
CARBOHYDRATES, FATS, AND PROTEINS QUESTIONS - HOSA NUTRITION EXAM QUESTIONS WITH CORRECT ANSWERS

John is trying to increase dietary fiber in his diet. a good food choice to recommend is:

- a. whole grain toast w apple slices
- b. toaster pastry w blueberry filling
- c. hot dog on plain white bun
- d. milkshake w low-fat potato chips - Answer-a. whole grain toast w apple slices

a patient asks the nurse for examples of refined grains. the nurse may give the following examples of refined grains:

- a. popcorn and steel cut oats
- b. carrots and celery
- c. chocolate chip cookies and saltine crackers
- d. parmesan cheese and cantaloupe - Answer-c. chocolate chip cookies and saltine crackers

a patient has been recently diagnosed with lactose intolerance and comes into the clinic with complaints of gas and bloating. after reviewing foods eaten, the most likely cause would be:

- a. roasted chicken with parsley
- b. chocolate pudding
- c. baked potato with butter
- d. dried fruit mix - Answer-b. chocolate pudding

anna requires 1700 calories per day. an appropriate amount of carbohydrate calories per day for her would be:

- a. 255 to 425 cals
- b. 425 to 935 cals
- c. 765 to 1105 cals
- d. 825 to 1225 cals - Answer-c. 765 to 1105 cals

which of the following food items would provide the quickest source of energy?

- a. oat bran muffin
- b. orange juice

Nutrition Exam Questions

E Durkheim



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