

Macro Coach Certification Practice Test Questions and Answers

1. What are macronutrients in nutrition coaching?

- A) Vitamins and minerals only
- B) Carbohydrates, proteins, and fats
- C) Water and fiber
- D) Supplements and herbs

2. How many calories per gram do proteins provide?

- A) 3 calories
- B) 4 calories
- C) 7 calories
- D) 9 calories

3. What is the primary role of a macro coach?

- A) Prescribe medications
- B) Guide clients in tracking and balancing macronutrient intake for their goals
- C) Perform medical diagnoses
- D) Sell nutritional supplements

4. Which macronutrient provides the most calories per gram?

- A) Carbohydrates
- B) Fats
- C) Proteins
- D) Fiber

Answers: 1-B 2-B 3-B 4-B

For More Macro Coach Certification Questions and Answers FREE, Macro Coach Certification Online Prep Training, Macro Coach Certification Exam, Macro Coach Certification Study Guide, Macro Coach Certification Flashcards, Macro Coach Certification Quizzes visit:

Macro Coach Certification Practice Test

Practice Test Geeks © All Rights Reserved