

Best Shape Nutrition Summary

~ The Macronutrients ~

Let's check your understanding of the macronutrients from the first few weeks.

1) The highest sources of complete, digestible proteins come from:

- a) grains and beans
- b) veggies and fruits
- c) animal sources
- d) soy

2) The worst kind of fat you can eat is:

- a) Trans fats
- b) Saturated fats
- c) Polyunsaturated fats
- d) Fats from nuts and seeds

3) To stay in peak health, we need to consume how much water?

- a) 8 cups
- b) 1liter
- c) 1-3 liters
- d) As much as possible

4) The best type of protein powder is:

- a) Whey concentrate
- b) Whey isolate
- c) Soy protein
- d) Both A and B

5) Fat-free foods are often dangerous because:

- a) They often contain added sugar
- b) They often contain artificial sweeteners
- c) They cause us to overeat
- d) All of the above

6) How often should we eat protein in a day:

- a) 1-2 times
- b) 2-3 times
- c) 3-4 times
- d) 3-5 times

7) The preferred choice of carbohydrates are:

- a) Simple carbs
- b) Complex carbs
- c) Live carbs
- d) Other carbs

8) The best time to eat protein is:

- a) First thing in the morning
- b) Before a workout
- c) After a workout
- d) All of the above

9) The best time to eat 'other' carbs is:

- a) First thing in the morning
- b) Before a workout
- c) After a workout
- d) Late at night

10) The glycemic index refers to:

- a) The amount of starch in the food
- b) The amount of sugar in the food
- c) The food's impact on our body's sugar levels
- d) None of the above

11) The best way to lose weight is to:

- a) Cut out all carbs
- b) Choose simple carbs over complex ones

- c) Choose real, live carbs over man-made ones
- d) Drink water

12) The best sources of healthy, omega 3's and 6's come from :

- a) Rice, beans and meat
- b) Fish, flax, and hemp
- c) Flax, safflower and sunflower
- d) All of the above

13) The average person should try to eat a minimum of:

- a) 40 grams / protein a day
- b) 60 grams / protein a day
- c) 80 grams / protein a day
- d) 100 grams / protein a day

14) The best way to lessen the sugar value of a high carb food is to:

- a) Eat fiber with it
- b) Eat protein with it
- c) Eat it earlier in the day
- d) All of the above

15) The other word(s) for trans fats are:

- a) Palm oil
- b) Modified and hydrogenated
- c) Glucose and fructose
- d) None of the above

Answers: To follow soon..... Good Luck!