



NUTRITION & HEALTH (2019)

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Student Study Guide & Test

CLASS: M200

1. Most diets are designed to correct a _____.
 - A. Dietary error
 - B. Weight issue
 - C. Problem
2. Select the one answer (letter) which best answers this question: Which clients might benefit from a from a low-fat diet for at least a few months?
 - A. Those who get upset stomachs after eating fatty meals
 - B. Those with years of SAD diets
 - C. Those with insufficient bile or gall bladder issues
 - D. Those who are extremely underweight or who are very overweight
 - E. A, B, & C
 - F. All of the above
3. Fixing the imbalances takes more than just changing the diet. You must also fix the damage it caused to the _____, bowels, pancreas - every cell in the body.
 - A. Heart
 - B. Spleen
 - C. Liver
4. Never assume that a person is eating healthy just because they say they are _____.
 - A. Thin
 - B. Vegetarians
 - C. Healthy
5. Salicylates are a family of plant substances found naturally in a variety of fruits, vegetables, nuts, and herbs. The foods eliminated include _____, apples, apricots, berries, cucumbers, pickles, plums, oranges, peaches, tomatoes, tangerines and grapes.
 - A. Almonds
 - B. Walnuts
 - C. Hazelnuts

NOTE: Food elimination protocols work best when a person eliminates the suspected food for a full 30 days with no cheating. When reintroducing a food, it may take up to 3 weeks before the offending food results in a reaction (bloating, pain, foggy brain, behavioral issues, etc.). It is best to only add one food back into the diet per month.

6. Oligoantigenic diet studies suggested that some children in addition to being sensitive to AFCs are also sensitive to common nonsalicylate foods (milk, chocolate, soy, eggs, wheat, corn, legumes) as well as salicylate-containing grapes, tomatoes, and orange. Some studies found “_____” to be more the rule than the exception.
- A. Co-sensitivity
 - B. Multiple-sensitivity
 - C. Hyper-sensitivity

NOTE: Benzoate is found in many liquid vitamins and cereals!

7. GAPS is a condition which establishes a connection between the functions of the digestive system and the brain... As more than 90% of everything toxic floating in our blood (and getting into the brain) comes from the gut, healing it will drop the level of _____ in the body dramatically.
- A. Inflammation
 - B. Fluid retention
 - C. Toxicity
8. Some people are _____ to milk-based yogurt even if it is raw.
- A. Addicted
 - B. Allergic
 - C. Hypersensitive
9. Diet is implicated in 70% of gastrointestinal tract cancer cases. This means that 70% of intestinal cancer and 30% of all cancer cases are _____.
- A. Inevitable
 - B. Contagious
 - C. Preventable
10. All of our cells, including _____ cells, use glucose for energy but only healthy cells are able to use ketone bodies.
- A. Blood
 - B. Cancer
 - C. Virus
11. (True or False) To determine your RDA for protein, you can multiply your weight in pounds by 0.36.
- A. True
 - B. False

NOTE: The chart on page 8 lists common sources of protein. Note how little protein most vegetable sources contain as opposed to meat and dairy. Vegetarians should calculate their average protein intake and make sure it is adequate. Spirulina used as a multivitamin supplement is excellent, but a person probably shouldn't and wouldn't eat 1/2 cup of dried spirulina per day for protein!

12. Proteins provide structure, function, and _____ of the body's tissues and organs.
 - A. Flexibility
 - B. Regulation
 - C. Oxygen

13. Adults can produce 9-11 of the 20 _____ needed but the others must be supplied in the diet.
 - A. Amino acids
 - B. Enzymes
 - C. B vitamins

14. An _____ supply of histidine, or the loss of histamine in the urine because of a folate deficiency, causes anemia.
 - A. Insufficient
 - B. Overabundant
 - C. Unsatisfactory

15. 5-HTP supplements raise serotonin levels in the brain which helps _____ anxiety and depression disorders, improve sleep, control appetite (over and under-eating patterns), and pain sensation.
 - A. Exacerbate
 - B. Stabilize
 - C. Lessen

16. Natural ways to decrease antinutrients (which interfere with nutrient absorption or digestion) include _____, fermentation, and sprouting/germination.
 - A. Soaking
 - B. Grilling
 - C. Frying

17. Not everyone can eat fermented foods (or some of them) and it may be related to the histamine content of a _____ or a yeast allergy.
 - A. Fungus
 - B. Dander
 - C. Mold

NOTE: “Histamine intolerance is different from an allergy in that the response builds up over time—the more foods with histamine you consume, the more you react. This is what makes it difficult to pinpoint. It’s common for people with histamine intolerance to screen for food allergies and have the results come back negative. They’re not allergic to the high-histamine foods. Instead, they react to the elevated histamine levels they experience after eating too many of them.” - <http://drflannery.com/reacting-to-fermented-foods-could-be-a-histamine-intolerance/>

18. If the fermentation process uses _____ it may interfere with a candida cleansing protocol or cause a flareup of symptoms.
- A. Carrots
 - B. Dill
 - C. Yeast
19. In fermented foods, lactic acid bacteria (LAB) display numerous antimicrobial activities. This is mainly due to the production of organic acids, but also of other compounds, such as bacteriocins and _____ peptides.
- A. Antifungal
 - B. Antibacterial
 - C. Antimicrobial
20. Phytic acid is known as a food inhibitor which chelates micronutrients and prevents them from becoming _____ for monogastric animals, including humans because they lack the enzyme phytase in their digestive tract.
- A. Nutritious
 - B. Digested
 - C. Bioavailable
- NOTE:** Tofu is a form of soy that is only partially fermented thereby retaining its antinutrients, while miso is a completely fermented soy product.
21. Prolonged consumption of soy protein isolate has a _____ effect on the premenopausal female breast, characterized by increased secretion of breast fluid, the appearance of hyperplastic epithelial cells, and elevated levels of plasma estradiol.
- A. Energizing
 - B. Stimulatory
 - C. Vitalizing
22. The lipids contained in the cell membrane determine the flexibility and _____ of the cell.
- A. Strength
 - B. Permeability
 - C. Color

23. Adding hydrogen atoms to unsaturated fats results in trans-fat, a molecule that is a health hazard. These unnatural/artificial trans fats raise your bad (LDL) cholesterol levels and _____ your good (HDL) cholesterol levels, increases your risk of developing heart disease and stroke, and is associated with a higher risk of developing type 2 diabetes.
- A. Stabilize
 - B. Raise
 - C. Lower
24. (True or False) Saturated fats naturally resist oxidation, lipid peroxidation/rancidity.
- A. True
 - B. False
25. Omega 6 and omega-3 fatty acids are _____ fatty acids (PUFAs).
- A. Unsaturated
 - B. Polyunsaturated
 - C. Saturated
26. Omega-3 and Omega-6 fatty acids are types of PUFAs and are considered _____ fatty acids because our bodies cannot make them, they must be obtained through the diet.
- A. Essential
 - B. Extra
 - C. Required
27. The more unsaturated a fat is, the more unstable it is in the presence of heat and oxygen. This means that polyunsaturated fats are _____ more easily than monounsaturated fats.
- A. Ruptured
 - B. Repaired
 - C. Damaged

NOTE: Olive oil is safe to use for cooking at lower temperatures such as sautéing vegetables or cooking eggs. It is not safe for frying at high temperatures.

28. In the secondary prevention of cardiovascular disease, a ratio of 4/1 was associated with a 70% decrease in total _____. A ratio of 2.5/1 reduced rectal cell proliferation in patients with colorectal cancer, whereas a ratio of 4/1 with the same amount of omega-3 PUFA had no effect.
- A. Cholesterol
 - B. Mortality
 - C. Vitality

29. _____ is part of the body's natural response to infection and tissue damage.
- A. Redness
 - B. Inflammation
 - C. Itching
30. Alpha-linolenic acid (ALA) is mainly used by the body for _____.
- A. Energy
 - B. Hormone production
 - C. Digestion
31. The conversion of ALA (a plant-based omega-3) to _____ occurs primarily in the liver with reported rates of **less than 15%**. Some plant oils that contain ALA are flaxseed (linseed), soybean, and canola oils. Foods that contain some of the highest amounts of ALA include chia seeds, pumpkin seeds, tofu, spinach, green beans, Brussel sprouts, broccoli, and walnuts.
- A. NRA
 - B. EPA
 - C. DHA

NOTE: This means that a person can consume 100% of their omega-3s from plants but are only getting around 15% because the liver does not convert all of the ALA into DHA.

32. DHA concentration is especially high in the retina, brain, and sperm. DHA and EPA have _____ anti-inflammatory effects.
- A. Potent
 - B. Weak
 - C. Strong
33. When omega-3 fatty acid concentrations are low, B vitamin treatment has _____ on cognitive decline in MCI (mild cognitive impairment), but when omega-3 levels are in the upper normal range, B vitamins interact to slow cognitive decline.”
- A. Little effect
 - B. No effect
 - C. No difference
34. Long-chain fatty acids undergo chemical changes in the intestines and enter the systemic circulation through the _____ system.
- A. Musculoskeletal
 - B. Endocrine
 - C. Lymphatic

35. The digestive system has its own nervous system referred to as the _____ nervous system (ENS) and butyric acid is the main source of energy for enteric cells.
- A. Enteric
 - B. Central
 - C. Limbic
36. Detailed studies have shown that the majority of ingested _____ acid is transported directly to the liver where it is directly converted to energy and other metabolites rather than being stored as fat...
- A. Amino
 - B. Lauric
 - C. Citric
37. It has been reported that _____ oil is very effective against a variety of lipid-coated viruses. This included Cytomegalovirus (CMV), Epstein-Barr virus (EBV), influenza, virus, leukemia virus (a type of virus that infects T cells and can cause leukemia and lymphoma), pneumo viruses and the hepatitis C virus.
- A. Coconut
 - B. Olive
 - C. Canola
38. (True or False) Red palm oil promotes atherosclerosis or arterial thrombosis.
- A. True
 - B. False
39. Short-chain fatty acids (SCFAs) _____ the growth of lactobacilli and bifidobacteria.
- A. Hinder
 - B. Encourage
 - C. Promote
40. Dietary fiber, in general, refers to the edible parts of food plants that are primarily _____ (pectin, bran, cellulose, resistant starch, etc.) or not absorbed in the small intestine.
- A. Digestible
 - B. Undigestible
 - C. Gravel
41. Dietary fiber increases the _____ between bile acids and carcinogens.
- A. Stickiness
 - B. Mucilage
 - C. Binding

42. Dietary fiber may increase the amount of estrogen _____ in the feces due to an inhibition of estrogen absorption in the intestines.
- A. Excreted
 - B. Absorbed
 - C. Collected
43. Because fruits are high in fiber and fructose, they do not cause drastic changes in blood sugar levels (fructose is metabolized almost completely in the liver). This makes many fruits a _____ -index food. Fruits, especially colorful ones, contain antioxidants, essential minerals and vitamins, and dietary fiber.
- A. No-glycemic
 - B. Low-glycemic
 - C. High-glycemic
44. (True or False) There is evidence that the wheat and other cereal grains that contain gluten and lectin, cause chronic inflammation and autoimmune diseases by increasing intestinal permeability (leaky guts).
- A. True
 - B. False

NOTE: Not all autoimmune diseases are caused by a hyperimmune situation due to increased intestinal permeability. That said, it is often necessary to remove all top allergenic (wheat, soy, corn, peanuts, eggs, and milk/dairy) and inflammatory foods for all autoimmune cases. Butter may be used because it does not contain the milk protein and sugar that cause the allergic/sensitivity reactions.

45. (True or False) Gliadin, [a protein found in wheat and other grass-based cereals and a component of gluten] can induce malabsorption and 'idiopathic' neuronal or gynecological symptoms.
- A. True
 - B. False

~ END OF TEST ~