Principles of Nutrition and Energy Balance

Nutrition Science · Answer Key · 15 Questions

1. What percentage of total daily calories should ideally come from carbohydrates?

A) 20-30%
B) 45-65%
C) 70-80%
D) 10-15%

2. Which macronutrient provides 9 kcal per gram?

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

3. What is the primary function of the Basal Metabolic Rate (BMR)?

A) Energy for exercise
B) Energy for digestion
C) Energy for essential physiological functions at rest
D) Energy for brain activity only

4. Which term describes the energy required to digest, absorb, and metabolize food?

A) Thermic Effect of Food (TEF)
B) Basal Metabolism
C) Energy Balance
D) Physical Activity Energy Expenditure

5. What happens when energy intake is greater than energy expenditure?

A) Weight loss
B) Weight maintenance
C) Weight gain
D) No change

6. Which of the following is considered a nutrient-dense food?

A) Refined sugars
B) Leafy greens
C) Processed meats
D) Sodas

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7. How much fiber is generally recommended per day?

A) 5-10g
B) 15-20g
C) 25-38g
D) 50-60g

8. What is the recommended limit for daily added sugars in a 2,000 calorie diet?

A) Less than 10% of total calories
B) Less than 25% of total calories
C) Exactly 50g
D) There is no limit

9. Which mineral is essential for bone density and oxygen transport?

A) Sodium
B) Iron
C) Potassium
D) Vitamin C

10. What is the primary purpose of the '3-3-3 Rule' mentioned for weight loss?

A) To increase muscle mass
B) To control hunger and manage blood sugar
C) To improve sleep quality
D) To maximize protein intake

11. What are essential organic compounds like vitamins A, C, and D called?

A) Minerals
B) Macronutrients
C) Micronutrients
D) Proteins

12. Why is lean muscle mass important for metabolism?

A) It decreases BMR
B) It has no effect on BMR
C) It increases BMR
D) It stores fat

13. Which food source is highlighted for its anti-inflammatory Omega-3 fatty acids?

A) White bread
B) Salmon
C) Sugar
D) Butter

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14. What is the main role of carbohydrates in the body?

A) Building muscle

B) Providing energy

C) Repairing tissue

D) Regulating temperature

15. What is the recommended daily intake of sodium for healthy adults?

A) Less than 2,300mg

B) More than 5,000mg

C) Exactly 1,000mg

D) No restriction

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