



PAKISTAN NUTRITION & DIETETIC SOCIETY (PNDS)
Continuing Nutrition Education (Quiz)

CNE Topic: _____

Name of the participant: _____ **Date** _____

1. It is estimated that for every 1-kg increase in weight, the prevalence of diabetes increases by
 - a) 8%
 - b) 12%
 - c) 9%
 - d) 15%
2. A single session of aerobic exercise increases insulin action and glucose tolerance for more than
 - a) 24 hrs
 - b) 48 hrs
 - c) 72 hrs
 - d) 24 but less than 72 hrs
3. Insulin-stimulated GLUT4 translocation is generally impaired in
 - a) Type 1 Diabetes
 - b) Type 2 Diabetes
 - c) Both of the above.
4. For a 40 years old person target heart rate during moderate intensity aerobics should be
 - a) 90 - 125/min
 - b) 93-130 /Min
 - c) 95-135/min
5. Insulin-stimulated blood glucose uptake into skeletal muscle predominates at rest and is impaired in
 - a) Type 1 diabetes
 - b) Type 2 diabetes
 - c) Both
6. Typical GDM Carbohydrate should be
 - a) 35-40%
 - b) 40-45%
 - c) 45-50%
 - d) 50-60%
7. A reasonable weight gain during pregnancy for a normal weight woman is about?
 - a) 10-15lbs
 - b) 15-20 lbs
 - c) 25-30 lbs
 - d) 30-4040 lbs
8. Choose fat source in GDM which are
 - a) lower in saturated and Trans fats, Increased polyunsaturated fat intake
 - b) decreased polyunsaturated fat intake, lower in saturated and Trans fats
 - c) high in saturated and Trans fats, Increased polyunsaturated fat intake
9. All of the following are risk factors for gestational diabetes (GDM) except:
 - a) Maternal age greater than 25
 - b) Maternal weight greater than 90 kg
 - c) Mother with previous infant's birth weight greater than 3 kg
 - d) Family history of GDM
10. Each day GDM should have:
 - a) 3 meals and no snacks
 - b) 3 meals and 1 snack
 - c) 3 meals and 2snacks