

# **Test Bank for Williams Essentials of Nutrition and Diet Therapy 13th Gilbert**

## Test Bank - Chapter 01

Q: A physical science that contributes to understanding how nutrition relates to health and well-being is

- A. anatomy.
- B. biochemistry. (Correct)**
- C. physics.
- D. pharmacology.

Q: The body of scientific knowledge related to nutritional requirements of human growth, maintenance, activity, and reproduction is known as

- A. physiology.
- B. nutrition science. (Correct)**
- C. biochemistry.
- D. dietetics.

Q: The best source of nutrients is provided by

- A. specific food combinations.
- B. a variety of foods. (Correct)**
- C. individual foods.
- D. a variety of food supplements.

Q: Macronutrients include

- A. minerals.
- B. proteins. (Correct)**
- C. vitamins.
- D. enzymes.

Q: Micronutrients include

- A. fats.
- B. proteins.
- C. vitamins. (Correct)**
- D. carbohydrates.

Q: The sum of all chemical processes inside living cells of the body that sustain life and health is known as

- A. physiology.
- B. digestion.
- C. metabolism. (Correct)**
- D. nutrition.

Q: A primary function of macronutrients in the body is to

- A. supply energy. (Correct)**
- B. regulate metabolic processes.
- C. maintain homeostasis.

D. control cellular activity.

Q: Nutrients interact in the body to regulate metabolic processes, to build and repair tissue, and to

**A. provide energy. (Correct)**

B. control cellular waste.

C. control hormone levels.

D. regulate absorption.

Q: Some foods are sources of natural health-promoting substances known as

A. nutrigenomics.

**B. phytochemicals. (Correct)**

C. metabolic factors.

D. macronutrients.

Q: The nutrient group that provides the primary source of energy for the body is

**A. carbohydrates. (Correct)**

B. fats.

C. proteins.

D. vitamins.

Q: The primary function of carbohydrates as a food source is to

A. regulate metabolic processes.

B. build body tissue.

**C. supply energy. (Correct)**

D. provide bulk.

Q: The main body storage form of carbohydrates is

**A. glycogen. (Correct)**

B. starch.

C. fat.

D. glucose.

Q: The number of kilocalories (kcalories or kcal) provided by a food that contains 30 g of carbohydrate is

A. 90.

**B. 120. (Correct)**

C. 180.

D. 270.

Q: The percentage of the total daily energy intake for healthy individuals that should be supplied by carbohydrate is

A. 10% to 35%.

B. 20% to 35%.

C. 40% to 55%.

**D. 45% to 65%. (Correct)**

Q: It has been generally accepted that the percentage of total daily kilocalories supplied by fats should be no more than

- A. 10% to 15%.
- B. 10% to 35%.
- C. 20% to 35%. (Correct)**
- D. 40% to 55%.

Q: The number of kilocalories (kcal) provided by a food that contains 22 g of fat is

- A. 88.
- B. 132.
- C. 154.
- D. 198. (Correct)**

Q: The primary function of protein in the body is to

- A. supply energy.
- B. regulate metabolic processes.
- C. control muscle contractions.
- D. build tissue. (Correct)**

Q: The number of kilocalories provided by 15 g of protein is

- A. 15.
- B. 45.
- C. 60. (Correct)**
- D. 135.

Q: For a healthy person, the percentage of daily kilocalories supplied by protein should be

- A. 5% to 10%.
- B. 10% to 35%. (Correct)**
- C. more than 25%.
- D. more than 35%.

Q: The mineral that helps control enzyme actions in cell mitochondria that produce and store high-energy compounds is

- A. iron. (Correct)**
- B. thiamin.
- C. hemoglobin.
- D. vitamin B<sub>12</sub>.

Q: The nutrients involved in metabolic regulation and control include minerals, vitamins, and

- A. amino acids.
- B. carbohydrates.
- C. fats.
- D. water. (Correct)**

Q: Signs of malnutrition can appear when

- A. nutrient reserves are depleted. (Correct)**

- B. nutrient intake exceeds daily needs.
- C. energy intake is restricted.
- D. caloric expenditure increases.

Q: An age group that is very vulnerable to malnutrition is

- A. infants. (Correct)**
- B. teenagers.
- C. young adults.
- D. middle-age adults.

Q: The function of Dietary Reference Intakes (DRIs) is to designate nutrient recommendations for

- A. different ethnic groups.
- B. all individuals.
- C. most people.
- D. most healthy people. (Correct)**

Q: The Tolerable Upper Intake Level (UL) is

- A. a replacement for recommended dietary allowances (RDAs).
- B. a safe level of intake for people of all ages.
- C. a potentially toxic level of intake of a nutrient.
- D. the highest amount of a nutrient that can be safely consumed. (Correct)**

Q: It is important to understand standard serving sizes of foods because

- A. it is easy to eat too much of some nutrients when choosing healthful foods.
- B. serving sizes have generally decreased over the past few decades.
- C. most people have difficulty estimating the amount of food they eat. (Correct)**
- D. food portions need to be weighed to check serving sizes accurately.

Q: A diet would meet the Acceptable Macronutrient Distribution Range (AMDR) guidelines if it provides

- A. 55% kcals as carbohydrate, 33% kcals as fat, and 22% kcals as protein. (Correct)**
- B. 70% kcals as carbohydrate, 17% kcals as fat, and 13% kcals as protein.
- C. 35% kcals as carbohydrate, 45% kcals as fat, and 20% kcals as protein.
- D. 43% kcals as carbohydrate, 17% kcals as fat, and 40% kcals as protein.

Q: *Food Lists for Diabetes* groups foods that are equivalent in their

- A. weight.
- B. serving size.
- C. micronutrient content.
- D. macronutrient content. (Correct)**

Q: Most Americans consume excessive amounts of

- A. calcium.
- B. sodium. (Correct)**
- C. fiber.
- D. vitamin D.

Q: In the most recent edition of *Food Lists for Diabetes*, the three groups into which foods are arranged are

- A. fruits and vegetables, breads, and meats.
- B. fats, starches and sugars, and meat and milk.
- C. fruits and vegetables, meat and milk, and starches.
- D. carbohydrates, proteins, and fats. (Correct)**