

PROTEIN POWER FOR HEALTHY EATING POST-TEST

1. Protein is important in weight loss to help maintain muscle mass and help promote a feeling of fullness after eating?

- a. True
- b. False

2. Protein intake benefits:

- a. Muscles
- b. Hair
- c. Bones
- d. All the above

3. Which of the following food groups is **not** a good source of protein?

- a. Meat, fish, poultry
- b. Milk, yogurt, cheese
- c. Fruit
- d. Beans & Lentils

4. Which of the following is **NOT** a good source of plant based protein?

- a. Tofu
- b. Nuts
- c. Lentils
- d. Apple

5. How often should a protein-rich food be consumed in a day?

a. Included in 1 – 2 meals

b. Consumed throughout the day for best utilization by the body

c. Start your day with a good protein-rich breakfast, and your OK to avoid protein-rich foods the rest of the day

d. None of the above

6. The recommended amount of protein **per serving** of a protein shake used as a meal replacement is:

a. 10 – 15 grams protein

b. 15 – 20 grams protein

c. 15 – 30 grams protein

d. 20 – 35 grams protein