



GOT2 QUIZ: You will need 80%

Each question only has 1 possible answer out of 4 choices offered.

Q1_What is the Liver shrinkage diet?

- A) Optional diet
- B) Compulsory low kcal and low carbohydrate diet
- C) Liquid diet
- D) None of the above

Q2_What are the x3 options for liver shrinkage diet?

- A) Meal replacement shakes, Milk and yoghurt, Food based
- B) Puree, liquid and solid
- C) Herbalife, Cambridge, Keto diet
- D) None of the above

Q3_Why is liver shrinkage diet important?

- A) Safe access to the stomach
- B) Surgeon may abort / cancel surgery if not completed
- C) Reduce size of the liver
- D) All the above

Q4_How many phases are in the texture progression diet?

- A) 3
- B) 1
- C) Depends on which type of surgery
- D) 4

Q5_What are the phases of food in the texture progression diet?

- A) Clear, Liquid and Smooth
- B) Soft
- C) Liquid, Puree, Soft, Regular
- D) Baby food

Q6_What is the whole duration of texture progression diet

- A) Gastric Band 2 weeks, Sleeve Gastrectomy 3 weeks, Gastric Bypass 4 week
- B) Gastric Band 5 weeks, Sleeve Gastrectomy 10 weeks, Gastric Bypass 15 week
- C) Gastric Band 4 weeks, Sleeve Gastrectomy 6 weeks, Gastric Bypass 6 week
- D) Gastric Band 1 weeks, Sleeve Gastrectomy 4 weeks, Gastric Bypass 5 week

Q7_ During texture progression diet you are advised to avoid fruit juice, fizzy drinks and alcohol (high calorie foods), why is this?

- A) Avoid dumping syndrome
- B) Bloating
- C) Avoid diarrhoea
- D) All the above

Q8_ What are the caution foods?

- A) Fibrous foods (Stringy beans, sweet-corn, fruit with seeds, pips and skins)
- B) Firm meat (Steak, Pork or Chicken)
- C) Carbohydrate (Soft bread and rice)
- D) All the above

Q9_ What is the recommended protein intake?

- A) 70-100g per day
- B) 70-100g per week
- C) 50-70g per day
- D) 5-10g per week

Q10_ Why is protein important after surgery?

- A) Reduce loss of lean muscle mass
- B) Build and repair tissue
- C) Keeps you fuller for longer
- D) All the above

Q11_ How can you increase you protein intake after surgery?

- A) Be vegetarian
- B) Supplement on high protein snack, yoghurt, shakes and powder
- C) Eat more
- D) All the above

Q12_ Why is it important to take vitamin and minerals life long after surgery?

- A) Avoid malabsorption
- B) Compensate for reduced food intake
- C) Support immunity and overall health
- D) All the above

