



Continuing Education Questionnaire

Write Your Name:

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“Nutrition and Traumatic Brain Injury”

1. The brain uses _____ % of the bodies glucose:
 - A. 50
 - B. 10
 - C. 25
 - D. 82

2. Consumption of simple carbohydrates:
 - A. help to maintain high energy over time.
 - B. provide an energy boost followed by a crash.
 - C. suppress appetite over time.
 - D. none of the above.

3. Consumption of refined sugar:
 - A. results in a rapid increase in blood glucose.
 - B. results in a rapid increase in insulin secretion.
 - C. over time results in a drop in blood glucose.
 - D. all of the above.

4. Complex carbohydrates:
 - A. break down more slowly than simple carbohydrates.
 - B. cause a slow rise in blood glucose.
 - C. avoid a sharp drop in blood sugar.
 - D. all of the above

5. Which of the following are good sources of complex carbohydrates:
 - A. Legumes, peas, beans
 - B. White bread
 - C. Snickers bar
 - D. None of the above



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6. Polyunsaturated fats:

- A. may contribute to stroke.
- B. promote healthy neural cell membranes.
- C. are a good source of energy.
- D. B and C.

7. Too much salt:

- A. May lead to potassium depletion.
- B. May trigger anxiety.
- C. May impair short term memory.
- D. All of the above.

8. Low levels of this neurotransmitter have been known to trigger extreme anxiety.

- A. GABA
- B. Norepinephrine
- C. Serotonin
- D. All of the above

9. Which of the following are foods that promote good brain chemistry?

- A. Avocadoes
- B. Almonds
- C. Lima beans
- D. All of the above.

10. Extremely low levels of vitamin B1 can result in one experiencing:

- A. decreased alertness, slowed reaction time and fatigue.
- B. euphoria.
- C. nausea
- D. all of the above.