CEC Questions

1. Dietary Supplements are regulated by
   a. The US Food and Drug Administration (FDA)*** (page 1, para 3)
   b. The National Institutes of Health Office of Dietary Supplements (ODS)
   c. The Academy of Nutrition and Dietetics (AND)
   d. Institute of Medicine (IOM)

2. Which of the following type of claim is NOT approved by the FDA?
   a. Nutrient content claim
   b. Health claim
   c. Structure function claim*** (page 2, para 4)
   d. All are approved by the FDA

3. In regulation, supplements are considered:
   a. Food additives
   b. Drugs
   c. Foods*** (page 3, para 1)
   d. Over the counter medications

4. The term “natural” on a supplement:
   a. Is regulated by the FDA
   b. Is clearly defined by the FDA
   c. Means the product is harmless
   d. Is not defined by the FDA*** (page 3, para 6)

5. When evaluating a supplement, fitness professionals should be concerned with:
   a. Media misinterpretation
   b. Exaggerated claims
   c. Accusation about conspiracy theories among health professionals
   d. All of the above*** (page 4, para 2)

6. All of the following are the most important questions to ask clients about supplement use
   EXCEPT:
   a. What and how much are you taking?
   b. Why are you taking the supplement?
   c. How do you think it is working?
   d. How much did you pay for it?*** (page 5, para 1)

7. All of the following are the most important items a fitness professional should discuss with
   their client EXCEPT:
   a. Provide a comprehensive summary of the scientific literature
   b. Search the internet for the cheapest price*** (page 5, para 4)
   c. Quantities used in research studies
   d. Effectiveness and clinical significance
   e. Safety
8. After discussing supplements with a client and answering their questions, it is best for the fitness professional to:
   a. Recommend a client never take any kind of supplement(s)
   b. Let the client decide whether or not to take the supplement(s)*** (page 6, para 1)
   c. Create a prescription form and write down the specific amounts to be taken
   d. Recommend the client check their urine color daily

9. If you need to make a referral, the best person to answer questions about sports supplements is a:
   a. Registered Nurse
   b. Person with a nutrition certification
   c. Certified Specialist in Sports Dietetics*** (page 6, para 3)
   d. Nurse Practitioner

10. Which is an example of a Nutrient-Content Claim?
    a. Sugar free*** (page 7, para 3)
    b. Sugar alcohol prevents cavities
    c. Builds muscle while you sleep
    d. Saturated fat may be linked to heart disease