

Module 10, Lesson 9 Quiz:

Caloric & Macros Considerations

1. The myth of calorie counting is hard to break. Calories are not all created equally. Which statement is not true about calorie counting?
 - a. Based on what the calories are made up of, they go through different pathways of digestion and storage
 - b. Different calories also have different impacts on hunger and satiety hormones
 - c. Calories from fat have different thermic effects than proteins and carbs
 - d. **Calories that are linked to simple carbohydrates are linked to increased satiety**
2. A positive thing about counting macros is that:
 - a. People experience the most significant weight loss when compared to other diets
 - b. **The quality of what is consumed matters and people choose more nutrient-dense foods, when compared to just calorie counting**
 - c. It is the most straightforward of all of the diets out there, with little room for confusion
 - d. It is a style of eating that does not require much counting, tracking or learning of new information
3. True or false. The macros philosophy of eating is popular among athletes but is not recommended for non athlete populations.
 - a. **True**
 - b. False