

# WGU C787 OA Questions & Answers

2022/2023

1. When nutrition advocates become concerned that recommendations did not do enough to address prevention of chronic illnesses related diet, what policy changes were made **(Answer)** RDA's expanded into several DRI categories

2. What is true about Daily Reference Intakes (DRIs) **(Answer)** Food labeling must include info about them. They differ depending on age and gender.

3. What is always found on a nutrition label in the US **(Answer)** Serving size

4. A healthful diet contains nutrient intake near what amount **(Answer)** Recommended Daily Allowance (RDA)  
Use when preparing family/ personal meals

5. What is an appropriate use of AMDR when evaluating the appropriateness of a snack food **(Answer)** (AMDR: Acceptable macronutrient dietary range)  
50% of calories from fat is too much fat

6. What is meant by Tolerable Upper Intake Level **(Answer)** (TUI) The highest level of daily consumption that current data has shown to

cause no side effects in humans, ensures people do not take harmful amounts (supplements)

**7. How is the estimated average requirement commonly used (EAR)**

**(Answer)** To guide recommendations and menu planning for communities, in combination with upper intake levels

**8. What is true of the choosemyplate.gov recommendations, as represented by their setting place graphic** **(Answer)** Half of the plate should be fruits and vegetables

**9. What is a nutritional benefit of fruits and vegetables** **(Answer)** They provide nutrients that reduce the risk of some types of cancer

**10. What is false regarding fruits and vegetables in the diet** **(Answer)** Fruits and vegetables are rich in vitamin B12

**11. What strategy might be avoided due to expense for patients looking to eat more healthfully on a budget** **(Answer)** Buying frozen meals

**12. Which statement is true about planning a balanced meal** **(Answer)** Skim milk has roughly the same amount of calcium and protein as whole milk

**13. What is true about dietary recommendations for whole grain intake** **(Answer)** half of all grain products consumed should be whole grain products

**14. Fritz is hosting a brunch and prepares for each of his friends:**

- omelet with cheese
- toasted English muffin

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