

Question 1

(CO 1) The Nutrition facts panel on a box of crackers indicates that one serving provides 140 calories, with 55 calories coming from fat. Calculate the percentage of calories from fat in this product.

- 39%
- 55%
- 85%
- Need more information to calculate.

Chapter 2

Question 2

(CO 1) Your grandmother has recently been diagnosed with Type II diabetes. Which of the following professionals is most likely to be qualified to offer your grandmother assistance in planning her diabetic diet?

- Registered dietitian (RD)
- PhD in nutrition
- Medical doctor (MD)
- Nutritionist

Chapter 1

Question 3

(CO 1) The standard used to estimate the daily nutrient needs of half of all healthy individuals is

- EAR.
- AI.
- RDA.
- UL.

Chapter 2

Question 4

(CO 2) The type of eating disorder characterized by episodes of denial of hunger is

- Anorexia nervosa.
- Bulimia nervosa.
- Disordered eating.
- Binge eating disorder.

Chapter 15

Question 5

(CO 2) Which of the following symptoms is characteristic of bulimia nervosa?

- Episodes of extreme overeating
- Self-starvation
- Both episodes of extreme overeating and self-starvation
- None of these items shown.

Chapter 15

Question 6

(CO 2) Obsessive-compulsive, perfectionism, socially inhibited, compliant, and emotionally restrained describe personality traits of

- Anorexia nervosa.
- Bulimia nervosa.
- Binge eating disorder.
- Obesity.

Chapter 15

Question 7

(CO 2) Without sufficient _____, the colon gets too little exercise and becomes weak.

- Calories
- Protein