

Natural Insights for Well Being®

April 2020

Continuing Education – 20 questions – Food Quiz

1. In the VITAL study of 25,871 people, those who began the study with low levels of omega-3s were 24 percent less likely to develop precancerous tumors compared to those with higher omega-3 levels after taking EPA and DHA with vitamin D.
 - a. True
 - b. False
2. Also in VITAL, African Americans who took the omega-3-vitamin D supplements were ___ percent less likely to develop precancerous tumors.
 - a. .041 percent
 - b. .41 percent
 - c. 4.1 percent
 - d. 41 percent
3. Doctors are beginning to use the Omega-3 Index to measure adequate levels of circulating omega-3s. Levels below ___ percent increase chances for adverse health outcomes while levels of at least ___ percent predict good health outcomes.
 - a. 1 and 2
 - b. 2 and 4
 - c. 3 and 6
 - d. 4 and 8
4. Non-alcoholic fatty liver disease (NAFLD) occurs when fat deposits build up in the liver for reasons besides alcohol.
 - a. True
 - b. False
5. After 12 weeks taking turmeric-chicory seed, participants with NAFLD saw:
 - a. Decreases in triglycerides
 - b. Increases in HDL
 - c. Improvement in the LDL/HDL ratio
 - d. Better body mass index scores and reduced waist size
 - e. All of the above
6. In the same NAFLD study, doctors also measured a decrease in an enzyme, alkaline phosphatase, indicating:
 - a. Less liver damage
 - b. Less acidic condition
 - c. Better digestion
 - d. None of the above
7. In this review of five clinical trials covering 278 overweight or obese people who took spirulina:
 - a. Obese participants lost an average 4.5 pounds body weight
 - b. Overweight participants lost an average 2.8 pounds body weight
 - c. Average 1.02 percent reduction in body fat and an average 1.4 percent decrease in waist measurement
 - d. All of the above
8. More than one-third of 300 adults aged at least 60 were low in folate, with those deficient seven times more likely to have elevated homocysteine levels, and those with high waist-to-hip ratio, indicating overweight, were 2.5 times more likely.
 - a. True
 - b. False
9. As folate levels increased:
 - a. Homocysteine levels decreased
 - b. Body mass index scores improved
 - c. Waist-to-hip ratios improved
 - d. Diastolic blood pressure decreased
 - e. HDL increased
 - f. All of the above
10. Infants with colic that took bifidobacterium BB-12 for 28 days saw, compared to placebo:
 - a. Less crying time
 - b. Fewer crying days
 - c. Less stool frequency
 - d. Greater fecal concentrations of immune markers
 - e. All of the above

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11. Adolescents with eczema, allergies, or both got less calcium in the diet compared to adolescents without eczema.
 - a. True
 - b. False
12. One of the most common foods eliminated in the diets of kids with allergies is milk. Why is this important?
 - a. Because milk is the most common source of calcium for children
 - b. Because milk causes gas
 - c. Because milk causes mucus
 - d. None of the above
13. Using the Omega-3 Index, those whose scores reached 8 percent reported better asthma symptom control compared to those with lower index scores.
 - a. True
 - b. False
14. The Omega-3 Index asthma finding is important because it may mean significantly lowering lifetime need for inhaled corticosteroids.
 - a. True
 - b. False
15. After 12 weeks taking a beverage with three 57 mg doses of catechins plus xanthan gum, 13.1 percent of healthcare workers experienced an upper respiratory infection compared to 27 percent of those who took lower doses, or who took placebo.
 - a. True
 - b. False
16. Doctors are beginning to suspect a link between gum disease and coronary artery disease (CAD).
 - a. True
 - b. False
17. Compared to healthy adults and those with gum disease without CAD, in those with CAD, or with both gum disease and CAD, concentrations of _____ in the saliva and in circulation were much lower.
 - a. Vitamin A
 - b. Vitamin B
 - c. Vitamin C
 - d. None of the above
18. Lavender, fennel seed and chamomile appear to lower pressure by:
 - a. Giving off a relaxing aroma
 - b. Activating a specific potassium channel, KCNQ5, that relaxes blood vessels
 - c. Triggering delta brain waves
 - d. None of the above
19. Forty healthy overweight adults with mildly elevated cholesterol who ate two apples a day for eight weeks saw:
 - a. Lower total and LDL cholesterol
 - b. Stable HDL cholesterol
 - c. Lower triglycerides
 - d. All of the above
20. In the same apple study, blood vessels widened, lowering blood pressure.
 - a. True
 - b. False