

*Module 10, Lesson 13 Quiz:*  
**Alcohol's Effect on Muscle Loss**

1. When it comes to alcohol, it is well researched and known that:
  - a. Alcohol slows metabolism
  - b. Alcohol can impair muscle building and growth
  - c. Alcohol is nonnutritive
  - d. **All of the above**
  
2. If you have a client who comes to you who uses a glass of wine to decompress at the end of a workday once in a while, but she also wants to improve her running speed, you should:
  - a. Recommend she discontinue the wine entirely
  - b. Recommend she never have a glass of wine on the days she runs
  - c. **Recommend she keep the glass of wine, it sounds helpful**
  - d. Educate her on the dangers of alcohol
  
3. In the body, alcohol is metabolized similar to ~~like~~ **the**:
  - a. Carbohydrates
  - b. **Fats**
  - c. Proteins
  - d. Fiber
  
4. Excessive alcohol consumption can impair the absorption of what nutrient?
  - a. Carbohydrates
  - b. Fats
  - c. **Proteins**
  - d. Fiber