



### Question One:

#### True or false

- Nutrient density refers to the ratio of nutrients to caloric contribution of a food.
- A Healthy Eating Pattern Limit The intake of Trans fats to be as low as possible.
- Consume less than 25 % of calories per day from added sugar.
- Healthy eating patterns limit sodium to less than 2300 mg per day for adults and children 14 years and older.
- Proper nutrition provides the necessary nutrients to make the energy that supports life's processes.
- Low intakes of saturated and Trans fats negatively affect the immune system.
- Vitamin C Improves both innate and adaptive immunity function.
- In Type-1 diabetes body is not making enough or is losing sensitivity to insulin made.
- Meat & meat alternates are food rich with carbohydrate.
- Consuming foods with a high glycemic index will minimize dramatic fluctuations in blood glucose.

### Question Two:

#### Choose the correct answer:

- 1- Shifts needed by the American dietary guidelines concerning Sodium:
  - A. Consume more fresh foods and fewer processed foods.
  - B. Eat more foods prepared at home.
  - C. When eating at restaurants, request no salt added.
  - D. All the above.
- 2- Causes of Protein-energy malnutrition are:
  - A. Limited food access.
  - B. Chronic disease.
  - C. Chronic Pain.
  - D. All the above.
3. To avoid diabetes complications all are true **EXCEPT**:
  - A. Decrease carbohydrates intake to less than 20% of daily calories.
  - B. Control weight.
  - C. Eat a healthy well-balanced diet.
  - D. Get regular exercise.
4. All the following are Dietary Guidelines for diabetics **EXCEPT**
  - A. Eat a diet low in saturated and total fat.
  - B. Eat at different time everyday.
  - C. Eat a diet moderate in sodium and sugar.
  - D. Eat 5 or more fruits and vegetables a day.
5. In exchange list system the portion sizes are based on all the following **EXCEPT** :
  - A. Grams of protein.
  - B. Grams of carbohydrate.
  - C. Grams of vitamins.
  - D. Grams of fat.
6. Hypoglycemia- low blood sugar
  - A. Blood sugar < 120 mg/dl.
  - B. Happens to everyone with diabetes.
  - C. Caused by increase Glucagon secretion.
  - D. It cased blindness.

### Question Three:

#### Match column A with B

<u>Column A</u>	<u>Column B</u>
1 AMDR (Adults) of carbohydrate	<input type="checkbox"/> 2,300 milligrams
2 Micronutrients-Iron (Fe)	<input type="checkbox"/> Hormone that lowers blood glucose
3 Sodium (Na)	<input type="checkbox"/> 45 - 65% of total average energy intake
4 Blueberries	<input type="checkbox"/> Anemia, paleness, fatigue, Infections
5 Insulin	<input type="checkbox"/> Anthocyanins

### Question Four:



**Short notes**

- 1) **Mention 4 of the Micronutrients that provide benefits for immune system function?**
  1. ....
  2. ....
  3. ....
  4. ....
  
- 2) **Mention 4 of the diabetes complications?**
  1. ....
  2. ....
  3. ....
  4. ....
  
- 3) **The two most common methods of Carbohydrate Control are:**
  1. ....
  2. ....

End of Questions  
*Good Luck*