

1. Which of the following is **not** a key component of a “Mediterranean” diet?

- A. Vegetables
- B. Fruits and nuts
- C. High sodium foods
- D. Fish

**Answer: C**

2. Which of the following are effective in achieving weight loss?

- A. Health coaching
- B. Cognitive Behavioral Therapy
- C. Dietary Counseling
- D. All of the above

**Answer: D**

3. Drug therapy for weight loss may be accomplished with:

- A. Furosemide
- B. Levothyroxine
- C. Ondansetron
- D. Orlistat

**Answer: D**

Bonus question: Which of the following best describes a “Keto” diet?

- A. Low carb – High fat
- B. High carb- Low fat
- C. High carb – High protein
- D. High carb

**Answer: A**