

Foundational Concepts in Dietetics

Dietetics · Answer Key · 20 Questions

1. Which macronutrient is the primary source of energy for the body?

- A) Vitamins
- B) Minerals
- C) Carbohydrates**
- D) Water

2. What is the main function of proteins in the body?

- A) Energy storage
- B) Building and repairing tissues**
- C) Regulating body temperature
- D) Absorption of fat-soluble vitamins

3. Which of the following is a fat-soluble vitamin?

- A) Vitamin C
- B) B vitamins
- C) Vitamin D**
- D) Folate

4. Iron is an essential mineral primarily known for its role in:

- A) Bone strength
- B) Nerve function
- C) Oxygen transport in the blood**
- D) Fluid balance

5. The recommended daily intake of fiber for adults is generally around:

- A) 5-10 grams
- B) 15-20 grams
- C) 25-30 grams**
- D) 40-50 grams

6. Which type of fat is generally considered the healthiest and is found in foods like olive oil and avocados?

- A) Saturated fat
- B) Trans fat
- C) Monounsaturated fat**
- D) Polyunsaturated fat

7. Calcium is vital for the development and maintenance of:

- A) Muscles
- B) Blood vessels
- C) Bones and teeth**
- D) The immune system

8. What is the primary role of water in the human body?

- A) Providing energy
- B) Building muscle mass
- C) Transporting nutrients and waste**
- D) Synthesizing hormones

9. Which dietary guideline emphasizes consuming a variety of fruits, vegetables, whole grains, and lean proteins?

- A) Low-carbohydrate diet
- B) Paleo diet
- C) Balanced diet**
- D) Keto diet

10. A deficiency in Vitamin B12 can lead to which condition?

- A) Scurvy
- B) Rickets
- C) Pernicious anemia**
- D) Night blindness

11. What is the main role of antioxidants in the body?

- A) Promoting fat storage
- B) Protecting cells from damage caused by free radicals**
- C) Increasing appetite
- D) Facilitating rapid weight gain

12. The DASH (Dietary Approaches to Stop Hypertension) diet primarily focuses on reducing intake of:

- A) Fruits and vegetables
- B) Sodium and saturated fat**
- C) Whole grains
- D) Lean meats

13. What is the recommended minimum daily intake of water for an average adult?

- A) 0.5 litres
- B) 1 litre
- C) 2 litres**
- D) 4 litres

14. Which vitamin is synthesized in the skin upon exposure to sunlight?

- A) Vitamin A
- B) Vitamin E
- C) Vitamin D**
- D) Vitamin K

15. Complex carbohydrates are primarily found in:

- A) Sweets and candies
- B) Sugary drinks
- C) Whole grains and legumes**
- D) White bread and pasta

16. A diet high in trans fats is most strongly linked to an increased risk of:

- A) Type 1 diabetes
- B) Heart disease**
- C) Osteoporosis
- D) Asthma

17. Which of the following is a source of complete protein?

- A) Rice
- B) Beans
- C) Eggs**
- D) Spinach

18. The primary function of potassium in the body is to help regulate:

- A) Blood sugar levels
- B) Blood pressure and fluid balance**
- C) Cholesterol levels
- D) Vitamin absorption

19. Which dietary recommendation is crucial for preventing osteoporosis?

- A) High sodium intake
- B) Adequate calcium and Vitamin D intake**
- C) Low protein intake
- D) Excessive fruit consumption

20. What are the three primary macronutrients?

A) Vitamins, minerals, and water

B) Carbohydrates, fats, and proteins

C) Fiber, antioxidants, and electrolytes

D) Minerals, antioxidants, and enzymes