

Rethinking Nutrition: The Impact of Plant-Based Diets on Health and Environmental Sustainability

Test Questions

1. Which statement best reflects the evidence presented regarding protein adequacy in plant-based diets?
 - a. Plant-based diets generally do not meet protein needs across the lifespan
 - b. Athletes should include animal protein to meet total protein needs
 - c. Well-planned plant-based diets can meet 100% of protein needs across the lifespan
 - d. Plant-based diets require supplementation in all cases
2. Which nutrient was highlighted as potentially at risk for deficiency in individuals following a plant-based diet and requiring intentional planning?
 - a. Vitamin B12
 - b. Vitamin C
 - c. Vitamin D
 - d. Vitamin K
3. Evidence from randomized controlled trials and cohort studies supports plant-based dietary patterns for the prevention and management of which of the following conditions?
 - a. Chronic diseases such as cardiovascular disease and type 2 diabetes
 - b. Dementia
 - c. Diarrhea
 - d. Hypothyroidism
4. Which counseling strategy was emphasized as most effective when helping patients transition to a plant-based diet?
 - a. Emphasizing strict adherence after 2 weeks of gradual transition
 - b. Providing the same meal plans for all patients/clients for consistency
 - c. Recommending immediate elimination of all animal foods
 - d. Supporting gradual dietary swaps using familiar foods
5. According to the presentation, food systems contribute approximately what proportion of global greenhouse gas (GHG) emissions?
 - a. 5%
 - b. 15%
 - c. 30%
 - d. 60%

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