

Lesson 7 Quiz: SUPPLEMENTS

1. Supplements are a great way to replace certain foods.
 - a. True
 - b. False. Real food should always come first.**
2. Why is real food nutrition the best way to absorb nutrients?
 - a. You can only absorb supplemented nutrients one at a time
 - b. You lose all nutrients from supplements in your urine
 - c. There are various components in food that help you absorb the nutrients found in that food**
 - d. Real food can be organic, which is best
3. What are the types of supplements most people should be taking?
 - a. Omega-3, ubiquinol, probiotic, and vitamin D**
 - b. Multivitamin, vitamin C, ubiquinol, probiotic
 - c. Omega-6, vitamin D, EPA & DHA, calcium
 - d. Vitamin D, multivitamin, calcium, probiotic
4. The nutrients in food work the same as nutrients in supplements.
 - a. True
 - b. False. Whole foods are complex and contain more than one nutrient that your body needs, including naturally occurring substances and antioxidants.**
5. Omega-3s are beneficial for...
 - a. Heart health, bone building, fighting depression and cellular repair
 - b. Heart health, immune functioning, brain health and inflammatory response**
 - c. Brain functioning, cardiovascular health, prevention of diabetes and weight gain
 - d. Weight management, cleansing, immune functioning and recovery
6. What is the most available form of omega-3 supplements?
 - a. Powder form
 - b. Tincture
 - c. Green juice
 - d. Fish oil**

7. Why are EHA and DHA supplements recommended?
- a. **These omega fatty acids in most Americans' diets are imbalanced**
 - b. Because people don't eat enough fish
 - c. Because you are born with all you will ever have
 - d. Most Americans don't eat enough fat in their diet
8. Your gut has over _____ types of probiotic bacteria that help fight bad bacteria found in your intestines.
- a. 50
 - b. 2,000
 - c. **400**
 - d. 1,000,000
9. Foods like yogurt and sauerkraut claim they are made with live active cultures but they might be killed off during pasteurization and heat processing. What should you look for to make sure they contain those healthy cultures?
- a. A fizzing sound when you open them
 - b. **The LAC (Live and Active Culture) seal**
 - c. Movement in the container
 - d. A disclaimer on the bottle
10. Vitamin D is considered a...
- a. Vitamin, not a hormone
 - b. Mineral
 - c. **Hormone, not a vitamin**
 - d. Byproduct
11. What does vitamin D regulate?
- a. **Calcium and phosphorus**
 - b. Homeostasis in the nerves
 - c. Absorption of water soluble vitamins
 - d. Absorption of fat soluble vitamins
12. As we age, our body produces less
- a. Vitamins A, D and K
 - b. **Ubiquinol, which fuels our heart beat**
 - c. Omega-3 fatty acids
 - d. Vitamins C and E

13. What foods contain Ubiquinol?
- a. **Peanuts, spinach, lean meats, and sardines**
 - b. Milk, yogurt and cheese
 - c. Salad greens, bok choy and sprouts
 - d. Frozen foods, especially vegetables
14. What is one of the biggest problems with supplements?
- a. Your body just eliminates them without absorption
 - b. They are hard to swallow and many people choke
 - c. They expire in less than a month
 - d. **FDA regulates supplements under a different set of regulations than those covering "conventional" foods and drug products**
15. When buying supplements, what should you look for?
- a. The LAC seal (Live and Active Culture)
 - b. The FDA approval stamp (Food and Drug Administration)
 - c. **GMP seal (Good Manufacturing Practice) and no fillers or added colors**
 - d. Fancy packaging
16. There is no such thing as overdoing supplements.
- a. True
 - b. **False. You can absolutely overdo a supplement. A big dose of any nutrient can have toxic side effects.**