

NUR 1172 Nutrition Exam 1 / NUR1172 Nutrition Exam one (Latest): Rasmussen College (Already graded A)

Nutrition Exam 1

1. What nutrients are the primary source of energy for the body?
 - a. Macronutrients
2. What is the fuel factor for the macronutrients?
 - a. 4carbs, 4protein, 9Lipids
3. How is food energy measured?
 - a. Kilocalories, Calories, and Jules
4. When macronutrient end products of digestion are ready for absorption there are three primary end products. What are they
 - a. glucose, amino acids, fatty-acids
5. Carbon, hydrogen, and oxygen are the components of what macronutrients
 - a. Lipids and Carbs
6. The three major components of the Dietary Reference Index are
 - a. RDA, UL, AMDR
7. Which component of the DRI looks at the average daily dietary nutrient intake level that is sufficient to meet the nutrient requirements of nearly all healthy individuals in a life stage and gender group?
 - a. RDA
8. Identify the term for the highest level of nutrient that can be consumed
 - a. UL
9. DRI provide reference values for use in planning and evaluating diets for which group of people
 - a. Everyone who is healthy
10. What is the total dietary kcal intake for each macronutrient during pregnancy
 - a. 15% protein, 30% Lipids Carbs 55%

11. What is the AMDR for protein
 - a. 15-35%
12. What is the primary plasma protein
 - a. Albumin
13. What is the primary function of protein in the body
 - a. Build and Repair tissues
14. What is an example of a complete protein
 - a. A protein containing all 20 amino acids: Table 5-1
15. What are the building blocks of protein
 - a. 20 Amino acids
16. When kidney function declines which macronutrient may be reduced to minimize the excretion of urea
 - a. Protein
17. What is the RDA minimum for carbs
 - a. 130g/day
18. What is the AMDR for carbs
 - a. 45-65%
19. What is the minimum recommended amount of carbs needed to prevent fatigue, dehydration, and energy loss
 - a. 45-65% of total kilocalorie intake
20. 1 carb serving size is equal to how many grams of carbs
 - a. 15g
21. What is the purpose of salivary amylase
 - a. Breaks down Carbs (starch)
22. What is the sugar that all carbs are converted to for transport in the blood
 - a. Glucose
23. Which nutrient is the body's preferred energy source
 - a. Carb
24. What is the AMDR for lipids
 - a. 25-35%
25. Which fats can lower LDL cholesterol and decrease the risk of heart disease
 - a. Dietary Fats
26. Lipids are more or less complex than carbs
 - a. More complex
27. What fats are found only in the body if consumed and use hydrogenation to make margarine from polyunsaturated oils
 - a. Transfats
28. What are the essential fatty acids

- a. Linoleic α-linolenic
29. Which three foods typically contain high amounts of monosaturated fats
- a. Olive oil, canola oils, plants
30. Corn oil, safflower oil, and omega 3 are all examples of which type of fat
- a. Polyunsaturated fats
31. List five functions of lipids in the diet
- a. Energy, taste, satiety, absorption of fat soluble vitamins, supply essential fatty acids
32. Coconut oil contains 88% of which fatty acid
- a. Saturated fats
33. Which lipoprotein increases the risk of cardiovascular disease
- a. LDL
34. What macronutrient increases drug absorption by delaying absorption
- a. Lipids
35. Which type of fat is solid at room temperature
- a. Saturated fats
36. What is the chemical group name for fats and fat related compounds such as cholesterol, lipoproteins, and phospholipids
- a. Lipids
37. Live microorganisms that result in a health benefit to the host when administered in adequate amounts are called
- a. Probiotics
38. What term defines the breaking down of body tissue
- a. Necrotic tissue caused by catabolism
39. What is the term for starch that has similar health benefits as dietary fiber
- a. Resistant starch
40. Milk allergies are due to which deficiency
- a. Protein, can be serious and progress, causes anaphylactic reaction
 - b. Not to be confused; the intolerance is caused by the lactase
41. Which enzyme deficiency results in lactose intolerance
- a. Lack of lactase enzyme
42. What organ secretes insulin
- a. Pancreas
43. What organ stores bile
- a. Gallbladder
 - b. Made in the liver, still makes it if there is no gallbladder, will be sent to the small intestine.
44. What substance emulsifies fat

- a. Bile
45. Which body organ is responsible for the metabolic processing of glucose
- a. Liver
46. What organ acts as a filter, stores glycogen, and produces bile
- a. Liver
47. Product of the liver when fatty acids and cholesterol are packaged and released into circulation
- a. Lipoproteins
48. What are 3 components of digestion that convert food into energy and body tissue
- a. Digestion, absorption and metabolism
49. What actions are involved in the process of digestion
- a. Mechanical and Chemical
50. What substance protects the lining of the stomach and small intestine from self digestion
- a. Mucous
51. What term defines the action of biting, chewing, and breaking up food into smaller particles
- a. Mechanical Digestion
52. Where does digestion of fat primarily occur
- a. Small intestine
53. Where does the absorption of most nutrients occur?
- a. Small intestine
54. What is the primary function of the colon in digestion
- a. Abortion of water and electrolytes
55. Where does peristalsis occur and what does it do
- a. Pushes food along
56. What GI structure controls the movement of food into the stomach
- a. Lower esophageal sphincter
57. What is the normal path food takes when eaten
- a. Mouth, upper esophageal sphincter esophagus, lower esophageal sphincter, stomach, small intestine, large intestine, rectum, anus
58. Risks of increased in body fat
- a. Heart disease, diabetes, hypertension
59. Why is it important to understand the standard serving size of food?
- a. Proper nutrition
60. Which vegetarian diet includes plants and dairy
- a.
61. Which vegetarian diet includes plant foods only

a. Vegan

62. Which vegetarian diet includes plants, dairy, eggs, and fish

a. Peso-vegetarian

63. Which vegetarian diet includes plants dairy and eggs

a. Ovo-lacto-vegetarian