

Lesson 3 Quiz: **CRAVINGS & EMOTIONAL EATING**

1. How do you control cravings?
 - a. Never giving into them
 - b. Always giving into them
 - c. Giving into them, sometimes**
2. What are cravings a combination of?
 - a. Nutritional deficiency
 - b. Environment and mood
 - c. Habits and behaviors
 - d. All of the above**
3. Everyone has their own individual unique triggers that cause cravings.
 - a. True**
 - b. False
4. There are two (2) types of controls. Name them.
 - a. Environmental and Behavioral Controls
 - b. Food Controls and Non-Food Controls**
 - c. Cruise Control and Auto-pilot
 - d. Internal and External Controls
5. When do food controls apply?
 - a. When you are NOT hungry
 - b. When you are hungry**
 - c. When you are NOT having a craving
 - d. When you are having a cocktail
6. Why are non-food controls important?
 - a. Doing something that makes you feel good will help curb a craving**
 - b. They keep you from eating when you are hungry
 - c. They help you keep your house clean
 - d. They make sure you eat only healthy foods
7. Eating around a craving is a good option because it helps satisfy you.
 - a. True
 - b. False. It causes you to eat until you are satisfied, meaning you consume additional, unnecessary calories.**

8. What is a conscious indulgence?
 - a. Eating a brain food
 - b. Eating something unhealthy that you have always wanted to try
 - c. Pickles and potato chips
 - d. Feeding your craving in a mindful manner**
9. Cravings aren't always about a certain food but a(n)..
 - a. Temperature
 - b. Texture**
 - c. Aroma
 - d. Messy fridge
10. Where does emotional eating arise from?
 - a. Memories
 - b. Environments
 - c. Emotions
 - d. All of the above**
11. What can you use to help build your defenses to cravings?
 - a. Overeating
 - b. Chocolate
 - c. Proper eating throughout the day**
 - d. Holding out for the next meal
12. What nutrient has been said to act as an antidepressant?
 - a. Folate
 - b. Omega-3s**
 - c. Vitamin C
 - d. Vitamin B12
13. What foods can help with stress?
 - a. Red peppers
 - b. Kiwis
 - c. Berries
 - d. All of the above**
14. What is a rich source of folate?
 - a. Dairy
 - b. Pineapple
 - c. Legumes and dark greens**
 - d. Pistachios

15. What helps release serotonin?

- a. **Complex carbohydrates**
- b. Olive oil
- c. Tea
- d. Spinach