Certified Nutrition Specialist

Practice Quiz 1

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

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