

Fundamentals of Clinical Nutrition

1: Clinical nutrition is the study of the relationship between food, the maintenance of health and the prevention of disease.

- ☐ True
- ☐ False

2: Before the discovery of vitamins and minerals, the U.S. Department of Agriculture (USDA) published its first dietary recommendations to the nation in 1994.

- ☐ True
- ☐ False

3: There are six general classes of nutrients that are considered necessary in human nutrition; carbohydrates, fats, proteins, vitamins, minerals and water.

- ☐ True
- ☐ False

4: One of the micronutrients are:

- ☐ Fats
- ☐ Fibers
- ☐ Minerals

5: Fats are triglycerides, made of assorted fatty acid monomers bound to glycerol.

- ☐ True
- ☐ False

6: Poor health can be caused by a lack of required nutrients or, in extreme cases, too much of a required nutrient.

- ☐ True
- ☐ False

7: Physical digestion is the breaking down of food into small particles with the use of any chemicals such as digestive enzymes.

- ☐ True
- ☐ False

8: Physical digestion can also be called "mechanical digestion".

- ☐ True
- ☐ False

9: Peristalsis is the contraction of muscles that propel food down the digestive tract.

- ☐ True
- ☐ False

10: Unlike physical digestion, chemical digestion makes use of digestive enzymes.

- ☐ True
- ☐ False

11: Assimilation is the passage of digested substances through the wall of the intestine into the blood capillaries in bodies.

- ☐ True
- ☐ False

12: The calorie is the unit for measuring the energy value of foods.

- ☐ True
- ☐ False

13: Fat has approximately 4 calories per gram .

- ☐ True
- ☐ False

14: Active people, such as athletes, require more calories than sedentary people.

- ☐ True
- ☐ False

15: Carbohydrates come in two basic forms: Simple carbohydrates and Complex carbohydrates.

- ☐ True
- ☐ False

16: Dietary fiber adds bulk to the contents of the large intestine thereby diluting any possible cancer causing agents that might attack cell walls.

- ☐ True
- ☐ False

17: Fish oils help to prevent blood clotting, reduce blood pressure, stabilize heart rhythm and maintain artery wall elasticity.

- ☐ True
- ☐ False

18: A normal adult human brain contains less than 20 grams of DHA.

- ☐ True
- ☐ False

19: • There is considerable evidence that fish oil consumption can delay or reduce tumor development in breast cancer.

- ☐ True
- ☐ False

20: Cholesterol is found only in animal food products and not in fruits, vegetables, nuts, grains or other plant sources.

- ☐ True
- ☐ False

21: Protein is contained in foods from only plant sources

- ☐ True
- ☐ False

22: When your body uses more protein for energy than is being consumed, you are in negative nitrogen balance.

- ☐ True
- ☐ False

23: The following vitamin functions as a hormone.

- ☐ Vitamin A
- ☐ Vitamin C
- ☐ Vitamin D

24: Vitamins, such as C, E, and beta-carotene function as antioxidants.

- ☐ True
- ☐ False

25: Folic acid is found in liver, green leafy vegetables, legumes, nuts.

- ☐ True
- ☐ False

26: Because calcium is the primary constituent of bone tissue, calcium deficiency, particularly in older women, may lead to osteoporosis.

- ☐ True
- ☐ False

27: Inadequate dietary intake or excessive losses of iron may lead to iron deficiency anemia, a condition that may lead to constant weakness and fatigue

- ☐ True
- ☐ False

28: Excessive intake of one mineral, usually through supplements, may impair the absorption of other essential minerals.

- ☐ True
- ☐ False

29: Most nutrients essential to life can be utilized by the human body only in their combination with water.

- ☐ True
- ☐ False

30: When exercising in the heat, body water losses can greatly exceed fluid intake.

- ☐ True
- ☐ False

31: The following is a food in the grain group

- ☐ lettuce
- ☐ oatmeal
- ☐ spinach

32: Children 8 and under require which amount of food from the milk group per day?

- ☐ 1 cups
- ☐ 2 cups
- ☐ 3 cups

33: Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking.

- ☐ True
- ☐ False

34: It is recommended that carbohydrates constitute 45 to 65 percent of an individuals daily total calories.

- ☐ True
- ☐ False

35: For adults, a reduction of 50 to 100 calories per day may prevent gradual weight gain.

- ☐ True
- ☐ False

36: Physical activity can aid in managing mild to moderate depression and anxiety.

- ☐ True
- ☐ False

37: Vegetables, such as broccoli, are also good sources of calcium.

- ☐ True
- ☐ False

38: Four ounces of meat, fish, or poultry, combined with two glasses of skim milk, will provide the average individual with the daily RDA for protein, totaling about 35 grams of high quality protein.

- ☐ True
- ☐ False

39: Which body type is the classic example of form and anatomy?

- ☐ Ectomorph
- ☐ Endomorph
- ☐ Mesomorph

40: One of the Ectomorph susceptibilities is a higher incidence of developmental deformities such as tropism and scoliosis.

- ☐ True
- ☐ False

41: Genetic causes of obesity may include hormonal imbalances or impaired metabolism causing an individual to store excessive body fat.

- ☐ True
- ☐ False

42: The control of appetite is centered in the hypothalamus portion of the brain.

- ☐ True
- ☐ False

43: In the early stages of moderate exercise, carbohydrates provide 40 to 50 percent of the energy requirement.

- ☐ True
- ☐ False

44: Complex carbohydrates come from foods such as spaghetti, potatoes, lasagna, cereals and other grain products.

- ☐ True
- ☐ False

45: Chilled fluids are absorbed faster and help lower body temperature.

- ☐ True
- ☐ False

46: Fat may contribute as much as 75 percent of the energy demand during prolonged aerobic work in the endurance-trained athlete.

- ☐ True
- ☐ False

47: A protein intake of 10 to 12 percent of total calories is sufficient.

- ☐ True
- ☐ False

48: A side effect of steroid use is prostate enlargement.

- ☐ True
- ☐ False

49: Caffeine is a diuretic.

- ☐ True
- ☐ False

50: Creatine decreases the capacity to train, and the increase in training eventually increases strength, size, and performance

- ☐ True
- ☐ False