
NESTA FITNESS NUTRITION COACH II|| PART II - UNDERSTANDING COMPONENTS OF NUTRITION|| QUESTIONS| WITH COMPLETE SOLUTIONS

Food Pyramid correct answer: GRAINS
VEGETABLES
FRUITS
MILK
MEAT & BEANS
OILS

Grains correct answer: Use Whole grains
Eat at least 3 oz of whole grain cereals, breads, pasta daily
1 oz is about 1 slice bread, 1 C cereal, 1/2 C cooked rice or cereal
2,000 Cal diet: 6 oz daily

Vegetables correct answer: Vary
Eat more dark green: broccoli, spinach & dark leafy
Eat more orange: carrots, sweet potatoes
Eat more dry beans & peas: pinto, kidney, lentils
2,000 Cal diet: 2 1/2 C daily

Fruits correct answer: Eat variety
Choose fresh, froze, canned, or dried
Go easy on juices
2,000 cal diet: 2 C daily

Milk correct answer: Calcium rich foods
Go low-fat or fat free: milk, yogurt, & milk products
Choose lactose free or calcium rich food & bev if can't drink milk
2,000 Cal diet: 3 C daily

Meat & Beans correct answer: Go lean with protein
Choose low-fat or lean cuts
Bake, broil & grill
Vary from fish, beans, peas, nuts & seeds
2,000 Cal diet: 5 1/2 oz daily

Balance between Food & PA correct answer: Stay within daily calorie needs
Be PA for at least 30 min most days of week
60 min a day of PA may be needed to prevent weight gain
For weight loss: 60-90 min PA
Children & teens: 60 min PA on most days

Know limits on fats, sugar & salt correct answer: Make most of fat sources: fish, nuts & veg oil

Nesta Exam Questions Fitness Nutrition Coach

Georgio Daccache



Nesta Exam Questions Fitness Nutrition Coach:

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