

# Introduction to Nutritherapy Fundamentals

Nutrition · Answer Key · 41 Questions

---

## 1. What is the primary purpose of the information provided in this training?

- A) Medical prescription
- B) Preventing and curing diseases
- C) Exclusively informative**
- D) Diagnosing medical conditions

## 2. Who is the primary instructor for this training?

- A) A physiologist
- B) A naturopath
- C) Pierre VAN VLODORP**
- D) A nutritionist

## 3. What is NOT a stated role of Pierre Van Vlodorp?

- A) Consultant
- B) Author
- C) Director of CFNA
- D) Medical doctor**

## 4. According to the text, what is the content of the training provided for?

- A) Medical advice
- B) Preventive healthcare
- C) Strictly for research purposes
- D) Exclusively informative purposes**

## 5. What is the training NOT intended to do regarding illnesses?

- A) Diagnose
- B) Treat
- C) Prevent
- D) Provide general information**

## 6. Who is solely responsible for diagnosing and treating medical conditions?

- A) Nutritherapists
- B) Naturopaths
- C) Qualified health professionals**
- D) The training provider

**7. What is the basis for the information presented in this training?**

- A) Anecdotal evidence
- B) Personal opinions
- C) Biochemistry and scientific research**
- D) Historical medical practices

**8. What is a potential limitation of the information provided over time?**

- A) It becomes outdated**
- B) It is always accurate
- C) It is too complex
- D) It is not based on science

**9. What kind of guarantee is NOT given regarding the information provided?**

- A) Express guarantee
- B) Implicit guarantee
- C) Financial guarantee**
- D) No guarantee is mentioned

**10. Who holds the copyright for the content of this training?**

- A) The participants
- B) The Belgian government
- C) VanVlodorp-Nutrition**
- D) The CFNA

**11. What is the permitted use of this training content?**

- A) Commercial use
- B) Public broadcast
- C) Strictly personal use**
- D) Sharing with colleagues

**12. What is prohibited without prior written authorization from VanVlodorp-Nutrition?**

- A) Personal reflection
- B) Saving notes
- C) Reproduction, publication, or dissemination**
- D) Listening to the content

**13. What is the first topic listed in the training program?**

- A) Role of Proteins
- B) Digestive Sphere
- C) Introduction**
- D) Detoxification

**14. Which of the following is NOT a topic covered in the nutrithrapy program?**

- A) Nutrithrapy of stress
- B) Nutrithrapy of immunity
- C) Nutrithrapy of sleep disorders**
- D) Nutrithrapy for women

**15. What is identified as a major cause of aging?**

- A) Lack of sleep
- B) Excessive exercise
- C) Damage to DNA**
- D) Poor diet

**16. What is the concept of epigenetics related to?**

- A) Genetic modification
- B) Environmental influence on gene expression**
- C) Cellular regeneration
- D) Hormonal balance

**17. What are considered critical periods for epigenetic plasticity?**

- A) Adulthood and old age
- B) Pregnancy and early childhood**
- C) Adolescence and young adulthood
- D) Only during gestation

**18. What is the primary message of the phrase "Nous sommes ce que nous mangeons"?**

- A) We are what we eat**
- B) We eat what we want
- C) We rarely eat what we need
- D) Food determines our identity

**19. What are the daily needs of our body listed as?**

- A) Proteins, Fats, Sugars
- B) Vitamins, Minerals, Water
- C) All of the above**
- D) Only Macronutrients

**20. What is the definition of nutritional density?**

- A) The amount of calories in food
- B) The concentration of nutrients in food relative to its energy content**
- C) The taste and texture of food
- D) How quickly food is digested

**21. What is cited as a reason for the impoverishment of food?**

- A) Overcooking
- B) Lack of sunlight
- C) Pollution, fertilizers, pesticides, and processing**
- D) Genetic modification

**22. What type of products are advised to avoid?**

- A) Organic products
- B) Fresh fruits and vegetables
- C) Ultra-processed products**
- D) Whole grains

**23. How many additives are authorized in organic transformed products compared to conventional ones?**

- A) More in organic
- B) Same amount
- C) Fewer in organic**
- D) No additives in organic

**24. What is mentioned as a negative factor affecting well-being besides food?**

- A) Excessive exercise
- B) Lack of sleep
- C) Fast food, canned goods, prepared meals, and advertising**
- D) Social media

**25. What can we control in our lives, according to the text?**

- A) Everything
- B) Nothing
- C) What we choose to put on our plate**
- D) Our genetics

**26. What are the key lessons from the "Blue Zones"?**

- A) Focus on processed foods
- B) High meat consumption
- C) Physical activity, purpose in life, positive outlook, rest, social connections, moderation in eating**
- D) Avoiding all vegetables

**27. What is the primary reason cited for aging?**

- A) Stress
- B) Lack of antioxidants
- C) Damage to DNA (cellular computing)**
- D) Genetics

**28. What process is amplified by external events and leads to cellular alterations?**

- A) Cellular repair
- B) Oxidative stress**
- C) Glycation
- D) Inflammation

**29. How many oxidative damages to genes in each cell are estimated per day?**

- A) 10,000 to 50,000
- B) 500,000 to 1 million**
- C) 1 to 10 million
- D) Less than 1,000

**30. What is the primary challenge for tomorrow regarding aging?**

- A) Extending lifespan
- B) Improving healthspan
- C) Living longer, preferably in good health**
- D) Preventing all diseases

**31. What is a key intervention mentioned for slowing down aging?**

- A) Increased calorie intake
- B) Caloric restriction**
- C) High-intensity exercise
- D) Avoiding all fats

**32. What is NOT a proposed nutritherapy approach to reduce mitochondrial oxidative stress?**

- A) Reducing empty calories
- B) Increasing physical activity
- C) Consuming more refined sugars**
- D) Optimizing food intake

**33. What is the recommended daily intake for proteins?**

- A) 15-30%**
- B) 28-38%
- C) 40-55%
- D) 5-10%

**34. What is the recommended daily intake for lipids?**

- A) 15-30%
- B) 28-38%**
- C) 40-55%
- D) 5-10%

**35. What is the recommended daily intake for carbohydrates?**

- A) 15-30%
- B) 28-38%
- C) 40-55%**
- D) 5-10%

**36. What is the recommended daily intake for vitamins and minerals?**

- A) Around 5-10 grams
- B) Around 25-30 grams**
- C) Around 100-150 grams
- D) Around 1-2 grams

**37. What is the minimum recommended daily water intake?**

- A) 0.5 Liters
- B) 1.0 Liters
- C) 1.5 Liters**
- D) 2.0 Liters

**38. What are the primary roles of proteins mentioned?**

- A) Energy source only
- B) Structural and functional components**
- C) Fluid balance
- D) Hormone production only

**39. Which of the following is NOT a source of protein mentioned?**

- A) Cereals
- B) Legumes
- C) Oily seeds
- D) Refined sugars**

**40. When should proteins primarily be consumed, according to the text?**

- A) Only in the evening
- B) At breakfast and lunch**
- C) Only after exercise
- D) Throughout the day equally

**41. What are the potential negative consequences of excessive meat consumption?**

- A) Improved cardiovascular health
- B) Increased risk of obesity, diabetes, cardiovascular disease, and Alzheimer's**
- C) Enhanced immune function
- D) Weight loss