



# the nutrition school

## Inflammation, Allergies, & Gut Health

### Lesson 4 Quiz

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.