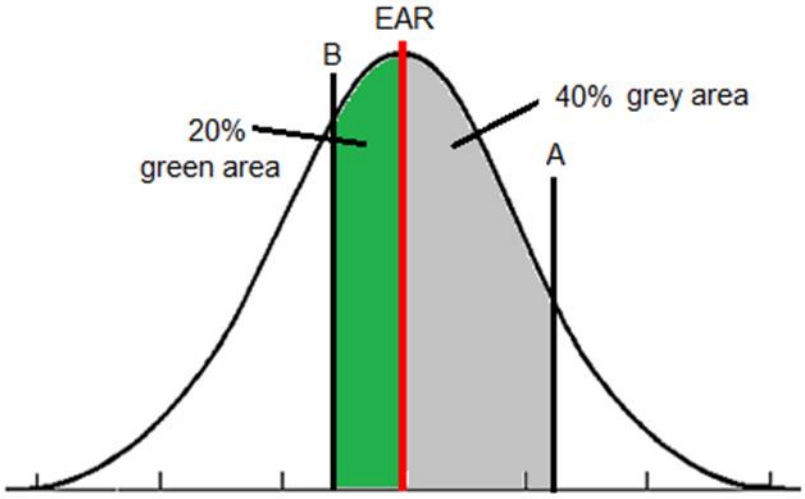
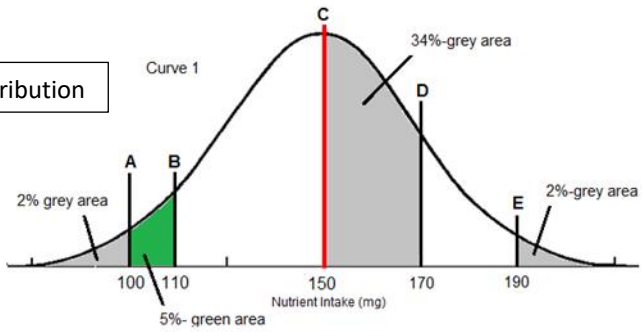
NFS284-DRI Multiple Choice Review Questions

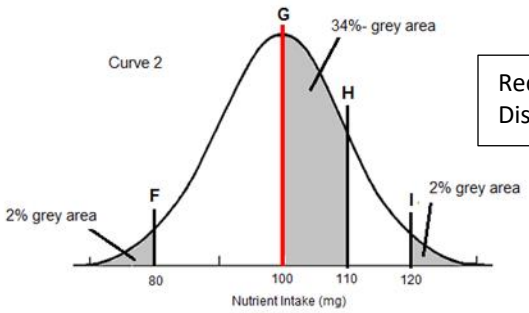


A **requirement distribution** for a typical nutrient is shown above. Line A and B represent the usual intake of two different individuals. The following 4 questions will require that you reference the above graph.

1. What is the probability that individual A is meeting her requirement?
    a) 20%
    b) 30%
    c) 40%
    d) 90%
2. What is the probability that individual B is meeting her requirement?
    a) 20%
    b) 30%
    c) 40%
    d) 90%
3. Is it possible that individual B is meeting her requirements?
    a) Yes, because she has a greater nutrient intake than the EAR.
    b) Yes, because the probability that she is meeting her requirement is greater than zero.
    c) Yes, because she has a greater nutrient intake compared to individual A.
    d) It is not possible for individual A to be meeting her requirement, because her intake is less than the EAR.

Intake Distribution





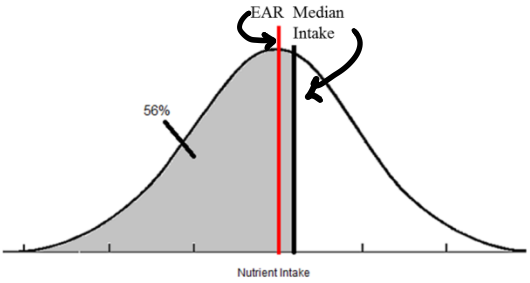
Requirement Distribution

The curves above are an intake distribution, curve 1, and requirement distribution, curve 2, for the same nutrient. Refer to these curves to answer questions 4 and 5 below.

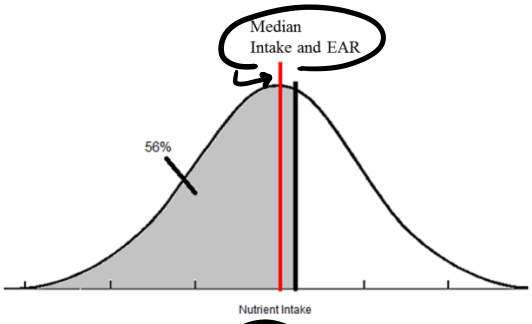
4. Which of the following statements about the nutrient is correct?
    a) EAR = 150 mg; RDA = 190 mg
    b) EAR = 100 mg; RDA = 80 mg
    c) EAR = 100 mg; RDA = 120 mg
    d) EAR = 150 mg; RDA = 170 mg
5. What proportion of the population is meeting its requirement for this nutrient?
    a) 2%
    b) 50%
    c) 84%
    d) 98%

6. If 56% of a population is not meeting its requirement for a nutrient, which of the following graphs would best represent its intake distribution? Note that 56% represents the area under the curve in grey.

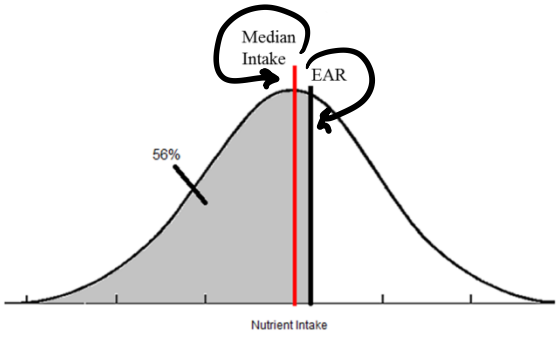
a)



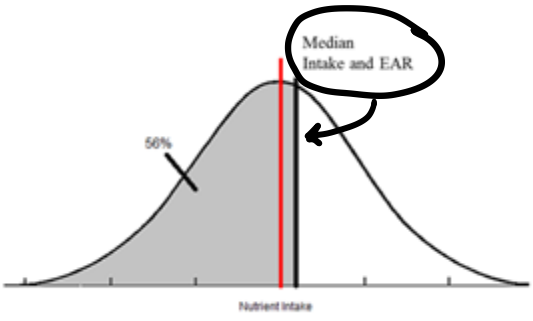
b)



c)



d)



7. A person has a fat intake of 55 g and a total kcal intake of 2000 kcal. What is the % kcal from fat?
    a. (55 X 9)/2000, multiplied by 100
    b. 2000/(55 X 9), multiplied by 100
    c. 55/2000, multiplied by 100
    d. (55 X 9) X 2000, multiplied by 100
8. What is the total kcalorie content of the following: 10 g protein, 8 g fat, and 40 g carbohydrate?
    a. 10 + 8 + 40
    b. (10 x 9) + (8 x 4) + (40 x 4)
    c. (10 x 9) + (8 x 9) + (40)
    d. (10 x 4) + (8 x 9) + (40 x 4)