

# **NR 228 NUTRITION HEALTH & WELLNESS EXAM 1 QUESTIONS AND ANSWERS(100 % CORRECT ANSWERS) NR 228 EXAM 1 LATEST 2024/2025 (BRAND NEW!)**

**1. Which principle of health diet suggest selecting a wide range of foods as represented by the USDA's MyPlate food plan?**

- a) Variety
- b) Moderation
- c) Adequacy
- d) Energy density

**2. A group of strategies used to increase the level of health of individuals, families, groups and communities is known as:**

- a) Wellness
- b) health promotion
- c) tertiary prevention
- d) nutritional assessment

**3. Food descriptions on labels assist us in better understanding the products inside of the package. Which of the following food description is false?**

- a) "Extra lean" contains less than 5g of fat, 2g of saturated fat, and 95mg of cholesterol per serving.
- b) "Light or lite" products contain half the calories of two thirds the fat content of the original product.
- c) "Lean" contains less than 10g of fat, 4g of saturated fat, and 95mg of cholesterol per serving.
- d) "Good source of" contains 10%-19% of daily value for specific vitamin, mineral, or fiber in one serving.

**4. Nutrients that DO NOT yield energy include:**

# Nutrition And Wellness Exam 2015 Answers

**AW Rasmussen**



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