

Module 6, Lesson 2 Quiz:

The Role of Nutrition in Autoimmune Diseases

1. It is recommended that people with autoimmune disease choose foods high in omega-3 fatty acids because they:
 - a. Are cardioprotective
 - b. Reduce inflammation and help to modulate immune activity**
 - c. Tend to be full of fiber and phytonutrients
 - d. Increase feelings of satiety

2. Vitamin D is also recommended for people struggling with an autoimmune disease for its role in:
 - a. The etiology of autoimmune diseases**
 - b. The elimination of the autoimmune disease
 - c. The proliferation of autoimmune disease
 - d. The cure for autoimmune disease

3. Something that should be recommended to people suffering from autoimmune disease at every meal to reduce inflammation is:
 - a. Salt substitute
 - b. Super green powder
 - c. Herbs and spices**
 - d. Bone broth

4. Sulfur rich foods include all of the following, except:
 - a. Brussels sprouts
 - b. Cabbage
 - c. Broccoli
 - d. Tomatoes**

5. Which is the best meal to recommend to a client who is using food as a tool in managing her lupus?
- a. Chicken stir fry with brown rice, soy sauce, snow peas, and black tea
 - b. Grilled salmon with broccoli sauteed in garlic and olive oil and green tea**
 - c. Oatmeal with peanut butter, raisins, and coffee with milk
 - d. Black bean burger with a whole wheat bun, lettuce, tomato, and seltzer water