



# the nutrition school

## Common Nutrition Myths

### Lesson 8 Quiz

1. The only way to burn fat for energy is by not eating carbs.
  - a. True
  - b. **False. Your body will burn fat for energy even if you eat carbohydrates.**
2. The number one fuel source for your brain is
  - a. Fat
  - b. **Carbohydrates**
  - c. Alcohol
  - d. Protein
3. What is most important to consider when consuming carbohydrates?
  - a. Only eating carbohydrates in the morning
  - b. **Getting them from the right places**
  - c. Never eating fruit
  - d. Always eating a carbohydrate with a fat
4. Because diet soda has no calories but is packed with artificial sweeteners
  - a. It satisfies a sweet tooth
  - b. It is perfectly healthy
  - c. **It makes you search for calories elsewhere**
  - d. It is a great weight loss tool
5. Research shows that diet soda drinkers are
  - a. **More overweight than regular soda drinkers**
  - b. Healthier than juice drinkers
  - c. Less likely to become diabetic

- d. Younger than regular soda drinkers
6. Why is it important to treat every eating occasion as a unique experience?
- a. You will stay motivated, make the best choices, feel good, and save calories
  - b. So your cheat day is worthwhile
  - c. So you don't eat out as often
  - d. So you eat a proportioned meal
7. Instead of planning a "cheat day" the Nutritious Life approach to indulging is
- a. Indulging is not part of a Nutritious Life
  - b. Ignoring your cravings
  - c. Eating as much of your indulgence as possible so you don't crave it again for a long time
  - d. Listening to your body and indulging in a conscious manner
8. Why do you need to eat breakfast?
- a. So you can wake up
  - b. To break the fast and kickstart your day of healthy eating
  - c. You don't need to eat breakfast every day
  - d. So all of your calories aren't at the end of the day
9. You can skip breakfast if you're not hungry in the morning.
- a. True
  - b. False. You should always eat breakfast because it lays a good foundation for the day.
10. What nutrients should always be in your breakfast?
- a. Only carbohydrates
  - b. Only fruit
  - c. Protein and Fiber
  - d. Caffeine, fat, and protein

11. When you skip breakfast, you are more likely to
- a. Make better choices throughout the day
  - b. Feel thinner during the day
  - c. Overindulge at night
  - d. Lose weight
12. Eating breakfast gives you
- a. A way to break the fast
  - b. Energy
  - c. Nutrients
  - d. All of the above