



A Complete Guide to Weight Loss Quiz

Below is a 20-question quiz based off the material in the book [A Complete Guide to Weight Loss](#). The goal of this quiz is to empower you with knowledge around obesity and the strategies we'll be implementing for your weight loss.

After completing the book, please take the below quiz to help you recall what you have learned. Each question has one correct answer.

Bring this completed quiz to your Initial Bariatric Evaluation appointment with Dr. Donovan.

1. How many grams of protein are in 1 ounce of hamburger?
 - a. 4 grams
 - b. About as much as 1 large egg
 - c. ½ cup cottage cheese
 - d. About ¼ cup of pecans

2. How many servings of starch a day should you eat to lose weight?
 - a. Three
 - b. As much as two ham sandwiches
 - c. One small baked potato
 - d. One cup cooked rice

3. Which is a factor in metabolic syndrome?
 - a. Fasting blood glucose over 100
 - b. Waist circumference more than 40 inches
 - c. Triglycerides level of 155
 - d. All of the above

4. The risk of which disease is lowered with weight loss?
 - a. Breast cancer
 - b. Heart disease
 - c. Type II diabetes
 - d. All of the above

5. Insulin causes:
 - a. More sugar in the blood stream for energy
 - b. The liver to digest cholesterol
 - c. Fat cells to not burn fat
 - d. Glucose release from the liver

6. How many servings of vegetables does the Measuring Cup-Free Diet recommend?
 - a. 4 cupped hands worth a day
 - b. Unlimited
 - c. 3-5 servings
 - d. 4 cupped hands with no more than 2 being small potatoes

7. Why should you eat a low glycemic index diet?
 - a. A bland diet promotes weight loss and you feel like you are dieting
 - b. Low insulin levels allow for the mobilization of fat from fat cells
 - c. All high-sugar foods have more calories than high-fat foods
 - d. Having blood sugars spike after meals gives more energy late in the day

8. Why is it hard to lose weight?
 - a. Some people are gifted energy storers
 - b. Obese people need the willpower to fight their genetics
 - c. Humans have feared starvation for well over 90% of our history
 - d. All of the above

9. Why do blood insulin levels matter?
 - a. It's how we transport sugar through our blood stream
 - b. Without high insulin levels we cannot process glucose to our brain
 - c. Foods that cause high insulin levels inhibit weight loss
 - d. High insulin levels protect us from metabolic syndrome

10. How long does it take to make weight loss permanent?
 - a. 6-8 weeks of good habit
 - b. 1-2 years of good habit
 - c. It never does
 - d. It depends on the size of our metabolic window

11. How much weight loss is needed to positively impact one's life?
 - a. 10%
 - b. 15%
 - c. 20%
 - d. 25%

12. Dr. Donovan recommends which supplements?
- Multivitamin with iodine, selenium and chromium
 - Vitamin D 2,000 IU
 - Fish oil or flax seed oil 1200 mg
 - All of the above
13. How much water should you drink?
- 8 ounces with 3 meals a day
 - On average 64 ounces a day
 - Enough so that your urine is bright yellow
 - Only when you feel thirsty
14. How many servings of milk do we need to survive?
- 0
 - 1
 - 2
 - 3
15. How do many naturally thin people avoid weight gain?
- Plenty of exercise
 - Carefully following a well-balanced diet
 - Following governmental recommendations on food intake
 - Having blood insulin levels closely following blood sugar levels
16. How much chicken is a serving in the Measuring Cup-Free Diet?
- One breast
 - None. Protein from meat is too high in fat.
 - About the size and thickness of the palm
 - About the size and thickness of the hand up to the middle knuckle
17. What is an easy way to know what a serving of fruit is?
- One handful of grapes
 - Size and weight of a banana
 - Size and weight of a tomato
 - Size and weight of a kiwi
18. How many calories does one's basal metabolic rate (BMR) account for?
- 10-40%
 - 50-70%
 - 60-80%
 - 70-85%

19. How much exercise is needed?

- a. 10,000 steps a day for effective weight loss
- b. 60 minutes of sweating exercise daily for effective weight loss
- c. 30 minutes a day to lose weight, 90 minutes to keep it off
- d. 60 minutes of any additional activity throughout the day to keep it off

20. How many grams of protein should you eat?

- a. 10 grams for breakfast
- b. 60 grams for lunch
- c. 20 grams for lunch
- d. 30 grams per meal for protein synthesis and repair