1. **One Purpose of the Dietary Guidelines for Americans (DGAs) is to...**
   a) Provide a science base for U.S. food and nutrition program policies - See page 6
   b) Encourage everyone to eat a balanced diet that includes meat and dairy foods
   c) Reduce risk for chronic disease through diet and meditation
   d) All of the above

2. **On a food label’s ingredient list, the first item listed is...**
   a) The most nutritious ingredient
   b) All forms of sugar
   c) The most expensive ingredient
   d) The ingredient that weighs the most- See page 74 for ingredient list information.

3. **The Dietary Guidelines say most Americans should eat more...**
   a) Cheese
   b) Dark green and orange vegetables - A key recommendation is “Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.” (See page 34)
   c) Enriched noodles and other refined pasta
   d) All of the above

4. **A teaspoon of salt has about 2,400 mg of sodium. It is recommended that the daily intake of sodium for the average American is no more than...**
   a) 2,300 mg for the general public
   b) 1,500 mg for people at high risk of developing hypertension
   c) Much less than Americans typically eat now
   d) All of the above- See pages 21 and 22. A key recommendation is to “reduce daily sodium intake to less than 2,300 milligrams and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. Charts on pages 22 and 46 show that almost all Americans far exceed even the 2,300 level.

5. **A low-calorie diet is more effective at helping a person lose weight (excess body fat) if...**
   a) The diet has twice as much protein as the average American eats
   b) The person drinks at least 8 glasses of water per day
   c) It avoids all foods that are high in carbohydrates except whole-grains
   d) None of the above - On page 15 the DGAs state “Strong evidence shows that there is no optimal proportion of macronutrients [carbs, fat, protein] that can facilitate weight loss or assist with maintaining weight loss.” For information on water, see page 48. Water is not mentioned as a factor in weight loss.

6. **Foods that are typically high in sodium include all of the following except...**
   a) Tomato juice
   b) Fruit - Figure 3.2 on page 22 shows foods that contribute sodium to American diets.
c) Soup

d) Salad dressing

7. The best way to measure the internal temperature of a cooked food is to...
   a) Cut the food open to look at the color inside
   b) Use a food thermometer - Page 7 (appendix 3) states” It is not always possible to tell whether a food is safe by how it looks. A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.”
   c) Taste the food
   d) Push it with your finger until it springs back or no longer indents

8. Potatoes, bananas, and yogurt are good sources of...
   a) Calcium
   b) Potassium – See pages 40 and 87
   c) Iron
   d) Fiber

9. Which of the following are sources of monounsaturated and polyunsaturated fats?
   a) Nuts
   b) Fatty fish
   c) Vegetable oil
   d) All of the above- see information on oils on pages 39-40.

10. Besides reducing sodium/salt, a good diet to reduce the risk of hypertension (high blood pressure) is...
    a) Eat more foods that are high in potassium – See page 40 which states “Dietary potassium can lower blood pressure by blunting the adverse effects of sodium on blood pressure.”
    b) Eat less foods that are high in potassium
    c) Get calcium and vitamin D from supplements or fortified soy products so you can avoid all dairy foods
    d) None of the above

11. Non dairy sources of calcium and other nutrients generally obtained from the milk group include...
    a) All brands of tofu
    b) Fortified soy milk - See page 38 and 89. On page 89, note that tofu is a good source of calcium when prepared with calcium sulfate
    c) Yogurt with live active bacteria
    d) All of the above

12. The recommendations contained within the Dietary Guidelines are geared towards the general population over...
    a) 1 year old
b) 2 years old - See page viii which states “…the Dietary Guidelines for Americans 2010 is intended for Americans ages 2 years and older, including those at increased risk of chronic disease.”

c) 6 years old

d) 18 years old

13. Refined grains are lower than whole grains in which nutrient?
   a) Iron
   b) Folic acid
   c) Fiber - See page 36 which states that refining removes dietary fiber.
   d) Carbohydrate

14. The number of alcoholic drinks per day considered to be in moderation for women is…
   a) Up to 1 unless you’re pregnant - see box with key definitions on page 31.
   b) Up to 1 unless you’re a smoker
   c) Up to 5 as long as you have less than 7 per week
   d) The same as for men

15. In general, vegetables and fruits are good sources of all of the following except…
   a) Protein - See page 35. (Beans and peas are noted as a good source of protein, but fruits and vegetables in general are not.)
   b) Fiber
   c) Folate
   d) Vitamin C

16. Children should spend at least how much time each day being physically active?
   a) 30 minutes
   b) 60 minutes - see physical activity guidelines on page 18.
   c) 90 minutes
   d) 120 minutes

17. 1500 mgs of sodium should be the maximum daily allowance for which population group?
   a) Ages 51 and older
   b) African Americans
   c) People with hypertension or diabetes
   d) All of the above - this relates to item 4 above

18. SoFAS is the abbreviation for…
   a) Solid fats and added sugars – The SoFAS term appears on page 79 of the Dietary Guidelines report and it is used frequently in consumer materials. According to the USDA Center for Nutrition Policy and Promotion “The 2010 Dietary Guidelines replaced the "discretionary calories allowance" with a limit on calories from solid fats and added sugars (SoFAS)” (source MyPlate FAQs).
   b) Sodas, fries, and added salt
   c) Sodium, Fat, Alcohol and Sweets
d) None of the above

19. The 2010 Dietary Guidelines recommend eating about 8 oz per week of which protein food?
   a) Fish/seafood – See page 3. The key recommendations do mention a specific amount but do recommend that Americans “increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.”
   b) Eggs
   c) Poultry
   d) Nuts and seeds

20. Which food category is a top source of calories for American adults?
   a) Grain based desserts - See page 12.
   b) Chicken and turkey
   c) Peanuts and tree nuts such as almonds
   d) Milk

21. Which is/are recommended to promote calorie balance?
   a) Reduce portion sizes – See page 11 which states “strong evidence shows that portion size is associated with body weight, such that being served and consuming smaller portions is associated with weight loss.”
   b) Eat fresh fruits and vegetables instead of canned or frozen
   c) Drink more fruit juice and less milk
   d) All of the above

22. Children ages 4-8 years old should have how many cups of milk (or equivalents) daily?
   a) 2
   b) 2.5 – See page 38 which states “Recommended amounts are 3 cups per day… for adults and children and adolescents ages 9-18 years, 2 ½ cups per day for children ages 4 to 8 years, and 2 cups for children ages 2 to 3 years.”
   c) 3
   d) 4

23. Which type of fish is likely to be high in mercury and therefore something to be avoided by pregnant women?
   a) Salmon
   b) Sushi
   c) Shrimp
   d) Swordfish – Page 34 has the following key recommendation: “Due to their methyl mercury content, limit white (albacore) tuna to 6 ounces per week and do not eat the following four types of fish: tilefish, shark, swordfish, and king mackerel.”
   e) All of the above

24. The DASH meal plan stands for...
Diet to Avoid Salt Habits

Dietary Approaches to Stop Hypertension - see heading on page 44.

Dietary Assistance for Sound Health

Dietary Advice for Super Hearts

25. The recommended range of fat intake per day for children ages 4-18 is ____ of total calories.
   a) Less than 10%
   b) 10 – 20%
   c) 25-35% - See pages 15 and 76
   d) 35-45%

26. The amount of fruit recommended for a person on a 2000 calorie diet is...
   a) 5 cups
   b) 1 cup
   c) 2 cups – A chart of USDA food pattern recommendations is on page 79.
   d) 2.5 cups

27. The amount of vegetables recommended for a person on a 2000 calorie diet is...
   a) 5 cups
   b) 1 cup
   c) 2 cups
   d) 2.5 cups – see chart on page 79.

28. All of the following are considered solid fats except...
   a) Coconut oil
   b) Stick margarine
   c) Peanut oil – See pages 25 – 27 and 95, especially figure 3.3 on page 25.
   d) Shortening

29. How often are the Dietary Guidelines revised?
   a) Every 15 years
   b) Every 10 years
   c) Every 5 years See page 2.
   d) Every year

30. Which agency/agencies are in charge of producing and revising the Dietary Guidelines?
   b) The U.S. Department of Agriculture
   c) The U.S. Department of Health and Human Services
   d) The American Medical Association

31. Which agency/agencies produce the MyPlate food guidance system (formerly MyPyramid)?
   a) The U.S. Department of Agriculture and the U.S. Department of Health and Human Services
c) The U.S. Department of Health and Human Services
d) The American Medical Association

### 32. BMI stands for…
- a) Bones, Muscles, and Internal organs
- b) Bodies, Models and Images
- d) Body Movement Indicator

### 33. BMI calculations and graphs are based on…
- a) Height and waist circumference
- b) *Weight and height* – See page 9.
- c) Weight, gender and age
- d) Weight and age

### 34. On the topic of dietary supplements, the Dietary Guidelines recommend…
- a) Women of reproductive age should consume foods rich in folate and iron
- b) Older individuals should consume foods rich in vitamin B12 or the crystalline form of B12 (the form in most supplements and fortified foods).
- c) Sufficient evidence is not available to support a recommendation for or against the use of multivitamin/mineral supplements in the primary prevention of chronic disease for the healthy American population.
- d) *All of the above* - See pages xi and 50.

### 35. The four key principles of safe food handling are…
- a) Buy, Cook, Clean, Chill
- b) Chill, Cook, Clean, Create
- c) Wash, Wash, Wash and Wash again
- d) *Cook, Clean, Chill, Separate* – See page 48 and Appendix 3.

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