

NSD EXAM 1

- 1. What is true about essential nutrients? What does essential mean?**
 - Essential means that your body needs it but can't make enough of it or make it fast enough
- 2. Is there 1 perfect food?**
 - NO
- 3. What nutrients contain calories?**
 - Proteins, carbs, fats
- 4. If you want reliable nutrition information who do you ask?**
 - Registered dietitian (RD)
- 5. Can anyone say they are a nutritionist?**
 - YES
- 6. Is there 1 food you can eat that contains all of the essential nutrients?**
 - NO
- 7. Who regulates dietary supplements?**
 - The FDA
- 8. Where does refined flour come from on wheat kernel?**
 - The germ and bran have been removed leaving just the endosperm with its starch
- 9. What does tolerable upper intake level mean?**
 - Maximum intake by an individual that is unlikely to pose toxic risks
 - If you go above it you get in to toxic range where you are at risk of a problem/getting sick
- 10. What has to be on food labels these days?**
 - Name of product, net contents/net weight, name and place of manufacturer/packer/distributor, ingredients, nutrition labeling information, must have trans fat information
- 11. What does high nutrient density mean?**
 - Nutrient density = calories compared to nutrients
 - High nutrient density means that something is low in calories and high in nutrients (ex: milk)
- 12. Recommended dietary allowances(RDA)?**
 - Meets the nutrient needs of almost all healthy individuals in a specific age and gender group, based on average requirement
- 13. How many calories/gram for all the stuff?**
 - Fat: 9 cal/g
 - Carb: 4 cal/g
 - Protein: 4 cal/g
 - Alcohol: 7 cal/g

14. What's the difference between wheat and white bread?

- Wheat bread is white bread colored
- White bread has refined grains and is enriched

15. What does a balanced diet mean?

- Right amount of protein, fat, carbs, vitamins, minerals, and water

16. What is the difference between fortification and enrichment?

- Fortified: nutrients are added to the food that may not have been present in the original food
- Enriched: refined foods lose some nutrients in processing

17. There are several questions about carbs and sugar

- Monosaccharides: simple sugars, found in fruits and veggies
- Fructose: found in honey, ripe fruit, and some veggies, sweetest sugar
- Galactose: not found free in nature but only as a part of lactose
- Disaccharides: double sugars which contain glucose plus another sugar
- Polysaccharides: starch, fiber, glycogen
- Low carb diet: low carb, high protein, show weight loss in short term but gain it back
- Function of carbs: primary source of energy for body
 - o Glucose is the sole form of energy used by brain and nerve tissue
- Sugar: empty caloric food

18. What can people with lactose intolerance have?

- Lactose free products
- Yogurt and natural aged cheese can sometimes be tolerated
- LactAid milk or soymilk

19. Which foods are high in fiber?

- Fruits, vegetables, whole grains
- Strawberries very high in fiber because they have so many seeds!

20. Exchange lists used by people with diabetes?

- Help with meal plan in diabetics
- NOT serving sizes
- Foods grouped together on a list because they are alike (contain the same amount of carbs, proteins, fats, and calories)
- Any food on a list can be exchanged for another food on the same list
- Lists: starch/bread, meat and substitutes, veggies, fruit, milk, and fat

21. Why do you have more cavities than people did 10 years ago?

- More sugar

22. Which type of fat is highest in calories?

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- 23. *Where does digestion start?***
 - The mouth
- 24. *What is the function of digestion?***
 - To provide energy and nutrients to the body
- 25. *What is the function of bile?***
 - Needed to emulsify the fat (break fat into tiny droplets in suspension in the water)
- 26. *What is the function of fiber?***
 - Speeds up the passage of food through the digestive tract
 - Promotes weight loss because high fiber foods are low calorie and most fiber isn't digested
 - May bind cholesterol and help carry it out of the body
- 27. *Where does most digestion take place?***
 - The small intestines
- 28. *Fat content in milk?***
 - Whole milk = 49% saturated fat
 - 2% milk = 35% saturated fat
 - 1% milk = 21% saturated fat
 - Skim low fat milk = 0.5% saturated fat
- 29. *What is the lecithin in the phospholipids?***
 - An emulsifying agent that breaks down into little particles and helps prevent fat accumulation in the liver
 - Used in food manufacturing
- 30. *Is trans fat better for you than saturated fat?***
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- 31. *Dietary guidelines?***
 - Everyone needs different amounts of food but we all need the same nutrients
 - Guidelines put out by the US are for healthy people living in the US in a moderate climate and people who do moderate work
 - Negative: takes 5 years and millions of tax dollars to make these guidelines
 - No more than 30 calories should be from fat
- 32. *How are the ingredients of a food on the label listed?***
 - Listed in descending order
 - Most abundant ingredient goes first
- 33. *If the stomach is protein, how come it is not digested?***
 - The stomach walls secrete mucus and protease enzymes which coats the stomach to protect it so it can't be digested
- 34. *Examples of saturated fat?***
 - Coconut oil, palm kernel oil, palm oil, animal fat
- 35. *When you consider what you should eat, what do you decide and how?***