



the nutrition school

Detoxing and Cleansing

Lesson 6 Quiz

1. Is it smart to do a cleanse?
 - a. Yes
 - b. No
 - c. **Maybe – there is a time and place**
2. Why do advocates of cleanses want people to cleanse?
 - a. **To remove toxins from the body**
 - b. To lose weight
 - c. To improve skin
 - d. For a quick fix
3. What are some of the reasons why someone should cleanse?
 - a. To lose weight
 - b. **To combat excessive exposure to pollution, medication, or processed foods**
 - c. To improve skin
 - d. For a quick fix
4. In order for your body to be its healthiest, you need to do a detox cleanse.
 - a. True
 - b. **False. If you are eating a healthy diet, your organs are cleansing your body everyday.**
5. What is the definition of cleanse?
 - a. Eat no animal products
 - b. Drink only vegetable juices
 - c. **There is no real definition of a cleanse**
 - d. Eat less than 1000 calories per day

6. What do you need to do for a healthy cleanse?
- a. Eat real food
 - b. Cleanse for 4 - 7 days, but no more than that
 - c. Eat 5 – 6 times throughout the day
 - d. All of the above
7. A healthy cleanse means eating certain things that you wouldn't eat on a daily basis.
- a. True
 - b. False. A healthy cleanse is about eating the types of foods you should be eating on a daily basis.
8. What foods should you be avoiding when you are cleansing?
- a. Packaged processed foods
 - b. Foods with added sugar
 - c. Foods high in sodium
 - d. Alcohol
 - e. All of the above
9. When you're cleansing, what should the foods you're eating be loaded with?
- a. Sodium
 - b. Fiber
 - c. Sugar
 - d. None of the above
10. What is the role of antioxidants during a cleanse?
- a. Act as a diuretic
 - b. Keep you full
 - c. Help kill free radicals that cause health issues
 - d. Help burn fat
11. Why do you need a game plan for when your cleanse ends?
- a. Because your cleanse becomes the foundation for your everyday diet
 - b. Because you will have lost so much weight
 - c. So you can go back to your old way of eating

d. To get more fiber

12. What foods SHOULD you be eating during a cleanse?

- a. Fruits, whey protein, and nuts
- b. Greens, lean protein, and healthy fats
- c. Protein, pasta, and vegetables
- d. Dairy, fruits, and spices

13. Herbs and spices are a great way to up the nutrition in our diet.

- a. True
- b. False

14. How long should a healthy cleanse last?

- a. 10 days
- b. 1-2 days
- c. 2 – 3 days
- d. 4 – 7 days