# Icon of an appleGeneral Nutrition and Substance Use Disorder (SUD) Module Comprehensive Test Question Bank

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is defined as deficiencies, excesses, imbalances, or impaired

usage of essential nutrients in the body.

a. Food insecurity

b. Substance use disorder recovery

**c. Malnutrition**

d. Medical nutrition therapy

2. All of the following EXCEPT \_\_\_\_\_\_\_ may be contributors to malnutrition during and

after substance use.

a. Impaired ability to absorb nutrients in the gut

**b. Frequent eating patterns**

c. Oral health issues and tooth decay

d. Having inconsistent access to nutritious food sources

3. In what way(s) could recovery from SUD influence nutritional status?

a. Withdrawal symptoms early in recovery exacerbating nutritional status and

hydration

b. Balanced meals provided on a regular basis at a treatment facility

c. Managing side effects to new medications that impact appetite and weight

**d. All of the above**

4. No matter how much or which substance used the effects on nutrition are the same.

a. True

**b. False**

5. Which of the following is not true about protein found in the diet?

a. Amino acids are the building blocks of all proteins.

**b. All foods with protein provide all amino acids the body needs.**

c. Protein serves as a source of energy for the body.

d. Protein foods provide precursors needed for neurotransmitter synthesis.

6. Protein intake is not a concern among people who use substances.

a. True

**b. False**

7. Which of the following substances can drastically impede protein metabolism in the

liver?

a. Heroin

b. Stimulants

**c. Alcohol**

d. All of them

8. High levels of dopamine are common early in recovery, which leads to increased desire

and cravings for substances.

a. True

**b. False**

9. Which of the following is considered a major form of carbohydrate?

a. Sugars

b. Starches

c. Fiber

**d. All of the above**

10. Which of the following does not contribute to a diet high in added sugar during

substance use?

a. Food access and/or convenience

b. Change in preferences

**c. High costs of highly sweetened foods**

d. Changes to GI tract

11. Carbohydrate intake supports brain biochemistry by stimulating the natural production

of dopamine.

a. True

**b. False**

12. What is a known benefit of a fiber-rich diet?

a. Maintaining blood sugar

b. Minimizing heart disease risk

c. Supporting healthy gut bacteria

**d. All of the above**

13. Which of the following is not a function of dietary fat in the body?

a. Protect and cushion internal organs

b. Provides structure to cells

**c. Serves as a building block for functional proteins in the body**

d. Supports fat-soluble vitamin absorption and transport

14. Unsaturated fats, like mono- and polyunsaturated fats, are linked to chronic

inflammation, heart disease risk, and poor mental health.

a. True

**b. False**

15. The following food(s) are example(s) of unsaturated fats in the diet.

a. Red meat

**b. Avocados**

c. Pastries

d. All of the above

16. Which nutrient has shown promise as a potential therapeutic to improve recovery

outcomes in individuals who use alcohol and/or cocaine?

a. Omega 6 fatty acids

b. Saturated fatty acids

**c. Omega 3 fatty acids**

d. All types of fatty acids

17. Micronutrients are essential nutrients in food and beverages that serve as a major

energy source to the body.

a. True

**b. False**

18. Which of the following contribute to micronutrient deficiency in a population that

frequently uses substances?

1. Changes to the body that make it hard to absorb, metabolize, and/or use

micronutrients

b. Withdrawal symptoms, like vomiting or diarrhea

c. Changes to appetite and food preferences

**d. All of the above**

19. Which micronutrient deficiency is common among people who use substances?

**a. B complex vitamins**

b. Copper

c. Sodium

d. All of the above

20. Dietary supplements may be necessary or encouraged for those in substance use

recovery, while the general population is often encouraged to take in micronutrients

from foods and beverages.

**a. True**

b. False

21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is defined as a substantial loss of body fluids that can cause

electrolyte imbalances and negative health effects.

a. Detoxification

b. Medication-assisted treatment

**c. Dehydration**

d. Demineralization

22. All of the following contribute to dehydration EXCEPT for:

**a. Regular drinking and eating patterns**

b. Housing insecurity

c. Strong preferences for highly caffeinated beverages

d. Food insecurity and poor food access

23. Medication-assisted therapy improves hydration status.

a. True

**b. False**

24. Which of the following influence hydration status during recovery?

a. Where a person lives during recovery

b. How often they choose highly-caffeinated or energy drinks

c. The type of medication they may be prescribed

**d. All of the above**

25. The decision to use substances may be linked to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Someone’s weight before use.

b. How someone views their body size and image.

c. The perceived benefits of substance use such as more energy.

**d. All of the above**

26. There are established differences in men and women when it comes to substances used,

reasons for use, causes for relapse, and how the body changes in response to substance

use.

**a. True**

b. False

27. Trauma-informed care within a nutrition education setting is not within the scope of

practice of a nutrition educator or registered dietitian and should be left to a mental

healthcare provider.

a. True

**b. False**

28. Whether someone has the knowledge, skills, and resources to purchase, prepare, and

store nutritious foods is an important consideration for someone to meet proper

nutrition needs.

**a. True**

b. False