

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

Didier Musso



Nutrition And Wellness Exam 2015 Answers:

The Enigmatic Realm of **Nutrition And Wellness Exam 2015 Answers**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Nutrition And Wellness Exam 2015 Answers** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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