

Online Clinical Nutrition Test Questions by Dr. Mark D. Emerson

Simply list your answers in an e-mail, write down **letter choice only**: a. b. c. d. e. T F
Please e-mail your answers to: marcusstrutzdc@gmail.com

1. Chronic inflammation has been associated as a contributing factor in the disease process. Which disease is directly related to chronic inflammation?
 - A. Cardiovascular Disease
 - B. Cancer
 - C. Alzheimer's
 - D. All of the Above
2. According to the World Health Organization, Heart attack, diabetes and stroke make up what percentage of all deaths in the USA for ages 55-75 years of age?
 - A. 95%
 - B. 27%
 - C. 52%
 - D. 17%
3. It is estimated the USA population consumes what percentage of their daily caloric intake from refined and processed foods?
 - A. 99%
 - B. 5%
 - C. 51%
 - D. 25%
 - E. None of the above
4. When glucose levels are significantly low in the diet, a process will "make" glucose from within the body. This process is called:?
 - A. Gluconeogenesis
 - B. Fasting
 - C. Phosphorylation
 - D. Phagocytosis
5. The building blocks of Proteins are?
 - A. Legos
 - B. Amino Acids
 - C. Fatty Acids
 - D. Lauric Acid
6. Diets high in protein are associated with several diseases. Which is NOT an associated disease?
 - A. Cardiovascular Disease
 - B. Osteoporosis
 - C. Impaired Kidney Function
 - D. Lumbar Disc Herniation
7. Methylation is the chemical transfer of which group?
 - A. H₂O
 - B. CH₃-
 - C. MI₆
 - D. OH'

8. True or False; High protein diets can decrease methyl groups
 - A. True
 - B. False

9. The homocysteine theory is based on a diet that is too high in which essential amino acid?
 - A. Arginine
 - B. Methionine
 - C. Alanine
 - D. Glutamine

10. Methionine, an essential amino acid, is commonly found in high amounts in what protein source?
 - A. Animal based proteins
 - B. Plant based proteins

11. Adequate daily protein intake for Females 14+ years of age is:
 - A. 20-30 grams
 - B. 100-125 grams
 - C. 45-60 grams
 - D. 200-250 grams

12. Plant based fats have high amounts of cholesterol. True or False
 - A. True
 - B. False

13. According to a research study from the European Prospective Investigation into Cancer and Nutrition (EPIC) animal protein is linked to increase risk of:
 - A. Diabetes
 - B. Epstein-Barr
 - C. Epilepsy
 - D. Borderline Personality Disorder

14. The American Cancer Society's Cancer Prevention Study of 2007 found an increase in risk of Parkinson's disease was related to?
 - A. Peanuts
 - B. Shell Fish
 - C. White Wine
 - D. Dairy Milk

15. A study in the journal Circulation, showed that men with this problem were 60% more likely to have a heart attack, stroke or heart-related hospitalization or death. What is the problem?
 - A. Incontinence
 - B. Erectile Dysfunction
 - C. Rotator Cuff Syndrome
 - D. Gingivitis

16. A 2009 study in southwest China reported a reduction in the risk of breast cancer was due to a dietary intake of what food?
- A. Garlic
 - B. Cow's Tongue
 - C. Mushrooms
 - D. Tiger's Blood
17. The 2006 American Journal of Cardiology reported this food improves artery flexibility?
- A. Oregano
 - B. Walnuts
 - C. Jello
 - D. Eggs
18. Which Prostaglandin has strong anti-inflammatory properties?
- A. PG1
 - B. PG2
 - C. PG6
 - D. PG007
19. Alpha Linolenic Acid (ALA) is part of what essential fatty acid family?
- A. Omega 9's
 - B. Omega 3's
 - C. Omega 6's
 - D. Omega's 17's
20. Leaky Gut syndrome is best described as: ?
- A. Separation of cellular membrane allowing proteins and other foreign molecules to leak into the bloodstream.
 - B. A syndrome where profuse sweating causes patient to leak body fluid.
 - C. Separation of anal sphincters, which is responsible for a prolapse of the rectum.
 - D. A scared person who does not like to take responsibility for their actions.
21. C-Reactive Protein lab test measures a general level of what in the body?
- A. Cholesterol
 - B. Enzymes
 - C. Viruses
 - D. Inflammation
22. According to the World Health Organization, it is estimated that what percentage of females aged 15-55 are iron deficient?
- A. 40%
 - B. 10%
 - C. 90%
 - D. 75%
23. According to the World Health Organization, the USA leads the world in B-12 deficiency deaths. Which country was second with 40 deaths?
- A. Mexico
 - B. Russia
 - C. Poland
 - D. Thailand

24. A common indicator of Gastric acid insufficiency is:?
- A. Chronic Halitosis
 - B. Loss of hearing
 - C. Rice watery stools
 - D. Diabetes
25. Over production of gastric acid is a common occurrence. True or False?
- A. True
 - B. False
26. Digestion and elimination are under which branch of the nervous system?
- A. Parasympathetic
 - B. Sympathetic
 - C. Brachial Plexus
 - D. Sacral Plexus
27. Common sign of biliary insufficiency is:?
- A. Light brown or yellow colored stools
 - B. Loss of taste
 - C. Loss of awareness while driving
 - D. Itchy skin
28. A sign or symptom that is NOT related to intestinal dysfunction is:?
- A. Burning or itching anus
 - B. Coated or fuzzy tongue
 - C. Large amounts of foul smelling gas
 - D. Night sweats
29. Quercetin is helpful with Leaky gut repair using nutritional supplements? True or False
- A. True
 - B. False
30. Probiotics can be tested for bio-activity by placing it in:?
- A. a bowl of milk
 - B. a bowl of orange juice
 - C. a bowl of green tea
 - D. a bucket of dishwater