

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Essential nutrients are produced by the body.
2. Alcohol has no general nutritional role but does provide energy.
3. Complete proteins are found in animal food sources.
4. Incomplete proteins are missing at least one essential amino acid.
5. To obtain a complete protein from plant foods, you must combine two different sources of plant proteins in the same meal.
6. Excess protein intake can increase fat stores.
7. Saturated fat provide more calories than monounsaturated fat.
8. Peanut butter is a good source of polyunsaturated fat.
9. French fries and fried chicken are often rich in trans fats.
10. Omega-3 fatty acids have a positive influence on cardiovascular health.
11. Omega-3 fatty acids decrease the inflammatory response in the body.
12. Recommended daily fat intake is 20-35% of total daily calories.
13. In a 2000-calorie diet, 50% of total calories as carbohydrate corresponds to 1000 grams of carbohydrate.
14. Milk is a source of simple carbohydrate.
15. Consumption of refined carbohydrates causes a slower rise in blood glucose levels than consumption of unrefined carbohydrates.
16. The World Health Organization recommends 25% or more of daily calories as simple carbohydrates.
17. Whole-grain bread is more nutrient-dense than most white breads.
18. Unbleached wheat flour is an unrefined whole grain.
19. Fiber is a source of dietary carbohydrates.