Logo, company name

Description automatically generated

**Quiz Food and Mood**

|  | **Questions** |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Carbs make you put on weight | True | False |  |  |
| 2 | Eating fats makes you fat | True | False |  |  |
| 3 | If I cut out ……. I will have bad breath, be tired, experience mood swings, constipation, inability to concentrate, poor immune response? | Carbs | Protein | Dairy |  |
| 4 | My body gets vitamin D from … | Fruits and vegetable | Fats and Oils and Dairy | Fruits and Vegetables, Fats and Oils, and Carbohydrates |  |
| 5 | To have a healthy immune system I need to eat… | Dairy | Fats and oils | Carbohydrates and Fruits and Vegetables | Protein and Fruits and Vegetables |
| 6 | True or False, bananas are bad for you? | True | False |  |  |

**Quiz Food and Mood-Answers**

|  | **Questions** | **Answer** | **Comments** |
| --- | --- | --- | --- |
| 1 | Carbs make you put on weight | False | Reduction in Carbs initially result in some rapid weight loss due to fluid loss, a reduction in overall energy intake, and the loss of muscle tissue, but research suggests this will not be maintained and can be detrimental for our bodies |
| 2 | Eating fats makes you fat | False | While it’s true that eating too much of any macronutrient, including fat, makes you gain weight, consuming fat-rich foods as part of a healthy, balanced diet does not lead to weight gain.  On the contrary, consuming fat-rich foods may help you lose weight and keep you satisfied between meals.  In fact, numerous studies have shown that eating high fat foods, including whole eggs, avocados, nuts, and full-fat dairy, may help boost weight loss and feelings of fullness  What’s more, dietary patterns that are very high in fat, including ketogenic and low carb, high fat diets, have been shown to promote weight loss  Of course, quality matters. Consuming highly processed foods that are rich in fats, such as fast food, sugary baked goods, and fried foods, may increase your risk of weight gain  It is better to include beneficial fats in your diet as these will help your body to regulate metabolism. |
| 3 | If I cut out ……. I will have bad breath, be tired, experience mood swings, constipation, inability to concentrate, poor immune response? | Carbs |  |
| 4 | My body gets vitamin D from … | Fats and Oils and Dairy |  |
| 5 | To have a healthy immune system I need to eat… | Carbohydrates and Fruits and Vegetables |  |
| 6 | True or False, bananas are bad for you? | False | People believe that bananas are bad for you due to the sugar content being similar to that of dark chocolate (14g of sugar). However, bananas contain natural sugars whereas dark chocolate is mostly added sugars. |