Advanced Dietetics Knowledge Assessment

Dietetics · Answer Key · 6 Questions

1. Which specific form of vitamin K is primarily produced by gut microbiota and absorbed in the large intestine, playing a role in bone metabolism in addition to blood coagulation?

A) Phylloquinone (K1)
B) Menaquinone (K2)
C) Menadione (K3)
D) Dihydrophylloquinone

2. The complete oxidation of one molecule of glucose through glycolysis, the Krebs cycle, and oxidative phosphorylation theoretically yields how many net ATP molecules in eukaryotic cells?

A) 24
B) 30-32
C) 36-38
D) 40

3. Which lipoprotein is primarily responsible for transporting endogenous triglycerides from the liver to peripheral tissues?

A) Chylomicron
B) Low-Density Lipoprotein (LDL)
C) Very Low-Density Lipoprotein (VLDL)
D) High-Density Lipoprotein (HDL)

4. What is the primary mechanism by which soluble fiber contributes to lowering serum cholesterol levels?

A) It increases the reabsorption of bile acids in the ileum.
B) It directly binds to cholesterol in the small intestine, preventing absorption.
C) It forms a gel-like substance that traps bile acids, leading to their excretion and increased hepatic cholesterol utilization for new bile acid synthesis.
D) It enhances the activity of lipoprotein lipase, improving triglyceride clearance.

5. In the context of iron metabolism, which hormone, primarily produced by the liver, is the key regulator of systemic iron homeostasis by controlling iron absorption, recycling, and release?

A) Erythropoietin
B) Ferritin
C) Transferrin
D) Hepcidin

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6. Which of the following describes the 'Dietary Reference Intake' (DRI) component known as the 'Estimated Average Requirement' (EAR)?

A) The average daily nutrient intake level that is estimated to meet the requirements of 97-98% of healthy individuals in a particular life stage and gender group.

B) The highest average daily nutrient intake level likely to pose no risk of adverse health effects to almost all individuals in the general population.

C) A nutrient intake value that is estimated to meet the requirement of half of the healthy individuals in a particular life stage and gender group.

D) A recommended average daily nutrient intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group of apparently healthy people that are assumed to be adequate.

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