

Weight Management Orientation

1. What happens when we skip meals?
 - a. Our metabolism increases due to hormone ghrelin
 - b. Hunger increases due to increase in hormone ghrelin**
 - c. Hunger increases due to increase in hormone leptin
 - d. Hunger increases due to decrease in hormone ghrelin
2. What causes obesity?
 - a. The genes we inherit from our parents
 - b. Our eating habits
 - c. Our exercise habits
 - d. Lack of sleep (7-8 hours/night)
 - e. All of the above**
3. What happens when we have insulin resistance?
 - a. Our bodies have to make less insulin
 - b. Our blood sugar runs low
 - c. Excess blood sugar is stored as fat**
 - d. We need to eat more carbohydrates
4. Obesity causes increases in which of the following health conditions?
 - a. Heart disease
 - b. Stroke
 - c. Cancer
 - d. Blood clots
 - e. All of the above**
5. Health benefits are shown with weight loss of at least what amount?
 - a. <5%
 - b. 5-10%**
 - c. 10-15%
 - d. 15-20%
6. The BEST diet to follow for weight loss is?
 - a. Ketogenic ("keto")
 - b. Mediterranean
 - c. Vegetarian
 - d. DASH diet
 - e. There is no best diet**
7. How much cardio-aerobic exercise (such as walking, biking, swimming, etc.) do you need every week for weight loss?
 - a. 90 minutes
 - b. 120 minutes
 - c. 150 minutes
 - d. 200+ minutes**
8. Q: How much protein are we striving for at each meal?
 - a. 10-15 grams
 - b. 15-20 grams
 - c. 20-30 grams**
 - d. 30-40 grams
9. Which of these are ALL non-starchy vegetables?
 - a. Green beans, broccoli, carrots**
 - b. Corn, carrots, asparagus
 - c. Potatoes, lettuce, broccoli
 - d. Broccoli, peas, cauliflower
10. Q: How long does it take for your stomach to tell your brain it's full?
 - a. 5-10 minutes
 - b. 10-15 minutes
 - c. 20-30 minutes**
 - d. 45-60 minutes