



## HLP - Nutrition IQ Answers

~ The Macronutrients ~

### Answers – The Macronutrients (protein, carbs, fats, and water)

- 1) c
- 2) a
- 3) c
- 4) b
- 5) d
- 6) d
- 7) c
- 8) d
- 9) c
- 10) c
- 11) c
- 12) b
- 13) c
- 14) d
- 15) b



**Your Score: /15**

**Congratulations on completing the Macronutrients IQ test!**

If you answered 9 or more correctly, you're doing awesome! If not, don't despair, we'll be looking at all of this stuff throughout the HLP program to help build your knowledge of *real* nutrition for a real body and life. We'll look at it all - sugars and sweeteners, timing, size and portions of meals, alkalining, pH balances, eating in season and more!

**Bon Appétit!**