

Nutritional Recommendations for Cancer Survivorship

Test Questions

1. Chemotherapy has been estimated to accelerate chronological aging by how many years?
 - a. 3 years
 - b. 5 years
 - c. 10 years
 - d. 15 years
2. What percentage of adult cancer survivors are obese?
 - a. 10 %
 - b. 24 %
 - c. 32 %
 - d. 38 %
3. Which studied intervention(s) is/are needed to reduce functional decline in overweight survivors of colorectal, breast and prostate cancer? Select the best answer.
 - a. Plant-based diet
 - b. Weight loss, exercise, and healthy diet
 - c. Weight loss
 - d. Multi-modal exercise
4. General diet recommendations for cancer survivors are very different compared to the Dietary Guidelines for Americans.
 - a. True
 - b. False
5. What percent of US cancer survivors are meeting American Cancer Society Guidelines for physical activity, BMI, alcohol use and fruit and vegetable intake?
 - a. 4%
 - b. 8%
 - c. 10%
 - d. 12%
6. A proof-of-concept feasibility study evaluates which two aspects of a behavior-based nutritional intervention program from the participant level?
 - a. Reach and Adoption
 - b. Effectiveness and Implementation
 - c. Reach and Effectiveness
 - d. Adoption and Implementation

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