

Date: \_\_\_\_\_

Name: (Print) \_\_\_\_\_

Agency \_\_\_\_\_

1. The six classes of nutrients are \_\_\_\_\_
  - a. carbohydrates, proteins, fats, starches, fiber, and omega-3
  - b. starches, milks, fruits, proteins, non-starchy vegetables, and fats
  - c. starches, sugars, proteins, fats, vitamins, and minerals
  - d. carbohydrates, proteins, fats, vitamins, minerals, and water
  
2. Which has the most calories?
  - a. 1 gram protein
  - b. 1 gram fat
  - c. 1 gram carbohydrate
  - d. B and C only
  - e. They all have the same amount of calories.
  
3. How many calories per gram do carbohydrates have?
  - a. 1 calorie per gram
  - b. 4 calories per gram
  - c. 9 calories per gram
  - d. 7 calories per gram
  
4. Select the three nutrient(s) that do NOT provide calories:
  - a. Carbohydrate
  - b. Protein
  - c. Fat
  - d. Vitamins
  - e. Minerals
  - f. Water
  
5. Which of the following two foods would you recommend a participant consume to increase fiber in their diet?
  - a. Apple Juice
  - b. Chicken
  - c. Brown Rice
  - d. Whole Wheat Bread

6. Which of the following two foods would you recommend a participant consume to increase protein in their diet?
- Grapes
  - Peanut Butter
  - Chicken
  - Crackers
7. If a post-partum woman said her doctor recommended she cut back on sodium, which of the following two foods would you recommend she limit or omit?
- Canned soup
  - Chicken breast
  - Frozen Pizza
  - Homemade Taco Salad
8. Which of the following two foods are calcium rich?
- Carrots
  - Brown rice
  - Sardines
  - Milk and dairy products
9. The WIC participant you are working with would like some help making her meals healthier. You complete this food recall with her to get an idea of what typical meals are for her.
- Breakfast:** Toast, milk  
**Lunch:** Sandwich with turkey and cheese, chips, banana, water  
**Dinner:** Hamburger on a bun with ketchup and mustard, canned mandarin oranges, milk
- Which food(s) would be the MOST appropriate for her to add to her daily meal plan?
- A serving of low-fat yogurt
  - Carrot and celery sticks
  - A small apple
  - A serving of tuna
10. Salmon is a great source of:
- trans fat.
  - omega-3 fatty acid.
  - whole grain.
  - Vitamin C
11. Dried beans are a good source of all of the following **EXCEPT**:
- Fiber
  - Protein
  - Carbohydrates
  - Vitamin D

12. Which two statements are true of the Omega – 3 fatty acids in salmon, walnuts, and canola oil?
- They are mainly polyunsaturated fats.
  - They can raise cholesterol and should be limited in the diet.
  - They have fewer calories than the fat in butter, cheese, and lard.
  - They can help reduce the risk of cardiovascular disease.
13. Digestion begins in the:
- stomach.
  - small intestine.
  - mouth.
  - pancreas.
14. \_\_\_\_\_ are at high risk for iron-deficiency anemia.
- Women
  - Infants
  - Children
  - All of the above
15. All of the following statements about dietary fiber are true **EXCEPT**:
- It can help reduce constipation.
  - It is absorbed in the small intestine.
  - It provides no energy to the body.
  - Enriched flour is not a good source of fiber.
  - It absorbs water as it moves through the gut.
  - Fruits and vegetables are good sources of fiber.
16. Carbohydrates:
- are mainly found in foods like meat and eggs.
  - are the body's main energy source.
  - are unhealthy, and should be eaten in very limited amounts.
  - build and repair muscle tissue.
17. Which of the following factors affect a person's calorie needs:
- Gender
  - Age
  - Activity
  - Health
  - Body size
  - All of the above
18. Which two statements are true of trans fats?
- They are found mainly in foods like hamburger, bacon, and butter.
  - They can help lower your cholesterol.
  - They help with brain function.
  - They are found in processed foods.
  - They should be eaten in very limited amounts.

19. Which is a fat-soluble vitamin?
- Vitamin C
  - Folic acid
  - Vitamin A
  - Vitamin B6
20. The main function of iron is:
- to carry oxygen in the blood.
  - to break protein down into amino acids.
  - to carry nutrients to cells.
  - to help repair connective tissue.
21. It is recommended that women take folic acid:
- upon learning they are pregnant.
  - during childbearing years.
  - during their second trimester of pregnancy.
  - folic acid is not recommended for women.
22. \_\_\_\_\_ can build up and clog arteries, while \_\_\_\_\_ can help lower cholesterol levels in the blood and reduce the risk of heart disease.
- HDL, HDL
  - HDL, LDL
  - LDL, LDL
  - LDL, HDL
23. A client tells you that she heard that eating “good” fats can help decrease her risk of heart disease. She wants to know what foods she should eat to increase her intake of these “good” fats. Which three foods would you recommend to her?
- Lean ground beef
  - Canned salmon
  - Avocado
  - Low-fat cheese
  - Olive oil
24. You are talking to a mom with a four-year-old daughter, Sarah. The mom describes a typical day of meals for her daughter and asks if she should change any of the foods she offers.

**Breakfast:** One egg, whole wheat toast with fruit jam, orange juice, skim milk

**Snack:** Grape juice, whole wheat crackers

**Lunch:** Peanut butter sandwich on whole wheat bread, carrot and celery sticks, pretzels, apple juice

**Snack:** Pudding made with skim milk

**Dinner:** Tacos with beef and cheese, pinto beans, brown rice, steamed vegetables, milk

25. What is the best recommendation you can give to this mom for feeding Sarah?
- Add some kind of vegetable at breakfast.
  - Replace the juice with whole fruit or vegetable
  - Try replacing the pudding with a high fiber snack.
  - Give water at dinner instead of milk.
26. You are working with a mom with a two-year-old son, Joey. The mom tells you that she is concerned because Joey is a very picky eater. She tells you he loves to drink milk and he drinks it all day long. He will eat fruits and vegetable at snack time. He refuses to eat any meat, fish, beans or eggs and frequently says he's not hungry at meal times. At this point, you are most concerned that Joey:
- may not be getting enough protein.
  - may not be getting enough iron.
  - could have constipation from low fiber intake.
  - May not be getting enough vitamin D.

Use the food label to answer questions 26-30:

27. What is the serving size of this food?

- 4 oz.
- 16 oz.
- 8 oz.
- 130 g

28. How many calories are in this entire package? a. 520

- 1120
- 1300
- 280

How many grams of fat are in ONE serving of this food?

- 3.5
- 56
- 2.5
- 14

29. How many grams of protein are in TWO servings of this food?

- 4
- 24
- 48
- 96

<b>Nutrition Facts</b>			
Serving Size 4 oz. (113g)			
Servings Per Container 4			
<b>Amount Per Serving</b>			
<b>Calories 280</b>		<b>Calories from Fat 130</b>	
<b>% Daily Value*</b>			
<b>Total Fat</b> 14g			<b>22%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 2.5g			
<b>Cholesterol</b> 120mg			<b>40%</b>
<b>Sodium</b> 640mg			<b>27%</b>
<b>Total Carbohydrate</b> 13g			<b>4%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 0g			
<b>Protein 24g</b>			
Vitamin A 2%		• Vitamin C 2%	
Calcium 2%		• Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories 2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

30. How much fiber is in this entire package of food?
- 13g
  - 1g
  - 4g
  - 12g
31. All of the following are meal planning steps **EXCEPT**:
- Go to the store hungry and buy what looks good
  - Plan ahead
  - Make a food budget
  - Decide what food items to purchase for each meal
32. **Low-fat** means:
- 40 calories or less per serving.
  - 3 grams or less per serving.
  - less than 0.5 grams per serving.
  - the food contains 20 percent or more of the Daily Value, particular to any one nutrient.
33. **Fat-free** means:
- less than 0.5 grams per serving.
  - 40 calories or less per serving.
  - 140 milligrams or less per serving.
  - 3 grams or less per serving.
34. **Low-sodium** means:
- 3 grams or less per serving.
  - 40 calories or less per serving.
  - the product has been altered and contains 25 percent less of a nutrient or of calories than the regular version of the product.
  - 140 milligrams or less per serving.
35. **Low-calorie** means:
- 40 calories or less per serving
  - 3 grams or less per serving.
  - 140 milligrams or less per serving.
  - the food contains 20 percent or more of the Daily Value, particular to any one nutrient.
36. **High** means:
- 3 grams or less per serving.
  - 140 milligrams or less per serving.
  - the food contains 20 percent or more of the Daily Value, particular to any one nutrient.
  - less than 0.5 grams per serving.

37. **Reduced** means:
- 3 grams or less per serving.
  - 140 milligrams or less per serving.
  - the product has been altered and contains 25 percent less of a nutrient or of calories than the regular version of the product.
  - less than 0.5 grams per serving.
38. A mom comes into the clinic and tells you her son gets hives when he eats eggs. What would you recommend the mom do?
- Only give him the egg whites
  - Go on the internet and research egg allergies
  - Tell her not to worry most allergies are outgrown
  - Refer her to the child's health care provider for diagnosis
39. Which BMI range would be considered "normal?"
- 25.0 – 29.5
  - 18.4 and lower
  - 18.5 – 24.9
  - 30.0 –and higher
40. Choose the three foods that would be appropriate for a lacto-vegetarian:
- Garden salad with ranch dressing
  - Lentil stew with turkey sausage
  - Veggie omelet
  - Granola cereal with 2% milk
  - Cheese pizza
  - Boneless, skinless chicken breast
41. A mom comes into the clinic and tells you the doctor said her son is lactose intolerant. Which two milks would you recommend?
- Goat's milk
  - Acidophilus milk
  - Lactose reduced or lactose free milk
  - Nonfat milk
42. If a client is taking in an average of 2500 calories per day and burning 2200 calories, you would expect her weight to:
- increase.
  - decrease.
  - stay the same.

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43. You are talking to a young, breastfeeding mother, and you suspect that she has an eating disorder. What would you do?
- Tell her that she has to eat, and she should not be restricting her intake.
  - Refer her to a nutritionist or physician.
  - Explain the dangers of anorexia nervosa.
  - Ask her if she thinks she is overweight.
44. How can you tell if a nutrition resource may not be reliable?
- A quick fix is promised
  - It is too good to be true
  - A product is being sold as a solution to the problem
  - Doubts are cast on a reputable scientific organization
  - All of the above
45. Which of the following is a reliable source of nutrition information?
- Popular magazines
  - MyPlate
  - Infomercials
  - Talk shows