The Plant Powered Diet Examination

Chapter 1

1. According to Palmer, “Our calorie intake has risen while our energy needs have fallen.” What is the main reason for this statement?
   A. The modern population is more active.
   B. Cheap, high-calorie foods are widely available, and our activity level has declined.
   C. The population is now consuming more nutrient-dense foods.
   D. We are cooking more meals at home.

2. Which of the following is not a leading cause of death, according to the World Health Organization?
   A. High blood pressure
   B. Infectious diseases
   C. Overweight/obesity
   D. High blood glucose

3. Which of these potentially life-threatening conditions is most closely related to diet and activity levels?
   A. Respiratory diseases
   B. Metabolic syndrome
   C. Autoimmune diseases

4. How does cooking meat at high temperatures affect the meat’s health profile?
   A. It reduces cholesterol.
   B. It reduces fat.
   C. It produces lower levels of nitrates.
   D. It may produce higher levels of carcinogenic compounds.

5. What is the correct ratio of recommended saturated fat intake (percent of total calories) compared with the amount Americans actually eat?
   A. 7:11
   B. 10:12
   C. 15:30
   D. 22:28

6. How do trans fats affect cholesterol levels?
   A. They raise LDL and HDL cholesterol levels.
   B. They raise LDL and lower HDL cholesterol levels.
   C. They lower LDL and raise HDL cholesterol levels.
   D. They lower LDL and total cholesterol levels.
7. According to scientific evidence, which of the following foods has the potential of “turning on” the inflammatory response?
A. Foods high in refined sugars and saturated fats
B. Foods high in polyunsaturated fatty acids, such as omega-3 fatty acids
C. Fruits and vegetables
D. Whole grains and soy

8. The amount of meat consumed in the United States is more than three times that of the global average.
A. True
B. False

9. What are key ingredients of the Japanese and Mediterranean diets?

10. Describe the impact of animal foods on the environment.

Chapter 2

1. A lacto-ovo vegetarian diet excludes which of the following?
A. Animal flesh, eggs, and honey
B. Only animal flesh
C. Dairy products and animal flesh

2. What is the common denominator among all categories of the Plant-Powered Diet Spectrum?
A. Emphasis on eating more whole plant foods
B. Elimination of all meat
C. Reliance on soy protein
D. Elimination of dairy products

3. What is one of the first steps to shifting toward a plant-based diet?
A. Plan your vegetable intake around the animal protein.
B. Start your menu planning with plant foods first.
C. Fill one-half of your plate with plant-based foods and one-half with animal foods.
D. Plan to eat meat every other day.

4. Carbohydrates with a low glycemic index typically are high in which substance?
A. Fiber
B. Protein
C. Calcium
D. Fat
5. What items do vegans exclude from their diet?
A. All animal products, including dairy, eggs, and honey
B. All animal products, including eggs
C. All animal products and dairy except eggs and honey
D. All animal products except fish

6. What is a semivegetarian or “flexitarian”?
A. A person who consumes meat five days per week
B. A person who eats eggs but no other animal protein
C. A person who eats fish but no meat
D. A person who eats animal protein occasionally

7. What are the seven plant-powered food categories?

8. Provide three tips for an omnivore who wants to eat fewer animal-based foods.

Chapter 3

1. Per kilogram of body weight, what is the daily protein requirement for men and women aged 19 and older, according to the Institute of Medicine?
A. 0.5 g
B. 0.12 g
C. 0.8 g
D. 2 g

2. Legumes are a nearly perfect food, loaded with nutrients and rich in a variety of phytochemicals. What’s the suggested amount the average person should eat according to Palmer’s recommendation?
A. At least 1 cup per week
B. At least ¼ cup per day
C. At least ½ cup per day
D. At least 2 cups per week

3. Which nut supplies the most protein per serving?
A. Cashews
B. Peanuts
C. Almonds
D. Walnuts

4. What do amino acids do in the body?
A. They break down proteins.
B. They build proteins.
C. They transport nutrients throughout the body.
D. They store energy.
5. Legumes are classified as the “fruits” of flowers. In the plant kingdom, what unique ability do legumes have?
A. Transferring nitrogen from the air into the soil
B. Destroying carcinogenic compounds
C. Increasing nutrient retention in plants
D. Reducing toxins in the soil

6. Which plant-based protein source is rich in amino acids and comparable to animal protein?
A. Broccoli
B. Soy
C. Barley
D. Sesame seeds

7. What are isoflavones?
A. Antimicrobial agents
B. Plant estrogens
C. Protease inhibitors
D. Minerals

8. Calculate your individual daily protein requirement.

9. A woman wants to add more plant-based protein to her diet. What recommendations do you make in terms of soy intake?

10. What is a simple way of including plant-based dairy products in the diet?

Chapter 4

1. Match each part of the grain with what it provides.
A. Endosperm: antioxidants and vitamins; germ: starches and proteins; bran: outer coating for protection
B. Endosperm: outer coating for protection; germ: antioxidants and vitamins; bran: starches and proteins
C. Endosperm: starches and proteins; bran: outer coating for protection; germ: antioxidants and vitamins

2. What do low-glycemic carbs from whole grains do in the body?
A. They release glucose quickly.
B. They promote slow, steady increases in glucose levels.
C. They protect against sunlight damage.
3. How can you tell if a product is made primarily of whole grains?
A. The food label says “made with whole grains.”
B. The first ingredient listed is a whole grain and product label says “100% Whole Grain.”
C. The food label says “multigrain.”
D. The food label says “Good Source of Whole Grains.”

4. During the refinement process of a grain, what is stripped away?
A. Both the germ and the bran
B. Only the bran
C. Only the germ
D. Both the endosperm and the bran

5. How does the size of the grain particle influence insulin and glucose response?
A. The larger the particle, the lower its insulin and glucose response.
B. The smaller the particle, the lower its insulin and glucose response.
C. The size of the grain particle doesn’t interfere with insulin and glucose response.

6. How many grams of fiber should the average man and woman aged 50 and younger consume every day?
A. Women: 25 g; men: 38 g
B. Women: 30 g; men 40 g
C. Women: 35 g; men: 40 g
D. Women: 38 g; men: 40 g

7. Choose the correct statement about the glycemic load.
A. It takes into account only the amount of carbohydrates in a serving.
B. It takes into account only how rapidly a carbohydrate turns into sugar.
C. It takes into account both the amount of carbohydrates in a serving and how rapidly the carbohydrates turn into sugar.

8. What are some benefits of a low–glycemic-index diet?

9. Name three types of fiber, then describe the function of each type and two food sources of each type.

10. Describe the short-term and long-term processes that occur in the body after someone consumes large amounts of refined carbohydrates.

**Chapter 5**

1. What is the botanical definition of vegetable?
A. The ripened ovary of a plant
B. Any edible portion of the plant excluding the ovary
C. Any edible part of a plant with a savory flavor
2. Which compound is responsible for giving vegetables their color?
   A. Vitamin A
   B. Sterols
   C. Phytochemicals
   D. Vitamin C

3. Which vegetable contains a compound that converts sunlight into vitamin D?
   A. Kale
   B. Mushrooms
   C. Seaweed
   D. Tomatoes

4. Which phytochemical is more readily available to the body when cooked?
   A. Zeaxanthan
   B. Resveratrol
   C. Lycopene
   D. Ellagic acid

5. The benefits of eating cruciferous vegetables, such as lowering the risk of lung, stomach, and colorectal cancers, have been attributed to which particular compound within the vegetables?
   A. Glucosinates
   B. Folate
   C. Manganese
   D. Vitamin C

6. Which condition can be provoked by very high intakes of iodine?
   A. Hyperthyroidism
   B. Inflammation
   C. Depression
   D. Heart disease

7. Sea vegetables produce starchlike molecules that appear to have which effect(s)?
   A. Anti-inflammatory
   B. Antifatigue
   C. Antidepressant

8. Which plant colors contain phytochemicals associated with protecting vision?
   A. Blue and white
   B. Yellow and blue
   C. Green and red
   D. Yellow and green
9. Choose three vegetables. Provide a short description and at least one star nutrient found within each.

10. Why is it important to “go organic”? How does it benefit the consumer, environment, and farmer? Provide one reason for each.

Chapter 6

1. Which mineral, found abundantly in many fruits, can help balance the negative effects of too much sodium on blood pressure?
   A. Calcium
   B. Potassium
   C. Iron
   D. Magnesium

2. Which substance in apples is linked with slowing the digestion of carbohydrates and improving blood glucose control?
   A. Procyanidins
   B. Protein
   C. Vitamin C
   D. Quercetin

3. The consumption of added sugars by American adults has been on the rise, which has added an average of 76 kcal to their daily calorie intake since the 1980s.
   A. True
   B. False

4. In which part of citrus fruits are a large proportion of beneficial compounds found?
   A. The peel and the juice
   B. The peel
   C. The peel and the inner white pulp
   D. The juice

5. What is the function of a community-supported agriculture program?
   A. Collect imperishable foods at the local food bank.
   B. Allow the community to buy boxes of products from local farmers.
   C. Unite local farmers with businesses.

6. What is the recommended daily upper limit of added sugar for men and women (in calories)?
   A. 100 for men; 90 for women
   B. 120 for men; 80 for women
   C. 150 for men; 100 for women
   D. 200 for men; 130 for women
7. Which low-calorie sweetener can’t be metabolized by people with phenylketonuria?  
A. Saccharin (Sweet’N Low)  
B. Sucralose (Splenda)  
C. Aspartame (Equal, NutraSweet)  
D. Stevia

8. Honey provides potential anticancer, antioxidant, and immune-boosting properties because of which substance found in the nectar of plants?  
A. Phenolic compounds  
B. Fructose  
C. Pantothenic acid  
D. Folic acid

9. Describe the difference in glycemic reaction between refined sugars and whole fruits.

10. Jeff, a new client, has recorded a food diary for the past week that displays a large volume of refined sugars in his diet. Create a list for Jeff that describes three types of fruits, their serving sizes, one key nutrient found in each, and a culinary suggestion for him to easily incorporate this fruit into his diet.

**Chapter 7**

1. What percentage of total calories should come from fat?  
A. 10 to 14  
B. 12 to 24  
C. 15 to 18  
D. 20 to 35

2. Which fat source is related to an increased risk of insulin resistance?  
A. Monounsaturated fats  
B. Polyunsaturated fats  
C. Omega-3 fatty acids  
D. Saturated fats

3. Choose the accurate statement about extra-virgin olive oil.  
A. It is considered to be the most refined plant oil.  
B. It contains polyphenols.  
C. It has not been shown to reduce rates of heart disease.

4. Which compound in olive oil decreases inflammation levels in the body in the same manner as NSAIDs?  
A. Tyrosol  
B. Oleuropein  
C. Trans fats  
D. Oleocanthal
5. According to the American Heart Association, which fat source is high in saturated fat and thus should be avoided?
   A. Palm oil  
   B. Margarine  
   C. Coconut oil  
   D. Extra-virgin olive oil

6. Which plant oil contains the highest amount of polyunsaturated fats?
   A. Sunflower  
   B. Safflower  
   C. Soybean  
   D. Extra-virgin olive

7. The Western diet’s high ratio of omega-6 to omega-3 fatty acids may decrease the conversion rate of alpha-linolenic acid into EPA/DHA.
   A. True  
   B. False

8. Describe how the “low-fat diet craze” played a role in the emergence of the obesity epidemic. What do studies show today?

9. Name three foods high in saturated fats and three healthful plant fats that are appropriate replacements.

10. Recommend three ways to incorporate healthful plant fats in the diet. Be sure to address packaging misconceptions.

Chapter 8

1. Which active compound in cloves may prevent toxicity from environmental pollutants and may have antibacterial effects?
   A. Gingerols  
   B. Capsaicin  
   C. Eugenol  
   D. Allicin

2. India enjoys one of the lowest rates of colorectal cancer and Alzheimer’s disease in the world. Which specific aspect of its diet may be related to this disease protection?
   A. Emphasis on citrus fruits  
   B. Frequent use of extra-virgin olive oil  
   C. Consumption of alcohol at dinner  
   D. Frequent use of herbs and spices
3. Which herb contains the phytochemical capsaicin?
A. Oregano  
B. Cinnamon  
C. Red pepper  
D. Thyme

4. Choose the correct statement concerning the spice cinnamon.
A. Its polyphenols may have an insulin-regulating effect.  
B. It possesses antimicrobial activity against pathogens such as salmonella.  
C. It is used for treating motion sickness.  
D. It is linked with protection of brain function.

5. Consuming 1 to 2 oz of which herb or spice has been known to cause delirium?
A. Turmeric  
B. Nutmeg  
C. Garlic  
D. Cinnamon

6. Explain some of the health risks associated with a high-sodium diet and list three of the top sources of sodium intake.

7. Consuming 1 oz of dark chocolate with 50% cocoa on a daily basis may provide health benefits.
A. True  
B. False

8. Which statement best reflects the potential health benefits of dark chocolate?
A. It appears to provide anticancer effects.  
B. It appears to promote heart health.  
C. It helps manage blood sugar levels.  
D. It stimulates the metabolism.

9. A patient with a family history of Alzheimer’s disease seeks a dietitian for treatment. What culinary herb might you suggest to add to his diet? Provide a culinary tip you can include in his or her meal plan.

10. Choose two herbs from the following list and describe their nutritional components and any protective capabilities: basil, mint, sage, cloves, vanilla, rosemary.
Chapter 9

1. What is the recommended daily water intake from food and beverages for women and men?
   A. 2 L for both women and men
   B. 2.3 L for women; 2.5 L for men
   C. 2.7 L for women; 3.7 L for men
   D. 3.7 L for women; 2.7 L for men

2. What determines the type of tea the leaves of the *Camellia sinensis* plant will become?
   A. The amount of carbon dioxide the plant is exposed to and the soil it is grown in
   B. The soil the tea plant is grown in and the climate of the region
   C. How the leaves are processed and the amount of oxygen they are exposed to
   D. The quality of the tea leaves

3. Which plant-based drink may reduce the risk of depression by 20%?
   A. Juice
   B. Tea
   C. Wine
   D. Coffee

4. How many cups of coffee per day have been linked with reduced risk of developing diabetes?
   A. 1 to 2
   B. 2 to 3
   C. 3 to 4
   D. 4 to 5

5. Green tea is rich in which potent phytochemical?
   A. Epigallocatechin gallate
   B. Theaflavin
   C. Thearubigin
   D. Rooibos

6. Decaffeinated coffees and teas do not contain antioxidant properties.
   A. True
   B. False

7. How does drinking alcohol in moderation promote heart health?
   A. All types of alcohol are rich in polyphenols, which help to fight heart disease.
   B. Moderate drinking appears to improve insulin sensitivity and blood cholesterol levels.
   C. Alcohol contains bioactive compounds that protect against oxidative stress.
   D. Alcohol intake promotes heart health, even when consumed over recommended levels.
8. How can you enjoy the health benefits of a glass of wine without abusing the bottle?

9. What might you explain to your clients about the benefits of coffee?

10. Palmer explains, “Adults who drink one or more sodas per day are 27% more apt to be overweight or obese than those who do not drink soda, according to one study.” How are these sugary beverages linked with the obesity epidemic?

Chapter 10

1. Choose the statement that correctly describes a long-term effect of exercise on the cardiovascular system.
   A. It increases resting heart rate.
   B. It increases blood pressure levels.
   C. It improves blood lipid profile.
   D. It prevents irregular heartbeat.

2. The lack of exercise in our modern society has been considered one of the main culprits behind which condition?
   A. Lung diseases
   B. Parkinson’s disease
   C. Childhood obesity
   D. Developmental disorders

3. Participating in housework or gardening does not provide any exercise benefits.
   A. True
   B. False

4. If you choose to do aerobic activities at a moderate level, what is the recommended amount of time you should exercise each week?
   A. At least one hour
   B. At least 1½ hours
   C. At least 2½ hours
   D. At least three hours

5. Strength training has the ability to boost your metabolism by what percentage?
   A. 10
   B. 15
   C. 25
   D. 30

6. Which type of exercise demonstrates “moderate activity”?
   A. Jogging
   B. Brisk walking
   C. Gardening
   D. Fishing
7. By what percent has physical activity associated with jobs decreased since 1950?
A. 25
B. 50
C. 65
D. 70

8. Describe the reactions that occur in the body when aerobic exercise is performed.

9. Jill visits you with lab test results indicating that she is prediabetic and overweight. She explains that she can’t afford to join a gym and isn’t motivated to exercise. What advice can you offer Jill relating to her exercise plan?

**Chapter 11**

1. What is the best tactic to take when one is very hungry and planning to dine out?
A. Eat a piece of bread before the main course.
B. Eat a piece of fruit before leaving the house.
C. Drink a lot of water before the meal.
D. Consume a high-protein diet.

2. What is a good way to avoid consuming oversized portions and added calories at restaurants?
A. Leave room for dessert.
B. Pack one-half your meal in a doggie bag.
C. Don’t order a vegetable-based soup.
D. Don’t order a salad.

3. Creamy salad dressings can contribute the following to a restaurant salad per 1-oz serving:
A. 150 kcal, 15 g fat, 2 g saturated fat, 400 mg sodium
B. 160 kcal, 16 g fat, 3 g saturated fat, 450 mg sodium
C. 170 kcal, 18 g fat, 3 g saturated fat, 480 mg sodium
D. 180 kcal, 20 g fat, 4 g saturated fat, 500 mg sodium

4. Which item is the most nutrient-rich pick at a convenience store?
A. A small bag of baked potato chips
B. A fresh banana
C. A small box of Ritz crackers
D. A small bag of pretzels

5. In restaurant meals, what can turn would-be healthful foods into unhealthful choices?
A. Grilling fresh foods
B. Chopping salad ingredients
C. Preparing fresh foods in sauté pans and deep-fat fryers
6. Ethnic restaurants are great places to explore vegetarian menu options.
   A. True
   B. False

7. Today, bagels often weigh in at 4.5 oz, are almost twice the size they once were, and have as many as 370 kcal each.
   A. True
   B. False

8. Create a list of four on-the-go plant-powered snacks to help plan a healthy trip.

9. Name three sauces and condiments that you may want to avoid at restaurants to create a healthy and enjoyable dining experience.

10. What is the recommended number of daily ½ cup servings of cooked whole grains for a plant-powered vegan?
    A. Three servings
    B. Five to 11 servings
    C. Six to eight servings
    D. Nine servings

Chapter 12

1. To support slow, steady weight loss of about 4 lbs/month, about how many calories should you cut back each day?
   A. 100
   B. 200
   C. 350
   D. 500

2. If weight loss is not an issue, your main goal for planning a plant-based eating program is:
   A. Eat only what you feel like eating.
   B. Develop a plant-based eating approach that focuses on adequate servings of whole plant foods in each food group.
   C. Focus on eliminating meat.

3. What is the daily calorie requirement for a sedentary female between the ages of 9 and 13?
   A. 1,200
   B. 1,600
   C. 1,800
   D. 2,000
4. When someone starts to crave something sweet, what does the Daily Plant-Powered Guide suggest?
A. Up to one optional treat or beverage per day
B. Up to two optional treats or beverages per day
C. Up to three optional treats or beverages per day

5. What is an appropriate calorie level for a daily treat?
A. 25 to 50
B. 50 to 99
C. 100 to 130
D. 150 to 250

6. Which of the following visual guides most accurately relates portion sizes?
A. 1 baked potato = computer mouse
B. 1 slice of bread = postcard
C. 1 pancake = a 10-inch round plate
D. ½ cup cooked pasta = a handful

7. What does the % DV signify on a nutrition label?
A. Percentage of the product you should consume per day based on a 1,800 kcal/day diet
B. Percentage of the daily requirement you will get in one serving based on a 2,000 kcal/day diet
C. Percentage of your daily energy needs you will get from one serving of the product
D. Percentage of the daily requirement you will get in one serving based on a 1,500 kcal/day diet

8. Create an easy meal fix of your own using ingredients from The Plant-Powered Pantry Kit.

9. Understanding the Nutrition Facts panel is key to making good food choices. Explain how you might counsel clients to read the food label and how they can apply this information to food choices.