

good luck Study Guide Questions and Correct Answers

- 1). How many total kilocalories are in bob's salad?

✓ Ans: 892 kcal

- 2). How many total grams of fat are in bob's salad? round your answer to the nearest whole number.

✓ Ans: 54 g

- 3). What is the percent of kilocalories from fat in bob's salad? during calculations, round to the first decimal place. round your final answer to the nearest whole percent.

✓ Ans: 54 %

- 4). Does this salad meet the amdr recommendation for fat?

✓ Ans: no

- 5). The dietary guidelines for americans 2015-2020 recommend limiting sources of added sugars and saturated fat. what changes can bob make to his salad to follow these recommendations and reduce the saturated fat or added sugars in his salad? use the build a salad nutrition facts panel to assist you.

✓ Ans: replacing ranch dressing with vinaigrette

reducing cheese by using either Parmesan or Colby Jack but not both

replacing bacon bits with chicken

- 6). Which class of lipoproteins contains the most protein compared to lipid?

✓ Ans: high-density lipoproteins

- 7). Which of the following statements regarding lipoproteins is true?

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Yi-Tong Ma



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