Certified Nutrition Specialist

Practice Quiz 2

Correct answers are at the bottom.

1. What macronutrient is burned first during exercise?
   1. Protein
   2. Carbs
   3. Fats
   4. Alcohol
2. When dietary carbs are limited, your body can convert \_\_\_\_\_\_\_\_ into glucose?
   1. Protein
   2. Fats
   3. Alcohol
   4. Beans
3. Which of the following fruits contains the highest fiber content?
   1. Bananas
   2. Black berry
   3. Mango
   4. Oranges
4. What is the most vital Omega-3 fatty acid?
   1. EPA
   2. DHA
   3. None of the above
   4. A and B
5. The following is not a source of protein?
   1. Chicken
   2. Eggs
   3. Beef
   4. Bread
6. The following has the highest vitamin C content?
   1. Apples
   2. Bananas
   3. Oranges
   4. Pears
7. What food source has an amino acid profile that covers most of what the body needs?
   1. Beef
   2. Chicken
   3. Salmon
   4. Eggs
8. Which of the following has the highest Omega-3 fatty acid content?
   1. Tilapia
   2. Grouper
   3. Salmon
   4. Tuna
9. 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
10. A heart attack is referred to as a \_\_\_\_\_\_\_ in medical terms.
    1. Heart explosion
    2. Myocardial Infarction
    3. Heart transplant
    4. Myocardial Explosion
11. What has the highest carb content?
    1. Beans
    2. Steak
    3. Eggs
    4. Cheese
12. Olive oil is high in \_\_\_\_\_\_\_\_\_.
    1. Monounsaturated fats
    2. Polyunsaturated fats
    3. Saturated fats
    4. Trans fats
13. 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
14. Men can safely consume up to \_\_\_\_ alcoholic drinks per day.
    1. 2
    2. 3
    3. 4
    4. 5
15. Women can safely consume up to \_\_\_\_\_ alcoholic drinks per day.
    1. 1
    2. 2
    3. 3
    4. 5
16. 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
17. The following fat is not a healthy fat?
    1. Monounsaturated
    2. Polyunsaturated
    3. Omega-3s
    4. Trans fat
18. \_\_\_\_\_\_ is the acronym for carbohydrates.
    1. CARBS
    2. CHO
    3. CARB
    4. COHO
19. What is the only macronutrient that contains Nitrogen?
    1. Protein
    2. Carbs
    3. Fats
    4. Alcohol
20. 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

Correct Answers:

1. B
2. A
3. B
4. D
5. D
6. C
7. D
8. C
9. A
10. B
11. A
12. A
13. A
14. A
15. A
16. B
17. D
18. B
19. A
20. C