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**Medical**

**RDN**

*Registered Dietitian*



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**Question: 61**

What are some advantages of using carbohydrate counting instead of food exchanges when following a diabetic diet plan?

- A. Carbohydrate counting permits greater flexibility in food choices.
- B. Individuals who count carbohydrates can save up all of their allotted carbohydrate for one meal.
- C. There are more “free food” choices when counting carbohydrates.
- D. Carbohydrate counting emphasizes high fiber foods.

**Answer: A**

An advantage of using carbohydrate counting instead of food exchanges when following a diabetic diet plan is that carbohydrate counting permits greater flexibility in food choices. When using carbohydrate counting, 15 grams of carbohydrate from bread, fruit, or milk all serve as one carbohydrate serving, in contrast to the exchange system in which foods from different exchange groups contain varying amounts of carbohydrate. Use of carbohydrate counting still requires equal distribution of carbohydrate over meals and snacks, and attention to the amounts of “free foods” consumed.

**Question: 62**

In ice cream, overrun:

- A. Is a measure of the volume of air whipped into the mix
- B. Is usually 70-80%
- C. May be affected by the type of ingredients used
- D. All of the above

**Answer: D**

Overrun in ice cream is the increase in volume caused by agitation. The industry standard for overrun is 70-80%. Overrun may be affected by the type of ingredients used (i.e., heavy vs. light cream).

**Question: 63**

Which of the following food additives is an emulsifier?

- A. Gelatin
- B. Sodium propionate
- C. Lecithin
- D. Butylated hydroxytoluene

**Answer:** C

Lecithin is an emulsifier used to prevent mixtures of fat from separating. Gelatin is a protein used as a stabilizer, and sodium propionate and butylated hydroxytoluene are preservatives used to prevent food spoilage.

**Question:** 64

Whipped egg white is an example of what type of dispersion:

- A. Solid in a liquid
- B. Gas in a solid
- C. Gas in a liquid
- D. Liquid in a liquid

**Answer:** C

Whipped egg white is an example of a gas in a liquid, resulting from air beaten into the white.

**Question:** 65

The characteristic fishy odor of seafood that is not fresh is due to:

- A. Urea nitrogen
- B. Hydrolyzed peptides
- C. Trimethylamine
- D. Branched-chain amino acids

**Answer:** C -The characteristic fishy odor of seafood that is not fresh is due to trimethylamine, an amino acid breakdown product. Urea nitrogen is a measure of human renal status, hydrolyzed peptides are partially digested amino acids found

in the human gut, and branched-chain amino acids are amino acids with side chains containing two or more carbon atoms.

**Question:** 66

A needs assessment to determine a client's readiness to receive diet instruction might include which of the following considerations?

- A. Personal interest of the client
- B. The client's income and educational level
- C. The RD's teaching schedule
- D. A & B

**Answer:** D

A needs assessment determining a client's readiness for instruction should be based on the client's personal interest, income and educational background. The schedule of the RD is irrelevant.

**Question:** 67

A cross-sectional study is used when a researcher wants to:

- A. Compare frequencies of many different diseases in a community over a year
- B. Collect information about one type of disease in a group of people over a defined time period
- C. Measure lab values of study subjects at specific intervals
- D. Control for confounding factors

**Answer:** B

A cross-sectional study is used to collect information about one type of disease in a group of people over a defined time period. Cross-sectional studies are not used to compare multiple diseases. Confounding factors are exposures or variables that may affect the outcome of a study, and which study investigators control for using statistical methods.

**Question:** 68

Proxemics refers to:

- A. The ability to read small print
- B. Formulas used to calculate electrolytes in enteral feedings
- C. A management style used in major corporations
- D. An individual's position, orientation, and distance from other people in a room

**Answer:** D

Proxemics refers to the manner in which an individual positions himself in a room, in relation to other people. Counselors can use the distance between people to assess how comfortable individuals are in the classroom and other learning situations.



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