

The Choline Connection Tool Kit Post-Test



1. Approximately one out of ___ Americans are meeting the Adequate Intake for choline.
 - a. 2
 - b. 3
 - c. 5
 - d. 10
2. Choline is critical for which of the following physiological processes?
 - a. fetal brain development
 - b. hair growth
 - c. mineralization of bones
 - d. production of insulin
3. Which food is an excellent source of choline?
 - a. Kale
 - b. Beef liver
 - c. Milk
 - d. Banana
4. Animal studies suggest that adequate choline during specific embryonic and postnatal periods have helped delay the loss of _____ later in life.
 - a. lean body mass
 - b. hearing
 - c. memory
 - d. arterial elasticity
5. Choline is found in the body predominately in:
 - a. cerebrospinal fluid
 - b. the vascular system bound to albumin
 - c. a component of striated muscle cells
 - d. lecithin in cell membranes
6. Individuals following a low _____ diet may be at a higher risk of inadequate choline intake.
 - a. cholesterol
 - b. refined sugar
 - c. sodium
 - d. lactose
7. One egg – including the yolk – contains about ___ milligrams of choline, or roughly one-quarter of the recommended daily amount for breastfeeding and pregnant women.
 - a. 62
 - b. 125
 - c. 250
 - d. 500



8. A deficiency of choline has been shown to adversely affect the metabolism of:
 - a. chylomicrons
 - b. folate
 - c. transferrin
 - d. ammonia

9. Which population group has the highest Adequate Intake for choline?
 - a. men
 - b. children ages 1-3
 - c. pregnant women
 - d. non-pregnant women

10. In humans, adequate choline intake during pregnancy has been found to reduce the risk of:
 - a. ear infections
 - b. hypoglycemia
 - c. childhood obesity
 - d. neural tube defects

11. Consumer research has shown that 3 out of 4 moms in the U.S. are familiar with the health benefits of choline.
 - a. True
 - b. False

12. The risk of developing breast cancer was found to be ___% lower among women with the highest choline intake in a recent large study.
 - a. 10
 - b. 16
 - c. 24
 - d. 38

13. Higher choline intake has been associated with increased C-reactive protein levels.
 - a. True
 - b. False

14. Elevated levels of homocysteine can increase the risk for developing:
 - a. cardiovascular disease
 - b. glucose intolerance
 - c. breast cancer
 - d. cirrhosis of the liver

15. Choline helps lower homocysteine levels by:
 - a. detoxifying alcohol in the liver
 - b. decreasing absorption of dietary homocysteine
 - c. increasing the body's supply of folate
 - d. providing methyl groups to allow it to be converted to methionine

16. A deficiency of choline is associated with muscle damage and:
- a. impaired immune function
 - b. macrocytic anemia
 - c. fatty liver
 - d. gastric achlorhydria



Answer Key:

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