



According to our Newsletters:

1. On a properly medically supervised Very Low Calorie Diet (VLCD), how many calories are recommended:
 - a. 1000-1200
 - b. 1500
 - c. 800-1000
 - d. 300-500
2. What is a common complication for patients on a Very Low Calorie Diet?
 - a. High cholesterol
 - b. Gallstones
 - c. Foot pain
 - d. High Blood Pressure
3. According to Dr. Donald Layman, how many grams of protein do we need to consume with each of our 3 daily meals?
 - a. 20 grams of protein
 - b. 25 grams of protein
 - c. 30 grams of protein
 - d. 100 grams of protein
4. How many calories does a gram of protein contain?
 - a. 9 calories per gram
 - b. 4 calories per gram
 - c. 2 calories per gram
 - d. 10 calories per gram
5. Which of the following is a benefit of a High Fiber Diet?
 - a. Lower cholesterol
 - b. Lower blood pressure
 - c. Lower blood sugar
 - d. Lower energy
6. How much fiber is recommended for women and men daily?
 - a. 10 & 15 grams of fiber for women and men respectively
 - b. 25 & 30 grams of fiber for women and men respectively
 - c. 20 grams for both men and women
 - d. 10 grams for both men and women
7. What is the maximum amount of sodium the American Heart Association recommends daily?
 - a. 3000 mgs
 - b. 100 mgs
 - c. 1500 mgs
 - d. None
8. Too high a sodium level in our bodies leads to high blood pressure. This is because too high a concentration of sodium causes:
 - a. Water retention
 - b. Weight loss
 - c. Monkeys to fly
 - d. Everything to taste bland

9. What is the sweetener of choice used in 99% of all processed foods in America today?
 - a. Sugar
 - b. Spenda
 - c. High Fructose Corn Syrup
 - d. Nutrisweet
10. How is High Fructose Corn Syrup different from regular table sugar?
 - a. Has a longer shelf life
 - b. Is metabolized in the liver instead of the blood stream
 - c. Blends with food easier
 - d. All of the above
11. How is a transfat different from a regular saturated fat?
 - a. They are healthier for us
 - b. They are bent molecules because they are manmade
 - c. They have less calories
 - d. There is no difference
12. Fats, although a necessary nutrient, are a calorie dense food source. How many calories per gram does fat have?
 - a. 4 calories per gram
 - b. 12 calories per gram
 - c. 10 calories per gram
 - d. 9 calories per gram
13. What are some ways to avoid gaining weight while taking selective serotonin reuptake inhibitor type antidepressants?
 - a. Begin an exercise program
 - b. Take a good multivitamin
 - c. Get 8 hours of sleep
 - d. All of the above
14. Where on the food label will you find whether the product contains Bleached Flour or High Fructose Corn Syrup?
 - a. Under "Carbohydrates"
 - b. Under "Calories per serving"
 - c. Under "Listed Ingredients"
 - d. Under "Protein"
15. Which of these Super Foods contains a whole day of vitamin C?
 - a. Quinoa
 - b. Low fat Greek yogurt
 - c. Eggs
 - d. Kiwi
16. Which of the following are symptoms of B12 deficiency?
 - a. Fatigue
 - b. Depression
 - c. Poor Memory
 - d. All of the above
17. How many carbohydrates does Right Weigh Clinic recommend (all from whole foods) per meal?
 - a. 55 grams of carbs per meal all from whole grains and fruits and vegetables
 - b. 20-25 grams of carbs per meal from whole grains, fruits and vegetables
 - c. 10 grams of carbs per meal from whole grains, fruits and vegetables
 - d. None- carbs cause weight gain