

Nutrition MIDTERM Exam #2:

1. The function of DIETARY fat includes all the following **except**
2. The function of BODY fat is to provide all the following **except**
3. Saturated fats in the diet are the factor most associated with atherosclerosis and heart disease
4. Saturated fats are associated with which of the following foods.
5. At room temperature the characteristic that identifies unsaturated fats from saturated is that they are usually
6. Tropical oils are unique because they are
7. In which form are most dietary lipids found?
8. Fatty acids differ in their degree of saturation or unsaturation due to their number of
9. What type of fatty acid is found in high amounts in olive oil?
10. An omega-3 fatty acid has its first double bond on the
11. Which of the following is a feature of dietary saturated fats?
12. All of the following are rich sources of polyunsaturated fatty acids **except**
13. Oil that is partially hydrogenated sometimes changes one or more of its double bond configurations from
14. Which of the following is an important chemical feature of phospholipids?
15. What is the major sterol in the diet?
16. Which of the following foods contains cholesterol?
17. Of the following lipoproteins, which is largest in size and contains the most fat?

18. In comparison to a low-density lipoprotein, a high-density lipoprotein contains more
19. Each of the following is known to be linked to excessive intake of fats **except**
20. Your father has just come back from the doctor where he was subjected to a blood lipid profile analysis. The doctor provided him with dietary changes because the cholesterol results put him at increased risk for cardiovascular disease. Which of the following results is consistent with the diagnosis?
21. According to the *Dietary Guidelines*, what should be the range of fat intake as a percentage of energy intake?
22. In comparison to the composition of carbohydrates and fats, which element is found in proteins that makes them unique?
23. How many different amino acids make up proteins?
24. The body does not need a supply of amino acids to make all the protein a body makes a day because
25. All of the following are contained in an amino acid **except**
26. Which of the following is a feature of an essential amino acid?
27. What is meant by the amino acid sequence of a protein?
28. The sequencing of a protein is determined by
29. A non-essential amino acid is one that
30. Which of the following proteins inactivates foreign bacteria and viruses?
31. Enzymes are proteins that
32. Gluconeogenesis is a term that describes the synthesis of
33. Which of the following may be used to determine protein utilization?

34. Which of the following defines protein turnover?
35. What is the amino acid pool?
36. What is the fate of excess dietary protein?
37. What is the **usual state** of nitrogen balance for healthy infants, children, and pregnant women?
38. Protein sparing in the body is best achieved when a person ingests
39. Protein deficiency diseases are generally accompanied and worsened by a deficiency of energy.
40. Which of the following is a consequence of excess protein intake?
41. A person who is starving is losing
42. What is the percent digestibility of most animal proteins?
43. Which of the following food proteins has the best assortment of essential amino acids for the human body?
44. What primary factor governs the quality of a food protein?
45. What is a "limiting" amino acid in a dietary protein?
46. If the diet is lacking an **essential** amino acid, what will be the course of action?
47. What is complementary protein nutrition?
48. What would be the primary principle of wise diet planning as related to protein nutrition?
49. Which of the following is a feature of the protein RDA?
50. Which of the following is an assumption made in the formulation of the RDA for protein?