

# ATI Nutrition Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which type of foods should be avoided by patients taking ACE inhibitors like captopril?**
  - A. Foods high in protein**
  - B. Foods high in potassium**
  - C. Foods high in fiber**
  - D. Foods high in carbohydrates**
  
- 2. Which food is NOT a source of omega-3 fatty acids?**
  - A. Fatty fish**
  - B. Walnuts**
  - C. Almonds**
  - D. Flaxseeds**
  
- 3. What does BMI stand for in nutrition?**
  - A. Body Muscle Index**
  - B. Body Mass Index**
  - C. Body Metabolism Indicator**
  - D. Body Mass Indicator**
  
- 4. Which of the following strategies is not recommended for toddlers who are failing to thrive?**
  - A. Eliminating environmental disruptions**
  - B. Allowing toddler to choose meals**
  - C. Remaining seated in front of the toddler**
  - D. Planning feedings at the same time**
  
- 5. When should solid foods typically be introduced to infants?**
  - A. When they are able to crawl**
  - B. When they have head control and can sit**
  - C. When they show interest in food**
  - D. When they reach 6 months of age**
  
- 6. Which food is NOT typically high in folate?**
  - A. S spinach**
  - B. A liver**
  - C. C strawberries**
  - D. D beans**

- 7. What is the main purpose of dietary fiber?**
- A. To provide energy**
  - B. To aid in digestion and maintain bowel health**
  - C. To build muscle**
  - D. To serve as a source of vitamins**
- 8. How much water should a person aim to drink daily?**
- A. 1 to 2 liters**
  - B. 2 to 3 liters**
  - C. 3 to 4 liters**
  - D. 4 to 5 liters**
- 9. Which type of vegetables are particularly noted for their high folate content?**
- A. Root vegetables**
  - B. Cruciferous vegetables**
  - C. Green leafy vegetables**
  - D. Starchy vegetables**
- 10. What is a significant benefit of meal prep in nutrition?**
- A. It guarantees weight loss**
  - B. It allows for better planning and portion control**
  - C. It reduces the need for cooking**
  - D. It increases meal variety**

## Answers

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1. B
2. C
3. B
4. B
5. B
6. C
7. B
8. B
9. C
10. B

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## **Explanations**

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**1. Which type of foods should be avoided by patients taking ACE inhibitors like captopril?**

- A. Foods high in protein**
- B. Foods high in potassium**
- C. Foods high in fiber**
- D. Foods high in carbohydrates**

Patients taking ACE inhibitors, such as captopril, should avoid foods high in potassium. This is because ACE inhibitors can increase potassium levels in the blood, leading to hyperkalemia, a condition characterized by an excess of potassium. Hyperkalemia can have serious health implications, such as heart rhythm disturbances, which can be life-threatening. When the kidneys are unable to excrete excess potassium, dietary sources of potassium from foods can exacerbate the condition. Hence, it is advisable for patients on these medications to monitor and limit their intake of potassium-rich foods, which include bananas, oranges, potatoes, and spinach. Managing potassium intake helps ensure that blood levels remain in a safe range while on ACE inhibitors. In terms of the other options, while a healthy diet remains important, foods high in protein, fiber, or carbohydrates do not pose the same risk for patients taking ACE inhibitors as potassium does.

**2. Which food is NOT a source of omega-3 fatty acids?**

- A. Fatty fish**
- B. Walnuts**
- C. Almonds**
- D. Flaxseeds**

Almonds are not a source of omega-3 fatty acids. While they are nutritious and provide healthy fats, the predominant type of fat in almonds is monounsaturated fat, specifically oleic acid. In contrast, fatty fish, walnuts, and flaxseeds are excellent sources of omega-3 fatty acids, which are essential for heart health, brain function, and reducing inflammation in the body. Fatty fish like salmon, mackerel, and sardines are rich in EPA and DHA, the most beneficial forms of omega-3s, while walnuts and flaxseeds provide ALA, which can be converted into EPA and DHA in the body. Understanding the different types of fatty acids and their sources is crucial for making informed dietary choices that support overall health.

### 3. What does BMI stand for in nutrition?

- A. Body Muscle Index
- B. Body Mass Index**
- C. Body Metabolism Indicator
- D. Body Mass Indicator

BMI stands for Body Mass Index, which is a widely used screening tool to classify individuals based on their body weight in relation to their height. It provides a numerical value that helps to categorize people into various weight categories, such as underweight, normal weight, overweight, and obesity. This classification is important for assessing potential health risks associated with being underweight or overweight. The calculation of BMI involves taking a person's weight in kilograms and dividing it by the square of their height in meters. This simple method allows for a quick assessment of body fatness, which can serve as an indirect indicator of body composition and potential health issues. Healthcare professionals often use BMI to help determine the risk of developing certain conditions, such as heart disease, diabetes, and other metabolic disorders. In contrast, the other options, such as Body Muscle Index and Body Metabolism Indicator, do not reflect the established terminology used in nutritional science. Meanwhile, Body Mass Indicator, while close, is not the precise term used in the medical literature or by health organizations. Therefore, Body Mass Index is the correct answer as it aligns with the accepted definition and usage in the field of nutrition and health assessment.

### 4. Which of the following strategies is not recommended for toddlers who are failing to thrive?

- A. Eliminating environmental disruptions
- B. Allowing toddler to choose meals**
- C. Remaining seated in front of the toddler
- D. Planning feedings at the same time

Allowing toddlers to choose meals is not recommended for those who are failing to thrive because it can lead to inconsistent nutrient intake. Toddlers may not have the ability to make balanced food choices or understand their nutritional needs. When children are struggling with growth or weight gain, the goal is to provide them with a structured and balanced diet that meets their nutritional requirements. Eliminating environmental disruptions helps create a focused meal environment, which can support better eating habits and allow caregivers to monitor intake more closely. Remaining seated in front of the toddler can encourage eating, making it relatable and social. Planning feedings at the same time can establish a routine that promotes regular eating, which is crucial for those who need to increase their calorie intake. Therefore, allowing toddlers to choose their meals may prevent caregivers from ensuring that the child receives the necessary nutrients essential for proper growth and development.

**5. When should solid foods typically be introduced to infants?**

- A. When they are able to crawl
- B. When they have head control and can sit**
- C. When they show interest in food
- D. When they reach 6 months of age

Introducing solid foods to infants is an important milestone in their development, and it typically occurs when they demonstrate specific physical and developmental readiness. The correct answer emphasizes the ability of the infant to have head control and the capacity to sit up to some degree. This physical readiness is crucial because it indicates that the infant can more safely handle solid foods. When an infant can sit with support and has good head and neck control, they are better equipped to swallow food without the risk of choking. This readiness aligns with the recommendation to start introducing complementary foods around 6 months of age, as infants begin to need additional nutrients, such as iron, that are not sufficiently met by breast milk or formula alone. While showing interest in food and reaching 6 months of age are also important factors in the timing of introducing solids, relying solely on these indicators may not ensure that the infant is physically ready to handle solid foods safely. Crawling is a developmental milestone that typically occurs after the introduction of solids, making it less relevant to the timing of when to start offering solid foods. Thus, head control and the ability to sit are key signs that an infant is ready for this new dietary phase.

**6. Which food is NOT typically high in folate?**

- A. S spinach
- B. A liver
- C. C strawberries**
- D. D beans

Folate, also known as vitamin B9, is important for many bodily functions, including DNA synthesis and repair, and is particularly crucial during periods of rapid growth, such as during pregnancy. Foods that are rich in folate include dark leafy greens, legumes, and certain fruits. Strawberries, while nutritious, contain lower amounts of folate compared to the other options listed. Spinach is well-known for its high folate content, as are liver and beans, both of which are also excellent sources of this vitamin. In contrast, liver is especially high in folate, making it one of the top food sources. Beans are also rich in folate, providing a significant amount per serving. Spinach ranks high as well in folate content due to its dark leafy green composition. Thus, strawberries are not typically categorized as a high-folate food when compared to the others, making it the correct choice in this context.

## 7. What is the main purpose of dietary fiber?

- A. To provide energy
- B. To aid in digestion and maintain bowel health**
- C. To build muscle
- D. To serve as a source of vitamins

The main purpose of dietary fiber is to aid in digestion and maintain bowel health. Fiber is an essential component of a well-balanced diet and plays a critical role in digestive health. It helps to regulate the body's use of sugars, helping to keep hunger and blood sugar in check. Additionally, dietary fiber adds bulk to stool, which aids in the regularity of bowel movements and can help prevent constipation. It also contributes to a healthy gut microbiome by providing food for beneficial bacteria in the intestines, which can support overall digestive health. This aspect of fiber is vital for preventing gastrointestinal diseases and promoting a healthy colon. While fiber does contribute indirectly to the energy balance when metabolized by gut bacteria, its primary role is not to provide energy in the same way that carbohydrates, fats, and proteins do. Instead, it is the functional benefits with regard to digestion and gut health that underscore its importance in nutrition.

## 8. How much water should a person aim to drink daily?

- A. 1 to 2 liters
- B. 2 to 3 liters**
- C. 3 to 4 liters
- D. 4 to 5 liters

The recommendation for daily water intake being 2 to 3 liters aligns with the general guidelines set forth by health authorities. This amount supports optimal hydration for an average adult, considering factors such as body weight, age, activity level, and climate conditions. Water plays a crucial role in numerous bodily functions, including temperature regulation, waste elimination, nutrient transportation, and maintaining cellular homeostasis. Ensuring adequate hydration can help prevent dehydration, which can lead to fatigue, confusion, and various health complications. The specific range of 2 to 3 liters encompasses the total water intake from all beverages and food consumed throughout the day, recognizing that a portion of our hydration needs can be met through foods with high water content, such as fruits and vegetables. Therefore, setting the goal within this range helps individuals maintain good hydration practices that support overall health.

**9. Which type of vegetables are particularly noted for their high folate content?**

- A. Root vegetables**
- B. Cruciferous vegetables**
- C. Green leafy vegetables**
- D. Starchy vegetables**

Green leafy vegetables are particularly noted for their high folate content because they are rich in nutrients necessary for various bodily functions, including cell division and DNA synthesis. Folate, a B vitamin, plays an essential role in preventing neural tube defects during early pregnancy and contributes to overall health by supporting metabolic processes. These vegetables, such as spinach, kale, and collard greens, have elevated levels of folate compared to other types of vegetables. Their high folate content makes them a vital component of a balanced diet, especially for pregnant individuals or those planning to conceive. Other vegetable categories, while nutritious, generally do not provide the same concentration of folate found in green leafy vegetables. Root vegetables and starchy vegetables focus more on carbohydrate content, while cruciferous vegetables have their health benefits, such as cancer-fighting properties, but do not stand out as the primary source of folate. Thus, green leafy vegetables are the optimal choice for those seeking to increase their folate intake.

**10. What is a significant benefit of meal prep in nutrition?**

- A. It guarantees weight loss**
- B. It allows for better planning and portion control**
- C. It reduces the need for cooking**
- D. It increases meal variety**

Meal prep, or preparing meals in advance, provides a significant benefit related to better planning and portion control. When individuals dedicate time to prepare meals ahead of time, it enables them to plan their dietary choices more thoughtfully. This includes selecting healthier ingredients, watching portion sizes, and ensuring that meals meet nutritional needs. By portioning out meals in advance, individuals are less likely to overeat, as they can be more mindful of serving sizes. This intentional approach also assists in managing snack portions, reducing the temptation to indulge in unplanned or unhealthy options. Furthermore, the structured nature of meal prep can help individuals stick to their nutritional goals, whether it's weight management or simply eating a more balanced diet. The other options, while they might have some degree of relevance to meal prep, do not capture its core advantage as effectively. For instance, meal prep does not guarantee weight loss, as weight management also heavily relies on energy balance and overall dietary habits. While it may reduce the need for cooking, it's primarily about intentional preparation rather than eliminating the cooking process altogether. Lastly, meal prep can help vary meals, but the main goal is to enhance control over nutrition and portion sizes, which is key to achieving dietary objectives.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://atinutrition.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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