

Chapter 02 - Tools of a Healthy Diet

**Chapter 02**  
**Tools of a Healthy Diet**

**Multiple Choice Questions**

1. Which is true about the Dietary Reference Intakes (DRIs)?
- A. They apply to people in Canada and the U.S.
  - B. They differ by age group.
  - C. They include Recommended Dietary Allowances and Tolerable Upper Intake Levels.
  - D. They were created by the Food and Nutrition Board.
  - E. All of these responses are true.**

*Bloom's: 1. Remember*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

2.

Dietary Reference Intakes (DRI) values are for people who are \_\_\_\_\_.

- A. 1 to 4 years of age
- B. over 4 years of age
- C. over 19 years of age
- D. of all ages**

*Bloom's: 1. Remember*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

3. An Adequate Intake (AI) is set for a nutrient when \_\_\_\_\_.

- A. too little research is available to establish an RDA
- B. the needs during pregnancy decline instead of increase
- C. the need for a nutrient depends on total calories eaten
- D. the nutrient has a high potential for being toxic

*Bloom's: 1. Remember*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

4. Which Dietary Reference Intake (DRI) is set high enough to meet the needs of 97 to 98% of the population?

- A. Estimated Energy Requirements
- B. Estimated Average Requirements
- C. Recommended Dietary Allowances
- D. Dietary Reference Intakes

*Bloom's: 1. Remember*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

5. Tolerable Upper Intake Levels (ULs) are \_\_\_\_\_.

- A. the maximum daily intake level not likely to cause harmful effects
- B. based on intakes from only supplements and highly fortified foods
- C. nutrient intake goals
- D. set for all nutrients

*Bloom's: 1. Remember*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

6. Which Dietary Reference Intake (DRI) reflects average daily needs?

- A. Adequate Intakes
- B. Estimated Average Requirements**
- C. Recommended Dietary Allowances
- D. Tolerable Upper Intake Levels

*Bloom's: 2. Understand*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

7. The AMDRs do NOT include estimates for intake of \_\_\_\_\_.

- A. essential fatty acids
- B. essential amino acids**
- C. carbohydrate
- D. fat

*Bloom's: 1. Remember*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

8. The Recommended Dietary Allowances (RDAs) for nutrients are \_\_\_\_\_.

- A. the minimum amounts needed by an average 70-kg man
- B. twice as high as almost everyone needs
- C. average requirements for a population
- D. designed to meet the nutrient needs of 97 to 98% of individuals in a specific life stage**

*Bloom's: 1. Remember*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

9. Foods that provide a greater contribution to nutrient needs than calorie needs are said to be \_\_\_\_\_.

- A. empty calorie
- B. energy dense
- C. calorie dense
- D.** nutrient dense

*Bloom's: 1. Remember*

*Learning Outcome: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.*

*Section: 2.01*

*Topic: Nutrition monitoring and assessment*

10. The nutrient standards used on Nutrition Facts panels are called \_\_\_\_\_.

- A. Recommended Dietary Allowances
- B.** Daily Values
- C. Estimated Average Requirements
- D. Dietary Reference Intakes

*Bloom's: 1. Remember*

*Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.*

*Section: 2.02*

*Topic: Food and supplement labeling*

11. Daily Values differ from Recommended Dietary Allowances in that Daily Values \_\_\_\_\_.

- A. are used on Nutrition Facts panels
- B.

are based on 2 sets of dietary standards

C. are not gender-specific

**D.**

All of these responses are correct.

*Bloom's: 2. Understand*

*Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.*

*Section: 2.02*

*Topic: Food and supplement labeling*

12. Daily Values are based on which sets of dietary standards?

- A.** Reference Daily Intakes and Daily Reference Values
- B. Recommended Dietary Allowances and Daily Reference Values
- C. Reference Daily Intakes and Tolerable Upper Intake Levels
- D. Recommended Dietary Allowances and Reference Daily Intakes

*Bloom's: 1. Remember*

*Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.*

*Section: 2.02*

*Topic: Food and supplement labeling*

13. Daily Reference Values are set for \_\_\_\_\_.

- A. fat and cholesterol
- B. sodium and potassium
- C. carbohydrate and protein
- D.**

All of these responses are correct.

*Bloom's: 1. Remember*

*Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.*

*Section: 2.02*

*Topic: Food and supplement labeling*

14. The reference calorie intake for calculating percent Daily Values on Nutrition Facts labels is \_\_\_\_\_.

- A. 1500 kcal
- B.** 2000 kcal
- C. 2300 kcal
- D. 3000 kcal

*Bloom's: 1. Remember*

*Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.*

*Section: 2.02*

*Topic: Food and supplement labeling*

## Chapter 02 - Tools of a Healthy Diet

15.

Which dietary standard value varies with calorie intake?

- A. Fat
- B. Vitamin C
- C. Calcium
- D. Iron

*Bloom's: 2. Understand*

*Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.*

*Section: 2.02*

*Topic: Food and supplement labeling*

16. Which is required on a food package?

- A. Name and address of the food manufacturer
- B. Date and time of processing
- C. Expiration date
- D. Percent Daily Value for protein

*Bloom's: 2. Understand*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

17. If a can of soup provides 4 servings and has 100 kcal per serving, how many kcal are in the entire can?

- A. 100
- B. 200
- C. 400
- D. 800

$$100 \text{ kcal/serving} \times 4 \text{ servings/can} = 400 \text{ kcal/can}$$

*Bloom's: 3. Apply*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

18. Food components that must be listed on the Nutrition Facts panel include \_\_\_\_\_.

- A. sugars, dietary fiber, and fluoride
- B. sugars, dietary fiber, and calcium**
- C. sugars, dietary fiber, and monounsaturated fat
- D. sugars, calcium, and B-vitamins

*Bloom's: 2. Understand*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

19. Which claims are NOT closely regulated by the Food and Drug Administration (FDA)?

- A. Health claims
- B. Structure/function claims**
- C. Nutrient content claims

*Bloom's: 2. Understand*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

20. To be defined as a "good" source of calcium, a food must contain \_\_\_\_\_.

- A. at least 5% of the Daily Value for calcium in 1 serving of the food
- B. at least 10% of the Daily Value for calcium in 1 serving of the food**
- C. at least 50% of the Daily Value for calcium in 1 serving of the food
- D. at least 50% of the Daily Value for calcium in 2 servings of the food

*Bloom's: 2. Understand*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

21. When vitamins and/or minerals are added to a food product in amounts in excess of at least 10% above that originally present in the product, the food is designated as \_\_\_\_\_.

- A. light or lite
- B. organic
- C. imitation
- D.** fortified

*Bloom's: 1. Remember*

*Section: 2.02*

*Topic: Food and supplement labeling*

22. Which is NOT a permitted health claim?

- A. Diets with enough calcium may reduce risk of osteoporosis.
- B.** Diets low in sugar may reduce the risk of cancer.
- C. Diets low in saturated fat and cholesterol may reduce the risk of cardiovascular disease.
- D. None of these responses are permitted.

*Bloom's: 3. Apply*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

23. What type of claim is "calcium builds strong bones and teeth"?

- A.** Structure/function claim
- B. Health claim
- C. Nutrient claim
- D. Preliminary health claim

*Bloom's: 3. Apply*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

24. For a health claim to be made about a food product, it must NOT contain more than \_\_\_\_\_.

- A. 19 g fat
- B. 70% carbohydrate
- C. 4 g saturated fat**
- D. 120 mg cholesterol
- E.

All of these choices are correct.

*Bloom's: 1. Remember*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

25. Factors that affect the amount of nutrients in foods include \_\_\_\_\_.

- A. farming conditions
- B. ripeness of plants when harvested
- C. cooking processes
- D. length of time food is stored
- E.**

All of these factors affect nutrient content of foods.

*Bloom's: 2. Understand*

*Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.*

*Section: 2.03*

*Topic: Nutrition monitoring and assessment*

26. Energy-dense foods are \_\_\_\_\_.

- A. high in calories**
- B. high in water
- C. high in fiber
- D. high in volume

*Bloom's: 1. Remember*

*Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.*

*Section: 2.03*

*Topic: Nutrition monitoring and assessment*

27. Nutrient databases can be used to determine \_\_\_\_\_.

- A. a food's energy density
- B. a food's nutrient density
- C. the nutrient content of your diet
- D. the nutrient content of the foods in a recipe
- E.**

All of these responses are appropriate uses of nutrient databases.

*Bloom's: 3. Apply*

*Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.*

*Section: 2.03*

*Topic: Nutrition monitoring and assessment*

28. The Dietary Guidelines for Americans are designed to reduce the risk of \_\_\_\_\_.

- A. cancer
- B. cardiovascular disease
- C. obesity
- D. foodborne illness
- E.**

All of these responses are correct.

*Bloom's: 1. Remember*

*Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.*

*Section: 2.04*

*Topic: Nutrition monitoring and assessment*

29. The Dietary Guidelines for Americans \_\_\_\_\_.

- A. provide a scientific basis for USDA's school lunch program
- B. provide a scientific basis for the Food Stamp Program
- C. are designed to reduce the risk of "killer" diseases
- D.**

All of these choices are correct.

*Bloom's: 1. Remember*

*Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.*

*Section: 2.04*

*Topic: Nutrition monitoring and assessment*

30. According to the Dietary Guidelines for Americans, those who consume alcoholic beverages should do so in moderation. Which of the following statements is true?

- A. A moderate intake is 1 or fewer servings per day for women.
- B. Beer is not considered an alcoholic beverage because it is mostly water.
- C. An average serving of red wine is 1.6 ounces per glass.
- D. To be considered an alcoholic beverage, distilled spirits must be at least 180 proof.

*Bloom's: 1. Remember*

*Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.*

*Section: 2.04*

*Topic: Nutrition monitoring and assessment*

31.

Which government agency publishes the Dietary Guidelines for Americans?

- A. USDA
- B. USDHHS
- C. FDA
- D.

USDA and USDHHS

E. FDA and USDA

*Bloom's: 1. Remember*

*Learning Outcome: 02.05 Discuss the Dietary Guidelines for Americans and the diseases they are intended to prevent or minimize.*

*Section: 2.04*

*Topic: Nutrition monitoring and assessment*

32. MyPlate groups foods into \_\_\_\_\_ major categories.

- A. 2
- B. 3
- C. 4
- D. 5

*Bloom's: 1. Remember*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

33. Which is NOT a key behavior emphasized in MyPlate?

- A. Balancing calories
- B. Foods to increase
- C. Disease prevention**
- D. Foods to reduce

*Bloom's: 1. Remember*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

34. According to MyPlate, a mini bagel would represent \_\_\_\_\_ ounce(s) from the grains group.

- A. 0.50
- B. 1**
- C. 2
- D. 3
- E. 4

*Bloom's: 3. Apply*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

35. Two cups of lettuce salad would equal a cup from which MyPlate food group?

- A. Free
- B. Others
- C. Vegetable**
- D. Salad

*Bloom's: 3. Apply*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

36. MyPlate includes which food group?

- A. Dairy
- B. Vegetables
- C. Protein foods
- D. Fruits
- E.** All of the above

*Bloom's: 1. Remember*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

37. What eating behavior does MyPlate encourage?

- A. Make half your plate vegetables.
- B. Make half your plate grains.
- C.** Make at least half your grains whole grains.
- D.

Add in more empty-calorie foods.

*Bloom's: 2. Understand*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

38. What counts as a cup in the dairy group?

- A. 1 cup of ice cream
- B.** 1 cup of yogurt
- C. 1 cup of cottage cheese
- D. 1 cup grated cheese

*Bloom's: 1. Remember*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

## Chapter 02 - Tools of a Healthy Diet

39.

According to MyPlate, four ounces of processed cheese equals \_\_\_\_ serving(s) from the milk group.

- A. 1
- B. 2**
- C. 3
- D. 4

*Bloom's: 3. Apply*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

40. Which nutrients are contributed by the fruit group of MyPlate?

- A. calcium
- B. folate**
- C. zinc
- D. protein

*Bloom's: 2. Understand*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

41.

Which nutrient is contributed by the protein foods group of MyPlate?

- A. iron**
- B. calcium
- C. vitamin C
- D.

vitamin A

*Bloom's: 2. Understand*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

42. The MyPlate vegetable group is divided into which subgroups?

A.

Starchy vegetables, red and orange vegetables, and dark green vegetables

B. Dark green vegetables and other vegetables

C.

Other vegetables, starchy vegetables, and red and yellow vegetables

**D.**

Dark green vegetables, orange vegetables, starchy vegetables, beans and peas, and other vegetables

*Bloom's: 1. Remember*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*

43. Reading food labels helps consumers \_\_\_\_\_.

A. identify amounts of salt or sodium in the product

B. determine the sugar content of the product

C. determine amount and kind of fat in the product

D. choose foods with dietary fiber

**E.**

All of these responses are correct.

*Bloom's: 2. Understand*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.02*

*Topic: Food and supplement labeling*

44. Mandatory labeling of foods is regulated by the \_\_\_\_\_.

- A. USDHHS
- B. FTC
- C. FDA
- D. GAO

*Bloom's: 1. Remember*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

45. Labeling laws require that ingredients in food products be listed on the container in descending order of their \_\_\_\_\_.

- A. calories
- B. nutrient density
- C. weight
- D. cost

*Bloom's: 1. Remember*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

46. Under the current law on nutrition labeling, the Nutrition Facts panel must include \_\_\_\_\_.

- A. total calories from fat
- B. total calories from *trans* fat
- C. total calories from saturated fat
- D. grams of monounsaturated fat

*Bloom's: 2. Understand*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

## Chapter 02 - Tools of a Healthy Diet

47.

If a group of people consumed an amount of protein equal to the estimated average requirement for their life stage, what percentage would receive insufficient amounts?

A.

2

B.

33

**C.**

50

D.

98

*Bloom's: 3. Apply*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

## Chapter 02 - Tools of a Healthy Diet

48.

What measure best describes the amounts of nutrients that should be consumed by the population?

A.

The Dietary Reference Intakes because they are a set of nutrient intake values for healthy people

B.

The Tolerable Upper Intake levels because they are the maximum daily amount of a nutrient needed that is safe for most healthy people

C.

The Estimated Average Requirements because they reflect the average daily amount of a nutrient that will maintain a specific function in half of the healthy people of a population

**D.**

The Recommended Dietary Allowances because they represent the daily amount of a nutrient considered adequate to meet the known nutrient needs of nearly all healthy people

*Bloom's: 3. Apply*

*Learning Outcome: 02.02 Compare the Daily Values to the Dietary Reference Intakes and explain how they are used on Nutrition Facts panels.*

*Section: 2.01*

*Topic: Dietary requirements*

## Chapter 02 - Tools of a Healthy Diet

49.

If a person consumed 35% of a diet providing 2500 kcalories from protein, approximately how many grams of protein would be ingested?

A.

48

B.

67

C.

165

**D.**

219

*Bloom's: 4. Analyze*

*Learning Outcome: 02.01 Explain the purpose of the Dietary Reference Intake (DRI) and its components (Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, Upper Levels, Estimated Energy Requirements, and Acceptable Macronutrient Distribution Ranges).*

*Section: 2.01*

*Topic: Dietary requirements*

## Chapter 02 - Tools of a Healthy Diet

50.

Which of the following meals represents the most nutrient-dense meal?

**A.**

medium apple, fat-free milk, turkey sandwich on whole grain bread, carrot slices

B.

graham crackers, fruit punch, salami sandwich on white bread, vegetable soup

C.

banana, pretzels with peanut butter, chicken breast wrap sandwich, diet soft drink

D.

chocolate chip cookies, low-fat cheese slices on rice cakes, whole milk, peanuts

*Bloom's: 4. Analyze*

*Learning Outcome: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.*

*Section: 2.01*

*Topic: Nutrition monitoring and assessment*

## Chapter 02 - Tools of a Healthy Diet

51.

Which of the following represents the most energy-dense meal?

A.

broiled fish, watermelon, green beans, water

**B.**

whole milk, peanut butter and jelly sandwich on white bread, tortilla chips

C.

broccoli, chicken broth, strawberries, fat-free milk

D.

cream cheese on a bagel, vegetable soup, kiwi, salad and lemon juice dressing

*Bloom's: 4. Analyze*

*Learning Outcome: 02.07 Develop a healthy eating plan based on the concepts of variety, balance, moderation, nutrient density, and energy density.*

*Section: 2.03*

*Topic: Nutrition monitoring and assessment*

## Chapter 02 - Tools of a Healthy Diet

52.

If anticipated results are not seen after implementing dietary changes, what is the next step?

A.

Add extra meals to the diet.

**B.**

Seek the help of a registered dietician or physician.

C.

Add in supplements.

D.

Limit nutrient intake.

*Bloom's: 3. Apply*

*Learning Outcome: 02.04 Describe the uses and limitations of the data in nutrient databases.*

*Section: 2.04*

*Topic: Nutrition monitoring and assessment*

## Chapter 02 - Tools of a Healthy Diet

53.

A food label that advertises the product as a “rich source of fiber” is an example of a(n)

A.

Health claim

B.

Structure/function claim

**C.**

Nutrient claim

D.

Obesity prevention claim

*Bloom's: 3. Apply*

*Learning Outcome: 02.03 Describe Nutrition Facts panels and the claims permitted on food packages.*

*Section: 2.02*

*Topic: Food and supplement labeling*

Chapter 02 - Tools of a Healthy Diet

54.

Which program on MyPlate would you use if you were looking for tips on planning healthy food choices to meet individual goals?

A.

*The SuperTracker*

B.

*My Food-a-pedia*

**C.**

*The Daily Food Plan*

*Bloom's: 4. Analyze*

*Learning Outcome: 02.06 Discuss the MyPlate food groupings and plan a diet using this tool.*

*Section: 2.05*

*Topic: Nutrition monitoring and assessment*