

Weight Loss Advisor Interview Questions And Answers Guide.



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Weight Loss Advisor Job Interview Preparation Guide.

Question # 1

Please explain what proportion of meal is best for a teenager? 3 large meals over a day or a 6 small meals a day?

Answer:-

Teenager's metabolism is higher than an adult; it is advisable to give them a small meal at regular interval rather than large meals at longer duration. It will help them to keep their energy level high all day and prevent them overeating at meals.

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Question # 2

Explain me what is the best vegetable to eat?

Answer:-

All fresh vegetables are best for your diet; it comprises of all essential nutrients like fiber, potassium, folic acid, vitamin A, vitamin C and most important range of anti-oxidant, which can reduce the risk of cancer.

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Question # 3

Tell us what is the good source of iron?

Answer:-

The absorption rate of iron from meat, poultry and fish are higher than iron from plants, in order to get maximum absorption of iron, along with iron rich food you have to take vitamin c like citrus fruits or yogurt.

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Question # 4

Can you tell me which egg is more nutritious white or brown?

Answer:-

Both eggs has same nutritional value; they are rich in protein, vitamin and most important nutrient choline which is responsible for brain development and function. One egg may provide half of your daily requirement of choline.

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Question # 5

Can you tell us is it good to avoid fat for weight loss?

Answer:-

It depends on what type of fat you are avoiding, if you are avoiding un-saturated fats than its good. Otherwise, it may show adverse effect as fat are equally important for functioning of the body. It is scientifically proved that 35% of your daily calorie should come from the fat (virgin olive oil, nuts, seeds and natural nut butters).

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Question # 6

Tell me how do I always stop wanting a dessert after lunch and dinner?

Answer:-

You've trained yourself. Untrain yourself.

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Question # 7

Tell me is honey better for me than sugar?

Answer:-

Only slightly.



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Question # 8

Tell me what's the best yogurt to eat?

Answer:-

Full-fat plain Greek yogurt

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Question # 9

Do you know what is BMR?

Answer:-

BMR means Basal Metabolic Rate; it is an energy expressed in calories that the body requires to keep it functioning at rest.

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Question # 10

Suppose if you don't drink milk because of lactose intolerance where you can get calcium?

Answer:-

If you are not consuming milk due to lactose intolerance, you can get calcium from fat-free cheese and yogurt, canned sardines, orange juice and cereals.

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Question # 11

Tell me what are dietary Antioxidants?

Answer:-

Dietary antioxidants comprise of Selenium, Vitamin A and related Carotenoids, Vitamin C and E.

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Question # 12

Explain me do peach pit contain cyanide?

Answer:-

Peach pit do contain cyanide in the form of cyanogen glycosides, one hundred gram of moist peach seed contain 88 mg of cyanide. So if you eat whole pit you would consume around 9 milligram of cyanide in the form of amygdalin that is less poisonous.

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Question # 13

Tell us what are the main advantages of using dietary fibre daily?

Answer:-

The advantages of using dietary fibre are

- * Increase bowel function: Dietary fibres are the insoluble fibres, which increases the laxative property of bowel, and helps an individual to relieve from constipation. It might also help in reducing colon cancer risk; inhibiting the growth of tumor cells by saturated fatty acid, which is produced when fibre is fermented by gut bacteria
- * Reduce blood sugar level: It also slows down the absorption of glucose level in blood by not allowing complete digestion of carbohydrate you have consumed
- * Reduce blood cholesterol level: Rice bran or oat bran are some good sources of dietary fibre that prevents fatty acids to convert into bad cholesterol and thus minimizes the risk of coronary heart disease (CHD)
- * Gives satiating feeling: Apart from all these benefits, there are some additional benefits for overweight or obese people who lack satiate feeling resulting in over-consumption of food. Dietary fibre gives satiate feeling without adding any extra calories and also reduces fat level from the body

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Question # 14

Can you list out some of the sources of anti-oxidant?

Answer:-

Anti-oxidant eliminates toxin present in our body, some of the rich sources of anti-oxidant are

- * Berries
- * Broccoli
- * Garlic
- * Tomatoes
- * Green tea

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Question # 15

Tell me what's more important? The number of calories you eat or the type of calories you eat?

Answer:-

Pick quality over quantity.

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Question # 16

Tell us should teenagers take a vitamin supplement to meet their energy level up?

Answer:-

It is useless to give a vitamin supplement unless the teenager is on a low-calorie diet. It is always preferable to take vitamin organically from fruits, vegetables and healthy fats.

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Question # 17

Tell us what's the healthiest fruit out there?

Answer:-

Guava: protein, fiber, vitamin C

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Question # 18

Tell me what about agave?

Answer:-

It might be worse!

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Question # 19

Tell us why does kale taste so gross but everyone raves about it?

Answer:-

You have to "massage" it.

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Question # 20

Tell me are veggie chips healthy?

Answer:-

No.

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Question # 21

Can you tell us what are the benefits of spices in food?

Answer:-

Spices not only adds taste to our food, but also give nutritional value

* Rosemary: It contain essential volatile oils and are rich in minerals and vitamin B. It is used for diuretic disorder, to cure flatulence and to treat neuralgic pain, etc.

* Cummins: It contains phytonutrients, essential oil and anti-oxidants

* Bay leaf: It is a very good source of many vitamins like niacin, pyridoxine, pantothenic acid, etc.

* Cinnamon: It has the highest amount of anti-oxidant than any other source found in nature. It is used as anti-septic for teeth and gum

* Mustard seeds: They are also rich in nutrients, anti-oxidants and B-complex vitamins

* Coriander seeds: It is rich in minerals like copper, calcium, potassium, manganese, etc.

* Saffron: It also contains anti-oxidant and anti-depressant properties

* Fenugreek seeds: Fenugreek is a rich source of minerals, vitamins and phytonutrients. Apart from that they are also a rich source of dietary fiber, and it is used to cure digestive problems, reduce cholesterol and bronchitis

* Cloves: It is considered as a good source of vitamins like vitamin A and carotene, but this should be consumed in a small portion as it may cause acidity and burning sensation if taken in excess. It acts as an anti-inflammatory agent and reduce blood glucose level in diabetics.

* Cardamom: It contains essential volatile oils, and rich in minerals. It is used as an anti-oxidant.

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Question # 22

Tell us what dietary fibre is and list out some of the good source of dietary fibres?

Answer:-

Dietary fibre is composed of an edible parts of plants that can neither be absorbed nor digested by the small intestine and moves into the large intestine intact.

Some of the good sources of dietary fibre includes

* Fruits: Pears, strawberries, blackberries, oranges, raspberries and all the fruits that can be eaten without peeling of its outside skin

* Vegetables: Brussel sprouts, onion garlic, peas, green peas, broccoli, corn, etc.

* Pulses: Chickpeas, lentils, beans and whole grains

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Question # 23

Tell us is it ok to replace medication with food supplement like replacing cholesterol medication with niacin?

Answer:-

Niacin is B3 vitamin (egg, peanut, milk) which has a tendency to reduce blood cholesterol, but you are already on medication that is reducing cholesterol, you should not replace it with high intake of vitamin B3 or Niacin.



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Question # 24

Tell us what is the formula to calculate BMR (Basal Metabolic Rate)?

Answer:-

The Harris benedict equation

* For Men: $[13.75 \times \text{weight}] + [5 \times \text{height}] - [6.76 \times \text{age}] + 66$

* For Women: $[9.56 \times \text{weight}] + [1.85 \times \text{height}] - [4.68 \times \text{age}] + 655$

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Question # 25

Tell me what's the deal with gluten?

Answer:-

Only sensitive people get sick.

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Question # 26

Tell me are energy bars good for me?

Answer:-

No. Energy = calories.

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Question # 27

Tell me do I drink too much?

Answer:-

If you ask, then yes.

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Question # 28

Tell me what's the key to consuming protein?

Answer:-

Eat it throughout the day.

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Question # 29

Fresh Weight Loss Advisor Job Interview Questions:

Answer:-

- * How competent are you at writing, giving presentations and handling professional conversations?
- * How often do you work with physicians or social workers?
- * How would you deal with an angry client?
- * What do you do with a dissatisfied customer?
- * Can you teach clients how to evaluate health-related websites?
- * Describe your strengths as an educator.

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Question # 30

Basic Weight Loss Advisor Job Interview Questions:

Answer:-

- * Are there any particular populations you are most interested in advising?
- * What are two nutrition related medical problems associated with children under the age of five in WIC?
- * How would you create a menu for a vegetarian on a high protein high calorie diet who doesn't consume dairy products?
- * Describe a daily diet for a patient with Type 1 Diabetes.
- * Describe a daily diet for a patient with Type 2 Diabetes.
- * How would you counsel the parents of a child recently diagnosed with diabetes?
- * Are you comfortable working with a geriatric population?
- * What kind of menu would you put together for a "Rainbow Foods Week" at an elementary school?
- * What nutrition advice would you give to a middle-aged man with AIDS?
- * Describe the diet you would prescribe for a patient looking to lose weight.
- * Describe the diet you would prescribe for a patient who needed to gain weight.
- * Do you have experience with home care?
- * Do you have transportation for home visits?
- * Have you had any experience with the Department of Health or The Joint Commission surveys?
- * How do you stay up to date on the changing science of nutrition?
- * What kind of diet would you recommend for a client who needs to gain weight?
- * How to teach clients to keep a food diary?
- * Are you comfortable reading research articles and evaluating the findings?



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Question # 31

Professional Weight Loss Advisor Job Interview Questions:

Answer:-

- * Describe a time you mentored someone outside of addressing their nutrition.
- * Share an experience you had in dealing with a difficult client and how you handled the situation.
- * What is your go-to method for counseling individuals and groups on good nutrition and eating habits?
- * What type of criticism are you most receptive to?
- * Have you ever disagreed with a physician?
- * How do you act in a group?
- * What do you say to a client who brings in some diet information they found on a website?
- * Do you prefer to work with others or independently?
- * How comfortable are you coordinating dietary recommendations with a physician?
- * Describe how you turned a negative customer experience into a more positive one.
- * Describe your counseling style.

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Question # 32

Tell me is coffee good for me?

Answer:-

1-2 cups, yes. More, no.

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Question # 33

Tell me should I eat the yolk?

Answer:-

It's where the nutrients live.

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Question # 34

Tell me what's the first thing I should do when I wake up?

Answer:-

Drink a glass of water.

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Question # 35

Tell me true or false: Chocolate is actually healthy?

Answer:-

Only if it's 70%+ cacao.

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Question # 36

Tell me is wheat bread always better than white?

Answer:-

No. Only 100% whole wheat.

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Question # 37

Can you list out some of the dietary minerals included in our daily intake?

Answer:-

Some of the minerals included in our daily intake includes

- * Calcium: Milk and milk product (700 mg/day)
- * Magnesium: Green Vegetables and Nuts (150-500 mg/day)
- * Phosphorous: Meat, fish, dairy products (550mg/day)
- * Chloride: Salt and salty food (No fixed value)
- * Cobalt: Seafoods, meats and milk products (No fixed value)
- * Iodine: Seafoods, shellfish, cod liver oil and milk (130ug/day)
- * Fluoride: Seafood, tea and water (No fixed value)
- * Sodium: Salt, cheese, soups (575 - 3500 mg/day)
- * Iron: Meat, dried fruit, green vegetables + vit C (9-20 mg/day)
- * Manganese: Tea (1-10gm/day)
- * Molybdenum: Meat, cereals and milk (No fixed value)
- * Zinc: Seafood, eggs,pulses (9.5 mg/day)
- * Selenium: Seafood, cereals (55ug/day)

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Question # 38

Can you tell us what is the balanced diet of an adult should be comprised of on a single day?

Answer:-

On a single day, balanced diet of an adult should comprise of

- * Protein - 50 grams
- * Fat - 70 grams
- * Carbohydrates - 310 grams
- * Sugars - 90 grams
- * Sodium - 2.3 grams
- * Dietary Fibre - 30 grams
- * Saturated Fatty Acids - 24 grams
- * Total Energy per day - 8,700 kilojoules

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Question # 39

Tell us what is the difference between dietician and nutritionist?

Answer:-

The role of both nutritionist and dietician are same, they both are healthcare professionals and give vital information on healthy eating habits and dietary supplements, dietician can be a nutritionist but not all nutritionist are dieticians. Dietician are registered and nationally recognized while nutritionist is more general.

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Question # 40

Tell us what should be a daily diet for a patient with Type 1 diabetes?

Answer:-

Diabetes type 1 diet should include

- * Variety of food containing unsaturated fats such as nuts, avocados and oily fish
- * Avoid processed food
- * High fibre food
- * Eat more fruits and vegetables
- * Include beans and lentils in your diet
- * Reduce or avoid intake of salt, sugar and alcohol

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Question # 41

Explain me what should a PKU diet be?

Answer:-

PKU is a genetic disorder called Phenylketonuria. It lacks the enzyme which converts phenylalanine amino acid into tyrosine amino acid, resulting in accumulation of phenylalanine. Excess phenylalanine causes brain damage, so children who have PKU should avoid protein rich food.

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Question # 42

Do you know what is GMO and what are the pros and cons of the GMO food?

Answer:-

GMO stands for genetically modified foods, this type of food is artificially bred under supervision to yield a food with desire quantity and quality.

Pros:

- * Heavily Tested: Intense and gruesome testing on animals, scientifically it was proved that GMO are safe to consume
- * Impact on Farming: GMO enables plants to be modified and grow, even in most bizarre conditions
- * Cheaper Food: Easier farming process means cheaper food
- * Increased Nutritional Value: It helps to yield food high in its nutritional value

Cons:

- * Health Concerns: There is no strong evidence that tells GMO has no long-term effect on humans health
- * Ethics: There is a group of people who believes the practice of GMO is illegal and unethical
- * Safety Concerns: FDA does not treat GMO any differently than conventional food; no special safety regulation or warnings are put in practice
- * Need for labels: Not just before a decade, rule passed to label all the GMO plants, as it was impossible to figure out which one is GMO and which one are ordinary one.

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Question # 43

Tell us when dietary supplements can be harmful to an individual?

Answer:-

Dietary supplement can be harmful in following conditions

- * Using a supplement with medications
- * Substituting with supplement to the prescribed medicine without taking advice from a physician
- * Taking excess of vitamins like vitamin A, D or minerals like Iron

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Question # 44

Please tell me how type 2 diabetes can be avoided?



Answer:-

Type 2 diabetes can be avoided by

- * Eat snacks and meals throughout the day, and do not go longer without eating
- * Restrict yourself to the food rich in sodium, fat and sugar
- * Eat more fibre containing foods like vegetables, fruit and whole grains
- * Drink water instead of sweetened beverages

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Question # 45

Tell us do calcium supplements interfere with medications?

Answer:-

Calcium does interact with several medication in different ways like antibiotics, diuretics, laxatives, etc. It will have an effect on the absorption process of medication or vice versa. It is always advisable to take physician advice on its intake and at what duration you can have it.

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Question # 46

Tell us what is good and bad fat?

Answer:-

Fat is classified in two categories, saturated and unsaturated. Un-saturated fat is healthy and reduces the risk of heart disease while saturated and trans fat are bad and increase the risk of the heart ailment.

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Question # 47

Can you list out saturated and unsaturated food items?

Answer:-

- * Saturated fat: Cheese, butter, deep fried foods, processed oil, fatty meats
- * Unsaturated or good fat: Fish, olives, nuts and peanuts, vegetable oil

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Question # 48

Tell us what is the intake of protein in diabetic?

Answer:-

About 15- 20% of your daily calorie should come from protein. However, a diabetic patient won't have any difference in their sugar level with high intake of protein, so they can consume food rich protein unless they have CKD (Chronic Kidney Disease) related to diabetes.

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Question # 49

Can you explain what should be the intake of vegetables for non-vegetarian?

Answer:-

Although, meat and eggs have their benefits, it is necessary to include some vegetables to your non-veg table. To have a complete diet, non-vegetarian should include at least five to six plant-based meals a week by using lentils, beans or organic tofu as your protein source.

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Question # 50

Tell us what is the most important point to remember in nutrition?

Answer:-

The most important thing in nutrition is moderation and diversity. One must consume all type of foods and in moderate amount, not in excess.

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Question # 51

Explain me what should be diet of a person who wants to lose weight?

Answer:-

To lose weight diet should be-

- * Low in carbohydrate: To lose weight quickly, you can have a small portion vegetables and one piece of fruit per day and consume around 20-50 grams of carbohydrate
- * Reducing calorie and fat intake
- * Don't skip meals and breakfast- it will tempt you to eat more and may lead into excess weight gain
- * Food high in fibre and less in calories
- * Drink a lot of water through the day and keep yourself hydrate

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Question # 52

Can you explain why Anti-oxidants are important for your body?

Answer:-



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Antioxidants are substance that may protect cells in your body from free radicals. Free radicals can damage your tissue cells; it is formed when your body or tissue cells are exposed to certain chemicals, pollution, radiation, etc.

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Question # 53

Explain how much water should an individual consumer per day?

Answer:-

Men: 13 cups (3 liters) of water per day

Women: 9 Cups (2.2 liters) of water per day

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Question # 54

Tell us is meat bad for good health?

Answer:-

Meat is an excellent source of protein, iron and other essential nutrients. However it should be roasted or grilled instead of frying to derive maximum health benefits.

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