



# Dietary Guidelines for Americans 2020-2025 Home Study Course

How to Earn Your Home Study Course CECs

## Included in this home study:

- Home Study Workbook
- 30-Question Multiple-Choice Exam

## Criteria for successful completion of this course include:

- Obtain and read the report, *Dietary Guidelines for Americans (9<sup>th</sup> edition) 2020-2025*, which is publicly available at: <https://www.dietaryguidelines.gov/>
- Complete the study workbook. (Your responses do NOT need to be submitted to NETA)
- Complete and submit the 30-question exam using the answer sheet found on page 20. You must obtain a minimum score of 70% (i.e.,  $\geq 21$  correct answers) to earn the six (6) continuing education credits (CECs) for this course. Keep a copy of the completed answer sheet for your records.
- Exam may also be taken online at <http://www.netafit.org/home-study/exams.php>.

## To receive six (6) NETA continuing education credits, do one of the following:

### Return answer sheet to:

NETA Attention: Home Study Coordinator  
12800 Industrial Park Blvd., Suite 220  
Minneapolis, MN 55441  
Fax: 763-545-2524

### Enter your answers online:

Item #: 9317  
Exam Code: 931793  
Serial #: Refer to Home Study Answer Sheet

Your continuing education certificate of completion will be mailed to you within 30 days after receipt of your completed answer sheet.



## Table of Contents

|   |    |
|---|----|
| About This Home Study Course .....  | 2  |
| Executive Summary .....   | 3  |
| Introduction .....  | 3  |
| Chapter 1 – Nutrition and Health Across the Lifespan: The Guidelines and Key Recommendations..... | 5  |
| Chapter 2 – Infants and Toddlers .....  | 8  |
| Chapter 3 – Children and Adolescents .....  | 9  |
| Chapter 4 – Adults .....  | 10 |
| Chapter 5 – Women Who Are Pregnant or Lactating.....  | 11 |
| Chapter 6 – Older Adults .....  | 12 |
| Final Multiple-Choice Exam .....  | 13 |
| Answer Sheet .....  | 20 |
| Home Study Course Evaluation .....  | 21 |

Note: The Web addresses cited in this workbook were current as of March 11, 2021.

## About This Home Study Course

The purpose of this home study exam is to reinforce learning of key points provided in the document titled, *Dietary Guidelines for Americans 2020-2025* (9<sup>th</sup> edition). The Dietary Guidelines was first released in 1980. In 1990, Congress passed the National Nutrition Monitoring and Related Research Act, which mandates in Section 301 that Department of Health and Human Services (HHS) and United States Department of Agriculture (USDA) jointly review, update, and publish the Dietary Guidelines every 5 years. Each edition of the Dietary Guidelines reflects the current body of nutrition science.

Once you have read the *Dietary Guidelines for Americans 2020-2025* (9<sup>th</sup> edition) and completed the study workbook, then you may proceed to the final exam. Your responses to the final exam may be submitted to NETA by mailing or faxing the completed answer sheet found on page 20, or by submitting your responses online at <http://www.netafit.org/home-study/exams.php>, which is the preferred method of submission. You must obtain a minimum score of 70% (i.e.,  $\geq 21$  correct answers) to earn the six (6) CECs granted for this course.

### Source:

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2020-2025 Dietary Guidelines for Americans*. 9<sup>th</sup> Edition. December 2020.

Available at <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>.



## Executive Summary (pages vii - x)

For whom is the Dietary Guidelines designed and why?

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What is the aim of the Dietary Guidelines?

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List the four overarching Guidelines of the 2020-2025 Dietary Guidelines for Americans.

1. 

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2. 

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3. 

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4. 

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Define the following terms:

*Dietary Pattern:* 

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*Nutrient Dense:* 

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## Introduction (pages 1 - 14)

What is a fundamental premise of the Dietary Guidelines?

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List and briefly describe the 4-stage process used by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) to develop the ninth edition of the *Dietary Guidelines* policy document.

Stage One: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stage Two: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stage Three: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stage Four: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List and briefly describe the three state-of-the-art approaches used by the 2020 DGA Committee to conduct its robust and rigorous review of the evidence.

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Chapter 1 – Nutrition and Health Across the Lifespan (pages 15 to 50)

List the four overarching Guidelines of the 2020-2025 Dietary Guidelines for Americans.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What are the core elements that make up a healthy dietary pattern?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List and define the components of foods and beverages that should be limited.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What is a dietary pattern and what does a *healthy* dietary pattern include?

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What are common characteristics of dietary patterns that are associated with positive health outcomes?

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What is a portion size?

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What is a serving size?

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What is the Healthy Eating Index (HEI)?

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List the five vegetable subgroups and at least three specific vegetables in each subgroup.

- \_\_\_\_\_ : \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_

List the three protein food subgroups.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



List the four basic food safety principles.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are the four dietary components of public health concern for the general U.S. population because low intakes are associated with health problems?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Explain the "85-15 Guide."

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Describe the key changes to the Nutrition Facts label.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Chapter 2 – Infants and Toddlers (pages 51 to 68)

List the Key Recommendations for infants and toddlers.

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What is responsive feeding?

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### Chapter 3 – Children and Adolescents (pages 69 to 90)

What is the goal for children and adolescents with overweight or obesity?

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What is the recommendation for physical activity among preschool-aged children?

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What is the recommendation for physical activity among school-aged children?

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List the Health Eating Index (HEI) 2015 score for each of the following age categories.

- Ages 2 to 4 : \_\_\_\_\_
- Ages 5 to 8 : \_\_\_\_\_
- Ages 9 to 13 : \_\_\_\_\_
- Ages 14 to 18 : \_\_\_\_\_

Complete the following table based on the Healthy U.S.-Style Dietary Pattern for adolescents ages 14 through 18 years.

| Calorie Level of Pattern                    | 2,000 | 2,600 | 3,200 |
|---|-------|-------|-------|
| Vegetables (cup eq/day)                     |       |       |       |
| Fruits (cup eq/day)                         |       |       |       |
| Grains (ounce eq/day)                       |       |       |       |
| Dairy (cup eq/day)                          |       |       |       |
| Protein Foods (ounce eq/day)                |       |       |       |
| Oils (grams/day)                            |       |       |       |
| Limit on Calories for Other Uses (kcal/day) |       |       |       |

## Chapter 4 – Adults (pages 91 to 106)

What is the purpose of the USDA Dietary Patterns?

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Complete the following table based on the Healthy U.S.-Style Dietary Pattern for adults ages 19 through 59 years.

| Calorie Level of Pattern                    | 1,800 | 2,400 | 2,800 |
|---|-------|-------|-------|
| Vegetables (cup eq/day)                     |       |       |       |
| Fruits (cup eq/day)                         |       |       |       |
| Grains (ounce eq/day)                       |       |       |       |
| Dairy (cup eq/day)                          |       |       |       |
| Protein Foods (ounce eq/day)                |       |       |       |
| Oils (grams/day)                            |       |       |       |
| Limit on Calories for Other Uses (kcal/day) |       |       |       |

List the special consideration nutrients that adults should focus on increasing.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List the food components that adults should focus on decreasing.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Some adults should not drink alcoholic beverages at all, including:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Chapter 5 – Women Who are Pregnant or Lactating (pages 107 to 120)

Complete the following table regarding estimated change in calorie needs during pregnancy and lactation for women with a healthy pre-pregnancy weight.

| Stage of Pregnancy or Lactation      | Estimated Change in Daily Calorie Needs Compared to Pre-pregnancy Needs |
|--------------------------------------|---|
| Pregnancy: 1 <sup>st</sup> trimester |   |
| Pregnancy: 1 <sup>st</sup> trimester |   |
| Pregnancy: 1 <sup>st</sup> trimester |   |
| Lactation: 1 <sup>st</sup> 6 months  |   |
| Lactation: 2 <sup>nd</sup> 6 months  |   |

Complete the following table regarding weight gain recommendations for pregnancy.

| Pre-pregnancy Weight Category | BMI            | Range of Total Weight Gain (lbs) | Rates of Weekly Weight Gain in the 2 <sup>nd</sup> and 3 <sup>rd</sup> trimesters (mean [ range] lbs) |
|-------------------------------|----------------|----------------------------------|---|
| Underweight                   | Less than 18.5 |                                  |   |
| Healthy Weight                |                |                                  |   |
| Overweight                    |                |                                  |   |
| Obese                         | 30 and greater |                                  |   |

List and note the importance of four key nutrients (e.g., vitamins, minerals) during pregnancy.

- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :

What is an important consideration regarding seafood consumption during pregnancy?

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## Chapter 9 – Older Adults (pages 121 to 130)

Why is adequate protein intake a special concern among older adults?

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Why is adequate vitamin B<sub>12</sub> intake a special concern among older adults?

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Explain special considerations with regard to beverage and fluid intake among older adults.

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Explain the physical activity recommendations for older adults.

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## ***Dietary Guidelines for Americans 2020-2025***

### **Final Exam**

Item #: 9317 Exam Code: 931793

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1. The Dietary Guidelines for Americans is updated and published every 5 years as required by the
  - A. 1990 National Nutrition Monitoring and Related Research Act.
  - B. Agricultural Act of 2014.
  - C. 2015 Behavioral Risk Factor Surveillance System.
  - D. Nutrition Labeling and Education Act of 1990.
  
2. What was the 2015 Healthy Eating Index (HEI) Score for adolescents aged 9 to 13 years?
  - A. 51
  - B. 52
  - C. 55
  - D. 61
  
3. The Recommended Dietary Allowances (RDAs) are designed to meet the nutrient needs of \_\_\_\_\_ of the population.
  - A. 68%
  - B. 85%
  - C. 97%
  - D. 100%
  
4. According to the Healthy U.S.-Style Dietary Pattern for adults ages 19 through 59, how many servings of vegetables should be consumed at the 2,600-calorie level?
  - A. 2 cup eq/day
  - B. 2.5 cup eq/day
  - C. 3 cup eq/day
  - D. 3.5 cup eq/day
  
5. For individuals aged 14 years and older, what is the Chronic Disease Risk Reduction (CDRR) level for sodium?
  - A. < 1,500 mg/day
  - B. < 1,800 mg/day
  - C. < 2,300 mg/day
  - D. < 3,500 mg/day

6. Which of the following groups had the highest 2015 Healthy Eating Index (HEI) Score?
  - A. Adults ages 60 and older
  - B. Adults ages 31 through 59
  - C. Adolescents ages 5 through 8
  - D. Adults ages 19 through 30
  
7. What is the Acceptable Macronutrient Distribution Range (AMDR) for total lipids (i.e., fat) for adults ages 19 years and older?
  - A. Less than 10% of daily calories
  - B. 10% to 35% of daily calories
  - C. 10% to 30% of daily calories
  - D. 20% to 35% of daily calories
  
8. The *Dietary Guidelines for Americans* recommend that all adults should consume one glass of red wine per day to obtain heart-health benefits derived from flavonoids.
  - A. True
  - B. False
  
9. For a woman with a healthy pre-pregnancy weight, what is the estimated increase in daily calorie needs during the second trimester of pregnancy?
  - A. 300 calories
  - B. 340 calories
  - C. 380 calories
  - D. 400 calories
  
10. As noted in the *Dietary Guidelines for Americans 2020-2025*, about what percent of adults in the United States are currently overweight or have obesity?
  - A. 35%
  - B. 57%
  - C. 66%
  - D. 74%
  
11. How many grams of whole grains are in a 1 ounce-equivalent of 100% whole grains?
  - A. 4 grams
  - B. 8 grams
  - C. 16 grams
  - D. 28 grams

12. According to the Food and Drug Administration (FDA), partially hydrogenated oils (PHOs) are Generally Recognized as Safe (GRAS).
- A. True
  - B. False
13. When other complementary foods are introduced to an infant's diet, potentially allergenic foods should also be introduced with the exception of
- A. peanuts.
  - B. wheat.
  - C. crustacean fish.
  - D. honey.
14. A Nutrition Facts label indicates that a food contains 6 grams of dietary fiber. What percent of the Daily Value (%DV) will this correspond to on the Nutrition Facts label?
- A. 6%
  - B. 13%
  - C. 21%
  - D. 30%
15. According to the Analysis of What We Eat in American (NHANES 2015-16), what is the average daily intake of sodium among adolescent males between the ages of 14 and 18?
- A. 3,888 mg
  - B. 3,142 mg
  - C. 2,525 mg
  - D. 2,061 mg
16. What is the Recommended Dietary Allowance (RDA) of vitamin D for a 72-year-old female?
- A. 400 IU
  - B. 600 IU
  - C. 800 IU
  - D. 1,000 IU
17. Using the Dietary Reference Intake (DRI) Calculator for Healthcare Professionals, what is the estimated daily caloric need of a 50-year-old "very active" male, weighing 215 pounds and standing 6 feet 2 inches tall?
- A. 2,431 kcal/day
  - B. 3,149 kcal/day
  - C. 3,453 kcal/day
  - D. 3,988 kcal/day



18. According to the Healthy U.S.-Style Dietary Pattern for adults ages 19 through 59, how many servings of grains should be consumed at the 2,000-calorie level?
- A. 4 ounce eq/day
  - B. 5 ounce eq/day
  - C. 6 ounce eq/day
  - D. 7 ounce eq/day
19. Based on overall nutritional content, which of the following is included in the dairy group?
- A. Soy milk
  - B. Almond milk
  - C. Rice milk
  - D. Coconut milk
20. Which of the following is considered one alcoholic drink equivalent?
- A. 16 fluid ounces of regular beer (5% alcohol)
  - B. 5 fluid ounces of red wine (12% alcohol)
  - C. 3 fluid ounces of 80 proof distilled spirits (40% alcohol)
  - D. 8 fluid ounces of white wine (12% alcohol)
21. According to the Healthy U.S.-Style Dietary Pattern for adolescents ages 14 through 18, what is the 'limit on calories for other uses' in the 2,200-calorie pattern?
- A. 210 kcal/day
  - B. 230 kcal/day
  - C. 250 kcal/day
  - D. 270 kcal/day
22. In which vegetable subgroup are green beans categorized?
- A. Dark-green vegetables
  - B. Beans, peas, lentils
  - C. Starchy vegetables
  - D. Other vegetables
23. What is the Recommended Dietary Allowance (RDA) of iron for a 28-year-old woman who is pregnant?
- A. 15 mcg/day
  - B. 18 mcg/day
  - C. 22 mcg/day
  - D. 27 mcg/day

24. The measure of dietary quality that is used to assess compliance with the Dietary Guidelines is known as the
- A. Healthy Eating Index (HEI).
  - B. Every Bite Counts Index (EBCI).
  - C. Body Mass Index (BMI).
  - D. Food Guidance System Index (FGSI).
25. Which of the following terms is used to describe the amount of a food or beverage served or consumed in one eating occasion?
- A. Nutrient density
  - B. Portion size
  - C. Calorie density
  - D. Serving size
26. What percent of children and adolescents have a high total cholesterol level > 200 mg/dL?
- A. 22%
  - B. 13%
  - C. 7%
  - D. 3%
27. What was the second stage in the process to develop the ninth edition of the *Dietary Guidelines for Americans*?
- A. Develop
  - B. Identify
  - C. Implement
  - D. Appoint
28. According to the Analysis of What We Eat in American (NHANES 2015-16), what was the only food group among men ages 31 to 59 for which the average intake fell within the recommended intake range?
- A. Total Protein Foods
  - B. Total Grains
  - C. Total Dairy
  - D. Total Fruits

29. Starting at age 2, intake of saturated fat should be
- A. at least 10% of daily calories.
  - B. less than 10% of daily calories.
  - C. 20% to 35% of daily calories.
  - D. greater than 30% of daily calories.
30. Among the U.S. population, what percent of added sugars are consumed from soft drinks?
- A. 11%
  - B. 16%
  - C. 24%
  - D. 33%

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## Dietary Guidelines for Americans 2020-2025 Home Study Answer Sheet

Name: \_\_\_\_\_ NETA ID: \_\_\_\_\_

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City/State/Zip: \_\_\_\_\_

- |                 |                  |                  |                  |                  |
|-----------------|------------------|------------------|------------------|------------------|
| 1. (A)(B)(C)(D) | 7. (A)(B)(C)(D)  | 13. (A)(B)(C)(D) | 19. (A)(B)(C)(D) | 25. (A)(B)(C)(D) |
| 2. (A)(B)(C)(D) | 8. (A)(B)(C)(D)  | 14. (A)(B)(C)(D) | 20. (A)(B)(C)(D) | 26. (A)(B)(C)(D) |
| 3. (A)(B)(C)(D) | 9. (A)(B)(C)(D)  | 15. (A)(B)(C)(D) | 21. (A)(B)(C)(D) | 27. (A)(B)(C)(D) |
| 4. (A)(B)(C)(D) | 10. (A)(B)(C)(D) | 16. (A)(B)(C)(D) | 22. (A)(B)(C)(D) | 28. (A)(B)(C)(D) |
| 5. (A)(B)(C)(D) | 11. (A)(B)(C)(D) | 17. (A)(B)(C)(D) | 23. (A)(B)(C)(D) | 29. (A)(B)(C)(D) |
| 6. (A)(B)(C)(D) | 12. (A)(B)(C)(D) | 18. (A)(B)(C)(D) | 24. (A)(B)(C)(D) | 30. (A)(B)(C)(D) |

**Questions:** (Please feel free to attach additional questions and comments you may have)

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**Return for credit (choose one of the following):**

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- Fax to: 1-763-545-2524.
- Complete online (preferred): [www.netafit.org](http://www.netafit.org). Select "Home Study", click on "Home Study Exam", select course title from the "Choose Test" drop down menu, enter item number and exam code listed below.

**Item #: 9317**

**Exam Code: 931793**

**Serial #**

Your Certificate of Completion will be mailed to you. Please allow 2-4 weeks for processing.

**THANK YOU!**



## ***Dietary Guidelines for Americans 2020-2025***

### **Home Study Evaluation**

Please rate the home study materials: 1 is the lowest and 5 is the highest (circle your rating)

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| Organization and flow of material:       | 1 | 2 | 3 | 4 | 5 |
| Quality of this home study course:       | 1 | 2 | 3 | 4 | 5 |
| Practical use of this home study course: | 1 | 2 | 3 | 4 | 5 |

1. How likely are you to recommend this NETA home study course to a colleague?

- |               |   |   |   |         |   |   |   |   |                     |
|---------------|---|---|---|---------|---|---|---|---|---------------------|
| 1             | 2 | 3 | 4 | 5       | 6 | 7 | 8 | 9 | 10                  |
| Not<br>Likely |   |   |   | Neutral |   |   |   |   | Extremely<br>Likely |

2. What other home study courses or topics interest you?

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3. Primary purpose for purchasing this home study course:

- |  |  |
|--|--|
| <input type="checkbox"/> Convenience of home study | <input type="checkbox"/> Recommended by colleague  |
| <input type="checkbox"/> Interested in the topic   | <input type="checkbox"/> Recommended by NETA staff |
| <input type="checkbox"/> Need the CECs             | <input type="checkbox"/> Other _____               |

4. Are you currently NETA certified?

- Personal Trainer:  Yes  No      Group Exercise:  Yes  No

5. From which other organizations do you presently hold accredited certifications?

- ACE       NASM       AFAA       Other: \_\_\_\_\_

6. Please share any additional comments you have regarding this home study course:

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**Please return with your completed exam answer sheet.**