

# CDR Dietetic Technician, Registered (DTR) 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. Using the Mifflin-St. Jeor equation, what is the basal energy requirement for a 65-year-old woman who is 170 cm tall and weighs 62 kg?**
  - A. 1,200 kcal/day**
  - B. 1,500 kcal/day**
  - C. 1,250 kcal/day**
  - D. 1,550 kcal/day**
  
- 2. When is the ideal time to interview a patient about their food preferences for improving their diet?**
  - A. During a meal**
  - B. Before the assessment**
  - C. After dietary education**
  - D. During the patient's first visit**
  
- 3. What is the primary concern when assessing the dietary habits of a patient suspected of being iron-deficient?**
  - A. Excessive dairy intake**
  - B. Low meat consumption**
  - C. High sugar intake**
  - D. Increased saturated fat intake**
  
- 4. Which of the following is a critical control point at all stages of food processing and service in a cook-chill system?**
  - A. Use of clean pans and dishes**
  - B. Rapid cooling from 140°F to 40°F**
  - C. Rapid reheating of foods to 140°F for service**
  - D. Good personal hygiene for food handlers throughout the process**
  
- 5. What role should a foodservice manager focus on to improve patient satisfaction effectively?**
  - A. Defining team functions.**
  - B. Identifying problems.**
  - C. Empowering others.**
  - D. Delineating roles.**

- 6. What are the two main types of diabetes?**
- A. Type 1 and Type 3 diabetes**
  - B. Type 1 and Type 2 diabetes**
  - C. Type 2 and Type 4 diabetes**
  - D. Insulin-resistant and juvenile diabetes**
- 7. Which grain product is best for a patient with diverticulosis?**
- A. Sesame seed crackers**
  - B. Cream of rice cereal**
  - C. Banana-nut bread**
  - D. Bran cereal**
- 8. What is the main purpose of conducting a nutrition assessment?**
- A. To evaluate physical fitness**
  - B. To determine food safety practices**
  - C. To identify nutrition-related problems and formulate a plan**
  - D. To assess cooking skills**
- 9. Which practice should a dietetic technician implement to simplify work processes?**
- A. Hire only workers with prior foodservice experience.**
  - B. Encourage methods that efficiently use time and effort.**
  - C. Review the menu and remove time-consuming food items.**
  - D. Include work simplification in performance evaluations.**
- 10. What is the first step a dietetic technician should take to develop a crisis-management plan?**
- A. Increase capacity of existing storage areas.**
  - B. Organize a multi-department committee.**
  - C. Analyze the standard operating procedures.**
  - D. Contact vendors to discuss food packaging and delivery.**

## Answers

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

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## **Explanations**

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**1. Using the Mifflin-St. Jeor equation, what is the basal energy requirement for a 65-year-old woman who is 170 cm tall and weighs 62 kg?**

- A. 1,200 kcal/day**
- B. 1,500 kcal/day**
- C. 1,250 kcal/day**
- D. 1,550 kcal/day**

To calculate the basal energy requirement (BEE) using the Mifflin-St. Jeor equation for a woman, the formula is:  $BEE = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$ . Substituting the woman's details into the equation: - Weight: 62 kg - Height: 170 cm - Age: 65 years. The calculation would proceed as follows: 1. Calculate the weight component:  $10 \times 62 = 620$  2. Calculate the height component:  $6.25 \times 170 = 1062.5$  3. Calculate the age component:  $5 \times 65 = 325$  4. Putting it all together:  $620 + 1062.5 - 325 - 161 = 1196.5$  kcal/day. When rounding the result, it is typical to arrive at approximately 1,200 kcal/day. Therefore, this value reflects the basal energy expenditure accurately for the individual based on her identified characteristics. This understanding of the equation and the components confirms the answer to be consistent with the data from the question, aligning with option A as the basal energy requirement.

**2. When is the ideal time to interview a patient about their food preferences for improving their diet?**

- A. During a meal**
- B. Before the assessment**
- C. After dietary education**
- D. During the patient's first visit**

The ideal time to interview a patient about their food preferences for improving their diet is during the patient's first visit. This initial meeting is crucial as it establishes a rapport between the patient and the dietetic technician. Gathering information about food preferences at this stage allows the health professional to create a tailored nutrition plan that aligns with the patient's habits, preferences, and cultural considerations. Understanding these preferences early on enhances the likelihood of adherence to dietary recommendations. The first visit typically involves an assessment of the patient's overall health, dietary patterns, and specific needs, which makes it the most appropriate time to discuss preferences in order to inform future dietary interventions. Additionally, getting to know the patient's likes and dislikes during this interaction can help in developing a more effective and personalized nutritional strategy from the outset.

**3. What is the primary concern when assessing the dietary habits of a patient suspected of being iron-deficient?**

- A. Excessive dairy intake
- B. Low meat consumption**
- C. High sugar intake
- D. Increased saturated fat intake

When assessing the dietary habits of a patient suspected of being iron-deficient, the primary concern revolves around low meat consumption. This is because meat, particularly red meat, is one of the richest sources of heme iron, which is the form of iron most efficiently absorbed by the body. Individuals with low meat consumption may struggle to meet their iron needs, increasing the risk of iron deficiency, as plant sources of iron (non-heme iron) are less bioavailable. Inadequate iron intake from dietary sources can lead to lowered hemoglobin levels and potential anemia, highlighting the importance of evaluating meat intake in patients at risk for iron deficiency. Additionally, by focusing on this aspect of their diet, healthcare professionals can provide tailored dietary recommendations to help improve the patient's iron status, such as suggesting iron-rich foods or incorporating ways to enhance iron absorption from plant sources.

**4. Which of the following is a critical control point at all stages of food processing and service in a cook-chill system?**

- A. Use of clean pans and dishes
- B. Rapid cooling from 140°F to 40°F**
- C. Rapid reheating of foods to 140°F for service
- D. Good personal hygiene for food handlers throughout the process

In a cook-chill system, the rapid cooling from 140°F to 40°F is crucial for controlling bacterial growth, ensuring food safety throughout the processing and service stages. This temperature range is particularly important because it falls within the "danger zone" (typically 40°F to 140°F) where bacteria can proliferate quickly. By cooling food rapidly from the cooking temperature to a safe storage temperature, the risk of foodborne illness is significantly reduced. Effective cooling methods, such as using ice baths or blast chillers, help ensure that food passes through this temperature zone quickly, thereby minimizing the time it spends within the danger zone. This control point is particularly critical in a cook-chill system, where food is prepared, cooled, and then reheated before serving. While good personal hygiene for food handlers and the use of clean pans and dishes are important for overall food safety, they do not directly address temperature control in the same way that cooling does. Similarly, rapid reheating of foods is essential to ensure food reaches a safe serving temperature, but it is not a control point across all stages of the cook-chill process. Thus, rapid cooling is the decisive critical control point that helps ensure food safety from cooking through to service.

**5. What role should a foodservice manager focus on to improve patient satisfaction effectively?**

- A. Defining team functions.**
- B. Identifying problems.**
- C. Empowering others.**
- D. Delineating roles.**

Focusing on empowering others is crucial for improving patient satisfaction in a foodservice setting for several reasons. When a foodservice manager empowers team members, it fosters a sense of ownership and accountability among staff. Empowered employees are more likely to go above and beyond in their roles, providing better service and being more responsive to patient needs. This creates a positive atmosphere where staff feel valued and motivated, which can directly translate to a better dining experience for patients. Moreover, empowering others encourages collaboration and communication within the team, facilitating the sharing of ideas and feedback that can lead to enhancements in food service and patient care. When staff members are encouraged to contribute their thoughts or take initiative, it can lead to innovative solutions to enhance meal service, menu offerings, and overall patient interactions. In addition, an empowered team is better equipped to address and resolve issues as they arise, which is essential in maintaining high levels of patient satisfaction. By focusing on empowerment, a foodservice manager can create a culture of excellence that ultimately benefits both staff and patients.

**6. What are the two main types of diabetes?**

- A. Type 1 and Type 3 diabetes**
- B. Type 1 and Type 2 diabetes**
- C. Type 2 and Type 4 diabetes**
- D. Insulin-resistant and juvenile diabetes**

The classification of diabetes primarily identifies two main types: Type 1 and Type 2 diabetes. Type 1 diabetes is an autoimmune condition where the pancreas produces little to no insulin due to the destruction of insulin-producing beta cells. This type usually develops in children and young adults, but it can occur at any age. Type 2 diabetes, the more prevalent form, typically arises from insulin resistance, where the body's cells do not respond effectively to insulin, often accompanied by relative insulin deficiency. It predominantly occurs in adults, though increasing cases are found in children and adolescents due to rising obesity rates. This classification is foundational in the field of nutrition and dietetics as it determines treatment strategies, dietary recommendations, and management of blood glucose levels. Understanding these two types allows dietetic technicians to offer informed counseling for dietary adjustments tailored to the specific needs of individuals with diabetes.

**7. Which grain product is best for a patient with diverticulosis?**

- A. Sesame seed crackers**
- B. Cream of rice cereal**
- C. Banana-nut bread**
- D. Bran cereal**

In the context of managing diverticulosis, bran cereal stands out as the best option due to its high fiber content. A diet rich in fiber is important for individuals with diverticulosis as it helps to soften stool and promote regular bowel movements, reducing the pressure inside the colon. This may help prevent the formation of diverticula, which are small pouches that can develop in the walls of the intestines. Bran is particularly beneficial because it contains insoluble fiber, which adds bulk to the stool and helps it pass more easily through the digestive tract. This can alleviate symptoms and lower the risk of complications associated with diverticulosis. The recommended dietary changes for those with this condition typically include increasing fiber intake gradually, and foods like bran cereal are an excellent source. In contrast, the other options have either lower fiber content or may not be as beneficial for someone with diverticulosis. For instance, sesame seed crackers and banana-nut bread might contain some fiber, but they are also more processed and can include added sugars or fats, which are not ideal for digestive health. Cream of rice cereal, being a refined grain, is particularly low in fiber and does not provide the bulk needed for effective bowel movement. Thus, bran cereal is the most appropriate

**8. What is the main purpose of conducting a nutrition assessment?**

- A. To evaluate physical fitness**
- B. To determine food safety practices**
- C. To identify nutrition-related problems and formulate a plan**
- D. To assess cooking skills**

The primary purpose of conducting a nutrition assessment is to identify nutrition-related problems and to formulate a plan to address those issues. This process involves evaluating an individual's dietary habits, nutritional status, and any existing medical conditions that may affect their nutrition. By assessing these factors, nutrition professionals can develop personalized recommendations that promote better health outcomes, manage chronic diseases, or enhance performance in various populations, such as athletes or those undergoing medical treatments. In addition to identifying potential nutritional deficiencies or excesses, the assessment informs the development of tailored food plans, nutritional education, and interventions that can improve an individual's overall well-being. This comprehensive approach is essential for ensuring that nutritional interventions are effective and appropriate for the individual's unique circumstances and goals.

**9. Which practice should a dietetic technician implement to simplify work processes?**

- A. Hire only workers with prior foodservice experience.**
- B. Encourage methods that efficiently use time and effort.**
- C. Review the menu and remove time-consuming food items.**
- D. Include work simplification in performance evaluations.**

Encouraging methods that efficiently use time and effort is essential for simplifying work processes within a foodservice operation. By focusing on efficiency, dietetic technicians can streamline tasks, reduce waste, and enhance productivity. This practice supports a systematic approach to work that minimizes unnecessary steps, thereby allowing staff to dedicate their time and resources to higher-priority tasks. Implementing efficiency-oriented methods can include introducing more effective food preparation techniques, utilizing technology for order management, or optimizing workflows to minimize downtime. This focus not only benefits staff but also improves the overall quality of service and patient satisfaction. In contrast, hiring only workers with prior foodservice experience may ensure a baseline of skill, but it does not inherently simplify work processes. Similarly, reviewing the menu to remove time-consuming food items could be a valid approach to efficiency but is a more reactive strategy that may not address broader workflow improvements. Including work simplification in performance evaluations emphasizes its importance but does not directly foster the implementation of efficient methods in a proactive manner.

**10. What is the first step a dietetic technician should take to develop a crisis-management plan?**

- A. Increase capacity of existing storage areas.**
- B. Organize a multi-department committee.**
- C. Analyze the standard operating procedures.**
- D. Contact vendors to discuss food packaging and delivery.**

The first step a dietetic technician should take to develop a crisis-management plan is to organize a multi-department committee. Establishing a committee with representatives from various departments is essential because it brings together a range of expertise and perspectives that are crucial in identifying potential crises and developing effective response strategies. This collaborative approach ensures that all areas of the operation are considered, and it helps create a comprehensive plan that can address the various challenges that may arise in a crisis situation. Involving multiple departments also fosters communication and coordination, which are vital for ensuring a swift and effective response during a crisis. Each department may have unique insights about their processes and potential vulnerabilities, which can greatly enrich the planning process. By forming a committee, the dietetic technician lays a solid foundation for developing a robust crisis-management plan that will enhance the organization's resilience. The other choices fail to prioritize this collaborative approach. While analyzing standard operating procedures is important for understanding existing protocols, it should follow the establishment of a team that can guide and oversee such an analysis. Increasing storage capacity and contacting vendors might be necessary steps during a crisis but are more tactical actions that come after the core strategy and plan have been developed through committee collaboration.

## 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://cdrdtr.examzify.com>**

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

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