Certified Nutrition Specialist

FINAL EXAM Master Copy

Correct answers are at the bottom.

1. What macronutrient does the USDA recommend Americans consume the largest % of calories from?
   1. Fat
   2. Carbs
   3. Protein
   4. Alcohol
2. Scurvy is caused by a deficiency of what vitamin?
   1. A
   2. B
   3. C
   4. D
3. What macronutrient is protein sparing?
   1. Protein
   2. Carbs
   3. Fats
   4. Alcohol
4. The primary macronutrient in grains is \_\_\_\_\_\_\_\_\_.
   1. Protein
   2. Carbs
   3. Fats
   4. Alcohol
5. Protein contains approximately \_\_\_\_ calories per gram.
   1. 4
   2. 5
   3. 6
   4. 7
6. Carbs contain approximately \_\_\_\_\_ calories per gram.
   1. 4
   2. 5
   3. 6
   4. 7
7. Fat contains approximately \_\_\_\_ calories per gram.
   1. 8
   2. 9
   3. 10
   4. 14
8. Oxidation of what macronutrient is shut down while alcohol is present in the body?
   1. Protein
   2. Carbs
   3. Fats
   4. Alcohol
9. Oxidation of what macronutrient speeds up when alcohol is present in the body?
   1. Protein
   2. Carbs
   3. Fats
   4. Alcohol
10. What alternative energy source can the heart and brain function off of when glucose is limited?
    1. Krebs cycle
    2. ATP
    3. Ketones
    4. Lactate
11. What macronutrient refills glycogen stores?
    1. Protein
    2. Carbs
    3. Fats
    4. Alcohol
12. The primary macronutrient in meat is \_\_\_\_\_\_\_.
    1. Protein
    2. Carbs
    3. Fats
    4. Alcohol
13. \_\_\_\_\_\_\_\_ are building blocks of proteins.
    1. Monosacharides
    2. Polysaccharides
    3. Amino acids
    4. Protein filaments
14. \_\_\_\_\_\_\_\_\_ loading is used for peak performance in athletic events.
    1. Protein
    2. Carb
    3. Fat
    4. Creatine
15. How many Americans are obese?
    1. 1/3
    2. 2/5
    3. 1/2
    4. 4/5
16. What supplement should be recommend to almost every American?
    1. Caffeine
    2. Creatine
    3. Whey
    4. Omega-3
17. The primary macronutrient in fruit is \_\_\_\_\_\_\_\_\_.
    1. Protein
    2. Carbs
    3. Fats
    4. Alcohol
18. All of the following are BCAA except?
    1. Isoleucine
    2. Leucine
    3. Valine
    4. Glutamine
19. Testosterone is \_\_\_\_\_\_\_\_\_\_.
    1. Anabolic
    2. Catabolic
    3. Aerobic
    4. Anaerobic
20. The following is the most consumed supplement in the world?
    1. Creatine
    2. Whey
    3. Caffeine
    4. Pre-workout
21. What macronutrient is burned first during exercise?
    1. Protein
    2. Carbs
    3. Fats
    4. Alcohol
22. When dietary carbs are limited, your body can convert \_\_\_\_\_\_\_\_ into glucose?
    1. Protein
    2. Fats
    3. Alcohol
    4. Beans
23. Which of the following fruits contains the highest fiber content?
    1. Bananas
    2. Black berry
    3. Mango
    4. Oranges
24. What is the most vital Omega-3 fatty acid?
    1. EPA
    2. DHA
    3. None of the above
    4. A and B
25. The following is not a source of protein?
    1. Chicken
    2. Eggs
    3. Beef
    4. Bread
26. The following has the highest vitamin C content?
    1. Apples
    2. Bananas
    3. Oranges
    4. Pears
27. What food source has an amino acid profile that covers most of what the body needs?
    1. Beef
    2. Chicken
    3. Salmon
    4. Eggs
28. Which of the following has the highest Omega-3 fatty acid content?
    1. Tilapia
    2. Grouper
    3. Salmon
    4. Tuna
29. The thermic effect of food is \_\_\_\_\_\_\_.
    1. The energy that is wasted in the digestion process
    2. How much it heats your body
    3. How fat it makes you
    4. How much energy is gives you
30. A heart attack is referred to as a \_\_\_\_\_\_\_ in medical terms.
    1. Heart explosion
    2. Myocardial Infarction
    3. Heart transplant
    4. Myocardial Explosion
31. What has the highest carb content?
    1. Beans
    2. Steak
    3. Eggs
    4. Cheese
32. Olive oil is high in \_\_\_\_\_\_\_\_\_.
    1. Monounsaturated fats
    2. Polyunsaturated fats
    3. Saturated fats
    4. Trans fats
33. DASH is an acronym for a diet. What does it mean?
    1. Dietary approaches to stop hypertension
    2. Diet and alcohol stops hearts
    3. Diet approaches for salt hunger
    4. Dietary approaches for steak hamburgers
34. Men can safely consume up to \_\_\_\_ alcoholic drinks per day.
    1. 2
    2. 3
    3. 4
    4. 5
35. Women can safely consume up to \_\_\_\_\_ alcoholic drinks per day.
    1. 1
    2. 2
    3. 3
    4. 5
36. The following is not considered 1 serving of alcohol?
    1. 12 oz beer
    2. 1 oz liquor
    3. 1.5 oz liquor
    4. 5 oz wine
37. The following fat is not a healthy fat?
    1. Monounsaturated
    2. Polyunsaturated
    3. Omega-3s
    4. Trans fat
38. \_\_\_\_\_\_ is the acronym for carbohydrates.
    1. CARBS
    2. CHO
    3. CARB
    4. COHO
39. What is the only macronutrient that contains Nitrogen?
    1. Protein
    2. Carbs
    3. Fats
    4. Alcohol
40. Which of the following would be the best pre-workout meal?
    1. Eggs and bacon
    2. Steak and eggs
    3. Oatmeal and whey protein
    4. Eggs and sausage
41. A general recommendation that would help all Americans is to avoid sugary drinks and foods.
    1. True
    2. False
42. The diabetes food pyramid is based on \_\_\_\_\_\_ instead of food classification.
    1. Protein and carbs
    2. Carbs and sugars
    3. Fats and protein
    4. Fats and carbs
43. \_\_\_\_\_\_\_\_\_ cannot be broken down in the human digestive system.
    1. Carbs
    2. Fiber
    3. Lactate
    4. Gum
44. \_\_\_\_\_\_\_\_\_ are large molecules that allow fat to travel through the bloodstream.
    1. Triglycerides
    2. Lipoproteins
    3. Phospholipids
    4. Cholesterol
45. \_\_\_\_\_\_\_\_ are an important component of the cell membrane.
    1. Triglycerides
    2. Lipoproteins
    3. Phospholipids
    4. Cholesterol
46. \_\_\_\_\_\_\_\_ is a sterol, or fatty substance in which carbon, hydrogen, and oxygen atoms are arranged in rings.
    1. Triglycerides
    2. Lipoproteins
    3. Phospholipids
    4. Cholesterol
47. \_\_\_\_\_\_\_\_ is the primary storage form of fat in the body.
    1. Triglycerides
    2. Lipoproteins
    3. Phospholipids
    4. Cholesterol
48. \_\_\_\_\_\_\_\_ forms the lipid bilayer in the cell membrane.
    1. Triglycerides
    2. Lipoproteins
    3. Phospholipids
    4. Cholesterol
49. \_\_\_\_\_\_\_\_ is the amount of nutrients a food contains vs the amount of calories it contains.
    1. Nutrient density
    2. Nutritional content
    3. Nutritional value
    4. RDI Index
50. \_\_\_\_\_\_\_\_\_ is a “man made” fat.
    1. Saturated
    2. Unsaturated
    3. Monounsaturated
    4. Trans fat
51. \_\_\_\_\_\_\_\_\_ catalyze reactions.
    1. Enzymes
    2. Proteins
    3. Hormones
    4. ATP
52. \_\_\_\_\_\_\_\_\_ fight diseases.
    1. WBC
    2. RBC
    3. Protein hormones
    4. Krebs
53. \_\_\_\_\_\_\_\_\_ act as messengers.
    1. WBC
    2. RBC
    3. Protein hormones
    4. Glycolysis
54. Vitamins are organic substances.
    1. True
    2. False
55. Minerals are organic substances
    1. True
    2. False
56. \_\_\_\_\_\_\_\_ is responsible for O2 transport.
    1. Hemoglobin
    2. WBC
    3. Krebs cycle
    4. Protein hormones
57. \_\_\_\_\_\_\_\_ retrieves cholesterol from the body and returns it to the liver for to be metabolized.
    1. LDL
    2. HDL
    3. VLDL
    4. Cholesterol
58. \_\_\_\_\_\_\_\_ transports cholesterol and triglycerides from the liver to be used in various other cellular processes.
    1. LDL
    2. HDL
    3. Krebs
    4. Glycolysis
59. To compete at the highest level, athletes must take ergogenic aids such as anabolic steroids.
    1. True
    2. False
60. \_\_\_\_\_\_\_\_ helps with water balance.
    1. Riboflavin
    2. Sodium
    3. Vitamin C
    4. Vitamin D

Correct Answers:

1. B
2. C
3. B
4. B
5. A
6. A
7. B
8. C
9. A
10. C
11. B
12. A
13. C
14. B
15. A
16. D
17. B
18. D
19. A
20. C
21. B
22. A
23. B
24. D
25. D
26. C
27. D
28. C
29. A
30. B
31. A
32. A
33. A
34. A
35. A
36. B
37. D
38. B
39. A
40. C
41. A
42. A
43. B
44. B
45. C
46. D
47. A
48. C
49. A
50. D
51. A
52. A
53. C
54. A
55. B
56. A
57. B
58. A
59. B
60. B

All 100 questions are below:

1. Muscle tissue is composed of what?
   1. Water and protein
2. What macronutrient does the USDA recommend Americans cosume the highest percentage of calories from?
   1. Carbohydrates
3. Scurvy is caused by a deficenciy of what vitamin?
   1. C
4. Athletes require \_\_\_\_\_\_\_\_\_ because of their activity level.
   1. More water and nutrients
5. What macronutrient is protein sparing?
   1. Carbohydrates
6. The primary macronutrient in grains is \_\_\_\_\_\_\_\_\_\_.
   1. carbs
7. carbs contain approximately \_\_\_\_\_ calories per gram.
   1. 4
8. Fat contains approximately \_\_\_\_\_ calories per gram.
   1. 9
9. Protein contains approximately \_\_\_\_ calories per gram.
   1. 4
10. Alcohol contains approximately \_\_\_\_ calories per gram.
    1. 7
11. Oxidation of what macronutrient is shut down while alcohol is present in the body?
    1. fat
12. Oxidation of what macronutrient speeds up while alcohol is present in the body?
    1. protein
13. What macronutrient refills glycogen stores in the muscle?
    1. carbs
14. What energy source do the heart and brain primarily receive energy from?
    1. glucose
15. What alternative energy source can the brain and heart function off of when dietary carbs are limited?
    1. ketones
16. The primary macronutrient in meat is \_\_\_\_\_\_\_\_?
    1. protein
17. What natural food has the highest bioavailability of protein?
    1. eggs
18. The primary macronutrient in pasta is \_\_\_\_\_\_\_.
    1. carbs
19. Glucose is an example of a \_\_\_\_\_\_\_\_.
    1. monosacharide
20. \_\_\_\_\_\_\_\_\_\_ are the building blocks of protein.
    1. Amino acids
21. \_\_\_\_\_\_\_\_\_\_ loading is often used for peak performance before an athletic event.
    1. carb
22. carbs increase water retention because \_\_\_\_\_\_\_.
    1. Glycogen is stored with H2O molecules
23. Fat is important for which of the following?
    1. Vitamin absorption, cellular function, joint lubrication
24. What supplement should be recommended to most Americans?
    1. Omega-3
25. How many Americans are obese?
    1. 1/3
26. The primary macronutrient in fruits is \_\_\_\_\_\_\_\_\_.
    1. carbs
27. Creatine has been shown to \_\_\_\_\_\_\_\_\_\_\_.
    1. Improve power and performance in activity lasting less than 6 secs
28. Creatine \_\_\_\_\_\_\_\_\_\_.
    1. Increases water retention within the body
29. All of the following are BCAA except?
    1. glutamine
30. Testosterone is \_\_\_\_\_\_\_\_\_\_\_.
    1. anabolic
31. The following is the most consumed supplement in the world?
    1. caffeine
32. What macronutrient is burned first during exercise?
    1. carbs
33. When dietary carbs are limited, what can the body convert into glucose?
    1. protein
34. Muscle cramps are caused from \_\_\_\_\_\_\_.
    1. Electrolyte imbalances
35. Which of the following fruits contain the highest fiber content?
    1. Blackberries
36. The following is not a fat soluble vitamin?
    1. C
37. What is the most vital Omega-3 essential fatty acid?
    1. EPA/DHA
38. The following is not a source of protien.
    1. Bread
39. The following has the highest Vitamin C content
    1. oranges
40. Which food has an amino acid profile that covers most of what the body needs?
    1. eggs
41. Which of the following has the highest Omega-3 fatty acids?
    1. salmon
42. Niacin is known as \_\_\_\_\_\_\_\_.
    1. B3
43. The thermic effect of food is \_\_\_\_\_\_\_\_\_.
    1. Energy that is wasted in the digestion process
44. A heart attack is referred to as a \_\_\_\_\_\_\_ in medical terms.
    1. Myocardial Infarction
45. \_\_\_\_\_\_\_\_\_\_\_ is known to increase testosterone levels.
    1. Saturated fats
46. All of the following are low carb except?
    1. beans
47. Which of the following has the highest fiber content?
    1. berries
48. Olive oil is high in \_\_\_\_\_\_\_\_\_.
    1. Monounsaturated fats
49. DASH is an acronym for a diet. What does it mean?
    1. Dietary approaches to stop hypertension
50. The DASH eating plan emphasizes \_\_\_\_\_\_\_\_.
    1. Whole grains
51. Older adults may need to consume additional vitamins \_\_\_\_\_ and \_\_\_\_\_ through fortification or supplements.
    1. B12 / D
52. Alcohol intake up to \_\_\_ drinks per day can safely be consumed for men.
    1. 2
53. Alcohol intake up to \_\_\_ drinks per day can safely be consumed for women
    1. 1
54. The following is not considered 1 serving of alcohol?
    1. 1oz liquor
55. Fats should mostly be consumed from all of the following sources except?
    1. pork
56. The American Heart Association has different dietary guidlines than the USDA and DASH eating plans. The AHA recommendation for fat intake is \_\_\_\_\_\_.
    1. Significantly less than the other two
57. The foodguide pyramid was used for many years as the guidelines for American diets. It was first introduced in \_\_\_\_\_\_.
    1. 1992
58. The acronym for carbohydrates is CHO because \_\_\_\_\_\_\_.
    1. They contain Carbon, Hydrogen, and Oxygen
59. What macronutrient is the only Nitrogen containing macronutrient?
    1. protein
60. \_\_\_\_\_\_\_ is essential for heart health, skeletal muscle function, bone health, and blood vessel tone.
    1. calcium
61. Athletes need more carbs to restore glycogen to performe sports. How many grams of carbs / day are recommended for athletes?
    1. 6-10g / kg bodyweight / day
62. Which of the following is the best pre-workout meal?
    1. Oatmeal and whey protein
63. During pregnancy, women require an additional \_\_\_\_\_\_\_\_ calories per day.
    1. 250-390
64. Women that are breast feeding require an additional \_\_\_\_\_\_\_ calories per day.
    1. 300-500
65. A general recommendation that would help all Americans is to avoid sugary drinks and foods.
    1. true
66. The diabetes food pyramid is based on \_\_\_\_\_\_\_ instread of food classification.
    1. Carbs and protien
67. \_\_\_\_\_\_\_ can not be broken down by the human digestion system
    1. fiber
68. \_\_\_\_\_\_\_\_\_ is the primary storage form of fat in the body.
    1. Triglycerides
69. The glycemic index is \_\_\_\_\_\_.
    1. The rate that blood glucose rises after food intake
70. \_\_\_\_\_\_\_\_ are large molecules that allow fat to travel through the bloodstream.
    1. lipoproteins
71. \_\_\_\_\_\_\_\_\_ are an important component of the cell membrance.
    1. phospholipids
72. \_\_\_\_\_\_\_\_\_ is a sterol, or fatty substance in which carbon, hydrogen, and oxygen atoms are arranged in rigs
    1. Cholesterol
73. \_\_\_\_\_\_\_ form a lipid bi-layer in the cell membrane.
    1. phospholipids
74. \_\_\_\_\_\_\_\_ is the amount of essential nutrients a food contains compared to the calories it contains.
    1. Nutrient density
75. \_\_\_\_\_\_\_\_ is a "man made" fat.
    1. Trans fat
76. \_\_\_\_\_\_\_ is responsible for carrying oxygen throughout the body.
    1. RBC
77. \_\_\_\_\_\_\_\_ catalyze reactions.
    1. enzymes
78. \_\_\_\_\_\_\_ fight diseases.
    1. WBC
79. \_\_\_\_\_\_\_\_\_ act as "messengers".
    1. Protein hormones
80. \_\_\_\_\_\_\_\_ clots blood.
    1. prothrombin
81. Vitamins are organic substances vital to human life.
    1. true
82. Minerals are organic elements that serve a variety of functions in the human body.
    1. false
83. \_\_\_\_\_\_\_\_ are molecules or fragments of molecules that can damage the body's tissues.
    1. Free radicals
84. \_\_\_\_\_\_\_\_ helps with bone and teeth growth.
    1. flouride
85. \_\_\_\_\_\_\_\_\_ helps with oxygen transport in RBC.
    1. iron
86. \_\_\_\_\_\_\_\_\_ helps with thyroid hormone function.
    1. iodine
87. \_\_\_\_\_\_\_\_\_ helps with nerve and muscle function, and water balance.
    1. sodium
88. \_\_\_\_\_\_ is important for blood clotting.
    1. Vitamin K
89. \_\_\_\_\_ transports cholesterol and triglycerides from the liver to be used in various other cellular processes.
    1. LDL
90. \_\_\_\_\_\_\_ retrieves cholesterol fromt he body's cells and returns it to the liver to be metabolized.
    1. HDL
91. To compete at the highest level, athletes must take ergogenic aids such as anabolic steroids.
    1. false
92. \_\_\_\_\_\_\_\_ facilitates energy production in the cells
    1. niacin
93. \_\_\_\_\_\_\_\_ functions as a coenzyme in the synsthesis of fatty acids and glycogen.
    1. biotin
94. \_\_\_\_\_\_\_\_ functions as a coenzyme in the synthesis of nucleic acids and protiens.
    1. Folic acid
95. Riboflavin \_\_\_\_\_\_\_\_.
    1. is involved in energy metabolism as part of a coenzyme
96. Potassium is \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    1. important for nerve and muscle function
97. Zinc is important for \_\_\_\_\_\_\_\_.
    1. enzyme function, and growth
98. Magnesium is important for \_\_\_\_\_\_\_.
    1. bone growth, nerves, muscles, and enzyme functions
99. Molybdenum \_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_.
    1. is important for energy metabolism
100. Phosphorus is important for \_\_\_\_\_\_\_\_\_\_.
     1. bones, teeth, and energy transfer