

-FDNS 2100  
Spring 2014 / Dr. Grossman

NAME \_\_\_\_\_  
(please print)

**Exam 2****FORM A**

Choose the best answer for each of the following. For all calculations, round to the nearest whole number. If the decimal is 4 or less, round down; if the decimal is 5 or more, round up.

1. My exam is
  - a. Form A (mark this one!...and print your name above)
  - b. Form B
  
2. Linoleic and linolenic acids are
  - a. a type of cholesterol
  - b. trans fats
  - c. essential fatty acids
  - d. hydrogenated fats
  - e. sterols
  
3. Which of the following are constituents of cell membranes and act as emulsifying agents?
  - a. sterols
  - b. cholesterol
  - c. saturated fats
  - d. coconut oil
  - e. phospholipids
  
4. Which of the following would have the most unhealthy effects on blood cholesterol ?
  - a. corn oil
  - b. safflower oil
  - c. olive oil
  - d. coconut oil
  - e. sodium (salt) ?

(cholesterol = sterol found in foods of animal origin only ; saturated fats (especially dairy foods) = worst effect)
  
5. Which of the following would contain cholesterol?
  - a. potato chips
  - b. peanut butter
  - c. olive oil
  - d. turkey breast ?
  - e. palm oil

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6. It is recommended that total fat consumption should be \_\_\_\_ of total kcalories, saturated fat consumption should be \_\_\_\_ or less of total kcalories and cholesterol intake should be less than \_\_\_\_ mg per day.
- a. 15-25% ....5%....100
  - b. 20-35%....10%....300
  - c. 25-40%....15%....200
  - d. 30-45%....20%....300
  - e. 35-50%....25%....100
7. Which of the following is true of trans fats?
- a. they are made using a process called hydrogenation-- true
  - b. they may increase heart disease
  - c. they are made from cholesterol
  - d. a and b
  - e. a, b and c
8. You have gone to the doctor recently, and she says you have high blood cholesterol. You have high LDL and low HDL. Which of the following would NOT be effective in improving your blood lipid profile?
- a. maintain a healthy body weight
  - b. consume a variety of foods containing vitamin C and vitamin E
  - c. include more saturated fats in your diet
  - d. if you consume alcohol, do so in moderation
  - e. all of the above would likely contribute to an improvement in your blood lipid profile
9. Traditional Mediterranean diets have all of the following characteristics EXCEPT (from the reading assignment)
- a. low in saturated fat
  - b. very low or absent in trans fat
  - c. rich in meat and eggs
  - d. rich in monounsaturated fats
  - e. rich in carbohydrates and fiber from whole foods
10. Of the 20 amino acids, \_\_\_\_ are essential and must be obtained in the diet.
- a. 0
  - b. 5
  - c. 9
  - d. 13
  - e. 20
11. Functions of proteins include:
- a. building enzymes and some hormones
  - b. building antibodies
  - c. acid-base balance
  - d. a & b
  - e. a, b & c

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12. Some “fates” of protein include all of the following EXCEPT
- made into body fat
  - burned for energy
  - made into other compounds such as neurotransmitters (serotonin)
  - made into body proteins
  - all of the above are “fates” of protein
13. Which of the following would have the lowest amount of protein per serving?
- strawberries
  - eggs
  - milk
  - almonds
  - steak
14. Which of the following is an example of someone in positive nitrogen balance?
- A moderately active adult
  - A chronically ill patient
  - Someone who is losing more nitrogen than they consume
  - Someone who is losing the same amount of nitrogen as they consume
  - A pregnant woman
15. Savannah weighs 110 lbs (=50 kg) and is a vegetarian. Her protein RDA is \_\_\_\_ g/day.
- 25
  - 40
  - 60
  - 90
  - 180
16. Someone who follows a vegan diet can get adequate protein
- only by supplementing their diet with protein powder
  - by eating complementary plant proteins
  - only by eating meat occasionally
  - only by eating eggs and/or dairy occasionally
  - by eating large amounts of fruit
17. Which of the following nutrients are often limiting (deficient) in a vegan diet?
- vitamin D
  - vitamin C
  - folate
  - potassium
  - sodium

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