

Keto Diet Practice Test Questions and Answers

1. What exactly are ketones?

- A) A type of protein
- B) A type of acid
- C) A type of vitamin
- D) A type of sugar

2. What is a ketogenic diet?

- A) a diet in which the subject abstains from consuming any kind of meat.
- B) a diet in which the person abstains from consuming animal byproducts, such as dairy, eggs, cheese, meat, honey, etc.
- C) a diet in which the intake of carbs is increased following ketosis.
- D) a diet when the person consumes a lot of fat but few carbs.

3. Which fats are kept in the body?

- A) Monounsaturated fats
- B) Polyunsaturated fats
- C) Triglycerides
- D) Cholesterol

4. What is 'lazy keto' meal planning?

- A) Eating keto foods without any meal prep
- B) Tracking only carbohydrates without counting fat or protein macros
- C) Doing intermittent fasting on keto
- D) Eating two large keto meals a day

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

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