HEALTH POWER

"Health By Choice, Not By Chance"

STUDY GUIDE

NAME: DATE:

ORGANIZATION:

ALL ANSWERS ARE MULTIPLE CHOICE OR SHORT ANSWER. CIRCLE THE MOST APPROPRIATE ANSWERS FOR MULTIPLE CHOICE AND CLEARLY PRINT THE APPROPRIATE WORD OR PHRASE FOR THE SHORT ANSWER (ILLEGIBLE ANSWERS WILL BE COUNTED AS WRONG). THE NUMBER IN PARENTHESIS INDICATES THE PAGE OF *HEALTH POWER* THAT CONTAINS THE ANSWER TO THAT PARTICULAR QUESTION. THE STUDY GUIDE IS AN OPEN BOOK EXERCISE.

1. A new diabetic is diagnosed every… (9)
   a. 5 seconds
   b. 5 hours
   c. 50 minutes
   d. 50 seconds

2. According to the Optimal Diet, how much should our daily fat intake be? (9)
   a. 80-95 grams
   b. 45 grams or less
   c. 50-75 grams
   d. 100-120 grams

3. How much protein is recommended per day by the "Optimal Diet"? (9)
   a. 80-100 grams
   b. 1 gram per kilogram of body weight
   c. 1 ounce per pound of body weight
   d. 50-60 grams

4. How much sodium does the average person eating a Western diet consume? (9)
   a. 10 grams
   b. 4 grams
   c. 1 gram
   d. 25 grams

5. Many eat 15 times more of this item than needed. It contributes to hypertension and kidney disease. (15)
   a. Fat
   b. Salt
   c. Protein
   d. Sugar

6. Many people get 40% of their calories from this. It plugs up arteries and contributes to Type 2 diabetes. (15)
   a. Sugar
   b. Protein
   c. Fat
   d. Salt

7. This item is well suited to promote obesity because it provides no fiber or nutrients. (15)
   a. Protein
   b. Sugar
   c. Salt
   d. Fat

8. What percentage of coronary deaths is directly related to smoking? (27)
   a. 20%
   b. 30%
   c. 40%
   d. 50%

9. Name 2 fairly common side effects of many hypertension medications: (36)
   a. _____
   b. _____

10. Keeping fat below _____% of daily calories helps protect against atherosclerosis. (40)
   a. 5%
   b. 15%
   c. 25%
   d. 35%

11. What products have been clearly implicated as raising the risk for prostate cancer? (44)
   a. Egg products
   b. Dairy products
   c. Soy products
   d. Fish products

12. How was Dr. James Anderson able to produce diabetes in lean healthy young men? (47)
   a. Feeding them a pound of sugar a day
   b. Feeding them a pound of fat a day
   c. Feeding them a diet with 65% fat
   d. Feeding them a diet with 65% sugar

13. Name the "Poly Triplets" that serve as warning signs for diabetes. (46)
   a. Poly_____
   b. Poly_____
   c. Poly_____

14. How much more likely are diabetics to experience kidney damage than non-diabetics? (47)
   a. 8 times
   b. 12 times
   c. 18 times
   d. 24 times

15. What are 3 substances that require the body to "spend" calcium in order to process them? (53)
   a. _____
   b. _____
   c. _____

16. Which of the following has the most calories per gram? (61)
   a. Alcohol
   b. Carbohydrate
   c. Protein
   d. Fiber

17. How are excess calories from alcohol stored? (64)
    a. As salt in the sweat glands
    b. As muscle in the biceps
    c. As fat in the thighs
    d. As fat in the liver

18. Tobacco is responsible for how many American deaths per year? (67)
    a. 45,000
    b. 4,500
    c. 450,000
    d. 4,500,000

19. Caffeine has been found to interfere with the absorption of which nutrient? (71)
    a. Protein
    b. Calcium
    c. Vitamin E
    d. Boron

20. Where does the body pick up glucose, fatty acids, and amino acids? (93)
    a. Stomach
    b. Kidneys
    c. Pancreas
    d. Intestines

21. What makes it possible to eat more food, yet take in fewer calories? (98)
    a. Fiber
    b. Vitamin B_{12}
    c. Probiotics
    d. Protein

22. Processing excess protein in the body requires which substance and where does it usually come from? (p. 109)
    a. Testosterone from the pituitary glands
    b. Bile from the liver
    c. Calcium from the bones
    d. Insulin from the pancreas

23. How much of the calcium in milk is absorbed by the body? (p. 113)
    a. 25-30%
    b. 45-50%
    c. 65-80%
    d. 85-100%

24. Men regularly drinking more than 2 glasses of milk per day increase their risk of prostate cancer by what percentage? (p. 114)
    a. 100%
    b. 200%
    c. 300%
    d. 400%

25. How many gallons of water are needed to produce 1 kilogram (2.2 pounds) of beef? (p. 85)
    a. 5
    b. 50
    c. 500
    d. 5,000

26. What percentage of American-grown grain is fed to animals? (p. 85)
    a. 15%
    b. 85%
    c. 65%
    d. 25%

27. How much daily fiber intake does the World Health Organization recommend? (p. 129)
    a. 10 grams
    b. 15 grams
    c. 20 grams
    d. 25 grams

28. Which mineral helps lower blood pressure? (134)
    a. Cerium
    b. Germanium
    c. Potassium
    d. Livermorium

29. High levels of iron appear to reduce the absorption of which mineral? (136)
    a. Calcium
    b. Zinc
    c. Copper
    d. Magnesium

30. Excess in which vitamin may cause kidney stones? (137)
    a. Vitamin K
    b. Vitamin B_6
    c. Vitamin E
    d. Vitamin C

31. What language does the "phyto" in phytochemicals come from and what does it mean? (140)
    a. It is Hebrew for "ceremonially clean"
    b. It is French for "tasty"
    c. It is Latin for "plant"
    d. It is Greek for "highly important"

32. Cruciferous vegetables are especially helpful in fighting which type of cancer? (141)
    a. Colon Cancer
    b. Breast Cancer
    c. Skin Cancer
    d. Lung Cancer

33. What is one source of vitamin E depletion in the body? (142)
    a. Excessive water
    b. Excessive beta-carotene pills
    c. Excessive sunlight
    d. Excessive alcohol

34. What are the 3 wrong ways to lose weight? (149)
    a. _____
    b. _____
    c. _____

35. List "The 10 Principles of Losing Weight." (152)
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____
    f. _____
    g. _____
    h. _____
    i. _____
    j. _____

36. List the 5 undesirable side effects of soft drink consumption. (154)
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____

37. How much time per day should an overweight person spend exercising? (165)
    a. 15 minutes
    b. 30 minutes
    c. 45 minutes
    d. 60 minutes

38. How many apples must I eat to get the same amount of calories as a slice of apple pie? (168)
    a. 8 apples
    b. 6 apples
    c. 4 apples
    d. 2 apples

39. How many potatoes must I eat to equal the calories of a 150 gram steak (just over 5 ounces)? (168)
    a. 2
    b. 5
    c. 8
    d. 12

40. What are the odds of an overweight child becoming an overweight adult? (170)
    a. 20%
    b. 40%
    c. 60%
    d. 80%

41. List "7 Secrets for Fat-proofing Your Child." (172)
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____
    f. _____
    g. _____

42. List 8 common traits in the "Profile of an Overweight Person." (176)
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____
    f. _____
    g. _____
    h. _____

43. What proportion of the day's calories will a good breakfast contain? (178)
    a. At least 10%
    b. At least 1/4
    c. At least 50%
    d. At least 1/3

44. How many ears of corn are used to produce one tablespoon of corn oil? (183)
    a. 7
    b. 14
    c. 21
    d. 28

45. The average risk for a man eating meat, eggs and dairy products is __% (188)
    a. 25%
    b. 35%
    c. 45%
    d. 55%

46. A vegetarian who refrains from eating meat, eggs, and dairy products has a coronary risk between… (188)
    a. 4 to 15%
    b. 7 to 20%
    c. 10 to 25%
    d. 20 to 35%

47. How many vegetarians could be fed from the same amount of land as 1 person eating a meat-based diet? (189)
    a. 5
    b. 10
    c. 15
    d. 20

48. What percentage of calories in dried beans and peas provide usable protein? (190)
    a. 5%
    b. 15%
    c. 25%
    d. 35%

49. How many hours should women exercise per week to reduce breast cancer risk by 1/3? (193)
    a. 2
    b. 4
    c. 6
    d. 8

50. Which 3 types of drinks require us to drink additional water in order to avoid dehydration? (197)
    a. _____
    b. _____
    c. _____

51. List 4 ways the body loses water every day? (198)
    a. _____
    b. _____
    c. _____
    d. _____

52. How much vitamin D can 15 minutes of face to sun exposure supply you with? (201)
    a. 20 I.U.
    b. 200 I.U.
    c. 2,000 I.U.
    d. 20,000 I.U.

53. Vitamins are divided into what basic categories? (205)
    a. _____
    b. _____

54. What is *Health Power's* definition of balance? (207)

_____

55. List 3 areas where plentiful negative ions may be found in the air? (210)

a. _____

b. _____

c. _____

56. What kind of meal may reduce your body's ability to carry oxygen? (211)

a. High-carbohydrate meal
b. High-fat meal
c. Low-protein meal
d. Low-fat meal

57. List 3 ways that rest allows your body to renew itself. (213)

a. _____

b. _____

c. _____

58. What are 3 common reasons that people have trouble sleeping? (215)

a. _____

b. _____

c. _____

59. List the 5 Powerful Questions, recommended by *Health Power* to help us focus. (225)

a. _____

b. _____

c. _____

d. _____

e. _____

60. What are 5 basic actions that can help diminish depressive moods? (227)

a. _____

b. _____

c. _____

d. _____

e. _____

61. What are 3 types of overload that contribute to stress? (231)

a. _____

b. _____

c. _____

62. List the "7 Coping Processes" found in bold print on pages 231-232.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

63. List "9 Ways to Raise Endorphins." (236)

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

i. _____

64. How long does it take most people to form a new habit? (239)

a. 1 week

b. 3 weeks

c. 3 months

d. 3 years

65. What are 2 basic emotional options we have to choose between when dealing with negative experiences? (243)

a. _____

b. _____

66. What is one lesson that will relieve anxiety and increase self-esteem when we practice it? (245)

_____

67. What is more important than being right? (245)

_____

68. Ultimate self-esteem comes from knowing what 3 things? (247)

a. _____

b. _____

c. _____

69. What does NEW START stand for? (253)

N

E

W

S

T

A

R

T

70. Most of us know better… (254)

a. Than the doctors who medicate us.
b. Than to trust the labels on food containers.
c. Than to eat carbohydrates and protein at the same time.
d. Than we do.

71. REPEAT, REVIEW, REHEARSE