**NUTRITION INTRO QUIZ**

1. **What are the four (4) basic food groups?**
2. **List the three (3) main nutrient groups that provide our body with energy (calories)**
3. **A dietician would tell you that there are approximately this many DIFFERENT types of NUTRIENTS.**
4. **3 C) 15**
5. **40 D) Over 1000**
6. **Which substance would give you the MOST energy/gram?**
7. **One gram of FATS**
8. **One gram of CARBOHYDRATES**
9. **One gram of VITAMINS**
10. **One gram of PROTEINS**
11. **All yield the same amount of calories**
12. **Would water be considered a nutrient?**
13. **The majority of calories in your diet should come from which group?**
14. **Proteins C) Fats**
15. **Carbohydrates D) Vitamins**
16. **Each group should provide us with 25%**
17. **In human metabolism once carbohydrates are digested and absorbed, they are all eventually converted to what type of sugar?**
18. **Lactose C) Galactose**
19. **Fructose D) ATP Adenosine Triphosphate**
20. **Glucose**
21. **If you just ran a marathon and completely depleted your blood sugar levels, which food item below would most quickly raise your blood sugar levels?**
22. **Eating a small order of French Fries**
23. **Eating a bowl of Broccoli**
24. **Eating a Salmon Filet**
25. **Eating a handful of Cashews**
26. **Approximately what percent of adults worldwide experience some degree of Lactose Intolerance?**
27. **2%**
28. **5%**
29. **10 %**
30. **25%**
31. **75%**
32. **Which food would have the lowest percentage of cholesterol?**
33. **Cashews**
34. **Milk Chocolate**
35. **Butter**
36. **Salmon**
37. **Give me 4 GOOD reasons why people don’t eat proper diets.**

**ANSWERS**

1. **Grain/Cereal Products**

**Vegetables and Fruits**

**Milk/Dairy Products**

**Meat and Meat Alternatives.**

1. **The three nutrient groups that provide us with any caloric value are : Carbohydrates, Fats and Proteins.**
2. **B) There are approximately 40 different nutrients. A nutrient is any substance in a food or drink that is essential for energy, growth, normal functioning of the body and maintenance of life. Ex. Lots of minerals and vitamins etc.**
3. **A) Fats provide us with the most energy per gram. Proteins and Carbohydrates yield 4.1 Cal/g while Fats yield 9.3 Cal/g. Vitamins have zero caloric value.**
4. **YES. According to the definition of a nutrient, water is one of the most important nutrients that you need.**
5. **B) Carbohydrates should make up the majority of your caloric intake. Approximately 50%-60%.**
6. **For cellular use carbohydrates are converted to E) GLUCOSE.**
7. **If you just ran a marathon and completely depleted your blood sugar levels, which food item below would most quickly raise your blood sugar levels?**
8. **Eating a small order of French Fries**
9. **E) About 75% of adults worldwide experience a decrease in Lactase. The enzyme Lactase drops off in most people by the age of 5. Northern Europeans, Some people from the Northwest sector of India and a few African Cattle raisers and their descendants are able to digest dairy throughout adulthood.**
10. **A) A plain CASHEW will have 0 mg of cholesterol. Cholesterol is found in animal based foods only. If it had a mother it has cholesterol in it; Milk chocolate, butter and salmon will all have dietary cholesterol.**
11. **Too expensive – Inconvenient – Lack of Knowledge- TASTE !**