Self Assessment Questions for Dietary Module

Circle True or False

1. Eating the Carbohydrate parts of the meal first is preferred T/F
2. Food labels give a breakdown of serving size and calories T/F
3. High fructose corn syrup is metabolized in the liver identical to alcohol T/F
4. Too much fiber causes constipation T/F
5. Complex carbohydrates include pasta and rice T/F
6. More simple Carbs are sugar and High fructose corn syrup T/F
7. About 50% of high fructose corn syrup turns to fat when metabolized T/F
8. Fats allow absorption of Vitamins A D E K T/F
9. Life expectancy can be decreased by high calorie intake T/F
10. A 6 foot tall patient averages 700 cal per day once eating regular food T/F

Name ____________________________

Date ____________________________