

1. Which vitamin deficiency is a major cause of worldwide blindness?
a. Vitamin D
b. Vitamin C
c. Vitamin A
d. Vitamin K
2. Supplementation of which nutrient is contraindicated in smokers (even 5 years after smoking cessation) due to increased risk of lung cancer?
a. Iodine
b. Beta-carotene
c. Zinc
d. Calcium
3. Intestinal tract bacteria synthesize which nutrients?
a. Vitamin D, vitamin C and B6
b. Vitamin E, niacin and iodine
c. Vitamin A, calcium and riboflavin
d. Vitamin K, B5 and biotin
4. Which nutrient is derived exclusively from animal products, thus requiring supplementation for vegans?
a. B1 (thiamine)
b. B2 (riboflavin)
c. B6 (pyridoxine)
d. B12 (cobalamin)
5. What symptom is associated with B1, B2, B3, B5, B6, B12, biotin, vitamin C, iron, magnesium, copper and potassium deficiencies and copper toxicity?
a. Depression
b. Anorexia
c. Insomnia
d. Alopecia
6. Cooking acidic foods in cast iron pots can increase iron content up to how many times?
a. 3
b. 10
c. 20
d. 30
7. What contains more zinc per serving than any other food?
a. Tofu
b. Shrimp
c. Atlantic oysters
d. Mushrooms
8. Which deficiency is the most common preventable cause of mental retardation in the world?
a. Iron
b. Iodine
c. Magnesium
d. Manganese
9. Which deficiency is the most common of all nutritional deficiency diseases?
a. Iron
b. Iodine
c. Magnesium
d. Manganese
10. Death can occur in 12 to 48 hours after excessive dietary intake of which nutrient?
a. Iron
b. Iodine
c. Magnesium
d. Manganese
11. Which nutrient is the active ingredient in the Glucose Tolerance Factor?
a. Copper
b. Calcium
c. Chromium
d. Cobalamin
12. Parkinson-like symptoms are associated with which nutrient deficiency or toxicity?
a. Manganese deficiency
b. Manganese toxicity
c. Magnesium deficiency
d. Magnesium toxicity
13. What one food is a source of beta-carotene, lutein, zeaxanthin, alpha-linolenic acid, vitamin K, B5, folic acid, vitamin C, calcium and potassium?
a. Carrots
b. Cabbage
c. Broccoli
d. Brussels sprouts
14. Which food is a good source of alpha-carotene, beta-carotene, B6, zinc, lutein and zeaxanthin?
a. Cabbage
b. Corn
c. Peas
d. Carrots
15. Which food provides the greatest amount of dietary lutein and zeaxanthin?
a. Spinach
b. Cabbage
c. Kale
d. Broccoli
16. Bitot's spots, corneal and conjunctival xerosis, keratomalacia, xerophthalmia, keratoconjunctivitis sicca, cicatricial pemphigoid and symblepharon are associated with:
a. Vitamin A deficiency
b. Vitamin A toxicity
c. Vitamin E deficiency
d. Vitamin E toxicity
17. Pseudotumor cerebri is associated with:
a. Vitamin A deficiency
b. Vitamin A toxicity
c. Vitamin E deficiency
d. Vitamin E toxicity
18. Cotton-wool spots and Roth spots are associated with:
a. Vitamin B3 (niacin) deficiency (pellagra)
b. Vitamin C toxicity
c. Vitamin B1 (thiamine) deficiency (beriberi)
d. Calcium toxicity
19. Molybdenum, zinc and vitamin A deficiencies are associated with:
a. Band keratopathy
b. Pale conjunctiva
c. Nyctalopia
d. Myopia progression
20. Nutritional deficiencies associated with chronic alcoholism include:
a. Protein energy malnutrition
b. Thiamine, riboflavin, pyridoxine and folate deficiencies
c. Vitamin A deficiency
d. All of the above

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Use nutrition as a tool for managing ocular disease

by Cheryl Lynn Bergin, OD

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Answers

- | | |
|-------------|-------------|
| 1. a b c d | 11. a b c d |
| 2. a b c d | 12. a b c d |
| 3. a b c d | 13. a b c d |
| 4. a b c d | 14. a b c d |
| 5. a b c d | 15. a b c d |
| 6. a b c d | 16. a b c d |
| 7. a b c d | 17. a b c d |
| 8. a b c d | 18. a b c d |
| 9. a b c d | 19. a b c d |
| 10. a b c d | 20. a b c d |

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