Dietary Guidelines 2010 Self-Test

Name: ____________________________ Date: __________________

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
   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

3. **The Dietary Guidelines say most Americans should eat more…**
   a) Cheese
   b) Dark green and orange vegetables
   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

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

6. **Foods that are typically high in sodium include all of the following except…**
   a) Tomato juice
   b) Fruit
   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
   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
   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

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
    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 include...**
    a) All brands of tofu
    b) Fortified soy milk
    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
    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
    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
    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
   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
   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

18. SoFAS is the abbreviation for...
   a) Solid fats and added sugars
   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
   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
   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
   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
   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
   e) All of the above

24. The DASH meal plan stands for...
   a) Diet to Avoid Salt Habits
   b) Dietary Approaches to Stop Hypertension
   c) Dietary Assistance for Sound Health
   d) 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%
   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
   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

28. All of the following are considered solid fats except...
   a) Coconut oil
   b) Stick margarine
   c) Peanut oil
   d) Shortening
29. How often are the Dietary Guidelines revised?
   a) Every 15 years
   b) Every 10 years
   c) Every 5 years
   d) Every year

30. Which agency/agencies are in charge of producing and revising the Dietary Guidelines?
   a) The U.S. Department of Agriculture and the U.S. Department of Health and Human Services
   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
   b) The U.S. Department of Agriculture
   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
   c) Body Mass Index
   d) Body Movement Indicator

33. BMI calculations and graphs are based on…
   a) Height and waist circumference
   b) Weight and height
   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) A daily multivitamin/mineral supplement is unlikely to offer health benefits to healthy Americans
   d) All of the above

35. The four key principles of safe food handling are…
   a) Buy, Cook, Clean, Chill
   b) Chill, Cook, Clean,
   c) Wash, Wash, Wash and Wash again
   d) Cook, Clean, Chill, Separate