | |  | d. | ​environmental factors |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 79. Which statement defines the association between a risk factor and the development of a disease?​   |  |  |  | | --- | --- | --- | |  | a. | ​All people with the risk factor will develop the disease. | |  | b. | ​The absence of a risk factor guarantees freedom from the disease. | |  | c. | ​The more risk factors for a disease, the greater the chance of developing that disease. | |  | d. | ​The presence of a factor such as heredity can be modified to lower the risk of degenerative diseases. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 80. An estimated \_\_\_\_ percent of adults in the United States consume five or more alcoholic drinks in a single day at least once a year.​   |  |  |  | | --- | --- | --- | |  | a. | ​14 | |  | b. | ​20 | |  | c. | ​26 | |  | d. | ​35 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 81. One of the most trustworthy sites used by scientists and others is \_\_\_\_, which provides free access to more than 23 million abstracts of research papers published in scientific journals around the world.   |  |  |  | | --- | --- | --- | |  | a. | ​nature.com | |  | b. | ​SagePub | |  | c. | ​PubMed | |  | d. | ​InTech Open |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 82. What statement describes the legal limitations, if any, for a person who disseminates dietary advice to the public?​   |  |  |  | | --- | --- | --- | |  | a. | ​The title "dietitian" can be used by anyone in all states. | |  | b. | ​The title "nutritionist" can be used by anyone in all states. | |  | c. | ​A license to practice as a nutritionist or dietitian is required by some states. | |  | d. | ​A license to practice as a nutritionist or dietitian is mandatory in all states. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 83. ​For which title, by definition, must the individual be college educated and pass a national examination administered by the Academy of Nutrition and Dietetics?   |  |  |  | | --- | --- | --- | |  | a. | ​medical doctor | |  | b. | ​registered dietician | |  | c. | ​certified nutritionist | |  | d. | ​certified nutrition therapist |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 84. ​A person who assists registered dietitians has the formal title of \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​dietetic assistant | |  | b. | ​nutrition assistant | |  | c. | ​dietetic technician | |  | d. | ​nutrition technician |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 85. ​Having permission under state or federal law, granted on meeting specified criteria, to use a certain title (such as dietitian) and offer certain services is called \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​accreditation | |  | b. | ​a license to practice | |  | c. | ​registration | |  | d. | ​​specialty certification |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| **Essay** |

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| 86. ​Describe how emotions can negatively and positively govern food choices.   |  |  | | --- | --- | | *ANSWER:* | ​Emotions guide food choices and eating behaviors. Some people cannot eat when they are emotionally upset. Others may eat in response to a variety of emotional stimuli—for example, to relieve boredom or depression or to calm anxiety. A person may choose to eat to help himself feel better after a difficult day. Alternatively, another person who has returned home from an exciting evening out may unwind with a late-night snack. These people may find emotional comfort because foods can influence the brain’s chemistry and the mind’s response. Carbohydrates and alcohol tend to calm, whereas proteins and caffeine are more likely to stimulate. Eating in response to emotions and stress can easily lead to overeating and obesity, but it may be helpful at times. For example, sharing food at times of bereavement serves both the giver’s need to provide comfort and the receiver’s need to be cared for and to interact with others as well as to take nourishment. | |

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| 87. ​List the strengths and weaknesses of epidemiological studies and experimental studies.   |  |  | | --- | --- | | *ANSWER:* | Epidemiological studies research the incidence, distribution, and control of disease within a population. Epidemiological studies include cross-sectional, case-control, and cohort studies. They are beneficial in that they help researchers to narrow down possible causes of disease and they can raise other, relevant questions about the disease through the research process. Alternatively, epidemiological studies cannot control the variables that may influence the development or prevention of a disease, and they cannot prove cause and effect. Experimental studies test cause-and-effect relationships between variables. Experimental studies include laboratory-based studies—on animals or in test tubes (in vitro)—and human intervention (or clinical) trials. They are beneficial because they can control conditions of the study, they can determine the effects of a variable, and they can apply some of their effects to humans. However, experimental studies cannot generalize their findings to humans and they often must refrain from certain treatments due to ethical reasons. | |

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| 88. ​Briefly describe each component of a nutrition assessment.   |  |  | | --- | --- | | *ANSWER:* | The health history involves obtaining information about a person’s history with respect to health status, socioeconomic status, drug use, and diet. The health history reflects a person’s medical record and may reveal a disease that interferes with the person’s ability to eat or the body’s use of nutrients. The person’s family history of major diseases may reveal conditions such as heart disease that have a genetic tendency to run in families. Social factors such as marital status, ethnic background, and educational level also influence food choices. A drug history can highlight potential drug–food interactions. Anthropometric measures involve such calculations as height and weight. The assessor compares a person’s measurements with standards specific for gender and age or with previous measures on the same individual. The physical examination looks for clues to poor nutrition status through visual inspection of the hair, eyes, skin, posture, tongue, and fingernails. A fourth way to detect a developing deficiency, imbalance, or toxicity is to take samples of blood or urine, analyze them in the laboratory, and compare the results with normal values for a similar population. Laboratory tests are most useful in uncovering early signs of malnutrition before symptoms appear. In addition, they can confirm suspicions raised by other assessment methods. | |

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| 89. ​Discuss the meaning and significance of the relationships between risk factors and chronic diseases.   |  |  | | --- | --- | | *ANSWER:* | ​  Factors that increase or reduce the risk of developing chronic diseases can be identified by analyzing statistical data. A strong association between a risk factor and a disease means that when the factor is present, the likelihood of developing the disease increases. It does not mean that all people with the risk factor will develop the disease. Similarly, a lack of risk factors does not guarantee freedom from a given disease. On average, though, the more risk factors in a person’s life, the greater that person’s chances of developing the disease. Conversely, the fewer risk factors in a person’s life, the better the chances for good health. | |

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| 90. List common signs that an unsolicited e-mail with nutrition information should be suspected as untrustworthy.   |  |  | | --- | --- | | *ANSWER:* | When nutrition information arrives in unsolicited e-mails, the consumer should be suspicious if certain items are present as part of the message. Signs of a suspicious e-mail include a lack of an author or if an author is present, he or she is someone without a nutrition background; the phrase, “forward this to everyone you know” appears, the e-mail insists that the news is legitimate and sensational but the consumer has never heard of it before; there are misspellings in the text of the message or it is full of exclamation points, bold lettering, or different font sizes; or there are no references available to support the theory of the message. | |