

# InforMED™ Health 101

## CERTIFICATION HANDBOOK

**2018 Version**

**Student Name:** \_\_\_\_\_

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**Name as you would like it to appear on certificate:**

\_\_\_\_\_

On the following pages, you will find quizzes, as well as essay questions and projects to be completed after you have finished reading the curriculum book and watching the videos posted online on the members' site. If you need assistance accessing the site, please contact the office.

Note: All members are invited to participate in live InforMED Health 101 classes held in our corporate office in Columbus via conference call. The schedule for those classes is posted in our online calendar which can be accessed at [www.wellnessforumhealth.com](http://www.wellnessforumhealth.com). To arrange participation and obtain the call-in information, contact our office. The calls are interactive and you will have opportunities to ask questions.

Answers to multiple choice questions must be submitted with the questions, and answers to essay questions must be typed. Although your answers should be concise, make sure you answer the questions thoroughly.

Please wait until all of your work is completed and either email to [pampopper@msn.com](mailto:pampopper@msn.com) or send it to:

Wellness Forum Health  
510 East Wilson Bridge Road Suite G  
Worthington, Ohio 43085

If you have any questions, you may call 614 841-7700 or email Dr. Pam Popper at [pampopper@msn.com](mailto:pampopper@msn.com).

You should retain a copy of your work in case the information you submit is lost in the mail.

If you miss several questions, we will notify you via email that corrections are needed. If your work is satisfactory, a certificate will be mailed within 10 business days to the address we have on file for you.

## Section 1: The InforMED Discussion Begins Quiz

1. What is InforMED Medical Decision-Making?
2. Describe what "reactive, episodic care" is. Is there a better alternative?
3. Which of the following best describes InforMED medical decision-making?
  - a. You take a medication because your doctor says it will lower your cholesterol
  - b. You take a supplement because your naturopathic doctor recommended it and it has fewer side effects than drugs
  - c. Your friend forwards you an article reporting that eating coconut oil cured a doctor's husband of Alzheimer's Disease, so you decide to see if it works for your father.
  - d. A healthcare provider recommends that you start taking a drug, and you look at unbiased evidence about the benefits and risks, long-term outcome data, potential alternatives, and then decide what to do.
  - e. All of the above
4. Fill in the blank: The leading cause of death in the United States is \_\_\_\_\_, killing over 600,000 Americans every year.
5. Crestor lowers the risk of major cardiovascular events by \_\_\_% and Lipitor by \_\_\_%
6. How many heart attacks per year result due to angioplasty?
  - a. 0 heart attacks
  - b. 100 heart attacks
  - c. 1,000 heart attacks
  - d. 15,000 heart attacks

7. \_\_\_\_\_ has been proven to not only prevent cardiovascular disease and related events, but also to stop the progression and even reverse it.

- a. Bypass surgery
- b. Adopting an optimal diet
- c. Supplements
- d. None of the above

8. Why are diet and lifestyle changes so much more effective than drugs and surgery for most chronic, degenerative conditions?

9. Describe the way you have typically made decisions about health-related matters and how this information has changed your ideas about this process.

## Section 2: The InforMED Diet for Better Health Quiz

1. The 90/10 Rule means:
  - a. 90% of calories should be derived from plant foods, with 10% (or less) coming from animal foods
  - b. If 90% of the food you consume is good, the 10% that isn't is not going to hurt you
  - c. 90% of your grocery bill should be spent on fruits and vegetables
  - d. All of the above
2. **True or false:** Wellness Forum Health recommends that people stop consuming all sweets, chocolate, cake, etc.
  - a. True
  - b. False
3. Which of the following is a true statement:
  - a. It is best to only eat raw fruits and vegetables
  - b. Starchy foods are the foundation of a healthy diet
  - c. It is important to eat animal foods weekly
  - d. None of the above
4. **True or False:** It is more expensive to eat an optimal diet than the diet most Americans consume.
  - a. True
  - b. False
5. **Fill in the blank:** In many ways, common degenerative diseases are *diseases of \_\_\_\_\_*, because many of the foods that are the most health-destroying are the most expensive, and only wealthy people can afford to buy them.
6. **True or False:** Genes are a significant determinant of health.
  - a. True
  - b. False

7. Dr. T. Colin Campbell and his team of researchers were able to “switch cancer on and off” in the laboratory by changing the amount of \_\_\_\_\_ protein in the diet.

- a. Pea
- b. Wheat
- c. Animal
- d. Soy
- e. All of the above

8. What are the most important findings from the China Project?

9. **True or False:** All green tea contains caffeine

- a. True
- b. False

10. Brewer’s yeast is a valuable source of

- a. All vitamins
- b. Chromium
- c. B vitamins
- d. Both b and c

11. The most important meal of the day is

- a. Breakfast
- b. Lunch
- c. Dinner
- d. All of the above

12. **Fill in the blank:** The USDA was organized to provide assistance for

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## Section 3: Nutrition Basics Quiz

1. Name the 3 macronutrients:
  - 1.
  - 2.
  - 3.
  
2. Which of the following is the body's main energy source?
  - a. Fat
  - b. Protein
  - c. Carbohydrate
  - d. None of the above
  
3. What percentage of our calorie intake should come from carbohydrates?
  - a. 10-20%
  - b. 40-50%
  - c. 70-80%
  - d. 100%
  
4. **Fill in the blank:** Satiety is based on two things: \_\_\_\_\_ receptors in the stomach detect that the stomach is full and \_\_\_\_\_ receptors detect the calorie density of the food consumed.
  
5. In countries where the cancer and heart disease rates are very low, fiber consumption exceeds \_\_ grams a day.
  - a. 17 grams
  - b. 25 grams
  - c. 45 grams
  
6. For both weight loss/maintenance and health improvement, fat should be limited to \_\_% of daily calories.
  - a. 15%
  - b. 20%
  - c. 25%
  - d. 30%

7. **True or False:** Plant fats, particularly in the form of oil, can cause the same health issues as saturated animal fat

- a. True
- b. False

8. **True or False:** Eating a well-structured plant-based diet, ensures regular intake of all the essential amino acids, and they do not need to be consumed at the same time.

- a. True
- b. False

9. The upper limit for protein consumption should be \_\_% of calories.

- a. 5%
- b. 10%
- c. 15%
- d. 20%

10. Which is true about the Mediterranean Diet?

- a. People following a Mediterranean were shown to have lower rates of heart attacks and strokes than those following an American-style diet
- b. The Mediterranean Diet is a health-promoting diet
- c. The health benefits of the Mediterranean Diet are most likely due to the inclusion of olive oil in the diet
- d. None of the above

11. Which are essential fatty acids?

- a. DGLA
- b. Arachadonic Acid
- c. EPA and DHA
- d. Linoleic and alpha-linolenic

12. **True or False:** Studies show that willpower has almost no effect on changing any habit, including diet.

- a. True
- b. False

## Section 4: Dietary Details Quiz

1. **True or False:** It is best to eliminate salt from the diet.
  - a. True
  - b. False
2. What is the best source of iodine:
  - a. Iodized table salt
  - b. Sea vegetables
  - c. Iodine supplements
  - d. Sea salt
3. What is the biggest problem with consistent and excessive caffeine consumption?
  - a. It can mask symptoms of fatigue
  - b. It can cause weight gain
  - c. It is detrimental to health
  - d. All of the above
4. Which of the following statements is false regarding soy foods:
  - a. Soy foods can be safely included in the diet, like whole soy foods (like edamame) and minimally processed soy foods (like tofu or soy milk)
  - b. People who do not choose to eat soy or do not like it can exclude soy from the diet without any risk of nutrient deficiency
  - c. Soy foods can prevent and cure disease
  - d. All of the above
5. True or False: If you are going to continue to consume animal foods, it is essential that you purchase only those products that are labeled "certified organic."
6. According to a Swedish environmental group, producing one pound of beef creates \_\_\_ times as much greenhouse gas as producing a pound of carrots.
  - a. 25
  - b. 50
  - c. 100
  - d. None of the above

7. Which of the following statements is true regarding fish consumption:
- a. Fish has been incorrectly labeled as a health-promoting food.
  - b. Fish is just another flesh food and research shows that it is not better for you than other flesh foods.
  - c. If you are going to include fish in your diet, purchase only wild salmon and other wild-caught fish
  - d. All of the above

8. **True or False:** Studies consistently show that the benefits of consuming conventionally grown (non-organic) plant foods override any risks associated with exposure to herbicides and pesticides applied to them during the growing process.
- a. True
  - b. False

9. Every day, our bodies lose approximately \_\_ cups of water from perspiration, urination, through bowel movements, and breathing.
- a. 8 cups
  - b. 10 cups
  - c. 12 cups
  - d. None of the above

10. Which type of water filtration is best?
- a. Carbon filter
  - b. Reverse osmosis
  - c. Distillation
  - d. Bottled water

11. What does the ELMO diet stand for?
- E
  - L
  - M
  - O

## Section 5: You Will Be Healthier Without Animal Milk Quiz

1. Insulin-like growth factor (IGF-1) is involved in:
  - a. Cellular growth
  - b. Cellular differentiation
  - c. Cancer promotion
  - d. All of the above
  
2. **True or False:** All milk products contain estrogen
  - a. True
  - b. False
  
3. According to the 2007 Federal Pasteurized Milk Ordinance, the Somatic Cell Count in grade A raw milk ready for pasteurization can be as high as \_\_\_\_\_/ml, and up to \_\_\_\_\_/ml after all the milk from various farms is mixed together.
  - a. 500; 100
  - b. 750; 100
  - c. 500,000; 100,000
  - d. 750,000; 300,000
  
4. **True or False:** Deterioration in bone health is related more to the amount of calcium leached from the bones due to poor dietary habits than to inadequate calcium intake.
  - a. True
  - b. False
  
5. **True or False:** Low-fat dairy products are better alternatives to full-fat dairy products.
  - a. True
  - b. False
  
6. Calcium needs are actually \_\_\_\_\_mg per day
  - a. 400-500
  - b. 1000
  - c. 1200-1500
  - d. None of the above

**Sections 6 & 7:**  
**Health Starts in the Kitchen!**  
**Plan for Success**  
**Quiz**

1. List some good substitutes for meat in your diet:
  
  
  
  
  
  
  
  
  
  
2. Give an example of a substitute you could use to replace eggs in baking:
  
  
  
  
  
  
  
  
  
  
3. What is one of the most important things to do in order to make sure you eat healthier meals?
  - a. Plan ahead
  - b. Shop at a health food store
  - c. Stop eating meat
  - a. None of the above
  
  
  
  
  
  
  
  
  
  
4. List below some alternatives to oil for sautéing food:
  
  
  
  
  
  
  
  
  
  
5. **True of False:** Canned beans have the same nutrient profile as dry beans.
  - a. True
  - b. False

## Section 8: Shopping For Health Quiz

1. Enriched products are healthier because:
  - a. They contain more vitamins and minerals
  - b. They meet FDA standards for nutrient values
  - c. They meet the RDA for specific nutrients
  - d. None of the above – enriched products are not healthier
2. Manufacturers can disguise the amount of an ingredient in a product by:
  - a. Mislabeling the food
  - b. Using several forms of the same ingredient
  - c. Using a chemical version which the average consumer cannot identify
  - d. Both b and c
3. Consumption of MSG has been linked to:
  - a. Diseases of the nervous system
  - b. Weight gain
  - c. Food cravings
  - d. Free radical damage
4. Which is true about fortified foods?
  - a. Fortified foods contain more of many nutrients than unfortified foods
  - b. Fortified foods can act on the body in the same way as supplements
  - c. Fortified foods are often nutrient deficient
  - d. Both b and c
5. **Fill in the Blank:** People tend to practice \_\_\_\_\_ nutrition, focusing on the numbers on the label, rather than \_\_\_\_\_ nutrition, which focuses on the value through the ingredients of the product.
6. **True or false:** All preservatives should be avoided.
  - a. True
  - b. False
7. Which of the following thickening agents and emulsifiers should be avoided?
  - a. Casein
  - b. Caseinates
  - c. Polysorbate 60 and 80
  - d. All of the above

8. **True or False:** When shopping, a good rule to remember is to read labels carefully and purchase product with short lists of ingredients and that contain whole foods.

- a. True
- b. False

## Section 9: Dietary Supplements Quiz

1. Supplementation is useful when:
  - a. You cannot consume enough of the right foods
  - b. You are using supplements as part of a treatment plan
  - c. You want to make sure that you are getting the RDA for important vitamins and minerals
  - d. You cannot buy organic food
  
2. Describe the reductionist approach to health.  
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3. Americans are nutrient deficient because:
  - a. Farming practices have destroyed the soil in which food is grown
  - b. The use of herbicides and pesticides has increased
  - c. People do not consume enough of the right types of food
  - d. All of the above
  
4. **True or False:** Vitamins from food sources are natural and therefore safer.
  - a. True
  - b. False
  
5. **True or False:** Some studies have been stopped early because of adverse health effects related to supplements.
  - a. True
  - b. False
  
6. Chlorine is:
  - a. An electrolyte
  - b. Used in water treatment
  - c. A constituent of hydrochloric acid
  - d. All of the above

7. Which of the following statements is true?

- a. Distillation is the best way to purify water
- b. Reverse osmosis is an efficient way to filter gaseous chemical from the water
- c. Carbon filters remove minerals from the water
- d. The body absorbs minerals from water

8. **True or False:** Vitamin B12 supplementation is advisable for vegans who do not consume fortified foods.

- a. True
- b. False

## Section 10: Exercise Quiz

1. **True or false:** Thin people do not have to be concerned about body composition.
  - a. True
  - b. False
2. Increased body fat results in:
  - a. Increased risk of breast cancer
  - b. Weight gain
  - c. Increased risk of diabetes
  - d. All of the above
3. List below some of the benefits of exercise:
  - a.
  - b.
  - c.
  - d.
4. Sarcopenia is:
  - a. An infectious disease that results from nutrient deficiency
  - b. A result of aging
  - c. The body's gradual loss of lean muscle mass and gaining of body fat
  - d. Both b and c
5. Exercising \_\_\_\_\_ times per week or more improves fitness.
6. **True or False:** the duration of the workout is not as important as the cumulative time spent exercising daily.
  - a. True
  - b. False
7. Describe one technique for making sure you get a healthy meal in a restaurant.
8. List below some tips for eating well when traveling:

## Section 11: Optimal Health Away From Home Quiz

1. **True or False:** Eating optimally away from home is impossible.
  - a. True
  - b. False
  
2. **True or False:** If you eat unhealthy foods at every party, gathering, and charity fundraiser, you are not going to experience the health improvement and weight loss that you desire.
  - a. True
  - b. False
  
3. Which of the following statements are true regarding eating away from home in restaurants?
  - a. You can only eat at vegan or vegetarian restaurants
  - b. You can request that any dish be prepared in a healthier way
  - c. Restaurant portions are huge, and one dish is often large enough to serve two people.
  - d. It's fine to order dessert every time you eat out
  - e. All of the above
  - f. B and C
  
4. **True or False:** Items from the salad bar are all healthy choices.
  - a. True
  - b. False
  
5. List 4 strategies for eating healthfully while traveling:
  - 1.
  - 2.
  - 3.
  - 4.

## Section 12: A Guide to Discussions With Traditional Medical Doctors

### Quiz

1. Making an informed medical decisions should involve a discussion of the risks and benefits of which of the following?

- a. Tests
- b. Medications and supplements
- c. Procedures
- d. Medical devices
- e. Diets
- f. All of the above

2. **True or False:** In most cases, people should “fire” a doc who does not embrace a collaborative and evidence-based approach to patient care.

- a. True
- b. False

3. **True or False:** A "good" doctor must promote a plant-based diet.

- a. True
- b. False

4. List some strategies for having a successful medical discussion with your doctor.

- 1.
- 2.
- 3.

Bonus question: Describe how taking this course has changed your ideas about health, healthcare, and diet; and also the changes you have made in your life as a result.