
Module 3, Lesson 7 Quiz:

Food & Mood

1. Our bodies are hardwired to prefer certain flavors. Which of the following are we not hardwired to prefer?
 - a. Sweet
 - b. Salty
 - c. **Sour**
 - d. Fatty
2. Which nutrient is preferred by the brain for fuel?
 - a. **Carbohydrates**
 - b. Fats
 - c. Proteins
 - d. Sugars
3. Depression and diet are well studied. Research has found which of the following to be true?
 - a. Increased meat consumption is linked to depression
 - b. Obesity and overweight are linked to depression
 - c. Increased Vitamin D consumption decreases depression
 - d. **All of the above**
4. If you were going to recommend two things to help your clients battle depression, the best research speaks to promoting:
 - a. **A Mediterranean diet and exercise**
 - b. A keto diet and increased sleep
 - c. Stress management and psychotherapy
 - d. Medications