Multiple choice questions

1. The metabolic syndrome is constituted by a constellation of conditions, including diabetes, high blood pressure, and dyslipidaemia. What is the ‘central’ unifying component of the syndrome?
   (a) A low lean body mass.
   (b) An increased fat mass.
   (c) An increased visceral fat mass.
   (d) An increased body mass index.

2. Which of the following factors is not thought to play a role in the development of the metabolic syndrome?
   (a) A low physical activity.
   (b) A family history of metabolic disorders.
   (c) A high fat intake.
   (d) A high complex carbohydrate intake.

3. Which of the following is most commonly observed in subjects with a high sugar intake?
   (a) High blood pressure.
   (b) High post-prandial triglycerides.
   (c) Low HDL cholesterol.
   (d) Lactic acidosis.
4. Alcohol consumption

(a) Decreases plasma triglycerides.
(b) Increases plasma HDL-cholesterol.
(c) Lowers heart rate.
(d) Decreases uric acid concentrations.