

Essentials of Nutrition and Energy Balance

Nutrition Science · Answer Key · 15 Questions

1. What is the recommended daily intake for dietary fiber?

- A) 5-10g
- B) 15-20g
- C) 25-38g**
- D) 40-50g

2. How much energy do carbohydrates provide per gram?

- A) 4 kcal**
- B) 7 kcal
- C) 9 kcal
- D) 12 kcal

3. Which macronutrient provides 9 kcal per gram, making it the most energy-dense?

- A) Proteins
- B) Carbohydrates
- C) Fats**
- D) Fiber

4. What percentage of total daily energy should come from carbohydrates?

- A) 10-20%
- B) 30-40%
- C) 45-65%**
- D) 70-80%

5. What is the minimum number of calories required to maintain essential physiological functions while at rest?

- A) TEF
- B) BMR**
- C) BMI
- D) AMDR

6. Which term refers to the energy used to digest, absorb, and metabolize food?

- A) BMR
- B) TEF**
- C) Energy Balance
- D) Metabolic Rate

7. Which nutrient is essential for bone density and oxygen transport?

- A) Vitamin C
- B) Potassium
- C) Calcium**
- D) Fiber

8. What is the recommended limit for daily sodium intake?

- A) Less than 2.3g
- B) Less than 5g**
- C) Up to 10g
- D) No limit

9. Which of the following is considered a source of heart-healthy monounsaturated fats?

- A) Avocados**
- B) Butter
- C) Sugar
- D) Refined oils

10. What role does muscle mass play in metabolism?

- A) Muscle burns fewer calories than fat
- B) Muscle burns more calories than fat**
- C) Muscle has no effect on BMR
- D) Muscle stores energy as sugar

11. What is the recommended daily intake of potassium?

- A) At least 1,500mg
- B) At least 3,500mg**
- C) At least 5,000mg
- D) At least 7,000mg

12. Which nutrient is known for its anti-inflammatory properties and support for cardiovascular health?

- A) Sugar
- B) Omega-3 fatty acids**
- C) Trans fats
- D) Saturated fats

13. What does RDA stand for in nutritional guidelines?

A) Recommended Daily Allowance

B) Required Dietary Amount

C) Relative Diet Assessment

D) Rapid Daily Absorption

14. Which food group is a great source of beta-glucan?

A) Berries

B) Oats

C) Spinach

D) Chicken

15. What is the primary function of proteins in the body?

A) Main energy source

B) Structure and immune function

C) Hydration

D) Temperature regulation