

CDR DIETETIC TECHNICIAN, REGISTERED (DTR) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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 micronutrient is important for wound healing and immune function?**
 - A. Calcium
 - B. Iron
 - C. Zinc
 - D. Iodine

- 2. How should a dietetic technician use monthly quality improvement data?**
 - A. Plan department goals for the next quarter.
 - B. Propose changes to departmental staffing patterns.
 - C. Forecast the amount of supplements to be ordered.
 - D. Identify problems and prepare a plan for improvement.

- 3. Which statement shows an understanding of drug and nutrient interactions between warfarin and dietary intake?**
 - A. I should limit my intake
 - B. I should increase my intake
 - C. I should eliminate from my diet
 - D. I should maintain a consistent intake

- 4. If a full-time storeroom clerk routinely finishes work assignments early, what should the dietetic technician do first?**
 - A. Suggest that the clerk's hours be reduced.
 - B. Inform the clerk that assistance is needed in another area.
 - C. Review the clerk's job description and modify it as needed.
 - D. Retrain the employee on responsibilities of the position.

- 5. What is the most practical method for monitoring food intake of an underweight patient to determine the necessity of tube feeding?**
 - A. Observe the patient's eating behavior during mealtimes.
 - B. Institute a calorie count with the assistance of the nursing service.
 - C. Obtain a 24-hour recall of food intake from the patient each morning.
 - D. Observe plate waste after the patient's tray is removed from the room.

- 6. Which nutrient assists in the absorption of fat-soluble vitamins?**
- A. Dietary fat
 - B. Water
 - C. Protein
 - D. Carbohydrates
- 7. A vendor offers to provide coffee machines if a foodservice operation purchases its coffee products. This type of practice is:**
- A. Prohibited by the Federal Trade Commission
 - B. A value-added service
 - C. Considered collusion
 - D. An ethics violation
- 8. A dietetic technician observes that a patient has no lower dentures and consumes only the soft and liquid portions of the regular diet. What should the technician do first?**
- A. Refer the patient to a dietitian
 - B. Interview the patient about food preferences
 - C. Advise the nurse to give the patient only soft foods
 - D. Change the diet order to full liquid diet with supplements
- 9. What is the most effective way to teach children in a daycare facility about healthy snack foods?**
- A. Name a favorite snack food
 - B. Taste a variety of snack foods
 - C. Draw a picture of a snack food
 - D. Write a story about snack foods
- 10. Which of the following best describes the role of a dietetic technician in health promotion?**
- A. Creating dietary guidelines
 - B. Developing marketing campaigns
 - C. Implementing community nutrition programs
 - D. Conducting scientific research

Answers

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

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Explanations

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1. Which micronutrient is important for wound healing and immune function?

- A. Calcium
- B. Iron
- C. Zinc**
- D. Iodine

Zinc plays a crucial role in wound healing and immune function due to its involvement in numerous biological processes. It is essential for the synthesis of proteins and DNA, which are necessary for cell division and growth. This is particularly important during the wound healing process, as new tissues need to be created to repair the damaged area. Additionally, zinc is vital for the function and development of immune cells, such as T-lymphocytes, helping to strengthen the immune response and fight infections. Moreover, it acts as an antioxidant, reducing oxidative stress which can hinder healing. In contrast, while calcium is important for bone health and muscle function, it does not have a direct role in wound healing or immune response. Iron is essential for hemoglobin formation and oxygen transport in the blood but has minimal direct involvement in tissue repair or immune function. Iodine is important for thyroid function and metabolic regulation but does not specifically contribute to the processes crucial for wound healing or immune health. Therefore, zinc is recognized as the key micronutrient for these specific health functions.

2. How should a dietetic technician use monthly quality improvement data?

- A. Plan department goals for the next quarter.
- B. Propose changes to departmental staffing patterns.
- C. Forecast the amount of supplements to be ordered.
- D. Identify problems and prepare a plan for improvement.**

Using monthly quality improvement data is essential for identifying areas that require enhancement within a department. Focusing on identifying problems allows dietetic technicians to pinpoint specific issues impacting the quality of care or services provided. Once problems are identified, a structured plan can be developed to address these issues effectively, fostering continuous improvement in service delivery and patient outcomes. Engaging in this analytical approach ensures that any changes made are data-driven, enhancing the likelihood of successful interventions. By preparing a plan for improvement based on solid data, dietetic technicians can more effectively contribute to the overall mission of providing high-quality nutritional care.

3. Which statement shows an understanding of drug and nutrient interactions between warfarin and dietary intake?

- A. I should limit my intake
- B. I should increase my intake
- C. I should eliminate from my diet
- D. I should maintain a consistent intake**

The understanding of drug and nutrient interactions, specifically regarding warfarin, hinges on the importance of consistency in dietary intake. Warfarin is an anticoagulant that works by inhibiting vitamin K-dependent clotting factors. Therefore, individuals taking warfarin need to maintain a stable intake of vitamin K-rich foods, such as leafy green vegetables, rather than drastically altering their consumption. Maintaining a consistent intake helps regulate the effectiveness of warfarin, as fluctuations in vitamin K can lead to unpredictable changes in INR (International Normalized Ratio) levels, which monitor blood coagulation. By adhering to a steady level of vitamin K in the diet, patients can minimize the risk of potential bleeding complications or clot formation while ensuring that their warfarin dosage remains effective. This understanding emphasizes that patients need not eliminate or increase specific foods dramatically but rather maintain a consistent amount in their daily diets to ensure safe and effective medication management.

4. If a full-time storeroom clerk routinely finishes work assignments early, what should the dietetic technician do first?

- A. Suggest that the clerk's hours be reduced.
- B. Inform the clerk that assistance is needed in another area.
- C. Review the clerk's job description and modify it as needed.**
- D. Retrain the employee on responsibilities of the position.

The most appropriate initial action in this scenario is to review the clerk's job description and modify it as needed. This step is critical for several reasons. First, it allows for an assessment of whether the clerk's current tasks are straightforward and can be completed ahead of schedule, indicating that the workload or expectations may need to be adjusted. By thoroughly evaluating the job description, the dietetic technician can identify any additional responsibilities that could be assigned or further clarify existing duties that might not be utilized fully. This can lead to improved efficiency and job satisfaction for the clerk, as they may feel more engaged and productive when their role is clearly defined or expanded as necessary. Implementing changes based on the job description can lead to positive outcomes, such as improved workflow within the storeroom and better support for the overall operation of the facility. This proactive approach is essential for optimizing resources and ensuring all team members can contribute effectively.

5. What is the most practical method for monitoring food intake of an underweight patient to determine the necessity of tube feeding?

- A. Observe the patient's eating behavior during mealtimes.
- B. Institute a calorie count with the assistance of the nursing service.**
- C. Obtain a 24-hour recall of food intake from the patient each morning.
- D. Observe plate waste after the patient's tray is removed from the room.

Instituting a calorie count with the assistance of the nursing service is the most practical method for monitoring the food intake of an underweight patient when assessing the necessity of tube feeding. This method provides a detailed and quantifiable assessment of the patient's actual caloric intake over a period of time, which can be crucial in determining their nutritional needs. Caloric counts involve systematically documenting the amount of food and beverages consumed during mealtime, and this process can be accurately carried out with the support of nursing staff. The compiled data from calorie counts can reveal whether the patient is meeting their caloric needs or if there is a significant deficit that may warrant intervention, such as tube feeding. This approach is more objective than simply observing eating behaviors or plate waste, as it provides hard data that can help health professionals make informed decisions regarding the patient's nutritional support. It also allows for ongoing assessment, which is necessary in managing the care of underweight patients effectively.

6. Which nutrient assists in the absorption of fat-soluble vitamins?

- A. Dietary fat**
- B. Water
- C. Protein
- D. Carbohydrates

The nutrient that assists in the absorption of fat-soluble vitamins is dietary fat. Fat-soluble vitamins, which include vitamins A, D, E, and K, require the presence of dietary fat for effective absorption in the intestines. When dietary fat is consumed, it stimulates the secretion of bile from the liver and pancreatic enzymes that emulsify fat, making these vitamins more accessible for absorption through the intestinal lining. Without dietary fat, these vitamins cannot form micelles—a necessary step for their absorption—resulting in reduced bioavailability. This demonstrates the synergistic relationship between dietary fat and fat-soluble vitamins, emphasizing the importance of including healthy fats in meals to ensure that the body can properly absorb these essential nutrients.

7. A vendor offers to provide coffee machines if a foodservice operation purchases its coffee products. This type of practice is:

- A. Prohibited by the Federal Trade Commission
- B. A value-added service**
- C. Considered collusion
- D. An ethics violation

The scenario described involves a vendor offering coffee machines as an incentive for a foodservice operation to purchase their coffee products. This practice is categorized as a value-added service. Value-added services are additional benefits or features that enhance the overall offer and make it more appealing to the customer. In this case, the vendor is providing a coffee machine to enhance the value of purchasing coffee products from them, thereby making the deal more attractive to the foodservice operation. This type of arrangement is common in many industries, where vendors try to differentiate themselves by offering additional products or services that complement their main offerings. It encourages customer loyalty and can result in increased sales for the vendor while providing tangible benefits to the foodservice operation. The other options presented do not fit this scenario. For example, while practices should always align with ethical standards, offering additional equipment in such a competitive field is generally accepted as a legitimate business strategy rather than an ethics violation. The practice doesn't constitute collusion, as it doesn't involve secret agreements with competitors to manipulate the market. Similarly, while the Federal Trade Commission has regulations surrounding unfair business practices, this scenario aligns with acceptable marketing strategies under their guidelines.

8. A dietetic technician observes that a patient has no lower dentures and consumes only the soft and liquid portions of the regular diet. What should the technician do first?

- A. Refer the patient to a dietitian
- B. Interview the patient about food preferences**
- C. Advise the nurse to give the patient only soft foods
- D. Change the diet order to full liquid diet with supplements

The correct approach in this situation is to interview the patient about food preferences. Engaging with the patient allows the dietetic technician to gather valuable information about the individual's tastes, needs, and any potential barriers to eating that may not be immediately apparent. This step is crucial for ensuring that dietary recommendations will be both acceptable and practical for the patient. By understanding the patient's preferences, the technician can tailor dietary suggestions that align with what the patient enjoys, while also meeting necessary nutritional requirements. This personalized approach can enhance the patient's willingness to consume a wider variety of foods and can significantly improve their overall eating experience and nutritional status. Additionally, while referring the patient to a dietitian may be important, it would be more beneficial to gather initial information first; the dietetic technician is often equipped to handle dietary adjustments and can make recommendations based on this initial assessment. Advising the nurse to provide only soft foods or changing the diet order to a full liquid diet may not consider the patient's individual needs and preferences, potentially leading to a less effective dietary strategy. Therefore, direct communication with the patient is the most effective means of addressing their specific challenges and preferences related to their diet.

9. What is the most effective way to teach children in a daycare facility about healthy snack foods?

- A. Name a favorite snack food
- B. Taste a variety of snack foods**
- C. Draw a picture of a snack food
- D. Write a story about snack foods

Taste a variety of snack foods is an effective method for teaching children about healthy snack foods because it engages their senses and provides a hands-on experience. Children are more likely to remember and connect with what they learn when they are actively involved in the process. By tasting different healthy snack options, children can explore flavors and textures, which not only helps them develop a greater appreciation for nutritious foods but also encourages them to make healthier choices in the future. Incorporating tasting into educational activities can spark curiosity and discussion about the nutritional benefits of different foods, making the learning experience enjoyable and interactive. This method also allows children to express their preferences, and they may be more willing to try foods that they have learned about in a fun and engaging manner.

10. Which of the following best describes the role of a dietetic technician in health promotion?

- A. Creating dietary guidelines
- B. Developing marketing campaigns
- C. Implementing community nutrition programs**
- D. Conducting scientific research

The role of a dietetic technician in health promotion is best described by implementing community nutrition programs. This aspect of their work involves actively engaging with individuals and communities to promote better nutrition practices and overall health. Dietetic technicians play a critical role in planning and executing programs that provide education on healthy eating, nutrition, and lifestyle changes tailored to the specific needs of various populations. By implementing community nutrition programs, dietetic technicians help to address public health issues such as obesity, nutrient deficiencies, and chronic diseases through effective outreach and education. This hands-on approach allows them to make a tangible impact on the nutritional habits of the community and fosters a supportive environment for individuals seeking to improve their health. The other options, such as creating dietary guidelines or conducting scientific research, are more aligned with the roles of dietitians or researchers rather than dietetic technicians. Marketing campaigns can also be part of promoting health but typically require different skill sets that extend beyond the technician's primary responsibilities, focusing more on promoting initiatives than on delivering nutritional education.

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.

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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