



## CPD QUIZ

### Plant-based Eating Habits

1. Roughly how many Australians currently eat a mostly vegetarian diet?  
A) 25 million  
B) 25 thousand  
C) 2.5 million  
D) 2.5 thousand
2. Which of the following can be classified as plant-based eating patterns?  
A) Flexitarian  
B) Pesco-vegetarian  
C) Vegan  
D) All of the above
3. True or False: Vitamin B12 is the only nutrient that could be limiting in a vegan diet?  
A) True  
B) False
4. Systematic reviews of plant-based eating patterns have identified that:  
A) Plant based diet interventions in Type 2 diabetes (T2D) achieve a significantly greater reduction in HbA1c compared to control diets  
B) Healthy plant-based diets are associated with a lower risk of developing T2D  
C) Higher intakes of vegetables, fruit and legumes can reduce the risk of heart disease and stroke  
D) All of the above

### **The Low FODMAP Diet**

5. How long should the elimination go for?

- A) 1 week
- B) 2-4 weeks
- C) 8 weeks
- D) You should stay low fodmap

6. Why is it important to do separate fructans challenges?

- A) To make the process go longer and get more sessions with your clients
- B) Because there may be different tolerance levels between different types of fructans
- C) You don't need to separate them, just do onion challenge
- D) You should separate, but leave each type in, starting with onion, then garlic, fruit, wheat and GOS

7. Should you continue the challenge to the very end, despite symptoms?

- A) No, stop if you get symptoms. There's no need to make yourself feel worse.
- B) No, stop if you get symptoms, but then restart again at least 3 times to check.
- C) Yes, otherwise it wasn't done properly.
- D) Yes, you want to see how bad the person can feel.

8. Name four reasons to not stay low FODMAP long term?

- A) Variety in the diet, prebiotics, probiotics, iron intake
- B) Variety in the diet, probiotics, to make life easier, nutritional adequacy
- C) Variety in the diet, prebiotics, to make life easier, nutritional adequacy
- D) Variety in the diet, social events, protein intake, prebiotics

### **Health at Every Size in Dietetic Practice**

9. Intentional weight control can be a goal of Health at Every Size (HAES) informed counselling

- A) True
- B) False

10. Consideration of client preferences is part of which of the following frameworks?

- A) Nutrition Care Process
- B) Evidence-Based Practice
- C) Health at Every Size Principles
- D) Client Centred Care
- E) All of the above

11. 'Weight-neutral' means:

- A) Body weight doesn't matter at all
- B) The intervention has no predictable effect on weight and isn't meant to
- C) A balanced amount of weight bias
- D) Lack of position on whether weight loss or gain is a good thing

12. Intentional weight loss is followed by total weight regain for most people within which time frame according to the 2013 NHMRC Level A evidence statement?
- A) 6 months
  - B) 12 months
  - C) 2-5 years
  - D) 10 years

### **Insulin Resistance – A Clinical Update**

13. What factors can directly influence fat metabolism?
- A) Calorie intake and nutrient deficiencies
  - B) Calorie intake and protein intake
  - C) Nutrient deficiencies
  - D) Exercise quality
  - E) Calorie intake and carbohydrate intake
14. Insulin resistance refers to:
- A) a clinical state in which fast glucose levels are high
  - B) a clinical condition in which baseline glucose is unable to regulate insulin action
  - C) a clinical condition in which baseline insulin levels have been unable to optimally regulate glucose metabolism.
  - D) a clinical condition which occurs with Type 2 diabetes.
15. Symptoms of insulin resistance include
- A) weight loss, nausea, fatigue
  - B) PCOS, acne, nausea
  - C) PCOS, hair growth, acne
  - D) fatigue, skin tags, weight gain
16. The best known diet/nutrient prescription for weight loss is:
- A) Low GI, high fibre, low fat
  - B) Low GI, moderate protein, moderate carb
  - C) Moderate GI, high protein, low fat
  - D) Depends on the individual
  - E) Moderate GI, low carb, high protein

### **Sports Nutrition – Injury Prevention & Management**

17. What role/s does a sports dietitian play in athlete management
- A) Nutrition education
  - B) Body Composition monitoring
  - C) Injury and rehabilitation
  - D) Hydration monitoring
  - E) All of the above

18. What dietary and supplement interventions would you recommend for an athlete with tendinopathy

- A) Collagen/Gelatine
- B) Vitamin C
- C) Omega 3 Fatty Acids
- D) Green Tea
- E) A & B only
- F) All of the above

19. When working with an injured athlete (muscle immobilization/disuse), which statement is most true?

- A) They need less protein (g/kg/day) as they are not able to train as often
- B) They need the same amount of protein(g/kg/day) to help minimise the loss of muscle mass
- C) They may need to consume higher amounts of protein (g/kg/day) than normal to help maintain muscle mass
- D) They should consume more plant protein than normal

20. What supplements may have a role in preventing upper respiratory symptoms in athletes

- A) Probiotics
- B) Vitamin D (when required)
- C) Vitamin C
- D) Zinc
- E) A-C only
- F) All of the above

