

CBC - Certified Bariatric Counselor Practice Test Questions and Answers

1. What is the primary goal of bariatric treatments?

- A) To eliminate the need for diet and exercise
- B) To promote weight loss and improve metabolic health
- C) To only focus on short-term results
- D) To increase calorie intake

2. Which factor contributes most to emotional eating?

- A) Lack of food knowledge
- B) Stress and emotional triggers
- C) Consuming too much water
- D) Having a structured meal plan

3. What is the primary goal of nutritional counseling?

- A) To impose strict dietary restrictions
- B) To guide individuals in making informed dietary choices
- C) To eliminate all carbohydrates from the diet
- D) To discourage flexibility in eating habits

4. How does behavioral health impact weight management?

- A) It has no impact on weight management
- B) It affects eating habits and motivation
- C) It only affects sleep patterns
- D) It is unrelated to dietary choices

Answers: 1-B 2-B 3-B 4-B

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