

# Essentials of Nutrition and Energy Balance

Nutrition Science · Practice Test · 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