



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

CNE Topic: _____
Name of the participant: _____ Date 23rd feb 2013

1. In severe calorie restriction RMR drops by nearly
 - a. 13%
 - b. 15%**
 - c. 20%
 - d. 27%
2. It is recommended that a balanced diet should provide _____ of calories from CHO
 - a. 10 - 15%
 - b. 20 - 35%
 - c. 35 - 45%
 - d. 45 - 65%**
3. Lean body mass comprises of
 - a. Muscle and fat content
 - b. Adipose tissues and organs
 - c. Water, protein and mineral components**
 - d. All solid mass in the body
4. RMR of a 20 year old as compared to a 45 year old would be
 - a. Equal
 - b. More**
 - c. Less
 - d. More or less equal
5. Modifiable factors to manage weight are
 - a. Genes and disease
 - b. Physiology and exercise
 - c. Carbohydrates and proteins
 - d. Behavior and life style**
6. HCG, Detox and General Motors diet fall under the category of
 - a. Hi-protein plans
 - b. Low calorie diets**
 - c. Yoyo diet plans
 - d. Balanced intake of various foods
7. With careful diet and exercise regime, a female athlete's body fat percentage is 15 - 17%,
What is the most probable outcome?
 - a. Very slim and athletic built
 - b. Amenorrhea
 - c. Tendency to gain weight rapidly when routine changes
 - d. All of the above**
8. the most significant disadvantage of a fad diet is that
 - a. It is high protein
 - b. It is monotonous and boring
 - c. It does not instill healthy lifestyle changes**
 - d. None of the above
9. Low-carbohydrate diets cause ketosis and may
 - a. Result in a fruity breath
 - b. Increase plasma uric acid levels
 - c. Cause initial fast weight loss due to loss of water
 - d. All of the above**
10. Successful weight management strategy is to
 - a. Restrict calories for 10 days each month
 - b. Exercise twice a day
 - c. Add variety, balance and moderation in food**
 - d. Have a high protein day once a week.