

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, 4protien, 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 and alpha-linolenic
- 29. Which three foods typically contain high amounts of monounsaturated 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 is progressive, causes an 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 and 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 not 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. Absorption 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. Pesco-vegetarian

63. Which vegetarian diet includes plants dairy and eggs

a. Ovo-lacto-vegetarian