



**FOR REFERENCE PURPOSES ONLY -
THE QUIZ MUST BE PURCHASED AND COMPLETED ONLINE IN ORDER TO EARN CEUS**

Conference Video Quiz
The Top 5 Nutrition Questions Your Clients Have for You


1. Which of the following has the greatest effect on weight loss?
 - A. macronutrient breakdown
 - B. dietary adherence
 - C. counting calories

2. What should be done to protein intake when caloric intake is decreased?
 - A. increased
 - B. decreased
 - C. maintained

3. What is the general guideline for minimum daily protein intake for a client that needs to lose weight?
 - A. >1.5 grams/kg bodyweight
 - B. >2.0 grams/kg bodyweight
 - C. >4.0 grams/kg bodyweight

4. Which of the following best describes the accuracy of food label information?
 - A. It is based on an estimation.
 - B. It is an exact measurement.
 - C. It is audited by the FDA.

5. Which of the following has research shown to promote the most weight loss in the first 6 months?
 - A. reducing carbohydrates
 - B. consuming low-fat foods
 - C. eliminating protein sources

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6. Which of the following is most likely to be done by individuals who successfully lose weight?
 - A. strength training with no cardiovascular endurance training
 - B. cardiovascular endurance training with no resistance training
 - C. strength training combined with cardiovascular endurance training

 7. How is resting metabolic rate affected by weight loss?
 - A. increases
 - B. decreases
 - C. unchanged

 8. What is the most satiating macronutrient?
 - A. fat
 - B. carbohydrate
 - C. protein

 9. Which of the following stimulates muscle growth the most?
 - A. eating most of the protein for dinner
 - B. having equivalent protein at each meal
 - C. consuming the most protein at breakfast

 10. Which of the following foods does an individual absorb the least calories from?
 - A. nut butter
 - B. donuts
 - C. pistachios