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Post-Webinar Test Questions:

Sara Karlin, DDS and Ellen Karlin, MMSc,RDN,LDN,FADA – Connecting Dietary Patterns, Nutrition and Oral Health

1. All of the following statements related to the 2020-2025 Dietary Guidelines for Americans are correct except which one:
 - a. There are 3 healthy dietary patterns: U.S. Style, Vegetarian and Mediterranean-Style
 - b. Limit added foods and beverages that contain added gluten, salt and sugar
 - c. Stay within calorie limits
 - d. At least $\frac{3}{4}$ of your plate should be plant-based

2. All of the following statements related to intrinsic sugars are correct except which one:
 - a. Naturally present and physically located in cellular structures of whole plant-based foods
 - b. Contribute to caries and weight gain and should be limited in a healthy dietary pattern
 - c. Are found in fruits, vegetables, grains and dairy
 - d. Foods that contain intrinsic sugars have protective factors against caries

3. All of the following statements related to extrinsic sugars are correct except which one:
 - a. There are over 50 synonyms for added sugars
 - b. NHANES data shows that most of our added sugars are in the form of SSB, desserts, sweet snacks, sweetened coffee and tea and candy
 - c. The Dietary Guidelines suggest that we reduce added sugar in the diet of young children by substituting non-nutritive sweeteners
 - d. The Dietary Guidelines suggest that we can reduce our added sugar by reducing portions

4. Which of the following foods are good sources of prebiotics?
 - a. Yogurt
 - b. Kombucha
 - c. Both a and b
 - d. Apple, oats, banana

5. All of the following statements related to Vitamin D are correct except which one:
 - a. We should recommend a Vitamin D supplement to all of our patients, even if their current Vitamin D level is adequate
 - b. Vitamin D deficiency can lead to caries, gingival inflammation and periodontal disease
 - c. Essential for mineralization of teeth and alveolar process, enhances calcium absorption in the intestine
 - d. Vitamin D is a fat-soluble vitamin



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6. All of the following statements related to probiotics are correct except which one:
- a. A probiotic is a substrate that is selectively utilized by host microorganisms conferring a health benefit
 - b. Consuming fermented dairy has been shown to be correlated with a decrease in elastase activity and MMP3 in gingival crevicular fluid
 - c. Consuming fermented soy beverage has been shown to be correlated with beneficial changes in the oral microbiome
 - d. Eating yogurt has been associated with decreased *S. mutans* and lactobacilli in saliva

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Please email your completed test to info@elevateoralcare.com for grading and recording.

An AGD Pace Completion Certificate, or corrections to the answers, are needed to obtain a passing score of 80%. This certificate will be emailed to your address above within three weeks for continuing education credit. Please call us at 877-866-9113 for any questions.