

CALORIE DENSITY: EAT MORE, WEIGH LESS & LIVE LONGER

NAME: _____

SAP: _____

Calorie Density Follow-Up Test—requires passing grade of 80% for ABCs credit.

<https://www.youtube.com/watch?v=0CdwWliv7Hg&feature=youtu.be>

Circle the correct answer or fill in the blank.

- The average American eats how many servings of whole grain per day?
 - 6-8 servings
 - 4-6 servings
 - 1-3 servings
 - Less than 1 servings
- In the space below, draw the diagram, “squaring the curve” as illustrated in the video.
- The acronym “CRAP” refers to “Carbohydrate Restriction/Added Protein.”
True or False
- Unrefined carbs refer to those straight from the garden and can be cooked or peeled.
True or False
- Refine foods are high in water and fiber.
True or False
- Since 1990, _____ percent of the foods Americans eat include white flour, white sugar, white rice and white pasta?
 - <50%
 - 50%-60%
 - 70%-80%
 - ≥90%
- Calorie density refers to the number of calories in a given weight of food, usually expressed as calories per pound.
True or False
- Calorie density is a good way to determine if a food is “fattening” or not.
True or False
- If you increase the serving size of a specific food, calorie density will change.
True or False
- As specified in the video, broccoli was _____ calories per pound compared to olive oil, which is _____ calories per pound.
 - Broccoli: 45 calories per pound; olive oil 400 per pound
 - Broccoli: 125 calories per pound; olive oil 4000 per pound
 - Broccoli: 300 calories per pound; olive oil 4000 per pound
 - Broccoli: 400 calories per pound; olive oil 7000 per pound
- A research study referenced in the video compared the amount or weight of the food that was eaten by participants. The weight of the food was consistent amongst participants. It was the calorie or energy density that increased the amount of calories participants were eating.
True or False
- Satiety refers to the physical feeling of being full or satisfied.
True or False

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13. Psychological factors play a part in satiety.
True or False
14. Foods that are higher in protein and fat provide the most satiety.
True or False
15. Drinking fruit juice is a way to improve satiety.
True or False
16. Stretch receptors are nerves outside of the stomach that hurt when you don't eat enough.
True or False
17. Foods that fill you up have three things in common, including:
 - a. High water, fiber and nutrients
 - b. High protein, fat and fiber
 - c. High protein and fat
 - d. None of the above
18. Foods that are really "bulky" have lower calorie density.
True or False
19. When you add fat to your food, calorie density goes down.
True or False
20. Boiled potatoes are one of the least filling foods. If you add butter and sour cream, the satiety of the food improves.
True or False
21. One cup of cashews has the equivalent calorie count of 6 small baked potatoes with salsa. Each of the two food groups contain approximately how many calories?
 - a. 400
 - b. 500
 - c. 700
 - d. 800
22. What are the preferred fuels your body wants to use for energy?
 - a. Protein primary; fat secondary
 - b. Carbs primary; protein secondary
 - c. Carbs primary; fat secondary
 - d. Fat primary; protein secondary
23. The brain can only use fat as a source of energy.
True or False
24. The recommended minimum daily intake of sugar to fuel the "average" brain is:
 - a. <200 calories
 - b. 300 calories
 - c. 400 calories
 - d. 500 calories
25. The population from Okinawa, Japan was noted as a "Blue Zone" due to the high number of centenarians—individuals living past the age of 100 years. One of the reasons for this longevity include:
 - a. Consuming multiple glasses of red wine daily.
 - b. Eating until they were 80% full.
 - c. Limiting daily exercise.
 - d. Sleeping more than 10 hours each night.

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26. The Tarahumara Indians were noted for having no form of cardiovascular disease and longevity due to their diet, which consists mainly of:
- Venison and corn
 - Venison, corn and beans
 - Corn, beans and bison
 - Corn and beans
27. Whole wheat pasta is the only exception to the processed carb avoidance recommendation because it absorbs water as it is cooked.
True or False
28. Sequencing food refers to the order in which you eat specific foods during your meal.
True or False
29. Eating a green salad and soup before a buffet is a good way to sequence foods.
True or False
30. Jeff Novick, MS, RD/LDN showed that food with caloric density of approximately 400 calories per pound or less was recommended for weight loss.
True or False

Video Evaluation:

1. I found the You Tube video helpful?

strongly agree **agree** **neutral** **disagree** **strongly disagree**

2. I would like to see other online video options for *ABCs of Diabetes* continuing education?

strongly agree **agree** **neutral** **disagree** **strongly disagree**

3. I was able to learn from this method of presentation.

strongly agree **agree** **neutral** **disagree** **strongly disagree**

4. I learned something that I didn't already know.

strongly agree **agree** **neutral** **disagree** **strongly disagree**

5. The information presented in this video will help me better manage my diabetes.

strongly agree **agree** **neutral** **disagree** **strongly disagree**

6. I believe that I have the power to make changes that can have a positive impact on the course of my diabetes.

strongly agree **agree** **neutral** **disagree** **strongly disagree**