

Review Test

Multiple Choice: choose one of the answers for each question.

1) The USDA Dietary Guidelines for Americans advise:

- a. Limiting carbohydrates to 10 percent of daily calories
- b. Limiting total fat intake to 20 to 35 percent of calories
- c. Limiting protein to 10 percent of daily calories
- d. Limiting intake of fats and oils to 10 percent of daily calories

2) When it comes to sodium, for a healthy diet, sodium should be limited to:

- A. 4000 mg/day
- B. 3000 mg/day
- C. 2400 mg/day
- D. 2300 mg/day
- E. 2200 mg/day

3) This forms fatty deposits in the arteries which may lead to narrowing of the arteries, restricted blood flow and eventually to heart attack or stroke.

- A. Alcohol
- B. Smoking
- C. Cholesterol
- D. Fatty acids
- E. None of the Above

True and False Questions: choose one answer for each of the questions.

4) Your body naturally produces cholesterol.

- A. True
- B. False

5) RDA is the dietary intake of nutrients that meets the needs of almost all healthy individuals.

- A. True
- B. False

6) For men and women 50 and younger, fiber intake should be 20 g for men, 10 g for women.

- A. True
- B. False

Short Answer: Choose one of the words below for each question. No words are repeated.

Words for answers: Epidemiological study, Clinical study, moderation, control, good, bad, lipid, carbohydrate.

7) A _____ is a study of populations.

8) A healthy diet is all about _____. There are no _____ or _____ foods.

9) Another name for fat is _____.

Matching: Draw an arrow from one term to its definition.

10) Diabetes

A) High dense foods contain more nutrients per calories.

11) Nutrient Dense

B) A metabolic disease in which the body's inability to produce any or enough insulin causes elevated levels of glucose in the blood.

C) Based on dietary guidelines for American USDA's most recent food guide.

12) My Plate