

Lesson 4 Quiz:

INFLAMMATION, ALLERGIES & GUT HEALTH

1. What are the two types of inflammation?
 - a. Endogenous and exogenous
 - b. Allergy and intolerance
 - c. Acute and chronic**
 - d. GI tract and brain
2. Stress is a huge factor of inflammation.
 - a. True**
 - b. False
3. What's a great way to decrease your inflammation?
 - a. Medication
 - b. Exercise
 - c. Meditation
 - d. Lose weight**
4. _____ is linked to your risk for _____, which is also linked to inflammation.
 - a. Sodium intake; hypertension**
 - b. C-reactive protein; hypertension
 - c. Hypertension; c-reactive protein
 - d. Sodium intake; trans fat
5. C-reactive protein is a marker for
 - a. Hypertension
 - b. Inflammation**
 - c. Sodium intake
 - d. Trans fat
6. _____ fight free radicals which cause inflammation.
 - a. Antioxidants**
 - b. Fats
 - c. Carbohydrates
 - d. Proteins

7. This spice has been shown to fight inflammation.
- a. Basil
 - b. Cacao
 - a. Cinnamon**
 - b. Cayenne
8. Gluten reactions are on the rise. The most concerning issue is _____, which is an _____.
- a. Celiac disease; intolerance
 - b. Celiac disease; autoimmune disease**
 - c. Celiac disease; allergy
 - d. Allergy; intolerance
9. 20% of people who claim to have an allergy don't actually have a true food allergy, but rather an intolerance.
- a. True
 - b. False. Up to 80% of people who claim to have an allergy don't actually have one. They have a food intolerance.**
10. What is the difference between an allergy and an intolerance?
- a. An allergy will have an immediate response while an intolerance may happen gradually**
 - b. An intolerance will always have an immediate response while an allergy may happen gradually
 - c. There is no difference; they are the same
 - d. An intolerance is an immune response while an allergy is a GI response
11. What is an elimination diet?
- a. You fast for 3 days
 - b. You remove dairy from your diet
 - c. You remove all gluten from your diet forever
 - d. You stop eating all the foods that most likely will cause an allergy or intolerance and then add them back in gradually**
12. What food group is most likely to cause an allergy/intolerance?
- a. Gluten
 - b. Vegetables
 - c. Dairy**
 - d. Starches

13. The reason a gluten free diet may help you lose weight is because it's essentially a:
- a. Weight loss diet
 - b. Low calorie diet
 - c. Healthy diet**
 - d. Strict diet
14. Gluten sensitivity is _____ times more likely to occur than celiac disease.
- a. 6**
 - b. 0
 - c. 10
 - d. 2
15. Starchy foods are not necessary for a healthy diet.
- a. True
 - b. False. The right proportion of starchy foods in our diets, and getting a variety of them from the least processed versions, is part of a healthy diet.**