Question 1

Select two foods high in fiber.

Choose your answer(s) and explain why.

- [ ] Chicken Breast
- [ ] Apples
- [ ] Quinoa
- [ ] Salmon

Explain your answer below:

Question 2

Which of the following are two essential micronutrients to focus on while taking injectable Semaglutide or Tirzepatide?

Choose your answer(s) and explain why.

- [ ] Calcium and Vitamiin D
- [ ] Iron and Vitamin C
- [ ] Sodium and Potassium
- [ ] Magnesium and Zinc

Explain your answer below: