

The answers for each question in the fat loss test have been expanded upon to give you the broadest overview. Ideally your answer will have covered most (if not all) of the points outlined.

**1. How much weight should you realistically lose per week? Answer respectively to your current body composition (Lean, Normal, Overweight) (1 Point)**

- Lean – 0.5lbs
- Normal – 1lb.
- Overweight – 2=lb

**2. What is the difference between weight loss and fat loss? (2 Points)**

- ✓ Fat loss relates strictly to fat loss. With small amounts coming from fluid and Liver/Glycogen.
- ✓ Weight loss relates specifically to fat, fluid, glycogen, Muscle mass, Bone and Organ Tissue.

**3. What is the most important factor when it comes to losing body fat? (1 point)**

✓ Calories and energy balance.

**4. What is the best diet for fat loss? (1 Point)**

- All fat loss diets work. The best diet is one you can stick to.

**5. List 5 things you would need to ruin your health and physique? (5 Points)**

1. Run your blood glucose high.
2. Overeat (not track food intake).
3. Be highly inactive.
4. Skip sleep.
5. Drink, smoke and invite stress.

**6. What factors influence Energy intake? (1 Point)**

Food and drink.

**7. What 5 main factors affect energy expenditure?  
(5 Points)**

1. Physical activity
2. Lean Body mass
3. Metabolism
4. Disease
5. Drugs

**8. What are the 6 key results you need to assess with  
your nutrition for fat loss? (6 Point)**

1. Adherence.
2. Bodyweight fluctuations.
3. Energy and mood.
4. Recovery from exercise.
5. Blood glucose levels.
6. Your relationship with food?

**9. List 5 key questions that will help you personalize your diet for long term adherence? (5 Points)**

**Q1.** What foods do you like the most?

**Q2.** What foods do you hate or have to avoid?

**Q3.** How often & how much alcohol do you drink?

**Q4.** How often do you food shop?

**Q5.** How many times a day do you prefer to eat?

**10. List 3 common nutrition problems people have when trying to lose fat? (3 Points)**

- ✓ Poor hydration.
- ✓ Low intake of Vitamins and minerals.
- ✓ Not enough protein.
- ✓ Lack of fibre.
- ✓ Low intake of healthy fats.
- ✓ Binge eating.
- ✓ Blood glucose issues.
- ✓ More emphasis on supplements over food.
- ✓ Eating under stress.

**11. What effect does diabetes have on hydration? (1 Point)**

- ✓ Uncontrolled diabetes, particularly hyperglycaemia can increase risk of dehydration and decrease exercise performance.

**12. Give 2 examples of unhealthy fats? (2 Points)**

- ✓ Trans Fats.
- ✓ Shelf stable cooking oils.
- ✓ Factory farmed meat, eggs & dairy.

**13. List 2 key benefits of fiber? (2 Points)**

- ✓ Normalizes bowel movement.
- ✓ Fiber serves as a prebiotic.
- ✓ Blood glucose management.
- ✓ Blood lipid profile.
- ✓ Appetite control.

**14. What is the difference between hunger and appetite?**

*(2 Points)*

- ✓ Hunger is the physiological need to (eat) consume energy at key times such as after a fast, exercise or during times of low blood sugar. In order to survive.
- ✓ Appetite relates more to the senses being stimulated through smell, taste, texture. Appetite is not caused by an actual, physical pain or need for food to survive.

**15. List one role of protein besides building muscle? (1**

*Point)*

- ✓ Immune function
- ✓ Appetite controls
- ✓ Making essential hormones and enzymes

**16. List the calorie content for 1 gram of Fat, Protein, Carbs Alcohol and Fibre? (5 Points)**

- ✓ Fat = 9 kcals/g
- ✓ Protein = 4 kcals/g
- ✓ Carbs = 4 kcals/g
- ✓ Alcohol = 7 kcals/g
- ✓ Fibre = 2.75 kcals/g

**17. What is the problem with an extreme energy deficit? (1 Point)**

- ✓ Calorie deficits must never be too extreme or else they will result in muscle loss, a reduction in performance and undesirable changes in body chemistry.

**18. What are the five most important elements of setting up a diet? (5 Points)**

1. Estimate Total Calories
2. Set Protein Intake
3. Set Fat Intake
4. Fill remaining Calories with carbs
5. Adjust based on response

**19. What is meant by the terms 'calorie bank'? (1 Point)**

- ✓ The concept of not eating all your calories in one day. Bank them up for another day or important social occasions.

**20. Generally speaking, How many meals per day? (1 Point)**

- ✓ 4-5 meals per day is a good place to start.

**21. Outline three main goals of post workout nutrition? (3 Points)**

- ✓ You do not have eat to eat all your calories in one day.
- ✓ Bank them up for another day or important social occasions.

**22. What are the 5 most important measures of progress for general fat loss (not athletes)? (5 Points)**

- ✓ Bodyweight
- ✓ Performance
- ✓ Clothing
- ✓ Adherence
- ✓ Appearance

**23. What is the best time of the day to weigh? (1 Point)**

At the same time each day 😊 This allows the variables to remain constant – even if food is consumed.

**Total /59**