

Certified Nutrition Specialist (CNS) 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

- 1. Which food item is likely to have the least advanced glycation end products?**
 - A. Frozen waffles toasted.**
 - B. Rice Krispies.**
 - C. White bread toasted.**
 - D. Oreo cookies.**
- 2. In regards to vitamin supplementation, which vitamin is recommended for individuals taking metformin?**
 - A. Vitamin A**
 - B. Vitamin B12**
 - C. Vitamin E**
 - D. Vitamin C**
- 3. Which type of cancer is notably not influenced by dietary fat?**
 - A. Endometrium cancer**
 - B. Lung cancer**
 - C. Ovarian cancer**
 - D. Colon cancer**
- 4. All the following are released in response to injury except:**
 - A. ACTH**
 - B. Glucagon**
 - C. Epinephrine**
 - D. Insulin**
- 5. Which mineral, when in excess, increases urinary excretion of calcium?**
 - A. Phosphorus**
 - B. Copper**
 - C. Iron**
 - D. Magnesium**

- 6. What is the recommended dietary allowance (RDA) of Vitamin D for a 75-year-old male?**
- A. 600 IU**
 - B. 700 IU**
 - C. 800 IU**
 - D. 500 IU**
- 7. How long can a fresh whole turkey be stored in the freezer?**
- A. 9 months**
 - B. 6 months**
 - C. 1 year**
 - D. 3 months**
- 8. Which of the following nutrients is not associated with sulfur?**
- A. Integral part of insulin**
 - B. Integral part of B-12**
 - C. Integral part of keratin**
 - D. Integral part of glutathione**
- 9. All of the following conditions are associated with decreased iron absorption except:**
- A. Inflammatory bowel disease**
 - B. Obesity**
 - C. Celiac disease**
 - D. Osteoporosis**
- 10. What is the main function of HDL cholesterol in the body?**
- A. Transport cholesterol to the liver for excretion**
 - B. Store fat for energy**
 - C. Provide energy quickly**
 - D. Block absorption of dietary cholesterol**

Answers

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

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Explanations

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1. Which food item is likely to have the least advanced glycation end products?

- A. Frozen waffles toasted.**
- B. Rice Krispies.**
- C. White bread toasted.**
- D. Oreo cookies.**

Rice Krispies are likely to have the least advanced glycation end products (AGEs) among the options provided. AGEs are formed when proteins or fats combine with sugars through a process known as glycation, which typically occurs during high-temperature cooking methods such as frying, grilling, or toasting. Rice Krispies are primarily made from rice and are processed using a method that does not involve high-temperature cooking like the toasting process applied to frozen waffles and white bread, or the baking involved in making Oreo cookies. Therefore, Rice Krispies contain fewer AGEs because they have generally undergone less heat treatment compared to the other options, which have been subjected to higher temperatures during preparation or cooking. In contrast, frozen waffles and white bread that have been toasted are exposed to additional heat, increasing the likelihood of AGE formation. Oreo cookies, being baked, also contribute to higher levels of AGEs due to the high temperatures involved in their production. Hence, Rice Krispies stand out as having the least AGEs due to their manufacturing process and lower exposure to intense heat.

2. In regards to vitamin supplementation, which vitamin is recommended for individuals taking metformin?

- A. Vitamin A**
- B. Vitamin B12**
- C. Vitamin E**
- D. Vitamin C**

Vitamin B12 is recommended for individuals taking metformin due to the medication's potential impact on gut absorption, which can lead to a decrease in vitamin B12 levels. Metformin, commonly prescribed for managing type 2 diabetes, has been associated with vitamin B12 deficiency, particularly when used over an extended period. This deficiency may result from alterations in the absorption of the vitamin in the intestines, or from bacterial overgrowth caused by the drug's effects on gut motility. Supplementing with vitamin B12 is important for individuals on metformin because adequate levels of this vitamin are essential for proper nerve function, DNA synthesis, and the production of red blood cells. A deficiency can lead to anemia and neurological complications. Therefore, monitoring and potentially supplementing vitamin B12 in those who take metformin is a vital practice to help minimize the risk of deficiency and maintain overall health.

3. Which type of cancer is notably not influenced by dietary fat?

- A. Endometrium cancer**
- B. Lung cancer**
- C. Ovarian cancer**
- D. Colon cancer**

Lung cancer is notably not influenced by dietary fat due to the predominant role that other factors play in its development. The primary risk factors for lung cancer include smoking, exposure to secondhand smoke, and various environmental toxins, rather than dietary components. While dietary fat can have an impact on the risk of various cancers, such as endometrial, ovarian, and colon cancers which may be influenced by fat intake or the type of fat consumed, lung cancer's association with dietary fat intake is much less significant. Studies typically focus on lifestyle factors like smoking history and environmental exposures rather than dietary habits when it comes to assessing lung cancer risk. This distinction explains why lung cancer stands out in this context.

4. All the following are released in response to injury except:

- A. ACTH**
- B. Glucagon**
- C. Epinephrine**
- D. Insulin**

In response to injury, the body activates several hormonal and metabolic pathways to manage stress, mobilize energy, and promote healing. Insulin is primarily a hormone that regulates glucose uptake and storage and is generally released in response to increased blood sugar levels after food intake, rather than in response to injury or stress. The primary role of insulin is to lower blood glucose levels by facilitating the entry of glucose into cells, particularly muscle and fat cells. In contrast, other hormones listed are released during stress or injury situations. ACTH (Adrenocorticotrophic hormone) stimulates the adrenal gland to produce cortisol, which helps to maintain blood glucose levels and manage inflammation. Glucagon is released to increase blood glucose levels, mobilizing energy stores during periods of stress or when the body needs additional energy. Epinephrine, also known as adrenaline, is released as part of the fight-or-flight response, aiding in the mobilization of energy from reserves and preparing the body to respond rapidly to an injury. Therefore, insulin is not released in response to injury, making it the correct answer.

5. Which mineral, when in excess, increases urinary excretion of calcium?

A. Phosphorus

B. Copper

C. Iron

D. Magnesium

The relationship between phosphorus and calcium metabolism is well-established in nutrition science. When there is an excess of phosphorus in the body, it can lead to increased levels of calcium in the urine, a process known as hypercalciuria. This occurs because high levels of phosphorus can disrupt the balance of calcium and phosphorus in the body, leading to altered calcium homeostasis. Phosphorus plays a crucial role in bone health and is involved in the mineralization process. However, when phosphorus intake exceeds certain levels, it can lead to an increased secretion of parathyroid hormone (PTH). Elevated PTH levels stimulate the release of calcium from bones and increase renal excretion of calcium to maintain the necessary balance, resulting in higher levels of calcium in the urine. In contrast, other minerals listed—such as copper, iron, and magnesium—do not have the same direct impact on calcium excretion or metabolism. Each has its own specific roles in the body but does not typically influence urinary calcium levels in the same significant manner as excess phosphorus does. Therefore, the correct understanding of phosphorus's impact on calcium metabolism and urinary excretion solidifies its role in this context.

6. What is the recommended dietary allowance (RDA) of Vitamin D for a 75-year-old male?

A. 600 IU

B. 700 IU

C. 800 IU

D. 500 IU

The recommended dietary allowance (RDA) of Vitamin D for a 75-year-old male is set at 800 international units (IU) per day. This recommendation is based on the increased risk of Vitamin D deficiency in older adults, who may have reduced capacity to synthesize vitamin D from sunlight due to factors such as lower skin thickness and less time spent outdoors. Furthermore, Vitamin D is vital for maintaining bone health, as it aids in calcium absorption, which is essential for preventing osteoporosis and fractures in older adults. Establishing the RDA at this level acknowledges the physiological changes that occur with aging and aims to support optimal health outcomes for this demographic. Therefore, the recommendation of 800 IU is designed to ensure that older adults receive adequate Vitamin D to meet their health needs.

7. How long can a fresh whole turkey be stored in the freezer?

- A. 9 months**
- B. 6 months**
- C. 1 year**
- D. 3 months**

A fresh whole turkey can be stored in the freezer for up to 1 year while maintaining its best quality. Freezing halts the growth of bacteria, ensuring that the turkey remains safe to eat for an extended period. However, although the turkey remains safe beyond this timeframe, the quality may decline, leading to potential changes in texture and flavor. In contrast, storing a fresh turkey for shorter durations, such as 6 months or 3 months, may result in acceptable quality but does not maximize the potential storage time available. The option of 9 months also falls short of the optimal standard recommended for freezing a fresh whole turkey. Thus, the option allowing for a storage period of up to 1 year is the most accurate and ensures that the turkey retains its quality during frozen storage.

8. Which of the following nutrients is not associated with sulfur?

- A. Integral part of insulin**
- B. Integral part of B-12**
- C. Integral part of keratin**
- D. Integral part of glutathione**

The correct answer is that B-12 is not associated with sulfur. Vitamin B-12, also known as cobalamin, is a water-soluble vitamin that plays a vital role in the functioning of the nervous system, the formation of blood, and the synthesis of DNA. Its structure includes a cobalt atom at its center, but it does not contain sulfur as part of its chemical structure or function. In contrast, insulin, keratin, and glutathione are all nutrients or compounds that do have sulfur as a crucial component. Insulin is a peptide hormone that contains sulfur in the form of disulfide bonds, which are important for its structure and stability. Keratin, a structural protein found in hair, nails, and the outer layer of skin, has high levels of sulfur-containing amino acids, such as cysteine, that contribute to its strength and resilience. Glutathione is a tripeptide composed of glutamine, cysteine, and glycine, where cysteine provides the sulfur that is essential for its antioxidant properties. This makes B-12 the nutrient that lacks an association with sulfur in its composition or function.

9. All of the following conditions are associated with decreased iron absorption except:

- A. Inflammatory bowel disease**
- B. Obesity**
- C. Celiac disease**
- D. Osteoporosis**

Osteoporosis is typically not associated with decreased iron absorption, making it the correct answer in this context. Iron absorption primarily occurs in the duodenum and is influenced by various factors, including the presence of certain gastrointestinal conditions. In the case of inflammatory bowel disease, conditions like Crohn's disease and ulcerative colitis disrupt the intestinal lining, impairing nutrient absorption, including iron. Similarly, celiac disease causes an immune reaction to gluten that damages the small intestine, which can lead to malabsorption of various nutrients, including iron. Obesity, while it may not directly impair iron absorption in the same way as the gastrointestinal conditions mentioned, can still be associated with inflammation and may create a state of low-grade inflammation that can impact iron metabolism and utilization in the body. Therefore, it could lead to a relative decrease in iron absorption when other factors are considered. In contrast, osteoporosis does not inherently affect the mechanisms of iron absorption in the gastrointestinal tract, making it an outlier among the listed conditions. Osteoporosis is primarily related to calcium and vitamin D metabolism and bone health rather than iron absorption pathways, thus highlighting why it does not fit in with the other conditions that influence iron absorption negatively.

10. What is the main function of HDL cholesterol in the body?

- A. Transport cholesterol to the liver for excretion**
- B. Store fat for energy**
- C. Provide energy quickly**
- D. Block absorption of dietary cholesterol**

The primary role of HDL cholesterol, often referred to as "good cholesterol," involves the transportation of cholesterol away from the arteries and tissues back to the liver for excretion or recycling. This process helps to reduce the risk of plaque formation in the arteries, thereby promoting cardiovascular health. By facilitating the removal of excess cholesterol from the bloodstream, HDL cholesterol plays a critical role in maintaining lipid balance and preventing conditions such as atherosclerosis. This function is particularly important because, unlike low-density lipoprotein (LDL), which can contribute to plaque buildup, HDL helps to mitigate these effects by effectively managing cholesterol levels. The liver then processes the cholesterol for excretion in bile or for conversion to other useful substances, highlighting HDL's essential role in the body's cholesterol metabolism. The other options reflect different biological processes but do not accurately describe the main function of HDL: storing fat for energy, providing quick energy, and blocking absorption of dietary cholesterol are associated with other metabolic functions or types of lipoproteins. Thus, the correct understanding of HDL's role focuses on its function in cholesterol transport and cardiovascular health.

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://cns.examzify.com>

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