基础营养和生物功能 Nutrition

单选题 Single Answer ( 共10题)

第1题 (分值：10分)

在开始某项运动方案前，具有下列哪项状况的的客户应事先进行营养咨询？

A client with which of the following conditions should receive comprehensive nutrition counseling before beginning an exercise program?

A：骨质疏松 Osteoporosis

B：低钠血症 Hyponatremia

C：高血压 Hypertension

D：糖尿病 Diabetes

第2题 (分值：10分)

下列矿物质中，女性的推荐膳食容许量（RDA）为男性两倍的是？

Which of the following minerals has a recommended dietary allowance (RDA) that is more than twice as high for women than it is for men?

A：锌 Zinc

B：铁 Iron

C：磷 Phosphorus

D：铜 Copper

第3题 (分值：10分)

膳食中必须包含的营养素为？

Which of the following MUST be consumed in the diet?

A：维生素K Vitamin K

B：生物素 Biotin

C：维生素D Vitamin D

D：叶酸 Folate

第4题 (分值：10分)

在大部分情况下，当脂肪摄入量低于总能量的15%，这种低脂膳食者的运动成绩会提高。

In most cases, athletic performance will improve when the individual is on a low-fat diet where fat intake is below 15% of total calories.

A：正确 True

B：错误 False

第5题 (分值：10分)

从国家体重控制登记库数据中总结的经验中得出的10条观点不包括哪一项？

Which of the following is NOT among the 10 insights gleaned from the experiences of the National Weight Control Registry?

A：吃早餐 Eat breakfast

B：注意控制食欲 Be mindful

C：避免称体重 Avoid the scale

D：保持乐观心态 Be optimistic

第6题 (分值：10分)

碳水化合物是机体优先使用的产能营养素，每克碳水化合物含多少千卡热量？

Carbohydrates, which are the body’s preferred energy source, contain how many kilocalories per gram?

A：2 千卡/克 2 kcal/g

B：4 千卡/克 4 kcal/g

C：7 千卡/克 7 kcal/g

D：9 千卡/克 9 kcal/g

第7题 (分值：10分)

客户必须每天消耗1000卡的热量才能实现每周减重1磅的目标.

A client must achieve a 1,000-calorie deficit per day in order to lose 1 lb per week.

A：正确 True

B：错误 False

第8题 (分值：10分)

参与细胞膜功能，产生胆酸用于吸收脂肪，代谢脂溶性维生素，生成维生素D，哪种营养素具备全部上述功能？

Contributing to cell membrane function, making bile acids essential for fat absorption, metabolizing fat-soluble vitamins, and making vitamin D are all functions of which nutrient?

A：蛋白质 Protein

B：碳水化合物 Carbohydrate

C：胆固醇 Cholesterol

D：ω-3 脂肪酸 Omega-3 fatty acids

第9题 (分值：10分)

一名客户发现自己怀孕了，问应该吃哪些食物来增加叶酸的摄入。最好的回复是？

A client who just found out she is pregnant asks what foods to eat to increase her intake of folic acid. What would be the BEST response?

A：绿叶素菜, 器官肉, 干豆, 豌豆与扁豆 Green leafy vegetables, organ meats, dried peas, beans, and lentils

B：柑橘类水果，浆果和蔬菜 Citrus fruits, berries, and vegetables

C：绿叶素菜, 水果, 乳制品与谷物制品 Green leafy vegetables, fruit, dairy, and grain products

D：牛奶，动物肝脏, 鸡蛋与花生 Milk, liver, eggs, and peanuts

第10题 (分值：10分)

客户是一名高中足球队队员，对使用升糖指数帮助自己在训练和比赛后补充体能很感兴趣。最适合该客户的一项是？

A client who is also a high school soccer player is interested in using the glycemic index to guide him as he “refuels” after practices and matches. Which of the following would be the BEST snack choice?

A：果脯 Dried fruit

B：黑麦面包 Rye bread

C：燕麦片 Oatmeal

D：草莓 Strawberries

1试题解析： 正确答案 D.糖尿病 Check Your Answer D. Diabetes 对于糖尿病患者而言，营养摄入、运动和胰岛素或其他药物这三个方面的平衡处理对于维持全天血糖水平具有非常重要的现实意义。教练应在运动方案开始前将任何糖尿病患者推荐给注册营养师接受全面的营养咨询，从而进行评估和营养教育。 It is especially important for people with diabetes to balance nutrition intake with exercise and insulin or other medications in order to maintain a regular blood sugar level throughout the day. All individuals with diabetes who have not already had a comprehensive nutrition consultation prior to beginning an exercise program should be referred to a registered dietitian for an evaluation and nutrition education.

2试题解析： 正确答案 B.铁 Check Your Answer B. Iron 对女性而言，铁的推荐膳食容许量为18毫克，而男性仅为8毫克。铁在血红蛋白形成、改善血液质量，增强人体抵抗压力与疾病能力等方面都起着不可或缺的作用。 The RDA for iron for women is 18 mg, while it is only 8 mg for men. Iron plays an essential role in hemoglobin formation, improves blood quality, and increases resistance to stress and disease.

3试题解析： 正确答案 D.叶酸 Check Your Answer D. Folate 维生素必须通过食物摄取，只有三种维生素除外：维生素K和生物素也能够通过正常的肠道菌群（肠道中的细菌对于胃肠道发挥正常功能起到关键作用）产生，维生素D也可通过日照在体内自行合成。 Vitamins must be consumed through food with only three exceptions: vitamin K and biotin can also be produced by normal intestinal flora (bacteria that live in the intestines and are critical for normal gastrointestinal function), and vitamin D can be self-produced with sun exposure.

4试题解析： 正确答案 B.错误 Check Your Answer B. False 美国营养与饮食协会（之前为美国饮食协会）推荐运动员从食物中摄取的脂肪比例与一般人群相当，即占总热量的20-25%。目前还没有证据表明极低脂饮食（<总热量的15%）或极高脂饮食（>总热量的30%）有助于提高运动成绩。 The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) recommends that athletes consume a comparable proportion of food from fat as the general population—that is, 20 to 25% of total calories. There is no evidence of a performance benefit from a very low-fat diet (<15% of total calories) or from a high-fat diet (>30% of total calories).

5试题解析： 正确答案 C.避免称体重 Check Your Answer C. Avoid the scale 尽管我们不建议人们去纠结那0.01磅的体重增减，但减重的人应该将体重标签贴在体重计上并且每周至少称重一次。 While it is not advisable to become obsessive about weight to the nearest 0.01 pounds, people who maintain their weight loss keep tabs on the scale, weighing themselves at least once per week.

6试题解析： 正确答案 B.4千卡/克 Check Your Answer B. 4 kcal/g 碳水化合物由糖分子链构成，热值约4 千卡/克； 蛋白质的热值也约为 4 千卡/克, 而脂肪的热值则高达9 千卡/克，此外酒精的热值为7 千卡/克。 Made up of chains of sugar molecules, carbohydrates contain about 4 kcal/g. Proteins also contain 4 kcal/g, while fat contains 9 kcal/g and alcohol contains 7 kcal/g.

7试题解析： 正确答案 B.错误 Check Your Answer B. False 3,500卡 = 1磅。因此，每天消耗1000卡热量相当于每周减轻2磅体重。膳食指南建议减重人群每天消耗500卡热量，可通过减少热量摄入和/或增加体育活动来实现。 坚持1周消耗3500卡热量后应该会减轻1磅体重。但为了实现长期减肥的成功并考虑到维持总体健康水平，最好每周逐渐减重1-2磅以内。 3,500 calories = 1 lb. Therefore, a 1,000 calorie per day deficit will lead to a loss of 2 lb per week. The Dietary Guidelines recommend that those trying to lose weight aim for a 500-calorie deficit per day, achieved through decreased caloric intake and/or increased physical activity. Over the course of a week, the 3,500-calorie deficit should lead to a loss of 1 pound. For optimal long-term success and overall health, gradual weight loss of no more than 1 to 2 pounds per week is best.

8试题解析： 正确答案 C.胆固醇 Check Your Answer C. Cholesterol 胆固醇是一种类似于脂肪的固体蜡状四环分子结构, 在细胞膜的功能中发挥着重要的作用。另外，胆固醇还能促进胆酸生成（对于脂肪的吸收很重要），代谢脂溶性维生素（维生素A、D、E和K），生成维生素D和雌激素和睾酮等一些激素。 Cholesterol, a fat-like, waxy, rigid four-ring structure, plays an important role in cell membrane function. It also helps to make bile acids (which are important for fat absorption), metabolize fat-soluble vitamins (A, D, E, and K), and make vitamin D and some hormones such as estrogen and testosterone.

9试题解析： 正确答案 A.绿叶素菜, 器官肉, 干豆, 豌豆与扁豆 Check Your Answer A. Green leafy vegetables, organ meats, dried peas, beans, and lentils 这些食物都是叶酸的良好来源。柑橘类水果、浆果和蔬菜是维生素C的良好来源；绿叶蔬菜、水果、乳制品和谷物制品是维生素K的良好来源；而牛奶、动物肝脏、鸡蛋和花生则是胆碱的良好来源。 These foods are the best sources of folate, or folic acid. Citrus fruits, berries, and vegetables are good sources of vitamin C; green leafy vegetables, fruit, dairy, and grain products are good sources of vitamin K; and milk, liver, eggs, and peanuts are good sources of choline.

10试题解析： 正确答案 A.果脯 Check Your Answer A. Dried fruit 包括果脯在内的高升糖指数的碳水化合物是补充体能的最佳食物选项。黑麦面包属于升糖指数中等的碳水化合物, 而燕麦片和草莓则属于低升糖指数的碳水化合物。 High-GI carbohydrates, including dried fruit, are best for refueling. Rye bread is a medium-GI carbohydrate, while oatmeal and strawberries are low-GI carbohydrates.