

Nutrition Strategies for People With or At Risk for Diabetes: Impact of Protein Intake on Metabolic Health

Test Questions

1. Strong evidence supports the effectiveness of Medical Nutrition Therapy (MNT) interventions provided by RDs for improving A1C, with absolute decreases up to ___% in patients with type 2 diabetes at 3 - 6 months.
 - a. Up to 1%.
 - b. Up to 1.5 %
 - c. Up to 2 %
 - d. Up to 2.5%
2. Evidence shows that plant-based proteins reduce or delay post-prandial glycemia more than animal based-proteins.
 - a. True
 - b. False
3. Which of the following measures demonstrate a similar improvement when consuming a higher protein intake (23–30 % energy as protein) versus a lower protein intake (10-20% of energy as protein)?
Circle all that apply.
 - a. Blood lipids
 - b. Fasting plasma glucose
 - c. Blood pressure
 - d. HBA1c
4. Evidence shows that premeal whey protein consumption shows a more pronounced and prolonged glucose lowering effect in individuals with type 2 diabetes compared with those without type 2 diabetes.
 - a. True
 - b. False
5. Premeal whey protein consumption may benefit healthy individuals or those with diabetes through an increase in GLP-1 secretion?
 - a. True
 - b. False

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