

ADVANCED APPLIED NUTRITION

BND-109

PROGRESS TEST 1

TEXT: *The 80-10-10 Diet* by Dr. Douglas N. Graham

This Test will cover Chapters 1 and 2 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. True or False: All humans are designed to eat meat. Explain your answer.
2. The dental formula for most anthropoids is _____, while the dental formula for carnivores is 3/1/5-8.
 - A. 3/1/2
 - B. 2/1/8
 - C. 2/1/5
 - D. 2/1/3
3. What type of placentas do humans have?
 - A. Zonary
 - B. Cotyledonary
 - C. Micro-cotyledonary
 - D. Discoid
4. True or False: Carnivores must get their vitamin C from their food.
5. The saliva and urine of plant eaters is _____ most of the time.

6. Carnivores secrete _____ to metabolize the uric acid in flesh.
- A. Amylase
 - B. Uricase
 - C. Protease
 - D. Trypsin
7. Describe at least three birth differences between carnivores and anthropoids.
8. Carnivores sweat from _____.
- A. Their hair follicles
 - B. Pores in their skin
 - C. Their ears
 - D. Their tongues
9. True or False: Humans have a higher microbial tolerance than carnivores.
10. Grains, roots, and tubers require large quantities of which enzyme to be digested?
- A. Amylase
 - B. Lactase
 - C. Protease
 - D. Lipase
11. Fermented carbohydrates produce _____ and _____ - _____ as well as methane and carbon-dioxide.
12. Proteins are decomposed primarily by _____.
13. Fats become _____ when they decompose.
14. Short Answer: What are humans designed to eat? What evidence do you have to support your answer?

15. True or False: A diet comprised of generous amounts of high water content, high fiber, and sweet fruit causes high blood sugar.
16. True or False: All fruits fall into the low or medium categories on glycemic load/glycemic index charts (with the exception of watermelon).
17. On a _____ - _____ diet, whether cooked or raw, people experience nutritional deficiencies, plummeting energy, hormone imbalances, intense cravings and mood swings.
18. Short Answer: Describe the three-stage journey of sugar through the body.
19. Short Answer: What happens to sugar when we eat a high-fat diet?
20. Short Answer: Describe insulin's role in the body.
21. Blood-sugar metabolic disorders are caused by eating a _____ - _____ diet.
22. How long are fats generally in the digestive process before they reach the cells?
 - A. 12-24 hours
 - B. 6-10 hours
 - C. 48+ hours
 - D. 2-4 hours
23. Sugar + Fat = _____ .
24. What glands serve as a back-up mechanism when the pancreas is fatigued or over-used?
25. True or False: The three indicators of adrenal fatigue are lack of motivation, excessive need for sleep, and bouts of mononucleosis.

26. The true purpose of candida in the bloodstream is to
- A. Clean up fat in our system
 - B. Consume excess sugar in the blood
 - C. Cause us to become tired when we are overworked so we rest more
 - D. Kill bacteria in the bloodstream that the white blood cells overlooked
27. Short Answer: Why is the candida microbe a life-saving device?
28. What condition do recurrent candida outbreaks warn us of?
29. All carbohydrates, fats and proteins that we eat are converted to _____ when sufficient fuel for our cells is not available.
30. True or False: From 1990 to 1998 alone, the incidence of diabetes in individuals between 30 and 39 years old increased by 30%. If false, what is the correct answer?
31. Name 6 symptoms of Type 1 and/or Type 2 Diabetics.
32. Diabetics face higher risks for serious diseases. Name four diseases they face.
33. The _____ content of a food is the primary determining factor as to whether the food produces an alkaline or acid reaction in the body.
34. Cancer cells thrive in an _____ environment.
35. Short Answer: How does eating dried fruit contribute to tooth decay?

NOTE:

**TURN TO THE NEXT PAGE FOR THE ANSWER SHEETS FOR
PROGRESS TEST 1.**

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PROGRESS TEST 1

STUDENT ANSWER SHEETS

1. T F
Explain: _____

2. A B C D

3. A B C D

4. T F

5. _____

6. A B C D

7. (1) _____

(2) _____

(3) _____

8. A B C D

9. T F

10. A B C D

11. _____ and _____.

12. _____

13. _____

14. **Short Answer:** _____

_____.

15. T F

16. T F

17. _____

18. **Short Answer:** _____

_____.

19. **Short Answer:** _____

_____.

20. **Short Answer:** _____

21. _____ - _____

22. **A B C D**

23. _____ - _____

24. _____

25. **T F**

26. **A B C D**

27. **Short Answer:** _____

28. _____

29. _____

30. **T F**
Correct Answer: _____

31. **Short Answer:**

1) _____
2) _____
3) _____
4) _____
5) _____
6) _____

32. Short Answer:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

33. _____

34. _____

35. Short Answer: _____

_____.

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PROGRESS TEST 1

PLEASE HOLD YOUR PROGRESS TEST. DO NOT SEND BACK TO THE SCHOOL YET! YOU MUST WAIT UNTIL ALL OF YOUR PROGRESS TESTS ARE COMPLETED.

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PROGRESS TEST 2

TEXT: *The 80-10-10 Diet* by Dr. Douglas N. Graham

This Test will cover Chapters 3 and 4 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. True or False: A diet of whole, raw plant foods in their least processed forms ideally helps the body maintain a state of homeostasis.
2. Physiologists suggest that it generally takes _____ to _____ years or longer for evolutionary changes to occur.
3. The repeated consumption of cooked food results in the detrimental enlargement of the _____ as well as damage to the liver, heart, thyroid gland, adrenals, and most other organs.
4. Studies have shown that our _____ often reacts to the introduction of cooked food to the bloodstream in the same way as it does to foreign pathogens.
5. Short Answer: Name four diseases that have been linked to the consumption of cooked food.
6. Short Answer: Describe how denatured proteins contribute to disease.
7. Three by-products of carbohydrate fermentation are: (1) _____, (2) _____, and (3) _____.
8. True or False: Caramelized, blackened carbohydrates are known carcinogens.

9. Heated fats interfere with cell respiration leading to _____ and _____.
10. True or False: Rancid fats are carcinogenic.
11. Four carcinogens that heated fats produce are (1) _____, (2) _____, (3) _____ and (4) _____.
12. Food manufacturers _____ unsaturated fats to extend shelf-life and improve food texture by heating them and exposing them to _____ while they are under pressure.
13. In terms of volume, what is our greatest nutrient need?
14. Which seven types of non-caloronutrients are damaged by the heating process?
15. Short Answer: Name at least 5 benefits associated with eating a low-fat raw diet.
16. Many people experience temporary symptoms of _____ when they begin a raw diet.
17. Which of the following is not typically a symptom of detoxification that may arise when switching from a cooked food to a raw-food diet?
 - A. Tiredness
 - B. Runny nose
 - C. Excessive energy
 - D. Headaches
 - E. Digestive challenges
 - F. Weight loss
 - G. Skin problems
 - H. Lowered blood pressure
18. Short Answer: Why are people commonly tired when they first attempt a raw-food diet?

19. Short Answer: Name and explain TC Fry's Four Criteria for selecting the highest quality food.
20. 80/10/10 is short for:
- A. 80% vitamin, 10% mineral, and 10% trace mineral
 - B. 80% fat, 10% protein, and 10% carbohydrate
 - C. 80% carbohydrate, 10% protein, and 10% fat
 - D. None of the above
21. Short Answer: Name one healthful method of not overeating.
22. Several factors contribute to long-lived cultures. Which of the following do?
- A. High percentage of calories from carbohydrates, moderate refined sugar intake
 - B. 20% of calories or less from fat
 - C. 80% of calories from plant foods, 20% of calories from animal food
 - D. A and B
23. Name the mammal that naturally eats food based on blood type, if there is one.
24. True or False: All of the creatures that are anatomically and physiologically similar to humans thrive on a diet predominated by carbohydrates and leafy greens.
25. Many factors combine to determine the amount of food an individual should eat for optimal health. Which of the following are factors?
- A. Gender, age, blood type
 - B. Physical activity level, fitness level
 - C. Digestive Efficiency, frame size
 - D. B + C
26. Short Answer: Explain the difference between percentage of calories and percentage of weight and how it can affect our perception of the amount of fat consumed.

27. True or False: Dr. Graham has observed that Americans consume 20-40% of calories from carbohydrates, about 14% protein and about 45-65% fat.
28. Short Answer: What is the single most important use of nutrient-analysis tools?
29. Gradually increasing _____ from whole fruit and decreasing _____ will work just fine and is better than making no changes at all.
30. True or False: One should eat *The 80/10/10 Diet* precisely in that ratio each and every day to achieve true health.

NOTE:

**TURN TO THE NEXT PAGE FOR THE ANSWER SHEETS FOR
PROGRESS TEST 2.**

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PROGRESS TEST 2

STUDENT ANSWER SHEETS

1. T F

2. _____ to _____

3. _____

4. _____

5. **Short Answer:**

1) _____

2) _____

3) _____

4) _____

6. **Short Answer:** _____

_____.

7. _____, _____, and _____
_____.

8. T F

9. _____ and _____.

10. T F

11. (1) _____, (2) _____,
(3) _____ and (4) _____.

12. _____, _____

13. _____

14. _____, _____, _____,
_____, _____, _____ and
_____.

15. **Short Answer:** _____

_____.

16. _____

17. **A B C D E F G H**

18. **Short Answer:** _____

_____.

19. **Short Answer:** _____

_____.

20. **A B C D**

21. **Short Answer:** _____

_____.

22. **A B C D**

23. _____

24. **T F**

25. **A B C D**

26. **Short Answer:** _____

_____.

27. **T F**

28. **Short Answer:** _____

_____.

29. _____,

30. **T F**

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PROGRESS TEST 2

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SEND BACK TO THE SCHOOL YET! YOU MUST
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PROGRESS TEST 3

TEXT: *The 80-10-10 Diet* by Dr. Douglas N. Graham

This Test will cover Chapter 5 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. What % of calories do nutritionists and health-minded diet professionals agree need to come from carbohydrates?
 - A. 15-25%
 - B. 10-20%
 - C. 42-60%
 - D. 60-80%

2. Three health concerns that come from eating insufficient carbohydrates are:
 - (1) _____
 - (2) _____
 - (3) _____

3. More than 10% of daily calories from protein leads to the following conditions:
 - A. Kidney disease, acid toxemia
 - B. Low energy, food cravings
 - C. Cancer, immune dysfunction
 - D. A and C
 - E. A and B

4. More than 10% of daily calories from fat leads to the following conditions:
 - A. Cancer & diabetes
 - B. eating disorders
 - C. Stroke, cardiovascular disease
 - D. A, B, C
 - E. A and C

5. What must our food be converted into before our cells can use it for fuel?

6. _____ is the primary, preferred source of fuel for every tissue and cell of our bodies.

7. _____ cells, _____ cells, and some _____ tissues in the body depend almost exclusively on glucose as their fuel source.

8. A major misconception that people have about food is that it is a source of _____.

9. Short Answer: Define and differentiate “fuel” and “energy” according to health sciences.

10. True or False: Humans have little capacity for storing excess protein or carbohydrate, but we can convert both to fat stores for later use as fuel.

11. Short Answer: Define gluconeogenesis.

12. In the absence of sufficient carbohydrates, gluconeogenesis results in the production of _____.

13. Simple sugars are monosaccharides and disaccharides that include the following:

A. Glucose and maltodextrin	D. A, B and C
B. Glucose and dextrose	E. B and C
C. Fructose and galactose	

14. True or False: Oligosaccharides include sugars that are most renowned for causing the flatulence associated with beans.
15. Polysaccharides are complex carbohydrates that include _____ and _____ found in grains, rice and legumes, as well as _____, also known as fiber.
16. _____ are the only carbohydrates that can be absorbed directly into the bloodstream.
17. Short Answer: What is the main difference between refined sugars and whole-food simple sugars?
18. Complex carbohydrates are:
 - A. Found in grains and other starchy foods
 - B. More difficult to digest than simple carbohydrates
 - C. Better for cancer patients than simple sugars
 - D. A and B
 - E. All of the above
19. Short Answer: Name six symptoms of ketosis.
20. Short Answer: Name three reasons why diet/nutrition experts do not consider basing the human diet on the sugars in fruit to be a viable option.
21. Vitamin _____ is seriously lacking in a diet predominated by cooked grains and low in fresh fruit.
22. "Gluten Intolerance" contributes to a wide range of other diseases including:
 - A. Irritable bowel and Crohn's Disease
 - B. Lymphoma and gastrointestinal cancers
 - C. Chronic fatigue and arthritis
 - D. All of the above
23. "Gluten Intolerance" may also be linked to _____, _____, and several _____ disorders.

24. Short Answer: (1) What are excitotoxins? (2) Name six different excitotoxins.
25. Short Answer: Name seven diseases that excitotoxins cause.
26. Short Answer: Describe how soluble fiber works in the body.
27. Short Answer: Why are insoluble fibers dangerous to the body?
28. Many digestive maladies such as _____, _____, _____, _____, _____ are associated with insufficient fiber consumption or too much insoluble fiber.
29. True or False: "Empty calories" are calories without their full complement of original nutrients intact.
30. Fruits are the obvious choice for obtaining our carbohydrates because they:
- A. Provide the only healthful whole food source of simple sugar
 - B. Never require cooking in order to be delicious and nutritious
 - C. Are quickly and easily digested
 - D. All of the above
31. As a category, _____ are our least toxic food choices.
32. Our ever-present _____ is a signal from nature that drives us to eat enough fruit to provide the simple carbohydrates that fuel every cell of our body.
33. Short Answer: Why is it even more important for people who live in a cool climate to obtain tropical fruit?

NOTE:

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PROGRESS TEST 3

STUDENT ANSWER SHEETS

1. A B C D

2. (1) _____
(2) _____
(3) _____

3. A B C D E

4. A B C D E

5. _____

6. _____

7. _____, _____, _____, _____

8. _____

9. Short Answer: _____

10. T F

11. Short Answer: _____

12. _____

13. A B C D E

14. T F

15. _____, _____, _____

16. _____

17. Short Answer:

18. A B C D E

19. Short Answer:
(1) _____
(2) _____
(3) _____
(4) _____
(5) _____
(6) _____

20. Short Answer:
(1) _____

(2) _____

(3) _____

21. _____

22. A B C D

23. _____, _____, _____

24. Short Answer:

(1) _____

(2) _____, _____,

_____,

_____.

25. Short Answer:

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

(7) _____

26. Short

Answer: _____

_____.

27. Short

Answer: _____

_____.

28. _____,

_____,

_____.

29. T F

30. A B C D

31. _____

32. _____

33. **Short**
Answer: _____

_____.

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PROGRESS TEST 4

TEXT: *The 80-10-10 Diet* by Dr. Douglas N. Graham

This Test will cover Chapters 6 and 7 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. True or False: The average American eats 10 to 21% of their calories from fat.
2. Mother's milk provides on average approximately _____ of calories from protein for growing infants.
3. Short Answer: Why is the % of protein in infant's milk proof that we do not need more protein per calorie than this?
4. Many official groups suggest that eating a maximum of _____% of our total calories as protein is sufficient.
5. Short Answer: Why has 9-10% protein routinely been recommended when 5-6% is enough?
6. Bodybuilders have long consumed extra protein in the belief that dietary protein builds muscle. In reality, only _____ - _____ builds muscle.
7. Proteins are complicated molecules made by assembling _____ - _____ together in a _____.
8. How many amino acids are used to synthesize proteins?
9. True or False: In order to be healthy, we must consume all essential

amino-acids together.

10. Our body efficiently recycles between _____ grams and _____ grams of our own protein per day.
11. True or False: Fruits generally contain 4 to 8% protein.
12. True or False: High-protein diets are actually high fat diets.
13. Short Answer: Name five or six health impairments that came from eating too much protein.
14. Short Answer: Why are protein-based foods highly acid-forming?
15. Short Answer: How does the body compensate for too much protein?
16. On a diet of fruits and vegetables the total protein intake will average about _____ % of calories.
17. On a whole-food diet that provides sufficient calories, there is no such thing as a _____.
18. Nutritionists have told us what to do in order to be healthier: increase our _____ consumption and eat _____.
19. True or False: The U.S. Department of Agriculture recommends that 30-45% of our calories be consumed as fat. If false, what is the correct answer?
20. Fats have many roles in the body which include:
 - A. Regulating the uptake of nutrients
 - B. Growth of body tissue
 - C. Insulator, protection against cold and heat
 - D. B and C
 - E. A and C
21. _____ - _____ comprise the basic structural unit of all lipids.
22. True or False: "Essential fatty-acids" are so named because they

cannot be synthesized; we must consume them in our foods. If false, explain your answer.

23. Name two fatty acids that are thought to be essential.
24. The average American consumes a higher ratio of _____ than _____.
25. True or False: Cholesterol is an essential nutrient that is not produced by humans.
26. _____ is the precursor of the five major classes of steroid hormones.
27. Short Answer: What are some of the functions of cholesterol in the body?
28. What organ produces cholesterol?
29. Short Answer: What does eating excess cholesterol in the diet cause?
30. Short Answer: What are saturated fatty acids saturated with?
31. Short Answer: Why are saturated fats difficult for the body to use?
32. _____ - _____ make up the bulk of plant fats.
33. True or False: Polyunsaturated fatty acids can accommodate a single pair of hydrogen atoms. If false what is the correct answer?
34. Leafy green vegetables contain primarily _____ oils.
35. True or False, Americans consume 25% of their calories as fat on average. If false, what is the correct answer?
36. Short Answer: Name 4 immediate consequences of eating too few carbohydrates.

37. The following are the ill-effects of over-eating on calories and fat:
- A. Bingeing, obesity
 - B. Overweight, digestive illness
 - C. Reduced life-span
 - D. A, B and C
 - E. B and C
38. Lacto-Ovo vegetarians tend to make up for the lack of _____ in their diets by increasing their consumption of _____ and _____.
39. True or False: Vegans eat an average of 35% fat in their diet. If false, what is the correct answer?
40. _____ are essentially empty calories, which have been stripped of the fiber, protein, and carbohydrates that originally accompanied the whole-foods.

NOTE:

**TURN TO THE NEXT PAGE FOR THE ANSWER SHEETS FOR
PROGRESS TEST 4.**