

CERTIFIED NUTRITION SPECIALIST (CNS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 food can be consumed without concern for oxalate content in a person with interstitial cystitis?**
 - A. Cheese
 - B. Beets
 - C. Chocolate
 - D. Nuts

- 2. Which hormone is likely to be boosted by traditional dieting?**
 - A. Ghrelin
 - B. Leptin
 - C. CCK
 - D. Adiponectin

- 3. Which of the following is NOT a common nutritional diagnosis in chronic kidney disease?**
 - A. Inadequate fluid intake
 - B. Inadequate mineral intake
 - C. Excessive fluid intake
 - D. Excessive mineral intake

- 4. The macrobiotic diet is rich in which type of food?**
 - A. Whole grains
 - B. Vegetables
 - C. Plant protein
 - D. Seafood

- 5. Which statement is not true regarding St. John's Wort supplementation with cancer survivors?**
 - A. Should never be used with cancer survivors because of its associated risks
 - B. May decrease effectiveness of Cytochrome P450 pathway medications
 - C. Helps with mild to moderate depression
 - D. Helps with anxiety

- 6. In autoimmune Hashimoto's, which nutrient may worsen the condition when supplemented?**
- A. Iron
 - B. Selenium
 - C. Iodine
 - D. Zinc
- 7. Which of the following methods is not recommended for defrosting food?**
- A. In cold water
 - B. On the counter
 - C. In the refrigerator
 - D. In the microwave
- 8. Which vitamin is primarily associated with antioxidant properties?**
- A. Vitamin A
 - B. Vitamin C
 - C. Vitamin D
 - D. Vitamin B12
- 9. Which micronutrient plays a key role in red blood cell formation?**
- A. Calcium
 - B. Iron
 - C. Magnesium
 - D. Vitamin K
- 10. Ranitidine (Zantac) contains nutritionally significant amounts of:**
- A. Vitamin A
 - B. Magnesium
 - C. Sodium
 - D. Calcium

Answers

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

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Explanations

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1. Which food can be consumed without concern for oxalate content in a person with interstitial cystitis?

- A. Cheese**
- B. Beets
- C. Chocolate
- D. Nuts

Consuming cheese is generally considered safe for individuals with interstitial cystitis because it is low in oxalate content. Interstitial cystitis, a chronic bladder condition, often requires individuals to monitor their diet closely, especially regarding foods that may exacerbate symptoms. Cheese, being a dairy product, typically does not trigger irritation in the bladder and is less likely to contribute to the buildup of oxalates, which can lead to further complications. Research on diet and bladder sensitivity indicates that lower-oxalate foods, such as certain dairy products, can help manage symptoms effectively. In contrast, foods like beets, chocolate, and nuts are known for their higher oxalate content, which can potentially increase the risk of stone formation or worsen symptoms in those with interstitial cystitis. Therefore, cheese stands out as a more suitable choice for individuals needing to limit oxalate consumption.

2. Which hormone is likely to be boosted by traditional dieting?

- A. Ghrelin**
- B. Leptin
- C. CCK
- D. Adiponectin

When individuals engage in traditional dieting, particularly those that involve calorie restriction, ghrelin levels are likely to rise. Ghrelin, often referred to as the "hunger hormone," is produced primarily in the stomach and serves to stimulate appetite as well as promote food intake. During periods of calorie restriction, the body instinctively reacts to the decreased energy intake by increasing ghrelin production to signal hunger and encourage the individual to eat more. Understanding this hormonal response helps in recognizing why many people may struggle to maintain weight loss achieved through traditional dieting methods, as the increased sensation of hunger can lead to food cravings and a higher likelihood of reverting to previous eating habits. In contrast, leptin, CCK, and adiponectin do not typically see increases as a direct result of traditional dieting. Leptin, which helps to regulate energy balance by inhibiting hunger, often decreases with weight loss. CCK is involved in digestion and appetite regulation as well, but it does not prominently increase in response to caloric restriction in the same way. Adiponectin is typically associated with increased insulin sensitivity and is found in higher amounts in individuals with lower body fat, which may not directly correlate with traditional dieting methods that often involve weight loss.

3. Which of the following is NOT a common nutritional diagnosis in chronic kidney disease?

- A. Inadequate fluid intake**
- B. Inadequate mineral intake
- C. Excessive fluid intake
- D. Excessive mineral intake

In chronic kidney disease (CKD), a primary focus of nutritional diagnosis is to manage the intake of various nutrients, particularly minerals and fluids, as the kidneys' ability to filter and excrete these substances becomes impaired. Diagnosing "inadequate fluid intake" as a common issue in CKD is not typical because patients often face restrictions on fluid intake due to the risk of fluid overload, especially as the disease progresses. This condition leads to complications such as hypertension and edema. Therefore, patients might actually be more at risk of excessive fluid intake, needing careful monitoring and guidance to avoid overconsumption. On the other hand, inadequate mineral intake can be a common diagnosis due to dietary restrictions. For instance, CKD patients frequently need to limit their intake of phosphorus and potassium to prevent buildup in the body, leading to deficiencies. Excessive fluid intake can also be concerning because it directly impacts blood pressure and can contribute to heart complications. Similarly, excessive mineral intake, particularly potassium and phosphorus, is a significant risk for these patients, necessitating close dietary adjustments to prevent toxicities as their kidneys cannot effectively eliminate these nutrients. This context solidifies that "inadequate fluid intake" does not align with the typical nutritional challenges faced by individuals with chronic

4. The macrobiotic diet is rich in which type of food?

- A. Whole grains**
- B. Vegetables
- C. Plant protein
- D. Seafood

The macrobiotic diet is primarily characterized by its strong emphasis on whole grains. This dietary approach promotes the consumption of grains such as brown rice, barley, and whole wheat as staple foods, which are believed to provide a balanced source of energy and essential nutrients. Whole grains are valued for their high fiber content, vitamins, and minerals, which contribute to overall health and well-being. While the macrobiotic diet also includes a variety of vegetables, plant proteins, and occasionally seafood, the foundation of this dietary regimen is built upon whole grains, making them the most significant component. This focus aims to create harmony in the individual's diet and lifestyle by integrating wholesome, minimally processed foods that are locally sourced and in season.

5. Which statement is not true regarding St. John's Wort supplementation with cancer survivors?

- A. Should never be used with cancer survivors because of its associated risks**
- B. May decrease effectiveness of Cytochrome P450 pathway medications
- C. Helps with mild to moderate depression
- D. Helps with anxiety

The statement that St. John's Wort supplementation should never be used with cancer survivors because of its associated risks is indeed not true. While it is critical for cancer survivors to be cautious with any supplementation, including St. John's Wort, the assertion that it should never be used is overly restrictive. St. John's Wort is known to interact with various medications, including those metabolized by the Cytochrome P450 enzyme system, which might be relevant for cancer survivors who are on pharmacological treatments. However, this does not categorically preclude its use in this population. It is essential for individuals to consult their healthcare providers to weigh the potential benefits and risks based on their unique health status and treatment protocols. Further, St. John's Wort is recognized for its potential benefits in managing mild to moderate depressive symptoms and may also provide some support for anxiety. Thus, while careful consideration is essential when recommending St. John's Wort for cancer survivors, it would not be accurate to state that it should never be used.

6. In autoimmune Hashimoto's, which nutrient may worsen the condition when supplemented?

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

In the context of autoimmune Hashimoto's thyroiditis, iodine is known to have a complex relationship with thyroid function and immune activity. While iodine is essential for the production of thyroid hormones, excessive supplementation can exacerbate the condition. In individuals with Hashimoto's, which is characterized by autoimmune-mediated inflammation of the thyroid gland, high levels of iodine may trigger or worsen the autoimmune response and lead to increased thyroid dysfunction. This is particularly crucial for those who already have sufficient or elevated iodine levels in their diet. Managing iodine intake is therefore important for individuals with Hashimoto's, highlighting the need for careful monitoring and consultation with healthcare professionals regarding supplementation. In contrast, other nutrients such as selenium and zinc are often considered beneficial for individuals with Hashimoto's, as they can support thyroid function and may help mitigate inflammation. Iron has a role in many bodily functions but does not specifically worsen Hashimoto's, making iodine the key nutrient of concern when supplemented in excess.

7. Which of the following methods is not recommended for defrosting food?

- A. In cold water
- B. On the counter**
- C. In the refrigerator
- D. In the microwave

Defrosting food on the counter is not recommended because it can lead to the growth of harmful bacteria. When food is left at room temperature, the outer layer can reach temperatures that allow bacteria to multiply, while the inner portions may still be frozen. This temperature danger zone, typically between 40°F and 140°F (4°C and 60°C), can promote rapid bacterial growth, increasing the risk of foodborne illness. The other methods mentioned—defrosting in cold water, in the refrigerator, or in the microwave—are safer alternatives. Defrosting in cold water requires the food to be in a leak-proof package and the water must be changed every 30 minutes to keep it at a safe temperature. Defrosting in the refrigerator allows food to remain at a safe temperature throughout the process. Similarly, defrosting in the microwave is efficient as it cooks the food evenly while maintaining the safety of the product, as long as it is cooked immediately afterward.

8. Which vitamin is primarily associated with antioxidant properties?

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

Vitamin C is primarily associated with antioxidant properties due to its ability to donate electrons to free radicals, thereby neutralizing them and preventing oxidative damage in cells. This action helps protect the body from various chronic diseases and supports overall health. Vitamin C also plays a crucial role in the regeneration of other antioxidants, further enhancing its protective effects. Vitamin A does possess some antioxidant qualities, but it is more well-known for its role in vision and immune function. Vitamin D is primarily involved in bone health and immune regulation rather than antioxidant activity. Vitamin B12 is essential for nerve function and the production of DNA and red blood cells, but it is not recognized for its antioxidant properties. Thus, Vitamin C stands out as the primary vitamin linked to antioxidant protection.

9. Which micronutrient plays a key role in red blood cell formation?

- A. Calcium
- B. Iron**
- C. Magnesium
- D. Vitamin K

The key role of iron in red blood cell formation is well-established in human physiology. Iron is an essential component of hemoglobin, the protein in red blood cells that binds oxygen for transport throughout the body. Without adequate iron, the body cannot produce sufficient hemoglobin, leading to reduced oxygen-carrying capacity and potentially resulting in iron deficiency anemia. In addition to hemoglobin, iron is involved in various metabolic processes, including energy production and DNA synthesis, which are critical for the maturation of red blood cells. Because of these functions, iron is a crucial micronutrient for maintaining healthy blood and supporting overall bodily functions. Other micronutrients such as calcium, magnesium, and vitamin K do not play as direct a role in the formation of red blood cells as iron does. Calcium is primarily involved in bone health and muscle function, magnesium supports various enzymatic reactions, and vitamin K is important for blood clotting. However, they are not directly linked to the synthesis or functionality of red blood cells in the same way that iron is.

10. Ranitidine (Zantac) contains nutritionally significant amounts of:

- A. Vitamin A
- B. Magnesium
- C. Sodium**
- D. Calcium

Ranitidine, commonly known by its brand name Zantac, is a medication that was used primarily to decrease stomach acid production. In the context of this question, while ranitidine itself may be associated with various compounds that can influence gastric pH, it is not a significant source of nutrients like vitamins or minerals. Among the options provided, sodium is indeed relevant because ranitidine may be formulated with sodium as part of its compound, either due to active ingredients or stabilizers, which can contribute to its sodium content. While the presence of sodium can be significant depending on the formulation, the other options—vitamin A, magnesium, and calcium—are not typically associated with ranitidine in a nutritionally meaningful way. In summary, because ranitidine formulations may indeed contain sodium, this choice is deemed correct relative to the context of the question which asks about nutritionally significant amounts within the medication.

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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!

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